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Temtheqi ~ Sockeye Salmon Time (August) 2020



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FNHA, FNHC, FNHDA Support Investigation into Systemic Racism

Coast Salish Territory – The First Nations Health Authority (FNHA), the First Nations Health Council (FNHC) and the First Nations Health Directors Association (FNHDA) welcome the launch of Mary Ellen Turpel-Lafond's investigation into systemic racism in BC's health system.

“We welcome this effort to shine light on the systemic racism that still exists in our province and encourage BC Indigenous patients and health workers within the system to trust this process and come forward to tell their truth about racism,” said Charlene Belleau, Chair of the First Nations Health Council.

Turpel-Lafond, a former judge and longtime children's advocate in BC will produce a

report on racism in the BC health system following allegations that health-care staff in emergency rooms were playing a "game" to guess the blood-alcohol level of Indigenous patients.

“Mary Ellen is doing very important work that will have great impact on the future health and wellbeing of First Nations in B.C. and across Canada. FNHA is extremely pleased to support this work,” said M. Colleen Erickson, Chair of the First Nations Health Authority Board of Directors.

“The FNHA looks forward to the outcomes of the review as a way to accelerate the progress on cultural safety for First Nations of BC,” said Richard Jock, FNHA's Interim Chief

Insert on the inside!

SEABIRD ISLAND 2020: Community Health Survey

Fill out and return our survey; it is inserted in the YooHoo, made available online (Facebook), and Health staff who do home visits may have a copy on them

We want to hear your thoughts. Contact the Health Department if you want to share more thoughts and be interviewed.

Fill out the survey to get entered into the draw!

Executive Officer. "It is important people participate in the survey as a way to provide their experiences. FNHA will look to provide appropriate ways to support participants who may be triggered by the final report's disclosures."

"The First Nations Health Directors Association (FNHDA) encourages all Health Directors to come forward to share their experiences to encourage First Nation Community Members to share any incidents that need improvement within the healthcare system. It is only through a clear identification of incidents that we can strengthen the health care system to ensure only positive experiences and outcomes for First Nations people," said Keith Marshall, President of the First Nations Health Directors Association.

The FNHA, the FNHDA and the FNHC have been aware of incidents of mistreatment of First Nations people in

the health system and have worked hard to embed cultural safety and humility into health care delivery by working with our health partners to raise awareness and train staff. It is clear, however, that much work is still to be done.

Cultural safety and humility are essential dimensions of quality and safety and only a sustained and genuine commitment to action from all leadership paired with concrete actions will lead to the change needed.

Investigation Seeks Feedback Into Indigenous-Specific Racism in BC Health Care

Mary Ellen Turpel-Lafond's investigation into systemic racism in BC's health system includes a call for Indigenous people to describe their experiences. This can be done through a survey, email (Addressing_Racism@gov.bc.ca) or phone (1-888-600-3078) until July 30.

More information about the investigation can be found on the investigation website.

https://www.fnha.ca/about/news-and-events/news/fnha-fnhc-fnhda-issue-statement-supporting-mary-ellen-turpel-lafonds-investigation-into-systemic-racism?utm_medium=email&utm_campaign=Investigation%20into%20Systemic%20Racism%20in%20BC%20Health%20Care%20Intergenerational%20Tea%20Talks%20and%20More&utm_content=Investigation%20into%20Systemic%20Racism%20in%20BC%20Health%20Care%20Intergenerational%20Tea%20Talks%20and%20More+Version+B+CIDf7a25942b4-81139a753a34bf2c11e562&utm_source=Email%20marketing%20software&utm_term=The%20FNHA%20encourages%20clients

15+ WAYS TO STAY COOL IN THE HEAT

1. Stay Hydrated

Drink a ton. You can use fruit to infuse your water, make lemonade or iced tea to change things up. Stay away from alcohol and caffeinated drinks which really just deplete your body of water, and loads of sugar which just make you feel thirstier, making it much harder to cool down.

2. Turn on those fans.

Moving air helps cool your body which makes you feel cooler. Set your ceiling fan to turn counter-clockwise. Increase the speed of the fan as the temperature rises during the day.

3. Mist yourself

Use a mister or spray bottle to mist yourself during the day. Not only are you hydrating your skin, but you are adding moisture that is then cooled off by the air around you (evaporation), helping you cool down. Here's a handy battery operated version that can be useful! You can also just do this with a damp towel.

4. Don't Cook

Cooking, especially if it involves the oven, can be one hot mess in the worst heat. We eat lighter, cooler meals, and make use of cold like smoothies and overnight oatmeal for breakfasts to get our day started. Or heck...even by evening, sometimes I'm just too hot to eat and those make great dinners.

Did you know? Eating smaller meals more often can help keep your body cooler? Big heavy meals can raise your metabolic rate, which makes you feel hotter.

5. Cool it off!

Soak a handkerchief in water and tie around your neck. Again, this adds moisture to your skin that evaporates and cools you off, as it helps cool your blood and your head. This works around your wrists and other pulse points, too. There are neck wraps that can be stored in the fridge/freezer, too!

Tip: stick your wrists under some cool running water for a few moments to help do a quick cool down.

6. Adjust your air conditioning

You'd think that having it really cold in your car or house would be a good thing (except for your wallet), and it might be if you spend all of your time there. But if you get your body used to the really cold conditions, when you have to transition to outdoor conditions, it can be a bit of a shocker for your body, making you feel all the heat all the more.

7. Get out of the sun

Seems pretty obvious, but working in the shade or working during the cooler parts of the day is easier on your body. So plan all of your outdoor work around your home in the wee hours or in the late evening. Then come inside and use a few of the others techniques to cool off.

8. Eat cool stuff!

Foods full of moisture are great at helping keep you hydrated which helps cool you down. You can make healthy ice pops to keep in the freezer as a treat. Freeze grapes to snack on. Eat salads.

9. Turn off the lights, shut the blinds.

While most of us have made the switch to CFL or LED bulbs, if you're still using incandescent lighting, that can generate heat which may be making you feel hotter. Shutting out the heat by closing the blinds helps create an insulating effect. But remember that you can open up those windows at night to let the cool breezes in (if you have them!)

TIP: If you're really suffering in a house you cannot cool down, turn off every electrical appliance you can. They generate heat, even running in the lowest mode available. While it may not seem much help, in closed spaces, it can be a lot.

10. Wear appropriate clothing

Wearing natural, loosely woven, light, loose-fitting clothing can actually help protect you better. Plus having something covering your skin can help protect you from absorbing as much of the sun's heat when you're outdoors, and allow you to feel cooler indoors as they don't stick to your body or keep heat in.

Dressing yourself for extreme weather can get a little tricky. Here are some tips to help dress appropriately for the seasons.

11. Dress Your Windows

If, like us, your house is a dungeon with the blinds closed, or you have one particular window that gets a ton of direct sunlight, I have a solution for you!

When we installed heat blocking window film on our front windows, the relief from heat was immediate. Even as we were installing the film, we could feel a difference in the heat radiating through the window. You can get the window film from your local DIY store or purchase online here.

12. Create a cross-breeze

If you don't have AC, are without AC, creating a cross-breeze in your space is helpful to feel cooler (breeze blowing across your skin helping with the evaporation of moisture, i.e. sweat). You can set up a fan bringing in cool air from a shaded side of

your house, and another fan blowing out the hot air of the house to the outside. Or you can use this fan in one room that works both ways – draws in cool air and forces out hot air.

13. Take a cool shower

or jump in the pool. Even just having a kiddie pool with water that you sit in a chair and soak your feet in can cool you off tremendously.

14. Go Outside

It seems counter-intuitive, but sometimes, it can feel cooler outside than inside. When we lost AC in our home, the house isn't built for a cross breeze, and it became stifling hot. Opening windows just didn't help. But we found that going outside, using some of these cooling techniques, and sitting in the shade of our big oaks gave us more comfort, even though it was still hot. If you have a shaded screen porch, lots of big shade trees, or anywhere that the breeze can offer a relief, try it out!

15. Take off your socks

If you're tooling around and can go barefooted, do it. It helps keep your feet from getting hot and sweaty which just makes you hot and sweaty. Be safe, though, and make sure to wear appropriate foot gear for where you are going. I always suggest wearing socks with tennis shoes to help absorb sweat, keep your shoes lasting longer (and not smelly), but if going in sandals, flip flops, open toed sandals, etc. is an option, DO IT!

16. Wet your head

It helps keep your whole body cooler as the heat of your body leaves through your head.

17. Dress your furniture

Add cotton sheets to fuzzy furniture. If your furniture is the kind that holds in heat, you can use cotton sheeting to help keep a cooler surface to give you a little more comfort. I know my couch is the hottest thing to sit on in the summer because it just seems to create hot pocket wherever you sit and radiate heat back to you.

18. Use a Rice Sock

Rice socks aren't just for sore muscles, anymore! Create rice socks, buckwheat pillows or other grains encased in cool fabrics which can be stored in the freezer and used to as cooling pads on your body or in your bed. Using buckwheat pillows instead of fiber fill can help give you a cool space to lie your head at night. I suggest this more than using an ice pack because you don't run the same risk of ice burn with a rice sock as you do with direct ice.

Preparedness Tip: Keep these instant ice packs in stock not only for first aid, but in the event of hot weather when you are without power. They can really help, but be sure to layer cloth between you and the ice pack to avoid ice burn.

19. Give your sheets a chill!

May seem weird, but if you put your top sheet (and bottom sheet if you've got the room) or pillow case into the fridge during the evening before bedtime, you can have nice cool sheets to fall asleep on. Make sure to wrap them in a bag to keep them from getting dirty or transferring your own stuff into the fridge. We did this when our air conditioning went out years ago, and it helped so much, especially the pillow case.

What's Your Opinion?
Have Solutions?

<https://momwithaprep.com/15-ways-to-stay-cool-in-summer/>

Congratulations! 2019-2020

Honour Roll Students

Agassiz Elementary Secondary School

Monica George	Term 1 A honour, Term 3 B honour
Dion Fraser Jr.	Term 1 B honour
Aailya Fraser Michell	Term 1, 2 & 3 B honour
Erica Louis	Term 1, 2 & 3 B honour
Shanna McIntyre	Term 1, 2 & 3 B honour
Hayden Gutierrez	Term 1, 2 & 3 B honour
Domonick Carscadden	Term 1 & 3 B honour
Karissma Bobb	Term 1 & 3 B honour
Roseanna Hewitt	Term 1, 2 & 3 B honour
Natasha John	Term 1 B honour
Michael McNeil Bobb	Term 2 A Honour & 3 B honour
Emily Jean Peters	Term 1, 2 & 3 B honour

Seabird Island Community School

Madison McNeil	Term 1 B honour, Term 2 A honour
Jasmine McNeil	Term 1, 2 & 3 B honour
Kadence Ludman	Term 3 B honour

Congratulations to ALL students for all your hard work and dedication, as well as adapting to all unique challenges, You Did It!

For all the graduates, in whatever you do: never stop learning, exploring, growing and challenging yourself to be your best.



Class of 2019-2020 Graduates

Agassiz Elementary Secondary School

Monica George
Gabriel Louie
Michael McNeil Bobb
Kaitlan Peters
Natasha John

Unity Christian School

Tyson McNeil
Aiyana McNeil

Seabird Island Community School

Octavius Billy
Apollo Harry Pettis
Edmond Mussell
Sheradin Nijkamp
Kayley Peters
Logan Thompson
Jeanette Wilson

Drake High School *(San Anselmo California)*

Julian Whitduck Bobb

Post-Secondary Student Support Program

Ciara Busby	2DCharater Animation Diploma
Cristin LaFortune	W,Sencoten 1st Language Revitilzation
Edith Karacsonyi	Master of Social Work-Indigenous Focus
Jarrood Thompson	Heavy Duty Mechanic Level 1/Foundation
Jordin Mailhot	Millwright Level 2
Jim Harris	Class 1 drivers training
Gloria Peters	Aboriginal Focused Complex Trauma
Thomas Andrew	Automotive collision repair and refinishing
Kayla Price	Education Assistant
Trevor Carscadden	Automotive Service Technician

Institute Graduated From

Vancouver Institute of Media Arts
University of Victoria
Nicola Valley Institute/University of the Fraser Valley
University of the Fraser Valley/Seabird College
BCIT
North Shore Driving School
Justice Institute of BC
University of the Fraser Valley/Seabird College
Medicine Hat College
University of the Fraser Valley

Seabird College

Charmaine Harris	Education Assistant	Seabird College
Georgette Leo	Painter and Decorator	Seabird College
Daniel McNeil-Bobb	Building Service Worker	Seabird College
Darian Peters	Building Service Worker	Seabird College
Allison Ann Peters	Aboriginal Liaison Worker	Seabird College
Myra Clementine Seymour	Aboriginal Liaison Worker	Seabird College
Michael Harry	Professional Cook	Seabird College
Clarissa James	Professional Cook	Seabird College
Nathan Peters	Professional Cook	Seabird College
Lawrence Giroux	Adult Dogwood	Seabird College

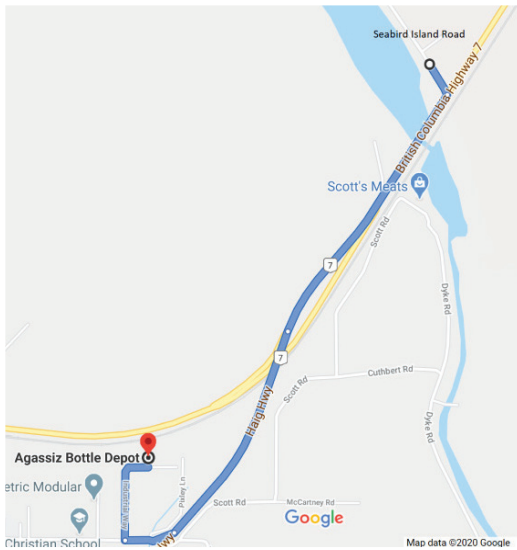
Information regarding what is accepted at

RECYCLE BC DEPOTS

Recycle BC Depots near you

Recycle BC has a network of depots across BC where residents can drop off packaging and paper free of charge. Most depots accept all our materials including paper, packaging, cardboard boxes, plastic containers, metal containers, cartons and paper cups, non-deposit glass bottles and jars, foam packaging, plastic bags and overwrap, and other flexible plastic packaging. Please see the map below for depot locations.

Directions for Agassiz Recycle BC Depot



Address:
7659 Industrial way,
Agassiz, BC
V0M 1A2

Phone: 604-796-3653
Hours: Monday-Saturday
9:00am-6:00pm
Closed Sundays

↑ Head southeast on Seabird Island Rd toward BC-7 W

120 m

➔ Turn right onto BC-7 W

950 m

↙ Keep left to continue on Haig Hwy, follow signs for BC-9 S/Chilliwack

750 m

➔ Turn right onto Morrow Rd

170 m

➔ Turn right onto Industrial Way
Destination will be on the left



Accepted Materials

PLASTIC BAGS AND OVERWRAP



Plastic bags



Outer bags and product wraps

✓ Bags for groceries, produce, newspapers

✓ Overwrap for diapers, feminine hygiene products, paper towels, soft drink flats

OTHER FLEXIBLE PLASTIC PACKAGING



Crinkly wrappers and bags



Flexible packaging with plastic seal



Zipper lock and stand-up pouches



Woven plastic bags



Non-food protective packaging

* 6-pack rings, vinyl, biodegradable plastic

* Plastic squeeze tubes, plastic-lined paper, paper-lined plastic, plastic strapping

Characteristics of Plastic Bags and Overwrap vs. Other Flexible Packaging

Plastic Bags and Overwrap



NOT CRINKLY



CAN POKE YOUR THUMB THROUGH IT



SINGLE MATERIAL

Other Flexible Plastic Packaging



CRINKLY



DOESN'T STRETCH



FOIL LINING

For more information, visit RecycleBC.ca/FlexiblePackaging

Recycling

July 1, 2020 Recycle Centers will **no** longer be accepting single-use blue bags.

Any items that are not accepted will be left in the recycling bin.

Please refer to the laminated list of accepted and non-accepted item that were stapled to your recycling bin as well as the do's and don'ts the team handed out door to door. If you do not have or misplaced your copy please contact the Public Works team at the Band Office.

604-796-2177

July 7, 2020 is the first recycling day in Seabird that the sanitation team will **not** be accepting recycling in blue bags. If recycling is in a blue bag it will not be picked up. Please have all your recycling **loose** in your Blue Bin.



Reminder Notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GARBAGE	RECYCLING			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOLIDAY	GARBAGE	RECYCLING		



RECYCLEBC™





Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



REDUCE THE SPREAD OF COVID-19



PHYSICAL DISTANCING IN PROGRESS

**Maintain a distance of at least
2 arms lengths from others.**



Ministry of Health



BC Centre for Disease Control

**If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.**



Housing Waiting List

1 Bedroom	
1	09232016-1039
2	11272018-5024
3	12242018-5028
4	01302018-5015
5	01282019-5030
6	07022019-6031
7	06172019-5037
8	12272019-5042
9	01062020-5022
10	12172019-5044
11	12182019-7049
12	12182019-7048
13	02102020-5035
14	04282020-5045
15	05052020-5046

2 Bedroom	
1	08222017-6006
2	10042017-6008
3	02222016-1029
4	03192013-3088
5	03122018-6014
6	06042018-6018
7	11262018-5020
8	12032018-5026
9	12242018-5028
10	01302018-5015
11	01182019-6025
12	01282019-5030
13	02012019-5000
14	03212019-6028
15	06042019-6030
16	06172019-5037
17	07012019-7033
18	10222019-7042
19	12042019-5041
20	12272019-5042
21	12302019-7015
22	04102019-7028
23	11242019-7044
24	12172019-7045
25	12172019-5043
26	12172019-5044
27	12182018-5014
28	12182019-7049
29	12182019-7050
30	12312019-7046
31	01072020-7031
32	01092020-6000
33	02102020-5035
34	05172020-5047

3 Bedroom	
1	12192012-3076
2	02232016-4002
3	12202017-7012
4	03192013-3088
5	10042017-6008
6	02222016-1029
7	12102018-6014
8	01182019-6025
9	01232019-4019
10	01282019-6027
11	02082019-7021
12	03132019-6011
13	03212019-6028
14	03222019-4007
15	04102019-7028
16	04102019-7029
17	06042019-6030
18	07012019-7033
19	08202019-7034
20	02112019-7040
21	10222019-7042
22	12042019-5041
23	11262018-5020
24	12172019-7017
25	12302019-7015
26	02012019-5000
27	11152018-6022
28	12302019-4005
29	12162019-7043
30	12182018-5014
31	12182019-7049
32	12182019-7050
33	01072020-6024
34	01072020-7031
35	01092020-7047
36	01092020-6000
37	01172020-7018
38	01222020-1031
39	02052020-7048
40	02102020-5035
41	03102020-7026
42	05172020-5047

Please make sure the Housing Department has your current contact information. We must have a working phone number or email address. Unfortunately, if we cannot contact you within 48 hours to offer you an available unit, we will move onto the next applicant.

Don't know your wait-list number? contact your Housing Department to see where you sit on the waitlist 604-796-2177.

Note: If you have an outstanding debt with the Band, you will NOT be placed into a rental unit, as per Housing Policy.

REMINDER! Housing Applications must be renewed before January 1st each year to remain on the list. Anyone who did not renew came off the list and must now reapply if interested.

Garbage day is every Monday. Unless that Monday falls on a statutory holiday, garbage pick up will be the following day.

Each house hold will have 2 bags picked up weekly. Please try to reduce this with recycling as much as you can.

Calling all Seabird diabetics

The nutrition team is trying to help our seabird Clients get back on track with their diabetes. Have you had your blood work done in the last 3 months? If not please call 604 796-6829 so we can order a lab requisition for you.

Once you have had your blood work we can provide you with a small incentive

Also we have a new nutritionist Amy Pabbi in the office from Monday to Friday. If there are any questions related to nutrition Amy can be reached at 604 796 6829 # 6829 and at amy.pabbi@seabirdisland.ca

Seabird Island Band Cultural Education, Community Resource Centre and Longhouse: coming soon to our community!

Canada's Investing in Canada's Infrastructure: Community, Culture, Recreation program has approved a financial contribution for the building of a culture center and longhouse at Seabird. This has been a project dream for a long time, and we will now start the process of finalizing the design, the location, and the building thereof. The completion date is to be March 31 2025.

Currently Seabird Island Band uses the gymnasium in the Band Office for gatherings and events, including ceremonies and community dinners. Seabird has been in need of an adequate and inspired gathering space, to preserve traditions, educate the next generations, embrace our language and celebrate our culture. The federal infrastructure dollars will provide a public meeting space to share knowledge, space for traditional crafts like weaving and basketry, and for drumming, dancing, and other longhouse activity. It will be accessible to all ages and abilities, and meet our own and federal energy efficiency standards.

Health Risks in the Wilderness

If you travel or hike in the wilderness, you should be aware of certain health risks. Make sure that you are prepared for the activity you are doing and where you are going. Always use well-marked trails when hiking and be sure to stay on them to avoid getting lost.

How can I prepare for the wilderness?

3 T's for wilderness survival

Whether your activity is during the summer or winter, on land or water, remember the three T's and follow these simple steps:

Trip Planning

- Plan your travel route
- Know the terrain and conditions
- Check the weather
- Always fill out a trip plan. Visit AdventureSmart at www.adventuresmart.ca/tripplan/tripplan.php

Training

- Obtain the knowledge and skills you need before heading out
- Know and stay within your limits

Taking the Essentials

Always carry the essentials and know how to use them:

- Flashlight
- Fire making kit
- Signalling device (i.e. whistle)
- Extra food and water
- Extra clothing
- Navigational/communication devices
- First aid kit
- Emergency blanket/shelter
- Pocket knife
- Sun protection

Add other equipment specific to your chosen activity, season and location. For more information, see www.adventuresmart.ca/land/survive-essentials.htm

What are Other Tips to consider?

Travel with a companion

A companion can give you a hand to overcome difficulties or emergencies.

Be prepared

Ensure everyone with you understands what to do in case of an emergency.

Don't depend solely on technology

Equipment failure and lack of reception are very possible in the outdoors. Consider carrying a map and compass as a backup.

Is it safe to drink the water in the wilderness?

You should not drink water in the wilderness without treating it first. Parasites and certain bacteria found in any surface water, such as: lakes, streams and rivers can contaminate the water you use for drinking, eating and recreation.

Untreated water in the wilderness can have health effects such as diarrhea, abdominal cramps, nausea and/or vomiting, weight loss and fatigue lasting up to several weeks. People and certain domestic and wild animals can carry these parasites and bacteria.

Water quality and safety can also be affected by people practicing unhealthy backcountry hygiene. If proper toilets are not available, human wastes should be buried far away from streams and other bodies of water.

When in the wilderness or backcountry, you may use water for drinking or brushing your teeth by:

- Boiling the water for at least 1 minute. At elevations over 2,000 meters (6,500 feet), boil water for at least 2 minutes to disinfect it. Water boils at a lower temperature at higher elevations
- Filtering the water through a mechanical device that is rated to filter to 1 micron or smaller particle size
- Chemically treating the water before use

Bleach does not work well in killing *Giardia* (beaver fever) or *Cryptosporidium* parasites. For more information, see [HealthLinkBC File #49b Disinfecting Drinking Water](#), [HealthLinkBC File #10 Giardia](#)

[Infection](#) and [HealthLinkBC File #48 *Cryptosporidium* Infection](#).

What can I do to stay safe if there are wild animals in the area?

We must respect the fact that the wilderness is home to wild animals. As visitors we must do our part to help conserve their natural habitat. Animals can be unpredictable and dangerous if you get too close, especially bears and female moose with calves. Learn about the animals and wildlife in the area you'll be travelling to. Check for reported wildlife before going into their habitat. Park wardens, wildlife officers, and even signs posted at the trail head can help. Be alert and pay attention to wildlife and signs of animal activity.

When visiting wilderness areas, do not attempt to feed or touch any wild animals. Take special care to avoid contact with any animal that appears to be sick or dead. Remember that wild animals can carry various diseases. If a wild animal bites or scratches you, wash any wounds thoroughly with water and speak with your health care provider. You may need the tetanus vaccine.

Rabies is a very serious disease carried by a small percentage of bats in B.C. Do not touch live or dead bats. If you come in contact with a bat, wash any wounds thoroughly with soap and water under moderate pressure for at least 15 minutes. Report direct physical contact with a bat to your health care provider or local health unit immediately. Treatment must begin as soon as possible to prevent rabies, which can be fatal if left untreated.

How can I protect myself from fleas, ticks and other insects?

Fleas and ticks are tiny insects that can bite or burrow part way into your skin and draw blood out before dropping off. They can carry and spread some diseases. Speak with your health care provider if you have a flea or tick bite.

Check your whole body for ticks, including folds of skin. If you find a tick attached to your skin, the best way to remove it is by grasping it with a pair of tweezers. Pull it gently, straight up and out. If its mouth parts are imbedded deeply, a health care provider may have to remove the tick. Wash the bite wound thoroughly with disinfected water and soap. Do not touch the tick with your hands. You may wish to save the tick in a small plastic or glass container to submit it for testing through your health care provider. Put a cotton ball dampened with water in the container to

keep it alive. If you develop a fever or the area around the bite gets infected, the tick will help later with deciding how to treat you. See a health care provider if any illness occurs a few weeks after a tick bite.

Other insect bites may also cause concerns. Some people may have severe allergic reactions to bee and wasp stings. If you have an allergy to bee or wasp stings you should carry appropriate medication as prescribed by your health care provider.

Mosquitoes may carry West Nile Virus or viruses that cause other diseases. To protect against insect bites, including ticks, use insect repellent containing DEET or Icaridin on all uncovered skin and clothing. To protect against mosquito, insect and tick bites, wear loose fitting, light coloured, long-sleeved shirts and pants especially at dawn or dusk when mosquitoes are most active.

If you have any concerns about an insect bite, contact your health care provider or call **8-1-1** to speak to a registered nurse.

For More Information

For more information on animal and insect health and safety, see:

- [HealthLinkBC File #01 Tick Bites and Disease](#)
- [HealthLinkBC File #07a Rabies](#)
- [HealthLinkBC File #88 West Nile Virus](#)
- [HealthLinkBC File #96 Insect Repellents and DEET](#)

For more information on wilderness health and safety, see:

- [HealthLinkBC File #26 Sun Safety for Children](#)
- [HealthLinkBC File #41a Health Advice for Travellers](#)
- [HealthLinkBC File #47 Blue-green Algae \(Cyanobacteria\) Blooms](#)
- [HealthLinkBC File #52 Swimmer's Itch](#)

For more information on outdoor safety, search and rescue prevention and preparedness, and links to social media for current updates visit www.adventuresmart.ca

For more information on wilderness activities and recreation, visit BC Parks www.env.gov.bc.ca/bcparks/.



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit www.HealthLinkBC.ca or call **8-1-1** (toll-free). For the deaf and hard of hearing, call **7-1-1**. Translation services are available in more than 130 languages on request.

Special Education Teacher

Under the supervision of school administration, the Special Education Teacher will work with Students who have a wide range of learning, mental, emotional, physical and learning disabilities. Special Ed. Assistant's adapt general education lessons and teach various subjects, such as reading, writing and math, to students with mild and moderate disabilities. They also teach basic skills, such as literacy and communication techniques, to students with severe disabilities.

8 Week SEP Secondary Recreation Assistant

The Seabird Island Band is excited to once again be providing summer recreation programs for local children and youth. The program will include a variety of activities targeted at enriching the lives of kids in a fun, active, and culturally sensitive manner. The SIB summer rec program is looking for high school students to serve as role models, and assist leaders and supervisors in the program.

Successful candidates can expect to have a summer packed full of fun activities including field trips, cultural learning, fun in nature, professional development, and making new friends.

Employment Services Administrative Assistant - Term ends March 31, 2021

The Seabird Employment Center is providing an opportunity for a Employment Services Administrative Assistant. Responsibilities will include answering phones, booking appointments for clients, file management, organizing, driving school administration and other clerical duties. This position will also require the successful applicant to be able to provide exceptional client and customer service; courteous, friendly, and professional assistance to clients from a broad demographic. Work term is till March 2021.

Summer Post Secondary Public Works Assistant

Under the direction of the Public Works Program Manager, the General Labourer will be responsible for taking care of the essential everyday labour tasks.

Summer Student - Administrative Assistant

The Administration Assistant will assist in support to the managers and supervisors of all departments, including but not limited to everyday tasks like filling, record keeping, report preparation, scheduling, creating newsletters and data entry.

Speech & Language Pathologist

The Speech-Language Pathologist provides a range of clinical services that focus on promoting communication, language and speech and that contribute to a client/patient's overall cognitive, physical, social and emotional well-being. The speech and language pathologist works closely with babies, children who have various levels of speech, language and communication problems. The successful candidate will provide assessments to children (0-6 years old) referred to the Ey Qwal Speech and Language Program.

Maternal Child Health Nurse

Under the direction of the Health Services Program Manager, the Maternal Child Health RN shall provide Maternity care, newborn care and expertise in accordance with Band policies and procedures. This position is responsible for the delivery of services to families living off reserve and families where substance use is occurring. This role works closely other members of the Maternal Child Health team and with pre and post-natal moms, youth and families in the program. The Maternal Child Health RN works closely with the Mid-Wife and will be required to take training as labour/delivery back-up to the Mid-Wife.

22 Week Targetted Wage Subsidy Nutritionist Assistant

The Nutritionist will be primarily responsible for creating, delivering, and implementing health initiatives across the band including in the community, at the school and for staff. Programs and initiatives will focus around improving the physical health of Community Members through increased physical activities and making healthy food choices. This position will play a key role in educating people on what physical activities are best suited to their needs, as well as what healthy food choices are right for them and their family; including teaching healthy food selections and preparation. A focus for the education should include traditional teaching and education for traditional food, cooking/ preserving techniques and healthy activities.

Junior Kindergarten Teacher

Seabird Island Community School is seeking to fill the position of a K4 teacher. We believe that kindergarten readiness requires indicators of success in social, emotional, physical, spiritual and cognitive domains. It also requires a prepped information plan prior to admission to the formal kindergarten program to achieve the greatest success possible for each student.

Health Quality Officer - Maternity Term until May 31, 2021

Under the direction and supervision of the Health Director, the Health Quality Officer is responsible for Developing Health and maintaining Health programs infrastructure including: professional practice support, Health Policies and procedures, and service standards which are required for effective programming. This officer will also ensure that the Health department has a quality assurance program that enables us to continue to achieve excellence in Health services.

Family Development Worker

The Family Development Worker's primary goal is to support and connect families on their journey to wellness. Support and connection are provided to families who are experiencing mental health and child welfare challenges through one-on-one coaching, individual, family, and community education and awareness activities, and referral to other health and social services agencies. This position provides service to families.

Career Development Practitioner (CDP) Term ends March 31, 2021

The Career Development Practitioner (CDP) is responsible for the facilitation of one to one employment support and counselling with First Nations Clientele. They also provide employment readiness workshops and advocacy for clients who reside both on and off reserve within the upper Fraser Valley. This is a term position with funding from July 1, 2020 through March 31, 2021.

Summer Post Secondary Public Works Assistant

Under the direction of the Public Works Program Manager, the General Labourer will be responsible for taking care of the essential everyday labour tasks.

Halq'eméylem Teacher

The Halq Language Teacher is responsible for teaching students (K-7) how to speak, write, and understand Seabird Islands' traditional language – Halq'eméylem.

Recovery Home Support Worker - On Call

The role of the Recovery Support Worker is to support clients in residence struggling with substance use issues possible to facilitate personal growth and relationship building, as well as other duties associated with the recovery home such as cooking, cleaning, charting, participating in group sessions, driving and shopping.

Custodial Worker

The Custodian is responsible for performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that buildings and facilities are maintained in a healthy, safe and sanitary manner.

Production Worker - Nations Creations

Production workers are responsible for a range of functions including processing, sorting, and packing the products, as well as operating the machines and monitoring the output to check it is in line with compliance standards.

Custodial Worker - Maternity Term Until December 2020

The Custodian is responsible for performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that buildings and facilities are maintained in a healthy, safe and sanitary manner.

Financial Analyst

The Finance Analyst is part of the Finance and Administration Team and is primarily responsible for analyzing and interpreting the Financial and statistical data of Seabird Island Band. The position must maintain confidentiality of all records.

Coordinates the flow of information from Contracts and Agreements to the various departments within Seabird Island Band. This includes reporting on a timely basis adhering to company policies and procedures as well as contractual requirements and ensuring all deadlines are met within the established timeframes.

Machine Foreman - Nations Creations

Supervision of Operational Team and Lead Machine Operator

The Machine Foreman will be responsible for managing and supervising the operations staff.

Working Conditions: Normal work schedule is 40 hours per week (Monday – Friday), may be required to work extra hours.

22 Week Targetted Wage Subsidy Public Works Assistant

Under the direction of the Public Works Program Manager, the General Labourer will be responsible for taking care of the essential everyday labour tasks.

Job postings are also available at the Band Office and the Employment Office.

Please ensure you have received confirmation for your online submission. If you have not received confirmation, email: humanresources@seabirdisland.ca.

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry. Interested candidates are invited to submit a cover letter, resume and three references. We regret that we will only respond to those applicants chosen for an interview.

We thank all applicants for their interest.



Temqwá:l - Mosquito Time "July"

Leo

July 23 - August 23

Key characteristics: strong-minded, firm and definite, determined, empathic and loyal.

Flower: Gladiola

Birthstone: Peridot

Virgo

August 23 - September 22

Key characteristics: You are organized and very observant. You have a natural eye for detail, and can be very analytical. You love to help people.

Flower: Morning Glory

Birthstone: Amazonite

Quotes of the Month:

"Faith is the strength by which a shattered world shall emerge into the light."

Helen Keller

"Faith has to do with things that are not seen and hope with things that are not at hand."

Thomas Aquinas

Halq'eméylem Word Search

Words:

I	B	T	W	A	S	N	T	C	F	L	O	N	G	L
S	L	I	T	S	T	A	R	E	T	E	D	N	T	A
W	O	I	O	R	A	I	S	L	S	E	R	I	F	O
I	S	N	G	H	A	T	R	E	D	C	S	A	X	C
M	S	S	D	H	I	P	R	B	T	P	F	R	B	R
M	O	C	D	V	T	B	A	R	B	E	C	U	E	A
I	M	S	A	Y	K	E	A	A	Q	V	Y	A	S	H
N	D	L	N	Y	D	V	N	T	D	D	C	M	P	C
G	S	N	T	S	E	I	L	I	M	A	F	T	O	W
I	U	M	O	L	F	H	T	O	N	I	G	H	R	I
S	J	G	L	S	G	U	B	N	Y	G	S	U	T	N
F	R	I	E	N	D	S	H	S	W	E	H	N	S	D
M	N	C	A	M	P	I	N	G	M	W	O	D	W	Y
G	S	T	N	E	V	E	B	A	Q	J	O	E	A	A
I	N	V	U	U	C	N	G	L	U	J	B	R	A	X

1. BARBECUE
2. CAMPING
3. EVENTS
4. FIRES
5. LIGHTENING
6. SUNNY
7. TRAVELLING
8. BLOSSOM
9. CELEBRATIONS
10. FAMILIES
11. FRIENDS
12. RAIN
13. SWIMMING
14. WINDY
15. BUGS
16. CHARCOAL
17. FESTIVALS
18. GAMES
19. SPORTS
20. THUNDER

Ewe lis ye hithes qe ulh me timethet.....

timethet slhemexw.

Submitted by: Zorana Edwards-Shippentower

DEADLINES

Submissions and advertisements are due 7 business days prior to delivery. Contact comm@seabirdisland.ca.

AVAILABILITY

Twice a month. The 15th of each month (or closest business day) and the last business day of each month. Apply for email distribution or pick-up at the red community newsletter boxes.

CONTACT US

Have an ad or story idea? Email comm@seabirdisland.ca Monday to Friday 8:00 a.m. - 4:00 p.m. Closed on all statutory holidays. www.seabirdisland.ca

Advertising sales:

Contact Communications: 604-796-2177 or email: comm@seabirdisland.ca

Editing Team:

Kristy Johnson, Jason Forseth and Zorana Edwards-Shippentower.

AGREEMENT/LEGAL

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

Editorials are chosen and written by Seabird staff, they are the expressed opinion of the staff and do not necessarily reflect the views of Seabird Island.

Letters to the Editor must be under 300 words and include your name, phone number, status number, signature (not for publication), as well as date/year submitted.

We reserve the right to revise, edit and/or reject any advertisement or story submissions.

NOTICE

NO SOLICITING PEDDLING DISTRIBUTION OF PAMPHLETS

All offenders will be reported and prosecuted to the full extent of the law.

By order of Chief and Council

Chief and Council assert there is to be no solicitation of any sort. Visitors need permission from Chief and Council to solicit door to door.

If you get a questionable person knocking on your door you do not need to let them in. You have the right to close the door and contact the RCMP. There is an open file at the RCMP.

Community safety is a Chief and Council priority. Please contact us if you have any concerns.



Classifieds

SEABIRD CHURCH

Mass: Closed Until Further Notice. Study Groups: Closed Until Further Notice. Contact Deacon Jamie 604-491-3053 or 604-615-5677.

LOVED ONE PASS AWAY?

We can help you send a copy of the death certificate to the First Nations Health Authority. Contact Amanda Peters 604-796-2177.

FUNERAL PAMPHLETS

As per Seabird Funeral Policy, the first 100 colour and 150 grey-scale funeral pamphlets, as well as 1 hour of design time is free for all Band Members. Additional design time or pamphlets can be requested for a fee.

We can also assist with pamphlets for non-Band Members, inquire for fees.

Contact Communications at 604-796-2177 or email comm@seabirdisland.ca.

MEMBERSHIP STATUS CARDS

Tuesday, Wednesday and Thursday: Closed Until Further Notice. Appointments required. Serving Seabird Members only! Contact 604-796-2177

Remember to bring: - 2 pieces of photo Government ID - New Photo (see Communications, appointment required)

SIB has the right to refuse service.

Status Card Photography

Laminated style: \$10 New style w/ authenticated photo \$15 Monday to Friday: 8:30 a.m. - 3:30 p.m. Appointments required. Contact Communications at 604-796-2177 or comm@seabirdisland.ca

WILDSAFE BC CONSERVATION

To report animals who pose immediate threat or danger to public safety. 1-877-952-7277 or #7277

SIFD FIRE PRACTICE

Now recruiting new members. Contact the Fire Hall 604-796-2177.

GARBAGE SCHEDULE

CURBSIDE PICK-UP OF COMPOST, RECYCLE and GARBAGE: Every Monday, unless Monday is a statutory holiday, then pick up will take place on the Tuesday immediately following the holiday. 2 garbage bags per household per week.

MAJOR GARBAGE: 1st Wednesday of each month, by request. When you need major garbage pick-up please submit your request in writing and hand it in to the Band Office.

Contact Public Works at 604-796-2177 or email: publicworks@seabirdisland.ca

OPTOMETRY CLINIC

Next clinic dates: Closed Until Further Notice. Book now with Amanda to get on the waiting list. Recommended annual checkups for children under the age of 19 and every 2 years for ages 19-64. Elders 65+ can be seen annually.

Have a medical condition, such as diabetes, or taking high risk medicines? You can also be seen annually.

Contact Amanda Peters 604-796-2177.

DENTAL CLINIC

Accepting new STATUS PATIENTS DENTAL WALK-IN PAIN CLINICS Open with appointment only.

Patients will be screened and those with most urgent problems will be seen first. Others seen on a first come, first serve basis.

Contact the Dental Clinic 604-796-6853.

MEDICAL CARDS

Need to apply for a new Medical Card because it was lost or stolen? We can assist you when applying for a new one.

Each client is responsible for paying for their Medical Cards. If they've been lost or stolen more than two times the cost is \$20 for each new card.

Please note, we do not assist with BC ID applications.

Contact Amanda Peters 604-796-2177

BABIES ID CARDS

Apply for a Medical Care Card as soon as possible. Contact Amanda Peters 604-796-2177.

Apply for Status Cards as soon as possible. Contact 604-796-2177.

AMBULANCE BILLS

Please submit ambulance bills as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NIHB). Anyone with a status number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

We can only provide assistance to those with a status number.

Unfortunately, ambulance bills will not be covered if you were also incarcerated in jail. Ambulance billing will know if you were incarcerated based on the bill's address. Please do not bring these in as they will be denied and it will be the client's responsibility to pay.

Please note, if you were taken home in an ambulance after a stay in the hospital, this will not be covered and it will be the client's responsibility to pay.

Contact Amanda Peters 604-796-2177.

ALCOHOLICS

ANONYMOUS MEETING

Closed Until Further Notice. If interested you can attend online AA Meetings, visit website below.

AA in BC website: www.bcyukonaa.org

A youth program for children ages 6-12 Join our Facebook page School's Out - Ewólem Seabird

For now, we are offering weekly challenges for the younger youth, supplies will be given for these. Under normal circumstances this program would be modeled similar to the drop-in youth program, after school drop in during the school year. In the summer, youth camps.

https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2F567070550872860%2F%3Fref%3Dgroup_header

June 1st we will be doing a draw for a prize Anyone who joins the page will be entered into the draw!!





SCHOOL'S OUT – EWOLEM (PLAY) SEABIRD

Free Seabird Outdoor Summer Camp for kids!

We are excited to be offering a brand-new summer camp program for children ages 6-12. The program is outdoor based and includes a wide range of activities such as sports, crafts, outdoor cooking, and cultural activities. We bring the outdoor camping experience to Seabird for kids to learn, make friends, and most of all have fun being kids! We look forward to having an unforgettable summer with you.

Outdoor based, small group sizes, social distancing and regular cleaning will occur to create the safest environment for our summer program.

FREE!

Kids ages 6-12

Monday to Friday
Runs until August
28th

10:00 a.m. - 3:00 p.m.

Space is limited –
Register today!

SEABIRD ISLAND BAND CHILD AND YOUTH PROGRAMS

Meet @ the Seabird Island
Band Youth Center

Katelyn Moon
604-819-7897

Find us on Facebook!

School's Out Ewolem (Play)
Seabird



Canada

Funded by the
Government of Canada



United Way
Lower Mainland

Administered by United Way
of the Lower Mainland

Tips to Beat the Heat!

KEEP HYDRATED

Drink lots of water!



LIMIT

Non-essential strenuous activity during the hottest parts of the day



AVOID

Alcohol and caffeine as they can make dehydration worse



SOAK

Take a cool shower or bath to help you cool down



BE COOL

Stay indoors and make use of fans and air-conditioners



REST

Make sure you get enough sleep and rest if you are feeling tired



CHECK ON OTHERS

Including children, elderly, people with medical conditions and pets!



EAT FRESH

Try eating cold foods such as salads and fruits



SEEK SHADE

When outside



DRESS DOWN

Wear lightweight clothing and use sun screen

WATCH OUT... Be on the lookout for any symptoms of heat-related illness or conditions

www.healthlinkbc.ca/healthfiles/hfile35.stm

See a doctor if you are not feeling well, and in a medical emergency call 911

For more information on extreme heat go to www.HealthLinkBC.ca or call 8-1-1 for non-emergency health information and services in B.C.

For Deaf and hearing impaired assistance call 7-1-1 in BC.

Translation services available in more than 130 languages upon request