



Musqueam Community Newsletter

FRIDAY June 23, 2023

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

SAFETY & SECURITY PATROL: 604-968-8058

Musqueam 2024 Budget

Community Meeting

Monday, June 26, 2023

5:30pm - 7:30pm

Musqueam Gym

Dinner: 5:30pm

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.



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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 Fire Ban

BC Wild Fire

Effective Immediately within the Coastal Fire Centre's jurisdiction (BC Parks, Crown lands and private lands), campfires will only be allowed on Northern Vancouver Island, the mid-coast portion of the mainland and on Haida Gwaii.

Fires: **Backyard fire** (open fires) **BANNED:** a fire bigger than 1ft 8inches in height and in width and is used by any person for recreational purpose, or by a first nation for a ceremonial purpose, due to hot and dry conditions of the summer predictions

Campfire (semi-closure) **BANNED:** a fire no higher than 1ft 8inches in height and in width and is used by any person for recreational purpose, due to hot and dry conditions of the summer predictions

River fire (open fire) **BANNED:** is bigger than a backyard fire close to a dry grassy area, due to hot and dry conditions of the summer predictions

Propane fire (controlled) **Permitted:** controlled propane fire-pit is permitted even when all others are banned



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.

What is rights recognition?

Wednesday, July 5

6pm

Zoom

Join the negotiating team to learn about how Musqueam can implement our inherent rights within our territory.

Zoom registration at www.musqueam.bc.ca/events

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:

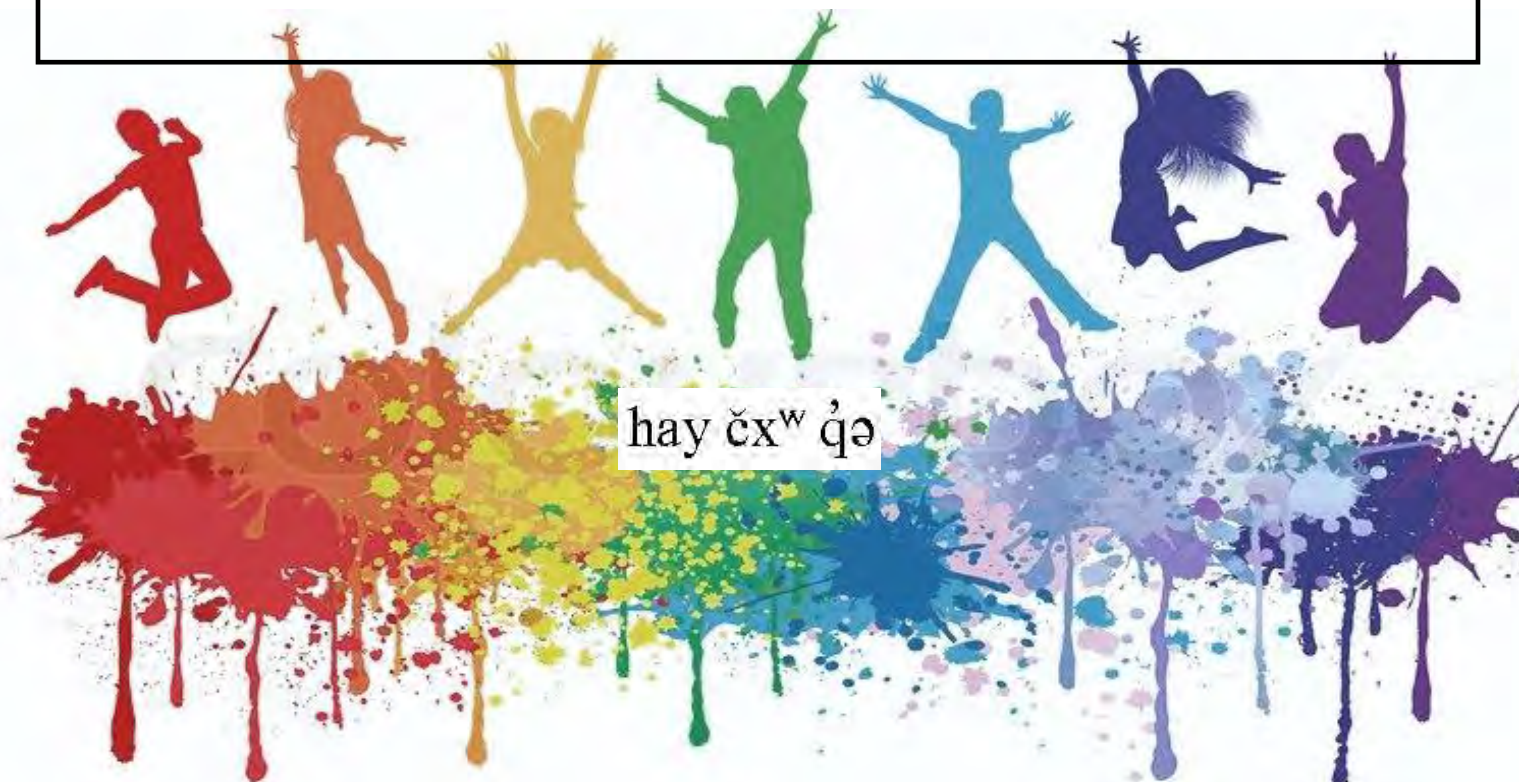
604 269-3302 or email: childcaresup@musqueam.bc.ca

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



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Musqueam Education Notice Friday June 23, 2023

Homework Club

Homework club runs every **Monday and Wednesday** from 3:30-5:30 in the Library Space. Wednesday, June 28, 2023 will be our last homework club until the



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 HIRING!

Musqueam Administration is currently hiring these positions:

- Casual Safe Home Worker
- Youth Outreach Worker
- Lands Director
- In-House Legal Counsel
- Casual Term Archives Project Researcher
- Casual Term Summer Recreation Leaders
- Casual Term Data Entry Clerk
- Prescribing Nurse



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



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JUNE 23, 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 23, 2023 |

COMMUNITY HEALTH

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



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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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JUNE 23, 2023 |

MERV's Walking Challenge Continues!

join us for the

WALK-TO-WELLNESS CHALLENGE

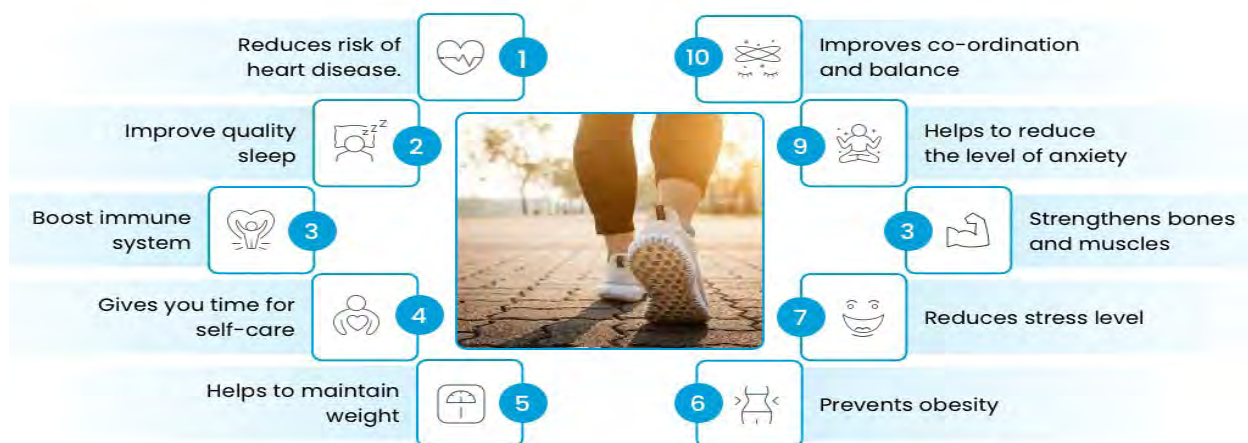
Next group session: June 27 & 28, 2023

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 23, 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: navigator@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 23, 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 23, 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

FNHA Drinking Water Safety Program

About this Program

Access to safe and reliable drinking water is essential to individual and population health. The Drinking Water Safety Program supports access to safe drinking water by working in partnership with First Nations communities.

Chief and Council are responsible for planning and development of capital facilities, which provide basic infrastructure needs such as drinking water. Community leadership is also responsible for day-to-day operation of water and wastewater systems, which includes sampling and testing of drinking water.

As part of the Drinking Water Safety Program team, FNHA Environmental Health Officers can:

- conduct drinking water system inspections and test drinking water for bacteriological, chemical, physical and radiological parameters to meet Guidelines for [Canadian Drinking Water Quality Guidelines](#)
- interpret drinking water quality results
- provide guidance and recommendations to communities about drinking water safety issues, such as Boil Water advisories, including Do Not Consume and Do Not Use advisories
- provide training for community-based water monitors to collect and send water samples for testing and, where available, analyze samples using in-community testing equipment
- review plans for new or upgraded community water systems
- provide information and support on safe drinking water practices and risk prevention to Chief and Council and community members
- investigate waterborne illnesses



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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 Jun. 26	Tuesday Jun. 27	Wednesday Jun. 28	Thursday Jun. 29	Friday Jun. 30
Karen Chandra, NP 9:30am – 3:30pm	Dr. Dumont, GP 9:30am – 3:30pm	Karen Chandra, NP 9:30am – 3:30pm	Jessica Peart, NP (locum) Jane Estey, NP (virtual) 9:30am - 3:30pm	Karen Chandra, NP Jane Estey, NP (virtual) 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 23, 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 23, 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, July 6

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.