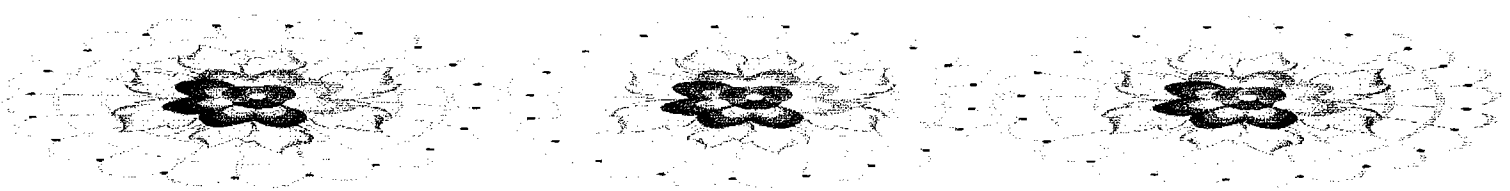




- Cape Mudge Remediation Project
- QI Fire Dept. Fire Practice at CM Hall
- Community Health Committee Meeting
 - Youth Activities for the Week
 - Math & Science Tutoring
 - Income Tax
 - Homes For Sale & Rent
 - Youth Empowerment Logo Contest
- Attention: Parents/Students entering Carihi in September 2010
 - Job Readiness Training Programs





YOUTH EMPOWERMENT LOGO CONTEST

ASCIRT {Aboriginal Suicide and Critical Incident Response Training} is creating a Youth Empowerment program that will include; life skills, building self esteem, protocols, values, and traditional stories from Coast Salish and Kwak waka'wakw people and much more.

Contest goal: To select {2} logos representing the Coast Salish and Kwak waka'wakw First Nation that will become the cover of the Youth Empowerment Program

RULES & REGULATIONS:

- 1. Deadline date for entries will be Friday, March 5th, 2010 .** Have all entries to Inter Tribal Health Authority, c/o Esther Charlie, 534 Centre St. Nanaimo BC V9R 4Z3.
- 2. There will be two winners :** Ages 15 – 21yrs. Only one entry per youth. On the back of each entry please make sure your name, contact telephone number, community name, and age. Clearly mark choice of gift card if you are the selected winner, choose one {1} only:
 - EB games, Urban planet, Subway, Superstore, Walmart, Zellers, Bluenotes
- 3. Size limitation for poster is 8½ X 11 .**
- 4. The winning logo will be on the cover of Youth Empowerment training manuals that will offered to participating member nations of ITHA communities and affiliated organizations.**
- 5. The winning logo may be used in publications, exhibits, displays, and promotional items in the ITHA newsletter and website as determined by ITHA.**
- 6. All posters submitted will become the property of ITHA and will not be returned.**
- 7. If you have any questions or need more information, please contact Esther Charlie @ 250-753-3990 ext: 222 or email to esther@intertribalhealth.ca**



Fisheries and Oceans Pêches et Océans Canada Canada

PUBLIC NOTICE:

CAPE MUDGE REMEDIATION PROJECT

Fisheries and Oceans Canada would like to inform residents of Quadra Island that remediation activities are scheduled to commence at the Cape Mudge lightstation property starting in late February for a two week period.

OVERVIEW

Cape Mudge Lightstation lies along the Discovery Passage near the southern tip of Quadra Island, near Campbell River, BC. Over its 110 years of operation, Lightstation soils have been contaminated with metals (primarily lead and arsenic), associated with maintenance of the light tower and petroleum hydrocarbons associated with the use of diesel fuel.

The remediation work scheduled for early 2010 will clean up the Cape Mudge Lightstation property to Canadian Council of Ministers of the Environment (CCME) Residential Land Soil Quality Guidelines. The contaminated soils include an estimated 3200 tonnes of metal-contaminated soil and 50 tonnes of petroleum-hydrocarbon-contaminated soil. Most of the contamination is concentrated in the top 30cm of soil spread widely over the 2.02ha property.

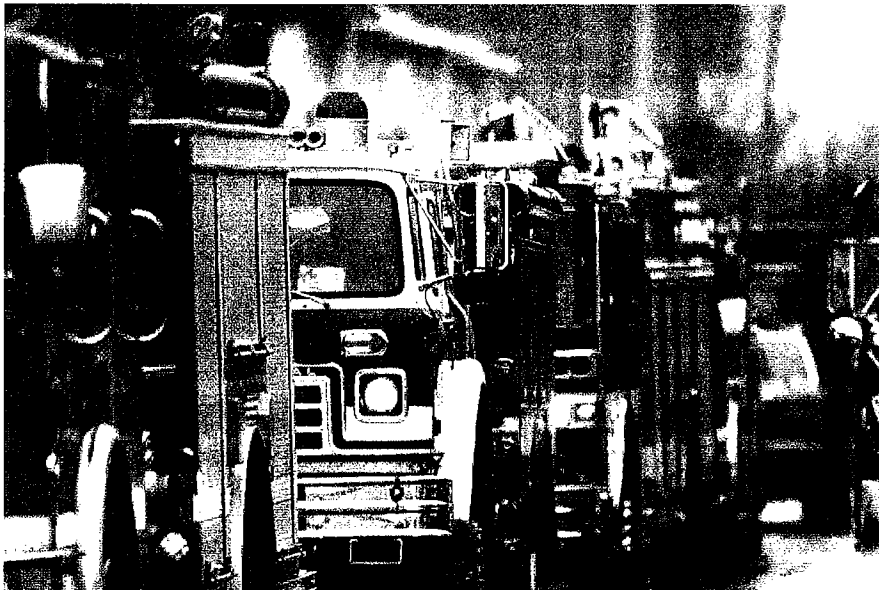
DESCRIPTION OF WORK

The removal of contaminated soils from Cape Mudge Lightstation will remediate the property to CCME Residential Land Soil Quality Guidelines, which are designed to protect both human health and the environment. The contaminated soil will be removed off the Cape Mudge Lightstation property by truck to the TimberWest Log Sort Barge Landing. This will lead to an increase in truck traffic between Cape Mudge Lightstation and the log sort as the remediation progresses. The contaminated soils will then be transported off-island via barge. Contaminated material will be disposed of at the Pigeon Lake Landfill or the Campbell River Landfill. The remediated area will be backfilled with clean soil and landscaped by seeding or sod as soon as the weather permits. Work will be carried out daily (including weekends) during regular day time working hours.



Attention: Cape Mudge Reserve Residents

Please be advised that the QI Fire Department will be having a practice at the Cape Mudge Hall in the evening on Tuesday March 2/10.



Community Health Committee Meeting

Location: Quinsam Centre

Time: 9:30 a.m.

Date: February 23rd 2010

The next Community Health Committee is scheduled as above. Your program suggestions/ concerns are beneficial to service operation. Everyone is welcome. The meetings rotate between the villages on a monthly basis. Participation is on a voluntary basis. If you have any agenda suggestions please call Godfrey (Chairperson) at 250-285-3814.

Cape Mudge & Quinsam Youth Programs



Thursday Feb 18th 2010

Skating 3-5pm

We will meet at the Quinsam hall and leave by 3.

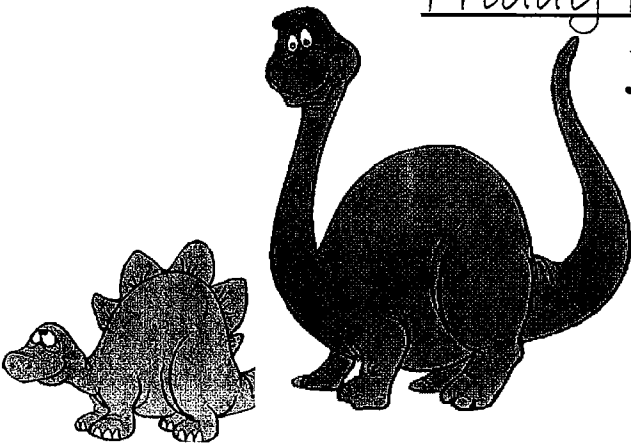
Youth will be dropped off at home after skating.

Friday Fun Night: Jake-a-saurus

Jake's 3rd Birthday

6-8pm

Cape Mudge Hall



Cape Mudge Kids Monday: Swimming or skating

We will leave the Band office around 5:30 to be on the ten to six ferry...And home on the 8:30



Tuesday Feb 23: Quinsam Kids

Boys Group

Girls Group

TBA.

WE WILL LET THE KIDS VOTE...

...AND ILL DO MY BEST...

Be Ready to Be Outside if The Weather is Nice...

Math and Science Tutoring

with Ron Anderson is

cancelled

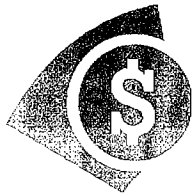
Feb 16 until March 3

Ron will be back on March 9

INCOME TAX

At the Campbell River Women's Centre 1265A
Ironwood St. 250-287-3044

This year we are doing drop- in tax clinics on



**Wednesdays
and
Thursdays
12 – 3**

FREE
TO INDIVIDUALS
AND FAMILIES
ON LOW INCOME

- Bring your T-Slips and any relevant forms
- A volunteer will do your taxes while you wait
- First come, first served

OTHER AGENCIES DOING TAX THIS YEAR

Island Jade #101 – 500 S. Dogwood St. 250-830-1170

Columbia Coast Addictions Services 250-850-3060
(two doors down from Lighthouse Soup Kitchen)

Christian Life Fellowship 250-287-3476
Merecroft (behind Quality Foods)

HOME FOR SALE

UPPER CAPE MUDGE

We Wai Flats # 16

**4 bedrooms, with a finished 1 bedroom suite
with 2 appliances**

**Washer , Dryer, 4 appliances in main
kitchen; large deck**

2880 square feet

phone:

250 285 2460

250 504 0080 cell

Trailer for sale

Cape Mudge

We way flats # 4

2 Bedrooms, storage, and large covered deck

Washer, dryer, wood stove for heat.

12x60 plus addition

Enquires call Becky 203-3960



2 year old Modular Home
1200 sq.ft.
2 bedrooms with den (possible 3rd bedroom?)
2 bathrooms
Washer/dryer/fridge/stove/microwave

Available immediately
References required
\$900.00 per month

Call 250.286.1981
(please leave a message if no-one answers)



Home For Sale

5 Bedrooms

Quinsam Reserve

Nursery Road

Please call 250-203-0313

for more information

Transition Meeting

for

Students attending

at

Carihi - September 2010

at

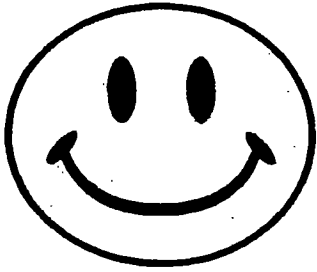
Campbell River Band Office

February 22, 2010

7pm – 8:30pm

ALL Parents Welcome

**Come and meet the
Principal and Counselling
Staff**



Two Job Readiness Training Opportunities

2 Week Ready to Work

**Retail, Interview Skills, Job Readiness, Resume &
Cover Letter, Job Search Techniques**

7 Week Ready to Work Training

Retail

Communication Skills

Customer Service Skills

Professional Presentations

Team Building

Job Preparation, Maintenance & Development

**If you are interested in the training please call your
band office to set up an appointment**

Cape Mudge call Anita 250-285-3316

Cape Mudge Junior Tyee's Soccer Team

Soccer practices:

7 & Under - Tuesdays 4:30 – 5:30

10 & Under - Thursdays 4:30 – 5:30

Place: Quinsam Hall

If your child is interested in playing soccer during the Easter weekend in Victoria please contact Glenn Assu for more information.

