



FINAL YOO HOO NEWSLETTER

That's right; after 14+ years, this is the LAST ISSUE of the Seabird Island Yoo Hoo Newsletter.

In the New Year of 2024, we are starting something NEW, dividing things in TWO:

A Newsletter (*name to be determined*), a brief report featuring a list of upcoming events, activities and more.

A Newspaper (*name to be determined*) containing information covering a wide variety of topics, which are organized into categories, for all the stories, updates, tips and more.

WHAT IS THE DIFFERENCE?

In our bi-weekly Newsletter, starting on January 2, 2024, we will:

- 1. Provide a list of upcoming events, classes and activities.
- 2. One simple source to find Community-involvement information.
- 3. Increase attendance from Community Members.
- 4. Demonstrate transparency through more consistent information updates.
- 5. Engage and build relationships with more Community Members.

In our monthly Newspaper, starting on January 15, 2024, we will:

- 1. Inform the Community of program-related results such as events, milestones and progress.
- 2. Provide fact-based articles for Community Members to make future decisions and plans.
- 3. Include editorial articles, where the opinion of the author is included.
- 4. Offer tips and information that help readers with business, home, recreation and daily living.
- 5. Some sections will be designed to amuse or give enjoyment e.g., puzzles and more.

Please watch for these NEW publications in 2024, where you would normally find the YooHoo!

Written by, Sandra Bobb

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Community Christmas Dinners

Tuesday - Thursday, December 5 - 7, 2023

Candlelight Vigil

Friday, December 8, 2023

Annual Fire Department Door-to-door Food Drive

Tuesday, December 12, 2023

All Facilities Closed Christmas and Boxing Day

Monday - Tuesday, December 25 - 26, 2023 Monday January 1, 2024

Seabird Island's Holiday Hoopla 2023 Pick -up

FOR ALL SEABIRD ISLAND MEMBERS ON & OFF RESERVE

TO RECEIVE A HAMPER &/OR GIFT CARD, THE APPLICATION FORM MUST HAVE BEEN COMPLETED

** Hampers will be limited to one (1) per HOUSEHOLD and based on tenancy. **

If you are unable to pick-up for your Household, please complete a Consent Form authorizing someone to pick up for you.

PICK UP: December 20, 2023 between 9:00 AM - 6:00 PM LOCATION: Seabird's Band Office Gym

PICK-UP / MAIL-OUT INFORMATION

Elders:

Hampers may be picked up on December 20, or they will be delivered Thursday, December 21, with times determined by the Elders Team.

All SIB Members Residing in Canada:

Applicants residing <u>outside the Fraser Valley</u> may request on the application form to pick up a Hamper; otherwise, *Gift Cards* will be mailed out on December 8, 2023.

NOTE: Fraser Valley Regional District includes: Hope; Kent; Chilliwack; Abbotsford; and Mission.

For SIB Members Residing in USA:

Applicants will receive a Gift Card (USD).

GIFT CARD INFORMATION

Children's Gifts / Gift Cards:

Children (0 - 9 years) will receive a toy, plus a \$50 Gift Card Youth (10 - 18 years) will receive \$100 Gift Card

Band Member Christmas Gift Cards:

Each Seabird Island Band Member, will receive one Pre-paid Mastercard as follows:

- \$250.00 for Elders (65+)
- \$200.00 for Adults and Children

NOTE: Community Christmas Dinners will be hosted on December 5, 6 & 7 of 2023.

Current Membership Information:

Seabird Island aims to ensure contact information for all Members remain up-to-date. This information is strictly confidential and will only be seen by two staff members, who will work together.

How to update contact information:

1. Email: membership@seabirdisland.ca

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- Mail: Seabird Island Band C/O Membership PO Box 650 Agassiz BC VOM 1A2
- 3. Phone: (604) 796-6877

Seabird's Emergency Management Program



Hello, my name is Danika Snook and I am Seabird's new Emergency Preparedness Coordinator. First, I would like to say a big thank-you

to everyone who participated in our first Community-Wide Emergency Preparedness Training held on November 24th. It was a pleasure to meet some of the Community Members. We went over how to prepare yourself and your family before an emergency happens by creating Grab-and-Go Kits, 72-hour Emergency Kits for when needing to shelter in place, and Home Emergency Plans so your family members know what to do if separated in an emergency event.

It's important to be prepared for an emergency before it happens. With winter and flood season fast approaching, we also reviewed how to prepare for these specific hazards.

Those who couldn't' make the first training event, our next one will be covering the same topics. It is taking place Monday, December 4th 5-7PM in the Band Gym.

If you can't make either session, please review the two lists below so you can start preparing yourself and your family for emergency situations.

Make a grab-and-go bag

A grab-and-go bag is a small emergency kit that's easy to take with you, in case you need to leave right away. It's a good idea to make grab-and-go bags for your home, workplace and vehicle.

Include:

- Food (ready to eat) and water
- Phone charger and battery bank
- Small battery-powered or handcrank radio
 - Battery-powered or hand-crank flashlight
 - Extra batteries
 - Small first-aid kit and personal medications
 - Personal toiletries and items, such as an extra pair of glasses or contact lenses
 - Copy of your emergency plan
 - Copies of important documents, such as insurance papers and identification
 - Cash in small bills
 - Local map with your family meeting place identified

- Seasonal clothing and an emergency blanket
- Pen and notepad
- Whistle

Emergency kit supply list

An emergency kit should have enough supplies to meet your family's needs for at least 3 days. Put supplies in one or 2 containers, such as plastic bins or duffel bags. Store them in an area of your home that's easy to get to, such as a hall closet, spare room or garage.

- Non-perishable food: minimum three-day to one-week supply, with a manual can opener
- Water: four litres per person, per day for drinking and sanitation
- Phone charger, power bank or inverter
- Battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight
- Extra batteries
- First-aid kit and medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan
- Copies of important documents, such as insurance papers and identification
- Cash in small bills
- Garbage bags and moist towelettes for personal sanitation
- Seasonal clothing, sturdy footwear and emergency blanket
- Dust masks
- Whistle
- Help/OK Sign: Display the appropriate side outward in your window during a disaster.

Stay tuned for future community-wide sessions!



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Halloween Movie Night

We had over 180 Community Members and staff/volunteers.

Everyone got hot dogs, popcorn, cotton candy and mini donuts while watching a movie. The evening concluded with games, to determine costume winners, each winner received a prize. Huge thank you to all our Volunteers and those who stayed to help clean up afterwards.

Costume winners

0-2yrs Yennifer M & Ekam K 3-4yrs Hunter P & Lincoln C 5-7yrs Shawna Lee G & Elliott W 8-12yrs Kyleigh M & Aurora L 13+ Violet H & Maren G 18+ William G

Staff Halloween

For the Staff Costume Party, we had 50 staff for pizza and ice cream floats. A little more than expected, so Janice Parsey donated extra hot dogs for anyone that was still hungry. Staff voted for best costume and best door decorating.

Costume winners

Kym Elderkin

Ciara Busby

Ashley Reece

Honourable mentions- Veronica Rafuse & Dann Swann

Door winners

Finance team Cassandra Manley

Mia Stratton

Written by Sandra Bobb















SEABIRD ISLAND FIRE DEPARTMENT'S ANNUAL CHRISTMAS FOOD DRIVE

Tuesday, December 12, 2023 Door-to-door collections will begin at 6:00 pm



Each year, our Fire Department goes door-to-door in an effort to collect non-perishable donations within the Seabird Community as a kind contribution to the Community's Christmas Hampers!



Important Reminder: Kindly check the expiry date of your donation to ensure it does not expire before December 31, 2023.

Thank you, in advance, for your generosity and consideration.



NAAW

On November 22, 2023, Seabird Island hosted a NAAW Walk at 3:30 p.m. Health staff met with those who would like to join the walk at the ECD Building. Seabird Toque and black gloves were given to all those in attendance. Starting at the ECD building, guided by the RCMP, the walk went down Charles Drive, continued down Sthitsem Drive, and finished on Chowat Road at the Band Office. Everyone who attended the walk was invited to the honouring dinner that evening, at 5 p.m.

The MC for the NAAW Honouring dinner was Matthew McIntyre. He was honored to speak at this event, for his community as he is going on to his 6th year of sobriety. Lolly Andrews, who has been sober for 15 years was called to speak. She started with, "On behalf of the health department, we appreciate the team that put together this event and everyone who attended to support those who are honoring their sobriety." She requested those who had been nominated to make their way to the back for the honoring. She began by thanking

all the staff that helped with this event, including the cooks and everyone behind the scenes. *"When we start taking pride in who we are, we start walking and moving differently. Our spirit and creator helped put this event together.*"

Those who were blanketed made their way around the gym and were guided to the front, where the event continued. Richard Louie was able to say a few words to everyone. He emphasized how being sober takes work: taking advantage of offered programs, reaching out to people who might know about helpful programs, finding faith, and letting the greater power do the rest.

Lolly was handed back the mic, looking at the people standing in front of her. She pointed to a little girl, Serenity, who is part of the work. Drumming with her father, Istavan, and supporting her mother, Lizzy, on her journey. "This is beautiful to see; our young ones learning the work and the medicine we can give to our people who need it at times in their lives. Addiction is much more than drugs and alcohol; it is something you constantly think of, be it casino, food, or over-exercising. It is something we do without knowing it at first, getting lost in addiction is the feeling of loneliness, with no one to hang out with, filling that void. The ones in their 30's are doing it at a young age. We do not want our children to recover from their lives as many of us

had to do during ours; we are learning to break the cycle."

Matthew thanked those who made it to the event and witnessed the evening. He went around the gym with those who are also in sobriety but were not nominated, to recognize them as well. It turned out to be a great event with a tasty dinner, and there were over 100 people in attendance.

Those who were nominated to be honoured names and years of sobriety:

Sylvia 17 Dwight's 20 years Richard Louie 17 Daryl 5 years Susanne 44 years Pam standing in for Ed 35 Lee Marie 2 years Lizzy 3 years Lolly 15 years Chrystal Harris 19 years Matthew McIntyre 6 years

Written by Zorana Edwards-Shippentower



Lizzy, Lee Marie, Pam, Susanne, Richard, Dwight, Sylvia

Lalme' Iwesawtexw Kindergarten Class, 2023-24

We have had a fantastic first term in the Kindergarten. The students have been working hard learning that language and story can be a source of creativity and joy. We have been playing with language daily to help us discover how language works for listening, speaking, reading and writing. We are at the point where we are working deeply with letters and are recognizing them everywhere!











At the time of writing this newsletter, we are approaching the 50th day of school and are getting excited about that! We are getting into playing games as a way to reinforce number concepts. Go fish, war, and memory are classics that you can play at home anytime you've got five minutes.

We have learned plants and pumpkins. We have learned about elders and gratitude. We have done this learning in both English and Halq'eméylem. Better than that, we can integrate our Halq'eméylem language naturally throughout our day.

Written by Jennifer Nielson



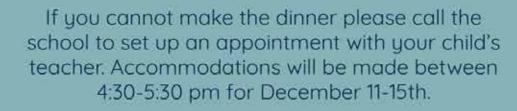


Brought to you by the Seabird Island School

Parent-Teacher Open

House Interview-Dinner

A chance for parents to meet with teachers to see how your children are performing & to discuss what we can do to support you at home.



Elementary reception - 604-796-7200 Highschool Reception - 604-796-6876





	<u>1 Bedroom</u>
1	05272022-5066
2	01262021-5054
3	06042018-6018
4	11252022-7090
5	12062022-7091
6	01172023-7093
7	02092023-7096
8	02132023-7097
9	02222023-7098
10	03012023-7100
11	03032023-7101
12	05022023-7105
13	05262023-7107
14	06162023-7018
15	06232023-7109
16	07312023-7111
17	10182023-7116

PLEASE NOTE:

There have been corrections made to the current wait-list based on application submission dates while the housing staff was off on sick leave.

	1100511
	<u>2 Bedroom</u>
1	12102018-6014
2	12032018-5026
3	12272019-5042
4	06172019-5037
5	01072020-7031
6	11022020-5051
7	01072020-6024
8	11152018-6022
9	12232020-7057
10	01092021-7061
11	12232020-7056
12	12202021-5058
13	12142020-5053
14	11192021-5056
15	09122019-6032
16	09072022-5068
17	05202022-5064
18	04282020-5045
19	12062022-7104
20	01172023-7093
21	11272018-5024
22	01032018-5012
23	02282023-7099
24	03012023-7100
25	03292023-7103
26	05022023-7105
27	06152023-7028
28	06162023-7018
29	07072023-7120
30	10312023-7118
31	10182023-7116
32	10192023-7122
33	10232023-2093
34	10242023-7123

Housing Wait-List

	<u>3 Bedroom</u>
1	12192012-3076
2	02082013-3084
3	01142015-1011
4	02232016-4002
5	12102018-6014
6	07012019-7033
7	12172019-7017
8	12182018-5014
9	01072020-6024
10	01072020-7031
11	01222020-1031
12	11022020-5051
13	12032018-5026
14	12232020-7056
15	12232020-7057
16	01092021-7061
17	04292021-7065
18	11152021-7066
19	12192021-7070
20	12222021-7072
21	12022020-4015
22	11182020-7053
23	01142022-7073
24	01092020-6000
25	10272022-7060
26	03222019-4007
27	12202017-7012
28	12162022-7078
29	05202022-5064
30	12062022-7104
31	11272018-5024
32	12092022-7092
33	01182023-7094
34	08202019-7034

35	01232023-7095
36	07032023-7102
37	11092021-7069
38	05172023-7106
39	06152023-7118
40	06162023-7018
41	06192023-7019
42	07132023-7110
43	08112023-7112
44	09232023-7123
45	10122023-7113
46	10172023-7115
47	10262023-7117

HIGHLIGHTED LISTINGS:

Any highlighted listings, owe the Band money. They will **NOT** be eligible to receive a home until the dept is paid.

REMINDER!

Housing Applications must be renewed before January 1st each year to remain on the list. Anyone who does not renew will come off the list. You must reapply if you are still interested!

Cat Voucher Programs

Dear Community,

Spaying and neutering your pets is important for keeping the pet population from growing. It also improves your pet's overall health and well-being. We would like to remind **cat owners** about Spay/Neuter Clinics that offer spaying and neutering of cats at **discounted prices**.

Two clinics have offered their services to Seabird Island's Community. Please see their websites below.

Kw's hoy, Lands Program



BC SPCA Chilliwack Community Animal Centre

Low-cost spay/neutering of cats is available for residents of Chilliwack and the surrounding area. The program provides a low-cost spay/neuter for those who may not be able to access this otherwise. This program includes a tattoo, and vaccines will be provided unless the pet owner provides a vaccination record.

https://spca.bc.ca/ways-tohelp/take-action/animals-inthe-home/cat-overpopulation/ spay-neuter-applicationchilliwack/



FCM Community Cat Trappers

FCM Community Cat Trappers is a volunteer-run group dedicated to improving the lives of feral. barn and stray cats in Chilliwack, BC, and surrounding area. We partner with local vets and rescues to ensure cats are treated ethically and given the chance to live their best lives, be that in a colony, a barn or a home. Along with our partner veterinarians, we have launched a spay and neuter program that gives pet owners of Chilliwack and the surrounding area access to low-cost spay/neuter, vaccinations and permanent identification. A portion of each pet's spay and neuter helps to pay a portion for the same for a feral cat. We are currently funded entirely by donations from our community.

fcmcommunitycats.ca

Community Events Calendar ~ $Moq \acute{o}$:s ~

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	Fire practice.		
	Garbage day, has not changed unless notified (2 bags per house hold please).		
	Recycle day, No longer accepting blue bags.		
	Use blue bins please.		
3	4	o 🚺 5	
			• Major Garbage Pick-up
			Community Core 8 a.n
		• Community Christmas Dinner,	 Meals on Wheels 5 - 6 p Community Christmas
• Seabird Church	• Meals on Wheels 5 - 6 p.m.	Band Office Gym, 6 p.m., dress in your ugly sweater!	Band Office Gym, 6 p.r wear a Santa or elf hat,
10	11	internet 👔 👔 👔 👔 👔 👔 👔 👔	
		Fine Demontry on the Americal Faced Drive	
Sts'ailes Church	• Meals on Wheels 5 - 6 p.m.	• Fire Department's Annual Food Drive Door-to-door, Starting 6 p.m.	• Meals on Wheels 5 - 6 p
17	18	🍥 🧊 19	
			• Major Garbage Pick-up
			Surrounding Commun • SICS Christmas Dinne
			Christmas Hamper Dis Band Office Gym, 9 a.r
Seabird Church	• Meals on Wheels 5 - 6 p.m.	• Chief & Council	• Meals on Wheels 5 - 6 p
24	25	26	
Christmas Eve			
• Sts'ailes Church			
31			
New Year's Eve	Facilities Closed	Facilities Closed	• Income Assistance Da
Seabird Church	Christmas Day	Boxing Day	• Meals on Wheels 5 - 6 p

"Fallen snow season" ~ (December) 2023

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		1	2
	7	8	9
.m. 5 Dinner, n., or reindeer antlers!	• Community Christmas Dinner, Band Office Gym, 6 p.m., dress in red and/or green or as a Grinch or a 'Who'!	 Staff Christmas Lunch, Band Office Gym, 11:30 a.m. Candlelight Vigil, Elders & Community Health room, 5 - 8 p.m. 	ECD Breakfast with Santa
13	14	15	16
.m.		• Elders Christmas Dinner • Income Assistance Renewal / Job Search	
20 ity 8 a.m. r stribution, n 6 p.m.	21	22	23
.m. 27	Winter Solstice	29	30
m.		• Housing Application Renewals, Due by 1 p.m.	50





Accessible Housing

To be eligible for consideration in the upcoming accessible housing units on Chowat Rd., it is imperative for any Elder interested to ensure that they have an active housing application on file with the housing department. This is a crucial step to participate in the selection process and secure a spot in these new accommodations.

The applications, can be conveniently obtained from the Band Office Reception. Alternatively, Elders may choose to visit the College, building 10, where the dedicated Elders team is ready to provide assistance in completing the application process. Ensuring that every Elder has the opportunity to submit their request for consideration in the new accessible housing units.

The ongoing construction on Chowat Rd. underscores the Seabird commitment to creating living spaces that cater specifically to the needs of Elders, promoting accessibility and inclusivity. The community endeavors to enhance the quality of life for its members.

The Elders tam is dedicated to supporting this process and stands as a resource for those requiring guidance throughout the application journey. Parents, please join us for our





Tuesday, December 5, 2023 Elementary School Gym Students Pre K - Grade 7 Doors open @ 1:00 pm Concert begins @ 1:30 pm

Parents & Families of our students are welcome! ÉYÓS LEQ'ÁLÉQÉL

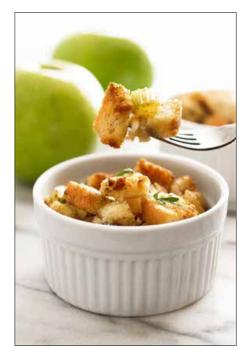
Written by, Sandra Bobb

Seabird Elders

Easy Apple Stuffing

Ingredients

- 8 slices stale* white bread cubed 1 inch
- 4 tablespoons (2oz) salted butter
- 0.5 cup diced onion
- 0.5 cup diced Granny Smith apple
- 1 cup chopped celery about 2 medium rib
- 1 teaspoon poultry seasoning
- Pinch of pepper
- 0.5 cup chicken broth
- (can add some dried cranberries!



Instructions

- 1. Preheat your oven to 375°F and lightly grease a small baking dish (5x7" is a good size if making the recipe as written).
- 2. In a medium saucepan, melt butter over medium heat. Add onion, diced apple, and celery. Cook until softened, 4 to 6 minutes.
- 3. Stir in poultry seasoning, salt, and pepper. Mix in bread cubes.
- 4. Pour chicken broth over the top, and stir to coat. Transfer mixture to prepared baking dish and bake for 15 to 20 minutes, or until top of the stuffing is toasted and crunchy.

Elder Volunteer

I'm an Indigenous Support Worker at AESS.

I'm in search of an indigenous Elder to welcome students once a month from 8 - 9 a.m.

The Elder would welcome students at the front door in the morning as students come in, then speak with a few interested students afterwards.

Half hour welcoming and half hour speaking with students building their cultural connections.

If there is an Elder who can do drumming and singing that would be awesome for the morning time welcome but it's not a requirement.

The Elder would have to pass a criminal record check.

Thank you,

Stacy Ewen, Indigenous Support Worker Agassiz Elementary Secondary School Tel 604 796 2238 ext 164

O ELDER CULTURAL SUPPORT AESS is searching for Elders and knowledge keepers to welcome students once a month. There will be compensation for your time. AGASSIZ ELEMENTARY SECONDARY SCHOOL 7110 Cheam Ave., Agassiz, BC VOM 1A0 Contact phone: 604-796-2238 ext. 164 Indigenous Support Workers laura.jeanes@sd78.bc.ca stacy.ewen@sd78.bc.ca shawnee.kruger@sd78.bc.ca

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AESS

Winter Shelters

Tips for keeping community cats safe and cozy during the winter months.

All good shelter designs share two qualities:

- Strong insulation needed to trap body heat, which turns the cats into little radiators. Use straw, not hay or blankets.
- Minimal air space a smaller interior area means that less heat is needed to keep the occupants warm.

Shelter size is very important.

- Smaller shelters can be heated by only one or two cats. Larger shelters with only one or two cats inside will remain cold.
- Two smaller shelters are better than one large one.
- Don't underestimate the number of cats in your area. You may only see one or two, but there are probably more. Try to provide more shelter space than you can imagine needing.

The placement of shelters is important in keeping cats safe from predators.

- If dogs are a threat, place your shelter behind a fence where the dogs can't get in.
- Have the entrance face a wall so only cats can get in and out.
- All shelters and feeding stations should be out of sight, no matter how friendly the area may appear.

Don't place the shelter directly on the cold ground.

Use two 2x4s or other materials to raise it off the ground and place straw underneath. This makes it easier for the cats to warm the inside with their body heat.

Make the door as small as possible.

Cats need an opening of only about five-and-a-half or six inches in diameter, or the width of their whiskers.

- A small door discourages larger, bolder animals, such as raccoons, from entering.
- A smaller opening keeps in more heat.
- If there is a need for an escape door, do not cut holes directly across from each other, as this creates a draft.

Locate the door several inches above the ground level.

- Rain won't splash up through an above-the-ground door.
- Snow is less likely to trap the cats by blocking an abovethe-ground door.

FCM Community Cat Trappers

Creating extra protection:

An awning that covers the opening, made from roll plastic or heavy plastic garbage bags, provides more insulation, helps keep the rain and wind from entering the shelter, and makes the cats feel safer.

Preventing dampness:

Raising the rear of the shelter slightly higher than the front helps to keep rain from pooling inside and snow from piling up on the roof.

- A small hole drilled in the side or bottom of the shelter allows rainwater to drain out.
- A slanted roof might also discourage predators from sitting on the roof to stalk.

Lightweight shelters definitely need to be secured against the wind.

- Put a couple of five- to 10-pound flat barbell weights on ٠ the floor of the shelter under the bedding.
- Put heavy, flat rocks or pavers/bricks on the lid/top.
- Place two shelters with the doorways facing each other and put a large board on top of both shelters – this weighs the shelters down and provides a protected entryway.

Insulating materials inside the shelter will increase the comfort and warmth of the cats.

- Only insulating materials which the cats can burrow into ٠ should be used.
- Blankets, towels, flat newspapers, etc., retain wetness and should not be used. They absorb body heat and will actually make the cat colder.
- Straw is a good insulating material to use. Straw is better than hay because it can absorb more moisture and is less prone to mold or rot.
- Insulation materials should only be used if the shelter can be periodically checked to see if they have gotten damp or too dirty and need to be replaced.
- Additionally, don't place water bowls inside the shelter because they may get turned over.

Build a Winter Shelter

One of our favorite designs uses two Rubbermaid[™] storage bins with removable lids.



It's important the brand is Rubbermaid[™]; otherwise, the plastic walls may crack in frigid temperatures. An earth-tone bin blends in best with the environment, making it aesthetically pleasing to you and your neighbors and more natural in appearance to the cats.

You'll also need:

____eight-foot by two-foot sheet of one-inch thick hard Styrofoam ____yardstick ____box cutter ____straw for insulation

To assemble:

- 1. Cut a doorway six inches by six inches in one of the long sides of the bin towards the corner. Cut the opening so that the bottom of the doorway is several inches above the ground to prevent flooding.
- 2. Line the floor of the bin with a piece of Styrofoam, using the yardstick and box cutter to cut the piece. It doesn't have to be an exact fit, but the closer the better.
- 3. In a similar fashion, line each of the four interior walls of the bin with a piece of the Styrofoam. Again, perfect cuts are not necessary. Leave a cap of three inches between the top of these Styrofoam "wall pieces" and the upper lip of the bin.
- 4. Cut out a doorway in the Styrofoam interior wall where the doorway has already been cut out in the storage bin.
- 5. Measure the length and width of the interior space and place a second, smaller-size bin into the open interior. This bin should fit as snugly

as possible against the Styrofoam wall pieces. Cut a doorway into this bin where the doorways have been cut into the Styrofoam and outer bin.

- Stuff the bottom of the interior bin with straw or other insulating material (no blankets or towels!) to provide both insulation and a comfortable spot to lie down.
- Cut out a Styrofoam "roof" to rest on top of the Styrofoam wall pieces.
- 8. Cover the bin with its lid.

This shelter is easy to clean by taking off the lid and the roof.

It is lightweight and may need to be weighed down.

A flap over the doorway is optional.



Styrofoam Insulation

Second Container filled with Straw



Cover Second Container



More Insulation



Final Cover

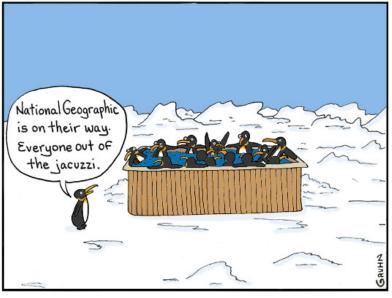


Completed Shelter

lostfoundchilliwack@gmail.com

Comic

WebDonuts.com



Moqó:s "Fallen snow season"

Sagittarius

November 22 - December 21

Key characteristics: Smart, Caring, Deep, Honest and Wild.

Flower: Carnation

Birthstone: Turquoise

Capricorn

December 22 - January 19

Key characteristics: Smart, hardworking, driven, in control of their destiny.

They love family, and traditions.

Flower: Pansy

Birthstone: Amethyst or Garnet

....

Quotes of the Month:

"It is a fine seasoning for joy to think of those we love" By Molière (Jean-Baptiste Poquelin) "Why do they it rush hour when nothing moves?"

By Robin Williams

Halq'eméylem Word Search

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<u>Words</u>

1.	mí:meqw – small bird
2.	syó:lh – wood , firewood
3.	q'ép – to gather together
4.	kwélest – to catch an animal
5.	q'ewq'ewét – drums
6.	klésmes – Christmas
7.	pekchá:m – take a picture
8.	seplí:l – bread , flour
9.	máqa – snow (on ground)
10	. qw'eyélex – dancing
11	. pelú:pt – boat
12	. pelále – banana
13	. we'éyó – doing well, alright
14	. ílám – carry on your shoulders
15	. máqel – hair
16	. sth'íth'eqw – little bug
17	. ókw'elexw – to lose it
18	. láxel – a fishing spot
19	. smílha – winter spirit dance
20	. kw'í:tsel – grizzly bear

Created by Jasmine Paul-Louis

YOO HOO NEWSLETTER

DEADLINES Submissions and advertisements are due around the 15th of each month. Contact comm@seabirdisland.ca.

AVAILABILITY Once a month. The 1st of each month (or closest business day). Apply for enail distribution or pick-up at the red community newsletter boxes.

ADVERTISING / SALES: Have a story idea? CONTACT US Email: comm@seabirdisland.ca

Monday to Friday 8:00 a.m. - 4:00 p.m. Closed on all statutory holidays. www.seabirdisland.ca

> Template: Ciara Busby

Design Team: Sandra Bobb, Ciara Busby, Kristy Johnson, Zorana Edwards-Shippentower, Jasmine Paul-Louis

> Proofing Team: Kristy Johnson, Zorana Edwards-Shippentower, and Jasmine Paul-Louis

> > Editor & Supervisor: Sandra Bobb

Manager: Cassandra Manley

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.



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.

SEABIRD CHURCH

Mass: Contact Deacon Jamie for information

Study Groups: Contact Deacon Jamie

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

LOVED ONE PASS AWAY?

We can help you send a copy of the death certificate to the First Nations Health Authority. Contact Lena Paul 604-796-2177.

FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom 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 also assist with pamphlets

for non-Band Members, inquire for fees. Contact Communications at

604-796-2177 or email <u>comm@seabirdisland.ca.</u>

WILDSAFE BC CONSERVATION

To report animals who pose immediate threat or danger to public safety. 1-877-952-7277 or #7277

SIFD FIRE PRACTICE

Tuesdays 7:00 - 9:00 p.m. **Now recruiting new members**. Contact the Fire Hall 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: 1st Wednesday of the month for community core, and 3rd Wednesday of the month for surrounding community.

Contact Public Works at 604-796-2177 or email: <u>publicworks@seabirdisland.ca</u>

OPTOMETRY CLINIC

Appointments Only: October 12th & 13th

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.

DENTAL CLINIC

Accepting new STATUS PATIENTS

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

Contact the Dental Clinic 604-796-6853.

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 Lena Paul 604-796-2177

BABIES ID CARDS

Apply for a Medical Care Card as soon as possible. Contact Lena Paul 604-796-2177.

Apply for Status Cards as soon as possible. Contact 604-796-2177.

AMBULANCE BILLS

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

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

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

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

Contact Lena Paul 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

SQ'ÉWQEL FACEBOOK ACCOUNTS

Sq'éwqel "Seabird Island Band" https://www.facebook.com/SeabirdIslandBand/

Seabird Island Youth Program https://www.facebook.com/SeabirdYouthGroup/

Seabird College https://www.facebook.com/SeabirdCollege.ca/

Seabird Island Community School https://www.facebook.com/ SeabirdIslandCommunitySchool

Seabird Island Recreation https://www.facebook.com/SeabirdRec/

Careers https://www.facebook.com/SeabirdIslandCareers/

WILD ANIMAL ALERT

Classifieds

Wild animals live here too. By respecting the land and keeping the outdoors clean, you can reduce the risk of an encounter.

• Only put your garbage out the morning of garbage day.

• Discard fish guts (away from homes).

Clean your barbecue.

Please keep an eye on your children and do not walk alone!

Clap loudly and make yourself big!

Educating ourselves and keeping a clean community makes a difference!

If you have any further concerns or feel threatened by wild animals, first report it to the

Conservation Office at 1-877-952-7277

Second, contact the Seabird Communications Office at 604-796-2177 so we can post an "Alert" for your area.

Renew Your Status Card

Book a Status Card Appointment

Tuesday to Thursday: 8:30 a.m. - 4:30 p.m.

Appointments required.

Remember to bring:

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

New style Digital Status Card with photo

Contact Simone Jimmie 604-796-2177

Serving Seabird Members only! *SIB has the right to refuse service.*

ID Photography Prints

Status Card Photography

Laminated style: \$13.50 - Call Simone to book your appointment

Passport Photography and more

Authenticated photo: \$18.50

Monday to Friday: 8:30 a.m. - 3:00 p.m. **Appointments required.**

Contact Communications at 604-796-2177 or <u>comm@seabirdisland.ca</u>

Sq'éwqel Job Postings

View more detailed and up to date information about these and other opportunities or to apply for current opportunities: <u>https://www.seabirdisland.ca/careers/</u>

Culture & Community Services

Youth Outreach Worker

The Youth Outreach Worker is directly responsible for engaging youth from Seabird Island, Chawathil, Shxw'Ow'Hamel and Cheam (age 12-24) in youth-led programing, small groups and individual (one-onone) sessions. The core of this work will be out in the four communities. From a youth-centered practice the youth worker walks along side of the youth to continually co-develop programs and opportunities where youth will grow and thrive.

Early Childhood Education

Speech & Language Assistant

Term Position end date of April 12th, 2024, with a possibility of extension.

The Speech and Language Assistant will work directly under licensed speech pathologists, aiding them in their daily responsibilities to provide a range of clinical services that focus on promoting communication, language and speech that contributes to a client/patient's overall cognitive, physical, social and emotional well-being.

Speech & Language Pathologist

The Speech-Language Pathologist provides a wide range of clinical services that focus on promoting communication, language and 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 Ey Qwal Speech and Language Program.



Economic Development

Production Supervisor - Nations Creations

The Production Supervisor will be responsible for organizing and overseeing the manufacturing of goods. You will be ultimately responsible for the smooth running of all production lines and the quality of output. We expect you to have deep know-how in production procedures. The ability to direct personnel toward maximum performance will set you apart as a leader. Decision-making and problem-solving will take up a great part of your day.

SQDC Business Support & Outreach Coordinator

The SqDC Business Coordinator (BC) will take a proactive role in the smooth operation of the SqDC business functions. The BC performs a range of routine and non-routine tasks including implementing and maintaining business processes and supports, preparing reports, and developing and maintaining systems. The BC will also be responsible for supporting external communications, website content management, creation of the Annual Report, planning and deployment of conferences and events, and marketing and sales support. This position calls for a confident and articulate individual who can effectively support a diverse group of stakeholders with a range of requirements, deadlines, and schedules.

SQDC Gas Bar Assistant Manager

As a full-time Assistant Gas Bar Manager, you will work closely with the Gas Bar Manager to oversee the day-to-day operations of our gas bar facility. You will be responsible for ensuring efficient operations, excellent customer service, and adherence to safety and compliance standards. Your role will involve managing a team, maintaining inventory levels, monitoring financial performance, and fostering a positive work environment.

SQDC Community Member Board of Directors

To fulfill the SqDC mandate to act on the vision, mission, and annual/long-term strategies and the economic goals of the Chief & Council, as well as to build a more robust and stronger Seabird Island economy.

Education

PESP Case Worker

The Pre-Employment Support Case Worker is responsible for working with clients one-on-one and in small groups to assist them to overcome one or more barriers that are inhibiting their ability to gain employment. Clients will range from 19-24 and 25-49 years of age. The Case Worker will provide education, information and assistance to clients on all aspects of employment, education, training, and life career planning. The Case Worker takes a hands-on approach to assisting their clients in exploring careers and finding employment including building relationships with potential employers. This employment agreement will end March 31, 2024.

College Administrator

The Seabird College Administrator serves as the principal Seabird Island Band (SIB) representative and provides administrative management for Seabird College, including relationships with funding and program delivery partners, accrediting bodies, provincial and federal bodies with jurisdiction over Adult Dogwood, grants, contracts, and fund-raising activities. The incumbent must be proficient in project management, including reporting, data management, review, and evaluation. The incumbent will supervise program staff as assigned, manage project deliverables, and advise the Director of Education ('the Director') on College activity and compliance, in adherence to the education and training development mission of Seabird Island Band.

College Registrar

The Registrar is responsible for the orderly registration, enrollment, reporting processes and daily administration of Seabird College and Adult education programs. The Registrar will work to assist with student registrations and records for Seabird College student intakes and their completion/certifications, all in accordance with the directives set forth by various funding and accreditation bodies, and the philosophies, policies and objectives established by Seabird Island Band Management.

Education Assistant Grade K4-12

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 the children more rewarding. EA's will assist teachers in student assessment and evaluation through observation, record keeping and data collection.

Grade 6 Teacher

Responsible for providing 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. You will be a member of an interdisciplinary, collaborative teaching team, liaising with other professionals, students, family members, and community to provide students with holistic, culturally focused education.

Income Assistance First Nations Youth Employment Strategy (IAFNYES

Seabird island is proud to offer new pilot program called Income Assistance First Nations Youth Employment Strategy (IAFNYES.) The goal of this pilot strategy is to support on-reserve First Nations youth between the ages of 19 and 30 receiving ISC's Income Assistance with a transition to the workforce, or return to school, through their participation in mentored work placements while receiving some case management supports.

This program will be 23 weeks in duration working 30hrs/week not exceeding 720hrs per participant. The program ends March 31, 2024.



Sq'éwqel Job Postings cont.

You are invited to submit a cover letter, resume and 3 references. We regret that we will only respond to those applicants chosen for an interview.

Principal

The principal is responsible for the administration, leadership, supervision, and operation of the Seabird Island Elementary and High School.

The principal is responsible for ensuring that school staff complies with all policies, acts and regulations governing the operation of the school. The principal has the responsibility to ensure that the school operates within defined financial parameters in delivering a curriculum that meets the needs of students of all ages. The principal must maintain ongoing contact with the Director to report on accomplishments or discuss issues that may require additional administrative, policy or financial support.

Teacher Teaching On Call

You will provide causal or substitute coverage in various subjects ranging from K4-12 . You will be a member of an interdisciplinary, collaborative teaching team, liaising with other professionals, students, family members, and community to provide students with holistic, culturally focused education. Be part of a team where you can positively influence a student's educational journey and see the difference you can make in a community as you teach the diverse student body of Lalme' Iwesawtexw.

Technology Education Teacher

You will provide lessons and activities to help students develop knowledge and understanding of concepts of computers, as well as practical software use, and troubleshooting skills. You'll present a wide variety of beginner to complex lessons that focus on keyboarding, word processing, Microsoft Office and internet basics to software, data processing, hardware and webdesign. You will be a member of an interdisciplinary, collaborative teaching team, liaising with other professionals, students, family members, and community to provide students with holistic, culturally focused education.



Fiance & Administration

Shipper Receiver

The Shipping and Receiving and Forklift Operator is critical to the successful operation of a Seabird Island Band Distribution Warehouse. The role requires a responsible operator to load and unload a multitude of material. The Operator is required to administer paperwork and account for transactional activities.

Health & Social Development

Department Manager of Integrated Primary Care

Accountable for managing and providing leadership for assigned clinical operations through the leadership provided to staff, or the management of service contracts with contracted agencies.

Through the direct leadership and management of people and resources, the manager oversees the operational, administrative activities of a clinical operations; or supports the operation of primary care supports for services as provided through contracted agencies.

The Manager fosters an environment that empowers and supports individuals to provide safe, culturally inclusive, quality care. Ensures clinical operations at Seabird Island, the community or across partner sites/community areas are delivered in an effective and efficient manner through consultative advice on primary care design, policies and procedures, management and leadership or contract management.

Medical Office Assistant

Term Contract with an end date of April 30th, 2024

Responsible for providing front line support to employees and patients of the Medical Office. Support will be required at the Seabird Doctors Office.

The Medical office assistant provides support to doctors and other health-care professionals. You will perform a wide variety of clerical and administrative tasks. These include scheduling appointments, word processing, billing, data entry, filing, and answering telephone calls. You may also be expected to perform minor medical duties.

Program Manager of Families & Wellness

Responsible for overseeing services provided by the A:yelexw Center for Hope and Healing Stabilization Home, Family Home, family development, counseling services, and the establishment of Child Protection jurisdiction as well as the Sexual Violence programs. The primary focus of this role is to ensure the delivery of high-quality support to clients while adhering to the organization's service framework, which aligns with Seabird Island's philosophies, policies, objectives, and follows the Community Care Facility Act regulations.

The Program Manager is responsible for ensuring that each clients receives exceptional services, care, and support in line with our best practices and cultural beliefs. They will strive to enhance the effectiveness of Families and Wellness programs and the overall quality of service delivery. This entails conducting outreach activities to promote awareness of our programs and services, as well as implementing improvements to better meet the needs of the community. The Manager will also focus on enhancing the Child Protection and Sexual Violence programs to ensure they effectively serve and engage the community.

Human Resources

HR Administrator

An entry-level position. The Human Resources Administrator will be the first point of contact between an employee and the company. The Administrator's primary task will be a helping hand to the Human Resources division to complete administrative functions related to Employee Relations including attendance management, medical tracking, follow-ups from case management, documentation, and collaboration with internal teams. Typical duties include updating daily Human Resources documents, answering employees' questions, and keeping trackers accurate and updated.

The Human Resources Administrator will develop a calendar and assist employees on their medical leave. The Human Resources Administrator will handle most of the documentation related to Employee Relations functions, training, exiting, and reporting.

Inter-Governmental Affairs

Project Manager, Aboriginal Rights & Title

Work to protect and advocate for Aboriginal rights and title in business and development. The Project Manager (Rights & Titles) will ensure that all referrals and development ventures that may impact SIB rights and title are assessed and subject to SIB best interests and long-term sustainability. The Project Manager will confer on development upstream and downstream from Seabird Island traditional lands. Issues such as environmental impacts, access, resource and revenue sharing will all be managed by this position. Seabird Island Band holds the inherent right to our traditional land and territory. and jurisdictional authority over those lands, territories and interests as recognized in British Columbia [1997].

The Project Manager (Rights & Titles) provides leadership, expertise, and guidance to Seabird Island in developing, enhancing, and implementing mutual benefit agreements with hydro, highways, pipelines, fishing, water use, ocean port expansion etc., Ensuring effective rights and title decisions are made and adhered to. All initiatives are viewed with an intent to strengthen our interests and efforts to self-govern our territory. The position will play an integral role within the Inter-Government Affairs team as well as in supporting leadership, management, Chief and Council and internal advisory groups to work with external stakeholders on any and all projects that may impact land use, Indigenous rights and title.



You are invited to submit a cover letter, resume and 3 references. https://www.seabirdisland.ca/careers/

We regret that we will only respond to those applicants chosen for an interview. *Email: humanresources@seabirdisland.ca.*

We thank all applicants for their interest.

Sq'éwqel (Seabird Island Band)

Community Christmas Dinner

Band Office Gym @ 6 p.m.

Dec. 5 - Ugly Sweater Day Proudly wear your ugliest Christmas sweater ever!

Dec. 6 - Santa's Workshop Show off your Santa hat, or dress as an elf or reindeer!

Dec. 7 - Grinchmas Dress in red and/or green, or as the Grinch or a 'Who'!

Santa photos

Toy/Gift cards for ages 0-18

Prizes, coloring contest and games

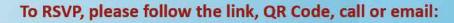
Bring your own plate, utensils & cup to enter to win a prize!

> Only 200 seats per night available

Please choose a night and RSVP to reserve your seats

Each table can seat up to 16 people

Please choose a night and RSVP to reserve your seats TODAY!



https://docs.google.com/forms/d/e/1FAIpQLSdDAyB8IF6Q23m37hHImw qP8y5Fl3f9dQcXkzzaTvIUYbt_Vg/viewform?vc=0&c=0&w=1&flr=0

Contact Celeste Bobb 604-796-2177 or email events@seabirdisland.ca

