



the SEABIRD ISLAND

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

November 2016



Message from the Chief



“Remember to get winterized and check on Elders who have wood stoves to make sure they have wood,” says Chief Seymour. “We almost had a couple bad storms this year, but the worst of it hit in Tacoma.”

To prepare Band Members for the upcoming winter season, this edition of the Yoo Hoo will feature an Emergency Preparedness booklet. The booklet will discuss preparation tips, emergency phone numbers and information on what you should do in different types of emergencies.

Things have been busy this month, with many discussions taking place. Chief Seymour and representatives from Sqéwqel Development Corporation met with the

Department of Highways to discuss the Business Park and raising the highway and lengthening the turn lane for trucks to enter and exit the Park.

“Things are moving slow,” says the Chief, “working with the government can sometimes take longer than you figure.”

Seabird Island is also moving forward with the Early Time Chinook litigation.

Annual Reports were delivered to homes on Seabird Island in mid-October. Those who weren't home during the two delivery days are encouraged to visit the upstairs Communications Office to get a copy, or visit our website for an electronic version.



Early Time Chinook litigation continues

For many years, First Nations in the Lower Fraser have been extremely frustrated with the Department of Fisheries and Oceans' (DFO) management of Early Time Chinook, the first salmon to return to the Fraser River every spring. We acknowledge there are significant conservation concerns on these stocks, however, according to the Supreme Court of Canada's Sparrow decision, we are second in priority only to conservation. In spite of this, recreational fisheries are being authorized on Early Time Chinook while our food, social and ceremonial needs are not being met.

Lower Fraser First Nations began to meet as a collective to express our frustrations and plan how to address our concerns with DFO. We also retained Mandell Pinder to examine our legal options and provide a legal review. Once the legal review was completed, the Lower Fraser First Nations decided to move forward and attempt to raise our Early Time Chinook concerns in consultation with DFO and 3 communities committed to taking the lead: Katzie, Kwantlen and Seabird Island.

In February, Sally Hope of Aboriginal Rights and Title traveled to Ottawa as co-chair of the Lower Fraser Fisheries Alliance (LFFA) and met with then Minister Hunter Tootoo where they discussed the importance of the Early Time Chinook. Minister Tootoo was also informed that DFO had DNA data that they were not sharing with LFFA.

The meeting resulted in that data being released so LFFA technicians could analyze. The analysis confirmed that within the Victoria area recreational fishery Early Time Chinook bound for the Fraser River may constitute up to 24% of the fish caught and retained in May, 58% in June and 32% in July.

Katzie, Kwantlen and Seabird Island sent letters to DFO quoting this information and requesting that these marine recreational fisheries be closed until the end of July in order to respect the Sparrow priority. Other Nations along the Fraser River then followed suit and sent letters of support to DFO.

In spite of our efforts, DFO maintained the same approach as in years past when it authorized a marine recreational fishery

in the Juan de Fuca Strait on June 15 and then maintained this opening when it finalized its 2016 Integrated Fisheries Management Plan on July 20. Katzie, Kwantlen and Seabird Island submitted applications of judicial review to the Federal Court with respect to both of these DFO decisions and both applications will be heard by the court together.

The applications challenge the DFO decisions to open the marine recreational fisheries for Early Time Chinook while our food, social and ceremonial needs are not being met on the Fraser River.

In support of our legal challenge, submitted all of our documentation including affidavits from leaders and knowledge keepers from Katzie, Kwantlen and Seabird Island. Seabird Island specifically submitted 3 affidavits. We are now in the period of the legal process where DFO must file their materials. DFO asked for an extension which we consented to with a mutual understanding that the challenge will be heard by the court in advance of next year's fishing season. In the next part of the legal process, both sides will have the opportunity to cross examine on the material submitted.

While we are awaiting the Crown's materials, it was decided that we would begin the process of seeking resolutions of support from the various political tables. Sally will be traveling to the BC AFN to speak to the resolution in late October and will also be presenting at the FNFC Fall Assembly in November. These are great opportunities to seek support from other Nations along the Fraser River, as the Early Time Chinook are extremely important to so many First Nations in BC.

Additionally, DFO has agreed to a comprehensive review of its management of Early Time Chinook and has tabled a draft terms of reference. Katzie, Kwantlen and Seabird Island intend to participate in this review to ensure our concerns are heard, and we have submitted comments on the draft terms of reference. We will keep the community updated as the process progresses.

- Submitted by: Sally Hope

INSIDE

- Message from the Chief.....pg. 2
- Early Time Chinook Litigation.....pg. 3
- Seabird Pharmacy.....pg. 4
- Seabird College Art Courses.....pg. 5
- Elders Spotlight: Celestine Louis..... pg. 6
- Employment Training & SD.....pg. 7
- Calendar.....pg. 8/9
- Chief & Council Attendance..... pg. 10
- Annual General Meeting..... pg. 11
- Housing Waitlist.....pg. 12
- Job Postings.....pg. 13
- Classifieds.....pg. 14/15
- Archery Camp.....pg. 16



REMEMBRANCE DAY CEREMONY

Nov. 8 from 10:30 a.m. at Seabird Island Community School

LEST WE FORGET

Seabird Island Lands Invites you to attend

BANNOCK - AND - TEA

November 8
10 a.m. - 3 p.m.

DIABETES 101

Nov. 16 from 9 a.m. - 12 p.m.
Elders Lounge
Lunch Provided!

Have you been diagnosed with Type 2 Diabetes and have some questions? Join our monthly session that teaches basic knowledge for living well with Diabetes.

Learn what your numbers are and what they mean. Learn EASY strategies to feel better. Learn how to honour your body while living well with Diabetes.

Do you know your numbers? Blood Pressure, Blood Sugar, A1C and Kidney function.

Your Diabetes numbers give you a peek inside your body.

Know your numbers to know how your body is doing. Know what to do to make your body feel better.

Cultural understanding and humility key to providing quality care for First Nations patients

By Angela Poon

This article originally appeared in the Sep/Oct 2016 issue of The Tablet, the BC Pharmacy Association's member magazine.

Seabird Island Pharmacy in Agassiz is one of only a handful of pharmacies in BC located on and directly serving the community of a First Nations reserve. It was opened in March 2015 by Mohamed Hasanine and Tareq Youssef, who also own nearby Agassiz Remedy's Rx.

Bordered by the Fraser River and surrounded by the scenic mountains of BC's eastern Fraser Valley region, the Agassiz reserve is home to the Seabird Island Band, a thriving community hub with nearly 1,000 members and dozens of on-site services, including a daycare, K-12 community school, early childhood development programs, health and wellness programs, a dental clinic and medical clinic. Up until last year, however, those services did not include a pharmacy.

"We approached the Band Office to ask about a pharmacy because it was evident there was a need for this service on site," says Mostafa Elhennawy, pharmacy manager of Seabird Island Pharmacy. "While downtown Agassiz is only an eight to 10-minute drive, it can be an hour-long walk for those without transportation. There was a real problem with medication adherence because it was so hard to provide this pharmacy service for patients if they didn't have a reliable way to go into town."



Elhennawy says the help and support of the Seabird Island Band was essential to establishing the pharmacy, in particular Chief Clement Seymour and Carolyne Neufeld, the Director of Health and Social Development.

Almost immediately, the pharmacy was bustling with patients, referred by the busy medical clinic located next door. While the compounding pharmacy offers a full range of clinical services, a large portion of time is dedicated to comprehensive, one-on-one medication reviews, in order to improve medication adherence, and therefore, health outcomes for patients.

"We found many people didn't know exactly what medications they were

taking and why," says Elhennawy. He noticed patients would sometimes skip their medication for weeks at a time if away from home or unable to get to the nearest pharmacy for a refill. "When I came here, I started working one-to-one with the doctors and nurses to better serve our clients' needs," he says.

Within the year, medication adherence has jumped to more than 80 per cent, Elhennawy estimates. He says this is a direct result of the unique interdisciplinary health-care model being practiced in the Seabird Island community, which involves daily face-to-face interactions between doctors, nurses and pharmacy staff.

"This integrated health-care team is

something I've never had before," adds Dr. Marcella Beaulieu, a physician with the Seabird Island Health Centre. "Adherence – and continuity of care – is great with our pharmacist right here. To see our pharmacist and to work with the team directly is much more reliable for our patients' needs."

Dr. Beaulieu notes that to best serve the health needs of a primarily First Nations community, health-care practitioners need a widespread knowledge of the First Nations Health Benefits program (formerly Canada's Non-Insured Health Benefits program or NIHB) to ensure medication coverage. Pharmacists also need in-depth knowledge on some of the most common health concerns affecting the community, such as diabetes. For the Seabird Island Health Centre, this includes operating a mobile diabetes team that pays regular home visits to patients, utilizing state-of-the-art diabetes medicine and working closely with the pharmacy team on medication and overall health management.

"We're working together to create an action plan for each patient to get the best results," notes Elhennawy. "We've started to see a lot of real success stories in the last six months, especially from patients with diabetes. It takes time for people to build a rapport with you and try new things to see a difference in their health. It's not just about taking pills, it's about a lifestyle."

For Elhennawy, who has spent years working in remote northern BC communities such as Bella Bella, Terrace and Hazelton before settling in the Fraser Valley at Seabird Island Pharmacy, building a rapport with his clients remains his top priority. "There needs to be a relationship between pharmacist and patient," he says. "My patients need to trust me as a person before they can trust me as a pharmacist. And once you're in, you're in."

One practical way he works on this service model is through continuous self-education on topics such as traditional indigenous medicine, which he notes is a vital part of providing well-rounded Aboriginal health care. He regularly reads up on the subject and personally partakes in traditional herbal therapies for common ailments such as headaches and stomach troubles to better understand this important facet of medicinal treatment when developing overall drug therapies for his pharmacy clients.

"I'm not here to change my patients' mindset," he notes. "I'm here to work with them."

Seabird College presents...



Fall Landscape Acrylic Painting with Pat Gerlach

For Beginner or Intermediate skill levels

This 2 session series will take a step-by-step approach to creating an imaginative fall landscape painting. Some of the skills introduced will be composition, creating texture, background painting, and mixing and blending acrylic paints. All supplies included.

Price: \$66.00, with all materials included
Location: Seabird College – 2812 Chowat Road
Dates: Oct. 27 and Nov 3. (Thursdays)
Time: 6:30 – 8:30 p.m.

Call Seabird College at 604-796-6839 to register.



Wildlife Pencil Drawing with John Le Flock

For Beginner or Intermediate skill levels

This 2 session series will teach participants to draw using 3 methods, and using a variety of pencils to create different effects. You will also learn how to use an erasing shield, electric eraser and other specialized tools to create your drawings.

Price: \$63.00, with all materials included
Location: Seabird College – 2812 Chowat Road
Dates: Nov. 17 and 24 (Thursdays)
Time: 6:30 – 8:30 p.m.

Call Seabird College at 604-796-6839 to register.

The ABC's of being a good parent / caregiver

- Aask about my school day
- BBe present when you're with me
- CCelebrate my little victories
- Dote on me
- EEncourage me when I'm down
- FForgive my mistakes
- GGrow with me
- HHelp me when I need it
- IInsist I eat vegetables
- JJoke with me
- KKiss me
- LListen to me
- MMake memories with me
- NNotice when I do something right
- OOrganize me until I can do it
- PPlay with me a lot
- QQuestion me about my day
- RRead to me or with me
- S Smile at me
- T Turn off the electronics
- UUnderstand me
- WWait patiently for me I'll get it
- Xxx and ooo me everyday
- Yell less
- ZZero in on what makes me special

For more information contact Jen McNeil, 604-796-2177.



Elder spotlight: Celestine Louis

Celestine Louis, maiden name Phillips, was born in Agassiz at the Hop Yard Camp on September 6, 1942. She was the youngest of four children born to mother Cecilia Douglas of Cheam and father Albert Phillips of Chehalis.

Her brother Andrew died in Residential School, and siblings Frances, Mindy and Albert have passed away.

Celestine moved to Seabird Island in 1957 and later married Leonard Louis in 1960. She met her husband at school and visited Leonard's sisters at their family

home. They lived not too far away in a camp close to where she lived - about half a mile away.

She and Leonard had nine children together. Four of which are deceased, Cecilia, Adam, Lawerance and Seraphine. She has five surviving children, Dianna, Edmond, David, Rose and Lee.

She has 16 grandchildren but one has passed away due to suicide and she has a number of great grandchildren. She is expecting her 25th grandchild soon.

What she remembers about living on Seabird back when she first moved here was how the homes were very far apart.

She recalls when her husband was introducing her to the community and family members of his that it took days to get around. They had to sleep at his family's homes as they walked around Seabird.

She knows no other languages other than English and likes to play bingo and go to the casino. When her husband was alive they would gather to play cards. With her kids step dad KK (Adrian) She started drumming and singing until he passed away 14 years ago.

Thank you Celestine for sharing.

VACCINATIONS ARE YOUR FIRST LINE OF DEFENSE AGAINST INFLUENZA.

FLU SHOTS NOW AVAILABLE

See your nurse or Seabird Pharmacy.

Employment, Training and Social Development

BC Women in Skilled Trades

7%

SECTION A: Introduction and Getting to Know You

Do you live in British Columbia?

- Yes
- No

Back Next

Help Promoting Women In Trades Survey

The Ministry of Jobs Tourism and Skills Training is funding a BC Women in Trades research project being managed by SkillPlan in partnership with the Social Research and Demonstration Corporation (SRDC), who is leading the research activities, and IBEW 213 (Build Together) who is serving as a key source of support for the implementation and recruitment of study participants.

SRCS has an online survey for tradeswomen, but are struggling to have women complete the online survey. If you're interested in completing the survey, please go to: <https://websurvey.srdc.org/s/BC-Women-in-Trades/>

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.

Check Out Our New Job Board!

We have recently updated our job board located outside our office. You can now find postings for health, customer service, trades and labour related jobs. You can also find notices for upcoming workshops.

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 also reminded to bring in their monthly student attendance.

Dates to Remember

Cheque release date: November 28

Labour Pool timesheets due: November 10 and 25

Reminder! Please remember to sign in at the front desk when you come to the Employment Centre! We greatly appreciate it!



National Addictions Awareness Week events

Double Jeopardy Youth Night

November 9 from 5:30 - 7:30 p.m. in the gymnasium. Snacks and door prizes will be available.

NAAW Walk

November 16 from 1 p.m. starting at the Seabird Island Community School. This event is open to the public and Community Members are invited to join in.

"What Do You Know About Drugs" Session

November 23 from 5:30 - 7:30 p.m. in the gymnasium with guest speaker Steve Esau will be joining us to talk about drugs. He is a Registered Clinical Counsellor (#8118) who believes true counselling is walking alongside an individual with an attitude of non-judgment and compassion, during a time of need in their life. He has a double BA in Counselling and Youth Work, a Masters in Marriage, Family, and Child Counselling and certificate in Trauma Counselling.

Everyone is welcome to attend. Snacks and door prizes will be available.

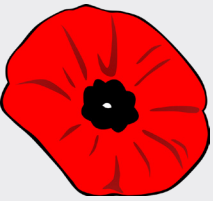
Family Connectedness Dinner

November 30 from 5 - 7 p.m. in the gymnasium. Dinner will be served and door prizes will be available.

For more information, contact Lolly Andrew at 604-997-6749.



Community Events Calendar – November 2016

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Slhí:xws	(T) Sxe'ó:thels	(F) Sheqá'tses	(S) T'óqw'tem
	<p style="text-align: center;">PLEASE NOTE: Safety is a priority! We need to keep staff safe so we can keep providing you with delivery services. 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>1</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • Elders Lunch w/ Students 10-2 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. 	<p>2</p> <ul style="list-style-type: none"> • Elders College 9-2 p.m. • Wellness Pancake Breakfast 9-10:30 a.m. • Elders Tai Chi 10 a.m. • Pre/Post Natal 11-1 p.m. Mill Hall • Meals on Wheels 5-6 p.m. 	<p>3</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • Youth Archery Camp 6-8 p.m. 	<p>4</p> <ul style="list-style-type: none"> • Someone So Small 	<p>5</p>
<p>6</p> <p>Daylight Savings Ends</p>	<p>7</p> <ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<p>8</p> <ul style="list-style-type: none"> • Elders Meeting 10 a.m. • Head Start Parents and Tots 10-1 p.m. • Elders Lunch w/ Students 10-2 p.m. • Lands Bannock and Tea 10-3 p.m. • Remembrance Day Ceremony 10:30 a.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. 	<p>9</p> <ul style="list-style-type: none"> • Elders College 9-2 p.m. • Wellness Pancake Breakfast 9-10:30 a.m. • Elders Tai Chi 10 a.m. • Prenatal Circle 1-3 p.m. • Meals on Wheels 5-6 p.m. • NAAW Youth Double Jeopardy 5:30-7:30 p.m. 	<p>10</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • Youth Archery Camp 6-8 p.m. • Labour Pool Timesheets Due 	<p>11</p> <div style="text-align: center;">  <p>Remembrance Day Closed</p> </div>	<p>12</p>
<p>13</p>	<p>14</p> <ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<p>15</p> <ul style="list-style-type: none"> • Yoo Hoo Delivery 8-1 p.m. • Head Start Parents and Tots 10-1 p.m. • Elders Lunch w/ Students 10-2 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. • Garbage, Recycle & Compost Day 	<p>16</p> <ul style="list-style-type: none"> • Elders College 9-2 p.m. • Wellness Pancake Breakfast 9-10:30 a.m. • Elders Tai Chi 10 a.m. • NAAW Walk 1 p.m. • Meals on Wheels 5-6 p.m. • Annual General Meeting 5-8:15 p.m. 	<p>17</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. 	<p>18</p> <ul style="list-style-type: none"> • Someone So Small 	<p>19</p> <ul style="list-style-type: none"> • Chief and Council Meeting
<p>20</p>	<p>21</p> <p style="text-align: center;"><i>SICS Pro D Day / Staff Development Day</i> Closed</p>	<p>22</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • Elders Lunch w/ Students 10-2 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. • Garbage, Recycle & Compost Day 	<p>23</p> <ul style="list-style-type: none"> • Elders College 9-2 p.m. • Wellness Pancake Breakfast 9-10:30 a.m. • Elders Tai Chi 10 a.m. • Meals on Wheels 5-6 p.m. • NAAW "What Do You Know About Drugs" Session 5:30-7:30 p.m. 	<p>24</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • Chief and Council Continuation Meeting 	<p>25</p> <ul style="list-style-type: none"> • Someone So Small • Labour Pool Timesheets Due 	<p>26</p>
<p>27</p>	<p>28</p> <ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day • Income Assistance Cheque Day 	<p>29</p> <ul style="list-style-type: none"> • Head Start Parents and Tots 10-1 p.m. • Elders Lunch w/ Students 10-2 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. 	<p>30</p> <ul style="list-style-type: none"> • Yoo Hoo Delivery 8-1 p.m. • Wellness Pancake Breakfast 9-10:30 a.m. • Elders College 9-2 p.m. • Bodies in Motion 1-3 p.m. • Meals on Wheels 5-6 p.m. • NAAW Family Connectedness Dinner 5:30-7:30 p.m. 	<p>Fitness Centre users will need to leave their ID at the Front Desk to access the Fitness Centre key after Nov. 18 - Jan. 4, as Tania Carter will be unavailable.</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. Questions? Call 1-800-788-0322 or 604-796-2177</p> <p>Bodies in Motion - NEW class that focuses solely on pre and post natal fitness and is free for First Nations living on-reserve.</p>	

Date	Meeting Name	Chief Clem Seymour	Councillor Art Andrew	Councillor Arlene Andrew	Councillor Jason Campbell	Councillor Vivian Ferguson	Councillor Alexis Grace	Councillor Jim Harris	Councillor Carol Hope	Councillor Marcie Peters	Councillor Maggie Pettis	Meeting Quorum
4/8/2016	Special Chief & Council - Housing BCRCs	X	X	X								8 / 10
4/16/2016	Chief & Council	X	X	X	X							10 / 10
4/20/2016	Quarterly Meeting	X	X	X	X							10 / 10
4/28/2016	Chief & Council continuation from April 16	X	X	X	X							10 / 10
5/13/2016	Chief & Council	X	X	X	X							9 / 10
5/18/2016	Chief & Council continuation from May 13	X	X	X	X							8 / 10
6/14/2016	Special Chief & Council - SqDC	X	X	X	X							9 / 10
6/17/2016	Chief & Council	X	X	X	X							10 / 10
6/23/2016	Chief & Council continuation from June 17	X	X	X	X							8 / 10
7/4/2016	Special Chief & Council - Final Audit Presentation	X	X	X	X							9 / 10
7/6/2016	Special Chief & Council - Audit Signing	X	X	X	X							9 / 10
7/16/2016	Chief & Council	X	X	X	X							8 / 10
7/20/2016	Quarterly meeting	X	X	X	X							7 / 10
8/11/2016	Chief & Council continuation from July 16	X	X	X	X							7 / 10
8/20/2016	Chief & Council	X	X	X	X							9 / 10
9/14/2016	Chief & Council Special SqDC	X	X	X	X							10 / 10
9/17/2016	Chief & Council	X	X	X	X							9 / 10
9/22/2016	Chief & Council continuation from Sept 17	X	X	X	X							9 / 10
10/22/2016	Chief & Council	X										7 / 10
19	Mandatory Meetings	19 / 19	18 / 19	15 / 19	15 / 19	17 / 19	15 / 19	15 / 19	16 / 19	18 / 19	19 / 19	
	April to October 2016											

2016 - 17 Council Meeting Attendance
April to October



SEABIRD ISLAND
ANNUAL GENERAL Meeting
AGENDA

DATE: Wednesday, November 16, 2016

LOCATION: Main Boardroom/Community Health Room

5:00 - 5:05 p.m. Welcome Address – Chief Clem Seymour

5:05 – 5:35 p.m. Prayer & Refreshments (Dinner)

5:35 – 5:45 p.m. Student Presentation RE: CUBA Trip

5:45 – 6:15 p.m. Auditor: Jeff Hunt, Manning Elliot Accountants
Presentation: Seabird Island 2015-2016 Audit

6:15 – 6:45 p.m. Comprehensive Sustainable Community Plan Overview

6:45 – 8:00 p.m. Portfolio Reports / Q&A

8:00 – 8:15 p.m. Door Prizes - Draws

8:15 p.m. 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.

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
18	10112016-1041

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	10042016-2093
26	10112016-1041

3 BEDROOM

1	12192012-3076
2	02062013-3082
3	02082013-3084
4	03192013-3088
5	07082014-3087
6	07292014-3090
7	12092014-1014
8	01122015-1009
9	01142015-1011
10	02042015-3091
11	04102015-1016
12	04282015-3095
13	06192015-2087
14	07232015-2088
15	08052015-2090
16	08262015-3096
17	07082015-1019
18	12302015-3097
19	12302015-3092
20	01042016-4000
21	01252016-4001
22	02232016-4002
23	02032016-4003
24	04152016-1030
25	05032016-1032
26	05172016-4004
27	05272016-4005
28	06132016-2089
29	07062016-3098
30	07132016-3099
31	07252016-4006
32	07272016-4007
33	07282016-4008
34	09082016-4009
35	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.



Lands Advisory adds new members

Seabird Island is happy to welcome two new Committee Members. The Lands Advisory Committee began seeking new Members in late July and have chosen Jason Forseth and Ashley Armstrong for open seats on the Committee.

The purpose of the Lands Advisory Committee is to assist in an advisory capacity to address the needs of our community in respect to the lands, environment, and resources, and to develop policy, procedures, structure and guidance for the Members as set forth in the Seabird Island Land Code and the Framework Agreement on First Nation Land Management.

The Committee is made up of seven members. They meet again on November 7 starting at 4:15 p.m.

Jason Forseth

Hello my name is Jason Forseth. I have lived on Seabird Island for 15 years. My mother is Wanda Forseth. I operate two businesses: Nadia Design and Mariah Farm.

With Nadia Design, I provided desktop publishing and graphic design services to a variety of First Nation bands, businesses and organizations all with a contemporary native art style.

With Mariah Farm I provide pasture raised, non-medicated, all naturally pork, goat, duck, rabbit.

I look forward to working with Lands.

Ashley Armstrong

Ey swayel, my traditional name is Usi, and my common name is Ashley Armstrong.

I have lived on Seabird Island for a majority of my life and have always stayed active within the community. My parents are Edward and Pamela Armstrong.

I am excited to tell everyone that I am one of the latest additions to the Lands Advisory Committee as the Youth Representative.

I recently graduated from Law Enforcement Prep and I feel that being on the Committee is an amazing opportunity to grow and use some of the skills and knowledge I've gained within the past year.

I would love to encourage anyone especially the Youth to ask me any questions or let me know your concerns, I will do my best to answer your questions or bring them up with the Committee if needed.

JOB POSTINGS

Administrative Assistant – Income Assistance

Closing Date: 30 Oct 2016 Job ID: JP-2016-083

Under the direction of the Social Development Program Co-ordinator, the Administrative Assistant will be responsible for taking care of the essential everyday tasks like filling, record keeping, report preparation, scheduling, data entry into AIS system and Excel System, creating a monthly newsletter, preparing client correspondence and back up for all Social Development Programs in the absence of the Co-ordinator.

Executive Assistant to Chief & Council

Closing Date: 31 Oct 2016 Job ID: JP-2016-070

The Chief and Council Executive Assistant (EA) provides administrative and professional support to the elected leadership of the Seabird Island Band. Support will be provided directly to Chief and Council as a whole, as well as to the individual members of Council.

The EA will be privy to all business and information before Chief and Council so the ability to maintain the highest level of confidence is a must. The nature of this position requires that the EA will have knowledge and access of information pertaining to many Band/Community Members, staff members, and other stake holders. The EA must be able to retain this information without allowing it to impact their treatment of those groups or individuals.

Custodial Worker

Closing Date: 14 Nov 2016 Job ID: JP-2016-076

The Custodial worker is responsible for performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that buildings and facilities are maintained in a healthy, safe and sanitary manner.

Education Director

Closing Date: 18 Nov 2016 Job ID: JP-2016-033

Under the direction and supervision of the CAO, the Education Director shall provide leadership and management expertise, in accordance with Band policies for the efficient, effective and productive operation of the Seabird Island Elementary and High Schools, including oversight of the nominal role, and other Band Education matters. Consisting of 40+ employees, and a large budget, the Education Department represents a large portion of the business conducted by the Band. Researching, requesting, and securing funding for all educational programming will be of key importance to the Education Department and will be a high priority for the Education Director.

The Education Director will also be responsible for the management of all staff and professional and financial resources available to the Department. This will require working closely with Departmental leadership (Principal, and Vice Principals, and the Finance and Human Resources Departments).

The Education Director participates collaboratively and fully as a member of the Directors Team with respect to departmental and interdepartmental matters to ensure that the advancement of the Band's goals and aspirations are achieved and maintained.

- 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



Halq'eméylem Word Search

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

Telxwi:ts - November

Scorpio: October 23 - November 22

Key characteristics: Secretive, passionate, resolute, insensitive, steadfast, painstaking and stubborn

Flower: Chrysanthemum
Birthstone: Topaz

"Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character."

- Heraclitus

"Keep your face always toward the sunshine - and shadows will fall behind you."

-Walt Whitman

Words:

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

YOO HOO

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 .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 1/4 page colour 30 second Banner	Premium 1/2 page colour 30 second Banner	Starter 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-Shipptower, 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.

Youth Archery Camp

**Seabird Island
is hosting a
Youth Sport Camp**

**Aboriginal Youth
welcome.**

Ages 13 to 17.

**Boys and girls,
please dress in
athletic clothing with
running shoes and
bring a water bottle.**

**Facilitated by:
Ashley Armstrong**

**Thursday's
November 3 & 10**

Time: 6:00 – 8:00 p.m.



**Seabird Island Community
School (Elementary)
2821 Chowat Road, Agassiz
V0M 1A0**

Please Pre-Register Online:

<https://aboriginalsportbc.wufoo.com/forms/mlenvws50onsmxn/>

Registration Inquires:

Tania Carter: Seabird Island
taniacarter@seabirdisland.ca
604-796-2177

Inquiries: Alana Cook

acook@bcaafc.com
604-807-5334



BCAAFC
BC ASSOCIATION OF ABORIGINAL
FRIENDSHIP CENTRES



First Nations Health Authority
Health through wellness

Aboriginal Sport, Recreation & Physical
Activity Partners Council