



## Seabird College Utility Arborist

Thirteen students finished the First Section of the Pre-Apprenticeship Utility Arborist Program from June 17, 2013 until July 12, 2013. This Program is being delivered by Seabird College in partnership with EITI. Steve Peters, from Seabird Island Band was an Instructor for this program.

Next, the students are going onto Work Experiences with companies such as Asplundh

and Davey Tree Company. From September 9, 2013 until October 14<sup>th</sup>, 2013, the students will finish their Pre-Apprenticeship Course and then hopefully join their employer as a second year Apprentice. The students are from numerous First Nation Bands. The guys are really enjoying this program and the great new skills they are learning.

## FOREST FIRE SEASON!

- Be aware of your cigarette butts!
  - \* Use an ashtray.
  - \* Do not through butts out your car windows.
  - \* Keep butts away from cedar wood chip gardens!
- Keep a hose close when having a cooking fire or fire pit going.

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## Seabird Adult Education in partnership with Electrical Industry Training Institutes



## Utility Arborist



Lee John



David Peters



Bryson Peters



Cody Diablo



Andrew Boyd



Sean Paul



Edward Chapman



Christopher Louie



Kelly Angus



Fidele Henry



Ryan Diablo



Arthur Charlie



Kelsey Charles

## SUMMER IS HERE!

- Please remember to PLAY SAFE.
  - Keep a close eye on your kids near water!
  - Wear life jackets out on the water, including at the river.
    - Be careful when fishing, respect the river and its power.
    - Watch your feet around the NET.
  - **All Ages Should Use Sunblock to...**
    - Prevent future wrinkles
    - Prevent skin cancer
    - Prevent burns
- Re-apply every 1/2 hour for best results!*



# Seabird Island Band

P.O. Box 650 | 2895 Chowat Road | Agassiz | B.C | V0M 1A0  
(604) 796-2177 | (604) 796-3729

Seabird Chief and Council are excited to provide more information regarding the home improvement funds.

- Seabird Island Band Members will be able to pick up their cheques between 10:00 am and 6:00 pm on August 1 & 2 in the Band Gym.
- Cheques will only be given out to the individual Band Member
- A status card or 2 pieces of government issued id (one with a photo) must be shown to receive the cheque
- Children's activities will be provided throughout the day
- Light refreshments will be provided by Seabird Island Community Youth
- Onsite security will be provided by Griffin Security
- Cheques not picked up by 6:00 pm on August 2<sup>nd</sup>, will be available from trustee Jason Ellis on the following days:
  - August 6
  - August 8
  - August 13
  - August 15
  - September 5
  - September 12
- Members that have requested their cheque be mailed, will receive their cheque after August 2<sup>nd</sup>, and only once their identification requirements have been verified

**Read more on the other side...**

# What to expect!

- Once you have entered the gym you will be greeted by members of council and employees who will verify that you have the appropriate ID to pick up your cheque
- Once you have been greeted, lines will be set up to the cheque tables
- At the cheque table you will provide the counselor and staff with your ID.
- They will verify your name, status number/date of birth, and have you sign for your cheque.
- After receiving your cheque we ask that you exit the gym so that we can move on to the next Member
- There will be snacks, beverages, and children's games outside the gym
- The Band office will remain open for regular business on distribution days.

We are all very excited for the allocation of Home Improvement Funds and the great things this will bring to our community. We ask that everyone coming to pick up their cheque arrives prepared to be patient and understanding. There will be a Zero Tolerance Policy in place and any Band Member arriving under the influence will not receive a Cheque.

Chief and Council and staff will be working hard to ensure that everything runs as quickly and as smooth as possible.

Your cooperation and patience are appreciated

## Housing Septic System Back-ups

This is what happens when things other than toilet paper, feces and urine.

When this happens, our septic system backs up and costs the band \$3-\$4,000 to repair.

PLEASE DO NOT FLUSH ANYTHING DOWN THE TOILET THAT IS NOT SUPPOSED TO BE. No socks, shirts, towels, swiffers, bounce sheets, lint, pets, diapers, mop heads, condoms – these are ALL ITEMS THAT HAVE BEEN PULLED FROM THE LIFT STATIONS.

IF THIS CONTINUES WE MAY HAVE TO START CHARGING A SERVICE FEE TO RECOUP OUR COSTS.



*This picture came from the lift station at the corner of Sthitsem and Chowat rd, which receives septic materials from the following addresses:*

8411	Sthitsem Road
8401	Sthitsem Road
8289	Sthitsem Road
8379	Sthitsem Road
8290	Sthitsem Road
8456	Sthitsem Road
8450	Sthitsem Road
8475	Sthitsem Road
8471	Sthitsem Road
8364	Sthitsem Road
8358	Sthitsem Road
8353	Sthitsem Road
8344	Sthitsem Road
8338	Sthitsem Road

8339	Sthitsem Road
8327	Sthitsem Road
3082	Steqoye Rd
3096	Steqoye Rd
3056	Steqoye Rd
3108	Steqoye Rd
3120	Steqoye Rd
8319	Sthitsem Road
8517	Sthitsem Road
8493	Sthitsem Road
2964	Chowat Rd
2910	Chowat Rd
2980	Chowat Rd
8531	Sthitsem Road

3047	Chowat Rd
8505	Sthitsem Road
8438	Sthitsem Road
8457	Sthitsem Road
8428	Sthitsem Road
8443	Sthitsem Road
8410	Sthitsem Road
8427	Sthitsem Road
8394	Sthitsem Road
8382	Sthitsem Road
8378	Sthitsem Road
8314	Sthitsem Road
8306	Sthitsem Road
8522	Sthitsem Road

2924	Chowat
3308	Seabird Island Band
2894	Chowat
8548	Sthitsem Road
8536	Sthitsem Road
8506	Sthitsem Road
8486	Sthitsem Road
8298	Sthitsem Rd
2814	Chowat
2816	In Mon Tin
2818	In Mon Tin

101-8545	Sthitsem Road
102-8545	Sthitsem Road
103-8545	Sthitsem Road
104-8545	Sthitsem Road

201-8545	Sthitsem Road
202-8545	Sthitsem Road
203-8545	Sthitsem Road
204-8545	Sthitsem Road

## Housing Wait List - August 2013

1 bedroom

1	041720122047
2	08302010-2049
3	09192012-2050
4	10252012-2051
5	02132013-2053
6	04052013-2064
7	05092013-2065

2 bedroom

1	09082010-2028
2	07082011-2038
3	04172012-2047
4	11132012-2053
5	12192012-2054
6	12202012-2055
7	01032013-2056
8	01032013-2057
9	01282013-2058
10	01302013-2059
11	02042013-2060
12	03052013-2061
13	04152013-2062
14	04152013-2063
15	04052013-2064
16	05092013-2065

3 +bedroom

1	01032012-3057
2	09182012-3072
3	10222012-3073
4	11132012-2053
5	11272012-3073B
6	12192012-3074
7	12192012-3075
8	12192012-3076
9	12272012-3078
10	01022013-3079
11	01022013-3080
12	01032013-2056
13	01302013-2059
14	01312013-3081
15	02062013-3082
16	02082013-3083
17	02082013-3084
18	02152013-3085
19	02252013-3086
20	03082013-3087
21	03192013-3088
22	04152013-2062
23	04232013-3089
24	07102013-3090
25	07172013-3091

### Don't know your number?

Contact Stacy McNeil to see where you sit on the waitlist!

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



## Home Maintenance:

### Maintenance Reminders:

- Deep clean carpets and rugs
- Check smooth functioning of all windows and lubricate as required
- Inspect window putty on outside of glass panes of older houses and replace if needed
- Sand and touch up paint on windows and doors
- Lubricate door hinges and tighten screws as needed
- Check for and replace damaged caulking and weather stripping around mechanical and electrical services, windows and doorways, including the doorway between garage and house
- Check security of all guardrails and handrails

### To prevent Pests:

- Ensure all doors and windows are closed or have screens
- Ensure all pets are bathed regularly with flea shampoo
- Ensure all food is put away in storage containers (dry) and off of the floor if spilled

## Doctor Fox will be away

August 19<sup>th</sup>  
to August 23<sup>rd</sup>



## Wellness Centre Contact Information:

Phone: 604-491-6687  
9:00 am - 4:00 pm  
Monday - Friday

Genna Joseph, Sophie Anderson, Donna Watson



# Fiesta Loca!

Family Travel Club Fund-raiser



at the Echo Room  
August 2<sup>nd</sup>  
9:00 pm - 12:00 am

Tickets are available from members  
**\$10.<sup>00</sup> each**

### Games & Prizes:

Trip for 2 to Vegas,  
Wet T-shirt Contest,  
Biggest Sombrero,  
Prize Baskets,  
Cash & more!

The above is a Paid Submission by a private citizen

## Seabird Island Band Free Legal Clinic



### Want free legal advice?

Then call Genna at the  
Seabird Island Band office to  
make an appointment.

If you need help with

- \*Child Protection
- \*need help getting a lawyer
- \*Custody  
or other family matter

Please drop in and visit  
Genna or call her at  
604-796-2177 or

Toll free @  
1-800-788-0322

### Upcoming clinic dates

Aug 6 and 20

Legal  
Services  
Society



# Personal Hygiene

Careful hygiene can help people avoid catching the flu or other infectious diseases, or spreading germs to others.

## Some tips:

- \* Wash your hands frequently and thoroughly, especially after shaking hands with someone or touching anything dirty, including doorknobs, telephones, automated teller machines, elevator buttons and anything in public rest rooms. Scrub with soap and hot water for at least 30 seconds; try teaching children to sing a song while washing so they do it long enough.
- \* Keep disposable tissues handy and use one to cover your mouth and nose when sneezing or coughing to prevent spreading germs. Throw out tissues immediately, and don't use handkerchiefs.
- \* Avoid touching your eyes, nose or mouth, because germs on your hand can infect you.
- \* Stay home from work, school and other activities when you are sick.
- \* Avoid close contact with anyone who appears ill; don't shake hands or kiss them. If caring for a sick person, wash your hands frequently and keep the area around them clean.
- \* Clean bathrooms, kitchens and other areas that accumulate germs as frequently as possible.
- \* Avoid sharing food, eating utensils, drinking glasses, pens and pencils, towels and other personal items. At the office, senior centers and day-care centers, use disposable utensils and cups.
- \* Don't reuse or share bottles of water.

**“Keep your own house and its surroundings pure and clean. This hygiene will keep you healthy and benefit your worldly life.”**

*Sri Sathya Sai Baba quotes (Indian Spiritual leader, b.1926)*



**Did you know** there are many things with more germs on them than your toilet?

- steering wheels,
- door knobs,
- key boards,
- phones,...

Wash your hands regularly to reduce the spread of bad germs!

## PHOTOS ARE READY!

We have photos ready for pick-up / purchase from the following events:

- College Grad Portraits
- Baby Ceremony
- Open House
- Elders Family Night

Stop by the Communications Office upstairs or contact Kristy Johnson at 604-796-2177 to find out what you may owe and/or have waiting for you.

## Purpose

The main purpose of personal hygiene is to prevent illness and improve appearance, but hygiene also plays an important role in social acceptance and can either improve or hinder a person's reputation in social situations. Bad breath, body odor and an unkept appearance, for example, are often considered undesirable and can give a bad first impression to peers, acquaintances and potential mates

Read more: <http://www.livestrong.com/article/185486-why-is-personal-hygiene-so-important/#ixzz2ZuEz8PyC>



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](mailto:sandrabobb@seabirdIsland.ca)



*"In learning you will teach, and in teaching you will learn"* ~Phil Collins

July 2013

# Si:west ye Selyolexwe Elders House of Teaching and Learning

*"Elders teaching Elders"*

## Coming soon.... October 2013

The Elders House of Teaching and Learning is a new program that will connect Elders from the region, to share and learn through dialog.

The House will be running a 10 week series of dialogue sessions starting October 2nd. Sessions will be every Wednesday. Transportation and lunch will be provided.

Elders will gather at three House rooms which are at Stolo Nation, Seabird Island and Chawathil.

House room will be connecting by video conferencing. Some Elders will be supported to join from their homes through computer.

Some topics include....  
Saying No, Setting Boundaries  
Being a speaker  
Spirituality and Balance, Keeping the teachings  
Natural Medicines

**Ashley Armstrong**  
*Elders House of Learning and  
Teaching Coordinator*  
[ashleyarmstrong@seabirdisland.ca](mailto:ashleyarmstrong@seabirdisland.ca)

Phone: 604-796-2177 Local 5026 Fax: 604 796 1124

**Heather McDonald**  
*Elders House of Learning and Teaching Project Leader*  
[heathermcdonald@seabirdisland.ca](mailto:heathermcdonald@seabirdisland.ca)

Phone: 604-796-2177 Local 5033 Fax: 604 796 1124

## Upcoming Events



### BACK TO SCHOOL DAYS

will be held at the Seabird Island Band Office gym on  
**August 30 from 10am to 2pm.**

Come and check out all we have to offer!

- School supplies for sale at reasonable prices
- \$2 hair cuts!!!
- Hygiene kits
- The Nutritional team will be providing ideas on how to make cost effective lunches
- The Dental Team will also be there for any dental hygiene questions
- Lunch will also be provided that day!
- There will also be a large selection of Infant to School age clothing to pick from and take home!!



Seabird Island is proud to announce that we will be hosting the **BC Aboriginal Provincial Soccer Championships from August 23<sup>rd</sup> to August 25<sup>th</sup>.**

Join us for a weekend of soccer and support youth soccer players from all over BC.

**We are also looking for volunteers** to help out with registration and food prep.

If you're interested, contact Karla Kay by phone at: 604-796-2177 or email at: [karlakay@seabirdisland.ca](mailto:karlakay@seabirdisland.ca)

I hope to see you there!

## Fire Hazard Information

The British Columbia Ministry of Forests Lands and Natural Resource Operations (FLNRO) has restricted all outdoor burning to small campfires no larger than a half meter by a half meter in size, and must be monitored at all times.

**This restriction is in effect from June 24, 2013 through till October 15, 2013.** Due to the extended period of dry and hot weather, the area ground cover has become extremely vulnerable to fires which may very rapidly become uncontrollable, and require the assistance of the Seabird Island Fire Department and the British Columbia Ministry of Forests Lands and Natural Resource Operations (FLNRO), Wildfire Management Branch. Costs incurred for the response of the B.C. Wildfire Management Branch will NOT be covered by the Seabird Island Band, and will be the sole responsibility of the property owner. As well, **the property owner or tenant will be responsible for any damages and costs** incurred to other properties and their improvements.

### The current fire hazard rating is "HIGH"

Only burning of "clean wood" is permitted at any time throughout the year. Burning of garbage, construction waste, or anything other than clean wood will not be permitted. All fires must be controlled and supervised at all times. If you require a disposal bin for yard clean up, they are available free of charge through the band office. If you have any questions or concerns regarding this matter, please don't hesitate to contact the Seabird Island Fire Department at 604-796-2177 ext. 6848

Thanks,  
Gerald Basten, CFO  
Deputy Director of Fire and Emergency Services  
Seabird Island Band  
[geraldbasten@seabirdisland.ca](mailto:geraldbasten@seabirdisland.ca)  
604-796-2177



### Please make sure you BUTT OUT IN AN ASHTRAY.

DO NOT drop your cigarette butts on the ground, near buildings,...  
and please

DO NOT through your cigarette butts out  
of your car windows.

We have had a few fires started on  
Seabird in the past few weeks due to  
cigarette butts. Use extra caution with  
your cigarette butts and ashes!







# Looking For A Few Good Firefighters

## Do You Have What It Takes To Join Our Team?

**Are you physically fit and looking for a challenging part time career?**

**Does the idea of “Emergency Response” and “helping others” get your adrenalin going?**

**Do you have a desire to give back to the community you live in?**

**If so, we want to hear from you!**

Come by the fire hall to pick up your application , and begin your career serving your community today

**Tel: 604-796-2177 ext.6848**

### What We Offer

Structural fire fighter training to internationally recognized standards.

First Responder III (first aid) training with AED, CPR III and spinal management.

Emergency vehicle driver and operator training.

Auto extrication training.

Hazardous material awareness and operation level training.

Emergency management and incident command scene training.

A team environment, family orientated, where you can showcase your skills, and are encouraged to excel.

Internationally accredited professional training at no cost to you.

### What We Expect

Two hours per week on Thursday evenings for training.

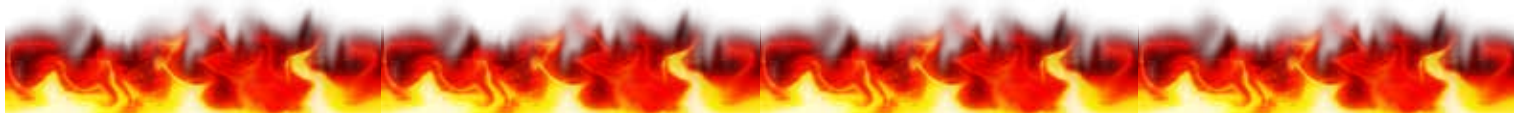
Some weekend training required

Dedicated individuals ready to commit to a strict training program, comply and encourage the directions and goals of the Seabird Island Fire Department.

Dedicated individuals willing to be on call 7 days per week, 365 days a year, when available for emergency call outs.

Progressive thinking, and ability to adapt to the latest industry best practices, on fire and rescue techniques

Physically fit and mentally sharp individuals seeking a challenging, yet rewarding part time career.



### What You Achieve

Training certification to NFPA 1001-Standard For Fire Fighter Professional Qualifications, free of charge.

Rewarding volunteer and part time paid on call employment.

Emergency scene management exposure.

Oppportunity to grow, both mentally and physically, with vast challenges.

Pride of serving your community and personal satisfaction.

Life long friendships, not only locally, but with fire fighters from all over, the province.

An oppportunity to be called out to provincial disasters such as wild forest fires.

Career opportunities in the fire and emergency services.

### Requirements:

- Minimum 18 years of age or older.
- Physically fit and able to carry out strenuous work. Successful completion of a medical exam required
- Live within the Seabird Island area.
- Valid BC drivers license an asset
- Available in an on call basis to respond at anytime, day or night.
- Strong desire to excel in a high stress atmosphere where split-second decisions will make the difference.
- Criminal record check
- Satisfactory drivers abstract

Come on out and see what its all about. We train every Thursday from 7 till 9, at the fire hall at 2895 Chowat Dr. We welcome everyone and anyone who wishes to come out and see if fire fighting is for them.

### Contact Us:

Gerald Basten  
Deputy Director Fire  
Emergency Services

Leo Reyburn  
Assistant Chief

Daniel Harry  
Captain

**Seabird Island  
Fire Department**  
2782 Chowat Rd  
**604-796-2177 ext.6848**

Seabird Island Band  
2895 Chowat Rd  
604-796-2177

Applications are available at the Fire Hall, or the Band administration office.

# Elders



## Elders Conference in Prince George.

Our Group has been quite busy with fund-raising for the 37<sup>th</sup> Elders Conference in Prince George. We went from July 8<sup>th</sup> to 12<sup>th</sup>. A group of 17 went to the Conference. Most of them went to Holistic Healing Plants with Gloria George, Winston Wuttunee, made Cedar Headband with Stewart Nahanee and Scarves with Marion Hunt Doig. We were served boxed breakfasts, boxed lunches and most days buffet dinner. The next Elders Gathering is scheduled for July 7, 8 & 9, 2014 in Penticton.

- We have recently been invited to attend a tour of a processing plant. I will be calling Elders when a date and time has been verified.
- We will be having our **Elders Bake Sales Every Thursday from 9 – 2**. If you would like to donate any items or help in any way, please feel free to give me a call.

## Our yearly Elders Fruit Trip is Scheduled for August 29<sup>th</sup>, 2013

and we will start pick-up at 7:00 a.m. Please call if you would like to come ☺ However; there are 18 elders seats available on the bus. Elders please see the following list of prices, as many of you also come and shop ☺

Peaches	\$16.00	40 lbs
Tomatoes	\$16.00	40 lbs
Pears	\$16.00	20 lbs
Apricots	\$12.00	20 lbs
Apples	\$18.00	40 lbs
Plumbs	\$12.00	20 lbs
Cherries (if available)	\$27.00	20 lbs

Sorry this will only be available to Seabird Elders.

(Linda McNeil-Bobb, Elders Co-ordinator)  
work in the office on the following days :

**Tuesdays, Wednesdays and Thursdays.**

Three days a week ☺ Please feel free to contact me at:

**604-796-6847** or

Elders Cell Phone: **604-997-0501.**





# TECH bytes

## HOW TO SCREEN UNWANTED CALLS IN IPHONES & ANDROID PHONES

*You can ask your phone service provider to block calls from specific numbers, but it may be more practical to screen all calls from unfamiliar numbers and respond only to the legitimate callers. Doing so is easy using the Do Not Disturb feature for iPhones running iOS 6, and Groups on Android phones.*

### Screen incoming calls with the iPhone's Do Not Disturb

One way to screen callers on an iPhone is to assign one ringtone to numbers in the phone's contacts and another as the default for all other incoming calls. Then you can answer calls when the first ringtone sounds and screen calls when the second ringtone plays.

Unfortunately, the iPhone doesn't let you assign a ringtone to a group of contacts. Your only option is to assign the ringtone one contact at a time. I have yet to find another cell phone that doesn't let you assign a ringtone to a group of contacts.

As an alternative, I add the contacts from whom I want to receive calls to the Favorites list and then activate Do Not Disturb with Favorites chosen as the exception. Then I leave Do Not Disturb on at all times, so calls from any numbers not in Favorites will go directly to voice mail.

I also enable the Repeated Calls option to allow persistent callers from a number not in Favorites to get through on their second attempt within three minutes.

To use Do Not Disturb as a call screener, open the iPhone's Settings app, choose Notifications, and press Do Not Disturb. Switch the Scheduled toggle to ON, set the From time to 12:00 a.m., and set the To time to 11:59 p.m. Press the Allow Calls From option and select Favorites. (Alternatively, you could select All Contacts or another group.) Finally, toggle the Repeated Calls setting to ON.

Now you need only make sure all the numbers you want to receive calls from are in your Favorites list. To add a contact to Favorites, open the contact, scroll to the bottom of the contact screen, and press Add to Favorites. If the option isn't shown, you may have reached your Favorites limit. Simply remove some existing Favorites entries to make room.

### Assign ringtones to groups on Android phones

Setting separate ringtones for preferred and non-preferred numbers takes only a few minutes on Android phones. Start by creating a group comprised of the contacts you'll want to respond to right away. In Android version 4, open your Contacts, choose Groups, press the menu button, and select Create.

Give the group a name, and press "Add member." Check the contacts you want to add and press Done. Then press "Group ringtone," select Ringtones, choose a ringtone, and press OK. You can also select a distinctive vibration pattern for the group, if you wish.

Android's Blocking mode lets you prevent all calls from getting through or choose which contacts to receive calls from. To access Blocking mode, go to the home screen and press the main menu button. Press Settings and choose "Blocking mode." Toggle the mode to ON and select "Disable incoming calls," "Disable notifications," "Disable alarm and timer," and/or "Disable LED indicator."

Next, select "Allowed contacts," choose either "All contacts," "Favorites," or "Custom." If you pick the Custom option, you're prompted to add contacts by pressing Add, checking the contacts you want to allow through the block, and pressing Done when they're all selected. Set the time or check Always under "Set time."

### Blacklist the numbers used by scammers

After you have received an unwanted call on an Android phone, you can block future calls from that number by selecting the number in the phone's call log (press Phone > Logs), pressing the menu button in the bottom-left corner of the device, and pressing "Add to reject list." Likewise you can block a number in a contact by opening the contact, pressing the menu button, and choosing "Add to reject list."

# Personal Hygiene - Head Lice

Head lice are very contagious, but there are things parents can do to help keep their children from becoming infested.

## Suggestions:

- Teach children to avoid having their heads come in contact with the heads of other children.
- Don't let your child share hats, hair accessories, scarves, helmets, towels or any personal care items.
- Don't allow your child to lie on pillows, carpeting or bedding that has recently been exposed to someone with lice.
- If your family has been exposed to lice, check each member of the family every few days. Promptly treat any nits (eggs) or lice that are found.



## What are head lice?

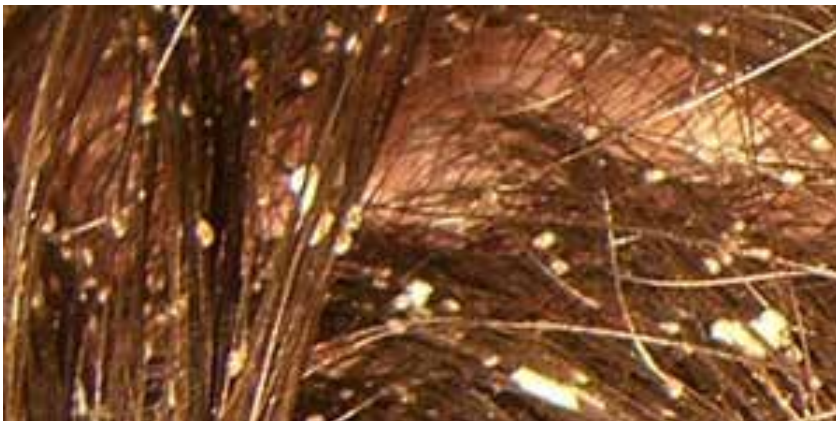
The head louse, or *Pediculus humanus capitis*, is a parasitic insect that can be found on the head, eyebrows, and eyelashes of people. Head lice feed on human blood several times a day and live close to the human scalp. Head lice are not known to spread disease.

## Who is at risk for getting head lice?

Head lice are found worldwide. Head lice is most common among pre-school children attending child care, elementary school children, and the household members of infested children. Although reliable data on how many people get head lice each year are not available, an estimated 6 million to 12 million infestations occur each year in the United States among children 3 to 11 years of age. Infestation with head lice is much less common among African-Americans than among

persons of other races, possibly because the claws of the of the head louse found most frequently are better adapted for grasping the shape and width of the hair shaft of other races.

Head lice move by crawling; they cannot hop or fly. Head lice are spread by direct contact with the hair of an infested person. Anyone who comes in head-to-head contact with someone who already has head lice is at greatest risk. Spread by contact with clothing (such as hats, scarves, coats) or other personal items (such as combs, brushes, or towels) used by an infested person is rare except when used directly following the use of somebody with lice. Personal hygiene or cleanliness in the home or school may not be related to getting head lice. Although personal hygiene and cleanliness at home can help reduce your odds.



## Find us online!

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

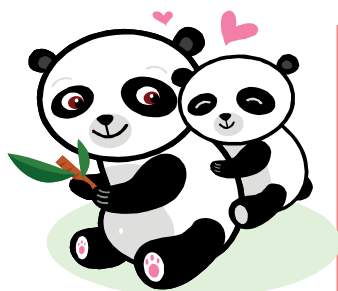


Scan this QR Code with your smart phone and it will lead you to the **Seabird Website**. This is an easier way than typing <http://www.seabirdisland.ca> into your smart phone.

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



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



Pre/Post Group &

# Prenatal Circle

## AUGUST 2013

### Who can attend?

- \*Expecting moms
- \*Newborns up to 6 weeks
- \*Partners, Support Person and siblings

Open to families living on reserve and transportation can be provided.

Questions? Call  
1-800-788-0322

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Civic Holiday	6	7 no pre/post this month.	8	9	10
11	12	13	14	15	16 Prenatal Circle 1-3pm Elders Room	17
18	19	20	21	22	23	24
25	26	27	27	29	30 Prenatal Circle 1-3pm Elders Room	31

## Healthy Eating Recipe Corner

### Dream Whip Cheesecake No Bake - Light tasting

#### Ingredients:

- 1 8 ounce package Philly light cream cheese, softened (whipped)
- 1 cup powdered icing sugar
- 1 box (2.6 ounce) Dream Whip, prepare both envelopes according to package directions
- 1 graham cracker crust, see recipe below or buy a pre-made crust, but it is so worth it to make your own
- 1 can pie filling or berries

#### Directions:

- Add powdered sugar to the softened cream cheese. Mix until well combined
- Gently fold in prepared dream whip
- Evenly spread filling in (cooled) graham cracker crust
- Top with your choice of topping

\* This recipe works well in a 9x9 square pan or a pie tin.



### Easy Homemade Graham Cracker Crust

#### Ingredients:

- 1 sleeve of graham crackers, finely crushed (approx. 1 1/2 – 2 cups)
- 1/2 cup salted butter, melted
- 1/4 cup sugar

#### Directions:

- Preheat oven to 375°
- Stir sugar into graham cracker crumbs
- Drizzle melted butter over graham cracker/sugar mixture
- Stir until well combined
- Press into a 8 or 9 inch pie tin (can use a 9x9 square pan) taking special care to get the sides as well as the bottom spread even
- Press firmly
- Bake for 7-8 minutes
- Let cool completely before filling with cheesecake mixture

## New Staff



On July 8, 2013 Jennifer Campbell (nee Tommy), from Cheam First Nation joined the Seabird Island Band team. Jennifer Campbell studied in Business and then took an one-year position with Stó:lō Nation Lands Department, to train in Reserve Land Management. The training included the following:

- Introduction to Land Management
- Land Management Level 1 & 2
- Job-shadowing with Surveyors, Environmentalists, Archaeologists
- Trained and worked with Aboriginal Affairs staff in the following areas:
  - Individual Land Holdings
  - Estates
  - Leases & Permits
  - Encumbrance checks
- Additions-to-Reserve process
- Geographical Information System/Global Positioning System
- Easements/Right-of-Ways
- Ratification & Election process
- And the list goes on...

During her time at Stó:lō Nation Lands Department, she quickly stepped into a Lands Officer role and administered duties to seven Stó:lō First Nations. Jennifer also worked on the Coqualeetza ATR with 21 Stó:lō First Nations. To build on her capacity, Jennifer took the Real Estate course through Sauder School of Business, at UBC.

In 2011, Jennifer Campbell left Stó:lō Nation and worked for a local First Nation under their Land Code. During her time there, Jennifer worked with the Lands Advisory Committee and was able to assist with the development of the following:

- Environmental Management Plan
- Initiate the Land Use Plan
- Complete the final draft of the Matrimonial Real Property Law

- Draft the Prevention of Disorderly Conduct & Nuisances Law
- Draft the Allotment Law
- Draft the Development & Procedures Law
- Draft the Land Document Certification Law

For Seabird Island Band members, this means Jennifer can assist you with the following:

- Individual Land Holdings
  - Allotments
  - Transfers of Land
  - Change of Tenancy
  - Name Changes for Land title
  - Research land parcel history
- Leases & Permits
  - Assist with the creation of the Development Procedures Law
  - Provide a package with the Instructions/Terms of Reference for reporting procedures regarding:
    - Environmental Impact Assessments
    - Appraisals
    - Surveys
    - Engineering requirements
    - All other pertinent information as derived from the Development Procedures Law (once developed and enacted)
  - Registration of documentation in the First Nations Lands Registry System
- Estates Planning & Administration
  - Provide information packages to membership
  - Assist with the Administration process

If you have any questions, you can reach Jennifer Campbell at the Band office, or by e-mail at [jennifercampbell@seabirdisland.ca](mailto:jennifercampbell@seabirdisland.ca).



Éy Swayel,

Kwelaxtelot tel skwix.

Good day. My name is Kwelaxtelot. My English name is Karla Kay. I have recently been hired as the Events Coordinator at the Seabird Island Band. I am from Seabird Island and it is wonderful to be back in my home community.



Hello, my name is Zorana Edwards. I am from Camin Lake. I have lived in Seabird for the past 8 years.

I am so grateful to be a part of the Communications Department as the new Communications Clerk. I would like to thank everyone for making me feel welcome as a new staff member. I look forward to seeing everyone around.

## New Staff



Hello Seabird Community,

I am very honored to be your new Housing & Public Works Clerk. A lot of community members will remember me from Seabird Island Community School as I spent eight years as Secretary & Education Assistant for the school.

My first week has been busy getting to know my new responsibilities as

Housing and Public works clerk. I look forward to serving the community and assisting our clients with their housing needs.

Yalh yexw kw`as hoy,  
Carol Litzenberger



Ey swayle Sah-ahkw tel skwex, telisel qwa sts'ailes

Good day my name is Ralph Leon Jr. I am from Sts'ailes

I am a news Seabird Island worker, my job title is Elders House of Learning Coordinator. I am pleased to work here, and always put my best foot forward in anything I do for the people. I look forward to seeing you or meeting you.

Thank you have a good day.

Ralph Leon  
Sah-ahkw  
Elders House of Learning Coordinator

# School Supply Allowance

**School Supply Allowance Forms will be ready for students/ parents to pick up on August 8<sup>th</sup> from Cindy Kelly-Student Services Worker at the Seabird Island Band Office.**

**Note: School Supply Allowance is only for students that:**

- Reside within the Seabird Island Community (band member or community member)
- **Will be attending a school outside the Seabird Island Community.**

Once the Forms are complete they can be returned to the Student Services Worker and a cheque will be processed. Please ensure that you have both a phone number and current address on the request form so you can be contacted.

**\*\*\*NOTE\*\*\***

Students in Grade 8 – 12 that have their own bank accounts will be requested to complete a personal banking information form. Seabird Island would like to provide student allowances by direct deposit where possible. If students do not have a bank account it is recommended that you get one as it will speed up your receipt of student allowance.

# Seabird Island Parents and Tots

## SUMMER PROGRAM

Operates MONDAY & TUESDAY- 10am to 1130am  
& WEDNESDAY- 11am to 1pm

Operates Mondays- Seabird Mill Hall, Tuesdays-Seabird Island Gym & Wednesdays-Agassiz s Pioneer Park



### What is Parents and Tots and who can go?

Parents and Tots is a on-reserve BC First Nation Head program designed to enhance early childhood development, school readiness and overall family health and wellness for First Nations and Aboriginal children birth to six years and their families

**NEED MORE INFORMATION:** call Tracey at 604-796-6894 or email at [traceybonshor@seabirdisland.ca](mailto:traceybonshor@seabirdisland.ca)

# UBC Learning Circle

## SAVE THE DATES!



### How to Participate

Join by videoconference **OR** computer webinar.

What's the difference? Click [here](#) to find out!

### Register Now!

Click [here](#) to register.



Save the dates! The [UBC Learning Circle](#) is pleased to announce an exciting line-up of Learning Circles for Fall 2013. All sessions are 10 a.m. to 12 p.m. unless otherwise noted.

**September 17:** Dr. Georgia Kyba (First Nations Health Authority) and Rebecca Sodvi (First Nations and Inuit Health) present the "Traditional Wellness Strategic Framework"

**September 24:** Healthy Eating for Mental Wellness – presented by FNHI and FNHA

**October 1** (Youth Learning Circle): Elder Gerry Oleman

**October 2:** Dr. Kim Rossmo - Aboriginal Youth in the Criminal Justice System – third in a series of Circles presented by the SFU First Nations Students Association (**Time TBD**)

**October 8:** Healthy Eating the Basics – presented by FNHI and FNHA

**October 30:** Aboriginal Midwifery – presented by Misty Wasyluk (Registered Midwife) & team

**November 5:** Healthy Eating in Pregnancy and Early Childhood – presented by FNHI and FNHA

### Contact Us!

Got a suggestion for the Learning Circle? Let us know! Contact Crystal Morris, Aboriginal Education Coordinator at (604) 682-2344 ex. 63475 or email [crystal.morris@ubc.ca](mailto:crystal.morris@ubc.ca).



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.

24<sup>th</sup>- Ashton Penner, 18  
26<sup>th</sup>, Gregg Kelly- 16  
20<sup>th</sup>- Keith Machell, 15

*I apologize if I missed anyone. Keena*

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

### July and August Elders Birthdays

Marguette Bobb July 2<sup>nd</sup>  
Elain T Bob July 3<sup>rd</sup>  
Lyle Bobb July 9<sup>th</sup>  
Evelyn Schench July 13<sup>th</sup>  
Bertha Gardner July 19<sup>th</sup>  
Johnnie Peters July 26<sup>th</sup>  
Lila Peters July 28<sup>th</sup>  
Henry Pettis Jr. July 30<sup>th</sup>

Catherine Hope August 1<sup>st</sup>  
Rose Marie Louie August 4<sup>th</sup>  
Arnold Peters August 5<sup>th</sup>  
Lillian Sylvester August 5<sup>th</sup>  
Beatrice Walker August 1<sup>th</sup>  
Guy McNeil August 14<sup>th</sup>  
Betty Peters August 21<sup>st</sup>  
Margaret Pettis August 24<sup>th</sup>

### Happy Birthday Everyone © Linda

Rocky Joe Jr. August 4<sup>th</sup>  
Tony McIntyre August 20<sup>th</sup>  
Myra Seymour August 29<sup>th</sup>

### August Youth Birthdays

2<sup>nd</sup>- Jonas Bobb-Jollimore, 16  
11<sup>th</sup>- Chavey McMartin, 16  
16<sup>th</sup>- Christina Myran, 19.. youth rec will miss her  
16<sup>th</sup>- Kirsten Whiteduck-Bobb, 14  
16<sup>th</sup>- Ryan Peters-Nordal, 15

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

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

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

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



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

### SUBMISSION DEADLINES

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

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

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



# 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

## DRIVING

Ed Armstrong is the Driving Instructor/ICBC Liaison worker. He is helping students obtain their Learner's or New Driver's License. If you are canceling your appointment call 604-703-8253, Please provide 24-48 hours notice. NO SHOWS will forfeit their next appointment.

Interested in **Class 1 or Driver Instructor** training, leave your name and contact info with Andrea.

## SEPTEMBER MEAT PACK ORDERS

Meat packs are available again to order. Place your order with Andrea. Orders must be received by the August 15th, 2013 to be available for pick up on income assistance day.

## FOOD BANK

Coming soon to our food bank – Traditional foods such as preserved meats, fish, berries, fruits and vegetables! Please watch for more information about this wonderful service coming shortly.

## STUDENTS

Students that are attending studies in September and are in need of tuition, please make an appointment to see Jill or Pat to determine if you are eligible for funding ASAP.

## 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 and your resume for the various employment opportunities that come to our centre.



## TRAINING

We will be offering the following Courses this fall:

Fall Protection	September 16, 2013
Intro to Chainsaw	September 24, 2013
Traffic Control	October 17&18, 2013

If interested please leave your name and contact info with Andrea. Interviews will be scheduled prior to training. Please note that there are limited seats available.

## ACTION PLANS

Action Plans are due before the 20th of each month. Appointments can be made with Pat or prior to Income Assistance day to avoid waiting in line. College students are also reminded to bring your monthly student attendance record to your appointment.

## INCOME ASSISTANCE INFORMATION

September 2013 cheque issue is **Wed. August 28th 2013**

- \* Renewals are due by the, **15th of the month. If not handed in before the 15th of every month your cheque will not be processed until the following week. There will be no exceptions!**
- \* Hydro and Fortis bills need to be handed in monthly. Please submit to Andrea.
- \* Reminder to update your **current phone numbers and mailing addresses** with Andrea.
- \* Remember if you have changes in your household to bring in a new Tenancy Agreement.

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

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

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

**ADVERTISEMENT RATES**

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

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

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

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

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

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

**AGREEMENT**

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

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

**DEADLINES**

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

**OFFICE HOURS**

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

**DELIVERY**

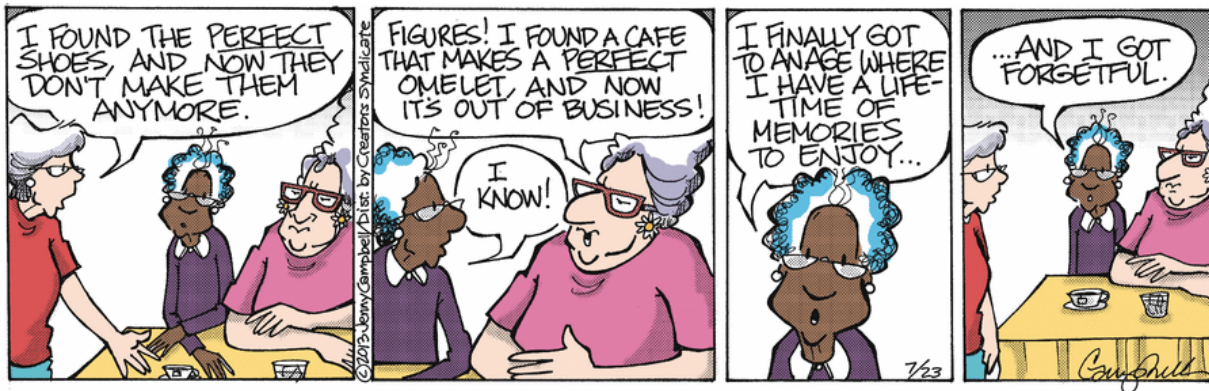
The first (1<sup>st</sup>) of each month

**Sandy Bobb**

Phone: 604-796-2177  
Direct: 604-796-6838

Website: www.seabirdIsland.ca  
E-mail: sandrabobb@seabirdIsland.ca

**Health Comics**



**Quote of the month**

"I always wondered why somebody doesn't do something. Then I realized I am somebody."  
— Lily Tomlin

"To think too long about doing a thing often becomes its undoing."  
— Eva Young

**Temthéqí/ August**

**Birthstone:** Peridot  
**Alternative stones:** Onyx, Diamond, Carnelian, Sardonyx, Ruby  
**Color:** Lime Green / Yellow  
**Sign:** Leo July 23 - August 23  
**Flower:** Gladiolus

**Halq'emeylem Word Search**

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

- syó:qwem - sun
- sqw'él:ém - barbecued salmon
- kwól - corn
- lálxel - a fishing spot
- sxíxets' - forest
- xo:tsa - lake
- sq'éwqel - Seabird Island
- stá:y - canoe race
- há:we - go hunting
- chth'óqwi - to fish
- sí:tel - basket
- shxwxh'á:yxwels - fish drying rack
- th'ítsemelhp - hazelnut tree
- s'iwesá:ythem - teachings for children
- swétexel - rainbow
- swíwel - sunny
- Ey swáyel - good day
- lhō:me - clover
- héyeqw - fire
- s'ewolem - toy

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

All Seabird Band Members and Community Members who bring in this completed 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. Monday August 8<sup>th</sup>  
Draw Date: August 12<sup>th</sup>, 2013

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

Last months winner was: Serena Peters

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

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

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



# 'Round The Rez

## Community Events, Workshops & Outings

### BUILDING BOOKING AND MEETING ROOMS

► **Karla Kay** 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 me at 604-796-6893.

► **Ashley Thompson** looks after booking of the Millennium Hall she can be reached at 796-6854.

### FIELD LIGHT BOOKINGS:

See **Keena** 604-796-2177 to book the field lights for your sports team.  
\$2.<sup>50</sup> for band members and  
\$8.<sup>50</sup> for non-band members.

### OPTOMETRIST CLINIC

**Dr. Ahmed's**  
**Clinic Dates**



**August 7<sup>th</sup> & August 27<sup>th</sup>**

Unfortunately, from June to August I have 21 names on my recall list. Anyone that I may have told they had an appointment any sooner is probably not the case and that they can call me, truly sorry for any inconveniences. 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.

Dr. Ahmed's patients who have a booked appointment must phone in and cancel if they are unable to make their scheduled appointment. If scheduled appointments are booked and have been no show 3 times, Health Canada will not cover these clients and it's not in Dr. Ahmed's control to book any future appointments with those clients.

### DENTAL CENTER

**Seabird Dental is available**  
**Monday - Thursday 8 - 4:30**  
**Friday 9 - 3**

\* Seabird Dental is accepting new STATUS PATIENTS.

## 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.

### ALCOHOLICS ANONYMOUS MEETING

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

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



### INDIVIDUAL AND TEAM SPONSORSHIP FOR SPORTS



Please contact **Karla Kay** to request an application for sponsorship for teams or individual. An event flyer, posting or fax with contact information relevant to the events must be submitted with the application/ along with a roster (comprising of a community member/ band member name). Applications must be submitted a minimum of 10 days prior to the event for sports and recreation. The responsibility of ensuring that all of the proper documentation is received by the Events Coordinator belongs to the applicant. The decisions will be based on funding availability.

### 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.

**Ambulance bills – I can only help with anyone that has a status number other than that everyone else has to pay for their own unless it's an ICBC claim.**

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

### BABIES MEDICAL CARDS

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

Contact CHR; Maggie Pettis 604-796-2177

### MEDICAL CARDS

Assisting people with their medical cards, if they are lost or stolen and need a replacement.

\*Each client is responsible for paying for their medical cards as well if they've been lost or stolen more than 2 times and the cost is \$20.00 for each card.

**Sorry** I don't help with people getting their BC ID

Contact CHR; Maggie Pettis 604-796-2177

### MAMMOGRAM SCREENING CLINIC

**Aug. 15<sup>th</sup>/13** Seabird Office  
Any ladies over the age of 40 Registration forms from either Kristi McNeil or Maggie Pettis

### CATERING & FUNDRAISING

Please contact **Karla Kay** 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 me at 604-796-6893.

### VOLUNTEERS REQUIRED

Please come and inquire with **Karla Kay** 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.

### GARBAGE SCHEDULE

**REGULAR GARBAGE:**

Monday and Thursday



**COMPOST GARBAGE:**

Monday and Thursday

(Contact Aaron McNeil for more information)

**RECYCLE:** Tuesday's

**MAJOR GARBAGE:** First Wednesday of each Month (sign-up at the Band Office)

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

*Dump any water out of your trash cans to reduce mosquitos. These cans of water can be prime breeding grounds for 1000's.*

### STATUS CARDS

To apply for or renew your Status Cards contact Carol Hope, *Membership clerk to book your appointment.* Appointments are **Tuesdays & Thursdays**



## Happy 58<sup>th</sup> Birthday Gizmo

*Love from your 3 girls and 5 grand kids*

# Personal Hygiene

The first step to good grooming and good health.

Neglect of hygiene causes many problems. Some problems may not be your fault, but improving standards of hygiene will help reduce these conditions.

- **Bath daily and after sweaty sports or workouts**
- **Wash your hair at least once a week**
- **Wash your face daily**  
(reduces wrinkles and pimples)
- **Brush and floss your teeth daily**
- **Wash your hands frequently**
- **Clip your nails and keep them clean**
- **Wear clean pair of socks daily**
- **Wear clean pair of underwear daily**
- **Clean your private parts daily**

## **POOR HYGIENE CAN RESULT IN:**

Head Lice, Dandruff, Bad Breath, Ear Wax, Body Odor, Perspiration, Urinary Infection, Pinworms, or Athletes Foot

