



the SEABIRD ISLAND

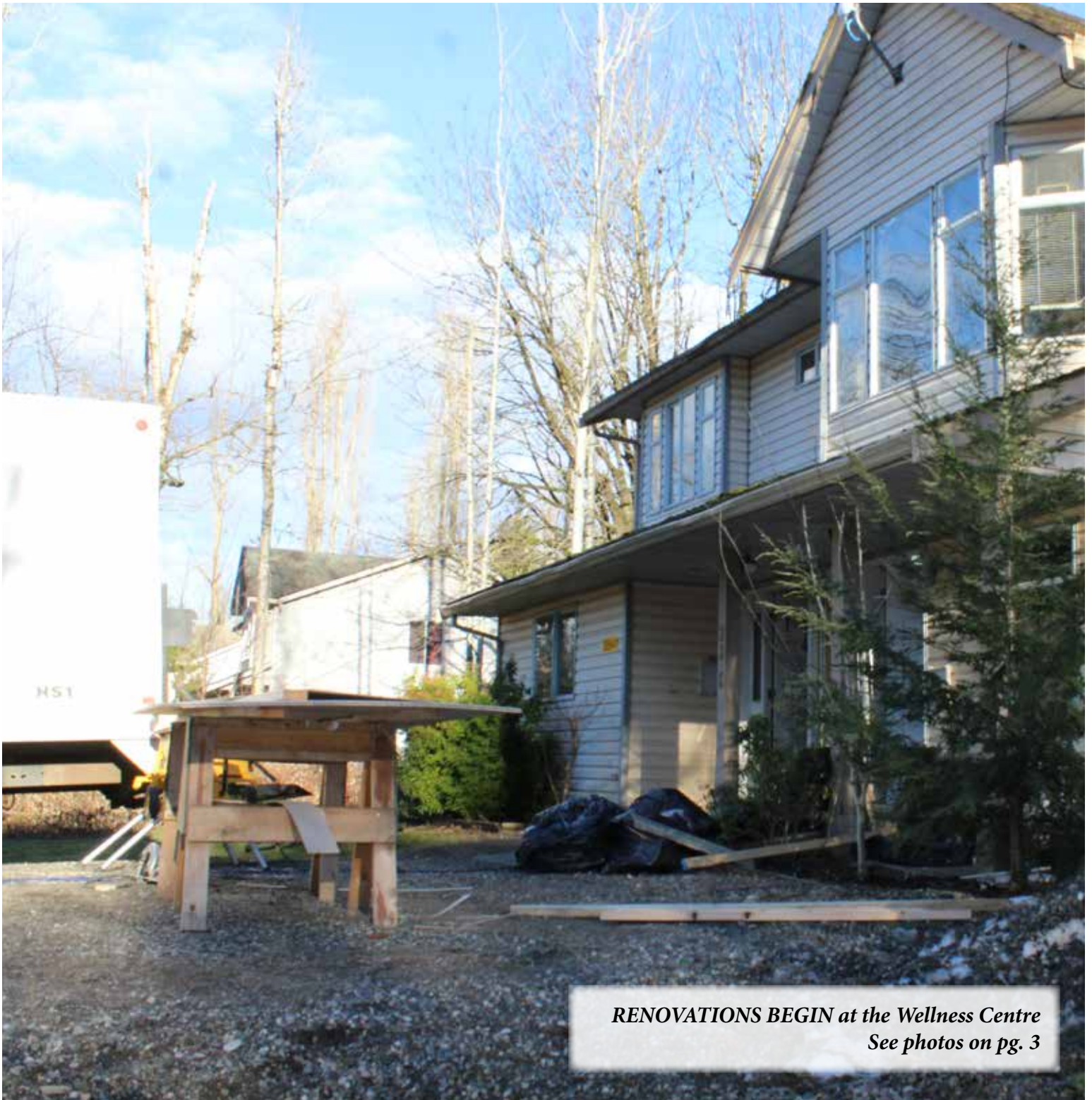
Sq'ewqel

YOO HOO

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

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

February 2017



**RENOVATIONS BEGIN** at the Wellness Centre  
See photos on pg. 3



# INSIDE

MEND.....pg. 2  
 Mens Treatment Facility.....pg. 3  
 Walmart Grant Received.....pg. 4  
 Education Planner BC.....pg. 5  
 Chief & Council Attendance.....pg. 6  
 Chief & Council Nominations.....pg. 7  
 Optometry Clinics.....pg. 8  
 Elders Program Events.....pg. 9  
 Community Calendar.....pg. 10/11  
 Employment, Training & SD.....pg. 12  
 Halq'eméylem Translation Contest..pg. 13  
 Housing Waitlist.....pg. 14  
 5th Period Tutoring.....pg. 15  
 Job Postings.....pg. 16/17  
 Classifieds.....pg. 18/19

## BANNOCK - AND - TEA

**February 7**  
**10 a.m. - 3 p.m.**

### Upcoming Closure:

We will be closed in celebration of Family Day on February 13.

## NALOXONE CAN SAVE YOU



A FENTANYL OVERDOSE CAN BE DEADLY  
**GET A KIT. SAVE A LIFE.**

FRASERHEALTH.CA/OVERDOSE #STOPOVERDOSE

## ADMINISTRATION

# Mind, Exercise, Nutrition...Do It!

Starting January 18, the District of Kent Community Recreation and Cultural Center is offering a FREE program called MEND - Mind, Exercise, Nutrition, Do it!

MEND is a fun, FREE 10-week program for families with 7-13 year olds. The program supports families to live a healthy lifestyle. Groups of up to 15-children, accompanied by at least one parent or caregiver meet with program leaders twice a week for 10-weeks. The first hour is an interactive family session on nutrition and behaviour topics. Followed by one hour of fun exercise for the children, while parents and caregivers meet for support and discussion on topics such as goals and rewards, label reading and problem solving.

The program will take place Mondays and Wednesdays from 5:30 - 7:30 p.m.

There is no cost to take part and siblings are able to attend. Participating families receive a free pass to a program at the Agassiz Community Recreation and Cultural Center on successful completion of MEND.

For more information or to register, call 604-796-8891 or email [menddok@gmail.com](mailto:menddok@gmail.com).

### Chief and Council Meeting

February 18, 8 a.m. - 4 p.m.

### Chief and Council Continuation Meeting

February 23

### PAID ADVERTISEMENT

## TRIBAL TRADERS

ARTS AND CRAFTS FROM AROUND THE WORLD

CARVINGS EMBROIDERY ON CLOTHING PURSES JEWELLERY FIRST NATION ART

**NOW OPEN AT CHILLIWACK MALL**  
#3 45610 Luckakuck Way  
Chilliwack BC

### Hours of Operation

Monday - Wednesday 8:30 a.m. - 5:30 p.m.  
Thursday - Friday 9:30 a.m. - 9:00 p.m.

Saturday 9:30 a.m. - 5:30 p.m.  
Sunday 12:00 p.m. - 5:00 p.m.

## Pancake Breakfast



Wednesdays from 9 - 11 a.m. at Seabird College Room #4

See Tilly Charlie for more information.



# Renovations underway at the Wellness Centre

Renovations are underway at the Wellness Centre to convert the building into a mens treatment facility.

The facility, named the A:yelexw Stabilization and Transitional Living Residence, will provide a culturally sensitive, supportive and caring environment to address addictions and substance use.

Staff will provide health, healing and other services along with programs on-site. The Residence will provide safe, structured and licensed residential addiction services.

Stay tuned for more information.



**You're invited to our Men's Group**

**Tuesdays until February 28 from 5:30 - 7:00 p.m.**  
**at Seabird College Room #4**

---

Come out and join our Men's Group where we discuss topics, including: cultural teachings, traditional roles, medicine wheel and healthy lifestyles.

Facilitated by: Willie Charlie

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





## Youth travel to the Polar Coaster Tubing Park

Twenty-five Youth from Seabird Island traveled to Manning Park Resort for a day of fun at the Polar Coaster Tubing Park on January 20.

The next Youth Outing is scheduled to go to the Escape Rooms February 25.

Youth from Seabird Island are encouraged to take part in future events and outings. Check out our Community Calendar for dates or get in touch with Tara-Lyn Linton.

## Walmart Canada Community Grant awarded to Traditional Food Bank



Seabird Island's Traditional Food Bank was recently selected to receive a \$1,000 Walmart Canada Community Grant.

The grant will be used to supply the Traditional Food Bank with healthy, homemade canned foods.

The Traditional Food Bank has been in operation for years, but in 2014 Seabird Island shifted away from offering "belly fillers" like Kraft Dinner and canned pork and beans and replaced them with healthier traditional foods such as fruit and vegetables, fish caught by local fishermen and wild game hunted by Band Members.



Community Members are invited to 6-session's for creation of a small crochet blanket.

Facilitated by Tilly Charlie

Every Thursday from Jan. 12 - Feb. 16  
from 1 - 3 p.m. at Seabird College  
Room #4.



The B.C. public post-secondary sector and government are working together to develop an online system that will consolidate existing government-supported advisory and application resources for students, making it easier to plan, search, and apply for post-secondary education in B.C.

'Connecting students to post-secondary opportunities and career destinations'

## Why are we doing this?

*EducationPlannerBC* will integrate planning and application services in one website. By using the centralized *EducationPlannerBC* planning resources, students can search for information about various programs, institutions and communities across BC, allowing them to make informed decisions about the programs to which they choose to apply. When students decide to apply to one or more programs, they can then easily complete the application without having to re-enter the same information each time.

## What has already happened?

- Developed and implemented an interim governance structure and strategic framework
- Established Policy, Governance and Technology Working Groups (made up of representatives from across the 25 public post-secondary institutions)
- Launched policy consultations to gather input from across the public post-secondary sector to inform planning and decision making
- Implemented initial system changes—*EducationPlanner* and *ApplyBC* were integrated in to the new [EducationPlannerBC.ca](http://EducationPlannerBC.ca) website. Check it out!!!



## What is happening next?

In early 2017, further changes will be introduced to [EducationPlannerBC.ca](http://EducationPlannerBC.ca). They include:

1. **Expanding existing application services:** ensuring application questions can capture text answers to program specific questions, providing more specific program information and adding the ability upload documents with application forms.
2. **Increasing community visibility:** improving the ability for students to search by community and creating more visible links to existing community information sites.
3. **Making additional improvements:** continuing to enhance the overall user experience of the site.

## What else is happening?

- Consultations will be held with the public post-secondary sector to inform policy, governance and technology decisions
- A Business Case will be developed to guide further activities.
- A new long term governance structure will be developed to operate the system.





# Nomination packages for Chief and Council now available

The Chief and Council nomination period is set to begin February 28 at 9 a.m. Nominations will close on March 10 at 4 p.m.

## How will the nomination process work?

If you are interested or know someone who is interested in running for Chief and Council, obtain a Nomination Package and have the nominee complete the Package and return it to Records or the Electoral Officer.

Nomination Packages will be available on our website and at Band Office Reception starting January 13.

The nomination period officially begins at 9:00 a.m. on February 28.

Completed packages must be submitted by 4:00 p.m. on March 10.

The list of candidates will be posted on March 13. Candidates may withdraw their name from the ballot by March 14.

To pick-up a Nomination Package,  
please go to:

- Band Office Reception
- Our website [www.seabirdisland.ca](http://www.seabirdisland.ca)
- Or contact our Electoral Officer Leona Sam at 604-719-3671 or email [leonasam@outlook.com](mailto:leonasam@outlook.com)  
8161 Atchelitz Road, Chilliwack,  
BC V2R 4H4

**On February 17, our Voters List will be posted at the Band Office as well as on mySeabird for Band Member review.**

**If you do not have a mySeabird account, please go to [www.seabirdisland.ca](http://www.seabirdisland.ca) to sign-up and give 5-business days for processing and approval.**

Election schedule of events (for a full schedule of events, please visit our website)

# Days Before Election	Date Completion Needed By	Actions To Be Taken	By Whom
In the 2 <sup>nd</sup> week of January 2017	January 13, 2017	Nomination Packages including Governance Manual and Election Code made available at office and on website	Seabird Island Staff
Band to start early in the Fall prior to an election year – and complete at least 69 days prior to election	Official Start of Election Process February 9, 2017		Seabird Island Staff Council or designate
68	February 10, 2017	Nomination Documents, including Governance Manual and Election Code, can also be obtained from Electoral Officer at this time	EO and Seabird Island Staff
At 9:00 a.m. at least 50 days	February 28, 2017	Nomination Period Begins	EO/RM
At 4:00 p.m. at least 40 days	March 10, 2017	Nomination Period Ends/Closes and Candidates confirmed	EO/RM
On 39 day	March 11, 2017, or March 13, 2017	EO has posted a tentative list of Candidates and office for which they were nominated	EO
Any time up to the 36 day	March 14, 2017	Last date for Candidates to withdraw their name from the ballot	EO
At least 35	March 15, 2017	Final list of Candidates posted	EO
<b>Day 0</b>	<b>April 19, 2017</b>	<b>Election Day</b>	<b>EO</b>





## Upcoming Elders events



### February 1, 8, 15 and 22 - Wednesday Tai Chi

Join us in the Elders Lounge every Wednesday for Tai Chi from 10 a.m. - 12 p.m. Lunch will be provided in the Elders Lounge after the session.

### February 6, 20 and 27 - Monday Tai Chi

Join us at the Millennium Hall every Monday for Tai Chi from 10 a.m. - 12 p.m. Lunch will be provided in the Elders Lounge after the session.

### February 7 - Elders Monthly Meeting

The Elders Monthly Meeting will be held in the Elders Lounge from 9 a.m. - 12 p.m.

### February 7, 14, 21 and 28 - Elders College

The Elders College will meet from 9 a.m. - 1 p.m. and is open to all College students for support.

### February 27 - Elders Outing

For more information contact Carly Hope, Elders Coordinator at 604-796-2177.

Provided by: Seabird Island Elders Program

# Tai Chi

**1<sup>st</sup> Session Wednesday, February 1  
from 10 a.m. - 12 p.m.**

Two classes a week on Mondays and  
Wednesdays for 8-weeks.

Monday sessions at the Millennium Hall.  
Wednesday sessions in the Elders Lounge.



*Lunch provided in the  
Elders Lounge after  
sessions and  
transportation available.*

*For more information  
contact Carly Hope:  
Office: 604-796-6847  
Cell: 604-845-5449.*

# LETHAL DRUG ALERT

**FENTANYL CAN BE DEADLY  
IN ANY AMOUNT, EVEN A FEW GRAINS  
HOW DEADLY ARE YOUR DRUGS?**

Naloxone Kits  
available without  
prescription at  
Seabird Pharmacy

**ANY DRUG CAN BE  
CONTAMINATED**

**BRING A SOBER BUDDY**

**CARRY A NALOXONE KIT**



**FRASERHEALTH.CA/OVERDOSE**

**#STOPOVERDOSE**

# Community Events Cal

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Slhí
			<p><b>1</b></p> <ul style="list-style-type: none"> <li>• Wellness Pancake Break</li> <li>• Elders Tai Chi 10-12 p.m.</li> <li>• Pre and Post Natal 11-1</li> <li>• L Test Chapters One to</li> <li>• Homework Club 3-5 p.m.</li> <li>• Youth Workshop 5-7 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>
<p><b>5</b></p>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Elders Tai Chi 10-12 p.m.</li> <li>• Youth (10-12) Group 3-5 p.m.</li> <li>• Youth Baking 5-6:30 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Elders Monthly Meeting 9-12 p.m.</li> <li>• Elders College 9-1 p.m.</li> <li>• Training Application/Funding Req. 9-4 p.m.</li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Lands Bannock &amp; Tea 10-3 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Girls Group (10-18yr) 3-5 p.m.</li> <li>• Youth Crafts 5-6:30 p.m.</li> <li>• Men's Group 5:30-7 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Wellness Pancake Break</li> <li>• Elders Tai Chi 10-12 p.m.</li> <li>• Prenatal Circle 1-3 p.m.</li> <li>• L Test Chapters Four to</li> <li>• Homework Club 3-5 p.m.</li> <li>• Youth Workshop 5-7 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>
<p><b>12</b></p>	<p><b>13</b></p> <p style="text-align: center;"><i>Family Day</i> Closed</p>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Elders College 9-1 p.m.</li> <li>• Resume &amp; Cover Letter 9-4 p.m.</li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Girls Group (10-18yr) 3-5 p.m.</li> <li>• Youth Crafts 5-6:30 p.m.</li> <li>• <b>Family Funday Dinner 5-7 p.m.</b></li> <li>• Men's Group 5:30-7 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• <b>Yoo Hoo Delivery 8-1 p.m.</b></li> <li>• Wellness Pancake Break</li> <li>• Elders Tai Chi 10-12 p.m.</li> <li>• L Test Chapters Seven to</li> <li>• Homework Club 3-5 p.m.</li> <li>• Youth Workshop 5-7 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>
<p><b>19</b></p>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Elders Tai Chi 10-12 p.m.</li> <li>• Youth (10-12) Group 3-5 p.m.</li> <li>• Youth Baking 5-6:30 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> <li>• <b>Action Plans Due</b></li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Elders College 9-1 p.m.</li> <li>• Basic Job Search Skills 9-4 p.m.</li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Girls Group (10-18yr) 3-5 p.m.</li> <li>• Youth Crafts 5-6:30 p.m.</li> <li>• Men's Group 5:30-7 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• <b>SICS Stó:lō Day</b></li> <li>• Wellness Pancake Break</li> <li>• Elders Tai Chi 10-12 p.m.</li> <li>• Bodies in Motion 1-3 p.m.</li> <li>• L Test Open Study &amp; Su</li> <li>• Homework Club 3-5 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Youth Workshop 5-7 p.m.</li> </ul>
<p><b>26</b></p>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Elders Tai Chi 10-12 p.m.</li> <li>• Youth (10-12) Group 3-5 p.m.</li> <li>• Youth Baking 5-6:30 p.m.</li> <li>• Elders Outing</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• <b>Yoo Hoo Delivery 8-1 p.m.</b></li> <li>• Elders College 9-1 p.m.</li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Interview Workshop 1-4 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Girls Group (10-18yr) 3-5 p.m.</li> <li>• Youth Crafts 5-6:30 p.m.</li> <li>• Men's Group 5:30-7 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> <li>• <b>Chief &amp; Council Nominations Begin</b></li> </ul>	<p style="text-align: center;"><b>PLEASE N</b></p> <p style="text-align: center;"><b>Safety is a p</b></p> <p style="text-align: center;">We need to keep staff s providing you with d</p> <p style="text-align: center;"><b>On delivery days to the</b> ensure your pets are ins away from the door in o deliveri</p>



# Calendar – February 2017

Days of the Week	(T) Sxe'othels	(F) Sheqá'tses	(S) T'óqw'tem
Breakfast 9-10:30 a.m. Lunch 12-1:30 p.m. Dinner 5-6 p.m. Support 1-4 p.m.	<b>2</b> <ul style="list-style-type: none"> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Boys Group (10-18yr) 3-5 p.m.</li> <li>• Youth Fitness 5:30-7:30 p.m.</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Youth (10-18yr) Drop-in In-House Resiliency 3-8:30 p.m.</li> <li>• Someone So Small</li> <li>• <b>Labour Pool Timesheets Due</b></li> </ul>	<b>4</b>
Breakfast 9-10:30 a.m. Lunch 12-1:30 p.m. Dinner 5-6 p.m. Support 1-4 p.m.	<b>9</b> <ul style="list-style-type: none"> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Community Kitchen 10:30 a.m.</li> <li>• Boys Group (10-18yr) 3-5 p.m.</li> <li>• Youth Fitness 6-8 p.m.</li> <li>• <b>Labour Pool Timesheets Due</b></li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• SICS High School Term 2 Reports</li> <li>• Youth (10-18yr) Drop-in In-House Resiliency 3-8:30 p.m.</li> <li>• Someone So Small</li> </ul>	<b>11</b>
Breakfast 9-10:30 a.m. Lunch 12-1:30 p.m. Dinner 5-6 p.m. Support 1-4 p.m.	<b>16</b> <ul style="list-style-type: none"> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Boys Group (10-18yr) 3-5 p.m.</li> <li>• Youth Fitness 6-8 p.m.</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Youth Drop-in (13-18yr) 3-8:30 p.m.</li> <li>• Someone So Small</li> <li>• <b>Labour Pool Timesheets Due</b></li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Youth Career Fair at Leqámel 10-2 p.m.</li> <li>• <b>Chief &amp; Council Meeting</b></li> </ul>
Breakfast 9-10:30 a.m. Lunch 12-1:30 p.m. Dinner 5-6 p.m. Support 1-4 p.m.	<b>23</b> <ul style="list-style-type: none"> <li>• SICS High School Term 3 Interims</li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Boys Group (10-18yr) 3-5 p.m.</li> <li>• Youth Fitness 5:30-7:30 p.m.</li> <li>• <b>Chief &amp; Council Continuation Meeting</b></li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Youth (10-18yr) Drop-in In-House Resiliency 3-8:30 p.m.</li> <li>• Someone So Small</li> <li>• SICS &amp; SD78 Pro D</li> <li>• OOSC All Day</li> <li>• <b>Income Assistance Cheque Day</b></li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• Youth Outing to Escape Room</li> </ul>
<b>NOTE:</b> <b>Priority!</b> Safe so we can keep delivery services. <b>community,</b> please inside or chained-up order to receive your services.	<p style="text-align: center;"><b>Pre &amp; Post Natal and Prenatal Circle</b>            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><b>Bodies in Motion</b> - NEW class that focuses solely on pre &amp; post natal fitness and is free for First Nations living on-reserve.</p>	<p style="text-align: center;"><b>Elders:</b></p> <p>On Tuesdays our Elders can meet at the College after 9 a.m. to socialize prior to the Elders College session which runs 10 a.m. - 1 p.m. Lunch is provided and students are welcome to drop-in and socialize with the Elders.</p>	

# Recipe Corner with Val Thomson: Cancun Tortilla Soup



*Makes 8 to 10 Servings*

Sauté together in a large soup pot:

- ¼ cup butter
- 3 cups diced onion
- 1 teaspoon cumin
- 1 tsp garlic powder (or 1 clove minced garlic)
- 2 tablespoons paste-style chicken base or  
1 tablespoon granulated soup base

Add the next 3 ingredients and heat until thickened and beans are soft. (The original recipe calls for 2 cups of crushed thick corn tortilla chips to be added along with the water and the tomatoes. But Val omitted this and added her crushed chips right into the bowl when serving.)

- 4 cups diced tomatoes
- 10 cups water
- 5 cups dried refried beans

### Garnish:

- ½ cup diced green onions
- ½ cup chopped cilantro
- 1 diced red bell pepper
- Tortilla chips
- Sour cream

ENJOY!!

## Employment, Training and Social Development

### Stó:lō Career Fair 2017

Stó:lō Nation is hosting a Career Fair on March 1 from 10 a.m. - 3 p.m. at the Tzeachten Community Hall.

If you would like to attend, please see Pearl at the Employment Office or call 604-796-6865 to register.

If there is enough interest, we will provide transportation.

### Employment & Training Workshops

We will be hosting ongoing workshops every Tuesday and Wednesday in the Upstairs Boardroom.

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

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

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

**Resume & Cover Letter:** 2<sup>nd</sup> Tuesday from 9 a.m. - 4 p.m.

**Basic Job Search Skills:** 3<sup>rd</sup> Tuesday from 9 a.m. - 4 p.m.

**Interview Skills:** 4<sup>th</sup> Tuesday from 1 - 4 p.m.

If you a question or would like to register, contact Pearl at the Employment Office 604-796-6865. Drop-ins welcomed.

### 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.

### College Students

Are you still in need of obtaining funding for tuition for your college program? We can help! Come by our Office or call 604-796-6865 to make an appointment with Andrea or Whyles. Drop-ins welcomed.

### 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: February 3 and 17.



# HALQ'EMÉYLEM

## Translation Contest



Semá:th Long House  
2788 Sumas Mtn Rd  
Abbotsford B.C.

**INDIVIDUAL OR TEAMS UP TO 6 ARE WELCOME**  
**DIVISIONS: GR 1-3, GR. 4-8, GR. 9-12 & ADULT**  
**LUNCH WILL BE PROVIDED.**

FOR REGISTRATION INFORMATION CONTACT:  
DIANNA KAY  
604-796-3061 OR [DIANNA@SEABIRDISLAND.CA](mailto:DIANNA@SEABIRDISLAND.CA)  
PLEASE VISIT THE EVENTBRITE PAGE TO REGISTER  
[HTTPS://2017HALQEMEYLEMLANGUAGECONTEST.EVENTBRITE.CA](https://2017HALQEMEYLEMLANGUAGECONTEST.EVENTBRITE.CA)



# APRIL 20, 2017

9:30AM - 1:30PM



Upon registration,  
a word list and supporting documents will be sent.  
Most pronunciations found on First Voices  
<http://www.firstvoices.com/en/Halqemeylem/welcome>

# Housing Waitlist

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

## 1 BEDROOM

1	02192016-1028
2	02222016-1029
3	04152016-1030
4	04282016-1031
5	05032016-1032
6	05312016-1035
7	01122016-3093
8	07142016-1037
9	09232016-1039
10	10112016-1041
11	11072016-2095
12	12092016-1042
13	12142016-1043
14	12142016-1044
15	12282016-1045
16	12282016-2099

## 2 BEDROOM

1	07292014-3090
2	02102015-1014
3	07082015-1019
4	07232015-2088
5	08052015-2090
6	01122016-3093
7	01282016-1027
8	02222016-1029
9	04152016-1030
10	04282014-1031
11	05032016-1032
12	06132016-2089
13	02032016-4003
14	07282016-4008
15	09082016-4009
16	10042016-2093
17	10112016-1041
18	11182016-2096
19	05312016-1035
20	07142016-1037
21	04282015-3095
22	12092016-1042
23	12142016-1044
24	12232016-2097
25	12282016-2098
26	12282016-2099
27	12302016-4015

## 3 BEDROOM

1	12192012-3076
2	02062013-3082
3	02082013-3084
4	03192013-3088
5	07082014-3087
6	07292014-3090
7	01122015-1009
8	01142015-1011
9	04282015-3095
10	07232015-2088
11	08052015-2090
12	08262015-3096
13	07082015-1019
14	01252016-4001
15	02232016-4002
16	02032016-4003
17	04152016-1030
18	05032016-1032
19	05172016-4004
20	05272016-4005
21	06132016-2089
22	07132016-3099
23	07252016-4006
24	07272016-4007
25	07282016-4008
26	09082016-4009
27	09162016-4010
28	10252016-4011
29	10112016-1041
30	11182016-2096
31	11162016-4012
32	12022016-4013
33	07142016-1037
34	04282014-1031
35	02222016-1029
36	12142016-4014
37	12232016-2097
38	12282016-2098
39	01282016-1027
40	12302016-4015
41	01192017-4016
42	01202017-4017
43	01202017-4018



### Did you forget to renew your Housing Application?

If you didn't renew between November 15 and January 1, your number will no longer be on the Housing Waitlist.

If you would like to reapply, contact Rachael or Erna at 604-796-2177.

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.



## 5<sup>TH</sup> PERIOD TUTORING

3 - 4 p.m. Tuesdays & Thursdays

One-on-one tutoring | Supplies provided

Located in Room 116 at  
Agassiz Elementary  
Secondary School

“Wisdom is not a product of schooling but  
of the lifelong attempt to acquire it.”  
- Albert Einstein



## Grade 7 - 12 Student Allowances

**1<sup>st</sup> student allowance payment Dec. 15, 2016**  
(for September, October and November)

**2<sup>nd</sup> student allowance payment Mar. 15, 2017**  
(for December, January and February)

**3<sup>rd</sup> 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 paid by direct deposit 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:

<b>April 1</b>	For September (Fall)
<b>October 1</b>	For January (Winter/Spring depending on institution)
<b>January 1</b>	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 or [cindykelly@seabirdisland.ca](mailto:cindykelly@seabirdisland.ca)  
Cindy Kelly's office is located at Seabird College.

# JOB POSTINGS

## Case Manager

Job ID: JP-2016-090

Under the direction of the Health and Social Development Director, the Case Manager will operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band and within the specifications and regulations of the Community Care Facility Act.

The primary goal of the Case Manager is to support residents with a caring and supported environment in which to address addictions and substance use.

Through a variety of programs, the Case Manager will ensure that residents can access health, healing and other services and programs, through programming in the home and through broader community services, to address the underlying causes of addiction and substance use, and to make choices that are life sustaining and positive.

## Peer House Leader

Job ID: JP-2016-091

Under the direction of the Health and Social Development Director, the Peer House Leader will operate the A:yelexw Stabilization and Transitional Living Residence (STLR) efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band and within the specifications and regulations of the Community Care Facility Act.

The Peer House Leader will ensure that the A:yelexw STLR is run like a family home, with chores, 'family' meetings and goal setting. S/he will also ensure that all residents are provided with a caring and learning environment, equipped to access health, healing and other services and programs through programming in the home and through broader community services, to address the underlying causes of addiction and substance use, and to make choices that are life sustaining and positive.

## Residential Support Worker

Job ID: JP-2016-092

The role of the Residential Support Worker is to support residents struggling with substance use issues possible to facilitate personal growth and relationship building, as well as other duties associated with the recovery home such as cooking, cleaning, charting, participating in group sessions, driving and shopping.

## Dental Office Administrator

Job ID: JP-2017-005

Closing Date: 3 Feb 2017

Dental office administrator will be required to perform a wide range of administrative and support duties relating to the day-to-day operation of the Dental Office, such as handling phone calls and scheduling appointments, as well as dealing with accounts payable and receivable and insurance claims.

## Education Assistant

Job ID: JP-2017-006

Under the supervision of school administration the Education Assistant (EA) will work with students individually or in small groups to deliver activities that reinforce and advance the educational program and make the educational experiences of children more rewarding. EAs will assist teachers in student assessment and evaluation through observation, recording and data collection. At Seabird Island Community School Education Assistants are valued members of the school community and they make a significant contribution to the work of the school and toward the education of all students.

## Work Experience Coordinator

Job ID: JP-2017-002

The Work Experience Coordinator will be primarily responsible for providing students with work opportunities to enable students to gain appropriate practical skills in the work place and to enhance curriculum with appropriate visits and opportunities for the development of social skills.

## Grade 5 Teacher

Job ID: JP-2016-022

Seabird Island Community School is seeking to fulfill the above teaching assignment. Teaching assignment will include; planning and instructing for grade five.

This assignment includes developing and implementing an intramural and extra-curricular program.

Seabird Island Community School is a K-12 Independent school with approximately 220 students. The School has a strong emphasis of incorporating the traditional Halq'eméylem Language and Stó:lō Culture into the curriculum while meeting the academic needs of First Nation students.



## Employment and Social Development Manager

Job ID: JP-2016-078

Under the direction of the Health and Social Development Director, the Employment and Social Development Manager (ESDM) will operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band Management. Programs (with their sub-programs) under the care and supervision of the ESDM include Seabird College, Income Assistance, Employment Services (including the Labour Pool), and Seabird Island Driving School.

## Speech and Language Assistant

Job ID: JP-2016-087

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

## Out of School Care Assistant

Job ID: JP-2016-073

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

## Early Childhood Educator

Job ID: JP-2016-060

Under the direction of the Early Childhood Program Manager, the Early Childhood Educator will provide hands-on child care to children in Seabird Island Band's early childhood education programs on an on-call basis, in accordance with all child care licensing requirements and the philosophies, policies, and objectives established by Management.

Possible programs include the Out of School Care, Daycare etc.

## School Bus Driver

Job ID: JP-2017-001

The On Call Bus Driver is responsible for the safe transportation of students on the assigned route to and from school. The On-Call nature of this position dictates that there is no guaranteed hours or shifts.

## Benefits Administration and Payroll Clerk

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, Administration and Finance.

**View more detailed information about these and other opportunities, or to apply for current opportunities:**

<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.*

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.

- Submitted by Human Resources

# Comic

WebDonuts.com



Gerald knew what had to be done. It was time to thin the herd.

## Temt'elémeches - February

**Pisces:** February 18 – March 20

**Key characteristics:** Compassionate, adaptable, accepting, devoted and imaginative

**Flower:** Water Lily

**Birthstone:** Amethyst

---

*"We must let go of the life we have planned, so as to accept the one that is waiting for us."*

- Joseph Campbell

---

*"Be happy for this moment. This moment is your life."*

- Omar Khayyam

## Halq'eméylem Word Search

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

### Words:

- kwelxá:lxw – Mount Baker
- síq'w'em – Peel cedar bark
- at'l'qeláwtwx – bathroom, toilet, outhouse
- sts'íts'exw – be considerate
- itetáwtwx – hotel, bedroom
- q'á:l – believe
- láts – sometimes
- xwpóysekel – to cycle, to ride a bi-cycle
- th'ómetsel – bracelet
- shxw'ó:met – couch, sofa, chesterfield, place where one sits
- xexá:m – crying a lot
- slewíws – a dress, women's dress
- lexw'éy - generous
- syéxcha – a gift
- kleklekék – glug glug glug
- th'á:le - heart
- yeqwí:les – have heart burn
- láv – husband, wife, honey
- s'éliyá – spirit dream, vision, (any) dream
- p'álq'em – shine like a reflection, reflect, glitter, sparkle

- Submitted by Zorana Edwards-Shippentower



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):

<b>Front Page Color:</b> limited availability		
1/4 pg banner (8x2.5)	\$40.00	
2.5x3	\$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
2.5x3	\$20.00	\$12.50

**Classified Advertisements** .40¢ per word  
\$4.00 Minimum

**DIGITAL DISPLAY AD RATES**

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

Digital advertisements will play  
no less than 5 times / day

**PACKAGES**

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

**DISCOUNTS AND FEES:**

Only one discount may be applied /order.

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

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, 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

### OPTOMETRY CLINIC

March 20 - 22

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.

### 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.

### 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 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.

### 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:** 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 Graphic 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 our office for more information 604-796-2177 or 604-796-6838.

**\* Band Member Funeral Pamphlets:**

- As per Funeral Policy:
- 1<sup>st</sup> 100 colour, 1<sup>st</sup> 150 grey-scale and 1 hour of design time is free.
- Additional time or pamphlets and/or Non-Band Members; inquire for fees.

The Graphic Communications Office is location 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.**





SEABIRD ISLAND


FUN DAY.

FAMILY DINNER



FAMILY  
PHOTOS

FUN



DATE: FEBRUARY 14, 2017  
TIME: 5 PM - 7 PM  
LOCATION: SEABIRD GYM

FOR MORE INFORMATION CONTACT SARAH EWEN@604-798-7208