



Musqueam Community Newsletter

FRIDAY July 7, 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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St. Michael's Church

Please join us every Sunday at St. Michael's Church @ 1:00 P.M.

Thank you:)
Jeannie Campbell—
604-781-56541





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

COMMUNITY PGM.S & COMMUNITY PLANNING ON UBC CAMPUS FROM UTown@UBC!

1. YOGA ON THE MALL – can be promoted with [this graphic](#) and caption:

This summer, enjoy weekly outdoor yoga on campus from UTown@UBC!

Led by certified yoga teachers, classes are free and open to all ages and levels (beginners are welcome).

Classes are drop-in with a signed waiver required for each class before participating.

Everyone is welcome to join:

When: Every Wednesday, July 5 – August 23 (8 classes in total)

Time: 12pm-1pm

Location: Grass field by Main Mall & Stores Road (near Earth Sciences Building)*

What to bring: Please bring your own mat and a water bottle.

For full details, including a location map, please visit: utown.ubc.ca/yoga

2. UBC CHEF CHALLENGE – can be promoted [using this graphic](#) and caption:

It's a culinary showdown like no other! Join your competitors UBC Food Services, Nest Catering and Conferences, JamJar Canteen and Koerner's Pub, as each chef team competes for your vote with their picnic-inspired canapé, perfectly paired with a local craft beer.

Along with delicious bites and brews, enjoy live music, lawn games and friendly competition —we hope to see you there:

- Thursday, July 27, 2023
- 5:00pm-7:30pm
- Thunderbird Commons, [6312 Thunderbird Blvd.](#)

Chef Challenge is hosted by UTown@UBC and tickets start at \$27. For the menu and to buy your tickets, visit: utown.ubc.ca/chefchallenge

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Again, thank you for the consideration. Please let me know if you have any comments or questions.

Kind regards,

Debbie Yeh ([She, Her, Hers](#))

Coordinator, Community Programs and Outreach

Community Development & Transportation | Campus + Community Planning

The University of British Columbia | Vancouver Campus | [Musqueam Territory](#)

#3331 - 2260 West Mall | Vancouver BC | V6T 1Z4 Canada

Phone 604.822.2278

debbie.yeh@ubc.ca | [@utownubc](#)

<http://planning.ubc.ca/> | <https://utown.ubc.ca/>



THE UNIVERSITY OF BRITISH COLUMBIA

THE CHAN CENTRE FOR THE PERFORMING ARTS AND MUSQUEAM PRESENT



ARTWORK BY CHAN & GREY

SEPT 16 2023

*FREE DAYTIME 1 - 5 PM
EVENING TICKETED 6 PM*

A CELEBRATION OF INDIGENOUS CULTURE AND CREATIVITY

BLACK BELT EAGLE SCOUT • MATO WAYUHI

YOUNG SPIRIT SINGERS • ZOON • TIA WOOD • NOTORIOUS CREE

DEBRA SPARROW X RUBY SINGH & THE DREAM TEAM

**Tsatsu Stalqayu (Coastal Wolf Pack) • Miesha & the Spanks • Miss Christie Lee
KeAloha • Francis Baptiste • DJ Paisley Eva • Hayley Wallis and the Bright Futures + more TBA**

Film Screenings + Food Vendors + Indigenous Artisan Market



Canada



CBC VANCOUVER

cometowardthefire.com



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COME TOWARD THE FIRE

Saturday, September 16, 2023

Musqueam and UBC's Chan Centre for the Performing Arts announce the return of this Indigenous festival!

DAYTIME

1 pm - 5:30 pm

Performers! Vendors!

Food! Films!

FREE!

EVENING

6 pm / \$60

Free for Indigenous people!

Hosted by Musqueam's
Christie Lee Charles

Musqueam performers are confirmed, and an announcement will be coming soon 😊

VENDOR OPPORTUNITES

- Indigenous food vendors (all cuisines welcome, especially indigenous foods)
- Musqueam artisans (for daytime artisan market)

Application link: www.cometowardthefire.com/vendor-application

PERFORMER OPPORTUNITIES

MUSQUEAM PERFORMERS ARE CONFIRMED, BUT WE WANT MORE!

Interested Musqueam performers can contact Sasha Kow at sasha_kow@ubc.ca.

In your email include:

- Name
- Link to music/website/socials
- Contact information
- Performance details (singing, dancing, etc.)

Space is limited! Only selected performers will be contacted.



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 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



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:

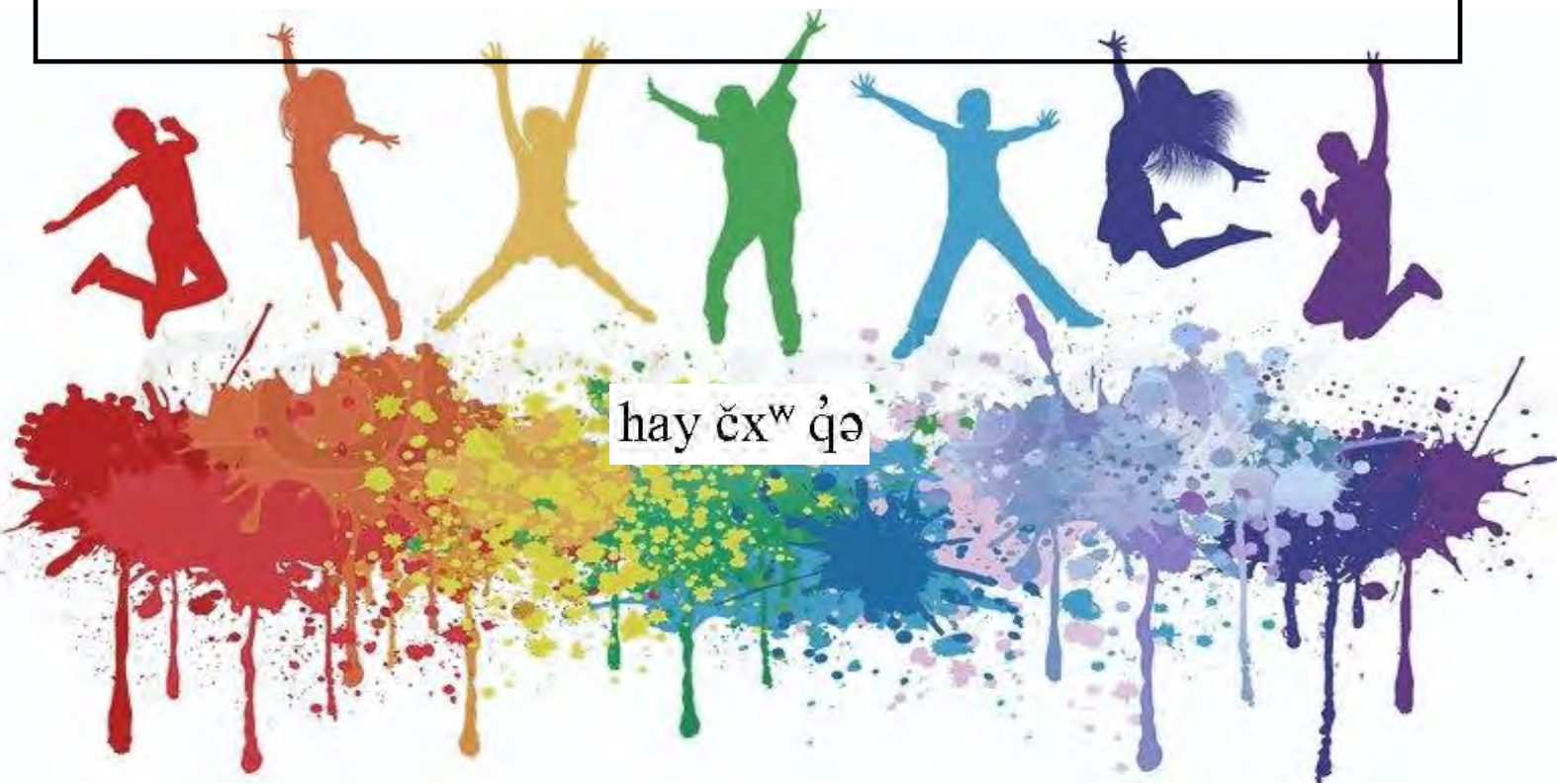
604 269-3302 or email: childcaresup@musqueam.bc.ca

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 July7, 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



Have you ever thought to... Try-A-Trade

The Try-A-Trade (TAT) program invites Indigenous candidates to participate in a paid job shadow work experience to learn about the trades in a workplace setting. Participants gain on the job experience, knowledge and skills while exploring their future career choices, creating connections and building a network at BC Hydro.

- o Offered province-wide to all Indigenous candidates interested in a trades or technical career with BC Hydro
- o This program provides safety training, and job shadow in trades, technical, and construction roles giving students/candidates the opportunity to explore trades within BC Hydro

Try-A-Trade today to experience the different trades within BC Hydro!

visit our website at [Indigenous Employment and Training](https://www.bchydro.com/indigenous-employment-and-training) or email us at Indigenous.Employment@bchydro.com



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JULY 7, 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 | JULY 7, 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 | JULY 7, 2023 |

LAND BASED HEALING PROGRAM

Patricia Isaak

Musqueam Farmers Market and Veggie Delivery

On Thursdays this season
there will be a Fresh Veggie
Market at the Musqueam Community Centre.

These veggies come from the
following farms:

- Musqueam Garden at UBC Farm
- The Sharing Farm
- Atheana Acres
- Green Zebra Farm



If you are unable to get transportation to the community centre there is a home delivery list. Please call Patricia to be included (778) 239-4325.

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

If you are experiencing an odd taste, odour or colour of your tap water in your home, please email or call the Musqueam Health Department at 604-263-3261 and they will inform me and I'll place a call to our Environmental Health Officer. She usually may accompany me. I will then be able to test your water as soon as possible. In the meantime, drink bottled water.

MUSQUEAM YOUTH CENTRE

YOUTH CENTRE

Phone: 604-269-3465

The Youth Centre hours: 9:00am—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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MUSQUEAM HEALTH DEPARTMENT
NEWSLETTER | JULY 7, 2023 |

MERV's Walking Challenge Continues!

join us for the

WALK-TO-WELLNESS CHALLENGE

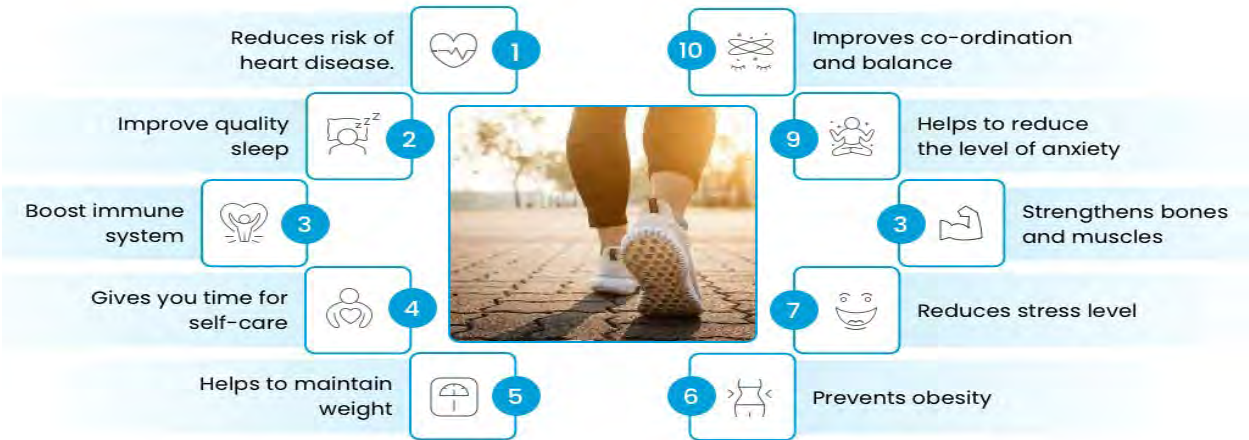
Next group session: July 11 & 12, 2023

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 | JULY 7, 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.

Brad and Nicolette are both away.

If you or someone you know is struggling, and need immediate help please call:

- Crisis Line: 1-800-784-2433
- KUU-US Crisis Response:
1-800-558-8717
- Mental Health Support Line:
604-310-6789

If you need counselling services, please reach out to Janice Cross:

236-558-9977



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JULY 7, 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. 10	Tuesday Jul. 11	Wednesday Jul. 12	Thursday Jul. 13	Friday Jul. 14
Karen Chandra, NP 9:30am - 3:30pm	Dr. Dumont, GP 9:30am – 3:30pm	Karen Chandra, NP Jane Estey, NP (virtual) 9:30am – 3:30pm	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 | JULY 7, 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 | JULY 7, 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 ***

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 20

Time: 1pm

Location: Elders Centre



Musqueam **Housing** says **HEY!**



On **August 10th**, come join us at the **Cultural Centre**
from **noon—2pm** for 2 great events!

MORE COWBELL!

WALK THIS WAY!

Noon bike rally through
the streets of Musqueam!
Bring your 🥁 & 📣 and
cheer them on!

Come join us at **1pm**
for a 🏠 maintenance
fashion show!



MOVIE Night



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Musqueam
First Nation

Location - Musqueam, 6735 Salish Drive.

Start - 8.00pm (Games & Fun)

Movie - 9.30pm (sunset)

Friday - 14th, July

Outdoor event please bring your own camping chair/blanket

