



the SEABIRD ISLAND

# YOO HOO

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

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

April 2012

## AECE & HCA GRAD



Congratulations to the Aboriginal Early Childhood Education and Health Care Assistant Grad classes March 5th, 2012

### Quarterly Band Meeting

April 13th

5:00 p.m.

## YELLOW QUILL GRAD



Congratulations to the Yellow Quill (Diabetes) graduation class March 9th, 2012

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Read on to find your chance to **WIN** a Prize mystery incentive.



# IS YOUR FAMILY SAFE FROM PREVENTABLE FIRES?

## Fire Prevention

There have been a number of house fires in the last while in neighbouring communities. Here are some tips to ensure your home is safer from fire:

### -Remove fire hazards from the area surrounding your home.

This includes brush, debris, fire wood, gas cans, broken down vehicles, sheds, extension cords. All of these items should be a minimum of **30 feet away from your home** (not in the carport!).

### -Keep 30 feet clear all the way around your home. Can the fire department safely walk around your whole house? Is it clear for them?

### -Clean your gutters. Gutters should be free of leaves, needles or other dead vegetative growth.

### -Avoid extension cords for permanent items. Use power strips that have a circuit breaker.

### -Do not leave lamps plugged in and on. They are not meant as night lights. This includes any type of 'grow lights'. These lights get very hot and are dangerous.

### -Repair all broken light switch and plug covers. A broken faceplate exposes wiring, which can spark a fire very easily. They can be found at hardware stores for less than \$1.00 or at the dollar store.

### -Change your furnace filter regularly. Again, these can be found for \$4 at Walmart. Check the size first before you buy.

### -Ensure your smoke detector works. Test the detector with the test button. Change the batteries when it starts to beep. **DO NOT DISCONNECT.** If the detector is going off after showers or cooking, you need to vent better – use your stove hood fan, bath fans, and open a window.

### -DO NOT SMOKE IN THE HOUSE. Cigarettes and other smokeable items are very risky with their ashes, dropping them in sleep, etc.

### -Use your stove only for cooking. Many of our homes have stoves that tenants are using for drug purposes. This is dangerous, not only for you but for the kids in your home and in the next house.

## Other tips from your fire department:

-Ensure that your home is easy to access for emergency personnel. This applies to both outside and in.

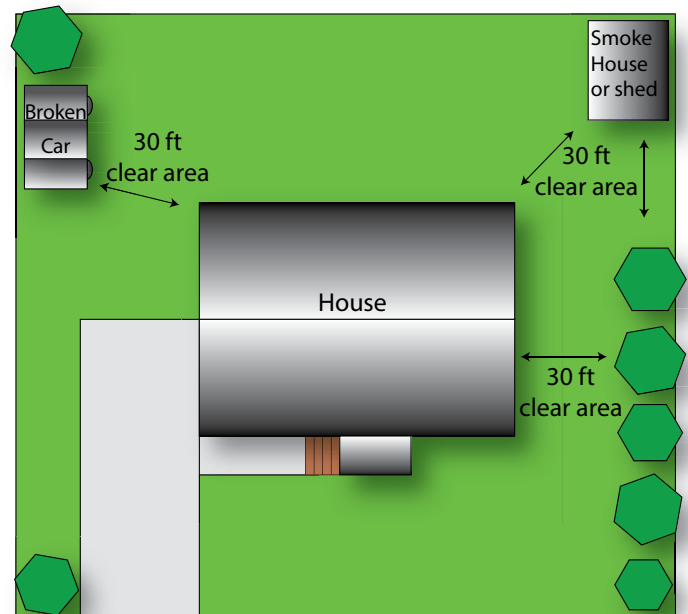
**Outside:** Having a large amount of debris around your house prevents emergency teams such as fire rescue from gaining access. This can create more damage to your home or yourself if you are hurt inside and need help.

**Inside:** If there is a lot of clutter in the inside of your home, it will drastically delay the time that it takes for emergency personnel to get to you, to help, and then to get you out in a safe and timely manner.

**Families** – help your families stay safe; remove the clutter.

Our fire department has fire fighters trained in: incident command, basic fire fighting, live fire, first responders (medical emergencies including AED, spinal boards, etc). They can help you *if they can reach you.*

**REMINDER TO ALL MEMBERS:** if you have a fire, smell gas, see a car accident, etc – **call 911.** Do not wait, do not call friends, do not call security – **DIAL 911 IMMEDIATELY.** Smoke detectors **DO NOT** call 911 for you. 911 will call the emergency teams needed and send them your way.



## BLOCK WATCH

### Community Block Watch Meeting

April 10th at 5:00 p.m.  
in the Band Office

Anyone interested in walking around and keeping an eye on the community is invited to join.

Contact Gena for more details 604-796-2177



## ALERT!

There may be people looking through other peoples property. Some items have gone missing from people yards.

- Lock up your valuables in a safe place.
- Don't stock pile your bottles and cans.
- Don't buy something if you think that there is a chance it could be stolen.

# Band Quarterly meeting

on April 13th

5 p.m.

Dinner

**DOOR  
PRIZES**

**Your invited  
to get involved.**  
*Learn what is going  
on in your  
community!*

Child minding is available for the meeting.

Band members are encouraged to take part in discussion and ask questions ect.

## OPEN HOUSE

April 11th

Annual Open House will be held on April 11, 2012 from 10:00 – 5:00.  
The theme this year is “**Journey to Excellence**”.

This is the opportunity to learn more about the programs and services that are offered in the community. Culinary, Hairstyling, Culture and many more college courses will be on showcase. Communications department will also be offering “Seabird Portraits”. We look forward to seeing you. Door prizes will be available at many booths for a chance to win something and finger foods available throughout the day.



### Energy Saving Tips

All residents of Seabird Island stop by the Energy Manager table at **Open House**. Learn about energy usage with tips on how to **reduce your energy consumption and SAVE MONEY**. If you want help assessing your home energy usage: bring in your hydro bill and questions.

Seabird Administration is seeking suggestions on how our public buildings and facility can reduce energy consumption.

I look forward to talking with you.  
Astley Cooper,  
Seabird Island Band Energy Manager

## \$500 DRAW

**This Draw is OPEN to All Community / Band Members**

Our Sustainable Community Planning team wants to hear your ideas and thoughts on our Community Core Concept Maps. These maps are to be considered as “DRAFT copies” meaning there is room for changes and improvements. Please NOTE Myra Seymour is our sustainable Community Planning Coordinator; please ensure that you contact her to provide your feedback. Contact – 604-796-2177 (may need to be paged) / [myraseymour@seabirdisland.ca](mailto:myraseymour@seabirdisland.ca) / <http://www.facebook.com/Myraseymour> / or leave a message @ 604-491-5053.

We are also teaming up with other Economic Development Projects (ILM/Lands / EMP) If you provide feedback in those areas you will receive more entries into this draw.

*ECONOMIC DEPARTMENT LOOKS FORWARD TO HEARING FROM YOU*



# RECYCLING MATTERS

Recycle Pick Up Is Every Tuesday Please

Have Recycling Out By Roadside By 8AM



*Please Note That It Is Important To Place Recyclables Into The Blue Bag CLEAN As Possible. Recyclables That Are Not Cleaned Get Thrown In the Garbage To Go to Landfill. Please make sure that all recyclables placed out at roadside are clean and tidy this ensures that the recycling material will make it to its destination the RECYCLE PROCESSING PLANT*



*Please Contact Myra Seymour for any questions or comments that you may have for your recycling matters. Please Call Myra Seymour 604-796-2177- ask to page her / email her at [myraseymour@seabirdisland.ca](mailto:myraseymour@seabirdisland.ca) / leave a message at 604-491-5053 or search for Seabird Sustainable Development on Facebook.*

*Every Little Bit Counts Start Out Small .....*

## Track and Field Jamboree



“A group of children and youth enjoyed participating in the Track and Field Jamboree on Saturday March 17. This is part of Aboriginal Sport, Recreation and Physical Activity Partner’s Council programming offered in the Fraser Region, as requested through Fraser Region consultation meetings with sports leaders.

The jamboree was intended to get people introduced to the sport, as it is one of the sports represented at the North American Indigenous Games. The group enjoyed snacks, lunch, and fun games.”



# Seabird Island Transit Survey

## COMPLETE SURVEY TO ENTER \$100.<sup>00</sup> WALMART GIFT CARD PRIZE DRAW\*

BC Transit and the District of Kent are working with Seabird Island to conduct a survey to learn about the demand from residents of Seabird Island and students and employees of the College for extending the Agassiz-Harrison Transit System to include service to and from the Reserve. Results will be used to determine the feasibility of expanding the system to accommodate the demand for alternative transport options.

There are two separate surveys, one specifically for residents and one for students and employees of the College. You can also **pick up a paper of the survey at the Band office** and submit it in the collection box provided.

If you would like to see public transport serve our community, please fill in the relevant survey.

Go here if you are a **student or employee** of Seabird Island College:

<http://app.fluidsurveys.com/surveys/bctransit/seabird-island-survey-student-version/>

Go here if you are a **community member** of Seabird Island:

<http://app.fluidsurveys.com/surveys/bctransit/seabird-island-survey-resident-version-1/>

For full details visit [www.seabirdisland.ca](http://www.seabirdisland.ca)

## Seabird Festival

### May 26<sup>th</sup> - 27<sup>th</sup>

Our 43rd Annual Festival is held on May 26-27, 2012 this year and we are seeking anyone that would like to work in all areas for the weekend. We seek community volunteers to help us run many different areas and without your assistance the event would not be successful.

To all Band Members/ Community members that would like to have a Arts & Craft space during the weekend you need to register with Angie to ensure that you have a space allocated.

To any sports teams that would like to register for Hockey or Soccer please see Angie for a package the deadline this year is May 4, 2012.

## Find us online!

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



Scan this QR Code with your smart phone and it will lead you to the **Seabird Website**. This is an easier way than typing

<http://www.seabirdisland.ca> into your smart phone.

Scan this QR Code with your smart phone and it will lead you to the **Seabird Newsletter on our Website**. This is an easier way than typing

<http://www.seabirdisland.ca/page/news-events>

into your smart phone.



Download an app for your smart phone by searching: QR Scanner Make your own QR code by searching : QR Code Generator

## This Months Mystery Incentive



Count all these graduation caps in this April 2012 issue.



All Seabird Band Members or Community Members who bring in a correct count will

be put into a draw for a chance to **“WIN” a mystery prize.**

**Submissions due:** by 4 p.m. April 10th

**Draw Date:** April 11<sup>th</sup>, 2012

*Note: next time the incentive may be something else placed somewhere else in the Yoo Hoo, it changes every month.*

*Congratulations to Last months winner - Hillary Andrew.*

Name \_\_\_\_\_ Phone #: \_\_\_\_\_

Seabird Address or SIB Status #: \_\_\_\_\_

Count: \_\_\_\_\_



Once spring has sprung, take some time to give your home a check-up along with its annual spring-cleaning. Adding these home maintenance tips to your routine can help your house operate more efficiently.

## OUTSIDE THE HOUSE

### Check The A/C

Give your air-conditioning system a tune-up and cleaning. To help lower your energy bills, do this every year to ensure the system is running efficiently. Also make sure to inspect your system's condensate drain hose. This hose could become clogged with algae and sediment. Use a wet-vac to suction any blockage out from it.

### Roofs And Gutters

The hot summer sun can quickly damage a roof's shingles, so inspect your roof. Clean out the leaves and other debris that have collected in the gutters. Then check to see if they are safely attached and haven't sprung any leaks. Also, make sure that downspouts direct water away from the house's foundation, to prevent a potential basement flood.

### Right The Foundation

For further basement flood protection, inspect the foundation around your house before the spring rains. Look for cracks or imperfections, and seal them or call housing if necessary.



Also look for low areas in the yard near the foundation that might pool water during a heavy rain. Level these yard depressions by filling them with compacted soil. Tend to any other "ponding" areas around the yard, too, because after a hard rain, standing water can develop. These are breeding ground for mosquitoes.

### Clean the Yard

Get rid of anything that will collect water. Make sure buckets are upside down. Dispose of tires. These are all breeding grounds for mosquitoes.

### Seal The Deck

If you have a patio deck, inspect the wood for stains, discolorations, or warping. If you find any, consider resealing the deck. To verify that your old application still works, pour some water onto the dry deck and check to see that it beads up. It is recommended to reseal every year or . Check for any sharp edges, splintered wood, or rotting wood. Also look for rusting nails or any nails that are coming out or weakening their connections. And be sure to check the railings and stairs to make sure they are secure and not wobbly.

### Ready The Soil

Spring is the season to prepare for new growth in your garden. Rake beds of leaves and other leftover winter debris. Use a hoe to churn and loosen the soil, and mix in compost for nutrients. If you'll be planting new seeds, follow the instructions provided on the seed packet for the best results. Lime and over seed your lawn to reduce or help keep the moss and weeds out.

## Waitlist March 2012

### 1 bedroom

1	01102010-023
2	12012011-025
3	28022011-026
4	07282011-2041
5	09212011-2045
6	10212011-2044
7	11232011-2046

### 2 bedroom

1	02222010-2019
2	09082010-2028
3	11172010-2030
4	02282011-2035
5	04142011-2036
6	07082011-2038
7	08052011-2041
8	09212011-2045
9	10202011-2046
10	11012011-2047
11	01042012-2048
12	01142012-2049
13	03152012-2050

### 3 bedroom

1	8142009-3019
2	11252009-3028
3	01012010-3030
4	04212010-3038
5	04212010-3039
6	16112010-3043
7	01032011-3048
8	21032011-3050
9	28032011-3051
10	12052011-3052
11	08282011-3054
12	10202011-2046
13	31102011-3055
14	11012011-2047
15	15112011-2056
16	01032012-3057
17	01042012-3058
18	01052012-3059
19	01032012-3060
20	01062012-3061
21	01242012-3062



Don't know your number? Contact Stacy McNeil to see where you sit on the waitlist!

Or

Review your application receipt letter sent in January

**Note:** If you have outstanding debt to the band you will NOT be placed into a rental unit, as per housing policy.

## INSIDE THE HOUSE

### The Water Heater

Look around the base of your water heater for evidence of leaks. The average lifespan of a water heater is 8-12 years. If your water heater is over 5 years old, it should be checked monthly for any leakage or rusting at the bottom. If water leakage or rust is found, the water heater should be replaced. You may need to drain (prime) your water heater to reduce the sediment buildup in the tank.

### The Basement And Attic

Does your attic or basement smell musty? If you have an attic, check it for leaks from the roof. Inspect the underside of the roof and the insulation closely for any discoloration, deterioration or dirt stains, as the leaking water might have dried up.

Check the basement walls, floor, and trim for water stains or any signs of seepage through the foundation. While you're down there, keep a close eye on your sump pump, making sure it is still in good working order, and has a battery backup in place if necessary. Also make sure the area around the sump pump is clear and clean of debris.





## “ MEET OUR COMMUNITY”



Catherine Hope was born to Elsie Charlie of Yale, on August 1, 1948 in Lytton, BC. For the first five years of her life, Cathy lived in a little log cabin in Spuzzum with her mother and brother Robert. They moved to a small house located beside the railroad tracks along the old Trans Canada Hwy in Yale. Cathy and her siblings, Robert, Peggy, Christina,

Margaret and Joanne lived here with their mom and their grandparents, Patrick and Annie Charlie.

As her grandmother could not speak English, Cathy learned at an early age, to understand the Nlaka’pamux language. Annie would tell Cathy what groceries they needed, and Cathy would translate and go do the shopping.

Cathy attended school in Yale until she reached grade 7 at which time, she had to go to Hope High School. As soon as school was done for the year, they would pack up and move to their fishing camp in the canyon.

The camp was located just down river from the Alexander Bridge. Access included travelling up the logging road, parking on the side of the road and hiking towards the river for about 15 minutes. Imagine this hike with all your summer belongings, as well as weekly groceries! Here, they would preserve their fish: wind dry, salt, and can. The camp was nestled under a canopy of trees and was a home away from home. The camp kitchen had a stove, sink, and cupboards and a campfire. Everyone had their own sleeping areas. There was a little creek that ran just off to the side that provided all the water they needed. The dry rack was located down beside the river surrounded by rocks allowing both the sun and wind full access to the fish. They stayed up here until mid-August when it was time to go out berry picking. They would pack up all their belongings, and preserved fish, and bring it home.

After storing their fish and belongings, the family would travel by train to Hope and then catch the Kettle Valley train up the Coquahalla where they would camp out and harvest

huckleberries. Cathy recalls a lot of other people from other communities camping and gathering huckleberries as well. When they had gathered enough berries, they would return home to preserve them. Labour day weekend marked the annual trip up to Frozen Lake to harvest wild blueberries. This was about a 4-5 hour hike up the mountain behind Yale. Here, many families would gather and camp beside the lake. Cathy remembers leaving home around 8 AM and reaching the lake around 1:00 PM. As soon as they reached the lake, they would have to start picking berries for supper and around 5:00 PM, her Mother would start cooking supper.

The evenings here consisted of storytelling and visiting. The end of the weekend would have the family trekking home to get ready for school Tuesday morning. Cathy remembers enjoying English, Science, Art and Home Economics where learned how to cook and sew.

Cathy married the late Richard Hope on June 19, 1965 in the catholic church here on Seabird Island. They stayed on Seabird Island for a few years and then due to health reasons, moved up to Spuzzum, where they raised their children, Jay, Sally, Jamie, and Rosalie. During these years, they continued to preserve fish, fruit and vegetables.

Cathy moved back to Seabird in 1999 when she started working as a Home Care Aid for the community. She has since completed her Home Support Worker Certificate through the Open Learning University. She continues to preserve fish traditionally as well as fruit and vegetables. She enjoys helping and learning crafts with Evelyn Peters, being an Avon consultant, and spending time with friends and family.

In February 2009, Cathy receive her Nlaka’pamux name: Sqwoqwyc at the Seabird Island Community School. Her message to the community is: to always remember the importance of education, to be kind to others, to be grateful for what you have - don’t be greedy, just take what you need, and don’t be wasteful. Share what you have and what you know, teach your children to be respectful and kind to everyone – don’t be a bully.

## Share your old photos with Seabird

Everybody is invited to bring in your old photos of your family or of Seabird to share them with Seabird.

When these photos are made available we will post one photo per month. This is a fun way to tell our stories, a photo says a million words. Dont let your family be forgotten!

You can keep your originals, we

will scan the photos in and keep the scans on file for our archives.

*Thank you Morris Harris for your submissions.*

You can bring in your photos to Sandy Bobb or call 604-796-6838 for more information.

***We look forward to seeing and learning your history!***



LAWS The Committee continues to work on the Trespass Law, and Dumping Law to be put through during the upcoming months of 2012.

### Steps to Creating a Law

1. Draft review from other First Nations examples
2. Select one (1) from draft review that is appropriate to SIB
3. Law Drafting – staff to assist with initial draft
4. Clause by Clause review with the Committee
5. First Draft – ready for community input
6. Posting of Law – 30 days
7. Community Review – legal review if changes occur
8. Chief and Council Approval
9. Enact the law – Enforcement

Committee has had their ear to the community to get a sense of what is important to membership on protecting and preserving the lands through the laws it will be creating. Look for them soon.



### Current Laws needing Community Feedback:

**Trespassing Law** – with a Summary of the Law

**Anti-Dumping Law** – with the Summary of the Law

**Developmental Law** – being Drafted for Community Feedback

**You can find the Laws along with the Summary of Seabird Lands ~ Facebook or request a copy from the Lands Department.**

**Copies are also available** on the Community Notification Table in the Lobby of the Band Office.

## BC Hydro's - Interior to Lower Mainland Project: Flatiron / Graham Construction

While Seabird continues to negotiate terms of an Impact Benefits Agreement (IBA) with BC Hydro, Seabird is also pursuing other opportunities directly with the Contractor who is awarded the contract to build the ILM.

In the Fall of 2011, BC Hydro awarded the ILM Project contract to FLATIRON / GRAHAM CONSTRUCTION, a joint venture entity. Construction for this project is tentatively scheduled to start in the spring of 2012.

The start of the construction includes Clearing and Grubbing of the Right-Of-Way, and construction of roads; for which Stqó:ya Construction has been awarded a Direct Award Contract by BC Hydro. Along with this work, Flatiron / Graham will need a "Marshalling/Laydown" area to build and house the towers for the project. Seabird Island is among the few selected for such a site, as its location is central and ideal for the project.

Economic Development is working with the Seabird College's Heavy Equipment Operators course to prepare the Marshalling/Laydown Yard for the ILM project. The proposed site for this yard is located near the Gas Bar area, along HWY #7. This site preparation for the project is a start to Seabird Island's vision to expand its commercial / light industrial area. The improvements would bring "added value" to Seabird Island.

Upon completion of the ILM project, Seabird would be left with a highly valued and ready-to-use Light Industrial parcel that would be opportune for other potential business leasing arrangements with the public and or private sectors.

Work as started in the clearing and grubbing stages of this to get ready for the College to take over...





## ~ Jakes Construction and Seabird Island Relationship creating ~ Stqó:ya Construction

Since 2007 Seabird has been involved with discussions on the Interior to Lower Mainland project with BC Hydro, and has discussed ways to be active in the project. It was recommended by BC Hydro that Seabird consider a partner with a company that could assist in developing skills and capacity to do the work and mentor Seabird in managing contract obligations.

Jakes Construction relationship with Seabird Island started back with the major Gravel Extraction from the Fraser River in 2008. Seabird has since been working on various projects with Jakes, and has opened the doors in this relationship to utilize Jakes 20 years of experience of clearing and grubbing work for projects



such as; highways, subdivision developments and utility right-of-ways, forestry road building & Airport improvements.

With the combined resources of the two, Seabird and Jakes have created a

partnership that will provide a variety of work under the name Stqó:ya Construction.

Stqó:ya Construction will now have the capabilities to undertake any and all work required for utility and civil construction projects.



Seabird and Jakes  
will be celebrating the partnership of  
**Stqó:ya Construction with a  
SIGNING CEREMONY**  
mid-month of APRIL...

**Look for your invitation to this  
exciting event in a flyer and on Facebook**

## Environmental Management Plan (EMP)

Under the Seabird Island Land Code, an Environmental Management Plan is required as part of the agreement. With this in place the Economic Development Team has been working with SNC Lavalin on developing this plan. The plan includes various areas on how Seabird will manage any effects on the environment of Seabird Island Lands.

### What the PLAN looks at.

An EMP is a document that states the ways in which Seabird will protect our environment. The Plan considers the following:

- i. Environmental issues/concerns identified (by community; through legislation; by other stakeholders, experts, etc)
- ii. How predicted activities will impact the environment (Construction, Restoration, Operations, etc)
- iii. How Negative impacts to the environment can be minimized or eliminated

The five (5) major points that were brought forward from various meetings with the community have been;

- Maria Slough
- Agricultural Applications on Reserve Lands
- Transmission Lines Right-of-Ways and Infrastructure
- Unauthorized Dumping/Historic Landfills
- Community and Economic Development

We found that the five (5) areas of concern with the community were areas that inter-related

- Water and Land are adversely affected by Agriculture, Unauthorized Dumping
- Water and Land are impacted and will continue to be impacted by development
- Development of Laws should be structured to minimize negative impacts on Water and Land

The Environmental Management Plan looks at all Legislations (laws and regulations) in place with both PROVINCIAL and FEDERAL. With this already in place, Seabird will need to see

where the gaps are and fill them with their own laws to protect and enhance Seabird Lands.





# Calling all gardeners



Seabird's Diabetes Centre of Excellence would like to promote gardening in our community. If you are a gardener, or would like to be, come join us. One idea is to start a system of mentorship so new gardeners can get support from those who know what they're doing. What are your ideas?????

Call me to find out about our first **Gardener's Meeting**. Heather McDonald 604 796 2177, local 5033

## Community Holistic Wellness Program

### April, 2012

Let's find the balance between your physical, psychological, emotional and spiritual health. Come to have lunch and brief relaxation chair massage (optional) and learn something you can do at home to enhance your overall health physically and psychologically.



**When:** April 2<sup>nd</sup>, 2012

**Time:** 11am to 1pm

**Where:** Seabird Island Wellness Center

**What:** Self Care Info session, fitness and nutrition activities, Light lunch and brief relaxation Chair Massage (optional)

**NOTE:**  
**REGISTRATION REQUIRED.**  
**PLEASE PHONE OR TEXT**  
**PEGGY YU AT 604-793-6224**  
**FOR REGISTRATION.**



## LETS'EMÓ:T YOUTH EMPOWERMENT GATHERING

**LOCATION: SQUIALA FIRST NATION HALL**  
45005 SQUIALA ROAD  
CHILLIWACK BC  
APRIL 14, 2012  
9:30 TO 6 ISH



**FASHION DESIGNER**  
**SHO SHO ESQUIRE**



**INEZ JASPER**  
**ENTERTAINMENT**



**MIKE JAMES**  
**TRADITIONAL GAMES**



**DAKOTA HOUSE, ACTOR & SCOTT WARD, HYPNOTIST**



**CHIEF DAVID JIMMIE**



Nlaka'pamux Hub

Please email or fax your registration form to Helena fax: (604)-824-0276 or Julie at Programcoordinator@mifcs.bc.ca or Vanessa at vanessapeters@seabirdisland.ca or Cathy Speth at cspeth@nntc.ca



the **SEABIRD** Island  
**YOO HOO**  
*Because news isn't all bad or boring!*

**Phone:** 604-796-2177  
**Direct:** 604-796-6838  
**Website:** www.seabirdIsland.ca  
**E-mail:** sandrabobb@seabirdIsland.ca

Are you a Seabird Member living off reserve looking for a copy of the Seabird Monthly Newsletter?

Each issue as well as past issues are posted on the Seabird Website: [www.seabirdIsland.ca](http://www.seabirdIsland.ca) or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb; Communications Officer & Graphic Designer, by phone at 604-796-6838 or e-mail sandrabobb@seabirdIsland.ca



**FOR ADVERTISEMENT RATES PLEASE CALL SANDY.** (pre-paid, please)

**SUBMISSION DEADLINES**

**The 20th of each month** or if the 20th lands on a weekend then deadline lands on the Friday before.

**OFFICE HOURS**

Monday - Friday  
8:00 a.m. - 4:00 p.m.

**DELIVERY**

The first (1<sup>st</sup>) of each month

# Aboriginal Health Facts

**Health Indicators:** Aboriginal population compared to general population

- Live on average seven years less
- Have an infant mortality rate between two to four times higher
- Rate of diabetes is triple
- AIDS/HIV deaths are double
- Alcohol related deaths range between 4 and 9 times higher, and drug-induced deaths are two to seven four times higher
- Hospitalization rate and preventable admissions are likewise higher among the Aboriginal population
- The hospitalization rate is 39% higher among Aboriginal men compared to the non-Aboriginal men and even higher among Aboriginal women — 77% higher
- Psychiatric hospitalization rates are 50-100 percent higher
- Hospitalization rate for diabetes is 12 percent higher among Aboriginal men and 150 percent higher for Aboriginal women
- Rate of preventable hospital admissions for Status Indians is three times higher
- Aboriginal utilization of residential care in Vancouver is twice as high

- Utilization rate for home support hours is less than the rate for non-Aboriginals across BC, but the utilization by Aboriginals in the VCH region is more than 70 percent higher than the rate seen among Aboriginals elsewhere in BC.
- It is recognized that improvements in health status of Aboriginal people will depend on improvements in the social determinants of health and not just improvements to health services. On average, the Aboriginal population has levels of employment, income, and educational attainment that are about 80 percent of other British Columbians.

**You can help change this,  
by living a healthy life style.**

**You are in control of your future!**

Contact Seabird Health for ways we can help you achieve your health goals.

Seabird Medical Centre	604-796-2165
Seabird Dental Centre	604-796-6853
Seabird Mobile Diabetes - Sue Falconer	604-796-2177
Seabird Nutrition - Team Val	604-796-2177
Seabird Fitness Centre- Keena McNeil	604-796-2177
Seabird Health Services - Liz Point	604-796-2177
Child & Family Mental Health - Edie Karacsonyi	604-796-2177



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Healthy, Happy, Proud  
PARENTS & TOTS PROGRAM

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PARENTS & TOTS PROGRAM  
IS FUNDRAISING TO GO TO  
THE GREAT WOLF LODGE IN  
THE UP COMING YEAR OF  
2013.  
WE WILL BE CHARGING \$10  
PER TABLE.  
\$.50 ADMISSION

**SKWAH  
HEAD START  
FUNDRAISER  
FLEA  
MARKET**

SKWAH COMMUNITY HALL  
ON WELLINGTON

**9 am-4pm**

**APRIL 1ST**

# Someone So Small



*Every Friday*

Someone So Small is a drop-in program for parents of children Birth to 4 years of age.

Parents and their children will participate in gross motor play, sing songs, play games, parachute play & end each session with a light snack.

Every Friday, 10:00-11:30am  
Seabird Millenium Hall

\*Please see Monthly Calendar  
Call Cheryl or Connie at (604) 796-6860 for more information.



# A-PALS

On Wednesday, March 7th, A-PALS held a fifth session "Oral Tradition". Six Community families participated in the evening, which began with a delicious supper at 4:30 pm at the Mill Hall. Jonnie Williams opened the gathering with a song. Jonnie also read the story, "How the Raven Sole the Sun" in our Halq'emylem language. While children played, parents participated in a circle bringing back memories of the stories heard when very young. Families joined together for various activities to end the wonderful evening.

**Next A-PALS is on Wednesday, April 4, 2012.** Community families who have children aged 3 – 6 years old are encouraged to attend. Staff look forward to seeing you.



## Seabird Island Preschool

The month has flown by with so much learning and fun at the Seabird Island Preschool.

The 4's program has enjoyed visiting Ms. Novak's Kindergarten class each Tuesday morning. They enjoy working on the i-pads in pairs also. On March 27 the children are going bowling with the K class. We hope parents will join us on one of these outings.

Spring has arrived and the children have enjoyed spring break. The weather could be warmer for the tulips in front of the preschool. Kwozel has taken the children on several walks to find various new plants, as the stinging nettles. Seeds Family visits continue at the Preschool and also the reading buddies.

On March 30 the children will participate in the community walk with the Kindergarten class. Parents are welcome to join us.

During the month of April, the 4's will participate in eight swimming lessons at the Hope Rec Center.

The Seabird Island Language Nest full Halq'emylem immersion 3's program continues to strive for the highest

quality with language teachers Malila and Jonnie encouraging the children. The children love to sing, dance, drum, bake, and go for community walks.

During the **Seabird Island Open House**, April 11, staff will have both Preschool Classes visit the event. There will be a **registration list at the Preschool Table for any parents wishing to register their 3 or 4 year old for the 4's Program or the 3's Language Nest Program this Fall – Sept. 2012. Reminder: space is limited!!**





# GOOD THINGS HAPPEN AT SEABIRD ISLAND SCHOOL

1. In Kindergarten - we have just finished a unit exploring sound and action patterns in Mathematics. In these pictures you can see us experimenting with our beats. We've created some exquisite water colour castles after watching Puss in Boots.



2. From now until the end of the year the preschool students will be joining the kindergarten students on Tuesday morning to do some language arts work together. I have booked the ipads for use during this time and we will be doing our Read Well program together to give the 4's an idea of what they will be learning in the big school come fall. We will also be going on some field trips together starting with bowling at the Sunshine Lanes in Hope on March 27th. We are also sending the kindergarten monthly newsletter to the preschoolers each month so that parents will be able to see the kind of work we are doing here at Seabird Kindergarten. Throughout the course of the 3rd term of school we hope to create more opportunities for the preschool children's parents to either join us on a trip or come visit the school with their children.



We anticipate being able to set up a bulletin board in the Band Office displaying the Kindergarten students' work and pictures of the activities that we participate in as part of Seabird Island School.

3. Grade 1 class writing. They are practicing sounding out words while they write them. The kids are making wonderful progress and are showing a lot of courage as they do their best guess spelling.



4. Grade 2/3 class - We are investigating Matter, and we are making ice-cream in a bag on Friday.

5. In Ms. Bogart's grade 2/3 class we finished up our unit on Matter in science and then the whole class made ice-cream. We turned a liquid into a solid. It was a very scientific afternoon.

6. In grade 3 / 4, we're learning about how to take care of our bodies and spirit. How to be healthy: foods should we eat, exercise, get lots of sleep, brush and floss teeth x2 a day, bathe often, work and play, be nice, friendly, respectful, considerate, caring, spend time with nice people, communicate our wants and needs. We are also learning to play basketball.

7. The English 9/10 class continues to work on mastering a variety of paragraphs. We recently worked on Descriptive paragraphs using a variety of different yummy treats as our subject matter for writing. Each student tasted five different treats and described each treat as thoroughly as they could: using their five senses, a taste and flavor descriptive word list, and their imaginations. The students were thoroughly engaged for the entire class period tasting, thinking and writing.

8. High School is having a badminton tournament March 8 and March 21st. It will be a singles tournament, to see who is the best badminton player at the junior (grade 7/8/9) and the Senior (grade 10/11) level.

9. As a result of our extracurricular clubs at the high school, some of the students have noticed a significant weight loss as well have formed a commitment to a healthier lifestyle. They have been talking to their parents and some of them have started walking after school in order to get fitter and healthier.

10. High School Girls go to Revolutionz to learn self-defense Wednesday March 7th

Nine girls from the high school participated in a self-defense class at the Revolutionz gym in Chilliwack, with trainer Darwin. Girls came back from the class saying how much fun they had and how they hoped to go again. We are hoping to book another time for the high school group in April.





## Cultural Connections Course



**Now On - Monday and Thursday evenings from 5 to 8 p.m.**  
at the Cultural Building from now until June 26, 2012

Instructor Evelyn Peters - **Register Now**

Seabird Island Education is pleased to offer another course in the Cultural Connections series. Learn the following First Nation cultural skills at the Cultural Learning Centre:

- Felting
- Tufting
- Weaving
- Making Drums
- Beading
- First Nations Clothing Design & Applique

The instructor is Evelyn Peters who has vast experience in teaching cultural courses both here and across BC. Thanks Evelyn. Register Now at Seabird Education.

***You must be registered to participate.***

Ask us about using this course as a credit towards your B.C. Adult Dogwood.

This course is FREE to all Seabird Island Band Members with funds provided by the Truth and Reconciliation Commission.

## Halq'emeylem classes

**Halq'emeylem classes to begin as soon as participants sign up for the course.**

The course will follow the curricula as stated in the UBC, UBCFV & Nicola U/C catalogs along with a mini pre-linguistic training week-or-two course to make easier the reading of Halq'emeylem in the written form.

Start time and schedule will be designed to facilitate the participants availability and routine.

**Participants will learn functional Halq'emeylem in Halq'emeylem - to speak/ converse in basic Halq'emeylem with a minimal 500 word vocabulary-**

xwela (via) xwelalat (purposeful listening),  
qwelqwalt (purposeful speaking) qe (and) xexeylt (purposeful writing) along with sqwalewelt (purposeful thinking) etc.

**You will learn deep language as well as surface language such as (sl) sqemel- pit house, kikweli, under ground house; dl) sqemel- "sqe" from "sq'o" with, be with and "mel" from "mele" child; so the deep understanding of sqemel is to be together like child/ren...the sqemel was an impregnated earth-with child, while the surface understanding is pit house. Fah-nom-in-ill, eh?!!**

**Did you know that the halq'emeylem word for gossip is qwiqwelats...**

qwi as in queen...qwe as in qwil... and lats as in latch  
so qwi-qwe-latch= qwi → little... qwe → talk... lats → behind (bum) = little talk of the bum! blah blah blah etc ##@+=.

**To register:** call Diane Parkinson @ 604-796-2217

Yalh yuxw kw'a's hoy, siya:ya:elep

## Pipe Laying



**6 Week Course**

Start Date

April 23, 2012 - June 1, 2012

The Program includes:

- Pipe Laying
- Intro to Surveying
- Traffic Control
- First Aid Level 1

For more information please contact  
Dianne Parkinson: 604.796.2177 / Dianneparkinson@seabirdisland.ca



# Gardening - Fun, Healthy Spring Activity

Spring gardening connects exercise, fun, productivity and healthy living all together - especially if you work in a vegetable garden! Planting a garden requires simply a sunny spot in your backyard, a few seeds or seedlings and some good, old-fashioned gumption! You can gain fun, helpful advice from your local nursery or home improvement store. Spring gardening allows you to exercise as you produce something beautiful and to grow healthy produce while having a great time!

**The basics of vegetable gardening:** Sunlight, Water and Healthy Soil.

## Plant Seeds or Seedlings

Buying started plants is definitely easier and takes less work. Follow the planting directions on the tag. They are there for a reason.

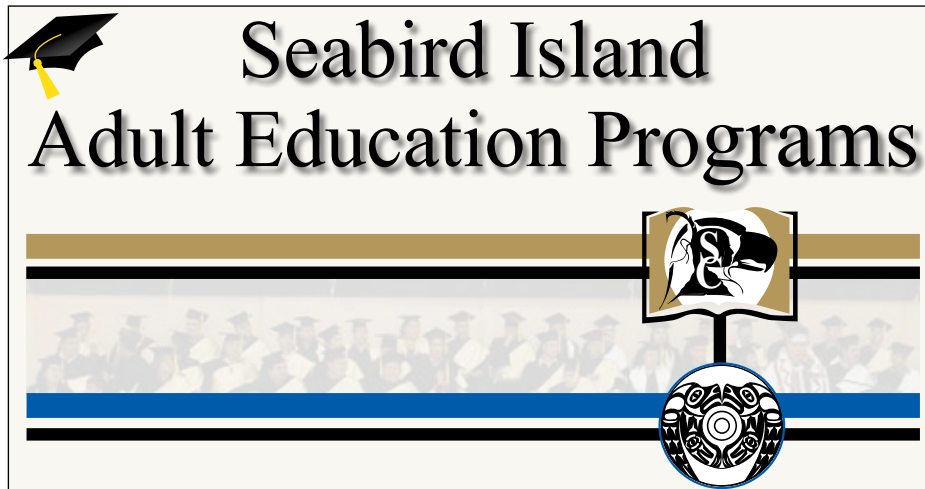
But if you want to save money, seeds are a lot cheaper! Some seeds do well just planted in the garden, like carrots.

## Container Gardens

Container gardening is a great way to grow vegetables if limited with space and time. It involves less planning and you can move the planters around to get the plants in the most favorable growing conditions.

Other positives for container gardening:

- Don't have to worry about weeds
- Less garden pest problems
- Self-watering planters means you can water less
- Great for porches, decks, patios, and balconies
- Easy to control soil health



# Seabird Island Adult Education Programs

## *Proposed Programs for 2012 - 2013*

- Adult Dogwood & Upgrading
- Adult Correctional Officer
- Aboriginal Responsible Adult
- Aboriginal Practical Nursing Program
- Aboriginal Speech and Language Certificate
- Aboriginal Tourism
- Aboriginal Early Childhood Education
- Aboriginal Support Worker Certificate
- Bachelor of Social Work Level 1
- Business Administration and Technology
- Carpentry
- Community Support Worker
- Cultural Courses
- Educational Assistant
- Hair Stylist
- Information Technology
- Iron Worker
- Heavy Equipment Operator
- Janitorial / Custodial Certificate
- Land Clearing
- Plumbing
- Painting & Decorating
- Pipe Laying
- Professional Cook - Level 1
- Power Line Technician
- Traditional Herbal Practices Certificate
- Wall & Ceiling
- Welding

## Dyeing Easter Eggs

### What You Need

- Hard-boiled eggs
- Paper towel or newspaper
- Bowl or cup deep enough to completely submerge an egg
- Tongs, egg dipper, or slotted spoon
- 1/2 cup boiling water
- 1 teaspoon white vinegar
- Liquid food coloring (about 20 drops per color)

1. Start with cool hard-boiled eggs.
2. Protect your counter surface by covering with a sheet of newspaper or paper towel.
3. Fill container with the mixture of water, vinegar, and food coloring. You can do a few different bowls with different colors.
4. Place egg on spoon and dunk, turning occasionally so both sides get color. Keep in liquid for up to 5 minutes, leave in longer for a darker hue.
5. Carefully remove the egg and set aside to dry.



# Higher bill?

## Answers to questions about BC Hydro bills and how new meters will help



*More customers have questions about their BC Hydro bills during the winter months. Here are the most common reasons for why your bill may be higher than you expected and how new meters will help.*

- **Winter:** Cold weather and shorter, darker days can lead to customers using more heating and lighting.
- **Cold weather:** Weather data shows that the 2011/12 winter season has been colder than the previous year. In December, the province was 9 percent colder than last year and in January, parts of the province were as much as 8 percent colder than last year. On average, home heating can account for up to 50 per cent of a household's electricity use so during cold, winter months, bills may be higher.
- **More consumers:** Changes in lifestyle or family situations can affect energy use. This can include a new baby, live-in relatives, new tenants or house guests.
- **Home renovations:** Changes or additions to a home that increase square footage, or add electric heating or heated floors. There could also be additional electricity used during the construction phase.
- **More electronics:** Adding new televisions, computers or electronic devices such as PVRs and video game consoles, or changing out a major appliance.
- **Human error:** BC Hydro's meter reading and billing accuracy is at 99 per cent, however, on rare occasions, meters can be misread. This can lead to over-billing (or under-billing) in one billing period, which is adjusted when the meter is read at the next billing period and a correction or refund is issued.
- **Estimated readings:** On occasion a meter is not manually read and BC Hydro issues an estimated bill based on previous consumption levels and "catches up" in a subsequent meter reading.
- **Equal Payment Plans:** When a customer pays through the Equal Payment Plan, monthly instalments are based on the previous 12 months' consumption. If consumption levels are different than expected, an adjustment is made to the account.

**How will smart meters help reduce the chance of bill surprises?** Smart meters will allow for automated meter reading. This will eliminate inaccurate meter reading and estimated bills. In addition, customers will be able to see if their equalized payments are keeping up with their overall consumption. The new meters will allow customers to access new tools to get insight into their energy consumption. A secure BC Hydro online account will provide access to consumption data that customers can use to find out more about their own energy habits and usage trends.

**Billing facts:** In the winter months, BC Hydro typically experiences almost twice as many calls relating to high bills than during the rest of the year. In the vast majority of cases, BC Hydro is able to establish that higher bills are the result of increased consumption. In 2011, BC Hydro issued 13 million bills.

If a customer has an unusually high bill, they should contact Customer Care at 1-800-BC-Hydro or 604-224-9376. BC Hydro will investigate all complaints.

# Seabird Island Summer Program 2012

## Kweleches (Greetings)!

We are excited to present the 2012 Summer Program.

Our focus this summer is 'Urban Legends.'

We will again work hard to celebrate the closing of our summer at Playland! Our fundraisers are listed on our calendar. Please ensure that your child/ren participates in all of them in order for them to join us without cost at Playland. **REGISTER NOW!**

**Our fees for this year's program are as follows:**

Children in Kindergarten: \$27.50 per day.  
Children in grade 1 & up: \$20.75 per day.  
Please apply for government subsidy.  
For Seabird band and community members: if Government subsidy is denied, please see Stacy or Keena.

Field trip payments are listed on the calendar, and must be paid prior to child/ren's attendance. All field trips will return by 3pm, unless a notice comes home indicating otherwise.

Our program will close at 3pm on Friday's to allow for our staff to have their weekly meeting.

We are open to comments and questions, feel free to contact us!

Thank you and enjoy your summer!

*Seabird Island Summer Program  
Staff 2012*

## July

<b>Enlightenment</b>	Closed Canada Day <sup>2</sup>	In house Carnival <sup>3</sup>	Wildlife Art In house <sup>4</sup>	Ferry Coombe Pool <sup>5</sup>	Bake Sale & Car Wash <sup>6</sup>
<b>Ghost Stories</b>	In house Carnival <sup>9</sup>	Chilliwack Wave Pool <sup>10</sup>	Harrison Festival \$5 <sup>11</sup>	Ferry Coombe Pool <sup>12</sup>	Bake Sale & Car Wash <sup>13</sup>
<b>Evolution</b>	In house Carnival <sup>16</sup>	Build-a-Bear <sup>17</sup>	Movies <sup>18</sup>	Ferry Coombe Pool <sup>19</sup>	Bake Sale & Car Wash <sup>20</sup>
<b>Preservation</b>	In house Carnival <sup>23</sup>	Richmond Watermania <sup>24</sup>	Bridal Falls Waterslides <sup>25</sup>	Ferry Coombe Pool <sup>26</sup>	Bake Sale & Car Wash <sup>27</sup>






## August

<b>Scientifically Wonderful</b>	In house Carnival <sup>30</sup>	Mad Scientist In house <sup>31</sup>	Stanley Park Second Beach Pool <sup>1</sup>	Ferry Coombe Pool <sup>2</sup>	Bake Sale & Car Wash <sup>3</sup>
<b>Heritage</b>	Closed BC Day <sup>6</sup>	Crash Crawlys <sup>7</sup>	Movies <sup>8</sup>	Ferry Coombe Pool <sup>9</sup>	Bake Sale & Car Wash <sup>10</sup>
<b>Futuristic</b>	In house Carnival <sup>13</sup>	Magic Show In house <sup>14</sup>	Bridal Falls Waterslides <sup>15</sup>	Ferry Coombe Pool <sup>16</sup>	<b>PLAYLAND!</b> <sup>17</sup>

**Summer program is coming up! It's time to start applying for subsidy. See Stacy or Keena for subsidy forms.**

*Field trips may be subject to change.. trip prices TBA.*

# April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fitness Center</b> Band Members: FREE/ Community & Staff: \$1 Non-Community: \$30 month or \$2 drop in				
<b>ELDERS FITNESS</b> 10AM-11 AM  <b>OPEN</b> 8AM-4PM; 5:30PM-8PM	<b>OPEN</b> 8AM-4PM; 5:30PM-8PM  <b>YOUTH FITNESS (13-18 YEARS OLD)</b> 3PM-4:30PM	<b>ELDERS FITNESS</b> 10AM-11 AM  <b>OPEN</b> 8AM-4PM; 5:30PM-8PM	<b>OPEN</b> 8AM-4PM; 5:30PM-8PM  <b>YOUTH FITNESS (13-18 YEARS OLD)</b> 3PM-4:30PM	<b>OPEN</b> 8AM-4PM 
<b>Evening Recreation in the Gym</b> Band Members: FREE/ Community & Staff: \$1 Non-Community: \$30 month or \$2 drop in Open at 5:30pm, close at 8pm.				
<b>OPEN SPORTS NIGHT</b> 5:30PM-7:00PM	<b>MENS HOCKEY</b> 5:30PM-7:00PM 	<b>OPEN SPORTS NIGHT</b> 5:30PM-7:00PM 	<b>CO-ED HOCKEY</b> 5:30PM-7:00PM 	<b>CLOSED P.M.</b>

Inspire

Note: To gain access to the fitness center during office hours, see the front desk for a key. **Fitness gym is closed daily from 4pm-5:30pm, closed Friday evenings.**

**Closed April 6th, 9th & 13th.**





# What every parent should know about allergies



By Shandley McMurray

Do allergies affect your life or that of your child or other family members? Here's what you need to know to help prevent and treat allergy symptoms.

An allergy is caused when a person's immune system attacks a harmless substance, such as pollen, animal dander or peanuts. Because your body thinks the particle is dangerous, it releases chemicals such as histamine to protect itself. The result: red, itchy eyes, sneezing, hives or the potentially life-threatening anaphylactic shock.

The most common allergies are divided into two categories—food and non-food. Popular triggers for the former include milk, egg, peanuts, tree nuts, shellfish, fish, soy, corn and wheat. Food allergy is more common in children than in adults, affecting almost 6 percent of children. And the majority of cases happen before a child reaches her first birthday. Approximately 50 percent of five-year-olds suffer from allergies.

Non-food allergy sufferers are mostly allergic to dust mites, furry pets, mold, and the pollens of grass, trees and weeds. Their symptoms can be easily aggravated by inhaled irritants such as cigarette smoke, fragrance, cleaning solutions and fresh paint.

Allergy symptoms range in type and severity and often depend on the child's age. Most children [under five] have relatively mild outdoor allergies. So you may not notice any symptoms. Those older than five may suffer from the itchy, red eyes, a clear, drippy nose and excessive sneezing, chronic cough, recurrent colds, eczema and nightly nasal congestion. Secondary problems may include recurrent middle ear problems, sinus infections and asthma.

Mild symptoms of a food allergy include eczema, stuffy nose, stomach pain, headaches, congestion, irritability, hives, lip

swelling and sore muscles. A severe reaction to a food can be fatal. During this type of attack, numerous areas of the body (i.e. skin, lungs, bowel and heart) are affected within minutes or up to two hours of contact with the substance. The child may experience vomiting, diarrhea, swelling of the mouth and throat and difficulty breathing.

**Is it a cold?** Sometimes it's difficult to determine whether your child has allergies or a recurring cold. If the symptoms persist for more than three months, disturb your child's sleep, decrease her quality of life or interfere with her normal activities, she most likely has allergies.

If you're worried about allergies, ask your doctor to refer you to an **allergist**. Not only does an allergy specialist spend more time to take a detailed medical and family history, but he can also perform blood and skin tests to help locate the specific allergens.

In addition to seeing an allergist, children who suffer from food allergies will benefit from a consultation with a **dietitian**. Not only can they learn about substitutes for the specific food, but the dietitian can also provide them with recipes to help balance their diet.



## Ways to prevent allergies and avoid allergens

One of the most effective ways to prevent allergies is to avoid allergens. Here's how:

### Ground the pet.

- Keep animals out of the bedroom and off the furniture
- If there's a pet in the classroom, speak with school administrators about having it removed

### Beat the dust.

- Throw pillows in the dryer
- Wash sheets in hot water, ideally above 130 degrees Fahrenheit (at least once a week)
- Clean carpets and rugs (including the under pad)

- Use dust mite covers on bedding, mattresses and furniture
- Vacuum regularly (at least once a week) using a vacuum with a HEPA air filter
- Don't sweep – you'll just move dust around the room

### Zap mold.

- Use a dehumidifier in damp areas.
- Turn on the bathroom fan for 15 minutes after a bath or shower.
- Watch out for mold in houseplant soil and planters.

### Eliminate other allergens.

- Clean the furnace filter every two months or more
- Have air ducts cleaned at least every five years
- Don't smoke or let others smoke around your kids

### Put a lid on seasonal allergies.

- Bathe your child before bed to remove pollen from his hair and skin
- Keep windows and doors closed during peak season for your child's specific allergy (eg. pollen in spring)

## Diabetic Session

Thursday April 26th 1030 -1pm

Our topic is **Diabetes and Oral Health Awareness.**

1030 to 1 pm at the Seabird Island Band Community Health Room/ Elders Room.

Health information, luncheon and activity session.

Open to all Diabetics and their care providers.

For more information, please call Val at 604 796-6829 and if you require a ride please call Celeste at 604 796-2177



## New Staff



Jamie McIntyre is a new staff member hired as an "Auntie". Kwiyo:s - home visitor for maternal child program.

## United Nations Declaration on the Rights of Indigenous Peoples

### Article 8

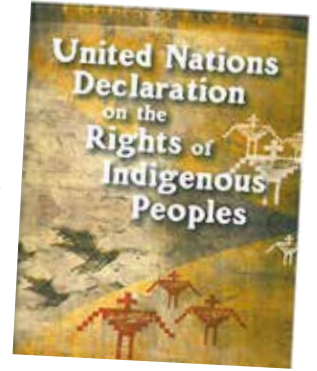
1. Indigenous peoples and individuals have the right not to be subjected to forced assimilation or destruction of their culture.

2. States shall provide effective mechanisms for prevention of, and redress for:

- A) Any action which has the aim or effect of depriving them of their integrity as distinct peoples, or of their cultural values or ethnic identities;
- B) Any action which has the aim or effect of dispossessing them of their lands, territories or resources;
- C) Any form of forced population transfer which has the aim or effect of violating or undermining any of their rights;
- D) Any form of forced assimilation or integration;
- E) Any form of propaganda designed to promote or incite racial or ethnic discrimination directed against them.

### Article 9

Indigenous peoples and individuals have the right to belong to an indigenous community or nation, in accordance with the traditions and customs of the community or nation concerned. No discrimination of any kind may arise from the exercise of such right.



## Healthy Eating Recipe Corner

### Homemade Shake and Bake Mixture

#### Ingredients

4 cups dry bread crumbs or finely crushed crackers  
1/3 cup vegetable oil  
1 tablespoon salt  
1 tablespoon paprika  
1 tablespoon celery salt  
1 teaspoon ground black pepper  
1/2 teaspoon garlic salt  
1/2 teaspoon minced garlic  
1/4 teaspoon minced onion  
1 pinch dried basil leaves  
1 pinch dried parsley  
1 pinch dried oregano



#### Directions

1. In a large re-sealable plastic bag combine the crumbs, oil, salt, paprika, celery salt, pepper, garlic salt, minced garlic, minced onion, basil, parsley and oregano. Seal bag and shake all ingredients together.
2. Toss chicken in olive oil until nicely coated. Then take the chicken out and shake in your shake n bake mixture.
3. Arrange on foil lined baking sheet.
4. Bake at 400 degrees for 50 minutes

*This same recipe can be used for Chicken, Fish or Pork Chops. Save your money, make your own shake n bake.*

# Seabird Island Employment, Training & Social Development

Office: 604-796-6865  
Fax: 604-796-3729  
Toll Free: 1-800-788-0322

2895 Chowat Road  
P.O. Box 650

**272 Client Visits  
in the last  
month!**

## Job Posting Binder

Updated frequently! If you need information or help filling out online applications please come in and ask for assistance.

Also, please come in to the office to update our skills database for the various employment opportunities that come to our centre.



## EMPLOYMENT OPPORTUNITY

Over the next year there will be a huge number of employment opportunities occurring for Seabird Island Band. We recommend coming into the Centre to put together or update your resume for when these opportunities arise. Drop by to update your contact information with us, as well as let us know what your skills and experience are, so when opportunities arise, we can recommend you for the right position.

Opportunities that may be coming up this year are:

- Equipment operators/logging experience/bush clearing/chainsaw/road building/construction/first aid/pesticides/culture knowledge/etc

## SOCIAL ASSISTANCE INFORMATION

May 2012 cheque run will be handed out on Wednesday, April 25, 2012

- \* Renewal Declarations are due March 15th, 2012
- \* Hydro and Fortis are required by all tenants in order to receive your shelter portion to be paid

*Be sure to come into the office on Income Assistance day and enjoy yummy breakfast and lunch treats! ☺*

- \* **Important Reminder:** We only hold cheque's for 4 days, if not picked up after those 4 days; we will **VOID** the cheque then close your file. Then you will have to re apply for the next month if needed.

## Scotts Frozen Meat Package

There is a special frozen meat package, available for all social assistance clients for a cost of \$20.00. This amount would be deducted off your next SA cheque. The package includes: Bacon, Sausages, Chicken Burgers, Hamburgers, a box of Kraft Dinner, and two bags of Bacon & Cheddar smokies.

For more information contact Danielle Peters

## REMINDER!

Remember to book an appointment with Pat Large or Jill Stauber for monthly Action Plans prior to Social Assistance day to avoid waiting in line.

College students are also reminded to bring your monthly student attendance record to your appointment.

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



260+ hard copy production  
60+ e-mail production  
more available for download  
on the Seabird website.

**ADVERTISEMENT RATES**

Advertising for Seabird Departments and Programs are funded through the Seabird Organization Departments.

**ALL OTHER ORGANIZATIONS ARE SUBJECT TO A PRE-PAID ADVERTISEMENT FEE.**

**Flyer Insert** (supplied printed already by client) \$20.00

Advertisement rates (per issue) for organizations:	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$61.25
Full color 1/4 page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale 1/4 page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x3)	\$ 8.00	\$10.00

**Classified Advertisements**  
(non-band member) .40¢ per word  
\$4.00 Minimum

*All fees are not for profit, they all help us produce this newsletter.*

**AGREEMENT**

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.

We reserve the right to revise, edit, classify or reject any advertisement.

**DEADLINES**

Submissions and Advertisement are due by the 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

**OFFICE HOURS**

Monday - Friday 8:00 a.m. - 4:00 p.m.

**DELIVERY**

The first (1<sup>st</sup>) of each month

**Sandy Bobb**

Phone: 604-796-2177  
Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

**Health Comics**



**Field light bookings:**

See Keena to book the field lights for your sports team.

\$2 an hour for band members,  
\$8 an hour for non-band members.

604-796-2177

**YOUTH SUPERCUP**

**August 17-19 2012** Squamish Youth Supercup Squamish Nation Youth Tournament hosted by Squamish Thunder

- Youth Co-ed 13-15 yrs old
- Youth Co-ed 11-12 yrs old
- Youth Co-ed 8-10 yrs old

squamish\_thunder@live.ca

**RAVEN OR BALDEAGLEPROGRAM**

The deadline for the Raven or bold eagle program is April 30, 2012. These are military programs that run in the summer. The youth have to be at least 16 years old. It is an excellent opportunity that earns you great experience and allowance! See Genna for more information.

Kwitslame  
Genna Joseph  
Community Wellness Coordinator  
604 796 2177 cell 799 4485

**Quote of the month**

Grown men can learn from very little children for the hearts of the little children are pure. Therefore, the Great Spirit may show to them many things which older people miss.

*Black Elk*

**Temkwikwexel / April**

**Birthstone:** Diamond

**Birth Flower:** Sweet Pea

**Zodiac:** March 21st - April 19th - Aries  
April 20th - May 20th - Taurus

Temkwikwexel "time for baby sockeye salmon"



**Halq'emeylem Word Search**

s	i	y	ó	l	e	x	w	e	:	t	á	h	u	g
é	í	t	á	:	l	ó	b	l	s	í	s	e	l	e
t	b	:	s	y	e	q	á	:	l	r	t	:	x	a
l	é	t	l	r	y	s	l	é	y	e	s	r	ó	h
'	t	s	:	e	o	s	o	m	é	a	'	e	l	y
a	b	i	o	r	y	í	v	á	t	s	ó	r	h	:
t	é	s	e	a	e	k	e	:	h	u	:	x	e	á
e	k	i	í	c	t	e	a	l	e	x	m	é	m	w
l	w	y	:	d	a	l	:	w	a	r	q	m	i	e
h	i	á	m	é	l	e	a	t	l	í	w	:	l	w
á	y	:	e	k	n	q	o	w	e	e	g	ó	h	x
o	e	m	t	s	h	á	r	e	x	h	é	t	o	h
ó	q	n	h	í	s	q	á	:	q	m	o	s	á	s
k	w	i	y	ó	:	s	í	:	l	e	w	é	h	ó
a	s	p	r	w	q	l	d	h	ó	f	g	z	v	f

**kwiyo:s** - Aunt And Uncle (Respectful Term)

**sqáqele** - Baby

**te alex** - Brother

**the alex** - Sister

**méle** - Child

**yoyetal** - Cousin

**má:l** - Father

**tá:l** - Mother

**í:meth** - Grandchild

**sísele** - Grandmother

**sí:le** - Grandparent

**sts'ó:meqw** - Great Grandparent

**ékwiyeqw** - Great-Great Grandparent

**sétl'atel** - Older Brother, Older Sister

**sqá:q** - Younger Brother Or Sister

**syewá:l** - Ancestors

**stó:méx** - Warrior

**siyólexwe** - Elder

**xólhemilh** - Babysitter

**siyá:m** - Chief, Respected Elder

**shxewá:y** - Parent



# 'Round The Rez

Community Events, Workshops & Outings

## OPTOMETRIST CLINIC

### Dr. Ahmed's Clinic Dates

Apr. 23rd  
May 28th  
June 25th

I am booked for the next 2 clinics, please book well in advance. If there are any clients that may want to be seen, please send me your names, birth dates, status numbers and medical numbers as soon as you can. Thanks Everyone and have a wonderful day.



Any questions or to book an appointment please contact Maggie Pettis 604-796-2177.

## DENTAL CENTER

**Seabird Dental is available Monday - Thursday 8-4:30.**  
Open every 2nd Friday 9-3.

# Tuesday

### WALK-IN PAIN CLINICS

Every Tuesday afternoon from 1 - 4 p.m.  
(first come- first served)

Please come to the Dental desk and register your name and note your dental problem.

\* Patients will be screened & most urgent problems seen first.

\* Seabird Dental is available for STATUS PATIENTS.

**\$\$ Get Rewarded... \$\$ for attending your Dental Appointments ON TIME!**

If you attend your appointment and arrive on time, then your name will go into a monthly draw for a

*\$100.00 Gift Certificate.*

*(Walk-in Clinics do not qualify)*

## AMBULANCE BILLS



Please submit ambulance bills to Maggie Pettis 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

(NHIB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

Contact Maggie Pettis for more information at 604-796-2177

## CATERING & FUND-RAISING

Please contact Angie Chapman to get on the catering/ fund-raising list for this year. You need to fill out an application and submit your food safe certificate. This also includes if you want to book a day to set-up in the foyer to sell items. Any other questions please call Angie at 604-796-6893.

## VOLUNTEERS REQUIRED

Please come and inquire with Angie if you would like to have your name on the listing for helping during band events with set-up, clean-up, cooking, decorating, and child minding... We are always looking for people to help with any functions that we host here in the Band office.

## FREE TUTORING

Free one to one tutoring offered Tues and Thurs from 3:00 - 4:00, by students in the Educational Assistant program at Seabird College. Participants must be committed to attending regularly.

## Alcoholics Anonymous Meeting

Every Tuesday night at 7:00 pm  
Seabird Island Community Hall.

Website for AA in BC:  
<http://www.bcyukonaa.org/>



## SIB ARMY CADETS

Millennium Hall - Tuesdays, 6:30 - 9:30

Training started again on September 6th. Please let interested youths know as this is the perfect time to join.



## GARBAGE SCHEDULE

Regular Garbage: Monday and Thursday



Recycle: Tuesday's

Major Garbage: First Wednesday of each Month

If you need a Bin dropped off for your major spring cleaning. Ask for Art or put in a request in writing.

## BUILDING BOOKING AND MEETING ROOMS

Angie looks after booking the band gym, and all meeting rooms that are located within the band office. You need to fill out forms to do a booking. Any other questions please call Angie Chapman at 604-796-6854. Gina Gibson looks after booking of the Millennium Hall.



Community Members wanting to place a birthday greeting in the next monthly issue. Please contact Sandy Bobb at 604-796-6838 by the 20th.

**Limited:** to a simple "Happy birthday \_\_\_ from \_\_\_." As space is limited Anything more (photos, poems,...) is subject to a small fee!

Happy Birthday John Bobb from Mom, Jim, Sandy, Trevor & Derek.

## COMPOSTING

Did you know that there is a special place at the Cattle farm where you can drop off your composting ?

## OIL DISPOSAL


Did you know you can take your used household and car oil to the Seabird Store to be safely and properly disposed of ?

## BABIES MEDICAL & STATUS CARDS

Apply for Medical Card renewals and Status Cards for babies as soon as possible.

Contact CHR; Maggie  
604-796-2177





the SEABIRD Island

# YOO HOO

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

Reach thousands of potential new clients by Placing your ad here!

Contact Sandy Bobb for your monthly advertising rates.  
**Special Discount Rates Available for Band Members!**

Phone: 604-796-2177      Direct: 604-796-6838  
E-mail: [sandrabobb@seabirdisland.ca](mailto:sandrabobb@seabirdisland.ca)

# OLDEN DAY PORTRAITS WITH A FIRST NATION TWIST at Open House



Join us for a day of fun dressing up and posing in front of a traditional First Nation background.

We will have some First Nation props and outfits available, however if you have a favorite shawl, cedar hat, headband or something old fashioned you would like to

wear for your photo, bring them with you.

Photos will be available for purchase at \$2.<sup>00</sup> per sheet.

Your old fashioned **sepia toned photo** will be available for pick up April 20<sup>th</sup> 2012.

We look forward to seeing you at **Open House, April 11<sup>th</sup>**

# AVEDA EARTHMONTH2012

Join  
**Harrison Hairstyling & Day Spa**  
For  
**Earth Month 2012**

Want to support Clean Water??

- Book an **Appointment For the Earth**, Haircuts by donation, on April 23, 2012 . Minimum Donation \$15. One hundred percent of the proceeds will go to WaterCan in support of clean water.
- Buy a **Light The Way™ Candle** for \$13, featuring a stress relieving aroma with organic French lavender. One hundred percent of the proceeds will go to WaterCan in support of clean water.
- Support us as we walk 6 kilometers, symbolic of the average distance women in developing countries walk each day to collect water for their families. Our walk will take place on April 26th, 2012.

You Can Make a Difference!  
**KIDS NEED CLEAN WATER**

Harrison Hairstyling & Day Spa  
160 B Lillooet Ave , Harrison Hot Springs, BC  
604 796 3636  
www.harrisonhairstyling.com



## Seabird Health Services Accreditation Update



Driving Quality Health Services

### WE WANT TO HEAR FROM YOU!!

Seabird Health is working towards *full* Accreditation. Accreditation is about improving the quality of our health services. Our goal is to meet national standards for excellence in health services.

#### Do you use Seabird's health services?

Let us know how we're doing by cutting on the dotted line below and putting your comments in the Quality Improvement Drop Box in the main Band Office lobby.

#### How are we doing?

I use Seabird's health services: often  rarely  never

Overall services are: poor  adequate  good  excellent

I'd use services more if \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_





## ***Did You Know that...***

People with gum disease are more likely at risk for:

- Heart Disease
- Diabetes
- Stroke
- Low-birth weight in baby's

## ***To stay healthy and keep your teeth strong...***

- Schedule the 1st check-up around the 1st birthday.
- Visit your dentist regularly to avoid problems before hand.
- Limit Sugary foods and drink between meals.
- Brush properly for 3 minutes twice a day.
- Floss once a day to remove food & plaque between teeth.



***These simple steps will help reduce plaque, sugar bugs, cavities and bad breath.***