



Band Quarterly Meeting

April 17th 2013



The April 17th Band Meeting started with a welcome and prayer from Councillor Vivian Ferguson, after an excellent meal Chuck thanked the cooks and everyone for coming.

The meeting was filled with useful information from the Seabird departments and Chief and Council. Followed by many comments from Seabird members.

With an attendance of 30 Band Members and 7 community members or staff there was much to talk about. It was nice to see a few youth in attendance as well. We hope to see

more youth attend these meetings, we cover important information that will effect your future. You are the future of Seabird and your input is valuable.

At the end of the night concerned members asked a few questions:

- 1) Will the construction sites be getting security, we are noticing lumber leaving the area?
 - a) These thefts can really effect our building and repair budgets on your homes. If you notice any thieving please write down the

continued on pg 12

Seabirds 43rd Annual Festival

May 26th - 27th

Contact Angie to Volunteer or book your craft table!

All evening recreation and fitness center is **FREE** for everyone for the month of may.

Mosquitoes!

Ready or not, here they come!
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You are invited to attend...

Seabird Islands Annual Baby Celebration

Where: Seabird gym

When: May 1st, 2013 at 11am

For babies born
May 1, 2012 to May 1, 2013



Easter Brunch and Egg Hunt



On Monday April 1st 2013 Seabird Recreation held the Annual Easter Brunch and Easter egg hunt. The brunch started around 10:00 am. The hunts and games began around 11:00 am.

The Easter egg hunting was divided into three age groups:
0-3, 4-8, 9-12

This free community event was fun for all age groups. We hope to see everybody come out again next year!



Find us online!

www.seabirdisland.ca



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

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



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

Seabird Fire Department is actively recruiting!

Are you interested in joining the team?

Contact the Fire Chief at 604-796-6848



Top Boating Tips



Be Boat Smart:

WEAR A LIFEJACKET:

Always wear a Transport Canada approved and properly fitted, and make sure your passengers do the same. It can save your life!

DON'T DRINK AND BOAT:

Remember to leave the beer on the pier and the water on the water! Alcohol is one of the major causes of boating fatalities. Alcohol affects boaters on the water differently than on land.

Boating and alcohol don't mix!

BE PREPARED:

Ensure all your safety equipment is in good working order and that you and your boating passengers know how to use it. Boaters need to be aware of the four types of boating safety equipment and what is required for their boat.

There is Boat Safety Equipment, Personal Safety Equipment, Navigation Equipment and Distress Equipment.

HAVE THE KNOWLEDGE:

Take a **Boater Safety Course** and be sure to understand "the rules of the road". Boater safety courses online or in-person provide boaters with the knowledge they need to boat with confidence and to get their boating certification.

GET CERTIFIED:

Get your Pleasure Craft Operator Card, also known as a Canadian Boating Licence, and avoid the minimum \$250 fine!

Plan Ahead for a Safe Boating Trip

Planning ahead before going boating can make for a safer and more enjoyable boat trip, all boaters should complete a Pre-Departure Checklist before heading out. A Pre-Departure Checklist is a great way to avoid unsuitable boating conditions, reduce the risk of a breakdown, and to ensure you have the required boat safety equipment on board.

Pre-Departure Checklist

Equipment:

- I have properly maintained my boat and its components
- I have all required safety equipment on board and in good working condition
- I have enough lifejackets of the correct size for each person on board**
- I have an emergency repair kit on board with spare parts suitable for my type and size of pleasure craft and engine
- I have a first aid kit on board including dry clothing, drinking water, sun protection, and emergency rations
- I have all distress equipment on board and know how to use it properly
- I have an effective and properly functioning means of communication, such as a cell phone or VHF radio
- I have stowed equipment in an appropriate and accessible location on board

Preparation:

- I have enough fuel for the boat trip - 1/3 out, 1/3 back, 1/3 in reserve
- I have thoroughly checked the condition of my craft, engine and fittings
- I have shared my trip plan, where I am going and when I plan to return with a responsible individual**
- I have reviewed emergency and safety procedures and practiced the proper techniques
- I have reviewed each passenger's responsibilities before heading out
- I have explained the location and correct use of required safety equipment with each passenger

Waterways and Weather Conditions:

- I have the marine charts and/or nautical publications for the area in which I'll be boating
- I have researched and know the location of any local hazard
- I know of any boating restrictions that may apply in the area in which I'll be boating
- I have checked the local marine weather forecast**
- I know of or have marked the location of safe harbours/marinas

Be a smart boater and plan ahead!

Reference: <http://www.boatsmartcanada.com/>

Open House



Hair stylist Course



Aboriginal Practical Nursing Program



Family Development

The Annual Open House took place on April 10, 2013 from 10:00-3:00 pm in the Seabird Island Band Gym. There were a total of people that came through the open house event (341). School had a total of 115 children come through, and we had 125 Band members, from other Communities 52 people attended, and from local towns 49 people attended. We hope to see everyone again next year it was a wonderful day of sharing information.

Winners from the registration table:

Lunch Snacks Basket #1- Tash Peters
Lunch Snacks Basket #2-Istevan Thomas
Basket of assorted lunch items/ dinner/
breakfast items- Sam Lhoustandet
Walmart 25 gift card- Lauren Duerksen
Walmart 25 gift card- Virginia Aleck
Walmart 50 gift card- Carmen Billyboy-
Roderick
Stolo Atlas- Monica Leon
School Lunch Gift cards 10-Tristen Kelly
School Lunch Gift cards 10-Joseph Reyburn
School Lunch Gift cards 10-Ken Jones

School Lunch Gift cards 10-Daniel Pettis-
Harry
School Lunch Gift cards 10-Jonathan Manson
Subway Gift card 15-Emilio Pettis- Chapman
Subway Gift card 15-Cruzito Sepass
Subway Gift card 15-Nicholas Louis
Gas Bar Certificate- 50-Florence Herrling
Gas Bar Certificate- 50- Adelina Smith
Gas Bar Certificate- 50- Keena McNeil
Load of Crushed gravel- Lorna Prette
Roadside Kit- Stephanie Thomas
Picture Frame- Norma Machelie

Fishing Rods- Jennifer Fraser
Hockey Stixes- Ashley Harris, Patrick Giroux
Recycle Bins- Stacey Reyburn, Aaron Harris

Smaller prizes: Ben Neufeld, Mabel August,
Reanna Harry, James, Hannah, Kaleb,
Desiree, Nick L, Hilda Leon, Cliff W., Laurie
Thomas, Dani Peters, Rhoda Edwards, Wayne
Dick, Garry Ewen, Onie Peters, Marilyn
Seymour, Ed Seymour, Kim Fontaine,
Marcellina R, Jewlz, Kelly Mchalsie,
Tanisha Jack.



Seabird College



Traditional Medicine

Elders Information

- Monthly meeting are held at the Band Office on the 3rd Thursday of every month from 1:00 -3:00.
- Monthly outings are planned on the last Monday of each month, the elder's monthly activity outings are targeted for 65+. For more information please contact the Elders Coordinator.
- Seabird Elders are fund-raising for the upcoming Elders gathering that is planned for July 8-12 in Prince George this year. They are currently selling raffle tickets to help offset some of the costing to travelling to the gathering this year.

Chief and Council

Seabird Island Band Chief and Council
Portfolio / Executive Selection
Portfolios 2013-2015



Chief Clem Seymour

Portfolio Lead
Executive,
Health and Early Childhood
Development Program,
Child and Family Services
Portfolio Member
Economic Development,
Finance & Audit Committee



Councillor James Harris

Portfolio Lead
Economic Development,
Portfolio Member
Executive,
Finance & Audit Committee



**Councillor Vivian
Ferguson**

Portfolio Lead
Executive,
Education,
Portfolio Member
Health and Early Childhood
Development Program,
Finance & Audit Committee



Councillor Carol Hope

Portfolio Lead
College,
Portfolio Member
Child & Family Services,
Capital & Public Works



Councillor Dianna Kay

Portfolio Lead
Culture, Language &
Heritage,
Portfolio Member
College



Councillor Art Andrew

Portfolio Lead
Land Code,
Portfolio Member
Education,
Rights and Title & Fishing



Councillor Rod Peters

Portfolio Lead
Economic Development,
Housing,



**Councillor Jason
Campbell**

Portfolio Lead
Rights and Title & Fishing,
Portfolio Member
Land Code,
Safety, Emergency Services
& Justice,
Culture, Language and
Heritage



Councillor Alexis Grace

Portfolio Lead
Safety, Emergency Services
& Justice,
Portfolio Member
Economic Development



Councillor Marcie Peters

Portfolio Lead
Capital & Public Works,
Finance and Audit
Committee
Portfolio Member
Housing

Housing

Have a septic field?

Did you know....

By using anti-bacterial soaps, creams, lotions, detergents and bleach you are killing the natural bacteria in the waste that goes into the septic tank. Killing the good bacteria means that the natural breakdown of waste materials does not occur, which could lead to a septic tank back up or failure.

Try to use eco-friendly detergents and soaps and not anti-bacterial or other bacteria killing soaps.

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

Wait list May 2013

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

3 +bedroom

1	12052011-3052
2	01032012-3057
3	04022012-3063
4	05072012-3064
5	06282012-3070
6	09182012-3072
7	10222012-3073
8	11132012-2053
9	11272012-3073B
10	12192012-3074
11	12192012-3075
12	12192012-3076
13	12272012-3078
14	01022013-3079
15	01022013-3080
16	01032013-2056
17	01302013-2059
18	01312013-3081
19	02062013-3082
20	02082013-3083
21	02082013-3084
22	02152013-3085
23	02252013-3086
24	03082013-3087
25	03192013-3088
26	04152013-2062

What NOT to Flush!

Ever see the red flashing lights on top of the green septic box's?

When this happens it means that it is clogged, most likely because somebody flushed something that they shouldn't have. The sewer system is plugged and sooner or later you may have it back-up into your yard or even your home. **Please do your part to ensure the sewage system keeps flowing and DO NOT FLUSH...**

Cigarette Butts Contain chemicals
Sanitary Pads
Paper towel
Plastic
Condoms
Insects
Make-up
Dental Floss
Q-tips
Cleaning Whipes
Food Left Overs
Chewing Gum
Kitty Litter
Band-aids or wrappings
Paint or toxic waste

Tampons or applicators
Kleenex
Hair
Gloves
Small Pets (fish, mice)
Medicine
Make-up pads
Cotton Swabs
Diapers
Baby Whipes
Fats, oils, grease

Biodegradeable items will still clog! Compost them but NEVER flush them!



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.

Someone So Small

MAY 2013



NOTICE

Notice how children are unique in the way they grow and develop.

Notice the amazing achievements children make in the early years, when the brain is growing so quickly.

Notice the powerful effect that loving relationships, encouraging talk and stimulating experiences have on learning in the early years.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Someone So Small 10:00-11:30am Seabird Mill Hall	6
7 Imitate baby and wait for their response	8	9 Children model adult behavior: remember to show empathy and forgiveness	10	11	12 Someone So Small 10:00-11:30am Seabird Mill Hall	13
14	15 Encourage shy children to play with others.	16	17 No Program Pre-Seabird Festival Set up	18	19 No Program Seabird Festival	20
21 To increase baby's confidence, respond with interest to their sounds and noises.	22 Victoria Day Holiday	23 Band Office Closed	24	25	26 No Program Seabird Festival	27
28 Seabird Festival	29 Band Office Closed	30	31 Help your child show their needs with words	32	33 No Program Post-Seabird Festival Clean-up	34

A-PALS "Aboriginal Parents as Literacy support"

Community families with children aged 3 – 6 years old

Please join us at the Mill Hall

Wednesday, May 8th
4:30 pm

for supper followed by stories, songs, and crafts!!

Staff look forward to seeing you there.



Seabird Island Pre-school



3's at Open House



3's Winners at Open House



3's Circle

Eye swayer – The 4's Program began swimming on April 2nd. The children have water safety lessons twice a week for the month on April at the Hope Recreation Center. The children have been enjoying the three great swimming instructors!

The children have been planting seeds for part of the science/spring projects.

At the Seabird Island Open House the children enjoyed visiting friendly staff at their tables. Seven of our children won wonderful door prizes. Congratulations Vaneesha, Hannah, Desiree, Ashlynn, Kaleb, James, and Exzadious! Thank you Angie!!

On April 5, the Preschool joined the Kindergarten class on a field trip to Sunshine Lanes in Hope. The children all had a great time bowling. Thank you Mrs. Neilson for organizing the field trip.

Wednesday, March 27, the Preschool participated in the Seabird Island Community walk. The children walked five km. wearing their great t-shirts and warm jackets. Thank you Val for the wonderful snack at the band office. A great community event!!

On April 17 we shared our 8th Seeds of Empathy Family Visit. Mom Evangeline and Baby Addison arrived at the Preschool with the excitement of 14 children. The theme was **Who Am I?** The children enjoyed seeing how much Baby Addison

had changed since the last visit. Baby Addison enjoyed the children singing. Thank you Evangeline for making our Seeds of Empathy Program so successful by bringing Baby Addison!

**Parents may sign up at the
Preschool for
Fall 2013 Preschool
by calling the Preschool at 604-796-5568.
Spaces are limited!**

The Seabird Island Language Nest Preschool continues to encourage full Halq'emeylem language and culture throughout the two hours Monday – Thursday with Jonny and Malila our language teachers.

On April 10 the children enjoyed the Open House, greeting familiar family members and staff. Several Children won door prizes! Congratulations Darlene, Jodene, Aidan, Lacinda, Delilah, and Abigail.

The children enjoy learning through the various themes and community nature walks with the staff. Watch for us out exploring in the community. We look forward to attending the "Naming Ceremony" at the Community School on April 25th.



4's Easter Party



Nature Walk with Kwosel



Seeds Friends

Seabird Island School

The high school dance class will be performing the Twist and Jive at the Parent's Day Tea on May 10th.

The Art class is learning 1 and 2-point perspective, some of their work will be on display.

The junior art class is working on optical illusions; some of their work will be on display.

English 9 has just finished the novel Caged Eagles, a novel about prejudice and injustice during WW11.

English 8 are starting a unit on Myths, Legends and Tales.

Social studies 8/7 are finishing up a unit on Ancient China, a time period of 2000 years.

The list of Math 11 students who have worked ahead of schedule to finish their

chapter work (still with a midterm, last chapter tests, review, and a final exam left) now includes:

Courtney Charlie
Brandi McNeil
Danielle Alexander
Sonja Pete
Tavis Thomas
Darian Peters
Tamika McNeil
Cori Victor
Doreen McIntyre

This shows motivation and diligence in all cases to rise to the challenge and opportunity of supported advancement in Senior Math.

Fawn Henry is also ahead in her Math Foundations course.

All Science classes have worked consistently and remained on schedule

to gain at least three weeks of review time before June finals so that students can enter their exams with confidence after a strong session of practice exams and course material summary.

This month in English 11/12 we have been looking at compare and contrast – similarities and differences. Students have been writing about how pairs of things (foods, pictures, relationships) are the same and how they are different. They are beginning a third essay for the course as well. This has begun with the creation of a detailed outline and a first draft. This will be followed by extensive revision to create a quality finished product.

Barbara White

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



Seven students participated from Seabird Island school in the Fraser Valley Reading Link Challenge at Coquihalla School in Hope. The students participated in reading 7 chosen novels and were asked challenging questions. Students learned how to work on team building skills and appreciate reading a good book!



Participants were: Edmond Mussell, Natasha John, Hasanah James, Echo Reyburn, Monica Louie, Jasmine McNeil and Amy Reyburn.

What NOT to Flush! part 2

Protect your environment

Just because you flush human waste down the toilet doesn't mean sewers are waste disposal units. Sewers are designed to take away wastewater from sinks and baths, as well as toilet paper and human waste flushed down the toilet. But hundreds of people cause blockages in sewers or damage to the environment by putting trash down the toilet. Just because an item is called disposable doesn't mean it is safe to flush. Instead you should bag it and put it in the garbage ... don't flush it!

Avoid drain pain!

Our sewers are not designed to cope with modern disposable products, and as a result these items can cause blockages. The drains connecting your home to the main sewer are only big enough to carry water, toilet paper, and human waste. They are often no wider than four inches. Around 75 percent

of blockages involve disposable items. To avoid drain pain and a drain on your finances, remember to bag it and put in the garbage ... **don't flush it!**

Bag and throw your disposables in the garbage

Disposable products, such as cotton balls, condoms, and plastics can find their way into the environment if they are flushed down the drain. To prevent damage to the environment, the following items should be disposed of in the ways recommended.

- Cotton balls, ladies' products, bandages, plastics, and dental floss: dispose of these in the garbage along with other household trash.
- Condoms, tampons, and applicators: wrap well and dispose of in the trash.
- Sanitary towels and pads: use the special bags for sanitary protection available from pharmacies.

- Disposable napkins and Handy Wipes: flush any human waste down the toilet but not the Handy Wipe. The wipe should be well wrapped and disposed of in the bin.

- Razors and blades: put these into a rigid container before placing in the bin.
- Medicines: any unwanted or unused medicines should be returned to your local pharmacy for safe disposal. Do not dispose of medicines with other household waste, and remember to keep all medicines out of reach of children.

- Syringes and needles: disposing of these down the toilet or in your household garbage is dangerous and could cause injury to a member of our sewerage team. To dispose of these safely, please contact your local hospital or health authority who will be able to advise you on the availability of local "needle banks."

DO NOT FLUSH LIST:



Cigarettes



Condoms



Cotton Swabs



Diapers



Medication



Needles



Paper Towels



Tampons



Wipes

Help us keep your drains and the environment clean

TheRentables.com



Learn. Educate. Change.



Partnerships between NVIT and Seabird College

ECE

Start Date: May 6, 2013

- Courses:
- Early Years Development
 - Foundations of ECE
 - Guidance for the Early Years 1
 - College Composition
 - Early Years Development 2
 - Programming for Early Years 1
 - observation in the Early Years
 - Music and Art in ECE
 - Children's Literature
 - Introduction Practicum
 - Curriculum Development in ECE
 - Clinical Competencies
 - Health, Nutrition and Safety

To Register Contact: kellychapman@seabirdisland.ca | 604.796.6839

Mosquitoes

Believe it or not the mosquitoes are coming out already. Lets all do our part to try to keep their population down!

What can we do?

- **Put screens on all your windows and doors.** The best way to control mosquitoes indoors is to keep them out. Make sure there is no holes in the screens.
- **Clean your gutters,** mosquitoes like to hide in the damp leaves and muck. Roof gutters are easily overlooked but can produce millions of mosquitoes each season
- **Keep your lawns mowed.** Mow at least once a week.
- **Cut back the brush and black berries, rake your clippings and the fallen leaves** out from around brush and trees.
- **Get rid of old tires,** or dump the water from them daily. The used tire has become the most important domestic mosquito producer in this country.
- **Dump out anything holding water,** buckets, pools,... Dispose of tin cans, plastic containers, ceramic pots or similar water-holding containers that have accumulated on your property

- **Fill in your pot holes** in the driveway.
- **Fill in low parts of your yard** that fill with water or get marshy after a rain storm.
- **If you have a pond or small body of water around your yard or that you know of anywhere on Seabird CALL John!**



Did you know !

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

Seabird Island Adult Education Programs



Proposed Programs for 2013 - 2014

*Aboriginal Early Childhood Education
Aboriginal Leadership
Adult Dogwood
Arborist
Carpentry
Corrections
Cultural Programs
Educational Assistant
Environmental Monitoring
Fire Fighting
Hair Stylist
Mining
Nail Technician
Office Careers
Oil and Gas Field Operator
Piping
Power Line Technician
Professional Cook
RCMP Pre Cadet Training
Residential Building Maintenance
Traditional Wellness*

Volunteers Needed!

Seabird Island is once again hosting a some major events this summer and we are looking for your assistance!

Soccer ID Camp – May 11th - 12th

Soccer Provincials – August 24th - 25th

Canoeing Provincials –

September 21st - 22nd

Please Contact Angie Chapman at 604-796-6893 if you are interested in volunteering to be part of these once in a lifetime events.

WOW! That will look nice on your resume!



vehicle information, day, time and anything else. Then please contact Art (at work) to report these incidents. ***You have a voice and can make a difference! Help us, help you! Lets work together to stop these thefts.***

- 2) Internet access is flunky. Are we going to work on getting other systems in place?
 - a) We are looking into other options, maybe cabling the reserve or something of this sort.
- 3) Health Transfer? When this comes into effect will we have to start paying a health fee's like other Canadians?
 - a) First Nations are trying to get rid of a lot of bureaucracy so we get the health coverage and support needed to the betterment of First Nation people.
- **Please note** if you have questions or concerns please contact Vanessa Peters or Linda Peters at the HUB 604-796-6846 and/or attend one of their many meetings. They are also available to do family consultations.

In closing Clem had a update about the signing of the Yale treaty. Followed by some inspiring words for thr people, some of which included...

"We know and understand that we can't do it ourselves. That there are some trust issues to overcome. Not just at home but out there. If we look after it,.. it will look after us. We need to understand what it means to our children, to the rivers,.. I have always respected our people because they elect and work with the team of leaders in front of us and in the past. The things that you take care of in life will take care of you!"

Clem tries to make himself available in the lobby for a few hours each day to answer and questions or concerns community members may have.



Women's Top 5 Health Concerns

HEART DISEASE is the leading killer of both men and women. In women, the condition is responsible for about 29% of deaths.

There are far too many women dying of heart disease in their 60s. There are also women, who, for many years, are really ill with heart disease -- being out of breath, not being able to walk up one flight of stairs ... because heart disease impairs their ability to get around."

The earlier folks adapt healthier behaviors, the lower their overall risk for heart disease or stroke outcomes. People can reduce their risk of heart disease by modifying lifestyle to include a well-balanced diet and exercise.

BREAST CANCER is the most common cancer in women. It is second to lung cancer as the leading cause of death for women. **There's a lot of treatment for breast cancer, it's not a death sentence.**

Women are urged to keep their emotions in perspective and to educate themselves about the issues. **Get tested regularly!**

OSTEOPOROSIS threatens 44 million, of which 68% are women. Hunched backs, back pain, and frailty used to be things older women had to accept before doctors knew anything more about osteoporosis. Now, there are steps women and girls can take to avoid such problems.

It is never too late to keep bones strong and avoid fractures.

Your body will do what it can to repair bone damage. **You can help with adequate calcium consumption and weight-bearing physical activity.**

DEPRESSION appears to affect more women than men. Reports show that about 12 million women are affected by a depressive disorder each year compared to about 6 million men.

To help reduce risk of depression, it is recommended to find a reason to get up in the morning. Such as family, work, community, love, pets, and volunteering can be good reasons.

AUTOIMMUNE DISEASES are a group of disorders in which the immune system attacks the body and destroys or alters tissues. There are more than 80 serious chronic illnesses in this category, including lupus, multiple sclerosis, and

type 1 diabetes.

By themselves, each disease appears to be uncommon except for diabetes, thyroid disease, and lupus -- but as a group, the disorders make up the fourth-largest cause of disability among women.

It's very common for women to make multiple visits to multiple doctors to finally get a diagnosis. Insist that someone take your symptoms seriously.

Imagine living without illness to slow you down. While there are no lifetime guarantees, scientific research has been done to make long, healthy living a possibility.

Sugary Drink Sense



Water is the best choice to satisfy thirst

- Drink water with meals and regularly throughout the day. It is a calorie and sugar free way to keep hydrated. Good hydration helps us feel energetic and alert.
- Water is essential to good health.

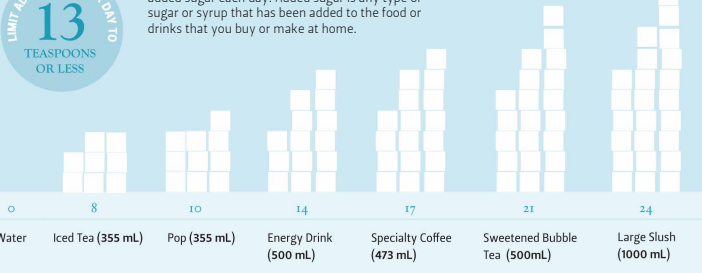


Use these quick tips to help you make healthier choices at home, school or out with friends. Small changes can make a big difference.

The sweet truth about sugary drinks

13
TEASPOONS
OR LESS

Most people should have no more than 13 teaspoons of added sugar each day. Added sugar is any type of sugar or syrup that has been added to the food or drinks that you buy or make at home.



Sugary Drink Sense



Sugary Drink Sense at the Market Buy drinks that provide maximum nutrition with minimum sugar

- Sugar on an ingredient list includes: sugar, brown, cane and beet sugar, high fructose corn syrup, dextrose, fructose, glucose, maltose, sucrose, fruit juice concentrates, honey, molasses, maltodextrin, agave syrup, malt syrup, maple syrup and syrup. There is little nutritional difference between these sugars. Limit all kinds.
- Fruit "beverage", "cocktail", "drink", "punch", "blend", "splash", or drinks ending in "ade", often contain added sugar and very little fruit juice.

Sugars: 44 g

Ingredients: carbonated water, sugar/glucose-fructose, colour, phosphoric acid, natural flavour, caffeine



Sugary Drink Sense at the Market Buy drinks that provide maximum nutrition with minimum sugar



Choose plain or sparkling water.



Choose milk instead of sugary drinks.



100% unsweetened fruit juice is nutritious, but high in calories, natural sugar and acid that can harm the teeth. Limit daily intake to: 125 mL (1/2 cup) for children and 250 mL (1 cup) for teens and adults.

FIND OUT MORE Call 8-1-1 and ask to speak with a registered dietitian at HealthLinkBC or email www.healthlinkbc.ca/dietitian/read/dsclaimer.stm. Contact a certified exercise physiologist at: www.physicalactivityline.com

For more information, visit: Healthy Families BC www.healthyfamiliesbc.ca, Dietitians of Canada www.dietitians.ca, Health Canada www.healthycanadians.ca/eatwell



HealthLinkBC



Dietitians of Canada



PEN APPROVED This resource is PEN approved until January 2015.



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

May 9th
May 21st



December 2011

*** ALERT! *** CELL PHONE SCAMS

Text message scams surge 600% in 2012

B.C. residents wracked up \$7,700 in losses, according to the Canadian Anti-Fraud Centre.

If you get a random message of any kind asking for your personal information, don't give it to them!

Do a Google search to see if it's a scam, if it is, it will show up there. No legitimate company is going to contact you out of the blue and ask for that kind of information.



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

News from the Mezz!

A.E.S.S

What's New???

The days are going by fast now....we have started Term 4. We are in the home stretch now!!!!

May brings some exciting things....

The AESS Open House will be on May 8th from 5-7pm in the school gym. This even will showcase students work and the programs that are offered here at the school.

We also have the First Nations Honoring Ceremony happening on May 23rd here at the school. We will be sending more information home with students in regards to this wonderful event.

Midterms will be going out on May 21st, so that parents

and students are aware of current grades.

Ongoing:

Thursday Pizza Homework club is still on going...we encourage students to come to the Mezz bring their homework and have Pizza during lunch break.

5th Block happens on Wednesday and Thursday from 3-4pm....teachers on site to offer assistance.

And as always Cecily, Kim and Michelle (Mentor) are always willing to help in anyway we can.

Reminder that the deadlines for Post Secondary Funding is coming soon!



Positive thoughts bring positive energy!

MAY 2013
Volume 1, Issue 1

Important Dates

Report Card	1st
Open House	8 th
Pro D Day	17 th
Victoria Day	20 th
Mid Terms	21 st
Honoring Ceremony	23 rd

Note from the Aboriginal Mentor

First off I would like to say it has been a great two years here at AESS.

I have recently been informed that due to budget cuts my position here at Agassiz Elementary Secondary will not continue

next school year. I would like to thank the staff and students for making me feel so welcomed here. As well as to Cecily for making me feel a part of the team.

I will be here to finish out the year with the students

and am looking forward to witnessing our Grads of 2013 walks across the stage!

Thank you all and I wish you all the best in your future. Please remember education is very important and you can do anything you set your mind to.

Look ahead to June!

- Grad 2013 is June 7th – 5pm
- Last Day of Classes – June 12th
- Exams June 16-21



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: sandrabbob@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 sandrabbob@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

Aboriginal Sport, Recreation & Physical Activity Partners Council

BC Aboriginal Provincial Championships & Camps

Events held in summer and fall of 2013 part of selection processes for Team BC for NAIG

The Aboriginal Sport, Recreation and Physical Activity Partners Council (Partners Council) is pleased to announce the dates and locations of several events within the 2013 series of BC Aboriginal Provincial Championships and Athlete Development Camps.

Launched in 2011, the annual BC Aboriginal Provincial Championships and Camps were established to support Aboriginal athlete and coach development and support the creation of a strong, coordinated and competitive Team BC program. The majority of the events in the 2013 Championships & Camps will serve as a primary component of the talent identification and selection processes for Team BC

for the 2014 North American Indigenous Games (NAIG).

The 2014 NAIG will be hosted in Regina, Saskatchewan, from July 20 to 27, 2014 and Team BC will be represented in 13 sports: archery, athletics (track & field), badminton, basketball, canoe/kayak, golf, lacrosse, rifle shooting, soccer, softball, swimming, volleyball, and wrestling.

The following BC Aboriginal Provincial Championships and Camps are confirmed. More details regarding the Team BC Selection processes for each individual sport will be announced in the coming months as preparation and planning progresses.

Provincial Championships

BC Aboriginal Provincial GOLF Championships August 11-13, 2013

Hosted by Talking Rock Golf Course & Little Shuswap Band Talking Rock Golf Course, Chase, BC

• The following age categories will be offered for both male and female players at the 2013 Championships

o U14 (born 1999 & later)

o U17 (born 1996 & later)

o U19 (born 1994 & later)

• **NOTE:** Only those born 1995 to 1999 will be eligible for selection to Team BC for 2014 NAIG

BC Aboriginal Provincial SOCCER Championships August 23-25, 2013

Hosted by Seabird Island First Nation Agassiz, BC

• **Regional Teams** for both male and female divisions to be entered into following age categories. Winning teams earn spot on Team BC for 2014 NAIG. Regional teams are selected through Regional Committee selection processes. Contact your Regional Coordinator for details on regional team selection process (regional contact info below).

o U15 (born 1998 & later)

o U17 (born 1996-1997)

o Fraser Region: dgarner@bcaafc.com; Interior Region: bmanuel@bcaafc.com; Vancouver Coastal Region: jgladish@bcaafc.com; Vancouver Island Region: kleming@bcaafc.com; Northwest or Northeast Region: lerickson@bcaafc.com.

• A U13 co-ed division will also be included in the BC Championships in an Open team category. Note: this age division is not age eligible for 2014 NAIG.

BC Aboriginal Provincial CANOE & KAYAK Championships September 21-22, 2013

Hosted by Seabird Island First Nation Agassiz, BC

• Championships consist of male and female singles, doypables and mixed doubles categories for both canoe and kayak events.

• Age divisions for Championships

o U14 (1999 & later)

o U 16 (1997 & later)

o U19 (1994 & later)

• **NOTE:** Only those players born 1995 to 1999 will be eligible for selection to Team BC for 2014 NAIG.

• Canoes and kayaks provided by event hosts/partners.

Provincial Camps

BC Aboriginal Provincial LACROSSE Camp August 10-11, 2013

Hosted by Squamish First Nation North Vancouver, BC

• Team BC Selection Camp for male lacrosse players born in years 1995 to 2000.

• If you are a female player in this age bracket and are interested in NAIG, please email teambc@bcaafc.com

BC Aboriginal Provincial SOFTBALL Camps

Southern BC Camp August 24, 2013

Hosted by Softball BC at Softball City Softball City, Surrey, BC

Northern BC Camp Date TBA

Hosted by Prince George Native Friendship Centre Prince George, BC

• Team BC Selection Camps for male and female softball players born in years 1996 to 2000.

• Attend one (either the South or North camp).

BC Aboriginal Provincial RIFLE Camp September 28-29, 2013

Hosted by Semath First Nation & Sto:lo Nation Hubs Abbotsford Fish & Game Club

• Team BC Selection Camp for male and female shooters born in years 1995 to 2000.

BC Aboriginal REGIONAL Basketball Camps October 18-20, 2013

• Eligible athletes are male and female players in the following age categories U14 (born 2000 & later), U16 (born 1998 & later) and U19 (born 1995 & later). The Team BC selection process for basketball athletes will be in two phases – Regional camps followed by invitational Provincial camp.

• Attend one of the Regional Camps held October 18-20 with goal to be advanced to the invitational Provincial selection camp. Regional Camp locations and registration fees are yet to be confirmed - details to be announced in April.

• Vancouver Coastal Region North Vancouver (TBC)

• Vancouver Island Region Port Alberni (TBC)

• Fraser Region Langley (TBC)

• Interior Region Kamloops (TBC)

• Northwest Region Prince Rupert (TBC)

• Northeast Region Prince George (TBC)

• Additional North Location

Gitsegukla (TBC)

BC Aboriginal Provincial Basketball Camp December 20-22, 2013

Hosted at Langley Events Centre Langley, BC

• Athletes identified at the Regional Camps for advancement to next phase will be invited to the BC Aboriginal Provincial Basketball Selection Camp (invitation only) held Friday, December 20 to Sunday, December 22 at the Langley Events Centre.

Please note the details for Provincial Camps in the sports of archery, athletics, badminton, swimming, volleyball and wrestling will be announced at a later date.

Event details and registration information will become available in the coming months.

For more information on the 2013 BC Aboriginal Provincial Championships and Sport Development Camps, please visit [facebook.com/ASRPAPartnersCouncil](https://www.facebook.com/ASRPAPartnersCouncil) or contact Lara Mussell Savage at teambc@bcaafc.com.

Sponsorship Report March/ April 2013

Seabird Island Chief and Council understands the importance of sports, recreation, travel and other leisure activities to their people. Chief and Council recognizes the financial difficulties faced by families today, which is why they have set-up this Sports and Recreation Program. It is hope of the members of Chief and council that the support granted through this program will supplement the participants' fund-raising efforts.

List of Sponsored Teams/ Individuals:

- Seabird Island 7 Under team for Totem Soccer Tournament: Brayden Point, Elandra Parsey, Madison McNeil; Coach: Richard Parsey, Bea Joe and entry fee for team
- Seabird Island 10 Under team for Totem Soccer Tournament: Wayne Charlie, Logan Thompson, Jasmine McNeil, Rachel Charlie, Nadia Joseph, Ethan McNeil, Devon Harris; Coach: Karen & Chuck McNeil and entry fee for team
- Seabird Island 12 Under team for Totem Soccer Tournament: Daryl McNeil, Owen McNeil, Kia Pettis, Dylan Harris; Coach Brandon McNeil
- Marshall Pennier for Team BC Player Selection camp in Williams Lake for Hockey
- Mackenzie Peters for Team BC Player Selection camp in Williams Lake for Hockey
- District of Kent for Spring League: Alyssa Chapman, Emilio Chapman, Peter Andrew Jr, Todd Johnson
- Totem Soccer Individual Sponsorships: Emma McNeil, Tyson Jack, Amber Charlie, Courtney Charlie, Zack McNeil-Bobb, Robert McNeil-Bobb

The amount of funding each year depends solely on the decisions made by Chief and Council; as such the amount will fluctuate each year, and may or may not to continue to exist. It is very important to remember that this program's intentions are only to supplement families, not finance participants entire sport, recreation involvement.

If you should have any questions on how to apply please inquire with Angie Chapman at 604-796-6893.

Fundraising Guidelines in Band Office 2013

1. We welcome all Band members/ Community members that would like the opportunity to fund-raise throughout the office.
2. **First Step:** is to fill out an application and have this submitted with a copy of your food safe certificate if requesting to do catering, bake sales etc. Display your food safe certificate when hosting a bake sale/ luncheon sale in the foyer to show you're certified and have the knowledge of food safe standard level.
3. **Second Step:** is to sign a contract for minimum services agreement with Events Coordinator once you have been approved to fund-raise in the office.
4. **Third Step:** is to have a meeting with Events Coordinator to review what kind of fund-raising you would like to proceed with and book dates for fund-raising opportunities that you would like to conduct.
5. **Fourth Step:** (expectations of groups, individuals, team)
 - Please note when you are hosting any fund-raising events that may require electrical power, you are required to bring your own extension cords etc.
 - All signage etc must be supplied by your own group, team, or individual
 - Must be prepared with your own float, change,...
 - All announcements of fund-raising will be conducted by Communicating with the Events Coordinator that will post in daily events. We will no longer do announcements throughout the office using the phone system as this sometimes creates interruption for the front desk and workers. This includes anyone that may drop in to sell items in the office.
 - If you are required to have more tables or chairs this is your responsibility to set-up and clean-up after your event.
 - Please ensure that you have a garbage disposal system set-up near your table that way people are not searching all over to throw out their garbage.
 - Please note when fund-raising in the office that we must understand there is meetings/ events that happen throughout the office. We must respect others work space.
 - Advertisement: a Community bulletin board is located in between the doors when coming through the Main entrance this is the only place we allow for advertisement to be displayed. A calendar will be put up to be able to write dates that you would like to advertise. Also Events Coordinator will write the monthly bake sales groups, names on the Calendar that are approved for the month.
6. **Fifth Step:** Allocations of dates for fund-raising throughout the office (Fridays will be a day that is left open and no fund-raisers will take place on this date) Booking dates will be done on a monthly basis to offer an opportunity for new people to fund-raise.

Special Note from Human Resources Department

- Appendix A of the SIB Personnel Policy under "Other areas of Conflict of Interests" states:
 - o Where an employee is conducting personal business during work hours. Such
 - o Activity must be minimized and not allowed to interfere with Band Business.
- Please know that this includes all sales of raffle tickets, food or drink products, candle or fragrance products, and any other product or services. If you would like to post a flyer in the lobby you are welcome to do so, but any sales must be done outside of work. This also includes selling to clients or customers while you are working or taking advantage of your working relationship with a client or customer.

2013 Regional Engagement & Planning Meetings

Please join us at one of our Annual Regional Engagement and Planning Meetings.

These important regional forums are designed for anyone involved with Aboriginal sport, recreation, physical activity, and health promotion. Our aim is to engage all communities (First Nations and Métis), Friendship Centres and other key stakeholder groups committed to building healthy, active communities through sport, recreation and physical activity.

Each Regional Engagement and Planning Meeting will provide an open forum to report on the Partners Council's 2012/13 regional sport, recreation and physical activity programs, plan for the rollout of the 2013/14 programs/ initiatives and reconfirm the Regional Committee structures that will maintain oversight for this year's activities.

**Fraser Region Location, Seabird Island.
Workshop Thursday May 30th 12 pm - 7 pm
Registration Deadline Monday May 27th
Venue Seabird Island Band Gym
2895 Chowat Rd. Agassiz BC V0M 1A0**

NOTE:

- Please complete and submit the attached **Registration Form** by the deadline listed above to reserve a spot at the planning meeting in your region
- All workshops are 1 day in length beginning at 8:00 am and concluding at 4:30 pm ****Exception: Fraser meeting at Seabird Island is 12pm -7pm****
- Agendas will be provided upon registration
- Travel subsidies are available for those registered by the deadline and travelling more than 100 km (round trip). Accommodations are available for those travelling more than 300 km (round trip)

Please forward this notice throughout your networks and post the attached information in your community and/or organization

For more information and to register please contact:

Joe Akerman, Manager Regional Engagement
Email: jakerman@bcaafc.com | Phone: 1.800.990.2432 | Fax: 250.388.5502



Too Young to Join Agassiz Minor Soccer?

Introducing a new soccer program offered by:



Registration Now Open!

At Little Kickers, the focus is on offering a fun, age appropriate & pressure free introduction to soccer. Our goal is to use soccer as a fun forum to develop not only basic soccer skills, but also confidence, coordination, control and a sense of camaraderie. Little Kickers was started 10 years ago in England and is now enjoyed by over 20,000 children each week in 15 countries around the world. This program meets the eligibility requirements for the Children's Fitness Tax Credit. Parent participation required for under 2 years. For more information check out the website www.littlekickers.ca

Junior Kickers

18 months - 3 years

May 4 - Jun 22 Sa 4:00 pm - 4:45 pm 8/\$72



Mighty Kickers

3 - 6 years

May 4 - Jun 22 Sa 3:00 pm - 3:45 pm 8/\$72

Fairgrounds Soccer Pitch

For more information or to register call 604-796-8891



Sports & Kids:

Research has shown that sports contribute:

- to psychological well-being by reducing anxiety and depression and enhancing self-esteem.
- to a spirit of social interaction, cooperation and friendship.
- to helping kids think critically and solve problems, build self-discipline, trust, respect for others, leadership and coping skills, all of which form the foundation of character building.
- to improve academic and occupational outcomes, lower school dropout and deter delinquency.
- to the development of the mind/body connection by strengthening the body and training the mind to use it for action and reaction.

Aboriginal Sport, Recreation and Physical Activity Partners Council

Fraser Region Sport Development Camps and Clinics 2013-2014 Host Application Process

Regional Sport Priorities

The Fraser Regional Committee identified seven priority sports, which serve as the focal point for region wide sport development in the areas of youth camps, coaching certification courses and official's training. The Fraser Regions sports are: **Soccer, Canoe/Kayak, Athletics, Lacrosse, Volleyball, Basketball, Hockey/Ball, Other.**

Other Sport Development Programs

Aboriginal Coaching Module, XploreSportZ Camps, Run Jump Throw, SOAR (Intro to golf, tennis and curling – In school delivery).

Funding

The Partners Council provides support to each of its six Regional Committees, in the form of a staff person and funding, to advance the sport priorities they have established within their Regional Action Plans. Accordingly, the Partners Council is **now planning to deliver a number of**

community based sport development events (camps, clinics, courses) in locations across the Fraser Region from April to August 31, 2013.

Opportunities

We are inviting First Nations, Métis Chartered Communities, Friendship Centres and other not-for-profit Aboriginal organizations to request to host Regional Youth Sport Camps, Coaching Certification Courses and/or Officials Training Sessions (for the above identified sports) in their community/ Centre. To apply, please complete the attached form and we will do our very best to make this unique opportunity a reality.

Note: Requests for sport development activities outside of the list of priority sports are welcomed and the Regional Committee will consider those requests during the selection process

Deadline

Please complete and submit the attached form by **5pm April 22nd, 2013** to:

Dianne Garner
Fraser Region Sport and Physical Activity Coordinator
Ph.: 604.824.2684 Fax: 604.858.4741
Cel: 604.798.4519
Email: dgarner@bcaafc.com

Notes:

- The Fraser Regional Committee will conduct a selection process to identify hosts. Selections will be based on merit and partnerships with other organizations and surrounding communities
- The Partners Council will work with host communities/Centres to plan and deliver these events
- Please complete the attached application form and/or contact your Regional Sport & Physical Activity Coordinator for more information

For more information on the Aboriginal Sport, Recreation & Physical Activity Partners Council visit:

www.bcaafc.com/initiatives/asrpa-partners-council or find us on Facebook: www.facebook.com/VI.Region.ASRPAPartnersCouncil



First Nations Health Authority
Health through wellness



BCAAFC
BC ASSOCIATION OF ABORIGINAL
FRIENDSHIP CENTERS



BRITISH
COLUMBIA

Quality Attracts Quality

Quality can be a very good substitute for capital, a commitment to quality and mission is an attractant or crowd-pleaser.

BRITISH SOCCER CAMPS 2013

PRESENTED BY **FOX SOCCER**

District of Kent
At Fairgrounds Soccer Pitch – Includes FREE ball & t shirt

Monday July 8th – Friday July 12th

11am-12pm	First Kicks	Ages 3-4yrs	\$107
9am-10:30am	Mini Soccer	Ages 4-6yrs	\$121
9am-12pm	Player Development	Ages 6-16yrs	\$152
1pm-4pm	Player Development	Ages 6-16yrs	\$152
9am-4pm	Full Day Advanced	Ages 7-16yrs	\$204

Players will be grouped by age and/or ability.
Register online by May 24th and receive a FREE British Soccer Jersey!

OVER \$100 OF FREE GIFTS!
See Inside for details.

DISTRICT OF KENT AGASSIZ

Register in person or by phone at:
District of Kent Fitness / Activity Centre, 6660 Pioneer Avenue, Agassiz BC V0M 1A0
Tel: (604) 796 8891
Email: freception@district.kent.bc.ca for further information

Cheques payable to: District of Kent

Britco Launches Aboriginal Design Contest



Britco offers \$20,000 design prize to Aboriginal Artist that best highlights company's heritage

Langley, BC (April 15, 2013) – Britco is launching a design competition, open to artists from BC Aboriginal Communities, to design an Aboriginal-inspired logo for the company to complement its existing brand. The winner of the competition will receive \$20,000.

The contest opens on April 15th and closes on May 17th and will be adjudicated by a blue-ribbon panel chaired by **Hon. Steven Point**, OBC former Lieutenant Governor of British Columbia.

Other panel members include:

1. **Tewanee Joseph**, Competition Facilitator - former Executive Director and Chief Executive Officer of the Four Host First Nations Secretariat for the Vancouver 2010 Winter Olympic and Paralympic Games, and current CEO of Tewanee Consulting Group;
2. **Donia Snow**, Executive Director for Aboriginal Relations at BC Hydro;
3. **Bob Lof**, General Manager, Construction Services for Devon Canada;

4. **Greg D'Avignon**, President and CEO of the BC Business Council; and,

5. **Brenda Crabtree**, Aboriginal Program Manager at Emily Carr University.

“Britco has a long tradition of building partnerships with Aboriginal communities - approximately 10% of our employees at our modular construction facilities in BC are Aboriginal,” stated Mike Ridley President of Britco. “These partnerships have helped define Britco’s corporate culture. We believe that an Aboriginal-inspired logo will complement our existing brand and help better reflect our corporate heritage.”

Added the **Hon. Steven Point**. “This design competition is another example of how progressive companies like Britco can tap into the enormous talent and rich heritage reflected in the work of so many Aboriginal artists in BC.”

The contest winner will be announced June, 2013.

For more information on the contest visit www.britco.com/designcompetition



Employee working at Britco's modular construction facility in Agassiz, BC

Britco offers \$20,000 design prize to Aboriginal Artist that best highlights company's heritage

The contest closes on May 17th

The contest winner will be announced June, 2013.

For more information on the contest visit www.britco.com/designcompetition

With over 1,000 employees in Australia, Canada, and the United States, Britco is one of the largest modular construction companies in the industry.

Britco provides temporary and permanent residential and commercial modular buildings and offers, not only leading design-build capabilities but also turn-key construction project management services for a wide range of customers in the infrastructure, construction, energy and resource sectors in Australia, Canada and the United States. Britco also has one of the largest lease fleets of office complexes, construction site offices, sales centres and storage containers in British Columbia.

Britco is headquartered in Langley, British Columbia. Britco's parent company is Vancouver-based WesternOne Inc., (TSX: WEQ). Additional information about Britco and WesternOne is available at www.britco.com, www.weq.ca or www.sedar.com.

How to get your lost or stolen cell phone back

According to the Canadian Wireless Telecommunications Association (CWTA), roughly 263,000 cell phones were reported lost or stolen in Canada last year; over 112,000 were from Ontario alone. There are some actions you can take to avoid becoming a statistic. There are also several steps you should take if your cell phone is lost or stolen.

Theft prevention

A little common sense goes a long way. Follow these tips to decrease the chances of having your cell phone stolen:

- Don't keep it in your back pocket where it's easier for a would-be thief to grab.
- Hide it. Make sure your phone isn't visible when you leave it in a vehicle. When you're in a public place, don't use it unless you need to. Also, if you've just purchased a new phone, don't flaunt the branded shopping bag – place your purchase into your handbag, backpack, or other unbranded, inconspicuous bag.
- Don't leave it unattended. This seems like an obvious one, but it does happen when people get comfortable with their surroundings, be it a place of employment, a picnic in the park, or a party at a friend's house.
- Don't use it to check the time. A website called No Handcuffs points out that by asking you for the time, a potential thief has a good excuse for approaching you and an easy way to see what type of phone you have. You also make it almost effortless for the thief to steal the phone, as it will be in your hand right in front of him or her – you're practically handing it over to the criminal.

Getting your lost or stolen phone back

Despite your best efforts to keep your cell phone safe, what if it does get stolen or you do manage to lose it? There are several steps you should take immediately if your phone grows legs and walks off.

Preparation is key

Before your phone is lost or stolen, you should:

- Write down its serial number to help police identify it later.
- Use your phone's screen lock. Although this won't prevent your phone from being stolen, it will make it more difficult for a thief to use your phone.
- Make it easy for someone to return your phone. Just because your phone is missing, doesn't mean it's been stolen. Help an honest person get your phone back to you by including your contact details on your phone's lock screen.
- There are several free apps that can help you locate your phone after it's been stolen, a couple of popular ones include Find My iPhone and Where's My Droid.

Make some calls

If your cell phone is lost or stolen, you should get to another phone and immediately call:

- Your carrier to suspend your service.
- The police to report your phone as stolen.
- Your employer if your phone is work-issued.

Text yourself - If you haven't customized your lock screen to include contact details and don't have a location tracking app installed, borrow a friend's cell phone to send yourself a text message. If someone has found your phone, you may get lucky and be able to reach them this way. If you don't have access to another cell phone, most carriers offer a way for people to send a text message via the web (like Bell, for example). Of course, you can just try calling the phone too.

Change your passwords!

Even if you've locked your phone's screen and installed software that can wipe your personal data remotely, it's still a good idea to change all your passwords. From your home computer, go to all the sites you visit from your phone that require you to sign in and change the passwords right away.

If all else fails, and you can't retrieve your phone, you can still take some satisfaction in knowing that it has recently become much harder for thieves to use stolen phones: Canada's carriers are now tracking the ID numbers of stolen units and will refuse to grant service when someone tries to use them.

Agassiz Christian School Tour of Seabird



Recreation May 2013

Mon	Tue	Wed	Thu	Fri
		1 Elders Fitness 9am-10am Zumba Gold 12pm-1pm Zumba 4pm-5pm Open Gym 6:30pm-8:30pm	2 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm	3 Staff Intramurals 12:15am-12:45am Band Office Gym
6 Elders Fitness 9am-10am Weight Watchers 4:30pm-5:30pm Men's Only Hockey 6:30pm-8:30pm	7 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	8 Elders Fitness 9am-10am Zumba Gold 12pm-1pm Zumba 4pm-5pm Open Gym 6:30pm-8:30pm	9 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm	10 Staff Intramurals 12:15am-12:45am Band Office Gym
13 Elders Fitness 9am-10am Weight Watchers 4:30pm-5:30pm Men's Only Hockey 6:30pm-8:30pm	14 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	15 Elders Fitness 9am-10am Zumba Gold 12pm-1pm Zumba 4pm-5pm Open Gym 6:30pm-8:30pm	16 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm	17 Staff Intramurals 12:15am-12:45am Band Office Gym OOSC Pro-D Day
20 STAT REC CLOSED	21 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	22 Elders Fitness 9am-10am Zumba Gold 12pm-1pm Zumba 4pm-5pm Open Gym 6:30pm-8:30pm	23 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm	24 Staff Intramurals 12:15am-12:45am Band Office Gym
27 DAY OF GRACE REC CLOSED	28 Youth (13-18) Fitness 3:30pm-4:30pm Co-ed Hockey 6:30pm-8:30pm	29 Elders Fitness 9am-10am Zumba Gold 12pm-1pm Zumba 4pm-5pm Open Gym 6:30pm-8:30pm	30 ECE Fitness 10:45am-11:15am Youth (13-18) Fitness 3:30pm-4:30pm MMA 6:30pm-8:30pm	31 Staff Intramurals 12:15am-12:45am Band Office Gym

Watch for youth outings... check the black binder on the health desk regularly!! Contact Keena McNeil for further information 604-798-2177 (text or call)

Healthy Eating Recipe Corner

Weight Watchers Easy Tasty Frozen Pie

0 ww points value

Ingredients:

Servings: 8

- 1 (8 ounce) container **fat-free cool whip**
- 1 (6 ounce) container **fat-free or light yogurt**

Directions:

Mix the two ingredients and pour into pie plate and freeze.



Nutritional Facts for Weight Watchers Easy Tasty Frozen Pie

Serving Size: 1 (21 g)

Servings Per Recipe: 8

Amount Per Serving	% Daily Value
Calories 13.0	
Calories from Fat 6	48%
Total Fat 0.7 g	1%
Saturated Fat 0.4 g	2%
Cholesterol 2.7 mg	0%
Sodium 9.8 mg	0%
Total Carbohydrate 1.0 g	0%
Dietary Fiber 0.0 g	0%
Sugars 1.0 g	4%
Protein 0.7 g	1%



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

Pre/Post Group &

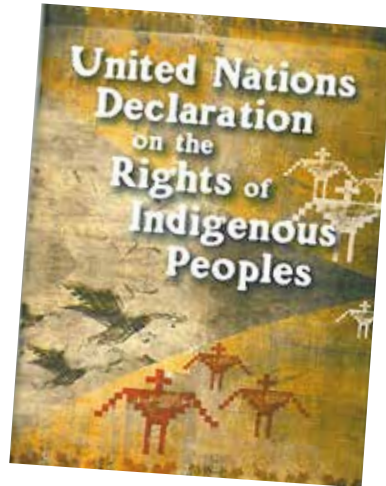
Prenatal Circle MAY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NEW BABY CEREMONY!	2	3	4
5	6	7	8	9	10 Prenatal Circle 1-3pm Elders Room	11
12	13 Pre/Post Chawathil 11-1	14	15	16	17	18
19	20 Victoria Day!	21	22	23	24 Prenatal Circle 1-3pm Elders Room	25
26	27	28	29	30	31	

United Nations Declaration on the Rights of Indigenous Peoples

Article 36

1. Indigenous peoples, in particular those divided by international borders, have the right to maintain and develop contacts, relations and cooperation, including activities for spiritual, cultural, political, economic and social purposes, with their own members as well as other peoples across borders.
2. States, in consultation and cooperation with indigenous peoples, shall take effective measures to facilitate the exercise and ensure the implementation of this right.



Article 37

1. Indigenous peoples have the right to the recognition, observance and enforcement of treaties, agreements and other constructive arrangements concluded with States or their successors and to have States honour and respect such treaties, agreements and other constructive arrangements.
2. Nothing in this Declaration may be interpreted as diminishing or eliminating the rights of indigenous peoples contained in treaties, agreements and other constructive arrangements.

Active Measures Program Update

(Part of the Employment & Training Program)

As the Active Measures Coordinator my overall responsibilities were to assist the students in the Aboriginal Oil & Gas Operator's Program at the Seabird College; providing support throughout this demanding course and holding a number of informational workshops to prepare them for the work ahead. Every student has worked diligently towards the common goal of successfully passing the course and entering into the Oil & Gas Field. The instructional portions at Seabird College will be completed during the week of April 26th. Then the class and I will be travelling to Northern Lights College in Ft. St. John for the students to complete the course. They will have one week of instruction and then a two week work practicum.

The Oil & Gas Industry is growing fast and there is a high demand for qualified workers. Successfully completing this course the students will be eligible to enter this industry and have a very good chance to have a job offer by the end of their practicums. GOOD LUCK students. There are 3 members from the Seabird Island Community that have done well in this course; they are Dameon Andrew, Howard Edwards, and Lawrence Goodrich.

Through-out the course I provided a number of workshops to assist the students in their preparedness for a career in the Oil & Gas Industry. I would like to thank the following individuals for their participation in the following workshops - Donna Watson, Seabird Wellness Centre for the Alcohol & Drug Awareness Workshop; Val Thomson, Seabird Nutritionist for the Health & Nutrition Workshop, Jill Stauber, Seabird Employment CDP for Pre-placement Readiness workshop; Sonia Fuzesi, Branch Manager, Royal Bank for Financial Change workshop; and Esther Northey for her Communications Class and Transition to Work workshop.

Open to SIB
Community
Youth Ages
12-15

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

**Deadline for
Applications**

June 14, 2013

Seabird Youth Employment Program

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)



I am hoping for a long and lonely bus ride home on May 18th because I am wishing all the students receive and accept job offers by the end of their work practicums. F.Y.I the bus ride is 22 hours long one-way from Ft. St. John to Chilliwack.

Al Marchand
Active Measures Coordinator

Income Assistance Office

Erna Paul – Income Assistance Program Administrator

APRIL 2013

Make An Appointment

In order to provide maximum service and availability to community members in regards to Income Assistance. I currently have a schedule that enables me to manage and utilize my time as efficiently as possible.

If you need to apply for Income Assistance, have any questions, or have concerns that you wish to discuss **please book an appointment in advance** for an office visit. This will enable me to book time aside so we may have an undisturbed quality visit.

Be sure to keep your booked time, and have the kindness to call if you cannot make your appointment, as there are other clients in waiting and there are other productive ways to use that time.

- ***Be advised that there is a good chance that I already have booked appointment(s) and/or other scheduled engagements, drop in at your own risk.***

Thank you to those who have been booking and keeping appointments. You are helping me to keep up with other responsibilities, obligations and deadlines that I have...
Much appreciated ☺

Social Assistance Monthly Renewal Declaration Slips

As Income Assistance Clientele / Recipients you are aware that it is **Mandatory** you complete a Income Assistance Monthly Renewal Declaration Slip on a monthly basis

Every person applying for or receiving income assistance has certain rights and responsibilities. One of the responsibilities of applicants and recipients is to complete all required eligibility forms in a proper manner.

Clientele have been submitting these forms **incomplete**. Your Band Name and Family number are two of the important details that help to identify you as a client. If you do not have your Band Name and Family Number on your renewal and all of the questions asked are not addressed, a cheque cannot/will not be processed. This is one of the eligibility forms that are required to be completed for your file.

RENEWALS ARE DUE ON THE 15TH OF EVERY MONTH. YOUR CHEQUE WILL NOT BE PROCESSED WITHOUT A RENEWAL.

ACTION PLANS NEED TO BE DONE BY THE 20TH OF EVERY MONTH.

CHECK RELEASE DATES TO REMEMBER

NOTE: Renewals DUE before the 15th of EVERY MONTH

- MARCH 27, 2013 FOR THE MONTH OF APRIL 2013
- APRIL 26, 2013 FOR THE MONTH OF MAY 2013
- MAY 29, 2013 FOR THE MONTH OF JUNE 2013
- JUNE 26, 2013 FOR THE MONTH OF JULY 2013
- JULY 29, 2013 FOR THE MONTH OF AUGUST 2013

"I can't do it" never yet accomplished anything; "I will try" has performed wonders.

TENANCY AGREEMENT

If there is a change in your household please contact your housing officer to update your Tenancy Agreement.

VINEGAR...QUICK TIPS

Tub Cleaner Vinegar and Dish Soap. No scrubbing: Heat ½ cups white vinegar in microwave for 90 seconds, pour into spray bottle, add ½ cup **blue dawn soap**, shake gently to mix and spray on surface. Let it sit for 1 – 2 hours then rinse with water. Will take soap scum off EASY.

Toilet Bowl Clean and deodorize your toilet bowl by pouring undiluted white distilled vinegar into it. Let it stand for about five minutes then flush. Stubborn stains may require scrubbing.

Requirement to Seek Work

Employable applicants and spouses must be available for, and actively seeking work at all times.

Persons who fail to demonstrate participation in employment related activities, including employment search, may be found ineligible for social assistance.

Single parents who indicate lack of child care as an impediment to employment search must demonstrate that all reasonable efforts have been made and no form of child care is available in the community.

Earnings

Applicants and recipients whose net income (earned & unearned) exceeds the applicable amount of income assistance benefits are not eligible for income assistance.

Please see Housing to update your Tenancy Agreement/Rent Calculation and that you will be responsible to pay all utility bills (Hydro, Fortis, Phone, Rent)

REMINDER: Renewals are due by the 15th of every month. NO CHEQUE WILL BE PROCESS WITH OUT A RENEWAL

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

March Meat Pack Orders

Meat packs are available again to order. Place your order with Erna @ (604) 796-6831. Orders must be received by the 15th of the month to be available for pick up on income assistance day.

Don't Forget To Do Your Taxes

Sara Silver & Alain Marchand will be doing taxes by **Appointment only**. They are open on Tuesdays, Wednesday, and Thursday from 8:00a.m.–4:00 p.m.

Youth Employment Program:

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

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

June 2013 cheque issue is *Wednesday, May 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.
- * 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! ☺

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.

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 48–24 hours notice. NO SHOWS will forfeit their next appointment.

Book an appointment through our office.

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

“Challenges are what make life interesting and overcoming them is what makes life meaningful.” - **Joshua J. Marine**

“Good things come to those who wait... greater things come to those who get off their ass and do anything to make it happen.” - **Unknown**

Tem qwel oythi:lem / May

Birthstone: Emerald

Color: Green

Taurus: April 21 - May 20

Flower: Lily of the Valley

Halq'emeylem Word Search

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

- tset tl'is'thame - I love you
- qwe'op - Apple
- halm'a:ls - Kicking
- kw'atset - look
- tonito - tomato
- kopu - coat
- slewi:ws - dress
- sto:les - wife
- liso's - angel
- qe'o:les - tears
- th'a:le - heart
- qel:em - eye
- qw'ō:l - ear
- t'l'el swa telewe - you are mine
- letam - table
- tesatchesem - touch
- qwemaxlem - running
- yothet - back up
- imex - walk

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. May 10th

Draw Date: May 13th, 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.

Congratulations to – Last Months Winner was Darlene Peters

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.

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 an hour for band members,

\$8 an hour 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*.

GARBAGE SCHEDULE

Regular Garbage:
Monday and Thursday

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.

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!

May 3- Nokomis Hunter, 18
May 20- Kendra Pennier, 16
May 29- Kala Alexander, 14
May 29- Tamara Andrew, 15

I apologize if I missed anyone. Keena



Women's Health

I AVOIDED

Cervical Cancer...



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

This life long decision has...

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

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

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

CERVICAL CANCER

Another large health risk for women caused by a sexually transmitted infection called Human Papilloma Virus (HPV).

Once Diagnosed with Cervical Cancer, pregnancy is most often not an option for your future.

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

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

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



Created by Seabird Health
www.seabirdisland.ca

