

Dates to Remember

- February 17th
*All Facilites Closed
Family Day*
- February 20th
*Car Draw - Last day to
Volunteer for Events*

Kwelaxtelot Memorial Pole Ceremony

On February 12, 2020 there was a ceremony at Seabird School conducted in honour of the late Evelyn Peters.

Carved by the men at Mountain Prison, the pole stands strong above the Seabird School Reception. It stands strong pointing in the direction of the front door and out towards Mt. Cheam, her name sake. Kwelaxtelot means "rolling snow".

Seabird has a partnership with Mountain Prison as part of this contract Eve worked with the men there, taking care of things on behalf of Seabird. The men wanted to do something in honour of Eve, to acknowledge her work with them.

Si:emiya Clem Seymour thanked Mountain Prison and the Seabird School for all their

work to take care of this important work. Evelyn was an important cultural teacher and leader for Seabird. Starting as an Education Assistant she worked her way up. She was so dedicated to her students, she would even

pick them up and bring them to school to ensure they came to class. She studied and taught the language, arts, crafts, ceremonies and traditions. She worked with her hands weaving wool and becoming a passionate cedar weaver making many hats, baskets and roses.

The happy times, the good times are the pieces we need to remember and carry with us. Do the best we can while we are here. Respect everybody and honour everyone. Do not hold onto the hurt of loss, remember the good times. Remember the work and the fight they did for us, take that strength and move forward

in a positive way. In memory of her and the teachings she gave, carry forward her teachings and love.



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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>

Chief and Council Elections 2020

The election process has changed a bit this year. For more details please read below and/or go to <http://www.seabirdisland.ca/> for more information.

REGISTERING:

This year the Chief and Council elections will be an electronic voting platform. Please register to vote on-line: once registered all Band Members will be able to log in and vote from the comfort of your home, or from your cell phone.

How to:

1. Visit: <http://www.seabirdisland.ca/>
2. Click on the "Click here" button
3. Click on the link under "Register to Vote Today!"
<https://onefeather.ca/nations/seabirdisland>
There is a video available explaining how to register and vote.
4. You'll need your:
 - 10-digit Status Cards / Registry Number
 - Birthdate
 - Email addressAll the information you provide is secure. Your information will never be shared with anyone.
5. Select "Register to Vote"
6. Enter your Registry Number (Status Number) and Birthdate
 - Select Register
7. Add your Name and email address.
 - Other contact info is optional.
 - Select Register again
8. Check your email
 - you'll be sent a confirmation link
 - Click the link and you will be registered.
 - You will get one more email confirming that it is complete and you are registered.
9. If you don't get the emails:
 - Check your junk/spam folders, then
 - Add OneFeather to your contacts so you wont miss voting emails.

Notice of Election

April 15, 2020
9:00 a.m. - 8:00 p.m.
Seabird Island Band Gym

SEABIRD OFFERS 3 WAYS TO VOTE:

- **Electronic Voting:** register today.
- **Mail-in ballot:** contact OneFeather.
- **In Person:** at the Seabird Polling station

Visit <https://onefeather.ca/nations/seabirdisland> to register and for more information.

ELECTRONIC VOTING:

Once registered you will receive a notification when voting begins, so you can vote.

1. The notification. It has your unique PIN and a secure link to the voting event.
2. Finish confirming your identity with your PIN from the email, Registry Number and Birthdate.
3. Check the box stating "I confirm that I am registered,..."
4. Click "Verify my identity"
5. Follow the voting instructions and make your vote.
6. Voting takes 2-3 minutes
7. Confirm your vote and you're done!

If you need any support or help, contact your Electoral or Ratification Officer. Their contact information and confidential email link is located on the Seabird OneFeather landing page.

NOMINATIONS:

Nomination packages are available on the Seabird website and for pick-up in the main lobby.

Nomination period is 9:00 a.m. February 24, 2020 to 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) for the purpose of electing one (1) Chief and eight (8) Councillors to the Office of Chief and Council for the ensuing three (3) year term.

All completed in full nomination packages must be submitted to the Seabird Island Records Department or the Electoral Officer no later than:
4:00 p.m. Thursday March 5, 2020

Special Edition Candidates Newsletter:

We believe in equal opportunities for all! We are offering candidates the opportunity to introduce themselves prior to the election. We will be producing a "Special Edition Candidates Newsletter" for candidates who wish to participate.

Photo and up to 380 words maximum to be submitted to comm@seabirdisland.ca

SUBMISSIONS DUE 4:00 p.m. March 10, 2020
- the newsletter will be available March 31, 2020.



Students came forward sang the honour song as the carving was being revealed.

As in the traditional way, 4 people were called forward before anything began and asked to witness the ceremony. These witnesses have the responsibility to carry forward the messages and share this important event with the people.

The first witness Clem Seymour spoke, "We need to remember the work Eve did was important. She brought back the spirit in the community, the spirit to take care of the land for the children."

The second witness Jason Campbell spoke, "The work she did was with caring, respect and patience. We need to continue her work bringing back the culture."

The third witness Jason Thompson the Aboriginal Liaison from Mountain Prison spoke, "Thank you to the family for sharing this lady with the community. We all have the responsibility to pass on her teachings."

The fourth witness Robert Armstrong stated, "She always said to do things with a good mood and a good heart."

This was a great day; powerful, positive and empowering, just like Eve.

Written by: Sandra Bobb



Grade 4 class of Seabird Island Community School

On Friday January. 31st, the Grade 4 class presented the Readers Theatre play of "Cinderella Bigfoot" - a spoof on the traditional story! We were hosted by our Reading Buddies, the K-4 class, so it was super to present this play for them!

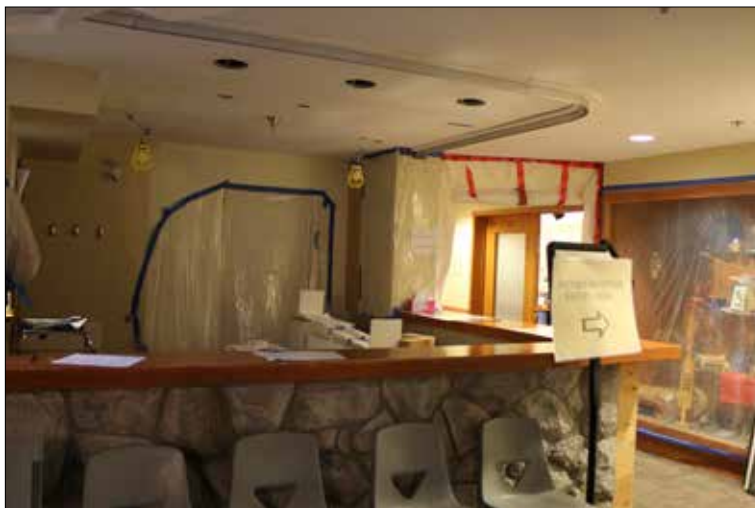
The class did an amazing job of their parts - there were 6 Narrators, Cinderella Bigfoot (size 87, Triple A!), her Mom, her

3 Stepsisters - Weeny, Whiny and Mo, her Dairy Godmother, Prince Smeldred, plus the King and Queen.

This has been a fun way to develop the students' reading fluency and expression! Each participant has a script to follow, so that they can focus on their clear voices and wonderful expressions! Memorization is not the focus, but after daily practice for two weeks, it certainly does come into "play"!

Submitted by: Mrs. Sheryl Rothert - Gr.4 teacher

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 issue 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.



Ways to Declutter Your Home with Organization

Tips Part 2(A):

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: Room-by-Room Decluttering & Organizing Tips

Now that you have the tools you need to tackle any decluttering project in your home, you are ready for our room-by-room decluttering tips.

How to Organize & Declutter Your Bedrooms



Bedrooms often become dumping grounds for stuff in your house. When you think about it, you don’t really need more than a bed, a nightstand or two, storage for clothes, shoes and perhaps a home for jewelry and makeup.

Start by Decluttering the Bedroom Drawers

Take everything out of the drawers and ask yourself the following questions about each item:

1. Does it belong in the bedroom?
2. Have you used it in the last year?

Did you answer, “No,” to either of those questions? If so, then put it in your “Get Rid of” bin.

Keep Flat Surfaces in the Bedroom Clear

It’s ok to have a few decorations, a lamp or pictures on dressers or nightstands, but try to limit each surface to five things.

Use Storage Bins for Kids’ Toys, Seasonal Items or Things You Use Infrequently

Kids’ toys can live in baskets, toy chests or even shelves in a bedroom. If you find yourself running out of space for toys, it’s probably time to donate those toys.

Seasonal things can be stored in plastic or cloth bins that fit under the bed or in a closet.

How to Clean Your Closet Clutter



Be sure you keep your three bins nearby for this task as you follow these three ways to declutter your closet:

Get Rid of Clothes and Shoes

In case you glossed over the section earlier in the guide where I discussed the 80/20 rule, I’ll reiterate. We typically wear 20 percent of our clothes 80 percent of the time, which means you should have a significant amount of clothing you can purge. Ask yourself these questions:

1. Does it fit?
2. Is it damaged? (stained, torn, faded)
3. Has it been worn in the past year?

If you answered, “No,” to any of those questions, add the item to your “Get Rid of It” bin. Sentimental or seasonal items that you don’t wear often, put it in your storage bin and free up some space in your closet. The same goes for shoes.

Since will keep at least a few things that you should get rid of, even after this

exercise, try the “backwards hanger” trick over the course of the next six months. After you wear something, put it back in the closet with the hanger facing the back. At the end of the six months, you’ll be able to easily identify the clothes that just aren’t worth keeping anymore.

Clean Up Closet Shelves

Remove everything from your closet shelves, wipe down the shelves. Avoid stacking clothing on shelves and storing stuff on shelves that can get buried under hanging clothes. Aside from items you store in containers, you should be able to see everything in your closet without moving too much.

If you are decluttering a closet that you don’t use to store clothing, it can be really tempting to stack everything in there. Don’t do it. Consider adding more shelving above things that you may keep at the bottom, like a vacuum cleaner or storage bins. You can also add hooks inside for brooms, mops and dustpans.

How to Declutter Your Home Office or



Workspace

Does your home office or workspace look like it was hit by a tornado?

Go Through Paper Items

For most people, office clutter consists of piles of bills, important documents, semi-important documents, receipts and other pieces of paper you “intended” to get to.

The best way to start organizing your office is to sort papers into three piles: File, To-do and Trash.

Here are some other tips for decluttering stacks of papers in your home office:

- Scan important documents to make a digital record, then shred the document if you don't need a physical copy.
- Older paper files, store taxes returns in a bin and kept in another space for things you don't need to access often.
- Designate a space for important mail or paper documents that you need to act on soon – this way you'll have a place to for them when you get them.
- When you're filing paperwork, don't forget the most important file: the circular file.

Clear Off Your Desk

Challenge yourself to remove most items from your office desk, aside from your computer, a lamp and a few other essentials.

Clean Out and Organize Drawers

Do your office drawers look like piles of junk when you open them up? We have three simple steps to help you make sense of your office supplies:

1. Take everything out of the office drawers.
2. Get rid of the excess. If you haven't used it in six months, you should get rid of it.
3. Organize like-things together and avoid a lot of free-floating objects in a drawer. There are drawer organizers you can purchase or you can use small boxes or containers.

Tame Your Cords

While not essential for organizing your home office, wrangling in your cords will help you achieve the clean, crisp look you will want. You can also use a few of these clever cord hacks:

- Label cords with masking tape, to tell what cord goes with each device.
- Hold cords that are frequently unplugged up on your desk with binder clips.
- Use twist-ties or rubber bands to tie up excess cables.

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

How to Declutter Your Kitchen



You probably use your kitchen more than any other room in the house, you likely have a lot of stuff in it.

Start by Decluttering Kitchen Countertops

This small, two-step project will look and feel big when you are done!

Step 1: Clear everything off your kitchen counters except 3-5 essential items (such as a coffee maker or knife block). Everything else wash and put away.

Step 2: Items not needed in the kitchen need to be moved, donated or trashed.

It will feel like a NEW kitchen when you are done!

Divide the Kitchen into Zones

We recommend decluttering one section of your kitchen at a time. Assigning zones could help you improve the organization of your kitchen.

- Identify space near the stove for cooking utensils, pots and pans.
- Unless you bake every day, store your baking supplies away in a cabinet or on a shelf.
- Storage bags, aluminum foil and similar items should get their own zones, as well as cleaning supplies.

Small Appliances: Food dehydrator or deep fryer you use once a year, should go in "Get Rid of It" bin. Appliances that do multiple things tend to be keepers.

Plastic Storage Containers: If you have container without a lid or vise versa, throw it away or recycle it.

Pots & Pans: Chances are you only have so many burners on your stove that you can use at once, so you may not truly need all of the pots, pans, cookie sheets and whatever else you have.

How to Declutter & Organize Your Bathrooms



Decluttering a bathroom requires purging and organizing the items that consume your counter tops, shelves and drawers.

Follow this simple four-step process for decluttering your bathrooms:

1. Pull all of your stuff out of the bathroom closets and drawers. However you decide to do it, clear off countertops, empty drawers and completely clean out linen closets in or near your bathrooms.
2. Put like things together. Medicine, towels, toiletries, cleaning supplies, makeup, etc. so you can see what you have cluttering up your bathroom.
3. Often times we have multiple bottles of half-used stuff in our bathrooms, we are holding onto that only has a little left, throw it away. More towels than you will use in a month? Donate excess towels to an animal shelter. If you are holding on to something (a gift perhaps) that you never use, you should get rid of it.
4. Put your bathroom back together, but keep it organized. Dividers, drawer organizers and baskets are essential for bathroom organization.

Similar to other spaces in your house, remove many items from countertops. If you have items you use daily, organize them neatly on a tray, or put them in an easily accessible drawer or on a shelf.

Keep an eye out for part 2(B) steps in decluttering your home.

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

51st 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

Coronavirus

January 30, 2020 - School district and independent school updated messages:

- The World Health Organization has declared the novel coronavirus a global health emergency; however, the B.C. Provincial Health Officer is advising that the risk is low within British Columbia and all necessary precautions are being taken to prevent the spread of infection.
- The Ministry of Health has advised and confirmed that individuals returning from affected regions do not need to be isolated at home or kept home from school.
- We can assure you that we are in regular communication with the Ministry of Education, Ministry of Health and our local health authority to make public health decisions, and to ensure students and employees are kept informed and safe.
- We will continue to be in close contact with public health officials and, with that in mind, would ask that you do not make assumptions about the risk of students or staff based on their ethnicity or travel history.

Please check out the HealthLinkBC website – there are some great questions and answers that you can direct your enquiries to - <https://www.healthlinkbc.ca/health-feature/coronavirus>

Advice for Students and Families Considering Travel:

Students and families considering travel to and from China are encouraged to consult the Novel Coronavirus in China Travel Health Notice on the Government of Canada Travel and Tourism page regularly, as recommendations may change over the course of your travel as new information becomes available. No matter where students and families plan to travel, the Public Health Agency of Canada recommends that they consult Government of Canada Travel and Tourism page, as this is the Government of Canada's official source of destination-specific travel information. This web page provides important advice to help travelers make informed decisions and travel safely while abroad. Students and their families should always tell their health care providers about their travel history if they become ill after returning to Canada.

Advice on masks from Provincial Health Officer, Dr. Bonnie Henry:

“The thing about masks is we know that they are very important in certain situations. If I'm sick, my wearing a mask keeps my droplets in. It does help prevent transmission to other people. That's why we ask somebody who's sick, who's going to an emergency department, for example, if you have a cough or respiratory symptoms, we ask you to put on a mask and clean your hands. Where it's not known is how effective wearing a mask in the community is when you are not sick yourself.

The masks may give you a false sense of security. The most important thing that you can do in the community is to wash your hands regularly.”

Reducing the risk

The BC Centre for Disease Control recommends that to reduce the risk of exposure to novel coronavirus, employ the same measures that are taken in relation to colds and flu:

- Wash your hands frequently for at least 20 seconds using soap and hot water (it is the single most effective way of reducing infection spread).
- Practice other good hygiene habits: do not touch your face/ eyes/mouth with your hands, and cover your mouth and nose when you sneeze or cough (ideally with a disposable tissue or the crease of your elbow).

- Clean and disinfect frequently touched workspace surfaces.
- Maintain good general health (eat a balanced diet, get enough sleep, exercise in moderation).
- Stay home if you are sick.
- A new toll-free phone number (1-833-784-4397) has been established to answer questions from Canadians about the 2019 novel coronavirus. Service is available from 8 a.m. to 11 p.m. until January 29 and from 7 a.m. to midnight starting January 30 (Eastern Standard Time).

Further information about novel coronavirus is available on the BC Centre for Disease Control website.

Thinking Positive Thoughts

May not seem like much, but thinking positive thoughts goes a long way. Waking up everyday thinking today is going to be a great day.

I know this may sound crazy, there was a time in my life I thought everything was going down hill and thought I would be going nowhere. In that year everything had changed for me and it really did feel like I hit rock bottom. All I could think of is how everything was going wrong and how it kept going down hill.

One day I started waking up saying “it is going to be a good day”. On my walk to work, I would tell myself, “yesterday is in the past and today is a new day. I am going to get through this day, I am going to work my hardest and do my best”. I would say this to myself in repeat until I would get to the office, it was a ten minute walk. In all honesty I had forgotten how I use to feel every day, when my days seemed dark.

Now I wake up, tell myself today is going to be a great day, tell my son I love him before he leaves for school. All it takes is little steps to change your mind frame. After you have entertained positive thought, next would be giving yourself goals. Ones you can accomplish in a small time frame, you have to start off little as you don't want to feel defeated and enter a negative mind frame.

My little step was, I would like to take my son out to do something every weekend. I started with swimming as a family and with the snow gone, I am now looking into hiking places. So, I guess you could say is I want to start doing things as a family more. Little steps to making good memories.

Here are some steps I had researched to help start getting my mind frame into more of a positive note.

7 Simple Steps to Change Your Life With Positive Thinking

Positive thinking is important for your achievements.

Here are few tips to change the quality of our lives with positive thinking:

- 1. Accepting what we can't change**
NO. Since we can only dwell on our past and we can't change it, why can't we plan for our future?
- 2. Stop blaming external factors**
Some people like to blame external factors for their woes.
- 3. The power of determination**
Determination is one of the most important tools to achievement in life. One of my favorite quotes is “if you really want it you'll get it.” If it's important to you, you'll get it.

4. Stop spending time with negative thinkers

You might have observed that many people who failed to overcome an obstacle are used to bad stories. Stop associating with negative thinkers.

5. Stop dwelling on the bad side of life

Some people read news and every time they read they become afraid-as if the bad thing in this life is happening to them. Especially these days that the media doesn't have any good news to offer. It is interesting to know that for every bad thing many good things are also happening.

6. Shun fear

Fear, as many used to define it as FALSE Expression Appearing Real is killing dreams. Fear of the future, fear of anything can kill your dreams. Some people have set limitations because of fear.

7. Positive thinking without action is nothing

Thinking about plans and a glorious future without action is daydreaming and it is NEGATIVE thinking. POSITIVE thinking should always be followed by action.

Reference to seven tips: <https://addicted2success.com/life/7-simple-steps-to-change-your-life-with-positive-thinking/>

Submitted by: Zorana Edwards-Shippentower



2020 Chilliwack Ford Spring Soccer:

2020 Chilliwack Ford Spring Soccer Registration

Chilliwack Ford Spring Soccer is available to anyone born between 2004 - 2016: Chilliwack Ford Spring Soccer is for those players that want to play for fun. There are NO Team Practices - more info to come re: Optional Drop in Training for the U5 - U10 players.

We are VERY dependant on our Parent Volunteers. If you are interested or willing to coach your child's team, please click on the Coach Registration Link for Chilliwack Ford Spring Soccer to register as a Coach.

Registration is open for players born between 2004 -2016 (U4-U16) until midnight February 15th for the Early Bird Fee. February 16 - 29th a Late Fee will apply....so don't delay in registering!! After midnight February 29th, Open Registration closes and a Wait List will go in to effect including the Late Fee

If there is a space available. No payment is collected if you are on the Wait List until there is a space available.

You may register using the Online Registration Link to pay with Debit/Visa or Debit/Mastercard or American Express.

If you want to pay with Cash or Debit or are applying for Sponsorship (Jumpstart, Kidsport etc) you will need to register with Liz in the Chilliwack FC Office. Click here for Office Location and hours.

To the right is a chart showing the division you should select for registration based on the year in which your child was born.

Division & Year of Birth	
U4 - 2016	U11 - 2009
U5 - 2015	U12 - 2008
U6 - 2014	U13 - 2007
U7 - 2013	U14 - 2006
U8 - 2012	U15 - 2005
U9 - 2011	U16 - 2004
U10 - 2010	

<http://chilliwackfc.bonzidev.com/2020ChwkFordSpringSoccer>

Hello U6 Players!

I wanted to let you know about a change that is being made to the U6 Program for the Spring Season. See message below from Glenn Wilson - our Technical Director, letting you know about the changes.

***Remember, the Early Bird Fee ends at midnight, February 15th and registration closes midnight February 29th

Now for Glenn's email:

CHILLIWACK FC - SPRING U5/U6 PROGRAMMING

We will be revising our spring programming for our U5 and U6 age groups to compliment our fall programming. Once per week our U5 and our U6 players will gather, on separate days of the week, and placed in small groups. These groups will rotate through 3-4 "stations" where they will participate in age related, fun activities that encourage competence with a soccer ball over the course of time. Stations will promote balance, coordination and skill development. After rotating through each station the players will be placed onto teams for mini games to complete the practice.

We feel that this format allows players to have more contact with the ball which is key to development and will not have the focus on winning/losing each week. It also allows players to play with different team mates every week.

The practice sessions will be conducted by CFC staff under the guidance of our Staff Coaches Chelsea Brown and Tsandlia Van Ry.

<http://chilliwackfc.bonzidev.com/2020ChwkFordSpringSoccer>

Free Car!  **2006 Ford Focus**

Volunteer to enter to

WIN A FREE CAR

All volunteers get a ticket for every
2 hours served.

This contest is open to everybody who volunteers for Seabird Events. Staff participants are only eligible for after hour work only (non-time sheet related and not including Community Christmas Dinner)

Draw Date: February 20th 2020

For more information and to register for volunteer hours contact:
Charlene Point 604-796-6813 email: charlenep@seabirdisland.ca

VOLUNTEERS NEEDED!

- Christmas Decorating December 2nd - 5th
- Community Christmas Dinner December 5th
- Christmas Hampers December 16th - 20th
- After Christmas Clean-up (taking down decorations) January
- Family Day
- and more...

The more you volunteer the better your chances to **WIN!**  *Volunteer for your chance to* **WIN!**



PRESS RELEASE

Rescinded: Rockwell Drive Evacuation Order

February 10, 2020

Agassiz, British Columbia – The Evacuation Order and Amended Evacuation Order for Rockwell Drive were rescinded on February 8 at 4:00 pm.

A State of Local Emergency (SoLE) remains in effect at this time.

The District sincerely appreciates the patience of the evacuees while involved agencies worked expediently to return displaced families back to their homes.

Mayor Pranger stated that the speed at which the community recovered was impressive. “The original estimate was that families would be out of their homes for up to three weeks. The Province, Emil Anderson, Agassiz RCMP, Kent Harrison Search and Rescue and District staff cooperated and coordinated so efficiently that most families were home after one week. Thank you again to the public for keeping away from the area allowing crews to work, this certainly contributed to the restoration being completed so swiftly.”

Residents currently waiting for confirmation of potable water may access water jugs as donated by the Chilliwack Water store for their cooking and consumption needs. The jugs are available for pick up at the Community Recreation and Cultural Centre at 6660 Pioneer Avenue. Proof of residency is required and residents will be notified once water testing results are confirmed by Fraser Health.

You are invited to attend a
FREE FILM SCREENING

Wednesday February 19, 2020
5 p.m. – Band Office Gym

Dinner and refreshments provided

Limited child minding available
please RSVP if you need child care.
RSVP Katelyn 604-819-7897



Becoming an ACE
(Adverse Childhood experiences)
informed community and the
roles that everyone can have
in helping to reverse them.

Help us offset the cycle of trauma.



2020 HTC

HALQ'EMEYLEM TRANSLATION CONTEST

We invite you to witness our HTC 2020.

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

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

DATE: MARCH 12, 2020

TIME: 10:00—2:00PM

LOCATION: Gathering Place Chilliwack CEP UFV Campus

LUNCH: LITE LUNCH PROVIDED

Divisions

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

Qwest kw'e sháqwe'm te Halq'eméj'emqel


 LALME'WESAWTEKW SEABIRD ISLAND COMMUNITY SCHOOL

 UNIVERSITY OF THE FRASER VALLEY



Indigenous Sport, Physical Activity & Recreation Council



Move | Play | Compete

FREE!

Hosted by the Opus Prep Foundation:

Four-Week Basketball Development Camp!



Wednesdays!

February 5, 12, 19, 26

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

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

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

Please Pre-Register:
<https://aboriginalsportbc.wufoo.com/forms/z18wkla70r8bo75/>

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)




Indigenous Sport, Physical Activity & Recreation Council



Move | Play | Compete

FREE!

Hosted by the Spirit of the Children Society:

Youth Archery Camp!



Wednesday, Feb. 26th

5-7PM

Ages 10-18

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

Registration Link:
<https://aboriginalsportbc.wufoo.com/forms/ze9qg1404undlw/>

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

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

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Alana Cook (acook@isparc.ca)





Indigenous Sport, Physical Activity & Recreation Council



Move | Play | Compete

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

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

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Alana Cook (acook@isparc.ca)






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 8th, 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 | 250-218-2884

Antonia Malloway, Program Coordinator

antonia@tzeachten.ca | 604-858-3888

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



Nutritionist

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

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 philosophy of this work is to build the skills and capacities of the Youth to be leaders in their programs, caring out the daily program activities, engaging with other Youth in a meaningful way and caring for the physical space of the youth center. The Youth Worker is a primary support, coach and advocate for the Youths' needs and development. From a Youth-centered practice the Youth worker walks along side of the Youth to continually co-develop programs and opportunities where Youth will grow and thrive. Opportunities for Youth include local and distant activities that are both large and small scale. The Youth Worker will also connect their clients with needed programs and services such as driver's education, health services, mentor ships and social supports.

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 3:00 p.m. – 9:00 p.m. Monday to Friday as part of the drop-in program. Occasional daytime or weekend work will be scheduled for camps, weekend events and overnights.

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.

Dental Hygienist On-Call

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

Certified Dental Assistant (CDA) - Part Time

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

Home Care Aide

The Home Care Aide's primary goals are to improve the quality of life of the Seabird Island Band Community Members by assisting them to make healthier lifestyle choices; promote client dignity, independence, comfort, mobility, personal appearance and safety; and to provide support to the Community Health Nurse(s) (CHN) and/or Home and Community Care (HCC) Nurse. These goals are to be achieved by using the professional public health knowledge and skills within the Medicine Wheel practice model.

Senior Financial Analyst

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

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

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 within 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.

Aboriginal Rights & Titles Manager

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

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

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

Policy Writer

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

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

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

Early Childhood Education (ECE) Generalist

Under the direction of the Early Childhood (ECE) Program Director, the ECE Generalist will provide hands-on child care to children in Seabird Island Band's early childhood education programs, in accordance with all child care licensing requirements and the philosophies, policies and objectives established by Seabird Island Band Management. Possible programs include the Out of School Care program, Seabird Island Daycare and Preschool.

Marketing & Social Media (MSM) Specialist

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

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

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.

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 Rose Giroux.

AGREEMENT/LEGAL

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

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

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

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



Classifieds

SEABIRD CHURCH

Mass: February 16th ~ 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: 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

Book now for the next clinic dates: TBA

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

Elders 65+ can be seen annually.

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

Contact Amanda Peters 604-796-2177.

DENTAL CLINIC

Accepting new STATUS PATIENTS

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

DENTAL WALK-IN PAIN CLINICS

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

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

Contact the Dental Clinic 604-796-6853.

MEDICAL CARDS

Need to apply for a new Medical Card because it was lost or stolen? We can assist you when applying for a new one.

Each client is responsible for paying for their Medical Cards. If they've been lost or stolen more than two times the cost is \$20 for each new card.

Please note, we do not assist with BC ID applications.

Contact Amanda Peters 604-796-2177

BABIES ID CARDS

Apply for a Medical Care Card as soon as possible.
Contact Amanda Peters 604-796-2177.

Apply for Status Cards as soon as possible.
Contact 604-796-2177.

AMBULANCE BILLS

Please submit ambulance bills as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NIHB). Anyone with a status number can have the ambulance paid for by Health Canada as long as it's not an ICB claim.

We can only provide assistance to those with a status number.

Unfortunately, ambulance bills will not be covered if you were also incarcerated in jail. Ambulance billing will know if you were incarcerated based on the bill's address. Please do not bring these in as they will be denied and it will be the client's responsibility to pay.

Please note, if you were taken home in an ambulance after a stay in the hospital, this will not be covered and it will be the client's responsibility to pay.

Contact Amanda Peters 604-796-2177.

ALCOHOLICS

ANONYMOUS MEETING

Every Tuesday night at 7:00 p.m. at the Seabird Island Community Hall.
AA in BC website: www.bcyukonaa.org

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

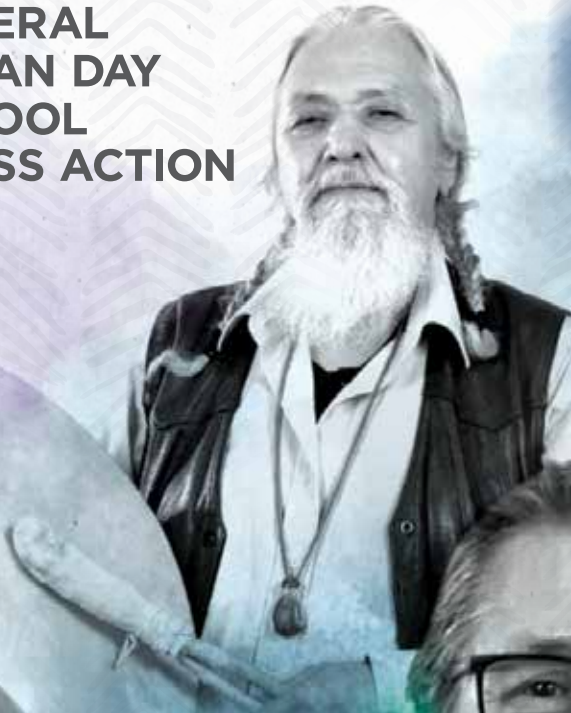
1 BC Hydro & Fortis bills are to be submitted by the 20th of each month.
Any disconnections will be your responsibility.
Call your utility company if you are not receiving your bills in the mail.
BC Hydro: 1-800-224-9376
Fortis: 1-888-224-2710

2 Renewals & Job search are due on the 15th of each month.



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.