



Youth Conference



Seven of Seabird's youth attended several workshops throughout youth conference in Penticton March 19-22. They also visited a large job fair.

Seabird's youth danced the night away with 1500 other youth at the Much Music Dance. They also enjoyed a stay in a hotel for 4 nights. The group made many new friends!



| | |
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OPEN HOUSE
 April 10th 10am - 5pm

BAND QUARTERLY MEETING
 April 17th Evening

YOUTH TRAVEL CLUB continues to take applications until Open House April 10th at 5pm. Meeting to follow.

WATCH FOR YOUTH OUTINGS in the youth binder on the health desk.

YOUTH NIGHTS @ the youth center 6pm-9pm every Wednesday.

OOSC PRO-D ON APRIL 26th, 8 seats available.

CHECK OUT THE YOUTH FACEBOOK PAGE to stay updated on youth activities:
"Keena's Seabird YouthPage"

Kw'as ho:y qas kwetslometselcha
 (Thank you and I'll see you later)

Keena McNeil
 Recreation Supervisor
 Seabird Island Band
 OOSC & Youth: 604-798-2177
 Fitness: 604-796-6836

POST-SECONDARY APPLICATION DEADLINE

May 1-2013

For September 2013 fall semester

PLAN YOUR EDUCATION

PREPARE YOUR PLAN

APPLY FOR SUPPORT

ACHIEVE YOUR GOAL



Contact: Cindy Kelly
Student Services
(604) 796-2177 local 6834
Text cell @ (604) 997-3956
Email:
cindykelly@seabirdisland.ca

Elders House of Teaching and Learning Si:west ye selyolexwe

Seabird Health department has successfully applied for funding to develop a regional resource for Elders. The grant was supplied by Community Action Initiative. The purpose is to bring Elders together to share, teach and learn. We will be drawing on the wonders of technology to connect Elders from across the region.

An Advisory committee has begun to meet. Representatives are from Seabird Island, Chawathil, Cheam, Squiala, Coqualeetza Cultural Centre, Fraser Health and Nicola Valley Institute of Technology.

The vision is to run courses that are seasonally-based. Classes will be once a week and topics will be rotating: cultural teachings, technology, leadership, and contemporary issues. **The first season of classes will begin in the fall.**

WE NEED HELP!

Please contact me if you can help with this exciting initiative. **We need volunteers of all ages as well as knowledge holders that are willing to share.** We are also looking for a coordinator: one year, part time work.

Heather McDonald (nurse!)
heathermcdonald@seabirdisland.ca
604 796 2177 local 5033

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

Seabird Fire Department is actively recruiting!

Are you interested in joining the team?

Contact the Fire Chief at 604-796-6848



Attention Eligible Voters (18 Yrs. +)

ELECTION CODE UPDATE – STEP # 3

Reminder of April 3, 2013 Land Code Meeting

Dear Eligible Band Members,

As many of you are aware, the developing of a Seabird Island Election Code was started over ten years ago at the request of the membership. The Election Code is Seabird Island Band's own rules not Aboriginal Affairs and Northern Development Canada's (AANDC) on how Seabird's Chief and Council are elected. Last year, Council formed an Election Code Committee to review the previous work on the Election Code and make any amendments as needed. This committee has completed the task and created a survey to gather additional input from the members. Many members have completed the survey so far; as of March 21, 2013, fifty-eight (58) surveys have been received. (53 on reserve, 5 off reserve) If you have any questions regarding the Election Code or survey; please contact Gary Lister or Stacy M. at the Band office.

Next steps: (Mark your Calendars and bring a fellow voter)

- 1) Information session meeting **February 27, 2013**. Dinner at 5:00 to 6:00. Meeting from 6:00 to 7:30. (Completed)
- 2) Family meetings by request up till March 27, 2013 – call Gary at Band office. Final Day for survey **March 27, 2013**.
- 3) Information session to review survey with membership **April 3, 2013**. Dinner at 5:00 to 6:00. Meeting from 6:00 to 7:30. Make changes before submitting Code to Council by **April 10, 2013**.
- 4) Council/legal review and then submission by May 1, 2013 to AANDC for their review (AANDC can take up to 6 months).
- 5) Following AANDC approval, a referendum would be held **Mid-November 2013**.

Band Quarterly Meeting

April 17, 2013

(evening meeting)
agenda to follow.

Join us for a meeting,
dinner & door Prizes.

This is a great time to learn about what we are doing and give your feedback.



All library programs are **FREE** and drop in.

Who Loves Stories?

Every Friday in April • 10:15 am

Everyone loves stories, that's who! Preschoolers, moms, dads, grannys and grampys, even brothers and sisters! Crackle and Terrill love to share stories with you, as well as a little song, a little dance and little fun for everyone.

Edible Book Days: Happy Birthday Dear Library

Thursday, Apr 4

Food in the library – what next! For our birthday come and enjoy something bookishly edible.

Earth Week: Random Acts of Greenness

Tuesday, Apr 16

Earth Week, the days before Earth Day, held on April 22 is a great time to think about our town, our country, our earth and how to keep it healthy. Agassiz Library starts this week by offering a grab box to pick from to help you commit 'Random Acts of Greenness'.

Earth Week: It's All Greek To Me!

April 17 • 6:30 pm

Greek mythology makes for great stories. Think Percy Jackson and the Olympians – adventures which seem popular now, but are based on the

long ago myths featuring kings like Zeus and monsters like the Cyclops. Agassiz Library welcomes performer and storyteller, Maryanne Hyland as she enchants a family audience with stories of larger-than-life characters of Mount Olympus. Wonderfully dramatic, and better than a night in front of the TV!

Earth Week: Keep Calm and Have a Cupcake

April 19 • 3:00 – 5:00 pm

Truer words were never spoken, so Agassiz Library will provide peaceful, bare cupcakes for you to frost and decorate to your hearts content. Real decorating tools and decorations provided.

Earth Week: Plant-In

Saturday, Apr 20 • 11 am – 2 pm

Its like a sit-in, except different. Celebrate Earth Day by getting your fingers in some dirt and planting some plants. Communities in Bloom will guide us, the library will supply soil and plants. Bring your own pot and lets get our fingers dirty and find our thumbs green!

Hooked on Books: Agassiz Library Book Club

April 24 • 6:30 pm – 8 pm

Much like the addictive nature of coffee and sweets, it is hard to say 'no' to the temptation of a good read. This book club is drop in, if you can't make it every month, no one talks about you! If you have read the book before, you can skip out! Join in, pick up the book in the first week of April.

Terrill Scott

Library Supervisor, Agassiz Library
FRASER VALLEY REGIONAL LIBRARY
Phone 604-796-9510 Fax 604-796-9517

"Just living is not enough," said the butterfly, "one must have sunshine, freedom, and a little flower." ~ Hans Christian Andersen (1805-1875), Danish author, "The Butterfly"

Practical Nursing Program 2013

Are you interested in becoming a Licensed Practical Nurse? Seabird is currently seeking students for the September 2013 program intake. This is a full-time 1.5 year program. If you are interested please contact Alexis Grace or Lauren Duerksen at the Seabird Band office. 604-796-2177



Admission Requirements

- Grade 12 graduation or equivalent
- Academic English 12 with a B
- Successful completion of the VCC math assessment
- Biology 12 (Human Biology) with a grade of C (required for admission to A&P)
- Human Anatomy and Physiology for Practical Nurses with a B-

The following are to be completed prior to the first practice education experience:

- CPR level "C"
- Criminal Record Check

Immunization as required by sites of practice education and recommended by BC Centre for Disease Control (2009): diphtheria and tetanus, polio, hepatitis B, measles, mumps and rubella (MMR), varicella, and influenza

Negative TB skin test or chest x-ray

Students who do not meet the immunization requirements may be prohibited from attending practice education experiences given particular Health Authority, or practice education site organization/agency policy.



social
ties
celebrate
yummy
love
the
yummy

CELEBRATE YOU

at
WOMEN'S GROUP

WEDNESDAYS

6:00PM - 9:00PM
at the
WELLNESS CENTER

HIGHLIGHTS


- Do great activities
- Go on fun outings
- Be social
- Eat great snacks
- Have fun!

Sign Up
and Bring
a Friend!

No children please, this is **YOUR** time
Child minding available!

FOR MORE INFORMATION contact Genna or Edie (604) 796-2177

CELEBRATE YOU • BE SOCIAL • HAVE FUN • ACTIVITIES • OUTINGS • RELAX • LAUGH • TALK



Join the PPG!

Positive Parenting Group!


For parents/caregivers of children
ages 0-16 years old

Every Wednesday until April 17th
(weekly sessions)
Time: 1:00-2:30pm
Place: Wellness Center (upstairs)

As a Group We Will:

- Eat a healthy snack
- Discuss a great topic (ex. Encouragement, Self-esteem)
- Participate in a fun activity

For more information please call:
Carly Errico Cell: 604-819-6040 Work: 604-796-6826
Sarah Ewen Cell: 604-819-6040 Work: 604-796-6863
Toll Free: 1-800-788-0322



SEABIRD ISLAND BAND

Housing Waillist April 2013

Spring has arrived!

Along with the warmer weather comes the growth of grass and shrubbery. All tenants and homeowners are reminded to maintain their yards to prevent pests and damage to unit.

Thank you!

OPEN HOUSE is April 10th

– Market Housing will be on site with one of the lenders for questions. Come and see us!!

1 bedroom

| | |
|---|---------------|
| 1 | 11232011-2046 |
| 2 | 041720122047 |
| 3 | 08302010-2049 |
| 4 | 09192012-2050 |
| 5 | 10252012-2051 |
| 6 | 02082013-2052 |
| 7 | 02132013-2053 |

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

2 bedroom

| | |
|----|---------------|
| 1 | 09082010-2028 |
| 2 | 02282011-2035 |
| 3 | 07082011-2038 |
| 4 | 04172012-2047 |
| 5 | 11132012-2053 |
| 6 | 12192012-2054 |
| 7 | 12202012-2055 |
| 8 | 01032013-2056 |
| 9 | 01032013-2057 |
| 10 | 01282013-2058 |
| 11 | 01302013-2059 |
| 12 | 02042013-2060 |
| 13 | 03052013-2061 |

3 +bedroom

| | |
|----|----------------|
| 1 | 12052011-3052 |
| 2 | 01032012-3057 |
| 3 | 04022012-3063 |
| 4 | 05072012-3064 |
| 5 | 06282012-3070 |
| 6 | 09182012-3072 |
| 7 | 10222012-3073 |
| 8 | 11132012-2053 |
| 9 | 11272012-3073B |
| 10 | 12192012-3074 |
| 11 | 12192012-3075 |
| 12 | 12192012-3076 |
| 13 | 12272012-3078 |
| 14 | 01022013-3079 |
| 15 | 01022013-3080 |
| 16 | 01032013-2056 |
| 17 | 01302013-2059 |
| 18 | 01312013-3081 |
| 19 | 02062013-3082 |
| 20 | 02082013-3083 |
| 21 | 02082013-3084 |
| 22 | 02152013-3085 |
| 23 | 02252013-3086 |
| 24 | 03082013-3087 |
| 25 | 03192013-3088 |

NOTE:

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

FREE!!!

Receive free energy conservation items for your unit!

These may include shower heads, weather stripping, and maybe even a fridge!

Tenants/homeowners must meet energy usage and low-income requirements.

Apply **TODAY** with Erna Paul or Stacy McNeil.



HOUSING INVOICES:

Many people in the community have started to receive INVOICES in the mail for things like RENT that they are paying to the band. Invoices are documents that show you what you are being BILLED for an item. They are for your records, and to ask for payment IF it hasn't been made. They are sent automatically.

A STATEMENT is a document you would receive that shows ALL your invoices and ALL your payments on an account. The bottom right hand number will show you if you are behind or ahead in payments.

If you have any questions, please contact the Accounts Receivable Department.

Stacy McNeil, BCJ, MBA *Candidate*
Housing Department Supervisor
Seabird Island Band
PO Box 650 Agassiz, BC V0M 1A0
P: 604-796-2177
D: 604-796-6825
F: 604-796-3729

SIB MARKET HOUSING



A NEW Housing Program that provides competitive and affordable loans that work for you!

Would you be interested in attending a workshop on mortgage lending and credit rating?

We are taking names now in order to schedule it.

Please contact Stacy McNeil or Dwayne McNeil to book your space in our workshop?

Tel: 604-796-2177 or

stacy@seabirdisland.ca

dwaynemcneil@seabirdisland.ca

This Housing Program is to provide Seabird Island Band Members access to home loans in order to build, purchase or renovate homes on Seabird Island Band reserve lands.

Loans that you could qualify for:

Up to \$250,000 for New Construction, Purchase, and Refinance.

Up to \$150,000 per unit for Rentals.

Up to \$100,000 for Renovations.

Developed in partnership with First Nations Market Housing Fund



Fitness and Nutrition



Staff Health Series Tuesday April 9th

It is a "lunch and learn" session in the Elder's Lounge at noon.



Diabetic Session & Lab day April 18th.

(This is the 3rd Thursday NOT the 4th Thursday of the month.)
Come fasting at 8:00 am to get you blood work done and stay for breakfast, an information session and then we will wrap it up with an activity and some lunch.



Seabird Community Kitchen April 30th at 10:30 am.

The topic this month is "Marinades and Salad Dressings".
You will go home with some meat marinating for dinner and some awesome salad ideas.



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

SEABIRD

OPEN HOUSE

*Join us
for a day
of fun!*

**April 10th
10 am - 5 pm**

*Theme:
Ancestral
Teaching*

Featuring:

- Door Prizes
- Interactive Displays
- Games
- Snacks
- Canoe pulling photo booth \$2 per sheet (pick-up April 19th)
- Much more...

Aboriginal Sport, Recreation & Physical Activity Partners Council

BC Aboriginal Provincial Championships & Camps

Events held in summer and fall of 2013 part of selection processes for Team BC for NAIG

The Aboriginal Sport, Recreation and Physical Activity Partners Council (Partners Council) is pleased to announce the dates and locations of several events within the 2013 series of BC Aboriginal Provincial Championships and Athlete Development Camps.

Launched in 2011, the annual BC Aboriginal Provincial Championships and Camps were established to support Aboriginal athlete and coach development and support the creation of a strong, coordinated and competitive Team BC program. The majority of the events in the 2013 Championships & Camps will serve as a primary component of the talent identification and selection processes for Team BC

for the 2014 North American Indigenous Games (NAIG).

The 2014 NAIG will be hosted in Regina, Saskatchewan, from July 20 to 27, 2014 and Team BC will be represented in 13 sports: archery, athletics (track & field), badminton, basketball, canoe/kayak, golf, lacrosse, rifle shooting, soccer, softball, swimming, volleyball, and wrestling.

The following BC Aboriginal Provincial Championships and Camps are confirmed. More details regarding the Team BC Selection processes for each individual sport will be announced in the coming months as preparation and planning progresses.

Provincial Championships

BC Aboriginal Provincial GOLF Championships August 11-13, 2013

Hosted by Talking Rock Golf Course & Little Shuswap Band Talking Rock Golf Course, Chase, BC

• The following age categories will be offered for both male and female players at the 2013 Championships

o U14 (born 1999 & later)

o U17 (born 1996 & later)

o U19 (born 1994 & later)

• **NOTE:** Only those born 1995 to 1999 will be eligible for selection to Team BC for 2014 NAIG

BC Aboriginal Provincial SOCCER Championships August 23-25, 2013

Hosted by Seabird Island First Nation Agassiz, BC

• **Regional Teams** for both male and female divisions to be entered into following age categories. Winning teams earn spot on Team BC for 2014 NAIG. Regional teams are selected through Regional Committee selection processes. Contact your Regional Coordinator for details on regional team selection process (regional contact info below).

o U15 (born 1998 & later)

o U17 (born 1996-1997)

o Fraser Region: dgarner@bcaafc.com; Interior Region: bmanuel@bcaafc.com; Vancouver Coastal Region: jgladish@bcaafc.com; Vancouver Island Region: kleming@bcaafc.com; Northwest or Northeast Region: lerickson@bcaafc.com.

• **A U13 co-ed division** will also be included in the BC Championships in an Open team category. Note: this age division is not age eligible for 2014 NAIG.

BC Aboriginal Provincial CANOE & KAYAK Championships September 21-22, 2013

Hosted by Seabird Island First Nation Agassiz, BC

• Championships consist of male and female singles, doypubles and mixed doubles categories for both canoe and kayak events.

• Age divisions for Championships

o U14 (1999 & later)

o U 16 (1997 & later)

o U19 (1994 & later)

• **NOTE:** Only those payers born 1995 to 1999 will be eligible for selection to Team BC for 2014 NAIG.

• Canoes and kayaks provided by event hosts/partners.

Provincial Camps

BC Aboriginal Provincial LACROSSE Camp August 10-11, 2013

Hosted by Squamish First Nation North Vancouver, BC

• Team BC Selection Camp for male lacrosse players born in years 1995 to 2000.

• If you are a female player in this age bracket and are interested in NAIG, please email teambc@bcaafc.com

BC Aboriginal Provincial SOFTBALL Camps

Southern BC Camp August 24, 2013

Hosted by Softball BC at Softball City Softball City, Surrey, BC

Northern BC Camp Date TBA

Hosted by Prince George Native Friendship Centre Prince George, BC

• Team BC Selection Camps for male and female softball players born in years 1996 to 2000.

• Attend one (either the South or North camp).

BC Aboriginal Provincial RIFLE Camp September 28-29, 2013

Hosted by Semath First Nation & Sto:lo Nation Hubs Abbotsford Fish & Game Club

• Team BC Selection Camp for male and female shooters born in years 1995 to 2000.

BC Aboriginal REGIONAL Basketball Camps October 18-20, 2013

• Eligible athletes are male and female players in the following age categories U14 (born 2000 & later), U16 (born 1998 & later) and U19 (born 1995 & later). The Team BC selection process for basketball athletes will be in two phases – Regional camps followed by invitational Provincial camp.

• Attend one of the Regional Camps held October 18-20 with goal to be advanced to the invitational Provincial selection camp. Regional Camp locations and registration fees are yet to be confirmed - details to be announced in April.

- | | |
|--|---|
| • Vancouver Coastal Region North Vancouver (TBC) | • Northwest Region Prince Rupert (TBC) |
| • Vancouver Island Region Port Alberni (TBC) | • Northeast Region Prince George (TBC) |
| • Fraser Region Langley (TBC) | • Additional North Location Gitsgukla (TBC) |
| • Interior Region Kamloops (TBC) | |

BC Aboriginal Provincial Basketball Camp December 20-22, 2013

Hosted at Langley Events Centre Langley, BC

• Athletes identified at the Regional Camps for advancement to next phase will be invited to the BC Aboriginal Provincial Basketball Selection Camp (invitation only) held Friday, December 20 to Sunday, December 22 at the Langley Events Centre.

Please note the details for Provincial Camps in the sports of archery, athletics, badminton, swimming, volleyball and wrestling will be announced at a later date.

Event details and registration information will become available in the coming months.

For more information on the 2013 BC Aboriginal Provincial Championships and Sport Development Camps, please visit [facebook.com/ASRPAPartnersCouncil](https://www.facebook.com/ASRPAPartnersCouncil) or contact Lara Mussell Savage at teambc@bcaafc.com.

A-PALS “Aboriginal Parents as Literacy Support”



We had such a great turn out at our A-PALS gathering on Wednesday, March 6th. A total of 42 family members attended. The theme for the evening was **Two-legged, four-legged, finned and feathered**. Jonny opened the evening with song followed with a delicious meal. There was a circle with songs and stories and some dancing. Parents enjoyed an adult session while children played with Staff supervising. The evening ended with many crafts and a game. A fantastic evening for all.

Next A-PALS evening at the Mill Hall is Wednesday, April 10 at 4:30 pm

Staff look forward to seeing community families with a child aged 3 – 6 years of age.



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



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 (1st) of each month

Seabird Island Preschool



3's Play



3's Circle

The month has flown by with much learning and fun at the Seabird Island Preschool. The children enjoyed Sto:lo Day on Feb. 28 at the Community school. Kwosel has taken the children on nature walks searching for **th'êxth'ex** (stinging nettles) and pussy willows. Soon the Easter Lily will appear.

With springs' arrival the flowers are blooming, which the children planted in the fall at the Preschool. Spring break was an opportunity for many families to gather together. Unfortunately the weather was not so cooperative.

The children will be participating in the Nutrition run/walk on March 27th. Please come out and walk with us!

Seeds of Empathy is a huge part of the Preschool Program. We are

delighted to have Evangeline and baby Addison as our Seeds Family. The children enjoy participating in the Literacy Circles and Family Visits.

The Seabird Island Language Nest full Halq'emeylem immersion 3's program continues to strive for the highest quality with language teachers Malila and Jonny. The children love to sing, dance, drum, bake, and go for community walks.

During the **Seabird Island Open House**, April 10, both Preschool Classes will be visiting the event. There will be a **registration list at the Preschool Table for any parents wishing to register their 3 or 4 year old for the 4's Program or the 3's Language Nest Program this Fall – Sept. 2013. Reminder: space is limited!!**



Stolo Day ↕



Nature Walk with Kwosel



Anti Bully Day with Rootbear



Music Monday, May 6th, 2013.

Students are currently getting excited about celebrating Music Monday, which is a National celebration of music education that our students will be taking part in on Monday, May 6th. Astronaut Chris Hadfield and *Barenaked Ladies* frontman Ed Robertson have collaborated between earth and space to co-write the official song for Music Monday 2013, *Is Somebody Singing*. You can watch the debut performance that took place in both space and earth at <http://musicmakesus.ca/musicmonday/>. All Seabird students will be learning this song and singing it together on Music Monday. There will also be a guest grade 7/8 Jazz Band visiting Seabird from Langley to celebrate with us on this day. **Hope you can join us as well in this celebration Monday, May 6th, 2013!**

Brandi McNeil, Courtney Charlie, and Doreen McIntyre have all completely finished Math 11 including their exams, having worked ahead for early course completion.

A positive result of test writing focus has come through in Terms 2 and 3: All Science classes from grade 7 through

12 have increased their test average scores. Test scores are now on par with, or higher than, course work scores on average in these classes. Most students are reporting more confidence and less anxiety towards tests, which is a positive direction towards year-end exams.

Miss Anderson – High School (Math 8, English, Socials, and Math 7/8)

I hope everyone had a relaxing and enjoyable Spring Break. We are fast approaching the end of Term 3 and Term 4 will begin the final countdown of this school year. We have been working on self-organization and independent learning to start preparing for the coming school year. More responsibility has been placed on the student to make sure they come to class prepared with their binder, completed homework, pen and pencil. Next, students have been learning to think about their work and to look back at examples before they say they don't understand and simply ask for answers. They are working on asking themselves questions first to understand what their work is asking. If they still don't understand the work, they are learning asking for help isn't just about asking the teacher. They can ask each other for help and work through the

work together. This in the end will actually create a deeper understanding of the work and probably make it more enjoyable working with others. Keep up the great work!

Our grade 11/12 English class is working on Comparison and Contrast essays. Special attention is being given to outlining, creating a trial thesis, and revising. This term we are giving particular attention to the process of revision, which literally means to see again. Students are therefore re-working, re-structuring and re-writing their papers, not simply changing a few words or adding a sentence here or there. Here are some of the questions that students are considering when revising their papers: Does my essay support my thesis specifically and without straying from the point? Does all of my supporting evidence work together with my thesis? Have I eliminated superfluous details? Do I need to add more supporting information to improve my paragraph?

Barbara White
M.A., M.Ed
Vice-Principal
Seabird Island Community School
604-796-3061

**BC's Public Service's
Aboriginal Youth Internship Program
CALL FOR INTERN APPLICATIONS IS OPEN!**

Our Intern Job Posting is now up for the Aboriginal Youth Internship Program, 2013/14 program year. Deadline to apply is Friday, May 3, 2013.

The Aboriginal Youth Internship program offers an innovative, 12 month paid Internship program (\$1,564.13 Bi-weekly) that is culturally responsive and supported. Successful candidates will work for nine (9) months in a government Ministry followed by three (3) months in a selected Aboriginal organization. Program starts September 03, 2013 and runs to August 29, 2014.

We're looking for youth who communicate well, have strong writing and research skills, embrace learning opportunities, enjoy new challenges and are engaged in their Aboriginal, youth or academic communities!

To apply for the program, you must be:

- Aboriginal (First Nations, Métis, Inuit)
- 29 years of age or under as of September 3, 2013
- Residing in BC

You must also have:

- A minimum of grade 12 (at time of application) March 2013 with some post-secondary education or equivalent work, life and education experience;
- Leadership aptitude or experience, either through work or volunteering; and
- Good knowledge of Aboriginal governments/organizations and the Aboriginal population that you represent (i.e. First Nations Summit, Union of BC Indian Chiefs, Métis Nation BC, BC Association of Aboriginal Friendship Centres, Aboriginal community organizations, etc.).

PROCESS FOR APPLYING

1. Go to our program website for an overview of the program:

http://employment.gov.bc.ca/Aboriginal_Youth_Internship_Program

2. Once you review, go to the job posting: <https://search.employment.gov.bc.ca/cgi-bin/a/highlightjob.cgi?jobid=14044>

3. The following link is available to assist with the process:

<http://blog.gov.bc.ca/careeradvisor/2011/10/resumes-and-cover-letters/>

4. Fill in the online form.

5. Submit your resume and cover letter electronically.

-In your cover letter, state your three top Ministries of Interest (list available on the site).

6. Submit your two (2) Letter of Reference Forms (Fax to Amanda Horncastle, AYIP Administrator at 250-387-0749 or Email signed form to Amanda.Horncastle@gov.bc.ca)

DEADLINE TO APPLY: Friday, May 3, 2013

If you have questions about the program, please contact Stephanie Papik, Program Lead Stephanie.Papik@gov.bc.ca or Bradley Dick, Program Coordinator, Bradley Dick at Bradley.Dick@gov.bc.ca or 250-507-7405.

If you have questions or need assistance with the applications process, please contact Amanda Horncastle, Program Administrator, Amanda.Horncastle@gov.bc.ca at 250-387-0460.

“Speaking with Courage” A Collection

I am creating a book...

a collection of all your powerful, vulnerable, courageous, inspiring, sad, and hilarious stories! I want to give you a **safe and supportive platform to find your voice, share your voice** and begin to **live as your greatest, most amazing self!**

What do you have to say? What do you need to say? What do you want to say?

Do you have stories you’ve never shared with anyone before, or have a story that you’ve shared often, but want to inspire others?!

For many years now, I have been connecting with people, listening to their stories and learning. I am always incredibly inspired that so many people have been willing and strong enough to share their stories, and wanted to give you the gift of this book; a place where you can speak loudly, or quietly, or in whatever way you want to be heard!

So it can be anything about you...

who you are, what helps you get strong, what keeps you strong, what things keep you silenced or struggling, do you feel able/comfortable talking to your teachers, parents, children... why or why not? your life story, what you’ve learned from your parent’s/grandparent’s/mentors stories, what you love, what makes you sad/happy/scared/brave, who you are today, who you want to be... your dreams, what makes it so hard to be vulnerable...

It can be a poem, a story, pictures, point form thoughts, drawings, mind maps, etc

The pages are your oyster ;)

Use old journals, read and watch inspirational stuff, keep a notebook... just jot down ideas when they come to you. If you want to submit rough drafts along the way, I’m happy to help edit and guide you. The book will become what you contribute!

If you have any questions, want some guidance or more information, contact me at:

Ruth Stadelmayer (Seabird College Instructor)

Text or call: 604-799-7384 (will change after June)

Email: ruthstadelmayer@gmail.com (permanent)

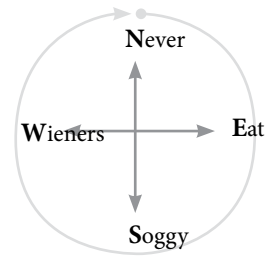
Website: www.ruthstadelmayer.com

Find your voice. Share your story. Become who you dream to be. You are so worth listening

TIPS to guide you so you don't get LOST all the time.

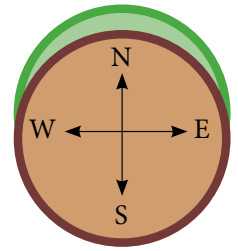
READING A COMPASS:

- To help you remember the order of North, East, South, West on a compass, read it clock wise. Never - Eat - Soggy - Wieners.
- Remember most maps read North (top) to South (bottom).
- Moss Grows more heavily on the North side of trees and rocks.



PLAN YOUR ROUTE:

- What do you know?
Say you parked your car in Harrison for a walk, the lake runs North to South. You are walking on the East side of the Lake so the lake is to your West.
- Be Observant listen to the sounds look around for land marks every few minutes.
First you pass the museum, a few minutes later you see a funky looking tree, later there is a large funny looking rock, and you climb over a fallen tree. To find your way back remember to look for these land marks in reverse: fallen tree, funny rock, funky tree, museum,...



The same can be done when you go shopping. *I parked at the end of the parking lot, the buggy house is on my right, I entered the mall at the pizza place. Now you can remember it backwards to find your way out to your car when you leave. Pizza place, buggy house on the left, go to the end of the isle.*

PACK FOR YOUR HIKING TRIP:

- Be prepared for a day, even if you only plan to be gone for a hour or so.
 - Water for each person.
 - Snacks for each person.
 - Map & compass.
 - Matches or lighter.
- **Remember** to tell somebody where you are going and when to expect you back. This way if you get hurt or do get lost, they can send out a search party for you. **Stay Safe!**

AGASSIZ ELEMENTARY SECONDARY SCHOOL



TERM 2 FEBRUARY 2013



"A" Honour Roll

Grade 7

Chelsey Baboth
Emily Bestwick
Natanael Cercel
Paul Dumas
Jaydin Lees
Jessica Lucki
Kaela Pope
Hannah Sharples Justine
Stockely
Megan Vander Wyk

Grade 8

Jordan Baker
Hannah Exley
Trevan Kozel
Serena Madsen
Jessica Read
Coby Sayo
Cody Sayo
Emily White

Grade 9

Leif Forge
Taylor Lees
Jacob Lucki
Teagean McNeil

Braydon Peters
Janelle Ryan
Euan Sayo
Sydney Vander Wyk
Autumn White
Ian Wilson

Grade 10

Zachariah Callander
Andrew Cercel
Megan Debruin
Carl Graham
Reese Jacobi
Elisha Johnson-Jensen
Vanessa Kohuch

Sara Oleksy
Eric Peterson
Makayla Pollock
Michelle Pollock
Hunter Ramey
Alex Robertson
Melissa Vermette
Brooke Visser

Grade 11

Kaelin Duncan
Desireah Eustache
Maggie Eustache
Kim Garcia
Esa James-Point

Nicole Johnson-Jensen
Ross McInroy
Emma Schram

Grade 12

Jon Cercel
Mikah Bresland
Brooke Duncan
Simon Fast
Kieran Forge
EJ Link
Brie Robotham

"B" Honour Roll

Grade 7

Seleen Banez
Kevin Graham
Jessica Heffell
Georgina Isaac
Darrian Jenkins
Kaitlin McGillivray
Nauness Paul
Drew Ramey
Tiana Sennie

Grade 8

Nicole Callander
Tanner Douglas
Riley Finlay
Kirsten Fleming
Alexandria Howe
Ben Inkman
Matthew Irwin

Blake Kafi

Alyssa Lawley
Bradee Lowe
Lauren Lowe
Jacob MacPherson
Henrietta McInroy
Quinton McNeil-Bobb
Sebastian Molina
Seth Pettis-Adair
Martin Skoda
Garrett Tailby

Grade 9

Inaki Aguirre
Tamara Andrew
Cody Beauvais
Chase Bestwick
Derek Bobb
Daniel Cercel

Lindsey Debruin

Justin DePatie
Millar Frederickson
Michaela James
Shareena Malhi
Kayla Myles
Makenzie Peters
Lauren Reynen
Kevin Sanchez
Hayden Simon
Katelyn VanderEijk

Grade 10

Rachel Brown
Jeremy Harris
Sean Lau
Amber Ruddell
Ashley Sicard
Esme VanParidon

Grade 11

Devon Armstrong
Moise Cercel
Adrienne Ferguson
Megan Harder
Mitchel Heaton
Faylen Jenkins
Tyler Kafi
Shelby Kramer
Colby La Fond
Baillie Lowe
Siequa McNeil-Bobb
Jessica Sparks
Tianna Stuyt
Eric Theede

Grade 12

Florin Andrie
Amanda Boorman

Kim de Jong

Shelby Dodd
Tommy Hrynkiw
Jae Min Hwang
Josh Jewett
Eric Klody
Zackery McNeil-Bobb
Spencer McColl
Grant Morley
Esther Nam
Richard Paul
Ashton Penner
Eric Paterson
Kim Peterson
Katelynn Shannon
Jason Staiger
Paige Touchet
Hillary VanderEijk
Katerina von Albedyhl

"Effort" Roll

Grade 7

Chelsey Baboth
Seleen Banez
Emily Bestwick
Natanel Cercel
Paul Dumas
Georgina Issac
Darrian Jenkins
Jaydin Lees
Jessica Lucki
Kaitlin McGillivray
Kaela Pope
Drew Ramey
Hannah Sharples
Justine Stoeckly
Megan Vander Wyk

Grade 8

Jordan Baker
Tanner Douglas
Hannah Exley
Trevan Kozel
Bradee Lowe
Lauren Lowe

Serena Madsen Henrietta McInroy

Jessica Read
Coby Sayo
Cody Sayo
Emily White

Grade 9

Inaki Aguirre
Cody Beauvais
Daniel Cercel
Lindsey Debruin

Leif Forge
Taylor Lees
Jacob Lucki

Keith Mabelle
Shareena Malhi
Teagean McNeil

Kayla Myles
Braydon Peters
Janelle Ryan
Euan Sayo
Sarah Sisson
Sydney Vander Wyk

Karen Walton
Autumn White
Ian Wilson

Grade 10

Zach Callander
Andrew Cercel
Megan Debruin
Carl Graham
Jeremy Harris
Reese Jacobi
Elisha Johnson-Jensen
Vanessa Kohuch
Sean Lau
Todd Marklund-Brown

Hebrina McInroy
Sara Oleksy
Eric Peterson
Makayla Pollock
Michelle Pollock
Hunter Ramey
Alex Robertson
Amber Ruddell
Esme Van Paridon

Melissa Vermette
Brooke Visser

Grade 11

Devon Armstrong
Moise Cercel
Kaelin Duncan
Desireah Eustache
Maggie Eustache
Kim Garcia
Esa James-Point
Faylen Jenkins
Nicole Johnson-Jensen
Sabrina Khan
Shelby Kramer
Jessica Leins
Ross McInroy
Emma Schram
Katelyn Simpson
Tianna Stuyt
Eric Theede

Grade 12

Amanda Boorman
Mikah Bresland
Jon Cercel
Kim De Jong
Brooke Duncan
Simon Fast
Kieran Forge
Eric Klody
EJ Link
Grant Morley
Esther Nam
Richard Paul
Kim Peterson
Brie Robotham
Heidi Sanchez
Hillary VanderEijk
Katerina von Albedyhl

COMPUTER BUYING CHEAT SHEET & TIPS FOR EFFICIENT SEARCHING

This cheat sheet is specifically written for folks who are relatively new to using a computer and want to discover the basics of buying a computer, efficiently searching the Internet, and using Windows keystroke shortcuts.

10 WINDOWS SHORTCUTS

Repeatedly taking your hands off the keyboard to select commands with the mouse can get tedious. Use these Windows keystroke shortcuts to handle common activities, such as cutting and pasting text, quickly and easily.

Keystroke Combination & Effect

| | |
|--------------|---|
| Ctrl+X | Cuts selected text/object |
| Ctrl+C | Copies selected text/object |
| Ctrl+V | Pastes copied/cut text/object |
| F1 | Displays help |
| F2 | Rename selected item |
| Ctrl+Z | Undoes the previous action |
| Alt+Tab | Displays list of open applications |
| Print Screen | Saves copy of current screen to the Clipboard |
| Windows Key | Displays the Start menu |
| F3 | Displays a search window |

CHECKLIST FOR PURCHASING A COMPUTER

When you're shopping for a new computer, check for the following features to make sure it will serve you well into the future as software and graphics become more powerful and complex:

- **Memory:** Your computer should have at least 4 gigabyte (GB) of RAM for a 32-bit computer and 8 gigabytes for a 64-bit computer.
- **Processor speed:** Look for a minimum of Intel i3 processor. i5 or higher is recommended for higher computer use.
- **Price:** Set a budget that you're comfortable with.— you can get pretty inexpensive computers that work for most folks these days. I usually recommend \$500 + Dollars. If your doing anything more than web-searching, \$800 +.
- **Keyboard:** Make sure the keyboard feels comfortable to you.
- **Monitor:** Monitors come in different sizes and qualities. A 15-inch monitor is comfortable for most people, but if you do work with higher-end images or watch videos, consider a larger monitor as larger screens may be easier on your eyes. Consider getting a touchscreen monitor to take advantage of all of Windows 8 touchscreen features. LED monitors is recommended. LED monitors only us 5W of power!! Compared to the 50- 100 W of cheaper non LED monitors.
- **Input ports and drives:** Computers might come with CD or DVD drives, USB ports for connecting peripherals and USB sticks, and ports to connect to monitors and printers. Tablet computers don't normally offer a lot in the way of input ports.
- **Wireless capability:** To connect to wireless devices and networks, you need wireless capability. Wireless G or N.
- **Included software:** Some computers come with utility programs, such as antivirus software, or productivity software, such as Microsoft Office. ESET Antivirus or AVG recommended.
- **Manufacturer support:** Check the warranty and technical support available.
- **Graphics and sound cards:** If you want to use multimedia or game software, ask for more sophisticated sound and video features.
- **A webcam:** If you will be calling your friends or grandchildren over a service such as Skype, it's useful to have a built-in webcam to transmit video images while talking.

TIPS FOR EFFICIENT SEARCHING FROM YOUR COMPUTER

Whether you're searching your computer for a file or the Internet for a document or website, here are some tips that can help you get appropriate results faster. (However, note that some search engines use slightly different approaches.)

- Avoid search terms that are too general. The term golden retriever would get you more specific results than dog, for example.
- By default, if you type two keywords such as Vacation Italy, search engines generally look first for sites that contain both words.
- Most search engines generally don't take into account small, common words such as and, or, and a.
- Some search engines, such as Ask.com, allow you to type in questions as sentences rather than using keywords.
- If you want to find an exact phrase, such as "To be or not to be," put it in quotes.
- Add a + to the end of search keywords to get results that not only match but only include those words.

Healthy Eating Recipe Corner

Banana Bread

1 ww points value

Total Time: 1 hrs 10 mins

Prep Time: 10 mins

Cook Time: 1 hrs

Ingredients

- 3 bananas, mashed
- 1 cup Splenda sugar substitute
- 1/2 cup natural applesauce
- 3/4 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking soda

Directions:

1. Preheat oven to 350 degrees.
2. In a mixer, mash bananas, add Splenda and mix.
3. Mix in rest of ingredients.
4. Pour ingredients into a bread pan sprayed with non-stick spray.
5. Bake for 50 to 60 minutes; cake tester should come out clean when done.
6. Remove from pan and cool on a wire rack.

**If using a dark coated pan, bake at 325 degrees and bake a little longer; cake tester should come out clean when done.*



Who can attend?

- *Expecting moms
- *Newborns up to 6 weeks
- *Partners, Support Person and siblings

Open to families living on reserve and transportation can be provided.

Questions? Call
1-800-788-0322

Pre/Post Group &

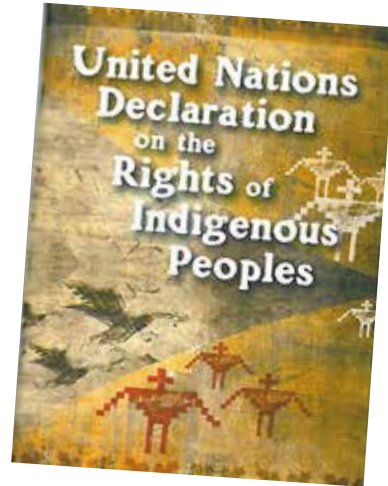
Prenatal Circle APRIL 2013

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----------------------------------|-----|---------------------------------------|----------------------------------|--|-----|
| | 1 Easter Monday! | 2 | 3 Pre/Post 11-1pm Mill Hall SIB | 4 Pre/Post 11-1pm Skwah | 5 | 6 |
| 7 | 8 Pre/Post Chawathil 11-1pm | 9 | 10 | 11 | 12 Prenatal Circle 1-3pm Elders Room | 13 |
| 14 | 15 | 16 | 17 | 18 Pre/Post Squiala 11-1pm | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 Prenatal Circle 1-3pm Elders Room | 27 |
| 28 | 29 | 30 | | | | |

United Nations Declaration on the Rights of Indigenous Peoples

Article 33

1. Indigenous peoples have the right to determine their own identity or membership in accordance with their customs and traditions. This does not impair the right of indigenous individuals to obtain citizenship of the States in which they live.
2. Indigenous peoples have the right to determine the structures and to select the membership of their institutions in accordance with their own procedures.



Article 34

Indigenous peoples have the right to promote, develop and maintain their institutional structures and their distinctive customs, spirituality, traditions, procedures, practices and, in the cases where they exist, juridical systems or customs, in accordance with international human rights standards.

Article 35

Indigenous peoples have the right to determine the responsibilities of individuals to their communities.

Recreation April 2013

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|--|--|
| 1 CLOSED | 2 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm | 3 Elders Fitness 9am-10am Zumba 4pm-5pm Men's Hockey 6:30pm-8:30pm | 4 ECE Fitness 10:45am-11:15am Zumba Gold 12pm-1pm Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm | 5 Staff Intramurals 11:15am-11:45am TBA | 6 |
| 8 Elders Fitness 9am-10am Roller Derby 6:30pm-8 pm Weight Watchers 4:30pm-5:30pm | 9 Youth (13-18) Fitness 3:30pm-4:30pm Evening Rec Cancelled | 10 Elders Fitness 9am-10am Evening Rec Cancelled Youth Night @ the Center 6pm-9pm | 11 ECE Fitness 10:45am-11:15am Zumba Gold 12pm-1pm Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm | 12 Staff Intramurals 11:15am-11:45am TBA | 13 Youth Outing: Mine Museum TBA |
| 15 Elders Fitness 9am-10am Roller Derby 6:30pm-8 pm Weight Watchers 4:30pm-5:30pm | 16 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm | 17 Elders Fitness 9am-10am Evening Rec Cancelled Youth Night @ the Center 6pm-9pm | 18 ECE Fitness 10:45am-11:15am Zumba Gold 12pm-1pm Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm | 19 Staff Intramurals 11:15am-11:45am TBA | 20 |
| 22 Elders Fitness 9am-10am Roller Derby 6:30pm-8 pm Weight Watchers 4:30pm-5:30pm | 23 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm | 24 Elders Fitness 9am-10am Zumba 4pm-5pm Men's Hockey 6:30pm-8:30pm | 25 ECE Fitness 10:45am-11:15am Zumba Gold 12pm-1pm Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm Youth Outing: Paint Ball TBA | 26 Staff Intramurals 11:15am-11:45am TBA | 27 |
| 29 Elders Fitness 9am-10am Roller Derby 6:30pm-8 pm Weight Watchers 4:30pm-5:30pm | 30 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm | | | | |

Contact Keena McNeil for further information 604-798-2177 (text or call)

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

March Meat Pack Orders

Meat Packs will be available again! Call Erna @ (604) 796-6831 to order

Don't Forget To Do Your Taxes

Sara Silver & Alain Marchand will be doing taxes **by Appointment only**. They are open on Tuesdays, Wednesday, and Thursday from 8:00a.m.—4:00 p.m.

For the month of March

March 4–8 had Computer Tech there was 5 participants that have passed the Computer Training. Also have Cashiers Training on March 20th & 27th

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 and your resume for the various employment opportunities that come to our centre.



Oil and Gas Active Measures:

Alain Marchand is the Oil and Gas Active Measures worker. Alain has been doing drivers Ed training with the High School, on March 14th he did a finance workshop with RBC, on the 28th Alain started the replacement readiness, did online assistance a couple times, also has been doing income taxes with the Income Assistance and with community

INCOME ASSISTANCE INFORMATION

May 2013 cheque issue is *Friday, April 26, 2013*

- * Renewals are due by the, **15th of the month. If not handed in before the 15th of every month your cheque will not be processed until the following week. There will be no exceptions!**
- * Hydro and Fortis bills need to be handed in monthly.
- * Remember if you have changes in your household to bring in a new Tenancy Agreement.

ACTION PLANS

Appointments can be made with Pat Large or Jill Stauber for monthly Action Plans prior to Income Assistance day to avoid waiting in line.

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

DRIVING

Ed Armstrong is the Driving Instructor/ICBC Liaison worker. He is helping students obtaining their Learner's or New Driver's License. If you are canceling your appointment Please provide 48–24 hours notice NO SHOWS will forfeit next appointment.
Book an appointment through our office.

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

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 (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



Quote of the month

"I think that no matter how old or infirm I may become, I will always plant a large garden in the spring.

Who can resist the feelings of hope and joy that one gets from participating in nature's rebirth?"

- Edward Giobbi

Temkwikwexel / April

Birthstone: Diamond

Color: White / clear

Aries: March 21st - April 20th

Flower: Sweet pea

Halq'emeylem Word Search

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| q | l | : | á | q | y | s | t | á | : | y | h | y | é | s | g |
| d | e | b | i | r | d | í | a | p | r | i | l | a | k | p | n |
| j | t | s | m | í | m | e | y | á | t | h | f | l | x | ` | i |
| á | : | i | q | ` | e | l | é | x | e | l | u | p | é | á | r |
| r | í | l | é | w | ú | y | á | w | q | á | n | l | y | : | p |
| a | s | q | w | ` | e | y | í | l | e | x | o | e | l | q | s |
| l | c | a | n | o | e | m | e | x | á | l | h | w | a | ` | o |
| í | r | o | s | e | x | g | é | s | u | n | h | í | t | e | a |
| l | e | x | e | t | é | w | s | y | ó | : | q | w | e | m | e |
| i | f | l | o | w | e | r | ú | g | t | p | h | s | l | s | p |
| y | ú | j | s | h | x | w | í | y | ó | s | l | r | h | é | t |
| e | w | ó | : | l | e | m | ú | h | i | x | e | a | b | o | e |
| m | j | s | á | t | p | ` | e | l | y | u | : | s | y | r | e |
| o | í | e | s | l | é | x | w | e | l | h | p | r | p | í | w |
| b | i | g | d | i | a | m | o | n | d | g | y | n | n | u | s |

- swíwel - sunny
- syó:qwem - sun
- swétexel - Rainbow
- sí:tel - basket
- q'eléxel - fence
- p'elyu:s - bark of a tree
- smímeyáth - butterfly
- sléxwelh - canoe
- mexàlh - caterpillar
- qwáyúwél - dandelion
- sp'á:q'em - flower
- sqweméytses - pussywillow
- qá:lq - rose
- sqw'eyílex - a dance
- stá:y - canoe race
- shxwíyós - early bird
- alíliyem - laughter
- ewó:lem - play
- éy latelh - good morning

YOO HOO - Mystery Incentive - WIN A PRIZE!

All Seabird Band Members or Community Members who bring in this completed Word Search to Sandy Bobb will be put into a draw for a chance to "WIN" a mystery prize.

Submissions due: by 4 p.m. April 11th
Draw Date: April 12th, 2013

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

Congratulations to - Last Months Winner was Todd Johnson

Name: _____

Phone #: _____

Seabird Address or SIB Status #: _____



'Round The Rez

Community Events, Workshops & Outings

BUILDING BOOKING AND MEETING ROOMS

- **Angie Chapman** 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 me at 604-796-6893.

- **Ashley Thompson** looks after booking of the Millennium Hall she can be reached at 796-6854.

INDIVIDUAL AND TEAM SPONSORSHIP FOR SPORTS



Please contact Angie Chapman to request an application for sponsorship for teams or individual. An event flyer, posting or fax with contact information relevant to the events must be submitted with the application/ along with a roster (comprising of a community member/ band member name). Applications must be submitted a minimum of 10 days prior to the event for sports and recreation. The responsibility of ensuring that all of the proper documentation is received by the Events Coordinator belongs to the applicant. The decisions will be based on funding availability.

DENTAL CENTER

**Seabird Dental is available
Monday - Thursday 8 - 4:30
Friday 9 - 3**

* Seabird Dental is accepting new STATUS PATIENTS.

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.

ALCOHOLICS ANONYMOUS MEETING

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



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

CATERING & FUND-RAISING

Please contact Angie Chapman to get on the catering/ fundraising 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 me at 604-796-6893.

VOLUNTEERS REQUIRED

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

FIELD LIGHT BOOKINGS:

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

\$2 an hour for band members,

\$8 an hour for non-band members.

604-796-2177

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.

Ambulance bills that I only help with anyone that has a status number other than that everyone else has to pay for their own unless it's an ICBC claim.

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

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

GARBAGE SCHEDULE

Regular Garbage:
Monday and Thursday

Recycle: Tuesday's

Major Garbage: First
Wednesday of each Month
(sign-up at the Band Office)



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

OIL DISPOSAL - NO MORE

SORRY We are **NO LONGER ACCEPTING** used oil at the Gas Bar!

OPTOMETRIST CLINIC

Dr. Ahmed's Clinic Dates

April 22nd

May 23rd

June 10th



If there are any clients that may want to be seen, please send me your names, birth dates, status numbers and medical numbers as soon as you can.

Dr. Ahmed's patients who have a booked appointment must phone in and cancel if they are unable to make their scheduled appointment. If scheduled appointments are booked and have been no show 3 times, Health Canada will not cover these clients and it's not in Dr. Ahmed's control to book any future appointments with those clients.



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

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

9th- Ashley Charlie, 17

12th- Thomas Andrew, 14

20th- Felix Harry, 14

24th- Francois Mussell, 14

I apologize if I missed anyone. Keena

Happy Birthday John Bobb

*** ALERT! *** CELL PHONE SCAMS

**Text message scams
surge 600% in 2012**

B.C. residents wracked up \$7,700 in losses, according to the Canadian Anti-Fraud Centre.

If you get a random message of any kind asking for your personal information, don't give it to them!

Do a Google search to see if it's a scam, if it is, it will show up there. No legitimate company is going to contact you out of the blue and ask for that kind of information.



Did You Know that...

People with gum disease are more likely at risk for:

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

To stay healthy and keep your teeth strong...

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



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