

www.seabirdisland.ca

Temt'ámwxw - Gooseberry Time (June) 2021

Healing the wounds of trauma **Start your healing journey**
Are you ready for this new Journey? **Healing comes in many different waves**
Healing the Seabird Way **What does Trauma Healing look like to you?**

Trauma Healing Lodge Soon to Come!

Seabird will be opening a Trauma Healing Lodge. We received funding from FNHA to operate for at least one year. A center to do exclusively trauma healing for Clients.

It is designed to be open for all Indigenous people in the Province, but Seabird Members and people from the surrounding Communities will be prioritized. The plan is to have a residential space where we can house up to 10 clients at a time. We are looking to have it located in Agassiz, outside of the community but close enough to access services here.

We would like to get feedback from the Community. We are looking for input for a logo for a "Trauma Healing Lodge" that represents Seabird, healing the "Seabird Way". There will be a Logo Contest, with

more information coming in June. We also want to know what the community would like to see in a Trauma Healing Lodge. What types of issues do they think we will need to address? Any ideas from the people, on how we should approach this type of work. Should people have ideas/thoughts of a design that represents culture based healing. We want to hear those stories, like what does this program mean to them. Any questions, concerns, or ideas can be sent to Dawn Percher at dpercher@seabirdisland.ca or 604-819-0353.

The program will be 6 weeks of Land Based Healing for different groups (e.g., women, men, families, couples, etc.), with activities designed to reconnect to the land and to traditional ways. We will be hiring a Cultural Trauma Therapist and a Trauma Therapist, to take a "2-eyes seeing" approach of marrying the best of Indigenous ways with the best of the western medical model ways, and bringing those together. For 3 days a week, in the

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Trust Cheques available on June 1 from 9 a.m. to 3 p.m. for the Band Members who turned 18 from January 1 to June 30, 2021.

- ### Dates to Remember
- June 2nd and 3rd, 2021
Optometry Clinic
(By Appointment Only)
 - June 20th, 2021
Fathers Day
 - June 21nd, 2021
All Seabird Facilities will be closed Statutory Holiday
National Aboriginal Day

Seabird Island Band

members.seabirdisland.ca

COMING
SOON!

Good standard of living for all ☎ 604-796-2177 ☎ 1-800-788-0322 ✉ membership@seabirdisland.ca



Seabird Island
Members

Home

C & C

Notices

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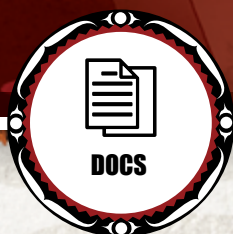
Careers

Logout

Register NOW!



NOTICES



DOCS



VIDEOS



MEETINGS

Welcome to the 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. 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



www.seabirdisland.ca

afternoon there will be individual therapy and group therapy with the therapist. For the rest of the time, we are going to utilize our Knowledge Keepers, Elders and Cultural work to bring people back to the Land and back to Traditions and Traditional Ways.

One of the criteria or requirements for people participating in this program is that they have to be at least 6 months sober. We're not doing addictions work, we are doing "Post Recovery Work". You will need to be stable enough to start unpacking trauma without having to rely on drugs or alcohol. It's not going to be that kind of volatile addictions work that we would do in a Recovery House or in Treatment. The ideal clients for this program are stable enough to function, but ready to focus on trauma work specifically, to move out of the feeling of being "stuck".

We know people will have some concerns, like with the Recovery Homes, that we will be bringing in people from other Communities. As far as COVID safety goes, we have a fairly rigorous screening process for the Recovery Homes, and we are going to adapt that to this program. Making sure that people are still staying safe.

We would like to have feedback from the community, of any ideas, questions, or concerns, by July 1st so that we have an opportunity to respond. We want to make sure that we have lots of time to do a town hall meeting maybe on Zoom or Teams, or just to individually get back to people with concerns or people with great ideas. This program has the potential to put Seabird on the map as an innovator in Land Based healing and trauma work, and we really want the community to have a voice in how it gets put together.

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

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

Recycling day is every Tuesday. Unless that Monday falls on a statutory holiday, recycling will be picked up the following day.

Note Blue recycling bags are no longer accepted, please place all recyclables in the blue bins.*

If you did not receive a bin please phone the Band Office 604-796-2177

Seabird Culture Center - Our new community gathering place

What is it?

- a gathering space, to hold ceremonies, community meetings, workshops etc.
- a meeting space for traditional crafts like weaving and basketry, and for drumming, singing, dancing, slahal
- a gallery displaying history and identity – our strength of claim to our land and our identity through a mural, archives and artwork

Where will it be located?

- we are now working on making sure we have the right location. The community survey in the fall zeroed in on the first soccer field. We then hired an engineering firm to create a grid that compares benefits of this location with other possible locations:
- power, water, gas, and Internet connection close by
- road access and parking space
- size
- and they did not take into account historical significance – this is the

area where we traditionally held our gatherings

How long will it take before we open the doors:

- we are now working with an architect to create a concept design that we will share. The building will include a large meeting hall, and some smaller meeting spaces
- we hope to break ground late this year or early in the new year, and assume 2 years before we the grand opening

The building acts on our strategic plan goal of Ay:mexw – Healthy people, physically, mentally, emotionally and spiritually, to protect, rebuild and revitalize our culture, language and traditions.

It will speak to the mixture of traditions that is Seabird, where our goal is to create a space that can be used for many different functions. Construction costs have skyrocketed in the last year, but we are committed to creating a multi-use building that will serve Seabird for many generations.

Low cost spay/neuter of cats available.

I would like to thank the community for their participation in the Spay It Forward Program, it is amazing to see everyone showing such interest! Lots of pets are going to be happier and healthier thanks to this initiative. Due to the limited dates and surgery spots available, the SPCA has a second program to help people with the spaying and neutering of their cats.

Those with female cats are asked to fill out a form for their voucher program, and the SPCA team will reach out with further details. This will allow for more animals to get spayed/neutered faster.

When submitting the form for the voucher program, please let them know you are part of the Seabird Spay It Forward program. Please fill out the form here:

<https://spca.bc.ca/chilliwacksn>

Stage 1 Flood Watch



Seabird has 4 stages of alert for emergencies:

STAGE 1: Watch for information

Stage 2: Be aware, Shop & Prepare your supplies

Stage 3: Prepare for evacuation (pack essentials)

Stage 4: Evacuate

Seabird is at **Stage 1**: meaning watch for more information. *This is not a time to panic!*

The **Fraser River freshet** is an annual occurrence of high river flows due to spring thaw of snow and ice. The intensity is dependent upon the size of the snowpack and temperature, specifically sustained warmer than normal temperature.

A spike of hot weather combined with a spring storm can accelerate runoff from the mountains and lead to possible flooding along the Fraser River. Seabird notices will provide updates on the Fraser River streamflow and its possible impact to Seabird Island land.

All community members should prepare to be self-sufficient for at least the first 72 hours during an emergency event. Visit preparedbc.ca for more information on becoming prepared for emergencies.

May 1 Provincial Information

The snow basin index for the Fraser River is 109%, with high snow pack levels in its major tributaries. The BC River Forecast Centre has not provided a peak flow forecast for the Fraser River yet this year.

Snowpack

Snow pack is one element of seasonal flood risk in BC and alone does not predict whether flooding will occur. Spring weather is a critical factor determining the rate that snow melts, and extreme rainfall can also cause spring flooding. The overall snow basin index for the entire Fraser River basin (e.g. upstream of the Lower Mainland) is 109%. During freshet, most of the flow (roughly two-thirds) in the Fraser River originates from the Upper Fraser East, North Thompson, South Thompson and Cariboo Mountains.



The BC River Forecast Centre

Currently, the Fraser River discharge at Hope is 8,170 m³/s. BC River Forecast Centre (RFC) modelling is projecting a significant rise in river levels beginning on Friday, with a forecasted flow of 10,600 m³/s on Sunday. The river and slough can handle this flow, which is similar to levels last year and in 2018.

All modelling comes with some uncertainty. The upper bound of the model shows maximum flows of approximately 12,000 m³/s on Sunday, with high flows continuing through Wednesday. Flow of this magnitude may be of concern, although they are not as high as forecasted flows from last year (13,000 m³/s).

Early Childhood Centre of Excellence

Our Mission

The Early Childhood Centre of Excellence is a fully licensed group childcare facility. We provide high-quality, inclusive childcare that emphasizes emotional, physical, spiritual, cognitive and social development by offering individualized and group activities. We believe in providing a caring environment for children and being a support system for their family. The Early Childhood Department Team strives to meet each individual child's needs for their development. We aim to:



- Provide an environment that enables the fullest development of each child and encourages your child's development.
- Actively partner with parents to provide the children with the best possible culturally sensitive care and education.
- Provide quality child care that meets or exceeds licensing standards at a low-cost.
- We take a play-based, theme approach to support the learning process.

Summer Program

Summer Program

Summer Program is open to children aged 5 (who have completed Kindergarten) to 12 years and runs 9:00 a.m. to 3:00 p.m., Monday to Friday from July 5th—August 20th, 2021. Before and after care may be available, if space allows.

Following COVID Protocols

Due to COVID, available spaces will be lower than in previous years. Our staff is diligently sanitizing and following all COVID protocols to keep everyone safe! Provincial COVID restrictions will be followed as needed and our programming may change in accordance to current regulations.

Activities & Adventures

Our programming has been developed to be educational, open-ended, and fun for children. Each day our staff offer programming specific to your child's age range that challenges them and allows for personal growth and development.

Field trips and outings could include:

- Greater Vancouver Zoo
- Cultus Lake Water Park
- Prism Studio (Paint Your Own Ceramics Studio)
- Local community walks, trails, parks and playgrounds.

Affordable Child Care Benefits

Seabird Island Community Members are eligible to register their children on a first come, first serve basis.

Seabird Island Band – Early Childhood Centre of Excellence requires that all parents/guardians apply for Affordable Child Care Benefits (ACCB) before attending the Summer Program. Participants that **do not** apply for ACCB will be required to prepay all fees prior to attending.

Wait-list

To secure your placement please contact Danielle Rigden at 604-796-6854 or by email at danieller@seabirdisland.ca

Preschool Program

Preschool Programs

Preschool program is open to children aged 3 to 4 years of age. Classes run Monday to Friday from 9:00 am to 3:00 PM (for 4's Preschool class) and from 9:30 am to 12:00 pm (for the 3's Preschool class).

Our programming as been developed to be educational, open-ended and fun for children. Each day our staff offer programming specific to your child's age range that challenges them and allows for personal growth and development.

Wait-list

To secure your placement please contact Danielle Rigden at 604-796-6854 or by email at danieller@seabirdisland.ca. to get on our wait-list, we will contact you when it's time to register your child.

Affordable Child Care Benefits

Families that live off reserve will be required to apply for Affordable Child Care Benefits (ACCB) before attending 4's Preschool. All 3's Preschoolers will be required to apply for ACCB. Participants that **do not** apply for ACCB will be required to prepay monthly fees.

Early Childhood Department
Seabird Island Band

**Special
Announcement!**



The Ministry of Children and Family Development (MCFD) in partnership with FNHA
Head Start ECE Department & Seabird Island Band

Land-Based Outdoor Early Learning Play Spaces at FNHA Head Start Sites.

Aboriginal Head Start On-Reserve (AHSOR) programs across the province are increasingly incorporating land-based and outdoor programming.

Land-based cultural programming is recognized as being significant in maintaining the health and cultural identity of Indigenous communities. This project fosters greater opportunities for physical activity and outdoor land-based early learning and recreation at Aboriginal Head Start On-Reserve (AHSOR) sites.

We have received the maximum of \$100,000. funding for Seabird Island Head Start, Parents and Tots. We know there are many benefits to our being outdoors rather than indoors. This project will be undertaken and completed by next March 31, 2022.

Stay Tuned for updates!

For More Information:
Contact Lisa Schierling

604-796-6894
lisas@seabirdisland.ca

Kal's RePlay Fund received many great applications from across Canada and have selected the following 23 projects to support this year. We were grateful to see such a high demand for recycled rubber products and decided last minute to increase the 2021 budget so that we could support more projects this year. Unfortunately, we are still not able to support many of the applications we received. Successful applicants were notified last week, prior to announcing the results on social media as part of [Earth Week](#). Together the 23 projects are estimated to use 754,204 lbs of recycled rubber from approximately 39,897 car tires.

2021 RePlay grant recipients and project descriptions:	
1	Queen's Park Healthcare Foundation – Pathway surface
2	<u>Aboriginal Head Start on Reserve - Seabird Island Band – Playground Surface</u>
3	Shuswap Children's Association & Shuswap Family Resource & Referral Society – Playground surface
4	The City of Maple Ridge – Parkour course surface
5	City of Surrey - Surrey Animal Resource Centre – Molded structures (e.g. logs, stumps, rocks)
6	City of Nanaimo – Playground surface
7	Horizon Housing Society – Playground surface
8	McKenzie Towne Council - Roofing
9	cSPACE Projects – Ground surface and molded structures
10	St Francis of Assisi School Council Association – Playground surface
11	Elves Special Needs Society – Accessible walkway
12	Friends of the Three Hills School – Playground surface
13	Tsuu T'ina Nation #145 – Playground surface
14	City of Humboldt – Playground surface
15	Martensville & District Lions Club – Playground surface
16	St. Michael Inclusive Committee – Playground surface
17	Brandon Riverbank Inc. – Pathway surface
18	Winnipeg David Livingstone Community School – Playground surface
19	Hearst Community Foundation – Playground surface
20	The Corporation of the City of Kenora – Tree well covers
21	Variety-the Children's Charity of Ontario - Flooring
22	Hospital Workers Housing Co-operative Inc. (HWHC) – Play ground surface
23	Hay River Golf Club - Roofing



To stay up to date on **Kal Tire's** community giving programs, follow us on social media (search **@KalTire**) or watch for updates on our [website](https://www.kaltire.com/en/responsibility/) (<https://www.kaltire.com/en/responsibility/>).

Thank you,
Kevin McCarty
 Senior Specialist, Social Responsibility
 KalTire.com

Community Events Calendar – Temt’o

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Shh
	 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.	    1	<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p • Optemtry Clinic 9 - 6 p.
6	 7	    8	<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p
13	 14	    15	<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p
20	21 <p style="text-align: center; color: blue;">Facilities Closed - Stat Holiday</p> <p style="text-align: center; color: red;">National Aboriginal Day</p>	    22	 <ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p
27	 28	    29	<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p • Income Assistance Day

Are you ready to take some Upgrading, College or University Courses?

Post-Secondary Application Deadlines

Are you a registered Seabird Island Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree?? Then REMEMBER these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

- ▶ **For September** (Fall)
- ▶ For January (Winter/Spring depending on institution)
- ▶ For May (Spring/ Summer depending on institution)

April 1st
October 1st
January 1st

Funding of any application is dependent upon available budget.

For further information please contact:
Cindy Kelly-Student Services Worker at
604-796-2177 or cindykelly@seabirdisland.ca



Reminder All Grade 7-12 Students Allowances

1st student allowance payment will be December 15, 2020 September, October and November.

2nd student allowance payment will be March 15, 2021 December, January and February.

3rd student allowance payment will be June 30, 2021 March, April, May, June.

Student Allowances are as follows:

Grade 7-10 \$10.00 per month = \$100.⁰⁰ per school year.
Grade 11-12 \$20.00 per month = \$200.⁰⁰ per school year.

Student allowances will be directly deposited for the students with bank accounts.

Attention Seabird Island Band Students, there will be no distribution of cash in the school, due to Covid 19. Student allowance checks grades 7-12 for September October November and December **will be sent by mail by March 15,2020.**

*Student allowances are based on monthly attendance.
Students must not miss more than 4 school days per month to be eligible for allowance.*



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.

Summer Placement Program - Post Secondary

The Seabird Island Band is excited to once again be providing Summer Placement Programs for Post-Secondary students. We will be providing a fully licensed program for age group 6-12. The program will include a variety of activities targeted at enriching the lives of kids in a fun, active, and culturally sensitive manner. We are looking for Post-Secondary students to serve as role models and leaders for children participating in the program. Successful candidates can expect to have a summer packed full of fun activities including field trips, cultural learning, fun in nature, professional development and making new friends.

Summer Placement Programs - Secondary Students

The Seabird Island Band is excited to once again be providing Summer Placement Programs for High School/Secondary students. The program will include a variety of activities targeted at providing professional work experience to the students in a fun, active, and culturally sensitive manner. Successful candidates can expect to have a summer packed full of fun activities including field trips, cultural learning, fun in nature, professional development, and making new friends.

Supported Child Development Support Worker

Under the supervision of the Supported Child Development Supervisor for the Supported Child Development Program, the Support Worker is to provide front line support to children with extra support needs to assist them to fully participate in a child care setting.

Education

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.

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. The Cultural Worker will assist by helping to design age-appropriate activities that meet the cultural needs of the children and family by promoting culture throughout all ages.

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.

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.

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.

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.

This teacher is responsible for developing in each student an interest in and the ability for creative expression in visual terms, using skills and techniques of artistic expression that are traditional as well as contemporary. The cultural arts teacher explicitly instructs students on ways to use their own strengths, cultural knowledge and points of view to contribute to their individualized artistic expressions.

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.

Executive Department

Call out for Committee Members - SIB Governance Policy Committee

Seabird Island Band is looking for dedicated Committee Members to sit on our newly formed Governance and Policy Committee (SIBGPC). The purpose of the SIBGPC will be to focus on Governance and Policy related items as mandated by SIB Chief and Council. The initial tasks will be reviewing and updating the Seabird Island Election, Governance and Membership Codes, with the Election Code as a priority. This work will include:

- Frame key areas of development for the content of the Codes.
- Assist in the draft of any new Codes.
- Review drafts to ensure they are reflective of the key areas; and
- Ensure Codes are written clearly and concisely so all community members can understand.

For more information, including a further scope of work and duties and responsibilities of committee members, please request the Terms of Reference.

<https://www.seabirdisland.ca/wp-content/uploads/2021/05/Governance-and-Policy-Committee-TOR-Approved-April-2021.pdf>

If you are interested, please submit a cover letter outlining your intent, and include your most current resume. All submissions will be received by the end of day on June 4, 2021.

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.

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.

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.

Director of Inter-Government Affairs

Under the direction and supervision of the Executive Director (ED), 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. The Director will play an integral role in the development of policies that uphold AR&T Band membership rights and responsibilities, and other administrative services. The Director shall be responsible for negotiating, on Seabird's behalf, in matters of infrastructure (e.g. CP Rail, MOTI, BC Hydro, Delta port expansion, TMX etc.), such that the tenets of UNDRIP guide their actions and our responses and benefits.

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 work and leadership will be key to the renewal of the conservation, and protection strategies, and to ensure that the Band approach to fisheries is mutually informative, that biological, cultural, environmental and community perspectives are incorporated. 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.

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

Community Services (CS) consists of, community events, recreation, membership, culture, community engagement, and volunteer coordination. The CS Supervisor's primary role is to provide programming and leadership that allow the community to learn and grow together, through recreational programming, community events like Seabird Festival, cultural celebrations, and opportunities for community members to be part of a movement creating community spirit and cohesion. This position will develop and implement a Community Communication/Engagement Strategy and a plan for the Inclusion of the Language and Culture throughout the organization.

Community Services Supervisor

Community Services (CS) consists of, community events, recreation, membership, culture, community engagement, and volunteer coordination. The CS Supervisor's primary role is to provide programming and leadership that allow the community to learn and grow together, through recreational programming, community events like Seabird Festival, cultural celebrations, and opportunities for community members to be part of a movement creating community spirit and cohesion. This position will develop and implement a Community Communication/Engagement Strategy and a plan for the Inclusion of the Language and Culture throughout the organization.

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.

The Driving instructor will also be expected to provide defensive drivers courses to clients that have been identified as needing additional training. These clients will include community members, employees and other clients as requested.

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.

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.

Licensed Practical Nurse - On call

The LPN's will be responsible for providing routine care, observing patients' health, assisting doctors and registered nurses and communicating with patients and their families. This will also include improving the quality of life of the client community members by assisting them to make healthier lifestyle choices; promote client dignity, independence, comfort, mobility, personal appearance and safety; and to provide support to the Community Health Nurse (CHN) and /or Home and Community Care (HCC) nurse. These goals are to be achieved by using the professional public health knowledge.

Nutritionist

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

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.

Recovery Home Support Worker- Targeted Wage Subsidy

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. This is a 52 week term position.

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.

Trauma Treatment Centre - Cook

Reporting to the Child and Family Services Manager, 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. The cook also does the preparation work for the evening meals and ensures the kitchen is clean and organized.

Trauma Treatment Centre - Cultural Trauma Therapist

Under the direction of the Child and Family Services Manager, the Cultural Trauma Therapist will operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band.

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. The Cultural Trauma Therapist will work with individuals and groups during their short stay (six weeks) at the Trauma Centre to facilitate cultural awareness and attachment, using cultural attachment and identity as a means to heal trauma, approach addictions, family/parenting/marital concerns, stress management, aging, etc.

Trauma Treatment Centre - Trauma Counsellor

The Trauma Counselor is responsible for providing counseling to clients towards resolution of their trauma. Counseling 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 counselor must be able to work from a trauma informed perspective, using several trauma therapy modalities. The Trauma Counselor will facilitate daytime and evening individual and group sessions, 3 days each week.

Recovery Home Support Worker

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.

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.

Youth & Elder's Site Coordinator Term ends June 30, 2021

The Youth & Elders Site Coordinator will be responsible for fostering a relationship between youth and elders. The purpose of the position is to enhance and enrich the lives of elders in the community decreasing social isolation. The benefit of fostering that relation is not limited to elders alone but is also meant to enhance the life and experience of the youth who are involved. This is a temporary position that will end March 31, 2021

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.

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
Jacqueline Blanchard

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.



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

CLOSED DUE TO COVID

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 ICB 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

Do you have questions or concerns about your child's social and emotional health?

Does your child seem anxious?

Are you interested in counselling or play therapy?

WE ARE HERE TO HELP

Come and meet our Early Years Clinician from Child and Youth Mental Health and get some of your questions or concerns addressed.

2021 Dates

- Feb. 9th, 2021
- Mar. 9th, 2021
- Apr. 13th, 2021
- May 11th, 2021
- Jun. 15th, 2021

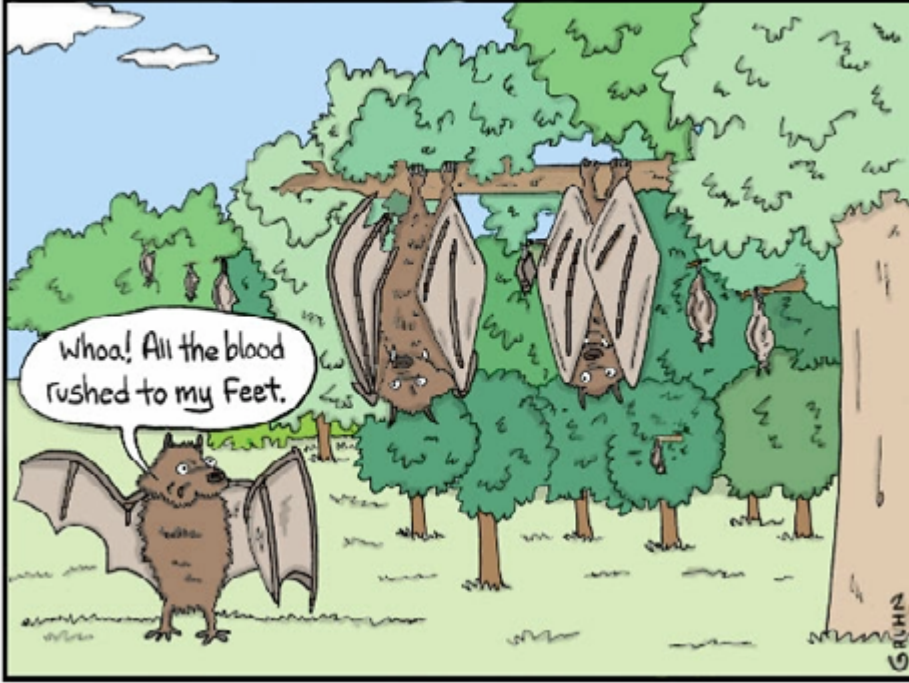
Seabird Island Early Childhood Center of Excellence
8250 Charles Drive

to book an appointment between 11:00 a.m. - 1:00 p.m.
Call Jen McNeil @ 604-796-6886
Or drop-in

Covid rules and safety protocols must be followed.

- » Temperature checks
- » Masks to be worn
- » Hand sanitizing

WebDonuts.com



Temt'ámwxw

Gooseberry Time

"June"

Gemini

May 21 - June 21

Key characteristics: Inquisitive, clever, adaptable, lively & communicative.

Flower: Rose

Birthstone: Lab Alexandrite or Pearl

Cancer

June 22 - July 22

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

Flower: Acanthus

Birthstone: Ruby

Quotes of the Month:

"It doesn't mater who you are, where come from. The ability to triumph begins with you."

~Oprah Winfrey

"Be thankful for what you have and you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

~Oprah Winfrey

Halq'eméylem Word Search

t	x	c	q	o	á	s	q	e	w	á	t	h	h	a
e	p	l	w	b	l	m	p	x	w	í	q	s	x	d
x	c	h	s	j	h	í	j	t	u	s	'	é	y	w
c	u	í	u	s	q	m	t	p	m	s	p	g	i	y
t	z	:	y	h	á	e	t	é	t	s	á	y	p	x
l	m	m	e	á	:	y	l	e	x	w	:	a	a	v
a	e	l	l	d	y	á	h	d	l	à	l	q	c	f
s	z	o	d	c	x	t	i	p	'	é	s	k	'	a
p	v	x	x	m	s	h	x	w	ō	:	q	e	l	s
á	q	d	e	:	i	o	q	y	h	y	r	s	y	q
:	v	w	ó	s	p	'	á	:	q	'	e	m	e	e
t	x	y	e	k	h	v	s	w	é	t	e	x	e	l
h	o	e	g	t	x	k	t	c	n	j	f	v	i	á
t	a	m	d	w	l	c	o	o	k	c	p	u	a	:
i	s	w	m	d	t	t	l	t	f	l	h	é	q	w

Words

- 1) p'esk'a - hummingbird
- 2) spá:th - black bear
- 3) sqewáth - Rabbit
- 4) sqelá:w - Beaver
- 5) teléqsel - duck
- 6) shxwō:qel - whistling White swan
- 7) th'qw'à:y - Trout
- 8) pxwíqs - Noseum
- 9) smímeyáth - butterfly
- 10) álhqá:y - snake
- 11) meá:ylexw - to revive, come back to life
- 12) lhéqw - Wet
- 13) oyó:sthet - have lots of fun
- 14) q'pá:ls - to collect, gather
- 15) xwemxálém - Run
- 16) tus'éy - to be careful
- 17) lhí:m - picking berries
- 18) qwsuyel - set a net
- 19) swétexel - Rainbow
- 20) sp'á:q'em - Flower

GET YOUR SECOND DOSE OF COVID 19 VACCINE

**When your 2nd 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 2nd dose

**It is very unlikely you will get sick from Covid 19
after your 2nd 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**