



Seabird Island Community School Parent Advisory Council - **Join Now**

We value our positive relationship with parents and guardians of students attending Seabird Island Community School. As the first teachers of children, parents have an incredible role and we have placed a number one priority on working with parents in 2013 to support your child's success.

Join our new Parent Advisory Council for Seabird Island Community School:

- Participate in fun events and initiatives to support parents
- Develop ideas to support academic achievement
- Decide how to spend PAC funds to support the school
- Participate and organize fun events for the school
- Provide advice to the school
- Get to know other parents

Anyone who has a child in Seabird Island Community School is eligible to join the Parent Advisory Council. If you are interested please contact Angie Chapman at 604-796-2177 or angiechapman@seabirdisland.ca or Diane Janzen at 604-796-2177 or dianejanzen@seabirdisland.ca.

Thank you for your interest and support.

NEW - Naturopathic Traditional Doctor

Dr. Jeanne Paul is now available
to see patients

Tuesdays 10 a.m. - 3 p.m.
at the Seabird Wellness Centre
across from the Band Office

All appointments are made thru Kristi McNeil
at the Doctors Office 604-796-2165

Jeanne is a Naturopathic Doctor specializing in the traditional medicine approach to healing. Which is an alternative health care using traditional medicine. Jeanne is also a Herbal Medicine Teacher, Ethnobotanical Researcher, a First Nations Consultant, Keynote speaker and maker of traditional creams.



Jeanne is Coast Salish from the Sliammon Band. She invites everybody to come and enjoy a traditional tea during your visit.

For more information you can go to www.redshawl.com or e-mail: redshawl@excite.com

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NOMINATION DATE for Chief and Council

January 30, 2013
5:00 pm to 8:00 pm
in the Band Gym



ELECTION DATE for Chief and Council

March 13, 2013
9:00 am to 8:00 pm
in the Band Gym



Seabird Health Services Accreditation Update



Driving Quality Health Services

Accreditation is about improving the quality of our health services. We have four working groups that are making recommendations to improve programs and services.

One new initiative is our **Infection Control Committee**. We are taking steps to stop the spread of infection.

This flu season has been a bad one. **You can take steps to stop the spread of the flu**

- 1) Get a flu shot. It's not too late!! Call Kristi in the medical clinic
- 2) Stay at home, rest, and drink lots of fluids if you feel unwell (cough or cold/flu).
- 3) Wash your hands thoroughly and often. Wash especially after you sneeze or cough or come in contact with someone who is unwell. Consider carrying hand sanitizer with you when you are out. This is waterless hand cleaner that can be used anywhere. Buy some at your local pharmacy.
- 4) Practice good coughing/sneezing manners. Cough into your sleeve or T shirt. Cough into a tissue and then through it out. Always wash your hands after you cough or sneeze into them or a tissue.



Questions or comments? Talk to Heather McDonald, 604 796 2177 local 5033 heathermcdonald@seabirdisland.ca

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

Seabird Island First Nation Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the **Seabird Island First Nation** will be held in the **Seabird Island gym at 2895 Chowat Road, Agassiz, on Wednesday, the 30th day of January 2013, beginning at 5:00 p.m. and lasting for three (3) hours to 8:00 p.m.**, for the purpose of nominating candidates for the positions of chief and councillors on the Band Council of the Seabird Island First Nation for the next ensuing term. There are nine (9) councillor positions and one (1) position for chief available. The election will be held at the gym on Wednesday, the 13th day of March 2013 between the hours of 9:00 a.m. and 8:00 p.m.

Please note that **any** voter (resident on- or off-reserve) may nominate candidates **FOR BOTH CHIEF AND COUNCILLOR POSITIONS** either in person at the time and place stated above, or by using a mail-in nomination form. Nomination and other forms will be mailed to all off-reserve voters. On-reserve voters may request a nomination package from the electoral officer if they are unable to attend the nomination meeting in person. You can either deliver or mail-in a written nomination and a **completed, signed, and witnessed voter declaration form** to the electoral officer **before** the time set for the nomination meeting, OR you may nominate candidates orally in-person at the nomination meeting. Mailed nominations not received by the electoral officer before the time set for nomination meeting are void. The person nominated, nominators, and seconders must be **18 years old at the time of the nomination meeting**. Also note that any voter may vote by mail-in ballot. To do this, we must have your correct, full, mailing address.

Given under my hand at Port Alberni, British Columbia, this 21st day of December, 2012.

Maggie M. Paquet, Electoral Officer



Signature of Electoral Officer

Post Office Box 67
Agassiz, BC V0M 1A0
Phone: 250-723-8802
Toll-free: 1-855-586-8683 (VOTE)
email: maggie_paquet@telus.net

The Voters List is posted at various locations on the reserve. If your name is not on the list and you believe you are an elector for the Seabird Island First Nation, please contact the Electoral Officer and the Band Membership Clerk (Carol Hope) right away. Also please contact the Electoral Officer if you require a mail-in form and/or to give us your correct address, including postal code. Thank you.

YOUTH COUNCIL

We had a great turn out at our last Youth Council meeting and encourage you all to come to our next meeting.

Youth Council Meeting

February 6th
at the Youth Center

THINK POSITIVE POSITIVE THINGS WILL HAPPEN

Negative emotions can prove harmful for heart health

Just like emotions of love, happiness, compassion and kindness have a positive impact on heart health; negative emotions also play an active role in the same.

Depression, anxiety, heart ache, work related stress and anger are some negative emotions which contribute to the risk of heart disease, or may cause heart disease in otherwise healthy individuals.

It is not possible to stop feeling emotions, however, the solution is to manage emotions properly and not let them have a negative impact on heart health.

Take the support of your family and friends when feeling negative emotions. Indulge in activities that you love; it could be listening to music, reading, exercising, dancing, etc.

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5:00 pm to 8:00 pm
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ELECTION DATE for Chief and Council

March 13, 2013
9:00 am to 8:00 pm
in the Band Gym

Youth Valentine's Video Screen Dance!



When: Friday February 8, 2013

Time: 8:00pm-12:00am

Event Cost: \$800

Youth on Seabird Cost: Free

Youth not from Seabird Cost \$6 per person,
\$10 for two people

Ages: 13-18

Where: Seabird Island Band Office Gymnasium

(ID may be required)

Concession on Site (cash only)

Free transportation for youth
living on Seabird

Drug and alcohol free event.

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



What is a Mental illness?	Mood and anxiety disorder	Coping as a family	Treating mental illness
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"Help and Hope for Families" Living in the communities of the Fraser Health Region

Strengthening Families Together

Mental Health Family Support & Respite Service is working with Skwah 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 hall**,
March 20th 2013 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



FITNESS AND NUTRITION

Starting on Monday January 21st @ 3:30 pm we will begin our 13 week **RUN WALK TRAINING!** We will meet every Monday for 13 weeks. Contact Val for more info and to register: 604-796-6829. This is designed for people interested in doing the **SUN RUN** (in April), our own **Seabird Nutrition Walk/Run** (March 27th) or just to improve their health by getting active.

Zumba Classes are every Wednesday @ 4:30

MMA Classes are every Thursday @ 6:30 – 8:00

Youth Fitness is every Tuesday and Thursday @ 3:30 – 4:30

Seabird Diabetic Session with Lab Day

January 24: 8:00 am – 1:00 pm

Come fasting and get your blood work done. Breakfast and lunch are provided.

Guest Speaker and Door Prizes!

Staff Health Series

January 29

Come enjoy and delicious lunch with your coworkers... and learn a little too.

Staff Health Series

February 12

This event will be on the second Tuesday of each month for the rest of the year...

It is always a good (and healthy) lunch with a good discussion on the side!

Seabird Community Kitchen

February 26

This is a monthly event (on the 4th Tuesday of each month). February Theme is "Turn the tables on FAST FOOD"

Seabird Diabetic Session

February 28: 11:00 am – 1:00 pm

Information, Activity & Lunch provided!

Please contact Val or Val for more information:
604-796-6829



Finding Wellness: The Healing Touch

Thursday, Feb 28 6:30 pm

Massage has amazing effects on your health. Local expert Norma Smith, will help you learn some very useful self-massage techniques for energizing, unwinding, or easing pain. Please wear comfortable clothing. **Free, drop in.**

The "I Am Mature Now" Coffee Break

Every Thursday 2:00 pm

Brand new for the senior or retired set, drop in to your library any Thursday at 2 pm and you will find a pot of coffee or cup of tea, and a time just for you. The Coffee Break will also host helpful people to assist you with things you want to know more about. **Free, drop in.**

Who Loves Stories?

Every Friday. 10:15 am – 11 am
Everyone loves stories, that's who! Preschoolers, moms, dads, grannys, grampys, aunts and uncles. Crackle and Terrill love to share stories with you, as well as a little song, a little dance and little fun for everyone. **Free, drop in.**

Pro D Days Are Great: Dinosaur Experience

Friday, Feb 15 2:00 pm

For the first time ever, the Royal Tyrrell Museum in the badlands of Alberta will be broadcasting live to Agassiz Library! In an interactive program kids can take a virtual tour of the Royal Tyrrell, watch and talk to a paleontologist, and ask questions. Other prehistoric fun too. Room for 25 children, first come, first seated.

Terrill Scott

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

Fact: Dinosaurs didn't read. Look what happened to them.

Ikw'elo te telexw

... learning begins here

SEABIRD BANKING

where:

Main boardroom at the Band Office

when:

Thursday January 31st, 2013

r.s.v.p.

1.604.824.4728.

Can't call long distance?

Call or visit Zena Schultz

at the Band Office. 604.796.2177

or 1.800.788.0322.

9:00 A.M. – 5:00 P.M.

**CALL NOW TO BOOK
YOUR APPOINTMENT**

**FREE SERVICES THAT
BENEFIT YOU AND
YOUR HOME**

Housing Waitlist - January / February 2013

1 bedroom

1	11232011-2046
2	041720122047
3	08302010-2049
4	09192012-2050
5	10252012-2051

2 bedroom

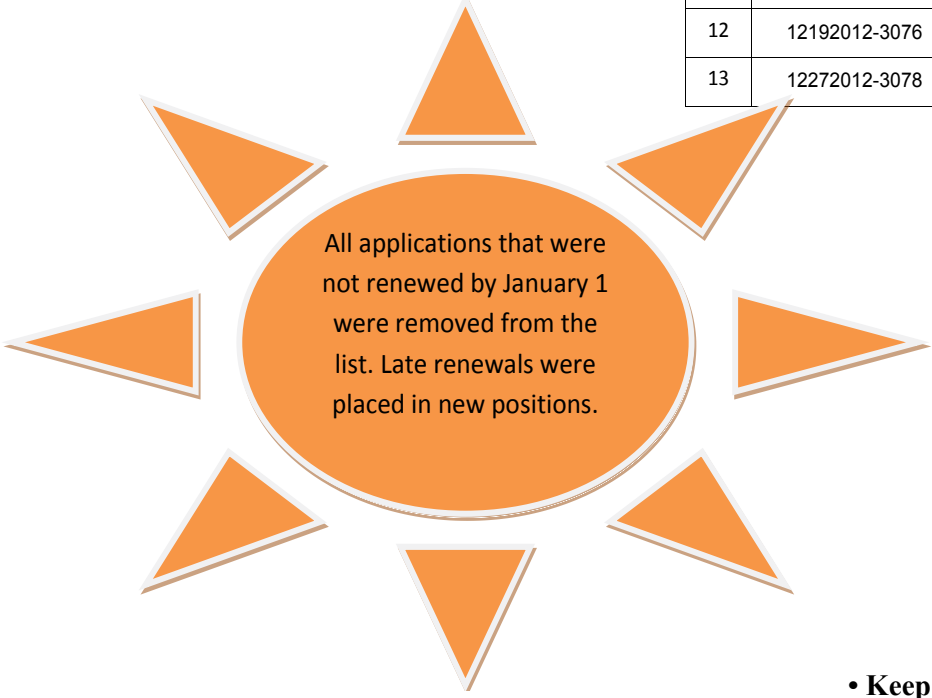
1	09082010-2028
2	02282011-2035
3	07082011-2038
4	04172012-2047
5	11132012-2053
6	12192012-2054
7	122020122055

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

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

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



All applications that were not renewed by January 1 were removed from the list. Late renewals were placed in new positions.

DENTAL CENTER

**Seabird Dental is available
Monday - Thursday 8-4:30.
Starting Nov. Open every 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.

**\$\$ 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)

PET OWNER RESPONSIBILITIES

Animal Control is the responsibility of the owner!

It is a big responsibility to own a pet:

- **Provide basic care** which includes food, water, shelter, veterinary care, exercise, and doing your best to keep them safe.
- **Keep your Dogs or cats from running at large.**
Even though you are comfortable with animals, a lot of other animals, people and children are not. **This is for the safety of your pet , other peoples pets and other peoples comfort.**
- **Owners are responsible to ensure their pet does not:**
 - Chase, bite or attack any person
 - Chase, bite or attack any domestic animal
 - Damage public or private property
 - ▶ If your loose pet does harm a leashed animal, you, the pet owner could be held responsible for the other persons vet bill to get thier leashed dog fixed up or put down.
 - ▶ If your loose pet does harm to a person, you, the pet owner could be held responsible for the other persons doctor bills to get stitches, operations or other.



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



January 10, 2013

The Right Honourable Stephen Harper
Prime Minister of Canada
House of Commons
Ottawa, ON, K1A 0A0

Re: Justice for the First Nations of Canada

Dear Prime Minister Harper,

On behalf of the Canadian Religious Conference (CRC) which represents 271 leaders of Catholic religious orders of women and men in Canada, I would like to express our strong support for the issues raised by the Idle No More movement. Along with respect for treaty rights and the need for consultation, this movement calls for the protection of water and land in Canada, gifts that we are all called to steward responsibly.

We agree with a statement made by Sister Mary Zarowny, SSA, one of our members who has long been involved in the reconciliation process :

I believe that the time is NOW to truly, as Canadians, enter into this process of reconciliation. On our part it will require the ability to listen empathetically and non-defensively; to accept responsibility for the actions of our predecessors, some of our contemporaries and perhaps even ourselves; to make retribution in some way; to create structures that ensure recognition of the rights and dignity of all people; and to walk together into the future in a new relationship. Let us not miss this graced moment.

As Canadian religious we recognize this “graced moment” and express our solidarity with the Idle No More movement participants.

We seek justice for the First Nations people of Canada and urge that the meeting to which you have agreed begin to address the serious structural biases that still exist.

Sincerely,

Michel Proulx, O. Praem.
President



Do your part to fight for our future!

Teach your kids about recycling and composting.

Talking to your kids regularly about the benefits of recycling is crucial, but also be sure to participate in green activities that highlight that importance. Kids are pretty smart if you tell them about the cycle of life they will understand. What we put in the environment with our garbage, seeps into the water, the fish and animals drink and swim in this water, then we eat these animals. When we recycle it helps us all.

Older children and teenagers should be encouraged to apply what they have learned to benefit the community by volunteering with recycling or [composting](#) programs at their school or other public facilities.

Items you will need:

1. Recycling bins
2. Composting bins

Step 1:

Discuss the [energy](#) saved by recycling in a visual way that is easy for your child to imagine. For example, you might tell your child that the energy saved by recycling a single aluminum can is enough to light a 100-watt light bulb for 20 hours.

Step 2:

Create an area in your home with different colored bins for recyclable items. If your children are in elementary school, ask them to decorate the bins. For younger children, place an identifying picture on the outside of the container.

Step 3:

Encourage your child to clean items as necessary and place them in the recycling bins. Younger children may appreciate stars on a chart that can be redeemed for a small reward each week as an added incentive to sort recyclable items.

Step 4:

Point out products made from recycled materials while shopping and encourage your child to read the labels to find out if the packaging materials can be recycled.

Step 5:

Visit your local recycling center to show your child the different materials that are collected and recycled. Make sure to inquire with the recycling center about how they recycle items such as computers, lightbulbs and batteries, as well. Explain to your child how not recycling certain items can pollute the land and lead to ground water contamination.

Get your kids to help take in your bottles, if they help you sort give them a small portion of the refund money. **Kids also get a sucker for helping thier parents at the Agassiz bottle depot!** This is a great way to encourage them to recycle and teach them how it is done.



Step 6:

Volunteer at your child's school to help with any recycling and waste reduction initiatives, such as composting, waste-free lunches or recycling drives. Discuss the purpose of these programs with your children to encourage their participation.

Step 7:

Create a composting area in your home. Add vegetable and fruit scraps to the compost to be used in the garden. If your home is too small to accommodate a composting bin, research community gardens in the area that accept scraps for composting.

Resource: <http://greenliving.nationalgeographic.com/teach-kids-recycling-2485.html>

Housing Tip: Cleaning your drains

Is your sink or tub not draining properly?

Do not use Draino this kills the living organisms needed to keep your system working.

TIP 1. Pour strong hot salt water down any sink to eliminate odors. It is good for kitchen sinks because it keeps grease from building up in the drains after cleaning dishes from dinner.

TIP 2. If you want to stay away from pouring chemical drain cleaners down a clogged drain to clean it. Here is an inexpensive and safe for use solution. A little bit of vinegar and

baking soda can keep your drains clear of any clog, and it also gets rid of the pungent odor made by any sink clog. A half cup of baking soda poured into any drain followed by a half cup of vinegar and then some boiling hot water is the perfect natural drain cleaner. The two ingredients react with one another to can get rid of any blockage without doing permanent damage to your pipes.

TIP 3. Rent a mechanical snake to clean drains of unwanted clogs. Thread the mechanical snake down any clogged drain to manually push the clog out and clean your drain.

Reminder: Drum Practice

Monday nights @ 6 p.m. at the Youth Center.



Mental Wellness Tips

One way to ensure that you stay mentally and emotionally at the top of your game is to acknowledge that mental health and wellness doesn't happen all by itself. There is a mind/body connection. Being fit mentally and physically takes work. Talking about it, for starters. And having hope helps.

Take care of yourself. Besides exercising and eating well, what's really important is getting enough sleep. Everyone needs a good night's sleep. [Sleep heals.](#)

Learn to relax. Do you realize how little pure relaxation you probably get? When was the last time you gave your mind a break? Or indulged yourself? You don't have to go out of town for a little vacation. Just do things you don't ordinarily do. The unexpected. Just for fun.

Laugh. Nothing makes you feel better about yourself or the world around you than a good laugh. It's great medicine, especially if you can learn to laugh at yourself. Laughter heals, too. It's [therapeutic.](#)

Adopt a philosophy of kindness. Doing things for others is a great tonic when you're feeling down. It's a win-win. Helping others magically makes you feel included and empowered.

Ask for help. If you're having emotional problems and you need support, ask for it. We all feel this way from time to time. It's the most natural feeling in the world. Talk to someone. A friend – someone you know and trust. And trust yourself, your body, and your gut instincts. No one knows you better than you.

SEABIRD ISLAND WELLNESS CENTER

PANCAKE BREAKFAST

Wednesdays - 9:00 -11:00 AM



Healthy Living Group

Mondays - 3 - 4:00 PM

Living Life To The Full

Mondays 5-6:30 PM

For information contact Donna Watson,
Family Counselor

(604) 796-6826

Seabird Island Band

Women's Group

Join us for activities

Starting February 6, 2013 at 6 p.m.

Scrap-booking:

Bring your photos the rest will be supplied

Where: Youth Building

How: call Donna to sign up 604-796-6826



Social media: What parents should know

What is social media?

Social media refers to the online tools that connect people with common interests on the Internet. Unlike traditional media (TV, radio, newspapers and so on), social media allow users to interact with each other. Popular social networking websites include Facebook, Twitter, YouTube, Instagram, and Flickr.

There are many different ways to use social media:

- Online profiles: Most require a name, e-mail address, birth date, interests and a photo.
- Friends: Depending on the kind of social media, users “follow” or “request friends” from people they know and people they don’t.
- Messaging: Sending short text messages over the Internet, using instant messaging and between cell phones.
- Walls and boards: Social media sites allow people to post or send messages in many different ways. On Facebook, for example, information is posted to a “wall”. Some messages are visible to a wider audience, while others can be sent privately like e-mail.
- Photo and video sharing: Social networking sites allow users to upload personal photos and videos. Some sites, such as Flickr for photos and YouTube for videos, are used solely to share images.
- Blogs: A blog is a website kept by an individual who updates it with regular entries of text or photos and videos. It is a lot like a journal, only on the web. People who read blogs can comment and share.
- Joining groups: Many kinds of social media allow users to create groups. People join, “like” or follow these groups to get access to information and have conversations with other members.

How can I keep my children safe using social media?

Learn about the technologies your children and teens are using.

- Ask how they communicate with friends online. Tell them that you are willing and interested to learn about it.
- Keep computers in common areas where you can watch while your children use them. Be clear about the rules for using the computer and set limits.
- Set limits on cell and smart phone use. Talk about when it’s a good time to use a cell phone. Your child or teen’s school likely has rules about where/when they can be used.
- Ask your children and teens about the people they “meet” online. Showing genuine interest will help them feel comfortable talking about it. Explain that it’s easy for someone on the Internet to pretend to be someone they are not.
- Discuss what’s okay and safe to post online and what isn’t.
- People can’t always control the information others post about them. Explain that information and photos available online can turn up again years later.
- Ask your children and teens where else they access the Internet. Talk to teachers, caregivers and other parents about your rules for social media.
- Because people are not always who they pretend to be online, talk about the importance of keeping online friendships in the virtual world and how it can be dangerous to meet online friends face-to-face. Make it clear that if your child wants to meet a virtual friend in person, it must be with a trusted adult.
- If your child or teen is playing online games, join them (even if only to sit and watch) so you can see exactly what they are doing and talk to them about it.

What is cyber-bullying?

Just as some people are bullied in real life, people are bullied online. It happens many ways: by sending mean messages by e-mail or posting them in an online forum or by sharing photos and videos without permission.

Talk to your children about cyber-bullying. If it isn’t too serious, suggest that they ignore it at first. If it doesn’t stop, is violent or sexually explicit or your child gets scared, encourage them to talk to you or another trusted adult.

The Media Awareness Network has some more information on cyber-bullying at: <http://www.bewebaware.ca/english/cyberbullying.html>



Seabird Fitness invites you to

Zumba

Every Wednesday at the Seabird band office gym

Free to all community members

Start out the New Year by being more active and get fit now!

430-530

Are you ready to party yourself into shape? That's exactly what the Zumba is all about.

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that millions of people are doing!

Work towards health and fitness

For more information, call Val at 604 796-6829

Fitness Tips

Squeeze In an Early Morning Workout

After a long day at work most people just want to go home. The last thing they're thinking about is the gym. Consider setting your alarm half an hour earlier and getting up to exercise before going to work. Generally, you'll find that it's much easier to make yourself workout before the business of the day hits you than at the end of the day.

Find One or Two Days for Exercise

Give yourself a break on the other days. If you can find time to workout on the days when no [fitness activity](#) is schedule, go ahead and do so, just don't beat yourself up if you can't.

Have a Dance Party At Home

Dancing is a great way to unwind and work up a sweat. If you're feeling bored with your workouts and are tired of going to the gym, turn up the music at home and dance. It'll take the edge off of your work day and help you to burn some calories. Dancing is great because it's fun and doesn't feel like exercise. Plus, it's easy to squeeze in as few as 10 or as many as 45 minutes of the activity. **This is also a fun way to encourage your kids to excersize and doubles as great bonding time for you and your kids.**

Don't Do It Alone

You're more likely to succeed when you know you're not in it alone

Elders get active

Mondays and Wednesdays at 9am

Join us for a work out in the fitness center

For more information: call Val at 604 796-6829



Mixed Martial Arts

With Four directions

Martial Arts academy

Seabird Island gym

Thursday's 630-8pm

\$2 drop in fee for seabird members and staff
and \$5 others



Seabird Mobile Diabetes Reaches 1000 Patients

We have officially seen 1000 patients. That is such a milestone for us! We have been in operation since September of 2009, and had our first clinic in December of that year. Since then we have travelled all over BC, by car, truck, ferry, jet, water taxi, and seaplane! We have met the nicest people, some of them in the most remote areas – Hartley Bay is beautiful, Klemtu has more eagles than you can imagine, and Bella Bella is one of our favorites! Driving to Cranbrook and Invermere, Is another one of our favorite journeys, and we work really hard with the communities in all these places to make sure we see as many of their members as we can fit in our time with them.



Dann, Sue, Andrew, and Bonnie continue to travel all over Southern BC, as far north as Williams Lake , as far east as the Alberta Border, and as far west as we can get by Seaplane or Ferry! We continue to build relationships with those we have seen, and look for new opportunities to educate communities on aspects of diabetes, one client at a time, or one community at a time. We look forward to seeing our 2000th patient as we continue on our travels!



Appreciation: The Greatest Gift We Can Give

Showing appreciation to your family, friends, people you work with and people who do work for you is important to everyone's mental and spiritual health.

“You catch more flies with honey than vinegar”, which means being sweet-tempered will get you what you want sooner than being sour-tempered.

Expressing our heartfelt and genuine appreciation for the important people in our life is magical and essential to our

ability to create happiness, fulfillment, loving relationships, healthy families and productive communities. Appreciation is also an important element of effectively dealing with challenges and uncertainty that so many of us now face.

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough” *Oprah Winfrey*

Appreciation Quotes:

Never let the things you want, make you forget the things you have.

Always show appreciation to the ones who helped you the most, a little thank you will mean so much.

Instead of thinking about what you are missing, think about what you have that everyone else may be missing.



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

Heart Health

February is Heart Health month! Think about your heart health and the hearts of your family members and friends. Unhealthy behaviours continue to put Canadians at risk for developing cardiovascular disease, hypertension and having a stroke. A striking four out of five Canadians over the age of 20 have at least one risk factor for heart disease or stroke. Take action this Heart Month to protect the health of your heart.

Hearts need regular exercise and winter weather affords us many fun options for physical activity. Here are just a few ideas that you and your family can do to get those hearts pumping:

- | | |
|---------------------------------|------------------|
| tobogganing | skiing |
| skating | snowboarding |
| build a snow fort or a snow man | walking the dog. |

Get the kids outside. With the dramatic increase in childhood obesity, getting kids outside during the winter is perhaps more important than it's ever been.

Here are a few tricks to making sure your kids get rosy cheeks this winter:

Educate them about the benefits. Teach your kids why they should get outside regularly in winter. It's because it's good for their health. Explain why it's good for their health.

Get your friends and neighbours to participate. Have a snowman competition and build forts to have a snowball fight with the neighbors.

Capture the fun on film. Document your family's fun on camera or video. Show them how happy they are once they get bundled up and moving.

Let them be your little helper. Next time you need to shovel the front walkway, encourage your little one to lend a hand. Give them a child size shovel and let them pitch in. They'll feel valued and their health will be the better for it.

Reward them. Hot chocolate and cookies when they come in.

Preschool

4's Dance



Xá:ws Sílolem "Happy New Year" The **4's Preschool** started the New Year, 2012, on Monday, January 7th after a wonderful holiday with family and friends.

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

Kwosel is teaching Language and Culture Monday – Friday at 9:30 p.m. The children look forward to Kwosel's arrival at the Preschool.

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

Agassiz Library Field Trip



With the cold weather, winter theme is on the walls at Preschool. The children are thrilled to have the cold sunny weather to play outside. Soon the snow will arrive.

Our first **Seeds Family Circle** with Baby Addison and Mom Evangeline was Jan. 9th. The theme was "Sleep". Unfortunately our Seeds Elder, Sharon was unable to attend. Our next Family Visit is on Feb. 6th. Thank you Jaime for driving our Baby Evangeline and family to Preschool.

The 3's Language Nest Preschool started the New Year on Jan. 9th. The children are eager to learn the language and culture with Malila and Jonny. Art and circle is part of the daily program. The children are learning about snow,

Fire Drill



snowflakes, winter clothing/boots, and winter animals/birds. The children drum and dance daily, which is a favorite. Thankyou Malila and Jonny for your teachings.

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

A-PALS "Aboriginal Parents as Literacy Support" continues at the Mill Hall each month! We encourage all community families with children ages 3 – 6 years old to attend.

Our next A-PALS gathering is Wednesday, Feb. 13th! Dinner starts at 4:30 p.m. Our theme is "Family and Community". Staff hope to see you there.

Good things happening at Seabird School

In Music, I just completed surveys with students in grades 5 and up and many said the Christmas Concert was their highlight so far in music.



Many want to do many more concerts! So stay tuned for the next concert announcement!

Students are excited to start new instruments: Ms. Bogart's class will be starting Ukuleles, Ms. Watson's class will be starting recorders. Students in Ms. Eustache's, Mr. Mai's, and students in grade 7 and up music will be having month long units on Ukulele starting next month.



The primary & elementary choirs were so popular for the Christmas Concert, that we will be continuing them shortly.



The following students have already finished ALL their book work for their entire year's course in the following subjects below. They only have remaining tests and their exams to write. This is an excellent response so far to this year's FAST TRACK program in which certain students have chosen to work beyond class time, often including evenings, weekends and holidays, and thereby accelerate their progress through Science or Math. This option is also designed to emulate college and / or distance education programs, thereby encouraging students' confidence to take on new and varied learning pathways during and beyond high school. It also encourages students to see themselves as resourceful independent researchers and learners ready to take on any learning texts and resources, taking advantage of teachers and school systems as assistants, rather than gatekeepers, to learning and personal development:

Payden Whitman in Grade 8 Science

Shannon Lackey, Amber Charlie, and Skylar McNeil in Grade 9 Science

Courtney Charlie, and Brandi McNeil in Grade 11 Apprenticeship and Workplace Math



The grade 8 English class has finished reading "Touching Spirit Bear" we are now building a paper Mache totem pole.

The grade 9 English class has finished reading "War of the Eagles". They are now working on their final project, a research project on Eagles.

The junior class is working on 1 point perspective and are doing a wonderful job. Their other projects have included a black and white optical illusion painting, a collage and a Christmas decoration. The senior art class is also working on perspective. They have completed their paper Mache masks, their collages and their black and white optical illusion paintings. Please come in and view their displays of art work. We have many talented students.

The Foods class is wrapping up and we have baked, fried, sautéed and broiled many wonderful foods. We have covered safety in the kitchen, units on baking, fruits, vegetable and milk. We will soon be starting our Sewing class.

In dance, our students have learned to polka, salsa, line dance and waltz. With this knowledge, they have taken on the responsibility of teaching the kindergarten and grade one students to do these dances. We have a wonderful time working with the little ones.



Healthy Eating Recipe Corner



Smart Smoothie

This 270 - calorie smart smoothie breakfast is packed with vitamin D.

- 3/4 cup (175 mL) low-fat plain yogurt
- 1/2 cup (125 mL) skim milk
- 1 banana
- 1/2 cup (125 mL) fresh or frozen berries

Whirl all smart smoothie ingredients together in blender.

Milk and yogurt are good sources of vitamin D, which may help reduce your risk of endometrial, colorectal and breast cancers, as well as autoimmune diseases like multiple sclerosis and rheumatoid arthritis.

Seabird Island School Proudly Presents: Cupid's Festival of Hearts

The Invite

- ▶ You and your family are invited to this FUN, FORTUITOUS, and FREE celebration for all ages!

The Time

- ▶ Thursday, February 14th, 2013 from 4:30 p.m. – 6:30 p.m.

The Place

- ▶ Seabird Island Elementary School Gymnasium

The Events

- ▶ Register upon arrival; **FREE** for Seabird Island School students and family
- ▶ A variety of family oriented, math & science themed games and demonstrations await
- ▶ Some of the entertaining events include Love Potions, Card Games, Make and Take Valentine Gifts, assorted Wii Games and **MORE!**

Refreshments

- ▶ We have FRESH popcorn made on-site!
- ▶ All Seabird Island Elementary and High School students will receive a FREE bag of popcorn and a juice upon arrival with family
- ▶ Additional bags of popcorn will be sold at only \$0.50 each! You can't get prices this low at a movie theatre!

Prizes

- ▶ All Seabird Island Elementary and High school students will receive a FREE Games Passport after registering (additional Passports on sale for \$1.00 each)
- ▶ Simply fill out your Games Passport by playing all the games, then enter to win a variety of PRIZES!!!
- ▶ Fabulous prizes await! Board games, Movies, and More are on display in the Elementary School foyer. Check it out sometime!

Seabird College to Set Up Elders Program

Seabird College is working to establish an Elders Program. Representatives from Seabird Island including Marcie Peters, Evelyn Peters, Ivan McIntyre, Barb Chapman and Diane Janzen recently went to visit the Nicola Valley Institute of Technology. They have one of the most successful post-secondary Elder's Councils in the province and they provided some great advice. The 10 member NVIT Elders Council has a mission to work as ambassadors for the university, be positive role models to students, act as grandparents and provide support to students and share and pass on First Nations language and culture. In doing this, the elders undertake cultural and support roles visiting classrooms, operate a food and clothing band, provide student counselling, consultations and referrals, undertake cultural events such as Smudging and Sweatlodges, operate a student emergency assistance fund and attend elder's gatherings. The Elders Program has become a positive part of everyday life for NVIT and their students.

In the coming months, we will explore and establish a Seabird College Elders Program which meets the needs of Seabird Island. Watch for opportunities to input and become involved.

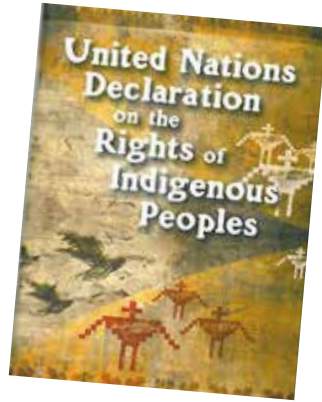


Seabird Island Representatives Visit Nicola Valley Institute of Technology

United Nations Declaration on the Rights of Indigenous Peoples

Article 28

1. Indigenous peoples have the right to redress, by means that can include restitution or, when this is not possible, just, fair and equitable compensation, for the lands, territories and resources which they have traditionally owned or otherwise occupied or used, and which have been confiscated, taken, occupied, used or damaged without their free, prior and informed consent.
2. Unless otherwise freely agreed upon by the peoples concerned, compensation shall take the form of lands, territories and resources equal in quality, size and legal status or of monetary compensation or other appropriate redress.



Article 29

1. Indigenous peoples have the right to the conservation and protection of the environment and the productive capacity of their lands or territories and resources. States shall establish and implement assistance programmes for indigenous peoples for such conservation and protection, without discrimination.
2. States shall take effective measures to ensure that no storage or disposal of hazardous materials shall take place in the lands or territories of indigenous peoples without their free, prior and informed consent.
3. States shall also take effective measures to ensure, as needed, that programmes for monitoring, maintaining and restoring the health of indigenous peoples, as developed and implemented by the peoples affected by such materials, are duly implemented.

February 2013

Mon	Tue	Wed	Thu	Fri	Sat
				1	2
4 Elders Fitness 9am-10am Roller Derby 6:30pm-8 pm Weight Watchers 4:40pm-5:30pm	5 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	6 Elders Fitness 9am-10am Zumba 4pm-5pm Men's Hockey 6:30pm-8:30pm	7 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm	8 Youth Valentine's Video Screen Dance 8pm-12am	9
11 Elders Fitness 9am-10am Roller Derby 6:30pm-8 pm Weight Watchers 4:40pm-5:30pm	12 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	13 Elders Fitness 9am-10am Zumba 4pm-5pm Men's Hockey 6:30pm-8:30pm	14 ECE Fitness 11am-1130am Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm	15 Youth Outing Colossus Theatre 5pm-11:30pm	16
18 Elders Fitness 9am-10am Roller Derby 6:30pm-8 pm Weight Watchers 4:40pm-5:30pm	19 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	20 Elders Fitness 9am-10am Zumba 4pm-5pm Men's Hockey 6:30pm-8:30pm	21 ECE Fitness 11am-1130am Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm	22	23
25 Elders Fitness 9am-10am Roller Derby 6:30pm-8 pm Weight Watchers 4:40pm-5:30pm	26 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	27 Elders Fitness 9am-10am Zumba 4pm-5pm Men's Hockey 6:30pm-8:30pm	28 ECE Fitness 11am-1130am Youth (13-18) Fitness 3:30pm-4:30pm MMA 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

Post-holiday Grocery Shopping

In the month of December we gave income assistance recipients the opportunity to be able to pre-order groceries at a discount price. If clients were unable to pick up their groceries, they were delivered. The Seabird Island Employment, Training & Social Development would like to give a big thanks to Ernest and Robert who had delivered the groceries out on January 11th .

Another Reminder

Meat Packs will be available again if you want to order one. The order will be taken off of next months SA cheque.

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.

SOCIAL ASSISTANCE INFORMATION

March 2013 cheque run will be handed out on Tuesday, February 26, 2013

- * Renewal Declarations are due by the 15th of the month
- * Hydro and Fortis are required by all clients 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! ☺

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.

ED ARMSTRONG

Ed Armstrong has joined our team as a Driving Instructor and ICBC Liaison. Ed will be helping people get prepared for either obtaining their Learner's or New Driver's License. He can also help assist with outstanding drivers fees and giving drivers lessons/instructions.

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 access these services.

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

ADVERTISEMENT RATES

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

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

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

Advertisement rates (per issue) for organizations:

	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$61.25
Full color 1/4 page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x 3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale 1/4 page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x 3)	\$ 8.00	\$10.00

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

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

AGREEMENT

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only, and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

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

DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Sandy Bobb

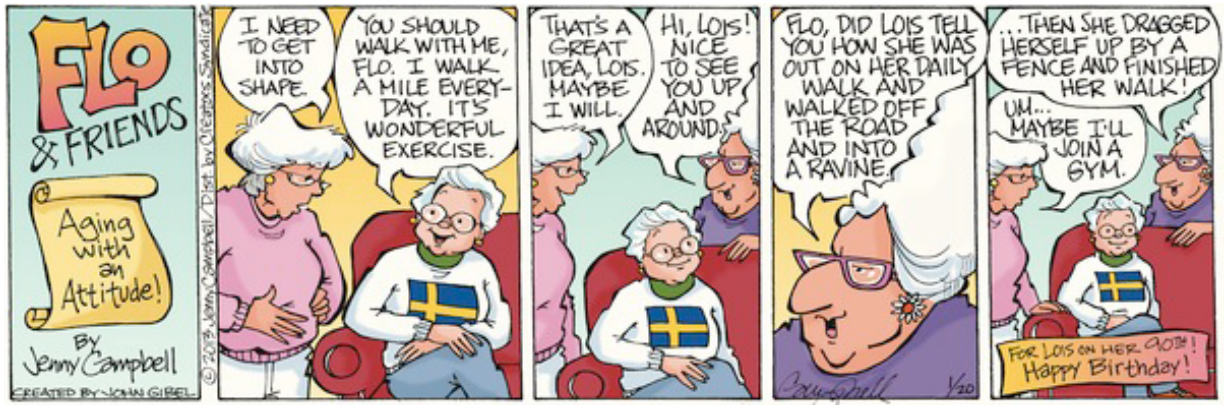
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

Health Comics



Quote of the month

When I saw you I was afraid to meet you.
When I met you I was afraid to kiss you.
When I kissed you I was afraid to love you.
Now that I love you, I am afraid to lose you.

Author unknown

Tem'telemches / February

Aquarius: January 21st - February 19th

Birthstone: Garnet, Amethyst

Color: Aqua, light blue

Pisces: February 20th - March 20th

Birthstone: Amethyst

Color: Sea Green , silver

Halq'emeylem Word Search

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

- si yolhàwtwx - wood shed
- sch'áletstel - Chair
- skw'echóstel - Window
- ts'elh'á:y - sweet heart
- el'álex - Brothers and sisters
- siyólexwe - elder
- sásq'ets - wildman, sasquatch
- sxéyltel - footprints
- sxélts - feather
- slewí:ws - dress
- shxwthó:yeltsep - fireplace
- léxwtel - blanket
- tale'áwtwx - bank
- qw'elemáwtwx - bakery
- siyó:ye - friend
- lálém - house
- sts'iyóye - twins
- kw'oqwiyó:ls - lacrosse
- sqwélqwel - true story

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. January 10th
Draw Date: January 11th, 2012

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 - November's Winner was Darlene Peters

Name: _____

Phone #: _____

Seabird Address or SIB Status #: _____



'Round The Rez

Community Events, Workshops & Outings

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. Tracy looks after booking of the Millennium Hall.

CATERING & FUND-RAISING

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

VOLUNTEERS REQUIRED

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

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

OIL DISPOSAL - NO MORE

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

Alcoholics Anonymous Meeting

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

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



OPTOMETRIST CLINIC

Dr. Ahmed's Clinic Dates

February 13th – completely booked
March 4th – 11 people on waiting list and 3 recalls presently
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.

MAMMOGRAM SCREENING

Mammogram screening
Feb. 5/13.
For the ladies over the age of 40.



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!

Terri Chapman, Feb 1- turns 16
Drake Jones, Feb 2- turns 14
Teagan McNeil, Feb 10- turns 15
Taylor Starr, Feb 14- turns 16
Ashley Shaw, Feb 14- turns 19.. youth rec will miss her
Gavin Peters, Feb 27- turns 16
Samantha Archie, Feb 27- turns 17
I apologize if I missed anyone. Keena

Happy 70th Birthday Mom,
Love Sandy, Jim, Trevor & Derek

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.

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

OBITUARY

Hazel Yvonne Bob

September 7, 1942
January 6, 2013



Hazel Bob passed away on January 6, 2013, at Regina General Hospital in Saskatchewan at the age of 70. A celebration of life was held, January 11, 2013, at

the Immaculate Conception on Seabird Island. She was born on September 7, 1942, in Coqualeetza, BC to Judy Bob and Franklin John. She was born prematurely and earned the nickname "Little Woman." She lived with her grandparents, Charlie Bob and Matilda Bob, (nee Williams), in Fourteen Mile, BC, before she moved to Seabird Island with her mother, Judy and step-father, James Thomas. She was married to Paris Casimir Peters, Sr (Perry) and together had 5 children.

She is survived by her children, Bonny, Fred, Jewel and Paris; grandchildren, Patrick, Clarisa, Brittany, Ryan, Tamara, Dale, Jolene, Talon, Dylan, Andrea, Demay, Mateo, and Marina; and great grandchildren, Tyson, Joseph, Kayla, Alexander, Malcolm, Josephine and Shyla.

Predeceased by her Son, Roger, Parents, Judy Thomas (nee Bob), Franklin John, James Thomas; Grandparents, Charlie Bob and Matilda Bob (nee Williams), Stanley Peters and Bertha Peters (nee Ewen); Sister, Rose Morgan; Cousins, Boycey Michell and Leslie Diablo. Her family extends to Fountain, Lillooet, Fourteen Mile, Merritt and Seabird Island with many claimed by her in the Indigenous Way. She will be missed by those who felt she was their "mother". She fulfilled the roles of a beloved Sister, Aunt, and Cousin to many, especially, Sister Dorothy Bob, Martha and Wilfred Charlie and Daryl Bob. Also, to her "other better half" Birdie Garner.

Yalh yexw kw'as hoy.

Our family raise our hands to you for all your prayers, love and support in our time of need. Our appreciation to the Band, Chief and Council for their support; Siyamtelot and Rudy Leon, Ivan McIntyre, Father Gerry and Sister Therese, Cathy and Sally Hope, Mike and Pat, Evelyn and Marcie.

Thank you to everyone who attended Prayers and the Service; A light has gone out of our lives but burns brightly in our hearts and heaven.



Words from the Heart

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

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

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

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

