



Family Day Celebrations at Seabird



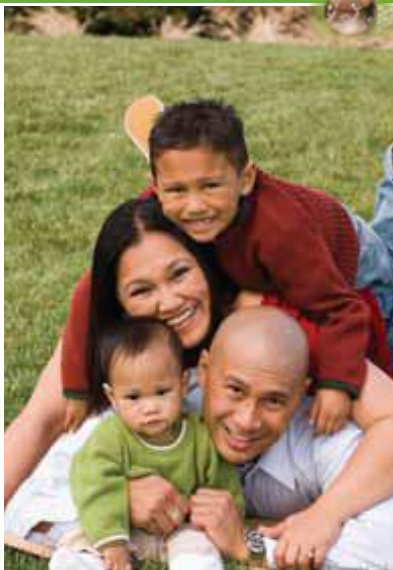
Below is a paid advertisement

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

Over 200 participants came out to enjoy family day at Seabird Island. We celebrated the event on the evening of February 5th 2014.

Many families celebrated being brought back together after time and healing spent apart. We rejoice in the fact that these families worked hard to both as individuals and as a family. Nothing is more important in life than your family! The teachings you learn from your family stay with you for the rest of your life. They are the building blocks and foundation for both you and your family to strive in the future.

For more on this event please read the article written by our Communications Youth Work Experience student on page 6.

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Status Cards

Seabird Island Band Membership and Community Members Certificate of Indian Status (CIS): Applications / Renewals / Replacements By **Appointment Only**

GREAT NEWS: The Membership Office has received a supply of status card paper stock and are open to service Seabird Island Band and Community members only.

Band members outside of our community will have to contact their Band directly for services at this time.

If you need to apply for / renew / or replace your status card and have all the required documentation, call and book your appointment.

To book your appointment, contact the Membership Office at 604-796-6877 or 604-796-6851. Appointments will be scheduled Mondays and Tuesdays between the hours of 8:30am to 4:30pm (closed from 12:00 to 1pm).

Helpful Tips for Preparing for your Appointment:

- Complete application form
- Ensure you have required ID
- Ensure your photo meets photograph specifications
- Contact the Communications Department to book your picture appointment at 604-796-2177 or you may choose an external photographer of your choice
- Contact the Membership and book an appointment for status cards

Failure to complete and submit all necessary documentation will result in your application being delayed and returned to you for the required information.

Application forms are available via the following sources:

- Seabird Island Band Office, OR
- Seabird Island Band website at www.seabirdisland.ca, OR
- Aboriginal Affairs and Northern Development Canada (AANDC) website at <http://www.aadnc-aandc.gc.ca/eng/1100100032776/1100100032782#>

To apply for the new Secure Certificate of Indian Status, please contact Aboriginal Affairs and Northern Development Canada directly at 1-800-665-9320 for further details.

Status Card Photographs

Important: ONE (1) unaltered, commercial grade, passport style photograph is required to be submitted with your application.

Size and paper

- Photographs must measure 25 mm x 31 mm in size **(1 inch wide x 1 1/4 inches long)**.
- Photographs must be a close-up of the head and shoulders so that the face covers approximately 25% of the photograph.
- Photographs must be printed on plain, high quality photographic paper. Heavyweight paper is not acceptable.
- Colour or black and white photographs are acceptable.
- Photographs must show a full head without any head covering, unless worn for religious or medical reasons. However, both edges of the face must be clearly visible.
- Photographs must show a full front view of the applicant's face and top of the applicant's shoulders must be squared to the camera (the image of the applicant's face and shoulders must be centered in the photograph).
- Photographs must be clear, sharp and in focus.
- Photographs must be original and not taken from an existing photograph.
- Photographs must have been taken within the last 12 months.

Image information

- The photographs provided will be affixed to the paper Status Card.
- Photographs must be taken against a **plain white or light-colored background** so that the applicant's features are clearly distinguishable against the background.
- Shadows are unacceptable.** Lighting must be uniform to avoid shadows across the face or shoulders, around the ears or in the background.
- There must be **no reflection or glare on the face or glasses.**
- The applicant must show a neutral facial expression (**no smiling, mouth closed**).
- Eyes must be open and clearly visible.** Glasses, including tinted prescription glasses, are acceptable as long as the eyes are clearly visible and there is **no glare in the glasses.**
- Sunglasses are unacceptable.

Seabird Communications Office (upstairs)

**ID Photo Rates: \$10.⁰⁰ each – Time Frame: minimum 3 days
Pre-paid by client – NOT covered by Seabird Island Band
(compared to \$20 passport photo at Walmart)**

Status Cards

Status Card Application for Adults 16 + Acceptable Identification for Issuing Status Cards

Clients must provide the following ID from one of the following categories when “applying” for, “renewal” or “replacement” of a Certificate of Indian Status (CIS):

One piece of Primary ID or Two pieces of Secondary ID (one with digitized photo)

Primary ID:

- Valid Canadian Passport
- Plastic CIS issued after April 2002

Secondary ID:

- Certificate of Birth
- Certificate of Marriage or Divorce
- Provincial Health Card
- Provincial Identification Card
- Driver's License
- Employee ID with digitized photo
- Student ID with digitized photo
- Firearms license
- Current CIS card (can't be expired more than 6 months.

*****Please provide your own photo which must meet proper size specifications for the status card*****



Status Card Application for Children (15 and Under) Acceptable Identification for Issuing Status Cards

For clients 15 years of age and under, an application for a Certificate of Indian Status must be accompanied by:

Parent /Legal Guardian:

One piece of Primary ID or Two pieces of Secondary ID (one with digitized photo)

Primary ID:

- Valid Canadian Passport
- Plastic CIS issued after April 2002

Secondary ID:

- Certificate of Birth
- Certificate of Marriage or Divorce
- Provincial Health Card
- Provincial Identification Card
- Driver's License
- Employee ID with digitized photo
- Student ID with digitized photo
- Firearms license
- Current CIS card (can't be expired more than 6 months.

If applicable, a copy of the legal guardianship orders naming the guardian, if the legal guardian is applying on behalf of the child.

*****Please provide your own photo which must meet proper size specifications for the status card*****

AND

Child:

- One piece of ID

* However, expired ID, SIN Cards, photo copy ID or Certified Copied ID.

WILL NOT BE ACCEPTED

* ID must be intact and readable.

* Your previously issued status card must be returned to the Membership Clerk upon receipt of you replacement / renewal status card

Chiefs Corner



"What we look after in life looks after you!"

The great advice I would give to someone who would like to take a leadership position for the first time is, to

understand the commitment of your decision. Where do you want to go in life? Understand why you are taking the position for leadership. What do you want to see accomplished? I have learned the greatest achievements aren't inside of us alone; it is how we work with others as people coming together, growing, and having an understanding that we are all equal. I like to continue developing my skills and knowledge by listening to what people have to say and teach. Listening to the people and understand where the balance is so we can take care of it. You are never too old to learn new things, every day is a teaching.

"What is inside of our cultures and the traditions, is also inside of our people."

Seabird Island Band

Free Legal Clinic



Upcoming clinic dates at the Wellness Center.

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.

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



Legal Services Society



Housing Notices

TO ALL TENANTS/HOMEOWNERS:

We are in the windy season. Please take care with your garbage and belongings around your home as the wind can and will pick them up and blow them around. If you see this, please grab the items and place them in the appropriate place to prevent mess in yards and in surrounding brush areas.

NEW HOMES

Seabird Island Band has applied to CMHC to construct 4 more homes in their Social Housing Program. These homes will be allocated to ELIGIBLE members on the waitlist in the next couple of months. Please make sure you are on the waitlist and remain eligible (ie not debt to the band) to be considered. These homes will be 3 and 4 bedroom detached homes built on Strawberry Island if approved.

MARKET HOUSING

Want to build your own home? Perhaps renovate? Or purchase a home from the band or another member? Contact Stacy or Samantha to find out how!

Seabird is considering building a home for sale. If you are interested, or to find out if you may be eligible, please contact Stacy or Samantha.

ELDERS

Seabird is considering constructing smaller cottage style homes close to the Health Center that are easier and cheaper to maintain. If there are any elders who would be interested in moving into one of these types of homes, please contact Stacy, Samantha or Marcie for more information.

STRAY ANIMALS

We have received multiple concerns regarding the large quantity of CATS in the community core. It has been reported that some tenants are FEEDING strays, which attract more and more cats. These cats are causing a disturbance to other tenants and homeowners by spraying, digging up flower beds, climbing on vehicles, running in homes and cars, and delivering dead rodents to door steps. This breaches your housing policy and tenancy agreement. PLEASE do not feed strays. If there are strays you are concerned about, please contact an animal rescue agency to come and pick them up to find them a safe home.

Housing

Seabird Island Band Housing Waitlist

February 2014

1 Bedroom

1	05092013-2065
2	11152013-2071
3	12102013-2072
4	12312013-2073
5	01312014-2079

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
12	01312014-2079

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
23	01302014-3105

Don't know your number?

Contact Stacy McNeil to see where you sit on the waitlist!

Note:

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

REMINDER!

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

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

Housing Tips:

Vacuum radiator grills on back of refrigerators and freezers, and empty and clean drip trays.

Check basement floor drain to ensure the trap contains water; refill with water if necessary.

Check all faucets for signs of dripping and change washers as needed. Faucets requiring frequent replacement of washers may be in need of repair.

Examine windows and doors for ice accumulation or cold air leaks. If found, make a note to repair or replace in the spring.

What is Stalking?

Stalking refers to repeated harassing or threatening behavior by an individual, such as following a person, appearing at a person's home or place of business, making harassing phone calls, leaving written messages or objects, or vandalizing a person's property.



You Are Not to Blame!

As a result of the stalking, you may experience a variety of physical, emotional, and financial consequences. The emotional trauma of constantly being on alert for the stalker, or the next harassment, may seem to use up all the energy you have.

You may feel vulnerable and out of control of your life. You may have nightmares. Your eating and sleeping habits may change. You may feel depressed or hopeless and lack interest in things you once enjoyed. This is not unusual.

The constant stress in stalking situations is very real and harmful. Realize that what is happening to you is not normal, not your fault, and not caused by anything you have done.

To make arrest and prosecution more likely, stalking victims should document every incident as thoroughly as possible, including collecting/keeping videotapes, audiotapes, phone answering machine messages, texts, photos of property damage, letters received, objects left, eyewitness accounts, and notes. Keep a journal to document all incidents, including the time, date, and other relevant information for each.

Regardless of evidence, any person who suspects that he or she is being stalked should report all contacts and incidents to local law enforcement.



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.

Accreditation surveyors were on Seabird Island to check our health services January 27 to 30. They did a thorough review of our services. They talked to many staff and community members. We achieved 333 out of 337 standards for excellence in health care.

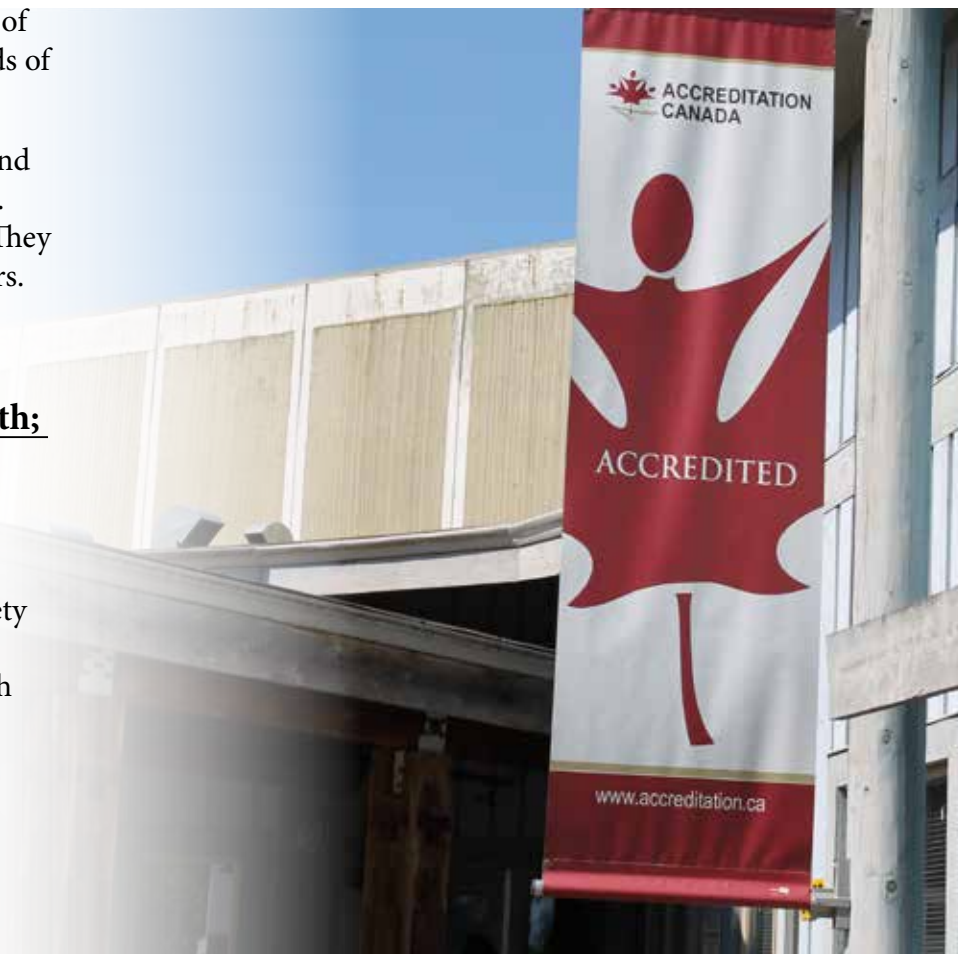
Congratulations Seabird Island Health; we received “Accreditation with Commendation” (that’s a step above basic Accreditation).

There is still work to be done. Improving safety and quality of our health services will always be ongoing. Get involved to ensure our health services remain top notch.

Questions or comments?

Talk to Heather McDonald,
604 796 2177 local 5033

heathermcdonald@seabirdisland.ca



Family Day

I think the event was ok, it was my second time going. I think it was pretty organized but from the interviews I did, it needs to be more organized, such as seating, seating was a big one.

Everyone had a good time lots of laughter and smiles, people enjoying family company, meeting new people. The pictures were good and the food was tasty.

Gavin said he heard about this event from Jessica Pettis, yay Jess! Gavin enjoys the free food and draw prizes. Events like these are really good for family’s to get together.

Dredan Naistus



Drug Use and Your Health - Cocaine



Cocaine is a powerful stimulant that is used legally as a local anesthetic for some eye, ear, and throat surgeries. Cocaine is also called coke, C, snow, flake, or blow. It may contain other substances, such as cornstarch, talcum powder, or sugar. It may also contain other drugs, such as another local anesthetic called procaine or a stimulant such as amphetamine.

Two common forms of cocaine are:

- The white crystalline powdered form. This type can be sniffed through the nose (snorted) or dissolved in water and taken through a vein (intravenously, or IV). It can also be taken by mouth or rubbed onto the gums.

- The freebase form, which has had impurities removed with solvents. This type is smoked. Crack is a smokable, freebase cocaine made from powdered cocaine hydrochloride. It is also called chips, chunks, or rocks. The name crack came about because of the crackling sound that it makes when it is smoked.

Large doses can cause strange or violent behaviour in which the person may have tremors or muscle twitches or become paranoid.

After using cocaine, the person feels irritable, tired, and depressed. This is called a coke crash. When a person takes the drug at higher and higher doses (a binge), it can cause increasing irritability, restlessness, and paranoia that can result in a serious loss of touch with reality.

Cocaine is a very addictive drug, and people easily lose control over its use.

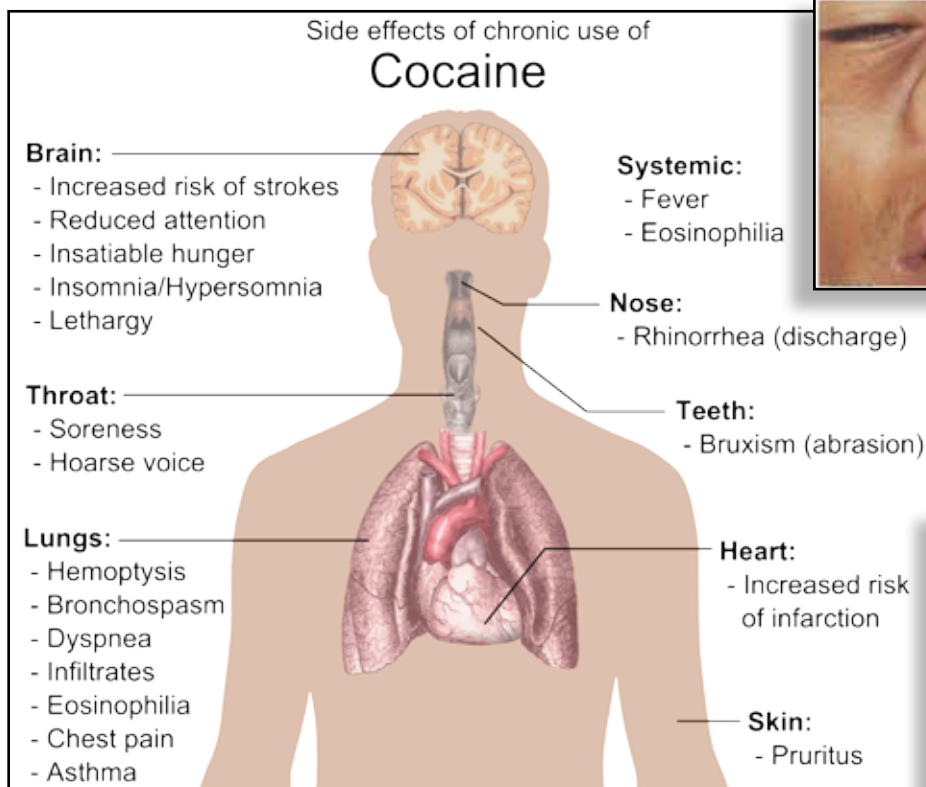
Use of cocaine can lead to serious health problems, including:

- Changes in heart rhythm and heart attack.
- Headache, seizure, and stroke.
- Loss of smell, persistent runny nose, nosebleeds, hoarseness, and destruction of the nasal separation (nasal septum) when the drug is snorted.
- Bowel tissue death.
- Serious infections, HIV, [hepatitis](#) or allergic reactions when injected into a vein.
- Weight loss and poor nutrition from loss of appetite.

Occasionally, **sudden death can occur, even with the first use of cocaine.**

Sudden death from cocaine use may occur because of a heart attack or seizure in which breathing stops. Sudden death is more likely to occur when cocaine is used along with alcohol.

The effects of cocaine last about 1 to 2 hours. **Cocaine can be detected in a urine drug screen up to 6 days after it has been taken.**



Signs of use

- Possession of drug paraphernalia, such as syringes, spoons with smoke stains, small pieces of glass, and razor blades
- Persistent runny nose and nosebleeds, which may point to the snorting of cocaine
- "Track marks" where it has been injected into veins
- Long periods of time without sleeping or eating



Parents and Tots

Look what has happened at
SEABIRD ISLAND Parents and Tots in the month of February

The Parents and Tots Community Nurse program has a few more families that have received their flu shots and boosters and the Dental Program has provided Tooth Varnish for a few more children.

Congratulations everyone!

Declan Bonshor
Jones Williams
Tyson Beckstrom
Anthony Issacs—Lockyer
Tony Lockyer



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

A-Pals "Aboriginal Parents as Literacy Support"

On Wednesday, February 12, many community families attended the A-PALS gathering. The evening began with a delicious chicken and rice/potatoes meal followed by stories and songs related to the theme: **Family and Community!** The children enjoyed making many crafts and took home a wonderful book.

Our next A-PALS is **Wednesday, March 12, 2014 4:30 pm** Community Families with children aged 3 – 6 years of age are welcome to attend. Staff look forward to seeing you!!



Seabird Island Preschool

Spring Break is fast approaching.
Preschool will be **CLOSED** March 17 – 21, 2014



3's Valentines Party



4's Valentines Party

Ey swaye!!! The daffodils and tulips are up at the Preschool and Spring is certainly fast approaching. The children in the **fours Preschool program** have enjoyed a busy February with a Seeds of Empathy Family visit, Halq'eméylem Circles with Kwosel, Valentine's Day, a library visit, and many more activities at Preschool. The children are working in their workbooks and printing their first name. We have been fortunate with the good weather as outdoor play is very popular! Sto:lo Day is Feb. 27 and the children will be participating in various activities at the Community School.

The **Language Nest Preschool** for the 3 year olds continues successfully with Malila and Jonny teaching the children Halq'eméylem Language, dance, and songs. The children enjoy the daily program routine, and outdoor play. It is amazing how comfortably the children respond to the Language teachers and many are responding verbally with Halq'eméylem!!

Fire and Earthquake Drills are conducted monthly at the Preschool!



Seeds Family Visit - February 12, 2014

Seabird Island School

Mr. Boyes

Term 3 is moving along quickly. IT elective classes have been going for a few weeks now and are working at creating 3D images using a program called Sketchup and are just beginning to create their own music using a program called Audacity. They have been particularly interested to try out mixes their own music and I'm expecting some great works.

The Grade 8/7 class is now being taught almost exclusively by Ms. Jurgens, our student teacher, for SS. They have begun looking at the history of the earth and are getting an understanding of how old things really are. Grade 9's had a look at some of the major issues that arose in the Industrial Revolution and saw how they are still concerns today, including urbanization, pollution, and child labour. They are now looking at geography and the processes that formed BC and some select other locations. Grade 10's are currently looking at what it means to live sustainably and how they affect the world around them. Some have been quite shocked to see what an impact we can have. Grade 11/12's have moved on to looking at more current topics in BC First Nations Studies. They have recently looked at how policies were enforced during the war-time periods and have been looking at how relatively recent court cases have shaped First Nations rights.

Mrs. McGregor

The new semester has begun and there is a new bunch of sew-ers in the sewing class. The students are in the process of making boxer shorts and housecoats. They are doing an awesome job.

In English we have begun our research essays and everyone is enjoying looking up their topics and compiling their information. It is wonderful to see our students working so hard.

Our Science Fair, Cupid's Festival of Hearts, went very well on February 13th in the school gym. Attendance was strong, with students, families, and even pets participating, exploring, and discovering through all the experiment tables. There was an inspiring sense of community especially in seeing how often older students were helping and guiding younger family members and friends to learn about and succeed with each activity. Well done everyone!

Kw'as hoy – Mr. Sutton

Happy February! This month the grade 7/8's had the pleasure of watching "Raven Meets the Monkey King" play, going to a career fair and participating in Math and Science Night. In CAPP and Lifeskills we are focussing on bullying this month. Students participated in establishing and then signing a contract outlining guidelines for a bully-free school. We have also worked on booking a Doctor's appointment, telling time, and reading a bus schedule and map. In Math we are mostly focusing on addition, subtraction, multiplication and division. We will be looking at measurement and shapes towards the end of the year. In English – Reading Mastery we are reading "The Ugly Duckling." Students are answering comprehension questions



Completed dress one of our grads made in the senior elective sewing class.

and practicing spelling. In English – Novel Study we are reading “The Hatchet.” Students are answering comprehension questions and using their dictionary skills to define words. In English – Phonics students are working in their phonics books on consonants, hard and soft c and g’s, short and long vowels, blends and consonant digraphs. In SS/SC/English we are working on writing topic sentences. In March we will be moving towards writing accordion paragraphs.

A reminder: When 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

The Senior English students have left the world of Frankenstein with its eccentric scientist creating an outrageous creature only to abandon it and we are now delving into the treacherous world of Macbeth. In this suspense filled Shakespearean tragedy, a gifted general is seduced by out of control ambition and predictions of greatness into committing murder and treason. We are reading the play together, laughing at some of the language, learning many literary terms and improving our summarizing and paraphrasing. – Barbara White

Hello to everyone. This is Mr. Compton, the Junior and Senior Math, P.E., and Capp 9 teacher. Term 2 is now officially in the books and we are halfway through our school year. Some students have shown great improvements in their school work and grades. With term 3 now underway, it’s time to get back on track and show more improvements in our academics. Be sure to reflect upon all the new knowledge you have obtained and use it to move forward in your learning. For anyone who struggled in term 1 and 2, look at this as a new beginning and start fresh. Learn from your mistakes and make this the term when you are successful. I look forward in helping each and every one of you in accomplishing your long term goal which is to get you to graduation as a successful graduate. There will be a field trip in February for all PE students to the ice skating rink in Chilliwack. This will be a great opportunity for both the Junior and senior PE students to come together and enjoy an event with each other. Also, students are making great efforts in promoting anti-bullying in our school this month. We hope that our efforts will continue to flow into the remainder of the year as well as in years to come. That’s it for now.

Mr. Compton

Music

Senior music elective students (Grades 10 – 12) have just started their instruments and can already play about 10 songs! They are very eager and are learning fast. We have quite the cool combination of instruments: 3 violins, 1 guitar, 2 clarinets, 1 xylophone, and 1 piano player.

Elementary music students continue to review and reinforce rhythm reading, beat, and note reading skills. These students continue to learn these concepts through a variety of songs. Students in Ms. Watson & Ms. Eustache continue to work on their band instruments. Ms. Watson’s class are excited about learning their first full page, multi part song. Mr. Mai’s class has just switched from ukulele to recorder and are learning the basics of this instrument which prepares them well for band instruments next year. Mrs. Bogart’s class has just switched from recorder to ukulele that will allow them to learn how to accompany themselves singing songs.

English 7:

Students in grade 7 have been working very hard at completing their FSA (Foundation Skills Assessment) tests which are required by the BC Ministry of Education. They complete a series of 6 tests! I have been very impressed with their perseverance to get these tests done and done well. They continuingly confirmed that they put in 100% effort to show their very best work. Thank you grade 7’s for representing our school well!

Math & Science Night:

Just thought I would say how much I enjoyed sharing one of my hobbies, K9 Nose Work (scent detection for pet dogs), at the Math & Science Night. I spend many nights a week training my three dogs in competitive dog sports: agility, nose work and urban mushing. At the math & science night, I was able to show the amazing power of the dog’s nose and compare it to our nose. Kids had fun trying to find a candy in the 12 valentines boxes and beat the dogs time. The dogs were searching for a specific odour, which was an essential oil (birch) on a q-tip, in their 12 boxes. I had some very tired dogs after that night!

Ey cha te swayel!
From Crystal

HALQ'EMÉYLEM TRANSLATION CONTEST

TEAM EVENT

Max: 6 per team
Three Divisions
Youth ages 11-18 & Adult
Word List Available
All word pronunciations found
on First Voices
<http://www.firstvoices.com/en/Halqemeylem/welcome>

There are three division A,B and C,
which includes
50 words per division.
Register your students in the division you
think they are capable to compete in.
We have a YOUTH and ADULT category

LUNCH PROVIDED

SPONSORS

Abbotsford SD#34
Coqualteetza Education
Training Centre
Seabird Island Community
School

WHEN
APRIL 24TH, 2014
10:30-2:00

TÓ:LT TE
SQWELTELS

REGISTRATION

CALL Gail Point-Bisaillon
604-796-0643 or
FAX 604-796-0627

EMAIL: education@stolotrihalcouncil.ca

WHERE

Seabird Island
Community School
2895 Chowat Rd
Agassiz, BC V0M 1A0



Free Spring Break Ideas

1. Visit a Local Animal Farm
2. Take a hike
3. Go to a museum
4. Start a garden together
5. Go over your family tree
6. Do some star gazing - look for constellations
7. Take a family bike ride
8. Visit local monuments



Healthy Recipe Corner

Chocolate-Dipped Banana Bites

Dessert doesn't have to erase a healthy meal! The bananas in this easier-than-pie dessert—all you need is a knife and a microwave—are a rich source of resistant starch, a type of [healthy carbohydrate](#) that helps you burn calories and eat less.

As an added bonus, the semisweet chocolate contains healthy fats to further rev your metabolism.

Ingredients

- 2 tablespoons semisweet chocolate chips
- 1 small banana, peeled and cut into 1-inch chunks

Preparation

1. Place chocolate chips in a heavy-duty zip-top plastic bag or small microwave-safe bowl. Microwave at HIGH 1 minute or until chocolate melts.
2. Dip banana pieces in chocolate.



Reference: http://www.health.com/health/gallery/0,,20678467_4,00.html



the SEABIRD ISLAND

YOO HOO

Because news isn't all bad or boring!

Reach thousands of potential new clients by
Placing your ad here!

Contact Sandy Bobb for your monthly advertising rates.

Special Discount Rates Available for Band Members!

Phone: 604-796-2177

Direct: 604-796-6838

E-mail: sandrabobb@seabirdIsland.ca

COMMUNITY SERVICES DEPARTMENT

FEBRUARY 2014

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.

ELDERS

Drumming and Singing at the Youth Trailer is every Monday from 5:00-6:00.

Remember, the Elders and Youth Dinner on March 4 is a Potluck. Please bring some food to share with everyone.

The Diabetes Conference is from March 10-14. Only those who have not been before, are newly diagnosed, and have a youth or family care worker may be considered to attend. Inquire with Val B. or Val T.

The Elders will be going to get their status cards in Vancouver on March 18. Please contact Linda for more information.

Upcoming Events:

- Mar. 4—Elders & Youth Potluck Dinner, Band Office
- Mar. 10-14—Diabetes Conference
- Mar. 11—Elders Hair: \$5-\$10 cuts & colour, \$5-\$10 perms
- Mar. 18—Elders trip: Status Cards in Vancouver
- Mar. 18—Elders & Youth Dinner, Band Office

YOUTH

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

No Drop-In on Friday, March 21, 2014.

The **Gathering of Voices Conference** will be held from March 18-21, 2014. See Jessica for details.

Youth Worker: Jessica Pettis, 604.845.2295

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

AYLEXW CHALLENGE

A 12 week health and fitness challenge open to all Seabird Island community members and staff begins March 6. Register March 3, 2014 from 4:00-6:00 at the Fitness Centre. Those who reach their goal by May 22 will receive a prize.

Weekly Meetings: Thursdays from 4:00-4:30 @ the Fitness Centre.
Group Workouts: Thursdays from 4:30-5:30 @ the Fitness Centre.

FAMILY OUTING

Abbotsford Heat Game: Aboriginal Night

Celebrating Aboriginal Sport in Sto:ló. Join us at an Abbotsford Heat game and honour members of Team BC. Meet the Fraser Region Team BC and Ignite Athletes.

Where: Abbotsford Entertainment and Sports Centre

When: Saturday, March 1, 2014

Cost: Free!!!

Tickets: 40 available

The bus leaves the Seabird Band Office at 5:30pm. Return at 11:00pm. No pick-ups or drop-offs available. Game time is 7:00pm. Please have dinner prior to departure or bring money for food and drinks.

Sign up with Keena McNeil to save your seats! Email keena@seabirdisland.ca or call 604.796.6836.



Fitness Centre Hours of Operation

Monday-Friday

8:00am-4:00pm; 5:30-9:00pm

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

Fitness Centre & Recreation Program Fees

Type of Fee	Band Member	Community Member or Band Staff	Non-Band Member
Drop-In Adult	FREE	\$ 1.00	\$2.00
Monthly Adult	FREE	\$ 15.00	\$30.00
Kids 12 & Under	FREE	FREE	\$0.25
Youth 13-18; SIB College	FREE	\$0.50	\$0.50
Family Programs	FREE	FREE	\$3.00
Elders 65+	FREE	FREE	\$ 1.00

No taxes. Shower and sauna included.

FITNESS & REC

See Events Calendar for program dates and times.

Yoga is every other Monday at the Band Gymnasium. \$3 for Band Members, \$5 for Community Members.

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

Check for Safety: A Home Fall Prevention Checklist for Older Adults

Part 2

BATHROOMS: Look at all your bathrooms.

Q: Is the tub or shower floor slippery?

Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Q: Do you need some support when you get in and out of the tub or up from the toilet?

Have a carpenter put grab bars inside the tub and next to the toilet.

BEDROOMS: Look at all your bedrooms.

Q: Is the light near the bed hard to reach?

Place a lamp close to the bed where it's easy to reach.

Q: Is the path from your bed to the bathroom dark?

Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

Exercise regularly. Exercise makes you stronger and improves your balance and coordination.

Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.

Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.

Get up slowly after you sit or lie down.

Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.

It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.

Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.

Other Safety Tips

Keep emergency numbers in large print near each phone.

Put a phone near the floor in case you fall and can't get up.

Think about wearing an alarm device that will bring help in case you fall and can't get up.

reference: <http://www.cdc.gov/ncipc/pub-res/toolkit/checklistforsafety.htm>

Home Security Tips

Most home burglaries are done by beginners. These thieves are more easily prevented if you employ some of these simple security precautions:



- Lock up your home, even if you go out only for a short time. Many burglars just walk in through an unlocked door or window.
– Also lock your doors when you are home alone!
- Change all the locks and tumblers when you move into a new house.
- **Install dead bolts** on all exterior doors, they are stronger than a door knob tongue lock and harder to break into.
- If you lose your keys, change the locks immediately.
- Your house should appear occupied at all times.
Use timers to switch lights and radios on and off when you're not at home.
- If the entrances to your home are dark, consider installing **motion lighting**. Most thieves don't want to be seen trying to get in a door.
- If you have a faulty alarm that frequently goes off, get it fixed immediately. Tell your neighbors that it's been repaired, so they don't ignore it.

SEABIRD ISLAND FAMILY WELLNESS CENTER

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. Learn effective ways to have a healthy recovery in a non-judgmental and confidential manner.

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

- March 3rd:** Understanding Grief
- March 10th:** Compulsive Relationships
- March 17th:** Post traumatic Stress Disorder and Addiction
- March 24th:** Heroin Addiction and mental health
- March 31st:** Cocaine and Crack: Back from the Abyss.

NATUROPATHY HEALTH SERVICE FOR SEABIRD ISLAND BAND



Hello, my name is Dr. Jeanne Paul. I am of Coast Salish Tribe originally from the Sliammon band. I am a board certified Naturopathic Physician. I graduated from the National College of Naturopathic Medicine in 1991 and had become the first, First Nations to graduate in this profession for Canada. I hold this title proudly as I worked very hard to become the Doctor that I always wanted and dreamed as my life's career.

I practiced for many years and left a family practice in Kamloops in my semi-retirement. I work a few days of the month to continue my work as an ND. What I do special in my practice now is using Traditional Medicines, that I have harvested locally and created hand-made products to suit the conditions of my patients. I am proud to be able to do this. I also teach 11 month course at Seabird Island College how to make and Wild-Craft these Traditional Medicines our ancestors used to heal themselves. Hopefully, this may interest you and enroll for future classes. I believe that our Traditional Medicines should not die out but be passed onto our children.

What do I offer? As most certified ND's (Naturopathic Doctor) I work within the bounds of my training. I specialize in using our Traditional Medicines to help the conditions that my patients have; I look at the Nutritional state of your health; I use Homeopathy, a very old therapy that includes the

Mental, Emotional and Physical symptoms of the patient; another therapy I use is the Bowen Technique originally from Australia to look at your Bones, Muscles and Ligament problems whether this be from an accident which eventually has developed into pain and arthritis or just plain discomfort from over-use of your muscles and ligaments. I am trained in Manipulation to check these problems along with the Bowen Technique and the use of the Traditional Medicines helps to alleviate or decrease sometimes a very painful condition.

The first visit is 1 hour duration. During this interview I want to assess what I will develop for your treatment plan by listening to your story of how you have become the person you are today with those symptoms that may have plagued you for many years. It is so good that we now have Alternate Health Care choices for our health. It has been a long time coming. Thank you to the Seabird Island Health Division to have this vision to help with your health.

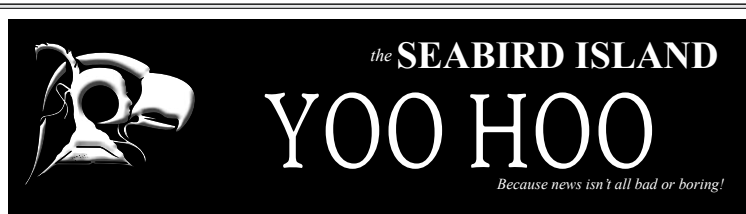
I am looking forward to be of service to this Community.

HOW TO START:

1. APPOINTMENTS: made at the SIB Clinic front desk- 604-796-2165
2. Dr. Jeanne's at the Wellness Centre: the 3rd and 4th Tuesdays of each month (only 2 times/mo.)
3. TIME: 10-3pm (3rd and 4th Tuesdays of each month)
4. Office calls: free
5. Seabird Island Health Division will pay for the office call and half of your Medicine bill. You will be responsible to pay the other half of the Medicine bill.

Thank you again for your interest in what I can offer to enhance your health. It is an honor to be of service to you and your family.

Dr. Jeanne Paul



Phone: 604-796-2177
Direct: 604-796-6838
Website: www.seabirdisland.ca
E-mail: sandrabobb@seabirdisland.ca

Are you a Seabird Member living off reserve looking for a copy of the Seabird Monthly Newsletter?

Each issue as well as past issues are posted on the Seabird Website: www.seabirdisland.ca or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb, Communications Officer & Graphic Designer, by phone at 604-796-6838 or e-mail sandrabobb@seabirdisland.ca



FOR ADVERTISEMENT RATES PLEASE CALL SANDY. (pre-paid, please)

SUBMISSION DEADLINES

The 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Did you know ?

If you file your return after April 30, 2014, your GST/HST credit (including any related provincial credit), Canada child tax benefit payments (including certain related provincial or territorial payments), and old age security benefit payments may be delayed.

Did you know ?

Deceased family member... If you are the legal representative (the executor, administrator, or liquidator) of the estate of an individual who died in 2013, you may have to file a return for 2013 for that individual. For more information about your filing requirements and options, and to know what documents are required, see [Guide T4011, Preparing Returns for Deceased Persons](#), and [Information Sheet RC4111, What to do following a death](#). The [due date for the final return](#) will depend on the date of death and whether or not the deceased or his or her spouse or common-law partner carried on a business in 2013.

PLEASE NOTE: *This is one reason its recommended to wait to divide up the estate money until one year after their death. Your deceased family member would not want you stuck with their bills!*

Reference: <http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ll-dts/frms-eng.html>

Did you know ?

Outstanding balances paid after April 30, 2014, may be subject to penalties and interest charges.

New Staff:

Brian Govereau

Brian Govereau has joined the Employment and Social Development Programs department as an Employment and Training Advocate. Most recently Brian worked with the BladeRunners Fraser

Valley program with responsibilities for client recruitment, training and job placements.

His greatest strengths are his focus, drive and passion. He thrives on challenges, especially those that increase his program's effectiveness. His most recent project involved a small business partnership that delivers Mobile Equipment Operator Certification courses to bring training opportunities to youth throughout the Fraser Valley.

Brian holds a Diploma in Business Administration from the University of the Fraser Valley. He lives in Chilliwack with his spouse; he is blessed with four wonderful daughters and an exceptional son. In his spare time, he enjoys spending time with his family watching movies, gaming and playing at the park.



Steven Guard, RMT Massage Therapist

Steven received his RMT Diploma in May 2010 from Utopia Academy in Vancouver where he was trained in Swedish Massage, Myofascial Release, Trigger Point Therapy, Neromuscular Technique, Manual Lymph Drainage, Pregnancy Massage, Joint Mobilization, Orthopedic

Physical Assessment, Therapeutic Exercise and Hydrotherapy.

He is a member of the College of Massage therapists of BC (CMTBC) and Massage Therapists Association of BC (MTABC).

Steven has been practicing since July 2010 in Aldergrove at Coastal Health Arts and recently expanded to Chilliwack at Vedder Village Chiropractic. Steven has seen a wide variety of patients ranging from 8 to 95 years old, including: athletes needing rehab on sprains and strains, tradesman needing help with repetitive strain injuries like tennis elbow and carpal tunnel, expecting mothers suffering from low back and hip pain, accident victims suffering from whiplash, along with office workers needing some stress relief.

Steven is an avid hockey fan (Canucks of course), snowboarder, and motorcycle enthusiasts. He also enjoys hiking and fishing in and around Chilliwack where he was born and raised and is now raising his own family.

Seabird Island Employment, Training & Social Development

Office: 604-796-6865
Fax: 604-796-3729
Toll Free: 1-800-788-0322

2895 Chowat Road
P.O. Box 650

THERE WILL BE NO MARCH CHEQUE RELEASE INCOME ASSISTANCE DAY WILL BE APRIL 1ST, 2014

APRIL MEAT PACK ORDERS

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

TRADITIONAL FOOD PANTRY

We are now accepting 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.

INCOME ASSISTANCE

- All clients please update your contact information with Andrea.
- If there is a change in your household please contact Housing to update your tenancy agreement.

DRIVING SCHOOL

To make an appointment or a consultation please contact Andrea at 604-796-6865 or text 604-845-3843.



DROP IN DRIVING LESSONS!!!

We are happy to start drop in driving lessons every Tuesday from 10:00-4:00. Starting in March 2014. We will be offering lessons on a first come first served basis.

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. come in and ask for assistance.

YOUTH PROGRAM CLIENTS

Any clients that have taken a youth program through the employment office. Please update your contact information with our office. Employers contact the employment center for referrals on a regular basis.

ESD/FNJF

Seabird Island Band is one of the first in BC to have training and support for income assistance clients ages 19-24. Come by to meet Brian Gorereau for more information on the program.

INCOME ASSISTANCE INFORMATION

- * April 2014 cheque issue is ***Tues. April 1st 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.

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 (2.5x3)	\$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 (2.5x3)	\$ 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

Don't ever become a pessimist... a pessimist is correct oftener than an optimist, but an optimist has more fun,

and neither can stop the march of events.

[Robert A. Heinlein](#)

Welek'es/March

March Birthstone: Aquamarine

March Birth Flower: Daffodil or Narcissus

Zodiac and Dates:

Pisces - February 20 - March 20

Halq'eméylem Word Search

- XWIYÓS** Alert
- XÁ:YSEM** Ant
- TOXWEMÍWEL** Automobile, Car
- PELÁLE** Banana
- MELMÍLETS'** Confused
- SHXW'Ó:MET** Couch, Sofa
- PÉKCHA** Drawing; picture, photo
- Í:LHTEL** Eat (Meal)
- THÓMÉL** Eyebrow
- LHÉPTEL** Eyelid, Eyelash
- S'Ó:THES** Face
- PIPEHOMÁ:LEWS** Ribbed plantain, Called "Frog Leaf"
- CHÁKET** Jacket, vest
- TL'E'ÍMEL** Muscle, Tendon
- ALHTELÁWTXW** Restaurant
- XÁLH** Road
- THEQÁT** Tree
- TÉTATH** Veins, Vein
- PÓYLET** Violet
- SLHÍTS'ES** Wind-dry

P	P	S	T	Ó	Y	X	'	E	T	'	P	E	P	T	T
'	E	P	É	E	T	K	T	Á	H	S	H	E	Ó	É	H
C	S	L	W	L	L	S	S	A	Í	Ó	E	L	Y	T	L
S	S	W	Á	A	O	Á	E	Á	H	Y	X	L	L	A	S
P	E	H	E	L	S	H	L	E	T	I	L	H	E	T	:
:	'	H	X	L	E	W	Í	M	E	W	X	O	T	H	M
H	S	L	T	W	:	T	T	E	É	X	Á	L	H	E	H
Á	T	L	P	:	'	Á	P	P	L	T	H	Q	L	Q	T
T	Í	H	H	E	Ó	Ó	M	É	T	W	W	M	:	Á	T
Á	H	C	Ó	E	É	'	:	O	H	Á	Í	S	Í	T	E
L	L	H	P	M	Ó	E	S	M	H	L	Y	S	E	E	Á
H	S	Á	H	T	É	E	Á	L	E	E	X	W	W	Á	H
X	O	K	T	X	É	L	H	T	P	T	P	X	S	E	T
L	S	E	X	Á	:	Y	S	E	M	H	P	I	E	S	E
E	Q	T	L	'	E	'	Í	M	E	L	Y	S	P	T	T
Q	L	H	Á	H	P	É	K	C	H	A	Ó	L	I	'	Í

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. Mon. March 10th 2014
Draw Date: March 11th, 2014

Congratulations to last months winner: Lizzy Pettis!

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

OPTOMETRIST CLINIC

Dr. Ahmed's

Upcoming Clinic Dates: March 4th & 5th

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.



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

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

BABIES MEDICAL CARDS

Apply for Medical Card renewals and Status Cards for babies as soon as possible. Contact CHR; Maggie Pettis 604-796-2177

INDIVIDUAL AND TEAM SPONSORSHIP FOR SPORTS



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

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.



NOTICE

**NO SOLICITING
PEDDLING
DISTRIBUTION OF PAMPHLETS**

All offenders will be reported and prosecuted to the full extent of the law.

By order of Chief and Council

Chief and Council assert there is to be no solicitation of any sort. Visitors need permission from Chief and Council to solicit door to door. If you get a questionable person knocking on your door you do not need to let them in. You have the right to close the door and contact the RCMP. There is an open file at the RCMP.

**Community Safety is a
Chief and Council priority,
please contact us
if you have any concerns.**

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.

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.

ALCOHOLICS ANONYMOUS MEETING

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

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



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.

**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

Nutrition And Traditional Foods

Keeping us active and healthy...

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

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



Created by Seabird Health
www.seabirdisland.ca

