



the SEABIRD ISLAND

Sq̓éwq̓el

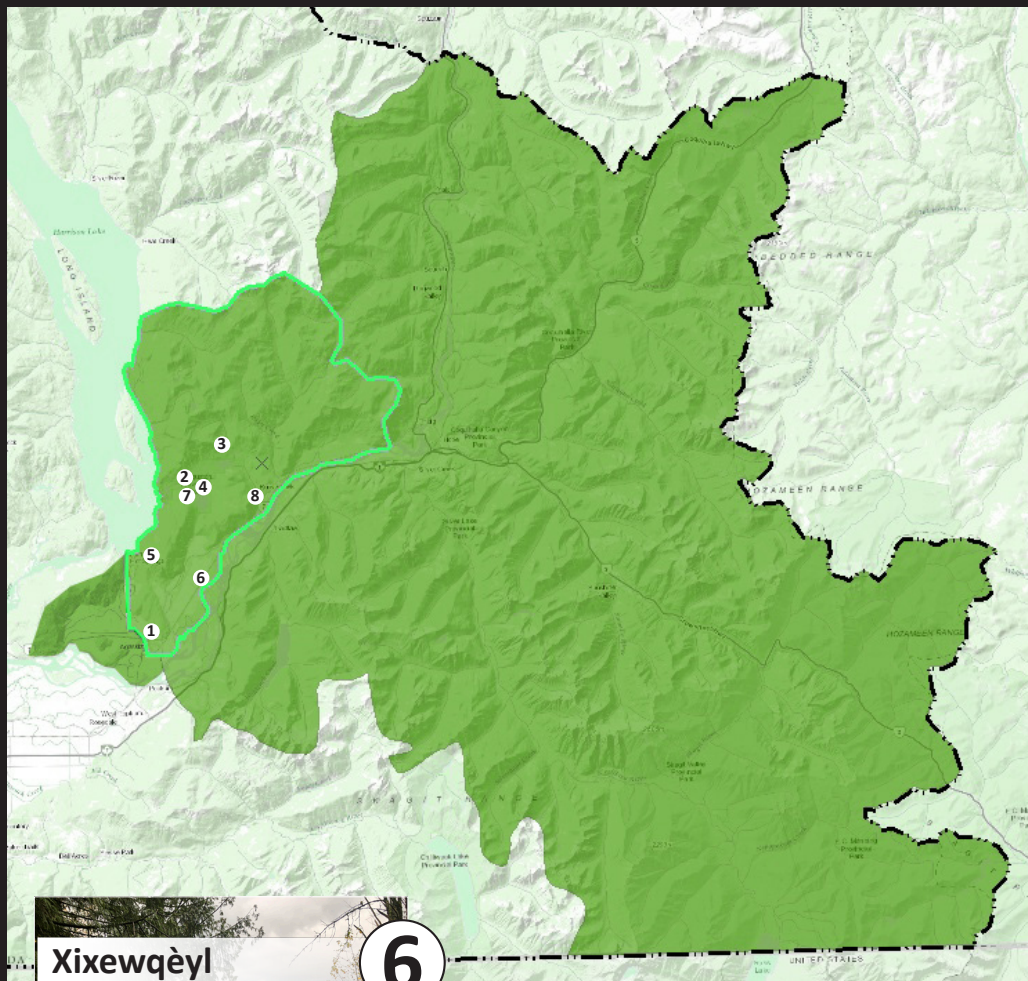
YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

December 2018

Seabird Island under Tiyt - Teit (*Tait*) tribes



Alámex

1



The current Agassiz Research Station

To Be Confirmed

2



Hicks Lake

To Be Confirmed

3



Deer Lake

Péps~ Píps

4



Hicks Creek

Xixewq̓éyl

6



Maria Slough

Pronouncement of Traditional Land pg. 11

Siyó:ylexwe Smá:lt

5



Bear Mountain

Lhewálh

7



Trout Creek

Qwôhóls

8



Manhood Creek & Johnson Slough



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Housing Application Renewals Due

Reminder, renewals are scheduled between November 15 to December 31.

Not completing your renewal within that timeframe will drop you to the bottom of the list.

See housing to schedule your appointment.

Upcoming Closures

December 22 - January 6
 Winter Break SCIS

December 25 - 26
 Christmas and Boxing Day

Trust Cheques will be available January 2, 2019
 9 a.m. - 3 p.m.
 For those who turned 18 from June 1 - December 31 2018

Community Christmas Dinner

Band and Community Members are invited to join us for our annual Community Christmas Dinner

Wednesday, December 5 starting at 5:00 p.m. in the gymnasium

Please bring your own utensils and plates to help us be environmentally friendly.

Melí Kelésmes

Merry Christmas

Please show your giving spirit to this community, we need your volunteer help!

Magic of Christmas - Dec 1st
 Community Christmas Dinner - Dec 5th
 Hampers - Dec 11th - Dec 20th

for more information contact Charlene Point 604-796-2177 or email at charlenep@seabirdisland.ca

KUU-US CRISIS RESPONSE SERVICES

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



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



Jordan's Principle Funding is Available for all First Nations Children

What is Jordan's Principle?

Jordan's Principle funding is a pot of money set aside to ensure that First Nations children get the help they need.

Jordan River Anderson was a First Nations boy who suffered tremendously because the federal and provincial governments argued over who was financially responsible for his care. Jordan's principle was put in place to ensure that funding is available, to meet the needs of children.

Jordan's Principle is about ensuring First Nations children receive the services they need when they need them. It kicks in when regular providers can't provide the service.

- Jordan's Principle is available to all First Nations children in Canada.
- Applies to all public services, including services that are beyond the standard of care. Examples are braces/orthodontics, physiotherapy, special education assistance, one on one workers.

The First Nations Health Authority (FNHA) is responsible for administering Jordan's Principle resources in British Columbia. Case coordinators will assess needs; facilitate early intervention; develop integrated care plans; connect the child and family to needed services; remove the stress of navigating service systems; support families as they manage their needs; and involve relevant partners in each case, as necessary, to expediently address immediate service gaps.



Who is eligible in BC?

All First Nations children 0-19 with an identified need for a publicly funded service or support are eligible, regardless of their health or social status, or place of residency (on or off reserve).

To report a case of Jordan's Principle in BC or for more information, please contact:

Jordan's Principle Implementation

1-866-913-0033

Jordans.Principle@fnha.ca

Or call Seabird's Acting Health Director, Heather McDonald, 604-796-2177

Submitted by: Heather McDonald

3 Bedroom House for Rent to Seabird Island Community and the SIB Housing Waitlist

The house is approximately 1,700 square feet basement entry home with 3 bedrooms and 2 full bathrooms as well as in-suite laundry.

The monthly advertised rent is \$1,850 per month plus tenant will pay BC Hydro and Garbage Disposal.

If someone is interested in renting the house, please contact Karyn Scott, our property management company, to inquire or request further details about the property.

Karyn Scott can be contacted at 604-792-0077 or via email at karyn@karynscott.ca.

Magic of Christmas

Visit with
Santa & Mrs. Claus

Saturday,
December 1

Agricultural Hall
Agassiz

Adults \$2
Children FREE
MUST BE REGISTERED

A Joint Partnership Between:

Tickets available with Seabirds Accounts Receivable



Planting a Promise

Mrs. Marchant's grade one class (and grade two classes in the past) have been planting daffodils for the past 6 years, thanks to the BC Agriculture in the Classroom Foundation. On October 30, the grade one class planted 50 daffodil

bulbs along the fence of the elementary playground. Before planting they did an observation of a couple bulbs by cutting them to observe their anatomy and understand how the bulbs transform to flowers. The children were quite

excited to find large earthworms when we dug holes for the bulbs. The Children will continue to observe the bulbs as they begin to grow and will learn more about the life cycle of a plant.

Submitted by: Colleen Marchant

First Nations Health Authority launches A Guide to Your Baby's First Solid Foods

Knowing when to start solid foods or what to start with can be intimidating to new parents. To assist parents with the next step in their children's diet, First Nations Health Authority has created a new resource to support child nutrition and family connection through the sharing of traditional and healthy foods.

"In honour of UNICEF's World Children's Day, November 20, we are pleased to share A Guide to Your Baby's First Solid Foods, a new resource to support the wellness and healthy development of your baby. Preparing and sharing food is an important way of connecting with and caring for family and loved ones, and access to nutritious foods plays a critical role in the development and growth of babies and children."

The guide features everything from cues your baby is ready to how to puree foods. "In this guidebook, you'll find tasty tips for introducing new foods to your baby as he or she grows, and helpful hints for navigating this whole new world of unknowns. It can be easy to feel overwhelmed by information and options, so this is our way of making the transition a little bit easier."

The guidebook encourages parents to read real stories from First Nations moms and dads about how they introduced solids to their little ones.

"We understand that every one of you is on your own special path with baby, and that all you want is a strong mind, body and spirit for your little one. Here, you can read stories from real parents and grandparents as they connect the

relationship with healthy food to culture, family, land and water. Starting from baby's birth to when they are ready for solid foods at six months old, we'll show you how to choose, make, store and feed baby the best foods for growth — and how to use these early days to build bonds and have fun as you eat and explore together. There are over 40 recipes in here, many of which can be made for both family and baby to save you time. As we know, food is never just about food. It's about quality time, spent together."

Download your copy today, www.fnha.ca/wellnessContent/Wellness/FNHA-A-Guide-to-Your-Babys-First-Foods.pdf

Submitted by: Phaine Wegener

Lands Advisory Committee Seeks Two Committee Members

Looking for a way to become more involved in the community? Our Lands Advisory Committee is seeking a new Elder Committee Member and Band Committee Member. This is a four (4) year term for one (1) Elder and Member.

Any eligible voter may apply with an application which should include a Cover Letter, Resume and three (3) References.

This Advisory Committee shall provide advice and recommendations to Council regarding Land Use and Proposed Developments.

For more information please contact:

Gina Peters:
gpeters@seabirdisland.ca

Lori Burns:
loriburns@seabirdisland.ca

In 2019 we will celebrate 50 years of Seabird Festival!

Over the years we have also had; Slahal, 2 Pitch, Hockey, Festival Princesses, Traditional Canoe Races, Soccer Tournaments, Cultural Performers and more!

We would like to recognize volunteers and workers from past years.

We are interested in your ideas and will be looking for volunteers to make this celebration grand.

Please join us to celebrate May 25th & 26th 2019



Candle Light Vigil

- Dec 4: Shxw'ow'hamel
- Dec 5: Chawathil
- Dec 6: Seabird
- Dec 10: Scowlitz
- Dec 11: Squiala
- Dec 12: Skwah
- Dec 13: Cheam
- Dec 17: Kwaw Kwaw Aplit

The Candle Light Vigil is a gathering for loved ones that have passed, to honour and show our respect.

Dinner and snacks will be provided.

Come and spend good quality time with one another, share memories and laughter.

Celebration of Life



Canada Post Warns of Long Delays

Black Friday and Cyber Monday sales are expected to further slowdown the already backlogged Canada Post.

“The postal service remains operational, but Canada Post has advised commercial customers that it is not able to honor its delivery standards for any product because of prolonged and ongoing rotating strikes. The strikes have created massive backlogs of mail and parcels already in our network, just days before we expect millions more parcels from Black Friday and Cyber Monday online sales,” said Canada Post in a press release.

Canada Post requested that the Canadian Union of Postal Workers pause their rotating strikes over the holiday for a “cooling off” period, but this request was rejected by the union.

The ongoing rotating strikes have hit certain provinces harder than others, with Ontario seeing the largest backlog in the country, “while there will be delays across the country, Canada Post expects the worst delays for mail and parcels will be for items that originate or are destined for southern and southwestern Ontario.”

Customers can go to canadapost.ca/update for updates or follow them on twitter @canadapostcorp for the latest developments.

Submitted by: Phaine Wegener

The “Christmas Process” 2018

Updating Membership Information:

A membership contact registry will be compiled for the purpose of communicating with our Members. Seabird Island is working to ensure that they have current and up to date contact information for all Members. All of this information will remain confidential and will only be seen by two staff members that will work together. Please update your contact info one of the following ways:

1. Email all updates to membership@seabirdisland.ca
2. Send a letter to Seabird Island Band C/O Membership
2895 Chowat Rd.
PO Box 650, Agassiz BC V0M 1A2
3. Call 604-796-6877.

NOTE: This does not apply to status cards, we cannot mail Status cards.

Christmas Hamper Process:

All households on Seabird Island will receive one hamper.

Seabird Members living off-reserve need to complete an application which will be reviewed by the Hamper Committee. Deadline to apply for Christmas Hampers is December.

PLEASE NOTE: All off-reserve members are not guaranteed a hamper, but will still receive the Gift Card below.

Gift Card Process:

Every Band Member will receive \$50.00 and Elders (65+) will receive \$75.00.

Off-Reserve Members wanting their Gift Card mailed (Canada Post strike will result in lengthy delays) please complete the off-reserve Hamper application to be eligible for a hamper.

Pick-up Process:

Christmas Hamper & Gift Card pick-up will be December 18 - 20, from 8:30 a.m. - 8:00 p.m. in the Seabird Island Band Gym located at 2895 Chowat Rd.

Elders (65+) will not be required to pick up their hamper, it will be delivered.

All on-reserve members and approved off-reserve members must pick-up their hamper.

If you are unable to pick-up, you may phone Charlene 604-796-6813 to authorize a family member to pick up for you. Hampers & Gift cards will not be released without authorization directly from you.

PLEASE NOTE: Deadline to pick-up Hampers will be December 20 8:00 p.m. Deadline to pick-up gift cards will be January 15, 2019. All remaining gift cards will revert back to Seabird Island Band.

Community Christmas Dinner

The Annual Community Christmas Dinner is set to take place on December 5, 5:00-8:00 p.m.

Contact Charlene 604-796-6813 to volunteer

5:00 p.m. - Dinner will be served. A friendly reminder please be eco-friendly and bring your own plates, cups and utensils to the dinner.

5:30 p.m. - Tables will be drawn to see Santa for picture taking. Tickets will be given to Seabird members aged 0-12 to choose a toy and Youth 13+ will receive a Wal-Mart gift card. Children will not be allowed to run/wander on their own.

- Elders Room: Santa Picture
- Community Health Room: 0-12 years Toy Selection
- Main Boardroom: 13 years+ Gift Card Distribution
- Foyer: Craft Tables will be set-up for those who have seen Santa and selected their toy.

Door Prizes will be drawn for those who complete Feedback Survey Forms at the dinner, see registration for more information.

We thank you all in advance for helping us makes this event safe and memorable for your family.

Santa Photo's

December 5, 5:00 - 8:00p.m.

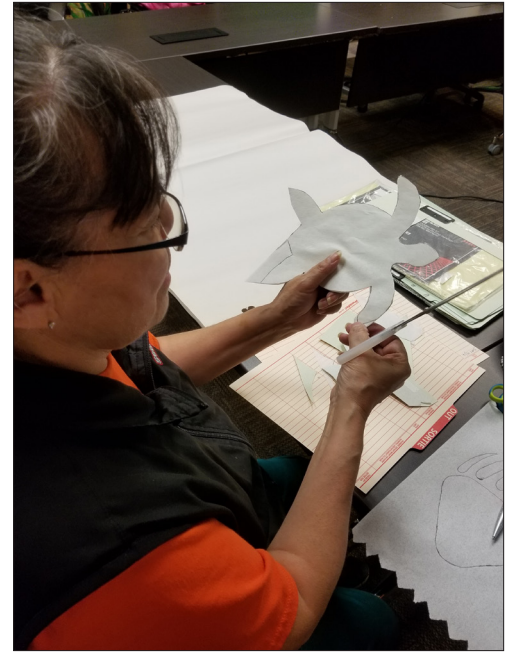
Santa pictures will be handed out at the Hamper & Gift Card day on December 18. Those unable to pick up can see the Communications team, upstairs at the band office.

NOTE: Tables will be numbered and drawn to see Santa

The Drivers Seat



A STOP sign tells you that you have to stop and the white line shows you where to stop.



Cultural Workshops

November was a busy month learning to work with Cedar, Learning quilting and Ribbon shirt and skirt making. December is even a busier month! Helping the community by creating gifts for their loved ones.

This month's activities in December include:

- **Make and Take Sessions** 4 - 6 p.m. every Monday on December 3, 10 and 17 in the Community Health Room and Elders Lounge. You will have the choice to make a cedar mini hat, cedar basket, dream catcher, mini moccasins, rattles, mini drums, or create something unique using the supplies available.
- **Epsom Bath Salts and Bath Bombs** 4 - 6 p.m. on December 11 and 18 in the Band Gym and Kitchen. If you would like to make it unique please bring an item you would like to add in the middle as a surprise to make your own homemade charmed aroma.
- **Beading, Sewing, Quilting Nights and Potluck Night** 4 - 7 p.m. every Thursday December 6, 13, 20 and 27 in the Community Health Room and Elders Lounge. Supplies available to those who would like to participate. Bring an offering to the table and come and enjoy a meal, chats and some smiles!
- **Feast Night and Language Bingo** will be on December 28. Come cook and share a meal with friends, family and your community!

A binder located in the Band Office foyer will have the monthly schedule, interest lists for workshops, attendance lists and suggestions. Adding your name doesn't guarantee a seat. We will contact you to remind you of the event for those who left their name and information. All workshops will be first come first serve and only given to those who have not previously attended the same workshop.

Please follow our Facebook group

<https://www.facebook.com/groups/1784137985223451/>.

Please Contact Leanne Ellis by phone 604-796-6939 or e-mail leannee@seabirdisland.ca

Submitted by: Leanne Ellis

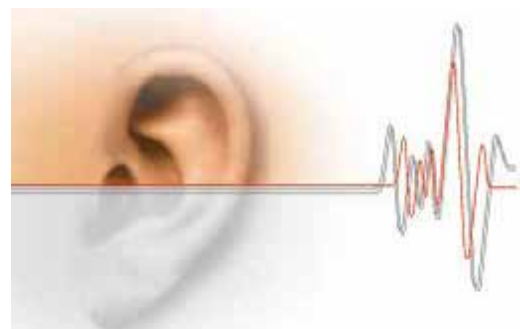
Hearing Clinic

Date: December 12

Time: 9:30 a.m. – 3:00 p.m.

Place: Community Health Room

If you're over the age of 19 and would like to have your hearing tested please call the Doctors office to book an appointment at 604-796-2165.



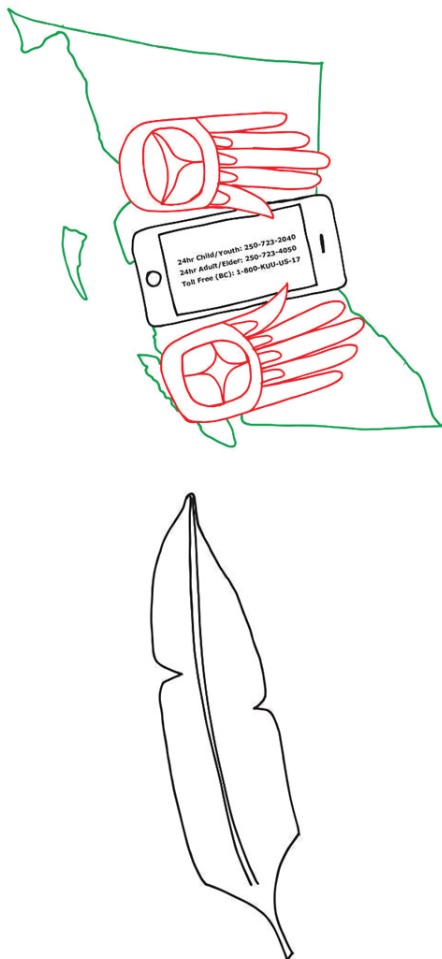
Community Events Calendar

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Silh
	<p style="text-align: center;">We are no longer delivering to residents homes!</p> <p style="text-align: center;">You may pick-up your Yoo Hoo at the Lobby of the Band Office or at the red newsletter boxes in the Community.</p> <p style="text-align: center;">Nature Friendly Option!</p> <p style="text-align: center;">Those who prefer to receive newsletters by email, submit requests to comm@seabirdisland.ca providing name and email</p>	<p style="text-align: center;">Pre & Post Natal and Prenatal Circle</p> <p>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</p> <p style="text-align: center;">Bodies in Motion focuses solely on Pre & Post Natal Fitness and is free for First Nations living on-reserve.</p>	
2	3	4	
<ul style="list-style-type: none"> • Sts'ailes Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Make and Take 4 - 6 p.m. • Meals on Wheels 5 - 6 p.m. • Garbage, Recycle & Compost 	<ul style="list-style-type: none"> • Dental & Doctor Walk-in Clinics 1 - 5 p.m. • Fire Practice 7 - 9 p.m. 	<p>Community Christmas Santa Photo</p>
9	10	11	
<ul style="list-style-type: none"> • Seabird Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Make and Take 4 - 6 p.m. • Meals on Wheels 5 - 6 p.m. • Garbage, Recycle & Compost 	<ul style="list-style-type: none"> • Dental & Doctor Walk-in Clinics 1 - 5 p.m. • Bath Bombs and Epsom Bath salts 4 - 6 p.m. • Fire Practice 7 - 9 p.m. 	<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p.m.
16	17	18	
<ul style="list-style-type: none"> • Sts'ailes Mass 11 - 12 p.m. 	<ul style="list-style-type: none"> • Make and Take 4 - 6 p.m. • Meals on Wheels 5 - 6 p.m. • Garbage, Recycle & Compost 	<ul style="list-style-type: none"> • Hampers / Gift Cards • Dental & Doctor Walk-in Clinics 1 - 5 p.m. • Bath Bombs and Epsom Bath salts 4 - 6 p.m. • Fire Practice 7 - 9 p.m. 	<ul style="list-style-type: none"> • Hampers / Gift Cards • Meals on Wheels 5 - 6 p.m.
23	24	25	
<ul style="list-style-type: none"> • Seabird Mass 11 - 12 p.m. 			
30	<ul style="list-style-type: none"> • Make and Take 4 - 6 p.m. • Meals on Wheels 5 - 6 p.m. • Garbage, Recycle & Compost 	<p>Facilities Closed - Stat Holiday</p> <p style="text-align: center;">Christmas Day</p>	<p>Facilities Closed -</p> <p style="text-align: center;">Boxing Day</p>
			<ul style="list-style-type: none"> • SICS / SD78 Closed

Calendar – December 2018

Days	(T) Sxeó:thels	(F) Sheqátses	(S) T'óqw'tem
			1
5 Christmas Dinner and at 5 p.m.	6 • Candle Light Vigil • Beading, Sewing and Quilt Making 4 - 7 p.m.	7	8 • ECD Breakfast with Santa
12 p.m.	13 • Beading, Sewing and Quilt Making 4 - 7 p.m.	14	15
19 p.m. for Winter Break	20 • Hampers / Gift Cards • Beading, Sewing and Quilt Making 4 - 7 p.m.	21	22
26 Stat Holiday Day for Winter Break	27 • Beading, Sewing and Quilt Making 4 - 7 p.m.	28	29

24HR KUU-US CRISIS SERVICES



Individuals call for themselves or others on issues dealing with:

- Suicide ideation/survivorship
- Mental Health
- Grief/Loss
- Crime
- Peer pressure
- Financial
- Divorce/Separation
- Addiction
- Abuse
- Health
- Employment/Education
- Residential Schooling
- Child Welfare
- AND MORE....

Business Office

Physical Address: 4589 Adelaide Street,
Port Alberni, BC, V9Y 6N2

Mailing Address: Box 294,
Port Alberni, BC V9Y 7M7

HISTORY

In 1993 various Nuu-chah-nulth members having concerns about suicide and other crisis related issues, held a community meeting with front line emergency response, counsellors, and the general public. The consensus was to establish a 24hr crisis line. KUU-US means "people" in Tseshaht Language.

SERVICES

24HR PHONE SUPPORT

KUU-US Crisis Line Society provides support to callers within the Province of British Columbia. Once the crisis issue has been identified, the level of severity for call handling is determined. The goal is to establish a non-judgmental approach to listening and problem solving. A support system is put into place where the caller is brought back to a pre-crisis state. Debriefing is also provided to any front line worker who works in the field. KUU-US also maintains an in-depth referral database.

RISK ASSESSMENT

For situations that pose a risk to the caller or others, KUU-US is able to respond by way of mediating, de-escalating or intervening. As an accredited agency of the American Association of Suicidology in regards to suicide, workers conduct risk assessments and act accordingly. KUU-US takes suicide ideation, attempts in progress and calls from 3rd party reporting seriously. This may involve providing phone support and establishing coping mechanisms. For "at risk" emergency or life threatening situations, workers are able to call upon KUU-US' own 24hr crisis mobile service, Mental Health Outreach, Emergency Personnel or Identified Responders in remote communities.

SAFETY MONITORING

In order to assist those individuals that are unable to access referrals due to geographic location, are on a wait list, have been intervened upon and released from hospital and/or lack support systems, KUU-US creates a safety plan. This includes establishing a "gate keeper approach" which involves monitoring "at risk" individuals. Daily phone contact with the individual continues until there is a confirmed link to a referral agency and/or the individual is no longer "at risk". Service providers frequently call upon KUU-US to initiate this model for individuals they are concerned about.

24HR LOCAL CRISIS MOBILE OUTREACH SERVICE

Crisis phone operators assess the need for outreach services. Outreach provides one on one support for those requiring emotional stabilization, linkages for medical risk assessment and CISM (Critical Incident Stress Management) due to traumatic incidences. Those assisted by outreach are followed up through a care-plan structure. Individuals are assisted where needed (Home, Hospital, School, etc.)

TRAINING

KUU-US provides education for community members and specialized crisis skill workshops for front line workers. This ranges from suicide prevention and communication development through to crisis management and community engagement.

COMMUNITY ENGAGEMENT

KUU-US specializes in developing and preparing crisis response protocols for communities and organizations. This includes developing protocols that fill gaps in services and follows "Best Practices".

Adult/Elder: **250-723-4050**

Child/Youth: **250-723-2040**

Toll Free (BC): **1-800-KUU-US-17**

www.Kuu-uscrisisline.ca

Facebook Page: KUU-US Crisis Service



First Nations Health Authority
Health through wellness

A PLACE WHERE YOU CAN TALK, TRUST AND FEEL

HELP IS ONLY A PHONE CALL AWAY



Pronouncement of Traditional Land

Seabird Island Band, in Agassiz British Columbia, is happy to inform the communities-at-large of their recent Pronouncement of Traditional Land Ceremony on November 14; with Steven Point and Mark Point Officiating the event. Seabird Island Band is 1 of 7 Bands under their Tiyt Territory.

The seven bands are: Chawathil, Peters, Popkum, Seabird Island (Sq'ewqel), Skawahlook (Sq'eqá:lxw), Shxwowhamel (Shxw'owhámél), Union Bar and Yale.

The 8 traditional names: Alamex (the current Agassiz Research Station), Hicks Lake (to be confirmed), Deer Lake (to be confirmed), Peps~Pips (Hicks Creek), Siyo:ylexwe Sma:lt (Bear Mountain), Xixewqeyl (Maria Slough), Lhewalw (Trout Creek) and Qwohols (Manhood Creek & Johson Slough) have been a part of the Seabird people and their

neighboring bands under Tiyt for thousands of years. On November 14, Seabird re-announced just 8 of their traditional Halq'eméylem place names. Three areas of particular interest for many, were the lands we know today, and in the English language as; Agassiz Village (Kent B.C.), Agassiz Research Station and S.E. Corner of Harrison Lake, where Sasquatch Park and Bear Mountain come together. Seabird Island Band has a great Strength of Claim, as well as, those Bands/First Nations who share under the Tiyt Tribe. The history for all of these names and places go far back, and the captivating stories, pictures, data collection and artifacts leave you breathless.

We would like to thank everyone for attending and witnessing the start of all our work with the Traditional Naming within the Tiyt Tribe Territory.

Xólhmetes mekw' li te tém:éxwtset te Sq'ewqel
Seabird Island takes care of everything on the land.



Fraser Region Coaching Workshop



Soccer: Active Start



Saturday December 8th
10:00am-2:00pm Free Lunch and Parking

Sts'ailes Community School
School Road | Agassiz, BC | V0M 1A1

Are you interested in becoming a soccer coach? Do you self-identify as First Nation, Metis or Inuit, or work in the Indigenous community? Are you at least sixteen years old? Active Start is for coaches who work with youth ages six and under. At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play within a fun but structured setting. This course does not have any pre-requisites, and is perfect for people just getting into coaching in their community.

This course is free (funded by the Indigenous Sport, Physical Activity & Recreation Council).

Please Fill Out Online Registration Link Before December 1st
<https://aboriginalsportbc.wufoo.com/forms/zkujrowlmcyygqk/>

Inquiries: Alana Cook 604-807-5334 acook@isparc.ca



Tuesdays!
October 30th
Nov 13, 27th
Dec 4
5-6PM – Ages 6-12
6-7:30PM – Ages 13-17
Mamele'awt
Aboriginal Center
3277 Gladwin Rd,
Abbotsford V2T 4Y9
Registration Link:
<https://aboriginalsportbc.wufoo.com/forms/x19sqj8h1pmpb38/>



Hosted by the Fraser Valley Metis Association:

4-Week Archery Development Camp



EVENT INQUIRIES:
Curt Smecher
✉ curt@smecher.bc.ca
(604) 746-3693
Fraser Valley Metis Association
Interested in hosting a Sport Development Camp, Coaching Certification Course, and/or Officials Training Session in your community?

Contact I-SPARC Regional Coordinator: Fraser Region
Alana Cook (acook@isparc.ca)



<https://aboriginalsportbc.wufoo.com/forms/x19sqj8h1pmpb38/>

The Circle of Security is a relationship-based early intervention program designed to enhance attachment security between



- Want to connect with your child?*
- Want to understand and help your child with their emotions?*
- Want to learn new techniques?*
- Want to establish a healthy relationship with your child?*

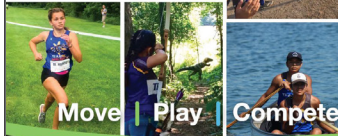
WE WANT TO HELP

For more information on this program and get your name on the list for the next course.

Contact **Jen McNeil 604-796-6886**
or **Cheryl Sauve 604-796-6860**



The best start in life is free



Mondays!
October 29th
Nov 5, 19, 26
Dec 3
5-6:45PM
Ages 10-17
Abbotsford Fish & Game Club
4161 Lakemount Rd,
Abbotsford
Registration Link:
<https://aboriginalsportbc.wufoo.com/forms/xn6ar9a1rbus71/>



Hosted by the Fraser Valley Metis Association:

Five-Week Rifle Shooting Development Camp



EVENT INQUIRIES:
Curt Smecher
✉ curt@smecher.bc.ca
(604) 746-3693
Fraser Valley Metis Association
Interested in hosting a Sport Development Camp, Coaching Certification Course, and/or Officials Training Session in your community?

Contact I-SPARC Regional Coordinator: Fraser Region
Alana Cook (acook@isparc.ca)



<https://aboriginalsportbc.wufoo.com/forms/xn6ar9a1rbus71/>

Speech & Language Pathologist

The Speech-Language Pathologist 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. The speech and language pathologist works closely with babies, children who have various levels of speech, language and communication problems.

High School Social Studies Teacher

This position involves the provision of instruction to students of Seabird Island Community School/High School and includes instruction, preparation, assessment, classroom management, professional development and school meetings, community and parental relations and adherence to all Seabird Island Community School and BC Ministry of Education policies and procedures.

Social Studies' Teachers must prepare lessons and activities that help students develop knowledge and understanding in concepts of government, geography, history, economics, civic ideals and current events. Social Studies Teacher will also instruct students on Canadian ideals and cultural heritage; developing proficiency in the use of social studies inquiry skill and concepts; motivate each student to understand and exercise he/her rights, privileges, and responsibilities as a citizen; develop understanding of the geographical, historical, cultural, and political factors which influence the development of the world regions.

On Call Education Assistant

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.

Physical Education Teacher

Seabird Island Community School is seeking to fill the position of a K-12 full time P.E. teacher. The successful candidate would be a certified teacher with a specialization in Physical Education in the province of British Columbia, who is committed to personal health and is a role model for our students in promoting healthy activities and good nutrition. The successful candidate must enjoy participating with K-12 children in athletic activities.

High School Math Teacher

Seabird Island Community School is seeking to fill the position of a High School Math Teacher. We believe that a skillful math teacher with high expectations can move students toward a growth mindset. The successful candidate will be well versed in designing math lessons that engage curiosity, encourage practice and persistence and build confidence

School Cook

The School Cook will be responsible for preparing, cooking and serving food for school breakfast/lunch programs and special events organized and participated by Seabird School as instructed by the Principal / Vice Principal in accordance with current health, safety and hygiene legislation.

Teacher on Call (TOC)

Seabird Island Community School is seeking to fill various positions for On Call Teachers. As a TOC, you will work in the absence of a regular teacher to aid students in understanding a subject matter, as well as to provide skills required for programmed lessons and purposeful training for the assigned classroom.

Music Teacher

This position involves the provision of instruction to students of Seabird Island Community School/High School and includes instruction, preparation, assessment, classroom management, professional development and school meetings, community and parental relations and adherence to all Seabird Island Community School and BC Ministry of Education policies and procedures.

Carpentry Level 1 Instructor

Seabird College, situated 130 kilometers east of Vancouver in the Fraser Valley, is seeking a qualified teacher to provide Construction and Carpentry instruction to adult learners. Successful candidate will be offered a one-year term, subject to sufficient student enrollment.

Case Worker - Pre-Employment Supports Program (PESP)

The Case Worker is responsible for working with clients one-on-one and in small groups to assist them to overcome one or more barriers that are inhibiting their ability to gain employment. Clients will range from 19-24 and 25-49 years of age. The successful candidate will provide education, information and assistance to clients on all aspects of employment, education, training, and life career planning. The Case Worker takes a hands on approach to assisting their clients in exploring careers and finding employment including building relationships with potential employers.

Community Health Representative

The Community Health Representative's (CHR) primary goals are to improve the quality of life of the Seabird Island Band community members by assisting them to make healthier lifestyle choices; promote client dignity, independence, comfort, mobility, personal appearance and safety; and to provide support to the Community Health Nurse(s) (CHN) and/or Home and Community Care (HCC) Nurse. These goals are to be achieved by using professional public health knowledge.

Dental Hygienist On-Call

The Dental Hygienist's perform basic dental care tasks, mostly focused on keeping patients' teeth and gums clean and giving instruction in proper dental hygiene. The Dental Hygienist will work under the supervision of licensed Dentist. They are not qualified to make the same kind of diagnostic decisions or perform the same procedures as Dentists. Unlike dental assistants, who work directly with dentists, hygienists often see patients on their own and direct their own tasks.

Early Childhood Education Supervisor

The Early Childhood Education & Care Centre Supervisor assumes responsibility for the day to day operation of a fully licensed Child Care Centre for infants, toddlers and preschool age children. This includes providing a safe, welcoming, culturally rich and educational early childhood programs for the children and their families.

At Seabird, we are proud of our rich culture that has been passed on to us from our elders and previous generations. We promote/organize many activities that help create awareness, understanding and respect of our culture. Learning to speak in the Halq'emeylem language is one of many cultural activities that happens at the Child Care Center. This is something that all staff are required to participate in, respect and appreciate fully.

Human Resources Manager

The Human Resource (HR) Manager fills a key strategic role with in the Bands corporate structure. The HR Manager is responsible for the supervision and management of the HR Program including all of its staff, and the continuous review and revision of applicable policies.

The HR manager acts as a strategic partner with all programs and departments falling under the Band's umbrella. This partnership includes providing support for Band initiatives, developing and implementing policies that facilitate the setting and accomplishment of Band goals while maintaining compliance to applicable labour laws, and industry best practices, providing input and support on employee discipline and supporting Band training and development initiatives.

Professional Cook Instructor

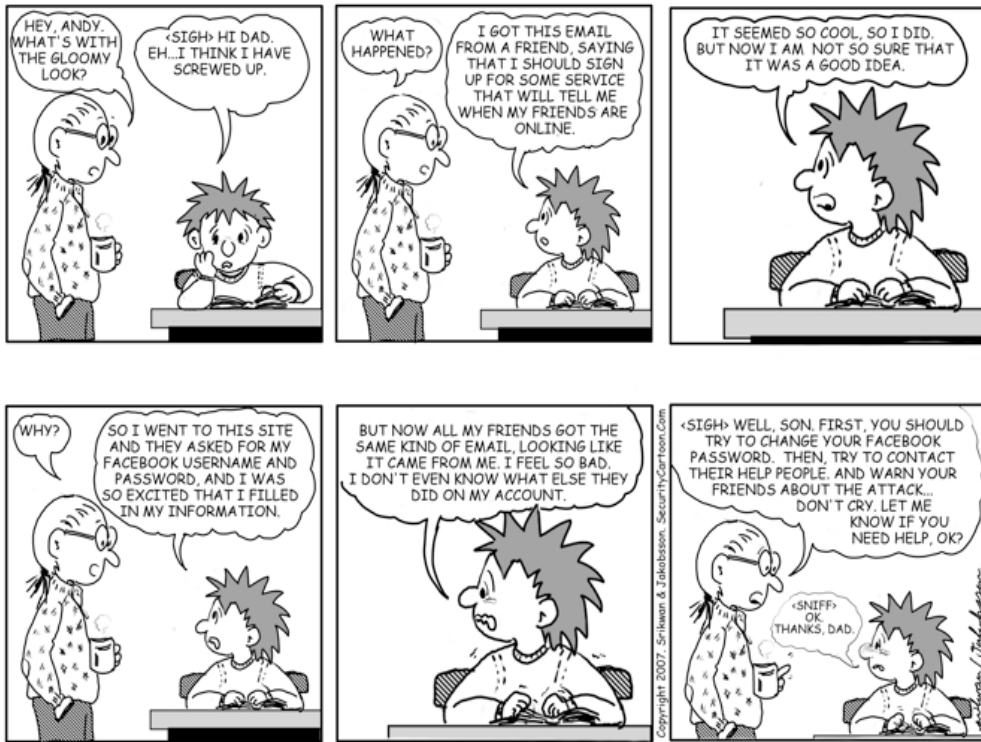
Seabird College is seeking a qualified teacher/instructor to provide Professional Cook I instruction to adult learners completing their Professional Cook 1 Industry Training Authority Program. Successful candidate will be offered a one-year term, subject to sufficient student enrollment.

Job postings are also available at the Band Office and the Employment Office.

Please ensure you have received confirmation for your online submission. 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.



<http://www.securitycartoon.com/index.php?comic=20071128>

November/Telxwi:ts

“Leaves are falling”

Scorpio

October 23 - November 21

Key characteristics: Resourceful, brave, passionate, stubborn, a true friend

Flower: Chrysanthemum

Birthstone: Topaz

Sagittarius

November 23 - December 20

Key characteristics: Respect, modesty and faithfulness

Flower: Narcissus

Birthstone: Turquoise

Quotes of the Month:

“To forgive is to set a prisoner free and discover that the prisoner was you.”

Lewis B. Smedes

“A big part of financial freedom is having your heart and mind free from worry about the what-ifs of life.”

Suze Orman

Halq'eméylem Word Search

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

Words:

1. p'éq' – white
2. ts'kwí:m – red
3. tsqwa:y – green
4. lhóp – midnight, late at night
5. yéxchet – give a gift to someone
6. máqa – snow on the ground
7. yíq – to snow
8. theqá:t – tree
9. xelxélest – decorate
10. qsákw' – digest, food settled
11. shxwth'oxwewí:ls – dish-pan
12. péte'àlà – butter dish
13. chékel – chicken
14. álhtel – eat a meal
15. shxwthí:lestel – fancy lining
16. heyeqwá:la – fireplace
17. í:yó:sem – having fun
18. shxw'éyelh – be in good health, be healthy
19. skw'ókw'es – heat
20. xweláltelh – last night

Submitted by: Zorana Edwards-Shippentower

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
.40¢ per word \$4.00 Minimum

DIGITAL DISPLAY (TV) 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	Gold
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.

AVAILABILITY

Twice a month. The 15th of each month
(or closest business day) and the last
business day of each month.
Apply for email distribution or pick-up at the
red community newsletter boxes.

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
sandrabbob@seabirdisland.ca

Editing Team: Sandra Bobb, Lori Burns,
Zorana Edwards-Shippentower,
Kristy Johnson, Jason Forseth
and Phaine Wegener.

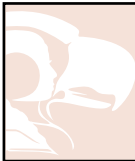
AGREEMENT/LEGAL

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.

MEMBERSHIP STATUS CARDS

Monday and Thursday: 8:30 a.m. - 4:00 p.m.

Appointments required.
Serving Seabird Members only!
Contact Carol Hope at 604-796-2177
or carolhope@seabirdisland.ca

Remember to bring:
- 2 pieces of photo Government ID
- New Photo (see Communications,
appointment required)

SIB has the right to refuse service.

Status Card Photography

Laminated style: \$10
New style w/ authenticated photo \$15
Monday to Friday: 8:30 a.m. - 3:30 p.m.
Appointments required.

Contact Kristy Johnson at 604-796-2177
or kristyjohnson@seabirdisland.ca

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.bcyukonaa.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

**CURBSIDE PICK-UP OF
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, there is a long wait-list.

Contact Public Works at 604-796-2177 or
email: publicworks@seabirdisland.ca

PRINTING SERVICES

Graphic Communications provides the
following paid services:

- Printing/copying services
- Status card and Passport 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: December 9 and 23.
11 a.m. - 12 p.m.

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.**

Seabird College Welcomes You...



Programs starting in January and April

Seabird College has programs starting through out the year. We welcome everyone to come and register in any of our programs. We offer amazing student support, lunch program, and BC Transit passes right by our campus! Sponsored seats may be available, come and meet with us to discuss your educational goals.

Here's a look at what we have coming up soon:

- Carpentry Level 1
- Painting and Decorating
- Professional Cook (waitlisting applicants!)
- Practical Nurse Diploma

Tentatively scheduled for April 2019:

- Social Service Worker
- Welding



Seabird College

PO Box 650

Agassiz, BC V0M 1A0

Ph: 604-796-6839

www.seabirdcollege.ca

E: schapman@seabirdisland.ca



Canada

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Employment and Social Development Canada Program