



the **SEABIRD ISLAND**

Sq'ewqel

# YOO HOO

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

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

February 2018



Honouring Ceremony for Graduate  
Feature on page 4.

## **URGENT! RECALL NOTICE**

The fire extinguishers (**model E5, M5C, BC5GD**) sent by First Nation Emergency Services Society **ARE** part of the extinguishers models recalled.

See page 16 for more details.

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**Facilities  
CLOSED  
February 12  
Family Day  
Stat Holiday**

Seabird Island Lands  
Invites you to attend

**BANNOCK  
- AND -  
TEA**

**Tuesday, July 11  
10 a.m. - 3 p.m.**



# Family

Where Life  
Begins  Love  
Never Ends



## Family Day

Family Day is a statutory holiday celebrated in BC on the second Monday in February.

This holiday celebrates the importance of families and family life to people and their communities. Confucius says “To put the world in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order; we must first cultivate our personal life; we must first set our hearts right.”

To celebrate Family Day some people take part in activities with the whole family. Activities could include playing board games or watching movies together as a family. Enjoy some winter activities such as skating or go to the mountains to go skiing, sledding or snow shoeing. Pack a warm winter picnic with hot cocoa, soup, sandwiches and snacks.

Family is the single most important influence in a child’s life. Children depend on parents and family to protect and provide for them.

“Family is not an important thing. It’s everything.”  
*Michael J. Fox*

Some friends become family while many friends come and go, your true family will be there forever. You may grow apart and move far away, but they are still with you and will always be there for you. Even after they are gone, they live in your heart forever. Family is your centre, a part of who you were, who you are and who you will be. Family is forever!

So remember to make time for your family, not just this Family Day, on a regular basis; weekly, daily. Give them a call, show up for a visit. Our time here is limited, spend it with those who love you unconditionally.

“While we try to teach our children all about life, our children teach us what life is all about.”  
*Angela Schwindt*

*Written by: Sandra Bobb*



**BC Transit**

**BC Transit Passes now available for purchase from Finance.**

**Bus stop located outside of the Band Office near the mailboxes.**

## January Tech Tip – Antivirus

Antivirus software is one of the most important things you can have on your computer. Avast and AVG are good antivirus’ that are free. Antivirus will help keep your data secure, protect you from hackers and generally warn you of bad things on your computer. A very important thing to note is keeping your antivirus up to date; it may need to receive updates daily. Take the time to watch videos or read about your antivirus.

*Submitted by: Richard Parsey*



## Booking events with Community Services

### Bake sales in Foyer:

Fundraising Group	Day of the week
Family Travel Club	Monday
Sqeqotel-Circle of Families	Tuesday
Karen McNeil- Bobb	Wednesday
Elders	Thursday
Seabird Island Elders	Last Friday of January

**ALL PREVIOUS FUND-RAISING GROUPS NEED TO FILL ANOTHER APPLICATION FOR 2018.**

### Process for booking the foyer to fund-raise:

1. You will need to connect with Chanea Gabriel, Events Coordinator to request the fundraising form.
2. Book an appointment with Chanea once the form is complete. Bring a copy of your food safe certificate and application to the appointment.
3. If the new applicant is requesting to book on the same day as another group, a draw will be held to determine who will go first for that month.  
Example John Smith wants to fund-raise in March on Tuesdays, the name and group will be placed into a draw to decide whom gets to go first and alternate each week.
4. The process creates the fairness and equal opportunity for all members to fund-raise as events or fees coming up for them.

*Submitted by: Chanea Gabriel*

## Want to book the gym or kitchen here is the following steps:

1. You will need to connect with Chanea Gabriel, Events Coordinator to request the Member booking form. If you require equipment this will all need to be completed prior to your event.
2. Book an appointment with Chanea once the form is completed. The cash deposit of \$150.<sup>00</sup> (gym) and \$100.<sup>00</sup> (kitchen) is required payment to accounts receivable prior to meeting the with Events program.

In this meeting the gym/kitchen will be booked on the date that you would like and ensure that the date is free for your booking. Secondly a mandatory training session will take part in this meeting if you are wanting to use the kitchen as the Band has invested in the upgrade of new equipment in the kitchen. Seabird wants to ensure that everyone knows how to use the equipment and care for them. Lastly an overview of the expectations on the booker and a walk through will be completed prior to show where everything is located. A time to meet the booker will be made to go over equipment if any was requested and a walk through of the facility on what you are required to take care and ensure is completed.

3. Please note there will be no last minute requests for equipment, all requests need to be noted on the original list from the meeting.
4. Users are required to supply their own dish soap, washing clothes and aprons.
5. On the day of your event staff will ensure that you have access and all reserved equipment is out as per requested.

### Booking Cancellations

- Any bookings will be canceled if there is: Funeral/Prayers or Band Events occurring in the gym.

**Two members wanting to book the same day and time.**  
Events program will work with both groups to see if an agreement can be made.

### **For More Information:**

Contact: Chanea Gabriel - Events Coordinator  
Phone: 604-796-2177 • Email: chaneagabriel@seabirdisland.ca

## Honouring Ceremony for Graduate

On January 17, 2018 A:yelexw Centre for Hope & Healing – Men’s Recovery Home held a honouring ceremony for a graduate. Darren McIntosh graduated from the Men’s Recovery Home completing 207 days.

During his recovery Darren participated in all aspects of the home from one on one counseling to attending group programs. He received certificates for completing group workshops at Riverstone (in Chilliwack), First Aid Level 1 and Healthy Cooking from SIB nutritionists. Another of Darren’s accomplishments is obtaining part-time employment while completing the last few months of his recovery program.

A:yelexw Centre for Hope & Healing – Men’s Recovery Home would like to thank the drum group from Seabird Island School (and support staff) for their participation in the Honouring Ceremony; the school has become a great support to our ceremonies.

*Story submitted by: Alain Marchand  
Photography by: Zorana Edwards-Shippentower*



## Seabird Island Festival May 26 - 27, 2018



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

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



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

## Home Emergency Plan; Earth Quake Smart

With the recent activity on the coast it would be a good time to review and prepare for future emergencies... The B.C. coast is considered a high-risk earthquake zone, with more than 2,500 recorded each year in and around the province. Most are too small to be felt, but an earthquake capable of causing structural damage is expected to occur somewhere in the province about once every decade. There is a real risk that one of these could be “the big one.”

Although it is highly unlikely that a tsunami will make it this far up the Valley, it is good to be aware, tsunamis can be associated with earthquakes. Sometimes a large earthquake beneath the ocean floor will produce a tsunami, which is a series of large waves. If there is a tsunami heading this way, head for high ground and stay there. Tsunamis can bring waves for hours.

### Preparation is the key to survival.

Imagine that a major earthquake has occurred, causing widespread damage, cutting power and gas lines. Or, you have just been warned that a tsunami is on its way...

**If your home is no longer safe – you must leave immediately.** Now you have no time or means to gather food from the kitchen, fill bottles with water, grab a first-aid kit from the closet, a flashlight and portable radio from the bedroom. You need to have these items packed and ready in one place when disaster strikes.

**Indoors**, the safest places are beneath sturdy furniture, beside a solid inside wall or in a corner or inside an inner hallway. Hold on tight to heavy furniture to keep it with you. Avoid windows.

**Outdoors**, stay in the open, away from trees, buildings and power lines. You could be driving when a quake hits. Stop your car away from overpasses, bridges and power lines and stay inside your vehicle.

No matter where you are, protect your head and hold on until all motion stops.

### After

When an earthquake is over, it's important to stay calm and move cautiously, checking for unstable objects and other hazards above

and around you. You or others may be injured. Treat yourself first and then assist others.

Check gas, water and electrical lines. Also, be aware that there may be other types of hazards caused by earthquakes, including fire, landslides, highway damage, dike failures, liquefaction, cracks, etc.

Be aware of other possible hazards, such as broken glass, falling objects and weakened foundations or walls. If you and your family are okay, place a large OK sign in your window to let emergency workers know.

**Always anticipate aftershocks.** Drop, cover and hold on during after shocks as well.

**Reference:** [https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/2015\\_earthquake\\_tsunami\\_smartmanual\\_v07.pdf](https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/2015_earthquake_tsunami_smartmanual_v07.pdf)



## Keeping Food Safe During Power Outages

It's that time of year again: for snow storms, and wind storms, and ice storms, and... POWER OUTAGES!

Do you know how long food in your refrigerator can last during a power outage? Is it safe to eat? How about food in the freezer? Use these guidelines from the Canadian Food Inspection Agency.

- Plan Ahead: make sure your fridge and freezer are cold enough.
  - Your Fridge should be set at 4°C (40°F).
  - Your Freezer should be set at or below -18°C (0°F).
- Do not open the fridge or freezer unless absolutely necessary.
- An unopened refrigerator will keep food cold for about 4 hours.
- A full freezer will keep food frozen for about 48 hours.
- A half-full freezer will keep food frozen for about 24 hours.
- Don't put frozen food outside, even in winter. The sun's rays could thaw frozen food even when the temperature outside is very cold, or animals could contaminate your food.
- If you think the power outage will last for more than 4 hours, place ice packs in a cooler with the most perishable food from your refrigerator to have it last longer. Remember, once the temperature in the cooler rises, the food is only safe to eat for 2 hours. Pack all the free space in the cooler with ice to maximize your safe-food cold time!

Go to <http://www.inspection.gc.ca/food/information-for-consumers/fact-sheets-and-infographics/food-handling/emergency/eng/1331578972167/1331579901110> for more details.

Submitted by: Heather McDonald



## Health Care Assistants complete first of three practicums

The Health Care Assistant students at Seabird College have officially completed the first term of their program and have also completed their first of three practicums. In term one, they have focused on Health and Healing, Lifestyle and Choices, Personal Care Assistance 1, Interpersonal Communications and Introduction to Practice. The students have also completed First Aid and CPR Level C, scenario readiness tests and pre-clinical readiness procedures.

After weeks of tests and clinical practice, the students have successfully completed their first practicum at the new Cheam Village Care Facility in Agassiz. This was their first time being on the job, in full scrubs, assisting real clients. Cheam Village is a 68 bed complex care facility, with 24 hour professional nursing care, state of the art amenities, complete activity program and a convalescent program helping patients return to their home.

“Cheam Village has various sectors with different levels of care. Each sector has 17 units or 17 patients. Each of the 17 units is stationed with 2 care aides and there is always a Licenced Practical Nurse or Registered Nurse on site. Each of our students were paired with an experienced care aide for the

duration of the practicum. These care aides were providing our students with real life experiences, things they cannot learn in the classroom” explains the Health Care Assistant Instructor, Sue Falconer.

On December 7, 2017, Brenda Beatty of Service Canada, as well as Sharon Shuter and Chris Bose from Aboriginal Skills and Employment Training Strategy (ASETS) Kamloops office, visited our students at Cheam Village. Both Service Canada and ASETS Kamloops are education sponsors for the Health Care Assistant Program at Seabird College. During this visit, they conducted a few short video interviews with a few students that received sponsorship to complete this program.



*Continued on the next page*



Questions asked in the interviews included; what your long term goals are after completing this program, how you heard of the program, what are some of the challenges you encountered and what are your favorite parts of the program in general. In their routine check-in, Sue had asked the students, how has your personal life changed as a result of what you are learning in this program? Many responded that they are now more aware of germs and the importance of hand washing, some are now better able to care for their own loved ones at home and

able to better assist the elderly with mobility and transportation challenges.

The students are now all back in class and have started Term 2 of their program. In a few weeks they will prepare for their second practicum that will incorporate both community involvement as well as clinical experience. Keep up the great work students!

*Submitted by: Shannon Chapman*

# Community Events Calendar

(S) Sxexlháat	(M) Yila:wehát	(T) Sthémelts	(W) Shhí
	<b>Elders College Temporarily Closed</b> for renovations	<p style="color: green; text-align: center;"><b>Pre &amp; Post Natal and Prenatal Circle</b> Who can attend? Expecting moms, newborns up to 6 weeks, partners, support person and siblings. Open to families living on-reserve and transportation can be provided. Questions? Text or call Diana Phan at 604-765-8769 or 604-796-6858</p> <p style="color: green; text-align: center;"><b>Bodies in Motion</b> focuses solely on pre &amp; post natal fitness and is free for First Nations living on-reserve.</p>	
4	5	6	
<ul style="list-style-type: none"> <li>• Seabird Mass 11-12 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• LAC 4:15-8 p.m.</li> <li>• Youth 10-12 yr 3-5 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Youth Baking 5-6:30 p.m.</li> <li>• Garbage, Recycle &amp; Compost</li> </ul>	<ul style="list-style-type: none"> <li>• Optometry Clinic</li> <li>• Bannock &amp; Tea 10-3 p.m.</li> <li>• Parents &amp; Tots 10-1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Homework Club 3-5 p.m.</li> <li>• Fitness Camp Activity Drop-in 5-6:30 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Elders Tai Chi 2 p.m.</li> <li>• Pre &amp; Post Natal 11-2 p.m.</li> <li>• Seabird College Writers</li> <li>• Youth Éyem 13-18 yr 3-</li> </ul>
11	12	13	
<ul style="list-style-type: none"> <li>• Sts'ailes Mass 11-12 p.m.</li> </ul>	Facilities CLOSED Family Day - Stat holiday	<ul style="list-style-type: none"> <li>• Parents &amp; Tots 10-1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Homework Club 3-5 p.m.</li> <li>• Fitness Camp Activity Drop-in 5-6:30 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> <li>• Garbage, Recycle &amp; Compost</li> </ul>	<p style="color: red; text-align: center;"><b>Valentines Day</b></p> <ul style="list-style-type: none"> <li>• Elders Tai Chi 2 p.m.</li> <li>• Prenatal Class 1-3 p.m.</li> <li>• Seabird College Writers</li> <li>• Youth Éyem 13-18 yr 3-</li> <li>• Apals 4:30-7:30 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Ed Committee</li> </ul>
18	19	20	
<ul style="list-style-type: none"> <li>• Seabird Mass 11-12 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Youth &amp; Elders Dinner 3-5 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Garbage, Recycle &amp; Compost</li> </ul>	<ul style="list-style-type: none"> <li>• Parents &amp; Tots 10-1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Homework Club 3-5 p.m.</li> <li>• Chief &amp; Council 5 p.m.</li> <li>• Fitness Camp Activity Drop-in 5-6:30 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	<p style="color: red; text-align: center;"><b>Stó:lō Day</b></p> <ul style="list-style-type: none"> <li>• Elders Tai Chi 2 p.m.</li> <li>• Seabird College Writers</li> <li>• Youth Éyem 13-18 yr 3-</li> <li>• Parents &amp; Tots Family N</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>
25	26	27	
<ul style="list-style-type: none"> <li>• Sts'ailes Mass 11-12 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Youth 10-12 yr 3-5 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Youth Baking 5-6:30 p.m.</li> <li>• Elders Outing</li> <li>• Garbage, Recycle &amp; Compost</li> </ul>	<ul style="list-style-type: none"> <li>• Parents &amp; Tots 10-1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Homework Club 3-5 p.m.</li> <li>• Fitness Camp Activity Drop-in 5-6:30 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	<p style="color: red; text-align: center;"><b>Anti-bully Pink Shirt Day</b></p> <ul style="list-style-type: none"> <li>• Prenatal Class 1-3 p.m.</li> <li>• Elders Tai Chi 2 p.m.</li> <li>• Seabird College Writers</li> <li>• Youth Éyem 13-18 yr 3-</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• <span style="color: green;">Income Assistance Che</span></li> </ul>



# Calendar – February 2018

Days	(T) Sxeó:thels	(F) Sheqá'tses	(S) T'óqw'tem
	1  <ul style="list-style-type: none"> <li>• Parents &amp; Tots 10-1 p.m.</li> <li>• Youth 13-18 yr "Who We Are" 3-5 p.m.</li> <li>• Youth Council 5-6 p.m.</li> </ul>	2  <ul style="list-style-type: none"> <li>• Youth Drop in 3-9 p.m.</li> <li>• Someone So Small</li> </ul>	3
7  <ul style="list-style-type: none"> <li>• Group 3-4 p.m.</li> <li>• 5 p.m.</li> </ul>	8  <ul style="list-style-type: none"> <li>• Family Day Event</li> <li>• Parents &amp; Tots 10-1 p.m.</li> <li>• Elders Meeting 1-3 p.m.</li> <li>• Youth 13-18 yr "Who We Are" 3-5 p.m.</li> </ul>	9  <ul style="list-style-type: none"> <li>• Resiliency Drop-In 3-9 p.m.</li> <li>• Someone So Small</li> </ul>	10
14  <ul style="list-style-type: none"> <li>• Group 3-4 p.m.</li> <li>• 5 p.m.</li> </ul>	15  <ul style="list-style-type: none"> <li>• Parents &amp; Tots 10-1 p.m.</li> <li>• Youth 13-18 yr "Who We Are" 3-5 p.m.</li> <li>• Youth Council 5-6 p.m.</li> <li>• Prayer Circle 6:30 p.m.</li> </ul>	16  <ul style="list-style-type: none"> <li>• Pick-up your newsletter today</li> <li>• Youth Drop in 3-9 p.m.</li> <li>• Someone So Small</li> </ul>	17
21  <ul style="list-style-type: none"> <li>• Group 3-4 p.m.</li> <li>• 5 p.m.</li> <li>• Night 4:30-7:30 p.m.</li> </ul>	22  <p><b>Groundhog Day</b></p> <ul style="list-style-type: none"> <li>• Parents &amp; Tots 10-1 p.m.</li> <li>• Youth 13-18 yr "Who We Are" 3-5 p.m.</li> </ul>	23  <ul style="list-style-type: none"> <li>• SICS &amp; SD78 Pro D Day</li> <li>• Someone So Small</li> <li>• Youth Bake Sale 11-1 p.m.</li> <li>• Youth Outing - Escape Rooms</li> </ul>	24
28  <ul style="list-style-type: none"> <li>• Group 3-4 p.m.</li> <li>• 5 p.m.</li> </ul> <p><b>Que Day</b></p>		<p><b>We are no longer delivering to residents homes!</b></p> <p>You may pick-up your Yoo Hoo at the Front Entrance of the Band Office.</p> <p><b>Nature Friendly Option!</b> Those who prefer to receive newsletters by email, submit requests to <a href="mailto:comm@seabirdisland.ca">comm@seabirdisland.ca</a></p> <p><b>Listing:</b> Name, email</p>	<p><b>NOTE:</b> "Some Youth events may change, for the most up to date information, contact Tara-Lyn Linton at 604-798-6524 or <a href="mailto:tlinton@seabirdisland.ca">tlinton@seabirdisland.ca</a> to be part of our weekly updates."</p>



# HEART BERRIES



## Honouring Ceremony Book Launch

**Date:** March 13, 2018

**Location:** Lalme'Iwesawtexw

Seabird Island Community 2821 Chowat Rd, Agassiz, BC V0M 1A0

**Time:** 10:00-12:00 Honouring Ceremony  
1:00-2:00 Tea with Terese

For more information and for RSVP: Contact Chaundine Quipp

604-796-3061



Seabird Island Band



# SEABIRD ISLAND BAND HOUSING WAIT LIST FEBRUARY 2018

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 wait list number?

Contact the Housing Department to see where you sit on the wait list!

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.

1 BEDROOM	
1	04282016-1031
2	09232016-1039
3	06152017-5001
4	08222017-6006
5	09272017-5008
6	11162017-6009
7	01032018-5010
8	01032018-5011
9	01032018-5012
10	09202017-5007
11	10042017-7007
12	02102015-1014

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	<b>10042017-6008</b>
15	10042017-7007
16	11162017-6009
17	12122017-6010
18	<b>12282016-2098</b>
19	01032018-5011
20	03192013-3088
21	03152017-6000
22	08172017-6005
23	<b>06152017-5000</b>
24	08232017-6007

3+ BEDROOM	
1	12192012-3076
2	02082013-3084
3	<b>07082014-3087</b>
4	01122015-1009
5	<b>01142015-1011</b>
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	<b>12142016-4014</b>
16	12232016-2097
17	12302016-4015
18	01192017-4016
19	09062017-7005
20	10042017-7007
21	11162017-6009
22	12122017-6010
23	12122017-7009
24	<b>12122017-7010</b>
25	12122017-7011
26	12202017-7012
27	02022017-4019
28	01032018-6010
29	<b>12282016-2098</b>
30	03192013-3088
31	03152017-6000
32	08172017-6005
33	05272016-4005
34	<b>06152017-5000</b>
35	01162018-7013
36	08232017-6007

## 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.

## Housing Policy 2.5

According to the Seabird Island Housing Policy 2.5 In order to maintain your spot on the Housing List you must

**Update the application annually before January 1st (reapplications will be accepted between November 15 and December 31).**

If you have not renewed your application please pick up a copy at Seabird Island Band

front desk. You can request by email a copy be sent to you to print and return. We can also mail you a copy. If you need assistance in filling this out please contact Rachael Alexander at 604 796-6932 or by email at [ralexander@seabirdisland.ca](mailto:ralexander@seabirdisland.ca)

When we receive your application after the deadline. You will be placed back on the list in the order we receive your application.

- Submitted by: Rachael Alexander



# Comic



no rights reserved  
by Roddy Thorleifson



https://mooselakecartoons.com

# February Tem'lemeches

“time when hands stick to things from cold”

## Aquarius

January 22 - February 19

**Key characteristics:** Curious, inventive, dreamy and eccentric. You express devotion and fidelity.

**Flower:** Orchid

**Birthstone:** Amethyst

## Pisces

February 20 - March 20

**Key characteristics:** Cares about ideals and aspirations. Pisces likes to dream and is drawn to the arts, especially the stage.

**Flower:** Violet

**Birthstone:** Amethyst

## Quote of the Month:

“Everyone needs a house to live in but a supportive family is what builds a home.” Anthony Liccone

## Halq'eméylem Word Search

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

## Words:

- exímels – put on credit
- qélqwlha – how beautiful!
- qp'á:thet – to close it
- q'owét – drum
- tskwí:m – red
- tskwikwemel – pink
- th'á:le – heart
- kw'ókw'es – hot
- shxwtitós – safe place to cross river
- ímexyósem – to go for a walk
- mōkwethet – to kiss him
- qe'óleq – friend, buddy
- lhq'él:exw – to know it
- s'elhtel – food
- sqáyéx – to brag
- sq'ó – companion
- sq'oxel – partner
- álhtel – to eat
- álex – sibling
- th'akw'ó:y – family

- Submitted by Zorana: Edwards-Shippentower

# JOB POSTINGS

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

<https://seabirdisland.startdate.ca>

## 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.

## Learning Assistance Teacher

Seabird Island Community School is seeking to fill the position of a Learning Assistance/Special Education teacher. We believe that all students can learn and the role of the LA/SE Teacher is to assist classroom teachers to help all students reach their potential.

## Grade 3 Teacher

Seabird Island Community School is seeking to fill the position of a Grade 3 teacher. We believe that all students can learn and the areas of literacy and numeracy are absolutely critical from the Kindergarten to grade 3 years. When students leave grade 3 reading at grade level, research suggests that their prospects for graduation are substantially improved.

## 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 in 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.

## Social Studies Teacher

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.

## Elder at School

For generations Elders have passed on their knowledge, culture, tradition and wisdom. Here at Seabird Island Community School / Lalme'lwesawtexw, 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 creates 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.

## 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.

## Family Support Worker

The Family Support Worker (FSW) is charged with assisting families in the process of life changes. The FSW will provide support and assistance to client families in a wide variety of daily, weekly, monthly, or sporadic tasks and family responsibilities. The FSW is expected to provide warm caring support, while teaching and empowering clients to be prepared for life after support has ended.

## 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 work closely with the Sq̓ep (Culture and Language) Committee, Elders' group, Seabird College Elders' Group, the Community School's Language and Cultural Committee, the Early Childhood Education Program, the Directors Team, and the Seabird Island community members to ensure that all Band programs and ventures remain culturally relevant. Cultural relevancy is deemed to be 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.

## 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.

## General Applications

Seabird Island Band is located in the beautiful Upper Fraser Valley area surrounded by mountains and rivers, and just three kilometers northeast of Agassiz, British Columbia. The Seabird Island Band is a multi-faceted First Nations Band that includes government, business, service and non-profit services. Our goal at Seabird Island is to work as an integrated team to improve the health, education, and economic opportunities for First Nations people to create thriving First Nations families and communities.

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

For example: John Smith is interested in applying for Admin Assistant position. He can apply under General Applications and mention his name as John Smith - Admin Assistant

When we have an opening for the Admin Assistant position, we will get in touch with John Smith to see if he is still interested in the position and if he is we will pull his application from General applications for the Admin Assistant job opening.

*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](mailto: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.

## 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 15<sup>th</sup> 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 template design:  
Sandra Bobb 604-796-6838 or email  
sandrabobb@seabirdisland.ca

Editing Team: Sandra Bobb, Lori Burns,  
Zorana Edwards-Shippentower  
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:  
**February 6, 2018**

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 to first.  
Others seen on a first come, first serve basis.

Contact 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.<sup>50</sup> for Band Members and
- ▶ \$8.<sup>50</sup> 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 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 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: 1<sup>st</sup> Wednesday of each  
month, by request.

If you need a **bin dropped off** for your  
major cleaning please submit your request in  
writing. *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 Member, inquire for fees.

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

## SEABIRD CHURCH

Mass: 11 a.m. - 12 p.m.  
Feb. 4 & 18, March 4 & 18

Prayer Circle: Feb 15, March 15

Contact Deacon Jamie 604-491-3052 or  
604-615-5677

## EMERGENCY / SECURITY

EMERGENCY 911  
SEABIRD SECURITY 604-991-8635  
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.**



**ISPARC**  
Indigenous Sport,  
Physical Activity  
& Recreation Council



Move | Play | Compete



Tuesdays!



February 6<sup>th</sup>, 13<sup>th</sup>,  
20<sup>th</sup>, 27<sup>th</sup>



4PM-6PM



**Seabird Band Office  
Gym**

2895 Chowat Rd  
Agassiz, BC



**Registration Link:**

<https://aboriginalsportbc.wufoo.eu/forms/w190arev1e4stcn/>



**Deadline to register:**

February 5<sup>th</sup>

OPEN TO ALL YOUTH AGES 10-17!

# LACROSSE CAMP



## EVENT INQUIRIES:

Tara Lyn Linton



[tlinton@seabirdisland.ca](mailto:tlinton@seabirdisland.ca)



(604) 796-0198

Seabird Island Band

*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](mailto:acook@isparc.ca))

### PARTNER AGENCIES



BCAAFC  
BC ASSOCIATION OF AMATEUR  
FRONTIER LEAGUES



Partnerships  
with N7  
and other agencies  
apply for an N7 grant.



## URGENT! RECALL NOTICE

On behalf of Kidde Canada, we would like to notify Seabird Island Band regarding a recent recall. The fire extinguishers (model E5, M5C, BC5GD) sent by First Nation Emergency Services Society ARE part of the extinguishers models recalled.

The Housing Department has been making its way around the community since the summer installing new smoke detectors and fire extinguishers. We have received notice that the extinguishers are on an URGENT RECALL.

Please bring your fire extinguisher (model E5, M5C, BC5GD) to the Main Receptionist and register for a new one. Once they arrive, the Housing Department will drop off a new one to your home or office (on Seabird).

Those with expired fire extinguishers can also bring those in and register for a new one. As well, if you live on Seabird and do not have an extinguisher please come in to register to receive an extinguisher.

- Submitted by Erna Paul



### PAID ADVERTISEMENTS



## Allenby's General Store

Pet Foods & Accessories & Flea Control  
Lawn & Garden  
Poultry & Livestock Feed  
Paint - Eco Coat \$19.99 a gallon

**Hours:** Monday - Friday 9 a.m. - 5:30 p.m.  
Saturday 9 a.m. - 5 p.m.

Door to Door Service

**Free Delivery Minimum \$35.00**

**Mobile Machine Visa/MC/Debit**

Tax Exempt delivery on-reserve with Status Number

### PET FOODS OF THE MONTH:



**Canadian Naturals**  
**#1 Pet Food in Canada**

**Contact:** 604-796-3373

[Allenbysgeneralstore@gmail.com](mailto:Allenbysgeneralstore@gmail.com)

7323 Pioneer Ave, Agassiz BC V0M 1A0

## TRIBAL TRADERS

ARTS AND CRAFTS FROM AROUND THE WORLD

CARVINGS  
EMBROIDERY  
ON CLOTHING  
PURSES  
JEWELLERY  
FIRST NATION ART

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

**Hours of Operation**

Monday - Wednesday 8:30 a.m. - 5:30 p.m.	Saturday 9:30 a.m. - 5:30 p.m.
Thursday - Friday 9:30 a.m. - 9:00 p.m.	Sunday 12:00 p.m. - 5:00 p.m.