



## Midwife provides missing link to Seabird Island



Below is a paid advertisement

### WENDY STUECK

SEABIRD ISLAND, B.C. —  
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Even before Amelia Doran began working as a midwife with British Columbia's Seabird Island Band, would-be clients were knocking at her door.

"Everyone was asking, 'When will you be here?'" said Ms. Doran, referring to the several weeks she spent in the Fraser Valley community last fall. "I had a lot of people asking, 'My baby is due really soon, are you going to be here?' People were really excited."

Ms. Doran was officially hired in January and now has a roster of 10 clients. That is a small caseload by urban clinic standards, but a promising sign for Seabird Island, where health services already include a dental clinic, two maternal support workers and a medical office staffed by two First Nations doctors.

For the band, Ms. Doran is a sought-after recruit who, it is hoped, will bridge the gap

## Seabirds 45th Annual Festival

May 24<sup>th</sup> - 25<sup>th</sup>

Contact Angie to Volunteer or book your craft table!

## Mosquitoes!

Ready or not, here they come!

Time to tour your yard and tip over any standing water in tires, buckets, tarps, ect. These are prime breeding grounds, by emptying them you do your part to reduce the mosquitos this year.

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## Spring break with a difference

Cadets from across the Fraser Valley took part in a week long RCMP Youth Academy at Stillwood Camp near Cultus Lake over the spring break. During graduation, they showed off some serious skills like marching, but also had some fun demonstrating team work.

— image credit: Jessica Peters/ Observer

For Sean Lau, a typical spring break would include a bit of lazing, a lot of relaxing, and even more resting.

But this year, he chose a different way to pass the time.

Spring Break 2014 included 5 a.m. wake up calls, unending push ups, sit ups and burpees, demanding cardio, and days full of learning opportunities. He was one of about 50 students from across the Upper Fraser Valley accepted into the rigorous RCMP Youth Academy at Stillwood near Cultus Lake.

“It was a lot of fun,” Lau said. “I wouldn’t have traded a week of that for a week of sitting around.”

This was the 15th year the camp has been offered, and is designed to mirror depot training that new RCMP officers go through. It’s run by the RCMP, and facilitated by officers from this area for the entire 10 days. Its purpose is to give youth a glimpse at the life of a police officer, to help them decide if law enforcement is right for them.

This year, three students didn’t make it to graduation day. Despite the grueling physical training aspect of the academy, 16-year-old Lau made it right to the end. Like many who have passed through the program, he came out with his mind made up.

“I was thinking about becoming RCMP or a firefighter, but I’ve made my decision,” he said. “I’ll probably go to UFV and get a bit of criminology in before I go to depot.”

Lau was one of three high school students from Agassiz to go through the program. Jordan Henry and Robert McNeil-Bobb also toughed it out, joining a long line of local students to take part.

Those who help run the program say it can be “life changing” for those who apply themselves.

Each day included interactions and demonstrations from various divisions of the RCMP, from emergency response teams



Robert McNeil-Bobb, from Agassiz, graduates from the RCMP Youth Academy, shown here with Deanne Burleigh, superintendent of the UFVRD RCMP.

to IHIT. They learned about fingerprinting, tracking criminals, explosives disposals, and more. They took part in cross fit exercises, and took a trip to the Pacific Regional Training Centre in Sardis.

Darlene Burleigh, superintendent of the Upper Fraser Valley Regional RCMP, was among the higher brass to attend the graduation ceremony at Stillwood on Mar. 21.

The ceremony began with an impressive drill demonstration, and she applauded the young cadets for their hard work.

“Most of us went to depot for six months and came out marching as good as you have after just 12 hours,” she said, smiling. She noted that she believes the “enthusiasm of the facilitators” came through for the cadets, impressing on them that becoming a police officer is a noble job opportunity.

To get into the camp, students have to pass a physical test and go through an intensive screening process that involves the school and the RCMP.

Reference: news@ahobserver.com

## Midwife provides missing link to Seabird Island native band

between its community doctors – who do not deliver babies – and obstetricians and midwives in nearby Chilliwack. The band’s program could also serve as a case study for what advocates hope will become routine: relying more on midwives for maternal care, especially in rural and First Nations communities. The call for more midwives comes as Canada is facing what some have called a maternity-care crisis resulting from several related factors, including a declining number of family physicians who deliver babies and restructuring that has closed hospitals in many communities.

In B.C., midwives have had a growing presence since the province regulated their profession in 1998. They now deliver about 14 per cent of babies born in the province each year, the highest percentage in the country. (Nationally, midwives deliver about 2 per cent of babies each year; in Ontario, the figure is around 10 per cent.) In January, the Midwives Association of B.C. made an ambitious pitch for an even bigger role, calling for support that would result in midwives delivering 35 per cent of babies by 2020.

The MABC estimates its proposal – which involves several recommendations, including provisions for internationally trained midwives to practise in B.C. – would cost about \$3-million a year over the next seven years but would pay off in savings of \$60-million over the same period and \$20-million a year in savings after that. The projected savings would come from shorter hospital stays, fewer caesarean sections and more home births, the MABC says.

Talks about the plan are currently under way between the Ministry of Health and the MABC. If some or all of the investment is approved, it would be the biggest boost for midwifery in the province since 2012, when the province doubled the number of positions at the University of British Columbia’s midwifery program from 10 to 20.

In Seabird Island, a recent maternal care review found some women were not getting prenatal care early enough in their pregnancies.

Other problems emerged in the “hand-off” of expectant women from local physicians to doctors in nearby Chilliwack who would deliver their babies. Those problems ranged from missed appointments to hesitancy in communicating health concerns to an unfamiliar practitioner. For the band – a reserve community about a two-hour drive east of Vancouver – a community midwife seemed the obvious solution.

“We dreamed of having a midwife, because that’s who we felt was the missing link,” said Carolynne Neufeld, Seabird Island’s health director.

Ms. Doran works on contract for the band. Funding for her position comes partly from the province and partly from the federal government.

Clarisse John met Ms. Doran last fall and was the first patient in line when Ms. Doran began her contract in January.

“I can text her,” Ms. John, 19, said when asked what she likes about Ms. Doran’s approach. “When I have a question, it’s easy for me to get in touch with her.”

Cori Victor, 18, is expecting her first baby in May and, like Ms. John, jumped at the chance to seek care from a midwife based in her community.

Ms. Doran expects to provide prenatal and postnatal care and education, deliver babies and work with other members of the health-care team to ensure, for example, that children receive appropriate vaccinations at the proper time. She wants to encourage breastfeeding and to ensure that women in the community seek and receive prompt maternity care.

“We are hopefully going to shorten or close that gap from pregnancy to accessing care ... in Canada that shouldn’t be happening,” she said. “We should be able to take care of people when they are pregnant. For me, that’s a big goal.”



**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 costs only.

## 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](http://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: average 2 days**  
*Book an appointment and get it faster! Contact Kristy 604-796-2177 ext. 5024*  
**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\*\*\***



\* 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

### 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

## Seabird Festival is this Month...

Child safety near traffic can be affected by two major players: drivers and parents. For their part, young children have not yet developed the necessary cognitive skills (depth perception, judging speed of oncoming cars, distance, etc.) to safely assess the dangers of the road.

As a driver, be aware of your surroundings and child safety traffic rules. Young children may be more difficult to see, and may run or ride bicycles quickly out of hidden driveways.

Research shows . . .

- if hit at 30km/h a child has a 90% chance of surviving
- if hit at 50km/h a child has an 80% chance of being KILLED

Parents can play a crucial role in child safety on roads. Not only can parents keep in mind all the same driver issues above, but they can play an active role in teaching their kids the dangers and risks of roadways as well. Keeping your kids playing away from high traffic areas and/or in plain view of any drivers that may pass by is an important step.

## SAFETY FIRST!

PLEASE BE MINDFUL AND ROAD SAFETY WHEN WATCHING THE WAR CANOES. Many spectators pull a lawn chair out and place this on the pavement of the road. The road is very narrow and when two vehicles are passing by each other can become dangerous.



## BAND MEMBER VENDERS

Seabird Island Festival is approaching in the next couple weeks. Please note that any Band members who would like to set-up a vending space or food space need to register with Chanea or Angie please. We would like to help you promote and ensure you have all that is needed for your space and location.

## HELP WANTED

Seeking Band members that would like to work before the Festival/ during the Festival and after. Please see Chanea or Angie for inquiries.



## NOTE

**The Seabird Island Festival holds all rights to fund-raising.**

Please help us keep this weekend a

**Drug and Alcohol Free Event**

## Housing & Public Works

### Public Works Update

Our public works department is a service provider to not only all of the programs and services Seabird Band provides, but to our community as a whole. As we move towards increased customer satisfaction and a more efficient service delivery, we are asking all of you for your cooperation.

In discussions with our supervisors and management team, we have identified a way to streamline requests for services that will not only increase the timeliness of response but decrease the load on all of our staff.

Effective immediately, all requests from departments for service in the following areas:

- Janitorial
- Building maintenance (furnace, hot water, plumbing, doors, windows, electrical, locks, building envelope)
- Garbage/recycling/composting
- Sanitation warning lights/concerns
- Water line concerns
- Vehicle maintenance
- Housing concerns (client safety)
- Adding office space/moves (fee for service)
- Key requests (fee for service)
- Parking lot concerns
- Road concerns
- Health and safety/building entryways
- Security concerns
- Fire safety concerns
- After hours janitorial/lock up/security (fee for service)
- Equipment requests (fee for service)

are to be sent through our Public Works/Housing Clerk Samantha Webster. She can be reached at [samanthaw@seabirdisland.ca](mailto:samanthaw@seabirdisland.ca) or extension 6932. **Our maintenance and housing team will no longer be receiving calls for service on their phones but instead redirecting you to Samantha.**

### Housing Waitlist May 2014

#### 1 Bedroom

1	05092013-2065
2	12102013-2072
3	04012014-3108
4	04012014-2081
5	04042014-2082
6	04222014-2083

#### Don't know your number?

Contact Stacy McNeil or Samantha 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 reapply if interested**

#### 2 Bedroom

1	05092013-2065
2	12042013-2069
3	11152013-2071
4	12162013-2070
5	01022014-2074
6	04032013-2075
7	01062014-2076
8	01072014-2077
9	01092014-2078
10	01312014-2079
11	02192014-2080
12	04222014-8083

## FOR RENT

**1 bedroom rental apartment available.**

**Rent is \$475.**

Includes: fridge, stove, shared laundry, yard maintenance. Seabird community core location. Damage Deposit required. Utilities not included.

Contact Samantha Webster at 604-796-6932 for more information.

#### 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



You are invited to attend...

## Seabird Islands Annual Baby Celebration

**Where:** Seabird gym  
**When:** May 7<sup>th</sup>, 2013 at 11am  
For babies born May 1, 2013 to May 1, 2014

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](http://www.seabirdisland.ca)  
E-mail: [sandrabobb@seabirdisland.ca](mailto: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](http://www.seabirdisland.ca) or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb; Communications Supervisor & Graphic Designer, by phone at 604-796-6838 or e-mail [sandrabobb@seabirdisland.ca](mailto:sandrabobb@seabirdisland.ca)



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

#### SUBMISSION DEADLINES

The 20<sup>th</sup> of each month or if the 20<sup>th</sup> 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 (1<sup>st</sup>) of each month

## Seabird Island Language Nest Preschool

The Seabird Island Language Nest Preschool continues to encourage full Halq'emeylem language and culture throughout the two hours Monday – Thursday with Jonny Williams, our language teacher.

On April 9<sup>th</sup> the children enjoyed the Open House, greeting familiar family members and staff. Such fun to receive stickers, treats, fire fighter hats and a snack while at the



Open House. Thank you so much!! Azaileigh, Treyton and Jaikalee won prizes at the Eqwal Speech and Language table. Contratulations.

**Many Parents signed up for Fall 2014 Preschool at the Open House. Spaces are limited so please call the Preschool ASAP to ensure your 3 and 4 year old is on the list or call the Preschool @ 604-796-5568**



## Seabird Island Preschool

Ey swayel – The 4's Program began swimming on March 31<sup>st</sup>. The children have water safety lessons twice a week for the month on April at the Hope Recreation Center. The children have been enjoying the three great swimming instructors!

The children have been planting seeds for part of the science/ spring projects.

Thursday, March 27, the Preschool participated in the Seabird Island Community walk. The children walked five km. Thank you Val for the wonderful snack at the band office. A great community event! Congratulations Wyze for winning the \$50.00 gift card to Sports Check.

The children have been on several walks with Kwozel. On one outing, we counted 11 wild Easter Lilies, (trillium). Thank you Kwozel for sharing.

On April 1 we shared our 8<sup>th</sup> Seeds of Empathy Family Visit. Mom Collette and Baby Armand arrived at the Preschool with the excitement of 14 children. The theme was **Who Am I?** The children enjoyed seeing how much Baby Armand had changed since the last visit. Baby Armand enjoyed the children singing. Thank you Collette for making our Seeds of Empathy Program so successful by bringing Baby Armand!



## A-PALS... "Aboriginal Parents as Literacy Support"

On Wednesday, April 2, 2014 attended A-PALS at the Mill Hall. A delicious Indian Tacco supper was served followed by dessert. During a family circle, Halq'emeylem songs, drumming, and stories were read. Children enjoyed play time while adults participated in an adult discussion. The evening ended with crafts for all ages.

Our next A-PALS will be  
**Wednesday, May 14 at 4:30 pm**  
at the Mill Hall.

All Seabird Community members with children aged 3 – 6 years of age are invited to attend. Staff look forward to seeing you for a great evening.



### HEAD START PARENTS & TOTS



**Bingo Night**  
**YEAR END FUNDRAISER on May 1, 2014**  
Starting at 5:00 pm  
Cheam Hall

Concession will be onsite to purchase sandwiches/ drinks/ coffee/ chips etc...

**THE STAFF AVAILABLE ON TUESDAYS & THURSDAYS OR FEEL FREE TO CALL**

Carlene Brown: (604) 796 3463 Tracey Bonshor: (604) 378 1224

Jean Douglas (604) 997-5838

Jennifer Bobb (coordinator for fundraiser) - (604)-796-0964

Cards will start at \$ 7.50 for a 9 up book that will contain 14 games  
Specials for \$ 0.50 per card: Odd/ Even/ Bonanza/ Reverse odd/even  
2-4-6 special \$ 2.00 per sheet- 6 up sheet

## LOOK WHO'S TALKING

Though every baby is different, there's a predictable progression to his language skills. Here's a look at what to expect when.

**0 TO 4 MONTHS** Mostly cooing and gurgling sounds; children mimic certain noises and are particularly interested in the pitch and level of your voice.

**4 TO 7 MONTHS** Babbling at first; sounds like B, D and M are evident.

**7 TO 12 MONTHS** Sounds diversify into grunts and squeals; first words usually emerge around baby's first birthday.

**12 TO 18 MONTHS** Vocabulary grows exponentially; multiple- word combinations are not unusual.

**18 TO 30 MONTHS** Small phrases, sentences and more.

**STILL WAITING?** If by 18 months your child isn't speaking at least 15 words, contact your pediatrician. Don't write it off as a phase. The sooner you have the child evaluated for speech pathologies, the sooner you can help reverse the situation if something is awry—which isn't always the case. Every baby develops at his own pace.

Hello Everyone.

This is Mr. Compton, the Junior and Senior P.E., Math, and Capp 9 teacher. Term 4 is officially underway and we are getting much closer to wrapping up another successful year. I'm very pleased with the progress some of our students have made thus far. For those who are struggling, it's never too late to make a positive change and begin working hard. You will always have me in your corner ready to help.

Provincial Exams are not that far away. Students taking these exams in June are encouraged to come to Monday's preparation class for Math 10 Math Provincials during Block B.

Our school was very fortunate to have a math professor and two representatives from Simon Fraser University come in and give a math based presentation to all the math classes in our high school. All the students enjoyed the experience and look forward to perhaps an upcoming field trip to the university itself to learn and experience more.

Intramurals are going very well. The level of participation has increased. Now that the weather is getting better, we will be holding most of the intramural classes outside rather than in the gymnasium. 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 wrapped up our lessons on Alcohol. I was pleased with the involvement I received from students on this topic. Becoming engaged in our CAPP classes will help you to open your eyes to issues and topics you have never thought that much about before. Please continue to stay involved.

It is term 4 and we are now in count down mode. We are getting close to the end of the year and we need to make a big push to get all our work completed, so we will have a very successful year. Please make sure your son/daughter is doing homework. All English students have homework, reading, grammar, poetry, story writing or catch up... novel study. Good luck with your studies and let's finish this year big.

Mrs. McGregor.



Ey Swayel. Students have been anticipating our fieldtrip next week to Agassiz Honeyview Bee Farm. They have been learning about different kinds of bees – including honey bees and killer bees and are writing paragraphs on the new information they are learning. The school newspaper will have students paragraphs – so keep an eye out for that! In CAPP students are learning information needed to find, get and keep a job. In Math, students are working at their own pace on math booklets for addition, subtraction, multiplication and division. We are continuing to read “The Hatchet” for Novel Study. Students are also reading short stories like “A Horse to Remember,” “The Cat who Walks by Himself,” and “A Journey to Dawson.” Students are learning new vocabulary, the difference between fact and fantasy, using neither/nor sentences, as well as answering comprehension questions.

Yalh yexw kw'as hoy,  
- Ashleigh Blane

Mr. Boyes

Term 4 is already here and moving quickly! The Grade 8/7 SS class has been doing great work with their student teacher, Ms. Jurgens. Sadly, Ms. Jurgens will only be with us until May 2<sup>nd</sup>. I know that the staff and students are all going to miss the amazing work she has been doing. The students have been learning about Stó:lō culture and are taking a strong interest in it.

The Grade 9s have been looking into the local geographic of the lower mainland. With some branching off to other interesting geologic areas like Hawaii. We are currently looking into cultures of southern Mexico and Central America.

The Grade 10s have continued to look at how we can all live more sustainably and how traditional Stó:lō life is an excellent example of sustainable living. We are beginning a unit on Stó:lō history and I know we will be able to learn a lot together.

Grade 11/12s have been looking at what has happened in First Nations communities in recent history. We had Angela White from the Indian Residential School Survivors Society come in with two elders to teach the children. They went over what happened in residential schools and how they are working towards reconciliation. Many of the other classes were able to join in for this powerful presentation as well.

IT classes have been moving along through a number of projects including making some animations and editing photos. The students have been demonstrating their strong abilities to work with technology.



Ey swayel,

Currently music students are all getting ready for their final major performances at the Parent's Day Tea on Friday, May 9<sup>th</sup>. Hope you all can come to see their hard work and wonderful talents!

Recently some music students attended the Chilliwack Lions Club Dance and Music Festival where they were inspired by other local bands that performed. They saw a range of performance levels and enjoyed them all regardless of the music they played.

At the end of April, some select students will also be going on a field trip to Abbotsford Senior Secondary where they will take part in a drumline workshop. At this workshop there will be a drumline from the University of Washington, as well as other drumlines from throughout the province. My hope is that our students will come away with the desire and initiative it will take to start a drumline at Seabird next year. Please google search “Husky Drumline” to see the University of Washington's drumline perform.

Lastly I would like to take this opportunity to share a community performance that is happening Thursday, May 8<sup>th</sup> at 7pm at the Broadway Church in Chilliwack. This performance is by the “Landfill Harmonic Orchestra,” which is an youth orchestra from Paraguay that uses instruments they have found often in landfills and have reconditioned them. Many classes have watched videos of this orchestra and were amazed at their wonderful sound and their determination!

Ey cha te swayel!  
From Mrs. Crystal Boyes

All Science classes are on schedule for a healthy amount of review time as we approach year – end exams. This is especially good for our grade 10 Science Provincial Exam writers. Students have worked consistently throughout the year to maintain deadlines that will put us ahead in term of review time. Meanwhile, other grades that do not have provincial Science exams this year have still been practicing test formats and procedures that model provincial exams. In this way, all high school Science classes have been developing experience and familiarity with this type of exam writing. Overall this represents important skill development to apply both within and beyond high school.

Mr. Sutton, Science

It is a very busy time of year in the senior English class: our second novel study is on the way, as well as a poetry unit. A short-story unit tracks on the heels of poetry, soon to be followed by our research papers and then intensive reviews to prepare for the June provincial exams. Our second novel study, *Ghost of Spirit Bear*, is a wonderful story of survival, self-awareness and student activism to bring about change personally and communally.

Éy cha te swayel  
Barbara White  
M.A., M.Ed.  
Vice-Principal

## Seabird School – Halq'emeylém Translation Contest

### Halq'emeylém Translation Contest Winners:

**Division A** – Sts'ailes Community School

**Division B** – GW Graham

**Division C** – Seabird Island High School

**Adult** – Seabird Island School Teachers

April 24th at Seabird Island Community School. Teams in attendance from the following schools: St. John Brebeuf, Ten Broek Elementary, Mt. Slesse, Sts'ailes Community School, Yale Secondary School, Bakerviwe, Seabird Island Community School, GW Graham, Seabird Island Highschool, Stó:lo Language class (Adults), Seabird Island High School teachers (Adults).

**Thank you to the Judges:** Strang Burton, Diane Charlie, Judy Douglas, Camille Lasilo, Bibiana Norris, Muriel Roberts, Mona Sepass, Yvonne Tumangday, Amy Victor, Lumlamelut Wee Lay Laq, Jonny Williams.

**Thank you to our sponsors:** Seabird Island Community School, School District #34, Seabird Island Band, Seabird Ilnad College, Seabird Island Cultural Learning Centre, Halmark Promotions Chilliwack, Seabird Island High School.



## A HELP Project Contest For Kids

**We are a movie town!**



Last year it was posters, this year we want to see you make a movie.

It can be words or music; a skit or poem; it can be a single person or a great big loud crowd making a statement.

**HELP** is a touch away

For more information on the contest and how to enter, contact Agassiz Library or visit the HELP Project website.

**Deadline May 15, 2014**

If you have the story, but need someone to film, we can make that happen for you.

Grand prize to the winning filmmakers.

The point to get across is about HELP - helping yourself, helping your friends in times of trouble. Make a movie that matters.



More information and entry forms are on the [thehelpproject.ca](http://thehelpproject.ca) website. For help submitting your entries, email us from the website mail link or talk to Terrill at Agassiz Library.



## Seabird Health Renovation – Ceremony and Tours



On April 22 the Health department held a ceremony and tour to celebrate the completion of the renovations they have been working on all spring.

The mid day event started with a ceremony thanking all the workers for their hard work and recognizing our funding partners.

Following a welcoming and drumming a group of Seabird Elders performed a cedar ribbon opening.

Following the ceremonies and a meal song, attendees enjoyed a lunch.

Included in the tour was elevator rides and a walk about the offices where staff members gave out gifts. The elevator (lift) is a great addition to our building that will now allow elders and clients with disabilities or injuries to reach much needed services upstairs.

**Thank you** to Jenine, Winnie, Ellea, Jullie, Angie, Celeste & Daniel for your work with the lunch preparation.



THE HELP PROJECT • THE HELP PROJECT • THE HELP PROJECT • THE HELP PROJECT

## THE HELP PROJECT

needs your help!

### Enter the Help Project Movie Contest

Create a short movie to be used on The HELP Project website.

Grand prize for winning person or team.

Save it to a flash drive, upload it to a video website ... just make a movie that matters. Show us when help might be needed or what help looks like. It can be loud, it can be quiet. but please show us.



#### How to enter:

- Bring your movie on a stick to Agassiz Library with this entry form.
- Email a link to your movie to: [info@thehelpproject.ca](mailto:info@thehelpproject.ca)

All entries must have this entry form accompanying it. If you email an entry please bring this form into Agassiz Library with the web address of your movie.

Your Name \_\_\_\_\_

Parent/Guardian Permission (signature) \_\_\_\_\_  
*This signature authorizes the use of a winning image.*

Your Contact (Phone and/or Email) \_\_\_\_\_

School, Grade and Age \_\_\_\_\_

Movie submitted by: Email \_\_\_\_\_ Flash Drive Stick \_\_\_\_\_

Web address of video: \_\_\_\_\_

**Deadline for entries May 15, 2014**

THE HELP PROJECT • THE HELP PROJECT • THE HELP PROJECT • THE HELP PROJECT

# Fitness Center & Recreation May 2014

\*Fees may apply \*

\*check locations under programs\*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Elders Fitness</b> 9am-10am All elder's invited to work out in the fitness center for FREE!</p> <p><b>ECE Fitness</b> 10:45am-11:15am SIB Daycare children enjoy some equipment and run around!</p> <p><b>Mile Monday</b> 12:10pm-12:45pm Beat the Monday Blues with four laps at your own pace. Rain or shine.</p> <p><b>Ladies ONLY Fitness</b> 5:30pm-6:30pm Work out with other ladies.</p> <p><b>Youth (13-18) Fitness</b> 7pm-8pm All youth invited to work out together in the fitness center for FREE.</p> <p><b>Drop-in Recreation</b> 5th &amp; 19th ONLY 7pm-8:30pm Open to everyone</p> <p><b>Yoga (13+)</b> 12th &amp; 26th ONLY 6pm-7pm A form of breathing control &amp; meditation</p>	<p><b>Kids Sports (ages 10-12)</b> 5:30pm-6pm Enjoy friendly sports with friends! Sport will vary on group decision. Cancelled 6th</p> <p><b>24Fit</b> 6pm-7pm Located at the elementary school</p> <p><b>Men's ONLY Fitness</b> 7pm-8pm Work out with other men in the fitness center.</p> <p><b>Youth (13-18) Fitness</b> 7pm-8pm All youth invited to work out together in the fitness center for FREE. Fitness only on 6th.</p> <p><b>Drop-in Recreation</b> 7pm-8:30pm Open to everyone Cancelled 6th</p> <p><b>Gymnasium closed 6th for events; fitness center open</b></p>	<p><b>Elders Fitness</b> 9am-10am All elder's invited to work out in the fitness center for FREE!</p> <p><b>Imex group w/ Val @ 3:30pm</b> A walking group for everyone &amp; anyone to join! Meet in the gymnasium.</p> <p><b>10-12 Fitness Group</b> 3:30pm-4:30pm Children ages 10-12 can play sports together &amp; go for walks, etc. Meet at band office gym. Registration form needed.</p> <p><b>Ladies ONLY Fitness</b> 5:30pm-6:30pm Work out with other ladies.</p> <p><b>Youth (13-18) Fitness</b> 7pm-8pm All youth invited to work out together in the fitness center for FREE. Fitness only on 6th.</p> <p><b>Drop-in Recreation</b> 7pm-8:30pm Open to everyone Cancelled 7th</p> <p><b>Gymnasium closed 7th for events; fitness center open</b></p>	<p><b>Soccer Development Camp</b> 4pm-7pm Soccer skills development for ages 4-10; Ages 4-5 only 4pm-5pm, ages 6-8 only 5pm-6pm, ages 9-10 only 6pm-7pm. Located at the soccer field under the lights; will go into gym if to wet. Bring shin guards, cleats, and water bottle.</p> <p><b>24Fit</b> 6pm-7pm Located at the elementary school</p> <p><b>Youth (13-18) Fitness &amp; Sports</b> 7pm-8pm All youth invited to work out together in the fitness center and play sports in the gymnasium for FREE.</p> <p><b>Drop-in Recreation</b> 7pm-8:30pm Open to everyone</p> <p><b>Bring a friend for free</b> 5:30pm-9pm One free drop-in to every paying client! Does not count for group rate.</p>	<p><b>SIB Staff Intramurals</b> 12pm-1pm Seabird Band Staff are welcome to drop-in for some friendly sports.</p> <p><b>Tots Soccer</b> 5:30pm-6pm Ages 4-5 are encouraged to use their soccer skills with friends the same age. Band office gymnasium.</p> <p><b>Co-ed Ball Hockey (ages 16+)</b> 6pm-7pm</p> <p><b>Youth (13-18) Fitness</b> 7pm-8pm All youth invited to work out together in the fitness center for FREE.</p>

Programs and times may vary depending on interest and event bookings. Groups of six people or more receive 50% discount on all programs, must arrive together and leave together. If you have any questions or concerns, please direct them to Keena McNeil @ 604-796-6836 or keena@seabirdisland.ca

## COMMUNITY SERVICES DEPARTMENT

### MAY 2014

#### Events Dept

**Catering:** Please contact Angie and Chanea to get on the Catering/fundraising list for this year. You need to fill out and 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 Angie or Chanea 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 to Request an application for sponsorship. Must be submitted a minimum or 10 days in advance. Decisions are based on funding availability. Please contact Angie for more info

#### Elders

**Elders Bake Sales 10:00-2:00 Every Thursdays!**

##### Upcoming Events

**May 12-**Elders Monthly Meeting 1:00-3:00 in Elders Room

**May 13-** Elders and Youth Dinner 4:00-7:00 in the Boardroom

**May 15-** Haircuts 12:30-3:00 For appointment phone 604.796.6897

##### Home Visits

May 5th,6th,8th,13th,22nd and 27th Linda will be calling to see when a good time would be to visit.

##### Elders House Of Learning

May 7th, 14th, 21st, 29th at the College Room 8 10:30 -1:00

#### Staff Changes

Please note that Karla Kay is no longer with the Events Department. Please forward all inquiries to Angie Chapman or Chanea Gabriel

#### Summer Recreation

Summer Recreation is coming up fast! All those who are interested in registering their children (ages 5-12) for the summer months should contact Keena McNeil to get the registration process started. Lots of fun activities and field trips! Call 604-796-6836 or email keena@seabirdisland.ca.

#### YOUTH

**Youth Fitness:** Thursday from 7-8pm

**Youth Drop-in:** Fridays from 5-9pm

If you need a ride please call or text Jessica at 604-845-2295.

##### REMEMBER:

-**Youth Council** May 14th and 18th 6-8 pm

-**Youth and elder's dinner** May 27th from 4-7pm in the main boardroom at the band office

- **May 31st – Sniperz Paintball,** To sign up please see the black binder which can be found at the right hand corner of the health desk.

**Happy Birthday to:** Danielle, Tamara, Desiree, Nokomis, Owen, Kendra, and Kayla.

If any youth would like to sign up to volunteer for the festival to raise money for our program, please contact Jessica Pettis at 604-845-2295.

#### Family Outing

Families living on Seabird are invited to go swimming!

Where: Chilliwack Leisure Center Pool

When: May 22nd, Thursday (Deadline to sign up May 15th)

Time: 4:30pm -7:30pm

What Includes: Free admission to the pool

Spots Available: 20 ( more if families can drive themselves)

The white bus leaves Seabird Band Office at 4:30pm. Return at 7:30. No pick-up or drop-offs available.

Sign up with Keena McNeil at 604.796.6836 or email keena@seabirdisland.ca

## FITNESS & REC

See Events Calendar for program dates and times.

### Ages 10-12 Fitness Group

Wednesdays 3:30-4:30pm

Please Sign up your child prior to attending the class and sign permission slips for the children to participate

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

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

#### Fitness Centre Hours of Operation

Monday– Friday 8:00-4:00pm; 5:30-9:00pm

For access during office hours, please see Keena or Chanea

#### Fitness Centre & Recreation Program Fees

Type of Fee	Band Member	Community Member or Band Member	Non-Band Member
Drop-In Adult	FREE	\$1.50	\$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



## Requirements:

- Minimum 18 years of age or older.
- Physically fit and able to carry out strenuous work. Successful completion of a medical exam required
- Live within the Seabird Island area.
- Valid BC drivers license an asset
- Available in an on call basis to respond at anytime, day or night.
- Strong desire to excel in a high stress atmosphere where split-second decisions will make the difference.
- Criminal record check
- Satisfactory drivers abstract

Come on out and see what its all about. We train every Thursday from 7 till 9, at the fire hall at 2895 Chowat Dr. We welcome everyone and anyone who wishes to come out and see if fire fighting is for them.

Applications are available at the Fire Hall., or the Band administration office



*Working Smoke Detectors Save Lives*

## Contact us:

**Gerald Basten**  
Deputy Director Fire  
Emergency Services

**Leo Reyburn**  
Assistant Chief

**Daniel Harry**  
Captain

**Seabird Island  
Fire Department**  
2782 Chowat Rd  
604-796-2177 ext.6848

Seabird Island Band  
2895 Chowat Rd  
604-796-2177



*Working Smoke Detectors Save Lives*

# Seabird Island Fire Department

Looking for a few Good Firefighters

Do you have what it takes  
to join our team?

Are you physically fit and looking for a challenging part time career?

Does the idea of "Emergency Response" and "helping others" get your adrenalin going?

Do you have a desire to give back to the community you live in?

If so, we want to hear from you!



Come by the fire hall to pick up your application , and begin your career serving your community today

Tel: 604-796-2177 ext.6848

*Working Smoke Detectors Save Lives*

## What We Offer

Structural fire fighter training to internationally recognized standards.

First Responder III (first aid) training with AED, CPR III and spinal management.

Emergency vehicle driver and operator training.

Auto extrication training.

Hazardous material awareness and operation level training.

Emergency management and incident command scene training.

A team environment, family orientated, where you can showcase your skills, and are encouraged to excel.

Internationally accredited professional training at no cost to you.



*Working Smoke Detectors Save Lives*

## What We Expect

Two hours per week on Thursday evenings for training.

Some weekend training required

Dedicated individuals ready to commit to a strict training program, comply and encourage the directions and goals of the Seabird Island Fire Department.

Dedicated individuals willing to be on call 7 days per week, 365 days a year, when available for emergency call outs.

Progressive thinking, and ability to adapt to the latest industry best practices, on fire and rescue techniques

Physically fit and mentally sharp individuals seeking a challenging, yet rewarding part time career.



*Working Smoke Detectors Save Lives*

## What you Achieve

Training certification to NFPA 1001-Standard For Fire Fighter Professional Qualifications, free of charge.

Rewarding volunteer and part time paid on call employment.

Emergency scene management exposure.

Opportunity to grow, both mentally and physically, with vast challenges.

Pride of serving your community, and personal satisfaction.

Life long friendships, not only locally, but with fire fighters from all over the province.

An opportunity to be called out to provincial disasters such as wild forest fires.

Career opportunities in the fire and emergency services.



*Working Smoke Detectors Save Lives*

## 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](http://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 in 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 1 <sup>st</sup>     |
| ➤ For January (Winter/Spring depending on institution) | October 1 <sup>st</sup> |
| ➤ For May (Spring/ Summer depending on institution)    | January 1 <sup>st</sup> |

**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](mailto:cindykelly@seabirdisland.ca)

## Concurrent Group Sessions for May 2014

- **Would you like to learn more about substance misuse and mental health issues?**
- **Come out to our weekly sessions where we have covered topics such as: Understanding schizophrenia & addiction, Understanding Grief, Marijuana Use, Compulsive Relationships, Making it Clean and Understanding Borderline personality disorder & Addiction.**

May 5<sup>th</sup> Brain Development and Addiction

May 12<sup>th</sup> Methamphetamines: Deciding to Live

May 19<sup>th</sup> **STATUTORY HOLIDAY NO GROUPS TODAY**

May 26<sup>th</sup> Alcohol: The Substance, The Addiction and The Solution

We offer coffee and snacks. We have a discussion about each topic and also learn how to support each through living a healthy and addiction free life.

This is every Monday from 2:00pm – 3:30pm at the Wellness Centre. Contact Lolly for more information at 604-491-8969

### Artisans of Joy

“Children are the artisans of joy. With their miniature bodies, they laugh and run and roll about, they bounce and take off in all directions. They get agitated when you take them into your arms, and they are so full of energy that you spot them as soon as they enter a room. They like touching and tasting everything they come into contact with. And they can look into your eyes with an honesty that is so charming, for a second you’ll wonder how to respond. They do so many funny things . . . Life is full of ridiculous things and children have the gift of seeing them clearly.”

-Judy Ford

Children experience life creatively. They haven’t learned to be cool and distant. They experience things directly and intensely because they have no preconceived ideas. They find life and every single thing in it absolutely wonderful, absolutely amazing.

## Seabird Open House



April 9<sup>th</sup> Seabird held its Annual Open House. Most of the programs and departments set-up display tables to feature their work. We had staff on hand to answer any questions community members and clients wanted to ask. Many of the community members and clients walked away with goodies and door prizes.

It was an exciting day of learning for everybody. Staff members even took a turn around the floor to learn what some of their fellow workers do in their departments. Many of the Seabird Programs offer different services, so much so it can be hard to keep up with what other services are offered outside of your area.

We hope everybody enjoyed the Open House as much as we did. It was nice to see everyone out and about. We all look forward to working with each of you in the coming year.

## Women’s Support Group



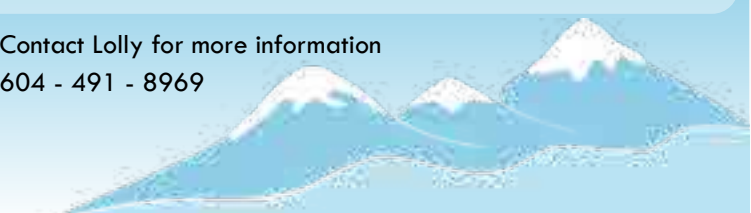
May 7<sup>th</sup> - June 25<sup>th</sup>, 2014

5:30pm - 7:30pm Every Wednesday

Seabird Wellness Centre - Upstairs

- Come out for ladies night
- Positive Changes for yourself
- Holistic teachings— Physical, emotional, spiritual & mental wellness
- Learn to support yourself and other women
- Angel card readings, positive affirmations, wellness goals, sobriety as a way of life, and learning to truly love who you are as a woman!!
- Coffee and snacks provided

Contact Lolly for more information  
604 - 491 - 8969



## Healthy Recipe Corner

### Honey Grapefruit with Banana

Trying to trim down or stay slim? You can't go wrong with this tangy tropical fruit salad, perfect for breakfast or as a colorful side dish at brunch. Grapefruit is one of the [best foods for weight loss](#), studies show—perhaps because of the effect it has on insulin, a fat-storage hormone.

What's more, grapefruit is deceptively filling. It has one of the highest water concentrations of any fruit (about 90% of its weight is water), and all that juice fills you up fast and prevents over eating.

Reference: [http://www.health.com/health/gallery/0,,20678467\\_6,00.html](http://www.health.com/health/gallery/0,,20678467_6,00.html)

#### Ingredients

- 1 (24-ounce) jar refrigerated red grapefruit sections (about 2 cups)
- 1 cupsliced banana (about 1)
- 1 tablespoonfresh chopped mint
- 1 tablespoonhoney

#### Preparation

Drain grapefruit sections, reserving 1/4 cup juice.

Combine grapefruit sections, juice, and remaining ingredients in a medium bowl. Toss gently to coat. Serve immediately, or cover and chill.



### Mindful Eating Weight Loss Tips

- **Pay attention while you're eating.** Instead of chowing down mindlessly, savor the experience. Eat slowly, savoring the smells and textures of your food.
- **Avoid distractions while eating.** Try not to eat while working, watching TV, or driving. It's too easy to mindlessly overeat.
- **Chew your food thoroughly.** Try chewing each bite 30 times before swallowing.
- **Try mixing things up.** Try using chopsticks rather than a fork, or use your utensils with your non-dominant hand.
- **Stop eating before you are full.** It takes time for the signal to reach your brain that you've had enough. Avoid the temptation to clean your plate. *Yes, there are children starving in Africa, but your weight gain won't help them.*
- **Find healthier ways to calm yourself - other than eating.** Try exercise, yoga, meditation, or soaking in a hot bath.
- **Feeling low on energy,** find other mid-afternoon pick-me-ups. Walking around the block, listening to energizing music, or taking a short nap.
- **When you're lonely or bored,** reach out to others instead of reaching for the refrigerator. Call a friend who makes you laugh, take your dog for a walk, or go out in public (to the library, mall, or park — anywhere there's people).
- **Focus on Fruits and Vegetables.** Instead of chips and dip, try baby carrots or celery with hummus.
- **Add more veggies** to your main courses to make your dish "go" further. Even dishes such as pasta and stir-fries can be diet-friendly if you use less noodles and more vegetables.
- **Start your meal with a salad** or soup to fill you up, so you eat less of your entrée.
- **Fast for 14 hours a day.** Try to eat your last meal earlier in the day and fast until breakfast the next morning. Eating only when you're most active and giving your digestive system a long break each day—may help you to lose weight.

### Healthy Weight Loss

- **Think lifestyle change,** not short-term diet. Permanent weight loss is not something that a "quick-fix" diet can achieve. Instead, think about weight loss as a permanent lifestyle change—a commitment to your health for life. Various popular diets can help jumpstart your weight loss, but permanent changes in your lifestyle and food choices are what will work in the long run.
  - **Find a cheering section.** Social support means a lot. Seek out support—whether in the form of family, friends, or a support group—to get the encouragement you need.
  - **Slow and steady wins the race.** Aim to lose one to two pounds a week to ensure healthy weight loss. Losing weight too fast can take a toll on your mind and body, making you feel sluggish, drained, and sick.
  - **Set goals to keep you motivated.** Short-term goals, like wanting to fit into a bikini for the summer, usually don't work as well as wanting to feel more confident or become healthier for your children's sakes. When frustration and temptation strike, concentrate on the many benefits you will reap from being healthier and leaner.
  - **Use tools that help you track your progress.** Keep a food journal and weigh yourself regularly, keeping track of each pound and inch you lose. By keeping track of your weight loss efforts, you'll see the results in black and white, which will assist you in staying motivated.
- Keep in mind it may take some experimenting to find the right diet for your individual body. It's important that you feel satisfied so that you can stick with it on a long-term basis. If one diet plan doesn't work, then try another one.
- There are many ways to lose weight. The key is to find what works for you.**

## 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 May 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 you 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/FNIF

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 Govereau for more information on the program.

### INCOME ASSISTANCE INFORMATION

- \* June 2014 cheque issue is *Wednesday May 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.*

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	Outside
	Member	
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 Advertisements 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 (1<sup>st</sup>) 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**

“There are two mistakes one can make along the road to truth ... not going all the way, and not starting.”  
-Buddha

“If you always do what you’ve done, you will always get what you’ve always got.”  
-Ed Foreman

**Tem qwel oythi:lem/May**

**Birthstone:** Emerald

**Birth Flower:** Lilly of the Valley

**Zodiac and Dates:** Taurus April 20 - May 20

**Characteristics of Taurus:** Affectionate, Reliable, Ambitious, Practical & Patient

**Halq’eméylem Word Search**

Baby – SQÁQELE	S	Q	Á	Q	E	L	E	W	L	W	T	E	K	'	W
Drumming – Q'EWÉTEM	Á	X	Q	X	P	'	I	L	Ó	L	E	T	S	'	E
Love – STL'LT'L'EL	:	Q	Ó	W	W	I	X	W	I	Y	Ó	S	C	T	W
Fox – SXWEWÁL	L	S	X	Y	L	O	P	Q	E	L	O	E	H	'	'
Shoe – QWLHÍ:XEL	E	T	X	S	T	H	X	E	'	S	Í	S	E	L	E
Heart – TH'Á:LE	M	C	'	W	T	L	Í	W	Q	E	Á	Q	W	L	C
Schoolhouse – IWESÁWTXW	C	H	T	W	E	M	'	:	E	W	W	Ó	K	:	
Happiness – XWOXWEYÍWEL	L	Í	T	X	L	W	P	T	X	Y	E	É	T	W	:
Purple – PIPEQWELS	H	:	X	T	Á	E	Á	E	H	E	Í	L	T	X	É
Cheese – CHÍ:S	É	S	T	L	'	Í	T	L	'	E	L	W	S	E	W
Grandmother – SÍSELE	K	Q	O	'	Ó	K	W	'	Í	Y	T	S	E	L	M
Grandfather – SÍ:LE	K	W	É	T	S	L	Ó	M	É	L	S	S	L	L	Í
Aggressive – SXÓYTL'THET	T	H	'	Á	:	L	E	É	Y	Q	W	L	H	A	W
Alert – XWIYÓ	S	X	'	E	E	Y	P	:	'	T	Í	E	X	W	W
Alert – XWIYÓ	T	W	X	W	E	I	E	Í	W	S	Í	'	Y	L	E
Alert – XWIYÓ															

**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. Friday May 9<sup>th</sup> 2014  
**Draw Date:** Monday May 12<sup>th</sup>, 2014

Congratulations to last months winner: Georgette Leo!

**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 be disposed of following the draw.*

**'Round The Rez**  
Community Events, Workshops & Outings

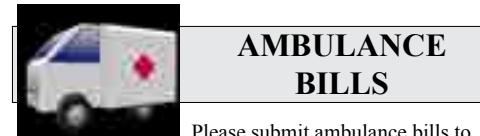
**OPTOMETRIST CLINIC**

Dr. Ahmed's  
We are completely booked for the Upcoming Clinic  
Date: April 29<sup>th</sup>

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

**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. Contact Samantha at 604-796-6932, or e-mail: [samanthaw@seabirdisland.ca](mailto:samanthaw@seabirdisland.ca), or at the office 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

**BABIES MEDICAL CARDS**

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

Contact CHR; Maggie Pettis  
604-796-2177

**BUILDING BOOKING AND MEETING ROOMS**

► **Angie and Chanea** look 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.<sup>50</sup> for band members and  
\$8.<sup>50</sup> for non-band members.

**VOLUNTEERS REQUIRED**

Please come and inquire with **Angie and Chanea** 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.**

**Find  
Seabird  
online!**

[www.seabirdisland.ca](http://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

# Women's Health

## TAKE CARE OF YOURSELF

*Body, Mind & Spirit*



**Most women can read others well and will nurture their friends and family, but overlook their own bodies needs.**

Many of the symptoms women have are easily ignored but can lead to serious problems and can prove to be deadly if ignored.

### **THE TOP 3 HEALTH ISSUES WITH WOMEN ARE:**

#### **HEART DISEASE**

- The #1 cause of death in women

#### **BREAST CANCER**

- *Early Detection is key.*

#### **CERVICAL CANCER**

Another large health risk for women caused by a sexually transmitted disease called Human Papilloma Virus (HPV).

*Once Diagnosed with Cervical Cancer, pregnancy is most often not an option for your future.*

***Talk to your doctor if you are concerned about your health.***



Created by Seabird Health  
[www.seabirdisland.ca](http://www.seabirdisland.ca)

