

**OUR COMMUNITY: Alexis Grace – Feed The Need**

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



~

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**this Yoo Hoo**

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Alexis Grace restructured the Seabird Island food bank. She replaced ‘belly fillers’ like Kraft Dinner and canned pork and beans, and replaced them with traditional foods – canned fruits and vegetables, fish caught locally, and wild game hunted by members.  
 — Image credit: JENNA HAUCK/ PROGRESS

by Katie Bartel - Chilliwack Progress  
<http://www.theprogress.com/community/271912781.html>

Alexis Grace wanted to be an actress. She wanted to sing and dance on Broadway and star in the movies. Instead, she became a cheerleader, champion, and advocate for Seabird Island. It’s a role she wouldn’t trade for anything.

Grace is the manager of Employment, Training and Social Development at Seabird Island. For four years, she’s been connecting at-risk youth and adults with employment and supports.

She refuses to use cookie-cutter solutions.

If her clients need a haircut, styling products, or new clothes, she gets them. If they need a ride, she drives. And if they go AWOL, she tracks them down.

“It’s about providing them what they need from start to finish,” she says.

“The youth know if they don’t show up for work, or if there’s something going on and I haven’t heard from them, I will be at their door.”

“I genuinely care about my clients. It’s more than clients, it’s more than community, they’re family.”

## Summer Program Summary



### Seabird Island Fitness, Recreation & Out of School Care Fitness Center

The Summer Program has experienced a wide variety of field trips, crafts, activities, visitors, etc during the month of July. July's field trips included Play Abby, The Fort, Bridal Falls Water-slides, Harrison Children's festival, Twisters gymnastics, Cottonwood theatre, the Great Escape, and weekly visits to the Ferny Coombe Pool. Every Friday consists of a bake sale and car wash fund-raiser to help raise money to bring close to 60 children to Playland August 15<sup>th</sup>. We've also had a visit from the Seabird Island Fire Department, where all children and staff got to spray the fire hoses and get wet! The Summer Program staff have been working hard to keep all children safe and happy.

**Our youth staff:** Amber Charlie, Trevor Schultz, Ryan Peters-Nordal & Dredan Naistus. All our youth staff have been a great help with preparing activities and snacks, while interacting with children during games, reading, and all our activities and during field trips.

**Our on-call youth staff:** Chris Pettis-Adair joined the Summer Program for one week while one of our staff members was off playing in NAIG in Regina. Since Chris has worked in the Summer Program in previous years, he fit right in and the children remembered him.

**Our Post-Secondary staff:** Malcolm Bobb-Wilson & Jean Douglas. Malcolm and Jean both jumped right into the

program and all the children enjoy the activities they do together.

**Our ECE staff:** Mallory McManus. Mallory has joined the Summer Program, coming from the pre-school and daycare. All the children enjoy Mallory as she is fantastic with everyone.

**Our senior staff:** Angie Chapman, Keena McNeil & Catherine Abbott. With years of experience in the Out of School Care Program and previous Summer Programs, our senior staff ensure all children and staff are safe each day while abiding by Licensing regulations.



### Be Cougar and Bear Aware!

See either of these  
wild animals?

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





## Chiefs Corner



Fishing season has been great; the only problem we have been dealing with is the fish guts being discarded in an inappropriate manner. Fish guts being dumped in the bushes and fields, is not good for our environment. The smell stays in the area for a long time and it is attracting wild animals. Our

people have ways of disposing the fish guts, traditions that have been passed down for many generations. We also have compost that can take care of it in a proper manner. Seabird would appreciate it if people took proper care of the lands we live on and have consideration of your neighbor's surroundings.

School is starting very soon! Teachers will be arriving prepping their classes, and setting up for the new school year. Seabird would like to let people know Seabird Schools are private; we are not a part of the outside public system. Chief and Council would like to welcome all the teachers back, the new ones a big welcome to Seabird Island Band.

The Sqéwqel Development Corporation will begin construction of the new Gas Bar at the end of the month; we have already had a ceremonial blessing of the land. **The ground breaking ceremony will take place September 5<sup>th</sup> at 1:00 pm.** We hope to see you there.

By Zorana Edwards

*"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 10<sup>th</sup> 2014**

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

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!**



+



= **Trouble**

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!**

## Healthy Life Choices

Thursday September 4th, 2014

6:30pm—7:30pm

Seabird Wellness Centre

Every Thursday night

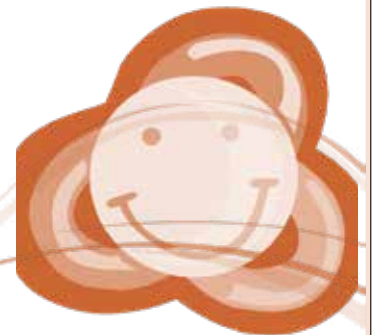
Make healthy lifestyle choices

Come and learn to talk about the choices you are making in your life.

This is a support group for those dealing with addictions of all kinds

- Are struggling with smoking marijuana, drinking alcohol, gambling (casino), shopping, eating unhealthy, internet/cell phone usage, and smoking?
- Come out and share your struggles with others and together we will learn to make positive choices for a healthier life.

Contact Lolly for more info  
604-491-8969



# Neighborhood Etiquette

## Follow These Tips to be a Better Neighbor

Regardless of the type of neighborhood you live in, there are still some basic etiquette rules you should follow to be a good neighbor. The ultimate goal is to live in peace and harmony, and even though that's not always possible, you can at least do whatever it takes to prevent hostilities and long-lasting hard feelings.

### Golden Rules:

Follow the Golden Rule to be a good neighbor. These are people you are likely to see everyday, or at least fairly often. You don't want to have to lower your head in shame after you know you've misbehaved.

- Observe and respect your neighbor's personal space.
- Try not to borrow anything, but if you must, return the item immediately after using it. If you break the item, pay to fix it or replace it.
- Don't be the neighborhood gossip. That's rude and will eventually come back to bite you.
- If you have an issue with a neighbor, go directly to that person and discuss it in an adult manner. Don't call the cops unless you are threatened.
- Not everyone is a dog or cat lover, so show responsibility for your pets. That includes keeping them off the neighbor's lawn and picking up after them. As well as making sure your animals stay in your yard (in the fence or on a line).
- Keep the smells down; remove your garbage often, don't burn garbage, clean up and dispose of your fish guts.
- If you and a neighbor have a misunderstanding, make an extra effort to make things right by shaking hands and at least being on friendly terms. You don't have to hang out. A simple wave as you pull into the driveway is sufficient.
- When mowing your lawn don't spray your clippings on the sidewalks or into the neighbor's yard. If you mow the first 2 rows facing into your yard, then turn the mower to face out, it will be easy to follow this rule.

### Noise

No one expects you to be quiet as a mouse, but you should also respect certain basic rules when it comes to making too much noise. A lot depends on where you live, what type of dwelling you occupy, and the habits of your neighbors. Noise acceptability on a street filled with young families is different from an apartment building occupied by single twenty-somethings.

### Noise etiquette rules:

- If you live in an apartment building, don't holler to someone at the other end of the hall.
- Mowing the lawn at 7:00 AM will not endear you to your neighbors. Wait until at least 9:00 AM.
- Don't honk your horn every time you pull into your driveway. Your family will find out you are home soon enough. We live a cell phone age, call them if you need to.
- Sitting outside on a warm summer night with your spouse or friend is wonderful, but it's rude to hold a long conversation on the back porch past 10:00 PM. Take it inside so your neighbor can sleep.
- Avoid all unnecessary noise from any source from 10:00 PM to 9:00 AM. This includes revving car engines, children riding scooters, voices, and whatever else may wake someone from a sound sleep.
- If you are going to have a party that you think will go past 10:00 pm, let your neighbors know. You don't need to invite them, just give them a heads up, then they can try to make plans around the noise (eg. perhaps the bible study should meet elsewhere, my neighbors having a party).

### Pre/Postnatal

**Date:** September 3<sup>rd</sup> 2014

**Time:** 11:00 - 1:00

**Place:** Millennium Hall

Seabird Health Staff will show case many Health services that our families have access to.

### Fitness Center

Hours for September 2<sup>nd</sup> – September 31<sup>st</sup>, 2014 are as indicated from 6:00pm -9:00 pm

### Band gym

The Seabird Island Band gym will be available for any teams or people wanting to practice sports from 6:30 -8:30 pm for the month of September .

## Elders Profile



**Jutta (Judy) Landrath**

**Where were you born?** Germany

\*Seabird Island is my chosen place of birth, for here I have been safe\*

**Age, if want to give:** 71

**What is your favorite memory as a child?**

Being born during the war and coming to Canada when I was 10, there are no favorite memories. What you see on T.V. of war and how it affects mothers and their children is horrible to live through. Fear is my prominent memory.

**What was Seabird like when you were a child?**

I came to Seabird 50 years ago and have seen many changes, all for the betterment of the people as a whole. There was no highway through Seabird and very few homes. The Band Office was in the old school, after being in Chief Harris home. The services available at the Band Office are a testament to how much and how far Seabird has advanced.

**Do you have one piece of advice, teaching or message you would like to share?**

We can't change the past, but we CAN appreciate what we have and who we are now....having learned from mistakes and holding no bitterness or un-forgiveness toward anyone, including oneself.

*Interviewed and written by Linda McNeil-Bobb*

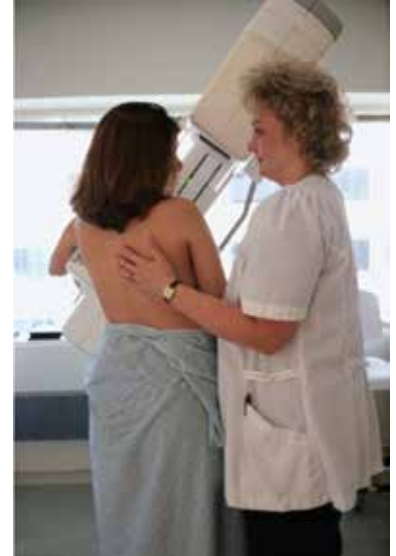
## Mammogram Screening

**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



## Hearing clinic

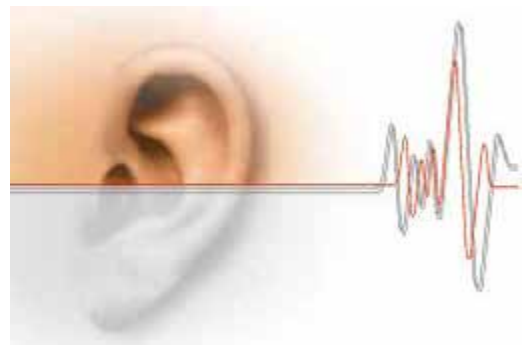
**Crystal Vision and Hearing**

**Date:** September 8, 2014

**Time:** 10:00 – 3:30

**Place:** Elders room

**If you're over the age of 19 and would like to have your Hearing tested or if you require repairs. Please contact Maggie - CHR at the Band office to book an appointment**





# NOTICE – Bed Bug Pandemic Hits BC and it is in Our Community

This ALERT article submitted by Housing.

## BED BUG PREVENTION – How to know you're infected

### **DON'T BRING BED BUGS INTO YOUR HOME!**

- 1) *Bed bugs can be brought home on second hand items (clothing, electronics, furniture, etc.).*
  - Wash and dry second hand clothes on a HOT setting. Put into a clean bag.
  - Heating items to 60°C will kill eggs, nymphs and adults.
  - Inspect items thoroughly for signs of bedbugs. If in doubt, keep it out!
- 2) *Bed bugs can be brought home on your clothing or belongings. If you go into an infested situation:*
  - Store your purse and backpack in a pest proof container such as a sealed plastic bag. Alternatively, store items where bed bugs are less likely to be (a tabletop rather than a bed).
  - Avoid sitting on upholstered furniture or beds.
  - When you get home, put clothes in a hot drier for 1 cycle to kill hitch-hiking bed bugs. Bed bugs can be brought in by visitors.
  - Ask visitors who come from an infested home to check their clothing for hitchhiking bed bugs and to store belongings in a sealed plastic bag or container.

### **DON'T SPREAD BED BUGS IF YOU HAVE THEM!**

- Discard infested items in sealed bags (moving companies often have mattress bags).
- Do not drag infested mattresses (furniture, etc.) through hallways.
- Mark discarded furniture “bed bug infested” or make it unusable.
- Don't give away or sell infested items.

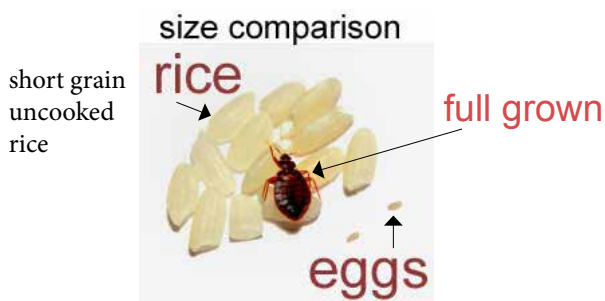
### **PROTECT YOUR BELONGINGS FROM GETTING INFESTED**

- Use bed bug proof mattress and box spring covers. (Bed bugs are unable to chew through anything, so store valuables in sealed containers.)
- When traveling, inspect your sleeping quarters

### **IDENTIFICATION**

Bed bugs are small brownish, flattened parasites (4 - 5 mm long) that feed on the blood of humans, birds, and other mammals.

- Bed bugs are flightless but can crawl quickly over floors, walls and ceilings.
- They can also hitch rides or move around on clothing, furniture, purses and luggage.
- **Females lay up to 5 eggs a day (200 - 500 in a lifetime).** The eggs are tiny, whitish and barely visible (size is approximately 1 mm) and tend to be found in cracks/crevices in dark areas.
- Bed bugs are very resilient. Nymphs can survive months without feeding and the adults for more than a year.



# NOTICE – Bed Bug Pandemic Hits BC and it is in Our Community

## SIGNS OF AN INFESTATION

Bed bugs generally hide in cracks and crevices during the day and come out to feed at night.

- Bed bugs do not have nests like ants or bees but tend to hide in clusters.
- Bed bugs prefer to hide close to where they feed and go back to the same hiding spot. They will crawl more than 100 feet to obtain a blood meal.
- Most infestations start around beds and spread throughout a room and home.
- Bed bugs usually bite people at night while they are sleeping.
- The bites can occur on any exposed skin and the symptoms vary with the individual.
- Some people develop an itchy welt or localized swelling, while others have little or no reaction.
- Blood stains (black/red), spots of fecal material on upholstered furniture, sheets, pillows, mattress and box springs are also signs of infestation
- Live or dead bed bugs and their cast skins. Live bed bugs confirm an active infestation.
- Unpleasant sweet musty odour may occur with a severe infestation.

During the early part of an infestation bed bugs are more likely to be found on box-springs, upholstered furniture, mattresses and headboards. If allowed to multiply, they establish themselves behind baseboards, window and door casings, pictures, moldings, and in furniture, loosened wallpaper, and cracks in plaster and partitions.

## CONTROL OF BED BUGS

Bed bugs are difficult to deal with and require the combined efforts of the tenant, property owner and qualified pest control technician. A combination of preparation prior to treatment, chemical treatment, pest proofing and monitoring is recommended to effectively control bed bugs.

### 1) Follow the preparation instructions that your landlord or pest control company provides you. They may include:

- Laundering clothes and linens on hot settings. Transport in sealed bags to prevent spread of insects. Store clean items in sealed bags until chemical treatment is completed.
- Vacuum thoroughly, especially along carpet edges. Dispose of vacuum bag in a sealed plastic bag. Remove from home immediately.
- Remove all belongings from furniture, tables, wardrobes, and closets to allow pest control technician to treat items. Store belongings as directed.
- Move furniture away from edges. Dismantle bed and other furniture.
- If heavy infestation some items such as fabric furniture may have to be discarded.
- Remove pictures, electrical outlet covers from walls.
- Eliminate clutter. The more clutter, the harder it is to get rid of bed bugs.

### 2) Treatment:

- Multiple dwellings must be serviced by a certified pest control technician.
- *Be prepared for more than one treatment.*

**\*\*\* Health Canada – Dry Heat Treatments start at \$1000 – cost to Tenant \*\*\***

## Life Cycle of the Bed Bug

*Cimex lectulaius*



**Egg**  
(1 mm long)



**First Stage Larva**  
(1.5 mm long)  
Takes blood meal then molts.



**Second Stage Larva**  
(2 mm long)  
Takes a blood meal then molts.



**Third Stage Larva**  
(2.5 mm long)  
Takes a blood meal then molts.



**Fourth Stage Larva**  
(3 mm long)  
Takes a blood meal then molts.



**Fifth Stage Larva**  
(4.5 mm long)  
Takes a blood meal then molts.



**Adult**  
(5.5 mm long)  
Takes repeated blood meals over several weeks.



**Adult Female**  
(6.5 mm long)  
Females lay up to 5 eggs per day, continuously.

### Bed Bugs:

- Live 1.5 years.
- Lay 5 eggs per day. 200 to 500 in a lifetime
- Live 10+ months without blood

# Housing

## Housing Wait-list SEPTEMBER 2014

### 1 Bedroom

1	12102013-2072
2	04012014-3108
3	04012014-2081
4	04222014-2083
5	07182014-2087
6	07242014-1001
7	08082014-1002
8	08082014-1003

### 2 Bedroom

1	11152013-2071
2	12162013-2070
3	01022014-2074
4	01062014-2076
5	01072014-2077
6	01092014-2078
7	01312014-2079
8	02192014-2080
9	03122014-2081B
10	04222014-2083
11	05052014-2084
12	05302014-2085
13	06042014-2086
14	07282014-2087
15	07292014-3090
16	08082014-1003

### 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
14	12312013-3099
15	12312013-3100
16	01022014-3101
17	01022014-2074
18	01032011-3103
19	01082014-2077
20	01162014-3104
21	01302014-3105
22	02212014-3106
23	02242014-3107
24	03142014-3108
25	05052014-2084
26	06042014-2086
27	07082014-3087
28	07142014-3088
29	07222014-3089
30	07292014-3090
31	08082014-1002
32	08152014-1003

### 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 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.



## Bed bugs:

**You are not to blame and have nothing to be ashamed of... however they do cause disease and need to be dealt with right away.**

- Keeping a clean house can help you get rid of them, but having a messy house does not cause them!
- It is not your landlords fault either. *They were not there before!*
- They can come in from anybody's clothes or from used furniture or clothing, animals.

### To save being blamed for spreading them:

- Respect your friends and family and let them know. They will respect you for it.
- Both you and them can still hang out. Just remember to take precautions. (listed on the previous pages).

***We all need to work together as a community to rid us all of this Bed Bug infestation.***



Happy Birthday to Cheryl Lynn P. and Bert P. Jr.(August Bday's) and a Happy Anniversary to my husband Bryon M. – 7 years Yahoo ☺ September 9th  
*Love Lisa M.*

Happy Birthday Cynthia E. *Love Z*

Happy Birthday Jim and Derek  
*love Sandy/Mom*



## How to Handle a Dog Attack - continued from the last Yoo Hoo

4) **Face the dog and command, "back away."** If the dog continues to behave aggressively, and ignoring or pacifying him is no longer working, face him and sternly command him to leave. Use a strong, deep, commanding voice. You should still avoid making eye contact. The dog may become discouraged or intimidated and leave.

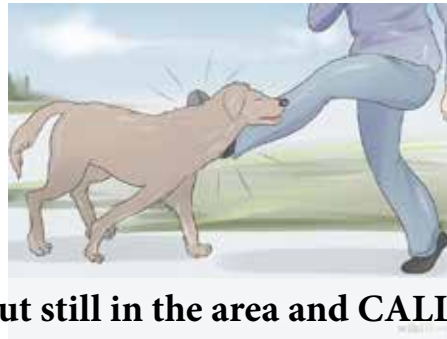
5) **If the dog lunges, fight. Dog attacks can be fatal.** If the dog starts biting you, you've got to defend yourself. Hit or kick the dog in the throat, nose, and the back of the head. This will stun the dog and give you time to get away.

It's OK to raise your voice at this point. Yell for help as you're fighting back. Hopefully others will hear and come to your aid.

If you have a stick or another weapon, you can (and should) use it to hit the dog. Don't hit him over the head, though; most dogs have very thick skulls, so this will only serve to make the dog angrier.

6) **Use your weight to your advantage.** Bring your entire body weight to bear on the animal, specifically pushing down with the hard points of your knees or elbows. Dogs are vicious biters but cannot wrestle, so try to get an advantageous position and break their bones fairly quickly. Get on top of the animal and concentrate force on areas such as the throat or ribs while minding to keep your face out of clawing/biting range.

If you are looking for a more humane solution and can manage it, straddle the back of the dog with your partial body weight and apply forward pressure to the back of the neck to immobilize the dog until help comes.



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

## Membership

The Membership office offers a wide variety of services. Below is a list of services provided and statistical information of the many services our Membership office offers:

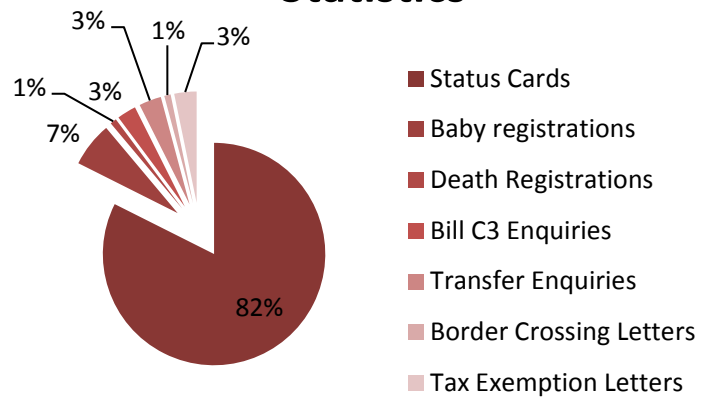
For Membership inquiries contact:  
membership@seabirdisland.ca  
or call: 604-798-6877

### Records and Information Management

The RM team has been busy with projects such as:

- Data collection and inventory of inactive records – completion date targeted end of August 2014.
- Defining an electronic records management structure
- Community Shred Service this past weekend was a small success. We look forward to offering this service again next year
- Enhancing customer relations

### Statistics





Seabird Employment Centre “Summer Youth Employment Training Group” learning about nutrition and how to can while supplying food for the Seabird food bank.

Interestingly, Grace didn’t grow up on the reserve. Her grandparents moved away in the 1960s. But when her mother, Karen Bobb-Reid, who had recently returned to Seabird, died of a brain aneurysm 11 years ago, a sudden passion for her community and her people was sparked.

Grace, who was 19 years old, had never before seen a funeral so large and impressive as her mother’s.

Bobb-Reid had been a prominent figure in criminal justice, working at Kwikwèxwelhp Healing Village, a minimum-security institution just outside of Chehalis.

The Seabird Island gymnasium was packed, and overflow had spread outside. It was a mix of family, band members and tough, hardened inmates “drumming and singing songs and crying inconsolably.”

“Just seeing what she was able to do in the community, and the community she worked in, I think, without even knowing it, inspired me,” Grace says.

“I now look at everything I do to honour my mother.”

Grace was hired at Seabird Island six years ago for a low-paying, clerical position, a job the band was hesitant giving her because she was over-qualified.

Grace has a bachelor of fine arts and a masters of education.

“I wanted to continue the work that maybe my mother didn’t finish,” she says. “I wanted to connect with people, be involved in their lives, hear their stories.

“I was confident it would lead to something more.”

When Grace took over employment, training and social development, she instantly put her stamp on it.

She didn’t want it to be a place people were ashamed to go, but rather warm and welcoming. She rearranged the office, making it more inviting for people to relax and socialize. Every morning a plate of snacks and coffee is put out, and a nutritious lunch is served on the day social assistance is distributed.

Grace also revamped the food bank. She got rid of “belly fillers” like Kraft Dinner and canned pork and beans, and replaced them with traditional foods – canned fruits and vegetables, fish caught locally, and wild game hunted by members.

It’s all about hunting, gathering and preserving their own, local foods.

“It’s about reducing poverty,” she says.

“Hunger is a fundamental issue in First Nations communities. In trying to reduce the cycle of dependency and poverty, I think food is probably a really good place to start.”

Next year, Grace will be adding a community garden to the program.

The 31-year-old, now pregnant with her second child, and working through her second term on council, has lofty goals for Seabird Island, but goals she is sure can be achieved.

“I want to see Seabird more independent,” she says. “And I want to see everyone, regardless of last name, social standing, number of children, wherever they may be in their lives, feel how they deserve to feel in the community.”

Reference:

<http://www.theprogress.com/community/271912781.html>  
kbartel@theprogress.com



Pre/Post Group &

# Prenatal Circle

## SEPTEMBER 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 Labour Day!	2	3 Pre/Post Mill Hall SIB 11-1pm	4 Pre/Post Skwah 11-1pm	5	6
7	8	9	10	11	12 Prenatal Circle 1-3pm Elder's Room	13
14	15 Pre/Post Chawathil 11-1pm	16	17	18 Pre/Post Squiala 11-1pm	19	20
21	22	23	24	25	26 Prenatal Circle 1-3pm Elder's Room	27
28	29	30				

## Diabetic Session



### September Hike & Picnic

Thursday, September 25, 2014

The bus will leave the Band Office at 10:00 am and return at 2:00 pm

Wear good walking shoes and comfortable clothing

Call Val for more information: 604-796-6829

## Recipe Corner

### Lunch Box Idea! Easy Snack Wraps

#### Ingredients:

10 inch flour tortilla  
Cream Cheese (optional)  
Lettuce  
Sliced delli turkey  
Shredded carrots  
Diced tomato

#### Directions:

Spread cream cheese evenly over the tortillas. Top the cream cheese with lettuce leaves. Arrange the turkey slices in even layers on top of the lettuce. Sprinkle the carrots and tomato over the turkey slices. Roll the tortillas into wraps. Cut the wraps diagonally into bite-sized pieces. Secure with toothpicks.





Don't let your kids suffer from the possible public school strike.  
**Enroll with Seabird School.**  
We start our year on time.

**Seabird School is now taking registration for K-12 for the 2014-15 school year.**

**The first day of school is September 2, 2014.**  
*The Teacher Labour Dispute does not apply to private schools like Seabird School.*

**In order for students to be funded for the school year, they MUST be registered in September and attending school regularly.**

**REGISTER EARLY**  
to guarantee a seat.

**Space is limited**  
for grades K-7.

## Public School - Strike Payout Rules Children Under 13

**For parents who have children registered in the Public School System they can log onto: [bcparentinfo.ca](http://bcparentinfo.ca) for more information regarding how to claim for parental support if the labour dispute extends into September.**  
(here is the information available on there currently.)

### PARENT SUPPORT

The Ministry of Finance recently announced the Temporary Education Support for Parents to help with learning and supervision in the event the labour disruption goes into September. More details on how parents can apply will be made available in the coming weeks.

#### Who is eligible?

The Temporary Education Support for Parents is a one-time payment available to the primary caregiver, usually the parent, of eligible children under 13 attending B.C. public schools.

#### How do I register?

The primary caregiver may register for the payment by completing a simple online form, starting in September. A paper registration form will be available for those who are not able to access the on-line registration.

#### How much will I receive?

The primary caregiver may receive \$40 per eligible child for each day the child is not in school as a result of the labour disruption.

#### When will I receive my payment?

**Most payments will be processed within 30 days AFTER the month in which the labour disruption ends.** Payments for students attending kindergarten, and for students who are new to B.C. public schools, will also be made after the labour disruption ends once enrollment for the current school year can be confirmed.

#### When is the deadline to register?

Eligible primary caregivers will have four months from the end of the month in which the disruption is settled to register for assistance. No new registrations will be accepted after this date.

Further details on temporary education support for parents will be made available in September.

#### For more information, please contact:

Vancouver: 604-660-2421  
Victoria: 250-387-6121  
Elsewhere in B.C.: 1-800-663-7867  
Outside B.C.: 604-660-2421

#### Telephone Device for the Deaf (TDD)

Vancouver: 604-775-0303  
Elsewhere in B.C.: 1-800-661-8773

### \*\*\* What does this mean? \*\*\*

- You **CAN NOT** keep your kids home, collect this money and then put them in a private school!  
– The government **WILL NOT** pay out to people who try to do this!
- You will not get paid until **after the strike** is over and it is confirmed that your child is attending a public school.
- Seabird will only receive funding for those registered in September. Seabird will not receive funding for those students registered for public school. Seabird may not be able to accept transfers back to Seabird School after the labour dispute due to this lack of funding. If you commit to the public school system, you will be there ALL year!

## Seabird School

FEATURED ON APTN



### Warrior Games

#### Episode 5: Seabird Island (Earth-ball)

Host Steve Sxwithul'twx takes on some unusual challenges when he visits Seabird Island in British Columbia. The games that are integrated into the school programs are ones that have been played for hundreds of years. Knobbies (a kind of bolo game) traditionally could only be played by women. But this time, an exception is made for Steve.

**Begins in September!**

<http://aptn.ca/warriorgames/episode-guide/>

## Spaces Available

### Young Parents Program (High School Child Care)

Spaces Available in the **Young Parents Program** (High School Child Care). Priority is for Seabird High School students, with children between the ages of birth to 3 years. If you attend an Adult Education Program or Seabird College there may be spaces available.

Young Parents Program starts on  
Tuesday September 2, 2014.

We look forward to meeting new families.

Daily activities include "all" the children. We create a warm/welcome environment, along with fun creative learning activities and play for the children, each day.

For registration please contact  
Carlene Brown,  
604-796-3463,  
for Registration or if you have any questions.

## New Seabird Band Office Staff



Hello there my name is  
Myra Seymour,

I have been hired on as the Events Assistant with the Seabird Island Band. I am honored to have this great employment opportunity. I have always enjoyed helping our community in many different areas. I have made some healthy changes in the last year. June 2014 I completed the Professional Cook Level 1 through the Seabird College I would like to apply skills learned towards community catering / canning for the community food bank. My main focus right now is doing the very best I can as the Events Assistant. I look forward to working with the community members of the Seabird Island Band.



I am the new Dentist at Seabird,  
My name is Marwa Salman

I am a BC resident and a graduate of the University of Manitoba Dental school a few years back. I love being a dentist and I love hearing people tell me after their visit that they had a really comfortable experience. I have been here in Seabird for a couple of months and am always excited to walk into the clinic because I know that there is a great team here providing the best of care and I feel honored to be part of that. So if you are in any way anxious just let me know and I will do my best to make you smile. Besides work I enjoy spend time with my 3 little children aged 5, 4 and 8 months old. I love to camp and cook so please let me know your favorite recipe and I will give it a try.

I look forward to meeting you and your family here at Seabird Dental and making you hopefully look forward to seeing the dentist.

# 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'eméylem
- 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 / Pipe-fitter

Registration Deadline:  
August 15<sup>th</sup>, 2014 Has Passed,  
however there still may be openings

## Contact:

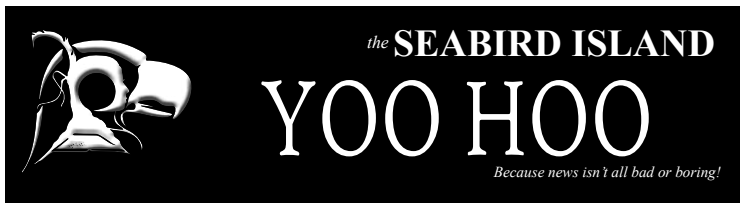
Toll Free: 1-800-788-0322

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



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



# 5 Tips for Preventing Head Lice

**Good Shaing** = snacks, pens, books

**Bad Sharing** = brushes, combs, brets, pony tails, hats, pillows

The news of a head lice outbreak at school is one of the most common, albeit most upsetting, aspects of raising children. Some schools seem to have an outbreak every year, and transmission is common among kids who come into close contact with one another through play and socialization. While there's little you can do to limit kids' exposure to head lice, there are a few things you can do to reduce their chances of bringing an infestation home.

## 1. Talk About Appropriate Versus Inappropriate Sharing

– Start talking about times when your children shouldn't share. This is one of your most effective lines of defense when an outbreak of head lice is ravaging the population of your child's school. **Talk before** messages come home about cases of head lice to minimize her chance of bringing these little blood suckers home.

**2. Check Kids' Hair Regularly** – You should regularly check your kids' hair for lice, even if there have been no reported outbreaks of lice in their school. It's especially wise to do so after sleepovers and overnight play dates. Also wash everything they took, as soon as they get home. This reduces the chances of your kids' bedclothes and the rest of the house becoming invested by any nits or lice they may have picked up at aslumber party.

**3. Buy Hair Products That Do Double-Duty** – There are shampoos, conditioners and detangling products on the market designed to prevent or lessen the likelihood of a head lice infestation, and many are made from all natural substances. Look for these products when your kids start attending school, and make the switch a permanent.



**4. Maintain an Open Line of Communication With Teachers and School Administrators** – Your child may have a letter sent home from school detailing a recent reported case of head lice or an ongoing outbreak, but that letter may also never make it to your hands.

**5. Help Older Kids Understand How Lice Spread** – Small children may become terrified at the idea of tiny bugs living on their head, and may not yet be able to grasp just where they come from or how kids spread them to one another. Older kids, however, can understand that head-to-head contact, sharing hats and hair products and other behavior of this kind can help one person transmit head lice to another.

## Infections

While it is relatively infrequent, kids scratching their heads can get secondary infections. These can range from fairly mild to pretty severe. You certainly don't want to put your child at risk of even more discomfort and the need for further treatments.

Cleaning regularly does help reduce the chances of getting lice and help get rid of them, however...

**Head lice has nothing to do with being "dirty", they are an infestation!**

## 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.

## Community Kitchen

September 11

10:30 am



### **PLEASE BRING YOUR OWN JARS**

*We will provide the fruit or vegetables  
that we will be canning*

Contact Val for more information:

604-796-6829

valthomson@seabirdisland.ca

# Gain respect by never being late!

The great football coach Vince Lombardi said it best.

*“If you’re early, you’re on time. If you’re on time, you’re late. If you’re late...don’t bother showing up”.*

– Being late is a pet peeve of mine! So much so, when I was late to an appointment one day, driving in my son laughed, then turned to me and said... *“Mom, we’re late, how does that make you feel?”*

I say something similar to this quote too my boys all the time except I usually say...

*“If you’re not early, you’re late. If your not on time, you’re fired!”* Sandy Bobb.

We’re all late once in a while due to an unforeseen crisis like a family illness or vehicle issues, etc. However, for some people being late is a daily pattern.

Being late isn’t just an inconvenience or annoyance to others; it can actually damage both your personal and work relationships. You end up with a reputation that you can’t be trusted or relied on, and many see lateness as being very disrespectful. A quick calculation shows that if an employee is late 10 minutes each day, by the end of the year they’ve taken the equivalent of a week’s paid vacation. That doesn’t sit well with many employers.

Studies show it’s no barrel of laughs for those dealing with chronic lateness. They deal with underlying anxiety issues due to the constant rushing and explaining, along with the feeling of a lack of control in their life. Ultimately this can hurt a person’s career prospects.

**So now that we’ve covered why punctuality matters, how do we learn it?** Parents need to teach their children early on about punctuality, what it means and the reasons we need to be on time.

Learning to be organized establishes good habits that last a lifetime. Teaching our kids to be “early” instead of “on time” gives them time to catch their breath but also allows for those unforeseen time-stealer’s. Along with the other character traits we teach kids such as keep your word, mind your manners, don’t bully, don’t run with scissors, we must also teach our children that being punctual matters.

**We’ve all been given the same amount of time:  
24 hours a day, 7 days a week  
and how we choose to use those hours  
impact those around us.**

Being prompt shows respect for the busyness of others and gets meetings off to the right start.  
There is nothing worse than walking in and apologizing.

I value my time immensely and want to show respect for other’s time as well.

**Respect is the only possession that we have and will never get back once it’s gone.**

Don’t waste yours or someone else’s, be where you said you’d be when you said you’d be there.

**Establish daily routines which lead to effective time-management for both kids and adults.**

**1. Plan ahead and be prepared the night before:**

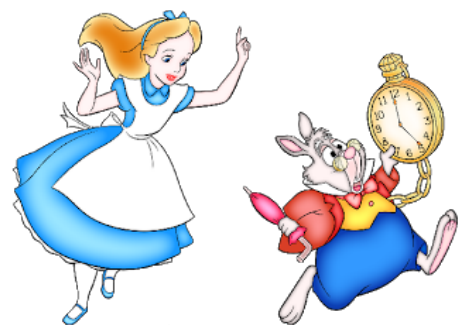
- Everybody put their clothes out before bed,
- Do homework at a set time every day,
- Everybody pack their backpacks, bags, purses,... in a designated spot - preferably before bed.
- Pack your lunch the night before.

**2. Keep your essentials near the door** (keys, cell phone, wallet, purse, backpack). The key is, when you get home, leave them there.

**3. Anticipate delays.** Leave early enough to plan for delays.  
- If you are depending on another person - have a plan B!

**4. Commit yourself to being 15 minutes early for everything.** If you have to be to work at 8:00, don’t even tell yourself you can walk in the door right on the dot. Instead, say to yourself, “I have to be at work at 7:45.” If you do this, you will be on time even with little unforeseen interruptions. You will be on time even if you encounter a traffic jam or a chatty Kathy. And on those rare times that you actually show up 15 minutes early; you will get kudos for being an enthusiastic person/ student/employee.

Reference: <http://workfamilyfoundation.org/family-issues/if-youre-early-youre-on-time/>



# 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

## OCTOBER MEAT PACK ORDERS

Please place your order with Andrea. Orders must be received by the September 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 spring/summer. If you are interested please leave your name and number with Andrea.

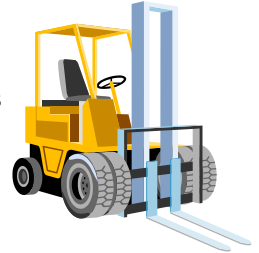
## INCOME ASSISTANCE

- 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 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

- \* October 2014 cheque issue is ***Thurs. September 25th 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 ½ page (8x5 or 10x4)	\$37.50	\$65.00
Full color ¼ 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 ½ page (8x5 or 10x4)	\$15.00	\$25.00
Greyscale ¼ 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**

*"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."*  
Sophia Loren

*"The best way to predict your future is to create it."*  
- Abraham Lincoln

**Temkw'olexw / September**

**Birthstone:** Sapphire  
(Sapphires are available in every color but red)

**Color:** Deep Blue

**Virgo:** August 23<sup>rd</sup> - September 22<sup>nd</sup>

**Flower:** Aster

**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. Wed. Sept. 10<sup>th</sup> 2014

**Draw Date:** Thurs Sept. 11<sup>th</sup>, 2014

**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.*

- Desk, table – LETÁM
- Chair, bench – CH'ÁLETSTEL
- Dictionary – TÓLTÍ:LQEL
- English Language – XWELÍTEMQEL
- Pencil, pen, or crayon – XÉLTEL
- Paper – PÍPÉ
- Personal name – SKWÍ:X
- Eraser – SHXWE'ÍQW'ELS
- Glue – SHXWT'ELÉMELS
- Scissors – SHXWTH'ÁMQELS
- A marker – XÁTH'TEL
- Board – LOPLÓS
- Boxed lunch – SÁWEL
- To teach – ÍWEST
- Walk single file – CHELÓQTEL
- To count – KWXÁ:M
- Okay, correct – IYÓ:LEM
- Yes – A'Á
- No - ÉWE
- To sit, sit up, sit down - EMÉT

W	P	X	S	I	S	T	E	M	:	Á	E	L	X	Á
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# 'Round The Rez

## Community Events, Workshops & Outings

### OPTOMETRIST CLINIC

At this time we are not sure when the next clinic with Dr. Ahmed 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 7pm -9pm  
, not Thursdays

### DENTAL CENTER

#### Seabird Dental NEW HOURS

**Effective: October 6<sup>th</sup>, 2014**  
Mondays: 8am – 5:30pm  
Tuesdays & Wednesdays: 9am – 5:30pm  
Thursdays: 8am – 5:30pm  
Fridays: Closed

\* 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 am -3 pm 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 604-796-6838.

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 604-796-6893.

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

### FIELD LIGHT BOOKINGS:

Call **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

# Youth Health

Your Health Today Effects Your Health In The Future



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

*You are never alone!*

**It takes a community to raise a child!**



Created by Seabird Health  
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