



Musqueam Community Newsletter

Friday March 25, 2022

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

SAFETY & SECURITY PATROL: 604-968-8058

IMPORTANT : APRIL 14, 2022 ~ DISTRIBUTION

Amount of Distribution—\$800

ISSUE DATE: Thursday April 14, 2022
TIME: 9:00 am—7:00 pm
LOCATION: Musqueam Administration Office ~
Board Room 1

Important Information:

- Band members who are in arrears with any payments payable to the band should contact the appropriate manager(s) to avoid the withholding of any distribution payments per Musqueam Distribution policy.
- Band members who are under the age of 19 are considered minors for distribution purposes. Guardians must complete FORM B for minor children. ***To avoid delays when picking up minor cheques, please submit Form B before MARCH 25, 2022***
- ***Members who would like to have distribution via DIRECT DEPOSIT must have forms submitted by MARCH 25, 2022.***

For any questions regarding the upcoming dividend and distribution please contact:

Jocelyn Campbell-Axson

Krista Point

Membership Registrar

Distribution Clerk

Jcampbell@musqueam.bc.ca

mibdistribution@musqueam.bc.ca

INSIDE THIS ISSUE:

Youth Nights—2

Children's House—3

VPD Safety & Awareness—4

Health Dept.—5-13

Trivia Contest—14

Remaining News—15-16

SPRING BREAK



ST. MICHAEL'S CHURCH

Please join us every
Sunday @ 1:00 PM.
For Mass.



hay čx^w qə

VPD DOWNTOWN EASTSIDE WALK

On Saturday, March 26th Musqueam Youth Nights are inviting youth to join the VPD for a walk around the Downtown Eastside. **Please meet at the community center at 3:30PM.** Food and drinks will be served after the walk.

Please email Bethany Jones at bjones@musqueam.bc.ca to reserve spots on the bus. We encourage youth to invite their friends.

Stay tuned for next weeks event!



The Children's House

Hours of Operation:

Preschool Program Hours: Monday—Friday 9:00 am—3:00pm.

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

The Children's House phone # 604 269-3302

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

The Children's House Staff

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

Infant/Toddler Staff: Christy Friesen, Kelly Herman, Alice Stogan

Preschool Staff: Ernestine Herman, Sherry Point, Stacy George



hay ǎx^w qə



MEET OUR VPD DOGS



BICYCLE OBSTACLE COURSE FOR KIDS



MEET OUR VPD HORSES

VANCOUVER POLICE DEPARTMENT PERSONAL SAFETY AND AWARENESS FAIR

ROUNDHOUSE COMMUNITY CENTRE
181 Roundhouse Mews, Vancouver, BC

SATURDAY, APRIL 2, 2022
11 a.m. to 3 p.m.

SCHEDULED EVENTS

- 11:10 - 11:30 – Acknowledgement ceremony
 - Official welcome by VPD Executive and Community Policing Director
- 11:30 - 12:00 – Transit safety with Metro Vancouver Transit Police
- 12:15 - 1:00 – Personal safety with the VPD Women's Personal Safety Team
- 1:15 - 1:45 – Pedestrian safety with ICBC
- 2:00 - 2:45 – Personal safety with the VPD Women's Personal Safety Team
- 2:45 - 3:00 – Closing remarks

**GET A FREE
PERSONAL SAFETY
ALARM**
(While quantities last)



**REGISTER YOUR BIKE
WITH PROJECT 529**

INFORMATION BOOTHS

Better Business Bureau, Block Watch, Citizens' Crime Watch, community policing centres, Crime Stoppers, Elder Abuse Awareness, Musqueam Safety Patrol, Out on Patrol, Vancouver and Lower Mainland Multicultural Family Support Services, Victim Services, Women Against Violence Against Women (WAVAW)



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 25, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.
WE ARE WORKING HARD TO LOOK AFTER YOU.

*Supporting the **Fighters**,
Admiring the **Survivors**, Honouring the **Taken** & Never
Giving Up **Hope**!*



WHAT?

Mobile Mammography Bus is returning to Musqueam, have your mammogram right on site, a 10-minute procedure!

WHEN?

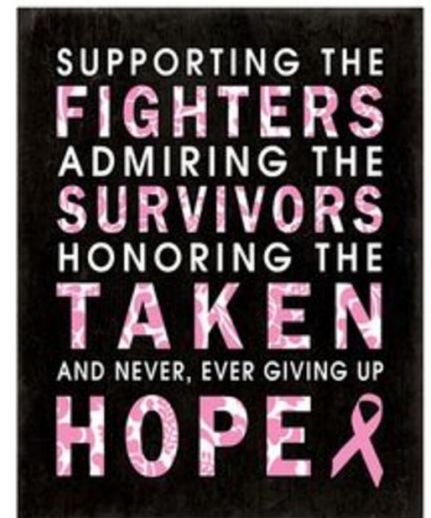
April 14th 2022

10am - 12:40pm | 2pm - 4pm

WHAT NEXT?

1. **See attached registration form for eligibility!**
2. If you answer NO to ALL questions—you can:
3. Fill out registration form, send to **Arlene** in the Health Department:
nurseassist@musqueam.bc.ca
4. An Appointment will **NOT** be booked until a COMPLETED FORM is sent to us.

⇒ Covid Protocols are in place (masks required; **DO NOT** attend your appointment if you have **ANY** symptoms of illness)



Contact Crystal or Arlene

for any questions!

604 263 3261



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 25, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.
WE ARE WORKING HARD TO LOOK AFTER YOU.

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

Arlene Haldane, Assist: Ph: 604-655-0580 | Email: nurseassist@musqueam.bc.ca

**** Please stay tuned for updates on:**

Musqueam's Pre-and Post-Natal Luncheons – coming soon! ☺ .

FNHA HEALTH BENEFITS? GIVE US A CALL!

For assistance with registering your Newborn you may call Candice Sparkes: 604-269-3312.

Please note: All health benefits for BC registered Status Indians are covered by BC PACIFIC BLUE CROSS.

For questions or concerns about your Health Benefits or assistance with the PBC website or APP? You may contact: Ashlee Point 604-269-3395

MUSQUEAM HOME & COMMUNITY CARE PROGRAM

Romeo Cosio, RN, Musqueam Home Care Nurse & Arlene Haldane, Assistant.

The Musqueam Home Care Program is available to our community members to assist with hospital discharges, home care aides, all medical supplies & equipment. All Home care services & medical equipment require a note from your doctor with your needs specified.

HOME CARE CLIENTS: If you will not be home during your scheduled HCA visit, please contact the Nurse Assistant,

Home Care Nurse Romeo's Office Hours: Monday, Wednesday - Friday from 8:30-5:30 Tuesdays - Off

Phone: 604-269-3463 | **email:** homecare@musqueam.bc.ca

Arlene Haldane: Phone: 604 269 3354 | Email: nurseassist@musqueam.bc.ca

*If there is no answer please leave a message.

***For Emergencies Call 911 ***



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 25, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

Health Staff & Covid-19 Updates

Musqueam COVID Liaison Contact

Monday to Friday 8:30am—4pm

Evenings 4-8pm

CALL 236-688-4821

CALL 236-889-3637

Or Email: covid@musqueam.bc.ca

- **The Covid Liaison is the **first point** of contact for our Musqueam Community & assists with:**
- Questions about WHEN to test and HOW to test
- Connect you with the COVID Nursing staff.
- IF YOU TEST POSITIVE PLEASE CALL THE COVID LIAISON
- Assistance with the At-Home TEST KIT provided by the MIB Health

To book a Covid Vaccine call: 1-833-838-2323



With Public Health Order

restrictions easing, Musqueam Leadership and the Health Department is transitioning to BCCDC COVID Public Health guidelines.

MIB Health delivered to each home rapid test kits; an updated MIB Covid-19 Test guide and masks. As we do this we want to provide advance notice that MIB Health will start phasing out certain supports and encourage self-management.

Band Members that live off reserve, we have some Kits available for pick up, please call the COVID Liaison to arrange pick up. Continue to self-monitor for symptoms and call the COVID Liaison if symptoms worsen.

COVID Vaccines:

For anyone (ages 5 and over) who requires a COVID Vaccine, you will need to register with the provincial vaccine program online or by phone (1-833-838-2323).

Steps for online registration:

1- Click the blue button "Register Online"

2- After filling out all necessary information wait to receive a notification to say when you are eligible to book your appointment

3- Once you've been notified you can select the nearest COVID vaccine clinic (local pharmacy or health authority vaccine clinic) with your desired date and time of your vaccine appointment

How to get vaccinated for COVID-19



COVID-19 IN BC



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 25, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

OUR MISSION, VISION AND GOALS

OUR MISSION

We will educate the leaders of today and tomorrow about drinking water quality issues to realize our goal of safe drinking water being available to every Canadian.

OUR VISION

To reaffirm and promote all people's right to safe drinking water. With a focus on developing partnerships with rural communities throughout Canada and around the world, we intend to effect change at the municipal, provincial, and federal levels as well as within civil society and industries involved in the protection and production of public water supplies.

OUR GOALS

Our vision will be reached in Canada when the following goals have been achieved:

- National drinking water regulations are implemented and enforced, resulting in all communities in Canada having access to truly safe drinking water.

Its primary purpose is to educate community leaders, politicians, engineers, health officials, students and the general public about drinking water quality issues and solutions.

2SLGBTQ+ SUPPORT: TWO SPIRIT

Dawn Marie, Trans Care Program Coordinator

Hello Lovely People!

I am so excited that all the signs of spring are popping up all over the place! I especially love seeing all the color variations of the crocus and I can't wait for the cherry blossoms! Below, I have shared some resources for you.

Dawn-Marie | 2SLGBTQ+ Coordinator | lgbtq@musqueam.bc.ca | Ph: 236-558-9948

Gab Junior

Email: gabjunior@qmunity.ca

Web: <https://qmunity.ca/event/gab-youth-junior/>

What? Gab Junior is a biweekly drop-in space where kids who identify as LGBTQ2SAI+ can hang out, connect with each other and seek support if needed. Our drop-ins are a great place for kids to meet similar people and to just be themselves. We play games (ice-breakers, quizzes, scavenger hunts, online pictionary) and also leave some open space at the end for the youth to chat, connect or ask questions. Drop-ins have a youth facilitator and volunteers present. Currently we're meeting via zoom, but we will be planning some in person meetings from time to time, depending on current Covid protocols.

Who? For juniors ages 10-13.

When? We meet every second Thursday from 5pm - 6pm online.

Parents of Trans Kids

Email:

parents.of.trans@qmunity.ca

Web: <https://qmunity.ca/social-groups/parents-of-trans-kids/>

What? Peer support for parents of trans kids of any age led by 3 facilitators who themselves have trans children.

Who? Parents of trans kids of any age

When? 7pm-8:30pm last Wednesday of each month.



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 25, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

NNADAP WORKERS

Nicolette Moore

Contact # 236-558-8482

Email: nnadap.nmoore@musqueam.bc.ca

Monday 8:30 am to 4:30 pm

Tuesday 8:30 am to 4:30 pm

Wednesday 8:30 am to 4:30 pm

Thursday 1pm to 8 pm

Friday 8:30 am to 4:30 pm

*Addiction support & Information sharing
1 on 1 sessions
Treatment referrals
Family Intervention support
Resource referrals
Detox support
Weekly zoom meeting group*

Brad Morin

Contact # 604-652-1368

Email: nnadap.bmorin@musqueam.bc.ca

Wednesday 6pm to 9 pm

Thursday 6pm to 9 pm

Friday 6 pm to 9 pm

Saturday 1pm to 5 pm

Sunday 1 pm to 5 pm



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 25, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

Musqueam NNADAP Community Awareness

Musqueam Health Department Bulletin

COMMUNITY AWARENESS AROUND DRUG PARAPHENELIA

Steps to take

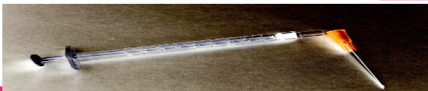
- Check your area before using (parks - trail)
- **DO NOT** touch for any reason
- Call one of the designated numbers
- Educate your family

HERE'S MY CONTACTS



John Gravengard 604-348-6608
Musqueam Security 604-968-8058
NNADAP-Nicolette 236-558-8482
MIB Primary Care Clinic 604-266-0043

NEEDLES CAN CARRY DISEASES



WHITE, BROWN OR YELLOW POWDER SUBSTANCE



WHO DO WE CALL

CST JOHN
GRAVENGARD

SECURITY

CLINIC

NNADAP
Dept



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 25, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

HEALTH PATIENT NAVIGATOR

Lisa Mitchell

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 for example Jordon's Principal 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

ART THERAPY FOR CHILDREN, YOUTH & ADULTS

Janice Carroll, RCAT

I am available Monday to Thursday from 8:30am-4:30pm, 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

MWSU MENTAL WELLNESS COUNSELLOR

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

BRIGHTER FUTURES BREAKFAST CLUB

Breakfast Club is open we do the sandwiches first thing in the morning we'd like you to pick them up between 730-8:00am

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 ELDERS

Brenda Campbell, Elders Coordinator

Next Elder's Luncheon starting:

Date: Wednesday April 6th, 2022

Time: 12:00 Noon

Location: Elders Centre

Elder's Chair Exercise:

Date: Thursday April 7th, 2022

Time: 1: 00 pm

Location: Elders Centre



Elder's Annual Distribution & Travel Allowance:

Date: Thursday April 14, 2022

Time: 9:00am – 7:00pm

Location: Musqueam Administration Office – Board Room 1



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 25, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.



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 Mar. 28	Tuesday Mar. 29	Wednesday Mar. 30	Thursday Mar. 31	Friday Apr. 01
Karen Chandra, NP	Dr. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP Natalie Bruneau, NP	Karen Chandra, NP Natalie Bruneau, NP
9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm	9:30am - 3:30pm

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.



Our clinic has reached capacity; however, we are doing our best to accommodate the waitlist. Call the clinic to be added to the **patient waitlist**. Please note that we are no longer a walk-in clinic.



Influenza vaccines available, call the clinic to schedule an appointment.



The MIB Primary Care Clinic

will not be testing

for Covid-19.

Please call COVID Liaison 236-688-4821

Alternate Resources

FNHA Virtual Doctor of the Day

Call **1-855-344-3800** to book an appointment.
Available 7 days a week from 8:30 am to 4:30 pm.
Telephone or virtual appointments via zoom.
Available to First Nations people and their family members, even if those family members are not Indigenous.

Walk-In Clinics Nearby

Highroads Medical: 5960 E Boulevard (Kerrisdale)



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MARCH 25, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.



Members residing off reserve may now pick up a test kit at their local pharmacy

Rapid antigen testing kits

Rapid antigen testing kits are free for people 18+

Rapid antigen testing kits are free for residents of B.C. 18 years and older who have a Personal Health Number (PHN).

1 kit contains 5 individual tests

You are allowed 1 kit every 28 days. This makes sure that everyone who wants a kit can get one.

You can't pay for additional kits.

A test should only be used by people who develop symptoms of COVID-19 and want to confirm a positive or negative result. The tests are not suitable for international travel requirements.

Get your kit

Visit your local pharmacy and ask for your testing kit. Pharmacy staff will:

- Ask for your PHN. You can find your PHN on the back of your B.C. driver's licence, BC Services Card or CareCard
- Give you 1 kit

A pharmacy should never ask you to pay for a kit.

Pick up a kit for someone else

You can pick up a kit for someone else, like a parent or grandparent. Make sure you know their full name, date of birth and PHN, the pharmacist will ask you for that information.

How to use a test

Each kit comes with instructions on how to use the tests. You can also ask the pharmacist if you have questions.

I tested positive

If you get a positive result, you should:

- Immediately [self-isolate](#)
- [Self-report your results](https://reportcovidresults.bccdc.ca/) : <https://reportcovidresults.bccdc.ca/>
- See if you meet the criteria to get a [COVID-19 treatment like Paxlovid](#)

I tested negative

If you get a negative result, it means that COVID-19 was not detected.

Self-isolate until your symptoms improve and you feel well enough to return to regular activities.

<https://www2.gov.bc.ca/gov/content/covid-19/info/testing>

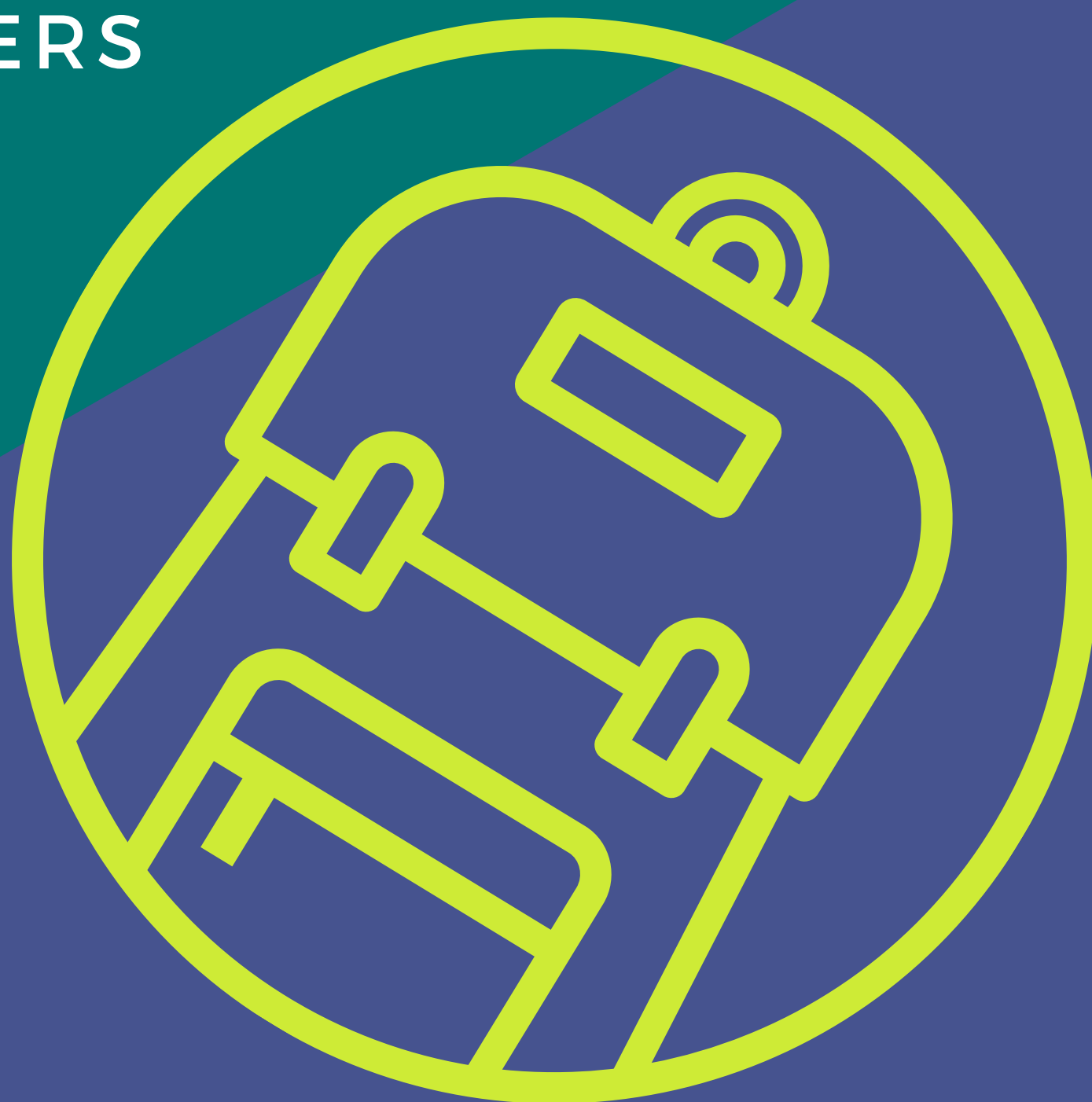
ENVIRONMENTAL STEWARDSHIP DEPARTMENT
PRESENTS

TRIVIA CONTEST

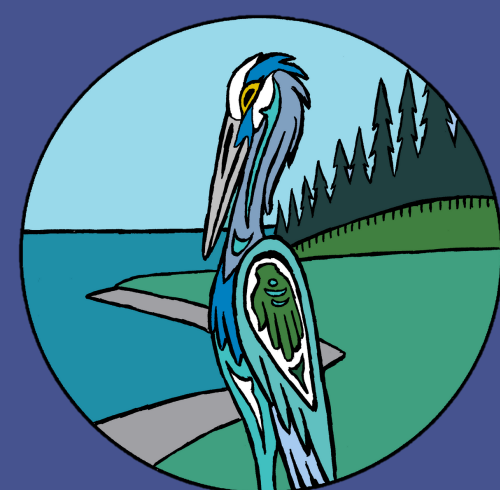
TUNE IN TO ESD SOCIAL MEDIA
MONDAY'S AT 11:00 AM

Contest runs from
March 7 2022 to April 25 2022

MUSQUEAM MEMBERS, ENTER FOR
A CHANCE TO WIN A WATERPROOF
BACKPACK, A LIFE JACKET, OR A
SET OF WADERS



ggan@musqueam.bc.ca
rkadoranian@musqueam.bc.ca



Contest Details

- Open only to Musqueam members
- Every Monday at 11:00 am a new trivia question will be posted on ESD social media
- Contestants can submit an answer by direct messaging ESD on Facebook or Instagram
- The first 10 contestants to answer correctly will be put in a draw to win the prize
- On the Friday of each week, we will announce the winner via Facebook and Instagram and tag them
- Winners can collect their prize from the ESD office Monday to Friday, from 8:30 am to 4:30 pm

Prizes

Simms M's Tributary Waders

- Size S with size 7 boot
- Size MK with size 9 boot
- Size L with size 10 boot
- Size XL with size 12 boot



MEC Aegir 20 Waterproof Pack

- Lichen Green
- Delta Blue
- 2X Black



4X Mustang Life Jackets + Fox 40 combo



MUSQUEAM CAPITAL CORP

Job Title: Administrative Assistant, Business Development Team
Job Type: Full-Time, 5 days/week
Reports To: Director, Business Development
Prepared Date: March 2022

SUMMARY

Musqueam Capital Corporation (MCC) was created in 2012 to replace the Musqueam Economic Development Department and is the economic development arm of the Musqueam Indian Band (MIB). MCC is responsible for the development of Musqueam's lands, acts as an asset manager for Musqueam's existing real estate holdings, and creates economic opportunity through business partnerships.

MCC is seeking to hire an experienced Administrative Assistant to join its growing Business Development team.

ESSENTIAL DUTIES AND RESPONSIBILITIES include the following but not limited to:

- Respond professionally to verbal and written communication
- Produce timely, accurate and well formatted documents using various Office 365 tools
- Coordinating and arranging client events, meetings, appointments, and conferences
- Assisting with the preparation of presentations and pitches for prospective clients
- Writing and distributing agendas and briefing documents for internal and external meetings
- Creating and maintaining client databases, mail lists and other project lists
- Tracking submitted proposals and providing feedback to management
- Providing effective administrative support to Director of Business Development
- Understand and adhere to MCC's Business Philosophy
- Respect, acknowledge and apply Musqueam Longhouse laws in everything that we do
- Prioritize socioeconomic obligations for Musqueam community

BACKGROUND AND ESSENTIAL SKILLS:

- Excellent written and verbal communication skills including strong time management skills
- The ability to take initiative and meet deadlines; strong attention to detail
- Exceptional interpersonal skills
- Cultural awareness is an asset
- Work in an office environment and remotely when needed
- Strong Office 365 skills, including Outlook, Excel, Word, PowerPoint, Google Drive, Dropbox, etc.
- An ability to multi-task within an ever-changing environment

EDUCATION and/or EXPERIENCE

At a minimum, a high school diploma. 2+ years of related administration/marketing/sales/proposals, or some combination of relevant education and experience.



MUSQUEAM CAPITAL CORP

OTHER SKILLS AND ABILITIES

- Ability to prioritize and handle multiple tasks/projects simultaneously
- Must carry a valid driver's license
- Must be fully vaccinated

HOURS OF WORK

35-hour work week, Monday-Friday

COMPENSATION PACKAGE

Industry standard compensation package with great company benefits plan and company RRSP matching program. Rates to be discussed during hiring process.

APPLICATION PROCESS

Candidates meeting the criteria above are encouraged to submit their resume with a formal cover letter to jloconte@musqueamcapital.ca. While we thank all candidates for their interest, only select individuals will be contacted for follow-up.



★★★ INDIGENOUS GIRLS COME TRY HOCKEY

Ages 4 - 20 yrs old

Try ice hockey in a fun and safe on-ice session:

- No previous experience required
- Equipment provided
- Get help from coaches and on-ice helpers
- Have fun learning a new sport



Hosted by:

Killarney Arena
6260 Killarney St.
Vancouver, BC



Sponsored by:

FREE Registration

**SATURDAY, MARCH 26TH, 2022
12:15 - 1:30 PM**

ONLINE REGISTRATION REQUIRED: ➔
WWW.VANCOUVERGIRLSHOCKEY.COM



SCAN ME

Contact us and we will arrange a health and safety check for your house, performed by a Natural Resources Canada certified advisor.



MUSQUEAM COMMUNITY HEALTH - COVID UPDATE

MARCH 25, 2022

IMPORTANT

UPDATE FROM

MUSQUEAM

HEALTH

March 24th 2022

- We have seen a dramatic rise in Covid-19 Cases in the last week. There have been 15 positive cases that have self reported to our department.



- It is important to continue to follow the Public Health recommendations even though the restrictions have eased *to protect yourself and our community.*



- Wearing a mask is still encouraged 😊
- You are 5x more likely to catch Covid-19 or spread Covid-19 when NOT wearing a mask

**STAY HOME IF YOU HAVE ANY
SYMPTOMS OF ILLNESS,
EVEN IF THEY ARE MILD**