



YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

Temkw'ó:lexw ~ Stó:lō New Year (October) 2019

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Disclaimer: During renovations, this newsletter is being produced on another machine and quality may be affected.



Photo Credit: Sandra Bobb

Family Beach Seining in Seabird

The whole family of five, males and females alike all worked the net, down to the youngest five year old son. Extended family, cousins, friends and their family members were also a part of the team.

It was heartwarming to see the family traditions, culture, commitment, dedication and skill, shared and taught within the group. When I arrived they were all gathered around the fire enjoying a meal before doing their final set for the day.

When it was time to get to work they all worked as one, a great team everybody knew

where they needed to be and what they needed to do.

I was so proud of the younger ones, to see them working and learning. Terry's daughter held an impressive 3 fish in one hand. The youngest "little man" on the team, five years old, was also helping out and working the net along the river bank. He stated he really likes fishing, "when me and dad go fishing we catch THOUSANDS of fish". While the others were deep in the water pulling the net in, he carefully pulled at the end of the net on the edge of the river, ensuring the straggler fish didn't escape on his end.

Seining is a method of fishing for pinks and humpy's where the net is pulled around in a loop and the team is in the water walking





along the net as they push and pull it to shore. Using this method most of the fish are caught live and any other breeds of fish can be carefully released back into the wild. The sorting process was intense, as each fish was put in the large totes, sometimes several at a time, a fish counter was on hand counting them all.

Once the fish were all gathered up it was time to pack up all the gear. Even this proved to be a large task. Team members climbed on the boat to put the net back. As 2-3 team members pulled it in, a team member patched holes and another stood in the water separating the lead line from the float line. At the same time 2 other team members slowly held the boat in place and moved it where necessary.

Once again the “little man” was at the end of the net in the water doing his part. Tugging at the float line separating it from the lead line so when the rest of the team got to the end it was ready for them. Then there was a big splash in the water behind him. He asked, “was that a fish?” I replied, “yes”. Then he carefully put the net down and stated “I think thats enough now” as he strolled out of the water.

Seabird has 2 saining teams. Each team has a special license and permit to fish this opening, these fish are only available to be sold to the cannery.

Written by: Sandra Bobb



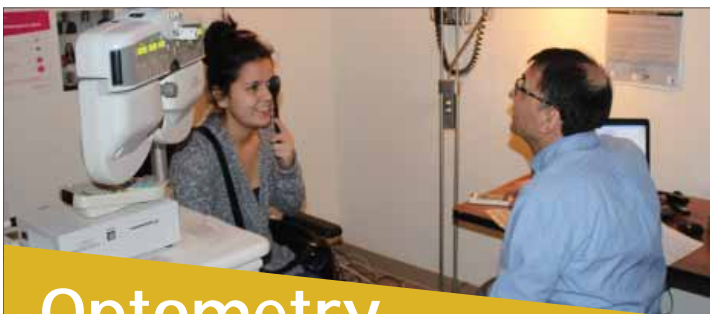
Cultural Events

Cultural Events will be working together to bring forth the vision of commitment to revitalize the language and cultural connection within the community.

- Ey Swayel, I am excited to say the language program is getting started and we are honored to welcome back Mary Stewart, assisting her will be Dianna Kay. Thursday nights starting Oct. 10th, 2019. Location to be announced.
- Seabird is looking to train 6 new hunters with Edward (Ed) Chapman. Two sessions of 3 people to learn how to track, hunt, gut, skin and wilderness safety. Looking to train food providers in our community. If you are interested in learning to hunt and are 16+, please apply. Applicants who are selected, must be available on weekends to go with Ed on his hunting trips.

- We are looking for deer or bear fat donations for medicine making workshops in the winter and to give to Elders.
- Call out for game meat donations (deer, elk, moose and bear) for Elder's, community events and future canning sessions this winter. Willing to pay for the packaging of donated meats! We are also interested in elk, deer or moose bone, hide, hoofs or any other parts not being used. Mazie Peters will be instructing tanning hide sessions and we are in need of hides donated for this future winter workshop.

If you have donations or would like to apply for the hunting training please send an e-mail leannee@seabirdisland.ca or call Leanne Ellis 604-796-6939



Optometry Clinics

Schedule your
appointment

Amanda Peters
604.796.2177

Rummage Sale

Seabird Elders

WHEN
Every Wednesday
11 a.m - 2 p.m.

WHERE
Elders College
Room 10

Come support the Seabird Island Elders in their fundraising efforts & also treat yourself to something that is new to you!
Contact Margarete de Groot at the Seabird Island Band Office for more information:
604-845-7056

Vape Pen and E-cig Dangers

Health Canada warns vaping carries risk of pulmonary illness. Users are advised to watch out for symptoms of: pulmonary illness, such as coughing, shortness of breath and chest pain, nausea, vomiting and diarrhea.

Vaping and E-cigs substance abuse have become greater hazards to the health of our youth than cigarettes, weed and alcohol. They believe it is healthy because it is not smoking, however not enough studies have been made in this area.

Within 2 years of use these youth are being hooked up to respirators and some are even dying. The results of use are hitting our youth faster and stronger – this is not healthier – it is way worse!

Like adding gas to a fire, the suppliers are targeting our youth. Most of these youth state they would not use it, but they like the flavor. These companies have made these substances taste like candies. They are targeting our youth, like a murder running around with a gun targets his prey!

Vaping involves inhaling vapour from a device that heats up a liquid that can contain tetrahydrocannabinol (THC), the

psychoactive component of cannabis, or nicotine. Vaping is so new that the long-term effects of inhaling e-juice chemicals such as glycerine and propylene glycol are unknown. For more clarity, the definitions for these chemicals are in the centre of the page, in the bubble.

“American health officials are investigating. Recently, a 20 year old outdoors enthusiast was diagnosed with a potentially fatal case of lung failure and ended up on life

support after vaping triggered an immune response usually associated with inhalation of mineral oil. Six people have died from illness related to vaping in the U.S. Michigan is now taking steps to ban flavoured vaping products.”

New York and Massachusetts has temporarily banned the sale of all vaping products, in what officials are calling a “National Public Health



Emergency”, as they are linked to 9 deaths so far. A mysterious lung disease linked to vaping has sickened at least 530 people in 38 states and its toll is expected to rise, federal health officials told a congressional hearing on vaping.

The CDC has issued an official health advisory against vaping products due to risks.

Please take some time to speak to your youth and preteens about the hazards of drug use and remember to include the

dangers of vaping and E-cigs.

References: <https://vancouver.sun.com/news/local-news/vaping-more-popular-than-ever-with-b-c-teens-despite-medical-horror-stories>

<https://globalnews.ca/search/vaping/>

Written by: Sandra Bobb

What are you putting into your body?

Glycerine: among other things is used in the manufacture of cosmetics, perfumes, inks, certain glues and cements, as a solvent and automobile antifreeze.

Propylene glycol: a colorless, viscous, hygroscopic liquid, C₃H₈O, used chiefly as a lubricant, as an antifreeze, in brake fluid, and as a solvent for fats, oils, waxes, and resins.



No cost to participate!

Learn to Manage Stress

Mind Medicine Groups, Ages 13-19

Everyone experiences worries and stress. Mind Medicine Groups are here to help young people develop coping strategies and build social connections.

Next Session:

3:15 - 4:45 October 24th - November 28th (weekly)

Location:

Seabird High School - Halq'eméylem Room

Contact us today,

604-819-7897 or katelynm@seabirdisland.ca

The program is run by caring, trained staff, in a safe supportive environment.

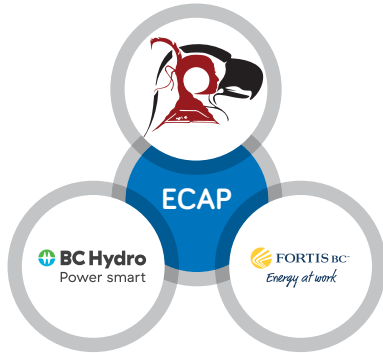


Energy Conservation Assistance Program

BC Hydro, FortisBC and the Seabird Island Band are working together to bring the Energy Conservation Assistance Program (ECAP) to our Community.

ECAP is a free program that will help you save money and improve the comfort of your home.

We've approved two program contractors to complete the energy upgrades to the homes in your community: It's On Electric and Ecofitt.



Reminder!!

ECAP Community Information Meeting!

1. Would you like to know more about the Energy Conservation Assistance Program?
2. Would you like to save money on your hydro every month?
3. Do you like FREE upgrades?

Come to the meeting and find out what the ECAP Program is all about!

Date: Wednesday October 2, 2019 **Time:** 7 p.m.

Where: Seabird Island Gymnasium

A Big Thank You!

To all tenants who have paid their *rent* and *arrears* this month. Those who have come in and made plans with Housing to pay their arrears.

The Housing Program would like to *thank* our tenants for helping clean up the community by cleaning their lawns.

Thank you!

Housing Wait List

1 Bedroom

1	09232016-1039
2	04192018-5019
3	10192018-5022
4	11222018-5023
5	11272018-5024
6	11272018-5025
7	12032018-5026
8	12042019-5027
9	12242018-5028
10	01302018-5015
11	01162019-5029
12	01282019-5030
13	03152019-5031
14	03262019-5032
15	03272019-5033
16	04082019-5034
17	04082019-5035
18	06132019-5036
19	06172019-5037
20	07022019-6031
21	07052019-5038
22	07152019-5039
23	08042019-5040

Please make sure the Housing Program has your current contact information.

Housing 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 waitlist number?

Contact your Housing to see where you sit on the waitlist! 604-796-2177.

NOTE: If you have outstanding debt with the Band, you will NOT be placed into a rental unit, as per housing policy. Those with an outstanding debt are highlighted.

2 Bedroom

1	01122016-3093
2	05032016-1032
3	01252017-1046
4	08222017-6006
5	10042017-6008
6	10042017-7007
7	11162017-6009
8	02222016-1029
9	01032018-5011
10	03192013-3088
11	08172017-6005
12	03122018-6014
13	06042018-6018
14	06272018-6021
15	11152018-6022
16	11222018-5023
17	11262018-5020
18	12032018-5026
19	12182018-5014
20	12242018-5028
21	12312018-7022
22	12312018-6024
23	01302018-5015
24	01182019-6025
25	01182019-6026
26	01162019-5029
27	01282019-5030
28	01282019-6027
29	02012019-5000
30	02102019-6000
31	02132019-1035
32	03212019-6028
33	03262019-5032
34	04172019-6029
35	05302019-6007
36	06042019-6030
37	06172019-5037
38	7012019-7033
39	07022019-6031
40	09122019-6032

REMINDER!

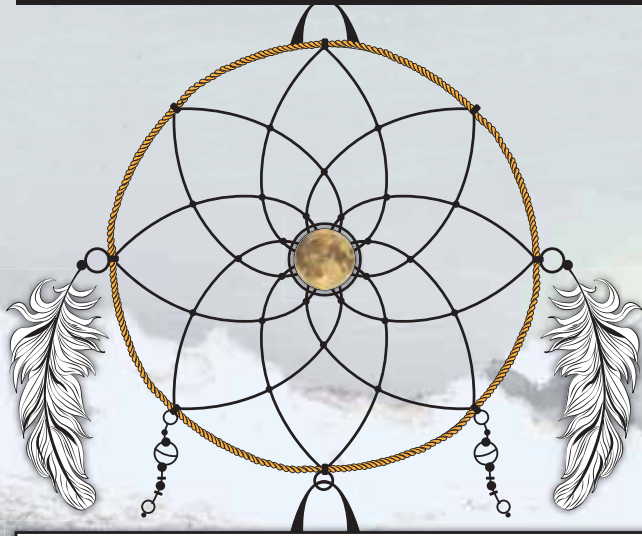
Housing applications must be renewed before JANUARY 1st each year to remain on the list!

Anyone who did not renew came off the list and must now reapply if interested.

3+ Bedroom

1	12192012-3076
2	02082013-3084
3	01142015-1011
4	01252016-4001
5	02232016-4002
6	02032016-4003
7	04282014-1031
8	12302016-4015
9	11162017-6009
10	12202017-7012
11	03192013-3088
12	10042017-6008
13	01162018-7013
14	05182018-7018
15	09182018-7022
16	10232018-7023
17	10232018-1029
18	11152018-7025
19	11222018-5023
20	12102018-6014
21	12282018-7007
22	12282018-1046
23	12312018-5011
24	12312018-6024
25	01042019-7024
26	01162019-7026
27	01182019-6025
28	01232019-4019
29	01162019-5029
30	01282019-6027
31	08092017-6004
32	02082019-7021
33	02102019-6000
34	03132019-6011
35	03212019-6028
36	04042019-7027
37	04102019-7028
38	04102019-7029
39	040172019-6029
40	05292019-7030
41	05302019-6007
42	06042019-6030
43	7012019-7033
44	07022019-6031
45	07302019-7031
46	08202019-7034

Indigenous Health Conference



Let's Fight Cancer Together

Keynote Speaker:
Elder Roberta Price

Thursday, October 17th, 2019

Cheam Nation Gymnasium
8:30 a.m. - 4:00 p.m.

FEATURING:

- Start your day with hot coffee & morning snack by Seabird's Nutrition Team
- Personal testimony
- Information & resources to support you and your loved one throughout cancer diagnosis, treatment and prognosis
- Healing through laughter with Improv Comedy Teams
- Lunch provided by Seabird's Culinary Class, Chef Phil Costello
- Support from your Community Members & Health Care Team

Contact your CHR or: nadinem@seabirdisland.ca - Phone: 604-796-2177

Red Road, Red Carpet, Red Dress

Saturday, NOVEMBER 16th, 2019

Seabird Island Band Gymnasium, 2895 Chowat Road, Agassiz, B.C.

5:00 p.m.

Dinner with
Special Guests

6:30 p.m.

Fashion Show
Featuring Lyn Kay Designs

7:30 p.m.

Live Band- Gerald Charlie &
the Black Owl Blues

50/50 + Silent Auction

Donations of Long Grain Rice or Spaghetti Sauce will be appreciated

All proceeds to Seabird Island Christmas Hampers

Wear RED in honour of the missing/murdered Indigenous women.

For more information contact: Charlene Point, Events Coordinator - charlenep@seabirdisland.ca

Sponsored by
Fraser Health



NO-MI-NO-U
ATHLETISME



REGISTER TODAY!

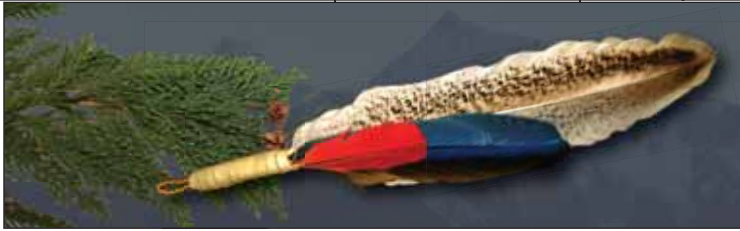
www.seabirdcollege.ca



Seabird College
education for real life

Phone: 1-604-796-6839
Fax: 1-604-796-3729
E: collegerecept@seabirdcollege.ca

2812 Chowat Road,
PO Box 650,
Agassiz BC, V0M 1A0



Aboriginal Liaison Worker

Scheduled for February, 2020

**Sponsored Seats for
First Nation students!**

Prefer grade 12 or equivalent.

Program includes:

- Complex trauma
- Focusing-oriented therapy and complex trauma I
- Focusing-oriented therapy and complex trauma II
- Focusing-oriented therapy and complex trauma III
- Depression, grief and complex trauma
- Clinical spirituality and complex trauma
- Dreams and complex trauma

Program Description

The certification is in "Focusing-Oriented Therapy" and is delivered in partnership with the Justice Institute of BC. FOT is a body and person-centered approach to healing.

This program emphasizes both knowledge and application through classroom instruction, clinical practice (logged and supervised through therapy sessions) and clinical supervision/observation. A variety of Aboriginal/ Indigenous treatment modalities are woven throughout the courses, including experiential exercises, story-telling, ceremonial processes and land-based healing techniques.

This is a program that takes place over 12 months and incorporates 7 courses, with in class sessions every two months for three days a week, Thurs - Sat.

We are passionate about each student's success and are committed to going the extra mile to deliver the best service possible.



Funded in part by the Government of Canada's Employment and Social Development Canada program.



Specialty Cooking: French - Native American Fusion

Scheduled for February, 2020

**Sponsored Seats for
First Nation students!**

Must have grade 12 or equivalent.

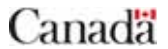
Programs include:

- Program is 6 months long, full time Monday - Thursday, writing exams on Friday as needed.
- Will include reports, menu planning, catering planning, catering and one-on-one training.
- Earn the skills for an exciting career as a high demand french cuisine chef.

Did you know?

- Chefs can earn an average of \$26 per hour and cooks can earn on average about \$20 per hour
- By the year 2028 there is an anticipated 3300 new chef jobs and as many as 11,500 new cooking jobs are predicted in B.C.
- Chefs and cooks can also specialize in one area of cooking, such as ethnic cuisine, baking and more!

We are passionate about each student's success and are committed to going the extra mile to deliver the best service possible.



Funded in part by the Government of Canada's Employment and Social Development Canada program.

SEABIRD

ISLAND

BAND QUARTERLY

OCTOBER 30TH

5 p.m.




















**Main Boardroom,
Seabird Island Band Office
604-796-6813 to
pre-register/RSVP.**

**For childminding,
please pre-register.**

**Dinner provided,
please RSVP.**

Door prizes will be drawn after the meeting.

Community Events Calendar

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Slh
	<p style="text-align: center;">We are no longer delivering to residents homes!</p> <p style="text-align: center;">You may pick-up your Yoo Hoo at the Lobby of the Band Office or at the red newsletter boxes in the Community.</p> <p style="text-align: center;">Nature Friendly Option!</p> <p style="text-align: center;">Those who prefer to receive newsletters by email, submit requests to comm@seabirdisland.ca providing name and email</p>	   <p style="font-size: 2em; font-weight: bold; margin-left: 20px;">1</p> <ul style="list-style-type: none"> • Optometry Clinic 	<ul style="list-style-type: none"> • Fishing (<i>Youth 10-18</i>) • Meals on Wheels 5 - 6 p.m. • Cedar/Beading/Pine Ne 6 p.m. <i>Community Hea</i>
6		7	8
<ul style="list-style-type: none"> • ISPARC Soccer Camp (<i>Youth 10-18</i>) • Sts'ailes Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Pancake Breakfast 9-11 a.m. • Gym 3:15 - 5:00 p.m. (<i>Youth 10-18</i>) • Meals on Wheels 5 - 6 p.m. 	   <p style="font-size: 2em; font-weight: bold; margin-left: 20px;">8</p> <ul style="list-style-type: none"> • Swimming (<i>Youth 10-18</i>) • Drum Making 6 - 9 p.m. (<i>Max 20 Seats</i>) <i>Community Health Room</i> 	<ul style="list-style-type: none"> • Workout Room (<i>Youth</i> • Prenatal Circle 1-3 p.m. • Meals on Wheels 5 - 6 p.m. • Cedar/Beading/Pine Ne 6 p.m. <i>Community Hea</i>
13	14	15	15
<ul style="list-style-type: none"> • Seabird Mass 11 - 12 p.m. 	<p style="text-align: center;">Facilities Closed - Stat Holiday</p> <p style="text-align: center; color: green;">Thanks Giving Day</p> <p style="text-align: center; color: blue;">Stat Holiday - SICS & SD 78</p>	    <p style="font-size: 2em; font-weight: bold; margin-left: 20px;">15</p> <ul style="list-style-type: none"> • Hicks Lake Trail (<i>Youth 10-18</i>) • Action Plan Renewals Due 	<ul style="list-style-type: none"> • Fishing (<i>Youth 10-18</i>) • Women's Group 1-3 p.m. • Meals on Wheels 5 - 6 p.m. • Comprehensive Commu 6 - 9 p.m. <i>Seabird Band</i> • Workout Room (<i>Youth</i>
20		21	22
<ul style="list-style-type: none"> • Survival Camp (<i>Youth 10-18</i>) • Sts'ailes Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Pancake Breakfast 9-11 a.m. • Gym 3:15 - 5:00 p.m. (<i>Youth 10-18</i>) • Meals on Wheels 5 - 6 p.m. • Ribbon Skirt/Shirt Making 4 - 7 p.m. <i>Community Health Room</i> 	   <p style="font-size: 2em; font-weight: bold; margin-left: 20px;">22</p> <ul style="list-style-type: none"> • Drum Making 6 - 9 p.m. (<i>Max 20 Seats</i>) <i>Community Health Room</i> • Corn Maze (<i>Youth 10-18</i>) 	<ul style="list-style-type: none"> • Bodies in Motion 1-3 p.m. • Meals on Wheels 5 - 6 p.m. • Cedar/Beading/Pine Ne 6 p.m. <i>Community Hea</i> • Silk Screening (<i>Youth 10</i>
27		28	29
<ul style="list-style-type: none"> • Seabird Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Pancake Breakfast 9-11 a.m. • Gym 3:15 - 5:00 p.m. (<i>Youth 10-18</i>) • Meals on Wheels 5 - 6 p.m. • Ribbon Skirt/Shirt Making 4 - 7 p.m. <i>Community Health Room</i> 	   <p style="font-size: 2em; font-weight: bold; margin-left: 20px;">29</p> <ul style="list-style-type: none"> • Drum Stick Making 4 - 6 p.m. <i>Community Health Room</i> • Seven Sisters Trail Hike (<i>Youth 10-18</i>) 	<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p.m. • Cedar/Beading/Pine Ne 6 p.m. <i>Community Hea</i> • Pumpkin Carving (<i>Youth</i> • Workout Room (<i>Youth</i>

Tempo:kw' (October) 2019

Mon	(T) Sxe'othels	(F) Sheqátses	(S) T'óqw'tem
2 Needle Crafts Nights Health Room	3 <ul style="list-style-type: none"> Parents & Tots 10 - 1 p.m. Cooking with Nadine (Youth 10-18) Family Support Group 4:30 - 6:30 p.m. Cultural Connections 6 - 8 p.m. (Youth 10-18) Halq'eméylem Class 5:30 - 8:30 p.m. with Mary Stewart & Diana Kay (Location TBA) 	4 <ul style="list-style-type: none"> Canning with Leanne (Youth 10-18) 	5 <ul style="list-style-type: none"> ISPARC Soccer Camp (Youth 10-18)
9 Needle Crafts Nights Health Room	10 <ul style="list-style-type: none"> Cultural Connections: Pow-wow Outing (Youth 10-18) Parents & Tots 10 - 1 p.m. Family Support Group 4:30 - 6:30 p.m. Halq'eméylem Class 5:30 - 8:30 p.m. with Mary Stewart & Diana Kay (Location TBA) 	11 <ul style="list-style-type: none"> Cooking with Nadine & Potluck with the Elders (Youth 10-18) 	12
16 Community Planning Gymnasium	17 <ul style="list-style-type: none"> Cultural Connections (Youth 10-18) Parents & Tots 10 - 1 p.m. Family Support Group 4:30 - 6:30 p.m. Halq'eméylem Class 5:30 - 8:30 p.m. with Mary Stewart & Diana Kay (Location TBA) 	18 <ul style="list-style-type: none"> Fright Night at the PNE (Youth 10-18) 	19 <ul style="list-style-type: none"> Survival Camp (Youth 10-18)
23 Needle Crafts Nights Health Room	24 <ul style="list-style-type: none"> Cultural Connections: Pow-wow Outing (Youth 10-18) Parents & Tots 10 - 1 p.m. Family Support Group 4:30 - 6:30 p.m. Halq'eméylem Class 5:30 - 8:30 p.m. with Mary Stewart & Diana Kay (Location TBA) 	25 <ul style="list-style-type: none"> Feast/Language Bingo Night 4 - 9 p.m. Seabird Band Gymnasium Youth & Elders Conference (Youth 10-18) SD78 Pro-D Day 	26 <ul style="list-style-type: none"> Canning Salmon with Sue Harris 10 - 3 p.m. Seabird Band Kitchen (Bring your own Jars) Youth & Elders Conference (Youth 10-18)
30 Needle Crafts Nights Health Room	31 <ul style="list-style-type: none"> Halloween Party 5 - 8:30 p.m. 	1 <p>Pre & Post Natal and Prenatal Circle Who can attend? Expecting moms, newborns up to 6 weeks, partners, support person and siblings. Open to families living on-reserve and transportation can be provided. Questions? Text or call Diana Phan at 604-765-8769 or 604-796-6858</p> <p>Bodies in Motion focuses solely on Pre & Post Natal Fitness and is free for First Nations living on-reserve.</p>	2

FNHA launches new Health Benefits Plan for Dental, Vision and Medical Supplies & Equipment

The First Nations Health Authority (FNHA) has launched a new health benefits plan for clients that is convenient to use and expands benefit coverage in key areas.

The FNHA has transitioned dental, vision, medical supplies and equipment (MS&E) benefits off the federal Non-Insured Health Benefits (NIHB) program. The FNHA's new partner, BC-based benefits provider *Pacific Blue Cross*, is now administering these benefits.

FNHA clients and their health care providers will find the new system easy to use, with streamlined requirements for pre-approvals and quick turnarounds for adjudications and payments.

There is no reduction to existing coverage, and coverage has expanded for many preventive health services and special needs.

Accessing Your Benefits (Your Pacific Blue Cross Membership)

- Your status number is your PBC benefits membership number
- You can print your own PBC Member ID card or continue to use your status card
- There is a large network of health care providers registered with PBC. Many of these providers can offer direct billing. That means fewer out-of-pocket payments for eligible benefits
- Your pre-approvals follow you if you change health care providers

Your Member Profile

FNHA clients may go online at www.pac.bluecross.ca or download the PBC mobile app. Using your status number, you can create a Member

Profile for convenient self-service. For example, you may:

- Look up detailed coverage information
- Get reimbursed via direct deposit in as little as 48 hours
- Check your balance for your benefit
- Search for vision care providers who are registered with PBC for direct payment

You may also continue to contact Health Benefits for information at 1.855.550.5454.

Dental Plan – Highlights of Eligible Benefits

- More coverage for preventive services
- Crowns, bridges, veneers, inlays, and onlays
- Fewer pre-approvals required
- 2 exams and 2 cleanings per year
- White fillings
- Full and partial dentures
- Night guards
- Dental accidents coverage

Vision Care Plan Highlights

No pre-approvals needed for eye exams and standard eyewear

For clients 18 and younger:

- \$100 every year for eye exams
- \$275 every year for standard eyewear

For clients 19 and older:

- \$100 every two years for eye exams
- \$275 every two years for standard eyewear

There is a process to provide additional benefit coverage for clients with complex needs.

Medical Supplies & Equipment Plan Highlights

- Streamlined process for pre-approvals
- Faster claims processing means supplies or equipment for clients are available sooner
- Faster processing of client reimbursements

Drug Plan Note

Most drug benefits continue to be covered through BC PharmaCare Plan W. PBC is administering some drug benefits and these are mainly for people who aren't yet enrolled in Plan W. If this is you, please contact FNHA Health Benefits at 1.855.550.5454 to enroll in Plan W.

Where to Find More Information

You can find information about the plan at fnha.ca/benefits, including how to sign in to your free PBC Member profile to see all of your dental, vision and MS&E benefits. All you need is your status number to sign in.

The FNHA has also published an updated version of its *Health Benefits Information Package* as well as *individual fact sheets about each benefit area*. These documents are also available at fnha.ca/benefits.

Download the app at pac.bluecross.ca/mobile.

Questions about your health benefits?

Call us toll-free at 1.855.550.5454



First Nations Health Authority
Health through wellness

Reminder All Grade 7-12 Students Allowances

1st student allowance payment will be December 16, 2016

December, January and February.

2nd student allowance payment will be March 16, 2016

December, January and February.

3rd student allowance payment will be June 30, 2016

March, April, May, June.

Student Allowances are as follows:

Grade 7-10 \$9.00 per month = \$90.00 per school year.

Grade 11-12 \$19.00 per month = \$190.00 per school year.

Student allowances will be directly deposited for the students with bank accounts.

Student allowances are based on monthly attendance. Student must not miss more than 4 school days per month to be eligible for allowance.



Are you ready to take some Upgrading, College or University Courses?

Post-Secondary Application Deadlines

Are you a registered Seabird Island Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree?? Then REMEMBER these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

- ▶ **For September** (Fall)
April 1st
- ▶ **For January** (Winter/Spring depending on institution)
October 1st
- ▶ **For May** (Spring/ Summer depending on institution)
January 1st

Funding of any application is dependent upon available budget.

For further information please contact:

Cindy Kelly-Student Services Worker at 604-796-2177 or

cindykelly@seabirdisland.ca



Stand Up Against Violence Towards Women

Chief Ernie CREY and the Cheam First Nation,

along with the Chilliwack RCMP,

invite you to attend the

1st Annual Indigenous

Intimate Partner Violence Awareness Event



Featuring Keynote Speaker J.R. LAROSE, 2011 Grey Cup Champion, former BC Lions Player, proud Indigenous Ambassador

***** Catered Lunch and BC Lions Merchandise/Swag up for grabs *****

Date: October 9, 2019

Time: 8:30 am – 3:30 pm

Location: Cheam First Nation Hall, 52161 Victor Drive, Chilliwack

ENDING VIOLENCE
Association of BC



MOOSE HIDE
CAMPAIGN

Morning Tea
&
Coffee

with
Seabird Island Elders

STARTS

October

2nd

Wednesday

Location:
Elders Lounge

When:
Monday - Friday
8:00 a.m.
to 11:30 a.m.

Share, Listen, Learn, Respect.



ISPARC
Indigenous Sport,
Physical Activity
& Recreation Council



Move | Play | Compete



Hosted by Seabird Island Band and open to Indigenous youth ages 10 – 18 who play soccer competitively and want to take their game to the next level!

High Performance Soccer Camp!



EVENT INQUIRIES:

Katelyn Moon
Child and Youth Initiative Supervisor

✉ katelynm@seabirdisland.ca

☎ 604-819-7897

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

Contact I-SPARC Regional Coordinator: Fraser Region
Alana Cook (acook@isparc.ca)



**Saturday October 5th
and Sunday October 6th**



10:00AM-2:00PM



**Seabird Island
Band Soccer Field**
2895 Chowat Rd,
Agassiz, BC V0M 1A0

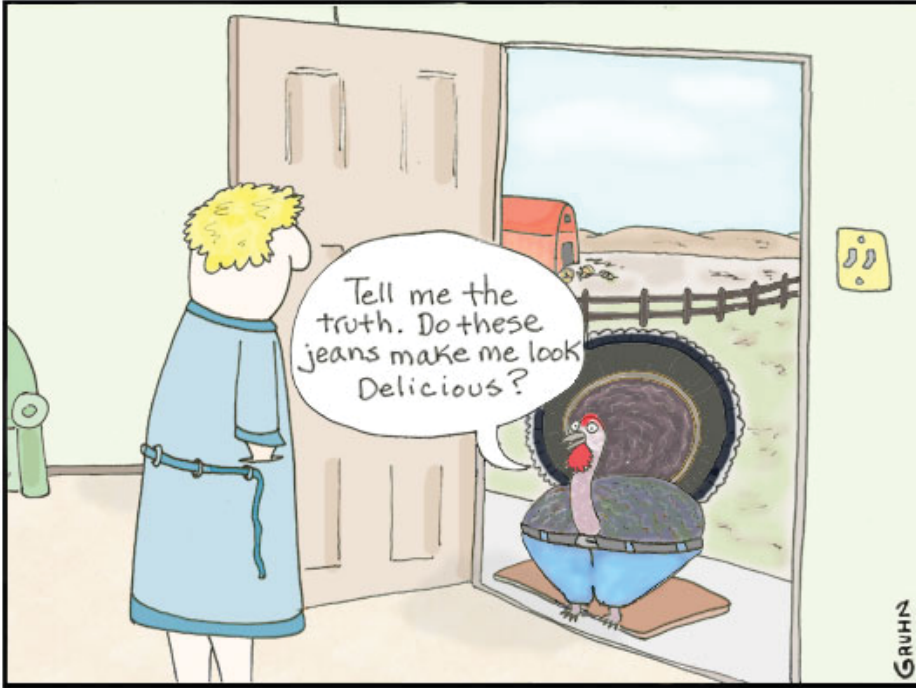
Lunch will be provided both days. Please wear proper soccer gear and bring a water-bottle



Registration Link:

<https://aboriginalsportbc.wufoo.com/forms/z1dd17cn0a0jghd/>





Tempo:kw' -

Stó:lō New Year
"October"

Libra

September 24 - October 23

Key characteristics: Cooperative, diplomatic, gracious, fair-minded and social

Flower: Rose

Birthstone: Tourmaline

Scorpio

October 23 - November 21

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

Flower: Chrysanthemum

Birthstone: Topaz

Quotes of the Month:

"Enjoy the journey and try to get better every day. And don't lose the passion and the love for what you do."

Nadia Comaneci

"I consider a goal as a journey rather than a destination. And each year I set a new goal."

Curtis Carlson

Halq'eméylem Word Search

M	Ó	Q	W	E	L	E	H	S	'	Q	L	:	'	T
'	W	K	É	'	H	T	'	W	K	E	'	H	T	S
Í	á	H	'	S	Á	Í	T	'	T	S	W	S	E	W
T	M	T	I	É	:	T	E	M	T	A	S	K	M	M
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M	'	T	W	I	E	'	H	Í	E	S	S	S	:	M
P	W	'	'	W	T	Í	L	W	Q	Q	T	H	H	W
O	Q	:	H	M	L	T	E	E	'	'	E	W	I	L
:	:	'	E	Y	S	H	Y	S	Q	Ó	L	K	W	Á
K	Ó	'	É	T	L	'	É	E	Q	Q	É	Í	W	L
W	T	W	:	Á	Y	E	'	Q	O	'	Q	:	'	I
S	S	H	H	Ó	'	K	W	'	W	I	Á	L	M	H
L	A	L	H	A	:	W	H	Ō	T	Y	'	P	T	M
I	Q	E	W	S	E	E	S	L	H	Ó	T	H	'	E
E	Ō	É	L	L	E	M	E	W	K	Í	W	K	S	T

Words:

1. St'emt'émtel
2. Stó:qw'em
3. Lhá:wet
4. Lha:w
5. Ehó
6. Tempo:kw
7. Qéletses
8. Lhálhewels
9. Shxw'éyelh
10. Q'áp'
11. Kw'elōw
12. Sq'óq'iy
13. Temhilálxw
14. Lhéqw
15. Q'oq'éyá:wtxw
16. S'í:kw'
17. Sth'ekw'th'ékw'
18. Th'íth'ekwem
19. Tskwíkwemel
20. Slhóth'

Submitted by: Zorana Edwards-Shippentower

IT Teacher - Full Time

This position involves the provision of instruction to students of Seabird Island Community School/High School. 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.

Dental Hygienist On-Call

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

The goal of a Dental Hygienist is to provide the following services as a way to support and promote optimum oral health:

- Education
- Assessment
- Research
- Administrative
- Diagnostic
- Preventive
- Therapeutic

Preschool/OOSC/Summer Program Supervisor

The Supervisor of Preschool, Out Of School Care and summer programs will assume responsibility for the day to day operations of the all three of these programs. The Supervisor is responsible for program planning in cooperation with other program staff, working effectively with staff, families and children, connecting with the community and ensuring adherence with licensing requirements. The Supervisor is responsible for providing leadership in keeping with the philosophy of the Early Learning and Child Care Program at Seabird Island.

This position will have many responsibilities, including, being the lead teacher for the 3's preschool, supervising the 4's preschool, Out Of School Care (during school months) and Summer Program for the summer.

The Early Childhood Department plans and implements many activities that help create awareness, understanding and respect of our culture. Speaking in the Halq'eméylem language is one of many cultural activities that happens at the Early Childhood Center of Excellence. A willingness to learn Halq'eméylem is essential.

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.

Math Teachers must prepare lessons and activities that help students develop competence in basic mathematical skills and an understanding of the structure of mathematics.

Cook

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 Worker/Coordinator

The Community Wellness Coordinator/Justice Worker is responsible to the Seabird Community and its membership in a number of ways. In the area of community wellness, this individual seeks to provide input and make recommendations to the Community Wellness Committee, on ways to improve the health and safety of the community. These recommendations are made by pulling from a vast network of resources.

In the area of justice this position supports the community by having 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. It is important to note that the Community Wellness Coordinator/Justice Worker, is 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.

Events Assistant

The Community Events (CE) team plans and executes a wide variety of meetings, events, and programs at or for the Band. These events include the Seabird Island Festival, Christmas Dinner, Open House, Staff Pamper Day and many others. The team is also responsible for taking facility bookings for sports fields, gymnasiums and meeting rooms. As well as arranging caterers when needed. The CE Assistant will play a vital role in assisting the CE Coordinator in all aspects of their job.

Speech & Language Pathologist

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

Early Childhood Education Cultural Worker

The Early Childhood Cultural Worker provides cultural programming, activities in all our Early Childhood Programs. To engage and teach our children, families and staff our language and cultural through age appropriate activities.

Special Education Teacher

Under the supervision of school administration, the Special Education Teacher will work with Students who have a wide range of learning, mental, emotional, physical and learning disabilities. Special Ed. Assistant's adapt general education lessons and teach various subjects, such as reading, writing, and math, to students with mild and moderate disabilities. They also teach basic skills, such as literacy and communication techniques, to students with severe disabilities.

Some Special Ed. Teachers will work with students who have physical and sensory disabilities, such as blindness and deafness, and with students who are wheelchair-bound. They may also work with those who have autism spectrum disorders and emotional disorders, such as anxiety and depression.

Special Ed. Teachers help students with severe disabilities develop basic life skills, such as how to respond to questions and how to follow directions.

Head Start Coordinator - Cheam/Shxw'ow'hamel

Under the supervision of the Head Start Supervisor, the Head Start Coordinator assumes responsibility for the operation of the Head Start Programs in both Cheam and Shxw'ow'hamel. The Supervisor is responsible for program planning, implementation and evaluation of the program. They will be expected to work effectively with staff, families, children and connect with the community.

We promote/organize many activities that help create awareness, understanding and respect of our culture in the Early Childhood Department. Speaking in the Halq'eméylem language is one of many cultural activities that happens at the Head Start programs. A willingness to learn Halq'eméylem is essential.

Job postings are also available at the Band Office and the Employment Office.

Please ensure you have received confirmation for your online submission. If you have not received confirmation, email: humanresources@seabirdisland.ca.

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

We thank all applicants for their interest.



DEADLINES

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

AVAILABILITY

Twice a month. The 15th of each month (or closest business day) and the last business day of each month.

Apply for email distribution or pick-up at the red community newsletter boxes.

CONTACT US

Have an ad or story idea? Email comm@seabirdisland.ca Monday to Friday 8:00 a.m. - 4:00 p.m. Closed on all statutory holidays. www.seabirdisland.ca

Advertising sales:

Contact Communications: 604-796-2177 or email: comm@seabirdisland.ca

Editing Team: Sandra Bobb, Lori Burns, Zorana Edwards-Shippentower, Kristy Johnson and Jason Forsteh.

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.

SEABIRD CHURCH

Mass: Oct. 13th and 27th ~ 11 a.m. - 12 p.m.

Study Groups: Tuesdays at 7:00 p.m.

Contact Deacon Jamie 604-491-3053 or 604-615-5677.

LOVED ONE PASS AWAY?

We can help you send a copy of the death certificate to the First Nations Health Authority. Contact Amanda Peters 604-796-2177.

FUNERAL PAMPHLETS

As per Seabird Funeral Policy, the first 100 colour and 150 grey-scale funeral pamphlets, as well as 1 hour of design time is free for all Band Members. Additional design time or pamphlets can be requested for a fee.

We can also assist with pamphlets for non-Band Members, inquire for fees.

Contact Communications at 604-796-2177 or email comm@seabirdisland.ca.

MEMBERSHIP STATUS CARDS

Tuesday and Thursday: 8:30 a.m. - 4:00 p.m.

Appointments required. Serving Seabird Members only! Contact 604-796-2177

Remember to bring:
- 2 pieces of photo Government ID
- New Photo (see Communications, appointment required)

SIB has the right to refuse service.

Status Card Photography

Laminated style: \$10
New style w/ authenticated photo \$15
Monday to Friday: 8:30 a.m. - 3:30 p.m.
Appointments required.

Contact Communications at 604-796-2177 or comm@seabirdisland.ca

WILDSAFE BC CONSERVATION

To report animals who pose immediate threat or danger to public safety. 1-877-952-7277 or #7277

OPTOMETRY CLINIC

Book now for the next clinic dates: Oct. 1st

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

Elders 65+ can be seen annually.

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

Contact Amanda Peters 604-796-2177.

DENTAL CLINIC

Accepting new STATUS PATIENTS

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

DENTAL WALK-IN PAIN CLINICS

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

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

Contact the Dental Clinic 604-796-6853.

SIFD FIRE PRACTICE

Tuesdays 7:00 - 9:00 p.m.
Now recruiting new members.
Contact the Fire Hall 604-796-2177.

GARBAGE SCHEDULE

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

MAJOR GARBAGE: 1st Wednesday of each month, by request.

If you need a **bin dropped off** for your major cleaning please submit your request in writing, there is a long wait-list.

Contact Public Works at 604-796-2177 or email: publicworks@seabirdisland.ca

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.

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

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

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

NOTICE

NO SOLICITING PEDDLING DISTRIBUTION OF PAMPHLETS

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

By order of Chief and Council

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

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

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

Community Well Wishes

- Congradulation to this years College Graduates!
- Happy Thanksgiving to the Community - from the Communications Team
- Happy Halloween!
- Happy Birthday Soda Pop! - Love your Seq^wyits

Community Members could send well wishes to family, congradulations, get well and thank you.

Please submit to comm@seabirdisland.ca

For Confidentially reasons first names or nicknames only, no dates included.



SERVICE CANADA and CANADA REVENUE AGENCY

October 25th from 10:00 a.m. to 2:00 p.m.
Band Office, Elders Lounge

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

Service Canada:

- CPP Applications
- OAS Applications
- CPP Disability Applications
- IA Disability ending, as result of turning 65
- Any changes in dependents/income that could affect your current CPP/OAS/GIS, *possibly increasing your monthly benefit?*

Canada Revenue Agency:

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



For more information contact;

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