



the SEABIRD ISLAND

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

April 2018



Seabird Newsletter boxes

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Seabird Island Gets Newsletter Boxes!

Last fall, Communications was tasked with trying to find some used newsletter boxes for super cheap to go into the community. Faced with the discontinuation of door to door distribution for the community, this would be a great way to ensure equal opportunity for Community Members to continue to receive their newsletters.

Sandra looked for deals on-line, sent several emails and made several calls around BC. When she reached out to the Vancouver newspaper distribution office, she got lucky. They had recently discontinued a small free newspaper and pulled a bunch of boxes off the street. The Communications Department hurried down before the recycling trucks came, so they could get as

many as they wanted for free. Sandra and Zorana drove down to Burnaby the next day and loaded the Lands and Government Affairs (LGA) pick-up truck with newspaper boxes.

Since then, LGA hired Sandy Hope to refurbish a majority of the boxes, while some were used for spare parts. We are now in the process of getting these newsletter boxes out into the community. We have 2 in place already; one at the Seabird mail boxes and one at the College. Another 5 will be in place around the community soon.

Watch for the red boxes and pick-up your newsletter, published twice a month.

by: Sandra Bobb

Head Start & Elders College
Temporarily
CLOSED
 for renovations

Facilities
CLOSED
 March 30 - April 2
 for Easter Long weekend
 We will re-open April 3

We are no longer delivering door to door!

You may pick-up your Yoo Hoo at the Lobby of the Band Office or at the **red newsletter boxes** in the Community.

Nature Friendly Option!
 Those who prefer to receive newsletters by email, submit requests to comm@seabirdisland.ca
Listing: Name & email

Join us for our annual Seabird Island
Open House

April 4, 2018 • 11:00 a.m. - 6:00 p.m.
 2895 Chowat Rd. Seabird Island - Band Gym

Visit multiple displays. Finger foods and drinks served. Door Prizes!

Easter schedule of Masses and Church update.

Personal Relationship Healing

I'm very pleased to inform you 6 people from Seabird and Sts'ailes completed the first Personal Relationship Healing (PRH) course. The feedback from the participants was very positive and they all agreed it would be great to see more courses offered to other people.

The course was offered as a 4 day session (Friday – Monday) at the request of the facilitator but it excluded some people from attending the course due to work and other commitments. We had some discussions with the facilitator and he has agreed to the original schedule of Sat and Sun over two consecutive weekends will be offered in the future.

No definite dates have been agreed on yet for the second course, however September would probably be the earliest.

St. Kateri Tekakwitha: the first North American First Nations Saint.

We are currently working on getting a portrait completed of St. Kateri hopefully before her feast day in July. Our Church Council's goal is to raise awareness of our Saint within First Nations communities and the Archdiocese of Vancouver. Our hope is that you will join us in a procession on July 13, at 10 a.m. at Our Lady of Fatima in Sts'ailes.

We will hold up her picture and say the Rosary while we walk on the designated route. After the procession we will meet at the church for a picnic and barbecue. Our plan is to make this an annual event. Next year this event will be held at Seabird. For people who are unfamiliar with the Saint, I have a DVD biography of her life. We will show the film in April in both Seabird and Sts'ailes.

Alpha

Last year we ran a program called Alpha at Seabird. The program is designed to reintroduce people to Christianity who have left the Church, or have never attended. The Church has changed considerably over the last 40 years. The program offers a very relaxed environment for people who might want to take another look at the Church.

We are considering offering the program in Sts'ailes in May, but we would like to hear from people if there is an interest in taking the program. Alpha meets once per week (usually at 6 p.m.). We start the night with a meal provided by the church. Followed by a short 15 min video and a short discussion where people can ask questions. Then we say good night.

by: Deacon Jamie

2018 Easter Schedule

- Good Friday Stations of the Cross 3pm **Seabird** March 30
- Easter Vigil Mass 8pm **Sts'ailes** March 31
- Easter Sunday Mass 11am **Seabird** April 1

Cooperative Education is Alive at Seabird Island Community School

On March 5, 6 and 7 Rachel Charlie, Daemon Naistus, Jasmine McNeil, Hasanah James and Maya McCann spent time with Greg Laychak, a working photojournalist in the Fraser Valley. They learned about and experienced exactly what a career in photojournalism entails. Experiential learning occurred in the following areas:

- Basic camera operation and handling
- Exposure session in a classroom and outdoors
- Understanding aperture, shutter speed and ISO
- Understanding depth of field
- Camera setup for specific subjects/activities
- Effective composition

- Capturing the decisive moment

These learning areas were also reviewed in group discussions. One of the many goals of the Cooperative Education Program is to introduce students to various careers. The students expressed interest in photography/photojournalism. Two students decided to continue further in this field due to their positive learning experience. Daemon and Hasanah will begin in a new mentorship program. More on the mentorship program will ensure.

We look forward to hearing of Daemon and Hasanah's successes!

By: Maurice Bizero

Education Committee Poll (Election)

Wednesday, April 4, 2018 from 2 – 6 p.m.

Open house, Seabird Island Gym

Come and vote for two candidates!

Brooke Bobb-Reid, Celeste Bobb and Richard Parsey

Free Information Sessions

Talk to local doctors and other health professionals on important medical topics.

Join us for Mini Med School Canyon Edition

One hour evening talks followed by a one hour Q&A with community partners.

Fraser Canyon Hospital
Downstairs Conference Room
1275 7th Avenue, Hope

District of Kent
Community Recreation and Cultural Centre
6660 Pioneer Avenue, Agassiz

APRIL 3 **Take My Breath Away**
A guide to chronic respiratory illness and what you can do about it.

APRIL 10 **Don't Worry, Be Happy**
Taking care of your mind & body through mindfulness and self care.

APRIL 17 **I Want a New Drug**
A small-town outlook on the big opioid crisis.

APRIL 24 **O Doctor, Where Art Thou?**
A rural guide to health care from Harrison Hot Springs to Boston Bar and everywhere in between.

Resource Fair starts at 6:30. Sessions are from 7-9 pm.

NO REGISTRATION NEEDED. EVERYONE WELCOME!

DOOR PRIZES REFRESHMENTS RESOURCE FAIR



For more info
email: chilliwackdfp@divisionsbc.ca
divisionsbc.ca/chilliwack/minimed



Status Card and Other ID Photos

Seabird Communications office has qualified personnel who can take quality photos that meet the strict regulations for Status Cards, Passports and Possession/Acquisition Licenses. Each of the 4 photos below have different size and standards that need to be met or your application maybe denied.

Please remember to **book an appointment** to get your Status Card and other ID photos done. Otherwise you may be required to wait or requested to return on another date.

- Regular Status Card Photos \$10.00
- New Status Card Photos (stamped) \$15.00
Cards only available in Vancouver
- Passport Photos (stamped) \$15.00
- PAL/FAC Photos (stickered) \$15.00

To book your appointment, please contact the Communications Office at 604-796-2177



Seabird Island Festival

May 26 - 27, 2018



- Those interested in**
- Registering a team or
 - Setting up as a vendor for arts and crafts or others

Please stop by or contact
Chanea or Angie at 604-796-2177



We thank you in advance for your support of the 49th Annual First Nations Festival.



Yalh Yexw Kw'es Hoy (Thank you)

Thank you to the Seabird Community Members, for your faith in the Seabird Island Band Office and staff. Your support for the organization allows us to grow and continue to offer valuable services back to the community. We could not complete all our good work without each other!

So much of the work our leaders and staff do for the Seabird Island community, goes on without much knowledge of the dedication and hard work completed. Things do not magically get done! The work behind the scenes is detailed and can be more complex than it appears.

Seabird would like to feature the following major accomplishments. Our hands go up to our Council Members, for all they do to accomplish our community goals:

- A big thank you to **Councillor Linda Kay Peters** for attending the Pre-Employment Supports Program (PESP) meeting in Ottawa in February. She highlighted the support and training being provided by Seabird to First Nations 19-24 year olds in our area. Seabird is one of roughly 20 nationally and one of 4 First Nations in BC to host the PESP program. The national gathering showcased the work Seabird Island is doing. It was hosted by the Assembly of First Nations.
- A round of applause to **Councillor Alexis Grace** for stepping in, at 14 hours' notice, to co-present at the Quality Forum in Vancouver on February 22. Hosted by the BC Patient Safety and Quality Council, Alexis Grace

and Carlyne Neufeld presented to a packed room of 120 people, on how we provide health services grounded in Indigenous values, from an Indigenous perspective.

- A big bouquet to **Councillor Marcie Peters and Maggie Pettis** for helping move the courtroom to the longhouse and for standing up for the right of an Indigenous boy to be raised by his Indigenous family. Six lawyers, the Ministry for Children and Family Development, family members, support workers and members of three different Bands all met to end a two year long court battle that had been preventing a young boy from returning to his family. This young man is now enjoying time with all of his siblings, mother, father and extended family.
- Kudos to **Chief Clem Seymour**, for making the call that cemented an agreement that First Nations Health Authority who will provide \$400,000 towards building our new recovery homes.

Social Media and your privacy!

Over the past year or so Facebook and other social media sites have become less popular and are being used less and less. Now a BC Mayor says she is also deleting Facebook. She says, "Its slowly shrinking our brains". Filled with negativity and bullying, it is no longer a place to keep in touch, debate or promote issues.

Facebook has been facing breach of confidentiality issues, where peoples identities are being stolen. The result, Facebook stocks have been plummeting.

Your children's identity is also at risk!

Many people would like to see the age limit raised, so there are less children on social media. Even though this is a good idea, it is already hard to restrict the age limit as it is. Children lie about their age so they can use social media. A poll in the UK "approximately 59% of children have already used a social network by the time they are 10". Many have shrugged it off saying "so what". However age does matter:

- 1. Identity fraud:** Accounts for children under 13, or with a false birthdate...Federal law cannot protect their personal information from being collected and shared with third party advertisers.
- 2. Brains are not fully developed until around age 12:** It's difficult, if not impossible, for children to fully grasp the impact of their actions upon others, online or otherwise.
- 3. Lying is wrong:** If we let our children lie here, where else will they lie? How will this affect the rest of their life? One little lie leads to another and another.
- 4. Facebook depression:** This is a real health term that has come from potential problems with cyberbullying, harrassment, depression, sexting and exposure to inappropriate content.
- 5. Loss of personal social skills:** When you only communicate with devices, it gets hard to talk to people in person.

by: Sandra Bobb

Stolen identity is no joke!

My son said, "Thats why you lock your pictures, so nobody can use them." It's not just somebody stealing your photo and pretending to be you. They are stealing everything! They will review your history, your contacts and more to evaluate you and to create false accounts in your name. Pretty soon you owe \$100,000 and you didn't spend a penny! They are not going to pay it back and its almost impossible to trace, you are left with the bill. This means you can not get a credit card or loan. Your financial account could end up locked and the

bank could start taking your cheques to pay this debt, you won't be able to access your own money. Your credit is ruined!

At the very least people are being reminded to review their privacy settings! At the other end of the spectrum there is a global wide movement to delete Facebook. Some say it is not enough to max out your privacy settings or close your account. Closing your account puts your account on hold, your information and account are still out there. You need to go one step further, after you close your account you need to delete it.

<https://globalnews.ca/news/4105394/how-download-your-facebook-data/>

Age Restrictions

FOR SOCIAL MEDIA PLATFORMS

What is the minimum age for account holders on these social media sites and apps?

<p>Age 13</p> <ul style="list-style-type: none"> Ask.fm Facebook Google+ <i>US and all countries not mentioned under 14 and 16</i> Instagram ooVoo Pinterest Reddit Snapchat Tumblr Twitter LinkedIn <i>all countries not mentioned under age 14, 16 and 18</i> Swarm by Foursquare <p>DATING / CHATTING APPS</p> <ul style="list-style-type: none"> Meet Me Tinder Omegle Skout <i>communities for 13-17 and 18+</i> 	<p>Age 15</p> <ul style="list-style-type: none"> Burn note <i>Common Sense Media rating</i>
<p>Age 14</p> <ul style="list-style-type: none"> LinkedIn <i>United States, Canada, Germany, Spain, Australia and South Korea</i> Google <i>Spain, South Korea</i> 	<p>Age 16</p> <ul style="list-style-type: none"> WhatsApp LinkedIn <i>Netherlands</i> Google+ <i>Netherlands</i>
<p>Age 17</p> <ul style="list-style-type: none"> Periscope <i>Common Sense Media rating</i> Vine Whisper 	<p>Age 18</p> <ul style="list-style-type: none"> LinkedIn <i>China</i> Yik Yak Kik Flickr <i>But kids 13-17 can sign-up with parental permission</i> YouTube <i>But kids 13-17 can sign-up with parental permission</i>

As of June 2016

Disclaimer: For the safety of your child, check the terms of service regularly.


www.digitalparentingcoach.com

Parental advice.

It is highly recommended for parents to limit and monitor their child/ren and their social media accounts closely. It is important that parents evaluate the sites on which their children wish to participate to be sure that the site is appropriate for their age and level of understanding. You are still their parents and should evaluate the situation, have a conversation with your child/ren.

I leave you with this thought... Just because another parent is letting their child/ren jump off the bridge, should you let yours?

Social media benefits:

To be fair social media does have some benefits.

- 1. Community engagement:** raising money for charity, volunteering for local events, news...
- 2. Enhancing yourself or a group:** through development, education and sharing skills.
- 3. Expanding connections:** keep in touch with friends, family and colleagues across the globe.
- 4. Access to help:** Easily access online information about mental and physical health concerns.

May damage your career.

Social media is public knowledge, it is available for everybody to look at that includes your employers and future employers! Your posts could effect your job now and future opportunities
Common mistakes:

- 1. Complaining about your boss or work:** Putting your complaints out there for the world to see is never the way to go. Your posts are not safe from your boss, a colleague might be able to forward them to him or her.
- 2. Sharing a job offer:** A job offer is not a sure thing and if you break confidentiality, they may take back the job offer.
- 3. Reputation:** Stay away from tasteless comments, bikini pictures, alcohol, drugs, and profanity.

May expand your career.

Many people brag about their cooking skills or families, but this is a great place to brag about your work accomplishments as well. Share your knowledge and you will shine for your boss or future employers.

Create your personal brand. Join professional groups to network with coworkers or peers in the same field of work.

by: Sandra Bobb

Makayla invites you to...

LALMETWESAWTEXW

Slahal Tournament

Date: April 11, 2018

Location: Seabird Island Band Gym

Time: 10:00—2:00

LIGHT LUNCH PROVIDED

General Rules:

- two divisions— grade K-6 and 7-12. (teams must be from the same school)
 - All players are school aged.
- 5 players a side minimum 3 players
- Bring your own set, singer(s) , and drum (s)
- Red-rover style
- Bring give-a-way for “buy in”

Contact **Dianna Kay**
dianna@seabirdisland.ca

HALO'EMÉYLEM TRANSLATION CONTEST

TEAM EVENT
Max: 6 per team

Four Divisions
Elementary
Middle
Secondary
Adult

Register your students in the division you think they are capable to compete in. Most importantly, come to have fun and celebrate learning our language!

LIGHT LUNCH PROVIDED

WHEN
APRIL 26TH, 2018
10:00-2:00

REGISTRATION
Dianna Kay
604-796-3061
Fax: 604-796-3068
Email: dianna@seabirdisland.ca

WHERE
Seabird Island Band Gym
2895 Chowat Rd
Agassiz BC



Community Events C

(S) Sxexlhath	(M) Yila:wehát	(T) Sthémelts	(W) Slh
<p>1</p> <ul style="list-style-type: none"> • Seabird Easter Mass 11-12 p.m. 	<p>2</p> <p style="text-align: center; color: blue;">Facilities CLOSED Easter Monday</p>	<p>3</p> <ul style="list-style-type: none"> • Parents & Tots 10-1 p.m. • Dental & Doctor Walk-in Clinics 1-5 p.m. • Homework Club 3-5 p.m. • Fitness Camp Activity Drop-in 5-6:30 p.m. • Fire Practice 7-9 p.m. • Garbage, Recycle & Compost 	<ul style="list-style-type: none"> • Back to School • On the Move 8:30 a.m. • Open House 11-6 p.m. • Pre & Post Natal 11-2 p.m. • Seabird College Writers • Education Committee B • Meals on Wheels 5-6 p.m. • Youth Éyem 13-18 yr 3-
<p>8</p> <ul style="list-style-type: none"> • Sts'ailes Mass 11-12 p.m. 	<p>9</p> <ul style="list-style-type: none"> • Youth 10-12 yr 3-5 p.m. • LAC 4:15-8 p.m. • Meals on Wheels 5-6 p.m. • Youth Baking 5-6:30 p.m. • Garbage, Recycle & Compost 	<p>10</p> <ul style="list-style-type: none"> • Parents & Tots 10-1 p.m. • Bannock & Tea 10-3 p.m. • Dental & Doctor Walk-in Clinics 1-5 p.m. • Homework Club 3-5 p.m. • Fitness Camp Activity Drop-in 5-6:30 p.m. • Fire Practice 7-9 p.m. 	<ul style="list-style-type: none"> • Slahal 10 - 2 p.m. • Pre & Post Natal 11-2 p.m. • Seabird College Writers • Meals on Wheels 5-6 p.m. • Youth Éyem 13-18 yr 3-
<p>15</p> <ul style="list-style-type: none"> • Seabird Mass 11-12 p.m. 	<p>16</p> <ul style="list-style-type: none"> • Youth 10-12 yr 3-5 p.m. • Meals on Wheels 5-6 p.m. • Youth Baking 5-6:30 p.m. • Garbage, Recycle & Compost 	<p>17</p> <ul style="list-style-type: none"> • Parents & Tots 10-1 p.m. • Dental & Doctor Walk-in Clinics 1-5 p.m. • Homework Club 3-5 p.m. • Fitness Camp Activity Drop-in 5-6:30 p.m. • Fire Practice 7-9 p.m. 	<ul style="list-style-type: none"> • SICS Naming Ceremony • Prenatal Class 1-3 p.m. • Seabird College Writers • Youth Éyem 13-18 yr 3- • APALS 4:30-7:30 p.m. • Meals on Wheels 5-6 p.m. • Ed Committee
<p>22</p> <ul style="list-style-type: none"> • Sts'ailes Mass 11-12 p.m. 	<p>23</p> <ul style="list-style-type: none"> • SD78 Pro D Day • Youth 10-12 yr 3-5 p.m. • Meals on Wheels 5-6 p.m. • Youth Baking 5-6:30 p.m. • Garbage, Recycle & Compost 	<p>24</p> <ul style="list-style-type: none"> • Parents & Tots 10-1 p.m. • Dental & Doctor Walk-in Clinics 1-5 p.m. • Homework Club 3-5 p.m. • Chief & Council 5 p.m. • Fitness Camp Activity Drop-in 5-6:30 p.m. • Fire Practice 7-9 p.m. 	<ul style="list-style-type: none"> • Seabird College Writers • Youth Éyem 13-18 yr 3- • Parents & Tots Family N • Meals on Wheels 5-6 p.m. • Seabird Band Quarterly
<p>29</p> <ul style="list-style-type: none"> • Seabird Mass 11-12 p.m. 	<p>30</p> <ul style="list-style-type: none"> • Youth & Elders Dinner 3-5 p.m. • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost 		<p style="text-align: center;">We are no longer to residents</p> <p style="text-align: center;">You may pick-up y at the Lobby of the Bar red newsletter boxes in</p> <p style="text-align: center;">Nature Friend</p> <p style="text-align: center;">Those who prefer to r by email, submit comm@seabir Listing: Nam</p>

Calendar – April 2018

Days	(T) Sxe'othels	(F) Sheqá'tses	(S) T'óqw'tem
<p>4</p> <p>m. Group 3-4 p.m. Collection 2 - 6 p.m. m. 5 p.m.</p>	<p>5</p> <ul style="list-style-type: none"> • Parents & Tots 10-1 p.m. • Youth 13-18 yr "Who We Are" 3-5 p.m. • Youth Council 5-6 p.m. • Easter Dinner 5-7:30 p.m. 	<p>6</p> <ul style="list-style-type: none"> • Youth Drop in 3-8:30 p.m. • Someone So Small 	<p>7</p>
<p>11</p> <p>m. Group 3-4 p.m. m. 5 p.m.</p>	<p>12</p> <ul style="list-style-type: none"> • Parents & Tots 10-1 p.m. • Youth 13-18 yr "Who We Are" 3-5 p.m. 	<p>13</p> <ul style="list-style-type: none"> • Resiliency Drop-In 3-8:30 p.m. • Someone So Small 	<p>14</p>
<p>18</p> <p>y 1 p.m. Group 3-4 p.m. 5 p.m. m.</p>	<p>19</p> <ul style="list-style-type: none"> • Parents & Tots 10-1 p.m. • Youth 13-18 yr "Who We Are" 3-5 p.m. • Youth Council 5-6 p.m. • Prayer Circle 6:30 p.m. 	<p>20</p> <ul style="list-style-type: none"> • SICS Pro D Day • Youth Drop in 3-8:30 p.m. • Someone So Small 	<p>21</p>
<p>25</p> <p>Group 3-4 p.m. 5 p.m. Night 4:30-7:30 p.m. m. Meeting 5-8 p.m.</p>	<p>26</p> <ul style="list-style-type: none"> • Parents & Tots 10-1 p.m. • Halq'eméylem Translation Contest 10-2 p.m. • Youth 13-18 yr "Who We Are" 3-5 p.m. 	<p>27</p> <ul style="list-style-type: none"> • Someone So Small 	<p>28</p>
<p>Home delivery options! your Yoo Hoo and Office or at the in the Community. Home Delivery Option! Receive newsletters at requests to disland.ca ne, email</p>	<p>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? Text or call Diana Phan at 604-765-8769 or 604-796-6858 Bodies in Motion focuses solely on pre & post natal fitness and is free for First Nations living on-reserve.</p>	<p>NOTE: "Some Youth events may change. For the most up to date information, contact Angie Chapman at 604-798-6524 or angie@seabirdisland.ca to be part of our weekly updates."</p>	<p>Head Start & Elders College Temporarily CLOSED for renovations</p>

April 2018 Housing Wait-list**1 BEDROOM**

1	04282016-1031
2	09232016-1039
3	06152017-5001
4	08222017-6006
5	11162017-6009
6	02222016-1029
7	01032018-5010
8	01032018-5011
9	01032018-5012
10	09202017-5007
11	10042017-7007
12	02102015-1014
13	01192018-5013
14	01192018-5014
15	01302018-5015
16	08242017-5006
17	03052018-5016
18	05312016-1035

2 BEDROOM

1	07082015-1019
2	01122016-3093
3	04282014-1031
4	05032016-1032
5	02032016-4003
6	11012016-2094
7	07142016-1037
8	12142016-1044
9	12302016-4015
10	01252017-1046
11	06152017-5001
12	08222017-6006
13	09062017-7005
14	10042017-6008
15	10042017-7007
16	11162017-6009
17	02222016-1029
18	12122017-6013
19	12122017-6010
20	12282016-2098
21	01032018-5011
22	03192013-3088
23	03152017-6000
24	08172017-6005
25	06152017-5000
26	08232017-6007
27	01222018-6011
28	01242018-6012
29	01302018-5015
30	05312016-1035

3 BEDROOM

1	12192012-3076
2	02082013-3084
3	07082014-3087
4	01122015-1009
5	01142015-1011
6	07082015-1019
7	01252016-4001
8	02232016-4002
9	02032016-4003
10	05032016-1032
11	07252016-4006
12	07272016-4007
13	07142016-1037
14	04282014-1031
15	12142016-4014
16	12232016-2097
17	12302016-4015
18	01192017-4016
19	09062017-7005
20	10042017-7007
21	11162017-6009
22	12122017-6013
23	12122017-7009
24	12122017-7010
25	12122017-7011
26	12202017-7012
27	02022017-4019
28	01032018-6010
29	12282016-2098
30	03192013-3088
31	03152017-6000
32	08172017-6005
33	05272016-4005
34	06152017-5000
35	01162018-7013
36	08232017-6007
37	01222018-6011
38	02232018-7014
39	07292014-3090
40	08092017-6004

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

Don't know your waitlist number? Contact your Housing Department to see where you sit on the waitlist! 604-796-2177.

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

REMINDER! Housing applications must be renewed before JANUARY 1st each year to remain on the list! Anyone who did not renew came off the list and must now reapply if interested.

Seabird on the Move 2018

Coming up on April 4.

We will have children running on Seabird Island Rd. for this event. We would like to request everyone who owns dogs along the run route, to please keep your dogs be tied up or kept inside your homes so as not to disturb any of the participants on the roadside. This would be greatly appreciated by all.

It is time once again...put on your shoes and grab a few friends.

Join a walking group or start your own.

Be ready for race day on April 4!

Event starts at the school at 8:30 a.m.



See your health staff to register.

You must register by March 12 to get a shirt...and the shirts are awesome!

Run walk program

This program is separate from the "On the Move - Nutrition Run"! This fitness training program runs daily and wants to keep our community members and staff safe so please safely tie up your dogs.

Our walking routes are:

- around the loop aka from the band office to the school and around Stih'tsem Road
- Band office to the Gas Bar
- Band office to Peters Road

When pedestrians are on the road please slow down.

Thank you from Seabird Nutrition Team

New Staff- Family Support Worker

Hi my name is Randy Wheeler. I am originally from northern BC, Peace River country but have lived in the Okanagan Similkameen region for the last 35 years.



After much prayer, soul searching and discussion with my wife, Sharlene. We recently made the decision to "pull up stakes" and move to your beautiful territory in order to be closer to family; especially our grandchildren. We have two boys, both married, one in Agassiz, the other in Victoria.

I loved my job working with the Upper and Lower Similkameen Indian Bands as their Family Support Worker for the past 6 years and I am very grateful and excited to have been offered a similar position with Seabird Island. Prior to being a family support worker I spent many years working with "at risk" youth in various settings such as: running youth drop-in programs and leading multi-day wilderness trips. (canoeing, hiking, biking, snowshoeing etc.)

I still enjoy the outdoors and try to get out there as much as possible. Cycling, hiking and skiing are my favorite activities. Other hobbies include fixing bikes and keeping my old vehicles on the road.

Please don't hesitate to contact me if you have questions or just want to say hi. I look forward to meeting you.

EMPLOYMENT, TRAINING AND SOCIAL DEVELOPMENT

Quote of the Month

“Change your thoughts and you change your world” –Norman Vincent Peale

Job Opportunity

Metric Modular (formally Britco)

We offers steady shifts
Monday - Friday
7:00 a.m. - 3:30 p.m.

Full-time positions in:

- Framing
- Interior Finish
- Plumbing – Journeyman Plumbers
- HVAC
- Cabinets - builders and installers

A family orientated company with a great culture and opportunities for advancement.

They also offer excellent benefits to employees and families, including; MSP, extended health, dental and matching RRSP benefits.

For more information about Metric Modular or to apply please visit our career page at www.metricmodular.com

Career Fair

We held a successful career fair in March. With over 200 visitors and 30 exhibitors in attendance. We hope this will become an annual event.

Monthly Action Plans

Monthly action plans are due a week before Income Assistance day. 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 record to their appointment.

Driving School



We offer driving lessons, with the use of our vehicle for all class 7N and 5 road tests. Please call Hillary at 604-796-6865 to schedule an appointment with Jim.

Labor Pool

Labour Pool is accepting applications for casual/temporary employment. This program is in place to assist anyone in the community that would like to work on call for the Seabird Island Band. Must be 16 years+. Please stop by our office if you are interested.

Funding Packages

Andrea and Whyles are available to meet with you regarding funding options if you plan on taking an accredited educational program. Please call to set up an appointment at 604-796-6865.

Self- Serve Options

We have computers and a printer available for anyone in the community that would like to job search, create resumes or research educational programs. We are happy to assist you and offer guidance if needed.

JOB POSTINGS

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

<https://seabirdisland.startdate.ca>

Housing Maintenance Supervisor

The Housing Maintenance Supervisor reports to the Housing Program Manager. The Housing Program is designed to provide high quality housing options to Band Members. This program includes performing regular repairs, renovations and maintenance to the interior and exterior of all units owned by the Band. The Housing Maintenance Supervisor (HMS) takes a hands on approach to leading the Housing Maintenance Crew, by identifying needs and priorities, and recommending workable solutions to the Housing Program Manager.

Once tasks are assessed and prioritized the Housing Maintenance Supervisor; assesses needs, orders supplies and assigns staff to ensure that the projects are completed in the most efficient and effective manner possible. The Housing Maintenance Supervisor will be expected to provide staff and tenants with accurate information regarding budget and time line expectations. The Housing Maintenance Supervisor will also provide leadership and mentoring to the Housing Maintenance Crew.

School Vice Principal

The Vice Principal assists the Principal in the administration, leadership, supervision and operation of the Seabird Island School. The Vice Principal provides quality B.C. curriculum a learning environment that promotes language and reinforces the personal values of self-reliance, generosity, honesty, adaptability and respect for self, others and the environment.

The Vice Principal must fulfill his/her responsibilities with high ethical and moral standards and serves as a positive role model for staff and students.

Supported Child Development Program (SCDP) Consultant

Under the supervision of the Supported Child Care Supervisor, Supported Child Development Program Consultant will provide front line support to children with extra support needs and assist them to fully participate in a child care setting.

Health Administrative Assistant

Under the direction of the Health Administration Officer of the Health and Social Development Department, the Administrative Assistant will operate efficiently in accordance with the philosophies, policies and objectives established by Seabird Island Band Management. The Administrative Assistant will be responsible for providing support to the managers and supervisors of the health department, including but not limited to everyday tasks like filing, record keeping, report preparation, scheduling, creating newsletters and data entry.

Certified Dental Assistant

The Certified Dental Assistant (CDA) will greet and prepare patients for dental exams and procedures. The CDA will be trained to use a variety of dental equipment and they will assist the Dentist during dental and oral procedures and instruct patients on post-operative and general oral health care. This position will also be responsible for maintaining dental equipment, sterilizing instruments and ensuring necessary items are stocked and managing day-to-day office operations.

Grade 7 Teacher

Seabird Island Community School is seeking to fill the position of a Grade 7 teacher. We believe that a strong literacy and numeracy program that nurtures children's curiosity gives them the tools to successfully transition into high school from middle school. We are in search of a kind, patient, focused educator who understands student's motivations, encourages students to take calculated risks and has high expectations of our students.

Kindergarten Teacher

Seabird Island Community School is seeking to fill the position of a K4 teacher. We believe that kindergarten readiness requires indicators of success in social, emotional, physical, spiritual and cognitive domains. It also requires a preparatory information plan prior to admission to the formal kindergarten program to achieve the greatest success possible for each student.

Elder at School

For generations Elders have passed on their knowledge, culture, tradition and wisdom. Here at Seabird Island Community School / Lalme'Iwesawtexw, we are looking for an Elder to assist and support students' success and be present as a "grandparent" to comfort and be there when students need to talk.

In collaboration with other staff and administration, the Elder will be a positive role model for Seabird Island Community School student body, staff, administration and Community Members. The Elder helps promote and intentionally create a culturally safe and accessible environment for learning and a vibrant sense of community amongst a diverse group of students. (S)He will serve as an ambassador of Stó:lō culture and heritage and strive to promote culture, education and diversity.

Youth Worker

The Youth Worker will be directly responsible for engaging Band Youth (age 12 - 19) in a variety of activities that will supplement their growth and development. Activities will include local and distant activities that are both large and small scale. The successful candidate will also connect their clients with needed programs and services such as driver's education, health services, mentorships, and social supports.

The Youth Worker will be expected to develop strong and healthy relationships with youth that will include in-depth discussions/workshops and support related to youth issues such as suicide, sexual education, gender, mental health, drugs and alcohol, and developing healthy relationships. The incumbent must be able to engage and encourage youth while maintaining an appropriate relationship with all of the Youth. This position will require a flexible schedule to meet the needs of the Band Youth. Given the schedule of the client base (school) most shifts will be evenings and weekends.

Records Clerk

Under the direction of the Records Manager, the primary function of this position is to assist in the planning, identification, organization, coordination, maintenance and delivery of records management, data monitoring and compliance reporting.

Residential Support Worker

The role of the Residential Support Worker is to support residents struggling with substance use issues. 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.

Cultural Coordinator

Reporting to the Director of Education, the Cultural Coordinator will assist with the development and delivery of cultural community projects and programs that integrate traditional teachings which balance the mental, emotional, spiritual and physical aspects of culture acquisition for Seabird Island Band. The Coordinator will ensure that all Band programs and ventures remain culturally relevant this is especially important during celebrations and ceremonies.

This position is also responsible for developing funding applications and proposals, including the budgets related to present and future cultural projects and programs for Seabird Island Band.

Child & Family Services Manager

Under the direction of the Health and Social Development Director, the Child and Family Services Manager (CFSM) will operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band Management and within the specifications and regulations of the Community Care Facility Act. Programs under the care and supervision of the CFSM will include: A:yelexw Men's and Women's Recovery Homes, A:yelexw Family Home, Seabird Health Counselling, Family Support, Wellness / Justice, Child and Family Services (MCFD, Xoylhemeylh).

The CFSM plays a key role in the delivery and integrity of services in Child Protection, Family Support, Addictions Recovery, Social Work and Counselling, ensuring the mental, physical and spiritual safety of clients and client families. The CFSM will ensure strong cultural values and direct programming that builds family bonds and resilience as well as a grounding in culture and community supports.

The programs in this portfolio require that the CFSM regularly and professionally interact with regulating bodies and other off reserve services: Ministry of Children and Family Development, Fraser Health, First Nations Health Authority, Social Workers, Law Enforcement, Correctional Services, Court and Legal systems, Local and Provincial mental health services, and others.

General Applications

While uploading your resume, mention the position you are interested in next to your name. If you don't see a job opening matching your profile on our website then you can apply under the General Applications Category.

Please ensure you have received confirmation for your online submission. Job postings are also available at the Band Office and the Employment Office. If you have not received confirmation, email: humanresources@seabirdisland.ca.

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.

Comic



April / Temkwikwexel

“Time for baby sockeye salmon”



Aries

March 21 - April 19



Key characteristics: Assertive, strong and determined, a natural leader. Natural charm and grace, you have confidence that attracts a wide variety of friends and business partners.

Flower: Honeysuckle

Birthstone: Diamond



Taurus

April 20 - May 20



Key characteristics: Reliable, patient, practical, devoted, responsible, stable.

Flower: Poppy

Birthstone: Emerald

Quote of the Month:

“Communication works for those who work at it.” John Powel

Halq'eméylem Word Search

t	í	k	e	k	e	:	é	w	'	e	é	:	y	l
w	y	:	w	w	m	y	y	q	é	y	l	e	m	t
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by: Zorana Edwards-Shippentower

Words:

- 1) í:meth - Grandchild
- 2) eweltì:l - a race
- 3) álewem - to stay home
- 4) óyém - Slow or late
- 5) óléxem - look for fish
- 6) ó:lmetse - to wait around
- 7) mékw'et - pick it up
- 8) móleqwet - mix them up
- 9) meqsélem - clean your nose
- 10) melqiwsem - to faint or pass out
- 11) chelhqí:l - roof of your mouth
- 12) kwéltsestel - pot-holder
- 13) kwólòmèt - to get away
- 14) kwetxwí:lem - go inside
- 15) kw'íy - to climb up
- 16) kw'emét - to bring up a child
- 17) yéqweltsep - To make fire
- 18) yóyeqw'em - perspiring
- 19) qíqe'els - Policeman
- 20) qéylemt - Put it away

ADVERTISING RATES

PRINT AD RATES PER ISSUE

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

Front Page Colour: limited availability

1/4 pg banner (8"x2.5") \$40
2.5"x3" \$25

	Colour:	Grey-scale:
8"x10"	\$135	\$37.50
8"x5" or 10"x4"	\$65	\$25
3.8"x5"	\$32.50	\$17.50
2.5"x3"	\$20	\$12.50

Classified Advertisements

.40c per word \$4.00 Minimum

DIGITAL DISPLAY AD RATES

Weekly Rates	15 sec	30 sec	60 sec
Full Screen	\$20	\$40	\$50
Banner	\$10	\$20	\$30

Digital advertisements will play
no less than 5 times a 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	\$100	\$140

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
Returned Cheque	\$35
Late Fee	+3%

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

DEADLINES

Submissions and advertisements are
due 7 business days prior to delivery.
Contact comm@seabirdisland.ca.

DELIVERY

Twice a month. The 15th of each month
(or closest business day) and the last
business day of each month.
Deliveries will not take place on Mondays.

CONTACT US

Have an ad or story idea?
Email comm@seabirdisland.ca
Monday to Friday 8:00 a.m. - 4:00 p.m.
Closed on all statutory holidays.
www.seabirdisland.ca

Advertising sales and design:
Sandra Bobb 604-796-6838 or email
sandrabobb@seabirdisland.ca

Editing Team: Sandra Bobb, Lori Burns,
Zorana Edwards-Shippentower,
Pearl Penner, Kristy Johnson, Gina Peters
and Phaine Wegener (on-leave)

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 Seabird Island.

Letters to the Editor must be under 300
words and include your name, phone
number, status number, signature (not for
publication), as well as date/year submitted.

We reserve the right to revise, edit and/or
reject any advertisement or
story submissions.



Classifieds

OPTOMETRY CLINIC

Book now for the next clinic dates:
TBA

Recommended annual checkups for
children under the age of 19 and every
2 years for ages 19-64.

Elders 65+ 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

Accepting new STATUS PATIENTS

Open Monday through Thursday
8:30 a.m. - 5:30 p.m.

Closed Fridays

DENTAL WALK-IN PAIN CLINICS

Every Tuesday from 1:00 - 5:00 p.m.

Patients will be screened and those with
most urgent problems will be seen first.
Others seen on a first come, first serve basis.

Contact the Dental Clinic 604-796-6853.

BUILDING BOOKING AND MEETING ROOMS

To book the Band Office gymnasium,
boardrooms and Millennium Hall, please
complete a Rental Form. Forms are available
at the Office.

Contact Angie Chapman 604-796-2177.

FIELD LIGHT BOOKING

► \$2.⁵⁰ for Band Members and

► \$8.⁵⁰ for Non-Band Members.

Contact Angie Chapman 604-796-2177.

VOLUNTEERS REQUIRED

Would you like to help during events with
set-up, clean-up, cooking, decorating or
child minding?

Contact Angie Chapman 604-796-2177.

SIFD FIRE PRACTICE

Tuesdays 7:00 - 9:00 p.m.
Now recruiting new members.

Contact the Fire Hall 604-796-2177.

ALCOHOLICS ANONYMOUS MEETING

Every Tuesday night at 7:00 p.m. at the
Seabird Island Community Hall.

AA in BC website: www.bcayukonaa.org

BABIES ID CARDS

Apply for a medical care card as soon
as possible.

Contact Maggie Pettis 604-796-2177.

Apply for Status Cards as soon as possible.

Contact Carol Hope 604-796-2177.

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.
2 garbage bags per household per week.

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. Bin bookings currently postponed.

Contact Public Works 604-796-6844.

PRINTING SERVICES

Graphic Communications provides the
following paid services:

- Printing/copying services
- Status card photography
- Lamination
- Advertising and more

Contact Sandy Bobb 604-796-2177.

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.

FUNERAL PAMPHLETS

As per Seabird Funeral Policy, the first
100 colour and 150 grey-scale funeral
pamphlets, as well as 1 hour of design time
is free for all Band Members. Additional
design time or pamphlets can be requested
for a fee.

We can also assist with pamphlets for
non-Band Members, inquire for fees.

Contact Sandy Bobb or Kristy Johnson
at 604-796-2177.

SEABIRD CHURCH

Mass: 11 a.m. - 12 p.m.
April 1, 15, 29

Prayer Circle:

Contact Deacon Jamie 604-491-3053 or
604-615-5677

EMERGENCY / SECURITY

EMERGENCY 911
GRIFFIN SECURITY 604-703-0888

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.

We can only provide assistance to those
with a status number.

Unfortunately, ambulance bills will not
be covered if you were also incarcerated
in jail. Ambulance Billing will know if
you were incarcerated based on the bill's
address. Please do not bring these in as
they will be denied and it will be the client's
responsibility to pay.

Please note, if you were taken home in an
ambulance after a stay in the hospital, this
will not be covered and it will be the client's
responsibility to pay.

Contact Maggie Pettis 604-796-2177.

MEDICAL CARDS

Need to apply for a new medical card
because it was lost or stolen? We can assist
you when applying for a new one.

Each client is responsible for paying for their
medical cards. If they've been lost or stolen
more than two times the cost is \$20 for each
new card.

Please note, we do not assist with
BC ID applications.

Contact Maggie Pettis 604-796-2177.

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.

Classes starting soon!

Construction Craft Worker

- 2 month program includes:
- Use safe work practices
 - Use tools and equipment
 - Organize work
 - Site work
 - Scaffolding and access equipment
 - Concrete work
 - Utilities and pipeline
 - Roadwork
 - **Starting April 2018!**

**Sponsored seats available!
Everyone welcome to register and attend!**

Carpentry and Construction

- 8 month program includes:
- Reading and interpreting drawings
 - Using specialty equipment
 - Site and building layout
 - Building concrete forms
 - Framing a building
 - Finishing internal and external details
 - Prerequisites: Grade 12 preferred, Math 11 and English 12
 - **Starting September 2018!**



Seabird College
604-796-6839
schapman@seabirdisland.ca



Professional Cook Level 1

**Starting September 2018
Sponsored seats for First Nation Students**

Program Summary:

This professional cook program provides comprehensive hands-on training to gain the skills to work in a professional kitchen. This is a 10 month program that provides 800 hours of instruction and includes 120 hours of workplace based practicum as well. Includes Food Safe level 1, WHMIS, First Aid.

Course Description:

- Occupational Skills
- Stock, Soups and Sauces
- Vegetables and Fruits
- Starches
- Meats and Poultry
- Seafood
- Garde Manger - dressings
- Breakfast and Dairy
- Baked Goods
- Beverages

Everyone Welcome



Seabird College
PO Box 650
2812 Chowat Road
Agassiz, BC V0M 1A0

Ph: 604-796-6839
Fax: 604-796-1224
www.seabirdcollege.ca
E: schapman@seabirdisland.ca

 Find us on Facebook

**Aboriginal
Liaison Worker**

**Starting September 2018
Sponsored Seats for
First Nation Students**

Must have Grade 12 or equivalent. Everyone Welcome.

Program Description

This program prepares graduates to work with people working to overcome barriers in home and work life. Graduates could find employment in recovery homes for those struggling with addictions, in homeless shelters, group homes or as employment support workers.

This program focuses on knowledge of trauma and root causes of marginalization. It teaches skills needed by front line workers in identifying barriers, teaches professional ethics and standards, philosophies in helping, adaptive technologies, communications, and creating inclusive communities.

This is an 8 month course that provides 770 hours of instructional time and 200 hours in a practicum placement.

Program Summary

- Sto:lo History
- All my Relations: Working with Aboriginal Clients
- Sto:lo Traditional Ways of Healing and Helping
- Understanding Substance Use
- An Indigenous Approach to Emotional Competency
- Fetal Alcohol Spectrum Disorder
- Interconnected Risk
- Concurrent Disorders Planning



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