



the **SEABIRD ISLAND**

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

October 2016



**83 ATHLETES FROM ACROSS BC
COMPETE FOR SPOTS AT NAIG:
Canoe / Kayak Championships pg. 3**

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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

Seabird Island Lands
 Invites you to attend

BANNOCK - AND - TEA

Tuesday, October 4
10 a.m. - 3 p.m.
Community Health Room



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.

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

The second hour involves discussion for

parent 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>

Mondays and Wednesdays from Sept. 26 to Dec. 7 between 5:30 - 7:30 p.m. (No class Oct. 10, 31) at the Agassiz Leisure Center.

Free Acupuncture Clinic returns October 17

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

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, will be completely free.

If you would like to book an appointment for the free Acupuncture Clinic on Oct. 17, please stop by the Health Centre or call 604-796-2165.

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

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.

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

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



Youth compete for canoe and kayak spots on Team BC Development Squad

Dozens of athletes set their sites on gold at the Provincial Canoe / Kayak Championships held at Seabird Island this September.

They took to the Maria Slough and faced off for spots at the 2017 North American Indigenous Games (NAIG).

Winning athletes are selected for the Team BC Development Squad, which prepares athletes for NAIG.

In total, 83 athletes from all over BC competed September 17 - 18, with one athlete from Seabird Island winning an opportunity to move forward to join Team BC.

“The event was successful with many Youth coming from all over the mainland, island and interior to participate,” said Angie Chapman, Community Services Program Manager.

Names of athletes who won spots on Team BC will be announced at a later date as competing at NAIG requires a high level of commitment.

The 2017 North American Indigenous Games will be held in Toronto, Ontario from July 16 - 23, 2017.

Seabird Island would like to thank:
Chief Clem Seymour, Youth Employment, Labour Pool, drummers, singers, Events team and the everyone for making this event successful.





First Nations Health Authority
Health through wellness



BCAAFC
BC ASSOCIATION OF ABORIGINAL
FRIENDSHIP CENTRES

Aboriginal Sport, Recreation & Physical Activity Partners Council



2016 BC Aboriginal Regional Basketball Camps



The Aboriginal Sport, Recreation and Physical Activity Partners Council is pleased to announce the 2016 BC Aboriginal Regional Basketball Camps - PHASE 1 of the athlete selection process for Team BC for the 2017 North American Indigenous Games. Athletes interested in joining Team BC must attend one (1) of the BC Aboriginal Regional Basketball Camps as step 1 of 2:

Regional BC Aboriginal Basketball Camps		
Interior	Kamloops	Oct. 15-16
Northeast	Prince George	Oct. 15-16
Vancouver Island	Port Alberni	Oct. 15-16
Vancouver & Fraser	North Vancouver	Oct. 22-23
Northwest	Skidegate	Oct. 22-23
Northwest	Terrace	Oct. 22-23

Camp Schedule:

U14 (born 2003-2005) 8:30-11:30 AM

U16 (born 2001-2002) 12:00-3:00 PM

U19 (born 1998-2000) 3:30-6:30 PM

*Male Athletes only on Saturday

*Female Athletes only on Sunday

Registration: Athletes must PRE-REGISTER for Regional Camps before 4PM on the Monday prior to the Camp.

Fee: \$10 for Basketball BC Members.
\$25 if you need to purchase/renew Basketball BC Membership

ONLINE REGISTRATION AVAILABLE AT:

www.aboriginalsportbc.ca

PHASE 2 – PROVINCIAL SELECTION CAMP: Athletes identified at a Regional Camp for advancement to the final phase will be invited to the BC Aboriginal Provincial Basketball Selection Camp (invitation only) held December 19 to 21, 2016 at the Tournament Capital Centre in Kamloops, BC.

For more info/To register, contact:

Bernard Manuel

PH: 250-350-3254

E: bmanuel@bcaafc.com



THE SPIRIT
STRONG • BRAVE • TRUE



What work requires a building permit?

You will need a building permit before you:

- Construct any new building
- Construct a new accessory building
- Construct or locate a temporary building
- Make alterations, renovations or repairs to an existing building or structure
- Complete a previously unfinished area in an existing building, a recreation room or bathroom
- Demolish or relocate a manufactured home in a park or on a lot
- Remodel or construct a deck
- Construct a swimming pool
- Install or alter plumbing within a structure or on a property
- Connect to a sewer system, storm drain or water system
- Install a new chimney or fireplace
- Install a wood stove, fireplace insert or other wood burning appliance
- Change the occupancy type of a building
- Install an irrigation or sprinkler system
- Install an onsite water collection system

You may not start any stage of a project, including demolition or excavation, until a building permit has been obtained.

As per section 6.1e of the Seabird Island Development Law, available on our website.

If you are unsure whether your project will require a building permit, call Lands at 604-796-2177.

What work does not require a building permit?

Non-structural or minor modifications do not require a permit, including:

- Installing cupboards
- Painting
- Roofing repairs or replacements (providing that no structural changes are made)
- Landscaping or sidewalks
- Fences
- Constructing a storage shed less than 10 m² in size (e.g. pumphouse) as long as it is sited correctly

Although the above work does not require a building permit, homeowners should ensure that the work conforms to the requirements of the BC Building Code, zoning laws and other applicable regulations.

- Submitted by Danielle Gabriel



SEABIRD ISLAND ANNUAL GENERAL Meeting AGENDA

DATE: Wednesday, October 19, 2016

LOCATION: Main Boardroom/Community Health Room

- 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!!!



éy kw'as e' me lá:ts'ewtxwem
(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.

Community Events Calendar

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Silh
	<p>PLEASE NOTE: Safety is a priority! We need to keep staff safe so we can keep providing you with delivery services.</p> <p>On delivery days to the Community, please ensure your pets are inside or chained-up away from the door in order to receive your deliveries.</p>	<p>Pre/Post & 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. Call 1-800-788-0322 or 604-796-2177</p>	<p>Bodies in Motion - NE solely on pre/post natal f First Nations living</p>
2	3	4	5
	<ul style="list-style-type: none"> • SCDP/AIDP Meet and Greet 1-3 p.m. • Meals on Wheels 5-6 p.m. • Youth Leadership (10-12yr) 3-5 p.m. • Youth Cooking 101 (13-18yr) 5-6:30 p.m. • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<ul style="list-style-type: none"> • Homeowner/Renter Insurance Workshop 10-1p.m. • Head Start Parents and Tots 10-1p.m. • Lands Bannock and Tea 10-3 p.m. • Youth Culture/Craft (13-18yr) 3-5 p.m. • Girls Group (13-18yr) 5-6:30 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. 	<ul style="list-style-type: none"> • Elders College 9-2 p.m. • Wellness Pancake Break • Pre/Post Natal 11-1 p.m. • Youth Workshop/Study • Meals on Wheels 5-6 p.m.
9	10	11	12
	<p>Seabird Facilities Closed <i>Thanksgiving</i></p>	<ul style="list-style-type: none"> • Elders Monthly Meeting 10 a.m. • Head Start Parents and Tots 10-1p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Youth Culture/Craft (13-18yr) 3-5 p.m. • Boys Group (13-18yr) 3-5 p.m. • Girls Group (13-18yr) 5-6:30 p.m. • Fire Practice 7-9 p.m. • Garbage, Recycle & Compost Day 	<ul style="list-style-type: none"> • Elders College 9-2 p.m. • Wellness Pancake Break • Prenatal Circle 1-3 p.m. • Youth Workshop/Study • Meals on Wheels 5-6 p.m.
16	17	18	19
	<ul style="list-style-type: none"> • Acupuncture Clinic • Youth Leadership (10-12yr) 3-5 p.m. • Youth Cooking 101 (13-18yr) 5-6:30 p.m. • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<ul style="list-style-type: none"> • Head Start Parents and Tots 10-1p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Youth Culture/Craft (13-18yr) 3-5 p.m. • Boys Group (13-18yr) 3-5 p.m. • Girls Group (13-18yr) 5-6:30 p.m. • Fire Practice 7-9 p.m. • Employment Action Plans Due 	<ul style="list-style-type: none"> • Elders College 9-2 p.m. • Wellness Pancake Break • Annual General Meeting • Meals on Wheels 5-6 p.m.
23	24	25	26
	<ul style="list-style-type: none"> • Suicide Prevention Workshop 9-4 p.m. • Youth Leadership (10-12yr) 3-5 p.m. • Youth Cooking (13-18yr) 5-6:30 p.m. • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day • Elders Outing 	<ul style="list-style-type: none"> • Suicide Prevention Workshop 9-4 p.m. • Head Start Parents and Tots 10-1p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Youth Culture/Craft (13-18yr) 3-5 p.m. • Girls Group (13-18yr) 5-6:30 p.m. • Boys Group (13-18yr) 3-5 p.m. • Fire Practice 7-9 p.m. 	<ul style="list-style-type: none"> • Wellness Pancake Break • Elders College 9-2 p.m. • Bodies in Motions 1-3 p.m. • Youth Workshop/Study • Meals on Wheels 5-6 p.m.
30	31		
	<ul style="list-style-type: none"> • Youth Leadership (10-12yr) 3-5 p.m. • Youth Cooking 101 (13-18yr) 5-6:30 p.m. • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<ul style="list-style-type: none"> • Youth Culture/Craft (13-18yr) 3-5 p.m. • Girls Group (13-18yr) 5-6:30 p.m. • Boys Group (13-18yr) 3-5 p.m. • Fire Practice 7-9 p.m. 	<ul style="list-style-type: none"> • Wellness Pancake Break • Elders College 9-2 p.m. • Bodies in Motions 1-3 p.m. • Youth Workshop/Study • Meals on Wheels 5-6 p.m.

Calendar – October 2016

Days	(T) Sxe'othels	(F) Sheqátses	(S) T'óqw'tem
<p>W class that focuses on fitness and is free for on-reserve.</p>			1
<p>Breakfast 9-10:30 a.m. Mill Hall Night 4-7 p.m.</p>	<p>6</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • Youth Fitness 6-8 p.m. 	<p>7</p> <ul style="list-style-type: none"> • Someone So Small • Grocery Order Due 	8
<p>Breakfast 9-10:30 a.m. Mill Hall Night 4-7 p.m.</p>	<p>13</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • College Graduation 5-9 p.m. • Grocery Delivery Day 	<p>14</p> <ul style="list-style-type: none"> • Someone So Small • Income Assistance Renewal Day • Yoo Hoo Delivery 8-1 p.m. 	15
<p>Breakfast 9-10:30 a.m. Night 4-8 p.m.</p>	<p>20</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • Youth Fitness 6-8 p.m. • Chief and Council Overage Meeting 	<p>21</p> <ul style="list-style-type: none"> • Someone So Small 	22
<p>Breakfast 9-10:30 a.m. Night 4-7 p.m.</p>	<p>27</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • Halloween Party 5-8 p.m. • Income Assistance Cheque Day 	<p>28</p> <ul style="list-style-type: none"> • Someone So Small • Yoo Hoo Delivery 8-1 p.m. 	29



My name is Takwoselmot English name Chanea Gabriel. I'm a Seabird Island Band Member.

My mother's name is Danielle Gabriel and I have a one year old daughter named Sadiemay.

My journey began with the Community Services team a few years ago as

Events Coordinator Assistant.

After leaving that position to further my education at UFV, I took some time off for maternity leave.

I'm excited to be a part of the Community Service team and look forward to seeing you all at our upcoming events.

I joined Seabird Island in late August. This is actually my second time around with Seabird. I worked here as a Teacher on Call in 2009/10. I then spent some time at home caring for my young family. Most recently, I worked as a primary teacher at Highroad Academy in Chilliwack.

I completed my Education degree at the University of Victoria in 2001.

I have lived and worked in some of BC's most beautiful communities. My first stop was Ahousaht, at Maaqtusiis School. I then taught grades 1 and 2 in Moricetown, near Smithers. I spent several years in Lytton, just up the highway from here. I have been in Chilliwack since 2009. I look forward to getting to know the families of Seabird Island as I work closely with you to help our children grow and develop.



I am from New Delhi, India where I worked as a HR Generalist for Autodesk. In the 9 years that I was with Autodesk, my responsibilities increased progressively and in the last 3 years I was solely managing HR for 175 employees in 5 different cities in India.

I have a Bachelor's degree in Science, Post-Secondary Diploma in Human Resources, GPHR certification and most recently I have opted for CHRP Certification, which is in progress.

for me to learn was to drive on the right side of the road (in India, we drive on the left side) which took some time getting used to.

I love exploring nature and the lower Mainland is perfect for this with many so many trails and scenic landscapes.

I consider myself fortunate to have been given the opportunity to work with Seabird which is very respected and well known for its progressive efforts and distinguished services.

My name is Puneet Vanniar. I started here in mid-July and truly appreciate the warm welcome and support I've received from everyone I have worked with.

I moved to Canada in the beginning of this year. I am happy to be here and I learn something new about this place almost every day. One of the first things

I'm excited to be joining the HR team and look forward to working with you all and learning more about the community.

My name is Patty and I am from Seabird. I graduated in June 2015 from the Licensed Practical Nursing program here in our community!

I started working as a casual nurse/on call for Seabird back in December 2015. Just recently I was hired part-time for nursing, which is a great opportunity for me.

In my role, I will be a Nurse here at Seabird as well as at Shxw'owhamel.

I will also be the Data Coordinator and Community Facilitator for the Forge Ahead Program.

Forge Ahead is a Diabetes Research Program, in which many of our health care staff are a part of. Together we try to find new ways of educating others about Type 2 Diabetes, and how we can better manage the health of our diabetic clients. I look forward to giving back to my community!





Greg Cross, Director of Public Works,
Housing and Custodial Services

I started at Seabird Island on September 12 and I am excited to be here.

I look forward to the opportunity to be part of the team that provides Public Works, Housing and Custodial Services to the community.

My background is in construction and civil engineering.

I have 25+ years' experience and knowledge in Public Works operations in roads, drainage, water, sewer, fleet, sanitation, and SCADA and I have been involved in Health & Safety initiatives and staff development.

After work I enjoy time with my grandkids, riding my bike on the trails or fishing on the lake.

Grade 7 - 12 Student Allowances

1st student allowance payment Dec. 15, 2016
(for September, October and November)

2nd student allowance payment Mar. 15, 2017
(for December, January and February)

3rd student allowance payment Jun. 30, 2017
(for March, April, May and June)

Student Allowances are as follows:

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

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

Student allowances will be direct deposited for 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.

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 1

For January (Winter/Spring depending on institution)

October 1

For May (Spring/ Summer depending on institution)

January 1

Funding of any application is dependent upon available budget. For further information please contact:
Cindy Kelly, Student Services Worker at 604-796-2177 ext. 6834 or cindykelly@seabirdisland.ca

Please note Cindy Kelly's office has moved to Seabird College

Housing Waitlist

Don't know your number? Contact Housing 604-796-6932.

1 BEDROOM

1	10262015-1022
2	12222015-1023
3	01282016-1027
4	02192016-1028
5	02222016-1029
6	04152016-1030
7	04282016-1031
8	05032016-1032
9	05302016-1033
10	05302016-1034
11	05312016-1035
12	01122016-3093
13	07062016-1036
14	07142016-1037
15	07202016-1038
16	09232016-1039
17	09272016-1040

2 BEDROOM

1	07292014-3090
2	02102015-1014
3	04202015-1017
4	06192015-2087
5	07082015-1019
6	07232015-2088
7	08052015-2090
8	11092015-1023
9	01122016-3093
10	01282016-1027
11	02222016-1029
12	02232016-3094
13	04152016-1030
14	04282014-1031
15	05032016-1032
16	05302016-1033
17	05302016-1034
18	06132016-2089
19	07062016-1036
20	02032016-4003
21	07282016-4008
22	07262016-2091
23	07282016-2092
24	09082016-4009
25	04282016-1031

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
22	01252016-4001
23	02232016-4002
24	02032016-4003
25	04152016-1030
26	05032016-1032
27	05172016-4004
28	05272016-4005
29	06132016-2089
30	07062016-3098
31	07132016-3099
32	07252016-4006
33	07272016-4007
34	07282016-4008
35	09082016-4009
36	09162016-4010

If you have outstanding debt with the Band, you will NOT be placed into a rental unit, as per policy.

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



TENANTS/HOMEOWNERS INSURANCE WORKSHOP WITH BARTON INSURANCE

Tuesday, Oct. 4
10 a.m. - 12 p.m.
Gymnasium

Community Members are encouraged to join us to learn more about applying for content insurance. Content insurance protects tenants/homeowners in the case of fire, theft or damage to possessions.

No registration necessary.

JOB POSTINGS

Proposal Writer/Analyst

Closing Date: 14 Oct 2016 Job ID: 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.

The Proposal Writer/Analyst will be responsible for researching, preparing, and submitting funding proposals for various projects and programs. They will also be responsible for tracking expected funding opportunities and for ensuring that the CAO is kept apprised of the status of all funding proposals. The Analyst will regularly be tasked with gathering data, soliciting input, and preparing briefings for the CAO, Directors, Committees, and Chief and Council. Through this the expectation will be that all bodies will be provided with the input and information that they require to make informed decisions and choices.

Employment and Social Development Manager

Closing Date: 14 Oct 2016 Job ID: 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. Programs (with their sub-programs) under the care and supervision of the ESDM include:

- Income Assistance (Basic Needs, Shelter, Special Needs, Child out of Parental Home)
- Social Development (including the Traditional Food Bank)
- Employment Services (including the Labour Pool)
- Enhanced Service Delivery
- Seabird College
- Seabird Island Driving School

Youth Worker

Closing Date: 7 Oct 2016 Job ID: 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 successful candidate will also connect their clients with needed programs and services such as driver's education, health services, mentorships, and social supports.

The youth worker will be expected to develop strong and healthy relationships with youth that will include in-depth discussions/workshops and support related to youth issues such as suicide, sexual education, gender, mental health, drugs and alcohol, and developing healthy relationships. Some large scale projects will include the creation and continuation of a youth oriented newsletter, youth council and conference, and youth fundraising initiatives. The incumbent must be able to engage and encourage youth while maintaining an appropriate relationship with all of the youths. 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.

As part of the Health Team, you may be expected to work up to 12 hours per day, not exceeding 80 hours per pay period at straight time.

- Submitted by Human Resources

To view more detailed information about these and other opportunities, or to apply for current opportunities 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.

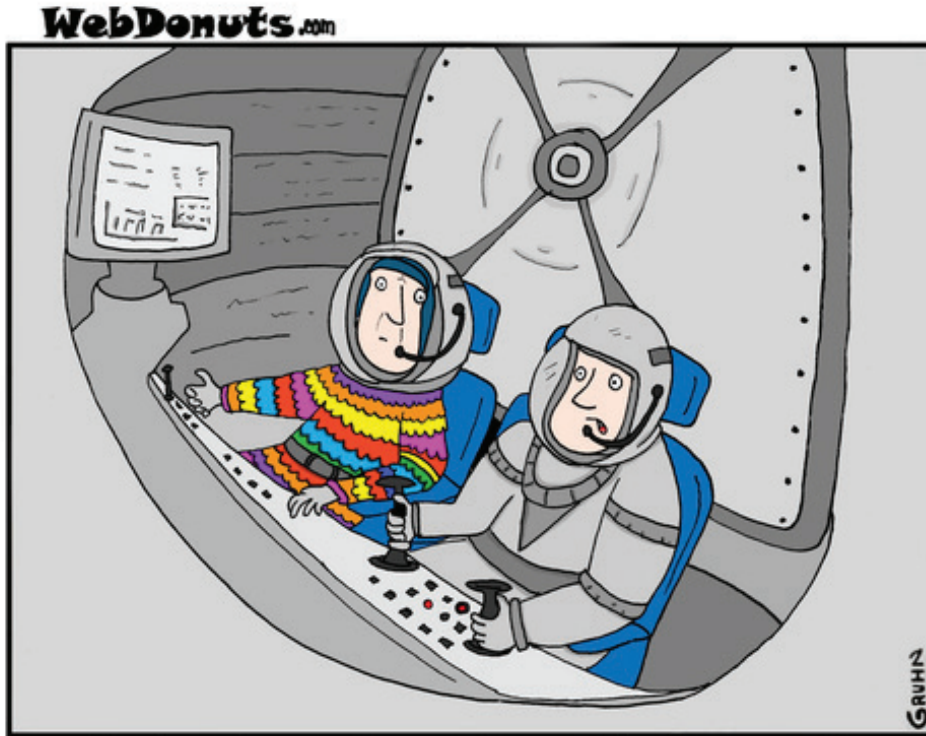
Job postings are also available at the Band Office and the Employment, Training and Social Development Office.

**We often have new job postings!
Please check back daily.**

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.

Comic



"Houston we have a problem.....Andy's mom knitted his space suit."

Tempo:kw - October

Libra: September 23 - October 22

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

Flower: Rose

Birthstone: Tourmaline

"Autumn is a second spring when every leaf is a flower."

- Albert Camus

"Experience is simply the name we give our mistakes."

- Oscar Wilde

"Happiness is not something you postpone for the future; it is something you design for the present."

- Jim Rohn

Halq'eméylem Word Search

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

Words:

íyes – female friend

íyeseq – male friend

kálti – candy

spoleqwith'a – ghost, corpses, dead body
 sxwéythiyés – headdress face costume, mask

skwátsem – a scream

xwesá:lews – leaves falling

pumkel – pumpkin

pús – cat

p'ipèthéláxel – bat

shxwélchep – jack-o-lantern

kw'á:y – hungry

stl'áleqem – monster, supernatural creature

stl'áleq – pot-latch

stl'éaxel – feast

qwesú:yel – drop a net into the water

qo'qoolésem – one's eyes are watering

kq'òthl'kwa – sea, ocean, salt water

syewá:l – ancestors

syiwí:l – spirit power

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
2.5x3	\$25.00
Full Color: Greyscale:	
8x10	\$135.00 \$37.50
8x5 or 10x4	\$65.00 \$25.00
3.8x5	\$32.50 \$17.50
2.5x3	\$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%

All fees are not for profit, they all 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 & most urgent problems seen first.

BUILDING BOOKING AND MEETING ROOMS

► **Angie Chapman** looks 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. Contact Angie 604-796-2177.

► **Sandra Haukeland** looks after booking of the Millennium Hall. Contact Sandra 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 have your name on the list 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. We can help you with the process.

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: 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 please submit your request in writing at the office.

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.

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. There will be a Youth, Elder and a representative from outside of the community to choose the winner.



**INTERACTIVE GAMES
COSTUME CONTEST
DINNER
CRAFTS**