

www.seabirdisland.ca

Mid-January 2018

# BREAST CANCER SUPPORT GROUP





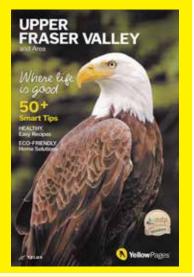


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# Band Quarterly Meeting

January 31 5 - 8 p.m.

Yellow Pages available for community members to pick-up in the Band Office



## YOO HOO Delivery Changes

The Yoo Hoo is going through a transition and will be available in our newspaper boxes centrally located at designated locations around Seabird in the late January to Mid-February.

## As such there will be NO MORE home delivery.

In the future, the Seabird Island Yoo Hoo can be picked up at the Administration (front entrance) or emailed to those who choose to be more earth-kind and go green. It is also available on our Website.

As well, you will see many new newspaper boxes popping up around Seabird in the late January to February time period. Where you will be able to freely grab a copy of the Yoo Hoo, as you like.

Written by Marie Vander Heiden



## **Breast Cancer Support Group**

On December 22, 2017 our Breast Cancer Support group met for its Annual Christmas Dinner and Workshop. Raydene Erickson, MSW, was the guest speaker and has been a long term educator, resource person and counsellor for the group.

Christmas was soon approaching and with it brought so many mixed emotions as this tight group shared their individual journeys. They celebrated another year of remission, strength and contribution to their families and communities. They exemplified "hope and joy."

Raydene spoke about the skills and coping strategies that had been presented in previous meetings. Reminding our group of when and how to use them.

Living in the "present", putting fear and anxiety in the background, rather than in the forefront was discussed. A Christmas gift sharing game was presented to encourage the excitement of living in the "present" and coping with the "unexpected."

Each member shared their struggles, but also reflected back to the beginning of their journey, celebrating their success and the growth they had experienced. They also shared recent events: the loss of a mother, two women had lost sisters within the recent months, and three of the four women are currently raising their young grandchildren.

Their partners listened very intently and seemed to soak up the ideas presented. It was evident they had a great desire to be included, educated and supported.

Medical information that had been requested by the group was: "Lymphedema. What is it? Why does it occur? How can it be dealt with?" An interactive time of question and answer followed. Each member received a facetime video with follow up information and suggested exercises that might assist in relieving lymphatic congestion.

The members were so comfortable with each other and were excited to be together as a group. They lingered for several hours after the food service and workshop was done. Hugs, words of encouragement, tears and laughter was exchanged within the safety of the group. The fear of cancer returning lingers in the shadows, but the fear of facing it alone is gone.

Written by Linda Forseth

### ADMINISTRATION



Photo: Mt Cheam, by Kristy Johnson

Chief and Council wish you a very Happy New Year and hope you, your family and friends had a joyous Merry Christmas. As we ring in 2018; we wish you good health and prosperity throughout this new year.

It was wonderful to see all the families at the Christmas dinner and the happy faces of all the children as they received their presents. We would like to express our heartfelt gratitude to the hardworking staff; cooks, volunteers and the men and women of A:yelexw – Centre for Hope and Healing recovery homes. We extend our appreciation to the staff of the Housing and Public Works programs who worked tirelessly clearing our roads and driveways during the recent snowfall and to the community members for their patience as they waited for plowing service.

Please exercise caution as you attempt to venture out on the sidewalks, roads and roadways during the winter season.

Happy New Year Seabird Island Chief and Council

Submitted by Chief & Council

## **Tickets Sold at the Finance Administration Window**

Starting January 1, 2018 Monthly passes are available

**Route 22** Hope Transit System Agassiz/Harrison Transit System

- 1. CHILD (4 and UNDER) Free when accompanied by an adult.
- 2 . Cash Fare \$2.50

ALL - STUDENT (K to 12) SENIOR (65+) ADULT Please have exact change ready because drivers do not carry change.

- 3. DAYPASS \$5.00 ALL - STUDENT (K to 12) SENIOR (65+) ADULT
- 4. 10 TICKETS PER SHEET \$22.50

   Tickets are one-way
   ALL STUDENT (K to 12)
   SENIOR (65+) ADULT
- 5. MONTHLY PASS \$44.00 ADULT
- 6. MONTHLY PASS \$35.00 STUDENT (K to 12) SENIOR (65+)

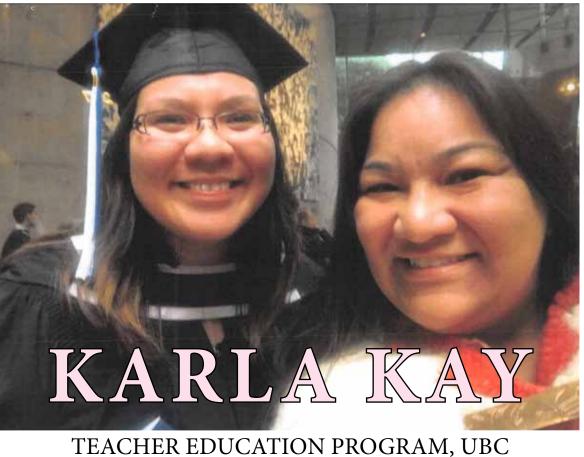




BC Transit Passes now available for purchase from Finance.

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

#### **EDUCATION**



My education journey was nothing short long and arduous, but rewarding. I began with a goal in mind and then sort of lost my way trying to figure out exactly who I was and what I wanted to do. There were many ups and downs. Making the decision for a career you are unsure you want to do is difficult and it was not until this final year at UBC that I realized that teaching is precisely what I want to do. Those first few years are not easy, but also nothing like the amazing experience of my final year in the Teacher Education Program.

I spent the better part of twelve months working with a cohort full of colleagues who were supportive and overall awesome people. They came from all over the world just to partake in this program and I was fortunate enough to get to know them and develop lifelong friendships. The final year at UBC was not easy. It was a long commute and a long transit from where I was staying, but it is doable. From the time I got up in the morning to the time I got home was about a 14-hour day but I was able to make it work. I found the second term to be the most difficult because my courses were so condensed, I was constantly busy with keeping up with everything. There were moments I wasn't sure I could do it, but this program had encouraged such supportive cohorts, that I had a lot of support to keep going. My professors are amazing people that really believe in what you can do. They are there for you all the time.

I did my practicum in Maple Ridge at a private school and it is hard for me to express how wonderful my experience there was. I learned so much from the teachers and students I worked with. It was very difficult leaving before the school year ended. I was left with happy memories from my first students and I endeavour to take what I have learned from them into my career as a teacher.

I was hired in the Mission School District and I am currently working on a short-term contract teaching grade 2 students. They are very cool little individuals. It is scary beginning right out of school, but I have found that it is best to learn through experience. Be brave. Take risks. I am in a very good place right now.

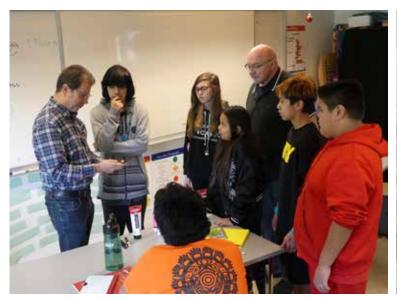
My future education goals are still unknown at this moment. I have had an offer to pursue a Masters degree to accompany my Bachelors of Education degree and I am definitely considering it. I do want to develop my skills as a teacher before I decide to take on more education. Perhaps a few years.

I would like to thank all of the wonderful people that made this possible for me. I am certain you know who you are.

Kwelaxtelot

Your educational journey awaits. Contact Cindy Kelly to begin planning your studies. 604-796-6839

#### **EDUCATION**



## **Cooperative Education Program**

Seabird Island Community School is running a new cooperative education theatre arts/puppet making, mask making elective. Students are presently designing and creating their own unique mask. Black lights have been purchased to provide further presentation choices. Next steps include



building rod and stick style larger puppets. Two senior students are also learning about videography and visual representation as a communication mode. Enjoy these shots of our cooperative education students in action!

> Story: Dr. Laurie Bizero Photos: Maurice Bizero



# Band Quarterly Meeting

January 31 5 - 8 p.m. You are invited to join Deacon Jamie at Seabird Church for

**Sunday Mass** January 21 ~ 11 a.m. - 12 p.m.

# Prayer Circle

January 18 For more information contact Deacon Jamie at 604-491-3052 or 604-615-5677

### HEALTH & SOCIAL DEVELOPMENT



# Want your Class 1 Licence? Become a Transport Truck Driver

# Program Description

# Program Summary





Designed for new drivers, this program is fully comprehensive and exposes students to a variety of driving situations: city, highway and mountain driving. Must already have Class 5, be over age 19 and provide a drivers abstract.

Students complete employment skills courses to build a solid foundation and get the experience that could otherwise take years to obtain. 16 hours - Air Brake Course 32 hours - On-road training, pre-trip, evasive maneuvers & road test 20 hours - Employment Skills Courses Observation Time

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

# Date Changes and updates

**Elders Meeting** – January 18 - Elders Room from 1:00 p.m. - 4:00 p.m. Topic: Elders Planning for the year 2018

**Elders Meeting** – January 25 - Main Boardroom from 9:00 a.m. - 1:00 p.m. Topic: Planning for Room 8 and College Activities

**Youth and Elders** is now moved to the January 29 (not January 22)



## You are invited to attend a Program Planning Session with Community Services

February 2, 2018 Main Boardroom 1:00 p.m. - 4:00 p.m. Snacks provided

Opportunity for community to offer some suggestions, ideas, and/or improvements for all the programs.

We welcome any input; forms could be filled out anonymous or thoughts could be recorded on large flip chart paper.

We are open to many ways of hearing from you! If you

cannot come into the office we can come to your home or a place of your choosing.

For more information please contact Angie Chapman Community Services Program Manager 604-796-6893 or email: <u>angie@seabirdisland.ca</u>



### **January 22**

A guest speaker will be preparing Youth ages 10-18 for a snowshoeing trip.

At this **in-house information session**, topics will include: clothing, equipment, 10 essentials, safe winter travel, and avalanche awareness.

Ages: 10-18 Main Boardroom

Youth to arrive at office at 3:45 p.m. session starts at 4:00 - 6:00 p.m. (approximately) Snacks will be provided

Up to 15 participants



Ottomite Trail, Coquihalla Summit Recreation Area.

Showshoe

Meet at the Band Office at **7:20 a.m.** bus leaves at **7:30 a.m.** 

Return approximately 6:00 p.m.

Up to 15 participants

Participants must be prepared for winter weather conditions; toque, gloves, snow pants, jacket and boots (we will supply the snow shoes)

Bag lunch will be provided.

Participants will learn winter survival, basic winter safety in the mountains including recognizing dangerous terrain and avalanche conditions.

If time allows, some quick snow caves can be dug by youth during lunch. Exciting views from the top of Mount Ottomite.

Please register with Tara-Lyn 604-796-0198 or Angie 604-796-6893

#### **HEALTH & SOCIAL DEVELOPMENT**



## Seabird Youth

Thank you to all the Youth and their families for a great 2017! We had lots of fun in December! We had a gingerbread house making competition during our Youth and Elders evening and we had a great time celebrating the year for our Christmas celebration. We had 34 Youth and parents attend our celebration dinner on Friday, December 22, at Red Robins in Abbotsford and afterwards enjoyed a movie at the Mission theatre. The Youth had a great time getting to visit and celebrate a great year with one another. Thank you to everyone who has been a part of the Youth program this past year: Youth, parents/guardians, families, guests and staff. You are all very much appreciated.

We will be hosting a Bake Sale on January 19 from 11-1 p.m. in the foyer. Donations are welcome and Youth are encouraged to come to the trailer at 10 a.m. to help Tara-Lyn prepare. Afterwards, we will be going into Chilliwack for lunch and skating. Youth expressed interest in going skating as an opportunity to try a new activity, remain physically active and



familiarize themselves with a winter sport. There is limited space at no cost to Youth.

On January 22, at 4:30 p.m., we will be holding a meeting to discuss the upcoming year and take in any feedback about what our program will look like in 2018. This meeting is open to anyone, including Youth and parents/guardians, and dinner will be served. Please let Tara-Lyn know if you are planning on coming so we can make sure we have enough food.

Please let Tara-Lyn know when you are coming to or participating in any events or sign up in the Youth Binder located at the Reception desk.

If you have any questions/feedback about anything within the Youth program, please get in touch with the Youth Worker, Tara-Lyn Linton. She can be reached by phone/text at 604.798.6524. On top of the newsletter, program updates are also included on the Youth Facebook page, our email list (please email <u>tlinton@seabirdisland.ca</u> to be added to this), and our Youth binder.

> Tara-Lyn Linton Youth Worker



### Bake Sale on January 19 11-1 p.m. in the foyer.

Donations are welcome and Youth are encouraged to come to the trailer at 10 a.m.

Youth Meeting January 22 4:30 p.m.

Discuss the upcoming year and take in any feedback





April 4, 2018 11:00 a.m. - 6:00 p.m.

2895 Chowat Rd. Seabird Band Gym

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

# **JOB POSTINGS**

#### Teacher on Call (TOC)

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

#### Learning Assistance Teacher

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

#### Grade 3 Teacher

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

#### 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 prepatory information plan prior to admission to the formal kindergarten program to achieve the greatest success possible for each student.

#### **Cultural Coodinator**

Contract Position. 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 Sq'ep (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.

#### **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.

Part time Position. 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.

#### **Certified Dental Assistant**

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

#### **Social Studies Teacher**

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

#### **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

 Colour:
 Graystand

 8"x10"
 \$40

 2.5"x3"
 \$25

 Colour:
 Grayscale:

 8"x10"
 \$135
 \$37.50

 8"x5" or 10"x4"
 \$65
 \$25

 28"x5"
 \$23 50
 \$11 50

8"x5" or 10"x4" \$65 \$25 3.8"x5" \$32.50 \$17.50 2.5"x3" \$20 \$12.50 Classified Advertisements 40¢ per word \$4.00 Minimum

#### DIGITAL DISPLAY 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	1/2 page colour	Full page colour
30 second Banner	30 second Banner	30 second Banne
\$60	\$100	\$140

DISCOUNTS AND FEES:

Only one discount may be applied for de				
Band Member	-35%			
Non-Profit	-10%			
3 month term	-25%			
6 month term	-35%			
Design & Layout (additional)	\$40/hr			
Flyer Insert (furnished)	\$20			
Returned Cheque	\$35			
Late Fee	+3%			

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

#### DEADLINES

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

#### DELIVERY

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

#### CONTACT US

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

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

Editing Team: Sandra Bobb, Lori Burns, Teresa Harper, Zorana Edwards-Shippentower and Phaine Wegener (on-leave)

#### AGREEMENT/LEGAL

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only, and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

Editorials are chosen and written by Seabird staff, they are the expressed opinion of the staff, and do not necessarily reflect the views of Seabird Island.

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

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



#### **OPTOMETRY CLINIC**

#### Next clinic is Feb. 6th

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

Elders 65+ can be seen annually.

Have a medical condition, such as diabetes, or taking high risk medicines? You can also be seen annually.

Contact Maggie Pettis 604-796-2177.

### DENTAL CLINIC

Accepting new STATUS PATIENTS

Open Monday through Thursday 8:30 a.m. – 5:30 p.m. Closed Fridays

#### DENTAL WALK-IN PAIN CLINICS

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

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

Contact Dental Clinic 604-796-6853.

#### **BUILDING BOOKING AND MEETING ROOMS**

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

Contact Angie Chapman 604-796-2177.

#### FIELD LIGHT BOOKING

- ▶ \$2.50 for Band Members and
- ▶ \$8.<sup>50</sup> for Non-Band Members.

Contact Angie Chapman 604-796-2177.

#### **VOLUNTEERS REQUIRED**

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

Contact Angie Chapman 604-796-2177.

#### SIFD FIRE PRACTICE

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

Contact Fire Hall 604-796-2177.

#### ALCOHOLICS ANONYMOUS MEETING

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

AA in BC website: www.bcyukonaa.org

#### **BABIES ID CARDS**

Apply for medical care card as soon as possible.

Contact Maggie Pettis 604-796-2177.

Apply for Status Cards as soon as possible.

Contact Carol Hope 604-796-2177.

### **GARBAGE SCHEDULE**

## COMPOST, RECYCLE and GARBAGE:

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

**MAJOR GARBAGE:** 1<sup>st</sup> Wednesday of each month, by request.

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

Contact Public Works 604-796-6844.

#### **PRINTING SERVICES**

Graphic Communications provides the following paid services:

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

Contact Sandy Bobb 604-796-2177.

#### LOVED ONE PASS AWAY?

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

Contact Maggie Pettis 604-796-2177.

#### FUNERAL PAMPHLETS

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

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

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

#### **SEABIRD CHURCH**

**Mass:** 11 a.m. - 12 p.m. Jan. 21, Feb. 4 & 18, March 4 & 18

Prayer Circle: Jan 18, Feb 15, March 15

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

### **EMERGENCY / SECURITY**

EMERGENCY 911 SEABIRD SECURITY 604-991-8635 GRIFFIN SECURITY 604-703-0888

### **AMBULANCE BILLS**

Classifieds

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 of 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.



of the law. By order of Chief and Council

Chief and Council assert there is to be no

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

Community safety is a Chief and Council

priority. Please contact us if you

have any concerns.

◀11▶

solicitation of any sort. Visitors need

solicit door to door.

the RCMP.

permission from Chief and Council to

