



~ Signing Ceremony for Stqó:ya Construction ~



Since 2007 Seabird has been involved with discussions on the Interior to Lower Mainland project with BC Hydro, and has discussed ways to be active in the project. It was recommended by BC Hydro that Seabird consider a partnership with a company. This partnership could assist in developing skills and capacity to do the work and mentor Seabird in managing contract obligations.

Jakes Construction relationship with Seabird Island started back with the major Gravel Extraction from the Fraser River in 2008. Seabird has since been working on various projects with Jakes, and has opened the doors in this relationship to utilize Jakes twenty years of experience of clearing and grubbing work for projects such as: highways, subdivision developments and utility right-of-ways, forestry road building and Airport improvements.

Seabird and Jakes celebrated the partnership with a Signing Ceremony, April 17th here at the band office. The Ceremony was well received by Chief and Council, the community, Seabird Island Staff, Flatiron staff, and the staff of “Stqó:ya Construction”.

From SEABIRD: Chief Clem Seymour, Kimberley Lessard, Daryl “Chuck” McNeil, Brian Jones & Jay Hope

From JAKES: Adrian Boer, Jake Klaassen, William Klaassen and Larry Unger, who has been mentoring the College HEO students.



Seabirds 43rd Annual Festival

May 26th - 27th

Contact Angie to Volunteer or book your craft table!

Local Alerts!

- Cougar on Seabird
- Local attempted abduction.

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Mosquitoes!

Ready or not, here they come! Page 10

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Seabird Celebrates the 43rd Annual Festival This Year!

Every year we all work hard and pull together to enjoy the Seabird Festival. With people coming from all over BC, across Canada and even the United States what better time than to show what a great place Seabird is.

Some of the highlights always include:

- Canoe Races
- Soccer, Soccer and more soccer
- Some great and unique vendors
- Traditional shows
- Amazing food including several concessions, private vendors and the BBQ pit
- And a great environment to have fun with thousands of new friends and family

Every year the festival takes countless hours of planning and prep work. The festival could not



happen without the hard work and dedication of all of our staff and the community volunteers.

Festival is the one weekend each year that we all come together to show off and celebrate Seabird. We are all very lucky to have the opportunity to work, live, and play in a beautiful and welcoming piece of BC. We ask each of you to bring with you the passion, dedication, and love that we all have for Seabird and help us show off to the thousands of guests.

We want everybody to enjoy this drug and alcohol free event and look forward to seeing everybody there.

Enjoy these photo highlights of the 2011 Festival!



Are you all excited and prepared for the 43rd Annual Seabird Festival?

Are you ready to show off your families & community?

Are you ready to show your Seabird Pride?

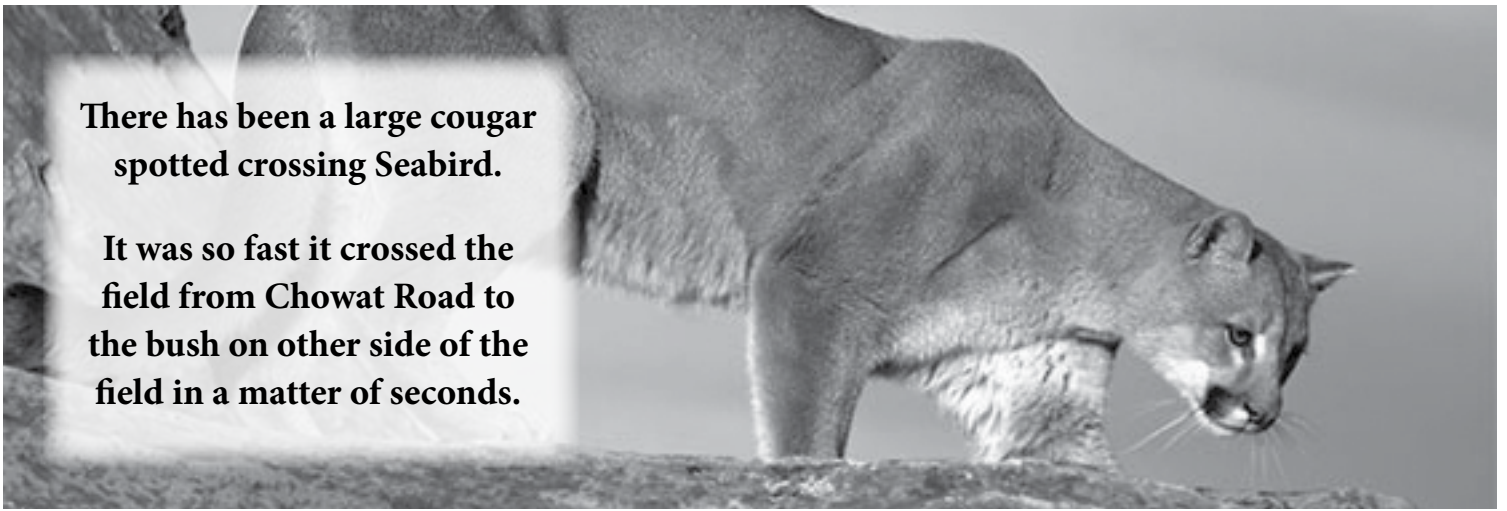
SEE YOU THERE!
MAY 26th - 27th



*** Cougar Alert! ***

There has been a large cougar spotted crossing Seabird.

It was so fast it crossed the field from Chowat Road to the bush on other side of the field in a matter of seconds.



What to do if you meet an aggressive cougar

Cougars are exciting animals to see in the wild and rarely cause problems for humans. Although unlikely to happen, you should know how to react if you encounter an aggressive cougar:

- **Do not run from a cougar.** Running will provoke an instinctive prey response and the cougar may pursue you.
- **Make yourself look intimidating.** Make eye contact with the cougar, which cougars consider a threat. Make yourself look big by opening your jacket, raising your arms and waving them. Speak loud and firm to the cougar.
- **If you have children, pick them up.** Try to pick children up before they panic and run. When you are picking children up, keep eye contact with the cougar and try not to bend over too far or turn your back to the cougar.
- **If you are attacked, fight back!** Protect your head and neck, as the neck is the target for the cougar. If the cougar thinks it is not likely to win its fight with you quickly, it will probably give up and leave.

Living in cougar country

Here are a few guidelines to make your property safer:

- **Keep a close eye on your children when they are playing outside.** Bring children in before dusk when cougars begin to hunt.
- **Do not leave pet food outside.** Cougars will eat pet food, and the food could attract cougars to your yard. Keep pets indoors at night as well, as pets make easy prey for cougars.
- **Bushes and brush make great hiding places for cougars.** Remove vegetation that could be a hiding place, making your yard less friendly for cougars. Clear around trees, and keep a clean yard.
- **Stay in close groups and make noise when walking.** If you are walking to the store never walk alone!
- **Keep your children in the group,** don't let them fall behind, *cougars ambush from behind!*

*** Parent Alert! ***



The Superintendent of Schools, Karen Nelson, received a phone call from a parent stating that on Friday evening, April 20th, her **daughters were approached in Harrison Hot Springs** by a man who attempted to lure them into his van by offering them candy.

The man is described as Asian, short, small build, with graying hair and between 50 to 60 years of age.

The van was tan and is described as being similar to a Chevy Venture van.

The RCMP have been contacted.

We are advising you to be extra vigilant during this time.

Housing Wait List May 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	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	04202012-2052

Don't know your number?

Contact Stacy McNeil to see where you sit on the wait-list!

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

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

Housing

Spring has sprung!

Please ensure that you are mowing your lawn, weeding your gardens, and keeping your yard clean from debris. Our community will be on showcase during our 43rd annual festival, and we also need to meet our requirements under policy in caring for our yards.



We are seeking interested volunteers for the Seabird Island Housing Committee.

These volunteers will be helping us make updates to our Housing Policies.

Are you interested?

Please contact Stacy McNeil to sign up – next meeting is in the beginning of May!

Guide Dog



Shirley Deroshers from Chehalis, one of Seabirds clients received her Guide Dog (Sammy) this Christmas. It was a two year process that included some training for both herself and Sammy. Sammy helps Shirley get around which is a huge help.

The Guide Dog comes with a licence that Shirley can show if an establishment ever tries to turn her and her dog away. If they outright refuse to let her in she has the right to take them to court.

Shirley highly recommends that people who have trouble seeing apply to the BC Guide Dog Services. The dog has become a part of her family and her regular routine. She never leaves home without her.

Congratulations Shirley.



Many years ago, when a baby was born, a respected woman, 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.

Seabird Island would like to invite you to a

Baby Welcoming Celebration

For Babies born
May 2011 - May 2012

Date: Wednesday, May 2nd

Time: 11am Ceremony, 12:30pm Lunch

Place: Seabird Island Gymnasium

There will be Registration, a light snack and blanketing at 10:30

Please join us in
celebrating your gifts

This Months Mystery Incentive

Count how many times you see the word "Seabird" in this May 2012 issue.

All Seabird Band Members or Community Members who bring in a correct count will be **put into a draw** for a chance to **"WIN" a mystery prize.**

Submissions due: by 4 p.m. May 9th **Draw Date:** May 10th, 2012

Note: Next time the incentive may be something else placed somewhere else in the Yoo Hoo, it changes every month.

Congratulations to last months winner - Steve Peters.

Name _____ Phone #: _____

Seabird Address or SIB Status #: _____

Count: _____

Walking / Street Safety

Be a good role mode for all of our children!

Walk safely, remember the rules. Just because you are bigger than a kid, does not mean the driver will see you better. People get hit by cars every day, be careful out there!

With the festival on the way this is especially important. There will be many people walking and many cars passing by. Please be respectful of all vehicles at all times and move off to the side of the road! **Safety First!**



For the Child Pedestrian

Young children do not have the skills necessary to judge speed and distance, so be drivers should constantly scan roadways for children who may be running across the street, particularly around schools, during school arrival and recess times, and in residential areas.

If you're a parent of a young child, remind them everyday about the **RULES OF THE ROAD:**

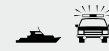
- **Children under the age of 12 should not be allowed to cross the street alone.**
- Most crashes happen when children run into the street, darting out between parked cars.
- **Children between 5 and 15 are at the greatest risk** for pedestrian injuries.
- Parents often think that their children are able to handle traffic safely by themselves before they are actually ready.
- Boys are much more likely than girls to be injured or killed in traffic.
- Most children are hit by cars while playing near home.
- Where there are no sidewalks, **walk facing traffic** so that oncoming vehicles are visible.
- **Wear bright clothes in low light conditions,** and additional reflective materials at dawn, dusk and night when vehicle lights are in use.
- **Parking lots require special consideration.** Vehicles often move without warning. Children must stay well back from cars in parking lots, and be taught to anticipate that vehicles may back out or move unexpectedly.

Remind children to

- **Look left, right, left before crossing the street.** Make sure the street is clear of cars and motorcycles before crossing the street.
- **Never play in or near the street.**



Emergency Preparedness



Seabird is updating its emergency preparedness plan.

As we do this we will have an Emergency Preparedness column with articles in each newsletter and information to suit the season. These are to help you prepare yourself and your families for emergencies that may come our way during the course of each year.

Did you know?

- If an emergency hits where Seabird has told you that “you need to evacuate your homes”, the band Office and school could be opened as a shelter.
- If there is a community wide evacuation, we have made arrangements with Merrit, and we can all meet there.

With Flood season right around the corner we have decided to put together an article on the historical flood that hit our area in 1948 and information for a flood kit to prepare for in case we have a flood this spring.

If heaven forbid, a flood does come our way we would like everybody to be prepared enough that we have the opportunity for us all pull together to:

- Help sandbag to save as many homes as we can homes.
- Help evacuate the Elders and other families.
- Save as much of our community and people as possible.

Historical Flood:

1948 saw massive flooding in Chilliwack and other areas along the Fraser River. The high water mark at Mission rose to 24.7 ft.

The Agassiz school, just outside the town was surrounded by four feet

of water. The flood, which affected many parts of B.C., began on May 24, 1948. Agassiz was a little known farming community of 2,000 people, 80 miles from Vancouver, at the time of the flood.

At the height of the 1948 flood, 50,000 acres (200 km²) stood under water. Dykes broke at Agassiz, Chiliwack, Nicomen Island, Glen Valley and Matsqui. By the time the flood waters receded a month later, 16,000 people had been evacuated, damages totaled \$20 million.



- **Are you able to be 72 hours self sufficient?**
- **Can you survive the first 72 hours without power and assistance?**

Emergency Flood Kit

You, your family or co-workers should prepare for disaster before it occurs. Part of your preparedness strategy should be assembling a Emergency Flood kit. Once a flood arrives, you won't have time to go shopping or gather your supplies. Place items you will need during an evacuation in an easy to carry waterproof container or place items in plastic bags, garbage bags etc

- Three day supply of water and non-perishable food for each person
- One gallon of water per person per day for food preparation and sanitation
- Ready-to-eat meals, meats, fruits and vegetables
- Canned juices, milk, soup
- Sugar, salt and pepper
- Peanut butter, jelly, crackers, granola bars and trail mix
- Vitamins
- Baby food or any special diet food
- Snacks, instant coffee and or tea bags
- paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Camping gear
- Non electric can opener, utility knife
- Small Fire extinguisher, TYPE ABC
- Tent
- Duct Tape
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare(s)
- Paper, pencil
- Needles, thread
- Shut-off wrench and pliers, to turn off household gas and water
- Whistle
- Area Maps
- Toilet paper and towelettes
- Soap or liquid detergent
- Your personal hygiene items
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Change of clothing (warm)
- Blankets, or sleeping bags
- Waterproof boots
- Hat and gloves
- Rain gear
- Thermal underwear

Infants

- Formula
- Diapers
- Bottles
- Powdered milk
- Prescription Medications

Adults

- Prescription Medications
- Denture and vision supplies

Your food should not require refrigeration, preparation or cooking. If you need to heat food, pack a camping stove or grill. Select food items that are not bulky or heavy.

Seabird Island PRESCHOOL



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

Eye swayed – The 4's Program began swimming on April 3rd. The children have water safety lessons twice a week for the month on April at the Hope Recreation Center. The children have been enjoying the three great swimming instructors!



The tulips are in bloom at the Preschool and the children have been planting seeds for part of the science/spring projects.

At the Seabird Island Open House the children enjoyed visiting friendly staff at their tables. Six of our children won wonderful door prizes. Congratulations – Savannah, Phoenix, Trinity, Mabel-Lena, Noah, Richard, Keon, and Mateo.



Beading a talking feather

On March 27th, the Preschool attended a field trip Bowling in Hope with the Kindergarten Class. The children all had a great time. Carlene joined us for a visit also! Thank you Ms. Nowak for organizing the field trip.



Friday, March 30, the Preschool participated in the Seabird Island Community walk. The children walked five km. wearing their great t-shirts, warm coats, and plastic bags to keep them dry. Thank you Lisa for the wonderful snack at the band office. Thank you Maggie for your help cutting up fruit. A great community event!!

On April 16 we shared our 8th Seeds of Empathy Family Visit. Seeds Elder Sharon, Baby Olivia, and Mom Jen were in attendance. The theme was Who Am I?

The children enjoyed seeing how much Baby Olivia had changed since the last visit. Baby Olivia seemed to enjoy the children drumming and singing. Thank you Jen for making our Seeds of Empathy Program so successful by bringing Baby Olivia!

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 children are learning through various themes and community nature walks with the staff. Watch for us out exploring in the community.



GOOD THINGS HAPPEN AT SEABIRD SCHOOL

1. Dianna Kay and Kathleen Louie have been taking students to the Sun Run for the past 3 years, and this is their biggest group of students and teachers. It was an excellent experience. We can't wait until next year.



2. Both the English nine / ten and eleven / twelve classes are enjoying reading novels by the National Book Award Winning writer Sherman Alexie.

3. In March the Kindergartens joined with the Preschool for a bowling field trip at Sunshine Lanes.



4. The Kindergarten class are about to start a unit in math on building 3D structures and shapes. Check back for pictures of the excellent structures we will build.

5. Grade three / four Ms. Watson and her Awesome Opossums. We're making a pit house. Soon to begin planting sunflower seeds and decorating a flower pot for the seed to grow into a larger plant that can be transplanted at our home. We're writing fantastic paragraphs and learning multiplication and division. We're making a dish from to hold our special things. We're learning an awesome song written by Gary Thompson called "HEY" We're fund-raising next week to go rock climbing in Abbotsford next month.

6. The Grade 1 students in Mrs. McKerrow's class are having fun and doing a great job of learning math with games!



7. Here is the good news from Grade one/two classroom: Our potatoes have sprouted and started to grow wild. It is very exciting to come in each day and discover how much bigger they have gotten. We will soon be moving them to the community garden. We have also planted other seeds. Now we are just waiting for them to sprout. Our next field-trip will be to go visit the salmon stream in Chilliwack and help release the new little salmon we have been watching grow in the aquarium in the hall. I have been handing out lots of prizes to the children for filling up their home reading charts. This is very exciting when a student notice they only need a few more stickers to pick a prize.

8. Recently we received word that a school in Umiujaq, Quebec, is interested in pairing with us for a student cultural exchange next year. We will start fund-raising very shortly for our trip. Students, whose parents are interested in signing up, please do so as soon as possible as there are only 6 spots available.



April 18th Band Quarterly meeting

5pm – 8pm

25 people in attendance

We started with dinner at 5 p.m. Dinner was cooked and served by Morris Harris. He did a wonderful job. Serving each person a 4 course meal which included soup, salad, cheesy bread, Lasagna and for desert tiramisu and a fruit platter. The food was first class.

Chuck welcomed everybody to the meeting, followed by a prayer from Ivan and opening words from Art.

Jay Hope started with an update about the **ILM Projects Final Negotiations**. According to the agreement Seabird will receive \$1.84 million, \$2 million in procurement for employment in clearing and road building, with more possible deals in the future, as well as training for our legacy. This also includes ceremonial work, reports and a commitment from BC Hydro to assist on Historical grievance, future power purchase opportunities, further awards and contracts, ROW passes through cemetery, and annual reviews.

Brian Jones followed with an update for **Sustainable Community Planning and Waste Management**. We have access to funds where we could possibly build a compost and recycling facility. The research we have completed assures us that there will be no smell and aeration. We have made 145 truckloads of dirt since 2010 when some composting projects began on Seabird. Who knew there's money in garbage and recycling? We will be looking into this further.

Art Andrew spoke on **Land Code** and a few new laws developed on Trespassing, and Anti-Dumping and any repercussion's they may include. We are looking for more feedback from the community. Information on these can be picked up in the Lobby of the Band Office.

Diane Janzen did a quick review on **Education**. 60% of the students at Seabird College are Seabird Members and the whole college has a 96% retention rate. Way to go guys! Education is your right! Unfortunately due to the shortage of funds we have 9 more students on the wait list. We encourage you and your families to save money for your college education, every penny helps. Chief and Council were asked at the meeting if they could look into ways of helping out with this situation. They took note of it and will be looking into adjusting the ways some moneys are spread out.

Chuck followed with a briefing about **Sports Guidelines**. We are looking for more participants to help out in this area. Following that Chuck spoke on **Specific Claims** on the Seabird / Waleach Rd. The government recognizes the 45 acres taken



back in the 1800's and based on the .25 cents per acre that would have been paid back then have offered us \$22,000. We are looking into postponing the acceptance of this as we would like to look further into it and communicate with the community.

Chief and Council Portfolio Updates:

Marcie Peters. We are looking for band members to sit on Housing Policy Review which will also include Home Ownership. We are also in the process of working on Strategic Planning with Management, trying to line up the tasks with budget to follow the direction set by the community members earlier this spring. Council has also been updating the governance model.

Maggie Pettis. We have been working on Education Jurisdiction and the Education Authority. The local agreement with District 78 is coming to a close and we are working on a new agreement. In Language and Culture we had a small setback when some information was temporarily misplaced due to a loss in our community. We are now looking at updating the funeral policy. Culture and Language committee has a meeting coming up to try to strategize these and further work. Child and Family, we now have assistance for Legal Aid Services. They will be coming out weekly to help people get ready for court in a more comfortable environment for them, and to help families with children in care.

Rod Peters. At our executive meeting we developed a binder that will collect all letters with any Band Members concerns. This way we can be more sure to address them. We have also been looking at the Central Commercial Center. With café comeback possibilities, and expanding the gas bar. We are looking at other options for distributors and how they can help us out with prices. We are looking at having them separated out a bit for possible room for future expansion. In Housing we are looking to hire another employee to help our the management. In Economic Development we are looking towards new ventures and keeping in touch with current partners.

Mosquitoes

Believe it or not the mosquitoes are coming out already.

What can we do?

- **Put screens on all your windows and doors.**
The best way to control mosquitoes indoors is to keep them out. Make sure there is no holes in the screens.
- **Clean your gutters,** mosquitoes like to hide in the damp leaves and muck. Roof gutters are easily overlooked but can produce millions of mosquitoes each season
- **Keep your lawns mowed.** Mow at least once a week.
- **Cut back the brush and rake the fallen leaves** out from around brush and trees.
- **Get rid of old tires,** or dump the water from them daily. The used tire has become the most important domestic mosquito producer in this country.
- **Dump out anything holding water,** buckets, pools,...
Dispose of tin cans, plastic containers, ceramic pots or similar water-holding containers that have accumulated on your property
- **Fill in your pot holes** in the driveway.
- **Fill in low parts of your yard** that fill with water or get marshy after a rain storm.
- **If you have a pond or small body of water around your yard or that you know of anywhere on Seabird CALL John!**



Did you know !

- **A mosquito actually prefers the blood of a beer-drinker** over anyone else. Don't leave beer & pop cans out in the yard.
- **Mosquitoes are attracted to dark colors,** wear light colored clothing.
- **Mosquitoes hate the scent of chives and garlic.** TIP: Garlic juice sprayed on the grass, trees, shrubs and other plants around your yard can repel mosquitoes from your property for up to 4 weeks. It will wear off faster if there are frequent or heavy rains.
- **Mosquitoes hate the taste and scent of soap.**

SEABIRD - LAWS

LAWS The Committee continues to work on the Trespass Law, and Dumping Law to be put through during the upcoming months of 2012.

Current Laws needing Community Feedback on
Trespassing Law – *with a Summary of the Law*
Anti-Dumping Law – *with the Summary of the Law*
Developmental Law – *being Drafted for Community Feedback*

You can find the Laws along with the Summary of Seabird Lands ~ Face-book or request a copy from the Lands Department.

Copies are also left on the Community Notification Table in the Lobby of the Band Office.

Seabird Island Band PARENTING CLASSES Available Days or Evenings

April 24/12	5:00 - 7:00 pm
May 8/12	5:00 - 7:00 pm
May 14/12	10am - 12
June 12/12	5:00 - 7:00 pm
June 18/12	10 am 12



*Donna Watson
Family Worker*

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



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

Our Reserve Lands, Our Backyards

In 2009, when the community of Seabird Island accepted the Land Code with a “Yes” vote, it shifted responsibility for Reserve Lands Management to Seabird Island Band. No longer were decisions about reserve lands to be made in Ottawa [Indian and Northern Affairs Canada (INAC)]. Seabird Island Band has been working on the transfer of this responsibility from Ottawa to Seabird Island. As a result, Seabird is becoming solely responsible for its own reserve lands.

The Environmental Site Assessment (ESA) work has been part of this transfer of responsibility. Through the ESA, INAC (now Aboriginal Affairs and Northern Development) has been assessing the state of the reserve lands as it had been prior to the Land Code. Before they transfer complete responsibility to Seabird Island, they want make their best efforts to “clean-up” essentially what was their responsibility.

However, moving forward one of the issues we keep running into is the continued “Dumping” of garbage, household material and recyclables on the Reserve Lands. Identification of the waste piles, location and contents, indicates some of the refuse is originating from Seabird.



Figure 1: Seabird Crew sifts and sorts through a “Dump Site” located along the CPR access road, on the northern end of Seabird Island, as part of the ESA work. (Oct. 2010)

Without pointing fingers at anyone,

we as a community need to put a stop to this practice of disposing our waste materials on our Reserve Lands. The Reserve Lands are our backyards. The waste materials include plastics, metals, toxic chemicals, woody debris and other

material. The environment simply cannot handle this material. Contaminants leech into the soils and water and potentially affect human health.

What appears to be needed is the implementation of an education program on the issue of “Dumping” provided to both the community and outsiders. While implementing an education program to outsiders may prove to be challenging, educating our own community may prove to be equally challenging if there is not a “buy in” factor from the community.

As First Nations people, we are often referred to as “Stewards of the Environment”. This comes from the connection to the land and its resources on which we have traditionally relied. If we really are caretakers of our environment, we need to do what we can, as individuals, families and a community to treat our Reserve Lands with respect and honor.



Figure 2: Dump Site located on No. 6 Road. Items include household waste, toxic chemicals, fishing nets, plastics, metals, woody debris. As a concentrated pile, contaminants are leeching into the soils and water. Some may eventually make it into Seabird’s water supply, endangering human health. (May 2011)

Figure 3: Cleaned Up “Dump Site” located along Ewalooth Road. Toxic chemicals, plastics, metals and household waste were removed. Site is sensitive because at high water time, the water seeps to the ground surface, carrying contaminants further away from the site. (May 2011)

Let’s re-incorporate our sense of pride and esteem. Let’s treat our Reserve Lands right so our children’s grandchildren will have a clean and healthy environment in the future.

If you have any questions or concerns, please see me at the Administration Offices. Jay Hope ~ Research Director

BC Hydro’s - Interior to Lower Mainland Project: Flatiron / Graham Construction

Flatiron / Graham will need a “Marshalling/Lay-down” area to build and house the towers for the project. Seabird Island is among the few selected for such a site, as its location is central and ideal for the project.



Economic Development is working with the Seabird College’s Heavy Equipment Operators course to prepare the Marshalling/Laydown Yard for the ILM project. The proposed site for this yard is located near the Gas Bar area, along HWY #7. This site preparation for the project is a start to Seabird Island’s vision to expand its commercial / light industrial area. The improvements would bring “added value” to Seabird Island.

Upon completion of the ILM project, Seabird would be left with a highly valued and ready-to-use Light Industrial parcel that would be opportune for other potential business leasing arrangements with the public and or private sectors.

The College had started with using the machine on site to complete the project.

Pipe Laying

Seabird Island Band



6 Week Course

Start Date

April 30, 2012 - June 08, 2012

Portable 9

The Program includes:

- Pipe Laying
- Intro to Surveying
- Traffic Control
- First Aid Level 1

For more information please contact
Dianne Parkinson: 604.796.2177 / Dianneparkinson@seabirdisland.ca

Trades Exploration Program

Learn how to turn a shipping container into a home!!

Seabird Island Band

Starts

April 30, 2012 - June 29th, 2012

Time: 8:00am to 4:00pm

Portable 1 (plumbing)

Trades Exploration

Steel Stud Construction

Drywall Installation

Drywall Finishing

Painting and Decorating

Brief intro to Electrical and Plumbing

Trades Math

For more information contact
Dianne Parkinson 604-796-2177 / dianneparkinson@seabirdisland.ca

Open House

Thank you to everybody who came out and participated in Open House April 11th. The event was a huge success! "Seabird is getting so big" Jutta Landrath, an elder who was here all day said, she didn't have time to make it to every table.

It was a fun packed day as students, community members and other members of the general public filtered through the Seabird gym. Everybody learning about the numerous services offered at Seabird, becoming familiar with Seabirds facilities and meeting new people and other friends they have not seen in ages.

We had a lot of fun at the "Old Fashioned Portrait Booth" in the Health Board Room. Many people came and dressed up for their old fashioned photos. Those who haven't made it in to collect their photos, they are ready. Those who haven't paid yet we will wait for you to come in before we print them. Please contact Sandy.


We hope that Open House was an enlightening opportunity for everybody that came out and participated. We hope you will all continue to come in and ask questions. Our door are always open!



Recycle at Home

What can I recycle at home?

In a nutshell, the most common recyclables are Paper, Hard Plastic, Glass Containers, and Metals.

- All plastic containers, types 1 through 7. Examples include plastic bottles (water, soda, juice, milk, shampoo, bleach) and wide mouth containers (yogurt, butter, deli) *Look for the number inside the recycling symbol.* 
- Clean, flexible plastic bags such as grocery bags, dry cleaning bags, clean plastic film or clean plastic food packaging (sandwich, bread, and produce bags), along with bubble wrap and thin plastic wrapping
- Plastic bags and wrapping must be bundled into one plastic bag and self-tied
- Mixed papers: Junk mail, magazines, cereal, boxes, egg cartons, phone books, milk and juice cartons (dry), Newspapers, and Cardboard.

You may find it surprising just how much waste can be recycled. When I started recycling it cut my garbage in half! Just think if everybody did that, how much better our world would be!



We are asking for you to pitch in to help achieve Zero Waste

PLEASE COMPOST

- All fruit and vegetable scraps – including rinds and cores
- Bread, cookies, crackers, pasta – pretty much anything made of flour
- Grains, cooked or uncooked – rice, oats, barley, wheat, etc.
- Coffee grounds, tea bags (no staples, please), filters
- Herbs and spices
- Egg shells (crushed well)
- Nuts and nutshells
- Soiled paper napkins and paper towels

The smaller the pieces, the quicker they'll break down in the compost pile, so please snap that corn cob in half!

BUT DON'T COMPOST

- Meat, poultry, or fish, including bones, fat, gristle, skin, etc.
- Dairy products, including cheese, butter, yogurt, sour cream, etc.
- Grease, oil, or sauce of any kind

Kw'as Hoy, Public Works Compost Guy©

Women's Health & Wellness - Menopause

The change of life. The end of fertility. The beginning of freedom. Whatever people call it, menopause is a unique and personal experience for every woman. It's a natural event that marks the end of fertility and childbearing years. Menopause is the permanent end of menstruation and fertility, defined as occurring 12 months after your last menstrual period.

Menopause can occur as early as your 30's and, rarely, as late as your 60's. However, there is no correlation between the time of a woman's first period and her age at menopause. In addition, age at menopause is not influenced by race, height, the number of children a woman has had or whether she took oral contraceptives for birth control.

Menopause is a natural biological process, not a medical illness. Even so, the physical and emotional symptoms of menopause can disrupt your sleep, sap your energy and — indirectly — trigger feelings of sadness and loss.

Even though menopause is not a disease, you shouldn't hesitate to seek treatment for severe symptoms. Many effective treatments are available, from lifestyle adjustments, to hormone therapy. There are also many natural remedies for hot flashes such as Red Clover, Ginseng, and Evening Primrose Oil.

34 MENOPAUSE SYMPTOMS

Common Symptoms

1. Hot Flashes
2. Night Sweats
3. Irregular Periods
4. Loss of Libido
5. Vaginal Dryness
6. Mood Swings

Changes

7. Fatigue
8. Hair Loss
9. Sleep Disorders
10. Difficult Concentrating
11. Memory Lapses
12. Dizziness
13. Weight Gain
14. Incontinence
15. Bloating
16. Allergies
17. Brittle Nails

18. Changes in Odor
19. Irregular Heartbeat
20. Depression
21. Anxiety
22. Irritability
23. Panic Disorder

Pains

24. Breast Pain
25. Headaches
26. Joint Pain
27. Burning Tongue
28. Electric Shocks
29. Digestive Problems
30. Gum Problems
31. Muscle Tension
32. Itchy Skin
33. Tingling Extremities

Others

34. Osteoporosis

SHARE THE ROAD

Courtesy + Cooperation = Safety

Motorists Sharing the Road:

Drive Cautiously:

- Reduce speed when encountering cyclists
- Don't tailgate, especially in bad weather
- Recognize hazards cyclists may face and give them space

Yield to Cyclists:

- Bicycles are considered vehicles
- Cyclists should be given the appropriate right of way
- Allow extra time for cyclists to traverse intersections

Be Considerate:

- Scan for cyclists in traffic and at intersections
- Do not blast your horn in close proximity to cyclists
- Look for cyclists when opening doors

Be patient

- A cyclist may delay your trip by seconds. Think of them as slow-moving vehicles and wait for a safe place before passing them.

Pass with Care:

- When passing, leave four feet between you and a cyclist
- Wait for safe road and traffic conditions before you pass
- Check over your shoulder before moving back

Watch for Children:

- Children on bicycles are often unpredictable
- Expect the unexpected and slow down
- Don't expect children to know traffic laws
- Because of their size children can be harder to see

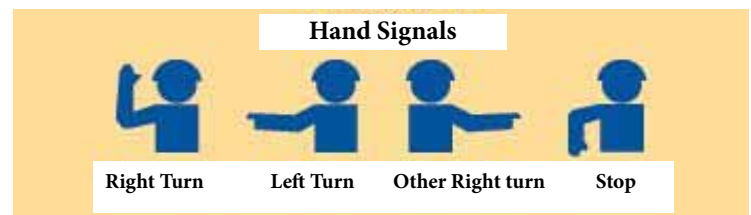


Cyclists Sharing the Road:

Cyclists must realize that a bicycle is a vehicle. This means that you have the same rights as drivers, but also the same responsibilities as a driver of any other vehicle on the road. If you are a cyclist you can reduce the number of cyclist-caused collisions with drivers. Cyclists 10 and under should ride on sidewalks or with an adult!

On the Road:

- The same laws that apply to motorists apply to cyclists
- Obey all stop signs, street lights and other signs.



- Use **hand signals** to indicate stops and turns other users

Always Wear a Properly Fitting Helmet:

- Wear a helmet, no matter how short the trip. It's for your own safety. **Yes even on Seabird!**

Ride on the Right:

- Always ride in the same direction as traffic
- Use the furthest right lane that heads to your destination
- Slower moving cyclists and motorists stay to the right

Ride Predictably:

- Ride single file, not in groupings side by side
- Ride in a straight line, not wiggly
- Don't swerve in the road or between parked cars
- Check for traffic before entering street or intersection
- Anticipate hazards and adjust your position accordingly

Be Visible:

- Wear brightly colored clothing that provides contrast
- Use a white front light in low light conditions
- Use a red rear light in low light conditions
- Use a reflector or reflective tape or clothing all the time
- Announce yourself by making eye contact with motorists

Be aware

- Scan the road surface for potholes, drainage gates and other hazards that might cause you to fall
- Check over your shoulder before changing lanes
- Never assume that drivers will yield to you. **Expect the unexpected.**
- When riding by parked cars, be prepared that doors may open at any time.

IMPORTANT

Those receiving mail in the mail boxes outside the band office:

If you receive a **parcel compartment key** to get a parcel, the key **MUST BE RETURNED!**

Some keys have not been returned.

The post office said if they are not, they will stop the parcel service and Seabird users will have to resume picking up parcels in Agassiz.

Please return these keys.

Thank you!



Seabird Health Services Accreditation Update



Enter to win \$20 Winners gift card. Draw on June 15th

WE WANT TO HEAR FROM YOU!!

Accreditation is about improving the quality of our health services. Help us improve!

Cut on the dotted line below and put your comments in the Band Office lobby in the

[Quality Improvement Drop Box.](#)

How are we doing?

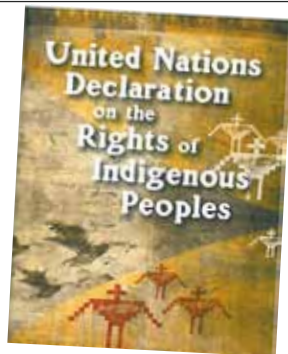
I use Seabird's health services: often rarely never

Overall services are: poor adequate good excellent

My idea for improved service is _____

Name _____ Phone _____

United Nations Declaration on the Rights of Indigenous Peoples



Article 10

Indigenous peoples shall not be forcibly removed from their lands or territories. No relocation shall take place without the free, prior and informed consent of the indigenous peoples concerned and after agreement on just and fair compensation and, where possible with the option of return.

Healthy Eating Recipe Corner

Classic Chef's Salad

Prep: 10 min.

- 1 head iceberg lettuce, torn into bite-size pieces
- 12 radishes, trimmed and sliced
- 2 stalks celery, cut into thin 2 inch strips
- 4 tomatoes, cut into 6 wedges each
- 3/4 cup your favorite cheese, grated or cut into thin strips
- 1 cup cooked turkey breast, or cooked chicken, cut into thin strips
- 1 cup cooked ham, cut into thin strips
- 4 hard-boiled eggs, quartered



Arrange lettuce on the bottom, add radishes, celery. Arrange tomato wedges around the outside. In a separate bowl combine cheese, turkey and ham then add to salad. Arrange hard boiled egg quarters between tomato wedges. Season with salt and pepper to taste. Top with salad dressing. (French dressing, or Creamy French, Russian or Thousand Island salad dressing) Serve with garlic toast and this is a full meal deal!

This recipe serves 4 people.

Per serving: calories 730, fat 55.3 g, 67% calories from fat, cholesterol 302 mg, protein 32.9 g, carbohydrates 28.4 g, fiber 3.9 g, sugar 23.4 g, sodium 1925 mg, diet points 18.9.

Dietary Exchanges: Milk: 0.0, Vegetable: 1.9, Fruit: 0.0, Bread: 1.1, Lean meat: 1.8, Fat: 8.7, Sugar: 0.0, Very lean meat protein: 1.4

Recreation

Parents are invited to provide input into the Out of School Care Program for its restart in September!

Join us May 10th at 5 p.m.,
located in the main school kitchen (oosc room).

This meeting is to keep parents of out of school care children involved with the process of planning the upcoming school year. Planning involved such things as snacks, field trips, pro-d days, daily activities, etc. This session will also include a question and answer period, where parents can ask questions about anything within the program.

We look forward to your ideas to help us plan the next school years out of school care activities.

Snacks provided.

Recreation Planning meeting on May 9th at 6:30pm.

Anyone within the community and staff are invited to attend this meeting to discuss potential upcoming recreational activities.

This includes sports nights (hockey, soccer, etc), weight loss programs, etc.

We want your input on what activities we can bring into Seabird's rec nights, and how to encourage people to come to those nights as well as continue with weight loss programs that the recreation department puts on.

Summer Program

Subsidy applications should be submitted for summer program by **June 1st**. If you need assistance with this, please contact Stacy McNeil at 604-796-2177



May 2012

NEW HOURS!

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: red; font-weight: bold; margin: 0;">Fitness Center</p> <p style="margin: 0;">Band Members: FREE/ Community & Staff: \$1 Non-Community: \$30 month or \$2 drop in Open 8am-4pm; 6pm-8pm</p>				
<p style="color: purple; font-weight: bold; margin: 0;">ELDERS FITNESS</p> <p style="margin: 0;">9AM-10AM</p> <p style="color: purple; font-weight: bold; margin: 10px 0 0 0;">BOOTCAMP</p> <p style="margin: 0;">12PM-1 PM</p>	<p style="color: purple; font-weight: bold; margin: 0;">P90X W/ VAL</p> <p style="margin: 0;">7:15AM-8AM</p>	<p style="color: purple; font-weight: bold; margin: 0;">ELDERS FITNESS</p> <p style="margin: 0;">9AM-10AM</p> <p style="color: purple; font-weight: bold; margin: 10px 0 0 0;">BOOTCAMP</p> <p style="margin: 0;">12PM-1 PM</p>	<p style="color: purple; font-weight: bold; margin: 0;">P90X W/ VAL</p> <p style="margin: 0;">7:15AM-8AM</p> <div style="text-align: right; margin-top: 10px;"> </div>	<p style="color: purple; font-weight: bold; margin: 0;">BOOTCAMP</p> <p style="margin: 0;">12PM-1 PM</p>
<p style="color: red; font-weight: bold; margin: 0;">Evening Recreation in the Gym</p> <p style="margin: 0;">Band Members: FREE/ Community & Staff: \$1 Non-Community: \$30 month or \$2 drop in Open 6pm - 8pm.</p> <div style="text-align: right; font-weight: bold; color: black; transform: rotate(-10deg); font-size: 1.2em;"> Pay before you play </div>				
<p style="color: purple; font-weight: bold; margin: 0;">CLOSED P.M.</p> <div style="text-align: center; margin-top: 10px;"> </div>	<p style="color: purple; font-weight: bold; margin: 0;">OPEN SPORTS NIGHT</p> <p style="margin: 0;">6PM-7PM</p> <p style="color: purple; font-weight: bold; margin: 10px 0 0 0;">OUTSIDE BOOKING</p> <p style="margin: 0;">7PM-9PM</p>	<p style="color: purple; font-weight: bold; margin: 0;">MENS HOCKEY</p> <p style="margin: 0;">6PM-7:30PM</p> <div style="text-align: center; margin-top: 10px;"> </div>	<p style="color: purple; font-weight: bold; margin: 0;">CO-ED HOCKEY</p> <p style="margin: 0;">6PM-7PM</p> <p style="color: purple; font-weight: bold; margin: 10px 0 0 0;">OUTSIDE BOOKING</p> <p style="margin: 0;">7PM-9PM</p>	<p style="color: purple; font-weight: bold; margin: 0;">CLOSED P.M.</p> <div style="text-align: center; margin-top: 10px;"> </div>

Note: To gain access to the fitness center during office hours, see the front desk for a key. **Fitness gym is closed daily from 4pm-6pm, and closed Monday and Friday evenings.**

Closed May 18th, 21st & 22nd

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

**280 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

June 2012 cheque run will be handed out on ***Tuesday, May 29, 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	Outside
	Member	
Full color page (8 x 10)	\$75.00	\$122.50
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$61.25
Full color 1/4 page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x 3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale 1/4 page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x 3)	\$ 8.00	\$10.00

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

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

AGREEMENT

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

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

DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Sandy Bobb

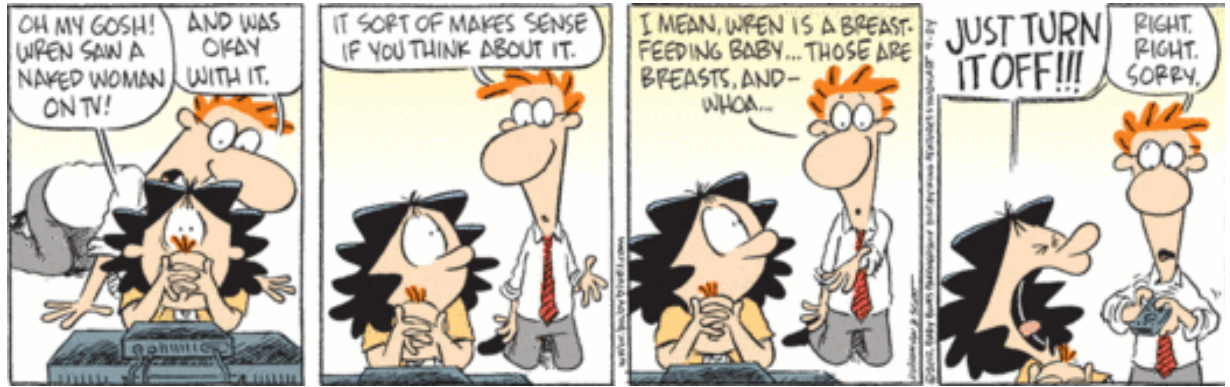
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

Health Comics



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

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:

- April 26th, 2012
- May 24, 2012
- June 28, 2012

Remember, priority is given to diabetics and elders!"

Gardening Tips

For better blooms next year, resist the temptation to cut back your daffodils until they have almost completely died back.

Traditional Food: Preserve your dandelions this year, why not EAT them? They contain more Vitamin A than carrots and twice as much spinach.

Quote of the month

No one saves us but ourselves.
No one can and no one may.
We ourselves must walk the path.

Buddha

We may have all come on different ships, but we're in the same boat now.

Martin Luther King, Jr.

Tem qwel oythi:lem / May

Birthstone: Emerald

Birth Flower: Lily of the Valley or Hawthorn

Zodiac: April 20th - May 20th - Taurus
May 21st - June 20th - Gemini

Tem qwel oythi:lem "making music, birds sing"

Halq'emeylem Word Search

h	o	x	w	c	h	í	:	y	ò	m	á	t	h	x
t	l	'	á	t	l	'	e	k	w	'	e	m	l	w
i	w	x	h	t	á	m	m	e	'	w	k	p	o	p
t	a	s	í	:	x	w	a	p	o	p	k	w	i	k
s	'	e	h	'	i	y	á	q	t	e	l	í	m	x
'	q	á	q	w	'	ó	:	l	t	l	'	e	l	e
e	:	'	t	k	w	í	k	w	e	t	l	'	e	m
l	l	a	é	l	e	h	t	é	w	o	h	c	q	:
x	h	s	k	w	'	t	l	a	t	l	e	k	w	ó
w	e	e	w	p	q	e	w	í	t	s	e	l	é	w
í	l	m	i	s	o	e	k	w	i	k	w	e	'	x
q	h	á	k	p	o	p	l	w	e	t	h	l	q	w
w	ó	:	p	h	l	e	p	ó	'	w	q	e	w	q
e	s	t	s	'	a	'	í	:	l	e	s	a	s	s
m	ó	h	e	l	l	o	t	h	e	ò	m	r	e	z

- xwchí:yòm - Cheam
- sts'a'í:les - Chehalis
- ts'elxwíq - Chilliwack
- kwikwetl'em - Coquitlam
- qewítset - Cowichen
- lhelhós - Down River
- sq'ewqel - Seabird Island
- qw'ó:l't'el - Kwantlen
- chowéthel - Katz Reserve
- t'l'át'ekw'em - Hope Reserve
- máthxwi - Matsqui
- qweqw'ópelhp - Kwakwápilt First Nation
- popkw'em - Popkum Village
- sixálh - Sechelt
- sí:xwap - Shuswap
- sqwxwó:mex - Squamish
- semá:th - Sumas
- ch'iyáqtel - Tzeachten Reserve

Note: All of the above should be capitalized at the beginning but for the sake of the puzzle are not.



'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

Dr. Ahmed's Clinic Dates

May 28th
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)

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

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.

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.

Alcoholics Anonymous Meeting

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

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



SIB ARMY CADETS

Millennium Hall - Tuesdays, 6:30 - 9:30

Training started again on September 6th. Please let interested youths know as this is the perfect time to join.



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.



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

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

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 ?

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



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

Women's Health

I AVOIDED

Cervical Cancer...



**... BY SAVING MYSELF FOR
MY ONE AND ONLY
FOREVER MAN.**

This life long decision has...

- Helped me become a stronger person
- Helped me build my self esteem
- Helped me build confidence in myself
- Helped me build self respect
- Helped me gain respect from others,
including my (then) boyfriend
- Helped me build a stronger relationship
with my (now) husband of 17+ years
- Helped me gain trust from others
- Given me the strength to trust others
- Helped me build a stronger family
- Helped save me from STI's
- Helped me avoid Cervical Cancer

*You may be surprised to find out that more
young ladies are virgins than you think, they
just don't advertise the fact.*

***Defend your body and protect yourself.
If I can do it, so can you!***

CERVICAL CANCER

Another large health risk for women caused by a sexually transmitted infection called Human Papilloma Virus (HPV).
Once Diagnosed with Cervical Cancer, pregnancy is most often not an option for your future.

This disease is **100% preventable** if the right measures are taken:

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

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

