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Saint Michael's Church

Service every Sunday at 1pm

Office closed on Monday, August 7 for BC Day.

*Enjoy a safe and
sunny long weekend!*

Fires banned in Musqueam

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

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



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

www.musqueam.bc.ca

Musqueam Security
24/7: 604-968-8058



UPCOMING EVENTS

WED. AUGUST 9

Grand Opening: Musqueam Gathering Space at YVR

10am

THURS. AUGUST 10

Housing Event

12pm More Cowbell

1pm Walk This Way

FRI. AUGUST 11

Mini Musqueam 101

12pm Walking Tour

1pm Lunch

TUES. AUGUST 15

Self-Government BBQ Dinner

6pm

WE ARE HIRING

- Youth Outreach Worker
- Home Care Worker
- Lands Director
- In-House Legal Counsel
- Data Entry Clerk (Casual, Term Position)
- IGA Projects Coordinator

Interested in applying?

Visit www.musqueam.bc.ca/careers

or contact Kia Coles, Musqueam HR Manager, kcoles@musqueam.bc.ca



Musqueam Gathering Space

at 

Grand Opening!



Wednesday, August 9

10:00am

Level 2, Domestic Arrivals (YVR airport)

Community is invited to celebrate the opening of a new space dedicated to Musqueam history and culture at YVR.

As part of the event, a 30-foot canoe carved by Musqueam community members and YVR staff will be unveiled.

Catering by Salmon n' Bannock.

Parking passes available onsite by request.





Musqueam **Housing** says



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!

Let us know if you'd like a pick-up to/from the event, or if you would like to take part in
the fashion show!



We have made it through week 4 in our Ride Your Path kids bike safety program!

Congratulations, kids, and we hope to see you on

Tuesday, August 8th for the graduation ceremony!

Schedule:

- 11am–1pm: Last group ride
- 1pm–2pm: graduation at the Cultural Centre

Families of our biking graduates are all invited & welcomed to attend the graduation



Program graduates get great prizes!





Self-Government & Rights Recognition

BBQ Dinner and Discussion

Tuesday, August 15

6pm

Field at Cultural Centre

What is self-government?

What does "rights recognition" mean?

Join Councillor Rosalind Campbell, Tim Raybould and team for dinner and discussion around what self-governance and rights recognition mean for Musqueam.

Please come share a meal and relax by the river with us!



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

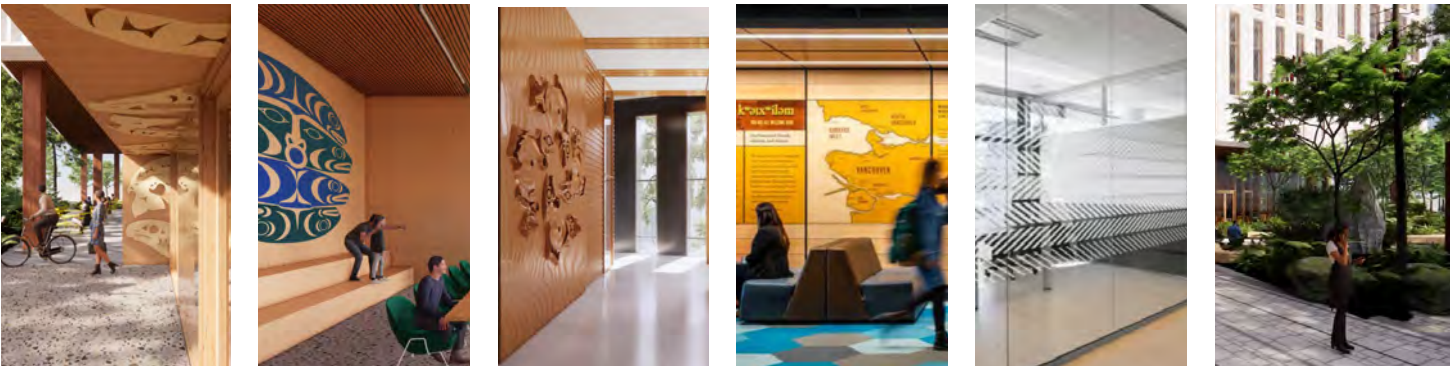
Monday, July 31
10:00am - 11:00am

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.

SECOND INTAKE

TRADES & CAREER EXPLORATION PROGRAM



In this program you will obtain:

- Traffic Control (TCP)
- Skid Steer Certificate
- Occupational First Aid
- Forklift Certificate
- WHMIS
- Piping Foundations (UA Local 170)

In addition, enhance your skills set in English, Math, Document Use; tour exciting places and learn about our partners and potential employment opportunities!



Spots fill up fast so get
on the waitlist now!

OCTOBER 2023
-IN COMMUNITY
-3 TIMES A WEEK
-18+
-COMPLETION BONUSES



Sign up by contacting:
Krista Brisk, Program Coordinator
604-269-3461
kbrisk@musqueam.bc.ca



SUMMER MINI MUSQUEAM 101

INDIGENOUS COMMUNITY PLANNING *Local & Global*

Friday, August 11

10am - 11:30am

Walking Tour



Musqueam
Cultural Centre
(4000 Musqueam
Ave)

Join Knowledge Keeper Morgan Guerin for a walking tour to learn about Musqueam's stewardship of its territory since time immemorial.



12pm - 2pm

Musqueam 101 Lunch



Musqueam
Elder's Centre
(4010 Si-Lu Dr)

Join a lunch and conversation with special guest speakers from the Philippines working in Indigenous Community Planning.



About the Musqueam 101 Speakers

- **Benjamin Abadiano** is an influential leader in the Philippines for Indigenous education and community development. He is a recipient of the Ramon Magsaysay award, like the Nobel Peace Prize in Asia.
- **Four Indigenous youth leaders** are graduates of the Pamulaan Centre for Indigenous Peoples Education, a university with culture-based degree programs developed with Indigenous Elders.
- **Faculty, graduates, and students** from UBC's School of Community and Regional Planning will join the conversation with insights from their experiences.



All Musqueam community members are welcome!

Musqueam Education Notice August 4, 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.

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 will not be required to wear a mask 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

Kymerlee Stogan, School Bus Supervisor

Ph. # 604 - 263 - 3261; Fax # 604 - 263- 4212

Toll free: 1-866-282-3261



Grades K-12

Back to School

Allowance ✱ Ipads ✱ Laptops ✱ Backpacks

WHEN

August 25, 2023
9:00 – 4:00

WHERE

Library Space
Musqueam Community Centre

We are looking forward to seeing you all,

Musqueam Education Department



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | AUGUST 4, 2023 |

COMMUNITY HEALTH

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

DON'T FORGET TO GO BACK TO SCHOOL LICE FREE!

COME SEE AMANA, CHN AT THE HEALTH CTR TO PICK UP YOUR KIT.

PLEASE BRING YOUR CARE CARD WHEN COMING UP TO PICK UP A LICE KIT.

NO CHARGE.


LICE PREVENTION
for the New School Year

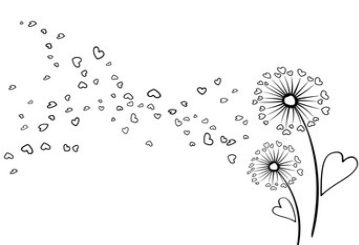
Avoid head-to-head contact with friends when playing at school.

Don't share clothing such as hats, scarves, coats or hair ribbons, especially if someone has lice.

Say no to sharing combs, brushes or any other hair product.

If someone at school has lice, don't lie on any rugs, pillows or stuffed animals they may have recently touched.

 AdvantageCare
PHYSICIANS



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | AUGUST 4, 2023 |

COMMUNITY HEALTH

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



AROUND THE KITCHEN TABLE



SEXUAL AND MENTAL HEALTH EDUCATION GROUP

Come join us for an open discussion around the table while doing some activities and having lunch with friends. \$20 gift card for anyone that attends. 10 spots available

DATE: August 14, 2023

TIME: 12:00 – 2:00PM

LOCATION: Youth Centre located at 6777 Salish Drive.

Girls or anyone identifying as a female ages 12 years old and up. You are invited to join our sexual and mental health group.

To register please contact Amana, CHN or Arlene, Nursing assistant at 604-263-3261.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | AUGUST 4, 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

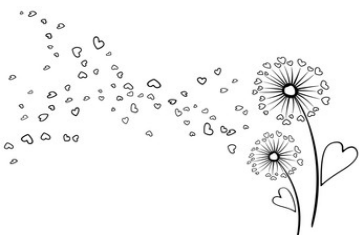
LOCATION: ELDER'S CENTRE

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 | AUGUST 4, 2023 |

LAND BASED HEALING PROGRAM

Patricia Isaak



MUSQUEAM ELDERS CENTRE

Brenda Campbell, Elders Coordinator

Ph: 604 263 – 6312



LADIES GROUP

When: Every Tuesday

Time: 1:00-4:00pm

Location: Elders Centre



ELDER'S LUNCHEON:

When: Wednesday, Aug.16

Time: 12:00 Noon

Location: Elders Centre

****Elders only***

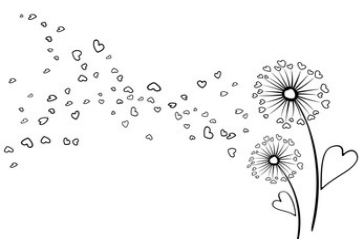


ELDERS CHAIR EXERCISE

When: Thursday, Aug.17

Time: 1:00pm

Location: Elders Centre



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | AUGUST 4, 2023 |

MERV's Walking Challenge Continues!

join us for the

WALK-TO-WELLNESS CHALLENGE

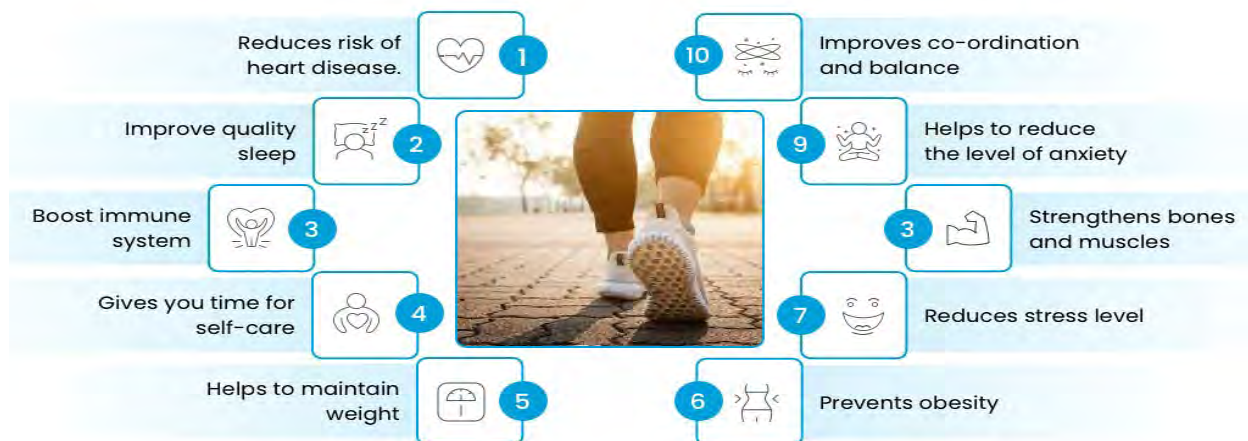
Next group session: Aug.8 & 9, 2023

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

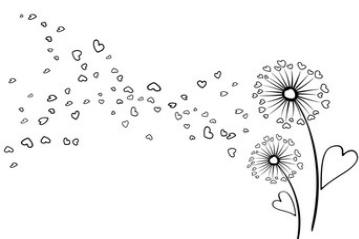


WHAT TO BRING: Wear comfy walking shoes, preferably runners. Bring a hat, wear sunscreen and please bring any mobility aids that you may use.

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.

Call Merv at 604-263-3261 to register.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | AUGUST 4, 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

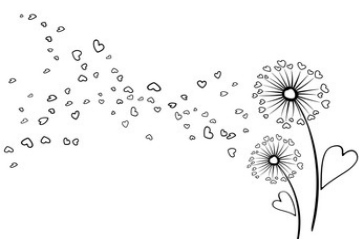
Wed - Fri 6-9pm

& 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 | AUGUST 4, 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 Aug. 07	Tuesday Aug. 08	Wednesday Aug. 09	Thursday Aug. 10	Friday Aug. 11
CLINIC CLOSED FOR STAT HOLIDAY	Dr. Dumont, GP 9:30am – 3:30pm	Karen Chandra, NP Jane Estey (virtual NP) 9:30am – 3:30pm	Karen Chandra, NP Jessica Peart (locum NP) 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: 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.

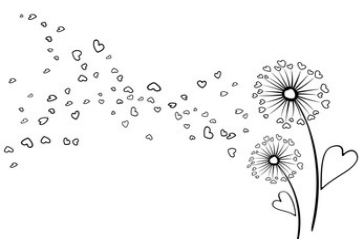
Available to First Nations people and their family members, even if those family members are not Indigenous.

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 | AUGUST 4, 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

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

MUSQUEAM YOUTH CENTRE

YOUTH CENTRE

Phone: 604-269-3465

The Youth Centre hours: 2:00pm—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.