

# MUSQUEAM x<sup>w</sup>məθk<sup>w</sup>əyəm COMMUNITY NEWSLETTER

Friday, September 29, 2023

## HIGHLIGHTS

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E&T Client of the Month!

Plus notices from...

Daycare, Social

Development & Health

**Band Office closed on  
Monday, October 2  
for Orange Shirt Day /  
Truth & Reconciliation Day**  
*Essential services remain open.*

**NEW DATE!**  
Wednesday, October 4

**Supplementary Budget Discussion**

5:30pm Cultural Centre

## **hə́ŋqəmińə́m learning: Place Names & Pronunciation**

Wednesday, October 18 Musqueam Longhouse Table at 5pm

Celebrate new hə́ŋqəmińə́m signs in the longhouse and learn how to say community names in hə́ŋqəmińə́m!

BACK BY  
POPULAR  
REQUEST!



Musqueam Administration  
p: 604-263-3261 tf: 1-866-282-3261

[www.musqueam.bc.ca](http://www.musqueam.bc.ca)

Musqueam Security  
24/7: 604-968-8058





## Self-Government OPEN HOUSE

Thursday, October 12

Cultural Centre from 6-8pm

*Drop-in session with refreshments  
and information tables.*

○ Rights recognition ○ Fisheries ○ Marine management ○ Lands & resources ○

## WE ARE

 *hiring!*

For more information about career  
opportunities with Musqueam:

**Kia Coles, HR Manager**  
[kcoles@musqueam.bc.ca](mailto:kcoles@musqueam.bc.ca)

 [www.musqueam.bc.ca/careers](http://www.musqueam.bc.ca/careers)

**Musqueam is currently hiring for  
these permanent, full-time roles:**

- Health Department Manager
- Archives & Research Technician
- Intergovernmental Coordinator
- Intergovernmental Analyst
- Drug & Alcohol Worker
- Home Care Worker
- In-House Legal Counsel
- Education Administration Assistant
- Lands Director
- Youth Outreach Worker
- Council Secretary

Casual positions also available.

## MUSQUEAM EDUCATION HOMEWORK CLUB

Mondays & Wednesdays

3:30-5:30pm

Community Centre Library  
(upstairs)



Professional  
tutor available  
for math and  
science.



Any subject, any age -  
come do your  
homework and have  
some snacks with us!



## Need to renew or replace your status card?

### For a laminate status card (the old status cards)

The membership department can help you with that, just make an appointment. This is the best option if you need your card soon.

### For a secure status card

The membership department can help you complete an application and submit it to Indigenous Services Canada. This is best for members who live away from home.

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Contact Karen R. Campbell for an appointment or to discuss the two types of cards: [kcampbell@musqueam.bc.ca](mailto:kcampbell@musqueam.bc.ca) or 604-263-3261

*UBC Campus and Community Planning Notice*

## **Design Competition: Share how you celebrate!**



Celebrations are important ways to connect and build community.

**Create an original artwork or animation inspired by your culture, and the holidays and traditions that are meaningful to you.**

The winning designs will light up Lee Square Plaza (outside the UBC Bookstore) for the school year!

Winners will also receive up to \$300 for:

- Children (12 years & under)
- Youth (13-18 years)
- Animators (all ages)

Submission deadline:  
October 29, 2023

For full details and to enter, visit: <http://utown.ubc.ca/leesquare>



# Notice of Community Meeting: 2024 Supplementary Budget Discussion Meeting

\*Meeting has been postponed to a later date out of respect for the family.

**Date:** ~~Thursday September 21, 2023~~ **Wednesday October 04, 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.

September 20, 2023

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

# Social Development Dept.



## September 29, 2023

October 2023 cheque issue day will be issued on

Friday September 29, 2023 8:30am—12:00 & 1:00pm—4:30pm

Please bring in renewal slips and job search forms a.s.a.p. if you haven't already done so.

Cut off day to bring in your paperwork (renewal slips/job search forms) is on the **20th of every** month unless stated otherwise.

If you need to **apply** for **income assistance** we will not accept applications on or two days prior to cheque issue day.

We will no longer be process cheque's on cheque issue day! They will be processed the next business day.

If you are **not** on *direct deposit* please **reconsider** at this time and bring us a void cheque and or a direct deposit form from your bank .

If you are eligible for your bills (hydro, gas and phone) to be paid please bring in a.s.a.p. We cannot pay them if you do not provide your bills. Please bring in a.s.a.p.

\*\*\*\*\* If you are considered "employable" you are expected to do "job search" If you cannot you must provide a doctor's note as to why and for how long you will be exempt from job search.

Thank you,

Have a great weekend!

From Your Social Development Dept.

**Musqueam Members  
are invited to the**

# **MCC Open House**

**and the Presentation of Audited Financial Statements**

**Wednesday, October 25th**

**Musqueam Cultural Centre**

**5:00pm - 7:00pm**

**At the open house will be the teams from  
Finance & Accounting, Real Estate,  
Golf & Marina Operations,  
Business Development and Human Resources**

**5:00 pm - Doors Open & Team Booths Open**

**5:30 pm - Dinner**

**6:00 pm - Audited Financial Statements**

**6:45 pm - Draw Prizes**

**7:00 pm - End of Event**



***There will be exciting door prizes and  
dinner catered by Richard Hazelman***

# MUSQUEAM 101

stem? (what?) Musqueam 101, Wednesday, October 4

*ćasnaʔəm*



Join us for a conversation about *ćasnaʔəm*. Steve Daniel has been looking at all the photographs, maps and records created by archaeologists about this ancient Musqueam village. The project is being done collaboratively, with permission and guidance from the Musqueam community through the UBC Laboratory of

Archaeology. Through his work Steve is looking to offer an understanding of the potential meaning of the information collected by Dr. Charles Borden, Andrew Charles Sr. and others from their many years working at *ćasnaʔəm*. He will summarize the materials he has found in many different archives and museums.

**Presenter:** Steve Daniel is a PhD student in the Department of Anthropology and the head statistician for the Canadian Football League.

**niʔ ʔəncəʔ (where?)**

Musqueam Elders' Centre

**təmtəmʔ (when?)**

Wednesday, October 4. Dinner will be served at 6:00 p.m. with the presentation starting at 7:00 p.m

**PLEASE JOIN US!**



# Musqueam Public Works Notice

## Cemetery Extension

Council and Administration recognize the urgency and sensitivity of the need for the Musqueam Cemetery to be expanded due to the small number of remaining plots.

**At this week's council meeting on September 19, Musqueam Chief & Council approved a motion to extend the Musqueam Cemetery.**

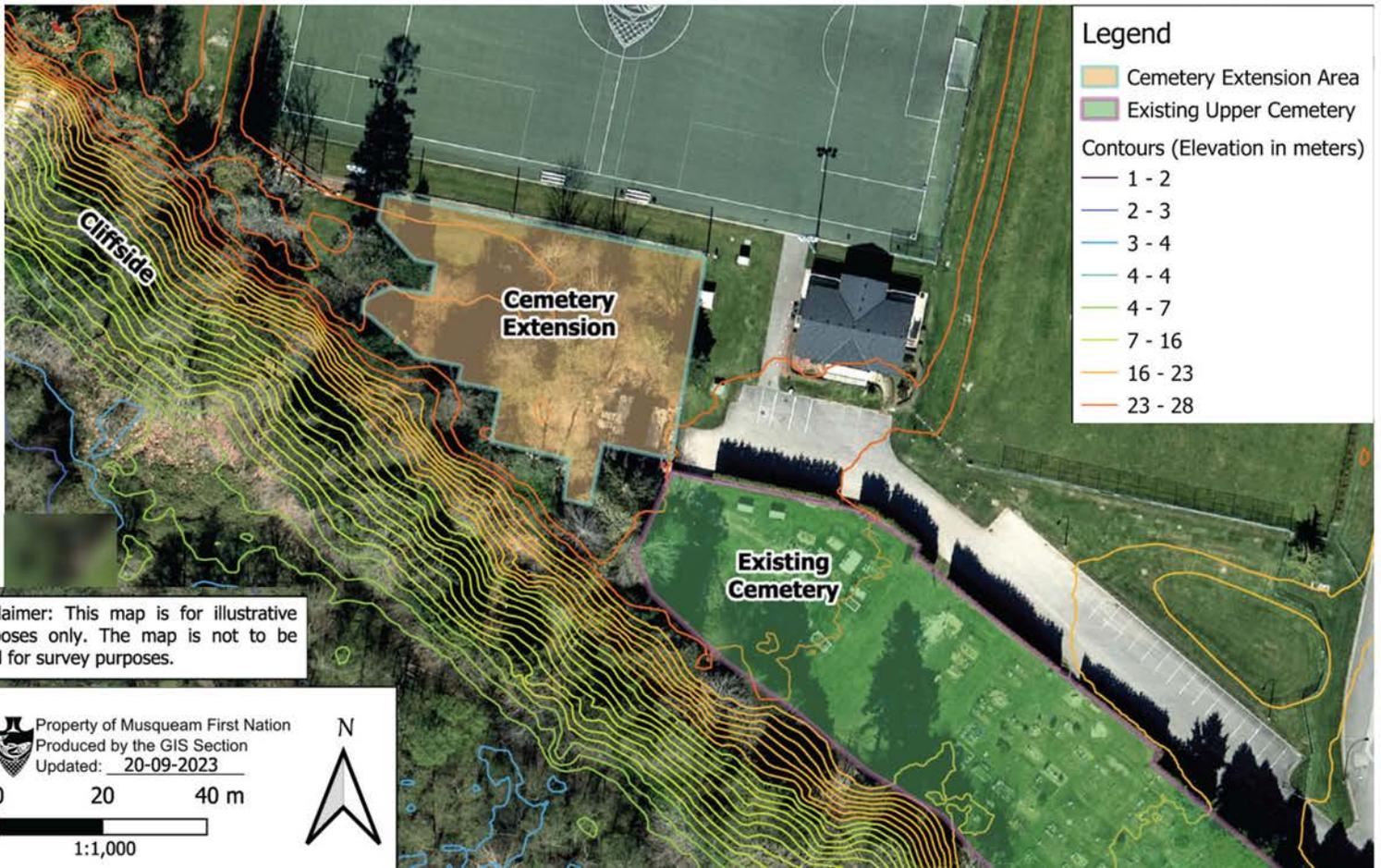
Our top priority for the cemetery expansion is ensuring privacy and respect for families and ancestors.

**Work in the extension area will begin Friday, September 22 (weather permitting).**

Work includes tree removal, ground levelling, installing privacy fencing, and landscaping.

The extension will be west of the existing cemetery. A map of the area is included below. The extension area has been assessed for safe slope stability and drainage.

Questions or concerns? Contact: **Norm Point, Public Works Manager (604-263-3376)**





# INDIGENOUS JUSTICE CENTRE COMMUNITY ENGAGEMENT

Everyone welcome: Elders, community members, justice workers and anyone interested in justice issues for Indigenous people in the **Vancouver** community.

## WEDNESDAY - LISTENING

**10:00** Welcome, coffee and connections

Opening

Introductions

Circle: What are the justice needs of this community?

**12:00** Lunch

Circle: What justice related services and strengths, programs, and who are key people should we know about?

Break

Circle: What hopes do you have for the IJC? What are the justice sector gaps the IJC can help with?

**2:30** Closing

**3:00** Conversations, job posting and connections

## THURSDAY

### AM: ADVANCING THE STRATEGY

**10:00** Welcome and coffee

**10:30** Small group discussions:

- Legal Aid Services and transition to BCFNJC
- Service mapping of local justice services

**12:00** Lunch

### PM: SHAPING THE IJC

**1:00** Elder opening session

Circle:

- What do you want the IJC to feel like, look like and what cultural practices are appropriate?
- When the IJC opens, what kind of opening celebration should we have?

**3:00** Elder closing session

## RSVP

Register for either or both days via the **QR code** or visit [bcfnjc.com/IJCEvents](https://bcfnjc.com/IJCEvents)

## DATE & TIME

Wednesday & Thursday  
October 4th & 5th 2023  
10:00am - 3:00pm

## CONTACT

[events@bcfnjc.com](mailto:events@bcfnjc.com)



## LOCATION

Vancouver Aboriginal Friendship Centre (Gymnasium)  
1607 E Hastings Street  
Vancouver BC



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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 29, 2023 |

### MUSQUEAM COUNSELLING SUPPORTS

#### **Brad Morin - NNADAP**

*Available in-person at the Community Centre/Gym*

E: [nnadap.bmorin@musqueam.bc.ca](mailto:nnadap.bmorin@musqueam.bc.ca)

C: [604-652-1368](tel:604-652-1368) / 604-269-3454

- Friday, 6pm-9pm
- Saturday, 10am-5pm
- Sunday, 10am-5pm
- Monday, 6pm-9pm

#### **Yumiko Kakutani - Counsellor**

*Available to all Musqueam Community via telephone & online – call (236) 463-3005*

- Tues Oct 3 12:30-2:30
- Wed Oct 4 10:00-1:00
- Thurs Oct 5 9:00 - 2:00
  
- Tues Oct 10 9:00-2:00
- Thurs Oct 12 9:00-2:00
  
- Tues Oct 17 9:00 - 2:00
- Thurs Oct 19 9:00 - 2:00
  
- Tues Oct 24 9:00-2:00
- Thurs Oct 26 9:00-2:00



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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 29, 2023 |

MUSQUEAM NNADAP

### SAFE USING CAN SAVE YOUR LIFE

#### 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 29, 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 or Arlene Haldane. The personal health number is required per kit.

## 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



**stem:** Dental Hygienist  
**(what)**

**təmtəm:** Wednesday, October 4  
**(when)** 9:30 – 4:30

**ni? ʔəncə:** Community Centre  
**(where)**

To book an appointment with the dental hygienist call:

604-340-8442 or 604-764-5349

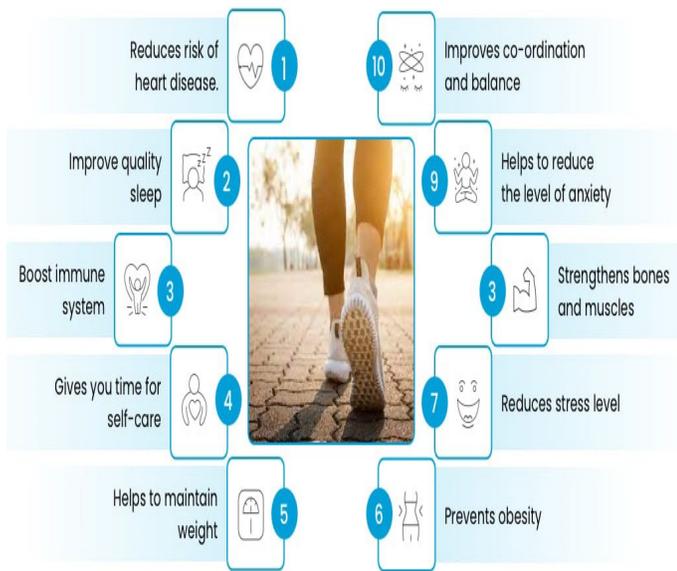


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# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 29, 2023 |

## 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.

**To register call Merv: 604-263-3261 to register.**

### SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

#### Why water regulations on First Nations land are important

All Canadians should have access to safe, clean, and reliable drinking water. While provinces and territories have their own legally binding safe drinking water standards, First Nations communities do not have comparable legally enforceable protections. The Government of Canada has a Protocol for Safe Drinking Water for First Nations Communities, which sets out clear standards for the design, operation and maintenance of drinking water systems; as well as other protocols and guidelines to support First Nations in providing community water and wastewater services comparable to the levels of service that would generally be available in off-reserve communities of similar size and circumstances.



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**MUSQUEAM HEALTH DEPARTMENT**  
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**MUSQUEAM ELDERS CENTRE**

*Brenda Campbell, Elders Coordinator*

Ph: 604 263 – 6312



**LADIES GROUP**

When: Every Tuesday

**Time: 1:00-4:00pm**

Location: Elders Centre

let's do  
lunch

**ELDER'S LUNCHEON:**

The next luncheon: Wednesday, Oct.11

Time: 12:00 Noon

Location: Elders Centre

***\*Elders only***



**ELDERS CHAIR EXERCISE**

When: Thursday, Oct.12

Time: 1:00pm

Location: Elders Centre



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## MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | SEPTEMBER 29, 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 Oct 2	Tuesday Oct 3	Wednesday Oct 4	Thursday Oct 5	Friday Oct 6
<b>CLINIC CLOSED</b>	<b>Dr. Dumont, GP</b> <b>Karen Chandra, NP</b> 9:30am – 3:30pm	<b>Karen Chandra, NP</b> <b>Dr. Marchand, GP</b> 9:30am – 3:30pm	<b>Dr. Marchand, GP</b> 9:30am - 3:30pm	<b>Karen Chandra, NP</b> 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.

#### **Dr. Anamaria Richardson**

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

Next Visit: October 11, 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 42<sup>nd</sup> Avenue (Kerrisdale)

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



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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 29, 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](mailto: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](mailto:nurseassist@musqueam.bc.ca)

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

### 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 6 & under** without a parent or guardian will be sent home.

LELANIA PAVLIC



# CLIENT

*of the month*

This month E&T would like to highlight and recognize Lelania Pavlic who has recently joined the Musqueam Creek Project as a Traffic Control Person with Siye'e Contracting and JV partners Southwest Contracting, just shortly after completing our first intake of the Career & Trades Exploration Program! We are so proud of your hard work and dedication and can't wait to see what the future has in store for you.



MUSQUEAM EMPLOYMENT & TRAINING

Send your photos to E&T to be featured!