



Musqueam Community Newsletter

Friday July 2, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

A Living
Culture



MIB Creative Kids

Connecting Through Creativity

Online Program

This culture-based program is about empowering and providing a space for children and youth to explore and cultivate their unique selves. In this group, we will learn healthy ways to authentically express ourselves, develop self-awareness, and learn how to get resources from the community. The group is designed to promote self-esteem, courage, honesty, communication skills, and collaboration through art-making, reflection, and safe sharing.

Who: Age 9 to 13

When: Thursdays at 4:00 to 5:30pm, July 8th - August 12th

Where: Online

Everyone is welcome but space is limited. No previous experience is required.

**Please, email or call Meghan to register. (604-671-1258
mhajash@musqueam.bc.ca)**



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Register now for MIB-UBC hənqəminəm language classes!

Introductory level:

FNEL 101 (Sept 7 - Dec 9, 2021)

FNEL 102 (Jan 11 - Apr 7, 2022)

4:30pm to 6:00 pm

Tuesdays and Thursdays

Intermediate level:

FNEL 201 (Sept 8 - Dec 9, 2021)

FNEL 202 (Jan 10 - Apr 7, 2022)

4:30 to 6:00 pm

Mondays and Wednesdays

All classes to be held in the MIB Community Center.
Questions? Want to find out about **high school credit?**

How to **Apply for UBC Admission and Register?**

Please contact Jill Campbell, MIB Language & Culture:

jill.campbell@musqueam.bc.ca

ASAP

Musqueam Education Notice Friday July 2, 2021

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://indigenouseaward.ca/application>. The application process is open from June 21, 2021 to September 31, 2021

The JIBC Indigenous Youth Career Camp is a free day camp for Indigenous (First Nations, Métis, and Inuit) youth between the ages of 15 – 20.

The **JIBC Indigenous Youth Career Camp – Building Bridges, Breaking Barriers, Encouraging Connections** aims to build youth resiliency, establish positive relationships, and introduce youth to the broad spectrum of careers in justice, public safety, and health care. The camp promotes interest in careers in justice, public safety, and health care through applied education, cultural experiences and connections, and engagements with a wide range of community partners at multiple JIBC campuses. The camp provides opportunities to meet new friends from across British Columbia, connect with Elders and Knowledge Keepers, have fun, and learn in a culturally safe and supportive environment. Join JIBC to reflect on your gifts and how they might be applied to exciting and impactful careers.

Due to COVID-19, this year's camp will offer a blend of virtual online activities and in-person activities. Youth are able to sign up for any of the following particular day of activities:

- ✦ Emergency Medical Responder (on New West campus) – Wednesday, July 14th, 2021
- ✦ Fire & Safety Division (on Maple Ridge campus) – Thursday, July 15th, 2021
- ✦ Emergency Management Division (online) – Monday, July 19th, 2021
- ✦ Corrections & Court Services Division (online) – Tuesday, July 20th, 2021
- ✦ Police Academy (on New West campus) - Wednesday, July 21st, 2021
- ✦ Leadership (online) – Thursday, July 22nd, 2021

Apply online at:

<https://www.jibc.ca/form/jibc-indigenous-youth-career-camp-2021-application-form>



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.



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Medicine



INDIGENOUS MD ADMISSIONS WORKSHOP

JULY 28-30, 2021

The 18th annual Indigenous MD Admissions Workshop will take place virtually, with a focus on the Northern Medical Program located on the University of Northern British Columbia campus in Prince George, BC.

EXPLORE A FUTURE IN MEDICINE

If you are thinking about pursuing a future in medicine, this is a unique opportunity to learn how UBC can support you in your studies and connect with an inclusive, caring community of medical practitioners, students, and faculty.

Our annual pre-admissions workshop for Indigenous pre-med students isn't just for those already in university. Prospective students, including post-secondary and high school students can explore what it means to attend university and embark on a journey to becoming a healthcare professional.

JOIN A CARING COMMUNITY

Being part of a community is important—it helps people feel connected to traditions and knowledge unique to them. At the UBC Faculty of Medicine, we are a community that celebrates our students' diverse perspectives on healthcare and Indigenous ways of knowing.

For eighteen years we've been providing the Indigenous MD Admissions Workshop dedicated to welcoming Indigenous people into our faculty and supporting them as they make a commitment to study medicine. We know that our annual workshop will give you an introduction to our community and help you feel more confident about your decision to study medicine.

WHY ATTEND?

To learn

- Find out about prerequisites, course planning, and get a preview of the medical curriculum and residency programs.
- Get an overview of the Medical College Admissions Test (MCAT), and learn about the UBC interview process by participating in mock interviews.
- Gain familiarity with the application process and admission requirements.

Meet faculty & staff

- Hear stories from doctors and faculty who chose UBC.
- Learn about student supports from a member of the Student Affairs team.
- Get the facts about your financial options from the Faculty of Medicine's Student Financial Assistance Officer.

Feel supported

- Learn about preparing your application from our MD Indigenous Initiatives Coordinator.
- Better understand specific Indigenous resources and support for students with Indigenous ancestry, including Status & non-Status Indians or Treaty, Métis & Inuit peoples.
- Hear from a local Elder during the opening and closing remarks.
- Ask questions of Indigenous medical students and residents to learn about their experiences.
- Find out more about what pursuing a career in medicine entails.



If you're feeling apprehensive about pursuing a medical degree, our workshop is one of the best ways to reduce your doubts, fears, or anxieties about pursuing your goal of becoming a medical doctor. You'll gain personal insights and guidance about your choice to study medicine with us.

We are excited about the remarkable students, alumni, and faculty who will be presenting and advising over all three days of the workshop and we hope you'll join us in July 2021.

WE'VE GOT YOU COVERED

There is *no cost* to attend the workshop.

Because of the COVID-19 pandemic, our workshop will look a little different than it has in the past. We have made the decision to host the 2021 workshop virtually, and successful applicants will be sent the Zoom information in the summer.

When we are able to host the workshop in person again, the university will cover your accommodations and meals, however travel to/from the workshop will be your responsibility.

NEXT STEPS: YOUR WORKSHOP APPLICATION

Apply online at:

https://ubc.ca/qualtrics.com/jfe/form/SV_OD4S4HRDke8seKV

Along with your application, you'll need to prepare and submit:

- A 500-word autobiographical essay, including who you are and why you want to become a doctor.
- A copy of your most recent transcripts or report card.
- A copy of your proof of ancestry such as status, treaty and Métis membership cards. We also accept written letters of support from your Band, Inuit and Métis organizations.

We encourage you to get your application in as soon as possible. If you have any questions about the workshop, please reach out to us.

CONTACT US

James Andrew
Indigenous Initiatives Manager
indigenous.md@ubc.ca
604-822-8291

Meghan MacGillivray
MD Indigenous Initiatives & Admissions Coordinator
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604-822-6185

✉ indigenous.md@ubc.ca

📘 facebook.com/UBCmed

🌐 mdprogram.med.ubc.ca/admissions

🐦 @UBCmedicine



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Musqueam Health Dept. Newsletter – July 2, 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 2, 2021

Musqueam National Native Alcohol & Drug Abuse Program

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.

Brad's office hours: Mon-Fri: 5pm-9pm | Sat-Sun: 10am - 5pm
E: nnadap.bmorin@musqueam.bc.ca
T: 604-652-1368

**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.

Youth Centre Program

Sandra Dan

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

Elders Centre Program

Brenda Campbell

Please note there will be no Elder's Luncheon this week on July 1, 2021 as it is a Stat Holiday Canada Day on Thursday.



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Musqueam Health Dept. Newsletter – July 2, 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! ***



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

Safe Drinking Water Monitoring Program

Charlene Campbell-Wood

Drinking Tap Water

1. Health Benefits

We all know how important it is to stay hydrated, but it is not always clear how our beverage choices impact our health. Evidence links the consumption of sugary drinks to excess weight gain and an increased risk of chronic disease and tooth decay. The solution? Drink water most often! Make it more exciting by adding fresh fruit and herbs like strawberries and basil for a delicious hint of flavor.

2. Save Money

All UBC Food Services locations, including the Residence Dining Rooms, offer free tap water. When you are out and about, Metro Vancouver's TapMap is a great way to find free places to refill water bottles. When you consider that bottled water and other beverages are a 100% markup on free tap water, the math is simple: After the initial investment in a water bottle, tap water will save you money!

3. Reduce Waste

Bottled water vs. tap water...what's better? Water is universally better for you than sugar-sweetened beverages, but often bottled water is simply re-packaged municipal tap water. Opting for tap water over bottled water not only reduces waste from single-use containers and requires less energy to transport, but in Metro Vancouver tap water is held to much higher safety standards than bottled water. Plus, even recyclable bottles require energy and resources, and millions of single-use water bottles still end up in our landfills. SEEDS investigated the sustainability of bottled water vs. tap water a few years ago.