



the **SEABIRD ISLAND**

YOO HOO



Because news isn't all bad or boring!

www.seabirdisland.ca

February 2016

"30-AND-2...30-AND-2"
Shannon Williams (Leon) who works with Seabird Island Bands' Maternal Child Health Team, takes her turn at performing CPR on the training dummy during a CPR/EAD Course held in the Seabird Island Band gym Jan. 15. Williams was one of nearly 40 Band Staff who took the training course, which could help save a life. For the full story, and more photos, check out pages 4 and 5.

**LEARNING CPR...
SAVING A LIFE!**



INSIDE

Council Corner pg. 3
 Spectra visits Seabird Island..... pg. 3
 CPR/AED Training.....pg.4/5
 Public Works and Housing..... pg. 5
 The People Behind Seabird..... pg. 6
 Public Works & Housing..... pg. 7
 Dr.Fox Expanding Education..... pg. 8
 Seabird Island Elders Canning..... pg. 8
 Community Calendar.....pg.10/11
 Elders Profile - Andy Louie..... pg. 12
 SICS Basketball.....pg. 13
 Parents And Tots..... pg. 14
 SIB Youth Dance..... pg.15
 Job Postings..... pg.16
 Community Kitchen..... pg.17
 Halq'emeylém Word Search..... pg.17
 Round the Rez (classifieds) pg. 18
 Early Childhood Education Program.. pg. 19
 Words From The Heart.....pg.20

SEABIRD COLLEGE



The Seabird College and Adult Education Hairdressing Program has finalized its client day dates for the year. If you want your hair done by some passionate, eager students, call and book your appointment.

All appointments take place at the Tzeachten Sports Field Location.

The 2016 client dates are:

- **February: 3, 10, 17, 23, 24, 29**
- **March: 2, 7, 9, 15, 16, 29**
- **April: 5, 6, 12, 13, 19, 21, 26, 27**
- **May: 9, 11, 16, 18, 31**
- **June: 6**

Call Starlette at 604-858-1731, extension 226, to book your appointment.

Make sure you have plenty of time and patience.



Time for Tea

LADIES TEA TIME

COME OUT AND JOIN OUR EMPOWERMENT GROUP

WHEN: MONDAY NIGHTS 6 p.m. – 7:30 p.m.
WHERE: SEABIRD ISLAND WELLNESS CENTRE


This is a three month program for exploring your UNLIMITED POWER!!!

INCENTIVES FOR ATTENDING THE PROGRAM

Prizes

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

SEABIRD ISLAND BAND COUNCIL CORNER



There was a good turnout of Band and Community Members for the Chief and Council Quarterly Meeting which took place Jan. 27.

OFFICES CLOSED

Monday,
Feb. 8
For Family Day
Stat Holiday

*Families make us all
stronger!
A family teaches us
how to function in the
world.*

Spectra confirms February dates for Seabird Island visit

Spectra Energy has a comprehensive pipeline integrity management program to maintain a safe and reliable pipeline system. This includes regular internal pipeline inspections, aerial and ground right-of-way patrols, and preventive maintenance activities. The pipeline system is monitored 24 hours a day by two gas control centers where operators can remotely shut off select valves – located along the system – to stop the flow of gas in the unlikely event of an emergency.

Spectra will be on Seabird Island Feb. 9 – 12, and Feb. 15 – 18, from 9:30 a.m. to 5:30 p.m. each day. Jeff Smedley, Spectra Energy's Public Awareness Specialist, will be going door to door to speak with Band Members. A Band Member, hired through the labour pool, will accompany Spectra Energy.



FEB 9, 2016 FAMILY DAY CELEBRATION

Start Time: 5:00 p.m.

Location: SIB Gym

Dinner. Door Prizes. Fun Activities for the whole family!

Everyone is
Invited!

Activities for all
ages!

Learn about
other Programs
for the year

Family Pics!

We look
forward to
seeing you
there!

FOR MORE INFO
CONTACT:

Sarah Ewen

604-798-7208



Take it upon yourself to learn the 30 and 2. It could save a life someday!

“30 compressions.

Two breaths.

30 compressions.

Two breaths.”

That phrase was repeated many, many times during a two-and-a-half hour CPR (cardiopulmonary resuscitation) course which took place in the Seabird Island Band Office gym Dec. 15.

“Repeat this 30-and-two cycle until help arrives or the person breathes on their own.”

I was part of a morning group of 18, with a similar-sized afternoon group also spending time educating themselves on basic life-saving skills.

Skills which - while you hope will never be called into duty - could very well help save a life!

Pretty important stuff, and, while I had taken a day-long Level 1 CPR Course in Alberta

a few years back, I thought it important to re-certify, thus feeling better about my potential of helping someone in a moment of distress.

Jessica Powell of Mediquest Technologies Inc. hosted the CPR/AED training courses for Seabird Island Band Staff.

The nearly-40 Staff Members who took part in the somewhat-intense training session absorbed skills which could save a life using an AED (Automated External Defibrillator).

“I always say with First Aid training, there are two things that I’m very passionate about,” said Powell. “First, Choking. Everyone should know what to do if someone chokes. Brain damage starts to occur in 4-6 minutes. Help likely will not arrive in time to administer abdominal thrusts, but a bystander can save a life before help even arrives.

About Jessica Powell

Owner & Lead Trainer, On the Go First Aid

Jessica has been teaching first aid since 2003 and has experience teaching many different age groups and in many different environments.

In 2012, she completed the Provincial Instructor Diploma Program through Vancouver Community College, and she works hard to ensure a comfortable learning environment for everyone in the classroom.

Aside from teaching Jessica has been working as a Paramedic with the BC Ambulance Service since 2004 and tries to incorporate real-life experiences into the classroom to enhance student learning!

HEALTH

Second, AEDs. Did you know the chance of surviving a pre-hospital cardiac arrest is less than five per cent? AEDs increase the chance of survival by 10 per cent per minute. Early defibrillation (along with good quality CPR) is key to saving lives. One day we'd like to see AEDs everywhere - just like fire extinguishers."

Those of us who attended the CPR training practiced our new-found skills on training dummies - some youth sized, some infant sized.

Everyone was given numerous opportunities to save a dummies 'life'.

In the end, we all felt much better about our ability to help someone in a time of need.

"Basic First Aid training can be as short as a few hours - and can make the difference between life and death," summarized Powell.

Dale Cory, Communications Officer



Why Seabird Island Band Staff Members took part in the training?

As health professionals, we want to be able to do all we can to help clients, particularly in emergency situations. It is important to re-certify our skills regularly so that our responses come automatically. In the pressure of an emergency you don't really have time to think and your ability to think is also usually impaired a bit by all the adrenalin flowing. By reviewing CPR and the use of AEDs annually, we ensure that we are able to respond when needed. Although we don't often have to use these skills, we sure want to be able to access these skills when we need to. As you know, it means the difference between life and death.

*-Heather McDonald,
Health Policy and Quality Officer*

The CPR/AED training the Community Services Department staff received was an important part in what we do in all of our programs. We are the lead in many events and functions taking place in the community. The training enables us to help people if an emergency were to occur, we have people onsite to handle any situations that do come forward while a function is occurring in the Band gym, or on the outside playing fields, until help arrives. Seabird hosts many Provincial Championships, Development Camps, our Annual First Nations Festival as well as many Band functions in the community. Our staff is also required to have this on file as at times we need coverage for our licensed program, OOSC.

*-Angie Chapman,
Community Services Program Manager*

Meet Samantha Webster: Housing Supervisor - Housing and Public Works Department

1. Why does Seabird Island Band need a Housing Department?

There are currently 235 houses on Seabird Island which are either rentals, privately owned or awaiting transfer to ownership. The Housing Department administers the rental housing program - which entails managing the waitlist, maintenance of homes, addressing policy concerns with tenants as well as facilitating move-ins and move-outs.

However, we not only administer the rental program, we also assist Members in accessing funding for renovating and repairing their privately owned homes or paid out homes. The Housing Department also puts together the applications to request funding for building homes on reserve, whether for the Band housing program or for individual homeownership.

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

I never know what to expect each day. I often start out my day with a list of items I would like to address and work on but by the end of the day it looks a lot different as new things come up. The basis of my day is working on applications, schedules, maintenance and renovation plans and reports, and meeting with and responding to Community Member inquiries. We also conduct annual inspections in all our rental units so every two weeks or so I spend an afternoon visiting homes.

3. What is the most important task you perform?

The most important task is to ensure there is adequate housing available to the Seabird Membership. Shelter is a basic need that we all have and should be



entitled to and my job is to maintain the housing program so that we can continue to grow the housing stock while also protecting the houses that we have now to ensure they last.

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

I graduated from UFV in 2013 with my Bachelor of Arts with a major in Anthropology/Sociology. I also obtained an Associate of Arts Degree in International and Development Studies during my time there.

5. What challenges do you face performing your duties?

The main challenge here is operating the program within the limited resources that are available. We aren't always able to assist everyone and having to tell a Member that you cannot help them with their concern is by far the hardest thing, because we genuinely want to be able to help each person with their needs. We must also make decisions based on the

good of the housing program as a whole, which may entail declining individual requests, which is always difficult.

6. What training have you taken that supports your work?

Some training I've taken that has helped me in my role here:
-CMHC: Identifying Housing Maintenance Needs, Maintenance Planning, Financial Management, Portfolio Management by Tenure, First Nations Housing Symposium
-PWABC: Developing a Sound Business Case, Management Toolkit, Construction Management.
-Canadian Institute: First Nations Housing and Infrastructure Forum

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

The Public Works and Housing team is amazing. Every day the maintenance and custodial staff are out in the elements or working after hours and often miss out on staff events and amenities that we have

at the office. The office staff in this department are so skilled at multitasking - we all have more than a few things on our plate at any given time. Everyone is also great at responding to emergency or urgent needs, even outside of work hours. The community is very lucky to have staff working here who truly do go above and beyond their job requirements to maintain the houses and infrastructure with often limited resources. I'm very proud of our team.

8. What do you most enjoy about your role?

I really enjoy working for the Seabird Island Community. My family is from the Namgis First Nation in Alert Bay and it means a lot to me to be serving another FN Community. I feel fortunate that my role here allows me to meet and interact with so much of the Membership. I enjoy the challenges that working in the Housing Department brings and although it can be overwhelming at times my goal is to continue to improve the relationship the Housing Department has with the Community. The Members at Seabird Island really make my role here enjoyable. Thank you and please feel free to stop by the office anytime for a visit!

9. What does Samantha Webster like to do when she is not behind her desk at Seabird Island?

I have two sons - ages three years and one year, so they keep me very busy when I'm not at work. We are always doing some sort of activity on the weekends. When I do have spare time I really enjoy reading. I also take as many trips as I can to visit my family who live just North of Campbell River on Vancouver Island.

Thanks for your time Samantha!

Washing Machine and Dryer Maintenance

Did you ever wonder where those lost socks go? They might be on their way to clogging up your washing machine pump! If you have a front loading washing machine and you overload it, socks pushed up against the door may be forced out of the drum and will eventually get stuck

in the pump. This repair will cost about \$80 to fix! Please remember not to overload your washing machine and you may not end up with so many lonely socks. Other things that end up in a washing machine pump that can cause a breakdown include: bobby pins, money and anything else you leave in your



pockets. Please empty your pockets before washing.

Other maintenance tips:

-If your machine is an HE (High Efficiency) model, make sure you only use HE laundry soap and don't use too much. If there is too much soap, bubbles will end up outside the drum of your washer and it will eventually break down.

- Also, clean your lint trap after each load. This will increase the efficiency of your dryer by decreasing drying time and energy usage. A full lint trap is also a fire hazard - so please keep it clean to stay safe!

FREE EVENT: ENERGY EFFICIENCY IN YOUR HOME !!

Seabird Island Band

On the Date of February 10th

Learn how to decrease energy usage in your home:

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



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

Where: Seabird Band Gym

When: February 16th.

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

DOOR PRIZES

1st Prize - 100' fishing net!

Other prizes—TBD



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

Bannock & Tea

Hosted by Seabird Island Band Lands Department
Feb. 2,
10 a.m. to 3 p.m.
Community Health Room
EVERYONE WELCOME

Seabird Island's Dr. Fox to expand medical knowledge

There was a lot of detail to take into consideration before the decision was made.

Dr. Robert Fox had to think about his own family, his Seabird Island 'family', the timing, and the opportunity, and a strong desire to improve his knowledge and better serve those Seabird Island Health Centre clients he administers medical care toward.

All played a role in his decision. A decision to return to school.

"I had noticed in my time here that addictions plays a part in the health of many of my patients - in fact the majority of them. And while the training I had received as a medical student and family medicine resident was adequate, it was *only* adequate. In order to improve the outcomes for my patients, I realized I needed more training," explained Dr. Fox during a chat last week. "Unfortunately, I don't have time to get the training I need while I'm working here, because it takes all my time and energy just to keep my patients well. The opportunity became available, so that's why I had to do it now."

Dr. Fox will be doing a fellowship at St. Paul's Hospital in Vancouver starting in July of 2016. His last day at Seabird Island will be June 30. He is expected to return to the Band's Health Department in July of 2017.

The training is based out of St. Paul's but actually takes place at eight or nine sites in the Vancouver area.

"I will be at St. Paul's for two months, during which I will learn to help patients who, in addition to medical problems, also have an addiction. The addiction needs to be managed while they are in the hospital. If someone with a



heroin addiction has pneumonia, that withdrawal needs to be managed while they're getting treated for pneumonia. I'll spend one to two months at a time working at various treatment centers, such as adolescent treatment centers, and women-only treatment centers, and, two months will be dedicated to electives, where I can choose wherever I want to go to get the training I need for my goal."

Dr. Fox's schooling will cover the entire range of addiction behaviors, such as substance abuse - including street drugs, alcohol, and prescription drug abuse - and behavioral issues, such as gambling.

"There will be psychological training, and a course on motivational counseling. So I'll have that skill when I come back," said Fox. "The first area I can help my patients more is that I'll have updated information. There are new medications that can treat alcohol addiction that I know about, but I haven't had experience with.

"The other information I'll have is networking. I'll have spent time working

at the actual facilities where my patients will be sent to, and working with the physicians they are consulting with. I will know who they are, and maybe I'll be able to help get them to the right place or person better than I can now. From a community point of view, I'll be a resource to the community where I can help First Nations Health Authority as they craft strategies for dealing with addiction within the community."

So, what happens with the medical wing at Seabird Island Band during Dr. Fox's one-year absence?

"We're working very hard to find a doctor or doctors to fill in for the full year or part of the year. We have advertisements placed with the Society of General Practitioners," explained Dr. Fox. "Dr. Beaulieu is not going anywhere. We haven't found anyone yet. We're hopeful we will, but we might not, in which case we may have to find nurse practitioners. We have some plans and we're working on them."

Dale Cory, Communications Officer

Canning time at Seabird Island - Traditional Food Bank and Elders to benefit

The land gives back to its people in many, many ways.

Proof of that came in the form of one busy Seabird Island Band kitchen during the month of January.

Donations of meat meant calls going out to various Elders, residents chefs, and labour pool clients, who all came together to dice, wash, clean and prepare all of the ingredients.

The result: a great deal of canned goods headed for the shelves of Seabird Island Band's Traditional Food Bank.

On the menu: deer chili - made from the deer donated by the Quipp family; fish soup - made from the DFO fish donation back in August; and elk stew - made from the Elk donated by the Corporate Affairs Department.

"We had five days of canning from the most caring and wonderful ladies. The team was led by Wanda Forseth, Elder Victorine Louis, Jennifer Bobb, Leanne Ellis and Lenette Joe," said Alexis Grace, Manager of Employment & Social Development Programs, adding thanks to Taylor Starr and the Youth Work Experience Program.

And what was the result?

We canned five cases of fish soup, three cases of deer chili, and three cases of elk stew," said Grace. "Food is part of the Seabird Island Traditional Food Bank and will go to all Elders, families, Band Community Members, clients and children in need of some extra food. We don't turn anyone expressing need away and every effort is made to ensure there is a maximum amount of nutrition, deliciousness and love in every jar."

Dale Cory, Communications Officer



Seabird Community Calendar

(S) Sxexlhat	(M) Yila:welhat	(T) Sthemelts	(W) Slh
	<p>1</p> <ul style="list-style-type: none"> • Meals on Wheels 5-6 p.m. • Youth Drop-in 10-12 Group 3-6 p.m. Yogurt / Granola Bar • Garbage, Recycle & Compost day 	<p>2</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>3</p> <ul style="list-style-type: none"> • Outdoor Safety & Self-Defense Training - Main Board • Youth Workshop Wed Potluck Snacks • Meals on Wheels 5-6 p.m. • Pre/Post Natal 11-1 p.m. • Elders College
7	<p>8</p> <p style="text-align: center;">Family Day Stat Holiday - Office Closed</p>	<p>9</p> <ul style="list-style-type: none"> • Elders Monthly Meeting • Youth & Elders -Potluck Snacks 4-7 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. • Garbage, Recycle & Compost day 	<p>10</p> <ul style="list-style-type: none"> • Outdoor Safety & Self-Defense Training - Main Board • Youth Workshop Wed Potluck Snacks • A-Pals • Meals on Wheels 5-6 p.m. • Elders College
14 Happy Valentines Day	<p>15</p> <ul style="list-style-type: none"> • Youth Drop-in 10-12 Group 3-6 p.m. Agassiz Library, Mini Bagels/Fruit • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost day 	<p>16</p> <ul style="list-style-type: none"> • Youth & Elders Potluck Dinner - Family Tree 4-7 p.m. • 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. 	<p>17</p> <ul style="list-style-type: none"> • Grand Opening ECD Excellence • Youth Workshop Wed Potluck Snacks • P&T Family Night • Meals on Wheels 5-6 p.m. • Elders College
21	<p>22</p> <ul style="list-style-type: none"> • Youth Drop-in 10-12 Group 3-6 p.m. Cheese & Crackers • Meals on Wheels 5-6 p.m. • Elders Outing • Garbage, Recycle & Compost day 	<p>23</p> <ul style="list-style-type: none"> • Youth & Elders -Potluck Snacks 4-7 p.m. • Dental and Doctor Walk-in Clinics 1-5 p.m. • Fire Practice 7-9 p.m. 	<p>24</p> <ul style="list-style-type: none"> • Youth Workshop Wed Potluck with Parents • Meals on Wheels 5-6 p.m. • Elders College • Anti-bully Day - Pink
28	<p>29</p> <ul style="list-style-type: none"> • Youth Drop-in 10-12 Group 3-6 p.m. Bannock/Fruit • Meals on Wheels 5-6 p.m. • Garbage, Recycle & Compost day 	<p style="text-align: center;">Pre/Post & Prenatal Circle</p> <p style="text-align: center;">Who can attend? *Expecting moms *Newborns up to 6 weeks *Partners, Support Person and Siblings</p> <p style="text-align: center;">Open to families living on Reserve and transportation can be provided.</p> <p style="text-align: center;">Questions? Call 1-800-788-0322 or 604-796-2177</p>	<p style="text-align: center;">EMPLOYMENT DEPARTMENT WORKSHOP</p> <p style="text-align: center;">PLEASE CALL 604-796-2177 SEE US IN THE OFFICE ANY OF THESE V</p>

Calendar of Events – February 2016

:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
<p>f Awareness droom 4-7 p.m. nesday 4-7 p.m.</p> <p>p.m. m.</p>	<p>4</p> <ul style="list-style-type: none"> Elders Bake Sale & Social Gathering Youth Fitness 4-7 p.m. Potluck Snacks High School Term 2 Reports 	<p>5</p> <ul style="list-style-type: none"> Language Sessions 1-2 p.m. Youth Drop-in Pizza Night 13-18 yr 4-9 p.m. Someone so Small 	<p>6</p> <ul style="list-style-type: none"> Elders Outing to Hobiye (Nisga' New Years)
<p>f Awareness droom 4-7 p.m. nesday 4-7 p.m.</p> <p>p.m.</p>	<p>11</p> <ul style="list-style-type: none"> Families on a Start Budget Youth Fitness 4-7 p.m. Potluck Snacks Elders Meeting Elders Bake Sale & Social Gathering 	<p>12</p> <ul style="list-style-type: none"> Language Sessions 1-2 p.m. Youth Dance \$2 Spaghetti 10-12 yr 4-7 p.m. 13-18 yr 7-11 p.m. Someone so Small Yoo Hoo Delivery 8-1 p.m. 	<p>13</p>
<p>Centre of nesday 4-7 p.m.</p> <p>p.m.</p>	<p>18</p> <ul style="list-style-type: none"> Youth Leisure Center 4-7 p.m. Potluck Snacks SSCDP Family Night Elders Bake Sale & Social Gathering 	<p>19</p> <ul style="list-style-type: none"> Language Sessions 1-2 p.m. Youth Drop-in Baked Mac&Cheese Night 13-18 yr 4-9 p.m. Pro D Day - SICS Someone so Small 	<p>20</p> <ul style="list-style-type: none"> Council Meeting
<p>nesday 4-7 p.m.</p> <p>p.m.</p> <p>k Shirt Day</p>	<p>25</p> <ul style="list-style-type: none"> Income Assistance Cheque Day Youth Fitness 4-7 p.m. -Potluck Snacks Chief and Council Meeting Elders Bake Sale & Social Gathering Stó:lō day Elementary Term 2 & High School Interm Ends 	<p>26</p> <ul style="list-style-type: none"> Language Sessions 1-2 p.m. Youth Drop-in Taco Night 13-18 yr 4-9 p.m. Someone so Small Yoo Hoo Delivery 8-1 p.m. 	<p>27</p> <ul style="list-style-type: none"> Community Outing - Monster Trucks Jam
<p>& TRAINING MENT HOPS</p> <p>6-6865 OR COME E TO SIGN UP FOR WORKSHOPS</p>	<p>PLEASE NOTE:</p> <p>Safety is a priority!</p> <p>We need to keep staff safe so we can keep providing you with delivery services.</p> <p>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>		

Andrew (Andy) Louie sits down with the Yoo Hoo, discusses his ‘Tarzan’ days

I had the pleasure of visiting with Andrew Louie, or Andy as he’s known, at his home on Ya:la Rd. last week.

The 65-year-old was born in Chilliwack to Moses and Clara Louie.

He’s active with other Seabird Island Elders and routinely attends events.

He remembers a time when all you could see across Seabird Island were trees.

“We had lotsa fun playing Tarzan in the trees,” said Andy, the trace of a smile evident as he thought back to the days when he was young and rambunctious.

He recalls spending a lot of time with Sylvester Joe Junior, Howie McIntyre and David Chapman.

They also spent a lot of time hunting in the forests of Seabird Island.

“We didn’t have to go too far for hunting,” said Andy, who was queried further as to what they hunted for. “Mostly grouse. We



used rocks and a slingshot. I remember getting one grouse. It made some good soup.”

Louie remembers Seabird Island didn’t have much for population back then, there were only six or seven houses.

Then, he recalled the following:

“I saw the first TV in a house on Seabird. It was at Mary Lou Andrews’ place. It was the first time we ever saw TV.”

Andy Louie has watched as Seabird Island’s population grew over the years.

To wrap up our conversation, I asked Andy for advice, a teaching or a message he would like to share with Yoo Hoo Newsletter readers.

“The best thing you can do is find the Creator. Meet your Creator before you die. You’ve got to get to know him. I talk to him all the time,” said Andy, adding, “People have stopped listening to the Elders. That has to change.”

Considering Seabird Island Elders are now working much closer with Seabird Island Youth through the Guiding Light initiative, Andy Louie will do his part to have Elders heard, and impart their wisdom on Youth.

Dale Cory, Communications Officer

February Community Kitchen

Chili for the Freezer

Date: Thursday, Feb. 11

Time: 10:30 a.m., Seabird Island Band gym

We will work together to prep ...

CROCKPOT READY CHILI

Everyone will take home bags of chili for the freezer.

We will have some for lunch too.

Please contact Val Thomson (604-796-6829) or your CHR to register for the program.

Seabird Island Band

Free Legal Clinic

Want free legal advice?

Then call Genna at the Seabird Island Band Office to make an appointment.

If you need help with

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

or other family matters

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

Family Lawyer Derwin Petri.

Seabird Duty counsel dates for January & February 2016:

February 1 and 26 at 1:30 p.m.

Location: Seabird Wellness Center

Legal Services Society



Hoops action takes spotlight at SICS Go Warriors!

Lands Bannock & Tea February 2, 2016

WHO: You. Anyone who wants to engage in discussion about the present and future of Seabird Lands.

WHAT: Ideas, questions, or concerns. Generated over the course of this year.

WHY: We're curious. What Happens when we create a wide-ranging, safe, open conversation about Seabird Land?

HOW: Join us for a cup of tea and bannock the first Tuesday of each month from 10 a.m. - 3 p.m. in the Community Health Room. Bring friends and ideas big or small. "Like" ideas you want to stand behind. Imagine with us.



Bannock on the Run

Can't make it to the Band Office for the Lands Bannock & Tea, we will come to you!

WHAT IS YOUR BIG IDEA?

- People want to take part
- We as Members must take ownership of the important role we can and should play in our Seabird Land.
- We must encourage an outgoing culture of engagement.

Please feel free to contact the Lands Department to make an appointment for us to come and visit with you.

Danielle Gabriel
Lands Manager
dgabriel@seabirdisland.ca

Brandi McNeil
Lands Clerk
brandimcneil@seabirdisland.ca

Call: 604-796-2177



HEALTH AND SOCIAL DEVELOPMENT



The Parents and Tot's program welcomed the Winter month of Pelogés. Look at the families who worked at learning the art of Arts and Crafts!



Parents and Tots
Tuesdays and Thursdays
10am to 1pm
Families and expectant
families with children
ages 0 to 6 years
Seabird's Mill Hall



Share your family tree - come out to Youth and Elders Session Feb. 16

Youth and Elders Session

Family Tree Session Feb.16 from 4 p.m. - 7 p.m.

All families are encouraged to come out and share their family tree with the Youth/Elders. Bring your favorite dish to share with everyone.

This will be a great session to see everyone connected together and help the youth have an understanding of family connections and history.

Please contact Linda McNeil-Bobb, Jonny Williams or Angi Peters for further information.

Language Session for those wanting to continue learning

This beginner/refresher course takes place Fridays from 1 p.m. – 2 p.m. in the Band Office Gym.

Come and learn our language with Jonny Williams (Xotxwes)

Outdoor Safety and Self Awareness Training

This course will take place Feb. 3 and 10 from 4 p.m. to 7 p.m. in the Seabird Island Band Office Main Boardroom.

This is an opportunity to learn how to prepare yourself prior to going out in the wilderness to ensure you are safe and prepared. Sandwiches and finger food will be served at 4 p.m. Please confirm with Jonny Williams or Angi Peters at 604-796-0198 or 604-798-4832.

Seabird Island Youth Valentine's Dance

February 12, 2016

4:00-7:00 p.m. for 10-12 year olds

7:00-11:00 p.m. for 13-18 year olds

Seabird Island Millennium Hall

Admission \$2.00



For more information please contact

Jonny Williams or Angi Peters 604-796-0198



Status Card Photographs

Important: ONE (1) unaltered, commercial grade, passport style photograph is required to be submitted with your application.

Government Regulations Required:

Size and paper

- Photographs must measure 25 mm x 31 mm in size (**1" wide x 1 1/4" long**).
- Photographs must be a close-up of the head and shoulders so that the face covers approximately 25% of the photograph.
- Photographs must be printed on plain, high quality photographic paper. Heavyweight paper is not acceptable.
- Colour or black and white photographs are acceptable.
- Photographs must show a full head without any head covering, unless worn for religious or medical reasons. However, both edges of the face must be clearly visible.
- Photographs must show a full front view of the applicant's face and top of the applicant's shoulders must be squared to the camera (the image of the applicant's face and shoulders must be centered in the photograph).
- Photographs must be clear, sharp and in focus.
- Photographs must be original and not taken from an existing photograph.
- Photographs must have been taken within the last 12 months.



Image information

- The photographs provided will be affixed to the paper Status Card.
- Photographs must be taken against a **plain white or light-colored background** so that the applicant's features are clearly distinguishable against the background.
- Shadows are unacceptable.** Lighting must be uniform to avoid shadows across the face or shoulders, around the ears or in the background.
- There must be **no reflection or glare on the face or glasses.**
- The applicant must show a neutral facial expression (**no smiling, mouth closed**).
- Eyes must be open and clearly visible.** Glasses, including tinted prescription glasses, are acceptable as long as the eyes are clearly visible and there is **no glare in the glasses.**
- Sunglasses are unacceptable.

Seabird Communications Office (upstairs)

Appointments Highly Recommended!

Contact Kristy Johnson at 604-796-2177

ID Photo Rates: \$10.00 each – Time Frame: minimum 3 days
Pre-paid by client – NOT covered by Seabird Island Band
(compared to \$20 passport photo at Walmart)

JOB POSTINGS - HELP WANTED

General Applications

Closing Date March 31, 2016

Location Agassiz BC

Type Volunteer or Charity Summary

The Seabird Island Band is always seeking to recruit and hire the best talent available. We do always prioritize the hiring of First Nations individuals, especially Seabird Island Band Members, but we do 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. This will allow your resume to 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.

JP-2016-007 Mental Health Worker/ Suicide Prevention Worker

Location Agassiz BC Type Full-Time

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

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

JP-2016-002 Executive Assistant to Chief Administrative Officer

Location Agassiz BC Summary

Closing Date January 29, 2016

Keeps fully familiar and up-to-date on matters before the Chief Administrative Officer. Maintains CAO's work calendar including prioritization, coordination and scheduling internal and external meetings and appointments. Monitors CAO's

electronic and paper mail, and coordinates the follow-up of information into and out-of the Chief Administrative Office. Maintains a computerized filing system and monitors deadlines, the completion of assignments and related administrative matters, and assists Chief Administrative Officer with the implementation of other electronic office systems. Responds to general inquires and redirects telephone calls to appropriate staff. Assembling monthly and annual reports. Assisting and/or arranging all financial documentation for Chief Administrative Officer including budgets, honoraria, purchase orders, cheque requisitions, travel arrangements, expense claims, etc. Prepares confidential documents memoranda, letters, briefing reports, funding proposals, etc. Maintains familiarity with the work and files of the coworkers and key contacts. Attends and coordinates all meetings for which the Chief Administrative Officer is responsible. This will include room bookings, meals, agenda preparation, minute taking, and preparing meeting document packages. Maintains confidential files and registries for official document related to CAO in an orderly and secure manner. Acts as point of contact regarding day-to-day operation including dealing with all requests for service, appointments and information.

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 www.seabirdisland.ca in the Quick links - Careers@seabird tab. or
visit the Band Office and Seabird Employment Office.

Interested candidates are invited to submit a resume to: <https://seabirdisland.startdate.ca>

*Please ensure you have received confirmation for your Online submission.
If you have not received confirmation please contact us at humanresources@seabirdisland.ca*

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry
Interested candidates are invited to submit a resume, cover letter & three references.

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

RECIPE CORNER

Seafood Chowder getting served in many homes on Seabird Island these days



SEABIRD SEAFOOD CHOWDER! *The fruits of their labour? Community Kitchen - Families on a Smart Budget Session #3 took place in the Seabird Island Band Kitchen Jan. 14. Salmon Chowder was on the menu, and those in attendance helped chop, dice, stir, taste, and eventually, bag up chowder to take home for supper.*

Check out the recipe, or get ahold of Val Thomson, Val Bobb or Ashley Charlie in the Fitness/Nutrition room in the Health Department for full details on how to make Salmon Chowder.



Salmon Chowder

Makes 9 cups

Ingredients

- 2 cups low sodium chicken broth
- 1 tbsp olive oil
- 1 large onion, diced
- 1 fennel bulb, trimmed and diced
- 2 Carrots, peeled & diced
- 2 tsp minced garlic (2 cloves)
- 1 large russet potato, skin on diced
- 1 1/2 cups Frozen Corn
- 1 Bay leaf
- 1/2 lb fresh salmon, cut 1/2 in square
- 2 cups low fat milk or fat free half & half
- to taste Salt & pepper
- optional fresh thyme or chives

Tips: Don't boil the soup vigorously or the milk and cream will curdle. Can increase by 2 handfuls of other or more vegetables.

Families on a Smart Budget Session #4 takes place Feb. 11 in the Seabird Island Band Gym. Hope to see you there!

Halq'emeylém Word Search

M	I	Y	T	E	L	E	Y	H	E	X	'	'	É	W
É	'	W	E	T	S	'	É	T	L	'	L	E	X	W
T	X	K	É	S	Q	T	H	E	T	L	E	I	X	E
Q	I	K	E	É	S	X	W	O	Y	I	W	E	L	W
W	X	W	I	Y	Ó	:	L	E	M	S	T	E	X	W
K	W	'	Ó	Q	W	E	L	E	T	S	T	E	L	Q
É	E	Ó	T	H	É	K	W	Á	L	S	W	Q	'	L
Y	L	T	Ó	Y	S	Ó	L	E	E	Q	L	E	W	E
Q	Ó	L	T	L	E	X	W	S	E	W	Ó	L	E	M
W	K	'	Y	W	'	X	T	M	É	P	X	Á	:	Y
L	W	K	'	I	Ó	X	Y	Á	I	X	W	:	W	'
H	'	W	E	W	Á	É	Y	S	E	Ó	M	W	W	K
A	E	A	X	H	Q	U	E	L	Á	:	W	I	Y	A
W	O	H	L	S	Q	'	É	M	É	L	H	Y	W	:
T	S	'	I	T	S	'	E	S	E	M	W	A	'	S

Wets'étl'lexw – Accident, to drop something by accident

Lháxtsestel - Dish, big cooking

Lexwsewólem - Playful

Iyó:lemstexw – Obey, obey someone

Pxá:y – cut-grass.

Kw'óqweletstel – Axe, double bladed heavy axe

Éyqwlha – Beautiful

Quelá:wiya – Beaver

Thékwál - Lady

Shxwóxwelstexw – Keep, keep it in the air

Kw'ótl'kwa – Ocean, sea, salt water

Sqéymeqw - Octopus

Xwoyiwel – Happy, become glad

Míytel - Help

Ts'its'esem - Grow

Ésqthet - Grunt

Qelá:wiya - Name

Xixwelókw' - Package

Sq'émél – Paddle, canoe paddle

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 .40c 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

Watch for upcoming dates

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 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 - 5 p.m.

(first come- first served)

Please come to the Dental desk and register your name and note your dental problem.

* Patients will be screened & most urgent problems seen first.

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** 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 CHR; Maggie Pettis
604-796-2177

AMBULANCE BILLS

Please submit ambulance bills to Maggie Pettis as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NIHB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

Ambulance bills - We can only help those with a status number, everyone else has to pay for their own unless it's an ICBC claim.

Unfortunately ambulance bills will not be covered if you have been incarcerated (in jail cell). Please take note that the Ambulance Billing in Victoria know when you have been incarcerated just by the address provided on the billing. Please do not bring those in because we are unable to assist, as they will be denied and it will be the client's responsibility to pay.

Contact Maggie Pettis for more information at 604-796-2177

MEDICAL CARDS

We can assist people with requesting their medical cards, if they are lost or stolen and need a replacement.

*Each client is responsible for paying for their medical cards! If they've been lost or stolen more than 2 times the cost is \$20.00 for each new card.

Sorry we don't help people get their BC ID.

Contact CHR, Maggie Pettis
604-796-2177

BABIES ID CARDS

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

Apply for Status Cards for babies as soon as possible.

Contact Carol Hope 604-796-2177

ALCOHOLICS

ANONYMOUS MEETING

Every Tuesday night at 7:00 p.m.
Seabird Island Community Hall.

Website for AA in BC: <http://www.bcyukonaa.org/>

FIRE PRACTICE

Tuesdays 7 pm - 9 pm

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.

EDUCATION



SICS students study common traits among mammals

Jessica McKerrow's Kindergarten/Grade 1 class at Seabird Island Community School has been working on a special project. The students have just finished writing books on mammals.

"They had to pick a mammal, and then we talked about how all mammals have some things in common - they have a back bone, they have hair, and they take care of their babies," explained McKerrow. "They chose their own mammal and wrote a sentence about that mammal."

Students had the opportunity to read

their submissions to their teacher Jan. 25, and show some of the photos they drew to the rest of the group.

"In their booklet, they wrote about common things that exist among mammals," added McKerrow. "These booklets will go home to parents so the parents can celebrate with them."

The students' art work on panda's can also be viewed in the SICS hallway, just outside McKerrow's room..

Next time you are in the Elementary School, check out the creativity.

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

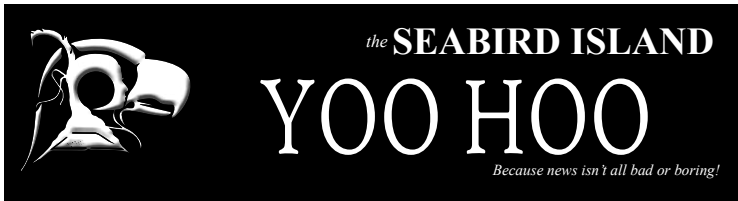


United Way

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

**Better
at Home**

United Way helping seniors
remain independent.



the SEABIRD ISLAND

YOO HOO

Because news isn't all bad or boring!

Phone: 604-796-2177

Website: www.seabirdisland.ca

Sandy Bobb: 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Dale Cory: 604-796-6833

E-mail: dalecory@seabirdisland.ca

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

Each issue as well as past issues are posted on the Seabird Website: www.seabirdisland.ca or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb; Graphic Design & Production Administrator.

FOR ADVERTISEMENT RATES PLEASE CALL SANDY.

(pre-paid, please)

SUBMISSION DEADLINES

The 1st or 20th of each month or if these days lands on a weekend then deadline lands on the Friday before.



Have a happy story idea related to Seabird please contact Dale Cory, Communication Officer / Journalist.

OFFICE HOURS

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

DELIVERY

The Friday prior to or on the 15th and last work day of each month.



Words from the Heart

Research has shown that Aboriginal people are more likely to have high blood pressure and type 2 diabetes, which puts First Nations, Inuit and Métis people at an even greater risk of heart disease and stroke than the general population.

As heart disease and stroke is the leading cause of death in our country, it's important to understand how you can help prevent these serious illnesses.

Here are some tips to get your blood pressure in check:

1. Have your blood pressure checked at least once every two years by a health care professional.
2. Take prescribed medication as it is directed.
3. Eat a balanced diet and drink plenty of water.
4. Be physically active. Start slowly, choose activities you enjoy such as swimming, dancing and hiking. Joining a group of friends will help keep you inspired.
5. Be smoke-free, and reduce your salt and alcohol intake.
6. Achieve and maintain a healthy weight. Even a modest reduction in weight, as little as 10%, can dramatically decrease your chances of having a stroke or heart attack. Avoid fad, rush diets, losing weight slowly is better for your health than losing it all at once.
7. Set aside some time every day to relax. Stress can cause blood pressure to rise in the short-term.

