

the SEABIRD ISLAND

YOO HOO



Because news isn't all bad or boring!

www.seabirdisland.ca

Mid-February 2016



**ELDERS HELPING
YOUTH GUIDE
SEABIRD'S FUTURE**

GUIDING SEABIRD'S FUTURE - A Guiding Group has been organized at Seabird Island to allow Youth to find out more about our traditions and culture through the experiences of Elders. At a Guiding Group meeting Jan. 28, Reid Peters showed Youth where erosion has taken away Seabird lands. Lands Manager Danielle Gabriel likens Seabird Island to a violin. More on Pg. 3

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We are also on Facebook and Twitter

SOMEONE SO SMALL - INSIDE A BIG PLAYROOM... SEABIRD ISLAND'S NEW ECCE OPEN HOUSE FEB. 17, 2016 1:30 - 5:30 p.m.



Education Committee looking to fill vacancies

The Seabird Island Band Chief and Council hereby provides notice of the upcoming election for two vacancies on the Seabird Island Band Education Committee. The positions are for a term of two years. The Education Committee presently meets every third Thursday of each month beginning at 8:30 a.m. unless otherwise stated.

Criteria for All Candidates

Among those characteristics to be sought in each candidate, being mindful of the overall Committee composition, are the following:

- Integrity and a commitment to ethical behavior.
- Personal maturity and leadership skills in education or related field.
- Independence of thought and willingness to deal directly with the difficult issues.
- Broad experience, with an understanding of the complexities of the Band Education program and external educational agencies.
- Accomplishment in education and related field.
- Understanding financial and/or accounting principles an asset.
- Candidate must be a Member of Seabird Island Band.

- Must be resident within Stó:lō Territory.
- Must be 18 years old or older.
- Must be familiar with the Education and Governance Policy.
- Previous experience as an education member or Band experience.
- Pass a criminal records check.

All interested Band Members wishing to be considered to fill these vacancies are encouraged to submit a letter of interest with two letters of support from Band Members.

Your letter of interest should state your availability, any pertinent background information and include reasons why you would like to be a member.

Your letter of interest along with your supporting letters must be received no later than **Wednesday, March 30, at 4 p.m.** to be considered for candidacy.

Election will be held Wednesday, April 13 from 2 p.m. to 6 p.m. Candidates are encouraged to request a copy of the Education Committee Policy and Procedures Manual to review.

For further information, contact Carol Hope at 604-796-2177, or email: carolhope@seabirdisland.ca.

Guidance from Seabird Elders sweet music to the ear for Youth

Reid Peters exhibits a great deal of passion when he speaks of Seabird Island lands.

During a Guiding Group meeting held Jan. 28 in the Community Health Room, Peters, along with a few other Elders, including Maize Peters and Richard Louie, showed on a map, spread out on the vast boardroom table, how Seabird lands have developed over the years.

And, in some cases, especially at the north end of the Island, how Seabird lands have been taken away through erosion.

Hundreds of acres in fact, are no longer visible, washed away by the rushing waters of the mighty Fraser River, which borders Seabird Island along the entire east side of the Reserve Lands.

“If we don’t do this and get involved, the land’s not going to be there anymore,” insisted Peters, who has lived on Seabird Island his entire life. “That’s the only land there is that’s not occupied. We need to utilize erosion techniques to stop it. Youth need to know that.”

Chief Clem Seymour opened that Jan. 28 gathering, attended by about 15 Seabird Island Youth, with words of wisdom, and encouraged the Youth to build a life based on respect and honour for the land. Emphasis was placed on the huge responsibility Band Members have to ensure the land is taken care of for future generations. Chief Clem also spoke about his stick, and



mentioned that “this stick represents balance, and that balance is very important.”

“What you have is very important,” implored Chief Seymour. “Remember, nobody can give up on you, except you.”

During the one hour discussion between Elders and Youth, inspired by the Youth Resiliency Project, Reid pointed to fishing spots, swimming holes, and streams which no longer exist, or have taken a different, winding path through Seabird Island.

The goal of the project is to support and strengthen Seabird Island Youth, to connect them with their land, their ancestors, and their culture – and to get them familiar with the land, and how they can use it.

That support will come mainly from Elders, who have

the ability to relate many stories of their years on Seabird Island.

For Reid, that’s an opportunity, a duty, he relishes.

“It took 62 years for the land to erode to where it is now. You figure another 62 years, it will be down quite a bit more if nothing is done,” added Reid. “So, they (youth) have to get in there and put a stop to it (erosion).”



Despite the obvious erosion, when one takes a close look at an area map, something else pops into mind when peering at the layout of the Seabird lands.

“I love the look of Seabird Island,” said Lands Manager Danielle Gabriel during a Feb. 4th Guiding Group meeting. “It looks like a... violin.”

That thought led to finding the following quote: “When you play a violin piece,” said Joshua Bell, celebrated violinist who has recorded more than 40 CDs, “You are a storyteller, and you’re telling a story.”

Yes, Seabird Island does have a great story to tell. It’s a long story. It’s filled with culture and tradition. And above all, this story has no ending.

Dale Cory, Communications Officer

A classroom of Coho gets SICS students wild about salmon

Young school students don't always get excited about some of the basic skills taught in class – reading, writing and math, to name a few – but bring a bucket full of salmon eggs into the classroom, and watch the level of enthusiasm escalate.

That was the scene Jan. 28 at Seabird Island Community School, when Colleen Marchant's Grade 2 class and Jerri-Lynn Bogart's Grade 2/3 class welcomed a group of visitors into the classroom - in the form of Coho salmon eggs.

"I brought 55 Coho eggs that are eyed – because they're the most-sturdy at that point," explained Bev Bowler, Education Coordinator for Fisheries and Oceans Canada, and for a good half hour on this particular day, thee most-popular person at SICS. "The students take care of them, and when they hatch, after spring break, they'll be fry's swimming around and students get to feed them."

The class normally goes to the fish hatchery at St's'ailes and the salmon spawning channels in the fall, but due to circumstances they weren't able to go this year.

Enter Bev Bowler, and her traveling fish hatchery.

"The kids are excited. We've talked about that we're going to get eggs, and they've watched us set up the aquarium. Just knowing that every day we'll come out and check on them, and check the temperature. We're about to calculate how many days it will take until we see things happen – until they float up," explained Marchant. "The children have taken ownership and they sort of understand the life cycle."



This is the third year Marchant has introduced salmon eggs into the classroom setting for her students to nurture until they are ready to introduce back into the river system. So, why is it important for her to do this with her class?

"Because, when I was in Grade 3, we were part of a salmon enhancement project. We built a box in a little creek by my high school. Then, when I was in Grade 7, we put salmon in the box and we went all over the Lower Mainland to different hatcheries and tagged them. When I was in Grade 12, we went with one of the fishery officers and found salmon that had actually come back from Grade 11 and 12 that had been tagged," she explained. "It's something I love to do, and I hope the children will learn that also."

In about 20 days, students will start to see fish inside the eggs. Sometime after the school's spring break, the Salmon will start hatching. Marchant indicates students actually see them on the bottom – where they try to hide. Then the Coho float up and start swimming. When they start swimming, students start feeding them.

"Mrs. Bogart's class is the class I did this with last year, and when we went to

release them, they named every fish. It was the first time I'd ever seen children name them, and let them go," said Marchant. "The excitement just builds. Every day, they will want to come in and have a look and see what's happening, and do some observations."

Bowler acknowledges there is something very special about the release party.

"The best part is when they let them go – the release. I don't know why, but all the teachers say that's very powerful," agreed Bowler. "It's a bit different then raising chicken eggs. It's something about them being wild. The students are being caretakers of them for a short while, and then, they let them go. They're stewards."

Bowler likes the idea of incorporating this learning experience into the classroom. It's an educational tool which could develop into a career for some students.

"Children and adults don't care about things they don't know about. That's one of the tenets in environmentalism. By having the salmon in a classroom, feeding them and watching them grow, they learn about them, the fish matter to them, and when they're adults, they will care for the salmon. That is our hope about education," said Bowler. "To my experience, I'm now getting students



who did this 20 years ago and now want to teach it. There are now people who have gone into biology and other fields because they learned about salmon in the classroom. It is a very powerful environmental tool, and you can use it to extend to clean water, clean air and climate, and it's good in any grade – 400 schools do it in the Lower Mainland.”

Those thoughts were echoed by Marchant, who localized the concept.

“Salmon is so important to First Nations people. I think it's really important that students understand how the salmon come back and why they are so precious to us. If we don't take care of that and help take care of our waterways, one of our main food sources is going to be gone.”

A group of young Seabird Island Community School students are doing their part to ensure that never happens.

Dale Cory, Communications Officer

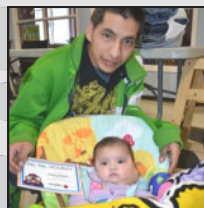


SEABIRD'S Parents and Tots Program celebrates their January WINNERS from the Early Literacy Program “READ & WIN”.

Congratulations EAGER READERS!



Exzadicareighn Peters



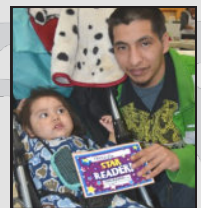
Shavonna Alexander



Liberty Peters



Raiden Peters



Meeshka Alexander

Special thanks to all our Moms, Dads and family members. You make this program great!

Submitted by Tracey Bonshor, Program Coordinator

Are you ready to take some Upgrading, College or University Courses?

Post-Secondary Application Deadlines

Are you a registered Seabird Island Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree?? Then REMEMBER these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

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

April 1st
October 1st
January 1st

Funding of any application is dependent upon available budget.

For further information please contact:
Cindy Kelly-Student Services Worker at
604-796-2177 or cindykelly@seabirdisland.ca



Reminder All Grade 7-12 Students Allowances

2nd student allowance payment will be March 15, 2016

December, January and February.

3rd student allowance payment will be June 30, 2016

March, April, May, June.

Student Allowances are as follows:

Grade 7-10	\$ 9.00 per month	= \$90.00 per school year.
Grade 11-12	\$19.00 per month	= \$190.00 per school year.

Student allowances will be directly deposited for the students with bank accounts.

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



**SEABIRD ISLAND BAND HOUSING WAITLIST
February 2016**



1 BEDROOM

1	04202015-1017
2	10262015-1022
3	12222015-1023
5	01042016-1025
6	01112016-1026
7	01282016-1027

Don't know your number?
Contact Samantha to see where
you sit on the waitlist!
604-796-6932.

Note: If you have outstanding
debt with the Band, you will
NOT be placed into a rental
unit, as per housing policy.

REMINDER!
Housing applications
must be renewed before
JANUARY 1st each
year to remain on the list!
Anyone who did not
renew came off the list and
must now reapply if interested.

2 BEDROOM

1	07292014-3090
2	02102015-1014
3	03122015-3089
4	04202015-1017
5	06192015-2087
6	07082015-1019
7	07232015-2088
8	08052015-2090
9	11092015-1023
10	12302015-3092
11	01122016-3093
12	01282016-1027

We have currently have
1 bedroom units available.
If you are a Band Member,
of the age of majority and
do not have outstanding debt
you may qualify!

Contact Samantha for more
information 604-796-6932.

3 BEDROOM

1	12192012-3076
2	02062013-3082
3	02082013-3084
4	03192013-3088
5	07082014-3087
6	07292014-3090
7	12092014-1014
8	12312014-1016
9	01122015-1009
10	01142015-1011
11	02042015-3091
12	04102015-1016
13	04282015-3095
14	06192015-2087
15	07232015-2088
16	08052015-2090
17	08262015-3096
18	07082015-1019
19	12302015-3097
20	12302015-3092
21	01042016-4000
22	01252016-4001

Prevent mould before it's too late

Have you noticed mould in your home?

Mould in your home can affect your health and the health of your family. Check your home for signs of mould:

- Sometimes mould cannot be seen
- A musty or earthy smell often indicates the presence of mould
- Even if you don't notice a smell, there are other signs you should look out for. Wet spots, dampness or signs of a water leak mean that there are moisture problems, and mould may follow.
- Mould can grow on your walls when there is excess moisture in the air or not enough airflow
- I.e. If there are many people living in one house, that means that there are more showers, water usage and cooking, all of which create moisture. Even people give off moisture from their bodies and contribute to air quality just by being in a home.
- You may also notice mould growing on walls if there is furniture pushed right against the wall and it is an

exterior (outside) wall. This happens because the cold air on the outside of the building chills the warm air on the inside and creates condensation on the wall. If there is no airflow to move this moisture or dry it, then mould can start to grow.

Tips to remember to prevent mould:

- Make sure you run your bathroom and kitchen fans to help remove excess moisture from the air. Especially when cooking or showering.
- Leave a gap between furniture and any exterior walls to allow airflow.
- If you notice water damage or wetness make sure to have it investigated and repaired before mould can start to grow. If you live in a Seabird rental unit then call the housing department and schedule a maintenance visit as soon as possible!
- Keep surfaces where water may collect, such as windowsills, near sinks, toilets and tubs, dry. Clean up water as soon as you notice it.

If the contaminated surface is small to

moderate (less than 3 square meters) please clean up as soon as possible:

- Wear safety glasses or goggles, a disposable dust mask, and rubber gloves.
- You may want to isolate the area by taping plastic sheeting to the walls and ceiling to prevent the spread of dust and mould particles.
- Vacuum the area with a HEPA vacuum cleaner before and after cleaning.
- Clean the mould by using water and dish detergent. There's no need to use bleach. When cleaning drywall, use a damp cloth so you don't make the drywall wet.
- Sensitive people should not be in the same room during the work and may want to leave the house until the mould is removed.

If the amount of mould is significant then please call the housing department to arrange an inspection.

*Samantha Webster,
Housing and Public Works Department*

Meet Carlene Brown: Early Childhood Program Manager - Health and Social Development Department

1. Why does Seabird Island Band need an Early Childhood Program?

Seabird Island Band needs an Early Childhood Development program for many reasons. Most importantly, we care about our children and recognize that they are the future of our community and culture. Their success is our success.

Studies have shown that the fastest growing group in British Columbia is the Aboriginal people. Some studies indicate that up to 40% of Aboriginal people are under the age of 14. With this being the case, it is more important than ever that we look after our young. Provide the tools they need to be successful moving into the future.

It is also well known that children who attend some kind of pre-kindergarten programming are more successful when they enter school. They have more strongly developed social skills and have the Kinder-readiness skills required for a successful first year in main-stream school.

We believe that if we provide our children with a safe place that helps address their individual needs, teaches them language and culture from a very early age and provides them the skills required to be successful in school, they will grow to be a strong and healthy generation.

2. What does a typical work day look like for you?

There is no such thing as a typical day in my job. Even if I plan a day in great detail, the children and staff always come first and that regularly means changing my plans. If they need me, I drop what I am doing and attend to their needs. The



children and staff members are often in my office with me while I am trying to work, and I will always make time for them...especially the children...as often, they NEED that special one on one time.

3. What is the most important task you perform?

The most important task that I perform is to be the support and guidance for our 40 ECD staff. My goal is to ensure they have the knowledge, skills and materials required to do their jobs. If it wasn't for the ECD staff, our programs would not be such a huge success.

4. What education do you have and how does it support your work?

I have been in the Early Childhood Education industry for 30 years. I have my basic ECE certification, Infant/Toddler certification and Special Needs Certificate. I took the Provincial Instructors Diploma at the Seabird College a couple of years ago and some Leadership Courses at BCIT in 2014. I have attended numerous workshops and conferences over the years and continue to do so as the need or opportunity arises. I believe it is very important to keep up

with the changes and developments in the ECC world and the latest understanding and information on Child Development.

5. What challenges do you face performing your duties?

Balancing the needs of the staff, children and the responsibilities I have as a Manager. Once in a while, the children prove to be just too cute for me to say no to, and I allow myself to get side-tracked to play and talk with them for a few minutes.

6. What's your favourite part about the team you work with?

The ECE team is the most passionate group of ladies that you could ever meet. They are dedicated to their work with the families and children in our community and our neighboring communities.

7. What does Carlene Brown do when she is not at work?

I am an avid camper. I spend a lot of time at the lake with my husband, grown children and other family. I will also admit that I am a reality show junkie and watch them all!

Thanks for your time Carlene.

Pearl Penner: UFV student learning from the best here at Seabird

You may have noticed a new face walking around the Seabird Island Band Office in recent weeks.

Pearl Penner is now working in the Health and Social Development Department at Seabird Island Band with Child & Family Services Program Manager Edie Karacsonyi.

Penner is in her fourth year of working toward her Bachelor of Social Work degree at University of the Fraser Valley.

She began her practicum with Seabird Island Band in late January, and jumped into the Seabird's hectic way of life from day one.

"It's been great, I've been getting a tour and an introduction into Seabird, and seeing how Seabird runs. I went to the Parents and Tots group the other day. I got a tour of the area and met with the families I will be working with. I'll also be working with Heather McDonald and the CIHR Pathways Suicide Prevention Research Team."

There's no question Pearl Penner is at Seabird Island to learn first-hand, not just to observe. She wants very much to be 'hands-on' with the many programs she works with. That in mind, Pearl has immersed herself in as many initiatives in the Health and Social Development Department as possible.

"So, I'll be doing some research for the prevention program and hopefully attend some of their Youth programs and with the families, help them build some parenting skills, and create some schedules with them and help them with some life skills. Also Edie and Penny are going to start a woman's group so I'll be helping with that."

Taking into account the Health and Social Development Department at Seabird Island Band, an accredited health care facility, is so-well respected, it made sense Pearl would look to Seabird Island Band to get her in-the-field training. But in the case of Pearl Penner, there's much more to the story.

"I grew up around the culture. My grandmother was Mary Uslick, with whom my family spent a lot of time with when I was young. She was an Elder from Skowkale. She was originally from Shuswap Territory in the Kamloops area - then moved down here and married Oliver Uslick from Skowkale," explained Penner. "She had a medicine wheel - a four-day, four-night healing gathering for many years before she passed away. So I got to grow up around her wheel."



That culture and tradition, together with her many experiences, appear to have put Pearl on a solid course toward working with First Nations peoples during her university years, and once she enters the work force full time.

"My goal is to work with First Nations communities and in a community development role. So I applied to the Master of Arts and Indigenous Governance at the University of Victoria," explains Penner. "I'm hoping to start that in September, and a part of that, in the second year, we do a community project and within that project I want to look at the connection between land and stories and how that connection further promotes the connection to community, in the Stó:lō Territory. So being here is a really great opportunity for me to put my toes in the water and get a good experience to help me in my master's program."

So when you see Pearl walking through the Band Office, make sure you stop and welcome her to Seabird Island.

She would love to strike up a conversation, and learn more about the Seabird way of life.

Dale Cory, Communications Officer

Seabird Island Band
Free Legal Clinic

Family Lawyer Derwin Petri.

Seabird Duty counsel dates for February 2016:

February 26 at 1:30 p.m.

Location:
Seabird Wellness Center

Want free legal advice?
Then call Genna at the Seabird Island Band Office to make an appointment.

If you need help with

- * Child Protection
- * Getting a lawyer
- * Custody

or other family matters

If anyone would like to see him, they need to call Genna at 604-793-3363 or email genna@seabirdisland.ca




Bannock & Tea listening to Band Members, proactive in taking care of Lands issues

As Lands Manager, Danielle Gabriel is faced with some very important duties.

She tackles the position with a great deal of passion.

She cares about Seabird Island and what happens on its lands in the future.

She also cares deeply about Seabird Island Band and Community members.

Gabriel and Lands Clerk Brandi McNeil use the monthly Bannock & Tea gathering to listen, to inform, and hopefully, to make recommendations which will be acted upon.

The last Bannock & Tea, held Tuesday, Feb. 2, was lively to say the least.

“The whole vision for Bannock & Tea is a place where our Community can come and voice themselves. We had over 20 people show up Feb. 2, which is great for the Lands Department. We have visitors who come from other communities, we had staff, we had Community Members who all come up and show their concerns,” said Gabriel during a recent sit-down to discuss Seabird’s future when it comes to land use, and some of the new laws coming into effect. “The people that come here from other reserves share what’s going with their lands and share their ideas – and we share our ideas – so it’s kind of a sharing thing with other communities. With the staff who are not from Seabird, they come in with ideas with regard to the Dog Licensing and Animal Management Law. A lot of good



ideas came from our staff yesterday, when it comes to our educating the community, training our dogs, grooming our dogs – we had some hookups with some of our staff who have friends out there or organizations they know of who could help Seabird.”

Ah, the Dog Licensing and Animal Management Law.

On December 23, 2015, Chief and Council approved the Seabird Island Dog Licensing and Animal Management Law, 2015. This Law will be put into effect slowly, over the next year.

While the approved Law is complete, the details around how it will be resourced, administered and fully implemented still need to be established. These details include the need for animal control service agreements, licensing programs and financial reporting systems to be set up and in place. Chief and Council does not want membership to feel overburdened or worried about their pet ownership status. Therefore, Chief and Council has directed CAO Daryl McNeil

to draft a transition plan. This plan will be a phased-in approach to implementing the Law.

Gabriel indicates there was plenty of discussion surrounding this new Law at Bannock & Tea Feb. 2.

“We had a lot of concerns coming from Community Members in regard to what is now called “The Dog Pack” They officially have a name. It’s a group of dogs. A group of nuisance dogs. There are some very, very frustrated Community Members. I get their frustrations. As Lands Manager, I can only go so far with it. I can really feel and hear the frustrations coming from our Community Members,” stated Gabriel. “Along with Public Works and Housing, as a group we’re getting together to look after the education process with the phasing in of these laws. As front line workers, we get a lot of frustrated people calling in with regard to the dog pack.”

Fraser Valley Regional District (FVRD) now manages dog licensing for the Kent/Harrison Hot Springs area.

Gabriel was asked how that will change things moving forward.

“We reached out to them (FVRD) last week, but they want the education process and the dog licensing to come first before they even come out to Seabird,” she said.

Gabriel’s concern is that Band Members will not use the Bannock & Tea gathering as a sounding board should their concerns go unheeded regarding the Animal Management Law.

Most of the concerns from last two Bannock & Teas have to do with the Dog Licensing and Animal Management Law.

People are voicing their frustration with it. You don’t see kids playing at our playground anymore, you don’t see people exercising outdoors as much, you don’t see staff walking the loop because of the dogs out there.

Brandi McNeil recently joined the Lands Team as Lands Clerk. She tackles her job with the same passion Gabriel exhibits.



“It’s been a great learning process, hearing all of the concerns and ideas coming from our people. I was not so much involved in our Band before and didn’t know too much about what was going on,” said McNeil. “Now that I’ve been in the Lands Department for some time, I’m really passionate about everything the people are bringing to us. I just really want to help them, and our future of our community. I just want to please everybody and their concerns.”

The next Bannock & Tea gathering will take place Tuesday, March 1 from 10

a.m. to 3 p.m. in the Community Health Room.

Danielle and Brandi are also interested in traveling around Seabird Island. Bannock on the Run will see them come to your home, listen to your ideas and hear your concerns. Give them a call.

Seabird Dog Licensing is to begin March 1, 2016.

Contact: Samantha Webster, Housing Supervisor; Ashley Bobb, Public Works Clerk; or Danielle Gabriel, Lands Manager at 604-796-2177.

Dale Cory, Communications Officer

Seabird community members had fundraising concerns and questions. So, what are the Seabird Business Permit Law exemptions?

PART 1. EXEMPTIONS

1.1 The exemptions set out in this Part are subject to any Laws passed under Part 2 of the Seabird Island Land Code in relation to:

- a) the removal and punishment of persons trespassing on Lands or frequenting Lands for prohibited purposes,
- b) prevention of nuisance, or
- c) protection of the community.

1.2 Despite subsections 5.3 and 6.1 no Business Permit is required for any of the following, provided they comply with the Seabird Island Housing Policy and meet any applicable health, safety and environmental laws, regulations or standards:

- (a) the Business of renting apartment suites or units where not more than two (2) suites or units are made available for rent,
- (b) the door-to-door sale of newspapers published in Canada,
- (c) public schools,
- (d) the teaching of music, handicrafts or art as a home occupation where such teaching involves not more than one class of five (5) students at one time,
- (e) garage sales or yard sales held by Seabird Members or

- occupants of Seabird Lands where there are fewer than four (4) days per year of sales,
- (f) subject to meeting health requirements set out in applicable laws, sales of catered foods or baked goods cooked in the home of a Member or occupant of Seabird Lands,
- (g) subject to meeting health requirements set out in applicable laws and subject to any regulation of access to Seabird Lands set out in Seabird laws, delivery of food including pizza and fast foods,
- (h) non-commercial, periodic fund-raising events by Seabird Members or organizations or occupants of Seabird Lands,
- (i) creation and sale of carvings, crafts, and other art work and crafts by Members,
- (j) the provision or delivery of services by a licensed professional including a doctor, dentist, nurse, ophthalmologist, optometrist, registered massage therapist, physio-therapist or similar professional,
- (k) courier or postal services, or
- (l) small-scale home-based activities by Seabird Members or occupants of Seabird Lands including Avon, Herbalife, Tupperware, and locally made crafts.

Quote of the Month

“One of the best gifts you can give someone is a genuine
Thank You for being in your life.”

–Positive Energy

Job Opportunity

Production Worker

Bullseye Packaging -
Chilliwack, BC

Bullseye Packing is hiring production workers to start immediately. Starting wage is \$12/hr. They work Monday to Sunday, from 7:00 AM - 5:30 PM. These are full time positions.

This is a physical and fast paced operation. They will fully train the best applicants and support your development within our operation.

Research their company at www.bullseyepackaging.ca and reply by email if interested, please include an updated resume.

Adrian Houser - Production Manager
#519 - 6388 Unsworth Road
Chilliwack BC V2R 5M3

PH: 604-858-5533
FX: 604-858-5355
ahouser@bullseyepackaging.ca

***Monthly Grocery Order**



Social Development offers a monthly grocery order to their clients. Please pick a form up at the social development office if you're interested in ordering. Forms need to be in by the 10th of each month and groceries will be delivered to your home the following week on the 15th, in the afternoon.

Employment Plans

Employment action plans are due before the 20th of each month. Appointments can be made with Andrea 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 offering driving lessons. We offer the use of our vehicle for all class 7N and 5 road tests. Please call Andrea at 604-796-6865 to schedule an appointment with either Jim or herself.

Driving School Achievements

December 2015
Learners Test – 2
Class 7N Road Test- 4
Class 5 Road Test – 1
Lessons- 27 provided

January 2016
Learners Test – 1
Class 7N Road Test- 1
Class 5 Road Test- 4
Lessons -27 provided



Congratulations! We are so proud of all our clients' hard work and dedication, you earned your success. Keep up the great work.

The employment services that are provided at Seabird Island are funded by SASET through an agreement with Service Canada. First Nation people who are status/non status, live on/off reserve and Inuit individuals who seek employment services are welcome to access these services.



You're Invited To The Grand Opening Open House

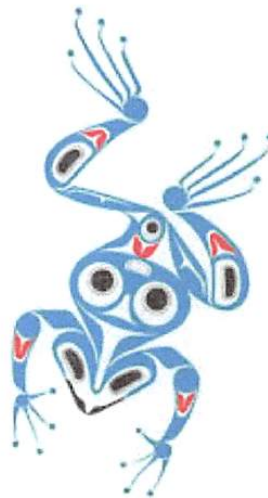
Early Childhood Centre of Excellence



February 17, 2016
1:30 pm—5:30 pm



Drop In Open House
Fun Activities
Throughout the Day!
8250 Charles Drive
Seabird Island, Agassiz



Halq'eméylem Translation Contest

A Halq'eméylem Translation Contest will take place April 22 from 10 a.m. to 2 p.m. at the Kilgard Long House in Abbotsford.

There will be team events, with a maximum of six per team, along with youth and adult divisions. There will be 50 words/phrases per division.

Contact Dianna Kay at 604-796-3161, or email: dianna@seabirdisland.ca.

Spectra Energy visiting Seabird Island homes Feb. 15-19

Spectra Energy has a comprehensive pipeline integrity management program to maintain a safe and reliable pipeline system. This includes regular internal pipeline inspections, aerial and ground right-of-way patrols, and preventive maintenance activities.

Spectra will be on Seabird Island Feb. 15 - 19, from 9:30 a.m. to 5:30 p.m. each day.

Jeff Smedley, Spectra Energy's Public Awareness Specialist, will be going door to door to speak with Band Members. Band Member Alain Marchand will accompany Spectra Energy on these home visits.

Book now for March Optometry Clinic

Upcoming Optometry Clinics at Seabird Island will take place March 1, 2, and 29. If you would like your name added to the waiting list, please contact Maggie Pettis. Maggie can be reached at 604-796-6842, or by emailing: maggie@seabirdisland.ca.

Seabird Island Youth Valentine's Dance

February 12, 2016

4-7 p.m. 10-12 year olds
7-11 p.m. 13-18 year olds

Seabird Island Millennium Hall
Admission \$2



Cutting into a potential career in medicine

Biology: a natural science concerned with the study of life and living organisms, including their structure, function, growth, evolution, distribution, and taxonomy.

Ah, Grade 12 Biology.

There's nothing like starting your day with a bang. For students in Bruce Relland's Grade 11/12 Science class at Seabird Island Community School, that meant getting out the scalpel, and dissecting a fetal pig at 8:50 on a Tuesday morning.

The class worked on this biology project all week.

Up to this point in their studies, students had been learning the chemistry of Biology, which, says Relland, is less than visual.

"Now that we're starting a brand new term, and it's week one of the term, we're going to be doing body systems. I thought, what an excellent opportunity. We reviewed our body systems from Grade 8, because that was the last time they took a look at body systems, and then we opened up the fetal pig to see where all the pieces actually are, and what they look like. This dissection takes about a week. We talk about what we're going to do at the start, what organs we're going to look for, what my expectations are. Then we'll open up that portion of the body, and we'll only study that portion of the body in small, one-hour segments," explained Relland after students had cleaned up and moved on to their next class. "It really engages the

students, and it brings a high level of motivation to come to class and participate. And so we had everyone actively engaged and excited and happy to be here. When we start to talk about things, they will remember, 'Oh yeah, I remember that.' They can see it. And they can visually think about what they opened up and took out, and how it was

all connected, and that it all came from the same body."

While the topic itself, and the visuals from the dissection, may not be the most appealing, there were some underlying tones to what took place at Seabird Island Community School the week of Jan. 25-29.

First, as Relland explains, the human body, and that of a pig, at least internally, are remarkably alike.

"They are so similar that they even use pig parts for people in need. They can use the heart from a pig to put in a human," explained Relland. "They are actually doing some really cool stuff with stem cell research, where they take a pig heart, and they break down all the cells and they



keep the scaffolding in place. And now, what they're doing is, they are dripping in the human cells in place of the scaffolding, so they can build that organ to match identically to the person they want to build it for – so there is no chance of rejection.”

And what did students think about dissecting a fetal pig at 9 in the morning?

“We had talked about it the day before – but it was a new experience, something I've never really done before. But it was fun,” offered Dredan Naistus, 17. “I wasn't really surprised (with what I saw) because the organs of a pig are similar to a human.”

By the end of the week, students were fully engrossed with dissecting the pig's head. There was laughter, there was focus, there was panic, and on some faces, the look of nausea.

“You are going to need scissors for the brain casing,” chimed in Mr. Relland.

That didn't help the 'look' on some faces.

Taking into account the similarities between the internal organs of a human and that of a pig, Relland is adamant the project will give the students some perspective on how the organs work in conjunction to keep us alive – while also injecting some valuable life skills into the process.

“We were primarily looking for body systems, and how all body systems interact,” said Relland, who ordered the fetal pigs from Boreal Scientific, a chemical warehouse he has been dealing with for nearly 25 years. “Really, it's an interaction concept. It all comes from the same body, all the parts have a role to play, but they have to play it together. Just like any job, where you have to work as a team and do things together. Well, so does the body itself. All the parts have to do things together, and mesh together.”

Maybe the most-vital aspect of this process is that, while it may not have been inspirational to some members of the class, it may have actually helped a few decide on a career path derived from knowledge they gathered at SICs.

“We have probably four or five students interested in the medical field,” summarized Relland with a smile. “So, being able to see body parts, being able to do dissections, and being

able to handle a scalpel is all important for them.”

Just another day in biology class at Seabird

Island Community School.

Dale Cory, Communications Officer



FREE EVENT: ENERGY EFFICIENCY IN YOUR HOME !!

Seabird Island Band

On the Date of February 16th

Learn how to decrease energy usage in your home:

Seabird will be hosting a presentation by the QPS (Quality Program Services) on how you can reduce energy in your home AND save money!



FREE Dinner & Presentation: Open to All Community and Band Members

Where: Seabird Band Gym
When: February 16th.

Doors open 5:00 p.m. Dinner at 5:30

DOOR PRIZES

1st Prize - 100' fishing net!
Other prizes—TBD



Please notify Samantha Webster or Kecia Prevost at the Housing Department if you would like to attend.

Dem Dry Bones - make for one awesome school experiment

Science is about investigation. Science is about exploring the unknown.

Science is about conducting unique, fun experiments – giving students the ability to understand concepts, and why things appear as they do.

At Seabird Island Community School, Kim Schile’s Grade 5/6 class has been doing a great deal of experimenting in recent weeks – getting a better idea of what the human body is all about.

They have delved into bone structure, and conducted research to find out what keeps bones strong.

And they have utilized a kids favourite ‘toy’ – Play-Doh - and built the human body in full skeletal form.

First, the bone experiment.

We’ll let one of the students explain what the class did.

“We put bones in these containers with lids, added water and vinegar, and the one with vinegar grew cartilage,” stated student Shelby Jones quite proudly. “The one

with water didn’t really do much. The one with vinegar actually grew cartilage, and it’s flexible.”

Students began the experiment on a Wednesday, and when Friday rolled around, they opened the bags – one containing a bone and water, the other containing a bone and vinegar, to find out what had transpired.

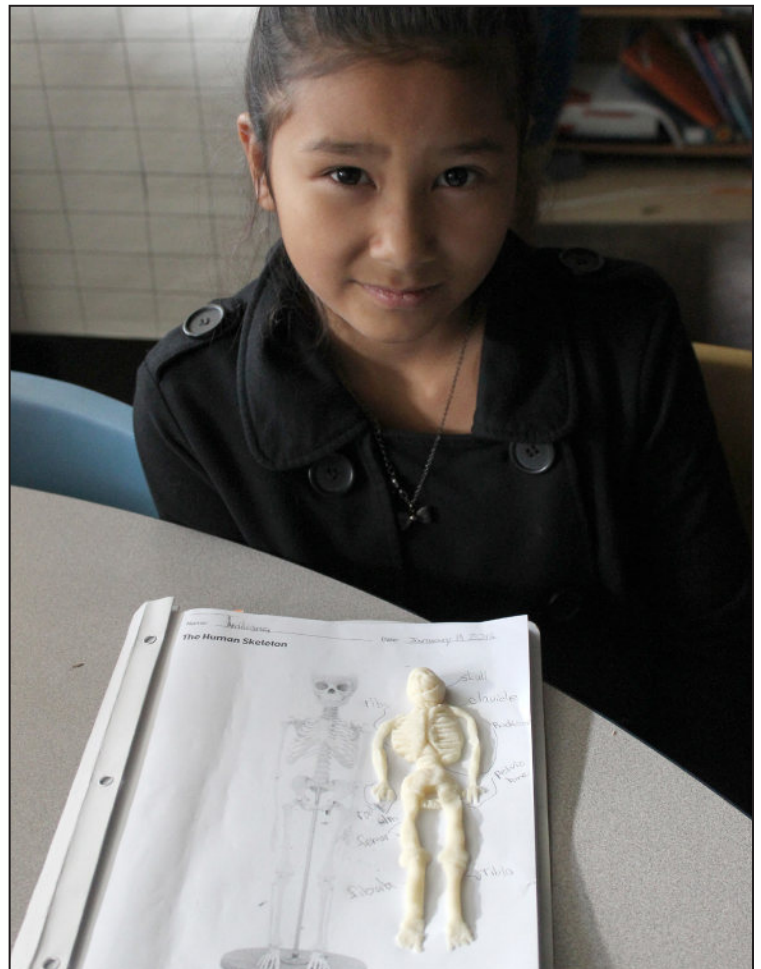
Their eyes were wide open when it came time to investigating the bags filled with vinegar.

How, and why, did these bones become flexible?

The lead scientist on the project explains.

“We wanted to let them understand that calcium is needed for bones to give them strength – and if we take calcium away, and drink too much pop or juices, then the calcium won’t remain as strong and the bones will get weak,” said teacher Kim Schile. “They found out that the lack of calcium makes the bones bendy and weak.”

Ah, a valuable lesson to learn for students, who now have a

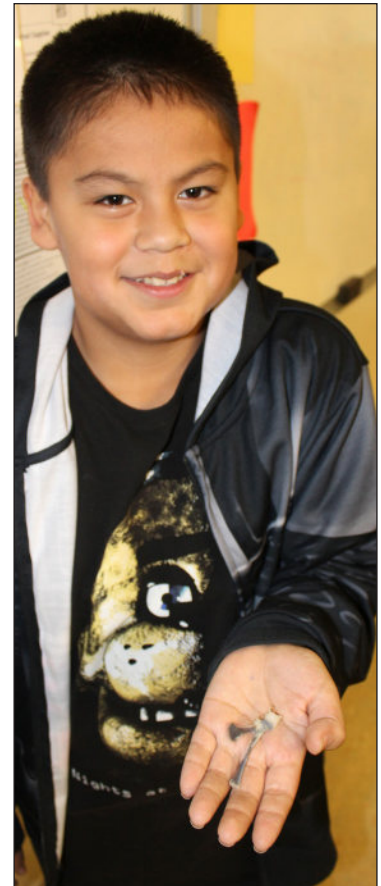


better understanding of the harm done to the body, and our bones, if we drink a lot of pop.

The following week, Kim Schile’s class conducted another experience. This one revolved around the human body, and required Play-Doh to accomplish.

“Today they were using modeling material to create the skeletons that we’ve been learning about - and then naming the bones,” explained Schile. “It went really well. There was high excitement about the project. They were very creative. They did a good job.”

Students began the project in the morning. During their afternoon class, these young



Continued on Pg. 19

Sing along everyone...

The** toe bone connected to the**... foot bone,
 The foot bone connected to the... ankle bone,
 The ankle bone connected to the... leg bone,
 The leg bone connected to the... knee bone,
 The knee bone connected to the... thigh bone,
 The thigh bone connected to the... hip bone,
 The hip bone connected to the... back bone,
 The back bone connected to the... shoulder bone,
 The shoulder bone connected to the... neck bone,
 The neck bone connected to the... head bone,
 From Dem Dry Bones

JOB POSTINGS - HELP WANTED

General Applications

Closing Date March 31, 2016

Type Volunteer or Charity Summary

The Seabird Island Band is always seeking to recruit and hire the best talent available. We always prioritize the hiring of First Nations individuals, especially Seabird Island Band Members, but we also hire non-status, and non-Band Members.

Individuals who are interested in employment with Seabird, but do not find a current opening that suits what they are looking for, are encouraged to apply to this posting. Your resume will be kept on file, and will allow for auto matching of your skill set to future openings. Because of the limits of technology, you are always encouraged to apply to any specific positions that you would like to be considered for.

Business Development Officer

Where: Sqewqel Development LLP

Closing Date February 23, 2016

This 20 week position will assist the CEO in the development of business opportunities for the Sqewqel Development Corporation, Seabird Island Band, Stqo:ya Construction and Seabird Island Band members in the Oil and Gas Industry in regards to the Trans Mountain Project and other west coast energy projects.

Speech & Language Pathologist

Health & Social Development

Closing Date Open until Filled

The Speech-Language Pathologist provides a range of clinical services that focus on promoting communication, language and speech and that contribute to a client/patient's overall cognitive, physical, social and emotional well-being. The speech and language pathologist works closely with babies, children who have various levels of speech, language and communication problems. The successful candidate will provide assessments to children (0-6 years old) referred to the Ey Qwal Speech and Language Program.

Mental Health Worker/ Suicide Prevention Worker

Closing Date February 12, 2016
at 4:00 p.m.

Lead mental health and suicide prevention, intervention and post intervention strategies through instruction, education, programming and implementation of evidence-based or best practice trainings to address the mental health and suicide issues in the community

Part Time Cultural, Resources and Training Coordinator Fraser Region Aboriginal ECD Network

We are a network of Aboriginal Early Childhood Development service providers from across the Fraser Region that works to achieve its vision by advancing common knowledge, shared experience, and open communication amongst participating agencies across territories.

Minimum of 14 hours per week, may involve days/evenings/weekends work. **Must** be willing to work a flexible schedule depending upon duties required

Part Time Administrative Coordinator

Fraser Region Aboriginal ECD Network

We are a network of Aboriginal Early Childhood Development service providers from across the Fraser Region that works to achieve its vision by advancing common knowledge, shared experience, and open communication amongst participating agencies across territories.

Minimum of 21 hours per week, may involve days/evenings/weekends work. **Must** be willing to work a flexible schedule depending upon duties required.

Elder's Coordinator

Health & Social Development

Closing Date February 26, 2016
at 4 p.m.

Under the direction of the Community Services Program Manager, the Elders Program Coordinator will be the main contact for Elders in accessing programs and services offered by both Seabird Island Band and those off reserve.

We often have new job postings daily! Please come in and check the website daily.

To view more detailed information about these opportunities

please go to

<https://seabirdisland.startdate.ca>

or visit the Band Office and Seabird Employment Office.

Interested candidates are invited to submit

a resume to:

<https://seabirdisland.startdate.ca>

Please ensure you have received confirmation for your online submission.

If you have not received confirmation please contact us at humanresources@seabirdisland.ca

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

Interested candidates are invited to submit a resume, cover letter & three references.

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 provided through the Seabird Organization Departments.

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

PRINT AD RATES

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

Advertisement rates (per issue):

Front Page Color: limited availability
1/4 pg banner (8" w x 2.62" h) \$40.00
2.5x3 bus card \$25.00

	Full Color:	Greyscale:
8 x 10	\$135.00	\$37.50
8x5 or 10x4	\$65.00	\$25.00
4x5	\$32.50	\$17.50
2.5x3 bus card	\$20.00	\$12.50

Classified Advertisements: .40¢ per word
\$4.00 Minimum

DIGITAL DISPLAY AD RATES

Per week Rates	15sec	30 sec	60 sec
Full Screen	\$20.00	\$40.00	\$50.00
Banner	\$10.00	\$20.00	\$30.00

Digital advertisements will play no less than 5 times / day

PACKAGES

Starter	Premium	Starter
1/4 page colour 30 second Banner	1/2 page colour 30 second Banner	Full page colour 30 second Banner
\$60.00	\$100.00	\$140.00

DISCOUNTS AND FEES:

Only one discount may be applied / order.

Band Member	-35%
Non-Profit	-10%
3 month term	-25%
6 month term	-35%
Design & Layout (additional)	\$40/hr
Flyer Insert (furnished)	\$20.00
Returned Cheque	\$35.00
Late Fee	+3%

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

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.

Phone: 604-796-2177

Graphic Design / Layout / Formatting
Sandra Bobb 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Journalist **Dale Cory**: 604-796-6833

E-mail: dalecory@seabirdisland.ca

Website: www.seabirdisland.ca

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

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 submissions 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.



'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

Upcoming clinics March 1st, March 2nd, March 29th

Recommended annual check-ups for children under the age of 19 and every 2 years for ages 19-64. Elders 65 & up can be seen annually.

Have a medical condition such as diabetes, or taking high risk medicines? You can also be seen annually.

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

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 Maggie Pettis 604-796-2177

FIRE PRACTICE

Tuesdays 7:00 - 9:00 p.m.

GARBAGE SCHEDULE

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

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

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

Contact Ashley Bobb at 604-796-6844, or e-mail: ashleybobb@seabirdisland.ca, please put in a request in writing at the office.

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.

DENTAL CLINIC

HOURS

Mondays to Thursdays:

8:30 a.m. - 5:30 p.m.

Walk-in Clinic Tuesdays:

1:00 p.m. - 5:30 p.m.

Fridays: Closed

- * Seabird Dental is accepting new STATUS PATIENTS.

WALK-IN PAIN CLINICS

Every Tuesday afternoon from 1:00 - 5:00 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.

BUILDING BOOKING AND MEETING ROOMS

► **Angie Chapman** looks 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 **Angie Chapman** at 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 Chapman** 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.

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 Maggie Pettis 604-796-2177

BABIES ID CARDS

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

Apply for Status Cards for babies as soon as possible.

Contact Carol Hope 604-796-2177

ALCOHOLICS

ANONYMOUS MEETING
Every Tuesday night at 7 p.m.
Seabird Island Community Hall.

Website for AA in BC:

<http://www.bcyukonaa.org/>

NOTICE

NO SOLICITING PEDDLING DISTRIBUTION OF PAMPHLETS

All offenders will be reported and prosecuted to the full extent of the law.

By order of Chief and Council

Chief and Council assert there is to be no solicitation of any sort. Visitors need permission from Chief and Council to solicit door to door. If you get a questionable person knocking on your door you do not need to let them in. You have the right to close the door and contact the RCMP. There is an open file at the RCMP.

Community Safety is a Chief and Council priority, please contact us if you have any concerns.

EDUCATION

Continued from Pg. 16

scientists unveiled their work to their teacher.

“We were making a skeleton,” explained Amiliana Douglas once the project had been completed. “I grabbed a piece of Play-Doh and rolled it for the head. Then I did the ribs, and I grabbed a pair of scissors to make the

lines for the ribs. I did the eyes and nose and mouth with scissors. It was hard to do the fingers. The nose was kinda hard but the eyes and mouth were easy. I learned what the skull was, where the ribs are, and the backbone.”

Play-Doh – in school, and learning at the

same time?

Life is certainly great for this group of Grade 5/6 students at SICS.

*Dale Cory,
Communications Officer*



Youth and Elders Session Family Tree Session

February 16
From: 4:00 - 7:00 p.m.

Encouraging all families to come out and share their family tree with the Youth and Elders.

Bring your favorite dish to share with everyone.

Great session to see everyone is connected together and help the youth have an understanding family connections and history.

Any questions please contact Linda McNeil-Bobb, Jonny Williams or Angi Peters at 604-796-2177.

Language Sessions for Beginner / Refresher for those wanting to continue their learning.

Fridays at 1:00 – 2:00 p.m.
Band Office in the Gym

Come and learn language
with Jonny Williams (Xotxwes)



The Better At Home Program is seeking:

Reliable Workers

Able to provide: Friendly visiting, light house / yard work, snow shoveling,...

All workers will require a Criminal Record Check

Interested Candidates please ensure that your name and contact information is current with the Seabird Island Employment Center "Job Pool". For more information contact Tasheenah Peters, Better At Home Supervisor at 604-796-2177



United Way

**Better
at Home**

United Way helping seniors
remain independent.

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

Diabetes Conference

Seabird Island
March 8 & 9, 2016
1:00 p.m. to 8:00 p.m.

Small and Simple Things...



Special Speakers:

Mrs. Pudding

Dr. Lyon (Obesity Network)

Dr. Art Hister



Breakout Sessions include:

Activities, yoga, walking,
fitness center

Cooking with FNHA Dietitian,
Gerry Kasten



“Speed health screening”

Kidney Foundation screening

Register with Val Thomson or Ashley Charlie
604-796-2177 or valthomson@seabirdisland.ca

