



the **SEABIRD ISLAND**

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

March 2016

**Seabird Island's
new ECCE
building
honours
tradition during
grand opening
See page 9**



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We are also on Facebook and Twitter

SPORTS



NOTHING BUT NET... The basketball season continues for Seabird Island Community School students. The Warriors faced St'sailes last week in the SICS gym, and dominated the visitors with some pin-point shooting skills, thanks to Mr. Swaney's phys. ed. class.

TRIBAL TRADERS

ARTS AND CRAFTS FROM AROUND THE WORLD



CARVINGS EMBROIDERY ON CLOTHING PURSES JEWELLERY FIRST NATION ART



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

Hours of Operation

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

Saturday 9:30 a.m. - 5:30 p.m.
 Sunday 12:00 p.m. - 5:00 p.m.

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

Education Committee Vacancies

Two vacancies available on the Seabird Island Band Education Committee. The positions are for a term of two years. Meetings every third Thursday of each month beginning at 8:30 a.m. unless otherwise stated.

Criteria for All Candidates

- 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.

Interested **Band Members** wishing to be considered 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.

Deadline no later than **Wednesday, March 30, at 4 p.m.** to be considered.

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.

We need you!

DOG LICENSING



SEABIRD DOG LICENSING TO BEGIN MARCH 1, 2016..

Last December, Chief and Council approved the Seabird Island Dog Licensing and Animal Management Law, 2015, to be put into effect slowly over the next year. Kecia and Brandi will be heading door to door on Seabird Island during the month of March to ask dog owners to license their dogs. They will bring dog tags and registration forms for dog owners to fill out. The law is required to prevent the spread of dog diseases; to easily return lost dogs to owners; and because it's cheaper than paying to get them out of the animal shelter.



Join a run/walk training group
Every Monday
and Thursday
at 4 p.m.

Like us on
Facebook

Post your
pictures and be
entered to WIN

Pick up a FREE pedometer

We challenge you to join us in our step challenge.

- Join us on our Seabird Island Nutrition Facebook page
- Pick up a free pedometer from the nutrition team
- Post pictures of your steps and outings and get entered to WIN



**SEABIRD ISLAND
NUTRITION TEAM**

Valencia Bobb
Val Thomson
Ashley Charlie
604-796-6829

Seabird Island Wellness Center PANCAKE BREAKFAST

Wednesdays 9-10:30 a.m.



**FOOD FOR
THOUGHT:**
*Attitude is
everything,
we have choices;
I choose to have a
good day today*

For information contact:

Donna Watson Family Counselor 604-378-6723



Guiding Group goes on a hike - Elders show Youth how erosion has taken away Seabird Island lands

There's an exciting initiative building here at Seabird Island.

It's called the Guiding Group. This 'organization' is for Seabird Island Elders and Youth – and was developed out of the Youth Resiliency Project.

The goal of the Youth Resiliency Committee is to connect Youth to the land.

At a Jan. 28 meeting involving Elders and Youth, the Youth expressed interest in nature walks.

So, on Feb. 11, the group drove up Hwy. 7 toward the north end of Seabird Island, turned right off the highway just before the bluffs, and enjoyed a walk along the railway tracks.

Seabird Island Band Elder Reid Peters determined the hiking path. He offers the following thoughts on the walk.

“I thought one way the Youth can be connected back to the land is by showing them the visual eroding impact the river has done to our land in the last 62 years.

This erosion has taken 646-meters of land adjacent to the railroad from the head of Seabird Island west toward Agassiz. Imagine looking east from the Seabird Bridge towards the head of the Island and seeing the railroad on the left side - and directly to the right side, the conquering mighty Fraser River. This destruction is not a possibility. It is a reality.

I feel this awakening of our Youth may also open eyes of many islanders who may not know of the vast destruction the relentless, unforgiving river has caused. I was hoping the Youth could see that our best scenario is to stop the Fraser River destruction by securing our banks with boulders, therefore saving the land for our youth and all their future children.

We were told that at the end of January, Seabirds' land erosion was being discussed.

When I told the youth how many meters were taken in 62 years, I was hoping they would see that the talking period is over, and that now it's time for action.

I showed our Youth my fishing ground which has been in our family for generations in the hopes that they too can find a good fishing spot that they can maintain for generations. It is a great connection to family, river, and land.

When I showed the youth where the railroad blocked the Fraser River at the head of the Island and I showed them the huge cottonwood trees that grew and stood so majestically, it was to show them that man made those changes by blocking the river - just as man can stop the erosion by doing everything in our power to contain our land.”

Seabird Island Band Elders and Youth met again Feb. 16 for their monthly dinner. The focus on that gathering was giving Band Members the opportunity to share their Family Tree, and to allow Elders to discuss the importance of family traditions with Youth.

Next Meeting March 8, 2016

Dale Cory, Communications Officer

Seabird Island interests represented in Ottawa meeting

Sally Hope, Community Researcher with Seabird Island Band's Aboriginal Rights and Title Team, recently traveled to Ottawa for an important meeting. The Yoo Hoo asked Sally to give Band Members the details of her trip.



As a Member and Co-chair of the Lower Fraser Fisheries Alliance Executive (LFFA) Committee, I was scheduled to meet with the new Minister of Fisheries, Oceans, and the Canadian Coast Guard - Minister Hunter Tootoo - recently. Due to scheduling issues, the Minister was unable to meet with us in BC, but did offer to meet with us in Ottawa. On Feb. 15, Ken Malloway and myself flew to Ottawa to meet with Minister Tootoo. I began to search for a gift to present Minister Tootoo from Seabird Island. I contacted Crystal Chapman to request a cedar hat. Crystal graciously offered to have my order done before I left. Once in Ottawa, we were scheduled for a conference call with members of LFFA's Executive Committee. The meeting served to run through the speaking notes and dedicate certain topics to each speaker. As per proper protocol, we did provide the

Minister and his staff a briefing note of all the issues and concerns we would be bringing to the discussion.

Our meeting was scheduled for 8:30 a.m. at the Minister's office and we checked in at the reception by 7:50 a.m. We were cordially greeted by his staff and due to the snow that Ottawa woke up to, things were running a bit behind. We were ushered into the boardroom at 8:35 a.m.. After introductions, we got right to the point. While we had a large agenda of issues, we acknowledged that we weren't likely to get to all of them. We covered two topics that seemed to include

the other issues. I began the discussion on early time Chinook, with the Minister intervening with specific questions. Ken Malloway discussed the second topic of economic opportunities and FSC fisheries. The Minister was able to interject with questions and comments and all in all, I felt confident that the discussion partnered with the briefing note, Minister Tootoo would be able to have a good understanding of the issues and concerns of the fisheries in the Lower Fraser.

Before he was whisked away to attend a cabinet meeting, we were able to present him with

our gifts. I also gifted him with some of our Wind Dried Salmon from my mom, Cathy Hope. I can tell you that when he saw what was in the package, he didn't stop smiling. As he examined it, he likened it to the Arctic Char that they harvest and wind dry.

All in all, I would classify this meeting as a good starting point. Minister Tootoo avidly listened to what we had to share and actively participated in a good conversation. I left the office contemplating how sincerity goes a long way in relationship building!

Sally Hope, Community Researcher

Join mySeabird

Seabird Island Band Members gain access to:

- ◆ Financial statements,
- ◆ Laws, codes and policies,
- ◆ Surveys and blog posts,
- ◆ And more

Register now!
www.seabirdisland.ca

Join a run/walk training group:
Every Monday and Thursday at 4 p.m.



Free
Long Sleeve Tee
for all
Pre-registered
Participants!

2016 NUTRITION RUN/WALK

Date: Wednesday, March 23
Time: 9 a.m. – whenever you finish!
Run begins at the school

For more information or to pre-register contact Val: 604-796-6829
Registration forms can be picked up at the main reception,
Doctors reception and from the school secretaries.

Registration by Thursday March 10 to receive your free t-shirt.

**SEABIRD ISLAND BAND HOUSING WAITLIST
March 2016**

1 Bedroom

1	04202015-1017
2	10262015-1022
3	12222015-1023
4	01042016-1025
5	01112016-1026
6	01282016-1027
7	02192016-1028

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

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

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.

We 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.



**Energy Efficiency - saving money
focus of QPS presentation**

Home Energy Saving Tips – Annual Savings

1. Learn how you use energy – sign up for MyHydro

· Saving energy starts with understanding how you are using energy and then looking for opportunities to save. Many improvements are possible through behavioural change and no cost or low cost measures.

Visit: www.bchydro.com/myhydro

2. Turn down the heat

- Set your thermostat to 21°C during the day and 16°C when you are asleep or away: **\$145**
- Or, do this automatically with a programmable thermostat: **\$240**
- Bonus: unplug space heater: **\$720**

3. Seal the gaps and cracks

- Seal gaps around range hood fan and

other ducts: **\$18**

- Seal gaps around three plumbing penetrations: **\$54**
- Seal gaps around door: **\$5**

4. Use less hot water

- Take a shorter shower (two people cut their shower time by a minute each): **\$30**
- Install a water-saving shower-head: **\$78**
- Turn off heat dryer setting on dish washer: **\$37**
- Fix a leaky faucet: **\$33**
- Do laundry in cold water: **\$27**

5. Unplug the extra appliance

- Unplug extra fridge or freezer: **\$90**
- Unplug chargers, TVs, video equipment, etc. when not in use: **\$50**

6. Turn off lights

- Turn off two incandescent lights for two hours per day: **\$12**

Driving School Achievements

December 2015

Learner Test	2
Class 7N Road Test	4
Class 5 Road Test	4
Lessons	27

January 2016

Learner Test	1
7N Road Test	1
Class 5 Road Test	4
Lessons	27

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



The driving school provides driving lessons. As well as 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.

*Monthly Grocery Order

This program was started last year and has been a huge success. We offer a range of goods from meats, milk, eggs, bread and vegetables to our clients at lower than grocery store prices. With the added benefit of being delivered to our clients homes. This program is perfect for anyone that is on a budget, has transportation issues and/or has a large family. We shop in Chilliwack at Super Store, Sardis Bakery and Mad Butcher to make sure our clients receive the best deal possible.



Grocery order forms are available at the Social Development office. Deadline for orders are the 10th of each month with delivery of groceries on the 15th of each month.

It takes days to organize, purchase and make deliveries. Our staff work hard to make sure this program is available to our clients.

Thank you to all the staff that help make this program happen.

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.



Seabird Island Band's Early Childhood Centre of Excellence is officially open

“This building, I think for everybody, represents a new day – a fresh, new day that represents our future,” stated Carolyne Neufeld, Seabird Island Band’s Director of Health and Social Development. “From now on, we open the doors and say, ‘this is a fresh day’. We create programs and opportunities for our young people, and they rise, because we helped them rise. Today is a happy day. It’s a celebration.”

Seabird Island Band’s Early Childhood Centre of Excellence is officially open.

The Centre, which will host a majority of Seabird Island’s Early Childhood Programs, held its official grand opening Wednesday morning.

Seabird Island Youth drummers led dignitaries in a procession from the Millennium Hall along Sqéwqel Dr. to the new ECCE building, located at the corner of Sqéwqel and Charles Dr.

Once there, Chief Clem Seymour welcomed the special guests to the official

opening, and invited everyone inside to check out the new facility.

“I see legacy – the past, present and future coming together. This was a dream at one time. We’re taking responsibility for our future. I’m really excited,” offered Dianna Kay, who is in charge of Language Development at Seabird Island Community School, and acted as Master of Ceremonies for the event. “We’re dedicating this spot to our legacy. All these children growing up here are all going to be adults, they’re all going to be Elders, and they’re all going to be contributing people in Canadian Society, and in our society. If we have a good, strong foundation like this building has, the sky’s the limit. That’s what I see. I’m excited about what’s going to happen, I’m excited about our cultural being, I’m excited that we’re stepping up and saying, ‘this is who we are, we’re Stó:lō, and you are on Stó:lō territory. And we’re Seabird’. That’s what I’m excited about.”

The Early Childhood Centre of Excellence building was a dream for more

than 10 years, but there was no ability to go after the necessary capital funding. When that opportunity came a couple of years ago, the Seabird Island Band Health & Social Development Department got its proposal ready and was eventually successful in receiving the necessary funding to move forward.

“It’s such a wonderful feeling to move into a building where not only our children will be playing and have this as a resource, and all of the services it will provide and the opportunities for the kids to grow - but also that we’re moving in with largely First Nations staff, which is a huge accomplishment,” said Neufeld. “I think, from that, we will now be able to look at stronger ways to support cultural practices. We see it (in conjunction) with wanting the resurgence of our language. I think our creativity will blossom here.”

The Early Childhood Centre of Excellence gives Seabird the opportunity to double child care seating - one of the conditions of building the Centre.

Continued on Pg. 10

ECCE GRAND OPENING



“And that gives us opportunity,” added Neufeld. “We now also have two Pre-school rooms, which we didn’t have before, so now we can customize things. We can run two 4’s classes, or maybe a 4-3 split class. Maybe we run a summer boot camp for Pre-school getting kids ready for Kindergarten. It opens up our options and allows us to explore things that we feel will benefit the kids.”

As for amenities, the ECCE building will be very interactive. It has a climbing wall with fold-down mats, a SMART Board, a full kitchen, offices for staff, meeting rooms, and vast play areas with all the games and toys necessary to allow staff to fully engage children.

“We have all of our programs in one spot now, so it’s a one-stop shop for parents. If they need speech, we’ve got a special room where they can have quiet time, if they need supported child care, if they need extra support, it’s all in one building,” indicated Carlene Brown, Seabird Island Band’s Early Childhood Program Manager. “Daycare, Pre-school, Head Start - everything is going to be in one spot. Parents and children only have to walk in the door once - they don’t have

to go to five different buildings - and they’re going to get everything that they possibly need for their children.”

At one point during the official opening, dignitaries and staff were invited into a room which has been dedicated to a person who was instrumental in building Seabird’s Early Childhood Programs.

A plaque on the wall outside the room states the following: “This Cultural Room is dedicated to the memory of: Candace Robotham (1963-2012). It was Candace who dreamed of a Centre that would be dedicated to the education and development of the youngest members of our communities. This dream resulted in this building: Seabird Island’s Early Childhood Centre of Excellence.”

Inside the room, a circular carpet displays the following words: respect, humility, courage, wisdom, honesty and love. In the middle of the carpet, a collection of drums.

On one wall hung a red blanket - which was eventually lifted to unveil a picture of Candace. Family members in attendance could finally take comfort knowing

Candace’s hard work and dedication to this project had finally come to fruition.

“I first met Candace when she returned to Seabird Island around 1990. She had been living elsewhere, and had become a psychiatric nurse. We actually recruited Candace to come back and run our Head Start Program. She was very much a line worker, on the floor with the kids. She had a little daughter, and Early Childhood was really dear to her heart because she had a little one,” explained Neufeld. “She always dreamed about having a building – a Centre of Excellence – and First Nations programming for children, and doing it different if we needed to. She traveled the world looking for different models of early childhood. She went to Italy and took a course there, and completed her Master’s Degree. She was a dynamic person. You couldn’t get a better advocate for early childhood. Everything came from Candace’s heart.”

And now the Early Childhood Centre of Excellence is in the hands of Seabird Island Band’s children. The Band’s future. Just the way Candace wanted it to be.

Dale Cory, Communications Officer

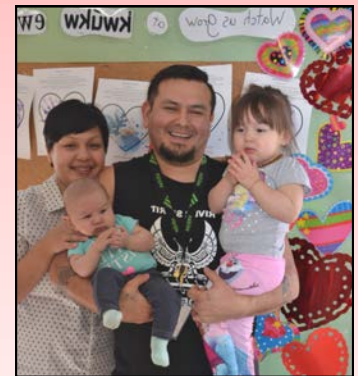
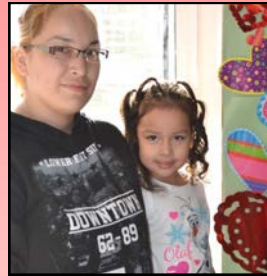




The Parents and Tot's program welcomed the winter month of Temtlí:qès. This month the families took time to learn about loving their families.



The Parents and Tot's Tuesdays and Thursdays 10 a.m. to 1 p.m. Families and expectant families with children ages 0 to 6 years Seabird's Millennium Hall



Thank you to the families who shared their time and came out to support the Parent and Tot families.
Submitted by Tracey Bonshor, Program Coordinator

Seabird Community Calendar

(S) Sxexlhath	(M) Yilawelhat	(T) Sthemelts	(W) Silhat
	<p style="text-align: center;">PLEASE NOTE:</p> <p style="text-align: center;">Safety is a priority!</p> <p style="text-align: center;">We need to keep staff safe so we can keep providing you with delivery services.</p> <p style="text-align: center;">On delivery days to the community, please ensure your pets are inside or chained-up away from the door in order to receive your deliveries.</p>	<p style="text-align: center;">1</p> <ul style="list-style-type: none"> • Youth Council - Potluck Snacks 4:30-7 p.m. • Girls Group 3-4:30 p.m. • Lands Bannock & Tea 10-3 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. 	<p style="text-align: center;">2</p> <ul style="list-style-type: none"> • Wellness Center Pancakes 9-10:30 a.m. • Youth Workshop Wed Potluck Snacks • Meals on Wheels 5-6 p.m. • Pre/Post Natal 11-1 p.m. • Elders College
6	<p style="text-align: center;">7</p> <ul style="list-style-type: none"> • Walk/Run Training Group 4 p.m. • Youth Drop-in 10-12 Group 3-6 p.m. • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost day 	<p style="text-align: center;">8</p> <ul style="list-style-type: none"> • Diabetes Conference 1-8 p.m. • Elders Monthly Meeting • Youth 13-18 yr Drop-in Closed • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. 	<p style="text-align: center;">9</p> <ul style="list-style-type: none"> • Diabetes Conference 1-8 p.m. • Wellness Center Pancakes 9-10:30 a.m. • Youth Workshop Wed Potluck Snacks • A-Pals • Meals on Wheels 5-6 p.m. • Elders College
<p style="text-align: center;">13</p> <ul style="list-style-type: none"> • Girls Fly 10-18 yr 	<p style="text-align: center;">14</p> <ul style="list-style-type: none"> • Walk/Run Training Group 4 p.m. • Youth Drop-in 10-12 Group 3-6 p.m. • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost day 	<p style="text-align: center;">15</p> <ul style="list-style-type: none"> • Girls Group 3-4:30 • Youth Council - Potluck Snacks 4:30-7 p.m. • Girls Group 3-4:30 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. • Yoo Hoo Delivery 8-1 p.m. 	<p style="text-align: center;">16</p> <ul style="list-style-type: none"> • Wellness Center Pancakes 9-10:30 a.m. • Youth Workshop Wed Potluck Snacks • P&T Family Night • Meals on Wheels 5-6 p.m. • Elders College
20	<p style="text-align: center;">21</p> <ul style="list-style-type: none"> • Youth GOV • Pet Education Open House 1-5 p.m. • Walk/Run Training Group 4 p.m. • Youth Drop-in 10-12 Group Canceled • Meals on Wheels 5-6 p.m. • Elders Outing • Garbage, Recycle & Compost day 	<p style="text-align: center;">22</p> <ul style="list-style-type: none"> • Youth GOV • Pet Education Open House 1-5 p.m. • Youth and Elders - Potluck Snacks 4-7 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. 	<p style="text-align: center;">23</p> <ul style="list-style-type: none"> • Youth GOV • Nutrition Walk/Run • Wellness Center Pancakes 9-10:30 a.m. • Meals on Wheels 5-6 p.m. • Elders College
<p style="text-align: center;">27</p> <ul style="list-style-type: none"> • Easter Sunday 	<p style="text-align: center;">28</p> <ul style="list-style-type: none"> • Easter Monday Stat Holiday - Office Closed • Community Easter Event 	<p style="text-align: center;">29</p> <ul style="list-style-type: none"> • OOSC Open • Girls Group 3-4:30 • Youth Council - Potluck Snacks 4:30-7 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. • Garbage, Recycle & Compost day • Income Assistance Cheque Day 	<p style="text-align: center;">30</p> <ul style="list-style-type: none"> • Education Conference applications due • Wellness Center Pancakes 9-10:30 a.m. • OOSC Open • Youth Workshop Wed Potluck with Parents • Meals on Wheels 5-6 p.m. • Elders College

Calendar of Events – March 2016

:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
<p>Bake Breakfast</p> <p>Wednesday 4-7 p.m.</p> <p>4 p.m.</p> <p>5 p.m.</p>	<p>3</p> <ul style="list-style-type: none"> • Walk/Run Training Group 4 p.m. • Elders Bake Sale and Social Gathering • Youth Fitness 4-7 p.m. Potluck Snacks • High School Term 2 Reports 	<p>4</p> <ul style="list-style-type: none"> • Language Sessions 1-2 p.m. • Youth Drop-in-13-18 yr 4-9 p.m. • Someone So Small 	<p>5</p>
<p>Conference 1-8 p.m.</p> <p>Bake Breakfast</p> <p>Wednesday 4-7 p.m.</p> <p>4 p.m.</p>	<p>10</p> <ul style="list-style-type: none"> • Walk/Run Training Group 4 p.m. • Youth Fitness 4-7 p.m. Potluck Snacks • Elders Meeting • Elders Bake Sale and Social Gathering 	<p>11</p> <ul style="list-style-type: none"> • Language Sessions 1-2 p.m. • Youth Drop-in -13-18 yr 4-9 p.m. • Someone So Small 	<p>12</p>
<p>Bake Breakfast</p> <p>Wednesday 4-7 p.m.</p> <p>4 p.m.</p>	<p>17</p> <ul style="list-style-type: none"> • Walk/Run Training Group 4 p.m. • Youth Leisure Center 4-7 p.m. Potluck Snacks • SSCDP Family Night • Elders Bake Sale and Social Gathering 	<p>18</p> <ul style="list-style-type: none"> • Language Sessions 1-2 p.m. • Youth Drop-in -13-18 yr Canceled • Movie Night Youth 10-12 yr • Someone So Small • SI Pro D Day 	<p>19</p> <ul style="list-style-type: none"> • Council Meeting
<p>9 a.m.</p> <p>Bake Breakfast</p> <p>4 p.m.</p>	<p>24</p> <ul style="list-style-type: none"> • Youth GOV • Walk/Run Training Group 4 p.m. • Chief and Council Meeting • Elders Bake Sale and Social Gathering • Spring Break Starts March 24 - April 4 	<p>25</p> <ul style="list-style-type: none"> • Good Friday Stat Holiday - Office Closed 	<p>26</p>
<p>Committee Meeting</p> <p>Bake Breakfast</p> <p>Wednesday 4-7 p.m.</p> <p>4 p.m.</p>	<p>31</p> <ul style="list-style-type: none"> • Walk/Run Training Group 4 p.m. • OOSC Open • Youth Fitness 4-7 p.m. -Potluck Snacks • Elders Bake Sale and Social Gathering • Yoo Hoo Delivery 8-1 p.m. 	<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>EMPLOYMENT & TRAINING DEPARTMENT WORKSHOPS</p> <p>PLEASE CALL 604-796-6865 OR COME SEE US IN THE OFFICE TO SIGN UP FOR ANY UPCOMING WORKSHOPS</p>

Halq'eméylem

Translation Contest

When

APRIL 22, 2016

10:00-2:00

For REGISTRATION contact:

Dianna Kay

604-796-3061

Fax: 604-796-3068

Email: dianna@seabirdisland.ca

Where

Kilgard Longhouse

2788 Sumas Mtn Rd

Abbotsford B.C.

Team event

Max: 6 per team

Three Divisions

Youth ages 11-18 & Adult

50 word/phrases per division

Most pronunciations found on First Voices:

<http://www.firstvoices.com/en/Halqemeylem/welcome>

SPONSORS

Abbotsford SD#34

Seabird Island Community School

Fraser-Cascade SD#76

ECCE GRAND OPENING



Trevor Schultz Photo



Trevor Schultz Photo



Trevor Schultz

Trevor Schultz Photo



Trevor Schultz Photo



ECCE GRAND OPENING



This Cultural Room
is dedicated to the memory of:
CANDACE ROBOTHAM
(1963-2012)
It was Candace who dreamed of a Centre
that would be dedicated to
the education and development of
the youngest members of our communities.
This dream resulted in this building:
Seabird Island's Early Childhood Centre of Excellence



Nutrition And Traditional Foods

Keeping us active and healthy...

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

The pride you will feel in providing for yourself can not be measured...



Created by Seabird Health
www.seabirdisland.ca



STAFF ON THE MOVE AT SEABIRD ISLAND

“WELCOME TO THE SEABIRD ISLAND BAND OFFICE”

A familiar face is now manning the reception area in the Band Office lobby.

Linda McNeil-Bobb has taken over as the full-time Receptionist.

McNeil-Bobb, front row, second from right, has been working as the Elders Program Coordinator.

A special lunch was held last week to thank Linda for her achievements with our Elders.



SEABIRD ISLAND IN PARTNERSHIP WITH GRIFFIN SECURITY

When do you call Griffin Security?

- √ Are you afraid?
- √ Is there trouble in your neighborhood?
- √ Is there a crime happening?
- √ Do you see something suspicious?

All of these are great times to call Griffin Security.

Be sure to call 911 FIRST!

Then...

Griffin Security 604-798-9311

SECURITY

**IN CASE OF EMERGENCY CALL 911
THEN CALL GRIFFIN SECURITY AT 604-798-9311**

NEW STAFF AT SEABIRD ISLAND

Savanna Collier - Certified Dental Assistant

I am delighted to join the Seabird Island Dental team. I will be assisting the dentist with many dental procedures and also working with patients to encourage good oral hygiene. I grew up in Hope and graduated from Hope Secondary in 2008. In 2012, I graduated from MTI in Abbotsford as a CDA.

I worked full time in a Kelowna dental office for three years - and took many courses and kept my dental knowledge current.

I recently returned to Chilliwack to live. I am very passionate about dentistry and get excited each day to meet new people

and help them with dental care.

After work and on the weekends I enjoy spending days outside hiking with my boyfriend, cooking and trying new recipes, going to the gym and spending time with friends and family. I have recently become enthusiastic about photography and hope to take some courses in the near future.

I am looking forward to becoming part of the Seabird Island Community and am eager to meet new people daily!



Heather Mack - Human Resources (HR) Manager

I started my HR career in the Health Sector, then moved to Municipal Government, and then into the Transportation Industry. Over the past 14 years, I have gained a variety of skills and experience in developing HR processes, policies, and programs. I feel the most important building block in designing change involves developing and maintaining trust and respectful working relationships.

My focus here at Seabird Island will be to establish HR programs, policies, and processes to enhance Member, employee and community services and leadership capacity. On a personal note, I like to spend time with my husband, family, and friends, gardening, and playing with my cats. Please feel free to stop by and say hi - I look forward to meeting you.



Like us on Facebook

Discover the pictures and events we post on a daily basis.

Join us on Facebook to keep up to date with whats happening at Seabird.

www.facebook.com/SeabirdIslandBand

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.

Recipe Corner

Nutrition team spices up February Community Kitchen with Chili on menu



Chili

Ingredients

- 3 tbsp vegetable oil
- 2 medium yellow onions, medium dice
- 1 medium red bell pepper, medium dice
- 6 medium garlic cloves, finely chopped
- 1/4 cup chili powder
- 1 tbsp ground cumin
- 2 lbs lean ground beef
- 1 1/2 tsp kosher salt
- 1 (28 ounce) can diced tomatoes
- 1 (14 ounce) can tomato sauce
- 2 (15 ounce) cans kidney beans, drained and rinsed
- 1/4 cup coarsely chopped pickled jalapeños or green chillies, drained

For serving:

- Shredded cheddar cheese
- Thinly sliced scallions (green onions)
- Sour cream



Halq'eméylem Word Search

'	:	h	w	á	x	s	x	i	t
é	:	l	x	ó	:	k	w	'	e
e	l	'	e	l	i	i	q	t	s
p	w	'	p	t	i	'	h	s	s
w	w	s	s	h	s	l	e	l	e
q	l	y	w	q	á	'	:	ó	e
w	t	m	e	h	w	á	e	m	l
i	s	q	c	k	l	e	'	m	o
y	x	m	ú	e	m	w	'	w	ó
x	e	y	x	e	t	s	'	é	m
t	l	s	ó	t	k	w	i	:	l
h	á	'	e	s	q	é	l	:	e
e	:	h	m	ô	l	w	i	h	s
t	l	w	w	p	w	t	l	m	h
t	s	i	y	á	:	y	a	l	m

- siyá:ya friend
- slhálhi lady bug
- qwiyxthet quake
- kwi:l queen
- xeqxets'émethet itch
- sxlá:ls mail
- xwém fast
- p'ehi fart
- yúkw'es busy
- sxlá:ls mail
- temchálhtel October
- wôqw'woqw' flood
- sqél:ep garbage
- lets'emót kind
- qweqwis narrow
- si:si fear
- ti:lt table
- xó:kw'et take



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.

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.

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 on-line submission.

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

part time full time **Come in**
vocation occupation join our team
work career
We're hiring!
contract help wanted trade
apply here profession
work with us employment industry
Opportunity! job volunteer

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 1, 2, 29
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

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.

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

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 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/>

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.

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.

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





Pet Education Open House

"It's a dog party!"



March 21-22, 2016
1 to 5 p.m.
Seabird Island Band Gym

License your dog for
FREE
for 2016

Demonstrations:

- Training your pet
- Learn how to build a dog run
- Make & Take Dog Treats

Now licensing dogs!

Representatives from...

Seabird Island
RCMP
FVRD

Local Veterinary Clinics
SPCA
Griffin Security

Lots of Prizes



Win a Free Dog House

**Top 5 Reasons
to license your dog:**



- It's the law
- Prevent the spread of dog diseases
- Easy to return lost dogs to owners
- Let people know your dog is a beloved family member
- Cheaper than paying to get them out of the animal shelter