



the SEABIRD ISLAND

Sq'ewqel

# YOO HOO

*Because news isn't all bad or boring!*

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

Temt'elémèches (February) 2020



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## LISTEN: Seabird Island school partners with UFV for Halq'eméylem language course

UFV professor Mary Stewart traveling to Seabird Island to teach the four-credit course.

The “Baby Shark” children’s song that took social media by storm since its release in 2016 is enjoying a revival at the Seabird Island Community School.

Education Assistant, Kaitlynn Muir decided to harness the popularity of the song, about a family of sharks, to teach Halq'eméylem Halq'eméylem, the language of the Stó:lō people.

“It sounds quite simple,” curriculum developer Dianna Kay said of Muir’s work. “But what

happens is the students are learning the words for ‘mom’, ‘dad’, stuff like that.”

The educational cover song is part of a larger partnership between the school and UFV to revitalize the Halq'eméylem language, which only has one surviving fluent speaker.

Seabird Island Community School Education Assistant Kaitlynn Muir, (picture is on the next page) of her at the school on Jan. 17, 2020, created a matching game based on the viral “Baby Shark” children’s song to help teach students Halq'eméylem words for family members. (Karissa Gall/The Observer)

The school has had Halq'eméylem words painted on the walls and displayed on posters in classrooms for years, however, Kay said

## Dates to Remember

- February 17<sup>th</sup>  
All Facilities Closed  
Family Day



the new partnership is meant to further incorporate the language into classroom activities.

It began when the school signed a contract in August 2019, to have UFV professor Mary Stewart travel to Seabird Island once a week after school

and teach about 20 staff how to speak Halq'eméylem. Staff are incentivized to participate, Kay said, because they will be able to earn an Advanced Proficiency Certificate in Halq'eméylem from UFV and attend a graduation ceremony planned for sometime in June 2020.

To teach Halq'eméylem, Kay said Stewart uses gestures — a technique of the accelerative integrated methodology — and incorporates technology by having staff manipulate words on an interactive whiteboard.

“Not too many people are doing that with Indigenous languages,” Kay said.

Since Stewart started teaching the weekly classes in September 2019, Kay said staff have already improved their knowledge.

“The learning curve has just been straight up,” agreed education assistant Kori Tait. “And to be able to not have to drive [to UFV] to take classes is amazing.”

Seabird Island Community School Education Assistant Kori Tait holds up a flashcard with the Halq'eméylem words for “What time is it?” at the school on Jan. 17, 2020. Since September 2019, Tait has been enrolled in the weekly after-school Halq'eméylem language classes being taught on Seabird Island by UFV professor Mary Stewart. (Karissa Gall/The Observer)

Teachers taking the course are already using more Halq'eméylem words when verbalizing common teacher commands, such as “sit,” and at transition times, such as moving desks or turning a page over.

One teacher, Brandy McCallum, also painted the front windows of the school with a Stó:lō woman and the Halq'eméylem greeting “Éy swáyel,” which translates to “Good day” in English, as well as a Stó:lō man with the Halq'eméylem words for “later.”

“It’s really exciting to see,” Kay said, adding that ultimately, the school hopes to teach entirely in Halq'eméylem. “In order for us to get there we have to crawl before we can walk and walk before we can run.”

<https://www.agassizharrisonobserver.com/news/seabird-island-school-partners-with-ufv-for-halqemylem-language-course/>

Submitted by: Dianna Kay



Seabird Island Community School education assistant Kaitlynn Muir, pictured at the school on Jan. 17, 2020, created a matching game based on the viral “Baby Shark” children’s song to help teach students Halq'eméylem words for family members. (Karissa Gall/The Observer)



Seabird Island Community School education assistant Kori Tait holds up a flashcard with the Halq'eméylem words for “What time is it?” at the school on Jan. 17, 2020. Since September 2019, Tait has been enrolled in the weekly after-school Halq'eméylem language classes being taught on Seabird Island by UFV professor Mary Stewart. (Karissa Gall/The Observer)

# First presumptive case of coronavirus confirmed in B.C.

The coronavirus started in China, it is not local to BC. 1 person in BC has a confirmed case of coronavirus. He is doing well and being cared for. A small number of people around the province have been tested for the virus out of an abundance of caution. Screening procedures have been put in place at the Vancouver Airport.

The public should be wary of rumors circulating on social media and follow only credible sources for information. Rumors can lead to inappropriate discrimination against people and set people in panic more, when it is not necessary.

Please be cautious when you are sick, take good care of yourself, see a doctor for the proper medications and advice and above all stay home and rest so you can avoid circulating any viruses and focus on getting well. When you go to work or school or other activities while sick, you will make yourself sick longer or your illness can evolve

and get worse. The sooner you get better the better from a flu or cold, the less likely you are to get your family sick.

## Tips keeping a sick-free home:

- Air out your home, for a 1/2 hour a day to blow the sickness out.
- Disinfect your home, wash down the: door knobs, light switches, tv remotes and more.
- Wash your dish sponges in the dishwasher to eliminate germs, or replace every couple weeks,
- Keep yourself and your family clean.
- Keep up with laundry, wash your bedding .
- Cover your mouth: sneeze or cough into a kleenex.
- Wash your hands after you sneeze or cough.
- Use a humidifier, ensure you clean it and change the filters regularly.
- Take daily vitamins, especially vitamin C, B6 and E.

**Did you know:** Bacteria and viruses can live about twenty minutes on your sleeve. But they can live a couple of days on hard surfaces like the counter top.



## Notice

Hello Staff and Community Members,

On Thursday and Friday January 16 and 17, 2020 Seabird Island Band Office had water damaged incidents occur in the building – 1 in the doctor's office and 1 upstairs in the Band office.

We immediately had a Restoration Company come in over the weekend to remove damaged debris and put fans in to dry out the wet areas.

The Restoration Company has assured us air quality is not being effected as they have removed the affected areas and are actively drying out the remainder of the water.

The affected areas will be repaired as soon as possible and we will ensure everyone's safety is addressed and the hazards are mitigated.

We can all expect to see sectioned off areas as repairs begin – at this time we will be doing everything we can to ensure services have the least interruptions possible.

# Ways to Declutter Your Home with Organization

## Tips Part 1:

There will be three parts to decluttering your home. Hopefully you find this as helpful as I did.

Everyone has a little “junk” lying around the house. OK, some of us may have more than a little. Regardless of how much stuff we have, we can all benefit from decluttering our lives and homes. *The mess causes stress.* If you're not taking care of the clutter in your home, you may not be taking care of yourself either.

### Why You Should Declutter Your Life

**When is clutter a problem?** For many people clutter can be an energy zapper or they waste time looking for things they can't find. A house full of clutter could cause fire hazards and other health complications when mold and dust are present.

**What is clutter?** Clutter is anything you're keeping around your house that doesn't add value to your life.

**Why should you declutter?** Many people enjoy decluttering because it relieves stress, providing a sense of control and accomplishment.



### PART 1: How to Declutter Your Home

#### Step 1: Set Goals

Before you start, make a plan. No matter how many rooms or how much clutter you have to get through, starting with specific goals will help you create a plan that will reduce any frustration as you go. Here are a few things to keep in mind:

- Write down all the rooms and ‘clutter hot spots’ you want to tackle.
- Give each space a grade based on the severity of the clutter. For example, on a scale of 1 – 3 (3 being the most cluttered), a particularly messy room or closet would get a 3. This will help you prioritize your time.
- Do one room or one space at a time.
- Set completion dates for each phase of your cleanup. Be sure to pick dates that are attainable so you don't get frustrated.

- Plan time to work on specific areas when you expect decluttering those spaces to take longer than a few hours.

#### Step 2: Create a Sorting System

As you go through the rooms and spaces in your house, you will need a system for sorting the items you find. You can create your own method, or use one of the most popular organizational tips: the “Three-Box Method.” This method enables you to make a decision item by item, so you don't end up with a bigger mess than the one you started with.

Gather three boxes or storage bins, label them as follows and then use the organizing tips below:

#### Step 3: Get Rid of the Clutter

You have a few options for disposing of items that make their way into the “Get Rid of It” box.

- **Recycle:** Recyclable glass, plastics and paper can go straight into your recycling bin. Many electronics can and should be recycled.
- **Donate or Freecycle:** You can rest easy knowing that something you no longer need is going to a good home. Clothes, shoes and other household items in good condition can be donated.
- **Have a Garage Sale:** If you're up to the task, you may be able to make a little money off your clutter by having a garage sale.
- **Rent a Dumpster:** This is an affordable, stress-free option, especially if you have a lot to get rid of or larger household items you're throwing away.



## 10 Helpful Decluttering Tips for Your Home

*Clutter could cause fire hazards, affect mental health and create other health complications for you and your children!*

You may have trouble getting rid of things that you spent your hard-earned money on, which you once used or loved. These are real and valid feelings that make it challenging to part with our stuff.

- 1. The 80/20 rule:** When it comes to clothing, we generally only wear 20 percent of the clothes we own 80 percent of the time. This rule tends to hold true for other things as well, such as video games, computer parts, books, DVDs, toys and more. Your mission is to get rid of the things you don't use 80 percent of the time.
- 2. Get over sunk costs.** In the world of economics, costs that have already been incurred and cannot be recovered are referred to as sunk costs. As you go through the items in your house, most things should be considered sunk costs (except for rare situations where an item may have increased in value).
- 3. See if it works.** If whatever treasure you found stashed away in your house doesn't work, get rid of it.
- 4. Think of the last time you used it.** If you haven't used something you come across in the last six months, you should probably get rid of it.
- 5. Track which items you actually use.**



There's a neat decluttering tip you can use with clothing, books and DVDs (pictured above). Over the course of six months, when you use or wear an item put it back facing the opposite direction of the others. This allows you to see what you've used and what you haven't. When you haven't used or worn something in those months, get rid of it.

- 6. Ask yourself if you love it.** This may seem obvious, but sometimes we keep things we aren't completely

crazy about. But if you don't love it and you haven't used it in more than 6 months, add it to the "Get Rid of It" bin.

- 7. Sleep on it.** After you've made the decision to get rid of some of the clutter in your home, sleep on it. If there's something you can't live without, you'll know in the morning.
- 8. Start with small decluttering projects that feel big.** Before you commit to an entire room, start with a few small projects that will give you a sense of accomplishment when you're done.
- 9. Clear off flat surfaces.** Countertops, shelves and other flat surfaces are clutter-magnets. If you need to keep a few things on the countertops, that's OK, but make it a goal to free your

flat surfaces of most clutter. Only keep frequently used, essential small appliances on kitchen countertops – the rest should be put away or donated if you never really use them.


- 10. Keep like things together.** Categorizing things as you go through them is imperative to organizing your home. In fact, keeping like things together forces you to organize your home. And it will make your life easier! Store like items close to where you will use them.


*Keep an eye out for the next two steps in decluttering your home.*


<https://www.budgetdumper.com/resources/how-to-declutter-your-home.php>



**FREE!**

 Saturday, January 18th  
Saturday, February 15th  
Saturday, March 14th

 **10:30AM-2:30PM**  
*Free Lunch Provided*

 **Kwantlen Park Secondary School**  
10441 132 St,  
Surrey, BC V3T 3V3

 **Registration Link:**  
<https://aboriginalsportbc.wufoo.com/forms/z46nwis1qtjvtp/>



You are invited to attend three sessions of the  
**Indigenous Athlete Performance Program**



Are you an Indigenous athlete age 13 to 18? Are you heading to the North American Indigenous Games or the BC Summer Games? Or do you just want to push yourself to the next fitness level?! Join us once a month this winter for free fitness testing, an introduction to a strength and conditioning program, and basic dry-land training!

**EVENT INQUIRIES:**  
Alana See  
Manager - High Performance Services  
PacificSport Fraser Valley  
Phone: 778-870-3777  
Email: [asee@pacificsport.com](mailto:asee@pacificsport.com)

*Interested in hosting a Sport Development Camp, Coaching Certification Course, and/or Officials Training Session in your community?*

Contact I-SPARC Regional Coordinator: Fraser Region  
Alana Cook ([acook@isparc.ca](mailto:acook@isparc.ca))



# Employment Services

Note\*\* All employment services such as: driving school, labour pool, computer use and CDP assistance are for active clients only. Those using these services will be asked to fill out paperwork to open a file or to renew your file. Open to community and Band Members.



## Training/Education Funding

\*\* If you're planning on taking training or an educational program this spring please see a CDP regarding funding options. \*\* Funding requests/applications are for approved accredited educational programs. Reminder that funding packages need to be completed 4 weeks prior to program start date. Please call to set up an appointment at 604-796-6865.

## Monthly Action Plans

Monthly action plans are due *the 15<sup>th</sup>* of each month. Appointments can be made with your CDP prior to Income Assistance day to avoid waiting in line. College students are also reminded to bring in their monthly student attendance record to their appointment.

## Work Place Clothing Closet

New to our office is a workplace clothing closet. All articles of clothing are for adults suitable for interviews, work in both office and labour environments. Donations accepted. (Sorry, no children's clothing, toys and household items available)



## Labour Pool

Labour Pool is now accepting applications for casual/on call/temporary employment. This program is in place to assist anyone in the community that would like to work on call for the Seabird Island Band. Must be 16 years+. Required ID – SIN, Status card, 2 pieces of government ID, direct deposit form and be an active employment services client.

## Driving School

The Seabird Driving School provides driving lessons. As well as, the use of the school vehicle for all class 7N and 5 road tests. Please call Hillary at 604-796-6865 to schedule an appointment with Jim or for more information.



## Self-Serve Options

We have computers and a printer available for anyone in the community that would like to job search, create resumes or research educational programs. We are happy to assist you and offer guidance if needed.



*The employment services that are provided at Seabird Island are funded by SASET through an agreement with Service Canada. First Nation people who are status/non status, live on/off reserve and Inuit individuals who seek employment services are welcome to access these services.*

## Looking for a tutor? We can help!

**Tuesday & Thursday after school  
3:00 p.m. - 5:00 p.m. at 2821 Chowat Rd.**

**Seabird Island Community High School student lounge.**

Tired of struggling with your classes. One on one learning and homework assistance.

Come join Courtney and Tamara.

Snacks will be provided.

**Cindy Kelly - 604-796-6834 or 604-997-3956**

# How can we resolve our family law issues?



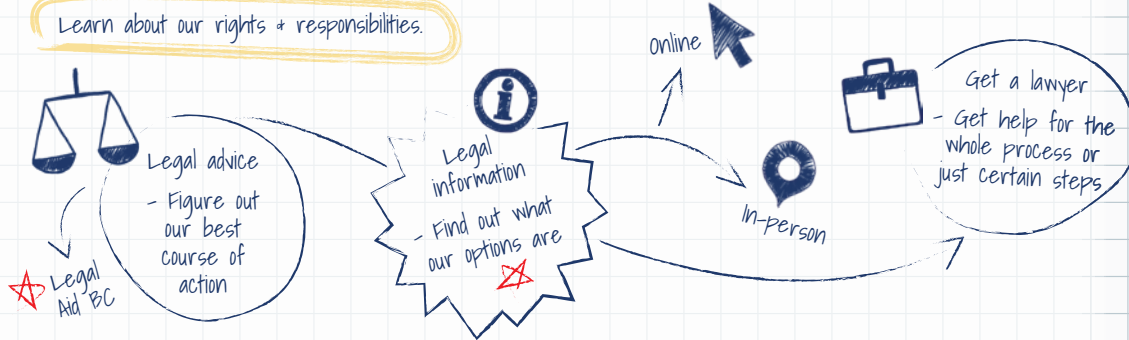
- Don't always need to go to court
- Going to trial is rare
- We can choose what's best for us

Some services are FREE ★

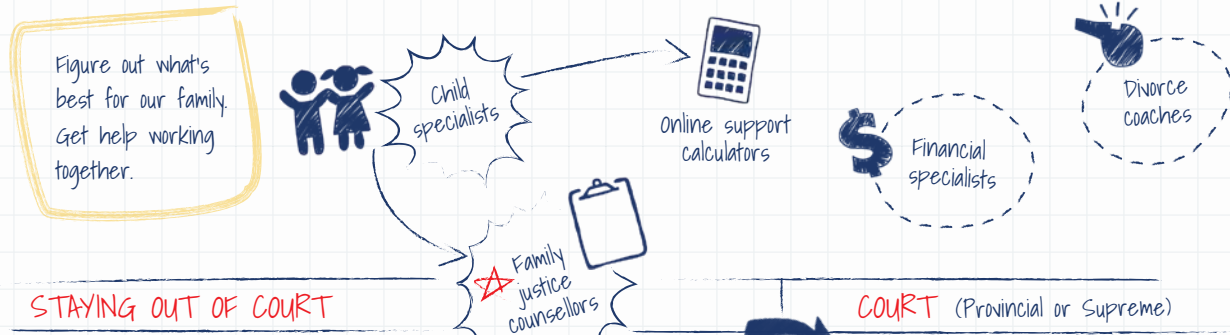


## LEGAL HELP

Learn about our rights + responsibilities.



## OTHER SUPPORT



## STAYING OUT OF COURT

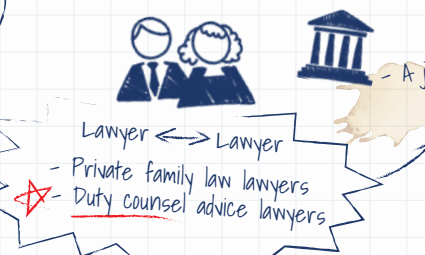
Going to court can increase conflict and can be expensive.



## COURT (Provincial or Supreme)

May need go to court for some things. But most people resolve their issues out of court.

- Interim orders**  
- Temporary orders made before final resolution
- Consent orders**  
- We agree, then court makes order
- Trial**  
- A judge makes the final decision



# Community Events Calendar – 2020

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Slhah
	<p style="text-align: center;"><b>We are no longer delivering to residents homes!</b>                      You may pick-up your Yoo Hoo at the Lobby of the Band Office or at the <b>red newsletter boxes</b> in the Community.</p> <p style="text-align: center;"><b>Nature Friendly Option!</b>                      Those who prefer to receive newsletters by email, submit requests to <a href="mailto:comm@seabirdisland.ca">comm@seabirdisland.ca</a> providing name and email</p>	<p style="text-align: center;">Would love to hear feedback from the community and would like to see what people would like to do? Please Contact Leanne Ellis for Community Cultural Events: <a href="mailto:leannee@seabirdisland.ca">leannee@seabirdisland.ca</a> or phone 604-796-6939</p>	
2		3	4
<ul style="list-style-type: none"> <li>• Seabird Mass 11 - 12 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Pancake Breakfast 9 - 11 a.m.</li> <li>• Youth Fitness Program at School gym 3:15 - 5:00 p.m.</li> <li>• Meals on Wheels 5 - 6 p.m.</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;">    </div> <ul style="list-style-type: none"> <li>• Drop in Tutoring 3 - 5 p.m.</li> <li>• Making wallets or Glasses Case with beading or moose tufting 4 - 7 p.m.</li> <li>• Church Study Group 7 p.m.</li> <li>• Youth and Elders Night hosted by Ucwalmicw All Nations (Evergreen Hall)</li> </ul>	<ul style="list-style-type: none"> <li>• Community Kitchen 10:00 - 11:00 a.m.</li> <li>• Elders Rummage Sale 11:00 - 12:00 p.m.</li> <li>• Halq'eméylem Language &amp; Dianna Kay 4:30 - 7:30 p.m. <i>Seabird High School</i></li> <li>• Meals on Wheels 5 - 6 p.m.</li> <li>• Youth Slahal and dinner 5:30 - 7:00 p.m.</li> </ul>
9		10	11
<ul style="list-style-type: none"> <li>• Sts'ailes Mass 11 - 12 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Pancake Breakfast 9 - 11 a.m.</li> <li>• Youth Fitness Program at School gym 3:15 - 5:00 p.m.</li> <li>• Meals on Wheels 5 - 6 p.m.</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;">    </div> <ul style="list-style-type: none"> <li>• Drop in Tutoring 3 - 5 p.m.</li> <li>• Youth Fitness Program at workout room 3:00 - 5:00 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Elders Rummage Sale 11:00 - 12:00 p.m.</li> <li>• Halq'eméylem Language &amp; Dianna Kay 4:30 - 7:30 p.m. <i>Seabird High School</i></li> <li>• Meals on Wheels 5 - 6 p.m.</li> <li>• Youth Salah sets 5:30 - 7:00 p.m.</li> </ul>
16		17	18
<ul style="list-style-type: none"> <li>• Seabird Mass 11 - 12 p.m.</li> </ul>	<p style="text-align: center;"><b>Facilities Closed - Stat Holiday</b>  <i>Family Day</i></p>	<div style="display: flex; justify-content: space-around; align-items: center;">     </div> <ul style="list-style-type: none"> <li>• Drop in Tutoring 3 - 5 p.m.</li> <li>• Youth Fitness Program at workout room 3 - 5 p.m.</li> <li>• Making wallets or Glasses Case with beading or moose tufting 4 - 7 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Elders Rummage Sale 11:00 - 12:00 p.m.</li> <li>• Youth Swimming at Chehalis 3:30 - 8:00 p.m.</li> <li>• Halq'eméylem Language &amp; Dianna Kay 4:30 - 7:30 p.m. <i>Seabird High School</i></li> <li>• Meals on Wheels 5 - 6 p.m.</li> </ul>
23		24	25
<ul style="list-style-type: none"> <li>• Sts'ailes Mass 11 - 12 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Pancake Breakfast 9 - 11 a.m.</li> <li>• Youth Fitness Program at School gym 3:15 - 5:00 p.m.</li> <li>• Meals on Wheels 5 - 6 p.m.</li> </ul>	<div style="display: flex; justify-content: space-around; align-items: center;">    </div> <ul style="list-style-type: none"> <li>• Drop in Tutoring 3 - 5 p.m.</li> <li>• Youth Fitness Program at workout room 3 - 5 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Elders Rummage Sale 11:00 - 12:00 p.m.</li> <li>• Halq'eméylem Language &amp; Dianna Kay 4:30 - 7:30 p.m. <i>Seabird High School</i></li> <li>• Meals on Wheels 5 - 6 p.m.</li> <li>• Youth Workshop: Safe Schools 5:30 - 7:00 p.m.</li> <li>• Income Assistance Day 9:00 - 11:00 a.m.</li> </ul>



# Temt'elémèches (February) 2020

:xws	(T) Sxe'ó:thels	(F) Sheqá'tses	(S) T'óqw'tem
			<p style="text-align: right;"><b>1</b></p> <ul style="list-style-type: none"> <li>Youth Black History Month 'The Black Experience Expressed Through the Arts' (6 spots) 11 a.m. - 7 p.m.</li> </ul>
<p style="text-align: right;"><b>5</b></p> <p>10:30 - 1:00 p.m. 11 - 12 p.m. Lunch with Mary Stewart 1:30 p.m. 2 p.m. 3 - Yak Youth visiting</p>	<p style="text-align: right;"><b>6</b></p> <ul style="list-style-type: none"> <li>Drop in Tutoring 3 - 5 p.m.</li> <li>Beading/Sewing/Pine Needle and Cedar Making nights 4 - 7 p.m.</li> <li>Youth Council 3:30 - 5:30 p.m. Cooking and Meal Prep 6 - 8 p.m.</li> </ul>	<p style="text-align: right;"><b>7</b></p> <ul style="list-style-type: none"> <li>Youth Mini Queens program at Yak (females 9-13) School gym 3 - 5 p.m.</li> </ul>	<p style="text-align: right;"><b>8</b></p> <ul style="list-style-type: none"> <li>Youth Lindeman Lake 11 - 5 p.m.</li> </ul>
<p style="text-align: right;"><b>12</b></p> <p>10:30 - 12 p.m. Lunch with Mary Stewart 1:30 p.m. 2 p.m.</p>	<p style="text-align: right;"><b>13</b></p> <ul style="list-style-type: none"> <li>Drop in Tutoring 3 - 5 p.m.</li> <li>Youth Council 3:30 - 5:30 p.m. Cooking and Meal Prep 6 - 8 p.m.</li> </ul>	<p style="text-align: right;"><b>14</b></p> <ul style="list-style-type: none"> <li>Traditional Medicine Making 4 - 7 p.m.</li> <li>Youth Valentine's Dance 7:00 - 11:30 p.m.</li> <li>Income Assistance Renewals Due</li> </ul>	<p style="text-align: right;"><b>15</b></p> <ul style="list-style-type: none"> <li>Youth Family Day Powwow at Chilliwack secondary school. 1 - 7 p.m.</li> </ul>
<p style="text-align: right;"><b>19</b></p> <p>10:30 - 12 p.m. Cheam Rec Center Lunch with Mary Stewart 1:30 p.m. 2 p.m.</p>	<p style="text-align: right;"><b>20</b></p> <ul style="list-style-type: none"> <li>Diabetes Session 10:30 - 1:00 p.m. <i>Heart &amp; Stroke Topic</i></li> <li>Drop in Tutoring 3 - 5 p.m.</li> <li>Youth Council 3:30 - 5:30 p.m. Cooking and Meal Prep 6 - 8 p.m.</li> <li>Beading/Sewing/Pine Needle and Cedar Making nights 4 - 7 p.m.</li> </ul>	<p style="text-align: right;"><b>21</b></p> <ul style="list-style-type: none"> <li>Youth Wrestling Ghosts Documentary 3 - 5 p.m. <i>School Gym</i></li> </ul>	<p style="text-align: right;"><b>22</b></p>
<p style="text-align: right;"><b>26</b></p> <p>10:30 - 12 p.m. Lunch with Mary Stewart 1:30 p.m. 2 p.m. 3:30 p.m. ex #2</p>	<p style="text-align: right;"><b>27</b></p> <ul style="list-style-type: none"> <li>Drop in Tutoring 3 - 5 p.m.</li> <li>Youth Council 3:30 - 5:30 p.m. Cooking and Meal Prep 6 - 8 p.m.</li> </ul>	<p style="text-align: right;"><b>28</b></p> <ul style="list-style-type: none"> <li>Youth Cheam Wetlands 3:30 - 6:00 p.m. Dream catchers</li> <li>Feast/ Laanguage Bingo Night 4 - 9 p.m. Beef Stew and Biscuit <i>Band Gymnasium</i></li> </ul>	<p style="text-align: right;"><b>29</b></p>

# VALENTINES YOUTH DANCE

February 14, 2020

Open to all Fraser Valley Youth



PRIZES

GAMES

Hostess:  
Seabird Island  
Youth Council

**PLACE:** 2895 Chowat Rd. (Seabird Gym)

**TIME:** 7 - 11:30 p.m.

**AGES:** 12 to 18

**CONTACT FOR INFO:** Katelyn Moon 604-819-7897

Fee:  
Donation



# Rummage Sale

*Seabird Elders*

**WHEN**

Every Wednesday  
11 a.m. - 2 p.m.

**WHERE**

Elders College  
Room 10

Come support the Seabird Island Elders in their fundraising efforts & also treat yourself to something that is new to you!  
Contact Margarete de Groot at the Seabird Island Band Office for more information:  
604-845-7056

# 2020 HTC

**HALQ'EMEYLEM TRANSLATION CONTEST**

We invite you to witness our HTC 2020.

This year we planned a group pre-submission book contest. List includes counting people, sentence development, word identification and opposites.

Please contact Dianna Kay if you wish to enter your youth team.

**DATE: MARCH 12, 2020**

**TIME: 10:00—2:00PM**

**LOCATION: Gathering Place Chilliwack CEP UFV Campus**

**LUNCH: LITE LUNCH PROVIDED**

**Divisions**

- Elementary Kindergarten – Grade Three
- Middle Grade Four – Grade Eight
- Secondary Grade 8 – Grade Twelve
- Adult

*Qwest kw'e sháq'wem te Halq'eméyemqel*

UNIVERSITY OF THE FRASER VALLEY

**ISPARC**  
Indigenous Sport, Physical Activity & Recreation Council

**Move | Play | Compete**

**FREE!**

Hosted by the Opus Prep Foundation:

## Four-Week Basketball Development Camp!

**Wednesdays!**  
February 5, 12, 19, 26

- 5-5:45PM (15 yr+)
- 5:45-6:30PM (9 to 14 years old)
- 6:30-7:15PM (5 to 9 years old)

**Eugene Reimer Middle School**  
3433 Firhill Dr, Abbotsford, BC V2T 6X6

**EVENT INQUIRIES:**  
Upkar Tatlay  
778-223-6987  
upkar@opusprep.org  
Opus Prep Foundation

**Please Pre-Register:**  
<https://opusprep.com/ibn/ibn/ibn/forms/z18wklia70gbo75/>

Interested in hosting a Sport Development Camp, Coaching Certification Course, and/or Officials Training Session in your community?

Contact I-SPARC Regional Coordinator: Fraser Region  
Alana Cook (acook@isparc.ca)

**ISPARC**  
Indigenous Sport, Physical Activity & Recreation Council

**Move | Play | Compete**

**FREE!**

Hosted by the Spirit of the Children Society:

## Youth Archery Camp!

**Wednesday, Feb. 26<sup>th</sup>**  
5-7PM  
Ages 10-18

**H. D. Stafford Middle School**  
20441 Grade Crescent, Langley

**Registration Link:**  
<https://aboriginalsportbc.wufoo.com/forms/ze9gq1404undlw/>

**EVENT INQUIRIES:**  
Mikhaila Tobin  
m.tobin@socts.ca  
604-441-3085  
Spirit of the Children Society

Interested in hosting a Sport Development Camp, Coaching Certification Course, and/or Officials Training Session in your community?

Contact I-SPARC Regional Coordinator: Fraser Region  
Alana Cook (acook@isparc.ca)

**Spirit of the Children Society**

**Sport for Life WORKSHOPS**

**Indigenous Communities: Active for Life**

The Indigenous Communities: Active for Life resource and accompanying full-day workshop were created through a national process involving Indigenous sport and physical activity leaders throughout Canada, with the purpose of establishing culturally tailored resources that inspires community leaders to deliver programs that promote the holistic development of their participants.

The resource and workshop support community leaders in the development of sustainable, quality sport and physical activity programs that build collaborative relationships, and re-engage their community members in active and healthy lifestyles. Upon completion of the workshops, participants will have:

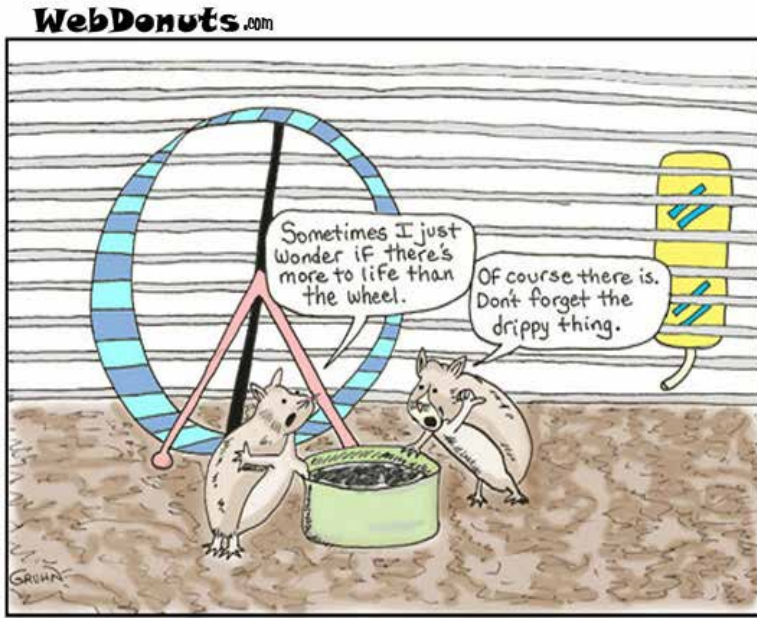
- Tools, resources, and action plans to support the design and delivery of quality sport and physical activity programs in their community
- An understanding of physical literacy, which is the development of movement skills, confidence, and motivation to be active for life
- Ideas to support their participants' physical, mental/emotional, spiritual, and cultural needs
- A certificate of workshop completion and 3 National Coaching Certification Program (NCCP) Professional Development (PD) points (if applicable)

**LOCATION DETAILS**  
Sunday, March 8<sup>th</sup>, 2020  
9:00am – 5:00pm  
Tzeachten First Nation - Gym  
45855 Promontory Road  
Chilliwack, BC  
Fees & lunch covered via I-SPARC

**CONTACT DETAILS**  
Kim Leming, Provincial Coordinator  
[kleming@isparc.ca](mailto:kleming@isparc.ca) | 250-218-2884  
Antonia Malloway, Program Coordinator  
[antonia@tzeachten.ca](mailto:antonia@tzeachten.ca) | 604-858-3888

[Click Here to Register Online](#)

# Comic



## Tem'lemeches - Time when hands stick to things from cold

"February"

### Aquarius

January 22 - February 19

**Key characteristics:** Curious, inventive, dreamy and eccentric. You express devotion and fidelity.

**Flower:** Orchid

**Birthstone:** Amethyst

### Pisces

February 20 - March 20

**Key characteristics:** Cares about ideals and aspirations. Pisces likes to dream and is drawn to the arts, especially the stage.

**Flower:** Violet

**Birthstone:** Amethyst

## Quotes of the Month:

"Kindness in words creates confidence.  
Kindness in thinking creates profoundness.  
Kindness in giving creates love."

~ Lao Tzu

"Keep love in your heart. A life without it is like a sunless garden when the flowers are dead."

~ Oscar Wilde

## Halq'eméylem Word Search

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

## Words:

1. ímexyósem - to go for a walk
2. í'ly - cute (little thing)
3. í:lhel - eat
4. íyó:lemstexw - obey him/her
5. ístexw - to leave something (with someone)
6. éystelómet - pretending to be good.
7. éyes - to have fun
8. iyaléqep - to smell good
9. eyát - to chase him/her
10. eyó:sthet - have lots of fun
11. malyí - To get married
12. qá:lq - rose
13. qáq'et'em - Sweet
14. q'á:wthet - To rest yourself
15. q'axí:l - To be a partner with him
16. qwéyílex - dancing
17. tskwí:m - Red
18. tskwikwemel - pink
19. lheqsqwóqwel - speaker announcer at gatherings
20. iyómex - Good-looking

Submitted by: Zorana Edwards-Shippentower

## 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. This will be a part time position requiring the person to work up to 5 hours on school days.

## IT Teacher

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

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

## 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.

Some Special Ed. Teachers will work with students who have physical and sensory disabilities, such as blindness and deafness and with students who are wheelchair-bound. They may also work with those who have autism spectrum disorders and emotional disorders, such as anxiety and depression.

Special Ed. Teachers help students with severe disabilities develop basic life skills, such as how to respond to questions and how to follow directions.

## Intermediate Teacher

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.

## Dental Hygienist On-Call

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

## Certified Dental Assistant (CDA) - Part Time

The Certified Dental Assistant will greet and prepare patients for dental exams and procedures. The Certified Dental Assistant will be trained to use a variety of dental equipment and they will assist the Dentist during dental and oral procedures and instruct patients on post-operative and general oral health care. The Certified Dental Assistant will also be responsible for maintaining dental equipment, sterilizing instruments and ensuring necessary items are stocked.

## Early Childhood Education Cultural Worker

The Early Childhood Cultural Worker provides cultural programming, activities in all our Early Childhood Programs. To engage and teach our children, families and staff our language and cultural through age appropriate activities

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

## Home Care Aide

The Home Care Aide's primary goals are to improve the quality of life of the Seabird Island Band 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(s) (CHN) and/or Home and Community Care (HCC) Nurse. These goals are to be achieved by using the professional public health knowledge and skills within the Medicine Wheel practice model.

## Senior Financial Analyst

The Senior Financial Analyst is part of the Finance and Administration Team and is primarily responsible for analyzing and interpreting the Financial and statistical data of Seabird Island Band. The position must maintain confidentiality of all records.

Coordinates the flow of information from Contracts and Agreements to the various departments within Seabird Island Band. This includes reporting on a timely basis adhering to company policies and procedures as well as contractual requirements and ensuring all deadlines are met within established timeframes.

## Economic Development Manager

The Economic Development Officer (EDO) will play a vital role in defining the character and trajectory of economic growth within Seabird Island. The EDO will be a highly visible, accomplished professional, who reports to the Strategic Planner and will have a lead role in activities and initiatives that will attract investment and business opportunities to Seabird Island.

The EDO will be responsible for the delivery and administration of business development programs, management as well as attraction of new business, maintaining relationships with partners and any other organizations doing business with the Seabird Island Band (SIB).

SIB is also in the process of establishing the business arm of the Band to centralize and streamline all economic development ventures within the structure of the Sqewqel Development Corporation. The EDO will assist in the transition of economic development activities from the Band to the corporation.

## 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.

## Aboriginal Rights & Titles Manager

Under the direction of the Strategy Advisor, of Government Affairs, the Aboriginal Rights and Titles Supervisor is responsible for conducting and overseeing guided and independent research on a range of issues related to Aboriginal rights and titles.

The Aboriginal Rights and Titles Supervisor oversees the use of lands and resources and is involved in decisions regarding the development of those lands and resources. He/she will also engage in work to analyze and develop laws and policies concerning how the lands and resources are utilized.

Aboriginal Rights and Title affirm rights to Traditional Territories and the right to maintain and protect the resources within traditional lands and waters.

## Policy Writer

The Policy Writer, under the direction of the Executive Director (ED) will be responsible for the research, analysis of information and consulting with the executive team, stakeholders, internal staff and technical experts in formulating recommendations on a wide range Policy Development.

The role is privy to sensitive and private information and requires a high degree of integrity, accountability and confidentiality.

Responsibilities will include planning, formulating, coordinating and implementing operational policies, programs, codes, laws, bylaws and strategies necessary to support and guide the organization's overall plans and objectives, as required. The Policy Writer is skilled at articulating and influencing comprehensive and inclusive policy, governance and planning advice both oral and written.

## Early Childhood Education (ECE) Generalist

Under the direction of the Early Childhood (ECE) Program Director, the ECE Generalist will provide 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 the Out of School Care program, Seabird Island Daycare and Preschool.

## Marketing & Social Media (MSM) Specialist

The Marketing and Social Media Specialist will be responsible for the monitoring, uploading and creation of all Seabird Social Media. This may include online visual design and concepts, typography, logo and icon design for interactive platforms.

The Marketing and Social Media Specialist will use their extensive knowledge of specialized design concepts, media and software tools to develop comprehensive layouts and the production of the marketing social media and web presence.

## Senior Executive Assistant to Executive Director

The Senior Executive Assistant will perform direct administrative and professional support to the Executive Director (ED) of Seabird Island Band. The Senior Executive Assistant is expected to provide support directly to Chief and Council as a whole, as well as to the individual members of Council.

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

## Home Care RN

Under the direction and supervision of the Health Director, the RN shall provide care, leadership and expertise, in accordance with Band policies. Specifically the Nurse is responsible for ensuring that timely health services are provided to all families that Seabird Island Health Programs serve. As with all positions with in the Health Department, the RN will be expected to support the success of other Health programs. This may include supporting Home and Community Care and providing other Nursing services in general.

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

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

**DEADLINES**

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

**AVAILABILITY**

Twice a month. The 15<sup>th</sup> of each month (or closest business day) and the last business day of each month.

Apply for email distribution or pick-up at the red community newsletter boxes.

**CONTACT US**

Have an ad or story idea?  
Email comm@seabirdisland.ca  
Monday to Friday 8:00 a.m. - 4:00 p.m.  
Closed on all statutory holidays.  
www.seabirdisland.ca

**Advertising sales:**

Contact Communications:  
604-796-2177 or  
email: comm@seabirdisland.ca

**Editing Team:**

Sandra Bobb, Kristy Johnson,  
Zorana Edwards-Shippentower,  
and Rose Giroux.

**AGREEMENT/LEGAL**

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

Editorials are chosen and written by Seabird staff, they are the expressed opinion of the staff and do not necessarily reflect the views of Seabird Island.

**Letters to the Editor** must be under 300 words and include your name, phone number, status number, signature (not for publication), as well as date/year submitted.

We reserve the right to revise, edit and/or reject any advertisement or story submissions.



# Classifieds

**SEABIRD CHURCH**

**Mass:** February 2<sup>nd</sup> and 16<sup>th</sup> ~ 11 a.m. - 12 p.m.

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

Contact Deacon Jamie 604-491-3053 or 604-615-5677.

**LOVED ONE PASS AWAY?**

We can help you send a copy of the death certificate to the First Nations Health Authority.  
Contact Amanda Peters 604-796-2177.

**FUNERAL PAMPHLETS**

As per Seabird Funeral Policy, the first 100 colour and 150 grey-scale funeral pamphlets, as well as 1 hour of design time is free for all Band Members. Additional design time or pamphlets can be requested for a fee.

We can also assist with pamphlets for non-Band Members, inquire for fees.

Contact Communications at 604-796-2177 or email comm@seabirdisland.ca.

**MEMBERSHIP STATUS CARDS**

Tuesday, 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:** 1<sup>st</sup> 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**

**Book now for the next clinic dates: TBA**

Recommended annual checkups for children under the age of 19 and every 2 years for ages 19-64.

Elders 65+ can be seen annually.

Have a medical condition, such as diabetes, or taking high risk medicines? You can also be seen annually.

Contact Amanda Peters 604-796-2177.

**DENTAL CLINIC**

Accepting new STATUS PATIENTS

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

**DENTAL WALK-IN PAIN CLINICS**

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

Patients will be screened and those with most urgent problems will be seen first. Others seen on a first come, first serve basis.

Contact the Dental Clinic 604-796-6853.

**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](http://www.bcyukonaa.org)

**NOTICE**

**NO SOLICITING PEDDLING DISTRIBUTION OF PAMPHLETS**

All offenders will be reported and prosecuted to the full extent of the law.

By order of Chief and Council

Chief and Council assert there is to be no solicitation of any sort. Visitors need permission from Chief and Council to solicit door to door.

If you get a questionable person knocking on your door you do not need to let them in. You have the right to close the door and contact the RCMP. There is an open file at the RCMP.

**Community safety is a Chief and Council priority. Please contact us if you have any concerns.**

**Seabird Island Income Assistance**

**BC Hydro & Fortis Bills**

**1** BC Hydro & Fortis bills are to be submitted by the 20<sup>th</sup> 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

**2** Renewals & Job search are due on the 15<sup>th</sup> of each month.

# VOTE 2020



# Chief & Council Elections

Nomination packages available at the Seabird Band Office in the Lobby or on the front page of the Seabird web site.

**Dates to remember:**

February 10, 2020 - Notice of Nomination

March 6, 2020 - Nomination Closes

April 15, 2020 - Election Day



**FEDERAL  
INDIAN DAY  
SCHOOL  
CLASS ACTION**

**Claim Due By:  
July 13, 2022**



There is a nation-wide settlement to compensate  
Survivors of **Federal Indian Day Schools**  
and **Federal Day Schools**

If you attended one of these schools, you've  
waited a long time for this moment.

This may be an important step in your healing journey.

Find out if you are eligible for compensation and how you can make a claim.

Go to **IndianDaySchools.com** or call us at **1.888.221.2898**

Need to Talk? Contact the Hope for Wellness Hotline: 1.855.242.3310

***Filling out this Claim Form may be emotionally difficult or traumatic for some people.***

*When filling out a form, if you are experiencing emotional distress, want to talk or need a hand, contact Bonnie Nickle or Lolly Andrew for assistance call the Seabird Island Band Office at 604-796-2177.*