



Musqueam Community Newsletter

Friday August 13, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

Musqueam Community Notice Musqueam Fisheries Department August 13th, 2021 Chinook Salmon Opening Section 35.1

Dates & Times: 8 hours x 2

Saturday, August 14th, 2021 1300h (1pm) to 2100h (9pm) &

Sunday, August 15th, 2021 1300h (1pm) to 2100h (9pm)

Species and Quantity

The Fishery is limited to harvest of: **Chinook Salmon & by-catch of Pink Salmon & hatchery marked Coho Salmon**

All efforts and attempts shall be made to return all non-target species including all sockeye, steelhead, sturgeon to the water alive and unharmed.

Use of Fish

Fish caught under this license are for food, social and ceremonial purposes. Without prejudice to future agreements, regulations, sale of fish caught under this license is **not permitted**.

Gear

The following gear is permitted to be used:

8" Minimum Mesh restriction with a 3 to 1 hang ratio

Drift Nets on condition that:

- (i) Nets do not exceed a maximum of 50 fathoms or 300 feet in length and a maximum depth of 60 meshes.
- (ii) Each Participant fishes only one net.
- (iii) Only one net is fished from any vessel.
- (iv) Each net is attended at all times by the Participant who is fishing the net.
- (v) No vessel fishing under the authority of this licence has on board, in a hung condition, any net that does not meet the conditions in (i) above.
- (vi) Spare nets on board a vessel actively fishing are kept in a stowed condition (Must also be a minimum 8" mesh with a 3 to 1 hang ratio).

Set Nets on condition that:

- (i) Nets do not exceed a maximum of 10 fathoms or 60 feet and a maximum depth of 60 meshes.
- (ii) All Set Nets are identified by a floating buoy prominently displaying the Participant's designation number, and the Participant's designation number is the only numbers displayed on the buoy,

All Set Nets fished from poles have buoys attached to the end of the net farthest from the beach by means of a tag line of sufficient length to allow the buoys to be on the surface of the water and clearly visible for inspection at all times.

Musqueam Designated Fishers ONLY! All non-designated fishers will be escorted off the fishing grounds

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ECAP—13-14



ST. MICHAELS' CHURCH

Sunday Mass will begin
@1:00 pm.

Come join us.



The Children's House



Daycare Hours: Monday—Friday 7:45—5:00pm

Preschool Program hours: Monday – Friday 9:00am to 3:00pm.

The Children's House phone # 604 269-3302

Renee Stogan Manager email: childcaresup@musqueam.bc.ca

Preschool Registration

Preschool Registration for children who are ages 3-5 is open.

If you would like to register your child for preschool please contact Renee Stogan at:

604 269-3302 or email: childcaresup@musqueam.bc.ca

Renee Stogan: childcaresup@musqueam.bc.ca Phone: 604 269-3302

Preschool staff: Ernestine Herman, Sherry Point, Lauren Mitchell

Infant/Toddler staff: Kelly Herman, Stacy George, Christy Friesen, Alice Stogan

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Musqueam Health Department – Taking Care of Our Mental Health

By Meghan Hajash, Practicum Student

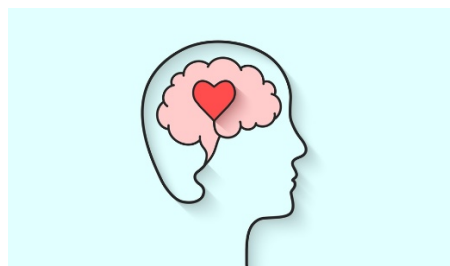
“Your mind is the most important aspect of your health, but it is usually the last thing to be addressed. There will always be a mental component to any disease state, and also a mental component to any healing.”

~Shawn Stevenson

Taking care of our mental health is extremely important. As we come back to things opening up and expanding, let's look at some things we can do to help ourselves and those around us. Afterall, if we are in a good place we are more able to help others.

When we have anxiety and depression we can tell ourselves:

“These feelings will not last forever, and I will get through them”



- Vent your joys, not just your problems
- We can reach out to a friend or loved one or mental health professional to help us sort out our thoughts and feelings.
- Remember that we are not our feelings. We are beautiful souls who have challenges.
- We can go for a walk and ground ourselves in the Earth.
- We can connect to our spirituality/religion/community.
- Know that anxiety is normal, not abnormal. It is a part of what it means to be human and experience life (Caroline Foran).
- Take at least 3 deep belly breaths. In through the nose and whooshing out your mouth. Try to make your out breath longer than the in breath. Deep breathing tricks your nervous system out of fight, flight and freeze.

“If you don't heal what hurts you, you'll end up bleeding on people who didn't cut you” ~Dr.Caroline Leaf

Please reach out to those you feel called too. We're all in this together! For more information and tips please feel free to reach out 604-671-1258; mhajash@musqueam.bc.ca

Gunalscheesh, Meghan

Musqueam Education Notice Friday Aug 13, 2021



SEPTEMBER SCHOOL CHEQUES

High School and Elementary September school cheques will be available for pick up on August 27th at the band office. Post-Secondary will remain direct deposit.

Summer Learning Program!

The Education Department will be running a Summer Learning Program from **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://indigenouseaward.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.

The application will be open from July 26th, 2021 until- September 20th, 2021 (11:59 PM PT). For more information about the award or to apply, please email musqueam.scholarship@ubc.ca

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.



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

UBC Campus re-opening for September 2021

The university is currently planning for a transitioned return to campus for the fall of September 2021. We have been watching the course of the COVID-19 pandemic carefully and continue to work closely with public health officials to ensure that appropriate measures are put into place so that faculty, staff, and students can return safely to campus for in-person teaching and learning. The student experience is front of mind as plans to support on-campus activity are developed. **Students have (or will receive very shortly) communications from their faculty or program regarding course delivery. To confirm, course delivery will depend on the program and be either fully in-person or take a hybrid model (a combination of in-person and online instruction).**

A virtual town hall was recently held in which Dr. Bonnie Henry, BC's provincial health officer, responded to questions from senior post-secondary leaders. During this event, Dr. Henry answered questions on subjects ranging from mask-wearing to classroom safety, to HVAC systems, medical accommodations, and more. I encourage you to view it at <https://www.youtube.com/watch?v=nM1UIAm6nbA>. The provincial government also recently published the *COVID-19 Return-to-Campus Primer* (<https://www2.gov.bc.ca/assets/gov/education/post-secondary-education/institution-resources-administration/return-to-campus-primer.pdf>). This document provides information about the key public health planning assumptions and safety measures necessary to safely guide our planning over the coming months.

Although a return to campus for September 2021 is welcome news for students, I understand that sponsors will have many questions, therefore further updates can be expected in the coming months. For the latest updates and FAQ's, I encourage sponsors to bookmark and refer to the following links:

Vancouver campus: <https://covid19.ubc.ca/>

VCC Return to Campus Plans

In accordance with Phase 3 of the Province of British Columbia's COVID-19 Restart Plan, VCC has developed individual return-to-campus risk mitigation plans to support a gradual return to essential, on-campus learning. Plans have been customized by department and are available on the VCC website.

Vancouver Community College is adhering to all orders declared by Provincial Health Officer and that regular monitoring of orders and public health guidance will be part of routine operations and that plans, protocols, and processes will be updated routinely to reflect the dynamic nature of the COVID-19 pandemic.

Please check website or program administrator for information on your specific program.

Langara Return to Campus Plan

In the upcoming months, we look forward to safely opening up our campus. We are excited to share our phased approach that aligns with [BC's Restart Plan](#).

Step 1* – complete

- Masks mandatory in all indoor public and shared spaces
- Maintain 6 feet (2 metres) physical distancing
- If sick, stay home and get tested.
- On-campus activities allowed
Approved in-person classes
- Indoor seated in-person gatherings (max 10) with safety protocols
- Outdoor seated in-person (max 50) gatherings** with an approved safety plan

Services open

Health Services, Daycare, Bookstore, some computer labs, silent study room (L226), Community cupboard, Printshop, cycling facilities

Step 2* – complete (June 15 - July 1, 2021)

- Masks mandatory in all indoor public and shared spaces
- Maintain 6 feet (2 metre) physical distancing
- If sick, stay home and get tested.
- Planning for Langara Students' Union re-opening
- Planning for return for more in-person student services

New on-campus activities allowed

Indoor (seated) and outdoor organized gatherings** (max 50), with approved safety plan, including student clubs.

Email facilities@langara.ca for more information.

Consultation with the sector as a whole begins for next steps on indoor and outdoor organized gatherings.

Step 3* – July 1 - September 7, 2021

- Masks recommended in all indoor public and shared spaces for those who are not fully vaccinated.
- People may engage in careful social contact indoors and outdoors.
- If sick, stay home and get tested.
- Planning for in-person new student orientation
- New on-campus activities allowed
Campus open; tapping of smart card (student ID) no longer required (as of Friday, Jul 2)
- Organized gatherings** increased, including new student orientations.
- New Services open
Food services return to campus (Starbucks open early July)

Multifaith Room, all study spaces, all computer labs

Step 4* – September 7 onwards

- Masks in public indoor settings are a personal choice.
- Normal social contact
- If sick, stay home and get tested.
- New campus safety plans in place, guided by Public Health Office.
- New on-campus activities allowed
Return to normal (full return to pre-pandemic campus activities)

Services open

Return to normal; all services open



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Musqueam Health Dept. Newsletter – Aug.13, 2021

UBC Active Kids—Activity Kits



stem? (what?)

Musqueam Health partnered with UBC Active Kids to create an at home Activity Kit! Each kit has some additional equipment necessary to complete the activity book, other equipment for the games/activities can be found in your home. Some games can be done with a friend or sibling, and others can be done individually. Games are geared towards 5—12 year olds.

təmtem? (when?)

AUGUST 20TH, 2021 @ 11am until all kits are handed out

ni? ʔəncə? (where?)

- ♦ Come to the MIB Youth Centre to see **Sylvia Miller** or **Taryn Point** to pick up a kit. Parents are encouraged to complete registration. We are supplying one kit per household as supplies are limited.

For some **EXTRA FUN**, & to be entered into a **DRAW FOR PRIZES:**



Upload some pictures and/or a short video clip of your child (children) doing some of the activities from the book onto the **Musqueam Health-Department Facebook Page!**





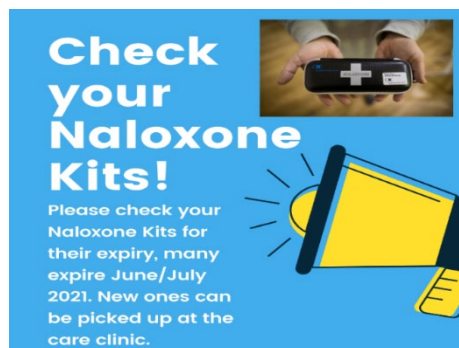
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Musqueam Health Dept. Newsletter – Aug.13, 2021

Musqueam National Native Alcohol & Drug Abuse Program

Brad Morin, Drug & Alcohol Counsellor

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 on-site at the NNADAP Office

E: nnadap.bmorin@musqueam.bc.ca | T: 604-652-1368

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? Give us a call!

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



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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.

**If you are calling and there is no answer please note the home care nurse may be on a house call so please leave a message.*

***For Emergencies Call 911 ***

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](tel:1-800-721-0066)



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Musqueam Wellness Program

Janice Cross



VIRTUAL COUNSELLING

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

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.

310 Mental 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 and support.



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Youth Centre

August 16th – 20th

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

Email: youthcentre@musqueam.bc.ca

Monday Aug. 16 th syəlewətnet	Tuesday Aug. 17 th sθəmənts	Wednesday Aug. 18 th stix ^w s	Thursday Aug. 19 th sxaʔaθəns	Friday Aug. 20 th st-ḡecəss
Arts and crafts 	həḡəmiḡəḡ bingo 	Ping pong tournament 	Coloring day 	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

Protecting Children from Lead in Drinking Water at Child Day Care Facilities

Lead can be harmful to human health, even in very small amounts. Lead is most serious for pregnant women and young children because infants and children absorb lead more easily than adults and are more susceptible to its harmful effects, such as effects on behaviour and intelligence. The public's exposure to lead has decreased over the years as major sources of lead have been eliminated and we have no reported cases of children being adversely affected by lead in drinking water in the Vancouver Coastal Health (VCH) region. Nonetheless, it is important for child day care providers to keep lead exposure as low as possible, particularly for children and pregnant staff.

*For more information: Excerpt taken from a letter from the Office of the Chief Medical Health
Vancouver Coastal Health, April 2016*

800, 601 West Broadway Vancouver, BC V5Z 4C2 | Tel: 604.675.3900 Toll free 1.855.675.3900 | Fax: 604.731.2756



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MUSQUEAM PRIMARY CARE CLINIC

Musqueam Primary Care Clinic, 4010 Si Lu Drive, Vancouver BC V6N 4K7

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

Monday Aug. 16	Tuesday Aug. 17	Wednesday Aug. 18	Thursday Aug. 19	Friday Aug. 20
Karen Chandra, NP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm Traditional Wellness 2:00pm <i>Live on Musqueam HealthDept Facebook page</i>	Karen Chandra, NP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm



Missed your telehealth or in-person appointment? Call us 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.

All appointments must be booked in advance. No walk-ins.

We cannot accommodate same day appointments.

Prescription running low? Please book an appointment a few days **prior** to running out of your medication.

Nasal Naloxone kits are available for pick-up. 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.

Musqueam Traditional Healing and Song

Every Wednesday at 2:00pm

Join **Alec Dan** and **Iona Paul** for Musqueam Traditional Healing and Song on the Musqueam Health Department Facebook Page.

Please Note:

We are now located in the Primary Care Clinic trailer next door to the Elders Centre.

Energy Conservation Assistance Program (ECAP)

Couldn't make it to our lunch event and fill in the application?

There is still time. Fill the notice in the newsletter and drop the filled application at the reception in the band office or take a picture of your application and email it to: ehaghi@musqueam.bc.ca



Save energy and improve the comfort of your home with free upgrades. Join the many Indigenous communities across B.C. participating in the Energy Conservation Assistance Program. You could get:



A review of your home's energy use to help you save energy and money.



Free installation of products such as water-efficient showerheads, energy-saving weatherstripping, and LED light bulbs, carbon monoxide detectors and more.



Upgrades such as insulation, an ENERGY STAR® fridge or a high-efficiency gas furnace at no cost (for homes that qualify).

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)
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FortisBC account holder signature (If there is a FortisBC natural gas account associated with the residence.)	Date (Yr/Mth/Day)
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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