

Local Fashion Designer Competes in New York

Congratulations to Linda Kay of Ringing Bell Robes!



Linda Kay went to Regina this summer to participate in the National Aboriginal Fashion Show. This fashion show is for all Aboriginal Fashion Designers throughout North America. The show

was a great success. As a result of the National Aboriginal Fashion Show Linda Kay of Ringing Bell Robes and 4 other Aboriginal Fashion Designers were chosen to participate in the upcoming New York Couture Fashion Week. Three of these designers are from the Fraser Valley, British Columbia.

still \$7200.00, some designers are paying up to \$25,000.00. In their package they will receive their choice of 18 models provided by the show, rehearsal time, promotional tools and a few discount tickets for themselves and their close friends and family. They each still need to come up with funds for travel, hotel, meals and shoes for all their models. With this in mind Linda has been working hard to

fund-raise so she can take part in this incredible opportunity.

Each designer in this select group of Aboriginal Designers will get to show 6 outfits of their own during the show September 6th at 6 p.m. The event will surely be publicized and we encourage you all to watch and support our local Fashion Designer.



Models sporting Ringing Bell Robes fashions: Marcel Heichert & Vanessa Peters

New York is one off the four major fashion cities in the world. With this in mind Linda is honoured, nerve racked and excited for this huge opportunity. "It is nice to have this opportunity because I have been designing and creating for over 15 years. It is nice to be acknowledged and to be included in a New York runway. It can be quite intimidating but it is exciting." She is working hard to create a fancy portfolio to take to the fashion show.

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

REGISTER NOW:

BC Aboriginal Provincial Canoe Championship hosted by Seabird Sept. 21st - 22nd

please contact Angie or Karla at 604-796-2177

See pages 8 and 18 - 19 for more information

INSIDE this Yoo Hoo

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Seabird Hosts BC Aboriginal Soccer Championship



1st Place Winners - U13 Fraser Region



All Stars

Seabird Island Hosted the Aboriginal Provincial championships this year for soccer on August 23-25, 2013. The 2013 BC Aboriginal Provincial Soccer Championships will serve as the Team BC Selection event where by winning teams will earn the right to represent BC at the Regina 2014 North American Indigenous Games in the u16 and u18 age categories for both the male and female team divisions.

The Regina 2014 North American Indigenous games (NAIG) will take place in the city of Regina, July 20-27, 2014. A multi-sport event for Aboriginal youth ages from 13-19 across North America held approximately every three years, the NAIG celebrates sport excellence, youth, volunteerism, and the indigenous culture through a showcase of youth excellence in sport, language, tradition, art, song and ceremony. Teams come from the 13 Canadian provinces and territories and 13 regions from the United States to compete in 15 different sports.

More information regarding NAIG can be found at www.naigcouncil.com and www.regina2014naig.com.

We wish all the athletes that were injured, at the soccer championships a speedy recovery.

Seabird would like to acknowledge Host BC, Aboriginal Sport Recreation and Physical Activity's Partners Council for the grants we received to host this Provincial Championship. A lot of great compliments from Players, Fans, and Coaches were very positive and they really enjoyed being in Seabird this weekend. ***A total of over 1000 people attended this event on the weekend.***

The following people helped make this event successful and the planning for this Provincial Championships:

Jennifer Andrew, Yvonne Harry, Paris Peters, Art Andrew, Tammy Harris, Randal Leon, Daryl McNeil, Stacy McNeil, Karen McNeil, Danielle Gabriel, Seabird Island Gas Bar, Rose Charles, Karla Kay, Doug Summers, Evelyn Peters, Catherine Abbott, Chanea Gabriel, Pam Armstrong, Jessica Pettis, El-Lea Peters, Wolfram Peters, Ronetta John, Audrey Sam, Sarah McNeil, Dianna Kay, Christian Jimmie, Lara Mussell, Diane Garner, Jewel Peters, Suzanne, Zorana Edwards, Sandy Bobb, Kristy Johnson, Employment Services, Health Department, Youth Employment Program for helping with the prepping for the weekend.



Seabird Hosts BC Aboriginal Soccer Championship



1st Place Winners
U15 Female Fraser Region



1st Place Winners
U17 Female Vancouver Island Region



1st Place Winners
U 15 Male North Western Region



1st Place Winners
U17 Male North Western Region

Congratulations to all participants of the 2013 BC Aboriginal Provincial Soccer Championships!

Gold medal teams from the Northern, Fraser and Vancouver Island Regions will be representing BC at the 2014 North American Indigenous Games.

August 26, 2013 - The Aboriginal Sport, Recreation and Physical Activity Partners Council congratulates all the participants in the 2013 BC Aboriginal Provincial Soccer Championships hosted by Seabird Island First Nation in Agassiz this weekend, August 23 to 25, 2013. With 22 teams and over 400 athletes and coaches participating, the event showcased the incredible talent of Aboriginal athletes from across the Province.

Winners of the Provincial Championships are as follows:

U13 Co-Ed Division
GOLD Fraser Region
SILVER Gitxsan United
BRONZE Victoria T-Birds

U15 Female Division
GOLD Fraser Region
SILVER Vancouver Island Region
BRONZE Vancouver Coastal Region

U15 Male Division
GOLD Northwest Region
SILVER Fraser Region
BRONZE Vancouver Coastal Region

U17 Female Division
GOLD Vancouver Island Region
SILVER Fraser/Vanc Coastal Region
BRONZE Interior Region

U17 Male Division
GOLD Northwestern Region
SILVER Vancouver Coastal
BRONZE Fraser Region

The Provincial Championship winners of the U15 and U17 male divisions have now earned the right to represent BC at the 2014 North American Indigenous Games (NAIG) to be held July 20-27, 2014 in Regina, Saskatchewan. The Partners Council congratulates these regional teams and their coaches on their success and upcoming Team BC journey to 2014 NAIG!

Special thanks goes out to Angie Chapman and her team at Seabird Island First Nation for hosting this provincial event. They are wonderful hosts and we appreciate all the tireless efforts of their staff and volunteers. Thank you also to the Provincial Aboriginal Soccer Committee and the Fraser Region Soccer Committee for supporting this event.

For more information about 2014 NAIG, please visit:
www.regina2014naig.com.



Seabird Hosts BC Aboriginal Soccer Championship

Continued from page 2 & 3

Fraser Region Soccer Teams WIN medals!



Men's Cancer Health Awareness Month

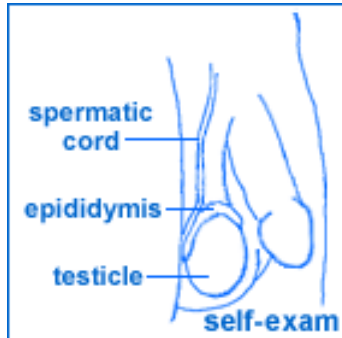
Checking for Testicular Cancer

The **testicular self-examination (TSE)** is an easy way for guys to check their own testicles to make sure there aren't any unusual lumps or bumps — which can be the first sign of testicular cancer.

Although testicular cancer is rare in teenage guys, overall **it is the most common cancer in males between the ages of 15 & 35**. It's important to try to do a TSE monthly so you can become familiar with the normal size & shape of your testicles, making it easier to tell if something feels different or abnormal in the future.

Here's what to do:

- It's best to do a TSE during or right after a hot shower or bath. The scrotum (skin that covers the testicles) is most relaxed then, which makes it easier to examine the testicles.
- Examine one testicle at a time. Use both hands to gently roll each testicle (with slight pressure) between your fingers. Place your thumbs over the top of your testicle, with the index & middle fingers of each hand behind the testicle, & then roll it between your fingers.
- You should be able to feel the epididymis (the sperm-carrying tube), which feels soft, rope-like, & slightly tender to pressure, & is located at the top of the back part of each testicle. This is a normal lump.
- Remember that one testicle (usually the right one) is slightly larger than the other for most guys — this is also normal.
- When examining each testicle, feel for any lumps or bumps along the front or sides. Lumps may be as small as a piece of rice or a pea.
- If you notice any swelling, lumps, or changes in the size or color of a testicle, or if you have any pain or achy areas in your groin, let your doctor know right away.



If you find a lump on your testicle or any of the other signs of testicular cancer listed below, **see a doctor, preferably a urologist, right away**. The abnormality may not be cancer, but if it is testicular cancer, it will spread if it is not stopped by treatment. Even if it is something else like an infection, you are still going to need to see a doctor. Waiting & hoping will not fix anything. Please note that free floating lumps in the scrotum that are not attached in any way to a testicle are not testicular cancer. **When in doubt, get it checked out** - if only for peace of mind! **Testicular cancer is almost always curable if it is caught & treated early.**

Other signs of testicular cancer to keep in mind are:

- Any enlargement of a testicle
- A significant loss of size in one of the testicles
- A feeling of heaviness in the scrotum
- A dull ache in the lower abdomen or in the groin
- A sudden collection of fluid in the scrotum
- Pain or discomfort in a testicle or in the scrotum
- Enlargement or tenderness of the breasts

Let me paint you a picture...

I live on the West Coast of Canada where the valley meets the Cascade mountains, 10 minutes from one of the largest lakes in British Columbia. I live on an island surrounded with water, where the locals race large canoes. The island is in bloom with tulip fields in the spring and colorful tree farms all year round. Outside my living room window and across the broadest river in the Fraser Valley, is one of the most monumental snow capped mountains at the base of the Cascade Mountains. Where do I live?

I live on Seabird Island!



*After I wrote this... I read this story to my teenagers and they asked, "Where is that place?, Can we go there?" They thought I read it from a computer add and didn't know where I lived. Pretty funny eh! There isn't any lies in this story, **its all in how a person sees the world**, and we live in one of the most beautiful places in the world. Perhaps we all need to sit back and appreciate it once and a while!*

BACK TO SCHOOL TIPS

- **Get your child involved** with packing their lunch and laying out their clothes. *Check them both, before they leave! Ensure they have a proper lunch and appropriate clothing for the day.*
- **Post a schedule / checklist** for your child, that includes the morning and the after school routines. Include snack, homework/study, TV (1 hour only), bath, and bed times.
- **Post a chore checklist** for your child, that includes a few tasks to help out around the house. Clean their room, make their bed, pick up and put away their stuff left laying around the house. As they become teens you can add a few more chores.
 - Having your children and youth help out around the house prepares them for when they grow up and have their own place.
 - In a family everyone has chores around the house and yard; mom, dad, and the kids. Even animals have their chores; dog barks when you have company and protects the family, cats get rid of pests.
- **Plan ahead.** Get a wall calendar mark the dates of midterms, finals, and other tests. Note the due dates of term papers, essays, and other projects as they are assigned. List any other time commitments you have, like soccer practice. *When your calendar starts to fill, **learn to say no** to additional [activities](#) until things calm down.*
- **Check heads weekly for lice.** *The sooner you get rid of those blood suckers the easier it will be and the healthier your family will be! The longer they stick around the more likely your whole house and family will get infested.*

**TEAM WORK,
Your Family is your team,
WORK TOGETHER!**



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

Pre/Post Group &

Prenatal Circle

SEPTEMBER 2013

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-------------------------|-----|---------------------------------------|----------------------------------|--|-----|
| 1 | 2 Labour Day | 3 | 4 Pre/Post 11-1pm Mill Hall SIB | 5 Pre/Post 11-1pm Skwah | 6 | 7 |
| 8 | 9 Pre/Post Chawathil | 10 | 11 | 12 | 13 Prenatal Circle 1-3pm Elders Room | 14 |
| 15 | 16 | 17 | 18 | 19 Pre/Post Squiala 11-1pm | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 Prenatal Circle 1-3pm Elders Room | 28 |
| 29 | 30 | | | | | |

Local Fashion Designer Competes in New York

Continued from page 1

The National Aboriginal Fashion Show in Regina has also opened up a variety of other doors for Linda. A couple of stores are looking to Ringing Bell Robes to carry Linda's vest designs in their stores, including the Sto:lo Gift Store and Tananka Gifts in Regina. Shopindigenous.ca an Aboriginal on-line outlet is also interested in selling her products in their online outlet. She even has potential clients from Philadelphia contacting her.

As a result of this success Ringing Bell Robes will be looking for qualified seamstresses. Linda is also working on creating a website for Ringing Bell Robes with Jamie Billingham.

Linda dream is working towards outfitting the Aboriginal Arts and Entertainment Industry. She is well on her way; Shyanne Houorka has 2 of Linda's pieces, Dakota House has one of her vests. Susa Omeo from "Big Brothers" and the "Think Indian" radio station has requested a piece from Linda. Gabriel Ayala a guitar player from Arizona has even asked Linda if she would be interested in doing endorsements. Where he would wear her clothing to awards shows and promote her on the red carpet.

Congratulations to Linda Kay, you are an inspiration to all our young artists.

Baby Safety Month



What should I know about secondhand products?

Historically, 80% of recalled products are never returned or fixed. Many of those items continue to be used and are later passed on — often via yard sales, thrift stores and online marketplaces. It means that your chances of owning a recalled product can increase when secondhand items are purchased, handed down or borrowed from friends, as is common practice for baby gear.

All is not lost, though. Buying secondhand or using hand-me-downs can be a great cost-saving measure and is definitely good for the environment, just not at the expense of safety. Therefore, in addition to following

these safety tips to ensure items meet current safety standards, **it is extremely important to check for recalls when buying or using secondhand baby gear.** In most cases, the item will be safe, but the impact of not identifying a potential hazard results in unnecessary risk of injury to you or your child.

Safety Tips:

- Adult Supervision — The only sure-fire way to keep your baby safe is direct supervision when juvenile products are in use.
- Read Instructions and Warnings — For the safest product use, be sure to always read and follow all manufacturers' instructions and warning labels.

- When using second hand products, make sure all parts are available, the product is fully functional, not broken, and has not been recalled.
- Safest Option — Keep in mind that new products meeting current safety standards are the safest option.
- Inspection During Use — Don't forget to frequently inspect products for missing hardware, loose threads and strings, holes, and tears.
- Discontinue Use — Monitor your child's growth and development. Discontinue using a product as your baby reaches the limits defined by the manufacturer.

Parents and Tots and Prenatal Circle are two of our many programs where parents can get more information and support!

The photo below is of the ceremony held back in June.



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

DID YOU KNOW?

Vitamin D³ helps your body process calcium and get it to your much needed bones. Without enough Vitamin D³ much of the calcium your body absorbs turns into belly fat.

- **Vitamin D³** is made naturally and works faster.
- **Vitamin D²** is made from yeast and other chemicals and is slower acting.

The amount of Vitamin D your body requires varies with your age, sex, and weight. Ask your doctor how much he would recommend.

DID YOU KNOW?

Fun facts:

- Did you know 11% of people are left handed
- Did you know August has the highest percentage of births
- Did you know the average person falls asleep in 7 minutes
- Did you know most lipsticks contain fish scales
- Did you know 8% of people have an extra rib
- Did you know 85% of plant life is found in the ocean
- Did you know lemons contain more sugar than strawberries

Opportunity for Band Members

If you are interested in setting up a craft / vendor table at the

BC Aboriginal Provincial Canoe Championship
hosted by Seabird
September 21st -22nd

please contact
Angie or Karla
at 604-796-2177



Head Start

Themes for the month of Temkw'ólexw " Dog Salmon Time"

[September]

All about Me, Fall, leaves, pine cones, collecting, eagles, talking sticks, seven teachings

Season — Fall

Numbers — 1-Léts'e

Shapes— Maple leaf, eagle

Colors — Black-ts'qéyɣ, Gold-kú:l

Halq'emeylem Letters — í, é, a

Animal — Eagle—sp'óq'és

Culture & Value — Spirit, love, talking stick

Parents and Tots

Tuesdays & Thursdays at the Mill Hall

10:00am to 1:00pm

For families with children ages 0 to 6 years

Temkw'ólexw September 2013

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|-----|-------------------|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 PROGRAM OPENS 10 am to 1pm | 18 | 19 10am to 1pm | 20 | 21 |
| 22 | 23 | 24 10am to 1pm | 25 | 26 10am to 1pm | 27 | 28 |
| 29 | 30 | This month you can look forward to Dental health visiting on September 17rh. | | | | |

SEABIRD FAMILIES: Please donate to our fall Loonie Auction. Questions about dates, times or locations? Contact Tracey by phone or come by the Mill Hall on Tuesdays and Thursdays between 10am and 3pm or call 604-796-6894 and leave a message

What All Parents Need To Know

Making sure that children of all ages receive all their vaccinations on time is one of the most important things you can do as a parent to ensure your children's long-term health—as well as the health of friends, classmates, and others in your community.

Recent increase in whooping cough and measles in British Columbia has a regional Medical Health Officer concerned, and he is reminding parents to make sure their children are immunized so they are not at risk.

Both measles and whooping cough can spread quickly and easily among those who aren't vaccinated. These infections can cause serious consequences for any child, but newborns and infants are at greatest risk. The best way to protect newborns and infants is through high vaccination rates – also known as herd immunity.



MEASLES (also known as morbilli, English measles, or rubeola — **not to be confused with rubella**) is an infection of the respiratory system caused by a virus, specifically a paramyxovirus of the genus Morbillivirus. Morbilliviruses, like other paramyxoviruses, are enveloped, single-stranded, negative-sense RNA viruses. **Symptoms** include fever, cough, runny nose, red eyes and generalized, maculopapular, erythematous rash.

Measles is spread through respiration (contact with fluids from an infected person's nose and mouth, either directly or through aerosol transmission), and is highly contagious — 90% of people without immunity who are sharing living space with an infected person will catch it.


WHOOPING COUGH, also known as **pertussis**, is a highly contagious bacterial disease this disease is called

the 100 days' cough or cough of 100 days.

Symptoms are initially mild, and then develop into severe coughing fits, which produce the namesake high-pitched "whoop" sound in infected babies and children when they inhale air after coughing. The coughing stage lasts approximately six weeks before subsiding.

"It does take a village to raise and protect all children. Each parent immunizing their child protects not only them but their friends and neighbours children."

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

Sept 10 and 24
 Oct 8 and 22
 Nov 5 and 19
 Dec 3 and 17


All are Tues pm starting at 1:30



Wellness Centre
Contact Information:

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

Genna Joseph, Sophie Anderson, Donna Watson



Seabird Youth Council

Opportunity to
Make new
friends

To develop leader-
ship qualities

What is Youth
Council?
What will we be
doing?
Who can join?
When does it hap-
pen?

Youth
council is
an opportunity for the youth
ages 13-22 to come together
and talk about whatever issues
or challenges they may be
facing; whether it is on a
personal or community level!

*It will be a great
opportunity to obtain new
skills to help for your
future endeavors!*

*Come make a difference within
your life and the lives of
others!*

For more information
Please contact Jessica
Pettis at the youth
building: 604-796-
0198 or call or text
604-378-1212.

**Starts: September 18th
2013**
**Where: Seabird Youth
Trailer**
**Time: 6:00pm to
8:00pm**

Youth Drop-In Nights

Every Friday night
from
5 p.m. - 9 p.m.

For youth ages
13 to 18

Youth Fitness Center hours

Every Tuesday
from
5:30 p.m.
to
7:00 p.m.



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

Teach Kids to Help Stop Spread of Germs - to and from SCHOOL

Whether it's washing hands while singing happy birthday two times, learning to cough into the crook of an arm when no tissue is nearby, or keeping a healthy distance from others when sick, there are good habits that can help keep the cooties away and result in healthier and happy kids.

Here are quick health tips to teach kids to HELP STOP the spread of germs:

- **Wash hands often.** Most adults understand that the most important thing you can do to keep from getting sick is to wash your hands, but kids need to be taught this message and then have it frequently reinforced. People pick up

germs from other sources and then become infected when they touch their eyes, nose or mouth (or put infected toys and other items in their mouths as commonly occurs with youngsters).

- **When should kids wash their hands?** Children should be reminded to wash their hands before, during and after food is prepared; before and after you eat; after using the bathroom; after handling animals or animal waste such as changing a cage or cat box; whenever hands are dirty or kids have been outside playing; and more frequently when anyone in the classroom, care setting or home is sick.

- **Cover a cough.** Show your kids how to do this to help prevent spread of germs. Inevitably, kids aren't near a tissue when the urge to cough or sneeze occurs, and spread (or literally spray) germs by unwittingly infecting others. Kids need to be taught to cough into the crook of their arm, into their sleeve, or even in their hand, and then to immediately wash their hands. Some providers/teachers have turned "cover your cough" into a game or type of positive reinforcement when kids are caught covering their cough correctly.

- **Avoid close contact with people who are sick.** And, if you or your child is the one who is sick, encourage others to keep their distance to minimize the spread of the illness. If possible, stay home from school, work, child care, and public places so others won't be exposed. Know [when your child is too sick to attend child care or school](#) for the health and well-being of everyone else. After all, you hope that others will extend the same courtesy to your family!

Get vaccinated
Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.

Cover your cough or sneeze
Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.

Wash your hands
Wash your hands often with soap and water or use an alcohol-based hand cleaner.

Avoid touching your eyes, nose, and mouth
If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.

Stay home if you are sick
Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

Fight the Flu
It starts with you

ECAP has proven to be a fantastic opportunity for our tenants and homeowners! Those who applied to the ECAP program through housing and were accepted have had a technician come through and check for energy efficiency in your home. Insulation, light bulbs and more have been replaced. Two homes so far have been approved for a FREE new refrigerator and one has been approved for FREE insulation for over 500 square feet under their home. *For more information, please contact Stacy McNeil.*



Maintenance Tips

Have your furnace or heating system serviced by a qualified service company every two years for a gas furnace, and every year for an oil furnace, or as recommended by the manufacturer.

- Vacuum electric baseboard heaters to remove dust
- Ensure that the ground around your home slopes away from the foundation wall so that water does not drain into your basement
- Clean leaves from gutters and roof, and test downspouts to ensure proper drainage from the roof
- Drain and store outdoor hoses Close interior valve to outdoor hose connection and drain the hose bib, unless your house has frost proof hose bibs



NEW Housing Policy & NEW Rental Rates

NEW housing policy and NEW rental rates effective October 1, 2013 are applicable to EVERYONE in a band house that has a mortgage or has not been transferred to the tenant. Contact Stacy McNeil in housing for more information.



Stacy McNeil, *BCJ, MBA*
 Housing Department Supervisor
 Seabird Island Band
 PO Box 650
 Agassiz, BC V0M 1A0
 P) 604-796-2177
 D) 604-796-6825
 F) 604-796-3729

Wait List - September 2013

| 1 bedroom | |
|-----------|---------------|
| 1 | 10252012-2051 |
| 2 | 02132013-2053 |
| 3 | 04052013-2064 |
| 4 | 05092013-2065 |
| 5 | 08012013-2066 |
| 6 | 08062013-2067 |

| 2 bedroom | |
|-----------|---------------|
| 1 | 09082010-2028 |
| 2 | 12192012-2054 |
| 3 | 12202012-2055 |
| 4 | 01032013-2056 |
| 5 | 01032013-2057 |
| 6 | 01282013-2058 |
| 7 | 01302013-2059 |
| 8 | 02042013-2060 |
| 9 | 03052013-2061 |
| 10 | 04152013-2062 |
| 11 | 04152013-2063 |
| 12 | 04052013-2064 |
| 13 | 05092013-2065 |
| 14 | 08142013-2066 |

| 3 +bedroom | |
|------------|----------------|
| 1 | 01032012-3057 |
| 2 | 09182012-3072 |
| 3 | 10222012-3073 |
| 4 | 11132012-2053 |
| 5 | 11272012-3073B |
| 6 | 12192012-3074 |
| 7 | 12192012-3075 |
| 8 | 12192012-3076 |
| 9 | 12272012-3078 |
| 10 | 01022013-3079 |
| 11 | 01022013-3080 |
| 12 | 01032013-2056 |
| 13 | 01302013-2059 |
| 14 | 01312013-3081 |
| 15 | 02062013-3082 |
| 16 | 02082013-3083 |
| 17 | 02082013-3084 |
| 18 | 02152013-3085 |
| 19 | 02252013-3086 |
| 20 | 03082013-3087 |
| 21 | 03192013-3088 |
| 22 | 04152013-2062 |
| 23 | 04232013-3089 |
| 24 | 07102013-3090 |
| 25 | 07172013-3091 |
| 26 | 07222013-3092 |
| 27 | 07312013-3093 |
| 28 | 07312013-3094 |

Don't know your number?

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

NOTE:

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

the **SEABIRD Island**

YOO HOO

Because news isn't all bad or boring!

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

Contact Sandy Bobb for your monthly advertising rates.
Special Discount Rates Available for Band Members!

Phone: 604-796-2177 Direct: 604-796-6838
 E-mail: sandrabobb@seabirdIsland.ca

Seabird Adult Ed Information & Registration Fair



The Seabird College Cooking class is going to be held at the Tzeachten Gym kitchen. This is to offer the opportunity to those who do not have transportation to Seabird.

Hair Design is a 4 month course teaching waxing, tinting, highlights. Highlights will include highlights for lashes and eye brows.

There was also a stand for parents to see the support programs Seabird provides for the youth and children while their parents are taking classes.

Natural medicine had a display and small instruction.

Drivers Ed is open to Community and band members. Drivers Ed helps those who are looking for work, going to school get their drivers licence.

Seabird Adult Programs



2013 – 2014 School Year Deadline: September 9th, 2013

**Get your High School Diploma at any age with
Lalme' Iwesawtexw Adult Education!
We offer two ways for you to succeed!**

- The Sp'og'es (Eagle) Quest program for adults who are short of academic courses that they need to get their Adult Dogwood or GED.
- Trades and Vocational studies for adults who want to get their Adult dogwood and combine academic upgrading with a trade or vocation.

Courses rely on minimum enrollment numbers and cannot be run if minimum enrollment has not been met.


Courses offered:

Carpentry
Community Support Worker
Dental Assistant / Chair side
Education Assistant
First Nations Provincial Instructors Diploma
Hair Stylist
Heavy Equipment Operator
Mobile Electronics (Audio)
Plumbing
Power Line Technician
Professional Cook, Level 1

For more information about Lalme' Iwesawtexw Adult Education contact:

P: 1-604-796-2177 | F: 1-604-796-3729

Diane Janzen, Education Manager
dianejanzen@seabirdisland.ca




Seabird Island
Adult Education Programs
Information & Registration Fair

Seabird Island Band Gym
Tuesday August 27, 2013
10:00am to 3:00pm
Lunch Provided

Proposed Programs for 2013 - 2014

| | |
|---|---|
| Aboriginal Early Childhood Education Aboriginal Leadership Adult Dogwood (upgrading) Blueprint, Survey and Pipe laying Business Administration ♦ Cultural Programs * Cultural practice * Hunting * Fishing Educational Assistant Environmental Monitoring First Nations Herbal Practice Training ♦ Hair Stylist ♦ | Health Care Assistant Heavy Equipment Operator Justice & Public Safety Pre Career Certificate * RCMP * Corrections Mining for Entry Level Workforce Nail Technician Office Administration Power Line Technician Professional Cook ♦ Residential Construction Traditional Wellness Welding |
|---|---|



For information Contact: Lauren Duerksen laurenduerksen@seabirdisland.ca 604.796.6920 | 1.800.788.0322

#PCTIA Courses #3550 www.seabirdisland.ca

Always Wanted to Graduate – REGISTER NOW



Avinesh Achari



Aaron John



Alicia Kuro (Ellsworth)



Amber Joe-Kroes



Antonio Moreno



April McHalsie



Anna Page



Cameron Garner



Carl Hands



Casimer Walker



Chanea Gabriel



Chrystal-lyne Alexander



Clinton Kelly



Corey Mussell



Evan Hands



Garry Ewen



Hannah Cuthbertson



Hannah Jarvis



Hans Aartsen



Graduation Classes of 2013

For the:

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



Jessica Pablo



Joel Jensen



Johnny Paul



Juliet (Jewelz) Agecoutay



Justin Key



Lawrence (Dean) Jimmie



Leanne Ellis



Lee Marie George



Leo Arkesteyn



Mabel August



Perry Phillips



Peter Grinder



Randolph Pettis



Richard Curiston



Richard Gutierrez



Ronald Peters



Samantha Whitman



Tyler Thomas

We would also like to recognise graduates missing photos:

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

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

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

Richard Compart
Steven Florence
Suzanne Point
Tamara Syms
William Shiels

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

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

& Get Your Dogwood and a Trade by June 2014



Ayden Reitsma



Anthony Stangeland



Brandy Charlie



Bengrid Herrera



Brenon McIntyre



Benjamin Neufeld



Candace Charlie



Crystal John



Daniel Cuthbertson



Darian Thornton



Demi Peters



Dennis Leon



Douglas Arkesteyn



Dustin Cherry

Seabird College



Jamie-Lynn Pettis



Jared Whitman



Jennifer Fraser



Jennifer Iler



Jeremy Mcleod

Register Now For

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



Kelly McHalsie



Kimberly Chapman



Konor Schulze



Lance McGill



Lawrence Goodrich



Martin Edwards



Paul (Matthew) Peters



Michael Fraser



Normalene Machel



Paul Phillips



Shawna Fraser



Slade Williams



Stan Peters



Tiare LaPorte



Tiffany Salon



Timothy Gray



Timothy Louis

SEABIRD COLLEGE CONTACT INFORMATION:

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

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

Website: www.seabirdisland.ca

PCTIA# 3550

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



Walter Joseph

Seabird K to 12 Community School

Lalme' Iwesawtexw offers quality B.C. Curriculum for First Nations Kindergarten to Grade 12 students which fosters and promotes cultural values and the Halq'emeylem language taught by BC Certified teachers. Our small class sizes create an optimal learning environment for our students with one-on-one time with their teachers.



We offer a full range of additional specialized programming for all grades including:

- [Three's](#) and [Four's](#) Preschool Program
- Specialized reading, writing and numeracy programs that are individually designed to meet the specific needs of our students.
- Unique Sto:lo language and cultural studies and activities.
- Trades, technology and vocational training.
- Tutoring programs and extra help.
- Free bussing from Agassiz, Hope, and Chilliwack.
- After School Care run by the Seabird Island Community Services Program.
- Athletics and sports academics.
- [Young Parents Program](#)

Streamed Education Plan

In addition to offering the full BC Graduation Certificate (Dogwood) and strong academic programs, students receive specialization in 5 streams:

- **Mechanics:** Auto Technology, Power Transmission, Metal Fabrication and Body Repair
- **Family:** Foods, Textiles, and Family Studies
- **Woodwork:** Carpentry and Wood Craft
- **Fine Arts:** Music, Studio Arts, Drama and Art
- **Business Education:** Digital Communications, Entrepreneurship and Accounting.

Peanuts at school

Kids love peanut butter, and PB&J is a lunch box staple. But because peanut oil is sticky, it can cross-contaminate other foods, or remain behind on lunch tables, hands, or drinking fountains. [Schools](#) have dealt with the risk of cross-contamination in different ways, from establishing separate lunch tables to banning peanuts from the entire school.

[Cleaning peanut residue](#) off hands and desks is relatively simple, but it does require a daily cleaning routine that some parents may resent. Balancing the needs of children with peanut allergies with the freedom of other children to eat their favorite foods can be challenging.

If your child has a peanut allergy, contact the school before the first day. Talk to the school nurse and teacher about [ways to keep your child safe](#) at school.

The Streamed Education plan allows students complete their grade 12 at Lalme' Iwesawtexw they also complete their first year of a trade or vocational study of their choice.

Post-Secondary Application Dates

*Are you a registered Seabird Island Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree?? Then **REMEMBER** these important deadlines to apply for post-secondary sponsorship...*

Deadlines for completed applications are:

- For September (Fall) **May 1st**
- For January (Winter/Spring depending on institution) **October 1st**
- For May (Spring/ Summer depending on institution) **January 1st**

Funding of any application is dependent upon available budget.

For further information please contact:
Cindy Kelly-Student Services Worker at
604-796-2177 or cindykelly@seabirdisland.ca

School Supply Allowance

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

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

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

Once the Forms are complete they can be returned to the Student Services Worker or reception at band office and a cheque will be processed. Cheques to be picked up from the College reception.

Banana Dog in a Bun

What you'll need

- 1 hot dog bun (whole wheat, if possible)
- 1 tablespoon peanut butter (or cream cheese)
- 1 tablespoon strawberry or other jam (or honey, if preferred)
- 1 whole banana
- Raisins, shredded coconut or chopped peanuts

How to make it

1. Spread one inner surface of a split hot dog bun with peanut butter or cream cheese. Spread the other side with jam or honey. Wrap in plastic wrap and place in your child's lunch bag. Also, pack a whole banana (in the peel) and a small container of toppings, such as raisins, coconut, peanuts or whatever else you can think of.
2. At lunchtime, your child can peel the banana and place it in the bun, sprinkle on the toppings and eat.



TIP: *If peanut butter is off limits at your child's school, use cream cheese as a spread.* by Lucy Schaeffer

NUT Allergies at your school

1. **Cream cheese** Not for the dairy allergic, of course, but cream cheese has several virtues as a sandwich spread. It's got a thick, spreadable texture; it acts as a moisture barrier to keep bread from getting soggy; and it comes in flavors from fruit (to go with jelly) to chopped vegetable (to go with cold cuts).
2. **Guacamole** is hearty enough to stand on its own as a sandwich topping. It goes especially well in pitas and tortillas and makes a nice counterpart to chicken.
3. **Whole berry cranberry sauce** Many families buy cranberry sauce once a year: at thanksgiving. But it's a lovely counterpart to turkey or chicken sandwiches throughout the school year. I suggest adding mayonnaise to keep your bread from getting soggy.
4. **Hummus** A Middle Eastern appetizer that's beginning to gain wider recognition, you can buy this sesame-bean spread at the deli counter of many major supermarkets or make your own. High in protein, it's especially good for vegetarian families.
5. **Vegetable Purees** Many kids who won't eat vegetables in their whole forms will eat them if they're cleverly disguised. Vegetable purees, like [Red Pepper Puree](#), are colorful and tasty. They make excellent sandwich spreads, though you'll want to add a moisture barrier like cream cheese, butter, or oil to prevent soggy bread.



6. **Salad Dressing** are a potential source of hidden allergens, so do check labels closely. But your child's favorite dressing might be delicious on a sandwich. Try bleu cheese, ranch, or thousand island.
7. **Bean Dips** Like hummus, Mexican-inspired bean dips make hearty sandwich spreads. Serve them with Colby-Jack or Asadero cheese and some salsa.
8. **Soy and Sunflower Butters** two items specifically created for kids with peanut allergies (or who might be attending [peanut-free schools](#)). You'll find these in the health or specialty food aisle of your grocery store. Both are peanut and tree nut-free, although soy nut butter is obviously not safe for children with [soy allergies](#).

The Aboriginal Sport Recreation & Physical Activity Partners Council presents the

2013 BC Aboriginal Provincial Canoe & Kayak Championships

Also serving as a Team BC Development Squad Selection Event for the
Regina 2014 North American Indigenous Games (NAIG)

September 21 – 22, 2013
Seabird Island Band, Agassiz, BC

Aboriginal youth are invited to compete for the Provincial title. Medals will be awarded for male and female divisions in the following age categories:

- (U13) defined as born in the year 2000 to 2003
- (U15) born 1997 to 1999
- (U18) born 1994 to 1996



Canoes, kayaks provided! Pre-register before Thursday, September 12th to secure your spot. \$20/person. Contact info below.

Team BC – 2014 North American Indigenous Games (NAIG)

The Championships will serve as the primary Athlete Identification event for the Team BC Development Squad that will prepare for the 2014 NAIG, held July 20-27, 2014 in Regina, Saskatchewan. More details provided in the Selection Process document available on request.



Hosted by Seabird Island First Nation. Sanctioned by Canoe Kayak BC.

For more information or to register contact:



PH: 604-796-6893 or 1-800-990-2432 (ext 233)

**E: angie@seabirdisland.ca
or teambc@bcaafc.com**



Canoe & Kayak Championships

Aboriginal youth paddlers are invited to compete for the Provincial Championship titles at this 3rd annual BC Aboriginal Provincial Canoe Championship event. The Championships includes both canoe and kayak events (canoes and kayaks provided). This event is sanctioned by CanoeKayak BC.

Competitors need to pre-register to secure their spot in the Championships. Registration is open to eligible participants. Details on the following pages.

Team BC – 2014 North American Indigenous Games (NAIG)



NORTH AMERICAN
INDIGENOUS
GAMES 2014
REGINA-SASKATCHEWAN



This year's Provincial Championships will also serve as a Team BC Athlete Identification Event in the sport of canoe/kayak for the 2014 North American Indigenous Games, held July 20-27, 2014 in Regina, SK.

Athletes competing in the Championships will have opportunity to be nominated to the Team BC Development Squad. Athletes on the Team BC Development Squad will work towards being named to the final Team BC roster for NAIG in spring of 2014.

Details on the Team BC Development Squad selection process are provided in the Team BC (Canoe/Kayak) Selection Process document contact Angie for this package.

Eligibility:

In order to be eligible for the Championships, athletes must:

- Be born in the years 1995 through 2002
- Be of Aboriginal ancestry (First Nations, Inuit, Métis)*
- Be a resident of BC

*If a participant does not possess one of the specified cards/ID, there is a Declaration of Indigenous Ancestry Form that must be completed by the athlete and submitted together with supporting documentation (e.g. letter from Band/ Métis Charter community/ AANDC). The form can be requested from and submitted back in return completed to teambc@bcaafc.com.

Please note that any athlete that requires the Declaration of Indigenous Ancestry form is not guaranteed eligibility to Team BC to compete at 2014 NAIG until the Declaration and supporting documentation is approved and endorsed by Team BC for submitting to NAIG. Questions regarding eligibility or to request the form, please email teambc@bcaafc.com.

Age Categories and Divisions:

The Championship consists of male and female singles events only in both canoe and kayak for the following age categories:

- U18 (defined as born 1995 to 1997); and
- U15 (defined as born 1998 to 1999); and
- U13 (defined as born 2000 to 2002)

Medals awarded for 1st, 2nd, 3rd place finishers for each gender and age category in the following events:

- Canoe singles in 1000m and 3000m
- Kayak singles in 200m, 1000m and 3000m

General:

Canoes and kayaks will be provided. Canoes used are marathon style canoe consistent with canoes to be used at 2014 NAIG. Competitors encouraged to bring their own paddle and/or life jacket if they already have their own.

Registration Fee:

\$20/participant registration fee. Please register by September 12 to secure your spot.

Accommodation Info:

Participants from out of town are responsible for their own accommodation. Seabird Island community has areas available for camping at no charge. There are hotels and motels in the surrounding area of Seabird Island First Nation, including Harrison Hot Springs (15 minutes travel), Hope (18 minutes travel) and Chilliwack (20 minutes travel). For camping information or a hotel motel listing, contact Angie as per info below.

Event Coordinator:

Contact: Angie Chapman
Email: angie@seabirdisland.ca
Phone: 604-796-2177 (M-F, 8:00-4:30)
Fax: 604-796-3729

Marriage Health Month



Tips for a healthy Marriage

- Marry someone that you enjoy listening and talking to.
- Compliment more than you criticize.
- Remember that people *do* fight. It's how you do it that matters. Do you want to be right or do you want to be married?
- Never air your dirty laundry as a couple in public.
- Marriage is not 50/50, it's two people giving all of themselves.
- Never pass up an opportunity to say "I love you".
- Love isn't always a feeling, it's a decision.
- Hold hands.
- Be each other's champion. No matter what, take your husband or wife's side first!
- Never compare your marriage to others. What you see on the outside is not always what it is on the inside.
- A healthy marriage is part luck and a lot of work. Luck that you meet the person that you can make happy and that can make you happy. Work to keep it going so that you can continue to make that other person happy and they can continue to make you happy.
- The success of your marriage is not measured by how you celebrate the good times, but by how you support each other through the challenges.
- Work together as a team!
- Speak to each other lovingly and respectfully; Do not criticize, belittle, ridicule or reject your partner.
- Have patience.
- Be gentle.
- Be willing to listen.
- Be willing to talk.
- Be willing to validate what your partner is expressing, even if you do not agree with it.
- Foster trust and security. – Learn to trust and be trustworthy.

UBC Learning Circle

SAVE THE DATES!



How to Participate

Join by videoconference **OR** computer webinar.

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

Register Now!

Click [here](#) to register.



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

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

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

October 1 (Youth Learning Circle): Elder Gerry Oleman

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

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

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

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

Contact Us!

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

New Staff



Hello, my name is Jessica Pettis. Many of you may already know me as I am a member of the Seabird Island Band. However, I have recently been hired as the Youth Worker; this position was formerly held by Sheila Scheitcher.

I will be planning workshops, outings, and other activities for youth that promote life skills and positive growth! I will also be running drop-in youth drop-in night in the future,

be sure to keep your eyes posted for the date!

If you are looking to talk and/or need some help connecting to resources you can come see me! I can be reached at 604-796-0198 (youth building), (604)-378-1212 (cell), or jessicapettis@seabirdisland.ca.

Seabird Island Employment, Training & Social Development

Office: 604-796-6865
Fax: 604-796-3729
Toll Free: 1-800-788-0322

2895 Chowat Road
P.O. Box 650

DRIVING

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

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

OCTOBER MEAT PACK ORDERS

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

FOOD BANK

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

STUDENTS

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

JOB POSTING BINDER

Updated frequently! If you need information or help filling out online applications please come in and ask for assistance. Also, please come in to the office to update our skills database and your resume for the various employment opportunities that come to our centre.



All clients are welcome to use the computers in the Income Assistance office for job search. and/or resume creation.

TRAINING

We will be offering the following Courses this fall:

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

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

ACTION PLANS

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

INCOME ASSISTANCE INFORMATION

- * October 2013 cheque issue is ***Thurs. September 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. Please submit to Andrea.
- * Reminder to update your **current phone numbers and mailing addresses** with Andrea.
- * Please bring in your **bank statements** when you pick up your monthly cheque.
- * Remember if you have changes in your household to bring in a new Tenancy Agreement.

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

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

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

ADVERTISEMENT RATES

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

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

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

Advertisement rates (per issue) for organizations:

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

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

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

AGREEMENT

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

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

DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Sandy Bobb

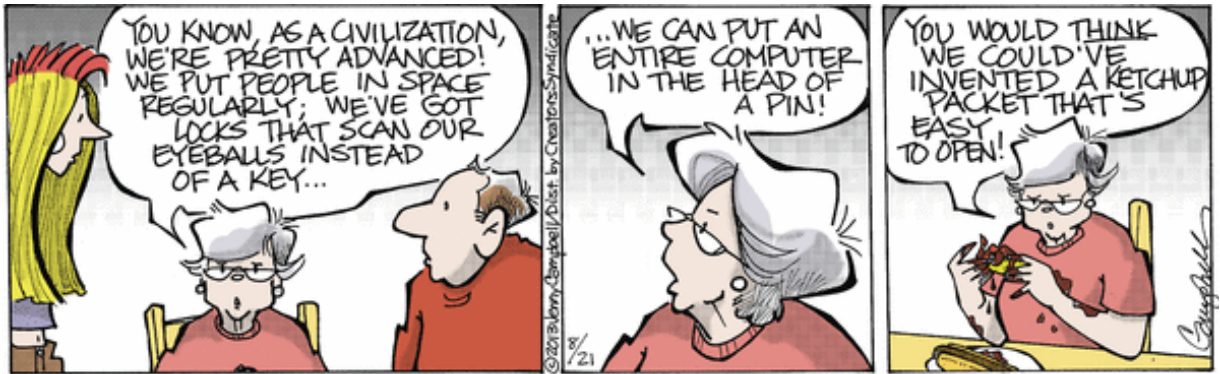
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

Health Comics



Halq'emeylem Word Search

a y í l é q e e í e t w y w á h m y w q
y x e a k s l h e t t e h e t e í t t :
: a s m í m e l e l e q e l : á ' q e l
á s w í w m ó m t e h t e w e l á y i s
y é i m s e m t í x t y í e s m t e ó l
i l w e e h t í e k é e m e i e l i e y
s m w s t l ' í e ' w l t á y i e á h w
t e h t e y í ' w k e ' w k e t e l e h
l t h i h : x x é x l l i y m t l t ' m
' h i y t á h w w a ó m l w e m á w s t
í h y e e s l s s h y ó t w k q q : m '
t e á x w e e k t ' i e e e í á é t q :
l y q w l w y m l q t e x i l í y h w '
' m t l ó i w ó : l e m m : s w á t l '
e h h l y ' t ' : m í : : l e x m á á '
q t e ó i s h á t s a e t e e h e í w k
e m t e a t ' e l a t e e ó e e y : l x
l w m í : q w t : k h h i w ó t l t w e
h : e w l í í e y á q y e a e l í y s '
i e l á l s k l t á l e l t e y e : e t

- Mímestiyexw – Small person
- Siyá:ya – Friend
- Te kw'ekw'iyethet – Person who is training
- St'ít'leqelh – Children
- Shxw'éyelh – Be in good health
- Iyáqthet – Change yourself
- Xasélmét – Determined to do it
- Iyólewéthet – Do it by your self
- Eyó:sthet – Have lots of fun
- Lexswéwólem – Playful
- Iwó:lem – Playing
- Álmelh – Take care of your kids
- Q'á:l – To believe
- Élíya – To dream
- Leq'á:leqel – Travel, Go on a journey
- Iyálewethet – Try to do it no matter what
- Iyólwethet – Try to do it
- Semíkw' – All of them (people)
- Mímele – Little child
- S'iwesá:ythem – Teachings for children

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 prize.

Submissions due: by 4 p.m. Monday September 6th
Draw Date: September 9th, 2013

Last months winner was: Serena Peters

Name: _____
Phone #: _____
Seabird Address OR SIB Status #: _____

Quote of the month

"Your beliefs don't make you a better person, your behaviour does"
– mayhemandmuse.com

"Happiness comes when we stop complaining about the troubles we have, and say thanks to God for the troubles we don't have."
– lovelywallpapersforu.blogspot.com

/ September

- Birthstone:** Sapphire
- Color:** Blue (also: white, pink & yellow sapphire)
- Sign:** Virgo - August 24 - September 23
- Flower:** Aster



'Round The Rez

Community Events, Workshops & Outings

BUILDING BOOKING AND MEETING ROOMS

► **Karla Kay** looks after booking the band gym, and all meeting rooms that are located within the band office. You need to fill out forms to do a booking. Any other questions please call me at 604-796-6893.

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

FIELD LIGHT BOOKINGS:

See **Keena** 604-796-2177 to book the field lights for your sports team.
\$2.⁵⁰ for band members and
\$8.⁵⁰ for non-band members.

OPTOMETRIST CLINIC

Dr. Ahmed's
Clinic Dates



October 1st
October 31st
November 19th
December 4th
December 5th

If there are any clients that may want to be seen, please send Maggie 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.

Note: Unfortunately I may have informed some people they may be seen in October but that may not be the case as I have a recall list and 2 large families added there children to my list back in July. *I apologize for any inconveniences.*

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.

INDIVIDUAL AND TEAM SPONSORSHIP FOR SPORTS



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

AMBULANCE BILLS



Please submit ambulance bills to Maggie Pettis as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits

(NHIB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

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

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

BABIES MEDICAL CARDS

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

Contact CHR; Maggie Pettis 604-796-2177

MEDICAL CARDS

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

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

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

Contact CHR; Maggie Pettis 604-796-2177

MAMMOGRAM SCREENING CLINIC

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

STATUS CARDS

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

CATERING & FUNDRAISING

Please contact **Karla Kay** to get on the catering/ fund-raising list for this year. You need to fill out an application and submit your food safe certificate. This also includes if you want to book a day to set-up in the foyer to sell items. Any other questions please call me at 604-796-6893.

VOLUNTEERS REQUIRED

Please come and inquire with **Karla Kay** if you would like to have your name on the listing for helping during Band events with set-up, clean-up, cooking, decorating, and child minding... We are always looking for people to help with any functions that we host here in the Band office.

GARBAGE SCHEDULE

REGULAR GARBAGE:

Monday and Thursday



COMPOST GARBAGE:

Monday and Thursday

(Contact Aaron McNeil for more information)

RECYCLE: Tuesday's

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

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

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



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!

Derek Bobb
Jaycie Hunter
Skylar McNeil
Makayla Sam
Ricki Sam-Greene
Istvan Thomas

Apologies for anyone that may not have been listed!
Jessica Pettis

ALCOHOLICS ANONYMOUS MEETING

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

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



Youth Health

Your Health Today Effects Your Health In The Future



Keep the communication lines open...
talk with your parents, elders, family, friends,
role models, teachers, and your doctor.

You are never alone!

It takes a community to raise a child!