

MUSQUEAM x^wməθk^wəyəm COMMUNITY NEWSLETTER

Friday, September 1, 2023

HIGHLIGHTS

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**Supplementary Budget
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**Come Toward the Fire
Festival - FREE TICKETS!**

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**Musqueam Capital Corp. &
FortisBC Info Session**

**Band Office closed on
Monday, September 4
for Labour Day.**

*Enjoy a safe and sunny
long weekend!*

31 DAYS OF HEALING

Events this week  More info on page 2!

Tuesday, September 5

Men's Wellness Event

4-7pm Cultural Centre

Wednesday, September 6

Safer Partying (Youth Workshop)

6:30-8pm Community Centre Classroom



Saint Michael's Church

Service every Sunday at 1pm



Musqueam Administration

p: 604-263-3261 **tf:** 1-866-282-3261

www.musqueam.bc.ca

Musqueam Security

24/7: 604-968-8058

31 Days of Healing



Event schedule as of September 1, 2023

From Overdose Awareness Day (August 31) until Truth and Reconciliation Day (September 30), Musqueam is hosting events to bring community together, share culture, and lift each other up. *Confirmed events are below, with more to be announced soon. Events are for community only.*

Men's Wellness Event

Tues. Sept. 5
4-7pm
Cultural Centre

Safer Partying (Youth Workshop)

Wed. Sept. 6
6:30pm
Classroom
(Community Centre)

ʔəmi ce:p xʷiwəl (Come Toward the Fire)

Indigenous performing arts festival presented by Musqueam and UBC's Chan Centre.

Fri. Sept. 15 **Musqueam Welcome Dinner**
Sat. Sept. 16 **Free Daytime Festival** 1-5pm
Evening Concert 6pm

Cultural Creation Workshops

Rattle Making

Thurs. September 7

Cedar Basket Weaving

Mon. September 11

Drum Making

Tues. September 19

Starting at 6pm. Limited capacity. Registration encouraged.
All ages welcome! Children 6 or younger need to be with an adult.
Register by emailing Courtenay Gibson: cgibson@musqueam.bc.ca



Cedar Brushing

Fridays
Sept. 8 & 22
10-12pm
Classroom
(Community Centre)

Hawaiian Welcome Gathering

Sun. Sept. 10
3pm
Musqueam Beach

Māori Welcome Gathering

Wed. Sept. 13
6:30pm
Cultural Centre

Māori & Musqueam Cultural Exchange

Thurs. Sept. 14
6:30pm
Café
(Community Centre)

Musqueam Farmers Market

Thursdays
Sept. 14 & 28
2:30-5:30pm
Community Centre

Supplemental Budget Community Discussion

Thurs. Sept. 21

hənqəminəh learning

Mon. Sept. 25
Community Lunch
Musqueam Longhouse



Orange Shirt Day Community Event

Friday, September 29

səsaʔəsθət ct

coming together "to lift our heads up"



Notice of Community Meeting:

2024 Supplementary Budget

Discussion Meeting

Attention to all Musqueam Band Members a 2024 supplementary budget discussion meeting will take place. This is an important meeting and you are encouraged to attend.

Date: Thursday September 21, 2023

Time: 5:30 pm (dinner will be served)

Location: Musqueam Cultural Centre (4000 Musqueam Avenue)

If you have any questions please contact the Musqueam Finance Department at 604 263-3261.

August 11, 2023

Musqueam Indian Band
6735 Salish Drive
Vancouver, BC
Canada V6N 4C4

Musqueam Community Notice

Musqueam Fisheries Department

August 31, 2023

Pink Salmon Economic Opportunity Fishery is being negotiated with the DFO for Musqueam.

Musqueam fishers who have the gear, vessels and crew are asked to please contact the Musqueam Fisheries Department 604.269.3353 for consideration of the fishery.

Musqueam Fisheries will also be seeking help for people to be Monitors onboard the fishing vessels.

Please contact 604.269.3353 with your name phone number and we will set a date and time for training.



RATTLE WORKSHOP
LADYBEAR DESIGNS
SHEVONNE AND KYMBERLEE



ELK HIDE RATTLE
MUSQUEAM
SEPTEMBER 7, 2023
5-7 PM

INDIGENOUS CULTURE IS ALIVE.

IT IS THRIVING.

IT IS BEAUTIFUL.

WORK SHOP SPECIFICS

- 12 PARTICIPANTS
- 2 HOUR SESSION
- MATERIALS PROVIDED

CONTACT

**RENEE STOGAN TO SIGN UP AT
CHILDCARESUP@MUSQUEAM.BC.CA**



?əmi ce:p x^wiwəl

COME TOWARD THE FIRE

Celebrating Indigenous Community, Culture, and Creativity
Presented by Musqueam and the Chan Centre for the Performing Arts

Friday, September 15, 2023

COMMUNITY-TO-COMMUNITY WELCOME DINNER

6pm in the Cultural Centre

An intimate dinner to meet and welcome visiting Indigenous artists from across North America!

Saturday, September 16, 2023

DAYTIME FESTIVAL

1pm - 5pm

Chan Centre at UBC

FREE!

Performances, artisan market, film screenings, storytelling, and food trucks.

Musqueam performers include Miss Christie Lee (Christie Charles),
MJScottS (Jordan Scott) & Iron Rhino (Ryan Gonzales).

EVENING CONCERT

6pm

Chan Centre at UBC

Reserved tickets for Musqueam!

Hosted by Miss Christie Lee and featuring visiting Indigenous performers.

This concert is SOLD OUT to the public, but we have tickets for community!

To claim tickets, text Odette at 236-885-7335 or email communications@musqueam.bc.ca.
Include number of tickets and preferred email address for digital tickets.

See the performer lineup and find out more at: www.cometowardthefire.com



MUSQUEAM CAPITAL CORPORATION and FORTISBC BUSINESS TO BUSINESS SESSION

Wednesday September 27, 2023

Musqueam Cultural Center

4000 Musqueam Ave, Vancouver BC V6N

5:00-7:00 PM - Community dinner and presentation

**For Musqueam Community Members,
MOB's**

Please join us to learn about FortisBC's
procurement and vendor pre-qualification process,
upcoming projects, employment opportunities,
residential and business energy efficiency rebates,
and public safety initiatives.

For any questions, please reach out to Sandra Fossella

Email: sfossella@musqueamcapital.ca

Phone: 236-818-2621

The Children's House



Daycare Hours: Monday—Friday 7:45—5:00pm

Preschool Hours: Monday – Friday 9:00am – 3:00 pm

The Children's House phone # 604 269-3302

Renee Stogan Manager email: childcaresup@musqueam.bc.ca

Preschool Registration

Preschool Registration for children who are ages 3-5 is open.

If you would like to register your child for preschool please contact Renee Stogan at:

604 269-3302 or email: childcaresup@musqueam.bc.ca

Renee Stogan: childcaresup@musqueam.bc.ca Phone: 604 269-3302

Preschool staff: Alice Stogan, Sherry Point, Stacy George

Infant/Toddler staff: Kelly Herman, Christy Friesen, Ernestine Herman

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Musqueam Education Notice September 1, 2023

School Cheques –September

All Elementary and High School Cheques are available for pick up in the Education Department. Post-Secondary will remain direct deposit

Student Registration:

If you are needing to register your child in school you can visit the following websites for registration information:

Southlands:

[Vancouver School Board \(vsb.bc.ca\)](https://www.vsb.bc.ca)

Immaculate Conception:

[REGISTRATION AND CONSENT FORM \(icschool.ca\)](https://www.icschool.ca)

Phone 250-964-4362

SCHOOL BUS INFO

If your child(ren) is planning on riding the school bus this year, please contact the Education department to fill out the MIB School Bus Form.

Children will not be required to wear a mask on the bus, but it is strongly recommended that they do. If your child is sick please keep them home.

It is strongly recommended that parents/caregivers wait with their young children at the bus stop until they are on the bus.



Education Department:

Faye Mitchell, Education Manager:

fmitchell@musqueam.bc.ca

Lucetta George-Grant, Education Advocate:

education.advocate@musqueam.bc.ca

Santana Palmer-Thomas, Learning Facilitator

learning.facilitator@musqueam.bc.ca

Cary Campbell, School Bus Driver

Ph. # 604 - 263 - 3261; Fax # 604 - 263- 4212

Toll free: 1-866-282-3261

A faint, colorful illustration of several children playing together in a circle, some sitting on the ground and others standing, serves as the background for the document.

Bus Behaviour

Warning

Targeted Behaviour

Consequence

First Warning

- Hitting
- Name Calling (more than 3 times in one week)
- Disrespectful to Supervisor, driver, or fellow passengers
- Any other aggressive behaviour or bullying

The Supervisor will chat face-to-face, or if that option is unavailable, on the phone to the parent (s) and report the incident. Also, explain to the parent (s) the steps that will be taken if the child's behaviour does not change (second and third warnings/ consequences).

Report incident and follow up to Education Coordinator.

Second Warning

Same as above

The Supervisor will report the incident to the Education Coordinator, and sign the letter. If specific changes need to be made, then the supervisor may change the letter as she sees fit. The letter will be mailed to the parent (s) asap.

Third Warning

Same as above

The Supervisor will sign and send a letter to the child's family explaining that he or she will be off the bus for the remainder of the week or 4 days total.



MUSQUEAM INDIAN RESERVE NO. 2 SCHOOL BUS PICK-UP TIMES AND LOCATIONS

PICK-UP ORDER AND TIME

Immaculate Conception

School (ICS)

*Please be at bus stop by 8:00 am

- 1 8:00 am
- 2 8:14 am
- 3 8:15 am
- 4 8:20 am

ICS: 8:25 am

estimated arrival time

Southlands Elementary

School (SES)

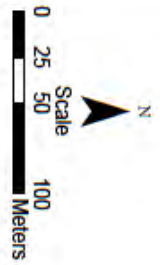
*Please be at bus stop by 8:30 am

- 1 8:30 am
- 2 8:35 am
- 3 8:40 am

Southlands: 8:45 am

estimated arrival time

Property of the Musqueam Indian Band. Produced by the GIS Service Centre, September 2019.
This map should only be used for reference purposes and should not be considered an official survey.



SECOND INTAKE

TRADES & CAREER EXPLORATION PROGRAM



In this program you will obtain:

- Traffic Control (TCP)
- Skid Steer Certificate
- Occupational First Aid
- Forklift Certificate
- WHMIS
- Piping Foundations (UA Local 170)

In addition, enhance your skills set in English, Math, Document Use; tour exciting places and learn about our partners and potential employment opportunities!



Spots fill up fast so get
on the waitlist now!

OCTOBER 2023
-IN COMMUNITY
-3 TIMES A WEEK
-18+
-COMPLETION BONUSES



Sign up by contacting:
Krista Brisk, Program Coordinator
604-269-3461
kbrisk@musqueam.bc.ca

MUSQUEAM EMPLOYMENT & TRAINING

RIGGING & HOIST CERTIFICATION



We have 8 seats only for those working in the construction sector who want to add this highly sought-after certification to enhance your employment status. Serious enquiries only and you must be able to commit to the full three weeks of training.



WHAT IS RIGGING?

Rigging is the act of moving, securing or putting down a load, while using the appropriate mechanical shifting equipment. It also involves erecting and dismantling cranes and hoists. To move a load, riggers use equipment like cranes and hoists or other machinery like chain blocks and winch systems.

DATE & PLACE:

START: SEPT 2023

📍 MUSQUEAM AND ABBOTSFORD, BC

Two weeks of the training will be held in Musqueam and one week will be in Abbotsford, BC. All accommodation, transportation and meals will be provided. Learning incentive will also be provided while attending the program.

REGISTER TODAY!

Call Malonie Langthorne, E&T Manager

T: 604-807-1222

or

Email Krista Brisk, Program Coordinator

E: kbrisk@musqueam.bc.ca



SEASPAN IS HIRING!

JOB POSITIONS:

- ✓ Scaffolders
- ✓ Welders
- ✓ Millwright/Mechanic
- ✓ Painter
- ✓ Pipefitter/Steamfitter
- ✓ Shipfitter

APPLY NOW



SEND YOUR RESUME TO:
Krista Brisk, Program Coordinator
E: kbrisk@musqueam.bc.ca
T: 604-269-3461



Call for Indigenous Artists

TELUS is seeking xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), səlilwətał (Tsleil-Waututh) artists.

Opportunity

TELUS is planning to renovate the lobby of our Burnaby administration building. As part of TELUS' reconciliation commitments, we want to implement Indigenous perspectives within our offices by amplifying our lobby spaces with work from local Indigenous artists as part of building renovations.

The selected artists will collaborate with TELUS on creating unique artwork that will be featured in our buildings in the form of dimensional art (painting, carving, weaving, metalwork), window decals, wall designs and photography. The project will offer compensation in the range from \$1,000 for smaller pieces to \$30,000+ for monumental pieces.

Eligibility

This call is open to Indigenous artists of all ages, at all levels of their artistic practice from Musqueam, Squamish and Tsleil-Waututh. We are interested in new and upcoming, traditional, and more established artists. We are committed to featuring artists from the community and have engaged with each of the Nations to communicate this project.

Submission process

Interested artists are asked to submit their contact information (including email, phone number and

address), examples of their artwork, and expression of interest (max. 500 words) that explains who you are and why you are interested in sharing your work in collaboration with TELUS.

Applications and questions can be sent to askRealEstate@telus.com. Please include "Indigenous artist call - TELUS House Burnaby" in the subject line.

2023 Project timeline

Call for Indigenous artists: August / September

Applications due: 11:59 p.m. September 22

Artist selection: October 9

Design creative process: October - November

Final designs/product due: December 15, 2023

Evaluation

TELUS will review all applications and will select artists based on:

- Representation of Coast Salish communities, culture and traditions
- Historical context / themes
- Previous artistic experience
- Ability to meet project deadlines

TELUS' Commitment to artistic integrity

We are committed to supporting the artistic practices of Indigenous Peoples, while being mindful of the historic role organizations have played in the misappropriation of Indigenous art and culture. We have an obligation and responsibility to ensure that TELUS' use of Indigenous art in our digital and physical spaces is respectful of Indigenous artists. TELUS works with each artist to ensure that they retain full intellectual property and control over their work.

Read more about Our Reconciliation Commitment at www.telus.com/reconciliation.



Indigenous Professionals in Development

WE'RE LOOKING FOR INDIGENOUS UNIVERSITY GRADUATES TO JOIN OUR TEAM IN PROFESSIONAL AND MANAGEMENT ROLES

Our Indigenous Professionals in Development (IPID) program offers post-secondary Indigenous graduates a one-year paid work and professional development placement with BC Hydro

- You will secure work rotations based on your interest, education, background and our business needs
- You will receive access to coaching, leadership development, and mentoring
- The experiences and support you receive will increase your knowledge of our organization and make you a more competitive candidate when applying for permanent roles at BC Hydro

Apply on line at - [Indigenous Professionals in Development \(bchydro.com\)](https://bchydro.com/indigenous-professionals-in-development)



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | SEPTEMBER 1, 2023 |

MUSQUEAM MEN'S HEALTH FAIR.



**You are invited to the
Musqueam
Men's Health Fair.**

DATE: September 5, 2023

TIME: 4:00 – 7:00pm

LOCATION: Cultural Centre, 4000
Musqueam Avenue

**WIN A DOOR PRIZE
BRING A FRIEND AND HAVE YOUR NAME
ENTERED TO WIN ADDITIONAL PRIZES.**

FOOD: DINNER INCLUDED.





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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 1, 2023 |

COMMUNITY HEALTH

Amana Lalli, Community Health Nurse, & Arlene Haldane, Assistant.

Lice kits are available through from the community health nurse and shampoo is available from the pharmacy and covered by FNHA. If you would like more information you may contact Amana, CHN.

PRE-POSTNATAL PROGRAM

BETTER TOGETHER

DROP IN SESSION to share a meal and discuss supports and resources.

We will hold a drop-in group 2 times a month on Tuesday's from 12pm to 2PM



Please join us in the Youth Centre for our drop-in session on:

Tuesdays – Lunch and an activity

BEFORE BABY IS BORN:

- You can receive 4 Save on \$25 gift cards per month to support with buying healthy food and snacks during prenatal period, until baby is 3 months old.
- Prenatal support and information on Labour & Delivery
- Resources to make sure you have a healthy pregnancy and healthy baby (books, pamphlets, guest speakers)

AFTER BABY IS BORN:

- Breast feeding support; includes one box of nursing pads per week as needed until baby is 6 months old
- Reimbursement for 1-2 **Nursing bra's**, baby welcome bag & a breast pump to keep (one time only), if you haven't received one from a previous pregnancy.
- Wellness baby visit – have baby measured & weighed at the drop-in group
- Postpartum information/resources for mom and baby
- How to deal with baby's outbursts, early years from 0-5 years, sleep routines, baby formula, nutrition & more

DOOR PRIZES at the END OF THE SESSION ☺ PLEASE CALL AMANA TO REGISTER!!

Amana Lalli, Community Health Nurse, RPN (604) 263-3261; email: chn@musqueam.bc.ca



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 1, 2023 |

ROBERT & LILY'S DENTAL CLINIC



PARENTS WITH KID'S AGES 5 AND UNDER COME JOIN ROBERT AND LILY'S HYGIENIST ON TIPS ON ORAL CARE, BRUSHING, CLEANING AND WITH YOUR CONSENT FLOURIDE AND VARNISH TREATMENT.

DATE: October 12, 2023

TIME: 9:00 – 12:00 Noon

LOCATION: Youth Centre located at 6777 Salish Drive, Vancouver, BC (Health Centre.

To register, please contact CHN Amana at 604-263-3261

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

Where does Vancouver tap water come from?

Water from both Seymour and Capilano are treated at the Seymour-Capilano Filtration Plant, while water from Coquitlam is treated at the Coquitlam Water Treatment Plan. Water from Seymour and Capilano comes from the steep North Shore Watersheds, which carry heavy particles from erosion during heavy rains. Filtration removes these particles. On the other hand, water from the Coquitlam Watershed is much more clear even during heavy rain. Filtration is not needed, and ozone is used to remove iron, manganese, taste, odors, sulfur without adding chemicals.— ozone and UV provide excellent water treatment for this source. Both treatment plants use UV to kill bacteria and viruses, and add Chlorine to keep the water disinfected as it enters the distribution system.

An additional eight rechlorination stations control chlorine levels as water moves away from the primary treatment plants. The closer you are to one of these, the higher chances water will taste poorly.

Once water enters Vancouver's distribution system, it is tested from 53 dedicated water sampling stations. Water must comply with the health standards set out in the *BC Drinking Water Regulation*.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 1, 2023 |

MERV's Walking Challenge Continues!

join us for the

WALK-TO-WELLNESS CHALLENGE

- Group sessions on:** Tuesdays & Wednesdays
Location: Meet at the Elder's Centre
Time: 10:30am - 11:30am
- Who:** OPEN to All community members
- Prizes:** Participant's names will be entered in a draw to win a prize for the most groups attended.

10 BENEFITS OF WALKING DAILY



WHAT TO BRING: Wear comfy walking shoes, preferably runners. Bring a hat, wear sunscreen and please bring any mobility aids that you may use.

WHAT WILL BE PROVIDED: Walking poles, fruit and water as needed. You may bring your own snack if you like.

If you would like for us to pick you up on the way and are not able to meet at the café.

Call Merv or Amana at: 604-263-3261 to register.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 1, 2023 |

MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

SAFE USING CAN SAVE YOUR LIFE

**Nasal naloxone | test your drugs first | lifeguard
app | safety plan around using even if
recreational**

Dear Musqueam Community,

The NNADAP & Health Dept would like to take this time to share with you options for Harm Reduction measures for safe using and abstinence if you choose from drugs and alcohol. We have a number of resources available to the community here are a few.

Suicide prevention line

24/7/365 (1-833-456-4566)

Dial 211

A support line for **all of life's challenges**; including information & obtain referrals to physical & mental health resources, housing, utility, food & employment assistance; suicide & crisis intervention

LifeGuard App & How it works



When someone is about to use, especially alone, they can open the app and record the type of substance they are using and confirm their location. The app will hold this information, and a timer is set which can be paused or extended by the app user at any time.

As the timer ends, the app will sound an alarm, flash a light, and vibrate. The user must hit a button to stop the alarm and indicate they are fine. If they are unable to stop the alarm, a text-to-voice call will go straight to 9-1-1. This alerts emergency medical dispatchers.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 1, 2023 |



MUSQUEAM PRIMARY CARE CLINIC

4010 Si Lu Drive, Vancouver BC V6N 4K7

Located in the Primary Care Trailer

(Clinic closed 12:00pm – 1:00pm for lunch)

Monday Aug. 28	Tuesday Aug. 29	Wednesday Aug. 30	Thursday Aug. 31	Friday Sept. 1
Clinic Closed	Dr. Dumont, GP 9:30am – 3:30pm	No Clinician on site. Jane (Virtual NP) 9:30am – 3:30pm	Jessica Peart, NP Jane (Virtual NP) 9:30am - 3:30pm	No Clinician on site

Call 604-266-0043 to book an appointment

Please leave a voicemail if you cannot get through - we will return your call as soon as possible.



Unable to attend your in-person or virtual appointment? Please notify us as soon as possible.

Please be available 15 minutes before and after your scheduled appointment call.



We have a new family doctor starting in September and are currently accepting patients from our **patient enrollment waitlist**. Priority will be given to Musqueam Band Members without a family doctor.

Please call us at 604.266.0043 to add someone to the waitlist. Please leave a message if we were unable to answer your call.

Dr. Anamaria Richardson

from Granville Pediatrics will be working in Musqueam once a month.

Next Visit: Sept.13, 2023.

To book an appointment, please call their Granville office at 604-423-4803.

Alternate Resources

FNHA Virtual Doctor of the Day

Call **1-855-344-3800** to book an appointment.

Available 7 days a week from 8:30 am to 4:30 pm.

Telephone or virtual appointments via zoom.

Available to First Nations people and their family members, even if those family members are not Indigenous.

Walk-In Clinics Nearby

Highroads Medical: 5960 E Boulevard (Kerrisdale)

WELL Health: 2077 W 42nd Avenue (Kerrisdale)

Check wait-times for BC Walk-in Clinics at <http://medimap.ca>



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | SEPTEMBER 1, 2023 |

Musqueam Indian Band
Brighter Futures Life Skills Program
“Breakfast Club”

Registration

Child's Last Name _____ First Name _____

Date of Birth (month) _____ (day) _____ (year) _____

Address _____

Home phone _____

Mother/Guardian _____ Work contact number _____

Father/Guardian _____ Work contact number _____

Care card Number _____

Emergency Contact _____ Phone _____

Child's School _____ Grade _____

Does your child have food allergies or food restrictions? Yes _____ No _____

If yes please list; _____

Parent/Guardian _____ Date _____



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 1, 2023 |

MUSQUEAM HOME & COMMUNITY CARE PROGRAM

Romeo Cosio, RN, Musqueam Home Care, Nurse & Arlene Haldane, Assistant.

The Musqueam Home Care Program is available to our community members to assist with hospital discharges, home care aides, all medical supplies & equipment. All Home care services & medical equipment require a note from your doctor with your needs specified.

HOME CARE CLIENTS: If you will not be home during your scheduled HCA visit, please contact the Home Care Assistant or Romeo. Please note: Arlene and Romeo's schedule below;

Home Care Nurse Romeo's Office Hours: Monday, Wednesday - Friday from 8:30-5:30 **Tuesdays - Off**

Phone: 604-269-3463 | Email: homecare@musqueam.bc.ca

Arlene Haldane office hours: 4 days a week: **Tues.- Fri.** 8:30-4:30

Phone: 604 269 3354 | Email: nurseassist@musqueam.bc.ca

*If there is no answer please leave a message. ***For Emergencies Call 911 ***

MUSQUEAM ELDERS CENTRE

Brenda Campbell, Elders Coordinator
Ph: 604 263 – 6312



LADIES GROUP

When: Every Tuesday
Time: 1:00-4:00pm
Location: Elders Centre



ELDER'S LUNCHEON:

When: Wednesday, Sept.13
Time: 12:00 Noon
Location: Elders Centre
***Elders only**



ELDERS CHAIR EXERCISE

When: Thursday, Sept.14
Time: 1:00pm
Location: Elders Centre

MUSQUEAM YOUTH CENTRE

YOUTH CENTRE

Phone: 604-269-3465

The Youth Centre hours for **Sept.5-8: 2:00pm – 9:00pm** Tuesday-Friday
CLOSED MONDAY SEPT.4

If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them at all times who will care for them.

Children 0-6 without a parent or guardian will be sent home.



ENVIRONMENTAL STEWARDSHIP

NEWSLETTER

VOLUME 7, ISSUE 1

VISION

č̣hi:yaýəstəł ct tə ʔniməʔ xʷməθkʷəy̓əm kʷ s xaʔtəmət ct tə sʔa:nʔ təməxʷ. stəʔe ʔə tʰeʔ wə ʔəqəlləxʷəs ʔaʔ kʷθə m̥is yəʔeyəqtaʔxʷ wə scəkʷəlaməxəs kʷθə nəxʷskʷəy̓χθət. nəʔeməstəxʷ ct ceʔ kʷθə sʔa:nʔ syəθ ʔiʔ ʔəw haʔkʷəx tə snəwəyəʔ kʷ s xaʔtəmət ct kʷθə məkʷ wet ʔiʔ kʷθə məkʷ stem.

"We, the Musqueam, will work together to take care of our territory so the following generations will know how to be self-reliant. We will remember our own history and as well, use our traditional teachings to take care of everyone and everything on this earth".

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FROM THE EDITOR

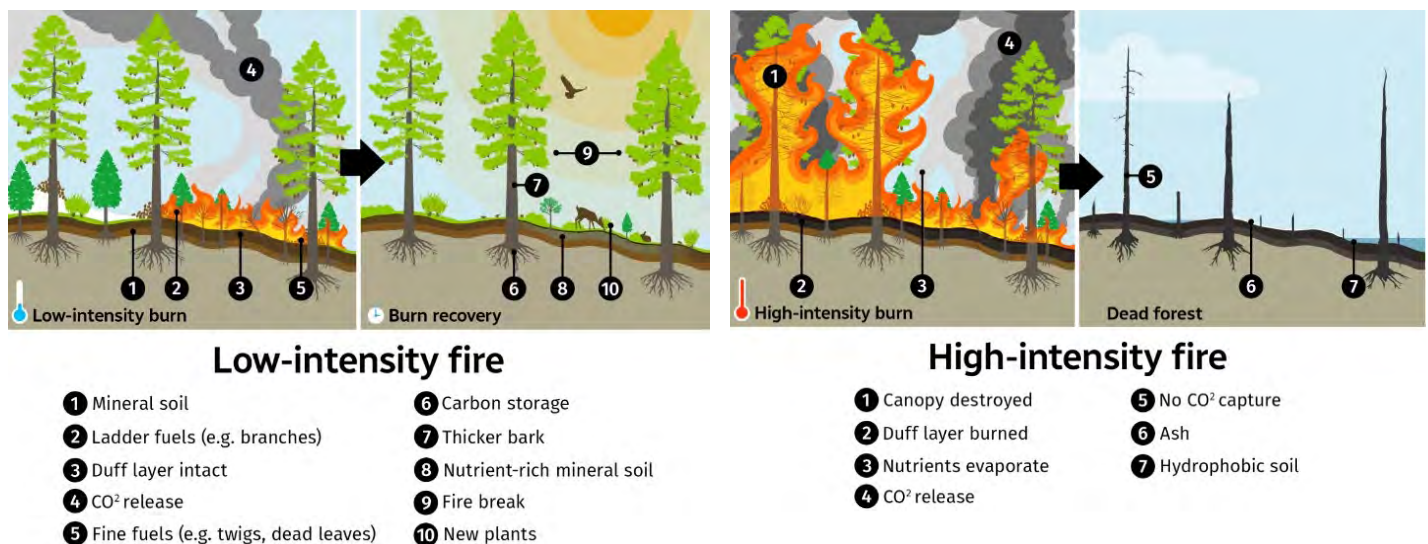
Happy September Everyone!

On behalf of the Environmental Stewardship Department team, we hope everyone is having an amazing summer and has had a chance to get some rest and relaxation. ESD prides itself on being a strong representative voice for Musqueam and Musqueam's lands, water and territory and we look forward to continuing to represent and serve the community. We hope everyone continues to stay safe and enjoys the rest of summer.

Happy fall and all the best,

Yeganeh Asadian, M.Sc., P.Ag., Environmental Stewardship Manager

CULTURAL PRACTICES HELP FIGHT CLIMATE CHANGE



As climate change continues to worsen, we will need to deploy all of the solutions available to mitigate emissions and adapt to a changing climate. The knowledge and leadership of First Nations can substantially advance these objectives. While solutions can come in many forms, three examples highlight the benefits of Indigenous climate action. Cultural burns can help protect our forests from ever worsening fires while traditional clam gardens can protect marine organisms from extreme heat. Indigenous led conservation and carbon offsetting can reduce our emissions, helping to move us closer to net zero.

A formerly common cultural practice being recognized for its environmental and climate benefits is the use of cultural or controlled burns. These burns aim to switch our approach to forest fires. Historically, forest fires have been viewed as a negative occurrence, despite the benefits they provide. Fires help release nutrients from leaf litter back into the soil, create openings in the forest canopy that promote new growth, and help species like pine reproduce. Yet, for more than a century we have been very effective at extinguishing forest fires as quickly as possible. This has led to unnaturally dense forests and

a buildup of fuels like dead trees, branches and leaves. Some of these flammable materials act as “ladder fuels”, helping low intensity surface fires reach the leaves and branches of the tree, also known as the crown, creating high-intensity crown fires. In ways like this our suppression of fire has now made fires much more severe than they would be under natural forest conditions.

Unlike lower intensity surface fires, high-intensity crown fires deplete nutrients in the soil, release vast quantities of emissions, and create hydrophobic soil that repel water, creating conditions for future flooding. They also kill all the trees and shrubs they encounter, leaving behind a barren landscape. This differs from surface fires where many trees survive and shrubs regrow quickly from roots unimpacted by the flames.

The historic western approach to forest management differs strongly from the traditional practices used by First Nations for millennia. Unlike the high-intensity fires we often see today, cultural burns by First Nations were low-intensity surface fires set during the spring or fall when mild conditions are more favourable and the risk of a large crown fire is reduced.

Low-intensity surface fires thin out the forest creating gaps in the crown that promotes healthy new growth of grasses and shrubs, which often survive the low intensity fires and sprout new growth. This creates habitat and food for a large diversity of animals including big game like elk, bison, and big horn sheep. The surviving trees also grow larger, with thicker bark, which increases their resilience to future fires. Low intensity fires also promote carbon sequestration since large trees remove more CO₂ than small ones and carbon sinks in the soil are not disrupted. Large fires not only release huge amounts of emissions, but the forest takes years to become a sink again.

Cultural burns were used for many purposes, including but not limited to stimulating growth of berry patches and medicinal plants, creating grazing land for prey species, and creating fuel breaks around villages and camps. Allowing First Nations to expand their use of traditional cultural burns would not only provide cultural benefits to Nations but meaningfully reduce the threat of fire. This would save money, lessens damage to property and potential loss of life, reduce emissions, and improve forest health and resilience.

Clam gardens are another formerly common cultural practice that have been built and used by Coast Salish peoples for thousands of years. Clam gardens involve constructing a large linear rock wall extending across the intertidal zone, roughly at the low water mark. This creates gently sloped intertidal terraces or shelves that provide excellent habitat for clams and other marine life. The gardens also provide habitat for other species like octopus, sea cucumbers, chiton and snails that utilize the walls themselves. Because they benefit more species than just clams, some Nations refer to them as sea gardens rather than clam gardens. Once built, the gardens were actively maintained through weeding, selective harvesting, and predator deterrence. In some areas these gardens were extensively used. In one area of Quadra Island, researchers at SFU and Wei Wai Kum and We Wai Kai First Nations found that clam gardens had been built on a third of the shoreline. Roughly 113,000 square meters of beach terraces were created, enhancing clam habitat by 36%. This involved not only expanding existing clam beds but building new ones on rocky outcrops and rocky slopes. Professor Dana Lepofsky explains, “it’s not just that people were making already productive clam beaches more productive, it’s that they also regularly created highly productive clam beaches where no beach – and no clam habitat – existed before”.

Despite their age and minimal to no maintenance for decades, some clam gardens on Quadra were found to still be up to 3 times more productive than natural clam beds. Despite their extensive use and productivity, clam gardens have not been given much attention in recent years. However, this is starting to change as Nations push to restore the use of cultural practices. Research is also being focused on clam gardens because of their potential use as a climate adaptation. Clam gardens provide excellent habitat for clams and other organisms because as the tide goes out, the rock walls slow the water from receding which helps maintain a cool, wet environment. This important feature of clam gardens helps make them resilient to extreme heat, like the heat dome in 2021 which killed roughly a billion sea creatures. Researchers are attempting to quantify this climate benefit with the help of Penelakut First Nation on Russell Island near Saltspring. Using small tents, researchers are recreating the conditions of the 2021 heat dome. Early results show that clam gardens are very effective at protecting marine organisms living in these vulnerable intertidal areas. In this way, expanding the use of clam gardens can not only promote reconciliation, improve food security, and reintroduce important cultural practices, but can also be an effective, cost-efficient way to adapt to a changing climate. For Ken Thomas of Penelakut, it is confirmation of First Nations' ability to sustainability use resources.

First Nations are also playing an increasingly big role in reducing and preventing greenhouse gas emissions. A key way is through Indigenous-led conservation in areas containing major stores of carbon. Canada's boreal forest, for example, is the world's largest forest ecosystem, storing an estimated 208 billion metric tons of carbon. This is one of the world largest and most important stores of terrestrial carbon. First Nations are successfully protecting massive tracts of land in this region, ensuring the valuable carbon stores remain intact. Three Indigenous communities in the Seal River watershed in northern Manitoba are working to protect 12 million acres of boreal peatland. These forest, wetlands and tundra landscapes hold 1.7 billion tons of carbon, equivalent to 8 years' worth of Canada's annual greenhouse gas emissions. The governments of Manitoba and Canada recently announced their support for a feasibility study, an important step in the creation of protected areas. Another proposed protected area, the Ramparts River and Wetlands, known locally as Ts'udé Niljné, will be over double the size of Yellowstone National Park, once finalized. Indigenous-led conservation projects like these not only provide significant benefits for climate action but also project ecologically and culturally significant areas.

In addition to conservation, Indigenous groups are also fighting climate change through carbon offsets. Historically, the forest industry has focused almost entirely on extraction with little no consideration given to tourism, ecosystem services, carbon, or intangible values. However, this is slowly starting to change. A different way of viewing forests was central to the Great Bear Rainforest agreement. This agreement, more specifically the Atmospheric Benefit Sharing Agreements, give First Nations in the region the right to sell carbon offsets in their territories. Each year Nations can sell one million tonnes of carbon offsets and receive 80% of the revenue from their sales. This helps put a value to preventing carbon emissions and the more intangible benefits healthy forests provide. Across the country, First Nations are increasingly getting involved in carbon offsets as a way to combat climate change and advance sustainable economic development.

Though means like these, First Nations are using their traditional knowledge and expertise in ecosystem management to fight climate change. While progress has been made, much more still needs to be done to reduce the barriers Nations face in implementing cultural practices like these.

EMERGING TECHNOLOGIES PROTECT WHALES WHILE RESPECTING THEIR SPACE



A new method of tagging is being adopted that has proven to be a game changer for whale monitoring groups. The new method utilizes drones, which reduces human contact and interference with whales, helps increase coverage, and reduces the number of boat strikes that occur.

The drone-tagging technique was developed by the conservation organization “Ocean Alliance,” who has been partnering with the National Oceanic and Atmospheric Administration (NOAA) of the United States to adopt it. The process involves a drone taking off from a research vessel and flying above a surfacing whale. A tag with suction cups is then dropped from the drone with sufficient height to “stick” onto the back of the whale. This process is harmless to the whale and considered much less invasive than conventional methods. Before drones, tagging would involve driving a small boat alongside a whale and using a long pole to stick a tag on. This approach is loud and obstructive, causing unnecessary stress to the whales. Because of added stress, the whale may decide to submerge before the crew can attach the tag. In addition, stormy weather would often prevent researchers from being able to tag, unable to launch the smaller boat crews out from research vessels. With drones, researchers and monitors can reach out from further away, and under rougher weather conditions. Crews can be much smaller, and resources can be focused on tagging a larger number of whales.

But why are whales being tagged in the first place? Data collected from these tags is used to study whale’s behavior and movement patterns to prevent entanglements and ship strikes, as well as to understand their reaction to noise. And as the climate is changing, the areas what whales occupy is also changing. We do not fully understand all of the impacts that are affecting whales. Mass stranding events, for example, are not well understood. Understanding the whales’ movement patterns can help provide data that changes human behavior and infrastructure, helping to ensure that harmful interactions with whales are avoided. As oceanic habitats continue to decline, it is hoped that these methodologies will help inform researchers, monitors, and eventually decision-makers on how best to protect whales.

The program is being used on North Atlantic right whales along with 6 species on the East Coast, with over 70 individuals being tagged so far. With this success, it is not difficult to imagine the method being adapted to whale species in the Salish sea. “It’s exciting to have developed a system that works across multiple species and field environments and that is already proving to have a positive impact on the

world of marine mammal research,” said Chris Zadra, drone program manager at Ocean Alliance. As conditions rapidly change and we move to protect species such as the Southern Resident Killer Whale, it is hoped that creative solutions will empower monitors and researchers to protect these species, and the ecosystem at large, for generations to come.

IMPORTANCE OF TREES FOR SALMON



The trees of the Pacific Northwest stand proud as icons of the area. Their image has become well known throughout the world appearing in company logos, promotional travel videos, and historic works of art. They are not just globally recognizable symbols though, they also serve as a vital component of everyday life for another iconic species in the area, wild salmon.

A recent publication in the Canadian Journal of Fisheries and Aquatic Sciences, titled *Forestry influences on salmonid habitat in the North Thompson River watershed*, studied tributaries in British Columbia by researchers at Simon Fraser University and Fisheries and Oceans Canada (DFO). Their findings indicate that streams with high levels of tree harvesting in their riparian areas also have water temperatures with a higher maximum average, reaching up to 18.8 °C. This is nearly four degrees above the ideal temperature for some species of salmon.

All fish are highly temperature sensitive animals. They are known as poikilothermic creatures with heat being a key determining factor for their metabolic functions and consequently their behavior. As heat levels rise the rates at which salmon eat begins to decline. If the temperatures continue to get hotter it eventually reaches a point where fish are unable to live. As adults, salmon spend the majority of their time in the sea - where water temperatures are also noticeably rising. Before they reach the ocean though every salmon begins their life in a freshwater stream. Some species of salmon are even known to wait over a year before they begin their journey into the marine environment.

The paper calls for changes to the mechanisms which govern the forestry industry. Under our current regulations streams which are considered less than 1.5m in width have no riparian area protection, even if they contain fish. The trees are able to be harvested which causes waters warm, harming many species including salmon. In order for us to better adapt to global climate change we will need to adjust our forestry practices.

FALL EVENTS AROUND VANCOUVER

** Please note that all events are in accordance with BC Health & Safety Guidelines regarding COVID-19**

❖ **2023 Laver Cup, September 22nd to 24th**

The Laver Cup will head to Vancouver in 2023, with the renowned sporting city set to stage the dynamic team tournament at Rogers Arena from September 22-24, 2023. The three-day Laver Cup competition pits six of the best players from Team Europe, captained by tennis legend Bjorn Borg, against six leading players from Team World, led by Borg's professional rival, John McEnroe. For more info visit <https://lavercup.com/>.

❖ **Great Outdoors Comedy Festival, September 15th and 16th**

The Great Outdoors Comedy Festival (GOCF) is bringing comedy superstars Kevin Hart and Russell Peters to Vancouver, closing out the 2023 Canadian summer series. Vancouver's Stanley Park will be taken over for a wildly hilarious weekend of standup comedy, with Russell Peters on Friday, September 15 and Kevin Hart on Saturday, September 16. Visit <https://greatoutdoorscomedyfestival.com/> for more info.

❖ **Vancouver Civic Theatres presents National Geographic Live, September 12th and October 24th**

The National Geographic Live speaker series at the Orpheum aims to thrill and educate guests with striking photography, captivating video and compelling stories shared by some of the world's most renowned adventurers. The two upcoming shows will cover mountain climbing and lesser-known felines of India, respectively. For more info visit <https://www.destinationvancouver.com/event/vancouver-civic-theatres-presents-national-geographic-live/23378/>.

❖ **Vancouver International Film Festival 2023, September 28th to October 8th**

The annual Vancouver International Film Festival showcases exceptional cinema in one of the world's most beautiful cities. The spectacular 2023 roster will include some of the best cinema from around the globe, talks, conferences, live performances and other unique events that celebrate film and film culture. Visit <https://viff.org/festival/viff-2023/> for more info.

❖ **Cirque du Soleil: Kooza, Weekly until December 31st, 2023**

Between strength and fragility, laughter and smiles, turmoil and harmony, the show explores themes of fear, identity, recognition and power. The show is set in an electrifying and exotic visual world full of surprises, thrills, chills, audacity and total involvement. For more information visit <https://www.cirquedusoleil.com/kooza>.

❖ **Celebrate the Night, October 20th**

This free family-friendly festival will transform Memorial Peace Park into a wonderland of lights, lanterns, artwork, storytelling, Halloween pumpkins, crafts, games, food trucks and a popular fireworks finale. This year's theme is "Light and Shadow" and includes a Light Labyrinth created by the Secret Lantern Society. Come join the fun and be part of this magical experience! For more info visit <https://www.destinationvancouver.com/event/celebrate-the-night/20756/>.

For many more events taking place in Metro Vancouver this winter, visit Destination Vancouver's website at <https://www.destinationvancouver.com/events/calendar-of-events/>.

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