



Musqueam Community Newsletter

Friday, June 2, 2023

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

SAFETY & SECURITY PATROL: 604-968-8058

hay ce:p qə



On behalf of Musqueam Recreation we wanted to express our sincere thanks to those staff and community members who helped to make the Musqueam/ UBC Youth Soccer Tournament a success.

Dawn Sparrow-Campbell—Public Works

Karen Grant—Administration

Laurence Paul—Safety and Security

Norm Point—Public Works

Cyler Point & Crew—Grounds Crew

Not only do these staff support us in the planning process but they quietly and behind the scenes give up their time to ensure parking, fields, garbage, and amenities are running smoothly. None of this would be possible without them!

And to our fabulous volunteers:

Abigail Speck

Nora Stogan

Vanessa Campbell

Mack Paul

Lindsay Gibson

Chris Hensel Jr.

Amai Campbell

Preston Brooks

Frank Roberts

Julian Point

Luke Mathison

Chris Hensel

Scarlett Felix

Ruthie Speck

Logan Grant

Leanne Hensel

Some of these people have volunteered for over 15 years to ensure the tournament is a success! Because of the knowledge they have gained and their patience and hard work this is known as one of the best Indigenous youth tournaments.

And a big thank you to those who took time out of their day to help around the office and ensure all the paperwork was ready for the tournament and teams would get all the information they needed.

Ashley Thorne

Felix Grant

Kaci Stogan

You all are a vital part of community, creating a memorable experience for so many youth, and exude and exhibit Musqueam values

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Please come and join us for Mass at

St. Michael's Church

Every Sunday @ 1:00 pm.

Thank you, Jeannie Campbell—

604-781-5641

This notice contains important information that may affect you. Please ask someone to translate it for you.

此通告刊載有可能影響閣下的重要資料。請找人為你翻譯。

ਇਸ ਨੋਟਿਸ ਵਿਚ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਹੈ ਜੋ ਕਿ ਤੁਹਾਡੇ ਲਈ ਜ਼ਰੂਰੀ ਹੋ ਸਕਦੀ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਨੂੰ ਇਸ ਦਾ ਉਲੱਥਾ ਕਰਨ ਲਈ ਆਖੋ।

Thông báo này có tin tức quan trọng có thể ảnh hưởng đến quý vị. Xin nhờ người phiên dịch hộ.

Este aviso contiene información importante que puede afectarle personalmente. Pídale a alguien que se lo traduzca.

Ce document contient des renseignements importants qui pourraient vous concerner. Veuillez demander à quelqu'un de vous le traduire.

May 15, 2023

Dear Residents,

RE: Speed humps along 51st Ave and Wallace ditch intersection improvement Construction

City of Vancouver is scheduling speed hump installation between the 3600-3800 block of W 51st and intersection improvements at 51st Ave & Wallace Ditch. The anticipated schedule and impacts are as follows:

<u>Work Activity</u>	<u>Impacts</u>	<u>Hours</u>	<u>Schedule</u>
Road paint Application and signs installation	Intermittent disruptions to lane access during work hours	11 pm - 7 am	Expected to start on the week of June 5, 2023.
Speed hump construction	Intermittent disruptions to lane access during work hours	7 am-3 pm	Expected to start on the week of June 12, 2023.

Other items to expect during construction:

Parking: Parking will be disrupted throughout construction. The crews will make all efforts to accommodate vehicles.

Noise: Noise typical of construction should be expected.

We apologize for any inconvenience and thank you in advance for your understanding and patience during construction. If you have any questions or comments about this project, please do not hesitate to contact the Streets Design Branch at 604.829.9241 or by email at streets.03@vancouver.ca

Yours truly,

Streets Design Branch
Engineering Services, City of Vancouver
507 W Boardway, Vancouver, BC V5Z 0B4
604.829.9241
Email: streets.03@vancouver.ca



Call for Musqueam Artists – Wall Mural @ Camosun Substation

May 29, 2023

Artist Call

BC Hydro is seeking an artist to design a mural at the [newly updated Camosun Substation](#) at 4201-4299 Camosun St, Vancouver. This call is open to all Musqueam artists, both established mural artists and those new to mural making.

Musqueam and [BC Hydro](#) have joined forces with the [Vancouver Mural Festival](#) to deliver this unique mural project during the summer of 2023.

If you want to be a part of this initiative, check out the full Call for Artists below that outlines the requirements and how to submit for the opportunity.

Submissions are open from May 29 to **June 18 at 11:59PM**.



Project Information

1. **Wall Mural Objectives:** This mural will honour the unceded and ancestral xʷməθkʷəy̓əm territory where the Camosun Substation is located, and contribute to the area's sense of inclusivity, well-being and cultural safety.
2. **Dimensions:** The wall for the mural covers **853 square feet** (26.5 feet x 32.2 feet).
3. **Insurance:** The selected artist will be required to obtain their own insurance in consultation with VMF.

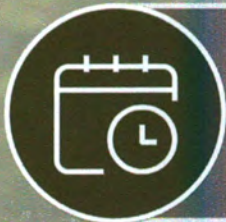
MUSQUEAM ARTIST CALL

MURAL at CAMOSUN SUBSTATION

No mural experience necessary!



\$6,300



DEADLINE

SUNDAY, JUNE 18

853 sq. ft.

Mural design only

FOR MORE INFORMATION

VISIT | musqueam.bc.ca/calls-for-artists

EMAIL | artcalls@musqueam.bc.ca





**Environmental
Youth Alliance**



Join our free Nature Stewards youth programs!

Strathcona Community Gardens (759 Malkin Ave) and Renfrew Ravine (3998 Renfrew St)
xʷməθkʷəy̓əm, Skwxwú7mesh, and sə́lilwətaʔ territory

- Help take care of the land
- Get to know the plants & animals in your community
- Meet new friends
- Grow your leadership skills
- Gain experience for your resume
- Earn money while you're at it!

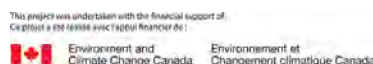
WE HAVE 5 PROGRAMS OPEN THIS SUMMER:

- Plants & People I (10 Sessions) | June 10 - Aug 15 | June Saturdays, July & Aug Tuesdays
 - Earth Allies (24 Sessions) | June 18 - Aug 18 | June Sundays, July & Aug Wednesday - Friday
 - Rewilding I (10 Sessions) | June 18 - Aug 18 | June Sundays, July & Aug Fridays
 - Rewilding II (9 Sessions) | July 4 - July 20 | Tuesday - Thursday
 - Plants & People II (8 Sessions) | Aug 8 - 18 | Tuesday - Friday
-
- For youth ages 14-18
 - Up to \$20 honorarium for each day attended
 - Lunch provided & bus tickets available

EYA has policies in place to keep you and your family safe from COVID-19. Visit www.eya.ca/covid19 for full details.

**Learn more & apply today
at: www.eya.ca/apply.**

Phone us at 604-689-4446
or email deandra@eya.ca
with any questions.



Musqueam Education Notice Friday June 1, 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
Ava Mathison

Grade 12

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

Post-Secondary Students

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

Brad Sparrow

**In Preparation for our Graduation Celebration we are asking our
grade 12 graduates to send us a kindergarten and graduation
photo. These will be displayed at the graduation.**

Thank you

You can email photos to education.advocate@musqueam.bc.ca

Please join us in celebrating our Graduates of 2022/2023

June 15, 2023

Cultural Building

5:00

Meal to follow:

Musqueam Community Bldg.



The New Relationship Trust Foundation (NRTF) is pleased to announce that the first call for 2023-24 Scholarships and Bursaries is now available for First Nations students from British Columbia (BC).

By investing in Indigenous post-secondary education, the NRT Foundation and Partners are building the capacity of our communities, enhancing employment opportunities for graduates, and creating the skilled work force that will enable BC to meet its future economic and social development needs. Awards are available to eligible students as Scholarships and Bursaries.

Our Partners are committed to advancing Indigenous post-secondary success.

Contributions from our generous Partners allowed the NRT Foundation to support over 270 Indigenous students with Scholarships and Bursaries in 2022-23. Almost all Indigenous students face financial barriers while attending post-secondary school and the NRT Foundation's Scholarship and Bursary program eases financial struggles so students can focus on their studies and excel.

For the 2023-24 year the NRT Foundation has partnered with organizations interested in advancing Indigenous educational success and will be administering awards on behalf of:

New Relationship Trust
Keegan Combes Memorial Awards
BC Council of Forest Industries
Coastal GasLink
Indigenous Leaders in Health and Climate Scholarships
Canfor

To apply for these awards Students only need to submit an application to the NRT Foundation.

Want to apply?

For more information and to submit your application please visit:

<https://www.nrtf.ca/apply-for-funding/>

NRT Foundation first call applications are **due June 26, 2023 at 4:30pm PST**.



MUSQUEAM
EMPLOYMENT & TRAINING

Graduation
RSVP Request!

Date: Thursday, June 15th, 2023

Time: 5:00PM

Location: Cultural Centre
(Ceremony)

Community Centre Gym (Dinner)

E&T Grads Please RSVP
Call/Text: Krista Brisk
Tel: 236-999-7253



Vancouver Fraser Port Authority Musqueam First Nation Scholarship Award

Application Package

About the Award

As part of the Musqueam Indian Band – Vancouver Fraser Port Authority Relationship Agreement, Vancouver Fraser Port Authority provides annual merit-based scholarships to eligible Musqueam Members¹ to study at an accredited post-secondary institution.

Scholarships are available to students entering Apprenticeship/Trades Training/Certificates/Diplomas, post baccalaureate programs/undergraduate programs/Associate Degree/Law or Medical Degrees, Master's or Doctoral Degrees. The value of the award is up to \$10,350.00 for full-time students. The awards celebrate diversity, and recognize various pathways to achievement including, but not limited to, engagement in the arts, academics, sustainability, leadership, and/or their community.

VFPA values inclusivity, and this scholarship is intended to offer an opportunity to Musqueam Members with as few barriers as possible. If you need assistance in filling out the application or have any questions/concerns, please contact Lindsay Gibson Musqueam Relationship advisor at lindsay.gibson@portvancouver.com.

Application Process & Requirements

Application Deadline – July 31st, 2023 11:59pm PST

To apply for this scholarship program students must complete the attached form, which includes a written statement and budget. In addition, applicants must provide the following:

- Two references. Please note, immediate family members are not eligible references.
- Documentation of acceptance in chosen post-secondary program and course schedule.

If your program does not follow the traditional semester schedule, please contact Lindsay Gibson to assess eligibility.

Host Institution(s)

Musqueam Members may attend any accredited post-secondary institution anywhere in Canada. Accredited post-secondary institutions outside of Canada may also be considered.

Award and Disbursement Process:

An internal MIB/VFPA committee reviews applications for completeness and merit. Funds will be split between fall, winter and summer terms. Second term disbursement will require a confirmation of enrolment and submission

¹ as defined by MIB-VFPA Relationship Agreement.

Vancouver Fraser Port Authority Musqueam First Nation Scholarship Award

Application Package

of transcripts from the previous term prior to the commencement of each school term. You must submit your documents no later than January 31 or your second disbursement may be forfeited.

Maintaining Eligibility

If successful in receiving the Musqueam Indian Band – Vancouver Fraser Port Authority Relationship Agreement Scholarship Award, the recipient will be expected to complete this application, provide proof of good academic standing and complete a feedback form to apply for renewal for the upcoming year. Priority will be given to renewal applications and full-time students (unless less than a full-time course load is needed for the last semester before graduation) In order to maintain eligibility applicants must be in good academic standing or consult with Lindsay Gibson in extenuating circumstances, maintain a fulltime course load, and show responsible use of scholarship funds through a reasonable application of their proposed budget.

Section 1 – General Information

Applicant Information

Musqueam Indian Band Member #:	Social Insurance Number (SIN):
Last Name:	First and Middle Names:
Date of birth:	Last School Attended:
Mailing address:	E-mail:
Phone:	

Reference Information Verification

Reference #1

Name of Reference:	E-mail:
Organization/Institution:	Primary Phone:
Relationship to Applicant (i.e. teacher, career counselor):	Secondary Phone:
Mailing address:	

Reference #2

Name of Reference:	E-mail:
Organization/Institution:	Primary Phone:
Relationship to Applicant (i.e. teacher, career counselor):	Secondary Phone:
Mailing address:	

Section 2 – Institution and Program of Study

Institution Name:	Name of degree (with major), diploma, or program:
City:	Total duration of degree, diploma, or program:
Province/State: Country:	Upcoming study year (i.e. Sept. 20XX – April 20XX):

Section 3 – Educational, Volunteer, and Work History

Academic History – Begin with most recent institution.

School	Dates Attended	Highest Grade or level completed (ie “Grade 12” or “BA first year”)

Extra-Curricular Education/Activities – Begin with most recent

Institution/organization	Dates Attended	Classes/program completed or description of activity

Work History – Begin with most recent employer

Employer and Job Title	Dates Employed	Brief description of responsibilities

Application Package

Volunteer History – being with most recent experience

Organization	Volunteer dates	Brief description of responsibilities

Section 4 – Applicant's written statement

In 250-500 words Please describe your past or current involvement within your most active community and how you can use that to contribute to the advancement of Indigenous people.

Section 5 – Budget and Requested Scholarship

Please complete based on your first academic year of program. See example budget for more details. Successful candidates will receive funds to support a portion of their tuition and/or ancillary program costs such as equipment, textbooks and supplies. Awards will not exceed \$10,350 and amounts will be awarded based on budget provided.

If you require assistance with this portion of the application, please contact Lindsay Gibson at Lindsay.gibson@portvancouver.com

Budget for year of study		
Expense	Description	Amount
Tuition		
Rent/housing		
Equipment/textbooks/supplies (please specify)		
Transportation		
Other (please specify)		
Other (please specify)		
Other (please specify)		
Other (please specify)		

Vancouver Fraser Port Authority Musqueam First Nation Scholarship Award

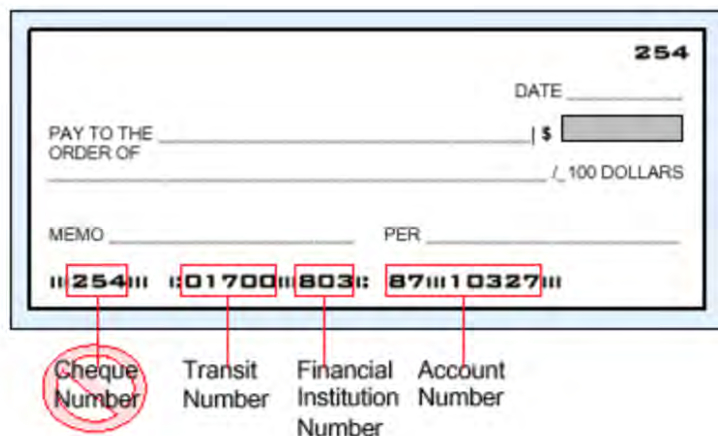
Application Package

Other (please specify)		
Other (please specify)		
Other (please specify)		
Other (please specify)		
	Total Costs	
Income Sources		
MIB-VFPA Award Request	(max \$10,350)	
Employment		
Scholarships & bursaries (please specify)		
Loans (ie student loans)		
Other (please specify)		
Other (please specify)		
Other (please specify)		
Other (please specify)		
Other (please specify)		
	Total Income	
Variance Amount	Total Costs Minus Total Income	

This budget may be filled out with estimate numbers. In the request for renewal at the end of each academic year, successful candidates will be expected to complete a budget with actual numbers from the completed academic year.

Section 6 – Banking Information

If you are the successful recipient of a scholarship award, payment will be made electronically to your bank account. Please provide the details below **AND** a void cheque or a printout of your banking information from your on-line banking platform. The details for the financial institution's financial information is located on the MICR line at the bottom of your cheque as show below.



Name of Financial Institution:	
Address of the Financial Institution Branch (City, Province, Postal Code and Country):	
Telephone:	
Financial Institution Transit Number (5 digits):	
Financial Institution Number (3 digits):	
Bank Account Number (max 12 digits):	



Western Canada Marine Response Corporation (WCMRC) is a Transport Canada certified Response Organization, whose mandate is to ensure there is a state of preparedness in place and to mitigate the impact when an oil spill occurs. Our spill response team is responsible for protecting Canada's West Coast. Our ability to take action early in an incident significantly reduces the negative impacts oil can have on the environment. Once on scene, WCMRC responders ensure that the situation is thoroughly and safely assessed, response strategies are carefully devised, and countermeasures are quickly deployed. How our team responds matters.

WCMRC is hiring a **Full Time Spill Response Technician - Deckhand** to join our spill response team in **Richmond, B.C.**

Our spill response team is comprised of professionals with diverse skills and experience. Their ability to effectively manage and direct spill response procedures within the first few hours after response activation significantly reduces the negative impacts oil can have on the surrounding environment. On a spill site, WCMRC personnel work to ensure that the situation is thoroughly assessed, response strategies are carefully devised, and resultant countermeasures are quickly deployed.

Spill Response Technician Deckhands are responsible for:

- Provide safe, prompt and efficient support to spill incidents, exercises and preparedness projects.
- Act as a Deckhand on Spill Response Vessels.
- Act as Master of small vessels.
- Maintain spill response equipment to ensure all equipment is operational and response ready at all times.
- Complete assigned work orders, vessel runs, annual equipment refits, vessel dry docking, and assist with regulatory inspections, i.e. Transport Canada Vessel Inspections and Class Inspections.
- Conduct inventory checks of warehouse, vessels and trailers.
- Provide training to our new hires/ casuals/ contractors.
- Work on project teams and committees.
- Compliance with Canada Labour Code and Canada Shipping Act during spill and non-spill activities.
- Interact positively with the public and other stakeholders.
- Other duties as assigned.

Successful candidates will possess a high school diploma, must be physically fit for work at sea in calm and rough waters and be capable of lifting and carrying up to 50lbs on a regular basis. Candidates must also be willing and able to work outdoors under inclement weather, hold a Class 5 driver's license in good standing, possess a valid passport and be eligible to travel to the United States.

The following are considered assets: Small Vessel Operator Proficiency (SVOP), Radio Operators Certificate (ROC-M), Marine Emergency Duties (MED A1/A3) certificate, previous experience with marine and small power equipment maintenance, Small Vessel Machinery Operator (SVMO) and working knowledge of local coastlines, and emergency response training. You also need to be a collaborative team player who thrives on coordinating and interacting with multiple people and be comfortable managing shifting priorities.

At WCMRC we value open and honest communication that fosters a climate of trust, integrity in all our business practices, success through competency, creativity, and teamwork, and being a steward of the environment. We believe that putting our values into practice creates long-term benefits for our employees, shareholders, stakeholders, suppliers, and the communities we serve.

If you share our company values and believe that you have the necessary knowledge, experience, and enthusiasm to succeed in this position, then we would like to hear from you. To apply, send a cover letter and detailed resume <http://wcmrc.com/careers/>

The Health and Safety of our employees is always our #1 priority, therefore WCMRC requires all new hires to be fully vaccinated against Covid-19.

We thank you in advance for your response and regret that only those selected for further consideration will be contacted.



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | JUNE 2, 2023 |



Musqueam Health in partnership with UBC School of Kinesiology

UBC ACTIVE KIDS is Returning to Musqueam every Wednesday

Starting June 7 & 14, 2023



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.

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

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** or **Arlene Haldane** at: **604 263- 3261**



MERV's WALKING CHALLENGE

COME JOIN US for the WALK-TO-WELLNESS CHALLENGE

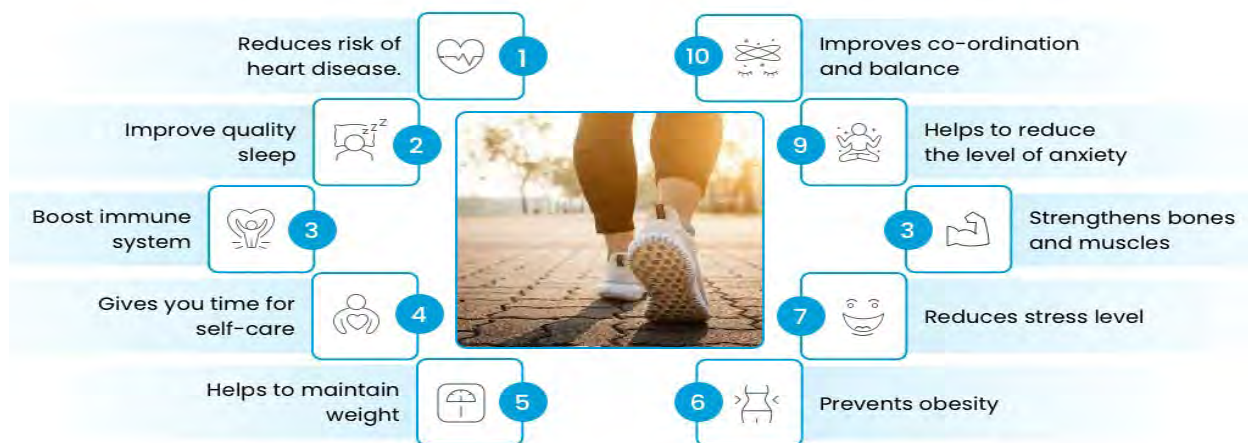
NEXT GROUP SESSION: JUNE 6, 2023 EVERY TUESDAYS & WEDNESDAYS

MEET AT ELDER'S CENTRE.

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

PRIZES: PARTICIPANT'S NAMES WILL BE ENTERED IN A DRAW TO WIN A PRIZE FOR A FITBIT FOR THE MOST GROUPS ATTENDED.

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 | JUNE 2, 2023 |

Sign up for a free hearing test today! Hear the sounds you've been missing



Wednesday, June 7th, 2023



1:00 pm to 3:00 pm



Elder's centre

Good hearing helps your brain stay fit throughout your life and helps avoid many other health problems. We work with you to assess your hearing and help determine the best solution for your unique hearing needs.



Echo Hearing Care can help you with:

- Hearing screenings
- Hearing aid clean and checks
- Hearing aid information

All services are complimentary

Please call Amana, CHN at:

604-263-3261 to reserve your spot.



About us

Our team is led by Dr. Katarina Vavrovicova, a doctor of Audiology with many years of clinical and research experience in the Vancouver area.

Scan to visit
our website



Echo Hearing Care

WHERE GOOD HEARING STARTS

| echohearing.ca
info@echohearing.ca
2533 West Broadway



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

A support line for **all of life's challenges**; including 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 worker -
Contact & what our dept
offers**

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 | JUNE 2, 2023 |

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 Home Care Assistant or Romeo.

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 ***

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

10 Life-Changing Reasons to Drink More Water

[Becca Borawski Jenkins](#), University of Southern California
Managing Editor

Your body is composed of roughly 60% water¹. That means when we are dehydrated – and most of us spend our days constantly dehydrated to some degree – we are affecting the performance of the majority of our body. **Nearly all of our systems do not function as well without the proper water intake.**

For most of us, we should prioritize the consumption of water far more than we currently do.

1. **Prevent cancer.**
2. **Be less cranky.**
3. **Perform better.**
4. **Lose weight.**
5. **Have less joint pain.**
6. **Flush out waste and bacteria**
7. **Prevent headaches.**
8. **Make your skin glow.**
9. **Feed your body.** Water is essential for the proper circulation of nutrients in the body. Water serves at the body's transportation system and when we are dehydrated things just can't get around as well.

Quick rules of thumb for drinking water:

- Drink half your bodyweight in ounces of water (if you weight 160lbs, drink 80oz of water each day).
- Carry a bottle everywhere with you as a reminder to keep drinking.
- Eat raw fruits and vegetables – they are dense in water. You can get water from food, not just from beverages.
- Drink water and other fluids until you urinate frequently and with light color.



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | JUNE 2, 2023 |



MUSQUEAM PRIMARY CARE CLINIC

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

Located in the Primary Care Trailer

Monday Jun. 05	Tuesday Jun. 06	Wednesday Jun. 07	Thursday Jun. 08	Friday Jun. 09	Monday Jun. 05
Karen Chandra, NP 9:30am – 3:30pm	Karen Chandra, NP 9:30am – 12:00pm	Karen Chandra, NP Jane Estey, NP (virtual) 9:30am – 3:30pm	Karen Chandra, NP Jessica Peart, NP (locum) 9:30am – 3:30pm	Karen Chandra, NP 9:30am – 3:30pm	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.



Unable to attend your in-person or virtual appointment? Please notify us as soon as possible.

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. Contact 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.

Dr. Anamaria Richardson

from Granville Pediatrics will be working in Musqueam once a month.

Next Visit: June 14, 2023.

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

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>



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 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, June 14

Time: 12:00 Noon

Location: Elders Centre

****Elder's only***

ELDERS CHAIR EXERCISE

When: Thursday, June 8

Time: 1pm

Location: Elders Centre

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.**



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COMMUNITY HEALTH

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



BETTER TOGETHER

ALL EXPECTING 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, June 13, 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

Fun, Creative
activities based in
Musqueam identity
and knowledge Kids
Age 5 and Above

School's Out

MUSQUEAM SUMMER REC SIGN UP

**THURS. JUNE 8TH
9AM - 5 PM**

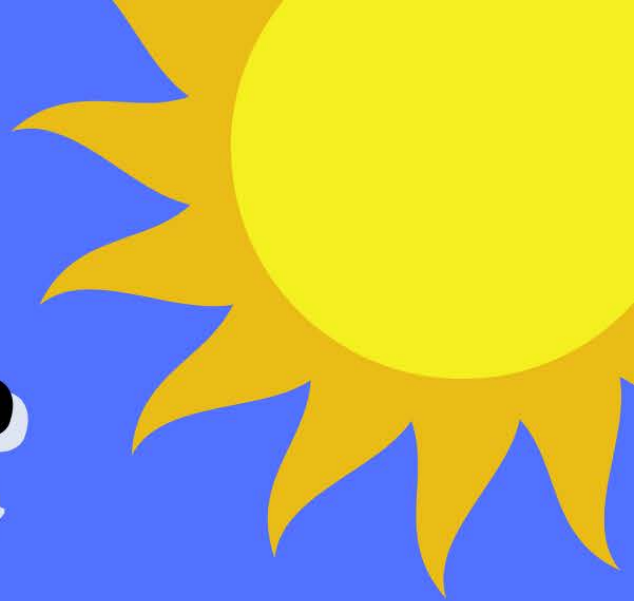
**Musqueam
Community
Center Lobby**

***Come out and chat with Rec staff
about the program and get your
child/children registered***

Email: cgibson@musqueam.bc.ca

WWW.MUSQUEAM.BC.CA/KIDS-SUMMER-PROGRAM-2023

School's Out **MUSQUEAM SUMMER REC**



July 10th - August 30th, 2023

8 weeks of programming

We are so excited that with the help of United Way we have been working with 3 community members (Kym Stogan, Megan Harkey & Nora Stogan) to enhance this years learning and recreation experience. Each week will consist of 3 days of in community activities and 2 outings! Below is our weekly themes.

Week 1: Family & Me

Week 2: Deer Harvesting & Cooking

Week 3: Land Based Learning

Week 4: hə́ŋqəmińə́m & Animals

Week 5: hə́ŋqəmińə́m & Place

Week 6: Water Week

Week 7: Outer Space

Week 8: Giving Back & Closing



FREE ADMISSION FOR INDIGENOUS PEOPLE

Science World offers free general admission to all self-identifying Indigenous Peoples. Visitors can access this offer in-person by checking in with staff at the Admissions desk upon arrival.



ENVIRONMENTAL STEWARDSHIP

NEWSLETTER

VOLUME 6, ISSUE 4

VISION

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"We, the Musqueam, will work together to take care of our territory so the following generations will know how to be self-reliant. We will remember our own history and as well, use our traditional teachings to take care of everyone and everything on this earth".

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FROM THE EDITOR

Happy June Everyone!

On behalf of the Environmental Stewardship Department, I hope everyone has been enjoying the long days and warm weather. There is no better time of year to get outside and enjoy the beautiful lands and waters we are so lucky to call home. As we do, it's important to reflect on our role as stewards and guardians of this beautiful place. The Environmental Stewardship Department takes this responsibility seriously and takes pride in working to protect this territory on behalf of the Nation. We will continue to have a strong voice in representing the community's interests, needs, and priorities.

Many thanks and have a great summer,

Yeganeh Asadian, M.Sc., P.Ag., Environmental Stewardship Manager

PROTECTING STREAMS IN AN URBAN ENVIRONMENT



Green stormwater infrastructure is becoming more common within the urban sprawl of Metro Vancouver and other BC municipalities. This is due in part to stormwater runoff having adverse impacts on our streams, our water quality, and as a result, the people and wildlife that depend upon that water. As the diverse impacts of stormwater runoff become more apparent to the general public, green stormwater infrastructure is being viewed with greater importance.

Background

Recent flooding events in BC have brought newfound attention to water. Our relationship with water is on the forefront of people's minds. Before colonization on these lands, people would work with the flow of rivers, understood the tidal patterns, and avoided building permanent structures in areas that were known to flood. Since urbanization, municipalities have tried to manage and direct the flow of water

through stormwater systems in order to protect against flooding. However, these urban structures have had a profoundly negative impact on the surrounding environment.

In a natural environment, rainwater is able to infiltrate into the ground where it can enter into groundwater, be absorbed by plants, or flow into a stream or river. The soil and roots from plants serve to slow the flow of water as well as clean it. Rivers naturally take on complex patterns which slow down the water and allow for a diverse environment for fish to thrive in. A diverse mosaic of river, riparian, and wetland areas scatter the landscape.

In an urban concrete environment, rainwater is unable to infiltrate into the ground due to the abundance of impermeable surfaces, like concrete. According to the Fraser Basin Council, sidewalks and streets cover as much as 30% of an urban environment, with most of that water flowing into stormwater pipes. Without soil or vegetation to slow it down, rainwater moves much more quickly and picks up sediment and contaminants from the urban environment along the way. When it reaches a stream, it is usually at one concentrated point, leading to a “firehose” effect, which results in turbid waters and can lead to soil erosion. It can also result in high sedimentation, low oxygen, and pollution. These, along with the fact that many watercourses have been channelized which causes high currents and minimal cover, all contribute to low habitat quality for fish and aquatic life.

Mitigation Efforts

Different initiatives have taken root in BC which attempt to curb the impacts of stormwater on streams. Green spaces are being built in a way that not only beautifies the environment, but that can also handle large rainfall events. Bioswales are small landscaped channels, often adjacent to roads, designed to catch stormwater, allowing it to infiltrate into the ground and removing contamination in the process. By the time the water reaches a stream, many of the harmful chemicals have been removed and the flow has slowed, which reduces flooding. In one study, it was found that Coho salmon are extremely vulnerable to a prevalent chemical used to prolong the life of tires that is found in road runoff. When exposed to stormwater from roads, it resulted in 100% mortality for Coho spawners. However, when that same water had entered through soils and green infrastructure, all of the fish tested survived.

A report from the Fraser Basin Council titled “Showcasing Successful Green Stormwater Infrastructure” highlights promising projects in the Metro Vancouver area. One example is of a bioswale in the median strip along Lougheed Highway in Coquitlam. The 400-meter strip of vegetation is part of a pilot project to test the effectiveness of engineered soils in removing contaminants from highway runoff. The bioswale protects fish habitat in Como Creek, where the water is discharged. Water quality assessment for this bioswale identified significant improvements, with 75-90% of the pollutants removed.

In another example, the Mountain Equipment Co-Op Head Office and its Green Stormwater infrastructure was highlighted. Bioswale areas are composed of native plants, which, in addition to the benefit of fostering native vegetation, reduces the need for irrigation and offers greater drought resistance. Rainwater is captured from its “blue-roof”, which covers about half of the building footprint. The rainwater is used for purposes such as toilets and irrigation, and reduces non-potable water use by 55%.

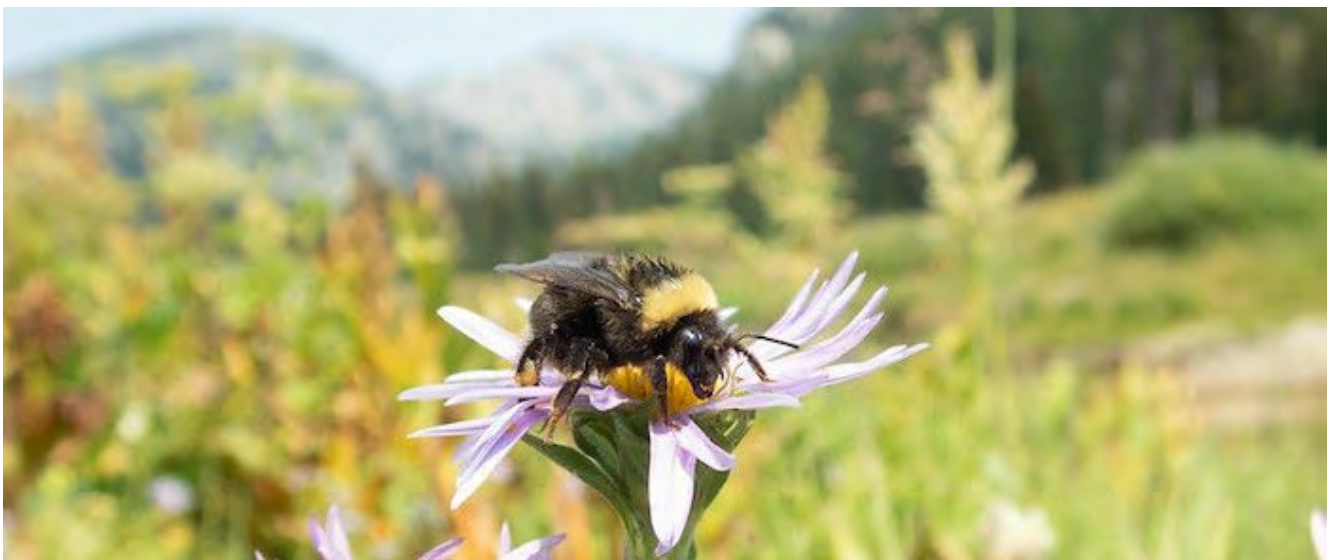
Initiatives also are being taken by individuals and communities. The Cougar Creek Streamkeepers are “an informal group of volunteers dedicated to restoring and maintaining the health of Cougar Creek”, a salmon-bearing stream in Surrey and North Delta that flows into the Fraser River. In addition to stream

monitoring, salmon release, and restoration projects, they manage 29 rain gardens throughout North Delta. They have learned that the standard approach is not always the best one. Using engineered approaches like gravel and geotextile fabric have led to flooding in certain areas, which, when removed and replaced with more natural features, led to better flow the next year.

Summary

Although urban sprawl continues to grow, there is hope that greater consideration can be brought into these urban spaces, and how they impact the surrounding nature that sustains us. Successful implementation of comprehensive green stormwater infrastructure will require the help of everyone, from the backing of institutions, the action of community, and the awareness of individuals. As this awareness spreads, our relationship with our surrounding environment becomes clearer, as well as our willingness to address ecological issues with creative solutions. While the goals to restore nature and achieve true sustainability seem distant, it is hoped that solutions provided by green stormwater infrastructure will help mitigate impacts in the interim.

THE DECLINE OF BEE POPULATIONS



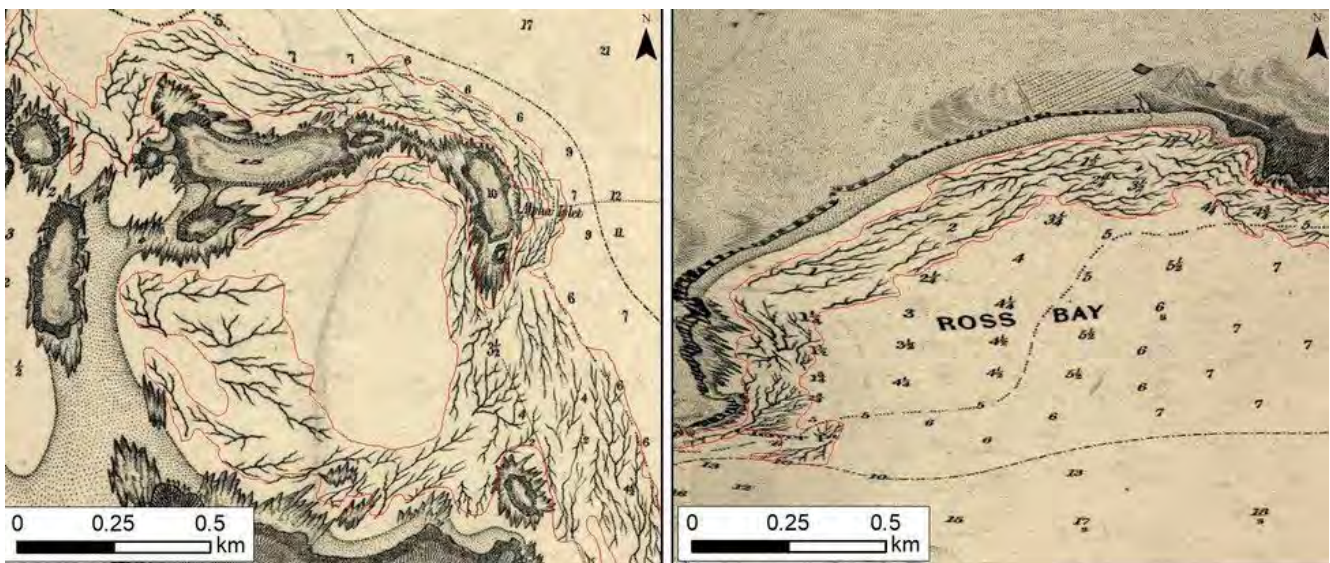
Bees are beloved by many people and play a vital role in ecosystems and human food production. However, due to land use regulations, the decisions of individuals and other factors, bumble bee populations have fluctuated over the last 100 years. A report published by the U.S. government to determine whether insects should be protected under the country's Endangered Species Act has found that heat waves and droughts have decreased the western bumble bee's presence by 57% since 1998. Across its wide-ranging habitat, this could lead to the bees being all but wiped out from its historic habitat, which ranges from alpine meadows and forests to prairie grasslands. In Canada, The Committee on the Status of Endangered Wildlife, designated the western bumble bee, *Bombus occidentalis*, as 'threatened' and the subspecies *Bombus occidentalis mckayi* as 'special concern' in 2014.

Many factors are causing the decline in bumble bees. In Canada, a type of insecticide called nitroguanidine neonicotinoids, or neonics, has been shown to strongly impact western bumble bees. Paul van Westendorp, B.C.'s provincial apiculturist, said it's standard for seed producers to douse their

product in neonics regardless of its actual need, similar to the overuse of antibiotics. Drought also harms bees by making plants produce fewer flowers and lower-quality pollen and nectar. Drought can also kill or prevent plants from growing, which can leave bees without food. A report found that extreme heat was the most significant factor hurting bees, having almost three times the effect of drought. The report also found that as climate change worsens, so will its impact on bees. Another cause of population decline is the reduction in biodiversity, often caused by monoculture farming and habitat loss, which impacts the timing and availability of their food sources.

While bee populations are in decline, many solutions could help reverse this trend. Bumble bees are important pollinators, but they are at risk by the presence of neonics in their environment. Integrated pest management should be used instead of the unnecessary use of pesticides and herbicides. By doing so, it is possible to significantly reduce their use without reducing the food produced. Farmers can also plant species that provide food for pollinators along the boundaries of fields. Individuals can also benefit bees by planting native pollinator friendly plants in their yard.

MAPPING KELP IN BC



Found in more than a quarter of the world coastlines, including throughout BC's coast, kelp is one of the most important and iconic species in our waters. BC is home to two species of kelp, giant kelp and bull kelp. These algae can reach up to 40 m tall and grow almost a foot per day. Kelp thrive in cold water and need hard substrates to anchor themselves to, making them perfectly suited to grow in our coastal environment where they often form large dense clusters. Because of this, they are often referred to as the rainforests of the oceans.

Kelp plays a vital role in marine ecosystems. Their enormous size and large numbers create complexity in the water, creating habitat for a large number of species. Kelp forests provide important shelter and feeding area for young fish like salmon, herring and rockfish. In this way, kelp forests act as a nursery for many species, contributing to the abundance of marine life and health of many species. Some species like herring, use the kelp directly for laying their eggs, while countless other species, like crabs and starfish, live in the forests. Another important role of kelp is to act as a physical barrier against powerful

waves and storms. This not only provides shelter for many species, as mentioned, but also reduces erosion and protects the shoreline. Kelp has also been found to sequester and store large amounts of carbon dioxide, helping to fight climate change. Despite these enormous benefits, the causes and extent of kelp decline have not been thoroughly studied.

There are several reasons why there has been a decline in kelp numbers over the last century. Firstly, kelp is very vulnerable to changing conditions, especially temperature, which makes it susceptible to climate change. Kelp is also vulnerable to pollution and increases in turbidity. This means shoreline development, industrial activities and other anthropogenic activities can all impact the health of kelp. Another human induced threat is changes in food web dynamics. Kelp is in a fine balance with both sea otters and sea urchins. Sea urchins can eat the rootlike structures of kelp, called holdfasts, at a rapid pace but are kept in check by sea otters which eat sea urchins in large numbers and depend on kelp forests for habitat and shelter. Unfortunately, sea otters were hunted nearly to extinction by the early 20th century. This caused an explosion in the number of urchins and therefore a decline in kelp. Because of these impacts, the conservation group Ocean Wise estimates that around half of kelp forests in the world are in decline.

BC has also seen declines in kelp abundance over the last century, though the extent has not been well studied. Geographer Maycira Costa and her team at the University of Victoria are working to address this gap in knowledge, in collaboration with Indigenous communities, government agencies and non-profits, by using a combination of old and new technologies. Her team is using British admiralty charts from 1858 through 1956 to create a map of historical kelp distribution. According to Costa, "kelp was considered a navigational hazard, so the British carefully annotated all kelp forests on their charts". This historic map can then be compared to modern distribution maps made from satellite images and government kelp inventory studies from the 1970's to 1990's. This allows research to see exactly how the distribution of kelp has changed over time. According to Costa, kelp forests have previously been studied over limited geographic areas and short time scales but this provides relatively limited information since kelp growth or loss can be very dynamic and variable over short time scales.

These detailed maps can be used in many ways. Comparing maps allows researchers to determine areas where kelp has disappeared or declined and areas where it has been resilient. By comparing this with information on human activity, ocean conditions and other factors, researchers can learn invaluable information on why some areas have been resilient and some areas have been degraded. This information can be used in several ways. It will help inform marine spatial planning, fisheries management, kelp harvesting, aquaculture and where to prioritize conservation. It will also aid not only in determining where to prioritize restoration efforts, but how. For example, by identifying strains more resistant to the higher ocean temperatures expected in the future.

All this valuable information is only useful if it can be used by those involved in decision making and the management of marine areas. That is why Costa and her team are working with stakeholders, like First Nations, to integrate the data and satellite technology into their existing programs. This helps to disseminate the information and improve its usability. Hopefully, this research can help improve the health of our marine environment and promote a resilient strong blue economy and coastal communities.

SPRING EVENTS AROUND VANCOUVER

** Please note that all events are in accordance with BC Health & Safety Guidelines regarding COVID-19**

❖ **VCT Presents Silent Movie Mondays at the Orpheum Theater, June 5th and July 10th**

Escape to the 1920s silent movie era with Silent Movie Mondays, Vancouver Civic Theatres' new film series hosted at the historic Orpheum theatre, June 5, and July 10, 2023. The nostalgic experience features screenings of popular silent productions accompanied by live music played on the theatre's original Wurlitzer organ – an instrument developed to accompany silent films and the last in Canada still performing in its original home.

❖ **Vancouver Canadians**

Take me out to the ballgame! Enjoy the footlong hotdogs, the peanuts, the sushi run? It is all there for you when you watch the local minor league Vancouver Canadians at Nat Bailey Stadium. Relax in the sun at these exciting games have a great atmosphere and are a great activity for the whole family.

❖ **Vancouver International Children's Festival 2023, May 30th – June 4th**

Enjoy spectacular performances from around the globe for kids and families of all ages at the Vancouver International Children's Festival May 30 to June 4, 2023. The 2023 Festival will offer a mix of in-person (on Granville Island) and online performances of circus arts, puppetry, theatre, dance, music and lots of arts activities created just for children. For more information visit www.childrensfestival.ca.

❖ **Vancouver International Jazz Festival, June 23rd – July 2nd**

The Vancouver International Jazz Festival is held in multiple locations across the beautiful city of Vancouver. Framed by mountains and the ocean, this idyllic location is the perfect place to get your musical fix. This year will be the 38th year of the Festival that has featured thousands of artists in free and ticketed shows across hundreds of venues in Vancouver. This annual event is not to be missed. For more information visit <https://www.coastaljazz.ca/>.

❖ **Honda Celebration of Lights 2023, July 22nd, 26th, and 29th**

The Honda Celebration of Light is the longest running offshore fireworks competition in the world. Each year, the event welcomes over 1.25 million people to the shores of English Bay in Vancouver to enjoy three nights of spectacular fireworks by the world's best pyrotechnic teams. This year will feature teams from Mexico, Australia and the Philippines. For more information visit <https://hondacelebrationoflight.com/>.

❖ **Brewery & the Beast, July 9th**

Art Vancouver, Brewery and the Beast is a one-of-a-kind culinary event that brings together an extraordinary line-up of chefs and beverage makers to deliver a feast including fire-kissed meats. Live music from award winning recording artists provides the soundtrack for an ultimately memorable experience. For more information visit <https://www.breweryandthebeast.com/>.

For many more events taking place in Metro Vancouver this winter, visit Destination Vancouver's website at <https://www.destinationvancouver.com/events/calendar-of-events/>.

CONTACT US

For further inquiries regarding the newsletter and our green initiatives, please contact:

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Instagram: @envirostew

Facebook: Enviro Stewardship



Garden Harvest With Kym

tə me'mə'əs?ewtx^w (The Children's House)
Building Connections with the Elders
Activities for Mondays in June



- Week 1 Kale Smoothies (June 5)
- Week 2 Kale Chips (June 12)
- Week 3 Luncheon (June 19)
- Week 4 Elders Visit to Daycare (June 26)

**A time for Elders and our kids to share
delicious snacks from the Garden.**

10:45 to 11:45 at the Elders Centre