



## SEABIRD ISLAND FIRST NATION OPERATION'S PLAN WORKSHOP SUMMARY



### Fiscal Year 2012-2013

On January 10th & 11th 2012 Gary Lister developed and facilitated a two day Strategic Planning Workshop that was attended by Seabird's Chief and Council, the Band Manager, the management team, supervisors, and community members.

In the past years this Annual Strategic Planning process was conducted by another facilitator who invited the same participant group. The focus of these workshops was on strategy development for broad base goal themes. Gary was asked to try another approach to help cover some of the gaps in planning that the goal theme approach created. After reviewing 2011 goals and strategies it was apparent that there was good information generated by those that were in attendance last year and that information was included in this years planning process.

The new approach that was used was a department/program, Council, committee, board base goal and strategy development. The two day workshop was conducted in the following manner; Gary started the workshop off by giving a general overview of what strategic planning is. What a goal is and what strategies are. He explained his model on government structure and how planning decisions are made by council and then implemented by management and staff. He reviewed his model Lifeline and Planning Needs that illustrated the role and responsibilities of Council, Staff, parents, and individuals in providing for member's needs over their life-time.

It clearly indicated that not all member's needs are the responsibility of the council or its staff and that the membership must provide many of their needs themselves. This was followed

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## JANUARY'S BAND QUARTERLY MEETING WAS RESCHEDULED DUE TO WEATHER

**The new date is: Friday, February 17, 2012 at 1:00 pm**

We look forward to seeing you there!  
**Thank you, Chief and Council**

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

**PRESCHOOL  
CLOSED  
February 24th**

**SEABIRD GAS  
DISCOUNTS!**

Effective Dec. 23rd, 2011  
Status Card Gas Discount  
is **\$0.16 / litre**

**Thank you, Seabird Gas  
Bar Management**

# Seabird Island Sustainable Community Planning



We Are In Need of More Input From Community Members We Have Compiled Community Feedback Received from 15 Community Sessions and Designed 2 Concept Maps. **We NEED your input in regards to these 2 Community Core Concept Maps**

URBANSYSTEMS.

Seabird Island First Nation  
Community Core Area Plan - Concept 1

Please Contact:  
Myra Seymour:  
Sustainable  
Community /  
Waste Coordinator  
@  
604-819-0298  
Or Contact Us on  
the Seabird  
Sustainable  
Development  
Profile On  
Facebook- Your  
Information  
MATTERS to Us.  
Your Community  
Your Future



URBANSYSTEMS.

Seabird Island First Nation  
Community Core Area Plan - Concept 2

# SEABIRD ISLAND FIRST NATION OPERATION'S PLAN WORKSHOP SUMMARY Continued...

by reviewing the Seabird's Vision Statement, the Organization Chart and the Comprehensive Community Plan.

Seabird Island Vision & Mission Statement was the guiding message in developing the 2012 - 2013 Seabird Island Operation Strategic Plan. The Vision Statement that was used, states the Band exists to promote a healthier, self sufficient, self governing, unified and educated community.

After the planning overview the participants were separated into their respective groups; the Council and the different departments. The community members were invited to join any department group of their choice. Their task was to come up with a list of goals for this year for each of the different departments and programs. The groups then referred to the 2011 goals to see if they were still valid or had been reached as they developed their new list. This exercise took up the remainder of the first day. Council had to review all of the different departments and programs and were unable to complete the task on the first day.

The second day started off with the council completing their goal list for all of the different departments. While council did

this, Gary had a meeting with the participants to provide more information on how Council and management have two distinctive roles in achieving Seabird's annual goals. Gary provided them with information on some of the governance issues that the council was working on to help make this planning process easier in the future.

After the Council had finished their goal list the Council Portfolio holder met with their respective department managers and groups to compare each others goal list and develop a list that was achievable by that department in the coming year. This was a great opportunity for Portfolio holders and Department Managers to work together.

After each department created a final goal list that met the Council's priorities for the up-coming year, the Department Managers were given two weeks to meet with their program staff and come up with the appropriate strategies to achieve the goals that were developed by during the workshop. This new department/program strategy form now becomes the bases for the staff to develop their own annual work plan.

## HEALTH ALERT – Whooping Cough/Pertussis

Hope and surrounding areas have had several cases of Whooping Cough (otherwise known as Pertussis) confirmed.

### WHAT IS WHOOPING COUGH?

Whooping cough starts with mild flu-like symptoms and progresses to a strong and persistent cough. During coughing a whooping sound is made when you inhale.

The best prevention is vaccination, which is given during infancy (2, 4, and 6 months) and childhood (18 months and grades 1 and 9).

Whooping cough usually resolves with appropriate treatment (antibiotics). However, children, especially those under one year of age, are at risk for complications.

### WHAT TO DO IF YOU THINK YOU OR SOMEONE YOU KNOW HAS WHOOPING COUGH.

1. See your doctor if you have a cold or cough
2. Make sure your children are up to date on their immunizations
3. The person with symptoms should stay at home as much as possible. Wear a mask when you are out of the home. Confirmed cases need to stay at home for one week after starting antibiotics.

### WHAT SEABIRD HEALTH IS DOING

**Seabird Island Medical clinic is open every week day from 8 am to 5 pm.**

**VACCINATION CLINICS** are being scheduled for adults, and children who are behind in their immunizations.

**“Cough kits”** will be distributed to all homes on reserve within the next 2 weeks.

All nurses and Community Health Representatives (CHRs) are up to date on monitoring and treatment for whooping cough.

### For more information

Contact your CHR or Nurse or our toll free line 1-800-788-0322

Hope Public Health 604 860 7630

HealthLink BC 8-1-1



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

**PLACE 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

# Why Vaccinate?

**Simply put, vaccines save lives.** You have the power to protect your baby from dangerous illnesses like measles, tetanus and hepatitis. Being a parent is a big responsibility, and the best thing you can do for your child's health is to learn the facts so that you can make the best choices.

Thanks to our nation's successful vaccination program, parents today have been spared witnessing the devastating effects of many diseases. Polio, for example, paralyzed millions of children worldwide before the vaccine was created.

Diseases such as hepatitis, whooping cough and measles can still infect

children that are not protected. In fact, each year the press publishes stories of disease outbreaks in under vaccinated communities. We are currently experiencing the highest whooping cough rates in decades.

<http://www.vaccinateyourbaby.org/why/index.cfm>

**Vaccinations Available at Seabird Health**

## PRACTICAL NURSING FAIR

**Date: February 1, 2012**

**Time: 11:00 a.m.**

Are you interested in becoming a

Practical Nurse? Attend our one day Information Fair at Seabird Island Band Gym to enroll in the Aboriginal Practical Nursing Program being offered at Seabird Island in partnership with Vancouver Career College commencing January 2013.

This is your one stop shop to complete the course requirements and registration process.

- Obtain your school transcripts on site
- Complete VCC registration
- Obtain your RCMP Criminal Record Check
- Discuss different funding options
- Health screening & vaccinations
- Register with Seabird Island College for your upgrading requirements
- Referral for TOWES Assessment

To expedite the process please bring with you any previous education history information; identification; record of immunizations; and copies of any Healthcare Certifications.



**PLEASE SHOW UP AT THE START TIME IN ORDER TO UTILIZE ALL SERVICES THAT ARE AVAILABLE, AS SOME WILL NOT BE THERE ALL DAY.**

# Electronic Recycle

## Return It Centre (AKA Bottle Depot) Has A Drop-Off Electronic Recycle Program Which Is FREE of Charge

*However There Is A Acceptable Items List For The Location In Agassiz*

- ⇒ Personal Computers/ Laptops/ Monitors/Keyboards/ Mice/ Hard Drives/ CPU Cases/ Netbooks / Tablet Computers/Damaged Monitors
- ⇒ CRT Televisions (Older Bulkier Models)/ Flat Screen TV/ Security Monitors/ TV, VCR Combos/ LCD and Plasma TV's
- ⇒ Printers– Ink Jet, Laser, Dot Matrix and Printer Scanner Combos
- ⇒ Photo Printers / Fax Machines/ Computer Scanners.
- ⇒ Cameras, Portable DVD Players, Portable Radio/ Stereo/ Cassette Players/ Discmans/ MP3 Players/ Headphones/ NON Cellular PDA's
- ⇒ Home Stereo's, Speakers, Turn tables and Cable Boxes/ DVD Player/ VCR/ Beta/ PVR's
- ⇒ Clock Radio's/ Non Cellular Phones and Answering Machines.
- ⇒ Vehicle Stereo Speakers and audio Decks
- ⇒ Home Theatre Systems

7659 Industrial Way V0M 1A0  
Hours of Operation– Monday to Saturday  
9am– 6pm  
Closed SUNDAYS (604-796-3653)



## SAFETY TIPS FOR WALKING AT NIGHT

Safety continues to be a priority at Seabird. Read up for tips on how to walk safely at night.

- Walk with others.
- Stay in frequently travelled, well-lit, open areas.
- Walk confidently.
- If you think someone is following you, cross the street and turn to walk in the opposite direction to get a good look at them and then call 911 or go to the nearest place to get help.
- If you are verbally harassed, do not respond; keep walking and get help from either 911, security or a friend.
- Don't get so focused in text messaging or iPod surfing that you forget to look around.
  - use only one headphone so you can hear people and animals approaching from all directions.
- Carry a cell phone and a personal alarm or safety whistle.
- Wear bright and/or reflective clothing. So you can be seen from a distance. If you are calling for help, you want people to see you. You also want cars to see you so you don't get hurt. Even with their lights on, drivers have a hard time making out a black shadow.

## BCIT Waste News - Did you know?

- E-Waste is the term for electronic products nearing the end of its useful life. This includes computers, laptops, phones, televisions, stereos, copiers, printers etc. Many of these products can be reused, refurbished or recycled. Unfortunately, electronic discards is one of the fastest growing segments of our nation's waste stream. It seems that computers are obsolete before they even get out of the box.
- On average office worker prints 12,000 sheets per annum, with 44% shown to be unnecessary.
- 53% of storage has not been accessed in the last 90 days. The cost of supporting a tera byte of on-line storage is more than the purchase price of a tera byte of storage
- IT has the same carbon foot print as the aviation industry!
- The Windows Vista operating system features significant changes to power management.
- Gartner estimates that globally consumers and enterprises dispose of or replace around half a million PCs, 22,000 servers and about 1.5 million mobile phones - every single day of the year!
- 10,000 PCs operating 24/7 consume \$1.4 m per annum in electricity.

# Accreditation

**Seabird Health is on the road to Accreditation.** This means we are dedicated to improving the quality of our services. We are checking the quality of our services against national standards.

Two surveyors from Accreditation Canada were here Jan 23rd, 24th and 25th. They checked out the quality of our Health services. Not surprisingly, they were impressed! Of course, they had several ideas about what we need to do to have excellent services. And, get an Accreditation certification.

Here is an excerpt from their summary: “exceptional processes for providing services...dedicated, long term staff...they go beyond what is called for in client care to ensure the safety and well-being of their community members...to be congratulated for their commitment to excellence.”

They want us to continue with the quality improvement plans we have made so far. This includes four working groups: client safety, staff safety, environmental safety (fire and infection control), and effective organization (risk management and orientation). If you'd like to join one of our 4 groups contact me.

Overall, we need to put more things in writing. We also need to track events and outcomes better. We will continue this work over the next two years. Then we'll have another survey (January 2014).



**ACCREDITATION CANADA**  
**AGRÉMENT CANADA**  
**INTERNATIONAL**

*Driving Quality Health Services*  
*Force motrice de la qualité des services de santé*

Thanks to all the Seabird Health staff and Seabird Island Band Managers for their hard work and dedication.

For more information, contact me, Heather McDonald, 604-796-2177 local 5033, [heathermcdonald@seabirdisland.ca](mailto:heathermcdonald@seabirdisland.ca)

## Healthy Eating Tips

- Lunch on a whole-wheat wrap filled with roasted vegetables.
- Instead of chips, dip crunchy veggies into some low-fat salad dressing.
- Throw some veggie kabobs on the grill.
- Keep a stash of pre-cut veggies on hand for snacks and meals.

## Want Help with Diabetes?

Seabird Health wants to help you live well with Diabetes. Life with Diabetes can be OK! But it can also make you really sick.

### We can help with:

Meals, foot care, education, support groups, active living, stress management, problem solving and much more.

### People who can help are:

Diabetes nurses, a lifestyle coach, CHRs, and physicians. We can connect you to other programs and services to.

### Everyone is Welcome!

To make an appointment talk to your CHR or Nurse or see Kristi at the Seabird Health Medical Clinic. Together we can live well with diabetes.



## 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



# PACIFIC COAST AMATEUR HOCKEY ASSOCIATION

CENTRAL OFFICE: #114 - 3993 HENNING DRIVE, BURNABY, B.C. V5C 6P7  
TELEPHONE 604-205-9011. FAX 604-205-9016. WEB SITE <http://www.pcaha.bc.ca>

SERVING AMATEUR HOCKEY IN THE LOWER MAINLAND SINCE 1941

## NEWS RELEASE

FOR IMMEDIATE RELEASE

January 23, 2012.

### **Bodychecking Decision for Lower Mainland "C" Hockey**

Pacific Coast Amateur Hockey Association announced the results of an extraordinary general meeting held Sunday, January 22, 2012, to consider the extent to which bodychecking should be permitted in Minor Hockey.

Delegates representing the 42 PCAHA-member Minor Hockey Associations voted 123-39 in favour of eliminating bodychecking at "C" hockey levels, effective the 2012-2013 season.

Delegates also voted to support a resolution at BC Hockey's June annual meeting eliminating bodychecking at the PeeWee "A" level.

Hockey Canada prohibits bodychecking below PeeWee age level (11-12 years old) and in Female Hockey. Various provincial and local jurisdictions further restrict bodychecking at other age or competitive levels. Concerns about hockey injuries, in particular head injuries and concussions, have led to discussions at the national, provincial, and regional levels about the appropriate age to introduce bodychecking skills and whether bodychecking is a necessary component at recreational or "C" levels. Up to this point, PCAHA has attempted to offer both checking and non-checking leagues at recreational levels (PeeWee "C", Bantam "C", Midget "C", and Juvenile "C").

In October, 2011, PCAHA Association Presidents requested a review of issues related to bodychecking, including injury rates. A committee undertook this task and prepared a summary report, which was circulated in early December.

"I was impressed with how our member Associations dealt with this matter, and the seriousness and concern shown by the Associations delegates," said Vanna Achtem, PCAHA President. "They reviewed the committee report, consulted with their members, and focused on player safety and injury reduction."

The changes adopted Sunday will take effect in the 2012-2013 season, which commences in August/September.

Pacific Coast Amateur Hockey Association is the governing regional Association for Minor Hockey in the Lower Mainland District of BC Hockey. Approximately 20,300 players aged 5-20 participate in Minor Hockey with the PCAHA's 42 member Minor Hockey Associations.

For further information, please contact the PCAHA Office at 604-205-9011 or [info@pcaha.bc.ca](mailto:info@pcaha.bc.ca).

# Housing

## Waitlist February 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

### 3-4 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	01062012-3060
20	01062012-3061

Housing is excited to see through inspections and other, that so many of our tenants are taking great care of their homes! Some have even taken it upon themselves to do some repairs/renovations/maintenance on their own at their own cost!

If you are interested in finding out more on how to do this on your own, please contact Dwayne McNeil for approval.

Thank you and we hope you had a wonderful New Year!



## 3RD ANNUAL ENGAGING THE ELDERS SESSION

for the following communities Skwah, Soowahlie, Sqewlets, Sts'ailes, Seabird, Chawathil, Union Bar, Kwaw kwaw aplit, Cheam, Kwantlen and Shxw'ow'hamel to attend.

*MOVING FORWARD IN TAKING OVER OUR OWN HEALTH SERVICES*



- LOTS OF DOOR PRIZES AND GIFT CERTIFICATES
- BINGO CERTIFICATES
- SNACK AND LUNCH PROVIDED

### Guest Speakers:

Elder King & Queen, Roger Andrew & Audrey Kelly  
 First Nations Health Directors Association, Virginia Peters (tentative)  
 First Nations Health Council, James George  
 Fraser Health, Ashley Collins (Elders fall and injury prevention)

**February 14, 2012**

**12 noon-4pm**

**Skwah First Nation Hall**



For further information and/or to register please contact Vanessa Peters @ 604-796-6846 or Email to [vanessapeters@seabirdisland.ca](mailto:vanessapeters@seabirdisland.ca)



# Winter Preparedness

We were recently hit by a big blizzard with arctic air blowing making the wind chill -40 in some places, many of us were snowed in. However this is only the beginning of our winter weather. If you found you needed stuff for the last set of storms or have used up all your emergency supplies this is a great time to restock and prepare for the rest of our winter weather that is still to come. Every family should be prepared to face destructive cold, storms and flooding, every home should have a Disaster Supply Kit.



## A DISASTER SUPPLY KIT SHOULD CONTAIN:

- Water - at least 1 gallon daily per person for 3 to 7 days
- Food - at least enough for 3 to 7 days
  - Non-perishable packaged or canned food / juices, foods for infants or the elderly, snack foods, non-electric can opener, cooking utensils / fuel, paper plates, plastic utensils
- Blankets / Pillows, etc.
- Clothing - seasonal, rain gear, sturdy shoes
- Medical supplies - first aid kit, medicines, prescription drugs
- Special Items - for infants and the elderly
- Toiletries - hygiene items
- Moisture wipes
- Flashlight - extra batteries
- Radio - battery-operated
- Cash - (Banks and ATMs may not be open or available for extended periods.)
- Important documents - in a waterproof container Insurance, medical records, bank account numbers, social security card, etc
- Keys
- Toys, books and games
- Tools - keep a set with you during the storm
- Pet care items
  - Proper identification, immunization records, ample supply of food and water, a carrier or cage, medications, muzzle and leash.
- Prepare for possible isolation in your home for several days:
  - Make sure you have sufficient heating fuel. .
  - Have emergency heating equipment (wood burning or gas fireplaces, or space heaters) and ample fuel so you can keep at least one room of your house warm. Always ensure proper ventilation to avoid carbon monoxide poisoning. **NEVER use an outdoor grill to heat your home or to cook food indoors.**
  - Keep fire extinguishers on hand and make sure your family knows how to use them.
- Vehicle fuel tanks filled
- Winterize your vehicle
  - Check your wipers, tires, lights and fluid levels regularly. Make sure the brakes and transmission are working properly. Lubricate door and trunk locks to prevent them from freezing.
  - Prepare a Winter Storm Survival Kit and carry it in your vehicle. (If you get stuck, be prepared to have to walk for help or to be stuck in your cold vehicle for several hours).

## WHEN AT HOME:

- Stay indoors in a heated room as much as possible.
- Hang blankets over windows at night, but let the sun shine in during the day. Cover cracks around doors with rugs, newspapers, towels or other such material.
- When using alternative heat from a fireplace, wood stove, space heater, etc., Use safeguards and ensure proper ventilation to avoid carbon monoxide poisoning.
- Refuel kerosene heaters outside and keep them at least three feet away from flammable objects.
- If you have no heat, close off unneeded rooms and place towels or rags under the doors.
- If your water pipes freeze:
  - Shut off water at the main source. This can minimize the damage to your home and cherished belongings.
  - Call a plumber and contact the band office and your insurance agent.
  - Never try to thaw a frozen pipe with an open flame or torch
  - Always be careful of the potential for electric shock in and around standing water.

## OUTSIDE:

- **Avoid overexertion**, such as shoveling heavy snow, pushing a car or walking in deep snow. **The strain from the cold and the hard labor of snow shoveling could cause a heart attack at any age - a major cause of death in the winter. Don't ignore chest pain or tightness in your chest.**
- Wear loose fitting, lightweight, warm clothing in several layers (the trapped air between the layers insulates). Layers can be removed to avoid perspiration and subsequent chill.
- Wear outer garments that are tightly woven, water repellent and hooded.
- Wear a hat (half of body heat is lost through the top of the head).
- Wear mittens that are snug at the wrist. Mittens offer better protection. Gloves allow your fingers to cool much faster than mittens do.
- Cover the mouth and nose with scarves to help protect lungs from cold air.
- Attempt to keep your feet as dry as possible. Wear wool socks and winter boots.

## To Be Acknowledged

The following people are to be acknowledged for working in very difficult circumstances with the past extreme weather. These people worked outside to get services to our community. They shoveled driveways, salted and sanded roads, fixed broken pipes, did medical treatments, and vaccinations. We would also like to thank all those people who worked from home and worked by our amazing remote desktop to keep programs and services flowing...

- |                     |                    |                    |
|---------------------|--------------------|--------------------|
| 1. Art Andrew       | 11. Dustin Charlie | 21. Boone Harry    |
| 2. Liz Point        | 12. Gary Thompson  | 22. Robert Billy   |
| 3. Dann Swann       | 13. Earl Louis Jr. | 23. Danny Herrling |
| 4. El-lea Sam       | 14. Pete Andrew    | 24. David Silver   |
| 5. Danielle Gabriel | 15. Paul Pettis    | 25. Jay Hope       |
| 6. Angie Chapman    | 16. Artie Andrew   | 26. Paris Peters   |
| 7. Cathy Hope       | 17. Bryson Peters  | 27. Celeste Bobb   |
| 8. Edie Karacsonyi  | 18. Mike Joe       |                    |
| 9. Maxine Stump     | 19. Bobby Harris   |                    |
| 10. Maggie Pettis   | 20. Ernest Harry   |                    |

# Someone So Small



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.



## RCMP Info Session

Aboriginal Policing Services

**DATE:** February 23, 2012

**START TIME:** 10:00 am - 2:00 pm.

**LOCATION:** Seabird Island Band Gym



Make a Difference. Start Today.  
Contact CPL Dee STEWART Aboriginal Recruiting  
(604) 992-3913



## ABORIGINAL PRE-CADET TRAINING PROGRAM

The Aboriginal Pre-Cadet Training Program (APTP) offers Canadian Aboriginal people aged 19 – 29 the opportunity to experience daily police work with the RCMP. This 17 week summer program provides candidates with hands-on experience in the RCMP's training program, and a unique opportunity to work in their community with police officers of the RCMP.

APTP candidates attend a three week training session at the RCMP Training Academy (Depot) in Regina, beginning in May. The training includes collaborative problem-solving skills, law enforcement, public speaking and cultural diversity. Elements of physical fitness and drill which promote team work and provide candidates with long-term strategies to meet their personal fitness goals are incorporated into the training.

After successful completion of the APTP course, candidates are posted to an RCMP detachment in or near their home community where they will work with police officers for 14 weeks. Activities and duties vary depending on the need of the detachment and will include crime prevention and community policing initiatives.

### BASIC REQUIREMENTS TO APPLY

- Be between 19 - 29 years of age
- Be of First Nation, Metis or Inuit descent
- Be a Canadian citizen
- Be of good character
- Be able to pass an enhanced reliability security check
- Be in good physical condition
- Possess a Canadian secondary school (high school) diploma or equivalent
- Possess and maintain a valid, unrestricted Canadian driver's licence

[RCMPCAREERS.CA](http://RCMPCAREERS.CA)

### NOW ACCEPTING APPLICATIONS FOR THE 2012 SESSION!

The 2012 APTP session runs **from May to August, 2012**. Positions are limited to 32 candidates.

Apply early so you don't miss out on discovering a career nowhere near ordinary. **Deadline for application is January 31st, 2012.**



For more information on this program, contact your local recruiting office or visit: [www.rcmpcareers.ca](http://www.rcmpcareers.ca)

# Land Use Planning

**Land Use Planning** ~ ...is to further the well-being of people and their community by creating...suitable,... fair,... healthy,... well-organized, and ... attractive environments for present and future generations.

During the month of January, the Lands department started compiling the information gathered from the Survey that started off the Land Use Planning process. Although previous surveys have collected the same information throughout the years, their information will also be considered in the process to start moving forward.

Meetings with the community, families, and one-on-ones will continue into the

next few months. This exciting step is helpful in deciding where, what, and how the future will look for grandchildren, and great-great grandchildren.

Some of the information will also be coinciding with Sustainable Community Plan (formerly known as Comprehensive Community Plan-CCP) Core Planning that is being championed by Myra Seymour.

The Lands Department looks forward to your continued involvement with input of any sort such as concerns, suggestions, or even shared stories..... Helping in taking control of your lands!!!



## Laws

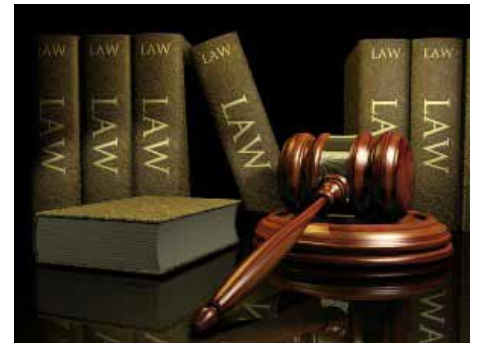
The Committee continues to work on the Trespass Law, and Dumping Law to be put through during the upcoming months of 2012.

### 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.



**Seabird Island would like to send a HUGE THANK YOU to Jakes Construction for helping the community with clearing the roads during a hard and trying week.**

**THANK YOU JAKES**

## 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.



## ~ 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 and 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.

We are looking for any members who are interested in work to send in a resume to Kimberley Lessard, Brian Jones or Alexis Roper ... or come in and talk to us for more details.

### A list of some GENERAL JOBS coming:

- Traffic Control
- Labourer
- Heavy Equipment Operator
- Fallers
- Truck Driver
- Pipe Layer
- Grade Operator



# Seabird Island Lands Advisory Committee

Chief & Council are pleased to announce that the effective date for the Seabird Island Land Code was September 1, 2009.

**The term for two (2) committee positions have become vacant.  
The terms of these positions are for four (4) years.**

---

Any eligible voter may apply to become a member of the Seabird Island Land Advisory Committee. Applications should include a Covering Letter, Resume and References and must be received before **March 1, 2012**.

This Advisory Committee *shall provide advice and recommendations to Council* regarding Land Use and Proposed Developments.

**For more information please contact:**

Brian Jones – 604-796-6835 [brianjones@seabirdisland.ca](mailto:brianjones@seabirdisland.ca)  
Kimberley Lessard - 604-796-2177 [kimlessard@seabirdisland.ca](mailto:kimlessard@seabirdisland.ca)

## Seabird Island Development Corporation ~ Board of Directors Seabird Island Development Corporation ~ Board of Directors

Chief and Council are pleased to announce the implementation of the inaugural Development Corporation Board of Directors.

The Board will be responsible for the selection of future business opportunities for Seabird Island.

Seabird Island is looking for two (2) qualified and experienced Seabird Island Members to be a part of this exciting new Board of Directors.

Applications should include a Covering Letter, Resume and References and must be received before **March 1, 2012**.

The Board Members will consist of:

- Members from Chief and Council
- Seabird Island Members
- Corporate Business professionals



**For more information please contact:**

**Brian Jones** –604-796-6835 [brianjones@seabirdisland.ca](mailto:brianjones@seabirdisland.ca)  
**Kimberley Lessard** -604-796-2177 [kimlessard@seabirdisland.ca](mailto:kimlessard@seabirdisland.ca)

# Know the signs of Crystal Meth to SAVE yourself or someone close to you!

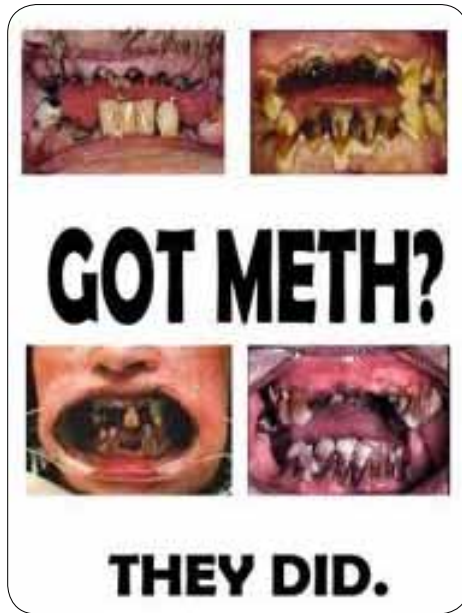
**Crystal meth** - also referred to as ice, crystal, glass, tweak, Tina and Jib

## Meth Effects - Side Effects of using Crystal Meth

Convulsions, dangerously high body temperature, stroke, cardiac arrhythmia, stomach cramps, and shaking. Continued abuse can lead to psychotic behavior including intense paranoia, visual and seeing things that are not there and out of control rages. Chronic users develop sores on their bodies from scratching imaginary bugs crawling on or under the skin. Long-term use may result in anxiety, insomnia and addiction. After methamphetamine use is stopped, several withdrawal symptoms can occur, including depression, anxiety, fatigue, paranoia, aggression and an intense craving for the drug. Meth use can cause severe gum damage and their related dental problems, known as **meth mouth**.

## Meth Effects - Cardiovascular problems

Methamphetamine use causes increased heart rate and blood pressure. These include rapid heart rate, irregular heartbeat, increased blood pressure, and irreversible, stroke-producing damage to small blood vessels in the brain. Chronic methamphetamine abuse can result in inflammation of the heart lining. Methamphetamine can cause a variety of cardiovascular problems including heart attacks, cardiovascular collapse and death.



## Meth Effects - Physiological effects of Crystal meth

Short-term physiological effects include decreased appetite, increased stamina and physical energy, increased sexual drive and response, involuntary body movements, increased perspiration, hyperactivity, jitteriness, nausea, itchy, blotchy greasy skin, increased heart rate, irregular heart rate, increased blood pressure, and headaches. Long-term abuse or overdose effects can include tremor, restlessness, changed sleep patterns, poor skin condition, gastrointestinal narrowing and weakened immune system even **DEATH**. Fatigue and depression can follow the excitement stage.

**Results from prolonged use can include Erectile dysfunction**, heart problems, stroke, and liver, kidney and lung damage. If snorted,

crystal methamphetamine leads to a deterioration of the lining of the nostrils.

## Meth Effects - Psychological effects of Methamphetamine

Short-term psychological effects can include alertness, euphoria, increased concentration, rapid talking, increased confidence, increased social responsiveness, eye wiggles, hallucinations and loss of REM sleep the night. **Long-term psychological effects can include** insomnia, mental states resembling schizophrenia, aggressiveness and dependence with accompanying withdrawal symptoms, irritability, confusion and panic. Chronic use can lead to psychosis, causing delusions and paranoia. Methamphetamine is psychologically addictive and tolerance develops very quickly. Withdrawal is an unpleasant experience. This commonly leads chronic users to re-dose frequently. **So it is always better to not start in the first place, SAY NO TO DRUGS!**

Reference: <http://www.crystalmeth-addiction.net/meth-effects-and-symptoms-of-using-crystal-meth>

## NEED HELP?

**Seabird Drug and Alcohol Counsellors are here to help.**  
Contact Edie Karacsonyi, Tillie Charlie or Peggy Yu  
at 604-796-2177



**Phone:** 604-796-2177  
**Direct:** 604-796-6838  
**Website:** [www.seabirdIsland.ca](http://www.seabirdIsland.ca)  
**E-mail:** [sandrabobb@seabirdIsland.ca](mailto: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](mailto: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

## Seabirds Blog & Calendar on the Website

### Looking to stay up to date on Seabird Island's news between Yoo Hoo's?

Use the Seabird Island Blog! Our new blog offers daily updates regarding events, meetings, career opportunities, service updates, and announcements to keep you in the loop. You can also subscribe to our RSS feed on your smart phone or other device.

To view our blog:  
<http://www.seabirdisland.ca/blog>

### Just looking to find out when events are scheduled?

Use Seabird Island's online calendar.

To view our calendar:  
<http://www.seabirdisland.ca/page/news-events>

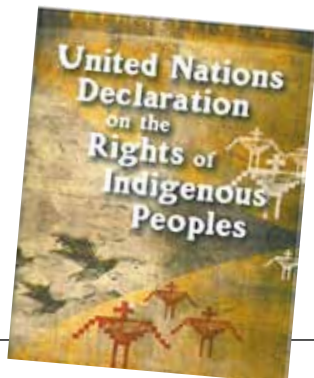
## United Nations Declaration on the Rights of Indigenous Peoples

### Article 4

Indigenous peoples, in exercising their right to self determination, have the right to autonomy or self government in matters relating to their internal and local affairs, as well as ways and means for financing their autonomous functions.

### Article 5

Indigenous peoples have the right to maintain and strengthen their distinct political, legal, economic, social and cultural institutions, while retaining their right to participate fully, if they so choose, in the political, economic, social and cultural life of the state.



## PARENTING WORKSHOPS Seabird Island Band

### MORNING AND EVENING WORKSHOPS

#### DATES & TIMES:

*Feb 6/12 @ 10 am*

*Feb 20/12 @ 10 am*

*Feb 14/12 @ 5:30 pm*

*Feb 28/12 @ 5:30 pm*

#### WHERE:

*Community Health room, Seabird band office*



Honoring our children  
ourselves and others.

We have an effect on  
the next seven  
generations.

*Donna Watson*  
*Family  
Development  
Worker*

*Phone: 604-796-2177  
Direct: 604-796-6863*

### JOIN US FOR FAMILY DAY FEB. 20, 2012 AT SEABIRD ISLAND BAND • DINNER @ 5 PM ACTIVITIES & PRIZES



For more information call Donna Watson, Family Development Worker, (604) 796-2177



the SEABIRD Island

**YOO HOO**

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

Are you a Seabird Member living off reserve?  
Feeling left out of the loop?

**Want to receive the Seabird Monthly Newsletter?**

Contact Sandy Bobb to apply to receive your monthly issue by mail or e-mail.

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



## Nutrition and Fitness

January has been a month of “getting to know you” and beginning our programs. We know that many of you have goals for a healthier 2012.

**February is Heart Healthy Month and the Vals have lots to offer for a healthier heart!**

### SCHEDULE:

**February 2<sup>nd</sup>: Seabird** Diabetic Session for all Diabetics and their family members. (8:30 am – 1:00 pm) It will be a Lab Day so come fasting and get your blood work done. We will provide a light breakfast; have an info session, lunch and an activity.

**February 3<sup>rd</sup>: Skwah** Diabetic day with foot care

**February 8<sup>th</sup>: Seabird** Pre and post

**February 8<sup>th</sup>: Scowlitz** Community Kitchen

**February 9<sup>th</sup>:** Pre & Post Natal session (11:00-1:00)

**February 9<sup>th</sup>: Skwah** Pre and post

**February 14<sup>th</sup>: Skwah** Community kitchen

**February 15<sup>th</sup>: Seabird** Staff Health Series #2 (11:30 – 1:00)

Topic: Food that your Heart will Love!

**February 15<sup>th</sup>: Seabird** Community Kitchen

**February 16<sup>th</sup>: Shxw ow hamel** Community Kitchen

**February 21<sup>st</sup>: Skwah** Diabetic Day

**February 22<sup>nd</sup>: Cheam** Diabetic day

**February 23<sup>rd</sup>: Seabird** Diabetic Session - Positive Changes Series (10:30 – 1:00)

Don't forget that your heart needs regular exercise pick from our **Regularly Scheduled Fitness Activities:**

**Walk / Run Program:** Mon/Wed/Fri @ 12:00 & 4:00 (meet in the Foyer)

**Core Work Out:** Tues/Thurs @ 7:40-8:00 am (Gym)

**Elder's Fitness:** Mon/Wed/Fri @ 9:00-10:00 am (Fitness Center)

**Youth Fitness:** Tues/Thurs @ 3:00-4:30 (Fitness Center)

## Healthy Eating Recipe Corner

### Mushroom-Brown Rice Risotto

Yield: Serves 4 (serving size: about 1 3/4 cups)

Total: 1 Hour, 6 Minutes

#### Ingredients

- 1 1/2 teaspoons kosher salt, divided
- 1 cup short-grain brown rice
- 1/2 cup dried porcini mushrooms (about 1/2 ounce)
- 3 cups hot water
- 2 tablespoons olive oil, divided
- 1 pound button or cremini mushrooms, sliced
- 3 cups (1-inch) cut green beans
- 1/2 teaspoon black pepper, divided
- 1/2 cup chopped shallots
- 1/2 cup white wine
- 2 ounces Parmigiano-Reggiano cheese, grated (about 1/2 cup)
- 1/4 cup chopped fresh flat-leaf parsley
- 2 teaspoons chopped fresh thyme

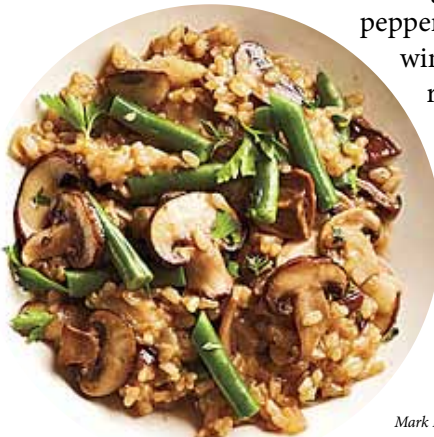
#### Preparation

1. Bring a medium saucepan of water to a boil, and add 1 teaspoon salt. Stir in rice; reduce heat, and simmer for 15 minutes (rice will not be done). Drain. Set aside.

2. Place porcini in a medium bowl; add 3 cups hot water. Let stand 15 minutes. Drain through a sieve over a bowl; reserve liquid. Chop porcini.

3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add sliced fresh mushrooms; sauté for 8 minutes or until moisture evaporates and mushrooms begin to brown, stirring occasionally. Stir in reserved porcini, green beans, 1/4 teaspoon salt, and 1/4 teaspoon black pepper; cook for 2 minutes or until the green beans are crisp-tender. Place mushroom mixture in a large bowl; keep warm.

4. Return pan to medium-high heat; add remaining 1 tablespoon oil. Add shallots, and sauté 4 minutes or until tender. Add rice; cook for 2 minutes, stirring occasionally. Stir in remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Stir in wine; cook 2 minutes or until the wine evaporates, stirring constantly. Add 1/2 cup reserved mushroom liquid to rice mixture; cook 3 minutes or until the liquid is nearly absorbed, stirring constantly. Stir in remaining mushroom liquid, 1/2 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 30 minutes total). Stir in mushroom mixture, Parmigiano-Reggiano, and parsley; sprinkle with thyme. Serve immediately.



Mark Bittman, Cooking Light

# AESS – ABORIGINAL MENTOR PROGRAM

I would like to introduce myself to you as I am the new Aboriginal Mentor for Hope Area Transition Society and I will be working at Agassiz Elementary Secondary School. I will be in the school 8 am to 3:30 pm each day except for Wednesday's when I will be in Hope at the H.A.T.S office for administrative work.

Are you wondering what is an Aboriginal Mentor and what do they do? Well I will give you a little bit of information in regards to my position.

## Research shows Monitoring:

- Increases Self Esteem
- Increases academic success
- Increases school attendance
- Reduces the risk that students will abuse drugs and alcohol
- Reduces missed classes
- Increased connection to the community

## Who needs a Mentor?

All young people can benefit from positive role models. Monitoring provides social and emotional support to First Nation students within the school. Many challenges are faced by our young people and mentorship can make a difference.

Aboriginal Mentors in school provide a safe, positive outlet for young people to openly express what they are thinking or going through and offers suggestions and tools for meeting the challenges of young people in school.

Term 3 will be starting on January 30, 2012.

There is a **Homework Club** on Thursday's in the Mezzanine, students bring up their work to be completed and get assistance if needed. Pizza lunch is provided for those in attendance.

**February 17, 2012** will be a non instructional day for the District – No classes

**February 29, 2012** will be **Challenge Day** at the Agassiz Agricultural Hall from 8 am to 3:30 pm

Challenge Days are powerful, high energy programs in which youth and adult participants are guided through a series of experiential learning processes. The overall goals of the program are to increase personal power and self esteem, to shift dangerous peer pressure to the positive peer support and to eliminate the acceptability of teasing violence and all forms of oppression. Challenge Day programs are designed to unite the members of the school and/or community and to empower them to carry the themes of the program back to the greater school population. Challenge Days also successfully address issues of violence, teasing, social oppression, racism, harassment, conflict management, suicide, peer pressure, alcohol and drugs.

## Mentorship

The in school Aboriginal Mentor is dedicated to providing and exploring safe, culturally appropriate monitoring services for Aboriginal Youth.

The mentor provides individualized social and emotional support services, resource referrals, and direct services to enable supports, resilience (leadership and relationship based). Referrals to see this worker can be received from several points including First Nations Support Workers, teachers, and school administrators' school counselors, bands, parents and self-referrals.

If you have any questions, I would be pleased to answer them. If you would like more information or would like to meet with me please contact me at AESS in the Mezzanine. 604-796-2238

I look forward to meeting you!

Thanks,

**Michelle Victor**

Aboriginal Mentor – AESS  
Hope Area Transition Society  
michelle@hopetransition.org



**Teacher Job Action** is still ongoing. Therefore they will not be completing report cards for students. They are however still providing progress reports; these are sent home via e-mail or through the students. It is parent's responsibility to ensure that the school has current and updated contact information and e-mail address. If at any time you are wondering about your child's progress you can contact the teacher, First Nations Support Workers or me at the school.

My hours at the school are 8:00 am to 4:00 pm, unless I have meetings or home visits to make. You can contact me via e-mail at michelle@hopetransition.org or at AESS 604-796-2238.

On Wednesday's I am out in Hope at the Hope & Area transition Society office, where I can be reached at 604-869-5111.

Kwas Hoy,

**Mamot (Michelle Victor) – Aboriginal Mentor AESS**  
Hope & Area Transition Society

# GOOD THINGS HAPPENING AT SEABIRD ISLAND SCHOOL

1. **Math/Science Extravaganza Evening** is on Thursday **Feb. 16th from 4:30-6:30**. There will be many free events to play and make, as well as popcorn and prizes for Seabird students/parents.
2. All regular attenders in Skills class have finished the work we set out to finish this semester - all grade 10's have completed enough English 10 and Math 10 to be prepared for provincial exams, and to anticipate passing - or higher - completion of both courses.  
Berta Pete has completed both of these courses AND Science 10 all in one semester, and will graduate from High School altogether with passing or higher marks once exams are complete.  
The grade 9's in Skills, who have attended regularly, have established a strong standing in completing Grade 9 level Math and English.  
All Skills students are half way through their overall schoolwork this year - two (or more) courses done, and two more to go before June.  
I am thrilled and proud of these students and their personal seriousness about reaching their goals. *Jonathan Sutton*
3. Seabird Junior gr 6/7/8 volleyball team came in 5th in Agassiz Volleyball Tournament. Congratulations to Tim Manson, Justin Blenkin, Denise James, Drake Jones, Jasmin Byrd, Dannielle McNeil Bobb, Kaillee Hubert, Micheal Joseph, Nigel Jones.
4. The Family class has started their sewing unit and are creating some beautiful, functional garments.

5. Students have been producing projects over and above the required outcomes in metal art class. They have created some beautiful, tasteful and well done objects of art.
6. The Grade 1 class is working on reading to each other. They are learning to listen to their partners and to help their partners if they get stuck. These are pictures of Madi listening to Emilio and Joshua listening to Earl. Well done grade 1!



7. Mrs. Nowak's kindergarten class had fun making drums.
8. The 9/10 English class has been working on writing various types of paragraphs. One of the assignments given for expository writing was writing instructions for tying shoelaces that a five year old could understand. Mrs. McKerrow brought her class over to Ms. White's class and the 9/10 English students tested their directions with their target audience. At the end of our 25 minute session, a little girl who did not know how to tie her shoelaces was able to successfully do so.
9. On **Thursday, February 23rd** Seabird Island School is hosting a **MOVIE NIGHT** for Students/Parents of Seabird Island School. There will be popcorn and a family friendly movie. Please come and join us.



## Seabird Volleyball Team

The grade 6/7 Seabird Volleyball team participated in a tournament at Agassiz Christian School in December. The team spent the day playing volleyball games, and they represented Seabird school well. The team came 5th and received ribbons from Agassiz. The grade 6/7s will be playing volleyball games against Agassiz. Our first game is January 31, 2012

## Anti-Bully Day

Feb. 29, 2012 1:00  
Seabird Island community School is marching for Anti-Bully Day (Pink T-shirt Day)

## Vancouver Sun Run

The Seabird Island Community School is participating in the Vancouver Sun Run.

Our training days are Monday 1-2;  
Wednesdays 12:05-12:45;  
and Fridays 1-2:45.

Please watch for us on the road!  
Cheer for our youth!!!

*Kathleen Louie and Dianna Kay*

# SEABIRD ISLAND PRE-SCHOOL

Xá:ws Sílolem “Happy New Year” The 4’s Preschool started the New Year, 2012, on Tuesday, January 3 after a wonderful holiday with family and friends.

The children are writing in their books learning letters and using fine motor skills. All the children can write their own first name, which is so wonderful. The children got back into routine quickly.

Kwosel is teaching Language and Culture Monday – Thursday at 9:30 pm The children look forward to Kwosel’s arrival at the Preschool.

Field trips to the Agassiz Library continue. The children enjoy reading books with staff and bringing special books back to the Preschool.

With the cold weather, winter theme is on the walls at Preschool. The children are thrilled to have the snow for building snowmen.

Our first Seeds Family Circle with Baby Olivia and Mom Jen was Jan. 9th. The theme was “Feeling Angry”. Our Seeds Elder, Sharon also enjoyed seeing how Baby Olivia had grown. Monica, our speech pathologist happened to observe the circle. Our next Family Visit is on Jan. 30th. Thank you Jen and Jess for bringing Baby Olivia to Preschool.

The 3’s Language Nest Preschool started the New Year on Jan. 9th. We have had 14 children attending, eager to learn the language and culture with Malila and Jonnie. Art and Circle is part of the daily program. The children are learning about snow, snowflakes, winter clothing/boots, and winter animals/birds. The children drum and dance daily. This is a favorite for all the children. Thank you Malila and Jonnie for your teachings.

Fire Drill and Earthquake Drill is part of the program. Each month the children participate in these drills.



## February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fitness Center</b> <b>Band Members: FREE/ Community &amp; Staff: \$1</b> Non-Community: \$30 month or \$2 drop in				
<b>ELDERS FITNESS</b> 10AM-11AM  <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-11AM  <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> <b>Band Members: FREE/ Community &amp; Staff: \$1</b> Non-Community: \$30 month or \$2 drop in Open at 5:30pm, close at 8pm.				
<b>OPEN SPORTS NIGHT</b> 6PM-7:30PM	<b>MENS HOCKEY</b> 6PM-7:30PM  	<b>OPEN SPORTS NIGHT</b> 6PM-7:30PM  	<b>CO-ED HOCKEY</b> 6PM-7:30PM  	<b>CLOSED P.M.</b>

**Gym Orientation:** Don't feel intimidated. If you are new to the fitness gym and want to learn correct form and safe methods, contact Keena. Includes tour of fitness center and instructions on how to properly use the equipment. 18+

**Suggestions?** If you have any ideas for recreation programs or Sports competitions, talk to Keena or email keena@seabirdisland.ca.

C h a n g e s

# 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

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

## 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/silviculture knowledge/etc

## 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.



## SOCIAL ASSISTANCE INFORMATION

March 2012 cheque run will be handed out on Monday, February 27, 2012

- \* Renewal Declarations are due February 10th, 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!*

## Aboriginal Practical Nursing Course

## REMINDER!

**REGISTER NOW! APN Course to start January 2013**

Upgrading courses have now commenced & Pre-requisite courses will start February 2012.

Will be accepting 20 students

Contact Lauren Duerksen at 604-793-5663 or lauren@seabirdisland.ca for more information &/or consult with our office to put your name on the list.

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 (2.5x 3)	\$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 (2.5x 3)	\$ 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**

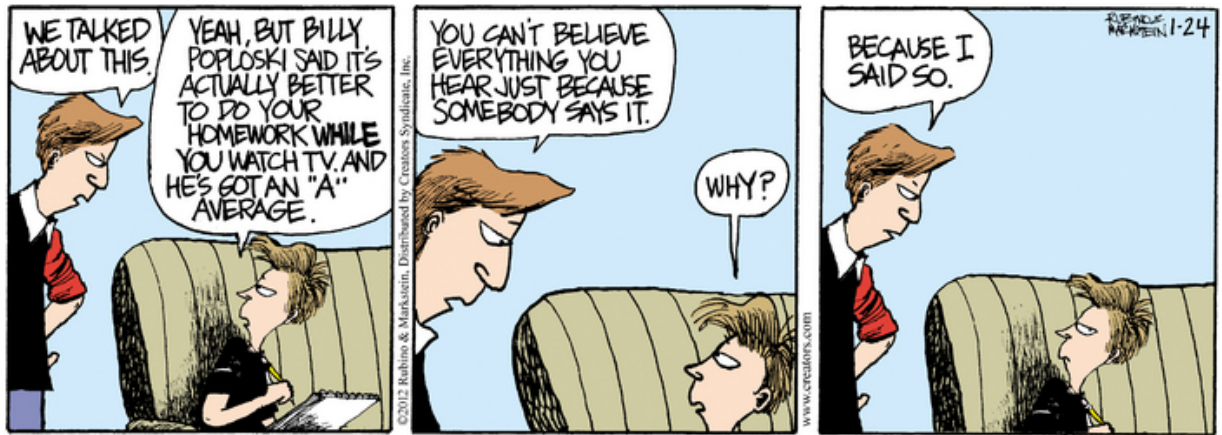
**Phone:** 604-796-2177

**Direct:** 604-796-6838

**Website:** www.seabirdisland.ca

**E-mail:** sandrabobb@seabirdisland.ca

**Health Comics**



**GIRLS GROUP**

Girls Groups are up and running again.

**Girl's (ages 7 - 12)** picked up from school at 3:00. Program ends at 4:30 pm  
**Youth Girl's (13 - 18)** 5:00 - 6:30

Where all girls are accepted and welcome to come and join us!

Food, fun & learning !!

**BOYS GROUP**

Cancelled for the time being

**FOOTCARE**

- February 16, 2012
- March 22, 2012
- April 19, 2012
- May 17, 2012

**To set up an appointment for footcare**, please contact Kristy at the Health Desk at 796-2165. Priority is given to elders and diabetics.

**Please note** that appointments fill up quickly, so book in advance!

**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*

**Temt'elemches / February**

**Birthstone:** Amethyst

**Birth flower:** Violet and Primrose

January 20th - February 19th: Aquarius

February 19th - 20th: Pisces

**Temt'elemches** "time when hands stick to things from cold"

**Halq'emeylem Cross Word**

**FIRST TIME INCENTIVE** for the Yoo Hoo word search.

The first Seabird Member or Seabird Community Member to bring in the correctly completed word search from the Yoo Hoo will **"WIN"** a surprise mystery prize.

S	P	Í	:	W	A	Q	O	D	'	X	E	P
B	H	R	N	P	S	Y	A	Y	A	L	Í	S
S	I	X	C	M	Q	E	S	B	X	Q	'	Q
L	M	W	W	É	D	T	Q	R	F	C	Ö	W
O	Q	É	Ö	'	E	K	S	:	Í	U	S	É
V	Á	M	J	T	Á	F	G	T	Á	D	G	L
U	X	X	X	É	Y	T	L	'	G	W	I	X
X	E	E	Á	:	H	V	H	H	U	H	:	E
W	L	L	Y	G	I	V	S	E	É	P	I	L
J	F	X	W	Á	S	Z	Á	X	T	J	Q	W
X	É	'	Ö	K	P	Y	K	Y	X	E	'	E
L	M	Á	Q	A	Í	L	D	Z	Í	:	L	Í
C	A	X	M	X	P	E	H	Á	:	L	S	M
N	Í	B	N	'	E	B	S	U	Z	É	Á	X
A	C	O	:	O	W	Ö	Q	W	'	P	Y	Z

**SHXW'ÁTHETEL**

- CLOUD

**XÉYTL'**

- COLD

**WÖQW'**

- FLOOD

**SPÍPEW**

- FROZEN

**SPÍ:W**

- ICE

**SYAYALÍS**

- ICICLE

**SQWÉLXEL**

- MIST, FOG

**XWÉMSEL**

- POURING RAIN

**HIMQÁXEL**

- RAIN AND SNOW MIXED

**MÁQA**

- FALLEN SNOW, SNOW ON GROUND

**PEHÁ:LS**

- WIND



# 'Round The Rez

## Community Events, Workshops & Outings

### 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.



### DENTAL CENTER

Open Monday - Thursday.  
Closed on Fridays.

# Tuesday

### WALK-IN 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.

**\$\$ 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.<sup>00</sup> Gift Certificate.*

*(Walk-in Clinics do not qualify)*

### 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.

### OPTOMETRIST CLINIC

#### Dr. Ahmed's Clinic Dates

March 7th  
March 8th  
Apr. 23rd  
May 28th  
June 25th



I am booked for the March 7th clinic, if you have any clients that may want to be seen, please send me their 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.

### GARBAGE PICK-UP SCHEDULE

**Regular Garbage:**  
Monday & 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.

### 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.

### 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.

### 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



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 \_\_\_\_." Anything more (photos, poems,...) is subject to a small fee!

Happy Birthday Mom, Love Sandy, Jim, Trevor, Derek, John and Cora.

Happy Birthday Daniel (Slacker) Harry, from the Health Staff.

Happy Birthday Kaleen Pettis 16th, Marcie Peters 17th, and JamieLynn 28th  
From Maggie

### Welcome New Babies



Congratulations Stacy and Jeremy on the birth of your new baby boy:  
"Guy McNeil-Joseph".  
January 18, 2012 12:02 pm  
7lb 12 oz.

Congratulations Morris Harris and Adelina Smith on the birth of your new twins. Born January 10, 2012 at 12:18 am.  
"Maurice Donald Harris II" 4lb, 13 oz. "Brisia Charlotte Marie Harris" 5lb, 13 oz.



Congratulations Chelsea and Dave on the birth of your new baby girl.

### BABIES MEDICAL & STATUS CARDS

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

Contact CHR; Maggie Pettis 604-796-2177





## Words from the Heart

Research has shown that Aboriginal people are more likely to have high blood pressure and type 2 diabetes, which puts First Nations, Inuit and Métis people at an even greater risk of heart disease and stroke than the general population.

As heart disease and stroke is the leading cause of death in our country, it's important to understand how you can help prevent these serious illnesses.

### Here are some tips to get your blood pressure in check:

1. Have your blood pressure checked at least once every two years by a health care professional.
2. Take prescribed medication as it is directed.
3. Eat a balanced diet and drink plenty of water.
4. Be physically active. Start slowly, choose activities you enjoy such as swimming, dancing and hiking. Joining a group of friends will help keep you inspired.
5. Be smoke-free, and reduce your salt and alcohol intake.
6. Achieve and maintain a healthy weight. Even a modest reduction in weight, as little as 10%, can dramatically decrease your chances of having a stroke or heart attack. Avoid fad, rush diets, losing weight slowly is better for your health than losing it all at once.
7. Set aside some time every day to relax. Stress can cause blood pressure to rise in the short-term.

