



Because news isn't all bad or boring!

Chiefs Corner



Strategic Planning Meeting

We have a meeting each year, everyone is welcome for updates on our accomplishments and goals. On January 21st Seabird Island invited its Band Members to join Band employees to offer suggestions, goals and feedback on areas that Seabird Island can improve.

Chief Clem Seymour says, Seabird Island's Directors and Chief & Council "... wrote a vision in 2002 that lists all the things Seabird would like to have accomplished by 2020," he continues "every year we take a look at the list and choose a couple of goals that we would like to work on that year". During Strategic Planning employees were available to answer questions and offer updates on items that were on the previous years' Strategic Planning. As we move forward each Department will begin using the suggestions, goals and feedback received to improve as an organization and make sure Band Member needs are met.

"Seabird has grown so fast and so much. We are still growing and changing," says the Chief. The new 2,400 square foot Sqéwqel Gas Bar is under construction and the new Early Childhood Center is set to break ground in February. At the Strategic Planning session Band Members had the opportunity to examine the two design options for the Early Childhood Center and provide input into both of their features.



Seabird Island hosts a Strategic Planning session every year and Band Members are welcome to attend to receive updates, share our accomplishments, and join in on suggesting goals. To read our vision for 2020 go to: <http://www.seabirdisland.ca/page/our-mission-and-vision>.

Submission by Zorana Edwards Shippentower

OFFICES CLOSED

Monday, February 9th
For Family Day
Stat Holiday

**Family Day
Community Dinner**
Tuesday, February 10th
5:00 p.m.

*Families make us all
stronger!
A family teaches us how
to function in the world.*

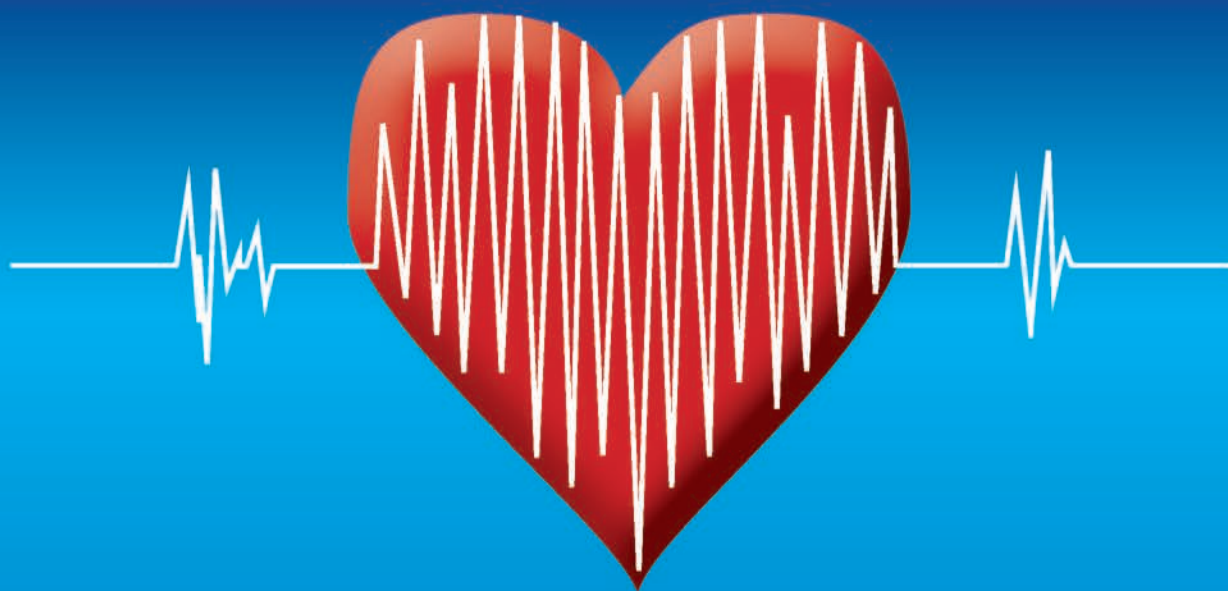
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*Please see the inserts for
the nomination list.
Chief and Council Election
March 11th 2015*

Clem sends his apologies for not making it to Strategic Planning due to medical reasons.

Heart Health Workshop



February 11th, 2015

Location: Seabird Island Band Gym

Time: 9 a.m. – 3 p.m.
Snacks and lunch provided

- Door prizes, giveaways
- Presentations, displays
- Info on heart health - prevention, early detection, treatment
 - Diabetes.... Glucose Testing, A1C's
 - Cancer....
 - Other Chronic Health Conditions

*Contact your community CHR,
all communities affiliated with Seabird Health are invited.*

Lytton
Skuppa
Kanaka Bar



Boston Bar
Boothroyd
Spuzzan

Seabird Island Health



www.seabirdisland.ca

Whether you go out or stay home, this holiday is a special day to spend with your family. Take some time to play with your kids and bond with your youth.

A family that eats together stays together. You must have heard the adage several times, but it holds true. Eating together helps families stay connected. ! Turn the TV off for 1 hour a day and just talk as a family and remember to keep the conversation positive.

Make room for fun. While it's good to encourage your children's school work and extra curricular activities, too much emphasis on it can create tension and anxiety. Make time for activities that have no purpose other than to allow family members to enjoy spending time together. Play games, plot surprise parties, take long walks, explore a cave, plant a garden, or cook.

Family Day - Seabird Community Dinner

February 10th 5:00 p.m.
Seabird Band Gym

Places to go and things to do on Family Day

Gibsons

Gibsons Aquatic Facility

953 Gibsons way
Monday Feb. 9, 1pm – 5pm
FREE entry into the facilities
Website: www.scrd.ca/Gibsons-and-District-Aquatic-Facility
Phone: 604-885-6867

Gibsons & Area Community Centre

700 Park Road
Monday Feb. 9, 10am – 4pm
FREE entry into the facilities and FREE public skate (1:45pm-3:15pm)
Website: www.scrd.ca/Gibsons-and-Area-Community-Centre
Phone: 604-885-6868

Harrison Hot Spings

Ramada Hotel 190 Lillooet Ave & St. Alice
Hall 100 Esplanade Ave
Saturday Feb. 7 and Sun Feb. 8, 11am – 4pm
Puppets, jugglers, storytellers, bouncy castles, Sasquatch investigations and more.
Website: tourismharrison.com/Family-Fun-Carnival

Langley

Willowbrook Shopping Centre

19705 Fraser Highway
Monday Feb. 9, 11am – 6pm
WORLD PLAY DAY
Families, come to Willowbrook Shopping Centre's for BC Family Day! This indoor, kid-friendly event will feature fun multiculturalism activities, demonstrations, and exhibits.
Website: www.shopwillowbrook.com
Phone: 604-530-4492.

New Westminster

Fraser River Discovery Centre

788 Quayside Drive
Since 2013, the Fraser River Discovery Centre in New Westminster has offered free activities for families to enjoy on Family Day.

Website: fraserriverdiscovery.org/
Phone: 604-521-8401

Pender Harbour

Pender Harbour Aquatic & Fitness Centre
13639 Sunshine Coast Hwy, Madeira Park
Monday Feb. 9, 1pm – 4pm
FREE entry into the facilities
Website: www.scrd.ca/Pender-Harbour-Aquatic-Fitness-Centre
Phone: 604-885-6866

Richmond

Richmond Children's Arts Festival
Richmond Cultural Centre,
7700 Minoru Gate
Monday, February 9, 10am – 4pm
Make something cool at Richmond's Children's Arts Festival. Come out to experience all of the Imagination Stations and performances or register for Creativity Classes.
Website: www.childrensartsfestival.ca
Facebook: www.facebook.com/Richmond-Children's-Arts-Festival

Sechelt

Dakota Ridge Winter Recreational Area
Free access for families to the Dakota Ridge Winter Recreation Area.
Due to the nature of the road to Dakota Ridge, access will be restricted to four-wheel drive vehicles with chains. Carpooling is highly recommended in order to maximize our parking area.
Website: dakotaridge.ca

Sechelt Aquatics Centre

Location of Event: 5500 Shorncliffe Avenue
Monday Feb. 9, 1pm – 5pm
FREE entry into the facilities
Website: www.scrd.ca/Sechelt-Aquatic-Centre
Phone: 604-885-6865
<http://blog.gov.bc.ca/bcfamilyday/events/>



Richard Moses Louie

This month Elder's Liaison Linda McNeil-Bobb interviewed community Elder Richard Moses Louie. Richard was born in Chehalis but his mother Clara and father Moses Louie were from Seabird

Island, they were just visiting Chehalis he says. His grandfather was Dan Thomas and his grandmother was Matilda Thomas.

Richard, who is 68 years old, shared with Linda his memories of Seabird Island. "I used to like going berry picking across the line," Richard says when asked about his favourite memory as a child. He continues "I liked the Mexican accents. Used to see old and new friends every year".

He reminisces about what Seabird Island used to look like when he was a child, there were "... only 14 to 24 homes on Seabird back then. Now we have 10 times that". He remembers them as being small and only about 24' by 24'. Richard says "we cut our own wood, swede saw or cross cut saw. We had big trees back then." Back when Cattermole cleared the land he started noticing changes. "Changes started to come like farming, vegetables, and leasing our land. We had prize beans and would process them in Chilliwack. But once they realized how much we had they changed to different vegetables."

When asked about what advice, teaching or message he wanted to share Richard replied "education is what we need. Our ancestors always encouraged us to learn. Opportunities are now available to learn and if you did not like one occupation you can take another trade and you always have a job". He also says its "good to see drumming, singing and language coming back." Richard remembers a time when First Nations people weren't allowed to practice culture openly. "We used to have to hide it away. Our aunts and uncles had to do that". Now things are much different, "Sister Therese and Father Gerry join us in our cultural teachings (sweat lodge and shaker church," he continues "what people don't know, they fear. But they respect it once they know and understand our teachings".

Submission by Linda McNeil-Bobb

Seabird Island Band Housing Wait-list February 2015

1 Bedroom

1	08272014-1007
2	11132014-1012
3	01072015-1013

2 Bedroom

1	01062014-2076
2	01092014-2078
3	02192014-2080
4	05302014-2085
5	07292014-3090
6	10032014-1010
7	07082014-3087
8	12242014-1014
9	10082014-1007
10	01072015-1008
11	01072015-1013
12	08272014-1007

3 + Bedroom

1	01032012-3057
2	12192012-3076
3	01022013-3079
4	02062013-3082
5	02082013-3083
6	02082013-3084
7	03192013-3088
8	07102013-3090
9	12102013-2069B
10	12312013-3099
11	01022014-2074
12	01032014-3103
13	06042014-2086
14	07082014-3087
15	07142014-3088
16	07292014-3090
17	09302014-1005
18	12092014-1014
19	12242014-1015
20	12312014-1016
21	01092014-2078
22	01062015-1017
23	01072015-1008
24	01122015-1009
25	01142015-1010
26	01142015-1011
27	01142015-1012

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 Ashley Robinson 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.

We would like to congratulate Ashley Robinson. She was the successful applicant for the Housing Program Supervisors Position.

Ashley has been with us since November 2012 taking care of many of the administrative needs of the Early Childhood Education Programs. She also brings with her a BBA, Building Code training from BCIT, and work experience with the City of Abbotsford.

Ashley will be wrapping up some final tasks with Early Childhood Education and Health before moving permanently to Housing on February 5th.

Home Maintenance Tips for Spring

Check for possible damage to your roof. Look for missing, cracked or broken shingles and make note of any needed repairs. For safety reasons, you may want to consider hiring a qualified professional to take care of any repair work that needs to be done. Home Depot offers professional, efficient roof installation services at a competitive price. Clean your gutters and downspouts and make sure they are directing water away from the house.

Cut back tree limbs and shrubs growing within five feet of your house or that are brushing up against the roof. You will create better ventilation, help dry out surfaces and prevent possible damage.

Check for and repair cracks in driveway/sidewalk. Spring is the best time to seal cracks in the driveway or any other concrete.

Pressure wash your deck, patio, and green slimy walls

and bring outdoor furniture out of storage. Make sure to wipe down each piece thoroughly prior to placing on a freshly-washed surface.

Check garden hoses for dry rot and inspect hose faucets for possible freeze damage that may have occurred during the winter months.

Clean/condition your outdoor grill by first rinsing all outside surfaces with water. If grease has loosened on the grill grates and inside of the grill, wipe off using grill cleaner and paper towels. Follow by washing with a mild detergent and water. Rinse well and wipe dry.

<http://ext.homedepot.com/community/blog/home-maintenance-tips-to-get-your-home-ready-for-spring/>





the **SEABIRD** Island

YOO HOO

Because news isn't all bad or boring!

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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



The group: Mindy Phillips (Seabird), Tim Louis (Seabird), Cameron Garner (Seabird), Jesse Fraser (Seabird), Jason Fraser (Shxw'ow'hamel), Maverick Fraser (Seabird), Morgan Peters (Peters Band), Andrew Montjoy, John Moreno (Yale), Julie Palmantier, Brawnson Pyne, Brooklyn Pyne and Kelsey Dixon (Sechelt).

Power-line Technician Program

Power-line Technician Students Preparing for Hands-on Training

Seabird College and Thompson Rivers University have partnered to offer the Power-line Technician Program. “Students are now three months into the program,” says Active Measures Coordinator Wendy Jimmie who assists the students.

“The students spent the first three months of the program working hard to complete prerequisites for the program,” she says. Students had to complete Math 11, Physics 11, and either Communications 12 or English 12 in order to take part in the Power-line Technician program. “The upgrading was completed and finals were held mid-December” Wendy continues “Now the real work begins”. Five Seabird Island Band Members, four from other Nations and several Non-Aboriginal students are currently taking part in the program.

The first day of class for the students was on January 5th at Thompson Rivers University (TRU) in Kamloops, B.C. Although the University was closed due to weather, the students kept busy. “Student spent time talking about attendance, conduct, and getting familiar with the campus and instructor,” says Wendy. The Power-line Technician students will be attending TRU until February 6th and then they will be doing hands-on work with their instructor February 9th – 27th.

During the hands-on portion students will be doing pole work and preparing for the *Industry Training Authority (ITA)* final exam. ITA oversees British Columbia’s industry skills training and certification system. Students who receive a passing grade of 70% or higher will earn a recognized Power-line Level 1 certificate from TRU.

“There’s a ton of snow here,” she says, “but students are working hard in class despite the minor challenges they were faced with at the beginning of the program”. Once finished the students will be prepared to work in the power-line industry with private companies or public entities. Students should be aware that this career may require a significant amount of travel or relocation to remote sites for a period of time in order to become established in the industry. “On January 16th BC Hydro did a presentation to the students at TRU” says Wendy. Students were given the opportunity to hear first-hand on job demand from industry professionals and ask questions.

Submitted by:

Wendy Jimmie, Active Measures Client Advocate
Seabird Island Band
Education, Training & Social Development

Personal Emergency Preparedness Survey

The average Canadian is expected to be prepared to survive for the first 72 hours (3 days) on their own in the event of major incidents like power outages, earthquakes, flood, wildfire and more. It may be too hazardous for help to reach you and downed trees could be blocking access to get you help. This last ice storm left most of us without power for 21 hours. We would like to thank those community members and staff that checked in on our families and friends during the power outage. There were some homes that we weren't able to access due to snow and other safety risks. We are proud of each and every one of the individual community members who stepped up to make sure everyone around them was safe.

We would like to know how you managed during this last incident. **Please fill out the survey below and return it to the Seabird Communications Office.** This survey will help us prepare for future incidents. Your information will remain confidential, however we will need to know your name and address to ensure we are able to help you.

Name: _____
Address: _____
Contact: _____

Were you prepared?

Did you have enough supplies?

Were you able to keep warm enough?

Did your friends, family or neighbors check in on you?

Were you able to contact friends or family for help (phone, text, email, etc.)?

Did/Do you know people near you that still had some sort of heat source?

Would they be willing to take you in for a day or so when another disaster strikes? (Until help can get to you?)

What worked for you? _____

What is your wish list? _____

Reminder: Since most people probably used up their supplies in their survival kit it is time to restock your survival kit, you never know if the next disaster is just around the corner!

Submitted by Sandy Bobb
Seabird Island Emergency Preparedness

Finding News in an Emergency

“Seabird Island is currently reviewing our community-wide crisis communications plan,” says Hans Wegener of the Information Technology team. Seabird Island is looking into different ways to communicate with Band Members, clients, and staff in emergency situations. Hans says “in order for Seabird to respond quickly to emerging issues and get information out to everyone we rely on several different tools”. If there is a crisis, such as power outage, Seabird Island distributes information immediately using: Facebook, Twitter, www.seabirdisland.ca, radio, and door-to-door (when safe).

Facebook: our facebook.com/SeabirdIslandBand page shares official messages from Seabird Island in times of emergency. *Anyone can view our Facebook account, you do not need to have your own Facebook account.*

Twitter: the twitter.com/SeabirdIsland Twitter account which also shares official messages from Seabird Island in times of emergency. When appropriate, we will share other accounts, like at Emergency Info BC or at BC Hydro, who may have more information on developing issues. *Anyone can view our Twitter account, you do not need to have your own Twitter account.*

Our official website: www.seabirdisland.ca will display an emergency notice right on the homepage and we will continue to update information on our homepage as it becomes available.

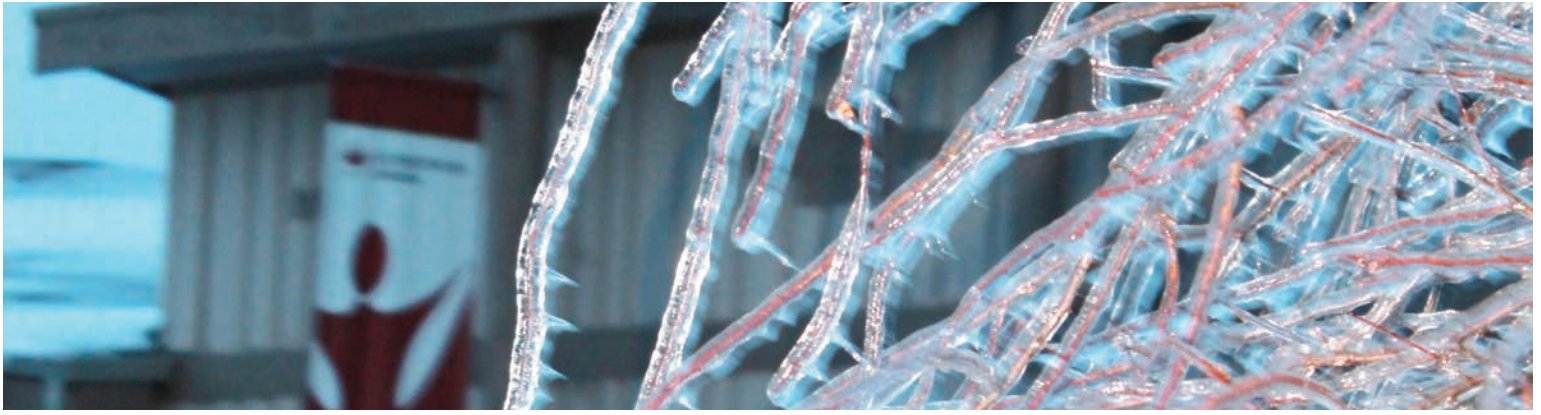
Radio: Listen to **Star 98.3 The Valley's Lite Rock** station for emergency broadcasts about school closures.

Door-to-Door: Only when safe to do so, staff will go door-to-door to make sure Band Members are safe, starting with those Members who have special needs (such as elders or those who aren't mobile).

TIPS:

- If you don't have Internet Access on your computer or data on your cell phone, you can use the FREE complimentary access on Seabird Wi-Fi to access both our Facebook www.facebook.com/seabirdislandband (default) or go to our www.seabirdisland.ca website.
- If you can safely do so, check up on neighbours and elders near you to see if they are safe.
- If you have internet access but don't have a personal Facebook or Twitter account, you can still access our facebook or twitter with out having to create an account.

Submitted by Hans Wegener



Preparing a Family Emergency Kit

It's time to restock! It's your responsibility to gather supplies and start thinking about what your family will need for at least 72 hours in an emergency.

TIP: Keep these items in a suitcase or duffle bag. It's a good idea to separate some of these supplies in different backpacks. That way your kit will be more portable and each person can personalize their own grab-and-go emergency kit in case of evacuation.

- Water (2 liters per person per day)
- Food (that won't spoil and that doesn't need to be cooked)
- Manual can opener
- Flash light
- Candles
- Battery/wind-up powered radio
- Extra batteries
- Extra Blankets or sleeping bags
- Change of clothing
- Winter wear
- Toilet paper
- Hand sanitizer
- Whistle to call for help
- Small fuel operated stove (open a window slightly if you intend to use this for heat, the gas fumes can be toxic if they are not vented)
- First aid kit
- Corded phone that plugs into the wall
- Cash (small bills)
- Basic tools (hammer, pliers, pocket knife, screw drivers, gloves, etc.)
- Family Emergency plan

Emergency Survival Tips

1. Huddling in one room together will help keep you warmer and preserve heat. Close all interior doors and/or put up blankets. It is easier to keep one room warm than the whole house. Bring a mattress to that room if necessary.
2. Layer up your clothing. Loose, warm, layered clothing is the way to go. Loose clothing helps the blood flow and increasing warmth. Wearing a hat and gloves is essential because most of our body heat leaves through the extremities. Mittens are warmer than gloves because the fingers are allowed to touch each other and create additional heat.
3. Keep a corded phone plugged into the wall. Even if you do not have a home phone plan or number you can still use it to call 911.
4. Get yourself a cell phone charger for your car to use when you have no power in your home.
5. No water, can't flush your toilet? If you have a bucket of water and pour it into the toilet fast enough, it will force flush your toilet even without power.
6. Collect water (for toilets and washing) from the down spouts of your home.
7. Try to relax, take your mind off what's going on. Read a book, draw, or play games.
8. If you do not have a surge protector for your electronics unplug them. When the power comes back on it could flicker and may fry your electronics, this could also become a fire hazard.
9. If you still have running water but no heat turn the taps on so you get slow a drip. Water pipes freeze at -7° degrees Celsius, this will help keep the pipes in working order.
10. Keeping your driveway clear is important in order to get assistance to your home. However, many people have heart attack related incidents from working in the cold so don't overdo it. Go slow and steady and remember to take breaks. If you need help ask your kids or a neighbor for help.

Naturopathic Physician joins Seabird Island's Health Team

Seabird Island's Health Team has been joined by licensed Naturopathic Physician Dr. Georgia Kyba. Dr. Kyba is Northern Tutchone from the Selkirk First Nations in the Yukon. She graduated from The *National College of Natural Medicine* in Portland, Oregon. Naturopathic Medicine emphasizes the healing power of nature, and practitioners try to support the body's own healing capacity with natural therapies. Other basic principles of naturopathic medicine include treating the whole person (by looking at all aspects of the person's lifestyle); first do no harm (using therapies that are generally non-toxic); treating the

cause of illness rather than suppressing symptoms; and doctor as teacher (focusing on lifestyle and nutritional counseling and preventative care).

Dr. Kyba is excited to bring these services to the Seabird Island Band. She has worked for 8 years with the *First Nations Health Authority* as an advisor as well as provided services to patients. During a Naturopathic Physician visit Dr. Kyba will take a thorough health history that covers the patient's past and current health problems as well as lifestyle factors such as diet, physical activity, sleep habits, energy levels, sources of stress, and emotional

life. Dr. Kyba will then do a physical exam (blood pressure, weight, etc.), as well as order and analyze blood work and provide individualized treatment plans. A large part of Dr. Kyba's time is spent on lifestyle and nutritional counselling, as well as providing supplement recommendations.

The Doctor's Office at Seabird Island has begun taking appointments from patients who would like to see the Naturopathic Physician. If you would like to schedule an appointment with Dr. Kyba you can do so by calling the Doctor's Office at 604-796-2165 or toll-free at 1-800-788-0322.

Don't let the bedbugs bite:

Bed Bugs—A Primer

There are actually different types of bed bugs out there. The most troublesome prefer to feed on humans (bed bugs are blood suckers) and are most often found in mattresses, bed posts, headboards, box springs, and/or behind loose wallpaper and plaster. There are also bed bugs that prefer birds, bats, and other wildlife; however, if they come into contact with humans they won't hesitate to broaden their horizons. A female bed bug lays 300 eggs at a time that take an average of 10 days to hatch.

You do the math.

This is one pest that you need to attack as soon as an infestation becomes apparent.

Bed Bug Identification

The first sign of bed bugs usually shows up on your person in the form of red, irritated, or itching bites. Once those come to light, look for actual bugs, eggs, and nymphs in your bedding, mattresses and bed frame. You will probably find rust colored spots on the mattress (places where blood engorged bugs have been crushed) and areas of fecal deposits that look like brown stains and deposits. If all these signs are present, it's time to move on to the next step in bed bug prevention and extermination.

Call in the Pros

Unfortunately bed bugs are very hard to get rid of on your own. That being the case, you'll want to search out bed bug exterminators to address your problem. Bed bugs require an integrated pest management strategy. First of all, you'll need to wash all bedding in at least 120 degree water to kill existing eggs, nymphs, and bugs. Second, vacuum the area thoroughly and seal and dispose of the vacuum bag when you're finished.

You Don't Want that Mattress, Do You?

You'll probably need to dispose of infested mattresses and box springs as well, as there isn't any sure way to rid them of the problem. After taking all these steps, the next thing for you to do is for your bed bug exterminators to treat the area with pesticides. This is tricky business, because close contact to any pesticide is a bad thing, and beds make avoiding that almost impossible. For this reason, more than any other, it's important to hire a professional.

Read more:
<http://www.homeadvisor.com/article.show.Bed-Bug-Prevention-101.14160.html#ixzz-3PyLQGVlp>



BEDBUGS 101

- The most common ways to get bedbugs is by staying overnight in an infested room, and/or bringing an infested piece of furniture into your home, or through another unit in a multi-dwelling residence.
- Try putting your luggage on the metal rack in hotel rooms when on vacation and don't buy used couches or beds.
- Bedbugs tend to feed at night on those who are sleeping or resting. They're drawn by the carbon dioxide emitted as we sleep?
- Adult bedbugs are the size and shape of an apple seed. Younger ones look like poppy seeds.
- Telltale bedbug signs are black spots that look like ink stains on furniture.
- Bedbugs can live for up to six months without feeding.
- Extended exposure to extreme heat or extreme cold can kill bedbugs.
- Bedbugs were not known to carry any infectious diseases until recently. Lab tests on mice have shown that bedbugs can spread the pathogen that causes Chagas disease, prevalent in central and South America. No word on whether they can spread the pathogen among humans.
- When mating, a male bedbug stabs the female in the abdomen with his sharpened genitalia.

gschaefer@theprovince.com

Seabird Island Preschool 3 and 4's Program



Ey Swayel !! Good Day! Xá:ws sílolem Happy New Year!

"It's hard to believe we are half way through the school year!" says Seabird Island Pre-school teacher Dianne Wilson. The children have been back to Pre-school for two weeks after having spent a wonderful Christmas vacation with family and friends. "The first day back was great fun as there was snow on the ground and it was a perfect day for the children to make snow angels," says Dianne. Mom Stephanie and baby Alice joined us in the Pre-school children to take part in the Seeds of Empathy program. During this program children observe a baby's development and learn to recognize the baby's feelings. This helps our little ones children recognize their own feeling as well as teaches them to recognize those feelings in others. The children will carry this throughout their life time and learn to stop aggression and develop self-control. "The children enjoyed seeing the many changes in Baby during the *Feeling Loved* circle" says Dianne.

Camille joined us in the Pre-school each morning this past month to teach Halq'emeylem Language and Culture Circle. The "... children have been enjoying circle and learning the language with Camille," Our Fire and Earthquake drills have continued to be a monthly part of the program and the children are participating well and learning about fire safety.



A-PALS:

Our The first Aboriginal Parents as Literacy Support (A-Pals) was held on Wednesday, January 14th. Four families attended with several staff. "Johnnie opened the gathering with a prayer and Trish made a delicious Indian Taco supper. We enjoyed a circle with Halq'emeylem songs and drumming plus a story," says Dianne. During A-Pals children were able to make crafts with their family and took home a great book titled "*Grandma Calls Me Beautiful*".

A-pals Staff look forward to the next gathering on Wednesday, February 11th.

Dianne encourages all Community Members with children aged 3-6 (who are attending any Early Childhood Program or Kindergarten) to attend this great evening with their family..



Lalme' Iwesowtexw (Seabird School)



Lalme' Iwesawtexw Community School students are nearly done Term 2 and the graduating class is now almost halfway through their last year with. Vice Principal Barbara White says "Grade 12 English students have completed their Term 2 end of term exams with some groans and writer's cramps". Grade 12 students have been working very hard to do their best on the exams. Mrs. White says "Students will be exposed to sample provincial exams several times throughout this school year to familiarize them with the format and content." This helps students become more comfortable with testing, decreases their stress levels, and increases their confidence. Our graduating class is encouraged to continue their hard work and keep focused on the tasks at hand.

The Grade 10 students wrote Math exams January 19th and 23rd. "Students are busy completing their seven unit study of Apprenticeship and Work Placement Math course," says Math Teacher Mr. Compton. In Social Studies the Grade 10 students are taking a look at what occurred in Canada between WWI and WWII. Social Studies teacher Mr. Boyes says "we are studying the hardship after WWI, the boom of the 1920's, the stock crash in 1929, and the depression". Students are enjoying learning about the ups and downs of this important decade.

Grade 9 students are studying the different regions of Canada in Social Studies. Mr. Boyes says "...each student is creating a poster that represents a region of their choice". Students have been encouraged to consider the landscape, wildlife, and attractions in the region when designing their poster. In Math the Grade 9 students continue to work on Saxon

Math which has been very demanding on the students. Mr. Compton says "although this course has been difficult for the students to adjust to, I am confident that our students will improve and I will continue to assist them in preparing for next years' provincial exams". In Career and Personal Planning the students have begun the fifth chapter about relationships and will be examining the pitfalls of bullying, alcohol, drugs, tobacco, and more as they continue this course in Semester 2. "I hope we have more guest speakers to discuss these topics with our students" Mr. Compton continues "guest speakers get students more involved in the discussion and thinking about creating a better tomorrow".

Mr. Compton's Grade 8 Math class has also been working on Saxon Math. He says "the Grade 8 students have a great grasp on Math and have the dedication needed to keep up with the heavy workload." In Social Studies the students have completed a study of Vikings with Mr. Boyes, "... we used various world maps to see where Vikings came from and the different places they visited throughout the world".

The junior and senior electives students have been learning about foods and nutrition. Mr. Compton says "I always look forward to seeing the students' creations in the kitchen. As do all of the other staff members who get to sample the foods". The seniors will be wrapping up foods and nutrition class soon. Mr. Compton feels that students will take a lot away from the course and encourages his students to continue challenging themselves in the kitchen.

Lalme' Iwesowtexw (Seabird School)



B.C. First Nations Studies class has been looking at how First Nations people adapted to the European style economy during the early settlement. Mr. Boyes says "... students have been creating videos to share what they have learned with the class. They wrote their own scripts using information and photos they gathered in their research". He continues "Students then film themselves reading their scripts. This simple film allows each student to make a presentation to the class in a manner that feels comfortable and safe to them".

"For the past month High School Physical Education students have been enjoying a unit on Health combined with a variety of games," says P.E. Teacher Mr. Swaney. Both High School classes have continued to learn the six components that contribute to overall health (physical, mental, emotional, environmental, spiritual, and social health). Mr. Swaney says "These components all contribute to our well-being and we must have a balance across all six to enjoy optimal health". As the students move forward they will learn more about the aspects of physical health (nutrition, fitness and the important of sleep). In Elementary the primary students have been focusing on fundamental movement skills. Mr. Swaney says "Fundamental movement skills are the building

blocks of physical literacy". Students have been developing these fundamental skills through exciting drills and fun games. The Elementary intermediate class have recently finished a mini-unit on volleyball and are currently learning badminton. "Students are trying to relate and understand the similar strategies between volleyball and badminton while focusing on the sport specific manipulative skills badminton requires".

Now that our second term is nearly finished students are reminded to turn in any missing assignments and get all of their quizzes and tests completed. Our teaching staff would like to thank all of our students for their hard work and dedication to their academics.

Submitted by the School Teachers



Seabird Community Calendar

(S) Sxexlhath	(M) Yilawelhat	(T) Sthemelth	(W) Slhath
1	2 • Meals on Wheels 5-6 p.m.	3 • Wellness Committee Open House 5-7 p.m. (Wellness Centre) • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m.	4 • Youth Workshop We • Meals on Wheels 5-6 • Pre/Post Natal SIB
8	9 Family Day Stat Holiday - Office Closed	10 • Family Day Community Dinner 5 p.m. • Youth Council Meeting & Dinner 4-7 p.m. • Yoo Hoo Word search DUE Enter to win a prize! • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m.	11 • Heart Health Worksh Seabird Band Gym • Youth Workshop We • Apals • Meals on Wheels 5-6
15	16 • Pre/Post Chawathil 11 a.m.-1 p.m. • Meals on Wheels 5-6 p.m.	17 • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m.	18 • Youth Workshop We • P&T Family Night • Meals on Wheels 5-6
22	23 • Meals on Wheels 5-6 p.m.	24 • Youth Council Meeting & Dinner 4-7 p.m. • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m.	25 • Youth Workshop We • Meals on Wheels 5-6 • S/A Day
	PLEASE NOTE: Safety is a priority! We need to keep staff safe so we can keep providing you with delivery services. On delivery days to the community, please ensure your pets are inside or chained-up away from the door in order to receive your deliveries.	Pre/Post & Prenatal Circle Who can attend? *Expecting moms *Newborns up to 6 weeks *Partners, Support Person and siblings Open to families living on Reserve and transportation can be provided. Questions? Call 1-800-788-0322 or 604-796-2177	EMPLOYMENT DEPARTMENT WORKSHEET PLEASE CALL (604) 796-2177 SEE US IN THE OFFICE ANY OF THESE V

Calendar of Events – February 2015

Days of the Week	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
<p>Wednesday 4-7 p.m.</p> <p>4 p.m.</p>	<p>5</p> <ul style="list-style-type: none"> • Pre/Post Skwah 11 a.m. -1 p.m. • Youth Fitness & Snack 4-7 p.m. 	<p>6</p> <ul style="list-style-type: none"> • Youth Drop-in & Dinner 4-9 p.m. at Mill Hall • Someone so Small 	<p>7</p> <p>Youth Gathering Our Voices Fundraiser Bake Sale! Mill Hall</p>
<p>Monday 9 a.m. - 3 p.m.</p> <p>Wednesday 4-7 p.m.</p> <p>4 p.m.</p>	<p>12</p> <ul style="list-style-type: none"> • Youth Fitness & Snack 4-7 p.m. • Elders Meeting 	<p>13</p> <ul style="list-style-type: none"> • Prenatal Circle 1-3 p.m. Elders Room • Youth Drop-in & Dinner 4-9 p.m. • Someone so Small • Flyer Delivery 8 am - 1 pm 	<p>14</p> <p>Happy Valentines Day</p>
<p>Wednesday 4-7 p.m.</p> <p>4 p.m.</p>	<p>19</p> <ul style="list-style-type: none"> • Youth Fitness & Snack 4-7 p.m. • SSCDP Family Night 	<p>20</p> <ul style="list-style-type: none"> • Youth Drop-in & Dinner 4-9 p.m. • Someone so Small 	<p>21</p> <p>Youth Gathering Our Voices Fundraiser Bottle Drive! Mill Hall</p>
<p>Wednesday 4-7 p.m.</p> <p>4 p.m.</p>	<p>26</p> <ul style="list-style-type: none"> • Youth Fitness & Snack 4-7 p.m. • Chief and Council Meeting 	<p>27</p> <ul style="list-style-type: none"> • Prenatal Circle 1-3 pm. Elders Room • Youth Drop-in & Dinner 4-9 p.m. • Someone so Small • Yoo Hoo delivery 8 a.m. - 1 p.m. 	<p>28</p>
<p>WORKSHOPS & TRAINING OPPORTUNITIES</p> <p>CALL 606-6865 OR COME TO SIGN UP FOR WORKSHOPS</p>			



“A” Honour Roll

Grade 7

Jo Beauchamp
Daniel Chrenko
Maximilian Holzapfel
Kian Johnson
Austyn Moore
Meka Quintana
Kierra Walker
Liam West

Grade 8

Kayla Adrain
Clara Burt
Tori Downs
Hailey Drury
Simon Grieshaber-Otto
Anna Jang
Zoel Jackson
Hailey Keating
Katrina Lawley
Ashlyn Lowe
Anna Madsen
Megan McCallum
Tyra Peters
Katie Schram
Dezrae Timmers
Rionna Vander Wyk
Sierra Visser

Grade 9

Seleen Banez
Kaliska Beauchamp
Emily Bestwick
Quinten Fast
Jaydin Lees
Jessica Lucki
Kaitlin McGillivray
Kaela Pope
Hannah Sharples
Justine Stoeckly
Megan Vander Wyk

Grade 10

Jordan Baker
Hannah Exley
Alex Howe
Trevan Kozel
Serena Madsen
Mercedee McBride
Sebastian Molina
Coby Sayo
Emily White

Grade 11

Tamara Andrews
Cody Beauvais
Taylor Lees
Jacob Lucki
Braydon Peters
Euan Sayo
Sydney Vander Wyk
Ian Wilson

Grade 12

Zach Callander
Megan de Bruin
Jasper Fast
Elisha Johnson-Jensen
Makayla Pollock
Eric Petersson
Hunter Ramey

Grade 7

Ethan Elliott
Kayla Elliott
Ashley Ferguson
Jessica Fleming
Terryn Gavin-Hagan
Connor James
Hannah Kitsul
Lucas Leins
Paige Leon
Alec Lucki
Emma Martin
Rusty McIntroy
Rayne McIntyre
Sean McKinlay
Hallie Michell-Wenman
Sheradin Nijkamp
Keaghan Onos
Kaitlan Peters
Amy Reyburn
Eva Solomon
Logan Sparkes
Anton Stoeckly
Jesyka Taylor
William Thorne
Terra Toovey
Kaeden Van Oort
Blake Visser

Grade 8

Trevor Carscadden
Connor Douglas
Cole Faessler
Anna Fehr
Chloe Harris
Cassandra Howe
Lucas Irwin
Caleb Kafi
Shilah Mair-Hope
Maggie McCurdy
Nadia McNeil-Joseph
Makayla Morissette
Samantha Seymour
Kayla Stanway
Annalise Wilkinson

Grade 9

Thomas Andrew
Chelsey Baboth
Aidan Coughlin
Paul Dumas
Kevin Graham
Brianna Heaton
Amanda Heffel
Jessica Heffel
Haley Hodgkinson
Darrrian Jenkins
Drew Ramey
Quentin Robertson
Logan Sarka
Tianna Sennie
Nicole Striker
Justine Stoeckly
Danae Timmers
Klaudia Trajanovski
Aidan Van Paridon
Tomas Walton

“B” Honour Roll

Grade 10

Chelsey Barnett
Tanner Douglas
Samuel Dyck
Riley Finlay
Kirsten Fleming
Kaysee Gilroy
Alex Howe
Matt Irwin
Blake Kafi
Joey Kennedy
Alyssa Lawley
Lauren Lowe
Ben MacPherson
Jacob Macpherson
Henrietta McIntroy
Quinton McNeil-Bobb
Owen McNeil-Joseph
Marshall Pennier
Alex Schwichtenberg
Gage Sippel
Jenna Smith
Camryn Striker

Grade 11

Ignacio Aguirre
Chase Bestwick
Derek Bobb
Shaye Bresland
Sean Clark
Lindsey de Bruin
Justin DePatie
Zane Elliott
Millar Frederickson
Natasha Geyer
Richard Harris
Michaela James
Teagean McNeil
Kaitlyn Phillips
Joelle Sicard
Hayden Simon
Amber St.Germain
Autumn White

Grade 12

Nick Allen
Brandon Baboth
Trevor Bobb
Rachel Brown
Maggie Folk
Carl Graham
Jeremy Harris
Reese Jacobi
Robert McNeil-Bobb
Sara Oleksy
Sarah Penney
Michelle Pollock
Alex Robertson
Ashley Sicard
Kendra Simpson
Melissa Vermette

“Effort” Honour Roll

Grade 7

Daniel Chrenko
Kayla Elliott
Maximilian Holzapfel
Kian Johnson
Paige Leon
Austyn Moore
Sheradin Jijkamp
Keaghan Onos
Terra Toovey
Kierra Walker

Grade 8

Kayla Adrain
Miya Andrew
Clara Burt
Tori Downs
Hailey Drury
Simon Grieshaber-Otto
Chole Harris
Lucas Irwin
Zoel Jackson
Anna Jang
Hailey Keating
Katrina Lawley
Ashlyn Lowe
Anna Madsen
Shila Mair-Hope
Megan McCallum
Maggie McCurdy
Nadia McNeil-Joseph
Tyra Peters
Katie Schram
Dezrae Timmers
Rionna Vander Wyk
Sierra Visser
Joree Walde
Annalise Wilkinson

Grade 9

Chelsey Baboth
Seleen Banez
Kaliska Beauchamp
Emily Bestwick
Quinten Fast
Kevin Graham
Jaydin Lees
Jessica Lucki
Kaitlin McGillivray
Kaela Pope
Drew Ramey
Hannah Sharples
Nicole Striker
Megan Vander Wyk

Grade 10

Jordan Baker
Tanner Douglas
Kaysee Gilroy
Hannah Exley
Riley Finlay
Matthew Irwin
Blake Kafi
Trevan Kozel
Alyssa Lawley
Lauren Lowe
Ben MacPherson
Jacob MacPherson
Serena Madsen
Mercedee McBride
Coby Sayo
Cody Sayo
Gage Sippel
Camryn Striker
Tristan Van Oort
Emily White

Grade 11

Ignacio Aguirre
Tamara Andrew
Cody Beauvais
Chase Bestwick
Derek Bobb
Amber St.Germain
Michaela James
Taylor Lees
Jacob Lucki
Keith Machelie
Braydon Peters
Kaitlyn Phillips
Euan Sayo
Joelle Sicard
Hayden Simon
Sarah Sisson
Sydney Vander Wyk
Karen Walton
Autumn White
Ian Wilson

Grade 12

Zach Callander
Megan de Bruin
Jasper Fast
Maggie Folk
Carl Graham
Reese Jacobi
Elisha Johnson-Jensen
Hebrina McIntroy
Robert McNeil-Bobb
Eric Peterson
Hunter Ramey
Alex Robertson
Amber Ruddell
Kendra Simpson

You truly deserve the success, and with such efforts you are sure to earn more.
Congratulations, well done. May you always keep up the good work.

Unknown author

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)
- ▶ For January (Winter/Spring depending on institution)
- ▶ For May (Spring/ Summer depending on institution)

May 1st
October 1st
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 604-997-3956 cindykelly@seabirdisland.ca
 Submitted by Cindy Kelly

“Post-Secondary” Definition:

Any schooling beyond (after) the high school level is considered “postsecondary.” This education is often referred to as higher education. Education beyond the secondary level, especially education at the college or university level.



want to learn more and apply?

visit us at:

www.owfg.com/diversity

questions?

e-mail us at

scholarships@owfg.com

applications must be received by **May 1, 2015**.



joint diversity scholarship

diversity - it's who we are

UFCW Local 1518 and the Overwaitea Food Group are committed to celebrating and promoting diversity in the communities that we serve. We help students who share this commitment by offering the **Joint Diversity Scholarship**.

Up to ten \$1000 scholarships are available and will be awarded to applicants who are involved in diversity awareness and acceptance activities.



what do you need to know?

This scholarship is available to students who are BC residents and are going to be pursuing post-secondary education at an accredited institution in the fall of 2015. Students in all stages of their education are eligible.

Applicants are asked to demonstrate how they promote diversity awareness and acceptance in their community. This could include:

- Participating in clubs that promote cooperation between cultures.
- Volunteering with organizations to assist persons with disabilities.
- Assisting programs that support seniors.
- Helping new Canadians learn about their neighborhood.
- Fundraising to support diversity awareness (e.g., cultural awareness, homelessness, elder care, etc.).

Please note that this scholarship is not available to team members or family members of the Overwaitea Food Group, or to previous recipients of the Joint Diversity Scholarship.

Overwaitea Food Group



OPEN DOORS, GO PLACES



WITH A BC ABORIGINAL STUDENT AWARD

OPEN TO BC RESIDENTS WHO HAVE BEEN ACTIVE IN THEIR SCHOOL OR COMMUNITY AND ARE PLANNING TO STUDY IN BC IN:

An approved trades training or apprenticeship program

.....
 A certificate or diploma program

.....
 An undergraduate or graduate degree program

APPLY NOW! DEADLINE IS MARCH 31, 2015

Visit www.ikbbc.ca

 **THE IRVING K. BARBER**
 British Columbia Scholarship Society

ADMINISTERED BY

VICTORIA  FOUNDATION

Now accepting applications

2015 Dr. Jacob McKay Awards

Adult Aboriginal students who are attending, or have in the past attended, an IAHLA institute are invited to apply for one of four \$1,000 awards to support their post-secondary education. The application deadline is **March 6, 2015**.

The Dr. Jacob McKay Awards are provided by the Indigenous Adult & Higher Learning Association (IAHLA), which is a non-profit, independent society that supports the growth of the Aboriginal-controlled adult education and post-secondary institutes of British Columbia.

About Dr. McKay

The awards were established in 2011 in memory of the late Dr. Jacob McKay, Simmogit Bayt N'eeikhl, (1938 - 2009). Dr. McKay was a founding member of IAHLA and a Nisga'a hereditary chief. He was strongly rooted in his Nisga'a language and culture and deeply passionate about passing on that legacy to young people.

Dr. McKay served for over 30 years on the Laxgaltsap Village Government, represented his community on the First Nations Education Steering Committee, a body that he co-founded, and served as a trustee in School District #92 for 15 years.

He was a well-respected chairman of Wilp Wilxo'oskwhl Nisga'a Institute, an Aboriginal post-secondary institute in the Nass Valley that he helped to establish. He also contributed to many regional, provincial, national and international education committees.

Application & Eligibility

2015 Eligibility Criteria:

- Aboriginal self-identity
- Current or past attendance at an IAHLA institute (please see: <http://www.iahla.ca/current-member-institutes> for a list of IAHLA institutes, or contact IAHLA for more information)
- Enrollment in an academic or trades program at an IAHLA institute or a BC public post-secondary institution in the fall of 2015

Successful applicants will be selected based on meeting the eligibility criteria as outlined above, demonstrated commitment and contributions to community, academic merit, financial need, and regional distribution.

An application form is available on the IAHLA website at <http://www.iahla.ca/news>. For enquiries, call toll-free in BC 1-877-422-3672.

Indigenous Adult & Higher
Learning Association
www.iahla.ca



Office Administration Program

Program

This program is to develop office administration skills and provide the necessary administrative skills to provide administrative support at the entry level. It is designed for persons who want to upgrade their office skills for certification and those entering the office workplace for the first time. It is ideal for individuals who do not have previous education or background in computing.

Career Opportunities

Employment possibilities range from entry-level administrative positions, such as:

- Office clerk
- Office manager
- Secretary
- Receptionist
- Executive assistant positions

Keyboarding I

This course provides students with the necessary techniques to keyboard accurately at a minimum of 25 wpm using the alpha and numeric keyboard. Keyboarding accuracy is a valuable skill for all. You do not need to be a student of Applied Business Technology/Office Administration to take this course; however, this course or the equivalent skill is essential for those interested in an office career and a prerequisite for subsequent computer courses where keyboarding is required.

Computer Essentials and the Internet

Welcome to the Introduction to Computers and the Internet (ICI). This course has two sections: Internet and Windows.

Internet Section

The Internet section is designed to provide students with an introduction to the Internet including, email basics and advanced features, web browser basics, web navigation, web research and newsgroups.

Windows Section

The Windows section is designed to provide students with an introduction to Microsoft Windows 98, 2000 Professional or Windows XP. Students will learn to manipulate the Windows environment, use Windows Accessories and use My Computer and Windows Explorer to manage files and folders.

Human Relations for Career Success

This course concentrates on personal and professional development skills needed by workers in today's workplace. These skills include self-examination and assessment, effective communication skills, interpersonal skills, client relations,

OFFICE ADMIN PROGRAM

Must be registered by Friday, February 13, 2015.

WHEN:

Monday, February 16, 2015 to Friday, May 15, 2015
Orientation Day is Thursday, February 12 at noon at Seabird College.

WHO:

This program is FREE to the following individuals upon acceptance:

- 19 to 24 years of age
- On Income Assistance or eligible for Income Assistance
- Working with Seabird Island Employment Services
- Members or resident on Seabird, Cheam, Squiala, Union Bar or Shxw'ow'hamel

And includes:

- \$50 Grocery Card Allowance provided per month and \$100 Transportation Allowance provided per month by Sto:lo Tribal Council

WHERE:

Seabird College

FEATURING:

Communication Skills: [Intro to Computing](#) · Business Etiquette · [Keyboarding](#) · Human Relations · [Internet/Security](#) · Office Procedures · [Microsoft PowerPoint](#) · Business Writing · [Microsoft Outlook](#) · Bookkeeping · [Microsoft Word](#) · Presentation Skills · [Microsoft Excel](#) · Document Management



Career Opportunities:

Office Clerk
Office Manager
Receptionist
Executive Assistant
Secretary

Duration:

February 16, 2015 to May 15, 2015
12 weeks
30 hours per week
Monday to Friday 9 a.m. to 3 p.m.
March 23 to 27 Spring Break

FOR MORE INFORMATION:

Joy Russell
Seabird College
604-796-6901
joyrussell@seabirdisland.ca
Martha Fredette
Sto:lo Tribal Council
604 796-0627
Martha.Fredette@stolotribalcouncil.ca
Brian Govereau
604-796-2177
briangovereau@seabirdisland.ca

PARTNERS:

Seabird College
Seabird Employment Services
Sto:lo Tribal Council
NVIT
Com-Tech Learning Solutions

CREDENTIALS:

12 Nicola Valley Institute of Technology
post-secondary credits
Microsoft Office – Word and Outlook
certificates

teamwork, problem solving, and an understanding of business ethics.

Word Processing I

Word Processing Level I is designed to teach students the basic functions of a word processing program, as well as teach how to properly format documents such as letters and memoranda. Although students will be required to use Microsoft Word 2003 to complete this course, many of the skills are generic and can be transferred to most word processing packages.

Business Communication

Business Communication teaches learners how to plan, organize, and write correct and effective “reader friendly” business documents appropriate for use in today’s global business environment. Students will learn how to write business letters, memos, reports, and electronic messages. Each unit begins with a set of learning objectives. The assigned readings, together with the reinforcement exercises, are the principal learning activities.

Administrative Procedures

The dynamic office of today requires that office workers demonstrate the ability to communicate effectively, think critically, apply problem-solving skills, and work effectively with other members of the office team. The rapid pace of change in the office of today demands that office workers have the ability to develop new skills and understand new processes as jobs evolve. In this course, learners will master essential organizational skills and develop efficient office practices in preparation for entry into the contemporary office.

Keyboarding II

This course is designed to provide the student with the opportunity to key accurately and proficiently. The course builds on the students' present keyboarding skills and will assist them in reaching a minimum of 50 net words per minute on five-minute timing.

Word Processing II

Word Processing II is a continuation of Word Processing I. The course will cover additional instruction and practice with letter styles, tables, charts, and reports. Plus many advanced features of word processing software such as merge, macros, outlines, graphics and styles.

Business Calculators & Mathematics

Business Calculators and Math follows current trends in office technology, teaches the touch method of calculator use, explains common calculator features, and emphasizes business problem solving.

Business English

Business English focuses on correct English usage in a business environment and provides students with a comprehensive review of grammar, punctuation, and style, as well as business spelling and vocabulary development. The course materials are presented in small, easily manageable learning segments.

Records Management

The amount of information created and used in offices has increased significantly in recent years. Records, which contain all of the daily information necessary to the operation of any

business, need to be managed effectively and efficiently. In today's office, maintaining the integrity of the records system means that all office workers need to be aware of the importance of correct creation, storage, use, retrieval, protection, control, and disposition of records. Technology continues to change the role played by today's office worker. This course will provide the student with the knowledge, skills and abilities to face these challenges and new responsibilities in dealing with both manual and electronic files.

This course and the activities to be completed are based on the text-workbook and filing simulation materials. It introduces the concepts of manual and electronic records management related to four different filing systems: alphabetic, numeric, geographic and subjective. Hands on experience will be acquired working with realistic business documents and miniaturized filing equipment and supplies. As students work through the materials, they will develop skills; in quick and efficient filing, retrieving of items, preparing cross-reference sheets and tracking requests in a manual records management environment. A set of word document files will be organized into folders and sub folders in alphabetic and subjective electronic filing systems.

Spreadsheets

This course provides students with a working knowledge of electronic spreadsheets using Microsoft Excel 2010. Students will learn how to design, create, modify, and present professional-looking spreadsheets for use in today's workplace. Exercises include using formulas and built-in functions to solve mathematical problems. Students will also learn how to illustrate and present spreadsheet data in graphic form.

Submitted by Diane Janzen

Offered in Partnership with

The logo for "the SEABIRD ISLAND YOO HOO" newsletter, featuring a stylized bird and the text "the SEABIRD ISLAND YOO HOO" in a bold, serif font. Below the text is the tagline "Because news isn't all bad or boring!".

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

Christmas Dinner Survey... The results are in!

University of British Columbia School of Community and Regional Planning Students Zoë Greig and Tasha Henderson began working with Seabird Island to open a community-wide discussion on visioning, housing, and communication. They joined us at the Community Christmas Dinner on December 10th to survey Band Members. One of the areas Zoë and Tasha asked the community about was what their vision for Seabird Island was, “there was no shortage of amazing ideas” Tasha says. They used the responses they received to create a word-map with the larger words being the ones that were used the most.

“We had our work cut out for us compiling the results from the Housing Survey” Tasha continues “the respondents covered all age ranges with 1% being 0-12, 9% 13–18, 34% 19-30, 21% 31-44, 25% 41-60, and 10% 60+”. A total of 80 community members took part making it a huge success. **“43% of respondents said that if they had an issue with housing they wouldn’t know where to go,”** Zoë continues, “Because of this Seabird Island is currently looking at strategies to improve and inform renters on how to contact the Housing team” Zoë says. Some of the other results from the survey were:



1. Respondents wanted more education around home ownership, maintenance and budgeting.
2. Respondents said the top three things they liked about their home was the location, size or space, and comfort/safety.

Zoë says “Our communication survey also had a great reply rate” with nearly 60 people responding. “43% of respondents said that they often/frequently share or communicate their concerns, needs, and solutions with Chief and Council,” Tasha continues, “but we want to work towards getting the other 57% of you involved!” The preferred methods for receiving communication were:



Band Members were also asked to rank areas where Seabird Island could improve communication; the top three were: sharing information, getting information, and understanding information.

Moving forward, Zoë and Tasha will be hosting more planning sessions and attending community events to learn more from Seabird Island’s Band Members. Using the feedback from Band Members, they will begin drafting options for vision statements, assist the Band in developing a Communications Plan, and assist the Housing team. Zoe says “thanks to everyone who participated in the surveys! We had a great time reading and compiling your responses,” they both look forward to building on the feedback they received as we head into Phase 2 of this project. Full copies of the survey results can be picked up at the Band Office if you’d like to learn more.



New Staff



My name is Mandy, I live in Yarrow where I live with my boyfriend Nick and boerbel mastiff puppy, Dixie. I'm excited to be a new employee of Seabird, working as a Medical Office Assistant. I have been working in health care for about a year and a half now. Previously, I was working as a pharmacy technician. I look forward to starting my career at

Seabird and getting the pleasure to know everyone.

Submitted by Mandy



Ey Swayel (Good Day)

My name is Vicki Paul, my traditional name is Sukqwiuks and I am from Stsailes. I am very excited to be joining the Seabird Island Health Team as the Mobile Medical Office Assistant. I will be travelling with the Doctors to different Bands and locations such as Chawathil and Skwah. Thank you for this great opportunity to be a part of your

community.

Kw'asho:y, Much respect
Vicki Paul, MOA

Recipe Corner

Fun Banana Boat Dessert

This fruit-filled banana is easy to make, totally healthy and so fun to eat that it's the perfect dessert. Kids can help by filling their own banana boats with fruit.

Ingredients can include but are not limited to:

Bananas
Strawberries
Blueberries
Whipped Cream



1. Holding the banana curving upwards, remove the top $\frac{1}{4}$ layer, using a sharp knife.
2. With a small melon scooper, make a shallow, elongated groove to hold the other fruits.
3. Spritz the banana with orange juice or lemon juice to prevent discoloration.
4. Fill banana boat with assorted fruits as shown.
5. Garnish with a dollop of whipped cream.

Reference: <http://www.parenting.com/article/fun-banana-boat-dessert>

Cooking can be a pleasure for children of all ages - 18 months and up.

Start them young and they'll develop a lifelong skills they can use throughout adulthood.

Children will vary in their ability to undertake different cooking activities. Use your own judgment to choose tasks you think are suitable for your child. Safety is the biggest concern, beyond that a little trial and error is all part of the fun.

From around 18 months, your child will probably want to start 'helping you out' in the kitchen, take advantage of their interest.



Here are some of the activities very young children will enjoy (18m-3yrs):

Foods and dishes should be at room temperature!

- Washing fruit & vegetables - this is a great way of teaching them the names of vegetables and sparking an interest in different foods
- Stirring ingredients
- Mashing foods with a fork or potato masher
- Sprinkling - flour, cake decorations and icing sugar, *put a tray underneath to avoid too much mess*

Activities to try with 3 - 5 year olds:

- Weighing - pouring or spooning ingredients into scales. Using measuring spoons
- Cutting soft foods eg. butter, cake, mushrooms, strawberries using a strong plastic knife or dull butter knife
- Breading and flouring - you can set-up three stations with flour, beaten egg and breadcrumbs for fish or chicken
- Kneading - light kneading can be fun but you'll need to step in to complete the task
- Setting the table
- Spreading Butter
- Making toast (5 and up)

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 ½ page (8x5 or 10x4)	\$37.50	\$65.00
Full color ¼ 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 ½ page (8x5 or 10x4)	\$15.00	\$25.00
Greyscale ¼ 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

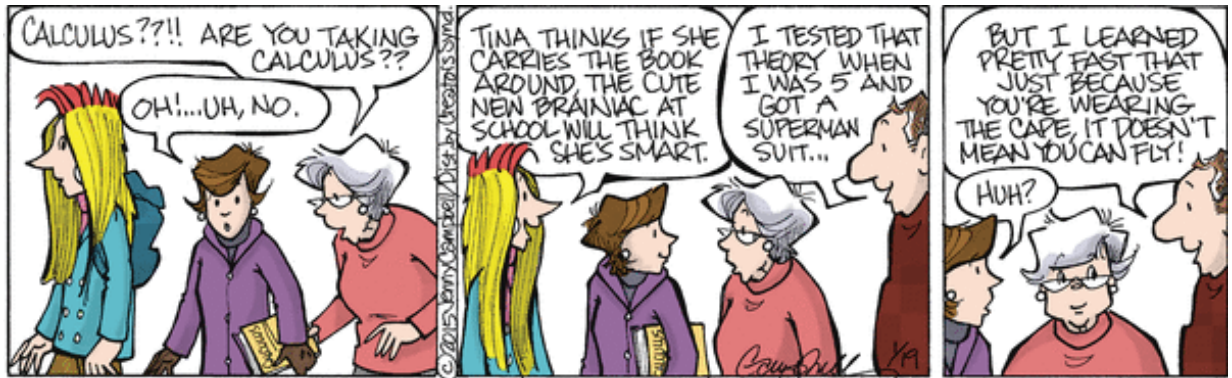
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

Health Comics



Quotes of the month

"When everything goes to hell, the people who stand by you without flinching — they are your family."

Jim Butcher

"Love your family. Spend time, be kind & serve one another. Make no room for regrets. Tomorrow is not promised & today is short."

Unknown

Tem'telemches / February

Aquarius: Jan, 21 - Feb 19

Flower: Violet

Birthstone: Amethyst

The healing properties of the February birthstone are reputed to be effective for health problems relating to the withdrawal symptoms of any sort of addiction, headaches, insomnia, arthritis, pain relief, circulatory system issues and general healing.

Halq'eméylem Word Search

YOO HOO - 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, February 10th 2015

Draw Date: Monday, February 11th, 2015

Congratulations to last months winner Amanda LacSeul

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.

I	W	E	H	S	A	N	T	S	P	I	C	S	L	R
T	D	Y	L	O	U	U	O	I	E	E	R	A	N	E
R	A	E	M	I	E	O	H	I	R	C	N	W	X	T
A	H	E	N	R	G	S	I	T	T	I	U	C	E	S
I	A	L	R	T	R	I	I	T	G	P	E	R	U	I
N	N	E	A	E	I	F	B	I	I	P	M	T	E	G
I	Y	D	B	N	I	F	R	I	T	T	A	E	O	E
N	U	M	I	C	O	O	I	I	L	T	C	F	X	R
G	E	R	A	A	B	S	O	C	S	I	O	I	M	E
M	H	T	O	A	N	N	R	W	A	O	T	L	F	D
A	E	Y	R	T	S	I	G	E	R	T	R	Y	E	Y
J	U	D	I	C	I	A	L	O	P	U	I	J	U	R
L	A	C	I	T	S	I	T	A	T	S	M	O	A	X
T	N	E	M	E	S	I	H	C	N	A	R	F	N	E
R	O	T	A	R	T	S	I	N	I	M	D	A	G	S

MEMBERSHIP:

- Administrator
- Secure
- Status
- Membership
- Aboriginal
- Indian
- Register
- Training
- Registry
- Certificate
- Fictitious
- Judicial
- Statistical
- Siblings
- Eligibility
- Exceptions
- Identifications
- Personal
- Exemption
- Enfranchisement

Use the unused letters in the word search to translate these questions.

Tewat ta' skwix?

_____ ?

Chexw tel e'lestse?

_____ ?

Chéw kw'il máqé?

_____ ?

Submitted by Zoranana Edwards Shippentower



'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

The next optometry clinic is scheduled for

March 3rd & 4th, April 7th & 8th

We have 56 people on the list already, including one on the recall list for Jan., I can probably take just a few more spots.

Thanks for your patience,
Dr. Ahmed has been out of country

Siyosemot(Maggie)



ALCOHOLICS ANONYMOUS MEETING

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

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



FIRE PRACTICE

Tuesdays 7 pm - 9 pm
not Thursdays

BUILDING BOOKING AND MEETING ROOMS

► **Angie and Myra** 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 604-796-6893.

► **Ashley Robinson** looks after booking of the Millennium Hall she can be reached at 796-6854.

FIELD LIGHT BOOKINGS:

Call **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 **Angie and Myra** 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 at the Band Office.

DENTAL CENTER

Seabird Dental NEW HOURS

Effective: October 6th, 2014
Mondays: 8 am – 5:30 pm
Tuesdays & Wednesdays: 9 am – 5:30 pm
Thursdays: 8 am – 5:30 pm
Fridays: Closed

* Seabird Dental is accepting new STATUS PATIENTS.

Tuesday

WALK-IN PAIN CLINICS

Every Tuesday afternoon from 1 - 5 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

COMPOST, RECYCLE, and REGULAR GARBAGE:
Pick-up Monday only

Miss Garbage day? Drop off at the Depot!
The Depot is open 9 am -3 pm Tuesdays
(By the cattle farm)



MAJOR GARBAGE: First Wednesday of each month (sign-up at the Band Office with Ashley Thompson)

If you need a **Bin dropped off** for your major cleaning:

Contact Ashley Robinson at 604-796-6932, or e-mail: ashleythompson@seabirdisland.ca, or at the office put in a request in writing.

PRINTING SERVICES

Seabird Island Communications Office is available to provide Band and Community Members with:

- Printing Services
- Copy Services
- Status Card Photos
- Laminating
- Advertising

There is a small fee for these services, please contact us for more information 604-796-2177 or 604-796-6838.

* **Funeral Pamphlets:** As per Seabird Funeral Policy...

- Band Members ~ free: includes 1 hour design time, Quantity: 1st 100 color, and 1st 250 grey-scale.
- Additional or Non-Band Members; inquire for fees.

Located upstairs in the Band Office.

HAVE YOU HAD A LOVED ONE PASS AWAY?

You will need to send a copy of the death certificate to the First Nations Health Authority. Maggie Pettis is available to help you with this process.

Contact CHR; Maggie Pettis 604-796-2177



AMBULANCE BILLS

Please submit ambulance bills to Maggie Pettis as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NIHB). 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 – We can only help those with a status number, everyone else has to pay for their own unless it's an ICBC claim.

Unfortunately ambulance bills will not be covered if you have been incarcerated (in jail cell). Please take note that the Ambulance Billing in Victoria know when you have been incarcerated just by the address provided on the billing. Please do not bring those in because we are unable to assist, as they will be denied and it will be the client's responsibility to pay.

Contact Maggie Pettis for more information at 604-796-2177

MEDICAL CARDS

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

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

Sorry we don't help with people getting their BC ID.

Contact CHR, Maggie Pettis 604-796-2177

BABIES MEDICAL CARDS

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

Contact CHR; Maggie Pettis 604-796-2177

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.

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CHRISTMAS BILLS... WE CAN HELP

UP TO \$10,000 OAC CASH BACK!



UP TO 10,000 CASH BACK! OAC

EASY FINANCING
GOOD CREDIT
BAD CREDIT
OAC

2010 EXPLORER SPORT TRAC



4X4, FULLY LOADED, ONE OWNER

STK#P4740

2012 RAM 1500 SLT



ALL POWER OPTIONS, ONE OWNER

STK#P4768

2012 SUZUKI KIZASH ISPORT



ALL WHEEL DRIVE FULLY LOADED, BAL. OF WARRENTY

STK#14-7338A

2006 TOYOTA COROLLA



AUTOMATIC

STK#14-73204

2005 EXPLORER



AUTOMATIC

STK#P4677

2013 JEEP WRANGLER SPORT



SOFT TOP, ONE OWNER, 4X4, AUTOMATIC

STK#P4769

2011 SIERRA EXTRA CAB 1500



4X4, LOW K'S, MANY EXTRAS, RARE LONG BOX

STK#P4765

2011 ESCAPE XLT



ALL POWER OPTIONS, LOW K'S

STK#P4766

2011 SILVERADO 1500



ALL POWER OPTIONS, BALANCE OF FACTORY WARRANTY

STK#P4747

2010 MITSUBISHI OUTLANDER XLS AWD



ONE OWNER, FACTORY WARRANTY

STK#14-0728A

2010 F-150 LARIAT KING RANCH



SUNROOF, LEATHER INTERIOR.

STK#P46552

2006 SILVERADO 1500 HYBRID STK#P4723
 2014 FORD FIESTA SE FULLY LOADED STK#P4755
 2013 FORD F-150 XLT W/CANOPY STK#P4741
 2012 RAM 1500 SLT 4 DOOR STK#P4751
 2011 CHEV EQUINOX 5 DOOR FACTORY WARRANTY STK#P4758
 2005 MINI COOPER STK#P4698 AA

2008 FORD F-350 STK#P4680
 2006 TOYOTA MATRIX STK#14-1049A
 2013 FORD F-150 XLT 4X4 FULLY LOADED STK#P4748
 2013 HYUNDAI ELANTRA GT FACTORY WARRANTY STK#P4756
 2011 GRAND CARAVAN SE/SXT FULLY LOADED STK#P4763
 2011 FORD FUSION HYBRID FULLY LOADED STK#P4736

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www.seabirdisland.ca

Website:



Scan this QR Code with your smart phone and it will lead you to the Seabird Website. This is an easier way than typing <http://www.seabirdisland.ca> into your smart phone.

Seabird Community Yoo Hoo Newsletter:



Scan this QR Code with your smart phone and it will lead you to the Seabird Newsletter on our Website. This is an easier way than typing <http://www.seabirdisland.ca/page/news-events> into your smart phone.

Tips:

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



Words from the Heart

Research has shown that Aboriginal people are more likely to have high blood pressure and type 2 diabetes, which puts First Nations, Inuit and Métis people at an even greater risk of heart disease and stroke than the general population.

As heart disease and stroke is the leading cause of death in our country, it's important to understand how you can help prevent these serious illnesses.

Here are some tips to get your blood pressure in check:

1. Have your blood pressure checked at least once every two years by a health care professional.
2. Take prescribed medication as it is directed.
3. Eat a balanced diet and drink plenty of water.
4. Be physically active. Start slowly, choose activities you enjoy such as swimming, dancing and hiking. Joining a group of friends will help keep you inspired.
5. Be smoke-free, and reduce your salt and alcohol intake.
6. Achieve and maintain a healthy weight. Even a modest reduction in weight, as little as 10%, can dramatically decrease your chances of having a stroke or heart attack. Avoid fad, rush diets, losing weight slowly is better for your health than losing it all at once.
7. Set aside some time every day to relax. Stress can cause blood pressure to rise in the short-term.

