MUSQUEAM ≺**©>**≻ x^wməθk^wəỷəm COMMUNITY NEWSLETTER

Friday, October 6, 2023



HIGHLIGHTS

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language learning event

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UBC design opportunity

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Port of Vancouver art opportunity

Backpage

MCC Open House

Plus notices from...

Daycare, Education & Health

Band Office closed on Monday, October 9 for Thanksgiving

Enjoy the long weekend!

UPCOMING EVENTS

Self-Government Open House

Thursday, October 12 6-8pm Gymnasium

həndəminəm learning: Place Names & Pronunciation

Wednesday, October 18

Table at 5pm Musqueam Longhouse



Musqueam Administration 24/7 Security: 604-968-8058

604-263-3261 <u>www.musqueam.bc.ca</u>

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The Children's House

Hours of operation

Preschool: 9am-3pm

Daycare: 7:45am-5pm

Reminder Closed for

Thanksgiving Holiday Monday, October 9

Contact The Children's House

604-269-3302

childcaresup@musqueam.bc.ca

Manager Renee Stogan

Infant & Christy Friesen, Kelly Herman & Toddler

Ernestine Herman

Preschool Sherry Point,

Alice Stogan &

Stacy George

MUSQUEAM EDUCATION

Contact or come by the education office for backpacks and October school cheques.

Musqueam school bus



There is always room on the school bus!

Contact education to find out more.

Parents and caregivers are always encouraged to wait with young children until the bus arrives.

Reminder

As we enter the cold and flu season, please keep your child home if they are feeling sick.



Musqueam Education

Faye Mitchell Manager

Lucetta George-Grant K-12

Santana Palmer Thomas Post-Secondary

School Bus Driver Cary Campbell

Leanne Dan **Bus Supervisor**

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Self-Government OPEN HOUSE

Thursday, October 12

6-8pm in the gym

Drop-in session with refreshments and information tables

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

həndəminəm learning: Place Names & Pronunciation

Wednesday, October 18

Table at 5pm Musqueam Longhouse

Celebrate new həṅḍəmiṅəṁ signs in the bighouse and learn how to say community names in həṅḍəmiṅəṁ!

BACK BY POPULAR REQUEST!



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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!



Saint Michael Church

Service every Sunday at 1pm

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

WE ARE hiring!

Musqueam is hiring for permanent, casual, full-time and part-time roles.

For more information about career opportunities with Musqueam:

Kia Coles, HR Manager, kcoles@musqueam.bc.ca



Q

www.musqueam.bc.ca/careers

Need to renew or replace your status card?

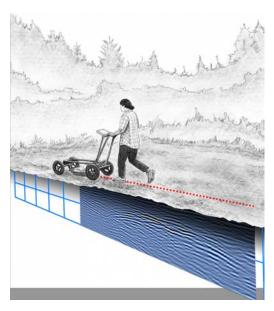
Musqueam's membership department can help members with laminate status cards (the old status cards) and secure status cards (submitting an application to Indigenous Services Canada).

Contact Karen R. Campbell to discuss the two types of cards and make an appointment: kcampbell@musqueam.bc.ca

MUSQUEAM 101

stem? (what?) Musqueam 101, Wednesday, October 11

Ground Penetrating Radar (GPR): An Introduction



Ground Penetrating Radar (GPR) is an often mentioned in the news and media – but how does it work and what does it detect? Musqueam Archaeology Department and the Musqueam Geographic Information System (GIS) Department are working together with UBC to learn more about the technology and how best to use it. Over the last two years, Musqueam has hosted other First Nations who wanted to learn more about GPR from UBC experts and get hands-on experience. Through grant

funding, Musqueam also purchased our own GPR unit and are actively involved in GPR projects. Come learn about how GPR works from Musqueam's own GPR Team and hear about how Musqueam Archaeology is using this technology in the territory.

Presenters: Kevin Wilson (GIS Analyst, Musqueam Title & Rights), Aeli Black (Heritage Permit Officer), Elizabeth Campbell (Musqueam Archaeology Department Operations Coordinator)

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Musqueam Elders' Centre

təmtem? (when?)

Wednesday, October 11. Dinner will be served at 6:00 p.m. with the presentation starting at 7:00 p.m

PLEASE JOIN US!

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



EMPLOYMENT & TRAINING

upcoming training programs

Trades & Career Exploration Program

In this program, you will obtain numerous trades certificates and in addition enhance your skills set in English, Math and Document use all while touring exiting places to learn about our partners and potential employment opportunities.

- -In community
- -3 times a week
- -Weekly completion bonuses

Start: October 2023





Traffic Control

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

Must have steel toes to participate

Hoist Operator Certificate Program

Hosting up to 8 participants and include 2 full weeks of preparatory classroom onsite at Musqueam as well as essential skills training in the lab. Following the onsite training, participants will attend 5 days of onsite practical hoist training in the Fraser Valley. Students will stay in a joint accommodation in Abbotsford.



Start: October 2023

Sign up today!

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

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Friday, October 6, 2023



🏎 Securiguard



LOOKING TO START A CAREER IN SECURITY?



- 2-Day In-Person Training
- · Certification required for security opportunities at the aiport
- Jump start your career in aviation security!

Course covers:

- Regulatory Agencies
- Proactive Security Measures
- Required Documentation

We are looking to find dates that are suitable for all participants, so please reach out with your availability!

To apply, contact:





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 Prospal 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.

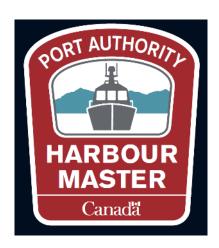
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Vancouver Fraser Port Authority
Limited Request for Expression of Interest to Musqueam Artist. | Port of Vancouver Harbour Patrol Logo
Design

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

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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | OCTOBER 6, 2023 |





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Immunization Clinic Covid-19 & Flu Shots	Gym	October 20, 2023 Time to be confirmed

Call Musqueam Health to book your appointment! 604-263-3261 Ask to speak to Ashlee or Arlene





stem? (what?)	ni? ?əncə? (where?)	təmtem? (when?)	
Preserving traditional foods & canning deer	Bighouse Kitchen	October 15, 2023 <i>2pm</i> hands on learning	
Learn how to process an animal and can sməyəθ (deer) meat with Ronette Stogan and family.		October 16, 2023 4:30pm	
Spots for up to 10 people. Contact Trish: 778-239-4325		canning the meat	

MUSQUEAM COUNSELLING SUPPORTS

Brad Morin - NNADAP nnadap.bmorin@musqueam.bc.ca 604-652-1368 604-269-3454	 Available in-person at Community Centre Friday, 6pm-9pm Saturday, 10am-5pm Sunday, 10am-5pm Monday, 6pm-9pm
Yumiko Kakutani - Counsellor 236-463-3005	Available to Musqueam Community via telephone & online • Tuesdays, 9am-2pm • Thursdays, 9am-2pm

COMMUNITY HEALTH

Arlene Haldane, Assistant

Lice kits are available from the pharmacy and covered by FNHA. If you would like more information you may contact Arlene Haldane. The personal health number (care card number) is required per kit.

CHILD DENTAL CLINIC



Parents with kid's ages 5 and under come join a hygienist on tips on oral care, brushing, cleaning and with your consent fluoride and varnish treatment.

October 12, 2023 9:00 – 12:00PM

Youth Centre at the Community Centre

To register, contact Arlene Haldane: 604-263-3261



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 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 is provided: Walking poles, fruit and water. Bring your own snack if you like.

To register call Merv: 604-263-3261

10 BENEFITS OF WALKING DAILY





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	Tuesday	Wednesday	Thursday	Friday
Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
CLINIC CLOSED	Dr. Dumont, GP	Karen Chandra, NP	Dr. Marchand, GP	Karen Chandra, NP
	Karen Chandra, NP 9:30am – 3:30pm	Jane Estey, Virtual NP	9:30am - 3:30pm	9:30am – 3:30pm
		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.

Please note that we are no longer a walk-in clinic. Enrolled patients are seen by appointment only.

For any urgent matters, please call 911 or go to the emergency department.



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: 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 42nd Avenue (Kerrisdale)



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:

The next luncheon: Wednesday, Oct.18

Time: 12:00 Noon

Location: Elders Centre

*Elders only



ELDERS CHAIR EXERCISE

When: Thursday, Oct.12

Time: 1:00pm

Location: Elders Centre



MUSQUEAM HOME & COMMUNITY CARE PROGRAM

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

The Musqueam Home Care Program is available to community members for hospital discharges, home care aides, medical supplies and 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.

Romeo, Home Care Nurse: 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 YOUTH CENTRE

YOUTH CENTRE 2-9pm

604-269-3465

Children younger than 7 must have a guardian with them at all times who is older than 14 who will care for them. Children 6 & under without a parent or guardian will be sent home.

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



Feeling sick? Stop the spread

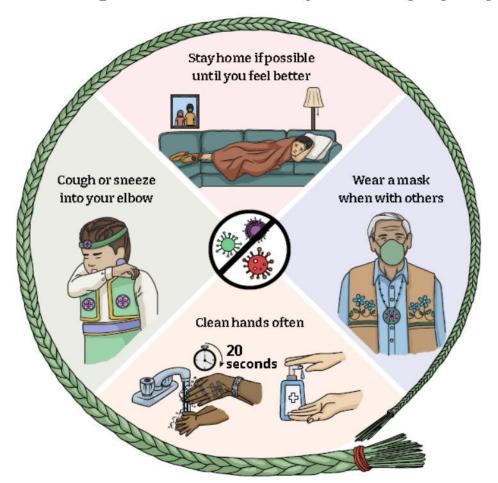








Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well — no matter what virus you have — help stop the spread.



Keep up to date with your vaccines.

Check with your healthcare provider for more information.





For more information, visit www.bccdc.ca

Questions? Call HealthLink BC at 🔘 8-1-1



COVID TEST KITS AVAILABLE AT THE MUSQUEAM HEALTH DEPT. & YOUR LOCAL PHARMACY. Check the expiration dates of any previously distributed COVID kits, as they may be expired.



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

