



New Chief and Council Sworn In



Band Members filled the Band Office Gymnasium April 29th to witness the swearing in of Seabird Island's newly elected Chief & Council. The results of the election saw Clement Seymour retain his role as Chief for the fifth consecutive term, as well as the addition of two new and seven returning Councillors.

Stō:ló Tribal Council Vice President and Band Member Tyrone McNeil welcomed the crowd and thanked those who came to witness the swearing in of the Band's next line of leaders. Standing in a line at the head of the gymnasium, the Councillors were called individually to read and sign the

oath of office. Councillor Vivian Ferguson described this election as being "... both a sad and a joyous moment," and she was hopeful of what this next term could bring, "...we take on another two years to serve you, do our best for you, to be accountable to you, and give you a fair government".

Many of the Councillors thanked the two departing members of Council, Dianna Kay and Rod Peters. "I would like to thank Daughter [Dianna] and Rod for sharing their knowledge, support, and their hard work," said Councillor Marcie Peters who has served as Councillor on and off since 1981.

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SIB School Naming Ceremony



Traditional Naming Ceremony April 23, 2015



Dayton Dick - Swiyomex
Aiden McNeil-Joseph - Meytelewx
Racheal Rayburn - Iweseymot
Dreadon Giroux - Eythiestel
Darryl Peters III - Ko-kweit
Miah John - Eytoxwhis
Kaleb Malcolm-Keay - Steqoyeten
Kaylo Jilian - Xaseleq
Jasmine Paul - Kwaylatelot
Gabriel Louie - Iyemtsel
Daemon Maistus - Sto:lo So:tets
Olivia Blenkin - Iyalwesiya
Chelsea Roberts - Eywelhmot
Joy Russell - Shxwoyotel
Mike Joe - El'toos

MC: Jonny Williams Jr. - Quahon
Seabird Welcome: Clem Seymour
School Welcome: Barbara White

Before the ceremony began layers of 4 blankets were laid down, each of the four blankets individually representing the 4 directions. Together they symbolize fresh ground for a fresh start. Each name recipient stands on their own new ground that has never been walked on before.

Each recipient having 2 representatives standing up with them to give them support and guidance.

Cheryl Julian niece in training to Jonny Williams spoke a few times. It is the hope that one day she will be able to lead and

work these events as she grows and learns more about her traditional heritage.

As each honouree received their new names everybody repeated the name 4 times for the four directions and to help everyone remember their new names. In most cases we were also told the translation or meaning of the name.

Some received a family name handed down through the generations and a few received new names that represented their character.

Most of the honouree's were students of the Seabird School. Among them receiving names was teacher Joy Russell and Elder Mike Joe.



Sqéwqel Development Corporation

Grand Opening Celebration

Sqéwqel Development Corporation, owned and operated by the Seabird Island Band is pleased to announce the Grand Opening of its newest facility and the first of many:

- Gas Bar and Tobacco Sales in partnership with Esso Franchise
- Convenience Store
- Mr. Sub Franchise
- Country Style Franchise

Date: May 8, 2015
Location: 3971 Chowat Road, at the SIB Commercial Center
Time: 1:00 p.m.

Everyone is welcome to come join us.



The election also saw Maggie Pettis regain a seat after having served for nine consecutive terms between 1995 and 2013. She reflected on her two year absence as a learning experience. "I really enjoyed my last two years off. It opened my eyes to areas where I think we need to see some improvements and in relation to how communication is lacking within Council." She also encouraged Band Members to get in touch with her. "I open my door to each and every one of you. To hear what you have to offer and give us advice is what we are here for."

Lolly Andrew was the only elected member who was about to begin their first term as Councillor and she was excited to take on this new role. "I am going to be the new one and I have a lot of learn. I look forward to learning and working together with those behind me," Lolly said as she motioned to the other members of Chief & Council. Returning Councillor Jason Campbell was also optimistic about working with the new and returning members. "I look forward to working with the other members of Chief & Council, and I would like to thank the people for trusting us with this job and I hope we can live up to that trust," said Jason.

Chief Clem Seymour closed the ceremony by thanking and welcoming the elected Council members. He took a moment to explain to the Councillors how important the role they have undertaken is and had some words of advice. "The commitment you have taken on to work together and look after something for our people is very important to all of us... always understand that when we make our decisions, that we bring our people along with us and take care of what we have in front of us".



Stō:ló Tribal Council Vice President and Band Member Tyrone McNeil welcomed the crowd

Submitted by Zorana Edwards Shippentower



The elected members of Seabird Island's Chief & Council for the 2015-17 term include:

Marcie Peters, James Harris, Vivian Ferguson, Alexis Grace, Art Andrew, Jason Campbell, Margaret (Maggie) Pettis, Carol Hope, Arlene (Lolly) Andrew and Chief Clem Seymour.

Seabird Pharmacy

We would like to wish
congratulations to the
2015 - 2017
Chief and Council
on being Elected in.



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Membership

Registration for Births and Deaths

The amount of time it takes for registration is up to 4 months for bill c3, 6 months for baby and 18 to 24 months for a regular registration. It is highly recommended that parent(s) register new babies as soon as they receive their baby's birth certificate. This will ensure that any complications that require a baby to have a status number will not cause any further 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.

Seabird Island Band population stands at **956** as of February 2015, which includes people who have passed away but does not include newborns in process of registration. Families who have not yet submitted their loved ones death certificate, please do so as soon as possible to: Carol Hope c/o Seabird Island Band or via email: membership@seabirdisland.ca or call 604-796-6877.

Reminder of Membership office hours

Monday and Tuesday

9:00 am to 11:30 am and 1:00 pm to 4:00 pm

Applications can be picked up at the front desk, the guideline below must be followed:

- 1) complete Certificate of Indian Status application
- 2) adults must have 2 pieces of government issued identification, one must be photo identification
- 3) must provide a commercial grade, passport style photograph (must be 1" x 1¼")
- 4) appointment is required

March and April

Our gender population is 456 males and 500 females and our on reserve population of Seabird Island Members is 556.

Registrations

- 1 baby
- 1 marriage
- 2 deaths
- 2 transfers
- 30 applications for status cards

Submitted by Carol Hope

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:

May 12th, 2015

from 10 a.m. – 3 p.m.

Location: Community Health Room

Skills that can help you further improve your communication technique.

1. **Learn to listen** not only to the words being spoken but how they are being spoken and the non-verbal messages sent with them. Listening is not the same as hearing!
2. **Be sympathetic** to other people's misfortunes and congratulate their positive landmarks. To do this you need to be aware of what is going on in other people's lives. Make and maintain eye contact
3. **Empathize** try to see things from the point-of-view of others.
4. **Encourage** offer words and actions of encouragement, as well as praise, to others.
5. **Treat People Equally Always** aim to communicate on an equal basis and avoid patronising people. Do not talk about others behind their backs and try not to develop favourites
6. **Attempt to Resolve Conflict** troubleshoot and resolve problems and conflicts
7. **Use Humour** laughing releases endorphins that can help relieve stress and anxiety
8. **Maintain a Positive Attitude and Smile** stay optimistic and learn from your mistakes
9. **Minimize Stress** try to remain calm and focused
10. **Only Complain when Absolutely Necessary**



Come Join Us!

The Elders College Spring Series

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

Upcoming Classes:

May 13 Pine Needle Baskets

May 27: Medicines (Salves and Rubs)

May 20: Pine Needle Baskets

June 3: Fun Day, End Celebration

Contact for any information: **Ashley Armstrong: 604-796-2177 Local 5026**



SUICIDE/HOMICIDE BEREAVEMENT SUPPORT GROUP

The Chilliwack Hospice Society is offering a ten week evening support group for individuals who have had a family member or friend die by suicide/homicide.

The group is being facilitated by Joan Noel, mother of a twin son who completed suicide; Mari Okazaki, daughter of a mother who died by suicide; and Lucy Fraser, Director of Programs.

People who complete groups are invited to attend a potluck dinner held every two months at Henderson's Funeral Home.

This evening group will begin in April (numbers permitting), day and time to be determined

There are no costs for our services
Location: **Chilliwack Hospice Centre**
45360 Hodgins Avenue, Chilliwack
(across from the Prospera Centre)

Pre-Registration is required:
Please contact Lucy Fraser at 604 795-4660
or at lucy@chilliwackhospice.org

National Womans Health Week kicks off May 10th

Vaginal yeast infection

Most women will get a vaginal yeast infection at some point in their life. Symptoms of vaginal yeast infections include burning, itching, and thick, white discharge. Yeast infections are easy to treat, but it is important to see your doctor or nurse if you think you have an infection. Yeast infection symptoms are similar to other vaginal infections and sexually transmitted infections (STIs). If you have a more serious infection, and not a yeast infection, it can lead to major health problems.

Treatment

Yeast infections are usually treated with antifungal medicine. See your doctor or nurse to make sure that you have a vaginal yeast infection and not another type of infection.

You can then buy antifungal medicine for yeast infections at a store, without a prescription. Antifungal medicines come in the form of creams, tablets, ointments, or suppositories that you insert into your vagina. You can apply treatment in one dose or daily for up to seven days, depending on the brand you choose.

Reference: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/vaginal-yeast-infections.html>

Community Engagement HUB Farewell Gathering



April 24th The HUB held it's final celebration. As all the HUB's have officially been brought together and downsized into the First Nations Health Authority. The Health Authority looks forward to working with our communities moving forward.

Gina the HUB's Assistant was hired on with the First Nations Health Authority in mid March. The previous HUB Assistant Vanessa Peters moved on to become a part of the Yale Chief and Council in the fall of 2013.

This occasion also marked the retirement of our beloved Linda Kay. Linda will still be working the occasional contract with Seabird to help fill in some of her retirement time. She has joined the Seabird Elders College and is taking some crafting courses. Linda looks forward to teaching some courses at Seabird in the near future.

At lunch the crowd was entertained by Fara Palmer and the Coutts Sisters.



A-PALS "Aboriginal Parents as Literacy Support"

A-PALS was unfortunately cancelled in April.

Our next A-PALS gathering will be Wednesday, May 13th 2015 4:30 p.m. at the Mill Hall.

Community families with children enrolled in an ECD program or Kindergarten are welcome to attend a fun filled evening of delicious food, friendly staff, songs, drumming, discussions and crafts and a book to take home.

Photos and articles submitted by Seabird Preschool

Register NOW for Preschool!

Parents may now sign up their child for the Fall 2015 Preschool Program at the Seabird Island. Carlene has a signup sheet at the Daycare.

Please note: spaces are limited!

Register NOW for Kindergarten!

Kindergarten registration forms have been sent home with the Preschool Students.

Please return the completed forms to the Seabird Island Community School.

Parents and Tots

Look what's happened in SEABIRD'S Parents and Tots Program in the month of April

The Parents and Tots Program walked around Seabird looking for bunnies and chocolate eggs.

Did they find some? Yes they did!



As well, we have four more winners from our Early Literacy, "READ & WIN" Program.

Congratulations all!



Xaden Sylvester



Meeshka Alexander



Exzadica Reign Iris



Emillia Stewart

The Parents and Tots Program is open to all families with children ages 0 to 6 years and expectant families too. Questions? Call 604-796-6894

Seabird Island Preschool

2736 Sqewqel Drive, PO Box 765

Agassiz, BC V0M 1A0

Phone: (604) 796-6886 Fax: (604) 796-0045

PRESCHOOL BENEFITS



If your child is turning 3 years of age in this calendar year, they have the option of attending a preschool program.

Preschools offer a wide variety of experiences and activities that are designed to meet all aspects of your child's development including their social, language, physical, cognitive, emotional and self-help skills. All areas of development are encouraged through play, small and large group experiences; child and adult directed activities. Preschool enhances a child's self-esteem and provides the building blocks for future learning.

A daily preschool schedule is planned to afford children the time and opportunity to make choices and to do things for themselves in a safe and nurturing environment. Preschools have many variations in their programs and all meet licensing requirements. However, they do differ and only you can choose a preschool which meets the individual needs of your child.

Of course, the most important aspect of preschool is to **have fun!**

For more information ask a Supported Child Development Consultant at **(604) 796-6886 or (604)796-6887**

Photos and articles submitted by Seabird Preschool

Seabird Island Preschool



Ey swayel – The 4's Program began swimming on March 30. The children have been enjoying the water safety lessons at the Hope Recreation Center.

Tuesday, March 31, the Preschool children walked five km to show their support for the Community Nutritional Walk/Run.

On April 7 we shared our 6th Seeds of Empathy Family Visit with Seeds Elder Sharon, Baby Alice, Mom Stephanie and



Dad Mitchell. The theme was **Feeling Grumpy**. The children were so excited to see Baby Stephanie. After our SOE circle, Pat made bannock to share with the Seeds Family.

The 3's Preschool would like to welcome Vivian Williams as our Language Teacher. The children and staff are delighted to have Vivian enhancing Halq'emeylém language and culture. The children are learning through various themes and community nature walks with the staff. Watch for us out exploring in the community.



Photos and articles submitted by Seabird Preschool

Seabird Island Elementary School

The grade one's in Mrs. McKerrow's class are working hard finishing of the year strong in reading and math. We also have a new surprise arriving soon in our class as we are hatching 6 Black Copper Maran Chicks in our class. Please come by and see any time.

Seabird Island High School

HIGH SCHOOL YOOHOO SUBMISSIONS:

Mr. Boyes – Social Studies, electives

My senior elective class is creating stained glass panels which can be a challenging task with many skills to master and great attention to detail required. The students are doing an excellent job! Next, we'll be doing some small projects that they design. These will be full of colour and should look amazing.

The Grade 8s continue their study of Japan and learned about challenges the Japanese face with their environment and unique geographical situation. We also studied the Ainu – the aboriginal people of Northern Japan. They have a fascinating culture and are coming back from near total assimilation. Philosophical articles submitted by Seabird Preschool

The Grade 9s have been studying the fur trade and the spread of European settlement across Canada. This has involved looking at the struggles of the Metis in Manitoba and Saskatchewan.

Grade 10s have been focusing on the formation of Canada with the BNA Act and the growth of the country with the addition of the various provinces and territories.

Grade 11/12s have focused on resource management challenges and examples of First Nations working to balance stewardship of the land that allows for traditional activities and modern day resource use to significantly benefit their communities economically. We also had intensive review for our exam.

Mrs. Boyes – Music, reading program

Éy swayel,

Some music students had the opportunity to go to Vancouver recently to see the Vancouver Symphony Orchestra. They heard “princes” by Strauss and Mozart and even heard a male Opera singer. Students were in awe of the beautiful Orpheum Theatre and met two musicians, a French horn player and a Cello player. I very much enjoyed watching the students relishing the performance with such enthusiasm.

Students in my reading group have finished their review of the year and are working hard on finishing the Readwell 2 program. Many have done very well at completing homework and this is evident in their scores. They are also working hard at finger tracking each syllable in a word, resulting in less errors.

Mark your calendars! **Monday, May 4th at 8:45AM we Celebrate Music Monday and Friday, May 8th is Parent's Day Tea at 1pm (year-end music concert)**

Please join us for Music Monday on Monday, May 4th at 8:45am to sing this year's anthem “We Are One.” The song and words can be found at www.musicmonday.ca. This song will be sung across Canada at the same time that day to bring awareness of the importance of quality music education in schools.

Students have all been preparing songs for the Parents Day Tea on Friday, May 8th at 1pm. I would really like to encourage family and community to come and watch all the performances that afternoon.

Mr. Swaney – P.E.

This past month in Physical Education, as the weather has been improving, we have had more opportunity to spend time outside. Both junior and senior high school classes have started a soccer unit and will continue the theme of territory invasion games over the next two months. These games will include Soccer, Ultimate Frisbee, Rugby and Football. All these games share similar tactical strategies which include: marking/covering, moving to space, defending your goal and maintaining possession of the ball/disc. These strategies will continue to be emphasized throughout the term allowing students to gain understanding to play all games regardless of skill level.

A highlight from March was the Squiala Elementary School Soccer Tournament. We had two teams enter the tournament. Both teams had success and enjoyed a full day of physical activity!

Finally, on the extra-curricular front, a small group of students have signed up for a four- night backpacking trip over May Long Weekend, on Vancouver Island. This trip will safely test the student's physical limits, while also giving them the opportunity to learn valuable outdoor skills and enjoy some of the most beautiful scenery British Columbia has to offer.



Seabird Island High School



Mr. Relland – Science, elective

Science 8 is exploring water systems in nature. The systems being explored to date include water cycle and erosion.

Science 9 is looking at space exploration. Topics to date include celestial bodies and galaxies.

Science 10 is exploring energy transfer in natural systems. This includes heat flow, climate change and plate tectonics.

Science 11 is studying Earth's changing surface. Soil, erosion, surface water, ground water, glaciers, with wind and waves include some of the topics we are currently investigating.

Chemistry 11 is investigating naming of organic compounds.

Grade 8-9 elective class is soon to complete their wooden flutes and they are very excited to see the finished product.

Mrs. Brawn - English Mastery Grade 8-10

In our reading classes the Grade 8 and 10 students will begin reading new short stories including a new mini-novel called *The Odyssey*. The Grade 9s will continue reading a novel called *Sara Crewe*. We have also been learning and reviewing homonyms, synonyms, homographs and antonyms. We will continue to work on our comprehension skills with a focus on: inferring the main idea, inferring story details and events, and inferring causes and effects. Making an inference means making a guess. You can make this guess by putting together what you know and what you read or what you see. We make inferences all the time!

In term four, all the students will continue working on their literary skills: characters, setting, figurative language (sarcasm, exaggeration, simile and metaphor), contractions etc. These past weeks we have really enjoyed practicing our figurative language in class!

Mrs. D. McGregor – English, electives

We are well on the way to the finish line. Term 3 has ended and term 4 is already 1 week old. English students are working on Poetry and literary terminology. We have some very talented poets in our school. All English students have a lot of work to do and should be doing homework every night. The grade 10's have provincial exams in just 9 weeks and need to be working diligently and studying their terminology.

In Art we have wonderful sculptures being created out of clay and plaster. The senior classes have started multi-medium sculptures and the junior classes are making plaster masks and hand built clay pots. Our students are very proud of what they have created, please drop by to see their work on display in the school.

Photos and articles submitted by Seabird School

We are sorry to say that the content that was previously in this section has been removed

Cultural Courses to resume!

Dates:

May 4th, 6th, 11th, 13th, 18th, 20th, 25th, and 27th.

June 1st, 3rd, 8th, 10th, 15th, and 17th.

Instructor: Dianna Kay.



Law Enforcement Preparatory Program

Merritt Campus | Starting Date: September 2014



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The Law Enforcement Preparatory Program prepares individuals for entrance into law enforcement or public safety careers. The program is designed to assist students in developing the necessary skills and academic knowledge required to become police officers with the RCMP. It is aligned with the RCMP cadet selection requirements and training standards in order to ensure students success.

PROGRAM OUTLINE

Course # Course Name

TERM 1

Course #	Course Name
STSC 101	Strategies for Success
LEPP 100	Physical Education Development
LEPP 120	Aboriginal Community Relations
LEPP 165	Intro to Law Enforcement
LEPP 130	Domestic Violence
COMP 101	Computer Essentials
LEPP 145	Investigational Technique
LEPP 110	Effective Presentations and Communication

TERM 2

LEPP 140	Canadian Criminal Justice System
LEPP 150	The Criminal Code
LEPP 175	Managing Police Function
LEPP 155	Community Based policing
HLTH 201	Physical Health and Fitness
LEPP 180	Field Practicum
LEPP 170	RCMP Depot

COURSE DESCRIPTION

Students will engage in Problem Based Learning which focuses on group work, communication skills, critical thinking, and problem solving. The student's skills are enhanced through scenario training which includes investigating crime scenes, conducting witness & suspect interviews, morning physical training, elder teachings, and community volunteer activities.

ADMISSION REQUIREMENTS:

- » Be minimum of 18 years of age
- » Be a Canadian citizen
- » Be of good character
- » Be able to pass an enhanced reliability security check
- » Possess a Canadian Secondary School Diploma (High school) or equivalent (upgrading to acquire an equivalent prior to starting is available).
- » RCMP Criminal Record Check (LEPP applicants must contact their local RCMP detachment for a criminal record check and pay associated fees).
- » Medical Clearance Form (LEPP applicants must contact their local physician to confirm that they are fit enough to complete the RCMP Physical Abilities Requirement Examination)
- » Be able to pass a hearing and vision test
- » Class 5 Driver's License (LEPP applicants are required to possess a valid, unrestricted Canadian driver's license to apply to the RCMP. LEPP applicants are encouraged to begin the process of obtaining their driver's license, if they do not have a valid unrestricted Canadian driver's license prior to their LEPP application).

CAREER OPPORTUNITIES:

- » RCMP
- » Aboriginal Police
- » City police
- » Correction Services Officer
- » Sherriff's Officer

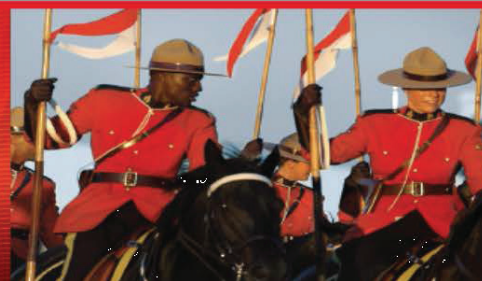
RCMP-GRC



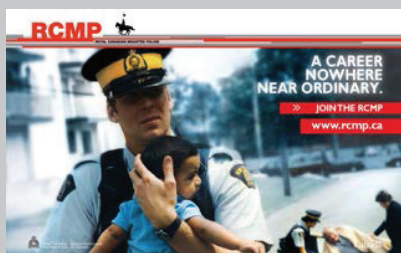
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NOWHERE
NEAR ORDINARY**

**UNE CARRIÈRE
HORS DE
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RCMP Career Presentations

If someone from your First Nations Community is interested in joining the RCMP a Career Presentation can be arranged in your Community!

Cadet Training Pay!

RCMP Cadets now receive an allowance of \$500 per week during the 24 week training period

For more information:
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ABORIGINAL RECRUITING
ABORIGINAL POLICING SERVICES
PHONE: 778-290-4035
CELL: 604-992-3913
EMAIL: 000057453@rcmp-grc.gc.ca



The Royal Canadian Mounted Police offers a challenging and exciting career to those interested in making a difference in their communities and their country. We are looking for people from all backgrounds to join Canada's national police service.

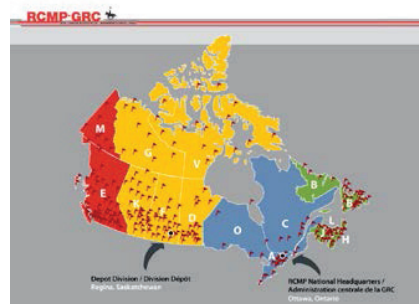
In fact, there has never been a better time to apply! We are actively recruiting potential employees and police officers from BC's diverse communities.



There are numerous job possibilities for regular, civilian or public service members. We also offer job security and an attractive pay and benefits package.

Regular Member Salary:

At engagement: **\$50,674**
After 6 months: **\$65,840**
12 months: **\$71,435**
24 months: **\$77,032**
3 years: **\$82,102**



BASIC REQUIREMENTS:

- *Be a Canadian Citizen
- *Be proficient in either official language (English or French)
- *Have a Canadian secondary school diploma or equivalent
- *Have a valid Canadian driver's license
- *Be at least 19 years of age at engagement
- *Be of good character
- *Meet physical/ medical requirements
- *Be willing to relocate anywhere in Canada

THE RECRUITING PROCESS:

1. Career Presentation
2. Written Test
3. Application Package
References Physical test (PARE)
4. Interview (RMSI)
5. Good Character
Verification- PreEmployment
Polygraph and background check
6. Medical/Dental
Psychological
7. Enrollment as a Cadet- 24
Weeks training in Regina.

(S) Sxexlhat	(M) Yila:welhat	(T) Sthemelts	(W) Slhi
	<p>EMPLOYMENT & TRAINING DEPARTMENT WORKSHOPS</p> <p><i>PLEASE CALL 604-796-6865 OR COME SEE US IN THE OFFICE TO SIGN UP FOR ANY OF THESE WORKSHOPS</i></p>	<p>Pre/Post & Prenatal Circle</p> <p>Who can attend? *Expecting moms *Newborns up to 6 weeks *Partners, Support Person and siblings</p> <p>Open to families living on Reserve and transportation can be provided.</p> <p>Questions? Call 1-800-788-0322 or 604-796-2177</p>	<p>PLEASE M</p> <p>Safety is a p</p> <p>We need to keep staff s providing you with c</p> <p>On delivery days to please ensure your p chained-up away from to receive your</p>
3	4	5	6
<p>Happy Mothers Day</p> 	<ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. • Pre/Post Chawathil 11 a.m. - 1 p.m. • Yoo Hoo Word search DUE Enter to win a prize! • Meals on Wheels 5-6 p.m. 	<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. • Lands Bannock and Tea 10 - 3 p.m. Health Boardroom • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<ul style="list-style-type: none"> • New Baby Celebr 11 a.m. - 1:30 p.m. for info call 604-796- • Youth Workshop Wed • Meals on Wheels 5-6 • A-pals Mill Hall 4:30 • Youth Workshop Wed • Meals on Wheels 5-6
17	18	19	20
24	25	26	27
31	<ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. 	<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. • Youth Workshop Wed • Yoo Hoo delivery 8 	<ul style="list-style-type: none"> • Youth Workshop Wed • Meals on Wheels 5-6

Calendar of Events – May 2015

Community Services

:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) Toqw'tem
<p>NOTE: Priority! safe so we can keep delivery services. the community, pets are inside or the door in order deliveries.</p>		<p>1</p> <ul style="list-style-type: none"> Youth Drop-in & Dinner 4-9 p.m. 	<p>2</p>
<p>ration 6854 Wednesday 4-7 p.m. p.m.</p>	<p>7</p> <ul style="list-style-type: none"> Youth Fitness Night 4-7 p.m. 	<p>8</p> <ul style="list-style-type: none"> Sqewqel Gas Bar Grand Opening Ceremony 1 p.m. School Mothers Day Tea 1 p.m. Mothers day Glamour Night Mothers and Daughters 5 p.m. Pr-register by May 1st with Genna Youth Drop-in & Dinner 4-9 p.m. 	<p>9</p> <ul style="list-style-type: none"> Chilliwack Landing Leisure Centre Youth Outing 12 p.m. - 5 p.m.
<p>p.m. Wednesday 4-7 p.m. p.m.</p>	<p>14</p> <ul style="list-style-type: none"> Youth Fitness Night 4-7 p.m. 	<p>15</p> <ul style="list-style-type: none"> Pro D Day Pre/Post Circle 1 p.m. - 3 p.m. Elders Room Flyer Delivery 8 a.m. - 1 p.m. Youth Drop-in & Dinner 4-9 p.m. 	<p>16</p>
<p>Wednesday 4-7 p.m. p.m.</p>	<p>21</p> <ul style="list-style-type: none"> Youth Fitness Night 4-7 p.m. 	<p>22</p> <ul style="list-style-type: none"> Prenatal Circle Elders Room 1-3 p.m. Youth Drop-in & Dinner 4-9 p.m. 	<p>23</p>
<p>Wednesday 4-7 p.m. 3 a.m. - 1 p.m.</p>	<p>28</p> <ul style="list-style-type: none"> Youth Fitness Night 4-7 p.m. 	<p>29</p> <ul style="list-style-type: none"> Pre/Post Circle 1 p.m. - 3 p.m. Elders Room 	<p>30</p>

YOUTH SPOTLIGHT



Patrick Giroux JR

Patrick is the son of Jody Thomas of Seabird Island and Patrick Giroux of Yale. Patrick is very dedicated to the youth program and attends nearly every gathering we have. He is an active member of our Youth Council and stays in contact with Karla and Jonny (the Youth Workers) on a daily basis to communicate what is happening with the youth that day. He does

a great job gathering information from his peers and relaying ideas of outings and workshops the youth would like to take part in. Patrick has an active imagination and really enjoys drawing. He also likes playing Lacrosse because he says it is a traditional sport. He likes animals and his favourite are cats. His favourite foods are tacos and Subway. We are proud to put the spotlight on Patrick Giroux JR congratulations!

Submitted by Karla Joseph

Fitness Center

The fitness center is OPEN

Monday-Friday 8am-4pm and 6pm-9pm.

During office hours, please bring ID to the front desk to access the fitness center.

During the evening, the fitness center is staffed and the doors are unlocked. Please ensure that you are wearing clean shoes when using the fitness center. 162 clients used the fitness gym during the month of March.

Submitted by Keena McNeil Recreation Supervisor

Stay up to date with the Out of School Care Program, Recreation Programs and activities, closures, and Summer Program information by visiting our Facebook page at the following link:

<https://www.facebook.com/SeabirdRec>.

Here you can stay up to date with everything that is happening in the Recreation Department.



Out of School Program

The Out of School Program has 23 children currently registered. All children get to participate in daily crafts, board games, coloring, outdoor play, indoor gym activities, language with Jonny Williams, and once a month Val Thomson comes in for some teachings on nutrition. Fire drills are completed monthly to prepare children. Staff Keena & Meghan, and all of our sub staff, ensure that licensing standards are maintained at all times. Nutritious snacks are provided daily for each child after school. During the month of March, an average of 15 children attended each day.

Submitted by Keena McNeil Recreation Supervisor

Looking for your input!

We are seeking your input into the Recreation program for the summer/fall programming.

We would like to schedule programs that are best suited for all ages to be involved in from adults to toddlers.

We would like to hear from you about hiking groups, walking groups, adult workout sessions, children workout sessions, and would you be willing to pay a small fee to attend the programs weekly.

We want to keep our community involved and active.

If you have suggestions please drop them off with Keena or Angie. We look forward to hearing from you.

Submitted by Keena McNeil Recreation Supervisor



14th Annual Sts'ailes Youth Soccer Tournament

May 2 & 3, 2015

Age Categories:

5 & Under	7 per side	\$75.00
7 & Under	7 per side	\$150.00
10 & Under	7 per side	\$150.00
13 & Under	7 per side	\$175.00
16 & Under	7 per side	\$175.00
21 & Under	7 per side	\$175.00

Adult Co-ed exhibition 7 per side Game

Vendor Tables \$100.00

FOR MORE INFORMATION PLEASE CALL:

Leilani Francis or Liza Leon
Ph: 604-796-9601 Fax: 604-796-2122
liza.leon@stsailles.com leilani.francis@stsailles.com



Summer Program COMING SOON

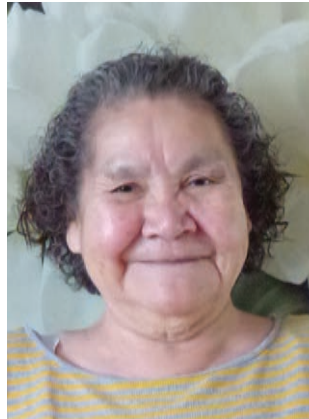
The Summer Program calendar and information will be coming out soon. The Summer Program is available for children ages 5-12 (children must have complete kindergarten by June 2015 to register). All parents are encouraged to apply for Government subsidy as soon as possible to assist with program costing. **The registration process will begin very soon.** During the Summer Program of 2014, 63 children were registered.

We are currently seeking parents input...

Regarding the food the program serves, schedules, field trips, traditional activities, drumming/singing, language, possibly separating the age groups from 5-8, 9-12 year olds. We are looking to move forward with changes that will run two separate programs and would like to hear your input. **Your input is valuable to us** as we care for your children during the summer and would like to ensure that we are meeting your needs or any suggestions that you have for us. *If you would like to give your input please come and see Angie Chapman. She will document all suggestions and use your input while planning for the summer.*

Submitted by Keena McNeil Recreation Supervisor

Elders SPOTLIGHT



Victorine Louis

Born in Canim Lake, BC 73 years ago. To her parents Paul Theodore and Adelle Stannisulus. Voctorine's Grandparents on her Fathers side are Theodore and Victorine Michell.

Her favorite memories as a child are picking berries, after all their chores were done. "I was like a Mother to my siblings and took them with me everywhere I went",

says Victorine. Victorine came to Seabird in 1962. The biggest changes she has witnessed since then is all the new homes. She use to live across the tracks from Archie Charles in a 2x4 shack with 2 bedrooms. Victorine goes on to say, "we had NO running water, no electricity and only a wood stove for heat and to cook on". She had to get wood for the wood stove. Back then they had to walk to town.

The advice, teaching or message Victorine would like to share is; Always tell your kids to keep their houses clean. Prepare your canning for the winter months; berries, fish, fruit and meat.

Submitted by Linda McNeil-Bobb

Seabird's 46th Annual Festival

May 30th - 31st

Contact Angie to
Volunteer or book
your craft table!

Mothers and Daughters!

Come join in **Mother's Day
Glamour Night**

Treat yourself!

There's going be:
Hair, Nails, Food and lots of Fun!

Sign up by May 1, 2015

No Drop-ins please

Contact Genna @ 604-793-3363 to reserve your seat.



MODERN MOM



the **SEABIRD ISLAND**

YOO HOO

Because news isn't all bad or boring!

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

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

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



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

SUBMISSION DEADLINES

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

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

DELIVERY
The first (1st) of each month

Recipe Corner

Seared Scallops with Wilted Watercress and Bacon

Ingredients

- 2 teaspoons canola oil
- 1 1/2 pounds large sea scallops (about 16)
- 3/8 teaspoon kosher salt, divided
- 1/4 teaspoon sugar
- 1/8 teaspoon freshly ground black pepper
- 2 slices center-cut bacon
- 1/2 cup sliced shallots
- 2 large garlic cloves, thinly sliced
- 3 tablespoons fat-free, lower-sodium chicken broth
- 2 (4-ounce) packages trimmed watercress

Sustainable Choice: Watercress offers a refreshing change from spinach and other greens.



Nutritional Information Amount per

serving: Calories 261 Fat 7.5 g Sfatfat 1.7 g Monofat 3.3 g Polyfat 1.6 g Protein 33.5 g Carbohydrate 15.6 g Fiber 0.3 g Cholesterol 63 mg Iron 1.4 mg Sodium 594 mg Calcium 112 mg

Preparation

1. Heat a large cast-iron skillet over medium-high heat. Add oil to pan; swirl to coat. Sprinkle both sides of scallops evenly with 1/4 teaspoon salt, sugar, and pepper. Add scallops to pan; cook 3 minutes or until done, turning after 2 minutes. Remove from pan; keep warm.
2. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble. Discard all but 2 teaspoons drippings. Add shallots and garlic to drippings in pan; sauté 2 minutes. Add broth to pan; bring to a boil. Add remaining 1/8 teaspoon salt and watercress to pan; cook 30 seconds or until greens begin to wilt. Place 4 scallops and about 1 cup watercress on each of 4 plates. Sprinkle servings evenly with bacon.

Reference: <http://www.myrecipes.com/recipe/seared-scallops-wilted-watercress>

Nanny/Caregiver Required

For family with a 2 year old child and a newborn. Live-in or live out. Room and board provided by employer at no charge if live-in.

Duties to include: supervise and care for children, prepare meals and snacks, prepare formula and change diapers, read stories, light housekeeping and laundry as time permits. Assume full responsibility for household in absence of family.

Salary: \$10.50 per hour, 40 hours per week, 2 weeks paid annual vacation and Work Safe BC cover.

Permanent position working in employers home located at Angus Crescent, Abbotsford.

High school education (12 years) and experience in a similar field or occupation preferred.

Position open and available to Aboriginal, new immigrants to Canada or persons with disability.

Contact

Jana 604-786-5262 or
janaholden@hotmail.com

WRITING, PROOFREADING, SECRETARIAL

INCLUDING RESUMES

25+ years of experience writing letters and preparing documents in government, at churches and for law firms - **no** job too small - **from** a 1 page resume to a 600 page manuscript - **online** research projects - **fact-checking** - **family** histories - **letters** to the editor, to government departments, to politicians, to anyone anywhere - **reasonable** rates - **I** will meet your deadline - **let's** discuss how I can be of help

"His work is in all respects excellent. Darren is an intelligent person who approaches his work with common sense and initiative."

BACKGROUND (professional and volunteer)

Legal assistant at law firms in BC, Alberta, Saskatchewan and NWT
Chair of a provincial government advisory board
President of a BC political party
Director of public affairs for a church denomination
Secretary to a youth and young adults pastor
Treasurer of a neighbourhood house
Countless presentations before committees at all three levels of government

Darren Lowe - darrenlowe1222@gmail.com

Seabird Island Band Housing Waitlist May 2015

Word from Housing

Do you only have texting on your cell phone?

You can now text the Housing Department at 604 991 0828

Which is monitored during regular business hours Monday to Friday.

Ordering the "Bin" for big garbage pickup is approximately 3-4 weeks wait time.

There are some concerns of people putting items in bins not ordered by them.

Please remember that the person has waited 3-4 weeks for that bin, so please don't fill it up with your stuff.

Call or text housing to order your own bin. Thank you.

1 Bedroom

1	11132014-1012
2	11172014-1013A
3	01072015-1013
4	02252015-1014
5	07142014-3088
6	04012015-1015
7	04102015-1016

2 Bedroom

1	01062014-2076
2	01092014-2078
3	05302014-2085
4	07292014-3090
5	10032014-1010
6	07082014-3087
7	10082014-1007
8	11172014-1013A
9	01072015-1008
10	01072015-1013
11	08272014-1007
12	02042015-2086
13	02102015-1014
14	07142014-3088
15	03122015-3089
16	04012015-1015
17	04102015-1016

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
35	04012015-1015
36	04102015-1016

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 when interested

Don't know your number?

Contact 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.



Clean your house gutters to reduce mosquitos, other bugs, mold and other growth.



Seabird Island Band Housing Department

C.A.R.E- Community Awareness Responsibility Awareness

Tenant Spotlight: Sheila Silver

C.A.R.E 'Star' - Waste Management workers noticed her excellent sorting skills



'Sheila, what do you think separates you from the other band members? Why did you decide to clean up your complex garbage site?'

Well, it is a good influence on the kids, community, and future. If you recycle then the kids will too. My home is beside the core of the community and it should be clean; we should be keeping yards beautiful.

'Do you compost Sheila?'

Now I do. Thanks, for the buckets and providing me new information!

'What do you think is the ultimate goal for your complex and neighbors to get the neighborhood cleaned up and organized?'

Participating as a group for our site.

'Has anyone else pointed out your sorting skills before?'

No. I did talk with Aaron about a compost workshop he attended, and enjoyed.

'If you could teach our youth one thing about recycling, or our environment; what would it be?'

To pick up stuff, if they see it. Take care of our land.

'Give us your biggest tip, to be more like you.'

Save your own orange, grapefruit, and lemon peelings. Put them in a canning jar- loosely packed, and fill up with vinegar. Leave for a couple of weeks. This mixture will create your own, 'homemade', cleaning agent. A strong cleaning agent, good for washing walls and stuff.

'Any suggestions Sheila?'

You could put a big bin at the Laundromats at the units and duplex with some bulletin boards for information on recycling. Maybe the community could get interested in recycling. A lot of people are putting too much garbage out. Seems like a lot of pick-up for a week.

"Thank You, Sheila".

"Sheila Silver was nominated as the "C.A.R.E 'Star'", of Seabird Island Band. She was nominated for her outstanding recycling and sorting skills. She was awarded with a small gift from the band as a token of appreciation.

Home and Garden Tips:

Plants and flowers can help reduce bugs around your home...

Marigolds repel beetles, nematodes and tomato worm.

Tansy deters cabbage worm and cutworm.

Basil helps repel mosquitoes, flies and hornworms.

Artemisia produces a strong antiseptic, although not unpleasant aroma that repels most insects. Planted in drifts it can also deter small animals.

Chives repel Japanese beetles (one form or lady bugs) and carrot rust flies

Chrysanthemums can help control things like roaches, ticks, silverfish, lice, fleas, bedbugs

Garlic planted near roses repels aphids. It also deters codling moths, Japanese beetles (one form or lady bugs), root maggots, snails, and carrot root fly.

Stop hurting the ones you love? Is this truly love?

Domestic Violence – It's NEVER OK

Domestic violence is a crime and the police take cases of domestic abuse very seriously. **Always call 911 in an emergency.**

Or you can call **VictimLink BC** FREE at 1-800-563-0808 in absolute confidence, 24 hours a day, seven days a week, for help and information. VictimLink BC is TTY accessible. Call 604-875-0885; to call collect, dial the Telus Relay Service at 711.

Help is available

Make the right choice for you

Keep yourself safe

What is Domestic Violence?

Domestic violence and abuse do not discriminate, but they do often escalate. It can be physical, emotional, sexual, or verbal and is often used as a weapon of control and intimidation by a spouse or ex-spouse. If you or somebody you know is being abused, [help is available](#) – do not wait.

What are the effects of domestic violence?

Victims of domestic violence may experience a range of emotions. Initially, some may be shocked by what happened, and find it hard to grasp how someone they love could abuse them. Other emotions may include shame, fear, anxiety, confusion, anger, depression, isolation, and grief. A sense of violation, powerlessness, and loss of trust are experienced by many victims. Victims of domestic violence may withdraw from others. Loss of self-confidence and self-esteem are very common.

Emotional distress can have other health effects, such as stomach trouble, headaches, or sleeping or eating problems. Physical violence can result in bruises, broken bones, or other serious physical injuries. Sexual violence can result in sexually transmitted diseases or pregnancy as well as physical and emotional injuries.

Victims who have children may experience additional emotional distress because of the effects on their children.



Children's experience

Children who witness violent or abusive behaviour against a parent may exhibit various emotions such as anxiety, confusion, fear, anger, and some may act out aggressively. How children react may be influenced by many things, for example, their developmental level, the nature of the violence or abuse, whether there are other family problems, and the support they receive within and outside the family.

Effects on the children:

- Developmental regression
- Fear, anxiety, depression
- Impairment in learning
- Impairment in social / emotional development
- Risk of coincident or bystander victimization
- PTSD (Post-traumatic stress disorder)
- Risk of future victimization, or perpetration

reference. <http://www.domesticviolencebc.ca/>

Free Confidential 24 hour/7days a week
Helpline 1-800-563-0808



5 Thoughts That Will Make You Instantly Happier

Reference: By Tina Williamson
<http://www.mindbodygreen.com/0-11890/5-thoughts-that-will-make-you-instantly-happier.html>

I want to be happy, you want to be happy — everyone wants to achieve this mysterious state of bliss.

Happiness binds the entire universe together. The actions and motives of every living human being are driven by our desire for it. But what sets apart the truly happy tribe from others is that they've made the conscious choice to be happy.

Happy people have learned that happiness starts with ourselves; specifically, it sprouts from our thoughts. With just a couple thoughts, you too can join the tribe of happy people all over the world! **Start with these five:**

1. This too shall pass.

When we're in the throes of a powerful emotion or situation, life can feel bleak and hopeless. When life pushes you down — whether you're dealing with a broken heart, a bruised ego, or an embarrassment — you can counter any thoughts coming up with this one thought:

This too shall pass.

This thought takes the permanence out of the negative emotion or situation and creates space to see the light at the end of the tunnel. Grow your wisdom: Life is in

a constant state of flux, and everything will pass.

2. You are not alone.

It's common to get our feet stuck in deep and dark mental places. In dealing with disease, divorce, death or downsizing, it's easy to become consumed by your grief, and it's easy to feel like no one has ever felt as bad as you might feel right now. Guess what? Someone else has — practically every living being has felt that exact emotion at one time or another.

You are never alone.

Emotions are like storms; no matter how dark and turbulent, they'll clear and sunny skies will rise again.

3. Other people have good intentions.

It's easy to think the worst of others. I'm guilty of this, but really it's just my own mind being pessimistic and negative. This pessimism set me off into an unpleasant mental spin. Try thinking of others in a positive light. Assume that they have good intentions. Appreciate and savor **your relationships** and the love you have to give and receive from others.

4. There's a bright side to every situation.

Changing your perspective can do wonders for your mood and for the

mood of those around you. Let's say you begrudgingly must spend the day driving to a distant appointment; instead of grumbling the entire way there, look on the bright side. It might be a beautiful day for a drive! Enjoy the fresh air and listen to some music.

There's always a bright side.

So find it and drive out those negative thoughts. Happiness is here right now. In fact it's never been anywhere else but here. Clear the dark storm clouds and rediscover the bright blue sky waiting underneath.

Now smile. It's not so bad.

5. Slow down and breathe.

Actually, say this aloud in your head over and over throughout the day.

Slow down and just breathe.

We need this constant reminder. Focus on one thing at a time try to infuse each moment with your attention and presence. Without conscious breathing your life will become riddled with anxiety and turmoil. Make your day a **moving meditation**.

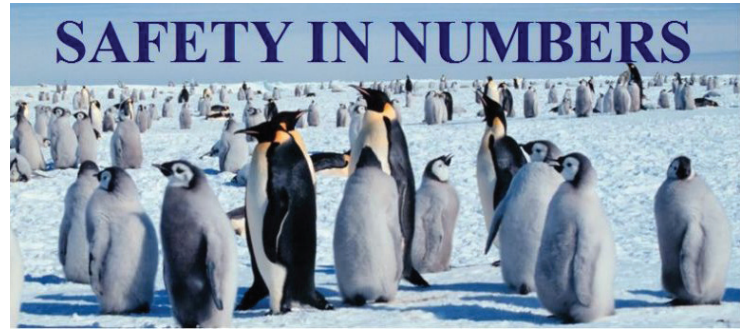
happiness
is a
CHOICE



Tips to Secure Your Personal Safety at Night

Being out late at night can be dangerous, because criminals are often out under the cover of darkness. However, there is no reason not to go out at night, as long as you use your common sense. By being aware of your personal safety, you can greatly reduce the risk when you are out at night.

1. The best way you can protect your personal safety at night is to travel with a group. A large group of individuals is intimidating to criminals when a single person is not, and members of the group can look out for each other. At a minimum, try to have at least one other person around when you are out at night, and you may want to consider setting up a buddy system with someone in your area.
2. You should also stick to well lit, frequently traveled areas, especially if you are out alone, because visibility augments personal safety. Try to avoid dead ends and areas of darkness, which are ideal locations for crimes.
3. If you are out exercising and do not have a buddy, consider a large dog. If you don't want to care for a dog full-time, a neighbor might be happy to let you borrow theirs for exercise.
4. It is also very important to be aware of your surroundings. Look carefully around you while you travel, and take note of anything unusual.
5. Do not use a cell phone or other electronics, because in addition to making you an excellent target for theft, they will distract you.
6. Keep an eye on your personal belongings as well; try to use a purse or backpack which secures with tight zippers, and keep money and other valuables tucked away. Especially when traveling on buses and trains at night, be alert.
7. Dress sensibly. If you are attending a night time event or walking home from work, pack a pair of practical shoes so that you can move easily. Consider changing out of a skirt or other restrictive garments into clothing which will allow a free range of movement. In addition, dress in light colors so that you are visible to motorists and other pedestrians.
8. Have your keys handy; not only will it prevent you from having to fumble with them at the door, but keys can also be used as a self defense weapon. In



addition, if you travel at night frequently, you may want to consider purchasing mace or pepper spray for personal safety.

9. Taking a self defense class will greatly increase your personal safety by making you more self confident and able to protect yourself.
10. Download safety App's like **The WatchMe 911 app** can help deter attackers with bright lights and loud noises and notify family and friends when the person has safely arrived at the determined destination. Calling itself the "Swiss Army Knife of Personal Security Apps," WatchMe911 provides a variety of alarms – from police sirens to barking dogs – activated with the touch of an icon as well as a flashlight to ward off an assailant.

Reference: <http://www.wisegeekhealth.com/what-are-some-personal-safety-tips-for-being-out-late-at-night.htm>

Time to Prepare for Mosquito Season!

That's right these little bugs are starting to pop up again.

You can do your part to reduce the population of these bugs:

- **Go around your home weekly and dump any standing water you see.** These areas are prime mosquito grounds for breeding. A small bucket can breed hundreds, even thousands. A puddle in a tarp, in tires or in your boat are also prime breeding grounds.
- **Planting basil and citronella** can also help reduce mosquito plants in your yard!
- **Keeping your lawn short and cut at least once a week** also helps reduce the mosquito population.

When you spot a small pond or body of water in or around your yard, please let John Bobb know so he can add it to his GPS for taking care of the site.

Unfortunately the company he works with to start taking care of the mosquito problem will not be ready jump into action for another few weeks. **So any help you can do around your yards to help is greatly appreciated by all community members.**



Annual Open House

At Seabirds Annual Open House event we invited members, clients, and interested visitors to come out and learn about the services and programs we offer. This years Open House was held on April 28th and 489 guests walked through the gymnasium to look at displays and meet staff.

The event didn't seem quite as busy as past years, possibly due to the event being rescheduled from earlier in the month. Over half of Seabird's services were on display and we thank everyone for coming out and sharing their ideas and feedback!



Sqéwqel Development Corporation



Housing



Communications



Supported Child Development Programs



Health - Blood Pressure



Health - Mosquito Program

NEW Online Job Application Software

The HR team is very excited to begin accepting on-line job applications. Anyone that is interested in any of the job openings for Seabird or the Sqewqel Development Corporation will now be able to submit all of their information, including a resume and cover letter, through this program.

Another great feature of this system, is that it will allow us to keep resumes on file for individuals looking for any type of employment, and auto match the resumes of people who have a matching skill set to current job openings. By doing this, the HR team will be able to reach out to those members who have a resume on file that matches the needs of an open job. It is still recommended that you put in a new application for any job you are interested in as this will show us that you are keen to start working and have not yet found another job.

To apply for an open position go to the Careers at Seabird page on www.seabirdisland.ca and click the 'apply now' button for that job.

<https://seabirdisland.hiregroundsoftware.com/>

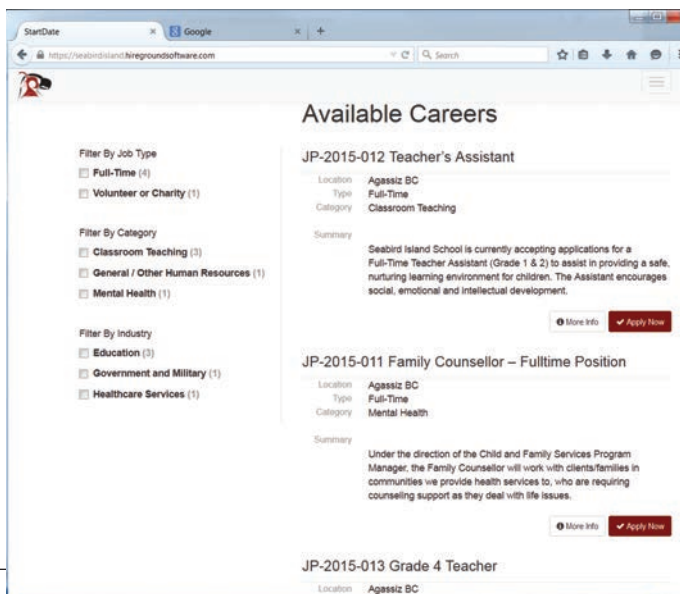
To get your resume on file, go to the same website and click 'apply now' for the "General Applications" job posting.

The website can be accessed from any computer. Remember when you need internet access, help with your resume, or assistance with the application process, the Employment Center is a great resource.

The HR Department is always here to answer questions. Please feel free to reach out to
Nina nina@seabirdisland.ca 604-796-6857 or
Drew drewpaddon@seabirdisland.ca 604-796-6814

Hope to see your application soon.

Submitted by the HR team.



Seabird Island Band Employment Opportunity

Position Title: Receptionist
Competition Number: JP-2015-017

Position Summary:

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

Qualifications/Requirements:

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

Primary Responsibilities:

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

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

Please apply on-line at

<https://seabirdisland.hiregroundsoftware.com>

Deadline to apply 4:00 PM Friday May 15, 2015

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

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

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

ADVERTISEMENT RATES

300+ hard copy production
800+ e-mail production
average 1300 read on Seabird website.

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

Advertisement rates (per issue) for organizations:

organizations:	Band Outside	
	Member /Partner	
Front Page Color: limited availability		
1/4 pg banner (8" w x 2.62" h)	\$32.00	\$37.50
2.5x 3 bus card	\$20.00	\$25.00
Full Color:		
8 x 10	\$75.00	\$135.00
8x5 or 10x4	\$37.50	\$65.00
4x5	\$18.75	\$32.50
2.5x 3 bus card	\$9.50	\$20.00
Greyscale:		
8 x 10	\$20.00	\$37.50
8x5 or 10x4	\$15.00	\$25.00
4x5	\$10.00	\$17.50
2.5x 3 bus card	\$ 8.00	\$12.50

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

Design and Layout \$40/hr additional.

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

AGREEMENT/LEGAL

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.

Editorials are chosen and written by Seabird staff, they are the expressed opinion of the staff, and do not necessarily reflect the views of the Seabird Island Band.

Letters to the editor must be under 300 words. Please include your name, phone number, band number and signature (not for publication), as well as the date and year submitted.

The Seabird Communications Department reserve the right to revise, edit, for length and clarity as well as to classify or reject any advertisement / story submissions.

DEADLINES

Submissions and Advertisement are due by the 15th of each month or if the 15th lands on a weekend then deadline lands on the Friday before.

DELIVERY

The first (1st) of each month

OFFICE HOURS

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

Sandra Bobb

Phone: 604-796-2177

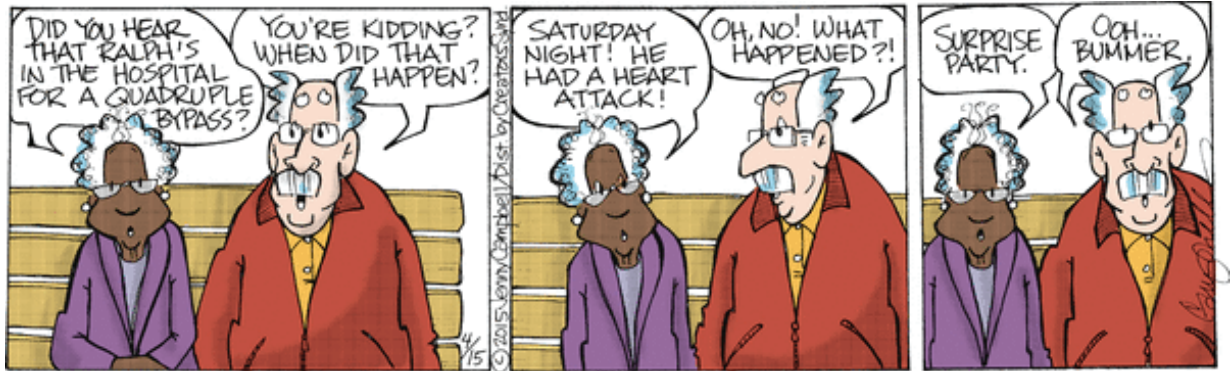
Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

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

Health Comics



Quotes of the month

"Failure is the halfway mark on the road to success!

It is not a destination to be avoided but a stepping stone to get what you really want in life. Go for No!"

By Richard Fenton & Andrea Waltz

Tem qwel oythi:lem / May

Taurus: April 21st - May 21st

Flower: Lilly of the Valley

Birthstone: Emerald, Chrysoprase, Cats eye, Carnelian, Clear Quartz, Jade...

The healing properties: The Emerald birthstone has excellent healing properties especially for health problems associated with the eyes, spine, and fertility. The soothing properties of this green gem are believed to have a stabilizing effect on the mind and used to dispel insomnia and unknown fears, avert nightmares and also combats mood swings and schizophrenia. Emerald is also used also to fortify the immune and circulatory system. The healing power of Emerald was thought to ward off epileptic fits, cure fever and stomach ailments and put a stop to bleeding. Moreover, this stone is said to guard the one who wears it from panic.

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. Monday, May 11th, 2015
Draw Date: Tuesday, May 12th, 2015

Congratulations to last months winner Georgette Leo

Name: _____

Phone #: _____

Seabird Address OR SIB Status #: _____

This information is not kept it is only to verify if you are a Seabird Member, it will be disposed of following the draw.

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

Communications:

- Inventory
- Stocking
- Distribution
- Preflight
- Photos
- Prints
- Bindery
- Lamination
- Collating
- Machinery
- Folding
- Jogging
- Fanning
- Equipment
- Greyscale
- Colours
- Posters
- Scanning
- Assembling
- Work orders

ilálewethet

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

April Answer:

*tl'ó talhlímeth yóys
li te syó:yesáwtxw
í:wesá:ls*

*It is us who works
at the office
showing people*

Submitted by Zorana Edwards Shippentower



'Round The Rez

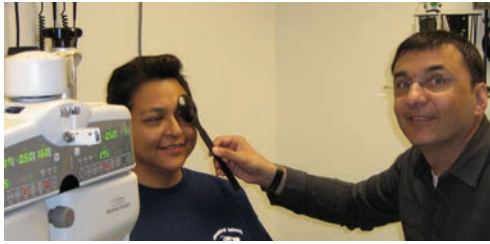
Community Events, Workshops & Outings

OPTOMETRIST CLINIC

The next optometry clinic is scheduled for

June 9th and 10th

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

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.

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.

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

Women's Health

TAKE CARE OF YOURSELF

Body, Mind & Spirit



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

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

THE TOP 3 HEALTH ISSUES WITH WOMEN ARE:

HEART DISEASE

- The #1 cause of death in women

BREAST CANCER

- *Early Detection is key.*

CERVICAL CANCER

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

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

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



Created by Seabird Health
www.seabirdisland.ca



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