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Administration staff list

... and lots more!

Important reminders!



Distribution day is November 30.

If you have not submitted your forms or contacted Krista Point, please do so immediately.

If your contact information (email or mailing address) has changed recently, please inform Krista.

Kids' Christmas Party is on Saturday, December 9.

Register your children by November 30 to make sure they get a gift!

Christmas craft fair this weekend!

Open Saturday & Sunday from 10am-4pm in the Community Centre Gym.



Have something for the newsletter?

Email community.notices@musqueam.bc.ca to submit your notice, event info, or anything else you want to share with community!

Want to receive the newsletter by email?

Email community.notices@musqueam.bc.ca to be added to the email list!**Musqueam
Administration**www.musqueam.bc.caMain Office
604-263-3261info@musqueam.bc.ca24/7 Security
604-968-8058

Saturday, November 25 &
Sunday, November 26

This weekend!

Holiday Craft Fair

10am-4pm

Community Centre



Monday, November 27 &
Thursday, December 7

Rattle Making w/ Shevonne & Kym

5-7pm

Library space (Community Centre)

Limited spots!

Register with Lucetta:

education.advocate@musqueam.bc.ca

Thursday, November 28

Scam Prevention for Elders



5:30-7:30pm

Cultural Centre

Talk to Const. John Gravengard to learn more or RSVP.

UPCOMING EVENTS



Sunday, December 3

Wreath Making at UBC Botanical Garden

Two workshops (adult & children)

Spots saved for Musqueam!

Call Lauren Jackson at 604-827-3907

Thursday, December 7

hənqəmiñəm class presentations

Cultural Centre

*Gathering starts at 4:30pm,
but stop by anytime!*

Saturday, December 9

Kid's Christmas Party

11am - 2pm

Community Centre

RSVP by Nov. 30



Thursday, November 30

Christmas Distribution Day

Scam prevention workshop for Elders

(or anyone who wants to protect themselves from scams!)

Thursday, November 28 5:30-7:30pm

Cultural Centre



Fraud is the most reported crime in Canada, and scams are more sophisticated than ever before.

Anyone can be a victim of fraud, and Elders are particularly at risk for scams that target them.

This session is tailored to Elders, but the information is relevant to everyone.

This free educational session will teach you how to protect yourself from:

- phone scams
- cybercrime
- distraction theft
- bail money scams

Save a spot by registering with John Gravengard: john.gravengard@vpd.ca

*Hosted by Sergeant Rita Raj, Detective Constable Julie Gilmore,
Acting Sergeant Rob Dairon & Constable John Gravengard*

*Presented by the VPD with support
from the Vancouver Police Foundation*

Land Code Committee is seeking Elder representative

There is currently an open position on the Musqueam Land Code Committee for an Elder representative.

This committee is comprised of seven band members who work to implement the Musqueam Land Code (2012), which is one of the first steps we have taken towards self-governance. The committee supports lands governance by reviewing draft laws, lands and development applications and other considerations for council.

Interested band members should be:

- 60 years or older
- dedicated to understanding the Musqueam Land Code
- keen to learn about how we govern our reserve lands, including how we develop laws, processes and applications that comply with our land code

Deadline to apply: December 7, 2023

Submit letters of interest to Kim A. Guerin, Lands Governance Officer:
kim@musqueam.bc.ca or hand deliver to the band office



This weekend!

Holiday Craft Fair

Saturday, November 25 &
Sunday, November 26

10am - 4pm

Community Centre

Shop amazing handmade holiday gifts
from Indigenous artisans!

musqueamcraftfair@gmail.com



RSVP FORM

 woobox.com/byq3oh



Kid's Christmas Party

Saturday, December 9

11am-2pm

Community Centre



Let us know you are coming!
RSVP using the online form to make
sure there is a gift for your child(ren).

RSVP deadline: November 30

Please only register if your child is attending.
If your child isn't registered, there is no guarantee of a gift.



łiłexətalə ct *We invite you!*

hə́ŋqəmínə́m class presentations

təmtem Thursday, December 7
4:30pm - late

ni? ʔəncə Cultural Centre



Celebrate the end of first semester for the UBC hə́ŋqəmínə́m language classes! Everyone is welcome to join us for dinner followed by student presentations.



If you've ever wondered about language classes, this is the perfect event to learn about hə́ŋqəmínə́m revitalization in Musqueam.

This event is a collaboration between Musqueam and the UBC First Nations and Endangered Languages Program.



HOLIDAY WREATH MAKING at UBC Botanical Garden

Sunday, December 3

Spots saved for Musqueam!

Adult

9am - 12pm

6 spots!

Children

1pm - 4pm

2 family spots!

To claim a spot:

Phone Lauren Jackson at 604-827-3907 and leave a message with your name and number

Spaces will be allocated first come, first serve and we will call you back to confirm your registration.



Musqueam 101

Wednesday, November 29

Elders Centre

Dinner: 6pm Presentation: 7pm



Lha Yudit'ih We Always Find a Way – Bringing the Tsilhqot'in Title Case Home

Presenters: Chief Roger William (Xeni Gwet'in) &
Lorraine Weir (Emeritus Professor, UBC Indigenous Studies)

Lha yudit'ih We Always Find a Way (Talonbooks, 2023) is a community oral history of Tsilhqot'in Nation v. British Columbia, the first case in Canada to result in a declaration of Aboriginal Rights and Title to a specific piece of land.

This presentation will provide an overview of the book from the perspective of the Plaintiff, Chief Roger William, and collaborator Lorraine Weir, and highlight some of the ways in which ancient stories and more recent ones are told in the book.

Copies of this brand-new book will be available for purchase (\$35/copy).

Musqueam 101 brings the UBC and Musqueam communities together every Wednesday night for a shared meal with guest speakers. Please join us!



Manager Renee Stogan

Infant & Toddler **Preschool**

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

tə meməñəs?ewtx^w
The Children's House

Preschool: 9am-3pm

Daycare: 7:45am-5pm

604-269-3302

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.

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

HOMework CLUB

Mondays & Wednesdays



3:30-5:30pm

Community Centre
Library (Upstairs)



Saint Michael Church

Service every Sunday at 1pm

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

Adult Rec Indoor Sports in the gymnasium

Soccer

Mondays & Wednesdays
6:30pm

Floor Hockey

Tuesdays
6:30pm

Adult volleyball

Thursdays
6pm



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.

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

SIGN-UP FORM

woobox.com/ut958t



Social development cheques issued Friday, December 1

Pick up during from the band office during office hours (8:30am - 4:30pm)

REMINDERS

- Renewal and job search forms are available for pick-up from the band office.
- If you need forms delivered, please contact the social development department.
- Income assistance applications submitted on or after Wednesday, November 29 (two business days before cheque issue day) are NOT accepted.
- Paperwork submitted late is processed the following business day (Monday, December 4) after cheque issue day.
- Consider direct deposit for monthly payments. Talk to your bank to get a direct deposit form or bring us a voice cheque.
- If you are eligible for bill payments (e.g. hydro, gas, phone) - please submit your bills ASAP. We can't pay for bills that are not submitted to our office.
- If you are considered "employable" - you must complete a job search form every month.
- If you are not able to work - you must provide a doctor's note with an explanation and duration of exception.



Jetty breach #1 constructed in February 2022.

North Arm Jetty breach

Raincoast Conservation Foundation

November & December 2023

About the project

Raincoast Conservation Foundation (RCF) is organizing the construction of a second breach (opening) in the Fraser River North Arm jetty.

The goal of the breaches is to restore the flow of:

- migration routes for juvenile salmon and other fish
- freshwater
- fine sediments
- 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.

Musqueam involvement

RCF discussed this project with Musqueam's Intergovernmental Affairs, Environmental Stewardship and Fisheries departments. As with the construction of the first breach, Musqueam's environmental monitors will periodically be onsite throughout construction.

North Arm Jetty breach

Raincoast Conservation Foundation

November & December 2023

The problem created by jetties

Jetties and dredging in the Fraser River estuary began in the early 1900s to aid boats and ships into the arms of the Fraser River.



The North Arm jetty was constructed in 1916. It created a 6.8 km long barrier that has altered the connection between the Fraser River North Arm and the estuary since it was constructed.

Jetties interrupt the natural movement of juvenile salmon and other fish by forcing 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.

Plans for the North Arm Jetty

In late 2023, RCF aims to construct a second 30-meter-wide breach in the North Arm jetty.

RCF 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.

Following the creation of the first 30-meter-wide breach in 2022, monitoring showed all five species of juvenile salmon were using the breaches. At high tides, over 700 juvenile chum moved through every hour, and over 100 juvenile Chinook.

RCF 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 and recover the ecosystem by restoring ecological processes through the movement of freshwater, fine sediments, and nutrients.

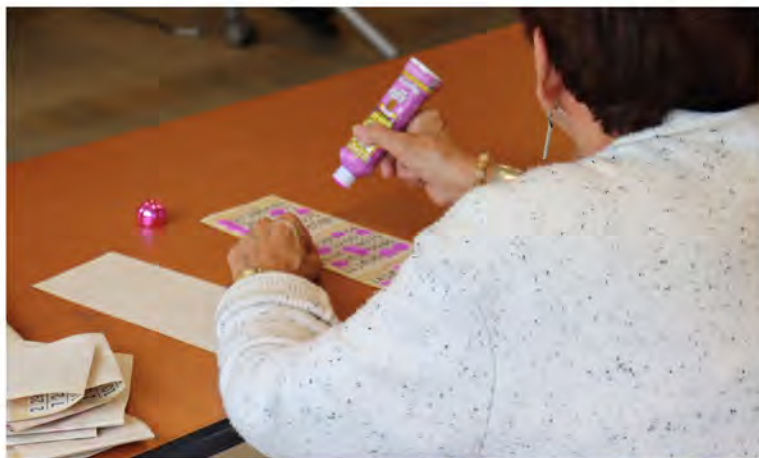
Ongoing collaboration with Musqueam

RCF has committed to building a relationship 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 Musqueam Intergovernmental Affairs (IGA) Department

Contact: Larissa Grant, IGA Manager, larissa@musqueam.bc.ca





BINGO *Night*

Will Be Held On:



Tuesday
December 5, 2023



6:00 p.m.



Musqueam Cafeteria

**LOTS OF GREAT PRIZES AND
A GUARANTEED
\$200 LAST SPECIAL**

Concession will be available
Soup & Scow Bread

RATTLE MAKING

With Shevonne & Kyrri

EDUCATION IS OFFERING ROUND TWO OF A RATTLE WORKSHOP

First Session

November 27th, 5:00 - 7:00 Library Space
Dinner provided

Second Session

December 7, 5:00 - 7:00 Library Space
Dinner provided

Limited Seats

At this time we currently have 15 seats.
Call or email to add yourself to the list.

**REGISTER NOW
WITH LUCETTA**



604-263-3261



education.advocate@musqueam.bc.ca





Musqueam Employment & Training



CAREER & TRADES EXPLORATION PROGRAM

Enhance your skillset, tour exciting work places and learn about Musqueam's partners for potential employment opportunities!

3rd COHORT STARTS
FEBRUARY 2024!

Obtain certification in:

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

8-week program Classes held in Musqueam
3 days a week (Tuesday, Wednesday & Thursday)

Krista Brisk

Program Coordinator

📞 604-269-3461

✉️ kbrisk@musqueam.bc.ca

WE ARE *hiring!*

🔍 www.musqueam.bc.ca/careers

For more information about career opportunities with Musqueam:

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

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

- Fisheries Manager
- Lands Governance Director
- Health Department Manager
- Prescribing Health Nurse
- Community Health Nurse
- Drug & Alcohol Worker
- Home Care Attendant (casual)
- Youth Outreach Worker
- Intergovernmental Analyst
- Intergovernmental Coordinator



Musqueam Health

Musqueam Primary Care Clinic

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

Hours:

9:30am – 3:30pm

Closed for lunch: 12-1pm

Book an appointment:

604-266-0043

Messages are returned as soon as possible.

CLINIC SCHEDULE: November 27 - December 1

Mon. 11/27

Tues. 11/28

Wed. 11/29

Thurs. 11/30

Fri. 12/1

Dr. Marchand, GP
Karen Chandra, NP
(until 11:30am)

Dr. Dumont, GP
Karen Chandra, NP

Dr. Marchand, GP
Jane Estey, NP
(virtual)

Karen Chandra, NP
Jane Estey, NP
(virtual)

Karen Chandra, NP

Dr. Noah Marchand is accepting patients from our waitlist. Priority given to Musqueam band members living on reserve without a doctor. Call the clinic to be added to the waitlist.

Dr. Anamaria Richardson, from Granville Pediatrics, is working in Musqueam twice a month via appointments and walk-ins. Please contact Granville Pediatrics (604-423-4803) to book an appointment or to inquire about their walk-in times. Next Visits: December 13 & 14, 2023

REMINDERS

- Unable to attend your appointment? Please let us know as soon as possible.
- Virtual: 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.
- Naloxone kits are available at the clinic.
- Prescription refills: Please ask your pharmacy to send us a 'refill request' a few days before running out.

Musqueam Health

National Native Alcohol & Drug Awareness Program (NNADAP)

Brad Morin, NNADAP Worker

Mondays & Fridays: 5:30-9:00

Saturdays & Sundays: 10:00-5:00

604-652-1368

nnadap.bmorin@musqueam.bc.ca

The NNADAP can help community members with:

- one-on-one, family and group counselling
- detox support
- relapse prevention planning
- family intervention
- referrals to treatment and mental health agencies
- harm reduction information and supplies
- drug testing strips
- clean supplies

SAFE USING SAVES LIVES

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

- naloxone training and kits
- testing drugs before using
- using the LifeGuard app
- safety plan for using, even recreationally

BUS TICKETS available for attending programs and services.

Naloxone kits are available at the primary care clinic.

Don't leave naloxone kits in cars during freezing weather!

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.



Musqueam Health

Elders Centre

Elders Christmas Dinner	Merv's Walking Group	Ladies' Craft Gathering
Thursday, December 14	Tuesdays & Thursdays	Tuesdays
5pm	10 - 11am	1 - 4pm

Youth Centre in the community centre

2 - 9pm 604-269-3465

Children aged seven years or younger must be accompanied and cared for by someone 14 years or older at all times, otherwise they will be sent home.

UBC Active Kids in Musqueam



Every Wednesday Snacks: 4:30pm Activities: 4:45-5:30pm

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.

Safe Drinking Water Monitoring Program Charlene Campbell-Wood

SPRING WATER What is the healthiest water to drink?

When sourced and stored safely, spring water is typically the healthiest option. When spring water is tested, and minimally processed, it offers the rich mineral profile that our bodies desperately crave.

Musqueam Health

Home & Community Care

Available to community members for assistance with hospital discharges, home care aides, all medical supplies & equipment.

All home care services & medical equipment require a note from a doctor with specific needs.

HOME CARE CLIENTS: If you will not be home during your scheduled visit, please contact the Arlene or Romeo.

Romeo Cosio, RN

Monday, Wednesday - Friday

8:30-5:30

604-269-3463

homecare@musqueam.bc.ca

Arlene Haldane, Assistant

Tuesday - Friday

8:30-4:30

604-269-3354

nurseassist@musqueam.bc.ca

*If there is no answer please leave a message

In an
emergency,
always call
9-1-1

Suicide prevention

Open 24 hours, 7 days a week

1-833-456-4566

Helplines



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

Senior Distress Line: 604-872-1234

Trans Lifeline Canada: 877-330-6366

Crisis lines

KU-US: 1-800-588-8717

Talk Suicide Canada: 1-800-784-2433

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

2-1-1 is a support line for all of life's challenges. They can help with information & referrals to physical & mental health resources, housing, utility, food & employment assistance; suicide & crisis intervention.

Musqueam Health

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

info@echohearing.ca

2533 West Broadway

ANNUAL VANCOUVER CHRISTMAS BIRD COUNT

SATURDAY DECEMBER 16, 2023



8AM TO 4PM - RAIN OR SHINE

*Are you interested in Birds & Nature?
Come join us in our quest to count all
the birds in the Musqueam area on
December 16.*

Contact Donna or Alan McKenzie at **604-261-1929**
or admckenzie@shaw.ca for further information.

No experience or equipment is needed. Pre-registration is required as group sizes are limited. Participants under 16 must be accompanied. Bring binoculars if you have them. Feeder Watchers can also join in by keeping a bird list that day.

This Count is organized by Nature Vancouver, as part of an annual international citizen science volunteer effort to document bird populations and status. The counts have been running annually for over 120 years.

A watercolor illustration of several evergreen trees in various shades of green, serving as a background for the title.

Coping Through The Holidays

**Coping strategies
& resources**

**For those who have
suffered the death of a
loved one**

**No charge to
participate**

The holidays can prove to be a difficult time of year for anyone grieving. This gathering will be a supportive community event focused on providing coping strategies, resources as well as discussing ways to navigate the holiday season alone or with loved ones. There will be a candle lighting ceremony, and a brief memorial for those grieving the death of a loved one. The event is facilitated by the Vancouver Hospice Bereavement Counselling Team.



Where: Celebration Hall - 5445 Fraser Street, Vancouver

When: November 30th - 7:00pm - 9:00pm

No charge to participate - *Registration is required*

To register, please email: alison@vancouverhospice.org

For more information, please contact: phone: **604-737-7305 ext 226**

ADMINISTRATION STAFF

Here are just some of the key staff members at Musqueam Administration.
To contact any staff at the band office, just call 604-263-3261 and ask to speak with the person or department you need.

Office Admin

Manager: Karen Grant
karenggrant@musqueam.bc.ca

Distribution: Krista Point
mibdistribution@musqueam.bc.ca

Facilities: Noreen Point
facilities@musqueam.bc.ca
Celeste Leaske
cleaske@musqueam.bc.ca

Protocol: Mack Paul
protocol@musqueam.bc.ca

Education

Manager: Faye Mitchell
fmitchell@musqueam.bc.ca

K-12: Lucetta George-Grant
education.advocate@musqueam.bc.ca

Post Secondary: Santana Palmer Thomas
learningfacilitator@musqueam.bc.ca

Employment & Training

Manager: Malonie Langthorne
mlangthorne@musqueam.bc.ca

Angela Nahanee
anahanee@musqueam.bc.ca

Krista Brisk
employassist@musqueam.bc.ca

Alicea Bradley
employclerk@musqueam.bc.ca

Social Development

Interim Managers:
Leanne Point & Christina Campbell

Social Worker: Mitra A.
mitra@musqueam.bc.ca

Language & Culture

Interim Manager: Larry Grant
lgrant@musqueam.bc.ca

Vanessa Campbell
vanessa@musqueam.bc.ca

CAO's Office

Interim CAO: Ed John
cao@musqueam.bc.ca

Executive Assistant: Christina Nahanee
execassist@musqueam.bc.ca

Communications: Odette Wilson
communications@musqueam.bc.ca