



Musqueam Community Newsletter

Friday June 11, 2021

TOLL FREE: 1-866-282-3261, FAX: 604-263-4212

SAFETY & SECURITY PATROL: 604-968-8058

Musqueam Fisheries Community Fish Distribution

Given the unprecedented year everyone has endured, we will be handing out overstock from the past year of Salmon which was earmarked for large events. We have done everything within our power to keep all the stock in the best condition possible but have endured less than ideal circumstances. Spring and Sockeye Salmon will be available to all band members both on and off reserve on a first come first serve basis. No holds or reservations of any kind will be made, we are clearing overstock as is.

Musqueam Fisheries staff will be at the compound across the street from the entrance to the gym and community centre on the days and times listed below. We will not hand out fish to anyone except for those who are able to make it in person on those days until we run out. The fisheries facebook page will be updated if we run out of stock to hand out to interested band members.

June 15th, 2021 10am to 7pm

June 16th, 2021 9am to 7pm (if necessary)

June 17th, 2021 9am to 4pm (if necessary)

Please note this is in addition to the elders distribution that took place during the fresh eulachon distribution where they also received frozen spring. Elders are also welcome to come down and receive additional fish if they so wish.

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MIB—EMERGENCY MGT. TEAM

Expect the unexpected.

Is your family Prepared for 3 days or longer?

During a large-scale emergency, you and your family could be on your own for a while. Emergency services may not be readily available, as increasing demands are placed on responders. It may take emergency workers some time to get to you as they try to help those in most critical need.

Over the next 26 weeks the Musqueam Emergency Management Team will give you some simple tips on how to prepare yourself and your family for the unexpected. Stay tuned for our first tip, next week.

Community Update: Willingdon Lands Master Plan

Musqueam Indian Band members are invited to a community update on the Musqueam co-owned Willingdon Lands project.

The Project

The Willingdon Lands is a 40-acre site in Burnaby at Willingdon Ave and Canada Way undergoing a master planning process to design a new, mixed-use neighbourhood.



Musqueam Involvement

These lands are once again owned by Coast Salish peoples in perpetuity. The vision for the land is to design a contemporary Indigenized urban village. The investments and impacts of this project will have lasting benefits for the Musqueam and Tsleil-Waututh partner Nations.



Find Out More and Share Your Thoughts

The community update will share the project process, direction, and planning progress with the Musqueam community. This is also an opportunity to share your thoughts on:

- What does a “contemporary Indigenized urban village” look and feel like?
- How should the future Cultural Centre be used?
- How would you like to be involved in this project?
- What stories should be told on the land?
- How do you envision you and your family using this space?

How to Join

Join on Zoom or stream live at these events:

- Wednesday, June 16 7:00PM

https://zoom.us/webinar/register/WN_Po2AynS7SZKNJ11PIL0bZw

- Thursday, June 24 7:00PM

https://zoom.us/webinar/register/WN_PcTL-nJxQ0CIOHYgKUXShg

Indigenous Peoples Day



Monday, June 21, 2021

11am - 3pm



Drive-thru celebration *for all Musqueam families!*

On June 21, drive your family by the band office to celebrate Indigenous Peoples Day with Musqueam!

- Swag bags!
- Salmon lunch!
- Beat the bucket!
- ...and more!



Cyclists and
pedestrians
also welcome!



Keep Musqueam Safe

COVID-19 protocols are still in place.

Please, stay in your cars and wear masks
while rolling the windows down.

If you walk or bicycle, please maintain physical
distance and wear a mask if approaching staff.

Indigenous Peoples Day 2021

Drive-Thru Route



Musqueam Education Notice Friday June 11, 2021

Musqueam Graduation Celebration

This year's Musqueam Graduation Celebration will be **June 24th at 3:30pm**, it will be a drive through event!

If you know of any band members who are graduating from **grade 7, grade 12, or post-secondary** please email the Education Department at **learningfacilitator@musqueam.bc.ca** so we can include them in the graduation celebration. Please include: name, school, grade or post-secondary program. Grade 12 and Post-Secondary graduates should also submit a photo to be included on our grad posters.

More information about the Musqueam Graduation Celebration, including list of graduates, on page 3 of the Education section.

Graduating High School Students

Are you considering going to a post-secondary institution in September? Have you applied to any schools? If you are planning on attending a Post-Secondary school, please let the Education Department know, so we can provide you with any information you need for funding.

Graduation fees

Grade 12 Musqueam band members are eligible to receive support for graduation costs including dinner tickets, outfits, and photos.

Please contact the Education Department for more information.



Scholarships and Bursaries

The Chief Joe Mathias British Columbia Aboriginal Scholarship is now accepting applications for the 2021 year. Please visit www.chiefjoemathias.ca to download both the eligibility requirements and the application.

Applications can be submitted electronically (in **one** email containing **one** combined PDF) to chiefjoemathias@gmail.ca, or mailed to the address on the application. Please note that the application must be received prior to the deadline, so please mail it no less than a week in advance of June 19, 2021.

Deadline to apply is June 19, 2021 at 11:59 pm.

Education Department:

Faye Mitchell, Education Manager:

fmitchell@musqueam.bc.ca

April Campbell, Learning Facilitator:

learningfacilitator@musqueam.bc.ca

Cary Campbell, School Bus Driver

Dona Grant, School Bus Supervisor

Ph. # 604 - 263 - 3261 Fax # 604 - 263- 4212

Toll free: 1-866-282-3261

ATTENTION: LEARNING POD INFO



The last day of instruction for the Learning Pods will be **Thursday June 24th**.

The Pandemic has been difficult for many people but fortunately there now seems to be a light at the end of the tunnel and we are confident that students will be able to return to their registered school in September. We would like to thank the parents who have entrusted us with the care of your children during these unprecedented times.

The Education Department would like to thank the teachers, teaching assistants, and administration staff for their hard work and support, the Learning Pods would not have been possible without them.



Student Success: Sylvia Miller



The Education Department welcomes the community to join us in congratulating Sylvia Miller who has been selected as a Student Prefect for the 2021-2022 school year at West Point Grey Academy.

Prefects serve as a source of leadership, a conduit for student voice, and a school ambassador representing WPGA to the broader community. Ten Prefects are elected from amongst the most accomplished, capable and character driven grade 12 students. Sylvia was voted by her peers and teachers to represent WPGA next year.

Sylvia has shown herself to be an exemplary student and strong ambassador for Musqueam culture at WPGA. Described by her teachers as independent, insightful, and optimistic. Sylvia is a confidently humble leader. Her advocacy and active role to increase awareness and respect for Indigenous culture is one of her key contributions to the school.

Great job Sylvia, we're sure you'll do a great job next year as a Student Prefect and continue to make Musqueam proud.

Musqueam Graduation Celebration 2021



Due to COVID-19 we will be hosting the Graduation celebration as a drive through, outdoor celebration for everyone's safety.



The Graduation Celebration has been set for:

DATE: Thursday, June 24, 2021

TIME: 3:30 p.m.—5:30 p.m.

LOCATION: Musqueam Cultural Centre

4000 Musqueam Avenue, Vancouver, BC

(grassy area to the right; further details to follow)

If you are attending the Celebration please email: learningfacilitator@musqueam.bc.ca to register the number of people in your vehicle to ensure we have enough meals for everyone.

Please look over the list of 2021 graduates below and let us know if there are any errors, or if there is anyone missing from the list. Grade 12 and Post-Secondary graduates please also submit a photo to be included on grad posters.

GRADE 7 GRADUATES

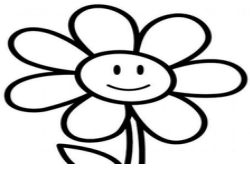
- | | | | |
|-----------------------|------------------------------|---------------------|-----------------------|
| 1. Sienna Mathison | 6. Natalie Simeon-Christjohn | 12. Issac Rice | 18. Justus Abrahamson |
| 2. Trey Point | 7. Asia Stogan Rivas | 13. Victoria Stogan | 19. Jennifer Lingren |
| 3. Wee-Ya Sparrow | 8. Lorne August | 14. Eli Grant | |
| 4. Jomar Stogan Rivas | 9. Kaden Fossella Duerden | 15. Jacelyn Point | |
| 5. Joanne Point | 10. Braiden Innes | 16. Tristan Point | |
| | 11. Sophie McMillan | 17. Alexander Point | |

GRADE 12 GRADUATES

- | | | |
|-----------------------|---------------------------|-----------------|
| 1. Dylan Wilson | 4. Matthew James | 8. Timber Louis |
| 2. Kaleigh Goetzinger | 5. Demetrius Kenoras-Paul | 9. Shayla Brown |
| 3. Brynn Guerin | 6. Henry Louis | |
| | 7. Christopher Hensel | |

Post-Secondary GRADUATES

1. Victor Guerin
2. Kieran Wilson



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Musqueam Health Dept. Newsletter – June 11, 2021

Two Spirited Tuesday

June 15th 2021, 2PM

Beaded Earrings

with Courtenay

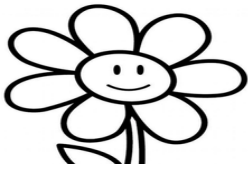
13 Spots Available



Sign up with Dawn-Marie

email: dmarie@musqueam.bc.ca

call: 236-558-9948



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Musqueam Health Dept. Newsletter – June 11, 2021

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MUSQUEAM PRIMARY CARE CLINIC

Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N 4K7

(Clinic closed 12:00pm – 1:00pm for lunch)

Monday June. 14	Tuesday June. 15	Wednesday June. 16	Thursday June. 17	Friday June. 18
Karen Chandra, NP	Dr. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP	Karen Chandra, NP
9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm



If you missed your telehealth appointment, you will need to REBOOK for the next available date. Please be available 15 minutes before and after your scheduled appointment call.

Family Physician (Dr. Dumont) is in on Tuesdays.

The Nurse Practitioners (Karen and/or Jane) are in the rest of the week.

The Musqueam Clinic is at capacity with 700+ patients registered.

We cannot accommodate walk-ins and/or same day appointments.

Please do not come to the clinic without a booked appointment.

Be mindful of your prescription running low and make an appointment prior to running out of your medication.

We have **Nasal** Naloxone kits available. Please check to see if your current Naloxone Kit has expired.

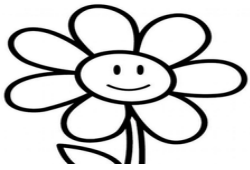
For an appointment please call 604-266-0043

Please leave a voicemail if you cannot get through - we will return your call as soon as possible.

Have a great weekend! 😊

Take care,

MIB Primary Care Clinic Staff



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Musqueam Health Dept. Newsletter – June 11, 2021

Community Health Program

Crystal Point, RN, CHN



Musqueam Pre- and Post-Natal Group

Are you pregnant or have you recently had a baby?

The Musqueam Health Department offers some valuable incentives to pre-natal and post-natal families:

From the onset of pregnancy, until 3 months postpartum we offer weekly \$25.00 Save-on Foods Gift cards for nutritious foods such as – **milk, eggs, cheese, fruits & vegetables** to support healthy nutrition during pregnancy and breastfeeding.

- Nursing pads, as needed
- A one-time gift of an Electric Breast pump. One per family
- Welcome gift for your new baby

To register for the Program, call the Community Health Nurse Crystal Point in the Health Dept.

Due to Public Health Guidelines, the Pre-Natal program is currently not meeting in person. The Community Health Nurse is available to assist with maternal child health supports (electronically, virtually and/or home visit if needed).

Crystal Point, CHN: Ph: 604-362-9200 | Email: chn@musqueam.bc.ca

Arlene Haldane, Assist: Ph: 604-655-0580 | Email: nurseassist@musqueam.bc.ca

Home & Community Care Program

Home Care Nurse: Romeo Cosio, RN

The Home Care Program is available to our community members to assist with hospital discharges, home care aides, and all medical supplies & equipment. Home care services & medical equipment require a note from your doctor with your needs specified.

Home Care Office Phone: 604-263-6539

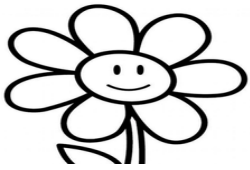
Romeo's Office Hours: Monday, Wednesday Thursday & Friday from 8:30-5:30 Tuesdays - Off

Phone: 604-269-3463 or email: homecare@musqueam.bc.ca or nurseassist@musqueam.bc.ca

Please note: Home Care Clients: If you will not be home during your scheduled hours - please contact the Nurse Assistant, Arlene Haldane – 604 269 3354 or 604 655 0580.

***Please note, the home care nurse may be on a house call so please leave a message.*

***For Emergencies Call 911 right away! ***



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Musqueam Health Dept. Newsletter – June 11, 2021

Musqueam Wellness Program

Janice Cross



**VIRTUAL
COUNSELLING**

This confidential service is available Monday-Friday: 830- 4pm to our Musqueam people via phone or virtually. Call or email to and set up a time to talk to Janice.

Email: mentalwellness@musqueam.bc.ca

Call: 236-558-9977.



Art Therapy for Children, Youth & Adults

Janice Carroll, RCAT

I am working from home and available Monday to Thursday from 830-430, for phone calls, emails or text conversations, and also, hold sessions via Zoom.

I can be reached on my cell at 778-829-0242 or my email is jcarroll@musqueam.bc.ca

Youth Centre Program

Sandra Dan

The Youth Centre phone: 604-360-9171 | Email address: youthcentre@musqueam.bc.ca

Musqueam National Native Alcohol & Drug Abuse Program

Hannah Green & Brad Morin, Drug & Alcohol Counsellor

Hannah Green, Drug & Alcohol Counsellor.

Supports Musqueam band members with their substance use and help them get connected to the supports they need. She can also lend a judgement-free ear to listen and support you where she can in your personal journey with substances. She would love to connect with you.

Hannah Green Contact Info:

Hannah's office hours

Mon-Wed. & Fri: **9am-4pm** | Thurs **12-7pm**

Email: nnadap.hannahg@musqueam.bc.ca

Cell: 236 818 7686

Facebook: facebook.com/hannah.green.musqueam.1

Brad Morin, Drug & Alcohol Counsellor

Provides one to one, family, and group counselling whenever necessary and refer clients to other appropriate professionals. Follows up with clients returning from treatment and continue to offer them support as they maintain their sobriety. I conduct outreach to community and band members, lastly, makes referrals to detox, recovery houses, and treatment centres.

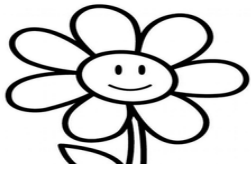
Thank you, Brad Morin.

Brad's office hours:

Mon-Fri: 5pm-9pm | Sat-Sun: 10am - 5pm

E: nnadap.bmorin@musqueam.bc.ca

T: 604-652-1368



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Musqueam Health Dept. Newsletter –May 14, 2021

Safe Drinking Water Monitoring Program

Charlene Campbell-Wood

STAYING HYDRATED DURING THE HOT SUMMER WEATHER

Stay safe and performing at your best this summer with these hydration tips! Whether you're doing high intensity training or simply enjoying the outdoors on a hike or a run, it is important to stay hydrated, especially when the mercury rises during the summer months.

Water is the basis for life. It is second only to oxygen in importance for health, making up to 75% of the body. Although water does not provide a source of calories, adequate hydration is at least as important to good athletic performance as the food you eat and is essential for efficient training, playing and racing.

Proper hydration not only quenches one's thirst but allows the body to flush toxins, maintain system equilibrium (balance), support brain function, hormone balance, metabolic processes (including fat metabolism), the transportation of life-giving vitamins and minerals, and supports the integrity of muscle, joint and bone in our bodies.

Although the human body can, in extreme cases, go without food for up to six weeks, it can only survive a week without water. As a general rule, it is recommended that the average person consume at least eight, 8-ounce servings of water each day (2 litres a day). The more time you spend outdoors and the more active you are, the more water you need to replenish lost fluids. Replenishing fluids is especially important when exercising in hot and humid weather conditions as your body tends to sweat more.

Tips for Proper Hydration:

Start and end your day with a 250 ml serving of water. Your body loses water while you sleep, so drink a serving before bed and again when you wake up.

Drink before you are thirsty. By the time you feel thirsty; you have probably already lost two or more cups of your total body water composition. Drink plenty of water throughout the day. Carry a bottle of water with you daily. Keep a bottle of water on your desk and refill at the office water cooler regularly.

Don't substitute with alcoholic beverages. Alcohol is a diuretic and will cause you to lose water through increased urination.

It's important to note that although coffee and tea do have a diuretic effect, they do provide a significant amount of fluid and any effect of caffeine on urine losses are minor (especially for habitual caffeine users).

Keep drinking water even when it is cold outside. You may not feel thirsty as you do when it's hot, but you are still going to lose water through perspiration. You also lose fluids through exhaled air. When cold, dry air is inhaled, it is warmed and moistened in the lungs and exhaled as humid warm air. This process makes intense demands on the body's water supply.

Average sweat rates can vary from 0.5L/hour to more than 2.5L/hour. Knowing your sweat rate will help you to better prepare for both training and competition. Calculate your sweat rate. Taking the time to calculate how much you sweat is a fundamental consideration for optimal hydration.

Hydration Prior to Exercise

Begin all workouts well hydrated. Drink 450-650 ml of water or sports drink 1 to 3 hours before exercise. Consuming an additional 200-300 ml 10-20 minutes prior to the training session is also good practice.

My name is Ehsan Haghi and I am the Community Energy Specialist at Musqueam Indian Band. I am going to share tips on how we can maintain our homes more effectively and reduce our hydro and gas bills. Today, we are focusing on refrigerators:

your home appliances account for about 20% of your annual energy use. Your refrigerators and freezers contribute significantly to this energy consumption. There are a few simple tips you may follow to make sure your refrigerator is running efficiently:

- Make sure the temperature inside your refrigerator is between 2°C and 3°C (35°F to 38°F) and the temperature in your freezer is set between -16° and -18°C (3.2°F to 0°F). If your refrigerator temperature is too cold, it may be using as much as 25 per cent more electricity than it needs to.
- Make sure the door seal and gaskets on your refrigerator are properly maintained. If your fridge or freezer door is not sealing properly, it's leaking air and wasting energy. To test if the door seals are working, open each door and place a piece of paper on the seal, then shut the door. If the paper falls to the ground, you need to replace the seal.
- If your refrigerator is less than half full, fill an empty milk jug with water and place it inside your fridge to help keep it cool, limiting how often it has to cycle on. Conversely, if your fridge is too full, you are impeding proper air flow and your fridge will constantly maintain a cooler temperature. Similarly, Keeping the freezer full makes it work more efficiently. Frozen food helps your freezer stay cool.
- Make sure there is enough space behind your fridge to allow for air flow and proper heat dispersal. Also, Clean the dust from the back or bottom coils of your refrigerator twice a year using a vacuum.
- If you have a separate chest or upright freezer, defrost it on a regular basis to remove frost buildup and help ensure air flow. There are few times when we unplug our refrigerators. But many of us do have the opportunity to permanently unplug our second fridge and save up to \$85 dollars a year. Whether sitting in a garage or basement, most second fridges aren't used to capacity more than a few times a year.

Are you interested in receiving FREE energy saving products?

Musqueam housing department is working with BC Hydro and Fortis BC to bring the Energy Conservation Assistance Program (ECAP) to the community. Your house might be eligible to receive a free new efficient refrigerator or gas furnace.

To receive the service, please fill the ECAP application form. If you have a BC Hydro and a Fortis BC account, fill both sections of the application. Please drop the filled application at the reception in the band office. We will collect the forms and submit them on your behalf.

Questions?

If you need assistance in filling the forms and the application process, contact:

Ehsan Haghi – Community Energy Specialist at Musqueam Indian Band

Email: ehaghi@musqueam.bc.ca, Cell: 2267924266

Energy Conservation Assistance Program application

For aboriginal communities and residents of non-profit housing



Bulk reference number Musqueam 2021

To apply for the FREE Energy Conservation Assistance Program, please complete each of the following before submitting the application:

- ☐ Complete the application in full (or we will not be able to process your application).
- ☐ Attach the Landlord Consent form (if you rent from a private landlord).
- ☐ Sign the declaration at the bottom of the page (highlighted in yellow below).

If you require assistance completing this application form please call the program contractor **It's On Electric 1-855-560-3227**.

1. Account holder information

BC Hydro account

First name (on BC Hydro bill)		Last name (on BC Hydro bill)		BC Hydro account number	
Account address			City	Province	Postal code
Home phone number	Other phone number		Email address		

FortisBC account

First name (on FortisBC bill)	Last name (on FortisBC bill)	FortisBC account number
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2. Property information

How many people live in your home?	Last name	Name of company (if you are a property manager)
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What type of home do you live in?

- ☐ Detached house ☐ Duplex ☐ Town house ☐ Apartment/condominium* ☐ Mobile home
☐ Other:

*Please see terms and conditions for eligible products and measures for apartment units.

Do you rent your home?

- ☐ Own ☐ Rent

(If you selected rent, and rent from a private landlord please complete and attach the Landlord Consent Form and complete the Landlord contact information below)

*If you live in a band-owned home, or non-profit housing you are NOT required to submit a Landlord Consent Form.

Landlord name (please indicate if home is band owned)	Contact phone number
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3. Income qualification and authorization for disclosure and collection

I understand that in order to qualify as a participant, BC Hydro requires proof that my household income meets the program's income requirement, and/or my building is eligible to participate in the program under the Terms and Conditions. By signing this form, I consent to BC Hydro collecting my personal information (including all items listed on this application form and income qualification status) indirectly from my band/non-profit administration office. Furthermore, I permit my Band/Non-Profit administrative office to disclose that personal information to BC Hydro for the purpose of qualification and for the administration of the program.

MUST COMPLETE

By signing below, I certify that I understand and agree to all of the preceding declarations and all terms and conditions that follow on this application. I certify that all the information is true and complete in every respect and that any willful misstatements may cause the rejection of my application.

BC Hydro account holder signature (BC Hydro account holder)

Date (Yr/Mth/Day)

FortisBC account holder signature
(If there is a FortisBC natural gas account associated with the residence.)

Date (Yr/Mth/Day)

Mail completed application to:
BC Hydro and FortisBC ECAP Operations
PO Box 8910 Stn Terminal
Vancouver, BC V6B 9Z9

OFFICE USE ONLY

Meets LICO threshold

- ☐ Yes ☐ No

Authorized signature

Native Youth Program 2021

Summer Opportunity
for FIRST NATIONS
HIGH SCHOOL STUDENTS
[AGE 15-18] [\$15.20/HR]



[WHAT will you gain?]

Seven weeks training and work experience exploring traditional and contemporary Indigenous cultures from your own experiences and research.

ACTIVITIES MAY INCLUDE....

CREATING Podcasts, Zines and Short Films
LEARNING from Elders, mentors, and artists
RESEARCHING the museum collection
about material that matters to you
GIVING guided museum tours
PRESENTING the Reciprocal Research
Network to museum visitors

[WHEN and WHERE?]

July 5th–August 20th, 2021 at the UBC Museum of Anthropology.

APPLICATIONS ARE OPEN!

need more information? contact nyp@moa.ubc.ca

NATIVE YOUTH PROGRAM 2021

Co-Sponsored by the Museum of Anthropology (MOA) &
UBC First Nations House of Learning (FNHL)

Summer Employment Opportunities

FIRST NATIONS HIGH SCHOOL STUDENTS

The Native Youth Program provides students with an opportunity to research their own and other cultures through the museum collection and online resources and participate in workshops and study trips. They will also learn about the resources at the UBC First Nations House of Learning and the Museum of Anthropology and develop public presentation skills using objects and new media. Participants will share this knowledge with other students and museum visitors through guided tours, presentations and a final report reflecting on their experience and research.

Requirements: Candidates must be 15 to 18 years old, enrolled in high school and must have an interest in First Nations heritage.

Details: Full-Time
7 weeks (Start date July 5th to August 20th)
35 hours/week
9:00 am - 4:00 pm Monday to Friday

\$15.20/hour

Apply to: nyp@moa.ubc.ca
Safoura Rigi-Ladiz, NYP Manager

UBC Museum of Anthropology
6393 N.W. Marine Drive
Vancouver, B.C. V6T 1Z2



APPLICATION DEADLINE: June 4th, 2021 at 4:00pm