



Musqueam Community Newsletter

Friday October 1, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

FREE Science World Admission for Indigenous Peoples **Thursday September 30th to Sunday October 3rd, 2021**

Science World is offering admission for Indigenous peoples from Thursday, September 30 to Sunday, October 3, in recognition of National Day for Truth and Reconciliation. Capacity is currently reduced due to COVID protocols and guests must book their timed tickets in advance.

Science World is open 10am – 5pm. Timeslots are available every 15 minutes (last ticket is available at 4pm). We strongly recommend booking in advance online to guarantee tickets.



How to reserve tickets:

Please visit us at <https://www.scienceworld.ca/> and click on “Book Your Visit”

Select Admission and pick your preferred date and time

Then enter the code **D0030** in the “Offer Code” box and click apply (please note: the coupon code will only be applied to a max. of 6 tickets per transaction)

Proceed with finalizing your tickets.

You can either show your tickets on your smartphone or present a printed copy

Once you receive your tickets, please email reserve@scienceworld.ca for any changes or cancellations to your booking.

Science World Health and Safety Protocols:

Visitors aged 12 and over are required to show **proof of vaccination** to gain entry to Science World. Visitors must be prepared to show:

If you have any questions please contact Courtenay Gibson, Recreation Manager
cgibson@musqueam.bc.ca

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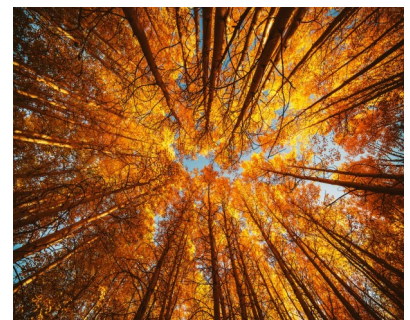
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ST. MICHAELS' CHURCH

Sunday Mass will begin
@1:00 pm.

Come join us.



Musqueam Education Notice Friday Oct 1, 2021



OCTOBER SCHOOL CHEQUES

High School bus pass cheques will be available for pick up at the band office from September 29th. Post-Secondary will remain direct deposit.

West Point Grey Academy - First Nations Legacy Scholarships

WPGA is a coeducational independent school that provides a strong academic foundation balanced by our commitment to character building, global awareness, outdoor education, community service and student wellness.

WPGA looks forward to receiving applications from students from the Musqueam, Squamish and Tsleil-Waututh Nations. We encourage motivated, engaged and dynamic students interested in pursuing a WPGA education to apply. Although preference is given to applicants applying to grades 1, 4 and 8 (intake years), we accept applications for all grades.

All students will be invited for an assessment and to attend a family interview. Successful candidates will receive full tuition scholarships for their time at WPGA.

Applications must be submitted by November 1, 2021. Should you have any questions, please contact the enrolment office at enrolment@wpga.ca or 604-222-8750, ext. 1533.



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



Children attend Kindergarten in the same year that they turn **five years old**.

The first step for everyone is to register with your neighbourhood English catchment school –regardless of whether you plan to send your child there.

Key Dates

- November 1 to the last week of January is the deadline for priority enrolment for children attending Kindergarten for the following September; sibling priority is not provided for those that register after January 31
- January 11—February 3 is the Choice Application process
- February 1—February 28 is the period for Cross Boundary Application

To Register: Complete form online at: <http://vsbapplynow.vsb.bc.ca>; then contact Catchment School office to set up appointment to bring in supporting documentation.



Portrait of a Southlands Student

Odin Charles-Billy is a Southlands student in grade 6. This year he volunteered to be a member of the Safety Patrol, which helps people safely cross the Camosun Street in the mornings and after school. Odin proudly wears his safety vest and safety patrol helmet and volunteers his time to help out. He is very responsible and trustworthy and we are very grateful! Way to go, Odin!

Great Job!

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.





x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ OCTOBER 1, 2021

Annual Flu Clinic (& Covid Clinic)

təmtem (when?)

OCTOBER 25TH, 2021

ni? ʔəncə (where?)

MUSQUEAM GYM

2PM–6PM

LAST APPT: 5:40PM!!



PRE REGISTRATION:

- MIB Health will be taking pre registrations twice per week **STARTING ON OCTOBER 6TH**
- Call the MIB Health Department to speak to one of the following staff:
Ashlee, Candice, Arlene, Crystal, Claudia, or Lisa
- Pre registration will take place on Wednesdays & Fridays (October 6th, 8th, 13th, & 15th)

Call the Main MIB Reception to speak to one of the MIB Health Staff listed to complete registration!

INFORMATION REQUIRED AT REGISTRATION:

Full name, date of birth, care card number, address & contact information **for each registration!**

Covid Vaccines will be available at the Flu Clinic!

Important information if you want a Covid Vaccine-

- All those who are born in 2009 and earlier are eligible for dose 1
- All members who have a minimum of 28 days between doses can get dose 2 (September 27th or earlier, you can get your 2nd dose at this years Flu Clinic)
- We do not have control over which Covid Vaccine we receive (Moderna or Pfizer)
- 3rd dose eligibility criteria is **very strict**, and BCCDC recommends ALL 3rd dose Covid vaccines will be the Moderna Vaccine regardless of which dose 1 and 2 you have had

If you have questions regarding Covid vaccines please contact the CHN, Crystal Point at 604 362 9200 or by email: chn@musqueam.bc.ca



Please see below for the BCCDC recommendations and criteria for a 3rd dose of the Covid Vaccine. Those with health conditions which make them severely immunocompromised (extremely weakened immune system) will receive a letter from their physician, stating they qualify to receive a 3rd dose of the Covid Vaccine. Contact your Primary Care Provider for further questions around the 3rd dose.

Any questions pertaining to the Flu/Covid Clinic, or the Covid Vaccines please contact the Musqueam CHN, Crystal Point, at chn@musqueam.bc.ca or 604 362 9200.

BC Centre for Disease Control
Provincial Health Services Authority

COVID-19 (mRNA)

COVID-19 mRNA Vaccine mRNA-1273

Supplier: Moderna

INDICATIONS:

- Individuals 12 years of age and older.

The vaccine is not approved for use in those less than 12 years of age.

DOSES AND SCHEDULE:

Individuals 12 years of age and older^A: 2 doses given as 0.5 mL IM, 28 days apart.^{B, C, D, E}

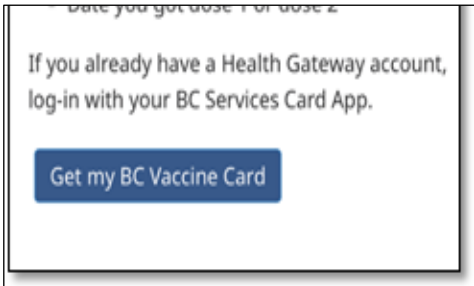
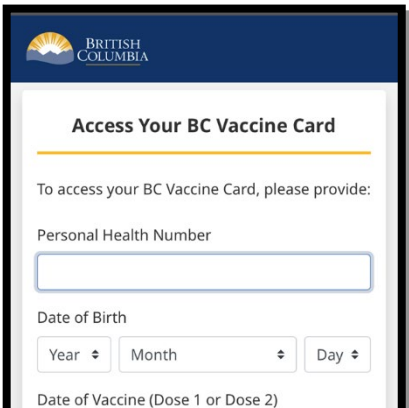
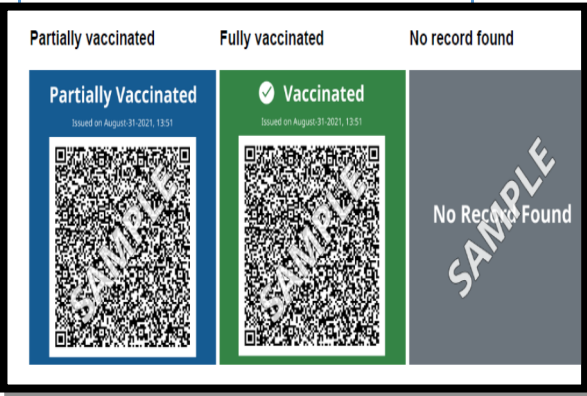
For individuals 12 years of age older who are severely immunosuppressed*, a 3-dose primary series is recommended^F. Moderna COVID-19 vaccine is preferentially recommended for the 3rd dose, which should be provided at least 28 days after the 2nd dose. If Moderna is unavailable, Pfizer-BioNTech can be given.

* Severely immunosuppressed includes individuals who:

- Have had a solid organ transplant (heart, lung, liver, kidney, pancreas or islet cells, bowel or combination organ transplant).
- Since January 2021, have been treated for and/or are receiving active treatment (chemotherapy, targeted therapies, immunotherapy) for malignant hematological disorders (e.g., leukemia, lymphoma, or myeloma).
- Since January 2020, have received treatment with any anti-CD20 agents (i.e., rituximab, ocrelizumab, ofatumumab, obinutuzumab, ibritumomab, tositumomab).
- Since January 2020, have been treated with B-cell depleting agents (i.e., epratuzumab, MEDI-551, belimumab, BR3-Fc, AMG-623, atacicept, anti-BR3, alemtuzumab).
- Have combined immune deficiencies affecting T-cells, immune dysregulation or type 1 interferon defects.
- Since September 2019, have had a bone marrow or stem cell transplant or are still taking immunosuppressant medications related to transplant.



BC VACCINE PASSPORT

STEP 1	STEP 2	STEP 3
<p>Type in/Go to:</p> <ul style="list-style-type: none"> • www2.gov.bc.ca/vaccinecard.html • Scroll down the page to get to the box: "Get my Vaccine Card" • Click the blue button: 	<p>Fill in the information it asks for:</p> <ul style="list-style-type: none"> • Care Card number • Date of Birth • Date of Vaccine (dose 1 OR dose 2) 	<p>Save the image that comes up, by taking a screen shot or printing it. It should include:</p> <ul style="list-style-type: none"> • Your name • QR code (unique square that looks almost like a barcode; establishments will be scanning this code prior to entry) 

You can order a paper copy by phone. **Note:** You can't request a paper copy for someone else.

Call: [1-833-838-2323](tel:1-833-838-2323)

Vaccination key dates

September 13: Partially vaccinated

You must now be partially vaccinated to access some events, services and businesses.

You're partially vaccinated with 1 dose.

October 24: Fully vaccinated I'm not vaccinated yet

By October 24, you must be fully vaccinated to access some events, services and businesses.

You're fully vaccinated with 2 doses.

You won't be able to access some events, services and businesses.

- [I need to get vaccinated](#)



MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM

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



Hello Musqueam,

I am sending out a message to all the people here on the beautiful Musqueam Land. I am Nicolette Moore and am back in my position of the NNADAP worker (Drug & Alcohol counselling). I would like to thank you for the honour of the position I am in, and I am blessed to work as a helper here on your land.

~What my support offers is: 1-1 addiction support, Treatment referrals or questions, Addition education, Family Interventions

Nicolette's hours: Monday- Wednesday 8:30-4:30 pm | Thursday 1-8 pm | Friday 8:30-4:30 pm

My contact information: Cell number: 236-558-8242

Email nnadap.nmoore@musqueam.bc.ca

~~**Brad Morin** 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: Wednesday-Friday: 6pm-9pm | Saturday-Sunday: 1pm-5pm

E: nnadap.bmorin@musqueam.bc.ca

T: 604-652-1368



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

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

News release

December 2, 2020 — Ottawa, Traditional Algonquin Territory, Ontario — Indigenous Services Canada

As we work towards a more inclusive Canada, we must also make sure that basic needs are met. However, this is not always the case when it comes to the lived reality in Indigenous communities today. While most Canadians have access to clean and reliable drinking water, many First Nation communities still face pressing water issues; something that has been further exacerbated by the COVID-19 pandemic.

Centuries of colonial policies and consistent underfunding of water-related services and systems has affected overall quality of life, widened socio-economic gaps and reduced First Nations' participation in the economy. Stronger and healthier communities, with better community infrastructure, leads to more prosperous communities.

Today, the Honourable Marc Miller, Minister of Indigenous Services, announced more than \$1.5 billion in additional investments to accelerate work to lift all long-term drinking water advisories on reserves, and \$114.1 million per year ongoing thereafter to support daily operations and maintenance for water infrastructure on reserves. This funding will support First Nations in their work to provide reliable and secure access to clean water in their communities. It will also offer stable and long-term funding for the cost of operations and maintenance; an area that has been under-funded for far too long, yet is critical to ensuring the lasting impacts of these investments. With this new funding, the Government of Canada is standing with First Nations partners to meet these basic needs and ensure access to clean and safe drinking water for generations to come.

Providing First Nations communities with the resources they need to operate and maintain their water systems is central to creating long-lasting solutions. To support daily operations and maintenance, and do so even after water advisories are lifted, we will allocate \$616.3 million over six years, and \$114.1 million per year ongoing thereafter, to First Nations on reserves. This new investment will provide reliable and lasting funding to ensure water infrastructure can be maintained in good condition — ensuring longer lifecycles and more durable systems. It will also mean problems with the water systems can be caught earlier and will help prevent future long-term drinking water advisories. This funding will also support training for water operators, and help communities to better retain qualified operators for years to come.

The Honourable Marc Miller
Minister of Indigenous Services



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! ☺ .**

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 ***



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

Youth Centre

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

Email: youthcentre@musqueam.bc.ca

Monday Oct 4 th syəlewətnet	Tuesday Oct 5 th sθəmānts	Wednesday Oct 6 th słix ^w s	Thursday Oct 7 th sxaʔaθəns	Friday Oct 8 th sł-ḡecəss
Scattergories 	Coloring contest 	həḡəmiḡəḡ bingo 	Halloween arts & crafts 	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.**



FORAGING AND DYEING WITH PLANTS AND MUSHROOMS: BLENDING TRADITIONAL COAST SALISH KNOWLEDGE WITH SCIENCE WITH RITA KOMPST AND ZOE MCDONNELL

This in-depth workshop will introduce workshop participants to the magic and wonder of natural dyeing using local sources. Workshop participants will learn the basics of foraging for dye materials as well as how to use these in practice to create beautiful colours. The workshop is a balance between traditional Coast Salish ecological knowledge and western science. Both perspectives provide students opportunities to deepen their connection with the natural world.



Each student will create a reference of dye samples to help guide further dyeing as well as their own sample skein to dye and take home.

Dates: Saturday, October 2, 2021, or Saturday, October 9, 2021 (Please choose one date, as these are two sessions of the same workshop)

Time: 10:00am-4:00pm

Location: Museum of Vancouver

Tickets: \$120 for non-members, \$110 for members, \$100 for Indigenous peoples.

**Please call 604-736-4431 during MOV business hours to obtain a discount code if you are an MOV Member or Indigenous.*

A service fee and GST is also applied to ticket sales.

Spaces are limited. Register early. Masks are required.

*Workshop ticket includes FREE admission to our feature exhibitions *That Which Sustains Us*, *A Seat at the Table*, *Neon Vancouver Ugly Vancouver*, and *časna?əm*, the city before the city. Consider arriving early with your event ticket to view exhibits!*

TWO SPIRIT TUESDAY: OUR NEXT SESSION WILL BE TUESDAY, OCTOBER 19TH.

Dawn-Marie (She/Her/Hers)

Trans Care Program Coordinator

2SLGBTQ+ Group

Musqueam Indian Band

x^wməθk^wəyəm

6735 Salish Drive/Van. B.C/ V6N 3P2

Phone: 1(236)558-9948

Email: dmarie@musqueam.bc.ca

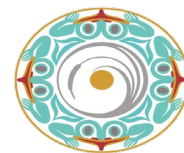


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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ OCTOBER 1, 2021

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MUSQUEAM PRIMARY CARE CLINIC



Located beside the Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N

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

Monday Oct. 04	Tuesday Oct. 05	Wednesday Oct. 06	Thursday Oct. 07	Friday Oct. 08
Karen Chandra, NP 9:30am - 3:30pm	Dr. Dumont, GP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm Traditional Healing and 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 schedule is Tuesdays

The Nurse Practitioner Karen Chandra is 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.

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

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.

October is
Breast Cancer Awareness Month

Visit <https://cancer.ca/en/> for more information

October 10th is **World Mental Health Day**.
Take some time on this day to do something that you enjoy.

Covid-19 Testing Site @ St. Vincent's Hospital:
Walk/Drive-up to the Entrance off West 33rd

Avenue by Heather Street, Vancouver.

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.

Have a great weekend! 😊

Take care,
MIB Primary
Care Clinic Staff

Musqueam Fitness Area - Safety Reminders

We would like to remind everyone of the safety requirements for usage of the Fitness Area. We recognize the important of fit ness for mental wellness and hope to continue to keep the fitness area open safely.

We also know as Musqueam community members we all have a duty to follow our values and during this pandemic this means showing respect to others, our facilities and ourselves. We can show this respect by following the safety measures that are in place to help prevent the spread of COVID-19.

These measures are in place for the sole reason of preventing the spread of COVID-19. They are guided by Provincial Health Orders that are created by the foremost experts on these types of pandemics and should not be taken lightly especially as we see the daily number of positive cases continue to rise in B.C.

**Despite our best efforts we have noticed a large number of people NOT following these safety measures.
We ask that you remind yourself of these safety measures and their importance.**

Key Safety Protocols Reminders – Failure to follow these protocols will result in you being asked to leave the Fitness Area



- **MASKS are mandatory** and must be worn whenever you are in motion on the floor of the fitness area or in any other areas of the building.
- You cannot enter the building without a mask
- You must have your mask WITH YOU at all times
- You can take your mask off ONLY when you are on a cardio machine or in the motion of lifting a weight
- Ex. You must wear a mask when you are moving to a new machine, putting your weight away, going to the washroom, moving to another machine



Sanitize EVERYTHING you touch (weights, benches, mats, machines) This simple act can substantially prevent the spread of germs. Show respect to those using the equipment after you



You must check in every time you visit the Fitness Centre and scan your Vaccine Passport upon EVERY check in. 4 people at a time in the

