

the SEABIRD ISLAND

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

April 2015

NEW! Seabird Island Pharmacy



On March 16th 2015 we welcomed the NEW "Seabird Pharmacy" to our Seabird family. Both lobby's were filled to witness and participate in the Grand Opening Ceremony. Following the ceremony lunch was held in the Gymnasium.

This new pharmacy is a partnership with Agassiz Pharmacy.

Now our clients can get their prescriptions filled when they leave the doctors office, before they even leave the building.



CHIEF & COUNCIL ELECTIONS

April 22nd 2015

Make a difference in your community,
Don't forget to vote!
Every vote counts.

Must be a Seabird Band Member
18+ to vote!

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You are invited to visit our

Seabird Island Annual Open House

Door Prizes!

April 15th
10 a.m. - 5 p.m.

Fun,
Learning,
Sharing

FVACFSS

Women's Wellness Gathering

Registrations forms at
www.fvacfss.ca
Deadline: Friday March 27

Register by e-mail:
elaine.ryans@xyolhemeylh.bc.ca

Mail/Drop-off:
FVACFSS
Women's Wellness
210-2276 Clearbrook Road
Abbotsford, BC, V2T 2X5
Phone: 1-604-855-3328
Fax: 1-604-855-3329

Please bring own
bedding, pillows,
sleeping bags and
toiletries.

No electronics
allowed

Space is limited
to 45 spots.

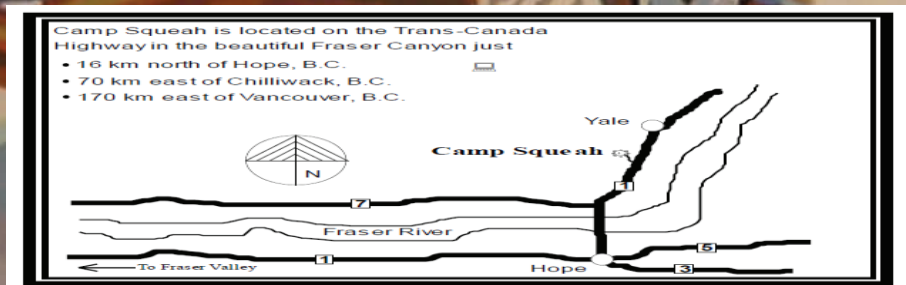


April 15 – 17, 2015

Camp Squeah
27915 Trans
Canada Hwy

Hope, BC, V0X 1L3

A three-day and two-night gathering in a confidential, safe environment for Aboriginal women to build support systems and learn the importance of holistic self care by attending to the physical, spiritual, emotional and intellectual aspects of self.



www.fvacfss.ca

Fraser Valley Aboriginal Children and Family Services Society



The Elders College will be returning in the spring for Seabird Island

Starting April 8th and will run until May 27th.

Classroom #8 at the College, 10:30am start.

Please call if you would like more information or to be put on the pick-up list.

Ashley Armstrong: 604-796-2177 Ext 5026

What is Easter?



Easter

n.noun

- A Christian **feast** commemorating the Resurrection of Jesus.
- The day on which this feast is observed, the first Sunday following the full moon that occurs on or next after March 21.
- Eastertide

Easter Bunny

The Easter Bunny (also called the Easter Rabbit or Easter Hare) is a folkloric figure and symbol of Easter, depicted as a rabbit bringing Easter eggs. Originating among German Lutherans, the "Easter Hare" originally played the role of a judge, evaluating whether children were good or disobedient in behaviour at the start of the season of Eastertide.

The Easter bunny first arrived in America in the 1700's with German immigrants who settled in Pennsylvania

"The Easter Bunny is German in origin. He shows up in 16th century literature as a deliverer of eggs, in his own way a springtime St. Nicholas bent on rewarding the good," wrote Mikkelson, adding that "Colored eggs were left only for well-behaved good children."

The significance of eggs came from their symbolizing new life as well as fertility and continuing life. Mikkelson wrote about how Christianity adopted the symbol.

"As Christianity spread, the egg was adopted as a symbol of Christ's resurrection from the tomb (a hard casket from which new life will emerge)," wrote Mikkelson.

Reference <http://www.christianpost.com/news/where-did-the-easter-bunny-come-from-92695/>



Easter: A great day to bring your family together to celebrate life! Enjoy this day with your family!

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

Chiefs Corner



Interview with Clem Seymour
March 13 2015

The nominations for Chief and Council took place March 11th from 5 p.m. to 8 p.m. The Elections will be taking place April 22nd inside the gymnasium. There will be a "Swearing in Ceremony" for our new Chief and Council April 23rd, which will be in the gymnasium as well.

"Everyone is invited", Clem said. The nominations list was posted on March 16th 2015.

The first General Band Meeting with the new Chief and Council will also be held on the 23rd of April.

Last month on March 16th Seabird had an opening ceremony for the Seabird Island Pharmacy. The new business is now up and running.

Submitted by Zorana Edwards-Shippentower



10 Fun Facts about Teeth

We believe it's important to not only treat our patients with high quality care, but to educate them about their oral health so they can be empowered to live healthy lives.

Below are 10 fun facts about teeth we thought you'd enjoy learning about.

1. The enamel on the top surface on your tooth is the hardest part of your entire body.
2. Teeth start to form even before you are born—milk teeth or baby teeth start to form when the baby is in the womb, but they come through when the child is between 6-12 months old.
3. Humans use four different types of teeth (incisors, canine, premolars, and molars) to cut, tear and grind their food.
4. Humans have only two sets of teeth in their entire lifetime—baby teeth and permanent teeth. Once you have your permanent teeth, make sure you take good care of them.
5. No two people have the same set of teeth—your teeth are as unique as your fingerprint, so be proud of your unique set of teeth.
6. Your mouth produces over 25,000 quarts of saliva in a lifetime—that's enough to fill two swimming pools. Saliva has many uses, including assisting you with your digestion and protects your teeth from bacteria in your mouth.
7. An average person spends 38.5 days brushing their teeth over their lifetime.
8. Many diseases are linked to your oral health, including heart disease, osteoporosis, and diabetes.
9. One third of your tooth is underneath your gums—that means only two thirds of your tooth's length is visible.
10. If you get your tooth knocked out, put it in milk and hold it in your mouth—this will help your tooth to survive longer. Make sure you see a dentist right away.

Reference: <http://www.123dentist.com/10-fun-facts-about-teeth/>



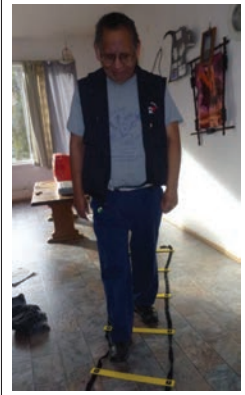
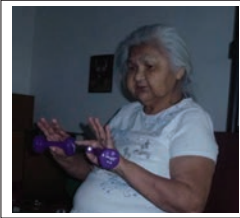
Better at Home is funded by the Government of British Columbia.

Sto:lo Territory Better at Home Elders

Introducing: "Move It!" Elder's Friendly Visiting

Join our program where Elders come to your home to visit and share some exercises

- Chair exercises
- Standing exercises
- Walking program
- Social time!



Sign up!
or

Set up your own community "Move It!" program

Contact Lenette Joe
Sto:lo Territory Better at Home Coordinator
Call: 604 796 2177, Ext 5021
Email: lenette@seabirdisland.ca

Everybody needs some kind of assistance at some time!

Have you checked in on Mom and Dad lately?
Are they stressed, do they need help with the chores?
Are they lonely?

Call a family meeting. Sit down together and make a list of the chores that each of you can help with. Chores around the house should be shared responsibilities. Everyone should step up to the plate and help out your elders and their homes.

Create a family calendar; post the chores as a reminder, choose family dinner nights.

As time goes on Mom and Dad may be able to handle the day to day chores, but bigger ones may become harder to do. Mowing the lawn, washing the car, changing the bed sheets, washing the bathtub.

Mom and Dad may find it hard to cook for or go to a large family dinner every week! However if each of your siblings picks a Sunday to cook for and visit Mom and Dad at least they are seeing somebody every week.

Get the kids to help out as well, you are never too young to help.

Everybody needs a little help once and while, it doesn't hurt to ask!



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

Sto:lo 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



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

Sto:lo Territory Better At Home Spring Fling 2015

~* BYOT: Bring Your Own Tea Pot *~

We are going to be hosting a Spring Fling of:
Tea Party, light dinner, and a dance afterwards.

Location: Sumas Long House Kitchen

Date: April 9, 2015 Time: 3:00pm-7:00pm



Contact Lenette Joe: Sto:lo Territory Better at Home Coordinator
For information. PH: 604-796-2177 Ext 5021 Email lenette@seabirdisland.ca

Parents and Tots

Seabird's Parents and Tots program welcomes their new Early Literacy program called "READ & WIN!"

If you have any questions about this program call and talk to Tracey at 604-796-6894 or leave message and I will get back to you as soon as I can.

Join us in congratulating our most recent winner! Congratulations EAGER READERS!



Clayre Bonshor



Tyson Beckstrom



Miranda Beckstrom

Look what's happened at Seabird's Parents and Tots program in the month of March

The Parents and Tots program has welcomed the Communities BEST nutrition experts to the scene.

Congratulations all!

This program is open to all families in Seabird with children ages 0 to 6 and expectant families too.

If you have any questions about this program call and talk to Tracey at 604-796-6894 or leave message and I will get back to you as soon as I can

Submitted by Tracey Bonshor



Supported Child Development

The Supported Child Development program, which began at Seabird Island in 2003, provides services to Aboriginal and Non-Aboriginal children who require extra support due to physical, social, intellectual, emotional and developmental challenges. If you have concerns about your child's development or would like a quick screening done on your child please contact the Supported Child Development program by calling

Jen McNeil, Program Supervisor at 604-796-6886 or
Lisa Pettis, Consultant at 604-796-6887 or
by calling us toll-free at 1-800-788-0322.



Seabird Preschool



“Ey Swayel! Spring has arrived and we have had such glorious weather for the children to be outside playing with friends and walking throughout the community,” says Preschool Teacher Dianne Wilson. The month of March has gone so quickly for the children. The 20 children attending the fours program have had a great deal of learning through: Language Circle with Camielle; the Seeds of Empathy Program with the Seeds family visits; Dinosaurs; spring baby animals; Ey Qwál Speech and Language and social play. The children enjoy acting out stories like “How the raven stole the sun”.

The Three’s enjoy social play, singing, art, making bannock, and outdoor play. “The two hours goes extremely fast when there is much fun involved,” says the teacher. Students have also become quite comfortable with the fire drills and earthquake drills that are conducted each month in both the Three’s and Four’s program.

REGISTER NOW

During the Seabird Island Open House on April 15th

There will be a registration list at the Preschool table for any parents wishing to register their 3 or 4 year old for the Four’s or Three’s program next Fall.

Dianne would like to remind all parents that space at the Preschool is limited.

The A-PALS Gathering on Wednesday, March 11 was attended by 40 individuals. Connie Joe opened the evening by thanking all the families for attending. “After a delicious supper, we gathered for songs, drumming and stories,” says Dianne. While adults had a discussion group, staff looked after the children. Families enjoyed making crafts together. All the children under 6 years old received a story book connected to the evening theme. The next A-PALS is Wednesday, April 8, 2015 4:30pm at the Millennium Hall. Community members with children attending an Early Childhood program or Kindergarten are welcome to attend. We hope to see you there!!

Submitted by Dianne Wilson



Seabird Community School



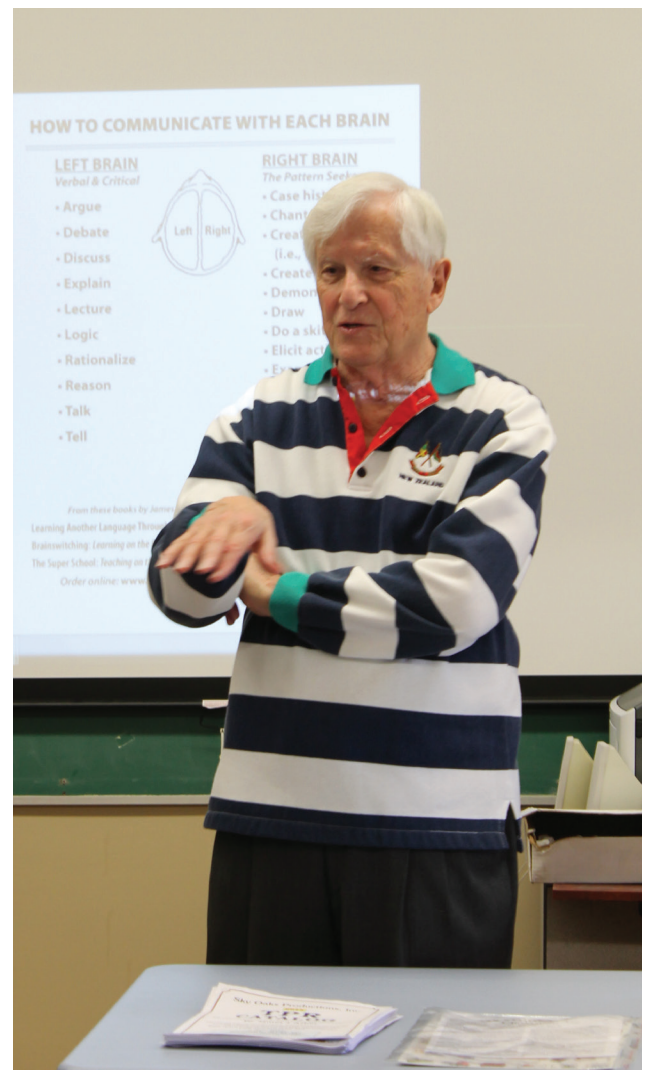
Indigenous language professional development a success

On March 16, 2015, Seabird Island Community School hosted an Indigenous Language Teacher Professional Development. “With a gracious grant from *First People’s*, we secured Dr. James Asher, Professor Emeritus of Psychology at *San José State University*, who is the originator of Total Physical Response (TPR),” says Dianna Kay.

TPR is language teaching method based on the coordination of language and physical movement. Dianna explains, “...in TPR, instructors give commands to students in the target language, and students respond with whole-body actions”. During the event Dr. Asher was able to assess our teacher’s delivery of the method, encourage humour and high velocity of language learning.

Using his adult children as examples of students, the two were exposed to Halq'eméylemqel, Nlaka'pamučtsin by Charon Spinx, Hunquminum & Sk_wx_ú7mesh by Khelsilem (Dustin Rivers); enriching the learning experience of attendees. “Asher developed TPR as a result of his experiences observing young children learning their first language. He noticed that interactions between parents and children often took the form of speech from the parent followed by a physical response from the child. Asher made three hypotheses based on his observations: first, that language is learned primarily by listening; second, that language learning must engage the right hemisphere of the brain; and third, that learning language should not involve any stress,” (Wikipedia).

“It was an honour and privilege to be in a room filled with our Halq'eméylemqel Iwestełeqs, soon to be Halq'eméylemqel teachers,” says Dianna.



Submitted by Dianna Kay

Seabird Community School



High School SUBMISSION

In Mrs. Brawn's English Mastery Grade 8 through 10 class students have completed the novel, *The Prince and The Pauper*, by Mark Twain and will begin reading short stories soon. "The Grade 9's are reading a novel called *Sara Crewe*," says Mrs. Brawn. These past two months students have been comparing and contrasting the past and the present in many different ways.

In terms 3 and 4, all of the students will continue learning to recognize and interpret the four types of figurative language: similes, metaphors, hyperbole and sarcasm. "Many of the exercises use examples of figurative language from the text book stories," says the teacher. Each type of figurative language will be taught separately. Mrs. Brawn suggests that parents encourage their child/children to use figurative language at home and to explain when others are using it as well. Mrs. Brawn also sets a goal for her students over this coming break, "during spring break, we would like all students to read one novel of his/her choice!"

Science 8 students taught by Mr. Relland are currently working on fluid systems and how they work. It is the first unit where math and science meet. Students learn about force and pressure equations, combine with practical applications of pressure, to work towards an understanding of how pressure makes life easier.

Students of Science 9 are working on electricity. "In the electric unit we learn about static electricity and current electricity," says Mr. Relland, "...some of the concepts the

students are learning about include static ball, circuit diagrams, mathematical equations, building batteries, and understanding parallel vs. series".

"In Science 10 students are working on understanding motion," says the teacher. In the upcoming term students will be studying about distance, displacement, velocity, and acceleration.

"The Science 11 class is working on Earth's Changing Surface," says Mr. Relland. The students are studying erosion, surface water, ground water and glaciers, while the Chemistry 11 students are working on chemical bonding. This includes ionic bonding, covalent bonding and London Forces.

The junior elective for term 2 changed from computer animation to North American Native flute making. "Using local cedar, the students are working in the woodshop to make a functional Native flute," explains Mr. Relland. During this process students will use a cut off saw, a table saw, a scroll saw, a drill press, a hand drill, chisel and a hand plane to build up their practical skills.

"This past month, our high school Outdoor Education class traveled to Project Climbing Center in Abbotsford," says Physical Education teacher Mr. Swaney, "...this course is necessary for students to rock climb what is known as Top Rope Climbing." Top Rope Climbing has an anchor at the top of the rock or wall with a rope going all the way up to the anchor and then returning to the ground. One end of the rope is attached to the climber and the other end is managed by the "belayer". "It is the belayer's responsibility to keep tension on

Seabird Community School



the rope as the climber progresses up the rock/wall,” explains Mr. Swaney. The course covered how to properly wear a harness, how to tie a figure 8 knot and attach it to the harness, how to belay (process of keeping the rope tight for your climbing partner) and lastly all the important safety checks and communication necessary to climb. Upon completing the course, students had time to practice our belaying and climb routes of varying difficulties. We also had the chance to try bouldering. Bouldering is another type of climbing in which no ropes are used. “In bouldering, routes are significantly lower to the ground usually a maximum height of 3-4 meters,” says the teacher. Below the wall is a crash mat used to protect climbers if they fall. Looking forward, Mr. Swaney says students will continue to hone our rock climbing skills and they are looking forward to climbing outdoors after Spring Break.

This month both the choir and band participated in the Lions Club Music and Dance Festival in Chilliwack. “Both groups received certificates (the choir received a silver crest and the band received a gold crest on their certificates),” says Music teacher Mrs. Boyes. The choir will be presented with \$50 worth of bursaries at the closing ceremonies, which is happening over Spring Break. The band also received a banner for their participation. “This was a wonderful experience for the students involved because they all had to put in an enormous amount of effort to prepare, muster up the courage to perform for people they do not know, and most importantly, in order to accomplish

this, they had to believe in themselves!” says Mrs. Boyes, “... after the band performed I had to hold back tears because I was so proud of the effort they put in” she exclaimed. Band received superior marks (highest mark possible) in concentration, focus, and attitude! “We rocked and I love band!” - Emerald John, “They did amazing” - Makayla Sam, “It was fun” - Amber Pennier

For Pink Shirt Day (Anti-Bullying) on February 25, the School held a “Pink Door” contest. Students in various homerooms decorated their classroom doors in pink using inspiring quotes, drawings, words of encouragement, magazine and newspaper articles. Mrs. McGregor’s grade 8 homeroom won but all classes were given a prize for participating. First Nations members of the RCMP spent two hours with our high school students discussing the dangers of bullying and teaching them how to protect themselves from cyber bullies.

Submitted by Barbara White



Seabird College • Totem Pole Ceremony



Following Accreditation early this spring Seabird College celebrated with a Totem Pole Ceremony February 27th 2015.



Thank you to everyone who assisted with this celebration:

- Willard Ned for coordinating parking
- Dignitaries:
 - Clement Seymour and Council, Seabird Island Band
 - Mountain Institution and Correctional Service of Canada
 - Tyrone McNeil – Seabird College Chair
 - Seabird College Committee
 - Vivian Ferguson – Education Committee Chair, Seabird Island Band
 - Diane Janzen – Director of Education and Seabird College Senior Administrator
- Unveilers – Richard Louie (Elder), Sharon Joe (Elder), Cameron Garner (Student) and Mindy Phillips (Students)
- Master of Ceremonies – Jason Campbell
- Welcome Address – Tyrone McNeil to explain the process of Accreditation
- Welcome Address – Diane Janzen, Senior Administrator on Seabird College history
- Chief Clement Seymour, who spoke about the poles
- Warden of Mountain Institution spoke about partnerships
- Lunch for the assembly was provided by the Professional Cook Program – Seabird College (Building 8)
- Evelyn Peters and her crew at the Learning Centre for all their help behind the scenes.
- Thank you to all the attendees, for your participation and witness of this historical event.

Congratulations High School Graduates: Tips for Getting Ready for College

It's almost that time of the year – soon high school students will be graduating and heading out into the wide and wonderful world of college and university. It's been a long journey to reach this point, but you've finally made it and now you're ready to start the next stage in your life.

Except, wait, you have absolutely no idea what to expect or how to prepare!

It can be a bit daunting to be faced with the idea of moving away from home, going it on your own, and getting ready for a busy world of class schedules, meal plans and residences. However, it's not as scary as you might think – for most it is truly a great time, especially if you know a couple of tips for getting ready!

1. **Learn More** about the College or University you'll be attending. One of the best things you can do to help you feel more at home when you finally move into your dorm is to spend some time before you graduate researching the college or university you'll be attending.
2. **Contact the Seabird Island Student Services Worker.** Cindy can help you apply for Post Secondary funding.
3. **Meet Your Admissions and/or First Nations Counselors.** The College or University's Admissions Office exists to answer any question you might have.
4. **Get Your Monetary Affairs in Order.** If you're applying for financial aid, do so sooner rather than later – the bigger the head start you have, the better the chances that you'll receive your money before or at least in time. Keep an eye on dates and deadlines, and don't be afraid to ask for help – it's a learning process.
5. **Budgeting.** Part of the excitement of venturing into the world on your own the first time is taking control of your finances. A little budget planning will go a long way to ensuring you have enough money for food, books and supplies.

Reference. <http://admissions.johncabot.edu/study-abroad/congratulations-high-school-graduates-tips-for-getting-ready-for-college/>

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) 2015 | May 1st |
| ➤ <i>For January</i> (Winter/Spring depending on institution) | October 1st |
| ➤ <i>For May</i> (Spring/ Summer depending on institution) | January 1st |

Funding of any application is dependent upon available budget.

For further information please contact:
Cindy Kelly-Student Services Worker at
604-796-2177, cindykelly@seabirdisland.ca
Or call/text 604-997-3956



Agassiz Elementary Secondary School



“A” Honour Roll:

Grade 7

Kylee Bahia
Daniel Chrenko
Maximilian Holzapfel
Kian Johnson
Meka Quintana

Grade 8

Mikayla Bahia
Clara Burt
Hailey Drury
Simon Grieshaber-Otto
Zoel Jackson
Anna Jang
Hailey Keating
Ashlyn Lowe
Anna Madsen
Megan McCallum
Katie Schram
Dezrae Timmers
Rionna Vander Wyk
Sierra Visser
Joree Walde

Grade 9

Seleen Banez
Emily Bestwick
Paul Dumas
Jaydin Lees
Jessica Lucki
Kaela Pope
Justine Stoeckly
Megan Vander Wyk

Grade 10

Jordan Baker
Hannah Exley
Alex Howe
Trevan Kozel
Alyssa Lawley
Serena Madsen
Mercede McBride
Sebastian Molina
Coby Sayo
Cody Sayo
Camryn Striker
Emily White

Grade 11

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

Grade 12

Zac Callander
Megan de Bruin
Jeremy Harris
Elisha Johnson-Jensen
Eric Petersson
Hunter Ramey
Melissa Vermette

“B” Honour Roll:

Grade 7

Jo Beauchamp
Ethan Elliott
Kayla Elliott
Jessica Fleming
Terryyn Gavin-Hagan
Connor James
Cayden Karcioğlu
Hannah Kitsul
Lucas Leins
Paige Leon
Aleck Lucki
Emma Martin
Rusty McInroy
Hallie Michell-Wenman

Austyn Moore
Keaghan Onos
Carmen Paul
Kaitlan Peters
Amy Reyburn
Philip Schwichtenberg
Eva Solomon
Logan Sparkes
Anton Stoeckly
Terra Toovey
Kaeden Van Oort
Blake Visser
Kierra Walker
Liam West

Grade 8

Kayla Adrain
Trevor Carscadden
Isaiah Clarke-Wade
Connor Douglas
Tori Downs
Chloe Harris
Cassandra Howe
Lucas Irwin
Caleb Kafi
Katrina Lawley
Nadia McNeil-Joseph
Makayla Morissette
Tyra Peters
Samantha Seymour
Kayla Stanway
Annalise Wilkinson

Grade 9

Chelsey Baboth
Kaliska Beauchamp
Aidan Coughlin

Grade 10

Quinten Fast
Kevin Graham
Brianna Heaton
Darrian Jenkins
Drew Ramey
Quentin Robertson
Logan Sarka
Nicole Striker

Grade 11

Daniel Charlton
Tanner Douglas
Riley Finlay
Kirsten Fleming
Kaysee Gilroy
Whitney Harris
Matt Irwin
Blake Kafi
Joey Kennedy
Lauren Lowe
Ben MacPherson
Jacob Macpherson
Henrietta McInroy
Owen McNeil-Joseph
Josh Oppen
Gage Sippel
Taylor Vermette

Grade 12

Ignacio Aguirre
Chase Bestwick
Derek Bobb
Lindsey de Bruin
Justin DePatie
Millar Frederickson
Michaela James
Teagean McNeil
Alanah Paris
Joelle Sicard
Hayden Simon
Autumn White

Grade 12

Nick Allen
Rachel Brown
Maggie Folk
Carl Graham
Reese Jacobi
Robert McNeil-Bobb
Sarah Penney
Makayla Pollock
Michelle Pollock
Alex Robertson
Ashley Sicard
Kendra Simpson
Esme Van Paridon
Kristen Walton

“Effort” Honour Roll:

Grade 7

Kylee Bahia
Daniel Chrenko
Ethan Elliott
Kayla Elliott
Terryyn Gavin-Hagan
Maximilian Holzapfel
Kian Johnson
Alec Lucki
Rusty McInroy
Austyn Moore
Eva Solomon
Logan Sparkes
Terra Toovey

Grade 8

Kayla Adrain
Mikayla Bahia
Clara Burt
Isaiah Clarke-Wade
Tori Downs
Hailey Drury
Cassandra Howe
Lucas Irwin
Zoel Jackson
Anna Jang
Hailey Keating
Katrina Lawley
Ashlyn Lowe
Anna Madsen
Megan McCallum
Katie Schram
Dezrae Timmers
Rionna Vander Wyk
Sierra Visser
Joree Walde

Grade 9

Seleen Banez
Emily Bestwick
Paul Dumas
Hina Ito
Kaela Pope
Drew Ramey
Tohko Shibata
Justine Stoeckly
Megan Vander Wyk
Fubuki Yamaguchi

Grade 10

Jordan Baker
Tanner Douglas
Hannah Exley
Riley Finlay
Matthew Irwin
Blake Kafi
Trevan Kozel
Grace Kozier
Alyssa Lawley
Lauren Lowe
Ben MacPherson
Jacob MacPherson
Serena Madsen
Mercede McBride
Henrietta McInroy
Quinton McNeil-Bobb
Coby Sayo
Cody Sayo
Camryn Striker
Emily White

Grade 11

Ignacio Aguirre
Cody Beauvais
Derek Bobb
Taylor Lees
Jacob Lucki
Keith Mabelle
Alanah Paris
Braydon Peters
Euan Sayo
Sarah Sisson
Sydney Vander Wyk
Karen Walton
Autumn White
Ian Wilson

Grade 12

Rachel Brown
Zac Callander
Megan de Bruin
Jasper Fast
Maggie Folk
Carl Graham
Reese Jacobi
Elisha Johnson-Jensen
Hebrina McInroy
Robert McNeil-Bobb
Eric Peterson
Hunter Ramey
Natasha Reyburn
Alex Robertson
Amber Ruddell
Kendra Simpson

Rosedale Traditional Community School:

“B” Honour Roll & “G” Club: Nellie Joe-Moreno

(S) Sxexlhath	(M) Yilawelhat	(T) Sthemelts	(W) Silhat
	<p align="center">EMPLOYMENT & TRAINING DEPARTMENT WORKSHOPS</p> <p align="center">PLEASE CALL 604-796-6865 OR COME SEE US IN THE OFFICE TO SIGN UP FOR ANY OF THESE WORKSHOPS</p>	<p align="center">Pre/Post & Prenatal Circle</p> <p align="center">Who can attend? *Expecting moms *Newborns up to 6 weeks *Partners, Support Person and siblings</p> <p align="center">Open to families living on Reserve and transportation can be provided.</p> <p align="center">Questions? Call 1-800-788-0322 or 604-796-2177</p>	<p align="center">1</p> <ul style="list-style-type: none"> • Nutrition Run • Pre / Post Mill Hall 1 • Youth Workshop Wed • Meals on Wheels 5-6
<p align="center">5</p>	<p align="center">6</p>  <p align="center">Easter Monday Stat Holiday</p>	<p align="center">7</p> <ul style="list-style-type: none"> • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p align="center">8</p> <ul style="list-style-type: none"> • Youth Workshop Wed • Meals on Wheels 5-6
<p align="center">12</p> <ul style="list-style-type: none"> • Archery Provincial Development Camp \$25 	<p align="center">13</p> <ul style="list-style-type: none"> • Pre / Post Chawathil 11-1 p.m. • Flyer Delivery 8 a.m. - 1 p.m. • Lands Bannock and Tea 10 - 3 p.m. Health Boardroom • Meals on Wheels 5-6 p.m. 	<p align="center">14</p> <ul style="list-style-type: none"> • St. Patrick's Day • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p align="center">15</p> <ul style="list-style-type: none"> • Open House 10 • Youth Workshop Wed • Meals on Wheels 5-6
<p align="center">19</p>	<p align="center">20</p> <ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. 	<p align="center">21</p> <ul style="list-style-type: none"> • Youth Council Meeting & Dinner 4-7 p.m. • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p align="center">22</p> <p align="center">Remember to VO Chief and Council</p> <ul style="list-style-type: none"> • Youth Workshop Wed • Meals on Wheels 5-6
<p align="center">26</p>	<p align="center">27</p> <ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. 	<p align="center">28</p> <ul style="list-style-type: none"> • Youth Council Meeting & Dinner 4-7 p.m. • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p align="center">29</p>

Calendar of Events – April 2015

Days	(T) Sxe'othels	(F) Sheqa'tses	(S) Toqw'tem
<p>11-1 p.m. Wednesday 4-7 p.m. p.m.</p>	<p>2</p> <ul style="list-style-type: none"> • Pre / Post Skwah 11-1 p.m. 	<p>3</p> <p>Good Friday Stat Holiday</p>	<p>4</p>
<p>Wednesday 4-7 p.m. p.m.</p>	<p>9</p>	<p>10</p> <ul style="list-style-type: none"> • Yoo Hoo Word search DUE Enter to win a prize! • Prenatal Circle Elders Room 1-3 p.m. • Youth Drop-in & Dinner 4-9 p.m. 	<p>11</p> <ul style="list-style-type: none"> • Archery Provincial Development Camp \$25
<p>a.m. - 5 p.m. Wednesday 4-7 p.m. p.m.</p>	<p>16</p>	<p>17</p> <ul style="list-style-type: none"> • Youth Drop-in & Dinner 4-9 p.m. 	<p>18</p>
<p>NOTE! City Elections Wednesday 4-7 p.m. p.m.</p>	<p>23</p> <ul style="list-style-type: none"> • Chief and Council Swearing In Ceremony • General Band Meeting 	<p>24</p> <ul style="list-style-type: none"> • Prenatal Circle Elders Room 1-3 p.m. • Youth Drop-in & Dinner 4-9 p.m. 	<p>25</p>
	<p>30</p> <ul style="list-style-type: none"> • Yoo Hoo delivery 8 a.m. - 1 p.m. 	<p>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.</p>	

Community Wellness Coordinator

What Has Genna Been Up To?

Mondays from 3p.m. - 5 p.m. have around 8-12 youth attending the "10-12 year old youth group".



2-Visits to Chawathil

- usual visit for drop-ins that may need my assistance
- special visit where 11 people completed their Will

Attended 2 day Health Workshop in Chilliwack .

Attended Heart Health Workshop and had a table set up with info available.

Genna taught 1 "Non-Violent Crisis Intervention" workshop to Seabird staff members.

Coming May 8th:

Ladies! Moms and daughters Glam Nite!

Please make sure you call Genna and get registered!

Sign up in advance to get a seat! ☺

604-491-6687 or 604-793-3363

Submitted by Genna Joseph

Mothers and Daughters!

Food

Fun

Company

Music

Hair Make-up

Nails Photos

C'mon Ladies, let's get together and have fun!

Sign up early for your Seats!!!

Call Genna @ 491 6687 or 793 3363

May 8th

5-9pm

Recreation



The Seabird Island Recreation Team held drop-in karate classes for seven weeks from February to March. "The class was a huge success, with up to almost 50 participants in each class!" says Keena McNeil, Recreation & Out of School Care Supervisor. Children and adults joined the karate classes and learned various punches and kicks as well as some Japanese language and a Kata (patterns of movement). Keena would like to thank everyone who participated with *Sensei* Allan and *Sempai* Meghan.

Events

FUNDRAISING AND CATERING:

Fundraising Applications need to be renewed prior to April 3rd.

It is very important to renew your application. If you do not renew your application you will not have your date booked for the foyer. In addition to review and sign that you have received your copy of the new updated guidelines for fundraising.

You can make your appointment by calling

Myra Seymour at 604-796-6813 or sending an email to myra@seabirdisland.ca.

Caterers that are on the listing for catering service with the Band, we will also need to meet with you. We need to update you about the catering guidelines, HR policy (that has been updated with changes to catering), and review communication strategy with everyone.

You can make your appointment by calling Myra Seymour at 604-796-6813 or sending an email to myra@seabirdisland.ca.

SPORTS SPONSORSHIP APPLICATIONS:

Sports Sponsorship applications need to be submitted in a timely manner to allow time for us to process the application. *We cannot guarantee that you will receive funding if the application is sent in 4 days before event.*

Reminder:

When submitting applications you need to have a flyer for the event, team roster, and budget if applicable. *We thank you in advance for helping us process your applications.*



Submitted by Angie Chapman

UPCOMING EVENTS:

Nutrition Run

April 1st

Archery Provincial Development Camp

April 11th - 12th.

Seeking volunteers to help with the two day event hosted here in the Seabird Island Band Gym. Registration is still being accepted for the event.

Cost is \$25.⁰⁰ and participants must fill out a registration form.

Open House

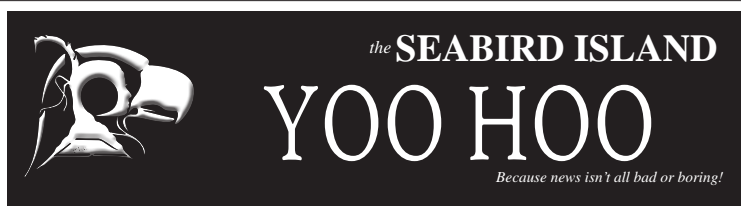
event starting in the

Band Gym

April 15th at

10:00 a.m. – 5:00 p.m.

Come out and learn about the services Seabird Island offers. Finger foods and refreshments will be served.



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

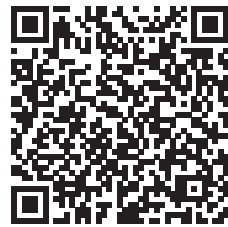
The 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

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

DELIVERY
 The first (1st) of each month

JOIN THE VPD ABORIGINAL CADET PROGRAM

■ JUNE 1 – AUGUST 31, 2015 ■



A unique summer program
for Aboriginal youth to work alongside
Vancouver's Finest.

If you are curious about a career
in law enforcement, go to

VPD.CA



VANCOUVER POLICE DEPARTMENT
Beyond the Call

IN PARTNERSHIP WITH



EXPERIENCE THE EXCITEMENT JOIN THE VANCOUVER POLICE DEPARTMENT'S ABORIGINAL CADET PROGRAM

EXCLUSIVELY FOR ABORIGINAL YOUTH

SOME BASIC REQUIREMENTS

- 19 – 29 years old
- excellent character
- grade 12 diploma or equivalent
- no criminal convictions, no adult criminal charges pending
- a valid Class 5 driver's license with a good driving record

Take the first step and find out if a career
with the VPD is right for you.

If you are interested and meet the basic
requirements, contact Detective Constable Desiree
Sparrow at 604.717.8909




VANCOUVER POLICE DEPARTMENT
Beyond the Call

IN PARTNERSHIP WITH




TRIBAL TRADERS

ARTS AND CRAFTS FROM AROUND THE WORLD



CARVINGS
EMBROIDERY
ON CLOTHING
PURSES
JEWELLERY
FIRST NATION ART



NOW OPEN AT CHILLIWACK MALL
#3 45610 Luckakuck Way
Chilliwack BC

Hours of Operation

Monday - Wednesday 8:30 a.m. - 5:30 p.m.	Saturday 9:30 a.m. - 5:30 p.m.
Thursday - Friday 9:30 a.m. - 9:00 p.m.	Sunday 12:00 p.m. - 5:00 p.m.

CHIEF & COUNCIL ELECTIONS

April 22nd 2015

Make a difference in your community,
Don't forget to vote!
Every vote counts.

Must be a Seabird Band Member 18+ to vote!

Chief and Council "Swearing in Ceremony"

April 23rd 2015,

in the gymnasium.
Everyone is invited!

General Band Meeting

with the new Chief and Council
will also be held

April 23rd 2015.



Recipe Corner

How to Make Perfect Hard-Boiled Eggs

Place eggs in a large saucepan. Cover them with cool water by 1 inch. Slowly bring water to a boil over medium heat; when the water has reached a boil, cover and remove from heat. Let sit 12 minutes.



Transfer eggs to a colander; place under cool running water to stop the cooking. Eggs can be peeled and served immediately.

Reference: www.marthastewart.com/354061/perfect-hard-boiled-eggs

Easter Eggs:

Have the kids use crayons to color the shells of the finished hard boiled eggs the night before Easter.

Tip: if you color with a white crayon and then dip the egg in a vinegar and food coloring solution the white crayon part will stay white.

Great healthy Easter breakfast, before you and the kids eat the candy and chocolate eggs collected from your Easter egg hunts.



April - Cancer Awareness Month



What is cancer?

Cancer is a disease that starts in our cells. Our bodies are made up of millions of cells, grouped together to form tissues and organs such as muscles and bones, the lungs and the liver. Genes inside each cell order it to grow, work, reproduce and die. Normally, our cells obey these orders and we remain healthy. But sometimes the instructions get mixed up, causing the cells to form lumps or tumours, or spread through the bloodstream and lymphatic system to other parts of the body.

Tumours can be either benign (non-cancerous) or malignant (cancerous). **Benign tumour cells** stay in one place in the body and are not usually life-threatening.

Malignant tumour cells are able to invade nearby tissues and spread to other parts of the body. Cancer cells that spread to other parts of the body are called metastases.

The first sign that a malignant tumour has spread (metastasized) is often swelling of nearby lymph nodes, but cancer can metastasize to almost any part of the body. It is important to find malignant tumours as early as possible.

Cancers are named after the part of the body where they start. For example, cancer that starts in the bladder but spreads to the lung is called bladder cancer with lung metastases.

How to reduce cancer risk

There are many known risk factors for cancer. It has been estimated that smoking is responsible for 30% of all cancer deaths and that one-third of cancers can be linked to diet, obesity and lack of exercise.

Risk reduction is taking action to lower one's risk of developing cancer. Risk can be increased or decreased by lifestyle choices and the kind of environment a person lives and works in. **About half of all cancers can be prevented through healthy living** and policies that protect the public.

Reducing your risk

To help reduce your risk of developing cancer, follow these general steps:

Live well. Make healthy choices.

- Be a non-smoker and avoid second-hand smoke.
- Keep a healthy body weight. Be active and eat well.
- Know the risks of alcohol. The less you drink, the more you reduce your risk.
- Protect your skin. Be safe in the sun and don't use tanning beds or lamps.
- Get enough vitamin D from the sun, supplements and your diet.

Be aware. Look after yourself.

- Know your body and watch for signs of cancer.
- Report any changes in your health to your doctor.
- Get screened and help find cancer early.
- Check your family's cancer history.
- Understand how hormones and infections affect your cancer risk.
- Get rid of harmful substances at work and at home.

Get involved. Help reduce risks for everyone.

- Raise awareness about cancer prevention in your community.
- Reduce cancer risks for the next generation.
- Fight for public policy to make healthy living easier for everyone.

Bannock & Tea with Lands

*You are Invited to
Bannock & Tea
with the
Lands Department*



Please come out to share your ideas and ask questions about the Lands Department.

This is your time, so come and have a cup of tea with us.

Share some knowledge.

**We look forward to seeing you at our next Monthly Bannock and Tea session:
April 7th, 2015, at 10 a.m. - 3 p.m.
Location: Community Health Boardroom**

Quote of the Month

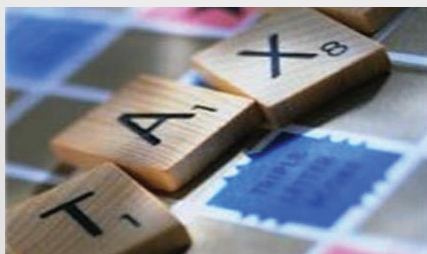


“Your dream doesn’t have an expiration date. Take a deep breath and try again.”

Tax Season is here. Are you ready?

Sara Silver and Heidi Trautman will be offering a 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 to connect you with the right person.

Also, 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.



Seabird Festival Workers Needed

It’s that time of year again. The Casual Labour Pool is looking for workers to help get ready for festival. There will also, be work available during the festival weekend. Please see Bertha to sign up for this opportunity or call her at 604-796-6568 ext. 9812.

Job Opportunity

Falls Golf & Country Club is looking for part time experienced servers and banquet staff. This is seasonal work. They will be opening for the season in late March and opening in full force in May. Must offer the following:

Punctual and reliable, delivering meals and beverages to guests quickly and efficiently, set up and tear down events, cash handling experience, ability to multi-task, take directions well, be a team player, have Serving It Right, Food Safe Certificate, flexible schedule, serving and banquet experience preferred. Send resume to jody.duval@thefalls.com

Popkum Country Market is looking for a full time supervisor. Requires completion of high school and 2-3 years’ experience in retail sales. Duties: supervise staff and co-ordinate schedule, sell merchandise, resolve problems, maintain inventory, hire and train staff. Preference given to Canadian First Nations, Canadian citizens, permanent residents. Emails only. Send resume to popkumesso1@gmail.com

Employment 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 in your monthly student attendance record to your appointment.

Driving School

We are again 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.

Housing Wait-list April 2015

1 Bedroom

1	08272014-1007
2	11132014-1012
3	11172014-1013A
4	01072015-1013
5	02252015-1014
6	07142014-3088

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
15	07142014-3088
16	03122015-3089

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
31	02252015-1014
32	03022015-3092
33	03122015-3093
34	03122015-3094

Don't know your number?

Contact Ashley or Samantha to see where you sit on the wait list!

Note:

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

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

Tenant Spotlight



Earl Peters

The Housing Department would like to recognize Earl Peters as our April Tenant Spotlight. Earl has been a great tenant and we would like to express our appreciation! Every time we visit Earl his home is in immaculate condition and his account is always up to date. He also makes sure he is available for any scheduled inspections or maintenance visits. We had the chance to ask Earl the following questions about his tenancy:

What do you like about your home?

"It's pretty good. It has a washer and dryer and the furnace works good. There are no stairs"

Is there anything you would change about it?

*"The floors" *Earl will be getting some new flooring in the coming weeks**

How do you keep your home in such great condition?

"I don't party. Cleaning keeps me busy. I use a Swiffer duster and a Vileda"

What advice do you have for other tenants?

"Keep your home tidy"

Thank you Earl! You're awesome!

Submitted by Samantha Webster

Spring Cleaning Check list

- Dust walls, corners and ceilings
- Wash walls
- Vacuum and clean rugs
- Reseal grout lines (windows, tubs,...)
- Dust everything (nick-knacks, fans,...)
- Wash light switches
- Wash door handles and edges
- Wax floors
- Clean windows inside and out
- Dust behind appliances (fridge, stove, microwave, toaster, washer, dryer)
- Defrost and clean out freezer(s)
- Swap out and/or wash curtains and blinds
- Update first aid kits
- Clean out attic, basements and storage rooms
- Clean the deck
- Inspect and clean light fixtures (inside and out)
- Clean out the dryer vent hose
- Change furnace filter

Garbage / Recycle / Recycle Paper / Compost

Pick-up Mondays (except on holidays, then pick-up is Tuesday) - Items must be brought to the end of your driveway.

Compost

Clear Compostable Bags

- Vegetables: potatoes, cabbage, carrots, celery, tomatoes, squash, onions
- Pickles
- Coffee Grounds & filters
- Lint from dryer (ONLY IF DRYER SHEETS ARE NOT USED)
- Egg shells
- Toast
- Loose tea
- Tea bags
- Plant Matter: dead houseplants and leaves, old potpourri, herbs and spices,
- Flowers: fresh and dried,
- Nut Shells (NOT walnut shells - toxic to plants)
- Pumpkin / sunflower / sesame seeds
- Popcorn kernels
- Fruit peels, pits and cores
- Fruits: apples, bananas, banana peels, limes, sugar cane, oranges, pears, pineapples
- Canned fruit, jams and liquid
- Grains: nuts, barley, oats, wheat
- Rice (cooked only)
- Cooked pasta
- Cereal; left over and/or soggy
- Stale cereal and crackers
- Dairy substitutes; old, moldy
- Dairy; old moldy (small amounts only)
- Meat, fish (cooked), (only small amounts)
- Crab and shrimp shells
- Holiday wreaths
- Wine corks
- Bamboo skewers
- Cupcake wrappers
- Hair (human and pet)
- Pet food
- Feathers
- Tooth picks
- Cotton balls
- Paper towels
- Napkins
- Pencil shavings
- Paper (small amounts shredded)

Paper Recycling

Clear or Blue Bags

- Newspapers, and flyer's
- Magazines and catalogs
- Telephone books
- Writing and home office paper, paper envelopes, and notepads
- Paper gift wrap and greeting cards
- Corrugated cardboard boxes used for shipping and packing, grocery and liquor store boxes and pizza boxes
- Cardboard and box-board boxes for cereal, shoes, tissues, pizza, frozen entrees, desserts, detergent, paper towel and tissue rolls and carrier trays for bulk bottled water, soft drinks, cans, food, etc.
- Moulded boxboard packaging for egg cartons, take-out beverage trays, paper-based flower pots
- Paper bags (also kraft paper) for brown bags and envelopes
- Paper pet food bags
- Paper cups
- Gable-top cartons for milk, milk-type beverages, cream, substitute eggs
- Aseptic boxes or cartons for milk, milk-type beverages, cream, soup, broth, sauces
- Frozen dessert boxes for ice cream, frozen yogurt, etc.

Recycle Depot

Not for Pick-up!
Return for Refund!

- Pop cans and bottles
- Juice containers
- Juice cartons
- Juice pouches
- Batteries
- Motor oil containers
- Paint cans
- Large pails
- Packaging containing hazardous materials
- Propane cylinders
- Aerosol cans with contents remaining
- Broken Glass
- Computers

Other Recycling

Separate Clear or Blue Bags than Paper Recycling

- Plastic jugs with screw tops used for milk, cooking oil, laundry detergent and fabric softener; cleaning solutions, cleaning products, body care products, windshield washer fluid, etc.
- Plastic bottles for food, dish soap, mouthwash, shampoos, conditioners and personal care products; pills and vitamins, household and automotive cleaners, laundry products. Plastic bottles have screw + caps or spray, pump, or pull-up tops.
- Plastic jars for peanut butter, jam, nuts, condiments, vitamins and supplements, personal care products. Plastic jars with wide mouths + screw-top lids.
- Styrofoam packaging, take out, eggs, etc. Containers are clear with hinged or click-closed tops.
- Plastic tray packaging.
- Plastic tubs and lids for food such as margarine and spreads, dairy products such as yogurt, cottage cheese, sour cream, ice cream, etc.
- Plastic drink cups with lids
- Plastic garden pots and trays for bedding plants, seedlings, vegetable plants, etc.
- Plastic pails for laundry detergent, ice cream, etc. Container size is less than 25L
- Microwavable bowls and cups
- Aluminum cans and lids
- Aluminum foil, and foil containers, including foil wrap, pie plates, food trays, baking and roasting pans
- Aerosol spray containers (empty)
- Steel cans and lids for food, dog food; metal tins for cookies, tea, chocolate, etc. Include the metal lid.
- Cans and metal lids for frozen juice concentrate, potato chips, cookie dough, coffee, nuts, baby formula, etc.
- Clear or coloured **non-deposit glass bottles and jars**.
- Clear or opaque retail bags for groceries or dry cleaning
- Clear or opaque bags
- Frozen vegetable bags
- Cling wrap
- Water softener, salt, and garden product bags
- Milk bags and pouches
- Plastic bags
- Pre-washed salad bags
- Plastic foam containers and trays used for meat, foam egg cartons, foam clamshells for take-out food, cups, and bowls
- Plastic foam packaging

Garbage Black or Green Bags

- Diapers (dirty)
- Diaper wipes
- Drywall
- Contaminated toilet paper
- Contaminated paper towel
- Contaminated meat pads
- Gum
- Feminine products (pads,...)
- Insulation
- Straws
- Bottle Caps
- Foil
- Tarps
- String
- Rope
- Garden Hoses
- Zip-lock bags (dirty)
- Foam Peanuts
- Fish Nets
- K-cups



Appliances, furniture,...
go to a bin or the dump!

New Staff



Ey Swayel
(Good Day)

My name is Nievelina Carmona, my traditional name is ʔulshéniy.

I am from Shishálh Nation located in Sechelt, BC. Although I am from Sechelt, I have family ties to Leq'á:mel where my grandmother and great grandfather came from.

I am very excited to be joining Seabird Island as the HR Generalist. Prior to coming to Seabird Island I worked for the Stó:lō Nation as a HR Personnel Assistant for almost 2 years and previous to that I worked for Squamish Nation in their HR department for five years.

I am very excited to be working for Seabird Island and look forward to meeting everyone.

Yalh Yuxw Kwas Hoy (Thank you)
Nina
ʔulshéniy



Hello fellow Seabird Island community members and band staff, I am Pamela Hope. I am returning back onto the Maternal Childhood Program (Kwiyo:s) part-time. In the past few years I have been attending the

Licensed Practical Nursing Program and am currently on my final semester. I am so happy and grateful to return to work in our wonderful communities! I hope to meet all the new families and staff members and reunite with families I have supported in the past.

UBC Students

Hi Yoo Hooèrs! Zoë & Tasha here again (the UBC practicum students)! We've had a ton of fun collecting and putting together all your amazing visioning ideas for Seabird.

We have tried our best to capture your ideas and words into two draft visions statements for Seabird Island Band, and now we want to hear what you think.

Below are the two versions and the next step is getting your feedback. We want to know what you like and what you don't like about the statements below.

Please send an email to zoe.greig@gmail.com or cut out the visions below, make any changes (cross out words, add words, underline words you like, etc!) and drop off the sheets at reception with a note addressed to Mr. Gary Lister. We can't wait to hear your ideas and put it all together. We would like to have all feedback by April 15, so we can send out a second draft in the April Yoo Hoo. Thanks, everyone!



Exercising strong and fair leadership, Seabird Island Band blends a respect for history and culture with innovative planning and practices for future generations. SIB works in the best interest of its members, meeting their needs by providing diverse and expansive opportunities for practical, social, environmental and economic security. Each member shares a role in the growth and development of the SIB community, maintaining strong ties to the land and its people.

Our vision for Seabird Island Band is a future filled with opportunity and equity for all. Lead by a strong, supportive, and accountable leadership the Seabird community will continue to develop and prosper leaving no one behind. Always in consideration of future generations, Seabird Island will be a culturally, socially, environmentally, and economically sustainable community.

Seabird Employment Opportunities

Position Title: Payroll/ Benefits Clerk
Department: Administration
Competition Number: JP-2015-009

Position Summary:

The Payroll/Benefits Clerk is primarily responsible to provide back up and administrative support to the Payroll Administrator. This will include providing filing, clerical duties, benefits administration, and other administrative duties. As a member of the Admin Department, the Payroll and Benefits Clerk will be expected to provide support as needed to other programs and team members that fall under the Administration Department, including, Human Resources, Reception, Finance, and IT

Qualifications/Requirements:

- Completion of High School, Adult Dogwood, GED, or other equivalent
- Some post secondary training in payroll, benefits administration, business, office administration, human resources, or other related field would be an asset
- 1-3 years working in an office setting
- Some knowledge of CRA or Labour Legislation
- Willingness to obtain formal education or training in Payroll, Finance, or Human Resources.
- Experience with the MS Office Suite of software, especially Excel
- Ability to balance competing priorities, meet deadlines and to work under pressure with minimal supervision
- Knowledge of the Stó:lō Culture, traditions and language would be an asset

Primary Responsibilities:

- Reviewing, preparing, and organizing employee time cards
- Supporting the Payroll Administrator in the preparation of biweekly payroll
- Supporting the distribution of paystubs, T4's, and other payroll documents to employees
- Provide front line support to employees, supervisors, and directors to solve basic payroll issues
- Provide biweekly reports to supervisors and directors regarding employee accruals
- Support the Payroll Administrator in the preparation of reports on a monthly, quarterly, and annual basis
- Prepare benefits submissions for employees
- Train employees on the most efficient and effective way to submit benefits claims
- Work with benefits providers and brokers to ensure that employees are able to maximize the benefits that they have access to
- Provide back up and support to the Payroll Administrator, HR department, and reception
- Maintain employee files with 100% accuracy
- Designing reports and registers to retrieve information from the data base
- Other duties or responsibilities as assigned by your Supervisor, Director, or the CEO

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

Deadline April 8, 2015

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

Human Resources - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0
 Phone 604-796-6814 Fax 604-796-3729
 humanresources@seabirdisland.ca

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

Position Title: Research Assistant (temporary)
Department: Health
Competition Number: JP-2015-010

Position Summary:

We are seeking applicants with a university degree for a temporary, part time position (approximately 84-125 hours) as a Research Assistant. The Research Assistant will assist in the collection of data related to a transportation safety survey funded by the Canadian Institutes for Health Research (CIHR). The Research Assistant will work closely with individuals from the University of Victoria's Institute for Studies and Innovation in Community-University Engagement (ISICUE) and Department of Social Work, University of Windsor.

The Research Assistant will be responsible for connecting with the Community through various methods and mediums. This will include paper and on line surveys, leading group discussions, making presentations, and staffing a table at the Seabird open house April 15.

Qualifications/Requirements:

- Must be outgoing, enthusiastic, and energetic
- Willing to do presentations, hold info sessions, and make cold calls to collect responses
- Knowledge of and interest in community based research principles
- Experience and interest in working with First Nations communities
- Ability to maintain confidentiality regarding individual's participation in the CIHR survey
- Research Ethics Completion or willingness to complete (TCPS2)
- Basic computer skills
- Superior time management and multitasking skills
- Ability for independent management of work flow
- Ability to work as a part of a team
- Enrolled in a university program for spring 2015

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

Deadline April 8, 2015

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260+ hard copy production
60+ e-mail production
more available for download
on the Seabird website.

ADVERTISEMENT RATES

Advertising for Seabird Departments and Programs are funded through the Seabird Organization Departments.

ALL OTHER ORGANIZATIONS ARE SUBJECT TO A PRE-PAID ADVERTISEMENT FEE.

Flyer Insert (supplied printed already by client) \$20.00

Advertisement rates (per issue) for organizations:	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$135.00
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$65.00
Full color 1/4 page (4x5)	\$18.75	\$32.50
Full color bus card (2.5x 3)	\$9.50	\$20.00
Greyscale page (8 x 10)	\$20.00	\$37.50
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$25.00
Greyscale 1/4 page (4x5)	\$10.00	\$17.50
Greyscale bus card (2.5x 3)	\$ 8.00	\$12.50

Classified Advertisements (non-band member) .40¢ per word \$4.00 Minimum

All fees are not for profit, they all help us produce this newsletter.

AGREEMENT

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only, and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

We reserve the right to revise, edit, classify or reject any advertisement.

DEADLINES

Submissions and Advertisement are due by the 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

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

"The way to get started is to quit talking and begin doing."
Walt Disney

"Life isn't about finding yourself. It's about creating yourself."
George Bernard Shaw

Temkwikwexel / April

Aries: March 21 - April 20

Flower: Daisy

Birthstone: Diamond, Quartz Crystals

The healing properties: Diamond is an energy amplifier. Diamond purifies and detoxifies all of the body's systems, rebalancing the metabolism, and building up stamina, strength and treating allergies and chronic conditions. It also helps glaucoma and clears sight. Diamond effectively treats dizziness and vertigo, and benefits the brain. Counteracts poisoning.

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, April 10th, 2015

Draw Date: Monday, April 13th, 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.

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

- Design
- Web
- Ranking
- Content
- Site
- Hosting
- Domain
- HTML
- Detail
- Internet
- World
- Tool
- Contact
- Click
- Marketing
- Visitor
- Promotion
- Keyword
- Browse
- Traffic

tłó talhlímeth yóys _____
li te syó:yesáwtxw _____
í:wesá:ls _____

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

March Answer:
Xaxastexw te mekw'stam
Respect all things

Submitted by Zorana Edwards Shippentower



'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

The next optometry clinic is scheduled for

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

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



DENTAL CENTER

HOURS

Mondays to Thursdays: 8:30 am – 5:30 pm
Walk-in Clinic Tuesdays: 1:00 pm – 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.

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

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.

► **Sandra Haukeland** 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.

\$2.⁵⁰ 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.

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 Samantha Webster)



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

Contact Samantha Webster at 604-796-6932, or
e-mail: samanthaw@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

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.

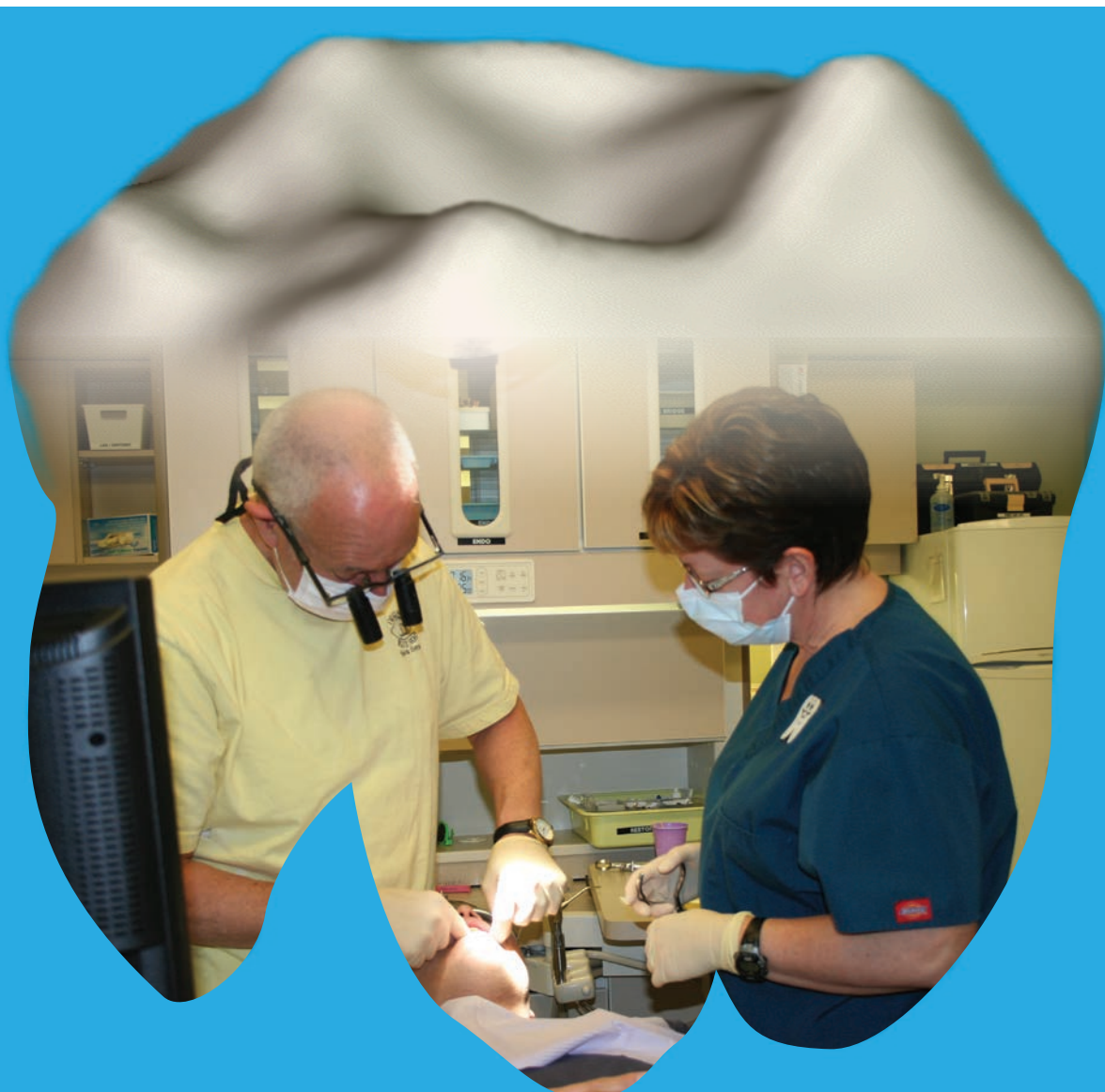
**Seabird
Community
Yoo Hoo
Newsletter:**



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



Did You Know that...

People with gum disease are more likely at risk for:

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

To stay healthy and keep your teeth strong...

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



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

