

The Echo

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APRIL 2014

CORMORANT ISLAND RECIPIENT OF ECONOMIC DEVELOPMENT GRANT

‘Namgis First Nation and Village of Alert Bay Join Forces

Alert Bay and the ‘Namgis First Nation are creating a joint economic development plan to identify and prioritize projects on Cormorant Island.



“Integrating economic opportunities between both communities will help ensure vitality in the area,” said Island Coastal Economic Trust (ICET) Chair Phil Kent. “The plan will address the needs of these communities and integrate the ‘Yalis and Alert Bay economies with the regional economy.”

ICET is contributing \$30,000 to the project to match the \$10 000 provided by the Village of Alert Bay, ‘Namgis First Nation and Regional District of Mount Waddington.



‘Namgis First Nation Chief Bill Cranmer said, “The consultation process will result in greater awareness of challenges and opportunities within the community.”

The project will see an analysis of the local economy, including inventory and asset mapping. Community consultations with the Village of Alert Bay, the ‘Namgis First Nation, and stakeholders will follow.

“The ‘Namgis First Nation and Village of Alert Bay have had a formalized accord since 1999,” said Village of Alert Bay Mayor Michael Berry. “We share many common goals, such as creating long term employment opportunities, which is key for youth retention.”

The planning process will begin in early spring and should be complete by November.

Press release March 20, 2014 from ICET.



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SERVICE CONTACTS

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After Hours Emergencies**
250-974-7091
Animal Control
250-974-4188
Recycling
250-974-4216
Boat Harbour
250-974-5727
Community Hall
250-974-2649
Fire Hall
250-974-5332
Visitor Centre
250-974-5024
EMERGENCY– 911




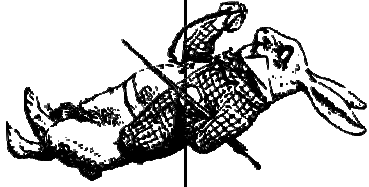





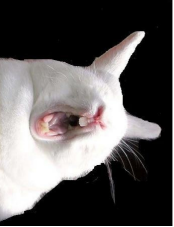



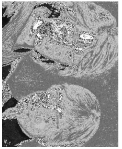

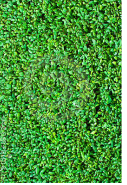
*“spring when
the world is
puddle
wonderful”*

-ee cummings



Coming Events

Stress awareness month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CLINIC FOR CHILDREN BORN IN 2009	2 CLINIC FOR CHILDREN BORN IN 2011	3 FIND A RAINBOW DAY! 	4 WALK TO WORK DAY 	5 PILLOW FIGHT DAY! 
6	7 	8 DRAW A PICTURE OF A BIRD DAY 	9 COUNCIL MEETING 7PM <i>Everyone welcome! Come to the meeting?</i>	10	11 EIGHT-TRACK TAPE DAY! 	12
13 SCRABBLE DAY! 	14	15 BICYCLE DAY! 	16 EASTER CAN BE VERY HARD WORK FOR RABBITS 	17 	18 VILLAGE OFFICE & TRANS. STN. CLOSED GOOD FRIDAY! BE GOOD! SHOPRITE DISCOUNT DAY	19 TRANS. STN. CLOSED GARLIC APPRECIATION 
20 EASTER! EASTER BUNNY BREAKFAST @ THE LEGION! 8:30-11:30AM	21 EASTER MONDAY VILLAGE OFFICE CLOSED 	22 TRANSFER STN. OPEN 8:30-3:45	23 ADMINISTRATIVE PROFESSIONALS' DAY! COUNCIL MEETING 7PM Financial Plan 	24 TAKE YOUR CHILD TO WORK DAY! 	25	26 WE APPRECIATE YOU 
27 STORY DAY! <small>WADSO born a time that was a day before the world was created in the woods.</small>	28	29 GREENERY DAY! 	30 SHOPRITE SENIORS DISCOUNT DAY!			

Spring Bowling Schedule

Friday Nights 7-9pm
* NO BOWLING GOOD FRIDAY*

Cost for 3 games:	Regular	Cosmic
Children 0-11	\$2.00	\$2.50
Teens 12-18	\$3.00	\$3.50
Adults 19-150	\$3.75	\$4.25
Shoe rental	\$1.50	



Official Community Plan

Village Council wants your opinion on our draft Official Community Plan! We have prepared newsletters to explain some key areas of the OCP and have had two open houses. Let us know what you think!

1. Come by the office to pick up your copy of the OCP and/or newsletters
2. Visit our web site at www.alertbay.ca
3. Call us a call at 250-974-5213 and we will mail you copies.
4. Fill out a feedback form either in the fourth newsletter and drop it off at the Village office or use our online comment form on our web site.

The comment period runs until April 11.

Animal Control

New Animal Control phone number: 250-974-4188

Alert Bay's Animal Control Bylaw (#737) states that, "Any animal which is found running at large, straying or trespassing contrary to the provisions of this Bylaw shall be liable to seizure and impoundment."

The majority of impoundments on Cormorant Island are a result of a complaint by another citizen, and most complaints are about dogs running at large.

Alert Bay's Animal Control Officer receives a flat fee regardless of the amount of work. It is in everyone's best interests not to have to impound dogs. The more dogs we impound, the more money we must spend to feed and, if unclaimed, transport them.

Please keep your pets secure!



Alert Bay Artists Society would like to thank Tina Alexander and friends for creating and installing the fibre art piece, Granny Graffiti, on the outside of the ArtLoft Gallery. This piece is part of the Colours of Hope exhibit currently on display at the Gallery.

Please come check out this exhibit as well as on-going art by members of the Society, and our fine collection of gifts, including jewelry, cards and crafted cedar pieces.

We've been yarn bombed! and we love it! Thanks, Tina!

www.alertbayartists.org



Come walk with us!

Submit your kilometres to the Village Office as we walk across Canada! We have made it to **Waldeck, Saskatchewan** (17km from Swiftcurrent)

- POP. 333
- Founded in 1882, incorporated in 1906
- Most citizens have Mennonite ancestry
- Waldeck is a German word meaning 'Wooded Corner'

Choir concert!

The Alert Bay Chorus presents its Spring Concert on Sunday April 27th at the Christ Church. Time TBA.

Look for posters for more information!

YOGA

New yoga sessions started at the Community Hall at the end of March. It's not too late to sign up! See the Village Office.

GREEN THUMB?

Volunteer to tend a boardwalk garden this summer and win prizes! See the Village Office for details.

TRANSFER STN HOURS

The transfer station will be closed Friday April 18 and Saturday April 19 for Easter. It will open again Tuesday April 22 from 8:30am to 3:45pm.

CHILDREN'S CLINIC

Bring in your 3 or 5 year -old child for a check-up! Includes vision, hearing, speech, dental, vaccines and development!

2009 babies: April 1
2011 babies: April 2

Call Tanis Dawson to book an appointment:
250-974-5522

Stress awareness month!

.Are you stressed out?

Stress is an normal emotional response to the demands of life. Everyone experiences it, and the results range from being in a foul mood to getting sick. In fact, it is estimated that 75 - 90% of all illnesses are stress-related. Learning to manage stress can help you live a healthier and longer life.

<i>Signs of stress</i>	
Physical	Muscle tension, headaches, restless sleep, stomach and digestive problems
Mental	Poor concentration, racing thoughts, forgetfulness, low productivity
Emotional	Irritability, anxiety, mood swings, low patience
Spiritual	Cynicism, lack of fulfillment
Social	Intolerance for others, lashing out

Manage your stress!

Physical:

- Get regular exercise. You can take small steps to incorporate exercise into your daily life. This might include parking farther away when shopping, going for a walk, or even getting up during commercials when watching television.
- Improve your diet. Food impacts how we feel—energetic or sleepy—and when we are stressed, we tend to reach for less healthy foods, creating a vicious cycle.

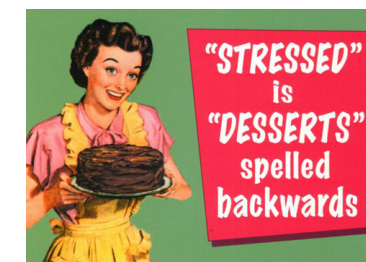
Mental:

- Recognize that you have the power to make decisions. You can plan to reduce your stress.
- Keep a positive outlook. Try to identify things that are going well or that went well. This might be something as small as the sun being out.
- Leave work at work. Many times bringing work home—or thinking about work at home—is a sure way to stress out both ourselves and our families.

Emotional/Social:

- Put effort into creating a support network. Although stress may make us want to withdraw, it can be very helpful to spend time with supportive family and friends.

Sources: Stress Awareness Month articles by S. Pish at Michigan State University, and Carleton University.



Suzy manages her stress by baking

Easter Bunny Breakfast!

Break your fast with the Easter Bunny and the Legion Ladies' Auxiliary this Easter!

Everyone welcome!
Sunday, April 20, 8:30- 11:30 am
At the Legion

