



## HIGHLIGHTS

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**What's happening  
this November?**

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**IGA notice: North Arm  
jetty breach project**

Page 14

**Fisher Safety  
Committee workshop**

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**Land Code Committee  
Elder representative  
opportunity**

Page 16

**E&T Client of the month**

... and lots, lots more!



**Band Office closed on  
Monday, November 13 for  
Remembrance Day**

See page 2 for honour  
Musqueam veterans

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**Christmas distribution is on Nov. 30**

Forms submitted by  
**Tuesday, November 14 @ 4:30**  
are guaranteed payment on Nov. 30

See page 3 for important reminders.

More information on our website:  
[www.musqueam.bc.ca/xmas-distribution-2023](http://www.musqueam.bc.ca/xmas-distribution-2023)



Want to receive the newsletter by email?  
Email [community.notices@musqueam.bc.ca](mailto:community.notices@musqueam.bc.ca)  
to be added to the email list!



**Musqueam  
Administration**

Main Office  
604-263-3261

24/7 Security  
604-968-8058

Sign up for newsletter emails: [community.notices@musqueam.bc.ca](mailto:community.notices@musqueam.bc.ca)





# Remembrance Day

## *Honouring Musqueam veterans*

Bill Thomas, brother of Hank Thomas Sr. (Old Hank) and Minnie Point (nee Thomas). Bill went to France with the Canadian Army during World War 2. He spent his later years in Gastown. Thanks, Bill.

*Submitted by Jewel Thomas*



At 17 years old, Percy Charles, husband of Aunty Mary Charles, enlisted and trained with the Canadian Army for World War 2.



Thank you to these band and community members who served in the Canadian Armed Forces:

- Johnny Louis Sr.
- Beverly Guerin
- Charles "Lou" Harkey
- Joyce Linder (nee Point)
- Laurence "Mel" Paul Sr.

Do you know a Musqueam veteran we missed?

Contact Odette Wilson to submit names and photos of loved ones who served.





# Christmas distribution is on Nov. 30

Deadline to submit forms: **Tuesday, November 14 @ 4:30**

- Forms submitted late are processed after initial payments and mailed or delivered after Nov. 30.
- CORRECTION TO ELDERS PAYMENT: Elders distribution is \$50, in addition to the regular Christmas distribution amount.
- If your mailing or email address recently changed, notify Krista Point.
- If you need forms over the long weekend, and a family member or friend received the forms by email, ask them to forward to you.

**More information** [www.musqueam.bc.ca/xmas-distribution-2023](http://www.musqueam.bc.ca/xmas-distribution-2023)

**Contact** Krista Point, Distribution Clerk, [mibdistribution@musqueam.bc.ca](mailto:mibdistribution@musqueam.bc.ca)



## Playground closed for accessibility upgrade

The community playground is closed for approximately two weeks beginning Wednesday, November 1 to install a 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!



# what's happening?

Monday, November 13

**Band office closed for  
Remembrance Day**

Tuesday, November 14

**Fisher Safety Committee  
Workshop**

9:30am-2pm

Cultural Centre

Tuesday, November 14

**Deadline to submit  
distribution  
authorization forms**

Drop forms at the band office  
reception or email Krista:  
[mibdistribution@musqueam.bc.ca](mailto:mibdistribution@musqueam.bc.ca)

Thursday, November 16

**Archives Photo Night**

Dinner: 5pm

Photo show: 6pm-ish

Elders Centre



**NOVEMBER**  
**13 - 17**



Tuesday, November 14

**Financial Literacy Workshop**  
*for teens & young adults*

5pm

Community Centre  
Library (Upstairs)

**Housing Workshops**

Contact Musqueam Housing to register!

Wednesday, November 15

*Intro to air quality*

9am-12pm

Soccer Clubhouse

*Intro to home ownership*

1pm-4pm

Soccer Clubhouse

Thursday, November 16

*First Nations: A Health &  
Safety Perspective*

9am-4pm

Soccer Clubhouse

# what's happening?



## NOVEMBER



Saturday, November 25 &  
Sunday, November 26

### **Holiday Craft Fair**

10am-4pm

Community Centre

[musqueamcraftfair@gmail.com](mailto:musqueamcraftfair@gmail.com)

Tuesday, November 21 &  
Wednesday, November 22

### **Deadline to submit distribution authorization forms**

4:30pm

Drop to the band office or email Krista  
([mibdistribution@musqueam.bc.ca](mailto:mibdistribution@musqueam.bc.ca))

Thursday, November 30

### **Christmas Distribution Day**

Tuesday, November 28

### **Scam Prevention for Elders**

5:30pm      Cultural Centre

## **Weekly in the Gymnasium**

### **Men's indoor soccer**

Mondays & Wednesdays

6:30 - 8pm



### **UBC Active Kids**

Wednesdays

4:30 - 5:30pm

### **Adult volleyball**

Thursdays

6pm



### **Saint Michael Church**

Service every Sunday at 1pm

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



## Volleyball is back on Thursdays!

Everyone is welcome to drop-in and join the fun - no experience needed.

Thursdays @ 6pm in the gym



## MUSQUEAM 101

There is no Musqueam 101 on November 15 because of UBC's fall midterm break.

Musqueam 101 resumes on November 22.

## Need to renew or replace your status card?

The membership department can help you with:

- laminate status cards (the old status cards)
- secure status cards

Contact Karen R. Campbell to discuss the two types of status cards and make an appointment:  
[kcampbell@musqueam.bc.ca](mailto:kcampbell@musqueam.bc.ca)

## *Photo night* with Musqueam Archives

Thursday, November 16  
Elders Centre

Dinner served at 5pm  
Photo show starts at 6pm-ish

Join the archives team for a walk down memory lane! We will share old photographs from the Musqueam Archives photo collection and reminisce.



# Holiday Craft Fair

Saturday, November 25 & Sunday, November 26  
10am - 4pm

Community Centre (6777 Salish Drive)

Shop amazing handmade holiday gifts from Indigenous artisans!

There is still time to apply to be a vendor!

Email: [musqueamcraftfair@gmail.com](mailto:musqueamcraftfair@gmail.com)

Text: 778-241-7619





# 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.



## SIGN-UP FORM

<https://woobox.com/ut958t>





## MUSQUEAM EDUCATION

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



Dinner included! Gift card prizes!

Drop-in or RSVP to Santana



## 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!

## DRUM MAKING

WITH KELLY LOUIS

**təmtem?** *when?*

**TUESDAY, NOV. 21 &  
WEDNESDAY, NOV. 22  
5 - 8PM**

**ni? ʔəncə?** *where?*

**BIGHOUSE KITCHEN**

**LIMITED SPOTS!**

Register with Lucetta

## CONTACT US

**K-12:** Lucetta George-Grant  
[education.advocate@musqueam.bc.ca](mailto:education.advocate@musqueam.bc.ca)

**Post Secondary:** Santana Palmer Thomas  
[learningfacilitator@musqueam.bc.ca](mailto:learningfacilitator@musqueam.bc.ca)

**Dep't Manager:** Faye Mitchell  
[fmitchell@musqueam.bc.ca](mailto:fmitchell@musqueam.bc.ca)



# WE ARE



# hiring!

🔍 [www.musqueam.bc.ca/careers](http://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
- Lands Governance Director
- Health Department Manager
- Prescribing Health Nurse
- Community Health Nurse
- Drug & Alcohol Worker
- Home Care Worker
- Youth Outreach Worker
- Intergovernmental Analyst
- Intergovernmental Coordinator

Casual positions also available.



**tə memə'nes?ewtx<sup>w</sup>**

*The Children's House*

## Hours of operation

Preschool: 9am-3pm

Daycare: 7:45am-5pm

**Manager** Renee Stogan

**Infant & Toddler**

Christy Friesen,  
 Kelly Herman &  
 Ernestine Herman

**Preschool**

Sherry Point,  
 Alice Stogan &  
 Stacy George

604-269-3302

[childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

## Christmas closure

The Children's House is closed for the holidays from December 18 - January 1, reopening on January 2, 2024.



# Raincoast Conservation Foundation North Arm Jetty Breach Project November and December 2023

## About the project

Raincoast Conservation Foundation is organizing the construction of a second breach in the North Arm Jetty in the Fraser River estuary; the traditional and unceded territory of the Musqueam Indian Band.

The goal of the breaches in the North Arm jetty is to restore natural migration routes for juvenile salmon and other fish. Opening the jetty will also restore the natural flow of freshwater, fine sediments and processes that create a link between the river and the estuary. This project is part of long-term vision to support the recovery of the Fraser River, the estuary, and its salmon populations.



*North Arm jetty breach #1 constructed in February 2022.*

*The net in the middle is monitoring for the passage of juvenile salmon at the high tide.*

## Musqueam involvement

Raincoast has been discussing the idea of creating breaches (aka openings) in the Iona North Arm Jetty and its benefits to salmon with Musqueam Intergovernmental Affairs, Musqueam Environmental Stewardship Department and the Musqueam Fisheries Department members. As with the construction of the first breach, which was completed in 2022, Environmental Monitors from Musqueam will periodically be onsite throughout construction of the second breach.

## The problem created by jetties

Jetties in the Fraser River estuary, and the accompanying dredging of the river, began in the early 1900s to aid boats and ships into the arms of the Fraser River. Jetties interrupt the natural movement of juvenile salmon and other fish by forcing



## North Arm Jetty Breach Project November and December 2023 *continued*

them from the freshwater river into the deeper waters of the Strait of Georgia before they are ready. Jetties block their access to the brackish marsh and sandflat habitats young salmon want to reach while they feed, grow, and make the transition from freshwater to ocean water. The North Arm jetty was constructed in 1916. It created a 6.8 km long barrier that has altered the connection between the North Arm of the Fraser River and the estuary, since it was constructed.

### **Plans for the North Arm Jetty**

From November to December, 2023, Raincoast aims to construct a second 30-meter-wide breach in the North Arm jetty. Raincoast will continue to monitor the breaches to assess their effectiveness in creating access for salmon, and for their contribution to creating a more natural estuary that flows more like it did prior to European arrival and construction of jetties in Musqueam territory.

In 2022, the first 30-meter-wide breach in the North Arm jetty was constructed. In follow up monitoring, all five species of juvenile salmon were found using the breaches. At high tides, over 700 juvenile chum were moving through the breach every hour, and over 100 juvenile Chinook per hour. Raincoast also conducted baseline fish surveys across the lower river and estuary between 2018 and 2023. During this time, high densities of juvenile salmon, particularly juvenile Chinook salmon, were found in the North Arm, demonstrating that the habitat in the North Arm is still important to salmon.

Raincoast believes this second breach in the North Arm jetty will not only improve passage for juvenile salmon, it will also help improve habitat in the estuary particularly for Chinook, chum and sockeye. It will also help to recover the estuary ecosystem by restoring ecological processes through the movement of freshwater, fine sediments, and nutrients that are currently stopped by the North Arm jetty.

### **Ongoing collaboration**

Raincoast is committed to our ongoing relationship-building with Musqueam to collaboratively develop future restoration projects in the Fraser River Estuary and work towards our shared goals of restoring Fraser River salmon populations and healthy ecosystems.

*Submitted by the Intergovernmental Affairs Department*



## 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.







## Indian Residential School Survivors Society

# Day Scholar Settlement Application Assistance

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





Musqueam Community Notice  
Musqueam Fisheries Department

## Fisher Safety Committee Workshop

**Who:** Fisher persons

**Where:** Cultural Center

**When:** Tuesday November 14, 2023

**Time:** 9:30am - 2pm

### AGENDA ITEMS

- Introductions
- Communications Strategy Discussion
- Fishers Safety Workshop Planning

#### Musqueam Fisheries staff

Ronette Stogan, Assistant 604.396.6829

Lawrence Guerin, SAFO 778.991.5510

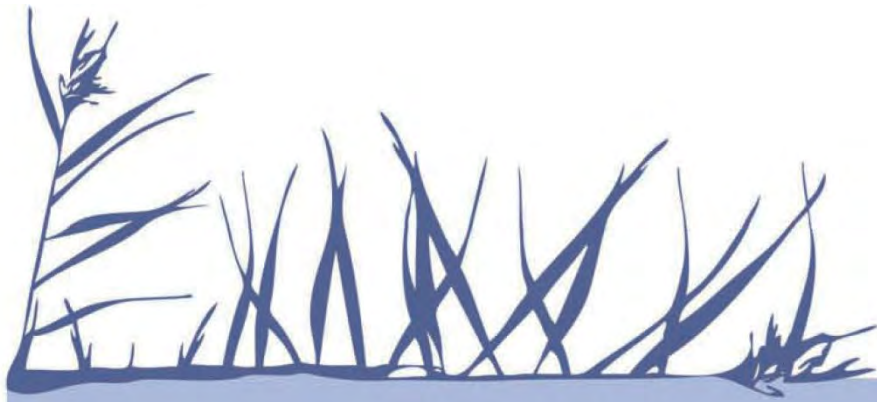
Jocelyn Grant, AFO 236.833.9412

[ronette.stogan@musqueam.bc.ca](mailto:ronette.stogan@musqueam.bc.ca)

[lguerin@musqueam.bc.ca](mailto:lguerin@musqueam.bc.ca)

[jocelyn.grant@musqueam.bc.ca](mailto:jocelyn.grant@musqueam.bc.ca)





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Musqueam

## LAND CODE

### **Musqueam Land Code Committee - Request for Expression of Interest Musqueam Elder Representative, appointment required.**

The Musqueam Land Code Committee of Council invites a letter of expression of interest from any Elder Band Member interested to be considered for an appointment to serve on the Musqueam Land Code Committee.

The Musqueam Band Council is the deciding body as to who will be selected for the committee that is comprised of a total of seven members.

*“Elder” means any Member of the age of 60 years or older.*

- The Committee are core to supporting Musqueam Lands Governance by their committee duties to review: draft laws; lands applications; development applications, consideration, and recommendations to Chief and Council and are supported by Musqueam Lands Governance Office staff and legal advisor, Murray Browne, Legal Land Code Consultant.

Musqueam Land Code implementation is a great work and requires the dedication of the Committee working group to ensure the Musqueam Land Code Pre-conditions comply and to develop the Laws, Processes, applications and much more work is necessary as we work to build our capacity for Musqueam to govern ourselves and our lands.

### **Deadline December 7, 2023, Application Deadline**

Please submit a letter expressing your interest in serving on the Musqueam Land Code committee to the attention of Kim A. Guerin, Governance Officer. Ph. 604-263-3261

[Kim@musqueam.bc.ca](mailto:Kim@musqueam.bc.ca) or hand deliver to the Band Office. Date of Notice: Nov. 10, 2023





BLAYNE BARROW

# CLIENT *of the month*

This month E&T would like to highlight and recognize Blayne Barrow, who not only was the very first client to be hired by one of our proud partners Group Ocean, but was also nominated class valedictorian! He was 1 of 5 graduates from our first cohort of the Bridge Watch Rating Program through BCIT. Blayne, we are so proud and wish you nothing but the best in your marine career!



MUSQUEAM EMPLOYMENT & TRAINING

Send your photos to E&T to be featured!

OCEAN

BCIT





**3RD  
COHORT  
STARTING  
FEBRUARY  
2024!**

# CAREER & TRADES EXPLORATION PROGRAM

**In this program, you will obtain:**

- Traffic Control
- Skid Steer Certificate
- Occupational First Aid
- Forklift Certificate
- WHMIS
- Piping Foundations (UA Local 170)

In addition, enhance your skills set, tour exciting places and learn about our partners for potential employment opportunities!

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

*Register  
Now*

**Krista Brisk, Program Coordinator**

☎ 604-269-3461

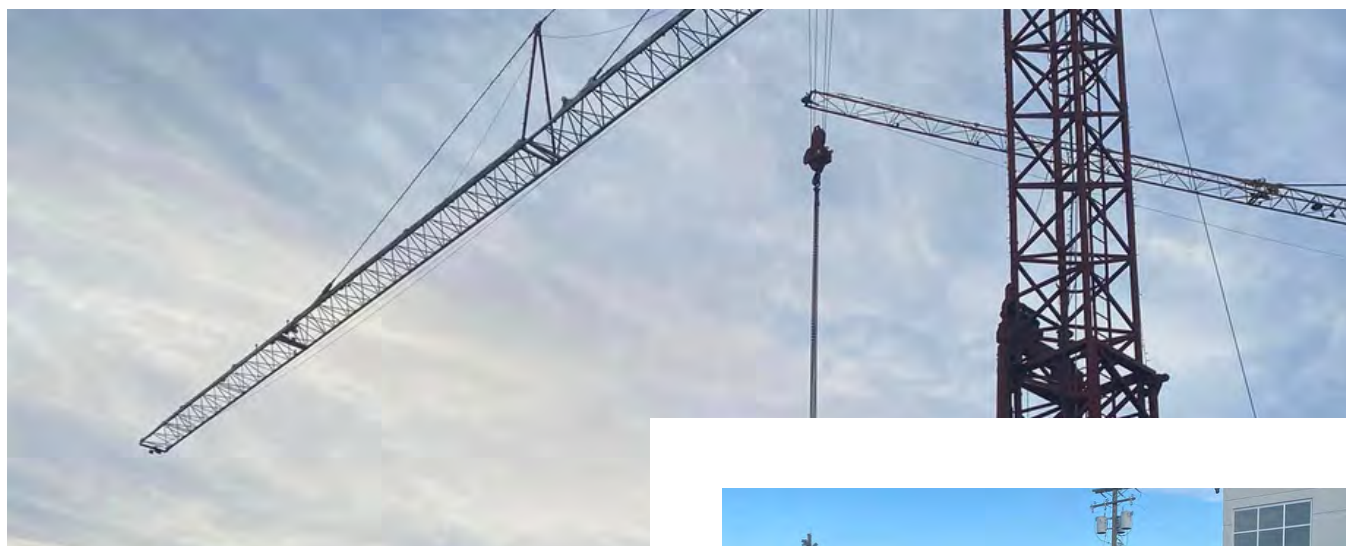
✉ [kbrisk@musqueam.bc.ca](mailto:kbrisk@musqueam.bc.ca)



November 2023

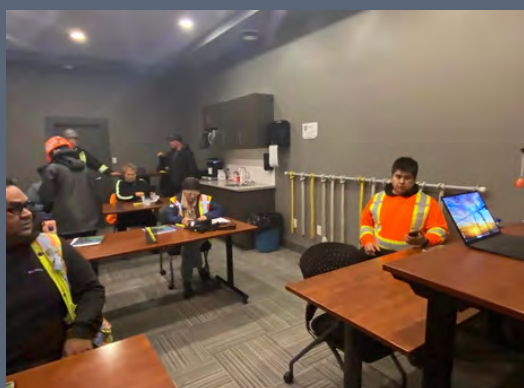
# HOIST TRAINING

## Musqueam Employment & Training



### NOVEMBER 6-10, 2023

Exciting week! 8 Musqueam clients are in Abbotsford at Bigfoot Crane Academy for a 5 day on-site practical for their Hoist Operator certificates. Awesome to see this excited bunch of hardworking clients gaining more skills and certification in the trades industry!



Students on their first day!

### 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.

Abbotsford, BC





Musqueam **Housing** Presents

## Housing Workshops for the Community

9am - Noon

1pm - 4pm

**November 15th**

Intro to Air Quality

Intro to Home Ownership

**November 16th**

First Nations Housing - A Health & Safety Perspective

Dates:

November 15th & 16th

Location:

**Soccer field clubhouse**

Time:

Intro to Air Quality: 9am—Noon (Nov. 15th)

Intro to Home Ownership: 1pm—4pm (Nov. 15th)

First Nations Housing Health & Safety Perspective (Nov 16th 9am-4pm)

**Meals served both days**

To register, please contact the Housing Department, (604) 263-3261 ext.3381



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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | NOVEMBER 10, 2023 |

### 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. Messages are returned as soon as possible.



CLINIC SCHEDULE		HOURS: 9:30 am – 3:30 pm (unless noted otherwise)		
October Nov 13 – 17, 2023		Closed for lunch from 12 pm – 1pm Closed on all statutory holidays		
Mon. Nov. 13	Tues. Nov. 14	Wed. Nov. 15	Thurs. Nov. 16	Fri. Nov. 17
CLINIC CLOSED: REMEMBRANCE DAY	Dr. Dumont, GP Karen Chandra, NP	Karen Chandra, NP	Dr. Marchand, GP	Jane Estey, NP (virtual)

**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,

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 | NOVEMBER 10, 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 **7 Years old or younger**, they must have a guardian who is **older than 14** with them **at all times who will care for them.**

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





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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | NOVEMBER 10, 2023 |



### 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**

### SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

#### Safe Drinking Water

#### FNHA

Drinking Water Safety Access to safe and reliable drinking water is essential for good health. FNHA Environmental Public Health Services undertakes activities related to drinking water safety in First Nations communities and works closely with Department of Indigenous Services Canada on drinking water related technical issues and drinking water advisories.



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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | NOVEMBER 10, 2023 |

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



Friday, December 8th 2023



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.

Scan to visit  
our website



**Echo Hearing Care**  
WHERE GOOD HEARING STARTS

604-259-7704 | [echohearing.ca](https://echohearing.ca)  
[info@echohearing.ca](mailto:info@echohearing.ca)  
2533 West Broadway





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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | NOVEMBER 10, 2023 |

### MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG AWARENESS PROGRAM (NNADAP)

#### NNADAP WORKER - CONTACT INFO:

✚BRAD MORIN

✚PHONE: 604-652-1368

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

#### BRAD'S NEW SCHEDULE:

##### HOURS:

MONDAY: 5:30-9PM

FRIDAY: 5:30-9PM

SATURDAY: 10AM-5PM

SUNDAY 10AM-5PM

#### What we offer:

- ✚ 1-1, Family & Group counselling
- ✚ Treatment referrals
- ✚ Detox support
- ✚ Relapse prevention planning
- ✚ Family Interventions
- ✚ Referrals to outside mental health agencies
- ✚ Harm reduction gear
- ✚ Drug testing strips
- ✚ Clean supplies



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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | NOVEMBER 10, 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. 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
- Senior Distress Line: 604-872-1234
- Trans Lifeline Canada: 877-330-6366



**SALISH STORM**  
HOCKEY

**STORM THE ICE  
MUSQUEAM**

**FOR INDIGENOUS  
CHILDREN & YOUTH**



**Thursdays**  
Nov 2– Dec 14



**6:30 – 7:45pm**



**UBC Thunderbird  
Arena**  
6066 Thunderbird Blvd,

**FREE PROGRAM**

Open to Indigenous  
children to learn  
hockey. Equipment  
provided.

**AGES 6–18**

**REGISTER NOW**

<https://register.salishstorm.ca>

# 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 [ellen@vanmurfest.com](mailto:ellen@vanmurfest.com) or Malissa Smith at [malissa.Smith@vch.ca](mailto:malissa.Smith@vch.ca)

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.*



# Help create the future of the West End Waterfront!

[shapeyourcity.ca/west-end-waterfront](https://shapeyourcity.ca/west-end-waterfront)



*Mural by Musqueam Coast Salish artist Chrystal Sparrow, 2018-2019 MST Cultural Residency in Stanley Park.*

*This stretch of shoreline is the unceded, ancestral, and traditional territories of the xʷməθkʷəy̓əm, Skwxwú7mesh Úxwumixw and salilwatał and is a place of cultural, spiritual and ecological significance.*

**How can the West End waterfront be a great place for you? For your grandchildren or future ancestors?** With your help, the Vancouver Park Board and City of Vancouver are planning for the future of the West End waterfront area, colonially known as English Bay, Sunset Beach Park and Beach Ave between Burrard Bridge and Stanley Park.

From sea level rise and climate change, to ecological and habitat enhancement, the draft concept design takes on these challenges and presents opportunities for the area. Learn more about the design and share your feedback until November 26! We want to know if and how the design will meet the needs of Musqueam community members. This is an opportunity to help restore Musqueam voices and visibility in the West End waterfront.

Visit [shapeyourcity.ca/west-end-waterfront](https://shapeyourcity.ca/west-end-waterfront) to:

- Learn about the project and draft concept design
- Take the survey by November 26
- Sign up for project updates

**Come say hi!** Join us at a drop-in open house. You can learn more about the draft concept design, chat with the project team, and share your feedback with us. Project staff from the Park Board, City of Vancouver, and consultant teams will be on hand to answer your questions.

There will also be a small art activity:

- Thursday, **November 16th**, 5:00PM to 8:00PM, Vancouver Aquatic Centre lobby
- Saturday, **November 18th**, 2:00PM to 5:00PM, Sunroom at Robson Square
- Register to attend on [Eventbrite](https://www.eventbrite.ca). Anyone is welcome to come in, but registration helps us get a sense of how many people will be there. The Eventbrite includes more information about the open houses and accessibility.

**Any questions?** Email us [WestEndWaterfront@vancouver.ca](mailto:WestEndWaterfront@vancouver.ca)

