



Musqueam Community Newsletter

Friday June 25 , 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

Tips to Beat the Heat~ (by Jim M.)

Remember to text, call, or video chat to check on those you know who may be more vulnerable to the heat to make sure they are staying cool and drinking enough water.

How to avoid heat-related illness

Outdoors

Seek cooler, breezier areas when outdoors, such as large areas near to water with lots of trees, while maintaining physical distancing.

Avoid crowded spaces and maintain a 2-meter distance from others as much as possible.

Take it slow with outdoor activities – rest and relax often if you feel fatigued.

Avoid going out in the blazing sun or heat when possible. If you must go outside, stay in the shade as much as possible and plan to go out early in the morning or evening when it is cooler and smog levels may not be as high as in the afternoon. Wear a hat.

Stay hydrated – drink water regularly, even more than you think you need.

Never leave children or pets alone in a parked car. Temperatures can rise rapidly in enclosed vehicles, becoming much hotter than the outdoor temperature.

Indoors

Make your home as comfortable as possible. Close blinds and shutters during the day-time and open them at night. Open your windows at night to let in cooler air. If you have children in your home, make sure you've taken precautions to prevent falls from windows and balconies.

If you have air conditioning, use it to take the edge off indoor heat - but don't over-cool and remember that circulation of fresh air is important for reducing COVID-19 risk.

If you don't have air-conditioning, spend time in the coolest room in your home and use a fan. Blowing a fan across a pan of cold water can create a cool breeze.

Cool showers and misting yourself and your clothing with cool water will help keep you from overheating. Drink lots of water and natural fruit juices even if you don't feel very thirsty. Avoid alcoholic beverages, coffee and cola.

- Keep lights off or turned down low. Avoid heavy meals and using your oven.

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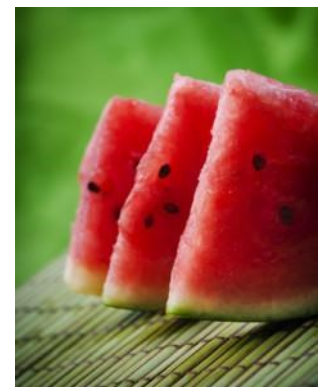
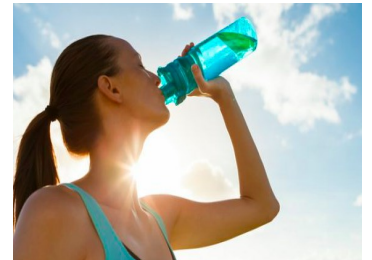
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Register now for MIB-UBC hənqəminəm language classes!

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

by June 30th 2021

Congratulations to our 2021 Graduates!

Thank you to everyone for supporting the Graduation Celebration and helping us honour the 2021 graduating class. Special thank you to: Salishan Catering, Musqueam Security and crew, setup/cleanup crew, and to all those that helped make the event a success.

Elementary Graduates:

Jasmine Perez
Alexander Point
Alexis Wilson
Jomar Stogan Rivas
Sienna Mathison
Trey Point
Wee-Ya Sparrow
Joanne Point

Asia Stogan Rivas
Jennifer Lingren
Natalie Simeon-Christjohn
Archie Cardinal
Braiden Innes
Issac Rice
Joseph Dan
Justus Abrahamson

Kaden Fossella Duerden
Lorne August
Sophie McMillan
Victoria Stogan
Eli Grant
Jacelyn Point
Tristan Point



High School Graduates:

Dylan Wilson
John Sparrow Jr
Timber Louis
Jeremiah Nelson-Sinclair
Christopher Hensel
Kaleigh Goetzinger
Shayla Brown
Brynn Guerin

Demetrius Kenoras-Paul
Henry Louis
Matthew James
Jenaya Grant

Post-Secondary Graduates:

Kelly Louis
Victoria Louis
Evangeline Guerin
Victor Guerin

Employment & Training:

Aidan Paul
Alexandra Point
Angela Nahanee
Courtney Copoc
Daniel Pavlic
Diamond Point
Eddie Campbell Jr.
Graham Guerin
Grant Mayers

Jasmine Wilson
Karen Dan-Wilson
Kelly Louis Jr.
Lisa Becker
Lisa Mitchell
Sandra Young
Tara Felix
Wayne Louis



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)



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 hot water tanks.

Common water heaters used in our homes have a lifetime of 10-15 years and need to be replaced after that. Standard water heaters are relatively inexpensive to buy, and contractors or plumbers will frequently recommend them. But if you plan ahead and ask about the energy efficiency and performance of the replacement water heater, you may save a lot of money in the future.

Why should I buy an efficient Energy Star water heater?

First of all, an efficient Energy Star water heater is not as expensive as you think. There are available rebates from Fortis BC that cover a good portion of the cost. See table below:

Water heater type	Efficiency	Available rebate from Fortis BC
0.67 EF Storage Tank	EF 0.67 - 0.70	\$500
Condensing Tankless	EF 0.9 - 0.99	\$2,500
Condensing Storage Tank	TE up to 98%	\$2,500

Note: These rebates are for First Nation and Indigenous communities only.

To find a list of the eligible models, go to:

<https://www.fortisbc.com/rebates-and-energy-savings/rebates-and-offers/rebates-for-homes/qualifying-models-for-natural-gas-water-heater-rebate>

Secondly, an efficient water heater consumes less energy (gas or hydro) to provide the same amount of hot water. As a result, you will save hundreds of dollars in your utility bills if you go for a more efficient option.

Do you have any questions about Fortis BC rebates and how you can receive them?

Contact me and I will help you with the application process:

Ehsan Haghi – Community Energy Specialist at Musqueam Indian Band

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

Are you interested in receiving an energy assessment of your house as well as FREE energy saving products including LED lamps, weather stripping, and water-saving showerheads?? Musqueam housing department is working with BC Hydro and Fortis BC to bring the Energy Conservation Assistance Program (ECAP) to the community.

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 or email/text it to me. We will collect the forms and submit them on your behalf.

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



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Musqueam Health Dept. Newsletter – June 25, 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 – June 25, 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. 28	Tuesday June. 29	Wednesday June. 30	Thursday July. 1	Friday July. 2
Karen Chandra, NP 9:30am - 3:30pm	Dr. Dumont, GP 9:30am - 3:30pm	Jane Estey, NP 9:30am - 3:30pm	CLOSED FOR CANADA DAY	Jane Estey, 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.

Have a great weekend!

Take care,

MIB Primary Care Clinic Staff



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Musqueam Health Dept. Newsletter – June 25, 2021

Musqueam National Native Alcohol & Drug Abuse Program

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.

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.

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.





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Musqueam Health Dept. Newsletter – June 25, 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

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

Safe Drinking Water Monitoring Program

Charlene Campbell-Wood

Community Based Drinking Water Quality Monitoring Program

Community Based Drinking Water Monitors (CBWM) play a key role in the Drinking Water Safety Program as the designated person responsible for sampling, testing, recording and communicating the microbiological quality of drinking water within the community. The CBWM is also responsible for distributing results and may assist with developing and carrying out a drinking water quality awareness program.

The CBWM may be a Community Health Representative (CHR), Water Treatment Plant Operator (WTPO), or another individual selected by the Band. If a community does not have a CBWM, the activities may be completed by the FNHA Environmental Health Officer or an FNHA Environmental Health Technician. Environmental Health Officers train CBWMs to sample and test the drinking water for potential microbial contamination using community lab equipment (Colilert®).

WaterTrax®, an internet-based data management system, is used to securely manage all drinking water quality data to which the CBWM, Band Health Directors, and the Drinking Water Safety Program (DWSP) team have access



Notice to IR 2 residents

Drone work on Musqueam Reserve in July

Starting July 5, a drone will be flying around areas of Vancouver collecting geographic mapping information for [Metro Vancouver](#) and the [University of British Columbia](#) (UBC).

Administration approved the drone being flown over Musqueam Reserve (IR 2) with the understanding that information gathered will be shared with Musqueam **and no images or personal information will be collected.**

About drones

Drones, also called 'Remote Piloted Aircraft System' or 'RPAS,' are robot-like aircrafts without pilots onboard.

They are used for many important things, including search and rescue missions, geographic mapping, delivery and photography.



The drone being flown in July uses [LiDAR](#) technology to map the land by collecting **surface** information about the shape of the land and trees, **as well as plotting the roofs of buildings and other structures.** According to UBC, the LiDAR data will be collected at night when there are few people or moving vehicles out.

Has LiDAR been used on IR 2 before?

Yes, LiDAR mapping has been done for Musqueam Reserve and throughout the entire Lower Mainland.

How will Musqueam use the LiDAR data?

Information collected is critical to understanding how our land changes over time.

For example, with LiDAR information, we can get a better understanding of how the cliff along the maley' changes over time, which can help better plan for our community's future in the area.

Questions or concerns about the drone?

Please contact Kevin Wilson, Geographic Information Systems (GIS) Analyst
kwilson@musqueam.bc.ca