

Seabird Island Strategic Planning

On January 8th and 9th Seabird held its Annual Strategic Planning Session. Community members were invited to participate. This planning session is used to gather up ideas on what community members and management would like to see this year. We do our best to try to meet the obtainable goals set forth based on budgets, most needed and approval...

Suicide Prevention and Risk Assessment Training
Ask, Assess, Act
Feb 19th
 Look inside for more information

Seabird Island Band Strategic Planning Process – 2014-2015

1. Council and Management review the previous Fiscal Year 2013-2014 – Strategic Plan’s Priorities/Goals/Budget, to see what was accomplished and then decide what to do next year.
2. Council and Management Team, together, decide what activities will be carried over into next year’s plan.
3. They then develop Fiscal Year 2014-2015 year’s Goals, Objectives and Activities.
4. Council, management, staff, and members meet to add to/gather input on next year’s goals, objectives and activities. (Time and Budget sensitive)
5. Council and Management reviews all input and develops the 2014-2015 Strategic Plan – Goals, Objectives and Activities by Departments.

Below is a paid advertisement



Agassiz Remedy's Rx
The Local Drug Store

Your local pharmacy team is here to take care of you with Expert Advice, Quick and Friendly Service

Pharmacy Services:

- Free Same Day Delivery
- Easy Prescription Transfer
- Comprehensive Medication Review
- Homeopathic, Natural & Herbal products
- Home Health Care Products

2013 Business Excellence Winner

7046 Pioneer Avenue, Agassiz • 604-491-1070

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Please see the inserts for Job postings and useful information.

Agassiz Remedy's RX the local Drug store.

Coupon worth \$5.00 OFF valid until end of Feb 2014!
 Offer valid for any Front Store Products excludes Rx items & Codeine products.



"In learning you will teach, and in teaching you will learn" - Phil Collins

○ January 2014



Si:west ye Selyolexwe

Elders House of Learning and Teaching

"Elders teaching Elders"



Winter Series Jan 8– March 5, 2014

Join Elders as we gather to discuss important topics. Nine weekly gatherings are planned for the Winter series.

Call now to register.

Every Wednesday Elders will be gathering in Seabird Island, Chawathil and Stó:lo Nation. Guest speakers, renown local Elders, will facilitate discussion on topics such as leadership and culture. Videoconference will bring us all together.

LUNCH and TRANSPORTATION PROVIDED

Elders who cannot leave their homes can join. We lend computers and provide support..



Call us for more information

Ashley Armstrong
Elders House of Learning and
Teaching Coordinator
ashleyarmstrong@seabirdisland.ca

Phone: 604-796-2177 Local 5026

Heather McDonald
Elders House of Learning and Teaching Project Leader
heathermcdonald@seabirdisland.ca

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Accreditation Update



Driving Quality Health Services

Accreditation is about improving the quality of our health services. We use national standards of excellence to guide our improvements.

Back in 2012, we identified 16 priority areas for improvement. Each area was represented by a smolt in our Quality Channel (in the doctors office). As we improved that area, we spawned the salmon. When all the salmon have spawned, our health services are ready to serve generations to come.

ALL THE SMOLTS HAVE SPAWNED!!

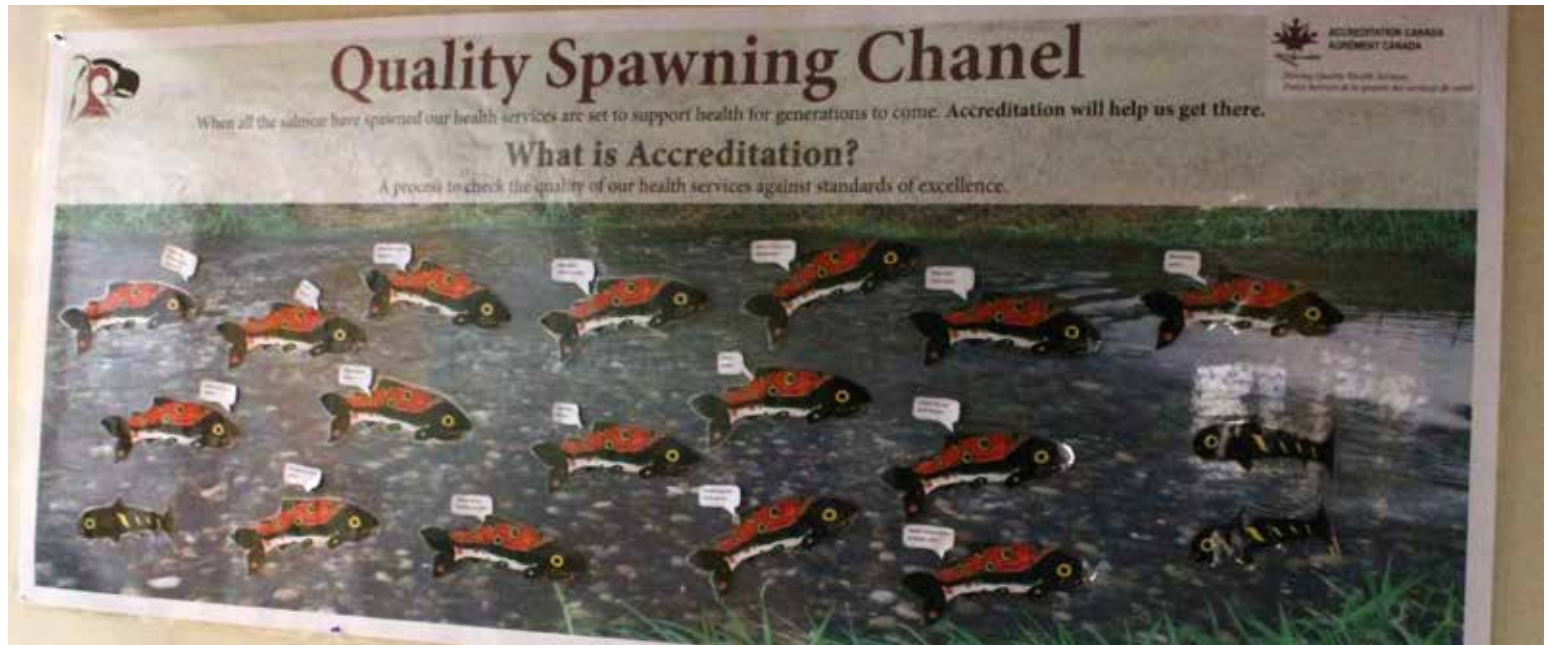
Accreditors are coming to check our health services

January 27 to 30. We look forward to their comments and directions for further improvements. Stay tuned for a report on their feedback.

16 priority areas: Cultural safety for clients, Client safety training for staff, Safety for our staff drivers, Medication safety, Ethics policy, Health department strategic plan, Hazardous material safety, Infection control Manual, Fire safety, Preventing falls in the home, Reporting incidents and accidents, Glucometer safety, Care of foot care equipment, Managing angry people, Safety for home visitors, New staff orientation.

Questions or comments?
Talk to Heather McDonald,
604 796 2177 local 5033

heathermcdonald@seabirdisland.ca



STATUS CARD UPDATE

We are delighted to advise SIB Members and Community Members that the supply of paper stock for status cards is expected by the end of January. Members wishing to renew or replace their status card are asked to **book an appointment** by contacting the Membership Office at 604-796-6851.

Application forms are available online at <http://www.aadnc-aandc.gc.ca> or at the Band Office.

- Applications must be accompanied with **proof of identity** and a **passport photo**.
- *Passport photos can be taken at any Wal-Mart or London Drugs.*





By Special Invitation
Seabird Island Community would like
to invite YOU to be a part of
Family Night

Please join us for a
FAMILY DAY CELEBRATION!

Enjoy a
Family Photo Shoot
\$5 per sheet

Seabird Island Community
would like to invite YOU
to celebrate
positive and healthy families.

5:00 pm
Face Painting
and Activities

February 5th, 2014
Dinner will be served
at 6:00 p.m.
in the Seabird Island Band Office Gym

*Bridging the generations,
working together for a strong tomorrow.*

Saturday, March 1, 2014
7 pm
Celebrating Team BC
with the Abbotsford
Heat on
“Aboriginal Night”

The Abbotsford Heat will celebrate Aboriginal youth in sports through the hosting of the 1st annual “Aboriginal Night - Celebrating Sport in Stó: lō” event during the Heat’s Saturday, March 1st game vs. the Grand Rapids Griffins (affiliate of NHL’s Detroit Red Wings). This themed evening will include honouring select Aboriginal teams and athletes and inviting the entire Aboriginal community to this special event.

[Aboriginal Night at
Aboriginal Heat Game](#)

Seabird Island Strategic Planning continued from page 1...

6. Management meets with staff, and they develop their work plans based; the overall goals, objectives and identified activities (may identify more activities) based on budgets, timelines and priorities. Management confirms any new activities with Council.
7. Staff follows work plans and reports to Management on the work accomplished.
8. Directors/Managers work with Portfolio Holders on Department accomplishments, then report monthly to CEO on plan status; CEO reports to Council, who in turn report to members at quarterly meetings.

Some of the information collected can be seen on page 8.

Council Corner



Meetings seem to be progressing on task; will be meeting in the upcoming months to discuss our boundaries with the province. On how we have been losing land to the river, we have lost 1200 to 1300 acres to the river in the past 100 years. Our discussion with the province is what our plans are to keeping our land and long term plans on managing it.

In the past couple of years our education programs have been growing, and so many of our people are completing their goals. We shouldn’t have to go out of our community to hire people to help run our organization, but our people are still learning. They don’t have the education or training that we need them to have. We are hiring professionals to train our community members both in the college and at work. As time goes by we are hiring more and more community members. We encourage our band and community members to get the training that is required to fill these positions.

Housing

Seabird Island Band Housing Wait-list February 2014

1 Bedroom

| | |
|---|---------------|
| 1 | 05092013-2065 |
| 2 | 11152013-2071 |
| 3 | 12102013-2072 |
| 4 | 12312013-2073 |

2 Bedroom

| | |
|----|----------------|
| 1 | 05092013-2065 |
| 2 | 08142013-2066 |
| 3 | 12042013-2069 |
| 4 | 12102013-2069B |
| 5 | 11152013-2071 |
| 6 | 12162013-2070 |
| 7 | 01022014-2074 |
| 8 | 04032013-2075 |
| 9 | 01062014-2076 |
| 10 | 01072014-2077 |
| 11 | 01092014-2078 |

3 + Bedroom

| | |
|----|---------------|
| 1 | 01032012-3057 |
| 2 | 11132012-2053 |
| 3 | 12192012-3076 |
| 4 | 01022013-3079 |
| 5 | 01022013-3080 |
| 6 | 01032013-2056 |
| 7 | 02062013-3082 |
| 8 | 02082013-3083 |
| 9 | 02082013-3084 |
| 10 | 02252013-3086 |
| 11 | 03082013-3087 |
| 12 | 03192013-3088 |
| 13 | 07102013-3090 |
| 14 | 12102013-3098 |
| 15 | 12312013-3099 |
| 16 | 12312013-3100 |
| 17 | 01022014-3101 |
| 18 | 01022014-2074 |
| 19 | 01032014-3102 |
| 20 | 01032011-3103 |
| 21 | 01082014-2077 |
| 22 | 01162014-3104 |

**Don't know
your number?**

Contact Stacy
McNeil to see
where you sit on
the wait-list!

NOTE:

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

REMINDER!

**Housing
applications
must be
renewed before
JANUARY 1
to remain on
the list!**

**Anyone who
did not renew
came off the list
and must now
re-apply if
interested**

Housing Policy: Pets and Pet Damage

Our housing policy states that pets are the responsibility of the owner. This includes for any damages that may result from having a pet inside the home. These pictures show some of the damages we are seeing in our rental homes. Pets that are urinating on the flooring is causing it to not only swell and lift, but an odour that is difficult to get rid of. Please ensure your pet is fully trained before bringing them into the home. We are also seeing walls chewed, blinds chewed, carpet ripped or torn, and doors scratched. **Any** damages that are caused by the pets will be repaired at the *tenants expense* as per our housing policy and your tenancy agreement. This is also caused by dogs spilling their drinking water and coming into the home wet. Wherever possible, it is encouraged that dogs are kept outside in a safe shelter to avoid this from occurring.



AJ 24 hour towing

Aboriginal owned family company will
pay top dollar for unwanted vehicles

Will bring CASH to your home!

Cars, trucks, vans, motorbikes,
farm equipment, etc

604-795-3374

Mamele'awt housing society is currently accepting applications for their apartment building in Chilliwack; they have 1 bedrooms – small and large bachelor squires. Stair access only. Seabird Housing department has application forms available.

Housing

Housing Unit Selection Process:

Existing Rental Stock

Housing applications are received throughout the year, but MUST be renewed between November 15 - December 31 by all applicants to confirm their information and desire to remain on the wait-list

Applications indicate the type of housing that is requested

Applicants must meet the following criteria to be placed on the wait-list:

- Band member or caring for band member children
- 19 years of age or older

When a unit becomes available, the list is reviewed starting at the top for:

- Debt; members must have no debt to the Band in order to be placed into a unit.
- Unit type/size of available unit and applicant requests. For example, if the unit available is a 4 bedroom and the next person on the list is waiting for a 3, we will go to the next applicant waiting for the 4. This is the same for an elders unit.
- Income. A tenant must be able to afford the cost of the rental that is available. This is displayed on the application.

Once a list of potential applicants is compiled from the master wait-list, phone contact is made where possible (or a letter is sent if no phone available) to request the applicant meet with housing to review the offer.

If the applicant accepts the unit, a letter of offer is signed, a targeted move in date is scheduled, and a copy of the housing policy is given.

Once move in takes place, the applicant will be taken off of the wait-list and can reapply if they wish.

New Construction Rental/Rent to Own

A Selection committee is formed from staff and community.

The committee will meet to review:

- Type of units being constructed
- Wait-list applicants by wait-list number
- Policy selection criteria (as in the rental above; age, membership, family size-unit size, income, debt to band, references, etc)
- Order of application (start at top of list and work down)

The committee will select the prospective tenants, with a wait-list of up to 4 in case the top ones decline

Successful applicants are contacted via telephone where possible and a letter is sent outlining the next steps. Unsuccessful or wait-listed applicants will also receive a letter outlining the decision and next steps.

If the applicant accepts the unit, they will remain on the wait-list until move in, but will not be offered any other units during the construction waiting period.

Applicants are encouraged to stay in contact with the band to ensure they have no debt to the band (accounts receivable department) and to update their contact information so that they are reachable if a unit becomes available.

If there are ever any questions, please feel free to contact a member of your housing team!

Stacy McNeil, *BCJ, MBA*
Housing Department Supervisor
Seabird Island Band
P) 604-796-2177
D) 604-796-6825
F) 604-796-3729



Housing

Question & Answer

“I received a notice at my home. What do I do?”

With all notices received, the best thing to do is CONTACT HOUSING. Notices are part of a process, all laid out in your housing policy, and all processes can be halted when the issues are resolved.

Notices are sent for many reasons, including:

1) Non-payment of rent for previous month

- a. Contact Housing IMMEDIATELY to set up a time to do a repayment agreement. If this is done, the notice will be waived. BUT, the agreement must be followed.

2) Repayment agreements not being followed

- a. Contact Housing IMMEDIATELY to rectify this. However, if you have failed to follow your agreement multiple times, Housing may refuse to sign another one.

3) 30-day notice to vacate

- a. Contact housing IMMEDIATELY to meet with them to see what can be done to halt the process. In most cases (if it is for non-payment of rent), all that needs to be done is meeting with housing to bring the account up to date with payments and/or a repayment agreement

4) Yard maintenance

- a. Comply with/complete the work asked of you on the notice. When it is complete, contact housing to let them know it is complete.

5) Pets

- a. Comply with/complete the work asked of you on the notice. When it is complete, contact housing to let them know it has been taken care of.

6) Noise disturbances

- a. Comply with the notice to not disturb neighbors. Confirm with housing through contact with them that you have received the notice and will be complying.

In most cases, meeting with housing and making arrangements will stop processes from continuing. We encourage you to read through your housing policy to ensure you are fully aware of each of them.

Suicide Prevention and Risk Assessment Training

Ask, Assess, Act

When: Wed Feb 19, 2014

Where: Seabird Island Band Gym

For Who: Community members, youth, Elders, Education Staff, social workers, and service providers in the Fraser Cascade Region

Time: 1:00-3:30pm

Presenters:

Matt Schipper, M.A.
Mental Health Clinician

Fraser Cascade Child and Youth Mental Health

Mary-Anna Ennis, M.A.
Crisis Therapist

Child and Youth Crisis Program-Fraser East

Register by emailing:

Lisa.pollett@gov.bc.ca

Hosted by: Fraser Cascade Suicide Prevention Committee

I LOVE YOU!

You can never say it to much! If you love someone: your mom, your kids, your spouse, your boyfriend, your girlfriend.

Tell them you love them.

This will make them feel loved and appreciated.

Loving words go a long way to improving ones outlook on life!

When you ask a question and they snap why do you care, remind them you love them and care about their life! They may not automatically know it and need to hear the words "I love you!"

Strategic Planning Session - Ideas Brought up January 9, 2014

Communications.

- Need a Service Directory for Health
 - post it on the website
- More Communication by E-mail
- Radio Station:
 - uses less paper,
 - great for community members who can't read,
 - gets info out to surrounding communities we provide services for
- Need lobby TV fixed
- Facebook for reception:
 - for when phones are down
 - Events
 - social media
- Digital Message Board & sign outside the band office and maybe at the gas bar
 - can put out more messages each day
 - advertise events
 - easier to change than the manual one out there now
 - catches your attention better
- Directory of texting numbers
 - out of community members that can't afford minutes can text the office
 - Post it on the website
- Historical issues put into the newsletter
 - help youth understand history, family differences, government hurts,...
 - true history of Canada
 - small reference pieces
 - elders story
- Would like to see more articles about:
 - manners
 - feelings
 - respect for young and old,
 - bullying,
 - cyber bullying
 - how to cook game and natural foods

Culture and Language

- Sq'ép up and running
- TOR
- Committee members
- Funeral guidelines
 - IRP – Written > using
 - Halq' is W modern languages
 - School and ECE working on resource for teachers
 - Building stranger network for lang-teachers
 - College offering courses in Feb NVIT L1/L2UFV -- offering Level 101 & 102
 - Translates # 7
- Culture
 - Baby Ceremony
 - Grads – school, community educ. awards
 - Naming Ceremony
- Goals
 - Bring/enhance our Lang. and Culture in daily activities
 - Culture is a primary goal
 - Need a lang. and Culture and that is all they do
 - Immersion throughout all the grades & being able to learn how to put words into sentences (& this includes the grammar)
 - Longhouse – need one & to understand the importance of it. (50 dancers here in SIB)
 - Other culture options – sweat-lodge, shaker church, Nat. American Church, Powwow, Round Dance,
 - Cultural Centre, Youth events, Eve's Programs
 - What are our values? This needs to be taught
 - Food Harvesting – canning, berry picking, hunting,
 - Long-house could be used year around – used to teach our children
 - Family values & traditions need to be instilled strongly
 - How do we help balance our children's technology time, they need to be outside, playing, doing other things besides gaming, computers & phones
 - Open dialogue 4 times a year
 - Hire Sq'ép coordinator
 - Native based sports Earth ball, lacrosse, slahal, lobees
 - Men bannock contest (festival)
 - Research other communities
- language tech

Finance and

Administration

- Updates at quarterly meetings
- Financial
 - \$ Figures
 - Short term verses long term
 - Gov't funding vs. Band generated funding vs. fees from departments
 - Land leases
 - Future savings
 - Cigarettes and fuel
 - Returns on investments
 - Sanitation fees
 - Financial planning training for members
 - Our own bank
- HR Staffing
 - % of our Band members
 - % of other FN
 - Stats by department, program
 - Our own post office
 - Our own access centre
 - Our own insurance company
- Information Technology (IT)
 - Life expectancy of WIFI
 - Life expectancy of phone system
 - What level of service is needed for homes
- Communications
 - Sharing what we have, protecting culture, not let technology lose our traditional activities
 - Let reception know where you are at all times
 - Need to relearn how to listen, talk, share in person more often
 - Use auto-reply on Outlook
- Resources
 - Communicate capital purchase plans before we buy them (long time ahead)
 - Band loans and their terms
 - * Don't co-sign loans
- For Youth
 - Recreational Policy
 - Their Budget
 - How to personally budget
 - On-line security
 - Danger of credit
 - Identity theft
 - What careers available in the field
 - HR Policy
 - Resume Development
- For Elders
 - Their Budget

- How to personally budget
- On-line security
- Identity theft
- Financial literacy
- Want vs. need
- Pride in ownership
- Identity safety
- On-line security

- ❖ Opportunities of good credit
- ❖ Keep everyone engaged – ongoing basis
- ❖ Teach tax-exemption

Education Goals and Activates from 2014-2015 Community Meeting

- 1) More short term workshops
 - 2) More funding for physical education – New equipment
 - 3) New funding for screening for education or chronic health issues – self health planning.
 - 4) Student council - High school / College
 - 5) Respectful relationships for youth (WKSH)
 - 6) Problem solving – being self-reliant
 - 7) Evaluation of programs – Statistics
 - 8) How do we get our youth involved in agriculture? 4H
 - 9) Grow own food
 - Green house
 - Cooking
 - Traditional Medicine
 - 10) Drum Groups/Cultural Teachings
 - 11) Suicide prevention(WKSTOPS)
 - 12) Youth- spiritual + Emotional development
 - 13) Employment rates after graduation – did they get what they need when leave 8 grade to grad.
 - 14) What can we prevent by knowing what needs to be done (not smoking – long term health benefits).
 - 15) Emotional + spiritual – what's happening at home, healing – what can you do or not do
 - 16) Support from school, high school, college
- Finding programs / organizations – do we have something for families
- 17) Supporting students to do what

Strategic Planning Session - Ideas Brought up January 9, 2014

- they want to do in their future
- 18) Special Ed / LA
- 19) Diabetics – breakfast / lunch needs
- 20) Tutoring programs – ACE, grades (working students)
- 21) Elders College – elders abuse, online banking – looking after youth ADHD and ADD help elder – education
- 22) Identify community jobs / skills that our students – should train in. money spent – better use / bang for buck. Recreation programs.
- 23) Educate for future needs ED program + business needs
- 24) Labour demand study
- 25) Instilling pride in work place / community – want to come back / not what should be. What does it mean to be Seabird Island? Members’ opportunity to grow.
- 26) Happy to provide a service
- 27) Hiring practices – Fair + equal (how), mentoring, experience vs. education, courtesy – workplace-school, short list (why?). Mentoring – part of HR besides education.
- 28) Fully self- sufficient 10 years
- 29) Internship
- 30) Retirement
- 31) Have youth – work experience
- 32) Showcase some of the youth’s art / jewelry / weaving etc.
- 33) More art classes / education
- 34) When to harvest plants and animals (seasonal)
- 35) Traditional model – identify youth skills / gifts
- 36) College – properly management
- 37) Coaching certification
- 38) Education – health (parenting) invite parent to be involved with child start early
- 39) Ask students what they need / see to make schools as a place they want to be at every day.

Health – Highlights of 2013 Strategic Plan:

Early Childhood Programs:

Parent advisory group is running, they went to Great Wolf Lodge this year for their year-end party. Policies and Procedures have been reviewed and revised. Next step is to have Council approve the changes. Kindi Care opened for 5 year olds after school at the preschool
Daycare and headstart program started in Chawathil
Headstart program started in Spuzzum.

Employment and Income Assistance:

Compliance Review was completed with 96.2% compliance.
Traditional Food Bank was started with hundreds of jars canned.
Continue to decrease dependency on Income assistance – proposal for Youth job fund successful for 500,000.00 over the next 2 years for 18-24 year olds.

Children and Family Services:

Only 3 CCO children currently on Seabird. Over the next 5 years we hope to end all CCO’s.
2 Children returned to family, 1 order rescinded in court.
Youth worker – hired
Elders worker hired – Elders went on 38 outings.

Health Services:

Dr. Benning Psychiatrist working 2 days per month at Seabird.
Mobile Diabetes has gone to 48 communities this year.
Proposal for renovations to Health Center approved for \$106,000. Construction almost finished.
Accreditation – final review to happen end of January 2014.
IPHIS – moved over to new BC wide system for recording immunizations (Panorama). One of the first communities to achieve this with full Privacy and Security rules in place.

Community Services:

Policies for sports and recreation funds developed.

Community Hubs:

We became a Health Authority.

Closure of First Nations and Inuit Health Branch – Health Canada

2014 Goals & Objectives:

Health Services:

1. Goal: To provide accessible health services that improve the health of Seabird and partner communities.

Objectives:

- a). Increase the specialist services with one new visiting specialist.
 - Heart Health for elders (screening)
- b). Implement Mid-wifery services as part of the Maternal Child Health Program.
- c). Recruit Massage therapist.
- d). Complete a Business Plan for the Physicians office and Dental office with strategies for services and sustainability.
- e). Develop a Traditional Medicine strategy.
- f). Negotiate continuation of Mobile Diabetes Program and Community Hubs.
- g). Implement program on auto-immune diseases. (arthritis, lupus, diabetes,)
 - Youth program for Auto Immune diseases
- h). Provide up to date service directory so people know what services are available.
 - OT and PT Services,
 - Footcare

Child and Family Services:

1. Goal: Prevention and Intervention services that strengthen families and prevent further children from removal.

Objectives:

- a). Implement post- treatment program.
- b). Implement tele-health addictions programs for methadone and alcohol/drug.
- c). Develop the concept of a youth suicide prevention intervention team.
 - Expand training for community and staff on Crisis intervention Training.
- d). Expand Programs for youth ages 10-12 (big Brothers, outings,) mentoring.
- e). Explore option for Seabird to be the guardian of children who are in CCO situation.

Nutrition Services:

1. Goal: Provide nutrition services that support the health and well-being of individuals through food security.

Objectives:

- a). Develop a food security plan for Seabird Island.
 - Trade (moneyless with traditional foods and crafts fair)
 - Possible root cellar
 - Co-op
- b). Improve access to affordable foods.

Community Services:

1. Goal: To provide age appropriate activities for community members that meet their social, emotional and physical needs.

Objectives:

- a). Develop an Elders comprehensive services plan, which includes financial security, emotional security and physical security.
 - Look at Micro homes for elders,
 - Review annually need for assisted living or long-term care facility for disabled elders in their own community.
- b). Ensure Recreation programs are designed for all ages and include more programs for 10-12 year olds.
 - need new treadmill and elliptical bike
- c). Implement an elders in home exercise program. (partner with homecare and elders worker).
- d). Increase community participation in Seabird Festival and other community events.
 - find ways to give responsibility back to community, give some of festival back to sports groups, church group, elders group.
 - Look at youth volunteer program like the “Y”.
 - More thank you’s and recognition for volunteers.

Strategic Planning Session - Ideas Brought up January 9, 2014

Employment and Income

Assistance:

1. Goal: To decrease dependency on Income Assistance and Increase personal employment options.

Objectives:

- a). Implement Youth Job Fund Program.
- b). Develop opportunities for WOP within Seabird Organization.
- c). Provide workshops for Youth with "life experiences" ie banking, housing tour etc.

Early Childhood Programs:

1. Goal: Children and families will have access to Early childhood programs that support their physical, emotional, cultural and social needs.

Objectives:

- a). Ensure Kindergarten readiness for all children.
- b). Engage parents in all aspects of childrens learning.
- c). Provide a nurturing and safe environment for children, while their parents seek employment, attend school or are taking care of other areas of their own health.

-Improve playgrounds

Community Ideas for the future:

- Turf field
- Pool and Indoor arena
- Public library
- Cultural center for training
- Updated fitness center

2013-2014 Housing

Accomplishments

8 new social housing units constructed (hosted an open house in November in 1 unit)

12 renovations approved through AANDC

New comprehensive housing policy developed with community input
Established a break even rental regime

Paid out Housing Authority mortgages

Employed 14 people throughout the construction project (13 local first nations, 5 band members)

Obtained housing software (AIS)

HOUSING – Strategic Planning 2014-2015

Vision

Arrears no longer an issue
Elders Complex is a center for housing and services

Mission Statement

Improved Housing Conditions
We aim at achieving a good standard of living for all our band members

Housing Goals - Overall

Improving the availability of appropriate, affordable, accessible and sustainable housing choices for all existing and future residents
Increasing opportunities and options across the housing continuum
Building capacity and improving the effectiveness of the housing system
Increased number of houses, higher-quality houses, well-maintained houses and grounds, efficient and effective housing management
Quality – to keep housing units in a safe condition
Response – to address all repair issues in a timely manner
Preventative Maintenance – to perform regular inspections and repairs
Costs – to budget and use resources wisely

Protect and extend the life of existing houses and ensure existing on-reserve housing meets national standards, through maintenance, insurance and renovation programs
Construct quality, affordable new housing designed to respond to the variety of housing needs within the community
Support individual pride and responsibility through increased involvement and home ownership as well as private market investment
Link housing activities with job training, job creation and business development
Support a range of quality affordable housing
Enhance skills and knowledge with respect to housing quality
Building codes
Permits
Maintenance regimes

Housing Goals 2014-2015

Improving the availability of appropriate, affordable, accessible and sustainable housing choices for all existing and future residents
Building capacity and improving the effectiveness of the housing system

Protect and extend the life of existing houses and ensure existing on-reserve housing meets national standards, through maintenance, insurance and renovation programs
Support individual pride and responsibility through increased involvement and home ownership as well as private market investment

Objectives

Upgrade AIS system to include property management
Host a housing symposium in the next 6 months
Host monthly maintenance workshops for tenants and homeowners (i.e. CMHC/Aboriginal Housing)
Apply for 2014-2015 social housing allocation from CMHC (4 units)
Poll community for interest in elders housing, dorm-type living and market housing (purchasing new house from seabird)
Apply for renovations of paid-out homes as identified
Develop a housing plan
Provide training to housing maintenance staff
Provide ownership workshop/s with a lawyer to owners and potential owners
Provide ownership opportunities to members in paid out units

Activities

Transfer paid out homes to eligible members through quit claim forms
Encourage members to access FNMH for purchasing or renovating homes
Communicate maintenance responsibilities and costs to tenants through newsletter

Community Suggestions on Housing

Changes to policy; non-band member caring for band member child should only get rental, not rent to own
Educate tenants on pet damages
Register pets and enforce pet policy
Communicate selection process
Introduce all housing staff in newsletter
Newsletter: who to call for what, especially emergency calls
Start a "Welcome to your home basket" for new tenants; cleaning products, housing 101 brochures, instructions, etc.
Access BC Hydro for emergency efficiency inspections and educate community on energy saving

Fumigator training for staff
Monthly maintenance check (also put in our community calendar)
1 month free rent draw for up to date rental charges
Improve yard maintenance standards
Property manager for multi-units for yard maintenance, rules upheld, emergencies, etc
Annual beautification project
DOGS solution (wandering, messing, etc.)
Rats/Pests education

2013-2014 PUBLIC WORKS

Accomplishments

Partnership with District of Kent for emergency services/fire
Increased education for fire department through open houses, school visits, and newsletter
Budget shared with all management
Health and safety meets monthly
Drainage design received from engineer for parking lots
First Nations Infrastructure Investment Plan submitted to AANDC

Vision

The involvement of community members...has enabled the community to adapt to the changing needs of the population and the environment
Five year plans have served well to provide the focus for community and organization in capital planning, community economic development, education and physical development
Our community has the technical capacity to perform the work that is required

Mission

Seabird Island Band exists to promote a healthier, self-sufficient, self-governing, unified and educated community
Seabird Island Band promotes full employment, the development of our local economy, and improved housing conditions
We aim at achieving a good standard of living for all of our band members

Public Works Goals 2014-2015

Support pride of community and responsibility through increased involvement, communication and education
Build capacity and improve the effectiveness of the public works system
Adequate office space provided for

Strategic Planning Session - Ideas Brought up January 9, 2014

existing and future programs Sustainable and financial viable village maintenance program, including long-term capital planning Band asset management and protection

Objectives

Manage growth of programs services to include adequate space, infrastructure, janitorial and maintenance to meet the needs Develop internal leasing agreements Develop community long-term capital plan Develop community maintenance plan and schedule to include band buildings, vehicles and infrastructure Develop work order system for all public works related tasks Compile inventory of all band assets as it pertains to band buildings, vehicles, equipment and infrastructure

Activities

Tidy up storage compound and install privacy slats in fencing Budget and forecast community maintenance costs (short and long-term) Complete minor/major capital projects as funding is received Assess staff training needs Assess needs of office space prior to March 31, 2014 Meet with IT department to develop software program for maintenance to include work order system Install garbage storage shed outside of gym Inspect all current band buildings, vehicles, equipment and infrastructure for condition, life expectancy and ongoing maintenance requirements Identify potential locations for public works yard relocation Billable rentals identified, calculated and distributed for next fiscal (2015-16) by the 9th period (December)

Community Suggestions

Communicate about the eco-station, how it is doing, etc. Compost cans at every house Education community on garbage collection and costs etc. Sticker on garbage bags for why it wasn't picked up (if it wasn't) Garbage/recycling guidelines Schedule for garbage pickup (i.e. times will be at what locations) Better garbage bins because they blow away (not always at home to bring back in because of work or school)

Lands – Seabird Island Annual Strategic Plan 2014 – 2015

SIB LAC Vision and Mission

Vision Statement

To preserve, protect, and maximize a sustainable land base which will create wealth, well-being, and increase our lands and resources for our community and future generations.

2013-2014 Strategic Plan Overall Goals for Organization

- Laws
 - Matrimonial Real Property NKA Spousal Property Law – rough draft November 4, 2013
 - Development – start draft in January 2014
 - Dumping - complete
 - Trespass – n/a is covered in Land Code
- Land Use Planning
 - Final draft to be completed January 15, 2014
 - Will be carried into next fiscal year for referendum
- Lands Allotment strategy
 - Waiting for council's decision
- Communication Plan
 - Submitted Strategy and work plan to Chuck for potential position
 - Creation of Registry forms & review of regulations – complete
- Administration structures (staffing) – Hired Lands Manager, Hiring Director of Corporate Affairs
- Environmental Management Plan – final draft complete needs acceptance from Council

Develop Goals, Objectives, and Activities/Strategies by Department/Program/Function for 2014-2015

Department: Lands

Department Goal: Manage Reserve lands in compliance with SIB Land Code

Objective

- Spousal Property Law – rough draft completed November 4, 2013
- Phase 3 Environmental Sites Assessment (additional funding) for missed Areas of Potential Environmental Concerns - meet with consultant January 10, 2014

Activities/Strategies to meet Objective

- Spousal Property Law will go through review process as per Land Code
- Meet with consultant to review Scope of Work and next steps for ESA

2. Department Goal

Support Economic initiatives by developing Laws and processes

Objective

- Land Use Plan

Activities/Strategies

- Update community RE: Sts'I:sthem road
- Set Land aside for cultural purposes I.E. longhouse
- Prepare community for vote through information meeting and possibly hire Communications Support worker
- Referendum

Objective

- Land Use Law

Activities/Strategies

- Law making session on January 18-21, 2014 to draft Law

Objective

- Zoning Law

Activities/Strategies

- Law making session on January 18-21, 2014 to draft Law

Objective

- Subdivision, Development and Procedures Law

Activities/Strategies

- Law making session on January 18-21, 2014 to draft Law

Objective

- Business Licensing Law

Activities/Strategies

- Law making session on January 18-21, 2014 to draft Law

Objective

- Soil Deposit and Removal Law/ Process

Activities/Strategies

- Law making session on January 18-21, 2014 to initiate this

3. Department Goal

Implement process to support the needs of other departments

Objective

- IE. Housing - Allotments

Activities/Strategies

- Identify gaps and implement process as per Council's decision

4. Department Goal

Training opportunities to project future staff needs/growth

Objective

- Environmental Monitoring Course

Activities/Strategies

- Send contract employees as identified

Objective

- By-law enforcement

Activities/Strategies

- Send people for training

5. Department Goal

Environmental Protection Law/ Process

Objective

- Watershed protection

Activities/Strategies

-

Objective

- River protection

Activities/Strategies

6. Department Goal

Get membership involved

Objective

- Family Meetings

Activities/Strategies

- Sit downs
- Chit chats

Sqewqel Development Corporation 2014-2015

Goals

- Increase the profits from existing businesses, profits defined in terms of economic, social and environmental (*triple bottom line*) factors;
- Create future jobs/careers, businesses and support for entrepreneurship;
- Enhance and promote quality skills and knowledge for existing and new operations;
- Develop and strengthen strategic partnerships and alliances with emphasis on the triple bottom line

New Opportunities

- Seabird has a sizeable opportunity with willing partners for the development of JVs for fuel tax savings
- New businesses brings BC to negotiate Highway trespass

Strategic Planning Session - Ideas Brought up January 9, 2014

- More comprehensive knowledge of business opportunities in traditional territory

Summary

- Summary of Business Governance development
- Transition plan for existing business operations
- New business proposals
- Costs on return and investment projections
- Terms and conditions
- Strategy and schedule
- Sales and marketing needs

More Member submissions for 2014-2015 Strategic Planning meeting January 9, 2014

Council: From 1999-2000 Strategic planning session

- α) Improve communications through a Council Bulletin
- β) Political/Procedures Manual in Foyer for Members to have access
- χ) Band Membership posting list
- δ) Develop community stats/demographics to help aid with planning and designing programs and services from ages 0-Elders

Administration:

- α) Evaluate the performance of Management/Committees

Health:

- α) Clothing and Resource exchange
- β) Activities for Community/Advertisements question are they only for staff such as Boot-camp/Herbal life etc.
- χ) What activities do the Out of school programs
- δ) What programs are set up for the Alcohol and Drug and Drop ins.
- ε) Develop a Shadowing program

Major Issues:

- α) Perception of Favoritism/nepotism
- β) Communications on the important issues/services and Community grievance committee
- χ) Invitation for the Elders/Youth at Council table
- δ) Strengthening Youth Leadership, Building capacity and Promoting mentorship

Cultural:

- α) Fluent speaking and Immersion at - Programs such as sewing, basketry, Arts and Crafts Beading, Etc.

- β) Connecting with Cultural activities by harvest preparation preserving of cedar bark, herbs, Learning traditional songs/dance, regalia, drums and rattle making, feasts

- χ) Community Resource training

Education:

- α) Student centered by involving and engaging the students
- β) Clear academic/Career pathways to each student.

More Suggestions

Health

- I think we need a goal which states how we will continue to give voice to the health and wellbeing needs of our members to the AHA continued assurance that we should have a seamless transfer of services for our people and that the services will be maintained or even improved.
- That specialist services should include an allergist, a doctor who specializes in respiratory disease because of our high number of asthmatics, chiropractor's service.
- That we consider on call nurses for our shut ins especially during times of high need, holidays and ensuring that any Elders who are chronically ill are provided with alternate care services when regular office services are not available.

Education

- Goal to assist the school in combatting their lice problem.
- In the area of recreation, we need a goal to increase the participation of community in our services. Perhaps we need to diversify the sports activities offered and funded; maybe martial arts, gymnastics or a new sport interest like basketball.
- Assist the school to review and renew its lunch program through the help and assistance of our dieticians.
- That we find the resources to educate our community on gardening.
- So many possibilities for a positive life .

Other items brought up at this event include:

- Trade only, moneyless swap meet:
 - canned foods
 - dry fish
 - smoked fish
 - game
 - oils
- Courses on how to cook game and natural foods

Public Works

- Fix all the roads:
 - Safety issues
 - Need sidewalks in areas and lighting
 - Too narrow
 - Poles to close to roads in places
 - Roads cracking apart – pot holes



5 Valentine's Day Tips for Men



- 1. Don't Ignore It.** Your girl will probably sit around for most of the day wondering when she's going to hear from you. You may not be the sensitive type, but if you simply ignore the fact that it's Valentine's Day, you'll probably be coming home to some icy-cold stares.
 - 2. Don't Spend It With Your Friends.** This is probably the worst thing you can do and is somewhat on par with forgetting her birthday or your anniversary. If you decide to spend Valentine's Day with your friends instead of your girl, you are probably committing relationship suicide and what's more, she'll be hurt and disappointed, even if she pretends otherwise. If hanging with your boys seems more alluring than spending it with her, perhaps you need to consider how committed you really are to your relationship.
 - 3. Get Her *Something*.** All girls love gifts and no matter what you think, a girl will still swoon if you get her something on Valentine's Day. Whether it's a bouquet of flowers, a rose, a surprise dinner or even a new necklace, make sure you get her *something*. Even when she might say she doesn't want anything or that she thinks Valentine's Day is not a big deal, she'll still love the gesture because it means you've made an effort for her – which is what girls really want!
- Tip: Don't buy cheap or thoughtless gifts – sending her a card or buying her a new pair of oven mitts will not go down well. Even something like a book by her favourite author or a voucher for some shoes she's had her eye on will be better than something you haven't thought about. When in doubt though, stick to flowers.*
- 4. Surprise Her** Yes, girls love surprises! Surprises can come in many forms and they don't have to require lots of effort or money from you. Surprise her with a romantic dinner, a chick-flick or even tell her that you're going to cook for her tonight (assuming your home cooking's not awful!). Surprising her also means NOT doing the exact same thing you did last year. Sending flowers to her workplace will always go down well – it's unexpected and no doubt she'll be sitting around watching all the other girls receive their flower deliveries.

- 5. Your Undivided Attention** Even if you do get her some flowers or a gift or take her to dinner, it's not going to mean anything if you spend half the night with your mind elsewhere. No girl wants a bunch of flowers only to find you're going to spend the evening watching your favourite TV show, nor does she want a romantic dinner where her man is texting and emailing the whole time. Give her the time and attention she deserves and you're almost guaranteed she'll be smiling non-stop, which in the long run will score you some serious brownie points.

Seabird Island Family Wellness Centre

2894 CHOWAT ROAD
UPSTAIRS 604-491-8969

Concurrent Program

- Do you have questions about substance use/misuse?
- Do you ever wonder about what is a mental health issue?
- Ever wanted to ask questions but were too afraid to ask?

The Concurrent group program offers an information session where people can learn about these topics and hear about how to have healthy recovery in a non-judgmental and confidential manner.

**Daniel Pauna will be here every Monday
from 2:00pm – 3:30pm**

February 3rd, 2014: Prescription Drugs: Recovery from the Hidden Addiction

February 10th, 2014: FAMILY DAY Statutory Holiday NO GROUP

February 17th, 2014: Understanding Schizophrenia/Psychoses and Addiction

February 24th, 2014: Dissociative Disorders and Addiction

The Wellness Centre is pleased to have these informational sessions on mental health and addictions for our community members. There are new topics each week and we have discussions in each session. This group can better help you to understand how mental health issues are compounded with addictions to drugs or alcohol.

Live Smoke Free Programs at the Wellness Centre

- Two separate programs for the community.
- One is for **Staff** and the other is for **Community Members**
- Staff program is during lunch hour on Mondays & Wednesdays Jan 20 – Mar 5, 2014**
- The community program is every Tuesday night from 5:30pm – 7:30pm Jan 21st, - Mar 4th, 2014**
- Come and join even if you missed the first two sessions.

Life Makeover for Women

- This is an **11 week program** that began on Jan.23rd, 2014.
- Please come and join our group, you still have time to make it for the Celebration at the end. **If you attend 8 out of the 11 sessions you will be able to come with us to have Dinner and out to the Movies.**
- We will learn **to Balance our lives** with **the Holistic Medicine Wheel approach.**
- Positive changes, learn to Honour Yourself**
- Build your Self-esteem and Self-Confidence**
- Fun activities planned**

For more information contact Lolly at 604-491-8969

Wellness Counseling

- Struggling with alcohol and drugs?**
- Feeling like you want to make changes in your lifestyle?**
- Thinking about a Treatment Centre or attending AA meetings to help yourself become alcohol and drug free?**
- Want to make positive changes in your life?**

If so, please contact Lolly at the Wellness Centre.

Alcohol, as well as drugs – legal and otherwise – lower your body's energy level and weaken you. By retreating from these substances, you can achieve the level of success you crave.



Seabird Island Family Wellness Centre

Sophie's Positive Parenting Corner

Seabird Island Band
Family Wellness Center (Upstairs)
2894 CHOWAT ROAD
Tele: 604 – 491-8969

Attention attention calling all moms and dads. Have you or are you interested in Positive Parenting Monday Workshops? If so come out and join us every Monday upstairs **at the Wellness Center**. We welcome Elders, Auntie's, Uncles and of course all new or experienced Parents.

Please join us for some light snacks & refreshments.

Dates & Times

Feb 3rd, 2014 -1:00-2:00 pm
Feb 17th, 2014 -1:00-2:00 pm
Feb 24th, 2014 -1:00-2:00 pm

Watch for Up-Coming Spring Time Activities at the Wellness Center

"Healthy Relationship Workshops"

"When Loves Hurts"

"A Women's Guide to Understanding Abuse in Relationships"

&

"Around the Kitchen Table"

Please call and leave a message for Sophie if you cannot make it out but, would like to receive more information about any Positive Parenting workshops or other upcoming activities and events this month.

Sophie @ 604 -491-8969 or leave a message ☺

Healthy Recipe Corner

Chocolate-Cinnamon Pudding With Raspberries

Serves 6 | Hands-On Time: 05m | Total Time: 15m

Ingredients

- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon cinnamon
- 1/4 cup cornstarch
- 2/3 cup plus 1 tablespoon packed brown sugar
- 2 1/2 cups whole milk
- 1 1/4 cups heavy cream
- 2 teaspoons fresh raspberries, or frozen raspberries, thawed

Directions

1. In a heavy saucepan, combine the cocoa, cinnamon, cornstarch, and 2/3 cup of brown sugar. Whisk in the milk and 1/2 cup of the cream. Over medium-low heat, bring to a boil and cook, stirring constantly, until the pudding is thick and smooth. Remove from heat and stir in the vanilla.
2. Pour into individual ramekins or a large bowl and press plastic wrap directly onto the surface to prevent a skin from forming.

3. Whip the remaining heavy cream with the remaining sugar until soft peaks form. Serve the pudding warm or chilled with the raspberries and whipped cream.

Resource: By Jean Galton , April, 2001

<http://www.realsimple.com/food-recipes/browse-all-recipes/chocolate-cinnamon-pudding-raspberries-1000000635633/index.html>



Community Apology

Dear Community January 9, 2014

My name is Kelsey Charles and I want to apologize for my actions from 2012. What I did hurt the Band and I want to say I am sorry and I am going to fix what I did wrong.

Kelsey Charles

PARENTS & TOTS

Look what is happened at

SEABIRD ISLAND Parents and Tots
in the month of January

The Parents and Tots READ AND WIN program has a few more winners and the Cook with the Cook program had it's first Mom Cook of the year!

Congratulations everyone!

Clayre Bonshor , Tyson Charlie , Mellisa Clark

Also, Seabird Nurse, Lisa Walberg will be visiting February 4th to providing families with flu shots and boosters, and Seabird Island Dental Assistant will be visiting February 18th to apply tooth varnish and give out NEW tooth brushes.

These programs are open to all families registered in the Parents and Tots program and they're fun.

If you have any questions about these or the Parents and Tots program call Tracey at 604-796-6894



Seabird Island Band

Free Legal Clinic



Want free legal advice?

Then call Genna at the Seabird Island Band office to make an appointment.

If you need help with

- *Child Protection
- *need help getting a lawyer
- *Custody
- or other family matter

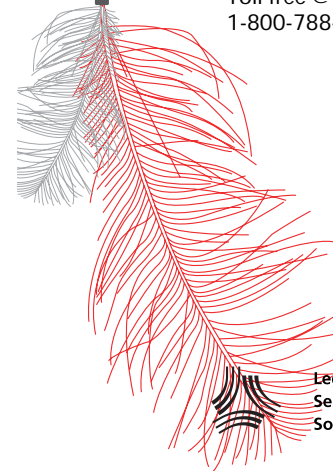
Please drop in and visit Genna or call her at 604-796-2177 or

Toll free @
1-800-788-0322

Upcoming clinic dates
at the Wellness Center.

January 7th
February 4th and 18th
March 4th
April 1st and 15th and 29th
May 13th and 27th
June 10th and 24th

These are Tuesdays
starting at 1:30 p.m.



Legal
Services
Society



Preschool



Xá:ws Sílolem “Happy New Year”
The **4’s Preschool** started the New Year, 2014, on Monday, January 6th 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 pm. The children look forward to Kwosel’s arrival at the Preschool.

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

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



Our first 2014 **Seeds Family Circle** with Baby Armand and Mom Collette was Jan. 8th. The theme was “Sleep”. We enjoyed having our Seeds Elder, Sharon Joe participate in the Visit also Our next Family Visit is on Feb. 5th. Thank you Ernest for driving our Baby Armand and family to Preschool each visit.

The 3’s Language Nest Preschool started the New Year on Jan. 6th. 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, snowflakes, winter clothing/boots, and winter animals/birds. The children drum and dance daily, which is a favorite. Thank you Malila and Jonny for your teachings.

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



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, February 12th! Dinner starts at 4:30 pm.

Our theme is “Family and Community”. Staff hope to see you there.

Life Skills and CAPP:

Ey Swayel. Happy New Year 2014! This month in Life Skills and CAPP we have been focusing on how to make a professional phone call, mail a letter, read a bus map and schedule and tell time. In Math we are working on addition skills including counting using a chart, tens and ones blocks and skip counting. In the Math Doctor program, students are working on skills that they can improve on and master. In English we are continuing to read the novel *The Wonderful Wizard of OZ* by L. Frank Baum. Students are answering comprehension questions and learning new vocabulary words. We have also started a Novel Study on *The Hatchet*. Students are using their dictionary skills to look up vocabulary words and are answering comprehension questions. Students are also working in their Phonics books. In Phonics they have been working on initial consonants, medial consonants and final consonants as well as short vowels, long vowels, hard and soft c and g sounds and R and I blends. In SS/SC/English we are focusing on writing complete sentences, editing sentences so they have capitals and periods, and recognizing topic and conclusion sentences, sentences with reason, details, and facts, and sentences that explain and give examples. A reminder: If students are away they can go to moodle.seabirdisland.ca, click on "courses," click on "k-12," then click on "Ashleigh Blane." Students can then go to the week in which they missed and print-off what we did in class. This is a great way for students to not fall behind.

Yalh yexw kw'as hoy,
- Ashleigh Blane

Music Update:

Students in Mrs. Neilson's - Mrs. Marchant's classes continue to learn a variety of songs. They start each class with our "Welcome Song," "Welcome to Music," and the "ABC Song." They continue to work on their musical literacy including learning different rhythms: "ta," and "ti-ti," as well as the notes "do," "mi," and "so." Most now can now tell you whether you are playing a "beat" or a "rhythm," so please ask them about this.

Students in Mrs. Bogart's and Mr. Mai's class are finishing up their instruments and will be switching shortly. Mrs. Bogart's class will switch from Recorders to Ukulele and Mr. Mai's will switch from Ukulele to Recorder. I purposely planned for the older of the two classes, Mr. Mai's class, to end the year with Recorder as it closely resembles many of the band instruments that many students from this class will move on to play next year. All students from these classes are creating a composition

for their instruments that they will play as their final test on their instrument.

Students in the Jr. Music Elective are finishing up this course too. They will be playing a final playing test consisting of one of the final pieces from the end of their band books. The final band class will allow them to 'try out' another instrument. Some students have expressed interest in the possibility of going to the Chilliwack Music Festival happening just before Spring Break, so I will be looking onto the possibility of taking part in this.

English 7 Update:

Since coming back from Christmas break students have been getting re-established into our daily classroom routines. Many are eager to finish term 2 well have been attending and working hard in catch-up. Some have even been requesting extra homework! Bravo to those students! The big focus this term was on a comprehension program that will give them ten tools to improve their comprehension skills. The two skills they have learned so far are "connecting" and "questioning." "Connecting" is a tool that they use to relate something in their life to the passage they are reading. Creating "who," "what," "why," "where," and "when" questions, the "questioning" tool, allows them to question parts of the passages they are reading and seek answers that can increase the understanding of it. In February we are looking forward to Ms. Jurgens to returning to our classroom. She will be taking on more and more teaching duties and will be with us until May.

Please feel free to contact me at the school anytime if you have any questions or concerns. My e-mail address is crystalboyes@seabirdisland.ca.

Ey cha te swayel!
Mr. Boyes

Social Studies:

It has been great to see all the students again after the break. There have been many sleepy, but smiling faces in the halls and classrooms as everyone gets to see friends and classmates again. We're almost back in the swing of things. January has been going by so quickly and term 2 is almost done.

The Grade 8/7 class has just begun looking at the Italian Renaissance. So far they have been intrigued by some of the things that were done during this period. They were particularly fascinated with the canals and construction of Venice. We are all looking forward to Ms. Jurgens, our student teacher, joining us again at the beginning of February.

Grade 9 has just finished off their look at the French Revolution. They seemed amazed at the frenzy France was in and the extreme views people took at that time. They are looking forward to seeing all the inventions that occurred during the Industrial Revolution next and then looking at Canada.

Gr. 11/2s have been working on creating craft videos about First Nations contributions to farming, ranching, canning, and commercial fishing. Social Studies 10 has been busy creating posters about the various biomes of western Canada, which are the ecological communities including the boreal forest, prairie, mountain regions, and coastal forests. Students have researched what the climate of each biome is, what plants and trees are found there, and what animals are found there. The first few have been completed and are hanging up in the classroom now.

IT classes are concluding soon and we're trying to squeeze in a bit more. Jr. IT is trying out a program called GIMP, which is free picture editing software. They also hope to fit in a couple hours of beginning animation. Sr. IT is currently filming their short film – and action-comedy. Time is running short and editing time will be tight. They have been very enthusiastic so it will get done even if we have to work outside of class time.

High School Science:

Here are some highlights from each grade in Science:

Grade 8/7: Students are showing consistent responsibility and professionalism in response to expectations for the start of class. Students arrive ready, with materials, and are settled in their seats for the starting bell. We have worked on this, and students have risen to the occasion.

Grade 9: Students handled challenging Chemistry material with perseverance, critical inquiry, and careful reading.

Grade 10: In this grade also we are almost finished our Chemistry Unit. The unit contains dense and challenging formulas, chemical names, and numerical balancing, and students have persisted through this work with the finish line in sight.

Grade 11/12: Many students have reached a strong level of independence and responsibility while still taking intelligent advantage of teacher resources whenever needed. Congratulations to Brandi and Courtney who successfully completed their Biology 12 course!

Mrs. McGregor's Classroom:

In English 8.9.10 and 11 we are finishing up our novel studies. We have started researching our topics that tie into the novels. We will be researching the Kermode Bear, the Bald Eagle, South Africa and Whales. With this research we will write an essay based on the research we have gathered.

In art we are finishing up the semester with a cumulative assignment that uses all of the techniques we have learned since September. We will be drawing a scene with perspective, color and tone shapes and human figures.

In Sewing the students are working diligently on their Grad dresses. They are turning out beautifully.

Please drop by to see our students at work.

Vice-Principal Message:

A warm welcome back to all of our students and staff. It has taken a week or so for some of our students to re-orient themselves to a daily school schedule after the Christmas break, but we are getting back on track. In the senior English class, students are really digging into our novel study *Frankenstein* and enjoying it immensely. They are identifying closely with characters in the novel. Two of our students have discovered that they are more auditory than visual learners and as such are using internet recordings of the novel to enhance their comprehension and enjoyment of this classic work of literature.

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



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 13th, 2014 from 4:30pm – 6:30pm

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 Card Games, Make and Take Valentine Gifts, assorted Wii Games and MORE!

Refreshments

- We have popcorn 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 games, then enter to win a variety of PRIZES!!!
- Fabulous prizes await! **Board games, Movies, and More.** Come to the school 4:30-6:30 and check it out and HAVE FUN!

*****ALERT!*****

There have been multiple homes broken into in the Agassiz, Seabird, Chawathil, and Hope areas!

In many cases windows were broken and doors were kicked in for them to gain access.

- Seabird had 1 attempted robbery. When the door was kicked in the resident was alerted and they scared off the perps.
- 1 Robbery incident in Agassiz happened the Sunday before Christmas and they stole Christmas dinner: Turkey, Ham, and other frozen goods as well as beer and coolers.
- A robbery in Hope happened when the resident was home sleeping.
- Chawathil had many doors kicked in.
- In Surrey a family was tied up while their home was being robbed.

Please be alert and safe, lock your doors when you are not home. If somebody attempts to force their way into your home when you are home **CALL 911 right away.**

Post-Secondary Application Deadlines



Are you a registered Seabird Island Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree?? Then REMEMBER these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

➤ **For September** (Fall)

May 1st

➤ **For January** (Winter/Spring depending on institution)

October 1st

➤ **For May** (Spring/ Summer depending on institution)

January 1st

Funding of any application is dependent upon available budget.

For further information please contact:
Cindy Kelly-Student Services Worker at
604-796-2177 or cindykelly@seabirdisland.ca

COMMUNITY SERVICES DEPARTMENT

FEBRUARY 2014 CALENDAR OF EVENTS

Anti-Bullying Day
February 26, 2014

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|---|--|--|--|--|
| 2 | 3 Elders Fitness 8:30-10:00 ECE Fitness 10:45-11:15 Mile Monday 12:10-12:45 Beg. Bootcamp 4:15-5:15 Elders Drumming 5:00-6:00 Tumbler's Sports 5-8yrs 5:30-6:00 Yoga TBA Co-ed Soccer 13+ 7:00-8:00 | 4 SICS Running Club TBA Zumba 5:00-5:45 Mommy and Me 5:30-6:30 Youth Fitness & Rec 6:00-7:30 | 5 Elder's Fitness 8:30-10:00 Elder's College 10:00-1:00 Cardio Bootcamp 12:00-1:00 Imex Group w/ Val 3:30 Honouring Our Family Ceremony 6:00 24Fit 6:00-7:00 Ladies Only Fitness 7:00-8:00 | Elder's Bake Sale 10:00-2:00 Tiny Tots 0-4yrs 5:45-6:15 Kids Sports 10-12 yrs 6:00-6:45 Youth Fitness & Rec 6:00-7:00 Co-Ed Ball Hockey 7:00-8:30 | 6 Staff Intramurals 12:00-1:00 Kids Zumba 5:00-5:30 Youth Drop-In 5:00-9:00 Bring a Friend for Free 5:30-9 Family Fitness 5:45-6:45 Couples Workout 7:00-8:00 Co-Ed Soccer 7:00-8:00 | 7 Youth & 15 Elders Outing: Dinner & a movie. |
| 9 | 10 BC Family Day No Programs Today Fitness Centre Closed | 11 SICS Running Club TBA Elder's Hair w/ College 12:30-3:00 Zumba 5:00-5:45 Mommy and Me 5:30-6:30 Youth Fitness & Rec 6:00-7:30 | 12 Elder's Fitness 8:30-10:00 Elder's College 10:00-1:00 Cardio Bootcamp 12:00-1:00 Imex Group w/ Val 3:30 24Fit 6:00-7:00 Youth Council Mtg 6:00-8:00 Ladies Only Fitness 7:00-8:00 | Elder's Bake Sale 10:00-2:00 Tiny Tots 5:45-6:15 Kids Sports 6:00-6:45 Youth Fitness & Rec 6:00-7:00 Co-Ed Ball Hockey 7:00-8:30 | 13 Staff Intramurals 12:00-1:00 Kids Zumba 5:00-5:30 Youth Drop-In 5:00-9:00 Bring a Friend for Free 5:30-9 Family Fitness 5:45-6:45 Couples Workout 7:00-8:00 Co-Ed Soccer 7:00-8:00 | 14 Youth & 15 Elders Outing: Dinner & a movie. |
| 16 | 17 Elders Fitness 8:30-10:00 ECE Fitness 10:45-11:15 Mile Monday 12:10-12:45 Beg. Bootcamp 4:15-5:15 Elders Drumming 5:00-6:00 Tumbler's Sports 5-8yrs 5:30-6:00 Yoga TBA | 18 SICS Running Club TBA Zumba 5:00-5:45 Mommy and Me 5:30-6:30 Youth Fitness & Rec 6:00-7:30 | 19 Elder's Fitness 8:30-10:00 Elder's College 10:00-1:00 Cardio Bootcamp 12:00-1:00 Imex Group w/ Val 3:30 24Fit 6:00-7:00 Ladies Only Fitness 7:00-8:00 | Elder's Bake Sale 10:00-2:00 Tiny Tots 5:45-6:15 Kids Sports 6:00-6:45 Youth Fitness & Rec 6:00-7:00 Co-Ed Ball Hockey 7:00-8:30 | 20 Staff Intramurals 12:00-1:00 Kids Zumba 5:00-5:30 Youth Drop-In 5:00-9:00 Bring a Friend for Free 5:30-9 Family Fitness 5:45-6:45 Couples Workout 7:00-8:00 Co-Ed Soccer 7:00-8:00 | 21 Youth & 15 Elders Outing: Dinner & a movie. |
| 23 | 24 Elders Fitness 8:30-10:00 ECE Fitness 10:45-11:15 Mile Monday 12:10-12:45 Beg. Bootcamp 4:15-5:15 Elders Drumming 5:00-6:00 Tumbler's Sports 5-8yrs 5:30-6:00 Yoga TBA Co-ed Soccer 13+ 7:00-8:00 | 25 SICS Running Club TBA Zumba 5:00-5:45 Mommy and Me 5:30-6:30 Youth Fitness & Rec 6:00-7:30 | 26 Elder's Fitness 8:30-10:00 Elder's College 10:00-1:00 Cardio Bootcamp 12:00-1:00 Imex Group w/ Val 3:30 24Fit 6:00-7:00 Youth Council Mtg 6:00-8:00 Ladies Only Fitness 7:00-8:00 | Elder's Bake Sale 10:00-2:00 Tiny Tots 5:45-6:15 Kids Sports 6:00-6:45 Youth Fitness & Rec 6:00-7:00 Co-Ed Ball Hockey 7:00-8:30 | 27 Staff Intramurals 12:00-1:00 Kids Zumba 5:00-5:30 Youth Drop-In 5:00-9:00 Bring a Friend for Free 5:30-9 Family Fitness 5:45-6:45 Couples Workout 7:00-8:00 Co-Ed Soccer 7:00-8:00 | 28 Youth & 15 Elders Outing: Dinner & a movie. |

Rumours, gossip, threats, insults, cruelty, violence...

These are actions that young people should not have to deal with, but they do. We use the term, 'bullying' to describe this kind of behaviour. Other people might call it 'harassment,' 'abuse,' 'meanness,' or 'drama.'

Whatever you choose to call it, bullying is very harmful and happens all too often.

Being the target of bullying can be hurtful, scary, and isolating. It can be upsetting to be a witness to bullying. Even though it is difficult, **remember, you're not alone.** And there are ways you can keep bullying out of your life.

No matter what, **it's not your fault.** It is important that you can take steps to protect yourself and stop bullying-wherever it is happening.

Youth Support Numbers

Jessica Pettis 604.845.2295
Seabird High School 604.796.3061
AEISS 604.796.2238
Youth Building 604.796.0198
Kids Help Line 1.800.668.6868
Suicide Hotline 1.800.784.2433
Youth in BC Crisis Centre 1.866.661.1311

Take Care of Yourself: It can be stressful going through bullying, so try to be kind to yourself. Eating balanced meals, getting enough sleep, and staying active and social can help keep you healthy as you go through this difficult time. Writing how you feel in a journal can help. **IF YOU OR SOMEONE YOU KNOW IS BEING BULLIED, YOU CAN CALL 211 FOR HELP!**

Get Support: Having people around you that you can count on can help you feel better. **Try opening up to people you trust** about what you are going through and do not be afraid to ask them for help. **Stay Safe:** Staying physically and emotionally safe is the most important thing to do. Ask yourself: How can I stay safe while I'm around the person who is bullying me?

What to do if you or someone you know is being bullied:
Report it: Reporting bullying is not tattling—it's self-protection and it's your right. Check your school's anti-bullying policy to learn the process for reporting bullying. If you do not want to report it, tell an adult you trust.

COMMUNITY SERVICES DEPARTMENT FEBRUARY 2014

OOSC

The Out of School Care program has spaces left. Children in grade 1 through to the age of 12 can attend. Registration packages can be picked up from staff at OOSC in the Seabird Island Community School.

THANK YOU



The Community Services Department would like to thank Ricki for all of her time, commitment, help, and positive and kind demeanour during her Youth Employment Work Experience Program placement. It has been an honour working with you! We wish you well in your future placements.

EVENTS

Catering: Please contact Karla or Angie 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. Contact 604.796.6893 for more info.

Facility Rental and Meeting Rooms: Please contact Karla for facility rentals or room bookings located within the Band Office. An application and damage deposit are required for bookings. Contact 604.796.6893 for more info.

Individual and Team Sport Sponsorship: Please contact Angie Chapman to request an application for sponsorship. Must be submitted a minimum of 10 days in advance. Decisions are based on funding availability. Please contact Angie for more info at 604.796.6893.

YOUTH

Youth Worker: Jessica Pettis,
604.845.2295

Hours: Mon: 10am-6pm, Tues 12-8pm (SICS @ lunch), Wed: 12-8pm, Thur: 11am-8pm (AESS @ lunch), Fri: 1-9pm

February 26 is Anti-Bully Day. If you know someone who is being bullied, please seek help. Check out the information after the Rec Calendar.

Youth Fitness Frenzy! Attend the Fitness Centre twice a week for the whole month (remember to get your card stamped by a staff member) and you will be entered to win a gift card. See Keena or Jessica for info!

Happy Birthday to Terri, Denise, Drake, Teagean, and Gavin!!!!

***See Events Calendar for important dates and times.**

Youth Outing is February 15 for dinner and a movie with the elders!

Please note that from February and on, Keena will be in charge of Youth Outings. Please contact her for more information. 604.796.6836

ELDERS

Drumming and Singing Sessions for Youth and Elders will begin soon. Contact Jessica or Linda for more information.

Keena McNeil will be visiting elders in their homes for tips on mobility/light impact exercises and stretches. Contact Keena for more information at 604.796.6836.

Upcoming Events:
February 11—Manicure, Pedicure, Hair Appointments for Elders from 12:30-3:00 at the College. Call 604.796.6907 to book for nails or 604.796.6897 for hair. \$5 cuts, \$10+ colour or perm.

FITNESS & REC

Please watch for theme nights in the Fitness Centre.

****See Events Calendar for program dates and times.**

Bring a Friend for Free to the Fitness Centre every Friday night from 5:30-9:00
One free drop-in to every paying client!

Seabird Island Recreation reserves the right to cancel any program/activity due to low attendance. Changes in programs due to staff/instructor illness/emergencies will be posted.

If you have any questions, please direct them to the Program Supervisor, Keena McNeil at 604.796.6836 or at keena@seabirdisland.ca

Fitness Centre Hours of Operation

| | |
|---------------|----------------------------|
| Monday-Friday | 8:00am-4:00pm; 5:30-9:00pm |
| Saturday | 9:00am-5:00pm |

For access during office hours, please see Keena, Karla, or Chanea

Fitness Centre & Recreation Program Fees

| Type of Fee | Band Member | Community Member | Band Staff | Non-Band Member |
|--------------------------|-------------|------------------|------------|-----------------|
| Drop-In | FREE | \$1.00 | \$1.00 | \$2.00 |
| Monthly | FREE | \$15.00 | \$15.00 | \$30.00 |
| Kids Programs | | | \$0.25 | |
| Youth & Elder's Programs | | | FREE | |

No taxes. Shower and sauna included.

New Staff

Lolly Andrew

Hello Seabird Island Community Members.

My name is Lolly Andrew and I am from Seabird Island. I am married to Art Andrew and we have five children: Bryson, Kyle, Artie, Thomas and Nicole. We have two wonderful grandchildren Kayla and Brayden Peters.

I am the Family counselor here and I am excited to be working for my own community. I have a strong passion for helping others to heal from the hurts that have happened to them in their life. ***I truly believe that we must strengthen our family unit***, which has been broken from our past with the Residential Schools, the churches, the Government, and the racism and discrimination of our people. These are the major reasons why we sometimes struggle with being a healthy family.

However, I believe we are resilient people and we can and have overcome many obstacles. We must truly understand who we are and learn to forgive those that have hurt us. In my role here I can help those that want to make positive changes in their life. The ***Holistic model of the Medicine Wheel*** is what I offer in helping those that want to have good balance in life. If you want to learn more about the Holistic approach please come and see me.

My other passion in life is sports!!! I play soccer (not as much as I would like), baseball, and ball hockey. I have played soccer since I was 10 years old and I love the game. I even went to ***Italy*** this past summer to play in the ***World Masters tournament*** and what a great experience that was. I coach the ***Sto: lo youth soccer team*** and really enjoy doing this. I hope in my lifetime that we will be able to see another person from the Sto:lo territory make it professionally. I would like to work more with the youth in my job and help them to see how truly great they really are.

I am happy to be working here and I thank the Creator for allowing it to happen.



Hello everyone. My name is Samantha Webster and I am the new Housing Clerk here at Seabird Island Band. I recently graduated from UFV with my Bachelor of Arts in Anthropology/Sociology, as well as an Associate's Degree in International and Development Studies. I have been living in the Fraser Valley for seven years now but am originally from a small town on Northern Vancouver Island. I'm so happy to be working here at Seabird and am looking forward to seeing and getting to know everyone in the community.



Amelia Doran

I grew up on a small farm in rural Nova Scotia where birth was perceived as natural, celebratory and empowering. While studying in Montréal at Concordia University, I attended births at hospitals and birthing centres as a doula and worked in a maternity care center for refugee women, many of whom

had received little or no care throughout their pregnancy. This was when midwifery was just starting to become more popular in Quebec, and I was inspired by the woman-centred care that midwifery offered.

After Montréal, I lived in the Yukon Territory and Alaska for several years working with families affected by alcohol, as a youth counsellor, and as a home care aide for adults labelled with intellectual disabilities. During this time I continued to work as a doula, and studied with a midwife who assisted my good friend throughout her pregnancy and birth. At the first visit when we heard the baby's heartbeat, I was instantly hooked, and knew that I wanted to support women as a primary caregiver in a role that so clearly honoured women's life cycles and the family unit. My formal midwifery training was completed through the University of British Columbia where I was challenged with different clinical practicums in the East Kootenays, Sunshine Coast, Vancouver and north shore Vancouver Island where I developed a focus in inter-professional health care.

In my work with the Seabird Island Health Centre and Maternal Child Health Program, I hope to maintain my commitment to providing care strongly rooted in informed choice and respect, and look forward to working in a collaborative practice. Midwifery is a busy job but in my spare time I enjoy hiking, biking and canoeing.

New Staff



My name is Alex and I am newly graduated RN from UFV with a Bachelor of Science in Nursing. I have worked the past two years on a Surgical unit at Abbotsford Hospital and did my final practicum at the Chilliwack Health Unit in Public Health. Throughout the program I specialized my training in Perinatal Nursing

through BCIT and completed the Breast-feeding Course through Douglas College. I have a passion for working with families and a great interest in maternal child health which is why I am excited to work here at Seabird Island as a Public Health Nurse alongside Lisa. I grew up in Chilliwack and now spend my days off working on the

family dairy farm part time with my husband. I love baking, yoga, hiking, running and being outdoors. I have two little puppies named Lola and Andi that keep me busy. My goals are to be able to promote health in the Seabird Island Community and work alongside the community members in achieving this goal. I did a placement here at Seabird Island Health Unit while attending UFV and enjoyed it so much that I decided to come back here and work now that I am graduated. Thank you for welcoming me into your community, I look forward to getting to know you all and working with you in the future. Ey swayel, Good day.

Alex Klop, RN, BScN

Public Health Nurse
Seabird Island Health Unit

A Home Fall Prevention Checklist for Older Adults Part 1

FALLS AT HOME

Each year, thousands of elders fall at home. Many of them are seriously injured, and some are disabled. In 2002, more than 12,800 people over age 65 died and 1.6 million were treated in emergency departments because of falls.

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home.

FLOORS: Look at all the floors.

- Do you have to walk around furniture? Ask someone to move the furniture so your path is clear.
- Do you have throw rugs on the floor? Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor? Always keep objects off the floor.
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.

- Are there papers, shoes, books, or other objects on the stairs? Always keep objects off stairs.
- Are some steps broken or uneven? Fix loose or uneven steps.
- Are you missing a light over the stairs? Have an electrician put in an overhead light at the top and bottom of the stairs.
- Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)? Have an electrician put in a light switch at the top and bottom of the stairs.
- Has the stairway light bulb burned out? Have a friend or family member change the light bulb.
- Is the carpet on the steps loose or torn?

Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

- Are the handrails loose or broken? Is there a handrail on only one side of the stairs? Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

KITCHEN: Look at your kitchen and eating area.

- Are the things you use often on high shelves? Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
- Is your step stool unsteady? If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Look for
part 2 in
next months
issue.



Seabird Island Employment, Training & Social Development

Office: 604-796-6865

Fax: 604-796-3729

Toll Free: 1-800-788-

2895 Chowat Road

P.O. Box 650

INCOME ASSISTANCE DAY

NEW PROCESS

Please see Andrea downstairs in the reception area on income assistance day. If your file is complete your check will be ready for pick up from Andrea. If not your name will be placed on a waiting list to complete an action plan or complete paper work for your file.

EMPLOYMENT OPPORTUNITIES

Job Posting Binder is updated frequently! If you need information or help filling out online applications please come in and ask for assistance.

FEBRUARY MEAT PACK ORDERS

Please place your order with Andrea. Orders must be received by the February 15th, 2014 to be available for pick up on the next income assistance day.

TRADITIONAL FOOD PANTRY

Please return any jars you may receive from the traditional food pantry as this will help us continue with this program next year. Thank you in advance.

We are now excepting donations of jars for the traditional food bank. Please drop off any unwanted jars at the employment office.

We are also looking for volunteers to help with the traditional food bank this spring/summer. If you are interested please leave your name and number with Andrea.

DRIVER'S ED

Ed Armstrong is the Driving Instructor/ICBC Liaison worker. He is helping students obtain their Learner's or New Driver's License.

****Do to the amount of no shows/continual no shows there may now be a charge for future driving lessons if you miss your appointment. Please call 604-703-8253 24-48hrs in advance if you are not able to make your appointment.**

TRAINING OPPORTUNITIES

We will be offering the following Courses:

| | |
|---------------------|----------------------|
| Cashier Training | February 18-19, 2014 |
| Construction Safety | Online & self Paced |

If interested please leave your name and contact info with Andrea. Interviews will be scheduled prior to training. Please note that there are limited seats available.

EMPLOYMENT PLANS

Employment Plans are due before the 20th of each month. Appointments can be made with Pat or Jill prior to Income Assistance day to avoid waiting in line. College students are also reminded to bring your monthly student attendance record to your appointment.

BRITCO-FOOD HAMPER DONATION

We are please to share that Britco has donated \$20,183 to local food banks this year. Brtico matched Seabird Island employee donations this year for the community Christmas hampers. Way to go Britco and SIB Staff!!!

INCOME ASSISTANCE INFORMATION

- * March 2013 cheque issue is Wed. February 26th 2014
- * Renewals are due by the, **15th of the month. If not handed in before the 15th of every month your cheque will not be processed until the following week. There will be no exceptions!**
- * Hydro and Fortis bills need to be handed in monthly. Please submit to Andrea.
- * Reminder to update your **current phone numbers and mailing addresses** with Andrea.
- * Please bring in your **bank statements** when you pick up your monthly cheque.

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.

Human Resources Update

Each month Seabird receives hundreds of job applications. The HR Department is often asked how we make decisions about who to hire for openings. We follow two key guides. First, we follow the policies set out for us by Chief and Council. The policies regarding recruitment and hiring are long, but they are in place to ensure that Band members and other applicants are treated fairly and that their rights are maintained. Some of the steps that we take to ensure that the policies are followed include:

- Posting jobs internally (to Band Members and current employees only) for 1 week first
- Posting all openings in the Band Office (see the jobs board between the front doors and in the employment center)
- Delivering all job postings to the community (usually in the Yoo Hoo or mid-month flyer run)
- Providing preference to Band Members
- Providing preference to applicants of Aboriginal descent

Second, we look for the most qualified applicants for all position. We are always looking to bring on board great employees that have the skills, experience, education, and passion to provide amazing services to their clients, the community, and our business partners.



With so many applications coming in, how can you make your resume stand out? Here are our top 10 tips to help you get short listed at Seabird:

- If you are a Band or Community Member note it on your cover letter. HR tries hard to meet as many members as possible, but it really helps if you indicate your membership on your application.
- Note Aboriginal Ancestry. We provide preference to those applicants of Aboriginal descent, but we are not always sure if an applicant has status or not.
- Provide a detailed cover letter telling the hiring manager why you are the best candidate for the job.
- Include recent and relevant work experience for the job you are applying for.
- Include all relevant training, and education for the job you are applying for.
- Keep it short and sweet. Use 1 page for your cover letter, and no more than 2 pages for your resume.
- Include current contact information. If we like your application we will need to get a hold of you. This should include a phone number and e-mail address.
- Taylor your application to the job that you are applying for. Not all jobs have the same requirements, so each application should be different to meet the needs of the job posting.
- Quote the posting or competition number and the job title that you are applying for. This make our jobs way easier.
- Make sure that your application is in before the posted deadline (the earlier the better)

We can't guarantee that you will get an interview, but following these tips will certainly help your chances.

If you need assistance drafting or editing your resume we encourage you to visit the Employment Center for help.

If you ever have any questions regarding a posting, your application, or anything to do with hiring or Human Resources please feel free to reach out to Drew at 604-796-6814 or drewpaddon@seabirdisland.ca

There are a lot of job postings open...

We look forward to seeing more great applications!

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 | \$135.00 |
| Full color 1/2 page (8x5 or 10x4) | \$37.50 | \$65.00 |
| Full color 1/4 page (4x5) | \$18.75 | \$32.50 |
| Full color bus card (2.5x 3) | \$9.50 | \$20.00 |
| Greyscale page (8 x 10) | \$20.00 | \$37.50 |
| Greyscale 1/2 page (8x5 or 10x4) | \$15.00 | \$25.00 |
| Greyscale 1/4 page (4x5) | \$10.00 | \$17.50 |
| Greyscale bus card (2.5x 3) | \$ 8.00 | \$12.50 |

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

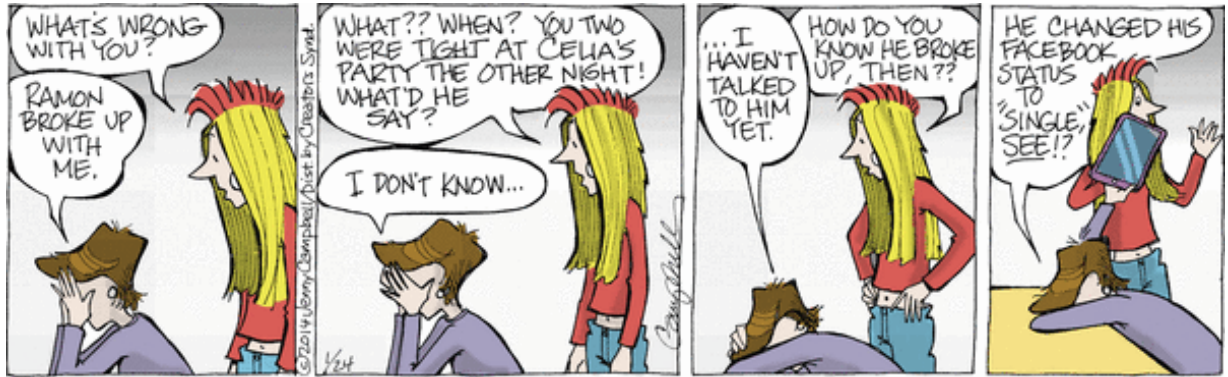
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

Health Comics



Quote of the month

Too many women throw themselves into romance because they're afraid of being single, then start

making compromises and losing their identity. I won't do that.

[Julie Delpy](#)

Temt'elemches/February

February Birthstone: The Amethyst

February Birth Flower: The Violet

Zodiac and Dates:

Aquarius - January 21 - February 19

Halq'emeylem Word Search

- Bakery – QW'ELEMÁWTXW
- Flirt with s-o – SÍ:YÁ:MET
- Have heart burn – YEQWÍ:LES
- Hug me – QWEMCHESTHOYX
- Be sweet – Q'ÁQ'ET'EM
- Sweet smell – Q'ÁQ'ETEMÁLÉQEP
- Sugar – SÚKWE
- Soul – SMESTÍYEXW
- To sneeze – HÁSEM
- Partner – SQ'Ó:XEL
- Love, Like – STL'ÍT'L'EL
- One's hands stick to something – T'ELÉM'TSES
- Heart – TH'ÁLE
- Forgetful – LEXWMÁLQEWELH
- Leave s-o alone – KWIKWE'ÁT

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| L | S | T | A | Á | ' | Q | É | L | É | M | É | X | L | E | T |
| T | E | L | M | L | W | W | X | E | Y | Í | T | S | E | M | S |
| Ó | T | X | Q | X | : | H | : | T | H | W | E | Í | X | E | ' |
| W | Á | S | W | W | T | Á | H | Y | Á | Á | L | : | : | L | E |
| S | W | M | T | M | E | ' | L | M | S | X | Q | Y | Ó | Q | L |
| P | E | Q | É | L | Á | M | E | T | E | ' | Q | Á | ' | Q | H |
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Oh my gosh – ÉYELEW

A long time ago –

KW'ELHÍ:THELH

Pick it up – MÉKE'ET

Somebody, Anybody –

KW'EWÁTES

Oh for goodness sakes –

LÁ:LA

YOO HOO - Mystery Incentive - WIN A PRIZE!

All Seabird Band Members and Community Members who bring in this completed Word Search to the Communications Office will be put into a draw for a chance to

“WIN” a mystery prize.

Submissions due: by 4 p.m. Tues. February 11th 2014

Draw Date: February 12th, 2014

Congratulations to last months winner: Lianol Patterson!

Name: _____

Phone #: _____

Seabird Address OR SIB Status #: _____

This information is not kept it is only to verify if you are a Seabird Member, it will disposed of following the draw.



'Round The Rez

Community Events, Workshops & Outings

BUILDING BOOKING AND MEETING ROOMS

► **Karla Kay** 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.

FIELD LIGHT BOOKINGS:

See **Keena** 604-796-2177 to book the field lights for your sports team.
\$2.⁵⁰ for band members and
\$8.⁵⁰ for non-band members.

GARBAGE SCHEDULE

REGULAR GARBAGE:
Monday and Thursday

COMPOST GARBAGE:
Monday and Thursday
(Contact Aaron McNeil for more information)

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.

Dump any water out of your trash cans to reduce mosquitos. These cans of water can be prime breeding grounds for 1000's.



STATUS CARDS

To apply for or renew your Status Card, please contact membership @seabirdisland.ca or 604-796-6851

Appointments required!

DENTAL CENTER

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

* Seabird Dental is accepting new STATUS PATIENTS.

Tuesday

WALK-IN PAIN CLINICS

Every Tuesday afternoon from 1 - 4 p.m.
(first come- first served)

Please come to the Dental desk and register your name and note your dental problem.

* Patients will be screened & most urgent problems seen first.

INDIVIDUAL AND TEAM SPONSORSHIP FOR SPORTS



Please contact **Karla Kay** 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.

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 – I can 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 CARDS

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

Contact CHR; Maggie Pettis 604-796-2177

MEDICAL CARDS

Assisting people with their medical cards, if they are lost or stolen and need a replacement.

*Each client is responsible for paying for their medical cards as well if they've been lost or stolen more than 2 times and the cost is \$20.00 for each card.

Sorry I don't help with people getting their BC ID

Contact CHR; Maggie Pettis 604-796-2177

ALCOHOLICS ANONYMOUS MEETING

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

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



CATERING & FUNDRAISING

Please contact **Karla Kay** 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 me at 604-796-6893.

VOLUNTEERS REQUIRED

Please come and inquire with **Karla Kay** 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.

OPTOMETRIST CLINIC

Upcoming Clinic Dates: March 4th & 5th

Dr. Ahmed's

If there are any clients that may want to be seen, please send Maggie 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.

Do you have an outstanding glasses order with Dr. Ahmed?

If you still want to purchase your glasses. You can contact Maggie to see what you owe or pay Maggie and she can follow up with Dr. Ahmed regarding a payment.



MAMMOGRAM

The next mammogram clinic is scheduled for February 5th.

Please make note the clinic is for any lady over the age of 40.

We look forward to seeing you there!



Find Seabird online!

www.seabirdisland.ca

Website:



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.

Seabird Community Yoo Hoo Newsletter:



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.

Tips:

Download an app for your smart phone by searching: QR Scanner Make your own QR code by searching : QR Code Generator



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.

