



## Musqueam Community Newsletter

Friday December 10, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058

### MUSQUEAM ~~~ CHILDREN

#### CHRISTMAS PARTY

**DATE:** SATURDAY DECEMBER 11, 2021

**TIME:** 11:00AM-2:00 PM

**LOCATION:** MUSQUEAM COMMUNITY CENTRE

(6777 Salish Drive, Vancouver BC

V6N 4C4)

Photo booth, inflatable obstacle course/toddler farm town, animals, balloon twisters, lunch, snacks and Santa and Friends!



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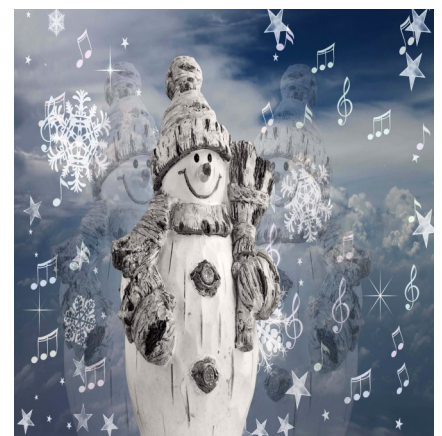
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# Musqueam Youth Nights!

Hey Musqueam youth (ages 11-18)! Do you want to spend your weekends having fun and trying out things you've never done before? Join the new Musqueam Youth Nights! With activities such as rock climbing, laser tag, and getting out of an escape room; as well as Cultural activities (including beading and weaving), VPD talks, workshops and tours.

Youth Nights will kick off on ***Saturday, December 11<sup>th</sup>, 2021, from 4:30 to 9:30pm*** where we will be going to ***Capilano Suspension Bridge Lights!*** Meet at the Youth center for 4:30pm and Dinner to follow!



Then the week after, ***Saturday December 18<sup>th</sup>, 2021 from 4pm to 8pm*** we will be doing a ***Downtown Eastside Tour with VPD's Beat Enforcement Team***

***To sign up please contact Bethany Jones at (604) 997-6758 and/or Sandra Dan at (604) 360-9171***



# Musqueam Christmas Dinner Hampers



Musqueam Administration and leadership are excited to announce a Christmas Hamper distribution for our Band Members.

**Date: December 17<sup>th</sup>, 2021**

ONE Hamper **or** Grocery Gift Card Per household unit

You **must choose ONE option below** and fill out the form through the link provided in order to receive your gift card or hamper:

## **Option #1 – Turkey Dinner Hamper**

<https://woobox.com/9ru7gw>

Includes: 1 fresh turkey, potatoes, carrots, dinner rolls, poultry blend, pie and stuffing.

**On- Reserve:** Hamper will be delivered in the afternoon

### **Off-Reserve Pick up:**

between 12:00 pm and 6:00 pm

Comm. Ctr Café Back Door

**OR**

## **Option #2 – Grocery Gift Card**

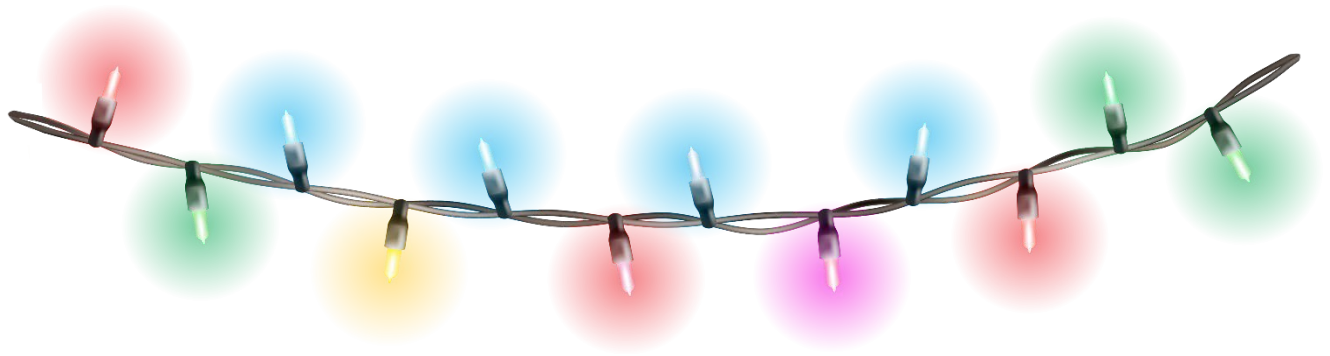
<https://woobox.com/segdru>

All gift cards will be mailed out or delivered after December 17<sup>th</sup>, 2021

\$100 gift card to Save-on Foods

Members living on Vancouver Island may request a Superstore card but please expect a slightly longer delivery process.





**ST. MICHAEL'S CHURCH ~~~~**

**CHRISTMAS MASS WILL BE ON :**

**DATE: FRIDAY – DECEMBER 24, 2021 – ON CHRISTMAS EVE!!!**

**TIME: 7:00 P.M.**

**PLEASE COME AND JOIN US !!!**

**Mass still continues Every Sunday @ 12:45 P.M.**





# **MUSQUEAM 101**

## **CALL FOR CATERING BIDS:**

Musqueam 101 is now accepting bids for catering services from January – April 2022.

### **Bid Requirements**

- A Cost Breakdown, per person (usually about 30 people per week)
- A Sample menu – Hot dinner & beverage with supplies (dishes, cutlery, etc)
- A commitment to early April 2022
- Must have Food Safe

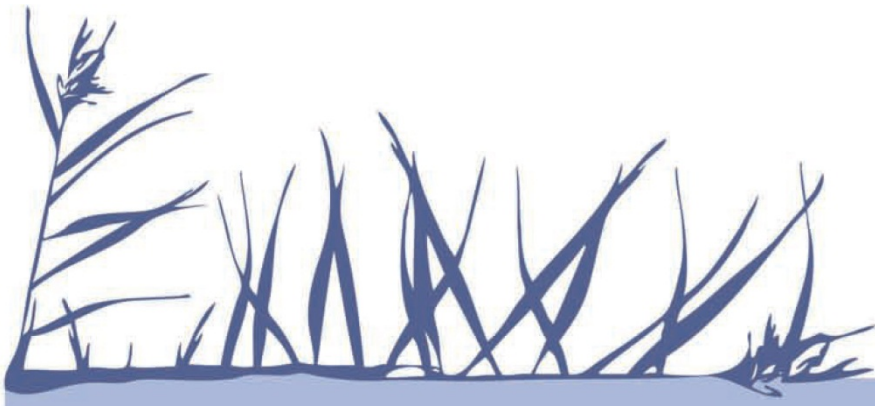
Musqueam 101 will gather in the Elders Centre from January - April on Wednesday evenings from 6 to 9 p.m. beginning on Wednesday, January 12.

Food set up by 6 p.m. with clean up at 9 p.m.

**The deadline for Submissions is  
4:30 Tuesday, January 4th, 2022**

Proposals should be addressed to Leona Sparrow and emailed to Leona at: [lsparrow@musqueam.bc.ca](mailto:lsparrow@musqueam.bc.ca)





*xʷməθkʷəy̓əm*  
*Musqueam*

**LAND CODE**

### **Creek Closed**

#### **Musqueam Creek Surface Water Monitoring**

The Musqueam creek remains closed, since 2019, due to E.coli and Fecal contamination in the water that is a danger to humans and pets.

Musqueam Lands & Environmental Stewardship are working with Indigenous Services Canada & jurisdictional partners of MetroVan; City Vancouver and Vancouver Park's scientists and administrators to determine the sources of the contamination leaching into Musqueam Creek.

There are many factors potentially influencing the water quality within the creek (e.g. precipitation (rain), surface water runoff, sanitary systems (toilets), conditions can change at any of the sampling stations, possibly increasing concentrations above the Health Canada guidelines. For that reason, it is recommended that the creek remain closed to ceremonial and recreational use until further notice.

Kim A. Guerin, Musqueam Lands Governance Office.  
kimaguerin@musqueam.bc.ca  
December 9, 2021



### **Current Job Openings at Musqueam Indian Band:**

MIB is currently recruiting for:

- Employment and Training Manager
- Housing Admin Assistant
- Band Secretary
- Project Analyst
- Legal Analyst
- Communications Assistant

For more information or to apply for these and other positions, go to:

<https://can60.dayforcehcm.com/CandidatePortal/en-US/musqueam/site/Community>

or call Human Resources at 604-263-3261, extension 3306





### **SCHOOL CHEQUES**

December high school bus pass cheques are available for pick up from the band office.

**\*\*Please note that we will be mailing out January high school cheques, please confirm your mailing address when you pick up your December cheque. If we don't have an address the cheque will be available for pick up when the office reopens after the holiday break.**

### **2022 Graduates**

Grade 12 Musqueam band members are eligible to receive support for graduation costs including dinner tickets, outfits, and photos. Please contact the Education Department for more information.

#### **Planning for Post-Secondary in Grade 12**

- Check that the Grade 12 courses you are taking meet the admission requirements of the program/institution you want to attend
- Make sure you have the following information available to you: SIN, PEN, transcripts
- Check the admission and documentation deadlines for the institutions you plan on applying to on their website; for most institutions the deadline is between Jan-Mar
- The Education Dept will cover the cost of post-secondary application fees for band members in grade 12, submit receipts for reimbursement

### **Tutoring**

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

#### **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**





## Portrait of a Southlands Student

Sakaraia is a student in grade 5 at Southlands. He is a true leader and sets an excellent example of kindness at school. Sakaraia has shown leadership at lunchtimes, when he organizes table tennis games and helps to ensure there is fair play. His table tennis skills are impressive as he has been practicing. He shows persistence, patience and determination, and also a huge sense of fun and enjoyment. Sakaraia is also a leader in his classroom. He models good listening skills, hard work and is always respectful and polite. He is a joy to be around and we are grateful that he is a student at our school. Way to go, Sakaraia!

## Riddle

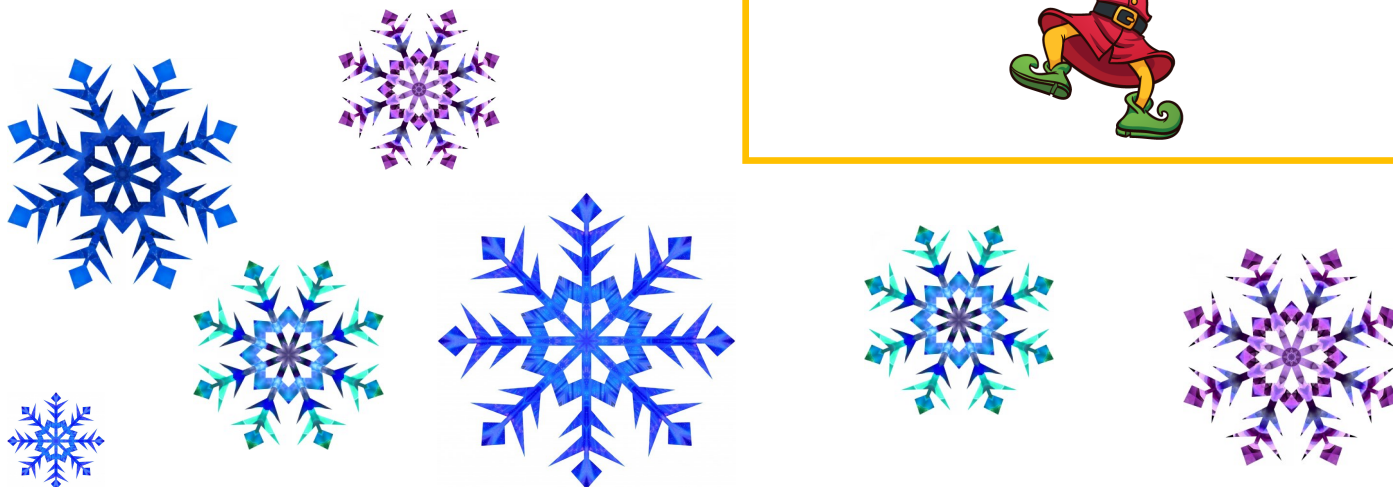
What falls in the North Pole but doesn't get hurt?

Answer: Snow

## Countdown to Christmas

# 15

sleeps until Christmas



# YVRART

FOUNDATION

## 2022 SCHOLARSHIP PROGRAM CALL FOR APPLICATIONS

**FROM BC & YUKON INDIGENOUS ARTISTS**

**APPLICATION DEADLINE: JANUARY 27, 2022**



### EMERGING ARTIST SCHOLARSHIP PROGRAM

Up to seven Emerging Artist (age 17-29) Scholarships for \$5,000 each will be awarded to emerging visual artists of BC or Yukon First Nations ancestry to study with an artist mentor or attend a school of art or art training program.

### MID-CAREER ARTIST SCHOLARSHIP PROGRAM

Up to three Mid-Career Artist (age 30+) Scholarships for \$5,000 each will be awarded to visual artists of BC or Yukon First Nations ancestry to study with a master artist, attend a school of art or work on a special project that is of cultural significance to their community.

**For details on eligibility requirements and to apply for a scholarship,  
go to: [www.yvraf.com/programs](http://www.yvraf.com/programs)**

Artworks pictured by Shoshannah Greene (detail), Sage Nowak and Jade Hanuse (detail); Photography by Rachel Topham Photography

**For more information:**  
**[www.yvraf.com](http://www.yvraf.com) | [info@yvraf.com](mailto:info@yvraf.com) | T: 604.276.6261 |**







Musqueam Employment & Training

# COMPUTERS 101

**Start Date:** Monday, January 17, 2022

**End Date:** Thursday, March 24, 2022

**When:** Monday and Thursday Nights

**Time:** 2-hour class, times TBD (between 4pm - 8pm)

**Location:** Musqueam Computer Lab

- Catering included

## Computer Basics

- Basic computer terminology
- Navigating the different operating systems (Google, Internet Explorer, etc.)
- Keyboarding techniques
- Email basics/etiquette
- Introduction to Microsoft Office ( Word, Outlook, etc.)

## Requirements

- Completed E&T Paperwork
- Proof of Vaccination
- Direct Deposit Info

**\*A MICROSOFT OFFICE ADMINISTRATIVE COMPUTER COURSE  
WILL FOLLOW IN LATE MARCH OF 2022\***

## PLEASE CONTACT E&T STAFF TO REGISTER:

Angela Nahanee

778-919-7349 | [anahanee@musqueam.bc.ca](mailto:anahanee@musqueam.bc.ca)

Krista Brisk

236-999-7253 | [employassist@musqueam.bc.ca](mailto:employassist@musqueam.bc.ca)

Alicea Bradley

778-855-4047 | [employclerk@musqueam.bc.ca](mailto:employclerk@musqueam.bc.ca)

## SAVE THE DATE Safety Training 2021 - 2022

### THIS WEEKEND

**Where:** Musqueam Cultural Centre

**When:** 8:30am - 3:00 pm

**BOOM LIFT** Saturday, December 4, 2021

**SKID STEER** Sunday, December 5, 2021

**MINI EXCAVATOR DAY 1** Saturday, January 15, 2022

**MINI EXCAVATOR DAY 2** Sunday, January 16, 2022

**TELEHANDLER DAY 1** Saturday, January 22, 2022

**TELEHANDLER DAY 2** Sunday, January 23, 2022

**INTRO TO APPRENTICESHIP** Sunday, January 30, 2022

### Requirements:

- Completed PIF
- Direct Deposit Info
- Proof of Vaccination

### Training Includes:

- Breakfast & Lunch
- Completion bonus

**Please contact E&T staff to register**





## Covid-19 Immunization Clinics

For anyone who still needs to get their Covid Vaccine, see dates/times of each clinic.

For more information please visit:

<http://www.vch.ca/covid-19/covid-19-vaccine>

### Vancouver

#### Italian Cultural Centre

Address:	3075 Slocan St., Vancouver, B.C. V5M 3E4	
Hours:	Dec. 6 - 23, 29, 30	9 am - 7 pm
	Dec. 31	9 am - 4 pm
	Jan. 4 - 9	9 am - 7 pm

#### Kerrisdale Community Centre

Address:	5851 West Blvd., Vancouver, B.C. V6M 3W9	
Hours:	Dec. 19	9 am - 4:30 pm

#### Pacific Autism Family Network

Address:	3688 Cessna Dr., Richmond, B.C. V7B 1C7	
Hours:	Dec. 13 - 23, 29 - 30	9 am - 7 pm
	Jan. 4 - 9	9 am - 7 pm

#### River Rock Casino Resort (The Show Theatre)

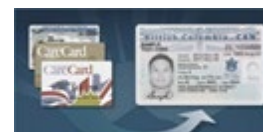
Address:	8811 River Rd., Richmond, B.C. V6X 3P8	
Hours:	Dec. 6 - 9	9 am - 7 pm

River Rock Casino Resort vaccine clinic will be closing on Dec. 9, 2021.

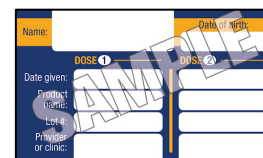
#### Kwantlen Polytechnic University

Address:	8771 Lansdowne Rd., Richmond, B.C. V6X 3X7	
Hours:	Dec. 13 - 16, 22	9 am - 12 pm 1 pm - 4:15 pm

Bring your CareCard and ID



proof of vaccine with dates of dose received:



And it is recommended to bring and present your status card







First Nations Health Authority  
Health through wellness

## FREQUENTLY ASKED QUESTIONS

# Covid-19 Meal Support

### Who can apply for COVID-19 meal support funding?

- Meal support is available for status First Nations who are required to self-isolate between Jan. 12 and Dec. 31, 2021 due to COVID-19, as advised by their health care provider
- There are two application pathways:
  - Communities can apply on behalf of their members using the [Community Meal Support Calculator](#) (Excel file)
  - Individuals can apply for themselves and their households using the [Individual Meal Support Calculator](#) (Excel file)

### Can I apply through the individual pathway if my community has applied for me through the community pathway?

- If your community has already applied for meal support for your self-isolation dates on your behalf, you will not be eligible for support through the individual pathway for the same dates

### What if I need immediate support to coordinate access to no-contact meal and grocery delivery while in isolation?

- It is recommended that you connect with your community to see if they can support by advancing funds or providing meals. Alternatively, please contact your regional FNHA Isolation Lead [COVID19needs@fnha.ca](mailto:COVID19needs@fnha.ca) if you need support to make arrangements

### Can my partner and I both apply for meal support for our family?

- Any status First Nation individual who is required to self-isolate due to COVID-19 as advised by a health care provider is eligible to apply for meal support. This may include multiple members of one household/family

### What is the application deadline?

- Submissions for meal support will be accepted until Dec. 31, 2021
- Meal support is currently only available for self-isolation dates between Jan. 12 – Dec. 31, 2021

### What information is needed to apply?

- Status number, last name, first name, date of birth, start date of isolation, end date of isolation, mailing address and a contact phone number/email are required to process your application



### **What happens after the meal support application is submitted?**

- The meal support team will review your application and will reach out if any additional information is needed
- Community requests will be sent through to the FNHA Regional team for review
- It may take up to 30 days to process a meal support application, if you have any questions about the status of your application please email [HB.Eligibility@fnha.ca](mailto:HB.Eligibility@fnha.ca) or contact 1-888-305-1505 (press 2 for the 'other' option, and then 1 for enrolment)

### **What is the application process for COVID-19 meal supports?**

- Here are the steps to request meal support for status First Nations individuals in BC:
  - Complete the [Individual Meal Support Funding Calculator](#) or the [Community Meal Support Funding Calculator](#)
  - Email your completed calendar to [HB.Eligibility@fnha.ca](mailto:HB.Eligibility@fnha.ca)

Or, call Health Benefits at 1-888-305-1505 (press 2 for the 'other' option, and then 1 for enrolment). The number is supported Monday to Friday from 8:30 a.m. - 4:30 p.m. and from 12:00 p.m. - 4:00 p.m. on weekends and statutory holidays. If you are unable to open the funding calculator, email [COVID19needs@fnha.ca](mailto:COVID19needs@fnha.ca)

### **If my community asks me to self-isolate, but I am not required to self-isolate by a health care provider, am I still eligible for meal support?**

- Meal support is available to status First Nations who have been advised to self-isolate by a health care provider due to being positive for COVID-19 or identified as a close contact of someone who has tested positive for COVID-19
- The FNHA is unable to support requests where self-isolation has not been advised by a health care provider

### **I am not able to safely isolate at home. Are there other supports available to me?**

- If you are unable to safely isolate at home, please contact the Health Benefits medical transportation team for assistance with alternative accommodation, meals and transportation. Call Health Benefits at 1-888-305-1505 (press 2 for the 'other' option, then 3 for patient travel, and 3 for benefit exceptions). This number is supported Monday to Friday from 8:30 a.m. - 4:30 p.m. and from 12:00 p.m. - 4:00 p.m. on weekends and statutory holidays

### **More information on self-isolation:**

[A Guide to COVID-19: Caring for Yourself and Loved Ones](#) (FNHA guide)

[How to isolate: For those who have COVID-19 or respiratory symptoms](#) (BCCDC fact sheet)

[Self-isolation after a COVID-19 test](#) (BC Centre for Disease fact sheet)

[Mental Health and Wellness Support](#) (FNHA web page)

**For more information on what items the FNHA is able to support,  
please see the [COVID-19 Community Support Guide](#)**



## 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, RN 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).

**Crystal Point, CHN:** Ph: 604-362-9200 | Email: [chn@musqueam.bc.ca](mailto:chn@musqueam.bc.ca)

**Arlene Haldane, Assist:** Ph: 604-655-0580 | Email: [nurseassist@musqueam.bc.ca](mailto: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](mailto:homecare@musqueam.bc.ca) or [nurseassist@musqueam.bc.ca](mailto: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 \***



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ Dec.10, 2021

### MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM

**Nicolette Moore** offers support in:

- Addiction support
- Treatment referrals or questions
- Addiction education
- Family Interventions

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

**T: 236-558-8482 | E: [nnadap.nmoore@musqueam.bc.ca](mailto: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.
- Conduct outreach to community and Band Members
- Makes referrals to detox, recovery houses, and treatment centres.

**Brad's hours:** Wednesday-Friday: 6pm-9pm | Saturday-Sunday: 1pm-5pm

**T: 604-652-1368 | E: [nnadap.bmorin@musqueam.bc.ca](mailto:nnadap.bmorin@musqueam.bc.ca)**

## MUSQUEAM AA MEETING

**Every Tuesday Night**

**Musqueam Community Centre Cafeteria 8:00pm**

### MUSQUEAM MENTAL HEALTH AND WELLNESS PROGRAM

*Janice Cross*

This confidential counseling service is 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](mailto:mentalwellness@musqueam.bc.ca)**

**For Private Counseling Call: 236-558-9977**



## ART THERAPY FOR CHILDREN, YOUTH & ADULTS

*Janice Carroll, RCAT*

I am available 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](mailto:jcarroll@musqueam.bc.ca)

## 2SLGBTQ+ SUPPORT: TWO SPIRIT

*Dawn Marie, Trans Care Program Coordinator*

Dawn-Marie's office hours in the Health Department are Thursday 10am – 3pm.

PH: 1-236-558-9948 email: [LGBTQ@musqueam.bc.ca](mailto:LGBTQ@musqueam.bc.ca)

## SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

### Ensuring essential infrastructure

The Government of Canada works with First Nations to address health and safety needs, ensure proper facility operation and maintenance, and to prevent short-term advisories from becoming long-term.

Ending a drinking water advisory is often complex, spanning multiple phases. Actions to resolve a water or wastewater issue can include:

- feasibility studies
- new system design work
- interim repairs on existing systems
- permanent repairs to existing infrastructure
- construction of new infrastructure
- improved training and monitoring

Completion of a new water treatment system can take 3 to 4 years on average to complete. See the [Life-cycle of a First Nations community infrastructure project](#).

Eliminating long-term drinking water advisories is just one part of ensuring First Nations communities have reliable access to safe drinking water: [Investing in water and wastewater infrastructure](#).

Indigenous Services Canada (ISC) financially supports public on-reserve water and wastewater systems. Here is a list of [Long-term drinking water advisories affecting water systems South of 60 not financially supported by the Government of Canada](#).





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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ December 10, 2021

## MUSQUEAM ELDERS

*Brenda Campbell, Elders Coordinator*

### Elders Luncheons

Please note, that the Elder's Centre has resumed operations and our regular bi-weekly luncheons, we will no longer be delivering luncheons door to door.



### The next scheduled Elder's Christmas Dinner Luncheon is:

Thursday Dec.15, 2021

**5:00pm** at The Elder's Centre

### Elder Ladies Night

We will be starting up our Ladies Night once again **on Tuesdays**

Time: 6:00 pm – 8:00 pm at Musqueam Elder's Centre

We bring a little snack to share with one another.

Looking forward to seeing you all.

Brenda Campbell, Elders Coordinator | Musqueam Elder's Centre 604-263-6312

## HEALTH PATIENT NAVIGATOR

*Lisa Mitchell*

Lisa Mitchell and I am the Patient Navigator in the Musqueam Health Department. I am available to assist and support community members on their healthcare journeys.

If you have any questions regarding your health care coverage, FNHA Benefits, or need assistance filling out medical forms please do not hesitate to contact me.

I am available Monday to Friday from 8:30am to 4:30pm by phone: 604-764-5349 or email: [navigator@musqueam.bc.ca](mailto:navigator@musqueam.bc.ca)

## BREAKFAST CLUB

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.**

Breakfast Club phone number: 604-269-3465



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ DECEMBER 10, 2021



## MUSQUEAM PRIMARY CARE CLINIC

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

Located in the Primary Care Trailer

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

Monday Dec. 13	Tuesday Dec. 14	Wednesday Dec. 15	Thursday Dec. 16	Friday Dec. 17
<b>Karen Chandra, NP</b>	<b>Dr. Dumont, GP</b>	<b>Karen Chandra, NP</b>	<b>Karen Chandra, NP</b>	<b>Karen Chandra, NP</b>
9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm
		<b>Traditional Healing and Song (Facebook Live)</b> 2:00pm – 2:30pm		

### **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.



**Missed your telehealth or in-person appointment?** Call us to rebook for the next available date.

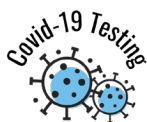
Please be available 15 minutes before and after your scheduled appointment call.



**Naloxone kits available.** (Injectable or Nasal Spray)  
Please check to see if your current kit has expired.  
Naloxone training on Wednesdays by appointment only.



**Prescription running low?** Please book an appointment a few days in advance. Or, ask your pharmacy to send us a refill request.



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

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.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ December 10, 2021

## Youth Centre

December 13<sup>th</sup>-17<sup>th</sup>

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

Email: [youthcentre@musqueam.bc.ca](mailto:youthcentre@musqueam.bc.ca)

Monday Dec 13 syəléwətnet	Tuesday Dec 14 sθəmənts	Wednesday Dec 15 stix <sup>w</sup> s	Thursday Dec 16 sxaʔaθəns	Friday Dec 17 stqecəss
<b>Board games</b>  <b>4:30-7:00</b>	<b>Canvas Painting</b>  <b>4:30-7:30</b>	<b>Making moon sand</b>  <b>5:00-7:00</b>	<b>Coloring contest</b>  <b>4:30-7:00</b>	<b>Movie Night</b>  <b>3:00-8:30</b>

**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 Recreation 2021 Fitness Area Holiday Hours

Monday December 20 <sup>th</sup>	Tuesday December 21 <sup>st</sup>	Wednesday December 22 <sup>nd</sup>	Thursday December 23 <sup>rd</sup>	Friday December 24 <sup>th</sup>	Saturday December 25 <sup>th</sup>	Sunday December 26 <sup>th</sup>
Open 10:00 am – 5:00 pm	Open 10:00 am – 5:00 pm	Open 10:00 am – 5:00 pm	Closed	Closed	Closed	Closed
Monday December 27 <sup>th</sup>	Tuesday December 28 <sup>th</sup>	Wednesday December 29 <sup>th</sup>	Thursday December 30 <sup>th</sup>	Friday December 31 <sup>st</sup>	Saturday December 1 <sup>st</sup>	Sunday December 2 <sup>nd</sup>
Open 10:00 am – 5:00 pm	Open 10:00 am – 5:00 pm	Open 10:00 am – 5:00 pm	Open 10:00 am – 5:00 pm	Closed	Closed	Closed

Please enter by the back door facing the smokehouse

- Vaccine QR Code mandatory
- MASKS ARE MANDATORY

Happy Holidays from the Recreation  
Team: Courtenay, Robyn and Gordon.



# **ANNUAL VANCOUVER CHRISTMAS BIRD COUNT**



**SATURDAY DECEMBER 18, 2021**

**8AM TO 4PM – RAIN OR SHINE**

Are you interested in Birds &  
Nature? Come join us in our quest  
to count all the birds in the  
Musqueam area on December 18.

Contact Donna McKenzie at 604-261-1929 or  
[admckenzie@shaw.ca](mailto:admckenzie@shaw.ca) for further information.

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No experience or equipment is needed. Pre-registration is required. Participants must be 16 or older & fully vaccinated. Registration is limited. A COVID protocol will apply.

This count is organized by Nature Vancouver, as part of an annual international citizen science volunteer effort to document bird populations and status. The counts have been running annually for over 120 years.





**Please Post by your Phone**

## **EMERGENCY CONTACT INFORMATION 2021**

<b>FIRE, AMBULANCE, POLICE EMERGENCIES</b>	<b>911</b>
POLICE NON-EMERGENCY CALLS CRIME REPORT (VANDALISM/THEFT FROM AUTO)	604-717-3321
JOHN GRAVENGARD, VPD LIASON	604-348-6608
<b>MUSQUEAM EMERGENCY CONTACTS</b>	
<b>SAFETY PATROL (DURING PATROL HRS)</b>	604-968-8058
Brian Sparrow, Night time Supervisor	778-628-5483
Terry Carroll – <b>Social Development</b>	236-889-8312
<b>Musqueam Safe House</b> – (emergency placements, family support)	604-558-4677
Christina Campbell – Coordinator	604-671-5285
<b>Housing</b> Emergency on-call	604-269-3381
Kerri Timothy	604-818-7587
Brittany Point	236-808-4844
Primary Care Trailer will be open through the Holidays	604-266-0043
<b>Health</b> Program Manager	604-269-3372
<b>Health Exec Assist</b> - Candice Sparkes	236-833-2753
<b>Nurses Assistant</b> – Arlene Haldane	604-655-0580
<b>Romeo Cosio</b> – Home Care Nurse	604-263-6539
Crystal Point, <b>CHN</b>	604-362-9200
Brad Morin – <b>NNADAP – Evening and Weekends</b>	604-652-1368
Hannah Greene - <b>NNADAP Worker Day time</b>	236-558-8482
<b>Public Works</b> – Norm Point	604-841-9295
Ricky Point	604-307-4076
Dawn Campbell-Sparrow	604-649-5556
<b>Employment &amp; Training A/Manager</b> – Krista Brisk	236-999-7253
<b>E&amp;T Job Coach</b> – Angela Nahanee	778-919-7349
<b>Administration</b>	
Devin Sharma - CAO	236-558-3075
Karen Grant, Office Manager	778-386-9463
Christina Nahanee	604-418-3727
<b>EMERGENCY CONTACT INFORMATION</b>	
<b>Vancouver Crisis Line</b>	604-872-3311

<b>Suicide Line</b>	<b>1-800-784-2433</b>
<b>Mental Health Support Line</b> (do not add 604,778,or 250 before number)	<b>310-6789</b>
<b>Senior Distress Line</b>	<b>604-872-1234</b>
<b>Kids Help Phone</b>	<b>1-800-668-6868</b>
Online Chat Service for Youth <a href="http://www.YouthInBC.com">www.YouthInBC.com</a> Noon to 1am.	
Online Chat Service for Adult <a href="http://www.CrisisCentreChat.ca">www.CrisisCentreChat.ca</a> Noon to 1am	
<b>Nurses Line</b> – (medial concerns or questions)	<b>811</b>
<b>MCFD Richmond Office</b> (duty worker-child safety concerns)	<b>604-660-1044</b>
<b>MCFD After House</b> (for situation 4:30 pm – 8:30 am on weekdays, or weekends)	<b>604-660-4427</b>
<b>Hearing Impaired</b>	<b>711</b>
<b>City of Vancouver</b> , Main Sewer Emergencies 24hrs	<b>311</b>
<b>City of Vancouver</b> , Main water Line Breakage 24hrs	<b>311</b>
<b>BC Hydro</b> , Power Outages, Electrical Emergencies 24hrs	<b>1-888-769-3766</b>
<b>Animal Control</b>	<b>311</b>
<b>Fortis Gas</b> , Emergencies 24hrs	<b>1-800-663-9911</b>
<b>City of Vancouver</b> , Snow Removal	<b>311</b>
<b>City of Vancouver</b> , Street Lights	<b>311</b>
<b>City of Vancouver</b> General – Water/Sewer/Garbage missed garbage	<b>311</b>
<b>Metro</b> – Office - 24/7 -	<b>604-444-8476</b> <b>604-985-1478</b>