

Sqéwqel Gas Bar Grand Opening



Photo by, Kristy Johnson

On May 8th, Sqéwqel Development Corporation and the Seabird Island Band celebrated the grand opening of the Sqéwqel Gas Bar. Sqéwqel Development Corporation, Band staff, officials, and dignitaries, along with dozens of interested guests came out to see the new Gas Bar which features an Esso gas station, convenience store, as well as Mr. Sub and Country Style franchises.

Located just behind the old Gas Bar at 3971 Chowat Road, the new facility took just under a year to build with the groundbreaking ceremony having taken place in September. The new Gas Bar was completed around its budget of \$2,050,000.00 and has already employed 20-25 individuals.

*Written by Sandra Bobb
Story Continued on Page 4.*

Mosquitoes!

**Ready or not,
here they come!**

Check around your yard
for hatching areas.
Dump any standing water!

Call John if you have
a pond or any swampy areas
around your yard!

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Thank you for your Paid Submission

Seabird Pharmacy

**Our Dedicated
And Expert
Pharmacy Team Is
Coming To You
To Take Better Care Of
Your Health
604-491-4477**

We offer:

- ▶ The Convenience
- ▶ Expert, Friendly & Quick Service
- ▶ Homeopathic, Natural & Herbal Products
- ▶ Custom Compounding
- ▶ Medication Counseling with a Pharmacist

**THE QUALITY YOU DESERVE
AND
THE CONVENIENCE YOU NEED**





ATTENTION!

Please read the insert

“Notice to all community members” regarding the additional security on Seabird lately.

Mosquito Control

Adult mosquitoes lay eggs in stagnant or slow moving water, or on moist soil or leaf litter in areas likely to collect water. By eliminating these water sources, you can keep new generations of mosquitoes from taking up residence in your yard.

1. Drill holes in the bottom, of any garbage or recycling containers stored outdoors.
2. Keep gutters clean and unclogged. Be sure your downspouts drain properly, without leaving puddles in the drainage area.
3. Keep swimming pools cleaned and chlorinated, even when not in use.
4. Walk your property after a rain, and look for areas in the landscape that are not draining well. If you find puddles that remain for four or more days, regrade the area.
5. Dump anything that holds water twice per week if it has rained. Fish totes, Birdbaths, non-chlorinated wading pools, footbaths, garbage can lids, and pottery will all attract breeding mosquitoes. Remember to empty the saucers under your flower pots, and don't leave water in pet bowls for more than two days.
6. Keep your property clean of items that can hold water, including discarded aluminum cans and tires.

Reference: <http://insects.about.com/od/insectpests/a/mosquitocontrol.htm>

TRIBAL TRADERS

ARTS AND CRAFTS FROM AROUND THE WORLD

CARVINGS EMBROIDERY ON CLOTHING PURSES JEWELLERY FIRST NATION ART

NOW OPEN AT CHILLIWACK MALL
#3 45610 Luckakuck Way
Chilliwack BC

Hours of Operation

Monday - Wednesday 8:30 a.m. - 5:30 p.m.	Saturday 9:30 a.m. - 5:30 p.m.
Thursday - Friday 9:30 a.m. - 9:00 p.m.	Sunday 12:00 p.m. - 5:00 p.m.

Thank you for your Paid Submission above

You are invited to visit the
**Seabird Island
46th Annual Festival
May 30th - 31st 2015**

**“Drug and Alcohol Free Event”
OPEN TO THE PUBLIC**

COME OUT TO ENJOY THE SIGHTS, SOUNDS, SMELLS AND FLAVORS AT SEABIRD ISLAND FESTIVAL

While visiting enjoy learning about First Nations Culture and enjoy watching Sports Tournaments:
Traditional Foods,
Traditional Salmon Barbecue,
Arts and Craft Vendor's,
Cultural Drummers and Dancers,
Traditional War Canoe Races,
Ball Hockey, Youth Soccer, Adult Soccer.

Location: Seabird Island, Agassiz BC only a few minutes drive out of Agassiz and the Harrison Hot-springs Resort town.

Festival Hours
Games start at 8:00am
May 30th and 31st only

For more information check out our website:
<http://www.seabirdisland.ca/page/seabird-island-festival>

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

Chiefs Corner



Photo by, Sandy Bobb

Chief and Council had a meeting last month May 9th. “It was an orientation and portfolio basic meeting, Council members learning their roles”, said newly re-elected Chief Clem Seymour.

There are many things happening for the festival, and everyone is working hard for everything to come together. This will be our 46th Annual Festival. It is a great way for our community to come together and support our younger generation with fun activities. It is a considerable event that brings our people together.

Fishing season has started, however we have only had a few openings. Many people haven't been caught much.

The grand opening for the new gas station was a success; we had many people come out to witness this event. Mr. Sub had trays of samples they handed out during the event.

You may have seen the workers along Chowat Road and on the Seabird Island Road laying down some pipes. They are going to be putting in some wire to hopefully improve the wifi throughout our community. Please slow down and be careful around the work sites.

Seabird Island Band Housing Waitlist - June 2015

1 Bedroom

1	11132014-1012
2	11172014-1013A
3	01072015-1013
4	02252015-1014
5	07142014-3088
6	04012015-1015
7	04102015-1016
8	04202015-1017

2 Bedroom

1	01062014-2076
2	01092014-2078
3	05302014-2085
4	07292014-3090
5	10032014-1010
6	07082014-3087
7	10082014-1007
8	11172014-1013A
9	01072015-1008
10	01072015-1013
11	08272014-1007
12	02042015-2086
13	02102015-1014
14	02252015-1014
15	07142014-3088
16	03122015-3089
17	04012015-1015
18	04102015-1016
19	04202015-1017

3 Bedroom

1	01032012-3057
2	12192012-3076
3	01022013-3079
4	02062013-3082
5	02082013-3083
6	02082013-3084
7	03192013-3088
8	12102013-2069B
9	12312013-3099
10	01022014-2074
11	01032014-3103
12	06042014-2086
13	07082014-3087
14	07142014-3088
15	07292014-3090
16	09302014-1005
17	12092014-1014
18	12242014-1015
19	12312014-1016
20	01092014-2078
21	11172014-1013A
22	01062015-1017
23	01072015-1008
24	01122015-1009
25	01142015-1010
26	01142015-1011
27	01142015-1012
28	01222015-1013
29	02042015-3091
30	02252015-1014
31	03022015-3092
32	03122015-3093
33	03122015-3094
34	04012015-1015
35	04102015-1016
36	04202015-1017
37	04282015-3095

Don't know your number?

Contact Samantha to see where you sit on the waitlist!

Note:

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

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

Housing Tips!

Clean the lint from the dryer's filter after every load. Lint-clogged filters increase clothes drying times and energy use and can be a serious fire hazard. CMHC's free fact sheet, Energy and Water Saving Tips, contains more information on how you can use your clothes washer and dryer efficiently.



Photo by, Sandy Bobb

You can download it by going to www.cmhc.ca/tips

Chief Clem Seymour thanked the crowd and dignitaries for attending the historic event. Drummers and singers opened the ceremony with a traditional welcome song.

“Thank you to Chief and Council for being very good advocates for the Development Corporation,” said Brian Titus, CEO of the Sqéwqel Development Corporation. The Development Corporation was created by the Seabird Island Band to separate business from the non-profit and government work the Band does. Brian also gave thanks to the Development Corporation’s Board of Directors for their hard work, and the management team of Sqéwqel Gas Bar, Rose Charles and Rene Kelly, for preparing the store for the grand opening.

“It really turned out great, even better than expected,” said Paul Andrew, President of the Development Corporation’s Board of Directors. “It means so much to us to have a place where our families can have employment, it makes us so proud”. He also thanked the Cultural Committee for their work to make the traditional ceremony happen.

Brian Titus honoured several individuals for their part in the new Gas Bar: Chuck McNeil, Seabird Island Band’s Chief Administrative Officer; Donna St. Louis of *Taleáwtxw Aboriginal Capital Corporation*; Brian Winters of *Esso*; Travis Coker of *Petro Max*; and Mark Point.

As drummers and singers performed an

honour song, Chuck McNeil and Paul Andrew unveiled two ceremonial house posts by untying the cedar ribbon which bound their coverings in place. The act of untying the ribbon signified ribbon cutting and the opening of the new Gas Bar. The ceremonial house posts, which were placed on either side of the entrance doors at the new Gas Bar, were designed and carved by Mark Point.

Esso and *McDougal Energy* representative Brian Winters spoke about the incredible journey the project was. “I am so impressed with the facility that I have recommended this become a training ground for *Esso*, *Country Style* and *Mr. Sub*. Our number one objective is to provide quality services and so much more.” Donna St. Louis shared Brian’s congratulations on the Development Corporation’s hard work. “I remember when we started working on this project with Brian Jones in 2013. This will have a positive impact on the community.”

Brian Titus closed the ceremony with a final thank you and announced that the new Gas Bar would also be meeting status discounts granted at nearby *Squiala Gas Bar*. The announcement was met with a resounding cheer from the crowd. Status discounts will be automatically done at the pump after presenting a status card to employees inside the Gas Bar. *“No more calculating it in your head, at the pump, yay!”*

Written by Sandra Bobb



Photos by, Kristy Johnson

Bannock & Tea with Lands

*You are Invited to
Bannock & Tea
with the
Lands Department*



Please come out to share your ideas and ask questions about the Lands Department.

This is your time, so come and have a cup of tea with us.

Share some knowledge.

We look forward to seeing you at our next Monthly Bannock and Tea session:
June 2nd, 2015
from 10 a.m. – 3 p.m.
Location: Community Health Room

**COMMUNITY DOCUMENT SHREDDING
EVENT
HOSTED BY: BC RECORDS MANAGEMENT
SERVICES
and
SEABIRD ISLAND**

WHEN: Saturday, June 27th, 2015

WHERE: Seabird Island Parking Lot

TIME: 10:00am – 2:00pm

Seabird Island will be offering residents and surrounding communities the opportunity to safely and securely dispose of personal documents while at the same time supporting a local charity.

Seabird Island, in partnership with BCRMS, will set up a shredding station in the parking lot, located at 2895 Chowat Road, Agassiz, BC; where residents and community members can bring their unwanted personal documents for shredding. In return for this **FREE** service, everyone is asked to bring a food or cash donation in support of the Seabird Island Food Bank.

In keeping with Seabird Island sustainability principles, this is a simple and easy way for residents and community members to safely and securely destroy personal documents.

BCRMS is generously donating their time and equipment for this event.

For more information, please don't hesitate to contact:

Teresa Harper
Records Manager
Email: teresaharper@seabirdisland.ca
Phone: 604-796-6851 or 604-798-8470



**Fun Ways to Spend
Father's Day with Dad:**

- Play Golf or Mini Golf
- Camping
- Bowling
- Fishing
- Play catch with a ball
- Go for a bike ride
- Take a hike
- Barbeque
- Have a movie night

Anyone can be a father...

*...but it takes a
special someone
to be a daddy.*

♥xo♥xoxo♥xo♥

*Happy
Daddy's
Day*

GET TO KNOW YOUR DENTAL TEAM



Heather Greer – I am the Dental Supervisor for Seabird Dental Clinic where I have worked for 6 ½ years. I have been a Certified Dental Assistant since 1977. I worked as a chair-side assistant for 25 years before working in management.

I am a mother to one daughter and grandmother to 4 beautiful grandkids (twin girls and 2 boys). My hobbies include sewing, reading, cooking, and playing Candy Crush.

DENTAL TIP OF THE MONTH:

Bacteria can live in your mouth in the form of plaque, causing cavities and gingivitis.. You must practice daily good oral hygiene (brushing and flossing) to keep your mouth clean.

Written by Heather Greer

Seabird Fire Crews respond to natural gas leak on Chowat Rd.

On Thursday April 30 at approximately 3:50 in the afternoon the Seabird Island Fire Department responded to a report of a natural gas leak in the 3000 block of Chowat Rd. Fire crews responded with 2 trucks and were on scene within minutes. When the Fire crews arrived, it was found that a construction crew had hit the natural gas main service line while digging holes to install the new fiber optics cable. "Fire crews established a safe perimeter around the affected area and shut off any potential sources of ignition," said Fire Chief Gerald Basten. "The area where the incident occurred was very open and didn't present any immediate risk to the homes in the area."

There was a slight wind from the south which also helped in diluting and dispersing the leaking gas. Gerald also stated that because the incident was fairly small in size and because the location of the incident was far enough away from any homes, evacuations were not required. Had the incident been in an area closer to populated buildings such as the band administration office, schools, or private homes, increased emergency measures such as "shelter in place", or even evacuations would have been considered. "Shelter in place is a very quick and effective way of staying safe during emergencies where the air quality is compromised," said the Fire Chief. Evacuations take a lot of people and time to complete, and are only done if absolutely necessary.

Emergency response crews from *Fortis BC* were called and were on scene within the hour to isolate the leak and repair the broken section of pipe. The incident was declared under control in just over an hour, and turned over to the Fortis crew to repair the line. *Fortis BC* Service Technicians went door to door on Chowat Rd to check and ensure that all gas appliances and pilot lights that may have gone out due to the line break were relit and the homes were clear of any gas fumes.

If emergency crews feel there is a danger due to gas pilot lights in an area, they themselves will turn off the gas supply at the meter, and restore service when it is safe to do so. The public will never be asked to enter a danger area, emergency crews will look after these tasks.

Written and submitted by Gerald Basten

SHELTER-IN-PLACE



It's what to do to be safe in the event of a hazardous material release into the air.



The basics of SHELTER-IN-PLACE

- 1 Go indoors immediately and stay there.
- 2 Close all windows and doors.
- 3 Turn off the furnace, air conditioners and exhaust systems.
- 4 Listen to your radio or TV for more information.

SHELTER-IN-PLACE

An accident may cause a hazardous material to enter the air. Unless the hazardous material is flammable, emergency response professionals recommend that you stay indoors until you receive instructions to leave. Once you are inside, there are several things you can do to help your building protect you.



THINGS TO DO TO SHELTER-IN-PLACE

- Go indoors and stay there.
- Close all outside doors and every door inside the building.
- Close all windows.
- Do not use kitchen vents or bathrooms vents.
- Set thermostats so air conditioners, furnaces and hot water heaters will not come on.
- Do not use fireplaces. Close all dampers.
- Do not operate the clothes dryer.
- Stay in an inside room away from windows and doors if possible.
- Reduce or avoid smoking as it contaminates the air.
- Do not leave the building until told to.
- Stay tuned to local television or radio for information.
- Do not use the telephone, leave the phone lines open for emergency personnel.

Our well weather-stripped buildings slow the movement of air into the buildings and any hazardous material that does enter is weakened when it mixes with the indoor air. It is imperative that you stay indoors, especially if you see a cloud, vapour, or smoke from the hazardous material outdoors or you can smell it indoors. You will be safer inside.

For more about this and other emergency preparedness actions, see the Provincial Emergency Program Web site www.pep.bc.ca.

Look what has happened at
SEABIRD ISLAND'S Parents and Tots Program in the month of May

The Parents and Tots program invited the children and families to play and have FUN.



HEAD START Parents and Tot's Program in Seabird

DAYS; Tuesdays and Thursdays

TIME; 10am to 1pm

PLACE; Mill Hall

Parents and Tots is CLOSED currently but will resume again June 2nd, 2015

FAMILY NIGHT

Family Night will take place the **third** Wednesday of every month from 445pm—7pm at the Mill Hall.

DAILY SCHEDULE

10am – Program opens

10am – Free play & Planned Art Activity

10:30am – Snack time

11am – Free play

11:40am – Circle time

12:15pm - Lunch time

1:00pm - Program closes

SEABIRD'S Parents and Tots Program celebrates their WINNERS from the Early Literacy Program "READ & WIN!"

Congratulations EAGER READERS!



Tyson & Miranda Beckstrom



Meeshka Alexander



Xadan Charlie



Lily Clark



Declan Bonshor

Seabird Community School

Congradulations to this years Seabird Island Community School Graduates.

Photos submitted by Debbie McGregor



CHEY-ANNE



DENISE



KITRINA



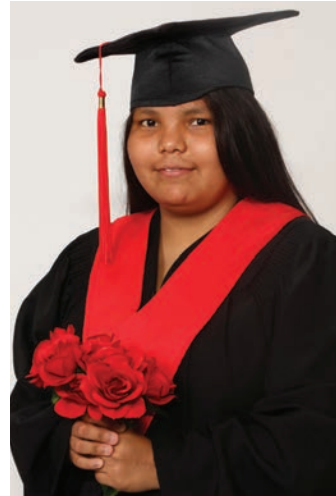
VIVIANNA

In the senior elective this term seniors at the High School have begun learning how to work with glass. They have learned to cut the glass, fit them with lead, make zinc borders, and solder it all together. “They have done a great job. Now they

are working with coloured glass to create stained glass projects,” says teacher Shawn Boyes. Mr. Boyes expects that the seniors will be finished the first of their glass projects soon.

Article and photos submitted by
Shawn Boyes

Correction in spelling from last months article:
Listed as **Darryl Peters III** his correct name is
Darryl Peters-Splockton III.



Seabird Community School



“We have a little less than 1 month of academic learning time left and we are making sure all assignments are completed and handed in as well as getting ready to write our provincial exams,” says teacher Linda Brawn. “These next weeks’ we need to maintain our focus, apply ourselves and complete all assignments.”

This month Mrs. Brawn’s English Mastery classes will continue reading stories as well as reviewing punctuation rules, verb

tenses, metaphors, similes, deductions, writing main ideas as well as writing an accordion paragraph. “When writing the accordion paragraph we have to remember to ‘stretch don’t stack,’” says Mrs. Brawn. Every accordion paragraph has a topic sentence and a conclusion, these 2 sentences say the same things but only in a different way. After the topic sentence they have a RDF (reason/detail/fact) then the students have an ‘E’s (explain). There may be multiple ‘E’s. Following that students may have another RDF followed with more ‘E’s. After the final ‘E’ students write the conclusion statement. Each of these parts of the paragraph are assigned colours when students first learn them. The English class spent time highlighting: topics and conclusions green, RDF’s yellow, and E’s red. Mrs. Brawn has a tip for parents who are helping their children with English Mastery homework, “If you’re helping your child(ren) at home with this and they say they need more ‘meat’ in their paragraphs those are the E’s”. Earlier this year English Mastery students wrote a lot of accordion paragraphs.

Most students will have homework for this class and Mrs. Brawn encourages parents to contact her if their child is coming home without homework. “If your child(ren) is coming home without homework, and his/her grades are low, please call me at the school 604-796-3061 and we will tell you what assignments are not completed etc. I have met with many parents this past year and I always am available for more meetings after school.”

“According to Ms. White if you are a hockey fan, you will know what I mean when I say that we are in the 3rd period of the Stanley Cup Playoffs with 4 minutes left in the game. THERE ARE 4 WEEKS LEFT IN THIS SCHOOL YEAR AND PROVINCIAL EXAMS BEGIN IN 5 WEEKS! This is a critical time for all students to attend school, to focus during class, to complete homework assignments, to keep up with all assignments and to study hard. You can do it; it’s worth it and your hard work will pay off!”

Article Submitted by Linda Brawn
Photo submitted by the school

STÓ:LŌ ETHNOHISTORY LEGACY SCHOLARSHIP

The University of Victoria is pleased to announce a new scholarship of \$5,000 for members of any Stó:lō First Nation attending the University of Victoria.

One scholarship of \$5,000 per year will awarded to a registered member of any Stó:lō First Nation (i.e. any First Nation located along the Fraser River and its tributaries between Langley and Yale) enrolled in a certificate, diploma, or a degree program (undergraduate or graduate) at the University of Victoria.

Applicants must submit a short statement of the educational goals they wish to achieve with this scholarship, a high school transcript and/or other relevant educational transcripts, proof of band membership, and two letters of reference.

The Scholarship is an ongoing commitment of the University of Victoria which emerges from the longstanding partnership between the Stó:lō communities and the Ethnohistory Field School jointly run by UVic and the University of Saskatchewan with the support of the Stó:lō Research and Resource Management Centre.

Applications should be submitted to the Department of History, University of Victoria, PO Box 3045, Victoria BC, V8W 3P4, att: Dr. John Lutz, by June 30th or they can be scanned as a pdf and emailed to jlutz@uvic.ca.



**University
of Victoria**

(S) Sxexlhath	(M) Yilawelhat	(T) Sthemelth	(W) Slhath
	<p>1</p> <p>Band Office Closed</p>	<p>2</p> <ul style="list-style-type: none"> • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Head Start 10 a.m. - 1 p.m. Mill Hall • Lands Bannock and Tea 10 - 3 p.m. Health Boardroom 	<p>3</p> <ul style="list-style-type: none"> • Pre/Post SIB Mill Hall • Youth Workshop We • Meals on Wheels 5-6
<p>7</p> <ul style="list-style-type: none"> • NIFA Camp 10 a.m.- 4 p.m. 	<p>8</p> <ul style="list-style-type: none"> • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Pre/Post Chawathil 11 a.m. - 1 p.m. • Meals on Wheels 5-6 p.m. 	<p>9</p> <ul style="list-style-type: none"> • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Head Start 10 a.m. - 1 p.m. Mill Hall • Youth & Elders Potluck Dinner 4-7 p.m. @ Band Office • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p>10</p> <ul style="list-style-type: none"> • Yoo Hoo Word search Enter to win a prize! • Preschool Graduation • Youth Workshop We • Meals on Wheels 5-6
<p>14</p>	<p>15</p> <ul style="list-style-type: none"> • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Meals on Wheels 5-6 p.m. 	<p>16 • Flyer Delivery 8 a.m. - 1 p.m.</p> <ul style="list-style-type: none"> • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Head Start 10 a.m. - 1 p.m. Mill Hall • Youth Council Meeting & Dinner 4-7 p.m. • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p>17</p> <ul style="list-style-type: none"> • Education Celebration 5 p.m. - 7 p.m. • Parents and Tot's Fam 4:45-7 p.m. • Youth Workshop We • Meals on Wheels 5-6
<p>21 Happy Fathers Day</p>  <p>Aboriginal Day</p> <ul style="list-style-type: none"> • Aboriginal Day Event 	<p>22</p> <p>Stat Holiday - Office Closed</p>	<p>23</p> <ul style="list-style-type: none"> • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Head Start 10 a.m. - 1 p.m. Mill Hall • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p>24</p> <ul style="list-style-type: none"> • Last Day Seabird Sch • College Graduation • Youth Workshop We • Meals on Wheels 5-6
<p>28</p>	<p>29</p> <ul style="list-style-type: none"> • Elders Outing • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Meals on Wheels 5-6 p.m. 	<p>30</p> <ul style="list-style-type: none"> • Yoo Hoo Newsletter Delivery 8 a.m. - 1 p.m. • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Head Start 10 a.m. - 1 p.m. Mill Hall • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p>EMPLOYMENT DEPARTMENT WORKSHEET</p> <p>PLEASE CALL 604-790-XXXX SEE US IN THE OFFICE ANY OF THESE V</p>

:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
<p>11 a.m. - 1 p.m. Wednesday 4-7 p.m. p.m.</p>	<p>4</p> <ul style="list-style-type: none"> • Head Start 10 a.m. - 1 p.m. Mill Hall • Pre/Post Skwah 11 a.m. - 1 p.m. • Youth Fitness Night 4-7 p.m. 	<p>5</p> <ul style="list-style-type: none"> • Last Day 3's Program • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Youth Drop-in & Dinner 4-9 p.m. 	<p>6</p> <ul style="list-style-type: none"> • NIFA Camp 10 a.m. - 4 p.m.
<p>h DUE ! n Wednesday 4-7 p.m. p.m.</p>	<p>11</p> <ul style="list-style-type: none"> • Elders Meeting • Head Start 10 a.m. - 1 p.m. Mill Hall • Youth Fitness Night 4-7 p.m. 	<p>12</p> <ul style="list-style-type: none"> • Chilliwack FC Registration Deadline • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Prenatal Circle Elders Room 1-3 p.m. • Youth Drop-in & Dinner 4-9 p.m. 	<p>13</p>
<p>n / Awards ily Night Wednesday 4-7 p.m. p.m.</p>	<p>18</p> <ul style="list-style-type: none"> • Head Start 10 a.m. - 1 p.m. Mill Hall • Youth Fitness Night 4-7 p.m. 	<p>19</p> <ul style="list-style-type: none"> • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Pro D Day • Youth Drop-in & Dinner 4-9 p.m. 	<p>20</p>
<p>ool Students Wednesday 4-7 p.m. p.m.</p>	<p>25</p> <ul style="list-style-type: none"> • SA DAY • Chief and Council Meeting • Head Start 10 a.m. - 1 p.m. Mill Hall • College Graduation • Youth Fitness Night 4-7 p.m. 	<p>26</p> <ul style="list-style-type: none"> • Last Day Seabird Teachers • Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center • Seabird Island High School Graduation • Prenatal Circle Elders Room 1-3 p.m. • Youth Drop-in & Dinner 4-9 p.m. 	<p>27</p> <ul style="list-style-type: none"> • Community Document Shredding Event 10 a.m. - 2 p.m. Seabird Band Office Parking Lot <p><i>Keep your confidential bills and information confidential by shredding the paper!</i></p>
<p>& TRAINING MENT HOPS 5-6865 OR COME E TO SIGN UP FOR WORKSHOPS</p>	<p>Pre/Post & Prenatal Circle</p> <p>Who can attend? *Expecting moms *Newborns up to 6 weeks *Partners, Support Person and siblings</p> <p>Open to families living on Reserve and transportation can be provided.</p> <p>Questions? Call 1-800-788-0322 or 604-796-2177</p>	<p>PLEASE NOTE: Safety is a priority! We need to keep staff safe so we can keep providing you with delivery services.</p> <p>On delivery days to the community, please ensure your pets are inside or chained-up away from the door in order to receive your deliveries.</p>	

Did you win at the Open House?

Photos by Kristy Johnson and Phaine Wegener



This year's Open House was held on April 28th and brought in 238 guests from neighboring bands; 31 from Agassiz, Hope, Chilliwack; and 221 local students. "It was great to see new people coming out to the event," said event coordinator Angie Chapman. Many of the tables were doing draws for prizes and dozens of guests won prizes.

Communications Draw - Camera Doreen McIntyre, Books Jutta Landrath, Lands Draw \$50.00 Walmart gift card - Sheila Silver, Information Management Draw - Jody Thomas \$50.00 Walmart gift card, Pharmacy Certificates - Justin Bobb, Laurie Thomas, Thomas Joseph, Lance Thompson, Mickey (daycare) - \$25 Walmart gift card, Dominick C - River float, Markus K - Slip/ slide, Allison Peters - step stool, Justin Bobb - Laundry Bag, Nicole A - tooth brush family pack, Thomas Joseph - turkey fryer, Helena M - picnic basket, daycare child -

food saver device, Sonia R - hose/ attachment. The Band thanks everyone that attended the event and all the staff that put up displays for their programs or services.

Article submitted by Angie Chapman



Mother's Day Event



65 ladies attend Mother's Day event

Seabird Island's Mother's & Daughters Glamour Night was a huge success with 65 ladies and younger ladies joining our Wellness team for some much needed fun, laughs, food, and pampering. Ladies received manicures, pedicures, hairstyling, and make-up application.



Genna Joseph of the Wellness team says there is interest in more programming for moms and daughters. "We have some interest in a Woman's Facebook page and a monthly potluck." If you are interested in joining please contact Genna at the Wellness Centre by calling 604 793-3363.

Article and photos submitted by Genna Joseph

Camp Teaches Seabird Children Archery Skills



Photos by Kristy Johnson

On April 11th through the 12th, the Seabird Island Band hosted the Provincial Archery Development Camp. 20 children from Seabird Island Band registered to take part in the event. “It was inspiring to see so many members willing to try out the sport or enable their skills even more,” said event coordinator Angie Chapman. Seabird Island’s goal is to continue to provide development camps for this sport in the future. The Recreation team have purchased some equipment and is willing to invest in more to run development camps in the community.

“It was such an awesome event and I am happy to be able to shoot my own bow here. I’m so excited to be here today,” said Band Member Madison Peters-Harris. Aiyana

McNeil shared Madison’s excitement, “I enjoyed today and am glad that I attended. Hopefully Seabird will continue to teach us more skills.”

Seabird Island Band plans to apply to host development camps and provincials in the community whenever an opportunity arises. Angie would like to thank volunteers and helpers for the weekend: Seabird Island Family Travel Club for meals; Diane Garner, Lara Mussell-Savage, Myra Seymour, and Chief Clem Seymour for the elder’s opening gathering; Linda McNeil-Bobb, Peter Andrew, Tyrone McNeil, and all of the coaches and trainers.

Article submitted by Angie Chapman



Have you been a victim of a crime?

If you are a victim of crime there are things you need to know. You need to know what information you are entitled to have about the offender, court dates, release dates, where the offender is serving their jail time, how to have your voice heard at the offenders’ parole hearings and much more.

For a brochure or more information, call Genna at 793-3363 or drop by the Wellness Center.

Article submitted by
Genna Joseph



Salmon Preservation Opportunity

Angie will be seeking out some Fishermen to help support the preservation of salmon for the many events coming up through the year.

Please call Angie at 604-796-6893



Photo by Sandy Bobb

Upcoming Events in Community

- June 10th Preschool Graduation
- June 21st Aboriginal Day Event
- June 24th & 25th College Graduation (tentative dates)
- June 26th Seabird Island High School Graduation

YOUTH PROGRAM UPDATE

The Youth Program is now on Facebook!! Like our page "Seabird Island Youth Program" for updates on events, outings, workshops, fundraising and more!

Currently, the program includes:

- **Workshops every Wednesday from 4pm – 7pm** at the youth trailer. These workshops include a variety of cultural teachings and life skills.
- **Thursday is Fitness Night from 4pm – 7pm** and we meet at the youth trailer for a healthy snack and then we get active together whether we play soccer in the field, go to the Fitness Centre, go for a hike or anything else that gets us moving!
- **Friday is Youth Drop-In at the youth trailer from 4pm – 9pm** where we cook a meal together, play games, watch movies, and lots more.
- There will be one **Youth & Elders Potluck Dinner** every month on a Tuesday as well as one **Youth Council Meeting** on a Tuesday.
- **The last Wednesday of the month is to be Parents & Youth Potluck Dinner from 4pm – 7pm** at the youth trailer to get to know the parents and get input and feedback from you all.

June's outing is still in the planning stages but updates will be posted on our Facebook page.

If you have questions or concerns or want a copy of our Calendar please contact Jonny @ 604-798-4832 or Karla @ 604-845-4958 or either of the Youth Workers via the Facebook page.

Submitted by Karla Joseph



Fraser Valley Aboriginal Children and Family Services Society

Head Office #1-7201 Vedder Road Chilliwack, BC V2R 4G5
Phone: 604-858-0113
Fax: 604-824-5326
Toll Free: 1-800-663-9393

Summer Camp Leader
Chilliwack - Term Employment - \$12.00 per hour

4 post-secondary students starting June 8, 2015
4 secondary students starting June 29, 2015

Xyolhemeylh - Fraser Valley Aboriginal Children and Family Services Society - is a fully delegated Aboriginal Agency providing culturally appropriate and holistic services through various programs to Aboriginal children and families residing on and off reserve communities in the Fraser valley. You can learn more about us at www.fvacfss.ca

POSITION SUMMARY:

Camp Leaders use traditional teachings and communication techniques to provide guidance, mentoring and support to children and families attending summer camps. They will work closely with FVACFSS Staff members, to ensure that summer activities for children and families are completed in a safe and culturally appropriate manner.

DUTIES:

- Cultural Education
- Social and Recreational Leadership
- Reporting and recording

REQUIRED SKILLS:

- Leadership dynamics, time management, and group facilitation
- Maintaining an attitude of caring, respect and optimism with self and others
- Commitment, flexibility, good problem solving and dispute resolution skills
- Excellent oral and written communication skills as well as willingness to expand Aboriginal communication techniques; report writing abilities.

EDUCATION AND EXPERIENCE:

- **Must have Aboriginal ancestry, full time student** in previous academic year, post-secondary or secondary student; minimum age of 15 years and returning to school in September 2015(as per SASET guidelines)
- Comprehensive knowledge of Aboriginal culture
- Building professional relationships with internal and external contacts
- Criminal Record Check required; BC Drivers License an asset.

To best meet the needs of Summer Camp participants, applicants must be willing to work a flexible modified work schedule.

Submit your resume and cover letter (**saved as one document**) referencing **Summer Camp Leader 2015** to careers@xyolhemeylh.bc.ca before 9:30am on May 8, 2015.

An eligibility list for future positions may be established.

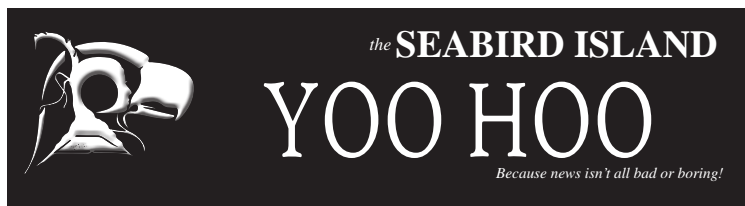
Submitted by Maggie Pettis

Inspirational Quotes:

The way we communicate with others and with ourselves ultimately determines the quality of our lives.
Anthony Robbins

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.
Gautam Buddha

Find a place inside where there's joy, and the joy will burn out the pain.
Joseph Campbell



Phone: 604-796-2177
Direct: 604-796-6838
Website: www.seabirdisland.ca
E-mail: sandrabobb@seabirdisland.ca

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

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



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

SUBMISSION DEADLINES

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

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

DELIVERY
The first (1st) of each month

Above Submission photo, writing and design/layout by Sandy Bobb



MINDFULNESS

Summer Retreat

**Seabird Island
Wellness Center**
8 - 9am

Practice new skills that have been proven to help with:

- productivity and focus,
- stress and anxiety
- pain and dis-ease
- emotional regulation
- self-care

Join Kirsten Maier for this series of 12 relaxation sessions.

No previous experience is necessary.

Kirsten Maier is a counsellor with 14 years of experience.

She leads fun and informative workshops for personal learning in a creative and respectful environment.

For more information call 604-996-6723.

**Monday, Tuesday
and Friday
mornings in June**

Submission writing and design/layout by Kirsten Maier

Nanny/Caregiver Required

For family with a 2 year old child and a newborn. Live-in or live out. Room and board provided by employer at no charge if live-in.

Duties to include: supervise and care for children, prepare meals and snacks, prepare formula and change diapers, read stories, light housekeeping and laundry as time permits. Assume full responsibility for household in absence of family.

Salary: \$10.50 per hour, 40 hours per week, 2 weeks paid annual vacation and Work Safe BC cover.

Permanent position working in employers home located at Angus Crescent, Abbotsford.

High school education (12 years) and experience in a similar field or occupation preferred.

Position open and available to Aboriginal, new immigrants to Canada or persons with disability.

Contact

Jana 604-786-5262 or
janaholden@hotmail.com

Thank you for your Paid Submission

Recipe Corner

S'more Brownies



*Here is a
Fathers day
recipe your
daddy will
love!*



Ingredients

Crust:

- 6 tablespoons unsalted butter, melted
- 1 1/2 cups crushed graham cracker crumbs
- 2 tablespoons sugar
- Pinch fine salt

Brownie:

Use a brownie box mix and follow mixing direction on box

Topping:

- 4 cups large marshmallows

Directions

Position a rack in the lower third of the oven and heat oven to 325° F. Line an 8 by-8-inch square baking pan with foil so it hangs over the edges by about 1 inch.

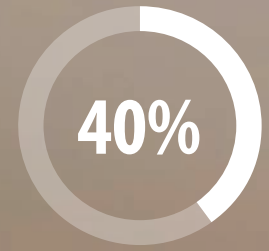
For the crust: Lightly butter the foil with some of the melted butter. Stir the rest of the butter together with the crumbs, sugar, and salt in a medium bowl. Press the crumb mixture evenly over the bottom of the pan. Bake until golden brown, about 20 minutes.

Meanwhile, make the brownie mix. Pour batter into the prepared pan. Bake until the top is crispy and a toothpick inserted into the middle comes out mostly clean, with a few crumbs, about 40 to 45 minutes.

Remove from the oven and carefully position a rack about 6 inches from the broiler and preheat on low. Layer marshmallows across the top and toast under the broiler until golden, (keep an eye on it, it can go quick), about 2 minutes. Cool on a rack, gently lift the brownies from the pan using the aluminum flaps. Carefully separate any marshmallow from the foil and fold away. Cut into 12 (2-inch) squares.

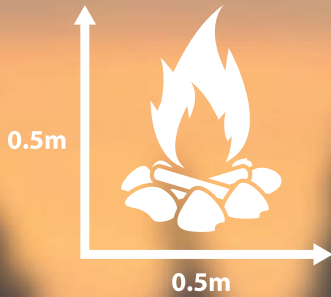
Please report wildfires by calling *5555 or 1 800 663-5555.

OPEN FIRE REGULATIONS



40% of B.C. wildfires are human-caused and therefore preventable

CAMPFIRES, CATEGORY 2 FIRES AND CATEGORY 3 FIRES: WHAT'S THE DIFFERENCE?



CAMPFIRE:

- Any fire smaller than 0.5 metres high by 0.5 metres wide

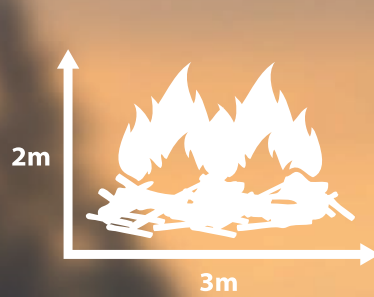
REGULATIONS:

You must have ready access to 8 litres of water or a shovel for the entire time your campfire is lit.

Your campfire must be completely extinguished and the ashes must be cool to the touch before leaving the area for any length of time. (Hot coals can reignite the fire.)

During campfire prohibitions, only a CSA- or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.

You must build a fire guard around your campfire.



CATEGORY 2 FIRE:

- 1 to 2 concurrently burning piles no larger than 2 metres high by 3 metres wide
- Stubble or grass burning over an area less than 0.2 hectares

REGULATIONS:

A fuel break must be established around any Category 2 burn area.

Fireworks are banned when a Category 2 fire prohibition is in effect.

Burning barrels are banned when a Category 2 fire prohibition is in effect.

At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.



CATEGORY 3 FIRE:

- Any fire larger than 2 metres high by 3 metres wide
- 3 or more concurrently burning piles no larger than 2 metres high by 3 metres wide
- 1 or more burning windrows
- Stubble or grass burning over an area greater than 0.2 hectares

REGULATIONS:

A fuel break must be established around any Category 3 burn area.

Monitor your open burn to ensure that the fire doesn't spread beyond its intended size.

You must have a burn registration number to light a Category 3 open fire. Call the burn registration line 1 888 797-1717 to obtain one.

Do not burn when venting conditions are "Poor" or "Fair". Always check here first: www.bcairquality.ca/readings/ventilation-index.html

GENERAL REGULATIONS:

Never burn in strong wind conditions.

Your fire must be extinguished before leaving the area.

Always keep your fire a safe distance away from nearby branches, wood and other combustible materials.

**Further bans and restrictions can be implemented at the Wildfire Management Branch's discretion.*

Anyone found in contravention of an open fire prohibition may be fined up to \$345. If your fire escapes and results in a wildfire, you may be fined anywhere from \$100,000 to \$1 million and be sentenced to one year in prison. Please check with local government authorities for any other restrictions before lighting any open fire.

Please report wildfires by calling *5555 or 1 800 663-5555.

Fibre optic connectivity launching soon



Thanks to funding from the *Pathways to Technology* project, the Seabird Island Band has begun to lay down a line of fibre optic cable that will provide internet access to residents of Chowat Road and Strawberry Island. Crews from *Conuma Cable Systems LTD* began trenching alongside Chowat Road in late April to prepare for the fibre optic cable.

So how does fibre work? The fibre optic cable consists of flexible, transparent fibres of glass. Data is transmitted along these fibres as particles of light, allowing huge volumes of information to move in and out of the community at the speed of light.

The cable will follow a route from the Band Office and run alongside Chowat Road to the new Sqéwqel Gas Bar and then cut across the reserve, run alongside the cemetery, and end at Strawberry Island. This new fibre optic line will work hand-in-hand with the existing Seabird Wi-Fi service which launched in 2007. Seabird Wi-Fi nodes will be repositioned to areas that aren't along our planned fibre optic route as the Band researches funding options to bring fibre optic connectivity to more homes in the community.

The project, which is expected to be completed by the end of July, is being led by Hans Wegener, IT Enterprise Manager at Seabird Island.

Over the next few months technicians will be speaking with interested residents about connecting their homes and discussing installation and monthly pricing fees.

NEW STAFF

Pamela Kalia



Ey Swayel (Good day).
My name is Pamela Kalia,
I am from Abbotsford.
My family is originally from India.
I have been a Licensed Practical Nurse (LPN) for over 4 years.

I am excited to be a part of the Seabird Island's Health team.

I will be working in Skwah as their Community Health Representative. I look forward to meeting everyone! ☺

Submitted by Pamela Kalia

Submitted by Hans Wegener

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

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

ADVERTISEMENT RATES

300+ hard copy production
800+ e-mail production
average 1300 read on Seabird website.

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

Advertisement rates (per issue) for organizations:

Band	Outside	
	Member /Partner	Member /Partner
Front Page Color: limited availability		
1/4 pg banner (8" w x 2.62" h)	\$32.00	\$37.50
2.5x 3 bus card	\$20.00	\$25.00
Full Color:		
8 x 10	\$75.00	\$135.00
8x5 or 10x4	\$37.50	\$65.00
4x5	\$18.75	\$32.50
2.5x 3 bus card	\$9.50	\$20.00
Greyscale:		
8 x 10	\$20.00	\$37.50
8x5 or 10x4	\$15.00	\$25.00
4x5	\$10.00	\$17.50
2.5x 3 bus card	\$ 8.00	\$12.50
Classified Advertisements		
(non-band member)	.40¢ per word	
	\$4.00 Minimum	

Design and Layout \$40/hr additional.

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

AGREEMENT/LEGAL

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.

Editorials are chosen and written by Seabird staff, they are the expressed opinion of the staff, and do not necessarily reflect the views of the Seabird Island Band.

Letters to the editor must be under 300 words. Please include your name, phone number, band number and signature (not for publication), as well as the date and year submitted.

The Seabird Communications Department reserve the right to revise, edit, for length and clarity as well as to classify or reject any advertisement / story submissions.

DEADLINES

Submissions and Advertisement are due by the 15th of each month or if the 15th lands on a weekend then deadline lands on the Friday before.

DELIVERY

The first (1st) of each month

OFFICE HOURS

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

Sandra Bobb

Phone: 604-796-2177

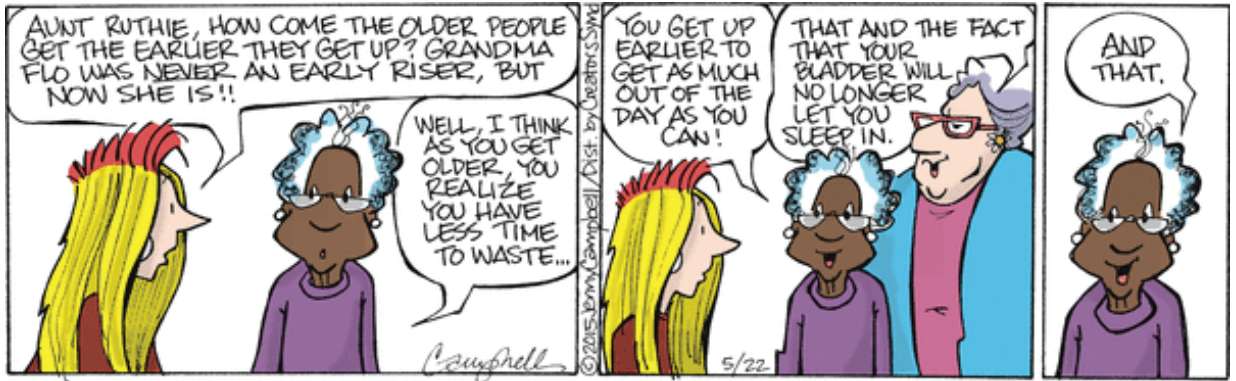
Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

Editing Committee: Sandra Bobb, Phaine Wegener, Kristy Johnson, Lori Burns, Heidi Trautmann, and Zorana Edwards-Shippentower.

Health Comics



Quotes of the month

Defeat is not the worst of failures.
Not to have tried is the true failure.
George E. Woodberry

Instead of worrying about what people say of you, why not spend time trying to accomplish something they will admire.
Dale Carnegie

Tem'amxw / June

Gemini: May 21 - June 21

Flower: Rose

Birthstone: Pearl, Moonstone, Alexandrite

The healing properties: *Pearl* treats relieves conditions of bloating and biliousness. It also increases fertility and eases childbirth. *Moonstone* aids the digestive system, assimilates nutrients, eliminates toxins and fluid retention, and alleviates degenerative conditions of skin, hair, eyes, and fleshy organs such as the liver and pancreas. It stimulates the pineal gland and balances hormonal cycles, being excellent for PMS, conception, pregnancy, childbirth, and breast-feeding. It is also beneficial to men's emotional self. *Alexandrite* removes toxins from the body, helps speed recovery after serious injury, illness or surgery.

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. Wednesday, June 10th, 2015
Draw Date: Thursday, June 11th, 2015

Congratulations to last months winner Darlene Peters

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.

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- Q'ÉYSETSEL – to make a net
- STH'ÓTHE'EQWI – fisherman
- Q'ÉYQ'ESEL – to repair a net
- Q'ÓWET – drum, to drum
- IYÉSEQ – male friend
- MÁMEL – dad, daddy
- MÁ:L – father
- HÁ:Y – make a canoe
- SQ'ÉYLE – dried fish/dried meat
- SQ'ÉYLO – smoked fish/smoked meat
- SLEHÁ:L – slahal game
- ÍWEST – to teach
- ALÍLIYEM – laughter
- CHÁ:LHTEL – to smoke fish
- Q'ÉP – gather together
- Q'ÁTXEM – make scrape/rattle sound
- Q'PÁ:LS – to collect, gather
- T'ÁT'EMELS – guesser in slahal game
- TS'EQW'ÓWELH – making a cedar root basket

May Answer:
ilálewethet
Try to do it no matter what.

Submitted by Zorana Edwards Shippentower



'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

The next optometry clinic is scheduled for

June 9th and 10th

Contact Maggie to book your appointment today 604-796-2177



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 Samantha Webster)



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

Contact Samantha Webster at 604-796-6932, or e-mail: samanthaw@seabirdisland.ca, or at the office put in a request in writing.

PRINTING SERVICES

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

- Printing Services
- Copy Services
- Status Card Photos
- Laminating
- Advertising

There is a small fee for these services, please contact us for more information 604-796-2177 or 604-796-6838.

- * **Funeral Pamphlets:** As per Seabird Funeral Policy,...
- Band Members ~ free: includes 1 hour design time, Quantity: 1st 100 color, and 1st 250 grey-scale.
 - Additional or Non-Band Members; inquire for fees.

Located upstairs in the Band Office.

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. Maggie Pettis is available to help you with this process.

Contact CHR; Maggie Pettis 604-796-2177

DENTAL CENTER

HOURS

Mondays to Thursdays: 8:30 am – 5:30 pm
 Walk-in Clinic Tuesdays: 1:00 pm – 5:30 pm
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.

ALCOHOLICS ANONYMOUS MEETING

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

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



FIRE PRACTICE

Tuesdays 7 pm - 9 pm

BUILDING BOOKING AND MEETING ROOMS

► **Angie and Myra** 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.

► **Sandra Haukeland** looks after booking of the Millennium Hall she can be reached at 604-796-6854.

FIELD LIGHT BOOKINGS:

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

\$2.⁵⁰ for Band Members and
\$8.⁵⁰ for Non-Band Members.

VOLUNTEERS REQUIRED

Please come and inquire with **Angie and Myra** 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 at 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 (NIHB). 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 – We can only help those with a status number, everyone else has to pay for their own unless it's an ICBC claim.

Unfortunately ambulance bills will not be covered if you have been incarcerated (in jail cell). Please take note that the Ambulance Billing in Victoria know when you have been incarcerated just by the address provided on the billing. Please do not bring those in because we are unable to assist, as they will be denied and it will be the client's responsibility to pay.

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

MEDICAL CARDS

We can assist people with requesting their medical cards, if they are lost or stolen and need a replacement.

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

Sorry we don't help people get their BC ID.

Contact CHR, Maggie Pettis 604-796-2177

BABIES ID CARDS

Apply for Medical for babies as soon as possible.
Contact CHR; Maggie Pettis 604-796-2177

Apply for Status Cards for babies as soon as possible.
Contact Carol Hope 604-796-2177

NOTICE

NO SOLICITING PEDDLING DISTRIBUTION OF PAMPHLETS

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

By order of Chief and Council

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

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

Find Seabird on-line!

www.seabirdisland.ca

Website:



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

Seabird Community Yoo Hoo Newsletter:



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

Tips:

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

Men's Health

TAKE CARE OF YOURSELF

Body, Mind & Spirit

Contact your doctor with your health concerns!



PROSTATE CANCER - early detection is key

Prostate cancer is the most common cancer found in men after skin cancer and is the leading cause of deaths from cancer.

Screening tests can find the disease early, sometimes before symptoms develop, when treatments are most effective. It is recommended to begin yearly screening starting at the age of 40. *Talk to your doctor about PSA screening for cancer of the prostate.*

SEXUALLY TRANSMITTED INFECTIONS - preventable by limiting your number of intercourse partners and with condom use.

A sexually transmitted infection is an infection or disease that is be transmitted by unprotected sex.

Human papilloma virus (HPV) or Genital lesions (warts) appearing on or around your genitals and anus are usually painless but can itch and may bleed or become inflamed. Once you're infected it can take 1 to 3 months for warts to appear. There is a vaccine to prevent specific types of HPV infection, and *vaccinating young men before they become sexually active may also help prevent the spread of HIV (aids)*. Talk to your doctor if you are about to be or are sexually active.

ED - Detector for Chronic Diseases

Depression, poor self-esteem, and anxiety are only a few things that can short-circuit the process that leads to an erection.

In some cases, ED (erectile dysfunction) can be a warning sign of more serious disease. ED can be a strong predictor of heart attack, stroke, and death from cardiovascular disease.

Other conditions that may cause ED include cardiovascular disease, atherosclerosis (hardening of the arteries), kidney disease, and multiple sclerosis. These illnesses can impair blood flow or nerve impulses throughout the body. (Nearly 1 out of every 2 men with diabetes experiences ED.)

Lifestyle choices such as Smoking, excessive drinking, and drug abuse may damage the blood vessels and reduce blood flow to the penis. Lack of exercise and extra weight are other possible risk factors.



Created by Seabird Health
www.seabirdisland.ca

