

# WIN A FREE CAR

## We have a winner for the FREE CAR!

The Community Events Program had a volunteer draw, for a chance to enter a draw to win a free car.



*Linda McNeil-Bobb our happy winner!*

Community and Band Members had a opportunity to volunteer for a few months from November 29<sup>th</sup> - February 19<sup>th</sup> had a chance to enter a draw to win a car.

This is how it worked; if you had volunteered for an event, two hours volunteered, you got a ticket into a draw. If it was more than 2 hours, you would have received another ticket for every additional 2 hours worked (eg. 6 hours worked, you would have received 3 tickets).

They had:

- 61 ticket entries
- 16 volunteer applicants

The winner for the Free Car Draw is Linda McNeil-Bobb. She had Volunteered 27 hours. She had volunteered for Hamper Day Preparations, Hamper Day Distributions and the Community Christmas Dinner. She had taken days off of work to volunteer for these events. We would like to congratulate Linda with her winning and thank her for all the time she had taken to volunteer.

Everyone else who had taken the time to volunteer, we would like to thank you all for your time and hard work.

Those who have volunteered will be receiving a Wal-mart gift card.

*Article Written by: Zorana Edwards*

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## Dates to Remember

- *March 13<sup>th</sup>*  
*IA Renewals Due*
- *March 16<sup>th</sup> - 27<sup>th</sup>*  
*SD78 Spring Break*
- *March 23<sup>rd</sup> - 27<sup>th</sup>*  
*SICS Spring Break*
- *March 26<sup>th</sup>*  
*Indian Day School*
- *March 30<sup>th</sup>*  
*Nutrition Run*



# ELECTIONS

Chief & Council Elections

# 2020



**Nominate your candidates:**

9:00 a.m. February 24, 2020

**until 4:00 p.m. March 5, 2020**

Notice is hereby given that  
Seabird Island  
has called an  
Election in accordance  
with the  
Seabird Island  
Election Code (2016)



Register to  
Vote today!

# 2020



# ELECTIONS

Chief & Council Elections

**SEABIRD OFFERS 3 WAYS TO VOTE:**

**Electronic Voting:** register today.

**Mail-in ballot:** contact OneFeather.

**In Person:** at the Seabird Polling Station.

To register or for more information, visit:  
<https://onefeather.ca/nations/seabirdisland>

# Band Office Construction and Restoration Update

The Seabird Island Band Office is undergoing two separate renovations at this time.

## 1. Scheduled Renovations

Most of the second floor has been scheduled for renovations. This construction was already in progress when the incidents from the storms took place and it continues to this day.

These renovations will allow us to use the space available more efficiently. Offices have been and will continue to be shuffled during this time as we intend to work around the construction.

## 2. Restoration from Winter Storm Power Outages

On Thursday and Friday January 16 and 17, 2020 Seabird Island Band Office had water damaged incidents occur in the building – 1 lobby, 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 there is not an 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 and renovations continue – at this time we will be doing everything we can to ensure services have the least interruptions possible.

*Apologies for any inconveniences during this time.*

# Housing Wait List

1 Bedroom	
1	09232016-1039
2	11272018-5024
3	11272018-5025
4	12242018-5028
5	01302018-5015
6	01282019-5030
7	07022019-6031
8	12272019-5042
9	01062020-5022
10	12172019-5044
11	12182019-7049
12	12182019-7048
13	02102020-5035

2 Bedroom	
1	08222017-6006
2	10042017-6008
3	02222016-1029
4	03192013-3088
5	03122018-6014
6	06042018-6018
7	11262018-5020
8	12032018-5026
9	12242018-5028
10	01302018-5015
11	01182019-6025
12	01282019-5030
13	02012019-5000
14	03212019-6028
15	06042019-6030
16	07012019-7033
17	10222019-7042
18	12042019-5041
19	12272019-5042
20	12302019-7015
21	04102019-7028
22	11242019-7044
23	12172019-7045
24	12172019-5043
25	12172019-5044
26	12182018-5014
27	12182019-7049
28	12182019-7050
29	12312019-7046
30	01072020-7031
31	01092020-6000
32	02102020-5035

3 Bedroom	
1	12192012-3076
2	02232016-4002
3	12202017-7012
4	03192013-3088
5	10042017-6008
6	02222016-1029
7	12102018-6014
8	01182019-6025
9	01232019-4019
10	01282019-6027
11	02082019-7021
12	03132019-6011
13	03212019-6028
14	03222019-4007
15	04102019-7028
16	04102019-7029
17	06042019-6030
18	07012019-7033
19	08202019-7034
20	02112019-7040
21	10222019-7042
22	12042019-5041
23	11262018-5020
24	12172019-7017
25	12302019-7015
26	02012019-5000
27	11152018-6022
28	12302019-4005
29	12162019-7043
30	12182018-5014
31	12182019-7049
32	12182019-7050
33	01072020-6024
34	01072020-7031
35	01092020-7047
36	01092020-6000
37	01172020-7018
38	01222020-1031
39	02052020-7048
40	02102020-5035



# Ways to Declutter Your Home with Organization

## Tips Part 2(B):

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.

### Part 2(B)

#### How to Declutter Your Laundry Room



Everyone's laundry room is different so our advice for decluttering your laundry room is less specific. All of these different laundry room set-ups create many more possible scenarios for laundry room clutter.

No matter what clutter plagues your laundry room and what other uses your laundry area has, follow these laundry room declutter guidelines:

- Get rid of what you don't need in your laundry room.
- Organize what you keep with baskets, well-labeled bins and sturdy shelving.
- Keep clothes off the floor.
- Try storing detergent and fabric softener in glass jars or beverage dispensers to improve the aesthetic when this space is highly visible or in a high-traffic part of your home.

- And avoid storing items on top of the washing machine and dryer.

#### How to Declutter Your Living Room



#### Remove Clutter That Doesn't Belong

Start by removing items that belong in another room. Toys, mail or magazines that belong in the office and glasses or dishware to the kitchen.

#### Add More Storage

You may find yourself with an overabundance of blankets, toys, video games and more. Here are some simple storage solutions.

- Add baskets to hold frequently used toys and blankets.
- Add shelving for video games, DVDs and other media that is prone to sitting out in the open.
- Look for furniture/storage combos such as storage ottomans and trunks to store anything you don't want out in the open.

#### Un-Decorate

Try pruning back the pillows, hanging pictures and adding floating wall shelves to remove pictures or collectables that are crowding your table tops.

#### Donate or Sell

Be sure to address your books, CDs, DVDs and other entertainment by donating or selling anything you no longer read or watch. Get rid of any

broken or unused toys, remote controls and anything that has lost its usefulness.

#### Wrangle the Wires

A mess of wires from your entertainment center is an eyesore that adds visual clutter. There are countless products these days to help you tie up and hide your cables, but here are a few other tips for cord management:

- Use cords and cables that aren't excessively long – you don't want to have to tie up 20 feet of coaxial cable!
- Choose furniture that will cover up the cords if you don't want to go to the trouble of feeding them into the wall.
- Store your mess of cords in a container.
- You may also be able to conceal some cords around your room with an area rug.

#### How to Declutter & Organize Your



#### Basement or Attic

Clutter can live forever when it is banished to a basement or attic. Again, the old adage of “out of sight, out of mind” comes to mind as we easily forget about the things we have stored in these spaces. You probably have possessions you haven't seen in years...decades, even. If you're holding on to items because you think you might use them later, it's time to get real about clutter. Yeah, you might use it one day, but if you haven't used it in

the last five years or more, I'd wager the odds of you putting these long-forgotten items to use are slim to none.

You should put aside a good chunk of time for addressing basement or attic clutter – these typically aren't 15 minute or hour-long projects. You may want to enlist some friends to help if you have a lot to carry or move up or down stairs. And if you have furniture or large items that can't be donated, call us to rent a dumpster before you get started.

### Follow These 6 Steps to Clean and Organize Your Basement or Attic

We break down basement and attic decluttering into six manageable steps to help you avoid getting overwhelmed:

1. Divide your basement or attic into zones. It is important to work in one area of your attic or basement at a time. Start with a set of shelves, a stack of boxes, seasonal decorations or old kids' clothes and toys.
2. Take everything out of the zone. If you're tackling shelves, clear the shelves. If you're working through boxes or bins, empty the bins. Don't move onto another zone until you completely finish the current zone.
3. Sort everything into two bins. Since you're working on a space that is generally used for storage, you can remove one of the bins and just focus on keeping or getting rid of the items you find. If you find things you intend to fix, you may want to create a separate pile for items that can be fixed affordably, but give yourself a deadline for fixing them. If you don't get them fixed by the deadline, donate the items or throw them away.
4. Move the items you are not keeping outside the house. Before you start putting away the things you are keeping, move the things you've chosen to part with outside of the house. Put them directly into the trash or dumpster if you are throwing them away. If you are donating or selling them, you should put the items in the vehicle you will use to drop them off, or keep them on a porch or in your garage until they can be picked up.

5. Keep like things together. This organizational tip applies just as much to decluttering your basement as it does your bathroom. It will greatly improve your ability to find and access items when you do need them later. Do you have more ornaments than you can fit on a tree? Try sorting the ornaments by color. Next year when you go to decorate the tree you won't have to move as many boxes!
6. Label boxes and bins. As you put everything back that you are keeping into boxes and bins, be sure to clearly label the contents. If you don't want to write directly on the bin, you can tape a paper list to the front of it so you have a visible inventory of what's inside. Or you can use a label maker to add semi-permanent, removable labels. If you use clear bins you can more easily see what is inside.

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

### How to Declutter & Organize Your Messy Garage

Garages allow things like old sporting equipment, tools that have been long-forgotten, old kids' toys, half-complete DIY projects, rusty car parts, storage boxes and more to hang around like a bad cold. This is another challenging space to declutter – challenging, but not impossible! From my experience, this is where most of the items that make you think you might use or need one day end up. I've got news for you: If you haven't used it in the past five years, the chances are high you will never use or need it.

The following pointers will help you declutter your garage so you can actually use it for parking a car or two. We recommend planning this project for a weekend with good weather so you can pull EVERYTHING out and sort through it before putting anything back in.

### Tips for Decluttering Your Garage

1. Take everything out. There may be a few extreme cases where this isn't possible, but you will have the most success if you start by completely clearing out your garage space.
2. Sort through your finds, putting like things together. This is the most important step as you work to free up some space in your garage. Put all of the tools together, the sporting equipment together, the gardening tools, the hardware etc. But don't put them back in the garage yet.
3. Purge. If you have duplicates that you don't expect to use in the next five years, get rid of them! If you are holding on to worn or damaged anything, you should probably say goodbye to it too. That one tool, that did only one thing that one time – sell it or give it to a friend.
4. Organize. After you have sorted through all of the items in your garage and decided on the things you are going to keep, you need to plan how you intend to store everything to maximize your space. This may require purchasing more storage bins, a tool cabinet or pegboard. You may also need to install some sturdy shelving. When possible, try to create storage space in your garage that is up and off the ground to maximize space. Be sure to clearly label everything to identify the contents, so you can find things easily later. Check out this post for more garage storage ideas.
5. Rent extra storage space. This garage decluttering tip may feel like cheating, but it's a very practical move. If you still have a lot of items you want to keep after decluttering your garage, but don't have the space for them, consider moving some things to a local storage unit to free up space around your house.

<https://www.budgetdumpster.com/resources/how-to-declutter-your-home.ph>

# Novel Coronavirus Update



February 21, 2020

We are writing to give you updated information on the novel coronavirus (COVID-19), a new virus causing respiratory illness. Yesterday, Health Minister Dix and Provincial Health Officer Dr. Bonnie Henry announced the first presumptive case of novel coronavirus in Fraser Health, the 6th in British Columbia. Fraser Health Public Health is currently monitoring the patient, following up directly with all contacts of the case and advising self-isolation.

Contacts of this case may have attended school in the region and are currently isolated. These contacts were not showing any signs or symptoms of illness while attending school and remain well. There is no public health risk at schools in the region. There is also no evidence that novel coronavirus is circulating in the community.

At this time, we are not recommending testing or assessment for anyone who may have been in contact with this (or any) asymptomatic individual, regardless of travel or contact history. The risk to British Columbians remains low.

In the meantime, we are reminding everyone to follow proper respiratory hygiene etiquette during the cold and flu season. This includes:

- Proper hand washing for at least 20 seconds using soap and water.
- Alcohol-based hand rubs to clean hands if they are not visibly soiled.
- Do not touch your face/eyes/mouth with unwashed hands.
- Cover your mouth and nose when you sneeze or cough with a disposable tissue or the crease of your elbow.
- Stay at home when you are sick

At this time, the recommendations from the Ministry of Health for assessment and testing of novel coronavirus (COVID-19) have not changed, although our knowledge of this virus continues to grow and we are using new information to adjust our public health recommendations.

- Students or staff, who have been in close contact with someone who has been diagnosed with COVID-19 should consider staying home for 14 days after their last encounter. Individuals should monitor themselves daily for symptoms like fever and cough.
- Students or staff returning from Hubei Province, China consider staying home for 14 days after they left Hubei. They should monitor themselves daily for symptoms like fever or cough. Parents should assist children as needed. Students or staff who have been in other parts of China (outside Hubei Province) should monitor themselves daily for symptoms like fever or cough for 14 days.

Those who develop symptoms should stay home and call their health-care provider or 8-1-1 to discuss any need for testing and follow up.

For more information on Coronavirus, please see <https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus#.XIBDvmaouUk>. Anyone concerned about respiratory systems should stay home and call their health-care provider or 8-1-1 to discuss any need for testing and follow up.

Yours Truly,

Alex Choi, MD MHSc CCFP  
**Medical Health Officer – Medical Director**

# SLEEP: Get a Head Start on Tomorrow

Almost all families can relate to the challenge of getting everyone out of bed and ready to get out the door on time every day. How can we help our kids get up ready for the important learning that lies ahead? A good night sleep is a great start!

Remember: Children who get enough sleep have a healthier immune system, better school performance, behaviour, memory and mental health.

What is recommended?

1-3 Years Old:	12 - 14 hours per day
3-6 Years Old:	10 - 12 hours per day
7-12 Years Old:	10 - 12 hours per day
12-18 Years Old:	8 - 10 hours per day

How can we help make that happen?

- Keep screens out of the bedroom.
  1. Incoming messages and calls interfere with sleep; both audio and vibrating alerts can wake up children and teens.
  2. It avoids the temptation to use or check devices when they should be sleeping.
  3. Light from TVs or mobile screens can affect the quality of sleep. The glow from our electronic devices confuses our brains and interferes with hormones that help us sleep.
  4. If your children say they need the phone to wake them up, use an alarm clock instead.
- Make sleep a priority for your family. Sometimes it is easy to forget about the importance of sleep. Schedule time for it – just like everything else.
  1. Set a regular bedtime, considering your kids' ages when making decisions. Do your best to keep the same sleep routines on weekends and vacations. It is easier to keep regular sleep habits when we don't make big changes too often.
  2. Start your bedtime routine early. If bedtime is 7:30 p.m., have your children start getting ready for bed at 7:00. You can read a bedtime story just before bedtime or sing a bedtime song.
  3. Watch for signs of sleepiness in your children. Do they wake up easily in the morning? Are they energetic all day long? If not, you can add a few more hours of sleep to their schedule.
- Get proper rest and go to bed early yourself. Your kids may pay more attention to what you do than what you say. You can be a sleep role model – and feel better, too.

## 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**



## 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

[\[ Click Here to Register Online \]](#)





# How can we resolve our family law issues?



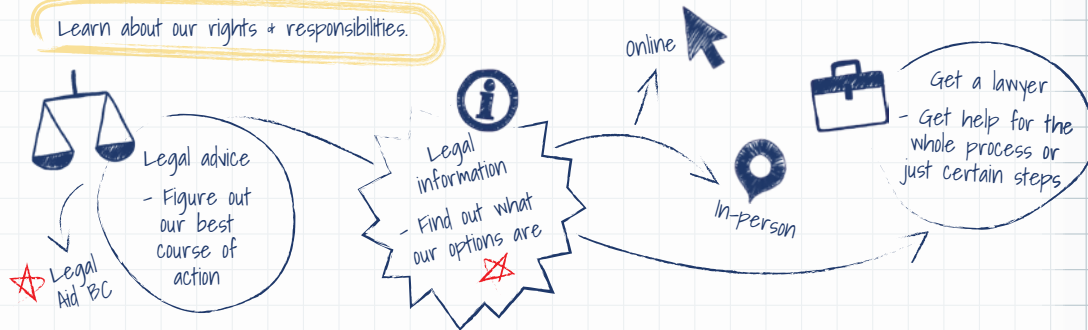
- Don't always need to go to court
- Going to trial is rare
- We can choose what's best for us

Some services are **FREE** ★

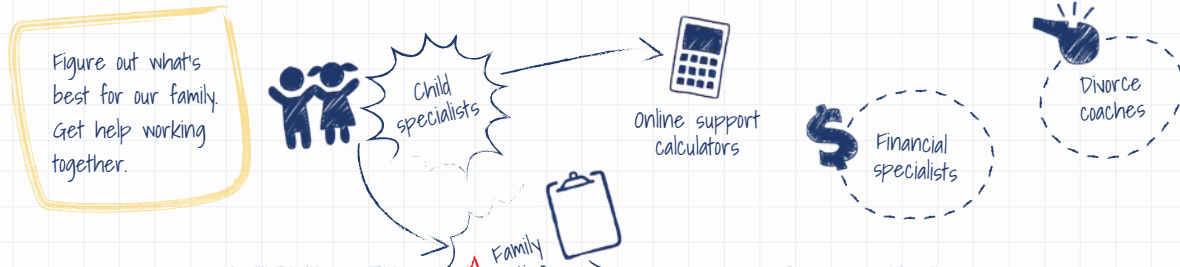


## LEGAL HELP

Learn about our rights + responsibilities.



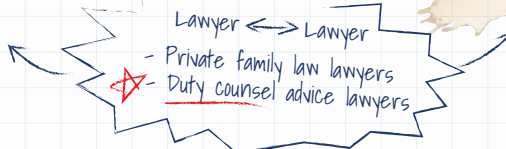
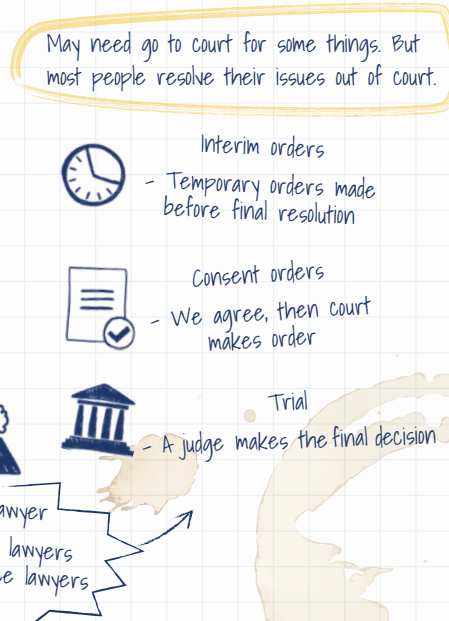
## OTHER SUPPORT



## STAYING OUT OF COURT























## COURT (Provincial or Supreme)



★ For more information, go to [FamilyLaw.lss.bc.ca](http://FamilyLaw.lss.bc.ca) and [MyLawBC.com](http://MyLawBC.com)

January 2016

# Community Events Calendar

(S) Sæxlhat	(M) Yila:welhát	(T) Sthémelts	(W) Silhat
1	2	3	
	  		
<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>• Meals on Wheels 5 - 6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Youth Fitness Program at workout room 3:00 - 5:00 p.m.</li> </ul>	
8	9	10	
	  		
<ul style="list-style-type: none"> <li>• Sts'ailes Mass 11 - 12 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Youth Suicide Prevention</li> <li>• Pancake Breakfast 9 - 11 a.m.</li> <li>• Meals on Wheels 5 - 6 p.m.</li> <li>• Optometry Clinic 8 - 5 p.m.</li> </ul>	<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> <li>• Church Study Group 7 p.m.</li> <li>• Optometry Clinic 8 - 5 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Community Kitchen 10</li> <li>• Elders Rummage Sale 1</li> <li>• Me and Ed's Family Cor 5 - 7:30 p.m.</li> <li>• Meals on Wheels 5 - 6 p</li> </ul>
15	16	17	
	  		
<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>• Meals on Wheels 5 - 6 p.m.\</li> <li>• Saint Patrick's Day</li> </ul>	<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 1</li> <li>• Meals on Wheels 5 - 6 p</li> </ul>
School District #78 Spring Vacation Period Se			
22	23	24	
	  		
<ul style="list-style-type: none"> <li>• Sts'ailes Mass 11 - 12 p.m.</li> <li>• Band Ceremonial Burning</li> </ul>	<ul style="list-style-type: none"> <li>• Edlers CRA Form Filling 9 - 2 p.m.</li> <li>• Pancake Breakfast 9 - 11 a.m.</li> <li>• Meals on Wheels 5 - 6 p.m.</li> </ul>	<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>• Chief &amp; Council Meeting</li> </ul>	<ul style="list-style-type: none"> <li>• Elders Rummage Sale 1</li> <li>• Meals on Wheels 5 - 6 p</li> <li>• Income Assistance Chec</li> </ul>
Seabird Island Community School & School District #78 Spring Vacation Period Se			
29	30	31	
	  		
<ul style="list-style-type: none"> <li>• Seabird Mass 11 - 12 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition Run 10 a.m.</li> <li>• Pancake Breakfast 9 - 11 a.m.</li> <li>• Meals on Wheels 5 - 6 p.m.</li> </ul>	<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>	

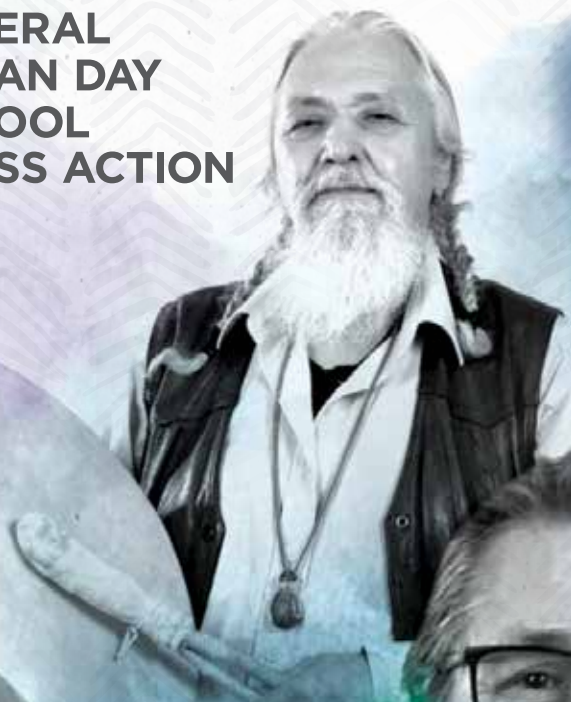
# ar – Welék'es (March) 2020

:xws	(T) Sxeó:thels	(F) Sheqá'tses	(S) T'óqw'tem
4	5	6 • Youth Outing	7
11 1:30 - 1:00 p.m. 1 - 12 p.m. Wednesday Night m.	12 • Drop in Tutoring 3 - 5 p.m. • Youth Council 3:30 - 5:30 p.m. Cooking and Meal Prep 6 - 8 p.m. • Halq'eméylem Translation Contest	13 • Youth Outing • Income Assistance Renewals Due	14
18 1 - 12 p.m. m.	19 • Drop in Tutoring 3 - 5 p.m. • Youth Council 3:30 - 5:30 p.m. Cooking and Meal Prep 6 - 8 p.m.	20 • Youth Outing • School Ceremonial Burning	21
School District #78 Spring Vacation Period			
25 1 - 12 p.m. m. Que Day	26 • Drop in Tutoring 3 - 5 p.m. • Youth Council 3:30 - 5:30 p.m. Cooking and Meal Prep 6 - 8 p.m. • Indian Day School Forms 1 - 3:30 p.m.	27 • Youth Outing	28
Seabird Island Community School & School District #78 Spring Vacation Period			
1	2	3 <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 red newsletter boxes in the Community. <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	4 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



**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 Margarete de Groot for assistance call the Seabird Island Band Office at 604-796-2177.***



# SERVICE CANADA and CANADA REVENUE AGENCY

March 23<sup>rd</sup> from 9:00 a.m. to 2:00 p.m.  
Band Office, Elders Lounge

Please come visit and get help with any of the following forms or applications:

## Service Canada:

- CPP Applications
- OAS Applications
- CPP Disability Applications
- Allowance benefit (you are 60-64 and your spouse receives OAS and is eligible for the GIS)
- IA Disability ending, as result of turning 65
- Any changes in dependents/income that could affect your current CPP/OAS/GIS, **possibly increasing your monthly benefit?**

## Canada Revenue Agency:

- Need a Social Insurance Number
- Social Insurance Number, to be reissued
- Child Tax Benefit application
- Persons with Disabilities & Disability Tax Credit application



### For more information contact;

Margarette de Groot  
Elders Coordinator  
Ph: 604-845-7056  
Email: [elderscoord@seabirdisland.ca](mailto:elderscoord@seabirdisland.ca)

Canada

## Circle of Security Parenting Program A relationship based parenting program

(ALMOST) Everything I need to know about supporting security in 25 words or less

**ALWAYS BE BIGGER, STRONGER, WISER AND KIND**

Whenever possible follow my child's need  
Whenever necessary take charge



Join us for 8 sessions Tuesdays and Thursdays From 10:00-12:00

May 5 <sup>th</sup> , 2020	May 19 <sup>th</sup> , 2020
May 7 <sup>th</sup> , 2020	May 21 <sup>st</sup> , 2020
May 12 <sup>th</sup> , 2020	May 26 <sup>th</sup> , 2020
May 14 <sup>th</sup> , 2020	May 28 <sup>th</sup> , 2020

**Must complete all 8 sessions in order to receive a certificate of attendance for the circle of security parenting program**

**Please contact for more information and to register**  
Jen McNeil @ 604-796-6886 or 604-798-1415

*Snacks will be provided*



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/z46nwis1qtivtp/>

**PACIFICSPORT**

**FREE!**

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))



# 51<sup>st</sup> Annual Seabird Island Festival

**May 29 - 31, 2020**

- Baseball
- Ball Hockey
- War Canoe Races
- Adult Soccer
- Youth Soccer
- Barbeque Salmon
- Cultural Performers
- Daily 50/50
- Vendors

Currently seeking Food and Craft vendors!  
\$350 for Food Vendor  
\$175 for Craft Vendor

Registration packages will be available online soon!



For more information: Contact Charlene Point, via Email: [charlenep@seabirdisland.ca](mailto:charlenep@seabirdisland.ca)

# Nutrition Run/Walk 2020

March 30, 2020

Start line: SICS



10:30 a.m. ~ Sign-in/pick-up sweater

10:45 a.m. ~ Welcome & Prayer

11:00 a.m. ~ Begin walk/run

12:00 p.m. ~ Lunch

## Lunch Locations

- SICS Students at the Elementary School
  - Band & Community Memembers at Band Office Gym

Register to secure sweater by Monday, March 9, 2020

Contact Val Bobb for registration forms or for more infomation

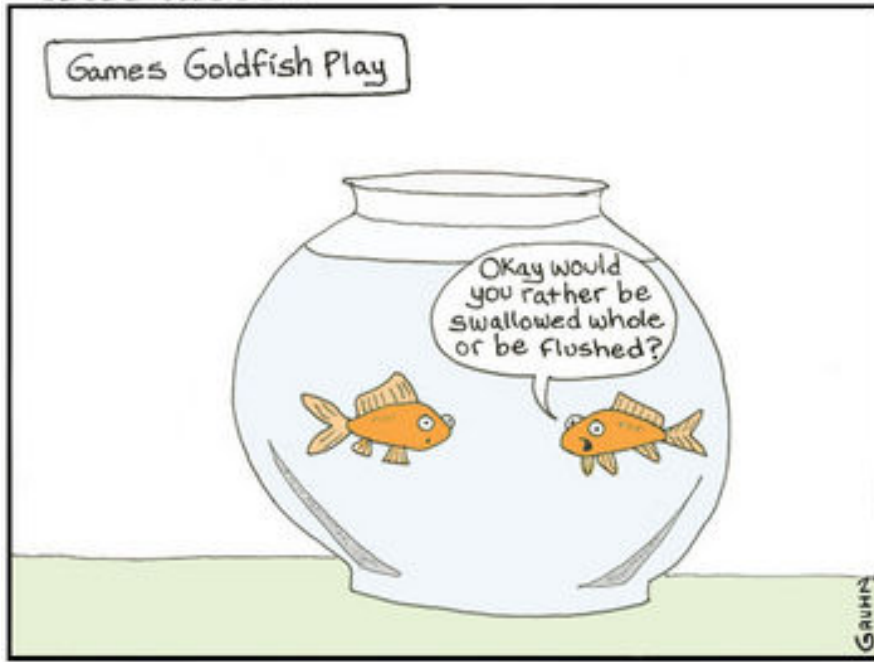
Phone: 604-796-6829



# Comic

WebDonuts.com

Games Goldfish Play



# Welék'és

March

"Littler frog season"

## 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:** Water Lilly

**Birthstone:** Amethyst

## Aries

March 21 - April 19

**Key characteristics:** Assertive, strong and determined, a natural leader. Natural charm and grace, you have confidence that attracts a wide variety of friends and business partners.

**Flower:** Motto

**Birthstone:** Diamond

## Quotes of the Month:

"A healthy lifestyle includes exercise, nutrition, healthy sleep patterns and a healthy group of friends."

~ Sophie Gregoire Trudeau

"Good nutrition and regular exercise definitely help you cope with life's dramas."

~ Terri Irwin

## Halq'eméylem Word Search

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

## Words:

1. Rights
2. Aboriginal
3. Title
4. Inherent
5. Constitution
6. Immemorial
7. Occupy
8. Traditional
9. Calder
10. Delgamuukw
11. Connection
12. Sacred
13. Land
14. Fisheries
15. Chinook
16. Sockeye
17. Protect
18. Access
19. Use
20. Dryrack
21. Teachings
22. Indigenous
23. Resources

Xaxastexw te mekw'stam

Submitted by: Zorana Edwards-Shippentower



## 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.

## 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.

## RN - Public Health Nurse

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.

## Human Resources Admin/Safety Coordinator

The Human Resources Admin/Safety Coordinator is responsible for providing Administrative frontline support to employees in assigned departments/programs. These duties will typically focus around employee relations, training and development, Human Resources, Safety, disability management, RTW program and administration.

## Youth Mentor

Under the direction of the Child and Youth Initiatives Supervisor, the Youth Mentor is front line staff in child and youth programs run through the Seabird Island youth center. The role of the youth mentor is to facilitate programs for youth ages 6-18 including planning and implementing activities; developing appropriate youth to mentee relationships; guiding youth behavior; maintaining the physical space of the youth building and reporting program activities and incidents to the Child and Youth Initiatives Supervisor. They Youth Mentor is responsible for maintaining relationships with youth who are engaged in the program and doing outreach to develop new relationships. Typical hours are part time and vary in length between 3:00pm – 9:00pm Monday to Friday as part of the drop-in program. Occasional daytime or weekend work will be scheduled for camps, weekend events and overnights.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## Education Assistant

Under the supervision of school administration, the Education Assistant (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. EA's will assist teachers in student assessment and evaluation through observation, record keeping and data collection. At Seabird Island Community School, Education Assistants are valued members of the school community and they make a significant contribution to the work of the school and toward the education of all students.

## 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 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.

## 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.

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## Kwiyos (Maternal Child Health Support Worker)

Kwiyos (Maternal Child Health Support Worker) works closely with pre and post-natal moms, youth and families in The Maternal Child Health Kwiyos Program

## 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.

*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:** March 1<sup>st</sup>, 15<sup>th</sup> and 29<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**

**Next clinic dates:** March 8<sup>th</sup> & 9<sup>th</sup>

Book now with Amanda to get on the waiting list.

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.

# Seabird Island Cultural Events Outing to Whistler

March 22<sup>nd</sup> – 23<sup>rd</sup>, 2020

Have You Attended the Cultural Programs in 2019-2020?  
We are offering a trip for 12 families up to 4 people per  
room for a night at Mountain Retreat Hotel & Suites  
(2 queen bed rooms). Includes meals and a tour of the  
Squamish Lil'wat Cultural Centre. Leaving the Band Office  
at 8 a.m. on Sunday March, 22<sup>nd</sup>.

Please bring: 1 nights clothing, swimsuits and spending money.

RSVP to: Leanne

*Big thank you to the attendees of 2019-2020 for making  
Community Cultrual Event Workshops successful!  
Look forward to seeing you in 2020-2021 upcoming workshops.*

Leanne Ellis  
Cultural Coordnator



Phone: 604-796-2177  
Email: [leannee@seabirdisland.ca](mailto:leannee@seabirdisland.ca)

# 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, sen-  
tence development, word identifi-  
cation 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**

Ō:west kw'e slháqwe m te Halq'emeylem qel



LALME'IWESAWTEXW  
SEABIRD ISLAND COMMUNITY SCHOOL

UNIVERSITY  
OF THE FRASER VALLEY