



the SEABIRD ISLAND

Sq'ewqel

# YOO HOO

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

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

April 2017



**NUTRITION RUN/WALK SETS OFF:**  
*Check out some photos from the event on pg. 8.*



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# OPEN HOUSE

Join us April 12 from  
10 a.m. - 5 p.m. to learn  
about the services we offer  
and meet our staff.

**Easter  
Long  
Weekend**  
April 14 - 17  
Facilities  
CLOSED

## REFERENDUM INFO SESSIONS AT THE BAND OFFICE

**Draft Land Use Plan Info Sessions**  
April 12 from 10 a.m. - 5 p.m.  
April 19 from 8 a.m. - 8 p.m.  
April 24 from 6 - 8 p.m.

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**Proposed Business Park Info Sessions**  
April 12 from 6 - 8 p.m.  
April 27 from 6 - 8 p.m.

Seabird Island Lands  
Invites you to attend

## BANNOCK - AND - TEA

**April 4**  
**10 a.m. - 3 p.m.**

# Health Services Wins 2017 Cultural Diversity Award



Abbotsford Community Services revealed the recipients of the 14<sup>th</sup> Annual Fraser Valley Cultural Diversity Awards at a celebratory event in Abbotsford on March 3.

Held at the Quality Hotel and Conference Centre, the event announced the companies and individuals who showcased the most innovative environments, marketing, initiatives, strategies, and achievements.

Congratulations to all of the recipients, and nominees, of this year's awards. At this event Seabird Health Services won the award for Marketing.

Seabird Island's Health Services is committed to providing health and social programming First Nations people. Currently, they provide services via a Health Transfer Agreement to 12 First Nations communities in the Fraser Valley. Services include physicians, mental and dental health, traditional

medicine, mobile diabetes care, midwifery and community health nurses.

Their marketing is largely door-to-door, from the ground up. Their newsletter is delivered to every household, College brochures are hand delivered to every First Nations community from Lytton First Nation to Kwikwetlem to Boston Bar. Through stalwart action and commitment to improving their programs and capacity as staff and community members, Seabird has grown in reputation and success.

In addressing the whole community and the whole individual, and in including their neighbors in their services and successes, they are building a thriving viable community that is proud of what we have accomplished and boldly creating a new future for today's and for future generations.

*Article originally posted in: [www.abbotsfordcommunityservices.com/news/events/dedicated-diversity-recap-2017-fraser-valley-cultural-divers](http://www.abbotsfordcommunityservices.com/news/events/dedicated-diversity-recap-2017-fraser-valley-cultural-divers)*

**BAND GENERAL ELECTION  
FOR CHIEF AND COUNCIL**

**APRIL 19**

**9 A.M. - 8 P.M.  
AT THE BAND OFFICE**



## Why is Voting important?

Most Canadians take their right to vote for granted, but it was a hard battle for First Nations people. In the past First Nations people had to give up their rights and Indian Status for the right to vote. It wasn't until 1960, that First Nations people were offered the right to vote, without having to give up any treaty rights in exchange.

Voting is important even if you don't think your candidate will win. If everyone gives up change will never happen. When you support people and ideas, even if they do not make it, this time. They will grow!

When you vote in a provincial election you might seem like the many fish in the rivers - still every vote is important in the grand scheme of things. Even more important are your local community votes - they are more like fish in the net. Every fish you catch makes a huge difference to the families in our community. Either way you slice it, every vote matters!

- Voting is important, it is not only your right, but your responsibility
- Your vote is your obligation to your family and the future of generations to come
- Your vote tells our leaders what we think about the decisions that affect our lives
- Your vote is an important instrument for breaking down walls
- Voting helps protect our freedoms
- ***You deserve to be represented***

In a close community like Seabird, try to keep in mind, this is not a popularity contest. You do not necessarily have to vote for family members and friends. Vote for what you want for the future, so everything you value is here for future generations.

It is about building a strong community and growing with it.

- Do you know the vision of your candidates?
- What do they believe in?
- Do they support key issues?
- Will they look into matters for you?
- ***Now is a great time to reach out, talk with your candidates and ask them your important questions!***

- Submitted by Sandy Bobb

## Confirmed list of Chief and Council candidates

### Candidates for Chief:

1. CAMPBELL, Jason Garry Gray
2. SEYMOUR, Clement Eugene

### Candidates for Council:

1. ANDREW, Paul Thomas
2. HUNT, Shalon Ryan McNeil
3. JOE, Ronald Archie (Zack)
4. KAY (PETERS), Linda Joan
5. LOUIS, Rena Louise
6. MCNEIL, Stacy Lynn
7. MCNEIL-BOBB, Robert William Mark-Roy
8. MUSSELL, Francis Alexander
9. PARSEY (Harris), Janice Rose
10. PETERS, Angi Marie
11. PETERS, Marcia Christine
12. PETERS, Rodney Curtis
13. PETERS, Sheldon Charles-Joseph
14. PETTIS, Jessica Lorraine Catherine
15. ROPER (BOBB) Alexis Grace
16. SEYMOUR, Myra Clementine

**The General Band Election will be held from 9 a.m. - 8 p.m. on April 19, 2017 at the Band Office**

For more information, please contact Leona Sam, Electoral Officer at 604-791-3671 or email [leonasam@outlook.com](mailto:leonasam@outlook.com).

## SEABIRD ISLAND ELECTION NOTICE

**ELECTION POLL – APRIL 19, 2017**

**PLACE: SEABIRD COMMUNITY CENTRE**

**9:00 a.m. to 8:00 p.m.**

Election Poll will be held for one (1) Chief and eight (8) Councillors – term of office will be three (3) years. Effective April 23rd, 2017 to April 22<sup>nd</sup>, 2020.

*Note: Deadline to request for an mail in ballot package is April 10, 2017 (4:00 pm), contact Leona Sam, Electoral Officer at 604 791-3671 or [Leonasam@outlook.com](mailto:Leonasam@outlook.com) or Colleen Deck, Deputy Electoral Officer at 604 819-6253 or [corleen1947@gmail.com](mailto:corleen1947@gmail.com)*

*Mail your ballots to:            Leona Sam  
   Suite #201 8-6014 Vedder Road,  
   Chilliwack, BC V2R 5P5*

*Mail-in ballots can be brought to the polling station or if the ballot is lost, stolen or misplaced then a Declaration of lost, misplaced or Unused Mail-In ballot form must be completed and signed by the Electoral Officer.*

**Given under my hand this 15th day of March 2017.**

**Leona Sam**  
**Electoral Officer**  
[Leona.Sam@outlook.com](mailto:Leona.Sam@outlook.com)  
**604 791-3671**



Housing Waitlist - March

Don't know your number? Contact Housing 604-796-2177.

**1 BEDROOM**

1	02192016-1028
2	04152016-1030
3	04282016-1031
4	05032016-1032
5	05312016-1035
6	01122016-3093
7	07142016-1037
8	09232016-1039
9	10112016-1041
10	11072016-2095
11	12092016-1042
12	12142016-1043
13	12142016-1044
14	12282016-1045
15	12282016-2099
16	01252017-1046
17	01302017-1047
18	07072017-1048

**2 BEDROOM**

1	07292014-3090
2	02102015-1014
3	07082015-1019
4	07232015-2088
5	08052015-2090
6	01122016-3093
7	01282016-1027
8	02222016-1029
9	04152016-1030
10	04282014-1031
11	05032016-1032
12	06132016-2089
13	02032016-4003
14	07282016-4008
15	09082016-4009
16	10042016-2093
17	10112016-1041
18	11182016-2096
19	05312016-1035
20	07142016-1037
21	04282015-3095
22	12092016-1042
23	12142016-1044
24	12232016-2097
25	12282016-2098
26	12282016-2099
27	12302016-4015
28	01252017-1046
29	01302017-1047
30	07072017-1048

**3 BEDROOM**

1	12192012-3076
2	02062013-3082
3	02082013-3084
4	03192013-3088
5	07082014-3087
6	07292014-3090
7	01122015-1009
8	01142015-1011
9	04282015-3095
10	07232015-2088
11	08052015-2090
12	08262015-3096
13	07082015-1019
14	01252016-4001
15	02232016-4002
16	02032016-4003
17	04152016-1030
18	05032016-1032
19	05172016-4004
20	05272016-4005
21	06132016-2089
22	07132016-3099
23	07252016-4006
24	07272016-4007
25	07282016-4008
26	09082016-4009
27	09162016-4010
28	10252016-4011
29	10112016-1041
30	11182016-2096
31	11162016-4012
32	12022016-4013
33	07142016-1037
34	04282014-1031
35	02222016-1029
36	12142016-4014
37	12232016-2097
38	12282016-2098
39	01282016-1027
40	12302016-4015
41	01192017-4016
42	01202017-4017
43	01202017-4018
44	02022017-4019
45	02102017-4020



**Did you forget to renew your Housing Application?**

If you didn't renew between November 15 and January 1, your number will no longer be on the Housing Waitlist.

**If you would like to reapply, contact Rachael or Erna at 604-796-2177.**

**Please make sure Housing has your current contact information.**

**We must have a working phone number or email address for all of our waitlist applicants.**

**Unfortunately, if we cannot contact you within 48 hours to offer you an available unit, we will move on to the next applicant.**

**If you have outstanding debt with the Band, you will NOT be placed into a rental unit, as per policy.**

# Nutrition Run / Walk



## Housing reminders

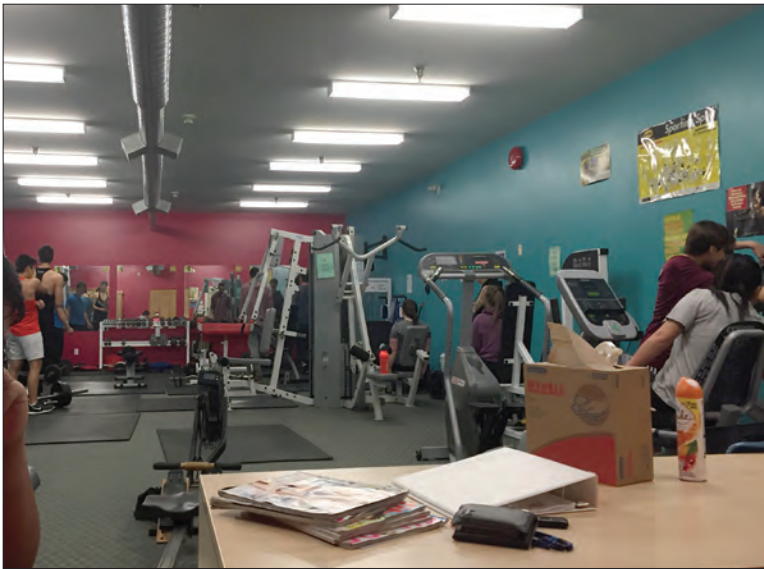
We would like to thank all of our tenants who are keeping their garbage areas clean and also remind everyone that the garbage pick-up limit is 2-bags per household. Please contact Housing to submit a request for more than 2-bags.

Many thanks to the families on Sthitsem Dr and Charles Dr who have cleaned up their yards.

A reminder to all families who are on the current housing wait list to update their application as soon as there is a family change, or if your contact information has changed (phone number, email and address).

Reminder to not flush cat litter, cooking grease, or wet wipes down our sewer system.

## Fitness Centre has record visitors in March



The Fitness Centre had a record 16 Community Members in attendance at one time March 20.

Great work everybody, nice to see so many people committed to your fitness. We look forward to seeing you and many other Members in the Fitness Centre in the days to come.

Want to work out at the Fitness Centre?

Please see the calendar at the Fitness Centre for our hours.

To learn more about the Fitness Centre or our pricing, please contact Robert McNeil-Bobb at 604-796-2177 or drop by.



Seabird College  
[www.seabirdcollege.ca](http://www.seabirdcollege.ca)

Register now  
for September



### Seabird College has several new programs starting soon:

- Heavy Equipment Operator Preparatory (Apr. 2017)
- Speech & Language Assistant
- Dogwood & Adult Dogwood (continuous intake)
- Education Assistant
- NITEP Indigenous Teacher Education Program
- Hairstylist & Aesthetics Introduction
- Women in Trades as well as Bridging to Trades

All programs are pending student enrolment.

Register today!

Ph: 604-796-6839

Fax: 604-796-1124

[admissions@seabirdcollege.ca](mailto:admissions@seabirdcollege.ca)

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



## Business Administration Certificate Program



**Dual Credits: Earn your High School Diploma and a Business Administration Certificate! Funding may be provided.. Ask us for details!**

**1 Year Certificate of Business Administration with Seabird College, a designated Private Training Institution.**

**Program includes: 3 courses in Microsoft Office Applications, 1 course in Marketing, and 2 courses in Accounting  
Program runs September 2017 - June 2018**

Evening classes at Chilliwack Community Services on Mon, Tues, Wed nights from 5:00 pm - 9:00 pm

To register contact Seabird College by phone at 604-796-6839 or email [admissions@seabirdcollege.ca](mailto:admissions@seabirdcollege.ca)

### What we offer:

- Hands-on learning
- Go at your own pace
- Non-text book based
- Learn from home
- Personal coaching



Offered in Partnership with

## Seabird College to offer mobile registrations

Seabird College provides mobile registrations and coffee table information meetings.

If anyone, anywhere is interested in the programs offered at Seabird College, we can come to you.

We can bring course information and application forms to you, and offer support in achieving your educational goals.

Shannon is available to attend career fairs and community events to provide Seabird College information.

Please contact Shannon at 604-796-6830 or email [schapman@seabirdisland.ca](mailto:schapman@seabirdisland.ca)



# Seabird College

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

Register now

## Indigenous Teacher Education Program (NITEP)

NITEP is a UBC Bachelor of Education Program (Elementary and Secondary). As a contemporary program with traditional values, NITEP truly exemplifies how culture can be integrated within a mainstream post-secondary institution.

Offered at Seabird College, September 2017.  
Pending student enrolment. Qualifies for level 2 funding, pre-requisites and UCEP funding.

Ask us about the details!



Register today!

Ph: 604-796-6839

Fax: 604-796-1124

[admissions@seabirdcollege.ca](mailto:admissions@seabirdcollege.ca)

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

(S) Sxexlhat	(M) Yila:welhát	(T) Sthémelts	(W) Shíh
	<p><b>PLEASE NOTE:</b></p> <p><b>Safety is a priority!</b></p> <p>We need to keep staff safe so we can keep providing you with delivery services.</p> <p><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><b>Pre &amp; Post Natal and Prenatal Circle</b> Who can attend? Expecting moms, newborns up to 6 weeks, partners, support person and siblings. Open to families living on-reserve and transportation can be provided. Questions? Call 1-800-788-0322 or 604-796-2177</p> <p><b>Bodies in Motion</b> - NEW class that focuses solely on pre &amp; post natal fitness and is free for First Nations living on-reserve.</p>	<p><b>Legal Clinic</b></p> <p>Contact Genna to book April 4 and 13, May 4 and 2</p> <p>Call Genna at 604-796-2177</p>
2	3 <ul style="list-style-type: none"> <li>• SICS &amp; SD78 Back to School</li> <li>• Youth (10-12) Group 3-5 p.m.</li> <li>• Youth Baking 5-6:30 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	4 <ul style="list-style-type: none"> <li>• Elders Meeting 10 a.m.</li> <li>• Elders College 10-1:30 p.m.</li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Lands Bannock &amp; Tea 10-3 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Girls Group (10-18yr) 3-5 p.m.</li> <li>• Youth Crafts 5-6:30 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> <li>• Legal Clinic</li> <li>• Training Application/Funding Req. 9-4 p.m.</li> </ul>	5 <ul style="list-style-type: none"> <li>• Pancake Breakfast 9-10:30 a.m.</li> <li>• Pre &amp; Post Natal 11-1 p.m.</li> <li>• Elders Tai Chi 10 a.m.</li> <li>• L Test Chapters Four to Six</li> <li>• Homework Club 3-5 p.m.</li> <li>• Youth Council 5:30-7 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>
9	10 <ul style="list-style-type: none"> <li>• Youth (10-12) Group 3-5 p.m.</li> <li>• Youth Baking 5-6:30 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Optometry Clinic</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	11 <ul style="list-style-type: none"> <li>• Resume &amp; Cover Letter 9-4 p.m.</li> <li>• Elders College 10-1:30 p.m.</li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Girls Group (10-18yr) 3-5 p.m.</li> <li>• Youth Crafts 5-6:30 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> <li>• Optometry Clinic</li> </ul>	12 <ul style="list-style-type: none"> <li>• Pancake Breakfast 9-10:30 a.m.</li> <li>• Prenatal Circle 1-3 p.m.</li> <li>• Elders Tai Chi 10 a.m.</li> <li>• <b>Open House 10-5 p.m.</b> Code 10-5 p.m., Business</li> <li>• L Test Chapters Seven to Nine</li> <li>• Homework Club 3-5 p.m.</li> <li>• Youth Workshop 5-7 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• SICS Naming &amp; Basket</li> </ul>
16 <div data-bbox="89 1402 251 1533" data-label="Image"> </div> <p>Easter</p>	17 <p><b>Facilities Closed</b></p> <p>Easter Monday</p>	18 <ul style="list-style-type: none"> <li>• Basic Job Search Skills 9-4 p.m.</li> <li>• Elders College 10-1:30 p.m.</li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Girls Group (10-18yr) 3-5 p.m.</li> <li>• Youth Crafts 5-6:30 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	19 <ul style="list-style-type: none"> <li>• <b>Land Use Plan Info Session</b></li> <li>• <b>Band General Election</b></li> <li>• Pancake Breakfast 9-10:30 a.m.</li> <li>• Elders Tai Chi 10 a.m.</li> <li>• L Test Open Study &amp; Support</li> <li>• Homework Club 3-5 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Youth Workshop 5-7 p.m.</li> </ul>
23	24	25	26 <ul style="list-style-type: none"> <li>• Pancake Breakfast 9-10:30 a.m.</li> <li>• Elders Tai Chi 10 a.m.</li> <li>• Bodies in Motion 1-3 p.m.</li> <li>• L Test Open Study &amp; Support</li> <li>• Homework Club 3-5 p.m.</li> <li>• <b>Chief &amp; Council Swearing In</b></li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• Youth Workshop 5-7 p.m.</li> <li>• <b>Income Assistance</b></li> </ul>
30	<ul style="list-style-type: none"> <li>• <b>SD78 Pro D Day</b></li> <li>• Elders Outing</li> <li>• Meals on Wheels 5-6 p.m.</li> <li>• <b>Land Use Plan Meeting 6-8 p.m.</b></li> <li>• Garbage, Recycle &amp; Compost Day</li> </ul>	<ul style="list-style-type: none"> <li>• Elders College 10-1:30 p.m.</li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Interview Workshop 1-4 p.m.</li> <li>• Dental &amp; Doctor Walk-in Clinics 1-5 p.m.</li> <li>• Girls Group (10-18yr) 3-5 p.m.</li> <li>• Youth Crafts 5-6:30 p.m.</li> <li>• Fire Practice 7-9 p.m.</li> </ul>	

# Calendar – April 2017

:xws	(T) Sxe'ó:thels	(F) Sheqá'tses	(S) T'óqw'tem
<p>inics</p> <p>an appointment for and 25, or June 19 26.</p> <p>4-796-3363.</p>			<p>1</p> <p>• Post-Secondary Application Deadline</p>
<p>30 a.m.</p> <p>m.</p> <p>Six 1-4 p.m.</p> <p>n.</p> <p>m.</p> <p>m.</p>	<p>6</p> <ul style="list-style-type: none"> <li>• <b>Autoimmune Disorder Conference</b></li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Community Kitchen 10:30 a.m.</li> <li>• Boys Group (10-18yr) 3-5 p.m.</li> <li>• Youth Fitness (13-18yr) 6-8 p.m.</li> <li>• <b>Yoo Hoo Special Edition Delivery 8-1 p.m.</b></li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>• Youth (10-18yr) Drop-in 3-8:30 p.m.</li> <li>• Someone So Small</li> </ul>	<p>8</p>
<p>t 9-10:30 a.m.</p> <p>3 p.m.</p> <p>(Info Sessions: Land ss Park 6-8 p.m.)</p> <p>o Nine 1-4 p.m.</p> <p>n.</p> <p>n.</p> <p>n.</p> <p>Return Ceremonies</p>	<p>13</p> <ul style="list-style-type: none"> <li>• <b>Yoo Hoo Delivery 8-1 p.m.</b></li> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Boys Group (10-18yr) 3-5 p.m.</li> <li>• Youth Fitness (13-18yr) 6-8 p.m.</li> <li>• Legal Clinic</li> </ul>	<p>14</p> <p style="text-align: center;"><b>Facilities Closed</b> <i>Good Friday</i></p>	<p>15</p>
<p>sion 8-8 p.m. Foyer</p> <p>9-8 p.m.</p> <p>30 a.m.</p> <p>pport 1-4 p.m.</p> <p>n.</p> <p>m.</p> <p>n.</p>	<p>20</p> <ul style="list-style-type: none"> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Boys Group (10-18yr) 3-5 p.m.</li> <li>• Youth Fitness (13-18yr) 5:30-7:30 p.m.</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>• <b>SICS Pro D Day</b></li> <li>• Youth (10-18yr) Drop-in 3-8:30 p.m.</li> <li>• Someone So Small</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>• <b>Chief &amp; Council Meeting</b></li> </ul>
<p>t 9-10:30 a.m.</p> <p>m.</p> <p>pport 1-4 p.m.</p> <p>n.</p> <p><b>ing In 4-8 p.m.</b></p> <p>n.</p> <p>n.</p> <p><b>que Day</b></p>	<p>27</p> <ul style="list-style-type: none"> <li>• Head Start Parents &amp; Tots 10-1 p.m.</li> <li>• Boys Group (10-18yr) 3-5 p.m.</li> <li>• Youth Fitness (13-18yr) 6-8 p.m.</li> <li>• <b>Business Park Info Meeting 6-8 p.m.</b></li> <li>• <b>Chief &amp; Council Continuation Meeting</b></li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>• Someone So Small</li> <li>• <b>Yoo Hoo Delivery 8-1 p.m.</b></li> <li>• <b>Labour Pool Timesheets Due</b></li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>• Youth Outing</li> </ul>

# Seabird Island School attends basketball tournament



Four Directions First Nations Youth Basketball Tournament Kamloops March 3<sup>rd</sup> - 4<sup>th</sup>

On March 3<sup>rd</sup>, Seabird Island hit the road for Kamloops to participate in an Elementary Co-ed basketball tournament hosted by Skelep School of Excellence.

The tournament spanned two days and hosted 8 teams in a double knockout elimination draw.

In their first game, in front of the visiting crowd Seabird played the Skelep Coyotes. The team got off to a slow start in the first quarter and the game was tied early on.

Eventually, the student's nerves settled down and they started to play their game, showing they were the superior team and coming away with a double-digit victory!

Game two would provide a much more difficult challenge squaring off against Acwsalcta from Bella Coola. Acwsalcta was the defending champion and had yet to lose to anyone in the last two tournaments.

Seabird got off to a slow start and trailed by 6 after 1 quarter. They held their own in the second quarter and remained down only 6 at halftime. The lead grew and Seabird began to get frustrated and as a result our performance suffered.

At the final buzzer Seabird trailed the defending champs by 16.

"The kids were really disappointed about that game. They really thought they were going to win. Learning to lose and what you can learn from losing can be a very valuable lesson. We talked about developing a never-quit-attitude and the importance of showing good sportsmanship whether winning or losing."



Despite losing their second game, Seabird still had a chance to make it back to the final through a series of games on Saturday.

In their first game on Saturday, they cruised to a victory against Aatse Davie from Fort Ware. Next up was a rematch game against the Skelep Coyotes.

Once again, Seabird proved to be the better team, which set us up for a semi-final game with Outma Cultural School from Penticton, the winner moving into the final to play Acwsalcta.

Outma and Seabird were very evenly matched. Outma had the tournament MVP on their team and he would prove to be a tough matchup for Seabird.

Despite a few excellent players on Outma, Seabird was able to counter with some outstanding defense from Jerome Guterrez Tashoots and Michael Fraser. This was by far the best our team has ever played together and I am very proud of the teamwork we showed in this game

"Jerome and Michael really stepped up and took over the game on the defensive side of ball. The rest of the team supported them playing great team defense and helping out when necessary."



Sara George - Best Team Player

Seabird was able to keep the MVP in check and both teams exchanged leads throughout the first 3 quarters. It wasn't until the 4<sup>th</sup> quarter that Seabird slowly began to pull away with some quality offensive possessions.



Michael Fraser 1st - Team All-star

“This was a complete team victory. Everybody had a job to do and everybody knew their specific role whether that was rebounding, playing defense or setting screens. This was by far the best our team has ever played together and I am very proud of the teamwork we showed in this game.”

Without rest, playing their fourth game of the day and the third in a row, Seabird was set to play against Acwsalcta again. Seabird hung close until the third quarter when fatigue set in.

Despite their lack of energy, this time around the students didn't give up and continued to play hard until the final buzzer, keeping the game close. This was a great improvement from their previous match up with Acwsalcta.

“We played them a lot tougher the second time around and I was really proud of our team for not quitting and playing until the final whistle. I definitely would have liked to play them when our kids were a little more rested.”

Overall Seabird Island finished 2<sup>nd</sup> in the tournament and left a great impression on those attending.

At the banquet, Seabird Island's Thor Neilsen and Michael Fraser were both named 1<sup>st</sup> team all-stars while Sara George won the “Best Team Player” award.

Students, staff and the community are extremely proud of this team and how they represented our school and community.



Thor Neilsen 1st - Team All-star

#### **Most memorable moment of the basketball tournament:**

“Playing the basketball tournament and sleeping in a motel,” - Michael

“My most memorable moment was when we won versus the Outma because they are so good,” Sara

“My most memorable moment of the basketball tournament is when I got my first basket,” Janina

“The most memorable moment at the tournament was almost getting a three pair hook shot,” Jerome

#### **The tournament was a good experience:**

“Yes, I enjoyed a overnight trip with my teammates,” - Michael

“It was a good experience because I never travelled that far for basketball and because we had lots of fun,” Sara

“I think the tournament was a good experience because I think it brought us closer as a team” Janina

“The tournament was a good experience for me because I never saw my little brothers and sisters for a while” Jerome

#### **Favourite time being in Kamloops:**

“Meal time and treats,” Michael

“My favourite time was bring in the hotel playing pass in the room,” Sara

“When we were in the hotel playing pass and winning two games in a row” Janina

“My favourite time being in Kamloops was over at the hotel” Jerome

## CHIEF & COUNCIL SWEARING IN CEREMONY

★ April 26 ★

Our new Chief and  
Council will be  
sworn in to office  
on April 26 from  
4 - 8 p.m. at the  
Band Office.

Band Members are  
invited to join us to  
celebrate and  
welcome our new  
Chief and Council.

- Submitted by Kevin Swaney

## Employment, Training and Social Development

### Landscaping and Grounds Maintenance Program

Stó:lō Aboriginal Skills & Employment Training will be hosting a BladeRunners Landscaping and Grounds Maintenance program starting April 10 and will run until May 5.

This 4-week program will run Monday to Friday, 9 a.m. - 3 p.m., at the Stó:lō Nation Building 5B-7201 Vedder Rd. Chilliwack, V2R 4G5.

This program includes:

- Employability Skills
- Landscaping Training
- First Aid Level 1
- WHMIS
- Workplace Safety Training
- Fall Protection
- Confined Space
- Respiratory Protection
- Skid Steer
- Resume Updates
- Job Search and more!

The Landscaping and Grounds Maintenance Program is open to Aboriginal Youth who are:

- between 18 - 30 years of age
- not EI eligible or received EI in the past 5-years
- willing to commit to a 4-week full-time program
- interested in the Landscaping Industry
- in good physical condition

Individuals who are interested in this program are welcome to speak with an employment counsellor at the Employment Office for assistance.

There are a limited number of seats so don't delay! For more information, contact Amber Smith at 604-858-3691 or 604-703-6077, or email [amber.smith@saset.ca](mailto:amber.smith@saset.ca)

### UBC Dairy Education and Research Centre in Agassiz is hiring NOW!

All current students who will be returning to post-secondary studies in the Fall are welcome to apply for a summer position with the UBC Dairy Education and Research Centre in Agassiz. This includes graduating high school students who are planning to attend post-secondary school in the Fall.

Individuals who are interested in this opportunity should submit their application as soon as possible. All applications must be submitted online through the Federal Student Work Experience Program (FSWEP) website which can be found at

<https://emploisfp-psjobs.cfp-psc.gc.ca/srs-sre/page01.htm?poster=1&lang=en>

Come speak with an employment counsellor at the Employment Office for assistance. We can help get your application to the front of the line!

### College Students

Are you still in need of obtaining funding for tuition for your college program? There may be possible funding available. We can help!

Come by our office or call 604-796-6865 to make an appointment to see Andrea or Whyles. Drop ins are also welcome! Andrea or Whyles can help with funding applications, which must be submitted 4-weeks prior to program start dates. Please allow adequate time.

### Action 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.

**Labour Pool Timesheets due:**  
April 14 and 28

## Grade 7 - 12 Student Allowances

**2nd student allowance payment**  
Mar. 15, 2017 (for Dec. - Feb.)

**3rd student allowance payment**  
Jun. 30, 2017 (for March - June)

**Student Allowances are as follows:**

Grade 7-10 \$9/month = \$90/school yr

Grade 11 -12 \$19/month = \$190/school yr

*Student allowances will be direct deposited for students with bank accounts. Student allowances are based on monthly attendance. Student must not miss more than 4 school days per month to be eligible for allowance.*

## Post-Secondary Application Deadlines

*Are you a registered Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree? Deadlines for completed applications are:*

Apr. 1 For Sept.  
(Fall)

Oct 1. For Jan.  
(Winter/Spring depending on institution)

Jan 1. For May.  
(Spring/Summer depending on institution)

Funding dependent upon available budget. For more information, contact Cindy Kelly 604-796-2177, located at Seabird College.



May 23 | July 18  
September 19 | November 21

9 a.m. - 4 p.m.

Call 604-792-8481 today for your service or test appointment at the Seabird Health Centre



## A Child's Plea to Parents

- Give me more than food to nourish me. Give me the warmth and the security of your love. Let me enjoy all five senses. Give me plenty of things to look at, smell, to listen, to taste and even some things to break.
- Teach me to take my turn. Watch me play so you can see how I am trying to work out my problems and what I am up against.
- When you tell me to do something please tell me why I should do it. Let me feel that I am a contributing member of the family. Be sure to include me in making the family plans when you can.
- Please don't keep me your baby when I want to feel grown up. Don't transfer your fears to me. I have enough of my own to cope with and I don't need anymore.
- Help me not to act out when I am angry; but don't make me so afraid of showing anger that I lose my capacity to feel strongly about anything. Let me learn bit by bit to bear pain, to want things but to be strong enough to postpone gratification of certain feelings I am not ready to experience.
- Let me try out my new powers as my body progresses; to creep, to stand, to walk, climb, jump and run when I am ready. Don't limit the natural needs of my body because you have some unresolved hang-ups.
- Give me a little corner in the house that is all mine, and nobody else's. I need moments of peace and quiet that cannot be invaded by anyone.
- Give me my share of consideration and attention
- Let me ask any question that pops into my head. Don't make me ashamed for having asked it; even if it seems silly. Give me as honest an answer as you can. If you don't know the answer please say so. It's good training to hear someone say, "I don't know, but I will try to find out for you."
- Be patient with me when I don't do things very well at first. Remember, I have so many things to learn and almost everything takes some practice.
- Let me bear the consequences for whatever I do. I need to be disciplined as well as rewarded. When you discipline me, make sure the consequence suits the 'mis-behavior'.
- Above all, grant me without reservation, your debt to me: Unconditional Love. For if I know it is there, I will be able to give the same to my children, and they will be able to give it to their children.

**For more information on child development, parenting strategies or for information about our Supported Child Development Program, please contact Jen McNeil at: (604) 796-6886 and we will schedule a time to meet with you.**

# JOB POSTINGS

## **Residential Support Worker - Night Shifts**

Job ID: JP-2016-092

The role of the Residential Support Worker is to support residents struggling with substance use issues to facilitate personal growth and relationship building, as well as other duties associated with the recovery home such as cooking, cleaning, charting, participating in group sessions, driving and shopping.

## **Peer House Leader for Women's Center**

Job ID: JP-2017-013

The Peer House Leader will operate the Women's Stabilization and Transitional Living Residence (STLR) efficiently in accordance with the philosophies, policies, and objectives established by Management and within the specifications and regulations of the Community Care Facility Act.

The Peer House Leader will ensure that the Women's STLR is run like a family home, with chores, 'family' meetings and goal setting. S/he will also ensure that all residents are provided with a caring and learning environment, equipped to access health, healing and other services and programs through programming in the home and through broader community services, to address the underlying causes of addiction and substance use, and to make choices that are life sustaining and positive.

## **Senior Director**

Job ID: JP-2016-086

The Senior Director will report to the Chief Administrative Officer (CAO). Primary responsibilities will include assisting the CAO with planning, organizing, coordinating, maintaining, leading and directing the overall operations and activities of Seabird Island.

The Senior Director will have superior negotiation and resolution skills, will coordinate and develop relationships with agencies, Boards/Committees, government affiliates, etc. to further Seabird Island's strategic goals. S/he will be well versed in the overall management of the organization's operations, including: finance, personnel and strategic planning and will act for the CAO in their absence.

## **Speech and Language Assistant**

Job ID: JP-2016-087

The Speech and Language Assistant will work directly under licensed speech pathologists, aiding them in their daily responsibilities include providing a range of clinical services that focus on promoting communication, language and speech and that contributes to a client/patient's overall cognitive, physical, social and emotional well-being.

## **Early Childhood Educator**

Job ID: JP-2016-060

Under the direction of the Early Childhood Program Manager, the Early Childhood Educator will provide hands-on child care to children in Early Childhood Education programs on an on-call basis, in accordance with all child care licensing requirements and the philosophies, policies, and objectives established by Management. Possible programs include Out of School Care, Seabird Island Daycare etc.

## **Education Assistant**

Job ID: JP-2017-006

Under the supervision of school administration, the Education Assistant will work with students individually or in small groups to deliver activities that reinforce and advance the educational program and make the educational experiences of children more rewarding.

Education Assistant's will assist teachers in student assessment and evaluation through observation, recording and data collection. At Seabird Island Community School, Education Assistants are valued members of the school community and they make a significant contribution to the work of the school and toward the education of all students.

**View more detailed information about these and other opportunities, or to apply for current opportunities:**

<https://seabirdisland.startdate.ca>

*Please ensure you have received confirmation for your online submission. If you have not received confirmation please contact [humanresources@seabirdisland.ca](mailto:humanresources@seabirdisland.ca).*

*Job postings are also available at the Band Office and the Employment, Training and Social Development Office.*

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

We regret that we will only respond to those applicants chosen for an interview.

We thank all applicants for their interest.



# Comic



# Temkwikwexel - April

**Taurus:** April 19 – May 20

**Key characteristics:** Reliable, practical, ambitious, and independent.

**Flower:** Rose

**Birthstone:** Diamond

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"The bond that links your true family is not one of blood, but of respect and joy in each other's life."

- Richard Bach

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"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results."

- Wade Boggs

# Halq'eméylem Word Search

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

## Words:

- iyalewes – brave
- éxel – to paddle
- álewem – to stay home
- mōkwethet – to kiss him
- cháchu – beach
- chó:m – to go away from water
- chelōwt – turn it inside out
- ch'íthométsetl – I thank you
- yéqweltsep – to make fire
- yewí:leqw – medicine song
- q'éyq'esel – to repair a net
- q'ótel – to meet each other
- tl'élxexel – spring salmon, Chinook
- líqwem – calm down (weather)
- heyatélmel – nauseated
- sxíxets' – forest
- semlóthel – riverbank
- sex'éylem – move over
- shxwep'eleststel – toilet paper
- xwémxet – pouring rain

- Submitted by Zorana Edwards-Shippentower

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 1,300 reads on Seabird website.

Advertisement rates (per issue):

<b>Front Page Color:</b> limited availability	
1/4 pg banner (8x2.5)	\$40.00
2.5x3	\$25.00
<b>Full Color:</b>	
8x10	\$135.00
8x5 or 10x4	\$65.00
3.8x5	\$32.50
2.5x3	\$20.00
<b>Greyscale:</b>	
8x10	\$37.50
8x5 or 10x4	\$25.00
3.8x5	\$17.50
2.5x3	\$12.50

**Classified Advertisements** .40c per word  
\$4.00 Minimum

**DIGITAL DISPLAY AD RATES**

Per week Rates	15sec	30sec	60sec
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%

Fees are not for profit and they 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

Have an ad or story idea?

E-mail: comm@seabirdisland.ca

Graphic Design / Layout / Formatting  
Sandra Bobb 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Website: www.seabirdisland.ca

Editing Committee: Sandra Bobb, Phaine Wegener, Kristy Johnson, Lori Burns, Zorana Edwards-Shippentower, Rose Nijkamp 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.

We 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

**OPTOMETRY CLINIC**

April 10 - 11

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 604-796-2177.

**DENTAL CLINIC**

**HOURS**

Mon. to Thurs.: 8:30 a.m. – 5:30 p.m.

Walk-in Tues.: 1:00 – 5:30 p.m.

Fri.: Closed

Accepting new STATUS PATIENTS

**WALK-IN PAIN CLINICS \***

Every Tues. afternoon from 1:00 - 5:00 p.m.  
First come, first serve.

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

\* Patients will be screened and the most urgent problems will be seen to first.

**BUILDING BOOKING AND MEETING ROOMS**

► **Gymnasium and boardrooms** located within the Band Office. All requests must be submitted using a rental form.

Contact Angie Chapman 604-796-2177.

► **Millennium Hall.**

Contact Sandra Haukeland 604-796-2177.

**FIELD LIGHT BOOKINGS:**

Contact Angie Chapman 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**

Contact Angie Chapman 604-796-2177 if you would like to help during events with set-up, clean-up, cooking, decorating and child minding.

**HAVE YOU HAD A LOVED ONE PASS AWAY?**

We can help you send a copy of the death certificate to the First Nations Health Authority.

Contact Maggie Pettis 604-796-2177.

**AMBULANCE BILLS**

Please submit ambulance bills 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 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.

**SUNDAY MASS**

Mass takes place at the Seabird Church 11 a.m. - 12 p.m. on the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month.

**ALCOHOLICS ANONYMOUS MEETING**

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

Website for AA in BC: www.bcyukonaa.org

**EMERGENCY / SECURITY:**

Emergency	911
Seabird Security	604-991-8635
Griffin Security	604-703-0888

**SIFD FIRE PRACTICE**

Tuesdays 7:00 - 9:00 p.m.

**GARBAGE SCHEDULE**

**COMPOST, RECYCLE and GARBAGE:**  
Every Monday, unless Monday is a statutory holiday, then pick up will take place on the Tuesday immediately following the holiday. 2 garbage bages per household per week.

**MAJOR GARBAGE:** 1<sup>st</sup> Wednesday of each month, by request.

If you need a **Bin dropped off** for your major cleaning please submit your request in writing.

Contact Ashley Bobb 604-796-6844, or e-mail: [ashleybobb@seabirdisland.ca](mailto:ashleybobb@seabirdisland.ca).

**PRINTING SERVICES**

The 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.

\* **Band Member Funeral Pamphlets:**  
As per Seabird Funeral Policy:  
• 1<sup>st</sup> 100 color, 1<sup>st</sup> 150 grey-scale and 1 hour of design time is free.  
• Additional or Non-Band Members; inquire for fees.

We are 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.**

# Pancake Breakfast



Community Members are invited to a Pancake Breakfast at the College Room #4

Every Wednesday from 9 - 11 a.m.

**See Tilly Charlie for more information.**

# TRIBAL TRADERS

ARTS AND CRAFTS FROM AROUND THE WORLD

CARVINGS EMBROIDERY ON CLOTHING PURSES JEWELLERY FIRST NATION ART



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

## Hours of Operation

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

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

*Thank you for your Paid Submission above*



# Optometry Clinic

Dr. Ahmed will be returning to Seabird Island on

**April 10 - 11**

**June 5 - 6**

**Would you like to book an appointment?  
Contact Maggie Pettis at 604-796-2177**

# Autoimmune Disorder Conference

*eg: Arthritis, Diabetes, Lupus, Bowel Disorders, Multiple Sclerosis, Thyroid Disorders etc.*

## Seabird Island

April 6, 2017

10:00 AM – 8:00 PM

- *There are as many as 80 types of autoimmune disorders*
- *Symptoms usually fluctuate between flare ups and remissions*
- *Treatment is focused on living well within your illness as cures are not yet known*

### Morning Workshops to choose from:

- Nutrition/Cooking
- Thai Chi
- Yoga
- Arthritis Society
- Pharmacy – Pain Management
- Irritable Bowel Syndrome
- Traditional Medicines
- Occupational Therapy / Physical Therapy

**Lunch Break**

**Pow Wow Fit**

### Key Note Speakers:

- Allen Huang – Arthritis Society
- Heather McDonald – PhD RN – Stress, Genes and Autoimmune

**Dinner Break**

- Traditional Dancers
- Miss Molly's Comedy Cabaret

**REGISTER  
WITH VAL  
AT THE  
BAND  
OFFICE**

