



# YOO HOO

*Because news isn't all bad or boring!*

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

July 2014

## Seabird Preschool Grad



Language Nest 3's Preschool

17 children graduated from 4's Preschool, their ceremony was held in the morning. 19 children graduated from Language Nest 3's Preschool, their ceremony was held in the afternoon.

Jonny Williams was the MC for this day of celebration. About 150-175 people attended

the all day event on June 11<sup>th</sup>. Attendees enjoyed a lunch between the two ceremonies. During Graduation the children displayed some of their skills for the audience that they had been learning for the year, including language skills.



4's Preschool

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

## FIRE

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

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

**Keep your fires small!**

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

## INSIDE this Yoo Hoo

Chiefs Corner .....	3
Housing List .....	5
Prenatal Circle .....	9
Parents & Tots .....	10
Seabird School .....	11-12
Education Awards .....	13
Childrens Status ID! .....	13
Employment Center .....	16
Healthy Eating Recipe .....	17
Employment Oportunity.....	17
Classified's .....	18-19

**Door Prizes!**

## Band General Meeting

Wednesday July 16<sup>th</sup> at 1:00 pm  
Seabird Island Band Office

Full agenda posted on page 15

**Light Lunch!**

# Baby Welcoming Ceremony



This years Baby Welcoming Ceremony took place on May 7<sup>th</sup> at 11am.  
Wendy Ritchie was our MC for the event.  
Approximately 26 babies and their families attended.



When you are dropping off items at the Seabird Recycling Depot please sort them according to the signage posted.

At this time we do not have a receptacle for garbage, so the depot only accepts recycling and compost.

You will still need to go to the Agassiz Bottle Depot to take in your bottles for refund and to recycle items that we do not accept.

**You can drop-off any FISH WASTE you gather at the Compost Depot using the blue bin on the trailer.**



*"I thought it would be difficult with once a week garbage pick up but we have less garbage now than we did with twice a week pick up. I used to put recycling out every two weeks, now I put out every week with one or two bags. Makes it easier with the whole family composting most of the time."*

## REMINDER NEW GARBAGE SCHEDULE CHANGES

**COMPOST,  
RECYCLE, and  
REGULAR GARBAGE:  
All Pick-up Monday only!**



**Did You Miss Garbage day?** You can drop it off at the Depot!  
(By the cattle farm)

**The Depot is OPEN 9-3 Tuesdays.** Please sort according to the signs.

**MAJOR GARBAGE:** First Wednesday of each Month. Contact Samantha at 604-796-6932, or e-mail: [samanthaw@seabirdisland.ca](mailto:samanthaw@seabirdisland.ca), or at the office to put in a request in writing.

**Major Garbage Bin:** Require a bin dropped off for your major cleaning. Contact Samantha at 604-796-6932, or e-mail: [samanthaw@seabirdisland.ca](mailto:samanthaw@seabirdisland.ca), or at the office put in a request in writing.

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

## Chiefs Corner



This time of year we're always reminded to be thankful for mother earth and reminded of the actions we need to take as a community to be more sustainable and protect our land for future generations.

"New things are starting for maintaining our environment,"

Chief Clem Seymour says. Seabird Island has looked at ways to use less electricity and began operating a Compost Depot that recycles organic table scraps from homes in our community into soil.

"Fishing started a couple weeks ago, those who fish have been busy and happy with the openings" the Chief says, "I would like to remind those who fish that there are ways to take care of the left-overs. Putting fish waste into our garbage bins attracts wildlife." Wildlife can become a danger to children who are outside enjoying their summer vacations. **This year you can drop-off any FISH WASTE you gather at the Compost Depot using the blue bin on the trailer.**

"Seabird Island is also changing the way we look at economic development. The Sq'ewqel Development Corporation has begun operating the gas bar and they're moving towards more light industry within the community." The Chief goes on to say Seabird Island "is looking for solutions and funding to repair our roads and sitting down to talk about the causes of the damage," as well as ways to protect and maintain the roads in the future.

## Monthly Concurrent Group

*Come and join us!*

Learn about Substance Use and Mental Health Concerns

**July 7th:** Brain Development & Addiction:  
*Gabor Mate DVD*

**July 14th** Understanding Abuse

**July 21st:** PTSD and Substance Abuse

**July 28th:** Making It Clean:  
*Principles of Recovery, by CC. Knuckols.*

## Elders House of Teaching and Learning

Elders from around Sto:lo territory have been gathering to share wisdom and learn together. We have met weekly for a Fall, Winter and Spring series. Each series had 9 or 10 classes.

The Spring Series "Gathering Time" had 9 classes on medicinal plants from our territory. Elders learned about gathering and preparing the plants. The plants discussed included stinging nettle, cottonwood, licorice, dandelion, frogs leaf, skunk cabbage, wild onions and cedar. We made teas and sampled edible plants.

The wrap up party for our third season of classes for elders was held on Seabird on May 28th.



**We resume classes September 10th, 2014  
with our second fall series.**

Contact Ashley Armstrong or Ralph Leon  
at 604-796-2177 for more information.



## Elders Social Gathering

Where: Sto:lo Nation  
Long House  
When: June 27 2014  
Time: 12-3



- Share a meal
- Visit with each other
- Play some bone games
- HAVE SOME FUN



*Call for more information. We can help you get there!*

Lenette Joe  
Coordinator for  
Sto:lo Territory  
Better at Home  
program

(604) 796-2177  
Ext 5021  
Email  
lenette@seabirdisland.ca



Funded by government of Canada



## DOES YOUR ELDER NEED HELP WITH THEIR YARD

**We offer free spring clean up's for Elders**



Please contact Lenette Joe

(604) 796-2177 EXT 5021

Email lenette@seabirdisland.ca

Funded by the Government of British Columbia



## Does your Elder need HELP with house cleaning

Better at Home  
Sto:lo Territory  
can help



Please contact Lenette Joe

(604) 796-2177 EXT 5021

Email lenette@seabirdisland.ca

Funded by the Government of British Columbia



## Does your Elder need some Friendly Visits

*To bake together*

*To garden together*

*To chat over tea*



Please contact Lenette Joe

(604) 796-2177 Ext 5021

Email lenette@seabirdisland.ca

Funded by the Government of British Columbia



We are working from Mon-Fri hours 8:30 to 4:30

We work with all reserves from Hope all the way to Fort Langley all Sto:lo Territory.

# Housing & Public Works

## Homeowner's Insurance

Meet with  
Representatives from  
Barton Insurance

Cheam Room,  
Seabird Island Band Office

Tuesday July 8<sup>th</sup>  
from 1:00 pm until closing.

They will be there to provide information on homeowner's insurance for anyone interested.

? What is the cost?

? Is each home different?

? What kinds of insurance do we need?

? What is the difference between home insurance and contents insurance?

? Does home insurance cover my tool shed?

? What are the benefits of insurance?

## NEW HOMES

"Seabird Island Band has recently received a conditional commitment from CMHC to build 4 new homes this year on Strawberry Island. The homes will be 3 bedroom, 2 storeys. Once we receive the final approval, we will pull together a selection committee to review current waitlisted families to be put into the homes.

If you are interested in the home or being on the selection committee, please contact Stacy McNeil.

Applications for homes are available at the front desk of the band office. Housing policy does apply to the selection process; please review your policy."

## Housing Wait-list JUNE 2014

### 1 Bedroom

1	12102013-2072
2	04012014-3108
3	04012014-2081

### 2 Bedroom

1	05092013-2065
2	12042013-2069
3	11152013-2071
4	12162013-2070
5	01022014-2074
6	04032013-2075
7	01062014-2076
8	01072014-2077
9	01092014-2078
10	01312014-2079
11	02192014-2080
12	04222014-2083
13	05052014-2084
14	05302014-2085
15	06042014-2086

### 3 + Bedroom

1	01032012-3057
2	11132012-2053
3	12192012-3076
4	01022013-3079
5	01032013-2056
6	02062013-3082
7	02082013-3083
8	02082013-3084
9	02252013-3086
10	03192013-3088
11	07102013-3090
12	12102013-3098
13	12312013-3099
14	12312013-3100
15	01022014-3101
16	01022014-2074
17	01032011-3103
18	01082014-2077
19	01162014-3104
20	01302014-3105
21	02212014-3106
22	02242014-3107
23	03142014-3108
24	05052014-2084
25	06042014-2086

### MATERNITY LEAVE

Samantha, our Public Works and Housing Clerk, will be away on maternity leave beginning July 11, 2014. She will be returning October 13 part-time. During this time, please contact Stacy McNeil for questions, concerns and housing related issues.

We are currently filling her position and will provide contact information for her temporary replacement shortly. *We wish Samantha well!*

### REMINDER!

Housing applications must be renewed before JANUARY 1 each year to remain on the list!

***Anyone who did not renew came off the list and must now reapply if interested***

### Don't know your number?

Contact Stacy McNeil or Samantha 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.

## Home Maintenance tips:

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

# Housing & Public Works

## Paper Recycling Accepted

- Newspapers, inserts and flyers
- Magazines and catalogs
- Telephone books and other directories
- Writing and home office paper, paper envelopes, and notepads
- Paper gift wrap and greeting cards
- Corrugated cardboard boxes used for shipping and packing, grocery and liquor store boxes and pizza boxes
- Cardboard and box-board boxes for cereal, shoes, tissues, pizza, frozen entrees, desserts, detergent, paper towel and tissue rolls and carrier trays for bulk bottled water, soft drinks, cans, food, etc.
- Moulded boxboard packaging for egg cartons, take-out beverage trays, paper-based flower pots
- Paper bags (also called kraft paper) for brown bags and envelopes
- Paper pet food bags
- Paper cups for hot and cold beverages
- Gable-top cartons for milk, milk-type beverages, cream, substitute eggs
- Aseptic boxes or cartons for milk, milk-type beverages, cream, soup, broth, sauces
- Frozen dessert boxes for ice cream, frozen yogurt, etc.

## Other Recycling Accepted

- Plastic jugs with screw tops used for milk, cooking oil, laundry detergent and fabric softener; cleaning solutions, cleaning products, body care products, windshield washer fluid, etc.
- Plastic bottles for food, dish soap, mouthwash, shampoos, conditioners and other personal care products; pills and vitamins, household and automotive cleaners, laundry products. Plastic bottles have screw + caps or spray, pump, or pull-up tops.
- Plastic jars for peanut butter, jam, nuts, condiments, vitamins and supplements, personal care products. Plastic jars with wide mouths + screw-top lids.
- Plastic clamshells for baked goods, fruit, produce, eggs, etc. Containers are clear with hinged or click-closed tops.
- Plastic trays and tops for deli chicken, single-service meals, prepared foods, baked goods, housewares, and hardware such as screws or picture hangers, etc. Containers are clear or have black-bottom trays with clear domes.
- Plastic tubs and lids for food such as margarine and spreads, dairy products such as yogurt, cottage cheese, sour cream, ice cream, etc.
- Plastic cold drink cups with lids for take-out beverages
- Plastic garden pots and trays for bedding plants, seedlings, vegetable plants, etc.
- Plastic pails for laundry detergent, ice cream, etc. Container size is less than 25L
- Microwavable bowls and cups
- Aluminum cans and lids used for food, lubricating oil, foam insulation, pesticides, etc.
- Aluminum foil and foil containers, including foil wrap, pie plates, food trays, baking and roasting pans
- Aluminum aerosol containers used for food, air fresheners, shaving cream, deodorant, hairspray
- Steel cans and lids for food, dog food; metal tins for cookies, tea, chocolate, etc. Include the metal lid.
- Spiral wound cans and metal lids for frozen juice concentrate, potato chips, cookie dough, coffee, nuts, baby formula, etc.
- Clear or coloured non-deposit glass bottles and jars. Check with your recycling collector for instructions.
- Clear or opaque retail bags for groceries or dry cleaning
- Clear or opaque bags for bread, newspapers and flyer's
- Clear bags for produce and dry bulk foods
- Frozen vegetable bags
- Outer wrap for bulk paper products and soft drink and can flats
- Water softener, salt, and garden product bags
- Outer milk bags and pouches
- Diaper and feminine hygiene product outer bags
- Pre-washed salad bags
- Plastic foam containers and trays used for meat, foam egg cartons, foam clamshells for take-out food, cups, and bowls
- Plastic foam cushion packaging to protect electronics, small appliances, etc.

**Please feel free to cut these out and post by each bin, as in the photo.**  
If its not on any of these lists, it goes in the garbage or to the depot in town.

## Composting Accepted

- Vegetables: potatoes, cabbage, carrots, celery, tomatoes, squash, onions
- Pickles
- Coffee Grounds & filters
- Lint from dryer (ONLY IF DRYER SHEETS ARE NOT USED)
- Egg shells
- Toast
- Loose tea
- Tea bags
- Plant Matter: dead houseplants and leaves, old potpourri, herbs and spices,
- Flowers: fresh and dried,
- Nut Shells (NOT walnut shells - toxic to plants)
- Pumpkin / sunflower / sesame seeds
- Popcorn kernels
- Fruit peels, pits and cores
- Fruits: apples, bananas, banana peels, limes, sugar cane, oranges, pears, pineapples
- Canned fruit, jams and liquid
- Grains: nuts, barley, oats, wheat
- Rice (cooked only)
- Cooked pasta
- Cereal; left over and/or soggy
- Stale cereal and crackers
- Dairy substitutes; old and/or moldy
- Dairy; old moldy (small amounts only)
- Meat, fish (cooked), (only small amounts)
- Crab and shrimp shells
- Holiday wreaths
- Wine corks
- Bamboo skewers
- Cupcake wrappers
- Hair (human and pet)
- Pet food
- Feathers
- Tooth picks
- Cotton balls
- Paper towels
- Napkins
- Pencil shavings
- Paper (small amounts shredded)



**Please feel free to cut these out and post by each bin, as in the photo.**

*"I find posting the lists really helps out my family as we learn!"*

I found the lockable green compost bin at Canadian Tire for around \$30. When locked it keeps the smells in the bin, not in my home. They also have compostable bags! 😊

If its not on any of these lists, it goes in the garbage or to the depot in town.

## K cups - recyclable



**SOME parts of the K-Cup can be recycled**, and they must be separated from each other before being placed in the recycling bin.

The foil lid can be pulled off and placed with aluminum recyclables.

The inside filter and grounds can be composted. To remove the paper filter, first remove the K-Cup lid and then pull on the side of the filter until the filter begins to separate from the plastic shell. Work your way around the filter until the paper pulls free.

The **plastic outer shell** of the K-cup **isn't rated for recycling** and therefore shouldn't be put with plastic recyclables.

They also have re-usable filters available to help save the environment and use your own loose coffee grinds.



### Letter from Editor, Terese Mailhot

*A sway-ell Terese tell squee. Tell litz-ah tell Skow-Kul.* I was raised unconventionally by my mother, Wahzinak. Going to school was my choice from the first grade on because, to her, the public school system was constructed to oppress and assimilate. Instead of a conventional education, I was given the works of Emily Dickinson and John Steinbeck, and I was surrounded by thinkers and spiritual leaders aligned with the Red Power Movement. It wasn't unusual to stay home from school for a ceremony or take a week off to pick sage with my mother.

When the idea was proposed to me to start this journal, I wondered what type of literary journal Indigenous people needed. Immediately, it became clear to me that it should be an unconventional one. There are works featured from healthcare workers, people with unconventional educations, academics, artists, and activists. So many people from my nation wanted to contribute. So many of my sisters wanted their voices to be heard.

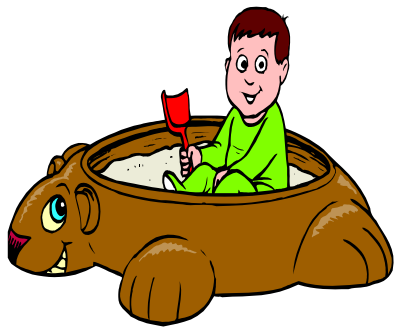
The work deals with cultural identity, spirituality, and journey. For many years I was ashamed to walk in an academic world because my work was not "sophisticated." My writing dealt with what it meant to be an Indian woman in a world where I felt lost. I was not stuck between a traditional and modern world because, to me, all of the traditions my mother gave to me felt contemporary and progressive.

I believe this journal is the continued effort that my mother and her contemporaries began. I believe that creating a venue for cutting-edge Indigenous art is a worthwhile effort and long overdue. Thank you, Mother, Lee Maracle, John Trudell, Aaron Scott Yava, R.C. Gorman, Leslie Silko, Anna Lee Walters, Simon J. Ortiz, and so many others for creating beautiful work and paving the way for this journal.

Reference: [http://tlaajournal.com/?page\\_id=330](http://tlaajournal.com/?page_id=330)

Terese Mailhot is from Seabird Island Reservation, a place bound by the Maria Slough and the Fraser River. She writes fiction based on her life as an Indian woman who struggles between modernity and traditionalism. Terese's stories explore her identity as an orator and clown. She's a college instructor, and MFA student at The Institute of American Indian Arts in Santa Fe, she's also an editor of the journal, Tlaa: A Collective of Indigenous Expression.





Pre/Post Group &

# Prenatal Circle

## JULY 2014

### Who can attend?

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

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

Questions? Call  
1-800-788-0322  
604-796-2177

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

### Your Invited

UBC – Grad Student – Community Practicum Presentation

As many of you are aware, over the past six months, Seabird Island has hosted two UBC Grad Students (Dakota Brant and Spencer Lindsay) who were doing a community planning practicum as part of their studies in SCARP – Indigenous Community Planning Program. Over their practicum, Dakota and Spencer spoke with community members, students and Elders to gather their input on Seabird Island's Sustainable Community Plan. They have now finished their practicum and are coming back to Seabird to give a presentation about their practicum.

**July 2, 2014 – 12:00 p.m. to 2:00 p.m.  
in the Office Boardroom.**

There will be a light lunch at 12:00 p.m. followed by the student's presentation.

If you have any questions regarding this please contact Gary Lister at the Band Office 604-796-6937

### Mosquitoes

#### Reducing the Risk of Mosquito Bites

- Using insect repellent containing DEET (10% for children and up to 30% for adults) when outdoors
- Avoiding mosquito-laden areas during dawn and dusk
- Wearing loose, light coloured clothing when outdoors, including long-sleeved shirts and pants
- Applying tight-fitting, well maintained screens to doors and windows
- **Keeping your lawn regularly mowed** to decrease mosquito rest areas
- Regularly changing any sources of stagnant water around your home such as saucers under flower pots, bird baths, wading pools, and other areas where rainwater may collect



Look what has happened at  
**SEABIRD ISLAND Parents and Tots in the month of June**

The Parents and Tots program welcomed “**Temt’ a:mxw**—” *Gooseberry time*”.  
During this month the children and their families completed the program with a Year End Ceremony.



Thank you to the community for giving Parents and Tots a place to call home and  
to the families for becoming a part of the Parents and Tots family.

The Parents and Tot's program is open to all expectant families and families with children 0—6 years of age.  
If you have any questions about these or the Parents and Tots program call Tracey at 604-796-6894

# Seabird School



Ms. Blaine

Congratulations to the graduating class of 2014 and a heartfelt thank you to all the students, parents, and staff who contributed to make this year unforgettable ... and incredibly busy, especially these past few months: First Annual Halq'eméylem Contest, Field Trips, Award Ceremony, Year End BBQ and, of course, **Graduation – Monday June 30<sup>th</sup> at 11 a.m.**

The year-end brings with it a sense of accomplishment. So many things have been accomplished this year! From the Nutrition Walk and Walk for Sobriety near the beginning of the year to the First Annual Halq'eméylem Contest and the Grade 12 Graduation – students have been involved in an extraordinary number of activities. There has also been a great amount of learning which has taken place throughout the year.

Have a safe and happy summer!

---

Congratulations to all High School students for finishing Science work this year. From grade 7 through grade 12 students showed sincerity in preparing for exams and completing their year on a strong note. It is very rewarding to reflect at the end of a school year on what journeys and developments have been made since the previous September. Science can be a challenging technical subject. My overall observation is that Seabird students have used this last year to practice and strengthen their own familiarity, skills and confidence in Secondary level Science. Special applause goes out to our grads this year, each of whom has used all their work and growth in school to build a strong foundation for their next endeavors.

Jonathan Sutton  
Secondary Science

---

Mr. Boyes – Social Studies

The end of the school year has come and students ended strongly. A good effort was made on final exams. This was a year filled with learning for all of us and I am thankful that

I had the opportunity to work with all of the students this year as their Social Studies teacher. I am excited about the opportunities my new role at the school will bring and the new children I will get to work with at the elementary school. I am also fortunate to have time at the high school next year, so I can regularly work with some of the students I grew to know this year.

For the last month of school we didn't have many electives classes due to our long weekends, but students did get to spend time completing their video game layouts. This allowed them to take the time to work through what would make a successful video game. They had to think through what made a game fun or too hard or too easy. I'm sure it also gave them an appreciation for the amount of work that goes into the creation of the games they play on a regular basis.

In SS, Grade 8/7s finished off their look at recent Stó:lō history and spent some time working with a variety of maps. They were great at this! They looked at political maps, contour maps, and resource maps as well as working with coordinates to see places from all over the world. Grade 9s spent a significant amount of time looking at Stó:lō history as well. When they saw what the other classes were learning about they shared that they had a strong interest in learning about their people so we spent a good amount of time working with the Coast Salish/ Stó:lō Historical Atlas. The grade 10s had an amazing opportunity at the beginning of June to harvest cedar bark along the Chilliwack River. Sadly not everyone took this opportunity, but it allowed some students from other grades to join in. We all had the chance to strip the bark with excellent instruction from our guides and teachers. We now have an good supply of bark for cultural arts activities next year. In addition to this, we spent time working on beading activities and learning about Stó:lō history as well. Grade 11/12s spent our last weeks together finishing up our study of BC First Nations and preparing for the provincial exam. his was an imposing task and I think the students did well keeping up with their work and efforts until the end of the year. I look forward to seeing these Grade 12 graduate shortly and am excited about chaperoning their Grad Cruise. I'm very pleased with their accomplishments this year.

# Seabird School

Ey Swayel

The students have worked hard this year and deserve a well-earned rest. Have a great summer and read. Read anything you can, but read. The best way to improve vocabulary and writing skills is to read a variety of books, magazines, and short stories. I look forward to seeing you in September, to hear about your adventures and the books you have read.

Debbie McGregor

What a term it has been! Graduation is almost here and all the hard work will pay off. It has been a rigorous time for the grade 12 students. They have been working relentless to complete all of their course work and prepare for provincial exams. I look forward to congratulating the grads and their families on June 30, graduation day!

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



## Summers Here Come Join the Fun



### Education Celebration and Awards

Special Recognitions for: Post-Secondary Graduates,  
Grade 12 Graduates, Honor Roll Students

**When:** Thursday July 3, 2014 Time: 5 pm – 8pm

**Where:** Seabird Island Band Office Gym

#### Enter to Win Great Door Prizes:

PNE passes, Waterslide Passes, Movie Passes

Fun Food for Everyone, Hamburgers, Hotdogs, Cupcakes, Juice

Photo Booth will be set up for individual or family photos.

(One 8x10 photo will be provided for each Graduate free of charge)

Rides to this event can be arranged:

Call Rachael 604-796-2177

Leave your name and contact information

## Children's Status Card ID

**Parents of Children that have not registered their child** to be Status to any Band please keep in mind the following issues you may want to consider;

- If you have a child over the age of 1, they will no longer be covered for Medical, Prescriptions, Doctor or Specialist visits.
- Your child will also be ineligible for Patient travel. The Band requires a Status number on file that is required for the Band's report to the First Nations Health Authority.

Have any questions or concern; please see Carol Hope to register your child to a Band, or Maggie Pettis for an application for Medical.

Keep in mind that you will be required to have a photo copy of Status card and Birth Certificate attached with your Medical application. When registering your child to a Band you will be required to provide the original Birth certificate.

## Mosquitoes

### How to Prevent Mosquito Breeding



- Destroy or dispose of tin cans, old tires, buckets, plastic sheeting, or other containers that collect and hold water
- Clean bird baths regularly
- Repair leaky plumbing and outside faucets
- **Clean out leaves and other debris blocking and holding water in in your yards, bush, and roof gutters**
- **Mow your lawns regularly**
- Empty your pets' water dishes daily
- Water lawns and gardens carefully to prevent water from standing for several days
- Empty or cover swimming and wading pools when not in use

### Want to feel better?

Come see Dr. Jeannie Paul, naturopath and medicine woman.



#### Dr Paul can help with:

Back pain  
Wound healing  
Muscle problems  
Detox  
Asthma  
Cancer  
HIV  
Trauma  
Depression  
Spiritual renewal  
Anxiety

First and second Tuesday of each month  
10am to 4pm

Book your appointment with Kristi at the Dr.s' Office

## Loose Dogs pose SAFETY HAZARD for Yoo Hoo Newsletters and other Seabird Deliveries



Seabird delivery staff have been attacked by loose dogs, dogs tied too close to the delivery box and other loose or wild animals. We now deliver in pairs so when there is an unseen danger we have back-up to help pull these animals off. This has become an increasing hazard for staff members and community members. There are other people delivering news, food and other items, so this is not just our issue.

- We will stop delivery to your home if there is a hazard at your home.
- We will stop delivery to you and possibly to the homes in your area if there is a loose dog, so this affects everyone.

We are concerned for the safety of both the carriers and the neighborhoods we serve.

Loose dogs will sneak up on a person delivering and have made our delivery staff fearful to get out of their cars to deliver. With summer loose dogs are even more hazardous to not only us, but to the kids that will be out of school soon. Dogs don't know the difference between a child and a delivery person.

You animal big or small may seem harmless to you, but to somebody who gets chased and attacked regularly by both big and small animals, every animal is a threat. A loose animal will not only protect your home but will attack anybody who enters what he thinks is his territory, this could include many homes around yours.

Safety of our delivery staff is extremely important to us. You can help by keeping your dogs restrained during delivery hours. Most of the time the delivery hours are 8:00 a.m. - 1:00 p.m. weekdays, this excludes emergency deliveries, which could be any day or time.

We have advised our delivery staff to immediately report any dog-related incidents, especially unrestrained dogs along delivery routes. If a delivery staff member reports a

loose dog, homes in your area could lose its delivery service for safety reasons. When attacked they are also advised to call 911.

We will send out a letter to the home where we have been in contact with loose or perceivably dangerous animals, letting you know why delivery service to your area is suspended. Once you have tied up and made sure your animal will no longer pose a threat to our staff, please contact us to verify that these steps have been taken and assure us that this will no longer be a danger to our staff. Once confirmed we can look into re-instating your deliveries.

We have a job to do and if a dog is there we probably won't deliver newsletters, job postings and flyer's to your home. We hope community members take steps to prevent the potential consequences of a loose dog. We want to do our jobs, we want to deliver the newsletters. It is important to us that you receive all the information available. We do not want to stop your delivery because of your animals or your neighbors loose animals.



### **A loose dog is...**

a lonely dog, a sad dog,  
a dog at risk, a dangerous dog!

These dogs do not have a proper diet, medication or love.  
They need to fight other animals for their food!

**Would you feel happy or loved if this was you?**

Flood Season is over!  
But what about the  
next natural disaster?

Natural disasters include: fire,  
flood, earthquake and much  
more...

This is still a good time to ensure  
your home is clean and prepare for  
other natural disasters.

Do you have an evacuation  
plan for your home?

Is everybody in your home  
aware of it?

What is your evacuation  
plan if your kids are not  
home?

Do they know where to meet  
you, if you are forced to  
leave the community?

If a natural disaster occurs,  
will you be prepared to step  
up and help your neighbors?

Looking for passionate  
community members  
interested in learning and  
volunteering to help prepare  
the community for natural  
disasters or emergencies!

Please contact Gerald Basten  
for more information.



## SEABIRD ISLAND BAND General Band Meeting DRAFT - AGENDA

"If you would like an item added to the agenda please  
submit by July 11 2014. – contact Fern Angus"

**DATE:** Wednesday, July 16, 2014  
**TIME:** 1:00 p.m.  
**LOCATION:** Seabird Island Band Office

1 p.m. Welcome – Chief Clem Seymour  
Light Lunch

- Membership
- Sqewqel Development Corporation
- Kinder Morgan
- Land Use Plan
- Fishing
- Festival
- General Q & A
- Closing Remarks

Handouts will be made available for various projects/programs.

### \*Door Prizes

Note: all future meetings that require rescheduling due  
to unforeseen circumstance will be scheduled for the  
next open Wednesday.

*Child-minding care is available.*

ONLY BAND MEMBERS CAN PARTICIPATE IN DISCUSSIONS  
REGARDING BAND BUSINESS AND ONLY BAND MEMBERS ARE  
ELIGIBLE TO RECEIVE DOOR PRIZES.



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

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

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



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

### SUBMISSION DEADLINES

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

### OFFICE HOURS

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

### DELIVERY

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

# 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

## AUGUST MEAT PACK ORDERS

Please place your order with Andrea. Orders must be received by the July 15<sup>th</sup>, 2014 to be available for pick up on the next income assistance day.

## GROCERY ORDERS

We will be offering monthly grocery orders for our IA Clients. Orders are due by the 15<sup>th</sup> of each month and will be delivered the following month around the 15<sup>th</sup>. If you are interested please contact Andrea.

## TRADITIONAL FOOD PANTRY

We are now accepting donations of jars for the traditional food bank. Please drop off any unwanted jars at the employment office.



We are also looking for volunteers to help with the traditional food bank this spring/summer. If you are interested please leave your name and number with Andrea.

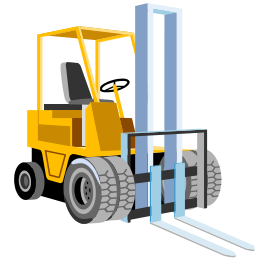
## INCOME ASSISTANCE

- All clients please update your contact information with Andrea.
- If there is a change in your household please contact Housing to update your tenancy agreement.

## UP-COMING TRAINING COURSES

Chainsaw Operator      Sept. 17, 2014  
Forklift Operator      Nov. 12 & 13, 2014  
First Aid, Level One      Feb. 11, 2015

If interested, please come into the office and sign up for training. Space is limited and interviews will take place prior to start date.



## DRIVING SCHOOL

To make an appointment or a consultation please contact Andrea at 604-796-6865 or text 604-845-3843.

## DROP IN DRIVING LESSONS!!!

We are happy to offer drop in driving lessons every Tuesday from 10:00-4:00. We will be offering lessons on a first come first served basis.

## EMPLOYMENT PLANS

Employment Plans are due before the 20<sup>th</sup> 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.

## YOUTH PROGRAM CLIENTS

Any clients that have taken a youth program through the employment office. Please update your contact information with our office. Employers contact the employment center for referrals on a regular basis.

## INCOME ASSISTANCE INFORMATION

- \* June 2014 cheque issue is **Tuesday July 29<sup>th</sup> 2014**
- \* Renewals are due by the, **15<sup>th</sup> of the month. If not handed in before the 15<sup>th</sup> 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.

*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.*



## Healthy Recipe Corner



### Watermelon Pops

- 1 cup sugar, divided
- 1 pkg. (3 oz.) JELL-O Lime Flavor Gelatin
- 2 cups boiling water, divided
- Ice cubes
- 1 cup cold water, divided
- 1 pkg. (3 oz.) JELL-O Strawberry Flavor Gelatin
- 3 Tbsp. Miniature semi-sweet chocolate chips
- 4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, softened
- 1-1/2 cups thawed COOL WHIP Whipped Topping

#### Step 1

MIX 1/3 cup sugar and lime gelatin mix in medium bowl. Add 1 cup boiling water; stir 2 min. until completely dissolved. Add enough ice to 1/2 cup cold water to measure 3/4 cup. Add to lime gelatin; stir until ice is completely melted. Refrigerate 25 min.

#### Step 2

MEANWHILE, repeat Step 1 using strawberry gelatin mix and omitting the refrigeration step. Pour into 16 (3-oz.) paper cups. Freeze 20 min. Stir 1/2 tsp. chocolate chips into gelatin in each cup.

#### Step 3

BEAT cream cheese and remaining sugar with mixer in medium bowl until blended. Stir in COOL WHIP; spread over gelatin in cups.

#### Step 4

POUR lime gelatin over cream cheese mixture. Insert wooden pop stick into gelatin in center of each cup. Freeze 3 hours or until firm. Remove pops from cups just before serving.

### Kraft Kitchen Tips

- Look for wooden pop sticks in craft or hobby stores.  
If you don't have pop sticks, you can use plastic spoons for handles instead.
- How to Easily Remove Frozen Pops from Cups  
Dip cups in warm water for 15 sec. Peel off cups.  
(Do not twist or pull pop sticks.)

## Employment Opportunity

**Position Title: Grounds Maintenance Labourer/Gardener**  
**Competition Number: JP-2014-044**

### Position Summary:

Working under the Public Works umbrella, the Grounds Maintenance – Gardener will be responsible for the planning, planting, pruning, and ongoing maintenance of the Band maintained gardens and beds. The incumbent will also be expected to provide support and back up for all other members of the Grounds Maintenance program and other members of the Public Works and Housing Department as training and experience dictate. Full time position until September.

### Qualifications/Requirements:

- Several years/seasons of experience planting and tending to gardens or grounds in either a professional or private setting
- Familiarity with various plant species that will provide appropriate cover and decoration for various conditions
- Aware of native and invasive species of plants within the Seabird Island area
- Experience tending gardens throughout all four seasons to ensure the long term success
- Experience and knowledge of pruning and maintenance scheduled for various species of trees and shrubs
- Trained and prepared to operate a wide variety of hand and power tools
- Valid BC Drivers License (class 5 or better) and reliable transportation

### Primary Responsibilities:

- Tend to all assigned gardens and beds
- Select, plant, and maintain appropriate plants to ensure that gardens and beds remain attractive and healthy throughout the growing season
- Maintain all assigned gardens and beds including:
  - Weeding
  - Edging
  - Watering
  - Deadheading and removal of unhealthy plants
  - And other maintenance activities needed on a regular or sporadic schedule
- Prune trees and shrubs to ensure continued health and appearance
- Prepare all assigned gardens and beds for the non-growing season to ensure their success for the following season

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry

Interested candidates are invited to submit a resume, cover letter & three references to:

**Human Resources - Seabird Island Band**  
**P.O. Box 650 Agassiz, B.C. V0M 1A0**  
**Phone 604-796-6814**  
**Fax 604-796-3729**  
**humanresources@seabirdisland.ca**

**Deadline Friday July 4<sup>th</sup>, 2014 4:00 PM**

***We regret that we will only respond to those applicants chosen for an interview. We thank all applicants for their interest***

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	Outside
	Member	
Full color page (8 x 10)	\$75.00	\$135.00
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$65.00
Full color 1/4 page (4x5)	\$18.75	\$32.50
Full color bus card (2.5x 3)	\$9.50	\$20.00
Greyscale page (8 x 10)	\$20.00	\$37.50
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$25.00
Greyscale 1/4 page (4x5)	\$10.00	\$17.50
Greyscale bus card (2.5x 3)	\$ 8.00	\$12.50

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

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

**AGREEMENT**

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

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

**DEADLINES**

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

**OFFICE HOURS**

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

**DELIVERY**

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

**Sandy Bobb**

**Phone:** 604-796-2177

**Direct:** 604-796-6838

**Website:** www.seabirdisland.ca

**E-mail:** sandrabobb@seabirdisland.ca

**Health Comics**



**Quotes of the month**

I only feel angry when I see waste. When I see people throwing away things we could use. – Mother Teresa

**Temqwa:l / July**

**Birthstone:** Ruby

**Color:** Red

**Cancer:** June 21 - July 22

**Flower:** Delphinium, Larkspur, Water Lily

**Halq'eméylem Word Search**

**YOO HOO  
- WIN A  
PRIZE!**

**All Seabird Band Members and Community Members** who bring in this completed Word Search to the Communications Office will be put into a draw for a chance to **“WIN” a mystery prize.**

**Submissions due:**  
by 4 p.m. Thursday  
July 10<sup>th</sup> 2014

**Draw Date:**  
Friday July 11<sup>th</sup>, 2014

Congratulations to last months winner: Amber Sam!

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

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

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

*This information is not kept it is only to verify if you are a Seabird Member, it will be disposed of following the draw.*

- STH'ÓTH'EQWI** A fisherman, a man that goes out fishing
- XOTS'OYÍQW** Barbecued fish head
- STH'ÓQWES** Cooked fish head
- Q'ÍQ'EMÓ:S** Dip-netting, fishing with a scoop net
- SCHÁ:LHTEL** Dried fish
- STH'Ó:QWI** Fish (any kind of Salmon)
- KW'ÉTS'TEL** Fish butchering knife
- SHXWCH'Á:YXWELS** Fish-drying rack
- QÉLÉX** Fish eggs, Salmon eggs
- QW'EMÓTHETEL** Fishing line

- LÁXEL** Fishing platform
- QW'ÓQW'IY** Fishing pole
- STS'ÁLTS'** Fish scales
- SXÉPXEL** Fish tail
- CHÁLHTEL** Hang fish for drying
- CHALHTELÁWTXW** Fish smokehouse
- SLÁ:METH** Fish club
- TSTH'ÓQWI** To fish
- QW'EMÓ:THEL** To fish with a pole or a rod
- SQ'ÉYLE** Preserved fish, what is stored away, what is put away

S	Q	'	É	Y	L	E	C	H	Á	L	H	T	E	L
Q	W	'	E	M	Ó	T	H	E	T	E	L	'	X	S
:	'	:	E	Q	:	'	A	I	Ó	W	E	H	E	X
K	E	S	C	H	Á	:	L	H	T	E	L	T	E	L
W	M	S	S	T	S	T	H	'	Ó	Q	W	E	S	M
'	Ó	Ó	Ó	'	X	O	T	S	'	O	Y	Í	Q	W
É	:	Q	'	Í	Q	'	E	M	Ó	:	S	E	S	S
T	T	'	L	T	H	S	L	Á	:	M	E	T	H	T
S	H	X	W	C	H	'	Á	:	Y	X	W	E	L	S
'	E	Q	W	'	Ó	Q	W	'	I	Y	L	T	C	'
T	L	S	T	H	'	Ó	T	H	'	E	Q	W	I	Á
E	T	Ó	S	X	É	P	X	E	L	E	É	H	E	L
L	Á	X	E	L	Y	Ó	W	I	E	'	L	W	T	T
S	T	H	'	Ó	:	Q	W	I	'	W	É	E	M	S
T	S	T	H	'	Ó	Q	W	I	H	Á	X	L	M	'



# 'Round The Rez

## Community Events, Workshops & Outings

### OPTOMETRIST CLINIC

Dr. Ahmed's upcoming clinic for August has been canceled, at this time we are not sure when the next one will be, please watch for further postings.

Siyosemot(Maggie)



### ALCOHOLICS ANONYMOUS MEETING

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

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



### Have you had a loved one pass away?

You will need to send a copy of the death certificate to the First Nations Health Authority, so that this person's card care will become inactive. Maggie Pettis is available to help you with this process.

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

### BABIES MEDICAL CARDS

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

Contact CHR; Maggie Pettis 604-796-2177

### Fire Practice

Tuesdays, not Thursdays

### DENTAL CENTER

Seabird Dental is available  
Monday - Thursday 8 - 4:30

\* 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.

### GARBAGE SCHEDULE

COMPOST,  
RECYCLE, and  
REGULAR  
GARBAGE:

Pick-up Monday only



Miss Garbage day? **Drop off at the Depot!**

The Depot is open 9-3 Tuesdays

(By the cattle farm)

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

If you need a **Bin dropped off** for your major cleaning.

Contact Samantha at 604-796-6932, or e-mail: [Samantha@seabirdisland.ca](mailto:Samantha@seabirdisland.ca), or at the office put in a request in writing.

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

### PRINTING SERVICES

Seabird Island Communications Office is available to provide Band and Community Members with:

- Printing Services
- Copy Services
- Status Cards Photo
- Funeral Pamphlets
- Laminating
- Advertising

There is a small fee for these services, please contact us for more information.

The Communications Office is located upstairs in the Band Office.

### BUILDING BOOKING AND MEETING ROOMS

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

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

### FIELD LIGHT BOOKINGS:

See Keena 604-796-2177 to book the field lights for your sports team.

\$2.<sup>50</sup> for band members and

\$8.<sup>50</sup> for non-band members.

### VOLUNTEERS REQUIRED

Please come and inquire with **Angie and Chanea** 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.



### 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

## NOTICE

# NO SOLICITING PEDDLING DISTRIBUTION OF PAMPHLETS

All offenders will be reported and prosecuted to the full extent of the law.

By order of Chief and Council

Chief and Council assert there is to be no solicitation of any sort. Visitors need permission from Chief and Council to solicit door to door. If you get a questionable person knocking on your door you do not need to let them in. You have the right to close the door and contact the RCMP. There is an open file at the RCMP.

Community Safety is a Chief and Council priority, please contact us if you have any concerns.

**Find  
Seabird  
on-line!**

www.seabirdisland.ca

Website:



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.

-----  
**Seabird  
Community  
Yoo Hoo  
Newsletter:**



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.

**Tips:**

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

# SUMMER SAFETY

## Sun Safety

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

## Water Safety

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

## Bear Safety

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

## Bike Safety

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

*Play Safe*



Created by Seabird Health  
[www.seabirdisland.ca](http://www.seabirdisland.ca)



*Play Safe!*