

Health Shelter Policy Workshop



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- Home Health Care Products



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Agassiz Remedy's RX the local Drug store.

Coupon worth \$5.00 OFF valid until end of April 2014!

Offer valid for any Front Store Products excludes Rx items & Codeine products.

On March 11th Seabird Health partnered with ANDC (Aboriginal Affairs & Northern Development Canada) and UBCIC (Union of British Columbia Indian Chiefs) to put on a workshop on how to work with the new ANDC Shelter Policy.

Our Community members did an excellent job preparing the meals and snacks. Many of the attendees commented on how great the food was. **Nice Job, keep up the great work!**

Everyone was greatly appreciative of the information shared here. The presenters were excellent and there was a lot of opportunity for excellent questions to be asked and answered.

It was nice to see some of our community members in attendance, taking in all the information. In total over 130

Continued on page 9.

INSIDE this Yoo Hoo

Status Cards	2-3
Housing List	5
Community Corner.....	6
Chiefs Corner	7
Healthy Eating Recipe	7
Preschool	13
Seabird School	14-15
New Staff	16
Community Services	23
Employment Center	24
Employment Opportunity.....	25
Classified's	26-27

OPEN HOUSE
April 9th 10 a.m. - 5 p.m.

BAND QUARTERLY MEETING
April 16th

OFFICE CLOSED
April 18th - 21st

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 8:30 a.m. to 4:30 p.m. (closed from 12:00 to 1 p.m.).

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

Private homeowners, DO YOU HAVE HOME INSURANCE?

Please be aware that the band strongly recommends that ALL homeowners maintain home insurance. This will protect your asset in case of emergency.

Seabird Island Band will NOT cover insurance for private homeowners, and will NOT be held responsible financially if a loss occurs.

House Inspections

Inspections are ongoing as a part of our requirements as both landlord and tenant. Our inspections are looking at the condition of the home; the electrical, plumbing, structure and tenant care. This is also a time for tenants to share and point out their concerns and ask questions.

Highly recommend you make a list before the inspection. It can be overwhelming to remember them all on the spot.

Copy Services Available

Copy Services are available at the **Communications Office** - up-stairs in the Band Office,

RATES APPLY as listed in the **brochure** found in the main entrance of the Band Office.

These rates are discounted. Not for profit, they cover the cost and labour only.



Home Ownership

Current, potential, and future

Did you know that there are 45 families that are eligible for home ownership NOW?

In order to proceed, we need to ensure everyone understands what that means.

- Housing Authority Homes
- Paid out social housing homes
- Soon to be paid out homes

This means YOU!

NOTE: Families need to decide who will OWN their housing authority homes.

Have you been renting from the band and now are eligible for ownership?

***Have you already been assuming ownership of your home?**

Please join us in a session with lawyer Murray Browne as he explains roles, responsibilities and the true meaning behind home ownership. Once this step is complete, those who are eligible to own their own homes will be able to process the required documents and become HOME OWNERS.

April 15th, 2014, 5 to 7p.m.

Seabird Island Band Gym
2895 Chowat Rd

RSVP to samanthaw@seabirdisland.ca or stacym@seabirdisland.ca or via phone at 604-796-2177

Your attendance is important!

First 45 people receive an E Book on home ownership! Door prize: \$200 towards home insurance!

Housing

Seabird Island Band Housing Wait list April 2014

1 Bedroom

1	05092013-2065
2	12102013-2072
3	01312014-2079

2 Bedroom

1	05092013-2065
2	12042013-2069
3	11152013-2071
4	12102013-2069B
5	12162013-2070
6	01022014-2074
7	04032013-2075
8	01062014-2076
9	01072014-2077
10	01092014-2078
11	01312014-2079
12	02192014-2080

3 + Bedroom

1	01032012-3057
2	11132012-2053
3	12192012-3076
4	01022013-3079
5	01032013-2056
6	02062013-3082
7	02082013-3083
8	02082013-3084
9	02252013-3086
10	03082013-3087
11	03192013-3088
12	07102013-3090
13	12102013-3098
14	12312013-3099
15	12312013-3100
16	01022014-3101
17	01022014-2074
18	01032011-3103
19	01082014-2077
20	01162014-3104
21	01302014-3105
22	02212014-3106
23	02242014-3107
24	03142014-3108

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 reapply if interested

Don't know your number?
Contact Stacy McNeil or Samantha 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.

Seasonal Maintenance:

- Clean or replace furnace filter
- Check gutters and downspouts and clean if needed
- Inspect basement or crawl space for signs of leaks or water
- Open vents to outdoor crawl spaces
- Clean windows, screens and hardware, and replace storm windows with screens. Take down the plastic (if a window gets to how from the sun and plastic, it could crack).
- Open valve to outside hose connection after all danger of frost has passed.
- Time to start cutting your lawn and weeding your gardens! This helps reduce unwanted house guests - rats, mice, spiders, snakes...

Additional maintenance tips...

- Have fireplace or wood stove? Time to get the chimney cleaned and serviced as needed.
- Shut down, drain and clean furnace humidifier, and close the furnace humidifier damper on units with central air conditioning.

Home insurance! - New and upcoming owners

For those of you who will become official owners of your housing authority home or paid out social housing unit, please note:

Effective October 1, 2014 you will be responsible for your own home insurance.

If you have any questions, please contact a member of your housing team!

The Band will not be held liable or responsible for any losses as a result of damages to homes that are not under their housing portfolio. *We strongly recommend and encourage all homeowners to have house insurance.* We have invited Barton's insurance to come to our community several times over the next few months for homeowners to ask questions; please watch for notices.

If members opt not to carry insurance (strongly discouraged), they will be required to sign a waiver at time of ownership transfer.

All potential owners will (or have) receive a letter regarding this with more information.

Any questions, please contact a member of your housing team.

Home insurance is a very important part of protecting your assets from loss!

HALQ'EMÉYLEM TRANSLATION CONTEST

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

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@stolotribalcouncil.ca

WHERE

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



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/Halgemeylem/welcome>

LUNCH PROVIDED

SPONSORS

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

Community Corner



Our hands go up many times with thankfulness for all those who knew Duane "Baby" in our Sto:lo

Nation for their help from beginning to even today. May the Great Spirit bless you all.

With Love, Parry Peters, Birdie, Kevin, Dianne, Matt, Calvin Garner and Shannon Enns

Many thanks to all for the support you have given in this time of need for another family loss, also for the healing so greatly needed for my children and grandchildren. For prayers and support for the young mom to recover from her illness.

Lorna Prette

I would like to thank Sandy Bobb and her printing crew for printing off the schedule and notices for the Hope Minor Hockey 3 tournament on march 7-9th. Without this great service at my finger tips, I would not have been as organized as I was. Thanks so much Ladies you are wonderful!

Bonnie Nickel

Community Newsletter Delivery + Safety Hazards = Delivery Suspensions

PLEASE NOTE:

When there is a safety issue our staff will not deliver your newsletter, job postings or flyers to your home:

- when there is a loose dog in the yard.
- when your dog is tied up to block access to your newsletter box.
- when there is loose farm animals in the yard.

- when there is wild animals in the yard.
- when our staff feels harassed, sexually or otherwise.
- when stairs going up to your box are loose and/or falling apart.
- when your mail box is full.

This includes large or small animals, friendly or not. We do not know if they are having a good or bad day or if they are protecting new born pups. Animals are unpredictable!

We will not discriminate, all animals are considered a hazard!

When any of these issues become a regular hazard we send out letters notifying that your deliveries will be suspended until the situation is resolved and we have been notified to this fact.

If this has become an issue for you please contact Sandy Bobb at 604-796-6838 to discuss other options for you to receive these publications.

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

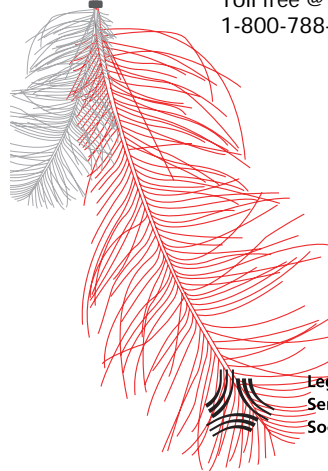
Upcoming clinic dates at the Wellness Center.

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



Chiefs Corner



Chief Clem Seymour

By: Zorana Edwards

During our interview we discussed the natural plants that we look forward to during each spring. For

example; stinging needles started blooming in March. Many other herbs that we use to make our medicines are starting to surface as well.

So as he says it “spring time is here! It is the season to begin our spring time clean up; clean your gutters, dump out containers holding water as mosquito season is on its way quick! If you find large amounts of still water in your area, be sure to notify John Bobb so he can attend to that area to reduce to amount of reproduction.”

We also spoke about “The Seabird Festival” which is coming up in May. He brought up how it is always great to bring our people together from many different communities and show tourists how we like to celebrate at our gatherings. The support we all have for one another all ages, our community is growing and we are learning as we go along with the changes.

Healthy Recipe Corner

Easter Bunny and Chick Deviled Eggs

Total Time: 40 mins, Prep Time: 30 mins, Cook Time: 10 mins

Ingredients:

- 12 large Eggs
- 6 tbsp mayonnaise
- sliced chives (green onion) - optional
- paprika
- salt and pepper
- carrot
- celery

Directions:

1. Cook eggs about 10 minutes. Run cold water over to cool down quickly.
2. Peel hard boiled eggs.
3. Halve each egg lengthwise and scoop the yolks into a medium bowl, saving the egg whites.
Note: slice the eggs the other way to make the chick deviled eggs.



4. Mash the yolks and add mayonnaise and sliced chives; season with paprika, salt and pepper.
5. Fill yolk mixture into a small sandwich bag, cutting a small opening in the corner of the baggie. Gently squeeze the bag to pipe the yolk mixture into the egg white halves.
6. Cut a carrot and celery for the eyes, mouth or nose, ears and whiskers. Could even use sliced chives for whiskers.

Royal BC Museum



The Royal BC Museum provides FREE access for all First Nations individuals to all of their cultural heritage in the guardianship of the museum and archives.

Any member of a First Nation (through identification) will be provided with a complimentary ticket at the Royal Museum box office or through "Group Services" on-line, if it is a group of 15 people or more. Pre-booking makes it easier for groups of visitors to check in and gain access to the galleries faster when they arrive.

The Royal BC Museum is committed to the involvement of First Nations people in the interpretation of their cultures as represented in exhibits, education programs and public programming developed by the museum and archives.

They are currently working with the First Peoples Cultural Council and their First Nations Advisory Group on a new exhibition, *Our Living Languages; First Peoples Voices in BC*, scheduled to open in 2014.



Coqualeetza Cultural Education Centre Association

is moving around the corner
to 8528 Ashwell Road, Chilliwack, BC

Our mailing address remains:

PO Box 2370 Sardis Main Stn.,
Chilliwack, BC V2R 1A7

You can still reach us by phone at 604-858-9431

Or email: admin@coqualeetza.com

WATCH FOR OUR OPEN HOUSE IN APRIL 2014

AND OUR NEW PROGRAMMING!

- We hope you will drop by to visit us -

Health Benefits of Tea

Did you know that after water, [tea](#) is the most highly consumed beverage in the world? In fact, tea has been touted as a super food for nearly 5000 years. From protecting against heart disease, promoting weight loss, boosting immune system function plus [anti-cancer](#) effects, the health effects of a humble cup of tea are well documented.



Whether you prefer your tea hot or cold, black, green, white or herbal – each type of tea contains a unique blend making it the perfect compliment to any diet.

Here's what some studies have found about the potential health benefits of tea:

Green tea: Made with steamed tea leaves, it has a high concentration of EGCG and has been widely studied. Green tea's antioxidants may interfere with the growth of cancers; bladder, breast, lung, stomach, pancreatic, and colorectal. They may also prevent clogging of the arteries, burn fat, counteract oxidative stress on the brain, reduce risk of neurological disorders like Alzheimer's and Parkinson's diseases, reduce risk of stroke, and improve cholesterol levels.

Green tea for weight loss: In terms of weight loss, green tea contains high concentrations of **catechin polyphenols**. These compounds work in the body with other chemicals to heighten levels of fat oxidation and thermogenesis (a state created in the body by burning fat as fuel). On average, you should try to consume a minimum of **3 cups of green tea per day** for weight loss effects.

Black tea: Made with fermented tea leaves, black tea has the highest caffeine content and forms the basis for flavored teas like chai, along with some instant teas. Studies have shown that black tea may protect lungs from damage caused by exposure to cigarette smoke. It also may reduce the risk of stroke.

White tea: Uncured and unfermented. One study showed that white tea has the most potent anti-cancer properties compared to more processed teas.

Oolong tea: In an animal study, those given antioxidants from oolong tea were found to have lower bad cholesterol levels. One variety of oolong, Wuyi, is heavily marketed as a weight loss supplement, but science hasn't backed the claims.

Pu-erh tea: Made from fermented and aged leaves. Considered a black tea, its leaves are pressed into cakes. One animal study showed that animals given pu-erh had less weight gain and reduced LDL cholesterol.

people attended from all over BC. Guests came from Adams Lake Indian Band, Ahousaht First Nation, Bonaparte Indian Band, Chawathil First Nation, Cheam Indian Band, Coldwater Indian Band, Cooks Ferry Band, Cowichan Tribes, First Nations Social Development Society, Gitsan Government Commission, In-SHUCK-ch Nation, Kanaka Bar Indian Band, Katzie First Nation, Kitselas, Kwikwasut'inuxw Haxwa'mis First Nation.

Speakers from Seabird included a welcome from Chief Clem Seymour. Speeches from some Seabird Council members Marci Peters, Rod Peters, Vivian Ferguson, as well as staff Carolyn Neufeld, Alexis Grace, Stacy McNiel and MC Gary Lister. They covered ways of connecting and communicating with clients about the change, what worked and what they could have done different. They also spoke on the impacts of the shelter policy and ways to assist clients during these big changes.

The event included loading the guests into 3 shuttle bus's for a housing tour.



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

March 2014

Si:west ye Selyolexwe

Elders House of Learning and Teaching *"Elders teaching Elders"*

Spring Series: Gathering our Medicines

The series will be focused on gathering traditional plants, cataloging them and learning their properties and uses.

Come join us starting April 2nd 2014

Elders can join in Seabird College room #8, Chawathil First Nation Band Office, or Stolo Nation Health Building. 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

Ralph Leon

Elders House of Learning and Teaching Coordinator

ralphleon@seabirdisland.ca

Phone: 604-796-2177

Heather McDonald

Elders House of Learning and Teaching Project Leader

heathermcdonald@seabirdisland.ca

Phone: 604-796-2177 Local 5033
Fax: 604-796-3729

Tulip Festival

Tulip festival is scheduled to begin Thursday prior to Easter. It will be open Thursday-Monday; Wednesday -Sunday.

Chowat Rd from the gas bar for 1 km towards office will be closed except for local traffic on one lane only. **Please drive through the area with caution and have patience during this time. Safety is the priority.** Thank you in advance for your cooperation and understanding.



IMPORTANT PUBLIC HEALTH INFORMATION

Measles

Is your child protected?

- Has your Child had their MMR (measles, mumps and rubella) shots(2 doses)? If not, it is important they have them as soon as possible
- Since 1969, children brought in for immunization received their first MMR just after their 1st birthday. Since 1996 they got the second MMR at 18 months old. Since 2012 the second dose moved to their 4th birthday
- There is currently a large outbreak of measles in Fraser Health. No Measles has been identified in our First Nation Communities

ADULTS

Adults born before 1970 are considered immune because of Measles Disease.

Adults and Children over 5, who have not received the first and second dose of MMR can receive at the local pharmacy.

MMR is available at your Band office. Call your CHR for appointment or Questions please call

Seabird Nurse Lisa Walberg 1-800-788-0322

MEASLES MOVES FAST



PLEASE NOTE:

- There are to be no flyers or advertisements delivered by Seabird Band or produced by Seabird Communications that promote pub nights or any other event where alcohol is available...
- This includes paid advertisements!
- This is a Council directive.

Need some help doing your Income Tax?

Contact Sara at 604-796-2177 to book an appointment.

Forms Available at the front desk. Please pick these up and fill them out before your appointment, to save time.

More Renovations!

Please Note:

We are gearing up for Monday March 31st morning to get thing rolling on the Council Board Room Renovation.

Be warned, there will be a bit of noise as we need to break open the floors.



Health Renovations

Seabird Island Band is happy to announce the Health Center renovations are nearly complete. In partnership with Western Economic Diversification Canada, Seabird Island was able to improve the safety and appearance of Seabird Island Health Center. The new lift installed in the Doctor's Office will allow Elders and people with physical disabilities to access services such as Social Assistance and Employment Office. The new handicapped washroom, new office areas and staff room along with upgrades to the dental office have ensured that our building is maintained for future generations.

We will be celebrating the transformation of the Health Center on April 22, 2014. All community members are invited to attend the ceremony starting at 11:00 a.m. which will recognize the efforts of everyone involved in the project including Mr. Build and Western Elevator. We will be serving lunch and hosting a tour following the ceremony.



You are invited to the... Health Renovation Ceremony

April 22nd, 2014
Ceremony 11:00 a.m.
Lunch to follow

The Health Department will be open for a tour from 1:00 p.m.– 2:00 p.m.

Health Lobby



During Renovations



After Renovations

This is an excellent opportunity to view the transformation of our Health Department which will benefit generations to follow.

Guests will receive ceremonial give-away items to remember this milestone in our community.

Parents and Tots

*Look what has happened at
SEABIRD ISLAND Parents and Tots in the month of March
The Parents and Tots program welcomed “Little frog season” this month.*

The children found some little green frogs in the garden and also enjoyed playing outside with friends and family.



The Parents and Tots program is open to all expectant families and families with children 0—6 years of age.

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”

We had a great turn out at the A-PALS gathering on Wednesday, March 12th with six families attending. The theme for the evening was **Two-legged, four-legged, finned and feathered**. Malila opened the evening with a prayer followed with a delicious spaghetti meal. The circle included drums, songs and a story. Parents enjoyed an adult session while children played with Staff supervising. The evening ended with several crafts and a book to take home. A fantastic evening for all.



**Next A-PALS evening at the Mill Hall is
Wednesday, April 2 at 4:30 p.m.**

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



Seabird Island Preschool

The month has flown by with much learning and fun at the Seabird Island Preschool. The children enjoyed Sto:lo Day on Feb. 27th at the Community school. They participated in dance, drumming and a foam craft. Thank you Yvonne for the great morning. Kwosel has taken the children on nature walks searching for **th'éxth'ex** (stinging nettles) and pussy willows. Soon the Easter Lily will appear.

With springs' arrival the flowers are blooming at the Preschool, which the children planted. Spring break, March 17th – 21st is an opportunity for many families to gather together. We hope the weather is great. The children will be participating in the Nutrition run/walk on March 27th. Please come out and walk with us!

Seeds of Empathy is a huge part of the Preschool Program. We are delighted to have Collette Joe and Baby Armand as our Seeds Family. The children enjoy participating in the Literacy Circles and Family Visits.

The Seabird Island Language Nest full 3's program continues to strive for the highest quality with language teachers Malila and Johny. The children enjoy singing, dancing, drumming, baking, and art. With the great weather outdoor play is a favorite.

During the **Seabird Island Open House**, April 9, there will be a **registration list at the Preschool Table** for any parents wishing to register their 3 or 4 year old for the **4's Program or the 3's Language Nest Program this Fall – Sept. 2014.**

Reminder: space is limited!!



Threes circle



SOE March 5th, 2014



Library day



Walk with Kwosel

Gilbert Joe - What is bullying?

There are five common types of bullying. It's important to identify which type of bullying is impacting your child so you can understand what is happening to them, and what you can do to help your child.

It is physical, verbal, social, emotional, cyber.

Did you know? Cyber bullying is the newest of the bullying types, and it is constantly evolving and changing as new technology and social media sites are introduced. Cyber bullying has expanded the boundary of bullying, allowing kids to be bullied 24 hours a day, 7 days a week, regardless of where they are – even in their own bedrooms.

Values Respect. Responsibility. Honesty. Compassion. Fairness

Why People Bully?

By: Marshall P.

Most of the people that get bullied around the world have an average or even above average self-esteem. So, why do people bully? Is it because someone is better than you? Maybe, or maybe people bully to let out anger in them. Bullying is also a good way to get attention; so, that is another reason why people bully: or to gain power and to be popular. Most bullying is done as revenge on someone for what they did to you before.

People always get bullied for being intelligent, determined, creative, or because they have a disability or illness. SO STOP BULLYING!!

How to stop BULLYING

By: Daryl McNeil

If bullying is occurring at a school we can tell the bully to stop. If the doesn't stop, tell a teacher. If they doesn't stop even after that, tell the principal. If they still doesn't stop he or she could get suspended or even expelled.

Cyber bullying can occur also. The person that is bullying can tell rumors, take part in name calling, and even say bad things on their pictures online. I think cyber bullying can be the worst bullying because it can stay on the internet for a long time. The person that is getting bullied can get affected emotionally. If bullies say a lot of mean words, those words can stay in our mind possibly our whole life. We can tell the person doing the bullying to stop. If he still doesn't stop and it gets really serious, then we can call the cops on the person being the bully.



Wild Play Park

The students from Miss Eustache's class enjoyed an afternoon of climbing, balancing and zip lining at an awesome theme park in Maple Ridge.

We thoroughly enjoyed ourselves outdoors on a sunny day!



Anti-bullying day

By: Sky-Lynn Victor

There are many types of bullying. Some types of bullying are verbal bullying, physical bullying, and cyber bullying. The worst type of bullying is physical. Physical bullying hurts in two ways, one is emotionally, and the other is physically. Physical bullying, can really emotionally hurt someone because they're terrified and don't know what to do. If they tell someone, they might get bullied more and then verbal bullying comes in. They get called chicken, tattler, etc. Physical bullying can lead to untold words and unknown bruises. Bullying is not "COOL" so why do it?

Why Pink?

As many people may know, pink is said to be only worn by only females, but one day a boy in high school decided to wear a pink shirt to school. For some people it wasn't such a big deal, but with some bullies, they just had to say something. The boy who was being bullied was relieved the next day or so when he realized that some students had noticed what had happened and took a stand. These 2 students went around and handed other students pink shirts in support of the student being bullied. 2 students in particular had made a change for the right reason; even though they may not have known the student personally, they realized that it was wrong to judge or to even bully someone by what they decided to wear one day to school. These 2 students made a difference around the world. These 2 students took a stand. These 2 students made it a global statement against bullies. So just know, that there are people out there that will watch out for you, even if you don't think anyone is there. Someone is always there to catch you when you're going down.

By: Sherice Hulbert

Hello to everyone. This is Mr. Compton, the Junior and Senior P.E., Math, and Capp 9 teacher. Term 3 is officially underway and we have completed out midterm exams for Term 3. Some students have shown great improvements in their school work and grades allowing them to advance in their current programs. Provincial Exams for Math 10 is not that far away. Students taking this exam in June are encouraged to come to Monday's preparation class for Math 10 Provincials during Block B.

Intramurals are going well. They are now scheduled to take place on a daily basis at lunch time. I will be in charge of intramurals on Wednesdays to Fridays and Mr. and Mrs. Boyes will do Mondays and Tuesdays. It is nice to have

many students coming out to play a variety of sports at lunch time. But remember, school work is more important so make sure you are caught up in your classes before attending intramurals. A sign-up sheet will be posted outside of the main office so be sure to sign up.

Our Capp9 class has begun our lessons on Alcohol. I'm looking forward to all the contributions from our students on this topic to help make everyone aware of the effect of alcohol on the teenage brain. We had a terrific level of energy for our Anti-Bullying Month lessons. I hope to have the same results for this one as well.

That's it for now.
Mr. Compton



These are pictures of more completed student work in sewing:

Ralph's T-Shirt

Sherice's housecoat.



Bullying - Crime - A Chargeable Offence

DID YOU KNOW?

Cyber bullying is a chargeable offence!

Criminal law: This branch of law determines which actions are crimes against the state. In criminal law, there are two approaches to cyber bullying:

1. **Harassment** is a crime under the Criminal Code. Harassment is when something a person says or does makes someone fear for his or her safety, or for the safety of others. **Even if the perpetrator did not intend to frighten someone, she or he can be charged with harassment if the target feels threatened.** Criminal harassment is punishable by **up to 10 years in prison.**
2. **Defamatory libel** is a crime under the Criminal Code. It is most often treated as a crime if the libellous statement is directed against a person in authority and could seriously harm his or her reputation. Defamatory libel is punishable by **up to five years in prison.**

Section 2 of the Canadian Charter of Rights and Freedoms guarantees freedom of expression. However, this right is guaranteed "subject only to such reasonable limits prescribed by law as can be demonstrably justified in a free and democratic society" and, in the case of cyber bullying, must be weighed against Section 7. The latter section guarantees "the right to life, liberty and security of the person." In general, Section 2 of the Charter has not been accepted as a defence in civil or criminal bullying cases.



Better at Home is funded by the Government of British Columbia.

Starting spring 2014, *Better at Home* will bring these services to eligible elders in our region

The Better at Home Program is designed to help Elders remain in their homes by providing simple non-medical services

Some services will be provided by volunteers others by paid staff.

Please volunteer!!

We will be serving all communities in Sto:lo Territory



Yard work



Light house keeping



Friendly visiting



Transportation for groceries

Contact Lenette Joe for more information; lenette@seabirdisland.ca; 604 796 2177. local 5021

New Staff



Lenette Joe

Hello my name is Lenette Joe, I am from Seabird Island. I was raised here all my life, I graduated with my Dogwood and Community Support Work course in December 2012,

here at the Seabird Island College. You have probably seen me around as custodian for our schools and day-care here on Seabird.

I have recently been hired as the Better at Home Program Coordinator for elders 65 and over. This is a non-medical service from the United Way and is funded from the Government. Our program will be providing yard work, shoveling driveways and walkways as well as friendly visits. I am very happy to have this position and hope I can meet our elder's needs.

Residential School Settlement Agreement



If you received a Common Experience Payment

You could get \$3000.00 in Personal Credits for educational programs and services.

These credits can be shared with family members such as:

- Spouses
- Children
- Grandchildren
- Siblings

What Are Personal Credits?

- Can be used for a wide range of educational programs and services.
- Universities, Colleges, Trades or Training Schools.
- Indigenous Institutions of Higher Learning.
- Programs and services related to Aboriginal identities, histories, cultures or languages.

Which educational entities and groups are included?

- Up to 3,000.00 for each CEP recipient depending on your approved educational expenses.
- Cheques will be issued directly to the education entity or group providing the services.
- Multiple CEP recipients can combine their credits to support a group learning activity.
- List of approved Educational Entities can be found on the website:
- www.residentialschoolsettlement.ca

How can I get Personal Credits?

- Acknowledgement Forms were mailed in January 2014.
- Acknowledgement Forms must be returned as soon as possible no later than October 31, 2014.
- If you did not receive an Acknowledgement Form
- **Please call 1-866-343-1858**

How can I redeem my Personal Credits?

- Once approved you will receive a Redemption Form.
- This form is to be provided to the educational entity or group to complete and return the form.
- Educational entity or group must return the completed Redemption Form n no later than December 1, 2014.

For More Information or Assistance

Contact

Ashley Bobb/Seabird College
604-796-6839

Cindy Kelly

Seabird Island Post-Secondary Education
604-796-2177 local (6834)

*****Important Deadlines*****

Deadline to submit your **Personal Credits Acknowledgement Form**: postmarked by **October 31, 2014.**

Deadline for **Education Entity or Group to submit Personal Credits Redemption Form**: postmarked by **December 1, 2014.**

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) 2014	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



AESS Honour Roll

Term 2 February 2014



"A" Honour Roll

Grade 7

Clara Burt
Cristina Cercel
Hailey Drury
Simon Grieshaber-Otto
Zoel Jackson
Hailey Keating
Ashlyn Lowe
Megan McCallum
Helaman Ochoa
Katie Schram
Dezrae Timmers
Rionna Vander Wyk
Sierra Visser

Grade 8

Seleen Banez
Kaliska Beauchamp
Emily Bestwick
Natanael Cercel
Jaydin Lees
Jessica Lucki
Kaitlin McGillivray
Hannah Sharples
Justine Stockely
Megan Vander Wyk

Grade 9

Jordan Baker
Hannah Exley
Trevan Kozel
Alyssa Lawley
Jacob MacPherson
Serena Madsen
Mercedes McBride
Henrietta McInroy
Coby Sayo
Cody Sayo
Carmyn Striker
Emily White

Grade 10

Cody Beauvais
Lindsey Debruin
Taylor Lees
Jacob Lucki
Teagan McNeil
Braydon Peters
Euan Sayo
Hayden Simon
Sydney Vander Wyk
Autmn White
Ian Wilson

Grade 11

Zachariah Callander
Andrew Cercel
Megan Debruin

Elisha Johnson-Jensen
Eric Peterson
Hunter Ramey
Alex Robertson
Melissa Vermette

Grade 12

Kaelin Duncan
Desireah Eustache
Maggie Eustache
Kim Garcia
Mitchel Heaton
Nicole Johnson-Jensen
Ross McInroy
Zackery McNeil-Bobb
Emma Schram

"B" Honour Roll

Grade 7

Kayla Adrian
Miya Andrew
Taylor Borle
Trevor Carscadden
Connor Douglas
Tori Downs
Cole Faessler
Lucas Irwin
Caleb Kafi
Katrina Lawley
Anna Madsen
Briann Peters
Maggie McCurdy
Nadia McNeil-Joseph
Ivy McRae
Hannah Penny
Tyra Peters
Justin Smith
Kayla Stanway
Sierra Visser
Joree Walde

Grade 8

Chelsey Baboth
Paul Dumas
Amanda Heffell
Jessica Heffell
Haley Hodgkinson
Darrian Jenkins
Kaela Pope
Drew Ramey
Quentin Robertson

Grade 9

Nicole Callander
Tanner Douglas
Samuel Dyck
Riley Finlay
Kirsten Fleming
Alexandria Howe

Matthew Irwin
Blake Kafi
Joey Kennedy
Bradee Lowe
Lauren Lowe
Henrietta McInroy
Quinton McNeil-Bobb
Owen McNeil-Joseph
Sebastian Molina
Alex Schwichtenberg
Gage Sippel
Martin Skoda
Jenna Smith

Grade 10

Ignacio Aguirre
Tamara Andrew
Chase Bestwick
Derek Bobb
Daniel Cercel
Sean Clark
Nicole Curdie
Millar Frederickson
Richard Harris
Kayla Myles
Lauren Reynen
Kevin Sanchez

Grade 11

Nick Allen
Trevor Bobb
Carl Graham
Jeremy Harris
Resse Jacobi
Sean Lau
Makayla Pollock
Michelle Pollock
Amber Ruddell
Ashley Sicard
Jade Solomon
Esme VanParidon
Kristen Walton

Grade 12

Moise Cercel
Adrienne Ferguson
Megan Harder
Esa James-Point
Faylen Jenkins
Kyle Labrosse
Bailie Lowe
Katelyn Mackie
Siequa McNeil-Bobb
Katelyn Simpson
Eric Theede
Brian Tran

"Effort" Roll

Grade 7

Clara Burt
Cristina Cercel
Tori Downs
Hailey Drury
Simon Grieshaber-Otto
Lucas Irwin
Zoel Jackson
Hailey Keating
Katrina Lawley
Ashlyn Lowe
Anna Madsen
Megan McCallum
Nadia McNeil-Joseph
Ivy McRae
Makayla Morissette
Helaman Ochoa
Briann Peters
Tyra Peters
Katie Schram
Dezrae Timmers
Rionnan Vander Wyk
Sierra Visser

Grade 8

Chelsey Baboth
Seleen Banez
Emily Bestwick
Jaydin Lees
Jessica Lucki
Kaitlin McGillivray
Kaela Pope
Hannah Sharples
Justine Stoeckly
Megan Vander Wyk

Grade 9

Jordan Baker
Tanner Douglas
Samuel Dyck
Hannah Exley
Kirsten Flemming
Trevan Kozel
Alyssa Lawley
Lauren Lowe
Jacob MacPherson
Serena Madsen
Mercede McBride
Henrietta McInroy
Seth Pettis-Adair
Coby Sayo
Cody Sayo
Camryn Striker
Emily White

Grade 10

Ignacio Aguirre
Cody Beauvais
Chase Bestwick
Daniel Cercel
Nicole Curdie
Lindsey Debruin
Millar Frederickson
Richard Harris
Taylor Lees
Jacob Lucki
Keith Machelle
Shareena Malhi
Kayla Myles
Braydon Peters
Lauren Reynen
Euan Sayo
Hayden Simon
Sarah Sisson
Sydney Vander Wyk
Karen Walton
Autumn White
Ian Wilson

Grade 11

Zach Callander
Andrew Cercel
Megan Debruin
Carl Graham
Reese Jacobi
Elisha Johnson-Jensen
Hebrina McInroy
Eric Peterson
Makayla Pollock
Michelle Pollock
Hunter Ramey
Alex Robertson
Esme Van Paridon
Melissa Vermette
Kristen Walton

Grade 12

Moise Cercel
Kaelin Duncan
Desireah Eustache
Maggie Eustache
Adrienne Ferguson
Kim Garcia
Mitchel Heaton
Esa James-Point
Nicole Johnson-Jensen
Kyle Labrosse
Bailie Lowe
Ross McInroy
Zackery McNeil-Bobb
Emma Schram
Brian Tran

Drug Use and Your Health



What do you need to know about drug use?

You may begin to use drugs without thinking about how drugs can harm you and those you care about. You may not feel that using drugs can become a problem. Maybe you feel that you are a casual user because you use drugs only now and then. But drug use quickly can become a habit and start to affect your general health, work, behaviour, and relationships.

When you use drugs, it can change how well you make decisions, how well you think, and how quickly you can react. And it can make it hard for you to control your actions.

If you feel you have a drug use problem, get help. You can visit a doctor or go to a self-help group. If someone you know has a drug use problem, find a good time to talk with him or her, and encourage that person to get help.



Which drugs might be a problem?

Marijuana It can affect your ability to think, learn, reason, remember, and solve problems. It can also cause mood swings, anxiety, and depression.

Prescription drugs, such as diazepam (for example, Valium) and methylphenidate (Ritalin). People misuse these drugs—as well as over-the-counter medicines such as cough syrups and cold pills—to get high. What effects these drugs may have on your health depend on the type, strength, and amount of these drugs you use and whether you take them with illegal drugs or alcohol. The use of prescription and over-the-counter medicines with alcohol or illegal drugs may increase the effects of each substance.

Cocaine This drug can cause [abnormal heartbeats](#), which may cause a deadly heart attack, [seizure](#), or stroke. Its use can also increase the risk of car crashes and violent behaviour. The chance of these things happening increases when cocaine is combined with alcohol.

Inhalants (glues, aerosol sprays, gasoline, paints, and paint thinners). They contain poisons that can harm the brain. They can also damage the liver, kidneys, blood, and bone marrow.

Ecstasy (MDMA) and **Methamphetamine**

(commonly called meth, crank, or speed).

Methamphetamine can cause seizures; stroke; serious mental health issues, including paranoia, hallucinations, and delusions; and long-term health problems.

Club drugs, [date rape drugs](#) such as gamma-hydroxybutyrate (GHB), flunitrazepam (Rohypnol), and ketamine. These drugs are often used at all-night dances, raves, or trances. These drugs can be dangerous, especially in overdose or when combined with other drugs or alcohol. Some of these drugs can cause you to have trouble breathing, to pass out, or to be conscious but unable to move. Some of them can also lead to thought and memory problems, anxiety, depression, overdose, and date rape.

Hallucinogens, including [LSD](#), mescaline, psilocybin, PCP (phencyclidine), and ketamine. Serious and lasting problems such as psychosis or hallucinogenic flashbacks can occur after you use LSD.

Opiates Anabolic steroids, which people use to build muscle tissue and decrease body fat. Steroids can cause liver cancer and increase the risk of heart attack and stroke.

Drug Use and Your Health



Top Ten Dangers of Drinking Energy Drinks

1. **Cardiac Arrest:** [Death by Caffeine](#) Those with underlying heart conditions have gone into cardiac arrest after just a few energy drinks. Before drinking energy drinks or caffeine, be sure to know your heart's health. Energy drinks cause more forceful heart contractions, which could be harmful to some with certain heart conditions.
2. **Headaches and Migraines:** Energy drinks can lead to severe headaches from the caffeine withdrawal symptoms. Changing the amount of caffeine you ingest daily can cause more frequent headaches.
3. **Insomnia:** Energy drinks do a good job of keeping people awake, but when abused, they can cause some people to miss sleep all together. This [lack of sleep](#) causes impaired functioning and can be dangerous to drive or perform other concentration heavy tasks.
4. **Type 2 Diabetes:** Because many [energy drinks are also very high in sugar](#), they can eventually wear out the insulin producing cells of the pancreas, which leads to type 2 diabetes.
5. **Drug Interaction:** Some of the ingredients in energy drinks can interact with prescription medications especially medications taken for depression.
6. **Addiction:** People can become [addicted to caffeine and energy drinks](#). This can lead to lack of functioning when unable to have the energy drink or a financial stress from having to buy several energy drinks daily.
7. **Risky behavior:** Teens are more likely to take dangerous risks when high on caffeine. This could result in injury or legal trouble.
8. **Jitters and Nervousness:** Too much caffeine from energy drinks causes some people to shake and be anxious. This can interfere with performing needed tasks or cause emotional issues. Even just one 250ml energy drink can **increase anxiety** in young men.
9. **Vomiting:** Energy drinks can lead to vomiting. This causes dehydration and acid erosion of teeth and esophagus if frequent.
10. **Allergic Reactions:** Because of the many ingredients in energy drinks reactions could occur, from minor itching to airway constriction.



+



= Trouble

Did you know, that the average Impaired Driving cost is \$4000.00...[plus](#) Having a Criminal Record,...☹

Please: Stay Safe, Don't Drink and Drive

Seabird Island Sustainable Community Plan Update



Spencer Lindsay and Dakota Brant are Masters students at the UBC School of Community and Regional Planning, completing a practicum in Indigenous Community Planning at Seabird Island.

Helloooooo Seabird!

We've been hard at work since December and we're excited to be providing you with a Sustainable Community Plan update! The Sustainable Community Plan (SCP) process is a chance for members to imagine how the community can look in the future. The final SCP document will be helpful for council in making decisions that include community objectives and vision.

Some of you may remember the many meetings, workshops and open houses over the last five years, asking you what you'd like to see in your community in the future. What ever happened to that feedback? What is the Seabird Island band doing with it?

Our time here has so far included analyzing 4 years of community engagement and translating all that work! Seabird has already been through three separate phases of community planning preparation starting in 2009 with "Exploring the Past" a document that set the foundation of the community planning process. In 2010 phase two, consultants reached out to the community holding many meetings and workshops and recording everyone's feedback into an almost 200 page document. In 2011 phase

three summarized the accomplishments of the planning process so far and set goals for the future.

Besides summarizing past work, we have begun community sessions to bring new ideas to the community plan, and also feedback on past work.

We began this new round of community participation by holding 7 sessions with grades 7-12 at the Lalme'lwesawtexw school. We hosted an open house on March 13th in the Band Office Gym where we asked members and staff to name a few top accomplishments of the band over the last 5 years, the top issues that need to be address, the possible causes and possible solutions to those issues. March 21st will be our second opportunity to ask members questions at an open house in the boardroom.

Keep your eye out for us at the April 9th community open house in the gym, we're also hoping to arrangement an elder's session. We will be wrapping up our practicum in May so watch out for our final community presentation, come see what Seabird Island has accomplished, ask questions and celebrate the next phase of your Sustainable Community Plan! -Spencer and Dakota



the **SEABIRD ISLAND**
YOO HOO
Because news isn't all bad or boring!

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

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

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



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

SUBMISSION DEADLINES

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

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

DELIVERY
The first (1st) of each month

Men's Coffee Time



Date: April 1st - June 3rd, 2014

Time: 10:30 am - 12:00pm

Location: Seabird Island Wellness Centre - Every Tuesday

Come and join us for:

- ◇ Coffee & snacks
- ◇ Open discussion
- ◇ Learn ways to deal with stress
- ◇ Learn ways to be healthy
- ◇ Opportunity to enjoy a cup of coffee and meet friends

Contact Lolly: 604-491-8969

**** Candle Safety ****

It is estimated that candles are responsible for an average of nearly 800 fires in Canada each year, with an average of 8 fire deaths, 115 fire injuries and \$26.2 million in property damage each year.

The following steps will help minimize your risk when you burn candles in your home:

- Follow the instructions printed on the label.
- Trim candle wicks to a height of 5-7 mm (1/4 inch) before lighting the candle. Trim them again every 2-3 hours to prevent high flames.
- Take extra care if you are burning candles with more than one wick. Avoid buying candles with multiple wicks that are close together.
- Use well ventilated candle holders that are sturdy and will not tip over. Avoid wooden or plastic holders, as these can catch fire. Use caution with glass candle holders, which can break when they get too hot.
- Never drop objects, like matches, into candles.
- Keep burning candles away from materials that can catch fire (like curtains, decorations and clothing). If your clothes catch fire, "Stop, Drop and Roll."
- Keep burning candles out of reach of children and pets.
- Do not leave candles burning with no one in the room.

- Extinguish all candles minimum 15 minutes before you go to sleep. Ensure it is really out before you go to sleep, a tiny spark can re-ignite.
- Never blow out a candle, this can cause a flame to spread and cause fire. Its always best to use a candle snuffer.
- Do not burn candles that have lead in the wicks. When you buy candles, ask the retailer if the wicks contain lead.
- Avoid using decorative oil lamps with liquid fuel if you have children under the age of five in your household. If you choose to use this type of candle, keep the fuel locked away, out of sight and reach of children. If you think your child has swallowed liquid fuel, contact your nearest poison control centre immediately.
- Teach your children to be careful around open flames. Make sure they understand that candles are not toys, or something they can eat or drink.



COMMUNITY SERVICES DEPARTMENT

APRIL 2014

EVENTS DEPT

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.

The Elders House of Learning begins on April 2 and will be every Wednesday thereafter for 8 sessions from 10:00am- 1:00pm. Lunch is provided.

Upcoming Events:

- Apr. 8—Youth & Elder's Dinner, 4:00-7:00
- Apr. 8—Elders Hair: \$5-\$10 cuts & colour, \$5-\$10 perms
- April 28th—Elders trip: Second Hand Shopping with Lunch

FESTIVAL INFO

Team entry payment due by April 4, 2014 at 4:00pm.

Please contact Angie Chapman or Karla Kay for more information at 604.796.2177.

Registration forms can be filled out and sent in via: <http://www.seabirdisland.ca>

YOUTH

We hope you enjoyed the Youth Outing at Laserdome!

Remember:

- The Youth and Elder's Dinners are on April 8 and 29.
 - The Youth Council Meetings are on April 16 and 30.
 - Youth Fitness is every Thursday from 7:00-8:00.
- Transportation is provided. Please contact Jessica if you need a ride.

- Youth Drop-In is every Friday, 5:00-9:00

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

Soccer Development Camp

Every Thursday at the Band Office Gym

- 4-5 years, 4:00-4:45pm
- 6-8 years, 4:45-5:30pm
- 9-10 years 5:30-6:15pm

What to Bring:

- water bottle
- soccer cleats or good running shoes
- a parent must stay on site

Contact Angie or Keena for more info @ 604.796.2177

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

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

MAY MEAT PACK ORDERS

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

GROCERY ORDERS

We will be offering monthly grocery orders for our IA Clients. Orders are due by the 15th of each month and will be delivered the following month around the 15th. If you are interested please contact Andrea.

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/FNIIF

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

- * May 2014 cheque issue is **Monday, April 28th 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.



Seabird Island Band Employment Opportunity



How to answer a phone like a professional:

1. Speak slowly and clearly so the caller can understand what you are saying. Project a tone that is cheerful, confident, enthusiastic, and helpful. The caller cannot see you, so make sure your voice is inviting and calm. ***Pretend the caller is right in front of you and smile. Smiles can often come across in your voice.*** Be sure you are not eating, drinking, or chewing gum when you answer the phone.
2. Regulate your speed and volume. Use your normal volume and avoid shouting. **Take a deep breath before you answer** the phone and speak slowly.
3. **Use a standard greeting.** Your greeting should include an appropriate salutation such as "good morning" or "good afternoon.", identify your company or department, and yourself and ask how you can be of assistance.
4. Be prepared. **Keep a pencil and notepad near the phone** to jot down information that the caller may share, in case you need to transfer the call or do some research in order to answer the caller's question. If you are a receptionist who answers calls for many people, keep their extensions next to the phone.
5. Remember the caller's name and address him or her professionally.
6. **Ask permission before putting a caller on hold.** If you need to transfer the call to someone else, or put the caller on hold to get some information or do quick research to answer a question, ask if he or she minds being put on hold before you do it.

Position Title: Receptionist

Competition Number: JP-2014-001

Position Summary:

The Seabird Island Band is in need of a well-qualified receptionist. The receptionist serves a vital role to the success of all Band operations. As the first face/voice that visitors meet the warm welcoming greeting can set the tone for all future interactions. The receptionist will also be expected to direct calls to a wide variety of individuals, programs, and departments.

Qualifications/Requirements:

- High School Graduate.
- Three to five years relevant office experience preferred.
- Switchboard (phone system) experience preferred.
- Excellent customer service skills.
- Physically fit to lift and move up to 20 lbs.
- Intermediate to advanced computer skills.
- Demonstrated record of good work attendance. Dependability is essential.
- Proven ability to maintain confidentiality of documents, records and information.
- Satisfactory criminal record check.

Primary Responsibilities:

- Answers all incoming telephone calls in a polite professional manner by directing calls to appropriate staff or their voice mail or taking messages. Directs paging and radio communication for necessary services.
- Acts as the first personal contact for the Band, greets the public and announces arrivals to the appropriate person or department and provides assistance to the public wherever possible.
- Is aware of Band general information and resources so that community or public inquiries can be directed correctly.
- Maintains the confidentiality of all material as it arrives and leaves the Band Office.
- Monitors staff availability, out-of-office locations and absences.
- Be familiar with and adhere to Seabird Island Band Personnel Policies and Procedures and the Oath of Confidentiality.
- Performs other related duties as assigned.

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry

**Interested candidates are invited to submit
a resume, covering letter & three references to:**

Human Resources - Seabird Island Band

P.O. Box 650 Agassiz, B.C. V0M 1A0

Please Quote Competition JP-2014-001

Phone 604-796-6814 Fax 604-796-3729 humanresources@seabirdisland.ca

Deadline to apply 4:00 PM Tuesday April 9, 2014

*We regret that we will only respond to those applicants chosen for an interview.
We thank all applicants for their interest*

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

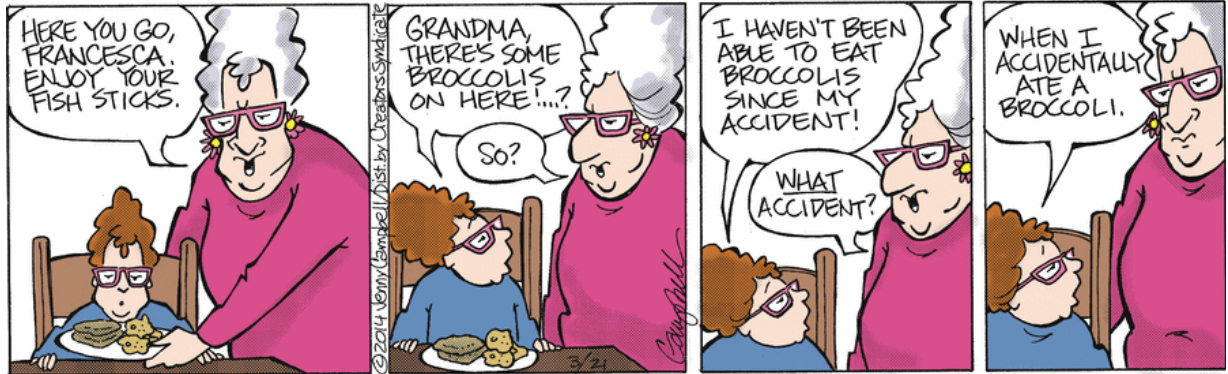
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

Health Comics



Quotes of the month

Vulnerability is the birthplace of innovation, creativity and change.

Brene Brown

Be the change that you wish to see in the world.

Gandhi

Temkwikwexel/April

March Birthstone: Diamond

March Birth Flower: Sweet Pea

Zodiac and Dates: Aries March 21 - April 20

Characteristics of Aries: Loyal, Patriotic, Courageous, Adventurous, Confident & Passionate

Halq'eméylem Word Search

- Ts'q'éyx** – Black
- Tsméth'** – Blue
- Pipeqwels** – Purple
- P'éq'** – White
- Qwiqwoyels** – Orange
- Tskwimomex** – Brown
- Tskwikwemel** – Pink
- Tskwí:m** – Red
- Tsqwa:y** – Green
- Tsxwikw'** – Grey
- Lets'lō:ts'el** – Many colors
- Temíla:xw** – Fall, Autumn
- Temxéytl'** – Winter
- Temqw'í:les** – Spring
- Temkw'okw'es** – Summer
- Sxwét'l'qel** – Pillow
- Q'ówet** – Drum
- Th'ómetsel** – Bracelet
- Xeltel** – Crayon
- Tskwímelqel** – Brown Bear

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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. Thurs. April 10th 2014
Draw Date: April 11th, 2014

Congratulations to last months winner: Dante Edwards-McIntyre!

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

We are completely booked for the Upcoming Clinic
Date: April 29th

If you missed/cancelled 3 appointments they will be refused by First Nations Health Authority. A person will have pay for their optometry visit as well their glasses then ask for reimbursement.

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

DENTAL CENTER

Seabird Dental is available
Monday - Thursday 8 - 4:30

* 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.

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.



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

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.

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/>



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.



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

BABIES MEDICAL CARDS

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

Contact CHR;
Maggie Pettis
604-796-2177

**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.

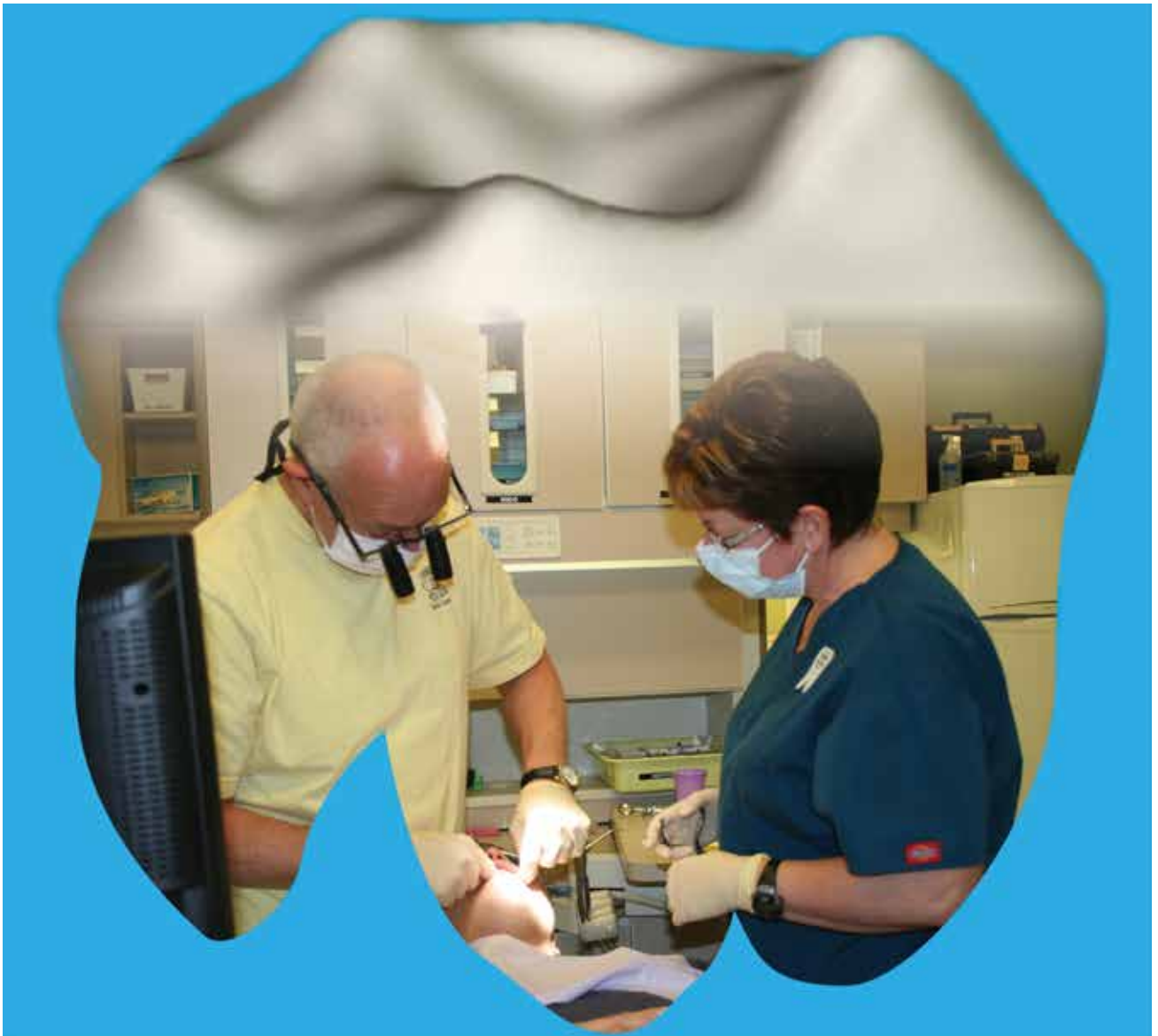
Seabird
Community
Yoo Hoo
Newsletter:



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



Did You Know that...

People with gum disease are more likely at risk for:

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

To stay healthy and keep your teeth strong...

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



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

