



## WATER RESTRICTION NOTICE:



### FULL BAN ON LAWN WATERING EFFECTIVE JULY 2nd 2015

Due to the dry weather, high temperatures and peak demand on the community's water supply, please be advised water use restrictions are now in place.

In order to maintain Seabird Island's water reservoir at a safe level and in keeping with local restrictions throughout the Fraser Valley, community members are asked to refrain from watering their lawns. It is not necessary to maintain a green lawn through the summer and is very demanding on our reservoir.

You may water your gardens or planters after 7pm.

While we do not want to prevent anyone from using water to cool off, we do ask that ***if you have a pool please do not fill it more than once***. Treat your pool water with chlorine and use a cover to keep it clean and safe throughout the summer. If you require assistance or information on how to treat your pool so that the water will last all summer, you may contact John Bobb at the band office.

This restriction stands until further notice. Thank you for your cooperation and you will be notified as soon as the ban can be lifted.

### Wild FIRE Season FIRE BAN!

**NO FIRES permitted at this time**  
due to extreme Wildfire risk.

Spot a fire call toll-free  
1-800-663-5555,  
or \*5555 on most cellular networks.

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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**



**You can still  
Thrive with water restrictions:**

**Water Crises!  
Reduce Usage - Make Every Drop Count**



- Add a fresh layer of mulch to your landscape gardens. This will help retain valuable soil moisture as well as keep weeds under control. 2 - 6 inches will help keep plants healthy and conserve water.
- Revive your lawn with a soil conditioner. This helps soil absorb water more easily. An application or 2 will help during the hot summer months.
- Purchase Bottled Water for drinking purposes.
- Do not use fireworks.
- Follow fire-ban rules.
- Do not ash out cigarettes without water and/or ashtray!
- Leave your lawn mulching on the lawn, so the clippings are left on the lawn. They will break down and provide the lawn with nutrients it desperately needs.
- Don't dump out the kids pools every night:
  - treat them with chlorine to keep them clean,
  - use a pool cover when not in use to keep the bugs out,
  - teach the kids to wipe their feet before they jump in.



# 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*

## BLOCK PARTY

July 9th, 2015

### Block party BBQ

- Come celebrate the completion of construction on Seabird Island's newest homes.
- There will be Refreshments and Door Prizes
- Tour one of the houses
- Market housing will be on site to answer any inquires about building your own home.

Shuttle will be running from the Band Office to the site throughout the event.

### Thursday July 9th, 2015

2 pm - 5 pm

Prizes to be won !!

We will be serving refreshments & Hamburgers

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**



Expect a warm summer this year, says Seabird Island's Chief Clem Seymour. "Summer is here and I think it's going to be a hot one," Clem would like to remind everyone, especially those with small children, to stay hydrated and watch out for signs of heat stroke. The dry heat has led to some small fires in the Fraser Valley and a fire ban is now in effect.

The dry weather has also assisted the crews working on the new Early Childhood Centre, "...the new Centre is on track and there have been monthly meetings to make sure everything is in place," explains the Chief. During the meetings contractors and staff discuss policies as well as structural plans for the Centre which is expected to be open for the mid-fall.

Fishing season began this past month and water-safety has been on the Chief's mind. "Please use caution when around the rough waters and remember to dispose of your fish properly – not in bushes or in your household trash". Improperly discarded fish guts attracts dangerous animals into the community that can pose a danger to our families. The Eco-station, run by the Sqéwqel Development Corporation, can take any discarded fish guts and compost them back into healthy soil. This service is free of charge to community members. If you're interested in learning more or starting your own compost contact Samantha Webster at the Band Office.

**SEABIRD ISLAND BAND HOUSING WAIT-LIST**

**1 Bedroom**

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

**Don't know your number?**

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

**Note:**

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



**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 re-apply if interested**

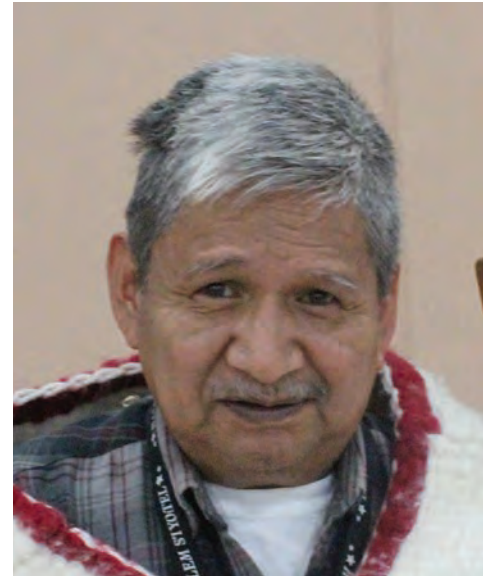
This year we have celebrated the graduation of over 160 students at both the high-school and post-secondary levels. Seabird College's graduation ceremony was held on June 25<sup>th</sup> and we were joined by over 500 guests, community leaders, dignitaries, and families to celebrate our students' achievements. The Chief congratulates all those who have succeeded and offers his best wishes to the graduates on their journey. On behalf of Chief & Council, Clem would also like to thank the staff who played an important role in our students' success and for putting together the ceremonies and events that celebrated the graduation of so many students.

We would like to thank you all from the bottom of our hearts, for your love and support during our time of sorrow.

McIntyre Family

Submitted by Zorana Edwards-Shippentower

# Chief & Council Portfolios



## Seabird Island Chief and Council 2015 – 2017

**EXECUTIVE,  
PORTFOLIO,  
COMMITTEE, AND  
BOARD SELECTION**

**Chief Clem Seymour**

- Council Executive Portfolio Chair,
- Youth and Elders Portfolio



**Councilor Jim Harris**

- Council Executive,
- Corporate Affairs Portfolio,
- Development Corporation - Vice President
- Safety & Emergency Services Committee
- Housing, Capital and Public Works Portfolio
- Youth and Elders Portfolio



**Councilor Vivian Ferguson**

- Council Executive Committee Co-Chair,
- Administration Department Portfolio - Finance & Audit - Committee Co-Chair,
- Education Committee - Alternate



**Councilor Jason Campbell**

- Corporate Affairs Portfolio,
- Justice - Committee Co-Chair,
- Development Corporation Board - Back-up
- Lands - Committee Chair
- Culture, Language & Heritage (Sq̓ép) - Committee Co-Chair,
- College Committee - Alternate
- Safety & Emergency Services Committee



# Chief & Council Portfolios



**Councilor Art Andrew**

- Corporate Affairs Portfolio
- Lands - Committee Co-Chair,
- Health & Social Development Portfolio,
- Health - Committee Co-Chair ,
- Recreation & Community Services,
  - Membership



**Councilor Carol Hope**

- Council Executive - Committee,
- Health and Social Development Portfolio:
  - Health - Committee Back-up - Child and Family,
  - College - Committee Interim Chair



**Councilor Arlene (Lolly) Andrew**

- Administration Department Portfolio
  - Education Portfolio Co-Chair
- Finance Audit - Committee Back-up,
  - Health - Committee Chair,
  - Membership Committee, Wellness Committee



**Councilor Maggie Pettis**

- Culture, Language & Heritage (Sq'ép)
  - Committee Chair,
  - Health - Committee,
- Health Child and Family Services
- Early Childhood Education Program
  - Education - Committee Chair,
  - Wellness Committee



**Councilor Alexis Grace**

- Housing, Capital and Public Works
  - Chair
- Justice - Committee Chair
- Development Corporation
  - Board Co-Chair
- Safety & Emergency Services Committee



**Councilor Marcie Peters**

- Administration Portfolio
- Finance & Audit - Committee Chair,
- Housing, Capital & Public Works

## Fire and Emergency Services

### Seabird Fire Department responded to a grass fire along the Maria Slough bank on June 10<sup>th</sup>.



*Pictured here are firefighters Leonard Reyburn and Dustin Charlie (hose man), with Assistant Fire Chief Leo Reyburn pointing out hot spots.*

With the continuous hot and dry weather the forest fire hazard rating has climbed to a "HIGH" rating, and forced the implementation of an early burn ban this year. All open burning has been stopped and is not permitted. As with the fire on the slough bank, fires are easily ignited and will spread quickly in these dry conditions. The fire on the slough bank is suspected to have started from a carelessly discarded cigarette.

*Submitted by  
Gerald Basten, CFO  
Director of Fire and Emergency Services*

### Seabird Fire Department seeking assistance from Amateur Radio (HAM) Operators.



Seabird Fire Department would like to solicit interest for amateur radio (HAM) operators. Amateur operators, or HAM as they are better known, provide an invaluable service during large disaster events when conventional modes of communications are no longer working.

The Kent Harrison Emergency Program (KHEP) has a team of volunteers that do this and have formed a club to operate the system. It is a hobby for most. The KHEP is more than happy to expand their numbers and allow prospective club members to come over and join them. A number of operators have purchased equipment and communicate worldwide from their own homes as a hobby.

This service would be a great asset to the Seabird Island Band's emergency program. Any interested persons are welcome to get in touch with Gerald Basten and he will make the connections with the right people for them.

*Submitted by  
Gerald Basten, CFO  
Director of Fire and Emergency Services  
Seabird Island Band  
W 604-796-6848  
[geraldbasten@seabirdisland.ca](mailto:geraldbasten@seabirdisland.ca)*

# Wild FIRE Season = FIRE BAN!

**NO FIRES permitted at this time** due to extreme Wildfire risk.

**Spot a fire call toll-free 1-800-663-5555, or \*5555 on most cellular networks.**



## IT - Fibre Optic Line

The Seabird Island Band has received a number of questions from Band Members regarding how the Band chose the route of the fibre optic line. In March of this year the Band received funding for phase one of the project through Pathways to Technology. The Band had two goals for phase one of the fiber project. The first was to provide internet access to the Sqéwqel Development Corporation's planned Business Park, which will be located close to Loughheed Highway, and the second was to bring internet connectivity to individuals who the Band didn't reach through the 2007 Seabird Wi-Fi project.

Although many areas of the island have Seabird Wi-Fi coverage and some have access to larger providers like Shaw or Telus, homes along Chowat Road, parts of

Loughheed Highway, as well as Strawberry Island were identified for phase one because they were located either on the way from the Band Office to the business park, or were in the surrounding area. The areas were also selected because they lacked the same internet access that many other residents had possessed for nearly a decade through Seabird Wi-Fi.

Because of the lack of internet access in the area and to encourage business development, the Band decided that phase one of the fibre optic project would connect the Business Park as well as homes along Chowat Road, parts of Loughheed Highway, and Strawberry Island. The Band understands that internet access is high priority for all residents and we are actively seeking funding opportunities to bring fibre

optic or expanded Seabird Wi-Fi service to more areas of the community. The economic impact for the community from building the Business Park could also assist in financing further phases of the project. While we pursue funding, the IT team will be repositioning Seabird Wi-Fi nodes and connecting them to the new fibre optic line to strengthen and improve service to residents throughout the community.

*Submitted by Hans Wegener*

**LOWER FRASER FISHERIES ALLIANCE  
COMMUNITY FISHERS FORUM**

July 7, 2015  
Seabird Island Band Gym  
2895 Chowat Road, Agassiz BC  
Dinner served at 5:00 pm.



**AGENDA ITEMS INCLUDE:**  
2015 FORECAST AND FISHING OPPORTUNITIES  
RUN SIZES & POTENTIAL FISHERIES  
EULACHON, CHINOOK, SOCKEYE  
OPEN MIC. SESSION

Contact Rosalie Hope - Communications Coordinator  
604-852-4040 or 604-217-5585  
rosalie.hope@lffa.ca  
or on Facebook Rosalie Hope (Lffa)  
Website lffa.ca

### 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](mailto:janaholden@hotmail.com)

*Thank you for your Paid Submission*

# Learn new things...



## Life style changes

- ⇒ Learn about the effects of drugs & alcohol
- ⇒ Find out how to make positive changes in your life
- ⇒ Come to meet other people who are experiencing the same issues as you

- What is alcohol/drug abuse
- Depression & Anxiety—how do we deal with them?
- Recovery plans
- Do you have mental health questions?/concerns?
- Every Monday at the Wellness Centre, from 2:00 - 3:30pm. Snacks and coffee available.



"Happiness often sneaks through a door you didn't know you left open."

John Barrymore

Contact Lolly for more information  
604-491-6687



## Healing our Spirit

In order for our children, grandchildren and future generations to have a good future; we must be willing to make changes within ourselves. Our healing journey can be hard, but once we make positive changes, life does improve. Use this prayer to help.



## Traditional Prayer

Creator, Great Spirit, and Ancestors thank you for being here today, this day we pray and ask you for guidance and to help me to remain calm and strong in the face of all that comes toward me.

Thank you for the blessing of life, good health, shelter, food, friends and family.

Thank you for the plant life, the water, the sun and moon.

Thank you for the four directions and four seasons.

I pray for all those who walk, crawl, fly and swim, seen and unseen.

I pray for good health and safety for our elders and children.

I pray for the ones who are suffering from addictions, illness and/or diseases.

I pray for peace for human kind.

To all my relations...

## Supported Child Development

Éy Swayél,

The Seabird Island Supported Child Development provides services to children who require extra support to attend child care settings of their choice. Our program proudly serves Aboriginal and Non-Aboriginal children, ages 0-19, both on and off reserve at no cost. Our service area encompasses the Circle One region (St's'ailes to Boothroyd). Family centered care; inclusive programming, shared responsibility and collaboration are some of the guiding principles of the Supported Child Development Program. Our beliefs and values include:

- Parents are always recognized as the child's most important teacher.
- A family has the right and responsibility to shape decisions about the care and education of their child.
- Families have the rights to access equal options for childcare and culturally sensitive services.
- The family and child's individuality must be respected forming the foundation for services.

We provide support with Consultants and Support Workers depending on the level of the child's need. Our staff is trained to use various screening tools, developmental checklists and assessments. The Consultants can assist the families with accessing other services and resources including workshops that may be helpful for families and children. In order to determine eligibility for our services, a child must have a delay in one of the following areas: communication, cognitive, physical, social, and/or emotional development.

Please be advised that a Referral Form will need to be filled out completely in order to benefit from our services. Children may be referred by: Parent/Guardian(s), AIDP/IDP, ASCDP/SCDP, childcare providers, Physicians, Nurses or Social Workers. Consent must be given by the parent/guardian of the child before we can process the referral.

Sincerely,

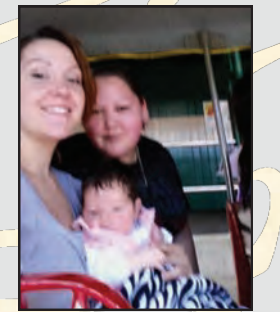
**Jen McNeil**

**Supported Child Development Supervisor  
(604) 796-6886**



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

***Our families went to the VANCOUVER ZOO!***



Thank you to the families who provided the pictures and for sharing your day with Parents and Tots.

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



**Reminder All Grade 7-12 Student Allowances**

3rd student allowance payment will be June 30, 2015

March, April, May, June.

**Student Allowances are as follows:**

- Grade 7-10 \$ 9.00 per month = **\$90.00 per school year.**
- Grade 11 -12 \$19.00 per month = **\$190.00 per school year.**

Student allowances will be directly deposited for the students with bank accounts.

Student allowances are based on monthly attendance. Student must not miss more than 4 school days per month to be eligible for allowance.

# SPIRIT OF THE PEOPLE POWWOW

Admission at entrance  
2.00/day or 5.00/weekend

## Honoring our Women July 24, 25, 26 2015



Host Drum: Picked Each Session  
 MC: Nelson Leon  
 Arena Director: Arnie Leon  
 Specials: Womens Fancy Shawl,  
 Hairbraiding contest sponsored by Nelson and Roxanne Leon  
 Outgoing Jr and Sr Princess Specials  
 Over \$10,000 in Contest Payout  
 West Coast Hand drum Contest in full regalia  
 1st, 2nd, 3rd  
 12 and under solo up to 3  
 13 and up 3 members

To donate go to <http://www.gofundme.com/pz0u7g>

**Salmon BBQ on site, authentic Native Arts & Crafts**

Info: 604-845-5234 [garyvabbott@live.com](mailto:garyvabbott@live.com)

Vendors: 604.703.5139 [SOTPVendors@gmail.com](mailto:SOTPVendors@gmail.com)

Volunteers: 604.703.5139 [nicholcharlie@gmail.com](mailto:nicholcharlie@gmail.com)

<https://www.facebook.com/events/755742714469460/>

## TZEACHTEN SPORTS FIELD

46770 Bailey Road, Chilliwack BC

No outside raffles or concessions. Camping available onsite, washrooms and showers open 24hrs. Bring your own chairs.

Grand Entry Friday at 7pm

Saturday 1 and 7pm

Sunday 1pm

# Public Welcome

**SOTP is not responsible for loss, theft, or injury. DRUG AND ALCOHOL FREE EVENT**

**NO Pets allowed on Facility grounds**

### POST-SECONDARY APPLICATION DEADLINE

**Oct 1-2015**

**For January 2016 winter semester**

#### PLAN YOUR EDUCATION

PREPARE YOUR PLAN

APPLY FOR SUPPORT

**ACHIEVE YOUR GOAL**



Contact: **Cindy Kelly**  
**Student Services**  
 (604) 796-2177 local 6834  
 Text cell @ (604) 997-3956  
 Email:  
[cindykelly@seabirdisland.ca](mailto:cindykelly@seabirdisland.ca)



Kent Elementary School  
 7285 McCullough Road, Agassiz, BC V0M 1A2  
 Phone: (604)796-2161 Fax: (604)796-3966

May 7<sup>th</sup>, 2015

To all Parents and Guardians,

On the afternoon of May 7, 2015 the school received a suspicious phone call and to be cautious we activated lock down procedures until the situation could be assessed. The RCMP and school administration investigated the situation to ensure the safety of our students.

The response of our staff and students at Kent Elementary School is much appreciated, as well as the patience and cooperation of parents and guardians that arrived to pick up students at dismissal time.

Student safety is of the utmost importance to us. Please do not hesitate to contact the school if you have any questions or concerns.

Sincerely,

Stan Watchorn  
Principal



## AESS Honour Roll TERM 3 April 2015

### 'A' HONOUR

#### Grade 7

Kylee Bahia  
Daniel Chrenko  
Maximilian Holzapfel  
Kian Johnson  
Kierra Walker

#### Grade 8

Mikayla Bahia  
Clara Burt  
Hailey Drury  
Simon Grieshaber-Otto  
Zoel Jackson  
Anna Jang  
Hailey Keating  
Ashlyn Lowe  
Anna Madsen  
Megan McCallum  
Makayla Morissette  
Katie Schram  
Dezrae Timmers  
Rionna Vander Wyk  
Sierra Visser  
Joree Walde

#### Grade 9

Seleen Banez  
Emily Bestwick  
Paul Dumas  
Jaydin Lees  
Jessica Lucki  
Shanttal Ortiz  
Kaela Pope  
Justine Stoeckly  
Megan Vander Wyk

#### Grade 10

Jordan Baker  
Hannah Exley  
Lauren Lowe  
Serena Madsen  
Mercede McBride  
Henrietta McInroy  
Sebastian Molina  
Cody Sayo  
Camryn Striker  
Emily White

#### Grade 11

Tamara Andrew  
Taylor Lees  
Jacob Lucki  
Braydon Peters  
Euan Sayo  
Sydney Vander Wyk  
Ian Wilson

#### Grade 12

Zac Callander  
Michelle Pollock  
Hunter Ramey  
Amber Ruddell  
Ashley Sicard  
Melissa Vermette

### 'B' HONOUR

#### Grade 7

Jo Beauchamp  
Ethan Elliott  
Kayla Elliott  
Ashley Ferguson  
Jessica Fleming  
Terryn Gavin-Hagan  
Connor James  
Hannah Kitsul  
Lucas Leins  
Paige Leon  
Emma Martin  
Rusty McInroy  
Hallie Michell-Wenman  
Austyn Moore  
Keaghan Onos  
Kevin Ortiz  
Kaitlan Peters  
Meka Quintana  
Philip Schwichtenberg  
Eva Solomon  
Logan Sparkes  
Anton Stoeckly  
William Thorne  
Terra Toovey  
Kaeden Van Oort  
Blake Visser  
Liam West

#### Grade 8

Kayla Adrain  
Trevor Carscadden  
Isaiah Clarke-Wade  
Connor Douglas  
Tori Downs  
Cole Faessler  
Chloe Harris  
Cassandra Howe  
Lucas Irwin  
Caleb Kafi  
Katrina Lawley  
Maggie McCurdy  
Nadia McNeil-Joseph  
Tyra Peters  
Morgan Rumpeltes  
Samantha Seymour  
Kayla Stanway  
Lucia Wall

#### Grade 9

Seleen Banez  
Kaliska Beauchamp  
Aidan Coughlin  
Kevin Graham  
Amanda Heffell  
Haley Hodgkinson  
Drew Ramey  
Quentin Robertson  
Logan Sarka  
Klaudia Trajanovski

#### Grade 10

Nicole Callander  
Daniel Charlton  
Tanner Douglas  
Sam Dyck  
Riley Finlay  
Kirsten Fleming  
Whitney Harris  
Alex Howe  
Matt Irwin  
Blake Kafi  
Trevan Kozel  
Noah Kozier  
Alyssa Lawley  
Ben MacPherson  
Jacob Macpherson  
Quin McNeil-Bobb  
Anna McNeil-Bobb  
Owen McNeil-Joseph  
Alex Schwichtenberg  
Gage Sippel  
Jenna Smith

#### Grade 11

Ignacio Aguirre  
Sam Almeida  
Cody Beauvais  
Chase Bestwick  
Derek Bobb  
Shaye Bresland  
Sean Clark  
Zane Elliott  
Millar Frederickson  
Richard Harris  
Grace Kozier  
Teagean McNeil  
Makenzie Peters  
Claudia Sanchez  
Hayden Simon  
Autumn White

#### Grade 12

Nick Allen  
Trevor Bobb  
Rachel Brown  
Megan de Bruin  
Jasper Fast  
Maggie Folk  
Carl Graham  
Reese Jacob  
Elisha Johnson-Jensen  
Sean Lau  
Mathew Martin  
Sarah Penney  
Eric Peterson  
Chris Pettis-Adair  
Alex Robertson  
Kendra Simpson  
Jade Solomn  
Esme Van Paridon  
Kristen Walton

### 'Effort'

#### Grade 7

Kylee Bahia  
Daniel Chrenko  
Maximilian Holzapfel  
Kian Johnson  
Lucas Leins  
Keaghan Onos  
Kevin Ortiz  
Kierra Walker

#### Grade 8

Mikayla Bahia  
Clara Burt  
Isaiah Clarke-Wade  
Connor Douglas  
Tori Downs  
Hailey Drury  
Simon Grieshaber-Otto  
Lucas Irwin  
Zoel Jackson  
Anna Jang  
Hailey Keating  
Katrina Lawley  
Ashlyn Lowe  
Anna Madsen  
Megan McCallum  
Nadia McNeil-Joseph  
Katie Schram  
Dezrae Timmers  
Rionna Vander Wyk  
Sierra Visser  
Joree Walde

#### Grade 9

Kaliska Beauchamp  
Emily Bestwick  
Paul Dumas  
Jaydin Lees  
Jessica Lucki  
Shanttal Ortiz  
Kaela Pope  
Drew Ramey  
Quentin Robertson  
Justine Stoeckly  
Danae Timmers  
Megan Vander Wyk

#### Grade 10

Jordan Baker  
Nicole Callander  
Hannah Exley  
Riley Finlay  
Whitney Harris  
Alyssa Lawley  
Ben MacPherson  
Jacob MacPherson  
Serena Madsen  
Mercede McBride  
Henrietta McInroy  
Coby Sayo  
Camryn Striker  
Emily White

#### Grade 11

Ignacio Aguirre  
Tamara Andrew  
Cody Beauvis  
Derek Bobb  
Taylor Lees  
Jacob Lucki  
Keith Mabelle  
Braydon Peters  
Makenzie Peters  
Claudia Sanchez  
Euan Sayo  
Hayden Simon  
Sarah Sisson  
Sydney Vander Wyk  
Karen Walton  
Autumn White  
Ian Wilson

#### Grade 12

Trevor Bobb  
Zac Callander  
Megan de Bruin  
Jasper Fast  
Maggie Folk  
Carl Graham  
Elisha Johnson-Jensen  
Hebrina McInroy  
Sarah Penney  
Chris Pettis-Adair  
Hunter Ramey  
Alex Robertson  
Amber Ruddell  
Ashley Sicard  
Kendra Simpson  
Esme Van Paridon  
Melissa Vermette  
Kristen Walton

Way to go  
students!

All your  
hard work  
will pay off!

Congrats  
to all our  
honour roll  
students  
and  
graduates!

Have a  
great  
summer!



A huge thank you to  
all the elders that  
made the spring  
series possible.

Stay tuned for more information on a  
possible fall series.

## News Release Communiqué'

June 19, 2015 – Seabird Island, British Columbia

### Seabird Island Band and School District 78, Fraser Cascade Sign Local Education Agreement with a Commitment to Build on First Nations Educational Success

Seabird Island Band and Fraser Cascade School District (#78) signed a Local Education Agreement today with a commitment to First Nations student achievement, strong literacy and numeracy, high graduation rates and a supportive educational environment which values Stó:lō language and culture. This agreement builds on the success of the partnership between Seabird and SD78 that has seen a rise in graduation rates of 35% a decade ago to 65% today. The LEA governs the educational relationship between Seabird and SD78 for some 65 students that attend Kent Elementary School and Agassiz Elementary Secondary School.

The Local Education Agreement (LEA 2015) was built on a landmark agreement negotiated in 2013 which focused not only on district approaches, but also individual school approaches. It featured a detailed commitment to measurable results and promoted openness, communication and a partnership between Band, District, School and home. As part of the LEA, the Band, Schools and District meet quarterly to discuss results and collaborate to address issues that stand in the way of student success. This agreement places even more focus on measuring results, promoting strong attendance, and seeing strong collaboration between schools and First Nations parents.

Chief Clement Seymour and Seabird Island Band have long been passionate advocates of education that promotes strong collective relationships and high standards. Chief Seymour stated: "This agreement builds on the success that we have seen over the last number of years raising literacy and numeracy, seeing many more graduates and ensuring that our children and their culture and language is valued in the public school system. In light of the recent release of the *Final Report of the Truth and Reconciliation Commission of Canada (2015)* and its accounting of the devastating effects of residential schools, this kind of relationship is a positive move forward and one which provides a positive future for our children."

Ron Johnstone, Chair of the Fraser Cascade School District stated, "We are pleased to be able to continue the effective working relationship with Seabird Island Band. During every LEA discussion that has taken place there has been one common and important theme; we are all here to make a difference for the children. Both parties are committed to doing everything possible to ensure that Seabird students are provided excellent opportunities to succeed in our schools."

For More Information Contact:

Diane Janzen  
Director of Education  
Seabird Island Band  
[dianej@seabirdisland.ca](mailto:dianej@seabirdisland.ca)  
604-796-6896

Dr. Karen Nelson  
Superintendent of Schools  
Fraser Cascade School District  
[knelson@sd78.bc.ca](mailto:knelson@sd78.bc.ca)  
604-869-2411

## NOTICE TO THE SEABIRD ISLAND COMMUNITY



It is with significant sadness that I inform you that Shari White has resigned her position as Principal of Seabird Island Community School effective June 19, 2015 and will be moving to the Island. Shari White has served as both a teacher and a Principal for a total of 18 years at Seabird. The staff describe Shari's leadership and what it has meant to them in the following manner: innovator, mentor, collaborator, team player/team leader, visionary, role model, kind, fair, welcoming, reliable, dedicated, focused, going above and beyond to beautify the school, irreplaceable, exceptional, compassionate, inspiring, indomitable, amazing and enthusiastic. I join with the staff in expressing enormous gratitude to Shari for her distinguished years of untiring service to Seabird Island Community School.

On a personal note, I have had the opportunity to work with Shari for 6 years. She has been an exceptional Principal who has lead the school in huge academic strides in higher graduation rates, improved literacy and numeracy and in making sure that our students connected with Stó:lō language and culture with a sense of pride and purpose.

A job posting for Principal of Seabird Island Community School has been published and we will do our utmost to select a candidate that will continue to build upon the great work that is already in progress.

Shari isn't a big one for farewell events and has asked that we keep this remaining time low key. Regardless of that, I hope that you will phone her, drop in to see her or email her and wish her well. Shari, we will miss you!

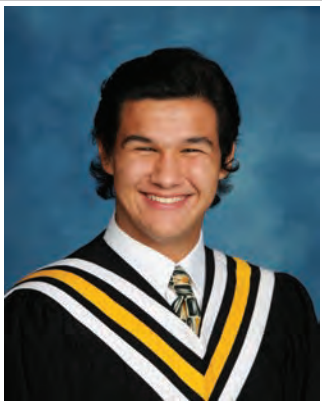
Diane Janzen  
Director of Education  
Seabird Island Band



# Seabird Island Band Member Grade 12 Graduates 2015



Trevor Bobb  
Agassiz Elementary Secondary



Robert McNeil-Bobb  
Agassiz Elementary Secondary



Natasha Reyburn  
Agassiz Elementary Secondary



Chris Pettis-Adair  
Agassiz Elementary Secondary



Chris Schultz  
Chilliwack Alliance Church



Kayla Busby  
Post Secondary



Nicole James  
Seabird Secondary School



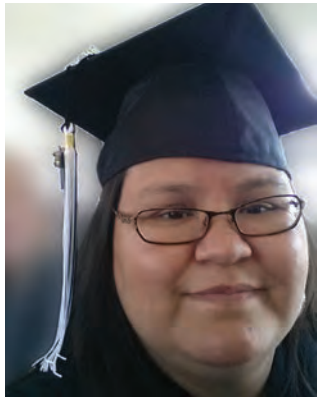
Denise James  
Seabird Secondary School



Bree Harry  
St's'ailes Community School



Kayla Alexander  
Seabird Secondary School



Effie Ned  
Post Secondary



Gavin Peters  
Seabird Secondary School

# Seabird Island Secondary School Graduates 2015







ACCREDITED

# Seabird College and Adult Education would like to congratulate the Graduating Class of 2015

“As seen in the Agassiz-Harrison Observer”



ADELE PETER-POINT



AISHA AMEY



ALFRED PETERS



ANDREW MONTJOY



ANGELICA MCINTYRE



ARLENE ANDEW



ASHLEY HENDLEY



AUTUMN MASTIN



BRAWNSYN PYNE



BRETT SPARKES



BROOKLAND PYNE



CAITLIN WILLIAMS



CAMERON GARNER



CANDACE LOUIE



CANDICE PAPEQUASH



CHANTELLE HARRIS



CHARLES MCHALSIE



CHASITY CHARLIE



CHELANNE ROBERTS



CHELSEA ROBERTS



CODY LOUIE



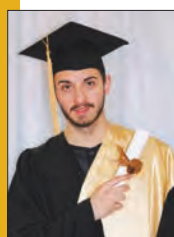
CRYSTAL HENRY



DARLENE FARLEY



DAWN CHARLIE



DOMINIC KING



DOREEN MCINTYRE



ELIZABETH ROBINSON



GEORGETTE CHARLIE



GLENNA BROCHTLER



HALI SPENCER



HEATHER HULBERT-PAUL



JADA FRANK



JASON FRASER



JESSE FRASER



JESSICA GRAHAM



JESSICA POIRIER



JOHN MORENO



JOYCE WILLIAMS



JUSTIN ASHTON



KAIRA PERRY



604-796-6912  
joy@seabirdisland.ca





## Register Now Free to under 19 in most cases

- Addictions Worker Certificate
- Adult Dogwood
- Bank Teller Program
- Business Administration
- Construction Craft Worker 1
- Driver Education Program
- Early Childhood Education Diploma
- Educational Assistant
- First Nations Carving
- Hair Stylist
- Health Care Assistant
- Nail Technician Plus
- Office Administration
- Pharmacy Assistant
- Professional Cook 1 and 2
- Registered Nursing Access Program
- Working in the Resources Area
- Welding Foundations



ACCREDITED



KATIE HASBURG



KEANU LAABACK



KECIA PREVOST



KENDRA PENNIER



KRIS MCDONNELL



KRYSTAL MCLATCHY



LAURENCE DONOHUE



LEXIS REEMEYER



LISA MAMMEL



MAKIAH FERREIRA



MARY GEORGE



MEGAN THOMAS



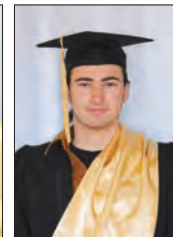
MIKAYLA BAUMESITER



MINDY PHILLIPS



NAIDENE LANLOIS



NATHANIEL MARTIN



NICOLE ISAAC



NORMALINE SMITH



PETER JOHN



QUENTIN CHARLIE



RALPH LEON



RONALD CHARLIE SR



SAVANNAH BYRNE



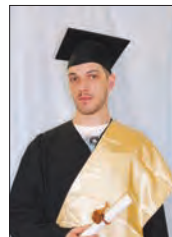
SHANNON CHAPMAN



SHYANNA KERSHAW



SONIA REYBURN



STEFAN HOCK



TAMERAH MONROE



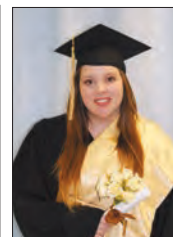
TAMIKA STUMP



TANISHA ALECK



TAYLOR CYMBALUK



TAYLOR IRWIN



TRISHA CHARLIE



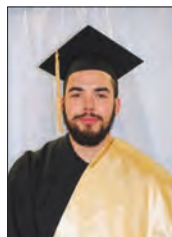
WARREN THOMAS



WILLARD NED



WILLIAM WIEBE



ZACKERY LAABACK

Peters, Alicia  
 Peters, Julie  
 Bob, David  
 Joe, Matthew  
 Johnson, James  
 Jones, Felix  
 Kelly, Juanita  
 Silver, Flora  
 Silver, Lynda  
 Smith, Irene  
 Tuttle, Clint  
 Verracchia, Jake  
 Gutierrez, Richard  
 Mussell, Helena  
 Perry, Christine  
 Abbott, Catherine  
 McLatchy, Krystal  
 Pennier, Katina  
 Peter-Point, Josephine  
 Andrew, Donna  
 Collins, Cynthia  
 Ellis, Leanne  
 Hall, Atawni  
 Louie, Conrad  
 McCotter, Pamela  
 Peters, Jordan

Phillips, Bonnie  
 Shewchuk, Johnathan  
 Bobroske, Lateasha  
 Mallory, Nicole  
 Smith, Normaline  
 Andrews, Melody  
 Andrews, Roger  
 Armstrong, Pamela  
 Kelly, Audrey  
 Malloy, Jessica  
 Bobb, Patricia  
 Hope, Carly  
 Hope, Pamela  
 McNeil, Emma  
 Perry, Maggie  
 Peters, Angie  
 Peters, Tash  
 McNeil, Alyssa  
 Prevost, Kecia  
 Peters, Alfred (Tony)  
 Dixon, Kelsey  
 Louis, Timothy  
 Palmantier, Julie  
 Peters, Morgan  
 Gutierrez, Richard  
 John, Mikeal

Louie, Cavan  
 Louie, Christopher  
 Peters, Mark  
 Ayotte, Bonnie  
 Bain, David  
 Joe, Connie  
 McIntyre, Sherry  
 McNeil, Sarah  
 Scheponek, Carl  
 Wilber, Moriah  
 Fernandez, Eric  
 Francis, Theo  
 Jensen, Cody  
 John, Peter  
 Robinson, Elizabeth  
 Short, Fred  
 Beekman, Jacqueline  
 Francis, Theodore  
 Hernandez, Erick  
 Herrera, Chris  
 Jefferson, James  
 Joe, Zack  
 Mandeville, Reginald  
 Strank, Tyler

“As seen in the Agassiz-Harrison Observer”



604-796-6912  
 joy@seabirdisland.ca

(S) Sxexlhath	(M) Yila:welhat	(T) Sthemelts	(W) Slhath
	<p><b>PLEASE NOTE:</b></p> <p><b>Safety is a priority!</b></p> <p>We need to keep staff safe so we can keep providing you with delivery services.</p> <p><b>On delivery days to the community,</b> please ensure your pets are inside or chained-up away from the door in order to receive your deliveries.</p>	<p><b>Pre/Post &amp; Prenatal Circle</b></p> <p><b>Who can attend?</b></p> <ul style="list-style-type: none"> <li>*Expecting moms</li> <li>*Newborns up to 6 weeks</li> <li>*Partners, Support Person and siblings</li> </ul> <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><b>1</b></p> <p>Canada Day - Stat Holiday Band Office Closed</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	<ul style="list-style-type: none"> <li>• Meals on Wheels 5-6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Pre/Post Cheam 11 a.m. - 1 p.m.</li> <li>• Head Start 10 a.m. - 1 p.m. Mill Hall</li> <li>• Youth &amp; Elders Potluck Dinner 4-7 p.m. @ Band Office</li> <li>• Dental and Doctor Walk-in Clinics</li> <li>• Fire Practice 7 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Pre/Post Seabird 11 a.m.</li> <li>• Youth Workshop Wednesday</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<ul style="list-style-type: none"> <li>• <b>Harrison Festival July 15<sup>th</sup></b> \$5/person 4+ Payment due today!</li> <li>• Pre/Post Chawathil 11 a.m. - 1 p.m.</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Family In-House Event 1:30-3:30</b></li> <li>• <b>Flyer Delivery 8 a.m. - 1 p.m.</b></li> <li>• Head Start 10 a.m. - 1 p.m. Mill Hall</li> <li>• Youth Council Meeting &amp; Dinner 4-7 p.m.</li> <li>• Dental and Doctor Walk-in Clinics</li> <li>• Fire Practice 7 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Harrison Festival Family Fun</b> \$5/person 4+ Payment due today! bus leaves 10:30, returns 11:30</li> <li>• Parents and Tot's Family Fun 4:45-7 p.m.</li> <li>• Youth Workshop Wednesday</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<ul style="list-style-type: none"> <li>• <b>Seabird Community Family Outing:</b> Cultus Lake Water Park 9:30-8:30 \$5 per person. 50 Tickets available, Pay by July 15<sup>th</sup></li> </ul>		<ul style="list-style-type: none"> <li>• <b>Family In-House Family Event 1:30-3:30</b> - Rattle Making \$3/person - Fire safety, hose play, demonstrations - Bounce Houses</li> <li>• Head Start 10 a.m. - 1 p.m. Mill Hall</li> <li>• Dental and Doctor Walk-in Clinics</li> <li>• Fire Practice 7 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Youth Workshop Wednesday</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	<ul style="list-style-type: none"> <li>• Elders Outing</li> <li>• Meals on Wheels 5-6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• Head Start 10 a.m. - 1 p.m. Mill Hall</li> <li>• Dental and Doctor Walk-in Clinics</li> <li>• Fire Practice 7 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>• SA DAY</li> </ul>



# Calendar of Events – July 2015

Days	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
Monday	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• Optometry Clinic</li> <li>• Head Start 10 a.m. - 1 p.m. Mill Hall</li> <li>• Youth Fitness Night 4-7 p.m.</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• Pre/Post Scowlitz &amp; Shxw'owhamel 11 a.m. - 1 p.m.</li> <li>• Optometry Clinic</li> <li>• Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	<p><b>4</b></p>
Tuesday	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Pre/Post Skwah 11 a.m. - 1 p.m.</li> <li>• Elders Meeting</li> <li>• Head Start 10 a.m. - 1 p.m. Mill Hall</li> <li>• Youth Fitness Night 4-7 p.m.</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• <b>Yoo Hoo Word search DUE</b> <b>Enter to win a prize!</b></li> <li>• Prenatal Circle Elders Room 1-3 p.m.</li> <li>• Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	<p><b>11</b></p>
Wednesday	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Head Start 10 a.m. - 1 p.m. Mill Hall</li> <li>• Youth Fitness Night 4-7 p.m.</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Mindfulness Summer Retreat 8 a.m. - 9 a.m. Seabird Wellness Center</li> <li>• Pro D Day</li> <li>• Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	<p><b>18</b></p>
Thursday	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• <b>Family In-House Family Event</b> 1:30-3:30 - Making headbands \$3 /person - Free Haircuts by Mindy - Magician 2:30-3:15</li> <li>• Chief and Council Meeting</li> <li>• Head Start 10 a.m. - 1 p.m. Mill Hall</li> <li>• Youth Fitness Night 4-7 p.m.</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Prenatal Circle Elders Room 1-3 p.m.</li> <li>• Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	<p><b>25</b></p>
Friday	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• <b>Family In-House Family Event</b> 1:30-3:30 - Making Drums \$3 /person - Bannock Make n take - Bounce houses</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>• <b>Yoo Hoo Newsletter Delivery</b> <b>8 a.m. - 1 p.m.</b></li> </ul>	

## Seabird Island Festival

### Men's Ball Hockey:

<u>Team Name</u>	<u>All-star Selection</u>	<u>Picked up</u>
Cheam Chinooks	Nicholas Quipp	Picked up
Soowahlie Slalkums	Goalie (Vic)	
Lady Smith Warriors	Roger Alphonse-	Shawn picked up for Roger
Saanich Selects	Josh Wilson	Cody picked up for Josh
Wolf Pack	Leo Reyburn	
D M K	Tim Evans	Picked up
Red Royals	Adam	Picked up
TWN Warriors	Kalup George	Picked up
Wolf Pack #2	Sheldon Jules	Picked up
Best Goalie	Herb Seymour- Ladysmith Warriors	Picked up
MVP	Raven Kelly- Red Royals	Picked up
1 <sup>st</sup> Place Winners	Red Royals	
2 <sup>nd</sup> Place Winners	Lady Smith Warriors	
3 <sup>rd</sup> Place Winners	Wolf Pack #2	



### Ladies Ball Hockey:

<u>Team Name</u>	<u>All-star Selection</u>	<u>Picked up</u>
Lady Smith Warriors	Brittany Elliot	Picked up
Angelz	Amy Michell	Cynthia picked up for Amy
Wild Katz	Leanne Quipp	Picked up
BC Stars	Shelly	Picked up
Best Goalie	Leanne Julian- Wild Katz	Picked up
MVP	Francine Kelly- BC Stars	Picked up
1 <sup>st</sup> Place	BC Stars	



### 7 under Youth Soccer:

<u>Team Name</u>	<u>All-star Selection</u>	<u>Picked up</u>
Skeena Selects	Jayden Harris/Miley Harris	Picked up
Salish Storm	Ethan Wilson/ Lucetta Wilson	Picked up
Force	Keagan Charlie/ Kaylana Charlie	
Musqueam Blues	Lucas Kelly /Asia Stogan	
Lil Wat	Rexson Jacob-Wallace/ Marlene Dan	Picked up
Sechelt Hornets	William August/ Evelyn Paul	Picked up
Chawathil Kids	Kobe Florence/ Tanayah Hendrickson	Picked up
Cowichan Eagles	Gavin Moses/ Kaleigh Seymour	
Seabird	Kaleb Charlie/ Brooklynn Fisher	
Lil Chiefs		
Jr Warriors	Duncan George-Thomas/ Summer Manson	
Salish United	Rory Silver/ Monica Joe	Picked up
MVP	Gavin Moses- Cowichan Eagles	
Best Goalie	Cowichan Eagles Goalie	
Best Forward	Billy Julian Francis	Picked up
Beset Defense	Jaeda Douglas- Cowichan Eagles	
1 <sup>st</sup> Place Winners	Cowichan Eagles	
2 <sup>nd</sup> Place Winners	Lil Chiefs	
3 <sup>rd</sup> Place Winners	Force	





# Seabird Island Festival



## 10 under Youth Soccer:

<u>Team Name</u>	<u>All-star Selection</u>	<u>Picked up</u>
Musqueam Blues	Tyson Kelly/ Ciera Cote	
Musqueam White	Felix Grant/ Scarlett Felix	
GFC	Wyatt Mowatt/ Nancy Moore	Picked up
Jr. Chiefs	Owen Michell/Natalie Julian	
Lil Wat	Jaylon Gabriel/ Aiyanna Dan	
Salish Storm	Dylan W/ Kennedy Aleck	
Duncan United	Jeriah Johnson/ Goalie	
Salish United	Chris Sepass/ Kirsten	
Sechelt	Rocky/ Ava	Picked up
Seabird	Kassius/ Summer Charlie	
Squamish Thunder	Joey Mendez/ Latasha Ross	
Son'alt	Braeden Bruce/ Samantha	
Soowahlie Slalkums	Kelly Malloway/ Gracie Gutierrez	
Jr. Warriors	Tyson Thomas/ Mia Manson	
Qawam	Denota Wells/ Kiana Leo	
Cowichan Eagles	Jason Tom/ Taneal Joe	
MVP	Joey	Picked up
Best Goalie	Squamish- Goalie	Picked up
Best Forward	Scarlett	Picked up
Beset Defense	Sylvia	Picked up
1 <sup>st</sup> Place Winners	Musqueam White	Picked up
2 <sup>nd</sup> Place Winners	Squamish	Picked up
3 <sup>rd</sup> Place Winners	Sechelt	

## 13 under Youth Soccer:

<u>Team Name</u>	<u>All-star Selection</u>	<u>Picked up</u>
Jr Strikers	Caleb/ Jamie	
Lil Wat	Ethan/ Nikki	
Musqueam Blues	Conner/ Vienna	
Stealth	Jayden/ Theresa	
Squamish Thunder	Owen/ Rachel	
Salish United	Alexis/ Melanie	
Seabird	Patrick/ Talayla	
Cowichan Eagles	Brice, Kavannah	
Gitxsan United	Chris/ Nadia	
Thunderbirds	Ethan/ Eva	
MVP		
Best Goalie		
Best Forward		
Beset Defense		
1 <sup>st</sup> Place Winners	Musqueam	
2 <sup>nd</sup> Place Winners	Squamish	
3 <sup>rd</sup> Place Winners		



## Seabird Island Festival

### 16 under Youth Soccer:

<i><u>Team Name</u></i>	<i><u>All-star Selection</u></i>	<i><u>Picked up</u></i>
Skeena Selects	Tristen Morgan/ Krystian Howard	Picked up
Lil Wat	Marvin Sam/ Tess Wallace	Picked up
Squamish Thunder	Johnny Williams/ Justine L	
Seabird	Mackenzie Peters/ Kayla Peters	Picked up
Cowichan Eagles	Ben/ Jeanette	Picked up
Iron Eagles	Dion Kelly/ Catri Rice	Picked up
Jr Warriors	Samson George/ Britany George	
Musqueam	Richard Stogan/ Katisha Paul	Picked up
MVP	Marshall Pennier	Picked up
Best Goalie	Dallas	Picked up
Best Forward	Shyquintin	Picked up
Beset Defense	Dredan N.	Picked up
1 <sup>st</sup> Place Winners	Seabird	Picked up
2 <sup>nd</sup> Place Winners	Cowichan Eagles	Picked up
3 <sup>rd</sup> Place Winners	Lil Wat	Picked up



### Ladies Soccer:

<i><u>Team Name</u></i>	<i><u>All-star Selection</u></i>	<i><u>Picked up</u></i>
Spaqems	T- van	
Bumble Bee's ©	Marnetta Felix	Picked up
Gitxsan	Kim Johnson	Picked up
Mud Honey's	Makayla Mack	Picked up
Burrard Bumble Bee's	Monica Pete	
Musqueam Spurs	Molly Joe	Picked up
Sto:lo United	Benica George	Picked up
Saanich Hurricanes	Amanda Williams	Picked up
Squamish United	Leatee Daniels	Picked up
MVP	Ronnie Olson	Picked up
Best Goalie	Squamish Goalie	Picked up
Best Forward	Amanda Williams	Picked up
Beset Defense	Lacey Baker	Picked up
1 <sup>st</sup> Place Winners	Saanich Hurricanes	Picked up
2 <sup>nd</sup> Place Winners	Squamish United	Picked up
3 <sup>rd</sup> Place Winners	Sto:lo United	Picked up



### Chawathil Ladies





# Seabird Island Festival



## Men's Soccer:

<u>Team Name</u>	<u>All-star Selection</u>	<u>Picked up</u>
Squamish Guardians	Chester Munro	Picked up
Musqueam Spurs	Peter Cooper	Picked up
Chehalis Panthers	Wayne Williams	Picked up
Saanich Braves	Ben Olsen	Picked up
Strikers	Jerome Turner	Picked up
Saanich United	Brad Thorne	Picked up
Se:math Warriors	Brennon Getty	
Musqueam Wild	Anthony Campbell	Picked up
Sto:lo Braves	Damien Ritchie	Picked up
Stolo Iyalwes	Zack McNeil- Bobb	Picked up
Sts'ailes Chiefs	Kelsey Charlie Sr	Picked up
Sts'ailes Sasquatch	James Antone	Picked up
Masters	Clark Mathews	
Stolo United	Brent Durie	Picked up
Sechelt Renegades	Aaron Dixon	Picked up
Capilano Crew FC	Tom Nichol	
MVP	Tony Gabriel	Picked up
Best Goalie	Bronson Cameron	Picked up
Best Forward	Brent Durie	Picked up
Beset Defense	Ray Lewis	Picked up
1 <sup>st</sup> Place Winners	Sto:lo	Picked up
2 <sup>nd</sup> Place Winners	Capilano Crew FC	Picked up
3 <sup>rd</sup> Place Winners	Sechelt Renegades	Picked up



## Chehalis Ladies





## Mothers Day Event



I would like to thank all 75 ladies that came out to just be together and enjoy the evening.

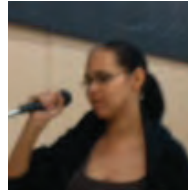
A special thanks to:

- |                  |               |
|------------------|---------------|
| Leanne Ellis     | Mindy Peters  |
| Jenny Billy      | Penny Trites  |
| Chantelle Harris | Cleda Seymour |
| Linda Pettis     | Myra Seymour  |
| Leanne Andrew    | Adelina Smith |
| Allison Peters   |               |



All for helping the night be successful!

Submitted by Genna Joseph



## Seabird Family July Events & Outings!

The recreation department is hosting family drop-in events and outings this summer. Anyone living on Seabird Island is welcome to join us. All events are located in the Seabird Island band office gym, including parking lot and field close by on certain event dates. Most activities are free, others as listed below. All in-house events include snacks & crafts.

**Tuesday, July 14<sup>th</sup> 1:30pm-3:30pm. In-house events.**

- Human sized bubble Play! Taller children, youth and adults only (5 feet).
- Information booth on summer heat safety
- Indoor gymnastics.



**Wednesday, July 15<sup>th</sup> 11am-4pm. Outing.**

- Harrison Children's Festival. **\$5 per person 4+**. Payment deadline July 13<sup>th</sup>.
- Limited transportation; bus leaves the office 10:30am and returns by 4:30pm.

**Sunday, July 19<sup>th</sup> 10am-7:30pm. Outing.**

- Cultus Lake Waterslides. **\$5 per person 2+**. Payment deadline July 15<sup>th</sup>.
- Limited transportation; bus leaves the office 9:30am and returns by



**Tuesday, July 21<sup>st</sup> 1:30pm-3:30pm. In-house events.**

- Fire safety, demonstrations, fire hose play!
- Making rattles. **\$3 per item** (1 per person).
- Bounce houses.



**Thursday, July 23<sup>rd</sup> 1:30pm-3:30pm. In-house events.**

- Free haircuts by Mindy.
- Nutrition information and take-home health snack.
- Cedar headbands/roses/bracelets. **\$3 per item** (make your own).
- Magician!! 2:30pm-3:15pm.



**Thursday, July 30<sup>th</sup> 1:30pm-3:30pm. In-house events.**

- 3" drum making. **\$3 per drum** (make your own; 1 per person).
- Bannock make n' take.
- Bounce houses.



**Note:**

- \* These are family events; please do not drop off children.
- \* Drug and alcohol free events.
- \* Some events may change depending on bookings.

Please contact Keena McNeil for more information. 604-796-6836 or keena@seabirdisland.ca



# More Family Drop-in Events Comming up in July

Check out our facebook for further information:

<https://www.facebook.com/Seabird Rec>

## Seabird Family Outing!! Harrison Children's Festival



**July 15, 2015; Wednesday**

Limited bus seats for those requiring transportation. Bus leaves band office 10:30am and returns by 4:30pm. Festival hours are 11am-4pm.

**Cost:** \$5 per person for ages 4+. Payment deadline July 13<sup>th</sup> to Keena.

Festival includes: arts and crafts, rock wall, performances, info booths, circus skills, puppets, and much more!

Event is for Seabird Island community members only.

Sign up with Keena McNeil by July 13th.

[keena@seabirdisland.ca](mailto:keena@seabirdisland.ca) or 604-796-2177.



Like our Facebook page for upcoming events and activities. Be the first to know!

<https://www.facebook.com/SeabirdRec>



the SEABIRD ISLAND

# YOO HOO

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

**Phone:** 604-796-2177

**Direct:** 604-796-6838

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

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

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

Each issue as well as past issues are posted on the Seabird Website: [www.seabirdisland.ca](http://www.seabirdisland.ca) or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb, Communications Officer & 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 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

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

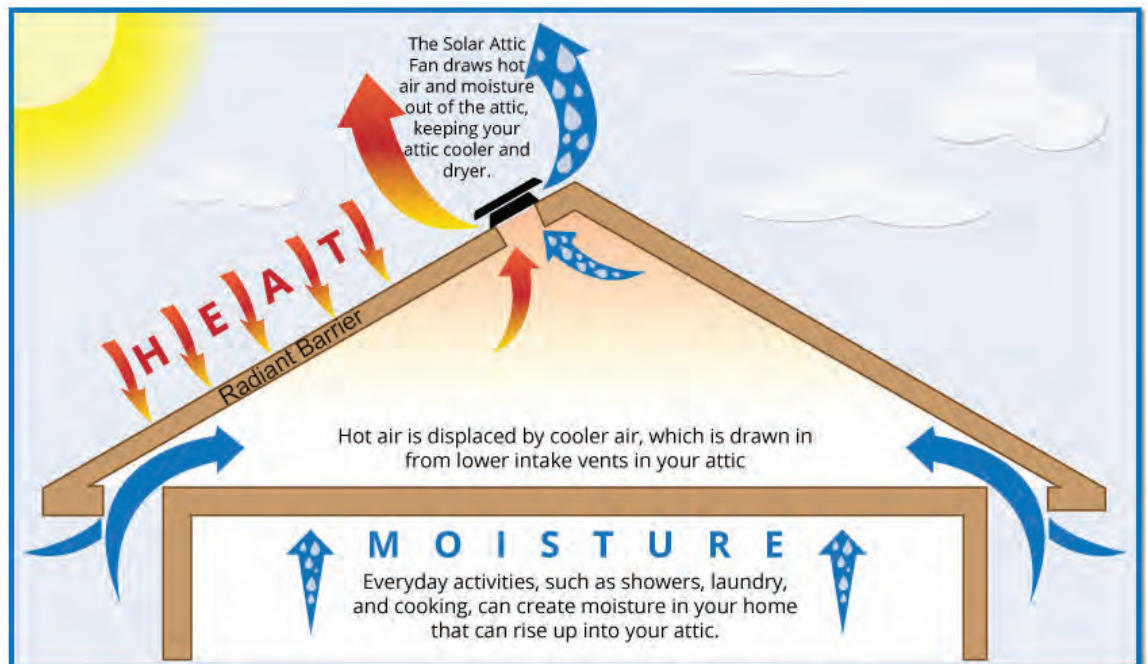
## Cool Home: Summer Tips

**The standard human comfort range in the hot summer is around 78 F or 25.5 C.**

- Tinfoil your windows that face the sun all day. Shiny side out, to reflect the sun and keep your home cool.
- Shade your windows: Set up a light colored tarp (poor mans awning), or outside blind to produce shade and reduce sunlight and heat coming into your home. Use tent pegs to pull the bottoms away from the house, to increase ventilation.
- Use Air Conditioners! The higher the BTU's the more area your air conditioner will cover. 5000 BTU is good for a small bedroom, 10,000+ is better for larger areas.
- Ensure your air conditioner is not sitting in direct sunlight.
- Clean the filters in your air conditioners monthly (or more). This will improve air flow and reduce allergies.
- Don't cool unused rooms! Blanket off the "common" room (living room,...) you want to keep cold, so your air conditioner or fans don't work so hard. This will also help you conserve energy (save money).
- Cook outside, use your barbecue! Keep your oven off.
- Use ceiling fans
- Use fans, to increase air flow. One in one window to blow air in and one out another to blow air out.
- Let the cooler air in at night.
- Use a dehumidifier. Try to reduce the moisture in your home, moisture increases the humidity levels and makes it feel even hotter. Remember to keep the dehumidifier away from air conditioners.
- Do not open the curtains until the sun has passed that window.



- Wash clothing with the cold water setting on your machine.
- Use a clothes line rather than a dryer
- If you need to use a dryer, use it at night when its a bit cooler, not during the hottest time of the day.
- Ventilate the Attic. Vents under the soffit and attic fans mounted on the ridge of the roof, get rid of that trapped hot air. This also gets rid of moisture in the summer and winter to keep your insulation efficient.





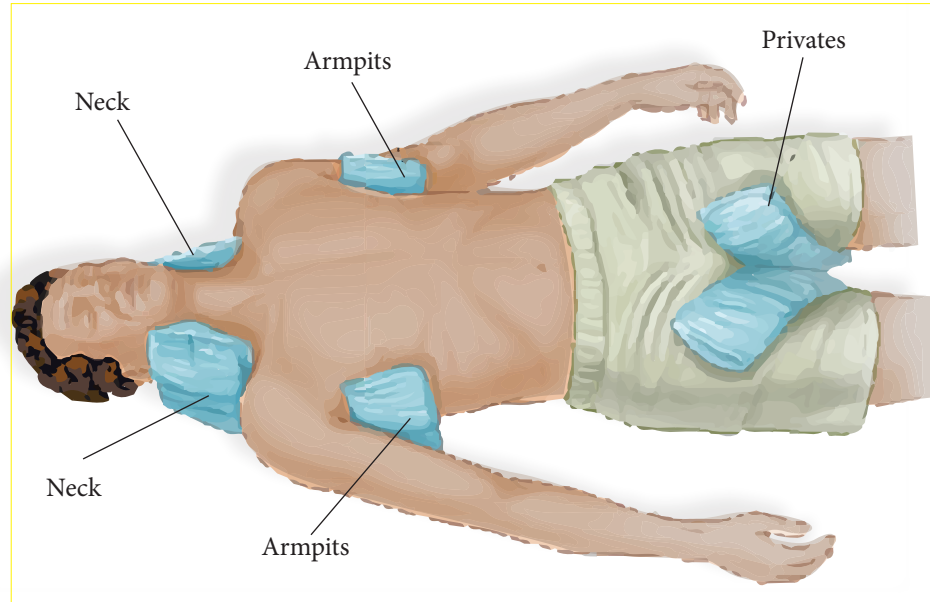
# Heat Stroke: Symptoms and Treatment

If you suspect that someone has a heat stroke, immediately call 911 or transport the person to a hospital. Any delay seeking medical help can be fatal.

- Fan air over the patient while wetting his or her skin with water from a sponge or garden hose.
- Apply ice packs to the patient's Armpits, Privates, Back of Neck. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.
- Immerse the patient in a shower or tub of cool water, or an ice bath.

If emergency response is delayed, call the hospital emergency room for additional instructions.

Use ice packs on these key areas to reduce body temperature!



There are two types of heat exhaustion:

- **Water depletion.** Signs include excessive thirst, weakness, headache, and loss of consciousness.
- **Salt depletion.** Signs include nausea and vomiting, muscle cramps, and dizziness.

The most common signs and symptoms include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Nausea, vomiting, or diarrhea
- Pale skin
- Profuse sweating
- Rapid heartbeat

Prevention:

- Wear lightweight, light colored, loose clothing
- Wear a wide rimmed hat
- Use a sunscreen SPF 30 or more
- Drink Plenty of Water and/or electrolyte-rich sports drinks.
  - Drink 24 ounces 2 hours before a work out, at least 8 ounces every 20 minutes during a work-out.
- Reschedule outdoor activities to the cooler time of the day (early morning or after sunset).

Avoid:

- Drinking too much alcohol
- Caffeine - these fluids make you lose more fluids than you ingest.
- Direct sunlight for extended periods of time.

Note:

- Darker urine (pee) is a sign of dehydration. Drink enough water to maintain a light color urine.
- The hottest part of the day during the summer is usually between 3 p.m. and 4:30 p.m., depending on cloud cover and wind speed.

Heat stroke affects the elderly (over 65), other high-risk groups include infants and children up to the age of 4. These people are particularly vulnerable because they adjust to heat more slowly than others.

## We Don't Need Saviors—We Need Allies

Joe Flood writes in the *New York Times* article, 'What's Lurking Behind the Suicides,' that the issue of youth suicide is related to multi-generational sexual abuse that stems from abuse within Indian boarding schools. Flood goes on to say that the news media, and tribal members have not yet covered this issue with the overt comprehension that sexual abuse is linked to the tragedy of suicide among our youth. Needless to say, this is more than a journalistic oversight considering that *Indian Country Today* has encouraged Native voices and allies to cover this issue for years.

One would think a white man living on Pine Ridge, teaching on the reservation, would be savvy enough to see that the issue has been covered by the Indian media many times over for several years. What's disappointing is that many scholars, academics, and non-Natives have been sharing this article, while they have failed to acknowledge Indian voices lending their direct experience to the issue of youth suicide.

It's heartening to see people outside of our communities care about an issue that has plagued us, but I wonder why *The New York Times* gives more credence to a Non-Native than it would give to a voice who is either Native or has been a Native ally in the media for years.

Stephanie Woodard, with the support of this website and the Fund for Investigative Journalism, wrote an entire series on preventing Native suicide. She didn't frame the issue of youth suicide as a downtrodden tale of authorities and tribal members not taking full accountability and action to prevent

these tragedies, rather she showcased the activism Native youth were taking on Pine Ridge Indian Reservation. Woodard writes, "...youngsters perform skits they hope will lower their tribe's youth-suicide rate." Woodard also shares that Gila River community encourages youth to play with mustangs to prevent self-harm. She also quotes the articulate youth involved in activism through the arts, who discuss how much their work means to them. It is this type of coverage that would show Natives taking full accountability and action to protect their youth. Not to mention, Woodard wrote directly about the issue of Indian boarding schools and suicide among youth in her article, published in 2011, 'South Dakota Boarding School Survivors Detail Sexual Abuse.' In this article Howard Wanna, an Indian boarding school survivor, states, "... we just had three suicides, all youngsters in their 20s, and this happens frequently. Why? It's the result of how we elders were treated as children—an effect that continues through the generations."

Three months ago, Alys Landry wrote in her article for ICTMN, "Five suicides in the past two months have shaken the Pine Ridge Indian Reservation." She discusses bullying as an issue affecting youth and quotes the director of the tribe's Sweet Grass Suicide Prevention Project, stating, "We're working with families of those who completed suicide, or those who have attempted, or those who are exhibiting ideation. At this point, we're responding very aggressively." Landry goes on to give voice to an outreach coordinator, a Native youth, and a chief division council for the FBI on the issue. She closes her in-depth coverage

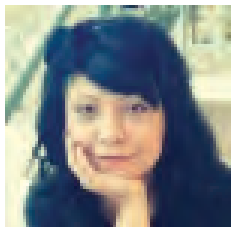
with a number to a suicide prevention hotline.

When Flood states in his article that tribal members rarely discuss the issue of sexual abuse and suicide above a whisper, I wonder if he has read any of these articles featuring Native voices? I wonder if he read Lynn Armitage's article for *Indian Country Today*, which featured Twila True, founder of the True Sioux Hope Foundation, who is working avidly to create permanent and positive change on Pine Ridge Indian Reservation? These articles aren't a blip or a whisper for *Indian Country*.

The *New York Times* has millions of readers who could greatly benefit from reading the voices on *Indian Country Today*. We are not whispering; We are demanding action. Not only are we discussing sexual abuse within our communities, but we're calling attention to systemic racism and how that affects our youth. We're discussing our first-hand experiences with generational injustice and how that affects our grandmothers and grandfathers. We're also connecting youth to suicide prevention hotlines, linking readers to organizations they can donate to, and giving voice to the youth who are actively fighting against the odds. We don't need saviors. We need allies.

If you're interested in donating to True Sioux Hope Foundation, e-mail [info@TrueSiouxHope.org](mailto:info@TrueSiouxHope.org).

If you need help or need to talk to someone, call the National Suicide Prevention Hotline, at 800-273-TALK (8255).



*Terese Marie Mailhot is from Seabird Island, a place bound by the Mariah Slough and the Fraser River. She studies at the Institute of American Indian Arts. Her work, "Heart Berries," can be found in Carve magazine, and her story, "House Party," is forthcoming in Yellow Medicine Review.*

Full name: Terese Marie Mailhot

Source URL: <http://indiancountrytodaymedianetwork.com/2015/05/31/we-dont-need-saviors-we-need-allies>

Read more at <http://indiancountrytodaymedianetwork.com/print/2015/05/31/we-dont-need-saviors-we-need-allies>

Submitted by Dianna Kay



# Seabird Island Band Fisheries meeting

**Date:** Wednesday, July 8<sup>th</sup>, 2015

**Time:** 6:00 p.m.

**Where:** Seabird Island Gym

Aboriginal Rights & Title Department invites all Seabird members to a fisheries meeting. As per our Quarterly Meetings, only band members of Seabird Island Band may speak.

## **Agenda**

- Post season review
- Pre-season forecast
- Fishing sights and maps
- Designation process
- Concerns

**Door prizes including a net!**

**Snacks & coffee will be provided.**

*Any questions or comments please contact Sally at*

*604-796-2177 or 604-997-3952*

## Recipe Corner

Keep your meals simple and cook outside when you can, in the heat of the summer.

### Skinless, boneless Chicken thighs

on the barbeque's are fast and easy.

- 10 minutes, flip and add barbecue sauce,
- 10 minutes, flip and add barbecue sauce

### Salad

Leaf lettuce

Iceberg lettuce

Sliced cucumbers

Tomatoes

Shaved carrot (Tip: I use the peeler to slice

-shave- my carrots nice and thin, some elders have troubles eating hard raw carrots, when they are thin like this or shredded, it makes it easier for them to eat raw carrots.)

Radish slices (fine)

Blueberries (optional; any berries will do, just adds something different)

*I like to use more than one kind of lettuce, it adds texture and vitamins. Good to change things up a bit once and while!*

Add your favorite Dressing.

*Did you know... beats help cleanse and heal the liver.*

### *In my house...*

*Dinner is a great time for the family to work together as a team. Dad on the barbecue, Mom on the salad, kids washing and setting the table.*

*We started this when the kids were 5, and still do it at 19, it sure makes things a lot easier and brings us together as a team.*

*Great work team, your the best!*



Recipe and photo supplied by Sandy Bobb

## On-line Survey Results

### Survey Results from April 13<sup>th</sup> – 27<sup>th</sup>.

In total we received 49 responses with 33 of those identifying themselves as Band Members.

Overall results show that respondents were split on the idea with only a few more people saying that they did not like the idea of moving Medical & Dental. When the results were broken down into just Band Member responses the results showed that there was no clear winner. 39.5% liked the idea, 39.5% didn't like the idea, and 21% weren't sure.

### Overall results:

**Do you like the idea of moving the Medical and Dental Centre to near the Gas Bar?**

- 41% don't like the idea
- 39% like the idea
- 20% weren't sure

### Which do you identify as?

- 33 identified as a Band Member
- 7 identified as a Community Member
- 7 identified as a Patient or Client
- 2 identified as None of the above

### Band Member only results:

**Do you like the idea of moving the Medical and Dental Centre to near the Gas Bar?**

- 13 like the idea
- 13 don't like the idea
- 7 weren't sure

### Of the 49 respondents, 36 left additional comments

- 10 suggest the move may cause transportation issues
  - Of those 10, 2 think that a shuttle service may help with transportation issues
- 9 agree that more space or an expansion is needed
- 9 suggest that they like the current "central location" and/or think services should all be kept in one central location
- 8 think that the move will offer better privacy to patients and/or help decrease the spread of germs
- 5 think the move will affect their ability to access other services and/or learn about Band news
- 2 want more specific information about where and what size of a building it would be



## Seabird Island - Employment Opportunity

**Position Title:** High School Counsellor  
**Department:** Education  
**Competition Number:** JP-2015-047

**Position Summary:**

The main responsibility of the High School Counsellor is the following: individual counselling; group facilitation; guest teaching as needed; assisting youth with specific mental health needs and interpersonal dynamics. This role liaises with community health professionals as needed and actively builds the whole team that supports the student, including parents, teachers and community resources.

**Qualifications/Requirements:**

- Bachelor of Education with counselling background or counselling degree. Counselling Diploma with combined education and experience may be considered.
- A minimum of two years relevant experience.
- Knowledge, respectful and responsive to First Nations culture and traditions.
- Ability to demonstrate an attitude of respect and sensitivity towards students with widely varied backgrounds, abilities, socioeconomic and educational status.
- Strong interpersonal skills and relational skills
- A solid understanding of the emotional and social development of children.
- Progressive and innovative counselling skills within and educational setting.
- Proven ability in working effectively with youth, parents, teachers and administrators.
- Strong commitment to professional growth and collaboration within a dynamic educational team.
- Highly effective communication and interpersonal skills
- Knowledge and awareness of First Nations culture and traditions.

**Primary Responsibilities:**

- Teach group instruction (Junior & Senior) four hours per week covering all CAPP topics.
- Thorough knowledge on how to develop and implement behaviour and safety plans for students.
- Work in partnership with families and outside agencies. ( i.e. Addictions Services, Child & Family Services Authorities, Mental Health etc.)
- Must be comfortable with facilitating programs for small groups of students
- Maintain student files in a confidential and professional manner.

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

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

**Please apply on-line at**  
<https://seabirdisland.hiregroundsoftware.com>  
**Deadline July 24, 2015 4:00 p.m.**

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

**Position Title:** Elementary School Counsellor  
**Department:** Education  
**Competition Number:** JP-2015-048

**Position Summary:**

The elementary school counsellor provides services directed at students experiencing behavioral, emotional, and social difficulty. The counselor assesses and creates individual plans to strengthen self-esteem and to support successful relationships in the classroom and community.

**Qualifications/Requirements:**

- Bachelor of Education with counselling background or counselling degree. Counselling Diploma with combined education and experience may be considered.
- A minimum of two years relevant experience.
- Knowledge, respectful and responsive to First Nations culture and traditions.
- Ability to demonstrate an attitude of respect and sensitivity towards students with widely varied backgrounds, abilities, socioeconomic and educational status.
- Strong interpersonal skills and relational skills
- A solid understanding of the emotional and social development of children.
- Progressive and innovative counselling skills within and educational setting.
- Proven ability in working effectively with youth, parents, teachers and administrators.
- Strong commitment to professional growth and collaboration within a dynamic educational team
- Highly effective communication and interpersonal skills
- Knowledge and awareness of First Nations culture and traditions.

**Primary Responsibilities:**

- Deliver WITS program K-7
- Deliver the FRIENDS for LIFE program K-7
- Assist in the development of behaviour IEP
- Hold weekly group sessions covering all topics within the CAPP curriculum

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

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

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**Deadline July 24, 2015 4:00 p.m.**

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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:**

organizations:	Band		Outside
	Member /Partner		
<b>Front Page Color:</b> 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	
<b>Full Color:</b>			
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	
<b>Greyscale:</b>			
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 (1<sup>st</sup>) of each month

**OFFICE HOURS**

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

**Sandra Bobb**

Phone: 604-796-2177

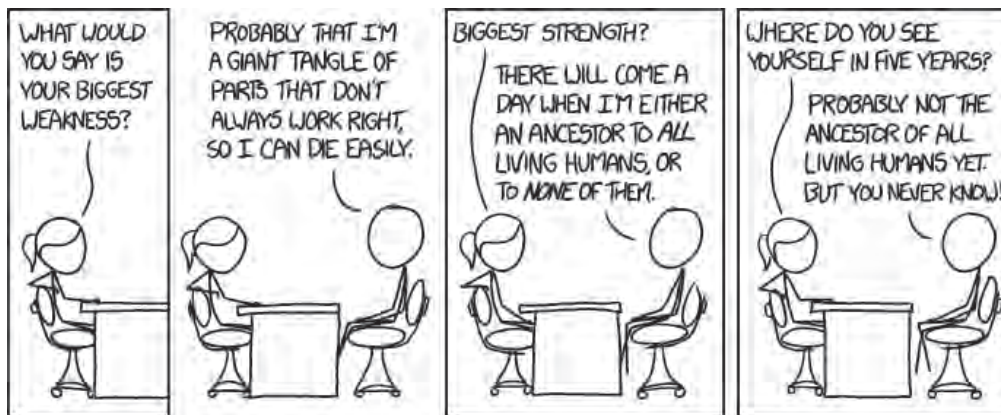
Direct: 604-796-6838

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**



Reference: <http://xkcd.com/>

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**Quotes of the month**

The only thing that overcomes hard luck is hard work.  
*Harry Golden*

The harder you work, the luckier you get.  
*Gary Player*

**Temqwa:l / July**

**Cancer:** June 22 - July 22      **Flower:** Larkspur

**Birthstone:** Ruby

**The healing properties:** The Traditional Metaphysical Properties for the July Birthstone Ruby are vitality, confidence and strength. The healing properties of the July birthstone are reputed to be effective for health problems relating to the blood and infection and increasing positive thought patterns. The Ruby is also used to enhance energy, generosity and to bring prosperity and success.

**Halq'eméylem Word Search**

**YOO HOO - WIN A PRIZE!**

**All Seabird Band Members and Community Members** Congratulations to last months winner Aquilla McMartin Harry 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. Friday, July 10<sup>th</sup>, 2015  
**Draw Date:** Monday, July 13<sup>th</sup>, 2015

**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.*

D	R	N	L	T	E	T	S	J	E	E	T	E	S	U
C	E	I	O	T	I	P	C	N	A	N	P	E	N	E
G	O	V	R	I	O	C	A	E	E	S	N	O	O	N
S	N	T	E	U	S	C	K	M	T	F	O	T	I	L
P	O	I	S	L	T	I	N	E	O	O	R	S	T	B
R	G	A	S	M	O	O	V	R	T	E	R	E	A	U
O	L	N	E	N	R	P	C	I	S	I	I	P	L	S
P	T	N	I	I	E	E	M	P	D	C	N	H	U	I
E	T	A	V	N	M	C	A	E	N	B	G	G	G	N
R	E	N	I	E	O	S	I	T	N	T	U	O	E	E
T	E	G	N	E	S	Z	T	L	B	T	A	S	R	S
Y	C	T	P	R	O	C	E	D	U	R	E	S	K	S
A	N	T	I	L	I	T	T	E	R	I	N	G	O	E
G	N	I	D	L	I	U	B	G	N	I	P	M	U	D

**Law- word search**

- Building
- Business Licensing
- Development
- Environment
- Soil
- Sub-division
- Zoning
- Land Use
- Spousal Property
- Trespass
- Anti-littering
- Dumping
- licensing
- Permit
- Regulations
- Enactment
- Enforcement
- ticketing
- Policy
- Procedures
- Protect

Use the unused letters to translate these Halq'eméylem words:

- qá:lh \_\_\_\_\_
- ík'w'elxw \_\_\_\_\_
- iyáqt \_\_\_\_\_
- mes \_\_\_\_\_

**June Answer:**

Submitted by Zorana Edwards Shippentower





# 'Round The Rez

## Community Events, Workshops & Outings

### OPTOMETRIST CLINIC

The next optometry clinic is scheduled for

**July 2<sup>nd</sup> and 3<sup>rd</sup>**

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](mailto: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
- Laminating
- Copy Services
- Advertising
- Status Card Photos

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: 1<sup>st</sup> 100 color, and 1<sup>st</sup> 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.bcyukonaa.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.<sup>50</sup> for Band Members and  
\$8.<sup>50</sup> 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

# SUMMER SAFETY

## Sun Awareness

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

## Water Safety

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

## Bear Safety

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

## Bike Safety

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

*Play Safe*



Created by Seabird Health  
www.seabirdisland.ca



*Play Safe!*