

Seabird 43rd Annual Festival

Thank you to all the community members, workers and volunteers who helped make this years event the great success it was.

Watch the next newsletter for the results!



NEW!

**Seabird Family
Law Services Pg. 4**

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!

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Stranger Danger Alert

Please be aware that two students were approached on their way home from school by gentleman in a red jeep with a metal roof rack. This older grey/white haired man became very upset when the two students refused a ride home.

The RCMP have been informed of this incident and are following up. We are just wanting to inform all parents so that you are aware and will be able to remind your child to be extra careful.

Baby Ceremony



Seabird hosted our 3rd annual New Baby Celebration on May 2, 2012.

Many years ago, when a baby was born, a respected women, often a grandmother would bless and welcome the baby into the community. While there are families that still have this practice, many are not sure what to do.

We hold this event annually to continue this tradition. This year we welcomed the thirty-two babies born May 2011 - April 2012 from Seabird, Chawathil, Cheam, Skwah, Kwaw-Kwak-a-pilt, Scowlitz, Shxw-ow-hamel, and Squiala. We welcomed two sets of twins and two of Seabird's staff's babies.

Wendy Ritchie was the MC of the event assisting the families who welcomed and blessed their children.



Rick Hansen Relay - Comes to Seabird May 11th



Twenty-five years to the date of his Man In Motion World Tour commencing its historic cross-Canada journey back to British Columbia, Canadian hero Rick Hansen will continue his journey of making the world more accessible and inclusive with the announcement of the Rick Hansen 25th Anniversary Relay.

The Rick Hansen 25th Anniversary Relay

Beginning on August 24, 2011 in Cape Spear, Newfoundland and Labrador - the easternmost point in North America and approximately 15 kilometres south-east of St. John's - the 25th Anniversary Relay will retrace the Canadian segment of the original Tour, but this time one man in motion will be

represented and celebrated by many in motion; engaging 7,000 participants from across Canada who have made their own difference in the lives of others.

Seabird Medal-Bearers were respected Cultural Elder Evelyn Peters and respected Youth Shannon Lackey.

The Rick Hansen Medal: Composed of sterling silver (92.5 % silver and 7.5% copper), each medal weighs 400 grams. The Participant Medals were of a smaller 65 mm diameter and reproduce the design of the Relay Medal in cupro-nickel.

Seabird Health Services offered province wide

First Nations diabetes care hits the road

By Lisa Hale



Picture: Nurse Sue Falconer performs an A1C hemoglobin test on Rochelle Raphael.

The diabetes epidemic takes the eyesight, limbs and lives of many in Canada's First Nations communities.

But a team of nurses and a vision technician based out of Seabird Island First Nation are bringing free diabetes testing and care to people affected by the disease where it matters most — on reserve.

A welcoming approach

Routine testing for her pregnancy revealed that Rochelle Raphael had gestational diabetes but she wasn't satisfied with the explanation she got from the hospital clinic she visited.

"It was really difficult because the information available wasn't sufficient," she says.

Raphael, who is non-Aboriginal, and her husband Steve, who is Nlaka'pamux, decided to come here, to the Mobile Diabetes Clinic, while it's at Sto:lo Nation Health Services for the day.

Nurse Sue Falconer welcomes the young family and starts by asking about Raphael's medical history. Gestational diabetes is a temporary elevation of blood sugar in pregnant women who did not previously have the disease. While the condition usually goes away after pregnancy, it can lead to the development

of type 2 diabetes in offspring and can cause women to become diabetic after giving birth.

Laughter fills the room as Raphael and the nurse chat about the changes her family have gone through since the diabetes diagnosis. Her toddler plays with toys spread nearby while Falconer pricks the young mother's finger to test her blood sugar levels over the past three months.

Raphael says that she appreciates the staff at the mobile clinic allowing her to bring her daughter to the appointment. This was not permitted at the hospital.

"I'm not getting a babysitter to go and have someone tell me I can't drink Coca-Cola and eat white bread," she says. "I kinda already knew that, it's kind of a waste."

<http://www.indigenousreporting.com/story-8/>

Let's Work Together As A Community To Create A Environment Friendly Community

We do this by making small changes in our day to day activities.

- Recycle More Plastics/Aluminum Cans/ Newspaper's/ Cardboard
- Backyard Composting
- Participate in Pilot Compost Roadside Pick Project.
- Buy Environment Friendly Household Cleaners
- Buy products that have less packaging or recyclable packaging

If you require more information or would like to have an information session in regards to becoming Environmentally Friendly

Please Contact Myra Seymour 604-796-2177 or e-mail myraseymour@seabirdisland.ca or Find us on Facebook Seabird Sustainable Development...

Myra would be glad to help you in anyway possible.
Please Remember That Every Little Bit Helps!

Walking Forward

with

Good Medicine

SIGN UP NOW!!!

Loss and Grief Program for children youth aged 5-18. Finding a way to balance our selves during stressful times is a life long useful skill.

When: July 2,3,10,11,17,18. 24. 25

Time: 1:00-3:00

Where: Youth Building

Seabird Island will offer a 5-week and youth work through some of to loss. Whether the loss is from can create very confusing feelings. A great place to learn about and face overwhelming thoughts and feelings. he lessons incorporate the medkme uches as a way to remember balance, sategies and to take care of our selves.

WANT TO KNOW MORE?

Ask Melissa or

E-mail to mdnielsen@nethop.net or call 604-796-6826.

Housing Wait List - June 2012

1 bedroom

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

2 bedroom

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

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

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

Clean Yard = Healthy Yard = Healthy Family

The outside of the house is also an area where disease causing germs can grow and multiply or where germ causing pests can live and breed. For example, germs can live in garbage, rubbish, and animal/pet poop. Mosquitoes can breed in water, in old cars, washing machines and tires. Long grass is attractive to snakes bringing other germs so it should be kept short.

Yard tidying tasks:

- Raking up and disposing of rubbish (for example, cans, papers, plastic containers, bottles, broken glass), faeces and leaves
- Mowing lawns, trimming edges and removing weeds
- Pruning shrubs and trees
- Cleaning out gutters if necessary
- Removing bulky rubbish (for example, old tires, refrigerators, car bodies)
- Watering lawn, shrubs or trees.

Allergies? Lawns and shrubs help keep dust under control.

Find us online!

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

Seabird Family Law Services

Seabird is lucky to have the Family Law Services of Bill Andrew. Each month he will be available, for Family Law Support or questions you may have about Family Law Support.

This is the perfect time for you to get the answers to your important questions or concerns?

Bill Andrew will be available at the Seabird Band Office each month to answer your questions .

Contact Genna for more questions or to **book your appointment**.

Kwitslame

Genna Joseph
Community Wellness Coordinator
Seabird Island Band
604 796 2177

If you get arrested, call Brydges Line 1 866 458 5500

This is a free lawyer service available 24 hours a day, 7 days a week.

- Arrested
- detained; and
- under active investigation, and
- you need emergency legal services.

UBC Students

IHHS 408 Topics in Aboriginal Health – A Community Based Elective

These UBC students will be here for the month of June. This clinical experience serves as a bridge between students' academic training and actual practice and also may provide networking opportunities for future employment. Students are here for practicum experience to observe the Seabird practice and learn from it as they compare it to previous experiences.



Rachel Pang

My name is Rachel and I graduate from UBC's Dental Hygiene Degree Program in May 2012. Prior to dental hygiene, I studied nursing at BCIT but realized that it was not what I wanted to do. It is my goal to help bring attention to oral health to the public and other health disciplines, as oral health can often be neglected. As part of my

degree, I've had experiences in geriatric, pediatric and special needs oral health. I have very little experience in Aboriginal culture or health, as there have been very few opportunities for me in the past. I am not very athletic but enjoy being outdoors in nature. In my spare time, I like to try out new recipes (although they don't always taste good). I look forward to meeting you all in person.



Hasti Gouldooz

Hi my name is Hasti Gouldooz and I am a recent graduate from the University of British Columbia with a BA in Psychology. My dream career is to be a doctor, which stems from a combination of my love for helping people as well as my own personal experience as a past cancer patient. I have been in remission for 9 years now, and work

to help others battling the disease. Currently, I am part of a committee organizing the Canadian Cancer Society's Relay for Life in Calgary, and will be the emcee for the event this year! I am very excited but a little nervous too.

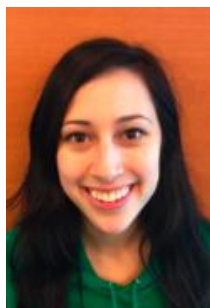
I am really looking forward to my upcoming experience with the Seabird Island community and can't wait for all the wonderful things I will get to learn and experience, as well as all the wonderful people I will get to meet.



Mehak Sharma

Hi, my name is Mehak Sharma. I will be a fourth year student at UBC School of Social Work this year. I'm excited to spend June in Seabird Island! I hope I spend lots of time outside in the warm sun this summer (fingers crossed for good weather). I spent most of my spare time last summer going to the beach, trying recipes from blogs,

sipping ice-cold beverages, and having movie marathons. I am passionate about community development and I love to see initiatives develop from the ground up. I like to laugh, try new things, talk to people and hear their stories.



Erica Webb

I am currently a third year UBC pharmacy student from North Vancouver. I am originally from Hong Kong and love learning about new cultures. I like to cook and bake and am a vegetarian / sometimes pescetarian. I enjoy running, hiking and knitting. I'm looking forward to lots of new people in Seabird Island!

Shake Out BC

The 2012 Great British Columbia ShakeOut earthquake drill is now **less than five months away (October 18th at 10:18 a.m.)**, and over 120,000 people are already registered to participate!

Please take a moment to log in and register today at www.ShakeOutbc.ca/login

DO NOT get in a doorway!

DO NOT run outside!

You are much safer to stay inside and get under a table.

“Drop, Cover and Hold On” protocol to protect lives during earthquakes:

- DROP to the ground (before the earthquake drops you!)
- Take COVER by getting under a sturdy desk or table, and
- HOLD ON to it until the shaking stops.

If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building. Do not try to run to another room just to get under a table.



The Great British Columbia ShakeOut
Drop! Cover! Hold On!

It has been a great 2012, and we wanted to update everyone on our developments and progress. Since our last update, we have been operating and testing the pilot biomass refinery, and working with the BC Safety Authority to achieve three levels of approval to operate commercially. We are right on track to enter the commercial stage this year, and have been busy engineering and designing the commercial module.

Technology Update

Our technology development has progressed very positively and the majority of processes are now fully automated, and under programmable logic circuit (PLC) or computer control. We have completed the syngas retrofit and the demonstration plant is operating at higher efficiencies, and our analytical capabilities are greatly improved. By automating the system, we are closer to commercialization and we can collect operational data to support the engineering of the large scale unit, to ensure quality control of the biofuels produced, and to ensure a safe work environment for our staff.

BC Safety Authority Approves System

As many are aware, the BC Safety Authority has been investigating many forest companies and saw mills after the recent explosions, so for Diacarbon to achieve approval under increased scrutiny is a testament to the world class engineering and fabrication workmanship that has gone into our refinery.

High energy biocoal pellets produced

In addition to developing biomass refinery technology, Diacarbon is focussed on the development of its products: bio-oil, biochar, and biocoal. This work has been focussed on the chemical characterization of the products, and the post-production processing required to package and transport the bioproducts.

The main barrier here was the compression of biochar into pellets or briquettes to ensure safe and economical shipping and handling.

Biochar needs to be compressed into pellets or briquettes prior to shipping to a cement plant or utility.

Diacarbon has collaborated on a government funded



project with the National Research Council's Institute for Fuel Cell Innovation to develop biocoal formulations for pellet, and briquette production. This project has expedited our development of biofuels, while requiring no cash support. We were able to develop a binder from our bio-oil that allowed us to produce the highest energy density pellets possible from biomass feedstock (32MJ/kg). This energy value is 2X the energy of regular wood pellets, and nearly 4X the energy density of raw wood chips, and this greater density translates into reduced shipping costs, and a significant competitive advantage for Diacarbon's biofuels.

Diacarbon determines emissions from system are below Provincial limits

Levelton Engineering was hired to determine the emissions from the pilot plant while running on 100% syngas fuel produced by our process (autothermal). The gaseous emission levels were found to be well under the Provincial limits in all cases, and Diacarbon will not be limited in where it can establish a project in the Lower Mainland. Emission testing is one of the most important regulatory barriers for commercializing biomass refineries in the Lower Mainland, thus our testing process will be ongoing as we test new feedstock, and build larger systems.



UNIVERSITY
of HAWAII
MĀNOA

University of Hawaii buys 4000lbs Biochar

Diacarbon is operating one of the largest scale biochar/biocoal systems in Canada. Because of this capacity, and our ability to produce high quality biochar consistently, we were approached by the University of Hawaii to provide 4000lbs of biochar for their research trials. The shipment arrived in Hawaii during the first week of May, and we look forward to subsequent orders from the University as they ramp up their trials. The biochar will be included in a several field trials in Hawaii, and is likely to result in much larger purchases of biochar, and numerous business opportunities for biomass refinery technology in Hawaii.

Diacarbon is delighted to be operating its test facility on Seabird Island lands, and is greatly appreciative of the Community's support for our innovative company. We encourage you to check our website regularly (www.diacarbon.com), or contact us at info@diacarbon.com if you have any questions.

Brooke Bobb-Reid - BC Certified Aboriginal Canoe/Kayak Coach

On May 28-29 Brooke Bobb-Reid attended a Canoe/Kayak Coaching Course in Burnaby hosted by Aboriginal Sports Recreation and Physical Activity Partners Council.

Day one consisted of over five hours of studying, group work, reading, and learning “proper”

Kayaking terms. Brooke had to learn the legalities of Canoeing/Kayaking as well, there is always more to it than you may think. Upon arrival to Burnaby Brooke was given an “Activities book” that had sample copies of proper coaching forms for sign ups, practice agendas, legality forms, parental permission forms, emergency requirements, even a form that has to be filled out on every practice of local emergency numbers, and closest hospitals, allot of “book work”.

Needless to say Day 1 was not as fun as a normal weekend should be, but to be a proper registered coach you need to know these things.

Day two was not so nerve racking head in the books day. Brooke and the others were first shown how to properly fit a life jacket, size yourself for a proper paddle, and headed off to



the dock. There they spent hours learning the many ways, styles, and forms to paddle with different paddles. Even Brooke who is an experienced War Canoe Puller learned different style of paddling examples are paddling on a flat water canoe, kayak pulling, one-knee paddling, and many different strokes for each. All the participants were then taught how to deliver these techniques as a coach with team building exercises, water smarts/safety, and even had to teach each other.

Brooke had homework given to her from day 1 she had to plan a mock practice session activity that the other soon to be coaches were pretending to be children and Brooke had to teach them. Some of the Adults there were not too comfortable in a canoe or kayak so it was not too hard to have to pretend they were children learning. They all had their turn coaching and everybody had to patiently wait to hear some constructive criticism and find out if they passed to become a BC Certified Aboriginal Canoe/Kayak Coach. Brooke did pass and is now a certified coach.

Brooke: *Your whole Family is very proud of you and the Seabird Recreation Department congratulates you on a job well done. Keep up the good work!*

Accreditation - Emergency Preparedness Plan

One standard for accreditation is that we have a good emergency preparedness plan.

Right now, our focus is on flood preparations. Check out our website emergency preparedness blog (www.seabirdisland.ca)

Watch for communications via the outside bulletin board (we're currently at Stage 1 alert: NO NEED TO PANIC!)

Check out **Flood Central** in the lobby of the Band Office, for information about our plan and what you can do.

What is YOUR plan if there is a flood????

Precautions to Take Before a flood:

- Know if you live in a flood-risk area - **Yes you do!**
- **Prepare personal emergency supply kits for your home, car and work** (plan for at least a three-day supply of food and water for each family member)
- Have a grab-and-go kit ready if you have to leave your home quickly
- Keep important papers in watertight containers and have a record of your valuables in a safe place
- If flooding is likely in your area, pay attention to the local media for information
- Watch for warning signs: increase in height and intensity of water flows, mudslides, debris in creeks, colour changes in water or leaning trees
- **Alert** banks of rivers & streams may be unstable & dangerous
- **Teach your children** about flood safety & your plan
- Consider arrangements for your pets and any livestock
- Check on elderly or disabled neighbours to ensure they are aware of the situation
- Go to www.pep.bc.ca for personal emergency preparedness information

Background

- Flooding is a common, naturally occurring event in B.C.
- Unusually high snowpacks naturally raise the risk of future flooding
- The rate at which snowpacks melt in the spring may determine flood risk
- Rain, coupled with warm weather and snow melt, increases the risk of flooding
- Flood risk is determined by a number of factors
- 1999 was a record snowpack year with no significant flooding along the Fraser River in the Fraser Valley. However, in 1948 the Lower Fraser Valley flood affected thousands of residents and impacted infrastructure such as bridges and roads in a normal snowpack year
- Serious floods have also hit settlements on the upper Fraser, in the northwest and other parts of B.C.
- Flooding can impact a neighbourhood, or affect entire river basins, multiple communities and First Nations
- The Fraser River has reached flood stage 25 times in the last 100 years.

8 Things to Know about WATER SAFETY



1 Pay attention to boil-water warnings from your band. During boil-water advisories or boil water orders, you should bring your water to a rolling boil for at least one minute. Use only this boiled water for drinking, cooking, making ice cubes, washing fruits and vegetables, and brushing teeth. If you have infants and toddlers, make sure that they do not drink the water while they are having their bath. As of February 2012, there were 112 First Nations communities across Canada under a drinking water advisory.

2 Flush your pipes. If your water service is interrupted at some point, run your cold water tap to flush the line once service resumes.

3 Thirteen percent of First Nations homes get their water from wells. If you use well water, maintain the well properly and test your well water regularly. *We are lucky here on Seabird, John tests the community and home waters regularly!*

- Run your cold water tap for a few minutes each morning **or** when water has not been used for several hours.
- **Use only cold water for drinking, cooking and making baby formula.** Hot water may contain toxic metals such as lead from metal pipes.
- Check your well cap regularly. It should be securely in place and watertight. *Unfortunately many Seabird wells have sunk, making them hard to check!*

- John Bobb, Seabirds Water Tech tests your well at least once per year for coliform bacteria. As well as tests your well water occasionally for inorganic and organic chemical contaminants.

4 Thirty-six percent of First Nations homes use a septic tank to handle wastewater. If you have a septic tank, use it properly and maintain it regularly. Even the community septic system require your assistance to keep running properly, (this water eventually makes its way out to the river systems and back to your drinking water).

- **Do not** pour paints, solvents, thinners, nail polish remover, medicines, or medicines down the drain or into your toilet. *These chemicals can kill the good bacteria in the septic tank that are required to break down the organic matter in your wastewater.*
- **Never** put oils, grease, fat, disposable diapers, tampons, condoms, plastics, cat box litter, eggshells, cigarette filters, or other kitchen waste into your septic system. *These solids can block your system and shorten its life.*
- If your septic tank has filters, clean them out on a regular basis.
- Pump out your septic tank every three to five years, or when one-third of the tank is filled with solids (sludge). Get a licensed professional to pump and dispose of the waste.

- Watch for signs that your septic system is not working properly. Signs may include showers and sinks that take a long time to drain, raw sewage odors, and spongy grass growing over the system. If you suspect a problem, contact Dwayne McNeil.

5 Do not drink directly from ponds, lakes or rivers. This water may contain harmful bacteria, parasites, pesticides, metals, and other contaminants.

6 If possible, do not drink from clear, hard polycarbonate plastic bottles. These types of bottles may release small amounts of BPA (bisphenol A). BPA is a chemical that can interfere with your body's natural hormones. Pregnant women, babies and young children should be especially careful.

7 Was the plumbing in your home installed before 1990? Until the late 1980s, lead solder was commonly used to join household plumbing. Even small amounts of lead can be harmful to the developing brains and nervous systems of fetuses, babies and young children. Long-term lead exposure can lead to high blood pressure and peripheral vascular disease. If you live in an older home, consider getting your water tested for lead. **You can reduce your risk** by drinking cold water because lead is less likely to leach from your pipes into cold water.

8 Water is a sacred and life-sustaining element. Conserve water by reducing the amount you use. Some easy ways are fixing leaky faucets, repairing running toilets and installing low-flow toilets.

Parents and Tots

Throughout April, 4 families from Seabird regularly came to the Parents and Tots Program from 10am to 1pm at the Mill Hall. Part of day saw circle time and walks around Seabird for parents and children and Learning Halq'emeylem with our Language Teacher.

During circle time Pam always has a great felt stories and songs for the families to listen and drum to. The kids love her songs and stories and always want to drum along. When all the families have arrived Tracey often encourages everyone to go for a walk around Seabird. Tracey and the families enjoy discovering the geese on the Slough, sitting in the Big Seabird Island Fire Truck and finding cedar canoes. Maliela Grioux, who is our Language Teacher works in our program everyday from 11am to 12pm. She encourages us all to speak and sing in

Halq'emeylem. Maliela gets the families excited about learning Halq'emeylen. Next month we are planning a Year End Ceremony where staff, parents and their children will be singing in Halq'emeylem. Maliela will support us all for this event.

The staff and families have had a good year. May will see three field trips for the families and June 14th will be our last program day for the year.

All of us at Parents and Tots wish to say "Thank you to all the families". You have made our program a home away from home.

***Parents and Tots will be beginning again in the fall.
Have a great summer!***



A-PALS "Aboriginal Parents as literacy support"

On Wednesday, May 2 five families joined together for the 7th A-PALS gathering @ 4:30 pm at the Mill Hall. The evening began with delicious Indian Tacos, which was perfect for our last session together, "Family and Community".

Jonnie drummed and we all sang songs in Halq'emeylem. The story was told with several adults using stuffed animals. While the children played and staff supervised, the parents had an adult circle for discussions. There were several activities for the families and each child aged 3 – 6 years old went home with the story book "Kevin's Gift".

Thank you all for attending and making A-PALS so successful for your children. Staff have enjoyed seeing you and your family each month.

A-PALS will be hosted again in the Fall. We look forward to seeing you then!



SEABIRD ISLAND PRESCHOOL



Ey swayel – The month of May has been full of learning and preparation for Graduation on June 13th. The children enjoyed making their Mother’s Day gift and card. The small plants, which each child grew were sent home in May.

Kwosel continues to teach the children their Halq’emeylem language and culture. How we enjoy the nature walks with Kwosel.

On May 7th we shared our 9th Seeds of Empathy Family Visit. Seeds Elder Sharon, Baby Olivia, and Mom Jen were in attendance. The theme was **Feeling Scared?** The children enjoyed seeing how much Baby Olivia had changed since the last visit. Baby Olivia always enjoys all her friends at Preschool. Thank you Jen for making our Seeds of Empathy Program so successful by bringing Baby Olivia! We have one last Seeds of Empathy Family Visit on June 4th. It will be sad to say “goodbye” however the children will continue to see Olivia in the Community and she will always be Seeds Baby Olivia!!



There have been many Monday closures at the Preschool and we hope you all have had some good family time with your children!!

**Parents may sign up at Preschool for Fall 2012
Preschool by calling the Preschool at 604-796-5568.
Spaces are limited!**

**Kindergarten registration forms have been sent home.
Please return to the Seabird Island Community School.**

The Seabird Island Language Nest Preschool continues to encourage full Halq’emeylem language and culture throughout the two hours Monday – Thursday. The two Language teachers, Malila and Jonny give the children the opportunity to learn through various themes. Community nature walks with the staff is a great way to learn and explore the community.




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

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

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

Each issue as well as past issues are posted on the Seabird Website: www.seabirdIsland.ca or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb; Communications Officer & Graphic Designer, 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

GOOD THINGS HAPPENING AT SEABIRD ISLAND SCHOOL

1. Congratulations to the students in Miss Eustache's grade 4/5 class for submitting a video: First Nations Injury Prevention bike safety contest. The First Nations Health Council sponsored this. We did not hear back about winning but the students did an awesome job! See it on You Tube.

The students have also made West Coast masks and wove cedar glass holders. They are down at the Rangers Art Gallery in Harrison Hot Springs on display until the end of May. Please go down and choose a favorite.

2. Rick Hansen relay came to Seabird Island Community School. Evelyn Peters and Shannon Lackey were the medal bearers. Students welcomed the relay team with drumming and singing.

3. The Kindergarten class spent some time investigating and creating 3D shapes. In this picture, Shawnti has created a cone out of plasticine.



We have also had a lot of fun using the iPads. Travina is putting numbers in order from 1-10.



By now, we have learned our sounds and are working on spelling by sounding things out or making our "best guess". We have also developed some fine drawing skills as you can see in our journals.



The Kindergartens, grade 1's, 2's and 3's all went to Skowkale Fish Hatchery to celebrate Earth Day by release salmon fry back into the wild.



4. Grade 3/4 hands-on learning experiences for May and June are in the form of field trips. We are going on several adventures:

Tuckkwiowhum Heritage Interpretive Village in Boston Bar, Agassiz museum, Kilby Farm, Stave Falls dam, Rock climbing and a week of swimming. In the classroom we are growing seeds, making an artificial cheery blossom tree, painting our classroom windows and the wooden signs made in Trades class.

Seabird High School is having a track meet on Wed May 30, 2012 on the track. Come cheer on the students. We are also looking for volunteers to help with timing.

5. As the sand runs out on the 2012-12 year the chips continue to fly in the woodshop!

Recently we completed the restoration of a two person dugout canoe. The canoe was purchased a while back and came to us with a lot of rot, some huge cracks, dozens of knots and a badly peeling finish. We began by cutting out the large areas of rot in the bow and stern and drilled out the knot hole then custom cutting cedar plugs which we glued in place. The braces and spreaders were replaced as well and the entire canoe was stripped down to bare wood. Finally, after many hours of hard work by many students the hull of the canoe is re-fibreglassed and will return to the water Thursday May 17th. Special thanks go to our hard working students who labored long hours to bring this wonderful canoe back to life!

We are also working on a permanent sweat lodge. We are working feverishly to complete this structure as the year nears its end. The sweat is located at the north end of the main school just at the edge of the trees near the lacrosse box. Many have participated in this project from elementary right through the high school. It has been the 7/8 wood working class that has done the bulk of the work. Their commitment and devotion to this project have kept them motivated even through some very miserable weather. I also want to thank the building department for their ongoing support who have helped with preparing the ground, providing excess materials for roofing as well as provided the use of the saw mill for preparing cedar for this important building.

6. The 7/8 Socials class has been working to understand how government and laws functions in Canada: from the Charter of Rights and Freedoms to Budgets.

High School Students Grade 7-12

Last Student Allowance Payment: will be released on **June 22, 2012.**

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

Youth Corner

Seabird Youth Activity Calendar with Youth Liaison Worker

13-18 yrs

Date:	Recreation Activity
May 18,2012	Paintballing-Chilliwack Sniperz
June 29 th ,2012	White Water Rafting-Chilliwack River
July 5 th ,2012	Britannia Mine Museum-Vancouver
Aug 3 rd 2012	Kamloops PowWow
Sept 21,2012	Indoor Rock Climbing-Abbotsford
Oct 22,2012	Reapers & Dinner-Chilliwack
Nov 29,2012	Teen Swim & Dinner-Chilliwack
Dec 20,2012	Snowboarding- Hemlock resort
Jan 22,2013	McMillian Space Centre-Vancouver
Feb	Vancouver Zoo-Langley
March 15,2012	Capillano Suspension Bridge-North Vancouver
April 24 th ,2012	Horseback Riding-Aggasiz

Youth Volunteer Days

June 8 th ,2012	SPCA
July 20 th ,2012	Salvation Army
Aug 17 th ,2012	Community Park Clean Up
Sept 14 th ,2012	Elders Home Placement
Oct 12,2012	Woman's Centre
Nov 16,2012	Community Living BC
Dec 14,2012	Elders Pampering Day

Youth Advisory Council

To Start June 6th

Youth Centre @ 6pm

For more information Contact Sheila

14-18 yrs

Winners

\$100 Gift Cards

BC Transit Survey

April McHalsie
and
Nicole Schultz

Thank you to all who participated

Winners

The \$500 Dollar Draw
Community Feedback
winner was
Celeste Bobb

Drawn by Patricia Eidem (Medical Receptionist)
Witnessed by Sandra Bobb (Communications Department)

Thank you to those that participated in our draw. Your Participation is greatly appreciated.

Myra Seymour
Sustainable Community Planning/ Waste Coordinator

Education & Community

Service Awards Ceremony

Annual Year End Awards Ceremony, recognizing and honouring the accomplishments of our students and community members for all of their hard work and contributions throughout the year.

When: Wednesday June 27th, 2012

Where: Seabird Island Band Office Gym

Time: 5:00 pm - 8:00 pm

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

Practical Nursing Program 2012

Are you interested in becoming a Licensed Practical Nurse?

Seabird is currently seeking students for the next program intake. Anatomy and Physiology will **begin in September** with the remaining of the program courses to begin in January 2013.

This is a full-time 2 year program.

Interested? Please contact Alexis Roper or Lauren Duerksen at the Seabird Band office. 604-796-2177

Admission Requirements

- Grade 12 graduation or equivalent (ABE, GED)
- English 12 with a grade of C+ OR Technical Communications 12 with a grade of B+
- Math 11 Principles with a grade of C (current BC curriculum) OR Math 11 Foundations with a grade of C (commencing 2012)
- Biology 12 (Human Biology) with a grade of C
- Human Anatomy and Physiology for Practical Nurses with a minimum grade of C+ or equivalent

The following are to be completed prior to the first practice education experience:

- CPR level "C"
- Criminal Record Check
- Immunization as required by *sites of practice education* and recommended by BC Centre for Disease Control (2009): diphtheria and tetanus, polio, hepatitis B, measles, mumps and rubella (MMR), varicella, and influenza
- Negative TB skin test or chest x-ray

Students who do not meet the immunization requirements may be prohibited from attending practice education experiences given particular Health Authority, or practice education site organization/agency policy.



Congratulations

Term 3: Honour Roll Students at AESS

B Honour Roll

Owen McNeil-Joseph
Tamara Andrew
Robert McNeil-Bobb
Devon Armstrong
Siequalynnda McNeil-Bobb
Zackery McNeil-Bobb
Ashton Penner
Brooke Bobb-Reid
Emma McNeil

Effort Honour Roll

Tamara McNeil
Devon Armstrong
Siequalynnda McNeil-Bobb
Zackery McNeil-Bobb

Seabird Youth Employment Program

Learn About

- Post Secondary and Career Choices
- Financial Management
- Volunteering
- Employment Readiness

**Open to Seabird
Island
Community
Youth
Ages 12-15**

Two Sessions

Both sessions 4 weeks and 3 days a week = 12 days

- One Session in July
- One Session in August

If you are interested and between the ages of 12 and 15 come into the employment office to complete on application.

Incentives

- ◆ **\$25 a Day Allowance**
(Calculated based on attendance)
- ◆ **FUN**
- ◆ **Field Trips**

Deadline for Applications

June 22th, 2012

Interviews will take place the week of
June 25, 2012

Healthy Eating Recipe Corner

Potato Kielbasa Skillet Recipe

Prep/Total Time: 30 min.

Yield: 4 Servings

Ingredients

- 1 pound red potatoes, cubed
- 3 tablespoons water
- 3/4 pound smoked kielbasa or Polish sausage, cut into 1/4 - inch slices
- 1/2 cup chopped onion
- 1 tablespoon olive oil
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon dried thyme
- 1/4 teaspoon pepper
- 4 cups fresh baby spinach
- 5 bacon strips, cooked and crumbled

Directions

- Place potatoes and water in a microwave-safe dish. Cover and microwave on high for 4 minutes or until tender; drain.
- In a large skillet, saute kielbasa and onion in oil until onion is tender. Add potatoes; saute 3-5 minutes longer or until kielbasa and potatoes are lightly browned.
- Combine the brown sugar, vinegar, mustard, thyme and pepper; stir into skillet. Bring to a boil. Reduce heat; simmer, uncovered, for 2-3 minutes or until heated through. Add spinach and bacon; cook and stir until spinach is wilted.



Nutritional Facts 1-1/2 cups equals 576 calories, 39 g fat (13 g saturated fat), 88 mg cholesterol, 1,695 mg sodium, 31 g carbohydrate, 3 g fiber, 25 g protein.

Resource: <http://www.tasteofhome.com/Recipes/Potato-Kielbasa-Skillet>

Elders Corner

On May 10th The Elders of Seabird had their 1st Elders Support Meeting

We had 18 in attendance for the meeting. The meeting was an avenue for announcements, highlights of upcoming events. It was an informal & comfortable open meeting. The elders talked about fund-raising and suggested that the group “starts fresh” with fund-raising efforts. Our first fund-raising opportunity will be at Seabird Festival this year. The Elders will be hosting a Table with Baked Goods, to be sold. Any items for donation can be dropped off with Sheila the Elder Liaison worker; (Baked items to be donated at the tables). Please Contact Sheila for more information about selling tickets, donation items & volunteer times.

If you or anyone else would like to have a agenda item at the Elders Meeting please contact Sheila @ 604-796-6892

Elders Support Group Meetings Dates June 7th, July 19th, Aug 09th

May 14th Elders Outing to Vancouver Chinese Gardens

Our May 14th Trip was a Success. We had 15 in attendance on our trip. The elders enjoyed taking a journey back into history. The 15th century Chinese Gardens were tranquil and amazingly beautiful. Our First Stop was a Gong Fu Cha Tea Ceremony followed by an interpretational tour of the garden. I heard many comments about how First Nations Culture and Chinese culture had a lot of similarities from our Elders.



For contemporary Chinese, the word “茶” (pinyin: chá) has come to commonly denote the drink that is derived from Camellia sinensis, the tea plant. There are several special circumstances in which tea is prepared and consumed. One of the most mentionable messages we heard at the tea ceremony was tea was poured as a sign of respect, for family gatherings, to apologize to someone, to express thanks, and to connect families. Light finger tapping is a custom for thanking the tea master or tea server for tea. After a person’s cup is filled, that person may knock their bent index and middle fingers on the table to express gratitude to the person who served the tea. We learned lots of interesting information and we’re thank to share our stories around the tea table. The elders have invited the Tea Facilitator (Adrian) to come enjoy a cultural exchange at our Seabird festival. I hope to facilitate this, and we hope to see him. Thanks to everyone for the great awesome day

ELDER LIAISON COMMENTS/ FINAL NOTES

I am very happy to be getting to know each and everyone one of you. I love my job position. My role as Elder Liaison is to be an advocate for you, to provide support and assistance in places where you need it. There are many Elders on Seabird and many

issues to advocate with you. Please feel free to contact me when you need to and I will do my best to get back to you in a timely manner.

Work cell: 604-845-2295 **Office number:** 604-796-6892
Kleco , Kleco (Nuu-chah-nulth-Thank You) Sheila S

Seabird Elders –Outing 2012-2013

Month	Activity
March 26 ,2012	Cineplex Movie Theater
April 30, 2012	Fort Langley National Historic Site & Lunch
May 14, 2012	Chinese Gardens Vancouver & Lunch
June 25, 2012	Vancouver Zoo & Potluck Picnic
July 29, 2012	Abbotsford Flea Market & Lunch
August 15, 2012	Penticton Fruit Trip
September 24, 2012	Corn Festival
October 29, 2012	Cineplex Movie Theater
November 3 ,2012	Nooksac Elders Lunch TBA
December TBA	Christmas Activities (TBA)
January 30,2013	In House Lunch –Year In Review
February 27 2013,	Abbotsford Rodeo

Monthly Elders Support Group

To meet once a month; every 2nd Thursday of the month

A place to come talk about upcoming events;
Provides Advocacy & Support

Next Meeting is June 7th 1:00-3:00 pm

Location: Band Office/Transportation & Snacks Provided

36th Annual Elders Gathering July 10-12, 2012

The deadline for Group registration has passed on May 11, 2012. We cannot accept any more registrations past this point.

Many of the Elders were notified by Notices and/ Personal Invitations. My apologizes if you did not notify us and can’t attend this year. 40 members will be in attendance this year.

I will contact those on the registration list in the future with more details about the Gathering as the date approaches.

If you have any questions please feel free to contact **Sheila @ 604-796-6892**

Cell Phone Hacking

BE PREPARED FOR CELL PHONE HACKS TO:

• Rob Your Money

Other options might use a particular buying feature called SMS. This refers to the fact that money can be taken from your account and transferred into another - and a good hacker can sit in one place

• Give The System A Virus

By using another cell phone hack code, a hacker could kidnap your phone, send it a camouflaged program or send it a virus. But it does not end there, since, from that point, he can use your phone to retransmit the virus to many other phones almost instantly - potentially disabling the system.

• Spy On You

A hacker can also gain access and take over for cell phone spying and remote mobile phone hacking. Literally, once secured, the hacker can have the phone call him, and then be able to listen to all conversations going on around the owner of the phone.

• Access Your Voice Mails

Voice mails can also be retrieved by a hacker through a hacking cell phone. After stealing your number, this can easily be done - if your password is disabled. The main thing that needs to be understood here, is that the electronics that give you the modern convenience of interacting with the Internet (getting your voice mails, emails, Web surfing, etc.) , is also the same technology that allows you to receive the same ills as can befall someone on the Internet.

WHAT CAN YOU DO?

• Use Your Passwords

The cell phone companies tell us that many people have turned off their passwords when they access their voice mail messages, or other things. This little feature, though it may seem to be an annoyance to some, could protect your phone from unauthorized purposes.

Change your password, do not use the default one you received when you got the phone. Instead of picking the obvious, find a few easy to remember digits that spell out something secret.

That means **NO** kids names, pet names or anniversary dates.

• Upgrade Your Phone

While this cannot guarantee that your phone is not hackable, it certainly will help. It should be remembered that the phone companies work hard to deliver the best technology and conveniences - but the cell phone hacks work just as hard to be the first to break the systems designed to defeat them. It is an ongoing battle.

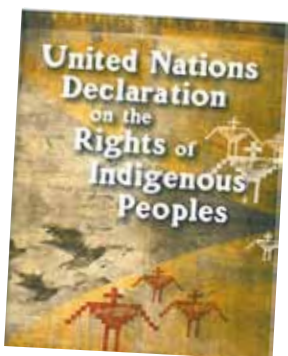
• Ultimate Mobile Armor App

Ultimate Mobile Armor prevent unwanted surveillance of your smartphone and tablet, providing affordable access to must-have levels of security against hacking, malware and spyware.



It was bound to happen - they have hacked just about everything else. Now it's the cell phones; smartphones, androids, traditional or prepaid phones no one is safe.

United Nations Declaration on the Rights of Indigenous Peoples



Article 11

1. Indigenous peoples have the right to practice and revitalize their cultural traditions and customs. This includes the right to maintain, protect and develop the past, present and future manifestations of their cultures such as archaeological and historical sites, artefacts, designs, ceremonies, technologies and visual and performing arts and literature.
2. States shall provide redress through effective mechanisms, which may include restitution, developed in conjunction with indigenous peoples, with respect to their cultural, intellectual, religious and spiritual property taken without their free, prior and informed consent or in violation of their laws, traditions and customs.

Article 12

1. Indigenous peoples have the right to manifest, practice, develop and teach their spiritual and religious traditions , customs and ceremonies; the right to maintain, protect, and have access in privacy to their religious and cultural sites; the right to the use and control of their ceremonial objects; and the right to the repatriation of their human remains.
2. States shall seek to enable the access and/or repatriation of ceremonial objects and human remains in their possession through fair, transparent and effective mechanisms developed in conjunction with indigenous peoples concerned.

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

**329 Client Visits
in the last
month!**

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.



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/culture knowledge/etc

SOCIAL ASSISTANCE INFORMATION

July 2012 cheque run will be handed out on Wednesday, June 27, 2012

- * Renewal Declarations are due by the 15th of EVERY month
- * 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! ☺

- * **Important Reminder:** We only hold cheque's for 4 days, if not picked up after those 4 days; we will **VOID** the cheque then close your file. Then you will have to re apply for the next month if needed.

Scotts Frozen Meat Package

There is a special frozen meat package, available for all social assistance clients for a cost of \$25.00. This amount would be deducted off your next SA cheque. The package includes: Bacon, Sausages, Chicken Burgers, Hamburgers, and two bags of Bacon & Cheddar smokies. If you would like one of these packages put an order in by the 15th of the month.

For more information contact Danielle Peters

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 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

Health Comics



Quote of the month

Teach your children what we have taught our children, that the Earth is our mother. Whatever befalls the Earth befalls the sons of the Earth. If men spit upon the ground, they spit upon themselves. This we know - the Earth does not belong to man, man belongs to the Earth. This we know.

Chief Seattle

Temt'amxw / June

Birthstone: Pearl / Aquamarine

Birth Flower: Rose

Zodiac: May 21st - June 20th - Gemini (the sign of twins)
June 21st - July 22nd - Cancer

Temt'amxw "gooseberry time"

Halq'emeylem Word Search

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

- pí:kwel - barbecuing stick
- sásq'ets - wild man, "sasquatch"
- st'élmexw - medicine
- sxéyltel - footprints, tracks
- stl'eq'á:l - wing
- sxélt's' - feather
- sméth'qel - brains
- th'á:lé - heart
- kw'él:á - stomach
- lhkw'ámóws - pulse
- thóthel - mouth
- yél:és - teeth
- cháléx - hand
- th'éxth'ex - stinging nettle
- sxwósem - soapberry, indian ice-cream
- schí:ya - wild strawberry - berry
- schí:yá:lhq - wild strawberry - the plant
- t'qwém - thimbleberry - the berry
- t'qwémelhp - thimbleberry - the plant
- elíle - salmon berry
- qá:lq - wild rose

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. June 6th
Draw Date: June 7th, 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

June 25th

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

\$100.00 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/>



FOOT CARE

Foot care days have been changed to the FOURTH Thursday of each month at the health centre.

Please contact Kristi to set up an appointment with Bonnie or Sunny. 604-796-2165.

DATES ARE AS FOLLOWS:

- June 28, 2012

Remember, priority is given to diabetics and elders!"

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 Sweet 16 Birthday Trevor Bobb June 1st
Love Mom & Dad*

FREE TUTORING

Free one to one tutoring offered Tues and Thurs from 3:00 - 4:00, by students in the Educational Assistant program at Seabird College. Participants must be committed to attending regularly.

BABIES MEDICAL & STATUS CARDS

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

Contact CHR; Maggie Pettis
604-796-2177



AMBULANCE BILLS



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

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

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

the SEABIRD Island

YOO HOO

Because news isn't all bad or boring!

Reach thousands of potential new clients by
Placing your ad here!

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

Men's Health

TAKE CARE OF YOURSELF

Body, Mind & Spirit

***Contact your doctor with
your health concerns!***



PROSTATE CANCER - *early detection is key*

Prostate cancer is *the most common cancer found in men after skin cancer and is the leading cause of deaths from cancer.*

Screening tests can find the disease early, sometimes before symptoms develop, when treatments are most effective. It is recommended to begin yearly screening starting at the age of 40. *Talk to your doctor about PSA screening for cancer of the prostate.*

SEXUALLY TRANSMITTED INFECTIONS - *preventable by limiting your number of intercourse partners and with condom use.*

A sexually transmitted infection is an infection or disease that is be transmitted by unprotected sex.

Human papilloma virus (HPV) or Genital lesions (warts) appearing on or around your genitals and anus are usually painless but can itch and may bleed or become inflamed. Once you're infected it can take 1 to 3 months for warts to appear. There is a vaccine to prevent specific types of HPV infection, and **vaccinating young men before they become sexually active may also help prevent the spread of HIV (aids).** Talk to your doctor if you are about to be or are sexually active.

ED - *Detector for Chronic Diseases*

Depression, poor self-esteem, and anxiety are only a few things that can short-circuit the process that leads to an erection.

In some cases, ED (erectile dysfunction) can be a warning sign of more serious disease. ED can be a strong predictor of heart attack, stroke, and death from cardiovascular disease.

Other conditions that may cause ED include cardiovascular disease, atherosclerosis (hardening of the arteries), kidney disease, and multiple sclerosis. These illnesses can impair blood flow or nerve impulses throughout the body. (Nearly 1 out of every 2 men with diabetes experiences ED.)

Lifestyle choices such as Smoking, excessive drinking, and drug abuse may damage the blood vessels and reduce blood flow to the penis. Lack of exercise and extra weight are other possible risk factors.

