

the SEABIRD ISLAND

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

May 2018



**Carter Billy, bringing awareness to Juvenile Idiopathic Arthritis (JIA),
BC Children's Hospital, Page 5**



INSIDE

Band Quarterly Agenda pg. 3
 Festival pg. 4
 Carter Billy Story pg. 5
 Dogwood Diploma pg. 6
 Tick Talk pg. 7
 A Tribute pg. 8
 Housing Wait-list pg. 10-11
 Events Calendar pg. 12-13
 College pg. 14-17
 Deacon's Corner pg. 18
 Employment & Social Development. pg. 20
 Job Postings pg. 21
 Classifieds pg. 22-23

Head Start & Elders College
Temporarily
CLOSED
 for renovations

Dates to Remember

- SICS & SD78 Pro D Day May 18
- Band Meeting May 2
- Facilities CLOSED Victoria Day May 21
- Seabird Festival May 26 & 27

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
Providing: Name and email.

Hahzinak Schultz - Author and Film Student

Currently Hahzinak (Zena) is attending Capilano University in the Indigenous Independent Digital Filmmaking Program. She has completed year one of the two year program and recently received a letter of recognition from the Dean, Faculty of Fine & Applied Arts, Capilano University. This letter honours Hahzinak for her commitment to her studies and her excellent marks, as a result she was put on the Deans list for that term. This achievement will be noted on her transcripts and permanent record for her attainment of a grade point average of 3.67 or better in a full program of studies.

“I published my first novel in 2016. When I write a book, I visualize it, scene by scene. I discovered through the community following my book Raging Love, that it is written visually, and would make a great script for a movie. 2017 I applied to Canada’s only Indigenous Digital Filmmaking program. I am on the Dean’s List for my high-grade point average at Capilano University. 2018 I’ve written, produced, directed, filmed & edited four movies made by me.”

“I believe that if an Indigenous Woman has a daydream of a career and life and goal... she ought to work at achieving that said goal. Decide you’ve arrived by daily doing the little- things to get there such as seeing a counsellor (to get rid of trauma and past stuff which is getting in your way of success), academically upgrade to make it to college or university, take care of your body through diet and exercise. Most of all, get it right with Creator because in Creator’s eyes, you’re beautiful and brilliant and perfect. Get it right with your Ancestors because in their eyes, if you’re not living your dreams out... they died for nothing!”

“Culture saves. Wrap yourself in our culture and you will be strong enough to do anything!”

*Quotes by Hahzinak (Zena) Schultz
 Submitted by: Cindy Kelly*





SEABIRD ISLAND

Quarterly Band Meeting

Agenda

DATE: Wednesday, May 2, 2018 | LOCATION: Main Boardroom

| | |
|------------------|---|
| 5:00– 5:05 p.m. | Welcome – Chief Clem Seymour |
| 5:05 – 5:30 p.m. | Prayer & Refreshments (light meal) |
| 5:30 – 6:00 p.m. | Strategic Plan |
| 6:00 – 6:15 p.m. | Tiyt Tribe Update |
| 6:15 – 6:30 p.m. | Ministry of Transportation and Infrastructure (MOTI) update |
| 6:30 – 6:45 p.m. | Enbridge Update |
| 6:45 – 7:00 p.m. | Nation to Nation |
| 7:00 – 7:30 p.m. | Chinook Jurisdiction Update |
| 7:00 – 7:45 p.m. | Question and Answer Period |
| 7:45 – 8:00 p.m. | Door Prize Draws & Closing Remarks |
| 8:00 p.m. | Adjournment |

Portfolio Holders and Department Director's Reports will be available as handouts

Administration Department – (Lead Paul Andrew, 2nd Janice Parsey and 3rd Marcie Peters)

- HR, IT, and Finance

Culture, Language, and Heritage Natural Resources – (Lead Zack Joe, 2nd Linda Kay Peters)

- Forestry
- Gravel

Development Corporation – (Lead Paul Andrew, 2nd Janice Parsey, 3rd Alexis Grace)

Education – (Lead Stacy McNeil, 2nd Linda Kay Peters, 3rd Janice Parsey)

- K-12
- Post-Secondary

Education – (Lead Rod Peters, 2nd Alexis Grace)

- College

Housing and Public Works – (Lead Stacy McNeil, 2nd Rod Peters, 3rd Marcie Peters)

- Operations and Maintenance
- Fire Department

Health and Early Childhood Development Program – (Lead Linda Kay Peters, 2nd Alexis Grace)

- Recreation
- Employment
- Doctors/Nurses/Dentist
- Social Development

Health – (Lead Marcie Peters, 2nd Zack Joe)

- Early Childhood Development Program
- Child and Family Services

Justice – (Lead Alexis Grace, 2nd Stacy McNeil)

Lands and Government Affairs – (Lead Janice Parsey, 2nd Stacy McNeil)

Rights and Title & Fishing – (Lead Paul Andrew, 2nd Zack Joe, 3rd Janice Parsey)

éy kw'as e' me lá:ts'ewtxwem

(It's good you come to visit/be here)

Child minding care available!!!

Seabird Festival

Over the past few years, we have been trying to transfer the Seabird Festival back to the people. Less and less, we are depending on the staff to run the activities at the festival. As such, less staff will be working this festival and we are looking for Community Members to work the event. This includes hiring Community Members for positions and opening up the kitchens for fundraising groups to rent.

Lets all pull together to make this Festival great!



Seabird Island Festival May 26-27, 2018

HELP WANTED

■ The Community Service Department is seeking 20 people to work paid positions during Festival weekend in all aspects, of the weekend.

- Must be 15+
- Please inquire with Brian Govereau to enlist, please list when you are able to work.
- All applicants must attend a training session to work.

■ On behalf of the Festival Committee, we are also accepting bids and applications for the Festival.

Following buildings are up for rent:

- Firehall \$200.⁰⁰
- BBQ Area \$300.⁰⁰
- High School Kitchen \$400.⁰⁰
- Millennium Hall and Band Gym \$600.⁰⁰

Please inquire with Angie Chapman 604-796-2177 as to what is required and what you will need to complete this process.



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



Carter Billy, bringing awareness to Juvenile Idiopathic Arthritis (JIA), BC Children’s Hospital

From silent pain to “I feel like I can do anything” April 13, 2018.

In early 2017, nine-year-old Carter wasn’t well—he was frequently tired and napped often, had an awkward walk and appeared to be in pain. Carter proudly says that he never complained, and his parents Jenny and Shane are quick to agree.

“Carter never complains about anything, which made recognizing the problem a bit more challenging for us,” said Jenny. “We did all the right things – we made sure he got plenty of sleep and was well rested for school, cooked healthy meals, but yet, he was always tired and we couldn’t figure out why.”

It wasn’t until one of Carter’s medical appointments that a health care worker connected the dots. Carter happened to be in more pain than usual and a specialist noticed the signs – Carter was experiencing a ‘flare-up’.

A flare-up is when a child with Juvenile Idiopathic Arthritis (JIA) experiences pain, swelling and stiffness in their joints that can change from day-to-day. When the condition becomes more active and the symptoms worsen, it’s known as a ‘flare’ or ‘flare-up’.

Carter was promptly booked in to see the pediatric rheumatologist team at BC Children’s Hospital. His parents traveled from their home on Seabird Island, a First Nations Band located in the Upper Fraser Valley, to the hospital every three to four weeks for the next several months for treatment. By June 2017, the treatment was working, Carter’s pain was diminishing and his family had answers.

“When I first met Carter he had many joints that were swollen which made it difficult for him to do activities he enjoyed,” said Dr. Kristin Houghton, rheumatologist, BC Children’s. “As his arthritis improves, his ability to participate in activities increases and each visit he tells me about a new activity or hobby he can now take part in.”

“You wouldn’t know he was the same kid,” said Shane. “Being free from pain has given Carter so much energy; we are glad we now understand what he was going through and can better accommodate his needs.”

Although Carter’s pain has subsided and is being managed, JIA symptoms come and go. Jenny says that outings that most families take for granted, like going to the movies, hiking, or long car rides, are something their family has to plan for. For now she says they are taking things slow to allow Carter to adjust and enjoy his new freedom.

“I feel like I can do anything,” said a smiling Carter, now 11-years-old. “I used to be sensitive—a lot of the time I would be in pain if someone touched me. Now I feel so much better and can do the things I love.”



Since Carter’s condition has improved, he’s started to play chess and his favourite board games again and most recently, he’s taken up beading. Jenny and Shane’s advice to other parents who may be going through the same thing as they did—don’t be afraid to reach out, get a referral and see a specialist.

JIA facts

- Children of First Nations descent are at a higher risk of developing JIA.
- Approximately three out of 1,000 children in Canada have JIA.
- Arthritis can affect any joint—some children have one affected joint, while others have several.
- Parents/caregivers should seek help if they notice their child suddenly develops a limp, particularly in the morning, or after a nap.
- About 10% of children with JIA are very sick with fever and rash when they develop the disease.

BC Children’s Division of Rheumatology practices a team approach to care allowing families to see a Pediatric Rheumatologist, Specialized Nurse, Social Worker, Physiotherapist and Occupational Therapist during the same visit. Treatment plans are coordinated between specialties and many children also participate in research projects at the time of their clinic visit.

For resources and to learn more about how BC Children’s Division of Rheumatology helps kids with diagnosis and treatment of arthritis and other rheumatic diseases, visit the BC Children’s website.

Reference: <http://www.bcchildrens.ca/about/news-stories/stories/from-silent-pain-to-i-feel-like-i-can-do-anything>.

Seabird College, Dogwood Program Highlight: English 12, First Peoples

You Are Asked to Witness: The Stó:lō in Canada's Pacific Coast History, by Keith Thor Carlson is used as a teaching tool in English 12 – First Peoples, in the Seabird College Dogwood Class. This resource is a compilation of essays as told by Stó:lō Elders, who have shared their knowledge and oral history from a First Nations perspective. The students in this class learn how events in BC Aboriginal history have shaped Stó:lō Culture and how the history of Colonialism in Canada has affected First Nations Communities.

For those interested in learning more about the English 12, First Peoples course, contact the Seabird College at 604-796-6839.

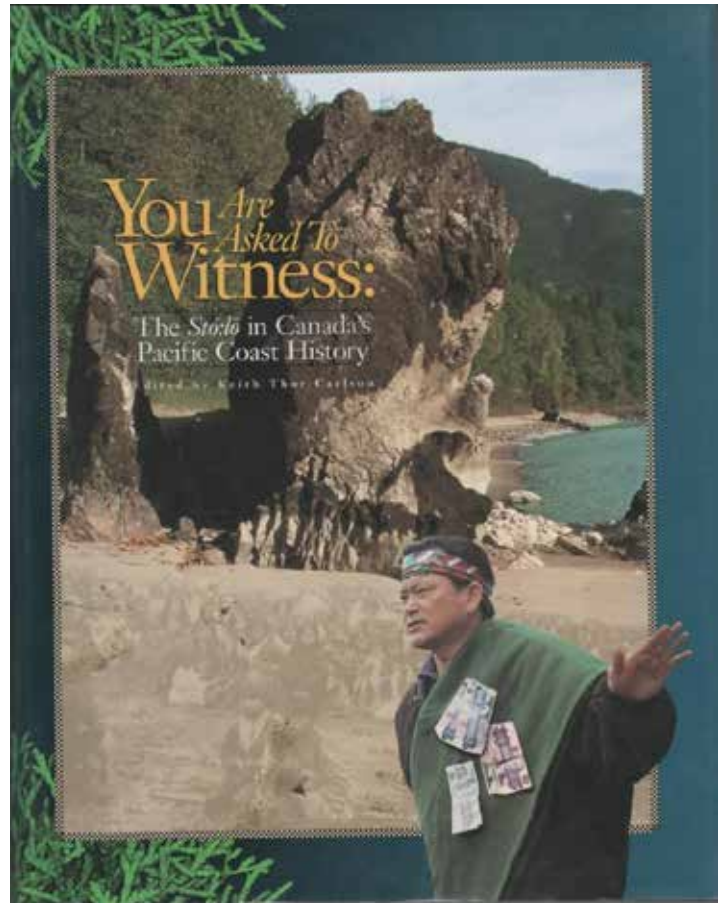
Dogwood Student, Dee Eashappie shares her response to the following question:

1. Describe how the Mobilization Act adversely affected Stó:lō Veterans:

In August 1940 the Canadian Parliament passed the National Mobilization Act. This act required all adult citizens to register for potential military service. This was to help the government to coordinate the nation's man power. The Aboriginals were the only one that were exempt from the mandatory registration, while other Canadian men were being conscripted and forced to serve in the military. The government also passed a companion legislation that made it illegal for employers to pay civilian employees unless they produced the National Mobilization Act registration card. This resulted in conflicting policies with the Aboriginal people being unable to work or collect their pay cheques. The top official leaders in Ottawa were to clarify that the Indians were exempt from registering under this companion legislation. At the time, this was not relayed to employers and police, as a result, First Nations were being arrested and fired from their jobs.

The Aboriginals were affected by the agreement from day one, as they were not considered Canadian citizens. Even though they had civilian jobs, they were not permitted to work unless they were registered with the Nations Mobilization Act. Discrimination was even more apparent when Aboriginals were only accepted into the Army and not considered suitable to serve in the Navy. Once enlisted in the Navy, many found that they were given jobs that were distasteful, deplorable and were not treated very well at all.

When they came back home from deployment, they found that they were not eligible for the same benefits or financial assistance that the other Vets, who received financial assistance for education, job training, plus loans and grant opportunities. To make matters worse for our Veterans, they weren't really accepted back into their Communities when they returned home. The Elders and community had more or less shunned



them for fighting a fight that wasn't theirs, in the Elder's eyes. Most of the vets from WWI and WWII had turned to self-destruct with alcohol and suffered depression. The vets were not recognized by the government or their communities until the late 90's. When I look back at our history and the history of Aboriginal Vets, I commend them for their bravery, and honour.

Submitted by: David Oliver, Dogwood Instructor

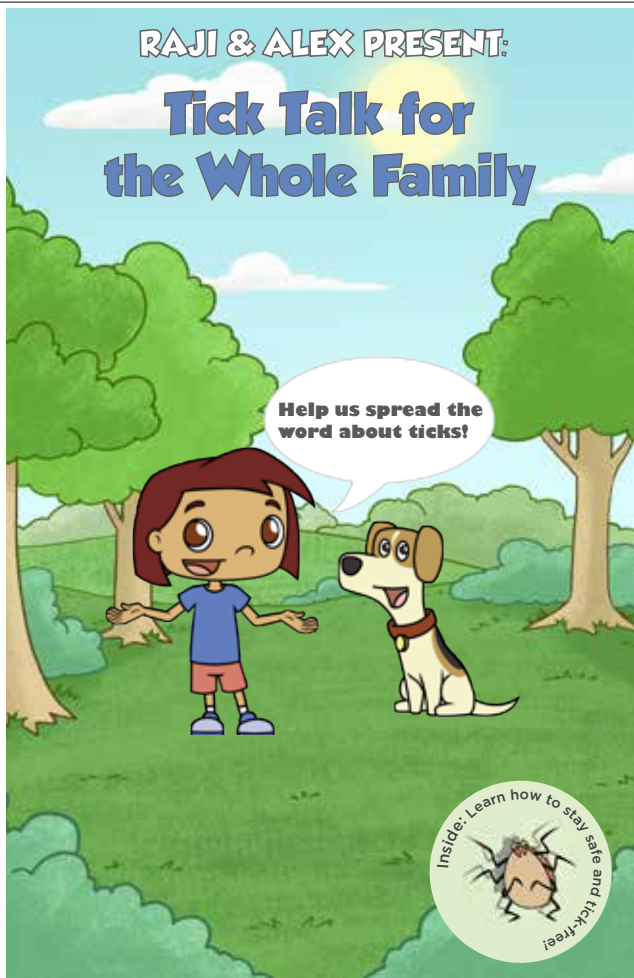
Family Lawyer Clinics

Need to talk with a family lawyer, Derwin is available in the evenings on the following dates:

May 2 and 10

June 16 and 24

For more information contact
Maggie 604-796-2177



RAJI & ALEX PRESENT:

Tick Talk for the Whole Family

Help us spread the word about ticks!

Inside: Learn how to stay safe and tick-free!



Where do ticks live?

Ticks are commonly found in many areas of British Columbia, including the Southern Interior, Lower Mainland, the Gulf Islands, and Vancouver Island. Ticks live in brush — tall grass, bushes, and shrubs.



How big are ticks?

Ticks are very small bugs. They are about the same size as a sesame seed, 3.5 mm. That's pretty tiny so it's very important to take precautions to prevent these little critters from latching on to you when you are outside in areas where ticks live.



How do I protect myself?

There are many ways to reduce your risk of getting tick bites:

- Tuck your pants into your socks
- Use DEET, but remember to pick a repellent with 10% DEET or less for children (20-30% for people over 12)
- Wear appropriate clothing: light coloured clothing, long sleeves, pants, close toed shoes
- Stay on a clear path and avoid brush
- Perform daily tick checks on yourself and your pets
- Take a shower and put your clothes in the dryer when you get home from playing outside in areas where ticks are common

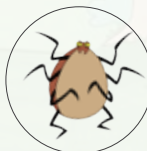


What should I do at home?

Perform a tick check on yourself, and your pets after a day outside. Kids should get help from an adult family member for their check.

I found a tick! What now?

Is there a tick on your clothing or do you have a tick attached to your skin?



If you find a tick on your clothing, remove the tick, kill it, and dispose of it. Ticks take at least 24 hours to attach, so a big part of prevention is removing ticks before they bite.

If you have a tick attached to your skin, follow the steps below:

- Tell an adult
- The adult will need to remove the tick using tweezers: grasp the tick at the head, where the tick attaches to the skin, and pull straight up slowly
- Clean the tick bite area using soap and water. You can then put a small amount of antibiotic ointment on the area
- If the tick is still alive, place it in a sealed container with a damp cotton ball
- Label the container with your name and where the tick came from. Take the container to a doctor, a vet, or the BC Centre for Disease Control



When removing a tick, remember this tip: Ease, don't squeeze!



Where can I learn more?

For more information on staying safe and tick-free, visit the BC Centre for Disease Control's website: http://www.bccdc.ca/dis-cond/a-z/_/LymeDisease/ Here you can watch Raji & Alex's video, and find links to the Tick Talk Facebook and Twitter sites.

BC Centre for Disease Control
655 West 12th Avenue
Vancouver, British Columbia
V5Z 4R4 Canada
604-707-2400



Submitted by: Lisa Walberg
Reference: <http://www.bccdc.ca/resource-gallery/Documents/Epid%20Materials/Epid/LymeDisease/Vector-bourne/TickTalkBrochureA5.pdf>



A Tribute to the Seabird Fire Department

Sue, myself and our family want everyone to know how impressed and grateful we are for all the members of the Seabird Island Fire department.

Having them there working alongside the Ambulance attendees gave us hope that our son would be ok. But sadly after 50 minutes of non-stop effort from both teams, our son had to leave us and start his journey to meet his family and friends who have gone before him.

As we sat there and watched the members of Seabird's Fire Department, we could see the dedication and determination they have for what they do. We feel for them because this is when we realized that they go through a lot of heart felt situations. This is what makes us proud of them because of all the different situations they go through and we know that they have been doing this for many years.

When the day came to finally send our son on his journey, our hearts lifted up some when they all walked in together and sat behind the Honorary pallbearers and pallbearers. Not only our family but everyone who was there were very impressed. When they sat down, I heard comments on how well they did

and that Seabird is lucky to have their own professional Fire Department.

We would like to let our community of Seabird Island know that not only Sue, I and our immediate family, but all of our extended family stood up and thanked the Fire Department members with a honour song from the drummers and a thank you hand shake with a hug for their help.

from the Harris Family



Family Honouring Ceremony

*“Walking Together in Partnership”
Seabird Island Community & MCFD
would like to invite YOU*



May 10th, 2018
5:00 - 8:00 p.m.

**Dinner will be served
at 5:00 p.m.**

in the Seabird Island Band Office Gym

Seabird Island Band Housing Wait-list – May 2018

Please make sure the Housing Program has your current contact information.

We must have a working phone number or e-mail 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 your Housing Program to see where you sit on the wait-list!
604-796-2177.

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 | 04112018-5017 |
| 19 | 04112018-5018 |
| 20 | 09272017-5008 |

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 |
| 31 | 03122018-6014 |
| 32 | 04112018-7015 |
| 33 | 04122018-6015 |

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 |
| 41 | 04112018-7015 |
| 42 | 04122018-6015 |

Are you a current Tenant in Seabird Island Housing Program.

“It is that time of year again when you must sign your new Tenancy Agreement with the Housing Department. Please ask front desk to see Rachael Alexander to update and sign your Tenancy Agreement.”

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.

NOTE!

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

Is somebody outside, are you scared?

Lately some people may be concerned with vandalism of personal property and people running around ranting and yelling in our community. If this is happening around you, please do not confront them yourselves and do not arm

yourselves, this could make the situation worse. These actions may seem protective but they could be dangerous.

In an Emergency call 911!

To report a concern call, Griffin Security 604-703-0888

✓ House-Cleaning Checklist

- Start a load of laundry 3 mins
- Set timer for 15 minutes. Take Laundry basket and trash bag and go through every room in the house. Putting trash in the bag and everything else that does not belong in that room, in the basket. Straighten, pick up and put away everything else that is out of place 15 mins
- Put away contents of laundry basket and throw out trash 5 mins
- Wash the dishes and/or load dishwasher .. 15 mins
- Switch the Laundry from washer to dryer. Start another load 2 mins
- Wipe down countertops. Sweep or vacuum the kitchen floor 10 mins
- Squirt bathroom cleaner in toilets, sink, and tub..... 2 mins
- Clean main glass windows, doors and mirrors 3 mins
- Dust main rooms with duster 10 mins
- Vacuum major traffic areas 20 mins
- Wipe down toilets, bathroom sinks and floors, and bathtub or shower 20 mins
- Switch laundry from washer to dryer. Fold clean laundry. 15 mins

Submitted by Erna O'Brien

Garbage Pick-up

Regular household garbage per household means 2 cans or 2 bags and all the blue bags your heart desires ☺ .

- They will be picked up every Monday. Unless Monday is a holiday, then it will be Tuesday.
- **Garbage pick up begins at 8 a.m.**

If you are putting your garbage out before this time, it must be in garbage cans with lids securely attached so animals, birds and critters cannot break-in and have a smorgasbord. Sanitation workers WILL NOT pick up garbage that is loose on the ground, loose in bins, and not in bags. This is a health issue and unsafe for the workers.

Major Garbage Pick up: Those who require major garbage pickup, must be registered with the Public Works Program otherwise you may be missed.

Major Pick up does **NOT** include:

- Auto parts
- Construction garbage
- Tires of any kind
- Medical supplies (ie. Sharps containers)
- Mattresses – when you buy a mattress, the store you buy it from will take your old one. This is the service you receive when you pay the environmental levy
- TV's, paints, batteries, propane canisters, compressed cylinders

The depot in Agassiz has a listing of items you can drop off there, Eg: glass, tv's, paints, batteries, propane bottles, compressed cylinders.

The wait-list for garbage bins is long, if you want one please sign up!

submitted by Erna O'Brien

Identity Theft!

Identity theft is NOT someone stealing your photo or image!

Identity theft is fraud, the illegal use of someone else's personal information (such as a Social Insurance Number, birthday and more) for criminal purposes; for their financial gain, especially in order to obtain money or credit in your name.

Ways to report fraud:

Toll Free 1-888-495-8501

Hours of operation

Monday-Friday 9:00 a.m. - 4:45 p.m.

Eastern Time

Identity thieves are looking for:

- full name
- date of birth
- Social Insurance Numbers
- full address
- mother's maiden name
- username and password for online services
- driver's license number
- personal identification numbers (PIN)
- credit card information (numbers, expiry dates and the last three digits printed on the signature panel)
- bank account numbers
- signature
- passport number

Criminals use your information to:

- access your bank accounts
- open new bank accounts
- transfer bank balances
- apply for loans, credit cards and other goods and services
- make purchases
- hide their criminal activities
- obtain passports or receive government benefits

Beware of what you share on-line, on the phone and information you put in the garbage. **Shred it, don't trash it!**

Reference: <http://www.rcmp-grc.gc.ca/scams-fraudes/id-theft-vol-eng.htm>

Community Events

| (S) Sxexlhá | (M) Yila:welhát | (T) Sthémelts | (W) Shí |
|--|---|--|---|
| | <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! Those who prefer to receive newsletters by email, submit requests to comm@seabirdisland.ca Listing: Name, email</p> | <p style="font-size: 2em; font-weight: bold;">1</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"> • Baby Welcoming Celebr • Seabird College Writers • Meals on Wheels 5-6 p.m. • Youth Éyem 13-18 yr 3- • Seabird Band Quarterl |
| <p style="font-size: 2em; font-weight: bold;">6</p> <ul style="list-style-type: none"> • Sts'ailes Mass 11-12 p.m. | <p style="font-size: 2em; font-weight: bold;">7</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 style="font-size: 2em; font-weight: bold;">8</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"> • Prenatal Circle 1-3 p.m. • Seabird College Writers • Meals on Wheels 5-6 p.m. • Youth Éyem 13-18 yr 3- |
| <p style="font-size: 2em; font-weight: bold;">13</p> <ul style="list-style-type: none"> • Mothers Day • Seabird Mass 11-12 p.m. | <p style="font-size: 2em; font-weight: bold;">14</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 style="font-size: 2em; font-weight: bold;">15</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"> • Womens Prenatal Group • Seabird College Writers • Youth Éyem 13-18 yr 3- • APALS 4:30-7:30 p.m. • Meals on Wheels 5-6 p.m. • Education Committee |
| <p style="font-size: 2em; font-weight: bold;">20</p> <ul style="list-style-type: none"> • Sts'ailes Mass 11-12 p.m. | <p style="font-size: 2em; font-weight: bold;">21</p> <p style="text-align: center; color: blue;">Facilities CLOSED Victoria Day</p> | <p style="font-size: 2em; font-weight: bold;">22</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. • Garbage, Recycle & Compost | <ul style="list-style-type: none"> • Bodies in Motion 1-3 p.m. • Seabird College Writers • Youth Éyem 13-18 yr 3- • Parents & Tots Family N • Meals on Wheels 5-6 p.m. |
| <p style="font-size: 2em; font-weight: bold;">27</p> <ul style="list-style-type: none"> • Seabird Festival • Seabird Mass 11-12 p.m. | <p style="font-size: 2em; font-weight: bold;">28</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="font-size: 2em; font-weight: bold;">29</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"> • Income Assistance Day • Seabird College Writers • Youth Éyem 13-18 yr 3- • Parents & Tots Family N • Meals on Wheels 5-6 p.m. |

Calendar – May 2018

| Weeks | (T) Sxe'othels | (F) Sheqá'tses | (S) T'óqw'tem |
|--|--|--|--|
| 2 ation Group 3-4 p.m. n. 5 p.m. y Meeting 5-8 p.m. | 3 • 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. | 4 • Youth Drop in 3-8:30 p.m. • Someone So Small | 5 |
| 9 Group 3-4 p.m. n. 5 p.m. | 10 • Parents & Tots 10-1 p.m. • Youth 13-18 yr "Who We Are" 3-5 p.m. • St. Kateri' Life - SIB Church 6 p.m. | 11 • Resiliency Drop-In 3-8:30 p.m. • Someone So Small | 12 |
| 16 p 1-3 p.m. Group 3-4 p.m. 5 p.m. n. | 17 • 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. | 18 • SICS & SD78 Pro D Day • Youth Drop in 3-8:30 p.m. • Someone So Small | 19 |
| 23 m. Group 3-4 p.m. 5 p.m. light 4:30-7:30 p.m. n. | 24 • Parents & Tots 10-1 p.m. • Youth 13-18 yr "Who We Are" 3-5 p.m. | 25 • Someone So Small | 26 • Seabird Festival |
| 30 Group 3-4 p.m. 5 p.m. light 4:30-7:30 p.m. n. | <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</p> <p>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> |

SEABIRD COLLEGE WELCOMES YOU



2812 Chowat Road, PO BOX 650
Agassiz, BC V0M 1A0
Ph: 604-796-6839 or
email: schapman@seabirdisland.ca



Check out the programs we are offering:

- Adult Dogwood
- Aboriginal Liaison Worker
- Carpentry and Construction
- Certified Dental Assistant
- Construction Craft Worker
- Early Childhood Educator
- Education Assistant
- Heavy Duty Mechanic
- Heavy Equipment Operator
- Licensed Practical Nurse
- Painter / Decorator level 1
- Professional Cook level 1

Seabird College Welcomes You!

September is drawing near, and a few programs have already started at Seabird College. While many of you may be aware of the programs we offer, perhaps some of you are struggling with the idea of going back to school and with what to take. Our doors are always open to meet with you one on one to discuss your ideas and goals for your education. There are many people who don't know what they would like to do, or the first steps to take in moving forward. The staff at Seabird College can assist you in determining what best suits your interests and can offer support in applications, completing program pre-requisites, upgrading and funding.

Several of the programs offered at Seabird College are intended to be 'employment ready' programs, meaning, it is our goal to get you employed as soon as you successfully complete one of our programs. Our staff want you to succeed and be the best you can be. We help arrange any necessary work experience placements, offer encouragement to keep focused on your goals, and take pride in your success in obtaining a job you want and enjoy.

Seabird College partners with other universities and colleges for some of our programs to bring select programs here to our community. We do this as we know how important family is, and how scary or difficult it could be having to leave home to go to school. When you graduate from one of our partnered programs, you will receive a certificate of completion from both Seabird College and our partner, be it Thompson Rivers University, UFV or Northern Lights College, to name a few. We also offer transportation from key locations to and from classes, a lunch program, additional tutoring support if needed and access to the numerous services provided at the Seabird Band Office. Seabird Island is also serviced by BC transit, with a bus that passes through the community to Hope and Chilliwack.

If you have any questions about any of our upcoming programs, please do not hesitate to contact us by phone: 604-796-6839 or email: schapman@seabirdisland.ca We also have an active Facebook account: Seabird College for all of our current news and events. We have programs starting in April, June, July, August and September... Hope you come in and register soon!

Submitted by: Shannon Chapman



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



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



Program starts in August 2018.
Sponsored seats available!
Come see us to register!

Carpentry & Construction

Program Description

- Students will be prepared for employment in:
- carpentry, building equipment
 - supply sales, shipping and delivery
 - construction, modular housing construction
 - building maintenance
 - and more

Program Summary

- This 8 month program will prepare you for entry into the carpentry trade. The program will include:
- Reading and interpreting drawings
 - Using specialty equipment
 - Site and building layout
 - Building concrete forms
 - Framing a building
 - Finishing internal and external details
 - Pre-requisites: Grade 12 preferred, Math 11 & Eng 12



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Painter and Decorator Level 1

Program starts in June 2018.
Sponsored seats for First Nation students, everyone welcome!

The following 7 modules are covered:

- Use Safe Work Practices
- Use Tools and Equipment
- Organize Work
- Prepare Surfaces (Drywall, plaster and wood surfaces, treat and prepare concrete and masonry surfaces, prepare and repair metal surfaces, perform hydro cleaning)
- Apply Paint and Coatings (apply paint, correct paint / coating failures, use airless spray equipment, apply caulking)
- Apply Finishes (apply graphics)
- Apply Color Theory (mix and match colors)
- Also a work place practicum




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 Find us on
Facebook



Seabird College and Northern Lights partner to offer:



Early Childhood Educator Certificate

**Now accepting applications! Program starts
September 2018 and sponsored seats are available!**

Program Description

Early Childhood Education and Care students develop the knowledge and skills necessary to work with young children and their families in diverse early learning settings, with a focus on early childhood education in a First Nations and aboriginal setting. Students develop skills through courses and practice designed to integrate academic and practical experiences. The Early Childhood Education Certificate Program is a partner program with Northern Lights College.

Program Summary

Building Professional-Family Partnerships
Administration and Leadership in Early Childhood Education
Early Learning Framework
Principles and Practices
The Early Childhood Education Professional
Infants and Toddlers
Working with Children with Diverse Abilities
Interpersonal Communications
Essential Skills for Human Service Workers
Health, Safety and Nutrition
and much more, including practicums and curriculums
Students require English 12 before applying



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Deacon's Corner

The Prayer Circle has been put on hold for other activities we are promoting.

We are planning a procession on July 13 to honor St. Kateri the first North American First Nations Saint in the Church. We are planning to have a church picnic after the procession. This year the location will be Sts'ailes, next year it will be held in Seabird.

We will be having gatherings to show the biography of St. Kateri's life both in Seabird and Sts'ailes. The dates for showing this film are April 26 at 6 p.m. in Sts'ailes, and May 10 at 6 p.m. in Seabird. Refreshments and snack will be provided.

The second program we will be providing is called ALPHA. Which is teaching on the Christian faith and the spiritual beliefs behind it. It's a good opportunity for people to see up close how different the church is today compared to 20 or 40 years ago. The church in the past was very rigid and less inviting than it is today. This program will start late in May and will be offered in Sts' ailes as the program ran in Seabird last year. Any interested Community Members from Seabird are welcome to attend. The time of the program will be 6 p.m. on Thursday for seven weeks, meals provided.

Mass is at 11 a.m. Sundays on Seabird May 13 and 27.



Submitted by: Deacon Jamie

Helping you heal, find peace and gain relationships!

“Studies have found that attending Mass is directly linked with enhancing your mood and improving your spiritual health. Supposedly it boosts the immune system and decreases blood pressure. It's an opportunity to strengthen your faith.”

“Your faith is something to be proud of and not only is it good for you, but you will feel good about yourself. Potentially, it will give you a sense of purpose. If you attend with your family, a closer bond may develop.”

Reference: <http://catholicphilly.com/2015/07/commentaries/10-reasons-why-going-to-church-can-make-you-feel-better/>

Saint Kateri Tekakwitha

Patroness of Ecology and the Environment
First Native American Saint.



Lily of the Mohawks.

Prayer to Saint Kateri Tekakwitha

Saint Kateri Tekakwitha, our elder sister in the Lord, discreetly, you watch over us;

May your love for Jesus and Mary inspire in us words and deeds of friendship, of forgiveness and of reconciliation.

Pray that God will give us the courage, the boldness and the strength to build a world of justice and peace among ourselves and among all nations.

Help us, as you did, to encounter the Creator God present in the very depths of nature, and so become witnesses of Life.

With you, we praise the Father, the Son and the Spirit. Amen.

Holy founders of the Church in North America. Pray for us.

Magic Show

with Trent Tinney ~ Website: motivatebymagic.com

Raffle & Intermission in-between the show

Concession will be onsite

May 26th, 2018

6:00 p.m. - 8:00 p.m.

Seabird Island Band Gym

Tickets can be purchased in advanced

\$10.⁰⁰ per ticket or \$40.⁰⁰ per family. – E-transfer available

Tickets can be purchased at the Doctors Reception or through the Events Team at 604-796-2177

Seabird is fundraising to help get the Recovery Homes a bigger vehicle to transport their clients.

International Aboriginal Youth Intern Project | 2018-22

Masaka District of Uganda, Africa



Departs in September 2018

Work on diverse projects on environmental and community sustainability, gender equality and Indigenous forest conservation which could be applied in your community. This hands-on program provides in-depth training and education in forest conservation and the industry. All costs covered for selected applicants.

- Pre-orientation in Vancouver July 2018, 4-month internship departing September 2018, community development activities post-internship
- Participate in research, management exercises, orientation and teachings on new software, technology, and field work
- Share Indigenous cultural knowledge
- Gain employable skills
- Increase understanding, knowledge of international issues
- Work collaboratively with local community partners

APPLICATION DEADLINE: May 13, 2018

QUESTIONS, APPLICATIONS AND CONTACT:

Email: workforce@forestrycouncil.ca
Phone: Keith Atkinson at 604-971-3448

MORE INFORMATION:

www.janegoodall.ca/layi or www.fnforestrycouncil.ca

age **19-30**
Aboriginal Youth
Status, Non-Status, Métis, Inuit
**Must have a valid Passport*



HOSTED BY:



the Jane Goodall Institute of Canada



FAIR TRADE CARBON (U) LTD

This initiative is undertaken with the financial support of the Government of Canada provided through Global Affairs Canada.



Quote of the Month



Office Moves

Please note Kym Elderkin's new office is now located at the main band office on the second floor.

Kym and Kendra provide pre-employment services to Aboriginal Youth ages 19- 24. Clients must meet the eligibility requirements to participate in this program.

WELCOME KYM!!!

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 your monthly student attendance record to your appointment.

Driving School



We are offering driving lessons. We offer 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 Opportunity

Sardis Chevron

Is currently looking to fill a Cashier position.

Applicant must have great customer service skills, be able to work alone and as part of a team, be reliable and able to do general stocking and store cleaning.

Please drop off resume at the Sardis Chevron 7520 Vedder Road, Chilliwack

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 BC 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.

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.

Teacher on Call

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. Music Teachers provide instruction in music performance and theory. Teachers can specialize in only one instrument or instruct on a range of different instruments.

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.

Grade 4 Teacher

The Seabird Island Band is a multi-faceted First Nations Band that includes government, business, service and non-profit services. We 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.

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.

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.

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).

Case Manager

Under the direction of the Mental Health Supervisor, the Case Manager 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.

College Data Registrar

Reporting to the Seabird College Senior Administration, the Registrar is responsible for the orderly registration, enrollment, reporting processes and administration of Seabird College and Adult education programs. This is a fast paced, demanding position which has peak times which will focus on student inquiries and registration, nominal roll, securing funding and administrative functions. During slower periods the Registrar will shift his/her focus to maintaining files, program planning activities and preparing for the coming registration period.

College Reception & Student Support

The Receptionist/Student Support Assistant provides linkages to services and support for adult learners in a vocational training institution. The Receptionist/Student Support Assistant is often the first point of contact for potential students and the general public, and plays a role in general office appearance, organization, and professional impression.

Daycare Supervisor

The Daycare Supervisor assumes responsibility for the day to day operation of the Child Care Centre. This includes providing a safe, welcoming, culturally rich and educational early childhood development environment. The Supervisor is responsible for program planning, working effectively with staff, families and children, connecting with the community and ensuring adherence with licensing requirements. The Supervisor is responsible for providing leadership in keeping with the philosophy of the Early Learning and Child Care Program at Seabird Island.

Family Home Life Skills Coach

Under the direction of the Health and Social Development Director, the Family Life Skills Coach (FLSC) 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.

Family Home Social Services Support Worker

The Social Services Support Worker is responsible for the safety and well-being of families with complex needs. They perform a variety of duties, and must be prepared to handle many tasks at once. Responsibilities include ensuring responses to infants or children with overnight care needs (illness, trauma, diapering etc.). The SSSW will ensure strong cultural values, and support programming that builds family bonds and resilience as well as a grounding in culture and community supports.

Family Home Supervisor

Under the direction of the Health and Social Development Director, the Family Home Supervisor (FHS) will operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band Management. The FHS will manage referrals of families to the home, in close conjunction with the referral and selection committee. The FHS will schedule the family move, and assess and ensure access to services. The FHS will ensure strong cultural values, and programming that builds family bonds and resilience as well as a grounding in culture and community supports. The FHS will monitor the weekly and monthly budgets, and communicate with neighboring First Nations communities to gauge needs and ensure awareness and access.

Recovery Home Trainees

The Seabird Health is currently seeking enthusiastic, motivated individuals to join the Residential Center as Trainees. The role of the Recovery Home Trainee is to support the staff working with residents struggling with substance and alcohol issues. This Trainee will also be responsible for various duties associated with the recovery home including cooking, cleaning, charting, participating in group sessions, driving and shopping.

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



<http://maddadskillz.com/manternity-musings/strangerdanger/>

What is a stranger?

- Anybody you do not know,
 - Somebody you do not know very well,
 - People you do not trust,
 - A friendly person asking too many questions,...
- Both kids and adults need to be aware of stranger danger!**

Halq'eméylem Word Search

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

by: Zorana Edwards-Shippentower

May / Tem qwel oythi:em

"Making Music, birds sing"



Taurus

April 20 - May 20

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

Flower: Poppy

Birthstone: Emerald



Gemini

May 21 - June 21

Key characteristics: Inquisitive, clever, adaptable, lively & communicative.

Flower: Rose

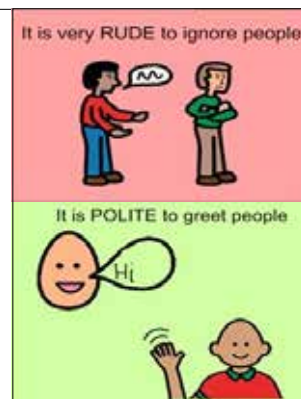
Birthstone: Lab Alexandrite or Pearl



Quote of the Month:

"Being polite is so rare these days that it is often confused with flirting."

Spirit Science



Words:

- 1) íqw'em - rub off, smear
- 2) íqw'et - to wipe (it)
- 3) í:lwelh - side of the body
- 4) iyóqest - change money
- 5) álewem - to stay home
- 6) áyelexw - alive, be living, get better
- 7) ó:lmetsel - to wait around
- 8) melmílets' - confused
- 9) chóxw - go down to water
- 10) chó:leqw - In the forest
- 11) ch'íthométsel - I Thank You
- 12) kwólòmèt - to get away
- 13) kw'óqwlétstel - Ax
- 14) kw'óxwemel - hoof
- 15) qíqeq'els - Policeman
- 16) th'ítsemelhp - Hazelnut tree
- 17) láxel - fishing spot
- 18) halts'elít - separate them
- 19) sch'á:yxwels - Dried meat
- 20) shxwelàm - echo

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.

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,
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, there is a long wait-list.

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: May 13 & 27
11 a.m. - 12 p.m.

Prayer Circle: May 10 (St. Kateri's Life)
6 p.m.

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.**

Elders Flow Class

2 p.m. Wednesdays,



Location: Seabird Island – Elders Lounge

2895 Chowat Road, Agassiz BC

Come, enjoy & rejuvenate, our Life long practitioner,
Elizabeth Mueller has been instructing since 1998

We hope that you will join us!

Margarette de Groot,

Elders Program Coordinator 604-845-7056