

the SEABIRD ISLAND

Sq'ewqel

# YOO HOO

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

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

Mid-December 2016



**CHRISTMAS SEASON IS HERE!** Check out photos from our holiday events on the back cover

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## Winter Closures

December 26

December 27

January 2

## Christmas Hampers and Gift Cards

### Band Office Gym

Monday, December 19  
 8:30 a.m. to 8:30 p.m.

Tuesday, December 20,  
 8:30 a.m. to 6:00 p.m.

## HOUSING APPLICATION RENEWALS DUE

In December  
**BEFORE JANUARY 1<sup>st</sup>**  
 TO STAY ON THE  
 WAIT LIST!

## CHIEF AND COUNCIL

### Chief and Council meeting date

Chief and Council will be meeting on:

**December 17 from 8 a.m. - 4 p.m.**

We apologize for any inconvenience this may have caused. We hope to see you there!

### Agassiz Baseball Winter Program

Agassiz Baseball is happy to announce the beginning of our winter program.

As a result of last years' overwhelming success we are going to offer training sessions to smaller age groups.

This should allow us to cater to different skill levels and provide a safe, productive learning experience for kids.

Wednesdays 5:30 - 6:30 p.m. for kids born 2010-11 | 6:30 - 8:00 p.m. for kids born 2006-07

Thursdays 5:30 - 6:30 p.m. for kids born 2008-09 | 6:30 - 8:00 p.m. for kids born 2004-05

Location: Agassiz Agricultural Pavillion (south end entrance)

Questions or inquiries call Monte 604-796-5588 or visit our website at [www.agassizll.com](http://www.agassizll.com) or email [agassizbaseball@gmail.com](mailto:agassizbaseball@gmail.com).



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

**FLU SHOTS NOW AVAILABLE**

See your nurse or Seabird Pharmacy.





# Employment, Training and Social Development

## Employment & Training Workshops

We will be hosting on-going workshops every Tuesday and Wednesday.

THE FOLLOWING WORKSHOPS WILL BE HELD AT THE COLLEGE IN ROOM 15:

**L Test Workshops:** Every Wednesday from 1 - 4 p.m.

- Chapters 1, 2 & 3 on the 1<sup>st</sup> Wednesday
- Chapters 4, 5 & 6 on the 2<sup>nd</sup> Wednesday
- Chapters 7, 8 & 9 on the 3<sup>rd</sup> Wednesday
- Open study and support day on the 4<sup>th</sup> Wednesday

**Training Application & Funding Request:** 1<sup>st</sup> Tuesday of each month from 9 a.m. - 4 p.m.

THE FOLLOWING WORKSHOPS WILL BE HELD AT THE BAND OFFICE IN THE UPSTAIRS BOARDROOM EVERY TUESDAY FROM 9 A.M. - 4 P.M.

**Resume & Cover Letter:** 2<sup>nd</sup> Tuesday

**Basic Job Search Skills:** 3<sup>rd</sup> Tuesday

**Interview Skills:** Cancelled for December due to office closure

## College Students

Do you have questions regarding funding? Stop by the Employment Centre or call to schedule an appointment with Whyles or Andrea.

They are also at the College weekdays from 12 - 1 p.m. Students are welcome to drop-in during these times.

## Action Plans

Employment action plans are due before the 20<sup>th</sup> 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

- Labour Pool Timesheets due: December 23

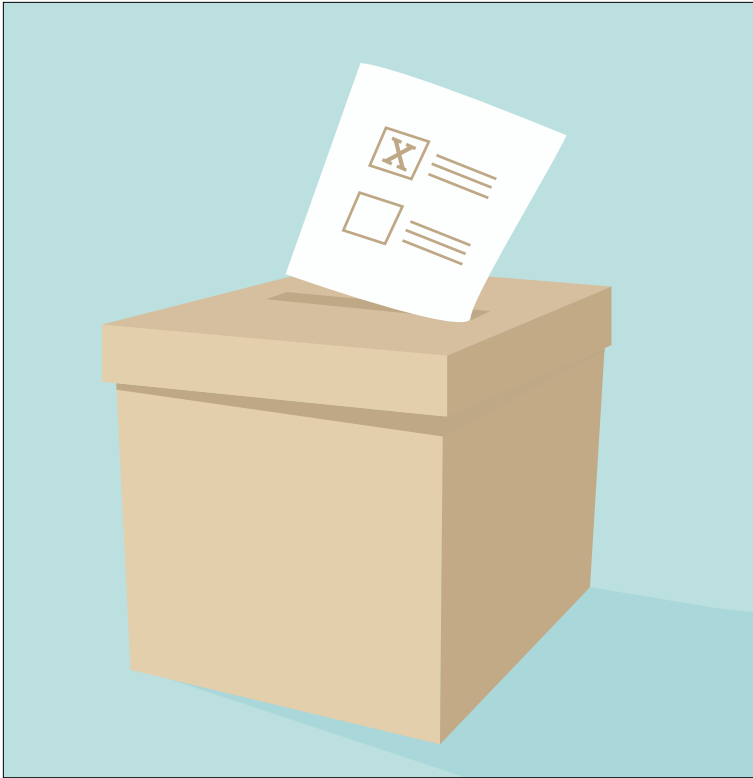
## Clothing Donations

Are you running out of space in your closet or dresser? We would graciously accept any clean and gently used clothing donations that you may have. Our clients would really appreciate your generosity.

If you have any questions or would like to register, contact Pearl at the Employment Office front desk or call 604-796-6865.

Drop-ins are also welcome.





## It's time to renew Housing Applications!

It's that time of year again. If you're currently on the waitlist for a home, you will need to renew your application with Housing to ensure that you don't lose your spot!

Housing Application renewals are due by January 1, 2017. Members can begin renewing their applications after November 15. Applications received before November 15 will not be considered renewals.

Pick-up and drop-off applications at Reception.

Be sure to contact Erna O'Brien or Rachael Alexander at 604-796-2177 to begin your renewal process.

## Information Sessions on the coming Election Process Changes are scheduled for December 21 and January 4, 2017

In anticipation of next year's General Band Election being held under our Election Code, Chief and Council is holding two information sessions to review the new election rules defined in the Seabird Island Election Code.

The first information session is scheduled for December 21 and the second one for January 4, 2017. Both information sessions will be held in the Main Boardroom from 5 - 7 p.m. A light snack will be provided.

*If you are planning to attend, please go to [www.seabirdisland.ca](http://www.seabirdisland.ca) and let us know if you are attending, so that we may plan accordingly.*

The next General Election will be held on April 19, 2017 and Council would like to encourage any of the eligible voters who want to know more about the changes to the current election system to attend the information session.



*Elders*  
**PAMPERING**

DECEMBER 15

Open to all community Elders 55+.

Craft Tables • Finger Foods

8:30 a.m. - 2:00 p.m.



## Education Committee seeks new members

Chief and Council hereby provide notice to Seabird Island Band Members regarding two upcoming vacancies on the Education Committee ending Jan. 31, 2017. These positions will begin Feb. 1, 2017 and cover a 2-year term.

Chief and Council invites Band Members to forward their letter and/or completed application to Chief and Council indicating their interest in being part of the Committee.

The Education Committee presently meets every 3<sup>rd</sup> Thursday of each month beginning at 9:00 a.m. unless otherwise stated. Please pick up your application package at the Band Office.

**Submission deadline for letters of interest is Dec. 23 at 4:00 p.m.**

### ***Appointment of Education Members***

It is the desire of the Band Council to choose two individuals for the Education Committee who they feel will best serve the interests of the Band and its stakeholders.

*Go to [www.seabirdisland.ca](http://www.seabirdisland.ca) to learn more about criteria and procedures for appointments.*

### *I) Criteria for All Candidates*

Among those characteristics to be sought in each candidate, being mindful of the overall Committee composition, are the following:

- Integrity and a commitment to ethical behavior.
- Personal maturity and leadership skills in education or related field.
- Independence of thought and willingness to deal directly with the difficult issues.
- Broad experience, with an understanding of the complexities of the Band Education program and external educational agencies.
- Accomplishment in education and related field.
- Understanding financial and/or accounting principles an asset.
- Candidate must be a Member of Seabird Island Band.
- Must be resident with Stó:lō Territory.
- Must be 18 years old or older.
- Must be familiar with the Education and Governance Policy.
- Previous experience as an education member or Band experience.
- Drug screening
- Pass a criminal records check.

### *II) An Effective Candidate Should*

- Be familiar with concerns and interests of the community.
- Be familiar with the current issues in Indian Education.
- Know, understand and believe in the goals and objectives of the education program.
- Knowledge of the Education Policy and Governance Policy.
- Be familiar with the staff, the school facilities and curriculum.
- Be able to represent the Committee at meetings.
- Be willing to travel.
- Be willing to attend committee member training workshops and planning sessions.
- Accept and carry out assignments on committees.
- Acquire the knowledge as to how to conduct meetings and rules of order and consensus building.
- Participate in discussions.
- Be courteous to colleagues, employees, and others attending the meeting.
- Be willing to attend monthly education meetings.
- Be willing to take on portfolios and be proactive.
- Public speaking
- Promote language and Culture



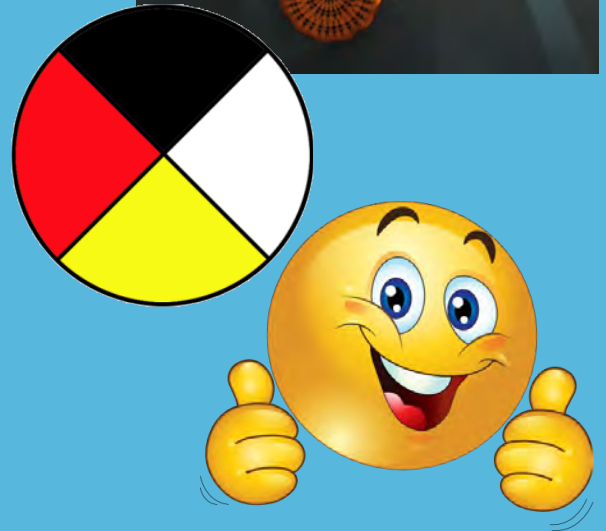
# You are invited to our **MEN'S GROUP**



**Every Tuesday**  
**December 13 - February 28, 2017**

**Time: 5:30 - 7 p.m.**

**Wellness Centre - Upstairs**



Come out and join our men's sessions where we will be learning about a variety of topics such as:

- Cultural teachings
- Traditional roles
- Medicine wheel
- Healthy lifestyle

**Facilitated by Willie Charlie**

For more information contact Lolly at  
**604-796-2177**



# Rifle Shooting

Youth ages 12-18



**Monday, December 19**

**Meet at the Youth Trailer at 3 p.m. sharp and we will return by 7:15 p.m.**

Youth must wear athletic clothing and bring water and a snack. Most importantly, each Youth must have their parents complete the waiver form online at:

<https://aboriginalsportbc.wufoo.com/forms/m3qokan0p1r6jn/>

Without the form signed, we cannot let the Youth come.

*If there are any questions, contact Tara-Lyn Linton at 604-796-0198 or Tania Carter 604-796-2177.*

## Youth Events

### Workshops

Youth can participate in workshops during the last two weeks of December, including homemade skin care products, drumming, making jams and more.

For more information contact Tara-Lyn at 604-798-6524 or Jonny at 604-796-0198.

### Extreme Air Park Outing

On December 29 we have our outing to Extreme Air Park. Youth should bring \$20. We will meet at the Youth Trailer for brunch at 11 a.m. and leaving at 12:30 p.m.

Space is limited and will be on a first come, first serve basis, dependent on waivers. Waivers must be signed by parent(s) or guardian(s) and handed in to Tara-Lyn or Jonny.

To pick up a waiver or for more information, contact Tara-Lyn at 604-798-6524 or Jonny at 604-796-0198.

Details may change and will be announced on the Youth Facebook page.



## Youth Christmas DINNER & DANCE

Dinner begins at 4 p.m. in the gym

5 p.m. optional gift exchange  
(\$15 unisex gift)

7:00 p.m. dance

**Looking for parent volunteers  
to help with dance.**

For more information contact  
Tara-Lyn at 604-798-6524 or  
Jonny at 604-796-0198.

LET'S CELEBRATE



## HEARING CLINIC

**STARTING TUESDAY, JANUARY 24  
FROM 9 A.M. - 4 P.M.**

All hearing services are at no charge.

Has your family suggested you should have your hearing checked?

Are you concerned about your hearing and need a free hearing test?

Are you in need of a new hearing aid?

Do you need a free hearing aid cleaning service?

Do you need batteries?

Do you need a hearing aid adjustment or a hearing aid repair?

**Call 604-792-8481 today for your service or test appointment at the Seabird Health Centre**

*Miracle-Ear provides services through WorkSafe BC, First Nations Health Authority, Veteran Affairs and provides service to all makes of hearing aids.*

### Hearing Clinic dates:

**March 21 | May 23 | July 18  
September 19 | November 21**

## Housing winterizing tips

- Furnace filters should be changed once per month during the heating months (winter). Please check your filter size and purchase them at Home Depot, Walmart or your preferred home improvement stores. Families, please help your family Elders in this area.
- Vacuum electric baseboard heaters to remove dust.
- Ensure all hoses are disconnected outside of the house to prevent freezing pipes. Damages can be expensive to repair! Homeowners: Prevent your water from freezing by insulating your pipes.
- Check chimneys for obstructions such as nests.
- Check smoke, carbon monoxide and security alarms, and replace batteries.
- Check sump pump and line to ensure proper operation, and to ascertain that there are no line obstructions or visible leaks.
- Ensure windows and skylights close tightly; repair or replace weatherstripping, as needed.
- Ensure all doors to the outside shut tightly, and check other doors for ease of use. Replace door weatherstripping if required.
- If there is a door between your house and the garage, check the adjustment of the self-closing device to ensure it closes the door completely.
- Cover outside of air-conditioning units and shut off power.
- Have well water tested for quality. It is recommended that you test for bacteria every six months.
- If you have a septic tank, measure the sludge and scum to determine if the tank needs to be emptied before the spring. Tanks should be pumped out at least once every three years.
- Winterize landscaping, for example, store outdoor furniture, prepare gardens and, if necessary, protect young trees or bushes for winter.
- Ensure that the ground around your home slopes away from the foundation wall, so that water does not drain into your basement.
- Clean leaves from eaves troughs and roof, and test downspouts to ensure proper drainage from the roof.



# JOB POSTINGS

## Employment and Social Development Manager

Closing Date: -  
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.

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

## Benefits Administration and Payroll Clerk

Closing Date: 16 Dec 2016  
Job ID: JP-2016-089

The Benefits Administration and Payroll Clerk is primarily responsible to provide Benefits Administration, but will also provide back up and support for Payroll functions under the direction of the Payroll Administrator.

The 'Clerk' will provide information to staff regarding their benefit plans, ensure timely reconciliation of benefits, and liaise with the benefit provider as required to ensure effective and efficient service delivery for staff.

This position may also provide back up for the payroll function (in the absence of the Payroll Administrator), filing and other general clerical duties. As a member of the Administration Department, the Clerk may be required to provide support as needed to other programs and team members in Human Resources, Reception, Finance and IT.

## Speech and Language Assistant

Closing Date: 23 Dec 2016  
Job ID: JP-2016-087

The Speech and Language Assistant will work directly under licensed speech pathologists, aiding them in their daily responsibilities providing a range of clinical services that focus on promoting communication, language and speech that contributes to a client/patient's overall cognitive, physical, social and emotional well-being.

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

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

**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](mailto: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.**

# The Value of Family Traditions

Meaningful family traditions provide parents with an invaluable tool for carrying out their responsibility to raise children with love. As families establish and follow traditions, each family member is strengthened and the family grows in unity and love. Traditions cultivate connection between immediate family members and between generations. By spending time together in a fun and special setting, family members grow closer and open communications. ***A HAPPY FAMILY IS A HEALTHY FAMILY.***



Successful traditions secure a sense of identity and a feeling of belonging. Regular participation in meaningful traditions promotes safety and security within the family, helps families overcome life problems and strengthen ties. Family members have something to look forward to, which gives them a sense of assurance in a hectic and ever-changing world.

Family recreation is important in building successful healthy families. By creating new family traditions, parents can strengthen the bond between family members and teach important principles they want their children to understand and live by. ***Ask your family what new traditions they would like to start! Getting everyone involved, even the kids will help increase everyone's interest.***

Some traditions are as simple as family field trips, birthdays or a small family pancake breakfast every Sunday. Some traditions are handed down in the family or through cultural or ethnic heritage, such as serving bannock and jam on cold winter nights. Some are seasonal like Spring and Summer food gathering or holidays like Easter, Thanksgiving, Christmas,...



## Some Christmas Traditions May Include

- ◆ Have each member of the family draw a name of another member and make a handmade gift for that person.
- ◆ Collect or make one ornament each year that has special meaning to the family.
- ◆ Have the children write letters to Santa.
- ◆ As a family, make gingerbread houses, candy trains, or ornaments.
- ◆ Create some family baking and then go visit extended family members to share your fresh baked treats.
- ◆ As a family, decorate the house, making it an event with music and good food.
- ◆ Visit neighbors singing the songs of the season.
- ◆ Drive around the neighborhood looking at lights and listening to Christmas music.



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
	<b>Full Color:</b>	<b>Greyscale:</b>
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
<b>\$60.00</b>	<b>\$100.00</b>	<b>\$140.00</b>

**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 15<sup>th</sup> (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**

January 9 -11, 2017.

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.<sup>50</sup> for Band Members and

\$8.<sup>50</sup> 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 on Dec. 18, Jan.1 and 15.

**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:** 1<sup>st</sup> 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](mailto: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:  
• 1<sup>st</sup> 100 color, 1<sup>st</sup> 250 grey-scale and 1<sup>st</sup> 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.**





Christmas Season  
at Seabird Island

