



Elder Abuse and Neglect: What We Can Do To Help?

Do you know what elder abuse is?

Elder abuse is doing something or failing to do something that results in harm to an elderly person or puts a helpless older person at risk of harm. This includes:

Physical, sexual and emotional abuse

Neglecting or deserting an older person you are responsible for

Taking or misusing an elderly person's money or property

Elder abuse can happen within the family. It can also happen in settings such as hospitals or nursing homes or in the community. Elder abuse is a serious problem in this country.

Many of our elders live on as little as \$60 per month. That's less than the average person makes on welfare. Can you live on that?

When you borrow money or take food and medicine from an elder you may be leaving them with nothing for their own survival. Many parents and grandparents feel they can't say no, because they have always been there for you and are used to taking care of you, or they may feel guilty because they couldn't provide you with many of the things they wanted to. The reality is however that they can no longer afford to do this for you.

The truth is our elders need your help, they probably need food in their cupboards and feel too independent to ask for your assistance. It is hard for someone to be so independent for so many years, to now admit that they need assistance.

In fact many of the elders who got used to cooking for a large household may now be starving themselves. They find it a burden and not worth cooking a nice meal for just one person or perhaps they do not know how to cook for just one person. They may be living off of peanut butter sandwiches.

Unfortunately Meals on Wheels may not cover all the elders, they need to request this service. Meals on Wheels only runs on Mondays and Wednesdays, what does your elder eat on all the other days of the week?



Many of our elders are also faced with another form of abuse called neglect. Their children have grown up and started a family of their own, leaving the elder at home alone. Now they feel they never get to see anybody. Perhaps physically they have a hard time going out, can't afford the gas money, or even don't have a car anymore.

We challenge each and every one of you to help your elders.

- Visit with them on a regular basis,
- Give them a few extra bucks when you have some,
- Treat them with some food for their cupboards,
- Take them shopping for new clothes,
- Invite them over for dinner, or drop them off a dinner plate.
- Help them clean those hard to reach places, like the bathtub.
- Finally; when **you** need extra help try to get it from another source, because the truth is your elder can no longer afford many luxuries.

Remember how you treat your elder is how others will treat you when you become an elder.

As an elder how you can protect yourself, against elder abuse

- Make sure your financial and legal affairs are in order. If they aren't, enlist professional help to get them in order, with the assistance of a trusted friend or relative if necessary.
- **Reach Out:** Keep in touch with family and friends and avoid becoming isolated. Isolation increases your vulnerability to elder abuse.
- If you are an elder who is being abused, neglected, or exploited, tell at least one person. Tell your doctor, a friend, or a family member that you trust. Other people care and can help you.

INSIDE this Yoo Hoo

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Chief & Council Election March 9th *Your Vote Counts!*

Nominees from January 26th nomination meeting:

FOR COUNCIL:

- | | | |
|------------------------------|----------------------------------|-------------------------|
| 1. Marcie Peters | 12. Stacy McNeil | 22. Janice Parsey |
| 2. Coral-Leigh Peters | 13. Rod Peters | 23. Jim Harris |
| 3. Danna MacKinnon | 14. Lisa Pettis (Adair) | 24. Art Andrew |
| 4. Carol Hope | 15. Tyrone McNeil | 25. Deanna McIntyre |
| 5. Alexis Roper | 16. Stacy Reyburn (Louie) | 26. John Bobb |
| 6. Vivian Ferguson | 17. Maggie Pettis | 27. Cameron Garner |
| 7. Paris Peters Jr. | 18. Francis Andrew | 28. Jay Hope |
| 8. Dianna Kay | 19. Rose Charles | 29. Lisa Peters (Mason) |
| 9. Starr Alexander (Peters) | - Will withdraw on Friday, Feb 4 | 30. Angie Chapman |
| 10. Loretta Thomas | 20. Jody Denise Thomas | 31. Danielle Gabriel |
| 11. Alfred Peters Sr. (Tony) | 21. Mervin Wayne Bobb Sr. | 32. (Paul) Duran Giroux |

FOR CHIEF:

Clem Seymour

Paul Andrew

Election March 9th

9am - 8pm

Seabird Island Band Gym

NEW! Manitou Massage Therapy on Seabird

Manitou Massage Therapy will be visiting the Seabird Island Band offering outreach registered massage therapy to anyone who needs relief from pain or discomfort. During your appointment you will receive an assessment, treatment and education on your condition and exercises to help relieve your symptoms.

Discount prices for clients with status cards. Call for rates.

Contact Kristi to book your appointment 604-796-2165

WELCOME NEW STAFF



Brian A. McLean

Brian McLean is a Registered Massage Therapist and owner/operator of Manitou Massage

of Massage Therapy, Brian has always had a strong interest in the health industry. Before attending OVCMT in Vernon, BC, he gained valuable experience working at the University of Alberta Health Centre and the Cross Cancer Institute in Edmonton, AB.

Brian was born in Castlegar, BC but grew up in the Cariboo community of Williams Lake, BC. There, he enjoyed many outdoor activities including camping, fishing, golfing, biking, nordic and downhill skiing. This fall he moved

to Chilliwack, with his wife Shaz-Marie and nine month old son Weston, to establish his clinic and enjoy being a new father.

If you are living with pain or discomfort he can help you with immediate symptomatic relief or long-term treatment goals. Brian is eager to meet the community members of Seabird Island and will be accepting new clients starting Tuesday, March 1st.

Therapy located in Chilliwack. A recent graduate of the Okanagan Valley College

Poverty, fractured systems puts BC Kids at risk: advocate

Child watchdog concludes some children would be alive today if their families had received more help

*By Lindsay Kines, Postmedia News
January 28, 2011*

B.C.'s high poverty rate and fractured system of supports for vulnerable families continue to put children -- particularly aboriginal children -- at risk of an early death, according to a new report from the province's child watchdog.

A review of 21 infant deaths by Mary Ellen Turpel-Lafond, B.C.'s independent representative for children and youth, concludes that some of the children likely would be alive today if their families had received more help.

Many of the parents struggled with poverty, inadequate housing, domestic violence, substance abuse and mental health issues. But, too often, the province's public health, medical and child welfare systems either ignored the warning signs or did little to assist, the report says.

"We must not become numb to these desperate situations," Turpel-Lafond writes in the report, *Fragile Lives, Fragmented Systems*.

"As a society, we must not accept that a crowded hotel room or a moldy apartment is an adequate substitute for a real family home just because it provides

a roof over their heads and is one step above sleeping on the streets."

The 82-page review examines the lives of 21 children who died between June 1, 2007 to May 1, 2009. All of the infants in the review were involved with the Ministry of Children and Family Development and all died unexpectedly and in unsafe sleep arrangements before they were two years old.

"The representative cannot definitively determine whether or not the deaths of these 21 infants were preventable," the report says. "However, we do know that reducing the kinds of risks and vulnerabilities described in this review can lead to fewer sudden infant deaths, particularly given the multiple common risks these infants faced."

The report notes that an "alarming number" of the infants -- 15 of the 21 -- were aboriginal and nine of those were from Vancouver Island.

"The high proportion of aboriginal deaths and the total number that occurred on Vancouver Island (13) are both areas of concern," she writes.

Turpel-Lafond calls for the children's ministry to establish clear policies and strategies to support families in which the mother is pregnant.

She also recommends province wide standards for public-health nurses when working with high-risk infants in vulnerable families. At present, programs vary from one health authority to the next, and some are unavailable in parts of the province.

Turpel-Lafond also renewed her long-standing call for a child-poverty plan led by the premier.

"Above all," she writes, "we must demand that our government work at all levels, in bold and responsive ways, to address the deep, persistent poverty and life circumstances that inevitably play a constant role in so many of these tragedies."

The report fulfils a key recommendation by former judge Ted Hughes in his 2006 review of the child-welfare system. Hughes said the primary method of reviewing child injuries and deaths should be to examine groups of cases to "identify and analyze trends" and suggest improvements.

Read more: <http://www.vancouver.sun.com/health/Poverty+fractured+systems+puts+kids+risk+advocate/4182714/story.html#ixzz1Cdfe0hYg>

Heads up on the TULIPS this year...

Kate Onos, of Onos Green House is starting up her Tulip Festival again. There are tentative dates for the start of the Tulip Festival.. either the weekend of April 2, or weekend of April 8. (dates will be confirmed within 2 weeks or by mother nature). This Festival runs for about 3 weeks time, and this year Mondays and Tuesdays will be closed.

Seabird is working with Kate to help minimize any inconvenience to the community while this is happening. We are looking at ways to also promote

more of Seabird Island History, and Culture during this time, especially with Seabird Festival just around the corner.

~ Kate employs a few individuals during this time to help monitor the fields and reroute traffic, so if you are interested in helping out... come see the Employment Centre here at Seabird band office.

Visit Kate Onos's website for more information on the Tulip Festival

www.tulipsofthevalley.com



!!! COMMUNITY ALERT !!!

**Do you know where
your matches are?**



\$200.⁰⁰ REWARD offered for information leading to the identification of the person or persons responsible.

Long barbecue matches similar to these ones have been found in piles around our community. Located close to homes and buildings, these have been placed with the intent to burn and have resulted in several fires.

THERE WERE MANY REPORTS OF VANDALISM THIS LAST WEEKEND....

Someone or a group of people are out using barbecue matches to set fires.

- We had another attempt to set a shed on fire.
- There were also several kicked in garbage cans.
- Attempted break-ins on a house.
- Last week these matches were shoved under the door of a house and the house was sprayed with graffiti.

If this is gang related, the graffiti raises suspicions, there are some older "youth" involved and "youth" from other communities may also be involved...

**Please be alert and report any suspicious behaviors to the
Band Office, Police or **TEXT** or call directly to
Alexis Roper: 604-845-3843, or John Bobb 604-798-0949**

Lets work together to protect our families!

Seabird Switching from Xyolhemeylh to Ministry

"We need a better opportunity to look after our children. Something where we can walk hand in hand raising our children. It's about our children, our future!"

Clem Seymour

The Seabird Island Band has chosen to receive services from Ministry for Child and Family Development (MCFD) rather than Fraser Valley Aboriginal Child & Family Services Society (formerly Xyolhemeylh) due to Seabird's change in direction in wanting to have control/jurisdiction over our children. Starting on April 1st we will be working with the ministry once again.

The Seabird Island Band believes that the current child protection legislation and model has never and will never work for Aboriginal children and families. Too many of our Aboriginal children have been taken away from our families, community and culture and this needs to stop.

The Seabird Island Band has made a new commitment to work towards self-governance with regards to child protection. This means working towards a new model of protection for our children that will be evolving as we move forward.

Having said this, we have chosen to receive services from MCFD as we believe this will bring us closer to having jurisdiction over child and family services.

Very soon MCFD will hire a supervisor and social worker that will be located in Agassiz, and servicing our children and families.

The MCFD staff have committed to work in a collaborative and community fashion, as well as being culturally

sensitive to the needs of our children and families.

Remaining with extended family or one foster family instead of moving from foster family to foster family has more value. When you are in a more consistent situation, you are more likely to get more support and life skills training. Health is better looked after and the families and foster families stress levels are lower.

The Ministry has stated that they will work hard to keep our kids in the community. We believe that this move will make a lot of families happier.

Watch for more information to follow as we work in this direction.

For more information contact Edie at 604-796-2177 or 604-796-6830

8th Annual Nutrition Run & Walk

MARCH 24th



Run to beat Diabetes

Prizes for the best costume representing your favorite food.

Location: Seabird Band Gym **When:** March 24th

Time: 10 am Lunch to follow

Open to: Seabird, Cheam, Chawathil, Skwah, Kwaw Kwaw Apilt, Shxw'ow'hamel, Scowlitz, Boston Bar

Nutrition Fair From Field... To Table



March 9th

10 am - 2 pm

Seabird Island
School Gym

*Unlock the mystery, discover
where your food took roots!*

Open to the public



We need your help! Helping your community helps your family...

Know what you are looking for....

Education is the Key!

It would appear that many of our active taggers display a lack of social right and wrong or understanding that writing their tag on someone else's property is a violation of, not only the criminal code, but the victims themselves. The small business owner who has to clean up his property every morning, a public transit system that has to replace etched windows, a school board that cannot buy new computer equipment or sports supplies, because they are spending a quarter of a million dollars each school year to clean up graffiti vandalism. Who is the real victim? **The community is, your kids are.** We must make our active vandals understand that they are part of the community and, therefore, they are victimizing themselves!

Getting Educated about Graffiti

Graffiti is not art. It is a criminal offence when put on property without permission and, when left unchecked, creates many more problems. Research indicates that many graffiti artists have (or will have) connections to other criminal activity, as is evident in areas such as Vancouver and Los Angeles.

The information provided here was developed by The City of Abbotsford's Graffiti Task Force.

Vandal Watch shares this information as a public education service. If you spot graffiti vandals or have information about local incidents, please gather as much descriptive information as you can and contact the police. Anonymous calls can be made to Crime Stoppers at 1-800-222-8477.

TYPES OF GRAFFITI

Hip Hop or Wild Style Sophisticated, often pre-planned cartooned murals, which incorporate a tag. Lettering is commonly done in a bubble or three-dimensional form. Uses many different colours.

Tag or Signature Currently the most common graffiti in the Lower Mainland. This is the individual assumed name of a graffiti writer (a "tagger"). The tagger will then practice their tag and develop a unique style to their written tag. The tag will be written on an object with a marker (there are many different types of marking tools). Taggers will also do a "throw-up", which is a tag written in bubble style letters which incorporate one or two colours. One colour is the outline of the bubble letters and the second colour is used to fill in the letters. Throw ups are a more elaborate way to tag, and can be done quickly by a developed and practiced tagger.

wants to draw attention to itself through graffiti.

Non-descript Meaningless graffiti in terms of the writer, e.g. rock band name, or sports team

Bubble Gum The eternal proclamation of love, e.g. "Jim loves Laura".

Socio-political More adult-oriented; a commentary on social issues or the political environment.

Skateboard Skateboarders have evolved more into taggers, but may utilize skateboard lingo, groups, or names, e.g. "Team Dread".

Racist Discriminating comments directed toward certain racial groups, or directed to pronounce specific beliefs that propose superiority of a particular race.

Satanic e.g. "666", "NATAS" (satan written backwards).

Religious e.g. "Jesus Saves", "John 3:16"

Stencil Usually done by adults and tends to reflect socio-political statements. A pre-designed stencil is created and put on objects and spray painted over to create the stencil image on the object.

Eulogy Graffiti in memory of friends or other loved ones.

TAGGING

What is a "Tag"? Tagging, as we know it today, got its beginning in New York in the late 1960s and early 1970s.

A graffiti tag has become an individual identifier adopted by writers. They develop an individual style to differentiate their tag.

A tag is selected often because the writer "likes the sound" of the word. It can also be chosen from the dictionary, or it may be a nickname.

A tag primarily consists of three to seven letters.

*The maximum penalty for mischief in relation to private property is **five years in prison.***

*The maximum penalty for mischief in relation to public property is **14 years in prison.***

*If the mischief endangers a life, the maximum penalty is **life in prison.***

Gang graffiti is used to establish recognition, create intimidation, and mark off turf or area. Gang graffiti is commonly written when a new gang is formed. When gang graffiti stops, it usually means that the gang no longer exists or that it has evolved into more high profile activity and no longer

Lower Mainland graffiti taggers have taken to writing “1”, or “one” or “oner” after the tag, e.g. “westoner”, “westone”, or “west1”. “ONER” is a graffiti term for a tagger who has no tagging crew affiliation.

To an active tagger, their name and tag are synonymous.

WHAT IS A TAGGING CREW?

A group of active taggers. A crew will have anywhere from two to 12 members. Most common local crews have three to seven members.

A tagging crew name is usually two to four words, i.e. the “MBK” = “Master Bomb Clan” or “TK” = “Twisted Kids”.

For the Lower Mainland, most crew names are three words. The crew will write their crew name next to their individual tag on a wall.

Why Do Taggers Tag?

- Recognition
- Low self-esteem
- Peer recognition
- For recognition; a distorted view of “fame”
- See it in the community and want to try it too
- Anti-Authority
- A way to rebel against authority
- To “get out their aggression”
- Artistic Ability
- Some are very talented and this is their way of expressing themselves and developing and practicing their ability.
- Addiction
- Becomes an obsessive-compulsive disorder; they are addicted to “getting up”, which is a term for tagging throughout the community, as well as to paints, markers, and tagging.

TAGGER PROFILE

Sex: The large majority of taggers are male.

Females are most often associated with “bubble gum” graffiti (Laurie loves Jim). Females are more interested in having their name involved in the graffiti

Age: For tagging, the age generally ranges from 11 to 25 years. Most taggers get their beginning around grade 8, and those in their 20s are often “developed” taggers, preferring rail cars and walls that offer a canvas for their work.

Background: Taggers do not reflect any specific socio-economic or racial background

EVOLUTION OF A GRAFFITI

TAGGER

Beginner

- select a tag name
- practice writing tag over and over
- writes on books and personal items may begin to tag in the community, referred to by taggers as “getting up”. Common tagging areas are schools, buses, mail and newspaper boxes, etc.
- will tag if the opportunity presents itself
- may see the term “toy” written next to new tags. “Toy” means inexperienced or incompetent tagger.

Developing

- will have established a unique style to his/her tag
- may start a “piece book”, a graffiti practice book
- associates with other taggers
- may form or join a tagging crew
- will tag more frequently and in more difficult places (rooftops, under bridges)
- will try “throw ups”, balloon or bubble style letter two coloured mural
- will go out late at night (dusk to dawn) for the express purpose of tagging
- strive to be “all city”, which is a graffiti term for having ones tag visible over a large area, such as the Lower Mainland

Practiced/Hardcore

- will begin doing more “piecing”, which is an elaborate mural with many colours
- will have a very elaborate “piece book” with “pieces” outlined
- has all the graffiti tools (spray paints, magazines, photographs of work, paint masks, etching items, etc.)
- the pinnacle of expression for a tagger is achieved by “piecing”, a painting or mural done with spray paint in graffiti style (short for masterpiece), or “bombing”, which is a multi-coloured piece or a crew name in large bubble letters
- will look for highly visible areas to “showcase” their work (murals), such as rail cars, buildings, along transit routes, rooftops, etc.
- carries camera to photograph graffiti

How to Spot a Tagger

- clothing is baggy; hoodies and baseball hats
- pants with pockets for felt markers (cargo pants are ideal)
- backpack full of spray paints and graffiti tools
- out late at night and early morning; taggers work mostly under the cover of darkness from dusk to dawn
- graffiti/doodling on personal items (school

books, skateboards, under the brim of baseball hat, etc.)

- graffiti and hip hop posters up in room and read graffiti magazines
- have a wide variation of markers and spray paint for graffiti
- multiple spray can heads: “caps”, “fat”, “skinny” refer to interchangeable spray can nozzles to allow for various spray width and coverage
- has a sketch book (“piece” book) for practice
- schoolbooks have repetitive scrawling (graffiti) and/or cartoon-like drawings on them
- “racking” the graffiti term for stealing; shoplifting spray paint, markers, or graffiti supplies
- carries camera to photograph graffiti

Please be alert and report any suspicious behaviors to the Band Office, Police or TEXT or call directly to Alexis Roper: 604-845-3843, or John Bobb 604-798-0949

\$200.00 REWARD offered for information leading to the identification of the person or persons responsible.

Long barbeque matches have been found in piles around our community. Located close to homes and buildings, these have been placed with the intent to burn and have resulted in several fires.

Lets work together to protect our families!

MARCH 2011 YOUTH CALENDAR

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|--|---------------------------------|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 All groups are held in the youth trailer. | 7 Cadets 6:30-8:30 | 8 Girls Group: 7-12: 3-4:30pm 12-19: 5-6:30pm Cadets: 6:30-9:30 | 9 Youth ages: 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 SPRING BREAK: To sign up for outings please fill out a permission slip and return with payment to Jessica. | 14 Cadets 6:30-8:30 10-14: Chilliwack Leisure Centre | 15 Girls Group: 7-12: 3-4:30pm 12-19: 5-6:30pm Cadets: 6:30-9:30 10-14:LaserTag | 16 Youth ages: 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 13-18: Paintball | 18 10-18: Youth Hiking Trip! | 19 13-18: Chilliwack Bruins Game! |
| 20 Permission slips can be found at the Dr's office front desk on the railing! Thank you! | 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 Youth ages: 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 | 30 | 31 | | | |

YOUTH 10 – 14 OUTINGS



Monday March 14th

\$5.00 per Person

Meet at the Band Office by 1:00 p.m.
Includes: Transportation
Please return Permission Slip by **March 8th.**

YOUTH 13-18 OUTING



Thursday March 17th

\$5.00 per Person

Includes: Transportation
Meet at the Band Office by 1:00 p.m.

Please return Permission Slip by March 8th.

LAZER TAG

Tuesday March 15th

\$5.00 per Person

Includes: Transportation
Meet at the Band Office by 12:30 p.m.

Please return Permission Slip by March 8th.



**CHILLIWACK
BRUINS**



BRUINS GAME

Saturday March 19, 2011

\$5.00 per Person

Includes: Transportation
Meet at the Band Office, time: to be announced
Please return Permission Slip by March 8th.

TAX FREE - SAVE MONEY AT EAGLE LANDING



The new shopping centre is located on Eagle Landing Parkway and will feature approximately 600,000 square feet of big box retail space, and 8-theatres making it one of the largest unenclosed shopping centre developments built in British Columbia. The project is a joint venture between the Property Development Group and the Squiala First Nation.

The New Eagle Landing Center in Chilliwack is on Squiala First Nation and if you have your status card there is no HST...

They have a **Super Store Walmart** with food and everything. It is the largest Walmart in BC, three times the size of the old one.

They also have a **Galaxy Theater** which is also tax free to those with a status card. The theatres have digital projection, four have Real D 3 D technology, and for the very first time in BC the Ultra AVX technology. That features screens that are on average much larger than our traditional screens, superb Dolby Digital Surround sound, extra high back rocker seats and reserved seating. You can actually buy your ticket on line at no extra charge and reserve your seat in advance. Get dinner and a show under one roof. Outtakes will offer fresh cut fries, Angus burgers, hot dogs, chicken strips, chicken sandwiches and more. Pizza Pizza, TCBY and Far Coast specialty coffees and teas are also available.

COMING SOON this spring they will also have a **Home Depot** so you can get all your home and yard renovation tools and supplies tax free with status card.

There will also be a **Dollar Giant** and many other retailers coming soon. The new strip mall opening soon is also billed as the largest strip mall in BC.

Some of the other confirmed retailers are Winners, Best Buy, Michaels, and Bed Bath & Beyond.

YOUTH 10-18 OUTING

HIKING

Friday March 18, 2011

\$5.00 per Person

Includes: Transportation

Please bring lunch, water, and snacks.

Meet at the Band Office, time: 10:00 am

Please return Permission Slip by March 8th.

Elders and Youth Drum-making



Sunday March 6, 2011

Includes: drum, snacks and lunch.

Time: 10:00 am

Please call Jessica Pettis or Diane Janzen to sign up.

*Youth to volunteer to assist elders in drum making,
drums will be for elders only!*

My Grandparent Rights are:

- ▶ To have access to see your grandchildren.
- ◆ You as a grandparent must prove it is in your grandchild's best interests.
- ◆ The amount of time given for access is usually less than a parent would get for access.
- ◆ You may not get access if there is a conflict between you and the custodial parents.

Housing

Reminder to all to renew your housing paperwork by MARCH 1!!! Delays could result in being charged LEM.

Inspections continue, with new phase 3 and band housing....if you have missed your inspection, please reschedule with Stacy ASAP Thank you again for your patience with our work orders; our staff are very busy renovating homes at the same time.

“Due to the renovation and maintenance schedule, some items of maintenance may take longer than expected to be repaired; we thank you for your patience! If you have any questions, please contact Stacy McNeil at 604-796-2177”

Housing Waitlist March 2011

1 bedroom

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

2 bedroom

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

3+ bedroom

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

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

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

Family Travel Club:

Destination: WAIKIKI BEACH, OAHU, HAWAII, USA! 28 families showed up/were represented

DEADLINE TO SIGN-UP:
March 11 @ 5 p.m. contact Stacy ASAP

Healthy Eating Recipe Corner

BEEF BARLEY VEGETABLE SOUP

Ingredients

- 1/2 pound lean beef, cut into 1/2 inch cubes
- 6 cups water
- 4 carrots, cut to desired size
- 2 stalks celery with leaves, cut to desired size
- 4 green onions, cut into 1/2 inch slices (or half a regular onion, fry till golden and add to soup)
- 1 small turnip or potato, cut into chunks
- 1/4 cup fresh parsley leaves, chopped or tsp dry parsley
- 1 tomato, peeled and chopped
- 1/2 cup barley
- 1 teaspoons salt
- 1 packet or cube of beef bullion
- 1/2 teaspoon pepper
- 1/2 teaspoon thyme



Directions

- Brown meat in hot oil in a frying pan.
- Add a little of the water to the skillet and stir to pick up browned bits.
- Pour into slow cooker Add remaining water and all other ingredients *except the thyme*.
- Cover and cook on low for 4 to 6 hours (med 2-3 hours), until vegetables and barley are tender.
- Add thyme just before serving.



the SEABIRD ISLAND

YOO HOO

Because news isn't all bad or boring!

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

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

Phone: 604-796-2177

Direct: 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Post-Secondary Application Deadlines

Deadlines for *completed* applications are:

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

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



Attention Grade 12 students from AESS

AEC AWARD/SCHOLARSHIP:

Amount : \$ 1000

Eligibility Requirements:

- Must be planning to enroll in a Community College, University or Technical Institute within 2 years of being awarded this scholarship.
- Must have 2 letters of support either from teachers, counselors and/or administrators
- Must submit the last 2 report cards of that current year that show grades with a minimum 67% or C+ average
- Must be Graduating in the current year
- Must be a First Nation students as defined by the Ministry of Education Targeted funding policy.
- Must be involved within their school or community
- Must be attending Agassiz Elementary Secondary, Boston Bar Elementary Secondary, or Hope Secondary Schools.

How to Apply:

- Submit your application package to your local high school
- Submit your application before the deadline: **March 10, 2011**
- One scholarship is available for each high school. (ACE students are considered AESS and TREC students are considered for HSS)

Need Assistance: Please contact the First Nations Support Worker-Cecily George at AESS or Kelly Chapman- Student Services Worker at the Seabird Island Band Office 604-796-2177.

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-Kelly Chapman located at the Seabird Island Band Office.

- ❖ **Please Note:** If you are unable to pick up your allowance please contact the Kelly Chapman 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.



OOSC Spring Break March 2011



Open 8am-5pm Mon-Fri

| Time | Monday 14th | Tuesday 15th | Wednesday 16th | Thursday 17th | Friday 18th |
|------------|---|------------------------------------|------------------------------------|------------------------------------|---|
| a.m. | Open 8am. In-house activities. Close 5pm. | Leave for Wave Pool at 9:30am | Leave for theatre at 11am | Leave for Planet Laser 9am | Open 8am. In-house activities. Close 5pm. |
| Lunch | | Bag Lunch | Bag lunch | Bag Lunch | |
| p.m. | | Return by 2pm; In-house activities | Return by 3pm; in-house activities | Return by 3pm; in-house activities | |
| Event Cost | | \$5 | \$10 | TBA | |
| Your Cost | | \$5 | \$5 | \$5 | |

Our daily program is open to all children in kindergarten through to age 12....however, the first 15 seats are reserved for our Out of School Care children.

All fees listed are for children living within Seabird; any non-community members wishing to attend will be required to pay the \$15 child care charge per day, along with the event cost. OOSC pays 'Your Cost'.

For more information, please contact Stacy McNeil at 604-796-2177 or Keena McNeil at 604-798-2177.

Our daily program is open to all children in kindergarten through to age 12....however, the first 15 seats are reserved for our Out of School Care children.



Head Start



Parents and Tots

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

Welekes March 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------|-----|---|-----------------|--|--------|-----|
| | | 1 Learning about the awakening earth and the colors yellow & green | 2 | 3 Discovering the letters s, t, u and gw, qw, t, t', ts, ts' | 4 | 5 |
| Tá:l | | | | | | |
| 6 | 7 | 8 Learning new songs about health & nutrition | 9 | 10 Learning what it means to be flexible | 11 | 12 |
| | | | | | Qwe 'ó | |
| 13 | 14 | 15 Discovering the colors green & yellow, and words beginning with gw, qw, t, t', ts, ts' & s, t, u | 16 FAMILY NIGHT | 17 Celebrating St. Patrick's Day & squares | 18 | 19 |
| | | | | | | |
| 20 | 21 | 22 Discovering fire safety & going on a field trip to the Seabird Island Fire Hall | 23 | 24 Learning new songs about health, Spring and the numbers 1 & 2 | 25 | 26 |
| | | | | | | |
| 27 | 28 | 1 Learning about Health and how we can stay healthy | 2 | 3 Playing with the letters-s, t, u & gw, qw, t, t', ts, ts' | éy | |

March 2011

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| Fitness Center Community/Staff: \$15 month or \$1 drop in. Non-Community/Staff: \$30 month or \$2 drop in. | | | | |
| ELDERS 10AM-11AM  | | ELDERS 10AM-11AM BRING A FRIEND FREE (13+, PER PAID PERSON) |  | CLOSED P.M. |
| Evening Recreation in the Gym Community/Staff: \$1 drop in. Non-Community/Staff: \$2 drop in. Pre-Paid Cards Available! Open at 5:30pm, close at 8pm. | | | | |
| BOOTCAMP 12PM-1PM 4PM-5PM  | VOLLEYBALL (AT SCHOOL) TBA MEN'S HOCKEY 5:30PM-7PM | BOOTCAMP 12PM-1PM 4PM-5PM  | BOXING WITH JASON 5:30PM-6:30PM | BOOTCAMP 12PM-1PM 4PM-5PM |

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

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

FITNESS & RECREATION STATISTICS

- Biggest Loser 67lbs lost in the 1st 6 weeks
 - Over 321 visits to the Fitness Center in January
 - Average 10+ participants at each Boot Camp
 - OOSC average 12 children registered
 - Register today
 - Part time available
- Contact Stacy or Keena at 604-796-2177 for more information.**

Help us Choose the Seabird Band Slogan

Would you choose one of the following for the Seabird Band Slogan? Or do you have a suggestion to add to the list?

- A community helping each other and reaching out to help others.
- Come and grow together
- Culture, tradition, community oriented.
- Education
- Embracing everyone. Embracing culture and growth. Moving forward in a good way.
- From culture and innovation
- Grow, share, learn. Plant, grow, become.
- Learning for the young, old or in-between
- Leave that to team spirit
- Meeting the needs of people
- Open hands, joining hands
- Our journey together makes us a strong community
- Our time to be heard. Where inherited culture transforms the future.
- Rich in tradition, healthy community
- Soar in health with seabird island
- Stepping ahead one foot at a time

- Strive for progressiveness through our stories to create future visions.
- Strong cultural identity lays foundations.
- Technology meets and respects tradition
- Tradition innovation service
- Tradition transforms our future
- We are a progressive, aggressive community
- Welcome and respect
- Where culture, beliefs transforms our future.
- Where inherited culture defines our future growth.
- Where past continues into the future
- Where roots are planted and wings grow
- Where seeds grow. Where family grows. Where knowledge grows.
- Where community and family grow together
- Where tradition becomes vision
- Where tradition, culture and community achievement is priority
- Working together as family
- Working together for a vision

Send your responses to Brian Jones 604-796-2177.

Seabird Island Preschool

On January 26th the children in the morning 4's Program participated in the Community Earthquake Drill. All the children and staff did a great job.

Due to a snow day in January, the Library Day was cancelled. The children have enjoyed visiting the Agassiz Library on February 9th. Story books are part of Literacy, which is part of the Preschool Program.

Judy Quinn, Eq wal Speech and Language Assistant is at the Preschool Tue – Thur. The children enjoy learning with Judy!

On February 14th the 4's Program and 3's Language Nest had a Valentine's Day Party during their class time. The children made party hats and made a craft. Thank you parents for the party treats, which were enjoyed by all.

Kwosel continues to teach our children Halq'emeylem Language and culture. There is an average of 17 – 19 children daily, so Kwosel has a large group of learners. Thank you Kwosel!

On February 15, Tiffany brought Baby Dason to a Seeds of Empathy Family Visit. The theme was "SLEEP". Grandma Sharon, our Seeds Elder also participated. The children have seen many changes in Baby Dason over the three months. Thank you Tiffany for having Baby Dason part of our Program.

The Language Nest 3's Program is averaging 11 children Monday – Thursday. The children are learning much socializing and Halq'emeylem Language and culture. Once a month we invite Parents/ Caregivers to bring their preschooler to Language Night. We hope to have a huge turnout on Feb. 22nd.

Seed's Family Visit!
Mom Tiffany and baby Dason



the SEABIRD ISLAND
YOO HOO

Because news isn't all bad or boring!

Phone: 604-796-2177
Direct: 604-796-6838
Website: www.seabirdisland.ca
E-mail: 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 or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb by phone at 604-796-6838 or e-mail sandrabobb@seabirdisland.ca

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

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

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

DELIVERY
The first (1st) of each month



Elder of the Month



Harvey Thomas

Born in the Agassiz Hop fields on September 12, 1940. His parents; Mary Ethel Ewen and Dave Thomas had three children: Harvey, Norman, and Gary (passed away at the age of 2 months). Harvey's paternal grandparents were Dan and Matilda Thomas and his maternal grandfather was Fred Ewen. Harvey has three children: Norma Heward, Red Deer, Alberta;

Bonnie Gallick, Port Albern and David Thomas, Vernon, BC.

Harvey started working at a very early age. He was 6 years old when he would take his mother up to McDonald's logging camp by boat to visit his dad. He then started logging and would work at all the logging camps in the Hope – Boston Bar

area. In June he would usually help his sister fish up at 5 Mile Creek.

When thinking back, Harvey has fond memories of the old church beside the ball field. It was situated straight across from the old bridge. He remembers the old hall where there used to be dances. He also remembers the old wagon trail to Agassiz.

In 1996, Harvey married Liz in the sweatlodge at Betty Walker's place. Since then, they worked on a farm in Alberta, were employed with Forestry at a fire tower, and also cleared land for pipeline companies. Harvey was in a logging accident in Lillooet in January 2006 when a tower cab fell over with Harvey inside of it. That accident pretty much ended his logging career. Since then, Harvey has had to concede that it is time for retirement.

They just completed move number 34 since they married and currently live in Boston Bar with their three beloved pets. Harvey keeps busy now with getting, splitting, and piling wood. He and Liz have enjoyed settling into their new home and working on their yard.

Diabetes Family Retreat INFORMATION SESSION

Location: In the Seabird Boardroom
When: February 15th at 4:30 pm

****If you are interested in going on the retreat it is important that you attend the info session.****

Diabetes Family Retreat

Location: The Hills Health Ranch, 108 Mile House
When: March 18th - 20th

****This retreat is open to people living with diabetes and thier families.****

Seabird Island Employment, Training & Social Development

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

2895 Chowat Road
P.O. Box 650

AT THE HEART OF CAREER DEVELOPMENT IS THIS:

**242Client
Visits!**

OFFICE CLOSURES

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

You and I...we meet at strangers, each carrying a mystery within us. I cannot say who you are; I may never know you completely. But I trust that you are a person in your own right, possessed of a beauty and value that are the Earth's richest treasures. So I make this promise to you: I will impose no identities upon you, but will invite you to become yourself without shame or fear.

I will hold open a space for you in the world and defend your right to fill it with an authentic vacation. For as long as your search takes, you have my loyalty. (Theodore Rozak, 1978)

CDP SCHEDULES

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

Monday - 8:00am - 4:00pm

Wednesday - 1:00pm - 4:00pm

Thursday - 8:00am - 4:00pm

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

NEXT INCOME ASSISTANCE CHEQUE ISSUE DATE:

TUESDAY, MARCH 29, 2011

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

INCOME ASSISTANCE INFORMATION

Income Assistance clients must now complete the following on a monthly basis. **If not completed, your cheque will not be released.**

- Income Assistance renewal forms **MUST** be completed and provided to Starr prior to cheque release date.
- Action Plans **MUST** be completed monthly and provided to Starr prior to cheque release date. Make an appointment with the CDP to obtain your current Action Plan. (PPMB or PWD clients **DO NOT** have to complete an Action Plan)
- Submit your utility bills to Starr. This **MUST** be done on a monthly basis.

TULIP FESTIVAL

We are looking for a few people to work during the Tulip Festival.

Commencing April 2011, the selected applicants would be working a few week-ends, walking the fields to ensure that guests are not walking on the flowers etc.

Applicants must be flexible to work when needed, physically able to walk for a number of hours at a time; and are courteous and friendly. If you're interested please inquire with the receptionist or the CDP.

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.



NEW COURSES



Math 11

Principals /050/051

Dates: Monday and Wednesday

Start date: February 15, 2011

End date: June 24

Times: 5:00 - 9:00

Location: Right Portable - right side

Instructor: Ray Lee

Carpentry Level 2

This course is available to individuals who have Level 1. Students are responsible for providing their own tools boots, books and jacket, may also be purchased from us. There will be **NO CHARGE** for the course.



For further information: Please call 604.796.6896 or call my cell @ 604.308.4829 Instructor: Cy Hoffman

English 12

English 060

Dates: Tues & Thurs - Times: 5:00 - 9:00

Start date: Feb 15 - End date: May 5

Location: Front portable - left hand side

Instructor: Lisa Stevenson

Intro to Computers

Dates: Mon & Wed - Times: 6:45 to 8:45

Start date: Feb. 14 - End date: May 25

Location: Diamond Printers

Instructor: Drew Stevenson

Halq'emeylem

As a result of a Grant secured by Cindy McNeil this NVIT Credit course is FREE

Instructor: Wendy Richie

Dates: Tues and Thurs

Start Time: 4:30 to 6:30 PM

Classes begin:

Tues., Feb. 15th run until May 26th, 2011

Location: Secondary School,

Across from the Multi-purpose room

3RD ANNUAL HUB GATHERING



March 24, 2011

9 a.m. - 4 p.m.

Chawathil Gym

Master of Ceremonies:
Chief Willie Charlie

PRESENTATIONS BY

- First Nations Health Council**
- Aboriginal Health Director Association
 - Governance
 - Health Actions

Fraser Health Authority

Ye mi sqeqó:tel xwe' lets'emó: ó Hub update

Models of Traditional Wellness

- Aboriginal Sport, Recreation and Physical Activity Health Services**
- Seabird Island Band
 - Sto:lo Nation

Community Innovative Practices

Entertainment:

- Sacred Connections
- Chawathil Youth Drumming & Singing Group

LIGHT BREAKFAST AND LUNCH
HEALTH & EDUCATION DISPLAYS
DOOR PRIZES!

For Further Information Contact:
Linda Kay Peters,
Community Hub Program
Coordinator

Phone: 604-796-6822 or
lindak@seabirdisland.ca

To Register Contact:
Vanessa Peters,
Communication Hub Assistant
Fax 604-796-3729 or
vanessapeters@seabirdisland.ca

Please register by
E-mail or Telephone by
March 10, 2011

New Staff



We would like to welcome **Cynthia Nordquist** our new **Nurse Practitioner Student** to our health team. Cynthia is working on her final practicum with us until the third week of April. She will be graduating from her course at the University of British Columbia in Vancouver on April 28th.

Cynthia is from the Adam's Lake Indian Band in Chase

BC. She graduated from Kamloops in 1998 with her Bachelor of Science and Nursing and has spent most of her career in Cardiac.

As a Nurse Practitioner she will...

- Diagnose common illnesses
- Write prescriptions
- Order tests, x-rays and more
- Make referrals
- Provide education

FEBRUARY –WHAT HAPPENED?

19 instructional days; 95 instructional hours; 1 professional development day

School Wide:

- 2 Education Committee Meeting with School Staff
- 14 Valentine's Day
- 14 – 24 Scholastic Book fair – in Elementary school, open during school hours and events to follow
- 17 100 days of school complete
- 18 Professional Development Day – No school
Seabird Island Community School hosted SD#78's Annual Aboriginal Conference, highlights include work shop on traditional medicines, Fraser Health, Engaging Families in School systems, First Nations Arts and Crafts, integrating First Nations Content in BC Curricula.

High School

Attendance Awards Incentive Program Recipients for December and January (days missed)

Tyson Sepass (3); Wolfram Sam (3); Nick Quipp (3); Tino Peters (3); Roberta Pete (3); Justin Paul (1); Raven McIntyre (2); Doreen McIntyre (3); Gregg Kelly (2.4); Nicole Johnman (1); Ashley Johnman (3); Demitri John (3); Bo Peep John (1); David Joe (3); Denise James (1); Sherice Hulbert (1); Oliva Blenkin (3); Justin Blenkin (0); Tanisha Aleck (0); Gilbert August (1 missed 1 late); Justin August (1)

- 1 HS Basketball Game at Agassiz Christian
- 4 High school at Prospera Centre and Sto:lo Career fair
- 11 HS Basketball game at Agassiz Christian
FSA – Foundation Skill Assessments for Gr. 7 begin with Ms.Emsly
- 15 HOOPS FOR HEART was celebrated during the regular PE block. Each group consisted of three teams – RED, GREEN, YELLOW- who raced to finish the skills tests for points. The tests involved free throws, speed dribble test, and lay-ups. Winners 1st SR. Yellow, 2nd JR Yellow, 3rd JR Red; all students participated eagerly and finished the day with a commitment to bettering their own heart health!
- 15 HS basketball game at Agassiz Christian
- 16 Diabetes Educator, Maggie Pettis visits High school. Diabetes is a key public health concern for Aboriginal people. Aboriginal people are three to four times more likely to experience Type 2 diabetes than non-Aboriginal Canadians. On Seabird Island, 1 in 10 people are diagnosed with Diabetes, and the numbers are climbing.

- 17 100 days of school complete. Skills Class completed 100 fraction questions!
- 21 MMA for Girls facilitated by Kala Mussell, Skwah, Valley MMA
- 22 HS Basketball Game at Agassiz Christian
- 22-28 CATT Test for all Highschool students

Elementary

- 1 K – 2/3 Gymnastics Trip to Chilliwack
- 4 Elementary Term 2 Interim sent home
- 9 K – 2/3 Bake Sale all proceeds go towards fieldtrips 10:30 – 1
- 11 JUMP ROPE FOR HEART celebrated for the entire afternoon with nine stations ranging from a skip off, double Dutch, swoosh, cross over's and a range of group skipping events. Ninea showed her skills stellar skills by participating in a smaller skip off with a group of intermediate children and won!
- 15 K – 2/3 Gymnastics field trip



JRH Group Stretch..

Skills Math – 100 QUESTIONS!!!!
Worked through, and DONE!



UP COMING EVENTS

March

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

18 instructional days; 90 instructional hours; 5 days vacation

- 1 PsychoEd Assessments** scheduled for Elementary
- 4 Intermediate Bake Sale** – School Foyer, all proceeds for field trips
- 4 CULTURAL ARTS DAY** for High school students sponsored by Heritage Canada. Students choose to make one of the following: drums, rattles, beading, weaving, cedar, copper jewelry, painting, drumming singing & slahal, Fiddle Music, Felting. Facilitators: Freida George, Dianna Kay, Evelyn Peters, Kwosel, Greg Paul, Bob Armstrong, Debbie McGregor, Neil White, Kathleen Louie, Chris McGregor, Karla Kay

14-18 Spring Break – No School

24 School Nutrition Run, Hosted by Noy Khounviseth, Seabird Island Nutrition Educator (Pre-register for a 2.5k, 5k, 10k, 15k) enjoy the walk/run/shuffle

Nutrition Fair

April

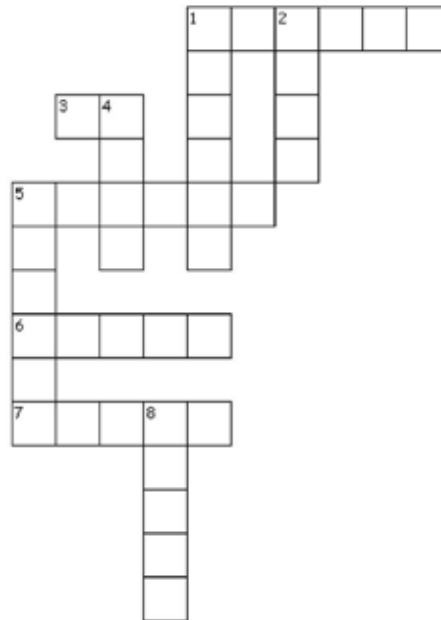
19 instructional days; 95 instructional hours; 2 vacation days

- 6 Good Friday** –School Closed
- 9 Easter Monday** – School Closed
- 29 Naming Ceremony** – 14 names announced tables set at noon.

Ashley Johnman won the Sr. Skip OFF!!!



March Halq'emeylem CrossWord



Hints:

| | |
|--------|---------|
| Swayel | day |
| Imex | walk |
| Go | water |
| Letsa | one |
| Stiqiw | horse |
| Opel | ten |
| Stolo | river |
| Sqelep | garbage |
| Spoqes | eagle |
| Yeles | teeth |

Across

- 1. horse
- 3. water
- 5. garbage

- 6. teeth
- 7. one

Down

- 1. eagle
- 2. walk
- 4. ten
- 5. day
- 8. river

I am a Child and these are MY RIGHTS:

- to be safe
- to Have food
- to Have Shelter
- to Have Clothes
- Health care
- ~~Not to be abused ; physical or emotional~~
- ~~Not to be sexually abused or exploited~~

My parent or caregiver has to make sure I get these rights,...and do something about it if I don't .

IMPROVING YOUR CHILD'S STUDY HABITS

From Math and Reading Help December 2010

Parents need to be as active in their child's education as any teacher or tutor. You can help your children excel in school. All it takes is a little creativity and some cooperation from your family. There are lots of simple things you can do every day. Here are just a few:

Turn off the TV!

The television is a huge distraction. No matter what channel is on, it will grab your child's attention, especially if their homework assignment is especially challenging or boring. Even just hearing the TV, knowing others are watching can create problems for a child trying to concentrate. Make it a house rule that the TV is off during study time. That goes for mom and dad, too. No exceptions!

Consider Mozart

Some children are actually able to focus better with some background noise. Certain sounds help relax the mind, but that doesn't mean it's okay for your kids to listen to their favorite pop star during study time. Try playing some jazz or classical music. Let your child choose, but monitor the options. Listen to the choices yourself so you know what to expect and learn to recognize when silence is the best bet.

You Study Too!

Set a good example for your children. Start a project of personal study, complete with writing projects and reading assignments, so you can participate in study time along with your children. Let your kids see that you are serious about learning new things. Show them what a privilege it is to learn for the sake of learning.

A Place of Their Own

Set up a study space for your child. Make it a permanent area where they can leave their books and papers when they aren't using them. Give them a desk and a chair, a bright, clear lamp and a bulletin board or dry erase board where they can track assignments. Make sure they have everything they need to study efficiently and comfortably.

Time is of the Essence

Show your child how to use a planner. Teach them to write down assignments the moment they are given at school and to transfer them to a dry erase board as soon as they arrive home. Don't assume your child will understand the importance of an assignment pad. Walk them through the process every day until they're doing it on their own and then check in a couple of times a week. If they have trouble, ask their teacher to help by initialing the assignments in the pad. This won't take more

than thirty seconds. Time management is a critical life skill that should not be taken for granted.

Maintaining direct involvement in your child's education is crucial to his academic success. The ability to plan, organize and manage time will benefit your child in every area of life. The demands of the classroom are an opportunity to foster those abilities. Create a home environment where good study habits are primary and appreciated. Your child will develop vital skills and confidence they will need to face the challenges of life in the classroom and beyond.

Submitted by Seabird Island Community School Halq'emeylem Teachers

March Halq'emeylem Word Search

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

| | | |
|--------|--------|---------|
| DAY | EAGLE | GARBAGE |
| HORSE | IMEX | LETSA |
| ONE | OPEL | RIVER |
| SPOQES | SQELEP | STIQIW |
| STOLO | SWAYEL | TEETH |
| TEN | WALK | WATER |
| YELES | | |

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.

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
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 II (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
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!

Strengthening Families Together



Strengthening Families Together

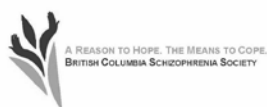
is a **free** 10-week course for family members who have a loved one suffering from mental illness. The course provides participants with the information, tools and support to help them cope with the challenges they face.

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



WANT HELP WITH DIABETES?



Seabird Health wants to help you manage diabetes.

Life with diabetes can be OK! But it can also make you really sick. We can help with meals, foot care, education, support groups, stress management, active living. People who can help are: nurses, a nutritionist, CHRs and physicians. We can connect you to other programs and services too.

Everyone is welcome! Talk to your CHR or Nurse or see Kristie at the Seabird Health medical clinic.

Together we can beat diabetes.

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 participate in
our **FAMILY FEUD-POWER SHOP** event
March 26, 2011 at 5pm
Seabird School Gym

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

Education Jurisdiction, Community Plan,
Waste Management, Land Code

You can get an entry form to **WIN AN IPAD** if:

- Your family participates in our Family Meeting for Education Jurisdiction
- and if you give us your updated contact list for the Seabird Island Band (& consent form signed for it to be shared within departments) which includes home/cell phone numbers that are in service, and e-mail addresses
- Draw for the IPAD to occur at our next EJ event on: March 26, 2011
- If you are at our March 26 event!

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



DiaCarbon had approached Seabird Island in September 2010 with a proposal to lease an acre land to test and demonstrate their prototype biomass refinery, a pilot plant. This came about because one of their Advisors already had a good working relationship with Seabird Island Band, Jake Klaassen owner of Jakes Construction Ltd.

From the recommendations of the Lands Advisory Board to Chief and Council, DiaCarbon had put on two (2) Community Presentations to hear concerns, and suggestions from the community on Nov 25, 2010 and again January 10th 2011. This too was to get the approval from the Community to move forward. After the success of the meeting on January 10th, the Lands Advisory Committee had recommended to Chief and Council that decisions on the Lease move ahead.

DiaCarbon will be setting up its pilot plant during the month of March, and will be conducting its tests needed to improve this green-technology. During the test results stages, DiaCarbon is happy to share its findings with the community, and to address further questions the community has on how this technology works. We will be notifying you of such sessions that may come from this if anyone is interested in learning more of these types of Green Technology.

For more information on DiaCarbon visit their website at www.diacarbon.com.

Feb. 22nd, 2011 – Seabird Island Economic Development Advisory Board

Economic Development has hosted a meeting to create an Advisory Board to help with economic development here at Seabird. This initiative is to assist with all business type operations for Seabird Island. This will help with assessing business potential for Seabird along with business development, business edict, and business operations for the Seabird’s future.

Industries that showed interest in this initiative:

- Terasen Gas
- BC Hydro

- Ministry of Aboriginal Recognition and Reconciliation
- Harrison Hot Springs
- Quality Program Services Inc.
- Flatiron
- Jakes Construction Ltd
- AllTeck Line Contractors
- Valard Powerline Contractors
- Lane Property Advisors
- Royal Bank of Canada
- C. Easton and Associates
- Spectra Energy
- Kiewit Infrastructure Group
- BC Tourism
- District of Kent
- Clean Energy Association of BC
- Kinder Morgan
- AMEC

More information is to come in future newsletters about this initiative....

February 3, 2011 – Community Meeting Update

A Huge Thank You from the Economic Development Department

Our Economic Development team would sincerely like to thank all those who attended our “Visioning” session on February 3, 2011. The turnout was a great start to re-engaging the community with our Economic Development activities and projects. There was a good mixture of Elders, adults and even a few youth in attendance.

Those who came out took part in our discussions having to do with Planning, Forestry and Community Visioning. More specifically, the Environmental Management planning component is vital to moving the community forward within the Land Code process. This is where the feedback is so important because it helps with gaining insight into the community’s thoughts around reserve lands management.

The feedback received on our presentations was excellent with plenty of ideas, concerns and questions. We are attempting to answer all the questions we received that evening and have them posted for you on our Facebook Site (Seabird Lands) and also in next issue of the YooHoo. We will also be following up some of the questions with phone calls to specific individuals. This is part of the Economic Development

communications strategies that our team will be implementing as we move forward on our activities and projects.

We hope the community members in attendance are satisfied with our plans for engaging the community. For those community members who were not able to attend, our Economic Development Department will be revamping our communications efforts with the community. We need community input and will be using various platforms to get that feedback.

Some of these platforms include...

- Facebook
- Texting
- Website
- One-to-one interviews (elders, adults and youth)
- Family meetings
- Community group/program meetings
- Community meetings

We are also looking to provide practical work experience opportunities for community youth to be involved in our department activities. For example, we would like to see high school students help our research team with conducting interviews with Elders.

We hope our efforts to improve our communications met with approval by the community. Our work is for the community. Community support, direction and feedback are vital to the success of our activities.

And a huge thank-you once again to those who attended. We hope to see you and more of you again at our next gathering. We also do not want forget a special thanks to Genna for providing delicious snacks and refreshments; much appreciated.

For further information, members of our Team are always available to speak to you at your convenience. Please do not hesitate to contact...

- Brian Jones: (604) 796.6835
- Jay Hope: (604) 796.6866 or jayhope@seabirdisland.ca
- Kim Lessard: (604) 796.2177 or kimlessard@seabirdisland.ca
- Sally Hope: (604) 796.2177 or sallyhope@seabirdisland.ca

Role Model Nomination Call

Is there an Aboriginal youth that you look up to because they're a leader, a volunteer, preserves their culture, or excels in school or in sports? Are they between the ages of 13 to 30 years old?

NOMINATE YOUR ROLE MODEL NOW!

The National Aboriginal Role Model Program celebrates the accomplishments of First Nations, Inuit and Métis youth. Each year, 12 Aboriginal role models are chosen for their achievements, leadership and innovation. Throughout the year, role models travel to communities to share their stories with other Aboriginal youth. "Lead Your Way!" inspires them to strive to reach their goals.

WHO? Only Aboriginal youth (between the ages 13 to 30 years old) can nominate. Your role model must be First Nations, Inuit or Métis youth between the ages of 13 and 30 years old and a Canadian citizen.

HOW? Fill out a nomination form, which has various attributes that fits your role model. Make sure you include:

- A completed nomination form.
- A short biography of your role model (1-2 pages) OR their resume.
- One letter of support from your references (maximum of three).

WHEN? The deadline is Friday, March 4, 2011, 11:59 PM Eastern time.

Incomplete nomination forms WILL NOT be accepted.

Please send your completed nomination form and supporting documents to:

National Aboriginal Role Model Program
National Aboriginal Health Organization
220 Laurier Avenue West, Suite 1200
Ottawa, ON K1P 5Z9

Or by facsimile to: (613) 233-1853

Nomination forms can be downloaded from:

http://www.naho.ca/rolemodel/english/documents/NominationForm2011_Final.pdf

WIN AN IPOD!

Nominate a First Nations, Inuit or Metis youth and have your name entered for a draw to win a free iPod!

Nomination forms that are valid, complete (with supporting documents) and submitted or postmarked by the deadline date will be given one entry.

The draw will be held on Friday, March 18, 2011. Other prizes will be available. Winners will be notified and their names posted on the NARMP web site. Good luck to everyone and submit a nomination today!

What happens when you become a "role model" in this program?

The role model is with the program for one year from the time of the announcement (June 21). The NARMP coordinates an award ceremony where the new role models are presented with a crystal award with their name inscribed on it.

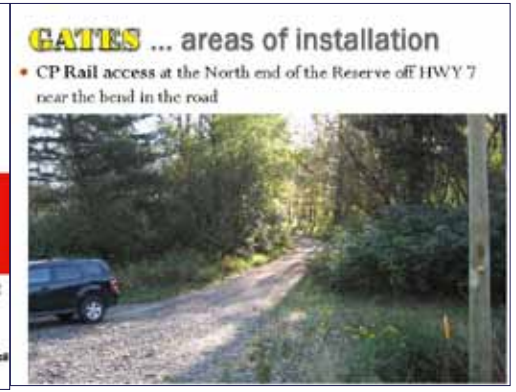
Each role model receives a personalized poster and trading card that displays their portrait and favorite activity in the background. These posters and cards are distributed to all Aboriginal communities, schools and organizations across Canada.

Before the announcement, the new role models receive two full days of orientation, which includes information sessions on the program and the role model's role, as well as training on public speaking and media relations. This training usually takes place in Ottawa and all expenses are covered by the NARMP.

Throughout the year, role models share their stories and experiences with other Aboriginal youth. Each role model has the opportunity to travel to at least three Aboriginal communities in Canada. The NARMP staff work with the role models to co-ordinate these presentations. Community visits are a great opportunity to meet new people, learn new things and do some travelling!



Seabird Island Lands



ACCESS FOR COMMUNITY MEMBERS

- **Community Members will not be locked out**, but given an **EASE OF ACCESS** to these areas.
- This is to start the process of eliminating unwanted visitors and to keep our environment clean and safe.

TRESPASSING LAW & DUMPING LAW

- As a part of **Seabird Island Land Code**, we are taking a serious effort to move ahead to protect our lands in this process. Chief and Council along with the Lands Advisory Committee are looking at ways to communicate and get feedback from the Community during this Law making process.

AREAS OF CONCERN EXPRESSED BY COMMITTEE

Hours of Access

- Day time hours?
- Night time hours?

Gates

- Locked gates with access hours?
- Do we assign keys to individuals?
- Deposit for the Keys?
- Do we give out access permits?



Enforcement

- Who enforces the Law?
- How will this be monitored?
- Does Security lock up the gates?

Security

- Do we extend this to other leasers?
- Do we have separate security for each

area of the reserve?

Areas of Access

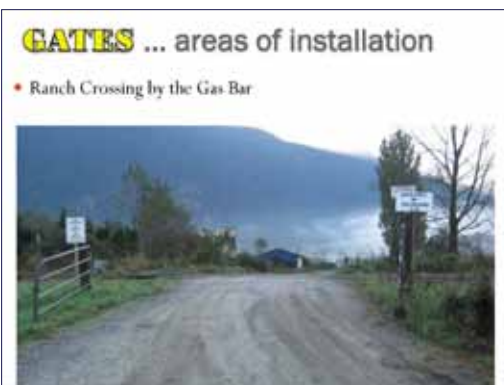
- What areas on reserve?
- Should we issue Access Permits for reserve?
- Who do these Access Permits apply to?
- IF injuries in these areas of access, who is responsible?

Accommodating

- Who will be 24 Security for Impound?
- Do we make arrangements with a towing company?
- Do we start up our own impound lot?

LET US KNOW WHAT CONCERNS YOU...

Suggestions on what we should be considering... You're involvement is important to us~!~!!





Diabetes:
That's my Dad's pump. He has to use one 'cuz he goes high and low a lot.

Community Demographic 2009

COMMUNITY PROFILE

The Seabird Community Profile, is taken from the membership and housing records, includes results from the 1976, 1986, 1996, 2001, 2005 and 2009, with statistic projects in 5 year increments.

The following provides a quick 'snap shot' about this community's proud past:

- 1950's start of independence
- 1960's building a community
- 1970's developing a housing structure
- 1980's implementing internal infrastructure
- 1990's encouraging evolution in housing
- 2000's community service and core innovations

SEABIRD POPULATION GROWTH 1976 VERSES 2009 MEMBERSHIP AND RESIDENT DATA

- From 1986 to 1996 a major increase in the period growth rate due to Bill C-31.
- 438 new members became registered with Seabird Island Reserve from the Bill C-31 process.
- From 1996 to 2001 the period growth rate dropped sharply due to deaths, transfers and decline in births.

| YEAR | 1976 | 2009 |
|---------------------------|---------|------|
| • Residents | 286 | 814 |
| • Period growth rate | Unknown | 31% |
| • Avg. Annual growth rate | Unknown | 4% |
| • Registered Band Members | 317 | 834 |

FIGURE 2.3 below illustrates the number of children added to the band list over a 30 year period.

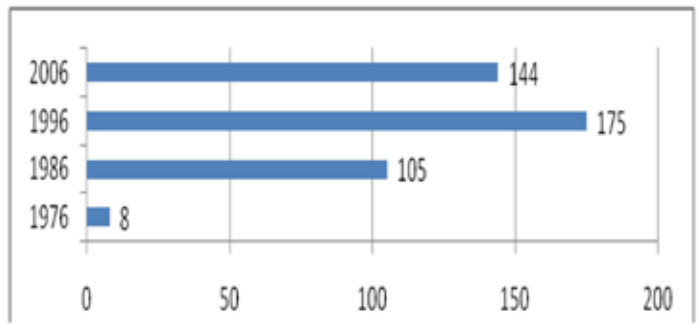


FIGURE 2.4 illustrates the age distribution of members and the percentage the age group represents to the total population

| | Males | Females | Age groups | % |
|--------------|------------|------------|------------|-----|
| 2009-2007 | 28 | 24 | 0-3 | 6% |
| 2006-2003 | 35 | 27 | 4-8 | 7% |
| 2002-1999 | 28 | 31 | 9-12 | 7% |
| 1998-1992 | 48 | 60 | 13-17 | 13% |
| 1991-1984 | 67 | 63 | 18-25 | 16% |
| 1983-1954 | 162 | 172 | 26-55 | 40% |
| 1954-1942 | 25 | 29 | 55-65 | 6% |
| 1943+ | 10 | 25 | 66+ | 4% |
| Total | 403 | 431 | 834 | |

FIGURE 2.2 below provides a snapshot of our community's population growth and projects.

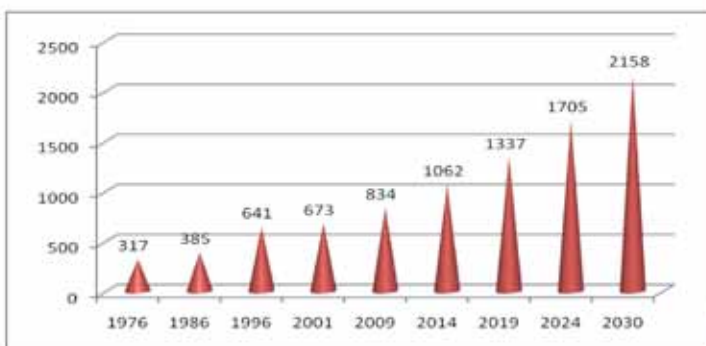
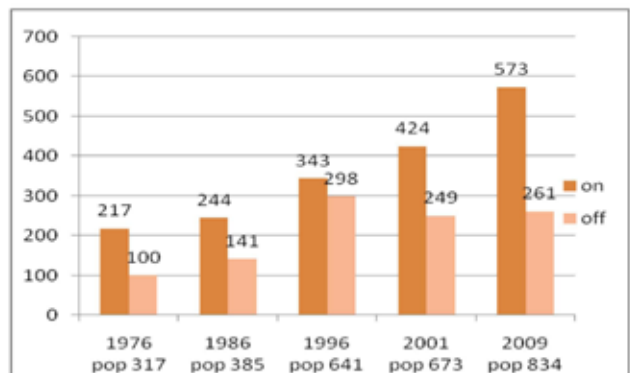
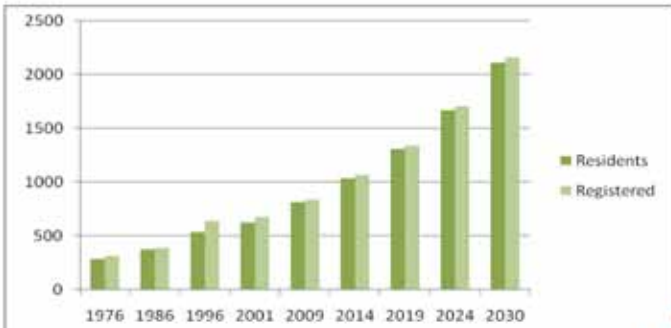


FIGURE 2.5 illustrates on reserve members population verses off reserve members population.



Community Demographic 2009 continued...

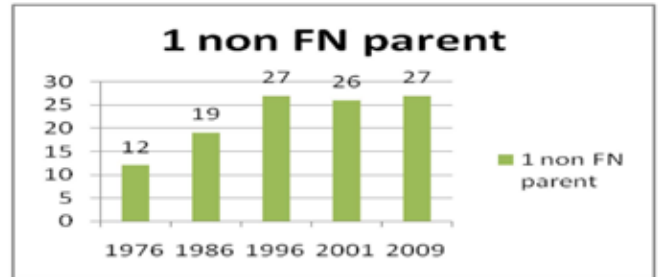
FIGURE 2.8 represents the community's registered population versus community residents. The statistics shows a normal parity between residents and registered members.



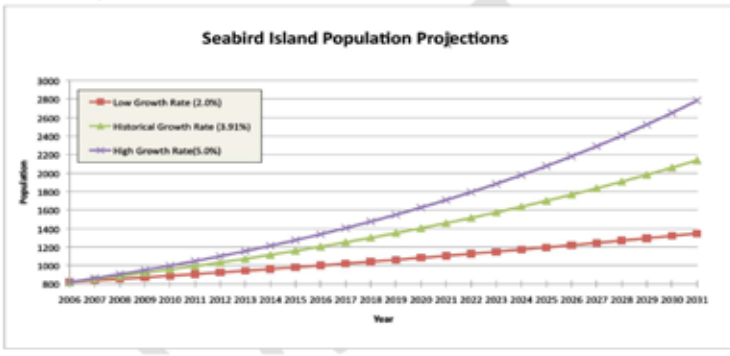
Notice the 1996 year when more registered population exceeded the resident population which was a result of Bill C-31. This did not resume its regular parity until 2009.

Within the 2001 to 2009 span, 7 children were born to 6(2) member and one non-First Nation Parent.

These children will not have status nor do the children have medical, dental, fishing or education rights.



Planning is about looking to the future and projecting. Using three growth scenarios the population 2031 would be 1349 using a 2.1 historic growth rate; using a high rate the projected population would be 2,139



My Parent Rights are:

- ▶ Right to legal information
- ▶ Right to legal representation
- ▶ Right to understand legal court process
- ▶ Right to know all options and consequences of any decisions
- ▶ Right to fairness in legal proceedings
- ▶ Right to make a complaint about unfair treatment

BUS STOP SAFETY

WHAT IF THE ROAD IS SLIPPERY OR THE BUS BRAKES FAIL?

PICTURE THIS... The ball is the bus, the pins are the kids waiting on the road.



It is always safer to wait off the road for the bus. When the bus has come to a **complete stop**, then move towards the bus to line up.

Talk with your kids about bus stop safety!



'Round The Rez

Community Events, Workshops & Outings

ON-CALL EMPLOYMENT OPPORTUNITY

POSITION TITLE: On-Call Receptionist
JOB CODE: FinA-OC-R
DEPARTMENT: Finance and Administration
REPORTS TO: Band Manager through the direct supervision of the Finance Manager.

The duties include reception, filing and other clerical duties.

QUALIFICATIONS AND / OR REQUIREMENTS

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

DEADLINE:

Until suitable applicants are found.

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

Human Resources, Seabird Island Band P.O. Box 650, Agassiz B.C, V0M 1A2
Phone: 604-796-6814
Fax: 604-796-3729
E-mail: humanresources@seabirdisland.ca

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

We thank all applicants for their interest.

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



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.



Happy 8th Birthday Emillie-Jean Starr Peters Love from the whole Peters/Alexander Family we all Love you.
 Happy Birthday Mom Sharon Joe best wishes from Starr & Family
 Happy Birthday Auntie Barb love Starr and Family

Happy Birthday Dad(Grampa)(Great Grampa) Love from Starr and all of your grandchildren and great grandchildren We love you PAPI.

Happy Birthday Mom(gramma) Starr love from your children and especially your 9 grandchildren.

Happy Birthday auntie(gramma) Laurie from your nieces and nephews and your grand nieces and nephews and your grandchildren have a great birthday La your sister Starr-Ann

Happy 4th Birthday Trinity Peters your whole family loves you

Happy Birthday Uncle Gord Sr Peters love from Deb

Happy Birthday Daughter (Dianna Kay)

Quotable Quotes

“If you don't take a step forward, you'll always be in the same place.” Sara S-W



“Give respect to receive respect.”



“Rumors are like feathers in the wind, once released you can't get them back.”

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

ADVERTISEMENT RATES

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

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

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

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

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

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

AGREEMENT

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only, and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

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

DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

'Round The Rez

Community Events, Workshops & Outings

BOY'S & GIRL'S GROUPS

THE GIRLS GROUP:

Covering self esteem, peer pressure, assertion skills, etc.

Girls Group:

Tuesday's 3:00 - 4:30

Youth Girls':

Wednesday's 5:00 - 6:30



RAINBOWS:

Wednesday's 4:30 - 5:30 ages 10-13

Rainbows is a place where boys and girls can come to share their feelings about someone they love who has died.

If you have any questions please call Melissa

Nielsen at 604-796-0198

WEDNESDAYS

Boys 8-12 Group 3-4:30 p.m. at the youth trailer

Males 13-18 Group 5-6:30 p.m. at youth trailer

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

Starting Feb. 02:

7-8:30 p.m. Men's Group at youth trailer

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

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

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.

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 p.m.. At Youth trailer.

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

- Child must return permission slip to school to attend.

- It is dark by 5 p.m. so please pick up your child at 5 p.m..

Contact Genna Joseph for more information.

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.

PLEASE TAKE NOTE! Important Dates To Remember

March 9 Elections:
9:00 am to 8:00 p.m. in
the Band Gymnasium

March 14 -18 Spring Break
(Seabird Island
Community School)

March 25 Chief and Council
(4th Thursday of the month
unless otherwise stated)

April 13 Open House
(community members
are invited)

April 20 Quarterly General Band
Meeting (agenda will be
published in April's
Yoo Hoo)

April 22 Good Friday
(Band offices/school closed)

April 24 Easter

April 25 Easter Monday
(Band offices/school closed)

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.

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 4 p.m.

Please meet at the Band Office.

For info, please contact Noy at 604-796-2177 or
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.

INVITATION TO ALL SEABIRD ELDERS:

Annual First Nations Elders Gathering planning meeting held here at Seabird Island on **March 7, 2011**. Pick-up time will begin at 5:00 p.m. and the meeting is scheduled to begin at 6:00 -8:00. Please inquire with Angie or Jessica if you would like to come to the meeting. The dinner is potluck so if you can bring your favorite dish or desert much appreciated.

ELDERS MONTHLY OUTING

Elders monthly outing is scheduled for **March 28, 2011**. Pickup will begin at 8:00 am and return back to Seabird will be at 4:00. Please inquire with Angie Chapman if you would like to come on the outing

BAND CULTURAL AND LANGUAGE COMMITTEE

Band Cultural and Language Committee would like to send an invitation out to all Seabird Island Elders to join the committee for a meeting on **March 14, 2011** in the Main boardroom. Pick-up will be arrange for 3:00 and meeting will begin at 4:00 - 6:00.

Please inquire with Angie or Jessica if you would like to come to the meeting.

DENTAL CENTER

Open Monday - Thursday.
Closed on Fridays.

Tuesday

WALK-IN CLINICS

Every **Tuesday** afternoon from **1 - 4 p.m.**
(first come- first served)

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

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

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

\$100.⁰⁰ Gift Certificate.

(Walk-in Clinics do not qualify)

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.



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!

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



AMBULANCE BILLS



Please submit ambulance bills to Maggie Pettis as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the

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

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

FUND-RAISING APPLICATIONS:

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

OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed

Apr. 18th/11

June 1st/11

June 27th/11



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

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

