



Musqueam Community Newsletter

Friday, May 5, 2023

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

SAFETY & SECURITY PATROL: 604-968-8058

Musqueam—Gravel Road to Foreshore

Please be advised that Metro Vancouver will be replacing the gravel and grading the road leading to the foreshore starting at 7:00 am Monday, May 8, 2023, weather dependent.

They anticipate the work to only take the day. We kindly ask for our community fishermen and members avoid accessing the beach area, as well as leaving their vessels and vehicles on site, over the duration of their work.

Sorry for any disruptions and appreciate everyone's cooperation.

Please call Dawn Campbell-Sparrow at 604.649.5556. for any questions or concerns.

Thank you,

Public Works Department

ANNOUNCEMENTS !!!

Please note that there is a marathon happening this weekend in our area hosted by BMO—Vancouver Marathon, **on Sunday~May 7, starting at 8:00 am.** There will be **"ROAD CLOSURES"** - please see following pages for further information!

UP COMING EVENTS/INVITES

Also, there are upcoming events, **inviting Musqueam members—** please see inside the newsletter!

Inside this Issue:

BMO—Van Marathon-2-4

Events—Invite—5-6

MIB—Youth Soccer Tournament-7-11

EDUCATION—12-13

Remaining News-14-27



**SUNDAY MAY 14, 2023
IS "MOTHERS' DAY"....**

Please come and join us for Mass at
St. Michael's Church
Every Sunday @ 1:00 pm.

Thank you, Jeannie Campbell—
604-781-5641

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ROAD CLOSURES SPECIAL TRAFFIC ADVISORY



**Vancouver
Marathon**



Cheer on runners at Canada's largest Marathon race on Sunday, May 7, 2023.

Please also 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, May 6 and Sunday, May 7, 2023

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 May 6 -1:00pm May 7	Midlothian Ave. from Ontario to Dinmont Ave. - CLOSED
5:00am-12pm May 7	Ontario St. from 30th to 37th Ave - CLOSED
Sunday, May 7	START LINE on Midlothian Ave. and Clancy Loranger Way

FINISH AREA - COAL HARBOUR

LOCAL ACCESS	Use W Cordova St. via Burrard St.
12:00pm May 6 -8:00pm May 7	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 7	FINISH LINE on W Pender St. at Bute St. STREET FESTIVAL on W Hastings St. between Burrard St. and Bute St.

Sunday, May 7, 2023

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 29th 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
	Rolston 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 - Cornwall 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

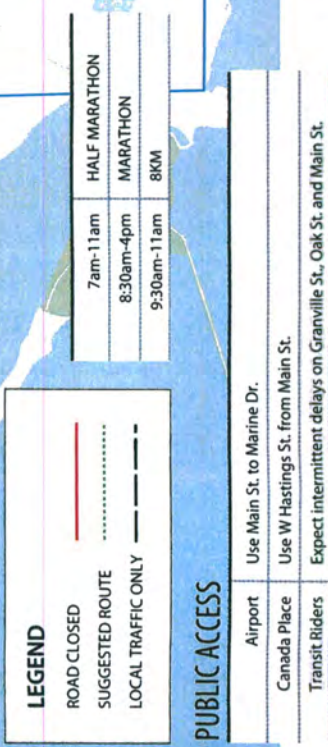
6:30am-11:00am	All roads in Stanley Park - CLOSED (causeway open)
9:00am-1:00pm	Stanley Park Seawall - FULL/PARTIAL CLOSURE

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. - EB CLOSED
8:30am-10:45am	Imperial Dr. from W 29th Ave. to W 16th Ave. - CLOSED
8:30am-12:00pm	W 16th Ave. from Imperial Dr. to Westbrook Mall - CLOSED
8:30am-12:00pm	W 16th Ave. SW Marine Dr. to Westbrook Mall - WB CLOSED
8:45am-11:00am	Blanca St. from 16th Ave. to 10th Ave. - SB CLOSED
8:45am-11:30am	NW/SW Marine Dr. from Chancellor Blvd to W 16th - CLOSED
LOCAL ACCESS	41st Ave. and Dunbar St. - LOCAL TRAFFIC ONLY

POINT GREY / KITSILANO

	Block Party by Kits Beach on Cornwall
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.





Musqueam Chief

yəχ^wyaχ^wələq Wayne Sparrow

and

UBC Interim President and Vice-Chancellor

Deborah Buszard

*invite the Musqueam community to a joint celebration for
new public artwork by Richard Campbell.*

Bronze Disc Celebration

Thursday, May 11, 2023

3:00pm

Reconciliation Pole at UBC

Refreshments to follow

Shuttle leaves community
centre at 2pm and returns to
Musqueam after the event.

Parking: UBC B4 Lot
(6365 Agronomy Road)

RSVP to save a seat. Email Mack Paul at
protocol@musqueam.bc.ca or text 236-788-4779.



Musqueam Rights Recognition

UNDRIP

Information Session & Dinner

Monday, May 15

Dinner at 5pm

Presentation at 5:30pm

Cultural Centre

What is the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP)?

Join Ed John, former chair of the UN Permanent Forum on Indigenous Issues, to learn the declaration's history and how it is a foundation for Musqueam's vision for our future.



18th Annual Musqueam & UBC Youth Soccer Tournament



Notice of Parking Restrictions

This year's Musqueam Youth Soccer Tournament will host **60 YOUTH TEAMS!**
One of our biggest tournaments yet.

We, in Recreation, believe this is because Musqueam tournament has proven to be a welcoming, safe and top of the line event for Indigenous youth to share their love of sport. In this spirit and the spirit of our Musqueam values of Respect we would ask that we all pay particular attention to the parking situation at the fields.

In the past we have dealt with:

- HIGH number of incidents
- Driveways being blocked
- Damage to lawns and gardens
- Swearing at our parking attendant volunteers
- Driving right past our parking volunteers and endangering their safety.

This year Safety and Security and VPD will be assisting us in implementing **VERY LIMITED PARKING AT THE FIELDS**. Please note Safety and Security staff will be blocking streets and **restricting access to elders and handicap ONLY**.

For this reason we ask that you utilize the shuttle service from the Band Office Parking Lot or walk to the fields. If you take the shuttle this will get you much closer to the fields than parking up to 3 blocks away.



Shuttle will run daily from 8:00 am to after the end of the last game. Pick up is at the Musqueam Band Office Community Center

If you have any questions or concerns please contact Courtenay Gibson, Recreation Coordinator @ 604-269-3451 or

cgibson@musqueam.bc.ca

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18th Annual MIB & UBC Youth Soccer Tournament Musqueam Fields – Parking Map



Elder & Handicap parking ONLY



Staffed barrier/entry point



NO Parking/Entry



General Parking



Shuttle drop off/pick up



18th Annual MIB & UBC Youth Soccer Tournament MAY 20TH & 21ST, 2023



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	
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Please submit all applications either via email to cgiibson@musqueam.bc.ca or to the Recreation Office at the Community Centre by Monday May 5th, 2023 @ 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



18th Annual MIB/UBC Youth Soccer Tournament MAY 20TH AND 21ST, 2023



VENDOR APPLICATION

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CONTACT INFORMATION

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

VENDOR INFORMATION

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

MERCHANDISE

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

Item	Cost	Item	Cost

SIGNATURES

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

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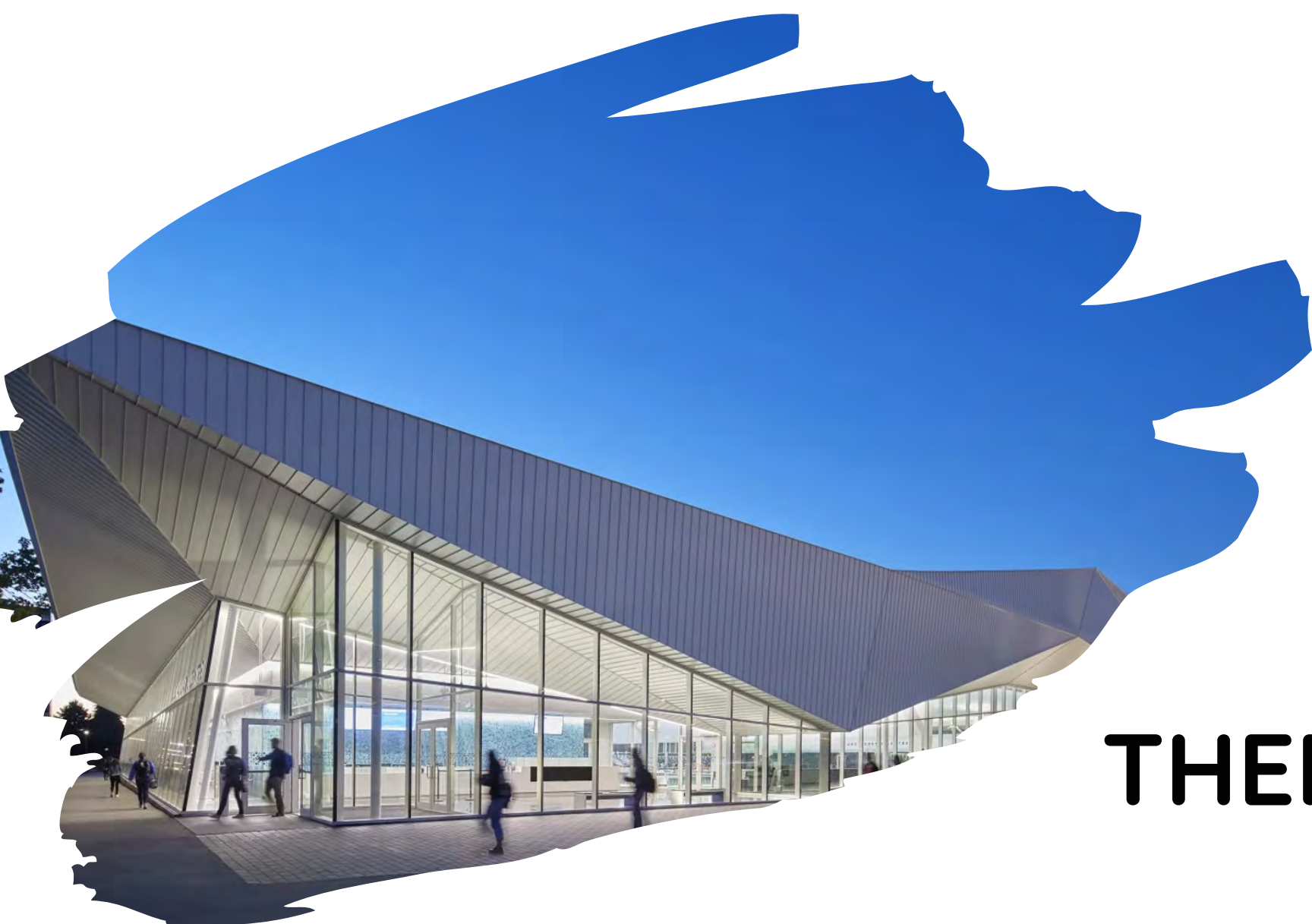
Recreation Use Only

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

UBC AQUATIC CENTRE



MUSQUEAM & UBC SOCCER TOURNAMENT



FREE SWIMMING!

THERE IS A CAPACITY OF 110

Leisure and Recreation Pools

4:30 pm - 5:30 pm

Saturday, May 20th & Sunday, May 21st

Parking at North Parkade
6115 Student Union Boulevard
\$2/half hour or \$10 all day

UBC Aquatic Centre
604-822-4501
6080 Student Union Boulevard



Musqueam Education Notice Friday May 5, 2023

Homework Club

Homework club runs every **Monday and Wednesday** from 3:30-5:30 in the Library Space. Bring your homework and join us!! Snacks will be available.



Graduating Musqueam High School Students

If you are considering going to a post-secondary institution in September, please contact the Education dept to discuss your plans and get a copy of the MIB Post Secondary Funding Application package. If you need any help or would like to discuss your options or find out more information about post-secondary funding for students graduating from high school please feel free to email or call.

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

SCHOOL BUS INFO

If your child(ren) is planning on riding the school bus this year, please contact the Education department to fill out the MIB School Bus Form.

Children are required to wear a mask at all times on the bus. If your child is sick please keep them home.

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



Education Department:

Faye Mitchell, Education Manager:

fmitchell@musqueam.bc.ca

Lucetta George-Grant, Education Advocate:

education.advocate@musqueam.bc.ca

Cary Campbell, School Bus Driver

Kymberlee Stogan, School Bus Supervisor

Ph. # 604 - 263 - 3261; Fax # 604 - 263- 4212

Toll free: 1-866-282-3261

We are excited to be preparing for graduation. Please see the list of names below. If your child's name is not on this list, please contact us to have them added.

Grade 7

Fara Campbell
Daylyn Kristinn Campbell
Kimora Charles
Odin Charles-Billy
Kylie Charlie-Point
Raymond James
Isla Grant
Ethan Mathison
Jones Peter
Devyn Wilson-Sparrow
Annabelle Stogan

Grade 12

Isaiah Baker-Sparrow
Arianne Brown-Clayton
Lacy Billy
Abigail Grant
Danielle Guerin
Kirsten Guerin
Hallie Anna Hensel
David Innes Joe-Louis
Casey Storm James
Natasha Marie Louis
Walter Perez-Dan
Carsyn Sparrow
Christian Sparrow
Penelope Sparrow
Hailee Stogan
Kaci Stogan-Ned
Charleen West
Shirleen Wilson
Greg Point
Brandon Shaw

Post-Secondary Students

Please contact our office to let us know
if you will be graduating this year



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | MAY 5, 2023 |

MUSQUEAM COMMUNITY HEALTH

stem? (what?)	ni? ʔəncə? (where?)	təmtem? (when?)
Covid-19 Immunization Clinic	Cultural Centre	May 17, 2023 2:00pm to 5:30pm

Eligibility criteria:

OPEN TO ALL INDIGENOUS COMMUNITY MEMBERS WHETHER YOU HAVE HAD COVID OR NOT.

If community members had monovalent COVID vaccines as their fall booster, they are also eligible for bivalent booster (has to be 5 to 6months interval).

Indigenous people 50-69 years of age

Individuals 70-80 years of age

Individuals 18-49 years of age with underlying chronic conditions.

Spring dose may be offered to all community members who need 1st & 2nd dose for the primary series and those who need the fall booster.

We will be offering pediatric vaccines for any children that are eligible



CALL THE MUSQUEAM HEALTH DEPARTMENT

**If you would like more information & to book your appointment please call Musqueam
Community Health Nurse:**

Amana, CHN at 604-263-3261.



MERV's WALKING CHALLENGE

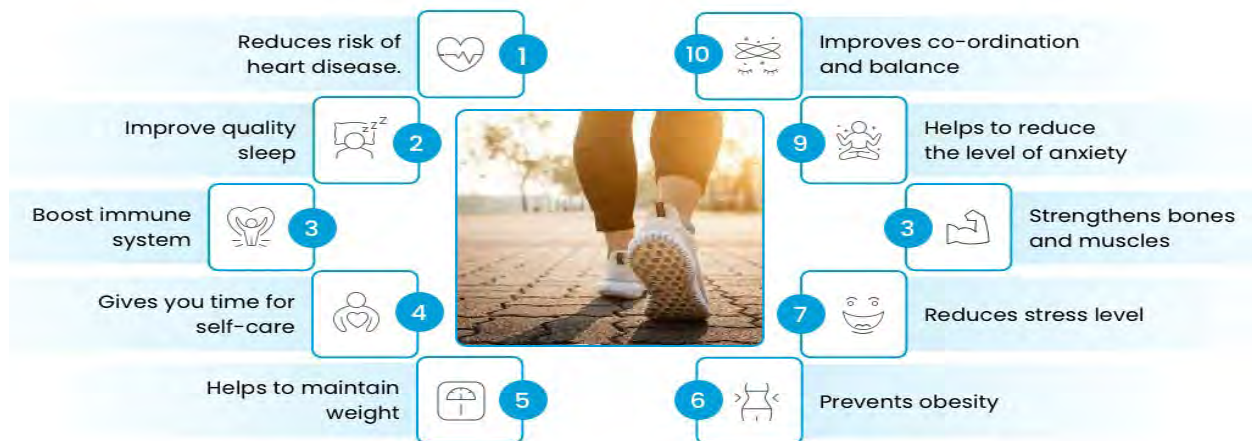
COME JOIN US for the 30 DAY WALK-TO-WELLNESS CHALLENGE

MAY 2 – MAY 31, 2023 EVERY TUESDAY. MEET AT ELDER'S CENTRE.

TIME: 10:30A.M. TO 11:30A.M.

PRIZES: PARTICIPANT'S NAMES WILL BE ENTERED IN A DRAW TO WIN A PRIZE FOR THE MOST STEPS COMPLETED.

10 BENEFITS OF WALKING DAILY



WHAT TO BRING: Wear comfy walking shoes, preferably runners. Bring a hat, wear sunscreen and please bring any mobility aids that you may use.

WHAT WILL BE PROVIDED: Walking poles, fruit and water as needed. You may bring your own snack if you like.

If you would like for us to pick you up on the way and are not able to meet at the café. Please let Arlene, Merv or Amana know at the numbers listed below.

Amana CHN, Arlene or Merv at 604-263-3261 to register.



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | MAY 5, 2023 |



UBC ACTIVE KIDS is Returning to Musqueam every Wednesday

Starting May 24th, 2023

SNACKS @ 4:30PM, ACTIVITIES START AT 4:45PM - 5:30PM WITH THE UBC COACHES



Active Kids Multisport & Playtime—Parent + Tot | Ages: 1.5 to 5 years

This is a fun, high energy class that will introduce your child to agility, balance, coordination & basic movement skills (i.e. running, jumping, throwing & catching) through a variety of sports and games

****Parent Participation is required for this age group ****

Active Kids Multisport & Games | Ages: 4 + 5 years

This class will introduce your preschooler with basic sport specific skills and reinforce movement skills including running, jumping, kicking, throwing & catching.

Trained Instructors will use a variety of fun, sports and games to develop fundamental literacy skills your child can build upon in future sports activities!



REGISTRATION:

Sign up at the Health Department or Musqueam Daycare

For more details & to register contact Amana Lalli, CHN, Merv or Arlene Haldane at 604 263- 3261



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | MAY 5, 2023 |

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

First Nations Safe Drinking Water

Run Until Cold

Run Until Cold Contact your Environmental Health Officer for more information:
environmental.health@fnha.ca Sometimes, tap water can contain small amounts of lead and copper, which can have long-term health effects during the early years for infants and children. That risk can be reduced by running cold water for 15 to 30 seconds before drinking

Musqueam NNADAP/Land based Healing Dept Presents
Drum making workshop

Facilitated by Kelly Louis

Place: Musqueam Community Garden around the fire

Snacks, Soup & Bannock served, transportation provided, only 15 drum
kits/spots available so register now

ON Tues, May 9th 10-1:30pm

Please RSVP: Nicolette (236-558-8482)



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | MAY 5, 2023 |

MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

SAFE USING CAN SAVE YOUR LIFE

Nasal naloxone | test your drugs first | lifeguard app | safety plan around using even if recreational

Dear Musqueam Community,

The NNADAP & Health Dept would like to take this time to share with you options for Harm Reduction measures for safe using and abstinence if you choose from drugs and alcohol. We have a number of resources available to the community here are a few.

Suicide prevention line

24/7/365 (1-833-456-4566)

Dial 211

is a support line for all of life's challenges such information & obtain referrals to physical & mental health resources, housing, utility, food & employment assistance; suicide & crisis intervention

LifeGuard App & How it works

When someone is about to use, especially alone, they can open the app and record the type of substance they are using and confirm their location. The app will hold this information, and a timer is set which can be paused or extended by the app user at any time.

As the timer ends, the app will sound an alarm, flash a light, and vibrate. The user must hit a button to stop the alarm and indicate they are fine. If they are unable to stop the alarm, a text-to-voice call will go straight to 9-1-1. This alerts emergency medical dispatchers

NNADAP workers -

Contacts & what our dept offers

Nicolette Moore

Mon-Fri 8:30am - 4:30pm

Ph: 236-558-8482

Brad Morin

Wed - Fri 6-9pm

& Sat - Sun 1-5pm

Ph: 604-652-1368

What we offer

- ✚ 1-1, Family & Group counselling
- ✚ Treatment referrals
- ✚ Detox support
- ✚ Relapse prevention planning
- ✚ Family Interventions
- ✚ Referrals to outside mental health agencies
- ✚ In office Harm reduction gear
- ✚ Drug testing strips
- ✚ Clean supplies



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | MAY 5, 2023 |

MUSQUEAM HEALTH/NNADAP DEPT. EMERGENCY DRUG ALERT

Hello Musqueam community please be aware of this Emergency Drug Alert. Safe Using supports are available, if you have any more questions please contact NNADAP Dept. No question is too small or big, knowledge and care around this subject is important to keep not only us, but our loved ones safe.

Please see a **VCH Drug Checking Alert** issued last week and today through the [Provincial Toxic Drug and Public Health Alerts](#).

1) May 1st, 2023:

- Where: Vancouver
- What: VCH has issued a drug alert after pink granules sold as 'DOWN' tested positive for fentanyl and diclazepam, a benzo analog, in Vancouver.

2) May 1st, 2023:

- Where: Vancouver
- What: VCH has issued a drug alert after blue granules sold as 'DOWN' in Vancouver tested positive for para-fluorofentanyl and benzos. Substance has caused overdose.

3) May 1st, 2023:

- Where: Vancouver
- What: VCH has issued a drug alert after red/orange granules sold as 'DOWN' in Vancouver tested positive for para-fluorofentanyl, methamphetamine and benzos.

4) April 26th, 2023:

- Where: Vancouver
- What: White chunks sold as 'CRACK COCAINE' in Vancouver tested positive for para-fluorofentanyl and negative for cocaine. **Substance has caused overdose.**

Check your drugs at any [OPS/SCS](#) and visit sites with [drug checking services](#).

Help the VCH community stay safe by helping warn people about contaminated street drugs and receiving drug contamination alerts. You can report and fill out an anonymous form online -

<https://vchhealthsurvey.phsa.ca/Overdose.survey>

Toward the Heart and BCCDC have partnered with health authority and community partners to send anonymous toxic drug and health alerts by text in B.C. Toxic drug and health alerts is a free, real-time text messaging service for anyone to receive toxic drug alerts or share information about toxic drugs in their community. This service is anonymous. People can get other information by text message, like where to find naloxone or how to get drugs tested.

To sign up, text the word **JOIN** to **253787 (ALERTS)**. These alerts are always shared via this email group also!

Naloxone & drug testing kits are available please contact:

Nicolette Moore
Musqueam NNADAP worker
Cell -236-558-8482

Brad Morin
Evenings wed -Fri 6-9pm | Weekends sat /sun 1-5
604-269-3454 or 604-652-1368



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | MAY 5, 2023 |

COLD OR FLU KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms. The difference is how intense they feel and how common they are. In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

COLD

You may feel chills but fever is rare

Cough, chest discomfort
(mild but may last a while)

Body aches & pains
(mild)

Tiredness
(you can still do your daily activities)

Headache
(mild)

Sore throat

Stuffy, runny nose, sneezing



COMPLICATIONS CAN INCLUDE...

- * Lung infections
- * Throat infections
- * Ear infections
- * Sinus infections

People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.



FLU

Fever

Cough, chest discomfort
(dry cough can be severe)

Body aches & pains
(can be severe)

Bedridden
(you may feel extremely exhausted)

Headache
(can be severe)

Sore throat

Stuffy, runny nose



COMPLICATIONS CAN INCLUDE...

- * Pneumonia
- * Pre-existing health conditions getting worse (such as asthma)
- * Hospitalization
- * Death

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada



KNOW THE FLU FACTS

THE FLU CAN BE SERIOUS.

- ✦ The flu is very contagious and can spread **quickly and easily**.
- ✦ Before you even know you are sick, you can **pass the flu on to others**.
- ✦ In Canada, an average of **12,200 hospitalizations and 3,500 deaths** related to the flu occur each year*.

THE FLU CAN AFFECT ANYONE.

- Even healthy people can get the flu, and it can be serious.
- People at **higher risk of serious complications*** are:
 - adults aged 65 and over
 - those living with one or more chronic health conditions
 - those residing in nursing homes or other facilities
 - young children
 - pregnant women
 - Indigenous peoples

YOU NEED TO GET VACCINATED EVERY YEAR.

- + **Flu viruses** change each year. Experts create a **new vaccine** to protect you **each flu season**.

YOU CAN'T GET THE FLU FROM THE FLU SHOT.

- ✦ The viruses in the **flu shot** are either killed or weakened and **cannot give you the flu**.

THE FLU SHOT IS SAFE.

- ✦ **The flu shot** has **benefited millions** of Canadians since 1946.
- ✦ Most people don't have reactions to the **flu shot**; those who do may have soreness, redness or swelling at the injection site.
- ✦ **Severe reactions** to the vaccine are **extremely rare**.

EVERYBODY WINS WHEN YOU GET VACCINATED.

- If you do get the flu, the **flu shot** may reduce the **severity of your symptoms**.
- By getting the **flu shot**, you **protect yourself and others** because you are less likely to spread the flu.
- It's a **simple action** that can **prevent complications** and **save lives**.

* National Advisory Committee on Immunization (NACI): Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine.

TO LEARN MORE, VISIT CANADA.CA/FLU

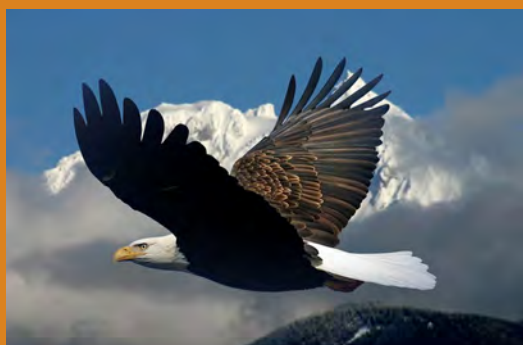


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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | MAY 5, 2023 |

KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

Diabetes Self-Management Program



- ✓ Enhance daily activities
- ✓ Learn to balance activity, nutrition and medication to better manage symptoms
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

FREE Six-Session Workshop for Adults with Diabetes

Family Members and Friends Welcome

DATES/TIME: Thursdays, June 8 until July 13, 2023
10:00am to 12:30pm (lunch 12:30 until 1:30pm)

LOCATION: Musqueam Youth Centre,
6777 Salish Drive

To register please sign up with Merv Kelly at 604-269-3455 or Amana Lalli CHN at 604-362-1900.

www.selfmanagementbc.ca

Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!

Self-Management
British Columbia

Self-Management BC is supported by
the Province of British Columbia





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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | MAY 5, 2023 |

COMMUNITY HEALTH

Amana Lalli, Community Health Nurse, & Arlene Haldane, Assistant.



BETTER TOGETHER

ALL EXPECTANT AND NEW PARENTS ARE INVITED TO ATTEND OUR DROP IN SESSION TO SHARE A MEAL AND DISCUSS SUPPORTS AND RESOURCES. WE WILL HOLD A DROP IN GROUP 2 TIMES A MONTH ON TUESDAY'S FROM 12PM TO 2PM STARTING IN MAY 2023. PARTNER'S ARE WELCOME.

PLEASE JOIN US IN THE YOUTH CENTRE FOR OUR DROP IN SESSION ON

Tuesday, May 9 2023

Lunch will be provided.

BEFORE BABY IS BORN:

- You can receive 4 Save on \$25 gift cards per month to support with buying healthy food and snacks during prenatal period, until baby is 3 months old.
- Prenatal support and information on Labour & Delivery
- Resources to make sure you have a healthy pregnancy and healthy baby (books, pamphlets, guest speakers)

AFTER BABY IS BORN:

- Breast feeding support; includes one box of nursing pads per week as needed until baby is 6 months old
- Reimbursement for 1-2 nursing bra's, baby welcome bag & a breast pump to keep (one time only), if you haven't received one from a previous pregnancy.
- Wellness baby visit – have baby measured & weighed at the drop-in group
- Postpartum information/resources for mom and baby
- How to deal with baby's outbursts, early years from 0-5 years, sleep routines, baby formula, nutrition & more

DOOR PRIZES at the END OF THE SESSION 😊 PLEASE CALL AMANA TO REGISTER!!

Amana Lalli, Community Health Nurse, RPN (604) 263-3261; email: chn@musqueam.bc.ca



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MUSQUEAM HEALTH DEPARTMENT

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MUSQUEAM PRIMARY CARE CLINIC

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

Located in the Primary Care Trailer

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

Monday May 08	Tuesday May 09	Wednesday May 10	Thursday May 11	Friday May 12
Karen Chandra, NP 9:30am – 3:30pm	Dr. Dumont, GP 9:30am - 3:30pm	Karen Chandra, NP Jane Estey, NP (Virtual) 9:30am – 3:30pm	CLINIC CLOSED	Karen Chandra, NP 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 do not leave kits in a car during freezing weather.
Contact Nicolette, Brad, or our clinic to replace an expired kit.



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. 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. Injectable flu vaccine available for ages 6 months and up.

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>

Dr. Anamaria Richardson
(from Granville Pediatrics) will be working in Musqueam once a month.

Next Visit: May 10th, 2023.

To book an appointment, please call their Granville office at 604-423-4803.



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MUSQUEAM HEALTH DEPARTMENT

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MUSQUEAM ELDERS CENTRE

Brenda Campbell, Elders Coordinator
Ph: 604 263 – 6312

LADIES GROUP

When: Every Tuesday

Time: 1-4pm

Location: Elders Centre



ELDER'S LUNCHEON:

Wednesday, May 10, 2023

Time: 12:00 Noon

Location: Elders Centre



***Elder's only**



ELDERS CHAIR EXERCISE

When: Thursday May 11

Time: 1pm

Location: Elders Centre

MUSQUEAM HOME & COMMUNITY CARE PROGRAM

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

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

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

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

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

Arlene Haldane office hours: Tues.- Fri. 8:30-4:30 | Phone: 604 269 3354 | Email: nurseassist@musqueam.bc.ca

*If there is no answer please leave a message. ***For Emergencies Call 911 ***

MUSQUEAM YOUTH CENTRE

YOUTH CENTRE

Phone: 604-269-3465

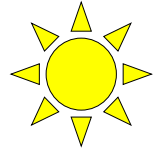
The Youth Centre hours will be open from: 2pm—9:00pm Monday—Friday

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.**



xʷməθkʷəy̓əm
Archaeology

Fieldwork Fridays



Looking for something fun and educational to do over the summer?

Musqueam Archaeology Department has you covered!



Over the coming summer months you might see the xʷməθkʷəy̓əm Archaeology Department working on various cool and exciting archaeological projects in the community.

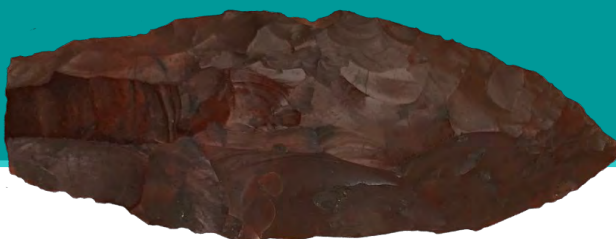
If you see them working please feel free to say “hi”, ask them what they’re working on and maybe even give archaeology a try!



Want to find out more or get involved?

We’d love to have you! No experience necessary.

Email archaeology@musqueam.bc.ca



If there are any specific archaeology topics you would like to hear about please email us at: archaeology@musqueam.bc.ca

WE'RE HIRING!

Musqueam Administration is currently hiring these permanent, full-time roles:

- Safe Home Worker
- Council Secretary
- Youth Outreach Worker
- Learning Facilitator
- Lands Director
- In-House Legal Counsel
- Projects & Agreements Coordinator
- Prescribing Nurse
- Grant Writer & Policy Worker
- Youth Outreach Worker
- Family Grief Therapist
- Junior Biologist

Help us understand current wildlife on xwayeyət (Iona Island) and the development of ecological restoration projects for the area. On-the-job training provided and formal career experience is NOT required!

And these casual roles:

- Grounds Worker (term)
- Home Care Worker (full-time)
- Education Admin Assistant (term, full-time)

Interested in applying?

Visit www.musqueam.bc.ca/careers to read the job descriptions.

For more information about career opportunities with Musqueam, contact Kia Coles, Musqueam HR Manager, kcoles@musqueam.bc.ca

