



## Congratulations to Seabird Health Care!

*Seabird Island Health Accreditation Status has been upgraded to Exemplary... this is the highest award given for accreditation. Thank you to everyone for your participation and being part of our Incredibly wonderful workplace!*

*Carolyne Neufeld BScN, MAL., Health Director*



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## FOREST FIRE SEASON!

- TOTAL FIRE BAN!
- Be aware of your cigarette butts!
  - Use an ashtray.
- Do not throw butts out your car windows.
- Keep butts away from cedar wood chip gardens!
- Keep a hose close when having a cooking fire no larger than 3ft square.

## Accreditation basics

How does a health care organization show that it is committed to provide you with the best quality care?

Accreditation is an approach used by many health care and social services organizations. At Accreditation Canada, our program is designed to improve client outcomes and health system performance. It helps the entire organization work together to create a focus on safety and quality.

The process is an ongoing one. Organizations use our program to identify what they do well and where they could do better, and make improvements based on the

results. Peer reviewers, called surveyors, visit the organization every four years to evaluate the extent to which it is meeting the standards, share their expertise, and make recommendations.

Accreditation Canada then evaluates the results of the peer review to determine whether the organization will be accredited, and provides an accreditation report that identifies strengths and areas for improvement. The organization uses the report to create and implement action plans, continuing the cycle of ongoing quality improvement

Seabird Office  
CLOSED for  
Stat Holiday  
August 4<sup>th</sup>, 2014



23 youth age 10-20 attended the KARTSTART Program in Chiliwack July 8th, 9th, & 10th.  
**Thank you to Kartstart , Toyota and Carolyne N.**

## Recipe: Cool way drink Water



Here are 6 homemade vitamin water recipes to help you keep hydrated and healthy!

### The Classic Cooler: lemon/cucumber:

Mix in a pitcher: 10 cups of water + 1 cucumber and a lemon, thinly sliced + 1/4 cup fresh finely chopped basil leaf + 1/3 of finely chopped fresh mint leaves. Leave in the refrigerator overnight before serving.

### The Limeade : Strawberry/Lime or Raspberry/Lime:

Mix in a pitcher : 10 cups of water + 6 strawberries / or Raspberries and one thinly sliced lime + 12 finely chopped fresh mint leaves. Leave in the refrigerator overnight before serving.

### The Digestive Cleanse : Fennel/citrus

First: infuse 1 to 3 grams of dried and crushed fennel in 150 ml of boiling water for 5-10 minutes. Allow to cool.

Mix in a pitcher: 10 cups of water + lemon juice (put the leftover lemon in the mix) + a small thinly sliced orange + 12 fresh chopped mint leaves + the infusion of fennel seeds.

Leave in refrigerator overnight before serving.

### The AntiOX Blend: Blackberry/Sage

Note that a part from the berries, sage leaves is the herb that has the highest antioxidant content. Mix in a pitcher : 10 cups of water + 1 cup of blackberries that have been very slightly crushed + 3-4 sage leaves. Leave in refrigerator overnight before serving.

### WATERmelon :

#### Watermelon/Rosemary

Mix in a pitcher : 10 cups of water + 1 cup of watermelon cut into cubes + 2 rosemary stems. Leave in refrigerator overnight before serving.

### The Ginger Zinger : Ginger/Tea

In advance: heat 1 teaspoon of ginger in two cups of tea, let it cool down. Mix in a pitcher: 10 cups of water with two cups of the ginger tea + 4-5 pieces of fresh ginger cut into cubes. Leave in the refrigerator overnight before serving.

Reference: <http://fun2bfrugal.com/homemade-flavored-water-drinks>



Did you know, that the average Impaired Driving cost is \$4000.00... plus Having a Criminal Record,...☹

**Please: Stay Safe, Don't Drink and Drive**



**Remember! River Safety! Come back home safe!**



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](mailto:sandrabobb@seabirdisland.ca)



## Chiefs Corner



This month we had another General Band Meeting, which was a success. Many people were able to bring forward what they wanted to discuss and the questions they wanted answered. We may not have been able to discuss or answer everything; we are working towards tending to everyone's inquiries.

Fishing has always been a big part of our balance of life, now we are passing the teachings down to our children. Most of our

community members still participate in dry rack and commercial fishing. Dry rack should be opening very soon! Many of our Community members are prepping their camps for that.

Commercial fishing dead line has passed in the last month already.

With the dry weather we have been having lately, fires are a great concern. Our people do have ceremonial fires; those ones can be left to burn out but they need to be attended at all times. We appreciate everyone's consideration with the concerns of our community.

*"Give a man a fish, and you feed him for a day; show him how to catch fish, and you feed him for a lifetime."*

*A proverbial saying which suggests that the ability to work is of greater benefit than a one-off handout.*

### Mark your calendars!

Elders House of Teaching and Learning will be starting **September 10th 2014**

Gathering at 10:00 am at either Seabird Island College, Chawathil First Nations Band Office, or Sto:lo Nation Health Bldg.

Contact Ashley Armstrong if you have any questions.

Phone: 604-796-2177 or  
ashleyarmstrong@seabirdisland.ca

**You can also join from home, call us and find out how!**

## Road Trips!

What's A Summer Without Them?



A road trip is always a great idea, but before you pack the car and the kids remember to:

- Have a mechanic look over your car and top-up all fluids, before leaving.
- Plan to drive 300 to 400 kilometres a day. By limiting how much you drive, you'll be able to stop at roadside attractions, enjoy meals and take breaks. Aim to stop driving by dinner, so you can eat and relax for the rest of the evening.
- Pack travel insurance, no matter how short or long the road trip.
- Get a good night's sleep, and share the driving responsibility.
- Make sure everyone is buckled up, all the time.

**Going on a long road trip? Find someone to look after your home while you're away.**

Reference [https://www.kanetix.ca/summer-safety-tips?utm\\_source=Kanetix.ca&utm\\_campaign=54431df9e5-KX\\_Dedicated\\_NL\\_June\\_06-21-2014&utm\\_medium=email&utm\\_term=0\\_74fcb583d3-54431df9e5-124854161](https://www.kanetix.ca/summer-safety-tips?utm_source=Kanetix.ca&utm_campaign=54431df9e5-KX_Dedicated_NL_June_06-21-2014&utm_medium=email&utm_term=0_74fcb583d3-54431df9e5-124854161)



## Be Cougar and Bear Aware!

See either of these wild animals?

**Call the 24 hour hot-line:  
1-800-663-9453**



## UBC Planning School Grad Students



As many of the community members are aware, over the past 6 months we had two University of BC SCARP School Planning Students doing their planning practicum here at Seabird. On July 2, 2014 Dakota Brant and Spencer Lindsey gave a summary presentation to community members of their 6 month Planning Practicum. After their presentation Dakota and Spencer thanked the Council and the community for allowing them to do their practicum here and said they will miss working with the members. At the end, Certificates of Recognition were exchanged between UBC and Seabird Island.

## The Membership Code Review Committee needs 3 to 4 more Committed Members.

Currently, Seabird Island Council has established a Membership Review Committee to analyze the existing Membership Code and to make recommendations back to Council for amendments. Council is asking for more members to volunteer on this committee.

If you are interested in becoming part of the committee, please fill out a Community Contribution Application Form and return it to the Band Office by Aug 15, 2014 (get a copy of Form from Band reception or off the website – top right side of the website under forms - Membership). Council will review the form submissions and select the new members. For more information please contact Gary Lister 604-796-6937 or email at [garylister@seabirdisland.ca](mailto:garylister@seabirdisland.ca)

Please take the time to consider this opportunity and provide your voice to the future direction SIB will take with respect to the membership or citizenship of your Band. Band Members can find a copy of the current Membership Code on SIB website or can contact Gary Lister at the Band Office for a copy.



Do you know an Elder that needs some company?

*To bake together*

*To garden together*

*To chat over tea*



Please contact Lenette Joe

(604) 796-2177 Ext 5021

Email [lenette@seabirdisland.ca](mailto:lenette@seabirdisland.ca)

Funded by the Government of British Columbia

# CAMPFIRE REGULATIONS



- Campfires must NOT be larger than 0.5 metres by 0.5 metres, or about 19 inches by 19 inches
- You MUST have a shovel OR at least eight litres of water nearby to extinguish the fire;
- A firebreak must surround your fire – create one by scraping down to the dirt – one metre around the fire; and
- You MUST NEVER leave a campfire unattended.

Before leaving the area, always ensure your campfire is completely extinguished and ashes are cool to the touch.

To report a wildfire or unattended campfire, call \*5555 on your cell phone, or toll-free to 1 800 663-5555.

More information is available at [www.bcwildfire.ca](http://www.bcwildfire.ca)

 [www.facebook.com/BCForestFireInfo](https://www.facebook.com/BCForestFireInfo)



Ministry of Forests, Lands and Natural Resource Operations



## Housing Wait List - August 2014

### 1 Bedroom

1	12102013-2072
2	04012014-3108
3	04012014-2081
4	04222014-2083
5	06252014-1000
6	07282014-2087

### 2 Bedroom

1	05092013-2065
2	12042013-2069
3	11152013-2071
4	12162013-2070
5	01022014-2074
7	01062014-2076
8	01072014-2077
9	01092014-2078
10	01312014-2079
11	02192014-2080
12	03122014-2081B
13	04222014-2083
14	05052014-2084
15	05302014-2085
16	06042014-2086
17	07282014-2087

### 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	12102013-2069B
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
27	07082014-3087
28	07142014-3088

### Don't know your number?

Contact Ashley Thompson 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.

**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**

## Community Corner

### *The Beauty of Love*

*Grow old along with my love  
Question is asked. Is there anything more  
Beautiful in life than a boy and girl  
Clasping clean hands and pure hearts  
in the path of marriage*

*Can there be anything more Beautiful than  
young love*

*Yes there is a more beautiful thing  
It is the realization of an elderly  
man and elderly woman finishing*

*Their journey together on that path  
Their hands clasped together  
their faces are tired  
But are still radiant with love  
Their hearts are physical  
Bowed and tired.*

*But are still radiant with love  
and devotion for one another*

*Yes there is a more beautiful thing  
Then young love (its old love)*

*Verna Campbell*



## Water Safety Tips: Swimming

About 500 Canadians die a year in water-related incidents, so while the weather may be hot and the water inviting, water safety is important because water can be dangerous if precautions aren't taken.

- Children should be supervised by a person who knows how to swim, who will stay within sight and reach of the child when in, on, or around water.
- Children should never be left alone, even for a second. If you have to go into the house, or away from the water, then bring them with you.
- Children who don't know how to swim, should wear a life-jacket.
- Learn to swim (it's great exercise); until you do, restrict your activities to wading only in shallow water when a lifeguard is on duty and you're wearing a flotation device.
- Learn CPR.
- Swim only during the day, and never at night or during storms.
- Do not swim when under the influence of drugs or alcohol.
- **Never swim alone!**

**Reference** [https://www.kanetix.ca/summer-safety-tips?utm\\_source=Kanetix.ca&utm\\_campaign=54431df9e5-KX\\_Dedicated\\_NL\\_June\\_06-21-2014&utm\\_medium=email&utm\\_term=0\\_74fcb583d3-54431df9e5-124854161](https://www.kanetix.ca/summer-safety-tips?utm_source=Kanetix.ca&utm_campaign=54431df9e5-KX_Dedicated_NL_June_06-21-2014&utm_medium=email&utm_term=0_74fcb583d3-54431df9e5-124854161)

## Women's Wellness Group

Every Monday until  
the end of Summer  
5:30pm—7:30pm

## SUMMER GROUP

Learn positive lifestyle changes!  
Sharing information with each other.  
Balance your life – physical activity, meditation,  
reading books, challenging oneself, spiritual  
practice, and most important of all  
Loving ourselves!!

Starting  
July 21st, 2014  
5:30 pm—7:30 pm

# MAMMOGRAM SCREENING



**WHERE:** Seabird Island Band office

**WHEN:** September 3, 2014

**HOW:** Registration form must be completed and  
Must be over the age of 40

Please sign up with your CHR, Seabird Dr's receptionist  
Kristi or Patricia or Maggie

# Concurrent Group

**Date:** August 11th, 18th, 25th, 2014

**Time:** 2:00pm—3:30pm

Seabird Island Wellness  
Centre—Upstairs

Come out and join us for Pizza  
and pop for our first meeting of  
the month. Come and enjoy this  
food on August 11 @ 2pm.  
Come learn about drugs and  
alcohol, what they can do to your  
mind, body and spirit.

Contact Lolly at 604-491-8969



## *Want to feel better?*

Come see Dr. Jeannie Paul, naturopath and medicine woman



### When & Where:

#### **Squiala**

1<sup>st</sup> & 2<sup>nd</sup> Tuesday  
of each month.  
To book an appointment  
call Charmaine at  
604-792-8300

#### **Seabird Wellness Centre**

2<sup>nd</sup> & 3<sup>rd</sup> Tuesday  
of each month.  
To book an appointment  
call the Doctors Clinic at  
604-796-2165

Dr. Paul can help with general family practice,  
acute & chronic health concerns.

## How to Handle a Dog Attack - to be continued in the next Yoo Hoo

1) **Don't panic.** Dogs and other animals can "sense fear". If you run or scream, you may make the dog feel more confident in his attack, or, worse, you may appear threatening to the dog.

2) **Make yourself rigid and motionless like a tree.** Do not wave your arms around or kick with your legs; these actions are threatening. Don't make eye contact, since that could also cause the dog to lunge. In many cases the dog will lose interest and walk away if you ignore him.

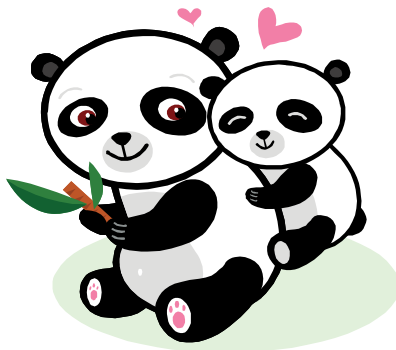
3) **Give the dog something else to bite.** If the dog continues to threaten you, offer him something to chew on - anything but your arm or leg. This may distract him enough to give you time to escape.

- Carry treats when traveling in areas known to be home to dangerous dogs. If approached by an angry dog, throw your treats away from you. The dog may go after these, rather than you.

**Note:** Some dogs have allergies to treats!



Stay in a safe place (car,...) but still in the area and CALL 911, wait for the police to come!



Pre/Post Group &

# Prenatal Circle

## AUGUST 2014

### Who can attend?

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

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

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Civic Holiday	5	6 No Pre/Post	7	8 Prenatal Circle 1-3pm Elder's Room	9
10	11	12	13	14	15	16
17	18	19	20	21	22 Prenatal Circle 1-3pm Elder's Room	23
24/31	25	26	27	28	29	30



# Congratulations to our Seabird Island Band Member Graduates!

## High School Graduates

### Chilliwack Secondary School

Lacroix, Desiree

### Agassiz Elementary Secondary School

Armstrong, Devon

Charlie, Ashley

McNeil Bobb, Siequalynnda

Jenkins, Faylen

Williams, Stephanie

### Unity Christian School

Bobb-Wilson, Malcolm

### Seabird Island Community School

Charlie, Courtney

McNeil, Brandi

Peters, Darian

Jack, Tanisha

McNeil, Tamika

McIntyre, Raven



## Post-Secondary Application Deadlines



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)
- **For January** (Winter/Spring depending on institution)
- **For May** (Spring/ Summer depending on institution)

**May 1<sup>st</sup>**  
**October 1<sup>st</sup>**  
**January 1<sup>st</sup>**

**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](mailto:cindykelly@seabirdisland.ca)

## School Supply Allowance

School Supply Allowance Forms will be ready for students/ parents to pick up on August 8<sup>th</sup> 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.



# Congratulations to our Seabird Island Band Member Graduates!

## Post Secondary Graduates

Borden, Clarissa	Digital Media	Northern Alberta Institute of Technology
Andrew, Hilary	Sto:lo Studies Certificate	University of the Fraser Valley
Bobb, Ashley	Life Coach Certificate	Rhodes Wellness College
Billy, Jenny Lee	Early Childhood Education / Dogwood	NVIT / Seabird College
Michelle, Jennifer	Early Childhood Education	NVIT / Seabird College

## Seabird College

Alex	Daniel	Heavy Equipment Operator	Dogwood
Alexander	Starr	Business Administration	
Andrew	Dameon	Correction Officer Preparatory Program	Dogwood
Bobb	Justin	Heavy Equipment Operator	Dogwood
Campbell	Shannon	Heavy Equipment Operator	Dogwood
Chapman	Edward	Utility Arborist	
George	Irene	Halq'emylem Introduction and Level 1	
Goodrich	Samantha	Heavy Equipment Operator	
Harry	Ernestine	Early Childhood Education	Dogwood
Henry	Marsha	Early Childhood Education	
Hope	Pamela	BC Adult Dogwood	Dogwood
Joe	Derek	Heavy Equipment Operator	Dogwood
Joe	Irene	Nail Technician & Makeup	Dogwood
Joe	Michelle	Early Childhood Education	
Joseph	Aleck	Professional Cook	Dogwood
Kay	David	Hunting and Fishing	
Louie	Candace	Nail Technician & Makeup	
Louis	Megan	Early Childhood Education	Dogwood
Louis	Tim	Metal Fabrication	
McCallum	Brandy	Traditional Herbal Practices Level 1	
McIntyre	Brenon	Metal Fabrication	
McNeil Bobb	Linda	Halq'emylem Level 1	
Monro	Tamerah	BC Adult Dogwood	Dogwood
Ned-Jimmie	Amanda	Heavy Equipment Operator	
Paul	Alexander	Heavy Equipment Operator	
Pete	Christine	Early Childhood Education	Dogwood
Peters	Julie	Cultural	
Peters	Mindy	Cultural-not confirmed	
Peters	Bryson	Utility Arborist	
Peters	David	Utility Arborist	
Peters	Ghennadine	Office Administration	
Peters	Steven	Office Administration	
Point	Matthew	Correction Officer Preparatory Program	
Reyburn (Peters)	Sonia	Early Childhood Education/Introduction to Halq	Dogwood
Seymour	Myra	Professional Cook	
Walker	Hailey	Correction Officer Preparatory Program	
Whitford	Clifford	Hunting and Fishing	



# REGISTER NOW with Seabird College & Adult Education

## Proposed Programs:

- Aboriginal Tourism Certificate
- Adult Upgrading
- Automotive Service Technician
- Bank Teller Program
- Business Administration (PCTIA #3550)
- By-Law Enforcement Certificate
- Computer Introduction
- Early Childhood Certificate
- Educational Assistant
- Environmental Monitoring
- First Nations Traditional Herbal Practices (PCTIA #3550)
- Food Services
- Hair Stylist (PCTIA #3550)
- Halq'emeylem
- Make-up Fast Track
- Medical Office Assistant
- Nail Technician
- Office Administration
- Nursing Foot Care
- Entry Level Natural Gas Industry Program
- Powerline Technician
- Professional Cook (PCTIA #3550)
- Residential Maintenance Worker 1
- Sto:lo Cultural Practices
- Welding Foundations / Steam Fitter / Pipefitter

Registration Deadline:  
August 15<sup>th</sup>, 2014

## Contact:

Toll Free: 1-800-788-0322

Phone: 604-796-6869  
604-796-6910

Fax: 604-796-3729

Email: [rosenijkamp@seabirdisland.ca](mailto:rosenijkamp@seabirdisland.ca)

PO Box 650 Agassiz BC V0M 1A2  
2812 Chowat Rd. Agassiz BC V0M 1A0



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

E-mail: [sandrabbob@seabirdisland.ca](mailto:sandrabbob@seabirdisland.ca)

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

Each issue as well as past issues are posted on the Seabird Website: [www.seabirdisland.ca](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 [sandrabbob@seabirdisland.ca](mailto:sandrabbob@seabirdisland.ca)



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

### SUBMISSION DEADLINES

The 20<sup>th</sup> of each month or if the 20<sup>th</sup> 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



# COMMUNITY SERVICES DEPARTMENT

## August 2014

### Events Dept

**Catering:** Please contact Angie and Chanea to get on the Catering/fundraising list for this year. You need to fill out an application and submit your food safe certificate. This also includes if you want to book a day to set up in the foyer to sell items. Contact 604.796.6893 for more info.

**Facility Rental and Meeting Rooms:** Please contact Angie or Chanea for facility rentals or room bookings located within the Band Office. An application and damage deposit are required for bookings. Contact 604.796.6893 for more info

**Individual and Team Sport Sponsorship:** Please contact Angie to Request an application for sponsorship. Must be submitted a minimum of **10 days** in advance. Decisions are based on funding availability. Please contact Angie for more info.

### YOUTH

#### Upcoming Events

- Every Monday 6:00-8:00 & Thursday 4:00-6:00 – Movie Night
  - Every Thursday – Youth Fitness 6:00-8:00
  - Aug 6 & 20<sup>th</sup> – Youth Council Meeting 6:00-8:00 dinner provided!
  - Aug 9<sup>th</sup> – Playland Outing 10:00-8:00 Cost \$15
  - Every Friday EXCEPT 22<sup>nd</sup> - Youth Drop In Ages 13-18.
  - Aug 16<sup>th</sup> – Extreme Air Park Richmond 1:00-7:00 Cost \$5
  - Aug 18<sup>th</sup> – Healthy Relationships 6:00-8:00
  - Aug 26<sup>th</sup> – Youth and Elders dinner 4:00-7:00pm Main Boardroom
  - Aug 30 – School shopping and dinner Cost \$5
- If you need a ride please call or text Jessica at (604) 845-2295

### Elders

Elders Bake Sales 10:00-2:00 Every Thursdays!

#### Upcoming Events

- August 12<sup>th</sup> - Elders Monthly Meeting Main Boardroom 10:00-12:00
  - August 14<sup>th</sup> - Tentative trip to Upper Skagit Elders Luncheon
  - August 27<sup>th</sup> - Tentative Date for Annual Elders Fruit Trip
- For the months of July & August Linda McNeil-Bobb schedule has changed to mornings only, unless there is an evening event planned.

### Summer Recreation Program

	Mon	Tue	Wed	Thu	Fri
4	Closed	5 In-House Activities	6 \$5 Hope Pool & Play-ground 9:30am-2pm Pizza Lunch!	7 No Cost Ferry Coombe Pool 12:45pm-3pm	8 Fundraising 10:30am-2pm
11	In-House Activities	12 \$5 Greater Vancouver Zoo 9am-3pm	13 \$5 CHWK Wave Pool & Park 9:30am-2pm	14 No Cost Ferry Coombe Pool 12:45pm-3pm	15 Playland! 8am-5/5:30pm Lunch at WhiteSpot!
18	In-House Activities & Magic Show	19 In-House Activities & Party Rental	20 \$5 Hope Pool & Play-ground 9:30am-3pm Pizza Lunch!	21 \$5 CHWK Corn Maze 9am-12:30pm CHWK Wave Pool 1pm-3pm	22 \$5 Apple Barn 9:40am-3pm <b>LAST DAY!!</b>

## Elders Spotlight



Irene George  
Hi, my name is Irene George. I am from the Seabird Island Band. My traditional name is Sewxsiamia, it was given to me by my late Aunt, Ameilia Douglas.

My parents are Tina Jack and Step-dad Archie Charles, my biological dad was Arthur George from Shxw'ohamel, he transferred to Chawathil. My grandparents from Chawathil are: William and Catherine Lewis. My biological grandparents are William George and Lillian George. I was born in Vancouver General Hospital.

I have 3 children : Marlene Joe, Kendal Joe and Frank James. I have also been blessed with 14 grandchildren and 4 great grandchildren.

I am totally enjoying being with the Elders Group. I enjoy working at the Elder's Bake Sales, it is so nice seeing old and new family and friends.

My Hobbies are Reading and Cooking

I was the oldest one to graduate from the Professional Cook 1 Culinary Course.

*By Linda McNeil-Bobb*



## Youth Spotlight



Tanisha Jack is 18 years old; she is the daughter of Teresa Peters and David Jack. Tanisha got pregnant with her son, Tanner, when she was in grade 9, she had him in August and went back to school the September after. Tanisha recently graduated from Seabird Island Community High School. She was selected by her peers to be the valedictorian. She also made the honor roll, and received an award from for doing so.

Tanisha is very organized, mature, hardworking and smart. She completed high school, while raising her almost 3 year old son on her own (and the support from her parents and family). She has had 3 summer jobs, which have helped her support both herself and her son. She currently has a summer job as an office assistant for the In-Shuck-ch; this is her second summer working this position. Tanisha likes working in an office; her educational goal is to get her Business Administration Degree.

Tanisha has been accepted into the University of the Fraser Valley, and she will start to attend in September. She has the option to specialize in accounting, finance, marketing, or human resources. In the near future, she will be deciding which specialization best suits her and she will choose that path. She is interested in a business career. Tanisha's mom is a CFO, and some of her other family members currently work in the business area. Tanisha loves the idea of having an office job; she also loves having her own desk, and the responsibility that comes with it. She has great communication and leadership skills.

In Tanisha's spare time, she likes to sew, although she does admit that she would like to learn more. In high school, she was in the sewing class for 3 years. She learned how to sew baby clothes, night gowns, kid's vest, and she even made her own graduation dress. Tanisha also likes to paint and decorate her own nails. She is currently working setting up a craft room. She has a dream to have a room full of supplies that are ready for her to use. This would include: tons of craft supplies for her and Tanner, sewing supplies, nail supplies and a corner desk for a place to study. Tanisha also likes watching Netflix because she doesn't really watch TV or cable.

Tanisha loves to play baseball, floor hockey and soccer. She has played soccer for the majority of her life. She played in Chilliwack league when she was younger, and she has also played in a native league with Seabird and Sto:lo teams. This year will be Tanisha's second year playing floor hockey in the Chilliwack league. From grades 1-6, Tanisha played ice hockey in the Hope League. Over the past few years, Tanisha has been playing baseball in the Agassiz 2-pitch league, native 2-pitch league and in several tournaments.

Congratulations to Tanisha on all of her accomplishments and best of luck to her throughout her future endeavors!

*By Jessica Pettis*



## Make the Most of an Interview's First 10 Minutes

By Caroline M.L. Potter

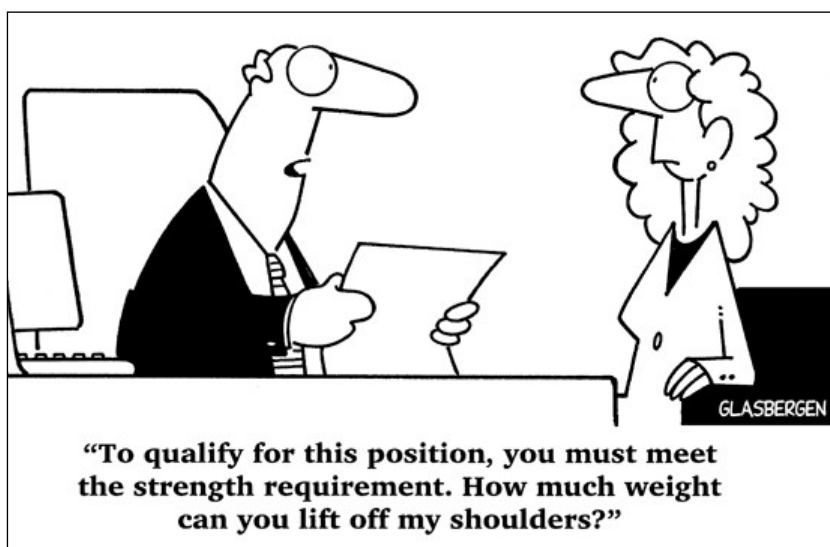
You have only one chance to make a good first impression -- and only a few minutes to do just that in a job interview.

According to a Robert Half International (RHI) survey of 150 senior executives at the nation's 1,000 largest companies, hiring managers form either a positive or negative opinion of job candidates within just 10 minutes. "Your behavior may be under scrutiny from the moment you arrive for the interview," says Brandi Britton, senior regional vice president with RHI.

### Use these 10 tips

from Britton and other [career and job-search](#) gurus to make sure you wow them from the minute you walk in the room.

1. "A firm, nonsweaty handshake, eye contact and a nice smile make you seem likeable. Likeable people are hired most often."  
-- David Lewis, an executive with Express Employment Professionals and an expert on career development
2. "Prepare to engage in small talk, which helps to break the ice and puts both parties at ease and also demonstrates your ability to make conversation with potential clients, coworkers and [executives](#)."  
-- Brandi Britton, Robert Half International
3. "Be prepared with everything you can possibly know [about the company](#) and the person who is doing the interview."  
-- Executive coach Beth Ross
4. "Don't take the head of a table or sit down until you are invited to do so to demonstrate how you'll behave in professional situations."  
-- Patty DeDominic, cofounder of DeDominic & Associates, a professional coaching and business services firm
5. "Open with penetrating questions that prove beyond a doubt that you've [done your homework on the company, the position, the department, the industry](#) and/or the competition."  
-- Ford Myers, author of Get the Job You Want Even When No One's Hiring
6. "Practice your answers to commonly asked interview questions so that you come across as a well-prepared candidate."  
-- Certified executive career coach Cheryl Palmer, Calltocareer.com
7. "If asked to talk about yourself, always answer from a professional sense. Telling people about your family and what you do on the weekends is definitely the wrong approach. You want to solely focus on the areas of your work in which you are most effective and productive."  
-- Careers and resume expert Lauren Milligan, Resumaday.com



8. "Become an object of interest by [the questions you ask](#). Leave them wanting more with the quality of content you add to the conversation (versus noise)."  
-- David Nour, consultant and author of Relationship Economics
9. "Mirror the body language of the interviewer. If they are leaning forward, you should be doing the same. This builds rapport on a subconscious level, giving the feeling of a deeper connection."  
-- Job market expert Jabez LaBret, ThawingtheJobMarket.com
10. "Your interview strategy must include proof that you have successfully completed job-relevant tasks. A good strategy is to marry a strength and a specific example to prove that you are accomplished at what you do. Quantify accomplishments using numbers, percentages and dollars whenever possible."  
-- Barbara Safani, president, CareerSolvers.com

## New Staff



Hello my name is Jeni-Rae. As a new graduate for the University of the Fraser Valley CDA program, I am excited to join the Seabird Island Dental Clinic Team. In my spare time I enjoy training in aerial acrobatics and other various sports, being outside and spending time with my family and friends. Looking forward to meeting new people and getting involved in the community.

### **FREE PAPER SHREDDING EVENT**

Not Sure What To Do With All That Paperwork?  
..... We Can Help!

**Seabird Island Band**

**Parking Lot**

2895 Chowat Road,  
Agassiz, BC

**Saturday, August 16<sup>th</sup>, 2014**

11:00am – 3:00pm

**Rain or Shine**

Seabird Island Band In Partnership With BC Records Management Services will be hosting our first ever **FREE** Community Shred Event.

Cost: by donation of non-perishable food item or Cash in Lieu in support of the Seabird Island Food Bank.

We Will Accept Up To 5 Bags Or Boxes Of Personal Paper Documents, Per Person, For Shredding Free Of Charge.

What Can Be Shredded? Paper Based Documents (including: personal documents, letters, bills, bank statements, receipts, etc).

What Can't Be Shredded? Heavy Cardboard, Binders, Metal, Plastic, Disks, DVD's, CD's.

Questions / Inquiries: Contact Seabird Island Band @ 604-796-6851

**Come One.....Come All**



Bertha Hunt, a member of the Qalipu mi'kmaq First Nation Indian Band in Newfoundland.

Bertha has worked in the social service/ employment and health sectors for over 20 years working as a Case Manager, Life Skills Coach and Client Support Worker for persons with multi barriers to employment.

She is a Registered Associate Vocational Professional through

the Vocational Rehabilitation Association of Canada. Also, she holds Certification in Life Skills Coaching and Human Relations Management with a focus on changing ineffective behaviors which hold people back from their life goals.

Bertha strongly believes in lifelong learning and has spent many years attending University to achieve her education and credentials.

Also, she believes that people with barriers are best served by a supportive, non-judgmental environment to foster positive changes in their life. When people believe in themselves and feel supported, there is no stopping them from achieving their goals.



**Lori Burns**

I am looking forward to working here at Seabird Island Band as an Executive Assistant to Lisa Douglas in Administration and Jay Hope in Corporate Affairs. Not only am I new to Seabird Island Band; I'm also new to British Columbia. I have recently moved here from the Niagara Region of Ontario and bring

with me well over 15 years office experience. My most recent work experience as an Office Manager with the Well and Historical Museum has provided me the opportunity to work with some really great people in all levels of government.

*"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."*

*- Barack Obama*



## New Staff



Hello, my name is Richard Parsey.

For those of you that don't know me I am a Seabird Island band member, my grandparents are Vincent and Beatrice Harris, and my parents are Rod and Janice (Harris) Parsey. I live on Seabird Island with my wife, Elizabeth, and my two children, Ellandra and Roman.

Some of you may also know me as one of the soccer coaches here on Seabird. I have helped coach the youth teams for the past few years. In recent times

have been playing and coaching the men's team, we do tournaments and play Division 4 in the Fraser Valley Soccer League.

I have accepted the position of IT Manager of Technical Support and Services, which is a long title that in short means I am here to fix things and make them work. IT/computers have been my passion since I was a child and I have been working in the IT industry for more than 16 years. For the past five years I have been working for the In-SHUCK-ch Nation as their IT administrator.

As part of my IT career I have also spent a lot of time getting my education. I have my Computer Information Technology certificate from the University of the Fraser Valley (UFV), my Network Specialist Diploma from Vancouver Career College, and am currently working on my Bachelors of Technology in Technology Management at the British Columbia Institute of Technology (BCIT). I have also spent the time to get some industry certifications.

I look forward to working with the team here in the IT department as well as the rest of the staff here at the band office. It is exciting to be able to use my education and experience to contribute to our band.

See you around!



Teresa Peters

As of July 21, 2014 I am working with Sqewqel Development Corporation as their Senior Financial Officer. I am very honored for the opportunity to work within my community.

I am a member of the Seabird Island Band. My parents are Edward Peters of Peters Reserve and Emma Peters of Seabird

Island First Nation. My paternal grandparents are Robert Peters (deceased) and Minnie Peters (deceased). My maternal grandparents are Vincent Harris (deceased) and Beatrice Harris (deceased).

I completed several years of education at the University of the Fraser Valley (UFV) where I earned a Diploma in Computer Information Systems and a Diploma in Business Administration. Currently, I am continuing with part-time studies to complete my Bachelor of Business Administration. I am also working towards receiving a Certified Aboriginal Financial Manager designation through AFOA Canada.

I held several positions at different levels in finance from Accounting Clerk to Finance Manager. My most recent position which I held for 7 years was with In-SHUCK-ch Nation as their Finance Manager.

I look forward to bringing the knowledge and experience that I have gained over the years to Seabird and I am also very grateful for this opportunity to further develop my accounting expertise.



Hello, my name is Rachael Alexander. Many of you have seen me at front desk reception. I started working here in February 2013 part time. Since then I have been hired on full time.

I am from Lillooet, BC and am the mother of 4 children. I have a background in many different office positions. I went to college in New Westminister at Douglas College.

I enjoy working with everyone that I meet on a daily basis and am pleased to assist people. I enjoy giving out welcome smiles when you come into the building. If we haven't met, stop by and introduce yourself. I look forward to meeting you.

**Rachael Alexander**  
**Seabird Island Band**  
**Receptionist**

**Phone: 604 796-2177 • Fax: 604 796-3729**



# Employment Opportunities

**Position Title:** On-Call Custodian  
**Department:** Housing and Public Works  
**Competition Number:** JP-2014-049

**Position Summary:**

The custodian is responsible for maintaining the cleanliness of assigned buildings. Shifts typically begin in the evening.

**Qualifications/Requirements:**

- Valid BC driver's license and own transportation an asset
- Building Services Certificate or equivalent
- Experience using various cleaning tools and chemicals
- Physically fit to perform demanding manual labour
- WHMIS certificate
- Ability to work with minimal supervision
- Satisfactory Criminal Record Check

**Primary Responsibilities:**

- Maintain standards of cleanliness through ongoing assessment of conditions and cleaning needs at assigned buildings
- Comply with applicable WCB and WHMIS rules and regulations at all times
- Report any unsafe working conditions to the Custodial Program Manager
- Ensure the safety of all employees through the use of appropriate warning signage
- Promote the continuous improvement of workplace safety and environmental protection
- Report maintenance concerns to the Program Manager

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

Interested candidates are invited to submit a resume, covering 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 August 15, 2014**

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

**Position Title:** Custodian (day shift School)  
**Part time 15 hours per week**  
**Department:** Housing and Public Works  
**Competition Number:** JP-2014-050

**Position Summary:**

The custodian is responsible for maintaining the cleanliness of assigned buildings. Shifts are at various times throughout the day.

**Qualifications/Requirements:**

- Valid BC driver's license and own transportation an asset
- Building Services Certificate or equivalent
- Experience using various cleaning tools and chemicals
- Physically fit to perform demanding manual labour
- WHMIS certificate
- Ability to work with minimal supervision
- Satisfactory Criminal Record Check

**Primary Responsibilities:**

- Maintain standards of cleanliness through ongoing assessment of conditions and cleaning needs at assigned buildings
- Comply with applicable WCB and WHMIS rules and regulations at all times
- Report any unsafe working conditions to the Custodial Program Manager
- Ensure the safety of all employees through the use of appropriate warning signage
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# 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

## SEPTEMBER MEAT PACK ORDERS

Please place your order with Andrea. Orders must be received by the August 15th, 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 15th of each month and will be delivered the following month around the 15th. 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 summer. If you are interested please leave your name and number with Andrea.

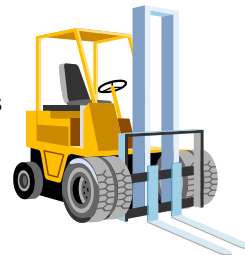
## INCOME ASSISTANCE

- 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 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.

## 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

- \* September 2014 cheque issue is Wed. August 27th 2014
- \* 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.

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	\$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**

Youth is in a grand flush, like the hot days of ending summer; and pleasant dreams thrall your spirit, like the smoky atmosphere that bathes the landscape of an August day.

Donald G. Mitchell

**Temtheqi / August**

**Birthstone:** Peridot

**Color:** lime green

**Leo:** July 24 - August 22

**Flower:** Gladiolus

**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. Monday

Aug. 11<sup>th</sup> 2014

**Draw Date:**

Tuesday Aug. 12<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.*

- XWÓTHET – To fast, starve oneself
- STS'ÉLEXW – Slough, back water, eddy
- QWILIYÉLEXW – Beard, mustache
- ITETÁTXW – Bedroom, hotel
- KW'ÉL:A – Belly, stomach
- PÓYSEKEL – A bicycle
- SQEMÓ'ÁLÁ – Baby bottle
- ÉXWTEL – Broom
- SHXW'Ó:MET – Couch
- XÁPKW'ELS – Crackers

- TS'TÁ:M – Crawl
- TÓ:LTHÍWA – Cricket
- SHXWLATHÍLÉ – Cupboard
- SQ'ELQ'ÉLP'EQW – Curly hair
- XWPÓYSEKEL - Ride a bicycle
- PEKCHÁ:M – Take a picture, to photograph
- XWÉM – be fast, hurry
- SQWÍQWEMAY – Puppy
- XÁ:WS – New
- STÁ:M – Yell, a holler

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



# '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  
Closed Fridays

Effective: **October 6<sup>th</sup>, 2014**

Monday: 8am - 5:30pm

Tues & Wed: 9am - 5:30pm

Thur: 8am - 5:30pm

Walk-in clinics on Tuesdays 1-5pm

\* Seabird Dental is accepting new STATUS PATIENTS.

## Tuesday

### WALK-IN PAIN CLINICS

Every Tuesday afternoon from 1 - 5 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 Ashley Thompson)

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

Contact Ashley Thompson at 604-796-6932, or e-mail: [ashleythompson@seabirdisland.ca](mailto:ashleythompson@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](http://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

# Personal Hygiene

The first step to good grooming and good health.

Neglect of hygiene causes many problems. Some problems may not be your fault, but improving standards of hygiene will help reduce these conditions.

- **Bath daily and after sweaty sports or workouts**
- **Wash your hair at least once a week**
- **Wash your face daily** (reduces wrinkles and pimples)
- **Brush and floss your teeth daily**
- **Wash your hands frequently**
- **Clip your nails and keep them clean**
- **Wear clean pair of socks daily**
- **Wear clean pair of underwear daily**
- **Clean your private parts daily**

## POOR HYGIENE CAN RESULT IN:

Head Lice, Dandruff, Bad Breath, Ear Wax, Body Odor, Perspiration, Urinary Infection, Pinworms, or Athletes Foot



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