

the SEABIRD ISLAND

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

June 2013

Seabird 44th Annual Festival



Way to go Seabird, another successful festival! Every year the Seabird Festival grows bigger and brighter. Every year people come to our beautiful community for the festival and are in awe of Seabird and it's people. This year was no different, you should all be very proud of the work completed on festival weekend. Thank you for all the help from Seabird community members, volunteers and staff. We hope everybody in the community had a chance to enjoy a part of our festival.

What festival means to me – Its a chance for family and friends to come together.

Many of the youth took advantage of a chance to learn how to kayak. We look forward to seeing these youth and more come to the NAIG games tryouts this year on Seabird.

Please look for the next edition of the Yoo Hoo for the winners lists and more...



Mosquitoes!

Ready or not, here they come!

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

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

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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

New Baby Welcome Celebration



May 1st 2013 Seabird held its annual New Baby Welcome Celebration. We had 25 babies attend from 9 communities.

The MC for the celebration was Wendy Ritchie. Chief Clem Seymour gave the group a welcome and prayer to kick the day off.

Each baby was brushed with cedar and water for multiple blessings...

- over the head – to have good thoughts, give good thoughts to others and receive good thoughts from others,
 - over the eyes – to see good sights, see good things in others, receive good views from others,
- over the ears – to hear good sounds, hear good things about others, hear others say good things to them,
- over the mouths – to say good things, say good things about others, receive good messages from others,
- over the heart – to have good feelings, give good feelings to others and receive good feelings from others,
 - over the legs – to have good travels, give good travels, receive good travels,
 - over the backs – to leave good things to those that follow.

This may also be a way to disconnect new babies from the other side so they stay with us and no harm will come from them. A person will go through 4 main ceremonies in their life: the baby blessing, puberty blessing, adult - receiving traditional name, Marriage.

Being a parent is hard work both, it is both physically and mentally draining. **Don't forget to reach out for help!** Call your grandparents, parents, auntie, cousin, friends. A hug, a loving ear, you would be surprised how much it will help you. There is also support groups available for you at Seabird.



Support programs available on & off Seabird

Bear Bus	604-796-6895
Child & Family / Mental Health	604-796-6830
Ey Qwal Program	604-796-6864
Head Start	604-796-6894
Maternal Child Health	604-796-6860
Supported Child Development	604-796-6858
Speech & Language	604-796-6864
Seabird Daycare / Early Childhood Development	604-796-3463
Young Parents Program	604-796-6895



the **SEABIRD** Island

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Because news isn't all bad or boring!

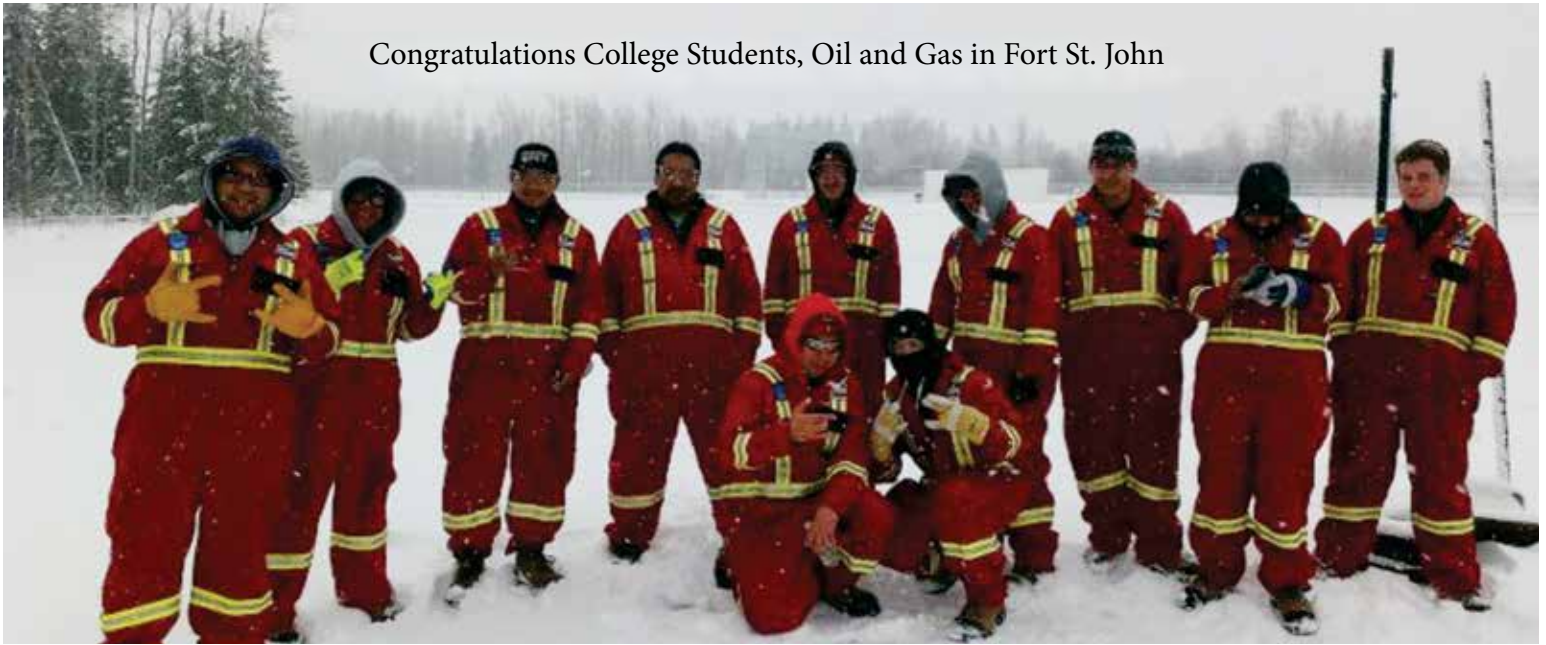
**Reach thousands of potential new clients by
Placing your ad here!**

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

Congratulations to all our Seabird Island Graduates!

Congratulations College Students, Oil and Gas in Fort St. John



Congratulations College Students, Carpentry



Congratulations
Teresa Mailhot
Grad May 14th

**Seabird Fire Department
is actively recruiting!**

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

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

College Graduations

Monday, June 24, 2013

will be the graduation for the Hair Styling, Carpentry, Educational Assistant, Oil and Gas Field Operator, Professional Cook and Supported Child Care Worker programs.

The event will start at 5 p.m.

Tuesday, June 25, 2013

will be the graduation for the Heavy Equipment Operator, Welding, Nail Technician, Information Technology, Business Administration and Upgrading programs.

The event will start at 5 p.m.

Housing

Lawn Maintenance

Tenants have started to receive **violation tickets** for un-cut lawns. Please ensure your lawns are maintained to prevent pests, damage to septic fields and to adhere to the housing policy/tenancy agreement.

May/June is time for:

- Check your smoke and carbon monoxide alarms and replace batteries
- Turn OFF gas furnace and fireplace pilot lights where possible
- Check chimney cap and caulking between chimney and cap
- Remove any plants that contact – and roots that penetrate – the siding or foundation
- Check exterior wood siding and trim for signs of deterioration; clean, replace or refinish as needed
- Wash your siding
- Mow yards at least 1 time per week

The housing team is almost complete the annual housing inspection season. Please, if you missed yours, contact Stacy to schedule a time. Annual inspections are very important to ensure the house is maintained and at health and safety standards for our tenants.

Seabird Island Housing Department INFORMATION SESSION June 27th, 2013 from 4 - 6.

The Seabird Island Housing Committee spent the last year developing a new policy for housing in Seabird.

This new policy covers not only social housing but individually owned, band rentals, housing authority, veterans homes, stolo homes – all types of housing in Seabird.

To review the proposed policy and ask questions, please come out to the above session.

**Dinner will be served
following the session.**

Band Housing Wait-list June 2013

1 bedroom

1	11232011-2046
2	041720122047
3	08302010-2049
4	09192012-2050
5	10252012-2051
6	02082013-2052
7	02132013-2053
8	04052013-2064
9	05092013-2065

2 bedroom

1	09082010-2028
2	02282011-2035
3	07082011-2038
4	04172012-2047
5	11132012-2053
6	12192012-2054
7	12202012-2055
8	01032013-2056
9	01032013-2057
10	01282013-2058
11	01302013-2059
12	02042013-2060
13	03052013-2061
14	04152013-2062
15	04152013-2063
16	04052013-2064
17	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

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.

Monthly Personal Finance Tips



Budgeting is a critical process which forces you to look at what you're spending, where you're spending it, and thus be able to make informed decision on where changes can be made to meet your financial goals. Track your finances for a month or 2 and then revisit your budget - look at what you are taking in and what you are spending, and compare it to your financial goals. Look for areas where your spending can be reduced and adjust your budget accordingly. At its simplest level, budgeting is easy - you look at what you make, you look at what you're spending, and you look at how much is left over to be put away for the future - if the numbers don't match, it gives you a clearer process to shuffle your income accordingly. For example, some savings you may find are spending less on entertaining, reducing the cost of ownership of a car with a bad maintenance record, or shifting your eating habits to home cooking instead of takeout.

COMMUNITY FISHERS FORUM

JUNE 4, 2013

TZEACHTEN COMMUNITY HALL
45855 PROMONTORY ROAD, CHILLIWACK

AGENDA ITEMS INCLUDE:

CHINOOK

CODED WIRE TAG PROGRAM

CHINOOK MANAGEMENT

2013 SOCKEYE, PINK, CHUM

2013 FORCAST

EARLY STUART REVIEW/POTENTIAL FISHERIES



Dinner 5:00 pm

Forum 5:45 pm

Contact

Rosalie Hope
Communications

Coordinator

604-852-4040

rosalie.hope@stolotribalcouncil.ca

4th Annual Traditional Healing & Alternative Medicine

July 24 & 25th, 2013

Register now
20 people max



Gathering Medicine & Preparation

Lunch

Door Prizes

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, Scowitz, Kwaw Kwaw Apit, Union Bar, Kwantlen, Skwah

Register with Vanessa Peters

@ 604-796-6846 or email to
vanessapeters@seabirdisland.ca

Please watch for more information!



Seabird Aboriginal Practical Nursing Program

13 students from the Seabird Aboriginal Practical Nursing program visited Vancouver Community College to celebrate LPN day on May 13th. These students are currently working hard to complete the anatomy and physiology prerequisite course in preparation for the September 9th start of the program. During their visit they met with other PN students, instructors and the Aboriginal support team. They toured the college campus and practice labs that will become a regular part of their educational experience.



Male Team BC Wins 2013 National Aboriginal Hockey Championships

Monday, May 6, 2013 – Team BC made history at the 2013 National Aboriginal Hockey Championships (2013 NAHC) by winning the Province’s first national title in the event’s 12 year history. Hosted in Kahnawake, Quebec, April 29 to May 4, Team BC defeated Team Ontario by a score of 4-3 in the gold medal game held Saturday evening.

“We are so proud to bring the gold medal home to BC,” said Head Coach Joe Quewezance. “It was a great week in Kahnawake. The coaching staff couldn’t be more proud of the players and everyone involved with Team BC. The hard work and dedication was unprecedented and the team dynamics were incredible. When we held the selection camp back in April we were blown away by the amount of young talented Aboriginal hockey players in BC. Once the team was selected, we were confident the group chosen was going to be a strong contender.”

Heading into the tournament seeded 5th in the male division, Team BC gradually climbed the rankings through the week and landed themselves in the semi-finals against Team Manitoba. The result was an exciting 4-3 overtime win, which advanced Team BC into its first ever appearance in the NAHC’s gold-medal game to face Team Ontario. Team BC had led the final game 4-2 until Ontario scored in the latter half of the third period. With just one minute left in the game, Team Ontario

pulled their goaltender, which made for an exciting finish with Team BC winning 5-3 for the victory.

The Team BC program for the National Aboriginal Hockey Championships is managed by the Aboriginal Sport, Recreation & Physical Activity Partners Council (Partners Council) and sanctioned by BC Hockey. The program provides an opportunity for the Province’s top Aboriginal hockey players to compete at the National Championships, which celebrates sport excellence as well as cultural unity and pride.

“This program is not just about elite hockey, it also about building leaders – both on and off the ice,” notes Assistant Coach Chief Shane Gottfriedson. “Through this program, we’ve shown that a long term investment in Aboriginal sport not only results in gold medals, it has influenced the way our communities see sport as preventative health and primary tool for wellness.”



Please join us for the
Men's Wellness Gathering
'Returning to our Traditional Selves...'



To all Aboriginal Warriors, 16yrs to Elders.....to gather and Honour our Warrior Spirits...Free to attend, Snacks & Lunch provided....and Door Prizes!

Save the Date: June 13th - 12:00 to 8:00 pm and
June 14th, 9:00 to 3:00 pm, 2013

Location: Squiala Community Hall - 45005 Squiala Road, Chwkw BC



To Register please contact: Elly Janik at 604-858-0113 or email:
ellyjanik@xyolhemeylh.bc.ca

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

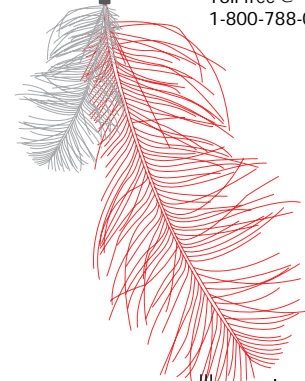
- *Child Protection
- *need help getting a lawyer
- *Custody or other family matter

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



Seabird Island Dog Pack Attack!

There was an incident in May where a family with young kids and a small leashed dog was attacked by a pack of dogs.

Luckily nobody was physically hurt, but the mental anguish could go on for years. Who is responsible for the pain this family will suffer for the years to come?

YOU ARE!

**PLEASE, Please leash your dogs!
A loose dog is a hazard for everybody!**

Why Dogs Should NOT Roam Free!

I live in a rural area and my dog loves to roam free and explore. He always comes back, so I don't worry. Some people have said this is not a good idea. Is that true? Why or why not?

No, it is not safe to allow your dog to roam free.

Many, many decades ago, it was considered the norm to allow dogs to roam free, especially in rural areas. For one, there were fewer cars on the road. Many dogs lived on table scraps and slept outside. The life expectancy of dogs was much shorter back then. Sadly, there were many more unwanted and stray dogs that ended up being put down.

Automobiles: Your dog may "never cross the road," but there's no telling when that can change. He may see an animal on the other side or simply wander into the street uncharacteristically.

Infectious diseases: While exploring, your dog can come across disease-carrying substances from animal feces, dead wildlife, and even other living animals. Some of these diseases cannot be cured.

Injury to or from other animals: Dogs are predatory creatures by nature. They may chase, be chased and attack or be attacked by wildlife and other pets.

Disturbing other people: Your dog, regardless of how nice he might be, can frighten people - especially children.

As much as your dog might love to run, you are doing the dog and your community a disservice but allowing this. Instead, get out there and [exercise](#) with your dog. Build a fence for your yard or bring your dog to a large enclosed field or meadow to play.

Please be a [responsible dog owner](#).

Seabird Island Band would like to invite you

Annual Community Education Awards

When: Wednesday June 26, 2013

Where: Seabird Island Band Office Gym

Time: 5pm – 8pm

Please join in the honoring of Seabird Island Band Students as they are recognized for their many accomplishments in the 2012-2013 school year.

SIB Community Awards 2013

The Other Kind of Book: All About Library eBooks

An eReader is an easy way to squeeze in more reading. You might have an eReader and don't know how to use it, or if you have a tablet or smart phone, you already have an eReader, so come along and we will teach you how to get into your libraries free eBook collection. Try it, you'll think it's the coolest thing since air conditioning!

Wednesday, June 12 7:00 pm

Happy Birthday Canada - There's Nothing Like Us!

Moses are big
Maple leaves are red
We don't say 'zee'
We say it 'zed'

It's easy for us Canadians to brag about our home and native land, so this year, put those thoughts on paper and let's share it. There is nothing like celebrating a birthday with some rhyming, so write a little poem for Canada. It must be short, it doesn't have to be sweet. Come write it on a card during the month of June and the People's Choice will win a Great Canadian Prize and be read out to our communities during local Canada Day celebrations.

June 1 to July 1



Whats Up For Summer Reading Club?

**Up, Up and Away for Early Bird
Registration**

Come in anytime this week and get a balloon that will start kids flying off with some great reads this summer. Get your first look at the Candy Count jar, write a postcard to the astronauts on the International Space station and see what's in store for fun in your home town this summer.

June 25 to June 29

Terrill Scott, Library Supervisor
Fraser Valley Regional Library - Agassiz
[p] 604.796.9510
[f] 604.796.9517

Read. Learn. Play. | www.fvrl.ca

Pre/Post Group &



Prenatal Circle

JUNE 2013

Who can attend?

- *Expecting moms
- *Newborns up to 6weeks
- *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 Pre/Post 11-1pm Mill Hall SIB	6 Pre/Post 11-1pm Skwah	7	8
9	10 Pre/Post Chawathil 11-1pm	11	12	13	14 Prenatal Circle 1-3pm Elders Room	15
16	17	18	19	20 Pre/Post Squiala 11-1pm	21	22
23 30	24	25	26	27	28 Prenatal Circle 1-3pm Elders Room	29

A-PALS "Aboriginal Parents as Literacy Support"

On Wednesday, May 8 we had 48 adults and children gather for the 7th A-PALS. The evening began with Malila drumming, followed by a delicious chicken and rice supper.

During circle Malila drummed and we all sang songs in Halq'emylem. The story was told by Mrs. Nielsen the Kindergarten teacher. While the children played and staff supervised in the outdoor play area, the parents had an adult discussion circle. Parents and children joined together for several wonderful activities including a talking stick!! Each child took home the story book "Aboriginal Alphabet".

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



A-PALS will be host the last gathering for this year on **Wednesday, June 5th 4:30pm** at the Mill Hall. We look forward to seeing community families with a child aged 3 – 6 years old

Seabird Island PRESCHOOL



Ey swayel – The month of May has been full of learning and preparation for Graduation on June 12th. The children enjoyed making their Mother’s Day gift and card. The small plants, which each child grew were sent home in May.

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

On May 8th we shared our 9th Seeds of Empathy Family Visit. Cheryl drove our Seeds Family, Evangeline and Baby Addison to Preschool. The theme was **Feeling Scared?** The children enjoyed seeing how much Baby Addison had changed since the last visit. Baby Addison enjoys all her friends at Preschool. Thank you Evangeline for making our Seeds of Empathy Program so successful by bringing Baby Addison! We have one last Seeds of Empathy Family Visit on May 29th. It will be sad to say “goodbye” however the children will continue to see Addison in the Community and she will always be Seeds Baby Addison!!

Mother’s Day projects were very successful. The children enjoyed making their special gifts.

The Seabird Island Language Nest Preschool continues to encourage full Halq’emeylem language and culture throughout the two hours Monday – Thursday. The two Language teachers, Malila and Jonny give the children the opportunity to learn through various

Parents may sign up at Preschool for Fall 2013 Preschool by calling the Preschool at 604-796-5568. SPACES ARE LIMITED!

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

themes. Community nature walks with the staff is a great way to learn and explore the community.

The children enjoyed watching the Naming ceremony at the Community School on April 25th. The children patiently sat with Malila, Jonny and the staff.

The children are involved in many Graduation projects as Grad is June 12th!!

Ronetta John, Preschool Assistant, had a baby boy! Congratulations!

We welcome Louise Cloutier as our Assistant at the Preschool!



Seabird Island SCHOOL



We celebrated *Music Monday* on May 6th with many schools across Canada, some schools in other countries of the world, and with Chris Hadfield **in space** at the International Space Station! We celebrated this by the whole school gathering together with another school from Langley to sing this year's *Music Monday* theme song, *Is Somebody Singing*, and put on a band concert. The high school bands played a total of five songs for their year-end concert at this event and even got to play one song with our special guest Jazz Band from Langley, who also performed for us. At this concert we had numerous students that were featured in small groups or as soloists including: Olivia Blenkin, Justin Blenkin, Dredan Naistus, Ryan Williams, Sonny Mussell, Kaylee Hubert, Tim Manson, Takoda Birch-Douglas, Bobby Douglas, and Lilly Pete. All the high school music students have worked very hard this year at learning to read and play music. I feel that they represented our school very well with both their talent and behavior during this event and am extremely proud of their accomplishments this year! Thank you for allowing me to be a part of this Seabird!



The first full week in May was a busy month in the music classroom.

The Family class made cupcakes and served at the Parent's Day Tea, May 10th. The Dance club gave a wonderful performance for the Parent's Day Tea.

English 9 have been working on a Poetry unit, their final project will be a thematic compilation of poems of their choice.

English 8 have been studying Mythology, legends, folktales and fables. They have read numerous stories and will be writing one of their own stories.



Socials 8/7 have been studying ancient Japan and the creation of its landmass.

That same week was the Parent's Day Tea where elementary students were given the opportunity to show what they have learned in music this year. Mrs. Neilson's and Mrs. McKerrow's students showed that they have been working on using their "singing voices" this year in two songs that also had actions they had to show. Mrs. Marchant's students also demonstrated their powerful singing voices and some students showed their skills on the Xylophones. Mrs. Bogart's multi-talented students not only came marching in singing and playing their ukuleles, but also performed a song and



dance called “Tideo.” The recorder was demonstrated well by Ms. Watson’s class, who played and sang two songs for the audience. Lastly Ms. Eustache and Mr. Mai’s class, performed three songs each on their band instruments. Ms. Eustache’s students (the youngest band class) were the first band class at the school to be able to play two parts: melody and harmony. A special applause also goes out to Anika in Ms. Eustache’s class who had only been back at Seabird for a week, but was able to keep the beat on the drum for the band! Students in Mr. Mai’s class that were featured at this concert included: Amber Pennier, Amy Reyburn, Seth Hamilton, Nellie Joe-Moreno, Matteo Bobb, and Peter Joe-Moreno. This concert ended with the choir that had a total of 67 students that participated in it! Again it was wonderful to see all the kids so excited about sharing the talents that they have developed this year and I look forward to the music that Seabird students can make next year!

This month in English 11/12 we have been completing compare and contrast essays that have been outlining how things are the same and how they are different. The students have been writing their essays and revising them to create

much more advanced essays. Many of the students have begun looking at mythology as a way to explain beliefs and history. They have been looking at classical myths, the meanings behind them, and their purpose. For a final mythology project, the students have the choice of creating a speech based on research about a Greek/Roman god or creating a board game that demonstrates their knowledge about myths and the classical gods.

Test success and exam preparation:

A year-long goal for all grades, especially 7-9, has been to reduce test anxiety and increase test writing confidence and success. So far in Science 8/7, and Science 9, Term 3 and 4 test averages for each class have been as high or slightly higher than assignment averages. Students have embraced the use and practice of testing as a summary and review of the material learned. We have worked on recognizing advantages in test writing – specifically that it deals with previously learned material rather than the new learning required in assignments – as well as managing the specific challenges unique to tests – the time factor, the importance of working alone, and a possible sense of performance pressure.



Overall, all Science classes from 8/7 through 11/12 have shown growing confidence and success since September in test writing, and are on track for a strong review period through late May and early June in preparation for our final exams.

Barbara White
M.A., M.Ed
Vice-Principal
Seabird Island Community School
604-796-3061



April 25th Seabird Island Community School Naming Ceremony

Iyomemot – Alyssa Chapman
Smimoythet – Semiya Douglas
Siyayeches – Emilio Pettis Chapman
Nuxpum – Shelby Jones

Shxwlistemot – Marissa Hulbert
Xwemeythet – Echo Reyburn
P'ap'welthet – Nellie Joe Moreno
Siyolemot – Shannon Lackey

Hikw te Th'ale – Tanisha Jack
Sayepteleqtel – Andrew Louie

LALME' IWESAWTEXW

Seabird Island Community School

*Invitation to
2013 Grad Ceremony
Friday, June 28, 2013*

Cordially invites you to witness

*The Honoring of the
2013 Graduating Class*

Grad Entry – 11:00 Lunch – 12:00 Ceremony – 1:00

At the Seabird Island Community School Gymnasium

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





Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

There is a crisis in men's health. Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women.

Men die at higher rates for the top 10 causes of death. This includes deaths from cancer, diabetes, suicide, and accidents; and diseases of the heart, kidney, and liver.

Take control of your health by getting a yearly check-up from your doctor.

Your best chance of avoiding diseases that afflict men are prevention, self examination, and regular physician visits. Regular screening can catch many diseases in an early stage, when treatment is most likely to be successful.

12 IMPORTANT MEN'S HEALTH CONCERNS

Prostate Cancer: Almost 30,000 men die of prostate cancer each year. Men with a family history of prostate cancer are at high risk. These men should get screened each year beginning at age 40, age 50 for all other men. This consists of a blood test and a quick physical exam.

Prostate Disease: BPH (benign prostatic hyperplasia) and prostatitis are also concerns for men. Both cause the prostate to swell and can cause painful or difficult urination.

Erectile Dysfunction: The revolution in thinking about male sexual dysfunction, following the introduction of Viagra, offers new hope for men suffering from erectile problems. Failure to achieve and maintain an erection can be **caused by** heart disease, diabetes, certain medications, lifestyle, or other problems.

Cardiovascular Disease: Heart disease and stroke are often associated with high cholesterol and high blood pressure. Both can usually be controlled with diet and exercise or medication.

Testicular Cancer: Testicular cancer is the most common form of cancer in men ages 20-35 but can occur any time after age 15.

Diabetes: You may have diabetes and not know it. It is not unusual for diabetes to go undetected for years. Men with diabetes are more likely to suffer from heart disease, stroke, kidney disease and vision problems.

Skin Cancer: Anyone who spends a lot of time in the sun is at risk for skin cancer. Other factors include family history, repeated x-ray exposure and exposure to some chemical compounds such as arsenic and coal.

Low Testosterone: As men age, their testosterone decreases. This can cause **Andropause**, a condition similar to menopause in women, and may lead to erectile dysfunction, fragile bones, depression, and possibly mental changes in a person such as mood swings or fatigue and other problems.

Colorectal Cancer: A cancer of the colon and rectum can usually be treated if caught early. These cancers may be caused by diets high in fat and low in fiber.

Depression: Men are less likely than women to seek help for depression and are 4x as likely to commit suicide. If you feel "down and out", "hopeless", or "sad" for an extended period of time, you may be suffering from depression. Help can take the form of medication, counseling, or a combination of both.

Lung Cancer: Lung cancer is the #1 cancer killer of men but can be almost totally prevented if men make lifestyle changes and take certain precautions. Risk factors include smoking, exposure to asbestos and radon.

Osteoporosis: Osteoporosis, or loss of bone density, is usually thought of as a women's disease but is now also recognized as a man's problem. If left untreated, this can lead to broken bones and permanent disability or death.



June 15 – Power Of A Smile Day

Every month should have a reminder to find some joy in your life. Some months we can feel like we're just slogging through. June makes cultivating your Joy Habit seem easy – there's Father's Day, the chance to [celebrate Juneteenth](#), and more hours in the day to connect with others. Take a moment June 15 to celebrate the small ways that you can make others feel better – with just a smile. For one day, power up your smile all day and see how it affects those around you. Grab your joy before the opportunity passes.

June 21 – National Aboriginal Day

Canada's National Aboriginal Day gives many people the chance to learn more about Aboriginal people and their contributions towards the country's development and progress. First Nations, Métis and Inuit people have the opportunity to showcase their cultures and achievements throughout Canada on this day.

National Aboriginal Day in Canada gives people of all walks of life the opportunity to celebrate and share knowledge about the Aboriginal peoples' values, customs, languages, and culture.

National Aboriginal Day events are held in every region across Canada.

HAVE YOU THOUGHT ABOUT STARTING OR EXPANDING YOUR OWN BUSINESS?

SCF CAN HELP BY PROVIDING THE FOLLOWING TO SUCCEED:



- ❖ **Business Services and Consulting**
- ❖ **Business Development Loans up to \$150,000**
- ❖ **Training and Workshops**

**You Don't Have to Be Ready Now,
Come See us Today to Start Planning for Your Tomorrow.**

**Make an appointment today! Contact Rocio Zielinski, Loans Manager,
at 604-824-5272 or by email at rzielinski@stolocf.ca.**

SCF also has Five Satellite Locations to Serve You!

SUMAS

**3rd Tuesday of the Month
1-3 pm**

SCOWLITZ

**1st Tuesday of the Month
10-12pm**

STS'AILES

**1st Tuesday of the Month
1-3pm**

SEABIRD

**Every Second Thursday
1-3pm**

LEO'A:MEL

By Appointment



STÓ:LŌ COMMUNITY FUTURES

Bldg #10 – 3rd Floor, 7201 Vedder Road
Chilliwack, BC V2R 4G5

Tel: 604-858-0009 Fax: 604-858-3829

Email: rzielinski@stolocf.ca

You can also find us on Facebook at:

Stó:lō Community Futures

Go to our website and read about our

SUCCESS STORIES: www.stolocf.com



the **Seabird Island**

YOO HOO

Because news isn't all bad or boring!

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

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

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



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

SUBMISSION DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Teens and Violence Prevention

Parents and others who care for young people can help them learn to deal with emotions without using violence. Because violence results from conflicts between people, it can be prevented by learning nonviolent ways to control anger and solve problems. Teaching your teen, through words and actions, that violence is never an acceptable form of behavior is very important

Start talking about ways to reduce or eliminate violence.

- Team up with other parents and get involved in your community; join in activities to reduce violence.

- Talk to your teen about ways to solve arguments and fights without weapons or violence.
- Advise your teen to talk to you or a trusted adult to avoid potentially violent situations.
- If you suspect a problem with your teen, start talking about it.

Monitor the media.

- Limit the total amount of television your teen watches to 1 - 2 hours a day (including music videos and video games).
- Do not allow your teen to watch violent movies or TV programs.
- If something violent comes on the

TV, talk about what is wrong with the program and how the situation could have been handled in a nonviolent way.

Be a role model by handling problems in nonviolent ways.

- Don't hit your teen. Use non-physical solutions to problem solving.
- Count to 10. Cool off. If you can't control your anger, tell your teen you need some time to get your thoughts and feelings under control.
- Problem solve with your teen. Think together about options and consequences for behaviors.
- Set limits, make sure your teen knows the rules and consequences, and follow through.
- Don't carry a gun. This sends the wrong message to your teen.

Reduce the threat of gun-related violence to your teen.

- Make certain your teen does not have access to guns. If you have a gun, remove it from your home or store it unloaded and locked up. Lock and store bullets separately.
- Tell your teen to stay away from potentially dangerous situations and from guns in homes of friends or places where they may visit or play.
- Keep in mind that teens don't always follow the rules. Also, teens are attracted to guns and see guns as symbols of power. Since you can't always count on teens to stay away from guns, you have to keep guns away from them.

Help your teen deal with anger.

- Anger is a normal feeling. Anger does not have to be bad if it is expressed appropriately. Teach your teen that it is okay to be angry, but it's not okay to throw a punch.
- People must control their anger before they can control a situation.
- Sometimes counseling is necessary to help teens deal with their anger appropriately.

**Eat Well...
Be Active...
Save Tobacco for Tradition...**

Beat the heat this summer and stick with your Healthy Living goals

Eat well... Be Active... Save Tobacco for Tradition.

- Eat regularly. It's important to eat normally even if the heat decreases your appetite. Eat fruits and vegetables to help beat the heat as they contain water and can help with hydration.
- Drink plenty of fluids. Keeping hydrated is very important. Drink water before you get thirsty and throughout the day. Drink water 20 minutes before beginning any physical activity and every 15 minutes throughout.
- Wear sunscreen even in the morning or evening. Sunburns can be dangerous and also make it harder for your body to stay cool.
- During bouts of hot weather stick with activities that your body is used to and avoid strenuous activities that your body is not used to.
- Air quality can decrease when it's hot out which can make breathing problems worse. Second Hand Smoke also makes breathing problems worse. Be mindful about your exposure to Second Hand Smoke and exposing others to it.

Pet Safety tip: Never leave your pet in the car in warm weather. The inside of the car can reach 120 degrees within minutes!!!!!!

fraserhealth

AGASSIZ ELEMENTARY SECONDARY SCHOOL**'A' HONOUR ROLL
TERM 3 APRIL 2013****Grade 7**

Chelsey Baboth
Kaliska Beauchamp
Emily Bestwick
Nataanael Cercel
Paul Dumas
Jaydin Lees
Jessica Lucki
Kaitlin McGillivray
Kaela Pope
Hannah Sharples
Justine Stockely
Megan Vander Wyk

Grade 9

Tamara Andrew
Cody Beauvais
Leif Forge
Taylor Lees
Jacob Lucki
Shareena Malhi
Janelle Ryan
Euan Sayo
Sydney Vander Wyk
Autumn White
Ian Wilson

Grade 11

Moise Cercel
Kaelin Duncan
Desireah Eustache
Maggie Eustache
Kim Garcia
Esa James-Point
Faylen Jenkins
Nicole Johnson-Jensen
Baillie Lowe
Ross McInroy
Emma Schram
Brian Tran

Grade 8

Jordan Baker
Hannah Exley
Trevan Kozel
Alyssa Lawley
Bradee Lowe
Jacob MacPherson
Martin Skoda
Serena Madsen
Jessica Read
Coby Sayo
Cody Sayo
Martin Skoda
Emily White

Grade 10

Zachariah Callander
Andrew Cercel
Megan Debruin
Carl Graham
Elisha Johnson-Jensen
Hunter Ramey
Alex Robertson
Melissa Vermette

Grade 12

Amanda Boorman
Mikah Bresland
Jon Cercel
Shelby Dodd
Brooke Duncan
Kieran Forge
Jae Min Hwang
Eric Klody
EJ Link
Grant Morley
Brie Robotham
Hillary VanderEijk

AGASSIZ ELEMENTARY SECONDARY SCHOOL**'B' HONOUR ROLL
TERM 3 APRIL 2013****Grade 7**

Seleen Banez
Aidan Coughlin
Aidan Gillis
Kevin Graham
Brianna Heaton
Jessica Heffell
Georgina Isaac
Darrian Jenkins
Katona Mitchell
Nauness Paul
Drew Ramey
Quentin Robertson
Tiana Sennie

Garrett Tailby

Kristen White duck-Bobb

Jade Solomon

Esme VanParidon
Brooke Visser

Grade 9

Inaki Aguirre
Chase Bestwick
Daniel Cercel
Sean Clark
Lindsey Debruin
Millar Frederickson
Rayon Hang
Brittany Howard
Michaela James
Austin Klotz
Teagean McNeil
Kayla Myles
Braydon Peters
Keianna Point
Lauren Reynen
Kevin Sanchez
Hayden Simon
Emily Stewart
Katelyn VanderEijk

Grade 11

Adam Colman
Adrienne Ferguson
Megan Harder
Mitchel Heaton
Brylee James
Tyler Kafi
Kyle Labrosse
Siequa McNeil-Bobb
Katelyn Simpson
Tianna Stuyt
Eric Theede
Haleigh Visser

Grade 8

Nicole Callander
Sophia Do
Tanner Douglas
Samuel Dyck
Riley Finlay
Kirsten Fleming
Alexandria Howe
Ben Inkman
Matthew Irwin
Blake Kafi
Lauren Lowe
Henrietta McInroy
Quinton McNeil-Bobb
Owen McNeil-Joseph
Sebastian Molina
Seth Pettis-Adair
Haley Reid
Alex Schwichtenberg
Jenna Smith

Grade 10

Nick Allen
Jeremy Harris
Reese Jacobi
Sean Lau
Robert McNeil-Bobb
Eric Peterson
Makayla Pollock
Michelle Pollock
Amber Ruddell
Ashley Sicard

Grade 12

Robert Allen
Florin Andrie
Sory Diarra
Carissa Heffell
Tommy Hrynkiw
Zackery McNeil-Bobb
Esther Nam
Eric Paterson
Ashton Penner
Katelynn Shannon
Andrew Stuyt
Paige Touchet
Katerina von Albedyhl
Zachary Wells

AGASSIZ ELEMENTARY SECONDARY SCHOOL**'EFFORT' ROLL
TERM 3 APRIL 2013****Grade 7**

Chelsey Baboth
Seleen Banez
Emily Bestwick
Natanel Cercel
Paul Dumas
Darrian Jenkins
Jaydin Lees
Jessica Lucki
Kaitlin McGillivray
Kaela Pope
Hannah Sharples
Justine Stoeckly
Megan Vander Wyk

Taylor Lees

Keith Machelle
Kayla Myles
Janelle Ryan
Kevin Sanchez
Euan Sayo
Sarah Sisson
Katelynn VanderEijk
Karen Walton

Esa James-Point

Faylen Jenkins
Nicole Johnson-Jensen
Shelby Kramer
Baillie Lowe
Ross McInroy
Siequa McNeil-Bobb
Emma Schram
Katelyn Simpson
Tianna Stuyt
Eric Theede
Brain Tran
Haleigh Visser

Grade 8

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Hannah Exley
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Trevan Kozel
Alyssa Lawley
Bradee Lowe
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Serena Madsen
Henrietta McInroy
Jessica Read
Coby Sayo
Cody Sayo
Alex Schwichtenberg
Emily White

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Megan Debruin
Carl Graham
Jeremy Harris
Reese Jacobi
Elisha Johnson-Jensen
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EJ Link
Grant Morley
Eric Paterson
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Brie Robotham
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Grade 9

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Cody Beauvais
Chase Bestwick
Daniel Cercel
Leif Forge

Grade 11

Moise Cercel
Denis de Jong
Kaelin Duncan
Desireah Eustache
Maggie Eustache
Adrienne Ferguson
Kim Garcia
Mitchel Heaton



**Eat Well...
Be Active...
Save Tobacco for Tradition...**

**Cigarette butts are the most
littered item in the world!**

They do not bio-degrade and take many years to decompose. Sadly, birds and other animals may confuse them for food. Not only are the butts toxic; but birds and animals can starve to death if they get stuck in their intestinal tracts.

Did you know that 4.5 trillion cigarette butts are littered in the US every year!! <http://volunteerguide.org/volunteer/fifteen/cigarette-butts.htm>

**Please protect our animals and environment &
safely dispose of your cigarette butts**

HOW TO DISABLE IN-APP PURCHASES IN IPHONE GAMES

Want to keep your child occupied, but too scared to hand over your iPhone in fear of in-app purchases making their way to your credit card bill? Here are a few simple steps to disable that feature.

Recent horror stories of kids charging thousands of dollars to their parent's iTunes accounts through in-app purchases are enough to scare any parent into banning their kids from further iPhone use.

A five year-old from England managed to rack up \$2,550 in in-app purchases in just 15 minutes. The incident occurred days after Apple settled a lawsuit involving in-app purchasing by kids. Although Apple has refunded the charges, the whole debacle put freemium apps in the spotlight and pointed out the dangers of free game apps targeted at children.

Don't let in-app bill shock happen to you.

Freemium apps, also known as bait apps, are free to download, but require the user to purchase items in the game to continue playing or pass levels easily. The prices for some of these items are ridiculously high. For example, in *Zombies vs Ninja*, 333 bombs cost \$99.99. So imagine your child wanting a thousand bombs—that's more than \$300 down the tubes.

Luckily, there is a way to disable in-app purchasing on iPhones, which completely blocks any attempt to purchase from any app. Here are the steps:

1. In the Settings, tap General.
2. Scroll down and tap Restrictions.
3. If it's not already enabled, you will see that most of the Restrictions page is grayed out. Click on Enable Restrictions at the top to turn it on.
4. Once you enable Restrictions, you will be prompted to create a four digit passcode and re-enter it a second time. Be sure this passcode differs from your locked screen passcode for safety's sake.
5. After you create a passcode, scroll down to In-App Purchases and you'll see that it's turned on.
6. Click on the toggle to disable In-App Purchases.
7. That's it! You can test it by going to any app that has in-app purchases. When you try to buy something, you'll find a screen that looks like this.

Make sure to test the iPhone after you've changed the settings to make sure it's working.

You can always go back and change the restrictions in case you want to purchase in-app items yourself. Just make sure you change it back before letting your child play on your iPhone again.

Source: <http://www.pcmag.com/article2/0,2817,2417386,00.asp>



United Nations Declaration on the Rights of Indigenous Peoples

Article 38

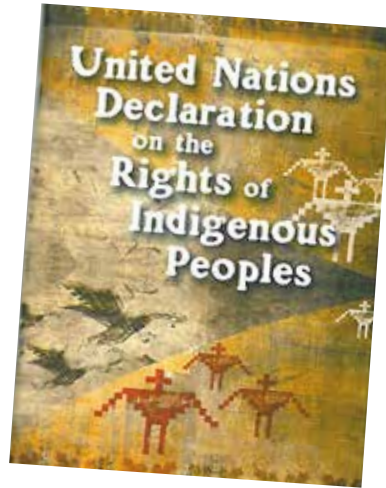
States, in consultation and cooperation with indigenous peoples, shall take the appropriate measures, including legislative measures, to achieve the ends of this Declaration.

Article 39

Indigenous peoples have the right to have access to financial and technical assistance from States and through international cooperation, for the enjoyment of the rights contained in this Declaration.

Article 40

Indigenous peoples have the right to access to and prompt decision through just and fair procedures for the resolution of conflicts and disputes with States or other parties, as well as to effective remedies for all infringements of their individual and collective rights. Such a decision shall give due consideration



to the customs, traditions, rules and legal systems of the indigenous peoples concerned and international human rights.

Article 41

The organs and specialized agencies of the United Nations system and other intergovernmental organizations shall contribute to the full realization of the provisions of this Declaration through the mobilization, inter alia, of financial cooperation and technical assistance. Ways and means of ensuring participation of indigenous peoples on issues affecting them shall be established.

Article 42

The United Nations, its bodies, including the Permanent Forum on Indigenous Issues, and specialized agencies, including at the country level, and States shall promote respect for and full application of the provisions of this Declaration and follow up the effectiveness of this Declaration.

Recreation June 2013

Mon	Tue	Wed	Thu	Fri
3 Elders Fitness 9am-10am Weight Watchers 4:30pm-5:30pm Men's Only Hockey 6:30pm-8:30pm	4 Parents & Tots 9:30am Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	5 Elders Fitness 9am-10am Open Gym 6:30pm-8:30pm	6 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm	7 Staff Intramurals 12:15am-12:45am Band Office Gym
10 Elders Fitness 9am-10am Weight Watchers 4:30pm-5:30pm Men's Only Hockey 6:30pm-8:30pm	11 Youth (13-18) Fitness 3:30pm-4:30pm Hockey moved to 12th	12 Elders Fitness 9am-10am Co-ed Hockey 6:30pm-8:30pm	13 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm	14 Staff Intramurals 12:15am-12:45am Band Office Gym
17 Elders Fitness 9am-10am Weight Watchers 4:30pm-5:30pm Men's Only Hockey 6:30pm-8:30pm	18 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	19 Elders Fitness 9am-10am Open Gym 6:30pm-8:30pm	20 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm	21 Staff Intramurals 12:15am-12:45am Band Office Gym
24 Elders Fitness 9am-10am Weight Watchers 4:30pm-5:30pm EVENING REC/GYM CLOSED	25 Youth (13-18) Fitness 3:30pm-4:30pm EVENING REC/GYM CLOSED	26 Elders Fitness 9am-10am EVENING REC/GYM CLOSED	27 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm EVENING REC/GYM CLOSED	28 Staff Intramurals 12:15am-12:45am Band Office Gym EVENING REC/GYM CLOSED

Watch for youth outings... check the black binder on the health desk regularly!!

If you have any ideas or suggestions for new programs, please let us know! Contact Keena McNeil for further information 604-798-2177 (text or call)

Seabird Island Summer Program 2013 July & August

Kweleches (Greetings)!

We are excited to present the 2013 Summer Program. We will again work hard to celebrate the closing of our summer at Playland!

2013 fee's:

Seabird Island Band & Community Members:

Free upon approval with government subsidy.

If Government subsidy is denied, please see Keena.

Non-Seabird Band/Community members:

Children in Kindergarten: \$27.50 per day.

Children in grade 1 & up: \$20.75 per day.

Plus full cost of field trip (listed on calendar)

Please apply for government subsidy.

All field trips will return by 3pm.

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

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

Thank you and enjoy your summer!

Stuart Little	Closed for Canada Day	Drum Making 2 & Visit from Melissa Nielsen	Wildlife Art 3 & In-house Carnival	In-house Carnival & Ferry Coombe Pool	Fire Safety w/ SIVFD & Bake Sale & Car Wash
Avengers	Nutrition & Kitchen Safety & Drumming & In-House Carnival	Abbotsford 9 Movies \$5 & Visit from Melissa Nielsen	Harrison 10 Festival \$5	Baking, 11 Daycare Buddy Reading & Ferry Coombe Pool	Traditional 12 Foods w/ Cathy Hope & Bake Sale & Car Wash
Spiderman	Nutrition & 15 Kitchen Safety & Drumming & In-House Carnival	Story Time 16 in the Park - Hope & Visit from Melissa Nielsen	Chilliwack 17 Wave Pool/ Park \$5	Baking, 18 Daycare Buddy Reading & Ferry Coombe Pool	Traditional 19 Foods w/ Cathy Hope & Bake Sale & Car Wash
Iron Giant	Nutrition & 22 Kitchen Safety & Drumming & In-House Carnival	Bridal Falls 23 Waterslides \$11 & Visit from Melissa Nielsen	Scowitz Skate 24 Park & Playground & Visit from Health Nurse Lisa W.	Baking, 25 Daycare Buddy Reading & Ferry Coombe Pool	Traditional 26 Foods w/ Cathy Hope & Bake Sale & Car Wash
Mickey Mouse	Nutrition & 29 Kitchen Safety & Drumming & In-House Carnival	Othello 30 Tunnels & Visit from Melissa Nielsen	Play Abby 31 & McDonalds \$10 & Visit from Health Nurse Lisa W.	Baking, 1 Daycare Buddy Reading & Ferry Coombe Pool	Traditional 2 Foods w/ Cathy Hope & Bake Sale & Car Wash
Megamind	Closed for BC Day	Visit from Melissa 6 Nielsen & Drumming & In-House Carnival	Hope Pool 7 & Park & Visit from Health Nurse Lisa W.	Baking, 8 Daycare Buddy Reading & Nutrition & Kitchen Safety & Ferry Coombe Pool	Traditional 9 Foods w/ Cathy Hope & Bake Sale & Car Wash
Pinocchio	Nutrition & 12 Kitchen Safety & Drumming & In-House Carnival	Bridal Falls 13 Waterslides \$11 & Visit from Melissa Nielsen	Hicks 14 Lake Hike	Daycare Buddy 15 Reading & Ferry Coombe Pool	Traditional 16 Playland! Home around 5:30pm

New Staff



Gerald Basten:

- Lived in Agassiz for 43 years
- Attended school in Agassiz, graduating from Agassiz Secondary School in 1986
- Married with 2 children
- 29 years of service in the fire and rescue industry
- 24 Years of experience as the Deputy Fire Chief with the Agassiz Fire Department
- Emergency Program

Coordinator for the District of Kent and the Village of Harrison Hot Springs

- Heavy duty mechanic

Post-secondary education includes;

- NFPA 1001 Professional Qualifications for Fire Fighters
- NFPA 1021 Standard For Fire Officer Professional Qualifications
- Extensive Emergency Management training
- Technical rescue, rope and confined space training
- Both, Instructor and Evaluator Certification through the Justice Institute of British Columbia
- Trades Qualification in Automotive Mechanical Repair

Hobbies include:

- Boating
- Golfing
- Woodworking

Best Regards,

Gerald Basten, CFO

Deputy Director of Fire and Emergency Services

Seabird Island Band

geraldbasten@seabirdisland.ca

W 604-796-2177



Ey Swayel. Ashley tel skwix, Usi xwélmexw skwix. Tel i'tsel kwe' lo.

Hello, my name is Ashley Armstrong and my ancestral name is Usi. I am from Seabird Island. My parents are Ed and Pam Armstrong.

I am excited to become a part of Si: west Ye Selyolexwe the Edlers House of Teaching and Learning as the coordinator.

Yalh yuxw kw'as hó:y

Healthy Eating Recipe Corner

Pudding Pops

1 pkg instant pudding,
1 1/2c milk,
2c cool whip.

Dissolve pudding in milk, whip in cool whip. Spoon into 3 oz dixie cups and insert popsicle stick. Freeze.



Note: You can substitute the cool whip with Dream whip; Make the Dream whip according to the directions and fold (lightly mix) the pudding mix and dream whip together.

You can change up the flavour of your pudding pops according to the pudding purchased; chocolate, fudge, caramel, pistachio, vanilla.

* I use the same recipe for cake icing, but I don't freeze it.

Seabird Youth Employment Program

Open to SIB
Community
Youth Ages
12-15

- ◇ \$25/day allowance (based on attendance)
- ◇ Field Trips
- ◇ Career Development
- ◇ Certification
- ◇ Employment Readiness
- ◇ FUN!

If you are interested and between the ages of 12-15, come into the Employment office to complete an application

Choose between
2 sessions:
July or August
(each session is
4 weeks, 3 days/week)

**Deadline for
Applications**

June 14, 2013



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

Youth Employment Program:

Deadline for Youth Employment Program applications will be June 15th, 2013.
(see attached flyer)

Driving

Ed Armstrong is the Driving 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 information.

March Meat Pack Orders

Meat packs are available again to order. Place your order with Erna or Andrea.

Orders must be received by the 15th of the month to be available for pick up on income assistance day.

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.

INCOME ASSISTANCE INFORMATION

July 2013 cheque issue is Wednesday, June 26th 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.
- * 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! ☺

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.

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.

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

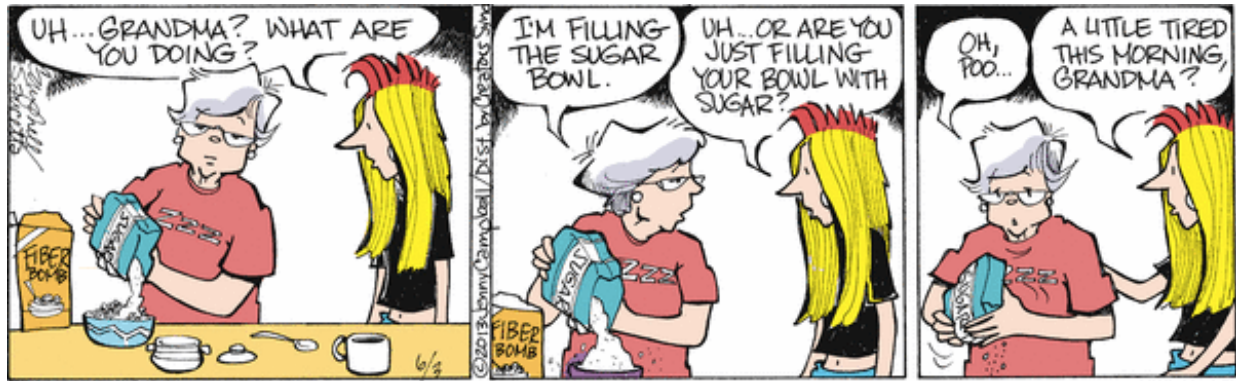
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

Health Comics



Quote of the month

June Birthstone poem - the Pearl
*"Who comes with summer to this earth
And owes to June her hour of birth
A pearl should wear against her skin
Who's innocence many a heart shall win."*

Tem't'amxw / June

Birthstone: Pearl

Color: Green

Gemini: May 21 - June 20

Flower: Rose

Halq'emeylem Word Search

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

- skw'echóstel - window
- stá:y - canoe race
- só:thes - face
- pekw - book
- slewi:ws - bucket
- q'elxel - fence
- si:lawtxw - tent
- ch'aletstel - chair
- skw'iytel - ladder
- pó:thés - cradle basket
- léxwtel - blanket
- siy'o:ye, siya':ye - friend
- qelo:qtel - cousins
- cháchu - a beach
- láxel - a fishing spot
- tém:éxw - earth, land
- ihelhós - down river
- xo:tsa - lake
- st's'élexw - slough

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.

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

Name: _____

Phone #: _____

Submissions due: by 4 p.m. June 12th

Draw Date: June 13th, 2013

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.

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.

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/>

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.

FIELD LIGHT BOOKINGS:

See Keena to book the field lights for your sports team.

\$2.⁵⁰ for band members and
\$8.⁵⁰ for non-band members.
604-796-2177

AMBULANCE BILLS



Please submit ambulance bills to Maggie Pettis as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NHIB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

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

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

OPTOMETRIST CLINIC

Dr. Ahmed's Clinic Dates

May 23rd

June 10th



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.



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!

- Owen McNeil-Joseph is now youth! He turned 13 May 31st! Welcome Owen!

- Trevor Bobb is 17 June 1st

- Lizzy Pettis is 17 June 10th

- Cherish Schultz is 18 June 19th

- Nicole James is 16 June 24th

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.

Men's Health

TAKE CARE OF YOURSELF

Body, Mind & Spirit

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



PROSTATE CANCER - *early detection is key*

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

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

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

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

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

ED - *Detector for Chronic Diseases*

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

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

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

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

