



### Emergency Winter Kits For At Home



With the recent snow storm and probably still more to come we would like to provide you with some information to assist you in having your home prepared for winter storms.

If you don't already have one, put together a disaster supply kit that contains: a first aid kit and first aid guide, any special medicines needed by family members, bottled water, ready-to-eat food, juices or other drinks, paper plates, plastic utensils, an assortment of small pots for warming up food or water, some cooking utensils and some cups, warm clothing or protective clothing, heavy shoes and boots, thermal blankets, flashlights or lanterns, candles, extra batteries and extra fuel if you are using camping lanterns, matches in a water-tight case, a battery powered radio and an easy-to-carry container for portability.

After a winter storm you may be stranded at home or several days. As soon as winter starts, make sure your supply of heating fuel is topped off and keep it at an adequate level. It's very possible that power lines will be knocked down and your electricity disrupted; some people have emergency generators for their homes these emergencies and others have other types of non-electric space heaters. In either case, test and



maintain the equipment often to make sure it won't fail you when you need it.

When keeping warm during a winter storm there are two levels of warmth: safe and comfortable. If you're wearing layered clothing and have lots of blankets, 40-50F in your house is safe but not particularly comfortable. Nobody will get frost bite and pipes won't freeze. Comfortable is a personal thing I'm comfy at 55F, most people prefer at least in the upper 60s—and you'll need to plan accordingly for it. Fireplaces, kerosene space heaters, and other combustion-based sources of heat are less than ideal compared to the efficiency and safety of a central furnace but when operated properly can help keep you warm until power and order are restored.

You absolutely need to make sure that whatever alternative heat source you plan on using during an outage is clean, operational, and that everyone who will be using it understands how to use it safely. Clean out the chimney before you need it and give that kerosene heater a trial run when you're not under pressure.

### INSIDE this Yoo Hoo

- Chiefs Corner ..... 2
- Nomination List ..... 2
- SomeoneSoSmallCalendar..9
- Employment Center..... 10
- Pre-school ..... 14-15
- Youth Event Calendar..... 15
- Lalame'wesawtext..... 18-20
- Fitness Calendar..... 25
- Employment Postings..... 29
- Classifieds..... 29-31

## Chiefs Corner



Sto:lo Tribal Council is having an Annual General Meeting on February 25th.

They want to get together to discuss new bylaws. All the community members from all the communities are invited to attend. The place is yet to be determined. I hope everybody attends

this is very important work.

The Land Code Committee is doing a lot of work on your behalf. Brian and Jay are looking to work with BCIT to fix the habitat of the Maria Slough.

Seabird is working with Cheam on gravel removal. In the long term we are trying to bring together river management. Looking at the impacts the river has had to the lands over the past 30 years or so. We are losing land to the river.

## Football Skills & Conditioning

**Where: Seabird Gym**  
**When: Saturdays 10-12**

Do you play football?  
 Do you want to play football?

Learn from high level coaches!  
 Be prepared for next season!  
 Learn new techniques and have fun!

**FREE**

No equipment needed. Wear comfortable clothes you can exercise in.  
 MUST bring athletic shoes.



## Chief & Council Election March 9th

### Your Vote Counts!

**Nominees from January 26th nomination meeting:**

#### For Council:

Marcie Peters	Stacy McNeil	James Harris
Carol-Leigh Peters	Rod Peters	Art Andrew
Danna McKinnon	Lisa Pettis	Deanna McIntyre
Carol Hope	Tyrone McNeil	John Bobb
Alexis Roper	Stacy Reyburn	Cameron Garner
Vivian Ferguson	Maggie Pettis	Jay Hope
Paris Peters Jr.	Francis Andrew	Lisa Peters Mason
Dianna Kay	Rose Charles	Angie Chapman
Starr A Peters	Jody Thomas	Danielle Gabriel
Loretta Thomas P.	Mervin Bobb Sr. (Wayne)	Paul D Giroux
Alfred Peters Sr.	Janice Parsey	Yvonne Harry

#### For Chief:

Clem Seymour	James Harris	Art Andrew
Maggie Pettis	Marcie Peters	Paul Andrew

**Monday January 31<sup>st</sup> by 4 p.m. is the last day to withdraw your name from the election.**

Fill out the withdraw papers with Carol Hope and then contact Jennifer Tommy at 604-799-6566

**Election March 9th**

9 am - 8pm

Seabird IIsand Community Hall #8 Chowat Rd.

## CONTEST



How many of these Seabird Eagles did you see in this edition of the Seabird Yoo Hoo Newsletter? (any color, any size, as long as it is this eagle logo)

Bring in your answer to Celeste Bobb, you may be eligible for a PRIZE.

**the SEABIRD ISLAND**

**YOO HOO**

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

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

# Emergency Winter Kits For At Home

Continued from page 1

Alternate heating equipment can pose a risk of fire unless used safely and maintained properly. If you use a kerosene heater as an emergency heat source, **make sure there is adequate ventilation** so the kerosene fumes don't build up and **always take it outside to refuel it**. Keep all space heaters well away from flammable materials. Make sure you have as many fire extinguishers as required for a home your size, keep them charged up and make sure everyone knows how to use them.

**Dress yourself and your children in several layers** of lightweight, loose-fitting clothes instead of one layer of heavy clothing. Besides a good, water-repellent coat everyone should have warm head gear along with scarves and gloves or mittens; use the scarf over your mouths to keep the freezing air out of your lungs. If you don't have gloves use layers of socks on your hands, anything to keep your fingers from getting frost bite, this can stunt the growth of your fingers or in a worst case may even require for your fingers to be cut off.

If you have a nearby neighbor or relative who is elderly or disabled, make plans to assist them through a winter emergency.



## Seabird Island Band

P.O. Box 650, Agassiz, British Columbia V0M 1A0

Telephone (604) 796-2177 • Fax (604) 796-3729

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### Chief and Council Election March 2011 Form for Off Reserve Addresses

Date \_\_\_\_\_

Name \_\_\_\_\_

Mailing address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Residence Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Other SIB Members in house hold or other

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

All Seabird Island Band eligible voters must notify the Seabird Island Band Membership Clerk, Carol Hope, should your contact information change prior to the Chief and Council election March 2011. Forward to the address or phone number above or email [carolhope@seabirdisland.ca](mailto:carolhope@seabirdisland.ca)



## Healthy Eating Recipe Corner

### CHICKEN NOODLE VEGETABLE SOUP

#### Ingredients

- 1 whole roasted chicken or substitute with a boiled few chicken breasts  
*(Save the water from the roaster or pot for a soup base)*
- 1 (8 oz.) pkg. Egg noodles  
*(can use other noodles instead)*
- 2 celery stalks with leaves - sliced
- 2 Carrots - sliced
- 1/2 cup. onion, chopped
- Water
- Salt and Pepper to taste



#### Directions

- 1- Roast or boil chicken
- 2- Cool – remove chicken from bones and cut up.
- 3- Add vegetables, salt and pepper to chicken broth.
- 4- Boil meat and vegetables to partially cooked. (1/2 hr)
- 5- Add noodles. Cook until noodles are done.  
Approximately 20 - 30 minutes

#### Note:

- I find a chicken or chicken pieces roasted adds a richer flavour
- You can add to the recipe to suit your desires, more vegetables; peas, corn, potatoes,...

## Preparing Your Car For Winter

Keep your car(s) maintained and fueled up more than half way. Make sure that antifreeze levels are sufficient and that the heater and defroster are working properly.



Unless you're able to do it yourself, have your car(s) winterized by a professional; they will check all the systems to make sure your transportation is usable when you need it. If you have a car you don't use often, it needs to be started and warmed-up at least every two-to-three days.

**Prepare a winter emergency kit for each vehicle.** Every vehicle needs a shovel, an ice scraper, a flashlight or battery lantern, extra batteries and extra bulbs, a battery powered radio, water, some simple snack food, a few thermal blankets, a tow chain or rope, something to use for traction like road salt, sand or cat gravel, jumper cables, emergency flares and a distress flag. Having a cell phone or some form of emergency communication device with you or in your vehicle at all times is a great idea. During a winter weather event or advisory only drive when you have to -- being stuck on the road somewhere away from your home and family is not a good idea.

## BLOCK WATCH

- Do you worry about living in a safe neighborhood? Are you concerned about youth out at all hours of the night?

- Do you know an Elder who is scared at night?

*You can make a difference by joining our Block Watch.....*

Shifts available for the Block Watch Program!! Please call Genna at **604-796-2177** to sign up!!

Get exercise and have some eyes on the neighborhood at the same time.

You will just be required to come out, get exercise walking and making sure our community is safe...

## WARNING



**NEIGHBORHOOD WATCH  
PROGRAM IN FORCE**

**IF I DON'T CALL THE POLICE  
MY NEIGHBOR WILL**

## Preparing Your Home For Winter

Seal up all the places where winter winds can sneak into your home, make sure you have adequate insulation and, if you don't have storm windows or window covers, cover the windows with plastic sheeting.



If you have any outside structures for livestock or equipment, make sure they are in good repair and properly insulated. Any trees with limbs that extend over your home or out buildings should have the branches cut away so they don't fall and damage the roofs. If you have any leaky roofs, they should have been repaired before winter comes to your town.

Insulate water pipes with newspaper and plastic to avoid them freezing up. If a pipe bursts, make sure you know where your main water valves are located.

# “SMOKE DETECTORS SAVE LIVES”

On the morning of New Years Eve, the fire chief was heading to the fire hall to return a call and finish paperwork when he heard an alarm. Knowing that if it was a band building the alarms are connected to dispatch, he awaited a call. After a period of time, no call came and he could still hear the alarm at the fire hall from the day-care/units area.

Jumping into his truck, he decided to investigate, worried that it could be a carbon monoxide detector in a home where someone could be. His ears took him to a unit, so he put in a quick call to the housing manager to find out if there were carbon monoxide detectors in the units. He was also given permission to access the unit.

He contacted dispatch to request a call-out, and then went to the back of the home to see what he could see through the windows. He discovered smoke coming through the sides of the windows, and immediately radioed dispatch to send an engine response. The rest of the crew arrived to gain entry through the front to a smoke filled home; one (1) person was found during the search to be sleeping heavily on his bed with a pot burning on the stove. The victim did not wake to numerous attempts before finally waking when a fire fighter went to put him into a rescue carry position. The victim was very disoriented and was seen by ambulance attendants on scene suffering from smoke inhalation. Community members on scene thanked the fire department for checking in, because if the person had been left longer, there could have been serious injury. The fire chief quoted ‘**SMOKE DETECTORS SAVE LIVES**’ and wants to send the message to everyone to make sure that your smoke detectors stay connected and working.



The Seabird Fire Department is pleased to announce they have acquired a new Duty Truck in December.

***“If you hear an alarm, its better to be safe and call 911 immediately. As with this case, you could be saving someone’s life.***

***The annoying beeping sounds that alarms make are there for a reason; please do not disconnect them”.***

Be fire smart and make sure you do not cook when extremely tired, because you could fall asleep and a fire could be the result. Fire inspections continue this month, so if you have any concerns or questions, contact a member of your fire department, or 604-796-6848 to leave a message for the chief.



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

**Phone:** 604-796-2177  
**Direct:** 604-796-6838  
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**E-mail:** [sandrabobb@seabirdisland.ca](mailto:sandrabobb@seabirdisland.ca)

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

Each issue as well as past issues are posted on the Seabird Website: [www.seabirdisland.ca](http://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](mailto: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 (1<sup>st</sup>) of each month

# Letters to Seabird

A big THANK YOU to Carolyne, Celeste, John, Earnest, Daniel and Robert for the often unnoticed wonderful care you take of the Elders. Among the many things done for us is the joy of looking out of my door to see that my driveway was mysteriously shoveled free of snow and I am no longer trapped.

Thank you for your care and hard work... and with much appreciation from... *Jutta Landrath*

Time for the snowy time again. This is a friendly reminder from the people who drive the snow plows on the roads and highways.

This was passed on by one of our band members who drives a snow plow. He would like to ask every one who needs to walk along the roads to wear some bright or reflective clothing, so the drivers can see you walking so they can slow down or stop plowing.

He mentioned that there is so much pressure flying from the snow that is being thrown from the blades on the truck that it breaks the sign posts on the roads. The posts are 4 inches X 4 inches thick. So you can imagine if you were in the way of the flying snow. He is very concerned about the people who are pushing a stroller with their little ones in them.

If you want to get in shape...

## Come join Seabird's Boxing Club



Thursday evenings

@ Seabird Gym

5:30 PM

MUST bring athletic shoes.

# HCA/LPN INFO FAIR

**Date: February 1, 2011**  
**Time: 12:00 p.m.**

Are you interested in becoming a Health Care Assistant, or want to work towards becoming an LPN? Attend our one day Information Fair to enroll in the HCA Program being offered at Seabird Island in partnership with NVIT commencing February 2011. This is your one stop shop to complete all the course requirements and registration process.

- Obtain your school transcripts on site
- Complete NVIT registration
- Obtain your RCMP Criminal Record Check
- Discuss different funding options
- Health screening & vaccinations
- Child Care options while in program

To expedite the process please bring with you all personal financial information ie: all bills, sources of income; previous education history information; identification; record of immunizations.

To be held at Seabird Island Band Office in the Gym.

(Pizza and beverages will be supplied.)



What Part of "I Love You" Don't You Need to Hear?



## HEARING PROBLEMS?

Or is it just wax?

- Do You Hear but Not Understand?
- Do People Seem to Mumble?
- Do You Ask Others to Repeat?

Registered under the Hearing Aid Act of BC



## FREE Hearing Screening Clinic

Free Hearing Aids and Eyeglass Cleaning and Maintenance

**Monday, Feb. 14**

**9:00 am - 1:30 pm**

Limited Appointments (Ages - 18 and up)  
**Band Office**



PROUD A+ RATING BBB

Your digital hearing experts

**Crystal Hearing CENTRE** [www.crystalvisionandhearing.com](http://www.crystalvisionandhearing.com)

<p><b>Langley</b> 10000 102nd Street Langley, BC V4M 2G7</p>	<p><b>White Rock</b> 10000 102nd Street White Rock, BC V4B 1G7</p>	<p><b>Port Moody</b> 10000 102nd Street Port Moody, BC V3H 1G7</p>	<p><b>Richmond</b> 10000 102nd Street Richmond, BC V6V 1G7</p>	<p><b>Abbotsford</b> 10000 102nd Street Abbotsford, BC V2T 1G7</p>
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## Good Carbs

### Nutrition 1: Quality Carbs = Quality Fuel

Each week of the program SportMedBC's Dietitian, Patricia Chuey provides food and nutrition insights to help you achieve your goals. From hydration strategies and improved balance in meals to preparing for race day, each week consider Patricia your personal dietitian, rooting for you all the way!

And as always, be sure to visit the [sportmedbc.com](http://sportmedbc.com) for more reading on the subject.

Let's kick things off with... Choosing Better Carbohydrates

### FIRST, THREE MYTHS DEBUNKED:

#### 1. Carbs make you fat.

NO they don't! Good quality carbohydrate foods are essential for providing energy not only for everyday activity, but especially for training. Too many calories period from any food will cause your body to produce and store excess fat.

#### 2. Carbohydrates include all bread, cereal, pasta, rice, muffins and similar foods.

This is true but fruits and vegetables are commonly forgotten when talking about major sources of carbs. Remember that they count as super quality carbs.

#### 3. Carbs cause diabetes.

Diabetes is a complex condition with many genetic and environmental contributors. Sugar and other carbohydrates do not cause diabetes. However, an excess of refined, low fibre, high sugar carbs can negatively impact blood sugar control.

### To ensure you have enough energy to support your training, load your shopping cart with quality carbohydrates this week:

- Vegetables: spinach, bell peppers, zucchini, broccoli, carrots, kale and more
- Fruit: bananas, apples, oranges, mango, even frozen and dried choices
- Grains: fibre-rich low sugar cereal, quinoa, whole grain breads, rice and pasta
- Dairy: yogurt, milk, soy milk

We need YOUR family's input

Book your family meeting  
(meal provided) to take place  
before March 19, 2011 and  
you will be eligible to register  
a family team of 5 to partici-  
pate in our FAMILY FEUD-  
POWER SHOP event March  
26, 2011 at 5pm

Please look for information  
packages in the office, with  
your committee members  
and in the newsletters...

Education Jurisdiction, Community Plan, Waste  
Management, Land Code

Contact Diane Janzen or Kim Lessard for more information 604-796-2177

### Make important carb quality adjustments this week:

- Swap white bread for 100% whole wheat or nice grainy bread
- Cook whole wheat pasta instead of white pasta
- If you eat cereal with more than 10 g sugar per ½ cup: substitute a ½ cup of high fibre cereal like bran flakes or shredded wheat.
- Choose brown rice over white
- Include fruit or vegetables in at least one snack daily.

For more ideas, take a look at the:

**7-Day Healthy Meal Plan** in the SportMed RunWalk network.

[http://www.sportmedbc.com/Docs/7Day\\_Meal\\_Plan\\_Jan2011.pdf](http://www.sportmedbc.com/Docs/7Day_Meal_Plan_Jan2011.pdf)

Try out our recipe of the week - Fruit and Fibre Bars at <http://www.sportmedbc.com/recipes.php?recordID=53>

Happy training and eating!

Patricia Chuey, MSc, RD

SportMedBC's Senior Nutrition Consultant

## Seabird Lands

The Lands Department would like to thank those attended and participated in the Video Community Project we did on Jan 15, 2011. The winner to the door prize was Julian Bobb. Again thank you for your interest, and feedback.

Lands Presentation attached for the Gates, and Trespassing Concerns being worked on.



### Feb 3, 2011 Meeting

The Lands Department along with the other departments, will be Hosting a Meeting at *February 3, 2011 @ 5pm in the band office* on the following information:

- Forestry
- Community Comprehensive Plan
- Environmental Management Plan

Please come see what is happening, and to give your feedback, which is very important for the staff to move forward with these plans.

## Update to STC Membership January 15, 2011

In 2010, Grand Chief Clarence Pennier decided to retire as the President of the STC. To plan for this change, the STC did a review of leadership and management over the summer.

The review found that the STC achieved positive results but needed improvement. The review noted our successes and areas of concern. It highlighted concerns around reporting, accountability and the need for clear terms of reference.

The STC is a membership organization with 3000 members from the eight member Bands. They are members of Shxw'ow'hamel, Chawathil, Seabird Island, Cheam, Scowlitz, Kwaw'Kwaw'Apilt, Soowahlie and Kwantlen. Today, our Bylaws call for adult members to elect STC leaders in open elections. This structure has worked well. We are concerned about the participation of our Chiefs and Councils.

### Last fall, Directors and Chiefs decided to improve the STC. We will:

- Keep the STC as a membership organization
- Improve Advisory Services
- Increase participation of Chiefs, and
- We will ensure that our members continue to elect a leader.

Chiefs and Directors are working together to amend STC Bylaws. We want our Chiefs, or their designate, serve as STC Directors. The STC Chiefs decide portfolios and appoint qualified leaders to these portfolios. In this way, the STC would find a balance. STC members elect a leader and we respect the leadership roles of Chiefs and Councils.

The STC has called and held an Annual General Meeting twice in December. Sadly, we did not reach quorum at either meeting. Without a quorum, we could not do any business. The STC bylaws call for a General Meeting with 60 voting members present to make decisions.

The Tribal Chief roles of Grand Chief Clarence Pennier, Grand Chief Doug Kelly, Chief Betty Henry, and Tyrone McNeil ended in December. By our Bylaws, they continue as Directors until replaced. Our member Chiefs and Directors approved a Transition plan to manage this change process, develop policies, and prepare Bylaw amendments. We will provide you with the information, discuss, and make decisions at a Members Meeting on February 25th, 2011. We need a quorum of 60 voting members at our General Meeting. The approval of Bylaw Amendments requires a majority to vote in favour.

It is very important that we have a good turn out on February 25th to discuss and vote on the new structure. We will send out information before February 25th. You may contact your Chief & Council or Andy Phillips, Senior Manager, at the STC office, 604-796-0627 for more information

Come and see.....



### Community Meeting for

- Forestry
- Community Comprehensive Plan
- Environmental Management Plan



Thursday, February 3, 2011  
Band Office Boardroom

5pm



## Head Start's Parents and Tots Family Night Program

Family Night is held each month on Seabird Island. It is geared towards children, parents, and siblings, and bringing them coming together as a unit to participate in craft, games and dinner. [Transportation may be available to those who request it]

**Where:** The Mill Hall

**When:** Every 3rd Wednesday of each month [September to June]

**Time:** 4:00pm to 7:00pm

**Who:** For families with children ages 0 to 6 years of age [older siblings are always welcome]

**What to expect:** A nutritious meal and family fun activities

Do you have questions? Please contact Tracey Bonshor or Gina Gibson at the Seabird Island Band office Monday thru Friday with any questions about the Family Night Program.

Phone #: 604-796-2177

## YOUTH 10 - 14 OUTING Movie Night



**Tuesday February 8, 2011**

\$5.00 per Person

Includes: Transportation

**Meet at the Band Office by 5:30pm**

Please return Permission Slip

## Someone So Small



### IMAGINATION

Almost every child is born with an untamed imagination. Kids can spend hours upon hours pretending to be their favorite superhero, profession, or airplane, and never tire of the adventure. We are all familiar with the concept of imagination, but just how important is imaginary play in a child's life?

Through imagination, children are able to express themselves in a way unlike any other. For some kids, it becomes an escape from reality, especially where home or school problems are involved. A simple hat, truck, or cardboard box opens the world of exploration for young children.

# February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Read your child a book. Make silly sounds and voices.	3	4 <b>Someone So Small-Seabird</b> 10-1130am	5
6 Get down on the floor & play with your child. Let them lead.	7	8 Find a big box & help your child decorate it. Use your imagination.	9	10	11 <b>Someone So Small Chawathil</b> 10-1130am	12
13 Laugh with your children	14 <b>Valentine's Day</b>	15	16 Play dress up with your child. Take their lead. Have fun!	17	18 <b>Someone So Small-Seabird</b> 10-1130am	19
20 Ask your child's permission to play with them.	21	22 Play cars, dinosaurs, dolls or babies, with your child.	23	24	25 <b>Someone So Small Chawathil</b> 10-1130am	26
27	28 Allow your child the time & space to play on their own as well.					

# Seabird Island Employment, Education & Social Development

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

2895 Chowat Road  
P.O. Box 650  
Agassiz, BC V0M 1A0



## FEBRUARY STAFF SCHEDULES

**Alexis Roper** will be out of office  
February 2, 3, 4 & 11th for training.

**Starr Alexander** will be out of  
office February 9, 10 & 11th for  
training and will be unavailable to see  
clients February 14 & 15th.

**Jill Stauber** will be out of office  
February 2, 3, 4 for training.

## BOOKING APPOINTMENTS

If you would like to meet with a CDP to assist you with your resume, cover letter, skills training or job search, you can book an appointment through Jill at 604-796-6865 or drop in and book an appointment at the EEC reception

## OFFICE STAFF CHANGES

The EEC office sadly said goodbye to Kelly Chapman. Kelly is now located downstairs in the Housing wing. You can find the entire Education Department in the Housing wing. Should you require assistance from anyone in Education please see the front reception desk, so they can page the employee you want to speak with.

*Please use the sign in sheet when you come into the EEC. It helps us keep track of how many people access the center and our services. Even if the person you came in to see isn't in it will show that you stopped by to see them. The sign in sheets go to SASET and is important to keep our centre open.*

*Thank you for your cooperation!*

## Upcoming Workshops / Training / Programs

**First Aid** - Do you require First Aid for employment prospects, or for your current job, or do you need to renew your certificate?

**Budgeting & Financial Maintenance** - Do you need help making and keeping to a monthly budget? Don't know what your financial priorities are? We can help!

**Class 1 or 4 License** - Classroom review of manual to assist you in passing the written test. Funding will be made available for lessons & licensing, but you must have your Class 5.

If you are interested in any of the above, please speak with your CDP for more information or sign up at the reception desk.

## CLASS 7 "L" LICENSE

If you participated in our Drivers Ed course this past November / December and you're ready to take the Knowledge Test to obtain your L, come into the office to take a practice test. If you pass then we will assist in setting a test date, transportation to the test site and provide you the funds to take your test.

*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.*



# Checking Your Pulse



Checking a pulse on a wrist. Checking your pulse allows you to determine your heart rate without any special equipment. This can be useful if you're trying to lose weight or you have a heart condition. Checking daily for the pattern of your pulse allows you to know if there are changes in your pulse. An irregular pattern to your pulse could be a sign of atrial fibrillation. If you have an irregular pulse and are not currently being treated for atrial fibrillation or notice that the patten of your pulse becomes irregular when it is usually regular, discuss this promptly with the health care provider that helps you manage your health care.



**1) Understand the basics.** Every heartbeat creates a wave of pressure, as blood flows along the arteries. Where these arteries lie closest to the surface, this pressure wave can be felt as a pulse. In adults, normal resting pulse beat is 60 - 100 beats per minute; children's resting pulse rates tend to be higher. If the pulse rate is irregular or abnormally fast or slow, this can be a sign of illness.

**2) Use your fingers when finding a pulse.**

Don't use your thumb when finding it, as it has its own pulse.

- Check radial pulse. This is also known as the pulse on the inside of the wrist. Use the pads of three fingers. Place these just below the wrist creases at the base of the thumb. Press lightly until you feel a pulse (blood pulsing under your fingers). If necessary, move fingers around until you feel the pulse.
- Check carotid pulse. Alternatively, to feel a pulse on the side of the neck, place two fingers, preferably your index and middle finger, in the hollow between the windpipe and the large muscle in the neck. Press lightly until you feel a pulse.
- Check and record the rate, strength and rhythm. Use a watch or clock with a second hand. Make a note of the rate of the pulse, which is the number of beats per minute. Check the strength of the pulse to see if it is strong or weak and if the rhythm is regular or irregular.



**3) If you don't have a watch or a clock around, the Cleveland Clinic Health System recommends counting the beats you feel for 15 seconds and multiplying this by four to get your heart rate per minute:**


Check your pulse: \_\_\_\_\_ (beats in 15 seconds) x 4 = \_\_\_\_\_ (your pulse)[1] You can count beats for 30 seconds and multiply by 2.

**TIPS**

- If there are any irregularities in your pulse, seek medical advice as soon as possible.
- You can also take your pulse at your temple or chest, but these methods are far less common.
- To measure your relaxed heart rate, try lying down on the floor for one minute before taking your pulse.
- If you're taking your pulse during exercise, keep your feet moving as you do so, or blood might accumulate in your extremities.

**WARNINGS**

- Do not press too hard on your neck, as it can stimulate a reflex mechanism that can slow down the heart.
- Seek appropriate independent medical advice to ensure that this method is applicable to your own circumstances.
- Do not palpate both carotid arteries on your neck simultaneously, as it will decrease the blood circulation to the brain.
- If you notice skipped beats while doing this procedure, seek medical attention.
- If you notice that your heartbeat is really fast, above 135, and is not normal for you, seek medical advice.
- If you can obviously tell that your heartbeat is irregular as well as really fast, follow up with medical attention.



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 email.

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

# Bold Eagle Program

## Bold Eagle 101

Since the first Bold Eagle conducted in 1990, 1,040 graduates have successfully finished the program and their Army Reserve Basic Military Qualification course.

This milestone was reached during the 2010 program, 21 years later. Interesting trivia from graduations past (on record) include:

-The smallest graduating program was in 1997 where 30 out of 34 graduated.

-The largest graduating programs were in 2000 and 2001, where 91 graduates stood on parade in each of those years.

-The highest success rate was in 1996 at 100%. All 41 graduated that year. In the last 10 years the best completion rate was demonstrated in 2010 with 93% (86 graduates).

-Encouraged to remain in the CF after Bold Eagle, the highest retention rate was attained in 2009 with 60% of the 85 graduates transferring to a Reserve unit or the Regular Force.

Graduation is an extremely proud moment for the young men and women who complete this challenging program. It is not unusual to see over 400 supporters attend the graduation ceremony and help recognize the notable accomplishment of the graduates on parade.

## Application Process

What happens after the necessary Bold Eagle application documents are submitted to the Canadian Forces Recruiting Centre (CFRC)? This is one question that always seems to be asked.

The first step taken by the recruiting staff is to review the documentation to make sure that everything has been provided and that each form has been completed accurately. If the applicant has met all the eligibility pre-requisites to apply, and the documents are in order, the next step is to coordinate the required processing to ensure they are suited to join the CF. If anything is missing or incomplete, the staff will contact the applicant to discuss these requirements further.

The processing steps include: an aptitude test, a medical examination, a physical fitness test, an interview with a military career counselor and an enhanced reliability screening.

Upon completion of processing, the file is carefully reviewed and successful applicants are course loaded (selected) for Bold Eagle.

The course loading is done on a "first come" competitive basis.

Due to a fixed number of positions available on Bold Eagle, and depending upon the interest level each year, some may not be selected for the program as the positions become filled.

On acceptance of their enrolment offer, selected candidates are advised as to how



they will get to Bold Eagle, with transport coordinated, and what they need to bring with them. On arrival in Wainwright, AB, they are introduced to their new environment and take part in a CF Enrolment Ceremony - becoming members of the Primary Reserve for the duration of the summer. Bold Eagle begins...

Bold Eagle is described as a challenging program. However, the first challenge for any Aboriginal youth interested in Bold Eagle is taking that first step and submitting the necessary application forms and documents to the nearest CFRC. In doing so, the potential recruit is taking their initial step towards the personal and professional development opportunity offered by this program. The sooner the documents are submitted, the better - as this will help the CFRC arrange their processing capability to consider the application.

What needs to be submitted? The CF employment application form, the various reliability and security screening forms, academic transcripts, birth certificate, and a second piece of photo identification. These can all be found on the Bold Eagle website and need to be sent in by fax or mail as soon as possible prior to the deadline of April 30th.

Visit [www.forces.ca](http://www.forces.ca) for more information on the process.

## CF Aboriginal Entry Program (CFAEP)

CFAEP is a unique recruiting program within the Canadian Forces that gives Aboriginal people from across Canada, who are interested in a military career, the opportunity to learn more about the organization and lifestyle before they decide whether or not to join.

Participants attend a three-week Pre-Recruit training course held at a CF Base. They experience portions of the Basic Military Qualification (BMQ) such as morning inspections, daily physical fitness, map and compass navigation, basic weapons training and military drill. They are provided with information about CF careers and entry plans and are given the opportunity to become more familiar with the environments through activities such as a ship tour, a visit to an Air Force squadron and living in field conditions.

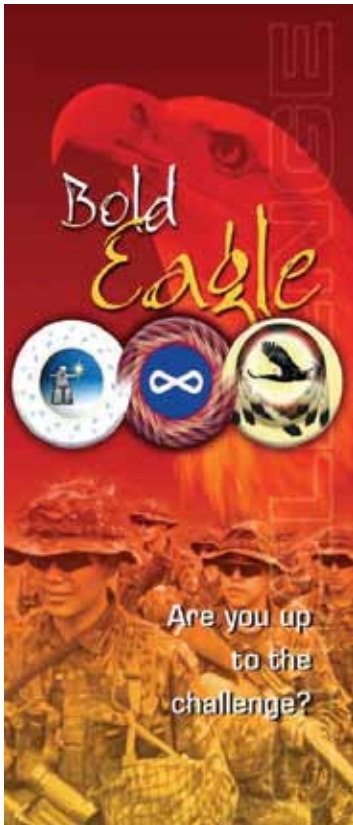
Participants learn of the long proud history of Aboriginal People in Canada's military. Aboriginal counsellors are members of the full-time staff and are available at all times to assist with any cultural or personal concerns.

Applicants attend the course as civilians with no obligation to join the CF. They are paid a \$1,200 completion bonus. Graduates who choose to enrol in the CF return home for two weeks to sort out personal affairs before attending the actual 14 week

BMQ course.

Contact CF Recruiting at

1-800-856-8488 for details.



For further information, or to receive future issues of the newsletter, email the Bold Eagle Coordinator:

Major Nolan Kemp  
 Bold Eagle Coordinator  
 403 410 2320 extension 3555  
[nolan.kemp@forces.gc.ca](mailto:nolan.kemp@forces.gc.ca)

To apply:  
 Canadian Forces Recruiting  
 1 800 856 8488 [www.forces.ca](http://www.forces.ca)

Aboriginal Partners:  
 Federation of Saskatchewan  
 Indian Nations  
 306 956 6913  
 Manitoba Keewatinowi Okimakanak  
 204 927 7514  
 Aboriginal Veterans Society of Alberta  
 780 686 2565

Note: Please email the Coordinator if you would like to be removed from the newsletter distribution.

**Do you know of an Aboriginal youth living in Western Canada or North Western Ontario that would benefit from Bold Eagle?**

Are they interested in challenging summer employment that delivers hands-on skills development, involves teamwork, and promotes physical fitness?

Bold Eagle is the program for them! It is a unique summer program that combines military training along with Aboriginal culture and teachings.

Bold Eagle is a rewarding experience that fosters the development of valuable essential skills such as: self-confidence, self-discipline, teamwork, time management and fitness to name but a few.

The 2011 program will be conducted from 11 July to 18 August.

Encourage them to apply well before April 30th.

[www.army.forces.gc.ca/boldeagle](http://www.army.forces.gc.ca/boldeagle)



**Bold Eagle Alumni -**  
*Captain Evan Taypotat*

**How did you become interested in the Canadian Forces? What led you to an infantry officer career?** I attended Bold Eagle 9 in the summer of 1998. It was during that summer that I really became interested in the Army. I was fortunate to have a very good Platoon Commander and it was through his actions and ways that motivated me to try and become just like him. I did not join until 2007, but during those years since Bold Eagle, I was always thinking about joining. I was fortunate enough to come back in 2009 as the Platoon Commander during the Bold Eagle 20th Anniversary course. It was definitely more fun being on the instructor side, than the candidate side!  
**What exactly do you do as an infantry**

**officer? What is your day to day routine like in your current job?** My job as an infantry officer differs every day. For example, I can be on the range recertifying my platoon on weapons or I can be in the office ensuring the soldiers administration is all "good to go" - such things like career courses, paternity leave, sick leave, annual leave and so on may come up. I may be in the field for an extended period of time where we train to perform offensive attacks or defensive positions - just all the day to day stuff that involves an infantry platoon "roughing it". As infantry, we tend to do more of the physical things than not. Our morning routine starts with the platoon doing physical training for an hour. Then we will go shower up and get ready for the days work. We will get a dinner break most days and then in the afternoon we can find ourselves in the classroom learning more soldier skills.

**What is the best part of your career so far? What is the most challenging aspect?** The best part of my career so far has been the opportunity to lead

approximately 40 fellow Canadians in infantry operations. A Platoon Commander must make decisions that affect all of their well being. Having this weight on my shoulders is a challenging yet scary feeling! Lucky for me that I had some very experienced soldiers in my platoon who gave me guidance when I needed it. The most challenging part could definitely be the physical aspect since our job revolves around hard work and complaining isn't allowed!

**Do you have any messages for youth wanting to take on Bold Eagle, or even pursue a career in the CF?** If you decide to join the CF, ensure you are prepared to do so. It is just not as easy as 1, 2, 3. In fact the Forces make you work for your keep and, since our mission is to defend Canada, it should be that way. When you leave home be prepared to be challenged physically, mentally and emotionally.

In the end the pay off is worth it as you are serving your country and there is no better feeling than working towards a goal or objective along side other Canadians.

# Pre-school

## 4's Preschool Program Mon – Fri 9 – 12 noon

The Seabird Island Preschool has had a great January. The children seemed happy after their Xmas holiday with family. It is good to have them all back at Preschool, learning their language and culture. Preschool has had snow and a snow day. We take advantage of the weather and get out as much as possible.

Jan. 5, Duran brought Baby Dason to the Preschool for a "Seeds of Empathy Family Visit". The children were thrilled to see Baby Dason and Dad. The theme was "Feeling Loved". Our Seeds Elder, Sharon Joe attended also. We are so fortunate to have Sharon participating in our Preschool Program this year.

Jan. 18th was our fourth Literacy Evening. Parents brought their children to the Preschool for an hour to visit with other families. The children made a craft and also took part in a "Seeds Literacy Circle" demonstration. Our Seeds Elder was also available. Everyone had a snack. Children received a book and item of choice when going home. Door prizes were won by Ava, Grace, and Trista. Thank you again for attending.

Sto:lo Day was Jan. 20. Kwozel signed the children up for several activities at the Community School. The children had a great cultural morning. Eqwal "Speech and Language" is part of the Preschool Program. Judy,

Speech Assistant is available Tue, Wed, Thur for the children.

We are fortunate to have Seabird Island Supported Child Development Program supporting the Preschool Program 8:30 – 3:30pm daily!



## Strengthening Families Together

is a **free** 10-week course for family members who have a loved one suffering from mental illness. The course provides participants with the information, tools and support to help them cope with the challenges they face.

Strengthening Families Together will be offered in 2 locations  
**Abbotsford and Chilliwack**  
beginning March 2011 from 7-9pm.

It is open to residents of:  
Mission, Abbotsford, Chilliwack, Agassiz/Harrison and Hope.  
Class size is limited and **registration** is required.

Contact Francesca at 1 877 717 5518 xtn 1 or francesca@bcss.org

This is a free public service of the Mental Health Family Support and Respite Service which is operated by the BC Schizophrenia Society with funding from Fraser Health



## Aboriginal Women: Building on Our Strengths A Leadership Workshop

**Are you interested in building your leadership skills to contribute to sport and physical activity in your community?**

**Are you passionate about participation and want to share this passion with others?**

*This event is for you!*

The *Building On Our Strengths* workshop, designed by and for Aboriginal women, will provide an opportunity for women working or volunteering in the sport, recreation, health and education fields to share their experiences, reflect on ideas, and develop their leadership skills. Discussion will focus on how to improve community sport and physical activity for Aboriginal girls and women.

**When:** February 14<sup>th</sup>, 2011 – Time 5:00 – 8:00 pm.  
\*Refreshments will be provided

**Where:** Skwah Community Hall, 613 Wellington Ave. Chwk BC

**Cost:** FREE!

**To Sign-Up:** Elly Janik @ 604-858-0113 or by email at [elly.janik@xvolhemeylh.bc.ca](mailto:elly.janik@xvolhemeylh.bc.ca)

**Please R.S.V.P. by February 7<sup>th</sup>, 2011**  
**Registration numbers are limited, so sign up soon!**

### About the Workshop Facilitator:

**Dorothy Paul's** mother was from Old Masset Village on Haida Gwaii, her father is from Stornaway, Scotland. She was Aboriginal Team BC's Operations Manager and Chef de Mission respectively and is currently a member of the BC Games Society Board. She is one of four (4) Master Learning Facilitators for the Aboriginal Coaching Manual and a Learning Facilitator for the NCCP Introduction to Competition Part A. Dorothy is also a valued contributor to the development of the CAAWS Workshops.

**Shannon Alec** is from Burns Lake and sits with the Bear Clan. A proud Aboriginal woman of the North from the Carrier Nation, she has worked with many Organizations and is especially passionate about working with youth. She spends as much time as she can learning from the Elders of her community.



# Pre-school



## The 3's Preschool Language Nest Program Mon – Thur. 1 – 3pm

The Seabird Island Language Nest Preschool in the afternoons – Mon-Thur is a full emersion Halq'emeylem Language Program. Laura is the full time Halq'emeylem Language Teacher. The children have become very comfortable with the language. Laura speaks in phrases and the children understand her. The children do an art activity daily and have circle with songs and drumming.

The 3's Literacy Gathering is Jan. 25th. We look forward to another successful evening.

Thank you Kwozel and Laura for teaching our children their culture and Language.



~ Youth Calendar ~

## February 2011

~ Youth Calendar ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 All the groups are held at the Youth Building!	7 Cadets 6:30-8:30	8 Girls Group: 7-12: 3-4:30pm 12-19: 5-6:30pm  Cadets: 6:30-9:30 Youth Movie Trip Ages 10-14	9 Boys Group: 8-12: 3-4:30pm 13-18: 5-6:30pm  Rainbows 10-14: 4:30-5:30pm	10 Boys and Girls Group: 3-5pm Ages: 8-12	11	12
13	14 Cadets 6:30-8:30	15 Girls Group: 7-12: 3-4:30pm 12-19: 5-6:30pm Cadets: 6:30-9:30 Youth Movie Trip Ages 13-18	16 Boys Group: 8-12: 3-4:30pm 13-18: 5-6:30pm  Rainbows 10-14: 4:30-5:30pm	17 Boys and Girls Group: 3-5pm Ages: 8-12	18	19
20	21 Cadets 6:30-8:30	22 Girls Group: 7-12: 3-4:30pm 12-19: 5-6:30pm Cadets: 6:30-9:30	23 Boys Group: 8-12: 3-4:30pm 13-18: 5-6:30pm  Rainbows 10-14: 4:30-5:30pm	24 Boys and Girls Group: 3-5pm Ages: 8-12	25	26
27	28 Cadets 6:30-8:30					

## PEST WORKSHOP

**GOT PESTS in and around your home?**

Are there mice or other pests bothering you in your home? Come find out how to prevent, rid and recover from pest infestations

**WHEN:** February 9, 2011 4:00 p.m.

**WHERE:** Seabird Main Boardroom

**WHO:** Stacy McNeil, presenter; Sue from Chilliwack Pest Control will also be on hand to answer questions

**All are welcome! Snacks available**



# Chief & Council Election Day



Time to have  
your Say!

## March 9th

9 am - 8pm

Seabird IIsand Community Hall  
#8 Chowat Rd.

*Your Vote Counts!*

**TAKE FLIGHT AT NVIT.**

**NVIT COURSES STARTING ON SEABIRD  
THE WEEK OF FEBRUARY 7TH,**

**Halq'emeylem** Feb. 8th to May 19th  
two hours per night (Tuesday and Thursday 4:30 to 6:30)

**Intro to Computers** Feb 8 to May 19th  
two hours per night (Monday and Wednesday 6:45 – 8:45)

**English 12** (English 060) will run from Feb. 8th to May 5th  
four hours per night (Tuesday and Thursday from 5:00 to 9:00 PM)

**Math 10 and 11 Principals**, has moved to an individualized program and runs Monday and Wednesday evenings from 5:00Pm to 9:00 PM.

*New students are welcome*

**Contact Dianne for more information 604-796-2177**

**BC'S ABORIGINAL PUBLIC  
POST-SECONDARY INSTITUTE**

**March 24, 2011**

**9 a.m. - 4 p.m. Chawathil Band Gym**



**WATCH FOR THE  
3rd ANNUAL  
HUB  
GATHERING  
Coming UP IN  
MARCH**

**3RD ANNUAL HUB GATHERING**



Virginia Peters



Sts'ailes Drum Group



Dr. Eyan Adams

Cheam, Chawathil, Shxw'owhamel, Chehalis, Seabird, Soowahlie, Scowlitz, Kwaw Kwaw Apilt, Union Bar, Kwantlen, Skwah





# WELLNESS TO WORLD CUP DU MIEUX-ÊTRE À LA COUPE DU MONDE

PRESENTED BY / PRÉSENTÉ PAR **BMO**

LONG-TERM PLAYER DEVELOPMENT / DÉVELOPPEMENT À LONG TERME DU JOUEUR

## FREE BC Soccer Community Coach Clinics available province wide for Aboriginal Coaches and Parents.

Region	Date (s)	Times	Community
Fraser	Feb 12 & Feb 13 Feb 26 & 27	9am -5pm 9am-5pm	Both Days Both Days
Interior	March 12 & 13 Feb 19 & 20	9am-5pm 9am-5pm	Both Days Both Days
Northeast	March 12 & 13 Feb 26 & 27	9am-5pm 9am-5pm	Both Days Both Days
Northwest	March 5 & 6 March 5 & 6	9am-5pm 9am-5pm	Both Days Both Days
Vancouver Coastal	Feb 26-27 March 26- 27	9am-5pm 9am-5pm	Both Days Both Days
Vancouver Island	Feb 19 & 20 March 19 & 20	9am-5pm 9am-5pm	Both days Both days
			Seabird Island Kwantlen FN Canim Lake Kelowna Prince George Fort St. John Terrace Prince Rupert OR Hazelton West Van Sechelt Campbell River Duncan

Please distribute far and wide!

- ▶ Aboriginal Sport Recreation and Physical Activity Partners Council is pleased to announce 12 BC Soccer Community Coach (Youth) Clinics for Aboriginal Coaches. These clinics are being delivered throughout February and March 2011. **\*\*See table below for a list of dates and locations\*\***
- ▶ Sign up Deadline Friday Jan 28th for FREE province wide BC Soccer Community Coach Clinics (\*Note: Individual clinics will be cancelled if minimum numbers are not met.)
- ▶ Available for: Aboriginal Coaches and Parents involved with Soccer.
- ▶ The registration fees are covered by ASRPA PC in partnership with Soccer BC and KidSport. Coaches are responsible for all other costs associated with their participation (travel, meals etc.)
- ▶ **To sign up today! Contact: Joe Akerman by email [jakerman@bcaafc.com](mailto:jakerman@bcaafc.com)**

- Pre-requisite: None
- **Course Length:** 16 hours
- **Course Fee:** \$0 (*Paid for in partnership with ASRPA PC- \$145 value*)
- Please wear suitable clothing to participate in on-field activity.

Joe Akerman

Regional Engagement Coordinator

Aboriginal Sport, Recreation and Physical Activity Partners Council

BC Association of Aboriginal Friendship Centres  
#200-7725 Tetayut Road, Saanichton BC | V8M 2E4

Phone: 250.388.5522 ext. 213 | 1.800.990.2432

Fax: 250.388.5502 | Email: [jakerman@bcaafc.com](mailto:jakerman@bcaafc.com)

*Working to improve the quality of life for Aboriginal Peoples throughout Canada.*

### Community Coach Youth Overview:

- This is the entry level course for parents or coaches coaching in the 10 to 14 age groups.
- The Community Coach Youth course is tailored to coaches working with players in the 10 to 14 age groups. The contents of this course are based around coaching players at the recreational youth level of soccer and touch on the following areas:
  - ◆ Stages of development
  - ◆ Conducting and planning training sessions
  - ◆ The role of the coach
  - ◆ Ethics
  - ◆ Safety and liability
  - ◆ Team development
  - ◆ Technical skill development and information on coaching youth players.
- This course meets the NCCP standards for the soccer technical and practical components.

## 1<sup>ST</sup> Annual GCC + LECC

### Men's Hockey Tournament

<p style="text-align: center; margin: 0;"><b>LOCATION:</b></p> <p style="text-align: center; margin: 0;"><b>TSAWOUT Gymnasium 7725 Tetayut Road Saanichton, BC</b></p>	<p style="text-align: center; margin: 0;"><b>DATE:</b></p> <p style="text-align: center; margin: 0;"><b>FEBRUARY 11 – 13 2011</b></p> <p style="font-size: small; margin: 0;">Contact: <a href="mailto:emmy28@hotmail.com">emmy28@hotmail.com</a> Money Orders or Cash only - payable to: <b>Geronimo Canoe Club</b> Payment due before first game</p>
<p style="text-align: center; margin: 0;"><b>PRIZE:</b></p> <p style="text-align: center; margin: 0;"><b>Monetary Prize payout depending on number of teams</b></p> <p style="text-align: center; margin: 0;"><b>For 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> place teams</b></p>	<p style="text-align: center; margin: 0;"><b>Entry Fee:</b></p> <p style="text-align: center; margin: 0;"><b>\$300.00 per team</b></p> <p style="text-align: center; margin: 0;"><b>Maximum number of players: 18</b></p> <p style="text-align: center; margin: 0;"><b>Registration deadline: Feb 4, 2011</b></p>

All proceeds to towards Geronimo Canoe Club and Lady Esther Canoe Club for Hawaii 2011 Outrigger Race.



*Jack James filing his metal work project.*



*Josh LaCroix welding the frame for the new stage.*



*Mr. Armstrong instructing Levi Douglas about the "press".*

**ELEMENTARY**

- December 3, 2010 Primary Report Cards sent home.
- December 10, 2010 Primary EBS Trip to Go Bananas, dress and pack a lunch for your EBS recipient accordingly.
- Intermediate EBS Trip to Hope Pool, dress and pack a lunch for your EBS recipient accordingly.

**HIGH SCHOOL**

- December 4 Seabird Island Community School Wrestling Club travel to Surrey Tyson Archie takes home a gold and Nick Quipp take home a bronze medal
- December 9, 2010 Skills Class finish their 4th novel of the year.
- December 11-12 Seabird Island Wrestling Team Travel to SFU
- December 13, 2010 Highschool PE Skating trip to Prospera Centre
- December 17, 2010 Draw for High school 50/50 tickets

**SCHOOL WIDE**

- UPDATE: Book Sale raised over \$2700
- December 6 – 10, 2010 Parent Teacher Interview Week from 3 to 5 pm; please visit your child(ren)s' teacher(s).
- December 8, 2010 Community Christmas Dinner at the Band Office Gym, great door prized and excellent meal.
- December 8, 2010 Make and Take at Community Christmas Dinner
- December 16, 2010 School Christmas Concert during the regular school day, tentative schedule not released.
- December 2 & 17, 2010 Make and Take at 5: p.m. Band Gym
- December 17, 2010 Loonie Auction Fund Raiser at 5: p.m. Band Gym items up for auction are huge carved eagle, cedar items, fluffy blankets, large pillows, silver ring and earrings plus many more. All proceeds go towards supplies. UPDATE The Loonie Auction raised \$2476.25 all proceeds contributed to the annual Make and Take hosted by the Seabird Island Adult Learning Centre – Evelyn Peters



*Levi Douglas working on his cutting board*



*Justin August sanding his metal work project.*

- January 6, 2011 Skills Class Attends SIB Strategic Planning Session hosted by the Seabird Island Chief and Council and facilitated by Jim Morrison. The Skills Class contributed their ideas for Education, Administration, Housing, Economic Development, Health and Social areas as well as provided input where into their needs as youth.
- January 14, 2011 Highschool Girls travel to Chilliwack Leisure Centre to explore public fitness facilities, access to and programs.



December's recipients of the Attendance incentive; attendance increased 30% from the previous month.

*David Silver shoveled and salted the walk for the Sister Therese, the Units from 1 to 7, Cultural Building, and Auntie Betty's.*

***Thank-you David!!!***

January 17-28

Hope Transition Society Visits the K-16 elementary classes.

January 19, 2011

Intermediate Spelling BEE 10:45 – 12:00 update next month.

January 20, 2011

Stó:lō Day A fun filled day celebrating the uniqueness of being Stó:lō, exhibits included: fishing, dip net creation, hanging a gill net, display of wind dry process, hunting exhibit, drum making exhibit, traditional foods, dry fish, smoked fish, canned fish, processed pine mushrooms, jams, moose meat, deer meat, dried moose meat, salami moose, traditional lands, contemporary issues with Seabird Lands, Stó:lō Sxweli, Coquleetza, Language games, translations of names, necklaces, cedar exhibit, key chains, weaving, carving, rubbings, finger painting, soap carving, bone game, Stó:lō dancing, pow-wow dancing, storytelling, we shared a meal and play time. The event was host to over two hundred participants! Thank-you Cultural committee and teachers for a successful event!

January 21, 2011

Professional Development Day No school for students

January 28, 2011

High school Boys Swim

January 31, 2011

Walk for Homeless - Wear a red Scarf Day!!! Please bring a non-perishable food item.

### **Making Your Home a Place For Readers**

Several tips to help parents of young children promote literacy at home.

- Choose a quiet time for reading to your child, as in before a nap, bedtime, or after dinner.
- Choose a special place for family reading, like a comfortable chair or pillows piled on the floor.
- Let your child select the book for you to read aloud.
- Hold the book so that she or he can see the pictures. If possible, also let her or him turn the pages.
- Take time to look at and talk about the pictures. Don't just read the story: talk about it. Let your child point out letters, shapes, colors, and animals.
- Understand that reading begins at home. Children read their environments, so make your home a print rich environment.
- Read! Don't expect reading to be important to your children if they see that it's not important to you.
- Invite your child to read to you. If he or she is a pre reader, he'll often interpret his own story using illustrations and his imagination.
- Make lists, lots of them. Make them for grocery shopping, books to buy and things to take on trips.
- Read aloud to your child every day.



The students at Seabird Island School were registered for the annual Vancouver Sun/ Spelling Bee challenge. We had a written bee challenge from grades 1-8. The top students from grades 4-8 were in the Verbal Spelling Challenge in our gym. The winners spelling bee challengers were Kaylee Hulbert, Matteo Bobb, Nadia McNeil, Trevor Bobb, Danielle Bobb, Summer Kelly, Devina Jones, Dredan Naistus, Skylar McNeil, James Birch-Douglas, Tyrone Sepass, Brandon Dunstan-Garwood, Austin John-Olney, Olivia Blenken and Bo-Peep John.

Our top winner for the Spelling Bee Challenge was Olivia Blenken from the high school.

She will be going to the Regional Finals in Kelowna next month! Congratulations Olivia. We are proud of you!

Thank-you to our judges Miss Eustache and Mrs. Brawn, also to our pronouncer Mr. Mai.

## Up Coming Events

### JANUARY

- 25 Highschool Term 3 begins  
SI Highschool Basketball Game at Agassiz Christian
- 26 HS Basketball Game at Chehalis
- 28 HS Basketball Game at Agassiz
- 28 Boys Swim at Prospera Centre
- 28 HS Report Cards HOME

### FEBRUARY

- 19 *Instructional Days*
- 1 *Professional Development Day*
- 95 *Instructional hours*
- 1 K – 2/3 Gymnastics Trip to Chilliwack  
HS Basketball Game at Agassiz Christian
- 2 Education Committee Meeting with School Staff

- 4 Elementary Term 2 Interim sent home
- 4 High school Girls swim at Prospera Centre
- 9 K – 2/3 Bake Sale all proceeds go towards fieldtrips  
10:30 – 1
- 11 HS Basketball game at Agassiz Christian  
Jump Rope for Heart in School Gym, details to follow.  
HS Boys Swim at Prospera Centre
- 14 Hoops for Heart Event School
- 14 Valentines Day
- 14 – 24 Scholastic Bookfair – in Elementary school, open during school hours and events to follow
- 15 K – 2/3 Gymnastics field trip  
HS basketball game at Agassiz Christian
- 18 Professional Development Day – No school
- 22 HS Basketball Game at Agassiz Christian

# 2011 SUMMARY OF THE TRADITIONAL HERBAL MEDICINE

by Dr. Jeanne Paul

I. Thank you former students who attended faithfully and welcome to the new one. The new series promises to challenge you to expand your knowledge even further. I hope that you will join me in Wild-Crafting in our local woods starting this Spring to late Summer. A meaningful learning of these "Green Blessings" is to see, pick and eat and then make Medicine as our Ancestors did. Thank you for your desire to make sure our Medicines do not die out but to pass this knowledge to our children. EMAWHEGA!

If you are an interested student and you are not from the 11 Bands call Dr. Jeanne to make other arrangements: 604-794-7661. Otherwise please call the numbers below to register. Most of these classes are held at their Health Centres.

Always bring 3 small jam jars and your minstrums to each class.

1. THE IMMUNE SYSTEM: Jan 6, 2011  
Herbs: Calendula, Echinacea, Ginger (3 jars)  
CHEAM 6-9p. Contact: Muriel/Diane recp.t: 604-794-7927
2. THE GLANDULAR SYSTEM: Jan. 13, 2011  
Herbs: Burdock, Elderberry rootlets, Cottonwood Buds (3jars)  
SEABIRD ISLAND 6-9p. Contact: Maggie 1-800-788-0322
3. THE NERVOUS SYSTEM: Jan. 27,2011  
Herbs: St. John's Wort, Rhadiola (2jars)  
SHXW'OW'HAMEL 6-9p.  
Contact: Jen 604-869-2627 W/Thur
4. THE SENSORY SYSTEM: Feb. 10,2011  
Herb: Bilberry, Lemon Balm (2jars)  
SCOWLITZ 6-9p.  
Contact: Jen 604-869-2627 Fri
5. PLANT FAMILIES, CLASSIFICATION  
GLOSSARY

9. DIABETES TYPE I: April 7,2011  
Herb: TBA  
SEABIRD ISLAND 6-9p. Contact Maggie: 1-800-788-0322
10. DIABETES TYPE II: April 21,2011  
Herb: TBA  
SHXW'OW'HAMEL 6-9p  
Contact: Jen 604-869-2627 Fri
11. THE MUSCULAR SYSTEM: April 28,2011  
Herb: Horsetail, Comfrey (2jars)  
SCOWLITZ 6-9p.  
Contact: Jen 604-826-5813 Wed/Thur
12. COUGHS: May 12,2011  
Herb: Coltsfoot, Pipsissewa, Elderberry red: (3jars)  
BOSTON BAR 6-9p.  
Contact: Ivy S. 1-866-455-2711
13. PREGNANCY: May 26,2011  
Herb: Raspberry l. , Stinging Nettles leaves/ roots (2jars)  
CHAWATHIL 6-9p. Audrey S. 604-869-9994
14. THE DIGESTIVE SYSTEM: June 9,2011  
Herb: Wild Ginger, Marshmallow (2 jars)  
SKWAH 6-9p.  
Contact: Carla S. 604-792-3499
15. THE REPRODUCTIVE SYSTEM: MALE:  
June 16,2011  
Herb: Saw Palmetto, Stinging Nettle: Seeds, Roots (2jars)  
CHEAM 6-9p.  
Contact: Muriel/Diane recp't : 604-794-7927
16. THE REPRODUCTIVE SYSTEM: FEMALE:  
June 30,2011  
Herb: Chaste Tree, Black Cohosh ( 2jars)  
SEABIRD ISLAND 6-9p.  
Contact: Maggie 1-800-788-0322

## II. GOALS:

Lectures will concentrate on the anatomy, physiology of each of the Body Systems studied; an understanding of the development of pathologies; a focus on women's breast health; the learning of the chemical constituents of each of the Herbs and an emphasis of how they integrate with the Traditional Herbal Medicines with technical knowledge and research thus melding the two worlds of healing.

I do hope that you will make an effort to attend these unique classes which may not come your way again. Creator's Blessings on all your endeavours!

DECANT, DOSING:  
Feb. 24'11  
BOSTON BAR 6-9p.  
Contact: Ivy S. 1-866-455-2711

6. CANCER: PART I:  
Mar. 17, 2011  
Herbs: Sheep Sorrel, Burdock, Turkey Rhubarb root, Yucca, Slipper Elm, Chaga, Alder, Fucus, Balsam, Red Clover blossoms, Yellow Dock, Blood Root, Cedar, Poke root, Aswagandha, Prickly Ash. This class will on the information of each of the Cancer Herbs. MEDICINE MAKING WILL BE  
CANCER PART II.  
CHAWATHIL 6-9p.  
Contact: Audrey S. 604-869-9994

7. CANCER PART II:  
Mar. 24, 2011  
Herbs: from PART I (16 jars)  
SKWAH 6-9p. Contact Carla S. 604-792-3499

8. ADAPTOGENS:  
Mar. 31, 2011  
Herbs: Wild Ginseng, Lycium ( 2jars)  
CHEAM 6-9p.  
Contact: Muriel/Diane recp't: 604-794-7927

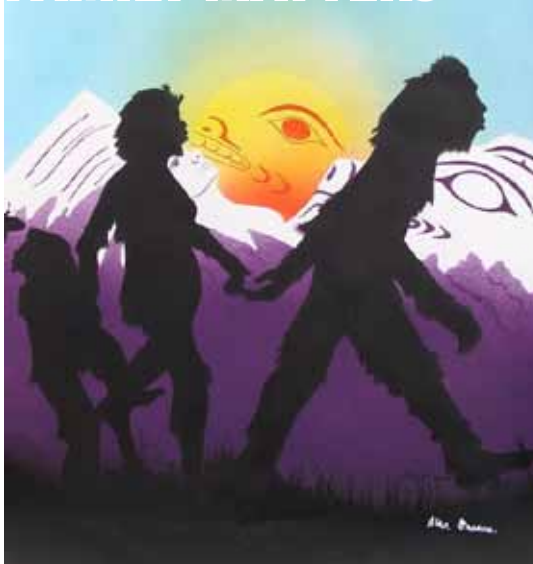
KEYNOTE ADDRESS MEDICINE WHEEL & FAMILY ROLES

2011

## ABORIGINAL FAMILY CONFERENCE FAMILY MATTERS

February 18-19

Mamele'awt Aboriginal Education Centre  
3277 Gladwin Rd, Abbotsford



FREE CONFERENCE OPEN TO ABORIGINAL PEOPLE, CAREGIVERS AND SERVICE PROVIDERS OF ABORIGINAL CHILDREN

WORKSHOPS PRESENTATIONS ENTERTAINMENT MEALS PROVIDED DOOR PRIZES AND MORE!!

You can register for this FREE conference at one of our Fraser Valley Aboriginal Family Services Society (FVACFSS) locations OR call Elly Janik at 1-800-663-9393 / e-mail elly.janik@xylohemeylh.bc.ca to have a form sent to your home.



# Post-Secondary Application Deadlines

Deadlines for **completed** applications are:

- **For September** (Fall) ..... **May 1<sup>st</sup>**
- **For January** (Winter/Spring depending on institution)..... **October 1<sup>st</sup>**
- **For May** (Spring/ Summer depending on institution)..... **January 1<sup>st</sup>**

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](mailto:kellychapman@seabirdisland.ca)



The Education Department would like to give you an update on the Seabird Island Band Post-Secondary Student Assistance Program. The program provided sponsorship to 51 students over the 2010-2011 fiscal year, after students completed their upgrading program or completed their studies. Currently have 25 students enrolled in full and part time studies.

There has been a significant increase in the number of members interested in pursuing post-secondary studies, but unfortunately a limited amount of funds available for this fiscal year. We currently have 7 applications on our waiting list, and a high interest in people looking for funding. We are recommending those interested in applying for post-secondary funding, to meet with Student Service Worker-Kelly Chapman as soon as possible for an application package. Assessment

## High School Students Grade 7-12

**Next student allowance payment** will be released on **March 11, 2011.**

**Students will be able to pick up their student allowance from the Student Services Worker located at the Seabird Island Band Office.**

- ❖ **Please Note:** If you are unable to pick up your allowance please contact the Student Services Worker at 604-796-2177 Ext. 5002 to make arrangements for someone else to pick it up. Student Allowances will **NOT** be released without the students consent.

# Community Wellness



## Patrick Van Loosen

I came to work for Seabird Island Band in May 2010 as the Family Wellness Counsellor which includes but is not limited to addictions counselling. I have found the work here to be exciting and the community welcoming.

I am Cree/Annishanabee from Cowessess First Nation Saskatchewan and was raised in East Vancouver. Violence and addiction were normal parts of life growing up as a child, or so I thought. I spent 20 years suffering through my own addictions on Main and Hastings while trying to hide from the pains of my past and it was not until I got clean and sober that I found strength in returning to my culture and learning to like who I am.

Over the last 11 years I have worked and designed programs for both federal and provincial governments, agencies and first nation's bands across Western Canada in the fields of Justice, Social Services, Addictions, Employment and Cultural Development.

Having suffered through my own addictions as well as family and personal dysfunctions, I know the process of recovery is slow and there are setbacks from time to time. These are to be expected. An unrealistic expectation is one of the biggest obstacles people will face on their journey to recovery and one that will set them back. One thing I have learnt through my career is that people are resilient and can overcome anything with the right supports and encouragement; thus I strive to work with the families as well as the individual and offer support and encouragement in a respectful way to those that want to walk a healthier journey in life.

If you would like to see certain programs or have suggestions please feel free to stop in for a coffee or drop off your ideas at the Wellness Centre and I can see what we can do.

In closing I would like to share with you two quotes that inspire me as a person each day.

*The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.*

Martin Luther King, Jr.

*We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty.*

Mother Teresa



My name is **Genna Joseph** and I am the Community Wellness Coordinator at Seabird Island Band. My functions are to provide service to community members that require assistance with legal related issues, ie

- ▶ Service of court documents
- ▶ Assistance with forms
  - o Custody
  - o Restraining
  - o Maintenance
  - o Criminal pardon
- ▶ Transportation to court, meet lawyers, parenting after separation, legal aide
- ▶ Circle or mediations to keep issues out of court. ie: (long story short)
  - o There was an assault charge, I met with both parties and we came to an agreement where the charge was given community service hours here, and to attend counseling, and be on good behavior. This was brought to the judge and accepted. The accused did his hours under my direction and supervision.
- ▶ We have A & D and family counselors here at Seabird Island as well many other valuable resource people.

I look forward to building a strong working relationship and working together to improve our communities.

604 796 2177 or 604 798 1090 (cell)

## SEABIRD ISLAND TRAVEL CLUB

Are you interested in being part of a travel club that fund raises to travel?

### Benefits:

- Support of club members
- Travel as a group
- Learn to work as a team
- Learn budgeting
- Experience life outside of Seabird

### What is involved:

Commitment, hard work, team work

### Let's get together February 10 @ 4:30 p.m. to discuss:

- What does this mean?
- Who can join? Families, youth, elders, community, band members.
- How is money allocated, raised?
- Who is in charge?
- Where do we want to go?
- How much will this cost?

Contact Stacy McNeil (volunteer organizer) for more information at 796-8537 or 819-3716

# EDUCATION ENHANCEMENT AGREEMENT



Five years ago School District 78 sought input from our local First Nation Communities (on and off reserve), schools, parents and students to create an Education Enhancement Agreement. This five year agreement was put into effect in 2006/07 and is a working agreement between SD 78, our local First Nation communities and the Aboriginal Education Enhancement Branch of the Ministry of Education. The Enhancement Agreement was established to give Aboriginal peoples greater participation, influence and control in determining relevant educational programs and services for student of Aboriginal Ancestry.

With the feedback we received from our surveys and public forums, we came up with the following goals that we have been working towards achieving over the past four years:

**Goal 1.** To improve our students' sense of belonging by improving the cultural environment for First Nation / Aboriginal and Non-Aboriginal students.

Objective 1.1: To improve First Nation / Aboriginal and Non-Aboriginal student knowledge base regarding local First Nation / Aboriginal Culture, history, language, governance, and politics.

Objective 1.2: To improve First Nation / Aboriginal and Non-Aboriginal students attitudes and practices of acceptance within multicultural teaching and learning environments.

Objective 1.3: To enhance First Nation / Aboriginal and Non-Aboriginal students sense of self worth.

**Goal 2.** To increase First Nation / Aboriginal success in school.

Objective 2.1: To increase achievement of our First Nation / Aboriginal students not meeting expectations by focusing resources on them.

Objective 2.1: To increase First Nation / Aboriginal student attendance and punctuality.

This is the final year of the Enhancement Agreement and we are again looking for input from stakeholders in order to find out what strategies have made a difference, what still needs to be worked on, and what goals we should set for our next Enhancement Agreement that will take effect in September 2011.

To this end, we would greatly appreciate it if you would take the time to complete the attached questionnaire and return it to us. We would value your input and suggestions since the feedback we receive will become the basis for our next set of goals. If you have any questions, please do not hesitate to call the Native Education Department at 604-869-2842 or 604-869-2241, extensions 107 and 108.

Rod Peters, District Aboriginal Education Coordinator.

## EDUCATION ENHANCEMENT AGREEMENT QUESTIONS



1) What does student success mean to you?

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2) How can we best involve parents, guardians, grandparents and the extended family in the successful support of your students.

---

3) What opportunities for the individualized learning exist in our district?

---

4) What can we do to improve the success of your students in our schools?

---

5) What do you think your children need to be successful on the workplace and their careers?

---

6) How can we work together to keep your students in school?

---

7) Do you feel comfortable going into the schools? Why / Why Not?

---

*Thank you for taking the time to complete this survey. With your help we can assure that our students will succeed. Please mail to:*

**Native Education, S.D. #78**

650 Kawkawa Lake Rd.

Hope, BC V0X 1L4

Phone: 604-869-2842 Fax: 604-869-7400



# February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED</b> 	<b>Fitness Center</b> Community/Staff: \$15 month or \$1 drop in. Non-Community/Staff: \$30 month or \$2 drop in.					<b>CLOSED</b> 
	<b>ELDERS</b> 10AM-11AM	<b>BIGGEST LOSER WORK OUT</b> 5:30PM-8PM	<b>ELDERS</b> 10AM-11AM <b>BRING A FRIEND FREE</b> (13+, PER PAID PERSON)	<b>BIGGEST LOSER FAMILY FITNESS</b> 6:30PM-8PM	<b>OPEN</b> 8AM-4PM	
	<b>Evening Recreation in the Gym</b> Community/Staff: \$1 drop in. Non-Community/Staff: \$2 drop in. Pre-Paid Cards Available! Open at 5:30pm, close at 8pm. <i>Pay before you play!</i>					
<b>MEN'S HOCKEY</b> 6:00PM-7:30PM	<b>VOLLEYBALL (AT SCHOOL)</b> 5:30PM-6:30PM 	<b>CO-ED HOCKEY</b> 6:00PM-7:30PM	<b>BOXING WITH JASON</b> 5:30PM-6:30PM <b>BIGGEST LOSER FAMILY FITNESS</b> 6:30PM-8PM 	<b>CLOSED P.M.</b>		

**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!

**WALKING CLUB** Monday, Tuesday, Thursday at 4pm

**BOOT CAMP** Monday, Wednesday, Friday 12pm and 4pm with Stacy.

## Are you thinking of starting or expanding your own business?

Stó:lō Community Futures (SCF) started a three-month Pilot Satellite Office at Seabird in 2010, and it was so successful, that it will now be an official SCF Satellite Office!!!

For the next six months, Rocio Zielinski, the Loans Manager at SCF, will be available to assist all Aboriginal people living in the Stó:lō Territory, with a wide range of business loans and services.

If you are starting, or expanding a viable business, you may qualify for a repayable loan up to \$150,000.00, with a 15% equity requirement.

If you would like to talk to her about loans to start, expand, or upgrade your business, she will be available **starting Thursday, February 3<sup>rd</sup>**, every Thursday for six months at the following:

**Place: Seabird Band Office Foyer**  
**Days: Thursdays**  
**Time: 1:00 p.m. – 3:00 p.m.**



No appointments necessary, but if you would like to meet with her, please call to schedule a meeting. If Thursday doesn't work with your schedule, you can contact Rocio directly at (604) 824-5272, or email her at [scf.rocio@shawcable.com](mailto:scf.rocio@shawcable.com) to answer any of your questions.



### STÓ:LŌ COMMUNITY FUTURES

Building #10 – Third Floor, 7201 Vedder Road, Chilliwack, B.C. V2R 4G5  
Tel: (604) 858-0009 Fax: (604) 858-3829  
E-mail: [scf.rocio@shawcable.com](mailto:scf.rocio@shawcable.com)

# DOMESTIC VIOLENCE: Battered Women Battered Men



## WHY PEOPLE STAY IN VIOLENT RELATIONSHIPS

The question, “Why do people stay in a violent relationship?” is often answered by the victim being blamed. Victims of abuse and battering often hear statements like: “you must like it or you would leave.” or “you’re just one of many

women who love too much.” or “you must need to be treated badly.” or “you must really have low self-esteem.”

**But the truth is that no one wants to be or enjoys being abused or battered.** Their emotional state or self-image does not cause them to want to be in a violent relationship.

Reasons for staying in a violent relationship are more complex. Making statements about their strength of character does not explain why they stay.

While there is no profile for the “typical victim” who will be abused or battered, there is documentation on what generally happens once the violence begins. Abused and battered men and women will experience embarrassment, isolation and shame. **They may not leave the violent relationship immediately because of the following reasons:**

- He or She realistically fears that the violence will escalate and may become fatal if he or she tries to leave.
- He or She may not have the much-needed support of her family and friends if he or she leaves or has been made to believe they have no-one to turn to.
- Knows how difficult it will be to be a single parent with reduced financial support.
- May still be experiencing good times, love and hope mixed in with the manipulation, intimidation and fear.
- May not know where to get help or have access to a safe place and support.

Some people may believe that getting a divorce is not a viable alternative. Many people have been taught and believe that a single parent family is unacceptable and that a violent parent or spouse is better than nothing. Many have been taught that they are responsible for making their marriage work. Many

believe that a failed marriage means that they have failed as a spouse. Many people were taught that their identity and worth is dependant on getting and keeping a spouse in their life. ***This is not true, it is not your fault!***

Being isolated by a jealous or possessive abuser may cause a person to lose touch with her family and friends. They may have even isolated themselves to hide the signs of being abused or battered from the outside world. Isolation may have contributed to the sense that there is nowhere for him/her turn.

They may rationalize the violent behavior by blaming alcohol or drug abuse, problems at work, stress, unemployment or anything else that comes to mind.

A victim is rarely abused or battered all of the time. There may be periods of non-violence. During the non-violent phase the abuser may fulfill their dreams of romantic love. The victim may be lulled into believing their abuser is basically a good person. The victim may believe that they should hold on to their “good person”, reinforcing the decision to stay in the relationship. They may believe that the abuser is basically good until they let off steam because something bad happened to them.

*Do you see yourself using any of the above rationalizations? If you do, do you really want to live the rest of your life in fear of the next violent outburst? The violent circle won't change. Make plans to get out and stay out. **Do it now before you end up dead.***



**Nearly 40-50 percent of men will be a victim of domestic violence at some point in their lives, which is comparative to the numbers for battered women.**

**Reports show that men are more likely** to have a knife used on them or to be threatened with a knife, hit with an object, kicked, bitten or have something thrown at them.

**Women are more likely** to be beaten up, threatened with a gun, choked, victims of drowning attempts, have their hair pulled or be pushed, grabbed or shoved.

# DOMESTIC VIOLENCE: Battered Women Battered Men

## BATTERED MEN

We often picture a victim as someone who is weak and do not hold power, most men are brought up not to perceive themselves as the victims. Men are generally not aware of the fact that they may also be the victims of the domestic violence.

Males often think themselves as a tough, masculine and strong. Due to the fact of being tough, it could account for why some battered men do not report the abuses against them.

Almost 39 per cent of domestic assault victims are men and are being abused by their female partners.

It is difficult for some people to understand that their female partners can batter the men. Several people choose to believe that men are only hit or punched by their female partners as a means of self-defense. The numerous studies and reports on battered men have surprised many individuals, groups and organizations. As education becomes available and society begins to embrace battered men, it is likely that more men will come forward to tell of their abuse.

**“Domestic violence against men is very similar to domestic violence against women, *It can come in the form of physical abuse, emotional, verbal, or financial.*”**

As with abuse against women, abuse against men can mean a partner or spouse will:

- Withhold approval, appreciation, or affection as punishment
- Criticize, name call, or shout
- Take away your car keys or money
- Regularly threaten to leave or to make you leave
- Threaten to hurt you or a family member
- Punish or deprive your children when angry at you
- Threaten to kidnap the children if you leave
- Abuse or hurt your pets
- Harass you about affairs your spouse imagines you are having
- Manipulate you with lies and contradictions
- Destroy furniture, punch holes in walls, break appliances
- Wield items like weapon in a threatening way
- Hit, kick, shove, punch, bite, spit, or throw things when upset



## CHILDREN EXPOSED TO DOMESTIC VIOLENCE

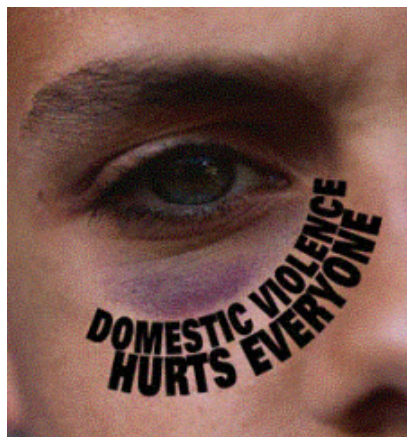
**Refers to children seeing, hearing or being aware of violence against one parent figure that is perpetrated by another parent figure.**

- Watching, hearing or later learning of a parent being harmed by a partner threatens children's sense of stability and security typically provided by their family
- Children living with domestic violence are at risk for increased emotional and behavioral problems
- Some children who experience difficulties display traumatic stress reactions (e.g., sleep disturbances, intensified startle reactions, constant worry about possible danger).

- Children living with domestic violence are at increased risk of experiencing physical injury or childhood abuse (e.g., physical, emotional).
- The perpetrator may use children as a control tactic against adult victims.

### Examples include:

- claiming the children's bad behavior is the reason for the assaults on the non offending parent;
- threatening violence against the children and their pets in front of the non offending parent;
- holding the children hostage or abducting them in an effort to punish the adult victim or to gain compliance;
- talking negatively to children about the abused parent's behavior.
- Children may experience strong ambivalence toward their violent parent: affection coexists with feelings of resentment and disappointment.
- Children may imitate and learn the attitudes and behaviors modeled when intimate partner abuse occurs.
- Exposure to violence may desensitize children to aggressive behavior. When this occurs, aggression becomes part of the "norm" and is less likely to signal concern to children.



**Contact the Seabird Wellness Center** for assistance and/or for more information.

2894 Chowat Rd. or Ph: 604-796-2177

Edie Karacsoni, *Child & Family/Mental Health Program Manager*

Tillie Charlie, *Drug and Alcohol Counsellor*

Patrick van Loosen, *Family Counsellor / Addictions Counsellor*

**For Referrals to the following contact Edie Karacsoni**

Melissa Nielsen, *Counsellor*

Allyson Cushing, *Counsellor (contract)*

June Point, *Family Development Response Worker*

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 ½ page (8x5 or 10x4)	\$37.50	\$61.25
Full color ¼ 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 ½ page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale ¼ 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 (1<sup>st</sup>) of each month

**Sandy Bobb**

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

**WELCOME NEW STAFF**



Hello my name is  
Coral-Leigh Peters although  
many know me as  
Corrie. I have lived on  
Seabird throughout most  
of my life. I am currently  
enrolled in Seabird College  
in the Business Technology  
course. I worked at the Gas  
Bar for 4 1/2 years I enjoyed  
it tremendously.

Getting to meet and know people is what I love. I am  
the new Accounts Receivable Assistant in the office  
and I am sure it will be wondrous.



Hello, My Name is Drew  
Paddon and I am your new  
Human Resources  
Administrator (taking over for  
Lynn). I am very excited to  
be here and look forward to  
meeting everyone here. I do  
have to say that those people I  
have met so far are by far the  
happiest group of employees

I have ever met. Previous to working at Seabird I was  
in the HR Department for Stream in Chilliwack and  
Enterprise Rent-a-Car in Langley.

I have lived in Chilliwack since 1993 with a short  
break from 2003-2005 when I lived in Ottawa. I was in  
Ottawa to finish my Bachelors Degree in Anthropology  
(the study of human cultures), with a focus on the  
Pacific North West, and a minor in Religion, and  
played on the University Lacrosse team.

When I am not working I spend as much time as I can  
with my 2 beautiful kids Nicholas (6) and Aurora (3).  
They sure are a hand full but they make me smile more  
than anything in the whole world. I also play a bit of  
hockey when time permits (I don't play it well  
but I try)

I would like to welcome everyone to come by my  
office to have a chat (work related or not).

Drew Paddon, Human Resources Administrator  
Phone: 604-796-6865



Hello, my name is June Point  
and I am from Skowkale First  
Nation in Chilliwack. I have  
my Social Work Diploma and  
currently registered in the  
Child and Youth Care Degree  
Program. I am the Family  
Development Response Worker  
covering for Amy Pettis while  
she is away. My office is

located at the Seabird Band Office and my office hours  
are from 8:30 – 4:30 Monday to Friday.



Hello my name is Cerie  
Birner.

I am a 3rd year Social Work  
student at UFV in Abbotsford.  
I am also working on my  
extended certificate in First  
Nation Studies.

I have taken classes with  
Gwen Point and am in class  
with Herb Joe. I am currently

working with and being mentored by a Hope Elder,  
Marian Dickson, that works with cedar root baskets.

I volunteer with Chilliwack Restorative Justice.

I live in Hope and am married with 2 kids.

I am here until April working with Edie in Social Work  
as a practicum student.



**hé̄nt̄e? k̄w**

**he nsk̄w̄ést Jessica Pettis.**

Hello, my name is Jessica  
Pettis. Many of you may already  
know me as I am a member of  
the Seabird Island Band. I have  
recently been hired as the Youth  
and Elder's Liaison for the

Seabird Island Band; this position was formerly held  
by Alexis Roper.

For elders I am able to assist with making phone calls,  
and connecting to resources both on and off reserve.  
For youth I will be doing the youth outings, and I will  
be available at the schools some afternoons. I will also  
be setting up workshops for both youth and elders.

Feel free to come any time to talk to me! My office is  
located on the main floor of the band office, near the  
main entrance. Additionally I will have an office that is  
located in the youth building.

**I will be at the Band Office on the following days:**

Tuesday and Thursday 8:30am - 4:30pm

Phone: 604-796-2177

**And the Youth Building on the following days:**

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

Phone: 604-796-0198

**However,** I will only be working out of the youth  
building; I will not be running drop-in.

If you are looking to talk and need some help  
connecting to resources you can come see me, phone  
me at the numbers above, or e-mail jessicapettis@  
seabirdisland.ca.

# '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, and 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

Email:

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.



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.

February 27, 2011 Happy 8th Birthday to my Handsome man **\*\*Wayne\*\*** We love you lots Love Mom And Dad, Courtney, Amber & Kaleb

The Peters-Alexander family would like to wish a very Happy 5th Birthday to a special young man "Maleek William Jonathan Peters" Happy Birthday LITTLE BILLY BEAR

Happy Birthday to my girlfriend Ashley Shaw have a great year love your boyfriend Marc-Antonio Peters

Happy 18th Birthday to my mommy Chasity Charlie hugs and kisses from your baby boy Marc-Antonio Peters Jr

Happy Birthday to my great grandson Maleek, mamma loves you, grandma Onie

Happy Birthday Auntie Pete love from Starr and family

### HAPPY VALENTINES DAY!

SHARE THE LOVE.

A little bit of love goes a long way towards building relationships, self esteem and much more.

Wish all your loved ones a happy valentines day and tell them you love them!



Sidewalk Bubblegum ©1993 Clay Butler

### CLASSIFIEDS

#### COMMUNITY MEMBERS:

**"Misc. For Sale"** Did you upgrade your furniture, vehicles or other items? Are your old items in good condition? There may be other community members interested, even in need of these items.

**"Births"** Do you have a new member of the family you wish to announce?

**"Anniversaries"** Celebrate your commitment of the, love, caring, respect and family.

**"Obituaries"** Honour your recently deceased loved ones, with a small obituary to celebrate their life with us.

Fees available for non-members to place advertisements (pre-paid)

Please contact Sandy Bobb at 604-796-6838 by the 20th of the month. Delivery is on the 1st of the month.

### Quotable Quotes

Why put off for tomorrow what can be done today"

◆ ~ ✨ ~ ◆

"Treat others the way you want to be treated"

◆ ~ ✨ ~ ◆

"The grass is never greener on the other side. Be proud of what you have"

### DOCTOR, DOCTOR, GIVE ME THE NEWS!



Sidewalk Bubblegum ©1997 Clay Butler

# '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** 3-430 pm at the youth trailer

**Males 13-18 Group** 5-630 pm at youth trailer

**Pancake Breakfast** and talking circle 9-11 am in the Elders Lounge

#### Starting Feb. 02:

7-830 pm Men's Group at youth trailer

Those interested in a firearms safety course should contact Patrick van Loosen at Wellness Centre by end mid February to ensure a space. Date in April to be announced.

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

### SEABIRD MEDICAL CLINIC

There were 515 clients seen in the month of December

To make your Doctor appointment call Kristi at 604-796-2165

### 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.

### BOYS AND GIRLS YOUTH GROUP

Boys and girls youth group, ages 8 -12  
Every Thursday 3 – 5 pm. 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 5pm so please pick up your child at 5 pm.

Contact Genna Joseph for more information.

### ARMY CADETS

Start on Seabird January 27th. Any youth age 12-18. Genna will pick up and return youth home that need a ride.

Youth group ages 12 – 18 will be on Thursday nights from 6 – 8.

### RESTORATIVE JUSTICE

Do you care about your community? Do you want to help?

There are a couple of seats available for anyone willing to sit in on and discuss community issues. Restorative Justice Training will be on February 22, 23 and 24. You will receive a certificate on the 3rd day.

Contact Genna Joseph for more information.

### 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!

### DONATIONS NEEDED

Looking for blanket and tarp donations (Used is fine so long as they are usable).

Patrick van Loosen  
Family Counsellor / Addictions Counsellor  
Seabird Wellness Center

### 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.

### 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.

### 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.



### WALKING CLUB

The Walking Club has officially started this week! If you have not done so already, please register online with our training group:

The PARTICIPANT LINK to sign up your participants is now ready:  
<http://www.sportmedbc.com/community/aboriginalOnline.php>

To be eligible for the program, all participants must sign up online so please forward this link to your participants and remind them that they must list themselves under your name (from the drop-down list on the form) to be approved for the program. Participants must register no later than January 28th, 2011.

After you have registered, join your friends and families for some fun and exercise. There are 3 weekly sessions scheduled:

**Monday** (with Noy), **Tuesday** (with Stacy), and **Thursday**(with Stacy) at 4pm. *Please meet at the Band Office.*

For info, please contact Noy at 604-796-2177 or [noykhounviseth@seabirdisland.ca](mailto:noykhounviseth@seabirdisland.ca)

# 'Round The Rez

## Community Events, Workshops & Outings

### 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.

### MEETING WITH LAND CODE COMMITTEE:

The Seabird Elders are invited to attend a Land Code meeting on February 8, 2011 in the Main Boardroom and starting at 9:30 am and lunch will be provided. Please confirm with Angie or Kim Lessard if you would like to attend this meeting and we look forward to having you at the meeting.

### 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.

### CATERING MEETING:

Attention to all caterers we would like to have a meeting with you on February 2, 2011 @ 3:00 pm in the Main Boardroom. We would like to go over any concerns that you have about the catering program. As well just to check in and see how things have been working for you. If you can please RSVP back to Angie Chapman at 604-796-6893. We hope that all catering groups can be present at this meeting or have a representative present that can speak on your behalf.

### ELDERS MONTHLY SESSION:

The next elders monthly session is February 28, 2011. We are planning on going into Mission for brunch and then movies afterwards. If you would like to come please call Angie to confirm for pick-up @ 8:00 am. I look forward to having you out at the monthly outing.

### ELDERS GATHERING PLANNING SESSIONS:

Any elders that are interested in attending the Elders Gathering Planning sessions please contact Angie Chapman at 604-796-6893 next meeting is scheduled for February 7, 2011 and pickup will start at 5:00 pm. These planning sessions are to help plan and also hear an update as to what has been planned so far for the elders gathering. All these meetings are potluck dinners so if you would like to attend please remember to bring an item for the table.

### 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.<sup>00</sup> Gift Certificate.*

*(Walk-in Clinics do not qualify)*

### OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed

Feb. 28th/11

Mar. 28th/11

Apr. 18th/11

May 30th/11

Jun. 27th/11



### 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



### !!! COMMUNITY ALERT !!!

New Area Code - PLEASE READ SCAM  
809 Area Code

People received a call last week from the 809 area code. The woman said 'Hey, this is Karen. Sorry I missed you- get back to us quickly. I have something important to tell you.' Then she repeated a phone number beginning with 809. We did not respond. Then this week, we received the following e-mail:

**Do Not DIAL AREA CODE 809, 284, AND 876 from the U.S. or Canada.**

This one is being distributed all over the US ... This is pretty scary, especially given the way they try to get you to call.

They get you to call by telling you that it is information about a family member who has been ill or to tell you someone has been arrested, died, or to let you know you have won a wonderful prize, etc..

In each case, you are told to call the 809 number right away. Since there are so many new area codes these days, people unknowingly return these calls.

If you call from the U.S or Canada , **you will be charged a minimum of \$2425 per-minute.**

And you'll also get a long recorded message. The point is, they will try to keep you on the phone as long as possible to increase the charges.

### WHY IT WORKS:

The 809 area code is in the Dominican Republic.

The charges afterward can become a real nightmare. That's because you did actually make the call. If you complain, both your local phone company and your long distance carrier will not want to get involved and will most likely tell you that they are simply providing the billing for the foreign company. You'll end up dealing with a foreign company that argues they have done nothing wrong.

### 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

