



Education Agreement Signing



On Monday June 17th Seabird Island and the Fraser Cascade School District 78 entered into a signing agreement. The event was held at the Seabird Island School Gym. Master of Ceremonies was Tyrone McNeil.

The event began at 3:30 pm with snacks, followed shortly after with the procession of dignitaries. Chief Clem Seymour welcomed and acknowledged the special guests.

Keynote addresses on the importances of the Seabird Island Local Education Agreement were given by;

- Vivian Ferguson, Seabird Island Education Committee Chair
- Ron Johnson, Chair, SD78 - Board of Education
- Dr. Karen Nelson - Superintendent
- Coleen Hannah, BC Minisrty of Education



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

FIRE

With the heat of summer comes the threat of forest fires.

Be extra careful with your food fires in this heat. A fire can spread and get out of control fast.

Don't risk it - hose it down! Ambers left unattended can start up again and cause horrific damage!

INSIDE this Yoo Hoo

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Summer Recreation



The Summer Recreation Program is off to a great start. Tuesday July 2nd the group kicked off the start of the summer with a drum making class. These youth will use these drums every week as they learn new songs and how to use their drums.

Summer Recreation is having a **bake sale & car wash**

FRIDAY'S

10:30 am to
2:30 pm

at the fire hall

July 5 – Aug 9

Support these youth fund-raising for spending money at the summer end Play Land field trip.



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.





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



**Seabird Fire Department
is actively recruiting!**

**Are you interested in
joining the team?**

**Contact the Fire Chief
at 604-796-6848**



“In learning you will teach, and in teaching you will learn” –*Paul Galati* | June 2013

Si:west ye Selyolexwe Elders House of Learning and Teaching

“Elders teaching Elders”

Coming soon.... September 2013

A group of Elders and Leaders from around the region have been meeting since November to plan a resource to build the strength of Elders.

We are offering free seasonally-based courses for Elders from all of the Fraser Valley.

Each course is 10 weeks. Elders meet weekly in special rooms (1 is at Seabird College) throughout the region, for roughly 2 hours, to learn from and teach each other.

The curriculum includes topics such as, finding your voice, honoring protocols, cedar work, story telling, language, rites of passage.



Ashley Armstrong
Elders House of Learning and
Teaching Coordinator
ashleyarmstrong@seabirdisland.ca
Phone: 604-796-2177 Local 5026

Heather McDonald
Elders House of Learning and Teaching
Project Leader
heathermcdonald@seabirdisland.ca
Phone: 604-796-2177 Local 5033

Safe Fishing Tips:

1. Wear a life jacket.
2. Inspect waterfronts daily—the natural environment is subject to change without notice.
3. Bring along extra safety items such as water, flashlights, maps, and a cell phone or radio.
4. Always wear foot gear.
5. Stay dry, and warm. Wear a waterproof sunscreen with an SPF of at least 15. Wear thin layers of clothing that include water and wind protection.
6. Use appropriate insect protection, including proper clothing and repellents.
7. Keep fishing knives sharp and cover the blade when not in use.
8. Handle fish carefully.
9. Use safety (sun) glasses when casting.
10. Use caution when baiting and removing [hooks](#).



Seabird Health Services
Accreditation Update



Driving Quality Health Services

Accreditation is about improving the quality of our health services. We have four working groups that are making recommendations to improve programs and services.

A key focus of accreditation is SAFETY.

Initiatives for client safety include

- Medication reviews
- Falls prevention
- Equipment review and replacement

Initiatives for staff safety include

- Home visitor guidelines
- Violence prevention
- Driver protocols

Phone/email us with your comments.

Heather McDonald, 604 796 2177 local 5033 heathermcdonald@seabirdisland.ca

Elders Trip

Eighteen Elders are traveling to Prince George for the Annual Elders Gathering this year.

Monday July 8th to
Friday July 12th

*We wish you all a
safe and happy trip!*

Doctor Fox
will be
away

July 22nd to
July 26th

and

August 19th to
August 23rd



Housing

Seabird Island Band Housing Waitlist July 2013

On July 10 at 5:00
please join the housing
department for an
Information Session!

TOPICS:

- 1) **Credit score:** what it means, how it affects you when applying for a mortgage, and what you can do to make it better
- 2) **Mortgages:** how to feel better about the debt
- 3) **How SIB Market Housing Program** can be a program for you

Maintenance Tips:

1. Monitor basement humidity and avoid relative humidity levels above 60 percent. Use a dehumidifier to maintain relative humidity below 60 percent.
2. Check basement pipes for condensation or dripping and, if necessary, take corrective action; for example, reduce humidity and/or insulate cold water pipes.
3. Check the basement floor drain to ensure the trap contains water; refill with water if necessary.
4. If you have a plumbing fixture that is not used frequently, for example, a laundry tub or spare bathroom sink, tub or shower stall, run some water briefly to keep water in the trap.
5. Vacuum bathroom fan grille.
6. Disconnect the duct connected to your clothes dryer, and vacuum lint from duct, the areas surrounding your dryer, and your dryer's vent hood outside.

1 bedroom

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

Don't know your
number?

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

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

Note:

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

The new housing policy indicates that non-band members cannot rent or own houses in Seabird unless caring for band member children. Please note that effective at policy acceptance, all current non-band member renters will be given 24 months to transfer membership to Seabird, or must leave to make way for a band member family.

Update:

The new housing policy is before council now. Once it is approved, notice will be sent out to all community members and tenants advising them of its effective date. A second meeting on July 24, 2013 from 430-6 has been scheduled in the band gym for tenants and community to ask questions or find out more.

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

4th Annual Traditional Healing & Alternative Medicine

July 24 & 25th, 2013

Register now
20 people max



Location: Cheam Health Centre
Gathering Medicine & Preparation
Lunch
Door Prizes

Facilitated by: Ida John & Carrie Lynn Victor

Supplies you will need to bring with you:

- Gloves
- Scissors
- Plastic bags
- Small containers to put medicine in
- Dress for the weather



Cheam, Chawathil, Shxw'ow'hamel, Sts'ailes, Seabird, Soowahlie, Soowitzi, Kwaw Kwaw Apilt, Union Bar, Kwantlen, Skwah

Register with Vanessa Peters
@ 604-796-6846 or email to
vanessapeters@seabirdisland.ca

Please watch for more information!



Monthly Personal Finance Tips



Have a Savings Plan

You've heard it before: Pay yourself first! If you wait until you've met all your other financial obligations before seeing what's left over for saving, chances are you'll never have a healthy savings account or investments.

This is **NOT** saying go out and party and pay your bills later. **This is recommending...** put your dedicated amount in your savings, then get groceries, pay your bills, and what ever is left over is your fun money.

Resolve to set aside a minimum of 5% to 10% of your salary for savings. Better yet, have money automatically deducted from your paycheck and deposited into a separate account.



Fraser Region Soccer

Aboriginal Sport Recreation and Physical Activity Partners Council

Fraser Region - Soccer Selection Camp

Regional Teams- both male & female divisions- Kwantlen

July 11, 2013

U15 (born 1998 & later) & U17 (born 1996-1997)

Tzeachten First Nation, 46770 Bailey Rd, Chilliwack
A

Fraser U13 Co-ed Team Selection Thursday, July 11, 2013

4:30 – 5:00 Registration for all

5:00 – 7:00 Skill & Game Play Evaluation

A U13 co-ed division will also be included in the BC Championships (August 23-25, 2013) in an Open team category. Note: this age division is not age eligible for 2014 NAIG

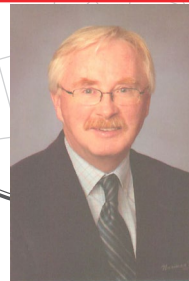
For more information contact:

Dianne Garner T: 604-798-4519 Email: dgarner@bcaafc.com



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

June 4 and 25

July 9 and 23

Aug 6 and 20



December 2011

Find us online!

www.seabirdisland.ca



Scan this QR Code with your smart phone and it will lead you to the Seabird Website or type <http://www.seabirdisland.ca> into your smart phone.

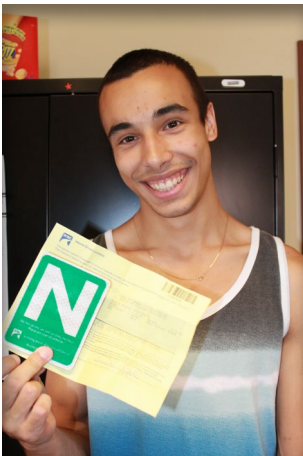
Scan this QR Code with your smart phone, it will lead you to the Seabird Newsletter or type <http://www.seabirdisland.ca/page/news-events>



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

Seabird Island Drivers Education Success

Congratulations to Trevor Bobb who successfully passed and now has his "N" Class 7 Drivers Licence.



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 FNIH 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 FNIH and FNHA

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

November 5: Healthy Eating in Pregnancy and Early Childhood – presented by FNIH 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.

A-PALS "Parents as Literacy Support"

June 5th was the final gathering for this year at the Mill Hall. The Theme for evening was "Tradition, Protocol and Ceremony", which began with Jonny drumming and a delicious traditional supper "Indian tacos". The circle gathering included several songs and a story! Carlene acknowledged the staff for their participation throughout the 8 sessions. The families made several crafts and each child aged 3 – 6 years took home a book of their choice.

Please watch for A-Pals starting up again in October!! We look forward to having you there.



Seabird Island PRESCHOOL



Ey swayel – June has been full of learning and preparation for Graduation on June 12th.

Kwosel has taken the children on several nature walks. Salmon berries became a favorite!

On May 29th we had our 10th Seeds of Empathy Family Visit. Seeds Baby Addison, and Mom Evangeline were in attendance. The theme was **Growing Big/Saying Goodbye**. It was sad to say “goodbye” however the children will continue to watch our Baby Addison at the various



Community Events and she will always our Seeds Baby!! Thank you Evangeline for making our Seeds of Empathy so successful!!

June 12th was **Preschool Graduation** with 16 children out of the 17 in attendance. It was a wonderful celebration with families and staff enjoying the event.

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

Seabird Island Language Nest Preschool

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

Graduation was held on June 12th with 10 children out of 13 in attendance. Everyone had such a wonderful time at lunch with

all many families! Thank you all for making our Graduation so successful. We look forward to seeing you all in the fall in the 4's Preschool Program.

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



Seabird Island School




Memories from school year..
pow-wow, painting,
literacy link challenge,
science experiment,
Aboriginal Shields
Program with Constable
Starr, Science World..

Great memories for this
year!

Have a terrific, fun
summer holiday..
students you
deserve it.

Miss Eustache





TECH bytes

THE RIGHT TECHNOLOGY FOR KIDS 2 THROUGH 5

These days, your baby's developmental milestones include technology like cell phones and computers. Find out what gadgets are appropriate for each stage with our digital milestones *By Jeana Lee Tahnk of Screen Play*

2 TO 3 YEARS The App-y Toddler

1. Uses an eReader for storytime
2. Sorts shapes and finds hidden objects on iPhone apps
3. Ready for electronic toys that teach numbers, letters, and vowel sounds

Surprise—eReaders are not solely for adults! There are more than 3,500 children's books for kids ages 0 to 8 available for the Amazon Kindle, and many eReader titles expand on the basic book interface with “read-to-me” features and a touchscreen.

“At bedtime, the question isn't what books should we read, it's ‘Should we read an electronic book or a paper book?’” says Nina Lindsey, mom of a 3-year-old daughter and a Nook owner. “She switches between the two, so it's a good balance.”

You can also try an eReader that doesn't require supervision, such as the LeapFrog Tag Junior Book Pal (\$30; leapfrog.com). Touch the little LeapFrog character to the pages on the board book, and it reads aloud and sounds out letters and words.

Sorting shapes and colors and finding hidden objects are two of the big cognitive milestones for this age group. Fulfill her curiosity with Tozzle, an app featuring shape puzzles (\$2; itunes.com).

3 TO 4 YEARS: The Swiper

1. Regularly uses a tablet— yours or her own
2. Plays apps that feature simple puzzles and matching games

The iPad is a great platform for handeye coordination, a skill that will serve your child well later, from writing legibly in school to playing sports. Not to mention that in the modern era of technology, we've evolved from type to touch to swipe. Thanks to their growing mastery of fine motor skills, they'll be a natural cruising through the tablet's touchscreen.

But according to Dr. Karp, it's the variety of apps that makes the iPad such a valuable alternative to other media. “Apps provide a far more beneficial level of engagement than TV,” he explains. “The interactive experience engages the child much more so than when she's just absorbing TV images. From a developmental point of view, interactive entertainment is a better option.”

Download iPad apps that match the milestones children traditionally reach at this age, such as matching objects and completing simple puzzles. Giraffe's Matching Zoo (free; itunes.com) strengthens memory muscles, while Monkey Preschool Lunchbox (\$1; itunes.com) is all about matching colors and counting fruit.

4 TO 5 YEARS: The World Wide Wanderer

1. Uses the Internet under supervision
2. Plays active video games with the family
3. Time to create a new definition of “screen time”

Besides all the giggles sites like Nick Jr. and PBS Kids Sprout can provide, exposure to computers is important for preschoolers because they're playing an increasingly prominent role in education.

The key here is supervision. Whether it's playing Jake's Jungle Groove on the Disney Junior website or watching that amazing octopus video on YouTube (search “invisible octopus”), do it together. Forget about tracking software: You are the most effective monitoring device.

A few new physical milestones combined with the social ability to take turns means he's ready for active video games on the Wii or Xbox 360. But video games should be a family bonding experience.

Some of the best all-ages games on the Wii are Just Dance Kids and Epic Mickey (splash color on a monochromatic landscape to bring it to life). If you're not sure about a game's content, use the Entertainment Software Rating Board app (free; itunes.com).



Seabird Island Education and College Graduates

Seabird High School Grads



Seabird Island High School had a record number of graduates this year. 8 graduates makes this class the largest graduating class ever, in this school.

Tavis Thomas
Danielle Alexander
Tanisha Aleck
Doreen McIntyre
Justin Paul
Fawn Henry
Randy Pettis
Samantha Whitman

Tavis Thomas was the valedictorian.
Fawn Henry won the Berta Peters Award.

Congratulations to the class of 2013

Register Now to join the Seabird Island School!



Stqó:Ya Construction - Scholarship

"On behalf of Stqó:ya Construction it is my pleasure to present scholarships in recognition of academic achievements."
Tyrone McNeil

Stqó:Ya Construction is committed to First Nations education and to recognizing excellence. We wish you well as you move into the work world or continue your studies.

Randy Pettis Sr.	\$500.00 (Seabird College)
Chanea Gabriel	\$500.00 (Seabird College)
Casimer Walker	\$500.00 (Seabird College)
Lawrence Goodrich	\$500.00 (Seabird College)
Ashton Penner	\$250.00 (AESS)
Zachery McNeil-Bobb	\$250.00 (AESS)
Doreen McIntyre	\$250.00 (SICS)
Courtney Charlie	\$250.00 (SICS)





Avinesh Achari



Aaron John



Alicia Kuro (Ellsworth)



Amber Joe-Kroes



Antonio Moreno



April McHalsie



Anna Page



Cameron Garner



Carl Hands



Casimer Walker



Chanea Gabriel



Chrystal-lyne Alexander



Clinton Kelly



Corey Mussell



Evan Hands



Garry Ewen



Hannah Cuthbertson



Hannah Jarvis



Hans Aartsen



Jessica Pablo



Joel Jensen



Johnny Paul



Juliet (Jewelz) Agecoutay



Justin Key



Lawrence (Dean) Jimmie



Leanne Ellis



Lee Marie George



Leo Arkesteyn



Mabel August



Perry Phillips



Peter Grinder



Randolph Pettis



Richard Curiston



Richard Gutierrez



Ronald Peters



Samantha Whitman

Graduation Classes of 2013

For the:
Business Administration,
Carpentry,
Educational Assistant,
Hair Styling,
Heavy Equipment Operator,
Nail Technician,
Oil and Gas Field Operator,
Professional Cook,
Supported Child Care Worker,
Upgrading and
Welding programs.



Tyler Thomas

We would also like to recognise graduates missing photos:

Aida Henry
Amber Williams
Angela McNeil
Arthur Peters
Blair Kullman
Brandy McCallum
Brenda Kruska
Brock Myra
Carrie Zimmerman
Chloe Boros
Dameon Andrew

Darlene Fraser
Dean Williams
Deanna Point
Deborah John
Dennis McHalsie
Dianne Peacher Verhulst
Elina Poortvliet
Ghennadiene Peters
Howard Edwards
Jared Beger
Jason Fraser

Jenna Kliever
Jerry Fraser
John Moreno
Katelynn Beale
Krystal Poie
Lillian Louie
Michael Wing
Myles Andrews
Paul Newman
Quentin Jones
Quintanna Gauley

Richard Comparr
Steven Florence
Suzanne Point
Tamara Syms
William Shiels

Congratulations to all our graduates. We wish you health and happiness with your careers.

Those of you returning to continue your education goals, we look forward to working with you again shortly.



Ayden Reitsma



Anthony Stangeland



Brandy Charlie



Bengrid Herrera



Brenon McIntyre



Benjamin Neufeld



Candace Charlie



Crystal John



Daniel Cuthbertson



Darian Thornton



Demi Peters



Dennis Leon



Douglas Arkesteyn



Dustin Cherry

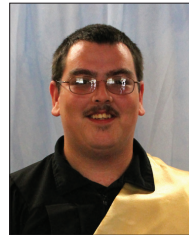
Seabird College

Register Now For

Business Administration,
 Cultural Courses,
 Early Childhood Education,
 Education Assistant,
 Environmental Monitoring,
 Fire Fighting,
 Hair Stylist,
 Law Enforcement,
 Mining,
 Nail Technician,
 Office Administration,
 Pipelaying Surveying and Blue Prints,
 Power Line Technician,
 Professional Cook,
 Residential Construction,
 Traditional Wellness,
 Upgrading.



Jamie-Lynn Pettis



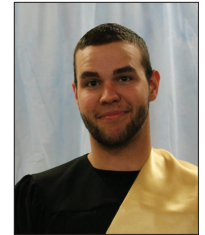
Jared Whitman



Jennifer Fraser



Jennifer Iler



Jeremy McLeod



Kelly McHalsie



Kimberly Chapman



Konor Schulze



Lance McGill



Lawrence Goodrich



Martin Edwards



Paul (Matthew) Peters



Michael Fraser



Normalene Machel



Paul Phillips



Shawna Fraser



Slade Williams



Stan Peters



Tiare LaPorte



Tiffany Salon



Timothy Gray



Timothy Louis

SEABIRD COLLEGE CONTACT INFORMATION:

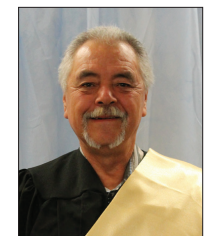
Toll Free Phone: 1-800-788-0322
Kelly Chapman: Direct 604-796-6910
E-mail: kellychapman@seabirdisland.ca

Phone: 604-796-6839
Diane Janzen: Direct 604-796-6896
dianejanzen@seabirdisland.ca

Website: www.seabirdisland.ca

PCTIA# 3550

**programs/
 courses range
 from BC Ministry
 of Education,
 partnership
 post-secondary and
 PCTIA courses*



Walter Joseph

Seabird Island - Community Education Awards

June 26th 2013



High School Graduates

James Johnson – Grad 2011-2012	Burnaby North Secondary	Grade 12
Eric Louis	AESS	Grade 12
Zack McNeil-Bobb	AESS	Grade 12
Daniel McNeil-Bobb	AESS	Grade 12
Ashton Penner	AESS	Grade 12
Marlana Peters	AESS	Grade 12
Brie Robotham	AESS	Grade 12
Cherish Schultz	Unity Christian	Grade 12
Chelsea Whiteduck-Bobb	Unity Christian	Grade 12
Ntsetswek Tillisuis Henry	SICS	Grade 12
Doreen Mary McIntyre	SICS	Grade 12
Danielle Alexander	SICS	Grade 12
Randy Francis	SICS	Grade 12
Tavis Dan Thomas	SICS	Grade 12

Post Secondary

Alexis Grace	Career Development Practitioners Diploma
Stacy McNeil	Master of Business Administration
Jessica Pettis	Bachelor of Social Work
Cody Ghostkeeper	Environmental Horticulture Diploma
Tanya Carter	Master of Arts- Theatre Studies
Kwanita Cohen	Profession Makeup Artist Certificate
Terese Mailhot	Bachelors English Literature

\$\$ - Attention Students - \$\$

All grade 12 students including college dogwood students to ensure they pick up their grad package from Cindy Kelly at the Band Office 8 – 3. Also all honor A and B as well as effort honors to pick up cheques.

All Students allowance cheques can be picked up from Rose at the College.

Seabird College

Crystal-lynn Alexander	Nail Technician	Dogwood
Dameon Andrew	Oil and Gas Field Operator	
Mabel August	Hairstylist	Dogwood
Kimberly Chapman	Nail Technician	Dogwood
Howard Edwards	Oil and Gas Field Operator	
Leanne Ellis	Oil and Gas Field Operator	
Chanea Gabriel	Hairstylist	
Cameron Garner	Welder Level C	Dogwood
Quintanna Gauley	Heavy Equipment Operator	Dogwood
Lee Marie George	Hairstylist & Nail Technician	Dogwood
Lawrence Goodrich	Oil and Gas Field Operator	
Lenette Joe	Community Support Worker	Dogwood
Alicia Kuro (Ellsworth)	Hairstylist	
Leaurita Long-McIntyre	Community Support Worker	Dogwood
Timothy Louis	Welder Level C	Dogwood
Normalene Machelo		Dogwood
Brandy McCallum	Educational Assistant	
Angelica McIntyre	Community Support Worker	Dogwood
Brenon McIntyre	Welder Level C	Dogwood
Angela McNeil	Educational Assistant	
Demi Peters	Hairstylist	
Ghennadiene Peters	Nail Technician	Dogwood
Jamie-Lynn Pettis	Nail Technician	Dogwood
Randolph Pettis	Heavy Equipment Operator	Dogwood
William Shiels	Hairstylist	
Casimer Walker	Welder Level C	Dogwood
Walter Joseph	Heavy Equipment Operator	
Stan Peters	Heavy Equipment Operator	

CAR SAFETY IN THE HEAT



If you ever park outside during the summer months, your car will heat up quickly. Heat coming in through the windows is absorbed by the interior, and the glass acts as an insulator. The temperature in your car get up to 200 degrees, depending on the

temperature outside, the kind of vehicle you have, and how long it has been in the sun.

Do not ever leave children or pets in a closed car. It doesn't take much for heat stroke to set in, or worse. Every year children and pets die in cars. Small children and animals are not able to open a window or open a door like you can. Typically, they will be quiet as heat overcomes them, so there won't be crying or other audible indications of trouble. Cracking the windows does not help; it doesn't prevent the temperature in the car from rising. **Leaving children and pets inside a closed car, or even one with the windows rolled down, is dangerous, deadly, and illegal.** Report children or pets in hot cars to the police immediately by calling 911.

Items you Should Not Leave in Your Car on hot days

Think about it--does it make sense to buy a milk chocolate candy bar and leave it in your car in the heat? Believe me, no matter how smart we all think we are, at one time or another we've been dopey and left something we shouldn't have in the car. Hopefully, there wasn't a large cleaning bill as a result.

- Milk and other dairy products.
- Meat products.
- Anything packaged under pressure, can become explosive... like hair spray or soda pop.
- Tapes, CDs, or DVDs.
- Sunscreen in a bottle. Buy little packets or towelettes.
- Crayons, candy, gum, lipstick.
- Credit cards or other cards with magnetic strips on plastic.
- Cleaning solutions with alcohol or ammonia.
- Anything that didn't have a decent smell before it reached 115 isn't going to smell any better after it's been left exposed in direct sunlight all day.
- After shopping, check your trunk carefully to make sure nothing has fallen out of the grocery bags. You really don't want to find those eggs or that salami a week later.

Service Your Vehicle

In hot dry seasons, cars need special care. Frequent oil changes and belt checks are a must. Batteries die faster than everyone thinks they will. **Make sure fluids are full.**

BE BEAR AWARE



Fishing Season -Bears love fish guts! Keep your yards clean, remove your fish guts immediately to keep your home, yard and neighborhood safe from bears.

Some other examples of [managing attractants](#) include putting garbage & recycling out for pickup in the morning rather than the night before, not putting birdfeeders out when they are not needed (spring, summer, and fall), securing barbecues and fridges and keeping them clean, and picking fallen fruit. [Conflict prevention](#) includes purchasing bear-resistant garbage cans, installing electric fencing, and proper care of compost.

There's a bear in my yard!

What to do when you see a bear in your yard:

1. If you, members of your family or pets are outside, move slowly and quietly inside. Do not turn your back to the bear, but do not make eye contact either.
2. Telephone your neighbours and advise them that a bear is in the area.
3. Sit back and wait. If the bear has no reason to stay, it should soon leave.
4. Please call the [Conservation Officer Service](#) to [report the bear sighting](#).
5. If the bear does not leave within an hour or so, becomes aggressive, or attempts to enter your residence, you should immediately call the Conservation Officer (1-877-952-7277) and RCMP 911

Once the bear is gone, ask yourself the following questions:

1. Why was the bear in my yard? What attracted it here? See our list of [bear attractants](#) and suggestions for handling them.
2. Remove all attractants. Our [Bear Aware Coordinator](#) can help with suggestions and tips.
3. Ensure there are easy paths of escape for any wild animal that may enter your yard. If you have large areas of unruly bush that may provide cover, consider removing them.

Bears are fascinating to watch; however, we must ensure they are not rewarded with food when they visit us. A bear who finds food will return, becoming bolder and more curious. By leaving attractants on your property, you are putting the bears, yourself, your family, and your neighbours at risk.



WATER SAFETY

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Ensure that everyone in the family learns to swim well. Enroll in water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear approved life jackets around water, but do not rely on life jackets alone.

MAINTAIN CONSTANT SUPERVISION

- If you have a pool, secure it with appropriate barriers—many children who drown in home pools were out of sight for less than 5 minutes and in the care of one or both parents at the time.
- Actively supervise children whenever around water—even if lifeguards are present.
 - Always stay within arm's reach of young children.
- Avoid distractions when supervising children around water.

KNOW HOW TO RESPOND TO AN AQUATIC EMERGENCY

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- Enroll in water safety, first aid and CPR courses to learn how to respond.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.

SUN SAFETY

Although everyone is aware of skin cancer and the role of sunscreen in helping to prevent it, the details that will save lives are often surprising even to savvy consumers.

Did you know that some sunscreens protect against only the sun's ultraviolet B (UVB) rays and not its ultraviolet A (UVA) rays, which also contribute to skin cancer? That no sunscreen completely blocks UV radiation, and that other protections are needed too? That no sunscreens are waterproof?

- **Slip** on a shirt.
- **Slop** on broad spectrum sunscreen with **SPF 15 or higher**.
- **Slap** on a wide-brimmed hat.
- **Wrap** on sunglasses.

OTHER SUN-SAFETY TIPS

- **Apply sunscreen at least 15 minutes before sun exposure.**
- Although people with pale skin and light hair are most vulnerable, people of every shade are susceptible to sunburn and skin cancer
- **Keep infants under six months out of the sun.**
- No sunscreen stops all UV rays. **Limit sun exposure, particularly between 10 a.m. and 2 p.m.**, when the sun's rays are strongest
- **Maintain caution on overcast days** because UV rays can penetrate cloud cover.
- A variety of factors cause different amounts of UV radiation to reach different parts of the Earth at any given time.
- **Reapply sunscreen at least every two hours**; more often if you are swimming or sweating.

DID YOU KNOW?

- Sun causes Cancer
- The sun causes **Wrinkles**
- The sun causes **Freckles**
- The sun causes **Growths**
- The sun causes **Eye damage** including cataracts
- Overexposure to UV radiation can **weaken the immune system**, reducing the skin's ability to protect against germs and virus's.



Healthy Eating Recipe Corner



BBQ Potatoes

Prep Time: 10 mins Cook Time: 35 mins

5 medium russet potatoes cut into 1 inch cubes
1 tablespoon olive oil
1 med onion chopped up
1 tsp garlic
3 shakes Mrs. Dash table seasoning

Mix ingredients together and place a large sheet of heavy duty tin foil sprayed with pam to help resist sticking. Shiny side facing the potatoes. Completely wrap the potatoes so the foil is the oven. Place in the BBQ for 35 minutes flipping half way through.

Makes a nice tasty crispy batch of potatoes the kids will love.

Backyard Burning

Health Issues

Burning some materials creates smoke that can affect your health. Tiny particles in the smoke can go deep into your lungs. These can hold nasty chemicals that may cause breathing problems like **ASTHMA**.

Smoke and fumes from things like plastics can be especially nasty, some release **cancer-causing chemicals**.

Be a good neighbor; Children, the elderly and those with breathing problems are most harmed by poor air quality.

Safety Tips

Before backyard burning, people must ensure conditions are appropriate and that they are aware of their responsibilities. For example, residents are required to create a fuel-free zone or fuel break around a burn area to prevent grass fires from escaping.

- **Ensure your fire site is away from buildings, trees and combustible materials**
- **Be aware of windy conditions** that can spread sparks.
- **Ensure people, water and hand tools are readily available** to prevent a fire from escaping.

- **Never leave a fire unattended** until it is completely out. Not even an ember flickering!

- **KEEP IT LEGAL**
It is illegal to burn garbage, plastic, tires, and most other waste products not from a tree or shrub.

SEABIRD ISLAND Parents & Tots



COMING THIS SUMMER
TO PARENTS AND TOTS

*Planned summertime
activities for
families with
children ages 0 to
6 years of age.*

Date: Early July to mid- August [Monday thru Wednesday]

Time: 11am to 1230pm

Location: Seabird, Agassiz, Harrison, Scowlitz
Transportation limited –information to come

For more information on activities offered watch for flyers, emails and texts.

Contact: Tracey Bonshor

Phone office: 604796-6894

Email: traceybonshor@seabirdisland.ca



United Nations Declaration on the Rights of Indigenous Peoples

Article 43

The rights recognized herein constitute the minimum standards for the survival, dignity and well-being of the indigenous peoples of the world.

Article 44

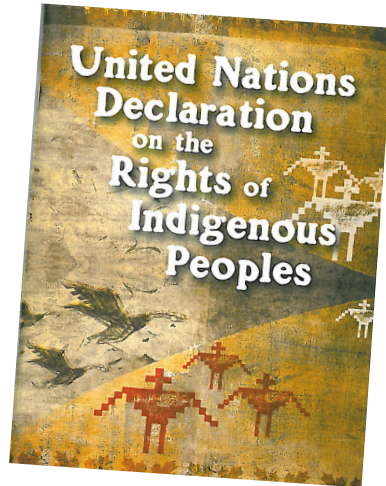
All the rights and freedoms recognized herein are equally guaranteed to male and female indigenous individuals.

Article 45

Nothing in this Declaration may be construed as diminishing or extinguishing the rights indigenous peoples have now or may acquire in the future.

Article 46

1. Nothing in this Declaration may be interpreted as implying for any State, people, group or person any right to engage in any activity or to perform any act contrary to the Charter of the United Nations or construed as authorizing or encouraging any



action which would dismember or impair, totally or in part, the territorial integrity or political unity of sovereign and independent States.

2. In the exercise of the rights enunciated in the present Declaration, human rights and fundamental freedoms of all shall be respected. The exercise of the rights set forth in this Declaration shall be subject only to such limitations as are determined by law and in accordance with international human rights obligations. Any such limitations shall be non-discriminatory and strictly necessary solely for the purpose of securing due recognition and respect for the rights and freedoms of others and for meeting the just and most compelling requirements of a democratic society.

3. The provisions set forth in this Declaration shall be interpreted in accordance with the principles of justice, democracy, respect for human rights, equality, non-discrimination, good governance and good faith.



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

Pre/Post Group &

Prenatal Circle JULY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Canada Day	2 Cheam 1:1 10-1pm	3 Seabird 1:1 8-4pm	4 Skwah 1:1 10-2pm	5 Scowlitz Shxw'ow'hamel 1:1	6
7	8 Pre/Post Chawathil 11-1	9	10	11	12 Prenatal Circle 1-3pm Elders Room	13
14	15	16	17	18 Squiala 1:1 11-1pm	19	20
21	22	23	24	25	26 Prenatal Circle 1-3pm	27
28	29	30	31			

New Staff



Hello my name is Sophie Anderson
 My background is Han First Nation (Yukon Territory). I have lived, worked and played in the Fraser Valley for the past 23 years. I am a mother of three and sister to nine siblings, big family.
 I am happy to be part of the Health and Social Development Team as the new Family Development Worker.

Have any questions please contact me at 604-796-6863
 Mahsi CHo, (big thanks)
 Sophie Anderson
 sophieanderson@seabirdisland.ca

YOUTH WORK EXPERIENCE PROGRAM



Come in and fill out an application form and submit your resume.

Any question, please contact the Employment Office at 604-796-6865.

Will become certified in: Youth employment readiness and training, 10 positions available. Work throughout the school year Sept- June. 10.25 per/hr. 4 days per week afterschool.

Training Provided

DEADLINE FOR APPLICATIONS
 JULY 12, 2013

Start date July 22, 2013
 8:30 to 3:30
 Monday to Thursday
 \$25/per day

Mosquito



Control

Limit Breeding Habitat

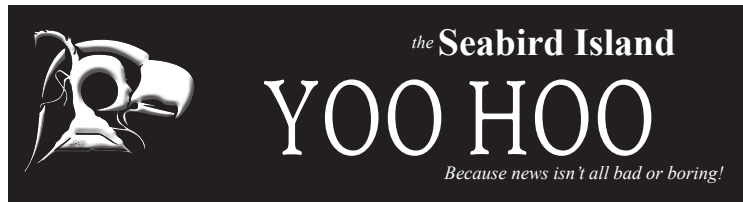
Mosquitoes require water to breed. Adult mosquitoes lay eggs in stagnant or slow moving water, or on moist soil or leaf litter in areas likely to collect water. By eliminating these water sources, you can keep new generations of mosquitoes from taking up residence in your yard.

1. Drill holes in the bottom, not the sides, of any garbage or recycling containers stored outdoors. Holes on the sides still allow enough water to accumulate in the bottom for mosquitoes to breed.
2. Keep gutters clean and unclogged. Be sure your downspouts drain properly,

without leaving puddles in the drainage area. You may need to reroute your downspouts or add extensions to carry water away.

3. Keep swimming pools cleaned and chlorinated, even when not in use. Homeowners who go on vacation without chlorinating their pools may return to a veritable mosquito hatchery.
4. Walk your property after a rain, and look for areas in the landscape that are not draining well. If you find puddles that remain for four or more days, regrade the area.

5. Ornamental ponds should be aerated to keep water moving and discourage mosquitoes from laying eggs. Alternately, stock the pond with mosquito-eating fish.
6. Dump anything that holds water twice per week if it has rained. Birdbaths, non-chlorinated wading pools, footbaths, garbage can lids, and pottery will all attract breeding mosquitoes. Remember to empty the saucers under your flower pots, and don't leave water in pet bowls for more than two days.
7. Keep your property clean of items that can hold water, including discarded aluminum cans and tires.



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



SEABIRD ISLAND BAND

2895 CHOWAT ROAD
PO BOX 650
AGASSIZ, BC V0M 1A0

PHONE: 604-796-6865
DIRECT: 604-796-6831
FAX: 604-796-3729

Check Release Dates

- ◆ JULY 29, 2013 FOR THE MONTH OF AUGUST 2013
- ◆ AUGUST 28, 2013 FOR THE MONTH OF SEPTEMBER 2013

Renewals DUE before the 15th of EVERY MONTH & Action Plans DUE by the 20th.

If Renewals are not in before the 15th of each month. A cheque can not be issued.

Social Assistance Department

Erna Paul – Program Administrator

July 2013

ABORIGINAL INFORMATION SYSTEM(AIS)

The Social Development office is currently transitioning to a new data information software program. This program links Social Development, Housing, Education, and Finance together.

This system will streamline the process of collecting, storing and accessing data for Seabird Island Community members. It will assist in staff being able to bring up information efficiently and record the services being provided.

FOOD BANK

Coming soon to our food bank will be traditional foods such as preserved meats, fish, berries, fruits and vegetables!

Please watch for more information about this wonderful service coming shortly.



*** For clients who wish to order our \$25 meat pack through Scott's Meats, please ensure to order through Andrea by the **15th of the month** in order to receive it on Income Assistance day.*

SPECIAL NEEDS REQUESTS

Income Assistant clients may request for special needs items by writing a letter of request to Erna, stating what items you require and why you are requesting them. After a letter of request is received a home visit may be required to determine eligibility for the items requested.

Requests can be made for essential household or exceptional household items such as:



- Beds (frame, mattress, bedding)
- Kitchen table & chairs
- Sofa, dresser, lamps
- Cooking utensils (pots, pans, utensils, glasses)
- Vacuum
- Humidifier or dehumidifier

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 Diving Instructor/ICBC Liaison worker. He is helping students obtaining their Learner's or New Driver's License. If you are canceling your appointment Please provide 24-48 hours notice. NO SHOWS will forfeit their next appointment.

Interested in taking Class 1 or Driver Instructor Training??

Come into the office for more info.



AUGUST MEAT PACK ORDERS

Meat packs are available again to order. Place your order with Andrea. Orders must be received by the July 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

Come into the office and see Pat or Jill to update your resumes.

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

Due to funding restrictions there is a reduction on skills training this year. If interested in taking training this year, Pat or Jill will be screening applicants to ensure the training provided will be attached to employment upon completion. Training sessions will be scheduled commencing late summer/fall.

ACTION PLANS

Appointments can be made with Pat Large or Jill Stauber for monthly Action Plans 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

August 2013 cheque issue is Wednesday, July 29th 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.
- * 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 (1st) of each month

Sandy Bobb

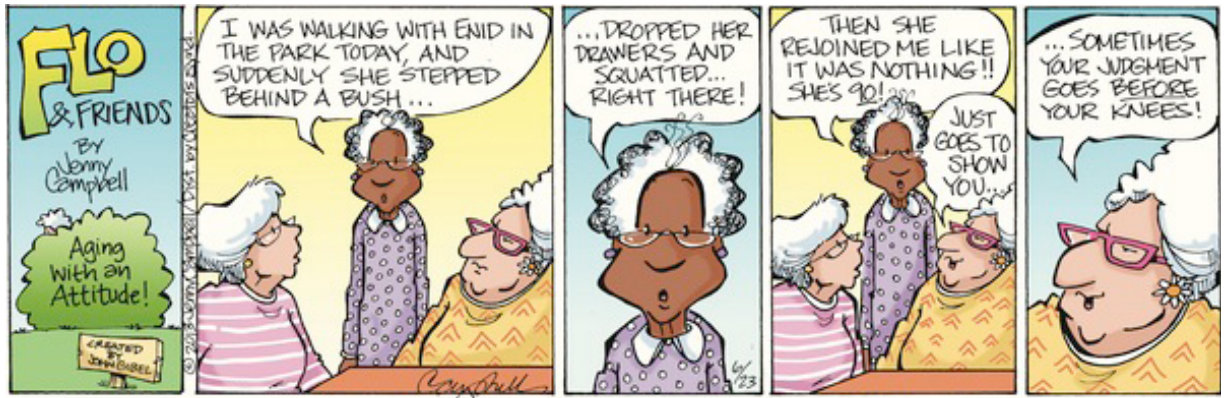
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

Health Comics



Quote of the month

"Mosquito is out, it's the end of the day; she's humming and hunting her evening away. Who knows why such hunger arrives on such wings

at sundown? I guess it's the nature of things."

- N. M. Boedecker,
Midsummer Night Itch

Temqwa:l / July

Birthstone: Ruby
Alternative stones: Emerald, Ruby Sardonyx, Pearl & Moonstone

Color: Red

Cancer: June 22 - July 22

Flower: Larkspur

Halq'emeylem Word Search

e	m	o	c	c	a	s	i	n	l	e	x	l	é	q	s
j	s	h	x	w	'	é	y	e	l	t	h	i	g	h	w
b	a	i	t	l	a	u	g	h	t	e	x	s	u	n	é
s	y	ó	:	q	w	e	m	á	:	l	e	u	c	j	t
k	i	s	s	f	a	m	i	l	y	h	m	n	h	s	e
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c	k	e	w	m	y	é	n	a	i	u	n	r	e	c	e
h	4	í	6	i	g	l	k	o	i	y	j	e	l	h	w
ó	w	m	o	e	w	i	w	y	e	n	e	u	h	e	x
s	'	ó	:	y	t	h	e	q	w	w	b	m	p	x	á
t	u	w	p	i	g	y	s	í	:	l	e	o	a	w	'
e	i	n	g	o	n	e	h	n	á	g	w	i	w	q	h
l	t	'	x	é	m	s	ú	o	h	t	e	y	a	p	c

- skw'echóstel - window
- s'ó:ytheqw - raspberry
- kweshú - pig
- t'xém - 6
- sí:le - grandparent
- Syó:qwem - sun
- Swíwel - sunny
- Swétexel - rainbow
- sqélxel - moccasin
- má:le - bait
- shxw'éyelhth - Be In Good Health
- hilékw - get ready
- ch'áxwel - Get Silent, Become Quiet
- há:we - go hunting
- iyómex - good looking
- chíchelh - high
- alíliyem - laughter
- schachexw - married (for men)
- a'a - yes
- ewe - no
- ey - good

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 July 15th

Draw Date: July 16th, 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: Ashley Armstrong

Name: _____

Phone #: _____

Seabird Address OR SIB Status #: _____



'Round The Rez

Community Events, Workshops & Outings

BUILDING BOOKING AND MEETING ROOMS

► **Angie Chapman** 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.
\$2.⁵⁰ for band members and
\$8.⁵⁰ for non-band members.

OPTOMETRIST CLINIC

**Dr. Ahmed's
Clinic Dates**

August 7th & August 27th



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 Angie Chapman 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

STATUS CARDS

To apply for or renew your Status Cards contact Carol Hope, *Membership clerk*.

MAMMOGRAM SCREENING CLINIC

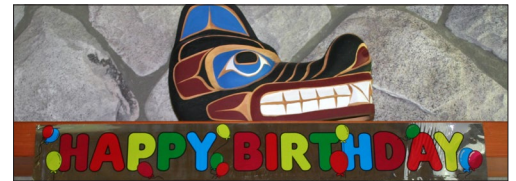
Aug. 15th/13 Seabird Office
Any ladies over the age of 40 Registration forms from either Kristi McNeil or Maggie Pettis

CATERING & FUND-RAISING

Please contact Angie Chapman to get on the catering/fundraising 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 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.



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

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

- 4th- Marlana Peters 18
- 7th- Doreen McIntyre 19- youth rec will miss her
- 8th- Dredan Naitus 15
- 10th- Robert McNeil-Bobb 16
- 12th- Chris Pettis-Adair 17
- 13th- Daniel McNeil-Bobb 19- youth rec will miss him
- 14th- Brianna Robotham 18
- 16th- Tanisha Jack 17
- 19th- Devon Armstrong 17
- 20th- Brandon Peters 19- youth rec will miss him
- 21st- Amber Charlie 15
- 22nd- Malcom Bobb-Wilson 17
- 25th- Siequalynnda McNeil-Bobb 17
- 27th- Natasha Reyburn 18
- 24th- Bobby Douglas 14
- 20th- Tyson Jack 14

I apologize if I missed anyone. Keena

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.



SUMMER SAFETY

Sun Safety

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

Water Safety

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

Bear Safety

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

Bike Safety

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

Play Safe



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Play Safe!