



the SEABIRD ISLAND

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

January 2017



*Christmas at Seabird Island Community School!
See more photos on pg. 19*

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Are you a parent of a child who was part of Out of School Care?

Did your child participate in the Basketball, Rifle Shooting, Lacrosse, or Canoeing camps we hosted in 2016?

Many of our parents forgot to register their children online. These registrations help us apply for funding to offer these great camps. If parents do not register their children, it could stop us from getting funding to host these events in the future.

So, if you forgot to register, please go to the link below and register your children for past camps.

<https://aboriginalsportbc.wufoo.com/forms/m1j4lhhl0c21cvv/>



Seabird Island Lands Invites you to attend

BANNOCK - AND - TEA

January 10
10 a.m. - 3 p.m.

Land's discussion on the Business Park

Back to School Conference Tablet Winners!



Congratulations Shayleen Peters and Bradley Cooper!

Shayleen and Bradley won Samsung Galaxy Tab E Lite's at the Back to School Conference held earlier this fall.

HOUSING APPLICATION RENEWALS WERE DUE

In December **BEFORE JANUARY 1st** TO STAY ON THE WAIT LIST, Re-apply!

KUU-US CRISIS RESPONSE SERVICES

1-800-KUU-US17 | 1-800-588-8717



CULTURALLY SAFE HELP AVAILABLE •
 24 HOURS A DAY | 7 DAYS A WEEK •
 FIRST NATIONS HELPING FIRST NATIONS •

Child/Youth: 1-250-723-2040
 Adult/Elder: 1-250-723-4050



FENTANYL

**CAN BE DEADLY WHEN CUT WITH
THE DRUGS YOU'RE TAKING**

KNOW YOUR SOURCE? BE DRUG SMART

COMMUNITY INFORMATION SESSION

For Youth, Parents, Elders & Community Members

Thursday, January 19 from 5:00 – 6:30 p.m.
Seabird Island Band Office Gymnasium

This is in partnership with the Riverstone Program
Daytox & Home/Mobile Detox Program

**Come and learn about the dangers of Fentanyl and also
about the Naloxone Kits that help save lives.**

For more information contact
Lolly Andrew at 604-796-2177.

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:

April 1	For September (Fall)
October 1	For January (Winter/Spring depending on institution)
January 1	For May (Spring/Summer depending on institution)

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

Employment, Training and Social Development

Season's Greetings

From all of us in Employment, Training and Social Development, we wish you a wonderful holiday season and a happy New Year!!

Labour Pool Timesheets

Rena will be taking a few minutes with each labour pool employee to review how to properly fill out and complete timesheets. She will be reviewing this during timesheet submission.

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.

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 between 12 - 1 p.m. Students are welcome to drop-in during these times.

Employment & Training Workshops

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

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

Resume & Cover Letter: 2nd Tuesday

Basic Job Search Skills: 3rd Tuesday

Interview Skills: 4th Tuesday

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

Training Application & Funding Request: 1st Tuesday from 9 a.m. - 4 p.m.

Dates to Remember

Labour Pool Timesheets Due: January 6 and 20

Contact Us

If you have any questions or would like to register, contact Pearl at the Employment Centre or call 604-796-6865. Drop-ins are also welcome.

January				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Training Application & Funding Request	4 L Test Workshop: Chapters 1, 2 & 3	5	6
9	10 Resume & Cover Letter	11 L Test Workshop: Chapters 4, 5 & 6	12	13
16	17 Basic Job Search Skills	18 L Test Workshop: Chapters 7, 8 & 9	19	20
23	24 Interview Skills	25 L Test Workshop: Open Study and Support Day	26	27



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**



COMMUNITY KITCHEN

Thursday, January 12
Starting at 10:30 a.m.



Diabetes Management Session & Lab Day

Thursday, January 26
8 a.m. Lab & Breakfast
9 a.m. Workshop & Lunch

For more information contact Val Thomson at 604-796-6829

A statement to Membership on Band Meeting Etiquette

Chief and Council wish to address the increasing frequency of questions and issues raised at Band meetings that are of personal nature. Please understand the Band has been advised to present the following legal statement.

“The Seabird Island Band (“Seabird”), a federal undertaking, is subject to the Personal Information Protection and Electronic Documents Act S.C 2000, c.5 and cannot use or disclose personal information of employees without their knowledge and consent. Accordingly we cannot comment on the employment relationships between Seabird and specific employees or provide any details that would inadvertently disclose personal information. Additionally any public statements made by Seabird would be subject to the common law requirements with respect to breach of privacy and defamation. If a question or concern is raised regarding a specific Seabird employee, we are willing to respond in due course once consent can be properly obtained.”

Essentially, what the statement means, is that the Band cannot talk about or release information about an employee without that employee’s consent. If an employee gives the Band permission, then the Band could talk about that employee’s work relationship with the Band.

Chief and Council and Administration request that any matters or concerns of a personal nature or relating to Seabird Island’s employees be addressed to Chief & Council in confidence, and not be raised in a general meeting. We wish to assure membership that Chief and Council will look into the matters/concerns and address them as required and in accordance to federal regulation.



Chief Clem Seymour

Emergency phone numbers

In an emergency... dial 911

Fortis BC	
Report Gas Leak	911 then 1-800-663-9911
BC Hydro	
Report Power Outage	1-888-769-3766 Report Downed Line 911 then 1-888-769-3766
Police	
Non-Emergency	604-796-2211 Emergency 911
Doctors Office	
604-796-2165	Medical Emergency 911
BC Nurses Line	
811	

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
 - Ssmile at me
 - TTurn 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.



SEABIRD ISLAND BAND

Quarterly Band Meeting

AGENDA

DATE: Wednesday, January 18, 2017

LOCATION: Main Board Room

- 1:00 p.m. – 1:05 p.m. Welcome – Chief Clem Seymour
- 1:05 p.m. – 1:30 p.m. Prayer & Refreshments (light meal)
- 1:30 p.m. – 1:35 p.m. Meeting Etiquette, Agenda
- 1:35 p.m. – 1:50 p.m. Election Code
- 1:50 p.m. – 2:00 p.m. Governance
- 2:00 p.m. – 2:15 p.m. Policy Matrix
- 2:15 p.m. – 2:30 p.m. Answers to Questions from Nov.19/16
- 2:30 p.m. – 2:40 p.m. Education Committee Appointment
Seat Election
- 2:40 p.m. – 3:15 p.m. Portfolio Update
- 3:15 p.m. – 3:45 p.m. General Q & A
- 3:45 p.m. – 3:55 pm. Closing Remarks
- 3:55 p.m. – 4:00 p.m. Door Prizes

*note: handouts will be made available for various projects/programs.



Child-minding care is available.

PLEASE NOTE:

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

COUNCIL MEETING Attendance

2016-2017

(L= late E= early leave, *R= Regrets, A is unexcused absence) *Regrets is an excused absence that has been reported prior to meeting

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 BCRs	X	X	X	R	X	R	X	X	X	X	8 / 10
4/16/2016	Chief & Council	X	X	X	X	X	X	X	X	X	X	10 / 10
4/20/2016	Quarterly meeting	X	E	X	X	X	X	X	X	X	X	10 / 10
4/28/2016	Chief & Council continuation from April 16	X	X	L	X	X	L	X	X	X	X	10 / 10
5/13/2016	Chief & Council	X	X	X	X	X	X	X	X	X	X	9 / 10
5/18/2016	Chief & Council continuation from May 13	X	X	X	X	X	R	E	X	X	E	9 / 10
6/14/2016	Special Chief & Council - SqDC	X	X	X	X	X	X	X	X	X	L	9 / 10
6/17/2016	Chief & Council	X	X	L	X	X	E	X	X	X	X	10 / 10
6/23/2016	Chief & Council continuation from June 17	X	X	X	X	X	R	E	X	X	X	8 / 10
7/4/2016	Special Chief & Council - Final Audit Presentation	X	X	X	X	X	X	X	X	X	X	9 / 10
7/6/2016	Special Chief & Council - Audit Signing	X	X	X	X	X	X	X	X	X	X	9 / 10
7/16/2016	Chief & Council	X	X	R	X	X	X	X	X	X	X	9 / 10
7/20/2016	Quarterly meeting	X	X	R	X	X	R	X	X	X	X	7 / 10
8/11/2016	Chief & Council continuation from July 16	X	X	X	X	X	X	R	X	X	X	7 / 10
8/20/2016	Chief & Council	X	X	E	X	X	R	X	X	X	X	9 / 10
9/14/2016	Chief & Council Special SqDC	X	X	X	X	X	X	X	X	X	X	10 / 10
9/17/2016	Chief & Council	X	X	X	X	X	X	X	X	X	X	9 / 10
9/22/2016	Chief & Council continuation from Sept 17	X	X	X	X	X	X	R	X	X	X	9 / 10
10/22/2016	Chief & Council	X	X	R	X	X	X	R	X	X	X	7 / 10
10/27/2016	Chief & Council continuation from October 22	X	X	X	X	X	X	X	X	X	X	10 / 10
11/16/2016	Chief & Council Quarterly	X	X	X	X	X	X	E	X	X	X	8 / 10
11/19/2016	Chief & Council Meeting (postponed)	X	X	X	X	X	X	X	X	X	X	10 / 10
12/17/2016	Chief & Council Meeting (11/19/16 continuation)	X	R	X	X	X	X	R	X	X	X	7 / 10
		23/23	18 / 23	19 / 23	21 / 23	20/23	18 / 23	18 / 23	22 / 23	23 / 23		
	Council ATTENDANCE RECORD April to December 2016											

Community Events Calendar

(S) Sxexlháat	(M) Yila:wehát	(T) Sthémelts	(W) Shhóh
<p style="text-align: center; font-size: 2em;">1</p> <p style="text-align: center;">New Years Day Closed</p>	<p style="text-align: center; font-size: 2em;">2</p> <p style="text-align: center;">New Years Day (In Lieu) Closed</p>	<p style="text-align: center; font-size: 2em;">3</p> <ul style="list-style-type: none"> • Home Renovation Cheques 9-1 p.m. • Training Application & Funding Request Workshop 9-4 p.m. • Head Start Parents & Tots 10-1 p.m. • Elders College 10:30-1 p.m. • Dental & Doctor Walk-in Clinics 1-5 p.m. • Men's Group 5:30-7 p.m. • Fire Practice 7-9 p.m. • Garbage, Recycle & Compost Day 	<p style="text-align: center; font-size: 2em;">4</p> <ul style="list-style-type: none"> • Elders College 9-1 p.m. • Wellness Pancake Breakfast 10-11 a.m. • Pre and Post Natal 11-1 p.m. • L Test Chapters One to Three • Homework Group 3-5 p.m. • Meals on Wheels 5-6 p.m. • Election Process Info Session
<p style="text-align: center; font-size: 2em;">8</p>	<p style="text-align: center; font-size: 2em;">9</p> <ul style="list-style-type: none"> • Optometry Clinic • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<p style="text-align: center; font-size: 2em;">10</p> <ul style="list-style-type: none"> • Optometry Clinic • Resume & Cover Letter Workshop 9-4 p.m. • Elders Meeting 10 a.m. • Head Start Parents & Tots 10-1 p.m. • Lands Bannock & Tea 10-3 p.m. • Dental & Doctor Walk-in Clinics 1-5 p.m. • Men's Group 5:30-7 p.m. • Fire Practice 7-9 p.m. 	<p style="text-align: center; font-size: 2em;">11</p> <ul style="list-style-type: none"> • Elders College 9-1 p.m. • Wellness Pancake Breakfast 10-11 a.m. • Prenatal Circle 1-3 p.m. • L Test Chapters Four to Six • Homework Group 3-5 p.m. • Meals on Wheels 5-6 p.m.
<p style="text-align: center; font-size: 2em;">15</p>	<p style="text-align: center; font-size: 2em;">16</p> <ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<p style="text-align: center; font-size: 2em;">17</p> <ul style="list-style-type: none"> • Basic Job Search Skills 9-4 p.m. • Head Start Parents & Tots 10-1 p.m. • Elders College 10:30-1 p.m. • Dental & Doctor Walk-in Clinics 1-5 p.m. • Men's Group 5:30-7 p.m. • Fire Practice 7-9 p.m. 	<p style="text-align: center; font-size: 2em;">18</p> <ul style="list-style-type: none"> • Elders College 9-1 p.m. • Wellness Pancake Breakfast 10-11 a.m. • Quarterly Band Meeting • L Test Chapters Seven to Nine • Homework Group 3-5 p.m. • Meals on Wheels 5-6 p.m.
<p style="text-align: center; font-size: 2em;">22</p>	<p style="text-align: center; font-size: 2em;">23</p> <ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<p style="text-align: center; font-size: 2em;">24</p> <ul style="list-style-type: none"> • Hearing Clinic 9-4 p.m. • Head Start Parents & Tots 10-1 p.m. • Elders College 10:30-1 p.m. • Interview Workshop 1-4 p.m. • Dental & Doctor Walk-in Clinics 1-5 p.m. • Men's Group 5:30-7 p.m. • Fire Practice 7-9 p.m. 	<p style="text-align: center; font-size: 2em;">25</p> <ul style="list-style-type: none"> • Elders College 9-1 p.m. • Wellness Pancake Breakfast 10-11 a.m. • Elders Tai Chi 10 a.m. • Bodies in Motion 1-3 p.m. • L Test Open Study & Support • Homework Group 3-5 p.m. • Meals on Wheels 5-6 p.m. • Income Assistance Check
<p style="text-align: center; font-size: 2em;">29</p>	<p style="text-align: center; font-size: 2em;">30</p> <ul style="list-style-type: none"> • Elders Outing • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<p style="text-align: center; font-size: 2em;">31</p> <ul style="list-style-type: none"> • Yoo Hoo Delivery 8-1 p.m. • Head Start Parents & Tots 10-1 p.m. • Elders College 10:30-1 p.m. • Dental & Doctor Walk-in Clinics 1-5 p.m. • Men's Group 5:30-7 p.m. • Fire Practice 7-9 p.m. 	<p style="text-align: center; font-size: 2em;">PLEASE NOTE</p> <p style="text-align: center; font-size: 1.2em;">Safety is a priority</p> <p style="text-align: center;">We need to keep staff safe by providing you with delivery services</p> <p style="text-align: center; font-size: 1.2em;">On delivery days to the door ensure your pets are inside away from the door in order to receive your deliveries</p>

Calendar – January 2017

:xws	(T) Sxeó:thels	(F) Sheqátses	(S) T'óqw'tem
Breakfast 9-10:30 a.m. p.m. Three 1-4 p.m. a.m. m. Session 5 - 7 p.m.	5 <ul style="list-style-type: none"> • Head Start Parents & Tots 10-1 p.m. 	6 <ul style="list-style-type: none"> • Someone So Small • Labour Pool Timesheets Due 	7
Breakfast 9-10:30 a.m. Six 1-4 p.m. p.m. m.	12 <ul style="list-style-type: none"> • Head Start Parents & Tots 10-1 p.m. • Community Kitchen 10:30 a.m. • Labour Pool Timesheets Due 	13 <ul style="list-style-type: none"> • Yoo Hoo Delivery 8-1 p.m. • Someone So Small 	14
Breakfast 9-10:30 a.m. ing 1-4 p.m. to Nine 1-4 p.m. p.m. m.	19 <ul style="list-style-type: none"> • Head Start Parents & Tots 10-1 p.m. • Fentanyl Community Information Session 5 - 6:30 p.m. 	20 <ul style="list-style-type: none"> • SICS & SD 78 Pro-D • Someone So Small • Action Plans Due • Labour Pool Timesheets Due 	21 <ul style="list-style-type: none"> • Chief & Council Meeting
Breakfast 9-10:30 a.m. m. Support 1-4 p.m. a.m. m. que Day	26 <ul style="list-style-type: none"> • Diabetes Management Session & Lab Day 8:00 a.m. • Head Start Parents & Tots 10-1 p.m. • Chief & Council Continuation Meeting 	27 <ul style="list-style-type: none"> • Someone So Small 	28
NOTE: riority! safe so we can keep delivery services. community , please aside or chained-up order to receive your es.	<p style="text-align: center;">Pre & Post Natal and 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 & post natal fitness and is free for First Nations living on-reserve.</p>	<p style="text-align: center;">Elders:</p> <p>On Tuesdays our Elders can meet at the College after 9 a.m. for Elders College between 10 a.m. - 1:30 p.m. Lunch is provided and students are welcome to drop in and socialize with the Elders.</p> <p>On Wednesdays our Elders will have a potluck lunch during Elders College from 9 a.m. - 1 p.m.</p>	



Seabird College

www.seabirdcollege.ca

It's not too late.
Register Now!



Offered in partnership with:



Seabird Island Community School

DOGWOOD / PREREQUISITES

The BC Adult Dogwood Diploma Program allows you to complete the BC Ministry of Education secondary school requirements.

**Or, take your Trades Math or English prerequisite.
Starting January 3, 2017 at 9:00 a.m.**

BUSINESS ADMINISTRATION

Level: Certificate

This program provides training in accounting, business computer applications, data management, business information and management.

Students must have a reliable internet connection and a Windows 7-2009 operating system or newer. Students will be provided with in-class computer access to Microsoft Office (Word, Excel, Access, PowerPoint, Outlook) for in-class coursework.



Offered in partnership with:



CONSTRUCTION CRAFT WORKER

Level: Certificate

Start Date: April 10, 2017

This program prepares students to become entry-level Construction Craft Workers (CCW). CCWs assist skilled tradespersons in construction activities including site preparation, utility piping, concrete work, road construction, selective demolition and underground work.

This is an Industry Training Authority (ITA) program that prepares graduates to enter an apprenticeship with ITA.

Prerequisite: Trades Math starting January 3, 2017.

EARLY CHILDHOOD EDUCATION & CARE DIPLOMA

Level: Diploma

Start Date: January 30, 2017

Early Childhood Education and Care students develop the knowledge and skills necessary to work with young children and their families in diverse early learning settings in British Columbia. Students develop skills through courses and practica designed to integrate academic and practical experiences.

Prerequisite: English 12 starting January 3, 2017.



Offered in partnership with:



Contact Seabird College: Sponsorship may be available to you.

Phone: 604-796-6839 | Email: admissions@seabirdcollege.ca



Offered in partnership with:

Canada

BRITISH COLUMBIA



HEAVY EQUIPMENT OPERATOR

Level: Certificate / Apprenticeship

Start Date: April 17, 2017

This Heavy Equipment Operator program is a 9-week fully accredited Industry Training Authority Road Builder and Heavy Construction Foundation and Heavy Equipment Operator Apprenticeship program. Students will receive the theoretical and practical skills needed to become a skilled entry-level heavy equipment operator.

Applicants must have their class 5 or be booked for their road test before April 2017.

Prerequisite: Trades Math starting January 3, 2017.

INDIGENOUS TEACHER EDUCATION PROGRAM

Level: Bachelor's Degree

Start Date: January 30, 2017

The Indigenous Teacher Training Program is a teacher training program that integrates Aboriginal traditions and cultures into post-secondary education. This program is a University of British Columbia program, in partnership with Seabird College.

Prerequisite: High School 12 English.



Offered in partnership with:



Offered in partnership with:



INTRODUCTION TO TRADES

The Introduction to Trades program provides students with an introduction to the electrician, plumber, machinist/millwright and welder trades so students get a feel for all four.

Prerequisite: Trades Math starting January 3, 2017.

WELDER FOUNDATIONS

Level: Certificate

Start Date: January 30, 2017

This program provides foundational training for welding, utilizing TRU's mobile welding unit. Participants will learn the theories and skills like flame-cutting, brazing and air-arcing, etc. They will learn to work from drawings or by analyzing the job tasks, determine the materials required and welding processes, then use their knowledge of welding to complete the job.

Prerequisite: Trades Math starting January 3, 2017.



Offered in partnership with:



December Housing Waitlist

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

1 BEDROOM

1	12222015-1023
2	02192016-1028
3	02222016-1029
4	04152016-1030
5	04282016-1031
6	05032016-1032
7	05302016-1033
8	05302016-1034
9	05312016-1035
10	01122016-3093
11	07062016-1036
12	07142016-1037
13	07202016-1038
14	09232016-1039
15	09272016-1040
16	10112016-1041
17	11012016-2094
18	11072016-2095
19	12092016-1042
20	12142016-1043
21	12142016-1044

2 BEDROOM

1	07292014-3090
2	02102015-1014
3	07082015-1019
4	07232015-2088
5	08052015-2090
6	11092015-1023
7	01122016-3093
8	01282016-1027
9	02222016-1029
10	02232016-3094
11	04152016-1030
12	04282014-1031
13	05032016-1032
14	05302016-1033
15	05302016-1034
16	06132016-2089
17	07062016-1036
18	02032016-4003
19	07282016-4008
20	07262016-2091
21	07282016-2092
22	09082016-4009
23	10042016-2093
24	10112016-1041
25	11012016-2094
26	11072016-2095
27	11182016-2096
28	05312016-1035
29	12092016-1042
30	12142016-1044

3 BEDROOM

1	12192012-3076
2	02062013-3082
3	02082013-3084
4	03192013-3088
5	07082014-3087
6	07292014-3090
7	12092014-1014
8	04102015-1016
9	01122015-1009
10	01142015-1011
11	02042015-3091
12	04282015-3095
13	07232015-2088
14	08052015-2090
15	08262015-3096
16	07082015-1019
17	12302015-3097
18	12302015-3092
19	01042016-4000
20	01252016-4001
21	02232016-4002
22	02032016-4003
23	04152016-1030
24	05032016-1032
25	05172016-4004
26	05272016-4005
27	06132016-2089
28	07062016-3098
29	07132016-3099
30	07252016-4006
31	07272016-4007
32	07282016-4008
33	09082016-4009
34	09162016-4010
35	10252016-4011
36	10112016-1041
37	11182016-2096
38	11162016-4012
39	12022016-4013
40	12142016-4014



Home Improvement Trust Cheques

January 3 from 9 a.m. - 1 p.m.

Band Members who turned 18 between Jun. 1 - Dec. 31, 2016 are eligible to receive their disbursement cheque.

Please bring your status card or 2 pieces of official ID (1 must be photo ID) to the Band Office and ask to see Jason Ellis.

Can't make it in on January 3?
Contact Jason Ellis at 604-796-2177 to arrange an alternative time.

Please make sure Housing has your current contact information.

We must have a working phone number or email address for all of our waitlist applicants.

Unfortunately, if we cannot contact you within 48 hours to offer you an available unit, we will move on to the next applicant.

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

The New Year, the season of fresh starts... a time for change and healing, a time to get active

Tips on how to make a fresh start...

Step 1 **Review last year with fresh eyes.** Instead of focusing on the bad, focus on the good. Make a list of the good things in your life and of good things that have happened to you. Make a list of how people made you happy, and what you did to please them. Make a list of the things you admire and respect about yourself. *This will lift your self respect and the year will be truly fresh. Respect yourself and others will follow!*

Step 2 **Forgive and forget.** Make peace with yourself and people who may have wronged you. *By moving on you will be clearing some major mind clutter and making room for bigger and better things.*

Step 3 **Pamper yourself.** Whether it's a new haircut, manicure, massage, or new outfit, do at least one thing for yourself. *You will feel refreshed, confident, and ready to dive into the new year.*

Step 4 **Organize your finances.** Review your spending habits from last year, determine what bills can be reduced or eliminated, and create a new budget. *This will guide you towards a more secure year and future.*

Step 5 **Spring cleaning and de-clutter.** Take a few large trash bags and walk around the house, inside and out, collecting things that are broken, unused, and unwanted then throw them away. *By reducing the clutter you will be able to think more clearly.*

Step 6 **Create goals or resolutions.** Think about what you want to accomplish this year. List these goals and display them where you will see them each day. Break up the larger goals into smaller more achievable goals, making them easier and faster to accomplish. *Tracking these accomplishments as you go could keep you motivated.*

There's nothing more refreshing for the mind, body, and spirit than "out with the old and in with the new".

* *Sage & Sweet Grass Incense: The fragrant smoke purifies a room or home of negative energy.* *



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 our 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

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.

*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.**

- Submitted by Human Resources

Comic

WebDonuts.com



Peló:qes - January

Capricorn: December 23 - January 22

Key characteristics: Loving, susceptible, sympathetic, faithful, instinctive, charitable, over-reactive and moody

Flower: Carnation

Birthstone: Garnet

"Character is the ability to carry out a good resolution long after the excitement of the moment has passed."

- Cavett Robert

"And now we welcome the new year. Full of things that have never been."

-Rainer Maria Rilke

Halq'eméylem Word Search

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

Words:

Íyes - Female friend

Íyeseq - Male friend

Íwest - To teach

Éliya - To dream

Éy - Good

qé'leq - Buddy

yoyetal - Cousin

mestíyexw - Person

mamel - Dad

qá:lq - Rose

te alex - Brother

lúwe - It's you

siyá:ye - Friend

spá:th - Black Bear

skw'ílhew - Father-in-law

syewá:l - Ancestors

sqáqele - Baby

stó:les - Wife

shliiyó:lh - Young girl

sts'ó: - Relative

- Submitted by Rose Nijkamp

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

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

PRINT AD RATES

300+ hard copy production
800+ e-mail production
average 1,300 reads on Seabird website.

Advertisement rates (per issue):

Front Page Color: limited availability	
1/4 pg banner (8x2.5)	\$40.00
2.5x 3	\$25.00
Full Color: Greyscale:	
8x10	\$135.00 \$37.50
8x5 or 10x4	\$65.00 \$25.00
3.8x5	\$32.50 \$17.50
2.5x 3	\$20.00 \$12.50

Classified Advertisements .40¢ per word
\$4.00 Minimum

DIGITAL DISPLAY AD RATES

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

Digital advertisements will play no less than 5 times / day

PACKAGES

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

DISCOUNTS AND FEES:

Only one discount may be applied /order.

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

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

DEADLINES

Submissions and Advertisements are due 7 business days prior to delivery

DELIVERY

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

OFFICE HOURS

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

Have an ad or story idea?

E-mail: comm@seabirdisland.ca

Graphic Design / Layout / Formatting

Sandra Bobb 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Website: www.seabirdisland.ca

Editing Committee: Sandra Bobb,

Phaine Wegener, Kristy Johnson,

Lori Burns, Zorana Edwards-Shippentower,

Rose Nijkamp 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 - 10.

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 Tues: 1:00 – 5:30 p.m.

Fri: 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 Dental to 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 Haukland 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 2nd Sunday. Sunday Mass is scheduled for 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: 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.

Final Reviews



Election Process Changes Information Session

January 4 in the Main Boardroom

5:00 - 7:00 p.m.

A light snack will be provided.

In anticipation of next years' General Band Election being held under our Election Code, Chief and Council are holding an information session to review the new election rules defined in the Seabird Island Election Code.

If you are planning to attend, please contact Reception or go to www.seabirdisland.ca to let us know that you wish to attend so that we can 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.

