



www.seabirdisland.ca

Welék'es - Little Frog Season (Mid-March) 2020

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Dates to Remember

- March 16th - 27th
SD78 Spring Break
- March 23rd - 27th
SICS Spring Break
- March 26th
Indian Day School
- March 30th
Nutrition Run
Cancelled



2020 ELECTIONS

Chief & Council Elections



Register to Vote today!

SEABIRD OFFERS 3 WAYS TO VOTE:

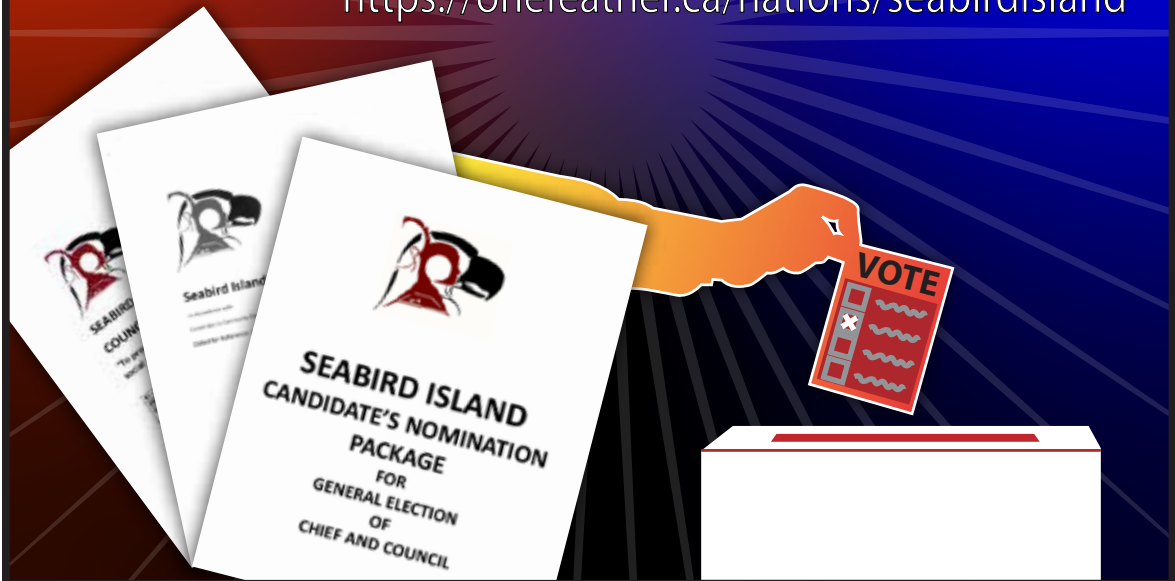
Electronic Voting: register today.

Mail-in ballot: contact OneFeather.

In Person: at the Seabird Polling Station.

To register or for more information, visit:

<https://onefeather.ca/nations/seabirdisland>



SEABIRD ISLAND BAND - NOTICE OF VOTE

Notice is hereby given that the Seabird Island Band 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.

VOTE ELECTRONICALLY

VOTE ELECTRONICALLY FROM 9:00 AM 1 APRIL TO 8:00PM 15 APRIL 2020

Visit the link below and follow the instructions provided to Register, and then Vote, from anywhere on your phone or mobile device. You will be required to provide your Band Registry Number (Status Card), date of birth, phone number, and an email address (only one member can vote per email address). Please contact the Electoral Officer immediately if you require any assistance whatsoever (see bottom of this Notice for contact information).

<https://onefeather.ca/nations/seabirdisland>

VOTE IN-PERSON AT THE POLLING STATION

15 APRIL, 2020

9:00AM – 8:00PM

SEABIRD ISLAND BAND GYM

VOTE BY MAIL-IN BALLOT

All electors who wish to vote by mail-in ballot may request one directly from the Electoral Officer by emailing reception@onefeather.ca or by calling the office phone number below.

CHIEF CANDIDATES - ONE (1) TO BE ELECTED

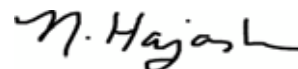
HARRIS, JAMES (JIM)	PETTIS, MARGARET
MUSSELL, FRANCIS	STARR, GAIL

COUNCILLOR CANDIDATES - EIGHT (8) TO BE ELECTED

ANDREW, PAUL	McNEIL, STACY
BOBB, JAMES	PARSEY, JANICE (HARRIS)
CHARLIE, ARMAND	PETERS, MARCIA (MARCIE)
GRACE, ALEXIS	PETERS, RODNEY
HOPE, CAROL	POINT, MATHEW JR.
JOE, RONALD (ZACK)	PRICE, FREDERICK
MARCHAND, ALAIN	WEGENER, PHAINE

Registered Seabird Island Band members who are at least 18 years old as of the date of the election are eligible to vote. An official Voters List of all Eligible Electors has been posted and available for review during regular business hours at the Seabird Island Band Administration Office, and is visible on the lower right side of the election website (onefeather.ca/nations/seabirdisland). Electors are responsible for ensuring that they are included on the Voters List and that the information within the list is correct.

Given under my hand at Victoria, British Columbia, this 9th day of March, 2020.



Nicole Hajash,
Electoral Officer

For more information or assistance please contact:

Nicole Hajash, Electoral Officer **Drew Shaw, Electoral Officer**

Email: nicole@onefeather.ca Email: drew@onefeather.ca

Office: (250) 384-8200 Toll Free: (1855) 458-5888 Fax: (250) 384-5416

209-852 Fort Street, Victoria, B.C., V8W 1H8

<https://onefeather.ca/nations/seabirdisland>

Chief and Council Elections 2020

The election process has changed a bit this year. For more details please 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, you are registered.
9. If you don't get the emails:
 - Check your junk/spam folders, then
 - Add One Feather to your contacts so you wont miss voting emails.

SEABIRD OFFERS 3 WAYS TO VOTE:

- **Electronic Voting:** register today.
- **Mail-in ballot:** contact OnFeather.
- **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.

Notice of Election

April 15, 2020

9:00 a.m. - 8:00 p.m.

Seabird Island Band Gym



First Nations Health Authority
Health through wellness

FNHA Advises Communities to Prepare for Possible Spread of Coronavirus

Important Steps for Communities to Take

British Columbia's health system has a detailed plan in place should the coronavirus known as COVID-19 spread across the province.

It is important to remember that by the beginning of March there were only eight confirmed cases of the coronavirus in British Columbia. All of the eight cases so far identified in BC involve people who had recently traveled to an affected country, or who are close family contacts of people who have been diagnosed with COVID-19. There have been no cases reported in First Nations communities.

Bearing that in mind, please approach these preparations with calm in our hearts and trust in each other to avoid causing unnecessary anxiety in our communities.

However, there are a number of steps First Nations communities can take now to prepare for the possibility the virus spreads more widely:

- Review your existing Communicable Disease Emergency Plan (Pandemic Plan) and update it as needed. Make sure all of the contact information is correct and that people are aware of what is expected of them.
- Review the community's supply of essentials.
- Where there is one, check to see if the community health centre or nursing stations requires additional support to prepare for possible coronavirus patients.
- Train and prepare staff to cover for each other as people may need time off to care for their families or for themselves.
- Continue to follow the First Nations Health Authority communications channels for timely and reliable information on the outbreak.
- Involve the whole community in efforts to prevent the spread of the virus by sharing tips on how to prevent its spread, as well as how to recognize the symptoms in each other.

Band offices and other community organizations should consider taking the following measures to prevent the virus spreading in the workplace.

- Promote frequent hand washing with soap and water, use hand sanitizer.
- Frequent cleaning and sanitizing of door handles, washrooms and surfaces that are frequently touched is important.
- Recommend people sneeze and cough into a tissue or their elbow.
- Encourage people to stay home if they are sick.
- Where possible, allow and enable people to work from home.

Finally, take a look at the community's financial planning and consider budget implications should emergency funds be needed.

The FNHA will provide further updates as the situation evolves.

For all the latest information please go to:

www.fnha.ca/what-we-do/communicable-disease-control/coronavirus

New Staff



Dr. Mark Aquash

Oshogeeshik (Across the Day) is a member of Walpole Island First Nation, Aazhwaakwa Territory, Ontario, Canada. Nimkeeg Indodem (Thunder

Clan), Potawatomi/Ojibwe Anishinaabe, 3rd degree Midewin. Dr. Aquash holds Undergraduate and Master of Education degrees from the University of Minnesota and received a Doctor of Education (Ed.D.) degree in education administration from the Ontario Institute for Studies in Education of the University of Toronto (OISE/UT). Dr. Aquash has been a teacher and administrator at the K-12 level and held positions at the post-secondary level as a professor and administrator for many years. His courses focused on educational administration and leadership for aspiring teachers, principals and superintendents of First Nations education.

Mark has been married to the love of his life, Verna (Big Grassy First Nation) for over thirty years. They have four children, grandchildren and a large extended family. Dr. Aquash maintains networks with First Nations, Tribal communities and Indigenous organizations across North America. He has lectured widely on many of his research interests in Canada, the United States and International forums in Peru, Puerto Rico, Greece and New Zealand.

Submitted by: Dr. Mark Aquash

Employment & Training Program

Relocation

The Employment Services Program has a new location. Building #8 next to the Elders Room at the Seabird Island College. We are available Monday – Friday 8 a.m. – 12 p.m. and 1 – 4 p.m. *Closed for lunch daily.*



Training/Education Funding

** Those planning on taking training or an educational program this September please see either Andrea or Whyles regarding funding options. ** Funding requests/applications are for approved accredited educational programs. Please call to set up an appointment at 604-796-6865 to learn more.

Monthly Action Plans

Monthly Action Plans are due the 15th of each month. Appointments can be made with Andrea or Whyles prior to Income Assistance Day to avoid waiting in line. College students are also reminded to bring in their monthly student attendance record to their appointment.



Work Place Clothing Closet

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

Labour Pool

Labour Pool is accepting applications for casual/temporary employment. This program is in place to assist anyone in the community that would like to work on call for the Seabird Island Band. Must be 16 years+. Please stop by our office if you are interested.

Driving School



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



Self-Serve Options

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

Looking for a tutor? We can help!

Tuesday & Thursday School 3:00 p.m. - 5:00 p.m. at Chowat Rd.

Seabird Island Community School student lounge.

Tired of struggling with your homework? Come on one learning and homework assistance.

Learn from Courtney and Tamara.

Snacks will be provided.

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



Want to start or expand your business? *We can help!*

Stó:lō Community Futures offers business counseling, and business loans for small to medium-sized Indigenous businesses that are either just starting out, need to expand or are maintaining their business. SCF works collaboratively with the 24 Stó:lō communities within Sólh Téméxw, the Stó:lō Traditional Territory on initiatives to improve community economic development.

We are at the Seabird Island Band Office on the last Wednesday of each month!
Our next visit is Wednesday, March 25th, 2020 2:00 P.M. to 3:00 P.M.

Come and meet the SCF Staff!




Rocio Zielinski
General Manager



Shannon Smith
Business Analyst



Michaela James
Administrative Assistant

 Stó:lō Community Futures and Stolo Comm Futures

 [stolo.community.futures](https://www.instagram.com/stolo.community.futures)

Come and see us!

Stó:lō Community Futures

Building 10 – 3rd Floor, 7201 Vedder Road, Chilliwack, BC V2R 4G5

(604) 858-0009 www.stolocf.ca

Circle of Security Parenting Program A relationship based parenting program

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

ALWAYS BE BIGGER, STRONGER, AND KINDER

Whenever possible for your child's need
Whenever necessary for your child's age



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

May 19th, 2020
May 21st, 2020
May 26th, 2020
May 28th, 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

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



Locations

- SICS Student Elementary School
- Band & Community Members at Band Office Gym

Register to see the registration form on Monday, March 9, 2020
Contact Val Bobb for registration forms or for more information
604-796-6829



Canada Revenue Agency

Service Canada

SERVICE CANADA and CANADA REVENUE AGENCY

March 23rd 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 applications:

Service Canada:

- CPP Applications
- OAS Applications
- CPP Disability Applications
- Allowance benefit (you are 64 and your spouse receives OAS and is eligible for the GIS)
- IA Disability ending, effective March 31, 2020, 65
- Any changes in disability status that could affect your current CPP/OAS/GIS, possibly increased benefit?

Canada Revenue Agency:

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



For more information contact;

Margaret de Groot
Elders Coordinator
Ph: 604-845-7056
Email: elderscoord@seabirdisland.ca

Canada

Seabird Island Cultural Events Outing to Whistler

March 22nd - 2020

Have You Attended the Cultural Programs in 2019-2020?
We are offering a trip for 1-4 people per room for a night at Mountain Retreat Hotel & Suites (2 queen bed room, 2 meals and a tour of the Squamish Lil'wat Cultural Centre. Leaving the Band Office at 8:00 a.m. on Monday March, 22nd.

Please bring your own clothing, swimsuits and spending money.

RSVP to: Leanne

Thank you to the attendees of 2019-2020 for making Community Cultural Event Workshops successful!
Look forward to seeing you in 2020-2021 upcoming workshops.



Leanne Ellis
Cultural Coordinator

Phone: 604-796-2177
Email: leannee@seabirdisland.ca

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.

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.

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 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.

Executive Assistant to Director of Education

The Executive Assistant will perform direct administrative and professional support to the assigned director. The Executive Assistant is expected to provide support directly to assigned director, as well as to the individual employees or members.

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.

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.

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

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.

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.

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 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.

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.

High School Math Teacher

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

IT Teacher - Full Time

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

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

The IT Teacher is often expected to solve minor technical problems that happen within their classrooms, so computer troubleshooting experience is important.

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.

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.

Junior Kindergarten Teacher

Seabird Island Community School is seeking to fill the position of a K4 teacher. We believe that kindergarten readiness requires indicators of success in social, emotional, physical, spiritual and cognitive domains. It also requires a prepped information plan prior to admission to the formal kindergarten program to achieve the greatest success possible for each student.

Kwiyo:s

(Maternal Child Health Support Worker)

Kwiyo:s (Maternal Child Health Support Worker) works closely with pre and post-natal moms, youth and families in The Maternal Child Health Kwiyo:s 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.

Cook/Janitor

Reporting to the Early Childhood Development Program Manager, the ECE Cook/Janitor will be responsible for providing healthy meals and snacks to the children in the Preschool Program.

Education Data Management Specialist

This position involves the management of educational data in keeping with B.C. Ministry of Education requirements, management of the Maplewood student data and entry system, uploading of student marks in keeping with the TRAX system, coordination of student data with nominal roll and educational coding.

High School English Teacher

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

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.

Payroll Clerk

The Payroll Clerk is primarily responsible to provide support for Payroll functions under the direction of the Payroll Supervisor. The 'Clerk' will assist in the payroll function, filing, and other general clerical duties. This position may also provide information to staff regarding their benefit plans, ensure timely reconciliation of benefits, and liaise with the benefit provider as required to ensure effective and efficient service delivery for staff. As a member of the Administration Department, the Clerk may be required to provide support as needed to other programs and team members in Human Resources, Reception and Finance.

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.

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 CHURCH

Mass: March 29th ~ 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

Next clinic dates: TBA

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

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.

Ways to Manage Stress and Anxiety and Support Our Children

The COVID-19 pandemic may be a very stressful and frightening time for our children. While it is important to remember that fear and anxiety about disease is normal, excessive worry is not. All individuals will respond differently during stressful times, and anger, confusion and guilt are common ways children respond to world events. However, there are many things we can do as parents to support our children during these extraordinary times. All individuals manage stress in different ways. When stress becomes unhealthy certain actions may arise. Signs of unhealthy stress include, significant fear or worry, change in sleeping patterns, change in diet or eating patterns, change in overall health, and even substance abuse.

When talking to our kids about the current situation, a solutions focused approach is crucial. Things to keep in mind when having these discussions include:

- Many things are being done to help the current situation (governments, doctors, nurses, schools, ...)
- It will get better
- Life will return to normal
- Focus on caring for our family and friends

Here are some ways to support our children

1. All Children

1. Routines are important and can help to create a sense of predictability and security. Some examples of routines include scheduling daily academic time, outdoor activities and family time. Focus on the moment, mindfulness (sit quietly and focus on breathing and your senses)
2. Role model calmness, routine, and a focus on family and friends
3. It is appropriate to provide a fact-based discussion on the changing landscape of COVID-19.

This discussion should be done in a calm and reassuring tone conveying the message that we are safe. We take precautions, but we are safe. Listen, provide age-appropriate information and focus on prevention (daily handwashing, social distancing) Focus on the positive, change in outlook from: 'we are stuck inside' to a focus on family and home

2. Older Students

1. Social Media: limiting social media and news watching. Watching the news together can provide an opportunity for conversation and help to keep things in perspective. Moderation in gaming time
2. Nutrition: eat as healthy as you can. Make balanced meals that you can prepare together
3. Sleep: try to ensure that older students are still getting enough sleep.

www.sleepfoundation.org

3. Younger students

1. Stress: younger students may show their stress in different ways. For example; crying, irritation, 'acting out', reduced attention and concentration, regression to an earlier age such as bedwetting, and easing activities that they previously enjoyed

1. Strategies to help reduce stress in younger students:

- More time with trusted adults
- Increased play time, inside and out
- Routines
- Quiet times, to read books, listen to music, puzzles and playing board games
- Adequate sleep

Younger children may scare more easily than older children so focusing on the positive can be very helpful. As an example, the American Television personality, Fred Rogers (Mr. Rogers), had a famous quote: "when I was a boy, I would see scary things on the news, my mother would say to me, look for the helpers, you will always find people that are helping." Finally, our kids will feel safer if they express their feelings in a safe and supportive environment. One of our jobs as parents is to role model resiliency, and during this time of the COVID-19 pandemic, we can do our best to be calm and caring. Our children are looking to us to see how we react. Therefore, if you are struggling with stress and anxiety over this pandemic, then it is important that you also seek help. Some resources are listed below. As well, check with your employer to determine if they have counselling services available through local Employee and Family Assistance Programs.

Local supports:

Kids help phone: 1-800-668-6868

Child Youth and Mental Health:
(250) 549-5404

School counsellors: after the spring break, please contact your local school

Crisis Line: 1-888-353-2273

Family Resource Centre: (250) 545-3390

NOYFSS: (250) 545-3572

Respectfully,

Joe Rogers, Superintendent of Schools

Dr. David Smith,

Natashia Bacchus, District Behaviour Specialist/Mental Health Consultant,
(250) 540-1863

Doug Rogers, District Substance Abuse Prevention Counsellor, (250) 549-6179

Update of Seabird Services

- **The fitness centre is closed until further notice. Access will be cut off as of March 18th.**
- **Dental office is currently closed, and will re-open Monday March 23, for urgent/emergency services. All appointments are subject to prescreening by phone – please call ahead.**
- **Primary care clinic is open, but all appointments are subject to prescreening by phone. 604 796 2165**
- **DAYCARE and OOSC are open for anyone who is working and has no alternative childcare. Hours to 8:00 a.m. - 5:00 p.m. (If needed, will go back to regular daycare hours)**
- **Preschool, Someone So Small, Bear Bus, EyQwal speech and language all closed until further notice.**
- **AIDP & SCD will be available to those families enrolled and are in need of supports with medical appointments, travel, and resources.**
- **K-12 closed one week earlier for Spring Break, and now indefinitely as per PHO decree.**
- **College doors are closed for two weeks, programs will be running in virtual format, where possible, starting on March 30.**
- **Housing maintenance will be emergency services only, and tenants will be asked a series of screening questions. 604 845 4523**
If there is a Band or province-wide work stoppage, only external work would be done and tenants would be coached by phone through small repairs.