



the **SEABIRD ISLAND**

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

May 2016

**SEABIRD'S
TRADITIONAL
NAMING
CEREMONY**



SEABIRD TRADITION... Seabird Island Community School held its Naming Ceremony April 20. Please turn to Page 6 for details.

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We are also on Facebook and Twitter



That special Seabird bond

Book now for June Optometry Clinic

Upcoming Optometry Clinics at Seabird Island will take place June 13 and 14.

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

TRIBAL TRADERS



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.

Point-ed in the right direction - the podium!

We recently featured Liz's fine work in Health Services in the People Behind Seabird Island feature, which appeared in our April edition of the Yoo Hoo.

This time, we focus on her athletic abilities and mental toughness.

Liz Point just returned home from the World Dragon Boat Championships in Australia with three medals, which she proudly shows to staff and the Community.

Here's five minutes with Liz Point...

Liz, tell readers about your preparations to compete in the Worlds?

"First of all, this was over 2 years of training, all year round, through the hot summer weather, the windy and rainy fall weather, the freezing snowy weather and the cold and hailing storms. We are a highly dedicated, senior women's team that consists of 60-plus year-olds. In past years, we won Gold and Bronze medals at other races. We focused on timing, technique and power. We cross train in Outrigger canoe and Gym training that builds cardio, endurance and strength."

It's one of those stories Liz Point will tell with pride for many years. She won't be bragging. She'll simply be offering friends the details of that spring she travelled 'Down Under'. That spring the dragon boater returned to Seabird draped in Silver and Bronze.



You brought back three medals - Bronze in the 2-kilometre race, Silver in the 500-metre race and Silver in the 200-m. race. Your team missed Gold by just .12 seconds in the 200-m. Liz, what went through your mind when you fell .12 seconds short of gold?

"To fall behind by .12 of a second was pretty traumatic, but getting Silver was great too considering we were competing in World Club Crew Dragon Boat Championships. So we were still very proud of how we placed."

Tell readers about the trip itself. What was Australia like?

"It was 21-hours of flying. We had a 12-hour layover in Hong Kong where we got a chance to ride in the AirTran over all mountains to the Great Buddha. Australia was quite hot and dry for their fall weather. We got to see many Australian animals and birds. Their common birds are parrots, which fly all over. Australia is 18 hours ahead of BC, so being there for three weeks made coming home a severe case of jet lag."

Talk about the comradery developed among competitors from around the world?

"All other teams in the facility at the racing grounds were all very pleasant, everyone was very polite to each other, and everyone congratulated each other on wins or losses. All teams from all over liked to exchange their team shirts."

What's next? Will you try to qualify again?

"Our next race is in 2018 in Hungary, and yes, I would do it all over again!"

Thanks for your time Liz, and congratulations.

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



Traditional First Nations culture may help reduce teen suicides

Pilot project underway in Fraser Valley's Seabird Island community

Rafferty Baker
CBC News
April 20, 2016

Suicide is something that has had an impact on nearly every member of the Seabird Island Band in British Columbia's Fraser Valley. When someone in the tight-knit community takes their life, it hits close to home for everyone.

Summer Kelly, 15, lost her older brother to suicide in Feb. 2015. He was 17 years old. Kelly said it was devastating, and a total surprise. She said things might have worked out differently had she and the family known what her brother was going through.

"Just to tell him that we love him, and yeah ..." Kelly said, her voice trailing off.

Since her brother's death, suicide is something that has crossed Kelly's mind, but she said it isn't something she thinks about seriously.

The Seabird Island Band isn't going through the type of

youth suicide crisis that other First Nations communities like Attawapiskat are facing — there hasn't been a suicide death there in more than a year.

But Seabird Island is home to a pilot research project aimed at reducing youth suicides. The Seabird Youth Resiliency Project is federally funded through the Canadian Institutes of Health Research, and its goal is to create a model to take to other First Nations communities.

The idea behind the project is to build personal strength in youth by connecting them to the land and traditional culture that has been lost during decades of colonialism — to build an identity that gives young people a feeling of meaning and place in the community.

"We're trying to teach our youth to know who they are," says Margaret Pettis, a Seabird Island Band councilor and the elders' representative for the

Youth Resiliency Project.

"It was taken away from us, it was stripped from us in the residential school. We were never to speak, we were never to practice any of our traditions we had in the past," said Pettis, band council member and elders' representative for the project.

Pettis — who lost her nephew to suicide in 1991 and her brother in 2014 — said Seabird Island was a good fit for the pilot project because it already had a strong network of programs.

"Our younger generations haven't had a chance to sit down to walk with us, to find out who they are, really are, to getting to take care of what they have in life," said Chief Clem Seymour, 62, who has five grandchildren of his own.

'Walk with my elders'

"I had a chance to walk with my elders, getting to understand, to listen to them, to listen to the stories about why our people are still here, why we've been here for over 10,000 years."

Seabird Island Chief Clem Seymour says teens need to be given the opportunity to "walk with their elders," to follow, watch and learn from them.

The program runs on Thursdays, and youth are placed with elders who show

them everything from how to gather local edible plants, to where the best fishing spot are on the Fraser River.

Reid Peters, 67, has taken the teens out three times. Though he spent much of his life outside the community as a logger, his specialty is actually the local geography — but he can also show the teens the best way to pick

stinging nettle to eat or use as an anaesthetic.

"I came up and I showed them the river and what it was like 62 years ago and how much erosion has happened since then, and I just wanted them to know that we are losing our land," said Peters, gesturing to the shore of the Fraser River. "I showed them where the railway had blocked the river off and I showed them where the water had gone."

Peters has been teaching teens about the land and where the Fraser River used to flow around the Seabird Island community, which has been a peninsula for more than 60 years.

Michael Joseph, 15, spent most of his life living in apartments across the Lower Mainland, but now lives at Seabird Island and has recently enjoyed learning the traditional indigenous culture.

"It's a pretty good program,"

*"We trying to teach our Youth to know who they are."
-Maggie Pettis*



Seabird Youth workers Jonny Williams and Angi Peters offer a Traditional Harvest gathering every Thursday - a chance to educate Youth on Seabird's traditions.



Seabird Staff riding to conquer Cancer

A pair of Seabird Island Band Staff within the Administration Department will be putting the pedal to the metal this August.

Kathy Leslie and Mike Mitchell will be participating in the Ride to Conquer Cancer, a 250-kilometre ride from Vancouver to Seattle which will take place Aug. 27-28.

This is Mike's fourth year and Kathy's second year participating in the two-day event. They are a team of seven and all have been impacted by Cancer and feel strongly about raising money for Cancer research.

"Mike began participating along with his brother when his aunt, uncle and cousin were diagnosed," said Leslie. "I got involved as a personal challenge - and with the added bonus of raising funds for a cure. I have had one aunt taken by Cancer and several friends and family that are presently fighting. I believe we would be hard pressed to find someone that has not been effected in some way by this devastating disease."

The group has been tasked with raising the amount of \$2,500 per person. To accomplish this, they are relying on the support of family, friends and the community.

Leslie and Mitchell will be part of several fundraising events which are planned.

The first will take place this **Saturday, April 30**. It will be a Scrapathon at the Chilliwack United Church on Spadina Ave. from 9 a.m. to 8 p.m. The cost is \$25 per person - with light snacks, new and used items for sale and door prizes.

Another fundraiser will take place here at the Seabird Island Band Office. Mike and Kathy will host a cookie sale in the lobby **June 7** from 11 a.m. to 3 p.m.

All proceeds will go to the Ride to Conquer Cancer for cancer research.

he said. "[We learned] many things what you can use with dandelions, stinging nettles, anything."

Joseph has recently taken an interest in drumming and singing and has reportedly show his confident side when taking part in performances.

Joseph says he mostly learned non-native culture growing up in apartments around the Lower Mainland.

Kelly has taken a liking to the project, too.

"I learned how to make teas and a lot of medicines and a lot of stuff," she said. "It's just fun to learn new stuff and how to make medicines."

Determining project success

Getting teens interested in the traditional activities is an obvious outcome researchers are looking for, but figuring out whether the pilot works will be a little bit trickier.

Heather McDonald, a registered nurse and the health policy and quality officer at Seabird Island. She says the goal is long-term primary suicide prevention — something that would take 20 years and

a significant sample size to begin to quantify.

McDonald says outcomes for such a long-term suicide prevention project will be difficult to measure in the short term.

"Outcomes are more like numbers of participation, comments for youth, some of the softer types of things that we can measure," she said.

The second stage of the project will be to test out the Youth Resiliency Project in four other First Nations communities, then if all goes well, take it across the country.

"What we're doing is what indigenous leaders and elders have been telling us to do all along," said McDonald.

As for Kelly, the program seems to be having a positive impact.

"It helps me a little bit. Yeah, it just helps me," she said. "I don't know. Yeah it's good."

Seabird Island thanks Rafferty Baker and the CBC for allowing us to re-print this story

SEABIRD ISLAND TRADITIONAL NAMING CEREMONY



Caring And Connected Community

Come And Join Us For A Dinner

When: May 5, 2016

Time: 5 p.m.

Where: Seabird Island Band Office Gym

I Care About You!!

National Child & Youth Mental Health Day

For more information contact
Sarah Ewen or Lolly Andrew



SEABIRD TRADITION... Seabird Island Community School held its Naming Ceremony April 20. Before the ceremony began, layers of 4 blankets were laid down, each individually representing the 4 directions. Together they symbolize fresh ground for a fresh start. Each name recipient stands on their own new ground that has never been walked on before. Each recipient had 2 representatives standing up with them to give them support and guidance.

Following are the names: Skikek-Celina Bellisle; Xwemxwlaliya-Hannah Chapman; Nuxpum-Joanna Flippin; Siyolten-Blaine Wilson; Tatläwa-Dakota Ellis; Kwekw'ixwelten-Apollo Harry-Pettis; Haláw-Nick Alexander; Xolhelwet-Kayla Lachapelle; X`atx`at-Drake Jones



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)



PUBLIC WORKS AND HOUSING

Seabird Island Band Community Kitchen

Date: May 12

Time: 10:30 a.m.

Location: Seabird Island kitchen



Salads 101

Summer time is pretty much here and it feels right to lighten up the menu with some salads. We will prepare and sample a variety of salads and homemade salad dressings which can double as marinades for all your BBQ needs.

Contact Val for more information:
604-796-6829

SEABIRD ISLAND BAND HOUSING WAITLIST May 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.

Public Works and Housing displays at Annual Open House



Mosquito season is fast approaching. Here's what you should do...

"I encourage everyone to take a walk around your yard and tip out anything that can collect water - buckets, tires, and last year's pool water. Mosquito eggs are in this water. Let's all do our part to cut the mosquito population. Involve your entire family, and take this time to talk about what you will do as a family to prevent mosquito bites."

-Lisa Walberg,
Seabird Island Band Community Health Nurse



Meet Heather McDonald: Health Policy and Quality Officer, Health and Social Development Department

1. Why does Seabird Island Band need a Health Policy and Quality Officer?

Seabird Island Health is huge! With so many staff we need to have some structures in place to make sure we all know what we are supposed to be doing, and that we are providing a high quality service. My job is to create those structures. So I create policies and procedures, documents and processes, and tools for use by myself and others. This makes sure that the work of Health staff members is monitored, accountable, and optimal. A big part of my job is “other duties” that get assigned as the work is identified (like writing proposals and reports, meeting with other communities, etc).

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

My days are varied. I also work from home. So, on those days I am often working on policies and procedures or grant applications for new programs that we want to run. When I’m here at Seabird, I am getting people together to talk (like at an infection control meeting or a research meeting), networking with staff I’m working with on a current project (like reviewing home care procedures or creating standards for mental health), and/or problem solving for the latest glitch that has arisen in a project, program, or procedure.

3. What is the most important task you perform?

My most important task is supporting Health staff so that they can be excellent in the work they do.

4. What challenges do you face performing your duties?

There is never enough time to do all that I want to do. I am involved in many programs and so I am often stretched pretty thin.



Sometimes, staff are not too eager to change work habits and/or do the required paper work. Since almost all of my role is about change, this can be a challenge too.

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

I’ve been a nurse for over 30 years, in all sorts of roles. I’ve also put in many years at university (I have a PhD in Aboriginal peoples’ health). Combined, I’ve learned a lot about how to work with people. This is critical for my support role. I’ve also learned a lot about policies and procedures!!

6. What do you most enjoy about your role?

I’ve had a chance to work with Elders in the development of two new programs for Seabird: The Elders College and the Better at Home program. I cherish the time I had with Elders and I enjoy every moment I have with them now, soaking up their wisdom, stories and companionship. I also enjoy creating systems out of chaos. I like finding

ways to help things run smoothly and effectively.

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

I admire the commitment and the expertise of the Health staff (and other Band staff) whom I work with. It is a privilege to work with so many hard working people. I am also constantly inspired by my boss, Carolyne Neufeld. She is both visionary and compassionate.

8. What does Heather McDonald do when she is not at work (hobbies, activities, etc.)

I’m a mother, wife, sister, daughter; I have a big family. And, I’m on the mountain trails with my dogs every chance I get. I am most at peace when I am either on the mountain or at our wee cabin off the grid. When I am at home I am spending time with my family or working in my garden. These are the things that renew me so that I can harness my energies to attend to my work here at Seabird.

Thanks for your time Heather!



The Parents and Tots program welcomed the Spring month of Temelile. **Planting seeds and playing together** was the focus for our families.



**Parents and Tots Program
Tuesdays and Thursdays
10 a.m. to 1 p.m.
For families and expectant families
with children ages 0 to
kindergarten entry**



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

Seabird Community Calendar

(S) Sxexlhath	(M) Yilawelhat	(T) Sthemelts	(W) Slhith
1	2	3	4
		<ul style="list-style-type: none"> • Girls Group 7-18 yr 3-4:30 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. 	<ul style="list-style-type: none"> • Baby Welcoming Ceremony • Wellness Center Pancake Breakfast 9-10:30 a.m. • Youth 13-18 The Price is Right Potluck Snacks • A-Pals • Meals on Wheels 5-6 p.m. • Elders College
8	9	10	11
	<ul style="list-style-type: none"> • Junior Leadership 10-12 yr 3-5 p.m. • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<ul style="list-style-type: none"> • Girls Group 7-18 yr 3-4:30 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. 	<ul style="list-style-type: none"> • Wellness Center Pancake Breakfast 9-10:30 a.m. • Youth 13-18 The Price is Right Potluck Snacks • A-Pals • Meals on Wheels 5-6 p.m. • Elders College
15	16	17	18
	<ul style="list-style-type: none"> • Junior Leadership 10-12 yr 3-5 p.m. • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost Day 	<ul style="list-style-type: none"> • Boys Group 7-18 yr 3-4:30 p.m. • 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. 	<ul style="list-style-type: none"> • Wellness Center Pancake Breakfast 9-10:30 a.m. • Youth Workshop Wednesday Potluck Snacks • P&T Family Night • Meals on Wheels 5-6 p.m. • Elders College
22	23	24	25
	<p>Offices Closed - Victoria Day Stat Holiday</p>	<ul style="list-style-type: none"> • Girls Group 7-18 yr 3-4:30 p.m. • Youth and Elders 4:30-7 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. 	<ul style="list-style-type: none"> • Youth Culture / Craft Night 10-12 yr 3-5 p.m. 13-15 yr 5-7 p.m. • Wellness Center Pancake Breakfast 9-10:30 a.m. • Meals on Wheels 5-6 p.m. • Elders College
29	30	31	
<ul style="list-style-type: none"> • Seabird Festival 	<p>Many Offices Closed - Day of Grace</p> <ul style="list-style-type: none"> • Dental and Doctor Walk-in Clinics 1-5 p.m. 	<ul style="list-style-type: none"> • Boys Group 7-18 yr 3-4:30 p.m. • Youth Council 15-18 yr 5-7 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>PLEASE NOTE</p> <p>Safety is a priority</p> <p>We need to keep staff safe while providing you with our services.</p> <p>On delivery days to the homes, please ensure your pets are in a safe place away from the door in order to receive your delivery.</p>

Calendar of Events – May 2016

Days	(T) Sxé:othels	(F) Sheqa'tses	(S) T'oqw'tem
Monday 10-2 p.m. Breakfast Right 4-7 p.m. m.	<p>5</p> <ul style="list-style-type: none"> Youth Resiliency 13-18 yr 3-5 p.m. Youth Pulse 5-7 p.m. Youth Fitness 4-7 p.m. Potluck Snacks Elders Meeting Elders Bake Sale and Social Gathering 	<p>6</p> <ul style="list-style-type: none"> SCIS Mothers Day Tea 12 p.m. Language Sessions 1-2 p.m. Youth Conference 13-18 yr Someone So Small 	<p>7</p>
Breakfast Right 4-7 p.m. m.	<p>12</p> <ul style="list-style-type: none"> Youth Resiliency 13-18 yr 3-5 p.m. Youth Pulse 5-7 p.m. Youth Fitness 4-7 p.m. Potluck Snacks Elders Meeting Elders Bake Sale and Social Gathering 	<p>13</p> <ul style="list-style-type: none"> Language Sessions 1-2 p.m. Youth Drop-in 10-12 yr 3-6 p.m. 13-18 yr 6-9 p.m. Someone So Small Yoo Hoo Delivery 8-1 p.m. 	<p>14</p>
Breakfast Tuesday 4-7 p.m. m.	<p>19</p> <ul style="list-style-type: none"> Youth Resiliency 13-18 yr 3-5 p.m. Youth Pulse 5-7 p.m. Youth Leisure Center 4-7 p.m. Potluck Snacks SSCDP Family Night Elders Bake Sale and Social Gathering 	<p>20</p> <ul style="list-style-type: none"> Language Sessions 1-2 p.m. Youth Drop-in 13-18 yr 5-9 p.m. Movie Night Youth 10-12 yr Someone So Small 	<p>21</p> <ul style="list-style-type: none"> Chief and Council Meeting
Right Breakfast m.	<p>26</p> <ul style="list-style-type: none"> Youth Resiliency 13-18 yr 3-5 p.m. Youth Pulse 5-7 p.m. Chief and Council Meeting Elders Bake Sale and Social Gathering SA Day 	<p>27</p> <ul style="list-style-type: none"> Language Sessions 1-2 p.m. Youth Drop-in 10-12 yr 3-6 p.m. 13-18 yr 6-9 p.m. Someone So Small 	<p>28</p> <ul style="list-style-type: none"> Seabird Festival
NOTE: Priority! safe so we can keep delivery services. community, please side or chained-up order to receive your ies.	<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>	<p>PLEASE NOTE: The Boys / Girls groups are for ages 7-18 years old. We will provide a safe environment and age appropriate activities. At times groups may be separated to meet the needs of all ages.</p>

Employment, Training & Social Development – May 2016



Seabird Open House – April, 2016

Our Booth

Dates to Remember

- *Grocery Orders due May 10, 2016*
- *Grocery Delivery May 16, 2016 in the afternoon. Please have someone home or call to make arrangements.*
- *Renewals due May 20, 2016*
- *SA Day – May 26, 2016*

Seabird Open House – Our Booth

The open house was a huge success!!

We were happy to see so many community members come out and participate. There were a lot of activities and booths to look at.

At our booth we had a jelly bean contest. Guess how

many jelly beans and win – Cineplex movie pass for 2, includes popcorn and drinks. It's sure to be a nice night out.

We had 89 ballots with some good guesses. But there's only one winner.

Congratulations!!! Danyel Desarlais with a guess of 343. Total number of jelly beans in the jar were 345.

If you did not have the chance to stop by our booth and would like more information on any of our programs please feel free to drop into the office. We would be more than happy to meet you and answer your questions.





Seabird Island Driving School.

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 or Jim at 604-796-6865 to schedule an appointment.



2015 Taxes – Now Due

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 you taxes. Please make appointment either with reception or the employment staff **

Employment Plans

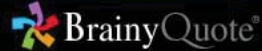
Employment action plans are due before the 20th of each month. Appointments can be made with Andrea or Whyles prior to Income Assistance day to avoid waiting in line.

College students are also reminded to bring in your monthly student attendance.

Great things are done by a series of small things brought together.

Vincent Van Gogh

or drop off at our main office, Quik Farms, 8340 Prest Rd., Chilliwack



Job Opportunity

Floral Helpers

Are you interested in making bouquets and /or bunching flowers? We have positions available!!

Email your resume to: hiring@quikfarm.ca or drop off at our main office, Quik Farms, 8340 Prest Rd., Chilliwack



Computer Use



All clients are welcome to use the computers in the Income Assistance 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.

MEMBERSHIP

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 (Security Certified Indian Status), 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, photocopy 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

“Seabird’s special” offers Pearl Penner on her time with us

“It’s been excellent - like a dream come true for me.”

These are exciting, but in many ways, sad times for Pearl Penner.

The fourth year Bachelor of Social Work student from University of the Fraser Valley has focused her studies around First Nations issues. When she first started her post-secondary education, Penner did the Social Services diploma with a First Nations option – taking the four core First Nations courses.

All of that led her to a practicum with Seabird Island Band in late January, working in the Health and Social Development Department with Child & Family Services Program Manager Edie Karacsonyi.

That three-month stint in the Band Office came to an end April 22.

“Being here at Seabird has been reaffirming to my passions, and reaffirming to my teachings I carry,” said Penner. “And to my whole being. I always knew I wanted to work with a First Nations community in some capacity.”

That’s not surprising, considering Penner grew up around the culture. Her grandmother, Mary



Pearl Penner at work during the Seabird Island Diabetes Conference

Uslick, was an Elder from Skowkale – and recalls attending her medicine wheel – a four-day, four-night healing gathering. Pearl always felt a connection. So, when she began her schooling, her goal was to learn more about the issues.

Once she started her practicum at Seabird Island, Penner was encouraged to work on her own, and to get involved in many Seabird initiatives.

“I am very self-motivated. I’ve done research assistant positions where I’ve had to work at home and motivate myself. But I have so many passions, and Edie has allowed myself to follow my passions and do things that I want,” said Penner. “I did a curriculum for a women’s group that Edie and Penny (Trites,

Team leader, Ministry of Children and Family Development) want to start for some of their clients. I did a self-care plan for relapse prevention. I went to Parents and Tots and saw how the parents and grandparents and aunts are fostering and nurturing their children’s growth. I started working in the Employment office two mornings a week to get more client interaction.”

When asked how much she would miss working at Seabird, Pearl offered the following story.

“I don’t know if you’ve ever heard of Inez Jasper. Her real name is Inez Point. She’s related to the Point family. She’s a singer, and a nurse practitioner with Stó:lō. She has this song called “Stó:lō Strong”. I was blessed to meet her a few years ago at an event, and she sang

it. The song talks about how she wakes up early every day and does the work and - she’s feeling tired. She reminds herself that this is the work she’s meant to do, and to always pray and give thanks. I put that song on and was crying,” recalled Pearl. “I don’t know how I’m going to do this because I’ve never had to leave a community. I know part of the work I’m meant to do is to work with other Indigenous Communities, and that’s what I want to focus on in my Masters program.”

At the end of June Pearl will begin a one-month certificate on Indigenous Lands Claims. It’s something she has wanted to work on in the past but was tied up with other courses.

“I’ve been waiting forever to do that

certificate. Finally I have time to do it and I’m so excited,” she said. “There are Masters programs at UBC, the First Nations University of Canada in Regina, and one at the University of Winnipeg, so I’m applying to all three of them for September of 2017. Indigenous Social Work, Regional and Community Planning with Indigenous Community Planning, and Indigenous Development Practice is the focus of some of these course studies.

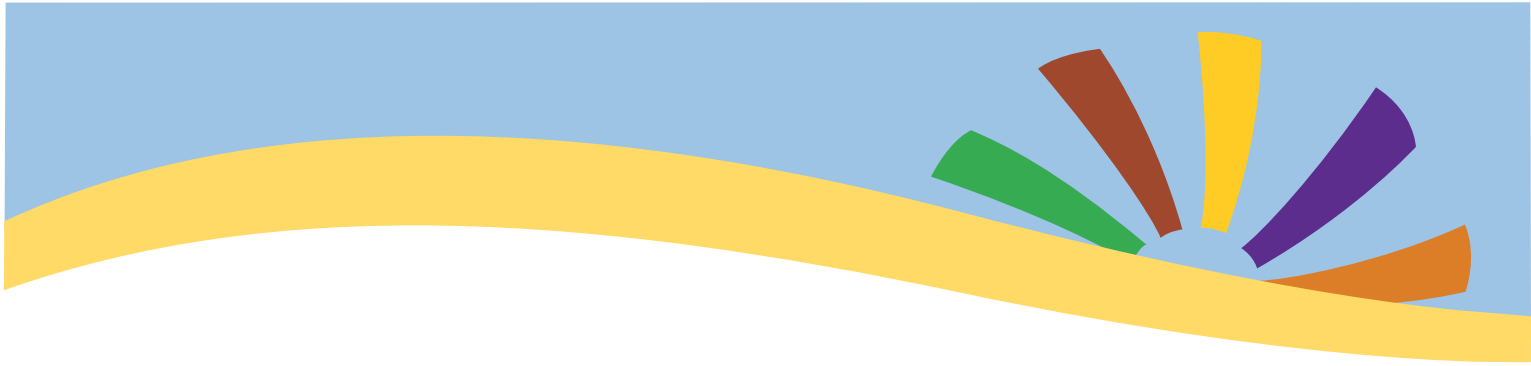
This was the fourth practicum Pearl Penner has been involved in. She’s adamant her Seabird Island Band experience has been the best.

“I really noticed that Seabird is very close-knit and community-oriented. Everybody takes care of each other,” she said. “I think that’s the same with all Indigenous Communities. Well, maybe not all, because Seabird’s special.”

Something the rest of us already know.

Thanks for your work Pearl. Thanks for your contribution to Seabird Island Band. Good luck in your future endeavors.

*Dale Cory,
Communications Officer*



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



JOB POSTINGS - HELP WANTED

Mental Health Worker/Suicide Prevention

Health & Social Development

Closing Date: May 25, 2016

Position Summary:

The Mental Health Worker/Suicide Prevention Worker (MHW/SPW) works as a member of the wellness team to identify ways to improve the health and wellness of all Seabird and Community Members. The MHW/SPW will particularly focus on developing strategies and training sessions to inform youth, parents, teachers and the community at large of the warning signs and hazards of mental health and suicide. The MHW/SPW will be expected to work one on one and in small groups with individuals that have been identified to be at risk.

AIS Systems Administrative Clerk

Health & Social Development

Closing Date: May 5, 2016

Position Summary:

This position is providing technical expertise to the Health and Social Development Department. The primary role of this position is data entry into the AIS System along with maintaining and compiling information for the database. This position will also be performing many other administrative duties like filing, answering phones, booking appoints, helping with reconciliations or any other duties as needed. This position will require advanced knowledge of income assistance programs, membership programs, and housing programs

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

The Seabird Island Band Election Code Steering Committee is pleased to announce a Community Referendum date has been set for Wednesday, June 15, 2016

There is a requirement for one Community Meeting to take place prior to the Referendum.

This meeting will take place Tuesday, May 31 from 6 p.m. to 8 p.m. in the Band Office gym.

Light snacks will be provided.

Seabird Island Band Members are invited to attend the meeting May 31, and vote in the Referendum June 15

More information to follow. Check out details at: www.seabirdisland.ca. Band Members invited to log into their mySeabird account

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

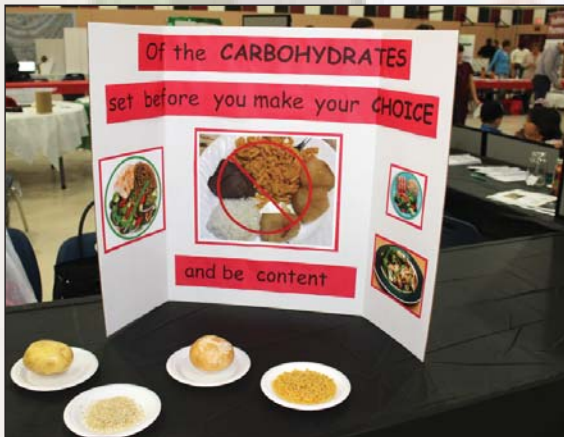
Family Lawyer Derwin Petri.
Upcoming Seabird Duty Counsel dates:
May 16 and 27 at 1:30 p.m.
June 6 and 27 at 1:30 p.m.

Location:
Seabird Wellness Center



SEABIRD ISLAND BAND ANNUAL OPEN HOUSE

It was a great day of interaction between Band Staff and Community Members during the Open House





REGISTER
NOW

NOW - JUNE 15, 2016

8:00 a.m. - 7:00 p.m.

Open class format and self-paced

- English 12
- First Peoples English 12
- Communications 12
- Principals of Math 11
- Work Experience 12

An opportunity to complete courses
towards your Adult Dogwood,
College prerequisites, or
improve your grades.

\$200.00 per course.

Please contact Joy to register.

Transportation may be available.

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2812 Chowat Rd, Agassiz BC V0M 1A2

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admissions@seabirdcollege.ca

604-796-6839

**Seabird Island is only 5 minutes from Agassiz
and 20 minutes from Chilliwack and Hope**