



www.seabirdisland.ca

Tem qwl oythi:lem - Making music, birds sing (May) 2020

**SEABIRD ISLAND BAND
2020 CHIEF AND COUNCIL ELECTION**

STATEMENT OF ELECTED CANDIDATES

15 April, 2020

TO THE OFFICE OF CHIEF
JAMES (JIM) HARRIS
TO THE OFFICE OF COUNCILLOR
PAUL ANDREW
ALEXIS GRACE
RONALD (ZACK) JOE
STACY McNEIL
JANICE (HARRIS) PARSEY
MARCIA (MARCIE) PETERS
RODNEY PETERS
MATHEW POINT JR.

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“Your mind is a powerful thing. When you fill it with positive thoughts your life will start to change”

Anonymous

This election, and all of its regulatory processes and requirements, were diligently conducted in accordance with the *Seabird Island Election Code (2016)*.

N. Hajash
 NICOLE HAJASH, ELECTORAL OFFICER
 250-889-1582 (ph) / 250-384-5416 (fx)



onefeather



SEABIRD ISLAND BAND
Official Count Declaration – Chief

Agassiz

15 APRIL, 2020

This document declares and confirms the Official Ballot Count of ALL Ballots properly recorded for the Seabird Island Band 2020 Chief and Council Election immediately following the close of Regular Polls located in the Seabird Island Band Gymnasium in Agassiz, British Columbia.

	TOTAL
TOTAL BALLOTS CAST	307
	TOTAL
SPOILED/REJECTED BALLOTS	1
INDIVIDUAL CANDIDATE BALLOT COUNTS	
HARRIS, JAMES (JIM)	133
MUSSELL, FRANCIS	17
PETTIS, MARGARET	89
STARR, GAIL	67

SIGNED AND DECLARED,



NICOLE HAJASH, ELECTORAL OFFICER
250-384-8200 (ph) / 250-384-5416 (fx)



onefeather

Seabird Island Chief - Jim Harris



Thank you too all the members who voted in the 2020 election. For what is happening around the world today with the Covid-19, this was the perfect time to bring the online voting to Seabird and its members. I hope it made it more convenient for all the members who live

off reserve to choose who they wanted to vote for.

I also want to thank Chief Clem Seymour for his many years of dedication as a Seabird Council Member, then as Seabird's Chief. I would like to thank Marilyn and family for having to share her husband with not only the Seabird Membership but also with all the surrounding communities on and off reserve when he attended many meetings across Canada.

I always have respect for members who put their names forward to be nominated for a council position. It doesn't matter what age you are, it takes a lot of courage for members to step up and put their names forward. I am looking forward

to working with Alexis, Marcie, Stacy, Janice, Paul, Rod, Matt and Zack as a team for the next three years.

I think things are tough right now with the Covid-19 and not being able to gather but there is always a way to get things done.

This current Council term ends on April 23rd, I plan on finishing my last days at the school till then.

Thank you to all the people who have trust in me to be Seabird next Chief. I will do my best to work with Council and the band staff to help keep a strong and healthy community for both on and off reserve members.

Thank you, Jim Harris

SEABIRD ISLAND BAND
Official Count Declaration – Council

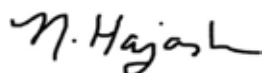
Agassiz

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			TOTAL
TOTAL BALLOTS CAST			307
			TOTAL
SPOILED/REJECTED BALLOTS			1
INDIVIDUAL CANDIDATE BALLOT COUNTS			
ANDREW, PAUL	171	McNEIL, STACY	171
BOBB, JAMES	81	PARSEY, JANICE (HARRIS)	132
CHARLIE, ARMAND	50	PETERS, MARCIA (MARCIE)	179
GRACE, ALEXIS	209	PETERS, RODNEY	186
HOPE, CAROL	124	POINT, MATHEW JR.	172
JOE, RONALD (ZACK)	157	PRICE, FREDERICK	55
MARCHAND, ALAIN	76	WEGENER, PHAINE	74

SIGNED AND DECLARED,



NICOLE HAJASH, ELECTORAL OFFICER
 250-384-8200 (ph) / 250-384-5416 (fx)



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If you have COVID-19, or think you might have it, help prevent spreading by following the instructions below.

Use the [BC COVID-19 Self-Assessment Tool](#) to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

If you have been tested for COVID-19, go to the [Testing](#) page.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing>

How to stop the spread of germs

Self-isolate for a minimum of 10 days. Stay home and do not go to work, school or public places and do not use public transit, taxis or ride shares. Do not have visitors to your home. If you live with other people, avoid contact with others at home by staying and sleeping in a separate room and using a separate bathroom if possible. See this guide to [self-isolation if you are ill](#) and this guide to [self-isolation for caregivers](#). After 10 days, if your temperature is normal and you feel better, you can return to your routine activities. Coughing may persist for several weeks, so a cough alone does not mean you need to continue to self-isolate for more than 10 days.

Cover your coughs and sneezes. When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. Don't have a tissue? Cough or sneeze into your upper sleeve or elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.

Wash your hands. Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw it away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. [Learn more.](#)

Do not share household items. Do not share dishes, cups, eating utensils, towels, bedding, or other shared belongings. After using these items, wash them with soap and water.

Flush the toilet with the lid down. COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.

General cleaning. Water and detergent (e.g., liquid dishwashing soap) or common household cleaning wipes should be used. Apply firm pressure while cleaning. Surfaces should be cleaned at least once a day. Next, use a store bought disinfectant or diluted bleach solution, one part bleach to 50 parts water (20ml of bleach to 1 litre of water), and allow the surface to remain wet for one minute. Clean surfaces that are touched often (e.g., counters, table tops, doorknobs, toilets, sinks, taps, etc.) at least twice a day.

Wear a face mask. When you are sick, wearing a face mask (surgical or procedure mask) helps to stop the spread of germs from you to others. Wear a face mask when you are in the same room with other people and when you get medical care. If your mask gets wet or dirty, change it and wash your hands right away. You and those you live with do not need to buy and wear other types of masks, such as an N-95 respirator mask.

If you need medical care

Pay attention to your health and how you are feeling. You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC and get advice about how you are feeling and what to do next.

Urgent medical care means that there is a change in your health that needs medical help right away. If it becomes harder to breathe, you can't drink anything or feel much worse than when you got tested; seek urgent medical care at an urgent care clinic or emergency department. If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1 or the local emergency number immediately.

Call ahead before you get medical care. If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you just had a COVID-19 test. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs. Remind each health care provider that is taking care of you that you are waiting for COVID-19 test results.

Article: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick?fbclid=IwAR2FFk-AJK1PT3lMaUOtXjzf_s5flaYllDGlkHPtLvod-MJtpgQR2mBI6sk

Apply for Canada Emergency Response Benefit (CERB) with CRA

<https://www.canada.ca/en/revenue-agency/services/benefits/apply-for-cerb-with-cra.html>

The CERB provides a payment of \$2,000 for a 4-week period (the same as \$500 a week) for up to 16 weeks.

After you apply, you should get your payment in 3 business days if you signed up for direct deposit. If you haven't, you should get it in about 10 business days.

Who can apply?

To be eligible, you must meet the following requirements:

- You are 15 years old or more when you apply
- For your first CERB application:
 - ◇ You have stopped or will stop working due to reasons related to COVID-19
 - ◇ For at least 14 days in a row for the period you are applying for, you will not receive:
 - » employment income
 - » self-employment income
 - » provincial or federal benefits related to maternity or paternity leave

ONLINE Application:

<https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html>

If you do not have a CRA account but you do have a My Service Canada account, you can sign into CRA My Account to apply for CERB.

By Phone:

Follow the instructions below before you call
1-800-959-2019 or **1-800-959-2041**

Instructions:

1. Select your language preference: English or French
2. Follow the prompts to enter your information, including:
 - your SIN
 - confirmation of your postal code
 - the period you are applying for
3. Declare that you qualify for the benefit

Eligibility periods

- Eligibility periods are fixed in 4-week periods.
- If your situation continues, you can re-apply for CERB for multiple 4-week periods, to a maximum of 16 weeks (4 periods).

For your subsequent CERB applications:

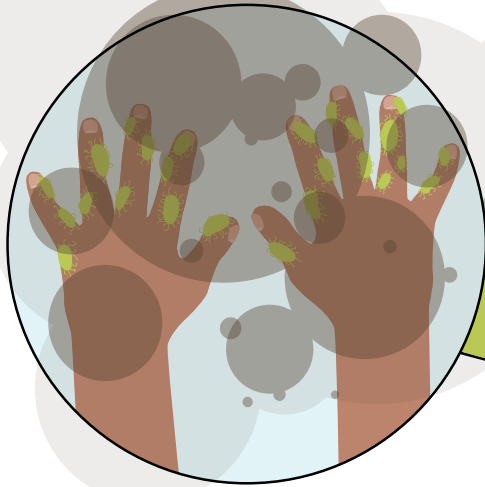
- ◇ You continue to not work due to reasons related to COVID-19
- ◇ For the 4 week period you are applying for, you will not receive:
 - » employment income;
 - » self-employment income; or
 - » Provincial or federal benefits related to maternity or paternity leave.
- You have not quit your job voluntarily
- You did not apply for, nor receive, CERB or EI benefits from Service Canada for the same eligibility period
- You earned a minimum of \$5,000 income in the last 12 months or in 2019 from one or more of the following sources:
 - ◇ employment income
 - ◇ self-employment income
 - ◇ provincial or federal benefits related to maternity or paternity leave

Whether you apply online or by phone, we want to provide the best service possible to everyone. To help manage this, we have set up specific days for you to apply. Please use the following guidelines:

If you were born in the month of	Apply for CERB on	Your best day to apply
January, February or March	Mondays	April 6
April, May, or June	Tuesdays	April 7
July, August, or September	Wednesdays	April 8
October, November, or December	Thursdays	April 9
Any month		

Wash Your Hands!

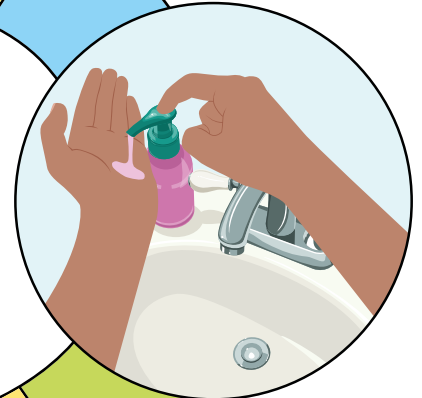
While washing your hands refer to page 9. with the proper steps of washing your hands.



Dirty!



Wet



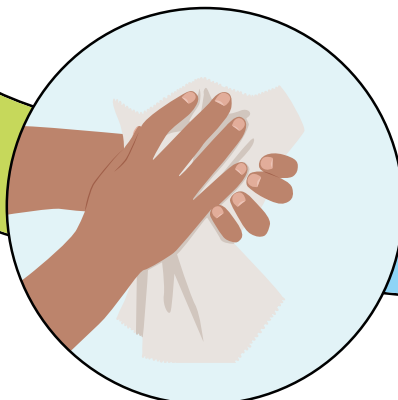
Get Soap



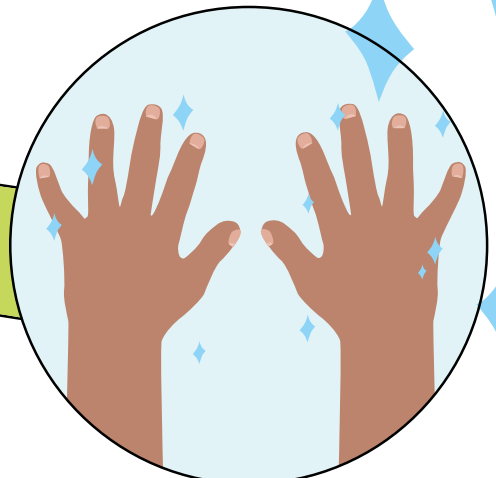
Scrub



Rinse



Dry



Clean!



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

www.cdc.gov/handwashing

CS267057-A

When and How to Wash Your Hands

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

During the Coronavirus Disease 19 (COVID-19) pandemic, keeping hands clean is especially important to help prevent the virus from spreading.

During the COVID-19 pandemic, you should also clean hands:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

For more information on handwashing, visit CDC's Handwashing website or call 1-800-CDC-INFO.

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

HEALTH DEPARTMENT COVID UPDATE FROM THE PAST MONTH

Did you put your Block watch sign up in your window?

On Friday April 24th we delivered a Block watch sign package to every home. This is an initiative shared between Public Works and Health. Please put the sign in your window that reflect how you are doing, and if you need help. Keep all the papers together in the plastic holder provided. Place the coloured sign that matches how you are doing towards outdoors, and the directions page with phone numbers towards indoors. Public works is checking signs twice daily, Monday to Friday and Health is out and about regularly. Please check your neighbors' signs, especially on the weekends. Don't forget to call us if you or anybody else needs help!

Please put your sign up!

We've got you covered: **Seabird Health check-ins**

Health is tracking members with an extensive vulnerable members list. Individuals and families are being followed by the right department (Maternal Child, Home Care, Elders and Family Development)

Needs are being identified and met as they arise. Individualized support plans are in place.

Please help us ensure no-one slips through the cracks. Call to report a need.

- Diana Phan – Maternal Child – 604-765-8769
- Bonnie Nickel – Home Care – 604-795-0297
- Tash Peters – Elders – 604-793-6254
- Ashley Bobb – Family Development – 604-991-0800

No-one should go hungry: **Seabird Island has an awesome food security plan**

Seabird store for Band/Community Member is opening soon. Within the next week or so. Stay tuned for more information: Avoid a trip into town!

Help with shopping for Elders and families without transportation

- For Elders, contact Tash Peters 604-793-6254
- For pregnant women and those with babies, contact Diana Phan 604-765-8769
- For families, contact Ashley Bobb 604-991-0800

Expanded Meals on Wheels for people who need help with food preparation

Community Kitchen food in a bag and delivered to the door

School Lunch Program: home deliveries for on-reserve and vouchers for off reserve

Essential distribution for families/Elders in crisis who need help accessing food

Food bank for those on social assistance/others in dire need

Emergency hampers for community crisis, when the crisis occurs

Easy recipes to cook at home: cookbook being developed

Keep elders safe

- Elders **PLEASE** stay home.
 - » Go for a walk outside at least daily
 - » Stay in touch via social media and telephone calls
 - » Send letters and get family to drop of notes, drawings, and pictures
 - » NO VISITORS
- Family **PLEASE** check in, shop and drop off items. **PHYSICAL DISTANCE**
- Call the Health Department for any assistance
 - » Margarett de Groot 604-845-7056
 - » Tash Peters 604-793-6254
- Call 211, the provincial helpline for Elders for additional resources

Keep new moms and babies safe

- Everyone hand-wash frequently and thoroughly
- Stay far away from mom and babe if you are sick
- Get creative (*host virtual baby shower/welcoming instead of gatherings; have Elders record songs/personal messages for birth*)
- Keep mom strong
 - » Get more rest
 - » Eat a healthy diet (you may need to rely on frozen fruit and vegetables)
 - » Do stretching, yoga, deep breathing, meditation or prayer
 - » Do nesting (cleaning and organizing your home)
- Prenatal classes may be available on-line/virtually; *the MCH team is available by phone/video appointments, and in clinic/home when needed; we plan to host virtual prenatal classes via the Zoom app...stay tuned!*
- You are allowed 1 support person with you in the hospital, as well as 1 doula if part of your care team (as long as they are healthy/well)
- Diana Phan – MCH nurse prenatal, post-natal and midwife support – 604-765-8769/Pam Hope – 604-378-9318

Seabird Island Housing - Rent Payments & Covid 19

Seabird Island Band Office is officially closed to the public.

Ways we could help you:

If some, or all, of your household income comes from employment and as a result of COVID-19, your employment income has stopped or decreased, contact us to discuss solutions.

If your income has not changed, your rent is due in full as normal on the first of the month.

Help protect your Elders! **DO NOT** visit them

What can you do?

- ◇ Call & let them know you left a meal for them at the door
- ◇ Pick up groceries and leave them at the door.
- ◇ Drop off medicines and prescriptions at the door.
- ◇ Mail them a letter

If you are sick and unsure about your symptoms or have questions or concerns call:

HealthLinkBC (8-1-1)

The Government of Canada has outlined many financial measures to assist families facing hardship as a result of Covid-19.

Google for up to date Financial information

There are two different ways you could pay your rent:



1. E-transfer
etransfer@seabirdisland.ca
2. Pre-authorized withdrawal from your bank account.

Log on to seabirdisland.ca to find the 2 forms you need to pay your rent.

If you need help accessing information, please email or call your housing team at housing@seabirdisland.ca or 604-796-2177
8:00 a.m. - 4:30 p.m.

4:30 p.m. - 8:00 a.m. Call or Text: 604-845-4523
use this number for housing emergencies only

Call 9-1-1 for fire, police or ambulance if you need assistance

Income Assistance

Erna is only in the office on Tuesdays and Thursdays, she could be reached by email or Facebook Messenger - Seabird Income any other day if needed.

Income Assistance clients are to report to the main reception at the Band Office, using the buzzer at the front door.

- » Drop any documents off in the mail slot addressed to Erna at the front door in an envelope with your documentation in side

If for any reason you cannot make it to the office please send her an email.

- » She will accept emailed documents, screen shot anything you need to submit.
- » She will also be available through the Income Assistance Facebook Messenger.

Job Search for the upcoming month is to please check on each other, the elders, other members of the community and report back to me if they need anything.

Renewals, if you cannot make it into the office, please contact me and let me know that you are still in need of Seabird Income Assistance.









Please practise Social distancing/self-isolating: I will be accepting anything via email/Facebook.

Email: erna@seabirdisland.ca

Income Assistance work phone: 604-819-5313

Facebook Messenger: Seabird Income

Community Events Calendar – *Tem qwl oyth*

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Silh
	 Doctor's Office is by appointment only. Please call ahead for an appointment.  Dental Office is urgent/emergency appointment only. Please call ahead.  Fire practise is cancelled until future notice.  Garbage day has not changed unless notified (2 bags per house hold please).	Projects & Goals you could do in May: <ul style="list-style-type: none"> • Go for daily walks, have your kids write it in this calendar (How many steps?) • Make something for your mother for upcoming Mother's Day • Make plans with the Children (Movie Night & Craft Night) • Write letters to friends and family (Children would be excited) • Start gardening, use calendar for time of watering 	
3	 4	5	
	• Meals on Wheels 5 - 6 p.m.		• Meals on Wheels 5 - 6 p.m.
10	 11	12	
	• Meals on Wheels 5 - 6 p.m.		• Meals on Wheels 5 - 6 p.m.
17	18	 19	
			• Meals on Wheels 5 - 6 p.m.
24	 25	26	
31			
	• Meals on Wheels 5 - 6 p.m.		

illem - Making music, birds sing (May) 2020

ilxws	(T) Sxeó:thels	(F) Sheqátses	(S) T'óqw'tem
<p>ow far, how long, what you seen)</p> <p>to get letters back)</p>		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

Employment & Training Program

Employment Services are open. We can work with clients by phone, email or walk in. Please note we can only have 1 client in the office at a time. (*We follow the pre-screening guidelines put in place by the Seabird Island Health Department*) It's best to book an appointment. Call 604-796-6865 (Office) or 604-845-3843 (Cell) to speak with a Career Practitioner.

Employment Insurance

We provide access to computers to apply online. We are able to assist you with your application if needed.

To complete the online EI application, you will need the following information:

- your Social Insurance Number (SIN);
- your mother's maiden name;
- your mailing and residential addresses, including postal codes;
- your complete banking information, including the financial institution name and number, the branch number, and your account number for direct deposit of benefits;
- the names and addresses of all employers you worked for in the last 52 weeks, as well as the dates of employment and the reasons for separation from these employers;
- your detailed version of the facts, if you quit or were dismissed from any job in the last 52 weeks; and
- the dates (Sunday to Saturday) and earnings for each of your highest paid weeks of insurable earnings in the last 52 weeks or since the start of your last EI claim, whichever is the shorter period. This information will be used, along with your Record(s) of Employment, to calculate your weekly EI benefit rate.

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. **
Reminder that funding packages need to be completed 4 weeks prior to program start date. Please call to set up an appointment at 604-796-6865 to learn more.

Monthly Action Plans

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

Labour Pool

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

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.



Note** All employment services such as driving school, labour pool, computer use and CDP assistance are for active clients only. If you wish to use these services you will be asked to fill out paperwork to open a file or to renew your file. These services are open to all Band and Community Members.

Spring Cleaning Ideas

Spring is here, there are many things we could be doing in our yards.

Rake

Spring raking removes lingering fall leaves and grass blades that didn't survive winter. Left alone, these dead blades add to your lawn's thatch layer. Raking also loosens matted grass clumps caused by snow mold, which can smother new growth.

Use a spring-tine rake with a strong upward pull to remove dead grass. Rake when soil isn't soft and muddy, or you risk pulling up healthy grass crowns.

Overseed

Fill bare or thin spots in the lawn by overseeding. Late spring is the best time to overseed warm-season grass. When you overseed, apply a slow-release nitrogen fertilizer. Five weeks after overseeding, apply a quick-release nitrogen feed.

Learn about causes of bare spots in lawns, how to prevent them and how to treat them.

Fertilize

Apply spring fertilizer roughly three weeks after grass starts greening (that usually corresponds to the time following two or three mowings). Apply too early and you risk feeding weeds and creating fertilizer runoff. Too-early applications also trigger lush blade growth at a time when roots may not have started their spring growth spurt.

Water

Spring rains typically provide sufficient moisture for awakening lawns. Avoid the temptation to water as a means of greening up grass. Let it green up naturally, and irrigate only if rains are scarce and grass shows signs of dehydration.

Learn how often to water your lawn.

Mow

Start mowing when the ground is dry enough and grass is long enough to require cutting. Cut at the proper height for your type of grass. Avoid mowing too low. Grass cut too short allows sunlight to reach soil, encouraging weed seeds to germinate. It also favors shallow root development, which makes the lawn more easily susceptible to drought stress. Brush up your skills by reviewing the rules of lawn mowing. Learn why you don't need to bag lawn clippings.

<https://www.bioadvanced.com/articles/lawn-care-getting-ready-spring>

Housing Waiting List

1 Bedroom	
1	09232016-1039
2	11272018-5024
3	11272018-5025
4	12242018-5028
5	01302018-5015
6	01282019-5030
7	07022019-6031
8	06172019-5037
9	12272019-5042
10	01062020-5022
11	12172019-5044
12	12182019-7049
13	12182019-7048
14	02102020-5035

2 Bedroom	
1	08222017-6006
2	10042017-6008
3	02222016-1029
4	03192013-3088
5	03122018-6014
6	06042018-6018
7	11262018-5020
8	12032018-5026
9	12242018-5028
10	01302018-5015
11	01182019-6025
12	01282019-5030
13	02012019-5000
14	03212019-6028
15	06042019-6030
16	06172019-5037
17	07012019-7033
18	10222019-7042
19	12042019-5041
20	12272019-5042
21	12302019-7015
22	04102019-7028
23	11242019-7044
24	12172019-7045
25	12172019-5043
26	12172019-5044
27	12182018-5014
28	12182019-7049
29	12182019-7050
30	12312019-7046
31	01072020-7031
32	01092020-6000
33	02102020-5035

3 Bedroom	
1	12192012-3076
2	02232016-4002
3	12202017-7012
4	03192013-3088
5	10042017-6008
6	02222016-1029
7	12102018-6014
8	01182019-6025
9	01232019-4019
10	01282019-6027
11	02082019-7021
12	03132019-6011
13	03212019-6028
14	03222019-4007
15	04102019-7028
16	04102019-7029
17	06042019-6030
18	07012019-7033
19	08202019-7034
20	02112019-7040
21	10222019-7042
22	12042019-5041
23	11262018-5020
24	12172019-7017
25	12302019-7015
26	02012019-5000
27	11152018-6022
28	12302019-4005
29	12162019-7043
30	12182018-5014
31	12182019-7049
32	12182019-7050
33	01072020-6024
34	01072020-7031
35	01092020-7047
36	01092020-6000
37	01172020-7018
38	01222020-1031
39	02052020-7048
40	02102020-5035
41	03102020-7026

Please make sure the Housing Department has your current contact information. We must have a working phone number or email address. Unfortunately, if we cannot contact you within 48 hours to offer you an available unit, we will move onto the next applicant.

Don't know your wait-list number? contact your Housing Department to see where you sit on the waitlist 604-796-2177.

Note: If you have an outstanding debt with the Band, you will NOT be placed into a rental unit, as per Housing Policy.

REMINDER!
Housing Applications must be renewed before January 1st each year to remain on the list. Anyone who did not renew came off the list and must now reapply if interested.

Garbage day is every Monday. Unless that Monday falls on a statutory holiday, garbage pick up will be the following day.

Each house hold will have 2 bags picked up weekly. Please try to reduce this with recycling as much as you can.

Youth Council



The Seabird Island Youth are taking on a new role in leadership!

The Seabird Island Youth Council has now been meeting weekly for five months, and they are well on their way to creating positive change in the community. To date the council has developed and facilitated initiatives to bring the Youth community together. One of these initiatives was the Valentine's Youth Dance where over ninety Youth attended from Sumath to Chawathil. This achievement had a turn out that far exceeded previous Youth dances that Seabird has hosted which illustrates the influence that the Youth Council has as Youth engaging with Youth.



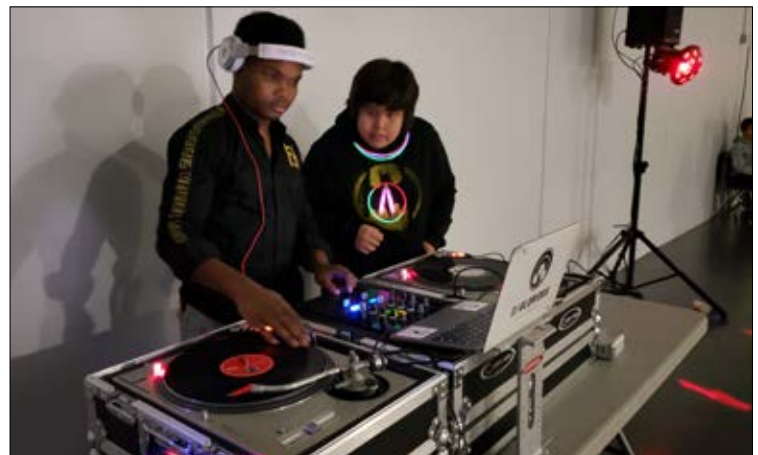
The Youth Council is approximately 18 members strong. Their meetings are productive and explore matters such as connecting with other communities, Youth and Elders relationships, events planning, and Youth advocacy. The Youth Council recently planned a multi-nation Youth camp that they were looking forward to hosting over Spring Break. This event has been postponed to a later date due to the COVID-19



outbreak. In the future they also look forward to hosting a community event to raise awareness of the Adverse Childhood Experiences research by sharing the documentary Paper Tigers. Keep your eyes open for these future events and more from the Seabird Youth Council.

Katelyn Moon and Crystal Chapman who are adult supports for the Youth Council are very proud of the leadership and voice that the Youth are using in their community. Katelyn Moon says: "It is an honour to witness the growth and heart that the members of the Youth Council have. I expect great things from each of these young people and I am excited to see each of their next steps both in Youth Council and in their own lives." Following the Valentines Day Youth dance, Kayley Peters was interviewed. When asked about if she sees a future for the Youth Council she said, "Yes, if we keep running it!" We agree, the Youth Council are doing an outstanding job.

We would also like to thank and acknowledge Jordie Lynn, Marcie Pruden and Mena Beatch from Nation of Wellness who have worked alongside the Youth Council. Jordie and Marcie are Youth themselves are doing the good work of supporting other Youth to use their voice and influence change.



Plan Now & Avoid Financial Disaster

Two steps to keep your family from further stress.

The COVID-19 pandemic has affected us all in various ways; employment, daycare, access to essential services, and the list goes on! We don't have much control over these things, however you can take control of your finances. Consider these helpful tips:

1. Create an essentials-only budget

Most of us are home social distancing reducing some of the temptations to spend money on things you don't need ie: restaurants, movie theatres and other things, allowing us to save some money.

Write down your essential expenses and amount beside each one: food, rent, hydro, heat, car insurance, car payment, wifi, phone, etc. Everyone's budget will look a bit different. This is your essential needs budget.

Avoid adding anything else into that budget until your life returns to normal.

2. Negotiate with your creditors

Banks & Credit Unions (car loans, credit cards, etc.), BC Hydro, Fortis, ICBC and other service providers are helping people during this crisis by offering deferred payments. Allowing customers to put off their payments and waiving late fees for up to 90 days.

If you are currently unable to make a payment with a service provider, call them to see what arrangement can be made.

NOTE: Defer your payment does not mean that the amount you owe on a specific bill or loan payment is eliminated or forgiven during the 90 days. It means that you still owe the money, plus the interest costing more in the end.

Make sure you're comfortable with that before you opt into a deferred option.

If you have received an emergency benefit such as the **Canadian Emergency Response Benefit or the GST top up**—plunk it on one of your essential bills – don't delay allowing your bills to become unmanageable.

New Logo Contest

for **Many Voices, One Mind**

q̄xeləc, nácəmat θəl kʷθə šxʷqʷeləwən

Many Voices, One Mind is looking to update our logo. We are an Indigenous networking table of Early Childhood Development service providers from across the Fraser Region.

We would like our new logo to be designed by an Indigenous Artist from one of our local communities. Some ideas that we are hoping to have incorporated into the logo would be; the Fraser River and multi-generations.

**Indigenous Artists
Needed**

Prize: \$750.00

Deadline: July 1, 2020

Please send submissions to:

brendar@seabirdisland.ca or

carlene@seabirdisland.ca



Tem qwel oythi:lem -

Making Music, Birds Sing
"May"

Taurus

April 20 - May 20

Key characteristics: Reliable, patient, practical, devoted, responsible and stable.

Flower: Poppy

Birthstone: Emerald

Gemini

May 21 - June 21

Key characteristics: Inquisitive, clever, adaptable, lively and communicative.

Flower: Rose

Birthstone: Lab Alexandrite or Pearl

Quotes of the Month:

"You're going to go through tough times - that's life. But I say, 'Nothing happens to you, it happens for you.' See the positive in negative events."

Joel Osteen

"If you are given a chance to be a role model, I think you should always take it because you can influence a person's life in a positive light, and that's what I want to do. That's what it's all about."

Tiger Woods

Halq'eméylem Word Search

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

Words:

1. alxwítseł - middle, center
2. itetlómec - fall asleep
3. syétl'q't - paint job
4. amí:mel - a few
5. xwelá:lt - evening
6. xólem - have grey hair
7. xá:ls - transformer
8. xaweqá:l - yarrow plant
9. xepá:ltel - wood carving knife
10. semlóthel - riverbank
11. sxéyléx - war
12. sxelá:ls - mail
13. lhém - rain shower
14. hákw'eles - to remember
15. hékw'elh - to hiccup
16. letselíthet - separate yourself off
17. qélqwlha - how beautiful!
18. tá:l - mother
19. íth'em - get dressed
20. ewelti:l - a race

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.

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.

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.

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.

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.

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.

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.

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.

Custodial Worker - Maternity Term Until December 2021

The Custodian is responsible for performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that buildings and facilities are maintained in a healthy, safe and sanitary manner.

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:

Kristy Johnson, Jason Forseth and Zorana Edwards-Shippentower.

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.



Classifieds

SEABIRD CHURCH

Mass: **Closed Until Further Notice.**
Study Groups: **Closed Until Further Notice.**
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: **Closed Until Further Notice.**
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

Closed Until Further Notice.
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: **Closed Until Further Notice.**
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

Closed Until Further Notice.

DENTAL WALK-IN PAIN CLINICS

Closed Until Further Notice.

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 ICBC 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

Closed Until Further Notice. If interested you can attend online AA Meetings, visit website below.

AA in BC website: www.bcyukonaa.org



Seabird Island Income Assistance

BC Hydro & Fortis Bills



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



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

Covid 19

*Staying safe and healthy during the pandemic.
Keeping up with the latest news and
practicing social distancing. Let's
stick together as a community
and make it through these
unfortunate times.*



Covid response, action plans and
recommendations are
CHANGING DAILY.

Do not rely on the information you received
last week or even a few days ago.

Keep an eye out for updates daily through
Seabird Facebook and Website as well as on
local BC News Channels and the
official BC Covid site

[https://www2.gov.bc.ca/gov/content/
safety/emergency-preparedness-
response-recovery/covid-19-
provincial-support](https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support)

