



www.seabirdisland.ca

Temqwá:l ~ Mosquitoe Time (July) 2020

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Dates to Remember:

- Seabird Island Band Office will be closed for Canada Day July 1st.

MAJOR GARBAGE:

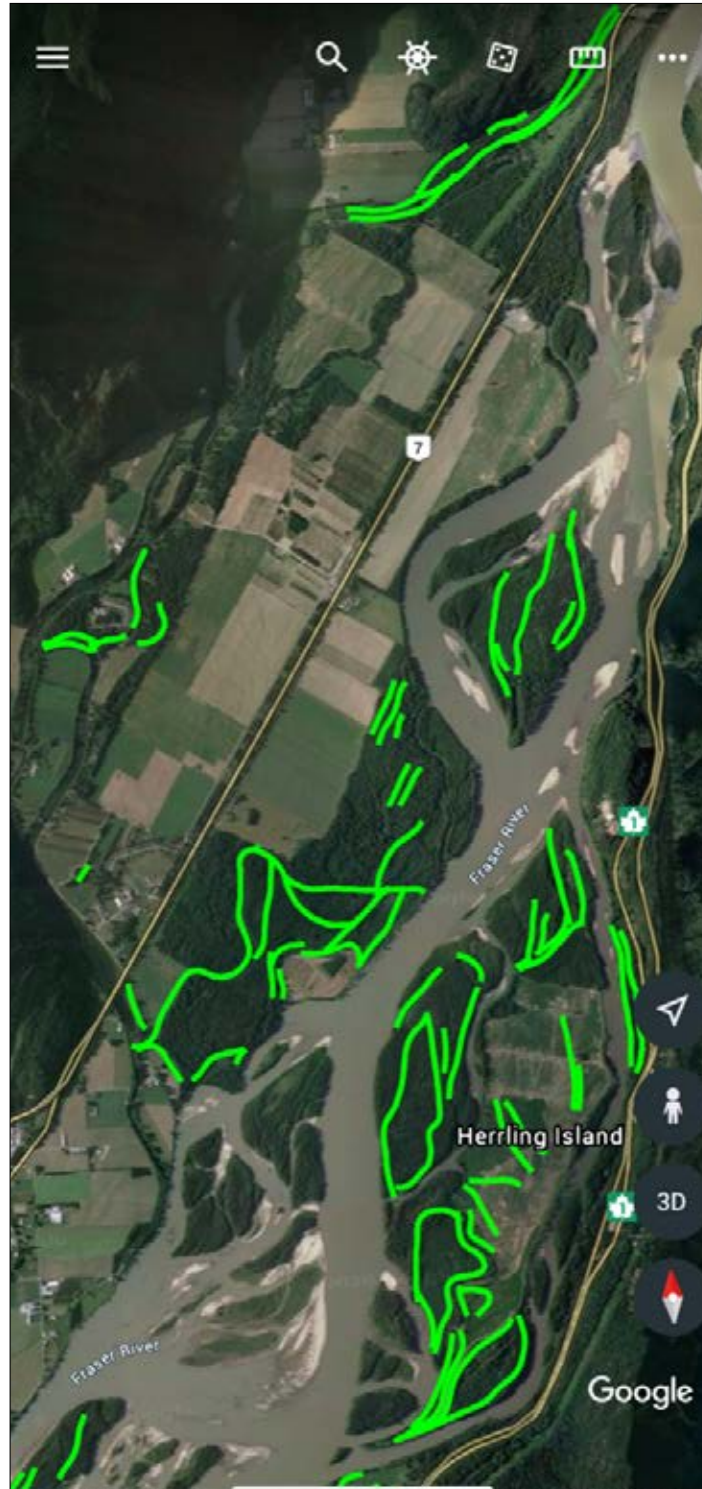
Is every 1st Wednesday of each month, unless the first Monday is a **Statutory Holiday**.
Eg. this year July 1st lands on a Wednesday. Major garbage pick up will be the following Wednesday on the July 8th.

UPON REQUEST ONLY.

You have to contact the office leaving your address information to have your major garbage picked-up on the 1st Wednesday of each month.

(Please DO NOT just put it on the curb or side of the road)

Seabird Island Mosquito Control Program



Seabird Island started mosquito control mid-April by clearing trails to all the known mosquito breeding grounds. Mosquito Larvae was monitored for the month of May and treatments were started. From May to June 12th, 2020 there has been 10 ground treatments and 2 Aerial treatments by helicopter. June 1st was the first aerial treatment which we used 2,400kg (135 bags) of Biological Larvicide. June 7th the river peaked which activated the larger number of nuisance mosquitos. Then on June 10th was the second aerial treatment which we used 45 bags of Biological Larvicide to cover the outlining area of flood waters. We are now continuing to monitor Seabird Island.

Seabird Island participates in Nuisance Mosquito Control Program

This environmentally-sensitive program is designed to reduce nuisance mosquito populations to tolerable levels by aiming to control mosquitoes at the larval stage of the mosquito life cycle. The program is carried out by a professional mosquito control contractor, Morrow BioScience Ltd., working with John Bobb.

Larval Mosquito Control

The primary emphasis is to target mosquito larvae confined to a specific location (such as stagnant bodies of water including sloughs, seasonal wetlands, detention ponds, and/or roadside ditches).

Continued on pg.4



Craft 1:

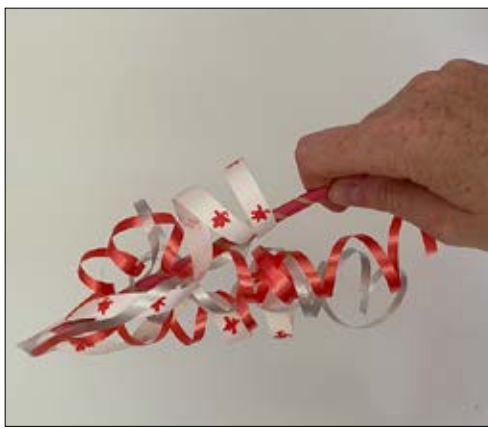
Make a Canada Day garland

Materials

- 8–10 sheets of white paper
- 1 pair of scissors
- 1 ruler or measuring tape
- Red markers, pencils or crayons
- A piece of string or yarn, at least 2 metres long
- Glue or tape

Steps

- On white paper, draw and then cut out 8 to 10 triangles with 20 cm long bases (you can measure the length of the base using a ruler or measuring tape).
- Draw a maple leaf on each triangle and colour it red. Remember that the triangle will point down on the garland — we don't want your maple leaves hanging upside down!
- Curl the base of each triangle by rolling it around a pencil, then hang the triangles on a piece of string or yarn at least 2 metres long. You can secure the triangles with tape or glue.
- Done! Hang your Canada Day garland in your window or balcony and show your Canadian pride!



Craft 2:

Make a Canada Day wand

Materials

- 1 red or white straw
- Curling ribbon (ideally red and white)
- Red or white paper
- Red markers, pencils or crayons
- Tape
- Scissors

Steps

- Cut a long thin piece of red or white paper and tape it to one end of the straw (if you are using white paper, decorate it with little red maple leaves using a marker, pencil or crayon).
- Tape curling ribbon to the same end of the straw as the paper, then twist it around the straw all the way to the other end. Tape it down.
- Take the other pieces of curling ribbon (ideally red and white) and tie them to the top of the straw where you taped the long thin piece of paper – ask a parent to curl the ribbon with scissors.
- Done! Wave your Canada Day wand to show your Canadian pride!



Craft 3:

Make a Canada Day shaker

Materials

- An empty plastic bottle with a screw-on lid
- Red and white beads, beans, rice or macaroni, or a mixture of all

Steps

- Remove the lid from the plastic bottle.
- Pour in a combination of red and white shaker materials (e.g., beads, beans, rice, macaroni) to about one-third full.
- Twist the lid back on.
- Decorate the bottle with something red and white (e.g., stickers, ribbon, paper, maple leaves, etc.).
- Done! Enjoy your Canada Day shakers and make some noise to show your Canadian pride!

References from:

<https://www.historymuseum.ca/learn/activities/celebrate-canada-day-with-crafts/>

<https://www.canada.ca/en/canadian-heritage/campaigns/canada-day/celebration-kit/o-canada.html>



Canada Flag Fruit Popsicles

These red and white popsicles are the perfect treat this Canada Day! They can be made with fresh or frozen raspberries or strawberries.

Ingredients

- 2 cups (500 ml) raspberries, fresh or frozen (thawed if frozen)
- 4 to 6 tbsp (60 ml to 90 ml) maple syrup or honey
- 2 cups (500 ml) vanilla yogurt)

Preparation

Combine the raspberries with 4 tbsp of maple syrup in a blender. In a separate bowl, mix the vanilla yogurt with 2 tbsp of maple syrup. Set aside in the fridge. Fill the molds with the raspberry puree only a third of the way up to leave room for the other two layers. Set the puree aside. Place the Popsicle molds in the freezer to set for 20 minutes. Remove and pour the yogurt mixture on top of the frozen raspberry puree. Return the molds to the freezer to firm up for another 20 minutes. Remove the popsicles from the freezer and add the last layer of raspberry puree. Insert a stick in each mold. Place in the freezer until hard, at least 4 hours. For easy unmolding, place under hot running water and remove gently.

Please note: If desired, strain the raspberry puree through a sieve with a spatula to remove all the seeds before pouring in the molds.

Makes 6 popsicles.



Maritimes Blueberry Cobbler

As known as Blueberry Grunt, this cobbler is delicious served with a scoop of ice cream!

Ingredients

- 3 cups (750 ml) blueberries, fresh or frozen
- ¼ cup (60 ml) maple syrup
- ¼ tsp (1.25 ml) ground cinnamon
- 1 ½ cups (375 ml) all purpose flour
- ¼ cup (60 ml) sugar
- 2 tsp (10 ml) baking powder
- ¼ tsp (1.25 ml) salt
- 4 tbsp (60 ml) cold butter, diced
- ½ cup (125 ml) milk

Preparation

Preheat oven to 350°F (175°C). Spray a 9.5 in (24 cm) round pie plate.

In a medium bowl, combine the blueberries, the maple syrup and the cinnamon. Stir to combine. Transfer to the round pie plate

Prepare the batter. In a large bowl, mix the flour, sugar, baking powder and salt. Cut the butter in using a pastry blender until the mixture resembles coarse breadcrumbs. Slowly add the milk and stir just until combined. The batter will be thick. Spread the batter over the blueberry mixture. It won't cover completely.

Bake for 30 to 35 minutes, or until the top is slightly golden. Serve warm, with a scoop of ice cream if desired.



Strawberry Shortcake

Ingredients

For the strawberries:

- 4 cups (1L) diced straw berries
- 2 tbsp (30 ml) granulated sugar

For the biscuits:

- 2 ½ cups (625 ml) all-purpose flour
- 2 tbsp (30 ml) baking powder
- 2 tsp (10 ml) granulated sugar
- 1 tsp (5 ml) salt ½ cup (125 ml) cold butter, diced in cubes
- 1 cup (250 ml) buttermilk

For the Whipped Cream:

- 1 cup (250 ml) 35% whipping cream

Preparation

In a large bowl, stir the straw berries and the sugar together. Cover and set in the refrigerator until ready to use. This will allow the strawberries to release their juices.

For the biscuits:

Preheat the oven to 425°F (220°C). Line a cookie sheet with parchment paper. In a large bowl, combine the flour, baking powder, granulated sugar and salt. Add the butter to the dry ingredients. Using a pastry blender, cut in the butter until it resembles breadcrumbs. Add the buttermilk and mix just until combined. Turn the dough out onto a floured surface and knead 2 or 3 times until well blended. Gently pat the dough out until it's about ½ - 1 inch thick. Use the rim of a glass to cut out biscuit shapes. Place the biscuits on the lined baking sheet. Bake until slightly golden, about 10 to 15 minutes.

Make the whipped cream using a hand mixer or a stand mixer fitted with a whisk attachment. Beat on medium high speed until soft-medium peaks form, about 3 minutes.

Slice the biscuits in half and layer with strawberries and whipped cream. Serve and enjoy.

Happy Canada Day!

Canada Day Virtual Fireworks

10 p.m. local time

On July 1, wherever you are in Canada, enjoy Canada Day fireworks in a fun and innovative way. Watch on your mobile device or computer.

<https://www.canada.ca/en/canadian-heritage/campaigns/canada-day/virtual-fireworks.html>

The program involves:

- surveillance
- identification
- data collection
- monitoring
- treatment of mosquito-producing sites

- When sites meet regulated levels, specific identified surface water is treated with environment-friendly larvicide called Bacillus thuringiensis israelensis (Bti). Bti-coated corn pellets are distributed by two effective methods:
- hand or backpack spreader via foot or boat access

- aerial spreading dropped from a helicopter

Nuisance mosquito species are not typically associated with the spread of West Nile virus.

If you have any standing water on your property that has mosquito Larvae please contact John Bobb at the Band Office.



Using insect repellents safely

Always read the entire label carefully and follow all directions, including:

- restrictions for use on children
- what insects the repellent works for
- the maximum number of applications per day

When using repellent:

- keep containers out of the reach of children and pets
- use only in well ventilated areas
- supervise its use on children
- apply only a small amount of repellent on exposed skin or on top of clothing
- repeat applications only as needed and directed on the product label
- wash treated skin with soap and water when you return indoors or when protection is no longer needed

Concerned that you might be sensitive:

- apply the product to a small area of skin on your arm
- wait 24 hours to see if you have a reaction

If you think you or your child is reacting to an insect repellent:

- stop using the product immediately
- wash treated skin
- get medical help
- take the container with you when visiting your health care provider

When using insect repellents, do not:

- use it on open wounds or skin that's irritated or sunburned
- spray directly onto your face because you may get it in your eyes
- instead, spray it on your hands first and then apply to your face
- if you've accidentally sprayed repellent in your eyes, rinse them immediately with water

- apply it to a child's hands because they may get it in their eyes or mouth
- apply sprays inside a tent or near food because you may inhale or eat the spray mist

How we protect you

All pesticides must be registered before they can be imported, sold or used in Canada. We conduct science-based risk assessments to ensure that pesticide products meet health and environmental standards.

A pesticide will only be registered:

- when it works well to control a pest
- there's evidence to prove that the pesticide won't cause harm to human health or the environment

Reference: <https://www.canada.ca/en/healthcanada/services/about-pesticides/insect-repellents.html>



Insect Repellents - DEET

Insect repellents containing DEET can be used safely when applied as directed and in the right concentration, depending on age.

The right concentration of DEET for:

- adults and children 12+ years old - up to 30%
- children aged 2-12 years - up to 10%
- you can apply the product up to 3 times daily
- children aged 6 months - 2 years old - up to 10%
- Under the age of 2, only apply the product once a day

For children younger than 12 years old, do not use a DEET product on a daily basis for more than a month.

For infants younger than 6 months old, do not use an insect repellent containing DEET. Instead, use a mosquito net when babies are outdoors in a crib or stroller.

Doing what you could around your house

How to keep the Mosquitoes minimal around your house as much as possible.

Remember, a small bucket can breed hundreds or even thousands of pesky mosquito larvae.

A puddle in a tarp, in tires or in your boat are also prime breeding grounds.

You can do your part to reduce the population of these bugs:

1. Go around your home weekly and dump any standing water you see. These areas are prime mosquito grounds for breeding.
2. Planting basil, citronella and marigolds can also help reduce mosquitos in your yard!
3. Keeping your lawn short and cut at least once a week also helps reduce the mosquito population.

Did you know?

Mosquitoes are attracted to people:

- Who eat bananas
- Who drink beer
- With Type O blood
- With high concentrations of steroids
- or cholesterol
- Who sweat
- Are hot
- Who produce excess amounts of uric acid

Natural Remedies?

- Toothpaste on the wound
- Aloe
- Witch Hazel
- Tea tree oil

Natural Repellents?

- Vitamin B1 to B100 complex
- Garlic
- Cinnamon leaf oil
- Vanilla oil mixed with olive oil
- Lavender
- Basil
- Rosemary
- Marigolds
- Sliced lemon or lime with cloves stabbed in
- Oil of Eucalyptus
- Lemon
- Coconut
- Burning coffee grounds in foil plate like incense.
- Sprinkle dried used or fresh coffee grounds around your yard

New Staff



Cory Morin

Hello/Weytk

My name is Cary Morin. I am from the Shuswap Nation from the Canoe Creek Indian Band (Stswecem'c Xgat'tem). My better half is from the St'at'imc Nation.

I have been employed as your community Policy Writer since March 23, 2020 and look forward to helping your community develop policies that improve service delivery and reflect your community's needs and wishes.

I am graduate of Thompson Rivers University with an English major (2005) and Chartered Professional Accountant (2015). I have worked as a Policy Analyst with the BC Friendship Center

Movement and as a self-employed consultant for eight years with my main clients being the Canada Mortgage and Housing Corporation and through independent contracts with First Nations across Canada. Before joining the Seabird Island Band team, I was teaching intro Accounting for Thompson Rivers University for the School of Business and Economics.

I look forward to meeting many of you and I hope I am able to assist other staff and your community in meeting your goals and I thank you very much for the welcome to your beautiful community.



Navinder Gill

Hello my name is Navinder. I am the new Health Quality Officer, I will be working toward helping improve health services for the community. Recently obtained my Doctor of Medicine Degree. I also hold an Associates Degree in Business Management. Types of places I have worked; as a counsellor at a half way house, high end security, worked on a cruise ship as well as the golf industry.

My inspiration for the work I do everyday is; my family, my son, kindness, seeing people improve in their health. I have been married for 13 years and a father of a 5 year old son. I love to watch sports, such as the; Canucks, Dallas Cowboys and New York Yankees. I enjoy playing golf, as well as teaching it.

I am born in the United Kingdom, but raised in Canada. I lived in small towns, such as; Tumbler Ridge BC, Kamloops BC and Leaf Rapids MB. I am currently living in Surrey BC.

I am passionate about helping people. Helping people get the most out of their healthcare. I volunteer in any way I can. I enjoy working and helping people improve themselves and help provide a positive experience.

I am pleased to be here and work for Seabird and the community, I can't wait to meet everyone.

The 2020 Education Celebration and Awards 2020 are Cancelled due to the current restrictions of COVID 19.

All Grade 12 , Post-Secondary Graduate and Honour Roll students will be contacted for arrangements to receive the gifts and incentives.

It will be arranged for the gifts and incentives to be picked up or mailed.

If you have any questions contact;
Cindy Kelly at cindykelly@seabirdisland.ca or
604-997-3956 by telephone or text.

Slow Down and Move Over

Slow Down and Move Over. Pretty straight forward rule to follow but we've made it even simpler to keep roadside workers safer.

SLOW DOWN & MOVE OVER

DRIVERS MUST **SLOW DOWN AND MOVE OVER** WHEN APPROACHING AN OFFICIAL VEHICLE WITH FLASHING LIGHTS STOPPED AT THE SIDE OF THE ROAD

OFFICIAL VEHICLES INCLUDES:

- EMERGENCY VEHICLES AND MAINTENANCE VEHICLES
- EQUIPPED WITH FLASHING RED, BLUE OR AMBER LIGHTS

SLOW DOWN AND IF SAFE TO DO SO MOVE OVER

- 70 KM/H** IF TRAVELING IN A 80KM/H OR FASTER SPEED ZONE, DRIVERS MUST SLOW DOWN TO 70KM/H;
- 40 KM/H** IN A LESS THAN 80KM/H SPEED ZONE, DRIVERS MUST SLOW DOWN TO 40KM/H.

IN THE TEN YEAR PERIOD OF 2008-2017:

- 230 WORKERS HAVE BEEN HIT** BY MOTOR VEHICLES IN BC WHILE WORKING BESIDE OR ON THE ROAD; AND
- 12 OF THESE WORKERS DIED.**

DRIVERS FACE:

- \$173 TICKET** AND **THREE PENALTY POINTS** FOR **FAILING TO SLOW DOWN AND MOVE OVER.**

* DATA BASED ON WORKSAFEBC CLAIMS BY WORKERS STRUCK BY MOTOR VEHICLES.

In a nutshell: if you see any vehicle flashing red, blue or yellow lights on a BC highway, move over to pass.

Or more specifically, the Slow Down, Move Over rule states:

Drivers must slow their speed to 70km/h when in an 80km/h or over zone, and 40km/h when in an under 80km/h zone. If travelling on a multi-lane road, the driver must move into another lane to pass when passing stopped vehicles with a flashing light, where safe to do so.

Whether the vehicle is a police, fire, ambulance, tow trucks, maintenance contractors, Commercial Vehicle Safety Enforcement vehicles, park rangers and conservation officers, please obey the law. We made the change to the rule because before it stated "official vehicles," but our stakeholders, including the BC Road Builders and Heavy Construction Association, raised concerns that the previous regulation didn't include/protect all roadside workers. For example, maintenance workers are frequently required to stop on the side of the road for inspections or highway maintenance. These workers are at equal or greater risk than many of the workers covered under the old regulations.

So we updated it.

This change will improve safety for all those working our roadsides, including highway maintenance workers, utility workers, land surveyors, animal control workers and garbage collectors, reducing the risk of them being struck by passing vehicles.

It all started January 1st, 2015. I hope you agree that that's a pretty good way to start the new year: improving safety.

Please drive safely, for you and for those using our roads as well.

<https://www.tranbc.ca/2015/01/02/one-change-to-slow-down-move-over-rule-improves-safety/>

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 adept 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.

Education Assistant

Under the supervision of school administration, the Education Assistant (EA) will work with students individually or in small groups to deliver activities that reinforce and advance the educational program and make the educational experiences of the children more rewarding. EA's will assist teachers in student assessment and evaluation through observation, record keeping and data collection. At Seabird Island Community School, Education Assistants are valued members of the school community and they make a significant contribution to the work of the school and toward the education of all students.

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.

12 Week SEP Post Secondary Purchasing Agent

The Purchasing Agent will verify goods and service orders; prepare and forward purchase orders to vendors and staff; verify receipt of goods and services; and authorize payment for goods and services. The goal is to acquire goods and services that are critical for the success of operating standards, with the best price and quality standards.

The Purchasing Agent ensures that corresponding departments at Seabird Island Band, have the materials and services they need to function on a day-to-day basis. The Purchasing Agent performs extensive research to find the most cost-effective materials, supplies, goods and services; which requires that they stay up-to-date on marketing and pricing trends.

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.

12 week SEP Post Secondary ECE Recreation Assistant

Under the direction of the Early Childhood Supervisor, the Early Childhood Education Assistant will assist in providing hands-on child care to children in Seabird Island Band's Early Childhood Education programs, in accordance with all child care licensing requirements and the philosophies, policies, and objectives established by Seabird Island Band Management. Possible programs include Seabird Island Daycare and summer programs.

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.

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.

Men's Home Peer House Leader - A:yelexw Stabilization and Transitional Living Residence (STLR)

Under the direction of the Health and Social Development Director, the A:yelexw Peer House Leader (APHL) will operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band and within the specifications and regulations of the Community Care Facility Act.

The primary goal of the APHL is to ensure that the A:yelexw STLR is run like a family home, with chores, 'family' meetings and goal setting, and that all residents are provided with a caring and learning environment in which to address addictions and substance use. Through ensuring the home runs efficiently and cooperatively, the APHL will ensure that residents are equipped to access health, healing and other services and programs, through programming in the home and through broader community services, to address the underlying causes of addiction and substance use, and to make choices that are life sustaining and positive.

Pre-employment Supports Program - Case Worker

The Case Worker is responsible for working with clients one-on-one and in small groups to assist them to overcome one or more barriers that are inhibiting their ability to gain employment. Clients will range from 19-24 and 25-49 years of age. The successful candidate will provide education, information and assistance to clients on all aspects of employment, education, training and life career planning. The Case Worker takes a hands on approach to assisting their clients in exploring careers and finding employment including building relationships with potential employers.

Summer 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.

Adult Dogwood Instructor

The Adult Dogwood Instructor teaches a variety of Adult Education courses including English, Math, Work Experience and other related courses to adult learners completing their B.C. Adult Dogwood Diploma and looking to obtaining a trade or vocational certification.

Executive Assistant to Director of Education

The Executive Assistant will perform direct administrative and professional support to the assigned director. The Executive Assistant is expected to provide support directly to assigned director, as well as to the individual employees or members.

The Executive Assistant will be privy to all business relations and information. It is expected that the ability to maintain the highest level of confidence is a priority. The nature of this position requires the Executive Assistant to have knowledge and the ability to access resources. It is also expected The Executive Assistant must be able to retain this information without allowing it to impact their treatment of those groups or individuals such as information pertaining to many Band/Community Members, staff members, and other stake holders.

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.

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.

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.

Custodial Worker - Maternity Term Until December 2021

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.

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.

Youth Mentor

Under the direction of the Child and Youth Initiatives Supervisor, the Youth Mentor is front line staff in child and youth programs run through the Seabird Island youth center. The role of the youth mentor is to facilitate planning and implementing activities; developing appropriate youth to mentee relationships; guiding youth behavior; maintaining the physical space of the youth building and reporting program activities and incidents to the Child and Youth Initiatives Supervisor. The Youth Mentor is responsible for maintaining relationships with youth who are engaged in the program and doing outreach to develop new relationships. Typical hours are part time and vary in length between 3:00 p.m. - 9:00 p.m. Monday to Friday as part of the drop-in program. Occasional daytime or weekend work will be scheduled for camps, weekend events and overnights.

Youth Worker

The Youth Worker is directly responsible for engaging Seabird Island Band youths (age 10 - 19) in youth-led programming. The youth worker is a primary support, coach and advocate for the youths' needs and development. From a youth-centered practice the youth worker walks along side of the youth to continually co-develop programs and opportunities where youth will grow and thrive. Opportunities for youth include local and distant activities that are both large and small scale. The Youth Worker will also connect their clients with needed programs and services such as driver's education, health services, mentorships, and social supports.

This position requires a flexible schedule to meet the needs of the Band youth. Given the schedule of the client base (school), most shifts will be evenings and weekends. As part of the Health Team, you may be expected to work up to 12 hours per day.

This is a part time position averaging 20-25 hours of work per week. The youth worker may have opportunity to increase their hours in the summer months. Total working hours during these periods will not exceed 80 hours of straight time per pay period.

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.

Comic

@WebDonuts



The three men suddenly realized they had realized all of their childhood dreams.

Temqwá:l - Mosquito Time "July"

Cancer

June 22 - July 22

Key characteristics: Integrity, honest, generous, family and home orientated.

Flower: Acanthus

Birthstone: Ruby

Leo

July 23 - August 23

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

Flower: Gladiola

Birthstone: Peridot

Quotes of the Month:

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

Marie Curie

"You have enemies? Good. That means you've stood up for something, sometime in your life."

Winston Churchill

Halq'eméylem Word Search

W	X	L	L	'	T	L	W	S	E	E	L	Q	T	Í
'	L	S	L	S	P	E	L	Á	X	E	L	T	Q	A
É	S	T	O	L	Ō	Á	L	Á	Y	:	W	E	A	Í
Á	T	Á	S	P	'	É	L	X	W	E	M	H	I	S
H	'	T	S	T	'	Í	W	I	Y	E	L	H	S	E
Q	E	L	W	Í	:	S	T	Q	T	W	H	E	L	T
M	M	'	L	Q	M	Á	E	S	Q	S	S	E	S	É
P	T	Q	'	E	A	L	É	L	Í	W	H	P	T	Q
Q	'	E	L	T	Ó	L	É	S	T	E	X	W	'	É
'	É	L	P	'	E	Q	Í	L	M	T	W	Á	É	S
É	M	S	E	M	L	L	Q	L	L	Í	Ú	X	X	'
P	T	Q	I	:	Í	X	'	P	I	E	X	W	T	'
S	Q	W	Á	:	L	E	W	E	L	Y	W	Q	M	L
Í	K	'	E	É	T	X	Á	L	E	W	E	M	T	A
Í	Q	L	X	S	A	W	'	E	H	'	T	M	H	E

Words:

- ALÍLIYEM - LAUGHTER
- LÁXEL - FISHING SPOT
- ST'EMT'ÉM - CAUTIOUS
- Q'Á:L - MOSQUITO
- ST'ÉX - FORK IN THE ROAD
- ST'ÍWIYELH - PRAYER
- SQWÁ:LEWEL - THOUGHTS, FEELINGS
- SP'ÉLXWEM - LUNGS
- ÁXE - CANADA GOOSE
- QE'ÓLEQ - FRIEND, BUDDY
- ÁT'QEL - TO GO OUTSIDE, GET OUTSIDE
- ÁLEWEM - TO STAY HOME
- KWIMELÉSTEM - TO BLUSH
- QELWÍ:ST - TO HUG HIM
- WÁYELES - TOMORROW
- QÉLQWLHA - HOW BEAUTIFUL!
- Q'ELTÓLÉSTEXW - MIX THEM UP
- Q'ÉP - GATHER TOGETHER
- SHXWÚXWE - AMBITIOUS
- STOLOÁLÁ - RIVER BED

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!! ☺





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 items 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.

NOT ACCEPTED

Styrofoam
Glass
Batteries
Clothing
Foam packaging
Pop cans & bottles
Plastic Bags

BRITISH COLUMBIA CAMPFIRE REGULATIONS



Violating these regulations could cost you **\$1,150**.

If a violation causes a wildfire, the person responsible may also be ordered to pay all firefighting and associated costs.

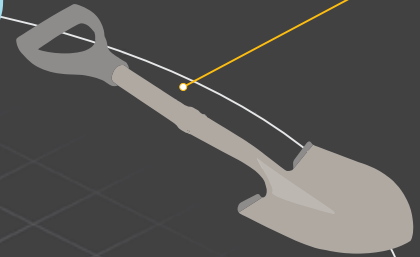
CAMPFIRE SIZE



A campfire is defined as a fire no larger than 0.5 metres high and 0.5 metres in diameter. Fires larger than that are considered Category 2 open fires and are illegal if Category 2 open burning prohibitions are in effect.

8 LITRES OR A HAND TOOL

You must keep at least eight litres of water or a hand tool on hand at all times while your campfire is lit.



0.5 metres

0.5 metres



PUTTING OUT YOUR FIRE

Before you leave the area for any amount of time, your campfire **MUST** be fully extinguished. The ashes of your fire must be cool to the touch.

FUEL BREAK

You must have a fuel break around your campfire. This area must be cleared of debris and anything combustible. It needs to be wide enough to stop the spread of the fire. A rock ring around the fire can also help prevent it from spreading.

You **MUST NOT** leave your fire unattended for **ANY** length of time.

Report wildfires, unattended campfires or violations of regulations by calling
***5555** on a cell or **1 800 663-5555** toll-free.

@BCGovFireInfo



BCwildfire.ca

BC Wildfire Service

