



## Seabird Students Learn the Traditional Use and Methods of harvesting Bark from a Yew Tree

Over a number of days, Students at Lalme'Iwesawtexw had the opportunity to learn about the traditional use and methods of harvesting bark from a yew tree. Deanna (senior school cook) and Yummo (Elder in residence) took the students through the process of properly harvesting the bark and taught them about the benefits of using the bark as tea. Below is an excerpt of an interview conducted with Deanna, as well as some photos of the students working with the tree.

### What type of tree did you use and why?

We used the Yew tree, which only grows to a height of about 10 feet. I came to know about this tree because an elder taught me that the yew wood was a medicine tree, 20 years ago. As he taught me how to harvest the bark, he said that I would be doing this myself one day. Little did I know that I would be sharing this knowledge with our children here on Seabird Island.

### What did you harvest from the tree?

We harvested the bark off the tree: it must be a clean area and the bark cannot become dirty once removed from tree.

### What is the bark used for?

It is use to make tea.

### What does the tea help with?

It helps with major illness such as cancer.

### How do you make the tea?

It takes three days to dry the bark in preparation for the tea. A stainless steel pot must be used to make the tea: add 4 litres of water, use a cheese cloth to put 2 cups of bark in and tie tight, then place the cheese cloth into boiling water and turn down and simmer for 3 hours.

### How often do you drink it?

The tea is used two times a day (¼ cup in the morning and ¼ cup in the evening).

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# Seabird Island Band

[members.seabirdisland.ca](http://members.seabirdisland.ca)

**COMING  
SOON!**

Good standard of living for all    604-796-2177    1-800-788-0322    [membership@seabirdisland.ca](mailto:membership@seabirdisland.ca)



Seabird Island  
Members

Home

C & C

Notices

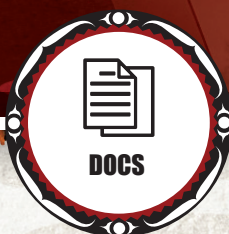
Docs

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NOTICES



DOCS



VIDEOS



MEETINGS

Welcome to the [members.seabirdisland.ca](http://members.seabirdisland.ca) website. This website will inform, interact and communicate with Seabird Island Band Membership. We only accept registration from Seabird Island Band Members to grant access to this website. There is a process for registration to insure that access is only granted to Seabird Island Band Members.

If you are having difficulties with your registration please confirm your information with Seabird Island Band Membership. **Phone:** 604-796-2177 or **Email:** [membership@seabirdisland.ca](mailto:membership@seabirdisland.ca). Thank you for your patience.

We look forward to your interaction and hearing your comments on how to improve communication to Seabird Island Band Membership.



Follow Us on Seabird Facebook and watch for updates on when the Seabird Island Band Members Area website will be launched.

[www.facebook.com/SeabirdIslandBand](http://www.facebook.com/SeabirdIslandBand)



[www.seabirdisland.ca](http://www.seabirdisland.ca)

# Seabird has a Temporary Skate Park at the Lacrosse Box!

The Family Development and the Youth Outreach Program started a skateboard outreach, to start skating with some of the Youth in the Community.

One day a week after school Robert skateboards with the Youth, he has been doing this since November. Which had led to the thought of getting a skate park in Seabird. Robert knows plenty of the skaters in the Community, most, are Youth who can't get a ride to Agassiz on a daily basis. They end up skating to Agassiz, which is not an issue- they do it all the time. So, his thought was to get one in Seabird.

"Since starting here, we've been connecting with Hippiie Mike Industries for skate ramps, he has a skate shop and an indoor skate park, we've been using that space throughout the winter for skateboarding. We built a relationship with him, and talked to him about building some ramps for us, ramps that can withstand the rain, and the weather." Says Robert.

Robert said, "There is a core Youth that have the passion for skate boarding. I have noticed since the skateboard park, I have seen more new skateboarders and scooters. It has been cool to see kids I don't know skateboarding around or scootering around. In the last 2 weeks it's seems more Youth have started using the space."

Skating is a great hobby, it's a sport that can keep you active, also a lot of creative skill building. You need balance, it can be difficult.

There has been a sign created and placed at the skate park. It is a safety sign for the

Youth, to wear helmets, protection gear and to take care of the skate park. The idea is, that this is a space for the youth, in hopes that they take ownership over it. Keep it clean, take care of it.

Another thing about the park is, everything is movable. The ramps are really heavy, but you can move them around. Youth use their creativity and imagination, by setting up the ramps in different positions, to allow them to try different tricks. Robert didn't really think about that, but now that it's there, he says it is very cool.

What is also fascinating is not just for skateboarding, it is used for scootering as well.

The skate park will be there as long as it lasts at this point. Everything is movable so if the lacrosse box needs to be used for an event, it can be temporarily moved. Some of the stuff is really heavy, but will still fit through the gate, so it can be moved some other way.

You can only see like the head of someone hopping around in there. It's still a good idea for helmets and stuff, you can't force kids to wear safety. Robert knows he never wore a helmet when he was younger, he says "even a few years ago I didn't, until recently I almost hit my head one time and it's was like a wake up call. I do recommend kids to wear the safety equipment when they are with me, let them know the dangers that could possibly happen".

In the future, Seabird could work towards funding for a skate park. This is like a tester, to see how much interest there is in a skate park for the Youth

in the Community. Will it be well used by the kids. This is a place for the local Youth to go, a place they can take ownership of, and take care of it with pride. Hopefully with that happening and it's respected, being used. One day, we could get into a concrete skate park. An actual established park. This is getting many more Youth out being active.

## Seabird Youth

Seabird Youth, Nick Louis, heard about the skate park late March this year. He likes the skate park here in Seabird, its close and takes time from him having to go further out. The temporary one is nice right now, "the spot it is at is nice and has a great even ground, great place to try new tricks, with it where it is I like the location".

Nick likes skate boarding because it is fun learning, the way it feels rolling around, new tricks and the feeling you get when you land a trick, one that you practised for awhile. It is great to hang with your friends sharing the tricks you have learned. It is a great way to be social, out of the house, and you get to meet new people at parks.

He thinks it would be a great investment in the future getting a permanent skate park here in Seabird, he sees many new Youth using the park. The kids here in Seabird have been loving it. We all together have been taking care of the area, it is our own space.

*By: Zorana Edwards-Shippentower*



## New Staff

Hello,

My name is Jodi Paterson. I am related to the Kelly family from Leqamel, as well as the McDonalds. My husband is a status member of the Leqamel First Nations band where we own our home. I am excited to join the awesome Family Development team, where I look forward

in helping to support the amazing people of Seabird Island with my judicial and advocacy background.

I have 4 grown Children and 2 Grandchildren who mean the world to me. I enjoy fishing, gardening, and spending time with my family. Thank you.

# **Indigenous COVID-19**

## **Immunization clinics**

**Appointments are available for self-identified Indigenous (First Nations, Métis, Inuit) individuals who are 12 years of age or older in 2021**

**To book a first or second dose appointment,  
Call 1-833-838-2323  
Or visit [getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)**

Indigenous clinics with cultural supports are available for those who self-identify as Indigenous (First Nations, Métis, Inuit).

For information about the COVID-19 vaccine or support for appointment booking, please call the Aboriginal Health Liaison line at 1-866-766-6960 or the First Nations Health Authority Liaison line at 604-743-0635.

## Indigenous Immunization Clinic Schedule

The following sites are **confirmed**. Dates and times are as follows and are subject to change:

City/Township	Location	Dates	Appointment Times
Chilliwack	Stó:lō Service Agency Building #10 7201 Vedder Road, Chilliwack	June 4, 11, 15, 18, 22, 25, 29 July 6, 9, 13, 16, 20, 23, 27, 30	9:45am-3:30pm
Abbotsford	Mam'ele'awt Indigenous Community Centre 3277 Gladwin Rd., Abbotsford	June 3, 10, 15, 17, 22, 24, 29 July 6, 8, 13, 15, 20, 22, 27, 29	9:45am-3:30pm
Mission	Mission Friendship Centre 33150A 1 <sup>st</sup> Ave., Mission	June 11, 16, 18, 23, 25, 30 July 7, 9, 14, 16, 21, 23, 28, 30	9:45am-3:30pm
Surrey	Fraser Region Aboriginal Friendship Centre Association 10095 Whalley Boulevard, Surrey	June 11, 12, 18, 19, 25, 26 July 9, 10, 16, 17, 23, 24, 30, 31	9:45am-3:30pm
Maple Ridge	Fraser River Indigenous Society 200-11830 223rd Street, Maple Ridge	June 10, 17, 24, 30 July 8, 15, 22, 29	9:45am-3:30pm

Additional clinic days may be scheduled based on appointment bookings.

### Register for your vaccine appointment

Appointments are available for self-identified Indigenous (First Nations, Métis, Inuit) individuals who are 18 years of age or older in 2021. To book an appointment, visit [getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca) or call [1-833-838-2323](tel:1-833-838-2323) (toll free).

For more information, visit [Fraserhealth.ca/vaccine](https://Fraserhealth.ca/vaccine).

# Community Events Calendar – Tem

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Shl
	 Doctor's Office is by appointment only. Please call ahead for an appointment.  Dental Office is urgent/emergency appointment only. Please call ahead.  Fire practice is canceled until future notice.  Garbage day, has not changed unless notified (2 bags per house hold please).  Recycle day, No longer accepting blue bags. Use blue bins please.	<p><b>PLEASE NOTE:</b></p> <p><b>Safety is a priority!</b> We need to keep staff safe so we can keep providing you with delivery services.</p> <p><b>Delivery Day can occur at any moment getting important information out to the Community,</b> please ensure your pets are inside or chained-up away from the door in order to receive your deliveries.</p>	<ul style="list-style-type: none"> <li>• Meals on Wheels 5 - 6 p</li> </ul>
4	5	6	<ul style="list-style-type: none"> <li>• Meals on Wheels 5 - 6 p</li> </ul>
11	12	13	<ul style="list-style-type: none"> <li>• Meals on Wheels 5 - 6 p</li> </ul>
18	19	20	<p style="text-align: center;"><b>Seabird I Band Quarter</b></p> <ul style="list-style-type: none"> <li>• Meals on Wheels 5 - 6 p</li> </ul>
25	26	27	<ul style="list-style-type: none"> <li>• Meals on Wheels 5 - 6 p</li> <li>• Income Assistance Day</li> </ul>

# aqwá:l - Mosquito Time (July) 2021

:xws	(T) Sxeó:thels	(F) Sheqá'tses	(S) T'óqw'tem
.m.	1  <b>Facilities Closed - Stat Holiday</b> <b>Canada Day</b>	2  <b>Seabird Island Health Order</b> <b>Step 3 Begins</b>	3
.m.	7  8	9  • Land Use and Impacts Survey Deadline	10
.m.	14  15  • Optemtry Clinic 9 - 6 p.m. • IA Renewals Due • Utility Bills Due	16  17  • Optemtry Clinic 9 - 6 p.m.	17
.m.	21  22  <b>Island</b> <b>ly Meeting</b>	23  24	24
.m.	28  29	30  31	31

# Fire Restrictions to Reduce Wildfires

Wildfire season is upon us. As of June 22, 2021 we have already seen 337+ forest fires in BC with over 2,595 hectares burnt, 6 of which were human caused and 2 caused by lightning. The closest one at this time being in Hope BC.

## How can we help protect against Wildfires?

- Follow the regulations, small camp/food fires only at this time.
- Keep a hose and/or water close on hand when you have a fire.
- Plan your evacuation route, with the whole family.
- DO NOT toss your cigarette butts out the window!
- Keep your lawn cut below 10 cm
- Keep fire wood, propane and gas tanks 10-30 meters from your home.
- Prune your trees so there is a 2 meter distance from the ground to the lowest branches.
- Reduce flammable landscaping and trees around the exterior of your home.

To report a wildfire or irresponsible behaviour that could start a wildfire in British Columbia, please call **1 800 663-5555** or **(\*5555 from a cell phone)** as soon as possible.

## Wildfires and Air Quality

Forest fire smoke is a complex and dynamic mixture of gases and very small particles that can irritate your breathing and cause inflammation.

### Advice to minimize health effects:

If you have a chronic condition, have rescue medication (inhalers, allergy meds,...) on hand at all times and a plan to follow if your medication is not helping.

Look for indoor environments that might be less smoky, such as shopping malls, community centres and libraries.

Avoid physical exertion that causes heavy breathing.

Keep hydrated as it helps your body deal with inflammation.

**If you are feeling unwell, remember you can call 8-1-1,** for free provincial health information and advice.

**If you or a loved one is experiencing a medical emergency, please call 9-1-1.**

Reference: <https://www2.gov.bc.ca/gov/content/safety/wildfire-status/wildfire-situation>

By: Sandra Bobb

## Seabird Island Band ANNUAL GENERAL MEETING

# Q1

WEDNESDAY  
**JULY**  
**21<sup>st</sup>**  
Starts @ 6 pm

We look forward to your participation and hearing your comments at our next General Meeting.



Virtual meeting to be held over ZOOM.







## Congratulations to the grad class of 2021!

To the largest graduate class in Seabird Island Community School's history!

You did it! Not even a global pandemic could stop you! Through all the uncertainty, the cohorting, the health checks, the hand washing, the sanitizing, and the mask wearing, you persevered and successfully graduated from high

school. Doing this now just proves that you can really do anything you set your mind to. From the staff at Seabird Island Community School, we wish you all the best in your future endeavours.

It was a pleasure working on the cedar grad caps. We completed 20 cedar grad caps for the graduates. The staff would



like to acknowledge Daughter (Dianna Kay) for harvesting, cleaning, preparing, and cutting the cedar for us.

Courtney Charlie – Halq'emeylem EA, Teacher candidate, and Seabird Island Community School grad, class of 2014.

## Seabird Island Community School Grade 9 Class



The Grade Nine class at Seabird island had the immense task of growing a variety of seedlings from seed for our Elders. They started growing in late April 2021 and by the second week in May had hundreds of plants to give away to our community Elders.

They grew, pumpkins, sunflower, beans, lettuce, peas, zucchini and even corn in large quantities and were ready to give them away my mid May.

A special thanks to Brandi McCallum from Seabird High School and Margarette De Groot (Elders Co-ordinator) for

their tireless dedication to this project. Its success is largely due to their efforts. Of course, the Grade Nines deserve a huge round of applause for their dedication to this project. They stuck it out to the end and got wonderful results.



# Class of 2021



**Alexis John-Olney**  
Seabird Island Community School  
Career Goal: Nursing



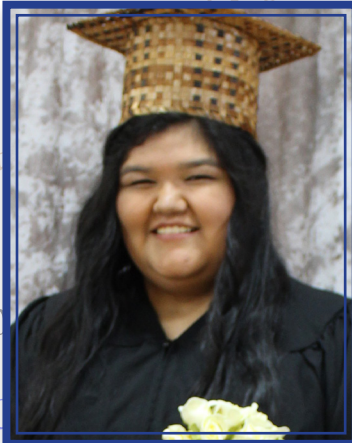
**Dakota Ellis**  
Seabird Island Community School  
Career Goal: Forklifter Operator



**Deon Aleck**  
Seabird Island Community School  
Career Goal: Getting Involved in Language Instruction



**Eldaron Elliott**  
Seabird Island Community School  
Career Goal: Crime Scene Clean-up



**Jasmine McNeil**  
Seabird Island Community School  
Career Goal: Artist or Law School



**Jasmine Paul-Louis**  
Seabird Island Community School  
Career Goal: Massage Therapist



**Kara McNeil**  
Seabird Island Community School  
Career Goal: Early Childhood Education Educator



**Kaylo Julian**  
Seabird Island Community School  
Career Goal: Trades - Pipelifting



**Tatiana Flippin**  
Seabird Island Community School  
Career Goal: Law School



**Todd Johnson-Edmonds**  
Seabird Island Community School  
Career Goal: Autobody



**Tristan Kelly**  
Seabird Island Community School  
Career Goal: Youth Worker or Community Service Work



**Wayne Charlie**  
Seabird Island Community School  
Career Goal: Electrician



**Ethan Charlie**  
Seabird Island Community School  
*Career Goal: Trades - Roofing*



**Glenn Peters**  
Seabird Island Community School  
*Career Goal: Pipefitting, Plumbing or Mechanic*



**Hasannah Stratichuk**  
Seabird Island Community School  
*Career Goal: Trades Pipelifting or Aviation*



**Hunter Silver-Kay**  
Seabird Island Community School  
*Career Goal: Working on the Land, Hunting and Fishing*



**Marissa Hulbert**  
Seabird Island Community School  
*Career Goal: Cosmetology*



**Mateo Nickel**  
Seabird Island Community School  
*Career Goal: Automotive, Logging, or Landscaping*



**Nathan Wilson**  
Seabird Island Community School  
*Career Goal: Auto Mechanic*



**Ninea Harry**  
Seabird Island Community School  
*Career Goal: Military*

# Congratulations Seabird Island Community School Grad Class of 2021



# Class of 2021



**Domonick Carscadden**

Agassiz Elementary Secondary School



**Echo Reyburn**

Agassiz Elementary Secondary School



**Leeson Chapman Prevost**

Agassiz Elementary Secondary School



**Shayleen Peters**

Agassiz Elementary Secondary School



**Sarah VanLente - Louis**

Agassiz Elementary Secondary School

**Congratulations  
to our Agassiz  
Elementary  
Secondary School  
Graduates.**

## **Congratulations to our Post Secondary Graduates of 2020-2021**

**Gage Sipple**

Bachelor Music - University of BC

**Makenzie Peters**

LPN Vancouver Career College - Seabird College

**Jason Campbell**

Executive MBA in Aboriginal Business Leadership - Simon Fraser University

**Jewel Evans**

Fashion Design - Blanche MacDonald Center



# SEABIRD ISLAND BAND Land Use and Impacts Survey



## Dear Band & Community Members

**We want to hear from you!** We are surveying traditional land use and the impact of infrastructure on our lands.

Upon completing and returning the survey, your name will be entered into a draw for one of two 55 inch smart screens!

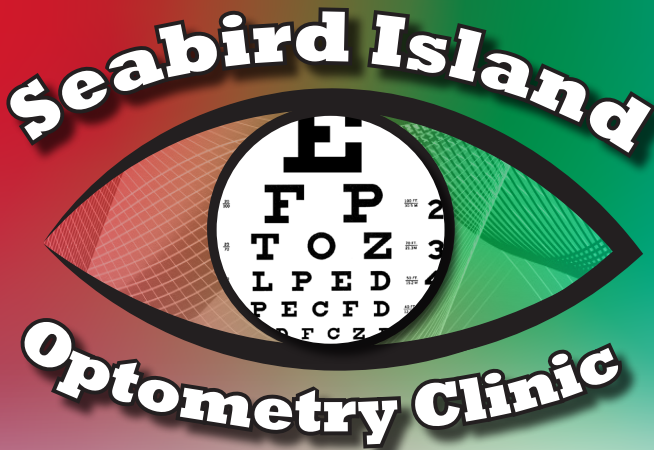
**This survey is for our purposes only.** The results of this survey will help us make decisions about future development projects in our territory.

Please visit the link below to fill out the survey by July 9<sup>th</sup>, 2021:

<https://seabirdcommunityplan.mysocialpinpoint.ca/seabird-island-land-use-and-impacts-survey>

Hardcopies of the surveys can be found at the Seabird Island Band office foyer.

For more information or if you have any questions please email Lyla Asmat at; [lyla.asmat@seabirdisland.ca](mailto:lyla.asmat@seabirdisland.ca)



**Dates:**  
**July 14<sup>th</sup> & 15<sup>th</sup>**  
**August 25<sup>th</sup> & 26<sup>th</sup>**

**Time:**  
**9 a.m. - 6 p.m.**

For an appointment please contact your Community Health Representative or Amanda Peters at 604-796-2177

- Adults eligible once every 2 years
- 0-18 eligible once a year, 65+ eligible once a year



*Please follow Covid-19 restriction we have set in place.*

- Clients arrive and park in the designated Optometry Clinic Parking Lot to the right of the Band Office.
- Clients will receive a text message regarding their appointment time. Pre-screens will happen via text or phone call, before clients may enter the building for their appointment.
- When the Eye Doctor is ready for them, they are requested to enter the side door of the building. The door is labelled **Optometry Clinic**. There, they will be screened for their temperature, permitted to enter and sanitize upon entry. Masks are mandatory at this time.

*Thank you for your understanding and cooperation.*

## Early Childhood Education

### Early Childhood Education Assistant - Post Secondary Student - 1 year term

Under the direction of the ECD Director(or Delegate), 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, Summer programs, administrative duties, cooking/clean-up of meals.

### Early Childhood Educator I/T (Infant/Toddler)

Under the direction of the Daycare Supervisor, the Infant/Toddler Educator will provide hands-on childcare to children in Seabird Island Band's early childhood education programs, in accordance with all childcare licensing requirements and the philosophies, policies, and objectives established by Seabird Island Band Management.

## Economic Development

### Director of Operations (DOO) - Sqéwq Development Corporation

The SqDC is looking for an experienced Director of Operations (DOO) to organize and oversee the daily operations of our diverse business units. The successful candidate will demonstrate excellent senior leadership skills through ensuring that our business is well-coordinated and productive by managing procedures and coaching our people.

The primary responsibility for the role of DOO is to ensure excellence in the efficient running of the SqDC operations and individual business units while facilitating the organizational systems and procedures to maximize profit growth.

### Order Clerk

The Order Clerk receives and processes orders for materials and merchandise. Tracks orders, updates status and notifies customers of changes in delivery schedule. Being an Order Clerk maintains records of prices, delivery dates, inventory and other data related to each transaction. Additionally, the Order Clerk requires a high school diploma or its equivalent and will report to the SIB Purchasing Manager. The Order Clerk possesses a moderate understanding of general aspects of the job. Works under the close direction of senior personnel in the functional area. May require 1 to 3 years of general work experience.

### 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

## Education

### Cultural Arts Teacher

The Cultural Arts teacher highlights and interweaves Stó:lō and First Nations culture, language and ways of knowing throughout course content to pass on to students essential knowledge about cedar work, Salish weaving, beading, blankets, mask making and various North West Coast forms of art.

## Cultural Support Worker

This position assists and supports all aspects of the cultural life of the school including sharing cultural knowledge, drumming, singing, and dancing. This position is also responsible for guiding and engaging families, children, youth, and community members in culture activities in a supportive and ethical manner. The Cultural Support Worker provides opportunities to share knowledge of Stó:lō culture, traditions, history, and protocols.

### Education Assistant K4 - Grade 7

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.

### Grade 4 Teacher - Maternity Coverage Ending June 30, 2022

The start date of this position is August 30, 2021 and will end June 30, 2022. 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.

### Grade 5 Teacher

The start date of this position is August 30, 2021 and will end June 30, 2022. 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 (IT) Teacher

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.

### School Bus Driver - On Call

The School Bus Driver is responsible for the safe transportation of students on the assigned route to and from school.

### Education Manager

Specifically, the EM shall be responsible to the school principal for the efficient, effective and productive operation of the education programs of Seabird Island Band, with an emphasis on post-secondary and specifically Seabird College programs and bridging.

The EM will be responsible for post-secondary programs and options, in partnership with other post-secondary institutions and according to grant funding success. The EM will assist in education advocacy, compliance and reporting to the community, governing and funding bodies.

## Education Assistant - On call

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.

### Student Mentor/ Counsellor

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.

### Vice Principal - Administration

The Vice-Principal: Administration (VPAdmin) is responsible for the administration, leadership, supervision and operation of the administrative needs of Seabird Island Elementary and High Schools.

The VPAdmin must fulfill his/her responsibilities with high ethical and moral standards and serve as a positive role model for staff and students.

The VPAdmin must maintain daily contact with the Principal to report on accomplishments or discuss issues that may require additional administrative, policy or financial support.

### Social Studies Teacher

The main purpose of the Social Studies curriculum is to develop graduates who have 21st century essential knowledge, skills, critique and competencies needed for engaged, active and energized citizenship. Social Studies taught at Lalme'lwesawtexw has considerable focus on the following: highlights Stó:lō history and ways of knowing; interweaves FN writers into course content to juxtapose FN experiences of colonialism with the accepted canonical accounts of history; problematizes Canadian colonialism and settler history; critiques ideas regarding essential knowledge about various historical periods and how they are being taught.

### 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.

### Teacher On Call ( TOC)

This position involves the provision of instruction to students of Seabird Island Community 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. Individual contracts will govern the specific teaching assignment and number of hours. The Salary is inclusive of all teaching duties as detailed below.

## Finance & Administration

### Summer Program - Economic Development Associate - 14 week term

At this time, the Economic Development department is looking for a student who is interested in gaining valuable business and economic development experience by joining our team as an Economic Development Associate.

### Summer Placement - Records Assistant - Secondary & Post - Secondary

There are two positions available

- 1 post-secondary student, Indigenous Canadian citizen min 15 years, up to 12 week term, 35 hrs per week, minimum wage, end date July 31, 2021
- 1 secondary student, Indigenous Canadian citizen min 15 years, up to 7 week term, 35 hrs per week, minimum wage, end date August 31, 2021

Under the direction of the Records Manager, the primary function of this position is to assist with general administrative Records Management duties such as but not limited to: scanning, data entry, photocopying, filing, inventory.

## Government Affairs

### Lands Research & Administration Assistant - Post Secondary

The Lands Research and Administration Assistant will support the Lands program staff, including but not limited to everyday tasks like filing, record keeping, report preparation, scheduling, and data entry.

### Director of Inter-Government Affairs

The Inter-Government Affairs Director (Director) shall provide leadership and management expertise, in accordance with Band policies. Specifically the Director shall be responsible to the ED for the efficient, effective and productive operation of intergovernmental affairs, providing research, actions and recommendations on First Nations, provincial and federal affairs with impact on Seabird Island Band rights and title.

The Director will be responsible for planning, organizing, directing, controlling and evaluating divisions responsible for First Nations governance, Aboriginal rights and title (AR&T), and the impacts of economic development on rights and title, culture, and land use.

### Fisheries Advocacy & Habitat Lead

The Fisheries Advocacy and Habitat Lead will provide technical capacity to manage food, social and ceremonial fisheries, habitat preservation and restoration, and lobbying the issue of rights and title where required and with the agencies that need to hear the First Nations voice and stand. This will include traditional land use parameters, and criteria adherence for development and aquatic habitat restoration.

The position will build important relationships with a range of internal, external and co-management partners across our region and with federal governing bodies. The position will include research, reporting, documenting, and liaising with staff and professional consultants, to meet deliverables like mitigation plans, community engagement, and environmental sustainability.

## Strength of Claim and Tiyt Tribe History Research Project

Research Assistant, Level 1

A 3rd – 4th year student with historical research experience; researching, reviewing, analyzing, collecting, transcribing, and collecting relevant information. Working under supervision. Note taking of meetings, contributing information to a community profile and other task directed by supervisor.

## Health & Social Development

### (Youth) Elder Apprentice Term Ends June 30, 2021

The Elders Apprentice will be responsible for actively engaging and building a relationship with Elder(s). The purpose of the position is to create a symbiotic relationship between Youth and Elder where both are benefitting. The Elders apprentice will assist in reducing risk of social isolation for Seabird Island Elders. This position will help future generations have an understanding of the past so that it can be transitioned into the future. This is a temporary position that will end June 30, 2021

### Chairside Assistant

The Chairside Assistant will greet and prepare patients for dental exams and procedures. The Chair Side Assistant will be trained to use a variety of dental equipment and machines and they will assist the Dentist during dental and oral procedures and instruct patients on postoperative and general oral health care. The Chair Side Assistant will also be responsible for cleaning, polishing, sterilizing and maintaining dental equipment, tools and instruments and ensuring necessary items are stocked.

### Driving Instructor

The Driving Instructor is responsible for teaching students the rules of the road and the safe way to handle an automobile. This position will entail providing full service drivers training for students of varying ages and experiences who are looking to acquire their BC Driver's License or to acquire a higher class of license. Students will range in age from teenagers through to elders. Training will include practical sessions and should fully prepare the student for their knowledge and driven tests.

### Elder's Mobility Program Coordinator

The Elders Mobility Program Coordinator is a role model for health and wellness, who is passionate about helping elders to pursue overall improvements in health through engagement in activity. This position will design, instruct, schedule and coordinate recreation programming for the elders. Working closely with the Fraser Health's Elders Day Program Coordinator, the Mobility Coordinator will implement impactful mobility programs that will engage elders, in all our partner communities, to participate in activities that benefit their mobility and social interactions.

### 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 and 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.

## Home Support Worker - on call

The role of the Health Care Aide is to support residents in general care duties, support in self care and medication management.

### Nutritionist

The Nutritionist will be primarily responsible for creating, delivering, and implementing health initiatives across. Programs and initiatives will focus around improving the physical health of Community Members through increased physical activities and making healthy food choices. A focus for the education should include traditional teaching and education for traditional food, cooking/ preserving techniques, and healthy activities.

### Case Manager

The primary goal of the Case Manager is to support residents with a caring and supported environment in which to address addictions and substance use. Through a variety of programs, the Case Manager will ensure that residents can 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.

### Cultural Coordinator

The Cultural Coordinator will assist with the development and delivery of community projects and programs that integrate Stó:lō traditional teachings and Seabird protocols. The Coordinator will work closely with the Sq'ep (Culture and Language) Committee, Elders' group, Seabird College Elders' Group, the Community School's Language and Cultural the Early Childhood Education Program, the Directors Team, and the Seabird Island Community Members to ensure that all Band programs and ventures remain culturally appropriate.

### Director of Health

The Health Director shall provide leadership and management expertise, in accordance with Band policies. The Health Director is responsible for leadership, development and implementation of strategic and operational projects(s) and efficient, effective and productive operation of the overall Health Department.

The Director is responsible for providing direction and supervision to programs like the Doctors Office, Dental Office, Community Health Services, Child and Family Services and Mental Health. The Director will ensure that all services provided meet the licensing needs and are consistent with Health Canada and similar organizations requirements.

### Labour Pool

The spirit of the labour pool is to give community members a chance to gain work experience, be provided mentorship and to make some supplemental income.

### 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.

## Family Development Worker

This is a one year term contract. 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.

### Genealogy Project Coordinator

The Genealogy Project Coordinator will work in a variety of settings such as office, home, and one on one with Elders in community. The successful candidate will provide guidance and knowledge to elders to facilitate the creation of a family tree binder to each elder that is interested. The Coordinator will work closely with Stó:lō archives staff in order to fulfill components of the binder as well as BC archives and any other relevant resources.

### Health Administrative Assistant - on call

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.

### Nutritionist Assistant - Maternity Coverage until March 31, 2022

The Nutritionist will be primarily responsible for creating, delivering, and implementing health initiatives across the band. 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.

### Trauma Treatment Centre - Cook

The cook will be responsible for providing healthy, culturally appropriate meals and snacks to the clients of the Seabird Island Trauma Treatment Center. The cook prepares the menu for six week stay cohorts of ten clients, ensures ingredients are available, and cooks breakfast and lunch.

### Trauma Treatment Centre - Cultural Trauma Therapist

The Cultural Trauma Therapist takes a lead role in delivering programming for trauma recovery using land-based methodology and First Nations culture, with an emphasis on cultural attachment, identity and seasonally appropriate activities on the land.

### Trauma Treatment Centre - Trauma Counsellor

The Trauma Counselor is responsible for providing counseling to clients towards resolution of their trauma. Counselling will be provided in a culturally sensitive manner on a one-to-one basis, in groups, and using circles to help clients process trauma during their intensive short stay (six weeks) at the Trauma Centre. The Trauma Counselor will facilitate daytime and evening individual and group sessions, 3 days each week.

## Medical Office Assistant (MOA)

The Medical Office Assistant (MOA) will be responsible for providing front line support to employees and patients of the Medical Office. Support will be required primarily at mobile medical offices, but also at the Seabird Doctors Office.

### Recovery Home Support Worker

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.

### Youth Worker - Term until September 31, 2021

The Youth Worker is directly responsible for engaging Seabird Island Band youths (age 10 – 19) in youth-led programming. The core of this work will be done through the drop-in program but may also include secondary programs such as gender specific groups, recreational activities groups and outreach programs. 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, mentor-ships, 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. Position end date September 31, 2021.

## Infrastructure

### Check Point Security

The Checkpoint Security position aims to bolster the COVID-19 efforts Seabird Island Band has already taken. The position will assist with the overall safety of Seabird Island Band's checkpoints and property. A person in this position will instill a strong sense of safety to all community members and employees within Seabird Island Band. The Checkpoint Security position understands their role as an ambassador for Seabird Island Band and aims to provide a positive experience to all community members. The Checkpoint Security position functions within legislative requirements, regulations, policies, and procedures. The position contributes to the mission, vision, and beliefs of the Seabird Island Band.

### Custodial Worker - 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.

### Summer Placement - Lawn Maintenance Worker - 52 weeks

Under the direction of the Housing Manager, the summer Maintenance Workers will be responsible for assisting in the maintenance and upkeep of Seabird Island Band. Will include clean-up, weed eating, brush cutting, minor landscaping.

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

*Please ensure you have received confirmation for your on-line submission. If you have not received confirmation, email: [humanresources@seabirdisland.ca](mailto: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.

# EXTERNAL JOB POSTING of the Month

View more detailed information about these and other opportunities or to apply for current opportunities:  
<https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srjp/applicant/page1800?poster=1487608>

## Field Operations Supervisor – Census (Inventory) (Anticipatory)

Statistics Canada - Census: <https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srjp/applicant/page1800?poster=1459544>

Various locations

AS-03

Various durations

\$61,558 to \$66,324

For further information on the organization, please visit Statistics Canada

**Closing date: 1 June 2021 - 23:59, Pacific Time**

Who can apply: Persons residing or working within an 80-kilometer radius of the position being staffed. Should there be an insufficient number of applicants residing or working in the specific location, applicants outside of the radius will be considered.

### Important messages

We are committed to providing an inclusive and barrier-free work environment, starting with the hiring process. If you need to be accommodated during any phase of the evaluation process, please use the Contact information below to request specialized accommodation. All information received in relation to accommodation will be kept confidential.

### Assessment accommodation

When you apply to this selection process, you are not applying for a specific job, but to an inventory for future vacancies. As positions become available, applicants who meet the qualifications may be contacted for further assessment.

In this job, you will be required to work exclusively from home and will be considered an employee working from home. You will therefore not have a physical workplace.

\*\*Applications will be considered and assessed at regular intervals. The candidates who meet the Essential Qualifications will be deemed qualified after each round and will be placed in a pool for immediate consideration for AS-03 positions being staffed.\*\*

**Please note:** It is recommended to submit your application as soon as possible as positions will start as early as December 2020.

In your PSRS questionnaire responses, clarity, coherence, conciseness as well as appropriate attention to detail (spelling, grammar and relevance to the factor being substantiated) will be used to evaluate the essential qualifications. It is NOT sufficient to only state that the qualifications are met or to provide a listing of current or past responsibilities or to refer to your resume. Rather you must clearly demonstrate HOW, WHEN, and WHERE the qualification was met through substantiation by examples.

Along with your CV, you need to provide the contact information (names, phone number and email address) of two professional references, including the name of your current supervisor and a supervisor within the last 3 years.

### Duties

- As part of the Census Field Operations (CFO) management team, participates in the planning, organizing and control of Census field operations for an assigned area within a CFO district.
- Supervises and coordinates a team of Crew Leaders; and follows up on and resolves collection, staff and pay issues.
- Reviews authorized budgets and participates in the monitoring, analysis and evaluation of field operations by reviewing activity reports. Authorizes Enumerators' weekly payment, expenses and allowances.
- Supervises performance and productivity measures in close collaboration with the Census Crew Leaders and managers in the CFO.
- Trains and supervises Census Crew Leaders and provides advice and guidance on the recruitment and training of Census Enumerators.
- Promotes respondent participation in the Census and participates in the implementation of regional communication strategies to promote the Census program to public and staff.
- Communicates orally and in writing with staff, respondents and individuals from Census Field Offices and Regional Census Centres.
- Assesses resolves and responds to complaints coming from the public.
- Reviews and monitors work methods and procedures to assess and improve the security and quality control of Census data collection.
- Monitors and controls costs and quality to meet targets.
- Participates in the debriefing and evaluation processes.
- Works closely with other managers including FOS, Collection Support Unit (CSU) Manager, Assistant Manager Pay and Administrative Officer to resolve collection, processing, and pay issues.
- Works closely with Recruiter and Field Operations Manager to meet recruitment targets.

### Work environment

Statistics Canada conducts the Census of Population in order to develop a statistical portrait of Canada and Canadians on one specific day. The census is designed to provide information about people and housing units in Canada by their demographic, social and economic characteristics.

The Census of Population is a reliable basis for the estimation of the population of the provinces, territories and municipal areas. The information collected is related to federal and provincial legislative measures and provides a basis for the distribution of federal transfer payments. The census also provides information about the characteristics of the population and its housing within small geographic areas and for small population groups to support planning, administration, policy development and evaluation activities of governments at all levels, as well as data users in the private sector.

### Intent of the process

The pool of qualified candidates established from this process may be used to staff similar positions for the 2021 Census in various locations, various linguistic profiles, tenures, security clearances and/or conditions of employment.

**Positions to be filled:** Number to be determined

### Information you must provide:

- Your resume.
- Contact information for 2 references.

In order to be considered, your application must clearly explain how you meet the following (essential qualifications)

A secondary school diploma or an acceptable combination of education, training and/or experience.

### Degree equivalency

- Experience in training and supervising staff.
- Experience in managing projects.
- Experience in performing basic computer functions (operating a mouse, keyboarding, opening /closing and locating software programs and files).



DEADLINES

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

AVAILABILITY

Once a month. The 1st of each month (or closest business day). 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, Kristy Johnson, Zorana Edwards-Shippentower and Ciara Busby

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: Contact Deacon Jamie for information

Study Groups: Contact Deacon Jamie

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: 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

WILDSAFE BC CONSERVATION

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

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. 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

Appointments Only: July 15 & 16

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.

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.

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

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



Seabird Island Income Assistance

BC Hydro & Fortis Bills



BC Hydro & Fortis bills are to be submitted by the 15th of each month.

Any disconnections will be your responsibility.

Call your utility company if you are not receiving your bills in the mail.

BC Hydro: 1-800-224-9376 Fortis: 1-888-224-2710



Renewals & Job search are due on the 15th of each month.

Comic



# 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:

“It is during our darkest moments that we must focus to see the light.”

~Aristotle Onassis

“We must let go of the life we have planned, so as to accept the one that is waiting for us.”

~Joseph Campbell

## Halq'eméylem Word Search

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

iti xeyxlhametes te swiyeqe te shxwte'as te swayel.

## Words

- AGATE
- AUGUSTUS
- CULTURES
- DRYING
- FRIENDSHIP
- GATHERING
- GLADIOLUS
- HARVEST
- HEAT
- IMMUNIZATION
- LEO
- ONYX
- PEACH
- POPPY
- SOCKEYE
- SUMMER
- SUNNY
- SWIMMING
- VACATION
- VIRGO
- WATER
- WIND



# Surviving a Heat Wave



With record temperatures this past week and continuing moving forward we need to be aware and take special care. People can get severely sick when they are not careful. In a heat wave, some of these illnesses can be dangerous; cause seizures, comas and even be life threatening.

## Symptoms of heat-related illnesses

These are the top 4 heat health emergencies to keep an eye out for.

1. **Heat cramps:** muscle spasms, sweating. Cool the body, stretch and drink plenty of fluids.
2. **Heat Rash:** tiny red bumps, likely in your armpits, groin, neck and/or elbows. Stay cool and dry.
3. **Heat exhaustion:** sweating, pale, clammy, tired, week, lightheaded, nausea, headache
4. **Heat Stroke:** This is dangerous and can be life threatening; warm and dry skin, confused, agitated, fast pulse, nausea, and headache. Untreated it can cause seizures and comas.

**If you or a family member/friend have heat stroke call 911** and try to cool the victim until help arrives. Go to a cool area, drink something, pack ice (or anything frozen) under your arms and between your legs to try to cool down. You need to cool down!

*Check on your loved ones, and Elders, who live alone or don't have air conditioning.*

*Young kids and Elders can suffer from these effects faster and more severely.*

## Tips to avoid heat-related illnesses

1. Drink plenty of water and cool liquids to stay hydrated.  
- Avoid alcohol and caffeine
2. Stay out of the sun during hottest time of the day from 2 – 5 pm.
3. Eat more fruit and vegetables.
4. Wear light, loose fitting breathable clothing.
5. Soaking your feet in a bucket of cool water is refreshing and will cool you down.
6. Wet towels or bandannas on your head can also reduce your body temperature.
7. Apply sunscreen several times a day.  
- Sun-burnt, apply aloe often to reduce the pain and peeling. **DO NOT POP BLISTERS!**
8. Use fans or air conditioning when possible.  
- Use a fan in your bedrooms to help you sleep.
9. Keep your curtains closed until the sun has moved past, when the sun shines in it raises the temperature of your home.
10. Lower floors will be cooler, heat rises, hang out in the basement or bottom floor.
11. **DO NOT USE** items that conduct heat like your oven or lights.
12. **DO NOT** leave your children or pets in vehicles! It only takes a few minutes for the vehicle to heat up and cause heat stroke or worse.

By Sandra Bobb

# GET YOUR SECOND DOSE OF COVID 19 VACCINE

**When your 2<sup>nd</sup> dose of the vaccine is available  
PLEASE ENSURE YOU GET IT**

**Most vaccines require a second/booster dose to  
provide full protection**

**Monderna and Pfizer Covid 19 vaccines have  
been developed to provide full immunity only  
with a second dose**

**One dose only provides partial immunity that  
may not last as long**

**The second dose provides full immunity: 95%  
confidence that you will not become sick or  
require hospitalization**

**Protect others, even after your 2<sup>nd</sup> dose**

**It is very unlikely you will get sick from Covid 19  
after your 2<sup>nd</sup> dose but you might still  
catch the virus**

**You likely won't know that you have the virus  
(you're not sick) but you can still pass it  
on to others**

**We must protect our vulnerable  
community members**

**We have remain vigilant and follow  
Covid protocols**



**Wear a mask, stay six feet away from others, and wash your hands often  
Remain vigilant until provincial restrictions are removed  
Stay in your own household bubble and do not travel except for essential purposes**