

# MUSQUEAM x<sup>w</sup>məθk<sup>w</sup>əyəm COMMUNITY NEWSLETTER

Friday, September 22, 2023



## HIGHLIGHTS

Page 3

**31 Days of Healing Schedule**

Page 4

**Orange Shirt Day event**

Page 7

**Cornhole Tournament**

Backpage

**Musqueam Crossword**

Plus notices from...

**Employment & Training,  
Health & MCC**

## UPCOMING EVENTS

Monday, September 25

### **hə́ḡəmiḡəḡ learning**

12pm Longhouse

Celebrate new hə́ḡəmiḡəḡ signs in the longhouse and learn how to pronounce them!

**NEW DATE!** Wednesday, September 27

### **Drum Making w/ Kelly Louis**

5pm Community Centre

Register: [cgibson@musqueam.bc.ca](mailto:cgibson@musqueam.bc.ca)

**NEW DATE!** Wednesday, October 4

### **Supplementary Budget Discussion**

5:30pm Cultural Centre

Friday, September 29



### **Orange Shirt Day Community Dinner**

5pm Gym



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

[www.musqueam.bc.ca](http://www.musqueam.bc.ca)

Musqueam Security  
**24/7:** 604-968-8058



# Notice of Community Meeting:

## 2024 Supplementary Budget

### Discussion Meeting

\*Meeting has been postponed to a later date out of respect for the family.

**Date:** ~~Thursday September 21, 2023~~ **Wednesday October 04, 2023**

**Time:** 5:30 pm (dinner will be served)

**Location:** Musqueam Cultural Centre (4000 Musqueam Avenue)

If you have any questions please contact the Musqueam Finance Department at 604 263-3261.

September 20, 2023

Musqueam Indian Band  
6735 Salish Drive  
Vancouver, BC  
Canada V6N 4C4



# 31 Days of Healing



Event schedule as of September 22, 2023

All events are only open to the Musqueam community.

## hə́ŋqəmiḥə́m learning: Place Names & Pronunciation

Monday, September 25 Musqueam Longhouse

Table at 12pm

Celebrate new hə́ŋqəmiḥə́m signs in the longhouse and learn how to say community names in hə́ŋqəmiḥə́m!

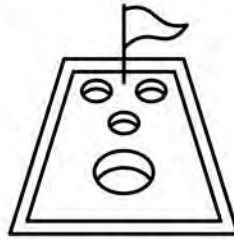
*Ever wondered  
how to say  
x<sup>w</sup>məθk<sup>w</sup>ə́yəm?*

## CORNHOLE TOURNAMENT!

Tuesday, September 26

5pm Gym

44 TEAMS will compete!



## Youth Workshop

Wednesday, September 27

6pm

Classroom

## Drum Making Workshop **RESCHEDULED!**

Wednesday, September 27

5pm

Limited capacity. Registration encouraged.

Register by emailing Courtenay Gibson:  
cgibson@musqueam.bc.ca



## Orange Shirt Day Community Event

Friday, September 29

Doors: 3:30pm Dinner: 5pm

This year we will commemorate  
Truth & Reconciliation Day /  
Orange Shirt Day with a  
**community-only gathering.**

## Musqueam & FortisBC

*Business-to-Business Session  
hosted by MCC*

Wednesday, September 27

5pm Cultural Centre

# səsaʔəsθət ct

*lifting our heads up together*



# Orange Shirt Day Community Event

Friday, September 29

Doors: 3:30pm     Dinner: 5pm

Community Centre Gym

This year we will commemorate  
Truth & Reconciliation Day /  
Orange Shirt Day with a  
**community-only gathering.**

*Please note: The band office is closed on  
Monday, October 2 to observe  
Truth & Reconciliation Day*



## MUSQUEAM HOMEWORK CLUB



Monday, September 25  
Wednesday, September 27



Community Centre - Library (upstairs)

Any subject, any age, come do your homework with us!

We have a professional tutor available for math and science.

## Need to renew or replace your status card?

### For a laminate status card (the old status cards)

The membership department can help you with that, just make an appointment. This is the best option if you need your card soon.

### For a secure status card

The membership department can help you complete an application and submit it to Indigenous Services Canada. This is best for members who live away from home.

Contact Karen R. Campbell for an appointment or to discuss the two types of cards: [kcampbell@musqueam.bc.ca](mailto:kcampbell@musqueam.bc.ca) or 604-263-3261

## Musqueam Rights Recognition



### OPEN HOUSE


Thursday, October 12

Cultural Centre

Drop-in session with refreshments and information booths.

## WE ARE



 [www.musqueam.bc.ca/careers](http://www.musqueam.bc.ca/careers)

For more information about career opportunities with Musqueam:

**Kia Coles, HR Manager**  
[kcoles@musqueam.bc.ca](mailto:kcoles@musqueam.bc.ca)

**Musqueam is currently hiring for these permanent, full-time roles:**

- Youth Outreach Worker
- Home Care Worker
- Drug & Alcohol Worker
- Lands Director
- Intergovernmental Project Coordinator
- Intergovernmental Project Analyst
- Council Secretary
- In-House Legal Counsel
- Chief Financial Officer
- Data Entry Clerk (Casual Term)
- Primary Care Clinic Manager
- Archives & Research Technician

Join  
our team!

Casual positions also available.





RECREATION PRESENTS

# MUSQUEAM CORNHOLE TOURNAMENT

Come watch  
**44 TEAMS**  
compete!



**TUESDAY**  
**SEPTEMBER 26, 2023**  
**5:00 - 7:00 PM**  
**COMMUNITY CENTER**





# Musqueam Public Works Notice

## Cemetery Extension

Council and Administration recognize the urgency and sensitivity of the need for the Musqueam Cemetery to be expanded due to the small number of remaining plots.

**At this week's council meeting on September 19, Musqueam Chief & Council approved a motion to extend the Musqueam Cemetery.**

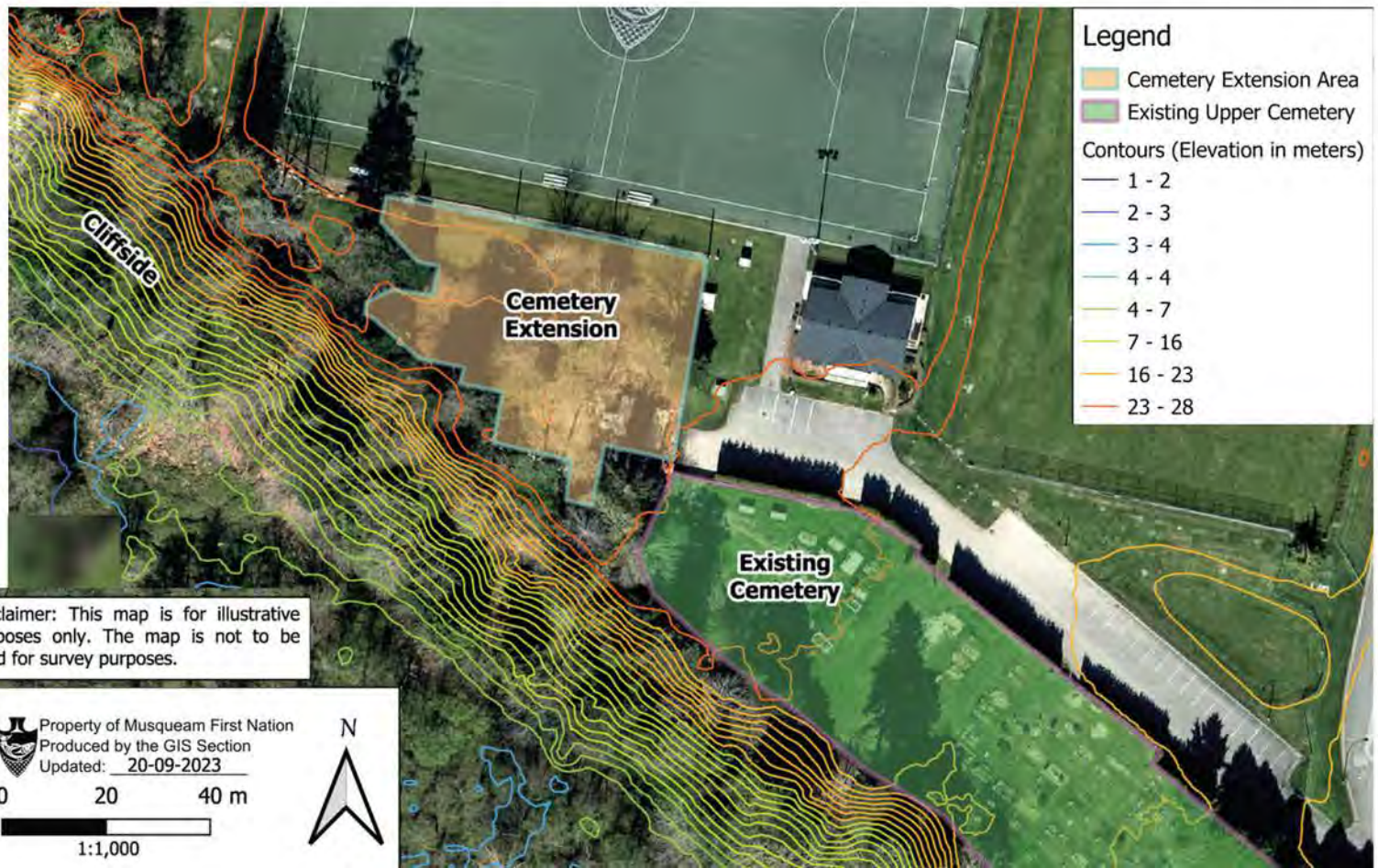
Our top priority for the cemetery expansion is ensuring privacy and respect for families and ancestors.

**Work in the extension area will begin Friday, September 22 (weather permitting).**

Work includes tree removal, ground levelling, installing privacy fencing, and landscaping.

The extension will be west of the existing cemetery. A map of the area is included below. The extension area has been assessed for safe slope stability and drainage.

Questions or concerns? Contact: **Norm Point, Public Works Manager (604-263-3376)**







# siyeé/Southwest Contracting Ltd.

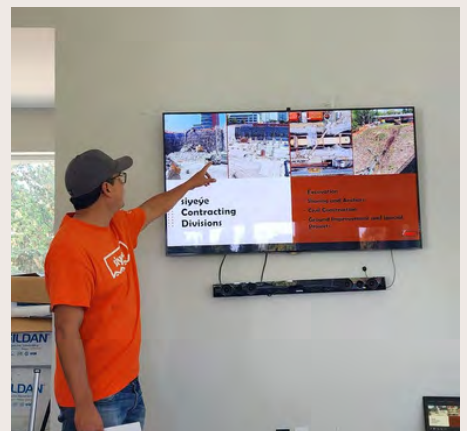
SEPT 20, 2023

A huge shoutout to Terry Sparrow, Jim Kew and Siyeé Contracting Ltd who came out and presented to our Career & Trades Exploration Program and E&T staff today.

Thank for your presentation and hosting a tour of the Musqueam Creek Project that will provide jobs for members in the community and ensure that the creek is environmentally sound and stable to provide a safe habitat for the fish which we must protect.

Siyeé Contracting was recently awarded the Musqueam Creek Sediment Removal and Bank Stabilization project - phase 2, in partnership with the Musqueam First Nation, Emergency Management BC, the BC Ministry of Environment and Climate Change and Kerr Wood Leidal.

The project is moving along smoothly with Siyeé joint venture partners at Southwest Contracting and they are working closely with Musqueam Administration staff at Fisheries, Archaeology, Environmental and Employment & Training departments.





# SECOND INTAKE

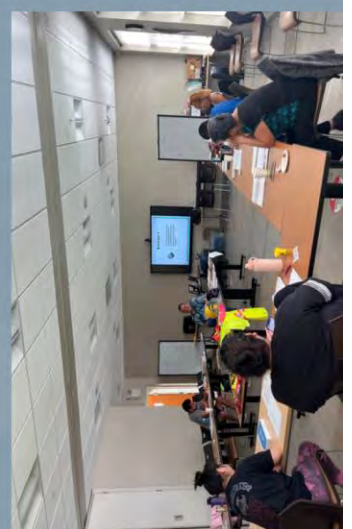
## TRADES & CAREER EXPLORATION PROGRAM



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 User; 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



# Filling out E&T Paperwork

*A Step-by-Step Guide to keep the community safe*

**STEP 1:** *Contact an E&T staff member prior to coming by*

**STEP 2:** *Pick up and fill out paperwork*

**STEP 3:** *Place underneath the door*

#### CONTACT:

Malonic Langthorne, Manager  
T: 604-807-1222  
E: mlangthorne@musqueam.bc.ca

Angela Nahance, Job Coach  
T: 604-269-3316  
E: anahance@musqueam.bc.ca

Krista Brisk, Program Coordinator  
T: 604-269-3461  
E: kbrisk@musqueam.bc.ca

Alicea Bradley, Data & Communications  
T: 604-269-3353  
E: abradley@musqueam.bc.ca



MUSQUEAM EMPLOYMENT & TRAINING

# HOIST OPERATOR CERTIFICATE PROGRAM

The Hoist Operator Certificate Program will host up to 8 participants and include 2 full weeks of preparatory classroom on-site at Musqueam as well as essential skills training in the lab.



## WHAT DOES A HOIST OPERATOR DO?

A hoist operator controls hoisting equipment like clamps, elevating platforms and forklifts to move products or people. As a hoist operator, you assist with transporting materials to a worksite or warehouse. You load and unload trucks depending on the hoist you use for the job.

### DATE & PLACE:

**START: OCT 2023**

📍 MUSQUEAM AND ABBOTSFORD, BC

Following the on-site training, participants will attend 5 days of on-site practical hoist training in the Fraser Valley. Students will stay in a joint accommodation in Abbotsford near the training facility while completing the practical component. This program will run in the month of October starting in the second week and ending at the end of the month.

### REGISTER TODAY!

Call Malonie Langthorne, E&T Manager

T: 604-807-1222

or

Email Krista Brisk, Program Coordinator

E: kbrisk@musqueam.bc.ca



PACIFIC EMPLOYMENT SERVICES

# TRAFFIC CONTROL



Are you looking for work as a Traffic Control Person or need to re-certify?

Course delivered by Pacific Employment Services through Musqueam Employment & Training.

Anyone interested needs to register by phone or email or come into the office to fill out a PIF.

Musqueam Golf Course

Saturday, Oct 28th and Sunday, Oct 29th  
9am - 4pm

REGISTER TODAY!

Krista Brisk, Program Coordinator

T: 604-269-3461

E: kbrisk@musqueam.bc.ca

**\* MUST HAVE STEEL TOED BOOTS TO PARTICIPATE \***

Limited spots available





## MUSQUEAM CAPITAL CORPORATION BOARD OF DIRECTORS **OPPORTUNITY - BAND MEMBER REPRESENTATIVE**

Deadline to Apply is Friday, September 29, 2023

Musqueam Chief & Council is seeking a Musqueam Band Member representative to serve on the Musqueam Capital Corporation ("MCC") Board of Directors.

MCC is the economic development arm of the Musqueam Indian Band and is responsible for the development of land holdings, asset management of real estate holdings, advisory services, and facilitation of employment and business opportunities through partnerships. MCC's mission is to contribute to building a vibrant community in Musqueam through economic development that will reap benefits today and for many years into the future and to generate a profit, but not at the expense of Musqueam's values. We are of one heart, one mind.

More information about MCC can be found at [musqueamcapital.ca](https://musqueamcapital.ca)

The following outlines the requirements and selection criteria.

### **VALUES**

As a proud member of the Musqueam Indian Band, you will have a strong understanding of Musqueam traditions, culture and history, are actively engaged in the Musqueam community, and bring knowledge and experience in areas related to economic development and real estate. You support MCC's vision, mission, goals and policies and alignment with MIB objectives, laws and requirements.

### **EXPERIENCE & CHARACTERISTICS**

- Knowledge and/or experience in indigenous economic development;
- Previous experience as a director or experience in reporting to a Board of Directors;
- Ability to be impartial, trustworthy, respectful, and maintain confidentiality;
- Ability to identify and avoid any conflicts of interest that may arise;
- Strong ethics; strong communication skills; critical thinker, ability to see the big picture;
- A positive attitude that promotes teamwork, a willingness to pursue consensus among fellow board members, and a track record for leadership and relationship-building;
- Knowledge and experience: business development; corporate governance; community and land use planning, laws & regulations; finance & accounting; land and real estate development; investment, financial and non-financial performance reports; environmental management; large capital and joint venture development; market knowledge; and human resources;
- Capacity and potential interest in Board leadership positions on committees or task forces; and
- Be a Musqueam Band member who is 19 years of age or older;

*continued on page 2*





- 2 -

#### **PARTICIPATION & ACTIVITIES**

- Minimum 2 year term;
- Availability for Board, Committee, and community meetings, along with Chief & Council retreats as required.
- Participate actively and fully at Board meetings in order to advance agenda discussions, reach consensus and provide strategic direction and operational oversight to MCC;
- Undertake adequate preparation time to read and assess meeting materials, reports, research results, and other documents provided;
- At times attendance at special meetings, planning, strategy, training, Musqueam community events, partnership meetings or events; and
- An opportunity that may arise to participate in a special task group or an ad hoc committee.

Directors are paid according to the Director remuneration policy.

**Deadline to Apply is Friday, September 29, 2023**

Please apply by submitting your interest and qualifications to:

**Musqueam Capital Corporation**

**Attn: Joyce Eng**

**email: [jeng@musqueamcapital.ca](mailto:jeng@musqueamcapital.ca)**

**direct: 236-362-2387**

**mail: Musqueam Capital Corporation, Suite 202 - 5704 Balsam Street, Vancouver, BC V6M 4B9**



# **MUSQUEAM CAPITAL CORPORATION and FORTISBC BUSINESS TO BUSINESS SESSION**

**Wednesday September 27, 2023**

**Musqueam Cultural Center**

**4000 Musqueam Ave, Vancouver BC V6N**

**5:00-7:00 PM - Community dinner and presentation**

**For Musqueam Community Members,  
MOB's**

**Please join us to learn about FortisBC's  
procurement and vendor pre-qualification process,  
upcoming projects, employment opportunities,  
residential and business energy efficiency rebates,  
and public safety initiatives.**

**For any questions, please reach out to Sandra Fossella**

**Email: [sfossella@musqueamcapital.ca](mailto:sfossella@musqueamcapital.ca)**

**Phone: 236-818-2621**



# MUSQUEAM 101

stem? (what?) Musqueam 101, Wednesday, September 27

## *Uyghur traditional knowledge safekeeping*



Inspired by Indigenous sovereignty efforts in North America, Dr. Kadir approaches the realities of her community by putting Uyghur discourse in conversation with global indigeneity, transnational Indigenous solidarity, Indigenous safekeeping and revitalization, and Indigenous language and cultural heritage through art and community-based approaches. In this talk,

drawing on her own lived experience, as well as professional experience, she will discuss her research on Uyghur traditional knowledge safekeeping through collaborative digital archives and her involvement with multimedia exhibitions with Indigenous communities in Canada



**Presenter:** Dr. Aynur Kadir is a professor in Critical Indigenous Studies and Asian Studies. She is from a Uyghur community in the far northwest part of China, one of the many communities globally that is undergoing intensive settler colonialism, most notably aided by high-tech state-wide surveillance.

### ni? ʔəncə? (where?)

Musqueam Elders' Centre

### təmtəm? (when?)

Wednesday, September 27. Dinner will be served at 6:00 p.m. with the presentation starting at 7:00 p.m

**PLEASE JOIN US!**

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every child matters

xʷməθkʷəy̓əm

## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 22, 2023 |

Hello, my name is Yumiko Kakutani. I am Japanese Canadian and have two names: Yumiko, my traditional name and Stephanie which is my English name. My last name, Kakutani means “corner of the valley” and comes from my father’s family who were farmers. I currently reside on the unceded ancestral territory of the Snaw naw First Nation and work as a registered counsellor. I am a busy mother of two preteens which keeps me on my toes!

I am excited to have the opportunity to be able to work virtually with community members.



In my previous roles, I worked in Coast Salish communities on Vancouver Island supporting families where my particular interest was around infant mental health. I find that I use that information in my current role as a counsellor to support people to better understand themselves. I’m particularly interested in the role of the nervous system and how it impacts (everything!) how we feel, how we digest food, how we are able to feel relaxed and at ease. I incorporate this into work with people holding the relationship as the most important part healing and wellness. It is important to me that people I work with feel they can rest into our relationship so they feel comfortable, supported, feel seen, and heard.

I look forward to meeting you.

I have a [website](#) that has more information about my work, who I am, and what services I provide if you are curious to learn more.



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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 22, 2023 |

### Musqueam Counselling Support

#### **Brad Morin - NNADAP**

*Available in-person at the Community Centre/Gym*

E: [nnadap.bmorin@musqueam.bc.ca](mailto:nnadap.bmorin@musqueam.bc.ca)

C: [604-652-1368](tel:604-652-1368) / 604-269-3454

Friday, 6pm-9pm (3 hours)

- Saturday, 10am-5pm (7 hours)
- Sunday, 10am-5pm (7 hours)
- Monday, 6pm-9pm (3 hours)

#### **Yumiko Kakutani - Counsellor**

*Available telephone & online – call (236) 463-3005*

- Tues Sept 26 9:00-2:00
- Thurs Sept 28 9:00 - 2:00
  
- Tues Oct 3 12:30-2:30
- Wed Oct 4 10:00-1:00
- Thurs Oct 5 9:00 - 2:00
  
- Tues Oct 10 9:00-2:00
- Thurs Oct 12 9:00-2:00
  
- Tues Oct 17 9:00 - 2:00
- Thurs Oct 19 9:00 - 2:00
  
- Tues Oct 24 9:00-2:00
- Thurs Oct 26 9:00-2:00

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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 22, 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.

- KU-US Crisis Line: 1800-588-8717
- Crisis Line: 1-800-784-2433
- Indian Residential School Survivors Society Crisis Line: 1-866-925-4419
- Mental Health Support Line: 310-6789
- Senior Distress Line: 604-872-1234
- Trans Lifeline Canada: 877-330-6366



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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 22, 2023 |

### LAND BASED HEALING- MUSQUEAM UBC GARDEN

Patricia Isaak, Coordinator



Musqueam thanks you!

Please join us  
for a wrap party and  
closing lunch!

Thursday, September 28th

11:30- 1 pm

Musqueam Garden space

3461 Ross Drive, UBC Farm

You are cordially invited to join us for a recognition of all the folks who worked this year growing food, sharing food and coordinating the programs.

Recognition ceremony 11:30 am -12:00 noon

Lunch and visiting 12:00 noon-1:00 p.m.

For any further information please reach out,

Patricia Isaak (778)239-4325 [lbh@musqueam.bc.ca](mailto:lbh@musqueam.bc.ca)



## Feeling sick? Stop the spread



Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well – no matter what virus you have – help stop the spread.

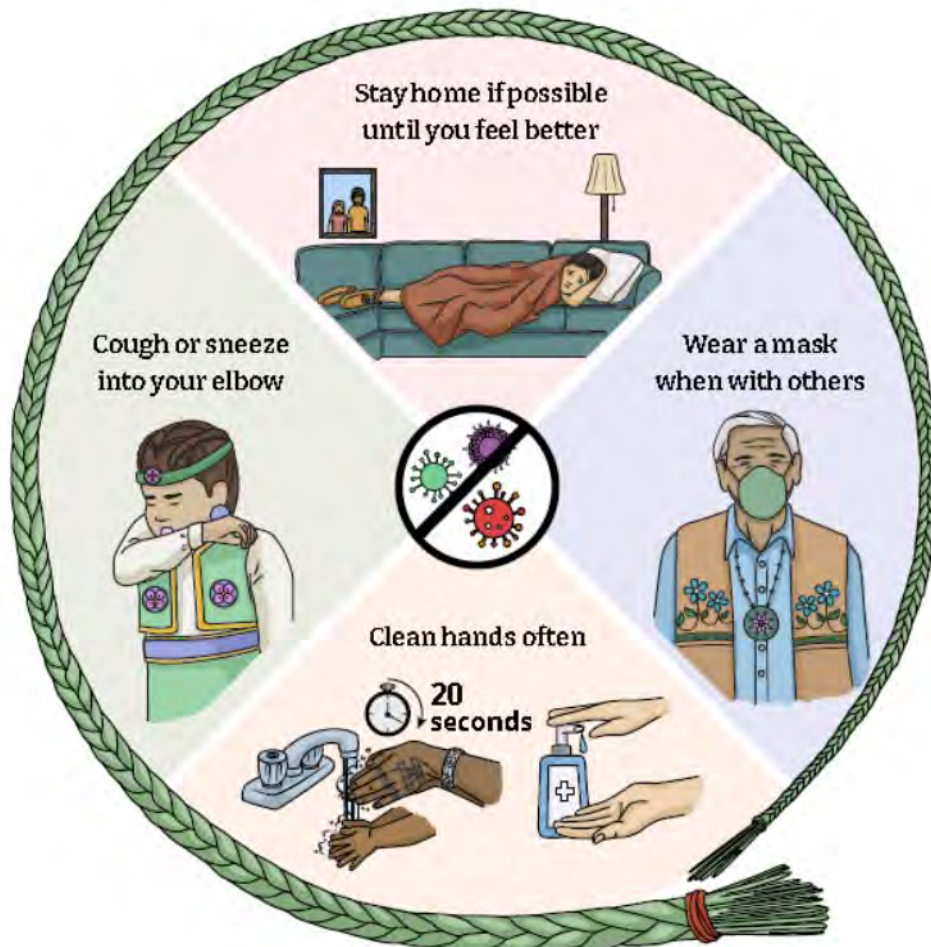


Illustration: Shoshannah Greene

**Keep up to date with your vaccines.**  
Check with your healthcare provider for more information.





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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | SEPTEMBER 22, 2023 |

### COMMUNITY HEALTH

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

Lice kits are available through from the community health nurse and shampoo is available from the pharmacy and covered by FNHA. If you would like more information you may contact Amana, CHN or Arlene Haldane. The personal health number is required per kit.

### ROBERT & LILY'S DENTAL CLINIC



PARENTS WITH KID'S AGES 5 AND UNDER COME JOIN ROBERT AND LILY'S HYGIENIST ON TIPS ON ORAL CARE, BRUSHING, CLEANING AND WITH YOUR CONSENT FLOURIDE AND VARNISH TREATMENT.

**DATE: October 12, 2023      TIME: 9:00 – 12:00 Noon**

**LOCATION:** Youth Centre located at 6777 Salish Drive, Vancouver, BC (Health Centre.

To register, please contact CHN Amana at 604-263-3261



### COME LEARN HOW TO CAN DEER MEAT WITH RONETTE STOGAN.

**DATE:** October 16, 2023

**TIME:** 12:00 P.M. – 2:00 P.M.

**LOCATION:** Musqueam Community Centre Kitchen

**SPOTS AVAILABLE:** 10 people Supplies provided.

**TO RESERVE YOUR SPOT.** Please contact Amana, CHN or Arlene, Assistant at (604) 263-3261.

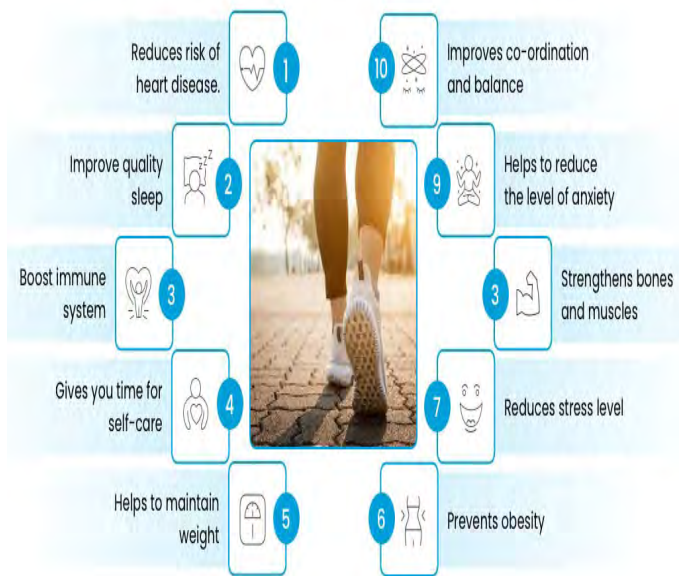


## MERV's Walking Challenge Continues!

join us for the

### WALK-TO-WELLNESS CHALLENGE

## 10 BENEFITS OF WALKING DAILY



**Group sessions on:** Tuesdays & Wednesdays

**Location:** Meet at the Elder's Centre

**Time:** 10:30am - 11:30am

**Who:** OPEN to All community members

**Prizes:** Participant's names will be entered in a draw to win a prize for the most groups attended.

**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.

**To register call Merv: 604-263-3261 to register.**

## SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

Safe Drinking Water

FNHA

Drinking Water Safety Access to safe and reliable drinking water is essential for good health. FNHA Environmental Public Health Services undertakes activities related to drinking water safety in First Nations communities and works closely with Department of Indigenous Services Canada on drinking water related technical issues and drinking water advisories.





## MUSQUEAM PRIMARY CARE CLINIC

4010 Si Lu Drive, Vancouver BC V6N 4K7

Located in the Primary Care Trailer*(Clinic closed 12:00pm – 1:00pm for lunch)*

Monday Sep. 25	Tuesday Sep. 26	Wednesday Sep. 27	Thursday Sep. 28	Friday Sep. 29
Karen Chandra, NP 9:30am – 11:30am Dr. Marchand, GP 9:30am – 3:30pm	Dr. Dumont, GP Karen Chandra, NP 9:30am – 3:30pm	Karen Chandra, NP Jane Estey (virtual NP) 9:30am – 3:30pm	Dr. Marchand, GP Jessica Peart, 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.

**Dr. Noah Marchand**, our new family doctor, is currently accepting patients from our **patient enrollment waitlist**. Priority will be given to Musqueam Band Members without a family doctor.

Please call us at 604.266.0043 to add someone to the waitlist. Please leave a message if we were unable to answer your call.

**Dr. Anamaria Richardson**

from Granville Pediatrics will be working in  
Musqueam once a month.

Next Visit: October 11, 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 42<sup>nd</sup> Avenue (Kerrisdale)

*Check wait-times for BC Walk-in Clinics at <http://medimap.ca>*



## 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. Please note: Arlene and Romeo's schedule below;

**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](mailto:homecare@musqueam.bc.ca)

**Arlene Haldane office hours:** 4 days a week: **Tues.- Fri.** 8:30-4:30

Phone: 604 269 3354 | Email: [nurseassist@musqueam.bc.ca](mailto: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: 1:00-4:00pm**

Location: Elders Centre



### ELDER'S LUNCHEON:

When: Wednesday, Sept.27

Time: 12:00 Noon

Location: Elders Centre

***\*Elders only***



### ELDERS CHAIR EXERCISE

When: Thursday, Sept.28

Time: 1:00pm

Location: Elders Centre

## MUSQUEAM YOUTH CENTRE

### YOUTH CENTRE

Phone: 604-269-3465

**The Youth Centre hours: 2-9pm**

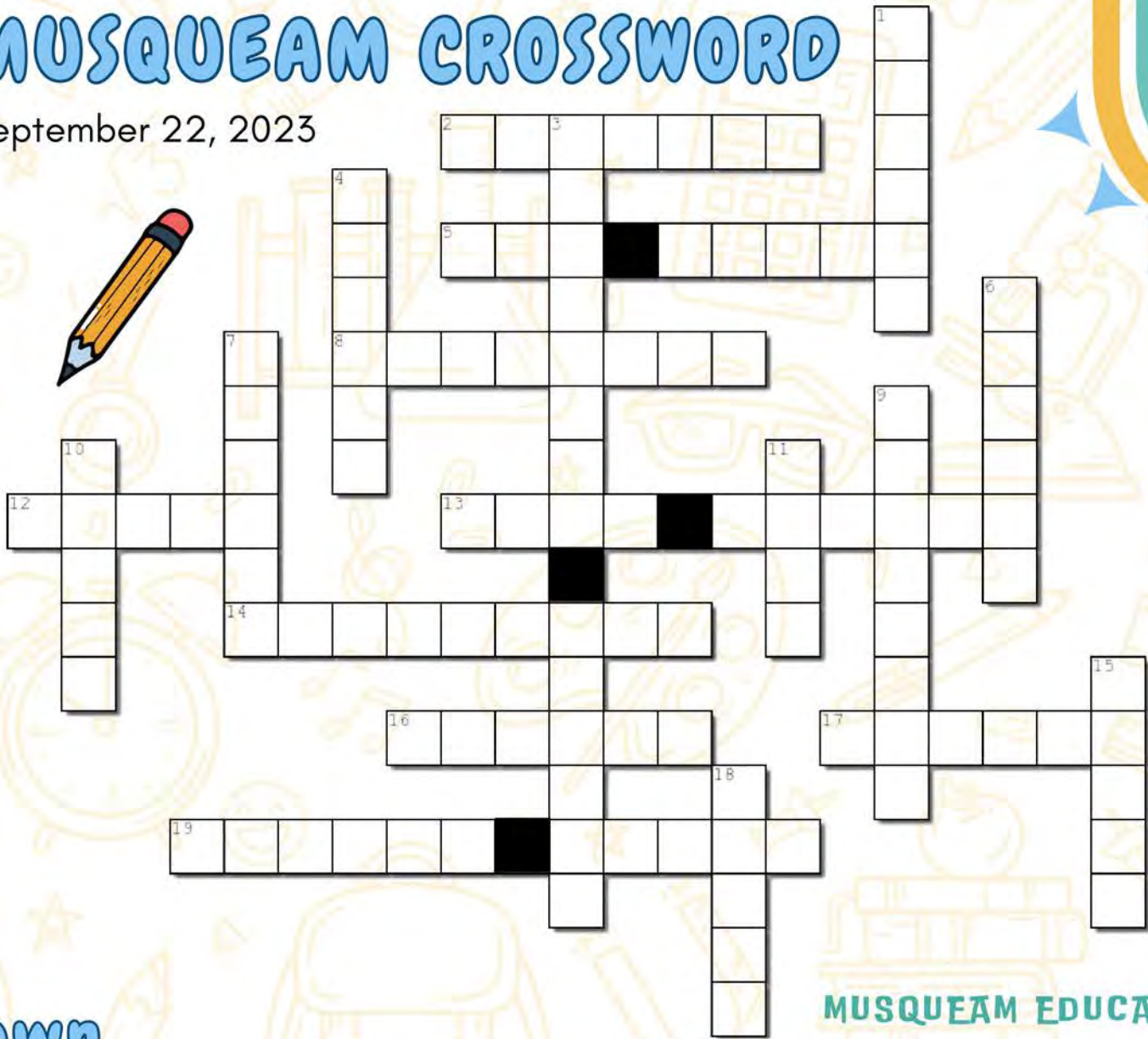
If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them at all times who will care for them.

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



# MUSQUEAM CROSSWORD

September 22, 2023



## Down

1. Longest road in Musqueam
3. Big round building (2 words)
4. Yummy yummy fish in my tummy
6. Musqueam Housing says 'change your furnace \_\_\_\_\_ before winter!!'
7. OG slushie spot
9. Musqueam fisherman that pairs nicely with applesauce (person)
10. Chief \_\_\_\_\_, seen in a golf cart
11. Men's and Ladies' Night
15. Old gym street name
18. Important tree to our people

## Across

2. Most popular first name in Musqueam
5. U5 Musqueam name (2 words)
8. Home
12. Our way of travelling on the water
13. Where are you going for lunch??? (2 words)
14. Dunbar location closing forever this month 😞 (heads up to get a PSL!)
16. Green guy at kid's Christmas party
17. Tourney season sport
19. Home is at the mouth of the \_\_\_\_\_ (2 words)

MUSQUEAM EDUCATION