



Musqueam Community Newsletter

Friday July 23 , 2021

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

SAFETY & SECURITY PATROL: 604-968-8058



Musqueam Fire Ban BC Wild Fire

Effective immediately, Coastal Fire Centre's jurisdiction (BC Parks, Crown lands and private lands), campfires will only be allowed on northern Vancouver Island, the mid-coast portion of the mainland and on Haida Gwaii.

Fires: **Backyard fire** (open fires) **BANNED**: a fire bigger than 1ft 8inches in height and in width and is used by any person for recreational purpose, or by a first nation for a ceremonial purpose, due to hot and dry conditions of the summer predictions

Campfire (semi-closure) **BANNED**: a fire no higher than 1ft 8inches in height and in width and is used by any person for recreational purpose, due to hot and dry conditions of the summer predictions

River fire (open fire) **BANNED**: is bigger than a backyard fire close to a dry grassy area, due to hot and dry conditions of the summer predictions

Propane fire (controlled) **Permitted**: controlled propane fire-pit is permitted even when all others are banned

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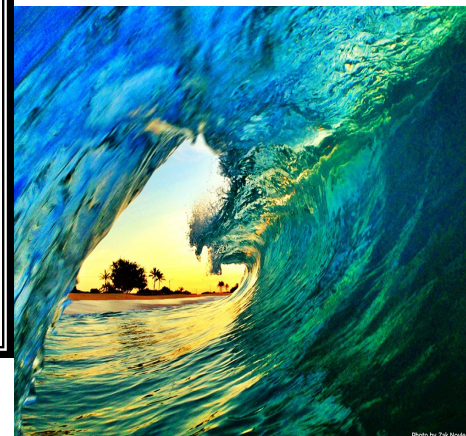
ST. MICHAELS' CHURCH

Sunday Mass will begin
@1:00 pm.

Musqueam's new Father is
Father Joe .

He is happy to meet you
on Sunday .

Come join us.



Musqueam Education Notice Friday July 23, 2021

Summer Learning Program!

The Education Department will be running a Summer Learning Program from **July 19-30** and **August 16-27**. The program will run from **9:00am-12:00pm** for children **ages 5-12**. **Children must be registered to participate, there will be no drop ins** if interested please email: learningfacilitator@musqueam.bc.ca or fmitchell@musqueam.bc.ca or call: 604-263-3261

Scholarships and Bursaries

KEL, KELOFEN ØE S, ISTEW Education Fund– Is inviting all Indigenous, First Nations, Inuit, and Métis students pursuing careers in architecture and engineering to apply. The award is \$5000. Application form can be found at: <https://indigenouaeaward.ca/application>. The application process is open from June 21, 2021 to September 31, 2021

UBC MUSQUEAM SCHOLARSHIP- Musqueam First Nation students who are either newly admitted to or, currently registered at The University of British Columbia are encouraged to apply to the Musqueam First Nation Scholarship. This award was created to acknowledge the strong relationship between UBC and the Musqueam First Nation.

It is a community-based scholarship for students from the Musqueam First Nation studying at the University of British Columbia in their undergraduate, post baccalaureate (including Medicine, Dentistry, Law, Education, Pharmacy, Nursing, Midwifery, and Social Work), and graduate studies. The award is valued up to \$5,500 annually and renewable for up to 4 years.

Recipients will have demonstrated academic and leadership achievements including, but not limited to, engagement in the arts, athletics, school, and/or their community. Recipients will be selected on their ability to demonstrate their openness to continuing to learn who they are, where they come from, and their responsibility in enriching and carrying knowledge forward in their community and the world.



SUMMER TUTORING

Due to Covid, the Education Department has received a grant that will allow us to continue funding student tutoring throughout the summer. Please contact us if you would like to extend your child's tutoring over the summer break.

Musqueam Graduation Celebration

Any graduates that were unable to attend the Musqueam Grad on June 24th, please contact the Education Department to insure that you receive your gift. You can email or call to make arrangements.

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

\$5,000 INDIGENOUS LAW STUDENT SCHOLARSHIP APPLY NOW

DEADLINE:

JULY 31

**Open to Indigenous law students
committed to serving and advancing
the interests of Indigenous Peoples.**

**View the full application at
firstpeopleslaw.com**

For the latest Aboriginal law news
and analysis, subscribe to our
email list at firstpeopleslaw.com

**firstpeopleslaw.com
Advocacy Integrity Commitment**

Fundamentals of Forest Harvesting Practices

The August 23, 2021 intake of this program is TUITION FREE. There is no cost to the student for tuition, housing or PPE. The value of this exceeds \$12,000!

****Applications are being accepted for the August 2021 intake****

About the Fundamentals of Forest Harvesting Practices Program

The future of the coast forest sector is bright and career opportunities in forestry look promising. Working in the harvesting sector of the forestry industry provides you with the opportunity to work outside in some of the most beautiful terrain in the world.

By working in a harvesting environment, you become an important part of a team tasked with moving wood from the hillside to the end customer. This can involve roles in road building, falling, yarding and transportation.

The Fundamentals of Forest Harvesting Practices Program is designed to provide students with the foundation skills and knowledge required to work safely, productively and sustainably in a harvesting environment.

The program content is based on competencies identified by the BC Forest Safety Council (BCFSC). The competencies were identified in consultation with industry subject matter experts and include the key skills, knowledge and attributes required for entry-level workers to have a strong safety philosophy and be successful.

Program Location

The program is held in Woss, BC

Program Outline

The program consists of a combination of classroom and hands on training led by an instructor with over 10 years of coastal harvesting experience.

Program Content

- Essential employability skills
 - Forestry operations in British Columbia
 - Safe work practices used in forestry
 - Communication in the forestry environment
 - Hazards found in the forest environment
 - Basic rigging practices and components
 - Documentation required in forestry
 - Emergency Response Plan and First Aid requirements
 - Ergonomics related to the job
 - Attributes required in the forestry industry
 - Chainsaw operation
 - Forestry laws and regulations
 - Safe operation of light duty trucks/trailers on resource roads
- In addition, students will complete training in:
- WHMIS
 - Fall Protection
 - S-100 - Fire Suppression and Safety
 - Level 1 First Aid with Transportation Endorsement

You will learn to identify and assess hazards, communicate and move safely as you set chokers on logs, rig stumps, buck logs and work safely around equipment. You will leave the program confident and ready for an entry level logging position.

During the Fundamentals of Forest Harvesting Practices Program, many hours will be spent in the actual logging operations in the vicinity of the training facility.

Program Details

- Program length: 12 weeks
- Start date: Mid August 2021

Program Requirements and Application

<https://tradesappliedtech.viu.ca/fundamentals-forest-harvesting-practices/program-details-costs-and>

Contact Us

For more information on the Fundamentals of Forest Harvesting Practices Program at VIU email heo@viu.ca.

Culinary Essentials Program Outline

Brief Program Description	In this 2 month Program, students begin their culinary program with knife skills, culinary terms and equipment usage followed by the preparation of flavourful stocks and the art of saucier and butchery.
Career Occupation (if applicable)	Assistant cook, second cook, third cook, sous chef, caterer assistant, restaurant worker, kitchen helper.
Admission Requirements	19 Years of Age or High School Graduation. English Language Proficiency
Learning Objectives	<p>Upon completion of this program the successful student will have reliably demonstrated the ability to:</p> <ul style="list-style-type: none"> • Manage themselves in a professional kitchen environment • Understand and use culinary terminology appropriately • Prepare a wide range of stocks and sauces • Correctly and effectively demonstrate knife skills • Understand the principles of cooking and be able to prepare basic recipes using a variety of established methods • Assess food for ripeness, doneness and flavouring with accompanying herbs and spices, sensory and palate training
Method(s) of Evaluation	Bi-Weekly assessment and evaluation by Chef/Instructor based on completion of daily learning exercises, attendance, attitude and homework completion. There will be 4 quizzes in the course. If necessary, one-on-one evaluation in the event that a student is not meeting the required level of achievement in class.
Completion Requirements	Students must achieve an overall mark of 70% in order to successfully compete the course.
Program Duration	280 Hours – 8 Weeks
Homework Hours	Approximately 40 hours of homework in the Course

Delivery Method(s)

Combined delivery (both in-class and distance) Students complete 4.5 hours of in class instruction each day, followed by 2.5 hours of online instruction from home. In class instruction involves lectures and preparation of menu items and producing final product. Online delivery is through the PICA Learning Management System (LMS) where students log in with their student ID through the system portal. Students have a limited time to log in and complete lectures and assignments and this is monitored by the instructor. System tracks attendance and completions such that Instructor has a real time assessment of students' participation and completion of work. System support is provided by PICA administration and Student Services.

Required course materials

Textbook: On Cooking, A Textbook of Culinary Fundamentals, Edition: Sixth Canadian Edition
Authors: Sarah R. Labensky, Alan M. Hause, Priscilla A. Martel and Fred L. Malley, Anthony Bevan, Settimio Sicoli
Students will be supplied with a kitchen toolkit and uniform.

Program Organization

Title of Course/Work Experience Component	# of Hours
Culinary Arts Foundation	280

Baking & Pastry Essentials

Program Outline

Brief Program Description	In this 8 week Program, students begin their training with measuring and scaling techniques, kitchen terminology and launch their practical skill training in artisan breads, pastry dough and batters, cookies, cakes, fillings, dessert sauces and chocolate.
Career Occupation (if applicable)	Assistant Baking & Pastry chef, Kitchen Prep person, Caterer's assistant, Restaurant kitchen worker, Bread maker
Admission Requirements	19 Years of Age or High School Graduation. English Language Proficiency
Learning Objectives	<p>Upon completion of this program the successful student will have reliably demonstrated the ability to:</p> <ul style="list-style-type: none"> • Manage themselves in a professional kitchen environment; • Understand and use culinary terminology appropriately • Prepare a wide range of French pastries, cakes and desserts • Correctly and effectively demonstrate breadmaking and other specialty pastry skills • Understand the principles of baking and be able to prepare recipes using a variety of established methods.
Method(s) of Evaluation	Bi-Weekly assessment and evaluation by Chef/Instructor based on completion of daily learning exercises, attendance, attitude and homework completion. There will be 4 quizzes in the Program and one final assignment.
Completion Requirements	Students must achieve an overall mark of 70% in order to successfully compete the course.
Program Duration	280 Hours – 8 Weeks
Homework Hours	Approximately 40 hours of homework in the Course
Delivery Method(s)	<p>Combined delivery (both in-class and distance) Students complete 4.5 hours of in class instruction each day, followed by 2.5 hours of online instruction from home.</p> <p>In class instruction involves lectures and preparation of menu items and producing final product. Online delivery is through the PICA Learning Management System (LMS) where students log in with their student ID through the system portal. Students have a</p>

Baking & Pastry Essentials

limited time to log in and complete lectures and assignments and this is monitored by the instructor. System tracks attendance and completions such that Instructor has a real time assessment of students' participation and completion of work. System support is provided by PICA administration and Student Services.

Required course materials

Textbook: Advanced Bread and Pastry, Edition: 1

Author: Michel Suas

Publisher: Cengage Learning

Students will use PICA kitchen supplies and toolkit. Student will be given a uniform.

Program Organization

Title of Course/Work Experience Component	# of Hours
Baking & Pastry Essentials	280



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Musqueam Health Dept. Newsletter – July 23, 2021

Musqueam Health *From the Community Health Nurse*

Covid Protocols: Youth Centre / Recreation

The Musqueam Community Centre is now open. Returning programs such as the Musqueam Youth Centre and Musqueam Recreation have started. Currently we are limiting the number of children attending in accordance with the BC Provincial Guidelines to help limit the spread of Covid-19.

Some important information to know prior to children attending MIB Programs:

⇒ Keep your child home if sick, even with mild symptoms!

- Check daily prior to sending to see if they have any COVID-19 symptoms; teach them about the symptoms to watch out for. If you or your child develop symptoms go get tested right away for Covid-19

- If a parent or someone else in the household has gone for a Covid test, or is under public health orders to self isolate, or has tested positive for Covid-19 → **Keep your child home; do not send them to the program(s).**



Additional Safety Measures to note:

1. Children will be asked to clean their hands often throughout the day
2. Cover coughs and sneezes in elbows or tissues; then immediately wash/sanitize hands
3. Maintain physical distance from other groups or if there are designated program 'cohorts'
4. No sharing food, or drinks or other personal items

5. Masks are:

- Recommended to wear indoors for people 12 and over who are **not** fully immunized
- Optional for children aged 2—12
- Not recommended for children under 2
- Some parents may choose to have their children wear a mask more often than required. Respect others' choices to wear a mask. Show your child to wear masks safely (ie take off by the loops, do not touch the front of the mask, cover nose & mouth, sanitize hands frequently).

Children 12+ are eligible for the Covid-19 vaccine. Our next Immunization clinic is currently being planned and will be coming in a few weeks. Please contact the Musqueam Health Department should you have any further questions.



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Musqueam Health Dept. Newsletter – July 23, 2021

We can all help by getting vaccinated.

Here's what you should know:

- **The vaccines are safe.** The COVID-19 vaccines have been studied for over a year now and hundreds of millions of people have already been vaccinated.
- **The vaccines are effective.** They work with your body's natural defenses to develop protection against COVID-19.
- **The vaccines can't give you COVID-19.** They don't contain the virus that causes it.
- **You need the second dose of a two-dose vaccine.** The first dose gives you some protection but you need the second one to have a stronger, better immune response and potentially longer-lasting protection.
- **Vaccine safety is continually monitored.** As more information becomes available, it is rapidly shared and communicated with partners and the public.

Vaccination is the best and safest way to protect yourself and help to protect your community against COVID-19.

Why get vaccinated?

More people getting vaccinated means fewer people getting sick. When you get vaccinated, you help make it safer in your community so that certain measures can be lifted and we can gather safely.

As the vaccines continue to roll out, vaccinated or not, continue to follow public health measures.



Wear a mask



Keep 2 metres apart



Wash your hands



Avoid gatherings



Book an appointment as soon as a vaccine is recommended for you.

For more information visit: Canada.ca/covid-vaccine.



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Musqueam Health Dept. Newsletter – July 23, 2021

All VCH vaccination clinics now welcome drop-in for first dose of COVID-19 vaccine appointments

30/06/2021

Vancouver, B.C. – Vancouver Coastal Health (VCH) today announced that starting on 30 June, 2021, **all Vaccination clinics in our region will welcome drop-in appointments for off reserve individuals eligible for their first dose.** Eligible people aged 12 and older who haven't received their first dose of COVID-19 vaccine, can book an appointment or drop-in to a clinic location most convenient for them. VCH vaccination clinics are listed on the VCH [website](#) including locations and hours of operation.

All are welcome at VCH clinics, including those without personal health numbers and people who are not residents of B.C. Clinic staff are available to help people register and book appointments at other clinics throughout the region if needed, and can help answer any vaccine-related questions.

Everyone are encouraged to still register on the [provincial system](#) to ensure they receive an alert once they are eligible to book their second dose vaccination appointment. For people who are now eligible for their second dose, appointments at VCH clinics are available through the provincial online platform or call centre after residents register for a COVID-19 vaccine at www.gov.bc.ca/GetVaccinated.

Those attending vaccination clinics this week are advised to arrive prepared for the warm weather anticipated in the days ahead. This includes dressing in loose, light-weight clothing, wearing a hat, bringing water to stay hydrated and applying sunscreen. VCH's priority is to ensure residents are vaccinated as efficiently and safely as possible, with managed wait times at all vaccine clinics.

From:

Rachel Galligan

Communications Leader, Public Health

Vancouver Coastal Health



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Musqueam Health Dept. Newsletter – July 23, 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

Health Benefits

Need Help Registering Baby for MSP and FNHA? Musqueam Health Department can assist:

For assistance with registering your Newborn you may call Candice Sparkes: 604-269-3312.

For questions or concerns about your Health Benefits or assistance with the PBC website or APP? You may contact:
Ashlee Point 604-269-3395

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.

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 – July 23, 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 July. 26	Tuesday July. 27	Wednesday July. 28	Thursday July. 29	Friday July. 30
Jane Estey, NP 9:30am - 3:30pm	Dr. Dumont, GP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm	Karen Chandra, NP 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.

INTERNATIONAL SELF-CARE DAY

July 24, 2021

Self-Care is a crucial component of holistic health. "The International Self-Care Day, 24 July, symbolizes that the benefits of self-care are experienced 24 hours a day, 7 days a week. In other words, the benefits of self-care are life-long and do not just relate to a single day."

Read more at <https://isfglobal.org/international-self-care-day/>

**Have a great
weekend!**

Take care,

MIB Primary Care Clinic
Staff



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Musqueam Health Dept. Newsletter – July 23, 2021

First Nations Health Directors Association and IRSS Supports

We know that in order to take care of others, we must also take care of ourselves. To take care of our hearts, minds, and spirits, the following health, wellness and cultural supports are available for all First Nations people, 24 hours a day:

Tsow-Tun-Le-Lum (cultural support and counselling):

- 1-888-403-3123

Indian Residential School Survivors Society:

- 1-800-721-0066 or
- 604-985-4464

The Kuu'us Crisis Line Society:

- Adults and Elders: 250-723-4050;
- Children and Youth: 250-723-2040;
- Toll-free 1-800-588-8717



**INDIAN RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY**

The Indian Residential School Survivor Society (IRSSS) has a wealth of experience delivering wellness and healing services to Indian Residential School Survivors and intergenerational Survivors throughout B.C. IRSSS provides essential services to Residential School Survivors, their families, and to those dealing with intergenerational traumas. These impacts affect every family and every community across B.C. and Canada.

IRSS services include:

- [grief and loss](#) counselling
- [crisis counselling](#)
- [trauma](#) counselling
- [clinical therapy](#)
- [art therapy](#)
- [alternative healing therapy](#)
- [energy healing](#)
- [emotional support for people in the settlement process](#)
- [family and group](#) counselling
- [basic life skills coaching](#)
- [educational workshops on a broad range of health issues](#)
- [traditional healing methods and medicines](#)
- [traditional foods sourcing and preparation](#)
- [crisis support](#)



For CRISIS SUPPORT 24/7 call 1-800-721-0066



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Musqueam Health Dept. Newsletter – July 23, 2021

Musqueam National Native Alcohol & Drug Abuse Program

Brad Morin, Drug & Alcohol Counsellor

Brad is back at work from 6-9pm Wed-Fri. & 1-5pm Sat.-Sun here in the office.

Brad provides **one to one**, family, and group counselling whenever necessary and can also 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.

**NEW
HOURS**

Brad's office hours:

Mon-Fri: **6pm-9pm**

Sat-Sun: **1pm-5pm**

E: nnadap.bmorin@musqueam.bc.ca

T: 604-652-1368



Musqueam

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Brad Morin

NNADAP Worker
Drug and Alcohol Counsellor

Musqueam First Nation
6777 Salish Drive
Vancouver, BC
V6N 4C4

Tel: 604-269-3454
Fax: 604-261-0019
nnadap.bmorin@musqueam.bc.ca

Check your Naloxone Kits!

Please check your
Naloxone Kits for
their expiry, many
expire June/July
2021. New ones can
be picked up at the
care clinic.





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Musqueam Health Dept. Newsletter – July 23, 2021

Musqueam Wellness Program

Janice Cross

This confidential counseling services are 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

For Counseling Call: 236-558-9977



**VIRTUAL
COUNSELLING**

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

KUU-US

CRISIS RESPONSE SERVICES

1-800-KUU-US17 | 1-800-588-8717



CHILD/YOUTH: 250.723.2040 ADULT/ELDER: 250.723.4050

**CULTURALLY SAFE
HELP AVAILABLE**

**24 HOURS A DAY
7 DAYS A WEEK**

**FIRST NATIONS AND
ABORIGINAL PEOPLES
HELPING FIRST NATIONS
AND ABORIGINAL PEOPLES**



First Nations Health Authority
Health through wellness KUU-US Crisis Line Society

Important Phone Numbers

If you or someone you know needs help, call one of the numbers below:

9-1-1 if you are in an emergency.

8-1-1 for non-emergency information on how to access alternatives to toxic drug supply and substance use services

1-800-SUICIDE (1-800-784-2433) if you are considering suicide or are concerned about someone who may be.

310Mental Health Support at 310-6789 (no area code needed) for emotional support, information and resources specific to mental health.

Kid's Help Phone at 1-800-668-6868 to speak to a professional counsellor, 24 hours a day.

Alcohol & Drug Information and Referral Service at 1-800-663-1441 (toll-free in B.C.) or 604-660-9382 (in the Lower Mainland) to find resources an support.



Youth Centre

July 26-30 təm sθəqəy

Sandra Dan at the Youth Centre, **604-269-3452** Cell Phone **604-360-9171**

Email: youthcentre@musqueam.bc.ca

Monday July 26 syəlewətnet	Tuesday July 27 sθəmənts	Wednesday July 28 stix ^w s	Thursday July 29 sxaʔaθəns	Friday July 30 st ⁻ qecəss
Slime making 	Coloring contest 	Balloon panting 	Charades 	Movie Day 

The Youth Centre summer hours will be open from 10:00 am—5:00 pm Monday—Friday

If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them at all times who will care for them. **Children 0-6 without a parent or guardian will be sent home.**

Safe Drinking Water Monitoring Program

Charlene Campbell-Wood

How To Clean Water Cooler

You wouldn't think that something as seemingly innocuous as a water cooler could get dirty... but it can. Believe it or not, that water dispenser needs to be cleaned and even sanitized on occasion. (After all, microbes love moisture, and there's plenty of that in your water cooler.)

Note: Always consult the manufacturer's care instructions before cleaning. Not all water coolers have the exact same anatomy, and you don't want to break or damage yours.

How to Clean a Water Dispenser

When it comes to figuring out the best way to clean a water cooler, you want to wait until your water jug is empty. Trust us, this will make your life so much easier, as you won't have to lift heavy bottles of water or worry about liquid sloshing all over the place.

You'll need:

- A gallon jug or a pitcher
- 1 cup of distilled white vinegar
- 3 cups of hot water
- A bucket
- Mild dishwashing liquid
- A microfiber cloth
- Dishwashing gloves (optional)

[View this email in your browser](#)**MOA
NEWS**

Pride Film Screenings at MOA

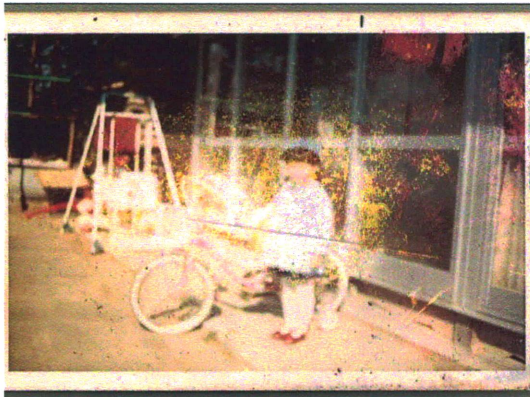
Celebrate Pride at MOA with an exploration through film of under-represented queer stories from Indigenous, Black and people of colour.

Drop by MOA over the Pride weekend to catch screenings of short films by Love Intersections—a Vancouver-based media arts collective made up of queer artists of colour. Through these films, engage with queer history, culture and contemporary social issues with activists and community leaders.

The films will be screened on a rotating basis during museum hours at the Presentation Circle in MOA's Multiversity Galleries.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Free with museum admission**[Plan Your Visit](#)

MOA Events

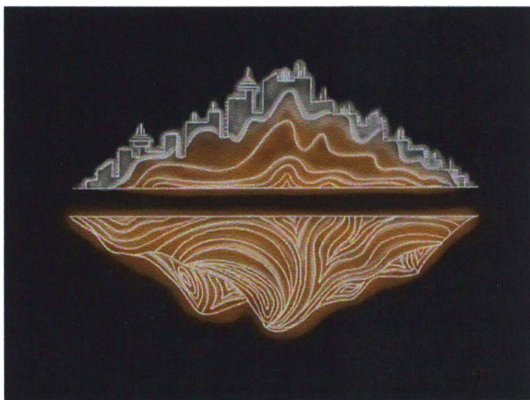


VocalEye Virtual Exhibition Tour

MOA is proud to partner with VocalEye, a not-for-profit organization dedicated to making public programming accessible for the blind and partially sighted, to offer an online tour of [A Future for Memory: Art and Life After the Great East Japan Earthquake](#). The tour will provide visual descriptions of the exhibition and artworks.

August 11 | 6:30 pm**Online, via Zoom****Free, registration required**[Register Now](#)

MOA News



2021 Winner of the MOA Shop Emerging Indigenous Artist Contest

Congratulations to Michayla King, winner of the [MOA Shop's 2021 Emerging Indigenous Artist Contest](#). Michayla's design, *awi'nagwis (Land)*, invites you to reflect "upon the energy we get from the land. A promise to always be mindful of this relationship, whether that be within the boundaries of our cities, or in the pure origin of nature itself." Michayla is a descendent of the Kwakwaka'wakw, Dzawada'enuxw, Namgis, Métis and European people.

T-shirts with her powerful design will be available

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[Read More](#)

Upcoming Deadline: Indigenous Internship Program

The Indigenous Internship Program is returning for a fall cohort! This program began in 2020 and provides training opportunities for Indigenous people working in museums or who would like to. Now accepting applications for October intake.

Apply now—Deadline is July 25, 2021.

[Apply Now](#)

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MOA acknowledges that it is built on the traditional, ancestral and unceded land of the Musqueam people.

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