

the SEABIRD ISLAND

Sq'ewqel

YOO HOO

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

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

Mid-May 2018



## BEAR ALERT

Seabird Island Road  
heading towards Yala.

This bear has done some damage to a home. Please call the housing office at 604.796.6933 if it is spotted. Conservation has been dispatched.

## Seabird Island Emergency Preparedness

Stage 1 Flood Watch - pages 3-4

Moving to Stage 2 - see insert



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## MEMBERSHIP / STATUS

Status cards and other related membership items will only be available **Monday's and Thursday's** from 9:00 - 5:30.

Contact Carol Hope at 604-796-2177 before 4:00 p.m.

## Dates to Remember

- 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](mailto:comm@seabirdisland.ca)  
**Providing:** Name and email.

# 3<sup>rd</sup> Annual Lands Community Clean Up

**Thursday May 24, 2018**

**Time: 10 - 2 p.m.**

**Place: Seabird Island High School**

**Bag lunch provided**

**Volunteers needed, please contact Donna Andrew at 604-796-2177**



## Family Lawyer Clinics

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

**June 16 and 24**

For more information contact Maggie 604-796-2177

## Seabird Mass

**Sunday May 27**

11 a.m. - 12 p.m.  
 Seabird Church

Everyone is welcome!



## Seabird Island Emergency Preparedness

# Stage 1 Flood Watch



Seabird has 4 stages of alert for emergencies:

## ALERT STAGE 1:

Alert Stage 2: *Estimated May 20<sup>th</sup>*

Alert Stage 3:

Alert Stage 4:

## Watch for information

Be aware, Shop for & Prepare your supplies  
Flood Warning, Prepare for evacuation (pack essentials)  
Flood, Evacuate

It's flood season and hot weather is on its way. You need to be aware of the rising water and start to prepare for a potential flood.

**Seabird is at Alert Stage 1:** meaning watch for more information.  
*This is not a time to panic!*

Watch for news on the Seabird website blog page (<http://www.seabirdisland.ca/blog/term/flood>), the outside sign and the mail bulletin board. We'll be updating them as needed.

## Our Seabird flood plan includes

1. Weekly meetings to discuss water levels and actions required (obtaining sand bags).
2. Communication updates to community members via website, outside sign, bulletin board and alert flyers.
3. Planning with neighboring communities for evacuation centres if needed.

***Prepare for the worst, hope for the best.  
Better safe than sorry!***



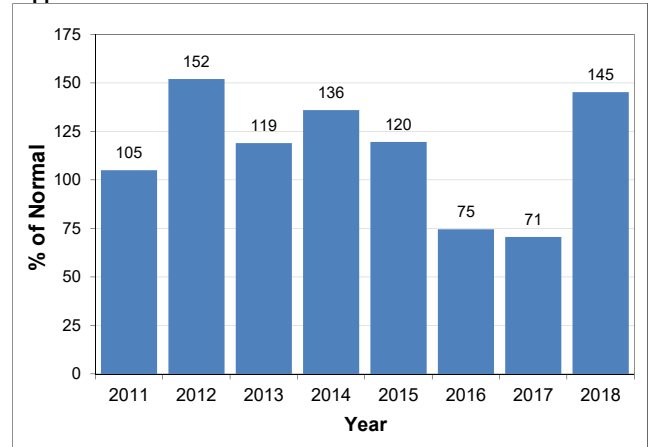
1. Provide the Band Office with your emergency contact information in order to be contacted before and during an emergency.
  - **If you will need help with transportation** in the case of evacuation, request to have your name on the transportation list.
2. Make a family emergency plan.
  - Identify where you will all meet if you are not together when an evacuation is called.
  - Pick one local and one out of area meeting place, if possible.
  - Identify your family needs with health/medical supplies.
  - Make sure children know your contact information (name, address, phone).
  - Plan for pets and other animals.
  - Identify shut off valves for electricity, gas and water.
3. Think about what valuables will need to be moved upstairs in the case of flood
4. Gather supplies for your "Grab and Go" emergency kit (see next page)

## Snow Basin - April 1, 2018 (% of normal)

Upper Fraser West	264%	North Thompson	108%
Upper Fraser East	112%	South Thompson	126%
Middle Fraser	115%	Okanogan	206%
Lower Fraser	125%	Fraser Basin	109%

## Snow Basin Index Graphs - April 1, 2018

### Upper Fraser West



## For further information please contact

Sandy Bobb, *Seabird Island Graphic Design & Production Supervisor*  
at 604-796-2177 or 604-796-6838 or [sandrabobb@seabirdisland.ca](mailto:sandrabobb@seabirdisland.ca)

## GRAB AND GO KIT for families

Make sure that the kit is easy to carry. Use a duffel bag, back pack or a suitcase with wheels.

The kit should have all the supplies you need for your family to survive 72 hours (3 days) without help.

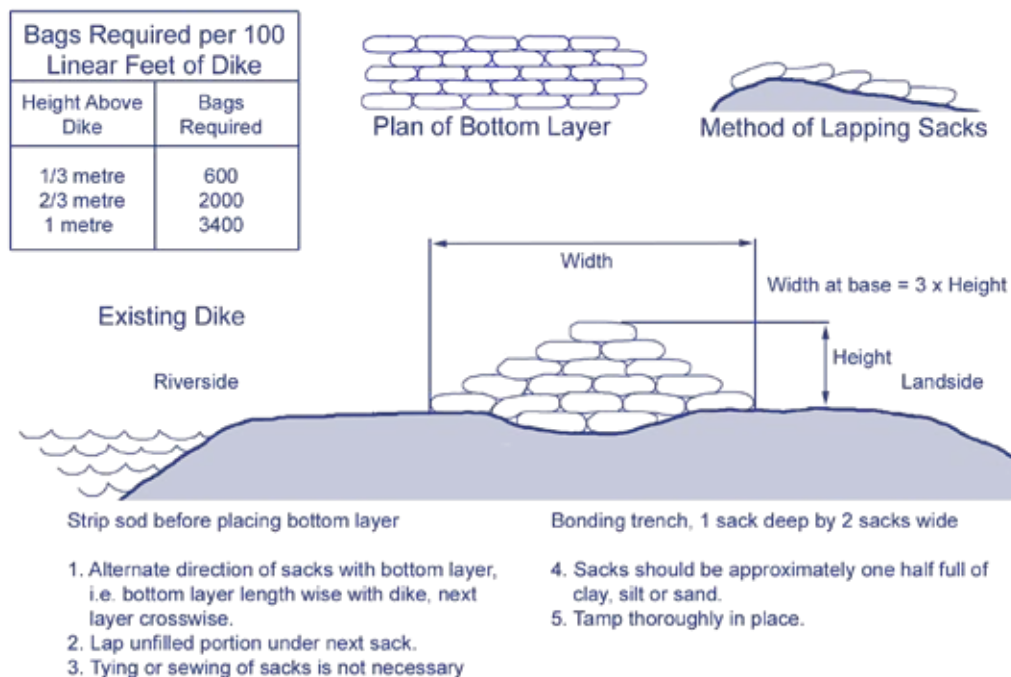
- Drinking Water.** 2 litres per person per day (6 litres per person to last 3 days). Some in water bottles for easy carrying
- Food** that won't spoil. Canned goods, energy bars, dried food. Enough for each person for 3 days
- Manual can opener**
- Flashlight with batteries** or wind-up recharger
- Candles and matches/lighter**
- Radio and batteries or wind-up recharger**
- First aid kit** (band aids large and small, gloves, tylenol/advil/asprin scissors, gauze, tensor bandages, antibiotic ointment, first aid instructions, thermometer, clean cloth, tape, tweezers, instant cold compress.
- Warm change of cloths** for each person
- Special items** for people with special needs (medicines, babies, health conditions, etc)
- Important documents** (passports, status card, insurance papers, contact numbers, emergency plan)
- Leash, kennel and food for your pet**
- Cash** to buy any supplies you cannot bring with you

## SANDBAGGING

### General Information

- Construct the sandbag dike on high ground, as close as possible to your home or building. By being closer to your home or building, fewer bags will be needed, and the sandbag dike will be less exposed to the stream.
- Sandbagging should also focus along existing flood works or any low spots along dikes for maximum protection.
- Dig a trench one bag in depth and two bags wide as a foundation for the dike structure.
- To be effective, a dike must be three times as wide at its base as it is high.
- Sandbags should be turned right side out and filled half full. They need not be tied shut, just laid overlapping each other.
- The open ends of the sandbags should be facing upstream and/or uphill so that the moving water will not remove the sand from the bags as readily.
- Alternate direction of sandbags with bottom layer, i.e. bottom layer lengthwise with dike, next layer crosswise.
- As individual bags are put in place, walk on bags to tamp them into place to ensure maximum strength. Take care to avoid puncturing the bags.
- The butt ends of the bags should be placed facing the stream, for rows that are perpendicular to the stream.
- Each successive layer should be set back one-half sandbag width on both sides in each additional layer so a completed dike has a triangular cross-section.
- The number of sandbags needed to protect a home or building varies depending on the local topography and the anticipated depth of water.

### RECOMMENDED METHOD FOR SANDBAG DIKING



# 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.<sup>00</sup>
- BBQ Area \$300.<sup>00</sup>
- High School Kitchen \$400.<sup>00</sup>
- Millennium Hall and Band Gym \$600.<sup>00</sup>

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



# Community We Live! - Lets be proud and solid role models for our guests.

## Fair Play Philosophy

Be Proud,  
Play Fair

*Seabird Island Band's First Nation Festival concurs with and adopts the philosophy of Fair Play Canada. The following is an excerpt from Fair Play Canada's Fair Play Codes.*

**Fair play** is an attitude, a way of thinking. It can be taught and it can be learned. Once it's learned, it can apply to every aspect of a person's life. That's why fair play is so important and that's why all of us are responsible.

The fair play philosophy becomes reality through the creation of a more ethical sport system, one that is democratic and grounded in the principles of integrity, fairness and respect.

Through sport, athletes learn about setting goals, working hard and having fun. They learn to respect their own abilities, and those of their competitors, and to value the effort of all participants, regardless of ability. When guided appropriately, athletes begin to realize that the joy of sport is as much in the effort as in the result.

### FAIR PLAY: An Athlete's Role

*As an athlete you have an opportunity to get the best out of sport.*

#### FAIR PLAY CODES FOR ATHLETES

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will control my temper – fighting and mouthing off can spoil the activity for everybody.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are also important.
7. I will acknowledge all good players / performances – those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

### FAIR PLAY: A Coach's Role

*As a coach you are a role model and leader, and have significant impact on your athletes' attitudes.*

#### FAIR PLAY CODES FOR COACHES

1. I will be reasonable when scheduling games and practices, remembering that young athletes have other interests and obligations.
2. I will teach my athletes to play fairly and to respect the rules, officials and opponents.
3. I will ensure that all athletes get equal instruction, support and playing time.

4. I will not ridicule or yell at my athletes for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
7. I will obtain proper training and continue to upgrade my coaching skills.

### FAIR PLAY: A Parent's Role

Everyone involved in sport, from parents and spectators to athletes, officials and coaches, can and should play a part in promoting fair play. The easiest way to do this is to lead by example; to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play skills and instincts will not be lost in the heat of competition.

*As a parent, you have significant impact on how your child feels about his or her achievements in sport and in all aspects of life.*

#### FAIR PLAY CODES FOR PARENTS

1. I will not force my child to participate in sports.
2. I will remember that my child plays sport for his/her enjoyment, not for mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good players/performances by both my child's team and their opponents.
8. I will never question the officials' judgment or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.

Reference: (<http://bcla.centraldesktop.com/bcla/media/Forms/Policies/Fair-Play-Codes.pdf>)

# Community We Live! - Lets be proud and solid role models for our guests.

## Seabird Festival is a family event, please remember:

- Stay Drug and Alcohol Free.
- Pedestrians move over for vehicles.
- Vehicles slow down for pedestrians.
- Be aware of others around you.
- Play Fair.
- No swearing, bullying or fighting.



### Smile! Seabird Photographers on site!

Professional photographers employed by the Seabird Island Band, will be present taking pictures and video footage at events. These images may be used, without further notification, at a later date to market events, within the following: **printed materials;** brochures, newsletters, marketing material... and / or **digital upload;** web, video, social media...



MAY 26, 2018  
6PM - 8PM

TICKET INFORMATION:  
\$10.00 PER TICKET  
\$40.00 PER FAMILY

# FESTIVAL OF MAGIC

FEATURING MAGICIAN TRENT TINNEY

CHILDREN'S MAGICIAN  
OF THE YEAR AND 1ST PLACE AT 2009 CANADIAN  
CHAMPIONSHIPS OF MAGIC

SEABIRD ISLAND COMMUNITY SCHOOL GYM, 2821 CHOWAT ROAD, AGASSIZ, BRITISH COLUMBIA

TICKETS ARE AVAILABLE, WHILE QUANTITIES LAST, AT THE DOOR AND IN ADVANCE BY CALLING SEABIRD EVENTS  
AT 604 796 2177 E-TRANSFER PAYMENT IS AVAILABLE. PRIZE RAFFLE WILL BE HELD DURING THE INTERMISSION.  
ONSITE CONCESSIONS WILL BE AVAILABLE A MAGICAL NIGHT FOR THE WHOLE FAMILY! ALL PROFITS  
TO BENEFIT THE SEABIRD ISLAND RECOVERY HOMES





## 'Members Achieving Success'

"The Lands and Government Affairs Department is proud of Danielle Gabriel who has completed Module 1 Land Tenure and is working on Module 2 - Data Capture of the First Nation Applied Lands Management Course."

**Module 2:** Observational methods for data capture using survey equipment (e.g. tapes, theodolites, electronic measuring instruments, GNSS equipment). Surveying computations (units of measurements; plane trigonometry; traverses). Data capture to focus on First Nations context of land allotment such as

customary/traditional land holdings, commonly held band land, and interests granted by First Nations on Reserve.

Thompson River University is offering the First Nations Applied Lands Management Course for the first time and they have a variety of students from New Brunswick, Quebec, Saskatchewan, Alberta and all over BC.

What a great opportunity, thank you TULO Centre of Indigenous Economics.

## BCIT Certification in Community Energy Management

In partnership Community Energy Association and Seabird Island will get funding from FORTIS BC for 3 Band members to take the BCIT Certification in Community Energy Management. The funding includes the course fee of \$2,880.

- The 6 courses are on-line; each course is 30 hours = Total of 180 hours
- Each course is max 2 months; we anticipate 5-10 hours per week work load
- Tutoring and IT support available

<https://commons.bcit.ca/energy/course-descriptions/community-energy-management/>

**Start date :** September 2018 to a maximum of 12 months for the 6 courses

### The Courses are:

- CESA 5110 – Introduction to Community Energy & Emission Planning
- CESA 5210- Community Based Renewable Energy
- CESA 5310 – Green Energy & Local Economic Development
- CESA 5410 – Financing & Governance for Green energy Systems

- CESA 5510 – Reducing Energy Use in New and Existing Buildings
- CESA 5610 – Low Carbon Transportation

### Pre-Requisites:

- Grade 12 graduation or equivalent including a C grade minimum in:
  - Foundations of Math 11 or Math 057
  - Technical and Professional Communications 12, or English 12 or English 12 First peoples or English 060
  - Biology 11 or Biology 050
  - In exceptional circumstances, an applicant can be approved who is lacking certain program admission requirements, provided that the applicant can demonstrate she/he has a good chance of succeeding in the program.
  - Strong interest in Nature and Environment a requirement.

Please send your resume and a brief letter why you would like to take the training to the Director at Lands and Government Affairs, Marie Vander-Heiden at the Seabird Island Band.

**Submission Deadline: May 31, 2018**



## Mosquito proof your yard this season

Yes you heard it right, mosquito season is upon us. In order to do our part in keeping the population down this summer here are a few tips.

Mosquitoes thrive in standing water. They need little amounts of water to breed; a plant saucer with only 1/2" of water can be enough water for them to reproduce. In as little as 8 days, eggs can turn into adult mosquitoes.

1. Go around your yard and dump out any water. This includes non-chlorinated pools, saucers, frizbies, dog bowls, bird baths and more. Go around regularly, tip them out and if they need water in them (like the dog water) refill it with fresh water, return again each day and do it again and again.
2. Treating your pools with chlorine is not enough. You also need a filter running, to keep the water moving and utilize a pool cover.
3. Discard old tires and junk that retains water, take them to the dump. If you are using one for a tire swing, drill holes in it for the water to drain out.
4. Clean your gutters regularly. If your gutters are not clean there could be small puddles of water where mosquitoes are breeding.
5. Keep your lawn and plants around your yard trimmed and the areas around them clean. A pile of old leaves could provide a swampy wet area, larger leaves could work as cups. These are all places mosquitoes could breed.
6. Ensure your tarps are tied tightly. A loose tarp is a great place for a puddle of water to form in the folds.

7. Improve swampy soil. Where possible, drain or fill non-flowing ditches, soil depressions and other soggy parts of the yard.
8. Treat the water in your man made ponds; use an aeration pump, fountain or water bubbler so the water is not-stagnant.
9. Replace outdoor lights with bug lights.
10. Use an outdoor fan when you are outside, they may have a harder time circling you.
11. Have a fire; some people say the scent of burning pine repels mosquitoes.
12. Build bat houses, a single bat will eat almost 1000 mosquitoes an hour.
13. Spray garlic juice around your yard.
14. Grow mosquito repelling plants: basil, marigolds, mums, lavender, wild sage, thymus, lemon thyme, neem, eucalyptus and lemon grass.

It may sound silly, but last year I tried planting marigolds and basil by my front door. It worked well, so I will be doing it again this year!

**John and Daniel have started mosquito patrols!**  
 Notify John Bobb in Health if you have swampy areas around your home and he can assist you in treating these areas.

Author; Sandra Bobb





## Cooperative Education

You may have noticed Hasanah James taking pictures around the community and the school with Richard Leacock. Hasanah, Richard and Karla Joseph also spent one day photographing the art and sculptures in Tsawwassen Mills Outlet Shopping Mall.

Richard is a professional Commercial Photographer preparing Hasanah to transition into the next component of her journey, Photojournalism. Richard is teaching Hasanah the following:

1. Understanding aperture, shutter speed and ISO.
2. Exposure in the classroom/studio and outdoors.
3. Understanding depth of field.
4. Composition theory.
5. Lenses and their properties.
6. Camera setup for specific subjects/activities.
7. Post production and imaging editing and processing.

Shooting assignments include exposure, white balance, depth-of-field, perspective, lens choices, effective composition, capturing the decisive moment and creating emotion.

Special photography equipment has been purchased for Hasanah to ensure she has up to date equipment which will allow her to capture quality images. Hasanah is in the process of building her portfolio. She will be entering into a mentorship program. Her current photographs, will be used as a starting point for the mentorship program. The mentorship program will begin shortly. More on the mentorship program to come.

Grant Operator, Maurice Bizero





## Culture and Language

Ey cha o ta' swayel, Leanne tel skwi:x. I have had the honour of creating cultural events in our community for the past 2 months for our Seabird Island Community. We offered 2 moccasin making classes, 2 cedar mini hat workshops, a cedar basket workshop, cedar roses workshop, jingle dress making class, Melton Vest and Ceremonial Stole making class, collaborative art night, carving and Coast Salish art classes, traditional medicine classes, with weekly beading, pow-wow and community feast nights.

In total we had over 500 visits and drop-ins in the past 60 days! We had some nights that had ages from 6 weeks old to 60+ years old. I wanted to create events open to our community and Band Members that would bring back the culture and revive our community spirit. Every week families would gather and make the healthy choice to join in on our alcohol and drug free events with open hearts and minds. I truly felt it was a great start to reviving the heart of Seabird.

Bringing together Elders, Youth and families, participating at these events, has been a huge success! They loved having the opportunity to gather and enjoy the company of a neighbor, an aunt or cousin, in a safe and welcoming place. I think this was a great opportunity and hope that we can continue to offer such great experiences for our community. It is important to see the value in continuing to grow and continue learning cultural activities.

Hands go up to everyone who made this possible and successful! I hope to honour the instructors for sharing their knowledge and make sure the work is honoured in the future. I am in the process of finding resources to make sure the work is complete and the instructors are honoured for their work. May we continue the good work and make our Elders proud! Bringing back the pride into our homes has been a huge success! Hoy chexw.

Lamawelh, Leanne Ellis

## New Staff

Hello Seabird Island;

My name is Chrystal Harris and I am the new Seabird Island Band, Administrative Assistant for the Health Department. I am a SIB member, age 50 and my Indian name is Shawk een. Not long ago, I attended our Seabird Island College, Business Administration Program and hoped I might get an opportunity to give back to our community for having the privilege of receiving my education here at home.

I would like to share that I believe highly in our culture and traditions, honoring our Elders and helping our Youth. It is with great confidence that I believe I can contribute to our Health Department. Thank you to all the staff as I have been given a positive introduction and a very warm welcome!

Sincerely,  
Chrystal Harris  
Administrative Assistant-Health  
604-796-6819



Martin Family Initiative  
Initiative de la Famille Martin

## Model Schools Literacy Project

### HAVE YOU HEARD THE GOOD NEWS?

I am very excited to tell you our good news! Seabird Island Community School is one of six First Nations schools across Canada to be selected for the Model Schools Literacy Project. More than 25 First Nations schools applied from across the country and we will be joining six schools that have been a part of the Project since 2016. We are so proud to be one of the successful schools starting in September 2018!

### WHAT IS THE MODEL SCHOOLS LITERACY PROJECT?

The purpose of the Project is to ensure that all students can read and write really well by the end of Grade 3. This is because children must be good readers and writers to succeed in school starting from Grade 4 and to graduate from high school.

For six years, the Martin Family Initiative (MFI) worked in partnership with Walpole Island First Nation, Chippewas of Kettle and Stony Point First Nation to develop the Project. With the support of educators, parents, Chiefs, Council Members and the communities, it was a huge success. When it began, many of the children did not read well enough to succeed in school. When it finished, children in both schools could read and write better than children in provincial schools in Ontario! The Federal Government recognizes the success of the Model Schools Literacy Project and is funding twenty schools by 2020.

### WHAT DOES THE PROJECT MEAN FOR OUR SCHOOL?

For the next six years, our school will work with MFI to help students from Kindergarten to Grade 3 improve their reading and writing skills. This will include support, training and resources for the school staff and leadership. We will also work with the other participating schools and will help to support other new schools as they join the Project.

### HOW CAN YOU HELP?

Community support is essential for the Project to be successful in our school and for our children. Literacy will be taught first thing every morning so the most important thing you can do as the Project begins is to make sure your children attend school every day and on time.

### HOW CAN YOU LEARN MORE ABOUT THE PROJECT?

There will be a community meeting every year to report on progress -please watch for announcements. To learn more, please contact **Kim** at Seabird Island Community School:

2821 Chowat Road,  
Agassiz BC, V0M 1A0  
Phone: 604-796-3061  
E: education@seabirdschool.ca



## Seabird Summer Program

The Seabird Summer Program is a safe place for your child(ren) to play and participate in supervised fun while you are at work.

The Seabird Island Early Childhood Program has started a waiting list for the Summer Program. Registration packages will be ready the last week in May.

Those people who would like their child(ren)'s name on the list can visit the Early Childhood Office or call 604-796-6854 or 604-796-6855.

Sandra Haukeland  
Executive Assistant Health/ECD



## BRIDAL FALLS PICNIC & DIABETES WELLNESS SESSION

Come join us & explore the spectacular natural beauty of our local area.



- Transportation provided – please register to reserve a seat!
- Walk to the Falls and relax with the beauty of the area with the forest and water falls to calm and refresh.
- Enjoy a picnic lunch provided by the Nutrition Team.
- Nutrition Q&A: Healthy Eating Active Living ... What small changes can you make to improve your health? What is stopping you from making those changes?
- Yoga / Tai Chi in the forest!
- For more information contact Val or Nadine: 604-796-6829

June 28, 2018 10:30 a.m.– 1:00 p.m.



## MAY 24 DIABETES MANAGEMENT & WELLNESS OUTING

Cheam Wetlands Nature Walk & Picnic



**Nature Walk**

—

**Walk with Tilly**  
explore local  
traditional plants  
and medicines

—

**Please reserve a  
place for  
Transportation**

—

**Picnic lunch with  
the Nutrition  
Team**

—

**Walk & Talk  
nutrition advice**

**SEABIRD NUTRITION**  
For more information  
contact Val or Nadine:  
604-796-6829  
Thursday May 24  
10:30 a.m. - 1:00 p.m.

## Seabird Island Band

### Education Awards and Celebration 2018



**School is out, celebrate with our students.**  
Hamburgers, hotdogs, fruit, vegetables and cake.

**Special Recognition of:** Post-Secondary Graduates,  
Grade 12 Graduates and Honour Roll Students.

**Seabird Island Band Gym**

**Wednesday, June 27, 2018.**

**5 to 7 p.m.**

**Great Door Prizes!**

**Mark Your Calendar!**



## Food Safe Level I Certification

**Monday May 28**

8:00 a.m. to 4:00 p.m.

Seabird Island Band

Contact Val Thomson to register

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

604-796-6829

## A Child's Plea to Parents

- Give me more than food to nourish me. Give me the warmth and the security of your love. Let me enjoy all five senses. Give me plenty of things to look at, smell, to listen, to taste and even some things to break.
- Teach me to take my turn. Watch me play so you can see how I am trying to work out my problems and what I am up against.
- When you tell me to do something please tell me why I should do it. Let me feel that I am a contributing member of the family. Be sure to include me in making the family plans when you can.
- Please don't keep me your baby when I want to feel grown up. Don't transfer your fears to me. I have enough of my own to cope with and I don't need anymore.
- Help me not to act out when I am angry; but don't make me so afraid of showing anger that I lose my capacity to feel strongly about anything. Let me learn bit by bit to bear pain, to want things but to be strong enough to postpone gratification of certain feelings I am not ready to experience.
- Let me try out my new powers as my body progresses; to creep, to stand, to walk, climb, jump and run when I am ready. Don't limit the natural needs of my body because you have some unresolved hang-ups.
- Give me a little corner in the house that is all mine, and nobody else's. I need moments of peace and quiet that cannot be invaded by anyone.
- Give me my share of consideration and attention
- Let me ask any question that pops into my head. Don't make me ashamed for having asked it; even if it seems silly. Give me as honest an answer as you can. If you don't know the answer please say so. It's good training to hear someone say, "I don't know, but I will try to find out for you."
- Be patient with me when I don't do things very well at first. Remember, I have so many things to learn and almost everything takes some practice.
- Let me bear the consequences for whatever I do. I need to be disciplined as well as rewarded. When you discipline me, make sure the consequence suits the 'mis-behavior'.
- Above all, grant me without reservation, your debt to me: Unconditional Love. For if I know it is there, I will be able to give the same to my children and they will be able to give it to their children.

For more information on Child Development, Parenting strategies or for information about our Supported Child Development Program, please contact Jen McNeil at 604-796-6886.

## May - Womens Health Month

Womens Health Month and Mothers Day both land in May. This is no coincidence. Lets take this time to take care of and celebrate the women in our lives!

Laughing not only eases stress, promotes social bonding, and lowers blood pressure, it may also boost your immune system. So bring some humor into your life.

An early start on eating also keeps your metabolism more active throughout the day; breakfast eaters are thinner than people who just rush out the door.

At least Seven hours of sleep a night helps you live longer, lowers your stress, sharpens your memory, and reduces cravings for pants-splitting foods.

Foods with bright, rich colors are packed with flavonoids and carotenoids, powerful compounds that bind the damaging free radicals in your body, lowering inflammation.

# Celebrate Women!

Author Sandra Bobb





**SGES-MCCI INNOVATIONS PROJECT:**  
**"TRAINING TODAY FOR FUTURE GENERATIONS"**  
*IS PLEASED TO OFFER THE FOLLOWING PROGRAM:*

## ENVIRONMENT TECHNICIAN CERTIFICATION PROGRAM

**STARTING MAY 28<sup>TH</sup>, 2018!**

**THIS PROGRAM IS FOR YOU, IF YOU:**

- ARE ABORIGINAL
- ARE UN – OR UNDER-EMPLOYED
- HAVE AN INTEREST IN ENVIRONMENT TECHNICIAN TRAINING
- WILLING TO COMMIT TO A FULL-TIME PROGRAM

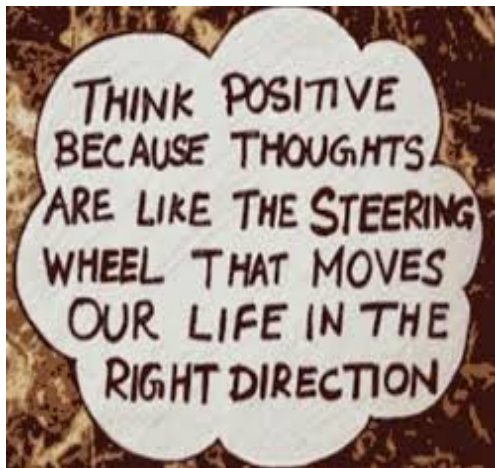
WE ARE PRESENTLY ACCEPTING APPLICATIONS FOR THIS TRAINING OPPORTUNITY. THERE ARE A LIMITED NUMBER OF SEATS, SO DON'T DELAY IN SCHEDULING AN APPOINTMENT WITH THE COORDINATOR OR AN EMPLOYMENT COUNSELLOR AT STOLO ABORIGINAL SKILLS AND EMPLOYMENT TRAINING (SASET)!!

**\*\*\* STAY TUNED FOR UPCOMING INFORMATION SESSIONS \*\*\***

For more information please contact  
Tana Mussell at 604-819-0164 OR  
SASET at 604-858-3691 or info@saset.ca




## Quote of the Month



## Job Opportunity

Trixie's Car Wash is an independently owned and operated car wash that strives to keep its facilities clean, well-lit and operational.

Salary \$13.00-\$14.00 / Hour + gratuities\*  
Permanent, Full time & Part time

On call, Overtime,  
Morning, Day, Evening,  
Weekend, Flexible hours

Apply in person:  
8415 Harvard Pl,  
Chilliwack, BC

**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 their monthly student attendance record to their 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.



## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## Summer Recreation Worker - Post-Sec.

The Seabird Island Band is excited to once again be providing Summer Placement Programs for Post-Secondary students. We will be providing a fully licensed program for age group 6-12. The program will include a variety of activities targeted at enriching the lives of kids in a fun, active, and culturally sensitive manner. We are looking for Post-Secondary students to serve as role models and leaders for children participating in the program. Successful candidates can expect to have a summer packed full of fun activities including field trips, cultural learning, fun in nature, professional development and making new friends.

## Summer Recreation Worker - Secondary

The Seabird Island Band is excited to once again be providing Summer Placement Programs for High School/Secondary students. The program will include a variety of activities targeted at providing professional work experience to the students in a fun, active and culturally sensitive manner. Successful candidates can expect to have a summer packed full of fun activities including field trips, cultural learning, fun in nature, professional development and making new friends.

## Custodian

The Custodian is responsible for performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that buildings and facilities are maintained in a healthy, safe and sanitary manner.

## Executive Assistant, Admin (Temp)

Under the direction of the Administration Director, the Executive Assistant shall provide administrative and executive secretarial duties in support of the Director. This position assists with all matters of an immediate, administrative and task oriented nature.

## 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](mailto:humanresources@seabirdisland.ca).*

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry. Interested candidates are invited to submit a cover letter, resume and three references. We regret that we will only respond to those applicants chosen for an interview.

We thank all applicants for their interest.

## ADVERTISING RATES

### PRINT AD RATES PER ISSUE

300+ hard copy production  
800+ e-mail production  
average 1,300 reads on Seabird website.

Front Page Colour: limited availability

1/4 pg banner (8"x2.5") \$40  
2.5"x3" \$25

Colour: Grey-scale:  
8"x10" \$135 \$37.50  
8"x5" or 10"x4" \$65 \$25  
3.8"x5" \$32.50 \$17.50  
2.5"x3" \$20 \$12.50

Classified Advertisements

.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 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 15<sup>th</sup> 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  
sandrabobb@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.<sup>50</sup> for Band Members and
- ▶ \$8.<sup>50</sup> for Non-Band Members.

Contact Angie Chapman 604-796-2177.

## VOLUNTEERS REQUIRED

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

Contact Angie Chapman 604-796-2177.

## SIFD FIRE PRACTICE

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

Contact 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

## EMERGENCY / SECURITY

EMERGENCY 911  
GRIFFIN SECURITY 604-703-0888

## 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: 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, there is a long wait-list.

Contact Public Works 604-796-6844.

## PRINTING SERVICES

Graphic Communications provides the  
following paid services:

- Printing/copying services
- ID 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 27  
11 a.m. - 12 p.m.

Prayer Circle: June TBA 6 p.m.

Contact Deacon Jamie 604-491-3053 or  
604-615-5677

## MEMBERSHIP / STATUS

Status cards and other related membership  
items will only be available

Monday's and Thursday's from 9:00 - 5:30.  
Contact Carol Hope at 604-796-2177  
before 4:00 p.m.

## 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.

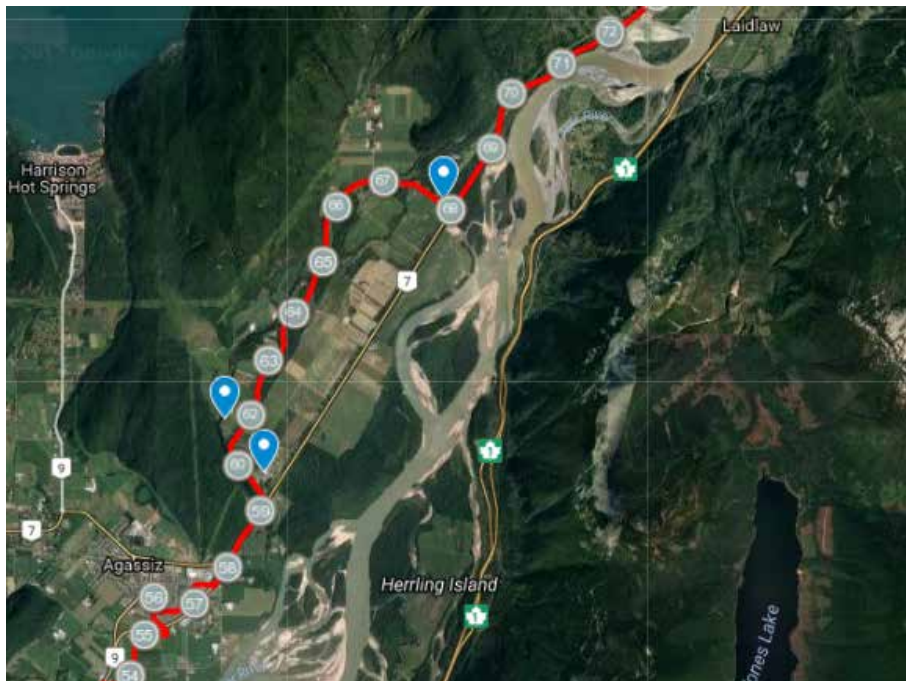
# BE THE RIDE



The Ride to Conquer Cancer Presented by Wheaton Precious Metals benefiting BC Cancer Foundation turns 10 in 2018. The last decade has seen many cancer care breakthroughs and countless lives saved, which are successes that impact all British Columbians!

The ride has about 2000 riders, cycling about 100km each day all raising over \$2500 each. Since 2009, the Ride to Conquer Cancer has raised over \$85 million for the BC Cancer Foundation.

This year, the event is following an all-new route through the Fraser Valley and will be coming through Seabird Island on August 26, 2018 with a lunch stop at the Seabird Island Community School.



CONQUERCANCER.CA • 888-771-BIKE [2453]  
303-698 SEYMOUR STREET, VANCOUVER BC V6B 3K6

# Wild Animal Season

Wild animals (bobcats, bears, cougars...) are out of hibernation this time of year looking for food. Be smart and prepare for any situation. Do your best to be one with nature, they are just as afraid of you as you are afraid of them. When we take care of our yards and food garbage properly, wild animals should be less tempted to intrude on our families.

## Reduce risk around your yard:

- Only take your garbage out the morning of garbage day
- Discard fish guts (do not keep them around the community)
  - Clean your barbecue
  - Do not leave pet food and water outside
- *Please keep an eye on your children and do not walk alone!*

## If you have any troubles or feel threatened by wild animals:

**1<sup>st</sup>** Report it to the **BC Conservation Office at 1-800-663-9453**

**2<sup>nd</sup>** contact the Seabird Communications Office at 604-796-2177 so we can post an "Alert".

**NOTE:** If we do not receive confirmation of the report from the Conservation Office, we may not be permitted post an alert!

## Your best defense is knowledge, know what to do!

– DO NOT FEED wild animals! – \* – DO NOT APPROACH wild animals! –



**Cougar**

- Stay calm
- Keep the cougar in view
- Pick up children immediately
- Back away slowly
- Ensure the animal has a clear way to escape
- Make yourself big
- Never turn your back
- No sudden movements
- Maintain eye contact
- Show your teeth
- Make a loud noise
- If you need to defend yourself focus your attack on its face and eyes
- Find a weapon; rock, stick, bear spray...



**Coyote**

- Do not feed
- Remove trash
- Feed pets inside
- Walk animals on leashes
- Pick-up small children and pets
- Do not run
- Wave your arms
- Make noise
- Walk toward the coyote until he retreats
- Be big and loud



**Bear**

- **Black:**
  - **Black don't look back!**
  - Try to escape
  - Find a safe place like a car or house
  - Fight back, kick and hit the bears face and jaw
- **Brown/Grizzly:**
  - **Stay down**, play dead!
  - Lay flat on your stomach
  - Hands behind your neck
  - Spread your legs so it is harder for the bear to roll you over
  - Remain still - fighting back provokes it
  - If this does not work - fight back!



**Wolf**

- Try to scare it off
- Keep 100 meters away
- Make yourself big, raise your arms
- Make noise
- Throw sticks, rocks and sand
- Stay together
- If aggressive, slowly back away
- Do not turn your back!
- Use pepper spray if you have it



**Bobcat**

- Pick-up your children and small pets
- Back away slowly
- Avoid running
- Spray with water if possible
- Make a lot of noise

## BEAR ALERT

**Seabird Island Road heading towards Yala.**

This bear has done some damage to a home. Please call the housing office at 604.796.6933 if it is spotted. Conservation has been dispatched.