



In this week's issue

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Musqueam Fire Ban

All open fires are currently banned on Musqueam Reserve and throughout the region.

The only fires that are permitted at this time are controlled, propane fire-pits.



UPCOMING EVENTS

WED. JULY 26

Active Transportation
Dinner
11am-3pm

MON. JULY 31

Salish 2Spirit
Pride Celebration
11am-3pm

THURS. AUG. 10

More Cowbell &
Walk This Way
12-2pm



Musqueam Administration
p: 604-263-3261 tf: 1-866-282-3261

Musqueam Security
24/7: 604-968-8058



xʷqʷəlqʷəliwən ct ʔə tə sʔa:nʔ xʷəlməxʷ
Thinking About Our Community (Village)

Musqueam Members are invited to have your say

IR2 Active Transportation Network Plan

Wednesday July 26th

Musqueam Cultural Centre

4000 Musqueam Avenue, Vancouver, BC

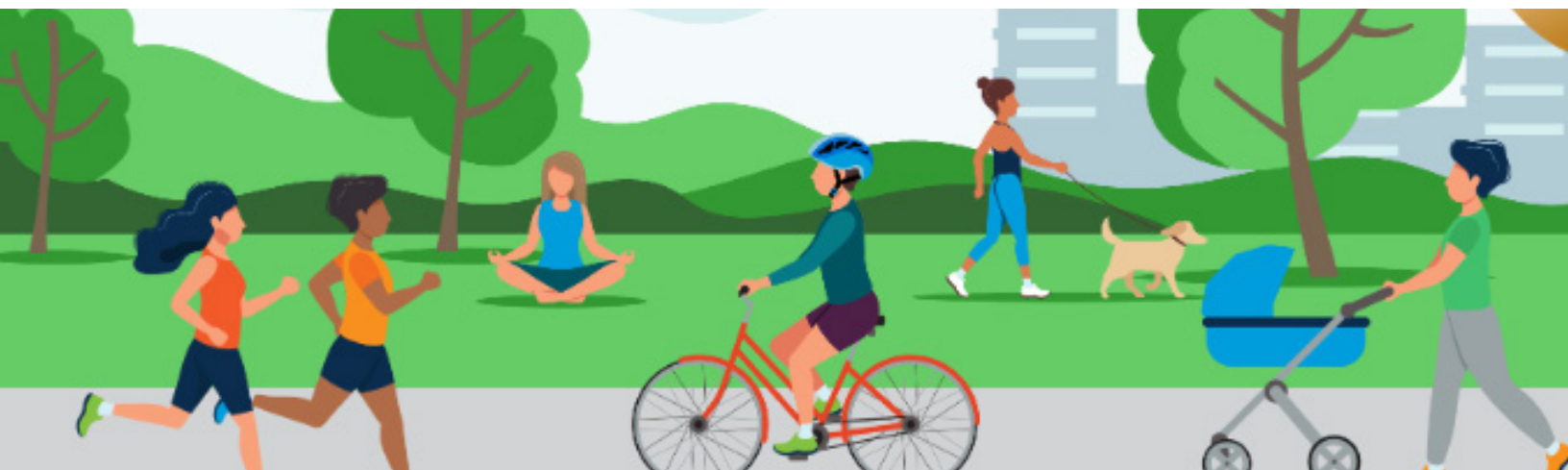
5:30pm BBQ Dinner

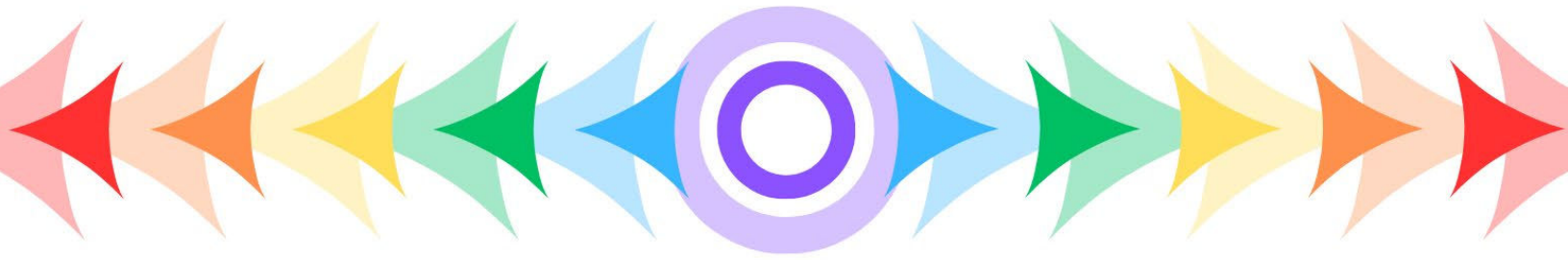
6:00pm Presentation & Community Feedback

7:00pm Draw Prizes

The IR2 Master Planning team is seeking to improve its active transportation infrastructure now and into the future. Active transportation includes all forms of human-powered movement, including walking and cycling. The plan is being developed for recreational and restorative purposes for Musqueam community members. We look forward to your participation!

For those who cannot make this event we will also be circulating a short online survey so that your voice will be heard.





Salish 2Spirit Pride







Community Celebration

Monday, July 31

11am - 3pm

Musqueam Cultural Centre
4000 Musqueam Avenue



- | | | |
|--|---|---|
|  Parade |  Cedar weaving |  Petting zoo |
|  BBQ lunch |  Performances |  Games |



hay ce:p qə to our sponsors

Photos by Ruthie Point-Speck



MUSQUEAM.BC.CA/PRIDE2023

TRANSFORMINGMEMBERS.COM



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!



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

DAYTIME

1 pm- 5:30pm

Performers! Vendors!

Food! Films!

FREE!

EVENING

6pm / \$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.





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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JULY 21, 2023 |

COMMUNITY HEALTH

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



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



POSTPONED

CO
HY
FLOU

12 SPO

TO REGISTER

DATE: JULY 24

TIME: 9AM TO 1

LOCATION: YOGA ROOM AT HEALTH CTR.

4-263-3261.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JULY 21, 2023 |

COMMUNITY HEALTH

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

MEDICATION EDUCATION SAVES LIVES

COME JOIN US ALONG WITH UBC PHARMACIST FOR A
MEDICATION EDUCATION SESSION



DATE: Wednesday, AUGUST 9, 2023

LOCATION: ELDER'S CENTRE

TIME: 2:00-3:00PM

Call to Register: AMANA, CHN, or ARLENE H. at 604-263-3261.

You will receive a \$25.00 gift card and a pill box for attending.

PLEASE FEEL FREE TO BRING YOUR MEDICATIONS YOU HAVE QUESTIONS ABOUT.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JULY 21, 2023 |

LAND BASED HEALING PROGRAM

Patricia Isaak

MUSQUEAM HEALTH
DEPARTMENT LAND BASED
HEALING AND ELDERS
PROGRAMS PRESENTS

FLOWER BOUQUET MAKING

On Tuesday August 8th we will be taking the community shuttle bus out to The Sharing Farm for a lunch and fresh cut flower activity. The bus will depart from the Elders Centre at 12:30. Lunch will be provided.

Contact Brenda to sign up.



SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

Safe Drinking Water for First Nations Act

The Safe Drinking Water for First Nations Act came into effect in 2013. **The Act allows the Government of Canada, in collaboration with First Nations, to develop federal regulations to ensure access to safe, clean and reliable drinking water and the effective treatment of wastewater.**

<https://www.sac-isc.gc.ca> › en



MERV's Walking Challenge Continues!

join us for the

WALK-TO-WELLNESS CHALLENGE

Next group session

Meet at

Time

abit for the



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.

Call Merv at 604-263-3261 to register.



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 | JULY 21, 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. 24	Tuesday Jul. 25	Wednesday Jul. 26	Thursday Jul. 27	Friday Jul. 28
NO CLINICIAN ON SITE	Dr. Dumont, GP 9:30am – 3:30pm	NO CLINICIAN ON SITE	Jessica Peart, NP (locum) 9:30am - 3:30pm	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: Sept.13, 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 21, 2023 |

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.

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 26

Time: 12:00 Noon

Location: Elders Centre

***Elders only**



ELDERS CHAIR EXERCISE

When: Thursday, Aug.3

Time: 1pm

Location: Elders Centre

Musqueam Education Notice Friday July14, 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

Combustion Gases in Your Home – Things You Should Know About Combustion Spillage and back drafting

Combustion spillage is a term used to describe the unwanted flow of combustion gases into your home. The quantities involved are usually small; however, combustion spillage is a serious health hazard and should be dealt with as soon as possible.

These are steps to prevent combustion spillage:

1. Avoid Conditions that Lead to Back drafting

- Be wary of operating several powerful exhaust devices simultaneously such as a high capacity kitchen range hood and a clothes dryer.
- If you install a new range-top with a powerful exhaust fan, get expert advice on how to balance this on the air supply side.
- Avoid combinations of appliances that are likely to create depressurized conditions for instance, a natural draft furnace with a range-top exhaust fan.
- If your furnace, boiler or water heater is enclosed in a small separate room, allow air to move freely between the mechanical room and the rest of the house. Louvered doors or installed door/wall grills may be the answer.

2. Install warning devices: Smoke and Carbon Monoxide (CO) alarms

Get a CO alarm. Smoke and CO alarms should be installed according to the manufactures installation instruction and local building codes. Be aware that CO poisoning can occur if exposed to a large amount of CO over a short period of time or by a small amount of CO over a long period of time especially if a person's body has limited ability to use oxygen, people suffering from asthma and other respiratory problems. Be aware that CO alarms may not be triggered by some situations such as long term, low-level exposures. Note that all smoke alarms and detectors have expiry dates and should be replaced as per manufacturer's instructions.

Ask housing to install one if you don't have CO detectors.

3. Maintain Your Combustion Appliances

Start a routine for all your combustion appliances. Get a qualified professional to check for exchanger leakage, spillage and condensation in chimneys. If necessary, your heating equipment adjust so it operates six minutes or longer to minimize spillage.



CALL TO MUSQUEAM ARTISTS

Public Art at UBC- Gateway

The University of British Columbia invites Expressions of Interest from Musqueam artists and/or artist teams for the UBC Gateway Building development. There are **six diverse public art opportunities** involving a range of media including glazing, wood, metal and vinyl, integrated with various elements of the building.

The art will honor and celebrate the vibrancy of Musqueam culture with keeping the traditional design of hə́ŋqəmiŋə́m-speaking xʷməθkʷəy̓əm (Musqueam) which can be interpretive and contemporary in artistic expression. Ideally, the art will reflect Musqueam storytelling.

PUBLIC ART OPPORTUNITIES

- Building Entrance
- House Boards
- Feature Wall
- Shared Knowledge Panels
- Interior Glazing
- Landscape Artwork

FOR MORE INFORMATION VISIT:

[UBC - Gateway Public Art](#)

ARTIST INFORMATION SESSION

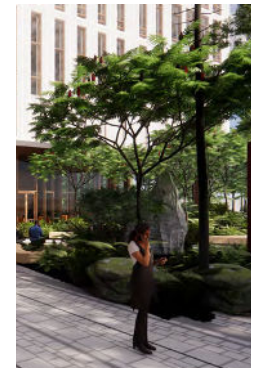
Monday, July 31
10:00am - 11:00am

Classroom #1
6735 Salish Drive,
Vancouver, BC V6N 4C4

JOIN US THROUGH ZOOM:

[UBC - Gateway Zoom Link](#)
Meeting ID: 838 0608 1940
Passcode: 305572

RSVP for more detailed
information
gateway@ballardfineart.com



Images. UBC Gateway renderings showing public art opportunities

UBC - GATEWAY | PROJECT OVERVIEW

The Gateway Building is located at a prime entrance to the UBC campus and has been sited and designed through significant engagement with Musqueam. Situated at the intersection of Westbrook Mall and University Boulevard, it is intended to be a gateway into the Point Grey campus. The Gateway Building creates a place for learning, research, and community outreach through co-location of the schools of Nursing, Kinesiology, Language Science, and UBC health clinics.

The design embodies Musqueam values: A Site of Welcoming, A Place for Learning, Generating Well-Being, and Enduring Stewardship. The building program includes 13,586 net square meters (nsm) of classrooms, teaching laboratories, wet and dry research space, clinic spaces, offices, and shared common spaces for the School of Nursing, School of Kinesiology, Language Science, UBC Health and UBC Integrated Health and Wellbeing Services. The design represents a gross building area of 24,800 gross square meters.

As a gateway building, the project reflects UBC as a global institution. The approach taken is one acknowledging the broader west coast setting of the region while drawing on the immediate context of the campus through massing, materials, porosity and public realm. The building is conceived as two five storey program bars using mass timber construction sitting on a recessed and visually transparent base that merges with an expanded public realm that celebrates Indigenous landscape and vegetation. The program bars are separated by a top lit six storey atrium that is an extension of the public realm and is the social heart of the building community.

Uncovering the Mysteries of Birdwatching and the Black Swift



Kris Cu

Are you curious about the world of birding and bird conservation? Join Birds Canada as we explore beginner birding skills, discuss local conservation issues, and discover the majesty of the Black Swift.

The workshop includes a presentation at Cypress Pop-up Village followed by a bird walk in Cypress Falls park. Participants are encouraged to bring their own binoculars but we will have extra pairs if needed. Snacks and drinks provided.

9:00am-12:00pm, Monday July 31st, 2023

Meet at Cypress Pop-up Village (3757 Cypress Bowl Road)

Email akrupek@birdscanada.org to register.



This event is being held within the traditional, ancestral and unceded territory of the Sk̓wxwú7mesh (Squamish), səliłwətał (Tsleil-Waututh), xʷməθkʷəy̓əm (Musqueam) and Stó:lō First Nations. Honoraria is available to support Indigenous participants.