



the **SEABIRD ISLAND**  
Sq'ewqel

# YOO HOO

*Because news isn't all bad or boring!*

[www.seabirdisland.ca](http://www.seabirdisland.ca)

*Mid - January 2016*

**AHHHH! THE BEST PART ABOUT  
MAKING GINGERBREAD HOUSES**



**A DROP IN THE BUCKET!** Kindergarten Education Assistant Brandy McCallum treats student Dawson Schultz to a squeeze of icing in Jennifer Nielsen's Kindergarten class during gingerbread building day Dec. 16. For more photos, check out pg. 17, and our Facebook site: [www.facebook.com/SeabirdIslandBand/photos](http://www.facebook.com/SeabirdIslandBand/photos)

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## CHRISTMAS CHEER - SEABIRD STYLE

“It was with great pride and honour to stand amongst many of my co-workers in the gym helping hand out the Community Christmas Hampers Dec. 21. The organization and the team approach it takes to unveil such an event is a true empowerment of Seabird’s strong success regarding how we help one another. There were so many happy faces and such great words of appreciation this week. I really have to hold my hands up to each and every one of you. You took the time, and that has made all the difference! Each person exchanged ideas and every



shared opportunity magnifies the mutual respect we have for one another.

It’s your careful attention to detail that makes you all so special. All of you consistently “go the extra mile to help our Community.”

Thank you. I’m truly honored to work alongside all of you.

Many thanks to my team that was willing to stay and go the extra mile for our Community, and the Directors for taking on my challenge as well.”

*-Angie Chapman  
Program Manager,  
Community Services*

**Save the Date!**

**March 8-9, 2016**

**1st Annual Diabetes Conference**

**Seabird Island Band**



*You are invited to attend the*  
**Seabird Island Band  
Quarterly Meeting**

**January 20<sup>th</sup>, 2016**  
**from 1 p.m. to 5 p.m.**  
In the Seabird Island Band Main Boardroom.

### Seabird supports STC resolution

December proved to be another busy month for Seabird Island Band Chief Clem Seymour and Council.

From providing Christmas Hampers to Band Members, to helping prepare and serve food at the Community Christmas Dinner, to attendance at many, many meetings, Seabird Island Band Chief Clem Seymour and the nine Council Members have been very active around the Band Office.

Chief and Council met for their regular monthly meeting Dec. 23, with the overflow agenda items addressed at another meeting Jan. 30.

There were many important topics to discuss.

“We talked about some bylaws, pet bylaws and a few others things, and I believe they have to go out to the people. They’ve made it through the final stages of council. Council approved it for the next step. The Lands Advisory Committee is challenged with coming up with the bylaws, now we have to find a way of taking care of them,” summarized Chief Seymour. “The other topic that’s very important at the moment is the election code system. We have Council and Gary Lister (Seabird Island Policy Analyst) going over a few things, tweaking it, and getting it ready to bring out to the people for referendum, probably in December, 2016. We are looking at going from a two-year (term) to a three year.

Chief Seymour explains that with a two year term, it seems that council is always going into another election. A three year term will help stabilize things and help things flow a lot better.

Another topic Chief Seymour had to deal with involved a resolution approved by the Stó:lō Tribal Council Dec. 18, calling for the immediate dismissal of Bob Plecas, a former Deputy Minister in the B.C. government, and for Grand Chief Ed John to step down from his role as an advisor to the B.C. Ministry of Children and Family Development. The issues raised about Chief John have more to do with the irreconcilable contradiction between his role as MCFD advisor, as well as B.C. Leadership Council and First Nations Summit Task Group Member.

“I supported the motion because we needed a better process of them getting out and talking to our people on the ground who do the work on the ground, because a top down thing the way they have it does not work,” explained Chief Seymour. “That’s the way I see it. The voice of our people has never been part of it. Their history keeps repeating itself and it doesn’t work. These are the things that we wanted to let them know. It wasn’t about Ed John – just the way they were going about it.”

#### Looking ahead...

Chief and Council will be back in the Boardroom Saturday, Jan. 16 for its Monthly



Meeting, which begins at 8 a.m. Band Members are always welcomed, and encouraged, to attend monthly Chief and Council meetings.

Chief and Council will hold its **Quarterly Band**

Meeting Wednesday, Jan. 20 from 1 p.m. to 5 p.m. in the Main Boardroom. All Band Members are invited to attend. The full agenda can be viewed on Page 5.

Dale Cory, Communications Officer

### LADIES TEA TIME

COME OUT AND JOIN OUR EMPOWERMENT GROUP

**WHEN:** MONDAY NIGHTS 6 p.m. – 7:30 p.m.  
**WHERE:** SEABIRD ISLAND WELLNESS CENTRE  
**STARTS:** JANUARY 18<sup>TH</sup>

This is a 12 week program for exploring your UNLIMITED POWER!!!

INCENTIVES FOR ATTENDING THE PROGRAM

### Prizes

# Seabird Island Band Council gives approval to three new laws

The Seabird Island Band Lands Department has successfully passed through its seven stages and is about to enact three new laws of which all Seabird Island Band Members and Community Members should get a good understanding. We are providing you with a brief look at each of the new laws here in the Yoo Hoo. We invite all Band Members to check out full details on the three new laws at: [www.seabirdisland.ca](http://www.seabirdisland.ca). Band Members are also invited to get in contact with Lands Manager Danielle Gabriel at 604-796-6935 if you would like to discuss the new laws in more detail.

## BUSINESS PERMIT LAW, 2015

5.3 For the purpose of this Law, any Person who:

(a) advertises or indicates by any means

as being open for Business of any kind, (b) deals in, or buys, sells, barter, rents, or displays any commodity or service or offers by advertisement or otherwise, on behalf

of himself or others; to buy, sell, barter or rent any commodity or service, (c) engages in soliciting or promotion of any commodity or service,

(d) renders or offers to render professional, personal, contractual, or other service to any person for the purpose of gain or profit, (e) rents out more than two residential suites or units in any one complex, or (f) engages in repairing, restoration or servicing of automobiles, appliances or other commodities not owned or registered in the name of that person or firm, within, or on Seabird Lands shall be deemed to be carrying on a Business.

5.4 For the purpose of this Law, where a Business is carried on in or from more than one home, structure or parcel of land on or within Seabird Lands, the Business carried on in or from each Premises shall be deemed to be a separate Business.

## DOG LICENSING AND ANIMAL MANAGEMENT LAW, 2015

2.1 The purpose of this Law is:

(a) to regulate Pets and potentially dangerous domestic animals on Seabird Lands; (b) to protect citizens and property; (c) to ensure Members and residents can enjoy their Pets without causing danger or disruption to other Members and residents; (d) to promote responsible Pet ownership; and (e) to prevent cruelty to animals.

## DEVELOPMENT LAW, 2015

2.1 The purpose of this Law is to promote environmentally sustainable, healthy, safe, convenient and well planned use of Seabird Lands.



### Seabird Island Band Employment Opportunity

**Position Title:** Home and Community Care Supervisor  
**Department:** Health Services  
**Competition Number:** JP-2015-074

#### Position Summary:

Under the supervision of the Health Services Program, the Home and Community Care supervisor is responsible for coordinating and assisting in implementation and evaluation of the Home and Community Care, Better at Home and Adult In-Home Care Programs. Working within the context of the client-centered, family-focused vision and goals of Seabird Island Band Home and Community Care Program, FNHA Home and Community Care Program and in accordance with CRNBC/CLPNBC Standards of Practice, the Home and Community Care Coordinator combines health sciences knowledge with assessment, supervisory and clinical nursing skills to effectively assess and coordinate client care for Seabird Island Home and Community Care Program. The Home and Community Care Nurse provides direct supervision to the home support workers.

#### Qualifications/Requirements:

- Bachelor of Nursing/ Diploma in Nursing/LPN
- Member in good standing of the College of Registered Nurses of British Columbia or College of Licensed Practical Nurses of British Columbia
- Advanced computer skills ( MS Office Suite)
- Excellent written and interpersonal communication skills and the ability to work effectively with a variety of people and circumstances
- Knowledge of general health and disease prevention
- Proficient knowledge in Adult Health and Chronic Diseases
- Valid Level C First Aid and CPR Certification
- Wound care experience or recent course completion
- Advanced Foot Care Certification
- Satisfactory Criminal Record Check
- Valid Class 5 Driver's License

#### Primary Responsibilities:

- Coordinates the administration of Home and Community Care and Adult In-Home Care
- Develop yearly work plan for Home and Community Care, Adult In-Home Care
- Prepares various reports, prepares and uploads monthly reports for EDSRT
- Ensure home support staff are aware of their roles and responsibilities.
- Assign home support to clients
- Monitor the work hours of home support workers
- Guide and supervise home support workers and to establish realistic performance expectations
- Liaise with Health Services Program Manager on annual performance evaluations of home support workers
- Other duties or responsibilities as assigned by your supervisor, Director, or the CAO

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry

Interested candidates are invited to submit a resume to:

<https://seabirdisland.startdate.ca>

**Deadline January 18, 2016 at 4:00 p.m.**

We regret that we will only respond to those applicants chosen for an interview. We thank all applicants for their interest

the SEABIRD Island

# YOO HOO

*Because news isn't all bad or boring!*

Reach thousands of potential new clients by  
Placing your ad here!

Contact Sandy Bobb for your monthly advertising rates.  
*Special Discount Rates Available for Band Members!*  
Phone: 604-796-2177 Direct: 604-796-6838  
E-mail: [sandrabobb@seabirdisland.ca](mailto:sandrabobb@seabirdisland.ca)

## An Important Notice to Community Members regarding Seabird Island Dog Licensing and Animal Management Law, 2015

**O**n December 23, 2015, Chief and Council approved the Seabird Island Dog Licensing and Animal Management Law, 2015. This law will be put into effect slowly, over the next year.

While the approved Law is complete, the details around how it will be resourced, administered and fully implemented still need to be established. These details include the need for animal control service agreements, licensing programs and financial reporting systems to be set up and in place. Chief and Council does not want membership to feel overburdened or worried about their pet ownership status. Therefore, Chief and Council has directed CAO Daryl McNeil to draft a transition plan. This plan will be a phased-in approach to implementing the Law.

So, while the Law has been passed, there is still plenty of work to be done. We expect various components of the Law to be phased in with plenty of notice and information provided to the Community. Administration will soon distribute information. Please stay tuned. If you are interested in discussing the law or various parts of the law, please feel free to contact:

**Councilor Jason Campbell**  
c.jasoncampbell@seabirdisland.ca

**Councilor Art Andrew**, 604.796.2177  
c.Artandrew@seabirdisland.ca

**Danielle Gabriel, Lands Manager**  
604.796.2177  
dgabriel@seabirdisland.ca



*UNDERSTANDING THE LANDS DEPARTMENT - ONE BANNOCK AT A TIME! Seabird Island Band Lands Manager Danielle Gabriel, bottom left, show Linda McNeil-Bobb some information on her computer, while Band Members enjoy soup, bannock and conversation, during the Jan. 5th Bannock & Tea event. The next Bannock & Tea will take place Feb. 2.*

## SEABIRD ISLAND BAND HOUSING WAITLIST January 2016

### 1 BEDROOM

1	04202015-1017
2	10262015-1022
3	12222015-1023
4	12302015-1024
5	01042016-1025

We currently have 1 bedroom units available. If you are a Band Member, of the age of majority and do not have outstanding debt you may qualify! Contact Samantha for more info.

**REMINDER!**  
Housing applications must be renewed before **JANUARY 1** each year to remain on the list!  
**Anyone who did not renew came off the list and must now reapply if interested**

### 2 BEDROOM

1	07292014-3090
2	02102015-1014
3	03122015-3089
4	04202015-1017
5	06192015-2087
6	07082015-1019
7	07232015-2088
8	08052015-2090
9	11092015-1023
10	12302015-3092

**Don't know your number?**  
Contact Samantha to see where you sit on the waitlist!

**Note:**  
If you have outstanding debt to the band, you will NOT be placed into a rental unit, as per housing policy.

### 3 BEDROOM

1	12192012-3076
2	02062013-3082
3	02082013-3084
4	03192013-3088
5	07082014-3087
6	07292014-3090
7	12092014-1014
8	12312014-1016
9	01122015-1009
10	01142015-1011
11	02042015-3091
12	04102015-1016
13	04282015-3095
14	06192015-2087
15	07232015-2088
16	08052015-2090
17	08262015-3096
18	07082015-1019
19	12302015-3097
20	12302015-3092
21	01042016-4000

# Move-in underway at Early Childhood Centre of Excellence

“It’s amazing. Every time I walk in, it’s the same thing. I get chills.”

Carlene Brown can’t hide her excitement these days. Seabird Island Band’s Early Childhood Program Manager may have received the best Christmas present ever when she was handed the keys to Seabird Island Band’s new Early Childhood Centre of Excellence, which is located at the corner of Charles Drive and Sqéwqel Drive.

The construction phase has been completed.

Now, for Brown and her Early Childhood Program staff, the ‘fun’ begins.

“It is completely ours. We are currently moving ourselves in. Myself and the ECD Executive Assistant (Sandra Haukeland) are moving in as we speak,” offered Brown during a candid conversation this past week. “In the past week, AIDP (Aboriginal Infant Development Program) and Supported Child Development and Ey Qwál Speech and Language have been moving in and are now using their office space.”

Former Early Childhood Program Manager Candace



***BUILDING MUSCLE THE OLD FASHIONED WAY! Earlier Childhood Development (ECD) Executive Assistant Sandra Haukeland was busy moving boxes from her desk in the Band Office to the new ECCE building Jan. 7. Check out more photos from inside the new ECCE building at: [www.facebook.com/SeabirdIslandBand/photos](http://www.facebook.com/SeabirdIslandBand/photos)***

Robotham, who passed away in 2012, was a driving force behind having a unique building to house all of Seabird Island Band’s Early Childhood Programs.

Brown and Carolyn Neufeld, Seabird Island Band’s Director of Health and Social Development, found the necessary funding, and pushed to have Robotham’s vision become reality.

With the opening of the Early Childhood Centre of Excellence, the foundation for Seabird Island children has now been laid, and carved in stone for future generations.

“It’s nice to have a space and be back where I can still see daycare, and the kids are very excited with me being back where they can see me as well, because I was hidden in the back room for so long they thought I had abandoned them,” offered Brown with a

chuckle. “And the new girls who are moving in are excited to personalize their space and get photos up and have some space of their own – and all together – so we can do some more team building and working together, because we are all scattered so far around. So they are really looking forward to it.”

So, what is the game plan? When will the new Early Childhood Centre of Excellence be open to children, and when will programs begin to operate in the new facility?

“Between now and September, we’re going to be doing some programs out of here. Not our major programs - we’re not going to move preschool or our Head Start Programs until September, due to the fact they are full programs and the transition is going to take a bit longer,” explained Brown. “Once we are in and

our Open House is finished, I can say that Someone So Small will be coming in on Friday’s, and the children will be able to use the climbing wall and the Smartboard and the Cultural Room, and things like that.”

As for that Open House, a date has been set to welcome dignitaries and Seabird Island Band Members into the new facility to take a look.

“We have a tentative date, which is Feb. 17,” says Brown. “We are looking at doing a formal Open House in the morning with our dignitaries, and more of a casual Open House in the afternoon so all the community can come back and have a look, check out the toys, ask any questions, make sure they know the staff and the services we have here to offer. That’s what we are looking at.”

*Dale Cory, Communications Officer*



**FORGING AHEAD ON SEABIRD ISLAND LANDS...**A loader, a chipper and a truck were busy at work prior to Christmas loading up all of Seabird Island's old hazelnut trees, which were cut down due to blight. A total of 2,100 hazelnut trees were planted last summer, 8,600 will be planted this spring, and another 1,000 will be planted in 2017. Inter-planted among the hazelnut trees will be a variety of root vegetables, including beets, carrots, green beans, cucumbers, tomatoes and herbs.



**FEB 9, 2016  
FAMILY DAY  
CELEBRATION**

**Start Time: 5:00pm  
Location: SIB GYM**

**Dinner. Door Prizes. Fun Activities for the whole Family!**

Everyone is Invited!

Activities for all ages!

Learn about other programs for the year

Family Pics!

We look forward to seeing you there!

**FOR MORE INFO**

**CONTACT:**

Sarah Ewen

604-798-7208



**Aboriginal Run Walk Program**

It's time to join 1000's of other First Nations teams for 2016 training

Sign up and join Val B, Ashley Charlie and Val T for a 16 week training program. All fitness levels from beginner to expert can join us and get ready for the 10 km Nutrition run and maybe even the Vancouver Sun Run. Call or drop by to register.

604-796-6829

# Meet Jason Ellis: Senior Finance Analyst, Administration Department

### 1. Why does Seabird Island Band need an Admin/Finance Department?

Admin/Finance Department provides a support service for the Band. Finance is responsible for many functions such as recording the day-to-day transactions in the accounting software, processing payments to vendors and payroll, collecting funds, obtaining financing, reporting to government agencies and various funders, preparing the financial statements, assisting with budgets, and providing reports to Directors and Chief and Council.

### 2. What does a typical work day look like for you?

A typical day involves reviewing the general ledger, attending meetings, providing reports and assisting other Band Staff with any financial requests.

### 3. What is the most important task you perform?

The most important task I perform is ensuring all the Band transactions are correctly recorded in a timely manner and in accordance with the financial policy and accounting standards.

### 4. What education do you have and how does it support your work?

The education I have is that I'm a Chartered Professional Accountant, Certified General



Accountant. This took me many years of post-secondary education and practical employment to obtain. It was a lot of sweat and tears, but very rewarding in the end.

### 5. What challenges do you face performing your duties?

Challenges that are faced include ensuring the Band accounting system and processes are accurate and in accordance with accounting standards.

### 6. What training have you taken that supports your work?

Training that supports my work is that I worked many years as bookkeeper, public accountant and an auditor who specialized in First Nations audits. I also must continuously attend professional development courses in order to retain my designation.

### 7. What's your favourite part about the team you work with?

My favorite part of the team I work with is that we are all willing to help each other out and everyone seems to enjoy and take pride in the work we are tasked to perform.

### 8. What do you most enjoy about your role?

I most enjoy passing on my knowledge to fellow staff, Directors, Chief and Council and Seabird Island Band Members. I take pride in the work I do and my door is always open to help others.

### 9. What does Jason Ellis like to do when he is not behind his desk at Seabird Island?

When I'm not at work I enjoy camping, running and spending time with my wife and daughter.

**Thanks for your time Jason!**



# Proof science can be fun

*On Wikipedia, 'science' is described as: "a systematic enterprise that creates, builds and organizes knowledge in the form of testable explanations and predictions about the universe."*

The most-basic of those theories were put to the test Jan. 12 when Science World BC's On The Road program presented to the students at Seabird Island Community School. The program uses fun, inquiry-based demonstrations to engage students in science, to spark curiosity and stimulate learning.

"I think the knowledge is that science can always be fun. I have an English Degree and I'm doing this," explained Science World presenter Ross Langill while students were filing out of the gym, and back to their classrooms. "Just doing some science-based stuff is a fun thing to do, whether it's physics or something else. You can always bring it down to its most-basic or easiest way to learn. People may think it's all complex stuff at Science World. We do a lot of fun things and it's cool for students to see that."

The topics included in the On The Road demonstration are:

**How2Science: Discover and practice the ways scientists observe, predict and test, with demonstrations that will have audience members spinning on platforms, launching rockets and riding hovercrafts.**

**Earth, Wind & Science:**



**Explore the incredible weather events that occur within our atmosphere, with demonstrations such as the shocking Van de Graaff Generator, the mind-boggling Cloud In A Bottle and the spectacular Fire Tornado.**

**Fantastic Forces: Experience push, pull, lift and drag—four fantastic forces that**

**affect our lives every day. See amazing demonstrations like the Rubber Chicken Slingshot, the Giant Tablecloth Pull, and the Poof Ball Cannon.**

On the Road 'scientists' Langill and Sherry Lu enjoyed bringing volunteers from the student body to help them explain the many theories utilized at even the most-basic level.

"Just coming out to any community I think is really important. It's always so much fun to come out and show any demonstrations to the kids. They are always so enthused. The crowd today really loved it, and they were engaged. So I like showing them some stuff that's contrary to what they think sometimes – like putting stuff on the tray and spinning it around, and putting the water in as weight. Things like that," offered Langill. "They think, oh, it's going to work this way, and it works somehow else. It gets them thinking, and I think that's a huge part. Whether they retain it or not, at least if they remember, oh, that was different than I thought."

One student who was very impressed was Daniel Barnes, who offered up the following thoughts on the demonstration of scientific theories.

"What I saw was, a rocket fly, and they added water to it which made it fly to the roof. Before they did that, it was just filled with six pumps of air from a bike pump, and it only flew five feet. They also got a guy to lie down on a thousand nails, and got people to stand on him," says Daniel, a student in Tija Finch's Gr. 6 class. "It was really cool. The coolest thing I saw was probably the rockets. I like space and I like rockets."

And why is science important?

"To learn," replied Daniel without hesitation. "For knowledge."

Science World On The Road visits over 30,000 students each year.

*Dale Cory, Communications Officer*

# Spectra Energy to visit Seabird Island residents in February

**H**ello residents of Seabird Island. My name is Jeff Smedley. I work for Spectra Energy as a Public Awareness Specialist. I would like to spend a few minutes talking to you about safety around the Natural Gas pipeline that goes through the middle of Seabird Island.

I will be in your area in February knocking on your door to discuss safety. Following is a little about what I would like to talk to you about...

## What is a pipeline?

Pipelines are the safest and most efficient means of moving large quantities of natural gas. They require significantly less energy to operate than trucks or rail and have a much lower carbon footprint than these forms of transportation.

Spectra Energy has a comprehensive pipeline integrity management program to maintain a safe and reliable pipeline system. The program includes regular internal pipeline inspections, aerial and ground right-of-way patrols, and preventive maintenance activities. Our pipeline system is monitored 24 hours a day by two gas control centers where operators can remotely shut off select valves – located along the system – to stop the flow of gas in the unlikely event of an emergency.

Our transmission pipelines transport natural gas that is not directly connected to your home or business. We supply a number of distribution gas utilities that provide homes



or businesses with consumer quality natural gas that has been odorized and is used to heat these establishments.

At Spectra Energy, safety is a core value. It underscores everything we do – and that extends to the communities in which we operate. Educating the public about our pipeline system and working with landowners, residents, and businesses to share information about emergency preparedness is part of our commitment to keep safety top of mind.

## What is sweet gas?

Sweet gas transported in Spectra Energy's pipeline system is composed primarily of methane and is non-toxic. When mixed with the appropriate ratio of oxygen, it can easily ignite. Sweet gas is lighter than air, and will readily disperse with wind.

How do you detect a sweet gas pipeline leak? A sweet gas leak may be detected by sight, sound or smell:

### Sight

Dead or dying vegetation on or near a pipeline in a normally green area; water bubbling or blowing into the air at a pond, creek or river;

dirt being blown into the air; frost build-up on the ground; fire coming from the ground or appearing to burn above the ground.

### Sound

A roaring, blowing, hissing or loud whistling sound.

### Smell

Sweet gas has a slight petroleum or hydrocarbon smell; unlike the gas that is distributed to homes, the sweet gas in Spectra Energy's pipelines does not have an odorant added to enhance its smell.

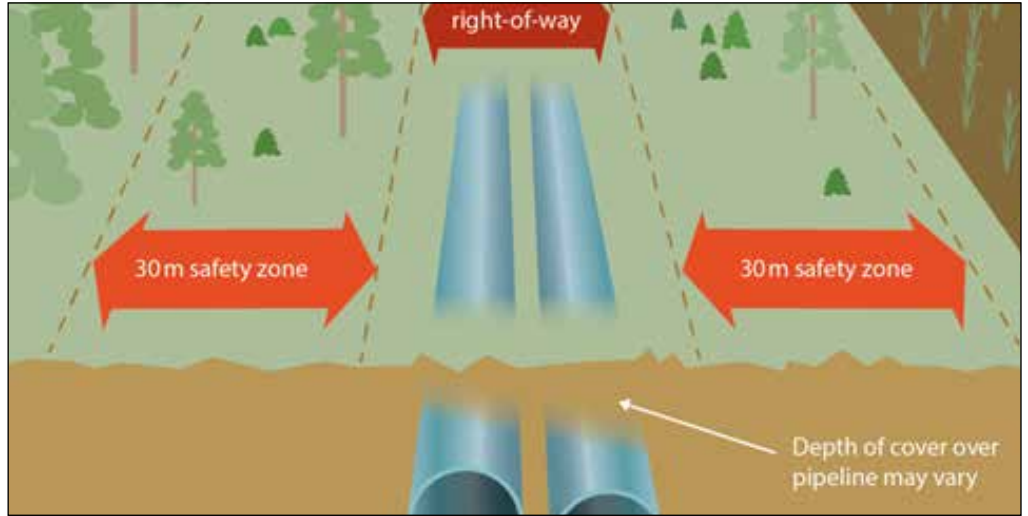
## Emergency preparedness

What do you do if you detect a sweet gas leak? Your personal safety is priority one. If you suspect a gas leak, follow these steps:

### Leave the area

Shut off all engines and leave the area immediately if you are outdoors, moving to a location up or cross wind. The use of motor vehicles or other equipment can be a potential ignition source and should not be used; if you are indoors, evacuate everyone at the residence or business and take small pets with you; once you reach safety, call 911 (your cell phone can be an ignition source so you must be a safe distance away before using it); call Spectra Energy's 24-hour emergency number: **1-800-663-9931**. This number can be found on all our pipeline marker signs. Wait for further instructions from Spectra Energy emergency personnel or other first responders; warn others to stay away.

*Continued page 11*



## Spectra Energy

**Do not:** Touch or go near the leaking gas or any products being released from the pipeline; try to shut the gas off; start your vehicle or any other piece of equipment that can act as a possible ignition source; light a match or smoke, and avoid heat sources or making sparks that could ignite the leaking gas as you are leaving the area.

### Collection of personal information

In the unlikely event of an emergency,

Spectra Energy has a detailed emergency response plan for each of our facilities and the pipelines in our system. We work closely with fire departments, police and emergency planners to coordinate our response procedures with local resources.

Spectra Energy has a public awareness program dedicated to educating public on the presence of pipelines in their community and to provide important information relating to emergency awareness and pipeline safety to those who live or work near our pipelines. Representatives from Spectra Energy

regularly visit landowners, residents and businesses near our pipeline system to discuss our emergency preparedness procedures. During these visits, personal information may be requested – such as the names and contact information of all individuals residing on a property – to assist in emergency preparedness, planning and actions.

*Jeff Smedley,*  
Public Awareness Specialist,  
Spectra Energy  
[www.spectraenergy.com](http://www.spectraenergy.com)

## The Better At Home Program is seeking:

# Reliable Workers

**Able to provide:** Friendly visiting, light house / yard work, snow shoveling,...

*All workers will require a Criminal Record Check*

*Interested Candidates please ensure that your name and contact information is current with the Seabird Island Employment Center "Job Pool". For more information contact Tasheenah Peters, Better At Home Supervisor at 604-796-2177*



**United Way**

**Better  
at Home**

United Way helping seniors remain independent.

Better at Home is funded by the Government of British Columbia.



Seabird  
Island Elders  
enjoyed  
themselves  
during  
Pampering  
Day Dec. 22



Construction work replacing sewer pipes continues on Seabird Island



# SIB Youth Group January 2016

17	18 Cereal/Fruit Drop-In -10-12yr Baking	19 Potluck Snacks Youth Council 13-18yr 4:00-7:00pm Girls Group 3:00-4:30pm	20 Workshop Wed 13-18yr 4:00-7:00	21 Fitness 4:00-7:00	22 Indian Taco's Drop-In—13-18yr 4:00-9:00 Movie Outing	23
24	25 Cheese&Crackers Drop-In -10-12yr 3:00-6:00	26 Youth Council 13-18yr 4:00-7:00	27 Workshop Wed 13-18yr 4:00-7:00	28 Fitness 4:00-7:00	29 Spaghetti Drop-In—13-18yr 4:00-9:00	30



## Respectful Relationships Program (RR)

### Women's Program

Qwi:qwelstóm invites you to attend this 16 week First Nations Program that will provide an understanding of how our behavior affects relationships. It will give basic tools to make all relationships in your life more gratifying through:

- ✓ Values, beliefs and behaviors
- ✓ Dealing with anger
- ✓ Power and control in relationships
- ✓ The effects a relationship has on children
- ✓ Gender Roles, stereotypes and relationships

\*A key message in this program is,

We all want to learn to have healthy respectful relationships\*

**WHEN: January 2016, When all seats are full.**

**TIME: 1pm to approximately 4pm**

To sign up please contact Darren Charlie at:

**Stó:lō Services Agency**

**Qwi:qwelstóm Wellness Team**

Phone: (604) 824-3200

**Seabird Island Band Members can call or text**

**Virginia Joseph at 604-793-3363**

Book now for March Optometry Clinic at Seabird Island Band

The importance is evident in the fact all appointment times for the next optometry clinic, set for Jan. 18-19, have already been filled.

If you would like your name added to the waiting list for the March Optometry Clinic - the next time Dr. Ahmed will be back in the community - please contact Maggie Pettis, and she will add you to the list.

**Maggie can be reached at 604-796-6842, or by emailing: [maggie@seabirdisland.ca](mailto:maggie@seabirdisland.ca).**



## Reading Mastery Gr. 8-11

Mrs. Brawn

We are almost ½ way through the 2015-2016 school year and the children have a lot to learn in that time. Most of our students have been working hard! Parents of students on Individual Education Plans can expect to hear from us over the next few weeks as it is time to meet and review your child's Individual Education Plan for this term. We hope to see you later this term! If you have any questions or comments please call us at the school.

At our parent meetings in December a lot of conversation revolved around homework. I told one of the parents to watch for the next newsletter and I would try to address this issue. I would like to call this article: Give your Child an Edge! How you can help make homework less painful and more productive!

Homework can create enormous stress in families. Yet homework has never been more important in your child's education. Children who develop the homework habit have an easier transition into the higher grades. Homework teaches students self-discipline and self-direction, cultivates good study habits and fosters initiative. "It's what we call the informal curriculum." Homework teaches children to focus on the problem, get themselves organized and get it done. These are important life skills. Finally good homework habits foster more harmonious family relationships. When parent and child follow the same routine every night the homework 'wars' will end.

### Here are some suggestions for making homework less painful and more productive:

- 1) **Start from day one** - Even if your kindergartener has no homework, set aside 10-20 minutes a day for reading to him/her or discussing the day's class. It's probably best not to call it homework time, call it study hour or quiet time. That way your child won't be able to say "I finished it in school," even if he/she did. Show that what they do at home is just as important in education as what they do at school.
- 2) **Don't worry about a perfect place to study** - A level surface and a sturdy but comfortable chair are important for written work; they also minimize fatigue and eyestrain. However, after sitting all day in classroom furniture a child may prefer a bed for reading. Any quiet place free from household distractions, especially T.V., is okay. Many children hate being banished to the bedroom and need 'parent proximity' to do their best work. That is perfectly alright, nothing more is required that a visible presence that stays put until the homework done.
- 3) **Follow a daily routine** - The study period should be firmly adhered to, although it doesn't need to start at the same time Monday through Friday. A schedule can be made to accommodate soccer or skating lessons, even favourite T.V. shows. However, the study time should be the same minimum length every night. That takes care of the child who 'forgets' his homework or the speed demon whose only criterion is 'All done!' right or wrong.
- 4) **Consult, don't teach** - When your child faces a tough problem or reaches an incorrect answer, resist the urge to give him/her the right answer. An important objective of homework is for the teacher to discover whether your child is keeping up with the classroom instruction. If you do the work for him/her the teacher learns only how much you know! Besides, 'helping' sabotages the goal of encouraging independence. That doesn't mean a total 'hands-off' policy during study time. You may have to sit beside a very young child to guide, explain or make sure he/she understands the assignment. With older children you can assist in drill, memorization or recitation. You can also reinforce lessons. If your child is studying fractions you might bake cookies and double the recipe, have your child figure out how to multiple 2 times three quarters of a cup of flour etc.
- 5) **Keep a homework log** - Have your child record each day's assignments in one notebook and show it to you. Go over the list with your child before his/her study period begins. Check homework for completion after it is done. Some teachers like parents to sign and date the assignment. What's the right amount of homework? One commonly accepted rule is to begin with 15 minutes in the early grades, doubling to 30 minutes in Grade IV to VI, doubling again to 60 minutes in Grades VII to IX and doubling to 120 minutes in Grades X and up.
- 6) **Set a good example** - If you don't want your child to plop down in front of the T.V., instead of studying, resist the temptation to switch on your favourite show. This will demonstrate that everyone has a job to do, use the study period for reading, writing letters, paying bills etc. You might even say: "Let's do our homework now." Show by your actions that you love to read, or that mathematics is important, and soon your child will consider that subject important too. Remember parents don't have to know everything. Some parents/adults shy away from homework because they don't feel qualified to solve algebra problems or discuss Shakespeare's plays. That's the teacher job! As a parent your assignment is to provide support and emphasize the value of homework. In that way you'll help your child to a responsible and self-reliant future!

Good Luck with the Homework in 2016



## A busy time for Seabird Island children - A-PALS meets again Feb. 4

**Xá:ws sílolem!**

**Seabird Island Preschool 4's Program** had a fun, educational December.

The children participated in the Christmas Concert at the Community School Dec. 11. It was a great afternoon watching 3 and 4-year-old children perform together.

On December 11, the preschool children attended the Agassiz Christian School Christmas Concert. The children enjoyed the entertainment.

On Dec. 12, all the children were invited to a huge ECD Christmas Breakfast at the Band office gym. There was great entertainment and a wonderful breakfast. Santa dropped in with his elves to visit all the children and gave them a special gift.

On the 14th, the children visited Minter

Country Gardens in Chilliwack. The children rode the Christmas train and were given an enjoyable snack. The children saw many beautiful Christmas flowers, trees and decorations.

**Seeds of Empathy Family Visit with Baby Selena** was held on Wednesday, Nov. 25. The theme "Crying" was discussed during the circle. The children are always delighted to see the changes in Baby Selena and listen to Seeds of Empathy Sharon Joe tell stories and drum a song.

The last day of Preschool was Dec. 18.

The children enjoyed a Christmas Party with friends by making reindeer hats and having a special snack!

**Seabird Island Preschool -3's Program** continues to grow in all areas with the young children. Halq'emeylem language

and songs are used daily throughout the program and circle time. The children enjoy art project with Jenny-Lee and snack made by cook Pat.

The children celebrated the last day of class with a Christmas Party! Face painting and reindeer hats were a great success and there was a special snack.

**A reminder: A-PALS continues in 2016.**

Our next gathering will be Wednesday, Feb. 4 at 4 :30 p.m. at the Mill Hall.

We encourage all community families with children aged 6 years and younger registered in a Seabird Island Early Childhood Program to attend. Staff looks forward to seeing you for a wonderful evening.

*Dianne Wilson  
Seabird Island Preschool Supervisor*



## Seabird College Hairstyling Program releases 2016 client dates

The Seabird College and Adult Education Hairdressing Program has finalized its client day dates for the year.

If you want your hair done by some passionate, eager students, give us a call and book your appointment. All appointments take place at the Tzeachten Sports Field Location.

“All of the work is performed by the students and supervised by the instructor. Clients can be a minimum age of 12 but need their parents’ permission (anyone under 18),” explained Starlette Tolver, Seabird College Hairdressing Instructor.

The 2016 client dates are as follows:

- January:**  
20, 27
- February:**  
3, 10, 17, 23, 24, 29
- March:**  
2, 7, 9, 15, 16, 29
- April:**  
5, 6, 12, 13, 19, 21, 26, 27
- May:**  
9, 11, 16, 18, 31
- June:**  
6

“Because colours, perms, permanent straightening and smoothing are all only product cost we book up fast. Remember our chemical appointments start at 9:15 a.m. and our last one based on a full consultation is 1 p.m. The last available appointment for only haircuts is 3:15 p.m. You only pay for the product used. The time, caring and attention are a gift from us.”

Make sure you have plenty of time and patience.

**Call Starlette at 604-858-1731, extension 226, to book your appointment.**





**A HOUSE FIT FOR A KING!** Yeah, a king with a very large sweet tooth. It was the week before Christmas, and time to build gingerbread houses at Seabird Island Community School. Let the creativity flow. Jennifer Neilsen's Kindergarten class, with the experienced help of Cindy Watson's Grade 7 class, spent an hour building some amazing gingerbread houses, and enjoying the odd treat of icing. Check out more photos on our Facebook page: [www.facebook.com/SeabirdIslandBand/photos](http://www.facebook.com/SeabirdIslandBand/photos)



Advertising for Seabird Departments and Programs are provided through the Seabird Organization Departments.

**ALL OTHER ORGANIZATIONS ARE SUBJECT TO A PRE-PAID ADVERTISEMENT FEE.**

**PRINT AD RATES**

300+ hard copy production  
800+ e-mail production  
average 1300 read on Seabird website.

Advertisement rates (per issue):

Front Page Color: limited availability  
1/4 pg banner (8" w x 2.62" h) \$40.00  
2.5x3 bus card \$25.00

	Full Color:	Greyscale:
8 x 10	\$135.00	\$37.50
8x5 or 10x4	\$65.00	\$25.00
4x5	\$32.50	\$17.50
2.5x3 bus card	\$20.00	\$12.50

Classified Advertisements .40c per word  
\$4.00 Minimum

**DIGITAL DISPLAY AD RATES**

Per week Rates	15sec	30 sec	60 sec
Full Screen	\$20.00	\$40.00	\$50.00
Banner	\$10.00	\$20.00	\$30.00

Digital advertisements will play  
no less than 5 times / day

**PACKAGES**

Starter	Premium	Starter
1/4 page colour 30 second Banner	1/2 page colour 30 second Banner	Full page colour 30 second Banner
\$60.00	\$100.00	\$140.00

**DISCOUNTS AND FEES:**

Only one discount may be applied /order.

Band Member	-35%
Non-Profit	-10%
3 month term	-25%
6 month term	-35%
Design & Layout (additional)	\$40/hr
Flyer Insert (furnished)	\$20.00
Returned Cheque	\$35.00
Late Fee	+3%

All fees are not for profit,  
they all help us produce this newsletter.

**DEADLINES**

Submissions and Advertisement are due  
by the 15<sup>th</sup> of each month or if the 15<sup>th</sup>  
lands on a weekend then deadline lands  
on the Friday before.

**DELIVERY**

The first (1<sup>st</sup>) of each month

**OFFICE HOURS**

Monday - Friday 8:00 a.m. - 4:00 p.m.  
Phone: 604-796-2177

Graphic Design / Layout / Formatting  
Sandra Bobb 604-796-6838

E-mail: sandrabobb@seabirdisland.ca  
Journalist Dale Cory: 604-796-6833

E-mail: dalecory@seabirdisland.ca

Website: www.seabirdisland.ca

Editing Committee: Sandra Bobb,  
Phaine Wegener, Kristy Johnson,  
Dale Cory, Lori Burns, Heidi Trautmann,  
Zorana Edwards-Shippentower,  
and Teresa Harper.

**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 the Seabird Island Band.

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

The Seabird Communications Department reserve the right to revise, edit, for length and clarity as well as to classify or reject any advertisement / story submissions.



# 'Round The Rez

## Community Events, Workshops & Outings

**OPTOMETRIST CLINIC**

Watch for upcoming dates

Recommended annual check-ups for children under the age of 19 and every 2 years for ages 19-64. Elders 65 & up can be seen annually.

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

Contact Maggie today to book your appointment 604-796-2177

**DENTAL CLINIC**

**HOURS**

Mondays to Thursdays:

8:30 a.m. - 5:30 p.m.

Walk-in Clinic Tuesdays:

1:00 p.m. - 5:30 p.m.

Fridays: Closed

\* Seabird Dental is accepting new STATUS PATIENTS.

**WALK-IN PAIN CLINICS**

Every Tuesday afternoon

from 1 - 5 p.m.

(first come- first served)

Please come to the Dental desk and register your name and note your dental problem.

\* Patients will be screened & most urgent problems seen first.

**BUILDING BOOKING AND MEETING ROOMS**

► **Angie** look after booking the Band gym, and all meeting rooms that are located within the Band office. You need to fill out forms to do a booking. Any other questions please call 604-796-6893.

► **Sandra Haukeland** looks after booking of the Millennium Hall. She can be reached at 604-796-6854.

**FIELD LIGHT BOOKINGS:**

Call **Keena** 604-796-2177 to book the field lights for your sports team.

\$2.50 for Band Members and  
\$8.50 for Non-Band Members.

**VOLUNTEERS REQUIRED**

Please come and inquire with **Angie** if you would like to have your name on the listing for helping during Band events with set-up, clean-up, cooking, decorating, and child minding... We are always looking for people to help with any functions that we host here at the Band Office.

**HAVE YOU HAD A LOVED ONE PASS AWAY?**

You will need to send a copy of the death certificate to the First Nations Health Authority. Maggie Pettis is available to help you with this process.

Contact CHR; Maggie Pettis  
604-796-2177

**AMBULANCE BILLS**

Please submit ambulance bills to Maggie Pettis 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.

**Ambulance bills - We can only help those with a status number, everyone else has to pay for their own unless it's an ICBC claim.**

**Unfortunately ambulance bills will not be covered if you have been incarcerated (in jail cell).** Please take note that the Ambulance Billing in Victoria know when you have been incarcerated just by the address provided on the billing. Please do not bring those in because we are unable to assist, as they will be denied and it will be the client's responsibility to pay.

Contact Maggie Pettis for more information at 604-796-2177

**MEDICAL CARDS**

We can assist people with requesting their medical cards, if they are lost or stolen and need a replacement.

\*Each client is responsible for paying for their medical cards! If they've been lost or stolen more than 2 times the cost is \$20.00 for each new card.

Sorry we don't help people get their BC ID.

Contact CHR, Maggie Pettis  
604-796-2177

**BABIES ID CARDS**

Apply for Medical for babies as soon as possible. Contact CHR; Maggie Pettis 604-796-2177

Apply for Status Cards for babies as soon as possible.

Contact Carol Hope 604-796-2177

**ALCOHOLICS**

**ANONYMOUS MEETING**

Every Tuesday night at 7:00 p.m.  
Seabird Island Community Hall.

Website for AA in BC: <http://www.bcyukonaa.org/>

**FIRE PRACTICE**

Tuesdays 7 pm - 9 pm

**GARBAGE SCHEDULE**

**COMPOST, RECYCLE, and REGULAR GARBAGE:**  
Pick-up Monday only

**MAJOR**

**GARBAGE:** First Wednesday of each month (sign-up at the Band Office with Ashley Bobb)

If you need a **Bin dropped off** for your major cleaning:

Contact Ashley Bobb at 604-796-6844, or e-mail: [ashleybobb@seabirdisland.ca](mailto:ashleybobb@seabirdisland.ca), please put in a request in writing at the office.

**PRINTING SERVICES**

Seabird Island Communications Office is available to provide Band and Community Members with:

- Printing Services
- Copy Services
- Status Card Photos
- Laminating
- Advertising

There is a small fee for these services, please contact us for more information 604-796-2177 or 604-796-6838.

\* **Funeral Pamphlets:** As per Seabird Funeral Policy,...

- Band Members ~ free: includes 1 hour design time, Quantity: 1<sup>st</sup> 100 color, and 1<sup>st</sup> 250 grey-scale.
- Additional or Non-Band Members; inquire for fees.

Located upstairs in the Band Office.

**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

## Quarterly Band Meeting

### AGENDA

**DATE:** Wednesday, January 20, 2016

**LOCATION: Main Boardroom**

1:00 – 1:05 p.m.	Welcome – Chief Clem Seymour
1:05 – 1:30 p.m.	Prayer & Refreshments
1:30 – 1:40 p.m.	Meeting Etiquette, Agenda
1:40 – 1:50 p.m.	Overview of Comprehensive Strategic Community Plan
1:50 – 3:15 p.m.	Portfolios' Reports
3:15 – 3:30 p.m.	Last Mile
3:30 – 3:45 p.m.	Land Laws
3:45 – 4:00 p.m.	Election Code
4:00 – 4:45 p.m.	General Questions & Answers
4:45 – 5:00 p.m.	Door Prize Draws & Closing Remarks
5:00 p.m.	Adjournment



**éy kw'as e' me lá:ts'ewtxwem**

*(It's good you come to visit/be here.)*

**\*Note:** handouts will be made available as may be applicable.



*Child-minding care is available.*

**PLEASE NOTE:**

ONLY BAND MEMBERS CAN PARTICIPATE IN DISCUSSIONS  
REGARDING BAND BUSINESS AND ONLY BAND MEMBERS ARE  
ELIGIBLE TO RECEIVE DOOR PRIZES.

# Stó:lō Better at Home

*on reserve*



## *Who qualifies for services:*

Elders 55+ with a disability or Elders 65+. Living on reserve within Stó:lō Territory. Requiring assistance to improve home life & quality of life.

## *Services:*

Friendly Visits,  
Transportation for groceries or appointments,  
Light house work,  
Light yard work,  
Minor home repairs,  
Snow shoveling,...

For more information contact:

**Home and Community Care  
Seabird Island**

**Tasheeah Peters, LPN**  
Better at Home Supervisor  
604 796 2177

Email: [tashpeters@seabirdisland.ca](mailto:tashpeters@seabirdisland.ca)  
or

**Home and Community Care  
Stó:lō Nation**

**Diane Kelly-Anderson**  
Adult In Home Care Coordinator  
604-824-3200

**Stó:lō Territory:** Aitchelitz Band, Chawathil, Cheam, Kwaw-kwaw-aplit, Kwantlen, Leq'a:mel, Matsqui, Popkum, Seabird Island, Shxwha'y Village, Shxw'ow'hamel, Skawahlook, Skowkale, Skwah, Soowahlie, Squiala, Sts'ailes, Sumas, Tzeachten, Yakweakwioose



**Better  
at Home**

United Way helping seniors  
remain independent.

Better at Home is funded by the Government of British Columbia.