

Musqueam Community Newsletter FRIDAY May 6, 2022

TOLL FREE: 1-866-282-3261, FAX: 604-263-4212 SAFETY & SECURITY PATROL: 604-968-8058

Information Session & Community Meeting

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# **Information Sessions**

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

2023 Budget Presentation

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.

2023 Budget Presentation 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

INSIDE THIS ISSUE:

Fisheries Nominations etc.

Upcoming Meetings—4-5

Education-6-9

Remaining News-10-32



HAPPY MOTHERS' DAY!!! ENJOY YOUR DAY AND LIVE IT!!!

# ST. MICHAEL'S CHURCH

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

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# **NOMINATIONS MEETING RESULTS**

# MUSQUEAM FISHERIES COMMISSION May 2, 2022

The following individuals have been nominated for a position on the Musqueam Fisheries Commission for a two (2) year term.

| NOMINATED:              | NOMINATED BY:    | SECOND BY:       |
|-------------------------|------------------|------------------|
| F. Kelly LOUIS          | Morgan Guerin    | Roberta Campbell |
| Brian J. SPARROW        | Roberta Campbell | Morgan Guerin    |
| Johnny 'Dickie' LOUIS   | Morgan Guerin    | Roberta Campbell |
| Clarke Campbell-Sparrow | Richard Sparrow  | Roberta Campbell |
| Norman Guerin           | K. Louise Point  | Ernestine Herman |
| Justin Guerin           | K. Louise Point  | Ernestine Herman |
| Ryan Mathison           | Laurence Paul    | Roberta Campbell |

Voting for three (3) candidates for a two (2) year term will take place on **Tuesday**, **May 10, 2022** at the Musqueam Administration Office in the **Main Boardroom** from 9am – 7pm.

Jocelyn Campbell-Axson Electoral Officer



# MUSQUEAM FISHERIES COMMISSION THREE (3) CANDIDATES TO BE ELECTED FOR A TWO (2) YEAR TERM

Notice is hereby given to electors of the Musqueam Indian Band that elections will be held to elect **THREE (3) candidates** for the Musqueam Fisheries Commission of the Musqueam Indian Band for a **TWO (2) year term**, and that such polling station will be open from **9:00am to 7:00pm** at the Musqueam Administration Office in the **Main Boardroom** on **Tuesday**, **May 10<sup>th</sup> 2022**.

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

If you have any questions, please contact the Musqueam Fisheries Department.

Jocelyn Campbell-Axson Electoral Officer

# Hosting the Olympics in Musqueam territory:

Remembering 2010 and thinking about 2030





# Olympic 2030 Bid Community

Meeting Tuesday, May 10th at 6:00pm

Online - Meeting Link Below



# Have you been wondering about Musqueam's involvement in the 2030 Olympic and Paralympic Games bid?

Join the Canadian Olympic Committee, athletes and Musqueam to learn about our role in the bid and what the Games can bring to our community.

We want to hear from you:

What impacts and legacies do you hope for the 2030 Games?

To register please follow link below: https://us06web.zoom.us/webinar/register/ WN\_irtwm4XiR36CL5X4gqvQAA



# Part-Time Membership Registrar (Two-Year Term)

# Job Post Musqueam Indian Band

# **Position Summary:**

Musqueam Indian Band is seeking a Temporary Part-Time Membership Registrar. Reporting to the Office Manager, The Membership Registrar develops and maintains an effective and efficient Band registration system. The Registrar's main responsibilities include but is not limited to ensuring the accuracy of the Musqueam Indian Band membership list, voters list, issuing Status Cards, and recording life events (e.g. birth, death, marriage etc.). This position involves working three days a week on a two-year term with potential for extension.

# **Duties:**

- Maintains Band Memberships lists by reviewing necessary documentation, conducting background research, information verification and event registration
- Status Card issuance and control
- Works with Band departments to verify Band members' status and personal information
- Coordinates and works Membership Committee meetings
- Provides monthly reports to Chief & Council (detailing changes to Band list)
- Maintenance and security of Register, Black Registry, registry supplies and materials
- Develops and updates Distribution Lists
- Maintains and updates the Musqueam Indian Band voters list; provides voters list to Electoral Officers; works with Electoral Officer(s) during Band elections/referendums
- Develops statistical reports and Band lists as requested from various departments
- Ensures confidentiality of files and maintains records of Access to Information requests
- Develops and maintains effective working relationships with Band members, staff, supervisors, and other First Nations or outside agencies
- Assists Band members with applications for status cards, transfers, birth registration and other life events, in addition to passports, 'blood' quantum letters, etc.
- Other related duties as required

# Job Knowledge:

The work requires the following knowledge, skill and/or abilities:

- Skill and knowledge usually attained by successful completion of High School, completion of business administration courses and Indian Band Registry Training; or an equivalent combination of skill, knowledge, and experience
- Knowledge of Band Registry legislation and policies; certified by INAC with the "Indian Registration Administrator (IRA)" or willingness to undergo training
- Knowledge of Sections 10, 11 & 6 of the Indian Act

- Knowledge of court cases related to Status Registration is preferred
- Knowledge of MIB membership rules is preferred
- Completion of training from Indian Affairs as an Electoral Officer or willingness to undergo training
- Trained/certified in issuing new status cards (or willingness to become certified)
- Sound knowledge of office protocols and computer programs such as Word, Excel and database programs is required
- Knowledge and experience of similar program delivery in the context of Musqueam or First Nations culture and history.
- Ability to communicate effectively, both written and spoken
- Ability to use tact and good judgment in dealing with sensitive and complex issues
- Ability to conduct research; review and evaluate information and is detailed oriented
- Ability to work independently; plan and organize work to meet deadlines
- Ability to maintain strict confidentiality

# **Working Conditions:**

- Two-year term with potential for extension
- Three days a week basis
- Work is performed in an office environment.
- Successful Criminal Record Check
- Required signing of confidentiality agreement

# **Compensation:**

Salary is commensurate with education and experience.

# Musqueam Education Notice Friday May 6, 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.

# **Introduction; Lucetta George Grant**

Hello Musqueam,

I recently accepted a position in the Education Department as the Education Advocate. I am excited to be back in the office. Over the years much of my work has been in education and I am looking forward to continuing in this field. I have lived in Musqueam for approximately 25 years and am grateful to the community for so many things. I am fortunate to be able to live here and now work here. Not a day goes by that I do not think about and acknowledge that I am very fortunate to be part of such an amazing community. My position here will be to act as a resource for students (of all ages) and to also be a liaison between the schools, students and the education department. I am excited to work with the community and welcome any questions you may have for me. Please contact me if you would like to talk about how I may be able to assist you in your educational journey. I can be reached by calling the office on my direct line 604-269-3456, or by email <a href="mailto:education.advocate@musqueam.bc.ca">education.advocate@musqueam.bc.ca</a>

# **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

# 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.







# 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

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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MAY 6, 2022

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

# **Covid Liaisons Contact Info:**

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

Evening / Weekend: 236-889-3637

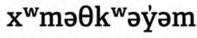
4pm -8pm / 9am - 1pm

# 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)







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|------------------------------|--------------|----------------|
| (what?)                      | (where?)     | (when?)        |
| Covid-19 Immunization Clinic | Musqueam Gym | June 3rd, 2022 |

# **Eligibility for your 2nd Covid-19 Booster:**

- ⇒ Aged **55 or older**
- ⇒ 6 months since your 1st booster shot





# All other doses are welcome!

- Anyone wanting their 1st or 2nd dose of the Covid Vaccine
- Any children or youth aged 5 and over needing their
   1st or 2nd dose of the Covid Vaccine
- Anyone aged 12 and over needing their 1<sup>st</sup> booster immunization

# **Register Monday - Friday**

Speak to Ashlee, Arlene or Crystal in the Health Dept.

@ 604 263 3261

Or

By calling the MUSQUEAM COVID LIAISONS

(Daytime: 236-688-4821 | Evenings: 236-889-3637)



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# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MAY 6, 2022

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# 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?



- 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!





# **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 lowfat 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.

<sup>\*</sup> Food group names taken from Beyond the Basics: Meal Planning for Healthy Eating Diabetes Prevention and Management. © Canadian Diabetes Association, 2014.



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# **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

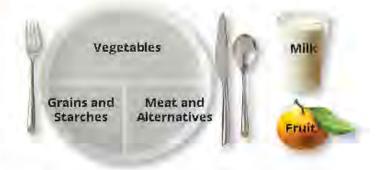
# Try these meal planning ideas to lower meal GI:

- 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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# "ABATE" the stress:

understanding the stress response

These are the 4 elements of the stress response:









Body (Physiology)







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:** 





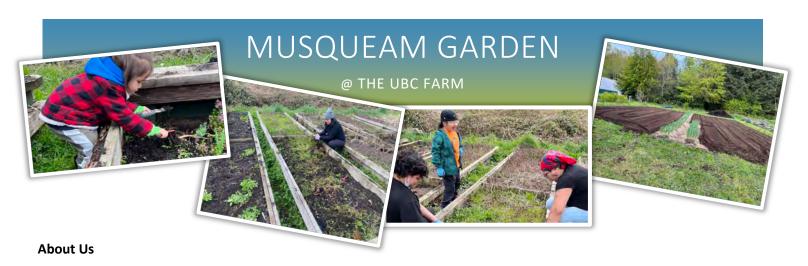
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# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MAY 6, 2022

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# LAND BASED HEALING PROGRAM

PATRICIA ISAAK, COORDINATOR



Kymberlee Stogan has been recently appointed the Coordinator of the Musqueam Garden at UBC Farm. Trish from the Land Based Healing Program completes the administrative tasks and comes to the farm at least once a week to do hands on work.

The goals of the program include

- Provide food security to the Musqueam community
- Encourage community members to get outdoors
- Support community members in learning how to grow food

The garden receives support from UBC staff and community members. We hope that more community members will join us in our journey to being a self-sustaining farm.

# \$25 Save on Foods Gift Cards

To encourage more community involvement there will be a weekly draw of 4 x \$25 gift cards for volunteers who come to help. Snacks and drinks will be provided during various volunteer time slots.

May 12, 2022

We are looking for lots of volunteers on Thursday May 5, 2022

Shuttle will be departing for 2 time slots

10-12am

5-7 pm

# Meals will be provided

Musqueam Garden address: 3461 Ross Drive, Vancouver BC

Follow us on Facebook: Musqueam Garden @ UBC Farm



## SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

# Water You Doing?: Benefits of Drinking Water

Keeping ourselves hydrated throughout the day is crucial to maintaining health and well-being. Sixty percent of our body is made up of water, and without it, we would not be able to make some of the essential body processes.

However, not all areas in the world have access to clean drinking water. The issue with this is that these communities cannot function well, and some may get dehydrated or sick from the lack of water or drinking poor alternative water sources

An average person needs to drink six to eight glasses of water daily. For places with more hot and humid temperatures, drinking at least eight or more glasses is ideal for optimum body function.

Too little water in the body increases heat storage and makes the person more vulnerable to heat strain. It can also increase physical strain when we walk or exercise.

Maintain blood pressure: Blood becomes thicker and viscous when we are dehydrated. Dehydration often results in the kidney releasing renin, resulting in sodium and water retention in the body to correct the low fluid volume. If this response stays constant, it often results in high blood pressure.

Digestion: Water helps break down food to help the body absorb the nutrients found in food. Without it, most of the nutrients we eat would not be processed or used by the body. Aside from that, water also helps soften stool and prevents constipation. Dehydration can cause many gastrointestinal problems such as constipation and high pH in the stomach, increasing the risk for ulcers and heartburn.

# The National Indigenous Physical Activity & Wellness Conference

all Indigenous peoples to attend the virtual National Indigenous Physical Activity & Wellness Conference for free.

The National Indigenous Physical Activity & Wellness Conference

Friday & Saturday May 6 & 7, 2022 (this week)

The Indigenous Physical Activity & Cultural Circle (IPACC) annually hosts the National Indigenous Physical Activity & Wellness Conference.

This is the Nation's largest conference on Physical Activity & Wellness for First Nations, Métis and Inuit people and our community members who participate and promote traditional activities, fitness, recreation, and sports. Join us in the virtual Zoom 9th annual NIPAW event to share best practices. Register here on Eventbrite:

https://www.eventbrite.ca/e/virtual-national-indigenous-physical-activity-wellness-conference-registration-169667091839?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb

Please use promo code "guest" to register. The promo code link may be seen on the top right hand corner of the registration window.

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MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM

Nicolette Moore & Brad Morin, Drug & Alcohol Counsellors

# SAVE THE DATE

MAY 26, 2022 70R

# Harm Reduction Event

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

 $\Rightarrow$  20 INFO VENDERS, CATERED LUNCH

⇒ \$50 INCENTIVES GIFT CARDS FOR ALL PARTICIPANTS

 $\Rightarrow$  **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

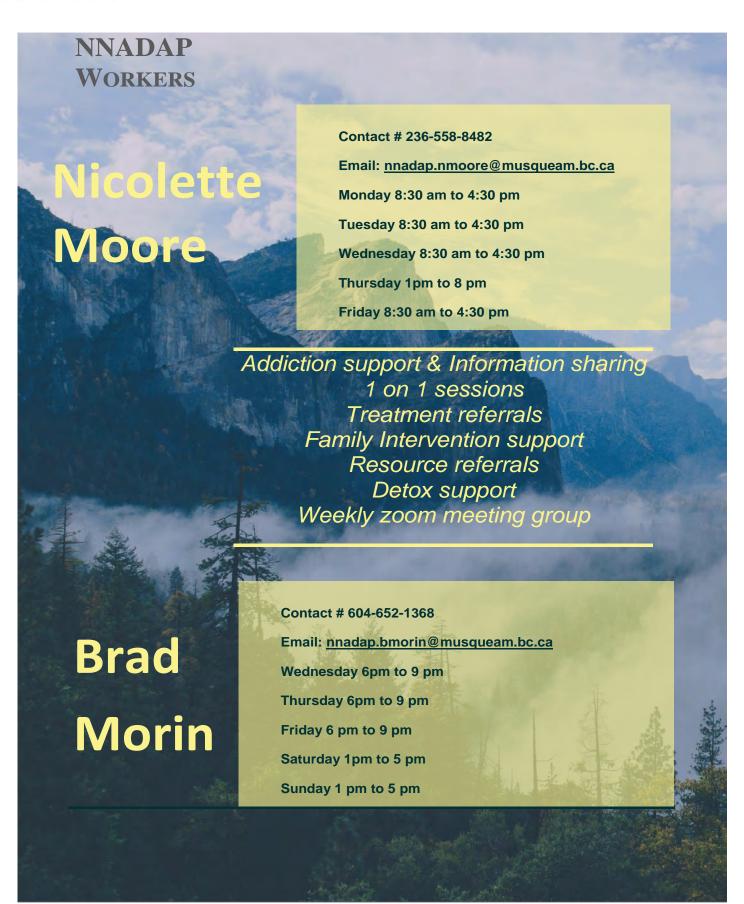


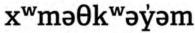


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# MUSQUEAM PRIMARY CARE CLINIC

Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N 4K7
<u>Located in the Primary Care Trailer</u>

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

| Monday            | Tuesday         | Wednesday         | Thursday                                 | Friday                                   |
|-------------------|-----------------|-------------------|------------------------------------------|------------------------------------------|
| May 9             | May 10          | May 11            | May 12                                   | May 13                                   |
| Karen Chandra, NP | Dr. Dumont, GP  | Karen Chandra, NP | Karen Chandra, NP<br>Natalie Bruneau, NP | Karen Chandra, NP<br>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 <u>advance</u>. Or, ask your pharmacy to send us a refill request.



Our clinic has <u>reached capacity</u>; 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 <u>no longer a walk-in clinic</u>.



**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 42<sup>nd</sup> Avenue (Kerrisdale)

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



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# **Youth Centre**

May 9-13, 2022

Sandra Dan at the Youth Centre | Office Phone: **604-269-3452** | Cell Phone **604-360-9171** Email: **youthcentre@musqueam.bc.ca** 

| Monday May 9             | Tuesday May 10 | Wednesday May 11    | Thursday May 12 | Friday May 13         |
|--------------------------|----------------|---------------------|-----------------|-----------------------|
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| Beaded Bracelet Making   | Game Night     | DIY Moon Sand       | Pool Night      | Movie Night           |

Youth Centre will be open from 2:00 pm—9:00 pm Monday—Friday

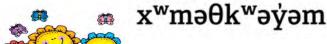
If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them <u>at all times who will</u> <u>care for them</u>. **Children 0-6 without a parent or guardian will be sent home.** 

# 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 <u>at all times who will care for them</u>. **Children 0-6 without a parent or guardian will be sent home.** 



# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ MAY 6, 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 18, 2022

Time: 12:00 Noon
Location: Elders Centre

## **Elder's Chair Exercise:**

Date: Thursday May 19, 2022

Time: 1: 00 pm

Location: Elders Centre



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 JECKET, 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 $21^{ST}$ AND $22^{ND}$ , 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 IN               | FORMATION                                      |              |                   |  |  |
|-------------------------------------------|----------------------------------------------------------------------------|---------------------|--------------------------|------------------------------------------------|--------------|-------------------|--|--|
| Name:                                     |                                                                            |                     |                          | Please select one or more of the fo            | llowing:     |                   |  |  |
| Email:                                    |                                                                            |                     |                          | ☐ Musqueam Band Member                         |              |                   |  |  |
| Cell Phone:                               |                                                                            |                     |                          | ☐ Aboriginal (Non Musqueam) ☐ Community Member |              |                   |  |  |
| Home Phone:                               |                                                                            |                     |                          | Is your table for fundraising: Yes o           | r No         |                   |  |  |
| Which is the easiest                      | way to contact                                                             | you?                |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     | VENDOR INI               | FORMATION                                      |              |                   |  |  |
| Days you wish to set                      | Days you wish to set up Saturday Sunday Monday (if tournament goes longer) |                     |                          |                                                |              |                   |  |  |
| Times you are wishi                       | rishing to set up Saturday                                                 |                     |                          | Sunday Monday                                  |              |                   |  |  |
|                                           |                                                                            | t                   | 0                        | to                                             | t            | 0                 |  |  |
|                                           |                                                                            |                     | MERCH                    | ANDISE                                         |              |                   |  |  |
| Please use this space                     | e to provide a sa                                                          | ample of your me    | rchandise (we do ur      | nderstand prices and options may var           | ry)          |                   |  |  |
| Item                                      |                                                                            | C                   | Cost                     | Item                                           |              | Cost              |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     |                          |                                                |              |                   |  |  |
|                                           |                                                                            |                     | SIGNA                    | TURES                                          |              |                   |  |  |
| I have read and agre<br>Musqueam Recreati |                                                                            |                     |                          |                                                | Date         |                   |  |  |
| Please s                                  | ubmit all applic                                                           | ations either via e | mail to <u>cgibson@m</u> | usqueam.bc.ca or to the Recreation             | Office at th | ne Community      |  |  |
|                                           |                                                                            |                     |                          | ase note late applications may not be          |              |                   |  |  |
| , , ,                                     |                                                                            |                     |                          | ven (7) days prior to the first day of t       |              |                   |  |  |
| It you have                               | your own table                                                             | e, please bring one | e. Vendors may only      | y receive one table each at the tourn          | ament fror   | n tne organizers. |  |  |
| Recreation Use Only  Date receiv          |                                                                            |                     | ☐ Accepted               | & designated:                                  |              |                   |  |  |
|                                           | ما رام ما                                                                  |                     | Nonden A                 | auaanant Cianad                                |              |                   |  |  |



Assigned schedule

# 17th Annual MIB & UBC Youth Soccer Tournament MAY $21^{ST}$ & $22^{ND}$ , 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

|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      | <u> </u>                  |                  |  |
|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------|-------------------------------------------------------|----------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------|---------------------------|------------------|--|
|                                                                                                                          |                                                                                          |                      |                                                       | CONTACT                                                        | INFO                | RMATION                                                                                              |                           |                  |  |
| Name:                                                                                                                    |                                                                                          |                      |                                                       |                                                                |                     | se select one or more of the fo                                                                      | llowing:                  |                  |  |
| Email:                                                                                                                   |                                                                                          |                      |                                                       |                                                                |                     | ☐ Musqueam Band Member                                                                               |                           |                  |  |
| Cell Phone:                                                                                                              |                                                                                          |                      |                                                       |                                                                |                     | boriginal (Non Musqueam) ommunity Member                                                             |                           |                  |  |
| Home Phone:                                                                                                              |                                                                                          |                      |                                                       |                                                                |                     | ommunity Wember                                                                                      |                           |                  |  |
| Which is the easiest                                                                                                     | way to contact                                                                           | you?                 |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      | CC                                                    | ONCESSIO                                                       | N INF               | ORMATION                                                                                             |                           |                  |  |
| Are applying to be t                                                                                                     | he main conces                                                                           | sion for             | the tourna                                            | ament?                                                         | □ Yes               | □ No                                                                                                 |                           |                  |  |
| *main concession must be open long hours and serve food,<br>beverages and be able to handle a high quantity of customers |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
| Are you fundraising?                                                                                                     |                                                                                          |                      |                                                       |                                                                |                     | If so please describe what you are fundraising for (ex. Soccer team)                                 |                           |                  |  |
| Days you wish to se                                                                                                      | t up                                                                                     | Saturda              | іу 🗆                                                  | Sunday 🔲 🛚                                                     | Monday (            | if tournament goes longer)                                                                           |                           |                  |  |
| Times you are COM                                                                                                        |                                                                                          | de                   | Saturday                                              |                                                                | Sun                 | day                                                                                                  | Monday                    |                  |  |
| food service each of                                                                                                     | f these days                                                                             |                      | to                                                    | 0                                                              |                     | to                                                                                                   | to _                      |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       | MENU SA                                                        | MPLE                | & COSTS                                                                                              |                           |                  |  |
| Please use this spac                                                                                                     | e to provide a s                                                                         | ample m              | enu and p                                             | orices (as accura                                              | te as pos           | sible, though we do understand                                                                       | I prices and c            | ptions may vary) |  |
| Food/Men                                                                                                                 | u Item                                                                                   |                      | С                                                     | ost                                                            |                     | Food/Menu Item                                                                                       |                           | Cost             |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                | +                   |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       |                                                                |                     |                                                                                                      |                           |                  |  |
|                                                                                                                          |                                                                                          |                      |                                                       | SIGI                                                           | NATU                | RE:                                                                                                  |                           |                  |  |
| I have read and agre<br>Musqueam Recreat                                                                                 |                                                                                          |                      | tached                                                | SIGI                                                           | NATU                | RE:                                                                                                  | Date                      |                  |  |
| Musqueam Recreat                                                                                                         | ion Vendor Plar                                                                          | 1                    |                                                       |                                                                |                     | RE:                                                                                                  |                           | Community        |  |
| Musqueam Recreat                                                                                                         | ion Vendor Plar<br>submit all applic<br>Centre by N                                      | ations e<br>Monday I | ither via e<br>May 9 <sup>th</sup> , 20               | mail to <u>cgibson(</u><br>)22 @ 4:30 PM.                      | @musque             | eam.bc.ca or to the Recreation note late applications will not be                                    | Office at the considered. |                  |  |
| Musqueam Recreati                                                                                                        | ion Vendor Plar<br>submit all applic<br>Centre by N<br>Replies to app                    | ations e<br>Monday I | ither via e<br>May 9 <sup>th</sup> , 20<br>will be do | mail to <u>cgibson(</u><br>022 @ 4:30 PM.<br>one no later thar | @musque<br>Please r | eam.bc.ca or to the Recreation ote late applications will not be 7) days prior to the first day of t | Office at the considered. | nt.              |  |
| Musqueam Recreati                                                                                                        | ion Vendor Plar<br>submit all applic<br>Centre by N<br>Replies to app                    | ations e<br>Monday I | ither via e<br>May 9 <sup>th</sup> , 20<br>will be do | mail to <u>cgibson(</u><br>022 @ 4:30 PM.<br>one no later thar | @musque<br>Please r | eam.bc.ca or to the Recreation note late applications will not be                                    | Office at the considered. | nt.              |  |
| Musqueam Recreati                                                                                                        | ion Vendor Plan<br>submit all applic<br>Centre by N<br>Replies to app<br>syour own table | ations e<br>Monday I | ither via e<br>May 9 <sup>th</sup> , 20<br>will be do | mail to <u>cgibson(</u><br>022 @ 4:30 PM.<br>one no later thar | @musque<br>Please r | eam.bc.ca or to the Recreation ote late applications will not be 7) days prior to the first day of t | Office at the considered. | nt.              |  |

☐ Vendor Agreement Signed



# NORTHERN TOWING & RECOVERY 604-725-9876



# \$\$\$ CASH FOR SCRAP CARS \$\$\$

LOOKING TO RESPONSIBLY RECYCLE YOUR VEHICLE?
WE PAY TOP DOLLAR AND OFFER FREE IN-TOWN PICKUP.
CALL, TEXT, OR EMAIL US TODAY FOR A QUOTE.

**MARK HEYWOOD 604-725-9876** 

NIKKI JACOBS 604-306-4194

NORTHERNHEAVYSERVICE@GMAIL.COM

2nd
ANNUAL VANCOUVER POLICE DEPARTMENT

# SENIOR SEALTH& SELTH& 2022 MAIN

10 A.M. – 4 P.M. | JUNE 8, 2022

**Creekside Community Centre, 1 Athletes Way (in the Gym)** 

A FREE EDUCATIONAL FAIR FOR SENIORS WHERE WELLNESS PROVIDERS, SENIORS' ADVOCATES, AND FIRST RESPONDERS WILL SHARE INFORMATION ON

- CRIME PREVENTION AND PERSONAL SAFETY
  - EXERCISE AND HEALTHY LIVING
    - GARDENING, AND MORE!
- Free drinks and snacks
- Door prizes and giveaways

# FOR MORE INFORMATION CONTACT:

- Detective Aida Rodriguez: 604-717-9570 (Spanish)
- Detective Rita Raj: 604-787-3356 (Punjabi/Hindi)
- Detective Julie Gilmore: 604-717-9591
- Detective Diana Hon: 604-717-9839 (Cantonese)



# Drive-thru native plant pick up – new date

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 **Friday, May 13**<sup>th</sup>, **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.



Friday May 13<sup>th</sup>, 3:30 – 5 PM in the front parking lot of Band Office and Community Center









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



# Musqueam Youth Nights are going to Extreme Air Park in Richmond!

When? *Friday, May 13<sup>th</sup>.* Please meet at the Musqueam Community Centre at 5PM. Food and drinks will be served at the park.



How much? Completely free!! (Must have completed waiver forms for MYN and contact Bethany by deadline).

Please contact Bethany Jones at <u>Bjones@musqueam.bc.ca</u> or 6049976758 to reserve a spot. *Deadline is May 10<sup>th</sup>!* 

Stay tuned for more events!!!





# **Hello Vancouver Families!**

We are ready to go!! We have joined with

Marpole Soccer Club to create a FREE and Adaptive Soccer

Team for kids with a disability!

Monday Nights 6pm - 7pm

LOCATION: OAK PARK - 59TH + OAK ST

OPEN TO ALL GENDERS / AGE 4 - 15 / ALL SKILL LEVELS

NOTE: Your child does not need to have a formally diagnosed disability, if your child has experienced barriers to playing a team sport, you are welcome here!

TO REGISTER: EMAIL HELLO@KATIEJAMESON.CA