

INSIDE

Holiday Hoopla Wrap Up pg. 2
 Maternal Child Health Dates pg. 3
 Red Road Driving School pg. 4
 Post-Secondary pg. 5
 9 Signs Your Not Eating Enough pg. 6
 Maternal Child Health pg. 7
 Calendar pg. 8-9
 Honour Roll Listing pg. 10
 Comic pg. 11
 Job Postings pg. 12
 Job Posting of the Month pg. 13
 Classifieds pg. 14
 Drones Stewarship Program pg. 15
 Piping Foundation..... pg. 16

Student Places in Remembrance Day Art Contest



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 Island High School Student places in an Art Contest for Remembrance Day. Congratulations to Jasmine McNeil for her 1st place finish in zones for her Legion Remembrance Day poster entry! To top that off, she also won second for the Chilliwack Legion area! A testament to her fantastic artistic skills!

Have any positive stories or accomplishments you would like to submit and share with the community? Feel free to share your story at comm@seabirdisland.ca please send photos as attachments.

Holiday Hoopla Hamper Drive



This year, our drive looked a little different and still the Holiday Hamper Hoopla was a success. Christmas hampers filled with sweet treats, a fun coloring book, masks and other goodies including gift cards. Were distributed by happy volunteers who offered their time to participate in the contactless event outside the gym. Seabird Island residents waved from behind their windshields as the hampers were placed into the vehicles for them.

Even though safety protocols have been put into place and everyone was masked

up, their eyes showed that they were smiling in holiday spirit. It was a busy couple days handing out the gift bags to the Community Members and a lot of work went into planning the event ahead of time by Charlene.

Volunteers were treated to a meal each day by Val Bobb to thank them for all they do. Those gestures of kindness really do make a difference and watching community come together as much as we could under current restrictions really shows how strong we are as a community.

Charlene shares how grateful she is for everyone coming together. "Thank you to all of our volunteers for coming out and helping, without you I wouldn't have been able to get this done."

We would like to take this opportunity to thank our donors for supporting our community. Together we made Christmas a little extra special. We hope everyone enjoyed a safe and Merry Christmas.

Holiday Hoopla Wrap up

From our bubble to yours, we wish you all a safe and Merry Christmas. It has been a very busy month for me, I have mailed 131 gift cards to our off-reserve members, 99 off-reserve Hamper gift cards and distributed 226 on-reserve hampers.

All made possible by our gracious donors, we thank you for supporting our Community.

Huge thank you to our 24 Volunteers. We appreciate you and everything you do! Words cannot express how grateful I am for your willingness to volunteer. Your generosity means the world to the people we serve.

Celeste	Pam	Tash	Archie	Andrew	Bea
Denise	Maddox	Marlon	Monica	Ernest	Jesse
Gord	Leanne	Kailie	Tim	Shane	Daniel
Linda	Jess	Dakota	Jessie	Val	Robert

It's not too late to have your gift card mailed, please text me your address or send me an email, deadline January 15, 2021

Cell: 604-793-5285 Email: events@seabirdisland.ca
Charlene Point
Events Coordinator
Seabird Island First Nation



Far from huggin falling inc.



**SHXW'ŌWHÁMÉL
VENTURES**



Chief and Council Notice:

That Chief and Council rescind the previous Banishment Order from December 15, 2014 and replace it with the following new Motion:

That Chief and Council reserve the right to Banish any individual that has been charged and/or convicted of a serious criminal offence that could jeopardize the well-being and/or safety of the Seabird Island Community. That Chief & Council, after proper consultation with the Executive Director (ED) or Chief Administrative Office (CAO), authorize the ED or CAO to execute a Banishment Order towards the individual.

This banishment will be carried out as long as the conditions of release or supervision order and/or conviction term (sentence) including incarceration, Probation (B.C. Community Corrections Branch) and Parole (Correctional Service of Canada; Parole Board of Canada) at which point, upon written request, the case will be reviewed by Council; and that this motion will be put in the community newsletter.

Seabird Island Band Chief & Council



Trust Cheques

January 4th from
9 a.m. to 3 p.m.
for the
Band Members
who turned 18 from
June 1 to
December 31, 2020.



Maternal Child Health

January Programming: Virtually connected.

Tuesday's & Thursday's: Clinic Days

January 5th-8th: Pre & Post: Door visits

January 14th: Sacred Seed—Virtual (Zoom)

January 28th: Bodies in Motion—Virtual (Zoom)

Stó:lō Community Futures (SCF) featuring Jim Harris in 'Indigenous Businesses, Small Business Week'



After years of driving the school bus and being the driving instructor for Seabird Island Driving School, Jim Harris has started his own business, the Red Road Driving School! As the world began dealing with COVID, it did not seem like an ideal time to start a business. However, it was a dream that Jim had to start his own driving school, to encourage Community Members and Youth to get a license, to open their options for education and job opportunities.

By accessing the programs available through Stó:lō Community Futures (SCF), Jim created a business plan, cash flow, and researched the insurances and licenses required to start a driving school. Jim purchased his own driving school

car, and had right-side controls installed. He also connected with Salish Son Design artist Ovila Mailhot, a Coast Salish graphic artist and Seabird Island Member, to design the Red Road Driving School logo. With COVID protocols in place, Jim offers Class 5/7 lesson packages, and hopes to expand to Class 4 Bus Driver training soon. Jim has a high success rate with his students passing their driving test, and can share many success stories of students that struggled to get their license that he has been able to help!

Red Road Driving School

Jim Harris

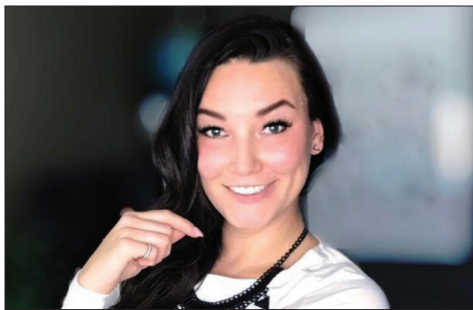
Tel: (604) 819-0588

Email: jimsue.harris@shaw.ca

If you are interested in getting your business started, need to expand your existing business, or have a business that needs help because of the COVID pandemic, please do not hesitate to contact the SCF Team! Please call SCF Business Analyst, Shannon Smith, at (604) 807-0514 or email ssmith@stolofc.ca.



New Staff



Hello, I am looking forward to hearing your voices and meeting many of you.

The stories of our past, present and future have a power tightly interwoven into our way of life. Everything is constantly in motion renewing through our belief and strength. My hope is for you to share knowledge and your vision for the future as we continue to transform as a Community.

My name is Jacqueline Blanchard, I am here to listen and create with you. Over the past couple years my heart started to

ache for the fresh air, mountains, lakes and greenery. So, this summer I moved home from Calgary, AB. In my early childhood years, I grew up in nature in the small town of 100 Mile House, BC. It was the most significant part of my childhood. Which is why it is important for my children to enrich their lives with a similar experience. Our family roots are here at Seabird and together as a family we are building our lives.

The Communications Department has graciously welcomed me to their Team. I feel it makes sense for you to know a little bit of my career history. My interest in communications began with working in a recording studio. Through music I was introduced to the world of fashion where I started to design for the runway. The creative people who surrounded me were inspiring, they were supportive, always proud to share skills and information. It was

here that I was asked to help to film the artists processes and behind the scenes which sparked my initial interest in videography. I went on to enroll in Marketing and Communications programs. During university I was fortunate to be taken under the wing of a mentor who taught me my career in personal finance. It is in my nature to nurture others and helping people feel financially secure by teaching fundamentals and habits of money management, gives me significance knowing I can make a difference. I still have my personal finance business; however, my hyperactive creative side needs to be acknowledged so here I am excited to be working in collaboration with Seabird Island Band as the Marketing Writer.

Thank you for reading a little bit about who I am and why I am here.

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 December 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.



9 Signs That You're Not Eating Enough

Achieving and maintaining a healthy weight can be challenging, especially in a modern society where food is constantly available.

However, not eating enough calories can also be a concern, whether it's due to intentional food restriction, decreased appetite or other reasons.

In fact, under-eating on a regular basis can lead to a number of mental, physical and emotional health issues. Here are 9 signs that you're not eating enough.

1. Low Energy Levels

Calories are units of energy your body uses to function. When you don't eat enough calories, you're likely to feel tired most of the time.

Although hormones also play a role in energy balance, generally if you take in more calories than needed, you will store most of the excess as fat. If you take in fewer calories than needed, you will lose weight.

Restricting intake to fewer than 1,000 calories daily can slow down your metabolic rate and lead to fatigue since you're not taking in enough calories to support even the basic functions that keep you alive.

Eating too little has particularly been linked to low energy levels in older people, whose food intake may decrease due to reduced appetite.

Yet even light physical activity like walking or taking the stairs may cause you to tire easily if your calorie intake is well below your needs.

Summary:

Eating too few calories can lead to fatigue due to insufficient energy to exercise or perform movement beyond basic functions.

2. Hair Loss

Losing hair can be very distressing. It's normal to lose several strands of hair daily. However, if you're noticing an increased amount of hair accumulating in your hairbrush or shower drain, it may be a sign that you're not eating enough.

Many nutrients are needed to maintain normal, healthy hair growth. Inadequate intake of calories, protein, biotin, iron and other nutrients is a common cause of hair loss.

Basically, when you don't take in enough calories and key nutrients, your body will prioritize the health of your heart, brain and other organs over hair growth.

Summary:

Hair loss may occur as a result of inadequate intake of calories, protein and certain vitamins and minerals.

3. Constant Hunger

Being hungry all the time is one of the more obvious signs that you're not eating enough food.

Essentially, if your calorie intake drops too much, your body will send signals that drive you to eat in order to avoid potential starvation.

Summary:

Undereating can cause hormonal shifts that increase hunger in order to compensate for inadequate calorie and nutrient intake.

4. Inability to Get Pregnant

Undereating may interfere with a woman's ability to become pregnant.

The hypothalamus and pituitary gland located in your brain work together to maintain hormonal balance, including reproductive health. The hypothalamus receives signals from your body that let it know when hormone levels need to be adjusted.

When your calorie intake or body fat percentage drops too low, signals may

become impaired, leading to changes in the amount of hormones released.

If you are trying to conceive, make sure to consume a well-balanced, adequate-calorie diet in order to ensure proper hormonal function and a healthy pregnancy.

Summary:

Consuming too few calories can disrupt reproductive hormone signals, leading to difficulty getting pregnant.

5. Sleep Issues

Sleep deprivation has been found to lead to insulin resistance and weight gain in dozens of studies.

In addition, while overeating may cause sleeping difficulty, it appears that strict dieting can lead to sleep problems as well.

Feeling as though you are too hungry to fall asleep or waking up hungry are major signs that you're not getting enough to eat.

Summary:

Undereating has been linked to poor quality sleep, including taking longer to fall asleep and spending less time in deep sleep.

6. Irritability

If little things have begun to set you off, it could be related to not eating enough.

Indeed, irritability was one of several issues experienced by young men who underwent calorie restriction as part of the Minnesota Starvation Experiment during World War II.

These men developed moodiness and other symptoms while consuming an average of 1,800 calories per day, which was classified as "semi-starvation" for their own calorie needs. Your own needs may be lower, of course.

To keep your mood on an even keel, don't let your calories drop too low.

Summary:

Prolonged low calorie intake and restrictive eating patterns have been linked to irritability and moodiness.

7. Feeling Cold All the Time

If you constantly feel cold, not eating enough food could be the cause.

Your body needs to burn a certain number of calories in order to create heat and maintain a healthy, comfortable body temperature.

In fact, even mild calorie restriction has been shown to lower core body temperature. The more severely you slash calories, the colder you're likely to feel.

Summary:

Consuming too few calories can lead to a decrease in body temperature, which may be due in part to lower levels of T3 thyroid hormone.

8. Constipation

Infrequent bowel movements may be related to inadequate calorie intake.

This isn't surprising, since consuming very little food will result in less waste in your digestive tract.

Constipation is typically described as having three or fewer bowel movements per week or having small, hard stools that are difficult to pass. This is very common in older people and can be worsened by poor diet.

Dieting and eating too little food may also cause constipation in younger people due to a slowed metabolic rate.

If you're having problems with regularity, it's important to take a look at the amount of food that you're eating and evaluate whether you're getting enough.

Summary:

Strict dieting and under-eating can lead to constipation, partly due to less waste product to form stool and slower movement of food through the digestive tract.

9. Anxiety

Although dieting itself may lead to moodiness, outright anxiety can occur in response to very low calorie intake.

Anxiety has also been observed in overweight people who eat very low-calorie diets.

To minimize anxiety while trying to lose weight, make sure you're consuming enough calories and eating a healthy diet that includes plenty of fatty fish to ensure you're getting omega-3 fatty acids, which may help reduce anxiety.

Summary:

Very low calorie intake may lead to moodiness, anxiety and depression in teens and adults.

The Bottom Line

Although overeating increases the risk of developing health problems, under-eating can also be problematic.

This is especially true with severe or chronic calorie restriction. Instead, to lose weight sustainably, make sure to eat at least 1,200 calories per day.

Additionally, be on the lookout for these 9 signs that you may need more food than you're currently taking in.

https://www.healthline.com/nutrition/signs-of-not-eating-enough#TOC_TITLE_HDR_2

Maternal Child Health message to the new mothers of 2020!

Tem'elile Midwifery (Salmonberry Time Midwifery) midwives Amelia Doran, Cheryl Mount and Lee Yeates would like to thank all the families we had the honour of walking alongside during their pregnancies and births in 2020! Many things were cancelled in 2020 due to the Covid-19 pandemic, but the babies kept coming! Our midwifery team helped welcome 45 babies- 22 girls and 23 boys. The smallest baby was 5lb 9oz and the largest was 9lb 12 oz. We also recognize and honour the families who lost babies, those born too early or too small, those who hoped to get pregnant but didn't. It is a privilege getting to know and learn from each of you.





















The Salmonberry appears around May which is usually when we have our baby welcoming ceremony. The seeds of the Salmonberry also represent fertility, and the leaves were often used to line baby baskets. We had to cancel Baby Welcoming in 2020 but hopefully we will be able to celebrate together in person for Baby Welcoming 2021!

We work in all communities connected to Seabird Island and Stó:lō Nation and can work with families in-community

or out-of-community/away from home. You do not need a doctors referral to have a midwife, but you can also ask your doctor to refer to us at any time in your pregnancy if you choose. Call the Seabird Island Health Centre office for more info 604-796-2165 or email midwives@seabirdisland.ca



Community Events Calendar – Tem qv

(S) Sæxlhat	(M) Yila:welhát	(T) Sthémelts	(W) Silh
	 Doctor's Office is by appointment only. Please call ahead for an appointment.  Dental Office is urgent/emergency appointment only. Please call ahead.  Fire practise is cancelled until future notice.  Garbage day has not changed unless notified (2 bags per house hold please).		
3	 <p>• Meals on Wheels 5 - 6 p.m. • Trust Cheque Distribution</p>	4   	5 <p>• Meals on Wheels 5 - 6 p</p>
10	 <p>• Meals on Wheels 5 - 6 p.m.</p>	11   	12 <p>• Meals on Wheels 5 - 6 p</p>
17	 <p>• Meals on Wheels 5 - 6 p.m.</p>	18   	19 <p>• Meals on Wheels 5 - 6 p</p>
24	 <p>• Meals on Wheels 5 - 6 p.m.</p>	25   	26 <p>• Income Assistance Day • Meals on Wheels 5 - 6 p</p>
31	<p>• Meals on Wheels 5 - 6 p.m.</p>		

ol oythi:lem - Peló:qes (January) 2021

:xws	(T) Sxeó:thels	(F) Sheqátses	(S) T'óqw'tem
		<p style="text-align: right;">1</p> <p style="text-align: center;">Facilities Closed - Stat Holiday New Year's Day</p>	<p style="text-align: right;">2</p>
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

• Deadline for missed Christmas gift cards

AGASSIZ ELEMENTARY SECONDARY SCHOOL



EFFORT ROLL TERM 1 NOVEMBER 2020



Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
Rylan Anglehart Rebecca Backman Georgia Booth-McLean Nicho Christow Lilias Edwards Anna Gilbank Alana Graham Owen Graham Annakay Hewitt Dayton Lees Rylan MacNeil Sophie MacNeil Brooke Meyer David Negru Amadora Neufeld Maki Swaine Tyler Van Dyk Trinity Vincent Liza Zaytseva	Jaxon Birza Adrianah Byers Danica Facio Rachel Faulkner Aidan Hyma Qhaden Jarvis Eryn Meinen Constance Ngo-Gaetz Mya Onos Maya Rosenberg	Madison Briscoe Emily Coles Isabelle Flukiger Madeline Harrison Ashley Jeronimus Hayden Jones-O'Neil Maddox Peters Tanya Rempel Jayden Vander Wyk MJ Williams	Nate Booth-McLean Tori Charlie Emma Dinn Mila Dinn Emmy Ferland Ryan Finlay Kylie Gerrard Carson Graham Olivia Klootwyk Janiah Manimtim Emilie Meinen Melodie Rempel Martin Spaeti Morgan Sparkes Logan Stanway Lucia Swaine Charlie Van Oort Jacob Wynker Nikita Zaytsev	Navi Basten Hailey Baumfield Carys Bolan Emily Clark Cassandra Coles Patricia Duong Walter Galvao Mathew Harper Roseanna Hewitt Neena Louie Logan McCallum Erika Meinen Andy Ngo Grace Peters Jiya Sidhu Lukas Spaeti Jordan Sperling Liberty Stump	Hailey Avison Tei-Anna Cirtwell Thomas Flukiger Katelyn Gafka Adam Graham Tamarra Harris Nicholas Harrison Hussan Kafi Emily Kutrowski Mackenzie Leverrier Jordan Lucki Malachi Nickel Nicole Pope Dana Stoeckly Caitlin Vander Wyk Abby Wilson

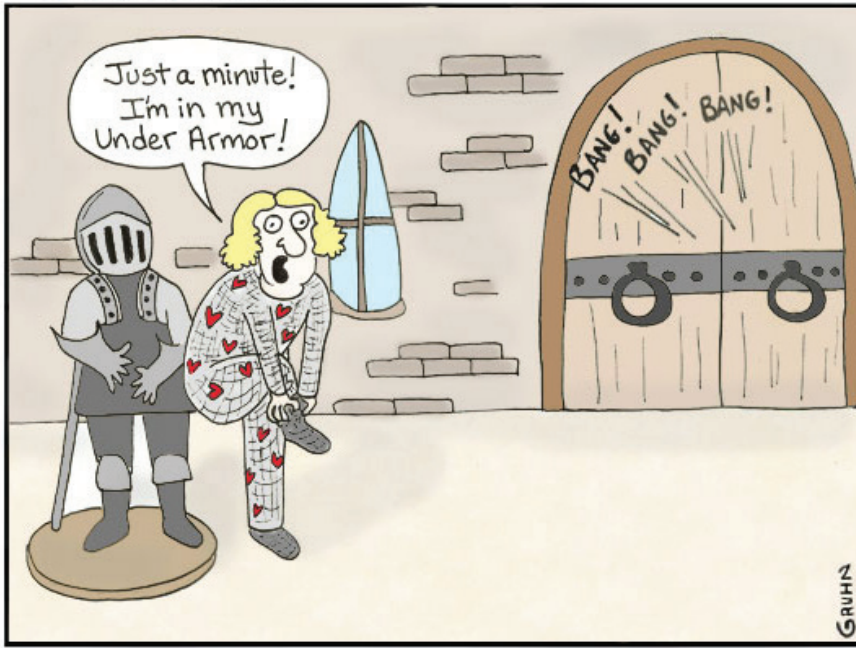
'B' HONOUR ROLL TERM 1 NOVEMBER 2020

Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
Tristen Gould-Thrneycroft Annakay Hewitt Dayton Lees Samuel Murillo-Keusch David Negru Coira Norwood Melodie Ortiz Roman Parsey Mariah Rezends Jacob Sharples Maki Swaine Hayden Weed Sebastyen Williamson	Ruby Aungier Jaxon Birza Odin Dome Axyl Gross Gregory Hinton Aidan Hyma Max Jarvis Kevin Klootwyk Seth McIntyre Joslyn Noddin Mya Onos Breanna Wood Hayli Wood Leland Wynker	Xaiver Aguirre Karissma Bobb Caris Brunia Amelia Dennis Ella Gelowitz Ashley Jeronimus Martina Leverrier Kadence Ludman Hannah McRae Maddox Peters Rylan Sapinsky Dominick Vincent	Xavier Clarke-Wade Emmy Ferland Carson Graham Olivia Klootwyk Angeline LacSeul Brayden Nunes Martin Spaeti Morgan Sparkes Logan Stanway Johny Talari Jacob Wynker Nikita Zaystev	Carys Bolan Cassandra Coles Kevin Espiritu Cole Kennedy Neena Louie Andy Ngo Ryley Onos Grace Peters Sumire Rumpeltes Jiya Sidhu Lukas Spaeti Nalaya Thompson	Leeson Chapman Prevost Sebastian Forestner McKenna Galvao Tamarra Harris Branden Johnson Emily Kutrowski Mackenzie Leverrier Malachi Nickel Nicole Pope Echo Reyburn Owen Quintana Purvi Sidhu Marie Spence Ana Zaysteva

'A' HONOUR ROLL TERM 1 NOVEMBER 2020

Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
Rylan Anglehart Rebecca Backman Georgia Booth-McLean Nicho Christow Claire Corder Rowan Dinn Lilias Edwards Anna Gilbank Alana Graham Rylan McNeil Sophie MacNeil Brooke Meyer Amadora Neufeld Tyler Van Dyk Liza Zaytseva	Adrianah Byers Lian Espiritu Danica Facio Rachel Faulkner Qhaden Jarvis Eryn Meinen Constance Ngo-Gaetz Maya Rosenberg	Madison Briscoe Emily Coles Isabelle Flukiger Madeline Harrison Hayden Jones-O'Neil Tanya Rempel Jayden Vander Wyk	Nate Booth-McLean Tori Charlie Emma Dinn Mila Dinn Ryan Finlay Kylie Gerrard Janiah Manimtim Emilie Meinen Melodie Rempel Lucia Swaine Charlie Van Oort	Navi Basten Hailey Baumfield Carter Briscoe Emily Clark Patricia Duong Walter Galvao Mathew Harper Roseanna Hewitt Erika Meinen Mark Schwichtenberg Liberty Stump	Hailey Avison Thomas Flukiger Katelyn Gafka Adam Graham Nick Harrison Alicia Kasper Jordan Lucki Dana Stoeckly Ryan Tansey Caitlin Vander Wyk Abby Wilson

WebDonuts.com



Peló:qes - Torch Season

“January”

Capricorn

December 21 - January 21

Key characteristics: Strong, determined, natural leader, strong personality, hard worker, reliable.

Flower: Carnation

Birthstone: Ruby

Aquarius

January 22 - February 19

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

Flower: Orchid

Birthstone: Amethyst

Quotes of the Month:

“Beautiful things happen when you distance yourself from the negative!”

~ unknown

“Magic is believing in yourself, if you can do that, you can make anything happen.”

~ Johann Wolfgang Von Goethe

Halq'eméylem Word Search

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

Words:

- People – ále
- Plants – eletsá:ls
- Knuckle – qwemqwémxwtses
- Island – tl'chás
- Gum – th'eth'am
- Dusk – só:yel
- Blood – scholéxwem
- Eagle – sp'óq'es
- Beautiful – éyqwlha
- Garbage – sqel:ép
- Plow – shxwt'éxelep
- Silver – xéts'xel
- Slosh – qw'át'ts'em
- Rust – sts'ápexel
- Runny – lhxwélqsel
- Valley – kwesúyexel
- Vanilla – ts'q'éyxem
- Myself – ta'á'altha
- Broke – stesó:s
- Guts – sts'elxwlwel

JOB POSTINGS

View more detailed information about these and other opportunities or to apply for current opportunities: <https://www.seabirdisland.ca/careers/>

Driver - College

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

Director of Operations - Sq̄w̄el Dev Corp

To organize and oversee the daily operations of our diverse business units. The successful candidate will demonstrate excellent senior leadership skills through ensuring that our business is well-coordinated and productive by managing procedures and coaching our people.

External Board of Directors - Sq̄w̄el Dev Corp

Due to the recent growth of business and economic opportunities, Sq̄DC is currently seeking two (2) External Board Directors to assist our organization through continued strategic growth and development.

Order Clerk

Receive and process orders for materials and merchandise. Tracks orders, updates status and notifies customers of changes in delivery schedule. Maintain records of prices, delivery dates, inventory and other data related to each transaction.

Volunteer Business Intern

Support the Economic Development team by providing project support and coordination, marketing, conducting business intelligence research and other duties as assigned.

Legacy Project Assistant (LPA)

The LPA will assist in research on Traditional Land Holdings, gathering all information available on land lots through maps, surveys, codexes, registries, etc. The LPA will work to develop a criteria for determining traditional land holdings, through research of other Band definitions, historical data etc. Interviews will be conducted with Band members and Elders to augment the data gathering.

Technology (IT) Teacher

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. Must prepare lessons and activities that help students develop knowledge and understanding in concepts of computing, software use, troubleshooting, etc. Expected to solve minor technical problems that happen within classrooms, so computer troubleshooting experience is important.

Math/English Adult Dogwood Instructor

Instruct a variety of education courses including English, math to adult learners working to improve their competency in literacy and numeracy, as preparation for vocational training and employment.

Bus Monitor

Assist school bus driver in maintaining discipline while bus is in operation; maintain proper records and documentation as required by COVID-19 protocols; assist student loading, unloading and seating arrangements as required. Take temperatures and correct screening forms daily.

Education Assistant (EA) - On call

Under the supervision of school administration, the EA will work with students individually or in small groups to deliver activities that reinforce and advance the educational program and make the educational experiences of the children more rewarding.

Custodial Worker

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.

Family Development Worker

Support and connect families on their journey to wellness. Support and connection are provided to families who are experiencing mental health and child welfare challenges through one-on-one coaching, individual, family, community education and awareness activities, and referral to other health and social services agencies.

Life Skills Coach (FLSC)

Ensure that the families in the family home are supported in developing healthy parenting and other life skills, with attention to children's needs (helping with homework, structured mealtimes, healthy meals, bedtime routines etc.). Ensure strong cultural values, and manage programming that builds family bonds and resilience as well as a grounding in culture and community supports. Model approaches to household chores, shopping and finances. Ensure that families are directed to health, healing, other services and programs, and encourage them to make choices that are nurturing to self and family. Ensures that culture is embedded in all services

Special Education Teacher

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. Teach basic skills, such as literacy and communication techniques, to students with severe disabilities.

Teacher On Call (TOC)

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.

Trades Teacher

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. Teaching vocational training subjects which includes organizing programs of practical and technical instruction, including demonstrations of skills required in trade, and lectures on theory, techniques, and terminology. Instructs students in subject areas, such as mathematics, science, drawing, use and maintenance of tools and equipment, codes or regulations related to trade, and safety precautions. Trades instruction could include: carpentry, plumbing, electrical, etc.

22 week Targeted Wage Subsidy - Information Technician

"Term" position until March 31, 2021 with responsibility for equipment operation and processing of information assets for the organization's electronic imaging of maps, drawings and as-built's. General office equipment used includes photocopiers, scanners and computers.

Payroll Clerk

Provide support for Payroll functions under the direction of the Payroll Supervisor. Assist in the payroll function, filing, and other general clerical duties. Provide information to staff regarding their benefit plans, ensure timely reconciliation of benefits, and liaise with the benefit provider as required to ensure effective and efficient service delivery for staff. May be required to provide support as needed to other programs and team members in Human Resources, Reception and Finance.

Lands Assistant

Seeking enthusiastic, administrator to join the Lands department. The successful applicant will be learning the in and outs of community development and lands management in a First Nations setting. This is the perfect opportunity for those preparing for or considering a career a variety of fields.

Maternal Child Health Nurse

Provide Maternity care, newborn care and expertise in accordance with Band policies and procedures. Responsible for the delivery of services to families living off reserve and families where substance use is occurring. Work closely other members of the Maternal Child Health team and with pre and post-natal moms, youth and families in the program. Work closely with the Mid-Wife and required to take training as labour/delivery back-up to the Mid-Wife.

Peer House Leader - Women Home

Under the direction of the Health and Social Development Director, the A:yelkw Peer House Leader (APHL) will operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band and within the specifications and regulations of the Community Care Facility Act.

Recovery Home Support Worker - On Call

Support clients in residence struggling with substance use issues possible to facilitate personal growth and relationship building, as well as other duties associated with the recovery home such as cooking, cleaning, charting, participating in group sessions, driving and shopping.

Youth & Elder's Site Coordinator

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

22 Week Targeted Wage Subsidy Public Works Assistant

Responsible for taking care of the essential everyday administrative tasks in the Public Works Dept. like computerizing the scheduling and recording building maintenance/repairs work orders, assisting in documenting the needs of the Public Works team, filing, record keeping, report preparation, scheduling and data entry.

Check Point Security

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.

Manager of Leasing & Property Management

The Sq̄DC is looking for an experienced Manager of Leasing & Property Management (MLPM) to develop, manage and strengthen the daily operations of our leasing and property management portfolio. The successful candidate will demonstrate excellent management skills and use these skills to ensure that our existing and new leases are effectively and prudently managed. This position reports directly to the Director of Operations.

Education Jurisdiction Ratification Coordinator - Term ends June 31, 2021

This is a full time term position to June 31, 2021. Seabird Island Band is currently negotiating final language with Canada in the Canada - First Nation Education Jurisdiction Agreement and the Canada - First Nation Education Jurisdiction Funding Agreement. These agreements will establish First Nations Jurisdiction over Education and give law making authority to Seabird Island Band over the education system on Seabird Island Band land. The Canada - First Nation Education Jurisdiction Agreement and a First Nation Law-Making Protocol must be ratified or voted on by Seabird Island Band members in order for Seabird to sign the agreements and move into jurisdiction.

Counsellor

The Family Counsellor is responsible for providing counselling to families, youth, and children regarding addictions and family issues. Counselling will be provided in a culturally sensitive manner on a one-to-one basis, families, in groups, circles and couple's counselling. The counsellor must be able to work from a trauma informed perspective. The family counsellor will provide services to Bands in which the Seabird Island Band provides Health Services to and will involve travel to the communities. The Family Counsellor will make referrals for clients to residential treatment centres as required, and help facilitate at the Recovery home.

Health Administrative Assistant - on call

The Administration Assistant will assist in support to the managers and supervisors of all departments, including but not limited to everyday tasks like filing, record keeping, report preparation, scheduling, creating newsletters and data entry.

Home Support Worker

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 - March 31, 2021

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.

Maternal Child Health Nurse - Maternity Leave coverage until December 1, 2021

Under the direction of the Health Services Program Manager, the Maternal Child Health RN shall provide Maternity care, newborn care and expertise in accordance with Band policies and procedures. This position is responsible for the delivery of services to families living off reserve and families where substance use is occurring. The Maternal Child Health RN works closely with the Mid-Wife and will be required to take training as labour/delivery back-up to the Mid-Wife.

Youth Worker

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. The youth worker is a primary support, coach and advocate for the youths' needs and development. From a youth-centred practice the youth worker walks along side of the youth to continually co-develop programs and opportunities where youth will grow and thrive.

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 March 31, 2021.

Community Liaison

Provides support to communities to enhance culturally safe COVID-19 mitigation measures, community preparedness and response capacity. The Community Liaison role assists the leadership of the Sub-Region, Family, Nation, Community or Agency to which they are assigned to through effective engagement with community member, and health partners such as the First Nations Health Authority and Regional Health Authority (RHA). In addition, they use their local knowledge and context about the community, family units, structures and processes in the region to ensure that needs arising from the COVID-19 pandemic are being addressed in a manner that is relevant to the community context.

Driving Instructor

Teaching students the rules of the road and the safe way to handle an automobile. 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 both classroom and practical sessions and should fully prepare the student for their knowledge and driven tests.

Gas Bar Supervisor

The Supervisor is responsible for assisting the Manager in ensuring all Government and Store regulations and policies are upheld at the Sq̄w̄el Gas Bar. The supervisor will also be responsible for reconciliation of government sheets, deposits and quota. The supervisor will report to the manager of Sq̄w̄el Gas Bar. The hours will be full time evenings and weekends.

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

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

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry. Interested candidates are invited to submit a cover letter, resume and three references. We regret that we will only respond to those applicants chosen for an interview.

We thank all applicants for their interest.

JOB POSTING of the MONTH

Production Worker - Nations Creations

Economic Development · Agassiz, British Columbia

Position Summary:

Production workers are responsible for a range of functions including processing, sorting, and packing the products, as well as operating the machines and monitoring the output to check it is in line with compliance standards.

Duties & Responsibilities:

- Ensure proper maintenance of the production machines is maintained
- Operate and produce printed designs on the Roland VS-540 Plotter
- Operate and produce printed designs on a Universal v50 Laser Machine
- Operate and produce printed designs on a Konica 1060L Professional Copier
- Operate and produce printed designs on Universal UV printer
- Operate and produce printed designs on Sublimation machine
- Pack, weigh, and label completed items for shipment or storage
- Follow all company guidelines regarding packaging
- Identify and dispose of defective items
- Keep complete records of all materials that go through the warehouse
- Maintain a clean work area
- Perform other duties and responsibilities as requested by the immediate supervisor
- At all times demonstrate safe work practices
- Maintain a positive work atmosphere by acting and communicating in a manner so that you get along with customers, clients, co-workers and management
- Continue to grow lean knowledge and use the tools to identify and assist with continuous improvement
- Duties as assigned

Adhere to Follow:

- facility guidelines relating to health and safety policy and reportable incident policy
- Participate in daily, weekly and or monthly cleaning of the machines; and workstations
- Monitor the environment daily for potential hazards and take preventative action as required

Skills:

- Computer skills, and proficient in Corel
- Computer graphic experience
- Production setting experience
- Prepared to work in a high energy setting under pressure situations

REQUIREMENTS:

Physical Demands: The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this Job, the employee is regularly required to stand. The employee is frequently required to walk; use hands to finger, handle, or feel; reach with hands and arms and talk or hear. The employee is occasionally required to sit; climb or balance and stoop, kneel, crouch, or crawl. The employee must occasionally lift and/or move up to 50 pounds. Specific vision abilities required by this job include close vision, distance vision, peripheral vision and ability to adjust focus.

DEADLINES

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

AVAILABILITY

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

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

CONTACT US

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

Advertising sales:

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

Editing Team:

Sandra Bobb, 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.



Classifieds

SEABIRD CHURCH

Mass: Contact Deacon Jamie for information

Study Groups: Contact Deacon Jamie

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

LOVED ONE PASS AWAY?

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

FUNERAL PAMPHLETS

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

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

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

MEMBERSHIP STATUS CARDS

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

Appointments required. Serving Seabird Members only! Contact 604-796-2177

Remember to bring:
- 2 pieces of photo Government ID
- New Photo (see Communications, appointment required)

SIB has the right to refuse service.

Status Card Photography

Laminated style: \$10
New style w/ authenticated photo \$15
Monday to Friday: 8:30 a.m. - 3:30 p.m.
Appointments required.

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

WILDSAFE BC CONSERVATION

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

SIFD FIRE PRACTICE

Tuesdays 7:00 - 9:00 p.m.
Now recruiting new members.
Contact the Fire Hall 604-796-2177.

GARBAGE SCHEDULE

CURBSIDE PICK-UP OF COMPOST, RECYCLE and GARBAGE:
Every Monday, unless Monday is a statutory holiday, then pick up will take place on the Tuesday immediately following the holiday.
2 garbage bags per household per week.

MAJOR GARBAGE: 1st Wednesday of each month, by request. When you need major garbage pick-up please submit your request in writing and hand it in to the Band Office.

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

OPTOMETRY CLINIC

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

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 20th 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 15th of each month.

REGISTER TODAY!

www.seabirdcollege.ca



Seabird College
education for real life

Phone: 1-604-796-6839
Fax: 1-604-796-3729
E: colreg@seabirdisland.ca

2812 Chowat Road,
PO Box 650,
Agassiz BC, V0M 1A0



DRONES STEWARDSHIP PROGRAM - AGES 18+

Available to all First Nations, at no cost.

Jan. 18 to Feb. 5 – 90 hours

PROGRAM DESCRIPTION SUMMARY: This course introduces students to **Remotely Piloted Aircraft System (RPAS)** or Drones management. Students will be provided with a foundational understanding of RPAS management through experiential learning, ground school, and applied learning. This course is offered in partnership with Flytbox Aerial Solutions to prepare students for the Transport Canada Basic Operations online exam.

The Remotely Piloted Aircraft System (Drone) courses includes:

- Introductions to Drones
- Experiential Learning
- Ground School
- Transport Canada's Basic Operations Exam
- Practical Flight Training and Review
- Operations Planning
- Capstone Project

Upon successful completion of this course, students will achieve the following:

- an understanding of capabilities, applications and current BC rules and regulations;
- a demonstrated knowledge of Drones terminology;
- creating a safety plan, including identify the risks of operation and problem solving those risks;
- flying a drone operation;
- preparing a Drone system setup;
- understanding the applications of Drone use for Nation or community emergency services, agriculture, tourism, fire safety, etc.;
- completing an FNTC Drones Certificate, a Basic Remote Piloted Aircraft Services (RPAS) Certificate, and an optional Advanced Remote Piloted Aircraft Services Certificate.

Partnered with



REGISTER TODAY!

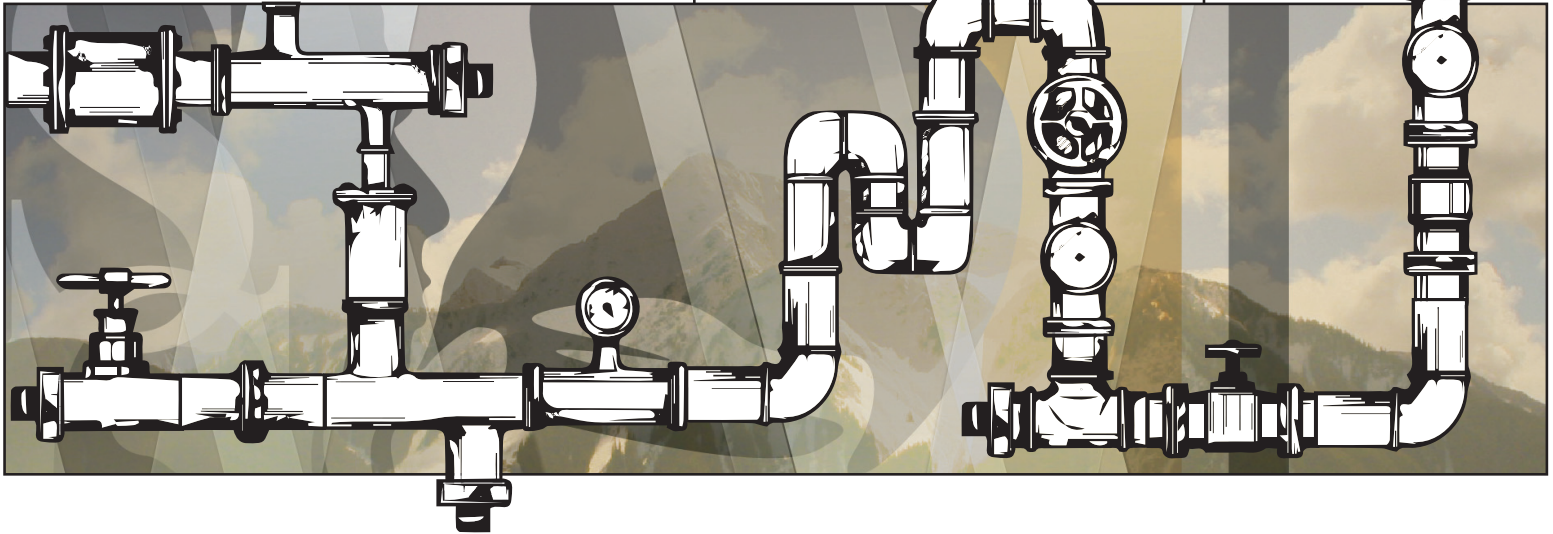
www.seabirdcollege.ca



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Piping Foundation

Sponsored Seats Available!

January 11th to July 23rd, 2021

(30 weeks)

Pre-requisites:

Recommended education is Grade 12 or GED

Jan 11 to Feb. 12 Seabird skills upgrading,
(Seabird to supply class and instructor and
UAPICBC to supply Prep. Guide) 5 weeks

Feb. 15 to 26 Safety Courses, (AWP, Fall Pro,
Hearing test, Confined Space, WHMIS) 2 weeks

March 1 to 5, UAPICBC Essential Skills, (Conflict
Resolution and Communication, etc.) 1 week

March 8 to July 23 UAPICBC Piping Foundation
20 weeks (21 weeks total)

Piping Foundation is a 21-week course, supplemented with skills upgrading, safety courses and Essential skills, 30 weeks total. You will be introduced to 3 trades, Plumbing, Steamfitting and Sprinklerfitting. You will be required to choose which trade to apprentice in, at roughly the mid-way point of the program.

- SAFETY
- COMMON TOOLS AND EQUIPMENT
- MATH AND SCIENCE
- BASIC ELECTRICITY
- COMMUNICATION AND LISTENING SKILLS
- DRAFTING AND BLUEPRINT READING
- TEAMWORK
- RIGGING
- PIPES, VALVES AND FITTING
- SOLDERING AND BRAZING
- OXY-FUEL CUTTING AND WELDING
- THREADING

First Nations &

Non - First Nations welcome!

Sponsored seats for First Nations Students.

Partnered with:

