



the SEABIRD ISLAND

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

April 2011

Congratulations Chief and Council



It was a beautiful ceremony March 25th when the Seabird Community gathered for the swearing in of the new Chief and Council voted in on January 22nd.

Tribal Chief Tyrone McNeil, the MC of the event was the first to welcome the Chief and Council and to thank the three Council members who were stepping down for their work over their past term(s). Richard Louie, Carol Hope and Zena Mailhot, we all thank you for your work up to this point.

Band Manager Daryl (Chuck) McNeil witnessed the swearing in of Chief Clement Seymour and each of the Council members; Rod Peters, Art Andrew, Jim Harris, Vivian Ferguson, Alexis Roper, Marcie Peters, Maggie Pettis and Dianna (Daughter) Kay.

A total of 283 votes were cast for Chief and 8 were rejected. Chief Clement Seymour made it in with 170 votes, followed by Paul Thomas Andrew with 105 votes.

Continued on page 6

Annual General Band Meeting

April 20, 2011

5 p.m.

Dinner

Child minding is available for the meeting.

Band members are encouraged to take part in discussion and ask questions ect.

**DOOR
PRIZES**

**Your invited
to get involved.
Learn what is going
on in your
community!**

INSIDE this Yoo Hoo

Pre-school	4
Open House	4
DOG Housing Policy	5
New Chief and Council	6
Club Calendar	8
Recipe of the Month	11
Head Start Calendar	12
Housing List	13
Someone So Small Calendar.....	14
Elder and Youth Features	15
Fitness Calendar.....	16
Residential School Payments	18
Lalame'wesawtext.....	22-23
Health Comic	26
Employment Center.....	28
Classifieds.....	33-35
Employment Postings.....	33
Up-coming Events	35

Chehalis Health Accord



Chehalis celebrated their Health Agreement which will be signed this April. Grand Chief Doug Kelly spoke on what the Health Transfer Agreement is all about. It's about working towards First Nation Communities taking over their own health funds and plans. We live in these communities and know better what can help make our communities healthy. Our health needs differ from those of other Canadians, our bodies and ancestors bodies have grown up on a diet of wild meats, plants and natural medicines.



Learning with SPARKY THE FIRE DOG

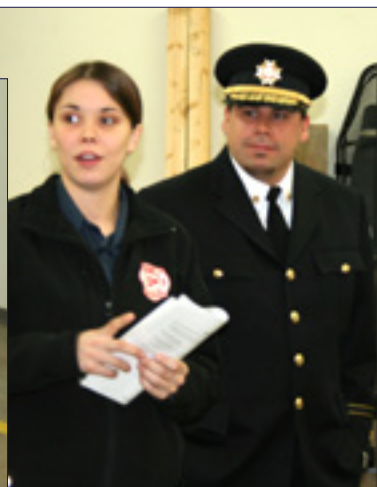
March 22nd was an exciting day! The Seabird Fire Department had a visit from the Head Start program...

They learned about 'What's hot and what's not hot', what are 'tools or toys' how to 'stay low and go' and how to 'stop drop and roll'. Sparky the Fire Dog was on hand to help teach the children.



They also got to see our hall, all the trucks, and the special equipment our fire fighters wear.

Our Fire Department is available for community education programs, please contact Stacy McNeil or Jeremy Joseph to book your session!



Seabird's Education Manager Running for Liberal



JANZEN ANNOUNCES BID FOR LIBERAL NOMINATION

Resigning Council post in campaign to become MP.

Diane will be taking some holidays from her post as Seabird's Education Manager to campaign for the Chilliwack Fraser Canyon Liberal Party.

CHILLIWACK, BC (March 22, 2011) – Chilliwack City Councillor Diane Janzen today announced her run for the nomination of the Liberal Party in the federal riding, saying that she wants to

bring her local political experience to the federal level.

Best-known for opposing a tax-hike and bailouts, Janzen was urged to run by community members as a fiscally responsible, socially progressive alternative who transcends traditional political lines.

"I have had the privilege of serving the public as a City Councillor, School Board Chair and School Trustee for the last 9 years. I have strong roots in the community, significant business experience and a proven track record. I would welcome the opportunity to represent the public to advance health care and post secondary education, deal with critical infrastructure needs and support local economic development."

"I have always believed that a good idea is a good idea regardless of who came up with it. We have had enough of negative ads and character assassination and it is time to get back to respect for democratic principles." Janzen has announced that she will resign as Councillor to devote herself fully to becoming the riding's MP.

Janzen has a long history of community service and says her main influence was her Mennonite grandparents who fled religious persecution and were welcomed in to Canada by a Liberal Government. "All of my family were told the stories of persecution and hardship and what Canada did for us. As a way of thanking the country, we were encouraged to give back through public service."

Janzen has significant business experience, having owned her own management consulting business, Janzen & Associates, for 14 years. "I am keenly aware of the challenges of owning and running a business and how important strong economic policies are to the strength of our region and to the jobs that they create." She is currently working in the field of First Nations' education.

Diane Janzen lives in Yarrow on a 4th generation tree farm. She has been married to Douglas Janzen for 27 years and they have two daughters, one attending the University of the Fraser Valley in the fall and the other at Vedder Middle School.

Please Let us know!

What you like about this newsletter...

What you would like to see in your newsletters...

We need your input!

Contact Sandy Bobb

Phone: 604-796-2177
Direct: 604-796-6838
E-mail: sandrabobb@seabirdisland.ca

Cadets



The pictures of the boys are Istvan (Steven) Thomas and Devon Armstrong, signing their Pledges to the Canadian Army Cadets. Way to go Istvan and Devon!!

We are all proud of you!!

The Cadets gather every Tuesday from 6:30- 9:30 at the Youth Trailer. All boys and girls 12-18 welcome. Look for the Army Cadets Agassiz on Facebook.

Seabird Island Preschool



On February 24th we all had a snowdrift day. Preschool was closed! The children have had a great time playing in the snow with warm winter clothing to keep them warm. Building a snowman was great fun.

The children were taken on several walks around the community. We are getting in shape for the 5 km. walk on March 24th.

March seems to have gone quickly with a week off for Spring Break! We hope all the families enjoyed having their child home.



The “Seeds of Empathy Family Visits” continue at the Preschool. On March 8 Tiffany brought Baby Dason for a Seeds Circle!! “Feeling Grumpy” was the theme. Our Seeds Elder, Sharon Joe, also participated in the circle. **Thank you Tiffany and Sharon for all your support!**

On Thursday, March 10 the children enjoyed singing five Halq’emeylem songs at the Maternal Child Health Forum.

March 22 is our Literacy Evening for the 4’s Program. Parents and caregivers are invited to bring their child 5:30 – 6:30 pm We will have a guest speaker, snacks, and door prizes. Children will receive an item for their literacy box.

March 29 was our Literacy Evening for the Language Nest Preschool Program. Families came for a visit and to meet the Language Teachers.



SEABIRD OPEN HOUSE

April 13th, 2011 10 am to 5 pm

Learn whats offered at Seabird Island Band, play games, WIN prizes,...



HOUSING POLICY – Do You Know Where Your Dog Is?

HEY! Is your dog tied up? Pooping on other peoples lawns? Chasing people? Barking or crying all night? Please see the policy below; the Housing Department and Band is receiving numerous complaints about dogs...

SOCIAL HOUSING POLICY 15.0 PETS

The tenants will be permitted to have pets as long as the pets are;

1. Common household pets, these include dogs, cats, fish, birds, rabbits, and rodents such as guinea pigs and hamsters, kept as companion animals.
2. Tenants will be allowed to keep no more than 2 cats and or dogs, more than one pet of any other species will be approved at the discretion of the housing department.
3. Looked after properly in a safe, sanitary and healthy manner.
 - a. All pets must receive proper veterinary care, including all appropriate inoculations (shots against disease)
 - i. **All adult dogs must be spayed or neutered**
 - b. Must be well groomed and bathed regularly to avoid flea infestation
- c. Must be given a healthy diet and exercise according to their needs
- d. Areas where pets are housed must be clean, safe and free of parasites, including fleas
4. **Not a threat to the landlord or other occupants, community or other animals.**
5. **Not disturb the enjoyment of other occupants or cause a nuisance to the neighborhood.**
 - a. Tenants whose pet(s) are determined by the housing department to be disturbing others must remedy the situation immediately.
 - b. A notice will be issued to the tenant to rectify the situation, failure to remedy the situation within a specified time will receive a 30 day notice to remove the pet from the premises.
6. Not cause damage to the residential property.
7. **Must be under the control of the owner (ie leashed, tied or penned in secure area)**

***** FAILURE TO COMPLY WITH ANY ONE OF THESE POLICIES WILL RESULT IN TERMINATION OF THE TENANCY AGREEMENT *****

Seabird Health begins the Accreditation Journey

Seabird Health takes care of eight (8) communities (including Seabird Island). Accreditation is getting known as meeting national standards. We want to meet standards for delivering health services. Our health leaders met in February to discuss how to go about Accreditation. This is a three year journey.

Help us kick off our Accreditation journey. Your input is valuable to us. Let us know how you think we can improve. **Give your comments at the Open House (April 13th in the gym). Look for our Accreditation table.**





Message from Chief Clement Seymour

Thank you for everything!
I am looking forward to the next two years, working with the people and supporting the staff of Seabird.

I look forward to participating in the growth of Seabird.



Message from the Band Manager Daryl (Chuck) McNeil

Thank you to all the participants who ran for council. Your dedication to the Seabird community and our work is greatly appreciated.

Congratulations to those who were elected in, we look forward to working will you all.



Message from our Health and Social Development Manager Carlyne Neufeld

Congratulations to all candidates for being nominated and to those who were elected...

We appreciate the number of people willing to take on the responsibilities of governance and encourage those who did not make

it this year to get involved in one of our committees. We are always looking for dedicated individuals to volunteer for other groups. Assistance is always needed and welcomed with our elders group, our youth groups, at our day-care, preschool, in our elementary, high school, fire department and other with many other services we provide.

The Portfolios listed include the ones each Councilor both leads and assists in.



Chief Clement Seymour

Executive Portfolio, Health and Early Childhood Development Program, Capital and Public Works; Operations and Maintenance, Audit Committee, Child and Family Services



Councilor Maggie Pettis

Education, Child and Family Services, Culture, Language and Heritage



Councilor Jim Harris

Safety, Emergency Services & Justice: Fire department, Security, Justice Committee, Audit Committee, Executive, Economic Development; Natural resources; Forestry, Fisheries, Gravel



Councilor Vivian Ferguson

Economic Development; Business development, Land Code, Culture, Language and Heritage



Councilor Alexis Roper

Health and Early Childhood Development Program, Education, Child and Family Services



Councilor Art Andrew

Land Code & Economic Development: Natural resources, Forestry, Fisheries, Gravel, Education



Councilor Marcie Peters

Housing, Audit Committee, Safety, Emergency Services & Justice, Fire department, Security, Justice Committee, Capital and Public Works; Operations and Maintenance



Councilor Dianna (Daughter) Kay

Economic Development; Natural resources, Forestry, Fisheries, Gravel, Culture, Language and Heritage



Councilor Rod Peters

Economic Development: Business development. Executive, Economic Development; Natural resources. Forestry, Fisheries, Gravel, Housing

Thank You For Your Participation!

Thank you for your participation in this years elections for Chief and Council.

Thanks to all the community members who came out to vote, thanks to everybody who participated in the nomination process.

Congratulations to all candidates for being nominated and participating in the election. For those who did not make it in, please don't let it stop here. We would still love to see you participate in all of our Seabird events. Volunteer, get out there and be seen, maybe next time you will make it.

There are many events and programs that are always looking for assistance. We urge everyone to get involved in the community, volunteer for groups... with our elders group, our youth groups, at our day-care and preschool

and in our elementary and high school, in our education and events committees... housing, lands, wellness, health, early childhood, justice, block watch, education, economic development, fire department and much more.



We are currently looking for volunteers to help us run the Annual Seabird Festival, it's just around the corner.

Lend a helping hand to your neighbor, the elder down the street. Everybody has the opportunity to help us work towards building a stronger, healthier community!

Thank you again for coming out and making your vote count!

April is Dental Awareness Month

April is Dental Health Awareness month and a good time for families to review the preventive measures they are taking to make sure their family's teeth, gums, and mouth remain healthy.

Ignoring our children's oral health can set the stage for serious health problems as well as social and emotional problems into adulthood. Dental problems in childhood can result in poor nutrition, pain, embarrassment, loss in school days, and severe infections.

Parents and caregivers of infants and very young children need to be aware of nursing decay, which can affect baby teeth extensively. Bottle and breast-fed babies are both susceptible. Babies left with a bottle as a pacifier and those who are frequently nursed, especially at night, run the danger of bottle or nursing decay due to the prolonged exposure to milk or juice.

A common decay problem in preschool children is due to frequent exposure to sugary, starchy and acidic foods and beverages. Such frequent snacking promotes dental decay because the repeated presence of food in the mouth feeds plaque that produces acid, causing decay.

It is vital that teens maintain their dental health by cleaning and flossing daily. They should also watch their diets and keep sugary foods and beverages to a minimum. Regular check-ups can help prevent disease and costly dental work. Prevention is always better than a cure. Additionally, people who play sports need to consider wearing a mouth guard to protect them against dental injuries.






Adults require regular dental cleanings. Periodontal (gum) disease affects 3 out of 4 people over the age of 35 and most

common cause of tooth loss, and an infection caused by plaque. Plaque is the sticky film composed mostly of bacteria that forms continuously on the teeth and must be removed daily to prevent tooth decay and gum disease. If not removed, plaque bacteria produce toxins that irritate the gum tissues causing them to swell. Gradually, plaque hardens into calculus (tartar) that forms a rough surface on which plaque accumulates, causing increased irritation and swelling. This inflammation damages the periodontal fibres that hold the gum tightly against the teeth, creating spaces known as periodontal pockets. These pockets create room for even more bacterial activity which creates deeper pockets until eventually the bone supporting tooth is destroyed, resulting in tooth loss.

Now do you know of a reason why you should not call your dentist?



Clubs - April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
				Cooking Club 5pm-6pm 13+ Band Office Kitchen		
10	11	12	13	14	15	16
		Library Trip 5pm-6:30pm Meet at band office			Cultural Night w/ Ev 5pm-6pm Old School 	
17	18	19	20	21	22	23
		Book Club 7pm-8pm 13+ School Kitchen		Cooking Club 5pm-6pm 13+ Band Office Kitchen		
24	25	26	27	28	29	30

New clubs and activities starting April 2011 for Seabird community members!
Cooking & book club for 13 years old and older. All these activities are free.

For more information, contact Stacy McNeil at 604-796-2177.

GRAND OPENING –Tax Free Home Depot



The official grand opening for the new Chilliwack Home Depot is **Thursday, April 7th, 2011.** Ceremonies start at 10 am.

This Tax Free Home Depot is located at the Eagle Landing Shopping Centre in Squiala First Nation, Chilliwack. The 85,000-sq-ft Home Depot will serve as the main anchor tenant for the north side of the development. It will join the Walmart, and the 30,000-sqft Cineplex theatre.

This will provide us all with excellent s tax free bargain to renovate our homes and yards.

Coming Soon

The old Walmart Mall is receiving a face lift. This next year will be spent renovating the entire mall, preparing for the Grand Re-Opening May or June 2012.

Located in the newly refurbished building will be Winners, Rietmans, and Sportcheck.

Easter Tips

HOW TO MAKE EASTER EGG DYE

Crayons (white works best)
Food Coloring
Warm Water
Vinegar
Cups
Cardboard Egg Carton (to dry them in)



NOTE: Before dyeing your eggs, if you color them or draw shapes on them with crayons, your image will pop out more when it gets dyed after coloring.



- 1) To make dye** for Easter eggs you will need to first fill your paper cups halfway full of warm water. If you plan to use several different colors you will need one paper cup for each different color of egg dye you plan to make.
- 2)** Add one tablespoon of vinegar to each cup of water, this helps to add more vibrancy to the egg dye colors.
- 3)** Put in the food coloring. The more drops of color you add the brighter the color will be on your Easter Eggs. Let the water sit for 30 seconds to help the food coloring mix into the water and vinegar. You may need to stir the water to help evenly distribute the food coloring.
- 4)** Carefully place the egg inside the cup of egg dye. Be careful not to drop too hard so that your egg does not crack on the bottom of the cup. Also make sure you drop the egg from just over the water level so it doesn't splash the dye on your work area and cause it to stain.
- 5)** Allow the egg to sit in the egg dye until it reaches the desired color. The longer you allow the egg to sit in the egg dye the deeper the color will be.

To check the coloring of the egg or remove the egg from the egg dye you will need to make an egg dipper. Just take a piece of bendable wire and form the end of the wire into a circle leaving a small length of wire exposed to act as a handle for the egg dipper.



Simply position this below the egg in the egg dye and pull the egg out of the egg dye solution.

Eggs are a rich source of protein and vitamins and are generally healthy to eat, unless you have a high cholesterol level.

You can eat eggs raw, boiled or cooked in a pan as scrambled eggs or an omelet. Boiling eggs is one of the easiest ways to prepare them

HOW TO BOIL AN EGG

- 1)** Place the raw egg in a saucepan.
- 2)** Run cold water into the saucepan until the water is one (1) inch above the egg.
- 3)** Place the saucepan on a stove and cook over medium heat until the water begins to boil.
- 4)** Reduce the heat to low.
- 5)** Simmer for 2 to 3 minutes for soft-boiled eggs or 10 to 15 minutes for hard-boiled eggs.
- 6)** Remove the egg with a spoon or ladle and let it cool slowly, or run in cold water over it to cool it more quickly.



WHAT TO DO WITH THE BOILED EGGS AFTER EASTER

Here are just a few things you can do with your boiled eggs.

- 1)** Peel them and eat them (I always tell my kids they can't eat any candy until they eat at least 1 boiled egg).
- 2)** Prepare a sandwich; peel them, mash them up and add low fat mayonnaise, then spread on bread
- 3)** Prepare Deviled Eggs
- 4)** Prepare Potato Salad

Bringing youth back from the gang



A new graphic novel focuses on how hard it can be to come home, after what these young people have seen. Sean Muir, with The Healthy Aboriginal Network of BC, is organizing a new comic book based on interviews with aboriginal youth involved in gangs.

"If I got my tattoos I would have been dead for sure. But I didn't. "I had to do a deal first, I was working with several gangs, and I did a crime I had to run away from. I ended up getting caught, so I never made it to my initiation."

Faced with discrimination, poverty and an unsure footing on the land, youth are

attracted to the promise of belonging that a gang offers. But as one for more gang member puts it, "I got left holding the bag. People make it out to be glamorous; it's not."

A new comic asks how can we help youth come home, and its makers are seeking feedback.

I held interviews with incarcerated Aboriginal youth gang members last April, for our new justice comic book, and learned a couple of things:

Most of the gang youth felt powerless to change their situation. They were in the system and felt that their future is pretty much laid out for them in and out of incarceration. All of the gang youth I interviewed, except for one, felt that they were going to return to their old lifestyle and gang involvement.

No one saw a life for themselves outside of the one they were living now. Which means that if we want to change

behavior and a youth's perception of the gang lifestyle, we'd better start teaching them the truth, exit strategies and offering alternatives. The final decision has to come from them.

Please consider reviewing our new draft story on integrating gang youth back into community.

We are a focus group testing it online at www.youtube.com/user/healthyaboriginal, or you can view on our website at www.thehealthyaboriginal.net. Feedback from youth and people working with gang youth can be e-mailed to sean@thehealthyaboriginal.net.

We will be testing the story in person with youth in Manitoba the last week of January. If there is a youth facility in BC, Alberta, Saskatchewan or Ontario that has Aboriginal gang members in it, and we have workers that are willing to let us test the story with their youth, I would enjoy hearing from you as soon

as possible at sean@thehealthyaboriginal.net. The comic book is being evaluated by Justice Canada.

Resource: St'at'imc Runner newsletter



Healthy Eating Recipe Corner

BASIC DEVILED EGGS:


- 12 large eggs
- 1/2 cup mayonnaise
- 1 1/2 tablespoons mustard
- 2 finely chopped green onions
- Salt and pepper to taste
- Paprika



Place eggs in a saucepan with water to cover plus 1 inch. On medium-high heat, bring the eggs to a low boil. After 15 minutes from the time they start to boil, remove the pan from the stove and run cold water directly on the eggs for a few minutes. Peel under cold running water, also.

Halve the eggs lengthwise. Remove the yolks, place them in a small bowl, and mash them with a fork. Add low fat mayonnaise and mustard, salt and pepper. Mix well. Spoon the mixture into the egg-white halves. Garnish each with a sprinkle of paprika.

Makes 24 appetizers.



the SEABIRD ISLAND
YOO HOO
Because news isn't all bad or boring!

**Are you a Seabird Member living off reserve?
Feeling left out of the loop?
Want to receive the Seabird Monthly Newsletter?**

Contact Sandy Bobb to apply to receive your monthly issue by mail or e-mail.

Phone: 604-796-2177 Direct: 604-796-6838
E-mail: sandrabobb@seabirdisland.ca

Only You Can Protect Your Dog!



As much as your dog might love to run, you are doing the dog and your community a disservice by allowing this. Instead, get out there and exercise with your dog. Build a fence for your yard or bring your dog to a large enclosed field or meadow to play. Please be a responsible dog owner.



More than just “feed the dog daily”, having a pet of any sort is a responsibility.

Pet overpopulation is one of the greatest reasons to have all your pets sterilized, but did you know that is not the only reason? Did you know that by having your dog neutered or spayed you can eliminate the risk of serious future health problems as well?

FREE-RANGE DOGS represent a lot of trouble. They scare children and other adults who are unable to tell if the dog is friendly or aggressive, they fight with other dogs who may be secured in their own yards. They can get seriously hurt.

It is not safe for your dog, to allow your dog to roam free.

Many, many decades ago, it was considered the norm to allow dogs to roam free. For one, there were fewer cars on the road. Many dogs lived on table scraps and slept outside, it was just the way life was. Needless to say, the life expectancy of dogs was much shorter back then. Sadly, there were many more unwanted and stray dogs that ended up being put permanently to sleep.

These days, we have a better idea of the risks. Veterinary medicine has advanced, and most people think of their dogs as essential members of the family. While roaming the countryside and exploring the world is loads of fun for most dogs, it is simply not safe. Free-roaming dogs are a bad idea. **Here's why:**



• **Automobiles:** Even the most isolated road has a car or truck pass by occasionally. Your dog may “never cross the road,” but there’s no telling when that can change. He may see an animal on the other side or simply wander into the street. Many Dogs that have been hit by cars *do not survive.*

• **Infectious diseases:** While exploring, your dog can come across disease-carrying substances from animal feces, dead wildlife, and even other living animals. *Some of these diseases cannot be cured.*

• **Parasites:** Standing water such as ponds and puddles are breeding grounds for many intestinal parasites. Many of these parasites can cause your dog to become very sick, often beginning with diarrhea. *You may never notice this until the complications are serious.*

• **Injury to or from other animals:** Dogs are predatory creatures by nature. They may chase and attack wildlife, other pets. While it is a shame for local wildlife to be harmed, it is even more tragic for someone else’s pet to be injured or even killed. *On the flip side, an aggressive or defensive animal might injure or kill your own dog.*

• **Disturbing other people:** Be a good neighbor, even if the closest one is miles away. A free-roaming dog can travel for miles. He might wander onto someone else’s property and dig up the garden or destroy other property. He might defecate on their property. Furthermore, your dog, regardless of how nice he might be, can frighten or hurt people - especially children.

• **Legal consequences:** We have Housing Policies about allowing your dog to roam free. In some cases, you could lose your home or your dog could even be put down.

• **Lost or stolen:** Your dog may wander too far one day and never make it back. Or, people may perceive your free-roaming dog as a stray and take him to the pound or keep him for themselves. Your dog could even be knowingly stolen by a vengeful or greedy person.

YOUTH OPPORTUNITY

Do you want to make \$3500.00 for 6 weeks of training this summer?

You can if you are:

16 years or older with Grade 10 completed or will complete grade 10 this June.

By joining the Bold Eagle Program, a division of the Canadian Armed Forces.

Drop by or Call Genna Joseph at 796-2177

Seabird Housing

Housing Waitlist April 2011

1 bedroom

1	03042010-2021
2	16042010-017
3	27042010-018
4	16072010-20
5	16072010-021
6	01102010-023
7	10012011-024
8	12012011-025
9	28022011-026

2 bedroom

1	9222009-2012
2	02222010-2019
3	03032010-2020
4	07022010-2023
5	07132010-2024
6	08122010-2025
7	09082010-2027
8	09082010-2028
9	11152010-2029
10	11172010-2030
11	01042011-2031
12	2022011-2032
13	2102011-2033
14	2212011-2034
15	02282001-2035

3+ bedroom

1	3312009-3007
2	8142009-3019
3	8142009-3020
4	10292009-3026
5	11252009-3028
6	01012010-3030
7	03082010-3034
8	031520103035
9	04212010-3038
10	04212010-3039
11	10052010-3040
12	16112010-3043
13	04012011-3044
14	10012011-3045
15	3112011-3046
16	2022011-3047
17	01032011-3048
18	08032011-3049

Forgot your number? Contact Stacy McNeil 604-796-6825

Please review your Social Housing Policy for eligibility and criteria to receive a home in Seabird



• **A big thank you** from the Seabird Housing Department to the tenants who have come in and completely paid off their arrears! Our hands go up to you!

• **Please note** that any one that would like to rent a home from Seabird must have no debt to the band, as per housing policy.

• **Reminder to all tenants who have not renewed their rent calculations:** you will be charged LEM effective April 1st. Please refer to the 3 letters that have been delivered to your home regarding your renewals for appointment information.

Youth and Elders Drum Making Workshop

March 6th was a fun afternoon with the Elders. The Elders and Youth were invited to come work together a make drums for the Elders. This was to be a learning experience for the Youth and a bonding experience for both the Elder and Youth.

Unfortunately we only had one youth show up with his Grandmother. The two had a great time together and still talk about the day often almost a month later. They each ended up taking home a drum to remember the day they worked together.

The lack of Youth turn-out did not slow down the rest of the Elders, they all worked hard to create drums that they can be proud of.

There will be another “Youth and Elder Drum Making Workshop” coming up soon. We hope to see a lot of Elders and Youth come out to enjoy the day together. This is a great opportunity for Elders, Youth, Grandparents and Grandchildren to bond and get to know each other.



What a great way to build togetherness and respect for each other and our culture!

Diabetes Family Retreat

This month Noy and a few families spent the weekend at a Diabetes Family Retreat at the Hills Health Range in 108 Mile BC. The group left early Friday morning and returned late Sunday evening.

They spent the weekend learning how to manage and control their Diabetes. Their family members learned how they can help their family members with Diabetes.



Peeping Tom

There have been reports of a peeping tom on Seabird. To keep yourself and your home safe here are a couple home safety tips.



- #1: Turn on your outside lights after dark. Install sensor lights that will light up when an unwanted person comes too close to your house.
- #2: Leave a light on inside even when you aren't home. A pitch black house invites intruders to believe they can break in and help themselves to your belongings.
- #3: Close your blinds when you are getting dressed (don't tempt the devil).

Elder Feature of the Month

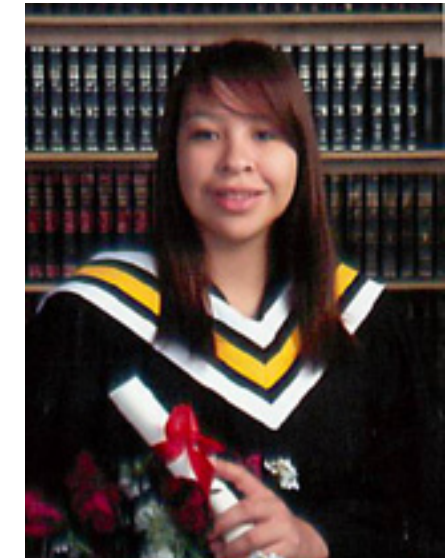


Richard Moses Louie was born on January 9, 1947. His parents were Moses and Clara Louie of Seabird Island. Richard remembers his father as a logger. His paternal grandparents were William Harris, Matilda Thomas and Dan Thomas (stepfather). Matilda used to gather the tall grass for trimming her cedar baskets. Richard's mother Clara also made baskets, some of which are still in Seabird Island.

At the age of 5, Richard earned his first pay cheque by picking berries in Sumas. His cheque totaled \$2 and when he went to cash it at a garage in Sumas, he had to get the attendant to help him print his name. Richard used to listen to his parents talk in the language and was able to understand what they were speaking. However, when he attended Residential School, Richard lost the ability to understand the language. He attended the Day school to grade 8 at Seabird Island. In 1963, Richard attended St. Mary's Residential School. It was around Easter when he arrived home for a visit that he learned his parents and his two brothers had perished in a car accident. The following year, Richard decided to attend Kamloops Residential School. He completed his final graduating year at Agassiz Elementary Secondary School (AESS) where his picture is among the Graduating Class of 1966. When you enter AESS and turn right down the hallway, you will see the Graduate pictures all along the hallway.

Six years later, Richard was asked to work in Seabird's Band Administration office. He worked as a clerk for many years. Richard remembers "We used to have quite the open meetings. They used to have the whole classroom up top over there. That used to be their meeting room. At the time there they used to have the roles. People used to hunt, some people would hunt, some would fish like that, and some would cut wood...they knew what to do. Before a funeral came they usually rang that bell. And they'd say that could be heard way up that way... but people knew when somebody was hurting when you would hear that bell and they knew what it was. They'd look after the person and they used to bring food and everything and they'd look after the person. " Richard remembers finding arrowheads along Maria Slough where our people used to camp while fishing. He also recalls catching grouse right on Seabird and how the orchard was filled with cherry trees, apple trees, prunes, plums and blueberries. He currently grows a small garden in his back yard. On February 28, 2009, Richard received a traditional name at the Seabird Island Community School Naming Ceremony. His traditional name is Eyölh. Richard has been an active member of council and has served 8 terms on Council since 1985.

Youth Feature of the Month



Hillary Andrew was born to Jennifer and Paul Andrew in Chilliwack, BC on March 20, 1993.

She has attended school at Seabird Island Community School, Kent Elementary School and Agassiz Elementary Secondary School (AESS). Hillary is the eldest of her two sisters; Tamara and Miya. You may remember Hillary going house to house

selling Girl Guide Cookies while she participated in Agassiz Sparks. She would walk right up the driveway, ring the doorbell and in her friendly voice ask if you were interested in buying cookies. It was not only the yummy cookies but her friendly smile that brought her so many customers.

In Grade 7, Hillary began to play soccer in the Chilliwack Soccer League. Since then, she has played in their Silver level as well as the house league. About two years ago, Hillary began to play 2-pitch in Agassiz and over the past two years has played ball hockey in the Chilliwack League. Hillary began working for Seabird Island at the age of 13 with the Youth Program and has since held several positions within the band office during the summer months. She has worked with the Out of School Care (Summer Program) as well as the day-care. She has also held many baby-sitting gigs over the past years.

This is an exciting year for Hillary as she prepares for graduation in June! She has many memories of spending time with friends at AESS as well as participating in the yearly "Activity Day". When asked what she is looking forward to the most after graduation, Hillary replied, "not having a long bus ride home everyday". Her plans after graduation include attending college and completing her upgrading. Hillary enjoys living on Seabird Island as it allows her to be close to her family, play on Seabirds great soccer fields and she really enjoys helping her Aunty Lolly coach the younger soccer team. She enjoys activities such as camping with family, playing various sports, and visiting friends and family.

When asked if she wanted to share a special message to the youth in our community, she responded, "**Be active, play sports, stay in school and finish school so you can get a better job in the future!**"

Someone So Small



ASK

Ask for help because you are the most important person in your child's life.
 Ask for help because parenting is far too important of a job to do alone.
 Ask for help when you are choosing child care. Those who care for children in the early years have a huge impact on their development and well being.

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Encourage conversation by speaking face to face—look your children in the eye and with love		Ask for help & take time out for yourself—Renew your energy!	1 No Program today	2
3	4 Show your child how much you love them.	5	6 Let your child know that you are proud of them.	7	8 Someone So Small Seabird 10-1130am	9
10 Parents need to be re-freshed and alert—ask for help so you can relax	11	12 Give love and hugs	13	14	15 Someone So Small-Chawathil 10-1130am	16
17	18 Post partum depression is real—ask for help and make connections	19	20 Go to the library and find out about programs	21	22 Good Friday-No Program	23
24 Easter Sunday	25 Easter Monday	26	27 Cuddle your baby while reading bedtime stories.	28	29 Someone So Small-Chawathil 10-1130am	30

***Someone so Small is a drop-in program for parents of children Birth to 4 years of age. Parents and their children will participate in gross motor play, sing songs, play games & end each session with a light snack. Seabird Island Session is held at the Millennium Hall. Chawathil Session is held at the Chawathil Band Office Gym.

Seabird Nutrition Fair

The nutrition fair was held at the Seabird school gym March 9th 2011.

The students enjoyed exhibits in nutrition. They even made their own butter and had a chance to sample it on some bread.

There was an egg display, where they learned about the nutritional facts of eggs. What is better, farm fresh or store bought. What they do to preserve store bought eggs,...

There was even a booth on smoking and wind drying fish, where the kids were able to sample a piece. Learning the value of traditional foods in the First Nation peoples diet.

Once the students had visited each exhibit they were rewarded with sampling nutritional foods.



This young lady is asking about the dairy products in the butter. Informing the Nutritionist that she is lactose intolerant. Way to go girl!



MAKING BUTTER



GETTING THE FACTS ON EGGS

April 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Center Community/Staff: FREE . Non-Community/Staff: \$30 month or \$2 drop in.				
ELDERS 10AM-11AM 		ELDERS 10AM-11AM BRING A FRIEND FREE (13+, PER PAID PERSON)		CLOSED P.M.
Evening Recreation in the Gym Community/Staff: \$1 drop in. Non-Community/Staff: \$2 drop in. Pre-Paid Cards Available! Open at 5:30pm, close at 8pm.				
BOOTCAMP 12PM-1PM 4PM-5PM 	VOLLEYBALL (AT SCHOOL) TBA MEN'S HOCKEY 5:30PM-7PM	BOOTCAMP 12PM-1PM 4PM-5PM 	CO-ED HOCKEY 5:30PM-7PM	BOOTCAMP 12PM-1PM 4PM-5PM

Note: Stamp cards available for fitness center. Work out for **1 hour 8x a month**, and get entered to win a gift card!

Note: Programs & activities may be cancelled/changed due to interest. Suggestions for activities welcome!

Healthy

'Un-spoiling' inconsiderate teens

By Lisa Bunnage, *The Province*

Q I have two sons and one daughter, all teens, and they are all messy and inconsiderate. Their rooms look like dumps and the mess spreads throughout the house. I used to pick up after them but now that they are teenagers I feel they should clean up after themselves. Whenever I try to talk to them about it they get defensive and argumentative. How do I get them to be more considerate?

A You spoiled them and now want to un-spoil them. No wonder they're rebelling. Chores should start as early as two to three years old so that they become habit.

OK, enough lecturing, let's get to work on un-spoiling your teenagers. Set up a family meeting and put a pen and paper in front of everyone. Ask everyone to write down all the household chores. They'll probably come up with laundry, taking garbage out and maybe a couple more. Your list will include those obvious chores plus a few more, such as emptying dishwasher, cleaning windows, washing car, vacuuming, mopping, toilet scrubbing, oven cleaning, etc.

Put all the chores on one big list and discuss whose initials are going to go beside each chore. If they're not already getting an allowance, then give them

one so you can withhold it if they're not doing their chores. Give them a voice to discuss what they think is fair but if you feel they're being unreasonable then say so and explain why.

This isn't a quick fix; it's more of a long-term plan of action. This is a parenting process that takes strength, patience and diligence. The bottom line is that you are in charge. Stick to your guns. Don't let them bully you away from your goal of teaching them how to be considerate and responsible young adults.

I find my teens assist more when you list all your (Mom and Dad) chores as well, don't forget your career as a chore to bring in the money to feed and cloth them. Then we divide up the house hold and yard chores and "work together as family" to get the chores done. Compare your work to their school (even/even) this helps you encourage them to stay in school, if they are not in school you expect them to get a job where they will work twice as hard as school.

We explain that it is part of being a family, working together, caring and respecting each other. It also helps to explain the faster the chores get done, the more time you have to take them places, like to the beach, camping, hiking, even shopping.

Sandy Bobb

AGE APPROPRIATE CHORES:

Ages 2 and 3 – Many toddlers are eager to help with chores, and while their "helping" may not always be appreciated, keeping their excitement and the habit of helping out alive, should be. Sticker charts are a great way to keep toddlers excited about helping. Their chores may have to be completed with you helping every step of the way, but you are laying the groundwork for children that find chores and helping a way of life.

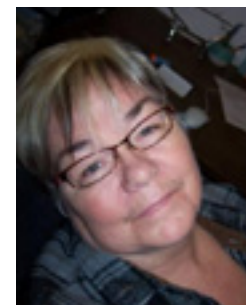
Some chores 2-3 year olds can do...

Help make the bed, Pick up toys and books, Take laundry to the laundry room, Help feed pets, Help wipe up messes, Dust with socks on their hands, Mop in areas with help.

Ages 4 and 5 – Preschoolers still find helping to be an exciting venture and usually are thrilled when time is taken to teach them new chores. They are ready to do some chores without constant supervision. Rewards at this age are very motivating. A sticker chart that allows you to build up to bigger rewards can be appropriate. For some preschoolers, tying chores to an allowance is a great option and fosters independence in choosing a reward.

Some chores preschoolers can do in addition to the one.

To the members of Seabird Island First Nation,



It is with mixed feeling that I tell you I am no longer working with Hope and Area Transition Society. I have accepted an employment position in the Northwest Territories and will be moving there soon. I will carry with me the rich and warm memories of my work in Seabird Island; the welcome and trust shown to me in working with your valued members,

the wisdom and experience of the staff and elders, with warm humour thrown in to lighten the load.

It has been such an honour to work with women, and men in your community and to take part in valuable programs in the

community. I will carry with me stories of the hospitality and cultural strength of the Seabird Island people to my new home in Fort Providence, and throughout my life. I thank you for allowing me to be part of the life of your community for a short time.

For those wishing to receive support through Hope & Area Transition Society, please call at 604-869-5111 and our receptionist or other capable staff will insure you are directed to the counsellor best suited to provide the support you require.

Gloria Miller

STV: Stopping the Violence Counselor
 Hope & Area Transition Society

Ye mí sseqó:tel la xwe' lets'emó:t ó Community Engagement Hub Annual Gathering

On March 24th 2011 the 3rd Annual HUB Gathering took place at Chawathil First Nation.

Members from all the participating eleven (11) communities were invited. These communities include: Cheam, Chawathil, Shxw'ow'hamel, Chehalis, Seabird, Soowahlie, Scowlitz, Kwaw Kwaw Apilt, Union Bar, Kwantlen, and Skwah. All the 97 attendees were updated on the progress the Community HUB has made in the past year. They learned what a HUB is and what the benefits are for each and every community involved.

HUBS BENEFIT YOUR COMMUNITY BY:

- Communication:** Increased knowledge & awareness on current health issues; bridging communication between communities, First Nations leadership, health services and other stakeholders.
- Collaboration:** Builds capacity through sharing resources that will create linkages and identify opportunities.
- Planning:** Facilitates health planning by community consultations that will identify health priorities; health services gaps; training needs and assist in the development of Community Health and Wellness Plans.

There were informative exhibits all around the room featuring health issues and services, family services and arts & crafts.



Indian Residential School Survivors Society (IRSSS)

1.800.721.0066

Monday to Friday 8:30am to 4:30pm

Common Experience Payment (CEP)

Deadline for CEP September 19, 2011

Independent Assessment Process (IAP)

Deadline for IAP September 19, 2012



Canada

Japan Nuclear Radiation Hits BC

Traces of radiation from the reactor leaks in Japan have been picked up by monitors in British Columbia, the BC Centre for Disease Control reported Monday. It has been detected in the rain and sea water on the coast.

-but the amounts are so small they pose no health risk.

I don't know about you but I told my boys to still use an umbrella to help protect them. You never know when things will change.

"Better safe than sorry"

Langford graffiti lawsuit settled in groundbreaking case

By Edward Hill - Goldstream News Gazette Updated: February 24, 2011 3:13 PM

A graffiti tagger who caused \$30,000 in vandalism across Langford three years ago has settled damages with the City in a precedent-setting civil court case.

On Thursday, a judge in Victoria Supreme Court authorized a settlement between the man – who is now in his early 20s, but was underage at the time of the offenses – his parents and the City of Langford.

The man has agreed to pay Langford \$1,800 in damages over 18 months and commit to 100 hours of community service, which the court deems to be worth \$7,500 total. He also has to pay Cedric Steele Realty \$885 and Pacific Coast Floor Covering \$269 for damages. His parents have agreed to pay \$2,000 to the Goldstream Food Bank.

The order also says the man must seek counselling for his "graffiti addiction," and can't possess spray paint or instruments used in graffiti vandalism.

Three years ago, Langford and two businesses sued the man and his family for nearly \$30,000 in damages related to extensive tagging on public and private property between September 2006 and March 2008. The City blamed the man for 200 graffiti hits – his signature tag was "Block 642" – on at least 20 businesses and scores of public spaces.

The man's lawyer, Sarah Klinger, said her client is willing and able to pay and commit to the community service, which involved graffiti cleanup and park beautification in Langford.

"This has been a long road. At this point he is quite anxious to put it all behind him," Klinger said outside the Victoria courthouse.

Langford municipal lawyer Troy DeSouza said the settlement is a compromise between the City and the family – it's meant to send a message that graffiti won't be tolerated, while not being unduly harsh on the offender.

"We recognize young people make

A Langford bylaw officer take photo of graffiti for the City's records. A ground-breaking lawsuit concluded Thursday between Langford and a graffiti tagger in a case going back to 2008.



mistakes and do stupid things," DeSouza said. "We don't want to penalize his future with a heavy mortgage, but we want to be firm. Certainly more firm than the (\$325) fine in provincial court."

In April 2008, the man pleaded guilty to nine counts of criminal mischief, was fined \$325 and completed 40 hours of community service. Outraged at the slap on the wrist, Langford council initiated a lawsuit against the man and his parents, the first time a municipality had pursued a vandal for damages in civil court in Canada.

"He was a very serious vandal," DeSouza said. "He was a hardcore graffiti vandal, the best of the best in the south Vancouver Island area."

Langford bylaw enforcement officers broke the case open in early 2008, after discovering the identity of another busy tagger who used the signature "Rez," and who was part of same crew as "Block 642."

Langford also sued "Rez," who in October 2009 agreed to pay Langford \$6,400 in damages and complete 30 hours of community service. Langford became the first community in B.C. to receive a judicial order to recover funds used to clean graffiti vandalism from the vandal.

The court order issued Thursday with "Block 642" again is an agreement related to repayment for vandalism, but it also establishes that parents can be financially liable for their offspring's actions.

"For the first time in Canada the parents will pay and acknowledge responsibility in not curtailing graffiti vandalism from their kid," DeSouza said. "This court order is the first time the courts have established parental responsibility.

"This isn't a judgment against the parents," he stressed. "They seem to be decent people, but at the end of the day there are damages. There is a loss to the community and someone has to pay up."

DeSouza also noted the City was willing to take the case to trial, which would have cost both sides tens of thousands of dollars, far more than the settlement.

Thursday's court order helps clarify case law when it comes to parental responsibility, DeSouza said, which should act as a "soft warning" to parents that they could be held financially responsible if their children commit vandalism.

"For parents this is a caution," he said. "If police come knocking on your door for something your kid did, take it seriously."

Langford senior bylaw officer Lorne Fletcher said during long period of negotiations, Langford's side discovered the man's parents made sincere efforts to curtail their son's vandalism. On the other hand, Fletcher said the parents became aware of the extent of damage across the city.

"There is no negative out of this," Fletcher said. "We are not seeing the same level of graffiti over the last few years. There's been a lot of really good work done."

Fletcher also noted that government officials from half a dozen municipalities across Canada have contacted Langford about how the City pursued its vandalism cases.

"We've discovered a lot of local governments don't realize they have options," Fletcher said. "Never before has a local government taken these steps to hold someone responsible for their actions. The overall message is clear: This community will not tolerate this kind of vandalism."

Seabird Nutrition Run

The Annual Seabird Island Nutrition Run was held March 24th 2011.

This was an excellent run this year. The participation in the event was fantastic. The energy was exhilarating. We had everybody from the toddlers to the elders participating. The Annual Seabird Nutrition Run is put on to raise awareness about Diabetes and Nutrition. This includes the effects your nutrition and fitness has on your health.

The day started with a warm-up in the Band Office gym. Diana Kay led the charge getting everybody to participate in the warm-up.

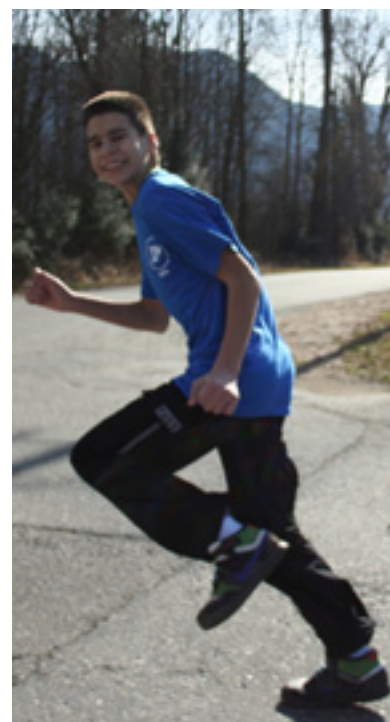
Team Diabetes Canada was here with a table set up where participants could learn about Diabetes. We even had a professional marathon runner (Jerry Oldeman) join the Nutrition Run from the Team Diabetes Canada.

There were water stations at various points in the run where everybody received water and a piece of orange. This kept them hydrated for the return journey.

Those who got back early had a chance to visit the Team Diabetes Canada Table and to make beaded necklaces at the craft table. After the run there was a small ceremony and lunch.

All of the registered participants received blue t-shirts. This made promoting why they were running obvious to all passers by. This also made it easier to spot stray runners, making it safer for the participants to be seen by passing cars. The stream of blue walking around Seabird was inspiring.

WAY TO GO EVERYBODY!



Soccer, Soccer, Soccer



Fraser Region soccer TRYOUTS

For the team that will play in the Provincial Championships.

Tryouts hosted at Seabird April 26 & 27 at 6:00 p.m.

PRACTICES START FIRST WEEK OF APRIL

Tuesdays & Thursdays at 4:30 for 5, 7 and 10u, 5:30 for 13 & 16u

AGASSIZ MINOR SOCCER NOW REGISTERING

Registration forms can be picked up at the Seabird front desk.

Contact Stacy McNeil for more info 604-796-2177



Head Start



Parents and Tots

Tuesdays & Thursdays at the Mill Hall 10:00am to 1:00pm For families with children ages 0 to 6 years

Temkwikwexel April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Learning about Earth Day and the colors yellow & pink	6	7 Discovering and singing with the letters v, w and <i>shxw, x, x, xw, xw</i>	8	9
10	11	12 Learning new songs about planting seeds & gardens	13	14 Discovery dental health & playing about Spring animals <i>xweláít-evening</i>	15	16
17	18	19 Learning about Easter, the Easter Bunny & rectangles	20 Parents and Tots Family Night 4:00 to 7:00pm Hall	21 Playing with the colors pink & yellow, and using words beginning with <i>shxw, x, x, xw, xw</i> & v, w <i>xe 'o:thel-four</i>	22	23
24	25	26 Learning how to make compost and using it. Playing with the numbers 3 & 4	27	28 Discovering Farm Animals & singing with words that begin with <i>shxw, x, x, xw, xw</i> & v, w <i>shxwqwóqwól speaker</i>	29	30
31						

Why must we remove our hats upon entering the school?

The common answer to this question is, "Because it is the rules and it is policy". Our spiritual elders believe our connection to learning is at the top of the head, the final area to solidify during the first months on infancy, and covering the area blocks learning. Upon Googling the question; asking Jeeves and Bing-ing myself to oblivion, I came across the following common statements:

- A gentleman takes off his hat and holds it in his hand when a lady enters the elevator in any building that can be classified as a dwelling such as an apartment house or hotel. He puts it on again in the corridor.
- A public corridor is like the street, but an elevator in a hotel or apartment house has the character of a room in a house and there a gentleman does not keep his hat on in the presence of ladies.
- Hats are removed for the National Anthem, passing of the Flag and funeral processions, outdoor weddings, and dedications, in the presence of educators or public officials and photographers.
- Hats are removed when inside, except for places that are akin to public streets, like lobbies, corridors, and crowded elevators (non-residential). In a public building (where there are no apartments) the elevator is considered a public area.
- Hats are worn less now, but at the turn of the 20th century, all adults wore hats whenever they left the house. It was a matter of good personal hygiene, since hats were a protection from industrial dirt.
- Removed hats are held in hand in such a way that only the outside and never the lining is visible.
- You may choose to remove your hat in a public elevator, but in the presence of a lady your hat must be removed.

In our school, Lalme'Wesawtexw, we remove hats to demonstrate respect for all the elders who placed their lives in danger in order for a safe, successful, relevant educational system for future generations. The "no hats" is an original rule – originally mandated by the mothers of our school- and we need to demonstrate our thankfulness by removing our head gear upon entering the school buildings.

What to do with your elementary child can do daily... (From Ms. Marchant)

1. When you print sentences, use capitols and periods!
2. Print two sentences telling what you did today.
3. Count by 2's to twenty; by 5's to 100; by 10's to 100.
4. Print a story. Try to print at least 15 words.
5. Play a board game with someone in your family.
6. Get a handful of coins and count the amount of money.
7. Make addition sentences for 7... 4+3=7; 2+2+3=7; 1+1+5=7
8. How far can you count? I can count to.....
9. Have someone ask you to subtract 10 questions about
10. Make addition sentence for 8.... 4+4=8, 6+1+1=8
11. Print two sentence telling what you did today.
12. Print your full name, address, and birthday. Make a list of important phone numbers.
13. Play a board game with someone in your family.
14. Count by 2's to twenty; by 5's to 100; by 10's to 100.
15. Have someone ask you to subtract 10 questions about
16. Get a handful of coins and count the amount of money.
17. Make addition sentences for 9... 8+1=9; 5+2+2=9
18. Print a story! Try to pint at least 15 words.
19. Play a board game with someone in your family.
20. Ask someone about the directions – North, East, South, West
21. Draw a picture of your pet or a pet you would like to have. Write a sentence about it.
22. Print 20 tricky words that you know.
23. Have someone ask you 10 subtraction question about
24. Count by 2's to twenty; by 5's to 100; by 10's to 100.
25. Print two sentences telling what you did today.
26. Can you skip? Practice your skipping!
27. Have someone give you some words to spell.
28. Write a story telling what you did today. I wrote _____ words.
29. Print two sentences. Count the words. How many word did you use?
30. Print how many days you accomplished the daily learning tasks.

What happened in March

Nutrition MONTH Healthy Eating Active Living (HEAL) March is Nutrition month; we are placing the Nutrition as a primary focus for our Physical Education program. We encourage the mantra of H.E.A.L, as promoted by your public health facility, which is Health Eating Active Living. Over the course of the month we will encourage the students to track their eating habits, physical activity, and look at consequence the consequences of Diabetes.

18 instructional days; 90 instructional hours; 5 days vacation

School Wide

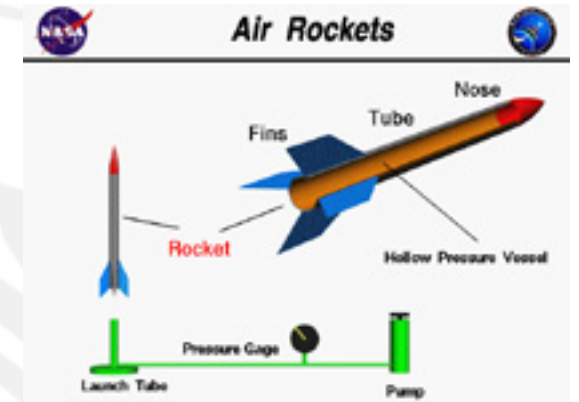
- 9 Nutrition Fair – Hosted by Noy Khounviseth. Wayne Bobb Jr. presented a nutrition table, The Bee lady demonstrated the cycle of a honey bee and how honey was made. Kathy Hope presented her wind dry rack. The children made butter and Noy served a variety of healthy natural snacks.
- 14-18 Spring Break – No School
- 24 School Nutrition Run, Hosted by Noy Khounviseth, Seabird Island Nutrition Educator (Pre-register for a 2.5k, 5k, 10k, 15k) enjoy the walk/run/shuffle.

Elementary

- 1 Psycho Ed Assessments scheduled for Elementary
- 4 Intermediate Bake Sale – School Foyer, all proceeds for field trips

High School

- 4 CULTURAL ARTS DAY for High School students sponsored by Heritage Canada. Students choose to make one of the following: drums, rattles, beading, weaving, cedar, copper jewelry, painting, drumming singing & slahal, fiddle music, felting. Facilitators: Freida George, Dianna Kay, Evelyn Peters, Kwosel, Greg Paul, Bob Armstrong, Debbie M Gregor, Neil White, Kathleen Louie, Chris McGregor, Karla Kay
- 11 Mr. McGregor launches Air Rockets to demonstrate four forces in flight; weight, thrust, and the aerodynamic forces, lift and drag. The air rocket system consists of two main parts, the launcher and the rocket. The flight of a compressed air rocket is similar to the flight of a ballistic shell or a bullet fired from a gun. During the entire flight, only the weight and aerodynamic forces act on the rocket. The launch of a compressed air rocket proceeds in three stages; the pressurization of the body tube, the initial acceleration along the launch tube, and the expulsion of the compressed air from the rear of the rocket.



COMING UP IN APRIL

- 19 instructional days; 95 instructional hours; 2 vacation days
- 22 Good Friday –School Closed
- 25 Easter Monday – School Closed
- 17 Sun Run Team travels to Vancouver
- 29 Naming Ceremony – 14 names announced tables set at noon.

Halq'emeylem Word Search

E E E L M Y P X D M Y O G S Y
 F W O T A A A U U W W N L W I
 H O O O Q S D R I E I A U O Q
 W V G L A E D N T L H L I N H
 S P M N E T L V B A E O F S T
 Y A L P I M E M L E H M J L A
 L E L D X S A X P A Y E L X H
 R A D E C G B R Y E R S T J T
 L H F G W D S V A C O B G X S
 E X E L E P U U F K L U W A E

BRYERS CEDAR DRUM
 EWOLEM EXEL EXTEH
 GAMBLING ILEM MAQA
 OWET PADDLE PLAY
 SING SLAHAL SNOW
 STHATHQIY TESAY WOOL
 XPAY

COMPREHENSIVE COMMUNITY PLAN

Our Community – Our voice

“There is no power for change greater than a community discovering what it cares about.” - Margaret Wheatley

Conversation is part of life. And it’s an important part of community building. In conversation, we discover what we care about, we uncover new ideas for building healthy community.

- Community Engagements Process
- Encourages creative communication
- Shares thinking and experience
- Encourages diverse ideas and perspectives
- Listens to understand
- Expects disagreement
- Connects ideas
- Listens together for patterns, insights and deeper questions

We are seeking your input to build a community you see for you, your family, and future.

Comprehensive Community Plan

Seabird Island’s work on COMMUNITY PLANNING for 2010/2011 focuses on four (4) key areas of work:

- 1) Establishing a strong and guiding community vision,
- 2) Building accurate demographic profile of the community;
- 3) Assessing and improving the community’s GIS capacity; and
- 4) Focus for reaching out, engaging and informing the community’s ongoing planning process.

Community Vision

Compiling previous works done for long-range visioning and planning which will guide the community’s growth to 2035.

This vision will come from existing plans, strategies and together with results from community outreach sessions with the membership, elders and youth in 2009 and 2010. (through workshops and outreach activities)

Specific activities in 2010 have included:

- Review of existing strategic plans and community consultation results
- CCP orientation and initiation meetings with Band Council, CCP Working Group and Senior Managers
- Formation of a CCP Working Group, inviting key staff, Councillors, and interested members
- Outreach to membership at Seabird’s Annual Open House in April through one on one information exchanges, short surveys, and map-based feedback
- Regular communications out to membership on CCP through community newsletter, facebook, posters, etc.
- 2 Community Visioning nights, with dinner, prizes and facilitated discussion. Survey forms were also distributed

and collected at these meetings. (10 to 20 planned for Feb and March)

- 2 Staff session to identify and integrate existing multi-year plans and strategies. Survey forms were also distributed and collected after this meeting.

Demographic Profile

- Seabird Island is taking the lead on developing an up to date Community Profile including key demographic information – with a focus on population, housing, education, employment, income, culture, and other community indicators. This comprehensive report, being developed collaboratively by Seabird Island staff in various departments, will set the planning foundation for projecting and anticipating growth into the future. A draft of the report is expected to be completed by January 2011.

Community Mapping

- While Seabird has been using GIS based mapping for several years now to support strategic projects as well as infrastructure planning and management, the GIS system and supporting capacity is under-resourced and in need of new and sustained investment in technology, capacity and management. This is important, especially under Land Code.

Seabird Island has undertaken the following activities in 2010:

- Review recommendations in June 2008 GIS Implementation Plan
- Conduct Department and Staff survey to update assessment of current GIS needs, usage, and existing technical capacity
- Meet with key staff from the community and conduct a preliminary assessment of GIS needs and next steps

Community Outreach

- Seabird hears its membership tell us they crave more information about what work is being done and how they can get involved.....
- They also want to see their voices and input reflected back to them – in follow up communications
- Forms of Communications include– Facebook, community newsletters, video, community meetings, surveys, e-mails, and direct outreach to hear from our community members.
- Those who expressed interest have received meeting minutes and survey results.



COMPREHENSIVE COMMUNITY PLAN

Economic Environment

What are your thoughts about economic development? The list below are only suggestions:

- jobs
- training
- industries and partners
- retail shops
- businesses
- services

Social Environment

What is important for your community? The list below are only suggestions.

- safety
- health
- strong community
- children, youth, elder involvement
- family friendly
- education, training
- supportive community
- gathering spaces

Built Environment

What are your thoughts on the development of the built environment? The list below are only suggestions.

- green, sustainability
- energy efficiency
- safety
- walking and transit oriented
- compact design, density
- public spaces
- mix of land uses, activities

Cultural Environment

What are your cultural values or principles that should be supported? The list below are only suggestions.

- traditional knowledge
- traditional practices
- language
- history
- community events
- new cultural traditions

Natural Environment

What thoughts do you have that could help in guiding Seabird’s approach to natural systems? The list below are only suggestions.

- traditional knowledge
- preservation of natural systems

- habitat protection
- community enjoyment of natural spaces
- integration of green space and practices into built up areas
- outdoor recreation, tourism opportunities

Governance

What are your thoughts about how our community and programs could help guide Seabird’s approach to governance and decision-making? The list below are only suggestions.

- community, citizen involvement
- community representation
- decision making
- elections
- administration of community
- accountability

Is this the Community Core

If, yes what services, building, would you like to see in this area?


If no, where do you see the community core?

Drop off , visit or e-mail your comments :

Attention Brian Jones and Kimberley Lessard.



The working Team is working on a schedule for more community sessions starting in Jan 2011.



Environmental Management Plan

-what are we CURRENTLY doing for you

<ul style="list-style-type: none"> • Mon & Thu – Domestic Garbage pick up • Tue – Recycling pick up • Major Pick ups – sign up sheet at band office • Roll Off Bins – available upon request • USED Oil – bin up at the Gas Bar 	<ul style="list-style-type: none"> • Battery Bin here at the office for old batteries • There are Programs starting at the SCHOOLS – getting the YOUTH INVOLVED in their future..... • <i>This also falls under the Waste Management Plan for Seabird Island.</i>
---	---

Congratulations

Term 2: Honour Roll Students at AESS

A Honour Roll

Brianna Robotham
Brooke Bobb-Reid

B Honour Roll

Tamara Andrew
Faylen Jenkins
Siequalynnda McNeil-Bobb
Ashton Penner
Emma McNeil

Effort Honour Roll

Tamara McNeil
Siequalynnda McNeil-Bobb
Ashton Penner
Brianna Robotham
Brooke Bobb-Reid
Emma McNeil
Shayla Harry

Seabird Island Early Childhood Programs...

...are currently looking for families with children ages 0 to 6 years to photograph for an up-coming children's picture book.

The ECD will be developing children's picture books that will be about young children learning new skills or concepts.

Photographs will be taken of the children and their families in all types of family situations.

If you believe this is for you and your family, call and register today.



Planning for
Spring of 2011



If you have any questions or would like register, please contact Tracey at, 604-796-6894



Health Comic



Sidewalk Bubblegum ©1996 Clay Butler

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

Each issue as well as past issues are posted on the Seabird Website: www.seabirdisland.ca or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb by phone at 604-796-6838 or e-mail sandrabobb@seabirdisland.ca

FOR ADVERTISEMENT RATES PLEASE CALL SANDY. (pre-paid, please)

SUBMISSION DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month



Seabird Community School Adult Programs

CONTACT INFORMATION

Phone: 604 796 6896

Fax: 604 796-3729

dianneparkinson

@seabirdisland.ca

Mobile Programs may be available in your community

Brief Description of Programs

PROGRAMS PLANNED FOR SEPTEMBER 2011

- Aboriginal Responsible Adult
- Business Technology
- Carpenter Levels 1 & 2
- Community Support Worker
- Professional Cook 1
- Hair Stylist/ Cosmetologist
- Dental Assistant
- Graphic Design
- Heavy Duty Equipment Technician I&2
- Heavy Equipment Operator
- Information Technology
- Painter and Decorator
- Plumber Levels 1 & 2
- Teaching Assistant
- Wall & Ceiling (steel stud & drywall)
- Speech and Language

Teacher directed individualized courses including:

- Biology 12
- Math 11 Academic
- Trades Math 10 -11
- Math 9 -12 Academic
- English 10- 12 Academic
- Communications 11-12
- Intro to Computers
- Adult Literacy
- GED Preparation\



ABORIGINAL RESPONSIBLE ADULT

The program provides a general overview and working knowledge of early childhood and is designed to meet the child care licensing regulations for Responsible Adult positions and volunteers in Early Childhood Programs.
Duration: 3 days



BUSINESS TECHNOLOGY

- Microsoft Office Level I (BCA) includes a good working knowledge of Microsoft Word, Excel, Access and Power Point).
- Microsoft Office Level II (Data Management) Advanced Microsoft Word, Excel, Access and PowerPoint, Publisher).
- Introduction to Accounting: (Accounting 11)
- Simply Accounting (Accounting 12)
- English For Business
- Business Information Management:
- Management Innovations: Learn how to organize for business
- Entrepreneurship: Learn how to set up and run a small business
- Marketing

CARPENTER

- Safe Work Practices
- The use of hand and power Tools:
- Wood Frame Construction
- Concrete Formwork
- Employability/Essential Skills



PROFESSIONAL COOK I

A Professional Cook performs all phases of kitchen activities including preparation and presentation of vegetables, soups, sauces, meat, fish,



poultry, cold kitchen items, deserts, baking, pastry, . They also do basic menu planning and costing and have knowledge of safety, sanitation, food storage and human and customer relations.

HAIR STYLIST COSMETOLOGIST

The program covers all the learning outcomes of



the trade and trainees will write the final exam;

however, they will have to complete their required hours before receiving certification

DENTAL ASSISTANT



Dental assistants perform some or all of the following duties:

- Polish teeth and clinical crowns and apply fluoride and sealant
- Take preliminary impressions for diagnostic casts
- Fabricate temporary crowns and restorations.
- Prepare patients for dental examination and assist the dentist during the examination
- Sterilize and maintain instruments and equipment
- Prepare dental instruments and filling materials
- Educate patients concerning oral hygiene

GRAPHIC ARTS/ PRE-PRESS

Graduates to work in the pre-production sector of the Print industry.

Course content:

- The use of Graphics Software
- Principals of design
- Create and manipulate images, for a specific effect
- Use principals of design and knowledge of graphics software to create products for end users

HEAVY EQUIPMENT TECHNICIAN

Heavy-duty equipment technicians perform some or all of the following duties:

- specialize in specific types of machinery such as tracked vehicles, or in engine overhaul, power shift transmissions, fuel injection, hydraulics or electronics.
- Check bulldozers, cranes, graders and other heavy construction, agricultural, logging and mining equipment for proper performance and inspect equipment to detect faults and malfunctions
- Diagnose faults or malfunctions using computerized and other testing equipment to determine extent of repair required
- Adjust equipment and repair or replace defective parts, components or systems, using hand and power tools
- Test repaired equipment for proper performance and to ensure that work meets manufacturers' specifications

HEAVY EQUIPMENT OPERATOR

Heavy Equipment operators operate heavy machinery for a wide variety of heavy construction, earth moving, road building, mining and forestry projects. Certified operators may also be responsible for basic maintenance of equipment

Seabird Island Employment, Training & Social Development

Office: 604-796-6865
Fax: 604-796-3729
Toll Free: 1-800-788-0322

2895 Chowat Road
P.O. Box 650

218 Client Visits!

OFFICE CLOSURES

Please note that as of March 1st, 2011 the EEC office will be closed every Friday until further notice. Social Development services will still be available by appointment only. To make an appointment to see Starr Alexander, you can call or drop in and book your appointment with the receptionist prior to that Friday.

We will also be closed on April 13th for Band Open House & April 22nd & 25th for Easter.

NEXT INCOME ASSISTANCE CHEQUE ISSUE DATE:

WEDNESDAY, APRIL 27, 2011

Be sure to come into the office on Income Assistance day and enjoy yummy breakfast and lunch treats! ☺

We're happy to announce that our contract was renewed for another year. We look forward to providing our clients with the same quality service.

This coming year, keep a look out for the following courses that we will be offering:

- First Aid- multi levels
- WHMIS
- Serving it Right
- Food Safe
- Drivers Ed
- Various employment readiness workshops

DONATIONS NEEDED!

Our Centre is looking for clothing donations for our Clothing Closet. These clothes will be used for clients who need clothing for interviews, etc and who do not have appropriate attire. We're looking for new & used (in good condition) shirts, pants, shoes, jackets, coats and accessories for both men & women of all sizes. **Reminder to clients who may need interview clothing that it's available in our Centre.**

The employment services that are provided at Seabird Island are funded by SASET through an agreement with Service Canada. First Nation people who are status/non status, live on/off reserve and Inuit individuals who seek employment services are welcome to access these services.

CDP SCHEDULES

Please note that until further notice, CDP services will only be available on the following days & times:

Monday - 8:00am - 4:00pm

Wednesday - 1:00pm - 4:00pm

Thursday - 8:00am - 4:00pm

Friday - 8:00am - 4:00pm (*by appointment only*)

LAST MONTH EMPLOYMENT STATISTICS

In the last month our office stats were as follows:

- Clients who did not gain employment: 2
- Clients who found employment: 14

EMPLOYMENT OPPORTUNITY

Over the next year there will be a huge number of employment opportunities occurring for Seabird Island Band. We recommend coming into the Centre to put together or update your resume for when these opportunities arise. Drop by to update your contact information with us, as well as let us know what your skills and experience are, so when opportunities arise, we can recommend you for the right position.

Opportunities that may be coming up this year are:

- Equipment operators/logging experience/ bush clearing/chainsaw/road building/construction/ first aid/pesticides/silviculture knowledge/etc

Environmental Management Agreement Process Moves Ahead

March 18, 2011

As Seabird Island Band moves forward with control of Lands Management under the Land Code, the Economic Development Research Team has been working on the Environmental Management Agreement Project. Below is a summary of the EMA project; what it is and how the community can be involved.

The Research Team hopes to get as large a sample of the community as possible through its community engagement process. As noted below, this feedback will be collected through community meetings, one-to-one interviews, family based focus groups, door-to-door surveys, and social networking media (facebook, texting, etc.).

While our time frames and deadlines may not allow us to capture all community members, we will certainly make an effort to include as many as possible.

Please bear in mind that our Economic Development Research Team will continue this style of community engagement and communication with all its projects. We hope that community members find value in this approach.

Environmental Management Agreement (EMA) – What is it?

- Part of the Land Code process (Seabird Island Lands Management)
- An Agreement between...
 1. Indian and Northern Affairs Canada (INAC)
 2. Environment Canada (EC)
 3. First Nation (Seabird)
- A Plan for how to create/implement Environmental Protection laws

Background to the EMA

First Nations Land Management Act (1999) – FNLM Act (1999)

- Passed in parliament in 1999 (Gov't of Canada)
- Brought into effect the Framework Agreement on First Nations Land Management (FA).
- (FA) originally had 14 signed First Nations in 1996
- FNLM Act (1999) allowed other First Nations to sign a (FA)
- Seabird (FA) signed in 2005
- Seabird Land Code signed in 2009
- FNLM Act (1999) provides First Nations with the power to make laws regarding Land Management including...
 - Environmental Assessment
 - Environmental Protection

- (FA) says this power is given to First Nations with a Land Code in effect

Environment Management Agreement (EMA) – What is inside the agreement?

- A plan for how Seabird will create/implement Environmental Assessment and Protection Laws deemed essential by the community, INAC and EC
- The Guiding Principles of the Environmental Assessment and Protection Regime are set out in the EMA
- An opportunity for Seabird to create environmental protection laws for Reserve Lands with respect to such issues as...
 1. Development of the land
 2. Conservation of land, water, habitat, species
 3. Protection of land, water, habitat, species
 4. Management of land and resources
 5. Use and Possession of land

EMA Components – Four Steps to securing an EMA

1. Identifying environmental issues
2. Developing a plan for enacting laws and negotiating the EMA structure
3. Developing, adopting and enforcing environmental protection and assessment laws
4. Monitoring the EMA and laws

EMA Step One – Identifying environmental issues includes...

- Environmental Scan researching and reviewing existing information
- Community identification of environmental issues to be targeted for protection under the EMA

EMA Community Engagement for the purposes of Step One includes...

- Community meetings
- One to one interviews with Elders, adults and youth
- Door to door surveys
- Family Based Focus Group meetings

Questions for you to consider when providing input...

1. What does environmental protection mean to you?
2. What are your thoughts, comments and or concerns with current environmental issues faced by Seabird Island reserve lands?
3. What are your thoughts, comments and or concerns with the Development of land on Seabird Island?

Continued on page 26

Environmental Management Agreement Process Moves Ahead

Continued...

4. What are your thoughts, comments and or concerns with Management of land and resources on Seabird Island?
5. What are your thoughts, comments and or concerns with Conservation and Protection issues on Seabird Island?
6. What are four priorities Seabird Island should address in terms of Environmental Protection?

Additional information for consideration...

The following is a list of issues identified through the Environmental Site Assessment (ESA) work conducted on Seabird Island from September 2007 to the present.

You may want to keep these in mind when considering the Environmental Management Agreement project. You may already be aware of these issues and may want to add your input or thoughts.

Major Issues Identified through ESA work

- 1) Historic Heating Fuel Tanks (INAC)
- 2) Landfill / garbage dumps on community lands
- 3) Unauthorized dumping on community lands
- 4) Agricultural applications of fertilizers, herbicides, pesticides
- 5) Vehicle storage on properties
- 6) CPR Grease Station and application of pesticides
- 7) Maria Slough
- 8) Ground water wells
- 9) Air quality

If you have further questions or concerns on the EMA project or any other Research Team work, please feel free to contact...

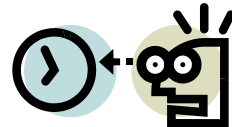
Jay Hope, Research Director (604) 796.6866 (office);
(604) 997.1002 (cell)

Sally Hope, Community Researcher (604) 796.2177 (office)

High School Student Allowances Grade 7-12

Released on March 11, 2011. If you have not picked yours up please contact Kelly Chapman-Student Services Worker at 604-796-2177 Ext 5002.

Post-Secondary Application Deadlines



Interested in pursuing post-secondary education, OR already a continuing studies student??? Remember these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

- | | |
|---|-------------------------------|
| ➤ For September (Fall) | May 1st |
| ➤ For January (Winter/Spring depending on institution) | October 1st |
| ➤ For May (Spring/ Summer depending on institution) | January 1st |

Funding of any application is dependent upon available budget.

For further information please contact:
Kelly Chapman-Student Services Worker at
604-796-2177 or kellychapman@seabirdisland.ca

"Every Student a Success, Every Student a Graduate".

All Grades

SIGN UP NOW!

SEABIRD ISLAND

Student Success Program

Every Wednesday Starting

April 6th to June 15th - 4:30–6:00 p.m.

Location: Seabird Island Community School Gym



Free Pizza

**Tutoring
Home Work Help
Getting Organized
Getting Ready for Tests + Exams**

**Tutors Brianna Robotham/Diane Janzen and Others
Parent/Community Helpers Welcome**

Space is Limited - Registration is Required

Call Diane Janzen 604-796-2177 or email: dianejanzen@seabirdisland.ca

**\$5
Attendance Allowance
Per Session**

Please return this form no later than **Thursday, March 31, 2011** to Diane Janzen at the Band Office so we can make sure to have the right supports in place.

In order to participate in this program the parent/guardian must have completed this form. This program is designed to help your child be successful in school. To support your child's success the following rules and expectations apply to everyone so please make sure you discuss this with your children:

- Celebrate your success and the success of other students.
- We believe in respect for everyone. Therefore, no bullying or disrespectful behaviour.
- We support a good learning environment for everyone - no cell phones or any other electronic devices.
- We recognize that students must be able to concentrate on their work – therefore, no talking or interrupting while work is going on.
- We know that every student needs time to complete their work - Be on time.
- We support a safe environment for everyone. Therefore, no drugs or alcohol.
- In order to qualify for the \$5 Attendance Allowance, students must be on time, be there for the entire session and have participated fully with good behaviour.

Student Name: _____ Age: _____ Status No. _____

Parent/Guardian Name: _____ Grade: _____ School: _____

Address: _____ Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____ Email: _____

Allergies/Health Concerns: _____

Areas of Concern (Please check off any areas of concern that apply to you or your child)

Reading/Comprehension Math English/Humanities Other (specify) _____

Homework/Assignment Completion Test Preparation/Anxiety

Organization (I lose my work) Relationships at School/Sometimes I feel bullied

Other Concerns (please specify) _____

In order to support your child's success we would like to have communication with your child's teacher to get a full picture of how we can support them and ensure their success. I authorize communication with my child's teacher.

Name of Teacher : _____ School: _____

I authorize the participation of my child in Seabird Island's Student Success Program and agree to the conditions of participation listed above. Parent/Guardian Signature _____ Date: _____

Yes I am interested in being a Parent/Community Helper. We will contact you.

'Round The Rez

Community Events, Workshops & Outings

ON-CALL EMPLOYMENT OPPORTUNITY

POSITION TITLE: On-Call Receptionist

JOB CODE: FinA-OC-R

DEPARTMENT: Finance and Administration

REPORTS TO: Band Manager through the direct supervision of the Finance Manager.

The duties include reception, filing and other clerical duties.

QUALIFICATIONS AND / OR REQUIREMENTS

- Must be able to work on short notice.
- High School Graduate.
- Three to five years relevant office experience.
- Switchboard (phone system) experience preferred.
- Excellent customer service skills.
- Physically fit to lift and move up to 50 lbs.
- Intermediate to advanced Excel skills.
- Demonstrated record of good work attendance. Dependability is essential.
- Proven ability to maintain confidentiality of documents, records and information.
- Satisfactory criminal record check.

DEADLINE:

Until suitable applicants are found.

Interested candidates should submit a covering letter (quoting the Job Code), resume, & three references to:

Human Resources, Seabird Island Band P.O. Box 650, Agassiz B.C, V0M 1A2

Phone: 604-796-6814

Fax: 604-796-3729

E-mail: humanresources@seabirdisland.ca

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

We thank all applicants for their interest.

Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry.

Notice to Aboriginal Communities:

March 17, 2011

The Vancouver Police Department is looking for three Aboriginal Cadets.

This program runs during the summer semester break from June to August. The Cadets will work a four on and four off shift pattern. For two of the shifts they will work for the motor pool and the other two days will be spent with mentor officers throughout the department.

The pay is approximately \$22.00/hour.

We need three people that meet the following basic requirements:

- 19 – 28 years old
- Excellent character (behavior and lifestyles choices that are consistent with the values of the Vancouver Police department)
- Canadian Citizen or Permanent Resident
- Grade 12 diploma or equivalent
- No criminal convictions, no adult criminal charges pending
- A valid Class 5 driver's license with a good driving record
- Must have an interest in ultimately becoming a police officer

Anyone who might be interested please contact the Vancouver Police Department Recruiting Unit at 604 - 717 - 2709

College Corrections

In a previous issue or issues of the Yoo Hoo, it was stated that Seabird College had received accreditation. It should have read "Seabird College is a PCTIA registered institution and has received provisional designation for its three trades programs". The college apologizes for any confusion this may have caused.

<http://www.pctia.bc.ca/>

260+ hard copy production
60+ e-mail production
more available for download
on the Seabird website.

ADVERTISEMENT RATES

Advertising for Seabird Departments and Programs are funded through the Seabird Organization Departments.

ALL OTHER ORGANIZATIONS ARE SUBJECT TO A PRE-PAID ADVERTISEMENT FEE.

Flyer Insert (supplied printed already by client) \$20.00

Advertisement rates (per issue) for organizations:

	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$61.25
Full color 1/4 page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x 3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale 1/4 page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x 3)	\$ 8.00	\$10.00

Classified Advertisements
(non-band member) .40¢ per word
\$4.00 Minimum

All fees are not for profit, they all help us produce this newsletter.

AGREEMENT

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.

We reserve the right to revise, edit, classify or reject any advertisement.

DEADLINES

Submissions and Advertisement are due by the 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Sandy Bobb

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

'Round The Rez

Community Events, Workshops & Outings

BOY'S & GIRL'S GROUPS

THE GIRLS GROUP:
Covering self esteem, peer pressure, assertion skills, etc.
Girls Group:
Tuesday's 3:00 - 4:30
Youth Girls':
Wednesday's 5:00 - 6:30



RAINBOWS:
Wednesday's 4:30 - 5:30 ages 10-13
Rainbows is a place where boys and girls can come to share their feelings about someone they love who has died.
If you have any questions please call Melissa Nielsen at 604-796-0198

WEDNESDAYS

Boys 8-12 Group 3-4:30 p.m. at the youth trailer
Males 13-18 Group 5-6:30 p.m. at youth trailer
Pancake Breakfast and talking circle 9-11 am in the Elders Lounge
Men's Group at youth trailer at 796-6893

Looking for hides to run a drum making course for the youth and men's groups as well as building a community drum.
Patrick van Loosen Ph: 604-796-2177

BOYS AND GIRLS YOUTH GROUP

Boys and girls youth group, ages 8 -12
Every Thursday 3 – 5 p.m.. At Youth trailer.

Covering friendship, bullying, internet safety, healthy relationships, speed watch, games, movie day.

- Child must return permission slip to school to attend.
- It is dark by 5 p.m. so please pick up your child at 5 p.m..

Contact Genna Joseph for more information.

BUILDING BOOKING AND MEETING ROOMS

Angie 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 Angie Chapman at 604-796-6854. Gina Gibson looks after booking of the Millennium Hall.

BABIES MEDICAL & STATUS CARDS

Apply for Medical Card renewals and Status Cards for babies as soon as possible.

Contact CHR; Maggie Pettis
604-796-2177



ELDERS WISDOM PROJECT:

Angie Chapman is still currently taking names for any elders that would like to participate in the Elders wisdom project. This project is geared towards involving the elders in the following programs that are happening here at Seabird: Parents & Tots, Preschool School, Young Parents Program, Seabird Day-care. We can arrange for transportation if elders are needing a ride to visit the programs and we can also address any other concerns that you may have. Please follow-up with Angie if you are interested in participating.

OFF RESERVE NATIVE HOUSING

TO APPLY, YOU MUST

- 1) call **1-604-688-1821** (BC Native Housing)
- 2) complete a telephone interview.
- 3) You will then be sent a form that you must fill out and return; follow the interviewer's instructions.

Rent is based on 30% of your income, and the wait period can be long. However, Native Housing is available throughout the Province, including Agassiz, Harrison and Chilliwack!

VOLUNTEERS REQUIRED

Please if you are interested in volunteering or helping out at any Band functions please let Angie Chapman know and we are happy to have your lending hands for assistance. We would love to have more help from the community, to utilize your talents and skills.



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 (NHIB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

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

FUND-RAISING APPLICATIONS:

Attention to all groups and band members fund-raising applications are needed to be updated/renewed for this fiscal period. Please come and see Angie to fill out your application. The deadline to renew or submit your application is February 11, 2011.

OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed

Apr. 18th/11

June 1st/11

June 27th/11



The optometrist clinic for May has been rescheduled for June 1st, please mark on your calendars. Our office is closed on May 30th because of Festival weekend. Any questions please contact Maggie Pettis.

I'm now booking into April for anyone wanting to see Dr. Ahmed. As of today we have 93 people on my upcoming clinic times.

CATERING & FUND-RAISING

Please contact Angie Chapman to get on the catering/ fund-raising list for this year. You need to fill out an application and submit your food safe certificate. This also includes if you want to book a day to set-up in the foyer to sell items. Any other questions please call Angie at 604-796-6893.

'Round The Rez

Community Events, Workshops & Outings

UP COMING EVENTS

2011 ANNUAL FIRST NATIONS FESTIVAL COUNTDOWN

The countdown has begun for our Annual First Nations Festival that is taking place on May 28-30, 2011.

Please make time to come and see Angie Chapman about: Food Vending, Volunteering, Fund-raising, Registering a team or anything else that you would like to discuss about the festival.



Festival Payment and Registration

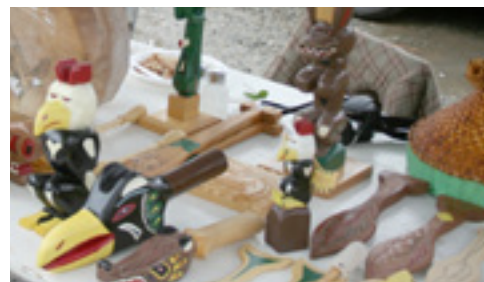
April 29, 2011

Attention all coaches and captians Festival is approaching quicker than we think. Please to avoid disappointment register your teams early.

Festival Payment and Registration form deadline 4:00 pm. For more information please contact Angie Chapman at 796-6893.

Festival Tidbits:

Also any Band members that would like to set-up Arts/ Craft table during Seabird Island Festival please inquire with Angie Chapman at 796-6893.



Anyone that is interesting in working during Festival weekend/ before/ after please call Angie Chapman at 796-6893 and your name will be added to the list in case we are needing to call people in to assist with the preparations for the weekend.

THE ANNUAL OPEN HOUSE

April 13, 2011

in the Band gym. Please come down look at displays, meet staff members, ask questions, comments ect.. This year the theme is hands on activities. Snacks and drinks will be provided throughout the day.

Time from 10:00- 5:00

THE ANNUAL GENERAL BAND MEETING

April 20, 2011.

Child minding is available for the meeting. Band members are encouraged to take part in discussion and ask questions ect..

SCHOOL NAMING CEREMONY

April 29, 2011

Seabird Island Community School

Starts at 12 noon with lunch and ceremony to follow afterwards

ELDERS MONTHLY OUTING

April 25, 2011

Elders Monthly Outing

Pick up is at 8:00 am

Please call Angie Chapman to inquire or sign-up.

ELDERS MONTHLY GATHERING

April 7, 2011

Elders Monthly Elders Gathering meeting in Scowlitz First Nation

Pick up is at 5:00 pm and no potluck item is needed as they are hosting this meeting.

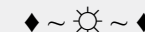
Please call Angie Chapman to inquire or sign-up.



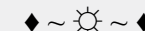
Community Members wanting to place your birthday greeting in the next monthly issue. Please contact Sandy Bobb at 604-796-6838 by the 20th of the month.

Quotable Quotes

"Be prepared, better safe than sorry"



"Respect is earned not given"



"If there is a will, theres a way"



"KISS: Keep It Simple Stupid"

DENTAL CENTER

Open Monday - Thursday.
Closed on Fridays.

Tuesday

WALK-IN CLINICS

Every Tuesday afternoon from **1 - 4 p.m.**
(first come- first served)
Please come to the Dental desk and register your name and note your dental problem.

\$\$ Get Rewarded... \$\$ for attending your Dental Appointments ON TIME!

If you attend your appointment and arrive on time, then your name will go into a monthly draw for a

\$100.00 Gift Certificate.

(Walk-in Clinics do not qualify)



Did You Know that...

People with gum disease are more likely at risk for:

- Heart Disease
- Diabetes
- Stroke
- Low-birth weight in baby's

To stay healthy and keep your teeth strong...

- Schedule the 1st check-up around the 1st birthday.
- Visit your dentist regularly to avoid problems before hand.
- Limit Sugary foods and drink between meals.
- Brush properly for 3 minutes twice a day.
- Floss once a day to remove food & plaque between teeth.



These simple steps will help reduce plaque, sugar bugs, cavities and bad breath.