



Seabird took first place in Victoria Soccer Tournament



Congratulations to the Seabird Island 14 & under team that took first place in Victoria Soccer Tournament on the weekend.

The Seabird U14 Took First Place in Victoria's 49th Totem Soccer Tournament. All stars for team is Brandi McNeil and Myron John and MVP is Esa James Point

"You are all so amazing and your teamwork paid off!! We love you all so much! Special Thanks to Chuck and Karen McNeil for all their dedication and hard work!"

Sally Hope



Annual Open House

Open House was a great success with record numbers coming through. A lot of fun and learning was had by all. Each department, service and program was set up displaying what they do and how they can and do assist the people. There were many contests, door prizes and free marketing materials for everybody to collect on their tour around the gym.



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Please Let us know!

What you like about this newsletter? ...

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

We need your input!

Contact Sandy Bobb

Seabird Island Graphic Designer and Communications Liaison

Phone: 604-796-2177

Direct: 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Fire fighting Awareness



Some of the Seabird Firefighters, consisting of Stacy McNeil, Shannon Peters, and Sparky where at Lalme' Iwesawtexw elementary school. The firefighters taught the Kindergarten - Grade 1 students about fire safety and what to do when there is a fire.

They were shown pictures of things that are hot and things that are safe to touch, to help them know the difference of what they could play with and what they would have to get their parent for. They were also shown how to stop drop and roll by Shannon, and then each took their turn practicing. They were taught what to do if a fire alarm was going off in the house. Each of the children where given safety escape plans to bring home for their parents to help them fill out.

The students had a great time interacting with the fire team, and Sparky the fire dog. Thank the fire fighting team next time you see them, for educating our children on fire safety.

Treating Yourself: Practicing Self Care

In the business of life and the responsibilities of relationships, practicing self-care can be the thing that falls by the wayside. This workshop has some fun and relaxing activities to renew yourself and your self-care program. Join-us and enjoy.

WHEN: Thursday evenings
May 5, 12, 19, 26th

TIME: 7- 8:30 p.m.

WHERE: The Boardroom
at the Seabird Island Band
Centre

Facilitator: Kirsten Maier

is a practicum student at Seabird. She has 10 years experience leading groups and counselling individuals and families. She has presented her self-care workshop across BC and looks forward to meeting you.

SPACE IS LIMITED. For more information or to register, **please contact Edie Karacsonyi**,
The Child and Family Services Program,
604-796-2177.



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

PLACE YOUR AD HERE

Contact Sandy Bobb for your monthly advertising rates.
Phone: 604-796-2177
Direct: 604-796-6838
E-mail: sandrabobb@seabirdisland.ca

Indian Residential School Survivors Society (IRSSS)

1.800.721.0066

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

Common Experience Payment (CEP)

Deadline for CEP September 19, 2011

Independent Assessment Process (IAP)

Deadline for IAP September 19, 2012



Canada

Seabird Island Preschool and Language Nest



Ey'swayel Siyayaes! The Preschool Programs have been busy learning throughout the month of April.

The 4's Program has been taking swimming lessons at the Hope Recreation Center twice a week. The children are very fortunate to have the water safety lesson as part of the Preschool Program. Thank you Candace!!

The 4's held a Literacy Night for children and parents on Tuesday, March 22. Thank you Lani, Supported Child Development Program Supervisor for being our guest that evening. We look forward to another Literacy Night on Tuesday, April 19, 2011.

The children have enjoyed their Halq'emeyelm Language Circles with Kwosel each day.

On Monday, April 11, 2011 the Language Nest Preschool was honored with the presence of The Minister of Aboriginal Relations and Reconciliation, Honorable Mary Polak and MP Barry Penner. The children enjoyed showing their Language circle and dance. Thank you Candace for sharing these guests.

On Wednesday, April 13th the 4's and 3's visited the Seabird Island Band Open House. The children had a great time visiting with the many information booths and seeing family and friends.

Bus Driver Training

Seabird Island Band is currently seeking expressions of interest regarding training for School Bus drivers.

Interested parties are encouraged to contact

Art Andrews

(604-796-6827 or art@seabirdisland.ca)

Or

Shari White

(604-796-6872 or shari@seabirdisland.ca)



If you did not signed up your child for the 3's Language Nest or 4's Preschool for Fall 2011 please call Dianne at the Preschool 604-796-5568 or Carlene 604-796-3463



Science Olympics

Lalme' Iwesawtexw elementary and high school put on a Science Olympics day where the students were challenged in 5 events where they competed against each other in teams. Here the students were challenged as a team to come up with ways on how to build, construct, or make things using science as the key.

The events consisted of Heavy Engineering where they were given paper cups, popsicle sticks, paper clips, elastics, wooden stir sticks, straws, staples, scissors, pencils, glue, paper, news paper, and construction paper. With this they had to build a tower as high as they could, while also trying to hold the most tennis ball on it. Aluminum Barge is another event were the students would make a barge out of tinfoil, then they would place the tinfoil barge in an aquarium half filled with water and start placing pennies on it too see how many their barge could hold before it



would collapse from the weight of the pennies. Spaghetti Bridge is where the students had to build a bridge out of hard spaghetti noodles and glue. Here the students' goal was to make the lightest weighing bridge that would hold the most amount of weight. With Mouse Trap Car Racers the students are challenged to make a race car that would go the farthest distance propelled only by the force of a mouse trap. Here they all got the same tools but had to apply science on how to get most use out of the mouse traps force. At the Lazer Shoot event the students had to re-direct a stable lazer using prisms and mirrors only, back towards the bulls eye in the fastest time, the time stopped as soon as the students got a dot not a line on the bulls eye.

New Playground

The Seabird School is in the progress of updating their playgrounds. One of which the children from the school and the community have already started using. Below is a photo of the kids on lunch break trying out the newest playground for the first time.

Some of the old playgrounds were unsafe and had been condemned last summer after the equipment broke with

some students from the summer program on it. These new toys will expand our children's imagination as many of these structures are a lot different that what they have been use to in the past.

They are still completing another playground.



Why be concerned about trash and wood burning?

When household garbage, food and plastic are burned they produce smoke that release toxic gases. The smoke contains vapors and solid compounds suspended in the air called particulate matter. The fine particles and toxic gases released during this kind of burning can be very irritating to people's health.



People who are exposed to these air pollutants can experience eye and nose irritation, breathing difficulty, coughing, and headaches. People with heart disease, asthma, emphysema, or other respiratory diseases are especially sensitive to air pollutants. They can not open their windows or doors without getting sick.

Backyard trash burning releases chemicals that are bad for our environment, polluting our air, food, lakes and streams. *A recent study found that residential trash burning from a single home could release more dioxin into the air than an industrial incinerator.*

Please respect your neighbors. Do not burn your garbage! Stick to burning wood, paper and other **natural** substances.

SEABIRD GARBAGE PICK-UP

Garbage pick-up on Monday and Thursday

Recycling pick-up on Tuesday.

Major garbage pick-up monthly...

please come to the office to sign up for us to come by and pick your major garbage left at the end of your driveway.

If you need more... you can always request a bin for your major spring cleaning garbage.

Just please, please do not burn your garbage, it causes to many serious health concerns to your family and community members.



FRASER CASCADE CHILD AND YOUTH MENTAL HEALTH SERVICES

Counselling for children and their families

Offered at the Seabird Island Wellness Centre
Every Monday from 1:00pm to 4:00pm

Helping children and youth with:

- *Anxiety*
- *Depression*
- *Psychosis*
- *Other mental health concerns*

Referrals from anyone can be made by calling
604-869-4900
Monday to Friday

Or for Seabird, Chawathil, Shwx'ow'hamel
by calling Edie Karacsonyi at



COMING SOON

Expect to see a full water flush of our community water system. The water flush is performed to clean out the water pipes.

If you see water coming out of the fire hydrants please do not run your water until they are all closed.

Someone So Small

May 2011



NOTICE

Notice how children are unique in the way they grow and develop.

Notice the amazing achievements children make in the early years, when the brain is growing so quickly.

Notice the powerful effect that loving relationships, encouraging talk and stimulating experiences have on learning in the early years.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Imitate baby and wait for their response	2	3 4 To increase baby's confidence, respond with interest to their sounds and noises.	5	6 Someone So Small Seabird 10-1130am	7	
8 Mother's Day	9	10 Encourage shy children to play with others.	11	12	13 Someone So Small-Chawathil 10-1130am	14
15	16 17 Notice similarities in other children and point them out	18	19	20 Someone So Small Seabird 10-1130am	21	
22	23 Victoria Day Holiday	24 25 Children model adult behavior- remember to show empathy and forgiveness	26	27 Someone So Small-Chawathil 10-1130am	28 Seabird Island Festival	
29 Seabird Island Festival	30	31 Help your child express their needs with words.				

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

Elders Diabetes Hawaiian Breakfast

A Hawaiian themed Blood testing for diabetes took place in the Elders' room on April 28th.

The Elders got their blood tested to see how they were progressing. They also got to play exercise games to help their circulation of the blood, such as Simon Says "touch your head", to dressing up Hawaiian style as fast as you can then doing a few laps around the room, to touching your toes five times. These are just some of the games they played to help improve their health and to win some prizes.

They were treated to a healthy breakfast and lunch, and received the recipes so they can cook it for themselves next time at home.



Fraser Cascade Child and Youth Mental Health Services

Referral Number:

(main switchboard) 604-869-4900
(fax) 604-869-3617

Rob York, Team Leader Monday to Friday
Deanna Becker, Clinician Monday to Friday
Ben Schulz, Clinician Tuesday to Wednesday
Michelle Thornhill, Clinician Tuesday to Friday

Do you want to be a FOSTER PARENT, or do you struggle with some of your children's BEHAVIORS?

We have parenting classes you may be interested in...



Internet Safety Tips for Parents:

- Create a list of Internet house rules with input from your kids.
- Sit with your kids when they are online or make sure they only visit sites that you have approved.
- Keep Internet-connected computers in an open area where you can easily monitor them.
- Investigate Internet-filtering tools as a complement – not a replacement – for parental supervision.
- Use kid-friendly search engines or search engines with parental controls.
- Talk to your kids about their online friends and activities just as you would about their other activities.
- Talk to them about healthy sexuality because kids can easily come across online pornography.

Encourage your kids to come to you if they encounter anything online that makes them feel uncomfortable or threatened. (Stay calm. If you "freak out" your kids won't turn to you for help when they need it.)

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT

FRASER CASCADE CHILD AND YOUTH MENTAL HEALTH SERVICES

HELPFUL WEBSITES

General Mental Health

www.mindcheck.ca
www.bouncebackbc.ca
www.mcf.gov.bc.ca/mental_health/index.htm

Related to Anxiety

www.anxietybc.ca

For Depression and Mood Disorders

www.ok2bbblue.com
www.comh.ca/publications/resources/dwd/DWD_PrintVersion.pdf

Emotional Regulation

www.dbtselfhelp.com/

Psychosis

www.psychosissucks.ca

For young women

www.howtochill.ca

Understanding Treatment

www.childhealthpolicy.sfu.ca/

Support

www.kidshelpphone.ca

Bullying

www.redcross.ca/standup

Internet Safety

www.bewebaware.ca

- Positive Parenting
- Angry Outbursts
- Eating Disorders
- Fire Setting
- Sexualized Behaviors
- Self-Harm
- ADHD, ADD & ODD
- Running Away
- Working with Schools
- Safe Parenting
- Stealing
- Substance Exposed Infants
- Culturally Competent Parenting
- Kinship Care
- Lying
- Childhood Anxiety Disorders
- Grief & Loss
- Children with Autism
- & MORE

See June Point for more information on when the classes will be held...

Classes-2/month

April Quarterly Band Meeting

The Quarterly Band Meeting took place in the evening on Wednesday April 20th. Before the meeting began the attendees recieved dinner and dessert.

The meeting started off with Trevor who was here to talk to the community members about a possible wind farm on Seabird Island that would replace BC Hydro, and make our electrical bill go down. It could also be used as revenue to sell energy to BC Hydro itself. Some of the concerns would be bird migration, shadow flickering, and noise pollution. There will be studies to see if this would be a good idea for us and the environment.



Nolan Charles from Musquem band was also here representing BC Hydro, letting us know that BC Hydro would like to come here and change our meters to new up to date meters. With these new meters you can keep track online and see the amount of power used per day or month. Also can identify where power outages are, and where electricity is being wasted. BC Hydro wants to do this in a respective and timely matter without making anyone upset. They would like to start in June or July, and have stated that it will take about a week or more to complete the whole community, at about 15minutes per house.



Stacy & Marcie talked about a few topics including housing policies and needing a Housing Committee. They would like a volunteer member from each family to be on the committee. If you are interested please contact Stacy or Marcie asap.



There will be a meeting held on May 4-5 depending on when they can get a committee together.



There was also a little fishing update presented by Jim who let us know that there won't be any spring fishing till near the end of June. The reason being is that the communities north of the Fraser River are getting no spring salmon. He also talked about some of the effects on our people, not having the opportunity to fish this spring and the even larger impacts of the fish disappearing all together in the future. By respecting our nieghbors to the north and letting the fish go through we will also be preserving future fishing opportunities for all of us. Jim also touched on the effects of the YALE TREATY and how we need to take action NOW.



Art let us know about the 2 playgrounds being built and that they are on phase one of construction and will be moving on to phase 2 soon.

RCMP officer Gail Starr gave a small talk on community safety, and how she would like to start up the C.O.P. team again. Gail



says we also need to start to trust the RCMP more and call the when needed, not to call Jim & Art for everything. Art brought up how time is sensitive in a crime and we all need to do our job observing, recording, and reporting to the proper authorities. It's our job as a community to keep our children and Elders safe.

There was a lot of conversation about our gas bar, prices and space. We need your feedback on how to improve our Gas Bar and will be looking at having a community meeting on how we should proceed with it. We need to make it a competitive place where customers love to go. So please if you have any ideas contact Brian Jones at the Band Office.



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

All Grades

SIGN UP NOW!
SEABIRD ISLAND
Student Success Program

Every Wednesday Starting

April 6th to June 15th 3:10–4:40 p.m.

Location: Seabird Island Secondary School
Multi Purpose Room



Free Pizza

Tutoring
Home Work Help
Getting Organized
Getting Ready for Tests + Exams
Parent/Community Helpers Welcome

Receive \$5
Attendance Allowance
Per Session

Space is Limited - Registration is Required

Call Dianne Parkinson 604-796-6896 or email: dianneparkinson@seabirdisland.ca

Smoking increases risk of suicide:

Study Toxin in cigarettes changes chemistry
SPECIAL TO NUNATSIAQ NEWS
IAN MACLEOD
Post media News



Here's another reason not to smoke - it has now been linked with an increased risk of suicide, independent of mental illness.

A novel new Canadian study of almost 35,000 adults found nicotine dependence is associated with suicide attempts regardless of the mental disorders and physical disease that often accompany suicidal behavior.

It also supports previous research that describes nicotine as a "psychological toxin" that causes chemical changes in the brain associated with suicide.

What's more, the work by the universities of Manitoba and Saskatchewan found suicidal tendencies diminished significantly among people who had quit smoking for at least a year. Former smokers were not only less likely to have attempted suicide than current smokers, but were less suicidal than lifelong non-smokers, which should give added momentum to smoking cessation programs.

These are important findings in a controversial field. Some previous studies have found a relationship between nicotine and suicide, but did not adjust for the effects of mental disorders.

The new study does and finds "this relation persists even after adjusting for a broad range," of mental and personality disorders and physical disease.

The research, to be published in coming days in the Canadian Journal of Psychiatry, opens a new avenue in the campaign to eradicate smoking, the leading cause of preventable death in Canada and worldwide.

Understanding the neurology of suicide also could have enormous advantages, not only in efforts to reduce the number of suicides, but also in research targeting the biological mechanisms involved in depression.

Among the current smokers studied, the new research also found those who consumed more than 20 cigarettes daily had higher odds of attempting suicide than those who smoked 10 or fewer.

First Nations Health Council and ActNow announce:

The "Active Spirit, Active History" video contest!

Are you...

16 years of age or older?
Living in Canada?
A registered member of a B.C. First Nations Band?

For more contest details check out our website!

www.fnhc.ca



\$10,000
worth of prizes
to be won!!!

We want **YOU** to submit *Public Service Announcement (PSA)* videos that encourage healthy & active lifestyles in your B.C. First Nations communities!

deadline to enter: Thursday May 5, 2011 at 4pm

Honouring Constable Gail Star

April 14, 2011

Seabird Island and the Agassiz RCMP honours Constable Gail Starr and Cultural Worker Evelyn Peters for their work in the community. The Ceremony took place at the Seabird School so the students would have the opportunity to learn about and share in the respect the community has for these two role models.

Jason Campbell was the MC of the event, he kept everything running smoothly and asked that everybody be witness to the ceremony and to share this story with others. The Constable was escorted in by a group of students drumming and singing. After the grand entry of Constable Gail Starr and her escorts, she stood on cedar bows representing new ground.

Before the ceremony proceeded the crowd and Evelyn Peters were given an excellent surprise. Evelyn was to be honoured by Seabird and the RCMP as well. This was kept a secret as Evelyn is one that likes to stay on the side lines. Evelyn then joined her niece Constable Gail Starr on the Cedar bows for the ceremony.

Constable Gail Starr a long standing member Seabird Band and Community was recognized for her work in the community, on the force as well as her work in other communities. Members of the RCMP, Seabird, Soowahlie and other communities took part in the ceremony telling the crowd stories of Gail's work.

Evelyn Peters work closely with the RCMP and her Niece Gail Starr as Seabird's Cultural Worker and was recognized for all her work and teachings.

There were quite a few people who got up and spoke to thank the ladies for their work among them were Chief Clem Seymour, Grand Chief Doug Kelly and an Inspector from the Agassiz RCMP. **Chief Clem Seymour** thanked the ladies for their hard work on behalf of Seabird Island and for helping to put Seabird on the map. **Grand Chief Doug Kelly** spoke on behalf of the Soowahlie members thanking Constable Starr for her hard work, patients and understanding when she worked with the people. The Inspector of the Agassiz RCMP also thanked the ladies for all their hard work, teaching the RCMP about the First Nations culture and traditions so they can work better with the community.

The High School girls singing group entertained the crowd singing a halq'emeylém honouring song to the two honorees. This was followed by drumming and a procession where the crowd lined up to individually congratulate and thank these excellent ladies for all the work they have done over the years. The ceremony concluded with a slide show of Constable Gail Starr's career and family.



Head Start Program: Community Canning

On Apr 18, and 19 the Head Start Team headed by Tracy Bonshor and Events Coordinator Angie Chapman ran a Community Fish Canning Session. The reason for this event was to mainly teach residents both on and off reserve that may not have had a chance to learn from their Elders, to can fish.

There was a great turn out of about 13 people, who all were getting their hands dirty helping out, including Myra Seymour, and Dan Harry who were there to assist the event. This is a great program that everyone should look into and take advantage of when you can.

I would like to thank the Head Start team for teaching our people and others an important part of our culture.



Healthy Eating Recipe Corner

Stinging Nettles

Instructions

Note: They are safe to eat when cooked, they will lose their sting when cooked.

- 1) Pick Stinging Nettles:** Wear gardening gloves and use scissors to pick or cut from the plant. (Stinging nettles are best picked in the spring) Cut close to the leaves (the stems sting the most).
- 2) Choose fresh, green leaves** without brown or yellow spots. Remove wilted or discolored outer leaves and discard.
- 3) Trim off tough stems** as much as possible, and remove any root material.
- 4) Wash leaves thoroughly** to remove sand or dirt. Then pat or spin dry
- 5) Chop or use whole leaves.**
- 6) Cook Stinging Nettles** the easy way by dropping it into a hot pan with just the water that still clings to the leaves from washing. Fold the cooked nettles at the bottom of the pan over the uncooked leaves at the top. Keep adding leaves as the nettles cook down. The stinging nettles are cooked when the leaves are wilted completely but still bright green, which takes about 2 minutes.
- 7) For added flavour:** Sauté spinach with garlic, oil and some red pepper flakes - again, it'll be done in about 2 minutes. Accent with lemon juice.



Nettle Leaf is one of the finest nourishing tonics known. It is reputed to have more chlorophyll than any other herb.

Chlorophyll is important to you because it has a similar chemical structure as hemoglobin. They are identical in chemical make-up except for the fact that chlorophyll has a molecule of magnesium at the center where hemoglobin has iron. Chlorophyll helps you build red blood cells. And that is very important.

The list of vitamins and minerals in Stinging Nettles nearly includes every one known to be necessary for human health and growth. Vitamins A, C, D and K, calcium, potassium, phosphorous, iron and sulphur are particularly abundant in Nettles leaves. Nettles are a very high source of digestible iron. It is a must to have around.

Use Nettles, both dried as tea, and freeze dried, along with other therapies, for allergies dermatitis, a form of eczema.



**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

Ye mi sqeqó:tel la xwe lets'emót: ó Hub 2nd Traditional Healing & Alternative Medicine Workshop

**ANNOUNCEMENT
MORE DETAILED
FLYERS AND POSTERS
COMING SOON**

Session One

June 16th & 17th, 2011

Session Two

July 14th, 2011

Where: TBA Time: 10am-4pm

Linda Kay Peters, CEH Program Coordinator
Ph: 604-796-6822 E-mail: lindak@seabirdisland.ca

Vanessa Peters, Communications Assistant
Ph.: 604796-6846 Email: vanessapeters@seabirdisland.ca



Elder Feature of the Month



It's early afternoon, when I arrive at Black Sea Organics in downtown Agassiz; my pre-determined interview with one of Seabird Island Band's newly elected council members, Vivian Ferguson. As I enter the store, the herbal medicines and remedies evoke the old factory senses. As I introduce myself to the clerk, Vivian calls to me from her office. In spite of the fact that it is her 'busy' day, she makes the time to chat with me. As we sit down in her office, she begins her story.

Vivian is the eldest daughter of Soloman and Gladly Howe, from the Sandy Bay First Nation – located on the western shore of Lake Manitoba. She married David Ferguson of Vancouver in 1971 and is the proud mother of 2 children and 3 grandchildren. She has been employed in Stó:lō territory since 1973. Vivian was associated with First Nation education since then, first as a Home School Coordinator for Agassiz School District (76) and then the Education Coordinator in Chilliwack. From there she moved to Seabird as the Education Administrator for Seabird Island Band. Vivian was also employed at Shxwo'wohamel and more recently as Council Coordinator for In-Shuck-Ch Tribal Council. Vivian became a Band member in October of 2007, and will be moving to Seabird Island in May 2011 after being on the housing list for two years.

Vivian was one of the successful Council members in the March 2011 Seabird Island Band election. Her portfolios include: Land, Culture & Language, and Economic Development (Business). She is also the owner/operator of Black Sea Organics which is in its 19th year; she inherited the responsibility when her husband, David passed in 2007. She believes that "we need people that are business people, people that want to take risks when it comes to business, we need more entrepreneurs".

Vivian had so much to share with me, that the stories were unfolding one upon another! She began with her vision of Seabird Island. The most important thing is co-operation and she explained how the elders used to really work together for the common good. She stated: "We are all shareholders of the land, its resources, and facilities such as the school, the band office, and the medical clinic." We all did it and it's our energy that's there!"

Throughout the entire visit, Vivian spoke of her memories of Seabird Island, and when I asked her to talk about specific memories or experiences; she explained how certain areas shaped her life. Previous to coming to Seabird, she had been married outside of the church. However, upon her arrival to Seabird, she met a lot of strong Catholic Women. It is these women that influenced her life. She joined the church and started going back. She eventually got her marriage blessed at Seabird Island. Vivian spoke of the generosity in our community. The women worked without asking for payment. They were REAL volunteers! She refers to them as the "Great Ladies of Seabird Island"! They were so involved in everything from the Church to education, to community events and funerals. Vivian remembers the special gifts the ladies had: creativity, organization, crafts, cooking. Their dedication, commitment, effort and hard work allowed them to make huge contributions to the community. These contributions are still visible to this day ☺ She spoke of great women leaders such as the late Edna Bobb, the late Lizzy Johnson, the late Mary Charles, the late Lena Hope, and the late Beatrice Harris. She holds fond memories of each and holds them all in high regard.

Vivian also shared a number of her own quotes on philosophy:

"What the mind can conceive, you can achieve!" "Great leaders make other leaders"
"Show gratitude everyday" and "You must first learn to honour, cherish, and love yourself!"

Vivian brings such a positive energy to the stories she shares, that it is so easy to quickly become mesmerized. Her vivid descriptions enhance the nostalgia allowing you to embrace those memories with her. Although, we only shared an hour together, I was able to learn about Vivian Ferguson, and how the community of Seabird Island shaped her life.

Youth Feature of the Month



In a small office just down from the Annual General Meeting (AGM) at Seabird Island's Band Office, Brooke Bobb-Reid takes time from the AGM to meet with me. Brooke, the youngest child of Karen Bobb-Reid and Stephen Reid, was born on January 11, 1994 at Lion's Gate Hospital in Vancouver. She moved out here to Seabird Island at the age of 5 and currently lives with her Grandparents; Lyle and Grace Bobb. Brooke attended Seabird Island Community School (SICS) from Kindergarten to Grade 7 and then transferred to Agassiz

Elementary Secondary School (AESS) in Grade 8. She consistently remains on the A Honour Roll and although she is currently in Grade 11, Brooke has several Grade 12 courses: Science, Physics, Chemistry, Biology, and Pre-Calculus! Brooke is looking forward to her graduating year at AESS next year and is planning a career in the field of Medicine. There are several avenues she would like to explore, including that of a Nurse Practitioner, or a Doctor. Her face lights up as she explains how she loves working with kids and could see herself as a Pediatrician. When asked about her favorite aspect of school, she explains that "school has been good and I like the routine and having to get something done and seeing the results". She further explains, "It helps me to grow up a lot and is setting me up for my whole future". In spite of all that, she wishes it wouldn't go by so fast!

In 2009, Brooke was nominated to be the Youth Representative for the 2010 Olympic Torch Run. The list of nominees was given to Chief and Council and Brooke was chosen to be one of the representatives for our Region – Seabird Island. She admits that while, leading up to the actual Torch run, she was excited, but it wasn't until the actual Torch Run Ceremony that it "hit" her and she felt so proud to represent her community! Brooke described the feeling as "amazing" and "emotional" and full of pride and stated that she felt "so lucky to be a part of history!"

Of course, when I bring up the topic of Canoe Racing, Brooke is beaming. It was her Grade 5 year, and her teacher was Hutch Sitting Eagle. Mr. Sitting Eagle had a passion and it was Canoe pulling. He started a crew with mostly SICS high school students, although, Brooke was in Elementary School, when she started training. She came alive as she explained to me what it felt like to be a part of the training from Mr. Sitting Eagle and how he was much like a father figure to her. Brooke continued to train and joined Chris George and Emerald John with the Chehalis Canoe Club. In 2010, Brooke travelled to Kona, Hawaii to compete with other members of the Chehalis Canoe Club in the Outrigger Races. She was part of the Ladies 6 paddle race as well as the U-16 co-ed 6 man race in which they placed First and brought a Gold Medal home with them!

For the past 3 years, Brooke has enjoyed working with Seabird Island's Summer Program. However, she admits, this was not her first job. She first started working with her Grandparents on the Powwow trail. She was good at counting and learned how much things cost. She learned a lot from her Grandparents about jewelry. More recently, Brooke has begun working part time as a dental assistant in the Seabird Island Dental Office.

When asked if she had a special message to youth in our community, Brooke had a few things to share: it's important that you listen to your elders, take their advice because they've learned! Take it as a teaching even if you feel it's un-needed. Never take anything for granted and ALWAYS settle or resolve things so there is no hurt feelings or heavy hearts. And last but not least: Everyone has a path – do what's good for YOU and do something YOU like!

Seabird Breast Cancer Awareness Luncheon

May 12th 2011

10 am to 2 pm

Seabird Island Gym

All participants will receive a beautiful gift

See you there!



Registration Form

Name: _____

Community: _____

Phone #: _____

Signature: _____

Date: _____

Please submit to Maggie Pettis

Diacarbon Lease Update:

Biomass conversion, bio-char, pyrolysis oil: these are becoming buzzwords in the environmental and renewable energy discussions, particularly in the United States, and beginning to develop in Canada. Diacarbon has positioned itself in the forefront of these discussions by having a pilot plant, not just an idea. Diacarbon completed setting up the pilot plant and has received many of the certifications required to begin trials of processing wood chips. When the plant has successfully operated all of its modules, there will be a ceremony inviting community, politicians and environmental advocates to witness the safety and conversion capabilities. Watch the Yoo Hoo for dates.

Diacarbon has also secured the assistance of the international engineering firm Ausenco Sandwell's Vancouver office. Ausenco Sandwell will be involved in process engineering to refine and develop the pilot plant into a commercial unit.

If you have questions or comments, please visit the website www.diacarbon.com or inquire to info@diacarbon.com



Thank you

Noy - Diabetes Nutrition

John Bobbb - Bus Driver . Grocery Shopper

Ernest Harry - Bus Driver/ Helper

For all your dedication of hard work and planning the Diabetic Family Camp trip to the Hills Health Spa Resort.

Also thank you to the volunteers Sally Hope and Vince Malloway, Ernest and Yvonne Harry, Robin and Louis

Corbon, Dordon & Lorraine Bailie, Ava Varga - prep and clean-up, Vi Pennier, Catherine Abbott and Cora Bobb for helping Dr. Fox.

With much appreciation,
Cathy Hope

Stqó:ya Construction

Where are we at with this...



What kind of Tonka Toys did you play with as a child?

POTENTIAL work opportunities that come from this...

- Project Management,
- Civil Engineer,
- Estimators,
- Heavy Equipment Technician,
- Heavy Equipment Operators,
- Operations Manager,
- Lever 3 First Aid,
- Flaggers,
- Drivers... etc

- We have created a partnership with Jakes Construction where we can start to learn more about the Civil Construction industry...
- Jakes Construction has a Joint Venture with Seabird to remove Gravel from the Fraser River, this helps Seabird Island with Flood Protection, and has been doing so for the past 6-7 yrs.
- Partnering with Jakes, we will be able to enter into contracts with BC Hydro Project that is scheduled to start work later this year (2011)

STQÓ:YA CONSTRUCTION

\$200 Prize

LOGO CONTEST

- **We are looking for a marketable LOGO for the new construction company. The contest deadline will be**
- ~ MAY31, 2011 ~**
- Have your entries sent to the attention of **Kimberley Lessard** here. at the band office



STQÓ:YA
CONSTRUCTION



- With this stepping stone, we want to use this partnership to go after other civil construction projects in the lower mainland, and ON and AROUND Seabird Island
- The key items we are looking for are:
 - Employment,
 - Training, and
 - Profitable Business Operations.

The Name Stqó:ya Construction came from the naming contest...



The contest winner is Linda McNeil-Bobb

It was picked because of its meaning: Wolves come together and mate for life to form a pack

It also speaks to the strength of both parties.....a GOOD relationship piece... .

Seabird Island Lands Department

From The Lands Advisory Committee April 20, 2011

Where we're at...

Two (4) selection of Leases was recommended to the Chief & Council

One (1) recommendation for Permit was sent through to Chief & Council – BC Hydro

A work plan has been approved by the Committee

Environmental Site Assessment Program – Continuing to monitor with SNC Lavalin with the Third Phase testing.

Phase 3 clean up for ESA completed in October 2011

What we are still doing...

Land Registry tracking System

Training with various lands programs, and workshops to enhance the knowledge and skills of the committee members

Will Continue to work with other Sto:lo operational bands in Land Code

Reviewing Leases with Seabird Island, and monitoring contractual obligations such as; annual farm plans, pesticide controls and other environmental impacts etc.

We are preparing to do these following items doing this fiscal year.

Preparing for ---- Trespassing Law/Garbage Dumping Law

Preparing for ---- Matrimonial Real Property law (MRP)

Preparing for ---- Developmental Law

Developing and reviewing policies and procedures for the Land Code Laws

Why the Land code???

Seabird Island Membership VOTED to be the MANAGERS of their own lands.

Seabird Island Membership SAW the potential this would have for their future generations to be MANAGERS of their own lands.

Seabird Island Membership wants to see their community become SELF-SUSTAINABLE

Seabird Island Membership wants a SAY on how development is going to happen on their lands.

Seabird Island Membership wants to keep the decision to their MEMBERSHIP on what happens to their lands.

Seabird Island Membership wants to GOVERN their own lands and become more AUTONOMOUS

By the People for the People

Law Making for the Management, Protection and Preservation of SEABIRD ISLAND LANDS

Why it is important??

Laws will help GOVERN, and MANAGE all resources in SEABIRD ISLAND for its Members,

Laws will give us the authority to enforce them. and will be recognized by the Federal Judicial Courts,

Laws will help SEABIRD MEMBERS become leaders in MANAGING their own Lands

Laws will NOT be implemented without the input of the Community,

Laws will need feedback from the community in order to consider all issues, and concerns,

LAWS WILL HELP KEEP THE FUTURE SAFE AND CLEAN FOR OUR CHILDREN'S CHILDREN.

What is the Process

The Lands Advisory Committee (LAC) moves forward with a Draft Law

Once drafted, LAC brings forward the Community for feedback

The draft is then finalized with all comments, and suggestions

The Community votes on the Law.

Trespassing and Dumping

~ We assessed the situation brought forward from Chief and Council.

~ Took small steps to start off the Trespassing Law, and Dumping law by cleaning up, and installing Gates

~ Ministry of Highways also contributed No Parking signs on HWY 7

~ After the gates were installed, signs went up to inform individuals

SOON THE GATES WILL BE LOCKED DURING THE WEEKDAYS.

GATE KEYS WILL BE MADE AVAILABLE UPON REQUEST.



Seabird Island Lands Department

and...NOW we need your help... to start putting things together...

Come see us on June 2, 2011. we need know hear what you are thinking, so we can think about it too...

So we can start to put things together to protect the lands... and to start managing them as stewardess to Mother Nature.

Planning is...

a process of protecting and improving the living, production and recreation environments..

Through the proper use and development of land...

Seabird Island has started looking at the Land Use plan. We will be starting to identify what is already here...

The Land Use Plan will take ALL information taken to date on Seabird Island past and current uses of the land, and compiling it into ONE MAP.

This will help lead the Lands Advisory Committee will identify areas of possible development, and also take into account areas to leave for the community and other needs, wants, wishes and desires..

The INPUT FROM THE COMMUNITY will be more then valuable to continue on the works we started

Land Use Plan will look at...

Information we will be looking at, and not limited to:

- Cultural and Historical Sites
- Current Land Use
- Community Comprehensive Plan (Core Planning)
- Traditional Uses of the Land
- Waste Management Plan
- Environmental Management Plan
- Forestry Plan
- Housing Plan
- Economic Development Plan, AND
- Desires/ Wants/ Wishes of the Community

The Steps to the Land Use Plan (LUP)

Background studies and reports on Seabird Island Territory

Interviews/ Surveys from community members

Publicly available data in and around the area

Mapped information compiled by Seabird Island, Province of BC, and other sources.

This is where we are starting...

VISIT ~ CHAT ~ REMINISCE

JUNE 2, 2011@ 5PM



WE WANT TO LISTEN

- ▣ Come **VISIT** with the *Lands Advisory Committee*
- ▣ Come **CHAT** to get to know more what we are doing
- ▣ Come **REMINISCE** with everyone and share your stories
!!!

Lalme'Iwesawtexw

MARCH

30 Surprise Career Fair showcasing the employable opportunities offered by the Seabird Island Band.

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. The students enjoyed a run with Mr. Gerry Olman, elder and representative for TEAM DIABETES. Noy provided a nutritious snack and lunch. Four students completed the entire 15k.

APRIL

19 instructional days; 95 instructional hours; 2 vacation days; 1 Professional development day

School Wide

12 Tuberculosis Screening for School Staff – Lalme'Iwesawtexw staff volunteered for the TB Fraser Valley Health Care workers screening of TB.

13 Seabird Island Band Open House, Lalme'Iwesawtexw and parents viewed the services and programs offered by the Seabird Island Band departments.

14 Kwelaxtelotiya RCMP Honoring for Recognition of Service; Cst. Gail Starr of Seabird Island, with over 25 years of shining service with RCMP was honoured by the RCMP, our Community School and recognized for her dedication to her improvement of Aboriginal policing by the District of Chilliwack and surrounding communities. Thank-you, Kwelaxtelotia, for creating a path for all aboriginal women to follow; for without your work we would not be where we are today, you are an inspiration.

14 Kwelaxtelot, Evelyn Peters, was honoured by the RCMP for all her community work and generosity to the preservation of culture and tradition.

15 Professional Development Day – Most teachers traveled to the “through the eyes of a child” featuring Relationship Matters; Making Sense of Young Children; Cultivating Resilience in Children; Making Sense of Aggression; Who's in Charge; Discipline That Doesn't Divide; Raising a Sensitive Child; Complex Behaviors; Creative Circle Time; Care Plans Visual Strategies; Developmental Assets Paint, Glitter & Glue; Full Day Sibling Support Workshop

17 Lalme'Iwesawtexw traveled to the Vancouver Sun Run. All sporting our custom T-shirt, red scarves from Honour Your Health, real runners, nine students, five teachers and two cousins all ventured on the beautiful 10K jaunt through beautiful Vancouver. Justin Paul (57:41); Sean Andrews (1:03:36); Tyson Archie (1:05:51); Wolfram Sam (1:57:05); Dave Peters (1:57:06); Robert Blenkin (1:25:37); Jerri-Lynn Bogart (1:11:02); Sherice Hulbert (1:39:41); Nicole James (1:39:52); Ashleigh Johnman (1:37:57); Karla Kay (1:00:56); Kathleen Morin-Louie

(1:07:11); Austin Olney (1:33:37); Dianna Kay (1:39:54); Colleen Marchant (1:37:18); Jennifer Nowak (1:37:18). Based on participation, the students received incentives from the “Young WARRIORS Run-Club”. In school training we ran 84km; in total (if followed the running guide by YWRC) at least 215km. Runners like Justin Paul and Robert Blankin, with their speed and gait, would run at least 230km based on the program guidelines over 12 weeks of training. Congratulations, YOU ARE ALL ATHLETES! See you on the trails!

19 Naming Rehearsal – All those families honouring their loved one with a name, come and rehearse your walk, talk, and learn your expectations.

20 Suicide Prevention Workshop for the high school students. Produced by Nicole Leuthardt and Presented by Kafui Sawyer. Statistics state 1:5 people in Canada suffer from a mental illness; 80% of high school students contemplate suicide by the end of their high school career making suicide the second leading cause of teenagers in Canada. Canadian Native population are more than twice the sex-specific rates, and three times the age-specific rates of non-Native Canadians (56.3 per year per 100,000 persons for Native males and 11.8 for Native Females). Students were informed about the processes for intervention, coping mechanisms for stressor's, and where to seek confidential help. Crisis lines for teens: 1-877-820-7444 or 1-800-SUICIDE. To talk, call the Kids Help Phone at 310-1234 or Health After Hours at 1-877-384-8062

20 Cops vs Kids Basketball Tournament - Mr. Dobos brought the Lalme'Iwesawtexw Basketball Co-Ed team to a tournament in Tzeachton. The following students participated: Tamika Mcneil, Haley Dunston, Tanisha Jack, Ricki Sam –Greene, Shiela Stewart, Elizabeth Chapman, Gilbert August, Darian Peters, Tavis Thomas, Tino Peters, Nick Quipp, Sean Andrews

22 Good Friday –School Closed

22 Earth Day - What can you do this Earth Day 2011? There are many green ideas for Earth Day 2011. (from the Earth Day Network)

- Earth Day T Shirts Spread the green message with Earth Day 2011 Shirts
- Precycle Purchase items with less packaging in order to have less waste when your done with the product
- Hybrid Light Bulbs Use hybrid light bulbs in your home and office
- Upcycle Convert waste materials into new things that are functional or beautiful, or both.
- Sustainable Reading Plant a new tree for every book you read
- Turn off the lights Turn off all electricity for one hour. Light a candle and spend quality time with family and friends
- Earth Day Movie Take the kids to see

Disneynature's African Cats Movie at a theater near you

- Famous Environmentalists Learn about famous environmentalists such as Margaret Mead, John Muir, Jane Goodall, David Suzuki and Gaylord Nelson.
- Pick up the garbage Spend some a couple hours picking up litter at your local river
- Walk, ride or bike Skip the car! Walk, bike, or take the bus to work
- Skip the Steak Give up meat for one day
- Green Week Activities Teach children the value of the our planet earth. They are our future.

23 World Book and Copyright Day – World Book and Copyright Day is an event to pay a universal mark of respect to books and authors and to persuading people to find out the enjoyment of reading. It is expected that this will show the way to the transformed respect for those who have made unique contributions to social and educational advancements.

25 Easter Monday – School Closed

29 Naming Ceremony – 14 names announced tables set at noon.

Elementary

8 Gem Show – Primary students travel to Abbotsfords Annual Rock and Gem show. This year's theme is Shades of Jade. Canada's largest gem show! There was over 40 dealers carrying supplies for the hobby along with specimens of crystals, minerals, cut stones, cutting material and many gift items; a great variety of displays of gemstones, crystals and minerals from all over the world, including dinosaur fossils. Many cases will contain collections of hand-crafted jewelry and silver-smithing. Throughout the show, demonstration of techniques of lapidary, sculpting, faceting, silver-smithing, flint knapping, wire wrapping, and enameling. Yukon Jack gold panning is a very popular demonstration. The child's craft area the students were given a kit of material to make a “Critter” with a tumbled rock.

20 Primary EBS Celebration – 2:20 pm, awards and accolades to follow.

27 Elementary Science Olympics - details to follow

Secondary

8 Attendance Incentives – the following students were recognized - Perfect Attendance: Justin Blenkin, Kala Alexander. Half ½ Day Absent: Nicole James, Denise James. One (1) Day Absent: Jane Ferguson, Skyler McNeil. Two(2) Days Absent: Gilbert August, James Birch, Cody Edwards, Dimitri John, Doreen McIntyre, Christina Nelson, Nicolas Quipp.

8 High School Term 3 Report Cards – Mailed home

11 Forestry Consultation and Revenue Sharing Agreement – Skills Class assist in the ceremonial

process of the agreement signing for Seabird Island Band.

14 Habitat for Humanity –Habitat for Humanity Upper Fraser Valley is an independent, non-profit housing society, dedicated to building affordable homes in partnership with families in need. Homeowners contribute hundreds of hours of “sweat equity” to the no-interest mortgage. Mortgage costs are kept low by the use of volunteer labour and by the donation of funds and building materials. Our select group of young men, under the tutelage of Mr. Pauls, travel to assist in the construction of a home in Abbotsford; excellent work men!

18 High School Sweat – Mr. White hosted a sweat for the high school students.

19 Habitat for Humanity – Mr. Pauls takes a select group of young women to assist in the construction of a home in Abbotsford, you are the reason the sun shone today; excellent work team!

20 Skills class finishes the novel Raven Song by Lee Marcle

20 Lalme'Iwesawtexw Basketball team travels to Tzeachten for a tournament hosted by the RCMP “E” Division Aboriginal section. Other guests teams include: Chehalis, AEC, and Stó:lō Nation

21 High School Science Olympics

Event #1- Aluminum Barge- Students receive a 15cmx15cm piece of aluminum Foil and create a Boat that can not only float on its own, but can hold as many pennies as it can without sinking or falling over.

Event #2- Lazer Shoot- The Laser pointer will be fixed to the surface of the desk, a Target will be taped to the wall, students will have to hold or tape mirrors and prisms to the desk in order “bounce” the laser as close as they can to the center of the target. They can only turn on their laser 3 times for 2 seconds before they do their final shoot. So they must plan carefully so as to ensure the laser hits the target. Score will be recorded as how close to center of target they get (In centimeters)

Event #3- Heavy Engineering - The supplies to build the tower will be provided, student have to be the largest free standing structure they can which can support the weight of the most tennis balls. The score will be calculated by measuring from the base to the lowest tennis ball supported. Score=Height(cm)x#of Tennis Balls. Teams get 100 extra bonus points for refilling the supply bags before they finish.

Event #4- Mousetrap Cars-Students must use the potential energy stored in a mousetrap spring to power a miniature car they build. The students must build a car with at least 1 set of wheels (2 wheels). The score is calculated by how far (in Centimeters) the car travels before it stops.

Event #5- Spaghetti Bridge- Students must build a bridge at least 20cm Long that can hold a weight. Students will have 30 minutes to build a

bridge out of spaghetti. The score will be calculated by How much the bridge held divided by how much the bridge weighs (Weight held/ Bridge weight)

27 Female Adolescent Development Workshop – a frank discussion about becoming and being a female teenager. What to expect; goals, nutrition, where to seek answers to questions.

28 Male Adolescent Development Workshop – a candid discussion about becoming and being a male teenager. What to expect; goals, nutrition, where to seek answers to questions.

UP-COMING EVENTS

May

19 Instructional Days; 95 Instructional hours; 3 Non-Instructional Days

1 World International Labour Day – World celebration of all the workers who contribute to the socioeconomic welfare of the entire world.

3 World Asthma Day

3 Primary Bowling – Kindergarten to Grade 2 participate in a bowling extravaganza.

5 World Athletics Day

6 Parents Day Strawberry Tea – All parents and guardians of the Lalme'Iwesawtexw students are invited to share a cup of tea with others. The tea is hosted by the High school, organized by Ms. McGregor, at the Lalme'Iwesawtexw gym, 12:30 pm. Musical numbers by Mr. McGregor's band class and others.

6 High School Term 4 Interims – sent home.

6 Elementary Term 3 Interims – sent home.

8 World Red Cross Day

10 EBS Zoo Field Trip – selected students who demonstrate excellent behaviour throughout the year are invited to attend .

10 World Lupus Day

15 International Families Day

19 Bake Sale – Elementary School Foyer proceeds go towards field trips.

20 Non-Instructional Day

23 Victoria Day – Statutory Holiday

25 World Meteorological Day

30 Day of Grace – Seabird Island Band Holiday

31 World NO TOBACCO Day – Purpose is to increase public awareness regarding hazards of tobacco use and abuse. Inform consumers about the business strategies of tobacco industry and trade. Promote healthy lifestyle and habits among people; devise ways to protect the future generations from tobacco abuse.

June

High School: 8 Instructional Days; 40 Instructional hours; 14 Non-Instructional Days

Elementary School: 13 Instructional Days; 60

Instructional hours; 7 Non-Instructional Days

1 Cultural Sports Day

1 International Children's Day

3 Year End Pow-Wow

5 World Environment Day

8 World Ocean Day

9 Lalme'Iwesawtexw Awards Day – from Kindergarten to Grade 12

10 High School Fun Day

10 Last Day for High School

13-17 High School “Catch-up” Week – Study for exams

14 World Blood Donor Day

17 High School Report Cards – mailed home

17 Elementary School Report Cards – mailed home

17 Elementary Fun Day

17 Last Day for Elementary School

19 World Sauntering Day - In layman's language, saunter means “leisurely walk or stroll.” But it is not a simple jog, alk, run or trot. Sauntering is a kind of strolling. It is a very stylish and casual of movement which leads anyone from one place to the other. The dictionary meaning of sauntering is taking a stroll slothfully and pointlessly but enjoying it.

20-24 Provincial Exam Week

21 Social Studies 11 Exam

21 World Music Day

22 English 12 Exam

23 English 10 Exam

History 12 Exam

24 English First Peoples 12 Exam

26 International Anti-Drug Day

27 Science 10 Exam

Communications 12 Exam

28 Math 10 Exam

30 School Closed for Summer Vacation. See you September 6, 2011

Glossary

EMETCHEXW sit down

EMETLHA sit up

XWOPETHET sit up when lying down

LHEXEYLEX stand

XWILEX stand when alone

IMEX walk

OXWEST give

OXWESTHOYX give it to me

IKW'ELO here

KWUTLHA take it

TEXWCHA after

Lalme'Iwesawtexw

On March 30 th, the grade 5 students from Miss Eustache's class participated in the annual Reading Link Challenge.

It is sponsored through the Fraser Valley Libraries.

Students were given a selection of 7 books which their class team read.

The challenge was held at Coquihalla school this year.

The students were given a selection of 30 questions to answer as a team.

Congratulations and thank-you to these students for participating and putting their best attitudes forward.

They did not come in 1st place but more importantly they took the time to explore and read a selection of literature genres.

READ, READ, READ....

Good Job, Nadia, Clarissa, Kaylee, Cheryle, Blair and Hayleze.
Missing Michael and Nigel.

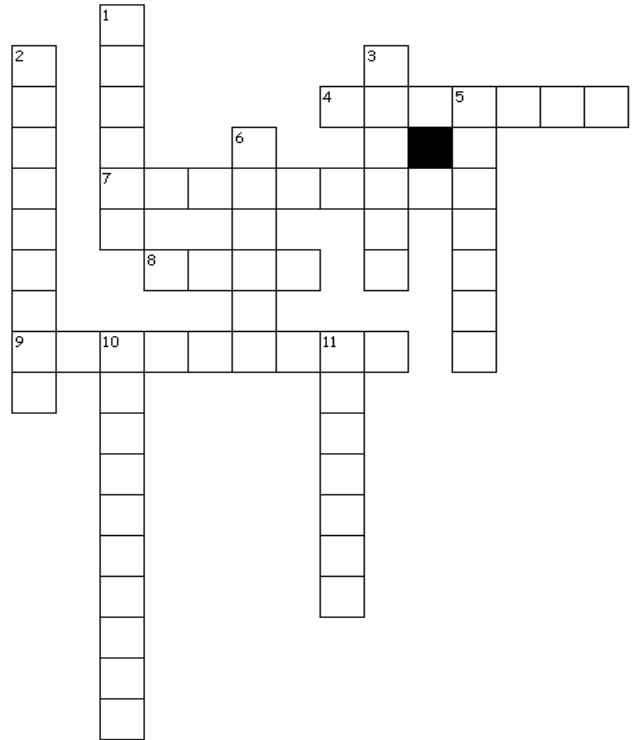


Halq'emeylém Word Search

E	S	S	R	S	K	N	G	F	A	C	O	E	T	Y	D
M	O	I	I	I	R	L	A	R	X	L	R	E	W	E	J
E	P	R	T	T	K	E	A	X	E	E	H	G	K	Y	G
T	U	R	P	U	D	S	M	W'	H	T	L	W	K	A	H
L	Q	X	D	P	P	O	K	O	E	N	U	I	I	V	S
H	N	Z	P	W	I	I	W	P	T	T	I	A	W	T	D
A	Y	Z	Q	H	W	L	O	N	L	T	Q	J	A	X	U
W	J	C	V	E	B	W	V	H	B	D	I	N	D	B	I
X	S	S	J	N	X	O	A	P	P	R	D	E	A	Z	E
E	T	K	M	L	U	Y	Z	K	E	W	K	F	V	Y	V
H	A	R	T	Y	W	Y	V	W	H	A	T	O	Y	I	I
C	N	B	S	I	C	L	H	E	X	E	Y	L	E	X	G
T	D	O	E	N	N	Q	N	X	R	Y	D	V	J	O	J
E	B	D	W	G	C	A	X	E	M	I	Q	D	Q	U	I
M	V	H	X	D	L	X	Y	O	H	T	S	E	W	X	O
E	V	I	O	O	S	E	A	H	C	W	X	E	T	R	M
I	P	X	N	W	T	A	K	E	I	T	N	I	H	Y	J
G	N	E	M	N	H	F	T	U	R	B	G	O	Z	Q	F

- | | | |
|-----------|----------------|--------------------|
| AFTER | EMETCHEXW | EMETLHA |
| GIVE | GIVEITTOME | HERE |
| IKW'ELO | IMEX | KWUTLHA |
| LHEXEYLEX | OXWEST | OXWESTHOYX |
| SITDOWN | SITUP | SITUPWHENLYINGDOWN |
| STAND | STANDWHENALONE | TAKEIT |
| TEXWCHA | WALK | XWILEX |
| XWOPETHET | | |

Halq'emeylém Cross Word



Across

4. take it
7. stand
8. walk
9. sit up when lying down

Down

1. here
2. sit down
3. stand when alone
5. after
6. give
10. give it tome
11. sit up



10th Annual Sts' ailes Youth Soccer Tournament
May 14 & 15, 2011

Age Categories:

7 † Under	7 aside	\$150.00
10 † Under	7 aside	\$150.00
13 † Under	7 aside	\$175.00
16 † Under	7 aside	\$175.00
21 † Under	7 aside	\$175.00

FOR MORE INFORMATION PLEASE CALL
 Erna Paul at 604-796-2116 local 270 or by email
erna.paul@chehalisband.com

THIS IS A ALCOHOL AND DRUG FREE EVENT

Chehalis Youth Co-Ed Soccer Tournament 2011

Rules & Regulations

It is expected that all Coaches and/or Managers have read and understand the "Rules and Regulations" of the tournament.

ENTRY FEES

- ◆ Entry fees for each team are as follows:

Youth 7 & U	\$150.00	(7 a side)
Youth 10 & U	\$150.00	(7 a side)
Youth 13 & U	\$175.00	(7 a side)
Youth 16 & U	\$175.00	(7 a side)
Youth 21 & U	\$175.00	(7 a side)
- ◆ Entry forms returned without any entry fee for their age category will not be accepted.
- ◆ Certified cheque or money order payable to the Chehalis Indian Band Youth Soccer Tournament.

PLAYER ELIGIBILITY

- ◆ The use of ineligible players will result in default of the game.
- ◆ Must be able to show proof of age in the event of grievance. (Present Birth Certificate, Status Card or Passport). *please see protest section regarding protests*
- ◆ Players must be the age category or younger on May 1, 2010.
- ◆ Soccer uniforms should match with visible numbers.

Numbers must remain consistent throughout the duration of the tournament.

- ◆ It is mandatory that all players wear shin pads & proper footwear.
- ◆ Player(s) who receive a RED CARD could be suspended from the tournament. Minor infraction = one game suspension, Major infraction = suspension from tournament.
- ◆ If the committee finds an individual guilty of an act of causing deliberate physical harm to a player, a coach, or an official, the individual will NOT be allowed to play, coach or manage, for all future Chehalis Soccer Tournaments. An appeal statement by suspended players can take place after one year.

TEAM & PLAYER RESPONSIBILITIES

- ◆ Team lists must be handed in to the tournament registration tent before team's first game.
- ◆ Each team will provide a linesman for their game.
- ◆ Games will result in a default if a team is unable to field players within 15 minutes after scheduled start time.
- ◆ The Chehalis Band is NOT responsible for Lost or Stolen Goods, Damaged Property or Injuries. Players play at own risk.

GAME RULES

- ◆ FIFA & CSA rules apply.
- ◆ There must be two (2) girls on the field at all times.
- ◆ Game times are as follows: U7, U10 & U21 25 min. halves with 5 min. half time break. U13 & U16 35 min. halves with 7 min. half time break.
- ◆ Unlimited substitutions.
- ◆ Referee decisions are final.
- ◆ Round robin games the following points will be awarded 2 win, 1 tie & 0 for loss.
- ◆ If there is a tie in point standings, winning teams will be determined by their goal ratio. The GOLDEN GOAL rule of two 7 minute sudden death halves will be in effect for tied final games. If still tied, penalty shots will determine a winner.

GAME PROTESTS

- ◆ Any protests of tournament regulations must be in the hands of the tournament grievance committee, in writing, no later than thirty (30) minutes following the game in question. The Chehalis Sports & Recreation Grievance Committee will immediately rule on the grievance. Grievances must be accompanied with a non-refundable fee of \$50.00.
- ◆ Should the committee need to make a decision, that decision will be final.
- ◆ Coaches and managers are advised to bring identification or photocopied identification for each player.

The use of drugs and/or alcohol at field venues will not be tolerated and will be enforce by the Tournament Committee, Security and RCMP.



Seabird Housing Dept.

COMMITTEE MEMBERS NEEDED

Application due date: March 31, 2010

Applications being accepted for the Seabird Island Housing Committee.

- Eight (8) to ten (10) members in good standing sought for Committee representation of each large family.
- Please apply with a letter of interest and two (2) letters of support from community members.
- Must be 19 or over to apply.
- The Purpose of the committee is to review social housing policy for possible enhancements and additions.

Housing Department Mandate:

- To ensure the Seabird Island Band housing assets are maintained and kept in good order;
- To apply fair and equitable treatment to all applicants, and participants of the Seabird Island Band Housing;
- To ensure effective, efficient management of the housing assets programs compliance with applicable regulations;
- To establish and maintain cooperative internal and external relationships;
- To establish and implement planning and development programs to meet the needs of the community.



SEABIRD HOUSING DEPT.

Stacy McNeil
Housing Administrator
Tel: 604.796.6825
stacymcneil@seabirdisland.ca

Zena Mailhot
Tenant Liaison
Tel: 604.796.2177
zenamailhot@seabirdisland.ca

Easter Brunch

On Monday afternoon April 25th the Travel Club was up early cooking up a storm, and setting up tables and chairs for the Easter egg brunch.



There was a pretty large turnout from the community. After Brunch the kids took turns in different age categories running around looking for chocolate eggs in the soccer field located behind the band office gym.



Chilliwack Soccer

Fall Registration Now Open – Register Before May 31st & Save

Chilliwack FC Soccer will begin registration for the Fall 2011-12 season on April 4th. Registration will run from April 4th and will close on May 31st. Registrations received after May 31st will be placed on a waiting list and will be subject to a \$50 late fee. Registration can be done online at or in person at our office.

Fall registration fees will be:

Age Group	Register Before May 31	Register After May 31
Microball U5	\$95.00	\$145.00
Miniball U6 – U10	\$130.00	\$180.00
U10 Selects	\$325.00	\$375.00
Full Field U11 – U18	\$175.00	\$225.00

I highly recommend it for every one of all ages to come out to the next community event; it was a great event where children and adults both had a blast. *Thanks to all who came out for making a great community event.*



HOUSING WAIT LIST MAY 2011

1 bedroom

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

2 bedroom

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

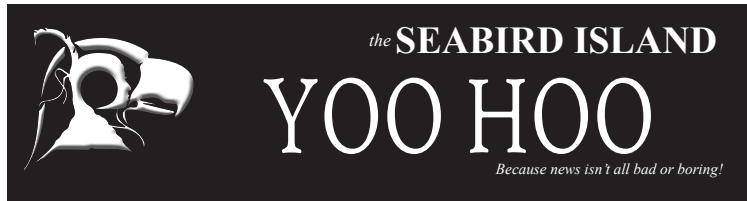
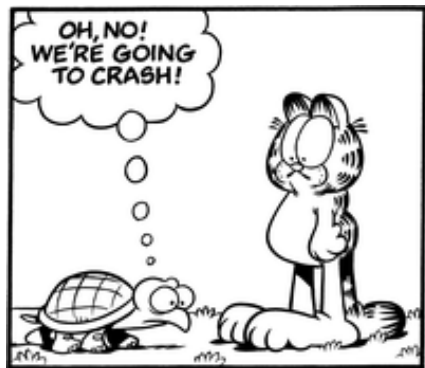
3+ bedroom

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

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

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

Health Comic



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 Graphic Designer and Communications Liaison, by phone at 604-796-6838 or e-mail sandrabobb@seabirdisland.ca



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

SUBMISSION DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month



Seabird Community School

Adult Programs

CONTACT INFORMATION

Phone: 604 796 6896

Fax: 604 796-3729

dianneparkinson

@seabirdisland.ca

Mobile Programs may be available in your community

Brief Description of Programs

PROGRAMS PLANNED FOR SEPTEMBER 2011

- Aboriginal Responsible Adult
 - Business Technology
 - Carpenter Levels 1 & 2
 - Community Support Worker
 - Professional Cook I
 - Hair Stylish/ Cosmetologist
 - Dental Assistant
 - Graphic Design
 - Heavy Duty Equipment Technician 1&2
 - Heavy Equipment Operator
 - Information Technology
 - Painter and Decorator
 - Plumber Levels 1 & 2
 - Teaching Assistant
 - Wall & Ceiling (steel stud & drywall)
 - Speech and Language
- Teacher directed individualized courses including:**
- Biology 12
 - Math 11 Academic
 - Trades Math 10 -11
 - Math 9 -12 Academic
 - English 10- 12 Academic
 - Communications 11-12
 - Intro to Computers
 - Adult Literacy
 - GED Preparation\



ABORIGINAL RESPONSIBLE ADULT

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



BUSINESS TECHNOLOGY

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

CARPENTER

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



PROFESSIONAL COOK I

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



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

HAIR STYLIST COSMETOLOGIST

The program covers all the learning outcomes of



the trade and trainees will write the final exam;

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

DENTAL ASSISTANT



Dental assistants perform some or all of the following duties:

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

GRAPHIC ARTS/ PRE-PRESS

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

Course content:

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

HEAVY EQUIPMENT TECHNICIAN

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

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

HEAVY EQUIPMENT OPERATOR

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

Seabird Dogs Attacked!

These family dogs were roaming the Seabird Island raspberry fields getting a few pettings from the workers when they were brutally attacked by one of the workers with a pair of shears.

The family was devastated when their beloved pet came home with his leg skinned. A weekend lost to caring for the injured animal and \$600 later the dog is starting to recuperate. However the family will never forget this brutal attack on their family pet.

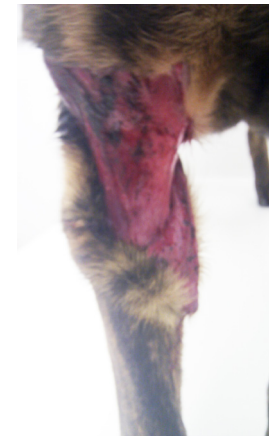


It is not safe for your dog, to allow your dog to roam free!





For your pets safety it's best to keep them contained to your yard or home. Use a dog run and leash, take them for walks on a leash, keep them close to you at all times.

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

These days, we have a better idea of the risks. Veterinary medicine has advanced, and most people think of their dogs as essential members of the family. While roaming the countryside and exploring the world is loads of fun for most dogs, it simply is not safe.



May 2011

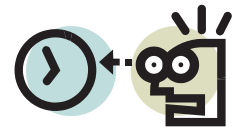
Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Center Community/Staff: FREE. Non-Community/Staff: \$30 month or \$2 drop in.				
ELDERS 10AM-11 AM 		ELDERS 10AM-11 AM BRING A FRIEND FREE (13+, PER PAID PERSON)		CLOSED P.M.
Evening Recreation in the Gym Community/Staff: \$1 drop in. Non-Community/Staff: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

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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!

Post-Secondary Application Deadlines



Interested in pursuing post-secondary education, OR already a continuing studies student???

Remember these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

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

Funding of any application is dependent upon available budget.

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

High School Students Grade 7-12



Next Student Allowance Payment: will be released on **June 22, 2011.**

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

Are you thinking of starting or expanding your own business?

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

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

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

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

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



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



STÓ:LŌ COMMUNITY FUTURES

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

BID OPPORTUNITY

Anyone interested in lawn maintenance for some units in the summer should send bid applications attention Dwayne McNeil at the office.

Areas in question are:

- Elders Triplex
- 8-Plex
- and 3 elders units



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

**283 Client
Visits!**

LAST MONTH EMPLOYMENT STATISTICS

For the month of March our office stats were as follows:

- New Clients: 15
- Files closed without gaining employment: 1
- Clients who found employment: 2
- Clients who returned to school/training: 4

EMPLOYMENT OPPORTUNITY

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

Opportunities that may be coming up this year are:

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

NEXT INCOME ASSISTANCE CHEQUE ISSUE DATE:

FRIDAY, MAY 27, 2011

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

DO YOU WANT TO BE A DRIVING INSTRUCTOR FOR SEABIRD?

Valley Driving School will be offering training to qualified applicants to become driving instructors for Seabird

If you have a clean drivers abstract & a valid Class 5 license, come into the office to sign up.

TRAINING CLASSES 2011

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

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

DONATIONS NEEDED!

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

Recruiting Staff at Seabird

What we do

- Hire the best person available
- Follow the hiring guidelines set forth in the employee policy and procedure guide
- Give preference to applicants of Aboriginal Ancestry (Pursuant to section 41 of the BC Human Rights Code)
- Always welcome questions about our hiring process and provide feedback when requested.

What we do NOT do

- Hire friends and family because they are friends and family
- Allow friends or family to be involved in interviewing or short listing of candidates
- Discriminate based on age, gender, religion or other protected areas
- Deviate from our hiring process
- Make assumptions about an applicant

Seabird hiring process

Once it has been determined that there is a need to hire an individual to fill a vacant role (either newly created or vacated by the previous employee) we follow the steps below:

1. Job is posted for Internal applicants for a minimum of 5 days
 - a. Internal candidates are those that currently work for Seabird Island Band, are a Band member, or are a community member.
2. Internal candidates are assessed and those that are qualified are shortlisted. If there are 3 or more candidates that are short listed internal interviews are conducted.
3. If less than 3 internal candidates are short listed the posting is extended to external candidates.
4. Final short listing is done and interviews/testing is scheduled.
5. Interview panels consist of 3 interviewers and must contain at least one Manager (the other members may be program managers or supervisors). Interview panel must not include
 - a. Friends or immediate family members

- b. Anyone that is not able to be impartial towards the candidates
6. Once interviews are complete the hiring manager will discuss all aspects of the short listed candidates with the interview panel and come to a decision on who they feel will be the best candidate for the job.
 7. The successful candidate will be made a job offer. If the first choice of the hiring manager declines the offer then the next best candidate will be selected.

We strive to have a clear and open hiring process that truly provides the Band and the communities we support with the best employees available. Should you have any concerns regarding the hiring process please reach out to Drew Paddon in the Human Resources department at anytime. drewpaddon@seabirdisland.ca or 604-796-6814

New Staff



My name is Brooke Bobb Reid. I am a Seabird Island Band and Community Member. I live with my grandparents Lyle

and Grace Bobb. I currently attend Agassiz Elementary Secondary School as a grade eleven student. I am proud to maintain an effort honour role standing with dedicated goals for my future. I am interested in pursuing a career in the medical field, as a Nurse Practitioner or Family Doctor. I spend most of my summers working and traveling to War Canoe Races with my family. I recently returned from Kona, Hawaii with a gold medal in the 18 and under race. I train with the Chehalis Canoe Club seven days a week on the mighty Fraser river. Canoe pulling is my biggest love in life besides my family and sidekick! I enjoy working with children and my community. I am proud and thankful to be Seabird Island Bands new youth dental assistant. I am excited to see all your smiling faces when you stop by for a visit.

David Peters the 3rd
Communications Assistant

Dave will be working with Sandy in the Communications Department.



You may see him hiding behind the camera at your events in the future. Among his long list of duties he will be assisting with the orders for the Health Departments “minor supply store” and soon the health copier.

Dave is a member of Seabird Island Band and community that has recently returned home after living in Ontario for the past seven years.

New Staff



Hi, I'm Chelsey Galbraith! I have just been hired as the new Diabetes Clerk with the Seabird Mobile Diabetes Team. I have just recently moved to Seabird Island with my

family from Kamloops where I became a Registered Care Aid and have been gaining experience in the health care field for the past 6 six years. I am currently a third year university student, in the process of obtaining a degree in Social Work by 2013. I am very excited to be apart of the Seabird Island Community, and look forward to meeting and getting to know it's members, traditions, and way of life.

EMPLOYMENT

Position Title: Family Counsellor –

4 month term position to end of August, 2011.

Department: Health & Social Development

Responsible to: Child & Family Services Program Manager

Under the direction of the Program Manager, the Family Counsellor will work with clients who wish to make changes in their lives regarding addictions and support families through this process of change.

Education / Qualifications:

- Bachelor Degree in Counselling or social work preferred or Masters degree with Counselling Psychology.
- Education 3-5 years experience working with addictions is considered an asset.
- Knowledge of the Sto:lo Culture, traditions and language and experience working with Aboriginal people.
- The ability to follow direction and complete tasks with minimum supervision, possess high motivation and enthusiasm for job.
- Ability to counsel one-on-one, couples, crisis intervention including suicide intervention, mediation, group/family counselling and facilitate healing circles.
- Ability to facilitate educational and healing workshops in the community
- Ability to assess the needs of individuals and families in the community and make recommendations
- Class 5 Driver's license.
- Excellent interpersonal skills, written and verbal communication skills.
- Satisfactory Criminal Records Check
- Personally committed to and exercise an addiction free lifestyle with at least 5 years sobriety.
- Be well organized, punctual, dependable, and reliable.

Primary Responsibilities

- Alcohol and Drug Counselling and referrals to residential treatment facilities, day treatment programs and in-home detox programs
- Counsel adults, youth, children, couples, and families.
- Facilitate healing circles, provide crisis intervention and mediation
- Maintain appropriate case documentation concerning assessment, client goals, service actions and case evaluation
- Provide monthly and year end statistical reports to the supervisor.
- Assess the needs of individuals and families in the community and make recommendations to the supervisor for program planning and implementation.
- Facilitate workshops for groups/families in the community.
- Liaise between, and make referrals to, other agencies or internal departments regarding individuals/families.

Standard of Service:

- Maintain confidentiality.
- Provide service in a non-judgmental & culturally sensitive manner.
- Present a professional manner when representing the Seabird Island Band.

During the interview each candidate must do a 20 minute presentation on a workshop topic of their choice relevant to a workshop they would facilitate on the job.

DEADLINE MAY 3, 2011

Position Title: Youth & Elders Liaison –

6 month Term with Possibility of Renewal

Department: Health & Social Development

Responsible to: Child & Family Services Program Manager

Purpose of the position:

Under the direction of the Child & Family Services Program Manager, the liaison will be the main contact for youth and elders in accessing programmes and services offered by both Seabird Island Band or those off reserve.

Education / Qualifications:

- Certificate or degree in Human Services, Gerontology, Social Work, or Child and Youth Care or equivalent education and two to five years relevant experience
- Strong desire to help others and a sense of responsibility to community members
- Research skills required to source all available programs which may be beneficial to either of these two groups of clients
- Ability to assist clients with detailed paperwork, process applications and follow-up to ensure that any further requirements are provided
- Excellent verbal and written communication skills
- Knowledge of the Sto:lo culture, traditions and language would be an asset
- Experience working with First Nations an asset
- Satisfactory criminal records check

Primary Responsibilities:

- Maintain frequent contact with youth and elders
- Plan and implement programs and services for these two groups of clients
- Provide regular information sessions to explain new opportunities, forms filing deadlines, changes to benefits and/or laws which might have an effect on current income
- Keep detailed statistics to support requests for funding
- Ensure that seniors are receiving all OAS, CPP and GIS payments to which they are entitled
- Assist youth with schooling, courses or work training and process referrals, registrations and other requirements

Salary based on experience. Full-time 35 hours per week.

Term position to March 31, 2012

DEADLINE MAY 3, 2011

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.



'Round The Rez

Community Events, Workshops & Outings

EMPLOYMENT

Position Title: Early Childhood Development Consultant
Department: Health and Social Development

Direct Supervisor: Supported Child Development Supervisor

Position Summary:

The Seabird Island Band has 2 openings for full-time, Contract (1 year) Early Childhood Development Consultants to provide services to children and their families within home and community settings. The Early Childhood Development Consultants will work within the Supported Child Development (SCD) Program. The SCD Program works as part of an integrated service system for children and their families. SCD services are coordinated with other services supporting children and their families, including mainstream SCD Programs and Early Intervention Therapies

Qualifications/Requirements:

- Professional degree from a University or College of recognized standing in a field related to Supported Child Development (e.g. education, child and youth care, social work, psychology).
- Infant Development/Supported Child Care Consultant Diploma and early childhood development at a Diploma level.
- Minimum 3 years experience facilitating a process of individual planning for children with complex developmental and/or behavioural needs who require additional support
- High level of understanding with regard to child development and the impact of disability and delay on growth and development.
- Experience with and understanding of a range of screening and assessment tools
- Excellent interpersonal and communication skills (written and verbal, including record keeping, reporting, facilitation, presentation and public speaking skills); ability to work as an effective team member and demonstrated practical experience in exercising independent judgment and initiative.
- Preference for candidates with experience working with Aboriginal children and families.
- Valid BC Drivers licence with reliable transportation

DEADLINE MAY 3, 2011

Position Title: Family Development Worker
Department: Health & Social Development
Reporting to: Child & Family Services Supervisor

Seabird Island Band is currently accepting applications for the full-time position of Community Development Response Worker (FDR Worker).

QUALIFICATIONS:

- Diploma in Social Services or a relevant combination of education and experience.
- Preference given to those with a degree in Social Work
- Knowledge of and experience with child protection issues
- Knowledge of special needs and behavior issues
- Experience working with the BC Risk Assessment Model or willingness to take training. Familiar with BC Child Protection laws
- Ability to develop and maintain trusting, supportive, caring relationships with children and families.
- Excellent problem solving and conflict resolution skills
- Experience using Microsoft office products.
- Class 5 Drivers' license and reliable vehicle.
- Satisfactory Criminal Records Check.
- Knowledge of Sto:lo culture, traditions and language is an asset.
- Knowledge of family dynamics, addictions and community resources

PRIMARY RESPONSIBILITIES:

- Facilitate regular family counselling sessions and workshops
- Teach parenting classes
- Facilitate workshops designed to assist client and families as required
- Provide support and education to parents and other family members on healthy families, parenting, communication and lifestyles
- Facilitate regular case conferences with clients and families
- Maintain professional and accurate records and files
- Work as part of an interdisciplinary team to support children and families

Salary: Negotiable
Hours: Staggered 35 hour week.

DEADLINE MAY 3, 2011

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.

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

ADVERTISEMENT RATES

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

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

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

Advertisement rates (per issue) for organizations:	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color ½ page (8x5 or 10x4)	\$37.50	\$61.25
Full color ¼ page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x 3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale ½ page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale ¼ page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x 3)	\$ 8.00	\$10.00

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

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

AGREEMENT

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

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

DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Sandy Bobb
Phone: 604-796-2177
Direct: 604-796-6838
Website: www.seabirdisland.ca
E-mail: sandrabobb@seabirdisland.ca

'Round The Rez

Community Events, Workshops & Outings

BOY'S & GIRL'S GROUPS

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



RAINBOWS:

Wednesday's 4:30 - 5:30 ages 10-13
Rainbows is a place where boys and girls can come to share their feelings about someone they love who has died.

If you have any questions please call Melissa Nielsen at 604-796-0198

WEDNESDAYS

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

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

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

Men's Group at youth trailer at 796-6893

BOYS AND GIRLS YOUTH GROUP

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

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

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

Contact Genna Joseph for more information.

BUILDING BOOKING AND MEETING ROOMS

Angie looks after booking the band gym, and all meeting rooms that are located within the band office. You need to fill out forms to do a booking. Any other questions please call Angie Chapman at 604-796-6854. Gina Gibson looks after booking of the Millennium Hall.

BABIES MEDICAL & STATUS CARDS

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

Contact CHR; Maggie Pettis
604-796-2177



ELDERS WISDOM PROJECT:

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

OFF RESERVE NATIVE HOUSING

TO APPLY, YOU MUST

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

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

VOLUNTEERS REQUIRED

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



AMBULANCE BILLS



Please submit ambulance bills to Maggie Pettis as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NHIB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

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

FUND-RAISING APPLICATIONS:

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

OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed

June 1st/11

June 27th/11



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

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

CATERING & FUND-RAISING

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

'Round The Rez

Community Events, Workshops & Outings

UP COMING EVENTS

2011 ANNUAL FIRST NATIONS FESTIVAL COUNTDOWN

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

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



Festival Tidbits:

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

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



CRIMINAL RECORD

The Criminal Record Pardon forms have now changed.

Contact Genna for more information and to apply for Pardon.

Quotable Quotes

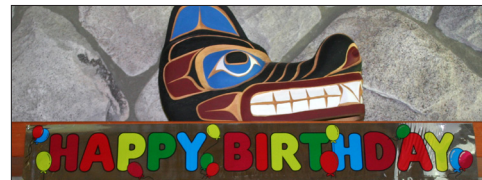
*"It takes a community
to raise a child"*



*"The grass is never greener
on the other side,
be proud of what you have!"*



*"Don't walk in front of me...
or behind me...
walk with me and together
we can accomplish anything."*



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.

Jessica Lacroix's 19th Birthday May 26th. Love you like a million sockeye..baby girl.. love from the family.

Happy Belated Birthday to my beautiful daughter, Ashley Charlie!
Love you so much! Your Mom<3

Happy Birthday Trevor (June 1)
Love Mom & Dad

STOLEN BIKES

There have been a number of bikes stolen on Seabird lately. Please keep your eye out and lock up all your valuables.

If you register your bike at the police department, they will have an easier chance at getting you your bikes back.

BLOCK WATCH

- Do you worry about living in a safe neighborhood? Are you concerned about youth out at all hours of the night?
- Do you know an Elder who is scared at night?

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

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

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

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

WARNING



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)

Women's Health

TAKE CARE OF YOURSELF

Body, Mind & Spirit

Most women can read others well and will nurture their friends and family, but overlook their own bodies needs.

Many of the symptoms women have are easily ignored but can lead to serious problems and can prove to be deadly if ignored.



HEART DISEASE

- The #1 cause of death in women

Some of the most commonly ignored symptoms before a heart attack include unusual chest pain, nausea, sweating, pain in the arm, throat or jaw.

BREAST CANCER - *Early Detection is key.*

- One way to detect it early is to start doing **regular self-breast exams** starting in your late teens. Get to know your breasts well, so that you can easily detect any changes.
- The best time for a self-exam is usually the week after your period.
- Woman age 40 - 79 years should start getting regular Mammograms every 2 years.
- Women who drink alcohol often, increase their odds of developing breast cancer.
- Symptoms of breast cancer include hard lumps, knots or thickening in the breast tissue.

CERVICAL CANCER

- Another large health risk for women, caused by human papilloma virus (HPV).

Once Diagnosed with Cervical Cancer, pregnancy is most often not an option for your future.

This disease is **100% preventable** if the right measures are taken. (HPV) comes from sexually transmitted diseases:

- Condom use can reduce your chances of contracting HPV.
 - Available at the Seabird Band Office
 - Covered with a prescription from non-insured health benefits..
- Limit your sexual partners, save yourself for your **forever man.**

The best way to diagnose HPV is with a Pap smear, if you are sexually active, consult your doctor, this should be done at least every 2 years.

