

the SEABIRD ISLAND

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

Mid-April 2016

REMEMBERING OUR FOREFATHERS! Seabird Island Band Members took part in the Eayem Memorial Restoration and Unveiling Ceremony, hosted by Yale First Nation April 9. Please turn to Page 20 for more photos of the ceremony.

EAYEM MEMORIAL UNVEILED APRIL 9



A special notice to Seabird residents

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We are also on Facebook and Twitter

BC Hydro will have crews working on the large transmission towers that run through Seabird Island the week of April 18-22. They are conducting maintenance work, replacing glass insulators and metal spacers on the high voltage 500kv line on seven towers. This will be a combination of truck work and helicopter work. The truck work began April 15, with authorized access to a number of towers. This may be an interim inconvenience for residents, especially once helicopter work

begins Monday, April 18. BC Hydro will be minimizing flights around Seabird Island homes as much as possible, but noise may occur throughout the day. The work should be finished by the end of next week (April 22). BC Hydro will keep us updated as the work progresses, and we will pass along those updates to Seabird island residents. The Seabird Island Band appreciates your cooperation while BC Hydro conducts this work.



A NOTICE TO COMMUNITY MEMBERS

RE: Unauthorized cutting, harvesting and sale of Seabird trees

It has come to the attention of the Seabird Lands Office and Chief and Council that there has been an increase in the unauthorized cutting, harvesting and sale of Seabird Island trees. This is in direct contravention to the Seabird Development Law, 2015 (Sec.6.1).

While this Law was recently passed in December 2015, the community was consulted throughout 2014 and 2015, with opportunity for comment and input. Chief and Council expect that all Community Members continue to become familiar with the Law so as to avoid engaging in any activity that violates the Law. Section 8 of the Law spells out penalties and enforcement of this Law.

There is a permitting process available for Members who wish to cut Seabird trees. You can inquire about the Seabird Development Law, 2015 and the permitting process with the Seabird Lands Office.

You may also report any suspicious activity to the Seabird Lands



Office and staff will look into the matter. Please contact Danielle Gabriel, Lands Manager, at the Band Office.

We appreciate Memberships cooperation and compliance with Seabird Laws.

- Chief and Council

Re: Unauthorized dumping of waste material



It has come to the attention of Public Works, Seabird Lands Office and Chief and Council that there has been an increase in the unauthorized dumping of garbage on reserve lands. This is in direct contravention to Seabird Island Band Littering and Dumping Prohibition Law, 2013 (Sec. 3).

Seabird Island Public Works Department provides plenty of opportunities for the proper disposal of household waste through various streams of waste management. Therefore, as a reminder, Seabird Island offers:

1. Curbside pickup of household waste and recycling;

2. Container drop-off service for disposal of larger household items;

3. Composting services.

Please ensure that you are disposing of your household waste accordingly. You can contact Ashley Bobb, Public Works Clerk for more information on these options.

You may also report any suspicious dumping of garbage to the Seabird Lands Office or Public Works at the Band Office for further review.

We appreciate Memberships cooperation and compliance with Seabird Laws.

- Chief and Council

GOV Conference eye-opening experience for Seabird Youth - and Staff

It was a chance to connect, to interact, to learn, and to make friends.

A large group of Seabird Island Band Youth attended the GOV (Gathering Our Voices) Aboriginal Youth Conference in Victoria in March. The Youth Group had been fundraising for many months preparing for the Conference, and held flea markets, craft fairs and bake sales to help pay for the trip.

Leading the group were Seabird Island Band Youth/Cultural Worker Jonny Williams and Youth Worker Angi Peters.

"I personally gained a lot of knowledge," said Williams, who attended his first conference in 22 years. "It was a good feeling, and eye-opening regarding how much that our people can do, and how much is out there – and not just in our community. The world is a lot bigger, and I hope Youth were able to take the same thing out of it - that it's not just our surrounding communities, but our world. There's so much to offer our people and all people. There were tables everywhere with people from different communities and ideas out there our people could get involved in."

While Seabird Youth who attended the GOV Conference learned a great deal during their workshops, there was also a group bonding element in play.

"We met a lot of good people and brought out many networking ideas. The pleasure of going on the first trip with some of them - first ferry ride - was amazing. To be a part of that experience was awesome," said Peters. "The moose hide campaign was cool, and the violence against women workshop. Just having the



organizing and the determination to offer Youth these new opportunities was great."

Above all, this was a conference designed to bring Youth together.

"I'm hoping our Youth took the time to talk with other Youth. I was trying to encourage them to go and talk to other Youth, because they seemed to stick to just Stó:lō Youth – and to welcome other communities and Youth who came in with their own drums and drum with us, and sing with us," said Williams. "I hope our Youth made those friendships to do their own networking, add them on Facebook as friends. I'm hoping they made those connections to other Youth where they became friends on social media, which will give them ideas moving forward."

Seabird Youth learned a great deal at the Conference. So did Seabird's two Youth Workers.

"Jonny and I were in our own workshops. They were really beneficial. One involved the CEO of the BC Friendship Centers.

In that workshop, he got us to look around the table and give each other love eyes, and we had to hug six people. That was awesome," explained Peters. "Two of our Youth were so excited when they met someone new, because they were all wearing white shirts, and they would get signatures.

Two of the girls, Kayli and Summer, came up and told me they had just met someone in the elevator, and they were so excited. We learned about decolonization and workshops that can be

offered here online, so we're looking into that.

Watch for the May Yoo Hoo Newsletter, in which Seabird Island Youth will pass along their thoughts on attending the GOV Conference.

Dale Cory, Communications Officer

You are invited to attend the
**Seabird Island Band
Quarterly Meeting**

April 20th, 2016
from 4 p.m. to 7 p.m.
In the Seabird Island Band Main Boardroom.

SEABIRD ISLAND BAND HOUSING WAITLIST April 2016

1 Bedroom

1	04202015-1017
2	10262015-1022
3	12222015-1023
4	01112016-1026
5	01282016-1027
6	02192016-1028
7	02222016-1029

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
13	02222016-1029
14	02232016-3094

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
23	02232016-4002
24	02032016-4003

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.



Seabird Island Elementary School gets spring makeover

They cleaned, swept and vacuumed. They polished, waxed and burnished.

And when Seabird Island Community School students returned to class April 5, their floors were smooth enough to skate on.

Seabird Island Band Custodial Staff, along with staff members of nearby First Nations communities, recently took part in a Building Service Worker (BSW) course facilitated by Ridge Meadows College.

“The importance of me being here is to teach all of these students how to be proper custodians - how to clean properly, how to do things right so you don't hurt your body, and to take care of cleanliness so it's clean for the school, the students, teachers, and anyone who comes in here,” said instructor Taania Flahmeri. “It's just learning proper commercial cleaning.”

Students were in session from 9 a.m. to 5:30 p.m. each day. Most days began with an hour or two of class time, which focused

on the pages inside the BSW manual.

From there, students hit the floor, learning a variety of techniques which will save them time, and allow Seabird Island Band to be more efficient with the operation of its custodial services.

“It's about efficiency. People will measure to know how many square feet, and how much time it will take to clean, so it's learning time management,” added Flahmeri. “It's not just a job. It's a profession. You've got chemicals. You're using heavy-duty equipment. It's teaching them how to do it properly, and how to do it efficiently. We do it for people in the community and people who use this place.”

The Seabird Custodial Staff can really focus its attention on an area when there are few people around - which is why they accomplish a good cleaning of the schools during summer break, Christmas, and now, in spring.



Continued on Pg. 7



SEABIRD ISLAND

Quarterly Band Meeting

AGENDA

DATE: Wednesday, April 20, 2016

LOCATION: Main Boardroom

- 4:00 – 4:05 p.m. Welcome – Chief Clem Seymour
- 4:05 – 4:30 p.m. Prayer & Refreshments (light meal)
- 4:30 – 4:35 p.m. Meeting Etiquette, Agenda
- 4:35 – 5:30 p.m. Strategic Community Plan 2015-2016 update:
- Administration:
(*Marcie Peters & Vivian Ferguson*)
 - Corporate Affairs:
(*Jason Campbell, Art Andrew & Jim Harris*)
 - Culture/Public Works & Housing:
(*Maggie Pettis & Marcie Peters*)
 - Education:
(*Maggie Pettis & Arlene Andrew*)
 - Health & Social Development:
(*Arlene Andrew & Carol Hope*)
 - Housing:
(*Jim Harris, Marcie Peters & Alexis Grace*)
 - Justice:
(*Alexis Grace & Jason Campbell*)
- 5:30 – 6:00 p.m. General Questions & Answers
- 6:00 – 6:15 p.m. Door Prize Draws & Closing Remarks
- 6:15 p.m. Adjournment



éy kw'as e' me lá:ts'ewtxwem

(It's good you come to visit/be here.)



Child-minding care available!!!

PLEASE NOTE:

ONLY BAND MEMBERS CAN PARTICIPATE IN DISCUSSIONS REGARDING BAND BUSINESS AND ONLY BAND MEMBERS ARE ELIGIBLE TO RECEIVE DOOR PRIZES.

PUBLIC WORKS AND HOUSING

Continued from Pg. 5

“We wipe down everything, and get the dust off, because you breathe that in. Doing the floors is very important because they use them so much, and that’s always the first thing people look at is the floors,” said Flahmeri. “We really cleaned each room from top to bottom. The dust comes down on the floor. We wipe down desks and counters. Everything is being disinfected. Glass is being cleaned.”

Flahmeri worked with students on a comprehensive list of duties during the in-class instruction.

We dry-mopped, so we sweep the floor. We use the side-by-side machine and it strips off some layers of wax. We re-wash the floor again to make sure it’s pristine. Then we’re going to put down three or four coats of wax. Then we’re going to burnish it, which burns the wax and makes it harder and really shiny like glass,” she explained. “I’m going to teach them that and show them that this is

how good it can get. You should be proud of what you do because it looks really good. Then we’ll put everything back in order – and it will be just brand new again.”

According to Flahmeri, there’s a routine with day-to-day cleaning.

“Everybody touches everything - your door handles and desks - so it’s very important for safety and health reasons that everything is disinfected and cleaned every day. The course also teaches them that,” she said. “We’ve also done the daily routines – how do you do them properly and efficiently. A secret of our industry is - make sure your corners are clean.”

The Seabird Custodial Staff is a busy group, having prepared for 48 events the past fiscal year.

Flahmeri says the students have been a pleasure to work with during the course.

“I’ve been teaching for a number of years, and every now and then you hit on a team that works

like a team. I’m really, really lucky this time,” summarized Flahmeri. “I’ve got an awesome team. They jump in, they joke around, but man do they ever bust their backs working. And I’m happy to be back out at Seabird teaching. I really enjoy it here.”

Dale Cory,



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)

k  kopú coat	k'  pesk'a hummingbird	kw  kwósel star	kw'  kw'ituel grizzly bear
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The Seabird Island Concurrent Group

Join us for an open and friendly discussion on mental health issues and addiction concerns

WHEN: Monday

TIME: 2 p.m. – 3:30 p.m.

WHERE: Seabird Island Band Wellness Centre

Come out and join us for coffee and snacks every Monday afternoon
Get your week off to a positive and fulfilling start

For more information, please contact Lolly at 604-491-6686

Meet Sally Hope: Community Researcher, Aboriginal Rights and Title Team, Corporate Affairs Department

1. Why does Seabird Island Band need an Aboriginal Rights and Title Team?

Our connection to our land, waters, and its resources is sacred. This connection has to be protected and it's up to all of us to use the teachings from our ancestors to protect it. However, with ever-encroaching industry, and the changes in laws and acts, it's so important for our nation to stay on top of any threats to what we have been taught to look after. Our Aboriginal Rights and Title Team is the contemporary way to protect our wildlife, land, waters, and its resources. Our Team takes this role seriously and has increased to three staff members since last year. We have had a great start to building resources within our Team and are working hard to increasing our capacity.

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

My work day varies depending upon the time of year. The winter months to early spring is 'meeting' season in the fisheries world, involving meetings with DFO (Team of Fisheries and Oceans) and other communities. These quite often make for long days as we meet with other nations and DFO during the day and then also caucus as Lower Fraser First Nations in the late afternoons/early evening. I am one of the Co-chairs for the LFFA (Lower Fraser Fisheries Alliance) and the LFFA's Executive Committee. I also sit on several LFFA working groups such as the Salmon Technical Working Group, Non-Salmon Technical Working Group (Eulachon, Sturgeon, and Steelhead), and the Agreement and Economic Working Group. I have learned so much about fisheries by participating at these levels, working with fishery reps who have been in this field for many years and with technical staff who have spent a great deal of their lives analyzing data.

Sally with her Seabird Island Band Aboriginal Rights and Title Team - which includes Myra and Conrad.



We move into in-season management once fishing opens and continues into the fall. Throughout this time, you will find me participating in teleconference calls for planning fisheries, then distributing these fishing updates and openings via text, website, and social media postings. The season starts with Eulachon fisheries planning. First Nations meet to plan the fisheries and then DFO comes in with the harvest allocations. A lot of effort on the part of First Nations goes into trying to increase the Eulachon amounts for First Nations. I arrange for Seabird's share to be picked up, then we bring it home, package and hand out to our Elders. In the fall, we try to find some chum and last year we were able to provide some smoked for our Elders.

Also, our Team is busy working on various projects and we have been gathering traditional knowledge on stocks such as Sturgeon and Chinook. We have had interviews with fishers – which we like to record with a camcorder and digital recorder. We take the interviews and transcribe the recordings, and copy the digital and video recordings.

We will soon be working with incoming

referrals and inputting them into our newly created database. This will enable our team to analyze the incoming referral, assign it a priority and then take the appropriate action.

3. What is the most important task you perform?

Taking technical information from fisheries meetings and conveying it to leadership and the community is pretty important. I have to be able to understand the technical information DFO uses to justify their decisions on the many different runs. It is also important to be a strong voice for fisheries for our community. The Dry Rack fishery is a great example, because there are so many moving past to the Early Stuart run. It's crucial that I speak for our community while I am on planning calls and in meetings. When a decision is required from Seabird, I bring it to the Council table, provide briefing notes, and at times, recommendations.

4. What challenges do you face performing your duties?

I face a number of challenges in my role as fisheries rep, one of which is conveying our traditional knowledge to DFO and

THE PEOPLE BEHIND SEABIRD ISLAND

their science. The challenge is that DFO will continue to make their decisions with at times little or no consideration of First Nations' traditional knowledge. On the other end of the spectrum is conveying to fishers and community members the decisions that DFO continues to make.

It can be difficult to be the messenger for our limited openings.

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

I started out working in Aboriginal Rights and Title at Stó:lō Nation almost 20 years ago! I really enjoyed meeting and gathering knowledge from Elders throughout the communities. Then in 2008, Seabird had an opening for a Traditional Use Study, so I took a chance and applied. I have been here ever since. I have had various types of training within my role here and have learned so much from other LFFA delegates regarding fisheries. I also rely on the Management Training I was fortunate enough to participate in. I continue to take workshops to increase my own capacity.

6. What do you enjoy most about your role?

My favorite part of my job is when I get to interact with Elders, Membership and Community Members - whether it's in an interview with an Elder or fisher and they are sharing their traditional knowledge or when it's hearing from fishers and Elders and their stories and ideas on how to make our points with DFO. One of my other favorite parts of my role

is working on securing fish for our Elders and Seabird's Traditional Food Bank. Our team is always willing to help process and provide fish to both the Elders and Seabird's Traditional Food Bank.

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

I actually have two teams that I work with. The first team is the Corporate Affairs Team. Our Team is a fairly 'new' Team (in terms of working together) and we melded together quickly to form a working relationship based upon support and respect. Everyone on our team comes with their own strengths and visions and when we sit together, it becomes evident that we all respect that. I have been working with Dale and Phaine on getting out fisheries announcements and that has been really helpful! But, my favorite part of this team is that everyone is so willing to roll up their sleeves and help - for Seabird's Traditional Food Bank, and for our Community Members. The second team that I feel I am part of is the Lower Fraser Fisheries

Alliance and its delegates. I have learned a great deal from other delegates. I am proud of how all of these communities from Yale to the mouth of the Fraser, can sit at a table and plan fisheries that impacts each of our communities, for example, not all of these communities are able to participate in a Dry Rack fishery due to their location, but these communities always voice their support of this fishery to DFO and other First Nations communities along the Fraser. This group works together in the best interests of each of our communities yet we also work to support each other as well. Because of this strength in standing together, we strive to and have been successful in securing more and/or longer openings for our communities.

8. What does Sally Hope do when she is not at work?

When I am not at work, I am with my family. Our favorite time of the year is fishing season. During the Dry Rack fishery and the weeks following, you will find us at the river, practicing the teachings that have been

passed down through our family and our matriarch: My MOM! It's a time of hard work and long hours, but we enjoy it so much that we don't mind. There is no better feeling than sitting on the banks of the river with my family knowing that we have had a long productive day! When summer is done, you will find me on the sidelines watching my kids play the game they love: soccer. I have spent much of my parental life watching, managing, supporting my children and their friends play in leagues and tournaments. I also really enjoy canoe racing. This takes a great deal of dedication and commitment as we train every night! That feeling on being on the water and training so hard you can feel your arms burn, is like no other feeling!

However, my heart is wanting to be with kids this year, and so unfortunately, I will not be racing this year. It's always a hard choice, because I know the commitment that it takes to paddle. But my heart is happy that I will spend most evenings supporting my kids with school and sports! And of course our other favorite time of the year is hockey season! Rushing home to watch the boys in blue...or listening to the game on the radio while the kids are at soccer practice! And last but not least, I love to help my mom with cooking whenever the community calls for us. I have been taught by my mom and her mom (and so on) to be there when needed. Working in the kitchen with my beautiful Mother is such a blessing!

Thanks for your time Sally.



Sally with Minister of Fisheries, Oceans and the Canadian Coast Guard Hunter Tootoo

A special notice to Band Members regarding Status Card Applications

Status Card Application for Adults 16 +

Acceptable Identification for Issuing Status Cards:
Clients must provide the following ID from one of the following categories when applying for, renewing or replacing a Certificate of Indian Status (CIS):
One piece of Primary ID or Two pieces of Secondary ID (one with digitized photo)

Status Card Application for Children (15 years and under)

Acceptable Identification for Issuing Status Cards:
An application for a Certificate of Indian Status must be accompanied by:
Child: One piece of ID
Plus 2 pieces of Parent /Legal Guardian:
One piece of Primary ID or Two pieces of Secondary ID (one with digitized photo)

Primary ID

Valid Canadian Passport
Plastic CIS issued after April 2002

Secondary ID

Certificate of Birth
Certificate of Marriage or Divorce
Provincial Health Card
Provincial Identification Card
Driver's License
Employee ID with digitized photo
Student ID with digitized photo
Firearms license
Current CIS card (can't be expired more than 6 months)

Helpful Tips when Preparing for your Appointment:

- Photos - contact Communications at 604-796-2177
- Complete the application form
- Ensure you have correct ID

Fees:

Photos \$10 per person (applies to everyone)
Status Cards are \$20 for Non-Members not living within Seabird Island community.

Only plastic laminated-style status card offered here
To apply for the new SCIS, please contact INAC directly at 1-800-665-9320 for further details.

If applicable, a copy of the legal guardianship orders naming the guardian, if the legal guardian is applying on behalf of the child.

- Expired ID, photo copy ID or Certified Copied ID WILL NOT BE ACCEPTED
- ID must be intact and readable.
- Your previously issued status card must be returned to the Membership Clerk upon receipt of your replacement / renewal status card.

Failure to complete and submit all necessary documentation WILL DELAY SERVICE

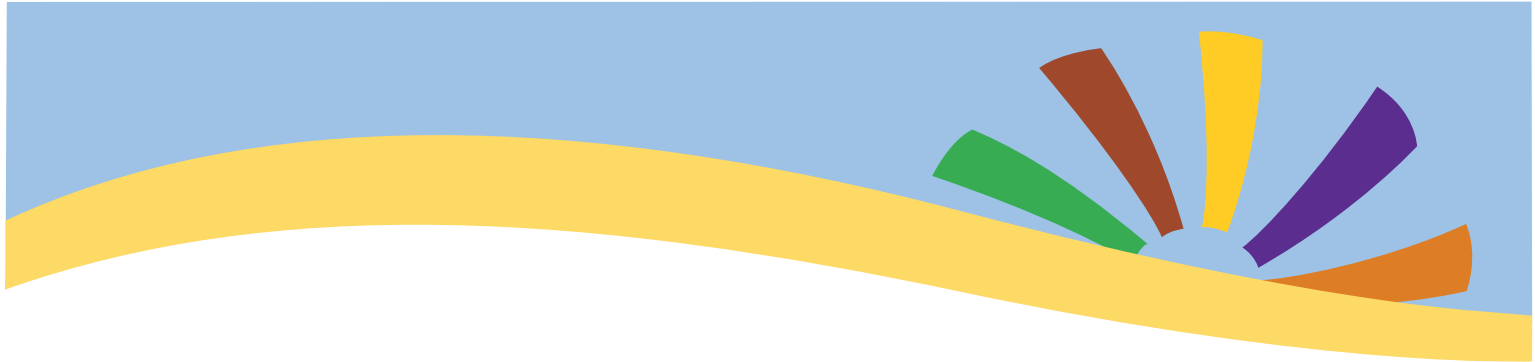
Applications/Renewals/Replacements by Appointment Only
Membership office hours: Monday and Tuesday; 9 a.m. - 12 p.m.; 1 p.m. - 4 p.m.
Contact: Membership Office at 604-796-6877

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



Supported Child Development and Aboriginal Infant Development invite families with children ages 0-6 to our meet and greet/screening sessions with the Fraser Valley Child Development Center. Open to anyone who may have questions or concerns about their child's development, or would like a screening done.

* Meet the Occupational Therapist and Physiotherapist from the Fraser Valley Child Development Center

May 2, 2016

June 13, 2016

July 11, 2016

1:00-3:00 p.m.

Seabird Early Childhood Center of Excellence

8250 Charles Drive

Call for more Information

Jen McNeil – 604-796-6886

Cheryl Sauve – 604-796-6860

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



RUNNING FOR A CAUSE... Seabird Island Community School students and many Band Members took part in the Nutrition Run/Walk March 23, making the 5-km. loop without a problem - and with a smile!

Oral Tips for Dental Health Month

1. Brush at least twice/day for 2 minutes
2. Clean in between your teeth! (Floss, proxy brushes, or ask us about alternatives)
3. Rinse using an antiseptic mouthwash. (Alcohol free for dry mouth sufferers)
4. Make healthy food choices
5. Protect your teeth. Wear a mouth guard when playing sports
6. Quit tobacco
7. Sealants for success! Protective sealants can help prevent cavities
8. Open up! Self-check your mouth for sores or abnormalities. Get sores that don't heal within 2 weeks checked by a professional
9. Rethink your drink! Watch sugary and acidic beverage intake
10. Book it! Visit your dental office regularly



Seabird Island Band Free Legal Clinic

Want free legal advice?

Do you need help with:

- * Child protection
- * Getting a lawyer
- * Custody
- * Other family matters

Then book your appointment to see Mr. Petri.

Please call Genna at 604-793-3363, or email: genna@seabirdisland.ca

Family Lawyer Derwin Petri.

Upcoming Seabird Duty counsel dates:

April 27 at 1:30 p.m.

May 16 and 27 at 1:30 p.m.

June 6 and 27 at 1:30 p.m.

Location:
Seabird Wellness Center



Legal Services Society



Job Opportunity

Rainbows End Tree Farm**General Labourer**

Position may include general nursery labor such as planting, weeding, pruning, loading orders, digging trees etc. Heavy and repetitive work. Involves working in all weather conditions outside.

General work hours are Monday to Friday 7:30am to 5:00pm (Some Weekends required and overtime may be required). Position is seasonal full time from February to October in Agassiz, BC. Salary is \$10.59/hr and 4% vacation pay.

Please email resumes to gill890@hotmail.com or fax 604-520-0594. Resumes can be mailed to 4674 Lougheed Hwy, Agassiz, BC V0M 1A3.

Deadline: April 30, 2016

***Monthly Grocery Order**

Social Development offers a monthly grocery order to their clients. Please pick a form up at the Employment & 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 around the 15th.

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

Computer Use

All clients are welcome to use the computers in the Employment & Social Development office for job search and/or resume creation. If you require assistance please make an appointment with Andrea or Whyles.



Please note Computers are strictly for Career Research & Employment Services.

Driving School – March 2016 – Congratulations to all our clients- Great job!!

Lessons - 36

Class 7 Tests Pass - 1

Class 7N Test Pass - 2

Class 5 Test Pass - 1

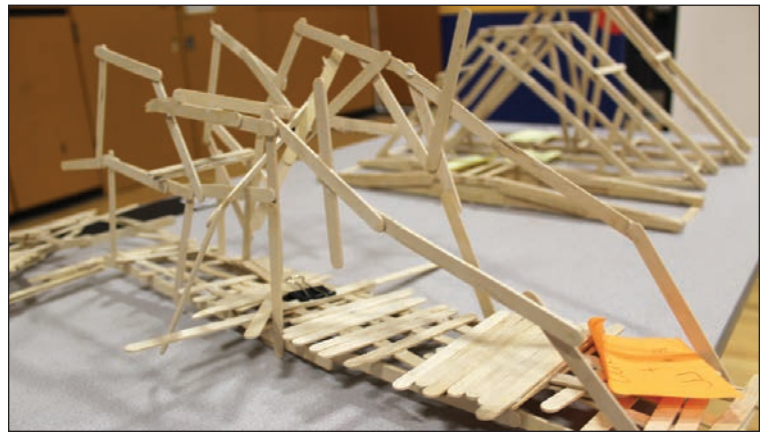
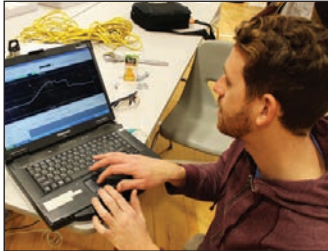
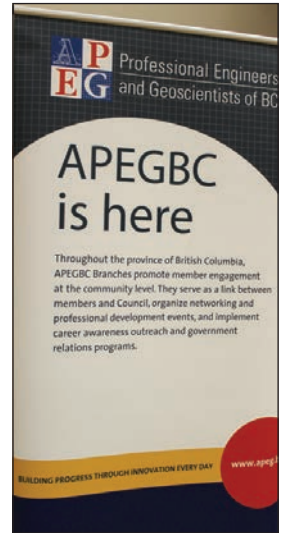
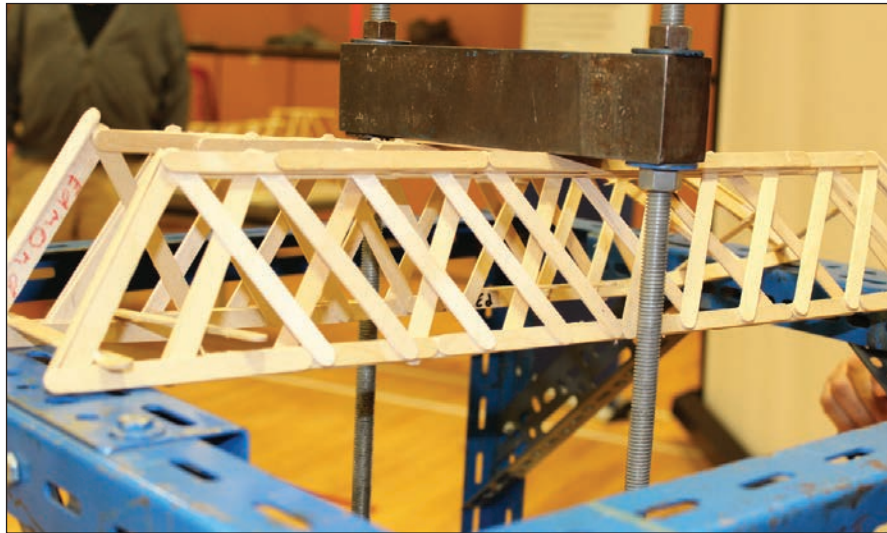
The driving school provides driving lessons. As well as the use of our vehicle for all class 7N and 5 road tests. Please call Andrea at 604-796-6865 to schedule an appointment with either Jim or herself.

**2015 Taxes**

Please remember that a copy of your tax statement is required for all Social Development clients to keep your file active. Due by June 30, 2016.

Also, if you have children; having your taxes done early helps you keep your Family Bonus payments going AND keeps your GST payments up to date. Allan Marchand is available to prepare your taxes. Please make appointment either with reception or the employment staff *

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.



Bridging the gap through the use of popsicle sticks and glue

Creativity was on display March 19 in the Seabird Island Community School gym when SICS hosted a Popsicle Stick Bridge Building Competition.

This exciting event challenged students in Grades 5 to 9 to build a bridge using only popsicle sticks and glue, and design it to be capable of holding heavy loads.

The Yoo Hoo caught up with SICS teacher Bruce Relland and asked him about the event...

Bruce, how did the event go overall?

"I was pleased with Seabird Island's first hosting of the Fraser Valley branch of the Association of Professional Engineers and Geoscientists of BC Bridge Building Contest for students in Grades 5-9. The volunteers were very excited to come out to our community and assist in this event. I was very happy to see so many professionals volunteer their time and efforts to this event and I would like to give a big thanks to Alvaro Reyes, Saeed Mehdipur, Ria Bhagnari, Heqing Jian and Ou Yang for supporting our students and providing this opportunity."

Talk about the classroom experience building bridges?

"The students of Seabird made many bridges - only to see the frustration of building and design when provided with a new task. Gluing sticks together might not seem hard until you try it yourself. I am happy to say many students found their first failures to be learning opportunities and the second and third attempts added to the learning experience. Ria, APEGBC - FV Event Coordinator, was exceptionally pleased with the results of our students, commenting that if we would have been competing at the Surrey venue this year we would have won that one as well with our best bridge."

SICS enjoyed success in the competition. Who won?

"Cameron Birch and Justin John-Olney won first place holding 433 pounds of pressure before breaking. Deon Aleck and Richard George won second place holding 243.6 pounds of pressure. Creative bridge design went to Edmond Mussell and Apollo Harry."

Seabird Island Community School looks forward to hosting this event again in February, 2017 with the full support of the APEGBC. Once again, Mr. Relland will be coordinating the event on site as the school representative.

April Community Kitchen serves up Black Bean Rice Bowl



Black Bean Rice Bowl

Prep time: 15 minutes

Total time: 25 minutes

Portion size: 4

Ingredients:

- 1 cup (250 mL) long-grain white rice
- 1/2 tsp (2 mL) salt
- 1 tbsp (15 mL) chili powder
- 1/4 tsp (1 mL) ground cumin
- 1/4 tsp (1 mL) ground coriander
- 1/4 tsp (1 mL) dried oregano
- 1/4 tsp (1 mL) pepper
- 1 tbsp (15 mL) vegetable oil
- 1/2 cup (125 mL) diced red onion
- 3 green onions, (white and light green parts only), sliced
- 3 cloves garlic, minced
- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 3/4 cup (175 mL) frozen corn kernels
- 1 tbsp (15 mL) lime juice
- 1 small avocado, pitted, peeled and diced
- 1 plum tomato, diced
- 1/4 cup (60 mL) chopped fresh cilantro

Nutritional Information Per serving: about...

-cal 399	-carb 68g	-sodium 672mg
-pro 12g	-dietary fibre 12g	-potassium 721mg
-total fat 10g	-sugar 4g	
-sat. fat 1g	-chol 0mg	

Per cent RDI (Reference Daily Intake)

-calcium 7	-vit A 10	-folate 45
-iron 22	-vit C 22	

For details on preparation, please check out:

www.canadianliving.com/food/black_bean_rice_bowl.php

SEABIRD'S Parents and Tots Program celebrates the past month of Welékles and some of their drummers



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

Submitted by Tracey Bonshor, Program Coordinator

NEW STAFF AT SEABIRD ISLAND

Tania Carter - Recreation Assistant

Tania Carter is a member of Seabird Island Band and is employed as the new Recreation Assistant. She moved from Prince George a month and a half ago and before that was in Toronto for two decades. Her parents are Lee Maracle and Raymond Bobb. Her mother's lineage is Métis, Basque and Miq'maq.

She studied various programs, which included post-secondary, while she was in Ontario. Her daughter, Kwanita, was her motivation to study fitness, art, literature and theatre. Now she has a set of skills, drawn from experts in the fields of Indigenous music, literature, theatre and oratory. The experts include Pueblo (poetry), Metis (Traditional Ojibwe music), Salish (oratory) and Ojibwe (singing and ceremony) instructors.

She has performed in *The Witch*, by Anton Chekov; *The Canoe*, by Spirit Song Theatre; *Kindling*, by Sparx Theatre Company, *Dinky*, by Columpa Bobb and *The Vagina Monologues of 2007*, in Toronto. She has sung mourning and opening songs for several gatherings in Ontario and hopes that one day she can perform for Seabird. The songs were pow-wow style, not

longhouse or pit-house.

She was a volunteer for Head Start, many years ago and has worked with Youth for about five years. As a toddler she attended and participated in potlatch. One day, a crippled older lady dropped her canes and danced and from then on, her father never allowed her and her family to attend longhouse. Up to that point, she was full of belief and motivated to stick-drum logs and to watch longhouse heal the sick.

She has an E-book that needs a bit of editing before it is published and is soon to be doing final edits on a collaborative book of Indigenous empowerment poetry. Tania is working with Angie Chapman to formulate a constructive and inclusive recreation plan of study, which might include Fitness Theory, to enable her to teach classes for the purpose of optimum health and empowerment. To perform, she believes one needs to be as healthy as they can be and recreation time and resources, like community, is the foundation for the best health for the people - physically, emotionally and mentally.



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

Shirley Rhodes - Executive Assistant to Chief and Council

I began my employment at Seabird Island March 7 and I am very happy to be here.

For the past several years, I have been working with First Nation governments providing senior administrative Executive Assistant services to elected Chiefs and Councils; Band Administrators and Executive Directors. In addition to my work with First Nation governments, I worked a total of sixteen years at the other three levels of government: eight months as the Deputy Chief Administrative Officer in the municipal government of the Village of Alert Bay; seven years managing the office of the MLA for Fraser-Nicola (Yale-Lillooet) in Merritt, BC and eight years in the office of the former Member of Parliament for Kamloops.

Some of the other positions I held over the years was as the Registration Coordinator responsible for the Intern Architect program at the regulatory body for Architects in the Province of BC, the AIBC; I did payroll and financial reporting of Auction sales for an auctioneering/liquidation company; I managed several Housing Cooperatives; I audited accounts payable for a large

department store with 136 outlets across Canada; I managed a Boys and Girls Club office; I managed the satellite office of the BC Outdoor Recreation Council; I worked in an employment program at the John Howard Society; and, as both a Receptionist and Court worker for Elizabeth Fry Society.

I have two adult sons; the oldest is married with two daughters, aged 6 and 9 and they live in Kamloops. My youngest son recently moved to the coast.

I live in Merritt with my eight pound Shiatzu poodle named "Charlie". I enjoy research, reading and staying on top of current events; I like doing yard work especially maintaining a large garden; but most of all, I love spending as much time as I can with my two sweet grandbaby girls, Victoria and Caitlin.

I plan to finish my working career at Seabird Island as my last stop and then retire in five to six years. In the meantime I look forward to getting to know my fellow employees and the membership and providing you with any assistance I can.



JOB POSTINGS - HELP WANTED

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.

Social Development Program Assistant WOP

Closing Date: Open until Filled

Type Full Time

The Seabird Employment Center requires a Program Assistant. Responsibilities will include answering phones, booking appointments for clients, file management, organizing and maintaining the traditional food bank and other clerical duties. This position will also require the successful applicant to be able to provide exceptional client and customer service; courteous, friendly, and professional assistance to clients from a broad demographic. This is a great opportunity for applicants who are interested in pursuing a career or gain experience in office administration or business management. This is a term position with funding through March 31, 2017, with the possibility of renewal.

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***

We often have new job postings! Please 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

Seabird Island Band Human Resources offers recruitment tips to Band Members

Searching for a job takes time and effort. We highly recommend you follow these tips to help with your search:

- Update your resume
- Include information such as:
 - organizations you previously worked for;
 - job titles; duties you performed;
 - dates of employment;
 - training courses you have taken;
 - title of courses;
 - dates of courses.

The information you provide to us on your resume could determine whether or not you are invited for an interview.

Take time to update your resume and your efforts could pay off when you get hired for the job you want!

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 2.5" 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
3.8x5	\$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 Advertisements are
due 7 business days prior to delivery

DELIVERY

The 15th (or closest business day)
and the last business day 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 in June

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

Mon. to Thurs.: 8:30 a.m. – 5:30 p.m.

Walk-in Tuesdays: 1:00 p.m. – 5:30 p.m.

Fridays: Closed

Accepting new STATUS PATIENTS

WALK-IN PAIN CLINICS

Every Tues. 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.

EMERGENCY / SECURITY:

Emergency	911
Seabird Security	604-991-8635
Griffin Security	604-798-9311

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 150 color, and
1st 100 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.



THE PLAN IS COMING TOGETHER... Tasha and Zoë were at the Annual Open House to share the 23 goals of the Comprehensive Sustainability Community Plan (CSCP), and to ask band Members how they can help Seabird reach its goals. The CSCP will be discussed during the Quarterly Band Meeting Wednesday, April 20.

Have you updated your contact information?

UPDATE TODAY!

If you are a Seabird Island Band Member and haven't updated your contact information we may not be able to send you news about upcoming referendums, drafted laws, elections, and other news relevant to our members.

Visit www.seabirdisland.ca

EAYEM MEMORIAL UNVEILING

Seabird Island Band Members take part in Eayem Memorial Restoration and Unveiling April 9

It was a special day up past Yale, near Bell Crossing.

The Eayem Memorial Restoration and Unveiling took place April 9.

The event was hosted by Yale First Nation, in collaboration with Stó:lō Nation Chiefs Council.

Many Members from Yale First Nation, and visiting communities, including Seabird Island Band, were a part of the ceremony, which took place in front of the Monument. Throughout the ceremony, many in attendance walked past the Monument, pausing to read and reflect.

Students in the Construction Craft Workers program through Seabird College were busy working on the restoration of the Monument last week in preparation for the Ceremony.

We thank them for their work, and instructor Sandy Hope for his teachings.

