

MUSQUEAM x^wməθk^wəyəm COMMUNITY NEWSLETTER

Friday, September 8, 2023



HIGHLIGHTS

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31 Days of Healing Schedule

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**International Indigenous
visitors to Musqueam**

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

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Coastal Jam!

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**Supplementary Budget
Discussion**

31 DAYS OF HEALING

Events this week  More info on page 2!

Monday, September 11

hənqəminəm learning: Happy Birthday

2:30pm Café in Community Centre

Learn to sing in hənqəminəm and eat cake!



Monday, September 11

Cedar Basket Weaving

5:30-8pm Cultural Centre

Register by emailing Courtenay Gibson:
cgibson@musqueam.bc.ca

Monday, September 11

Substance use and your body

Youth Workshop with Musqueam's new
community doctor, Dr. Noah Marchand

5:30-8pm Youth Centre



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 8, 2023

Hawaiian Canoe Welcome Gathering

*Passing of Canoe to FNHA as part of
Healing Our Spirit Worldwide (HOSW)*

Sunday, September 10 3pm
Musqueam Beach & Cultural Centre

A welcoming event for guests attending HOSW
and a celebration of Indigenous canoe cultures.

Māori Community-to-Community Visit

Welcome Dinner

Wed. Sept. 13

6:30pm

Cultural Centre

Cultural Exchange

Thurs. Sept. 14

6:30pm

Community Centre

Queen-size bedding needing!
Drop off to Gail Sparrow.

Cultural Creation Workshops

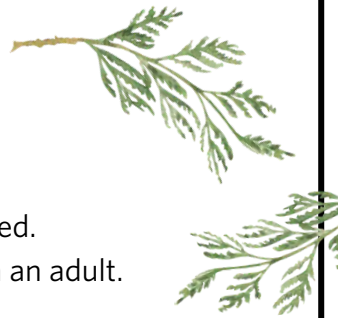
Cedar Basket Weaving

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



Youth Workshops

3 more in September!

Substance use & your today

Mon. Sept. 11

6pm

Youth Centre

hənqəminəh learning

Learn to sing Happy Birthday!

Monday, September 11

2:30 in Cafe (Community Centre)

Celebrate Larry & Vanessa's birthdays
with hənqəminəh and cake!

Place Names & Pronunciation

Monday, September 25

Community Lunch

Musqueam Longhouse

ʔəmi ce:p xʷiwəl (Come Toward the Fire)

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

Fri. Sept. 15

Artist Welcome Dinner

Sat. Sept. 16

Free Daytime Festival 1-5pm
Evening Concert 6pm

Concert
tickets
available!



Orange Shirt Day Community Event

Friday, September 29

Supplemental Budget Community Discussion

Thursday, September 21 Dinner at 5:30pm
Cultural Centre

səsaʔəsθət ct

lifting our heads up together

Indigenous communities visiting Musqueam territory from around the world

Join us to welcome our guests!



Photo of Hawaiian canoe that arrived in Musqueam on Friday, September 8

Hawaiian Canoe Welcome Gathering

Passing of Canoe to FNHA as part of Healing Our Spirit Worldwide (HOSW), an international Indigenous health & wellness conference happening in Vancouver Sept. 11-15

Sunday, September 10 3pm Musqueam Beach & Cultural Centre

A welcoming event and celebration of Indigenous canoe cultures.

Māori Community-to-Community Visit

*A Māori group is staying in Musqueam during the HOSW conference.
To welcome them, we are hosting two events for our communities to come together.*

Welcome Dinner

Wednesday, September 13
6:30pm
Cultural Centre

Cultural Exchange

Thursday, September 14
6:30pm
Community Centre



Queen-size bedding, pillows, sheets and blankets needed for our guests!
Drop off to Gail Sparrow before Sunday.



?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

31 Days of Healing



RECREATION PRESENTS

MUSQUEAM CORNHOLE TOURNAMENT

TUESDAY SEPT. 26TH, 2023

5:00 - 7:00 PM

COMMUNITY CENTER

SEEKING TEAMS OF TWO!

Sign up to compete by contacting
Courtenay Gibson.

Email: cgibson@musqueam.bc.ca

Text or call: 604-781-1470



TSATSU STALQAYU
Coastal Wolf Pack

September 9, 2023 - Musqueam Big House - Noon start

COASTAL JAM!

EVERYONE IS INVITED!!!



Drug & Alcohol Free

Refreshments and a Meal will be provided.

Open to All Coastal Groups & Canoe Families

Including

Sacred Water	Thomas Pride	Blackhawks	Tzinquaw	Tsleil-Waututh
Westshore	WSÁNEC	Pilalt Warrior	Skwxwú7mesh	ulh wa lulum

Presented in partnership with:



Additional Support:





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



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

HOUSING

NEWSLETTER

SEPTEMBER 7, 2023



Congratulations!

Pictured here our Musqueam youth members on Tuesday, August 8th, 2023, at a graduation ceremony in the Cultural Centre. Upon completing 9 sessions of the bike education program, we shared a meal together and participants received a bike, helmet, lock, and a completion certificate! Way to go!



About the Program:

We had 18 youth members ages 8-12 register for the Ride Your Path Program, learned to ride a bike, bike safety, fix their bike, and navigate safely. Additionally, 5 youth leaders ages 14-18 learn to teach the younger members these skills. They had a lot of fun together! Thank you to Hub Cycling and the Red Fox Society for delivering this program for our youth!

@wearhub @redfoxsociety

MORE COWBELL | BIKE RALLY

Bike Rally Recap - Safety-focused Community



PICTURED ABOVE: MUSQUEAM YOUTH IN THE RIDE YOUR PATH PROGRAM



ABOUT THE THEME



- This safety-focused community bike rally took place through the streets of Musqueam Indian Reserve #2.
- Cyclists looped through several streets in a peloton led by Vancouver Police.
- Community cheered cyclists with drums, maracas, clappers, and cowbells.

- Bike & Traffic Safety while supporting commuting via cycling.
- A bridge between Elders & youth to cheer for each other, while promoting healthier lifestyles together.
- This unconventional event was a way to attract community members who have not shown interest in presentations, workshops etc.
- Funding is limited for repair/rehabilitation projects **but this can improve and supported by more households registering for building condition assessments (BCAs) or energy audits (EnerGuide assessments).**



GOALS & IMPACT



>>> NEWSLETTER <<<

WALK THIS WAY | FASHION SHOW

Promoting Housing Maintenance Elements



STRENGTHEN COMMUNICATION AND SUPPORT BETWEEN THE COMMUNITY & HOUSING TEAM



- This fashion show featured community members promoting housing elements.
- The Cultural Centre showcased what's trending in housing (heat pumps, housing supports, etc.) Visit each of the tables!
- The projector screen showed highlights from More Cowbell, as well as some of our housing programs.

- Promotion of housing programs, including home maintenance, energy efficiency, and home assessments with community members.
- Support an active community and promote fall prevention, with numerous aging households and changing health requirements often mean changes to the home (improved accessibility, appliance considerations, air quality/heating/cooling needs, etc.)
- Cross-promotion of housing-related organizations & spotlight on members modelling housing elements!



GOALS & IMPACT

THANK YOU

ELDERS, YOUTH, COMMUNITY & SPONSORS OF
THE EVENT FOR JOINING US LAST MONTH!



AON



BC HOUSING



**BRITISH COLUMBIA
INSTITUTE OF TECHNOLOGY**



bikehub.ca



SHERWIN-WILLIAMS®



**FIRST NATIONS'
Emergency Services**



**save your skin
FOUNDATION**



**MUSQUEAM
CAPITAL CORPORATION**



**Vancouver
CoastalHealth**

**CONTACT
HOUSING**

6735 Salish Drive

Vancouver, BC V6N 4C4

T: 604-263-3261 ext: 3381

or 604-269-3381

**STAY TUNED FOR
FUTURE HOUSING
EVENTS!**

**LET US KNOW YOUR
EMAIL ADDRESS
FOR FUTURE
HOUSING INFO,
NEWSLETTERS,
EVENTS & MORE!**





MUSQUEAM CAPITAL CORPORATION BOARD OF DIRECTORS **OPPORTUNITY - BAND MEMBER REPRESENTATIVE**

Deadline to Apply is Friday, September 29, 2023

Musqueam Chief & Council is seeking a Musqueam Band Member representative to serve on the Musqueam Capital Corporation ("MCC") Board of Directors.

MCC is the economic development arm of the Musqueam Indian Band and is responsible for the development of land holdings, asset management of real estate holdings, advisory services, and facilitation of employment and business opportunities through partnerships. MCC's mission is to contribute to building a vibrant community in Musqueam through economic development that will reap benefits today and for many years into the future and to generate a profit, but not at the expense of Musqueam's values. We are of one heart, one mind.

More information about MCC can be found at musqueamcapital.ca

The following outlines the requirements and selection criteria.

VALUES

As a proud member of the Musqueam Indian Band, you will have a strong understanding of Musqueam traditions, culture and history, are actively engaged in the Musqueam community, and bring knowledge and experience in areas related to economic development and real estate. You support MCC's vision, mission, goals and policies and alignment with MIB objectives, laws and requirements.

EXPERIENCE & CHARACTERISTICS

- Knowledge and/or experience in indigenous economic development;
- Previous experience as a director or experience in reporting to a Board of Directors;
- Ability to be impartial, trustworthy, respectful, and maintain confidentiality;
- Ability to identify and avoid any conflicts of interest that may arise;
- Strong ethics; strong communication skills; critical thinker, ability to see the big picture;
- A positive attitude that promotes teamwork, a willingness to pursue consensus among fellow board members, and a track record for leadership and relationship-building;
- Knowledge and experience: business development; corporate governance; community and land use planning, laws & regulations; finance & accounting; land and real estate development; investment, financial and non-financial performance reports; environmental management; large capital and joint venture development; market knowledge; and human resources;
- Capacity and potential interest in Board leadership positions on committees or task forces; and
- Be a Musqueam Band member who is 19 years of age or older;

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PARTICIPATION & ACTIVITIES

- Minimum 2 year term;
- Availability for Board, Committee, and community meetings, along with Chief & Council retreats as required.
- Participate actively and fully at Board meetings in order to advance agenda discussions, reach consensus and provide strategic direction and operational oversight to MCC;
- Undertake adequate preparation time to read and assess meeting materials, reports, research results, and other documents provided;
- At times attendance at special meetings, planning, strategy, training, Musqueam community events, partnership meetings or events; and
- An opportunity that may arise to participate in a special task group or an ad hoc committee.

Directors are paid according to the Director remuneration policy.

Deadline to Apply is Friday, September 29, 2023

Please apply by submitting your interest and qualifications to:

Musqueam Capital Corporation

Attn: Joyce Eng

email: jeng@musqueamcapital.ca

direct: 236-362-2387

mail: Musqueam Capital Corporation, Suite 202 - 5704 Balsam Street, Vancouver, BC V6M 4B9

Turning on your furnace for the first time?

Follow the steps below for your safety and to check the furnace is properly functioning.

- 1) Clear area by the furnace and the vents- When there covered, your home won't warm up the way it should, and anything nearby could create a fire hazard clear the area of trash, old clothing or furniture
- 2) Check the batteries in the thermostat to see if it's working properly before you turn on the furnace.
- 3) Check the CO2 monitor
 - a. According to furnace installation experts, it's not just the thermostat that you need to test before you turn the furnace on; you also need to test your carbon monoxide detectors to ensure that they're still working properly. This is an incredibly important step, as unintentionally using a damaged furnace can release toxic gas into your home, and a carbon monoxide detector will alert you to such a leak immediately.
- 4) Clean or replace the filter
 - a. Clean filters - Dirt and dust can be a big problem. Some areas that you should be mindfully checking each year are the filters, coils, and other airflow parts of the unit to make sure they are free of debris and able to do their job with little effort.
 - b. Switch out old filters for new filters. Depending on your medical conditions, household size, and pets, experts recommend changing out filters every two to three months. If you have respiratory problems such as asthma, you may want to change the filter out more frequently to prevent the buildup of pollutants that aggravate your condition.
- 5) Wipe down the burners with a cloth or you can use a vacuum
 - a. While your furnace is on standby during the warmer seasons the burners collect dust, which affects your furnace's lifespan. Cleaning your burners should be a part of your furnace maintenance checklist.
- 6) Turn on the power switch. The switch is located different in each home.
- 7) Check the breaker for the furnace
- 8) Make sure the gas switch is on – on the system
- 9) Check the condenser pump
 - a. Furnace may not start because of the sensor on the pump.
- 10) Slowly warm up the home - Quick temperature changes put unnecessary strain on your furnace. Leave it on for a few minutes to gauge its functionality. If you hear any weird noises or smell something, you should turn it off immediately.

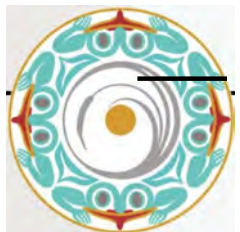
****call FortisBC if there is a smell they will send a technician to detect if there is a gas leak****

To prolong your system's lifespan, you should request for a furnace maintenance annually.

WE ARE HIRING!

Musqueam Administration is currently hiring these positions:

- Youth Outreach Worker
- IGA Project Coordinator
- Home Care Worker/
Home Making
- Lands Director
- In-House Legal Counsel
- Chief Financial Officer
- Casual Term Data Entry Clerk
- School Bus Monitor
- Grounds Worker
- Primary Care Clinic Manager
- Council Secretary
- NNADAP Worker
- Casual Positions Available



Interested in applying?

Visit www.musqueam.bc.ca/careers to read the job descriptions.

For more information about career opportunities with Musqueam, contact Kia Coles, Musqueam HR Manager, kcoles@musqueam.bc.ca

MUSQUEAM 101

FIRST MUSQUEAM 101 for 2022!

stem? (what?) Musqueam 101, Wednesday, September 13

Musqueam 101 will not be held this week so that that people can attend the Musqueam-Maori Community Exchange and Dinner at the Cultural Centre.

ni? ʔəncə? (where?)

Musqueam Cultural Centre

təmtəm? (when?)

Wednesday, September 13. At 6:30 p.m.

Call for Indigenous Artists

TELUS is seeking xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), səliłwətał (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

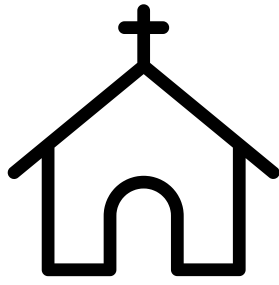
TELUS will review all applications and will select artists based on:

- 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.



Saint Michael Church

6386 Crown Place, Musqueam Reserve

Service every Sunday at 1pm



**Father Paul Smith
returns to
Musqueam this
Sunday.**

**Please join us for mass
Sunday, September 10 at 1pm.**

Contact Jeannie Campbell for more information: 604-781-5641



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 8, 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 8, 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



COME LEARN HOW TO CAN DEER MEAT WITH RONETTE STOGAN.

DATE: October 16, 2023

TIME: 12:00 P.M. – 2:00 P.M.

LOCATION: Musqueam Community Centre Kitchen

SPOTS AVAILABLE: 10 people

Supplies provided.

TO RESERVE YOUR SPOT. Please contact Amana, CHN or Arlene, Nursing assistant at (604) 263-3261.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 8, 2023 |

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

Regulates temperature

The body uses water to cool off when the body is too hot through perspiration. It cools the body and lowers it back to normal when we sweat.

Too little water in the body increases heat storage and makes the person more vulnerable to heat strain. It can also increase physical strain when we walk or exercise.

Flushes body waste

Water is vital in eliminating harmful toxins in the body. Without water, there is a high chance these toxins would stay in the body, leading to problems in our organs such as our liver and kidneys.

Maintain blood pressure

Blood becomes thicker and viscous when we are dehydrated. Dehydration often results in the kidney releasing renin, resulting in sodium and water retention in the body to correct the low fluid volume.

Digestion

Water helps break down food to help the body absorb the nutrients found in food. Without it, most of the nutrients we eat would not be processed or used by the body.

MERV's Walking Challenge Continues!

join us for the

WALK-TO-WELLNESS CHALLENGE

10 BENEFITS OF WALKING DAILY



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.

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 8, 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.

- KU-US Crisis Line: 1800-588-8717
- Crisis Line: 1-800-784-2433
- Indian Residential School Survivors Society Crisis Line: 1-866-925-4419
- Mental Health Support Line: 310-6789
- Senior Distress Line: 604-872-1234
- Trans Lifeline Canada: 877-330-6366



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 8, 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 Sep. 11	Tuesday Sep. 12	Wednesday Sep. 13	Thursday Sep. 14	Friday Sep. 15
Karen Chandra, NP 9:30am – 11:30am Dr. Marchand, GP 9:30am – 3:30pm	Dr. Dumont, GP Karen Chandra, NP 9:30am – 3:30pm	Karen Chandra, NP Jane Estey (Virtual NP) 9:30am – 3:30pm	Dr. Marchand, GP Jessica Peart, NP 9:30am - 3:30pm	Karen Chandra, NP 9:30am – 3:30pm

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.



Dr. Noah Marchand, our new family doctor, is 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 8, 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 8, 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: 2-9pm

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.



Limited Request for Expression of Interest to Musqueam Artist.

Port of Vancouver Harbour Patrol Logo Design

The Vancouver Fraser Port Authority ("VFPA") is seeking proposals from Musqueam artists for a VFPA harbour patrol logo design.

This logo design will represent the harbour patrol program. It will also celebrate Musqueam artistic traditions, provide space for recognition of Musqueam history, and provide an opportunity to celebrate a mutual respect and appreciation for marine living and coastal connections.

VFPA is seeking proposals for an original two-dimensional concept design with the intent of reproducing the logo design on harbour patrol uniforms and vessels and other harbour patrol items.

Scope of Work for the Design Proposal and Commission

VFPA will select one original two-dimensional concept design.

VFPA will pay the artist of the selected concept design an honorarium of \$8,000 and this artist will work with VFPA to translate the concept design into a production-ready logo design (including a digitized version) by October 31, 2023.

The successful artist will assign and transfer to VFPA all rights, title and interest in and to the concept design and production-ready logo design (collectively, the "Design") and provide a waiver of moral rights in relation to the Design. The artist is required to execute an agreement and waiver regarding his or her rights in the Design prior to receiving the honorarium.

Anticipated Timeline

Deadline for two-dimensional concept design submission: September 30, 2023

Confirmation of selection: October 15, 2023

Production-ready logo design: October 31, 2023

Concept Design Submission Requirements

- Copies of original two-dimensional concept design. No more than two designs per artist will be accepted.
- An artist statement/written concept about the proposed design(s). The statement should be 50 to 200 words long and should explain the artist's intention and the significance of the proposed design(s).
- Dimensions and design need to be able to translate to a patch worn on the shoulder.
- Examples of previous works (maximum of 3 images). Hard-copy submissions will not be returned to submitting artists.

Vancouver Fraser Port Authority
Limited Request for Expression of Interest to Musqueam Artist. | Port of Vancouver Harbour Patrol Logo Design

- Artist's CV.

Additional Details

- For reference, artists can refer to logo/patch design below or reach out to Lindsay Gibson via email to see an in person example of a previous patch used.
- "Port Authority" wording will remain.
- "Harbour Master" wording will be changed to "Harbour Patrol".
- The red border is the VFPA's primary colour.
- The artist is given flexibility in designing the rest of the logo/patch.
- Preference will be given to designs with marine theme.



How to Apply?

Digital submissions, as a single PDF document, are to be submitted to:

Lindsay Gibson , Musqueam Relationship Advisor
Vancouver Fraser Port Authority
100-999 Canada Place
Vancouver, BC V6C 3T4
Lindsay.gibson@portvancouver.com

If applicants are unable to produce a PDF, please drop off a hard copy application at the VFPA office c/o Lindsay Gibson, Musqueam Relationship Advisor for scanning and submission prior to the deadline.

Questions?

Please send any questions to Lindsay Gibson at Lindsay.gibson@portvancouver.com

For more information about the Vancouver Fraser Port Authority please visit www.portvancouver.com

WE'RE HIRING



C&C HORIZON
Contracting Ltd.

C&C HORIZON CONTRACTING LTD (BAND
MEMBER OWNED BUSINESS)

WORK COLLABORATIVELY WITH SUMMIT
HORIZONS, OUR JV PARTNERS.

**JOIN
OUR
TEAM!**

OPEN POSITIONS:

- EXPERIENCED AND NEW TO CONSTRUCTION LABOURERS
- HEAVY EQUIPMENT OPERATORS WITH EXPERIENCE AS WELL WITHOUT

REQUIREMENTS:

- APPLICANTS WITH VEHICLES PREFERRED
- MALE OR FEMALE, MINIMUM AGE 18 YEARS OLD

CONTACT E&T:

ANGELA NAHANEE, JOB COACH
E: ANAHANEE@MUSQUEAM.BC.CA

MUSQUEAM EMPLOYMENT & TRAINING

HOIST OPERATOR CERTIFICATE PROGRAM

The Hoist Operator Certificate Program will host up to 8 participants and include 2 full weeks of preparatory classroom on-site at Musqueam as well as essential skills training in the lab.



WHAT DOES A HOIST OPERATOR DO?

A hoist operator controls hoisting equipment like clamps, elevating platforms and forklifts to move products or people. As a hoist operator, you assist with transporting materials to a worksite or warehouse. You load and unload trucks depending on the hoist you use for the job.

DATE & PLACE:

START: OCT 2023

📍 MUSQUEAM AND ABBOTSFORD, BC

Following the on-site training, participants will attend 5 days of on-site practical hoist training in the Fraser Valley. Students will stay in a joint accommodation in Abbotsford near the training facility while completing the practical component. This program will run in the month of October starting in the second week and ending at the end of the month.

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



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

PACIFIC EMPLOYMENT SERVICES

TRAFFIC CONTROL

Are you looking for work as a Traffic Control Person
or need to re-certify?

Course delivered by Pacific Employment Services
through Musqueam Employment & Training.

Anyone interested needs to register by phone or
email or come into the office to fill out a PIF.

Musqueam Golf Course
Saturday, Oct 28th and Sunday, Oct 29th
9am - 4pm



REGISTER TODAY!

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

MUST HAVE STEEL TOED BOOTS TO PARTICIPATE

Limited spots available