# MUSQUEAM **≺<©>>** x<sup>w</sup>məθk<sup>w</sup>əýəm

# COMMUNITY NEWSLETTER

Friday, November 3, 2023



# HIGHLIGHTS

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Playground closed for 2 weeks

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Vancouver Coastal Health art opportunity

... and lots more!

# Christmas distribution is on November 30, 2023

Forms submitted by

Tuesday, November 14 @ 4:30 are guaranteed payment on Nov. 30

- Members must submit EITHER form A or B
- Form A is for individual band members that are 19+
- Form B is for individual parents with Musqueam children, and replaces Form A if the parent is a band member
- Distribution payments are made by direct deposit or cheque.

Contact Krista Point for forms or questions: mibdistribution@musqueam.bc.ca



Musqueam Administration

Main Office 604-263-3261 24/7 Security 604-968-8058

Sign up for newsletter emails: community.notices@musqueam.bc.ca

# **UPCOMING EVENTS**

## Weekly in the Gymnasium

#### Men's indoor soccer

Mondays & Wednesdays

6:30 - 8pm



#### **UBC Active Kids**

Wednesdays

4:30 - 5:30pm

#### Adult volleyball

Thursdays

6 - 8pm

## **Remembrance Day**

Observed on Monday, November 13, 2023.

Band office will be closed.



## Financial Literacy Workshop for teens & young adults

Tuesday, November 14 5pm

Community Centre Library (Upstairs)

Youth aged 15+ are invited to learn the basics about banking, budgeting, credit and more.

Hosted by Joyce Leppington (Musqueam & Sts'ailes)





#### **Scam Prevention for Elders**

Tuesday, November 28

5:30pm

**Cultural Centre** 



# Playground closed for accessibility upgrade

The community playground is closed for approximately two weeks beginning Wednesday, November 1.

Construction has begun to install a handicap swing that will increase the accessibility of the playground for physically disabled community members.

The playground will re-open once the swing is installed and it is safe to play again. Thank you for your patience!



# Musqueam Members: Sign-up to watch Canucks games from the Musqueam suite!

Home games between November 2023 and January 2024 are currently available for request.

One game per entry form, but members can apply more than once.

#### The form requires this information:

- · Name of band member
- Contact information
- · Game date
- · How many tickets requested
- Names of guests

Games between February and April 2024 will be available to request at a later date.

#### Final year of Rogers Arena suite

Due to upcoming renovations, this is the LAST year that Musqueam has a suite at Rogers Arena.

HUGE thank you to the Vancouver Canucks for their generosity over the years to enable Musqueam to attend games in the suite.



https://woobox.com/ut958t



## Skwenílech Ceremony for residential school survivors

Saturday, November 11 Doors: 12pm Ceremony: 1pm

Capilano Longhouse 100 Mathias Road, West Vancouver

Squamish Nation & their Yúusnewas health and wellness team invite Musqueam community members impacted by St. Paul's Indian Residential School to a Skwenílech Ceremony.

Skwenílech is a spiritual gift that is healing and lifts the spirits of those experiencing heavy feelings.

Meal to follow ceremony.

This event is intended for Indian Residential School Survivors and anyone else affected by the ongoing work to uncover the experiences of those who attended St. Paul's. Even if community members did not attend St. Paul's, we warmly welcome them to attend.

Pot-belly wood stoves will be lit to warm the longhouse, but please dress in warm layers. Bring blankets to sit on and keep warm.

This is NOT a SYEWEN event.

Yúusnewas is a Skwxwú7mesh community-led project to research and document the residential school experiences of our people. Squamish Nation is leading archival and land-based research into the former St. Paul's Indian Residential School.

We recognize and honor the children from Musqueam that also attended St. Paul's IRS.



# **Financial Literacy Workshop**

for teens & young adults

#### Tuesday, November 14 @ 5pm

Community Centre Library (upstairs)











Youth aged 15+ are invited to learn the basics about:

- banking
- budgeting
- credit scores
- managing money
- financial planning

Workshop host:

Joyce Leppington (Musqueam & Sts'ailes)



Dinner included! Gift card prizes!

**Drop-in or RSVP to Santana:** 

learningfacilitator@musqueam.bc.ca

#### **MUSQUEAM 101**

#### stem? (what?) Musqueam 101, Wednesday, November 8

#### The Mexican Indigenous Cosmogony Recollected in the Day of the Dead



The ancient Aztecs believed in Mictlantecuhtli, Goddess of Death, who, together with her husband, was in charge of ruling the underworld. With the process of miscegenation and the imposition of Catholicism, what used to be an entire month of celebrating the Dead was transformed into a celebration

coinciding with All Souls' Day on November 1 and 2 of each year. It was the composition of La Catrina that created the perfect link to mock the Spanish heirs and capture in her face Mictlantecuhtli herself, who continues to be celebrated these days where Mexicans wait at a party of food and drink for our deceased to come back home.

**Presenter** -- Cindy Jimenez: I trained as a lawyer in Mexico. After running the legal area of a highly prosperous Mexican corporation and completing Master's Degrees in Constitutional Law and Criminal Law as well as a Ph.D., I've made a choice to broaden my outlook. I moved to Vancouver, Canada, where I completed degrees in citizenship and immigration law. First Nations are now the focus of my practice, as my biggest fondness lies in studying and discussing human rights. My passion for research has led me to write for Mexican newspapers, magazines and speak on television and radio.

#### ni? ?əncə? (where?)

Musqueam Elders' Centre

#### təmtem? (when?)

Wednesday, November 8. Dinner will be served at 6:00 p.m. with the presentation starting at 7:00 p.m.

**PLEASE JOIN US!** 

MUSQUEAM **≺<©>>** x<sup>w</sup>məθk<sup>w</sup>əýəm

Friday, November 3, 2023





**Thursdays** Nov 2- Dec 14



6:30 - 7:45pm



UBC Thunderbird Arena

6066 Thunderbird Blvd, Vancouver

### **FREE PROGRAM**

Open to Indigenous children to learn hockey. Equipment provided.

**AGES 6-18** 

**REGISTER NOW** 

https://register.salishstorm.ca



# Indian Residential School Survivors Society

# <u>Day Scholar</u> <u>Settlement Application Assistance</u>

#### IDS COORDINATORS CAN HELP YOU WITH YOUR:

- Indian Residential Schools DAY SCHOLARS Class Action Settlement: Deadline Extension Jan. 4, 2024
- Federal INDIAN DAY SCHOOL Reconsideration Letters
- First Nations DRINKING WATER Settlement Claim

# Brittania Community Centre

1661 Napier St., Vancouver, BC November 16, 2023 2:00pm-7:00pm



Contact: Daniel Joe Indian Day School Coordinator B.C. Interior Region phone: 250-540-4716 email: danieljoe@irsss.ca



Contact: Rhianon Teegee Indian Day School Coordinator B.C. Fraser-Salish Region phone: 778-222-5963 email: rhianonteegee@irsss.ca



Contact: Leticia Racine
Indian Day School Coordinator
B.C. Northern Region
phone: 778-708-3358
email: leticiaracine@irsss.ca

Friday, November 3, 2023

# SCAM PREVENTION FORS EN I ORS

5:30 - 7:30 P.M. | NOVEMBER 28, 2023

MUSQUEAM CULTURAL CENTRE
4000 MUSQUEAM AVE, VANCOUVER

A FREE EDUCATIONAL INFORMATION SESSION FOR SENIORS ON:

PHONE SCAMS
BAIL MONEY SCAMS
DISTRACTION THEFTS

**CYBERCRIME** 

FOR MORE INFORMATION CONTACT: Sergeant Rita Raj (236) 330-6593

Detective Constable Julie Gilmore (604) 349-4461 Acting Sergeant Rob Dairon (604) 340-7192 Constable John Gravengard (604) 348-6608

**REGISTRATION:** Secure your spot by registering yourself or other family members by calling, texting, or emailing Constable John Gravengard (john.gravengard@vpd.ca).



>> FREE drinks and food!





# WE ARE hiring!

Q www.musqueam.bc.ca/careers

For more information about career opportunities with Musqueam:

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

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

- Fisheries Manager
- Prescribing Health Nurse
- · Community Health Nurse
- Health Department Manager
- Intergovernmental Analyst
- Intergovernmental Coordinator
- Drug & Alcohol Worker
- · Home Care Worker
- In-House Legal Counsel
- Lands Governance Director
- Youth Outreach Worker

Casual positions also available.



#### Manager Renee Stogan

Infant & Toddler Preschool

Christy Friesen, Sherry Point,
Kelly Herman & Alice Stogan &
Ernestine Herman Stacy George

## tə memənəs?ewtx"

The Children's House

#### Hours of operation

Preschool: 9am-3pm

Daycare: 7:45am-5pm

604-269-3302

childcaresup@musqueam.bc.ca



### Saint Michael Church

Service every Sunday at 1pm Contact Jeannie Campbell for information: 604-781-5641

#### 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?

Contact Karen R. Campbell to discuss the two types of status cards and make an appointment: <a href="mailto:kcampbell@musqueam.bc.ca">kcampbell@musqueam.bc.ca</a>



# CALL FOR INDIGENOUS ARTISTS: WALL MURAL

Vancouver Coastal Health (VCH) is committed to creating welcoming, culturally safe and inclusive health-care environments.

We are seeking an Indigenous artist from Musqueam Nation to design a wall mural and related Coast Salish designs/motifs to be reproduced on vinyl applications throughout a Richmond community health-care facility. The artist is not required to paint the wall mural. The value of the contract is \$6,000.

Please submit an expression of interest by November 17, with four-to-six examples of relevant artwork, as well as a concept statement outlining how the artwork will reflect the theme: the story of the land before concrete, including giants (trees), water, river, bulrushes and bridges.

#### More information:

If you have any questions or need help submitting an application, please contact Ellen Kibble at <a href="mailto:ellen@vanmuralfest.com">ellen@vanmuralfest.com</a> or Malissa Smith at <a href="mailto:mailt

Scan the QR code below with your phone for more information and application.
Or submit at: VCH Richmond Artist
Submission Form



We wish to acknowledge that Vancouver Coastal Health sites in Richmond are located on the traditional and unceded territory of the Musqueam Nation. Vancouver Coastal Health is committed to delivering exceptional care to 1.2 million people, including the First Nations, Métis and Inuit in our region, within the traditional territories of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, shíshálh, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.





# Vancouver Public Library Request for Expression of Interest: Designers – West Point Grey Branch Exterior Windows Issued: October 5, 2023



Read the full art call online: www.musqueam.bc.ca/artcalls

#### **Project Summary**

Vancouver Public Library (VPL) is inviting x<sup>w</sup>məθk<sup>w</sup>əÿəm (Musqueam) Nation artists and designers to submit an expression of interest to create a graphic design in the form of cut-vinyl to be used in the window at the relocated West Point Grey Library located at 4566 West 10<sup>th</sup> Avenue, one block west of the previous location.

The vinyl graphic designs will extend across the front windows of the Library to enhance the street-front presence and also provide a privacy screen for patrons seated at the windows.

The window graphics will be installed on both the east and west glazing facades (see reference images). The window graphics will be printed on vinyl adhesive material, which can be fully or partially opaque, and will be directly applied to the exterior glazing. 30% of the window can be used for the installation, approx. 2'-0" x 22'-0", 12" above grade to approx. 36" above grade, however other configurations covering no more than 30% of the total glazing will be considered.

VPL will be responsible for coordinating and procuring print and installation services for the design.

#### Objectives:

- To reflect and welcome the local community.
- To celebrate the Musqueam land on which the branch resides.
- To inspire learning and connection with the sense of possibility that libraries bring to a neighbourhood.
- To share Musqueam culture and art with library visitors and the broader community.

#### About Vancouver Public Library (VPL)

VPL's mission is to be a free place for everyone to discover, create, and share ideas and information. VPL's 21 locations are hubs of vibrancy that provide spaces for people to seek information, education, and entertainment. VPL describes its personality as: Progressive, Inspiring, Open, Vibrant, Surprising, and Proud.

VPL is committed to being a place for everyone to learn about the history and cultures of Indigenous Peoples in Canada, and to creating spaces where local Nations and Urban Indigenous Peoples feel welcome and heard.

The West Point Grey location, located on the unceded land of the Musqueam people, is an active community branch. Every day of the week you will find children laughing and learning, seniors connecting, and students and remote workers using library space to work and study.

#### **Design Format**

Artists working in 2D forms which can be digitized, including, but not limited to, illustration, painting, printmaking, or photography will be considered. Abstract and/or non-representational designs are welcome.



Vinyl decals

Artists will create one digital design and deliver print-ready files that meet printer specifications to VPL.

Print specifications:

- 1200 x 1200 dpi
- CMYK
- PDF

The artwork is intended to be displayed for 2-4 years and licensed for use for 5 years.

The artist will be identified and profiled on informational signage inside the library, on social media, and promotional materials.

#### **Budget**

\$7,000.00 for artwork.

All production and installation costs will be the responsibility of Vancouver Public Library.

#### Selection Process

A selection panel will review all submissions and select one designer. Note, design/artistic partnerships, or other relationships, will be considered

#### To Apply

Artist/designer must be from the Musqueam Nation. We encourage submissions from both established and emerging artists and designers.

Submit an Expression of Interest that includes:

- 1. Artist profile and contact information, including email and phone number.
- 4 to 6 images of sample design work. Samples do not need to represent wall murals or window decal designs, but should demonstrate the artist/designer's ability and personal creative style in a 2 dimensional format. Digital images should be no more than 2MB each. <u>Please do not submit original artwork</u>.
- 3. A short concept statement (no more than 300 words), or sketch, that represents your initial thoughts on how the West Point Grey branch's personality could be expressed.

Submissions may be emailed, mailed, or hand delivered.

Please note that hard-copy submissions will not be returned.

Email submissions to <u>art-submissions@vpl.ca</u> by end-of-day November 10, 2023

Hardcopy submissions should be mailed/delivered to: Vancouver Public Library Marketing & Communications

350 West Georgia Street Vancouver BC V6B 6B1

Attn: Scott Fraser, Level 6



#### **Call for Art Work**

CLBC is a crown corporation of the BC government with approximately 30 offices around the province. Our organization provides funding for services for adults living with developmentally disabilities, and we promote community Inclusion, connection & belonging.

As part of our reconciliation journey, CLBC would like to recognize and honour the unique landscape, water, and culture where each of its offices are located with a piece of art too be placed within each of the office locations therefore, we are looking for a piece of artwork to install in our office which is located at 1200 West 73<sup>rd</sup> Ave. Vancouver, BC.

This artist call is open to professional or accomplished Indigenous visual artists who are supported by, or members of the Musqueam community.

CLBC welcomes submissions in two-dimensional and three-dimensional mediums including sculpture, painting, photography, digital art, and drawing.

#### All artwork(s) must:

- Be unique, original, and made by the artist(s)
- Be created within the past 3 years (i.e., dated 2020 or later)
- Be ready to hang and/or display

The artists chosen to deliver final designs will receive an artist's fee of \$5,000.00.

The Indigenous Advisory Committee and the Elders Advisory Committee will be selecting the artwork for each of the office locations.

Deadline for response by interested artists (by 5 pm PST) February 9th, 2024, Review of applications; Selected artists will be notified no later than March 1, 2024.

Photo entries can be submitted through email (address below) and include the following: Artist biography or summary of experience; Full contact information; digital image files and/or online links.

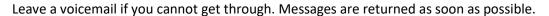
The Indigenous Relations team will also work with the Nations involved to ensure that the proper protocols are in place to honour the artwork being installed, as such funding will be provided for a ceremony.

Submissions and questions are emailed to clbcindigenous practice advisor@gov.bc.ca

#### **MUSQUEAM PRIMARY CARE CLINIC**

4010 Si-Lu Drive, Musqueam Reserve, Vancouver [Located in the Primary Care Trailer]

Book an appointment: 604-266-0043





CLINIC SCHEDULE October Nov 06 – 10, 2023		<b>HOURS:</b> 9:30 am - 3:30 pm (unless noted otherwise)  Closed for lunch from 12 pm - 1pm  Closed on all statutory holidays		
Mon. Nov. 06	Tues. Nov. 07	Wed. Nov. 08	Thurs. Nov. 09	Fri. Nov. 10
Dr. Marchand, GP Karen Chandra, NP (until 11:30 am)	Dr. Dumont, GP Karen Chandra, NP	Karen Chandra, NP  Jane Estey, NP  (virtual)	Dr. Marchand, GP	Karen Chandra, NP

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

**Dr. Anamaria Richardson**, from Granville Pediatrics, is working in Musqueam twice a month via appointments and walk-ins. Please contact their office to book an appointment or to inquire about their walk-in times. Granville Pediatrics: 604-423-4803.

Next Visits: December 13 & 14, 2023

#### REMINDERS

- Unable to attend your appointment? Please let us know as soon as possible.
- Virtual Appointments: Please be available 15 minutes before and after your scheduled appointment time.
- Enrolled patients are seen by appointment only. We are no longer a walk-in clinic.
- For urgent matters, please call 911 or proceed to the nearest emergency department.

#### **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,

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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



# ~If you missed the Musqueam Flu Vaccine Clinic ~ you may call this number below:



Call: 1-833-838-2323 – to book a vaccine near you.

### You need to provide:

- · First and last name
- Date of birth
- · Postal code
- <u>Personal Health Number (PHN)</u> care card number





#### **UBC ACTIVE KIDS in Musqueam every Wednesday**

SNACKS @ 4:30PM, ACTIVITIES START AT 4:45PM - 5:30PM WITH THE UBC COACHES



#### Active Kids Multisport & Games | Ages: 3 + 5 years

This class will introduce your preschooler with basic sport specific skills and reinforce movement skills including running, jumping, kicking, throwing & catching.

TRAINED INSTRUCTORS WILL USE A VARIETY OF FUN, SPORTS AND GAMES TO DEVELOP FUNDAMENTAL LITERACY SKILLS YOUR CHILD CAN BUILD UPON IN FUTURE SPORTS ACTIVITIES!

For more details contact Arlene Haldane at 604 263-3261



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#### MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | NOVEMBER 3, 2023 |

# Sign up for a free hearing test today! Hear the sounds you've been missing



Friday, December 8th 2023



(L) 1:30 pm to 4:00 pm



**Elders Centre** 

Good hearing helps your brain stay fit throughout your life and helps avoid many other health problems.

We work with you to assess your hearing and help determine the best solution for your unique hearing needs.

#### Echo Hearing Care can help you with:

- Hearing screenings
- · Hearing aid clean and checks
- Hearing aid information
   All services are complimentary



Please call Trish at (778)239-4325 to book



#### About us

Our team is led by Dr. Katarina Vavrovicova, a doctor of Audiology with many years of clinical and research experience in the Vancouver area.



WHERE GOOD HEARING STARTS

604-259-7704 | echohearing.ca info@echohearing.ca 2533 West Broadway 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. BUS TICKETS available for attending programs and services.

#### 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

#### 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 YOUTH CENTRE**

## YOUTH CENTRE

Phone: 604-269-3465

The Youth Centre hours: 2-9pm

If your Child Is **7 Years old or younger,** they must have a guardian who is **older than 14** with them <u>at all times who will care for them</u>.

Children 7 & under without a parent or guardian will be sent home,

#### SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

#### SAFE WATER FOR FIRST NATIONS

There is nothing more important than clean water, especially now in the midst of the COVID-19 pandemic. Yet at any given time there are drinking water advisories in dozens of First Nations communities across Canada. The lack of clean, safe drinking water in First Nations is one of the greatest violations of the UN-recognized human rights to water and sanitation.

While there has been progress in the past seven years, there are still 36 long term drinking water advisories reserves including some that have been in place for over 25 years. There is also a deficit in funding for the maintenance and operation of drinking water systems on reserves which the Parliamentary Budget Officer identified as being \$138 million dollars annually.

Instead, the Liberal government has been promoting public-private partnerships (P3s) as a solution. History has shown that P3s cost more, they lead to the privatization of water, and a loss of community control and jobs. P3s are not the answer to the drinking water crisis in First Nations.

The Council of Canadians fights for safe, clean water for everyone. This is even more urgent as COVID-19 continues to spread globally. We support Indigenous peoples' right to self-government and self-determination. Greater control by and for First Nations over water is a basic step toward reconciliation, a requirement of the UN Declaration of the Rights of Indigenous Peoples, and a necessary precondition to ending drinking water advisories in First Nations for good.