



Musqueam Community Newsletter

FRIDAY APRIL 29, 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, MAY 2, 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

hay čx^w qə

INSIDE THIS ISSUE:

HEALTH DEPT.-2-11

Education Dept.-12-14

Scholarship Bursary-15-16

NYP-1718

Remaining News -19-23



MOTHER'S DAY IS
COMING!!!

SUNDAY MAY 8TH..

ST. MICHAEL'S CHURCH

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



Information Session & Community Meeting

~~~~~

## Information Sessions

There will be an information session in advance of the below Community Meeting to cover the following topics:

### 2023 Budget Presentation

#### 1. Community Info Session

**When:** Wednesday May 18, 2022

**Time:** 5:30 pm

**Where:** Musqueam Community Centre - Cafe

~~~~~

Community Meeting

Attention to all Musqueam Community Members, Budget for Fiscal Year Ending March 31, 2023. This is an important meeting and you are encouraged to attend.

1. 2023 Budget Presentation

2. Plus, presentation of Status of the New Financial Administration By-law

When: Tuesday May 31, 2022

Time: 6:00 pm

Where: Musqueam Cultural Centre

Dinner will be served at 5:30 pm

The Environmental Youth Alliance (EYA) is looking for land-based Knowledge Keepers to visit our youth programs!

Do you hold knowledge of native plants and/or land stewardship? Do you have experience working with youth? Are you interested in sharing knowledge and getting youth excited about connecting with the land?

We are looking for more Host Nation Knowledge Keepers to visit our programs for Indigenous and non-Indigenous youth to share stories, activities, and knowledge with our youth on topics such as Indigenous plant medicines, land stewardship, relationality and reciprocity with the land, weaving/crafting with plant materials and more! **Compensation is \$100/hr for your time** and program visits are generally 3 hours long.

EYA runs land-based education and environmental job skill training programs for Indigenous and non-Indigenous youth facing barriers in Vancouver's east side. Our land-based programs focus on the themes of land stewardship, native plant horticulture, and Indigenous plant knowledge. Our programs run on both weekdays and weekends through spring, summer and fall. We work with small groups of up to 10 youth per program. Programs run at one of our East Vancouver sites; primarily Strathcona Park or Renfrew Ravine. Learn more here: <https://eya.ca/>

If you are interested in visiting our programs as a guest knowledge keeper or want to learn more, please share a bit about yourself in an email to Erica at erica@eya.ca or call 604-689-4446. We look forward to hearing from you!



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 29, 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



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 29, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

Dexcom G6 - Continuous Glucose Monitor

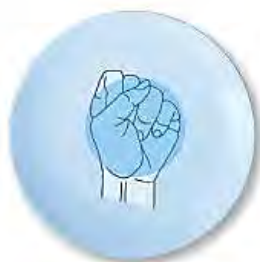
- ▶ Do you have Diabetes?
- ▶ Do you use insulin to manage your diabetes?
- ▶ Are you tired of poking your finger for blood sugar readings daily?
- ▶ The Dexcom G6 is a **“Continuous Glucose Monitor”** - meaning it continuously sends glucose readings for you to view every 5 minutes & compatible with 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.

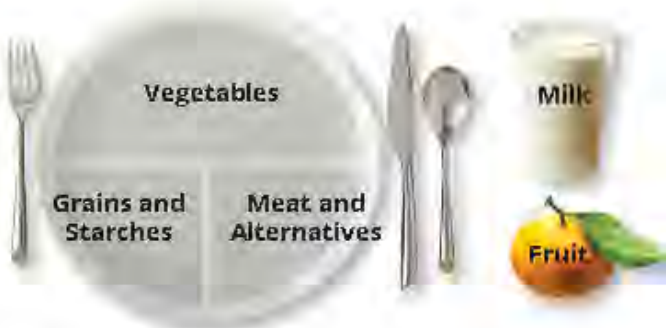


Figure 1: The Plate Method. Using a standard dinner plate, follow this model to control your portion sizes. www.diabetes.ca/mealplanning

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)



x^wməθk^{wə}yəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 29, 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:





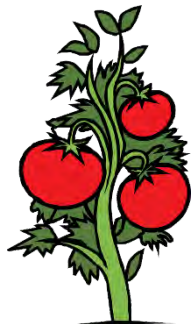
x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 29, 2022

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

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

Where does Vancouver tap water come from?

Water from both Seymour and Capilano are treated at the Seymour-Capilano Filtration Plant, while water from Coquitlam is treated at the Coquitlam Water Treatment Plant. Water from Seymour and Capilano comes from the steep North Shore Watersheds, which carry heavy particles from erosion during heavy rains. Filtration removes these particles. On the other hand, water from the Coquitlam Watershed is much more clear even during heavy rain. Filtration is not needed, and ozone is used to remove iron, manganese, taste, odors, sulfur without adding chemicals.— ozone and UV provide excellent water treatment for this source. Both treatment plants use UV to kill bacteria and viruses, and add Chlorine to keep the water disinfected as it enters the distribution system.

An additional eight rechlorination stations control chlorine levels as water moves away from the primary treatment plants. The closer you are to one of these, the higher the chances water will taste poorly.

Once water enters Vancouver's distribution system, it is tested from 53 dedicated water sampling stations. Water must comply with the health standards set out in the *BC Drinking Water Regulation*.



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 29, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.

WE ARE WORKING HARD TO LOOK AFTER YOU.

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





x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 29, 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 ~ APRIL 29, 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 May 2	Tuesday May 3	Wednesday May 4	Thursday May 5	Friday May 6
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>



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 29, 2022

PLEASE BE KIND TO OUR STAFF IN THESE CHALLENGING TIMES.




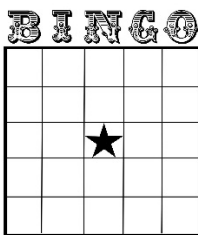

WE ARE WORKING HARD TO LOOK AFTER YOU.

Youth Centre

May 2-6, 2022

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

Email: youthcentre@musqueam.bc.ca

Monday May 2 syəlewətnet	Tuesday May 3 sθəmānts	Wednesday May 4 stix ^w s	Thursday May 5 sxəʔaθəns	Friday May 6 stqecəss
Coloring Contest 	Origami 	Canvas Painting 	Bingo 	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.**



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ APRIL 29, 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

MUQUEAM 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 Education Notice Friday April 29, 2022



SCHOOL CHEQUES

May high school cheques have been mailed, if we don't have your address on file the cheque will be available for pick up at the office. Post-secondary will remain direct deposit.

Scholarships and Bursaries



2022 Media Girlfriends Indigenous Student Scholarship

Media Girlfriends started in 2016, as a podcast created by Nana aba Duncan. It is now a podcast production company and scholarship, supporting women and gender diverse journalists, inviting all.

This new scholarship is for Indigenous high school, college, or university students of any gender entering or in a college or university program in journalism, communications, media, or tech in Canada. This scholarship exists to encourage and support Indigenous students of any gender, 17-30 years old, to pursue post-secondary education for a career in media.

Upon acceptance or return to a university or college in the fall of 2022, the recipient will receive this award and \$10,000 CAD. They will also have the opportunity to meet with members of the Media Girlfriends network. The recipients of the 2022 Media Girlfriends scholarships will be announced on Media Girlfriends' social media and posted on mediagirlfriends.com.

You can learn more about the Media Girlfriends Scholarship at: <https://scholartree.ca/scholarship/2022-media-girlfriends-indigenous-student-scholarship/NXZj48Yv1>

Deadline: Saturday, April 30, 2022 at 11:59 PM EST

Musqueam School Bus Information

Children are required to wear a mask at all

times on the bus. Children are expected to practice social distancing on the bus.

If your child is unwell or is a close contact with someone with Covid-19 or suspected Covid-19 please keep them home and isolate.

It is strongly recommended that parents wait with their young children at the bus stop until they are on the bus.



Tutoring

If students require tutoring 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

Daylyn is in grade 6 at Southlands. He is a popular member of the school community. Daylyn's teacher said, "Daylyn is a kind and helpful student who is well-liked by his teachers and peers."

Daylyn loves playing football, basketball and video games. His favourite part about school is recess and lunch when he gets to play with his friends. Despite being a very quiet student at school, Daylyn sets a good example for others by always doing the right thing, even if no one is watching.

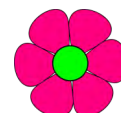
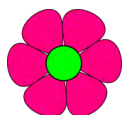
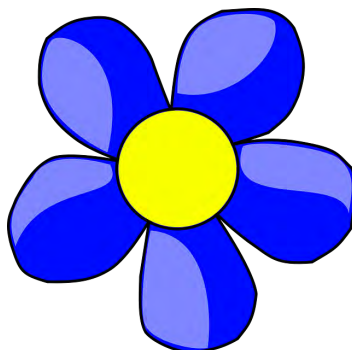
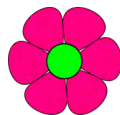
Riddle

Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?

Answer: There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy, and Mr. and Mrs. Mustard.

“Education is not the learning of facts, but the training of the mind to think.”

- Albert Einstein





THE UNIVERSITY
OF BRITISH COLUMBIA
Centre for Excellence in
Indigenous Health

UBC Summer Science and the Virtual Indigenous Science Experience (VISE)

2022 applications open NOW!

What is UBC Summer Science Program?

UBC Summer Science is a one-week cultural, health and science program for Indigenous students in grades 8-11. The program promotes interest in health, science, technology, engineering and mathematics (STEM) programs through firsthand experience at the University of British Columbia. The Summer Science Program is a great opportunity to meet new friends, eat great food, connect with Elders/role models while enjoying fun, laughter and learning.

Who: Students entering grades 9 - 12 in fall 2022

Where: UBC Vancouver campus

When: July 10th - 16th (Grades 10 & 11)
July 17th - 23rd (Grades 8 & 9)

Application deadline May 1st, 2022

For more information: <https://bit.ly/UBCSSPVICE>

Got Questions? Email: summer.science@ubc.ca



What is VISE?

The VISE 2022 is an online, interactive workshop program for Indigenous high school students. Students are introduced to the University of British Columbia and various science, health and STEM fields. They also learn Indigenous teachings from dedicated facilitators and Elders.

Who: Students entering grades 9 - 12 in fall 2022

Where: Online

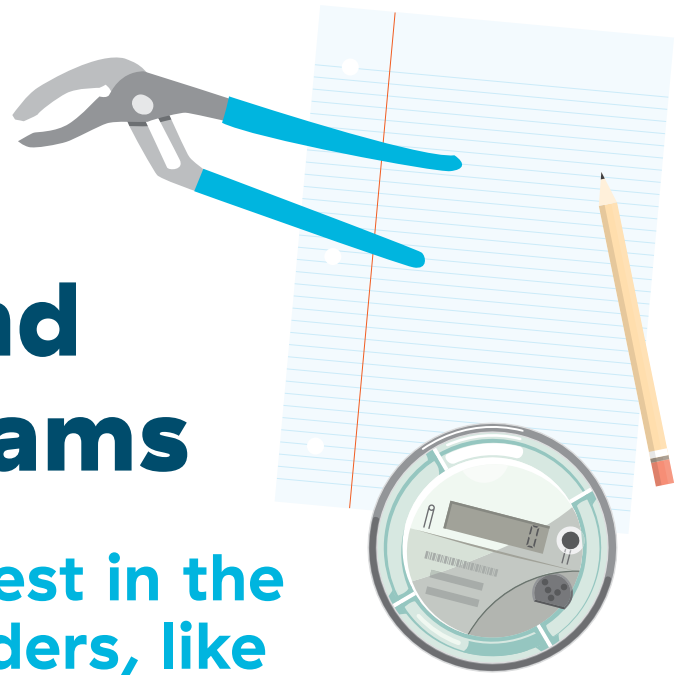
When: July 2022 (exact dates TBD)

SCAN ME



If COVID-19 restrictions do not allow us to gather in-person for UBC Summer Science from July 10th-23rd, we will then offer VISE 2022. With respect to those that may not want to attend an in-person Summer Science this year, we are opening VISE 2022 applications to assess the demand for this program. Closer to April 2022, we will announce if one or both programs (UBC SSP & VISE 2022) will be running in July 2022.

BC Hydro Indigenous Scholarship and Bursary Programs



BC Hydro wants to invest in the next generation of leaders, like you, to build a strong and healthy workforce across the province.

Our scholarships and bursaries are available to Indigenous students from BC First Nations or are an Indigenous permanent resident of BC studying at a Canadian post-secondary institution in a program that closely matches to careers at BC Hydro.

Application period: _____

Scholarships in the amount of \$5000 are available to full-time students in degree, diploma, certificate, or technical/trades programs connected to BC Hydro careers.

Bursaries in the amount of \$2000 are available to part-time students in degree, diploma, certificate, or technical/trades programs connected to BC Hydro careers.

The Randy Brant Memorial Award in the amount of \$8000 and will be awarded to the top overall applicant from all bursary and scholarship submissions.

For more information including program eligibility and application forms go to bchydro.com/scholarships or email indigenous.awards@bchydro.com.



She Wolf gifted
to BC Hydro by
Art Thompson
from the Dłtidaht
First Nation.

 **BC Hydro**
Power smart



Chief Joe Mathias British Columbia Aboriginal Scholarship Fund

2022

STATEMENT OF ACTIVITIES

The Chief Joe Mathias British Columbia Aboriginal Scholarship Fund is a nationally registered charity established in memory of the late Chief Joe Mathias to support Chief Mathias' vision of post-secondary education for all First Nation persons. The Fund is an incorporated society under the Society Act of British Columbia.

The purposes of the Society are to advance education by providing educational scholarships to deserving British Columbia First Nation students who are in financial need and who demonstrate merit, in order to improve access to post-secondary education so that deserving British Columbia First Nation persons can acquire the knowledge and skills needed to participate in a changing economy and society, including scholarships to enable deserving British Columbia First Nation students to engage in:

- ❖ Courses of study towards an academic degree, or a certificate or diploma, at an eligible post-secondary educational institution at an undergraduate level; or
- ❖ Post-graduate academic studies at an eligible post-secondary educational institution, wherever located.

ELIGIBLE RECIPIENTS

The Society will grant scholarships only to persons who:

- ❖ Are members or citizens of a British Columbia First Nation (or BC Indian Band) – British Columbia First Nation means a band (within the meaning of “band” in the *Indian Act*) that is located in British Columbia,
- ❖ Are enrolled at an eligible post-secondary educational institution as a full-time, or part-time, student;
- ❖ Are pursuing studies that lead to a degree or to a certificate or diploma from that institution; and
- ❖ Are in financial need and demonstrate merit.

Preference will be given to candidates who wish to pursue and excel in academic pursuits with the greatest potential benefit to the welfare and advancement of aboriginal communities and causes.

Examples of Ineligible Fields of Study:

- ❖ Conferences / symposiums / workshops
- ❖ Professional Fees / schools
- ❖ Education at non-recognized post-secondary institutions
- ❖ Executive / Management programs
- ❖ Fine Arts programs

ELIGIBLE POST-SECONDARY EDUCATIONAL INSTITUTION

The scholarships will be provided to eligible recipients for post-secondary studies at:

- ☐ A public post-secondary educational institution that grants degrees, certificates or diplomas; or
- ☐ A private post-secondary educational institutional that grants degrees, certificates or diplomas and that is determined by the Board to be an eligible institution.

ADDITIONAL REQUIREMENTS

The Board may in its discretion establish, amend or revoke:

- ☐ Criteria, terms or conditions, that are not in conflict with the foregoing, or the Society's constitution or bylaws, that must be met or satisfied by a person applying for or receiving a scholarship from the Society, including criteria, terms or conditions that must be met or satisfied for continuation of scholarship payments; and
- ☐ Factors to be considered by the Board in the selection of a candidate for a scholarship that are not in conflict with the foregoing, or the Society's constitution or bylaws, and that may include academic achievement, personal qualities and character, interest and participation in post-secondary educational institution and community affairs, development of a program of studies and special aptitude and qualification for that program.

APPLICATIONS

Scholarship Applications will be reviewed at least once per year by the Board or by a committee formed for the purpose of making scholarship recommendations to the Board.

Scholarship Applications must conform with all requirements of the following application Form. Should you have any questions please email chiefjoemathias@gmail.com.

Applications can be found at:
www.chiefjoemathias.ca

Native Youth Program

Summer Opportunity
for INDIGENOUS
HIGH SCHOOL STUDENTS
[AGE 15-18] [\$15.65/HR]



[WHAT will you gain?]

Seven weeks training and work experience exploring traditional and contemporary Indigenous cultures from your own experiences and research.

ACTIVITIES MAY INCLUDE...

CREATING Podcasts and Social Media content
LEARNING from Elders, mentors, and artists
RESEARCHING the museum collection
EXPLORING the land through field trips
GIVING guided museum tours
PRESENTING the Multimedia App to
museum visitors

[WHEN and WHERE?]

July 4th–August 19th, 2022 at the UBC Museum of Anthropology.

APPLICATIONS ARE OPEN!

To get the application package please contact nyp@moa.ubc.ca

NATIVE YOUTH PROGRAM 2022

Co-Sponsored by the Museum of Anthropology (MOA) &
UBC First Nations House of Learning (FNHL)

Summer Employment Opportunity

INDIGENOUS HIGH SCHOOL STUDENTS

The Native Youth Program (NYP) provides students with an opportunity to research their own and other cultures through the museum collection and online resources and participate in workshops and study trips. They will also learn about the resources at the Museum of Anthropology and the broader UBC campus and develop public presentation skills using objects and new media. Participants will share this knowledge with other students and museum visitors through guided tours, presentations, and a report reflecting on their experience.

Requirements: Candidates must be 15 to 18 years old, identify as First Nations or Indigenous, enrolled in high school and have an interest in Indigenous culture.

Details: Full-Time
7 weeks (Start date July 4th to August 19th)
30 hours/week
9:00 am - 4:00 pm Monday to Friday

\$15.65/hour

Apply to: nyp@moa.ubc.ca
Damara Jacobs-Petersen
Curator of Indigenous Programming

UBC Museum of Anthropology
6393 N.W. Marine Drive
Vancouver, B.C. V6T 1Z2



APPLICATION DEADLINE: May 20th, 2022 at 4:00pm



SOARING EAGLE NATURE SCHOOL

WE'RE HIRING

JOIN OUR TEAM



SUMMER CAMP INSTRUCTORS/ NATURE MENTORS
SUMMER CAMP DIRECTORS

SUMMER-ONLY OR PERMANENT LONG-TERM POSITIONS

www.soaringeaglenatureschool.org



summer research program
for Indigenous youth

Are you a high school student from an Indigenous background? Are you interested in studying science and doing research?

ICORD, a spinal cord injury (SCI) research centre in the UBC Faculty of Medicine and Vancouver Coastal Health Research Centre, in partnership with UBC's School of Biomedical Engineering, is excited to offer a summer program to provide opportunities and mentorship for Indigenous youth interested in scientific research. We're inviting high school students (currently in grade 10 - 12) to do research projects with us. We are hoping that this experience in a research environment might inspire you to go on in the sciences, and maybe consider further studies or a career in neuroscience or biomedical engineering.

Start date: July 5, 2022 • **End date:** August 13, 2022 • **Hourly wage:** \$15.50 (5 hours/day)

Location of project: 818 West 10th Avenue, Vancouver, UBC Point Grey Campus, or
UBC-Okanagan Campus, Kelowna.

How to apply: please complete this form and return it by email to admin@icord.org.

Application deadline: May 6, 2022.

Name: _____

Current grade: _____ **School:** _____

Email address: _____ **Phone number:** _____

- Please complete the questions on pages 2-3.
- Please review and sign the consent form on page 4.
- Please have your science teacher or school counsellor sign below:

I, _____ support this application by _____ to
(teacher's name) (student's name)
participate in ICORD's summer research program for indigenous youth.

signature title date

email address

**For more information, see icord.org/issp or call
604-675-8844**



Vancouver
Coastal Health
Research Institute

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





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	
--	--	------	--

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 may 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

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



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

SPECIAL TRAFFIC ADVISORY



Vancouver Marathon

Sunday, May 1, 2022, Vancouver's only Marathon event will celebrate its 50th Anniversary. The event is organized annually by the local non-profit RUNVAN®

ROAD CLOSURES, SPECIAL TRAFFIC ADVISORY April 30 & May 1, 2022

Race routes will impact traffic on Saturday, April 30, 2022, in Vancouver's Riley Park, Coal Harbour and Downtown, and on Sunday, May 1, 2022, in Riley Park, South Cambie, Oakridge, Fairview, Kerrisdale, Dunbar, UBC, Point Grey, Kitsilano, West End, Coal Harbour, Chinatown, Yaletown, Cambie, False Creek and Downtown neighbourhoods.

For detailed information, please see the reverse side, visit: bmvancouvermarathon.ca/detours
email: info@runvan.org or call: 604 872 2928

RACE DAY EVENT SCHEDULE Sunday, May 1, 2022

Half Marathon / 7am Start Time (Queen Elizabeth Park) – 11am Course Closes

Marathon / 8:30am Start Time (Queen Elizabeth Park) – 3:30pm Course Closes

8KM / 9:30am Start Time (Stanley Park) - 11am Course Closes

All event services will be withdrawn, removed and the area cleaned prior to roads re-opening

SHARE IN THE EXCITEMENT!

- Block Party by Kits Beach on Cornwall Ave.
- Block Party by English Bay along Beach Ave. and Gilford St.
- Finish Line on W Pender St. at Bute St.
- Street Festival on W Hastings St. between Bute St. and Burrard St.



PUBLIC ACCESS Sunday, May 1, 2022

- **AIRPORT (7:30am-9:30am)** use Main St. to Marine Dr. to access and egress from the airport
- **COAL HARBOUR (6am-5pm)** use W. Cordova St. from Burrard St.
- **CANADA PLACE / PORT METRO VANCOUVER** use W. Hastings St. via Main St.
- **TRANSIT RIDERS (7:30am-10am)** expect intermittent traffic delays on Oak St., Cambie St. & Granville St.
- **HILLCREST COMMUNITY CENTRE (5pm April 30 - 12pm May 1)** local access only via Main St. & 30th Ave.

Check how to get in and out of your neighbourhood:

bmvancouvermarathon.ca/detours

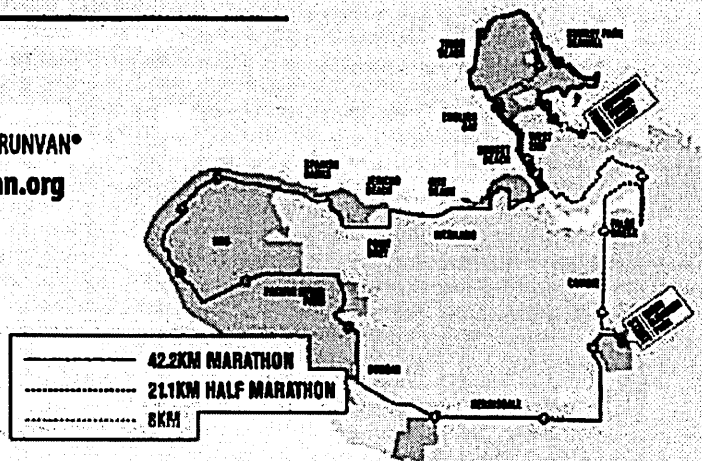
This event is organized annually by the local non-profit RUNVAN®

Questions? P: 604 872 2928 E: info@runvan.org

Join In

RUN • CHEER • VOLUNTEER

#bmvancouver #runvan



SPECIAL TRAFFIC ADVISORY ROAD CLOSURES



**Vancouver
Marathon**



Vancouver's only Marathon event is celebrating its special 50th Anniversary on Sunday, May 1, 2022.

Please be aware of potential road closures in your area and plan ahead. Key road closures are noted below.

For additional info, please visit: bmovanmarathon.ca/detours, email: info@runvan.org or call: 604 872 2928.

Saturday, April 30 and Sunday, May 1, 2022

START AREA - QE PARK / RILEY PARK / HILLCREST

LOCAL ACCESS	Local access to Hillcrest Community Centre is available for locals via Main St. and 30th Ave.
5:00pm April 30 - 1:00pm May 1	Midlothian Ave. from Ontario to Dinmont Ave. - CLOSED
5:00am-12pm May 1	Ontario St. from 30th to 37th Ave - CLOSED
Sunday, May 1	START LINE on Midlothian Ave. and Clancy Loranger Way

FINISH AREA - COAL HARBOUR

LOCAL ACCESS	Use W Cordova St. via Burrard St.
12:00pm April 30 - 8:00pm May 1	W Hastings St. - West of Burrard, from Burrard St. to Bute St. - CLOSED W Pender St. - from Burrard St. to Denman St. - CLOSED Thurlow St. - from Eveleigh St. to W Cordova St. - CLOSED
Sunday, May 1	FINISH LINE on W Pender St. at Bute St. STREET FESTIVAL on W Hastings St. between Burrard St. and Bute St.

Sunday, May 1, 2022

START AREA - QE PARK / RILEY PARK / HILLCREST

5:00am-9:00am Hillcrest Centre	Use Main St. at 33rd Ave. to access Hillcrest Community Centre
5:00am-9:00am	Cambie St. to Main St., from King Edward Ave. to 41st - LOCAL TRAFFIC
12:00am-12:00pm	33rd Ave. at Main St. - CLOSED
6:30am-9am	W 29th Ave. from Cambie St. to Midlothian Ave. - CLOSED

SOUTH CAMBIE / OAKRIDGE / FAIRVIEW

6:30am-8:15am	Cambie St. from W 29th Ave. to Pacific Blvd - NB CLOSED
6:45am-9:00am	Cambie St. from W 41st Ave. to W 49th Ave. - NB CLOSED
8:00am-9:30am	Cambie St. from King Edward Ave. to W 49th Ave. - SB CLOSED
7:30am-9:00am	Granville St. from W 41st Ave. to W 70th Ave. - LOCAL TRAFFIC ONLY
7:30am-9:00am	Oak St. from W 41st Ave. to W 70th Ave. - LOCAL TRAFFIC ONLY

FALSE CREEK / CHINATOWN / YALETOWN

6:45am-8:45am	Quebec St. / Columbia St. from 1st Ave. to E PENDER ST. - SB CLOSED, NB OPEN; LOCAL TRAFFIC ONLY E Pender St. from Columbia St. to Homer St. - EB CLOSED, WB OPEN Union St. from Main St. to Expo Blvd - CLOSED Pacific Blvd from Nelson St. to Quebec St. - CLOSED
---------------	--

YALETOWN

7:00am-9:15am	Homer St. from Pender St. to Robson St. - CLOSED Robson St. from Homer St. to Hamilton St. - CLOSED Hamilton St. from Robson St. to Smith St. - CLOSED Helmcken St. from Mainland St. to Homer St. - CLOSED Mainland St. from Smith St. to Davie St. - CLOSED Davie St. from Mainland St. to Pacific Blvd - CLOSED
---------------	---

WEST END

	Block Party by English Bay along Beach Ave. and Gifford St.
7:00am-9:15am	Pacific St. from Richards St. to Seymour St. - EB CLOSED Pacific Blvd from Seymour St. to Cambie St. - WB CLOSED; EB OPEN Granville St. from Beach Ave. to Pacific Blvd - CLOSED Robson St. & Continental St. between Pacific St. & Granville St. - CLOSED Beach Ave. from Granville St. to Jervis St. WB OPEN local traffic only
7:00am-12:45am	Beach Ave. from Jervis St. to Denman St. - EB CLOSED; WB OPEN
7:00am-9:45am	Beach Ave. from Denman St. to Stanley Park Drive - EB CLOSED
9:00am-1:30pm	Pacific St. from Burrard to Bidwell St. - EB CLOSED; WB OPEN

DOWNTOWN VANCOUVER

6:30am-8:00am	Cambie St. Bridge from W 2nd to Pacific Blvd - NB CLOSED; SB OPEN
6:45am-8:45am	Dunsmuir Viaduct CLOSED NB; Use Main St. to W Hastings St.
9:00am-1:30pm	Burrard St. Bridge - Cornwell St. to Pacific St. - SB CLOSED, NB OPEN
7:30am-2:15pm	Denman St. from W Georgia St. to Seawall - CLOSED LOCAL TRAFFIC ONLY via Bayshore Dr. at Cardero St.

STANLEY PARK

6:30am-11:00am	All roads in Stanley Park - CLOSED (causeway open)
9:00am-1:00pm	Stanley Park Seawall - FULL/PARTIAL CLOSURE

UBC / ENDOWMENT LANDS / DUNBAR / SOUTHLANDS / KERRISDALE

8:00am-10:00am	W 49th Ave. from SW Marine Dr. to Cambie St. - WB CLOSED
8:00am-10:15am	SW Marine Dr. from Camosun St. to 49th Ave. - WB CLOSED
8:00am-10:15am	W 41st Ave. from Crown St. to Camosun St. / SW Marine Dr. - CLOSED
8:00am-10:30am	Use Dunbar St.; Camosun St. from SW Marine Dr. to 29th Ave. - CLOSED
8:00am-10:45am	W 29th Ave. from Camosun St. to Imperial Dr. - CLOSED
8:30am-10:45am	Imperial Dr. from W 29th Ave. to W 16th Ave. - CLOSED
8:30am-10:45am	W 16th Ave. from Imperial Dr. to Westbrook Mall - EB CLOSED
8:30am-10:45am	SW Marine Dr. to Westbrook Mall - WB CLOSED
8:45am-11:00am	Blanca St. from 16th Ave. to 10th Ave. - CLOSED
8:45am-11:30am	NW/SW Marine Dr. from Chancellor Blvd to W 16th - NB CLOSED
LOCAL ACCESS	41st Ave. and Dunbar St. - LOCAL TRAFFIC ONLY

POINT GREY / KITSILANO

	Block Party by Kits Beach on Cornwell
9:00am-12:15pm	NW Marine Dr. from Chancellor Blvd to W 4th Ave. - CLOSED W 4th Ave. at Trimble St. - LOCAL TRAFFIC ONLY Belmont Ave. and Marine Dr. - LOCAL TRAFFIC ONLY Belmont Ave. from NW Marine Dr. to Discovery St. - CLOSED Discovery St. from NW Marine Dr. to Belmont Ave. - CLOSED
10:15am-12:15pm	W 4th Ave. from NW Marine Dr. to Highbury St. - ONE WB LANE CLOSED, EB LANES OPEN
9:15am-12:30am	Alma St. from W 4th Ave. to Point Grey Rd. - CLOSED W 2nd Ave. at Alma St. - LOCAL TRAFFIC ONLY
9:30am-12:45pm	Point Grey Rd. from Highbury St. to Trafalgar St. - CLOSED
9:30am-1:00pm	Cornwall Ave. from Trafalgar St. to Arbutus St. - CLOSED Kits Point perimeter: Arbutus North of Cornwall, McNicoll from Maple to Arbutus, Maple from McNicoll - Ogden, Ogden from Maple to Chestnut, Chestnut North of Cornwall - CLOSED Whyte Ave. & Chestnut St. - Burrard Marina Access only via Cypress St.