

Wild Bunny's get rid of pests!



While I was walking my dog recently I noticed all the moles are gone. The dirt is down and no knew hills are around.

Curious! There are plenty of wild bunny's around and I have seen them digging in these holes and rolling around in the mole hill dirt. This made me think, last year when the bunny's showed up the moles disappeared as well...

Do rabbits eat meat? When I got inside I did a little research, and found this article on pg. 3 and a few videos. They do eat meat! I have come to the conclusion that this is not what happened to the moles. With further research I found out they probably scared them away.

Bunnies make burrows by digging in the ground. Digging is one of the natural behaviors of both the domestic and wild rabbits and they instinctively enjoy this activity.

When rabbits dig holes, they claim the land that directly surrounds them. Rabbits typically don't go looking for sustenance outside of their territories. Rabbits frequently construct their burrows in clusters with others. These are called "warrens." The male residents of the warren typically are in charge of protecting them.

They may claim territory by inserting their droppings in mole holes. You may notice a rabbit brushing or rubbing its chin against things, particular on the edges of objects, corners that stick out, or any unusual object in its path. Rabbits have scent glands under their chins that they use to mark their territory and objects they own. We can't smell the scent and it doesn't stain or cause visible marks. Rabbits will also spray urine to mark territory.

Is this good or bad? You decide. I am happy the moles are gone, and so far the bunny's burrows are not in the middle of my lawn.

Written by: Sandra Bobb

We have job offers from various companies. Kitimat, Site C, KLTP, PTC and more.

Have you completed your apprenticeship?

Would you like to complete one?

Do you want to find out what kind of education is required to be employed in one these high paying positions?

I would like any former students of the Seabird College to come in and update their information. Come in to talk with us.

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Council Member Mandatory Meeting: Attendance Record 3 Year Term from April 23, 2017 to April 22, 2020

Council Mandatory Meeting Attendance Record for Year 2017-2018

Absent = X

Absent due to approved Exterior meeting = ☒

Arrive late; leave early = L

Leave of Absence = LOA

Mtg. Date	Meeting Name	Council Member								
		Clem	Janice	Marcie	Rod	Stacy	Paul	Linda	Zack	Alexis
4/29/17	Orientation					☒				
5/4/17	Orientation									
5/30/17	Chief and Council									
6/20/17	Chief and Council						x			
7/12/17	Quarterly							x		
7/18/17	Chief and Council						x			
8/22/17	Chief and Council						x			
9/01/17	Aug con't						1/2	x		
9/19/17	Chief and Council									
10/17/17	Chief and Council						L			L
10/25/17	Budget mtg (con't 10/17/17)									
11/15/17	Quarterly									
11/21/17	Chief and Council		x	x						
12/03/17	Strategic Planning	1/2								
12/05/17	C&C mtg (con't 11/21/17)							x		
12/19/17	Chief and Council						x			
01/08/18	Strategic Planning				x					
01/23/18	Chief and Council			x			x			
01/31/18	Quarterly									
02/20/18	Chief and Council									
03/20/18	Chief and Council									
04/11/18	Chief and Council									
05/02/18	Quarterly									
05/15/18	Chief and Council									
06/19/18	Chief and Council	x	x				x			1/2
07/17/18 <i>(resch to 07/31/18)</i>	Chief and Council									
07/24/18	Audit	☒						☒		
07/31/18	C&C mtg (resced to 08/07/18)									
08/07/18	Chief and Council						x	LOA		
09/18/18	Chief and Council		☒					LOA		☒
09/25/18	C&C – Directors Quarterly		☒							☒
10/16/18	Chief and Council						x	LOA		
10/24/18	Quarterly									
11/20/18	Chief and Council			☒		☒				
12/18/18	Chief and Council									
01/15/19	Chief and Council									
01/30/19	Quarterly			LOA						
02/19/19	Postponed meeting									
03/7/19	Rescheduled							LOA		
02/19/19	Chief and Council									
04/25/19	Chief and Council									LOA
05/21/19	Chief and Council							☒		
06/18/19	Chief and Council						L			



Seabird Island Band
Chief and Council
encourage and welcome
Band Members to join the
3rd Review Session

Seabird Island Band
Governance Manual Review
Monday, July 15th at 4:30 p.m.
Main Boardroom
(catering will be provided)

We would encourage individuals
to read and highlight
areas of concern prior to June 24th.

Hares are cannibals and eat meat.



PUBLISHED January 11, 2019

Your fluffy pet bunny's cousin is actually a carnivore—and a cannibal.

Snowshoe hares in Canada's Yukon Territory eat meat to supplement their diets during long winters in one of the coldest places on Earth.

During summer months, the mammals feed on vegetation, but when snow blankets the landscape and temperatures plunge to 30 below, hungry hares scavenge other hare carcasses, as well as several species of birds.

And, in an ironic twist on natural selection, hares also dine on dead Canada lynx—their main predator, says Michael Peers, a Ph.D. candidate in ecology at the University of Alberta in Edmonton, who led a new study on the phenomenon in *Bio One Complete*.

“It was shocking to see the first time,” says Peers, who believes the hares are boosting their protein intake during harsh times. “I had no idea they actually scavenge.”

Peers discovered meat-eating hares by accident, after setting up remote trail cameras next to hare carcasses near Mount St. Elias on the Alaska border. He expected predators to drop in and pick at the free offerings. Instead, two-and-a-half years of footage revealed hares ate from 20 of 161 carcasses observed.

The surprising images suggest animals aren't so easily classified as herbivores or carnivores—and that snowshoe hares are eating meat on a regular basis.

Read more at: <https://www.nationalgeographic.com/animals/2019/01/snowshoe-hares-carnivores-cannibals-photos-yukon/>

How to get rid of rodents in and around your house and keep them away

Learning how to get rid of mice begins with one simple choice: do you want to do things the easy way or the hard way?

Helping get rid of mice can be as simple as making one phone call to a pest control professional, or else it can seem like you're chasing invisible mice in walls. For those brave souls who want to face these disease-carrying rodents on your own, here's what you need to know about how to get rid of mice.



How to help get rid of mice in your house:

1. Eliminate entry points

Building mice out, or rodent-proofing your home, is an effective way to stop mice infestations from expanding or ever occurring in the first place. Defend your home from mice by eliminating points of entry and easy access. This can be difficult due to a mouse's ability to squeeze itself into even the smallest of openings (one-quarter of an inch and up).

A good rule of thumb is if you can fit a pencil into a crack, hole or opening, a mouse can get through it.

Seal cracks in the foundation as well as openings in the walls, including where utility pipes and vents occur. Steel wool and caulking works great here. Avoid using plastic, rubber, wood or anything else mice can easily gnaw through as sealants. Get weather stripping for door and window gaps and make sure the sweep on your door creates a seal against the threshold when it's closed.

2. Use mouse traps

The best way to help get rid of mice in an ongoing infestation is with mouse traps. The classic wooden snap traps will do the trick for light to moderate mouse populations, but keep in mind that most people underestimate mice infestations. It's not uncommon to lay one dozen traps for just one mouse - or what you think is just one mouse. Use plenty. It's also a good idea to lay many different types of traps. Use bait traps, multiple-capture live traps and glue traps in conjunction with the wooden traps. This gives you a better chance at catching all of the mice, since some might be keen to certain types of traps and know to avoid them.

3. Choose the best bait for mouse traps

You can use whatever food the mice have been eating in your home for bait, or mouse-approved favorites such as chocolate, peanut butter, bacon, oatmeal, dried fruit or hazelnut spread. When you're ready to set the baited trap, tie the bait to the trigger with fishing line or dental floss. This will make sure the mice get what's coming to them without "making off with the cheese." You can also secure the bait with a hot glue gun. Replace with fresh bait every two days. If the food isn't working, you can try using nesting material such as cotton balls or feathers.

4. Proper placement of mouse traps

Place the traps perpendicular to the walls, with the trigger section facing the baseboard. This causes the mouse to run directly into the bait as it naturally scurries along the walls, instead of running over the trap from the wrong direction, triggering it prematurely. Mice don't travel more than 10 or 20 feet from food sources and nesting areas (i.e., their territory), so place the traps

anywhere you see mice or signs of mice, such as rodent droppings or "rubbings" on baseboards and walls. Change trap locations every two days or so. Mice are naturally curious so they won't avoid traps like rats will.

5. Bait stations

Bait stations (or bait packages) are sealed packets containing meal or pellets. They typically come in plastic, paper or cellophane wrapping, allowing the mice to easily gnaw through and get at the preserved, fresh bait. The mice feed on this bait and die. While helpful in getting rid of mice, these products are best handled by trained pest management professionals to ensure the safety of you, your children and your pets.

6. Good sanitation won't get rid of mice, but poor sanitation will attract them

Mice can survive on just 3 to 4 grams of food per day, so a few crumbs here and there are all they really need. Vacuum your floors and be sure to wipe down counters, eliminating residue, crumbs and any access to food sources. Store food in glass jars or airtight containers. Don't forget about securing your garbage. Mice have sharp incisor teeth so they can chew through just about anything, even concrete if the mood strikes them, so plastic bags are no match for hungry rodents.

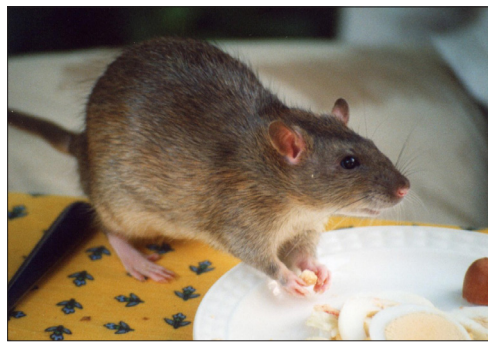
7. Tackle the mice in the house and out

Remove debris around your home where mice can hide. Keep weeds to a minimum and destroy burrows and nesting areas as you find them. Lining your home's foundation with a strip of heavy gravel is a good way to prevent nesting and burrowing. The less debris and clutter around your home and property, the easier it is to spot signs of rodent activity and stop mice dead in their tracks.

8. Cats vs Mice

Many cats love to hunt mice. Some dogs will even get in on the fun. If you have pets, they might be the best way to catch a mouse without lifting a finger. If you don't have pets, now may be a good time to stop watching cat videos online and own one in real life. Many farms use farm or barn cats to control their mouse population. Of course, some pets just can't be bothered with mice - not surprisingly with the way many people pamper their fur babies.

<https://www.terminix.com/blog/diy/the-eight-best-ways-to-get-rid-of-mice/>



How to Keep Rats Away

The best strategy is to keep these kind of pests out of your home to start with. Once an infestation has begun they are hard to get rid of. Here are eight steps you can take to keep these rodents out of your home:

1. Fill holes, cracks and gaps

Rats can slip into holes the size of a quarter. Check your home for any opening that size and larger. Seal them up with proper materials. These include steel wool, hardware cloth, caulk, cement, and plaster. Weather-strip doors and windows if there are large cracks.

2. Don't feed them

Rats are resourceful. They will find things to eat around your property, so you have to be diligent in dealing with them. Cover garbage cans at all times. Pick produce from your garden and trees as it ripens. Pick up and compost fruit and vegetables that fall to the ground. Feed outdoor pets during the day and don't leave leftover food lying around. Don't store pet food outside without making sure it's in rodent proof containers.

3. Remove their habitat

Don't give these vermin a place to live. Remove debris such as limbs, old cars or appliances from your property. If you have wood piles or lumber, store them at least 18 inches above ground and a foot or so away from your home and other walls. Remove heavy vegetation, as rats consider this is a great hiding place.

4. Trim trees, shrubs and limbs back four feet from your home

Rats aren't Olympians; they can't bridge that gap.

5. Set traps inside

There are several commercially available traps to catch rats inside your home that are not dangerous to pets and children, for example, cage traps.

6. Use baits and poisons outside

Toxic baits and poisons should be used outside the home. Rats can spread poison inside your home, making it dangerous for all. Always read and follow label directions. Make sure rat bait is in an enclosed bait station. Keep the bait where children and pets can't reach it.

7. Check your neighborhood

Chances are, rats are a neighborhood issue. If you have a rat problem, it's probably you won't be the only one dealing with these rodents. Band together with neighbors to check community areas for rat activity. Take the same steps listed above in these areas.

8. Call the pros

In general, the most effective step for eliminating rats is to call on professional rat exterminators when you see evidence of a rat infestation. Rats are dangerous, so it's best not to take a chance when dealing with them. Expert help will give you much better results than working on your own.

Rats are one of the most frustrating household pests. They harbor diseases, they cause destruction to your house, and they contaminate your food. If you want to learn more about how to get rid of rats and many other household pest, please go to the link below to download "The Ultimate Guide to Household Pests".

<https://www.trianglepest.com/blog/8-steps-take-keep-rats-out-your-house>

Rodents, particularly rats, are closely linked to humans. That's because people and their dwellings provide them with the things they need most to thrive.

If you have a rodent infestation. First and foremost, there are some basic things that can be done to keep rats out of your home.

What do rats need?

Humans provide the three essential things rats need to live: food, water and shelter.

Why are rodents like rats dangerous?

Rats cause several problems and can't be allowed to linger. The dangers of having rats in your home include:

- Damage to your property.
- The spread of disease, several of which can be fatal.
- Contaminated food storage and preparation areas.
- The risk of fires from chewed wires.

Summer Air Quality and Cooling Tips

This summer we have already had some air quality alerts come across the news.

With increasing heat temperatures, low water levels this year and increased summer traffic the threat of wild fires increases and our air quality reduces.

Air quality affects everyones breathing capabilities, especially those with health concerns, babies and Elders. Please remember to check on those family members with health concerns.

When the heat gets high and the air quality becomes poor:

- Reduce strenuous activities
- Stay indoors as much as possible
- Cool off your home
- Filter your air

Ways you can do this include:

1. Visit "Cooling Centers": malls and other areas with air conditioners.
2. Set your furnace to cooling fan mode, *remembering to clean or replace the air filters regularly.*
3. Set-up fans.
4. Air conditioner, *remembering to clean or replace the air filters regularly.*
5. When your air conditioner is to small to cool off the whole house, set up blankets at the doors and camp out in the one room. Similar to when your power goes out and you try to conserve heat, conserve your cool air!
6. Air purifiers, *remembering to clean or replace the air filters regularly.*

7. Use a dehumidifier to take the sticky wetness out of the air.
8. Let in the night air. Only open your windows in the evening when the air is cooler and free of polutants (Not when air quality is low).
9. Keep your blinds closed. Better yet invest in blackout curtains.
10. Shade your windows (TIP: set up a tarp or bamboo beach blankets as a shade awning over our windows).
11. Turn off the TV, and other appliances that create heat.
12. Use energy efficient and low watt light bulbs, that produce less heat.
13. Turn off the lights during daylight hours.
14. Do not use the oven for cooking, stick to the stove top or outside barbeque.
15. Drink lots of water, it cools off your body.
16. Never stay or leave anybody or pets in the vehicle.
17. Change your sheets.
 - Clean sheets make you feel cooler,
 - Cotton sheets are lighter and cooler
18. Set your ceiling fans to run counter clockwise and at a higher speed.
19. Sleep low to the floor or better yet in your basement.
20. Hang your cloths to dry, do not use the dryer.
21. Provide shade for your air conditioner so it does not have to work so hard.

Written by; Sandra Bobb

Getting the most out of your yard this summer

In the summer it can be nice to go outside and enjoy some sun.

There can be some barriers which make this hard to enjoy. Keeping your yard clean and safe can make this more enjoyable.

Sit in a shady area to reduce heat stroke and sun burn. If you do not have a shady area, plant a tree, so you will have shade in the future. In the mean time put up an a tarp or portable awning.

Remember to use sun screen and reapply regularly. SPF 40 - 50 is the recommended amount. Remember to reapply every 2 hours. Sunscreen not only reduces your chance for sunburn, it also reduced your chances for skin cancer.

Did you know there is sunscreen SPF 100 out there for those with extra sensitive skin?

To reduce mosquito breeding grounds and other pesky pests:

- Put a lid on your pool.
- Add chlorine to your pool.
- Dump out tiny toddler pools, when not in use.

- Clean your gutters.
- Dump out tires, buckets and anything with pooling water.
- Keep your lawns cut low.
- Trim your foliage and remove the trimmings from your property.

Outdoor cooking:

Clean your barbeque after each use, to reduce attracting wildlife.

Keep a hose close at hand in case of emergency.

Cooking fires need to be in a contained area and limited to .5m x .5m. *Please watch for further fire ban alerts as the summer progresses.*

Do not leave barbecues and cooking fires or ashes unattended.

Keep barbeque's 10 feet away from your home.

Keep the children a safe distance away - parental guidance is required!

Written by: Sandra Bobb

**To report a wildfire
1-800-663-5555
or *5555 from a cell phone.**

BRITISH COLUMBIA CAMPFIRE REGULATIONS



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

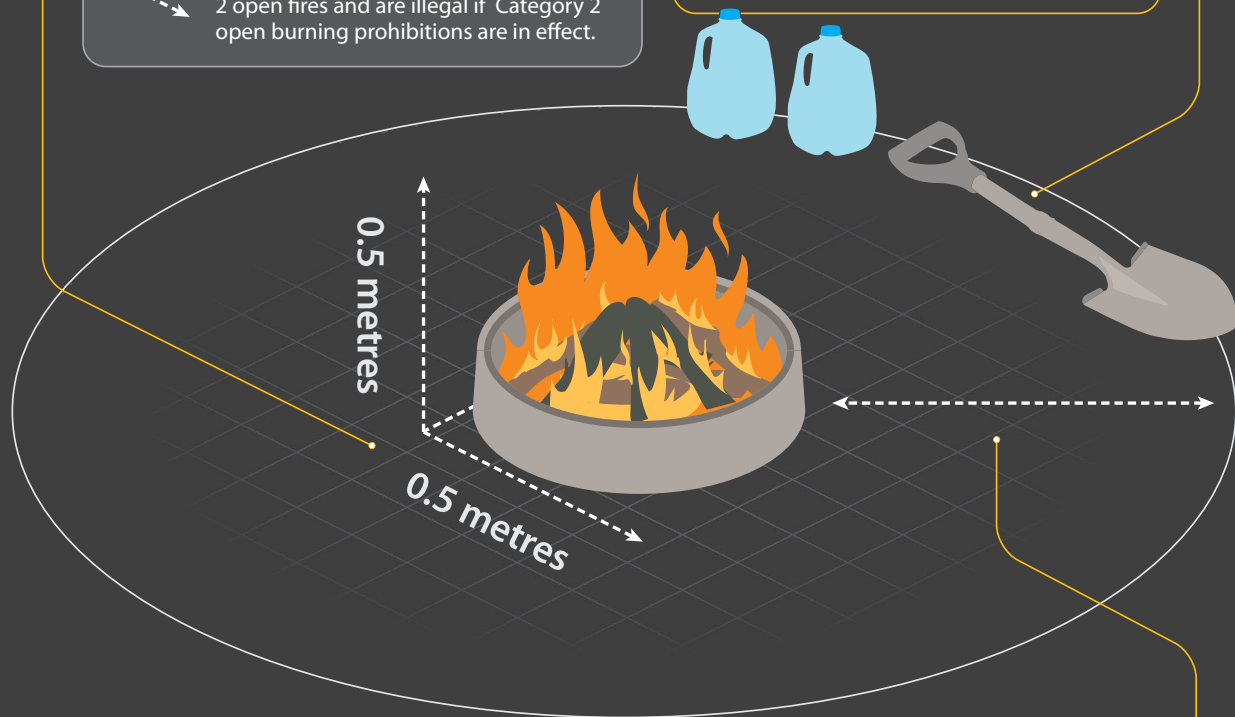
If a violation causes a wildfire, the person responsible may also be ordered to pay all firefighting and associated costs.

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.



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.



Community Events Calendar

(S) Sxexlhat	(M) Yila:wehát	(T) Sthémelts	(W) Silh
	 Facilities Closed - Stat Holiday Canada Day	   	
7		  	
<ul style="list-style-type: none"> • Strategic Planning Session AR&T 10 - 4 p.m. • Seabird Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Pancake Breakfast 9 - 11 a.m. • Strategic Planning Session AR&T 8 - 4 p.m. • Optometry Clinic 8 - 4 p.m. • Meals on Wheels 5 - 6 p.m. 	<ul style="list-style-type: none"> • Out of School Care Begins • Optometry Clinic 8 - 4 p.m. 	<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p.m. • Meals on Wheels 5 - 6 p.m.
14		  	
<ul style="list-style-type: none"> • Sts'ailes Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Pancake Breakfast 9 - 11 a.m. • Governance Manual Review 4:30 p.m. • Meals on Wheels 5 - 6 p.m. • Action Plan Renewals Due 		<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p.m.
21		  	
<ul style="list-style-type: none"> • Seabird Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Pancake Breakfast 9 - 11 a.m. • Meals on Wheels 5 - 6 p.m. 		<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p.m.
28		  	
<ul style="list-style-type: none"> • Sts'ailes Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Pancake Breakfast 9 - 11 a.m. • Meals on Wheels 5 - 6 p.m. 		<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p.m. • Income Assistance Day

Calendar – Temqwá:l (July) 2019

Days of the Week	(T) Sxeó:thels	(F) Sheqá'tses	(S) T'óqw'tem
3 p.m.	4	5 • Kids Summer Fest 7 p.m.	6
10 p.m.	11 • Family Support Group 4:30 - 6:30 p.m.	12	13
17 p.m.	18 • Family Support Group 4:30 - 6:30 p.m.	19	20
24 p.m.	25 • Family Support Group 4:30 - 6:30 p.m.	26	27
31 p.m.	<p>We are no longer delivering to residents homes! You may pick-up your Yoo Hoo at the Lobby of the Band Office or at the red newsletter boxes in the Community.</p> <p>Nature Friendly Option! Those who prefer to receive newsletters by email, submit requests to comm@seabirdisland.ca providing name and email</p>		

A:yelexw “House of Hope and Healing” Graduations



Elaine



Ernie

A:yelexw “House of Hope and Healing” celebrated two graduations on June 12, Elaine and Ernie, they both had finished their journeys in the homes.

Started off with an honour song from our young men and commenced with Chrystal congratulating them on their hard work and dedication for the steps they have chosen. Elaine and Ernie are ready to continue their journeys with their families and loved ones.



Elaine, while here working on herself, she already knew what she wanted to take from this experience. She attended every event that was available that she wanted to learn from. She is graduating from 2 months and 23 days in the home. She has made close friends and will be in contact with them from time to time. There to celebrate this day with Elaine is her mother, two sons and friends.

Ernie, came into the house and wanted to get started right away, he was really determined to do what he had to do, he has went above and beyond in the home. Cooking for his fellow bro’s, to meal planning for the week. He will surely be missed, he has taught so many with his patient, determination and just with how he carried himself within the house during his

time here. He is graduating from 9 months and 21 days in the home. There to celebrate this day with Ernie is his daughter and friends.

Many from the homes had great things to say to the both of them, they were glad to have crossed paths and meet them, they will surely be missed and will stay in contact.

Elaine’s mother, “I am so proud of the both of you, it is great to see prayers being answered. I pray that our people become sober and choose the sober life. Brings tears of happiness today to be here and see it all happening.”

Elaine’s son, “congradulations to the both of you, especially my mom. Congradulation mom I love you.” With a smile on his face.

Friend of Ernie, “I would like to talk about how much you have taught me, patients with others, the understanding that everyone is at their own level, to cook a meal once a week, I will surely miss your cooking. It is great to have gotten to know you. You will be missed.”



Graduates with their families and loved ones

Written by: Zorana Edwards-Shippentower

Housing List

1 bedroom

1	09232016-1039
2	11162017-6009
3	04192018-5019
4	04282018-5020
5	10192018-5022
6	11222018-5023
7	11272018-5024
8	11272018-5025
9	12032018-5026
10	12042019-5027
11	12242018-5028
12	01302018-5015
13	01162019-5029
14	01282019-5030
15	03152019-5031
16	03262019-5032
17	03272019-5033
18	04082019-5034
19	04082019-5035
20	06132019-5036
21	06172019-5037

Please make sure the Housing Department has your current contact information.

Housing 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 waitlist number?

Contact your Housing Department to see where you sit on the waitlist! 604-796-2177.

NOTE: If you have outstanding debt with the Band, you will NOT be placed into a rental unit, as per housing policy.

2 Bedroom

1	01122016-3093
2	05032016-1032
3	07142016-1037
4	02032016-4003
5	01252017-1046
6	08222017-6006
7	09062017-7005
8	10042017-6008
9	10042017-7007
10	11162017-6009
11	02222016-1029
12	01032018-5011
13	03192013-3088
14	08172017-6005
15	03122018-6014
16	06042018-6018
17	06272018-6021
18	11152018-6022
19	11222018-5023
20	11262018-5020
21	12032018-5026
22	12182018-5014
23	12242018-5028
24	12312018-7022
25	12312018-6024
26	01302018-5015
27	01182019-6025
28	01182019-6026
29	01162019-5029
30	01282019-5030
31	01282019-6027
32	02012019-5000
33	02132019-1035
34	03212019-6028
35	03262019-5032
36	04172019-6029
37	05302019-6007
38	06042019-6030
39	06172019-5037

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.

3+ bedroom

1	12192012-3076
2	02082013-3084
3	01142015-1011
4	01252016-4001
5	02232016-4002
6	02032016-4003
7	07142016-1037
8	04282014-1031
9	12232016-2097
10	12302016-4015
11	09062017-7005
12	11162017-6009
13	12202017-7012
14	03192013-3088
15	08172017-6005
16	10042017-6008
17	01162018-7013
18	07292014-3090
19	05182018-7018
20	06272018-6021
21	09182018-7022
22	10232018-7023
23	10232018-1029
24	11152018-7025
25	11222018-5023
26	12102018-6014
27	12282018-7007
28	12282018-1046
29	12312018-5011
30	12312018-6024
31	01042019-7024
32	01162019-7026
33	01182019-6025
34	01232019-4019
35	01162019-5029
36	01282019-6027
37	08092017-6004
38	02082019-7021
39	03132019-6011
40	03212019-6028
41	04042019-7027
42	04102019-7028
43	04102019-7029
44	04172019-6029
45	05292019-7030

Caution! Children playing

As the school year comes to a close, drivers are reminded that they may start seeing children out and about throughout the community.

Pay attention to pedestrians as you drive.

Tips for drivers

- Always look for pedestrians, especially when turning.
- Watch for children. Drive slowly and cautiously through areas near playgrounds, residential areas, or any other area where children could be walking or playing.
- Watch out for signs that indicate areas where public safety is a special concern, including the possibility of encountering pedestrians.
- Be patient, especially with Elders or pedestrians with disabilities who need more time to cross the road.
- Drive carefully near crosswalk zones and playgrounds. Pass them at reasonable speeds and always be ready in case pedestrians make sudden or unexpected moves.

Tips for parents

Show your children how to cross a road safely. Teach them to:

- Stay to the side of the road, walking as far away from traffic as they safely can.
- Stop at the edge of the sidewalk, and look both ways before crossing the road and point in the direction they want to go.
- Take extra care on roadways that have no curbs.
- Watch out for blind corners (for example, a car coming out of a driveway may not see a child pedestrian about to cross).

IT Teacher - Full Time

This position involves the provision of instruction to students of Seabird Island Community School/High School and includes instruction, preparation, assessment, classroom management, professional development and school meetings, community and parental relations and adherence to all Seabird Island Community School and BC Ministry of Education policies and procedures.

Information Technology or IT Teachers must prepare lessons and activities that help students develop knowledge and understanding in concepts of computing, software use, troubleshooting, etc. The IT Teacher's daily tasks will depend mostly on the age and ability level of the students. Younger classrooms will focus on keyboarding and understanding basic word processing and other typical office programs, as well as Internet basics. With older students, more advanced classes in software use, data processing, hardware, and even web design.

The IT Teacher is often expected to solve minor technical problems that happen within their classrooms, so computer troubleshooting experience is important.

Family Counsellor

Responsible for providing counselling and support to families, youth and/or children regarding mental health concerns and family issues. Counselling is provided in a culturally safe manner on a one-to-one basis, with families, in groups, in circles, in Seabird's Recovery Homes and/or as couple's counselling. The Family Counsellor makes referrals for clients to other services including treatment and recovery centers as required. Seabird Health's Family Counsellors provide services to a variety of Bands in our region, as such, this role may involve travel to other communities. In addition to counselling and support, family counsellors also provide education to communities through workshops to promote mental health and healing. These workshops may occur during the day or evening as appropriate for the community. All work done by the Family Counsellor is done from a trauma-informed perspective. This position is for a one-year term of 28 hours per week.

Custodian - On Call

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.

Recreation Coordinator

The Recreation Coordinator is responsible for creating and leading fitness and recreation activities for the community. The Recreation Coordinator will consult with staff and Community Members to determine their needs, interests and establish activities in response to those needs. The Recreation Coordinator will report to the Director of Community Development. This is a part-time position of 15 hours per week. **Dental Hygienist On-Call**

Perform basic dental care tasks, mostly focused on keeping patients' teeth and gums clean and giving instruction in proper dental hygiene. The Dental Hygienist will work under the supervision of licensed Dentist. They are not qualified to make the same kind of diagnostic decisions or perform the same procedures as Dentists. Unlike dental assistants, who work directly with dentists, hygienists often see patients on their own and direct their own tasks.

The goal of a Dental Hygienist is to provide the following services as a way to support and promote optimum oral health:

- Education
- Research
- Diagnostic
- Therapeutic
- Assessment
- Administrative
- Preventive

School Bus Driver - On Call

Responsible for the safe transportation of students on the assigned route to and from school. An on-call position until June 28, 2019.

Human Resources Generalist

The Human Resources (HR) Generalist is responsible for providing front line support to Supervisors, Managers, and Employees in assigned departments/programs. These duties will typically focus around Full-cycle Recruitment, Employee Relations, Disability & WSBC Case Management, Training & Development, Performance/Attendance Management, and Administration. The Generalist will also be expected to provide administrative support to the HR Manager and the HR program as a whole.

School Cook

Responsible for preparing, cooking and serving food for school breakfast/lunch programs and special events organized and participated by Seabird School as instructed by the Principal / Vice Principal in accordance with current health, safety and hygiene legislation.

Residential Support Worker - On Call

The role of the Residential Support Worker is to support residents 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.

Speech & Language Pathologist

Provides a range of clinical services that focus on promoting communication, language & speech that contribute to a client/patient's overall cognitive, physical, social and emotional well-being. The Speech & Language Pathologist works closely with babies and 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.

Student Counsellor Mentor

Seabird Island Community School is seeking to fill a position of Student Mentor and Counsellor for K-12 students. Essentially, your responsibility is to equip students with a variety of strategies for coping with life's challenges: help students establish their personal goals, guiding and helping children make action plans, motivate and inspire children, identifying and providing resources, referrals and follow-ups and providing assistance in crisis situations.

Teacher on Call (TOC)

Seabird Island Community School is seeking to fill various positions for On Call Teachers. As a TOC, you will work in the absence of a regular teacher to aid students in understanding a subject matter, as well as to provide skills required for programmed lessons and purposeful training for the assigned classroom.

Custodian - Full Time

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.

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 preparatory information plan prior to admission to the formal kindergarten program to achieve the greatest success possible for each student.

Aboriginal Infant Development Consultant - Part Time

The Aboriginal Infant Development Program (AIDP) Consultant will work in a home visiting program with Aboriginal children and families applying principles of family-centered practice. The AIDP Consultant will set individual program plans and activities for children from birth to the age of 3 and their families. The AIDP Consultant works with related agencies and professionals and works independently to maintain client caseload and group facilitation as required.

Computer Instructor

Seabird College is seeking a qualified teacher for a fixed term to provide computer and Microsoft Office instruction to adult learners. Computer Teacher will be responsible for teaching student's computer usage and typing skills at the college. They guide and assist students in their entire learning experience, including welcoming them to the class, creating a curriculum and presenting all class information. This assignment includes developing and implementing an IT program. Successful candidate will be offered a one-year term, subject to sufficient student enrollment.

Education Assistant - Full Time

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 children more rewarding. EAs will assist teachers in student assessment and evaluation through observation, recording 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.

Education Assistant - On Call

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 children more rewarding. EAs will assist teachers in student assessment and evaluation through observation, recording 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.

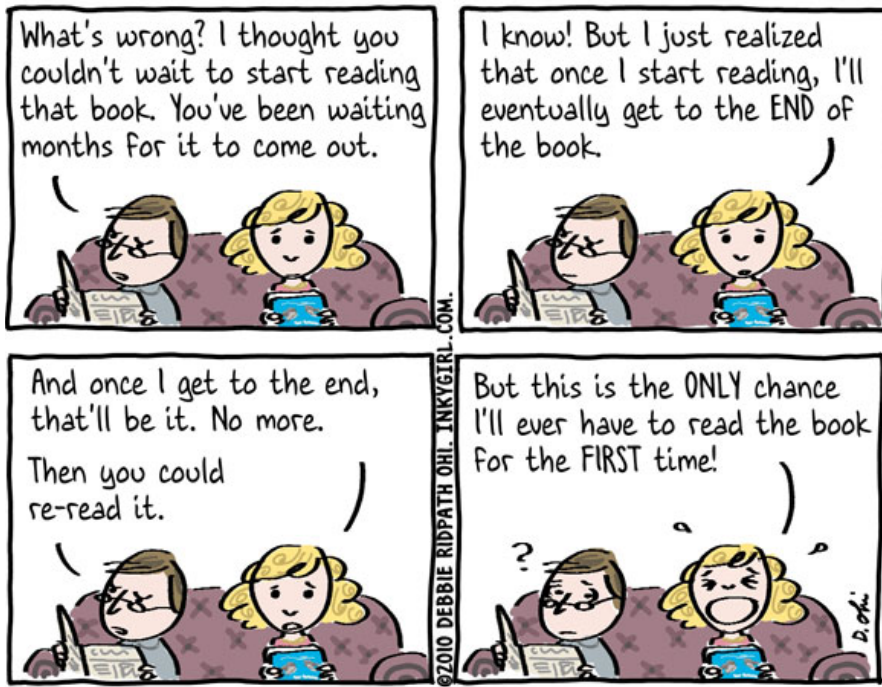
Job postings are also available at the Band Office and the Employment Office.

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



<http://inkygirl.com/>

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:

"Leadership is about vision and responsibility, not power."

~Seth Berkley

"The best preparation for tomorrow is doing your best today."

~H. Jackson Brown, Jr.

Halq'eméylem Word Search

a	t	s	'	s	i	t	e	t	á	w	t	x	w	y
s	t	í	o	e	x	e	x	á	:	m	k	w	é	y
s	k	l	e	k	l	e	k	é	k	y	x	p	í	e
t	'	l	'	:	'	é	q	s	l	'	w	ó	s	q
e	x	x	á	q	h	í	á	h	w	x	t	y	h	w
t	h	'	ó	m	e	t	s	e	l	c	h	s	x	í
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í	s	:	h	á	á	x	í	w	s	s	l	e	ó	e
:	s	'	'	x	l	l	á	w	t	w	s	l	:	s
x	á	q	ó	e	é	q	e	í	e	x	s	á	m	q
l	e	x	w	'	é	y	'	s	í	q	w	'	e	m
x	t	k	s	w	e	s	l	e	w	í	w	s	t	w
e	k	'	x	x	t	:	á	í	m	e	x	y	é	h
'	w	h	é	s	y	é	x	c	h	a	í	'	t	'

Words:

- kwelxá:lxw – Mount Baker
- síqw'em – Peel cedar bark
- at'l'qeláwtwx – bathroom, toilet, outhouse
- sts'íts'exw – be considerate
- itetáwtwx – hotel, bedroom
- q'á:l – believe
- láts – sometimes
- xwpóysekel – to cycle, to ride a bi-cycle
- th'ómetsel – bracelet
- shxw'ó:met – couch, sofa, chesterfield, place where one sits
- xexá:m – crying a lot
- slewiws – a dress, women's dress
- lexw'éy - generous
- syéxcha – a gift
- kleklekék – glug glug glug
- th'á:le - heart
- yeqwí:les – have heart burn
- láv – husband, wife, honey
- s'éliyá – spirit dream, vision, (any) dream\
- p'álq'em – shine like a reflection, reflect, glitter, sparkle

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: Sandra Bobb, Lori Burns, Zorana Edwards-Shippentow, Kristy Johnson and Jason Forseth.

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.



Classifieds

SEABIRD CHURCH

Mass: July 7th and 21st ~ 11 a.m. - 12 p.m.

Study Groups: Tuesdays at 7:00 p.m.

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 and Thursday: 8:30 a.m. - 4:00 p.m.

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

OPTOMETRY CLINIC

Book now for the next clinic dates:
July 8th and 9th

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

Open Monday through Thursday
8:30 a.m. - 5:30 p.m. **Closed Fridays**

DENTAL WALK-IN PAIN CLINICS

Every Tuesday from 1:00 - 5:00 p.m.

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.

SIFD FIRE PRACTICE

Tuesdays 7:00 - 9:00 p.m.
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.

If you need a **bin dropped off** for your major cleaning please submit your request in writing, there is a long wait-list.

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

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.

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

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

Every Tuesday night at 7:00 p.m. at the Seabird Island Community Hall.
AA in BC website: www.bcyukonaa.org

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.

Strategic Planning Session

Brainstorming Priorities, Roles & Responsibilities for the Future of AR&T

Band Office Boardroom

Sunday 10:00 a.m. - 4:00 p.m.

Monday 8:30 a.m. - 4:00 p.m.

Breakfast & Lunch will be provided.



Aboriginal Rights & Title

July 7th & 8th

R.S.V.P. to
Lori Burns: loriburns@seabirdisland.ca
Phone: 604.796.2177 ext. 5002



Seabird Island Band

Kids

SUMMER FEST

7:00 p.m.

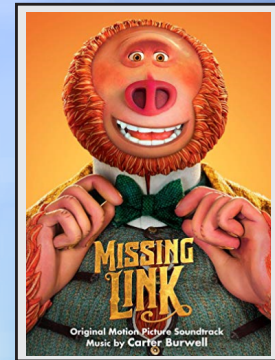
Featured Movies



July 5th



August 2nd



Sept. 6th



Join us for Kids Summer Fest all summer long! The events start at 7:00 p.m. and the movies start at dusk. Join us for crafts, games, stations, bouncy castles and more!

Free dinner and popcorn. New release movie each month!

** children must be accompanied by a responsible caregiver.*

**Dinner
INCLUDED!**

On the field by the Band Office

**Popcorn
INCLUDED!**



Drug Advisory

Street-available/counterfeit oxycodone tablets, a synthetic cannabinoid and fentanyl have been found in our area, community or surrounding communities. Use extreme caution if accessing oxycodone from anyone other than a pharmacy.

These substances:

- Are new to our community and are known to be associated with overdoses or deaths
- Are produced in new forms and individuals may be unaware they are consuming
- Are so novel and new that limited information is available on its safety
- Could represent a threat to someone handling it without taking proper health and safety precautions
- Some counterfeit tablets contain the markings CDN 80

Given the seriousness of the effects to these drugs, if you suspect accidental consumption or overdose call 911 right away.

How could I accidentally consume these drugs?

- It could be laced in illegal street cannabis products
- You could have been dosed, someone may have slipped it into your drink

Symptoms of Overdose:

- Dizziness
- Confusion
- Body weakness
- Sleepiness
- Hyperventilation
- Pinpoint pupils
- Low heart rate
- Clumsiness
- Blue lips and fingernails

These drugs act fast! – Don't wait! – Call 911 right away.