



# YOO HOO

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

[www.seabirdisland.ca](http://www.seabirdisland.ca)

July 2012

## Aboriginal Day Celebrations June 21st



Aboriginal Day was filled with activities and a great barbecue lunch. Thank you to everybody who came out a participated!

*Happy  
Aboriginal  
Day!*



**WIN! WIN! Win!**  
Look for the Yoo Hoo  
Monthly Incentive  
Contest Inside!

**NEW!**  
Seabird Youth  
Council Pg. 5

### Mosquitoes!

**Ready or not,  
here they come!**

Check around your  
yard for hatching areas.  
**Dump any standing  
water!**

**Call John** if you have  
a pond or any swampy  
areas around your yard!

## Flood Update - Reduced to Stage 1 River Watch Alert

Waters are expected to peak on the long weekend. The peak is expected to be less than last weeks peak as such we are not expecting major flooding. Flooding should remain localized to low lying areas of Seabird. If these homes need to be evacuated they will be housed locally. If any large scale evacuation happens to take place our evacuation sites are Cheam and Merit.

Please stay away from the river and slough banks at this time, high water can make the surrounding banks unstable. These areas are hazardous. Keep a close eye on your children and animals.

Please keep an eye on the Seabird Website for updates, we also have a Flood Central in the lobby of the Seabird Band Office where you can pick up flyers and more information.

Just in case we are advising people to be prepared to be self-sufficient for 3 days; have enough food and supplies to take care of your family for 3 days until assistance can arrive to help you.

If you would like more information you can contact Sandy Bobb at 604-796-6838 or Zena Schultz at 604-796-5021.



Fraser River at Seabird Access Road behind the farm June 26<sup>th</sup> 2012

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# Seabird Festival Results

## Men's Soccer

- 1st - Sto:lo United
- 2nd - Sechelt  
Renegades
- 3rd - Nanaimo Snipers

## Ladies Soccer

- 1st - Musqueam
- 2nd - Cowichan FC
- 3rd - Saanich  
Hurricanes

## 14-16 Soccer

- 1st - Seabird
- 2nd - Sechelt
- 3rd - Sts'ailes

## 11-13 Soccer

- 1st - Sto:lo United
- 2nd - Lilwat
- 3rd - Pauquachin  
Arrows

## 10 & under Soccer

- 1st - Sliammon  
Jr Braves
- 2nd - Seabird
- 3rd - Musqueam

## 7 & under Soccer

- 1st - Sto:lo United
- 2nd - Cowichan Eagles
- 3rd - Chawathil

## Men's Ball hockey

- 1st - Tekemlups Devils
- 2nd - Chehalis Rain
- 3rd - Twn Flyers

## Ladies Ball hockey

- 1st - Jags
- 2nd - Seabird
- 3rd - Salish Strong

## War Canoe Races Results for Saturday & Sunday

Race Categories- Saturday	First	Second	Third
Single Paddle Girls and Boys	C. Gagnon	Zack Williams	James Christjonh
Single Paddle Woman	Natasha Miranda	Rose Greene	Mary Simmons
Single Paddle Men	Richard Ballew	Robbie George	Roman Ballew
Double Paddles Girls & Boys	Moses & Kayla Seymour	Lorey & Justin	James & Vanessa Galindo
Double Paddle Woman	Mary Simmons & Natasha Miranda	Amanda & Trina	Rose Green Rhonda George
Double Paddle Men	Roman & Darren	Russ & Joe	Jedson & Devon
Mixed Double	Natasha & partner	Mary & Roman	Ses & John
4 paddle woman	Stahlo	Miss Mary	Brother Lantz
4 paddle men	Lil 5 Star	Lil Brave	Lil 5 Star
Jr Buckskins11	Rainbow	Lady Rose	Ocean Thunder
Buckskins 11	Lasy Rose	Hummingbird II	Flaming Star
Womens 11	Rikkole Cree	Stolo Princess	Eyemth'a:le
Mens 11	Island Brave	Lil Sister	Rainbow
Race Categories- Sunday	First	Second	Third
Single Paddle Woman	Rose Greene	Jackie Good	Amanda
Single Paddle Men	Darren Good	Robbie George	Darren God Jr.
Double Paddle Woman	Rose & Elizabeth	Ang & Heather	Liz & Katy
Double Paddle Men	Darren & Roman	Robbie & Walter	Joe & Russ
Mixed Double	Robin & Mary	Lana & Joe	Walter & Michelle
6 paddle woman	Stahlo Princess	Brother Lantz	Miss Mary
6 paddle men	Five Star	Lil Cree	Lil Brave
Buckskins 11	Lady Rose	Flaming Star	Humming Bird
Womens 11	Stahlo Princess	Mystical Lady	Rikkole Cree
Mens 11	Mountain Breeze	Island Brave	Lil Sister
Jr Buckskins11	Lady Rose	Amanda Sara	Ocean Thunder



# Seabird Dental Celebrates it's 10 Year Anniversary

Seabird Island Dental Clinic reached a milestone on June 8, 2012 celebrating 10 years of service. The dental clinic was opened to provide quality dental care to the aboriginal people in the area. We now have patients from all areas of B.C.

The dental clinic first opened on July 8th, 2002 with only two dental chairs. Dr. Noni Goldwire was the first dentist, and Valencia Bobb the first Certified Dental Assistant. Val is still working part-time in the clinic. Dr. Goldwire left the clinic in December 2010 when she and her family moved away from the area.

The clinic expanded in 2006, with the addition of two more dental chairs. This called for the addition of more dental staff as well.

In 2003, Eileen Payment joined as a Certified Dental Assistant. Dr Jennifer Parrott came in 2007. Eileen still works in the clinic but Dr Parrott left us in June 2011.

Over the years we have had the following dentists: Dr. Natasha Tam (2008 to Jan2009), Dr. Matt Panar (April 2009 to present), Dr. Abu Khan (May 2009 to 2010), Dr. Graham Grabowski (August 2010 to May 2011), Dr. Luke Cockerham (Aug 2011 to present), and Dr. Bruce Gerry (Sept 2011 to June 2012). We have employed several assistants as well: Joan Peters, Kristina Bray, Cindy Kelly, and Natasha MacDonald (January 2008 to present), Heather Greer (January 2009 to present), Rosie Jones (April 2009 to present) and Cheryl Hick (July 2010 to present).

Dental hygiene is a very important part of Seabird Island Dental and our past & present dental hygienists have been: Jenny Chow, Peter Magnan, Lisa Welch, Erin Sawatsky, Jan Murray and Stephanie Honey (June 2008 to present).

The dental clinic went digital in January 2010 with the installation of computers in each dental operatory. This



allowed the office to introduce digital x-rays and electronic charting. Then in October 2011, the clinic upgraded our sterilization center providing the newest technology and equipment available for the highest infection control standards.

Over the years we have had some great staff. The current staff has been with us for quite some time and we work well as a TEAM.

A large part of Seabird Island Dental Clinic's success is due to our invaluable patients. We have 2700 active patients who maintain continual commitment for optimal oral health. We are proud to have served the community for the past ten years and look forward to continuing to do so for many more.

*Kw'as Hòy!*

## Find us online!

[www.seabirdisland.ca](http://www.seabirdisland.ca)



Scan this QR Code with your smart phone and it will lead you to the Seabird Website. This is an easier way than typing <http://www.seabirdisland.ca> into your smart phone.

Scan this QR Code with your smart phone and it will lead you to the Seabird Newsletter on our Website. This is an easier way than typing <http://www.seabirdisland.ca/page/news-events> into your smart phone.



Download an app for your smart phone by searching: QR Scanner Make your own QR code by searching : QR Code Generator

## Greetings Chief/Chairperson and Educational Coordinator

Flatiron-Graham, a joint venture building the Interior to Lower Mainland Transmission line is pleased to announce that we will be offering four multi-year scholarships to students from communities located along the transmission line corridor. Attached is the announcement setting out the eligibility criteria and application requirements. Also attached is the application form. The deadline for applications is July 20, 2012 at 3:00 pm. Should you have any questions please contact Janis Brooks, Aboriginal Relations at Flatiron-Graham. Janis can be reached at [AboriginalRelations@flatironcorp.com](mailto:AboriginalRelations@flatironcorp.com) or by phone at 604 846-1011, or cell 604 798-1269.

## Cheryl Brooks

Aboriginal Relations

ILM TRANSMISSION LINE PROJECT

Email: [aboriginalrelations@flatironcorp.com](mailto:aboriginalrelations@flatironcorp.com)

Phone: 604 846 1011 (ext 221)

Cell: 604 798 1269

Fax: 604 846 1012

# Housing Wait List - June 2012



## Reminder to maintain your yards and lawns.

Long grass and messy yards can cause a lot of problems; ruin septic fields, allow pests and rodents into your homes, prevent access by emergency personnel, look unsightly, cause unsafe access. These pests and other messy items around your yard can also bring germs and allergens to your home.

Please keep lawns and yards mowed and maintained. Thank you!



### 1 bedroom

1	12012011-025
2	28022011-026
3	07282011-2041
4	09212011-2045
5	10212011-2044
6	11232011-2046
7	04172012-2047
8	06082012-2048



### 2 bedroom

1	02222010-2019
2	09082010-2028
3	11172010-2030
4	02282011-2035
5	04142011-2036
6	07082011-2038
7	08052011-2041
8	09212011-2045
9	10202011-2046
10	11012011-2047
11	01042012-2048
12	01122012-2048B
13	03152012-2050
14	01142012-2049
15	04112012-2051
16	04172012-2047
17	04202012-2052

### 3 bedroom

1	8142009-3019
2	11252009-3028
3	01012010-3030
4	04212010-3038
5	04212010-3039
6	16112010-3043
7	01032011-3048
8	21032011-3050
9	28032011-3051
10	12052011-3052
11	08282011-3054
12	10202011-2046
13	31102011-3055
14	11012011-2047
15	15112011-2056
16	01032012-3057
17	01042012-3058
18	01052012-3059
19	01032012-3060
20	01062012-3061
21	01242012-3062
22	03302012-3062
23	04022012-3063
24	05072012-3065
25	05072012-3066
26	05072012-3067
27	05312012-3068
28	06142012-3069

**Don't know your number?**  
Contact Stacy McNeil to see  
where you sit on the waitlist!

#### Note:

If you have outstanding debt to the band,  
you will NOT be placed into a rental unit,  
as per housing policy.

## 2012 Dream Catcher Awards Call for nominations

These awards will be presented to a community organizer who has worked with either youth or community groups at the grassroots level and have not received the level of recognition deserving their work. The community organizer will have been involved in organizing sports or recreation activities; arts and cultural activities; education or health related activities.

### The awards are given in the categories of:

- Arts and Entertainment
- Health and Medicine
- Human Rights
- Lifetime Achievement Award
- Community and Culture
- Education
- Sports

### Who is eligible?

Any Aboriginal person in Canada.

### The deadline is August 3, 2012.

Awards will be presented at the  
8th Annual Dreamcatcher Gala on October 11, 2012,  
at the Hamilton Convention Center.

Nomination forms are available at the Seabird Band  
Office or at <http://www.syilx.org/wordpress/wp-content/uploads/2012/06/Dreamcatcher-Nominees.pdf>

## Paint balling Recreational Outing



On May 18, 2012 Seabird Youth went paint balling at Sniperz in Chilliwack BC. They learned team work, shooting skills, and a few paint ball games. Everyone enjoyed themselves. For some it was their first time, for others they played it before as a recreational sport and brought their own equipment. There were

some paint ball bruises but the youth had fun.



## Youth Volunteering –SPCA Trip



Seabird Youth attended the Chilliwack SPCA for a Volunteer afternoon. They were given a tour of the facility, introduced to the basic care and daily routine of the animals. They listened to the stories about how the animals arrived at the shelter, and gained a greater appreciation for the different aspect of responsible pet ownership.

A special Thanks to the youth whom volunteered and to the Chilliwack SPCA for graciously hosting us.

## Proper Care and Handling of Pet at the SPCA



If you would like to volunteer some hours towards your resume this summer or just like to help out, please contact Sheila-Youth Liaison Worker

## Youth Drop In -@ Seabird Youth Centre

The Youth Drop in has been running steady now for 6 weeks. It's a safe place for youth ages 13-18 to drop in and participate in activities. Thus far we have watched (in house) movies both educational and entertaining, shared in meals, went hiking, and swimming. We have around 15 youth that attend on average. It's open to Seabird youth to come and participate, drop in, hang-out, share stories, laugh & get support.

**Youth Drop In takes place Wed Evening between 6-9 p.m.**

## NEW YOUTH COUNCIL!

**Do you know what a youth Council Is?**

**Do you see yourself in a leadership role?**

**Do you want to create change?**

**Do you want to engage in community decision making?**

Seabird Island would like to promote a Youth Driven Council. Developed, in partnership with Seabird youth. Seabird will help facilitate the tools and resources to support the sustainability of youth engagements in our community.

**Our first introduction & information session** will take place on **July 4th @ 6:00-7:00 p.m.** at the **Seabird Island Youth Centre**. Seabird supports the development of relationship building between youth, their adult allies and Elders. If any of these questions interest you please feel free to drop in and check it out.

## Summer Started – Youth out of School

All of our students are now out of school, congratulations to all of you for a year of hard work. You will have many hours to relax and have positive fun. If you would like to see what's happening this summer in your community contact Sheila-Youth Liaison for more information

## Special Note:

I would just like to say thank you to the Seabird Youth for your positivity and respectful mannerisms, It's great fun working with each one of you and I look forward to continuing to build relationships

## Upcoming Youth Events /Important Dates

- ▶ **White Water Rafting** on the Chilliwack River **June 29th from 12-5 p.m.** Lunches provided and a guided rafting trip down the river. **Permission Forms required Cost \$25 per youth.** Half Day Trip
- ▶ **July 5th Britannia Mine Museum** and Picnic Lunch Full day Trip, costs **\$5.00 per youth**, permission forms required.
- ▶ **Youth Volunteer at Salvation Army Chilliwack**, half day trip **July 20th**
- ▶ **Youth Free Swim July 23** from 6:30-8:30 p.m. In Agassiz, sign up with Sheila
- ▶ **Youth drop in CANCELLED for July 11** due to Elders Conference.

## 7 Things to Know about INDOOR AIR QUALITY - Safety



- 1 Ventilate your house. One of the easiest ways to improve air quality is proper ventilation. This removes stale indoor air, reduces the amount of air pollutants and helps control moisture. You can improve ventilation in your home by opening windows and doors and using kitchen and bathroom exhaust fans.
- 2 Almost 60 percent of First Nations adults are smokers. Cigarette and tobacco smoke is a health hazard. Smoking and second-hand smoke can cause lung cancer. Kids exposed to smoke are more likely to get upper respiratory infections, middle ear infections and pneumonia. Smoke also worsens asthma. Smoke can get trapped in hair, skin, fabrics, carpets, furniture and even toys. Each time a cigarette is lit, more smoke gets trapped. Eventually this trapped smoke gets into people's bodies. To improve air quality, do not smoke in your house or car. Get help to quit smoking by talking to your nurse or doctor.
- 3 Over 40 percent of homes on reserves need major repairs, and mould is a common problem. Mould is a fungus that grows on food or damp materials. Mould can be black, white or coloured. As mould grows, it releases spores into the air that can affect your health in a variety of bad ways: eye, nose and throat irritation; wheezing and shortness of breath; allergic reactions; and worsening symptoms of asthma. The key to preventing mould is to reduce indoor moisture. For instance, you should turn on fans to vent water vapour from your shower, and you should throw out wet materials that could grow mould, such as wet cardboard, paper or fabric. If you discover mould, clean the surface with soapy water and dry the surface completely. If the mould covers areas larger than one square metre, consider getting help from your health centre or an environmental health officer.
- 4 Radon is a gas that has no smell, colour or taste. It is produced by the breakdown of uranium in soil, rock and water. Radon gas can accumulate in poorly ventilated spaces such as basements. Low levels of radon are not a health concern, but long-term exposure to high levels can increase the risk of lung cancer. Less than 3 percent of Canadian homes off-reserve have high levels of radon gas. Health Canada is currently working with First Nations communities to determine the levels of radon gas in homes on reserve.
- 5 Carbon monoxide (CO) is a deadly gas that has no smell, colour or taste. It can come from unvented kerosene and gas space heaters; gas water heaters; wood stoves and fireplaces; charcoal burners; gas stoves; and exhaust from generators and other gasoline-powered equipment such as cars, trucks and snowmobiles. Low levels of CO exposure can give you a headache and make you feel tired. At high levels, CO can cause death. To prevent CO exposure, always ensure that your home is well ventilated. Do not start vehicles or other gasoline-powered equipment in enclosed spaces such as your garage. Consider buying and installing a CO detector from your local hardware store.
- 6 Lead dust can be released into the air from old paint on walls or furniture, and it can harm the developing brains and nervous systems of children and unborn babies. Lead was often added to paint made before 1960. Between 1960 and 1990, small amounts of lead were sometimes used in paint. Lead paint is usually not a problem if it is not flaking, peeling or blistering. To check if the paint on your walls or furniture contains lead, you can obtain a lead paint test kit at most major hardware stores. If you suspect you have a problem, get help from your health centre or an environmental health officer.
- 7 Dust and dust mites can cause allergic reactions and worsen the symptoms of asthma. Dust mites are microscopic creatures that live in beds, carpets, furniture, pillows, and blankets. To reduce dust and dust mites, vacuum your carpets and any fabric-covered furniture. Vacuum your mattress regularly and wash sheets once a week in hot water. To reduce your exposure to pet dander (a source of dust); keep dogs and cats out of your bedroom and off your furniture.

## Elders Corner



### 36th Annual Elders Gathering

The Elders Gathering is fast approaching and Sheila the Elder Liaison Worker will be hosting a **meeting for all the Elders and volunteers on Wednesday July 4th at 1:00 at the Seabird Band Office Room.**

This is an opportunity to meet this years Volunteers and to go over the logistics of the three days at the Elders Gathering. July 10,11,& 12 at the Abbotsford Tradex Centre.

Please bring your care card information and emergency contact information to the meeting, so we can get some of our emergency contact information forms filled out. Rides will be provided for those who require it. **Light Snack & Refreshments Provided.**

### Elders Support Meetings

Our Next Elders Support Meeting will be **July 19th from 12-4 pm**  
Lunch Provided.

### Reminder -Service Canada

Elder Liaison Worker visits service Canada once a month, in the afternoon of the the last Tuesday of each month.

If you require assistance with your **Canadian Pension** or have **Paper Work** that needs to be filled out and / or would like to make an appointment to go to service Canada please see me and make an appointment to go down to their office.

**\*Next Date is July 31**

Sheila Seitcher –Elder Liaison Worker@ Seabird  
604-845-2295 or 604-796-6892

### Knowledge, Skills & Confidence

### Looking for Workshop Leaders

The Arthritis/Fibromyalgia Self-Management Program is a FREE, volunteer-led patient education program for people with arthritis and fibromyalgia. If you are interested in co-leading groups and supporting others in your community, then this training opportunity may be for you!

### Arthritis/Fibromyalgia Self-Management Program



- Learn to modify activities to reduce pain and fatigue
- Do flexibility, endurance and strengthening
- Prevent/Delay osteoporosis; prevent falls; evaluate treatment options
- Take action and live the best life possible!

The 4-Day Leader Training Workshop will be held at:

### Seabird Island Health Centre

Monday and Tuesdays, Sept 10, 11, 17 & 18, 2012  
9:30 am to 3:30 pm (Lunch will be provided).

For more information contact:

Rhonda Carriere at rcarrier@uvic.ca

Call TOLL-FREE 1-866-902-3767 or visit our website:  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)



Contact: Vanessa Peters  
Communications HUB Assistant  
Direct Line: 604-796-8646  
vanessapeters@seabirdisland.ca

Contact: Linda Kay Peters  
Community HUB Coordinator  
Direct Line: 604-796- 6822  
lindak@seabirdisland.ca

## Attention women born in 1991, 1992, or 1993!

**Don't miss your chance. Get vaccinated against the virus that causes cervical cancer...for FREE!**

**Please contact your CHR or Nurse Lisa Walberg at Seabird Island 604-796-2177 Local 6832**

Starting in April 2012, BC is offering a ONE TIME ONLY opportunity for women born in 1991, 1992, or 1993 to get the HPV vaccine, Cervarix, at no cost. Cervarix protects against 2 types of human papillomaviruses, types 16 and 18, which cause most cervical cancers. The vaccine does not protect against HPV types that cause genital warts.



# Seabird Island First Nation Custom Election Code Information Bulletin

What is a code? – It is a system of rules of conduct or procedure. An election code simply sets out the rules of how an election will take place.

The current Indian Act election system that Seabird follows creates a number of problems. Over the past few years Seabird Island Council has contemplated moving from an Indian Act Election System to a Custom Election Code that better suits the needs of the band. In fact, Seabird has gone as far as drafting a custom code in 2006. In April of 2012 Chief and Council started a new committee to review that old election code and

update it. **The current members of Seabird Island's Election Code Committee are:**

Grace and Lyle Bobb, Wayne Bobb Celeste Bobb, June Harris, Barb Chapman, Ivan McIntyre, Stacy McNeil, Rod Peters, Janice Parsey, Alexis Hannigan, Maggie Pettis and Mazie Peters.

Some comparisons between Aboriginal Affairs election system and a Seabird Island Custom Election Code that are being discussed by the election code committee are:

<b>Election Code Comparisons/Differences</b>	<b>Aboriginal Affairs – Election System</b>	<b>Seabird Island – Custom Election Code</b>
Can run for chief or Council at same time	Yes	No
Term of office	2 years	3 years
Nomination restrictions	No - one person can nominate all candidates	Yes – one person can only nominate for number of positions
These are no election offenses – vote buying, etc	No	Yes
Penalties for offences	No	Yes
Cannot be an employee of Band and hold a position on council	Yes	No – must take a leave of absence
Has tighter qualification requirement to run for office	No	Yes – must have knowledge of position and know Governance Manual
Has Recall	No	Yes – a member of council can be recalled from office if they are not performing well

If you have any questions or concerns about Seabird Island's current election system and would like to see changes included in a custom election code, please contact any of the members of the committee or email your comments to Gary Lister - [glisters@shaw.ca](mailto:glisters@shaw.ca) or call 604-858-7504. It is hoped that a Seabird Island Custom Election Code can be drafted, ratified and in place in time for the election in 2013.

Many first nations across Canada operate under their own custom election code. Due to the inadequacies of the Indian Act Election System native groups from Manitoba and the Atlantic are working with Canada on Bill S-6 – the First Nation Elections Act – that will correct the election system deficiencies under the Indian Act. This bill is currently in the Senate. Once past, first nations will be able to opt in, remain under the Indian Act system or create their own custom election system.



# Seabird Island First Nation Custom Election Code Information Bulletin

## Election Code versus Governance Manual an Overview

An election code describes the process of how council gets elected while the governance manual describes how the council will govern once they are elected.

The seabird Island band election Code simply sets out the rules of how an election will take place. This includes such items as:


- |                                       |                        |                                |
|---------------------------------------|------------------------|--------------------------------|
| 1. How many council                   | 7. Council vacancies   | 13. Penalties                  |
| 2. Who is eligible to run for office? | 8. Nominations         | 14. Recall                     |
| 3. Term of Office                     | 9. Mail-in ballots     | 15. Amending procedures        |
| 4. Eligible elector                   | 10. Voting procedures  | 16. Effective date of new code |
| 5. Election officer                   | 11. Appeals procedures |                                |
| 6. Appeal Board                       | 12. Election Offenses  |                                |

The Seabird Island Band Governance Manual establishes the Model of Government and the regulations and procedures for the governance of the Band by the Chief and Council after they have been elected. This includes such items as:

- |                                       |  |                             |
|---------------------------------------|--|-----------------------------|
| 1. The Council's Mandate              | 7. Band Manager's relation to Council              | 11. Financial budgeting     |
| 2. Chair person's role                | 8. How the Band Manager follows Council directives | 12. Audit                   |
| 3. Meetings                           | 9. Asset protection                                | 13. Executive committee     |
| 4. Code of Conduct                    | 10. Transparency                                   | 14. Portfolios              |
| 5. Conflict of interest               |  | 15. Oath of office          |
| 6. Councils role and responsibilities |  | 16. Reporting to Membership |

***Custom Election Code committee has been meeting regularly to meet and discuss changes to the Custom Election Code as per direction from the Seabird Island members who attend the General Band meetings. As you can see from the attachment there many decisions to be made relating to number of years, being an employee , election offenses this just to name a few rules that could be part of our new election code.***

***If you're interested in being part of our Custom Election code committee, please contact Fern Angus and she can let you know when the future meetings are. If you have any questions or concerns please contact, Councilor Maggie Pettis.***



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

**Phone:** 604-796-2177  
**Direct:** 604-796-6838  
**Website:** [www.seabirdIsland.ca](http://www.seabirdIsland.ca)  
**E-mail:** [sandrabobb@seabirdIsland.ca](mailto:sandrabobb@seabirdIsland.ca)

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

Each issue as well as past issues are posted on the Seabird Website: [www.seabirdIsland.ca](http://www.seabirdIsland.ca) or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb; Communications Officer & Graphic Designer, by phone at 604-796-6838 or e-mail [sandrabobb@seabirdIsland.ca](mailto:sandrabobb@seabirdIsland.ca)



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**SUBMISSION DEADLINES**

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

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

**DELIVERY**  
The first (1<sup>st</sup>) of each month

**Accreditation update:** Here are some of the things our working groups have been working on

- **Falls prevention:** new tools for assessment are being developed. The Fraser Health mobile falls prevention team will be coming to Seabird to assess elders and others at risk in the fall of this year
- **Infection control committee meets monthly:** forward any concerns to Lisa Walberg or Stephanie Honey
- **Emergency planning:** Our plan is being tested with this flood watch. A community map with critical infrastructure and homes at risk has been created.

Reminder: We are not expecting major flooring through-out Seabird. Any flooding should be localized to low lying areas.

**If you are on well water and your property is flooding we recommend you do NOT use your water.**

Each family is responsible to stock enough supplies for their family to last the first 72 hours of an evacuation, until help can be received. With this in mind please make sure you are well stocked with bottled water, canned goods, clothing, bedding, flash lights, and a radio.

If you evacuate before the evacuation notice is out, you are on your own and responsible for your own supplies and safety. Once it is mandatory to evacuate there is funding options available for help from that point on, but remember help may not be able to get to you for 72 hours!

**ONLY YOU CAN PREVENT WILDFIRES.**



*Back yard fire pits, keep your hose close by in case it gets out of control!*

### Be Smart Outdoors this Summer

Building a campfire can be a lot of fun. But be sure to keep safety in mind before, during, and after you've built it.

### How to Pick Your Spot

DO NOT build a fire at a site in hazardous, dry conditions. DO NOT build a fire if the campground, area, or event rules prohibit campfires.

Look for a site that is at least fifteen feet away from tent walls, shrubs, trees or other flammable objects. Also beware of low-hanging branches overhead.

### Building Your Fire Pit from Scratch

1. Choose a spot that's downwind protected from wind gusts, and at least 15 feet from your home, tent and gear.
2. Clear a 10-foot diameter area around the pit. Remove any grass, twigs, leaves and firewood. Also make sure there aren't any tree limbs or flammable objects hanging overhead.
3. Dig a pit in the dirt, about a foot deep.
4. Circle the pit with rocks.

### Preparing Your Fire Pit

Before you start your fire, you need to prepare your pit.

1. Fill the pit with small pieces of dry wood; never rip or cut branches from living trees.
2. Place your unused firewood upwind and away from the fire.
3. Keep a bucket of water and a shovel nearby.

### Maintaining Your Fire

As you're enjoying your fire, remember these safety tips:

1. Once you have a strong fire going, add larger pieces of dry wood to keep it burning steadily.
2. Keep your fire to a manageable size.
3. Make sure children and pets are supervised when near the fire.
4. Never leave your fire unattended
5. Never cut live trees or branches from live trees

### Extinguishing Your Campfire

When you're ready to put out your fire and call it a night, follow these guidelines:

1. Allow the wood to burn completely to ash, if possible
2. Pour lots of water on the fire, drown ALL embers, not just the red ones
3. Pour until hissing sound stops
4. Stir the fire ashes and embers with a shovel
5. Scrape the sticks and logs to remove any embers
6. Stir and make sure everything is wet and they are cold to the touch
7. If you do not have water, use dirt. Mix enough dirt or sand with the embers. Continue adding and stirring until all material is cool.

**Remember:** do NOT bury the fire as the fire will continue to smolder and could catch roots on fire that will eventually get to the surface and start a wildfire.

## Seabird Island Band

### PARENTS

Join us Monday July 9/12 at 10 am to  
Share your ideas for future  
parenting classes

Monday July 23/12 at 10 am  
Parenting Class

Donna Watson  
Family Worker

Phone: 604-796-2177  
Direct: 604-796-6863



# Youth Dance



Date: July 6, 2012

Time: 8:00-12:00

Seabird Island Band Gym

Ages 13-18

School's out FOR SUMMER!

\$5 per person



Youth groups must have chaperone!



## Free Lawyer Service



Do you need help with a family matter:

- Custody
- Divorce
- Maintenance
- Access

Bill Andrew, a Family Law Lawyer will be here at

Seabird Island on:

July 10, 2012

July 24, 2012

For an appointment call:

Genna Joseph at 604 796 2177 or [genna@seabirdisland.ca](mailto:genna@seabirdisland.ca)  
Community Wellness Coordinator  
Legal Services Community Partner

Please note:

That it is very important that you make your appointment or cancel as early as possible so that spot can be filled and we make the best of his time. Kwas hoy!



## Walking Forward with Good Medicine

Loss and Grief Program for  
children & youth aged 5 – 18.

When: July (Tuesday's and Wednesday's)

Where: Youth Building

Time: 1:00 – 3:00pm

Light snack provided

Seabird Island is offering a 4-week group with 8 sessions. This group will help children and youth work through some of the tough feelings connected to loss. Whether loss is from moving, break ups or death it can create very confusing feelings. A safe group setting can be a great place to learn about and face some of these overwhelming thoughts and feelings.

The lessons incorporate the medicine wheel as a way to remember balance, seek healthy coping strategies and to take care of oneself.

Have a question/concern? Call Melissa Nielsen at  
604-796-6826

Dates as follows:

July 2, 3, 10, 11, 17, 18, 24, 25

# LANDS DEPARTMENT

Economic Development department is also working towards its Development Corporation with Chief and Council. The education process for leadership has taken them to heights of understanding the importance of the political and business separation.

Along with educating leadership a Lands Strategist has been hired to assist with doing feasibility studies on various businesses that need focus on (this process is important in order to start building businesses and funding). This will help Seabird understand where their

attention needs to lay in order to help the Economic Development Department move forward and being successful.

GAS BAR – Has been looking for ways to improve its services to the community and abroad. Stacy McNeil has been assisting with the process, a project which will help her with her Master's Degree in Business. Along with the Development Corporation structures,

Music Cooler Draw for those purchasing \$10.00 or more in store can get a ticket entry.

Draw starts July 1st. . The draw will end and be drawn on August 1st, 2012.

Cooler is on wheels, Audio Entertainment Center (AM/FM Radio, MP3 Player, etc)

HAZELNUT FARM – Seabird has contracted out the services to maintain the orchard to J&S Landscaping Design. Jeremy has been working hard with his crew to keep it looking clean and looking great.

## United Nations Declaration on the Rights of Indigenous Peoples

### Article 13

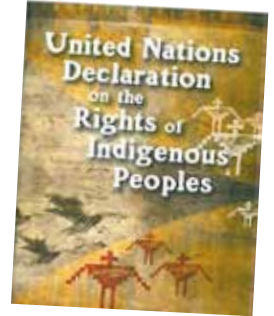
1. Indigenous peoples have the right to revitalize, use, develop and transmit to future generations their histories, languages, oral traditions, philosophies, writing systems and literatures, and to designate and retain their own names for communities, places and persons.
2. States shall take effective measures to ensure that this right is protected and also to ensure that indigenous peoples can understand and be understood in political, legal and administrative proceedings, where necessary through

the provision of interpretation or by other appropriate means.

### Article 14

1. Indigenous peoples have the right t establish and control their educational systems and institutions providing education in their own languages, in a manner appropriate to their cultural methods of teaching and learning.
2. Indigenous individuals, particularly children, have the right to all levels and forms of education of the State without discrimination.

3. States shall, in conjunction with indigenous peoples, take effective measures, in order for indigenous individuals particularly children, including those living outside their communities, to have access, when possible to an education on their own culture and provided in their own language.



## Parents & Tots



The Parents and Tots Program had its Year End Celebration on June 14th at the Mill Hall. This was our last day of program for this year. The Staff of the program would like to say thank you to all the families that attended and made our program a great success. Of the

33 families that registered this year there were 18 families from Seabird that attended our program.

Parents and Tots will be beginning again in September. Have a great summer!

# Preschool



*Ey swayel* – June has been full of learning and preparation for Graduation on June 13th.

Kwosel has taken the children on several nature walks. Salmon berries became a favorite! Mary Stewart, Language Teacher from the Community School, also joined us on walks.

On June 4th we had our 10th Seeds of Empathy Family Visit. Seeds Elder Sharon, Baby Olivia, and Mom Jen were in attendance. The theme was Growing Big/Saying Goodbye. It was sad to say “goodbye” however the children will continue to see our Baby Olivia in the Community and she will always be Seeds Baby!! Thank you Jen for making our Seeds of Empathy so successful!!

June 13th was Preschool Graduation with 16 children out of the 18 in attendance. It was a wonderful celebration with families and staff enjoying the event.



All the children have had a very successful year at the Seabird Island Preschool. The Preschool Staff wish our children all the best in Kindergarten this Fall.

## Seabird Island Language Nest Preschool

The Seabird Island Language Nest Preschool continues to encourage full Halq'emylem language and culture throughout the two hours Monday – Thursday. June kept Jonny and Malila busy with preparation of Grad.

Graduation was held on June 13th with 14 children out of 16 in attendance. Everyone had such a wonderful time at lunch with the 4's families! Thank you

all for making our Graduation so successful. We look forward to seeing you all in the fall.

**Please call Carlene @ 604-796-3463 if you need to register your child for the 4's program and if you know of a child registering for the 3's program.**



# GOOD THINGS HAPPEN AT SEABIRD ISLAND SCHOOL

1. The grade 2/3 class was invited to Agassiz Christian school on Monday June 11. It was the National Day of Reconciliation for First Nations people. Chief Clem was there as well speaking to all of the students. Our 2/3 students danced and sang the Heartbeat song and the Salmon song. Once the assembly was over they hosted us for lunch and then we joined the school for the afternoon at different stations. One station had a carver creating a totem pole and another had story time where a book was read to the students about residential schools called Shin- Chi's canoe. They also made dream catchers, played games and danced. It was a good day.
2. Good Things from the grade one/two room for the month of June. The children all had a week of swimming lessons in the rain and everyone did great. Everyone had lots of fun and was brave enough to jump off the diving board in the deep end. I would like to congratulate the top six readings of our Home Reading Program this year; Tashuana Stratichuk-James – 61 books, Peter Andrew - 57 books, Adam Birch-Douglas – 52 books, Aiyan Flippin – 36 books, Amiliana Douglas – Julian – 33 books and Daniel Harry Pettis - 23 books. Lastly, we harvested our Spuds in Tubs this week. We grew a total of 262 potatoes in five tubs. We cooked and ate some and each child got to take home a small bag to share with their families.
3. It is the end of the school term and things are very hectic in our English classes. Students are preparing for provincial exams, writing in-class finals and submitting their five paragraph essays. The five-paragraph essay is a fundamentally useful model in further developing composition skills. All of our students, from grade 9 to 12 are expected to and have been submitting their five paragraph essays.
4. The 8/7 student have written some blogs on sharepoint. Please feel free to read and leave comments for them.
5. On June 11 and 12th APTN came to the high school to film a new program called WARRIOR GAMES. Our high school students taught the host of the new program how to play KNOBBIES and EARTH BALL and SLIPPERY FISH. Our students really enjoyed themselves and found out that filming is very hard work. WARRIOR GAMES will air in the spring of 2013. We will keep you posted.
6. McKerrow's Grade 1 finished off the year with some children reading more than 47 words per minute on text that they had not read yet! We also celebrated our artistic style with some drawing lessons which were on display in the hallway. The children did incredible drawings of the famous children's book character "Pete the Cat" and some wonderful water paintings of underwater creatures. Congratulations on a fantastic year and I look forward to seeing you all in September.

## Fun-filled Sports Day, Monday, June 15.



Miss Eustache's grade 4/5 class would like to say "Happy Summer to one and all!"

Look for us in the Agassiz/Harrison Observer newspaper.

We managed to win \$1000.00 for the Community Injury Prevention Bike Safety Video Contest we entered! Great year!

## LANDS DEPARTMENT

The lands department is continually researching and expanding its records information to assist the community in achieving its goal in managing the Seabird Lands.

**LANDS CLERK** - The department is happy to announce it has hired a Lands Clerk, Donna Andrew. Donna is a great addition to the department with her vast knowledge and history of Seabird Island Community. We are more than happy to have her with us.

**COMMITTEE MEMBERS** - Lands Advisory Committee has also added some new faces and knowledge that will help with the growth of the department. June Harris, and Jason Campbell are the new additions. Look for them in the community to share information with them.

**CP HOLDERS** – the committee is looking to sit with you in the month of September 2012. If you have questions, concerns or suggestions there will be a lot of time to discuss this with them. We look forward to sitting down with you. Enjoy the summer.

**LAWS** – The committee would like to thank everyone who shared their concerns with the Laws (Anti-Dumping Law, and Trespassing Law). The laws will be ready for Posting for the 30 days prior to being approved and enacted by Chief and Council.

**LUP (Land Use Plan)**– The committee continues to work alongside the CCP information that Myra has been championing. **URBAN SYSTEMS** will be assisting the Lands Advisory Committee with the work that is needed to complete

this project and take all information completed to date to help with the process. Community meetings, feedback are **ESSENTIAL** to ensure that everything is taken into consideration. **SHARING, FUN AND PRIZES TO COME...**

**EMP (Environmental Management Plan)** – The team has completed the Phase II of the Planning process. A draft report is submitted to AANDC (Aboriginal Affairs & Northern Development Canada). This report is a guide for Seabird Island Band to follow in the event there are any hazards come into contact with their membership and surrounding communities. The document contains a step by step guide/flowchart with contacts and corrective steps to take to help the Seabird Environment stay at its cleanest for future warriors to come.

## Stqó:ya Construction LP

Since the Signing Ceremony in April 2012... the College's Heavy Equipment Operators Course has finished the Laydown area for Flatiron/Graham.

Stqó:ya is happy to announce it is moving forward with searching for the employee base that will represent Stqó:ya in the competitive Civil Construction Industry. A posting for a Construction Manager Trainee is out for those interested in learning to run a successful Civil Construction company. This individual will learn under the guidance and knowledge of Jakes Construction owner,

Jake Klaassen, along with his hard working management team.

Stqó:ya has also become part of the Joint Venture Team that will carry on the work on the Right of Way Clearing and Road Access building, with Smámelet Siyá:m LP, and Sts'aalis Corporate Development. Each of the three (3) First Nation communities successfully negotiated a Direct Award with BC Hydro and will also pursue additional competitive contracts with Flatiron/Graham JV, the design builder.

According to Tyrone McNeil, "Cheam, Seabird and Sts'aalis will open the door for more joint economic opportunities." Efforts with each band's Employment Centers are working together to provide necessary training, and will be notifying communities once they are in place.

Stqó:ya continues to work towards its goals for Employment, Training and Profits.

## Seabird Island Fitness Center

Seabird Island Fitness Center is now **CLOSED** in the evenings for the summer. The fitness center shall remain accessible during the day from 8a.m.-4p.m., with access through the front desk of the office. Reminder that fitness center is limited to those 18yrs+, unless accompanied by a **STAFF MEMBER**. Thank you and enjoy your summer

## BOOT CAMP

Join us in **BOOT CAMP**. Boot camp is running Monday, Wednesday and Friday in the **GYM** from 12p.m.-1p.m. Get bikini ready!

## Soccer/Ball hockey/two-pitch Tournament

Soccer/Ball hockey/two-pitch tournament July 21 weekend. Hosted by the Seabird Island Family Travel Club. Contact a member for more information.

# Healthy Eating Recipe Corner

## Five-Spice Turkey & Lettuce Wraps

From *EatingWell*: June/July 2006  
 4 servings, 1 1/4 cups filling for about 6 wraps each  
 Active Time: 30 minutes  
 Total Time: 30 minutes

### Ingredients

- 1/2 cup water
- 1/2 cup instant brown rice
- 2 teaspoons sesame oil
- 1 pound 93%-lean ground turkey
- 1 tablespoon minced fresh ginger
- 1 large red bell pepper, finely diced
- 1 8-ounce can water chestnuts, rinsed and chopped
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons hoisin sauce, (see Note)
- 1 teaspoon five-spice powder, (see Note)
- 1/2 teaspoon salt
- 2 heads Boston lettuce, leaves separated
- 1/2 cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
- 1 large carrot, shredded

### Directions

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper,

water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.

3. To serve, divide lettuce leaves among plates, spoon some of the turkey mixture into each leaf, top with herbs and carrot and roll into wraps.

### Tips & Notes

**Make Ahead Tip:** Prepare the filling (through Step 2), cover and refrigerate for up to 1 day. Serve cold or reheat in the microwave.

**Notes:** Hoisin sauce is a spicy, sweet sauce made from soybeans, chiles, garlic and spices. It will keep in the refrigerator for at least a year.

Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.

### Nutrition

**Per serving:** 285 calories; 11 g fat ( 3 g sat , 1 g mono); 66 mg cholesterol; 24 g carbohydrates; 0 g added sugars; 26 g protein; 5 g fiber; 543 mg sodium; 390 mg potassium.

**Nutrition Bonus:** Vitamin A (150% daily value), Vitamin C (140% dv), Iron (25% dv), Folate (20% dv).



## Seabird Island Summer Program 2012

### Kweleches (Greetings)!

We are excited to present the 2012 Summer Program. Our focus this summer is **'Urban Legends.'**

We will again work hard to celebrate the closing of our summer at Playland!

**Our fees for this year's program are as follows:**

Seabird Island Band & Community Members: **FREE**  
 Must apply for government subsidy.  
 If Government subsidy is denied, please see Stacy or Keena.

Non-Seabird members:  
 Children in Kindergarten: \$27.50 per day.  
 Children in grade 1 & up: \$20.75 per day.  
 Please apply for government subsidy.

All field trips will return by 3pm, unless a notice comes home indicating otherwise.

Maximum 46 seats for the summer, Current OOSC has first choice.

We are open 8am-5pm, but our program will close at **3pm on Friday's** to allow for our staff to have their weekly meeting.

We are open to comments and questions, feel free to contact us!

Thank you and enjoy your summer!

*Seabird Island Summer Program Staff 2012*

## July

<b>Enlightenment</b>	2 Closed Canada Day	3 In house Carnival	4 Wildlife Art In house	5 Ferry Coombe Pool	6 Bake Sale & Car Wash
<b>Ghost Stories</b>	9 In house Carnival	10 Chilliwack Wave Pool	11 Harrison Festival	12 Ferry Coombe Pool	13 Bake Sale & Car Wash
<b>Evolution</b>	16 In house Carnival	17 Go Bananas/ Cultus Bumper Boats	18 Galaxy Theatre	19 Ferry Coombe Pool	20 Bake Sale & Car Wash
<b>Preservation</b>	23 In house Carnival	24 Bridal Falls Waterslides	25 Story Time in the Park - Agassiz	26 Ferry Coombe Pool	27 Bake Sale & Car Wash

## August

<b>Scientifically Wonderful</b>	30 In house Carnival	31 Mad Scientist In house	1 Story Time in the Park - Harrison	2 Ferry Coombe Pool	3 Bake Sale & Car Wash
<b>Heritage</b>	6 Closed BC Day	7 Story Time in the Park - Hope	8 Galaxy Theatre	9 Ferry Coombe Pool	10 Bake Sale & Car Wash
<b>Futuristic</b>	13 In house Carnival	14 Story Time in the Park - Hope	15 Cultus Lake Waterslides	16 Ferry Coombe Pool	17 <b>PLAYLAND!</b>





# 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

## Office Hours

We are open daily Monday – Friday  
8:00–12:00 pm And 1:00–4:00 pm  
(Closed for lunch)

## Job Posting Binder

Updated frequently! If you need information or help filling out online applications please come in and ask for assistance.

Also, please come in to the office to update our skills database for the various employment opportunities that come to our centre.



If you're interested in Road Building or Health Care Aide Training make an app.. With Pat or Jill as soon as possible. Applications are due early July 2012. Programs are sponsored though SASET

## SOCIAL ASSISTANCE INFORMATION

April 2012 cheque run will be handed out on Friday, July 27, 2012

- \* Renewal Declarations are due July 15th, 2012
- \* Hydro and Fortis are required by all tenants in order to receive your shelter portion to be paid

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

## Scotts Frozen Meat Package

This special frozen meat package is available for all social assistance clients for the cost of \$25.00. This amount will be deducted off your next S/A cheque. Orders will be taken until the 15th of every month. Meat Pkgs will be given out S/A day. If you would like one of these please leave your name, and number with the front desk.

\*Meat Packages may vary each month.

For more information contact Erna Paul or Alexis Roper

## REMINDER!

Remember to book an appointment with Pat Large or Jill Stauber for monthly Action Plans prior to Social Assistance day to avoid waiting in line.

College students are also reminded to bring your monthly student attendance record to your appointment.

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

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

**ADVERTISEMENT RATES**

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

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

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

**Advertisement rates (per issue) for organizations:**

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

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

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

**AGREEMENT**

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

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

**DEADLINES**

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

**OFFICE HOURS**

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

**DELIVERY**

The first (1<sup>st</sup>) of each month

**Sandy Bobb**

**Phone:** 604-796-2177

**Direct:** 604-796-6838

**Website:** www.seabirdsland.ca

**E-mail:** sandrabobb@seabirdsland.ca

**Health Comics**



**Quote of the month**

*The Great Spirit is in all things, he is in the air we breathe.  
The Great Spirit is our Father, but the Earth is our Mother.  
She nourishes us, that which we put into the ground she returns to us....*

**Temqwa:l / July**

**Birthstone:** Ruby  
**Birth Flower:** Larkspur  
**Zodiac:** June 22st - July 22nd - Cancer  
**Temqwa:l** "mosquito time"

**Halq'emeylem Word Search**

a	n	q	w	á	:	l	a	p	p	l	s	á	h	e	l
a	y	é	l	é	s	d	a	y	é	k	l	'	w	h	
k	e	l	:	e	p	w	s	:	w	e	t	h	k	e	
'	e	é	d	o	c	x	l	'	h	t	o	m	í	p	
r	a	m	w	a	y	é	é	t	ó	a	é	s	h	t	
h	í	k	w	m	w	t	w	á	i	l	l	e	,	e	
a	d	a	y	q	s	x	k	e	q	e	e	p	w	l	
s	t	'	e	l	é	h	e	w	k	:	á	h	k	ó	
m	a	h	e	t	t	ó	b	a	l	y	d	t	:	:	
i	l	x	e	:	t	h	d	é	y	o	y	e	á	y	
s	w	é	á	f	í	i	m	n	d	t	h	y	h	t	
i	s	l	s	e	c	l	r	e	t	m	e	é	í	h	
i	s	á	:	l	e	h	t	ó	h	t	s	m	s	e	
k	í	h	a	t	ó	g	e	h	y	:	á	s	e	l	
h	e	c	x	é	:	y	t	h	'	e	l	h	p	!	

yélés - tooth  
qélém - eye  
sméyeth - animal, meat  
sá:y - wool  
isá:le - two  
cháléx - hand  
qwá:l - talk  
tel mé:l:e - my son  
kw'étslexw - see it  
há:kw,híkw - big  
xé:yth'elhp - alder  
lhepteló:ythel - lips  
slheqwél:és - gums  
téxwthelh - tongue  
mélqw - uvula  
thóthel - mouth

**YOO HOO - Mystery Incentive - WIN A PRIZE!**

All Seabird Band Members or Community Members who bring in a completed May 2012 issue Word Search to Sandy Bobb will be put into a draw for a chance to "WIN" a mystery prize.

Submissions due: by 4 p.m. July 9<sup>th</sup>  
Draw Date: July 10<sup>th</sup>, 2012

*Note: To keep things fresh next time the incentive may be something else placed somewhere else in the Yoo Hoo, it changes every month.*

Congratulations to last months winner -

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Seabird Address or SIB Status #: \_\_\_\_\_



# 'Round The Rez

Community Events, Workshops & Outings

## OPTOMETRIST CLINIC

### Dr. Ahmed's Clinic Dates

Aug. 20  
Aug. 21  
Sept. 24  
Oct. 22  
Dec. 17



I am booked for the next 2 clinics, please book well in

advance. If there are any clients that may want to be seen, please send me your names, birth dates, status numbers and medical numbers as soon as you can. Thanks Everyone and have a wonderful day.

Any questions or to book an appointment please contact Maggie Pettis 604-796-2177.

## DENTAL CENTER

Seabird Dental is available  
Monday - Thursday 8-4:30.  
Open every 2nd Friday 9-3.

# Tuesday

## WALK-IN PAIN 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.

\* Patients will be screened & most urgent problems seen first.

\* Seabird Dental is available for STATUS PATIENTS.

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

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

*\$100.<sup>00</sup> Gift Certificate.*

*(Walk-in Clinics do not qualify)*

## 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.

## VOLUNTEERS REQUIRED

Please come and inquire with Angie if you would like to have your name on the listing for helping during band events with set-up, clean-up, cooking, decorating, and child minding... We are always looking for people to help with any functions that we host here in the Band office.

## Alcoholics Anonymous Meeting

Every Tuesday night at 7:00 pm  
Seabird Island Community Hall.

Website for AA in BC:  
<http://www.bcyukonaa.org/>



## COMPOSTING

Did you know that there is a special place at the Cattle farm where you can drop off your composting ?

## OIL DISPOSAL

Did you know you can take your used household and car oil to the Seabird Store to be safely and properly disposed of ? **8 a.m. - 4 p.m. ONLY**

## GARBAGE SCHEDULE

**Regular Garbage:**  
Monday and Thursday

**Recycle:** Tuesday's

**Major Garbage:** First Wednesday of each Month

If you need a **Bin dropped off** for your major spring cleaning. Ask for Art or put in a request in writing.



## 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.

## FIELD LIGHT BOOKINGS:

See Keena to book the field lights for your sports team.  
**\$2 an hour** for band members,  
**\$8 an hour** for non-band members.  
604-796-2177



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

**Limited:** to a simple "Happy birthday \_\_\_\_ from \_\_\_\_." As space is limited **Anything more (photos, poems,...) is subject to a small fee!**

Happy Birthday Mark Antonio Sr. Peters July 18th  
From his sons Mark Antonio Jr. Peters & Liam Peters

## 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

## 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

## Question and Answer Session with Chief and Council

on the ILM Project  
Monday July 9, 2012  
5:00 p.m.

Watch for the flyer for more information!

 the SEABIRD Island

# YOO HOO

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

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Contact Sandy Bobb for your monthly advertising rates.  
**Special Discount Rates Available for Band Members!**  
Phone: 604-796-2177 Direct: 604-796-6838  
E-mail: [sandrabobb@seabirdIsland.ca](mailto:sandrabobb@seabirdIsland.ca)

# SUMMER SAFETY

## Sun Safety

- Sunburn is caused from over exposure to the sun's **ultraviolet radiation**
- Over exposure causes Wrinkles, Freckles and changes in skin texture
- To much sun exposure, can increase your risk of developing skin cancer or cataracts of the eye, later in life
- Wear Sun Glasses
- Avoid the sun at high radiation levels, between 10 a.m. and 4 p.m.
- Apply Sun Lotion hourly each day, minimum 15 SPF or higher

## Water Safety

- Drowning is the 2<sup>nd</sup> leading cause of deaths in First Nation Communities
- Use extra caution near the water
- Never go to the river or lake alone
- Wear life jackets when you are on or even near the water
- Learn how to swim, float and tread water
- Avoid Alcoholic Beverages when on or near the water
- Don't overexert yourself

## Bear Safety

- Don't feed Bears!
- Always keep your yard or camp clean
- Pick all ripe fruit from the tree and on the ground as soon as possible
- Keep bar-b-ques clean and grease free
- Don't leave food out when not in use
- Use bear resistant trash cans
- Stay with a group and keep kids close at hand
- Camping or hiking; let someone know, where, & when you will return

## Bike Safety

- Always wear a helmet when riding a bike
- Wear safety gear when trail riding and performing stunts
- When you ride in roads always ride with traffic & stay close to the curb
- Ride single file when riding with others on roads
- Always obey traffic signals and signs (stop signs, signal lights...)
- Use your hand signals for turning & stopping
- Always walk your bike across roads
- At night & on dark days, wear something reflective so others can see you
- Have a light on the front of your bike so you can see in the dark