



the SEABIRD ISLAND

Sq'ewqel

# YOO HOO

*Because news isn't all bad or boring!*

[www.seabirdisland.ca](http://www.seabirdisland.ca)

April 2016

## SEABIRD YOUTH LEARNING TRADITIONAL HARVEST



*A PICTURE WORTH A THOUSAND WORDS? IN EVERY WAY! Seabird Island Band Youth cultural workers Jonny Williams and Angi Peters are offering a Traditional Harvest gathering every Thursday - a chance to educate Youth on Seabird's traditions and culture. Please turn to Pages 2,3 and 4 to find out what Youth have harvested.*



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We are also on Facebook and Twitter

## HEALTH AND WELLNESS

# Harvesting Seabird Island's



Photographs courtesy  
Rick Collins



## Book now for April Optometry Clinic


Upcoming Optometry Clinics at Seabird Island will take place April 6 and 7.

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

ARTS AND CRAFTS FROM AROUND THE WORLD



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

## HEALTH AND WELLNESS

# traditions... one healing plant at a time

The Earth is filled with millions of plants and animals. All are important – whether it be for beautification, for sustenance - as a food source - or, as a group of us found out during a hike March 10, for their healing powers.

With another spring upon us, the British Columbia rainforests which surround Seabird Island are quickly coming alive with the re-growth of plant life. What has been dormant through the winter months is now green, and sprouting buds.

“There’s so many plants out here that we could just pick and eat as we’re walking. They say, that’s the strongest - when everything’s new. It is change of season, and all the new plants are growing,” said Seabird Island Band Youth cultural worker Jonny Williams, who led an excursion into the forest March 10. “It starts now and continues through the summer. This is just the beginning.”

In conjunction with spring, this was the inaugural Youth Resiliency Traditional Harvest gathering. Also on the trip was Seabird Elder Andy Louie, Community Services Program Manager Angie Chapman, Anne Russell, Manager of Communications and Media at University of the Fraser Valley, and photographer Rick Collins.

We were in search of Devil’s Club – and stumbled upon some Polypodium Glycyrrhiza, and Urtica dioica in the process. Don’t bother attempting to pronounce them. Their more-common names - licorice fern, and stinging nettle, will be used in the following paragraphs.

As we began our trek up the path toward Bridal Falls, Jonny stopped beside a mammoth maple tree, and pointed to some ferns growing out of some moss billowing out of the side of the tree. We had located licorice fern, an evergreen fern native to western British Columbia.

“It only grows in the moss that grows on maple trees. It’s good if you have a sore throat. As a drummer, that’s one of the

main things I use for my sore throat. It helps me sing all the time,” explained Jonny, who had Youth cut off the fern, which was harvested for its root. “It’s a licorice root. So you can make a tea out of it, or put it in your mouth and chew and let all the medicine sit in your mouth, and go into your throat. It does a lot. It does help other things. When you make your teas, it’s good for your body.”

I took about an inch of the root and popped it into my mouth. The first couple of bites provided a strong licorice taste – and was soothing on my throat.

We also found stinging nettle in the area. The plant has a long history of use as a source of medicine, food and fibre. My only previous contact with stinging nettle came while golfing at Bridal Falls, after hitting my ball into the bush. Angie was kind enough provide me with a sample. The leaves were stripped off carefully, and, most importantly, rolled up in a ball to avoid getting stung. The taste was similar to celery.

Having successfully located edible roots and leaves, we continued our walk along the path up toward Bridal Falls in search of Devil’s Club. Eventually Jonny spotted the shrub hidden in some undergrowth 30 feet off the path.

“The ones we found on the ground - that was the root. The root holds a lot of medicine. You can shave it and take the inner bark out – and you can make tea or salves or creams,” explained Williams. “Or you can just boil it up as a tea – and it’s good as an anti-inflammatory. The main thing I was always taught about it is that it’s good for arthritis. That’s what I used to pick for my grandpa. He suffered from arthritis, so I’d pick it for him and he would make it into a capsule and take as a pill.”

Devil’s Club is layered with noxious and irritating spines, which had to be scraped off with a knife. The Youth on the hike all helped out, locating these plants, and preparing them for consumption.

“It’s important for Youth to give back to the land, and learn from the land. Our Elders’ way of teaching was by getting out and doing it – so you’re hands-on looking at it, seeing it, touching it and smelling it – as opposed to opening up a book, and saying, this is this,” said Williams. “That’s the importance - to get out there. You learn more, and you’re able to retain it longer. If you’re there doing it, that’s going to stay in your memory because it’s going to become that memory. Instead of reading about it, and after reading about it, you’re going to forget about it. So, we’re out there, and hands on. My mom always tells me stories. She grew up on Peters Rd. And that’s where my granny lived. She would take her out every single day, and that’s the way she taught my mom was pointing out all the plants. This is what you use to make a tea, or this is what you use to make a cream. She even taught her some potions. One was a love potion. She said, if you ever want someone to love you, a man or a woman – you give them this. Our old people knew how to do all that stuff.”

Along with the healing properties these plants can provide, there’s another aspect to take into account - survival in the wild.

“Our Elders know about what’s safe to eat and what’s harmful. Kids nowadays don’t know that. To bring them out and re-introduce them to that lifestyle – so if they ever want to go camping, they will understand how to survive out there. We did the survival training course too - and then to incorporate this into the mix, and show them some of the foods that they’re able to eat - means they’ll never starve if they know what to eat.”

And Williams has a strong desire to help pass these teachings down to Seabird Youth.

The Youth Resiliency Traditional Harvest takes place every Thursday. Youth are encouraged to be at the Band Office by 3:30 p.m. to attend the gathering.

Dale Cory, Communications Officer





## Traditional Harvest allows Seabird Youth to discover their roots

*Written by: Trevor Schultz, Seabird Island Band Member/Employment, Training and Social Development student*

The cedar tree is one of the most treasured aspects of the forests surrounding Seabird Island. During any given day, all of us walk past a cedar tree. But are you aware of its many important properties, and its ways of giving back?

During a recent Traditional Harvest gathering – part of the Youth Resiliency Project, a group of us ventured into the woods to find out more about a tree important to the traditions of Seabird.

Youth cultural workers Jonny Williams, and Angi Peters led a small group of youth, including Michael Joseph and myself, on a hike up Bridal Falls in search of cedar stumps. Eventually we split off the main trail and ventured into the forest once Jonny pointed out which stumps were cedar.

We tore away at some of the wood which had a very dark red shade to it. As we tore away at the wood, removing large chunks of the tree, I noticed that the old stump was completely void of insects. Jonny pointed out that the cedar tree serves as a natural insect repellent.

My hands were covered with a red dust from the cedar. Jonny told me then that it was often used for Aboriginal art and they would rub that red dust on cave walls. It served as a kind of paint.

“These are the kind of things you can’t learn from reading or watching TV,

you have to go out and experience it in person,” stated Williams.

The purpose of the trip was for Youth to experience and learn more about the traditions that were taught a long time ago, and what the cedar tree can offer.

Eventually, Jonny will dry out the cedar and to crush it into dust. The dust can be used to rub on one’s skin. Once rubbed on the skin, the cedar has many spiritual uses and properties. If the Cedar is rubbed on different parts of your body it helps protect from spirits and keep away negative and bad emotions from entering one’s body. It serves as protection.

Jonny talked about the importance of the wilderness and what it can offer to a person. As a native Youth, I can express first hand how much I take it for granted and how much it can offer from a traditional stand point. As a child I was never taught about the many uses of Cedar and how it can be used. Jonny talked about how Cedar was used in all the different ceremonies and how it was used to ward off bad emotions and keep away spirits.

One of the reasons Seabird arranged these trips is to get more Youth connected to the land. After all, for an Aboriginal to know about their heritage and to be familiar with the land, was considered a necessity in the past.

A century ago, having an understanding of which plants were used for medicine

and which could be touched or ingested would be of great benefit for anyone to have a working knowledge of.

Michael Joseph is proof the Youth Resiliency Program is having a positive effect among Seabird Youth.

“I want things to change, I’m bored of always staying at home. I just want things to change.” expressed Michael.

The Cedar tree has been used in the native culture for a long time and has had a very large impact on the Aboriginal people. The Cedar tree is often referred to by the aboriginal people as being the cornerstone of the Northwest aboriginal culture because of all the uses it has to offer.

“A lot of the communities and families forget that we need that protection during a time of loss, or where ever we walk. People use to put that temelh on for protection. It’s something we want to bring back and get the Youth to learn,” said Williams.

Cedar can be used for making buildings and weapons because it has a natural resistance to decay. It’s also very durable and flexible. It also has many different medicinal uses. It can be used as an anti-fungal for nails. It also has many antiviral properties. Cedar can also be used to make everyday objects. The bark can be utilized to weave clothing and also make baskets. They would also utilize the wood to make items such as canoes and paddles.

## Giving “Back to the Land”

Two Seabird Island Band Members - Taylor Starr and her mom Gail Starr - participated in a Youth Leadership workshop Feb. 9-14.

The focus of this year’s workshop, held at the RCMP Training Academy in Regina, Sask., was on vulnerable and Aboriginal communities.

This workshop allowed the candidates to identify youth crime and victimization issues in their communities, build leadership skills through interactive training sessions and develop an action plan to address identified issues.

“Going to the youth conference was a very eye-opening experience. My mom and I learned so much about other communities across Canada, how almost all of the communities just wish that they had a place to go like a community centre, or even to have a small basketball or soccer team,” offered Taylor of her experience. “It was very heart breaking to hear the stories that the youth were telling us about drugs and alcohol abuse, even starvation, and how they want to



make the community a better place for everyone.”

There was a police officer and a youth from every province and territory in Canada. Taylor says she learned a great deal from the youth who live in other parts of Canada.

“Listening to these stories really motivated my mom and I to make a big difference in our community, and to make our community a better place to bring the youth back to the land. We don’t want our youth to lose any tradition from knowing natural herbs and medicines to how to fish with a dip net or a set net,” stated Taylor. “We want to bring these teachings back into their lives, so they can teach their children and even their

grandchildren all that nature has to offer. Going to Regina to learn and talk about our community was the best thing that my mom and I could do to help our youth.”

Taylor also learned that all the youth including her have one goal in mind, which is to stop the alcohol and drug abuse among youth in their communities.

Taylor and Gail are working on their own action plan - “Back to the Land” - with the goal of bringing it back to the Seabird community.

Taylor and Gail will continue to work at finalizing their action plan and present to their community in the spring.

*Taylor Starr, Seabird Island Band Member*

## Junior Leadership Program and Traditional Harvest among Youth initiatives

- The Junior Leadership Program begins Monday, April 4 for Seabird Island Youth 10-12 years old. This is a six-week program focusing on one area of learning, and takes place every Monday from 3-5 p.m. The first program learning topic is Traditional Medicines. On the last day of the program, we will celebrate with a parent potluck and certificates will be given out to participants.
- Seabird Youth will also get together for a Youth Resiliency Traditional Harvest every Thursday from 3:30 p.m. to 5:30 p.m.

**For more information on these initiatives, contact Angi Peters or Jonny Williams at 604-796-0198.**



**JUST A HOP, SKIP AND A JUMP... Seabird Island Community School held its Jump Rope for Heart fundraiser Mar. 16. Students were out in the Seabird community the week prior collecting donations. SICS students and staff would like to thank everyone for their support.**



# Meet Liz Point: Health Services Program Manager, Health and Social Development Department

## 1. Why does Seabird Island Band need a Health Services Department?

Seabird needs Health Services because there is such a vast array of people living in this community, approximately a population of 900 with ages from newborn babies to elderly close to 90 years of age. Within this population are pre and post natal moms, babies, infants, toddlers, school age children, young and older adults, and elders. All these generations need support from health services, in part because of the hardships that have come because of our colonial history.



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

A typical work day for me is a continuous day with very little down time. I am either doing reports or scheduling six home support worker between 30 clients. I have an open door policy where staff (CHRs/nurses) can come see me whenever any issues arise, which some days are non-stop. The Health team looks after 15 other communities as of today and possibly more in the future

## 3. What is the most important task you perform?

I don't believe that any of the tasks I do are more important than other tasks, they all have to be done and are all equal.

## 4. What challenges do you face performing your duties?

One of my challenges seems to be that there is not enough time in a day; there is continuously always more to do!

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

My education is a Bachelor's of Science in Nursing along with an Aboriginal Health and Community Administration Certificate that helps me with the business aspects of health care and in

building capacity and strengthening leadership amongst our staff. I have also had other management and leadership training.

## 6. What do you enjoy most about your role?

First of all, my role is to ensure each generation of people has some form of support. For pre and post natal moms, and newborn babies we have the Maternal Child Health program. For School Health, we have a public health nurse who goes to the school to provide pre-teen and teen health education and all school immunizations. Some of our clients are living with chronic or acute illnesses. I make sure these people are seen by a home care nurse and get home support if needed. One of our key programs is our Diabetes and Nutrition program. We provide comprehensive care to people with diabetes and hold workshops every month for support and education. Finally, we have a communicable disease nurse who promotes immunizations, sets up flu clinics and TB screening, and provides public education and individual support around diseases like HIV and Hepatitis. A new program is Women's Health. We've tried to cover everything. Let me know if you have ideas for service improvement.

What I enjoy about my role is to be able to be involved in all these different programs. I provide overall guidance to these health programs. I ensure that the programs are run smoothly and everyone knows what and where their place is in the various health programs.

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

I have an open door policy so that any Staff can come and talk with me whenever they have any questions or concerns. My goal is to keep Staff as stress free as possible I have always liked my job as a nurse and as a manager, and now and then I do get some thank you's from staff and community members. This always makes my day.

## 8. What does Liz Point do when she is not at work?

Aside from my work here at Seabird I do dragon boating war canoe racing and enjoy hikes in beautiful Stó:lō territories. Last week, I left for Australia to compete in the World National Dragon Boat Championship races. Wish me luck, I am looking forward to bringing home the Gold!

*Thanks for your time Liz - and good luck at the World Championships.*

## SEABIRD ISLAND BAND HOUSING WAITLIST April 2016



### 1 Bedroom

1	04202015-1017
2	10262015-1022
3	12222015-1023
4	01042016-1025
5	01112016-1026
6	01282016-1027
7	02192016-1028
8	02222016-1029

### 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.

### 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

### REMINDER!

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

### 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

## Seabird Island Band staff amped up over electricity

We never stop learning.

And as much as the Seabird Island Public Works and Housing Department staff already know and understand about their jobs, there's always room for more knowledge.

So, for three days during the middle of March, BC Housing staff were at the Seabird Island Band Office to conduct a course based on teaching some of the most-basic skills.

"This is really a problem solving course. We look at appliances, and we look at all electrical things you're going to find in your homes – and the typical problems," said Jim Sawyer from BC Housing. "With them learning how to use the tools more, and

basically understanding how the electrical current flows, they will know to look upstream from a problem that they may not have understood before. It's an overview on troubleshooting. Often it's simple things that are wrong."

For the nine staff members who took part in the very-hands-on classroom instruction, it was a chance to get a better understanding of the issues they may face on the job, and how to negate the problem.

"The main thing was checking for loose connections, and why things don't work. They taught us how to backtrack and troubleshoot," said Scotty McNeil. "I've always been telling my guys that when you understand how something

works, it makes it so much easier to fix because they have a good understanding. It's not just turn the light on and off or change a light bulb. It's good to know it's more than just power coming out of the wall.

And that "power coming out of the wall" was the main focus of the final day, when the three instructors from BC Housing took the Seabird Island crew into the gym, where they faced a test of sorts. In front of them were four framed and wired walls.

"What we've done is we've tampered with these walls. We've created problems and we've given them tools to go and diagnose those problems," explained Sawyer. "If you understand how to use your

tools, you can generally do problem solving."

McNeil explains what his crew dealt with during the test.

"We had to backtrack to fix them and see where the fault was and fix them. They had two or three different scenarios we had to go through. I think all the guys found it pretty useful. It makes it a lot easier to understand when they do it hands on. It was a really beneficial course. It's good to pick up little tricks and learn how to use the tools properly."

It all means the people renting homes in Seabird Island, along with the many facilities the Band runs, are in better hands - with better minds.

*Dale Cory, Communications Officer*



## SEABIRD ISLAND ELDERS



**THE HEALING PROPERTIES OF PLANTS THE FOCUS OF MARCH ELDERS COLLEGE...** Seabird Island Band Community Member Don Froese was the guest speaker at Elder College March 16. Froese spoke to Elders about the many plants growing on Seabird Island, and the healing benefits they can provide to us all. Don says he learned early in life from his family Elders that: 'A tree was not a tree - it was anything from food to medicine to shelter'. Froese showed off some of the plants he picked prior to his presentation, such as stinging nettle, from which there are roughly 30 things one can make, to fiddle heads, licorice root, and cottonwood oil.



### Upcoming Elders events:

**April 25** - Second Hand Shopping and Lunch

**May 6** - Mother's Day Tea at Seabird Island Community School

**May 16** - Dinner and Movies at Eagle Landing

**June 11** - Arts Under the Umbrella on Chilliwack's Mill Street

**June 27** - VanDuesen Botanical Garden in Vancouver

**July 11-14** - Elders gathering; still discussing options

## 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

## Iyem Memorial

Please come and join us for this special event!

Yale First Nation's  
Restoration of the Iyem Monument Ceremony will take place  
(Near Bell Crossing)

**April 9th, 2016**  
Start 10:00am

Lunch Provided

This is the original wording from the old plaque

### EAYEM MEMORIAL

1938 A.D.  
Erected By

### THE STALLO INDIANS

IN MEMORY OF MANY HUNDREDS OF OUR  
FOREFATHERS BURIED HERE. THIS IS ONE OF  
SIX ANCIENT CEMETERIES WITHIN OUR FIVE  
MILE NATIVE FISHING GROUNDS WHICH  
WE INHERITED FROM OUR ANCESTORS  
**R.I.P**

Please Note: Due to lack of parking space we encourage car pooling



BC TREATY  
COMMISSION



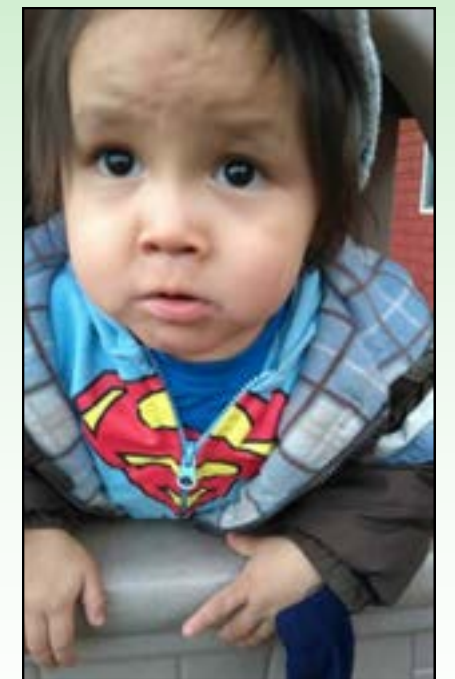
For more information: Pedro Moreno 604 869 0013 [pmoreno@yalefirstnation.ca](mailto:pmoreno@yalefirstnation.ca)



The Parents and Tot's program welcomed the Spring month of Welél'es. Look at the families playing, learning and having fun together!



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



Thank you to the families who shared their time and came out to support the Parent and Tot families.

Submitted by Tracey Bonshor, Program Coordinator



## Seabird Community Calendar of Events – April 2016

(S) Sxexlhath	(M) Yila:welhat	(T) Sthemelts	(W) Slhi:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
	<p style="text-align: center;"><b>PLEASE NOTE:</b> <b>Safety is a priority!</b> We need to keep staff safe so we can keep providing you with delivery services. <b>On delivery days to the community,</b> please ensure your pets are inside or chained-up away from the door in order to receive your deliveries.</p>	<p style="text-align: center;"><b>Pre/Post &amp; Prenatal Circle</b></p> <p style="text-align: center;"><b>Who can attend?</b> *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;"><b>EMPLOYMENT &amp; TRAINING DEPARTMENT WORKSHOPS</b></p> <p style="text-align: center;"><i>PLEASE CALL 604-796-6865 OR COME SEE US IN THE OFFICE TO SIGN UP FOR ANY UPCOMING WORKSHOPS</i></p>	<p style="text-align: center;"><b>PLEASE NOTE:</b> <b>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.</b></p>	<p style="text-align: center;"><b>1</b></p> <ul style="list-style-type: none"> <li>• Legal Clinic -book apt. 604-491-6687 or 604-625-2580</li> <li>• OOSC Open</li> <li>• Language Sessions 1-2 p.m.</li> <li>• Youth Conference 13-18 yr</li> <li>• Someone So Small</li> </ul>	<p style="text-align: center;"><b>2</b></p> <ul style="list-style-type: none"> <li>• Youth Conference 13-18 yr</li> </ul>
<p style="text-align: center;"><b>3</b></p> <ul style="list-style-type: none"> <li>• Youth Conference 13-18 yr</li> </ul>	<p style="text-align: center;"><b>4</b></p> <ul style="list-style-type: none"> <li>• OOSC Open</li> <li>• Junior Leadership 10-12 yr 3-5 p.m.</li> <li>• Walk/Run Training Group 4 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	<p style="text-align: center;"><b>5</b></p> <ul style="list-style-type: none"> <li>• Girls Group 7-18 yr 3-4:30 p.m.</li> <li>• <b>SICS Back to School</b></li> <li>• Elders Monthly Meeting</li> <li>• Lands Bannock &amp; tea 10-3 p.m.</li> <li>• Youth 13-18 yr Drop-in Closed</li> <li>• Dental and Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	<p style="text-align: center;"><b>6</b></p> <ul style="list-style-type: none"> <li>• Optometry Clinic -book apt. 604-796-6842</li> <li>• Wellness Center Pancake Breakfast 9-10:30 a.m.</li> <li>• Youth 13-18 The Price is Right 4-7 p.m. Potluck Snacks</li> <li>• A-Pals</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Elders College</li> </ul>	<p style="text-align: center;"><b>7</b></p> <ul style="list-style-type: none"> <li>• Optometry Clinic -book apt. 604-796-6842</li> <li>• Youth Resiliency 13-18 yr 3-5 p.m.</li> <li>• Youth Pulse 5-7 p.m.</li> <li>• SICS High School Term 3 Reports</li> <li>• Walk/Run Training Group 4 p.m.</li> <li>• Youth Fitness 4-7 p.m. Potluck Snacks</li> <li>• Elders Meeting</li> <li>• Elders Bake Sale and Social Gathering</li> </ul>	<p style="text-align: center;"><b>8</b></p> <ul style="list-style-type: none"> <li>• Language Sessions 1-2 p.m.</li> <li>• Youth Drop-in 10-12 yr 3-6 p.m. 13-18 yr 6-9 p.m.</li> <li>• Someone So Small</li> </ul>	<p style="text-align: center;"><b>9</b></p>
<p style="text-align: center;"><b>10</b></p>	<p style="text-align: center;"><b>11</b></p> <ul style="list-style-type: none"> <li>• Junior Leadership 10-12 yr 3-5 p.m.</li> <li>• Walk/Run Training Group 4 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	<p style="text-align: center;"><b>12</b></p> <ul style="list-style-type: none"> <li>• Boys Group 7-18 yr 3-4:30 p.m.</li> <li>• Youth Council - Potluck Snacks 4:30-7 p.m.</li> <li>• Dental and Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	<p style="text-align: center;"><b>13</b></p> <ul style="list-style-type: none"> <li>• <b>Open House 10 a.m. - 6 p.m.</b></li> <li>• Wellness Center Pancake Breakfast 9-10:30 a.m.</li> <li>• Youth Workshop Wednesday 4-7 p.m. Potluck Snacks</li> <li>• P&amp;T Family Night</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Elders College</li> </ul>	<p style="text-align: center;"><b>14</b></p> <ul style="list-style-type: none"> <li>• Youth Resiliency 13-18 yr 3-5 p.m.</li> <li>• Youth Pulse 5-7 p.m.</li> <li>• Walk/Run Training Group 4 p.m.</li> <li>• Youth Leisure Center 4-7 p.m. Potluck Snacks</li> <li>• SSCDP Family Night</li> <li>• Elders Bake Sale and Social Gathering</li> </ul>	<p style="text-align: center;"><b>15</b></p> <ul style="list-style-type: none"> <li>• Language Sessions 1-2 p.m.</li> <li>• Youth Drop-in 13-18 yr 5-9 p.m.</li> <li>• Movie Night Youth 10-12 yr</li> <li>• Someone So Small</li> <li>• <b>Yoo Hoo Delivery 8-1 p.m.</b></li> </ul>	<p style="text-align: center;"><b>16</b></p> <ul style="list-style-type: none"> <li>• Council Meeting</li> </ul>
<p style="text-align: center;"><b>17</b></p>	<p style="text-align: center;"><b>18</b></p> <ul style="list-style-type: none"> <li>• Junior Leadership 10-12 yr 3-5 p.m.</li> <li>• Walk/Run Training Group 4 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	<p style="text-align: center;"><b>19</b></p> <ul style="list-style-type: none"> <li>• Girls Group 7-18 yr 3-4:30 p.m.</li> <li>• Youth and Elders 4:30-7 p.m.</li> <li>• Dental and Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	<p style="text-align: center;"><b>20</b></p> <ul style="list-style-type: none"> <li>• <b>Band Quarterly Meeting</b></li> <li>• Youth Culture / Craft Night 10-12 yr 3-5 p.m. 13-15 yr 5-7 p.m.</li> <li>• Wellness Center Pancake Breakfast 9-10:30 a.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Elders College</li> </ul>	<p style="text-align: center;"><b>21</b></p> <ul style="list-style-type: none"> <li>• Youth Resiliency 13-18 yr 3-5 p.m.</li> <li>• Youth Pulse 5-7 p.m.</li> <li>• <b>SICS School Naming Ceremony</b></li> <li>• Walk/Run Training Group 4 p.m.</li> <li>• Chief and Council Meeting</li> <li>• Elders Bake Sale and Social Gathering</li> </ul>	<p style="text-align: center;"><b>22</b></p> <ul style="list-style-type: none"> <li>• <b>School Language Translation Contest</b></li> <li>• Language Sessions 1-2 p.m.</li> <li>• Youth Drop-in 10-12 yr 3-6 p.m. 13-18 yr 6-9 p.m.</li> <li>• Someone So Small</li> </ul>	<p style="text-align: center;"><b>23</b></p>
<p style="text-align: center;"><b>24</b></p>	<p style="text-align: center;"><b>25</b></p> <ul style="list-style-type: none"> <li>• Elders Outing: thrift shopping &amp; lunch</li> <li>• Junior Leadership 10-12 yr 3-5 p.m.</li> <li>• Walk/Run Training Group 4 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	<p style="text-align: center;"><b>26</b></p> <ul style="list-style-type: none"> <li>• Boys Group 7-18 yr 3-4:30 p.m.</li> <li>• Youth Council 15-18yr 5-7 p.m.</li> <li>• Dental and Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	<p style="text-align: center;"><b>27</b></p> <ul style="list-style-type: none"> <li>• Legal Clinic -book apt. 604-491-6687 or 604-625-2580</li> <li>• Wellness Center Pancake Breakfast 9-10:30 a.m.</li> <li>• Youth Family Potluck 5-7 p.m.</li> <li>• Youth Culture / Craft Night 13-18 yr 3-5 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Elders College</li> <li>• <b>Income Assistance Cheque Day</b></li> </ul>	<p style="text-align: center;"><b>28</b></p> <ul style="list-style-type: none"> <li>• Youth Resiliency 13-18 yr 3-5 p.m.</li> <li>• Youth Pulse 5-7 p.m.</li> <li>• Walk/Run Training Group 4 p.m.</li> <li>• Youth Fitness 4-7 p.m. -Potluck Snacks</li> <li>• Elders Bake Sale and Social Gathering</li> </ul>	<p style="text-align: center;"><b>29</b></p> <ul style="list-style-type: none"> <li>• Language Sessions 1-2 p.m.</li> <li>• Youth Drop-in 13-18 yr 5-9 p.m.</li> <li>• Someone So Small</li> <li>• <b>Yoo Hoo Delivery 8-1 p.m.</b></li> </ul>	<p style="text-align: center;"><b>30</b></p>



## Seabird Island Diabetes Conference a huge success

As Val Thomson checks out the graffiti wall, she can't help but be impressed with the many encouraging remarks left by delegates. The first-ever Diabetes Conference hosted by Seabird Island Band was coming to a close, and Thomson, Fitness and Nutrition Educator at Seabird Island, and chair of the event, was taking a moment to reflect on what had been accomplished.

More than 150 people - Seabird Island Band and Community Members, along with Members from the First Nations Communities which receive health care from Seabird Island - attended the event. All appreciated the knowledge they gained from the Conference and especially, the speakers.

"There's two things that really struck me," offered Doug Kelly, a Chief of the Stó:lō Tribal Council, and MC for the Conference. "First, that people are enjoying learning, and that's really what this is - an opportunity to learn about what they need to do to manage their Diabetes, and that there's things they can do. It's not a death sentence. There's things they can do. So that's number one. Number two, if you don't have Diabetes, then you're learning about what you need to do to prevent Diabetes. Those are a couple of things that struck me."

Nutrition tips, exercise and speed



screening to test for various health ailments were all part of what delegates took part in through the two days.

"I really enjoyed listening to the speakers who have Diabetes," responded Winnie Seymour when asked what she learned during the Conference. "Just getting motivated, and changing my eating habits, and, the fact there's a lot that I am doing right."

The conference proved to be of benefit to everyone who attended.

"They're learning from Mrs. Pudding, from Dr. Hister, from Dr. Lyons, the message is being delivered in so many ways," summarized Kelly. "I also think they're enjoying talking with one another, and supporting one another. We're not alone, we're in this together, and we can support one other, encourage one another, and help one another. So I think it's been really good."

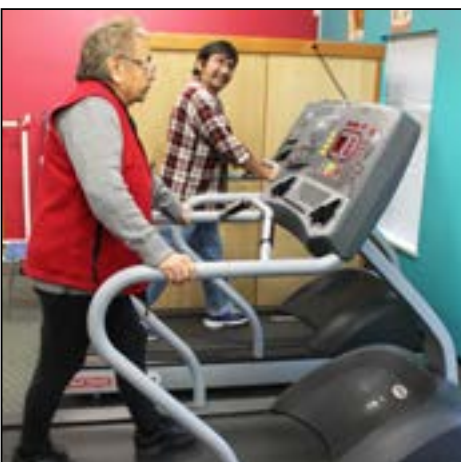
Overall, Thomson was pleased with the outcome, and even hints at hosting

another Diabetes Conference next year.

"It worked! A big thanks to all of the health team who looked great in their red shirts, especially on the dance floor! It is quite amazing to think of what was accomplished in two days. What I was most pleased with was that the conference attendees participated in everything. The yoga/fitness classes, cooking classes, speed screening, kidney screening and dancing. Many participants said they were a little sore from all of the physical activities and they seemed proud of it," said Thomson. "Mrs. Pudding, Dr. Art Hister and Dr. Michael Lyon all gave entertaining and informative presentations. I think that the only complain that I received was that there was no salt on the table - an oversight that I was okay with. The feedback was so positive that I think by next year we might be ready to do this again."

Let the planning begin...

Dale Cory, Communications Officer



## For Sue Schaefer – proof there can be life *with* Diabetes is in the *pudding*

She was informative. She was educational. She was inspirational. And she was downright hilarious.

When Sue Schaefer took the microphone for the keynote address during the opening day of the Diabetes Conference March 8, she did so in full Mrs. Pudding character – old frumpy dress with padded pillow perfectly situated around her mid-section, wig and hat, big round glasses, long stockings stretching to her knees, and...yes, sandals.

And of course, there was an accent only a grandmotherly 'Wilhelmina' could possess.

'Laugh and Learn with Mrs. Pudding' is on her business card, and on her website.

That describes perfectly the treat delegates were in for during the one-hour presentation from Schaefer.

"Mrs. Pudding is a diabetes educator who inspires, motivates and educates with humour. Laugh and learn is the motto here," is how Schaefer's website describes her alter-ego.

It all starts with one word - H-E-A-L-T-H-Y – which allowed her to break down the many barriers associated with Diabetes.

Schaefer, err, Mrs. Pudding, explains.

"The big thing to remember is the foundation – Healthy Eating and Active Living. Make that the normal, and part of every day. Smoking is a biggie. It's a big killer. You want to make sure that you're Testing so you know where your numbers are, and you want to have part of your team and part of care is the exams – eye exams, foot exams, getting your heart checked and the blood work and all that good stuff, and getting the kidneys checked out. And I think the part about the heart – if we can all remember to be Heart smart. But we also need to remember to connect. We need the importance of love and relationships and how that helps our health. And really, the Y is about You. You are the most important part. Nobody can do this for you. It wasn't fair, and it wasn't your fault, and you don't have to like it. But they are your cards, and we play them the best that we can. So, that's really the message."

Schaefer was asked to explain the importance of presenting this

message from a personal standpoint.

"I think it's important because the way I present it with humour, and storytelling and just being real, that people connect, and people can see themselves in me and they look up and think geez, if that old lady can do it, maybe I can do it. So, that's what I hope comes from all this. That's what I think is important – that the message is sent with love, received with love, and I think that's what has the impact.

Schaefer quickly builds a strong rapport with her audience – which leads to some very interesting comments.

"My best story was in a small community, and everybody is sitting around me, and one little lady, she turned to the nurse as I'm doing the presentation, and she said, 'Did you tell her my story?' People just relate, and they want to relate. Like Chief Kelly was saying about the little nurse who was yelling at him. That might have had an impact, but you're connecting on a different level. You're connecting with something that's maybe a little more realistic or doable for you, and that's what I think is important."

To wrap up my discussion with Mrs. Pudding, I asked her to offer the most important message she can get across to someone in the same situation.

"That it's not your fault. Get out of denial-betes. You've got to accept it to move on. What we're asking people to do with diabetes is what we're asking everyone to do. We're not asking you to go stand on your head and be a swami in the corner. We're asking you to embrace healthy eating and active living as a foundation. That's what we're asking people. That doable. It's not easy. But it's doable. And that's going to help them in all different realms of life – not just Diabetes."

And with the, Mrs. Pudding was off and running to make her next presentation to a group eager to hear her message, and eager to live life to its fullest – even with Diabetes.

Dale Cory, Communications Officer





# The ABCs of Diabetes - What you need to know

Today, there are more than 10 million Canadians living with diabetes or prediabetes. With more than 20 Canadians being newly diagnosed with the disease every hour of every day, chances are that diabetes affects you or someone you know.

## What is Diabetes?

Diabetes is a chronic, often debilitating and sometimes fatal disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. Insulin is a hormone that controls the amount of glucose (sugar) in the blood. Diabetes leads to high blood sugar levels, which can damage organs, blood vessels and nerves. The body needs insulin to use sugar as

an energy source.

## What is the pancreas and what does it do?

The pancreas is an organ that sits behind the stomach and releases hormones into the digestive system. In the healthy body, when blood sugar levels get too high, special cells in the pancreas (called beta cells) release insulin. Insulin is a hormone and it causes cells to take in sugar to use as energy or to store as fat. This causes blood sugar levels to go back down.

## What is type 1 Diabetes?

Type 1 diabetes occurs when the immune system mistakenly attacks and kills the beta cells of the pancreas. No, or very little, insulin is



released into the body. As a result, sugar builds up in the blood instead of being used as energy. About five to 10 per cent of people with diabetes have type 1 Diabetes. Type 1 diabetes generally develops in childhood or adolescence, but can develop in adulthood.

Type 1 diabetes is always treated with insulin. Meal planning also helps with keeping blood sugar at the right levels.

Type 1 diabetes also includes latent autoimmune diabetes in adults (LADA), the term used to describe the small number of people with apparent type 2 diabetes who appear to have immune-mediated loss of pancreatic beta cells.

## What is type 2 diabetes?

Type 2 diabetes occurs when the body can't properly use the insulin that is released (called insulin insensitivity) or does not make enough insulin. As a result, sugar builds up in the blood instead of being used as energy. About 90 per cent of people with diabetes have type 2 diabetes. Type 2 diabetes more often develops in adults, but children can be affected.

Depending on the severity of type 2 diabetes, it may be

managed through physical activity and meal planning, or may also require medications and/or insulin to control blood sugar more effectively.

## What is gestational Diabetes?

A third type of diabetes, gestational diabetes, is a temporary condition that occurs during pregnancy. It affects approximately two to four per cent of all pregnancies (in the non-Aboriginal population) and involves an increased risk of developing diabetes for both mother and child.

## What are the complications of diabetes?

Having high blood sugar can cause diabetes-related complications, like chronic kidney disease, foot problems, non-traumatic lower limb (leg, foot, toe, etc.) amputation, eye disease (retinopathy) that can lead to blindness, heart attack, stroke, anxiety, nerve damage, and erectile dysfunction (men).

Diabetes-related complications can be very serious and even life-threatening. Properly managing blood sugar levels reduces the risk of developing these complications.

## 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

# EMPLOYMENT AND SOCIAL DEVELOPMENT

April 2016

*"What matters is the value we've created in our lives, the people we've made happy and how much we've grown as people." ~Daisaku Ikeda*



## Grocery Orders

All orders need to be in by  
April 8th 2016

Will be delivered on  
April 15th in the after noon

## Employment Plans

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

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

Can you please insure your tenancy agreement is up to date.

Tax Season is here. Are you ready?

Need to be done A.S.A.P

Can book you appointment with Allan Marchand through the front desk downstairs or see us up here.

## Driving School Achievements

### February

Lesson - 35  
N test Pass - 3  
N test Fail - 2  
L test Pass - 1



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

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

## Income assistants

- Renewals need to be in by April 15th 2016
- Cheque day is on April 27th 2016
- Please bring in Utility Bills

They need to be handed in each month



## Seabird dental encourages you to think Oral Health for Total Health!

If your head was bleeding when you brushed your hair, or your hands bled when you washed them, what would you do? Probably be alarmed and visit your doctor. Am I right?

Well you should take your gums bleeding just as seriously! Visit your dentist or hygienist as this is not normal or healthy.

Although the mouth is part of the body, we often think of it as something separate. We often ignore bleeding or tender gums, while an irritation or pain elsewhere in the body would mean a trip to the doctor.

Poor oral health can affect a person's quality of life. Oral pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes. These oral health problems can reduce a person's quality of life by affecting their physical, mental and social well-being.

The reality is that oral health problems could be a sign of something serious such as oral cancer, or other medical conditions such as diabetes or heart disease.

### Top 10 ORAL HEALTH TIPS

1. Brush at least twice/day for 2 minutes
2. Clean in between your teeth! (floss, proxy brushes, or ask us about alternatives- yes! There are 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

Everything that happens in your mouth affects your whole body, which is why it is so important to visit your dentist and dental hygienist regularly.

Prevention is key! This means what you do on a day to day basis as well as seeking regular professional care.

Dr. Luke Cockerham, Dr. Marwa Salman, Dr. Amro Latif, Stephanie (hygienist), and all the staff at Seabird dental are committed in providing you with quality professional care, meeting your individual needs. We have customized our clinic care to include walk in services, sedation services, early or late appointments, non-injection anesthetic (for cleanings), etc.

If you want to learn more please come talk to us!

You can find Seabird Island dental online and on Facebook!

Our staff take pride in getting to know you and your families, and help with your oral health needs!

*Stephanie Honey, Seabird dental Hygienist*

# 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.

## Executive Assistant for Health & Social Development Director

**Closing Date:** April 8, 2016

**Type Full Time**

Under the direction of the Health and Social Development Director, the Executive Assistant shall provide administrative and executive secretarial duties in support of the Health and Social Development Department. This position assists with all matters of an immediate, administrative and task oriented nature.

## 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.

## Administrative Assistant for Employment Centre

**Closing Date:** April 8, 2016

**Type Full Time**

The Seabird Employment and Social Development Center requires an Executive Employment Assistant, Employment Centre. 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 term position with funding through March 31, 2017, with the possibility of renewal.

## Employment Advocate

**Closing Date:** April 8, 2016

**Type Full Time**

The Employment and Training Advocate is responsible for working with clients one on one and in small groups to assist clients

overcome one or more barriers that are inhibiting their ability to gain employment. Clients will range from 19-24 years of age. The successful candidate will provide education, information and assistance to clients on all aspects of employment, education, training, and life career planning. The Employment and Training Advocate take a hands on approach to assisting their clients in finding employment including building relationships with potential employers. This is a term position with funding through March 31, 2017, with the possibility of renewal.

**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 on-line submission. If you have not received confirmation please contact us at [humanresources@seabirdisland.ca](mailto:humanresources@seabirdisland.ca)*

## Halq'eméylem Word Search

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- Island – tl'chás
- Gum – th'eth'am
- Dusk – só:yel
- Blood – scholéxwem
- Eagle – sp'óq'es
- Beautiful – éyqwlha
- Garbage – sqel:ép
- Plow – shxwt'éxelep
- Silver – xéts'xel
- Slosh – qw'át'ts'em
- Rust – sts'ápexel
- Runny – lh'xwélqsel
- Valley – kwesúyexel
- Vanilla – ts'q'éyxem
- Myself – ta'á'alha
- Broke – stesó:s
- Guts – sts'elxwlwel



### 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**



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  
2.5x 3 bus card \$25.00

	<b>Full Color:</b>	<b>Greyscale:</b>
8 x 10	\$135.00	\$37.50
8x5 or 10x4	\$65.00	\$25.00
3.8x5	\$32.50	\$17.50
2.5x 3 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**

<b>Starter</b> 1/4 page colour 30 second Banner \$60.00	<b>Premium</b> 1/2 page colour 30 second Banner \$100.00	<b>Starter</b> Full page colour 30 second Banner \$140.00
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**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 15<sup>th</sup> (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 April 6-7

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.<sup>50</sup> for Band Members and \$8.<sup>50</sup> 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:**

<b>Emergency</b>	911
<b>Seabird Security</b>	604-991-8635
<b>Griffin Security</b>	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](mailto: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: 1<sup>st</sup> 100 color, and 1<sup>st</sup> 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.**

**SEABIRD ISLAND BAND ENTERTAINMENT FILE**

## X-Files 'xtras' from Seabird Island tell their story

To act in a TV show or a movie has been in many peoples dreams.

For Derek Bobb and Marshall Pennier, it's no longer a dream. The two Seabird Island Band Members have already begun their acting careers.

The television series known as the X-Files is a long running sci-fi, horror, drama based around two FBI special agents. The series stretched from 1993 till 2002 with over 200 episodes and a feature film. The show stars David Duchovny (Fox Mulder) and Gillian Anderson (Dana Scully), partners who solve supernatural cases. One of these agents is a believer in the supernatural while the other is quite skeptical, and bases everything off science.

This makes solving mysteries interesting - in that they can see everything from two separate standpoints.

Bobb and Pennier are both residents of Seabird Island and have worked for the Seabird Island Recreation Program during the summer of 2015. Their headshots were sent to a talent agency. Both got contacted and were told when and where to go for the shoot. Both played background

characters in the upcoming X-Files. They may have only had small scenes, but both were on set for about 12 hours. They were in scenes with both Mulder and Scully.

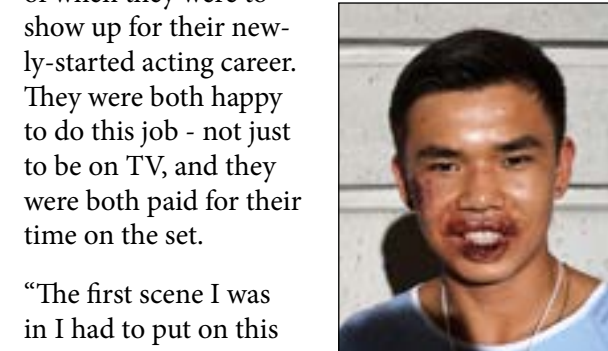
"It was fun. We met a lot of people," said Marshall. "Everyone talked to each other." Derek and Marshall were excited to be in this television series. Both received an email from Red Goddess Talent, letting them know the date and time of when they were to show up for their newly-started acting career. They were both happy to do this job - not just to be on TV, and they were both paid for their time on the set.

"The first scene I was in I had to put on this



gown and I had to act as a patient in a coma. I had to lie down in a bed. I was there for a good two hours or so," said Derek. "Then in the next part I was just a patient and I had to act feverish and they wetted my face with water. I had to look all greasy and wet and sweaty. I just had to lie there for a bit."

Marshall and Derek were on the set at Riverview for a long time. During that time they had to go through makeup. Marshall spent



Written by: Trevor Schultz, Seabird Island Band Member/ Employment, Training and Social Development student

Vancouver and various other places in the Lower Mainland.

"I think it was a good experience. Once you're there you realize the set is a pretty fast-paced production." said Derek. "They go over the scenes calmly and if they mess up or if they aren't happy with it they'll say "cut" and they will back pace all of these steps, and they will have to set up the cameras again and have to go through that long process all over again. When they go over it we all talk about it and everyone enjoys what they are doing."

The Riverview facility has been closed down since July, 2012, but is often used in movies and television series. It has been used several times in the past productions of the X-Files. There are also many dark stories to go along with the eerie building. The building even has some ghost stories to go along with it. Some believe that the building could possibly be haunted - stories which go back to when the building was a mental hospital in the early 1900s.

These two Seabird Youth have just begun a career in acting. We look forward to seeing what they have to offer.

several hours in make-up alone. He had to get scars and rashes put on his face for the part he had to play. Derek's makeup was far easier, he had to have water sprayed on his face to make it look like he was feverish and sick, and he also had to act like he was sick as well.

"I was pretty excited," stated Derek. "My dad was pretty excited. He binge-watched all of the X-Files before. He really liked it all."

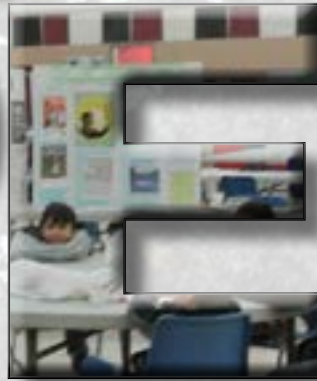
Season 10 of the X-Files debuted Jan. 24, 2016 on FOX, and consisted of six episodes, concluding Feb. 22. The scene that Derek and Marshall are in was filmed at Riverview Mental Health Facility in Coquitlam. The majority of the show was filmed in





*You are Invited to visit the*  
**Seabird Island**

**ANNUAL**



**HOUSE**

**Wednesday**  
**April 13, 2016**  
**10 a.m. - 6 p.m.**

- Visit our booths to preview all our services available for you
- Meet and talk with our staff
- Share ideas
- Pick-up Resources
- Play games
- Door Prizes

Seabird Band Office Gym  
2895 Chowat Rd.  
Seabird Island, Agassiz BC  
604-796-2177