

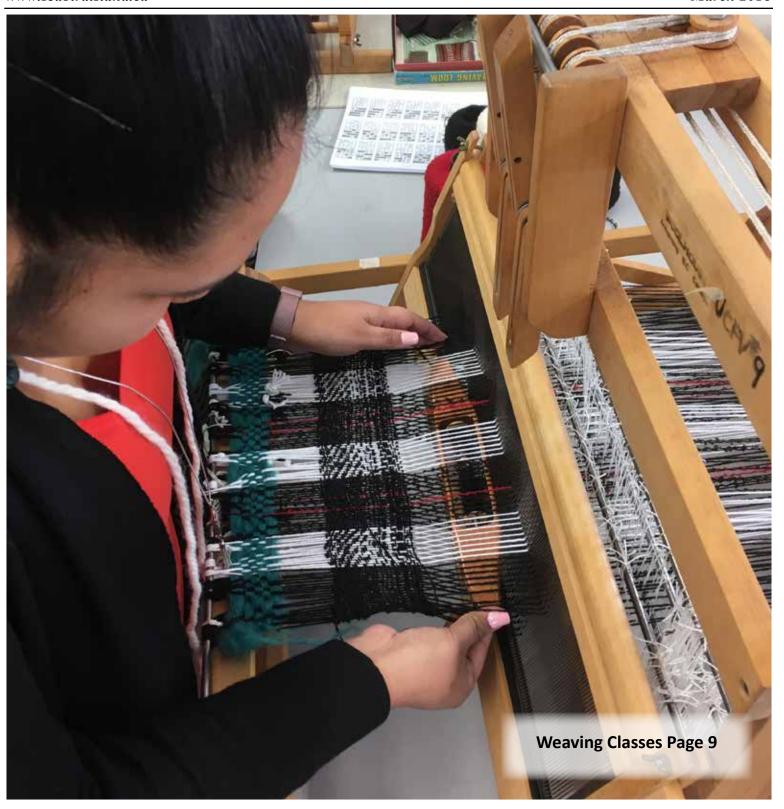
# the SEABIRD ISLAND

Sq'éwqel

# YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca March 2018





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# Head Start & Elders College Temporarily CLOSED

for renovations

# We are no longer delivering to residents homes!

You may pick-up your
Yoo Hoo at the
Front Entrance of the Band Office.

# **Nature Friendly Option!**

Those who prefer to receive newsletters by email, submit requests to comm@seabirdisland.ca Listing: Name, email

# "Greenable"

Seabird Island Annual Theme



"Seabird Island Band is going GREENABLE and we do not want to contribute further to unnecessary land fill. Please, ONLY buy biodegradable and fully recyclable coffee pods.

We do not want to see plastic coffee pods in our garbage any longer.

Please think of the environment, your footprint and the future generations that will have to deal with our waste. The more we recycle, compost and consider our green consumer options today, the better our community-at-large will be tomorrow!"

Thank you for your Stewardship and kindness towards our Mother Earth.

# **URGENT! RECALL NOTICE**

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

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

# **COURT REPORT:**

# Man who stole millions from Seabird Island band sentenced to 4.5 years jail

Stephen MacKinnon sentenced in Chilliwack court for stealing \$2.3 million over eight years

The man who stole millions of dollars from the Seabird Island First Nation was sentenced in provincial court in Chilliwack on Friday to four-and-a-half years in jail.

Stephen Andrew MacKinnon elicited no reaction in courtroom 201 as Judge Richard Browning handed down the term to the 48-year-old who embezzled approximately \$2.3 million from the band while working in the finance department between 2005 and 2013.

MacKinnnon was originally charged with four counts: fraud

over \$5,000, theft over \$5,000, forgery, and using a forged document. He pleaded guilty to the first and fourth count last July.

The crimes started when he was hired by Seabird Island in July 2005 to overhaul and put in place digital networks for the 900-member First Nation. Over eight years he forged 321 invoices paid by him with his private credit card, money that was then reimbursed by the band.

The exact total of his scam, which was essentially simple but involved a "prolonged course of deception", amounted to \$2,345,471.68.

"Mr. MacKinnon's offenses showed no signs of stopping," Judge Browning said in handing down sentence. "He only stopped when it appeared he had been caught."

That time came when an auditor hired by the band came in. Attempting to track down a representative of a company on many of the invoices was a challenge. When the actual company was found, the company said none of the invoices were actually from them.

The auditor called MacKinnon on July 24, 2013 at which time he said he would provide the invoices the next day. On July 25, he called and said the documents were made up, he had intended to kill himself but changed his mind. Even with that confession, MacKinnon said the frauds had been going on for three years, when in fact it was eight years.

During a sentencing hearing held in January, members of the band expressed the significant impact the thefts had. Seabird Island band councillor Alexis Grace said the ongoing thefts by a Caucasian employee was nothing short of a reminder of historical trauma experienced by aboriginal people in Canada due to colonialism.

"As a vulnerable First Nation community, trauma impacts us again," Grace said in the courtroom alongside six other former or present band council members on Jan. 12. "We continue to live with historical trauma."

MacKinnon's thefts had serious impacts for the entire community, Judge Browning said Feb. 16 in court. The thefts destroyed the trust between the elected band leadership and the administration, and then "suspicion, doubt and mistrust" from band members.

"Not being able to speak fueled hostility towards leadership," Grace said. "The conduct of Stephen MacKinnon destroyed the foundation on which Seabird Island was built."

> MacKinnon lived opulently and appeared to be generous with team sponsorships and gifts. He explained away his money beyond his salary by claiming private personal wealth and a company he had on the side.

"It was part of an overall scheme of ingratiating himself in the community," Browning said.

MacKinnon sat not in the prisoner's docket but at his lawyers desk at the sentencing on Feb. 16. He wore a brightly-patterned dress shirt tucked into jeans, socked feet with leg shackles.

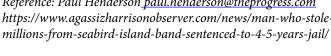
He registered no emotion upon hearing the sentence of 4.5 years. Crown counsel pointed to case law suggesting a sentence of three to six years was warranted. His defence lawyer Darrel Schultz said three years was enough.

The sentencing hearing on Jan. 12 was actually supposed to be heard on Nov. 21, but MacKinnon, who was out of custody at that time, didn't show up.

A large group of Seabird Island band members including Chief Clem Seymour showed up for the sentencing Nov. 21 but it didn't happen. Instead, MacKinnon's lawyer Darrel Schultz said he had been fired by his client and he was unaware of the 48-year-old's whereabouts.

MacKinnon turned himself in on Nov. 22.

Reference: Paul Henderson paul.henderson@theprogress.com https://www.agassizharrisonobserver.com/news/man-who-stole-





# Free Information Sessions

Talk to local doctors and other health professionals on important medical topics.

# Join us for Mini Med School **Canyon Edition**

One hour evening talks followed by a one hour Q&A with community partners.



**Fraser Canyon Hospital** Downstairs Conference Room 1275 7th Avenue, Hope



**District of Kent** Community Recreation and Cultural Centre 6660 Pioneer Avenue, Agassiz



**Take My Breath Away** A guide to chronic respiratory illness and what you can do about it.



A small-town outlook on the big opioid crisis.

Don't Worry, Be Happy Taking care of your mind & body through mindfulness and self care. O Doctor, Where Art Thou? A rural guide to health care from Harrison Hot Springs to Boston Bar and everywhere in between.

I Want a New Drug

Resource Fair starts at 6:30. Sessions are from 7-9 pm.

# NO REGISTRATION NEEDED. **EVERYONE WELCOME!**

RESOURCE FAIR **REFRESHMENTS** DOOR PRIZES



For more info email: chilliwackdfp@divisionsbc.ca divisionsbc.ca/chilliwack/minimed





# **Youth Call For Applications!**

**Gathering Our Voices 2018** Conference March 20-23 is available to Youth ages 13-18.

# Application submission date is March 2.

Please let us know why you wish to attend and what some of your ideas are to bringing back what you have learned to Seabird.

PLEASE NOTE: This is a really intensive week and the days are long. It is important you are willing to commit to attending the workshops, getting up on time, and participating the best you can!



Space is limited! First time participants will be put to the top of the list and those who have

previously attended will be on our wait-list. We will review all applicants fairly and notify applicants when we have reviewed everything.

If you are interested in attending, please get in touch with either; Tara-Lyn Linton at 604-798-6524 or Angie Chapman 604-796-2177

> Submitted by: Tara-Lyn Linton



# **Seabird Island Festival**

May 26 - 27, 2018



# Those interested in

- Registering a team or
- Setting up as a vendor for arts and crafts or others

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





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



# Speeding In The School Zone!

Many community members and staff have been spotted excessively speeding in the school zone, only to slam on their brakes when they spot a child or another car.

Please keep your speed down and drive safely in the school zones. Our children are our future!

School Zone max speed: 30 km/hr 8 a.m. - 5 p.m.

Playground max speed: 30 km/hr dusk to dawn every day!

# The costs according the BC Motor Vehicle Act;

- Speeding in a school zone will cost you \$196 \$253 and 3 points.
- Speeding in a playground zone will cost you \$196 \$253 and 3 points.
- Excessive speed will cost you \$368 \$483 and 3 points.
- For "L" or "N" drivers this could also cost you your license.

# The cost of hitting a pedestrian:

A lifetime of trauma for you and everybody involved!

## Tips for drivers:

- When you're dropping off your children in school zones, allow them to exit the car on the side closest to the sidewalk. Never allow a child to cross mid-block.
- If a vehicle's stopped in front of you or in the lane next to you, they may be yielding to a pedestrian, so proceed with caution and be prepared to stop.
- Watch for school buses. Vehicles approaching from both directions must stop for school buses when their lights are flashing.
- Before getting into your vehicle, walk around your vehicle to make sure no small children are hidden from your view. Always look for pedestrians when you're backing up.

# Did you know:

- Until children are about eight years of age, it is difficult for them to tell whether a vehicle is moving or not. Watch for children walking on roadways and curbs. Be cautious when approaching intersections.
- When children see an approaching car, they first notice the colour of the vehicle not how fast the vehicle is going.
- It takes a vehicle 13 metres to come to a complete stop when driving 30 km/h, this stopping point more than doubles when driving 50 km/h.





# NAIG 2017 BC Results

Emerald John at the age of 16, wins silver with a time of 23.55 in the 16U Female Canoe / Kayak MC1 3000 Final.

16U Mixed MC2 3000 Final: 4th

16U K1 200 Final: 7th

16U MC2 1000 Heat 2: 3rd

16U MC2 3000 Final: Gold

Submitted by: Dianna Kay M.Ed



# Stó:lō Day

I hope you all enjoyed this year's Stó:lō Day.

Hí::wk Ch'itome to:

- ISPARC Alana and her marvelous coaches
- Highschool team who set up and took down
- Norm and Ryan for managing the set-up and take down
- Singers and Drummers, Pete and Camielle for the morning prayer
- Chief and Council, Education Committee for their support
- EA's for keeping thing in check
- The chefs and the highschool students who stepped up to feed our children!!
- Our cleaners who had to do double duty, you are amazing!!
- And....last but not least... the teachers for helping guide our young leaders!!

This year we focused on sport and historical recovery of

Wiyóth kwsu éys te sqwálewels te lólets'e. Always be a person with good thoughts Coqualeetza Elder's Group, 1968

We blanketed Dr. Carlson and covered him with a cedar hat.

The blanket was signed by all our children representing the linages and historical importance of his work. Dr. Carlson stated that he "did not set out to research the stolen children, over the years data just fell into place."

The Cedar hat was constructed of cedar harvested from Chilliwack to Manning, all laid out in order of the travel up river. The warp had gradually increased in size representing the growth of knowledge. Copper was placed on the hat as a reminder to the gold rush, copper is a by-product of gold mining. Devils club (harvested by Charlene Thomas) was adorned as beads to help on the journey. The use of fish twine on the ties is used to represent the fishing sites along the Fraser.

Submitted by: Dianna Kay M.Ed

our ancestors.



# **Education Jurisdiction Morning at SICS**

Education Jurisdiction presentations continue each month at Seabird. On February 21, 2018 we shared Education Jurisdiction material at SICS as part of their Stó:lō Day. Students and Community Members saw a PowerPoint, viewed brochures, had a book draw (winners were Scott Alexander and Peter Bethell) and enjoyed a short musical interlude by students. Students from Junior Kindergarten through Grade 12 shared their important morning with Community Members.

Submitted by: Marie Keita









# **Cooperative Education Program, Seabird Island School**

One of the goals of the Cooperative Education Program is for students to understand the importance of acquiring employability skills (also known as transferable skills) so that they may have the necessary skills to enter and remain in the work force.

The broad employability skills that will be addressed are:

#### 1. Fundamental Skills

- communicate
- manage numbers
- use numbers
- think and solve problems

## 2. Personal Management Skills

- demonstrate positive attitudes and behaviours
- be responsible
- be adaptable
- learn continuously
- work safely

#### 3. Teamwork Skills

- work with others
- participate in projects and tasks

Please go to www.conferenceboard.ca to view the specific skills.

On February 6, 2018, Rachel Charlie, Damon Naistus, Kaitlyn Henry, Randy Charlie, and Noah Girous-Natrall, along with chaperones Mr. Roth, Ms. Chapman and Maurice Bizero spent one day at Capilano University touring the theatre and film department. The goals for students were to:

- 1. Observe the employability skills in action.
- 2. Understand the correlation between the employability skills and the success of any given task.
- 3. Observe particular careers within the theater realm.

Students had the opportunity to observe: a film class, Shakespeare theatre class, shop where properties are made for productions, lighting and sound booth, the set and actors warming up, costume department and filming studios.

Careers for each area were highlighted. Three university students attended the morning session to answer questions. Through this activity, students redirected their thinking towards a career path. After the live performance of "Midsummer Night's Dream", one of the students said, "I wish I could've recorded

this performance, but it's recorded in my mind forever, it was so great!"

On February 7, 2018 we stopped to see a shadow puppet play which told the story about how the different animals were chosen to represent the Chinese Lunisolar Calendar. Again, the same three goals were realized.

Randy Charlie, Noah Giroux-Natrall, Mr. Roth and *Yamo*, will continue to acquire employability skills while building their puppet. A culminating performance will be developed and performed. We will keep you posted on the date of that performance.

Maurice Bizero Grant Operator Pictures taken by: Rachel Charlie and Damon Naistus







# **Weaving Classes**

Weaving classes on February 3 and 10 were a great success! Instructors, Betty Peters and Katrina Crosby were on hand to share historical and technical knowledge on both Salish and 4 Shaft Looms. Participants learned the history of Salish weaving methods; beginning with harvesting and collecting materials, to dyeing and spinning, warping and finally weaving. Once weaving, participants explored different weaving methods to create patterns, textures and to add creative style to their individual projects.

As participants became comfortable with skills learned on the Salish looms, they gravitated to the 4 Shaft Looms, where most were surprised to find that although they look daunting, they are much easier to use and offer quicker results. Participants discovered that they were

able to create headbands or bracelets with varying patterns and colors, in under 20 minutes on the 4 Shaft Looms.

For those interested in learning either Salish or 4 Shaft weaving, stay tuned for upcoming workshop dates coming soon! Contact the Seabird College for more information at 604-796-6839.

Additionally, the University of British Columbia (UBC) is offering a once in a lifetime opportunity to see the unique design of Salish blankets up close and to learn the rich history and significance of weaving in this region. The exhibition takes you on a journey through the past two hundred years of Salish weaving from the early 1800's. The exhibition is open from November 19 – April 15, 2018 and is free to First Nations.

Submitted by: Gina Peters













**Community Events C** 

• Income Assistance Che

			Comm	unity Events C
(S) S <u>x</u> e <u>x</u> lhat	(M) Yila:welhát		(T) Sthémelts	(W) Slh
Head Start & Elders College Temporarily CLOSED for renovations	NOTE: "Some Youth events may change for the most up to date information, contact  Tara-Lyn Linton at 604-798-6524 or tlinton@seabirdisland.ca to be part of our weekly updates."		Pre & Post Natal and Prenatal Circle Who can attend? Expecting moms, newborns up to 6 weeks, partners, support person and siblings. Open to families living on-reserve and transportation can be provided. Questions? Text or call Diana Phan at 604-765-8769 or 604-796-6858  Bodies in Motion focuses solely on pre & post natal fitness and is free for First Nations living on-reserve.	We are no longe to residents  You may pick-up you Front Entrance of the  Nature Friend Those who prefer to re by email, submit comm@seabir Listing: Nan
4		5	6	
• Seabird Mass 11-12 p.m.	<ul> <li>Youth 10-12 yr 3-5 p.m.</li> <li>LAC 4:15-8 p.m.</li> <li>Meals on Wheels 5-6 p.m.</li> <li>Youth Baking 5-6:30 p.m.</li> <li>Garbage, Recycle &amp; Compost</li> </ul>		<ul> <li>Parents &amp; Tots 10-1 p.m.</li> <li>Bannock &amp; Tea 10-3 p.m.</li> <li>Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>Homework Club 3-5 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> <li>Pre &amp; Post Natal 11-2 p</li> <li>Elders Tai Chi 2 p.m.</li> <li>Seabird College Writers</li> <li>Youth Éyem 13-18 yr 3-</li> </ul>
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• Sts'ailes Mass 11-12 p.m.	<ul> <li>Youth 10-12 yr 3-5 p.m.</li> <li>Meals on Wheels 5-6 p.m.</li> <li>Youth Baking 5-6:30 p.m.</li> <li>Garbage, Recycle &amp; Compost</li> </ul>		<ul> <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>Fitness Camp Activity Drop-in 5-6:30 p.m.</li> <li>Fire Practice 7-9 p.m.</li> </ul>	<ul> <li>Elders Tai Chi 2 p.m.</li> <li>Prenatal Class 1-3 p.m.</li> <li>Seabird College Writers</li> <li>Youth Éyem 13-18 yr 3-</li> <li>Apals 4:30-7:30 p.m.</li> <li>Meals on Wheels 5-6 p.m.</li> <li>Ed Committee</li> </ul>
18	1	19	20	
• Seabird Mass 11-12 p.m.	<ul> <li>Youth 10-12 yr 3-5 p.m.</li> <li>Meals on Wheels 5-6 p.m.</li> <li>Youth Baking 5-6:30 p.m.</li> <li>Garbage, Recycle &amp; Compost</li> </ul>		<ul> <li>Gathering Out Voices Youth Conference</li> <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>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> </ul>	<ul> <li>Gathering Out Voices Y</li> <li>Elders Tai Chi 2 p.m.</li> <li>Seabird College Writers</li> <li>Youth Éyem 13-18 yr 3-</li> <li>Parents &amp; Tots Family N</li> <li>Meals on Wheels 5-6 p.</li> </ul>
25	2	26	27	
• Sts'ailes Mass	<ul> <li>SICS Spring Break March 26 - April 4</li> <li>Youth &amp; Elders Dinner 3-5 p.m.</li> <li>Meals on Wheels 5-6 p.m.</li> <li>Elders Outing</li> <li>Garbage Recycle &amp; Compost</li> </ul>		<ul> <li>SICS Spring Break March 26 - April 4</li> <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>Fitness Camp Activity Drop-in 5-6:30 p.m.</li> <li>Fire Practice 7-9 p.m.</li> </ul>	<ul> <li>SICS Spring Break Marc</li> <li>Youth Bake Sale 10:30 -</li> <li>Prenatal Class 1-3 p.m.</li> <li>Elders Tai Chi 2 p.m.</li> <li>Seabird College Writers</li> <li>Youth Éyem 13-18 yr 3-</li> <li>Meals on Wheels 5-6 p.m.</li> </ul>

• Fire Practice 7-9 p.m.

11-12 p.m.

• Garbage, Recycle & Compost

# alendar – March 2018

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r delivering homes!	1	2	3
r Yoo Hoo at the ne Band Office.			
ly Option! eceive newsletters requests to disland.ca ie, email	<ul> <li>Pick-up your newsletter today</li> <li>Parents &amp; Tots 10-1 p.m.</li> <li>Youth 13-18 yr "Who We Are" 3-5 p.m.</li> <li>Youth Council 5-6 p.m.</li> </ul>	<ul><li>Youth Drop in 3-8:30 p.m.</li><li>Someone So Small</li></ul>	
7	8	9	10
m. Group 3-4 p.m. 5 p.m.	<ul> <li>Family Day Event</li> <li>Parents &amp; Tots 10-1 p.m.</li> <li>Elders Meeting 1-3 p.m.</li> <li>Youth 13-18 yr "Who We Are" 3-5 p.m.</li> </ul>	Resiliency Drop-In 3-8:30 p.m.     Someone So Small	
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outh Conference Group 3-4 p.m. 5 p.m. Iight 4:30-7:30 p.m. n.	<ul> <li>Gathering Out Voices Youth Conference</li> <li>Parents &amp; Tots 10-1 p.m.</li> <li>Youth 13-18 yr "Who We Are" 3-5 p.m.</li> </ul>	<ul> <li>Gathering Out Voices Youth Conference</li> <li>SICS &amp; SD78 Pro D Day</li> <li>Someone So Small</li> <li>Youth Bake Sale 11-1 p,m,</li> <li>Youth Outing - Escape Rooms</li> </ul>	
28	29	30	31
th 26 - April 4 12 p.m.			
Group 3-4 p.m. 5 p.m. n.	• SICS Spring Break March 26 - April 4 • Youth Council 5-6 p.m.	Facilities CLOSED	
que Day	Youth & Elders Workshop	Good Friday	

# **March 2018 Housing Wait-list**

1 BEDROOM	1	BE	DR	0	0	Μ
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1	04282016-1031
2	09232016-1039
3	06152017-5001
4	08222017-6006
5	09272017-5008
6	11162017-6009
7	02222016-1029
8	01032018-5010
9	01032018-5011
10	01032018-5012
11	09202017-5007
12	10042017-7007
13	02102015-1014
14	01192018-5013
15	01192018-5014
16	01302018-5015

"The older and more mature a person is, the less likely they might be affected by or pulled into bullying. One more reason my children didn't get a phone until they were 16!"

# Sandy Bobb

# Anti-Bully Day - Cyberbullying.

Online bullying comes in many forms: harassment, spreading rumours, sharing embarrassing information or threats. Think twice before posting something negative, and instead use the internet to spread kindness - Nice Needs No Filter!

#### **Tips for Parents:**

- Whenever your children are active online, you need to be there too.
- Address behavior where your child may be bullying others or being bullied.
   Have high expectations for good behavior.

2	DE	DDC	OOM	ī
	DE	UNL		ı

1	07082015-1019
2	01122016-3093
3	04282014-1031
4	05032016-1032
5	02032016-4003
6	11012016-2094
7	07142016-1037
8	12142016-1044
9	12302016-4015
10	01252017-1046
11	06152017-5001
12	08222017-6006
13	09062017-7005
14	10042017-6008
15	10042017-7007
16	11162017-6009
17	12122017-6010
18	12282016-2098
19	01032018-5011
20	03192013-3088
21	03152017-6000
22	08172017-6005
23	06152017-5000
24	08232017-6007
25	01222018-6011
26	01242018-6012
27	01302018-5015

- Educate your children about stranger danger on-line.
   Advise them to only chat with people they know.
- Educate your children about the potential effects of every post. Once a post is out there, you can never fully take it back. It will always be on a server somewhere.
- Know how to access your child's cell phone, and check it regularly.
  - Have them hand it in at bedtime every night. This will also make it easier for them to sleep at night.
- Cut off / Block the bully's access to your child.
- Report abusive people on every social media site.

	3 BEDROOM
1	12192012-3076
2	02082013-3084
3	07082014-3087
4	01122015-1009
5	01142015-1011
6	07082015-1019
7	01252016-4001
8	02232016-4002
9	02032016-4003
10	05032016-1032
11	07252016-4006
12	07272016-4007
13	07142016-1037
14	04282014-1031
15	12142016-4014
16	12232016-2097
17	12302016-4015
18	01192017-4016
19	09062017-7005
20	10042017-7007
21	11162017-6009
22	12122017-6010
23	12122017-7009
24	12122017-7010
25	12122017-7011
26	12202017-7012
27	02022017-4019
28	01032018-6010
29	12282016-2098
30	03192013-3088
31	03152017-6000
32	08172017-6005
33	05272016-4005
34	06152017-5000
35	01162018-7013
36	08232017-6007
37	01222018-6011

Keep a record of the abuse.
 There are times it makes sense to pursue a civil lawsuit or get law enforcement involved.

# **General Tips:**

- Don't respond
- Don't retaliate
- Save the evidence
- Tell the person to stop
- Reach out for help

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 WAIT-LIST NUMBER?

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

# NOTE:

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

# **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!

Submitted by: Rachael Alexander

- Block the bully & report the problem to the service
- Protect your accounts, don't share passwords
- Be civil
- Don't be a bully
- Be a friend, not a bystander

# Like the old saying goes...

If you haven't got anything nice to say, don't say anything at all!

Submitted by: Sandra Bobb



# **Trans Mountain Expansion (TMX) and Existing Pipeline**

Dear Community Member,

On behalf of the Indigenous Advisory and Monitoring Committee (IAMC) for the Trans Mountain Expansion Project (TMX), we would like to invite you to an evening community engagement visit.

Date: Monday, March 12<sup>th</sup>, 2018

**Time**: 7:00 – 9:00 p.m.

(light refreshments will be provided)

Location: Xwchíyò:m Cheam First Nation

Multiplex Building

52161 Victor Drive, Rosedale, BC

The IAMC-TMX held its first community visit in the Fraser Valley (Seabird Island) in October 2017 and we look forward to continuing the dialogue. The purpose of this meeting is to provide a second opportunity for community members to learn about the Committee's work.

We would be happy to hear your thoughts and questions. To learn about our work, you can also visit our website: <a href="https://www.iamc-tmx.com">www.iamc-tmx.com</a>.

Please let us know if you are coming, so that we can make sure that there will be enough refreshments and chairs.

Chief Ernie Crey and Naina Sloan, Co-chairs

Indigenous Advisory and Monitoring Committee for the Trans Mountain Expansion Project

The Indigenous Advisory .and Monitoring Committee (IAMC) brings together 13 Indigenous and six senior federal representatives to provide advice to regulators, and to monitor the Trans Mountain Expansion Project (TMX) and existing pipeline in the lands and the waters. Members have a shared goal of safety and protection of environmental and Indigenous interests.

Participation by an Indigenous community does not mean that it supports or opposes the project, nor does it change the government's duty to consult.

#### **Contact Us:**



iamc-tmx.com (Visit our website!)



nrcan.tmxcommittee-comitetmx.rncan@canada.ca



Indigenous Advisory and Monitoring Committee - TMX



@iamc tmx



# Non-Violent Crisis De-escalation

While we hope that workplace violence does not occur, it can be a reality in some job sites. Recently, Dawn Percher – Counsellor for Seabird Island Band, provided a Non-Violent Crisis De-escalation workshop for the Health Care Assistant students at Seabird College. The objective of this training, is for staff to be able to respond to realistic situations without panicking and without touching the clients. The key is to de-escalate the situation.

The most important thing to remember is that we cannot solve everyone's problems. What we can do is help reduce the tension to a manageable level to help find a solution. One of the first steps would be to analyze the situation and the people involved. Is it a crisis? Stress is not crisis, stress is tension, strain or pressure. An emergency is not a crisis, it is an unforeseen combination of circumstances that requires immediate attention, usually of life or death importance. Crisis is not emotional or mental illness. Crisis can be identified as a serious occasion or turning point that presents both danger and opportunity.

A person experiencing crisis usually loses the ability to cope. They are immediate in this moment and lose rational control over their behavior and are overwhelmed. How people recover from crisis is directly related

to how people respond to it. The events that occur in our lives don't directly cause crisis, it is how we as individuals interpret these events. Our interpretations changes our emotional response and consequences. It is our beliefs that provide emotional consequences, if we change our beliefs the consequences will also change. Crisis intervention is a short term process, focused on short term helping solutions.

People who live with addictions are vulnerable to crisis. They often live on the edge of resources. Their crisis can be daily, struggling to survive. People who have a history of trauma are also vulnerable to crisis, as they are not in control of their lives. There are many situational factors that can result in crisis, such as life stress, addictions, trauma, domestic abuse and many other situations. There are also developmental factors that can result in crisis, such as the stage of your life, becoming a new parent, shut in or elderly. Several socio-cultural factors such as poverty, homelessness and race discrimination can all be triggers of crisis in our community.

In our jobs, we are often in a position of power or authority and working with clients who may have a number of personal struggles. We could have influence over whether or not they

can see their children or get their next welfare cheque. Any consequence could result in homelessness or poverty. How we respond with our clients could be the first steps in the chain reaction to a crisis or worse.

When facing a crisis, we need to resist the tendency to rescue. The person experiencing the crisis needs to regain control of their own life to have stability again. We can always help a client, but do not do things for them which they can go out and do for themselves. The more we as staff are able to help our clients to help themselves, the more self-sustaining we will be and reducing burnout.

Seabird Island Health Department offers a number of support systems and clinics to our community members and neighbours. For more information on what is available to you, please call the band office at 604-796-2177. Seabird College is excited to be offering an Aboriginal Liaison Worker program starting in September 2018. This program will provide the knowledge for our students to assist clients in overcoming barriers, addictions and mental health challenges. Those who are interested in this, or any of the programs offered at Seabird College, stop by any time or call us at 604-796-6839.

Submitted by: Shannon Chapman

# **Literacy is Language!**

Recently, nine students have completed the First Nations Speech and Language Assistant Certificate program offered at Seabird College. The instructor, D'Anne Epp, a Speech and Language Pathologist for the Seabird Ey Qwal program, shared information regarding her program. This program is unique, not only because each of the components of the program offers a Stó:lō Cultural reference, but also because this program is not offered at any other local institution. While there is an increased demand for Speech and Language assistants, the actual training to become one is becoming difficult to find. The program at Seabird College taught our students special techniques in how to encourage the development of communication in the early years of childhood.

There are many ways in which Stó:lō culture has been incorporated into this two month program, including inviting a First Nation storyteller to come and share stories with the class. Playing First Nation music in class as well as by encouraging the students to observe and complete their assignments in First Nation environments. Students are also introduced to "Moe the Mouse Speech & Language Development Program," which is a program of the BC Aboriginal Childcare Society. Moe the Mouse incorporates aboriginal toys and stories to enhance language development in children ages 3-5. Using this unique approach encourages students to practice language skills, to socialize, support the understanding of spoken words, vocabulary, pronunciation and the expression of feelings and ideas.

Our Speech and Language students also understand the relationship between language and literacy. Language consists of three categories: receptive or understanding language, expressive in using language to express ourselves and speech sound production which is the formation of sounds and articulation of language. Literacy is a higher level of language, where you are able to

understand and write the printed word in addition to making the correct sounds to read out loud. Literacy is Language.

Learning language and literacy as a child is important, as this is the time when speech and language delays or disorders are often identified. Children are usually able to produce all sounds and have basic language communication skills by the age of six. A child could have a speech and language delay, meaning they may take longer in developing normal speech and language skills. Speech delays are often a result of ear infections, a child's personality, amount of care and attention provided to the child, a lack of stimulation, learning a second language, or delayed oral development. A speech or language disorder will mean that a child will likely always have difficulty with speech or language. A disorder can be the result of deafness, autism, any number of physical health syndromes, brain damage or trauma.

Our speech and language students have been taught to identify and offer support in these situations. There are direct and indirect techniques that can be offered in a learning environment and at home. Techniques such as rephrasing discussions with the child, reading a story, less technology

based learning, interactive play and asking the child for their feedback in what they are learning, seeing, hearing and feeling. The practice of speaking full sentences will encourage your child to also express themselves in a clear way. For example, instead of saying "put this away..." you could say "Thomas, can you please put this toy car back in your toy box?"

Children are constantly

learning from their environments. Everyday a child can see adults communicating and using print in meaningful ways. Once a child learns that marks, or letters, on a paper mean something, they want to learn how to do it. Children need help in understanding that what they do, see, hear or touch. What they can talk about, they can also write about or someone can write for me. What is written down, I can read or have someone read for me. This technique produces a strong foundation for using and understanding literacy and language skills, which is beneficial for all children, including those with language delays.

Seabird College is proud of our nine students, Jenny-Lynne Andrie, Kristi Bjornerud, Chelsea Charlie, Daniel Chase, Brandee Clarke, Tanisha Jack, Tamara Kelly, Jennifer Leon and Jennifer Roberts-Ross for successfully completing the First Nations Speech and Language Assistant Certificate Program. You are valuable assets to the learning environment of our young children.

Submitted by: Shannon Chapman



# JOB POSTINGS

View more detailed information about these and other opportunities, or to apply for current opportunities: <a href="https://seabirdisland.startdate.ca">https://seabirdisland.startdate.ca</a>

#### Teacher on Call (TOC)

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

## **School Vice Principal**

The Vice Principal assists the Principal in the administration, leadership, supervision and operation of the Seabird Island School. The Vice Principal provides quality B.C. curriculum in a learning environment that promotes language and reinforces the personal values of self-reliance, generosity, honesty, adaptability, and respect for self, others and the environment.

The Vice-Principal must fulfill his/her responsibilities with high ethical and moral standards and serves as a positive role model for staff and students.

# **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.

#### **Elder at School**

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

In collaboration with other staff and administration, the Elder will be a positive role model for Seabird Island Community school student body, staff, administration and community members. The Elder helps promote and intentionally creates a culturally safe and accessible environment for learning and a vibrant sense of community amongst a diverse group of students. (S)He will serve as an ambassador of Stó:lō culture and heritage and strive to promote culture, education and diversity.

# Kindergarten Teacher

Seabird Island Community
School is seeking to fill the
position of a K4 teacher. We
believe that kindergarten
readiness requires indicators
of success in social, emotional,
physical, spiritual and
cognitive domains. It also
requires a prepatory information
plan prior to admission to the
formal kindergarten program to
achieve the greatest success
possible for each student.

#### **Cultural Coordinator**

Reporting to the Director of Education, the Cultural Coordinator will assist with the development and delivery of cultural community projects and programs that integrate traditional teachings which balance the mental, emotional, spiritual and physical aspects of culture acquisition for Seabird Island Band. The Coordinator will work closely with the 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.

# **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.

## **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.

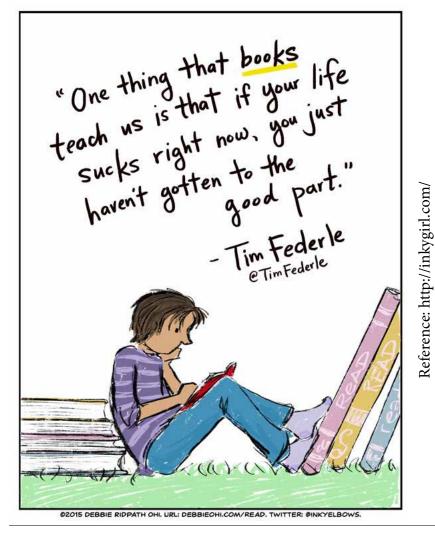
Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry.

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.

# Comic



March / Welék'es

"little frog season"



# **Pisces**



February 20 - March 20

**Key characteristics:** Cares about ideals and aspirations. Pisces likes to dream and is drawn to the arts, especially the stage.

**Flower:** Water Lily **Birthstone:** Amethyst



# Aries



March 21 - April 19

**Key characteristics:** Assertive, strong and determined, a natural leader. Natural charm and grace, you have confidence that attracts a wide variety of friends and business partners.

**Flower:** Motto **Birthstone:** Diamond

# **Quote of the Month:**

"Pulling someone down will never help you reach the top." *Kushandwizdom* 

# Halq'eméylem Word Search

I	1	í	S	t	е	Х	w	q	h	S	Х	а	Х	m
е	i	е	S	h	Х	W	t	e	1	í	í	е	е	q
h	у	е	i	i	Х	1	t	:	у	à	е	h	t	1
S	á	q	е	У	h	W	à	q	у	m	1	- 1	h	ó
W	q	1	é	р	á	S	ı	ì	ó	У	S	е	t	t
- 1	t	W	1	ı	е	q	-	é	:	é	h	W	S	е
- 1	h	à	á	W	q	è	е	á	у	t	Х	у	- 1	- 1
q	е	ó	:	:	W	W	S	1	S	е	W	е	W	Х
q	t	í	q	á	- 1	е	- 1	е	h	S	1	á	е	:
i	У	á		е	W	е	t	h	е	t	í	h	h	У
S	h	1	Х	i	:	i	W	Х	a	S	S	Χ	t	W
S	t	S	1	á	t	S	1	е	١	S	t	е	Х	W
е	Х	S	q	ı	é	W	q	е	ı	W	е	h	t	t
У	t	е	á	:	У	е	١	S	t	е	Х	W	١	е
q	ı	á	:	1	S	h	X	W	ó	X	W	е	1	ó

- Submitted by: Zorana Edwards-Shippentower

#### Words:

- 1) Sq'éwqel Seabird Island
- 2) gélgwlha How beautiful!
- 3) shxwtelí where you come from
- 4) á:yelstexw leave it in good health
- 5) shxwlístexw to care about it
- 6) shxwóxwel lift up, raise
- 7) sts'áts'elstexw Be careful with it
- 8) s'iwesá:ylhem Teachings for Children
- 9) í:wesà:ls a guide, showing people
- 10) istexw to leave something (with someone)
- 11) iyáqthet change yourself
- 12) iyáqelhtset to change it for him/her
- 13) iyálewethet try to do it no matter what.
- 14) shxw'éyelh to be healthy
- 15) sqwá:lewel Thoughts, feelings
- 16) yó:ys To work
- 17) èlìvà to dream
- 18) q'á:l To believe
- 19) q'ép Gather together
- 20) q'ótel To meet each other

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

#### **DISCOUNTS AND FEES:**

Only one discount may be applied /order.

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

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

#### **DEADLINES**

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

#### **DELIVERY**

Twice a month. The 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. www.seabirdisland.ca

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

Editing Team: Sandra Bobb, Lori Burns, Zorana Edwards-Shippentower, Pearl Penner, Kristy Johnson and Phaine Wegener (on-leave)

#### AGREEMENT/LEGAL

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

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

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

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



# Classifieds

## **OPTOMETRY CLINIC**

# Book now for the next clinic dates: TBA

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

Elders 65+ can be seen annually.

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

Contact Maggie Pettis 604-796-2177.

#### DENTAL CLINIC

Accepting new STATUS PATIENTS

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

**Closed Fridays** 

#### DENTAL WALK-IN PAIN CLINICS

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

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

Contact the Dental Clinic 604-796-6853.

# BUILDING BOOKING AND MEETING ROOMS

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

Contact Angie Chapman 604-796-2177.

#### FIELD LIGHT BOOKING

- ▶ \$2.50 for Band Members and
- ▶ \$8.50 for Non-Band Members.

Contact Angie Chapman 604-796-2177.

# **VOLUNTEERS REQUIRED**

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

Contact Angie Chapman 604-796-2177.

## SIFD FIRE PRACTICE

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

Contact the Fire Hall 604-796-2177.

# ALCOHOLICS ANONYMOUS MEETING

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

AA in BC website: www.bcyukonaa.org

## **BABIES ID CARDS**

Apply for a medical care card as soon as possible.

Contact Maggie Pettis 604-796-2177.

Apply for Status Cards as soon as possible.

Contact Carol Hope 604-796-2177.

#### GARBAGE SCHEDULE

#### COMPOST, RECYCLE and GARBAGE:

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

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

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

Contact Public Works 604-796-6844.

## PRINTING SERVICES

Graphic Communications provides the following paid services:

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

Contact Sandy Bobb 604-796-2177.

#### LOVED ONE PASS AWAY?

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

Contact Maggie Pettis 604-796-2177.

## **FUNERAL PAMPHLETS**

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

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

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

#### **SEABIRD CHURCH**

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

Prayer Circle: Feb 15, March 15

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

## **EMERGENCY / SECURITY**

EMERGENCY 911 GRIFFIN SECURITY 604-703-0888

#### 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.

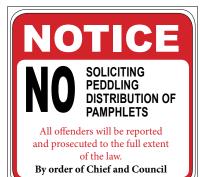
#### **MEDICAL CARDS**

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.



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

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

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

# **Painter & Decorator**

# Level 1 starting April 2018



Seabird College welcomes you! Sponsored Seats available. Call 604-796-6839 or email: schapman@seabirdisland.ca





# PAID ADVERTISEMENTS



# Allenby's General Store

Pet Foods & Accessories & Flea Control Lawn & Garden Poultry & Livestock Feed Paint - Eco Coat \$19.99 a gallon

Hours: Monday - Friday 9 a.m. - 5:30 p.m. Saturday 9 a.m. - 5 p.m.

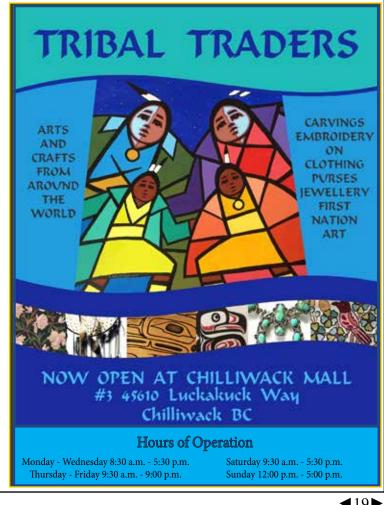
Door to Door Service Free Delivery Minimum \$35.00 Mobile Machine Visa/MC/Debit Tax Exempt delivery on-reserve with Status Number

# PET FOODS OF THE MONTH:



Canadian Naturals #1 Pet Food in Canada

Contact: 604-796-3373 Allenbysgeneralstore@gmail.com 7323 Pioneer Ave, Agassiz BC V0M 1A0



# SEABIRD ISLAND CAREER FAIR

MARCH 7, 2018 10AM-2PM

2895 CHOWAT DRIVE, AGASSIZ

EVERYONE IS INVITED BRING YOUR FRIENDS

MEET COLLEGES & UNIVERSITIES EXPLORE COURSES AND PROGRAMS

CONNECT WITH LOCAL EMPLOYERS

**EXPLORE FUNDING OPTIONS** 

FOR MORE INFORMATION

PLEASE CONTACT SEABIRD ISLAND EMPLOYMENT CENTRE

AT 604-796-6865

#### **Schools**

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

## **Associations**

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

## **Businesses**

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

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







Funding provided by the Government of Canada