

the SEABIRD ISLAND

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

Mid-February 2018



Youth Snowshoeing Events
Feature on page 3.

URGENT! RECALL NOTICE

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

Please bring your recalled fire extinguisher to the front desk to be put on the list for a replacement.

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Dates to Remember:

Stó:lō Day
Seabird School
 Feb. 21

SICS & SD78
Pro-D Day
 Feb. 23

Anti-bully Day
Pink Shirt Day
 Feb. 28

Income Assistance
Renewals Due Feb. 15
Remember to submit your
Hydro and Fortis Bills.
Action Plans Due
 Feb. 21
IA Day Feb. 28

SEABIRD ISLAND CAREER FAIR

**EVERYONE IS INVITED
 BRING YOUR FRIENDS**

**MEET COLLEGES & UNIVERSITIES
 EXPLORE COURSES AND PROGRAMS**

CONNECT WITH LOCAL EMPLOYERS

EXPLORE FUNDING OPTIONS

MARCH 7, 2018
 10AM-2PM

2895 CHOWAT
 DRIVE, AGASSIZ

**FOR MORE
 INFORMATION**

**PLEASE CONTACT
 SEABIRD ISLAND
 EMPLOYMENT
 CENTRE**

AT 604-796-6865

Schools

University of British Columbia
 University of the Fraser Valley
 Kwantlen Polytechnic University
 La Salle Art School
 Nicola Valley Institute of Technology
 Industry Training Authority
 Seabird Island College
 Native Education Centre

Associations

Registered Massage Therapists of BC
 Registered Nurses
 Stó:lō Community Futures
 Fraser Health
 Métis Employment & Training
 Licensed Practical Nurses of BC

Businesses

Home Depot
 Metric Modular
 RIMEX
 Manning Park
 Tycorp
 UBC Research Station
 STQO:YA Construction

****Many other Exhibitors on site****



Funding provided by the Government of Canada

February Tech Tip – Backups

Backups of your files are important to have; this includes documents, pictures and more. You can sign up for online cloud drives and store your files there. Some good examples of online cloud drives are OneDrive, Dropbox and Google Drive. The advantage of saving your files on these online drives are they are available from any computer and they are safe from being lost if your computer crashes. In fact, if you take the time you can make it so that your phone and computer save all your files automatically to one of these online storage places. So take the time to set this up and never lose your files again when a device crashes, breaks, or is stolen.

Submitted by: Richard Parsey



Youth Snowshoeing Events

On Monday January 22 the Youth participated in an avalanche safety training session in preparation for their snow shoeing trip January 27. A total of 10 Youth received the training and 7 attended the snowshoeing outing.

The presentation from Stan and Kelly from the Hope Mountain Center for Outdoor Learning on winter survival and avalanche safety was very informative.

One of the most important highlights of this whole session was that the Youth showed up for the event on a Saturday at 7:30 prepared and ready to go. We went out to Ottomite Mountain Trail to snowshoe for the day. There was SO much snow, it was a challenge for many of us. We are so proud of the Youth for getting

up early on a Saturday, coming prepared, pushing through a challenge and enjoying the outdoors! For most this was the very first time experiencing snowshoeing and they would like to continue more. We are proud of the Youth for not giving up!

The Youth even had fun building snow caves! Learning about how to build a shelter in the snow to keep warm, identifying trees, identifying hazards and developing new skills. Many Youth built new friendships.

We invite all Youth to join us in developing new skills, making friends and trying a new recreation program with us.

*Submitted by: Angie Chapman
and Tara-Lyn Linton
Written by: Sandra Bobb*





Youth Update

The Youth had a fun and busy January! They raised \$120.⁰⁵ from their bake sale on January 19! Following the bake sale, we went to Chilliwack for lunch and skating! It was a great time for both those who have skated before and those who have not skated before!

We learned winter survival, January 22 and 27. Including avalanche safety tips with a winter snowshoe outing, full story on page 3.

The Youth have also been working on Random Acts of Kindness as they prepared for the Health Conference on Feb. 14. #SeabirdRandomActsofKindness!

Still to come this February...

- Thursday, February 22 - Prism Studios after school outing for 13-18 year olds, cost is \$15.
- Friday, February 23 - we will be hosting a bake sale at the Band Office from 10:30 a.m. - 12:00 p.m.
- Lacrosse camp running on Tuesdays!

The Gathering Our Voices conference is coming up, March 20-23 in Richmond for Youth aged 13-18 and we still have some spots available. Those who are interested in any of our programs, outings, or upcoming events, please contact Tara-Lyn Linton, at 604-798-6524 or tlinton@seabirdisland.ca

Submitted by: Tara-Lyn Linton



Seabird Island Festival

May 26 - 27, 2018



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

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



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

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



BC Indigenous Provincial Athlete Development Camps

The Indigenous Sport, Physical Activity and Recreation Council (I-SPARC) is pleased to announce the dates and locations of several events within the 2017-18 series of BC Indigenous Provincial Athlete Development Camps.

Launched in 2011, the annual BC Indigenous Provincial Championships and Camps were established to support Indigenous athlete and coach development in sports featured in the North American Indigenous Games and support the creation of a strong, coordinated and competitive Team BC program. The following BC Indigenous Provincial Championships and Camps are confirmed:

SWIM Camps

Vancouver Island –
 Cowichan Tribes
February 17,
 Vancouver Coastal –
 Squamish Nation **Date TBA**

- Intro to Swimming Competition Camp
- Open for Indigenous Youth ages 10-18
- All Skill Levels Welcome
- Registration open January

RIFLE SHOOTING Camp March 10-11, 2018

Hosted by Shxw'owhamel First Nation Abbotsford, BC

- Day 1 will feature an Intro to Competition; Day 2 will feature a mini competition
- Open for Indigenous Youth ages 10-18
- All Skill Levels Welcome
- Registration open January

VOLLEYBALL Camp

Date TBA
Hosted by Squamish Nation at the Chief Joe Matthias Centre North Vancouver, BC

- Intro to Volleyball Competition Camp
- Open for Indigenous Youth ages 10-18
- All Skill Levels Welcome
- Registration open January

ARCHERY Camp March 17-18, 2018

Hosted by Quesnel Friendship Centre at the Quesnel River Archers Club Quesnel, BC

- Day 1 will feature an Intro to Competition; Day 2 will feature a mini competition
- Open for Indigenous Youth ages 9-18
- All Skill Levels Welcome
- Registration open January



OPEN TO ALL YOUTH AGES 10-17!

LACROSSE CAMP



EVENT INQUIRIES:

Tara Lyn Linton
 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)

PARTNER AGENCIES



Tuesdays!

February 6th, 13th,
 20th, 27th



4PM-6PM



Seabird Band Office
 Gym
 2895 Chowat Rd
 Agassiz, BC



Registration Link:

<https://aboriginalsportbc.wuf.co.eu/forms/w190arev1e4stcn/>



Deadline to register:

February 5th



For more information contact:

Bernard 'Buzz' Manuel, Jr Provincial Coordinator,
 Performance Sport
bmanuel@isparc.ca or 250-350-3254





Chelsea Lynn Forseth

Post Secondary Graduate 2017,

**Bachelor of Business Admin & Bachelor of Science & Bachelor of Arts,
Vancouver Island University**

My educational journey was an amazing adventure. I started out at Vancouver Island University for three years and returned for the past year and a half after my studies at Gothenburg University in Sweden. I studied archaeology and anthropology. I have now completed my Bachelor of Arts in Anthropology. One of the highlights of my schooling was attending a North Island Museums Field School for a week. I was able to see many beautiful artifacts and the visit to the U'mista Cultural Centre in Alert Bay it was very inspirational.

There were times during my studies that I struggled and stressed to get final essays handed in on time, but I would just try my best and it would usually all work out in the end! If it didn't, I would just speak with my professors and they were often very understanding. Another highlight is the student radio show I created called Culture Talks, it gave me a platform to interview other students, professors and members in the community on their perspective about culture topics. This radio show gave me a chance to practice my studies before I graduated.

I worked at the Nanaimo Museum this summer and I have continued to work casually with an increase in

my responsibilities. I hope to find a full time job in a museum, cultural organization or band office. I am determined to continue on with my education at a master degree level. But first, I will work a few years and then decide the program I want to study for my master degree.

After I came back from my studies abroad, Seabird has funded my last year and a half at Vancouver Island University for the completion of my bachelor degree. I would not have been able to finish my degree within a year and a half if I did not have the support from Seabird Island Post-Secondary Program. The support has given me the opportunity to focus on my studies instead of working long hours while I study. This was the first stage in my educational journey and I am very grateful for the support Seabird has given me.

**Seabird Island Education, your
educational journey awaits:**

604-796-2177

Submitted by: Cindy Kelly

Tutor Club

Over the holidays the tutor club participated in some decorating.

Join us on Thursdays 5 - 7 p.m. at 2821 Chowat Rd. Come join Amber and Courtney at the tutoring program. We provide one on one learning for our students to help them succeed.

Contact us at 604-845-2859.

Submitted by: Cindy Kelly



Innovation Club

Grade 7-12 Meeting every Wednesday from 3:30 - 5:30 p.m. in the High School library.

Lets create innovative ideas to discover new levels of success.
Contact eatoedu@seabirdisland.ca

Submitted by: Cindy Kelly



HALQ'EMÉYLEM TRANSLATION CONTEST

TEAM EVENT

Max: 6 per team

Four Divisions

Elementary

Middle

Secondary

Adult

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

LIGHT LUNCH

PROVIDED

WHEN

APRIL 26TH, 2018

10:00-2:00

REGISTRATION

Dianna Kay

604-796-3061

Fax: 604-796-3068

Email: dianna@seabirdisland.ca

WHERE

Seabird Island Band Gym

2895 Chowat Rd

Agassiz BC



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

Classes starting soon!



Construction Craft Worker
2 month program includes:

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

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



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

Carpentry and Construction
8 month program includes:

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

One-On-One Coaching Provided By Monique

“The pace depends mostly on you. How motivated are you? How vulnerable will you be about the hurdles you are facing? Why are certain strategies not working for you? Is there a glaring problem you are missing? When you are eager to open your mind to something newer and greater, you are ready to be coached”.

In conjunction with your Jasperactive MS Office Training, I am proud to provide One-on-one coaching opportunities to apply your learned skills to your workload effectively, to reach the productivity level you want to achieve. Are you having difficulty applying the learning concepts, to your everyday activities? One-on-one coaching would offer an opportunity for you to reap the full benefit of your learning impact.

“Everyone needs a coach. It doesn't matter whether you're a basketball player, a tennis player, a gymnast or a bridge player.”
– Bill Gates,
Founder Microsoft

My coaching is based on:

If you are having challenges or difficulty working on MS Office Tools: Word documents, Excel spreadsheets, PowerPoint presentations or managing your mail in Outlook and need some assistance, book an appointment with Monique at mdillon@seabirdisland.ca for a personal one-on-one coaching at your desk and convenience. Monique will assist you to gain the necessary experience and exposure to apply your newly acquired skills to work opportunities so you can achieve the outcomes of your current and future workload. This will especially be helpful for staff who had no prior training on MS Office Tools and are needing help with the challenges or difficulties facing with their word documents, excel spreadsheets or managing and organizing their mail in outlook. One-on-one coaching is open to all staff of Seabird.

Submitted by: Monique Dillon

Heart Health Month - New Facts on Heart Attacks



In the past the definition of a Heart attack has simply been: *“Damage to an area of heart muscle that is deprived of oxygen, usually due to blockage of a diseased coronary artery. Typically accompanied by chest pain radiating down one or both arms. The severity of the attack varying with the extent and location of the damage; myocardial infarction.” Reference Dictionary*

More in depth research shows there is more to know!

Did you know that the signs of a man having a heart attack is different than a women’s?

- Women are more likely to die from a second heart attack.
- Women have heart attacks later in life than men. Doctors suspect menopause in women may be the reason.
- If you have a family history of heart disease or a history of cigarette smoking, high blood pressure, high blood cholesterol, obesity, or other risk factors, your chances of having a heart attack are even higher.

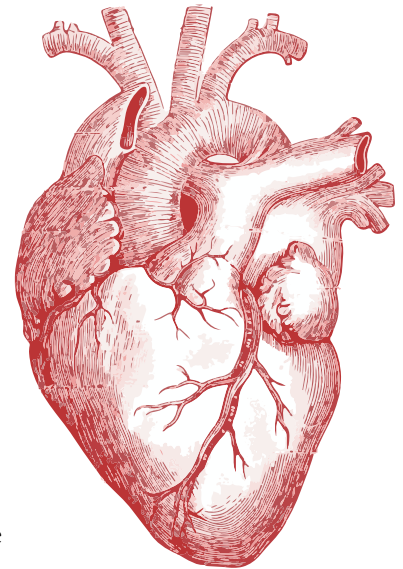
Knowing the early warning signs is critical for fast recognition and treatment.

- Many heart attacks start slowly, not fast like in the movies.
- A person experiencing a heart attack may not even be sure of what is happening.
- Heart attack symptoms vary among individuals; a person who had a heart attack before, may have different symptoms in the next attack.
- Although chest pain or pressure is the most common symptom, you may experience only one, two or a variety of symptoms. It is possible to have these types of pain without chest pain during an attack.

Doctors agree that if you’re in doubt, get checked out anyway. Even if you’re not sure if something is really wrong, you should call 9-1-1 if you experience heart attack symptoms. Prompt administration of drugs can help restore circulation to the heart and increase your chances of survival.

Tips to assist in preventing a Heart Attack

- **Eat more fruits and vegetables.** They contain essential vitamins, minerals, and antioxidants that are vital for a healthy heart. They are naturally high in fiber, which lowers ‘bad’ LDL cholesterol by binding to it and flushing it out of the body. Fruits and vegetables are virtually free from fat and cholesterol, which are the leading causes of dangerous buildup in the arteries.
- **Eat more whole grains.** They contain protein, fiber, and other nutrients that white flour does not.
- **Eat more lean protein.** Cut back on red meat, eat more poultry and fish.
- **Eat less sodium.** Salt increases blood pressure and causes retention of fluids.
- **Exercise regularly.** Strengthens your heart, improves circulation and reduces blood pressure.
- **Quit Smoking.** It causes damage to the arteries.
- **Reduce or eliminate stressors.** Stress, anxiety and depression all trigger a release of the stress hormone cortisol which can cause weight gain and high blood pressure.
- **Lower your cholesterol.** Lowering cholesterol levels is usually possible with lifestyle changes such as eating a healthy diet and exercising; however, for some people, high cholesterol levels are hereditary. Those who live with chronically elevated cholesterol levels may be prescribed a medication to bring those levels down.
- **Lower your blood pressure.** One way to reduce your blood pressure is to reduce your sodium or salt intake. If you have chronically high blood pressure, your doctor may prescribe you medication to bring it down.
- **Sleep 7 hours per night.** Poor sleep quality is linked to obesity, hypertension, type 2 diabetes and cardiovascular disease.
- **See your doctor** for preventative tests and screenings.



Know the Signs of a Heart Attack

EARLY Signs could include	SILENT Signs could include
<ul style="list-style-type: none"> • MILD CHEST PAIN OR DISCOMFORT that may come and go, which is also called “stuttering” chest pain • PAIN in your shoulders, neck, and jaw • SWEATING • NAUSEA OR VOMITING • LIGHT HEADEDNESS OR FAINTING • BREATHLESSNESS • FEELING OF “IMPENDING DOOM” • SEVERE ANXIETY OR CONFUSION 	<ul style="list-style-type: none"> • MILD DISCOMFORT in your chest, arms, or jaw that goes away after resting • SHORTNESS OF BREATH and tiring easily • SLEEP DISTURBANCES and increased fatigue • ABDOMINAL PAIN or heartburn • SKIN CLAMMINESS
MENS Warning Signs	WOMENS Warning Signs
<ul style="list-style-type: none"> • AGE: Around the mid-forties • COLD SWEATS: Sudden sweating is a bigger warning sign of a heart attack than chest pain. Unexpected and unexplained sweating—especially a cold sweat—can be a sign of an attack. • CHEST PRESSURE / PAIN: feels like an elephant sitting on your chest, with a squeezing sensation that may come and go or remain constant and intense. • DIZZINESS: If you or a family member have a history of heart disease, contact your doctor immediately if you begin to feel lightheaded or dizzy. • HEARTBURN AND/OR INDIGESTION: Some people experiencing a heart attack can have belching and burping and describe a feeling of indigestion. The pain and pressure of a heart attack may occur in the upper middle abdominal area, similar to the pain of heartburn. • RAPID OR IRREGULAR HEARTBEAT • SHORTNESS OF BREATH • UPPER BODY PAIN: Upper part of your stomach, your shoulders, one arm (probably the left) or both, your back, neck or jaw, even your teeth. This is due to lack of blood flow. 	<ul style="list-style-type: none"> • AGE: Around the mid-sixties, after menopause ends. • ANXIETY: Many women in the mid-sixties are misdiagnosed and told it is an anxiety attack. Take anxiety attacks seriously! • COLD SWEATS: Sudden sweating is a bigger warning sign of a heart attack than chest pain. Unexpected and unexplained sweating—especially a cold sweat—can be a sign of an attack. • CHEST PRESSURE: Shortness of breath, pressure or pain in the centre, lower chest or upper abdomen. • DIZZINESS: If you or a family member have a history of heart disease, contact your doctor immediately if you begin to feel lightheaded or dizzy. • JAW AND TOOTH PAIN • SEVERE CHEST PAIN • EXTREME FATIGUE / FAINTING: Sitting and haven't moved much, emerging fatigue can be a sign. • NAUSEA / VOMITING: Indigestion or gas-like pain • RAPID OR IRREGULAR HEARTBEAT • SLEEP DISTURBANCES • SHORTNESS OF BREATH • UPPER BODY PAIN: Upper part of your stomach, your shoulders, one arm (probably the left) or both, your back, neck or jaw, even your teeth. This is due to lack of blood flow.

Housing Tips

Creating a schedule makes it easier to tackle chores around the home.

Share the load!
If somebody is at home full time, it could be their job to keep most of the house clean. Similar to you going to work. But don't abandon these people to do it all. Working alone can be overwhelming. Chip in when you get home, five minutes of help can go a long way to making a person feel good.

There is nothing wrong with dividing up some of the work load with the whole family including the children. Sharing some of the chores is rewarding and teaches: respect, responsibility and team work. Even the toddlers will want to help.

Your family makes a great team!

Written by:
Sandra Bobb

4-WEEK CLEANING SCHEDULE

Mon Kitchen/Dining	Tues Entry/Front Room	Wed Kids' Rooms	Thurs Bathrooms	Fri Master Bedroom	Sat Organization
*Mop *Wipe down counters, appliances, table & chairs *Clean off countertops *Clean microwave *Wipe down cabinets	*Tidy coats & shoes *Vacuum *Dust *Tidy bookcase, shelves, end tables *Clean windows	*Wash & change sheets *Vacuum *Tidy under beds *Tidy closet/dresser *Sort through clothes	*Switch towels * Wipe down sink, counters, mirrors *Wash rug *Clean tub/shower *Clean trash can	*Tidy surfaces *Change sheets *Clean off floor *Vacuum *Clean under bed	Choose one of the following to spend 30 minutes organizing: *Master closet *Master dresser *Kids' closets *Kids' dressers *Games *Art supplies *Under bathroom sinks *Bathroom drawers *Pantry *Refrigerator *Freezer *Under kitchen sink *Kitchen cabinets *Entertainment center *Front hall closet *Other hall closets *Junk drawer *Desk *Car *Garage
*Mop *Wipe down counters, appliances, table & chairs *Clean fridge *Clean stove *Polish table & chairs	*Tidy coats & shoes *Vacuum *Clean baseboards *Front door *Vacuum & clean under couch cushions	*Wash & change sheets *Vacuum *Walls/doors/fixtures *Tidy books & toys *Dust	*Switch towels * Wipe down sink, counters, mirrors *Sweep & mop *Clean toilet *Walls & fixtures	*Tidy surfaces *Change sheets *Dust *Tidy closet & dresser *Clean trash can	
*Mop *Wipe down counters, appliances, table & chairs *Clean off countertops *Clean microwave *Clean windows	*Tidy coats & shoes *Vacuum *Dust *Tidy bookcase, shelves, end tables *Clean carpet	*Wash & change sheets *Vacuum *Tidy under beds *Tidy closet/dresser *Windows	*Switch towels * Wipe down sink, counters, mirrors *Wash rug *Clean tub/shower *Wipe baseboards	*Tidy surfaces *Change sheets *Clean off floor *Vacuum *Walls & fixtures	
*Mop *Wipe down counters, appliances, table & chairs *Clean fridge *Clean stove *Clean walls/trash can	*Tidy coats & shoes *Vacuum *Clean baseboards *Front door *Clean walls/fixtures	*Wash & change sheets *Vacuum *Walls/doors/fixtures *Tidy books & toys *Wipe baseboards	*Switch towels * Wipe down sink, counters, mirrors *Sweep & mop *Clean toilet *Tidy drawers	*Tidy surfaces *Change sheets *Dust *Tidy closet & dresser *Windows	

Daily Cleaning Schedule

Morning

- *Make bed
- *Unload dishwasher
- *Put in load of laundry

Afternoon

- *Dry load of laundry
- *Clutter pick-up
- *15-45 minutes cleaning jobs

Evening

- *Fold and put away laundry
- *Run dishwasher, sweep floor, wipe down countertops

Weekly Laundry Schedule:

- Monday: Whites
- Tuesday: Brights
- Wednesday: Darks
- Thursday: Sheets & Towels
- Friday: Kids' Laundry

Weekly Menu

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Submitted by: Rachael Alexander

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.

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.

Elder at School

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

In collaboration with other staff and administration, the Elder will be a positive role model for Seabird Island Community school student body, staff, administration and community members. The Elder helps promote and intentionally 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.

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.

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.

Executive Assistant

Under the direction of the Director, the Executive Assistant shall provide administrative and executive secretarial duties in Education Department. This position assists with all matters of an immediate, administrative and task oriented nature and may include managing:

- Day-to-day office operations
- Filing and record keeping
- Scheduling appointments and managing the office calendar
- Putting together and editing correspondence, reports, and presentations
- Taking care of travel and guest arrangements

Supported Child Development Program (SCDP) Consultant

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

School Secretary

The School Secretary is typically the first point of contact for the school and is often the heartbeat of the school office. The Secretary is the person behind every schedule, meeting, and file contained in the school building; and often the keeper of all pertinent information relating to the administration of the school.

Residential Support Worker

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

Building Maintenance Worker

The primary function of the Building Maintenance Worker is to assist the most complex and skilled building maintenance work and provide technical maintenance as required. The Building Maintenance Worker will operate the Lead-Hand to repair buildings and facilities; and install and repair various electronic and mechanical equipment. This position is responsible for the effective and safe use of available materials and equipment. The employee is required to operate and maintain power tools, drive vehicles, climb ladders and perform physical activity. This position may require sufficient physical ability and mobility to work; stand and sit for prolonged periods of time. Worker must operate with minimal direct supervision. Regular attendance is required for this position.

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.*

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

CONTACT US

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

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

Editing Team: Sandra Bobb, Lori Burns,
Zorana Edwards-Shippentower,
Pearl Penner, Kristy Johnson
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.

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.

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.

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.bcyukonaa.org

GARBAGE SCHEDULE

COMPOST, RECYCLE and GARBAGE:
Every Monday, unless Monday is a statutory
holiday, then pick up will take place on the
Tuesday immediately following the holiday.
2 garbage bags per household per week.

MAJOR GARBAGE: 1st Wednesday of each
month, by request.

If you need a bin dropped off for your
major cleaning please submit your request in
writing. Bin bookings currently postponed.

Contact Public Works 604-796-6844.

PRINTING SERVICES

Graphic Communications provides the
following paid services:

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

Contact Sandy Bobb 604-796-2177.

LOVED ONE PASS AWAY?

We can help you send a copy of the
death certificate to the First Nations
Health Authority.

Contact Maggie Pettis 604-796-2177.

FUNERAL PAMPHLETS

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

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

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

SEABIRD CHURCH

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

Prayer Circle: Feb 15, March 15

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

EMERGENCY / SECURITY

EMERGENCY 911
GRIFFIN SECURITY 604-703-0888

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.

Painter and Decorator Level 1

Register now,
start your program in
April 2018!

Earn your Dogwood
at the same time.

Sponsored
seats available!

Program Description

This 7 month program prepares students to become Painter and Decorator Journeymen. Painters and Decorators are trained over 3 periods of classroom + workplace-based training. This is the first level of ITA coursework. This program will include at least 90 hours of workplace-based training.

Program Summary

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)



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

Phone: 604-796-6839
Fax: 604-796-1124
www.seabirdcollege.ca
E: schapman@seabirdisland.ca

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

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.

Makayla invites you to...

LALME'IWESA WTEXW

Slahal Tournament

Date: April 11, 2018

Location: Seabird Island Band Gym

Time: 10:00—2:00

LIGHT LUNCH PROVIDED

General Rules:

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

Contact

Dianna Kay

dianna@seabirdisland.ca