



Musqueam Community Newsletter

Friday Sept. 3, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

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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ST. MICHAELS' CHURCH

PLEASE BE INFORMED
"NO CHURCH" UNTIL
FURTHER NOTICE.

THANK YOU





MUSQUEAM PRIMARY CARE CLINIC

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

Monday Sept. 06	Tuesday Sept. 07	Wednesday Sept. 08	Thursday Sept. 09	Friday Sept. 10
CLOSED FOR LABOUR DAY	Dr. Dumont, GP Jane Estey, NP 9:30am - 3:30pm	Jane Estey, NP 9:30am - 3:30pm Traditional Healing & Song (Facebook Live) 2:00pm – 2:30pm	Karen Chandra, NP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm

Traditional Healing and Song: Join **Alec Dan** and **Iona Paul** every Wednesday on the [Musqueam Health Department](#) Facebook Page.



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.

Please Note: We are now located in the trailer next door to the Elders Centre.

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.

Call 604-266-0043 to book an appointment

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

World Suicide Prevention Day September 10, 2021

"Promoting understanding about suicide: those impacted by a suicide attempt or loss, family or friends, organizations, professionals, politicians, volunteers, and community members."

Online Event: Sept 10 @ 2:00pm EST. Featuring speakers sharing their experiences and a Q&A session.

Register for this event at

<https://suicideprevention.ca/>

Walk/Drive-up Covid-19 Testing Site @ St. Vincent's

Entrance off West 33rd Avenue by Heather Street, Vancouver. No appointment needed.

Open daily 8:00am – 7:00pm (drop-in only)

Ages 4+ ; nasopharyngeal and saline gargle available.

*Community members must identify that they are from Musqueam First Nation.



DO YOU HAVE QUESTIONS ABOUT YOUR HEALTH COVERAGE, WHAT IS COVERED, AND YOUR ELIGIBILITY?

PACIFIC BLUE CROSS IS THE NEW THIRD-PARTY ADMINISTRATOR OF THE FOLLOWING BENEFITS FOR CLIENTS OF THE FIRST NATIONS HEALTH AUTHORITY (FNHA)

- Quick Look up coverage information for **dental services, vision care, medical supplies and equipment (MS&E)**
- Get reimbursed via **direct deposit in as little as 48 hours**
- Check **your balance for your benefits**
- Search for vision care providers who are registered with Pacific Blue Cross

STEP-BY-STEP INSTRUCTIONS FOR CREATING A MEMBER PROFILE

HERE'S HOW TO CREATE A PACIFIC BLUE CROSS MEMBER PROFILE AND CLAIM ONLINE:

- Go to www.pac.bluecross.ca/fnhaclient
- Click on "I want to Register for Access to my Member Profile."
- Enter your Status Number
- Create your profile:
 - first name
 - last name
 - birth date
 - e-mail address (so Pacific Blue Cross can email you a temporary password)
 - Choose three security questions
 - Read and click "I accept the User Agreement & Privacy Policy."



- Go to your email and click on the temporary password link from PBC
- Create your own password, enter it twice to confirm
- Click on "Submit"

You're all set! You can view all of your dental, vision and MS&E benefits and see how much you can claim for each benefit.

Download the Pacific Blue Cross mobile app to submit claims using your phone. You can also use the app to show your PBC Member ID card to health care providers.

Call FNHA Health Benefits toll-free at 1.855.550.5454 if you need help or cannot sign in.

For information about other health benefits offered by the FNHA - prescription drugs, medical transportation and mental health support - see www.fnha.ca/benefits.



MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM

Brad Morin, Drug & Alcohol Counsellor is BACK in the Community Centre!!

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.

Brad's hours: Mon-Fri: [6pm-9pm](#) | Sat-Sun: 1pm-5pm

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 Department.

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

NEED HELP REGISTERING BABY FOR MSP/FNHA HEALTH BENEFITS? 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

**** Please stay tuned for updates on Musqueam's Pre- and Post-Natal Luncheons – coming soon! ☺ .**



MUSQUEAM MENTAL HEALTH AND WELLNESS PROGRAM

Janice Cross



This confidential counseling services are available Monday-Friday: 8:30- 4:00pm to our Musqueam people via phone or virtually.

Call or email to and set up a time to talk to Janice Cross.

Email: mentalwellness@musqueam.bc.ca

For Private Counseling Call: 236-558-9977

ART THERAPY FOR CHILDREN, YOUTH & ADULTS

Janice Carroll, RCAT

I am available here at the Community Centre Monday to Thursday from 830-430, for phone calls, emails or text conversations, and also I can hold sessions via Zoom.

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

HOME & COMMUNITY CARE PROGRAM

The Home Care Program is available to our community members to assist with hospital discharges, home care aides, 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

email:

homecare@musqueam.bc.ca

or nurseassist@musqueam.bc.ca

HOME CARE CLIENTS: If you will not be home during your scheduled HCA visit - please contact the Nurse Assistant, Arlene Haldane – 604 269 3354 or 604 655 0580.

If there is no answer please leave a message.

***For Emergencies Call 911 ***



SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

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 flavour.

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.



Youth Centre

September 6th-10th

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

Email: youthcentre@musqueam.bc.ca

Monday Sept 6 th syəlewətnet	Tuesday Sept 7 th sθəmənts	Wednesday Sept 8 th słix ^w s	Thursday Sept 9 th sxaʔaθəns	Friday Sept 10 th st-ʔecəss
Charades 	Coloring day 	həŋqəmiŋəŋ bingo 	Ping pong tournament 	Movie night 

The Youth Centre will be open from 2:00 pm—9:00 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.**

Musqueam Education Notice Friday Sept 3, 2021



SEPTEMBER SCHOOL CHEQUES

High School and Elementary September school cheques are available for pick up at the band office. Post-Secondary will remain direct deposit.

2021 Graduates

If you were included in the 2021 Musqueam Graduation Celebration and haven't yet picked up your gift please contact the department to make arrangements.

If you graduated from High School in 2021 you may be eligible for a **Musqueam Education Award**; please submit a copy of your Dogwood Certificate and final BC of Ministry of Education transcripts to the Education Department, or contact us for more information.



Tutoring

If students require tutoring for the upcoming school year please contact the Education Department so that we may offer assistance.

Musqueam School Bus

If your child will be riding the school bus, please fill out a bus form and return it to the Education Department (form on following page). If you prefer an electronic copy, please email April Campbell at learningfacilitator@musqueam.bc.ca. This information is necessary to make sure the children on the bus are safe and parents can be contacted in case of emergency.

Bus Route on the page following the Bus 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

Southlands Elementary– Back to School Info

Southlands first day of school will be **September 8th from 9-10am**; full days for the rest of the week.

All VSB elementary schools including Southlands will have **afternoon dismissal at 3:05pm** this year to allow students a longer morning recess.

There will be a **pro d day on September 17th**. There will be **no school on September 30th** for National Day of Reconciliation.

Immaculate Conception School – Back to School Info

Immaculate's first day of school will be **September 7th from 8:30-10:30am**; full days for the rest of the week.

There will no longer be staggered drop offs, **all students will start 8:30am and be dismissed at 3:00pm**; except **Wednesday** when students have early dismissal and will be **dismissed at 2:00pm**.

“Intelligence plus character—that is the goal of true education.”

-Martin Luther King Jr.



Scholarships and Bursaries

KEL, KELOFEN OE 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

MIB School Bus Form

PARENT/GUARDIAN INFORMATION		Date:	
Parent/Guardian's Name			
Relationship to Child			
Street Address			
City		Postal Code	
Home Phone		Work:	
Email address		Cell:	
Alternate Contact		Alternate ph:	
STUDENT INFORMATION:			
Student First Name		Student Surname	
Grade		Student PEN#	
Status Number		Date of Birth	
School attending (mark with a check)	<input type="checkbox"/>	Southlands Elementary	<input type="checkbox"/> Immaculate Conception
Medic Alerts: (Please identify any medic alerts or special needs that the bus supervisor should be aware of)			



MUSQUEAM INDIAN RESERVE NO. 2 SCHOOL BUS PICK-UP TIMES AND LOCATIONS

PICK-UP ORDER AND TIME

Immaculate Conception

School (ICS)

*Please be at bus stop by 8:00 am

- 1 8:00 am
- 2 8:14 am
- 3 8:15 am
- 4 8:20 am

ICS: 8:25 am

estimated arrival time

Southlands Elementary

School (SES)

*Please be at bus stop by 8:30 am

- A 8:30 am
- 2 8:35 am
- 3 8:40 am

Southlands: 8:45 am

estimated arrival time

Property of the Musqueam Indian Band. Produced by the GIS Service Centre, September 2019

*This map should only be used for reference purposes and should not be considered an official survey.



0 25 50 100 Meters

MAP ID: MIB_0033_SchoolBusRoute

Important Information – Please Translate

這是一份重要資訊 — 請找人為您翻譯 這是一份重要信息 — 請找人為您翻譯

Mahalagang Impormasyon - Paki salin sa sariling wika

Thông tin quan trọng - Xin tìm phiên dịch

ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ-ਮਿਹਰਬਾਨੀ ਕਰਕੇ ਅਨੁਵਾਦ ਕਰੋ/ਕਰਵਾਓ

महत्वपूर्ण जानकारी - कृपया अनुवाद करें

중요한 정보 - 번역 부탁드립니다

Información importante - Por favor traducir

معلومات مهمة - الرجاء الترجمة

重要な情報-翻訳してください

اطلاعات مهم - لطفا ترجمه کنید

September 1, 2021

Dear Families and Students,

On behalf of the Board and District staff, we wish to share some thoughts as we usher in the 2021-2022 school year. First, we acknowledge that there are a range of feelings about this school year. Many will be excited with the promise of a new school year. For others, it may cause feelings of uncertainty. Please be assured, whatever feelings or thoughts you, your family and your children may have, our team is here to offer support in every way possible.

We all hoped this year would be a return to our true normal. Unfortunately, we are not there quite yet. However, we now know more about this virus and have additional layers of protection. Indeed, we are well practiced in taking the necessary steps to keep students, staff and broader communities safe and healthy. If this pandemic has shown us anything, it is that children and communities throughout Vancouver and beyond are resilient.

With that as inspiration, we are looking forward and moving forward with excitement and confidence for the new school year ahead. You and your children will experience some now familiar precautions. And, just as we did last year, we will keep you apprised of all direction from the provincial government about steps to protect the safety, health and well-being of everyone in our schools. Please visit our District [website](#) for information about health and safety precautions as well as other school-based details.

We are looking forward to the return of in-person learning. We want to remind you of details about school schedules and attendance. Elementary, secondary and adult education learners will attend classes full time, in-person. At the secondary level, we would like to remind you that we will implement a new semester schedule starting in September 2021. The new schedule is designed to better meet the needs of learners and is based on feedback we received last year from students, families, teachers and

other educators. Families seeking an alternative to in-person instruction may wish to enrol their children in the [Vancouver Learning Network](#) (VLN). This is a distributed online learning program for grades K-12. Families with elementary-aged children enrolled in VLN in the 2021-2022 school year can request their children be enrolled in their usual catchment school for the 2022-2023 school year. Please contact the administrator at your child's catchment school with that re-enrolment request.

As we move forward, we also want to share some details about our ongoing work to build a stronger public education system. We are about to embark on a new Education Plan, setting our direction for the next five years as a school district. We will share more details, including our engagement plans, soon. In addition, we continue to advance our anti-racism and non-discrimination strategic plan to ensure all students, staff and school community members feel safe, included and celebrated in our schools and work sites. Additionally, our District will commemorate the National Day for Truth and Reconciliation on September 30. All schools will be closed this day which is a time to reflect on the tragic history and lasting impacts of the residential schools system in Canada. More details about how we will acknowledge the day will also be shared in the coming weeks.

For now, we hope the summer provided you with time to reconnect with loved ones and create lasting memories for all. Our collective wish for the 2021-2022 school year is that it may be one of growth, discovery and filled with the enthusiasm that comes with learning.

Warmest Wishes,

A handwritten signature in blue ink, appearing to read 'Carmen Cho'.

Carmen Cho
Board Chair

A handwritten signature in blue ink, appearing to read 'S. Hoffman'.

Suzanne Hoffman
Superintendent of Schools



ENVIRONMENTAL STEWARDSHIP

NEWSLETTER

VOLUME 5, ISSUE 1

VISION

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"We, the Musqueam, will work together to take care of our territory so the following generations will know how to be self-reliant. We will remember our own history and as well, use our traditional teachings to take care of everyone and everything on this earth".

IN THIS ISSUE...

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FROM THE EDITOR

Happy September Everyone!

On behalf of the Environmental Stewardship team, we hope everyone had an amazing summer and some much needed relaxation. As we transition into Autumn, many are beginning to prepare for cooler weather and a return to usual routines of work and school. With cooler days approaching, it is important to give time to reflect on environmental events that have transpired (such as the BC wildfires) and what we can do individually and as a society to begin restoring the natural disasters brought on by a changing climate. We hope everyone continues to stay safe with their families and wish the community a prosperous Fall before we enter the new year.

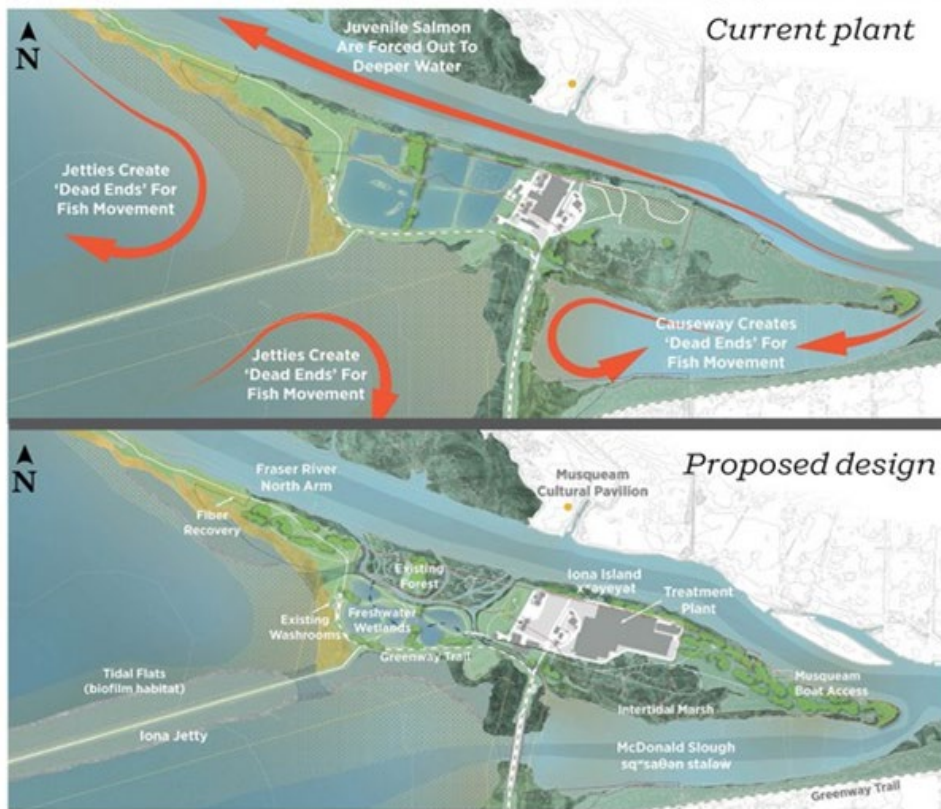
Sincerely,

Yeganeh Asadian, M.Sc., P.Ag., Environmental Stewardship Department Manager

REPLACING IONA SEWAGE TREATMENT PLANT

\$10 BILLION FOR SEWAGE PLANT UPGRADE

The proposed design for replacing the aging Iona wastewater treatment plant will restore salmon and bird habitat, increase park space and reduce pollution – at a cost of roughly \$10 billion.



SOURCE: METRO VANCOUVER

N. GRIFFITHS / POSTMEDIA NEWS

The Iona Sewage Treatment Plant is Musqueam 2's neighbour, directly across the river on Iona Island. Built in the 1960's, the plant was created to treat the sewage from the surrounding areas. Now, in 2021, the plant is in desperate need of repairs, seismic upgrades and updated treatment plans as the system does not currently meet federal rules for secondary treatment of waste water. The plant has created many barriers for the Musqueam community. Musqueam relies heavily on seafood such as crabs, eulachon, salmon and more. The treatment plant has negatively impacted the health of these culturally and dietary important creatures, resulting in a loss of food that the community has available to them.

The creation of the new treatment plant will hopefully allow for the culturally important seafood in the Fraser River to bounce back to a healthier state. At this point in time, the cost of replacing the treatment plant is at \$10 billion. Initially, the plants budget was set at \$1.9 billion, this estimate was out of date and did not consider that fact that the treatment plant was originally built on a sandbar so ground stabilization along with building on an incredibly small parcel of land, the budget needed to be increase dramatically. Along with ground stabilization and seismic upgrades, the new treatment plant will include:

- Improvements to the level of treatment from primary to tertiary to ensure the protection of water quality and the nearby marine environment.
- Integration of the Iona Beach Regional Park.
- Restoration of fish habitat, protect bird habitat and enhance the terrestrial ecosystems located on the island.
- Minimization of odour.
- Recover sustainable energy from waste water.

Currently, the Iona Treatment plant only provides a primary treatment of sewage before being pumped into the Georgia Strait. Primary treatment only filters out bulkier contaminants and sediments but nothing that is dissolved such as chemicals like CO₂. With the addition of secondary treatment, the plant will be able to treat the waste water at a microbiological level and remove a considerably larger amount of waste. Although the new plant will have a smaller footprint than the original, it is expected that it will have an added tertiary level of treatment which is the highest level of wastewater treatment available. This final level of treatment would prevent toxins such as pharmaceuticals, heavy nitrogen, and phosphorus charged chemicals from going into the water.

Metro Vancouver is currently working with stakeholders, the public and local First Nations. Jerry Dobrovolsky, Metro Vancouver's chief administrative officer acknowledges that the initial creation of the treatment plant built in the 60's was "at the front door" of the Musqueam Nation and without consultation. Furthermore, he hopes that the new plant can partner with Musqueam in developing and operating projects like a proposed district energy heating system that would generate energy from waste heat. He has also gone on to explain that the negative impact that the jetties and causeway have had on salmon migration and the effluent and microplastic from the wastewater system impacting the southern resident killer whales will be addressed in the new plant with hopes to help restore the salmon habitat.

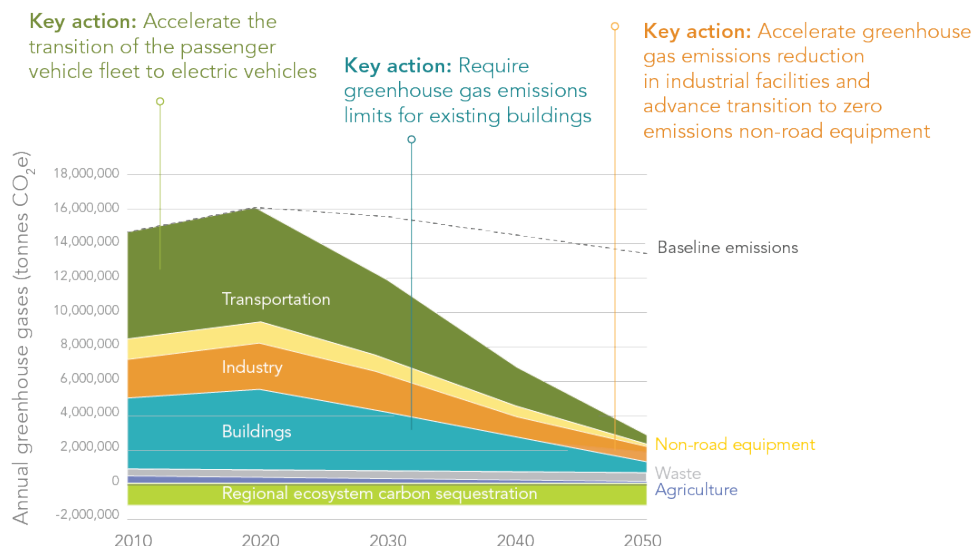
The rebuilding of the plant comes with a high price tag but with good intentions. The current state of mind for the new plant is to add as many seismically, environmentally and, community minded protection measures as possible so the city will not have to rebuild an entirely new plant in fifty years. Along with the extensive protection measures, the project is anticipated to create around 100,000 jobs over the next 20 years. At this point in time, the plant is expected to be operational in 2034 and complete by 2042 with a final project report and design completed by early 2022.

VANCOUVER'S IMPROVED AIR QUALITY AND WHAT WE CAN DO TO HELP



Anyone living in the Fraser Valley knows that during the summer months the air quality is not something to be proud of. Due to wild fires, smog, increased traffic and a lack of rain or wind the air becomes stagnant and views become minimal to non-existent. During the pandemic though, the City of Vancouver saw air quality improve and pollution declined to levels not expected until 2050. The reason for improved air quality during the pandemic? Large reductions in traffic. As more businesses closed and more people worked from home, less cars were on the road. This led to a reduction in Nitrogen Dioxide (NO₂) in the air. The City saw these reductions and wanted to share them with the citizens of Vancouver in hopes that it would prompt more people to use alternative modes of transportation. The City also created the Clean Air 2021 and climate action plans (Metro 2050 Vision).

Estimated Greenhouse Gas Emissions Reductions



The Clean Air Plan has three main goals:

- 1) Reduce greenhouse gas emissions by 45% from 2010 levels by 2050,
- 2) Ensure outdoor air quality meets air quality standards and,
- 3) Increase the time that visual air quality is classified as excellent.

To add on, the Clean Air Plan has 132 actions and the City is asking that the residents of Metro Vancouver read through the *Clean Air Plan* and to pick a few of those action items that are most attainable for them to be a part of. Some of those action items include:

- Using alternative modes of transportation such as public transportation or biking to your destinations.
- Initiating environmentally friendly programs at your school or workplace such as recycling programs, fundraising for solar panels and so on.
- Changing your lawn from traditional grass over to native plants that will help local wildlife and absorb more CO₂ from the air.

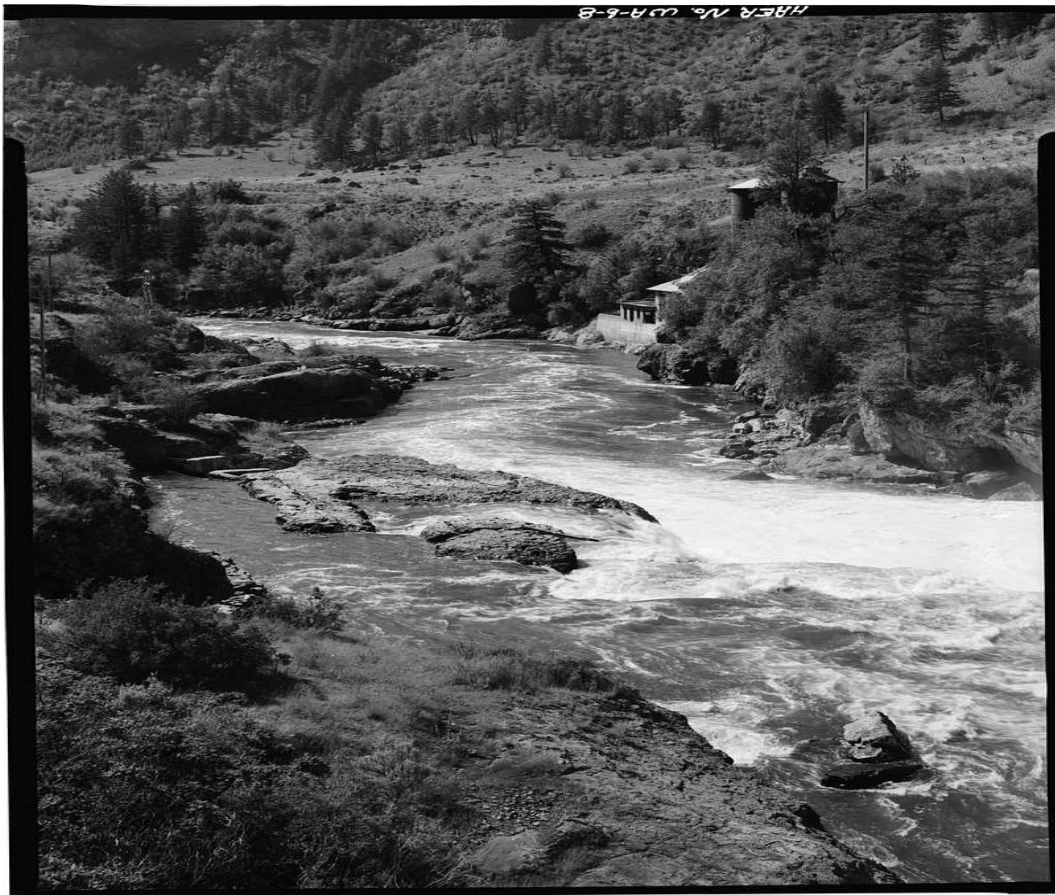
As more people make the switch over to riding bikes or e-bikes to get around, not only is the positive impact on the environment noticed but the improvement in people's health is as well. Dr. Melissa Lem, a clinical assistant professor at UBC, stated that there is evidence to show that people who commute to work may have more mood issues and have worse cardiovascular health. If you have the ability to walk, bike, or even take public transportation to your destination, try to choose that option as much as possible. Dr. Lem also stated that using the above modes of transportation helps citizens connect with their communities and after a whole year and a half of being shut off from family, friends and the public due to the pandemic, now is the best time to make those connections!

Here are some places you can find affordable bikes or alternate modes of transportation:

- Ride On Bike Shop - <http://www.rideon.com/used-bikes-vancouver/>
- Sports Junkies Clearance Centre - <https://sportsjunkies.com/new-and-used-bikes-vancouver/>
- Bikes for All - <https://www.bikesforall.ca/>

As we move closer to 2022, thinking about our environmental impact is critical to helping keep our temperatures below 1.5 degrees Celsius. The improvement in Vancouver's air quality just due to a reduction in traffic shows us that we can make a difference and should continue to do so. We don't need one person making perfectly executed environmentally conscience decisions, we need a handful of people doing it imperfectly.

POTENTIAL REMOVAL OF ENLOE DAM



The Similkameen River originates in Manning Park and is fed by the Tulameen and Ashnola Rivers. It continues on past Princeton, Hedley, Keremeos and Cawston before passing through the border into the United States. 101 years ago, the Similkameen River was dammed, negatively impacting salmon that lived in the river, Indigenous communities that relied on those salmon and wildlife that relied on the river as a food source. Sixty years ago, the power generating dam halted work, resulting in what we see now, the abandoned grand structure that is Enloe Dam. Indigenous communities and environmentalists alike have been asking for the dam to be decommissioned for decades. For good reason too, the dam is still blocking 560 km of pristine river habitat that could be the very landscape that helps start to restore Pacific Salmon numbers.

At the beginning of June, BC's Environment Minister, George Heyman, sent a letter to the state of Washington's director of ecology, Laura Watson. In the letter Heyman voices British Columbia's support for decommissioning the dam. The provincial government is currently working to study the impacts of removal of the dam. There is potential for contaminated sediment to flow through the river, once the dam is removed. As well, there is a risk to introduce invasive species to the river region impacting the beautiful native flora and fauna that reside along the banks. Despite those risks, the removal of the dam would have the potential to help restore salmon stocks that have been critically low for years.



Conservationist and emeritus of the Rivers Institute, Mark Angelo, strongly supports the notion that there were salmon in the river at one point in time. Angelo paddled through the Similkameen in the 1970's and spoke with Indigenous elders, Hedley and Cawston of the Confederated Tribes of the Colville Reservation, who remember seeing salmon in the river in the early 1900's. Since then, scientists have also found salmon protein in the river sediment, further confirming what the elders already saw and knew to be true. To solidify those statements, in recent years there has been videos showing salmon at the base of the dam jumping into the waterfall, attempting to make it up river.

Many parties would like to see the removal of the dam, most notably the Indigenous Nations that tie their culture to the river and rely on it for various resources. The Confederated Tribes of the Colville Reservation commissioned a conceptual dam removal plan and the U.S Geological Survey will be studying the issue of sediment loads with a report due in the Spring of 2022. The decommissioning of the dam would provide both countries an opportunity to work together to restore the landscape, salmon population numbers and relationships with Indigenous peoples impacted by the dam.

AUTUMN EVENTS AROUND METRO VANCOUVER

* Please note that all events are in accordance with BC Health & Safety Guidelines regarding COVID-19*

❖ Chilliwack Sunflower Festival, July 26th to Sept 6th 2021

The Chilliwack Sunflower Festival is going on for its fourth year of operation and not only does it have sunflowers but there are dahlias, gladiolas, and wildflowers. Currently there are over 40 kinds of sunflowers that can be viewed along with a 'U-Pick' store where festival goers can find fresh-cut or potted sunflowers, sunflower seeds, bulbs and some delicious Chilliwack corn! For more information and to purchase your tickets at: <https://chilliwacksunflowerfest.com/rates-dates-hours/>

❖ **Nikkei Matsuri, Sept 2th and 5th 2021**

This Japanese festival although a larger festival in previous years, this year will contain tea ceremonies, performances, marketplaces and food vendors. The event will run from 11:00 am until 7:00 pm and is held at the Nikkei National Museum and Cultural Centre. For more information and tickets: <http://nikkeimatsuri.nikkeiplace.org/>

❖ **Odlum Brown Fort Langley Jazz & Arts Festival, Sept 2nd to 5th**

The Odlum Jazz Festival will be hosting virtual concerts on each of the four nights which will require tickets as well as a free, socially distanced in-person concert at the Fort Langley Community Hall. For more information and to purchase your tickets at: <https://www.fortlangleyjazzfest.com/>

❖ **Maan Farms Pumpkin Patch, Sept 25th to Nov 1st**

Last year not only did Maan Farms have a pumpkin patch, they had a Haunted Corn Maze as well. Maan farms will have caramel apples, kettle corn and pumpkin pie available. More details are to be released closer to but, pumpkins, tasty treats and some furry friends at the petting zoo are sure to make this a great visit into the Valley. For more information: <https://www.maanfarms.com/family-fun/fall-the-farm>

❖ **Bike to Work Week Round Two, Sept 27th to Oct 3rd**

What better time to bike to work than during the fall before the rainy season hits! If you're able to this week, bike to work! Not only will have it have you awake and ready to go by the time you get to your destination, it's great for your cardiovascular health too. You can register for the Bike to Work week as an individual or as a team and prizes are available to whoever registers. For more information: <https://bikehub.ca/bike-events/go-by-bike-week>

❖ **The Sky's No Limit & Girls Fly Too! Oct 2nd to 3rd**

The Abbotsford International Airport is hosting the world's largest diversity outreach of its kind to help instill an interest in future female leaders in the field of aviation. This event is free and all ages and genders are welcome! You can meet a NASA astronaut and if you register there's a possibility of flying for free! For more information: <https://www.girlsfly2.ca/events.html>

❖ **Pumpkin Patches & Corn Mazes, October 2021**

All throughout October various cities throughout the Fraser Valley will be hosting Halloween and Fall attractions like pumpkins patches, hay rides and corn mazes. Some of the cities to check out are Richmond, Surrey, Vancouver and Delta. For more information on pumpkin patches: <https://vancouverbestplaces.com/vancouver-pumpkin-patches/> and for more information on corn mazes: <https://vancouverbestplaces.com/vancouver-fraser-valley-corn-mazes/>

❖ **Musqueam Day, Nov 1st 2021**

November 1st is a day to remember and celebrate the Guerin case that changed Aboriginal law in Canada. In 1975, the Guerin case was filed and the long journey of suing the government began. Chief Delbert Guerin realized the terms of the lease for the Shaughnessy Golf and Country Club were not the terms Musqueam had agreed to and pushed forward to fight for Musqueam's inherent right to their land. Later winning what is now called a landmark Supreme Court decision.

❖ **Masters of Illusion, Nov 8th 2021**

Masters of Illusion is an interactive magic show involving comedic acts, risky escapes and grand illusions. As seen on TV, this cast will shock and awe the audience with their amazing acts that have taken decades to perfect. This is a fantastic way to get the kids out of the house, for more information: <https://www.mastersofillusionlive.com/tickets>

❖ **Remembrance Day Nov 8th**

First Nations, Inuit and Metis peoples fought in Canada's wars, sacrificing their lives and demonstrating incredible acts of bravery. Indigenous veterans were not recognized for their contributions to the first and second world wars so, the first Indigenous Veterans Day was held in Winnipeg on November 8, 1994. It is estimated that over 12,000 Indigenous peoples volunteered in all three wars.

CONTACT US

For further inquiries regarding the newsletter and our green initiatives, please contact:

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Instagram: @envirostew

Facebook: Enviro Stewardship





Indigenous Cultural Enhancement Worker

August 20, 2021

TEMPORARY Full-time (September 2021 – June 2022) - 35 hours/week.

The Burnaby School District is seeking a skilled, enthusiastic individual who enjoys challenges, seizes opportunities and wants to make a difference, to join our Indigenous Education team. The *Indigenous Cultural Enhancement Worker*, as part of the integrated educational team, assists in the planning, development and delivery of cultural programs to honour Indigenous students. Mentors and establishes connections with Indigenous youth and provides authentic school programming to strengthen learning, sense of self and cultural identity.

Applicants must possess:

- Completion of grade 12 supplemented by post-secondary training up to six (6) months in duration.
- One year of related experience with Indigenous youth in an educational setting.
- Thorough understanding of Indigenous Ways of Knowing and Being.
- Excellent interpersonal and communication skills.
- Preference may be given to candidates of Indigenous ancestry.

Qualified applicants should send their resumes by **Friday, September 10, 2021** to:

Human Resources Department
School District 41 – Burnaby
5325 Kincaid Street, Burnaby, BC V5G 1W2
Email to: applications@burnabyschools.ca

****Please submit your application in 'ONE' pdf document.**

Only those applicants considered for interview will be contacted.

The Burnaby School District embraces diversity as a privilege and a strength. We strive for accepting, safe, supportive, and inviting communities where the goal is for all members to feel a sense of belonging. Our (schools or worksites) are for everyone and we respect each person's contributions.



HandyDART is TransLink's door-to-door, shared-ride service for community members experiencing limited mobility and/or require additional support taking transit in Metro Vancouver, including Treaty and reserve lands.

Visit translink.ca/handydart for more information and to register for the service.

Questions?

Contact Access Transit Customer Care at **604.953.3680** for general enquiries about HandyDART.

Monday to Friday 8 a.m. to 5 p.m. | excluding holidays



Kids' Activity: Mystery Phrase

Solve this puzzle and bring it to the housing trailer to win a prize from Musqueam Housing Department!

How to play:

In the following table, each symbol represents two letters. Use this code to find the mystery phrase!

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>				
?	&	!	%	&		!	!				
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>					
%	!	%	%	&	£						
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
#	@	!	?	%	%	+	!	&	+	@	!
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		
#	%	@	&	%	!	¥		+	!		
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£	@	*	%	?		#	*	@	@	£	

!	@	#	\$	%	?	&	*	+	=	¿	£	¥
A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Come to the Cultural Centre from 3pm – 6pm on October 28th for more games & prizes at the

GAME OF HOMES