



www.seabirdisland.ca

Telxwi:ts- Leaves are falling (November) 2020

## Aboriginal Rights and Title, the program run under Lands and Government Affairs



Hello to all the Members of Seabird Island. My name is Peter D. Quaw and I am the Aboriginal Rights and Title Manager. During a 3-month period I asked many Members to define “*Aboriginal Rights and Title*” and most have problems defining what it means. The following is compiled from many people who are proponents of Aboriginal Rights and Title including myself.

The Sovereignty of our Nation comes from the Creator. It is not granted nor subject to the approval of any other Nation. As Seabird Island Band we have the sovereign right to jurisdiction and rule within our traditional territories. Our lands are a sacred gift. The land is provided for the continued use, benefit and enjoyment of our People and it is our ultimate obligation to the Great Spirit to care for and protect it.

Traditionally, our people practiced uncontested, supreme and absolute power over our territories, our resources and our lives with the right to govern, to make and enforce laws, to decide citizenship, to wage war or to make peace and to manage our lands, resources and institutions. Aboriginal Rights and Title means we as native people hold Title and have the right to maintain our sacred connection to Mother Earth by governing our territories through our own forms of Government.

The Seabird Island Band Members have a natural and rightful place within the family of nations of the world. Our political, legal, social and economic systems developed in accordance with the laws of the Creator since time immemorial and continue to this day. Our power to govern rests with the people and like our Aboriginal Rights and Title, it comes from within the people and cannot be taken away.

Our people have existed from time before memory. Our Laws, and systems of land ownership, are reflected in our unique customs, laws and oral traditions:

- Laws taught on the land and waters reflect a living philosophy grounded in principles of respect and the responsibility to conserve resources for future generations (for example, we have laws and teachings which guide where, when, and how animals or resources may be harvested);

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### Dates to Remember

- November 11<sup>th</sup>  
Remembrance Day  
All Facilities Closed
- November 16<sup>th</sup>  
SICS & SD78 Pro-D Day

### \*NOTICE\*

Staff Development Day on the November 23<sup>rd</sup> schedule has changed due to COVID, **ALL Seabird Island facilities will remain open.**





SEABIRD ISLAND BAND



socialpinpoint



## Seabird Island Comprehensive Sustainable Community Plan

We want your input: what are you most proud of as a SIB Member?  
What is next, in our steps to self-governance, in building opportunities, in  
growing our cultural / recreational / educational / housing well being?  
We want to hear from you.

### We have created 2 different ways to participate:

**1. A survey** - Comprehensive Community Plan 2020 report card and next steps survey with specific questions that we hope everyone will answer.

**Start Sep 29<sup>th</sup>, 2020 - End Nov 30<sup>th</sup>, 2020**

**2. An ideas wall** - What suggestions do you have towards community planning and well-being? Grab a sticky and post it on the ideas wall. What are we building for our children? What do you believe is most important going forward? A skate park? More trees and greenways? Share your ideas - we want to hear them.

**Start Sep 29<sup>th</sup>, 2020 - End Nov 30<sup>th</sup>, 2020**

To participate follow the link below;

<https://seabirdcommunityplan.mysocialpinpoint.ca/homepage>

#### Feedback moderators:

Henrie de Boer, Special Projects: [hdeboer@seabirdisland.ca](mailto:hdeboer@seabirdisland.ca)  
Fern Angus, Executive Assistant to Chief & Council: [eatoc@seabirdisland.ca](mailto:eatoc@seabirdisland.ca)



- Our laws that reflect our Peoples relationships to our traditional lands, the living world and supernatural beings are recorded in songs and stories, carved into masks or totem poles, and performed in dance and through ceremonies;
- Our Laws are carried forward on the breath and in the words of speakers in Long houses at feasts, in potlatches and traditional gatherings; and
- Our Laws are unfolded, untangled and upheld in the collective discussion and decision-making processes that our Peoples follow when making decisions that impact the land.

Our knowledge of ownership, involves understanding the Seabird Island peoples' profound connection to their traditional territory. The notion of "traditional territory" is not simply lands, but everything around one's world: land, air, water, stars, people, animals, and especially the spirit world. Understanding the balance in one's world takes a long time, and one cannot hope to learn these relationships without being guided by people who possess, and practice, these forms of knowledge. This knowledge is passed on by the oral traditions of the community, and the knowledge gained from the oral traditions shapes one's understanding of the world, it gives the world meaning.

### Native Spirituality

This is another term that people have problems in describing what it is. I know the word is used a lot in our presentations and documents and the following will help you in your explanation to others when you are questioned by others. Spirituality is about working with Mother Earth and ensuring she is well taken care of.

Our Native spirituality is not easily defined nor understood, yet it has several defining characteristics that reflects our primary beliefs.

- There is an entity that created the Universe, Mother Earth and all Human Beings which we acknowledge as; The Creator.
- Recognition of the inter-connectedness of all Creation and the responsibility of human beings to use their intelligence in protecting that inter - connectedness. That applies particularly to the life giving elements: water, air, fire and earth.
- A belief that all life is equal, and that the presence of life implies a degree of spirituality whether in humans, animals, earth or plants. In our view the species of animals and birds, as well as forests and other plant life, have as much "right" to existence as human beings, and should not be damaged or destroyed. That does not mean that they cannot be used but that use has limitations and is respected.

- Our primary concern is with the long-term welfare of life rather than with short-term expediency or comfort. We consider all issues and actions in relationship to their long-term effect on all life, not just human life.
- Our spirituality is woven into everything that is done with perpetual thankfulness to the Creator.

In order to understand and enjoy Mother Earth, one must understand what mother earth and spirituality is.

It is known that all things in the universe vibrate at different frequencies/wavelengths. We are all familiar with mother earth's vibrations as we as human beings, visit her every opportunity we get: on weekends, the wilderness is alive with people camping out. Why do we like spending time with Mother Earth?

When people camp out, it gives them time to release the impacts of civilized living. When you are ready to leave and head back to civilization, you are rested, that is to an extent. You feel great and ready to face another week of making a living and trying to achieve a quality way-of-life. Your energy's have taken on Mother Earth's vibration and this makes you feel great. Humans vibrate at 7 Terra bites per second while Mother Earth vibrates at 8 Terra bites per second.

Through the internal/external formalization of spirituality, are able to utilize to understand what is. That formalization takes on specialized rites, specialized processes but most of all, brings and formalizes, awareness and spirituality. We lead with LOVE at the forefront on a continuous basis.

This is the premise of the **Potlatch** your **Traditional Form of Government:** These are in place to ensure we all work together as one for the betterment of the community and each individual. That is with "**Respect, honour and integrity**" and love.

Submitted by: Peter Quaw



# New Staff



Ey swayel,

My name is Ashley Armstrong and I am a Band Member of Seabird Island. I have grown up in Seabird Island and previously worked within the Income Assistance Team. Two years ago I left my position to pursue education and I have recently graduated from a Practical Nursing program with the Vancouver Career College.

It was my intention going into the program that when I graduated I would return home and work with the community and I am so happy to be back. I am now working within the Maternal Child Health Team working as a Kwiyo:s. I am excited to be working in a position that will allow me to utilize the skills and knowledge I have gained in the last two years and also to continue to grow and learn from the team and community!

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

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

Recycling day is every Tuesday. Unless that Monday falls on a statutory holiday, recycling will be picked up the following day.

*Note\* Blue recycling bags are no longer excepted, please place all recyclables in the blue bins.*

If you did not receive a bin please phone the Band Office 604-796-2177

# Housing Wait List

1 Bedroom	
1	09232016-1039
2	11272018-5024
3	12242018-5028
4	01302018-5015
5	01282019-5030
6	07022019-6031
7	06172019-5037
8	12272019-5042
9	01062020-5022
10	12172019-5044
11	12182019-7049
12	12182019-7048
13	02102020-5035
14	04282020-5045
15	05052020-5046
16	06262020-5049

2 Bedroom	
1	10042017-6008
2	02222016-1029
3	03192013-3088
4	03122018-6014
5	06042018-6018
6	12032018-5026
7	12242018-5028
8	01302018-5015
9	01182019-6025
10	01282019-5030
11	02012019-5000
12	03212019-6028
13	06042019-6030
14	06172019-5037
15	07012019-7033
16	10222019-7042
17	12042019-5041
18	12272019-5042
19	12302019-7015
20	04102019-7028
21	11242019-7044
22	12172019-7045
23	12172019-5043
24	12172019-5044
25	12182018-5014
26	12182019-7049
27	12182019-7050
28	12312019-7046
29	01072020-7031
30	01092020-6000
31	02102020-5035
32	05052020-5046
33	05172020-5047
34	06192020-5048
35	06262020-5049
36	08122020-5050

3 Bedroom	
1	12192012-3076
2	02082013-3084
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
42	05172020-5047
43	06262020-7051
44	06262020-5049
45	07142020-7052

## REMINDER!

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

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: **Highlighted Numbers** are when you have an outstanding debt with the Seabird Island, you will **NOT** be placed into a rental unit your debt is fully paid off, as per Housing Policy.



# Hope in the Darkness

14 hrs | Day 85 | 5 to go.

From gorgeous British Columbia we are through another day. Another great day of walking starting our move at 8:30 am on highway # 7. With a coffee in hand, while wearing mitts and a toque, it felt chilly despite the temperature gauge registering at 12 degrees. The shade from the big hills really does seem like it's darker and colder than it really is. Once the sun comes over those hills it's time to remove layers as it warms quickly. We moved through the Chawathil First Nation community, again enjoying the light traffic. Seeing a group of three women up ahead, I thought they were waiting for transportation but when I asked what they were up to they jokingly responded "WAITING FOR YOU." They heard about the walk and came out to greet us. We learned they were council members from the community and we are happy they came out to support. We shared some of our journey before leaving on our way to get to the next stop for the day. Thank you to Rose Peters, Chawathil Band Manager, Councillor Deanna John, Chief Rhoda Peters for greeting us.

The rest of the walk was fairly flat and I'm glad we are out of those hills. Another relaxing pace just soaking it all in with just six walking days to go. We got to Seabird Island Band and were met by health staff and the Stó:lō Nation Tribal Council. We are

excited to announce the Stolo Nation Tribal Council has joined Hope in the Darkness as a partner. Much gratitude to the Stolo communities we have had the opportunity to meet and visit. A brief visit before walking three kms with the group to the Seabird school. A good walk learning of the community and discussion on mental health. The community is in good hands while having several programs including employment assistance services. What better way to get young people going then by preparing and assisting with employment and transit support. They offer so much more and there are huge success stories coming from this program. Helping young people with life skills is one way to help them find purpose. Great job.

The community has all the common services but I love that two recovery homes that house 13 in each of the two homes is in community. Considering the drug crisis, members are able to access these supports while able to have housing while in recovery. I hear often about those who want to recover but are often left in situations where getting clean almost seems impossible. Living in the same lifestyle often leads to relapse. A change of atmosphere is required. These homes provide that. Great job.

We made our way to the school and were greeted by the students, staff and some young drummers/singers.

Drummers Matthaus, Adam, Nora, Michael and Pete sang two powerful songs, their voices so strong as they sang individually. No shyness but singing hard from the heart with confidence. Love seeing these proud strong youth we have witnessed perform out here on this journey and today was no different. Keep being those strong leaders with powerful voices and warrior ways. Your talent is inspiring and uplifting. Wish you could join us in Vancouver.

After the social distancing Seabird Island Community School visit that also included a therapy dog named Dio, we continued on for the remaining seven kms. Thank you to the organizers at Seabird Island for inviting us to stop in. Also thanks to Fraser Health for the goodies. Such an enjoyable stop over while sharing the Hope in the Darkness story. Some amazing people we met today and we thank the community for having us visit.

Thank you to Alistair for coming out again today. The gift you got shows that those in community appreciate you and your work in this area. Miigwetch for the escort.

We have more company tomorrow as we make our way through Chilliwack, British Columbia. Wishing you all a good night

[hopeinthedarkness.ca](http://hopeinthedarkness.ca)

## What is happening at Head Start - Parents & Tots???

This year at Head Start, you will notice some changes to our Parents and Tots Programming. We are doing our best to keep everyone safe.

- We have assigned 1 day per week to each "Family Group" in order to keep the program open. Check with us if you need to change your day. Please contact Lisa Schierling (call or text 604-798-5251 or [lisas@seabirdisland.ca](mailto:lisas@seabirdisland.ca)) if you have not been assigned a day, if you would like to receive materials at home, or

if you have any questions, concerns, or ideas.

**\*At this time we are limiting attendance to "Household" members only and are unable to provide a "Drop-In" option.\***

- We have some families who prefer to receive the Head Start materials to do at home. That will remain an option for all of our families.
- We are still in the process of figuring out what we can do for "Family Nights", and welcome your input for ideas.

- We will continue to:
  - › feed your bodies with healthy and delicious food,
  - › provide culture and language,
  - › encourage family involvement
  - › provide social support and/or referrals
  - › circle time and education

AND MOST IMPORTANT...  
HAVE FUN!!!

Please contact Lisa Schierling (call or text 604-798-5251 or [lisas@seabirdisland.ca](mailto:lisas@seabirdisland.ca))

# Fall Carbon monoxide (CO) safety Content package: Technical Safety BC

Too many people in B.C. die, or become seriously ill, because of carbon monoxide poisoning. While the effects of Carbon monoxide poisoning can be devastating, they can be prevented.

## What is Carbon monoxide?

- Carbon monoxide is a toxic gas that you can't see or smell. It's produced when fuels are burned incompletely, including natural gas, propane, wood, tobacco and gasoline.

## Where does Carbon monoxide come from?

Carbon monoxide is a poison gas that is a by-product of burning gasoline, natural gas, wood, oil, kerosene or propane. It can come from:

- Furnaces, gas range/stove, gas clothes dryer, water heater, portable fuel-burning space heaters, fireplaces, generators and wood-burning stoves;
- Portable heaters and stoves, such as those used for camping;
- Vehicles, generators and other combustion engines running in enclosed spaces;

- Blocked chimney or flue;
- Cracked or loose furnace exchanger;
- Second-hand smoke;
- Back drafting and changes in air pressure; or
- BBQs and grills.

## What are the symptoms of Carbon monoxide poisoning?

- Carbon monoxide is a colorless, odorless and tasteless poison gas that can be fatal when inhaled, which is why it's sometimes called the "invisible killer". It reduces oxygenation in the body by displacing oxygen absorption at a cellular level.
- Unlike many other toxins and poisons, Carbon monoxide doesn't irritate your body or cause pain—meaning there's often no warning or danger signs of its presence.
- Initial symptoms are similar to the flu without a fever and can include dizziness, severe headaches, nausea/vomiting, sleepiness, blurred vision, fatigue/weakness, disorientation/confusion and loss of consciousness.

- Carbon monoxide poisoning can be particularly dangerous for people who are sleeping or intoxicated.
- People may end up with irreversible brain damage, or even die, before anyone realizes there's a problem.

## How can I prevent Carbon monoxide poisoning?

### Proper installation

Ensure any fuel-burning appliances—and the supporting ventilation systems—are installed by a licensed contractor.

Keep chimneys clear, do not block or seal shut exhaust flues or ducts used by water heaters, ranges and clothes dryers.

### Regular maintenance

Every fuel-burning heating appliance—new or old—has the potential to generate dangerous levels of Carbon monoxide without any obvious signs of failure.

Have all fuel-burning heating appliances cleaned and inspected annually.

# Carbon Monoxide Awareness Week

## November 1 to 7

Know the symptoms, sources and how to prevent carbon monoxide poisoning



Learn more [www.CO.safety.tips](http://www.CO.safety.tips)

In partnership with:





## Install Carbon monoxide alarms

Install at least one battery-powered Carbon monoxide alarm or AC-powered unit with battery backup on each level of your home and near sleeping areas.

Test and check all Carbon monoxide alarms in your home twice a year.

## Other tips

Always use portable generators, BBQs, camp stoves or other similar devices away from doors, windows, vents and other openings. Never use them indoors, including inside a garage (even if the doors are open) or other enclosed or partially enclosed area.

Never use a gas range, stove or oven to heat the home.

Never leave your car idling in a closed garage. If your vehicle has an automatic engine starter, check to make sure your vehicle is off when it is in the garage.

Never use fuel-powered appliances or tools in enclosed, attached areas such as garages or porches.

## **What happens if someone is exposed to Carbon monoxide?**

- Carbon monoxide inhibits the blood's capacity to carry oxygen and can cause health problems before you even notice that it's present.
- At low levels, effects include flu-like symptoms, such as tiredness, headaches, shortness of breath and impaired motor functions.
- At high levels, or if you are exposed to low levels for long periods of time, you can experience dizziness, chest pain, poor vision and difficulty thinking.
- At very high levels, it can cause convulsions, coma and death.
- If you suspect Carbon monoxide poisoning, get into fresh air immediately and call 9-1-1 or your local emergency number.

## **Should I have a Carbon monoxide alarm? Where should it be installed?**

- Every home with at least one fuel-burning appliance/heater, attached garage or fireplace should have a Carbon monoxide alarm.
- Ideally, an alarm should be installed on every level of the home and outside each sleeping area, and placed at least 15 feet away from fuel-burning appliances. If the home has only one Carbon monoxide alarm, it should be installed in the main bedroom or in the hallway outside of the sleeping area.
- Do not install a Carbon monoxide alarm near windows or vents, bathrooms, heating or fuel-burning appliances, smoke alarms (unless a combination alarm) or at the peak of a vaulted ceiling.
- Test the Carbon monoxide alarm at least once a month by pressing the test/reset button.
- Every month, unplug the unit and vacuum with a soft-brush attachment or wipe with a clean, dry cloth to remove accumulated dust.
- Replace batteries and the entire unit according to manufacturer's instructions.

## **What should I do if my Carbon monoxide alarm goes off?**

- If anyone is experiencing symptoms, leave your home immediately and move to fresh air. Do not try to locate the source of Carbon monoxide. Once outside, call 9-1-1 or your local emergency number from a mobile phone or neighbour's house.
- If no one is experiencing symptoms, go outside and call the fire department or a qualified technician from a mobile phone or neighbor's home to have the problem inspected.
- If you are unable to leave the home to call for help, open the doors and windows and turn off all possible sources while you are waiting for assistance to arrive.

- Return to your home only after the problem has been fixed by a professional.
- Under no circumstance should an alarm be ignored!

## **What else do I need to know about preventing Carbon monoxide poisoning?**

- Mercaptan is added to natural gas to make leaks easier to detect and smells like rotten eggs. A natural gas leak is NOT the same as accumulation of Carbon monoxide.
- Look for Carbon monoxide alarm models with the seal of an approved certification agency such as the Canadian Gas Association or the Canadian Standards Association and the replacement date and warranty period clearly listed.
- Have heating systems, vents, chimneys and/or flues inspected every year by a licensed contractor. Regularly examine vents and chimneys for improper connections, visible rust and stains.
- Install and operate fuel-burning appliances according to the manufacturer's instructions.
- Always use portable generators, BBQs, camp stoves or other similar devices away from doors, windows, vents and other openings. Never use them indoors, including inside a garage (even if the doors are open) or other enclosed or partially enclosed area, like a tent.
- Never use a gas range, stove or oven to heat a home.
- Never leave your car idling in a closed garage. If your vehicle has an automatic engine starter, check to make sure your vehicle is off it is in the garage.
- Never use fuel-powered appliances or tools in enclosed, attached areas, such as garages or porches.

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/fire-safety/public-education/carbon-monoxide-safety>

# Drive Thru Flu Clinic



**Please wear loose clothing that quickly bares the upper arm near the shoulder.**

**When: Tuesday & Thursday  
1:00 - 4:00 p.m.**

**Location: Outside the Seabird Band Gym,  
side parking lot.**

Those who cannot make it, Javed at Seabird Pharmacy, will be giving them as well as Shoppers Drug Mart in Agassiz, Remedy Pharmacy in Agassiz.

**Seabird Island Health**





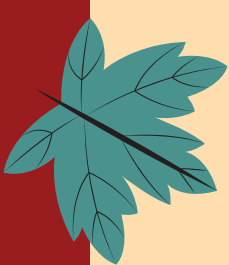
SEABIRD ISLAND


















# Fall Calendar - Child & Youth Programs

For more information or questions please contact:  
Katelyn Moon at [katelynm@seabirdisland.ca](mailto:katelynm@seabirdisland.ca) or Kaitlyn Phillips at [Kaitlyn.Phillips@seabirdisland.ca](mailto:Kaitlyn.Phillips@seabirdisland.ca) or phone: 604-819-7897

	MONDAY <i>Yila:welhat</i>	TUESDAY <i>Sthémetls</i>	WEDNESDAY <i>Slhi:xws</i>	THURSDAY <i>Sxeó:thels</i>	FRIDAY <i>Slheq'it'es</i>
School's Out Ewolem Seabird Drop in Classes Ages 9-12	<b>Wellness Day:</b> Sports 3:00 - 4:00 p.m. <b>Mindfulness with Maggie</b> 4:00 - 5:00 p.m. <b>Tutoring</b> 5:00 - 6:00 p.m. <i>(all ages)</i>	<b>Cultural Connections</b> 3:00 - 5:00 p.m. <b>Tutoring</b> 5:00 - 6:00 p.m. <i>(all ages)</i>	<b>Girls Group/ Boys Group</b> 3:00 - 4:00 p.m. <b>Halq'eméylem Classes</b> 4:00 - 5:00 p.m. <b>Tutoring</b> 5:00 - 6:00 p.m. <i>(all ages)</i>	<b>Nature Outing</b> 3:00 - 6:00 p.m. <b>Tutoring</b> 3:00 - 6:00 p.m. <i>(all ages)</i>	<b>Cultural Connections</b> 3:00 - 5:00 p.m. <b>Tutoring</b> 5:00 - 6:00 p.m. <i>(all ages)</i>
Youth Drop In Ages 13+	<b>Mindfulness with Maggie</b> 3:00 - 4:00 p.m. <b>Wellness Day:</b> Sports 4:00 - 5:00 p.m. <b>Youth Council</b> 3:30 - 5:00 p.m.	<b>Outing</b> 4:00 - 8:00 p.m. <i>(8 spots)</i>	<b>Halq'eméylem Classes</b> 5:00 - 7:00 p.m.		
3:00 - 8:00 p.m.					
Family and 6 - 8 years olds			<b>Drop-In Family Boating</b> 4:00 - 6:00 p.m.	<b>Sports Drop-In</b> 6 - 9 year olds on school field, behind the youth center	



# Community Events Calendar

(S) Sæxlhat	(M) Yila:wehát	(T) Sthémelts	(W) Silh
<p>1</p> 	<p>2</p>   	<p>3</p>	
<h1>Carbon Monoxide</h1>		<h1>Carbon Monoxide</h1>	
<p>8</p> 	<p>9</p>   	<p>10</p>	<p>Facilities Closed - Remembrance</p>
<p>15</p> 	<p>16</p>   	<p>17</p>	<p>Meals on Wheels 5 - 6 p.m.</p>
<p>22</p> 	<p>23</p>   	<p>24</p>	<p>Meals on Wheels 5 - 6 p.m.</p> <p>IA Day</p>
<p>29</p> 	<p>30</p>	<p>1</p>	
<p>Meals on Wheels 5 - 6 p.m.</p> <p>Deadline for Comprehensive Sustainable Community Plan Survey &amp; Idea Wall Contest</p>			



- *Telxwi:ts (November) 2020*

i:xws	(T) Sxeó:thels	(F) Sheqá'tses	(S) T'óqw'tem
4	5	6	7
<h1>Awareness Week</h1>			
11	12	13	14
<p>Stat Holiday ance Day</p>	<ul style="list-style-type: none"> <li>Income Assistance Renewals Due</li> </ul>		
18	19	20	21
25	26	27	28
2	3	4	5
<p>Would love to hear feedback from the community and would like to see what people would like to do? Please Contact Leanne Ellis for Community Cultural Events: leannee@seabirdisland.ca or phone 604-796-6939</p>			



## INDIGENOUS STUDENT AND NON-INDIGENOUS EDUCATOR RELATIONSHIP RESEARCH STUDY

### PROCESS...

- 15-minute telephone interview
- An evening, 3-hour focus group discussion
- Student and educator focus groups will be held separately
- Drinks, snacks and a meal will be provided

### REQUIREMENTS...

- Attend high school
- Be age 12 to 18.
- Get permission from your parent or caregiver
- Identify as Indigenous

*Help researchers and educators learn about effective practice in building teacher-student rapport across cultures.*

**TO LEARN MORE OR SIGN UP CONTACT  
NICOLE KUNKEL AT [NKUNKEL@SFU.CA](mailto:nkunkel@sfu.ca)**

*Research is supervised by Dr. Alanaise Goodwill, Assistant Professor at  
Simon Fraser University*

*[agoodwil@sfu.ca](mailto:agoodwil@sfu.ca)/778-782-7604*



**Are you interested in joining the Sq'ep Committee? The Cultural Committee in Seabird is looking to fill seats! Are you an Elder, Youth or Community member and want to join our advisory committee?**

**Looking for Sq'ep  
Committee Members  
to fill Vacant Seats**

Interested individuals may submit a letter requesting to join the committee to Leanne Ellis at 2773 Chowat rd. or e-mail [leannee@seabirdisland.ca](mailto:leannee@seabirdisland.ca) contactless. Please detail how you would benefit the committee in your letter request. This is a voluntary 3-year term for these positions. All candidates will be reviewed by Chief and Council to be approved.



# Social Media and your privacy!

Over the past year or so Facebook and other social media sites have become less popular and are being used less and less. Now a BC Mayor says she is also deleting Facebook. She says, "Its slowly shrinking our brains". Filled with negativity and bullying, it is no longer a place to keep in touch, debate or promote issues.

Facebook has been facing breach of confidentiality issues, where peoples identities are being stolen. The result, Facebook stocks have been plummeting.

## Stolen identity is no joke!

My son said, "Thats why you lock your pictures, so nobody can use them." It's not just somebody stealing your photo and pretending to be you. They are stealing everything! They will review your history, your contacts and more to evaluate you and to create false accounts in your name. Pretty soon you owe \$100,000 and you didn't spend a penny! They are not going to pay it back and its almost impossible to trace, you are left with the bill. This means you can not get a credit card or loan. Your financial account could end up locked and the

bank could start taking your cheques to pay this debt, you won't be able to access your own money. Your credit is ruined!

At the very least people are being reminded to review their privacy settings! At the other end of the spectrum there is a global wide movement to delete Facebook. Some say it is not enough to max out your privacy settings or close your account. Closing your account puts your account on hold, your information and account are still out there. You need to go one step further, after you close your account you need to delete it.

<https://globalnews.ca/news/4105394/how-download-your-facebook-data/>

## Your children's identity is also at risk!

Many people would like to see the age limit raised, so there are less children on social media. Even though this is a good idea, it is already hard to restrict the age limit as it is. Children lie about their age so they can use social media. A poll in the UK "approximately 59% of children have already used a social network by the time they are 10". Many have shrugged it off saying "so what". However age does matter:

- 1. Identity fraud:** Accounts for children under 13, or with a false birthdate...Federal law cannot protect their personal information from being collected and shared with third party advertisers.
- 2. Brains are not fully developed until around age 12:** It's difficult, if not impossible, for children to fully grasp the impact of their actions upon others, online or otherwise.
- 3. Lying is wrong:** If we let our children lie here, where else will they lie? How will this affect the rest of their life? One little lie leads to another and another.
- 4. Facebook depression:** This is a real health term that has come from potential problems with cyberbullying, harrassment, depression, sexting and exposure to inappropriate content.
- 5. Loss of personal social skills:** When you only communicate with devices, it gets hard to talk to people in person.

by: Sandra Bobb

**Age Restrictions**  
FOR SOCIAL MEDIA PLATFORMS

What is the minimum age for account holders on these social media sites and apps?

Age	Platform/App	Notes
13	Ask.fm, Facebook, Google+, Instagram, ooVoo, Pinterest, Reddit, Snapchat, Tumblr, Twitter, LinkedIn	US and all countries not mentioned under 14 and 16
14	LinkedIn, Google+	United States, Canada, Germany, Spain, Australia and South Korea; Spain, South Korea
15	Burn note	Common Sense Media rating
16	WhatsApp, LinkedIn, Google+	Netherlands; Netherlands
17	Periscope, Vine, Whisper	Common Sense Media rating
18	LinkedIn, Yik Yak, Kik, Flickr, YouTube	China; But kids 13-17 can sign-up with parental permission; But kids 13-17 can sign-up with parental permission

**DATING / CHATTING APPS**

Platform/App	Notes
Meet Me, Tinder, Omegle, Skout	communities for 13-17 and 18+

As of June 2016

**Disclaimer:** For the safety of your child, check the terms of service regularly.

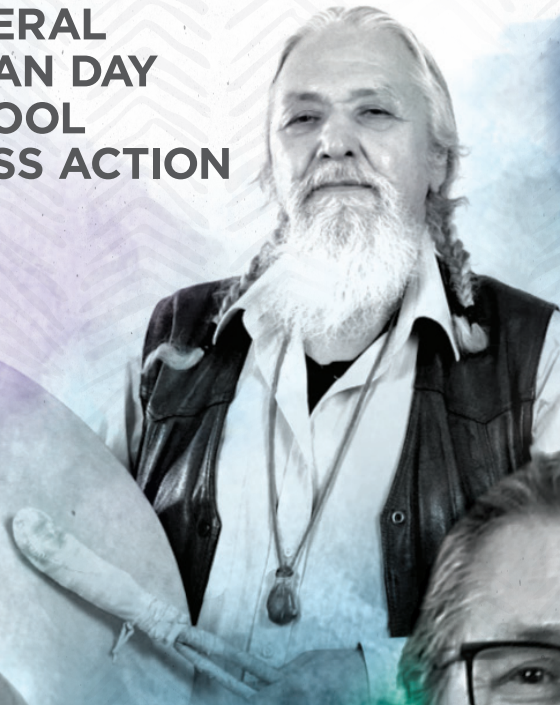
**digitalparenting**  
COACH  
[www.digitalparentingcoach.com](http://www.digitalparentingcoach.com)





**FEDERAL  
INDIAN DAY  
SCHOOL  
CLASS ACTION**

**Claim Due By:  
July 13, 2022**



There is a nation-wide settlement to compensate  
Survivors of **Federal Indian Day Schools**  
and **Federal Day Schools**

If you attended one of these schools, you've  
waited a long time for this moment.

This may be an important step in your healing journey.

Find out if you are eligible for compensation and how you can make a claim.

Go to **IndianDaySchools.com** or call us at **1.888.221.2898**

Need to Talk? Contact the Hope for Wellness Hotline: 1.855.242.3310

***Filling out this Claim Form may be emotionally difficult or traumatic for some people.  
When filling out a form, if you are experiencing emotional distress, want to talk or need a hand,  
contact Margarete de Groot for assistance call the Seabird Island Band Office at 604-796-2177.***





<http://crimesagainsthughsmantees.tumblr.com/>

# Telxwi:ts

November

“Leave are falling”

## Scorpio

October 23 - November 21

**Key characteristics:** Resourceful, brave, passionate, stubborn and a true friend

**Flower:** Chrysanthemum

**Birthstone:** Topaz

## Sagittarius

November 22 - December 21

**Key characteristics:** Smart, Caring, Deep, Honest and Wild

**Flower:** Carnation

**Birthstone:** Turquoise

## Quotes of the Month:

“There is nothing permanent except change”

~ Heraclitus

“Believe you can and you’re halfway there”

~ Theodore Roosevelt

## Halq'eméylem Word Search

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

## Words:

- amí:mel – a few
- lá:lém – house
- xáth'tel – a marker
- shxwtále'álá – purse, wallet
- shxwi'at'lqels – paint
- xet'kw'á:ls – to carve wood
- stó:qw'em – cough
- s'éliyá – dream
- smílhá'áwtxw – smoke house
- qíqeq'els – policeman
- kw'ekw'íxwxel – boot
- kwetáxwstexw – keep it inside
- kopú – coat
- chmá:m – packing something
- ethíwsem – put on a dress
- á:wkw' – clothing
- chiyólh – to gather fire wood
- yóseqw – hat
- q'eléts'eqwtel – umbrella
- slhém:exw – rain



## Driver - College

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

## Speech & Language Pathologist

Providing a range of clinical services that focus on promoting communication, language and speech and that contribute to a client/patient's overall cognitive, physical, social and emotional well-being. Working closely with babies, children who have various levels of speech, language and communication problems. They will provide assessments to children (0-6 years old) referred to the Ey Qwal Speech and Language Program.

## Order Clerk

Receive and processes orders for materials and merchandise. Tracks orders, updates status and notifies customers of changes in delivery schedule. Maintain records of prices, delivery dates, inventory and other data related to each transaction. Requires a high school diploma or its equivalent and will report to the SI Purchasing Manager. Possess a moderate understanding of general aspects of the job. Works under the close direction of senior personnel in the functional area. May require 1 to 3 years of general work experience.

## Purchasing Agent

Verify goods and service orders; prepare and forward purchase orders to vendors and staff; verify receipt of goods and services; and authorize payment for goods and services. The goal is to acquire goods and services that are critical for the success of operating standards, with the best price and quality standards. Ensure that corresponding departments at Seabird Island Band, have the materials and services they need to function on a day-to-day basis. Perform extensive research to find the most cost-effective materials, supplies, goods and services; which requires that they stay up-to-date on marketing and pricing trends.

## Production Worker - Nations Creations

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

## Legacy Project Coordinator (LPC)

This is a two-year term position. LPC will lead activities to gain information on and manage the traditional land holdings on Seabird Island Band reserve. The LPC will merge non-registered historical knowledge of Seabird Island Band land use and occupancy with the First Nations Lands Registry System or upgraded system of lands management. Research activities will include land tenures, individual land holdings, right of occupancy, and certificates of allocation or possession.

## Information Technology (IT) Teacher

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

## Bus Monitor

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

## Education Assistant (EA) - On call

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

## Family Life Skills Coach (FLSC)

Operate efficiently in accordance with the philosophies, policies, and objectives established by SI and within the specifications and regulations of the Community Care Facility Act. Ensure that the families in the family home are supported in developing healthy parenting and other life skills, with attention to children's needs (helping with homework, structured mealtimes, healthy meals, bedtime routines etc.). Ensure strong cultural values, and manage programming that builds family bonds and resilience as well as a grounding in culture and community supports. Model approaches to household chores, shopping and finances. Ensure that families are directed to health, healing and other services and programs, and encourage them to make choices that are nurturing to self and family. Ensures that culture is imbedded in all services

## Child & Family Service Manager (CFSM)

Operate efficiently in accordance with the philosophies, policies, and objectives established by SI and within the specifications and regulations of the Community Care Facility Act. Programs under the care and supervision of the CFSM will include: A:yelexw Men's and Women's Recovery Homes, A:yelxw Family Home, Seabird Health Counselling, Family Support, Wellness / Justice, as well as Child and Family Services (MCFD, XoylhemeYlh). Play a key role in the delivery and integrity of services in Child Protection, Family Support, Addictions Recovery, Social Work and Counselling, ensuring the mental, physical and spiritual safety of clients and client families. Ensure strong cultural values, and direct programming that builds family bonds and resilience as well as a grounding in culture and community supports. Regularly and professionally interact with regulating bodies and other off reserve services: Ministry of Children and Family Development, Fraser Health, First Nations Health Authority, Social Workers, Law Enforcement, Correctional Services, Court and Legal systems, Local and Provincial mental health services, and others.

## Cook - On Call

To prepare, cook and serve food for school breakfast/lunch programs and special events organized and participated by Seabird School as instructed by the Principal / Vice Principal in accordance with current health, safety and hygiene legislation.

## Community Wellness Justice Coordinator/ Justice Worker

Responsible to the Seabird Community and its membership in a number of ways. Seek to provide input and make recommendations to the Community Wellness Committee, on ways to improve the health and safety of the community. Recommendations are made by pulling from a vast network of resources. Have very regular contact with a variety of legal supports and services, including local police, corrections Canada, victim's services, parole services, lawyers and legal advisors. NOT expected to provide legal advice, or to provide support based on the guilt or innocence of a group or individual. Supports should be given to all clients receiving services equally.

## Special Education Teacher

This 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.

## Teacher On Call (TOC)

The provision of instruction to students of Seabird Island Community School and includes instruction, preparation, assessment, classroom management, professional development and school meetings, community and parental relations and adherence to all Seabird Island Community School and BC Ministry of Education policies and procedures. Individual contracts will govern the specific teaching assignment and number of hours.

## Trades Teacher

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

## 22 week Targeted Wage Subsidy - Information Technician

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

## Payroll Clerk

Primarily responsible to provide support for Payroll functions under the direction of the Payroll Supervisor. Assist in the payroll function, filing, and other general clerical duties. Provide information to staff regarding their benefit plans, ensure timely reconciliation of benefits, and liaise with the benefit provider as required to ensure effective and efficient service delivery for staff. 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.

## Lands Assistant

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

## Lands Assistant - Targeted Wage Subsidy

Assists the Lands Division with administration tasks, including answering general inquiries regarding the program to Band and/or community members. The Lands Summer Student will prepare documents, take meeting minutes, draft communications, complete forms, prepare meeting packages, filing and other related office administration duties as requested.

## Employment Services Administrative Assistant - Term ends March 31, 2021

Responsibilities will include answering phones, booking appointments for clients, file management, organizing, driving school administration and other clerical duties. This position will also require the successful applicant to be able to provide exceptional client and customer service; courteous, friendly, and professional assistance to clients from a broad demographic. Work term is till March 2021.

## Health Quality Officer - Maternity Term until May 31, 2021

Responsible for Developing Health and maintaining Health programs infrastructure including: professional practice support, Health Policies and procedures, and service standards which are required for effective programming. This officer will also ensure that the department has a quality assurance program that enables us to continue to achieve excellence in Health services.

## Maternal Child Health Nurse

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

## Peer House Leader - Women Home

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

## Recovery Home Support Worker - On Call

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

## Youth & Elder's Site Coordinator

Responsible for fostering a relationship between youth and elders. The purpose of the position is to enhance and enrich the lives of elders in the community decreasing social isolation. The benefit of fostering that relation is not limited to elders alone but is also meant to enhance the life and experience of the youth who are involved. This is a temporary position that will end March 31, 2021

## 22 Week Targeted Wage Subsidy Public Works Assistant

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

## Custodial Worker - on call

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](mailto:humanresources@seabirdisland.ca).*

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

We thank all applicants for their interest.

**DEADLINES**

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

**AVAILABILITY**

1st 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, Sandra Bobb 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.



# Classifieds

**SEABIRD CHURCH**

**Mass:** *Update TBA.*

**Study Groups:** *Update TBA.*

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:

**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)  
- A mask to wear

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**

Now recruiting new members.  
Contact the Fire Hall 604-796-2177.

**GARBAGE SCHEDULE**

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

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

**RECYCLE:** Every Tuesday, unless Monday is a statutory holiday, then pick up will take place on the Wednesday immediately following the day after garbage pick-up.

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

**DENTAL WALK-IN PAIN CLINICS**

*Open with appointment only.*

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**

*Please bring a mask.* If interested you can attend online AA Meetings, visit website below.

AA in BC website: [www.bcyukonaa.org](http://www.bcyukonaa.org)

**NOTICE**

**NO** SOLICITING PEDDLING DISTRIBUTION OF PAMPHLETS

All offenders will be reported and prosecuted to the full extent of the law.

By order of Chief and Council

Chief and Council assert there is to be no solicitation of any sort. Visitors need permission from Chief and Council to solicit door to door.

If you get a questionable person knocking on your door you do not need to let them in. You have the right to close the door and contact the RCMP. There is an open file at the RCMP.

**Community safety is a Chief and Council priority. Please contact us if you have any concerns.**

**Seabird Island Income Assistance**

**BC Hydro & Fortis Bills**

**1** BC Hydro & Fortis bills are to be submitted by the 20<sup>th</sup> of each month.

Any disconnections will be your responsibility.

Call your utility company if you are not receiving your bills in the mail.

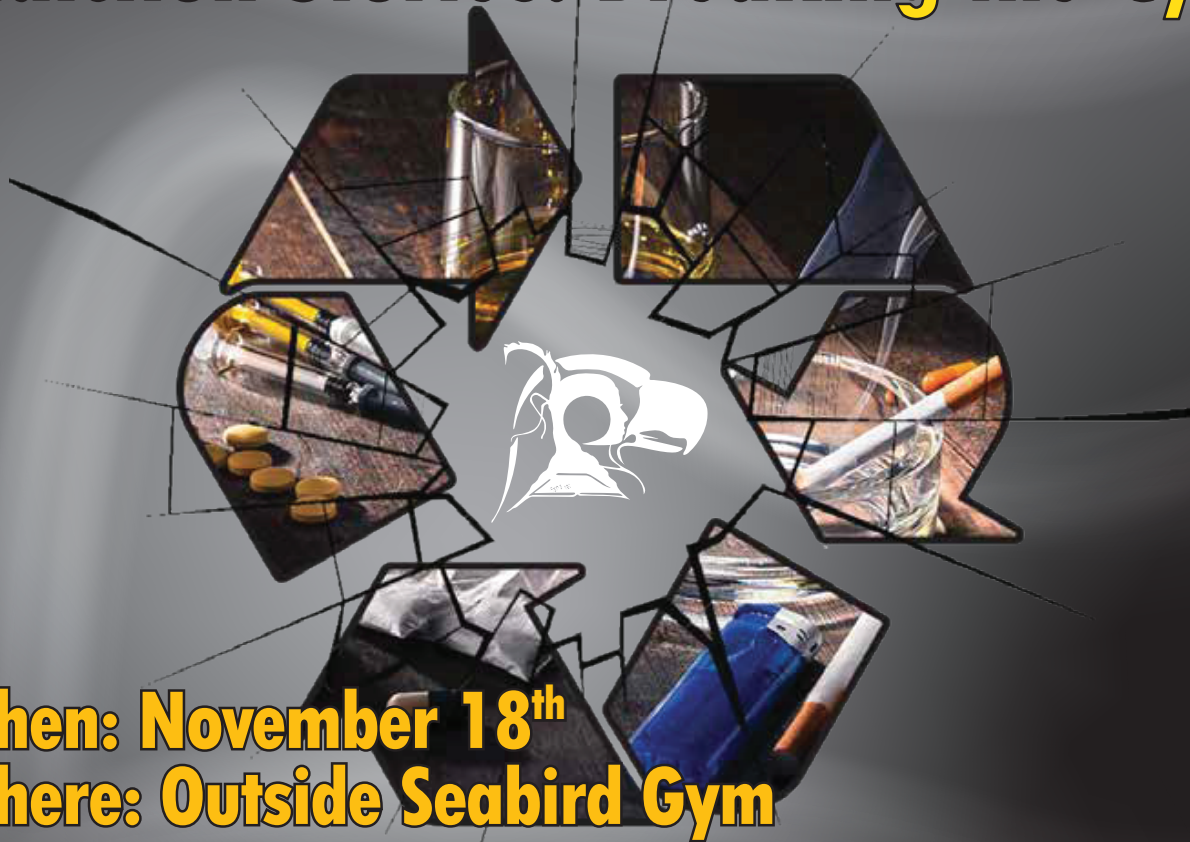
BC Hydro: 1-800-224-9376  
Fortis: 1-888-224-2710

**2** Renewals & Job search are due on the 15<sup>th</sup> of each month.



# NAAW

## National Addiction Awareness Week: Addiction Stories: Breaking the Cycle



**When: November 18<sup>th</sup>**  
**Where: Outside Seabird Gym**

Come pick up some pizza for your family to enjoy and share!

Share your story on how you and your family are impacted by addictions, we will be doing interviews with those who would like to share their experiences and stories. Stories will be shared anonymously. We will also be creating meme with quotes shared with our staff.

We would like to share the videos and memes during National Addictions Awareness Week on the Seabird Island Facebook page.

To enter in our draw, comment or like the NAAW posts on the Seabird Island Facebook page.



# Hunting & Training with Dwayne Malloway



**When:** Every weekend in November

**Time:** 4 a.m. - 9 p.m.

**Drive time:** 2 hours to location

**Dwayne Malloway** has 35+ years' experience training and guiding people from the Stólō and Thompson Territory. He will show you survival wilderness skills, how to be safe, how to safely track and how to breaking down an animal.

All animals caught during this training will be donated to the Community, Meals on Wheels, Food Bank, Community Kitchen, to Elders and families on request.

If you are interested in hunting and training, he will take groups of 3 people per trip. Must be reliable as these are limited seats, groups of 8 or less people there for the processing.

## Requirements:

- COVID rules are will be in place masks must be worn during the travel.
- APALS is required if you are hunting, but not required to learn as an observer.
- All participants must sign a liability form, if you want to help or take the training.

For more informations or are interested please contact Leanne Ellis at:  
Phone: 604-701-8330 or e-mail [leannee@seabirdisland.ca](mailto:leannee@seabirdisland.ca)