

B.C. Schools Agreement Gives On-Reserve Students Funding Parity



By Wawmeesh Hamilton February 6, 2012

Brigitte Bouvier for CP Images/AANDC (L-R: Minister of Aboriginal Affairs and Northern Development John Duncan and Tyrone McNeil, president of the First Nations Education Steering Committee, signing the Tripartite Education Framework Agreement in Ottawa.)

A new agreement has put British Columbia aboriginal students who attend schools on reserves on a funding par with students who attend mainstream schools off reserve.

The Tripartite Education Framework Agreement promises consistent year-to-year funding, as well \$15 million annually to support on reserve schools and the British

Columbia First Nations Education Steering Committee (FNESC). The new funding model also includes money that mainstream schools receive for technology installation and maintenance. It takes effect in September 2012.

“Our mandate is to improve First Nation education,” said FNESC president Tryone McNeil in announcing the agreement in Ottawa on January 27. “This agreement reaffirms our commitment to continue the working relationship, based on mutual respect, recognition, collaboration and clarity of roles and responsibilities for First Nation education.”

More than 131 B.C. First Nations receive kindergarten to Grade 12 education

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

Seabird School OPEN Not included in Strike!

GRADUATION CEREMONIES

ECE & HCA Grad
Monday March 5th
5 p.m. - 8 p.m.
Seabird Gym

Yellow Quill Grad
Friday March 9th

Anti-Bully Day



Two Nova Scotia students, David Shepherd and Travis Price, on Sept. 18, 2007 turned the tide against the bullies who picked on a fellow student for wearing pink. The victim — a Grade 9 boy at Central Kings Rural High School in the small community of Cambridge — wore a pink polo shirt on his first day of school. Bullies harassed the boy, called him a homosexual and threatened to beat him up for wearing pink. The action of two Grade 12 students caused an international outcry and a declaration of a day against BULLIES! The last Wednesday of February, in schools across Canada, students and teachers dawn their pink shirts and walk in solidarity of Anti-Bully day (aka Pink t-shirt day).

February 29, 2012, Lalme'Iwesawtex walk/ran in their Pink T-shirts - sponsored by Seabird Island Band, Cheam First Nation, Hallmark Promotions, Garry Silver, Rachele Silver, High school Canteen - in solidarity. Mr. Paul organized the entire school for a photo by Ashley Hannigan, Hans Wagner assured the safety of Ashley's aerial shot, Ms. Louie (on course runner), Ms. David (on course runner) and Mr. Dobos (marshaled) planned for inclement weather, Ms. White and Ms. McGregor for supporting and administering the cause, Diana Amundsen and Cindy Kelly for assuring a safe school while we

trekked, Kwelaxtelot for marshaling the run, Lisa for supporting our runners, and all the teachers who taught lessons and supported the contest! The support was overwhelming and added to the successful -yet extremely fun - event!

Times for 5k run: top girl/boy won \$50 gift certificate to Cheam Sports

Tyson Archie (4.5k) 17:50 / 5K:Darien Peters 21:09; Justin Blenkin 21:50; Tim Madson 25:48; Jasmine Byrd 27:31; Kala Alexander 31:16; Austin Onley 33:26; Danielle Alexander 33:27; Sonya Pete 33:52; Lizzy Pettis 36:24; Adults: Ms.Kathleen Louie 26:10; Lisa (the nurse) 29:38; Ms. Golda David 32:29

Design T-shirt Contest Winners - won lunch for a week from the School Canteen

Ms. Nowaks: Darius, Joanne, Shannon; Bogart: Donne, Myrah, Jasmine P; Ms. Marchant: Aiyana, Miah, Peter; Ms. Bogart: Kaitlyn Marrassa Kierra

Poetry Contest winners - won gift card for High School Canteen

Kala Alexander, Courtney Charlie, Brandi McNeil, Tamika McNeil, Sonja Pete

B.C. Schools Agreement Gives On-Reserve Students Funding Parity continued...

Continued from page 1

funding through the interim Band Operated Funding Formula, an agreement that expires at the end of this year and has been the subject of negotiations between FNEESC and the federal and provincial governments.

A sticking point in the talks was the issue of per-pupil funding, which is estimated to be 20 to 30 percent less for on-reserve students. Also at issue was the notion of ceding control of the schools to the provincial government in exchange for more funding.

The new agreement establishes wage parity between on-off reserve schools of similar size, addresses the control issue and streamlines reporting requirements. The alternative was to return to the Band Operating Funding Formula, which offered significantly less funding.

As well, aboriginal students can now transfer between on reserve and mainstream schools at accepted achievement levels without academic penalty. The FNEESC will also perform some services offered by mainstream school boards, such as administering and reporting school assessments.

The development is welcome news to Greg Louie, the former principal of Maaqtusiis School in Ahousaht. Louie is helping build a new school in the community, and he is also the president of the First Nations Schools Association in B.C.

"I know a lot of years of negotiations went into this, so it's a long time in coming. I know I cheered," Louie said.

Ahousaht is a community on remote Flores Island, nine miles west of Tofino. It has an on-reserve population of 900, 200 of whom attend their school.

Under the previous funding arrangement, Ahousaht was forced to pay teachers 20 percent less than teachers in mainstream schools earned. And the school struggled to support the often high number of special-needs students.

Under the new agreement, the school can afford wage parity with teachers and will have the ability to assess and support 20 students with special needs instead of just six.

"This is long overdue, and it opens up new possibilities for our communities, schools and students," Louie said.

Assembly of First Nations National Chief Shawn A-in-chut Atleo as well as the B.C. Regional Chief Jody Wilson Raybould lauded the agreement as a perfect example of how the Canadian, provincial and aboriginal governments can and should work together to strengthen the nation as a whole.

"The B.C. Tripartite Education Framework Agreement is another example of B.C. leading the way in First Nations' education. The agreement is a practical model of how partnerships can work to ensure our children have the

quality education they need and deserve," said AFN B.C. Regional Chief Jody Wilson Raybould in an AFN statement. "Today's success is a testament to the determination of our First Nation leadership to drive solutions and put our children first. The federal and provincial governments are to be commended for working collaboratively, respectfully and openly to achieve the agreement reached today."

Atleo noted the importance of having First Nations design their own solutions.

"It is critical to advance First Nation designed solutions and bridge the funding gap for instructional services in First Nations schools. This agreement demonstrates the goodwill needed to move forward in this way. We must work to replicate success as appropriate for all jurisdictions right across the country securing quality First Nation education for all of our learners," he said in the AFN statement. "Ensuring our education systems reflect our languages and cultures is an integral part of the success we see right across the country and this agreement paves the way to lock in this success for all future generations. This can only be achieved if we work together."

The on-reserve outlook nationally continues to remain bleak, however. Robert Laboucane, a consultant in aboriginal awareness issues for the Alberta firm Ripple Effects, said that most of the 518 on-reserve schools across Canada do not receive their funds until it has wended its way through a complex matrix of provincial jurisdictions, even though the federal government underwrites aboriginal education.

In Alberta, students on reserves get \$3,000 less per year than students in provincial mainstream school. In Ontario the figure is \$4,000 less, and the spread varies across other provinces. "Basically, it's just one big mess," Laboucane said. B.C.'s tripartite agreement has been tried in a few other places, and that's the problem, Laboucane said.

"It's good for the kids in the region but they're not treating it as a national program," Laboucane said. "It doesn't solve the national problem, which is a disaster."

Meanwhile, the joint federal government-Assembly of First Nations panel is getting set to release its non-binding recommendations in February. Announced in 2010, the three-person panel was tasked with studying academic research about aboriginal education and soliciting ideas from First Nations participants across the country in an effort to make recommendations that improve elementary and secondary education on reserves.

General Band Meeting - February 17th, 2012

The Quarterly Band meeting held February 17th was rescheduled from January. We had a good attendance of 35 people at this meeting. It was nice to see that 2 of our youth in attendance. This is a great chance for them to learn and participate in the future of Seabird.

There was a lot covered in the agenda:

- **Strategic Plan Update** - Brian Jones
- **ILM Project Update** - Jay Hope, New Hydro lines on our Traditional Land outside of Seabird
- **College update** - Diane Janzen
- **Education Committee Election** - Maggie Pettis, we only had two applicants so these applicants made it in by acclamation.
- **Election Code Review** - Chuck McNeil, Custom to Seabird
- **Health Non Insured Benefits FN Health Update** - Chuck McNeil
- **UN Declaration of FN Human Rights** - Diana Kay
- **Sports Guidelines Update** - Dianna Kay
- **Website update** - Sandy Bobb
- **Portfolio Update** - Marcie Peters
- **Membership Update** - Chuck McNeil
- **General Q & A** - Housing, Communications and Information Technology



Elders Tax Clinics

March 15th & 29th

From 1 to 4 pm

Book your appointments through

Sheila Steitcher

Youth & Elder Liaison

604-796-2177 ext. 6892

Find us online!

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

PARENTING WORKSHOPS *Seabird Island Band*

MORNING AND EVENING WORKSHOPS

DATES & TIMES:

March 5/12 @ 10 am

March 19/12 @ 10 am

March 13/12 @ 5:30 pm

March 27/12 @ 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

General Band Meeting - February 17th, 2012, continued...

Seabird Island Band Quarterly Minutes

DATE: FEBRUARY 17, 2012

LOCATION: BOARD ROOM

TIME START: 1:00PM TIME END: 6:00PM CHAIR: DARYL MCNEIL

ATTENDANCE LOG

NAME	NAME	NAME
Andy Louie-opened in prayer	Clem Seymour(introduction, depart for another meeting)	Donna Andrew; Angie Chapman;
Richard Louies; Marcie Peters;	Ivan McIntyre; Alexis Roper; Jim Harris;	Jeremy Joseph; Vivian Ferguson;
June Harris; Evelyn Peters;	Cherish Schultz (youth); Sandy Bobb ;	Ricky Angus; Terry Andow (minute taker);
Lyle and Grace Bobb;	Val Bobb; Celeste Bobb;	Zena Schultz (minute taker).
Diana Kay; Stacy McNeil;	Maggie Pettis; Diane Janzen;	
Jay Hope; Trevor Bobb (youth)	Lorna Prette; Shannon McIntyre;	
Judy Landrath; Janice Parsey;	Myra Seymour; Brian Jones;	

AGENDA	ACTIONS
A. STRATEGIC PLAN UPDATE	BRIAN JONES verbatim from strategic plan PowerPoint presentation. Co presenter- Myra Seymour, sustainable, community planning/waste coordinator.
B. ILM PROJECT UPDATE	JAY HOPE verbatim from ILM project PowerPoint
C. COLLEGE UPDATE	DIANE JANZEN verbatim from strategic plan power point presentation and education presentation
D. EDUCATION COMMITTEE ELECTION UPDATE	MAGGIE PETTIS. Education committee position in by acclamation.
E. ELECTION CODE REVIEW UPDATE	CHUCK MCNEIL. We (the band) are working on the custom election code. May/June 2012 will be our next community consultation. Election code copies available at members request.
F. HEALTH-NON INSURED BENEFITS FN HEALTH UPDATE	CHUCK MCNEIL. Bands in BC in agreement will be taking over by 2016. First Nations Health will be taking on all health plans.
G. UN DECLARATION-HUMAN RIGHTS	DIANA KAY. Please take the time and search the internet-Canada First Nations Human Rights. We can celebrate this inherent right. Please see daughter for hand outs...
H. SPORTS GUIDELINE UPDATE	DIANA KAY. Sports guidelines are opened up to more sports, events and organizations with new policy, tba. This is for off reserve members too.
I. PORTFOLIO UPDATE	Council has worked very hard on following and upholding our governance. Six weeks of training. Employable skills need to be there, we are making sure they (members) are ready with the skills they need.
J. MEMBERSHIP UPDATE	CHUCK MCNEIL. Membership referendum under membership code is March 7, 2012.

General Band Meeting - February 17th, 2012, continued...

K. GENERAL QUESTIONS AND ANSWERS	(NON AGENDA ITEMS: HOUSING; COMMUNICATIONS AND INFORMATION TECHNOLOGY)
SECTION K: GENERAL QUESTIONS AND ANSWERS	
QUESTION:	Why isn't housing policy enforced?
QUESTION& ANSWER:	How do you (as an organization) pick and choose what is followed? (organization does the best following governance and policies.
ANSWERL	We need something to measure what is working and what is not. What is successful and what is not successful. Then we have more control and knowledge of what parts of our policy may need to be looked at.
QUESTION:	What is band going to do about mutts on band/community?
ANSWER:	No replies to posting for dog catcher. Will have to repost.
QUESTION:	Wifi hardly works
ANSWER:	We are always working on making all programs better.
	Wifi works well for the whole organization. This is why we created it. Our old system could not sustain our administration and programs.
	Wifi and an assessment is on the current strategic plan and will be looked at.

RECORDED BY: ZENA SCHULTZ

Spring Break Ideas for Kids

Got a house full of kids for spring break and no plans to travel? Here are some spring break ideas for kids and parents that will turn a week at home into a fun vacation.

Looking for some spring break ideas that will bring your family together and won't break your budget? You don't have to take a trip to make spring break fun for your kids. With some advance planning and creativity, you can make spring break as much fun as a week at the beach.

If you're staying home during spring break, think of the outings and activities you can't fit into your school-day schedule and get them done. Visit the places you can't get to on weekends and do projects your regular schedule won't allow.

Something Fun Every Day

Make every day a different theme, using the things that your kids are interested in. Designate one day a **"Backwards Day"** or

"Opposite Day" and do everything backwards. (Eat dinner food for breakfast, have pancakes for dinner, wear your clothes backwards and inside out, say hello when you greet someone, and say hello when you leave.)

Have a Birthday Day, when it's a special day for everybody; organize a gift exchange and have cake for everyone.

Pajama Day

Movie Day - rent movies, have fun munchies all day, veggies and dip, nachos, meat tray, popcorn...

Plant a Garden With Your Children

Spring break is the perfect time to start thinking about your garden. Let your kids choose a small piece of ground in the back yard and dig it out into their very own garden. Let them put in a border with bricks or rocks and plant what the season allows.

Spring Day Trips

What's within driving distance to where you live? Get out a map and let the whole family look at what's nearby

Go on a **nature hike**, up Mt. Cheam, to the Spirit Caves in Yale, around Hicks lake,...

Rock collecting at the river.

Visit the **library**.



Healthy Eating

Drink 8 to 12 gasses of water per day!

Thats what the doctors, nurses and nutritionists tell us every day, but what does it really mean?

If you look in my cupboard I have tiny glasses, med glasses and monster size glasses. **What size is a glass of water according to thier rules?** I have always wondered this myself and when I asked they look at me like I am stupid. I have done some research and found out that **8 ounces = 1 glass of water.**

The average person is recommended to drink 8 - 8 ounce glasses of water. If you need to flush out your system drink 12 - 8 ounce glasses per day. However dont over due it, if your body does not like it, dont push it. Personally I feel sick if I drink more than 6 glasses a day. **Keep in mind it is possible to get sick or even be hospitalized from water intoxication.**

Why would I need to flush out my system?

How do I know if I should flush out my system?

If you are sick or in pain it will help you to flush out your system. There are many things people can suffer from that can be eased by flushing out your system for example if you have Arthritis, Diabetes or Gout.



Apples

Remember to eat properly as well. You know the saying “eat an apple a day to keep the doctor away”. It really can help.

Apples are good for your heart and your waistline. In addition to disease-preventing antioxidants, apples contain pectin — a form of soluble fibre that helps keep you feeling fuller longer and prevents blood sugar spikes. In a recent study examining the heart healthy benefits of this fruit, participants lost weight despite the extra calories in their diet.



Truth about sugar

Did you know sugar (glucose) will turn and store itself as fat in your body if not burnt by your body as energy. Did you know excess carbohydrates will also do this, so should not be overeaten.

“Sugar is so toxic it should be controlled like alcohol, according to new report that goes so far as to suggest setting an age limit of 17 years to buy soda pop.” This is highly unlikely to pass, however this is very important news that everybody should take into consideration when giving pop and power drinks to our kids and youth.

How toxic is toxic?

Think obesity, heart disease, cancer, diabetes, high cholesterol, liver toxicity and other chronic diseases related to inflammation.



Seabird College

We wanted to let you know that the Road Builders & Heavy Construction /Heavy Equipment Operators Program is starting on Monday February 27, 2012 at 8:00 a.m. to 4:00 p.m. in the portables across from the High School. This is an exciting opportunity and please take the opportunity to congratulate the students and support them along the way. We are very pleased to have a great partnership with Thompson Rivers University and our funding partners Sto:lo Aboriginal Skills and Employment Training (SASET) and Human Resources Development Canada. I wanted to take this opportunity to particularly thank Alexis Roper, Pat Large and Norma Friesen (SASET) for their wonderful support and partnership in making this program a reality.

We are delighted to have John Pratt and Rick Franzen as instructors. John Pratt is a Certified Heavy Equipment Operator as well as a Red Seal Heavy Duty Mechanic and Certified Diesel

Engine Mechanic. Mr. Pratt ran his own construction company until TRU asked him to come work with them. Rick Franzen is a Gold Seal Superintendent



Seabird Island Tutoring Program

School for Parents and Children.

Seabird College Educational Assistant program is pleased to offer you and your children Free Tutoring Sessions starting April 03, 2012, Tuesdays and Thursdays from 3:30 to 4:30 p.m. at the College Learning Centre, Educational Assistant Classroom.

Forward any inquires and/or questions to violeta@seabirdisland.ca or phone at the Learning Centre # 604-796- 6898, Mondays, Wednesdays and Fridays from 9 a.m. to 4:00 p.m. or Tuesdays and Thursdays from 3:30 p.m. to 8:30 p.m.

Name:.....Phone #.....

Number of children:.....Grades:.....

Yes, I am interested to assist.

Signature:..... Date:

As we approach the big push to the end of the school year, our minds turn to how we can support parents, families and children in making the 2011/2012 the most successful school year yet. In a world of changing education it can also be a challenge to figure out how to support our children. Whatever your child's need is – whether it is needing to work on reading or math or preparing for a provincial exam, we are here to help. Find out ways you can help your child achieve and get the academic supports they need.

What: Seabird Island Tutoring Program

Where: Seabird Island Learning Centre –
Across from the High school in
the portables

Who: For anyone both Seabird Island
Community School, Public School or
Private School

Who Will Tutor: The Education Assistant
Program which will include the
instructor Violeta Schwartz and the
Education Assistant students

Program Starts: Tuesday, April 3, 2012
from 3:30 to 4:30

Program Runs: Every Tuesday and Thursday
till the end of school from 3:30 to 4:30

Contact Information: Violeta Schwartz –
violeta@seabirdisland.ca or phone at the
Learning Centre – 604-796-6898

Registration Form: See Violeta

Cost: Free for everyone

Seabird Nutrition Fair and Walk/Run

5k, 10k and 15 k Walk/Run

Friday March 30th

8:30 sign in, 8:45 welcome song and 9am start!

Rain or Shine

Come out for some fun!

Join the Seabird Dr.'s Team, the daycare
children/staff, the Seabird Island
Community School students/staff, the
Seabird Band Staff

Everyone is welcome to participate!



This year we will showcase fitness demonstrations from
Revolution Mixed martial arts, the BC dairy foundation,
agriculture in the classroom and many more educational displays.

Also available are our local health services for screening and
information about our services and programs

Sign up today, forms available at the band office,
daycare or SICS.

Everyone will come away with a prize

More information: call Val at 604 796-6829

Aboriginal Sport Recreation and Physical Activity (ASRPA) Partners Council

Fraser Region

Seeking interest in Athletics Coaching in Throwing
FREE Training.

The Aboriginal Sport Recreation and Physical Activity Partners Council is looking to support coach development in the sport of Athletics. This commitment comes out of a regional engagement process where Athletics was named one of four priority sports for the Fraser Region.

Some funding is available for aboriginal athletes/coaches to come out and experience Coaching Athletics with a focus on Throwing.

- March 3rd at Tsawwassen First Nations 9am - 3:30pm
(Lunch Provided)

Training free of charge for Aboriginal community leaders, coaches and parents

If you're an aboriginal athlete/coach interested (age 16 & older), please e-mail rgenesius@bcaafc.com with completed form and written submission by the deadline March 1st.

See Stacy for more information.

Soccer Clinic

Learn to Train - "The Golden Age of Learning"

(U8-U11 Female/U9-U12 Male)

This stage introduces players to disciplined training and begins to develop their understanding of principles of play alongside their skills practice. Repetitions are important to develop technical proficiency, but creating a fun and challenging environment is still paramount to stimulate learning and promote a love of the game. Game formats can range from 6v6 to 8v8 as players advance through this stage, and again a simple league schedule can be created, but no standings should be kept – the emphasis is still FUN. All players play equal time and try all team positions, including goal keeping, and the training to competition ratio should be 2 to 3 training sessions for every game

Dates & Location: Mission, BC

Coaches Clinic - March 3rd-4th, 2012

If you're an aboriginal athlete/coach interested (age 18 and older), please e-mail rgenesius@bcaafc.com with completed form and written submission by the deadline Feb 27th.

See Stacy for more information.

2011 - 2012

Fraser Region Aboriginal Sport Recreation and Physical Activity Partners Council



Kids Camp (Ages 6 - 12)

Tsawwassen - January 31, 2012

Seabird Island - March TBA, 2012

Mission Friendship Center - March 9, 2012

Run Jump Throw is a grassroots development program

Run Jump Throw skills provide a strong foundation for success in sports and physical activities, which allows participants to develop a positive self-image and be the best they can be.

RJT Instructor Certification

March 10-11, 2012 - Mission Friendship Center.

TBA - Surrey School District

Community leaders, coaches, parents or anyone interested in learning about Physical Literacy

Training free of charge for Aboriginal community leaders, coaches and parents
Kids Camp free for Aboriginal Children 6 -12yrs

Pre-registration recommended!

Initiative of Aboriginal Sport Recreation and Physical Activity Partners Council Athletics Coach Clinic

Tsawwassen BC - March 3, 2012 (Throwing)

Seabird BC - March 10, 2012 (Jumping)

Mission BC - March 17, 2012 (Sprinting)

Chilliwack BC - March 24, 2012 (Track Jamboree)



2011 - 2012

Fraser Region Aboriginal Sport Recreation and Physical Activity Partners Council Soccer Camps & Clinics



Coaching Clinics

March TBA, 2012 Mission, BC

April 14th, 2012 Tsawwassen, BC

April 27, 28 & 29, 2012 Burnaby, BC

Athlete Camps

March 3rd, 2012 Mission, BC

March 11th, 2012 Aggasiz, BC

March 22nd & April 14th, 2012 Tsawwassen, BC

Entry Level Referee Clinic

Sumas, BC

Mar. 30 - April 1, 2012

NEW COMMUNITY SPORT STREAM

Canadian Soccer Association is undergoing a transition to the **New** CSA NCCP Coaching program! Opportunity for transition into the **NEW** coaching requirements!

All clinics are free of charge for Aboriginal Athletes between the ages of 10 - 19
Aboriginal Coaches aged 18+

Initiative of Aboriginal Sport Recreation and Physical Activity Partners Council



Waste Management Options

Seabird Island Band Waste Management Options WE WANT TO KNOW WHAT YOUR CHOICE IS
Contact Myra Seymour @604-796-2177 or find us on Facebook under Seabird Sustainable Development

OPTION 1:

- Curbside garbage and recycling pick-up.
- Backyard composting.
- Special waste drop-off days.

Advantages:

- Little change from current process.

Disadvantages:

- It will cost the community more for garbage and recycling pick-up.
- We will encourage bears and rodents with backyard composting.
- We will still have garbage and garbage bins in our community.



OPTION 2:

- Curbside garbage pick-up.
- Convenient recycling and compost material drop-off sites (i.e. near community mailboxes).
- Large items and special waste collection building within the community center (approx.. 50' by 50' building).

Advantages:

- Compostable material finds a safe home – no rodent or bear attraction.
- Reduces community costs to have owners separate and drop off recycling and composting material in a centralized location.
- Increases community incentive to have convenient drop-off locations.

Disadvantages:

- Education required on what to separate and where to drop it off.

OPTION 3:

- Curbside garbage pick-up.
- Residents drop-off recyclables and compost at a waste recycling center located away from the community centre (i.e. Cattle Ranch site).
- Residents drop off larger and special waste at the waste and recycling center.

Advantages:

- All waste and recyclables brought to one location.
- Non-Band or Community Members will be allowed to use the facility.

Disadvantages:

- High cost for capital and operation of the facility.
- Liability and security risk with this centralized facility.
- Residents have to make special trips to deliver recyclables and compost.
- Education required on what to separate and where to drop it off.


Chilliwack Thunder Soccer Team



Chilliwack Thunder Soccer Team at a Mall before their game in Vancouver on Feb 5, 2012

Coach: Chuck McNeil
 Manager: Karen McNeil

Missing from game photo was Tianna Stuyt and Kecia Prevost
 Vs Vancouver played with 10 players.



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 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



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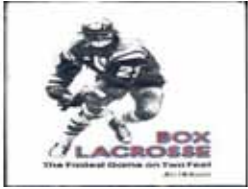
SUBMISSION DEADLINES

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 (1st) of each month

LACROSSE -- Canada's National Summer Sport



"fastest growing sport "



Chilliwack Minor Lacrosse
2012 FEE SCHEDULE

YEAR BORN	DIVISION	FEES
2006/2007	Mini-tyke	\$90.00
2004/2005	Tyke	\$160.00
2002/2003	Novice	\$220.00
2000/2001	Peewee	\$230.00
1998/1999	Bantam	\$240.00

Players are needed in all age groups above.

REGISTER NOW for the 2012 season at the

Landing Sports Centre, 45530 Spadina Ave, Chilliwack

Saturday 1:30 to 4:00 pm or Tuesday 6:45 to 8:45

Website: <http://cml.goalline.ca/> for more registration details

Seabird Island, Cheam & Skwah Head Start Parents and Tots

Parents & Tots
LOONIE AUCTION COMING...

YOU ASK : WHY A LOONIE AUCTION

To raise funds for our Year End Field trip

Why a Year End field trip for Parents & Tots

To give our families a fun trip to remember and to thank them for being a part of our program



OPEN TO FAMILIES :

- In all communities
- Donations welcome

Date: April 19- 2012

Time: 5:00-7:00pm

Location: Seabird Island Gym

Agenda

5:00- Dinner

5:45- auction begins

6:45- auction over

6:45-7:00 Closing

Circle/ home give aways

Transportation is available if required upon prior request

For information please contact

Carlene Brown, Early Childhood Programs Supervisor
Call 604-796-3463
email- carlene@seabirdisland.ca



Head Start



Welcome the NEW Parents and Tots
Parents Advisory Circle members
Jody Thomas, Marguarita Marchand & Leanne Andrews

Parents and Tots

Tuesdays & Thursdays at the Mill Hall
10:00am to 1:00pm
For families with children ages 0 to 6 years

Tem qw'iles March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 hibernation, Making a fruit salad, with Halq'emeylem fruit words	2	3
4	5	6 healthy eating & nutrition	7	8 L'1 frog fun, green spaghetti & marshmallows	9	10
11	12	13 fire alarms and fire safety, with Halq'emeylem color words	14	15 Fire trucks, letters and squares Health talk with Lisa Walberg	16	17
18	19	20 Firefighters, numbers Dental health, checkups and free tooth brushes	21 FAMILY NIGHT 4 TO 7PM BINGO night Crafts @4 Dinner @5pm Bingo @ 6pm	22 FIELD TRIP to the Seabird Island Fire hall & goodie bags for the kids	23	24
25	26	27 Family Pictures and frames	28	29 family book project, Halq'emeylem family words	30	31
31	SEABIRD FAMILIES: Please donate to our upcoming LOONIE AUCTION! Talk Jody, Marguerita, Leanne or Tracey by phone or come by the Mill Hall on Tuesdays and Thursdays. Tracey Bonshor: 604-796-6894					

A-PALS



A-PALS "Aboriginal Parents as Literacy Support"

On Wednesday, February 1 A-PALS held their 4th family gathering at the Mill Hall. Jonnie opened the evening with a song, then we all enjoyed a delicious supper together.

"Knowing Who We Are" was the theme for the evening. The story "Little Bears Vision Quest" was read and was given to each child at the end of the evening.



Nine children under the age of six and their families enjoyed the various activities throughout the evening.

Our next A-PALS will be held Wednesday, March 7th at 4:30 at the Mill Hall. Families with children ages 3 – 6 years old within the Seabird Island Community are welcome to join us.

Seabird Island Early Childhood



Seabird Island Early Childhood Department has some staff members take their St. John's First Aid Certification on Saturday, February 18, 2012. All who attended received First Aid training from 830 am to 430 pm, lunch [which was provided by the Travel Club], and a St. John's Ambulance certificate in Emergency First Aid / Community Care. Good Job ECE's.



Seabird Island Preschool

The tulips are up at the Preschool and Spring is certainly fast approaching. The children in the fours program have enjoyed a busy February with a Seeds of Empathy Family visit, Halq'emeylem Circles with Kwosel, Valentine's Day, two Library visits, and activities at Sto:lo Day at the Community School.



The Language Nest Preschool for the 3 year olds continues successfully with Malila and Jonnie teaching the children Halq'emeylem



Language, dance, and songs. The children enjoy the daily program routine, outdoor play and nature walks.



AESS - ABORIGINAL MENTORSHIP PROGRAM FEBRUARY NEWS

St'sailes students participated in Cashier Training at the St'sailes General Store; over a period of three days they were certified to operate lottery, gas and point of sale systems. They then participated in hands on training at the store, as well as getting to know the ins and outs of the job.

We would like to send a big thank you to Sadie Leon for including the students and giving them the opportunity to participate. An even bigger shout out to the students that participated and are now even considered as on-call staff!!!! WAY TO GO GUYS AND GALS! (Odin Pennier, Samantha Paul, Seth Point, Domanic Charlie-Francis, Raven Phillips, William Paul, Matthew Paul and Ryne Morrissey)

February 9th we had 5 students participate in the Baby-sitting/Home Alone training and pass the program! Job well done, we will all be happy to know that they have the received training and knowledge on providing excellent care and first aid for children (Wooahoo...Tyresse Leon, Telisa Green, Hayley Francis, Seth Point and Braydon Peters.)

Feb 10th we took 12 eager to learn students to the Employment and Career Fair in Chilliwack at the Landing Sports Centre. It was a great day full of information, food, and entertainment. Thanks to those students who came and actively participated

in the day. (Samantha Paul, Alicia McGrath, Bree Harry, Christina Nelson, Amber Louis, Kecia Prevost, Tawneesa Leon, Ashley Charlie, Angela Charlie, William Paul and Richard Paul)

February 16th and 17th First Nations Support Workers Cecily George and Rachelle Silver as well as myself went to Seabird for half of the day on the 16th to set up a table to offer information and answer any questions that parents may have had. On the 17th we had gone to St'sailes Band Office and set up there as well. It was great to meet some of the parents and put a face to name, not just the voice on the other end of the phone. We took progress and attendance reports with us, as well offered information on what the programs offer to students here at Agassiz Elementary Secondary School.

Challenge Day is going to be taking place on February 29 at the Agassiz Agricultural Hall, invitations to students have already been sent out, and signed forms are to be returned. If you need more information please contact Wendy Coleman at AESS.

With Spring Break coming up in March from the 12th to the 23rd, it doesn't leave for much time in the month. We do however have a few things planned for the students, like Drug Awareness Day at the St'sailes School on March 28th as well we plan on attending and

participating in the Nutrition Walk/Fair at Seabird Island on March 30th.

ONGOING PROGRAMS ARE:

St'sailes Tutoring Program – Tuesday and Thursday from 3:30 – 4:30 pm

Homework Club in the Mezzanine – Thursdays (Bring your work if you want to have pizza)

Seabird Tutoring Program – set to start up soon. Will post information soon as I have dates

After School Tutoring Program – AESS Mezzanine from 3:00-4:00 pm on Tuesday and Thursday

There are **NEW computers available in the Mezzanine** for students use to do necessary work and research, thanks Cecily on sending the application to the BC Hydro Computer for Schools program!

That is all we have to report for now, but keep your eyes and ears open for future events happening at the school. Also if you have any information to share that you think may be of interest to our students please e-mail it to me.

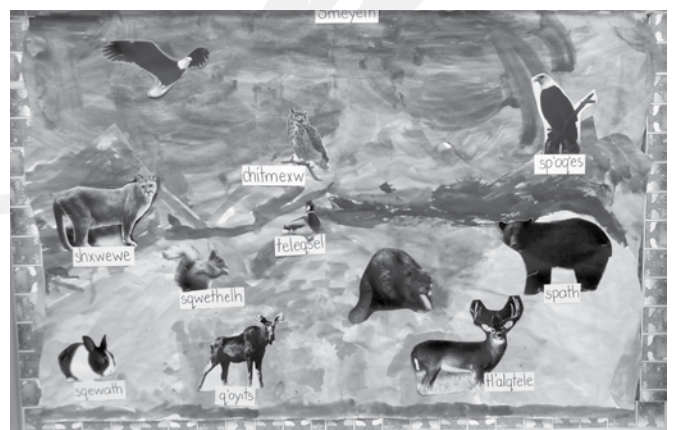
If you require and further information regarding the programs here at AESS, please feel free to contact any of us at the school. 604-796-2238

Michelle Victor ~Mamot~

Aboriginal Mentor, Hope & Area Transition Society
michelle@hopetransition.org

Good things happening at Seabird Island School

1. Feb 3rd Scowlitz Chief Andy Phillips came to speak with Mr. Dobos' 11/12 First Nation Studies & 9/10 Social Studies classes about his experience attending the First Nation Crown Meeting in Ottawa Jan 24, 2012
2. In Kindergarten we are learning about animals in Halq'meylem. We worked together to make a mural and put the animals on it. (Pictures)
3. Spelling Bee contest won by Olivia Blenkin. She will be going to district competition.
4. High School held Hoops for Heart event on February 14th. We played some high intensity basketball games for the entire afternoon. The first game was a grade 7/8/9 team vs grade 9/10/11 team. The winner of that game played against the teachers. It was a fun filled afternoon, full of school spirit and physical activity.
5. The track club is training vigorously for the Vancouver Sun Run of April 15th. We are in week 6, session 2 of training. So far we have 15 students and 10 staff going to the run. Training is every Monday, Wednesday, and Friday
6. The 3/4 class is carving soap stone and making medallions from the soap stone casting. We're learning tradition Sto:lo oral stories and all about Pit Houses. Soon we'll start the planning stage of constructing a pit house.
7. On February 10th our high school went to the Sto:lo Career Fair in Chilliwack.
8. On February 15th we hosted the Sto:lo Day celebration. Kent school, Chehalis school and the Agassiz high school joined us for a day of crafts and great food.
9. On February 16th we had a Math and Science Extravaganza. The students could play different games and win chances at some great prizes. We had over 80 people show up to have fun and eat popcorn.
10. On February 23rd the RCMP will be talking to our students about a career in the RCMP.
11. On February 29th we will be hosting a movie night for our students and their parents. Come and watch a family friendly movie and munch on some popcorn.
12. Sun Run Training – Lalme'Iwesawtexw Team. We are on week five of our training schedule, with some 30 students and ten teachers. The teams are engaged in the "looping technique" supported by Sports Med BC, all are finding the training challenging and rewarding. As of Feb. 16, the team covered a whopping 46 km of training, that is 4 kilometers longer than a full marathon! Way to go team. With our growing success students mentioned a loss of weight, increased stamina during PE, quicker recovery times and a growing need for water consumption. Thank-you to all those who are supporting our athletes and to keep the eye on the goal!
13. In grade 2/3 we drum and sing in our class at the end of the day. We began this routine at the start of January with the girls and boys competing to sing the Heartbeat song the clearest and loudest. In the beginning, the girls always won. Slowly, the boys found their voices. At present, the competition is always tied. Crystal Chapman who works in the classroom, has taught the class to sing the Salmon song as well. One student whose name is Ziyah, drums alongside Crystal and can easily lead the class by himself.





Love yourself Pampering Night

Learn how to manage stress
and get free relaxation chair
massage



Dinner provided

Location: Seabird Island Band Wellness Center (House across to main band office)

Date: Feb 29th, 2012

Time: 5pm to 7pm

Note: free registration but seats are limited; please call to register with **Peggy Yu at 604-793-6224**

~ A totally relax from head to toe, inside out, physically and psychologically ~



Coastal First Nations Dance Festival



The 2012 festival returns to the **UBC Museum of Anthropology March 8-11, 2012**. The festival will showcase the diverse and rich cultural traditions practiced by a selection of some of the best dance groups from coastal British Columbia, the Yukon, and Alaska. The festival is pleased to present Special Guest Artists, Hoop Dancer Jessica McMann from Winnipeg and Robert Bamblett, an Aboriginal dancer from Melbourne, Australia.

When:

Saturday March 10

Time: 1-4

Cost: Free!!

First 50 people signed up have seats on the bus... if more, need to access own transportation.

To sign up or for more information, contact Keena McNeil 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

Brain Boosters and Study Tips

“When I was in High School and College I found that **taping myself reading as I studied**, then playing it back as I fell to sleep at night really helped me to remember. I went from *you will fail if you don't ace this test* to one week later acing the test. I highly recommend this study trick to everyone.” *Sandy Bobb*

Many nights spent studying are fuelled by sugary soda and candy snacks. What most students fail to realize is that the caffeine in these foods and drinks can have just the opposite of the desired effect – and actually negatively affect memory. **A more healthy and effective alternative** would be to snack on naturally wholesome brain-boosting foods – like nuts, raisins and low fat cheese and veggie sticks, which all contain brain powering nutrients, to help focus without sacrificing brainpower.

Make sure your child gets enough sleep. Remember that old saying about getting eight to ten hours of sleep a night? **Being well-rested is perhaps the most important**, and unfortunately

most overlooked, aspect of health when trying to stay focused. If your child is tired, his or her brain runs at lessened ‘speed’ and makes information assessment and storage more difficult. *(Remember that yawning is the body's way of trying to get more oxygen!)*

Help your child focus while studying. Try to limit distractions in the household while your child is studying. Re-schedule things like vacuuming, and record the game on television and watch it later. Make sure little ones in the house know not to disturb an older sibling, and try to keep them entertained outside in a quiet game. Remember that students need quality time to absorb information. The brain does not respond well to intermittent interruptions when trying to stay focused.

Give your child support. Doing well in exams, while important, should not become the sole ambition in life. A healthy, well-rounded child is far more important, and more likely to flourish in the larger scheme of things!


March 2012

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

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.



OOSC

Spring Break

March 2012



Open 8am-5pm Mon-Fri

Time	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th
a.m.	Open 8am. In-house activities. Close 5pm.	Leave for Wave Pool at 9:00am	Leave for Aquarium at 8:30am	Leave for Vancouver Aquatic Center at 8:30am	Open 8am. In-house activities. Close 5pm.
Lunch		Bag Lunch	Bag lunch	Bag Lunch	
p.m.		Return by 3pm; In-house activities	Return by 3pm; in-house activities	Return by 3pm; in-house activities	
Event Cost		\$5	\$10	\$5	
Your Cost		\$5	\$5	\$5	

Our daily program is open to all children in kindergarten through to age 12....however, the first 15 seats are reserved for our Out of School Care children.

All fees listed above are for children living within Seabird; any non-community members wishing to attend will be required to pay \$27.50 (kindergarten) or \$20.50 (grade 1+) child care charge per day, along with the event cost. OOSC pays 'Your Cost'.

For more information, please contact Stacy McNeil at 604-796-2177 or Keena McNeil at 604-798-2177.

All children welcome, registration form at front desk or online the seabird website.



Seabird Health Services Accreditation Update



Seabird Health is on the road to Accreditation. Accreditation is about improving the quality of our health services. Our goal is to meet national standards for excellence in health services.

Our services were judged against national standards on Jan 23rd, 24th and 25th. Now we have been given an Accreditation Primer Award! This means that we are on the right road. As long as we follow the path we have set, we will be able to meet all the standards. Our certificate and banner will be arriving soon. Look for them in the Band Office.

We now have two years to continue along the path we have set. If you'd like to join one of our four quality improvement groups (client safety, staff safety, environmental safety, and effective organization) contact me. Help shape your health services!

Heather McDonald, 604 796 2177 local 5033,
heathermcdonald@seabirdisland.ca

Nutrition & Fitness

11th ANNUAL ABORIGINAL DIABETES CONFERENCE

March 20-22, Penticton BC

Please contact the Val's, Nutrition and Fitness Educators at 604 796-6829, spaces are limited

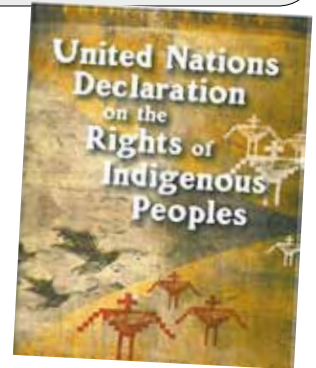
United Nations Declaration on the Rights of Indigenous Peoples

Article 6

Every indigenous individual has the right to a nationality.

Article 7

1. Indigenous individuals have the rights to life, physical and mental integrity, liberty and security of person.
2. Indigenous peoples have the collective right to live in freedom, peace and security as distinct peoples and shall not be subject to any act of genocide or any other act of violence, including forcibly removing children of the group to another group.



Rat & Mouse Control & Removal



Poison use for rat control, is a big mistake. Poison does not solve the problem and it creates many additional problems.

The proper way to solve a rat problem is by stopping the root of the problem. If you want to get rid of rats in your house or attic, you must first ¹**find out how they are getting in**, and ²**seal off those entry points** permanently. Once that is done, the rats should be physically ³**trapped** and ⁴**removed** from the building. It's also a good idea to ⁵**clean and decontaminate the mess** that they've made.

Filth and pestilence are spread by these pests, and many diseases are contracted from rodents. Some examples of diseases that can be spread by rodents are Salmonellosis (acute food poisoning), Rickettsia Pox, Hantavirus (via droppings), tapeworm, infectious jaundice, and tularemia. It's highly recommended to decontaminate if you have had rats living in your home or attic.



What is a Mental illness?	Mood and anxiety disorder	Coping as a family	Treating mental illness
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Strengthening Families Together

Mental Health Family Support & Respite Service is working with Skwah First Nation, Squiala First Nation and Aboriginal Health – Fraser Health to provide a **free** 10-week course for family members who have a loved one living with a mental illness. The course provides participants with the information, tools and support to help them cope with the challenges they face.

Strengthening Families Together **first meeting** will be at the **Skwah First Nation band hall, March 7, 2012 from 7-9pm.**



Class size is limited and **registration** is required.

Contact: **Francesca** at 1 877 717 5518 xtn 1
Margaret at Skwah First Nation at 604 792 9204
Shannon Leon at Squiala First Nation at 604 819 8481

"Help and Hope for Families"
Living in the communities of the Fraser Health region



HOUSING – SPRING CLEANING

Yard Clean-up

Have lots of Energy? That's because spring is here and its time to get out of our homes and stretch our legs! Spring is a time of rebirth and reawakening from a long winter's nap. It is also a time to set up your yard for a successful summer. Getting out into the fresh air of spring can do much to revitalize you as well as your plants.

Everyone is responsible for their own yard maintenance as a condition of their TENANCY AGREEMENT. Everyone should be making arrangements to keep their yards and gardens neat and tidy.

Keeping a clean yard:

- Is pretty.
- Makes you feel proud and makes others in your neighborhood feel proud.
- Helps keep pests (bugs, rats, mice) out of your home.
- Is safer for your kids to play in.
- Will allow your flowers and green grass to grow.

A messy yard:

- Is disrespectful to yourself, your family and your community members.
- Gives people the impression that your house may be a mess inside.
- Gives people the impression that you are a slob.

This means everybody should be:

- Getting your lawn mowers ready.
- Cleaning up garbage that may have blown into you yard.
- Picking up sticks and broken tree limbs (these will harm your lawn mower).
- Cut back over grown bushes before they get out of hand.
- Cutting your lawn weekly.

TIP:

Always wear gloves when cleaning up the yard, some spiders use the dormant vegetation for shelter.

Under very special circumstances the Band will provide lawn cutting for disabled people and elderly clients only if:

1. Apply in writing to housing to have your lawn cut due to a disability.
2. Attach a doctors note which states why you can't mow your lawn.(for example you have a broken leg, or a heart condition which does not allow you to do strenuous exercise)
3. Verify that there is no other person in your home that can mow the lawns (anyone over the age of 13 should be able to mow your lawn) or if you have a family member close by they should assist with this.

Please remember that if you cannot mow your lawn because of not having a lawn mower, we can loan you a lawn mower for a few hours, or you can pay one of the following people to mow your lawn:

J's landscaping – (Jeremy Joseph) 604-819-1679

D & D landscaping – (Dennis James)

Zena's Family 604-796-1252

Inside your home

Spring Cleaning is Worth It!

I realize that most of us do not have homes that could be featured on Hoarders, but we all have problem areas. Tackling these a few times a year can really create a peaceful home. An organized home can also save you time and money. No more lost bills and late fees or searching for those missing car keys. **A clean home is also healthier. Healthy families = less trips to the doctor.**

- Air out your home (open the windows, get rid of the stale winter air.)
- Clean the windows inside and out
 - You can make your own spray cleaner. Its easy. Fill a spray bottle with 3 tablespoons ammonia, 1 tablespoon vinegar & the remainder with water.
- Remove cobwebs
- Dust - wash your trinkets and shelves
- Wash your walls
- Clean your carpets
- Get rid of cloths you have outgrown or wore out.
- Wash out your Fridge (a dirty fridge can cause health problems)
- Wash out the Stove & Oven (a dirty stove can be a fire hazard)

TIP:

Involve everyone in your family, even the kids.

This will help:

- make your family closer, working together is great bonding
- prepare the kids for when they grow up
- lessen your work load
- a happy family works together!



IMPORTANT NOTICE - Seabird Schools

IMPORTANT NOTICE TO THE COMMUNITY REGARDING THE OPERATION OF ALL SEABIRD ISLAND EDUCATION PROGRAMS – KINDERGARTEN TO GRADE 12, ADULT EDUCATION AND SEABIRD COLLEGE PROGRAMS DURING ANY LABOUR DISPUTE BETWEEN THE BC GOVERNMENT AND THE B.C. TEACHERS FEDERATION

– WE WILL CONTINUE TO BE FULLY OPERATIONAL

As you are aware there is an ongoing labour situation between the Government of British Columbia and the British Columbia Teachers Federation which may affect the operation of public schools in the next while. We hope for a resolution of all these issues.

I have had questions regarding the impact on our schools including the Kindergarten to Grade 12, adult education and College programs. Please note that all Seabird schools and educational program are in full session for the remainder of the year or during any labour action as Seabird Island Community School, Seabird Island Adult Education and Seabird College are Independent institutions and are not part of the public school system.

For those Seabird families who are sending their children to Fraser Cascade School District we are hopeful of a resolution but should there be any disruption to educational services, we are working with the school district and the Education Committee here to provide extra tutoring during any disruption if needed.

If you have any questions please contact me at 604-796-2177 or dianejanzen@seabirdisland.ca.

Healthy Eating Recipe Corner

Slow-Cooked Barbecue Beef

Makes 8 to 10 servings

Cost for family of four: \$5.92

Dust off your slow cooker to make this hearty, nutrient-packed supper that everyone is sure to love. By using inexpensive lean stew meat and just a couple full-flavored ingredients, the cost is a mere **\$1.48 per serving**.

Ingredients

2 pounds lean stew meat \$7.38

1 medium onion, diced \$0.25

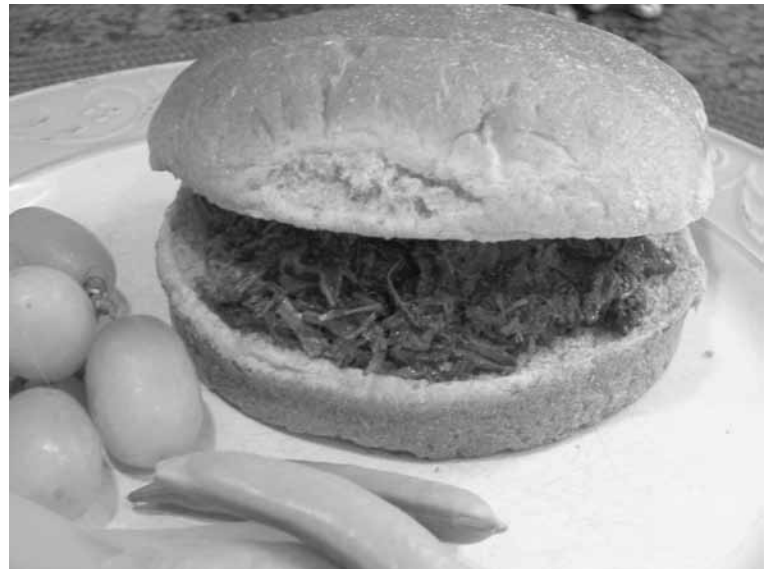
1 cup pitted prunes \$1.25 (\$2.49/12-ounce box)

1 cup all-natural barbecue sauce \$1.15 (\$2/18-ounce bottle)

1 package (8 to 10) whole-wheat hamburger buns, toasted \$3.29

Preparation

1. Add the meat, onion, prunes and barbecue sauce to the slow cooker and stir to combine. Cover and cook on low for 6 to 8 hours.
2. When the meat is done, use two forks to pull apart the meat and prunes into shreds.
3. Divide the mixture evenly between the hamburger buns and serve. *Dressing is not necessary but you can add dressing as desired (mustard, catsup,...).*



Nutrition Facts

Per serving:

360 calories

45g carbohydrate

540mg sodium

20% DV iron

9g fat (3g saturated)

4g fiber

24g protein

Don't forget a side veggies and even fruit to round out the meal.

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

**432 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

April 2012 cheque run will be handed out on Tuesday, March 27, 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! ☺

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 Erna Paul or Alexis Roper

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 ½ page (8x5 or 10x4)	\$37.50	\$61.25
Full color ¼ 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 ½ page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale ¼ 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 (1st) of each month

Sandy Bobb

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

Health Comics



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.



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 BALD EAGLE PROGRAM

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
Seabird Island Band
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

Welek'es / March

Birthstone: Aquamarine (color varieties that are also the mineral beryl include emerald, morganite, and heliodor.)

Birth Flower: Jonquil (aka Daffodil or Narcissus.)

Zodiac: February 19th - March 20th: Pisces
March 21st - April 19th - Aries

Welek'es "little frog season"

Halq'emeylem Word Search

INCENTIVE

for the Yoo Hoo word search.

All Seabird Band Members or Community Members that bring in a correctly completed word search from the Yoo Hoo will be put into a draw for a chance to "WIN" a surprise mystery prize.

Submissions due before the Draw Date: March 9th, 2012

Note: next time the incentive may be something else placed somewhere else in the Yoo Hoo.

Congratulations to Last months winner was Paris Peters Sr.

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- SQW'EYÍLEX - A Dance
- QW'EYÍLEX - Dancing
- MÉYTEL - A Helper
- SHXWIXWÓXWTH' - A Little Crazy
- HÍ:TH - A Long Time
- KW'ELHÍ:THELH - A Long Time Ago
- Á:YELEXW - Be Alive, Be In Good Health
- STS'ÁTS'ELSTEXW - Be Careful With It
- STÁ:Y - Canoe Race
- QELÁTSTEXW - Do It Again
- ÍYÁLEWET - Do It Yourself
- Í:LHTEL - Eat
- XEMÉTHEL - Eat Fast
- ITH'EM - Get Dressed
- HILÉKW - Get Ready

Name: _____ Phone Number: _____



'Round The Rez

Community Events, Workshops & Outings

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.

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

Welcome New Babies



Rylan Wayne
Harris Bobb



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 Ashley Hannigan March 2nd,
from Sandy

Alcoholics Anonymous Meeting

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

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



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.

OBITUARY



HANSEN Lois
June 15, 1947 - February 17, 2012

It is with great sadness that we say our farewells to Lois, who passed on at the age of 64 years. Lois will be sadly missed by her siblings Dennis, Judy, David, Karen, Lois's foster daughter Cindy Demuyneck and family, 12 nieces and nephews, and 13 Great nieces and nephews. Lois was predeceased by her parents Larry Hansen and Eva Ells Hansen. Lois was born on June 15th, 1947 and lived in the Wintering Hills District with her Mom, Dad, Dennis and Judy until 1952. Moving into the Morrin area, Lois took one year at Golden Grain School, finishing her schooling in Morrin. After attending the University of AB in Edmonton for two years, Lois taught High School at Morrin in 1968-69. She then returned to University for her third year of training in Education. Lois loved the prairies and warm sunshine but felt the need to venture off to Vancouver BC and area, for her career in social work and clinical counseling, with much purpose and determination of always focusing on making things better for other people and the world. Lois was a gentle, warm and very strong soul with wonderful energy, humor and a bemused smile that would light up your world. She took in so many stray animals and wayward people - loving them for who they were and took care of them dearly. Leaving the Fraser Valley, Lois came home to AB in January; her family surrounding her with much love and care, until she passed away on Feb 17, 2012. A private family Celebration of Life will take place in Rowley on Saturday, February 25th. As well as Internment in the Rowley Cemetery where Lois will lay to rest with her deceased Grandmother Lucie Ells. If family and friends so desire, donations may be made to Katie's Place Animal Shelter 10255 Jackson Ave, Maple Ridge, BC V2W 1G5 Website: katieplaceshelter.com May the circle be open, but unbroken. May the peace of the goddess be ever in your heart. Merry meet, and merry part. And merry meet again. Blessed be.

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.

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



New Fire Truck & Training

Seabird Island received a new fire truck February 17! Thanks to all the hard work by Fire Chief Jeremy Joseph for working with INAC for the funds, as well as Dwayne and Chuck.

The Seabird Fire Crew trained for and received Basic Fire Certification through JI to NFPA standards, thanks again to the Fire Chief for accessing this through INAC.

Seabird Fire department also took first responders training in January and are now fully Certified Health Care Providers! They are able to treat people during medical emergencies, this includes CPR/AED, and spinal endorsements! Thanks to our Fire Chief and FNESS for providing this opportunity.

Seabird Trained for 5 Days. During the first 2 days they had refreshment training. Including hose training, ladder training and they had to practice getting dressed in their regular gear with-in 1 minute and with -in 2 minuetts to get dressed head to toe in the full gear with oxygen tank.



4TH ANNUAL HUB GATHERING

MARCH 8TH, 2012
SEABIRD ISLAND GYM
8:30 AM TO 4PM



This is a draft copy. Please watch for the more detailed copy of this flyer.



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

ENTERTAINMENT

DOOR PRIZES

BREAKFAST
& LUNCH

PRESENTERS:

- First Nation Health Council (FNHC)
 - Fraser Health
 - Hub Updates
 - Community Health Services
 - Community Highlights
 - 36th Annual Elder Conference Update
- And much more...

Register with Vanessa at 604-796-6846 or Email to vanessapeters@seabirdisland.ca



**Seabird Fire
Department
is actively
recruiting!**

**Contact the
Fire Chief at
796-6848.**



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

Nutrition And Traditional Foods

Keeping us active and healthy...

- Traditionally, First Nations people ate a healthy diet.
- The hunting and fishing lifestyle was active and healthy.
- Collecting food as a family creates family unity and teaches respect for Elders, and the traditional ways.
- Very little food sources went to waste. For example, they would eat all of an animal they killed including the eyes, brains, lips, stomach contents, etc. This provided all the nutrients they needed.
- There were 3 traditional ways First Nations people collected food: ***hunting, fishing, and gathering.***
- Today, lifestyle and food sources have changed. We all need to be more careful about what we eat and find other ways to keep active.
- Our bodies are not made to accept all the chemicals put into store bought foods, remember to read your labels!
- Take the time to learn what Mother Earth can provide for us, you may be surprised at how much better you will feel in mind, body and spirit! Learn what is edible, and what is medicinal and what to avoid.

The pride you will feel in providing for yourself can not be measured...

