



Musqueam Community Newsletter

FRIDAY APRIL 22, 2022

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

SAFETY & SECURITY PATROL: 604-968-8058

NOMINATIONS

MUSQUEAM FISHERIES COMMISSION

THREE (3) CANDIDATES TO BE ELECTED
FOR A TWO (2) YEAR TERM

Notice is hereby given to the ON RESERVE electors of the Musqueam Indian Band that a Nomination Meeting will be held to nominate THREE (3) candidates for the Fisheries Commission of the Musqueam Indian Band consisting of THREE (3) being elected for a TWO (2) year term, and that such nominations will be open from **4:00PM until 7:00PM** at the Musqueam Administration Office in the Main Boardroom, on **MONDAY, APRIL 25, 2022.**

NOTE: THIS ELECTION PROCESS IS INTERNAL AS PER THE TERMS OF REFERENCE OF THE MUSQUEAM FISHERIES COMMISSION, PLEASE INFORM YOUR FAMILY MEMBERS OFF RESERVE AS THERE WILL NOT BE AN OFF RESERVE MAIL OUT.

Jocelyn Campbell-Axson
Electoral Officer

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 Mother's Day

MOTHER'S DAY IS
COMING!!!

SUNDAY MAY 8TH..

ST. MICHAEL'S CHURCH

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



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 Supervisor email: childcaresup@musqueam.bc.ca

The Children's House Staff

Renee Stogan Supervisor: Phone # 604 269-3302

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

Preschool Staff: Ernestine Herman, Sherry Point, Stacy George

“Children learn as they play. Most importantly, in play children learn how to learn.” – **O. Fred Donaldson**



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Drive-thru native plant pick up

Musqueam Housing Department is giving away native plant bundles to all interested Musqueam members and staff. Support Indigenous food and medicine sovereignty and wildlife habitat by planting a native plant in your yard or patio!

Come pick up a plant of your choice on **Thursday, April 28th, 3:30 – 5 PM, in the front parking lot of the Band Office and Community Center.**

We have a selection of plants for you, including Red flowering currant, Kinnikinnick, Sword Fern, Deer Fern, Lady Fern, Heart-leaved arnica, Woodland strawberry, Bigleaf Lupine, Canada Goldenrod, Pearly Everlasting, Nodding Onion, Yarrow, and Tobacco.



**Thursday April 28th, 3:30 – 5 PM in
the front parking lot of Band
Office and Community Center**

Housing



This project was made possible by the generous support from the Environmental Youth Alliance.





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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 22, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

MIB Health Rapid Tests

Families should have some Rapid tests on hand, in the event someone becomes ill. They can be picked up every 28 days at Southlands Pharmacy or Shoppers Drug Mart.

Musqueam Health was able to secure a some Rapid Tests. We want to sustain our supply, to ensure we have enough to last into the Fall (respiratory illness season).

- We can provide tests on a very limited basis and will strictly follow the BCCDC guideline of testing **ON DAY 3 OF SYMPTOMS**.
- Call the MIB Covid Liaison if you are on **DAY 3** of symptoms & requesting a Covid test.
- If you need more tests than we can provide, or will not follow the BCCDC recommendation & want to test earlier than day 3 you can acquire tests from the local pharmacies (limit every 28 days)



Covid Liaisons Contact Info:

Daytime (M-F): 236-688-4821

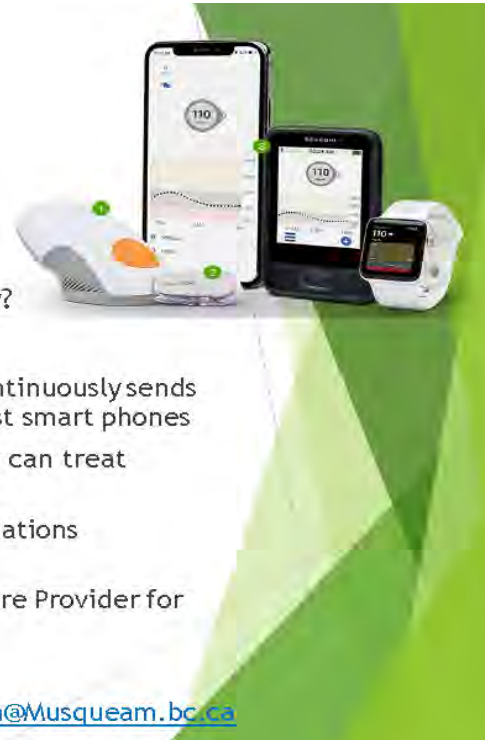
Evening / Weekend: 236-889-3637

4pm -8pm / 9am – 1pm



Dexcom G6 – Continuous Glucose Monitor

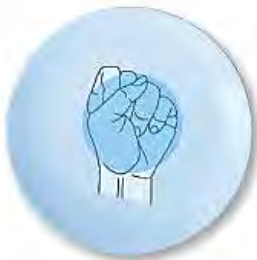
- ▶ Do you have Diabetes?
- ▶ Do you use insulin to manage your diabetes?
- ▶ Are you tired of poking your finger for blood sugar readings daily?
- ▶ The Dexcom G6 is a **“Continuous Glucose Monitor”** - meaning it continuously sends glucose readings for you to view every 5 minutes & compatible with most smart phones
- ▶ It has audible alarms to alert you of high or low blood sugars so that you can treat accordingly
- ▶ The Dexcom is now covered with Special Authority under Plan W (First Nations Health/Status health coverage)
- ▶ Speak to the Community Health Nurse, Crystal Point, or your Primary Care Provider for more information & to see if this system would be a good fit for you!



Crystal's contact information: 604 362 9200 or chn@Musqueam.bc.ca

Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



Grains and starches*/Fruits*

Choose an amount the size of your fist for grains or starches, or fruit.

Milk and alternatives*

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



Vegetables*

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Meat and alternatives*

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Fat*

Limit fat to an amount the size of the tip of your thumb.



Glycemic Index Food Guide

The glycemic index (GI) is a scale that ranks a carbohydrate-containing food or drink by how much it raises blood sugar levels after it is eaten or drank. Foods with a high GI increase blood sugar higher and faster than foods with a low GI.

There are three GI categories:



Green = Go

Low GI (55 or less) Choose Most Often

Yellow = Caution

Medium GI (56 to 69) Choose Less Often

Red = Stop and think

High GI (70 or more) Choose Least Often

Foods in the high GI category can be swapped with foods in the medium and/or low GI category to lower GI.

A low GI diet may help you:

- decrease risk of type 2 diabetes and its complications
- decrease risk of heart disease and stroke
- feel full longer
- maintain or lose weight

Try these meal planning ideas to lower meal GI:

- Cook your pasta al dente (firm). Check your pasta package instructions for cooking time.
- Make fruits and milk part of your meal plate (Figure 1). These foods often have a low GI and make a healthy dessert.
- Try lower GI grains, such as barley and bulgur.
- Pulses can be grains and starches or meat and alternatives. Swap half of your higher GI starch food serving with beans, lentils or chickpeas. For example, instead of having 1 cup of cooked short grain rice, have ½ cup of cooked rice mixed with ½ cup of black beans.

Diabetes Canada recommends choosing lower GI foods and drinks more often to help control blood sugar.

Work with your Registered Dietitian to add foods and drinks to your lists, create action plans that include choosing lower GI foods, adapt your favourite recipes, and find ways to swap/substitute low GI foods into your meal plan.

Checking your blood sugar before, and 2 hours after, a meal is the best way to know how your body handles certain foods and drinks.

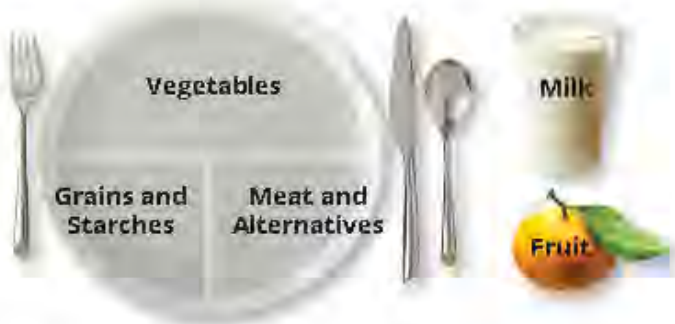


Figure 1: The Plate Method. Using a standard dinner plate, follow this model to control your portion sizes. www.diabetes.ca/mealplanning

Some carbohydrate-containing foods and drinks have so little carbohydrate that they do not have a GI value. This does not mean they cannot be included as part of a healthy diet. Examples include green vegetables, lemons, and some low-carbohydrate drinks. Diabetes Canada calls these foods and drinks “free” because they do not impact the blood sugar of people living with diabetes. You can put free foods in the green category, but they do not have a GI and have not been included in the food lists.



Items with this symbol are “sometimes foods”
(foods and drinks eaten only on occasion)



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 22, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

"ABATE" the stress: understanding the stress response

These are the 4 elements of the stress response:



B BODY
(Physiology)

A ACTIONS
(Behaviour)

T THOUGHTS
(Cognition)

E EMOTIONS
(Affect)

Identifying which element of the stress response will help us understand what purpose it is serving- even though it might be a unhealthy coping strategy.

Healthy Coping Strategies:





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LAND BASED HEALING PROGRAM

Patricia Isaak



The Land Based healing program has been busy revitalizing the Elders Greenhouse!

All are welcome as we get started. We have just begun with seed starting (tomatoes, zucchini, beets, and radishes) the next step is to keep watering and see what sprouts! We also have some potato bags to get started.

There is plenty of space in the greenhouse so feel free to share your ideas!

Contact:

Trish Isaak (778)239-4325

Brenda Campbell: (604)263-6312

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

Water and Your Body

Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

Water is also in lymph (say: **limf**), a fluid that is part of your [immune system](#), which helps you fight off illness. You need water to digest your food and get rid of waste, too. Water is needed for digestive juices, [urine](#) (pee), and poop. And you can bet that water is the main ingredient in perspiration, also called [sweat](#).

How Much Is Enough?

Since water is so important, you might wonder if you're drinking enough. There is no magic amount of water that kids need to drink every day. Usually, kids like to drink something with meals and should definitely drink when they are thirsty. But when it's warm out or you're exercising, you'll need more. Be sure to drink some extra water when you're out in warm weather, especially while playing sports or exercising.

When you drink is also important. If you're going to sports practice, a game, or just working out or playing hard, drink water before, during, and after playing. Don't forget your water bottle. You can't play your best when you're thinking about how thirsty you are!

When your body doesn't have enough water, it is called being dehydrated. [Dehydration](#) also can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can make you sick. So keep that water bottle handy when the weather warms up! Not only does water fight dehydration, but it's awfully refreshing and has no calories.

Reviewed by: [Mary L. Gavin, MD](#)

Date reviewed: February 2009



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 22, 2022

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MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM

Nicolette Moore & Brad Morin, Drug & Alcohol Counsellors

SAVE THE DATE

MAY 26, 2022 FOR

Harm Reduction Event

11:00AM-3:00PM | MUSQUEAM COMMUNITY CENTRE GYM

⇒ 20 INFO VENDERS, CATERED LUNCH

⇒ \$50 INCENTIVES GIFT CARDS FOR ALL PARTICIPANTS

⇒ **BIG DOOR PRIZES TO BE WON (MULTIPLE BIG SCREEN
TVS / & PS5)**

FOR MORE INFORMATION PLEASE CONTACT:

NICOLETTE MOORE, NNADAP DRUG & ALCOHOL COUNSELLORS | WORK CELL: 236-558-8482

EMAIL: NNADAP.NMOORE@MUSQUEAM.BC.CA





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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



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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 Apr. 25	Tuesday Apr. 26	Wednesday Apr. 27	Thursday Apr. 28	Friday Apr. 29
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

For afterhours call the nurses Hotline 811

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)

WELL Health: 2077 W 42nd Avenue (Kerrisdale)

Check wait-times for BC Walk-in Clinics at <http://medimap.ca>



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Youth Centre

April 25th -29th

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

Email: youthcentre@musqueam.bc.ca

Monday April 25 th syəléwətnet	Tuesday April 26 th sθəmənts	Wednesday April 27 th słix ^w s	Thursday April 28 th sxaʔaθəns	Friday April 29 th słqecəss
Coloring Night 	Ping Pong Tournament 	Arts & Crafts 	Pool Tournament 	Movie Night 

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.**

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.**



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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

MUSQUEAM ELDERS

Brenda Campbell, Elders Coordinator

Next Elder's Luncheon starting:

Date: Wednesday May 4, 2022

Time: 12:00 Noon

Location: Elders Centre

Elder's Chair Exercise:

Date: Thursday May 5, 2022

Time: 1: 00 pm

Location: Elders Centre





MUSQUEAM EMPLOYMENT & TRAINING

COMPUTERS 101

Start Date: Monday, May 2, 2022

End Date: Monday, July 25, 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
- Direct Deposit Info

A Microsoft Office Administrative computer course will follow - TBD

PLEASE CONTACT E&T STAFF TO REGISTER:

Angela Nahanee, Job Coach

604-269-3316 | anahanee@musqueam.bc.ca

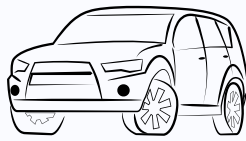
Krista Brisk, Administrative Assistant

604-269-3461 | employassist@musqueam.bc.ca

Alicea Bradley, Data Entry/Assistant

604-269-3355 | employclerk@musqueam.bc.ca





Musqueam Employment & Training

Looking to obtain your Class 7L License?

DRIVE FORWARD 'L' WORKSHOP

Date:
April 27th & 28th, 2022

Start: 4:30PM
End: 8:00 PM

Location: Musqueam Community Centre - Classrooms

Each session is 3.5-hours including
a 30-minute Dinner break
(with dinner provided).

Requirements:
Completed PIF, direct deposit
info and valid photo ID.

E&T STAFF CONTACT LIST:

Angela Nahanee

T: 604-269-3316

E: anahanee@musqueam.bc.ca

Krista Brisk

T: 604-269-3461

E: employassist@musqueam.bc.ca

Alicea Bradley

T: 604-269-3355

E: employclerk@musqueam.bc.ca





MUSQUEAM
EMPLOYMENT & TRAINING

TELEHANDLER

SAFETY TRAINING

WHEN:

April 30, 2022 (Day 1) May 1, 2022 (Day 2)
8:30 am (breakfast included), 11:30 am
lunchtime.

WHERE:

Musqueam Cultural Centre



CONTACT US:

Job Coach: Angela Nahanee
E: anahanee@musqueam.bc.ca
T: 604-269-3316

Office Administrator: Krista Brisk
E: employassist@musqueam.bc.ca
T: 604-269-3461

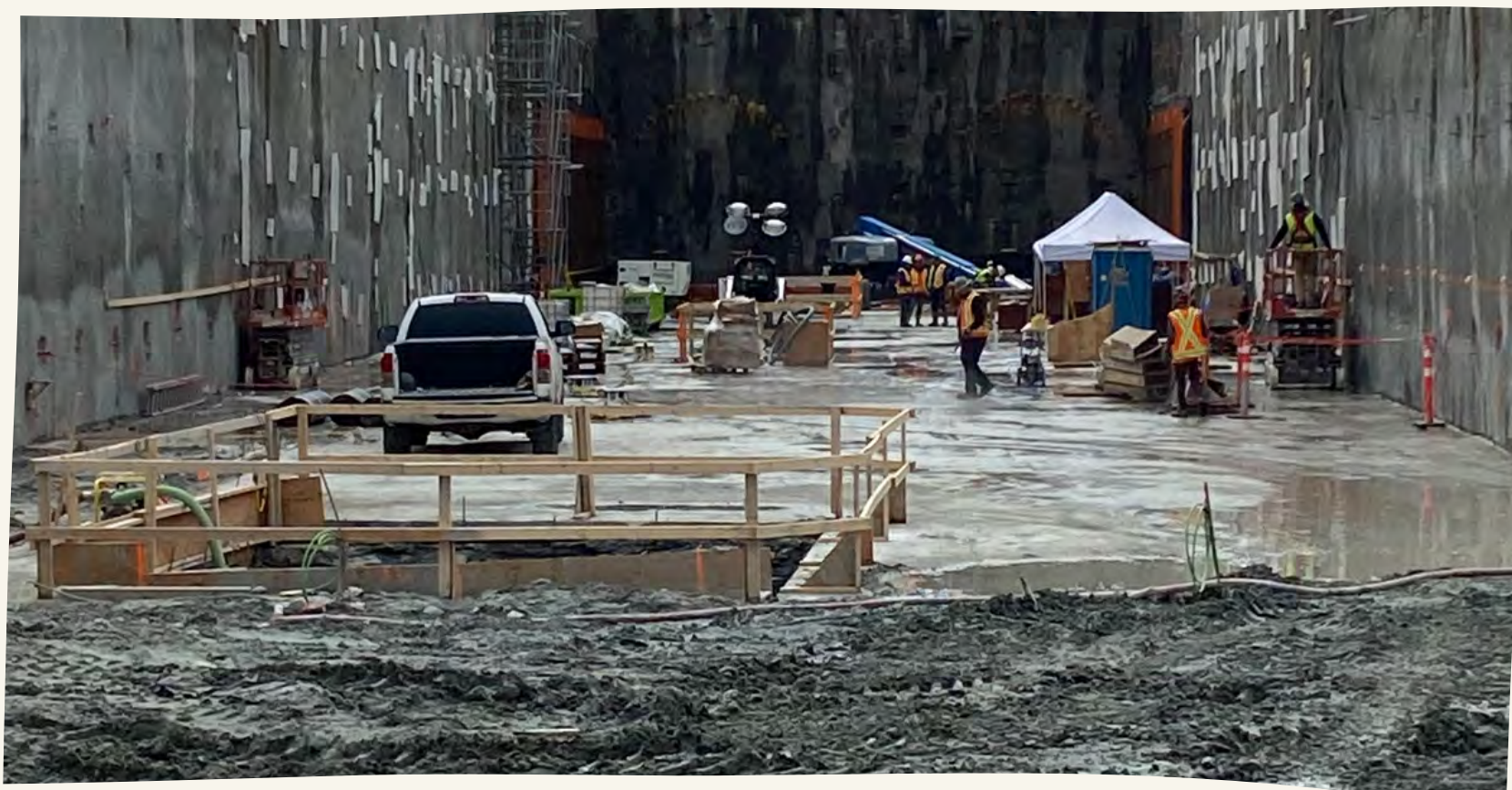
Data Entry/Assistant: Alicea Bradley
E: employclerk@musqueram.bca.ca
T: 604-269-3355

*Requirements:
completed PIF, valid
Fall Prorection
certification and direct
deposit info to reserve
a seat.*



MUSQUEAM EMPLOYMENT &
TRAINING

E&T TEAM'S SITE VISIT AT BROADWAY SUBWAY PROJECT



APRIL 13, 2022

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 May 23 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 (Tuesday for week of April 18th)
- Contestants can submit an answer by commenting on the post 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 at the administration building Monday to Friday, from 8:30 am to 4:30 pm

Prizes

Simms M's Tributary Waders

- Size S with size 7 boot
- Size XL with size 12 boot
-



MEC Aegir 20 Waterproof Pack

- Delta Blue
- 2X Black



3X Mustang Life Jackets + Fox 40 combo





17th Annual MIB & UBC Youth Soccer Tournament MAY 21ST & 22ND, 2022



FOOD/CONCESSION APPLICATION

Please note that vendors are expected to have read the attached Musqueam Recreation Vendor Plan and those who are permitted to set up at the tournament must sign the Vendors Agreements form prior to setting up at the tournament

CONTACT INFORMATION

Name:		Please select one or more of the following: <input type="checkbox"/> Musqueam Band Member <input type="checkbox"/> Aboriginal (Non Musqueam) <input type="checkbox"/> Community Member
Email:		
Cell Phone:		
Home Phone:		
Which is the easiest way to contact you?		

CONCESSION INFORMATION

Are applying to be the main concession for the tournament? *main concession must be open long hours and serve food, beverages and be able to handle a high quantity of customers		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Are you fundraising?		If so please describe what you are fundraising for (ex. Soccer team)	
Days you wish to set up	<input type="checkbox"/> Saturday <input type="checkbox"/> Sunday <input type="checkbox"/> Monday (if tournament goes longer)		
Times you are COMMITTED to provide food service each of these days	Saturday _____ to _____	Sunday _____ to _____	Monday _____ to _____

MENU SAMPLE & COSTS

Please use this space to provide a sample menu and prices (as accurate as possible, though we do understand prices and options may vary)

Food/Menu Item	Cost	Food/Menu Item	Cost

SIGNATURE:

I have read and agree to the terms of the attached Musqueam Recreation Vendor Plan		Date	
--	--	------	--

Please submit all applications either via email to cgibson@musqueam.bc.ca or to the Recreation Office at the Community Centre by Monday May 9th, 2022 @ 4:30 PM. Please note late applications will not be considered.

Replies to applications will be done no later than seven (7) days prior to the first day of the tournament.

If you have your own table, please bring one. Vendors may only receive one table each at the tournament from the organizers.

Recreation Use Only

- ☐ Date received
☐ Assigned schedule

- ☐ Accepted & designated:
☐ Vendor Agreement Signed



16th Annual MIB/UBC Youth Soccer Tournament MAY 21ST AND 22ND, 2022



VENDOR APPLICATION

Please note that vendors are expected to have read the attached Musqueam Recreation Vendor Plan and those who are permitted to set up at the tournament must sign the Vendors Agreements form prior to setting up at the tournament

CONTACT INFORMATION

Name:		Please select one or more of the following: <input type="checkbox"/> Musqueam Band Member <input type="checkbox"/> Aboriginal (Non Musqueam) <input type="checkbox"/> Community Member Is your table for fundraising: Yes or No
Email:		
Cell Phone:		
Home Phone:		
Which is the easiest way to contact you?		

VENDOR INFORMATION

Days you wish to set up	<input type="checkbox"/> Saturday <input type="checkbox"/> Sunday <input type="checkbox"/> Monday (if tournament goes longer)		
Times you are wishing to set up	Saturday _____ to _____	Sunday _____ to _____	Monday _____ to _____

MERCHANDISE

Please use this space to provide a sample of your merchandise (we do understand prices and options may vary)

Item	Cost	Item	Cost

SIGNATURES

I have read and agree to the terms of the attached Musqueam Recreation Vendor Plan		Date	
--	--	------	--

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Recreation Use Only

- | | |
|--|--|
| <input type="checkbox"/> Date received | <input type="checkbox"/> Accepted & designated: |
| <input type="checkbox"/> Assigned schedule | <input type="checkbox"/> Vendor Agreement Signed |

[View this email in your browser](#)

Share Online



Vancouver Heritage Foundation

In this Issue - April 20th, 2022

Hi heritage friend,

We are thrilled to share some of our upcoming events that will be taking place at the end of April and in early May!

Our spring programming continues this week with two new Lunch & Learns where we will discuss decolonizing heritage and the potentially uncomfortable reality of inclusion. Bailey Garden from the BC Labour Heritage Centre will join us on April 26th for a virtual evening lecture on women's labour history in Vancouver. We will also be hosting two new Pro-D for educators on April 25th, including a Musqueam Stories and Language virtual session with Larry Grant.

Continue reading to learn more about upcoming events and other Vancouver Heritage updates!

Lunch & Learn

Expanding Relevance through Decolonizing Heritage

Join Rena Soutar, Manager of Decolonization, Arts & Culture at the Vancouver Park Board and Julia Hulbert, Arts & Culture Planner at the Vancouver Park Board for a conversation on the expanding relevance of heritage. This lunch-time conversation will introduce how the field of heritage planning can begin to decolonize and reckon with difficult histories.



Date: April 21st, 2022

Time: 12PM-1PM

Location: Zoom (Online)

Price: \$15/9+tax

[Register](#)

Evening Lecture



Women's Labour History in Vancouver

Date: April 26th, 2022

Time: 7PM-8:30PM

Location: Zoom (Online)

Price: \$20/15+tax

Explore a lesser-known side of labour history in Vancouver, including the intersections of gender, race and class at work. BC Labour Heritage Centre (BCLHC) Project Manager Bailey Garden will highlight locations significant to women's labour history

using archival images, videos and Google Maps Streetview technology in this virtual presentation.

[Register](#)

Pro-D Workshops for Educators



Discover Chinatown!

Discover Chinatown with the Dr. Sun Yat-Sen Classical Chinese Garden, the Chinese Canadian Museum, Dragonboat BC and the Chinatown Storytelling Centre. VHF will be onsite for this free day of explorations in Vancouver's Historic Chinatown. Advance registration not necessary. Walk-ups welcome. See details for more information.

Date: April 25th, 2022

Time: 10AM - 3PM

Location: Chinatown

Price: Free



Musqueam Stories & Language

Don't miss out on VHF's last virtual Pro-D of the year! We will be joined by Musqueam elder and storyteller, Larry Grant for a one hour session on Musqueam stories and language. Please note this event will not be recorded.

Date: April 25th, 2022

Time: 9AM - 10AM

Location: Online

Price: \$15+ tax

[Register](#)

[DETAILS](#)

Planning a Heritage Garden

The beauty of a heritage home is enhanced by well-planned gardens. Christine Allen, author of 'Gardens of Vancouver', will show you how to create a heritage garden including an overview of traditional garden styles and how they were interpreted in early Vancouver. Christine will share recent examples of heritage houses complemented by their gardens, and discuss the plants used to create various effects.



Date: May 2nd, 2022

Time: 6PM-8PM

Location: In Person

Price: \$45+tax

[Register](#)

Raymur Pedestrian Bridge - Militant Mothers

Join us at the Militant Mother's Day celebration. Come visit our tent, which we will be at from 11am-2pm! The plaque presentation will take place at 1pm.

Everyone is welcome to join! For more details, click the button below or email our special projects manager at jessica@vancouverheritagefoundation.org

Date: May 7th, 2022

Time: 11am - 2pm

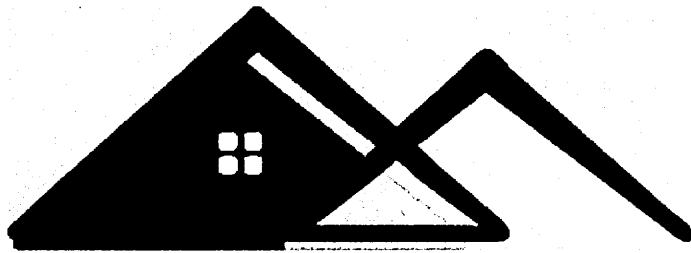
Location: In Person

Price: Free

[Details](#)



We're Hiring!



VANCOUVER
HERITAGE
FOUNDATION

Vancouver Heritage Foundation is seeking a current post-secondary student in environmental studies, engineering, geography, energy management, architecture, or a related discipline to join our team as Grant Programs Assistant this summer between May and August in a full-time capacity.

As the Grant Programs Assistant, you will help to create key resources that raise awareness of VHF's sustainability efforts through the Heritage Energy Retrofit Grant Program and the benefits of deep energy retrofits for reducing greenhouse gas emissions. You will have the opportunity to conduct research, perform data analysis, create data visualizations, and to design and write energy retrofit case studies that will raise awareness of the environmental benefits of retrofitting existing buildings.

The hourly wage is \$16/hr.

To apply, please send your resume and a cover letter to: Meghan Lenz, Grant Programs Manager meghan@vancouverheritagefoundation.org

Applications close May 2, 2022 at 5pm PST.

Kicking Off National Volunteer Week



National Volunteer Week is April 24th to 30th! This annual celebration is a time for us to thank and recognize our volunteers. This year's National Volunteer Week theme is [Empathy in Action](#) to highlight the profound human connection at the heart of healthier individuals and stronger communities. VHF has always relied on the incredible passion of our dedicated volunteers and we value the care and empathy that our volunteers bring to support heritage conservation in Vancouver.

In 2022, the VHF team is planning exciting things, including some major events and returning to in-person activities where possible. At this time, VHF will continue to primarily staff these events as we learn to navigate the ever-changing public health situation and related precautions. However, we hope to be able to rely on our wonderful volunteers at future events.

We would like to gauge your continued interest in volunteering for VHF and ask for your thoughts on shaping future volunteer opportunities. Please take our quick survey by clicking the link below. You can also reach out to caroline@vancouverheritagefoundation.org if you have any questions or would like to chat about volunteering with VHF.

TAKE THE SURVEY