



the SEABIRD ISLAND

Sq'ewqel

# YOO HOO

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

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

November 2018



**Community is invited to the Remembrance Day Ceremony on November 8 startin at 11:00 a.m.**



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## Cougar sighting

A cougar sighted in the field along Chowat Rd. Heading in the direction of the Seabird Gas Bar.

Please report cougar or bear sightings to the conservation officer at 1-800-663-9453

Please ensure garbage cans are secure as this attracts wild life.

## DATES TO REMEMBER

- Remembrance Day  
November 8 at 11 a.m.
- Facilities CLOSED  
November 12
- SD78 Pro-D Day  
November 19
- SICS Pro-D Day  
November 19



## AGASSIZ BASEBALL

Youth Baseball ages 5 -13

Winter Training in Agassiz November to March



Spring Baseball Season April to June includes training and competitive play

follow us on facebook or visit our website [www.agassizll.com](http://www.agassizll.com)

[agassizbaseball@gmail.com](mailto:agassizbaseball@gmail.com) \* 604 796-5588 \*

## In 2019 we will celebrate 50 years of Seabird Festival!

Over the years we have also had; Slahal, 2 Pitch, Hockey, Festival Princesses, Traditional Canoe Races, Soccer Tournaments, Cultural Performers and more!

We would like to recognize volunteers and workers from past years.

We are interested in your ideas and will be looking for volunteers to make this celebration grand.

Please join us to celebrate May 25<sup>th</sup> & 26<sup>th</sup> 2019





Moccasin making classes.

## Community Cultural Workshops

- **Beading / Sewing and Potluck Night** every Tuesday from 4 - 7 p.m. in the Community Health Room and Elders Lounge. Supplies are available to those who would like to participate. Bring an offering to the table, come and enjoy a meal, chats and some smiles!
- **Feast Night and Language Bingo** will be once a month on the last Friday of every month, this month it will be on the 30. Come and cook, share a meal with friends, family and your community!

The workshop's monthly schedule located in the Band Office foyer, with interest lists for workshops, attendance lists and suggestions. Adding your name doesn't guarantee a seat, you will be contacted to remind you of the event. All workshops will be first come, first serve and those who have not attended previously.

Please follow our community Facebook page for updates <https://www.facebook.com/groups/1784137985223451/>.

*Submitted by: Leanne Ellis*



## 2017-2018 Seabird Island Annual Report is NOW available.

Pick-up your copy at the Band Office with the Communications Team upstairs. Seabird Island is committed to being good Stewards of our Earth. Ensuring we take all steps forward to protect our environment. So, we are doing what we can to go green and paperless.

The Annual Report is also available online on our Website.

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

## WHAT IS COMMUNITY RECOVERY?

Join us for dinner!!!

November 13 starts at 5 p.m. - 7 p.m.

Band gym

November is National Addictions Awareness month and we are having this event to start conversations about recovery.

The Mental Health team has put together a presentation and want to share it with everyone.

Come and share a meal with us, win some prizes and give us your input!!!

Contact Lolly if you want more information at 604-997-6749



Seabird Island Community

## YOUTH JEOPARDY CHALLENGE

LEARN SOME FACTS ABOUT ADDICTIONS, CULTURE & FAMILY



November 26

Starts at 5 p.m. - 6:30 p.m.

Band gym

Snacks and drinks provided

Come and test your knowledge on addictions, culture and family!!!

This is for youth between the ages of 11 - 18

Youth will be divided into teams and challenge each other.

A good way to have some fun and win prizes.

Contact Lolly for more information

Mental Health Team

## Emergency phone numbers

**In an emergency... dial 911**

### Fortis BC

Report Gas Leak 911 then 1-800-663-9911

### BC Hydro

Report Power Outage 1-888-769-3766

Report Downed Line 911 then 1-888-769-3766

### Police

Non-Emergency 604-796-2211

Emergency 911

### Doctors Office

604-796-2165

Medical Emergency 911

### BC Nurses Line

811



Dr. Fox will be away November 1 – 8.

No doctors Walk-in clinic November 6

Dr. Beaulieu is available Thursday and Friday.

# Getting you prepared for the cold months to come!

## INSIDE of your home:

- Check the furnace filters, change if needed, recommended every 3 months
- Make sure chimney is clean
- Caulk or weather strip windows
- Install storm windows or plastic the windows
- Winterize or remove air conditioners
- Reverse ceiling fans

## OUTSIDE of your home:

- Clean your gutters (remember to use a ladder and work with a partner holding the ladder)
- Avoid winter run-off by adding a downspout extension to your drainage system
- Drain garden hoses

- Rake or mulch up leaves which kill the grass when left
- Leaves promote the growth of mold or fungus and muddy holes
- Cut the lawn one last time
- Early November, fertilize the lawn to promote root growth and squeeze out weeds and moss
- Empty the gas from the mower

## Getting your car prepared for unexpected situations that happen on winter roads:

- Check fluid levels (oil, coolant, brake, steering, transmission)
- Make sure you top up the washer fluid
- When travelling to Hope or further North, winter tires are mandatory. This means they need the snowflake symbol on them.

- Check the tires
  - Check tire pressure and adjust as necessary
  - Check the treads
  - Double check the spare is in good shape and is properly inflated
- Check the battery
  - Weak batteries it will only get worse when the cold hits
  - Batteries is older than 5 years, likely need to be replaced
- Pack a winter emergency kit for the trunk
  - Blanket, boots, gloves and hand warmer packs
  - Collapsible shovel
  - Salt, sand and kitty litter
  - Flashlight
  - Snow brush, Ice scraper

- Submitted by Zorana Edwards-Shippentower

## EMPLOYMENT, TRAINING AND SOCIAL DEVELOPMENT

November 2018

### Quote of the Month



#### Monthly Action Plans

Monthly action plans are due a week before of Income Assistance Day. Appointments can be made with Andrea or Whyles prior to Income Assistance Day to avoid waiting in line. College students are also reminded to bring in your monthly student attendance record to the appointment.

#### Labour Pool

The 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. Must be 16 years+. Please stop by our office if you are interested.

#### Funding Packages

\*\* If you're planning on taking training or educational program please see either Andrea or Whyles regarding funding options. \*\*

Funding requests/applications are for approved accredited educational programs. 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 when needed.

### Employment Opportunity

Manning Park, BC Resort - Staff Winter 2018/19 – November to April

The best part about working at Manning Park Resort is that you get to live in a BC Provincial park. Some of our perks include a free seasons pass, a really inexpensive place to live, opportunities to gain skills in other departments, free skiing at other resorts, plus more.


Positions include: Equipment Rentals, Housekeeping, Guest Services, Kitchen Staff etc.

Staff Shuttle from Hope is available this year.

If you are interested in this Shuttle service please see Andrea or Whyles to apply. Interviews are by Skype which can be held at our office. Employment supports may also be available.

*The employment services that are provided at Seabird Island are funded by SASET through an agreement with Service Canada. First Nation people who are status/non status, live on/off reserve and Inuit individuals who seek employment services are welcome to access these services.*

# Community Events Calendar

(S) Sxexlhat	(M) Yila:wehát	(T) Sthémelts	(W) Shh
	<p style="text-align: center;"><b>We are no longer delivering to residents homes!</b></p> <p style="text-align: center;">You may pick-up your Yoo Hoo at the Lobby of the Band Office or at the <b>red newsletter boxes</b> in the Community.</p> <p style="text-align: center;"><b>Nature Friendly Option!</b></p> <p style="text-align: center;">Those who prefer to receive newsletters by email, submit requests to <a href="mailto:comm@seabirdisland.ca">comm@seabirdisland.ca</a> providing name and email</p>	<p style="text-align: center;"><b>Pre &amp; Post Natal and Prenatal Circle</b></p> <p style="text-align: center;">Who can attend? Expecting moms, newborns up to 6 weeks, partners, support person and siblings. Open to families living on-reserve and transportation can be provided. Questions? Text or call Diana Phan at 604-765-8769 or 604-796-6858</p> <p style="text-align: center;"><b>Bodies in Motion</b> focuses solely on Pre &amp; Post Natal Fitness and is free for First Nations living on-reserve.</p>	
4	5	6	
<ul style="list-style-type: none"> <li>• Sts'ailes Mass 11 - 12 p.m.</li> <li><b>Daylight Savings Begins - Fall Back</b></li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Fox Away</li> <li>• Legal Clinic 1 - 4 p.m.</li> <li>• Elders Meeting 10 a.m.</li> <li>• Meals on Wheels 5 - 6 p.m.</li> <li>• Lands Advisory Committee 4:15 - 8 p.m.</li> <li>• Baking 5 - 6:30 p.m.</li> <li>• Garbage, Recycle &amp; Compost</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Fox Away</li> <li>• Parents &amp; Tots 10 - 1 p.m.</li> <li>• Dental Walk-in Clinics 1 - 5 p.m.</li> <li>• Homework Club 3 - 5 p.m.</li> <li>• Beading &amp; Sewing Potluck 4 - 7 p.m.</li> <li>• Fitness Camp Activity Drop-in 5 - 6:30 p.m.</li> <li>• Fire Practice 7 - 9 p.m.</li> <li>• No Doctor Walk-in</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Fox Away</li> <li>• Pre &amp; Post 11 - 1 p.m.</li> <li>• Seabird College Writers</li> <li>• Meals on Wheels 5 - 6 p.m.</li> <li>• Stó:lō New Year</li> </ul>
11	12	13	
<ul style="list-style-type: none"> <li>• Seabird Mass 11 - 12 p.m.</li> <li><b>Remebrance Day</b></li> </ul>	 <p style="text-align: center;"><b>Facilities Closed - Stat Holiday</b> Rock Your Moccasin Day</p>	<ul style="list-style-type: none"> <li>• Parents &amp; Tots 10 - 1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1 - 5 p.m.</li> <li>• Homework Club 3 - 5 p.m.</li> <li>• Beading &amp; Sewing Potluck 4 - 7 p.m.</li> <li>• NAAW Dinner 5 - 7 p.m.</li> <li>• Fitness Camp Activity Drop-in 5 - 6:30 p.m.</li> <li>• Fire Practice 7 - 9 p.m.</li> <li>• Garbage, Recycle &amp; Compost</li> </ul>	<ul style="list-style-type: none"> <li>• Prenatal Circle 1 - 3 p.m.</li> <li>• Seabird College Writers</li> <li>• Meals on Wheels 5 - 6 p.m.</li> <li>• Education Committee</li> <li>• Naming Ceremony</li> </ul>
18	19	20	
<ul style="list-style-type: none"> <li>• Sts'ailes Mass 11 - 12 p.m.</li> </ul>	<p style="text-align: center;"><b>All Facilities Closed - Staff Training</b> <b>Except for emergency situations and Recovery homes/essital services</b></p> <ul style="list-style-type: none"> <li>• Meals on Wheels 5 - 6 p.m.</li> <li>• SICS Pro-D Day</li> <li>• SD78 Pro-D day</li> </ul>	<ul style="list-style-type: none"> <li>• Parents &amp; Tots 10 - 1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1 - 5 p.m.</li> <li>• Homework Club 3 - 5 p.m.</li> <li>• Beading &amp; Sewing Potluck 4 - 7 p.m.</li> <li>• Chief &amp; Council 5 p.m.</li> <li>• Fitness Camp Activity Drop-in 5 - 6:30 p.m.</li> <li>• Fire Practice 7 - 9 p.m.</li> <li>• Garbage, Recycle &amp; Compost</li> </ul>	<ul style="list-style-type: none"> <li>• Elders Flow Class 10 a.m.</li> <li>• Womens Group 1 - 3 p.m.</li> <li>• Bodies in Motion 1 - 3 p.m.</li> <li>• Seabird College Writers</li> <li>• Meals on Wheels 5 - 6 p.m.</li> </ul>
25	26	27	
<ul style="list-style-type: none"> <li>• Seabird Mass 11 - 12 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Elders Outing</li> <li>• Youth Jeopardy 5 p.m.</li> <li>• Meals on Wheels 5 - 6 p.m.</li> <li>• Baking 5 - 6:30 p.m.</li> <li>• Garbage, Recycle &amp; Compost</li> </ul>	<ul style="list-style-type: none"> <li>• Parents &amp; Tots 10 - 1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1 - 5 p.m.</li> <li>• Homework Club 3 - 5 p.m.</li> <li>• Beading &amp; Sewing Potluck 4 - 7 p.m.</li> <li>• Fitness Camp Activity Drop-in 5 - 6:30 p.m.</li> <li>• Fire Practice 7 - 9 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Bodies in Motion 1 - 3 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Elders Grocery Shop</li> <li>• Income Assistance Day</li> </ul>

# Calendar – November 2018

Days	(T) Sxe'othels	(F) Sheqá'tses	(S) T'óqw'tem
	1  <ul style="list-style-type: none"><li>• Dr. Fox Away</li><li>• Parents &amp; Tots 10 - 1 p.m.</li><li>• Who We Are 3 - 5 p.m.</li></ul>	2  <ul style="list-style-type: none"><li>• Dr. Fox Away</li><li>• Someone So Small</li><li>• Resiliency Drop-in 3 - 9 p.m.</li></ul>	3
7  Group 3 - 4 p.m. p.m.	8  <ul style="list-style-type: none"><li>• Dr. Fox Away</li><li>• Parents &amp; Tots 10 - 1 p.m.</li><li>• Who We Are 3 - 5 p.m.</li><li>• Youth Council 5 - 6 p.m.</li></ul> <b>Aboriginal Veterans Day</b>	9  <ul style="list-style-type: none"><li>• Someone So Small</li><li>• Youth Drop-in 3 - 9 p.m.</li></ul>	10
14  Group 3 - 4 p.m. p.m.	15  <ul style="list-style-type: none"><li>• Parents &amp; Tots 10 - 1 p.m.</li><li>• Who We Are 3 - 5 p.m.</li><li>• Income Assistance Renewals Due</li></ul>	16  <ul style="list-style-type: none"><li>• Someone So Small</li><li>• Resiliency Drop-in 3 - 9 p.m.</li></ul>	17
21  Group 3 - 4 p.m. p.m.	22  <ul style="list-style-type: none"><li>• Parents &amp; Tots 10 - 1 p.m.</li><li>• Who We Are 3 - 5 p.m.</li><li>• Youth Council 5 - 6 p.m.</li><li>• Prayer Circle</li></ul>	23  <ul style="list-style-type: none"><li>• Someone So Small</li><li>• Legal Clinic 1 - 4 p.m.</li><li>• Youth Drop-in 3 - 9 p.m.</li></ul>	24
28  p.m. p.m.	29  <ul style="list-style-type: none"><li>• Parents &amp; Tots 10 - 1 p.m.</li><li>• Who We Are 3 - 5 p.m.</li><li>• Youth Council 5 - 6 p.m.</li></ul>	30  <ul style="list-style-type: none"><li>• Someone So Small</li><li>• Feast Night &amp; Language Bingo</li><li>• Youth Drop-in 3 - 9 p.m.</li></ul>	

**REMINDER!** Housing applications must be renewed before **JANUARY 1st** each year to remain on the list!

Anyone who did not renew came off the list and must now reapply if interested.

Please make sure the Housing Department has your current contact information. We must have a working phone number or email address.

Unfortunately, if we cannot contact you within 48 hours to offer you an available unit, we will move onto the next applicant.

**Don't know your waitlist number?**

Contact your Housing Program to see where you sit on the waitlist! 604-796-2177.

**NOTE:**

Those who have outstanding debt with Seabird Island, you will **NOT** be placed into a rental unit, as per housing policy.

<p><b>Sq'éwqel</b>  <i>Halq'emeylem:</i>  <b>Kw'etstole</b>                  Telxwíts ó:pel qas te xe'óthel,                  isá:le táwsel ó:pel qas te tqá:tsa  <b>Skwí:ls</b>                  3:00 pm -5:00 pm  <b>Shxw'ám</b>                  Sq'éwqel Ewolemawt</p>	<p><i>Skw'kwéwéstem qas te S'wéts-2'óel S'ólh Teméem</i>  <i>W'el' anqel</i></p>  <p><i>Announcement of our Traditional Lands</i></p> <p><b>Xólmétes mək'w' li te tém:éxwtset te Sq'éwqel - Seabird Island takes care of everything on the land</b></p>	<p><b>Seabird Island</b>  <b>Date:</b>                  November 14, 2018  <b>Time:</b>                  3:00 pm - 5:00 pm  <b>Location:</b>                  Seabird Island Band Gym 2895                  Chowat Road, PO Box 650 Agassiz                  BC V0M 1A0  <b>Contact:</b>                  Gina Peters for more information                  604-796-2177</p>
<p>Chawathil - Peters - Popkum - Seabird Island - Skawahlook – Sq'eqá:lxw - Shxwowhamel- Shxw'ówhámél - Union Bar - Yale</p>		

Seabird Island Band

## Free Legal Clinic


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**Want free legal advice?**  
 Anyone from the community can come and see Derwin.  
 Make an appointment with Maggie Pettis or Chelsea Peters at 604-796-2177.



Family Lawyer  
 Derwin Petri.  
 comes to Seabird twice a month:  
 October 25 at 1-4 p.m.  
 November 5 and 23 at 1-4 p.m.




VACCINATIONS ARE YOUR  
**FIRST LINE OF DEFENSE**  
 AGAINST INFLUENZA.

FLUSHOTS  
 NOW AVAILABLE

See your nurse or Seabird Pharmacy.





## 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.

At Seabird, we are proud of our rich culture that has been passed on to us from our elders and previous generations. We promote/organize many activities that help create awareness, understanding and respect of our culture. Speaking in the Halq'eméylem language is one of many cultural activities that happens at the Daycare Center. The Daycare Supervisor is expected to respect the culture by participation and appreciation of all such activities

## Teacher on Call (TOC)

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

## On Call Cook

The school cook will be responsible for preparing, cooking and serving food for school breakfast/lunch programs and special events organized and participated by Seabird School as instructed by the Principal / Vice Principal in accordance with current health, safety and hygiene legislation.

## High School Social Studies 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.

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.

## Physical Education Teacher

Seabird Island Community School is seeking to fill the position of a K-12 full time P.E. teacher. The successful candidate would be a certified teacher with a specialization in Physical Education in the province of British Columbia, who is committed to personal health and is a role model for our students in promoting healthy activities and good nutrition. The successful candidate must enjoy participating with K-12 children in athletic activities.

## Professional Cook Instructor

Seabird College is seeking a qualified teacher/instructor to provide Professional Cook I instruction to adult learners completing their Professional Cook 1 Industry Training Authority Program. Successful candidate will be offered a one-year term, subject to sufficient student enrollment.

## 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, school meetings, community, 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.

## Custodian Leadhand

Under the direction of the Custodial Program Manager, the Custodial Leadhand oversees a team of custodial workers engaged in cleaning activities in buildings, facilities, offices and surrounding areas at various sites. The essential functions of the job include overseeing activities of custodial staff. Participates in developing, updating, evaluating work and/or safety standards, policies and procedures. The Leadhand will also be responsible for cleaning activities, as well as training staff on proper procedures and efficient processes.

## Speech & Language Pathologist

The Speech & Language Pathologist provides a range of clinical services that focus on promoting communication, language, speech and that contribute to a client/patient's overall cognitive, physical, social and emotional well-being. The speech and language pathologist works closely with babies, children who have various levels of speech, language and communication problems. The successful candidate will provide assessments to children (0-6 years old) referred to the Éy Qwál Speech and Language Program.

## 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.

## On Call Education Assistant

Under the supervision of school administration the Education Assistant (EA) will work with students individually or in small groups to deliver activities that reinforce and advance the educational program and make the educational experiences of children more rewarding. EAs will assist teachers in student assessment and evaluation through observation, recording and data collection. At Seabird Island Community School Education Assistants are valued members of the school community and they make a significant contribution to the work of the school and toward the education of all students.

## Recovery Home Trainees

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

*Job postings are also available at the Band Office and the Employment Office.*

*Please ensure you have received confirmation for your online submission. 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.

## Comic



<http://crimesagainsthughsmantees.tumblr.com/>

## November/Telxwi:ts

“Leaves are falling”

## Scorpio

October 23 - November 21

**Key characteristics:** Resourceful, brave, passionate, stubborn, a true friend

**Flower:** Chrysanthemum

**Birthstone:** Topaz

## Sagittarius

November 23 - December 20

**Key characteristics:** Respect, modesty and faithfulness

**Flower:** Narcissus

**Birthstone:** Turquoise

## Quotes of the Month:

“Put your heart, mind, and soul into even your smallest acts. This is the secret of success.”

*Swami Sivananda*

“The best preparation for tomorrow is doing your best today.”

*H. Jackson Brown, Jr.*

## Halq'eméylem Word Search

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

## Words:

1. tósem - to crush berries
2. mamel - dad, daddy
3. kwiyeqw - great-great Grandparent
4. tátel - mom, mommy
5. lheqsqwóqwel - speaker announcer at gatherings
6. Stó:les - wife
7. shxwewá:y - parent
8. móxweya - bellybutton
9. chílheqw - bushy hair
10. kw'él:á - belly, Stomach
11. hékwel'h - to hiccup
12. syémyem - pregnant
13. shxwqw'élqstel - nose-ring
14. xelhá:lwes - have a stomachache
15. kwelqéylem - Cave
16. smámelet - Mountain
17. sxexákw' - Canyon
18. xeq' - Narrow, rocky place
19. sxíxets' - Forest
20. spáplhxel - Meadow

Submitted by: Zorana Edwards-Shippentower

## 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 (TV) 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	Gold
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,  
Kristy Johnson, Jason Forseth  
and Phaine Wegener.

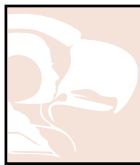
### AGREEMENT/LEGAL

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.

## MEMBERSHIP STATUS CARDS

Monday and Thursday: 8:30 a.m. - 4:00 p.m.

Appointments required.

Serving Seabird Members only!

Contact Carol Hope at 604-796-2177  
or carolhope@seabirdisland.ca

Remember to bring;

- 2 pieces of photo Government ID  
- New Photo (see Communications,  
appointment required)

SIB has the right to refuse service.

### Status Card Photography

Laminated style: \$10

New style w/ authenticated photo \$15  
Monday to Friday: 8:30 a.m. - 3:30 p.m.  
Appointments required.

Contact Kristy Johnson at 604-796-2177  
or kristyjohanson@seabirdisland.ca

## 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

## 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

### CURBSIDE PICK-UP OF

**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 at 604-796-2177 or  
email: publicworks@seabirdisland.ca

## 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:** November 11, 25  
11 a.m. - 12 p.m.

**Prayer Circle:**

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

## EMERGENCY / SECURITY

**EMERGENCY 911**  
**GRIFFIN SECURITY 604-703-0888**

## AMBULANCE BILLS

Please submit ambulance bills as soon as  
you receive them. If the bill is more than  
1 year old, ambulance costs will no longer  
be covered under the Non-Insured Health  
Benefits (NIHB). Anyone with a status  
number can have the ambulance paid for  
by Health Canada as long as it's not an  
ICBC claim.

**We can only provide assistance to those  
with a status number.**

Unfortunately, ambulance bills will not  
be covered if you were also incarcerated  
in jail. Ambulance billing will know if  
you were incarcerated based on the bill's  
address. Please do not bring these in as  
they will be denied and it will be the client's  
responsibility to pay.

Please note, if you were taken home in an  
ambulance after a stay in the hospital, this  
will not be covered and it will be the client's  
responsibility to pay.

Contact Maggie Pettis 604-796-2177.

## MEDICAL CARDS

Need to apply for a new medical card  
because it was lost or stolen? We can assist  
you when applying for a new one.

Each client is responsible for paying for their  
medical cards. If they've been lost or stolen  
more than two times the cost is \$20 for each  
new card.

Please note, we do not assist with  
BC ID applications.

Contact Maggie Pettis 604-796-2177.

## NOTICE

**NO** SOLICITING  
PEDDLING  
DISTRIBUTION OF  
PAMPHLETS

All offenders will be reported  
and prosecuted to the full extent  
of the law.

By order of Chief and Council

Chief and Council assert there is to be no  
solicitation of any sort. Visitors need  
permission from Chief and Council to  
solicit door to door.

If you get a questionable person knocking  
on your door you do not need to let them  
in. You have the right to close the door and  
contact the RCMP. There is an open file at  
the RCMP.

**Community safety is a Chief and Council  
priority. Please contact us if you  
have any concerns.**

**Better  
at Home**



United Way helping seniors remain independent.

# ELDERS

**Call Stó:lō Better at Home if you  
need help cleaning your gutters!**

**Ask for Tasheenah Peters**

**604-796-2177**

Better at Home is funded by the Government of BC and managed by the United Way.

