



\*\*\* Chief and Council Nominations Wednesday March 11<sup>th</sup>, 2015, 5 p.m. \*\*\*

\*\*\* Chief and Council Election Wednesday April 22<sup>nd</sup>, 2015 \*\*\*

## Seabird College ~ Receives Accreditation



Seabird Island is pleased to announce that Seabird College has been Accredited under the Province of British Columbia's Private Career Training Institutions Agency (PCTIA), the credentialing body for private colleges in BC. This accreditation is recognition of instructional excellence, governance and student supports. It also means that Bands can support their students in coming to Seabird College and that student loans are available for those wishing to attend the College.

Diane Janzen, Director of Education for the Seabird Island Band, credits the Accreditation to the work of Chief and Council and the Seabird College Board. "I wanted to take this opportunity to thank Chief and Council, the Seabird College Board led by Tyrone McNeil and the entire board which includes Chuck McNeil, Alexis Grace, Jay Hope, Shari White, Linda Kay

Peters, Edie Karacsonyi, Dianna Kay, and Carol Hope for their leadership and support and to the Education Committee".

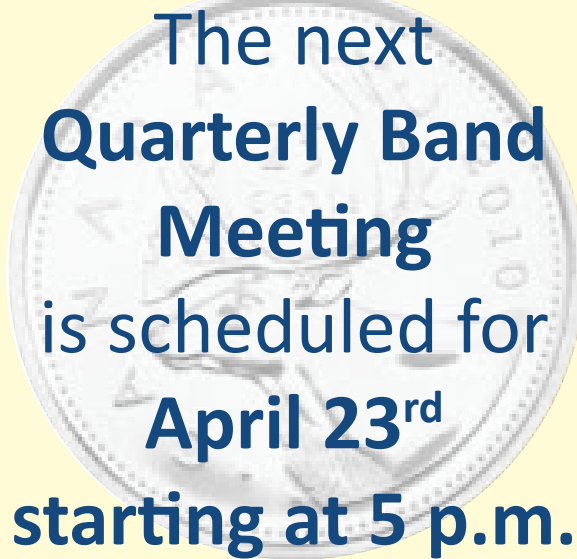
In particular Diane wanted to pay tribute to Irene Eaves who worked tirelessly on the Accreditation with the team at the College, to all those working in administration and to all our instructors who provide excellence in instruction and care about every student.

Seabird College opened its doors in 2009 with the dream of enabling Seabird Island's Band Members, and members who come from our neighbouring communities, the opportunity to get a college level education within their own communities. "We look forward to serving you further and to making your educational dreams a reality," says Diane.

Submitted by: Diane Janzen, Director of Education

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The next  
**Quarterly Band Meeting**  
is scheduled for  
**April 23<sup>rd</sup>**  
starting at **5 p.m.**

If you are a Band Member and would like to request an agenda item please contact Fern Angus at 604-796-2177 or stop by the Band Office.

# Seabird Pharmacy



## Coming Soon

Conveniently located  
across from the  
Seabird Doctors Reception

Our dedicated and expert pharmacy team are coming to you to take better care of your health

Above is a paid advertisement

## Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the **Seabird Island Indian Band** will be held at the Seabird Island Office boardroom, 2895 Chowat Road, Agassiz, B.C. V0M 1A0 on **Wednesday** the **11<sup>th</sup>** day of **March, 2015**, beginning at **5 o'clock p.m.** and lasting for at least three hours, for the purpose of nominating candidates for the positions of chief and councillors on the Band Council of the said Band, for the next ensuing term. There are **9** councillor positions and one position for chief available. The election will be held at the Seabird Island Office gym, 2895 Chowat Road, Agassiz, B.C. V0M 1A0 on **Wednesday**, the **22<sup>nd</sup>** day of **April, 2015**.

Please note that any voter may nominate candidates by using a mail-in nomination form. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the electoral officer before the time set for the nomination meeting OR you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the electoral officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot.

Given under my hand at **Victoria**, this **6<sup>th</sup>** day of **February, 2015**.

MARCUS HADLEY

Electoral Officer

255 LINDEN AVE

VICTORIA BC V8V 4E

Phone #: (250) 884-4703

**The**  
***OLD SCHOOL***  
**is being**  
***TORN DOWN***

***Saturday, February 28, 2015***



**⚠ Please avoid the area while  
the demolition is happening for  
everyone's safety**



***\*Say your goodbyes before Saturday***



## Membership

### Registration for Births

Did you know registration takes up to 4 months for bill c3, 6 months for baby and 18 to 24 months for regular registration?

Parent(s): please register new babies as soon as your baby's birth certificate is received. This will minimize delay especially if there are medical concerns. AANDC will not rush any status numbers unless there is a serious medical condition which requires doctor's confirmation.

### Death Registration

Families who have not yet submitted their loved ones death certificate please do so as soon as possible.

### Tax Exemption

If you are being charged a tax fee for services, please let us know so that we can assist you.

Population Stats: as of December 31, 2014, including deceased, but does not include newborns in process of registration:

Gender population is 449 males and 496 females

- Our population on reserve is 549
- 10 new baby registrations
- 1 new marriage
- 40 applications for status cards

**Membership Office hours – Monday, Tuesday 8:30 a.m. to 4:30 p.m. and Wednesday from 8:30 a.m. to 12:00 p.m.**  
**When Monday is a holiday Membership office days shift to the next business days.**

Please direct all inquiries to: Carol Hope @ 604-796-6877 or via email: [membership@seabirdisland.ca](mailto:membership@seabirdisland.ca).



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

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

Contact Sandy Bobb for your monthly advertising rates.  
*Special Discount Rates Available for Band Members!*  
Phone: 604-796-2177 Direct: 604-796-6838  
E-mail: [sandrabobb@seabirdisland.ca](mailto:sandrabobb@seabirdisland.ca)

## Human Resources

### **Did you know that in 2014 the Seabird Island Band posted more than 100 job openings?**

“With the rapid growth of Seabird Island we expect that 2015 will have even more great job openings,” says Drew Paddon, Human Resources Manager. Human Resources works with each of the Departments to fill job openings with employees that will provide the amazing service that has come to be expected from Seabird's employees and programs.

“It has been a goal of the Band to always try to fill openings with Seabird Band Members first,” explains Drew. Because Seabird Island prioritizes the hiring of Band Members it improves Band Members' chances of getting short-listed, interviewed, and hired. “If you include on your resume or cover letter that you are a Band Member we will make sure that you get extra consideration.” Applicants don't need to include a status number.

“Writing resumes and cover letters can be tricky or even intimidating for many people and sometimes it is hard to tell people all the ways you are great,” says Drew. On your resume be sure to include all of your related work experience, training and education. “Sharing your related experiences helps us know if you are a good fit for the opening.” Drew also suggests that applicants use their cover letters to share more about themselves and explain why they think they are the best person for the position. “The cover letter is your chance to sell yourself to the person who is making hiring decisions.”

If you're not sure how to write a resume, cover letter, or if you just want someone to review them the Employment Centre is available to provide assistance. The Employment Centre is open to Aboriginal, Status, Non-Status, On or Off reserve or Inuit persons who are 15 years of age or older regardless of your place of origin within Canada and reside within our SASET catchment area: Rosedale to Hope (on both sides of the Fraser) service area. The Employment Centre is a great place to look for assistance and they can be found on the second floor of the Band Office.

**Human Resources assists each of the Departments in the hiring process but does not make hiring decisions.**

“We guide the process and help Directors who are making the hiring decisions so that they find the best person for the job.” If you are a Band Member and have questions about hiring at Seabird Island, Drew encourages you to contact him by phone at 604-796-2177 or by stopping by his office.

work career job occupation  
**We're hiring!**  
employment help wanted trade

## Housing Waitlist March 2015

### 1 Bedroom

1	08272014-1007
2	11132014-1012
3	11172014-1013A
4	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	10082014-1007
9	11172014-1013A
10	01072015-1008
11	01072015-1013
12	08272014-1007
13	02042015-2086
14	02102015-1014

#### 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

#### Note:

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

### 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	11172014-1013A
23	01062015-1017
24	01072015-1008
25	01122015-1009
26	01142015-1010
27	01142015-1011
28	01142015-1012
29	01222015-1013
30	02042015-3091

#### Don't know your number?

Contact Ashley to see where you sit on the waitlist!

## Important Reminders from Our Community Housing Policy

There have been many recent complaints of loose dogs roaming the community. Loose dogs are a nuisance for several reasons: they tear open and spread garbage from garbage bins, they form packs that pose a safety risk to children and adults, and the dogs themselves are also at risk of being struck by vehicles. Please remember to ensure that your dogs are secured at all times. It is a violation of our Community Housing Policy to allow dogs to be loose, it is also a violation of policy to release any neighborhood pets from their ties. If you have concerns about the health safety of an animal call the SPCA at 604-823-6612. Please do not release the animal from its chain. If you see a dog on the loose and can identify the owner please take a picture and contact the Housing Department 604-796-2177.

Residential garbage pick-up is scheduled to take place on Mondays. Please dispose of your garbage properly each week to ensure loose garbage does not spread around. Be courteous of your neighbors and dispose of your garbage in your own garbage bin. All garbage should be secured in bags before being placed in bins or at the curb. This helps us ensure our community is kept clean!

Housing would also like to remind renters not to contact housing maintenance personnel directly. If you have a maintenance issue or a service request you may contact Samantha Webster or Ashley Robinson at the Band Office 604-796-2177. Contacting our maintenance team directly is a distraction and does not allow us to track or complete your maintenance requests efficiently. Our Housing team works very hard to keep up with the many work orders they receive weekly and we kindly ask that you cooperate with this procedure.

Written and Submitted by Ashely Robinson





United Way

Better at Home

United Way helping seniors remain independent.



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

Do you know an Elder that needs some company?

To bake together

To garden together

To chat over tea



Please contact Lenette Joe

604-796-2177 Ext 5021

Email lenette@seabirdisland.ca



United Way

Better at Home

United Way helping seniors remain independent.



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

## Stó:lō Territories Better at Home Elders

### We have a crew for you!

Our work crews are visiting Stolo communities to serve elders.

- do yard work
- clean gutters
- cut firewood
- help with housework



We also provide

- transportation
- friendly visiting
- seasonal socials



Call us to book this FREE service for your community

Want to set up your own **Community Crew?**

Call to find out how.

Lenette Joe 604 796-2177 ext. 5021 • Email: lenette@seabirdisland.ca

## 2015 NUTRITION RUN/WALK

### & FOOD FAIR

Date: Wednesday, April 1<sup>st</sup>, 2015

Time: 9:00 a.m. – 1:00 p.m.

Run begins at the school at 9:00 a.m.

Finishes at the Band Office at 11:00 a.m.

Food Fair to follow



Free Hoodie for all participants pre-registered!

Join a run/walk training group:

Wednesdays @ 3:00 & 4:00 p.m.

Fridays @ 7:30 a.m.

Sundays @ 10:00 a.m.



For more information or to pre-register

Contact Val: 604-796-6829

Registration forms can be picked up at the main reception and Dr.'s reception at the Band office & from the school secretaries.

Registration deadline for Hoodie Orders is Friday March 13<sup>th</sup> 2015.

## Training tips

1. **Warm Up** Slow, gentle 8 to 10 minute warm up (stretching, walking,...)
2. **Drink fluids** (water or energy drinks)
3. **Know your limits**
4. **Pay attention to your breathing**
5. **Be consistent**
6. **Create variety** in your training, change it up
7. **Work to a beat** (a music tempo is motivating and keeps you on track and in control)
8. **Cool down**  
Slow, gentle 8 to 10 minute warm up (stretching, walking,...). Reduces stiffness, soreness and muscle injury it also improves flexibility
9. **Give muscles time off**  
(minimum 48 hours between sessions)
10. **Use the buddy system** - encourage each other



## Seabird Island Preschool 3 and 4's Program



February has been a busy month at the Fours Preschool program. Children took part in another Seeds of Empathy family visit, participated in daily Halq'eméylem Circles with Camielle, had a visit from the Agassiz Library's librarian Terrill, enjoyed a Valentine's Day party, went on two outings to the library, and many more fun adventures. "We have been fortunate with the good weather as outdoor play is very popular!" says Preschool Teacher Dianne Wilson. Preschool children have also been doing their workbooks and learning how to print their first name. Towards the end of the month children joined in festivities and participated in fun activities at Seabird Island Community School to celebrate Sto:lo Day.

The Threes Preschool children have continued to excel at learning Halq'eméylem. "It's amazing how comfortably the children respond to the Halq'eméylem language," says the Preschool Teacher. Children have also continued to be successful through the many areas of the Preschool and enjoy the daily program and outdoor play.

Both Fours and Threes Preschool children have continued to take part in Fire and Earthquake Drills. These drills are conducted monthly to help children become comfortable with the loud noise of the alarm and the Preschool's safety routine.



On February 20<sup>th</sup> the Preschool held a Meet and Greet for Preschool Parents. "Parents got to meet our Preschool staff, talk about their child's successes and see their child's art and workbooks," explains Dianne. The Preschool is also preparing for Spring Break which is fast approaching.

**The Preschool will be CLOSED March 23<sup>rd</sup> through the 27<sup>th</sup>.**





## Seabird Island School Proudly Presents: Winter Extravaganza

### The Invite

- ❑ You and your family are invited to this FUN, FORTUITOUS, and FREE celebration for all ages!

### The Time

- ❑ Friday, March 6, from 4:30pm – 6:30pm

### The Place

- ❑ Seabird Island Elementary School Gymnasium

### The Events

- ❑ Register upon arrival; FREE for Seabird Island School students and family
- ❑ A variety of family oriented, math, literacy and science themed games and demonstrations await
- ❑ Some of the entertaining events include Card Games, egg drop, assorted Wii Games and MORE!

### Refreshments

- ❑ We have popcorn on-site!
- ❑ All Seabird Island Elementary and Highschool students will receive a FREE bag of popcorn and a juice upon arrival with family
- ❑ Additional bags of popcorn will be sold at only \$0.50 each! You can't get prices this low at a movie theatre!

### Prizes

- ❑ All Seabird Island Elementary and High school students will receive a FREE Games Passport after registering (additional Passports on sale for \$2.00 each)
- ❑ Simply fill out your Games Passport by playing games, then enter to win a variety of PRIZES!!!
- ❑ If you complete your passports you will automatically be allowed to choose a free book!!!
- ❑ Fabulous prizes await! **Board games, Movies, Books and More.** Come to the school 4:30-6:30 and check it out and HAVE FUN!



The Grade 1s are working hard on their Valentine's cards with Shwaxe, our Arts teacher. They are also enjoying playing with all the new words they are learning.

*Jessica McKerrow Grade 1 teacher*



All students participated in the Heart and Stroke Foundation Jump or Rope in the gymnasium.

Students and teachers exercised their hearts. Everyone shared fun and laughter at same time!

Thank-you Linda Brawn





# Seabird Island Community School

Submitted by Vice-Principal – Barbara White

With the third term underway at Seabird Island Community School students have been busy with exams and submitting assignments. According to Barbara White, Vice-Principal, “87% of our students are on track to be at grade level on or before grade 7.” The other 18% will be monitored and supported as needed to move as quickly as possible. “72% of students are working at grade 10 provincial exam grade level. This is an overall increase of 32% working at provincial exam grade level from last year.”

**Seabird Island Community School Provincial Examinable Course results for June 2014 were as follows:**

Course	Percent of students passing Provincial Exams	Percent of students passing overall course
Science 10	77%	99%
Math 10	90%	99%
English 10	100%	100%
First Nations 12	100%	100%
English 12	100%	100%

“Students are starting the new term and new semester in a positive frame of mind,” says Math Teacher Mr. Compton. Grade 8 and 9 students have continued to work on Saxon Math this term. “Grade 9 students have begun to realize the amount of hard work that will be needed to achieve success in math and have made the right changes to make this happen,” says the Math Teacher. “The Grade 8 students have shown a great grasp of the curriculum and are dedicated to keeping up with the workload.”

The Grade 10 students have just finished unit four of their seven unit study of apprenticeship and work placement Math course and some seniors have begun Math 10 Foundations and Pre-Calculus. According to Mr. Compton, “It has been an extremely challenging class but the students show their desire to push themselves and realize how important it is if they want to fulfill their dreams.”

Mr. Compton reminds his students to “... continue to work hard and keep focused on the tasks at hand.”

In Science the Grade 8 students are learning about fluid systems. “It is the first unit where Math and Science Meet,” says Science Teacher Mr. Relland. Force and pressure equations combine with practical applications of pressure to work toward an understanding of how pressure makes life easier. Grade 9 students are working on electricity this term. “In the Electric unit students learn about static electricity and current electricity.” Some of the concepts in this unit covers static balls, circuit diagrams, mathematical equations, building batteries, and understanding parallel vs. series. “In Science 10 students are learning about motion, distance, displacement, velocity and acceleration.” While the Grade 11 students study plate tectonics and concentrate on earthquakes, mountain building, volcanos and the mid-Atlantic Ocean. “The Chemistry 11 students are





working on atoms and the periodic table as well as studying the modern atomic model alongside several historical models including the Lewis Dot Diagrams,” says Mr. Relland. These models help to put together the modern periodic table used throughout the world today.

“This month in Social Studies we have been looking at a variety of topics,” says Shawn Boyes, Social Studies Teacher.” Grade 8 students have been studying Japan, “they have been looking at the geography of Japan and researching the natural disasters that Japan is susceptible to.” The students have also studied the history of Japan including Japan’s First Nations people, the Ainu, as well as the Samurais.

In Grade 9 students have been learning about First Nations groups from across Canada and the early Europeans who came to North America while the Grade 10 students have focused on the Holocaust and recent cases of genocide. “It is a shocking topic but an important lesson to learn as the world continues to have conflict between different groups of people,” says Mr. Boyes. “Grade 11 and 12 students have been studying the effects of important court cases and how they have shaped Aboriginal rights in British Columbia.” Students have researched cases that saw the inclusion of oral history as factual evidence, rules set-up to determine Aboriginal rights, and fights for Aboriginal title. “After the disappointment of learning the rights that were taken away, they are enjoying seeing that these rights are being fought for and realizing that successes are being won,” says Mr. Boyes.

In Career and Personal Planning students have begun a chapter on alcohol in teens and will move on to topics of bullying, drugs, tobaccos, and more in semester two. “I hope to have more guest speakers coming in to speak to our students on

these topics and get them involved as much as possible in creating a better tomorrow for them all. I always value our time in this class and look forward to what term 3 and the second semester has in store for us,” says CAPP Teacher Mr. Compton.

Students in Junior Electives have continued their Foods and Nutrition Classes with Mr. Compton as well as North American Flute Making. “Using local cedar the students are working in the woodshop to make a functional flute,” says Mr. Relland. During the process the students will use a cut off saw, table saw, scroll saw, hand drill, chisel, and a hand planer to build up their practical skills.

Students in the Music Room have been busy practicing for the upcoming *Chilliwack Lions Club Music Festival*. Students have been working on two challenging pieces to perform at this festival on Tuesday, March 10<sup>th</sup>. “I have been most impressed with the high school students’ perseverance at learning the music required for this festival and hope that they keep it up!” says Music Teacher Mrs. Boyes. There are currently 50 students on the list for choir and most of them are giving up their lunch time to practice twice a week. They will be performing at the Chilliwack Arts Center on Wednesday, February 25<sup>th</sup>.

In Physical Education high-school students have begun a new elective on outdoor education. “In the class we will be learning about tree identification, navigation (using a compass and GPS), and the students will also have the chance to experience a variety of outdoor activities including hiking, caving, rock climbing and canoeing,” say P.E. Teacher Mr. Swaney. The Elementary P.E. students have begun learning some of the basics of soccer and will continue to play and practice. “Following this mini-unit our students in kindergarten, grade 1 and grade 2 will be participating in a soccer tournament



## Seabird Island Community School



this March hosted by Squiala School,” says Mr. Swaney. The Intermediate Elementary P.E. students have been focused on territory games including hockey, basketball, soccer and more. “The idea is that if you can learn the game’s tactics from one of these sports then you can be successful at playing and understanding all of them,” explains the Teacher. These tactics include moving to space, guarding/defending and decision making. Students begin learning these tactics through modified games of hand ball and then progress into more skill demanding sports.

“Most students are focused and working to the best of their abilities; however, others need to complete their work and hand it in,” says English Mastery Teacher Ms. Brawn. High School term three interms will be sent home soon and Ms. Brawn encourages parents of students to make sure their child brings home any incomplete work and completes it. During the months of February and March students will continue to study legends and myths. “While studying these legends and myths we are learning about synonyms, antonyms, similes, metaphors and homonyms.” Students should be completing their own mini-legends this term and they will continue to study 1<sup>st</sup> person, 3<sup>rd</sup> person and the omniscient point of view as well as argumentative and persuasive writing.

“For the remainder of this school year we will spend a lot of time focusing on our writing,” says Ms. Brawn. Students have great ideas but no organization and have been learning

how to write an Accordion Style Paragraph. This month we will write an expository paragraph using a model called the Accordion Paragraph. The Accordion Paragraph can be used for all types of paragraphs that present facts, give directions, list information, describe a process, or promote a product. Everyone can learn to write clear, concise, organized paragraphs if they are provided with direct instruction, step-by-step guidelines, examples, opportunities to practice, or specific feedback.

“We believe that all writers can learn the steps for writing a clear, basic, flexible and detailed paragraph, including those of our students that are not writing at grade level,” explains Ms. Brawn. Therefore, this month students will practice, and practice some more, writing expository paragraphs.

In addition to their work on expository essay writing and literary term reviews, English seniors are delving into the Shakespearean Scottish tragedy *Macbeth*. “The brave general Macbeth is intrigued by a prophecy three witches make which arouses his ambition to such an extent that it spurs him and his wife into committing regicide, killing King Duncan,” explains Vice-Principal Ms. White. It is a cautionary tale about the decline of a once admired general who surrender to “vaulting ambition” (his tragic flaw) and it so overwhelms him that he becomes a guilt-ridden, murderous, paranoid and tyrannical ruler.

**The Teachers at Seabird Island Community School would like to invite  
all parents and students to the  
Winter Extravaganza March 6<sup>th</sup>, 4:30-6:30  
for an evening of games and prizes!**

# Seabird Community Calendar

(S) Sxexlhath	(M) Yilawelhat	(T) Sthemelts	(W) Silhat
1	2 <ul style="list-style-type: none"><li>• Meals on Wheels 5-6 p.m.</li></ul>	3 <ul style="list-style-type: none"><li>• Dental and Doctor Walk-in Clinics</li><li>• Fire Practice 7 p.m.</li></ul>	4 <ul style="list-style-type: none"><li>• Pre / Post Mill Hall 11-12 p.m.</li><li>• Youth Workshop Wednesday</li><li>• Meals on Wheels 5-6 p.m.</li></ul>
8 <ul style="list-style-type: none"><li>• Daylight Savings begins</li></ul>	9 <ul style="list-style-type: none"><li>• Pre / Post Chawathil 11-1 p.m.</li></ul>	10 <ul style="list-style-type: none"><li>• Yoo Hoo Word search DUE Enter to win a prize!</li><li>• Dental and Doctor Walk-in Clinics</li><li>• Fire Practice 7 p.m.</li></ul>	11 <ul style="list-style-type: none"><li>• <b>Nomination Meeting</b></li><li>• Youth Workshop Wednesday</li><li>• Meals on Wheels 5-6 p.m.</li></ul>
15	16 <ul style="list-style-type: none"><li>• Meals on Wheels 5-6 p.m.</li></ul>	17 <ul style="list-style-type: none"><li>• St. Patrick's Day</li><li>• Dental and Doctor Walk-in Clinics</li><li>• Fire Practice 7 p.m.</li><li>• <b>Flyer Delivery 8 a.m. - 1 p.m.</b></li></ul>	18 <ul style="list-style-type: none"><li>• Youth Workshop Wednesday</li><li>• Meals on Wheels 5-6 p.m.</li></ul>
22	23 <ul style="list-style-type: none"><li>• Non-Violent Crisis Intervention 5-8 p.m. ~ Dinner</li><li>• Meals on Wheels 5-6 p.m.</li></ul>	24 <ul style="list-style-type: none"><li>• Youth Council Meeting &amp; Dinner 4-7 p.m.</li><li>• Dental and Doctor Walk-in Clinics</li><li>• Fire Practice 7 p.m.</li></ul>	25 <ul style="list-style-type: none"><li>• Youth Workshop Wednesday</li><li>• Meals on Wheels 5-6 p.m.</li></ul>
29	30 <ul style="list-style-type: none"><li>• Meals on Wheels 5-6 p.m.</li></ul>	31 <ul style="list-style-type: none"><li>• <b>Yoo Hoo delivery 8 a.m. - 1 p.m.</b></li></ul>	<p style="text-align: center;"><b>EMPLOYMENT DEPARTMENT WORKSHOP</b></p> <p style="text-align: center;"><b>PLEASE CALL 604-796-2222 SEE US IN THE OFFICE ANY OF THESE VOUCHERS</b></p>



# Calendar of Events – March 2015

:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
<p>1-1 p.m. Wednesday 4-7 p.m. p.m.</p>	<p>5</p> <ul style="list-style-type: none"> <li>• Pre / Post Skwah 11-1 p.m.</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>• Seabird Island Community School Winter Extravaganza 4:30 - 6:30 p.m.</li> <li>• Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	<p>7</p>
<p>Meeting 5 p.m. Wednesday 4-7 p.m. p.m.</p>	<p>12</p>	<p>13</p> <ul style="list-style-type: none"> <li>• Prenatal Circle Elders Room 1-3 p.m.</li> <li>• Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	<p>14</p>
<p>Wednesday 4-7 p.m. p.m.</p>	<p>19</p> <ul style="list-style-type: none"> <li>• How to report to the police &amp; Fraud beware 5-7 p.m. ~ Dinner</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>• Beginning of Spring</li> <li>• Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	<p>21</p>
<p>Wednesday 4-7 p.m. p.m.</p>	<p>26</p> <ul style="list-style-type: none"> <li>• Complete your Will. What to do after you lose a loved one. 5-7 p.m. ~ Dinner</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>• Prenatal Circle Elders Room 1-3 p.m.</li> <li>• Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	<p>28</p>
<p><b>WORKSHOPS &amp; TRAINING</b> <b>MENT</b> <b>WORKSHOPS</b>  <b>5-6865 OR COME</b> <b>TO SIGN UP FOR</b> <b>WORKSHOPS</b></p>	<p><b>Pre/Post &amp; Prenatal Circle</b>  <b>Who can attend?</b> *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</p>	<p><b>PLEASE NOTE:</b> <b>Safety is a priority!</b> We need to keep staff safe so we can keep providing you with delivery services. <b>On delivery days to the community,</b> please ensure your pets are inside or chained-up away from the door in order to receive your deliveries.</p>	<p><b>MARK YOUR CALENDAR:</b> <b>Chief and Council Elections</b> <b>Wednesday April 22<sup>nd</sup> 2015</b></p>

### Grade 7-11 Student Allowances

The 2<sup>nd</sup> student allowance  
payment is

**March 15<sup>th</sup>, 2015**

for December, January and February.

The 3<sup>rd</sup> student allowance payment  
will be **June 30<sup>th</sup>, 2015**

for March, April, May, and June.

**Student Allowances are as  
follows:**

**Grade 7-10**     \$9.00 / month  
                      = \$ 90.00 / school year.

**Grade 11 -12**   \$19.00 / month  
                      = \$190.00 / school year.

Student allowances will be direct  
deposited for students with a bank  
accounts on record.

*Student allowances are based on  
monthly attendance.* Students must  
not miss more than 4 school days per  
month to be eligible for allowance.

### POST – SECONDARY APPLICATION DEADLINE

**May 1<sup>st</sup>, 2015**

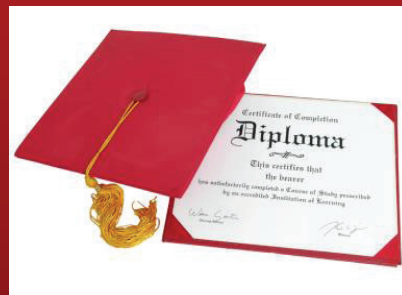
**For September 2015 fall semester**

### PLAN YOUR EDUCATION

PREPARE YOUR PLAN

APPLY FOR SUPPORT

ACHIEVE YOUR GOAL



**Contact: Cindy Kelly, Student Services**

**Phone: 604-796-2177 ext. 6834**

**Text: 604-997-3956**

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

## Parents Advisory Committee

January 26<sup>th</sup> marked the first meeting of the Parents Advisory Committee at Seabird Island. "...we held our first Seabird Island Community School PAC meeting. It was more of an overview of what a PAC is and a discussion about what we can do to recruit more parents as we move forward," explains Stacy McNeil, a parent from the Seabird Island Community.

Parents Advisory Committees or PACS provide a forum for parents and guardians to discuss matters affecting the school and the education of children. An elected executive takes the information from PAC meetings and advises the education committee, principal, and teachers. "The PAC also provides an opportunity to support our parents with workshops and students with fundraising to enhance their learning!" says Stacy.

The first meeting of the PAC led to several suggestions including sharing information in the newsletter, on [www.seabirdisland.ca](http://www.seabirdisland.ca), and at the School and in the Band Office.

PAC meetings are scheduled for the last Monday of each month at 5:00pm with the next meeting happening February 23<sup>rd</sup> at the School.

We NEED to hear from YOU! Your voice is important to your child's education.

For more information regarding the PAC contact Edie Karacsonyi at [ediekara@gmail.com](mailto:ediekara@gmail.com) or Stacy McNeil at [stacymcneil10@gmail.com](mailto:stacymcneil10@gmail.com).

Submitted by Stacy McNeil





Seabird Island Community School  
 Parents Advisory Committee  
 C/O PO Box 530, Agassiz, BC V0M 1A0



Did you know?.....

- To GRADUATE high school, your child needs 80 credits, 16 minimum from Grade 12 courses (48 are from required courses - below -, 28 from electives, and 4 for Graduation Transitions). Courses are typically worth 4 credits each.
- The following courses will help get your student a DOGWOOD DIPLOMA and not a leavers certificate:
  - Language Arts 10, 11 & 12 (English)
  - Social Studies 10 & 11 or 12 (History, Geography, etc)
  - Math 10 & 11 or 12
  - Science 10 & 11 or 12 (Biology, Chemistry, Physics, etc)
  - PE 10
  - Fine Arts/Applied Skills 10, 11 or 12 (Art, Woodwork, Technology, Metalwork, etc)
  - Planning 10
- Many First Nations students are not getting the courses required because they and their parents are unaware of what is available. Seabird School works hard with our students to make sure this doesn't happen.

What can we do to help? Join the Parents Advisory Committee

- It is highly recommended that Grade 10 students know what they want to take in college/university/trades so that they can take the courses they need in Grade 11&12.
- Many First Nations students overlook this as such they spend a MINIMUM of 1 year upgrading AFTER graduation to qualify to get into the courses they want at college/university. Seabird School works hard with the students to ensure this doesn't happen.

What can we do to help? Join the Parents Advisory Committee

- Even 10 years ago, 75% of aboriginal students needed additional funds for college/university/trades ON TOP of Band Funding.
- Many of our students struggle because they thought their Band would cover all of their education costs in college/university. THIS IS NOT TRUE.

What can we do to help? Join the Parents Advisory Committee

**Next Meeting:** Monday March 30, 2015 5:00 p.m. Seabird Island Community School  
**Who?:** All parents/guardians of Children in grades K-12 in Seabird Island Community School welcome  
**Topic:** Constitution & Bylaws, Planning/Recruitment  
*Stats from BC Ministry of Education, FNEsc*

For more information, please contact Edie Karacsonyi [ediekara@gmail.com](mailto:ediekara@gmail.com) or Stacy McNeil [stacymcneil10@gmail.com](mailto:stacymcneil10@gmail.com)  
*Submitted by Stacy McNeil*



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 Officer & 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 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

# Aboriginal nursing students flourish as a result of unique partnership

Fraser Health Newsroom Written by Jake Adrian

Across the province more Aboriginal health care practitioners are needed. According to the Profile of Aboriginal People in the Fraser Health Region 2010, Aboriginal people have said that a lack of culturally safe care is a barrier to using health care services. Fraser Health is working hand in hand with First Nations communities creating new partnerships in the Fraser region to address this gap.

22 year old Patricia Bobb is in her second year of the two year Aboriginal Licensed Practical Nursing program at Seabird College in Agassiz. She is bursting with pride and hope, looking forward to completing this course and using it as a launch pad to fulfill her dream of becoming a Registered Nurse. “I see it as the beginning of a career path, a foot in the door leading to better things. “

Patricia comes from a family of nurses including her grandmother, aunt and mom. For a young Aboriginal woman living on Seabird Island this is unusual. It is also unusual to have a classroom of only Aboriginal post- secondary students. But this is the result of a unique partnership with Vancouver Community College and supported by Fraser Health, Seabird Island First Nation, Stó:lō Nation, other local First Nations, and sponsored by the province of British Columbia Nursing Directorate.

Seabird College is a private college that opened in 2009 located on the Seabird Island Band lands. It is open to Seabird Island community members as well as neighboring communities and takes into account the specific learning needs of First Nations people. Seabird College caters to the local communities making it easier for First Nations and non-First Nations residents to gain a post-secondary education by providing it where they live, close to family and

supports. “This program is changing people’s lives,” says Laureen Duerksen, Seabird College Health Programs Coordinator. “These students may not have finished high school and were on social assistance with few options for work, but now with supports they can get their high school diploma and further education to change their situation.”

The program course is provincial and involves roughly 750 hours in the classroom, 16 weeks of practicum in long term care facilities, hospitals and mental health facilities and 144 hours of a preceptorship, in Fraser Valley facilities. Fraser Health provides the funding for this preceptorship where students are paired with experienced nurses first to shadow and then be shadowed to bridge the transition between student nurse to professional nurse.

The training also includes rural and remote nursing practices, community-based health services, and the management and administration of health services and programs. Each student was required to successfully complete all the pre-health program courses prior to their first semester.

For many of the students who are between the ages of 19-55, and who haven’t been to school in a while or who may not have passed Grade 12, the program and course load can be daunting. There are further hurdles such as a lack of support from family and having to juggle family demands as well as work.

To maximize their success, students in the program are supported in various ways: tuition and supplies are covered; classes are four days per week, with one day dedicated to homework; in class computers, laptops, e-books, textbooks and open internet are provided; and help with study skills, organization skills and academic support for papers is available from the education support team at VCC.

Patricia Bob’s mom, Valencia, is a graduate of the first program in 2009. She remained working while completing the program so she could care for her children and avoid student loan debt. Her employer was flexible, but she says she wouldn’t have been able to take the course if it had not been at Seabird with the level of support provided.

After working for two years in a long term care facility in Chilliwack, Val now works for Seabird where she is able to provide health care for her community, but she says she’s not finished with school. She would like to get a bachelor’s degree in nursing so she can be part of strategic planning and developing of health programming. “This course has helped me realize my dream and now I want to do more to help people.”

# The Health Gap

Fraser Health Newsroom Written by Jake Adrian



As stated in the document Profile of Aboriginal People in the Fraser Health Region 2010, “Many of the poor social, economic and health outcomes seen in Aboriginal people today are a direct result of key historical events. Aboriginal people have experienced devastating loss as a result of colonization, cultural deprivation and systematic discrimination. The legacy of these events is the health inequities Aboriginal people experience today, and closing the gap requires addressing the underlying issues.”

Fraser Health was the first health authority in the province to sign a Partnership Accord with the Fraser Salish Nations in the Fraser region. This agreement seeks to bring about shared decision making to increase the influence of First Nations in decisions relating to health services that are delivered to First Nations and other Aboriginal people within the Fraser region.

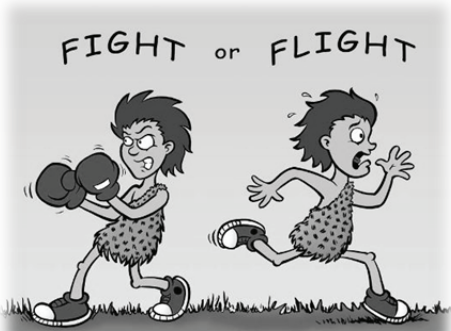
In response to the Transformative Change Accord’s Health Action signed by both federal and provincial governments, a number of other activities to increase the number of Aboriginal people in health professions are also underway by Fraser Health.

Recruitment Services has been working with communities in the Fraser Region toward increasing the awareness of careers in health care for Aboriginal students, attending Aboriginal career fairs and forums over the past year, including community events, conferences and local high school events. The focus at these events is on promoting health care volunteer and career opportunities and encouraging Aboriginal youth to complete high school and move to post-secondary education in the hopes of becoming future health care providers.

“It’s important to increase the number of Aboriginal health care providers in Fraser Health and continue our work on respectfully improving access to services that value the culture, traditions and language of our First Nations residents,” says Colleen Hart, Vice President Clinical Operations and Professional Practice.

As of this year there are approximately 208 Aboriginal-identified staff at Fraser Health with more being hired every year.





**Free Course!  
Non-Violent Crisis  
Intervention**

Open to the Community

March 23<sup>rd</sup> 2015  
5-8 p.m.  
Dinner Provided

**This course covers:**

- How to deal with people upset or angry
- Explains behaviors
- How to communicate effectively

Please Call Genna @ 604-793-3363 for a seat!

**How to Report to the Police  
& Fraud Beware**

March 19<sup>th</sup> 2015  
5-7 p.m.  
Dinner Provided

**Complete Your Will or  
What to do After You  
Lose a Loved One**

March 26<sup>th</sup> 2015  
5-7 p.m.  
Dinner Provided

**Thank you from Vince Sally and Family**

We have been very blessed to have such an outpouring of love and support during our time of sorrow. There are so many that came forward to assist our family. Thankful to our brother Marv for opening his home to allow us to gather the first night.

We'd like to thank the ladies: Danielle Gabriel, Marguerita Marchand, and Crystal Chapman for putting aside your busy schedules to take care of our kitchen and preparing meals throughout the week. Thank you to all for the donations of food and staples throughout the week as well. Thank you to Carolyne and the Seabird Island Health Department for your donations of food, staples etc. Thanks to Crystal Chapman for the beautiful cedar roses and Anna Charlie for the lovely arm bands.

Thanks to the fire keepers: Francis Mussel and Reggie Mandeville for taking care of the fire over the 4 days. We would like to thank the staff at *Tzeachten Band Office* for opening the hall, office, boardroom and kitchen during the services. We would also like to thank the caretakers of the *Tzeachten* cemetery for all of their hard work. We would also like to acknowledge Woodlawn for the kindness, understanding and respect that was shown to our family. Thank you to *St. Mary's Parish* and Father Emmanuel for the beautiful service.

We are extremely grateful for our American family who created a beautiful pamphlet, slides show and eulogy. Thank you to Rick Quipp and his helpers for cooking for both the prayers and the service.

To the friends, family and colleagues that came forward to offer their love, prayers and songs we thank you. Special thanks to Don and Gail Froese for their assistance in organizing the honoring of the First Responders and the Yakweakwoose family (Richard Malloway Memorial Longhouse) for hosting the beautiful ceremony.

Special thanks to Willie Charlie for all of the help and support he provided. You all touched our hearts more than you will know and it is from that love that we gather our strength to carry on.

*Hope and Malloway Families*



**CHIEF AND  
COUNCIL**

**Nominations**  
March 11<sup>th</sup>  
5 p.m.

**Election**  
April 22<sup>nd</sup>

If you can't find your floss during the day, apt for Mother Nature's toothbrush. Hard, crunchy foods, such as carrots and apples, can always clean your teeth naturally.



The chances of getting a cavity is higher if candy is eaten slowly throughout the day compared to eating it all at once and then brushing your teeth afterwards.



# 7 mistakes parents make with their kids' teeth

By Julie Revelant  
Published February 08, 2015  
FoxNews.com

You know regular brushing, a healthy diet and dental visits are some of the best ways to prevent cavities, yet experts say many parents are falling short when it comes to oral hygiene.

In fact, 42 percent of children ages 2 to 11 have had cavities in their baby teeth. And 21 percent of children ages 6 to 11 have had them in their permanent teeth, according to the Centers for Disease Control and Prevention (CDC).

Here, find out the biggest mistakes dentists say parents are making and learn what you can do to keep your children's teeth healthy throughout their lifetime.

## 1. Letting kids brush alone

Since most children don't have the motor skills to brush effectively until they're 8 years old, parents need to supervise brushing and check to make sure every surface of each tooth is clean.

"It's not that they don't want to do a good job, they're just not physically capable yet," said Dr. Edward H. Moody, Jr., president of the American Academy of Pediatric Dentistry.

## 2. Putting baby to bed with a bottle

It's the easiest way to cause tooth decay, yet parents are still doing it, experts say. In fact, according to a survey by the American Academy of Pediatric Dentistry, 85 percent of parents said it wasn't a good idea to put their babies to bed with a bottle of milk or juice, yet 20 percent did it anyway.

Whether it's a bottle at bedtime or a sippy cup all day long, the habit keeps the sugar and bacteria levels in the mouth elevated all the time, Moody said. If your baby wakes up at night for a bottle or to nurse, wipe out her mouth with gauze or a soft cloth or brush if she has teeth.

"If you start early on it becomes part of the normal routine," he said.

## 3. Making the first dentist appointment too late

Expert say it's common to see children 2 or 3 years-old who need to go under general anesthesia to treat cavities and infections. One of the explanations for this is that parents aren't bringing their babies to the dentist early enough.

The first trip should either be when the first tooth erupts or by your baby's first birthday. Dental visits every six months from the get-go will also help your child feel comfortable—and even excited—to go every time.

## 4. Offering "healthy" foods

Bananas, raisins, and whole-grain crackers seem like healthy fare but foods that are sticky and have concentrated sugars like these will sit in the grooves of the teeth and create cavities. Instead of nixing them entirely, eat them with meals— when there's more saliva— and always brush afterwards, said Dr. Joseph Banker, founder of Creative Dental Care in Westfield, N.J.

## 5. Thinking cavities are no big deal

You might think treating a cavity is an easy fix, but cavities can affect your child throughout his lifetime. For starters, healthy baby teeth are necessary to maintain space for adult teeth. They help guide the jaw so it can grow.

Plus, if a cavity becomes infected, it can affect the development of the adult teeth and if there's an abscess, the child will likely need sedation to treat it, Banker said. Cavities at an early age, especially if they're not treated, can also lead to problems with speech articulation, poor sleep, and even low self-esteem and school performance.

## 6. Not using fluoride

Last year, the American Dental Association revised its recommendations and now suggests children age 2 and under use fluoride toothpaste, too. Although fluoride is controversial, experts agree that the research is clear: it's one of the best ways to prevent cavities.

The appropriate dose, however, is key. For children 3 years old and younger, use the equivalent of a grain of rice, and for children 3 to 6 years old, a pea-sized amount is enough. Nevertheless, if you're concerned about your child's exposure to fluoride in the water and toothpaste, talk to your dentist.

## 7. Loading up on sports drinks

A common cause of tooth decay in older kids is sipping on sports drinks and soda at lunch, at games and at home. By bathing their teeth in acid all day, there's no opportunity for the PH to re-balance, Banker said. If you can't persuade your child to completely nix it from his diet, encourage him to limit the amount, then drink it and be done with it.

Reference <http://www.foxnews.com/health/2015/02/08/7-mistakes-parents-make-with-their-kids-teeth/>

## New Staff



**Sandra Haukeland**  
Executive Assistant  
Health and Early  
Childhood  
Education  
(ECE)

As of February  
12<sup>th</sup>, 2015

Sandra has been working with Health and ECE as the new Assistant.

Sandra lives in the Popkum area and was born and raised in BC. She lived out of province for a bit with her family and happy to be back home. Sandra is married and a proud mother of 2 daughters age 9 and 16. She loves people, kids, animals, camping and gardening.

A trained teacher with experience teaching for the Vancouver School Board, Sandra is excited to use her skills in this position with ECE and Health. She is looking forward to meeting and working with everybody at Seabird.

Written by Sandy Bobb

## Spring Break - Staycation

Inexpensive and fun family time!

Spring Break is an excellent time for a staycation. Bonding with your family doing local stuff together as a family. Become a tourist in your own back yard. We are a tourist destination, do your kids know all the sights in our area? ***Go to the local info booth and get some brochures and maps.***

- Picnic in a park
- Camp out in the back yard or basement
- Movie Night - lights out, popcorn, blankets
- Have a Yard Sale
- Hike up Mt. Cheam
- Hike up to the Spirit Caves in Yale
- Hike to the Hot Springs
- Hicks Lake hike
- Picnic in Bridal Falls
- Tour the Athello Tunnels
- Go for a walk in Harrison
- Visit the library
- Go to a Museum
- Go fishing
- Unplug for the day - play board games as a family
- Family bike rides
- Eat out
- Visit the Zoo
- Play as a family; tag, hide & seek

The point of a Staycation is to make it feel as much like a real family trip as possible, without leaving the comfort of your own home. Make sure the whole family is on the same page, it is good to start with some ground rules that everyone can agree on. Start with deciding exactly when your vacation at home starts and ends, and then set a few guidelines for what your family may and may not do during this time. These could include all or some of the following:

- Limit technology
  - no phones or games
  - only family TV time
- No worrying
- No fighting
- Family time only
  - no going in different directions
- Minimal cooking
- No cleaning
- No laundry

### Plan for FUN!

- Precook some meals
  - in the freezer
- Family power clean before the staycation starts (laundry,...)

## Recipe Corner

### Irish Style Dirt Cake

pistachio pudding mix  
1/4 cup of milk  
extra-creamy whipped topping (dream whip)  
Lucky Charms cereal

#### Directions

Pistachio pudding mix, and milk until creamy.

Add approximately 6 ounces of the whipped topping (you just need to save about 1 cup of the whipped topping to finish off the tops of your dirt cakes) and beat until the mixture is smooth.

Spoon several tablespoons of the pudding mixture into mini clear cups, top with Lucky Charms, another layer of the pudding mixture,



a thin layer of whipped topping, then sprinkle with Lucky Charms to finish it all off.

Serve immediately for best results. Enjoy!





## Are you between the ages of 19 –24 & on Social Assistance? Have you connected with Brian or Heidi?

Seabird is offering an exciting new program, Enhanced Delivery Service (ESD). Come in for a snack and meet Brian or Heidi to find out more. They always make time for drop ins. If you prefer an appointment please call 604-796-6865 to schedule a day & time. Lets work together to start things happening for you.

## Employers seeking workers; are you Interested?

- Tim Horton's is looking for energetic and dynamic people to join their team. Interested candidates must be available to work flexible shifts and weekends. The team member they are looking for will have a positive attitude and understand that in their business the guest comes first. They offer full training and health benefits. If you have a great attitude and are looking for a challenge in a fun, fast paced environment then they may have the opportunity for you. Part time and Full time shifts available. No Phone calls please. Email resume or drop by any of their Chilliwack/Rosedale locations and ask to fill out an application.
- The Sasquatch Inn is currently seeking a part time Janitor/Housekeeper (2 days/week) Candidate must have own transportation. Duties include: cleaning pub and kitchen before opening and cleaning hotel rooms as rented. All cleaning supplies and tools are provided. Please email resume and cover letter to sasquatchinn@shaw.ca. No drop ins or phone calls please.

## Seabird Festival Workers Needed

It's that time of year again. The Casual Labour Pool is looking for workers to help get ready for the Festival. There will also be work available during the Festival weekend. Please see Bertha to sign up for this opportunity or call her at 604-796-6865 ext. 6812

## Tax Season is here. Are you ready?

Sara Silver and Heidi Trautman will be offering free tax preparation for all Seabird Community Members. Please remember that a copy of your tax statement is required for all Social Development clients to keep your file active. Contact Erna, Andrea, or Alexis.

If you have children, having your taxes done early helps you keep your Family Bonus payments going AND keeps your GST payments up to date.



## Employment Action Plans

Employment action plans are due before the 20th of each month. Appointments can be made with Jill or Whyles 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.

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

Jimmy Dean

## In This Issue

- Meet Brian and Heidi
- Workers Needed
- Festival Time
- Tax Time
- Driving School
- Employment Plans

## Driving School

We are offering driving lessons. Andrea will be available for lessons Monday—Friday from 4pm-6pm and some Saturdays. Please call Andrea at 604-796-6865 to schedule an appointment.

## L Test Prep

If you're interested in studying for your L test please let Andrea know. Andrea would be happy to make a time to work through the learners book with you.

**Let's start you on the path to achieve your driving goals.**

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:**

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 (1<sup>st</sup>) of each month

**Sandra Bobb**

**Phone:** 604-796-2177

**Direct:** 604-796-6838

**Website:** www.seabirdisland.ca

**E-mail:** sandrabobb@seabirdisland.ca

**Editing Committee:** Sandra Bobb, Phaine Wegener, Kristy Johnson, Zorana Edwards-Shippentower, Lori Burns, and Heidi Trautmann

**Health Comics**



**Quotes of the month**

*“Be the change that you wish to see in the world.”*  
— *Mahatma Gandhi*

*“No one can make you feel inferior without your consent.”*  
— *Eleanor Roosevelt,*

**Welek’es / March**

**Pisces:** Feb 20 - March 20

**Flower:** Daffodil, Jonquil or Narcissus

**Birthstone:** Aquamarine

**The healing properties:** Aids the liver, throat, stomach, jaw, teeth, eyes, and ears. Aquamarine is also known for releasing fear, calming nerves, and bringing mental clarity.

**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. Tuesday, March 10<sup>th</sup>, 2015  
**Draw Date:** Wednesday, March 11<sup>th</sup>, 2015

*Congratulations to last months winner Darlene Peters*

**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.*

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

1. Rights
2. Aboriginal
3. Title
4. Inherent
5. Constitution
6. Immemorial
7. Occupy
8. Traditional
9. Calder
10. Delgamuukw
11. Connection
12. Sacred
13. Land
14. Fisheries
15. Chinook
16. Sockeye
17. Protect
18. Access
19. Use
20. Dryrack
21. Teachings
22. Indigenous
23. Resources

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Use the unused letters in the word search to translate the above

**February Answer:**  
Tewat ta' skwix?  
What is your name?  
Chexw tel e'lestse?  
Where are you from?  
Chéw kw'il máqé?  
How old are you?

Submitted by Zorana Edwards Shippentower



# 'Round The Rez

## Community Events, Workshops & Outings

### OPTOMETRIST CLINIC

The next optometry clinic is scheduled for

**March 3<sup>rd</sup> & 4<sup>th</sup>,**  
**April 7<sup>th</sup> & 8<sup>th</sup>**

Contact Maggie to book  
your appointment today  
604-796-2177



### ALCOHOLICS ANONYMOUS MEETING

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

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



### 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 604-796-6854.

### FIELD LIGHT BOOKINGS:

Call **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 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

#### HOURS

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: [ashleyr@seabirdisland.ca](mailto:ashleyr@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: 1<sup>st</sup> 100 color, and 1<sup>st</sup> 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

We can assist people with requesting 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 people get their BC ID.

Contact CHR, Maggie Pettis 604-796-2177

### BABIES ID CARDS

Apply for Medical for babies as soon as possible.  
Contact CHR; Maggie Pettis 604-796-2177

Apply for Status Cards for babies as soon as possible.  
Contact Carol Hope 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.**



# Find Seabird on-line!

www.seabirdisland.ca

Website:



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

Seabird Community Yoo Hoo Newsletter:



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

## Tips:

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

# Nutrition And Traditional Foods

*Keeping us active and healthy...*

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



Food Group	Recommended Number of Servings per Day
Vegetables and Fruit (any form)	4-5, 5-6, 7-8, 7-10
Grain Products	3-4, 4-6, 6-7, 7-8
Milk and Alternatives	2, 2-4, 3-4, 3-4
Meat and Alternatives	1-2, 2, 3