MUSQUEAM **≺<∞>>** x^wməθk^wəýəm **COMMUNITY NEWSLETTER**

Friday, June 14, 2024

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13	We're hiring!

Friday, June 21 for Indigenous Peoples Day. Essential services and the smoke shop

Band Office closed on

Essential services and the smoke shop remain open. The primary care clinic and daycare are closed.

Join us for our community celebration!

More details on page 3.



June 10 marked 48 years since the signing of the Musqueam Declaration. Read more on page 7.



Main office: 604-263-3261 Toll free: 866-282-3261

24/7 Security: 604-968-8058



www.musqueam.bc.ca



info@musqueam.bc.ca

hənqəminəm word of the week

?iyəs happy

But how do I say it?



- **?** glottal stops have no sound!
- i the 'i' sound in pizza, taxi, casino
- **a** 'uh' sound in hug, item, cousin



CALENDAR



Kids Groupon

Monday, June 17 from 5-7pm Youth Centre



Youth pizza party and feedback session with Musqueam housing

Band office closed for Indigenous Day

Friday, June 21

Administration closed, including the daycare and primary care clinic.

Indigenous Day at Musqueam

Friday, June 21 from 11am - 2:30pm More details on page 3

Elders Lunch

Thursday, June 27

12pm

Elders Centre

Ladies Group

Every Tuesday

1-4pm

Elders Centre

Ladies Night Golf

Every Thursday starting at 5pm

Musqueam Golf Course

Contact Courtenay Gibson to sign up

Budget presentation meeting

Thursday, June 27 at 5:30pm Cultural Centre

More details on page 4



Budget information session

Tuesday, June 25

Drop in anytime between 3:30-6:30pm

Band office & Online





Saint Michael Church

6386 Crown Place, Musqueam Reserve

Service every Sunday at 1pm

Contact Jeannie Campbell: 604-781-5641



you're invited!

Musqueam's Indigenous Peoples Day Celebration

June 21, 2023

11am - 2:30pm

- Opening ceremony at 11
- Cultural activities
- Screening of Isla Grant's short film Little Deer
- Lunch
- Bouncy castle
 and more!

Vendor Opportunity

Contact Courtenay Gibson to register a table: cgibson@musqueam.bc.ca

Notice for Musqueam Indian Band members

2024/25 BUDGET

Presentation & Meeting

Thursday, June 27, 2024

Dinner: 5:30pm Presentation: 6pm

Musqueam Cultural Centre

Musqueam Indian Band's budget for the fiscal year ending on March 31, 2025 will be presented to membership.

All Musqueam Band members are encouraged to attend this annual budget presentation from Musqueam Council & Administration.

Information Session

Tuesday, June 25, 2024

3:30 - 6:30pm - drop in anytime

Main Boardroom at Musqueam Band Office

Virtual option available! Zoom details announced soon.

Join Musqueam Chief Financial Officer Jay Gill for a review of the 2025 budget ahead of the community presentation. This is a chance to ask all your detailed questions and speak with Jay in a small-group setting.

Questions? Not able to join?

Contact Jay Gill (jgill@musqueam.bc.ca) for a 1-on-1 or small group information session.

_{wə nan ?əw ?əỷ təθ ya:ýs,} Musqueam graduates!

Congratulations to the class of 2024!

We hosted our annual graduation celebration on June 13, where we honoured:



- 11 preschool students
- 13 elementary students
- · 21 high school students
- 8 post-secondary students
- 60 employment & training students



hay ce:p q́ə, thank you to everyone who supported the graduation celebration and helped us celebrate the 2023 graduates, especially Tammy Harkey and team for catering, Gordon Grant for MCing, Carl and Oscar Point for leading the graduation procession, Odette Wilson for photography, Rebecca Campbell for balloon decorations, and the setup/cleanup crew!

High School Graduates

Post-Secondary Graduates





Musqueam, Squamish, Tsleil-Waututh and the City of Vancouver unveil UNDRIP action plan



On Monday, June 3, the City of Vancouver announced a five-year UNDRIP Action Plan with a celebration at the Vancouver Convention Centre. Musqueam, along with our relatives at Squamish and Tsleil-Waututh, collaborated with the city on the creation of the plan and co-hosted ceremony to acknowledge the hard work of staff.

Musqueam Councillors Howard Grant and Allyson Fraser are members of the intergovernmental group who lead the work at the political level. Musqueam staff Gracielene Ulu, Desirae Fraser and Jeneen Sutherland also contributed administrative support to help ensure Musqueam's voice was heard in a meaningful way.

The 'Plan' contains 88 deliverables under these five 'thematic areas':

- Relationship Foundations
- · Redress, Housing and Land
- Cultural Presence
- Stewardship and Addressing Environmental Racism
- Communication & Accountability

If the goals of the plan are realized, Musqueam could see some first steps in the advancement of UNDRIP in our community.

Read the plan online at vancouver UNDRIP action plan")



48 years since signing the Musqueam Declaration

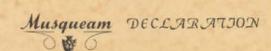
The Musqueam Declaration was signed on June 10, 1976 by Musqueam members and leadership to declare our inherent rights to our lands, waters, resources and self-governance.

> "We, the Musqueam people openly and publicly declare and affirm that we hold aboriginal title to our land, and aboriginal rights to exercise use of our land, the sea and fresh waters, and all their resources within that territory occupied and used by our ancestors.

It is our right to govern ourselves and our communities, to up-hold and determine our own customs, beliefs and laws."

The map below is included in the declaration and outlines Musqueam's ancestral territory and place names. This boundary has never changed and these sites continue to be important to our people.

We continue to be grateful to our ancestors for their leadership, which we work hard to continue today to ensure a better future for the Musqueam generations to come.



whin that tentory occupied and used by our ancesters namely:

The lands, lakes and streams defined and included by a line commencing at Harvey Creek in Home Sound and proceeding Castmand to the height of land and continuing on the height of land around the entire watershed draining into Crusish Bug, Burrard Intet and Indian Irm; when the height of land between Coquitlam Rever and Brunctle River to the Fraser River across to the South of left bank of the Fraser River and proceeding downstream taking in the left Bank of the Fraser River and the South Irm to the sea, including all those intervening lands, islands and waters back along the sea share to Harvey Creek, 53ND, the sea, its refs, flats, tidal lands and islands adjacent to the above described land and out to the centre of spengia Strait.

(These lands and waters are described in the man accompanying this declaration.)

We, the Musqueam people are members of the Musqueam Indian Band and/ or persons of one quarter Musqueam Indian American descended from those Ununum/staum; speaking people who from time immemorial occupied used and gained their Indianal from those lands, waters and sear as described above.

Our acceptors aboriginal right and our aboriginal right is to live upon and travel over our aboriginal lands, seas and maters without foreign control or retriction; to utilize trade and consume all the resources and products of those lands, waters and seas. It is our right to operation ourselves and our communities, to up-hold and determine our own easilous, beliefs and lans.

our own customs, behelp and laws.

Neither we nor our uncertoes have ever given up, extinguished or diminished our aboriginal rights and little by treaty or agreement with any foreign government or power.

We have never insidered the bits of land colled. Ordina Reserver as compensation for one fest rights and cannot consider them as adaptate compensation.

We have never accepted or agreed to the right of governments of Canada or British Columbia or their agents, to tell us how to run our own affairs or determine how we should live our lives.

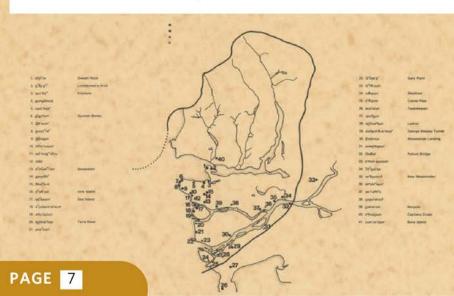
We, the Musqueum people hereby declare our intent to exercise our aboriginal rights, to restore to our own use sufficient traditional resources to enable us and our descendants to live as distinct and independent people in our own hand.

We assume our restor to obtain compessation for less of resources and denist of their uses, where these have been destroyed or exploited by others, or where they cannot

This is our aboriginal eight and a basic, universal human ri-

"Neither we nor our ancestors have ever given up, extinguished or diminished our aboriginal rights and title by treaty or agreement with any foreign government or power.

We have never considered the bits of land called "Indian Reserves" as compensation for our lost rights and cannot consider them as adequate compensation."



Creek Monitoring Project

Musqueam Creek and Cutthroat Creek is important to Musqueam and used for traditional ceremonial and recreational purposes by the community. However, bacterial contamination has been identified in the creeks and is a health and safety concern for our community.

Activities upstream and surrounding the creeks have impacted the water quality, and are likely derived from new developments, increased urbanization, as well as outdated infrastructure and other nearby impacts.

The Musqueam Lands department received funding and is working with Arcadis (consulting company) on a project to identify the sources of contamination. The goal is to find a solution to reduce the contamination so we can safely use the creeks as our ancestors have for thousands of years.

This project will also build Musqueam's capacity to monitor and evaluate the water quality of our creeks independently.

Get involved: Join the steering committee

There will be a number of opportunities for Musqueam members to participate in the project. One of the biggest roles will be the steering committee, which will work closely with the project team to share knowledge and provide guidance that will direct the project.

We are seeking band members with relevant experience, knowledge and insight into the cultural and ecological values of the creek. Potential members may include community health advocates, elders, youth, and people who use the creek for ceremonial bathing.

- Time commitment: monthly meetings from July November 2024, online and/or in person, plus 1-2 creek walks
- · Honouraria: \$200/meeting
- 5 positions available

How to apply

Submit an expression of interest to Kim A. Guerin, Lands Governance Officer. Send via email to kim@musqueam.bc.ca, or hand deliver to the band office

Deadline to submit is Wednesday, July 5.

More information is available on our website: www.musqueam.bc.ca

Musqueam Health

Women's Wellness Group

Every Monday, 6 - 7:30pm

Yoga room
(Main floor of Community Centre)

Hosted by Nicolette Moore & Mitra Ariyah

Open to female-identified Musqueam community members.

Childcare and dinner provided!

Drop in and learn about:

- Self-reflection & self-care
- · Family dynamics
- · Motivation vs. procrastination
- · Personal growth
- Health communication
- Co-dependency
- Trauma awareness
- Budgeting
- Harm reduction
- Finding balance
- · Healthy coping skills

Once a month visits from Crystal Point, Community Health Nurse, and Kymberlee Stogan, Land Based Healing Coordinator.

Contacts

Nicolette Moore, NNADAP Worker 236-558-8482 Mitra Ariyah, Social Worker 136-889-8312



Men's Wellness Group

Every Monday, 6 - 7:30pm

Centre Pod (Second Floor of Community Centre)

Hosted by Brad Morin & Merv Kelly

Open to male-identified Musqueam community members wanting a safe place to spend some time learning new skills and doing fun activities.

Drop in and learn about:

- · Personal growth
- · Healthy coping skills
- Disease prevention
- Nutrition
- · Fitness & sport activity
- Positive role modelling
- · Harm reduction
- Building respectful relationships

Contact

Brad Morin, NNADAP Worker 604-652-1368 nnadapbmorin@musqueam.bc.ca



Primary Care Clinic

Located in the Primary Care Trailer, 4010 Si-Lu Drive

Book an appointment 604-266-0043

Leave a voicemail and we will call you back!

Open Monday to Friday 9:30am - 3:30pm

Closed for lunch: 12-1pm

Closed on June 21 for Indigenous Peoples Day



Dr. Noah Marchand & Adam Mayers

Pediatrician Dr. Anamaria Richardson is next in Musqueam on July 10 & 11. No referral

needed. Call Granville Pediatrics to make an appointment: 604-423-4803

Prescription refills Before your medication runs out, contact your pharmacy and ask they

send a refill request to the clinic.

Pre- & post-natal support

Are you pregnant or recently had a baby?

Musqueam Health offers valuable incentives to pre-natal and post-natal families.

Contact Crystal Point or Arlene Haldane for more information.

Family lunch date confirmed for July 16

Open invitation to pre- and postnatal families to join us for a park lunch!

Tuesday, July 16 from 12-2pm

Chaldecott Park (King Edward & Crown Steet - the small water park/picnic area)

Crystal has returned as Musqueam's Community Health Nurse, and she wants to re-engage with current and past clients. Share your valuable feedback on the program while we enjoy the summertime heat, share a meal and let the kiddos run in the splash park!

We want to know: What did you like about the program? What could be improved?

Family welcome to join!

RSVP with Arlene: 604-655-0580 / nurseassist@musqueam.bc.ca





UBC Active Kids - Fall 2024

The next UBC Active Kids session will start this fall. Please sign up with Arlene if you have a young one who wants to participate. Details will be released near the end of the summer.

Smile2Smile - Fall 2024

This fall, the health department will be organizing dental screening for toddlers. Please contact Arlene to sign up. Details to be determined, but we will start a list to see how many families are interested in this screening.

Lice education

Please contact Crystal or Arlene if you are interested in learning more about lice treatment and prevention. We are compiling a list of interested Musqueam parents and caregivers before inviting The Greater Vancouver Lice Clinic for an information session.

Learn more about:

- · lice facts, including life stages and cycles
- treatment
- prevention

- wet combing method
- · what to do with your environment
- reducing stigma

You can also contact Crystal or Arlene for lice combs and current information/handouts.

Chronic Disease Management

Merv Kelly is available to anyone who wants support and motivation with their fitness routine!

Visit Mery in the fitness centre

Mondays, Thursdays & Fridays: 8:30 - 1 pm

Tuesdays & Wednesdays: 8:30 - 10:30am

Circuit training: 12 - 1 pm

Stop by Merv's office

Monday - Friday, 1 - 3:30 pm 2nd floor of the community centre

Join the walking group

Tuesdays & Wednesdays 10:30am

Meet at Elders Centre

Weather permitting.
Contact Merv or Brenda.



Everyone welcome!



Musqueam Health

Monica Brown, Health Department Manager

mbrown@musqueam.bc.ca 604-269-3372



chn@musqueam.bc.ca 604-362-9200

Romeo Cosio, RN, Home Care Nurse

Monday, Wednesday- Friday 8:30-5:30

homecare@musqueam.bc.ca

604-269-3463



Brenda Campbell, Elders Coordinator

604-263-6312

Arlene Haldane, Nurse Assistant

Tuesday - Friday 8:30-4:30

604-269-3354

nurseassist@musqueam.bc.ca

Mental Wellness & Addiction

Private counselling services are available to Musqueam people via phone or virtually.

Janice Cross, Wellness Counsellor Janice Carroll, Art Therapist

236-558-9977 778-829-0242

mentalwellness@musqueam.bc.ca jcarroll@musqueam.bc.ca

NNADAP aims to support community members struggling with addictions through education, counselling, detox support, relapse prevention planning, family intervention, referrals and more.

Call to make an appointment with Brad or Nicolette, or stop by the health department office in the community centre during their shifts.

Brad Morin, Drug & Alcohol Worker

604-652-1368 nnadap.bmorin@musqueam.bc.ca

Mondays & Fridays: 5:30pm - 9pm Saturdays & Sundays: 10am - 5pm

Nicolette Moore, Drug & Alcohol Worker

236-558-8482 nnadap.nmoore@musqueam.bc.ca

Mondays - Fridays 9am - 5pm

WERE hiring!



musqueam.bc.ca/careers

Contact for more information:

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

Musqueam is currently hiring for these positions:

- Summer Recreation Leaders (4 positions)
- Payroll Administrator
- Senior Archeologist Team Lead
- Major Projects Coordinator
- Iona Project Coordinator
- · Learning Facilitator
- Executive Assistant to UBC Liaison
- Census Data Collector (term)
- Relationship Specialist Assistant
- Youth Outreach Worker
- Prescribing Nurse
- Intergovernmental Projects Analyst

Work with Musqueam

Summer Recreation Leaders (4 temporary positions)

- Need a summer job? Help recreation run their annual summer program!
- Support active and passive recreation activities with youth aged 5-12, including chaperoning group outings and booking programming

Iona Major Project Coordinator

- Works in the Intergovernmental Affairs department to support the Iona Wastewater Treatment Plant project
- Main point of contact for the project
- Reviews and assesses project files and helps share information

Learning Facilitator

- Monday Friday, 8:30am-4:30pm
- Works in the education department to support Musqueam's post-secondary students

Census Data Collector

- Two full-time roles, with flexible hours
- Approximately 16-week contract
- Community engagement about the Musqueam Census
- Support members to complete the survey



Foreshore Restoration Project: Community Update

Musqueam and the Vancouver Fraser Port Authority would like to thank community members for your attendance, discussion, and questions at the dinner and information session on June 5.

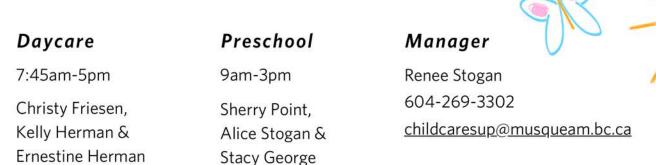
The Foreshore Restoration Project team is working on a full update for community, which will address questions raised and provide more information about the project.

The update will be shared in an upcoming newsletter and on the MIB website.

hay ce:p qo - Thank you all

tə memənəs?ewtxw Th

The Children's House





Preschool Registration

Children aged 3-5 years old can register for preschool starting Tuesday, July 2.

Contact Renee Stogan to sign up your child.

Interested in attending Langara?



Musqueam's very own April Campbell (previously Musqueam's learning facilitator) now works as one of the Indigenous Student Services Specialists in the Indigenous Education and Services Department at Langara.

Reach out to April is happy to answer any questions or provide insight into studying at Langara.

April Campbell, <u>acampbell@langara.ca</u>, 604.323.5366 In person: Langara Indigenous Gathering Space, C140



SOCIAL DEVELOPMENT

INCOME ASSISTANCE

Paperwork renewal deadline
Thursday, June 20

July payment issued Friday, June 30

REMINDERS

- Renewal and job search forms are available at the band office.
- If you are considered "employable" you must complete a job search form every month, and are expected to pick up your own cheque if not direct deposit.
- If you are not able to work you must provide a doctor's note with an explanation and duration of exception.
- Submit eligible bills ASAP. We can't pay bills that are not submitted to our office.
- Consider direct deposit for monthly payments. Talk to your bank for a direct deposit form or bring us a voice cheque.

Seeking a driver for community food program

The social development department is excited to announce the launch of a weekly food program beginning in July.

We are currently seeking a reliable drive to support the program once a week.

The role involves driving to a warehouse in Burnaby to pick up the food items, driving back to Musqueam and dropping them off in the community centre.

The driver must have access to a truck, and be able to lift heavy food cartons.

Compensation will be discussed.

Please contact Christina Campbell if you are interested: safehomemanager@musqueam.bc.ca





Musqueam Housing presents

Kids Groupon

Monday, June 17, 5 - 7pm

Youth Centre (Community Centre)



Pizza party for youth and parents!

We want to hear what youth programming you'd like to see at Musqueam this summer and all year.

Red Fox Society is hosting this project.

Do you want to learn hənqəminəm?

Join us this summer for həndəminəm learning through sounds, symbols and songs!

FNEL 191A: Introduction to an Indigenous Language I

July 22 - August 9, 2024 Monday - Friday, 5 - 8pm Taught by Grace Point-Bassett



This is a three-week condensed course offered through UBC's First Nations Endangered Languages Program (FNEL). Although it is intensive, it's also a very supportive and relaxed environment for beginners and experienced language learners.

Contact Grace if you have questions or want to register: grace.point@ubc.ca

EMPLOYMENT & TRAINING

Career & Trades Exploration Program

Cohort 4 starts this fall!

8-week program starting Sept. 10 3 days a week (Tues. - Thurs.) Classes held in Musqueam



Enhance your skillset and explore career options in many different trades.



Krista Brisk, Program Coordinator

