



the SEABIRD ISLAND

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

Mid-October 2016



SPOOK-TACULAR: Community Halloween Party pg. 8



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Join mySeabird

Seabird Island Band Members gain access to:

- ◆ Financial statements,
- ◆ Laws, codes & policies,
- ◆ Surveys and blog posts,
- ◆ And more

Register now!
www.seabirdisland.ca

PLACE YOUR AD HERE

Reach thousands of potential new clients!

Contact us for your monthly advertising rates.

Don't forget to ask us about our special discount rates for Band Members!



Chief and Council meeting postponed to Oct. 22

Due to a recent death in the community, the Executive Committee has postponed the upcoming Chief and Council meeting from Oct. 15 to Oct. 22.

The meeting will commence at 8:30 a.m. at the Seabird Island Band Office.

Chief and Council meet the third Saturday of each month at the Band Office from 8:30 a.m. - 4:00 p.m. (unless otherwise posted).

Band Members are encouraged to attend these meetings.

MEND (Mind, Exercise, Nutrition...Do it!)

MEND is a FREE, fun, healthy living program for children 7-13 and their families.

MEND is a 10-week family-based education program that runs Mondays and Wednesdays from September 26 to December 7 between 5:30 - 7:30 p.m. (No class Oct. 10, 31) at the Agassiz Leisure Center.

The first hour is interactive discussions with activities about nutrition and behaviour change.

The second hour involves discussion for parents while children engage in fun, physical activities.

Call 604-796-8891 or email menddok@gmail.com to register.

Watch this video to learn more: <http://tinyurl.com/om2upk3>

Meet and greet screening sessions

Supported Child Development and Aboriginal Infant Development invite families with children 0-6 to our meet and greet/screening sessions with the Fraser Valley Child Development Center (FVCDC).

Open to anyone who may have questions or concerns about their child's development, or would like a screening done.

Meet the Occupational Therapist and Physio Therapist from FVCDC.

November 14 from 1 - 3 p.m. at the Early Childhood Centre of Excellence, 8250 Charles Drive. Sessions are also planned for Dec. 12.

Need more information?
Call Jen McNeil at 604-796-6886 or Cheryl Sauve at 604-796-6860.



Safe use of a generator in your home

Generators are meant to be used as emergency power only. Use caution and only use when required.

You need a generator sub panel to safely connect a generator to your home. This panel is installed by a certified electrician who teaches you how to safely use it.

Generators produce power depending on the size of the unit. Most generators generate between 1000 to 7500 watts of power. This is enough for the necessities, like lighting to see safely, the water pump and cooking appliances. Typically, you won't be able to use everything at the same time.

Follow these steps for SAFELY setting up a generator:

1. Find a well-ventilated and flat area. Remove any combustible material. Exhaust fumes from the generator can kill you in an enclosed area.
2. Ensure the generator is ready to go. Look at fuel and oil levels.
3. Turn the main power on the generator to off.
4. Plug in the power cord from the generator to the generator sub panel.
5. Start the generator and run it until the engine is running smoothly. If it's not warmed up it can surge. A surging engine causes the power supply to fluctuate, which may damage appliances and electronics.
6. Switch the generator to the on position. Always turn and look away when switching circuit breakers on or off to prevent getting blinded or shocked by a possible "arc flash".
7. Switch the main switch on the generator sub panel to the generator position.
8. Emergency power should now be working in the home on the designated circuits.

Most generators do not produce a steady supply of power like what is usually available.

Surges happen, so don't use electronics if possible because they could be damaged.

Once you have switched to generator, you will not receive power from the regular source until the generator has been disconnected and the generator sub panel is switched back to its regular position.

Look at street lights outside your home to judge when regular power has come back on.

If a generator is connected to your home without a generator sub panel, **TURN OFF** the main circuit breaker on your electrical panel **BEFORE** connecting the generator.

If you fail to turn off the main breaker you will energize the power lines in reverse.

This could electrocute anyone that comes into contact with the system, including repair technicians and emergency responders.

-Submitted by Gerald Basten



New Director drops in at Bannock and Tea

It was a busy first few weeks for Dean Cherkas, the new Director of Lands and Government Affairs.

Dean started October by sitting down with Band Members at Bannock and Tea.

Bannock and Tea is a monthly session that gives Band Members the opportunity to share ideas and ask questions about Lands. It also gave Dean the opportunity to introduce himself to the community.

Dean brings over 25 years of experience leading and managing lands and environmental protection teams at a senior level in both the provincial government and private sectors.

He has additional experience in lands governance (real estate, property valuation and regulatory), Indigenous and stakeholder negotiations, financial management, business and economic development, environmental regulatory, safety and health, forest regulatory management and environmental project management including: Traditional Land Use Studies and Traditional Knowledge Gathering, environmental assessment logistics, planning, biophysical data gathering, regulatory application review and adjudication.

Dean has a Diploma in Integrated Resources Management (Saskatchewan Institute of Applied Science and Technology) majoring in Fisheries and Wildlife and holds Professional Agrologist (P.Ag.) status in both British Columbia and Alberta.

ESTATES WORKSHOP: LEARN HOW TO WRITE YOUR WILL

Do you have a will? Is your family taken care of? Get peace of mind with answers to your questions.

Aboriginal Affairs and Northern Development Canada will be hosting an Estates Workshop at Seabird Island.

Tuesday, October 18 from 6 - 9 p.m. in the Main Boardroom

If you are the Executor or Administrator of an estate and have questions about what to do, you can book a private appointment with the Estates Officer, Joel Ribachuk, to get help.

Contact the Lands Office at 604-796-2177 for more information or to book an appointment.

Taco Soup



Ingredients:

- 1 pound lean ground beef
- 1 chopped onion
- 3 cups water
- 26 ounce/768 ml can diced tomatoes, undrained
- 1 can red kidney beans
- 16 ounce/454 ml can tomato sauce
- 1 envelope taco seasoning mix
- Cilantro, Chopped (optional)

Optional soup toppings:

- Cheddar cheese, grated
- Tomatoes, diced
- Avocado, diced
- Green onion, sliced
- Bell peppers, diced
- Tortilla chips or corn chips
- Sour cream

Directions:

In a large sauce pan, cook ground beef and onion until meat is browned; drain off excess fat.

Add water, diced tomatoes, kidney beans, tomato sauce and taco seasoning. Simmer covered for 30 minutes (longer is fine).

Put all your favourite taco toppings in small bowls and set up as a salad bar.

Allow each person to choose their own toppings...ENJOY!

Serves 6.



Family Christmas gift cards

We are establishing a process to make distribution of gift cards much smoother and easier for members living off -reserve.

This year, you can call ahead of time to arrange for your gift card to be mailed to you or request another Band Member pick-up your gift card.

Elders can also request home delivery of their gift cards by calling Membership. Elders will be notified of delivery dates and times as we get closer to Christmas.

To help us speed up distribution, Band Members are asked to contact membership@seabirdisland.ca or call the Membership Office at 604-796-2177 to verify or update their current contact information.

This will help us ensure that you won't be waiting during the holidays to receive your gift card.

If you have a question or need more information, please do not hesitate to contact Angie Chapman or Maggie Pettis at the office at 604-796-2177.

We thank membership in advance.

Free Acupuncture Clinic returns

Due to the interest in our September Acupuncture Clinic, the Health Centre will be hosting a second event on October 17.

Acupuncture involves the insertion of extremely thin needles through your skin at strategic points on your body.

A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain.

The clinic, run by the Tzu CHI Foundation, is completely free. If you would like to book an appointment, please stop by the Health Centre or call 604-796-2165.

Spaces are limited so register as soon as possible to ensure availability.



SEABIRD ISLAND

ANNUAL GENERAL Meeting

AGENDA

DATE: Wednesday, October 19, 2016

LOCATION:	<u>Main Boardroom/Community Health Room</u>
4:00 – 4:10 p.m.	Welcome address – Chief Clem Seymour
4:10 – 4:40 p.m.	Tasha Henderson & Zoe Greig, UBC Grad Students Presentation: Comprehensive Sustainable Community Plan overview
4:40 – 5:10 p.m.	Prayer & Refreshments (light meal)
5:10 – 6:00 p.m.	Auditor: Jeff Hunt, Manning Elliot Accountants Presentation: Seabird Island 2015-2016 Audit
6:00 – 6:10 pm	Student Presentation RE: CUBA Trip
6:10 – 7:30 pm	Portfolio reports / Q & A
7:30 pm	Door Prize Draws
7:45 pm	Adjournment



Child-minding care available!!!



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

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



Fall yard chores

- Clean your gutters (remember to use a ladder and work with a partner holding the ladder)
- Leaf cleanup (rake or mulch them up), leaves left on a lawn will kill your grass
- Leaves promote the growth of mold or fungus and muddy holes
- Cut your lawn one last time
- Change the oil, grease and spark plugs in your lawnmower. Lubricate engine to prevent rust
- In early November, fertilize the lawn to promote root growth and squeeze out weeds and moss
- Fertilize trees and shrubs

Preparing your home for winter

- Drafts can waste 5-30% of your energy use. Roll up a towel for the bottom of doors
- Change Furnace Filters. Dirty filters restrict airflow and increase energy demand. Dirty filters also increase your chances of allergy attacks and catching a cold or flu
- Run ceiling fans in reverse, sending the warm air up, saving 10% of heating costs
- Winterize or remove air conditioners
- Install storm windows and doors or plastic your windows
- Increase energy efficiency by 30-45%
- Clean your furnace, save 5% heating costs
- Mind the thermostat for every degree cooler save 1-3% or \$180 / year
- Caulk or weather strip your windows. Simple leaks can sap 5-30% of energy
- Insulate your pipes. Save your pipes from freezing and save on energy

BOTTLE DRIVE

Seabird Island Community School's basketball program is fundraising to purchase proper footwear for their players.

Friday, Oct. 21

2:30 - 5:30 p.m.

SICS



FREE Legal Clinic

Do you need help with:

Child protection | Getting a lawyer
Custody | Other family matters

Upcoming dates:

Oct. 19, 27 & Nov. 15, 25

Location:

Seabird Wellness Center

Book your appointment with

Genna at 604-793-3363 or email
genna@seabirdisland.ca



Legal
Services
Society



HALLOWEEN PARTY

*Join us for our annual Community Halloween Party.
A night of fun and games!*

THURSDAY, OCTOBER 27

5 - 8 P.M.

BAND OFFICE GYM

House Decorating Contest

One winner will be chosen for the scariest or creative decorated house.

The winner will receive a family movie pass to Cineplex. The winner will be chosen by a panel including a Youth, Elder and an external representative.



Employment, Training and Social Development

Notice

Keep your eye out for upcoming workshops hosted by our office. We are currently in the planning stages and look forward to hosting valuable workshops in the near future.

Action Plans

Employment action plans are due before the 20th of each month. Appointments can be made with Andrea or Whyles prior to Income Assistance day to avoid waiting in line.

College students are reminded to bring in their monthly student attendance.

Dates to Remember


Next cheque release date: October 27

Labour Pool Timesheets due: October 28

Reminder!

Please remember to sign in at the front desk when you come to the Employment Centre!


We greatly appreciate it!

**VACCINATIONS ARE YOUR
FIRST LINE OF DEFENSE
AGAINST INFLUENZA.**

**FLU SHOTS
NOW AVAILABLE**

See your nurse or Seabird Pharmacy.



JOB POSTINGS

Out of School Care Program Leader, JP-2016-074

The Out of School Care (OOSC) Program Leader will be responsible for providing safe, quality care and service to the child participants and their families in accordance with Seabird Island policies and procedures.

The OOSC Program Leader will perform on-site supervision of program staff and volunteers; facilitate various activities that promote physical activity, healthy eating and nutrition, positive personal development and wellness; engage and support children and families in our community.

This is a part-time position ending June 30, 2017. Working hours: 2:30 pm - 5:30 pm Monday to Friday.

Early Childhood Educator, JP-2016-060

Under the direction of the Early Childhood Program Manager, the Early Childhood Educator will provide hands-on child care to children in early childhood education programs on an on-call basis, in accordance with all child care licensing requirements and the philosophies, policies, and objectives established by Seabird Island Management. Possible programs include the Out of School Care program, Seabird Island Daycare etc.

Youth Worker, JP-2016-072

The Youth Worker will be directly responsible for engaging Band youths (age 12 – 19) in a variety of activities that will supplement their growth and development. Activities will include local and distant activities that are both large and small scale.

The youth worker will also connect their clients with needed programs and services such as driver's education, health services, mentorships, and social supports. This position will require a flexible schedule to meet the needs of the Band youths. Given the schedule of the client base (school) most shifts will be evenings and weekends.

Proposal Writer/Analyst, JP-2016-079

The Proposal Writer/Analyst works under the direct supervision of the Band CAO. Providing research and advice on a variety of issues being handled by the CAO's office. The Proposal Writer/Analyst will work with the Directors Team, Chief and Council, various committees, external agencies, and other parties, to provide the CAO with background research, Community input, applicable legal information, and multiple options to resolving concerns or issues facing the Band and specifically the CAO's office.

The Analyst may be asked to collect information on behalf of the CAO at meetings, info sessions, and other events as assigned.

Executive Assistant, JP-2016-082

Under the direction of the Director, Public Works, Housing and Custodial, the Executive Assistant shall provide administrative and executive secretarial duties in support of the Public Works, Housing and Custodial Department.

This position assists with all matters of an immediate, administrative and task oriented nature and may include managing day-to-day office operations, filing and record keeping, scheduling appointments, putting together and editing correspondence, reports, and presentations and taking care of travel and guest arrangements class information. This assignment includes developing and implementing an IT program.

Out of School Care Assistant (On Call), JP-2016-073

The role of the Out of School Care Assistant will be to facilitate various activities that promote physical activity, healthy eating and nutrition, positive personal development and wellness; and to engage and support elementary and primary school aged children and families in our community.

Computer Teacher, JP-2016-080

Seabird College is seeking qualified teachers /instructors to provide a variety of IT Education courses to students. Computer Teacher will be responsible for teaching students computer usage and typing skills at the college. They guide and assist students in their entire learning experience, including welcoming them to the class, creating a curriculum and presenting all class information. This assignment includes developing and implementing an IT program.

ECE Generalist, JP-2016-0581

Working under the direction of the Early Childhood Programs Manager, the ECE Generalist will provide one on one support to children with various needs. The ECE Generalist will spend time supporting clients in our Supported Childhood Development, Ey Qwal, Aboriginal Infant Development, as well as our daycares and preschool. Based on client needs, the ECE Generalist will need to provide mobile services and be willing to work with clients in a diverse group of settings.

Employment and Social Development Manager, JP-2016-078

Under the direction of the Health and Social Development Director, the Employment and Social Development Manager (ESDM) will operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band Management.

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry. Interested candidates are invited to submit a resume, cover letter & three references.

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

To view more detailed information about these and other opportunities or to apply please go to: <https://seabirdisland.startdate.ca>.

Please ensure you have received confirmation for your online submission. If you have not received confirmation please contact humanresources@seabirdisland.ca. Job postings are also available at the Band Office and the Employment, Training and Social Development Office. We often have new job postings! Please check online daily.

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 1,300 reads on Seabird website.

Advertisement rates (per issue):

Front Page Color: limited availability

1/4 pg banner (8x2.5) \$40.00
2.5x 3 \$25.00

	Full Color:	Greyscale:
8x10	\$135.00	\$37.50
8x5 or 10x4	\$65.00	\$25.00
3.8x5	\$32.50	\$17.50
2.5x 3	\$20.00	\$12.50

Classified Advertisements .40¢ 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%

Fees are not for profit and they help us produce this newsletter.

DEADLINES

Submissions and Advertisements are due 7 business days prior to delivery

DELIVERY

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

OFFICE HOURS

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

Have an ad or story idea?

E-mail: comm@seabirdisland.ca

Graphic Design / Layout / Formatting

Sandra Bobb 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Website: www.seabirdisland.ca

Editing Committee: Sandra Bobb, Phaine Wegener, Kristy Johnson, 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.

We 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

November 29 - 30.

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 Pettis 604-796-2177.

DENTAL CLINIC

HOURS

Mon. to Thurs.: 8:30 a.m. – 5:30 p.m.

Walk-in Tuesdays: 1:00 – 5:30 p.m.

Fridays: Closed

Accepting new STATUS PATIENTS

WALK-IN PAIN CLINICS *

Every Tues. afternoon from 1:00 - 5:00 p.m.

First come, first serve.

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

* Patients will be screened and the most urgent problems will be seen to first.

BUILDING BOOKING AND MEETING ROOMS

► Gymnasium and boardrooms located within the Band Office. All requests must be submitted using a rental form.

Contact Angie Chapman 604-796-2177.

► Millennium Hall.

Contact Sandra Haukeland 604-796-2177.

FIELD LIGHT BOOKINGS:

Contact Angie Chapman 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

Contact Angie Chapman 604-796-2177 if you would like to help during events with set-up, clean-up, cooking, decorating and child minding.

HAVE YOU HAD A LOVED ONE PASS AWAY?

We can help you send a copy of the death certificate to the First Nations Health Authority.

Contact Maggie Pettis 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.

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 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 Maggie Pettis 604-796-2177.

BABIES ID CARDS

Apply for medical for babies as soon as possible. Contact Maggie Pettis 604-796-2177.

Apply for Status Cards for babies as soon as possible. Contact Carol Hope 604-796-2177.

SUNDAY MASS

Mass takes place at the Seabird Church 11 a.m. - 12 p.m. every second Sunday.

ALCOHOLICS ANONYMOUS MEETING

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

Website for AA in BC: www.bcyukonaa.org

EMERGENCY / SECURITY:

Emergency	911
Seabird Security	604-991-8635
Griffin Security	604-798-9311

SIFD FIRE PRACTICE

Tuesdays 7:00 - 9:00 p.m.

GARBAGE SCHEDULE

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.

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.

Contact Ashley Bobb 604-796-6844, or e-mail: ashleybobb@seabirdisland.ca.

PRINTING SERVICES

The 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.

* Band Member Funeral Pamphlets:

As per Seabird Funeral Policy:

- 1st 100 color, 1st 250 grey-scale and 1st hours of design time is free.
- Additional or Non-Band Members; inquire for fees.

We are 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.

hope

health & healing

Planning community action around suicide

*Yale • Chawathil • Skwahlook • Seabird Island • Cheam
Shxw'owhamel • Scowlitz • Sts'ailes • Peters*

Fraser/Salish East communities are invited to join together to create community response plans for suicide.

This 2-day event will give you hands on experience with traditional healers and focused/guided time to work on your community's response plan.

Workshops:

- Implementing the FNHA "Hope, Health, and Healing" Toolkit
- Responding to grief and loss
- Mapping your community's assets
- Exploring traditional approaches to mental wellness
- Getting to know service providers in our region
- Learning about suicide prevention research with Youth

When: October 24 & 25, 8:30 a.m. - 4:00 p.m.

Where: Seabird Island Band Office Gym

For: Leaders, workers and natural helpers in your community

Cost: FREE! (Grant provided by First Nations Health Authority)

To register contact Celeste Bobb at 604-796-6819 or email celestebobb@seabirdisland.ca