MUSQUEAM ≺**(Φ)>** x^wməθk^wəỷəm COMMUNITY NEWSLETTER

Friday, October 13, 2023

ONLINE VERSION



HIGHLIGHTS

Page 2

Wild game abandoned at Musqueam Beach

Page 3

Fireworks ban on reserve

Page 4

həndəminəm learning

Page 9

MCC Open House

Page 10

Musqueam 101

Page 18

Youth opportunity on national Indigenous council

Plus notices from...

Employment & Training, Education & Health

Congratulations Dr. Larry Grant!

On Friday, October 6, Larry received an honourary doctorate from Simon Fraser University



Elder Larry Grant (sʔəyəɬəq | 洪禮興) has played a key role in Musqueam's language revitalization.

After 44 years as a tradesman, Larry began studying həṅḍəmiṅəṁ at UBC. The classes reinforced həṅḍəmiṅəṁ's value to self-identity, kinship, culture, spirituality, territory and history prior to colonization.

Since 2001, Larry has been a UBC adjunct professor, where he educates Musqueam community members and university students in the first year of həṅḍəmiṅəṁ classes.

As a cultural representative, Larry shares Musqueam protocols and language with countless visitors to our territory, and inspired people to learn about Indigenous histories in Canada and reconnect with their own ancestry.



Musqueam Administration www.musqueam.bc.ca

Reception: 604-263-3261

24/7 Security: 604-968-8058

WILD GAME CARCASS ABANDONED AT MUSQUEAM BEACH

It is hunting season, and as we practice our inherent right to hunt for food please remember to be respectful of our territories, teachings, and community.

Last week, a deer or elk carcass was thrown away at the Musqueam foreshore, in an area that is dangerous for our residents and for removal. In addition, a fish tote full of crab bait was discarded in the same area.

The carcass and tote are not only unsightly and smell awful, but abandoning an animal carcass is contrary to Musqueam cultural values and teachings.

Musqueam Administration tries to keep the foreshore clean for community members to enjoy safely. Cleaning up the carcass and fish tote is not easy, and costs administration money and time to dispose of safely.

Please, be mindful of everyone who uses the beach area and dispose of your waste responsibly.





Musqueam Lands Department Notice Fireworks Ban

At this week's council meeting on October 10, Musqueam Chief & Council adopted the MIB Fireworks Law. The MIB Fireworks Law was adopted on an urgent and temporary basis, as per Musqueam Land Code section 7.3.



Under the MIB Fireworks Law:

The use and sale of fireworks and firecrackers is prohibited on Musqueam Lands, including all public spaces, parks, sports fields and river banks.

This decision was made to promote safety and to protect Musqueam lands, members, residents, guests, buildings and resources from noise, waste, and other potentially hazardous or disruptive effects of fireworks or firecrackers.

The temporary MIB Fireworks Law is in effect from OCTOBER 10 TO NOVEMBER 7, 2023

After this period, the Lands Department will engage Musqueam community members about a permanent MIB Fireworks Law. We welcome your feedback about the Law.

Any questions or concerns?

Contact: Kim Guerin, Lands Governance Officer (kim@musqueam.bc.ca or 604-329-7916)

The MIB Fireworks Law is available in the Musqueam Administration Office and on the Musqueam website: www.musqueam.bc.ca/departments/land-capital-and-housing/lands/

MUSQUEAM ≺σΣ≻ x^wməθk^wəýəm COMMUNITY NEWSLETTER

Friday, October 13, 2023



həndəminəm learning: Place Names & Pronunciation

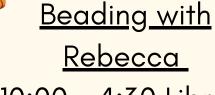
Wednesday, October 18 Table at 5pm

BACK BY POPULAR REQUEST!

Musqueam Longhouse

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

Musqueam Education Upcoming events



10:00 – 4:30 Library Space

October 20th,

2023

All are welcome



Education Pathways

Dinner

For Current Gr. 12 Students

6:00 – 7:30 Library Space

Wednesday, October 25th, 2023

Come discuss your post-secondary plans

Reminders & Important Info

- Homework Club- Mon & Wed 3:30 5:30
 Math & Science tutor available!
- Complete your bingo card for a prize! Gift Cards, Musqueam Swag, and more!
- Don't forget to pick up your school cheque
- We still have backpacks for K-12. Come grab one @ the band office

Education Team

Faye Mitchell- Manager

Lucetta George- Grant- K-12

Santana Palmer Thomas- Post Secondary

Cary Campbell- School Bus Driver

Leanne Dan- Bus Supervisor







EMPLOYMENT & TRAINING

upcoming important dates

Trades & Career Exploration Program

Starting Tuesday, Oct 24th at 9:30 AM in Classroom 1

Classes will be held in community 3 days a week (Tuesday, Wednesday and Thursday).





Client of the Month

Do you want to be featured as our Client of the Month? Send in your photos and success stories to our **Communications**Officer via email at abradley@musqueam.bc.ca to be featured. Let's celebrate your success!

Resume Writing 101

Have you recently completed training and/or are currently looking for work? Attend our one-day resume writing workshop to learn how to create and update your resume!

Thursday, Oct 26th from 2pm-4pm Computer Lab, Community Centre



Sign up today!

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



MUSQUEAM

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

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

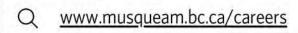
MUSQUEAM ≺**©**>≻ x^wməθk^wəýəm COMMUNITY NEWSLETTER

Friday, October 13, 2023

WE ARE hiring!

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

- · Chief Financial Officer
- · Prescribing Health Nurse
- · Community Health Nurse
- Health Department Manager
- · Archives & Research Technician
- Intergovernmental Coordinator
- Intergovernmental Analyst
- · Drug & Alcohol Worker
- Home Care Worker
- In-House Legal Counsel
- · Lands Director
- · Youth Outreach Worker



For more information about career opportunities with Musqueam:

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





tə memənəs?ewtx"

The Children's House

Hours of operation

Preschool: 9am-3pm

Daycare: 7:45am-5pm

Contact The Children's House

604-269-3302

childcaresup@musqueam.bc.ca

Manager Renee Stogan

Infant & Christy Friesen,

Toddler Kelly Herman &

Ernestine Herman

Preschool Sherry Point,
Alice Stogan &

Stacy George



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 18

Movement towards decolonial science and education



Join us for a conversation with Warren Cardinal-McTeague. Warren will talk about his journey through science, starting as a botanist working at museums and botanical gardens, and ultimately moving towards Indigenousled science and education. His work focuses on capacity sharing with

Indigenous communities in the areas of environmental genomics, food systems, and climate change.

Presenter: Dr. Warren Cardinal-McTeague, Métis and Cree from the communities of Fort McMurray and Lac La Biche in northeastern Alberta, was recently hired as an Assistant Professor at UBC Vancouver.

ni? ?əncə? (where?)

Musqueam Elders' Centre

təmtem? (when?)

Wednesday, October 18. Dinner will be served at 6:00 p.m. with the presentation starting at 7:00 p.m

PLFASE JOIN US!



VACCINE CLINIC

| stem? | ni? ?əncə? | təmtem? |
|--|------------|---------------------------------------|
| (what?) | (where?) | (when?) |
| 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

MUSQUEAM ELDERS CENTRE

Brenda Campbell, Elders Coordinator, 604-263-6312



LADIES' GROUP

Every Tuesday

1:00-4:00pm

Musqueam Elders Centre



ELDERS' LUNCH

Upcoming: Wednesday, Oct.18
12:00 Noon
Elders Centre
*Elders only



MUSQUEAM PRIMARY CARE CLINIC

4010 Si Lu Drive, Musqueam Reserve, Vancouver [Located in the Primary Care Trailer] Book an appointment: 604-266-0043

Leave a voicemail if you cannot get through. We return calls as soon as possible.

| CLINIC SCHEDULE October 16 - 20, 2023 | | Hours: 9:30am - 3:30pm (unless noted otherwise) Closed for lunch from 12pm - 1pm | | |
|---------------------------------------|-------------------|--|-----------------------------|-------------------|
| Mon. Oct. 16 | Tues. Oct. 17 | Wed. Oct. 18 | Thurs. Oct. 19 | Fri. Oct 20 |
| Dr. Marchand, GP | Dr. Dumont, GP | Dr. Marchand, GP | Dr. Marchand, GP | Karen Chandra, NP |
| Karen Chandra, NP (until 11:30am) | Karen Chandra, NP | Karen Chandra, NP | Jane Estey, NP (Virtual) | |

Dr. Noah Marchand, our new family doctor, is accepting patients from our waitlist. Priority given to Musqueam band members without a family doctor. Call the clinic to add your name to the waitlist.

Dr. Anamaria Richardson from Granville Pediatrics is working in Musqueam once a month.

Next Visit: Dec.13, 2023 To book an appointment, call Granville Pediatrics at 604-423-4803

REMINDERS

- VIRTUAL APPTS: Please be available 15 minutes before and after your appointment.
- Unable to attend your appointment? Please notify us as soon as possible.
- Note: 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.

Alternate Resources

Walk-In Clinics in Kerrisdale

- Highroads Medical: 5960 E Boulevard
- WELL Health: 2077 W 42nd Avenue

Check wait-times for BC walk-in clinics at medimap.ca

FNHA Virtual Doctor of the Day

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

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

Telephone or virtual appointments.

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



MUSQUEAM PRIMARY CARE CLINIC

A message from Karen Chandra, Nurse Practioner

The cold, flu, and covid season is upon us!

Some important reminders to keep our community safe:

- If you are experiencing cold or flu symptoms, please stay home.
- Take a COVID-19 rapid test if you are sick. Especially if you are not vaccinated, an Elder, have health concerns that impact your immune system, or if you only received a few vaccines.
- COVID-19 rapid tests are free at any pharmacy, and are available in the Musqueam Community Centre and Musqueam Primary Care Clinic.

If you test positive for COVID-19, you might be eligible for medication to decrease the symptoms and duration of the illness.

Contact your primary care provider right away, since these medication work best if started within 5 days of symptoms starting.

A message from Patricia Isaak, Practice Manager



I am pleased to accept a position as the new manager of the primary care clinic. It is an honor to work within the community, particularly on something as important as primary care.

In my previous role as land based healing coordinator, I was able to engage with many of you on exciting and important projects such as drum making, medicine harvesting, cedar weaving, and gardening.

This year, I am completing the Indigenous Health Administration Leadership Program at UBC. It has been an excellent learning experience and I am excited to put some new skills to work in this role.

I believe relationship building is a critical part of success working in community, so my door is always open and please feel free to reach out.



MERV's Walking Challenge continues!

Join us for the WALK-TO-WELLNESS CHALLENGE

GROUP SESSIONS ON TUESDAYS & WEDNESDAYS

MEET AT THE ELDER'S CENTRE 10:30AM - 11:30AM

Open to all community members!

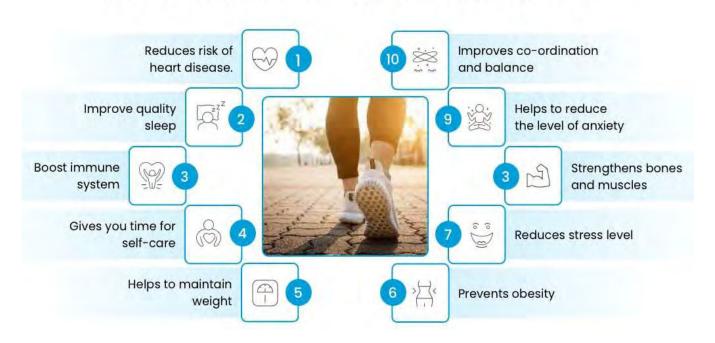
PRIZES! Participant's are entered in a draw to win a prize for the most groups attended.

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 at 604-263-3261

10 BENEFITS OF WALKING DAILY





NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

This includes:

- Naloxone training and kits
- Testing drugs before using
- Using the LifeGuard app
- Safety plan for using, even if recreational

LifeGuard App: How does it work?

Before using drugs, especially alone, use LifeGuard to record the type of substance and your location. The app sets a timer which can be paused or extended at any time.



When the timer ends, the app sounds an alarm, flashes a light, and vibrates. The user must hit a button to stop the alarm and indicate they are fine.

If the alarm is not turned off, a text-to-voice call will go straight to 9-1-1 to alert emergency medical dispatchers.

Helplines

Suicide prevention line: 1-833-456-4566

Dial 2-1-1: Support line for all of life's challenges, information and referrals for physical and mental health resources, housing, utility, food and employment assistance, and suicide and crisis intervention.

KU-US Crisis Line: 1-800-588-8717

Talk Suicide Canada Crisis Line: 1-800-784-2433

Indian Residential School Survivors Society Crisis Line: 1-866-925-4419

Mental Health Support Line: 310-6789 (no area code)

Senior Distress Line: 604-872-1234

Trans Lifeline Canada: 877-330-6366



MUSQUEAM COUNSELLING SUPPORTS

Brad Morin - NNADAP

nnadap.bmorin@musqueam.bc.ca

Cell: 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

First Nations Virtual Substance Use & Psychiatry Service

Culturally-safe specialist support for your health and wellbeing



 For a referral, ask a health and wellness provider who supports you or call the First Nations Virtual Doctor of the Day.



You and your provider can call the service together to set up an appointment.



An assistant will connect you by phone or video with a specialist to give you the support you need.



Support is available Monday to Friday. Learn more at FNHA.ca/VirtualHealth

Services are open to all First Nations people living in BC and their family members, including family members who are not Indigenous. If you need urgent medical help, please call 911 or your local emergency response service.



MUSQUEAM HOME & COMMUNITY CARE PROGRAM

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.

Romeo Cosio. Home Care Nurse

Monday, Wednesday, Thursday & Friday from 8:30-5:30 604-269-3463 | homecare@musqueam.bc.ca

Arlene Haldane, Health Assistant

Tuesday-Friday from 8:30-4:30 604-269-3354 | nurseassist@musqueam.bc.ca

If there is no answer please leave a message. For emergencies, call 9-1-1.

LICE KITS AVAILABLE

Lice kits are available from the pharmacy and covered by FNHA. A personal health number (care card number) is required.

If you would like more information, contact Arlene Haldane.

MUSQUEAM YOUTH CENTRE

YOUTH CENTRE 2-9pm 604-269-3465

Children younger than 7 must be accompanied by someone older than 14 who will care for them. Children 6 and under without a parent or guardian will be sent home.





Seeking Youth for a National Indigenous Youth Council: Four Directions Youth Mental Wellness Circle

Attention Youth Aged 18-29!

Thunderbird Partnership Foundation (Thunderbird) and First Peoples Wellness Circle (First Peoples) are looking for Indigenous Youth aged 18-29 to actively participate on the Four Directions Youth Mental Wellness Circle, a national youth council.

This group will be a collective of Indigenous youth who will provide perspective, guidance, and advice on the work of these organizations relating to Indigenous mental wellness.

Participating in a variety of working groups that relate to mental wellness, youth will also lead their own projects with the goal of promoting wholistic wellness and supporting of Indigenous peoples and communities from coast to coast to coast.

Youth council members will also represent the voices of Indigenous youth at national and international events and benefit from mentorship, training, and academic and career support, all of which may support any future work in Indigenous mental wellness. This will include:

- Certified training in mental wellness topics,
- A potential for certification as a trainer of mental wellness programs,
- A highly credible experience to support future employment and education, and
- Equitable compensation.

To apply, complete the online survey: www.thunderbirdpf.org/youth-council-recruitment

The survey link will be active until all spots have been filled, however we encourage youth to submit their applications no later than October 20, 2023.

Please visit our websites to learn more about our organizations.

Thunderbird Partnership Foundation: thunderbirdpf.org

First Peoples Wellness Circle: fpwc.ca

Inquiries: youthcouncil@thunderbirdpf.org



HALLIS HIRING!

Hall is in the early stages of an exciting project in Surrey starting soon. Apply today!

JOB POSITIONS:

- Road Improvement
- Storm Sewer & Watermain FSPL Project:
- Labourer
- ✓ Operator
- Pipelayer and Flagging

APPLY NOW



SEND YOUR RESUME TO: Angela Nahanee, Job Coach E: anahanee@musqueam.bc.ca T: 604-269-3316

