

MUSQUEAM NEWSLETTER

Friday October 21, 2016

Tel: 604-263-3261, Toll Free: 1-866-282-3261,

Fax: 604-263-4212...Safety Patrol: 604-968-8058

EVERYONE WELCOME!

MUSQUEAM 101 – Wednesday October 26, 2016

stem? (what?) Musqueam 101 October 26, 2016

Angyaaq: Returning traditional knowledge through museum collections

There are only 13 traditional model angyaat (open boats) that have been found in museum collections around the world from the Sugpiat region of Alaska. No full sized ones exist from the past. The angyaaq, an important sea-going craft, was nearly lost to time and it is museum collections that have kept this knowledge alive and allowed the Sugpiat to re-learn and put this knowledge back into a living context. In 2014 we made models and then in 2015-16 we constructed two full-sized functional angyaak. This project shows the value of museum collections to tribes and vice versa.

Presenter:

Sven Haakanson was born into the Alutiiq community on the small remote island village of Old Harbor Alaska. He is an anthropologist specializing in documenting and preserving the language and culture of the Alutiiq. He is the former Executive Director of the Alutiiq Museum in Kodiak, Alaska and is currently a professor at University of Washington, Seattle, and the Burke Museum..

ni? ʔəncə? (where?)

Musqueam Administration Offices

təmtem? (when?)

Wednesday, October 26. Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

PLEASE JOIN US!

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St. Michael's Church

**Please join us at
Church, Every Sunday
@ 12:45 PM**

**St. Michael's Church
on Crown Street.**



* Please be informed that you can view the MIB Newsletter and any Upcoming Meetings's and/or Workshops etc.
On the Musqueam website ~ www.musqueam.bc.ca ~ under the "Newsletter Section".... Thank you :)

MUSQUEAM INDIAN BAND NOTICE OF ELECTION & NOMINATION MEETING

Notice pursuant to the First Nations Elections Act

Notice is hereby given that **Musqueam Indian Band** has called an Election in accordance with the ***First Nations Election Act***, for the purpose of electing one (1) Chief and ten (10) Councillors on November 30, 2016 for the next ensuing Term of Office.

NOTICE OF ELECTION

NOTICE IS HERBY GIVEN THAT THE ELECTION WILL BE HELD AT THE MUSQUEAM COMMUNITY CENTRE GYMNASIUM (6777 SALISH DRIVE VANCOUVER, BC V6N 4C4) ON NOVEMBER 30TH, 2016 FROM 9:00AM TO 8:00PM.

NOTICE OF VOTING PLACE

NOVEMBER 30, 2016

9:00 AM TO 8:00 PM

**Musqueam Community
Centre Gymnasium**

**6777 Salish Drive
Vancouver, BC V6N 4C4**

Any elector may vote by mail-in ballot by submitting a *Request for Mail-in Ballot Form*, which can be obtained from the electoral officer, along with a copy of identification, prior to November 30th. The elector is responsible for ensuring they request their mail-in voting package in a timely manner to ensure it can be received by you, and returned via regular post and received by the Electoral Officer on or before November 30th, 2016.

All ballots cast at this election will be counted at the Musqueam Community Gymnasium immediately following the close of the poll on November 30th, 2016.

Given under my hand at Victoria, British Columbia, this 24th day of August, 2016.



Lawrence Lewis, Electoral Officer

For more information, please contact Lawrence Lewis, Electoral Officer

Ph: **250 889-1582** TF: **1-855-458-5888** Fax: **250 384-5416** Email: **lewis.l@telus.net**
PO Box 35008 Hillside, Victoria, BC V8T 5G2

WWW.ONEFEATHER.CA/NATIONS/MUSQUEAM

MUSQUEAM INDIAN BAND 2016 ELECTION INFORMATION

**Musqueam Indian Band is Changing its Election System
What Voters Need to Know.**

Please read ALL the attached information carefully.

The election of the Chief and Councillors of the Musqueam Indian Band used to be held under the *Indian Act* election system. But the next election will be held under the *First Nations Elections Act*.

What is the *First Nations Elections Act*?

The *First Nations Elections Act* is a law that offers new and improved rules for elections. It was developed in consultation with First Nations organizations in different parts of Canada. The law is optional. Musqueam Indian Band Chief and Council see many benefits to elections being held under this new system and have made a choice to move to it.

Highlights - Key Changes for the next Election

- ✓ The term of office for Chief and Councillors elected at this election will be 4 years.
- ✓ All persons wishing to be a candidate for chief must pay a \$100 fee, and all persons wishing to be a candidate for councillor must pay a fee of \$100.
- ✓ To become a candidate, all persons who have been nominated must sign a candidate acceptance form and pay the appropriate fee. If the Electoral Officer does not have the signed form and the fee by 6 p.m. on the third day following the nomination meeting, the nominee is not a candidate and will not appear on the ballot.
- ✓ Mail-in ballots will no longer be automatically sent out to all off-reserve electors. Anyone who wants a mail-in ballot will have to fill in a form asking for one and send it to the Electoral Officer, who must receive it no later than the 6th day before the election. The form must be accompanied by one piece of identification that proves who the person is (like a status card, a driver's licence or a health card).

For more information:

If you would like to read more about the *First Nations Elections Act*, INAC's website has information at www.aandc.gc.ca/elections

THE NEXT ELECTION WILL BE HELD AT THE MUSQUEAM COMMUNITY CENTRE GYMNASIUM (6777 SALISH DRIVE VANCOUVER, BC V6N 4C4) ON NOVEMBER 30TH, 2016 FROM 9:00AM TO 8:00PM.

For more information or assistance, please contact Lawrence Lewis, Electoral Officer

Ph: 250 889-1582 TF: 1-855-458-5888 Fax: 250 384-5416 Email: lewis.l@telus.net
PO Box 35008 Hillside, Victoria, BC V8T 5G2

WWW.ONEFEATHER.CA/NATIONS/MUSQUEAM

YOU ARE INVITED!

Our new Musqueam carving shed is now complete!

**Please join us for a brief luncheon, to celebrate
and officially open the shed in a good way.**

All Welcome

WHEN: Friday, November 4th

*** 11:30am opening remarks**

*** 12:00pm lunch served**

WHERE: Cultural Centre

Awakening the Spirit

A Musqueam canoe/cultural revitalization project
done in partnership with UBC

Contact Corrina Sparrow, 604-269-3319



MUSQUEAM 2016 COMMUNITY CENSUS

Musqueam Administration is collecting its own Census information to understand community composition and the needs and opinions of Musqueam community members living on and off-reserve.

All information will be kept confidential and will only be used by the Musqueam Band.

What
do **YOU**
think?

***Deadline Extended! Please complete the Census by
Monday, October 31st***

1:

HOUSEHOLD CENSUS

*to be completed
by ONE head of
each Musqueam
household.*

AVAILABLE NOW!

2:

PERSONAL CENSUS

*to be completed
by ANY member
of the Musqueam
community.*

AVAILABLE NOW!

**COMPLETE THE 2-PART 2016
MUSQUEAM COMMUNITY CENSUS
FOR YOUR CHANCE TO WIN!**

Each part
you complete
will give you
an entry into
weekly prize
draws and the
grand prize draw
for a Lenovo
tablet!



WAYS TO COMPLETE BOTH THE HOUSEHOLD AND PERSONAL CENSUS:



ONLINE

Please visit census.musqueam.bc.ca. You must register to receive a link to complete the survey. It is best viewed on a computer or tablet.



AT HOME ON-RESERVE

Our Census Recorders, Brittany Point, Sara Louie, Angelina Rice-Louis & Zoe Craig, will be going door-to-door on the reserve. They are also available by appointment. Please email CCP@musqueam.bc.ca or call 604-269-3330 to make an appointment.



IN THE COMMUNITY CENTRE

Our Census Recorders are available to meet you in the Musqueam Community Centre. Please email CCP@musqueam.bc.ca or call 604-269-3330 to make an appointment.



THROUGH MAIL

If you are off-reserve and would like to complete the Census on paper, please email CCP@musqueam.bc.ca or call 604-269-3330 to make arrangements.



AT CENSUS EVENTS

Keep your eyes on the newsletter and [Musqueam Community Census Facebook page](#) for details!



A Comprehensive Community Planning Initiative



COMMUNITY GRANTS NOW AVAILABLE

Have a great idea for a community building project?
Want to hold a canning workshop, an intergenerational
storytelling project, a street party, or a book exchange?
Need the funds to make it happen? Apply now for a
UTown@UBC Community Animation Grant!

Receive up to \$1,000

for projects that help build community and strengthen
connections right where people live, work and learn.

The UTown@UBC Community Animation Grant program is made possible through a partnership between UTown@UBC, the Vancouver Foundation Neighbourhood Small Grant Program and the Musqueam Indian Band. Musqueam community members, UBC students and UBC faculty and staff, are all eligible.

Deadline: October 26th, 2016

Have a project you think would be perfect?

Learn more and apply online: <http://utown.ubc.ca/animationgrant>

Contact Courtenay Gibson, Recreation Coordinator, at the Band Office if you have questions



**KEEP
CALM
it's
GIRL
POWER**

Girls Group

For girls 9-13 years old

Every other Friday

Starts October 7th

5:00pm-7:00pm at Classroom 1

discipline
laughter
love
decisions
fun
responsibility
pain
advice
parenting
patience
joy
struggle
choices
exhaustion

Nobody's Perfect Parenting

8 Week FREE Workshop

Every Monday Starting October 17th

12:00pm-2:00pm

Community Centre Classroom 1

Lunch and Child minding will be provided

To sign up please call Ashlee at the Health Department



Musqueam Health Department Newsletter Oct.21, 2016



MUSQUEAM PRIMARY CARE CLINIC

4010 Si-lu drive
Vancouver, BC, V6N 4K7
p-604-266-0043
f- 604-266-0048

With Doctor Michael Dumont, MD, CCFP. He is a First Nations family doctor with a focus in Aboriginal Health and takes a holistic approach to health and wellness. He is accepting new patients! Book your first appointment by calling our Primary Care Clinic.

Clinic hours are Friday from 10am to 4pm

Phone 604-266-0043

Located at the Musqueam Elder's Centre

To book an appointment please call. Messages are checked Friday mornings.

Please note; in lieu of the Statutory holiday, Friday November 11th, 2016 the clinic will be open on:

Wednesday November 9th

10am – 4 pm

Please call or drop in on Wednesday instead of the Holiday!

Dr. Dumont will be away for 2 weeks in November but Dr. Judy Kwan will available while Dr.Dumont is away.

Our Clinic is providing a strong foundation for the health and wellness of our community, our goal is to improve access to culturally safe health services for generations to come!

HOME & COMMUNITY CARE PROGRAM

Romeo Cosio, RN

In home care is available to our Band Members living on reserve, to assist with hospital discharges, home care aides, and medical equipment. In-home care and all medical equipment require a note from your doctor with your needs specified.

Romeo's Office Schedule:

Mon, Wed, Thurs, Friday 8:30-5:30

Tuesdays- OFF.

You may also call Patricia Mathison for assistance with your questions about home care service, or medical equipment.

Patricia's Schedule: Monday-Friday 8:30-4:30

Cancellations of service:

Please notify us as soon as possible for any Cancellations; at least 24 hours in advance is helpful.

The Arjo Tub Program:

The Arjo Tub is a therapeutic bath offered through our Home Care Program and is available at the Elder's Centre between 7-10am Monday to Friday.

You will need a doctor's order for the use of the Arjo tub, describing your condition, and how often you are advised to use the tub per week.

For an appointment call Patricia Mathison, Nurse Assistant at: 604-269-3354



Musqueam Health Department Newsletter Oct.21, 2016



Safe Drinking Water Monitor Program - Charlene Campbell-Wood

How Much Water Do You Need?

Your body weight is more than 50% water. Without water, you couldn't maintain a normal body temperature, lubricate your joints, or get rid of waste through urination, sweat, and bowel movements.

Not getting enough water can lead to dehydration, which can cause muscle weakness and cramping, a lack of coordination, and an increased risk of heat exhaustion and heat stroke. In fact, water is so important that a person couldn't last more than five days without it.

Taken from www.drinkingwaterquality

Chronic Disease Management Program —Merv Kelly

Are you needing assistance with health information about Diabetes, high blood pressure, etc., and how to help manage these. Do you want to workout but don't know what's best for you?

You may call me or drop by my office: **Hours – Monday to Friday: 9:30 am to 3:00 pm / 5:00 pm to 6:30 pm**

Available to assist all ages and levels of fitness for all community members.

Merv Kelly, Chronic Disease Management Facilitator

Phone: 604-263-3261 – Extension 3455 / merv@musqueam.bc.ca

Musqueam Elder's



Musqueam Ladies Group

When: Tuesday evenings - **Oct.25th session Cancelled.**

Time: 6:00 – 9:00 pm

Elders Luncheon

Thursday Oct.27, 2016

12:00 Noon

Location: Musqueam Elders Centre








Please share with your Elders

Thank you, Brenda Campbell Elder's Coordinator Phone: 604-263-6312



YOUTH CENTRE

Abigail Speck at the Youth Centre at 604-269-3465 Email: youthcentre@musqueam.bc.ca

Monday October 24th	Tuesday October 25th	Wednesday October 26th	Thursday October 27th	Friday October 28th
BTS 3:30—5:30  Games Night 	Arts & Crafts  4:00—8:00	D&A Night 4:00—6:00  MYP 6:00—8:30	BTS 3:30—5:30  PJ Movie Night  6:00—9:00	Teens Night  5:00—9:00

The Youth Centre will be open from 2:00 pm—9:00pm Monday—Friday

Children under 7 years old will be sent home; unless accompanied by a parent or guardian, who is at least 15 years old or older

****Please note that the Youth Centre will be open @9:00 AM when kids have professional days****

NNADAP National Native Alcohol and Drug Awareness Program

Cyndi Bell, D&A Counsellor

Please note: Cyndi Bell our NNADAP worker will be away from the office until further notice. Please see below contact list for your reference. You may access these programs by calling these numbers directly for assistance during Cyndi's absence.

NNADAP Contact list:

Access Central (detox, Daytox)	1 866 658 1221
BC Nurses Line	811
Suicide/Crisis Hotline	604-872-3311
BC 211 (referral service)	211
The Alcohol & Drug Information and Referral Service	604-660-9382



Musqueam Health Department Newsletter Oct.21, 2016



BREAST CANCER AWARENESS LADIES TEA PARTY

It's that time of year again Ladies ~ Let's share and remind each other of the importance of awareness and remember our wonderful Retreat last year at Whistler :)

Please come and share... We will also send out Email Invites :)

When: Tuesday, October 25, 2016 5-7 p.m.

Where: Musqueam Elders Centre

What: Yummy food, Bra Pong, Crafts, Laughter & Sharing together

Donations to the Canadian Breast Cancer Foundation are welcome, bring your loonies and toonies for fundraising games. *All proceeds will be sent to the Canadian Breast Cancer Foundation.*

ALL ARE WELCOME! PLEASE INVITE YOUR FAMILY MEMBERS AND FRIENDS- *no children please*

If you would like to attend Please call Patricia at 604-269-3354, so we may know how many to plan for .



OCTOBER IS
BREAST CANCER
AWARENESS MONTH



Thank you, MIB Health Team, Paula Point & Victoria Sparrow

Monday October 24th
3:30 to 5:30
Math & Science Club with
Henry & UBC Rec

Light Up Brithday

Snacks,
Soccer, Fun,



Thursday October 27th
3:30 to 5:30
Reading Club with Brennan & UBC Rec

Reading About Sports

Snacks,
Sports, Fun
& Prizes

Welcome Back! **Bridge Through Sport** **2016**

Youth age 7-12 join us
Mondays and Thursdays in the Library/Bridge
Through Sport Space

MYP

Wednesday September 28th
6:00 to 8:30
Band Office with Maggie, Vanessa &
Ryanne



Musqueam Youth Program

This week at MYP we were joined by: Rae-Lynn, Timber, Sandra, Matthew, Bud, Tusula, Austyn, Aidan, Taylor, and Graham! We carved pumpkins and enjoyed some delicious birthday cake in honour of Matthew's birthday this week! Next week we are going to be getting hyped for Hallowe'en with some more great activities!

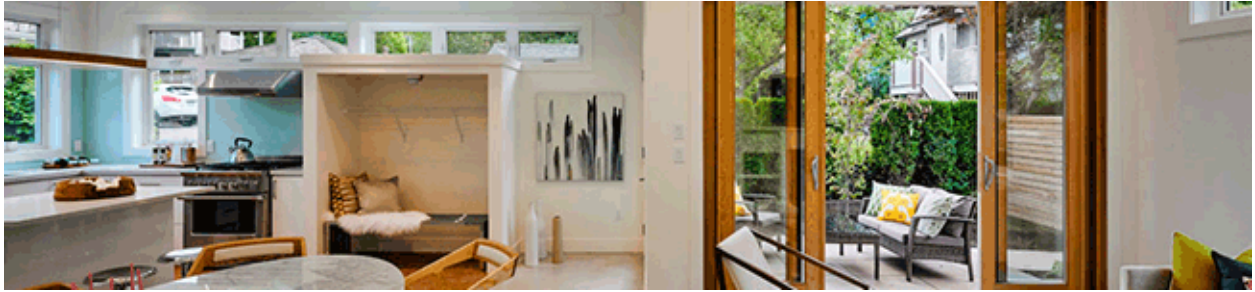


A⁺ Teen Homework Club

Mondays
5:30 to 6:30

Teen Homework Club with Henry

October 18, 2016 - This Weekend! Laneway House Tour



Hi Leona,

While last weekend's predicted big storm may have been a bit underwhelming, our last house tour of the year is sure to deliver on its promises! Just days away, the Laneway House Tour offers smart design, clever tools to harmonize with the neighbourhood, and an opportunity to explore the diversity of options available in under 1000 square feet.

Read on for more about the tour, two free events, and upcoming talks, lectures and workshops.

This Weekend! Laneway House Tour



This weekend is our last house tour of the year and while the weather may have been grey and wet this past week, it is all clear skies ahead for Saturday. The weather report is calling for a sunny

day as we open 6 great examples of small homes built behind existing residences. See how laneway housing can work for heritage while learning some creative ideas for space saving design.

We recently wrote about the above tour home for [Spacing Vancouver](#) to highlight its inventive design which complements the main house, and minimizes impact on the neighbours. Designed by Architect James Burton, this 850 sq ft home is filled with light and space, but its low profile limits overshadowing. The clerestory windows maintain privacy while filling the space with natural light. It is sure to change some minds about small space living!

October 18, 2016 - This Weekend! Laneway House Tour

Come get inspired by innovative design, see how to fit your project in with the neighbourhood and learn about building, financing and harmonizing a laneway home with a character home.

Saturday, October 22nd

1pm - 5pm

[Register Here \\$30 or \\$23 with valid student ID](#)

Presenting Sponsor [Smallworks Studio/Laneway Housing Inc.](#)

Evening Lectures: Sawmills and Opera Houses: The Origins of Chinatown



Our first Evening Lecture of the fall is tonight! Join us at beautiful Hycroft Manor to hear from John Atkin about the origins of Vancouver's Chinatown. Sawmills, opera houses, train stations, merchants and entrepreneurs all had a hand in shaping what is one

of North America's largest remaining Chinatowns. John will explore the origins of Vancouver's Chinatown and look at the forces that created and shaped this important part of the city.

Tuesday, October 18th

7:30pm - 9pm

[Register Here \\$15 or \\$9 with valid student ID](#)

Hycroft Manor, 1489 McRae Ave

The Legacy Sites and Stories of the 1954 British Empire and Commonwealth Games

The 1954 British Empire and Commonwealth Games resulted in many landmark sites and buildings around Vancouver. On November 1st, Jason Beck from the BC Sports Hall of Fame will join us at Hycroft to explore the history and legacy of event venue sites both demolished and existing. Learn about the important legacy and fascinating stories of sites such as Empire Stadium, Empire Pool, China Creek Cycling Track, Vancouver Forum, Kerrisdale Arena, and Balaclava Park. Jason Beck is Curator at the BC Sports Hall of Fame and author of *The Miracle Mile: Stories of the 1954 British Empire and Commonwealth Games*.

October 18, 2016 - This Weekend! Laneway House Tour

Tuesday, November 1st

7:30pm - 9pm

[Register Here \\$15 or \\$9 with valid student ID](#)

Places That Matter: Temple Sholom



The latest addition to the Places That Matter Plaque Project is Temple Sholom. Created in 1965, Temple Sholom was Vancouver's only Jewish Reform Congregation. The group met in members' homes

until 1976, when they moved to a former Masonic Hall. Services, religious school and community gatherings were held here until January 25, 1985, when a firebomb destroyed the Temple. Rabbi Philip Bregman managed to recover all but one of the Torahs from the burning building. This arson became a reminder of the cracks existing behind Vancouver's tolerant, multicultural self-image. With support from Mayor Mike Harcourt, the Temple was rebuilt at Oak St. and 55th Ave. in 1988.

Prayers and remarks will be offered by Rabbi Dan Moskovitz, Rabbi Phillip Bregman, Emeritus, and Cantor Arthur Guttman, Emeritus.

Sunday, October 23rd

2pm

FREE - All are welcome to attend

Trimble Park (Trimble St at W 8th Ave)

Old School: Navigating City Hall

October 18, 2016 - This Weekend! Laneway House Tour



This workshop will explore how to take a heritage project from renovations to a heritage revitalization agreement project through the planning process at City Hall. The course will be led by Senior Heritage Planner,

Marco D'Agostini, and Architect, James Burton, Birmingham and Wood. A light dinner will be served at 5pm and the course will begin by 5:30pm.

Tuesday, October 25th

5pm - 9:30pm

[Register here \\$60 \(+tax\)](#)

Vancouver City Hall, 453 W 12th Ave, Town Hall Room

Neighbourhood Zoning Walk: Delamont Park

After the streetcar was extended from downtown to Kitsilano in 1905, construction in the neighbourhood began in earnest. Prior to this a number of 1901 Victorian homes were built, bordering the CPR's Arbutus Corridor rail lines. This early heritage enclave survives today creating a friendly, livable neighbourhood. Come learn about the zoning and history that influenced the Delamont Park area with historian and walking tour guide, John Atkin. Come a few minutes early for a hot drink at Arbutus Coffee, recognized as one of our Places That Matter sites. This 1912 heritage storefront café at Arbutus Street and 6th Avenue will be the meeting point for the walk.

Saturday, October 29th

1pm - 3pm

[Register Here \\$30 \(+tax\)](#)

Brown Bag Talks: Rejuvenating Christ Church Cathedral



As one of Vancouver's oldest religious buildings, Christ Church Cathedral has sat at the corner of Burrard and Georgia for 125 years. Outliving generations of construction around it, this venerable building has been at

October 18, 2016 - This Weekend! Laneway House Tour

the centre of a 20-year restoration project. As the end of this impressive effort nears, we welcome Ian Birtwell, parishioner, Trustee and volunteer project manager with Christ Church Cathedral, to speak about the \$9 million project. Phase 4 addresses the failing shingle roof with a replacement zinc roof, adds improved structural support and completion of a seismic upgrade. There will also be a new sixty foot, stained glass bell tower as well as a community kitchen.

Wednesday, October 26th

12pm - 1:30pm

[Register here \\$15 or \\$9 with valid student ID](#)

BCIT Downtown, 555 Seymour St

The WALL: Public Art Launch



Every year we select a new artist to create a piece of artwork on the theme of Vancouver's built history to be installed on a 40' x 30' exterior wall at the CBC Building on Hamilton St. In 2016-17, Emily Neufeld has been selected. Her work focuses on the layers of memory and traces of

psychic history that accumulate in particular domestic spaces and investigates that lived history through the dialogue between the materials she uses and the spaces she creates. The artwork, titled *Picture Window*, is scheduled to be installed in coming weeks. Emily will speak about her piece, the process and her experience working with the CBC Archives during the free public launch.

Thursday, November 10th

12 noon

Free and open to the public

CBC Studio 700, 700 Hamilton St

[Find out more about The WALL here](#)

Stay involved with Vancouver Heritage Foundation!

[Forward this message to a friend](#)

October 18, 2016 - This Weekend! Laneway House Tour



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[Follow us on Twitter](#)



[Visit our Website](#)

mail@vancouverheritagefoundation.org



Musqueam Indian Band

October 7, 2016

The Musqueam Indian Band and the Musqueam Chief & Council are inviting Musqueam Members who would like the opportunity to attend an upcoming home Canuck game to submit your name. To distribute as fairly as possible we will be selecting the attendees by a lottery draw.

*Please note that if you submitted your name last year and attended a game you may re-submit your name this year but priority will be given to those that have not attended.

Rules for entering:

- May only submit your name once
- If your name is chosen, the selected recipient must attend the game
- If you can't attend the game you were selected to attend your name will go back in to the lottery and a new winner will be selected
- Must provide own transportation to game

Please enter by emailing your name and contact information to:

Email: execassist@musqueam.bc.ca

Or by filling out the form that is attached and placing your entry form in the box at reception in the Musqueam Administration Office.

Please note that you can only submit your name once and if your name is drawn you must be the recipient using the ticket. If a minors name is drawn an adult must attend with the minor.

Musqueam Canuck Lottery Form:

Name: _____

Phone Number or best way to contact you: _____

if you would like to attend with your family please list all members that would like to attend with you:

1) _____

2) _____

3) _____

4) _____