



Musqueam Community Newsletter

FRIDAY June 29, 2023

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

SAFETY & SECURITY PATROL: 604-968-8058



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

Inside this Issue:

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Attn.—All Harvesters-15



OFFICE CLOSURE

PLEASE BE INFORMED THAT MUSQUEAM ADMINISTRATION OFFICE WILL BE CLOSED ON MONDAY JULY 3, 2023 ~ STATUTORY HOLIDAY!

WE WILL RE-OPEN REGULAR HOURS ON TUESDAY ~ JULY 4, 2023.

HAVE A SAFE AND HAPPY LONG WEEKEND!!



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



MUSQUEAM INDIAN BAND

6735 SALISH DRIVE
VANCOUVER, B.C.
CANADA V6N 4C4
TELEPHONE: 604 263-3261
FAX: 604 263-4212

June 30, 2023

Musqueam Lands Notice

Canada Land Surveyors – Aplin and Martin Ltd.

Musqueam Lands have contracted Canada Land Surveyors Aplin and Martin to conduct surveys on Musqueam Indian Reserve no. 2 Lands. Kweyacan Guerin is Survey Monitor assisting in the field work. The Surveyors will recommence work, currently underway, on July 13, 2023.

Please let me know if you've any questions or concerns.

Kim A. Guerin
Lands Governance Officer
kim@musqueam.bc.ca
604-329-7916

Musqueam Education Notice Friday June 30, 2023

Education Awards

Education awards are now available for Musqueam Band members!!

GRADE 12 GRADUATES – If you graduated this June, please submit your final report card, Dogwood Certificate and BC Ministry of Education transcripts to the Education Department, to receive your award.

GRADE 8 – 11 – If you are interested in receiving an academic award please submit your final report card to the Education. The top academic student in each grad will receive an award.

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

Municipal Relations Student

Detailed Job Description

BE PART OF THE TEAM THAT BRINGS THE WORLD TOGETHER

Career Opportunity: Municipal Relations Student

The Port of Vancouver is Canada's largest, and the third largest in North America by tonnes of cargo, facilitating trade between Canada and more than 170 countries. The Vancouver Fraser Port Authority is responsible for the stewardship of the federal port lands in and around Vancouver, British Columbia. Be a part of a team that is leading the growth of Canada in a manner that enhances the well-being of Canadians and inspires national pride. We are committed to delivering economic prosperity through trade, maintaining healthy ecosystems, and enabling thriving communities.

The municipal relations team engages with local governments throughout the port authority's jurisdiction. We are hiring a highly motivated post-secondary student to work with the municipal relations team to support engagement programs and activities.

ACCOUNTABILITIES

- Review council agendas and municipal associations to monitor resolutions and find items related to port activities and deliver weekly report to internal stakeholders
- Compile and distribute report to internal stakeholders and elevate key issues in a timely manner
- Undertake special research projects to support municipal and stakeholder relations activities, as needed

EDUCATION AND EXPERIENCE

To apply for this position, you must be a full-time student who has completed at least one year of post-secondary education with plans to return to your studies for the spring 2023 semester. Preferred candidates will be working towards a communication, public relations, international relations, political science or English program or related field. Experience with research and reporting is an asset.

The successful candidate must have proficiency with MS Office applications, have excellent communication skills (written and verbal) with a high attention to detail, and the ability to juggle multiple priorities.

SPECIFIC COMPETENCIES

You are an independent and self-motivated individual with excellent interpersonal skills, including tact, diplomacy and strong research and reporting abilities. You are enthusiastic, outgoing, detail oriented, reliable and resourceful, and a creative thinker. You have an excellent command of the English language, both oral and written. Previous experience in communications, or process management is an asset.

WORKING CONDITIONS

The position will be fully remote. If desired, there is an option to work out of the Delta Community Office on Saturdays.

NORMAL HOURS OF WORK:

Term from August 2023 to December 2023. Extension dependent on program funding and student eligibility.

This position will work up to 7.5 hours per week.

RATE OF PAY: \$25.00 per hour



PORT of
vancouver

Vancouver Fraser
Port Authority

The health and safety of our employees is a priority, and the Vancouver Fraser Port Authority is committed to ensuring a safe workplace. Vaccinations, in combination with other preventative health and safety measures, offer the best available protection against COVID-19 and that is why port authority employees are required to be fully vaccinated against COVID-19. Providing proof of vaccination against COVID-19 is a condition of employment.

Candidates may be accommodated for this requirement if they are approved for a legal exemption; accommodation may be requested only for religious and medical reasons, or other protected grounds under the Canadian Human Rights Act. If you're seeking accommodation to the COVID-19 vaccination requirement, please indicate your request during the recruitment process.

Vancouver Fraser Port Authority is dedicated to employment equity and a workplace reflective of the diversity of our community.

About Us

As a Canada Port Authority governed by the [Canada Marine Act](#), our mandate is to responsibly facilitate Canada's trade through the Port of Vancouver, the country's largest port. We are accountable to the federal minister of transport, and we work for the benefit of all Canadians.

Our Mission

Our mission is to enable Canada's trade objectives, ensuring safety, environmental protection and consideration for local communities.

Our Vision

Our vision is for the Port of Vancouver to be the world's most sustainable port.

Our Definition Of A Sustainable Port

A sustainable port delivers economic prosperity through trade, maintains a healthy environment, and enables thriving communities through collective accountability, meaningful dialogue and shared aspirations.

Learn more about our approach to [sustainability](#).

Our Values

- Accountability
- Continuous Improvement
- Collaboration
- Customer Responsiveness



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Vancouver Fraser
Port Authority



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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | JUNE 30, 2023 |

COMMUNITY HEALTH

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

Moms & Tots Program

*Musqueam Health Department
Moms and Tots Program*

STRAWBERRY JAM CANNING WORKSHOP



TUESDAY JULY 11TH
12-2PM
ELDERS CENTRE

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

MAX. 12 PARTICIPANTS





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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JUNE 30, 2023 |

COMMUNITY HEALTH

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



COMING TO MUSQUEAM! ROBERT AND LILY LEE'S GROUPS PEDIATRIC CLINIC



OPEN TO FAMILIES WITH CHILDREN FROM AGES OF 5 AND UNDER. COME JOIN OUR HYGIENIST ON TIPS ON ORAL CARE, BRUSHING, CLEANING AND WITH YOUR CONSENT FLOURIDE AND VARNISH.

12 SPOTS AVAILABLE FOR 30 MINUTES APPOINTMENTS EACH.

TO REGISTER, PLEASE CONTACT CHN, AMANA at 604-263-3261 or MERV KELLY or ARLENE

DATE: JULY 24, 2023

TIME: 9AM TO 12 NOON

LOCATION: YOGA ROOM AT HEALTH CTR.



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JUNE 30, 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

Kymerlee Stogan kymerleestogan@hotmail.com



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JUNE 30, 2023 |

MERV's Walking Challenge Continues!

join us for the

WALK-TO-WELLNESS CHALLENGE

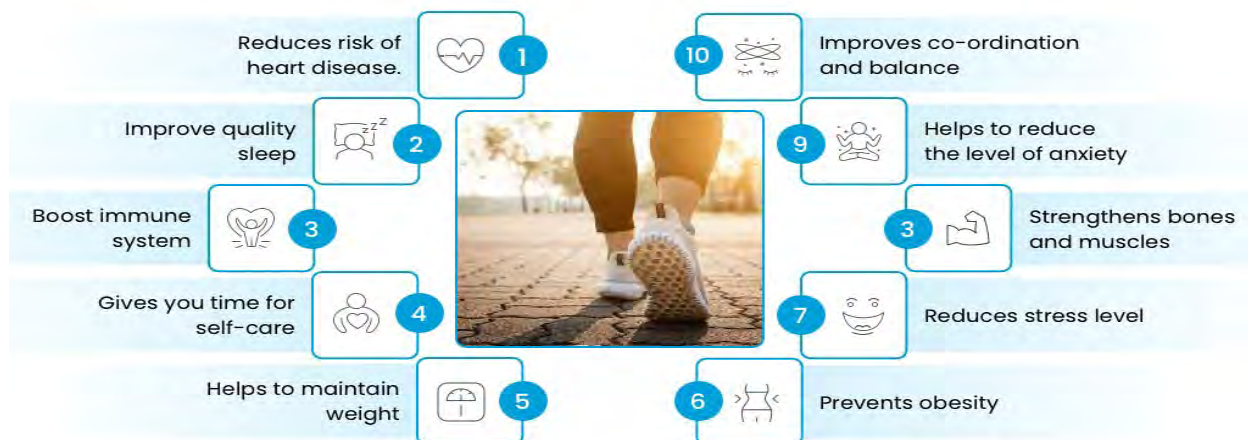
Next group session: July 4 & 5, 2023

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 30, 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

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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

First Nations Safe Drinking Water

Run Until Cold

Run Until Cold Contact your Environmental Health Officer for more information:

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



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JUNE 30, 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 Jul. 03	Tuesday Jul. 04	Wednesday Jul. 05	Thursday Jul. 06	Friday Jul. 07
CLINIC CLOSED	Dr. Dumont, GP 9:30am – 3:30pm	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

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 30, 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 30, 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, July 12

Time: 12:00 Noon

Location: Elders Centre

****Elders 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:
9:00am—9:00pm Monday—Friday

***Please note the Youth Centre will be Closed on:
Monday July 3, 2023***

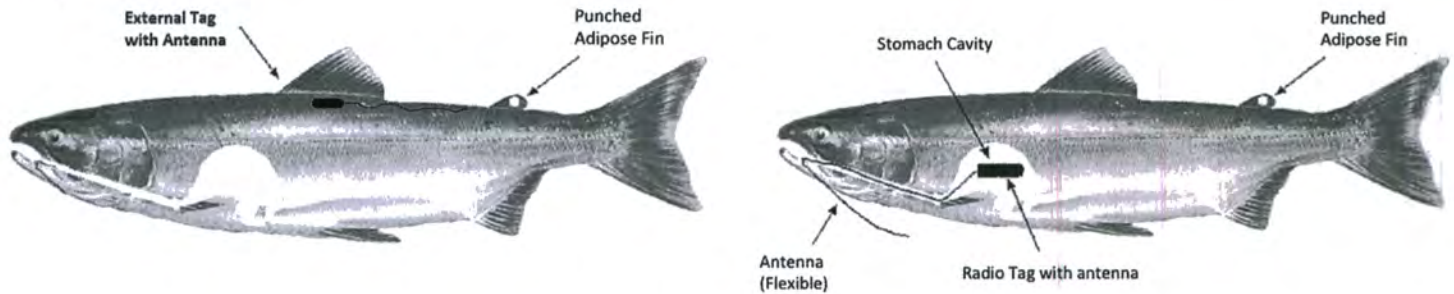
If your Child is **younger than 7** they must have a guardian who is **older than 14** with them
at all times who will care for them.

Children 0-6 without a parent or guardian will be sent home.

ATTENTION ALL HARVESTERS

Researchers with Fisheries and Oceans Canada, in partnership with First Nations and the Province of BC, are tagging Chinook and Sockeye salmon with radio tracking transmitters to evaluate adult salmon migration success associated with the Big Bar landslide.

Radio tracking transmitters are either attached to the back below the dorsal fin or inserted into the stomach cavity.



The numbers printed on the radio tracking transmitters uniquely identify individual salmon and their migration behaviour through the Fraser River and its tributaries.

Please report the tag numbers along with the date and location of capture or recovery to

BigBarTag@gmail.com

Or turn the tags in with the above information through your local catch monitoring program.

The information will be used to help understand the impacts of the Big Bar landslide and improve our understanding of salmon migration biology.

Thank you.