



Halq`emeylém Language Class Graduation



January 19th 2013

In the fall, we started a Beginner Halq`emeylém class for the Health Department (open to others as well) as part of Chief and Councils goal to increase the Language within our community. We submitted a proposal and were chosen to receive the funding through the First Nation Urban Aboriginal Early Childhood Development Reinvestment Initiative – Language and Culture. There was 35 staff who participated in 13 weeks of classes on Tuesday and Thursday evening with Vivian William and her son Jonny Williams from Cheam.



Jingle Dresses, we made with Linda

At the end we had a wonderful graduation weekend retreat at the Tigh-Na-Mara Resort and Spa in Parkville. There was 26 staff who attended the weekend, along with Vivian and Jonny (instructors). We had a wonderful time doing our final TPR (total physical response) and receiving our certificates. During our time we were able to participate in Drum Making with Darren Charlie and Traditional

Crafting with Evelyn Peters and Linda Kay Peters. All in all, it was a time to reflect and remember our culture; what we have learned and how best to bring forward all we have learned to our clients, families, and children we work with on a daily basis.



Drum making with Darren



Crafts with Evelyn

INSIDE this Yoo Hoo

Elders Events.....	3
Sports Sponsorship	3
Composting	5
Changes	6
Attention Dog Owners	7
Housing	8
Prenatal Circle.....	9
Nutrition Walk.....	10
Education	10-14
Tutoring.....	11
Tech Bytes.....	15
Health Update	17
Wellness Center	18
Health Recipe Corner	19
Employment Center	21
Classifieds.....	22-23

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



ELECTION DATE for Chief and Council

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

5th Annual Hub Gathering

March 8th, 2013

Seabird Island Band Office Gym

9:00 a.m. to 4:00 p.m.

HAVE YOU HEARD!!!

Health Canada is transferring our health services to "US" on October 2013! Come out and find out where we are in this process and how it will roll out!

KEYNOTE SPEAKERS:

- Ron & Pat John
- Steven Point, Consultant
- Doug Kelly, FNHA
- Virginia Peters, FNHDA
- James George, FNHA,
- Leslie Bonshor, FHA
- Fraser Region HUB Coordinators



PRESENTERS:

- Health Services, Carolyne Neufeld
- Seabird College Diane Janzen
- Seabird Employment Services, Alexis Grace
- Aboriginal Patient

• BREAKFAST

• DISPLAYS

• DOOR PRIZES

• LUNCH

• ARTS & CRAFTS

• ENTERTAINMENT

The following communities are invited to attend:

Skwah, Soowahlie, Scowlitz, Sts'ailes, Seabird, Trails Crossing Friendship Center (TCFC) Chawathil, Union Bar, Kwaw kwaw aplit, Cheam, and Shxw'ow'hamel.

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

Upcoming Fundraisers in the Community:

- Seabird Elders will be starting to fundraise for the Elders gathering that is coming up July 9-11 in Prince George this year. They will be hosting their bake sales that will be starting on the last Thursday of every month. They will be hosting a raffle draw that have some great prizes to win. They are also planning a Loonie auction. If anyone would like to assist the elders in fundraising or would like to volunteer for any of their upcoming events please let Linda Mcneil Bobb or Angie Chapman know. Your help would be greatly appreciated.
- Lalme' Iwesawtexw the Grad class of 2013 is fundraising for their year end trip to Disneyland in June. They are planning breakfast/lunch sales at the band office foyer on some Fridays. They also have a Loonie Auction planned for March 21, 2013 at the Seabird Island Community School. For more information please contact Shari White.
- Head start will hosting a Loonie Auction on March 8, 2013 in the Seabird Island Band Gym starting at 5:00 pm. Head start is fundraising for their year end field trip planned for in May to the Great Wolf lodge.

Elders Upcoming Events:

- Reminder registration for the Elders Gathering is due by March 10, 2013. If you need assistance in filling your form out please contact Linda Mcneil Bobb. There will be a meeting to discuss the planning of the gathering details in the next few weeks as well review who will be attending.
- Elders Portrait session will be happening in the Elders Room/ Community Health room on March 26, 2013 from 5:00-8:00. A family tree session for the elders will also be set-up in the Main Boardroom from 4:00-8:00.
- Elders monthly Update meeting: March 21, 2013 from 1:00-3:00 in the Community Health Room.

Attention all Sports Teams



Guidelines for Sponsorship for the SEABIRD ISLAND FESTIVAL (Adult categories)

- If your team is requesting to be sponsored for **up to** ½ entry fee by the band we are requesting that you have the other half of entry included with your application this year. Please remember to include a roster with your application.
- Applying for sponsorship for the Festival does not guarantee that you will receiving the funding as requested.
- Sponsorship Applications deadline is April 19, 2013.
- Approved Applications will be notified on April 26, 2013
- For more information please contact **Angie Chapman** (604) 796-6893
- **Seabird Festival** Date is: May 25-26, 2013

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

What are the benefits of being a FireSmart Community?

While the benefits can vary, there are a number of positive outcomes experienced by communities that become members of the FireSmart Communities Canada Recognition Program. Being “FireSmart”:

- Creates defensible space that prevents fires from advancing and endangering homes and lives.
- Improves property value while reducing risk of loss.
- Improves community relationships with local fire staff. Firefighters can concentrate their efforts on fighting wildfires rather than devoting often limited resources to protecting homes – which may ultimately be lost if the fire can't be contained.
- Encourages good neighbours, since the more homes within a community that adopt “FireSmart” practices, the greater the impact on reducing the heat and speed of the fire.
- Offers peace of mind, knowing that your home is prepared to survive a wildfire in the event one should occur.



**Come to a session during
FireSmart week
March 11-16, 2013**

**March 11th at Seabird Island
Band**

For more information contact First Nations
Emergency Services Kamloops FFM
Department 250-377-7600

The Seabird Grad Class is hosting a

LOONIE AUCTION:

WIN!

Thurs Mar 21, 2013

WIN!

5:00 dinner (by donation), auction to follow

WIN!

At: Seabird Community School

WIN!

Support the grad class and have a fun night out doing it!

Large Prizes include:

55" LED TV
IPAD 4, 16 gb
Bluetooth Bose Stereo
New IPOD Touch

Ladies long woolen jacket with native design
Ladies blazer with native design
House hold items
Movie basket including New Dawn Part 2
Money trees
50/50's and more
Support Seabird Grads !!

Money raised goes towards dry grad trip



What is Gluten

Gluten is a protein found in the grains wheat, barley, and rye. Most of us unknowingly love it, because gluten gives our favorite foods that special touch: It makes pizza dough stretchy, gives bread its spongy texture, and is used to thicken sauces and soups.

Gluten Intolerance

About one in seven people have gluten sensitivity.

Gluten sensitivity (also **gluten intolerance**) is a spectrum of disorders, including celiac disease and wheat allergy, in which gluten has an adverse effect on the body. Symptoms include bloating, abdominal discomfort or pain, diarrhea, muscular disturbances and bone or joint pain.

Until recently, people who got negative results on the blood tests and intestinal biopsy used to diagnose celiac disease were told to eat whatever they wanted — gluten wasn't their problem.

However, many of those people tried a gluten-free diet anyway, and reported that they felt much better. Their symptoms — which included fatigue, gastrointestinal complaints and neurological issues — cleared when they ate gluten-free. - *Talk to your doctor for more info.*

Seabird Winter Curbside Compost Collection Program

Seabird compostable collection will start March 4, 2013 for all houses currently receiving curbside collection as follows:

Curbside Collection Program

- **Recycling** will be collected weekly; and
- **Garbage** will be collected bi-weekly.
- **Compost** Curbside Pickup will be collected bi-weekly

Pick up Days

Every Wednesday
Every Monday and Thursday
Every Monday and Thursday

Interrupted pick up days will usually happen the next day.

The following items will be able to be combined in your compostable waste bags:

- All food scraps, see attached poster for more details;
- Paper towel, tissue, and food-contaminated paper; and
- Shredded food-contaminated boxes – pizza, take out boxes, etc.;

Included is a poster of acceptable materials for curbside collection starting March 4, 2013. For more information on the upcoming compostable collection program, contact:

Compost Program
C/O Public Works Manager
Seabird Island Public Works
BOX 650 Agassiz, BC V0M 1A0

Cut here and drop off at Band office

Sign up for Compost Curbside Pickup Program form is attached.

Compost Curbside Pick-up is a new program for homes that want to help reduce waste.

If every business, school, community event and home recycled, composted, reused and used the full Zero Waste services available to us in Seabird, our community could potentially divert 80% or more of our waste from the landfill!

The program is free for residents. When you join you will receive a 5 gallon pail and a weekly supply of compost bags for the first year of the program. Signing up is simple:

Name: _____ House # _____

Pick up is every Monday and Thursday same days as the normal garbage pickup. If the service is interrupted pick up will normally occur the following day.

Changes at Seabird...



Congratulations to Stacy McNeil on her successful appointment to the Housing Program. Stacy has been with the Health department for over 10 years and we will miss her greatly. However we wish her all the best in her new position;

With this move, the following people can be contacted with questions or problems:



Angie Chapman:
All catering, events booking, facility booking, daily events, sports sponsorships, Festival.

Keena McNeil:
All Out of school care and Recreation Programs. (Keena/ Edie are currently covering youth events as well).

Sorry No
Photo
Available



Linda McNeil-Bobb: Currently covering all elders programs. (along with Angie and Edie).



Val Bobb & Val Thompson:
Currently covering all nutrition services as well as community kitchens diabetes, and weight watchers.

Other concerns or questions that were previously directed to Stacy can now be directed to Carolyn Neufeld, Edie Karacsonyi or Alexis Grace until further notice...

Once again we thank Stacy for all of the wonderful things she has brought to our department and all of the amazing work she has done for Seabird Community!



Who Loves Stories?

Fridays • 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.

World of Words: Writers Workshop & Open Mike Night – Who Let the Poets Out!?

Workshop: Saturday, Mar 2 • 1 pm
Open Mike: Thursday, Mar. 7 • 7 pm
A famously funny poet, Chris Gilpin, will guide a workshop on writing poetry with some kick! Doesn't have to rhyme, doesn't have to be mushy. Follow up with your own reading at Open Mike night, which is for any local writer who wants to share their writing. Refreshments and music by eViva. Adults and Teens welcome.

Where the Wild Things Are: Grizzly Bears in the Khutzeymateen

Thursday, Mar 14 • 7 pm
Enjoy a tour of the Khutzeymateen Valley, home to one of BC's most important coastal populations of grizzly bears. John Gordon, winner of both provincial and national photography awards, has a wealth of breathtaking photos from his trip to this sanctuary to share.

What's In Your Attic?

Saturday, Mar 16 • 1:00 pm
Your junk may be worth more than you think. Bring a piece or 2, including coinage to our experts to learn their true value. This requires an appointment, so call your library to do that.

Spring Break Fun: Beautiful Oops Art

Friday, Mar 15 • 2:00 pm
Some people think that a spill is a mess, that a tear is something ruined, that a smudge means start over. Not true! Kids can spend an hour making a bit of mess into some great art. All materials supplied. For school aged children over 7 years, younger children will need to bring a helper.

Spring Break Fun: Joseph the Magician

Thursday Mar 21 • 1:00
@ Kent Leisure Centre
There is always magic in the air as Spring comes along. Real magic, that is. Joseph the Magician has baffled audiences of all ages with his fun-filled, high energy, interactive magic show. Your library and the District of Kent Leisure Centre pulled this show out of a hat just for Spring Break fun.

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



Seabird Island Family Travel club is taking applications NOW to join the 2013-2014 Travel Club.

Applications are available through Stacy McNeil or Rose Charles, or by email to stacymneil10@gmail.com. Forms must be submitted no later than March 10th, 2013.



**ELECTION DATE
for Chief and Council**

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

Attention Dog Owners:

“According to the social housing policy, dogs must be tied, leashed, penned and in control of the owners at all times. If your dog is loose, it may be picked up and removed from the community by the RCMP or other dog rescue organizations. Please ensure your dogs are tied/penned at all times to prevent nuisance to the neighborhood. Thank you!”

Stacy McNeil, MBA *Candidate*
Community Services Program Manager/
Housing Administrator
Seabird Island Band
PO Box 650 Agassiz, BC V0M 1A0
P: 604-796-2177
D: 604-796-6825
F: 604-796-3729



The garbage I fought other dogs and animals for, nearly killed me. Will somebody find me a good home...

STRAY CATS AND DOGS...

Last Chance Animal Rescue will pick up stray cats and dogs... please call seabird housing department if you know of a stray so that we can ensure the pet finds a good home.

lastchanceanimalrescue.ca
[facebook.com/lastchanceanimalrescue](https://www.facebook.com/lastchanceanimalrescue)
lastchanceanimalrescue

Last Chance
ANIMAL RESCUE

Dogs with no home or Un-wanted dogs...

Safe at Last Dog Rescue is an organization that takes dogs in when they are in need of help. This could be the result of a family no longer being able to care for their dog, or where the care has become too much.

If you are in this situation, or know someone who is, please contact the organization and they will pick up the dog. Once the dog is picked up, they will be vaccinated, spayed/neutered, trained in obedience and adopted out to an inside environment. Owners must

sign over the dog; this organization does NOT take dogs without permission.

For more information, you can look online at <http://www.adoptapet.com/shelter73849-pets.html> or call Marion at 604-997-2949.



Join the PPG!

Positive Parenting Group!

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

Every Wednesday Starting Mar 6
(weekly sessions)
Time: 1:00-2:30pm
Place: Wellness Center

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 Sarah Ewen
Cell: 604-819-6040 Work: 604-796-6863
Work: 604-796-6826
Toll Free: 1-800-788-0322



SEABIRD ISLAND BAND

Ikw'elo te telexw

... learning begins here

SEABIRD BANKING

where:

Main boardroom at the Band Office

when:

Thursday March 7th

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.

10:00 A.M. – 3:00 P.M.

**CALL NOW TO BOOK
YOUR APPOINTMENT**

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

Housing Waitlist - March 2013

1 bedroom

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

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

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



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.

Reminder: Drum Practice

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



Housing Tips

- Vacuum radiator grilles on back of fridges and freezers, and empty and clean drip trays
- Check basement floor drain and ensure trap contains water; refill with water if necessary
- Check all faucets for signs of dripping and change washers as needed.
- Examine windows and doors for ice accumulation or cold air leaks.
- Have fireplace or wood stove and chimney cleaned and serviced as needed
- Shut down, drain and clean furnace humidifier
- Clean windows, screens and hardware
- Open valve to outside hose connection after all danger of frost has passed

Happy Easter

Celebrate with your family.

Time spent with family is time well spent. Family is the one constant element in life.



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



Pre/Post Group &

Prenatal Circle

MARCH 2013

Who can attend?

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

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

Questions? Call
1-800-788-0322

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Pre/Post 11-1pm Mill Hall SIB	7 Pre/Post 11-1pm Skwah	8	9
10	11 Pre/ Post Chawathil 11-1pm	12	13	14	15 Prenatal Circle 1-3pm Elders Room	16
17 St. Patty's Day	18	19	20	21Pre/Post Squiala 11-1pm	22	23
24 31	25	26	27	28Prenatal Circle 1-3pm Elders room	29 Good Friday!!	30

Pre-natal Nutrition

A woman's nutritional and overall health, before and during pregnancy, influences the health of her developing baby. Eating well, combined with taking a daily multivitamin, can give a woman the nutrients she needs to feel good, have energy, and support a healthy pregnancy.

Know what you need

During your second and third trimesters of pregnancy, you need a few more calories each day to support the growth of your baby. One extra snack is often enough. For example, have an apple or a pear with a small piece of cheese as an afternoon snack.

Fruits and vegetables are a must!

Pregnant women need fruits and vegetables every day. Brightly coloured vegetables and fruit contain more of the kinds of vitamins you and your baby need. You should eat minimum one dark green and one orange vegetable each day, you can never have too much vegetables. Make sure your fruits and vegetables are prepared with little or no added fat, sugar and salt, and choose vegetables and fruit more often than juice.

Grain products are important

Include grain products as part of your daily diet. This includes foods like bread, rice and pasta. Try to choose grain products that are lower in fat, sugar and salt, and look for the "whole grain" variety since at least half of your daily grain intake should be whole grain.

Have milk and milk alternatives for strong bones

Milk and alternatives are important for your growing baby. Try the low-fat variety, which will give you the high quality protein, calcium and vitamin D you need. Have skim, 1% or 2% milk every day and go for lower fat varieties of yogurt and cheese. Drink fortified soy beverages if you do not drink milk.

Include meat and meat alternatives

Eating meat and alternatives each day will help you and your baby stay healthy. Choose lean meats and meat alternatives—dried peas, beans, tofu and lentils—made with little or no added fat or salt. Fish is also important and should be eaten each week.

Seabird Island's
Annual Nutrition Walk/run and Nutrition Fair

March 27th, 2013 starting at 9 am

JOIN US for a 3-15 km walk or run
 <<<Register to get a t-shirt>>>



We will also have a trade show displaying a variety of health services!!!
 Enjoy an MMA demonstration by four directions martial arts academy,
 drumming, and share a luncheon with us!!!

For more information contact Val at 604 796-6829

Seabird Island Preschool



**Spring
 Break is fast
 approaching.
 Preschool will
 be**

CLOSED

**March 11 – 15,
 2013**



Ey swayel! The daffodils and tulips are up at the Preschool and Spring is certainly fast approaching. The children in the **four's Preschool program** have enjoyed a busy February with a Seeds of Empathy Family visit, Halq'emeylém Circles and walks with Kwosel, Valentine's Day, a Library visit, and many more activities at Preschool. The children are working in their workbooks

and printing their first name. With our warm weather outdoor play is very popular! Sto:lo Day is Feb. 28 and the children will be participating in various activities at the Community School.

The **Language Nest Preschool** for the 3 year olds continues successfully with Malila and Jonny teaching the children Halq'emeylém Language,

dance, and songs. The children enjoy the daily program routine, outdoor play and nature walks. It is amazing how comfortably the children respond to the Language teachers and many are responding verbally with Halq'emeylém!

Fire and Earthquake Drills are conducted monthly at the Preschool!





Grade 1 to 6 Tutoring

Seabird Island Education is pleased to continue its Grade 1 to 6 Tutoring from now until the end of May. The program is open for free to all Seabird students regardless of whether they attend Seabird Island Community School, Fraser Cascade schools or private schools. The tutoring is under way every Thursdays from 3:00 to 4:30 p.m. in the Learning Centre across from the high school. If you are

interested just bring the form below to Violeta Schwartz. The tutoring is being offered again by the Education Assistant class of Seabird College and run by Violeta Schwartz, the instructor. 26 students attended in the fall and we welcome the opportunity to work with you and your families to support the success of your children. Thanks to Violeta and her class. For more information please contact Violeta at the email above violetaschwartz@seabirdisland.ca

Grade 1 to 6 Tutoring Sessions

Thursdays starting February 7, 2013 until the end of May, 2013.

Seabird College Educational Assistants Classroom

Thursdays from 3:00 to 3:30 Nutritional snack

3:30 to 4:30 Tutoring

Please complete and return this portion to Violeta Schwartz.

I _____ authorize my child/children _____ to attend the tutoring sessions. I will arrange to pick up my child/children at 4:30 p.m.

Parent/Guardian Signature

Date: _____

Phone # _____

Cell# _____



Grade 7 to 12 Tutoring

Seabird Island Education is pleased to announce its **High School Tutoring Program for Grades 7 to 12** with support in the areas of English, Math and Social Studies. The program is open for free to all Seabird students regardless of whether they attend Seabird Island Community School, Fraser Cascade schools or private schools. The tutoring is under way every **Wednesday from 3:00 to**

4:30 p.m. in the Learning Centre across from the high school. We also hope to offer Provincial Exam Preparation supports as we get closer to that time. If you are interested just bring the form below to Violeta Schwartz. The tutoring is being offered by Violeta Schwartz, the ducation Assistant instructor. For more information please contact Violeta at the email above violetaschwartz@seabirdisland.ca

Grade 7 to 12 Tutoring Sessions

Thursdays starting February 7, 2013 until the end of May, 2013.

Seabird College Learning Centre

Thursdays from 3:00 to 3:30 Nutritional snack

3:30 to 4:30 Tutoring

Please complete and return this portion to Violeta Schwartz.

I _____ authorize my child/children _____ to attend the tutoring sessions. I will arrange to pick up my child/children at 4:30 p.m.

Parent/Guardian Signature

Date: _____

Phone # _____

Cell# _____

Seabird High School

Due to high demand from the student body Mr. Armstrong has opened the shop to students and their parents on Friday evenings from 4:00 p.m. to 6:00 p.m. He will continue to do this every Friday for as long as the desire to learn is there.

A group of twenty athletes and four teachers have been training three times a week in preparation for Vancouver's 10km SunRun.

Every grad is on a schedule in Science and Math to finish these core courses by the end of the year or earlier.

Lizzy Pettis and Sonja Pete have both already finished their course work for Earth Science 11.

Doreen McIntyre, Brandi McNeil, and Courtney Charlie have all already finished their course work for Math 11.

Overall, we have students in each grade who have embraced the opportunity to work ahead of schedule, finish their grade level early, and proceed ahead to the next level before the year's end. This means overall earlier completion of core subjects, making room for more class time for other areas, or using the grad year to complete advanced courses beyond the basic grad requirements.

"This self-motivated, advanced pace approach is solid preparation for college and university work ethics." – Mr. Sutton

The English 11/12 class has just finished reading a wonderful short story by the prolific First Nation's author, Drew Hayden Taylor. We are now reading the sequel to that story which is a play called, "Only Drunks and Children Tell the Truth." The play won the 1996 Dora Mavor Moore Award for Small

Theatre. Starlighters II Theatre has performed the play in both Canada and the United States. The play tells the emotional story of a woman's struggle to acknowledge her birth family. Grace, a Native girl adopted by a white family, is asked by her birth sister to return to the Reserve for their mother's funeral. "...this play is a very tender, engaging look at two strangers learning to be sisters... witty one liners and snappy dialogue has crafted likeable, real characters... brings a satisfying sense of closure to the struggles of Barb and Janice/Grace. It is a welcome ending, one that reflects hope for the future — not only for these two sisters, but also for all the others who have yet to find their way home." — **Aboriginal Voices**

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

Oil and Gas Field Operator Certification Program

Hello, my name is Leanne Ellis; writing on behalf of my Class of the 2013 Oil and Gas Field Operator Certification Program. We are apart of the pilot program funded by the BC Jobs Plan- BC Labor Market Development program. Our program is a joint Venture between Seabird Island College and Northern Lights College. Chris Boomer is our teacher and were so lucky to have such a motivated teacher who strives for our success... He breaks things down so we all understand and brings seriousness and fun to our classroom everyday.

We students, all love the opportunity of the course! It challenges us all with oil and gas field technology, by learning diagrams and systems unfamiliar with our own experiences. We are all finding new ways of learning and we can all agree it has been a awesome experience! We have all been very supportive of each other and have completed almost half the course... We can see the opportunities awaiting us in the oil and gas field operations, we continue to see this as a jump start to our future opportunities in Northern BC and Alberta. We were supplied some great gear and no words can express the

experience. You can see the pride when we are all geared up! Our Practicum will be 3 weeks in Ft. St. John , BC and we can't wait for the chance to put some skills to use... I have to say we all see the light at the end of the tunnel! Everyday is a learning experience , lots of homework and learning. We are so proud to be apart of this amazing experience.



WHAT IS CYBER-BULLYING?

Cyber-bullying is the newest type of bullying. It involves the use of technology to harass, threaten, embarrass, or target another person. Sometimes cyber-bullying can be easy to spot - for example, if your child shows you a text message, tweet, or response to a status update on Facebook that is harsh, mean or cruel. Other acts are less obvious, like impersonating a victim online or posting personal information, photos or videos designed to hurt or embarrass another person. Some kids report that a fake account, web page, or online persona was created with the sole intention to harass and bully. Cyber bullying has expanded the boundary of bullying, allowing kids to be bullies 24 hours a day, 7 days a week, regardless of where they are – even in their own bedrooms. **Reference:** First Nations Parents Club Bulletin

WHAT IS CYBER-STALKING?

Cyber-stalking is a technologically-based “attack” on one person who has been targeted specifically for that attack for reasons of anger, revenge or control.

Cyber-stalking can take many forms, including:

- harassment, embarrassment and humiliation of the victim
- emptying bank accounts or other economic control such as ruining the victim's credit score
- harassing family, friends and employers to isolate the victim scare tactics to instill fear and more.

School Science Fair

On February 14, 2013 Seabird Island community school held a Science and Math extravaganza. Each of the stations that were open was very alluring. From all of the activities that have been set up I found that all of them caught my attention. There were booths that had mind games like battleship, activities that made you make hypotheses on your thoughts based on a ramp. There was even a booth on how lava lamps are made, which I found very fascinating. Every activity was very fun to participate in. Each activity had a way to challenge the mind and body with quick and strategic thinking. Coming out of the school gym afterwards I have found that I gained a new sense of knowledge, and a fun experience with the Seabird Island Community School.

*Article written by Fawn Henry,
Communications Student Worker*



PREVENTING CYBER-BULLYING & CYBER-STALKING

Educating the kids about the consequences (losing their ISP or IM accounts) helps. Teaching them to respect others and to take a stand against bullying of all kinds helps too.

What's the parents' role in this?

Parents need to be the one trusted place kids can go when things go wrong online and offline. Yet they often are the one place kids avoid when things go wrong online. Parents need to be supportive of your child during this time. You may be tempted to give the "stick and stones may break your bones, but words will never hurt you" lecture, but words and cyber-attacks can wound a child easily and have a lasting effect. These attacks follow them into your otherwise safe home and wherever they go online. And when up to 700 million accomplices can be recruited to help target or humiliate your child, the risk of emotional pain is very real, and very serious. Don't brush it off.

Let the school know so the guidance counselor can keep an eye out for in-school bullying and for how your child is handling things. You may want to notify your pediatrician, family counselor or clergy for support if things progress. It is crucial that you are there to provide the necessary support and love. Make them feel secure. **Children have committed suicide after having been cyber-bullied, and in Japan one young girl killed another after a cyber-bullying incident.**

TAKE IT SERIOUSLY.

If there is any indication that personal contact information has been posted online, or any threats are made to your child, **you must run, do not walk, to your local law enforcement agency.** Take a print-out of all instances of cyber-bullying to show them, but note that a print-out is not sufficient to prove a case of cyber-harassment or cyber-bullying. You'll need electronic evidence and live data for that.

Let the law enforcement agency know that the trained cyber-harassment volunteers at **WiredSafety.org** will work with them (without charge) to help them find the cyber-bully offline and to evaluate the case. **It is crucial** that all electronic evidence is preserved to allow the person to be traced and to take whatever action needs to be taken. The electronic evidence is at risk for being deleted by the Internet service providers unless you reach out and notify them that you need those records preserved. **The police or volunteers at WiredSafety.org can advise you how to do that quickly.** Using a monitoring product, like Spectorsoft, collects all electronic data necessary to report, investigate and prosecute your case (if necessary). While hopefully you will never need it, the evidence is automatically saved by the software in a form usable by law enforcement when you need it without you having to learn to log or copy header and IP information. **Reference:** http://www.stopeyberbullying.org/prevention/parents_role.html

Seabird Island Parents at FNEC Parent Club

Parents Club Conference held on January 31 to February 1, 2013 in Richmond, BC. The conference was attended by six parents that gained so much information from this session. Some of the learning tools that were gained: working together as a team, communication skills to better speak with your child's teacher, the quality time of family time, how much actually time are you spending with your child's work and development, student success, preventing and dealing with substance abuse, how to maximize your child learning potential with food, scrapbooking myself healthy, parent leadership, bullying. This conference was a great start to us starting the PAC at the Seabird Island Community School. It gives us the opportunity to network with other PACs and hear ideas of what worked etc.. Thanks for the opportunity for being able to attend this session.



SEEING IS BELIEVING.

Children learn behaviours by watching older siblings and adults, so modeling healthy eating is a great way to help kids develop better eating habits. Next time you are offered a vegetable, take a large helping and say "I love this!"
Soon your kids will be loving it, too.

Ideas for getting kids to eat more Fruits and Vegetables

Make Fruit & Veg Fun

Kids are far more likely to eat fruit & vegetables if they see it as a fun activity. Try the following ideas:

- Cut fruit into funny shapes with cookie cutters
- Play the rainbow game – how many different coloured fruits can your child eat in a day? Write down their score on the fridge, or [use a chart like this one](#)
- Dress up sandwiches with faces & shapes made from vegetables and fruit

Make Fruit & Veg Available

- Keep a bowl of fresh fruit in an accessible spot and tell the kids that they can dip into it whenever they like
- Keep bags of chopped up fruit in the fridge for healthy snacks
- Put a bowl of chopped raw veg on the table during dinner – kids often love raw carrot, cucumber & broccoli when it is presented this way
- Have veggies with every meal, fruit with every dessert
- Keep bags of peas, sweet corn, raspberries and other fruits & veggies in the freezer so they are always to hand
- Add a box of dried raisins or chopped fruit in a bag into your child's lunch box as a surprise

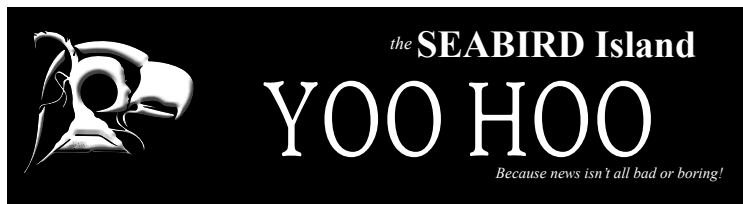
Combine Foods

If your child eats only one particular type fruit or veg, try combining the old favorite with something new. For example, if your child only eats apples, try chopping apples and pears together to gradually introduce the new taste of the pear.

Try adding fruit to your child's breakfast cereal – you could try raspberries, strawberries, chopped apple or banana. Dried fruits like raisins can be added to cereal or porridge.

Reverse psychology will surprise you, tell them...

- its mom and dad's food, you can't eat it.
- you won't like, its good for you (like the cereal commercial).



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

How to Clean Your Computer

Whether it's a desktop or laptop/notebook computer, dust and lint can clog the cooling vents. This can cause your computer's brain—the central processing unit (CPU)—to heat up. And heat is the biggest cause of component failure in computers. Regular cleaning could save you costly maintenance fees down the road.

Follow the five simple steps in the cleanup and maintenance routine below to keep your computer and accessories looking shiny and new. It's an easy, do-it-yourself solution to help them run smoothly and last longer.

Important: Always turn your computer off and disconnect it from the power source before you begin any of these steps.

Step 1: Inside the case

If you see dust or other debris accumulating around the vents of your desktop or laptop, you can bet there's more inside—and it's only going to cause trouble. To remove it, you'll need to open the case. That may sound more intimidating than it really is. Before you begin, of course, make sure the computer is turned off and disconnected from the power source.

One more consideration: Manufacturers' policies vary, but, in some cases, opening your computer case may void your warranty. You may even encounter a warning sticker on the case. Review your warranty terms before continuing.

- **For desktop computers.** Desktop computer manufacturers employ a variety of fastening mechanisms to secure the case. Face the back panel: Modern cases typically use two or more small knobs that you can turn by hand, or buttons that you press in, to release a side panel or the entire shell of the case. Others may require you to remove two or more slotted or Phillips screws. If in doubt, consult your owner's manual for specific instructions.
- **For laptop and notebook computers.** Set the computer upside down on a table or other stable surface. (You may want to place a towel or paper under the computer to prevent scratches and scuffs.) Remove the battery. On most laptops, the vents on the underside will be grouped on a removable panel, secured to the case with several screws. Typically, these are very small Phillips-type screws, which may be of different lengths. Remove them, and be sure to keep track of which goes where.

After you're inside either your desktop or laptop, touch as little as possible inside the computer—keep your fingers away from

You'll need:

- Standard (flat-tip) and/or Phillips screwdriver
- Can of compressed air (available from computer dealers or office-supply stores)
- Cotton swabs (do not use a cotton ball)
- Rubbing alcohol
- Soft, lint-free cloths, paper towels, or anti-static cloths
- Water
- Safety glasses (optional)

cards and cords. Look for any dust bunnies or other bits of fluff in the nooks and crannies. Pick these out carefully with tweezers or a cotton swab. Blow compressed air around all of the components and along the bottom of the case, keeping the nozzle at least four inches away from the machine. Blow air into the power supply box and into the fan.

Try to aim the stream of pressurized air in such a way that it blows debris out of and away from crevices and recesses, rather than driving it deeper in. Safety glasses are a good idea, too, to keep the flying dust out of your eyes.

Take particular care when blowing the delicate fans. Over spinning them with excessive pressure can crack a blade or damage the bearings. Position the compressed air can well away, and use short bursts of air rather than a steady blast. As a precaution, you might also carefully immobilize the fan blades with your fingertip or a cotton swab while using the air can.

Lastly, blow air into the floppy disk, CD or DVD drives, and I/O ports—but again, not too aggressively. Wipe the inside of the cover with a lightly moistened cloth, and dry it before replacing it.

Millman recommends doing this *every three months* if your case sits on the floor, if you have pets that shed, or if you smoke. Otherwise, every six to eight months is fine.

Step 2: Outside the case

Run a cotton swab dipped in rubbing alcohol around all of the openings on the outside of your case. Give them one swipe with the damp end of the swab and one swipe with the dry end. Do this as often as you clean the inside of your computer.

Why Should I Vote?

WHY IS IT IMPORTANT TO VOTE?

- The right to vote is a fundamental democratic right that is protected by the Canadian Charter of Rights and Freedoms. It is the cornerstone of democracy.
- When we vote, we choose the representatives who will make the laws and policies that govern how we live together.
- The legitimacy of a government lies in the fact that it is elected. Low voter turnouts may call into question this democratic legitimacy.
- While democracy involves much more than holding elections every five years, voting is a powerful way to send a message to governments and politicians. The more votes, the more powerful the message is. In other words, every vote counts.
- Compared to other forms of political participation, voting does not require a lot of time or effort – in other words, it is one of the easiest ways to have a say in how your society is governed.

WHY IS THE YOUTH VOTE IMPORTANT?

- Only 37.4% of 18 to 24 year-olds voted at the 2008 general election. That means over 60% of young Canadians did not participate in selecting this country's government.
- When politicians know in advance that most young people don't vote, they may be less interested in making the effort to be responsive to issues that matter to younger Canadians.
- Some say that young people don't vote because politicians don't care about youth issues or don't talk to young people in their own language. But by not voting, young Canadians lose an important opportunity to make their voices heard by politicians.

Your VOTE counts!

Chief and Council Election

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

Zumba Gold

Starting March 6th
Every Wednesday
in Seabird GYM

12 noon

We have Zumba gold for Elders, prenatal clients and those who haven't exercised in a while!!!

It's new, exciting and fun!
Join Ardelle for some fun dancing and exercising

Call Val for more information 604-796-6829

Fitness Tips

Know your limits

See your doctor before starting any exercise.

Start Slow

If you have led a inactive life for many years, then it will take some time to get used to being more active. Buy a good pair of walking shoes and start taking leisurely to moderate speed walks as a start. Mix it up, go for a walk, swim, water arobics, dancing, golf,...



Diabetic Conference

March 11-14/2013

The Aboriginal diabetic conference is going to be held in Penticton BC

This is a huge event that targets Aboriginals with Diabetes. Enjoy information sessions and a trade show with a variety of Health services!

If you are interested please contact your local CHR and get the details or call Val at 604 796-6829 to talk about it

SEABIRD ISLAND WELLNESS CENTER

PANCAKE BREAKFAST

Wednesdays - 9:00 - 11:00 AM



Healthy Living Group

Mondays - 3 - 4:00 PM

Refreshments



WOMEN'S GROUP

Wednesdays 6-8 pm

Refreshments

For information contact us at (604) 796-6826

International Womens Day

International Women's Day (8 March) is a global day celebrating the economic, political and social achievements of women past, present and future. In some places like China, Russia, Vietnam and Bulgaria, International Women's Day is a national holiday.

Why: Suffragettes campaigned for women's right to vote. The word 'Suffragette' is derived from the word "suffrage" meaning the right to vote. International Women's Day honours the work of the Suffragettes, celebrates women's success, and reminds of inequities still to be redressed. The first International Women's Day event was run in 1911.

In many countries there have been great advances, celebrate how lucky you are, as in other countries women are still struggling for their rights. March 8th is a day to celebrate the strong women around us and to encourage those still suffering.



Seabird Health Services
Accreditation Update



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 **Review of Home Health Services**. We want to make sure that community members are receiving the services they need.

You can help!! Phone/email us with your comments.

Do you receive health services in your home? (Kwyio:s, nurse visits, home support workers, infant development)

1. Do you feel respected/valued by your home health worker?
2. Is the schedule of home visits working for you.....why or why not?
3. How well does the care provided meet your needs?
4. What additional services do you need?

If you don't receive home health services, you can still help us.

1. What home services would you like to receive?
2. What home services do you think others in this community could use?

Questions or comments?

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

LADIES:

Your Invited to the Woman's Group!

Have fun-

-Be Social-

-Have Snacks -

-Do Great Activities and Outings!



6-9pm every Wednesday night @ Wellness Center

No Children please, this is YOUR time!

Call Genna or Edie for more information at 604-796-2177

Seabird Wellness Center

Well-Being encompasses all our parts, not just the physical body. When our emotions are in turmoil or our mind is bombarded with obsessive thoughts our health is compromised. It is important to create balance in your life by nurturing your whole person, which includes spiritual, mental, emotional, and physical needs.

Business is booming at the Wellness Center. We have a few new additions in the past few months.



- **Carly Errico** is our new counsellor, she is in our community from Monday to Friday. Carly holds a masters in counseling. *Referrals for counseling with Carly can be made through Edie. (or Carolyne when Edie is away)*
- **Dr. Benning** is our new adult psychiatrist who began working with us February 1, 2013. He is here every 2nd Friday and is at the Wellness Center. *Referrals can be made to see him through Dr. Fox.*
- **Dr. Jeannie Paul** is our new naturopathic doctor at the Wellness Center every Tuesday. *Appointments can be made through Kristi McNeil at the Dr's office.*
- **Donna Watson** is our new family counsellor at the Wellness Center now Wed & Fridays only. *Referrals can be self-referrals or through Edie or Carolyne.*
- **Bill Andrew** is a family lawyer. Bill can see people for family law issues, and is here every other Tuesday from 1:00 - 5:00. *Appointments can be made through Jenna Joseph.*

You can now find at the Wellness Center:

	Monday	Tues	Wed	Thurs	Fri
		Dr. Jeannie Paul Naturopath			Dr Benning Psychiatrist every 2 nd Friday (Feb 15 next visit)
		Melissa Nielsen Child & Youth mental health & girls group			
			Allyson Cushing Adult Mental Health counsellor	Allyson Cushing every other Thurs.	
			Donna Watson: Addictions and Family counsellor		Donna Watson: Addictions and Family counsellor
		Bill Andrew, lawyer every 2 nd Tuesday			
Upstairs	Carly Errico Counsellor for adults, children & youth	Carly Errico	Carly Errico	Carly Errico	Carly Errico

Words to live by...

"What happens is not as important as how you react to what happens." - *Thaddeus Golas*

"Now is no time to think of what you do not have. Think of what you can do with what there is." - *Ernest Hemingway*

"You're braver than you believe, and stronger than you seem, and smarter than you think." - *A.A. Milne*

"Fear not, never look back, never give up, never stop trying, never quit, not even a bit." - *Brian Good*

"If you push through the hard days you can get through anything." - *Gabrielle Douglas*

"We have nothing to fear but fear itself." - *Franklin D Roosevelt*

Healthy Eating Recipe Corner

Baked Blueberry Bannock

5 ww points value

INGREDIENTS

3/4 cup(s) whole wheat flour,
3/4 cup(s) all-purpose flour,
1/2 cup(s) uncooked oatmeal,
2 Tbsp sugar,
4 tsp baking powder,
1/2 tsp table salt, (
1/4 tsp ground cinnamon,
2 Tbsp margarine, melted
3/4 cup(s) water, room-temperature
1/2 cup(s) unsweetened frozen blueberries, or fresh



INSTRUCTIONS

Preheat oven to 350 degrees F (175 degrees C).

Stir whole-wheat flour, all-purpose flour, rolled oats, sugar, baking powder, salt and cinnamon together in a medium-size bowl. Stir in margarine and enough water to form a sticky dough. Stir in blueberries.

Spray 9-inch (1 L) glass pie plate with nonstick spray. Spoon batter into pie plate, leveling off.

Bake 25 minutes or until a toothpick inserted near centre comes out clean. Remove from oven and cool 10 minutes. Cut into 6 wedges. **Yield:** 2/3-cup (160 ML) per serving.

Notes: Serve it warm from the oven for maximum flavour.

Attention Anglers - Fresh Water Rod Fishing



DFO has made their presence known on our waterway (Maria Slough) over the last several months, approaching our members and warning them or threatening with fines...

Penalties for denial or breach of the British Columbia Sport Fishing Regulations include voluntary ticket payments up to \$1,000 and

possible seizure and forfeiture of fishing gear and catch, or court-imposed fines up to \$100,000 on first offence and possible court-imposed forfeiture of fishing gear, catch, vessel or other equipment used in the commission of an offence.

With this in mind here are a few regulations that apply in the Lower Mainland, IT IS ILLEGAL TO:

- fish for finfish and/or shellfish without a Licence **or** Status Card on you.
- catch and retain salmon if your licence does not have a valid salmon conservation stamp attached to it.
- wilfully foul hook or attempt to foul hook any fish other than herring, northern anchovy, Pacific sand lance and squid.
- possess more than your daily limit and/or possession limit.
- **fish for salmon, cutthroat trout and steelhead with a barbed hook.**
- **fish with more than 1 rod at a time per person.**
- angle in a Rockfish Conservation Area (RCA).
- angle with a fishing line to which more than one hook, artificial lure or artificial fly is attached
- **kill, harm, harass, capture or take a species listed as extirpated, endangered or threatened under the Species at Risk Act.**
- use spears to fish for salmon, trout, char, sturgeon and shellfish, except shrimp.
- fish with a fixed weight (sinker) greater than 1 kg except on a down rigger line, in which case the fishing line must be attached to the down rigger by means of an automatic release clip.
- **leave a fishing line unattended in the water.**
- use gaff hooks in angling except as an aid to landing a fish caught on a legal line or rod and reel.
- **use explosives** or chemicals to molest, injure or kill fish.
- **use torches or artificial lights** while sport fishing, except when they are submerged and attached to a fishing line, within 1 m of the fishing hook.
- catch or attempt to catch any fish with snares.
- trap or pen fish on their spawning grounds, or in rivers or streams leading to spawning grounds.
- buy, sell, barter or attempt to buy, sell or barter any fish caught by sport fishing.
- possess any fish caught while sport fishing that is dressed or packed in a manner so that the species cannot be easily identified, measured where size limits are applicable, is of hatchery origin where hatchery salmon are allowed, and the number of fish readily counted where quotas are applicable. This includes removing the carapace, or shell, from any crab — see Packaging and Transporting Your Catch.
- field can any fish outside of a person's ordinary residence, other than at a registered licensed facility.
- **boat without a Boat Licence** <http://www.bchighway.com/regulations/boating-test.html>

TIP:

To change a barbed hook to a barbless one, simply squeeze the barb tightly against the hook shank with a pair of pliers.

United Nations Declaration on the Rights of Indigenous Peoples

Article 30

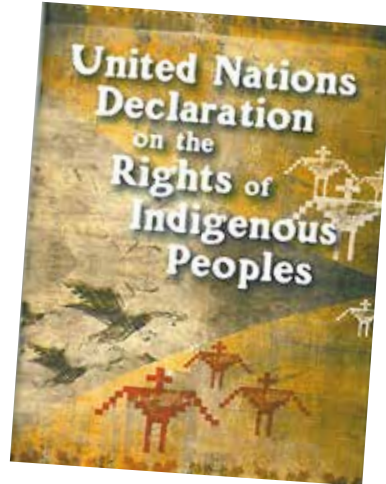
1. Military activities shall not take place in the lands or territories of indigenous peoples, unless justified by a relevant public interest or otherwise freely agreed with or requested by the indigenous peoples concerned.
2. States shall undertake effective consultations with the indigenous peoples concerned, through appropriate procedures and in particular through their representative institutions, prior to using their lands or territories for military activities.

Article 31

1. Indigenous peoples have the right to maintain, control, protect and develop their cultural heritage, traditional knowledge and traditional cultural expressions, as well as the manifestations of their sciences, technologies and cultures, including human and genetic resources, seeds, medicines, knowledge of the properties of fauna and flora, oral traditions, literatures, designs, sports and traditional games and visual and performing arts. They also have the right to maintain, control, protect and develop their intellectual

property over such cultural heritage, traditional knowledge, and traditional cultural expressions.

2. In conjunction with indigenous peoples, States shall take effective measures to recognize and protect the exercise of these rights.



Article 32

1. Indigenous peoples have the right to determine and develop priorities and strategies for the development or use of their lands or territories and other resources.
2. States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free and informed consent prior to the approval of any project affecting their lands or territories and other resources, particularly in connection with the development, utilization or exploitation of mineral, water or other resources.
3. States shall provide effective mechanisms for just and fair redress for any such activities, and appropriate measures shall be taken to mitigate adverse environmental, economic, social, cultural or spiritual impact.

NEW Staff



Dr. Benning was born and educated in England and came to Canada 4 years ago. He is excited about the opportunity to start a psychiatric clinic at Seabird. This will be held every second Friday. Dr. Benning is grateful for the warm welcome he has received from everyone.



Ey Swayel,

My name is **Alain Marchand** and I am the new Active Measures Coordinator with the Employment & Social Development Department (February 8th, 2013). As the Active Measures Coordinator, my responsibilities include leading a group of Income Assistance Clients through the work preparation process and support them as they complete the Aboriginal Oil & Gas Operator's Program at Seabird College & Northern Lights College, Fort St. John.

I am a member of the Seabird Island Band and my family & I live on reserve where we love the area and enjoy all that Seabird has to offer. I am honoured to have this opportunity to give back to our great community and will work diligently to fulfill my obligations to this position and to our community.

I have a wide variety of experience and skill set that centres around the helping of others. Most recently, I worked with Squiala First Nation as the Job Readiness Coordinator assisting people through the process of work readiness. My Educational background includes Diplomas in Human Resources Management and Business Administration.

I am proud to be a part of this great team.

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

Office Hours

We are open Monday – Friday 8:00am-4:00pm
Closed from 12–1pm for lunch

UPCOMING TRAINING OPPORTUNITIES

For more information and sign up for following training opportunities, please see Pat Large or Jill Stauber immediately, as limited seats are available:

- * SASET will be contracting WorksafeT Solutions to provide First Aid Level 3 training in Chilliwack from April 2 to April 15
- * SASET is also offering Entry Level Forestry Skills Training in Chilliwack from March 11 to March 22
- * Seabird Island Employment & Training will be offering Basic Chainsaw Training & Cashier Training in March

SOCIAL ASSISTANCE INFORMATION

April 2013 cheque distribution is on Wednesday, March 27, 2013

- * Renewal Declarations are due on the 15th of each month
- * **Hydro** and **Fortis** bills are required to be handed in by all tenants in order to receive your shelter portion to be paid

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 is Seabird's Diving Instructor and ICBC Liaison. Ed can assist you in getting prepared for either obtaining your 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.

JOB POSTING BINDER

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

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

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

organizations:	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color ½ page (8x5 or 10x4)	\$37.50	\$61.25
Full color ¼ page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x 3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale ½ page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale ¼ page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x 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

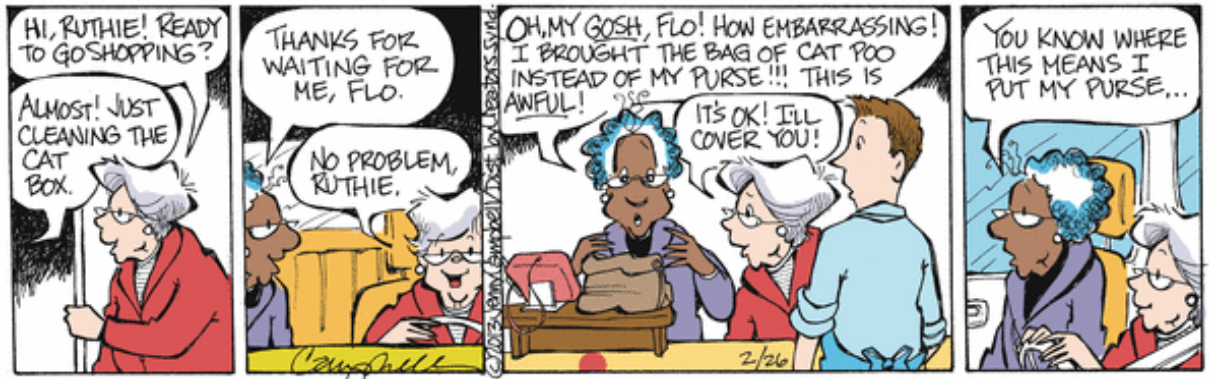
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

Health Comics



Quote of the month

Easter is a time to rejoice, be thankful, be assured that all is forgiven so life extends beyond the soil of earth.

Byron Pulsifer

Welek'es / March

Birthstone: Aquamarine

Color: Sky Blue, Sea green

Pisces: February 20th - March 20th

Flower: The Jonquil (aka Daffodil or Narcissus)

Halq'emeylem Word Search

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

- shxwhéyeqwala - fireplace
- alhteláwtwx - restaurant
- qw'elemáwtwx - bakery
- qw'eyilexáwtwx - dance-hall
- siyá:m - chief
- ts'elh'á:y - sweet heart
- qeló:qtel - cousins
- shxwewáli - parents
- el'álex - brothers & sisters
- sqáqe - baby
- sqwélqwel - true story
- st'élmexw - medicine
- sxéyltel - footprints
- s'ó:ytheqw - wild red raspberry
- th'éxth'ex - stinging nettle
- í:ks - eggs
- chékel - chicken
- sqíwewáth - rabbit (small)

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. March 11th
Draw Date: March 12th, 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 - Last Months Winner was Steve Peters

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. 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)

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

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

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.



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!

- 1st- Alyssa McNeil, 17
- 3rd- Blaine Peters, 18
- 8th- Trevor Schultz, 14
- 11th- Brandi McNeil, 16
- 11th- Bree Harry, 17
- 12th- Randy Pettis, 19 (youth rec will miss him)
- 25th- Gilbert August, 16
- 27th- Chelsea Whiteduck-Bobb, 17

I apologize if I missed anyone. Keena

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!

Nutrition And Traditional Foods

Keeping us active and healthy...

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

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

