

MUSQUEAM



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# COMMUNITY NEWSLETTER

Friday, December 8, 2023 ONLINE VERSION



## HIGHLIGHTS

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**Health Department  
notices, including  
Elder's X-mas dinner,  
holiday hours**

... and lots more!

**The band office is closed for  
the holidays starting  
Monday, December 18 until  
Monday, January 1.**

**We reopen on January 2, 2024.**

- 👁 Social development January cheque pick up date:  
Friday, December 29 between 9am-12pm.
- 👁 Education January cheques will be mailed.
- 👁 Recreation is closed Dec. 23 - 26, Dec. 30 - Jan. 1

*This is the last newsletter of 2023.*

*We wish everyone a wonderful a holiday season.*

*See you in 2024!*

**MERRY  
CHRISTMAS**



**Musqueam  
Administration**

[www.musqueam.bc.ca](http://www.musqueam.bc.ca)

Main Office  
604-263-3261

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

24/7 Security  
604-968-8058



# Kid's Christmas Party

Saturday, December 9 11am-2pm

Community Centre



Brunch! Bouncy Castle! Photobooth!  
Christmas Show! Santa! ...and much, much more!

**The elves have been working hard all week preparing for this annual event!  
Gifts are wrapped and ready for all the children who RSVP'd!**

Please note, the RSVP deadline was November 30. Unfortunately, if your child isn't registered, our elves cannot guarantee a gift. But there is lots more to enjoy at the party!

## EDUCATION

ALL January 2024  
cheques (high school  
bus fare and elementary  
education) will be  
**MAILED OUT.**  
No pick up option.



## RECREATION

**Holiday closure dates:**

- Saturday, December 23
- Sunday, December 24
- Monday, December 25
- Tuesday, December 26
- Saturday, December 30
- Sunday, December 31
- Monday, January 1



**Saint Michael Church**

Service every Sunday at 1pm

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



# tə məmə́nəs?ewtx<sup>w</sup>

## *The Children's House*



Preschool: 9am-3pm  
Daycare: 7:45am-5pm

604-269-3302  
[childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)

### KINDERGARTEN REGISTRATION

Children born in 2019 can now be registered for kindergarten! See VSB's kindergarten registration notice in this newsletter for more information.

### CHRISTMAS CLOSURE

The Children's House is closed for the holidays from December 18 - January 1.

We will close at 4pm on Friday, December 15 and reopen on January 2, 2024 for regular business hours.

*Manager* Renee Stogan

<i>Infant &amp; Toddler</i>	<i>Preschool</i>
Christy Friesen, Kelly Herman & Ernestine Herman	Sherry Point, Alice Stogan & Stacy George



## Watch a Canucks game from the Musqueam suite!

Band members can request to attend home games until the end of January 2024.

Games between February to April 2024 will be available to request after the holidays. Tickets for those games will only be scheduled once that request form is available.

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

 **SIGN-UP FORM**  
[www.woobox.com/ut958t](http://www.woobox.com/ut958t)



Scan with your  
phone camera!



## SOCIAL DEVELOPMENT

*Please note this month's date changes due to the holiday!*

Deadline to submit monthly renewal and job search forms was today (Friday, December 8). If you have not submitted paperwork yet - please do so immediately.

**January 2024 cheques will be available for pick up on Friday, December 29 at the band office between 9am-12pm.**

Renewal and job search forms can be picked-up from the band office.

## REMINDERS

- **Paperwork submitted late will be processed when the band office reopens after the holidays on Tuesday, January 2, 2024.**
- 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.
- 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 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.

## CONTACTS

### Safe House

Immediate Placements  
& Family Support  
604-671-5285

Christina Campbell  
604-558-4677  
safehomecoord@musqueam.bc.ca

### Social Worker

Mitra Aryaiei  
236-889-8312  
mitra@musqueam.bc.ca

### Administration

Leanne Hensel  
236-668-7715  
lhensel@musqueam.bc.ca

Michele Point  
778-991-1284  
mvpoint@musqueam.bc.ca



WE'RE



hiring!

[www.musqueam.bc.ca/careers](http://www.musqueam.bc.ca/careers)

Contact for more information:

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

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

- Environmental Stewardship & Fisheries Manager
- Finance Controller
- Senior Archeologist
- Prescribing Health Nurse
- Community Health Nurse
- Lands Governance Director
- Drug & Alcohol Worker
- Home Care Attendant (casual)
- Youth Outreach Worker
- Intergovernmental Analyst
- Intergovernmental Coordinator



## Musqueam Employment & Training

# CAREER & TRADES EXPLORATION PROGRAM

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

### 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)

**3rd COHORT STARTS  
FEBRUARY 2024!**

**Krista Brisk**

Program Coordinator

☎ 604-269-3461

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



**Kindergarten registration for children born in 2019 begins on November 1.**

All kindergarten applicants are required to submit an application to their English catchment elementary school. This includes families who wish to apply for choice programs (Early French Immersion, Montessori, Indigenous Focus School, Early Mandarin Bilingual, Nootka Fine Arts) and/or make a cross boundary application to attend a non-catchment school.

The priority registration period for Kindergarten opens on **November 1** and closes on **January 31**. Students who submit an application within this priority period will be accommodated before late applicants.

Applying for kindergarten is a **2-step process**:

**Step 1:** Online Application (ApplyNow)

- Completion of an online application form (<https://applynow.vsb.bc.ca/>) for the school year **2024-25**



**Step 2:** Verification of documentation

- Contact your English catchment school office to set up an appointment to bring your supporting documentation
- Bring supporting documentation to your English catchment school office during your scheduled appointment



**Supporting documents needed:**

1. Proof of residence in Vancouver
2. Child's birth certificate
3. Immigration documentation (if applicable)
4. Immunization records
5. Court orders/documents (if applicable)

If you want to apply for a Choice Program or cross-boundary, you must first apply to your English catchment elementary school. Choice Programs and Cross Boundary applications will begin to be accepted in early 2024.

In the event there are more in-catchment applicants than available space\* at the school, the following process will be used to prioritize enrolment:

**Kindergarten Applications Received Between November 1 and January 31**

1. **In-catchment** kindergarten applicants with siblings in attendance at the school (and who will be attending next year) will be placed first.
2. The names of all other in-catchment registrants will be entered into a **random draw** for the remaining kindergarten spaces.
3. Students who cannot be accommodated will be placed on a waitlist in the order in which their name was drawn.
4. Between January 31 and the second Friday in June students on the ordered waitlist will be accommodated as space becomes available.

**Kindergarten Registrations Received AFTER January 31<sup>st</sup>**

In-catchment kindergarten students who apply **after** January 31 will be accommodated if there is space. If there is no space, their names will be added to the bottom of the existing waitlist.

**Note:** There will be **no priority** given to registrants with siblings if they register after January 31.

**For more information on kindergarten registration visit:** <http://www.vsb.bc.ca/kindergarten>

\* Available Space includes physical capacity, resources, staffing, or educational programs available or planned for a school as defined by the District (Administrative Procedure 300).

# MUSQUEAM 101 2024

## MUSQUEAM 101

stem? (what?) MUSQUEAM 101 for 2024!

*The first Musqueam 101 of 2024 will take place on January 10th*

### ni? ʔəncə? (where?)

Musqueam Elders' Centre

### təmtem? (when?)

Wednesday, January 10. Dinner will be served at 6:00 p.m.

**PLEASE JOIN US!**



# **Volleyball Thursdays**

Suspended until Thurs January 4<sup>th</sup>  
Due to community events and Christmas  
break



# 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.*

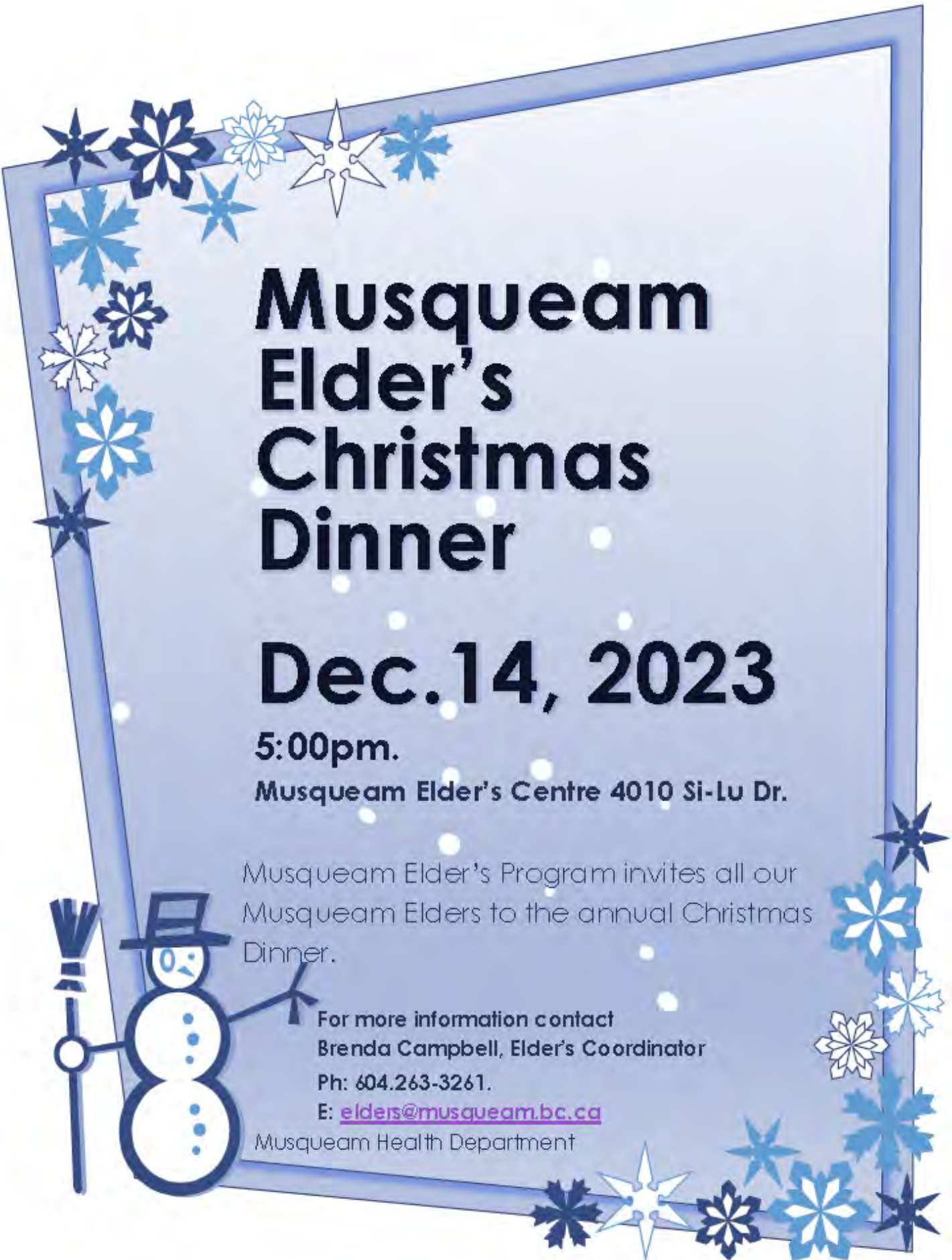
Contact Donna or Alan McKenzie at **604-261-1929**  
or [admckenzie@shaw.ca](mailto:admckenzie@shaw.ca) for further information.

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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.





# Musqueam Elder's Christmas Dinner

## Dec.14, 2023

**5:00pm.**

**Musqueam Elder's Centre 4010 Si-Lu Dr.**

Musqueam Elder's Program invites all our  
Musqueam Elders to the annual Christmas  
Dinner.



For more information contact  
Brenda Campbell, Elder's Coordinator

Ph: 604.263-3261.

E: [elders@musqueam.bc.ca](mailto:elders@musqueam.bc.ca)

Musqueam Health Department

# Musqueam Youth Centre Holiday Schedule

**Dec.18-22, Dec.27-29<sup>th</sup>.**

**Monday – Friday 10am-5pm.**

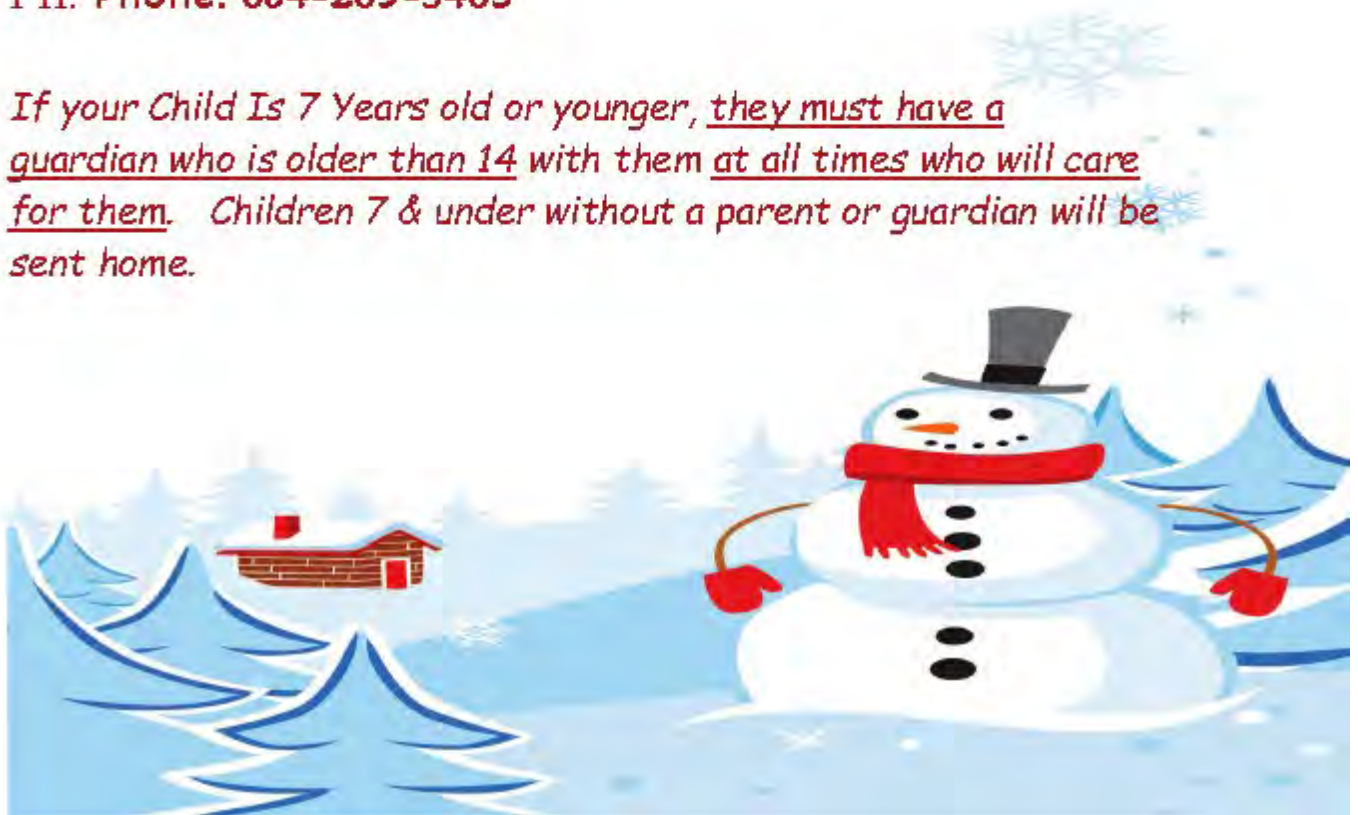
Join us for daily activities including;

baking, arts & crafts, movies,

and more!

Ph: **Phone: 604-269-3465**

*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.*





Holidays can be very stressful times for many people, whether it's because money is tight, there is family drama, or due to grieving prior losses of loved ones. Each of us experiences grief in our own way. Our reaction to our losses is determined by:

- The nature of our relationship
- The way they died.
- Our health, age, life circumstances.
- Our coping strategies.
- Our social and economic support.
- All of our other losses.

There is no right way to grief. Sometimes we may express our grief through cultural practices, reflection, tears and talking. Sometimes we may express our grief through projects, plans, and other ways to honour our loved one.

#### **Do's and Don'ts:**

- Do be gentle and compassionate with yourself.
- Don't do more than you want.
- Do allow time for feelings.
- Don't keep feelings bottled up. If you have 500 tears to cry don't stop at 250.
- Do allow others to help. We all need help at certain times in our lives

*"May I trust that my way of grieving is right for me. May I be patient and kind to myself as I come to terms with my loss"*  
— Compassion Inspired Grieving

If you or someone you know is in need of support, the following services are available 24/7:

- 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

Musqueam wellness supports that are available:

- Mental Wellness
  - Wellness Counsellor, Janice Cross: 236-558-9977
  - Art Therapist, Janice Carroll: 778-829-0242
- National Native Alcohol & Drug Abuse Program:
  - Brad: 604-652-1368

Further resources:

Vancouver Hospice Society provides specialized grief services. They offer individual and family counselling, as well as various bereavement groups. More information can be found on their website:  
<https://www.vancouverhospice.org/services/grief-support/>

# 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.

<b>CLINIC SCHEDULE</b> <b>Dec. 2023 – Jan. 2024</b>				
<b>HOURS: 9:30 am – 3:30 pm (unless noted otherwise)</b> <i>Closed for lunch from 12 pm – 1pm</i> <i>Closed on all statutory holidays</i>				
Mon. Dec. 11	Tues. Dec. 12	Wed. Dec. 13	Thurs. Dec. 14	Fri. Dec. 15
Dr. Marchand, GP Karen Chandra, NP (until 11:30am)	Dr. Dumont, GP Karen Chandra, NP	Karen Chandra, NP Dr. Marchand, GP	Dr. Marchand, GP (until 10:30am) <i>Alternate resources available – see below</i>	Karen Chandra, NP Jane Estey, NP (virtual)
Mon. Dec. 18	Tues. Dec. 19	Wed. Dec. 20	Thurs. Dec. 21	Fri. Dec. 22
Dr. Marchand, GP Karen Chandra, NP (until 11:30am)	Dr. Dumont, GP Karen Chandra, NP	Karen Chandra, NP Jane Estey, NP (virtual)	Dr. Marchand, GP Jane Estey, NP (virtual)	Karen Chandra, NP (available until 11:30am) <i>Alternate resources available – see below</i>
Mon. Dec. 25	Tues. Dec. 26	Wed. Dec. 27	Thurs. Dec. 28	Fri. Dec. 29
<b><u>Clinic Closed:</u></b> <b><u>Christmas Day</u></b>	<b><u>Clinic Closed:</u></b> <b><u>Boxing Day</u></b>	Karen Chandra, NP	<b><u>[Virtual Appointments Only]</u></b> Jane Estey, NP (virtual)	Karen Chandra, NP
Mon. Jan. 01	Tues. Jan. 02	Wed. Jan. 03	Thurs. Jan. 04	Fri. Jan. 05
<b><u>Clinic Closed:</u></b> <b><u>New Years Day</u></b>	Dr. Dumont, GP	Karen Chandra, NP Jane Estey, NP (virtual)	Dr. Marchand, GP Jane Estey, NP (virtual)	Karen Chandra, NP Jess Peart, NP (virtual)

**In the event of an emergency, please call 911 or proceed to the nearest emergency department.**

## 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.
- Naloxone Kits: Please do not leave kits in cars during freezing weather. Kits are available at our clinic.
- Prescription Refills: Please ask your pharmacy to send us a “refill request” a few days prior to running out.

## ALTERNATE RESOURCES

HealthLink BC: Call 811 or visit [healthlinkbc.ca](http://healthlinkbc.ca)

City Centre Urgent Primary Care Centre: at 1290 Hornby St.

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>*



# MUSQUEAM WELLNESS PROGRAM

## ADDICTIONS AND MENTAL WELLNESS SUPPORTS

### CONTACT FOR SUPPORTS, COUNSELLING AND REFERRALS.

Brad Morin, NNADAP Worker

Phone: 604.652.1368

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

Janice Cross, Wellness Counsellor

236.558.9977

#### BRAD MORIN

MONDAY: 5:30-9PM

FRIDAY: 5:30-9PM

SATURDAY: 10AM-5PM

SUNDAYS 10AM-5PM

#### Looking for support? We can help with:

- 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
- travel assistance to wellness support sessions

## SAFE USING CAN SAVE YOUR LIFE

### Naloxone | test your drugs first | lifeguard app safety plan around using, even if recreational

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.

- 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

### 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.



## Emotional Support

Since 1994, Indian Residential School Survivors Society has been offering front-line emotional, cultural, and crisis support through our **Resolution Health Support Workers (RHSW)**. The RHSW team supports emotional, mental, and spiritual development, along with healing and recovery for survivors, families and communities, and their work is guided by culturally-based values and principles.

The RHSW team also provides culturally safe, non-judgmental, and confidential counselling services to survivors and intergenerational survivors, and families.

The RHSW team accepts referrals from the Lamathut Crisis Line team, and other IRSSS service providers for short-term crisis counselling services until long-term help or resolution can be found. Responding to First Nations community crisis is a large part of our work.

## Emotional Support

The following emotional supports are available:

- ▶ Individual
- ▶ Couples
- ▶ Family
- ▶ Group
- ▶ Sharing Circles
- ▶ Crisis Counselling
- ▶ Community Crisis Support

More than a dozen RHSWs are located throughout the province, highly trained and ready to help. **RHSW services are always free.**

IRSSS has offices in Hope, Kamloops, Prince George, Terrace, Vancouver, and Williams Lake, and our RHSW team regularly responds to service requests and travels all over BC.

[www.irsss.ca](http://www.irsss.ca)

CRISIS LINE +1-800-721-0066

TELEPHONE +1-604-985-4464

EMAIL [Reception@irsss.ca](mailto:Reception@irsss.ca)

SCAN FOR

Service Request Form





## 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 \***



**UBC ACTIVE KIDS in Musqueam will resume after the new year.**

**Dates to be determined.**

For more details contact **Arlene Haldane at 604 263- 3261**

*Charlene Campbell-Wood*

### **Ensuring sustainable access to safe drinking water**

Ending a long-term drinking water advisory is a complex process and requires collaboration between First Nations communities and the Government of Canada. [Actions to resolve a water or wastewater issue](#) can include:

- feasibility studies
- new system design work
- interim repairs on existing systems
- permanent repairs to existing infrastructure
- construction of new infrastructure
- improved training and monitoring

Initiatives are underway in each community to address the [remaining long-term drinking water advisories](#). The decision to lift a long-term drinking water advisory lies with a community's chief and council, based on recommendations from environmental public health officers.

There are different types of drinking water advisories in First Nations communities. To learn more about why and when they are issued, visit [About drinking water advisories](#).

Eliminating long-term drinking water advisories is just 1 part of ensuring First Nations communities have reliable access to safe drinking water:

- [Investing in water and wastewater infrastructure](#)
- [Keeping water systems running and properly staffed](#)
- [Supporting First Nations' control of water delivery](#)

The timeline of every water and wastewater infrastructure project differs. For example, completion of a new water treatment system can take 3 to 4 years to complete. See the [Life-cycle of a First Nations community infrastructure project](#).

In addition to resolving long-term drinking water advisories, work is also underway to support community infrastructure projects on reserve to build a sustainable foundation and increase reliable access to clean drinking water for generations to come.



First Nations Health Authority  
Health through wellness

# FNHA Virtual Health and Wellness Services

## First Nations Virtual Doctor of the Day (FNVdOD)

### Primary Care Services

- Family Practice GPs
- Self-Referral by client
- 7 days a week
- Zoom or phone
- Launched in April 2020
- 1-855-344-3800



## First Nations Virtual Substance Use and Psychiatry Service (FNVsUPS)

### Specialty Services

- Addictions Medicine & Psychiatry
- Referral from *any* Health and Wellness Provider
- 5 days a week (M-F)
- Zoom (preferred) or phone
- Launched in August 2020
- 1-833-456-7655

*Both services are available to all Indigenous people and their family members living in BC*