



Musqueam Community Newsletter

Thursday June 15, 2023

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

SAFETY & SECURITY PATROL: 604-968-8058



You're invited!

Musqueam's Indigenous Peoples Day Celebration

June 21, 2023

11am - 2:30pm

Musqueam
Reserve

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Rental Complex)
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**National Indigenous
Peoples Day
JUNE 21**



#NIPDCanada

MUSQUEAM COMMUNITY RENTAL COMPLEX

?i ʔe? nem ʔakʷ
Let's go home

REMINDER!

COMMUNITY DINNER & OPEN HOUSE

MONDAY JUNE 19, 2023

Doors at 5pm

Dinner at 5:30pm

Musqueam Cultural Centre

All Musqueam community members are invited to learn about the new design and project process.

Can't join us? The MCRC Team will also be at Musqueam's Indigenous Day celebrations on June 21.



Check out the website for all the MCRC info!

www.musqueam.bc.ca/mcrc

If you'd like more information or have any questions or concerns, please contact Grace Ulu at 604-364-7589

hay ce:p ǵə
Thank you all



*The VSO Indigenous
Council invites you to*

THE PATH FORWARD



A collaboration between the Vancouver Symphony Orchestra
and the members of the VSO Indigenous Council

We invite you to join us for this free event
honouring Indigenous People's Day

— **ORPHEUM** —
SATURDAY, JUNE 24, 2023
1:30PM—7:00PM

Featuring Indigenous vendors and
outstanding Indigenous talent including:

PAM BAKER • DJ O SHOW • GEENA JACKSON • RHONDA HEAD
And many other talented artists

vancouverSymphony.ca/pathforward

Musqueam 2024 Budget

Community Presentation & Meeting

Monday, June 26, 2023

5:30pm - 7:30pm

Musqueam Gym

Dinner: 5:30pm Presentation: 6pm

The budget for fiscal year ending March 31, 2024 will be presented to membership. All Musqueam Band members are encouraged to attend this annual budget presentation from Musqueam Council & Administration.

Drop-In Information Session

Thursday, June 22, 2023

3:30pm - 6:30pm

Musqueam Admin Office & Online (Zoom)

Join Acting CFO Jay Gill for a review of the 2024 budget and to ask your questions. Zoom registration on our website:

www.musqueam.bc.ca/event/2024-budget-info-session

Questions? Not able to join?

Contact Jay Gill (jgill@musqueam.bc.ca)
for a 1-on-1 or group information session.



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MUSQUEAM INDIAN BAND
6735 Salish Drive
Vancouver, BC V6N 4C4
604-263-3261



Musqueam Rights Recognition



Online Information Sessions

*Self-Government
Agreement*

Thursday, June 29

6pm

Zoom

Learn how Musqueam can
implement our ancestral
right to create our own laws
and decisions about our
governance.

ACCESS YOUTH LEADERSHIP HUB



Indigenous Girls Canoe Summer Leadership Program

\$250
completion
incentive!

Unleashing Potential: Cultivating Indigenous Girls' Leadership through Canoeing and Cultural Empowerment.

We are partnering with Canoe Cultures to offer canoeing, paddle carving, and career training.

WHEN: July 11th - August 10th 2023
Tuesdays and Thursdays 10:00 am - 3:00 pm

WHERE: ACCESS Vancouver, 110-1607 E Hastings St and False Creek.

Enroll by July 5th, 2023

Book Your Spot Today!

604-251-7955

ACCESSFUTURES.COM



The Children's House

Daycare Hours: Monday—Friday 7:45 am—5:00 pm

Preschool Hours: 9 am – 3 pm

The Children's House phone: 604 269-3302

Renee Stogan, Manager email: childcaresup@musqueam.bc.ca

Preschool Registration

Preschool Registration for children ages 3-5 starts July 3, 2023

If you would like to register your child for preschool please contact Renee Stogan Manager at:

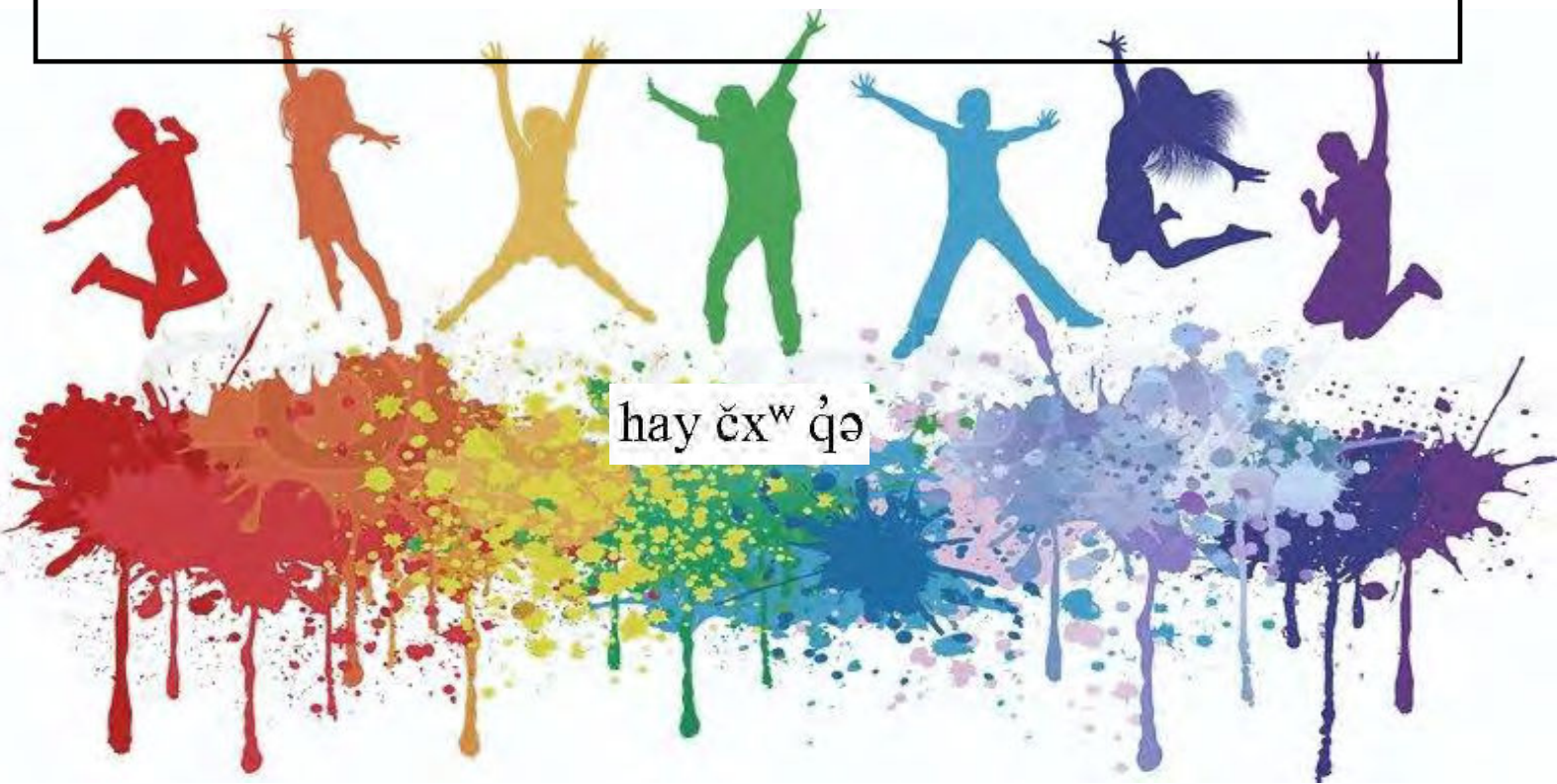
604 269-3302 or email: childcaresup@musqueam.bc.ca

The Children's House Staff

Renee Stogan Manager: 604 269-3302 email: childcaresup@musqueam.bc.ca

Infant/Toddler Staff: Kelly Herman, Ernestine Herman, Christy Friesen

Preschool Staff: Alice Stogan, Sherry Point, Stacy George



Musqueam Education Notice Friday June 16, 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

Congratulations to our 2023 Graduates!

Thank you to everyone for supporting the Graduation Celebration and helping us honour the 2023 graduating class. Special thank you to Rhea Guerin for catering, setup/cleanup crew, and to all those that helped make the event a success.

Grade 7

Fara Campbell –Kamangirira

Daylyn Campbell

Kimora Charles

Odin Charles-Billy

Kylie Charlie-Point

Raymond James

Isla Grant

Ethan Mathison

Jones Peter

Devyn Wilson-Sparrow

Annabelle Stogan

Ava Mathison

George Guerin

Quintasket Strain

Maximus Thorne

Grade 12

Isaiah Baker –Sparrow

Arianne Brown-Clayton

Abigail Grant

Danielle Guerin

Kirsten Guerin

Hallie 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

Branden Shaw

Leilani Sparrow-McKay

Lacy Billy

Lexi Brown

Post-Secondary Students

Jasmin Wallace



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | JUNE 16, 2023 |

COMMUNITY HEALTH

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

*Musqueam Health Department
Moms and Tots Program*

STRAWBERRY JAM CANNING WORKSHOP



TUESDAY JUNE 20TH
12-2PM
YOUTH CENTRE

COME JOIN KYMBERLEE STOGAN IN MAKING YOUR
OWN STRAWBERRY JAM. SIGN UP WITH AMANA, CHN
@ 604-362-9200 OR AT THE BAND OFFICE





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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JUNE 16, 2023 |

LAND BASED HEALING PROGRAM

Patricia Isaak

Fresh Veggies are coming back to Musqueam!!

**Musqueam Farmers Market begins this
Thursday**

with special contributors:

- Sweet Digz Farm
- The Sharing Farm
- Athiana Acres
- Green Zebra



FIND US: at the Musqueam Community Centre

Thursday afternoon

(watch Facebook for updates)

June 22- Sept 7

(subject to change)

No Charge Fresh Veggies !

Bring your own reusable bag!

**IF YOU ARE UNABLE TO COME TO THE
COMMUNITY CENTRE TO PICK UP, PLEASE
CONTACT PATRICIA TO BE ON THE DROP OFF
LIST**

For more information reach out to :

Patricia Isaak 778-239-4325

Kymberlee Stogan kymberleestogan@hotmail.com



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JUNE 16, 2023 |



Musqueam Health in partnership with UBC School of Kinesiology

Musqueam / UBC ACTIVE KIDS every Wednesday

Next session: June 28, 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**



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MUSQUAM HEALTH DEPARTMENT NEWSLETTER | JUNE 16, 2023 |

MERV's Walking Challenge Continues!

join us for the

WALK-TO-WELLNESS CHALLENGE

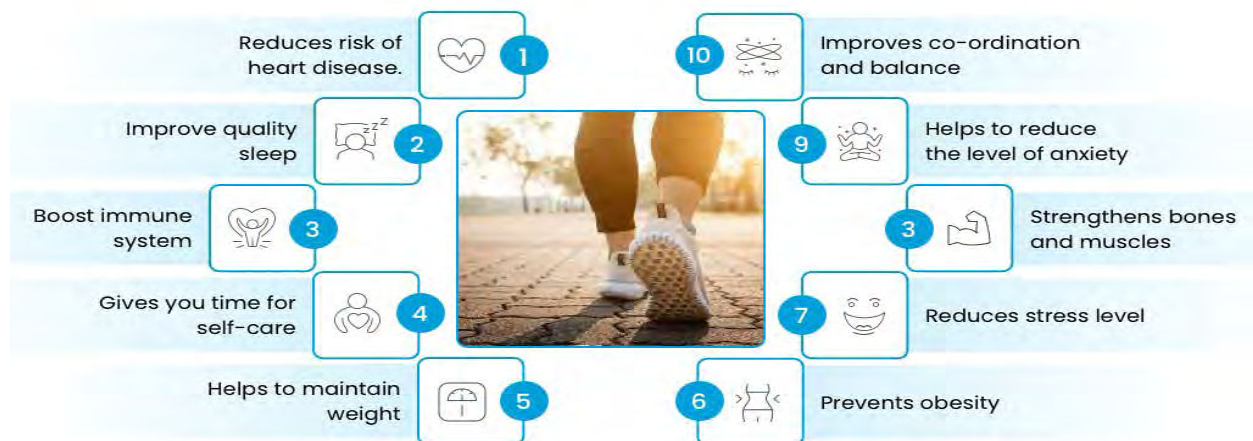
Next group session: June 20, 2023

Meet at Elder's Centre

Time: 10:30am 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 16, 2023 |

Are you an
**Indigenous
Person** Living
with a
Respiratory
Disease?

**June 28th at the
Club House
4921 Staulo Crescent
12pm - 3pm**

We invite you to participate in a **3 hour talking circle** about your **respiratory health care experiences** to inform research to improve respiratory health care for Indigenous patients.



**YOU WILL RECEIVE A \$50
GIFT CARD FOR YOUR
PARTICIPATION**

Please Scan Here to Sign up for a talking
circle date, or contact:

Lisa Mitchell: navigatore@musqueam.bc.ca

Merv Kelly: merv@musqueam.bc.ca

Band office: 604-263-3261

For more information,
please contact:
nicole.dawydiuk@vch.ca
or call (604) 809 2743



Vancouver
Coastal Health



Michael Smith
Health
Research BC

The Researchers conducting this study are:

Principal Investigator: Dr. Brittany Bingham, Sechelt First Nation, Vancouver Coastal Health & Centre for Gender & Sexual Health Equity

Co-Investigators: Dr. Krisztina Vasarhelyi, Dr. Chris Carlsten, Dr. Karen Rideout, Dr. Pat Camp, Dr. Phalgun Joshi, Shiloh Joe, Coreen Paul, Dr. Michael Dumont, Elder Roberta Price, Leslie Bonshor, Andreas Pilarinos, Nicole Dawydiuk, Sandra Fox

This project is funded by the Michael Smith Foundation for Health Research

Version 3.0

Study ID#: H21-03873

Version Date: April 13, 2023



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JUNE 16, 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

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
- ✚ Harm reduction gear
- ✚ Drug testing strips
- ✚ Clean supplies



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JUNE 16, 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

Where Does Our Water Come From?

Our water starts as rainfall and snowmelt in the mountains, in the northern area of the region. Metro Vancouver manages three water supply areas - Capilano, Seymour, and Coquitlam – which together provide 2.7 million residents with a clean, reliable, and affordable supply of drinking water.

The rain and melting snow flow downhill through the mountain creeks and streams into large collection lakes called reservoirs. The Capilano, Seymour, and Coquitlam reservoirs store this water year-round for drinking water supply.

Metro Vancouver's reservoirs are also bolstered by water from three alpine lakes: Burwell Lake, Palisade Lake, and Loch Lomond. These feeder lakes are typically used in mid-summer to supplement the supply of water available in the Capilano and Seymour reservoirs. The water from these deep, cold lakes is particularly high quality and serves to cool the water in the main reservoirs improving downstream aquatic habitat, particularly during periods of drought.

The reservoirs and water supply areas are closed to the public for protection from pollution, erosion, fire, and other hazards, with the exception of registered tours.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JUNE 16, 2023 |



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 Jun. 19	Tuesday Jun. 20	Wednesday Jun. 21	Thursday Jun. 22	Friday Jun. 23
Karen Chandra, NP	Dr. Dumont, GP	Clinic Closed	Jessica Peart, NP (locum)	Karen Chandra, NP
9:30am – 3:30pm	9:30am – 3:30pm	National Indigenous People's Day	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.



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: July 12, 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>



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JUNE 16, 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 (snacks 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 | JUNE 16, 2023 |

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:

When: Wednesday, June 28

Time: 12:00 Noon

Location: Elders Centre

**Elder's only*

ELDERS CHAIR EXERCISE

When: Thursday, June 22

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

**Please note: The Youth Centre will be closed on: Wednesday
June 21 for National Indigenous Peoples Day.**

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.