



Friday, July 12, 2024

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**Musqueam  
Administration**

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Toll free: 866-282-3261

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

[info@musqueam.bc.ca](mailto:info@musqueam.bc.ca)

## EVENTS

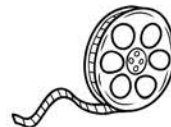
**həŋqəmiŋəm apron giveaway**

MONDAY, JULY 15

2 - 5pm at the Band Office

**Slahal  
Nights**

Tuesdays in July  
5 - 7:30pm  
Cultural Centre

**Trivia Night: Movies!**

WEDNESDAY, JULY 17

6pm at the Cultural Centre

**həŋqəmiŋəm word of the week**
**leləm** *house*
*But how do I say it?*

- l** regular 'l' sound
- e** the 'e' sound in let
- ə** 'uh' sound in hug, item, cousin
- m** regular 'm' sound, but stop it quickly!



# EVENTS



## MONDAY, JULY 15

**hə́hə́mihəm apron giveaway**

2 - 5pm at the Band Office



## MONDAY, JULY 16, 23 & 30

**Slahal Nights**

Tuesdays in July, 5 - 7:30pm

## WEDNESDAY, JULY 17

**Trivia Night: Movies!**

6pm at the Cultural Centre



## THURSDAY, JULY 18

**Grand opening of leləm village  
community centre**

11am - 2pm at leləm village



## MONDAY, JULY 22

**Star Trike: The Golden Generation**

Adult Bike Program

10am - 12pm

Also running August 12 & 26



## FRIDAY, JULY 19

**Celebrate Mary Charles'  
95th birthday!**

10am - 1pm at the Elders Centre

## THURSDAY, JULY 25

**Elders Lunch**

12pm in the Elders Centre



# MUSQUEAM RECREATION Kids Summer Program

## july 15-19

9am - 4pm

**mon**

July 15

nature walk &  
photography



9am - 4pm

Lunch provided

**tue**

July 16

ʔəyalməx<sup>w</sup>  
(Jericho)  
paddle



Arrive: 9:30am  
Departure: 10am

Bring lunch

**wed**

July 17

cultural day

@ Museum of  
Anthropology

Arrive: 9:30am  
Departure: 10am

Lunch provided

**thu**

July 18

pyjama &  
movies day

@ Musqueam

9am - 4pm



Bring lunch

**fri**

July 19

driving  
range

from 10 -  
11:30am



Lunch provided

## july 22-26

9am - 4pm

**mon**

July 22

Fraser River  
Discovery  
Centre

@ Musqueam

9am - 4pm



Lunch provided

**tue**

July 23

Watermania



Arrive by  
9:00 am

Bring lunch or  
money

**wed**

July 24

TBD



9am - 4pm

Lunch provided

**thu**

July 25

Fraser River  
Discovery  
Centre

New West

Arrive by  
9:00 am

Bring lunch or  
money

**fri**

July 26

driving  
range

from 10 -  
11:30am



Lunch provided





## Community giveaway: həŋqəmiŋəm aprons!

Monday, July 15

Band Office Boardroom

2 - 5pm

Do you like to cook? What about BBQ?!?  
Maybe you just need a cool apron to protect your clothes?

The Language and Culture Department has a limited amount of aprons with həŋqəmiŋəm text on them for Musqueam Community members!!!

ʔəyəl'cɬ cən

I have a good mindset

ʔəy tə nə šxʷqʷeləwən

I have good feelings



# TRIVIA NIGHT

**MOVIE  
TIME**

**Wednesday, July 17**

**6pm**

**Cultural Centre**

**Tease your brain & win prizes!**

Test your movie trivia knowledge with Quizmaster Gordon Grant!

No pre-registration required - just show up ready to compete!

Maximum four players per team.

Snacks & drinks provided.

Spectators are welcome. This event is for Musqueam community members only.



*Musqueam Housing presents*

## Star Trike: The Golden Generation

### Adult & Elder Bike Program

hay ce:p qə, thank you to everyone who joined us for the first sessions of this summer's adult and youth bike programs. People are excited to try out the new electric tricycles - and we don't blame them!

We refreshed our road safety knowledge before enjoying the sunshine together with a bike ride throughout Musqueam.

### Want to join us next time?

There are still three more sessions this summer!

- Monday, July 22
- Monday, August 12
- Monday, August 26

10am - 12pm

Meet in the parking lot between the church and old gym



Participants are welcome to stay for a post-ride meal.

Bring your own bike, borrow one of ours, or try out a sturdy, easy-to-use adult-sized electric tricycles. Limited number. First come, first served.

Elders are encouraged to attend. Come ride with our instructors and youth helpers!

Contact the Housing Department for more information.

# Let's celebrate Mary's 95th birthday!

Friday, July 19 @ the Elders Centre

10am - 1pm



*Submitted by Luwana Louis*

Our matriarch, Mary Charles, lives with dementia / Alzheimer's disease. This means she doesn't quite remember current things or communicate like she used to. She's happy and healthy otherwise and living at the Louis Brier Retirement Home.

## This year Mary turns 95!

Mary has touched many lives in Musqueam. I'd like to share the opportunity with community to celebrate her by hosting a brief drop-in tea on her birthday, July 19, from 10am- 1pm.

There will be tea, coffee, juice, and light snacks to enjoy.

I just ask that guests come a little prepared for their visit: Feel free to bring some photos to reminisce about, or not, totally optional! If you're looking for more tips about how to better interact with people living with dementia, read these seven tips from [www.alzheimers.org.uk](http://www.alzheimers.org.uk).

Looking forward to celebrating Mary with Musqueam!

Contact me if you have any questions: [llouis76@live.com](mailto:llouis76@live.com) or 604-615-4017

## 7 things to avoid saying to somebody with dementia

### 1. 'Remember when...?'

It can be tempting to try and jog the memory of somebody living with dementia.

But this question may highlight that the person has memory problems or even feel like a test.

Try this instead: 'I remember when...'

It is pleasant and comforting to talk about the past, and usually more helpful to lead the conversation and allow the person to join in.

Instead of asking a question, try leading with 'I remember when...'. That way, the person can search their memory calmly without feeling embarrassed, then join in if they like.



## 2. 'I just told you that'

It can be difficult answering the same question several times, but reminding them that you already answered their question will not help them retain the information for next time.

Instead, it can remind them of their condition and be distressing because, to them, it feels like the first time.

## 3. 'Your brother died 10 years ago'

A person living with dementia may forget about a past bereavement or ask for somebody who has died. Reminding them of a loved one's death can be very painful, and they may react as though hearing the news for the first time all over again.

How to respond to difficult questions will vary for different people in different circumstances, but it's always important to show sensitivity and minimize distress.

## 4. 'What did you do this morning?'

Avoid asking too many open-ended questions about the past, as it could be stressful for a person with dementia if they can't remember the answer.

While it might seem polite to ask somebody about their day, it's better to focus on what's happening in the present.

### Try this instead:

Answer repeated questions calmly and patiently, with an even tone of voice. If you feel the need, take a break, and remove yourself from the conversation for a while.

Try to remember that the person cannot help repeating themselves. It is important for them to feel heard and understood.

### Try this instead:

For some people, encouraging them to talk about the person they are asking about can be comforting. Distraction techniques can be useful, although try not to avoid the question if they keep asking, as this can cause the person to feel more anxious.

Find out how the person is feeling, sometimes asking about a particular family member or friend is due to the person having an unmet need, such as wanting comfort or reassurance.

### Try this instead:

Instead of asking them about their day, speak briefly about your day and give them time to ask you questions about it.

They might then offer information about what they have done. Talk to them about the present and use items in the environment such as photos or ornaments to stimulate conversation.



## 5. 'Do you recognize me?'

It can be distressing when somebody with dementia doesn't recognize you, especially if you have a close relationship with them.

Remember that it is likely to be upsetting for them to not recognize people around them too. Asking the person if they know who you are can make them feel guilty or anxious if they don't remember or offended if they do.

### Try this instead:

The way you greet somebody with dementia might change depending on the stage of their condition – judge for yourself but keep it friendly. A warm hello could suffice, or it may help to say your name and your relationship to them each time.

## 6. 'Let's have a cup of tea now, then after we can go for nice walk and get lunch and something else to drink in that café you like next to the big church in town.'

Long, complex sentences can be difficult to grasp for somebody with dementia. It's difficult to process several ideas at once as cognitive abilities slow down, so it's better to give directions or instructions one step at a time.

### Try this instead:

Use short, simple sentences as much as possible.

Avoid speaking too much in loud or busy environments and wait until you have the person's full attention before you start.

During a conversation, give the person enough time to process what you are saying.

Prepare an intro, for example:

"Hi Mary! It's me, Ace. I used to come by your house to see Nolan a lot when I was younger." Mary remembers a long time ago, not so much recently.

## 7. 'I'll just help you use your little spoon there, love?'

'Elderspeak' - which can involve talking in a high-pitched voice, using words like 'love' or 'deary', and generally speaking to the person like they are a child - should be avoided. This can be patronising and infantilising for a person with dementia.

### Try this instead:

Always remember the person behind the dementia. It's fine if the person needs you to speak slower than usual, but try to keep your tone of voice the same as with anyone else.

Some people may like being called 'love' or 'dear', but unless you know the person it is usually best to use their name instead. This helps keep their dignity intact.



## Community Centre unveiling at leləm' village

Thursday, July 18

11am - 2pm

5425 Shortcut Road, Vancouver

Please join us for the grand unveiling and traditional blessing ceremony of the newly completed Community Centre and x<sup>w</sup>məθk<sup>w</sup>əyəm public art at leləm'

Lunch included. Free parking in the underground parkade off Shortcut Road.

A circular inset photo of a man in a blue graduation cap and gown, smiling, with a yellow flower pinned to his lapel. The background of the advertisement is a photograph of a green lawn with a black and white lawnmower in the foreground and a wooden fence and greenery in the background.

## Richard Palmer Thomas

## Lawn & Garden Care

Contact me on FB  
messages!

604-861-8008

Hi! I'm Richard.  
I am available to mow lawns  
this summer on Musqueam!

I have my own mower and weed  
whacker and I am available daily.





# Chief Ernie Campbell Memorial Fund

## Now accepting scholarship applications!

The CECMF is happy to announce that we are accepting applications for post-secondary bursaries and scholarships for the 24/25 school year.

Students who would like to apply can email [admin@cecmf.ca](mailto:admin@cecmf.ca) for an application. More information will be available on the Musqueam website soon.

**Deadline to apply is August 15, 2024.**

### About the CECMF

The Chief Ernie Campbell Memorial Fund was founded in 2017 by Chief Wayne Sparrow to honour the late Chief Campbell and provide funds to members for education, personal growth, sport and cultural activities.



If you are Musqueam and have tried your best to find other ways to pay for important sports, education or cultural activities but you still need some extra help, please reach out to us and apply.

### What we fund

The CECMF is also accepting funding applications for culture, education and sports.

Sports: Team and individual sports for uniform costs, sports equipment, competition fees, user fees, or reasonable travel fees and expenses associated with attending competitions.

Education: Some of the things we can help fund are course fees, uniform costs, school/course supplies, educational assessment fees, shortfall in tuition fees, or reasonable travel fees and expenses associated with attending educational related events

Culture: We want to help the Musqueam Community rediscover their culture and heritage, and to support activities that help promote increased awareness of the Musqueam culture and values. Some of the things we could help fund are activities that revitalize Musqueam traditional practices or language, or reasonable expenses associated with cultural exchanges

For more details about the fund, email [admin@cecmf.ca](mailto:admin@cecmf.ca)



# EMPLOYMENT & TRAINING

## Career & Trades Exploration Program

Cohort 4 starts this September!

8-week program starting Sept. 10

3 days a week (Tues. - Thurs.)

Classes held in Musqueam



Enhance your skillset and  
explore career options in  
many different trades.

Learn about and obtain certification in:

- Traffic Control
- Skid Steering
- Occupational First Aid
- Fall Protection
- Occupational Health & Safety Regulation
- Harness Safety & Confined Space
- Site Safety
- Piping Foundations
- Forklift Driving
- Aerial Lift
- WHMIS
- Fit Test

*Register now!*

Krista Brisk  
Program Coordinator

 604-269-3461

 [kbrisk@musqueam.bc.ca](mailto:kbrisk@musqueam.bc.ca)



# BC Hydro Try-A-Trade



## Have you ever thought to... TRY-A-TRADE?

The Try-A-Trade (TAT) program is offered province-wide and invites Indigenous candidates interested in a trades career with BC Hydro, to participate in a 16-weeks work experience to learn about the trades in a workplace setting.

The Try-A-Trade (TAT) program offers, the opportunity to experience up to two different trades or technical roles through observation and hands on work experience at BC Hydro. Participants gain on the job experience, knowledge and practical skills while exploring their future career path, creating connections and building a support network at BC Hydro.

We want to provide Indigenous candidates with exposure and insight into our work to grow their experience and competencies to prepare them for applying on apprenticeships and other entry level technical trades roles.

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

Email [Indigenous.Employment@bchydro.com](mailto:Indigenous.Employment@bchydro.com) or [connie.strayer@bchydro.com](mailto:connie.strayer@bchydro.com) for direct supports.





# ʔəmi ce:p x<sup>w</sup>iwəl

## COME TOWARD THE FIRE

Celebrating Indigenous Community, Culture, and Creativity  
*Presented by Musqueam and the Chan Centre for the Performing Arts*

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

ʔəmi ce:p x<sup>w</sup>iwəl (Come Toward the Fire)

September 14, 2024

12pm - 7pm

Join us for the third year of this family-friendly Indigenous-led festival.

### **CALL FOR MUSQUEAM VENDORS!**

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

If you'd like to participate as a vendor, please email  
[chancentre.programming@ubc.ca](mailto:chancentre.programming@ubc.ca)

Provide the name of your business, contact info and  
social media handles (if you have them).

Also include that you are a Musqueam business!





## Seaspan Shipyards and MST Education and Training Society to establish training program for Indigenous youth

Education and training program launches under Seaspan Indigenous strategy

On July 11, Seaspan Shipyards and MST Education and Training Society announced a three-year education and training program for Indigenous youth interested in pursuing careers in the Canadian marine industry.

The three-year program is valued at \$3M with two option years valued each at \$1M.

Musqueam Councillor Michele Point signed the agreement on behalf of Musqueam, and staff from our Employment and Training Department were there to celebrate the announcement.

Musqueam, Squamish and Tsleil-Waututh (MST) are collaborating to deliver work force skill development programs targeted to First Nations, and ensure community members will benefit from jobs and economic activity within their traditional territories.

The Program's initiatives will be delivered in collaboration with the education and training centers that currently exist within the MST communities. Enrolment is also open to Indigenous students outside of the MST communities.

- Career Exploration Program
- Trades Apprentice Course
- Essential Skills Training
- Certificate Programs
- Introduction to Trades and Shipbuilding Industry Training Programs



Congratulations to everyone who worked for the past several years on this agreement!

## UBC Musqueam Scholarship now accepting applications!



Musqueam students who are either newly admitted to or currently registered at the University of British Columbia are invited to apply to the Musqueam Scholarship.

This award was created to acknowledge the strong relationship between UBC and Musqueam. It is a community-based scholarship for students who are Musqueam Band members studying at UBC in their undergraduate, post baccalaureate (including Medicine, Dentistry, Law, Education, Pharmacy, Nursing, Midwifery, and Social Work), and graduate studies.

The award is valued up to \$5,500 annually and renewable for up to four (4) years.

Recipients will have demonstrated academic and leadership achievements including, but not limited to, engagement in the arts, athletics, school, and/or their community. Recipients will be selected on their ability to demonstrate their openness to continuing to learn who they are, where they come from, and their responsibility in enriching and carrying knowledge forward in their community and the world.

**Deadline to apply is September 15, 2024.**

The application includes a 500-700 word personal statement and two references.

Late applications will still be considered. For more information about the award or to apply, please email [musqueam.scholarship@ubc.ca](mailto:musqueam.scholarship@ubc.ca).

[www.musqueam.bc.ca/departments/community-services/education](http://www.musqueam.bc.ca/departments/community-services/education)



## Saint Michael Church

6386 Crown Place, Musqueam Reserve

Service every Sunday at 1pm

Contact Jeannie Campbell: 604-781-5641



# Creek Monitoring Project

Musqueam Creek and Cutthroat Creek is important to Musqueam and used for traditional ceremonial and recreational purposes by the community. However, bacterial contamination has been identified in the creeks and is a health and safety concern for our community.

Musqueam Lands received funding and is working with Arcadis (consulting company) on a project to identify the sources of contamination. The goal is to find a solution to reduce the contamination so we can safely use the creeks as our ancestors have for thousands of years.

This project will also build Musqueam's capacity to monitor and evaluate the water quality of our creeks independently.

## Get involved: Join the steering committee

There will be a number of opportunities for Musqueam members to participate in the project. One of the biggest roles will be the steering committee, which will work closely with the project team to share knowledge and provide guidance that will direct the project.

We are seeking band members with relevant experience, knowledge and insight into the cultural and ecological values of the creek. Potential members may include community health advocates, elders, youth, and people who use the creek for ceremonial bathing.

- Time commitment: monthly meetings from July - November 2024, online and/or in person, plus 1-2 creek walks
- Honouraria: \$200/meeting
- 5 positions available

## How to apply

Deadline EXTENDED! We are still seeking band members to join.

Submit an expression of interest via email to Kim A. Guerin, Lands Governance Officer ([kim@musqueam.bc.ca](mailto:kim@musqueam.bc.ca)) or deliver to the band office.

More information is available on our website:

[www.musqueam.bc.ca/creek-monitoring-project-2024](http://www.musqueam.bc.ca/creek-monitoring-project-2024)



Shape the future.  
Take our survey.



# Land Based Healing with Kymberlee Stogan

## Slahal Nights

Tuesdays in July  
5 - 7:30pm  
Cultural Centre

3 more chances to join!

- July 16
- July 23
- July 30

Join us for some fun nights playing slahal/bone games.

Freda, Howard and Jocelyn Grant are leading the games.

Dinner provided.

Contact Kymberlee Stogan, Land Based Healing Coordinator, for any questions: [kymberleestogan@gmail.com](mailto:kymberleestogan@gmail.com)

## Primary Care Clinic

Located in the Primary Care Trailer, 4010 Si-Lu Drive

**Book an appointment** 604-266-0043

*Leave a voicemail and we will call you back!*

**Open Monday to Friday** 9:30am – 3:30pm

*Closed for lunch: 12-1pm*

*PLEASE NOTE: The clinic is closed to patients on Wednesday, July 17 and Thursday, July 18 due to clinician holidays.*



Dr. Noah Marchand & Adam Mayers



## Roberta's Trash Talk



Recycling & green bin pick up

Thursday, July 18      Thursday, August 1



Garbage, recycling & green bin pick up

Thursday, July 25      Friday, August 9



## Invictus Games Vancouver Whistler 2025 is hiring a full-time Sports Coordinator



- Supports the Manager of Sport with the operational planning and delivery of assigned sport(s) for the Invictus Games
- Plans and delivers sport operations, including field of play layout, sport equipment, and competitor training scheduling
- Works closely with provincial, national and international sport organizations

Visit [www.invictusgames2025.ca](http://www.invictusgames2025.ca) for more information

## Congratulations Cole Sparrow-Crawford on Arc'teryx collaboration

Musqueam artist Cole Sparrow-Crawford designed the first collection for Arc'teryx's new Walk Gently line.

The Vancouver-based outerwear brand launched Walk Gently to honour Indigenous cultures and provide opportunities for Indigenous artists.

*Photos: courtesy Arc'teryx*



## SOCIAL DEVELOPMENT

Paperwork renewal deadline  
**Saturday, July 20**

## INCOME ASSISTANCE

August payment issued  
**Thursday, August 1**

### REMINDERS

- Renewal and job search forms are available at the band office.
- If you are considered “employable” - you must complete a job search form every month, and are expected to pick up your own cheque if not direct deposit.
- If you are not able to work - you must provide a doctor’s note with an explanation and duration of exception.
- Submit eligible bills ASAP. We can’t pay bills that are not submitted to our office.
- Consider direct deposit for monthly payments. Talk to your bank for a direct deposit form or bring us a voice cheque.
  - If you are already direct deposit, please remember to circle “direct deposit” on your forms

WE'RE  
 *hiring!*



[musqueam.bc.ca/careers](https://musqueam.bc.ca/careers)

Contact for more information:

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

### Musqueam is currently hiring for these positions:

- Payroll Administrator
- Learning Facilitator
- Relationship Specialist Assistant
- Home Care Attendant (casual)
- Prescribing Nurse
- Intergovernmental Projects Analyst
- Intergovernmental Project Coordinator
- Executive Assistant to UBC Liaison
- Census Data Collector (Survey Interviewer)



## tə memə'əs?ewtx<sup>w</sup> *The Children's House*

### Preschool Registration

Children aged 3-5 years old can register for preschool starting Tuesday, July 2.

Contact Renee Stogan to sign up your child.

#### Daycare

7:45am-5pm

Christy Friesen,  
Kelly Herman &  
Ernestine Herman

#### Preschool

9am-3pm

Sherry Point,  
Alice Stogan &  
Stacy George

#### Manager

Renee Stogan

604-269-3302

[childcaresup@musqueam.bc.ca](mailto:childcaresup@musqueam.bc.ca)



## Do you want to learn həŋqəmiŋəm?

Join us this summer for həŋqəmiŋəm learning through sounds, symbols and songs!

### FNEL 191A: Introduction to an Indigenous Language I

July 22 - August 9, 2024

Monday - Friday, 5 - 8pm

Taught by Grace Point-Bassett

This is a three-week condensed course offered through UBC's First Nations Endangered Languages Program (FNEL). Although it is intensive, it's also a very supportive and relaxed environment for beginners and experienced language learners.



First Nations  
& ENDANGERED  
LANGUAGES

Contact Grace if you have questions or want to register: [grace.point@ubc.ca](mailto:grace.point@ubc.ca)

# Musqueam Health

## Musqueam Wellness Program

Every Monday, 6 - 7:30pm

Community Centre



## Men's Wellness Group

Centre Pod (Second Floor of Community Centre)

Hosted by Brad Morin & Merv Kelly

Open to male-identified Musqueam community members wanting a safe place to spend some time learning new skills and doing fun activities.

### Contact

Brad Morin, NNADAP Worker  
604-652-1368  
nnadapbmorin@musqueam.bc.ca

Drop in and learn about:

- Personal growth
- Healthy coping skills
- Disease prevention
- Nutrition
- Fitness & sport activity
- Positive role modelling
- Harm reduction
- Building respectful relationships

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## Lice education

Please contact Crystal or Arlene if you are interested in learning more about lice treatment and prevention. We are compiling a list of interested Musqueam parents and caregivers before inviting The Greater Vancouver Lice Clinic for an information session.

Learn more about:

- lice facts, including life stages and cycles
- treatment
- prevention
- wet combing method
- what to do with your environment
- reducing stigma

You can also contact Crystal or Arlene for lice combs and current information/handouts.



# Musqueam Wellness Program

Every Monday, 6 - 7:30pm

Community Centre



## Women's Wellness Group

Yoga room (Main floor of Community Centre)

Hosted by Nicolette Moore & Mitra Ariyah

Open to female-identified Musqueam community members.

Drop in and learn about:

- Self-reflection & self-care
- Family dynamics
- Motivation vs. procrastination
- Personal growth
- Health communication
- Co-dependency
- Trauma awareness
- Budgeting
- Harm reduction
- Finding balance
- Healthy coping skills

### Contacts

Nicolette Moore  
NNADAP Worker  
236-558-8482

Mitra Ariyah  
Social Worker  
136-889-8312

*Childcare and dinner provided!*

Once a month visits from Crystal Point, Community Health Nurse, and Kymberlee Stogan, Land Based Healing Coordinator.

Crystal will cover topics like menopause, diabetes, smoking cessation, osteoporosis (bone health), pregnancy, menstrual disorders, cancer screening and more.

Kym will cover land-based treatment and healing that reconnect us to the land while utilizing supports to relearn, revitalize and reclaim traditional wellness practices.

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## UBC Active Kids - Fall 2024

The next UBC Active Kids session will start this fall. Please sign up with Arlene if you have a young one who wants to participate. Details will be released near the end of the summer.

## Pre- & post-natal support

*Are you pregnant or recently had a baby?*

Musqueam Health offers valuable incentives to pre-natal and post-natal families.  
Contact Crystal Point or Arlene Haldane for more information.



## Family lunch confirmed for July 16

Open invitation to pre- and postnatal families to join us for a park lunch!

Tuesday, July 16 from 12-2pm

Chaldecott Park (King Edward & Crown Steet - the small water park/picnic area)

Crystal has returned as Musqueam's Community Health Nurse, and she wants to re-engage with current and past clients. Share your valuable feedback on the program while we enjoy the summertime heat, share a meal and let the kiddos run in the splash park!

We want to know: What did you like about the program? What could be improved?

Family welcome to join!

RSVP with Arlene: 604-655-0580 / nurseassist@musqueam.bc.ca

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## Chronic Disease Management

Merv Kelly is available to anyone who wants support and motivation with their fitness routine!

### Visit Merv in the fitness centre

Mondays, Thursdays & Fridays: 8:30 - 1 pm

Tuesdays & Wednesdays: 8:30 - 10:30am

Circuit training: 12 - 1 pm



### Stop by Merv's office

Monday - Friday, 1 - 3:30 pm

2nd floor of the community centre

### Join the walking group

Tuesdays & Wednesdays  
10:30am

Meet at Elders Centre

Weather permitting.  
Contact Merv or Brenda.



*Everyone  
welcome!*



## Smile2Smile - Fall 2024

This fall, the health department will be organizing dental screening for toddlers. Please contact Arlene to sign up. Details to be determined, but we will start a list to see how many families are interested in this screening.

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## Mental Wellness & Addiction

Private counselling services are available to Musqueam people via phone or virtually.

**Janice Cross, Wellness Counsellor**

236-558-9977

[mentalwellness@musqueam.bc.ca](mailto:mentalwellness@musqueam.bc.ca)

**Janice Carroll, Art Therapist**

778-829-0242

[jcarroll@musqueam.bc.ca](mailto:jcarroll@musqueam.bc.ca)

## National Native Alcohol and Drug Abuse Program (NNADAP)

NNADAP aims to support community members struggling with addictions through education, counselling, detox support, relapse prevention planning, family intervention, referrals and more.

Call to make an appointment with Brad or Nicolette, or stop by the health department office in the community centre during their shifts.

**Brad Morin, Drug & Alcohol Worker**

604-652-1368

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

Mondays & Fridays: 5:30pm - 9pm

Saturdays & Sundays: 10am - 5pm

**Nicolette Moore, Drug & Alcohol Worker**

236-558-8482

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

Mondays - Fridays

9am - 5pm

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## Take Home Naloxone (THN)

Please remember to look at your THN kit to see if it is expired.

If you need a new kit, contact Nicolette Moore or Crystal Point to replace the expired Naloxone.

We are happy to set up a training session If you or family or friends would like a refresher training session on THN, or are new and have not had any previous training before.

Please get in touch with us!

**Youth Centre**

Monday - Friday

9am - 9pm

604-269-3465

**SUMMER  
HOURS!**

Reminder:

Children under 7 must have  
someone 14 or older  
accompanying them,  
otherwise they are sent home.

**Next Elders Lunch**

Thursday, July 25

12pm

Elders Centre

**Ladies Group**

Every Tuesday

1 - 4pm

Elders Centre

## Musqueam Health

**Monica Brown, Health Department Manager**[mbrown@musqueam.bc.ca](mailto:mbrown@musqueam.bc.ca)

604-269-3372

**Crystal Point, Community Health Nurse**[chn@musqueam.bc.ca](mailto:chn@musqueam.bc.ca)

604-362-9200

**Romeo Cosio, RN, Home Care Nurse**

Monday, Wednesday- Friday

8:30-5:30

604-269-3463

[homecare@musqueam.bc.ca](mailto:homecare@musqueam.bc.ca)**Brenda Campbell, Elders Coordinator**

604-263-6312

**Arlene Haldane, Nurse Assistant**

Tuesday - Friday

8:30-4:30

604-269-3354

[nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)



# Reminder: Japanese beetle monitoring

Japanese beetles are an invasive insect within our traditional territory. In collaboration with Musqueam Environmental Stewardship, Canada Food Inspection Agency (CFIA) inspectors have set up traps throughout our reserve to determine whether the beetle is present in our community.

The traps have a floral and pheromone lure that is not harmful to humans, pets, birds or other insects, like bees and butterflies.

Adult Japanese beetle flying season occurs mid-June to mid-October. Traps will remain up until mid-November.



## What is the Japanese beetle?

Japanese beetle (*popillia japonica*) is an invasive and regulated pest. It feeds on roots of turf grass and the foliage of more than 300 plant species, including: roses, fruit trees, grapevines, and other common landscape and food plants.

While this insect is not a risk to human health or safety, its spread can cause significant damage to lawns, landscapes, golf courses, gardens and parks, and agricultural land.

## Find out more

CFIA has an online interactive map showing where Japanese beetle regulations are in effect: <http://inspection.canada.ca/eng/1656012404559/1656012405146>.

IR2 is not a part of the regulated area, though it is directly bordering it.

Call CFIA at 604-292-5742 or email [BCPF.Japanese.Beetle@inspection.gc.ca](mailto:BCPF.Japanese.Beetle@inspection.gc.ca) to:

- obtain a Movement Certificate (not applicable to members living on IR2 or IR4);
- request a site assessment (IR2/IR4, please contact Kieran Wilson first);
- report Japanese beetle presence;
- ask questions; or
- receive more information.

## Contact Musqueam Environmental Stewardship

Kieran Wilson, Environmental Stewardship Coordinator  
[kieran.wilson@musqueam.bc.ca](mailto:kieran.wilson@musqueam.bc.ca)

More information is also available on the CFIA website: <http://inspection.canada.ca/JB>


**FIRST  
UNITED**
**HOST**

## Artist Opportunities



Lu'ma Native Housing Society & FIRST UNITED is seeking Musqueam, Squamish and Tsleil-Waututh (MST) artists to create public art for a new multi-storey building in Vancouver's Downtown Eastside. The building includes programs and services operated by FIRST UNITED and 103 units of affordable, below-market Native housing operated by Lu'ma.

Host Consulting is facilitating the selection of MST artists for five art pieces:

### Solar Shades

- design-only
- \$20,000
- Deadline to apply: July 17

### Panels

- design-only
- \$23,500
- Deadline to apply: July 17

See full artist calls  
on our website:



### House Posts

- Seeking carvers from each nation to create one house post each
- \$152,000, includes materials fabrication, insurance, etc.
- Deadline to apply: August 9

[musqueam.bc.ca/artcalls](https://musqueam.bc.ca/artcalls)