



the SEABIRD ISLAND

# YOO HOO

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

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

August 2015

## Fishery Meeting

Up-date from July 27th, 2015

### Upcoming Openings

36 HR CHINOOK Directed Fishery with 8 " Mesh (3:1 Hang ratio) WITH Sockeye retention.

(Can keep and hang your sockeye)

Set Net: Friday, July 31, 2015 7:00 AM to Saturday, August 1, 2015 7:00 PM

Drift Net: Saturday, August 1, 2015 7:00 AM to 7:00 PM

DRY RACK - Sockeye Directed fishery with Maximum 5 7/8 " mesh

Sunday, August 2, 2015 to Thursday, August 6, 2015

6:00 AM to 9:00 PM Daily

Dip Net – Chinook and Sockeye

Friday, July 31, 2015 to Thursday, August 6, 2015

6:00 AM to 9:00 PM Daily

PLEASE CONTACT Sally Hope ASAP to be added to the LIST OF DESIGNATED DRY RACK SITES.

Sally Hope

Aboriginal Rights & Title

Tel: 604-796-2177

Cell: 604-997-3952

Fax: 604-796-3729

### TOTAL FIRE BAN!

- NO FIRES!
- Be aware of your cigarette butts!
  - Use an ashtray.
  - Do not throw butts out car windows.
  - Keep butts away from cedar wood chip gardens!

Seabird Office  
**CLOSED** for  
Stat Holiday  
**August 3<sup>rd</sup>, 2015**

## INSIDE this Yoo Hoo

Housing List .....	4-5
General .....	6-7
Elder's Update .....	7
Parents & Tots .....	8
Education .....	10-15
Community Services .....	10-13
Employment Opportunity.....	16
Recipe Corner .....	17
Classified's.....	19

*Thank you for your Paid Submission below*

# 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**





**Beginning With Me**  
**Seabird Island Women's Retreat 2015**

**Seabird Island Wellness Centre**

*Come and join us for a relaxing, fun and educational opportunity to gather, to nurture yourself and build community.*

**There will be:** Workshops, Music, Spa Services, Free Time...  
**Speakers & Presenters:** Dr. Allyson Cushing, Dr. Jeannie, Winona Victor, Kristi Neilsen, Women Elders

**Registration is free.**

**Dates:** September 11-13, 2105

**Where:** Sts' ailes Lhawathet Lalem (Sts' ailes Healing House)

**When:** Friday at 6pm to Sunday at 3pm

**Who:** This is open to women of all communities connected to Seabird Island Health Services.

Registration forms are available from your Community Health Representatives (CHR) or Seabird Island front desk.


Please return completed forms to your CHR or Seabird Island front desk by August 26, 2015.

**For more information.** Please contact the Seabird Island Wellness Center at 604-796-2177.

**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



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

**Seabird Island Water Restrictions include:**  
 no lawn watering;  
 no running taps;  
 Conservation as a precaution

**Construction Reminder**  
 Main Washroom and the Lobby is under construction  
 July 27<sup>th</sup>, 2015- August 7<sup>th</sup>, 2015  
 Thank you for your patience. Watch for before and after update in the near future.



**Seabird Island Band Employment Opportunity**

**Position Title:** Housing Intern (Temporary through March 31, 2016)  
**Department:** Public Works and Housing  
**Competition Number:** JP-2015-055

**Position Summary:**  
 The Public Works and Housing Department has received funding for a Housing Internship position. Reporting to the Housing Program Supervisor, the Intern will have a fantastic opportunity to learn more about on-reserve housing programs, and gain general office and customer service experience. The Intern will be primarily responsible for the front line tenant services and clerical duties for the Housing Program.

To meet funding requirements, the successful candidate must meet the following criteria:

- Between 15 and 30 years of age
- Not currently attending school
- Unemployed for a minimum of 6 months
- Currently not receiving Employment Insurance
- Priority will be given to single parents or those with disabilities.

**Primary Responsibilities:**

- Receive, screen, and direct all incoming calls to the Housing Program
- Greet tenants, or perspective tenants, and ensure that they are screened and directed to the appropriate member of the Housing team
- Maintain housing files in a neat and orderly manner ensuring that they are complete and secure at all times
- Learn as much as possible about working in a Band Office, and specifically with in a fully functioning On-Reserve Housing Program
- Work within the Band Office, the Community at large, and in Tenant homes

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

Interested candidates are invited to submit a resume to:

<https://seabirdisland.hiregroundsoftware.com/>

**Deadline August 7, 2015**

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

**Water Restriction: WATER BAN FOR LAWNS!**

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 effect. **You may water your gardens or planters after 7pm.**

**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.**

**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:**  
 August 4<sup>th</sup>, 2015  
 from 10 a.m. – 3 p.m.  
 Location: Community Health Room

Event submitted by Donna Andrew

## Need Repairs?

The housing team would like to remind all tenants on the protocol for requesting repairs. "If you currently rent from the band and have a deficiency in your home that you would like us to repair, please remember to contact the housing department at the band office," explains Samantha Webster, Housing Clerk. The maintenance team is very busy completing all the required repairs in our rental units. In the last fiscal year 2014-2015 the maintenance team completed approximately 600 work orders.

Some tenants are contacting maintenance workers directly, which is not only disruptive to their work day, but also does not allow your request to be properly recorded and tracked. "The most effective way to have your concern addressed through housing is to submit it in writing or discuss your concern directly with one of your housing office staff," says Samanth. At the time that you express your concern, please let us know of a time and date that we can attend your home to address the issue.

Another issue that housing is having with completing our work orders is that they are not always able to access the unit to complete the repair or the condition of the unit is unsafe. It is very important that tenants allow the maintenance team access at the pre-arranged time. Please make sure to be present at the agreed upon time or the assigned appointment time that you may have received in a letter from housing. When our housing department does not receive notification from you that a time or date will not work or no one will be home to answer the door, we spend valuable time and resources scheduling and attending the unit only to have no answer and the repair remains uncompleted. Again, we are very busy so when you are not home to allow maintenance access your request is bumped to the bottom of the list and

it may be some time before we can complete the repair.

Also ensure the area is cleared and cleaned where the maintenance team will be working. WCB regulations state that there should be no smoking an hour before our staff arrive. Our staff cannot work in a space where alcohol and/or drugs are being used or where the conditions do not meet health and safety standards.

As a tenant it is not only your obligation to report any necessary repairs, but to also allow housing to complete those repairs. If we are not able to gain access, or a repair is not completed in a timely manner, it may cause unnecessary damage which you will be responsible for the cost of repairing. We thank you in advance for your cooperation.

### PLEASE REMEMBER:

- Report all repairs to housing in a timely manner. Especially leaks or anything concerning water or electrical issues.
- If you rent from the band and have a housing maintenance concern: Contact the Housing Team at the band office so that they can dispatch a work order and appropriately assign and track your request.
- Arrange a date and time that you are able to allow maintenance access to your unit in order to complete the repair.
- Be present, or arrange to have someone present, to allow access to maintenance so that they may address the issue. Ensure the area is cleared, clean and safe for our staff.
- If the agreed upon time and date no longer works, please inform the housing department so that they can reschedule the repair.
- Please DO NOT or contact maintenance staff directly.

## Animals - Heat



As you have noticed, the weather has gotten extremely hot this summer. We appreciate community members abiding by policy by keeping their dogs secured. However, please ensure your animal has a sufficient water supply and a shaded area to keep cool. Dogs can very quickly succumb to the heat if these precautions are not taken.

If you witness a dog that does not have shade or water please contact the SPCA at [\(604\) 823-6612](tel:6048236612).

## Amendment Covering your Windows

In last month's Yoo Hoo, community members were advised to place foil on their windows as a way to keep their home cool.



**If you have newer vinyl windows, please do NOT do this.** These windows are already designed to keep the heat from transferring through the glass and placing foil against the pane can cause the window to heat up and possibly fail the seal. **This will also void the warranty on the window.**

### Instead we recommend:

Hang thermal curtains or blankets or close your blinds if you would like to keep the light/heat out but please do not use foil.

## Seabird Island Band Housing Waitlist

### 1 Bedroom

1	11172014-1013A
2	01072015-1013
3	02252015-1014
4	04012015-1015
5	04102015-1016
6	04202015-1017
7	05202015-1018
8	07082015-1019

### 2 Bedroom

1	01062014-2076
2	05302014-2085
3	07292014-3090
4	10032014-1010
5	10082014-1007
6	11172014-1013A
7	01072015-1013
8	08272014-1007
9	02042015-2086
10	02102015-1014
11	03122015-3089
12	04012015-1015
13	04102015-1016
14	04202015-1017
15	05202015-1018
16	06192015-2087
17	07082015-1019

### 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	07292014-3090
12	09302014-1005
13	12092014-1014
14	12242014-1015
15	12312014-1016
16	11172014-1013A
17	01062015-1017
18	01122015-1009
19	01142015-1010
20	01142015-1011
21	01142015-1012
22	01222015-1013
23	02042015-3091
24	03022015-3092
25	03122015-3093
26	03122015-3094
27	04012015-1015
28	04102015-1016
29	04202015-1017
30	04282015-3095
31	05202015-1018
32	05252015-3095
33	06192015-2087

### 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.

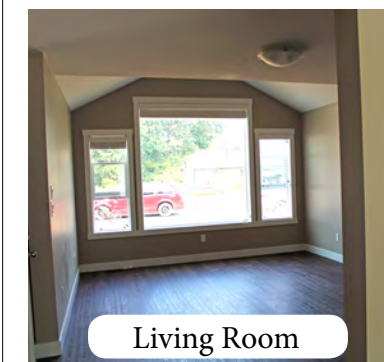
### REMINDER!

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

Submitted by Samantha Webster

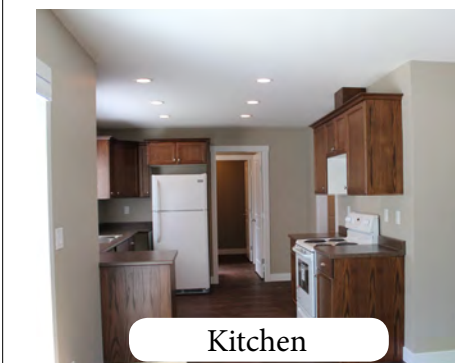
## Block Party - New Houses on Qualq Rd



Living Room



Master Bedroom



Kitchen



Main Entrance



Great turn out for block party to view 4 new houses that was completed on Qualq Road. Everyone got to mingle and enjoy yummy BBQ.



## NEWS RELEASE

For Immediate Release  
2015FLNR0207-001180  
July 27, 2015

Ministry of Forests, Lands and Natural Resource  
Operations

### Drought level increased in four areas of southern B.C.

VICTORIA – Responding to continuing dry conditions, the Government of B.C. has announced a Level 4 drought rating for the South Thompson, Similkameen, Kettle and Skagit areas due to ongoing low stream flows.

At Level 4, conditions are extremely dry. Further declines in stream, lake and aquifer levels could lead to water shortages and affect people, industry such as agriculture, wildlife, and fish stocks. All water users, including those who access groundwater, are urged to maximize their water conservation efforts.

The establishment of a Level 4 drought advisory, signals that regional water managers may take additional regulatory actions if they are deemed necessary. Any such actions will be site specific depending on individual stream conditions. Specific actions could include the temporary suspension of water licences or short-term water approvals in affected watersheds if necessary. Ministry water management staff will continue to monitor conditions, work closely with First Nations, local governments and key stakeholders, and provide updates as the need arises.

Although residential, agricultural and industrial users within municipalities and regional districts backed by reservoir storage are less vulnerable to water supply shortages than water users served by smaller water systems from streams, lakes and wells, all water users are encouraged to observe local water conservation bylaws to prolong water supplies and to maintain flows for fish and ecosystems.

Water users are also reminded to ensure that water intakes are screened to prevent fish from being pulled into water systems as water levels drop. Low water levels can impede the passage of salmon to spawning grounds, increase susceptibility to disease, or cause stranding or death due to low oxygen and high water temperatures.

Drought ratings for the South Thompson, Similkameen, Kettle and Skagit areas were last adjusted on July 10, 2015, when they were increased to Level 3. The Okanagan area remains at Level 3 at this time. To view this release, or learn more about angling closures in these areas visit: <https://news.gov.bc.ca/stories/fishing-closures-part-of-comprehensive-drought-response-1>

Water conservation is everyone's responsibility. Many communities in B.C. are prepared to deal with water supply shortages and low streamflow conditions through drought management plans and water conservation programs that are already in place.

### Learn More:

B.C. Drought Information: <http://www.livingwatersmart.ca/drought/>

B.C. Drought Level Map: <http://bcrcf.env.gov.bc.ca/lowflow/droughtmap.htm>

B.C. Drought Response Plan (June 2015):

<http://www.livingwatersmart.ca/drought/response.html>

What Can You Do?: <http://www.livingwatersmart.ca/drought/action.html>

Agriculture Drought Strategies: <http://www.agf.gov.bc.ca/emergency/Drought/Drought.htm>

Irrigation scheduling techniques and water conservation:

<http://www2.gov.bc.ca/assets/gov/business/natural-resourceindustries/>

[agriculture/agriculture-documents/resource-management/factsheets-andpublications/](http://www2.gov.bc.ca/assets/gov/business/natural-resourceindustries/)

[500-series/577100-1\\_irrigation\\_scheduling\\_techniques.pdf](http://www2.gov.bc.ca/assets/gov/business/natural-resourceindustries/)

For assistance in developing an irrigation schedule: <http://ag-calc.irrigationbc.com/>

Stream flow and precipitation conditions in B.C. are monitored by the River Forecast Centre ☒

☐ Low streamflow bulletins and advisories: <http://bcrcf.env.gov.bc.ca/lowflow/index.htm>

☐ Seven-day average streamflow map:

<http://bcrcf.env.gov.bc.ca/lowflow/7DayFlowGoogle.html>

Groundwater levels in provincial observation wells:

[http://www.env.gov.bc.ca/wsd/data\\_searches/obsWell/map/obsWells.html](http://www.env.gov.bc.ca/wsd/data_searches/obsWell/map/obsWells.html)

Environment Canada Water Conservation:

[http://www.ec.gc.ca/water/en/manage/effic/e\\_weff.htm](http://www.ec.gc.ca/water/en/manage/effic/e_weff.htm)

## Why is it important to vote!

Assembly of First Nations National Chief Perry Bellegarde is calling First Nations people to get out and vote in this fall's federal election, so that Aboriginal issues become elections issues that will not be ignored.

Bellegarde says there are currently 51 riding across the country where Aboriginal voters could sway the vote if enough of them go to the polls.

“If First Nations exercise their inherent right to vote, it could have a huge impact. It could be the difference between a majority government,” Bellegarde told CTV News Channel from Montreal Thursday. Where he was address the AFN's general assembly.

The AFN chief says it's important for First Nations to vote to ensure that Aboriginal issues move front and centre on all party Platforms.

“We can't be forgotten anymore,” Bellegarde said. “Historically, members of Parliament who were running thought, ‘Well, First Nations don't vote, so let's not really be concerned about their issues.’ We want to send the strong message this time around that our votes matter.”

Bellegarde delivered the same message this week to AFN general assembly, calling on chiefs to urge their communities to get out and vote.

Asked what he thought was the biggest issue facing First Nations people in Canada, Bellegarde responded that it was the huge standard of living gap between Aboriginal communities and the rest of Canada.

“Closing the gap is the key thing. There has to be investments in housing, education and training,” he said. He added that the the gap is a stain on all of Canada.

“Our issues are everybody's issues in Canada. If we can work together to close the gap that's a win for this country,” he said.

Neither Prime Minister Stephen Harper nor Aboriginal Affairs Minister Bernard Valcourt attended the AFN's three-day conference, which wraps up Thursday. Bellegarde says their absence is disappointing.

“We reached out to all five party leaders; and three showed up,” he said.

“... When the chiefs of Canada come together, the prime minister should be here. The minister should be here, because that's who they're working with and for.

“We have to collaboratively work together and continually reach out. We're not going to agree on everything but let's come to the table and have a respectful dialogue and focus on the two or three things we can agree on and move those issues and move those issues forward.”

## Elders Outing Updates

There will be elder's yoga that will be starting on August 12 that will occur every *Thursday* for more information please contact Keena or Linda. These sessions were booked from direction from our elders asking for more movement activities in the program.

### Elders Gathering:

The elders gathering was held in July 7-9, 2015 in Tswaout First Nation this year. We had a total of 10 people attend the gathering this year. They travelled to the gathering on Monday and returned back on the Friday. Many elders enjoyed this session and they always look forward to seeing all of their old friends/ family.

### Bake sales:

Elders Bake sales will be resuming back in full swing in September as the elders are taking a few weeks in the summer due to fishing and people going away on holiday. For more information please contact Linda McNeil-Bobb.

### Elders Fruit Trip:

The Elders Annual Fruit trip is booked for August 20th, 2015 this year. Please enquire with Linda McNeil for further information.

Look what has happened at **SEABIRD ISLAND's** Parents and Tots Program in the month of **JULY**. Our families enjoyed eating healthy snacks, played in the Park, splashing in the water and building sandcastles! **YEAH US!**



Thank you to the families who shared their time and came out and supported the Parents and Tots Program.

*Submitted by Tracey Bonshor, Program Coordinator*

## Post-Secondary Application Deadlines

Are you a registered Seabird Island Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree? Then **REMEMBER** these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

- For September April 1<sup>st</sup>
- For January (Winter/Spring if available funding) October 1<sup>st</sup>
- For May (Spring/ Summer depending on institution) January 1<sup>st</sup>

**Funding of any application is dependent upon available budget.**

Seabird Island Band Members that graduated with a Grade 12 diploma or Post-Secondary Program at Seabird College that have not picked up your graduation gift from the Seabird Island Band. **\*\*\*Please contact Cindy Kelly\*\*\*** (These were handed out at the Education Awards.) All honour roll students that did not pick up their honour roll incentive. Please contact Cindy and set up to pick up the gift or incentive. Students in grade 7-12 who have not yet picked up your student allowances for June 2015 please see reception at Band Office. Student must pick up and sign for their allowances in person.

Office Relocated  
to the Seabird College

For further information please contact:  
**Cindy Kelly Student Services Worker** at  
604-796-2177 or [cindykelly@seabirdisland.ca](mailto:cindykelly@seabirdisland.ca)  
Call or text 604-997-3956 cell phone contact

## School Supply Allowance

School Supply Allowance Forms will be ready for students/ parents to pick up after August 10<sup>th</sup> from reception at the band office or Cindy Kelly-Student Services Worker.

**Note:** School Supply Allowance is **only** for students that:

- Reside within the Seabird Island Community (band member or community member)
- Will be attending a school outside the Seabird Island Community

Once the Forms are complete they can be returned to the Student Services Worker or reception. Please allow 7 days for your cheque to process and pick up will be at band office reception.

### iwestset ye staxwixwelh Teaching our children

**August 17-19, 2015**

Youth Coming of Age seminar  
maximum of 20 seats available 10 boys  
10 girls ages 10-12 years old.

Combining modern and  
traditional teachings from our  
local knowledge holders

surrounding the changes the  
children will experience.

Free of cost and meals will  
be provided.

Pot luck lunch on the final day for the  
families to celebrate their  
child's learning.

For more information and  
registration please contact  
*Jonny Williams and Karla Joseph*  
604 798-4832 - 604 845-4958

## Seabird Community Calendar of Events – August 2015

(S) Sxexlhath	(M) Yila:welhat	(T) Sthemelts	(W) Slhi:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
	<p><b>PLEASE NOTE:</b>  <b>Safety is a priority!</b>            We need to keep staff safe so we can keep providing you with delivery services.  <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>  <b>Who can attend?</b>            *Expecting moms            *Newborns up to 6 weeks            *Partners, Support Person and siblings            Open to families living on Reserve and transportation can be provided.            Questions? Call            1-800-788-0322 or 604-796-2177</p>		<ul style="list-style-type: none"> <li>Youth Fitness Night 4-7 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Optometry Clinic</li> <li>Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	1
2	3  BC Day - Stat Holiday Band Office Closed	4 <ul style="list-style-type: none"> <li>Wellness Group 2-3:30pm Wellness Centre</li> <li>Family Outing Mill Lake 9am-3pm</li> <li>Lands Tea and Bannock 10am - 3pm</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>	5 <ul style="list-style-type: none"> <li>No Pre/Post &amp; Prenatal Circle</li> <li>Youth Workshop Wednesday 4-7 p.m.</li> <li>Meals on Wheels 5-6 p.m.</li> </ul>	6 <ul style="list-style-type: none"> <li>Elders Meeting</li> <li>Youth Fitness Night 4-7 p.m.</li> </ul>	7 <ul style="list-style-type: none"> <li>Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	8
9	10 <ul style="list-style-type: none"> <li><b>Yoo Hoo Word search DUE Enter to win a prize!</b></li> <li>Meals on Wheels 5-6 p.m.</li> </ul>	11 <ul style="list-style-type: none"> <li>Wellness Group 2-3:30pm Wellness Centre</li> <li>Family Event 1:30-3:30pm</li> <li><b>Flyer Delivery 8 a.m. - 1 p.m.</b></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>	12 <ul style="list-style-type: none"> <li>Parents and Tot's Family Night 4:45-7 p.m.</li> <li>Youth Workshop Wednesday 4-7 p.m.</li> <li>Meals on Wheels 5-6 p.m.</li> </ul>	13 <ul style="list-style-type: none"> <li>Youth Fitness Night 4-7 p.m.</li> </ul>	14 <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>	15
16	17 <ul style="list-style-type: none"> <li>Optometry Clinic</li> <li>Meals on Wheels 5-6 p.m.</li> </ul>	18 <ul style="list-style-type: none"> <li>Wellness Group 2-3:30pm Wellness Centre</li> <li>Optometry Clinic</li> <li>Family Event 1:30-3:30pm</li> <li>Dental and Doctor Walk-in Clinics</li> <li>Fire Practice 7 p.m.</li> </ul>	19 <ul style="list-style-type: none"> <li>Optometry Clinic</li> <li>Family Outing Grouse Mountain 8am-5pm</li> <li>Youth Workshop Wednesday 4-7 p.m.</li> <li>Meals on Wheels 5-6 p.m.</li> </ul>	20 <ul style="list-style-type: none"> <li>Youth Fitness Night 4-7 p.m.</li> </ul>	21 <ul style="list-style-type: none"> <li>Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	22 <ul style="list-style-type: none"> <li>BC Aboriginal Provincial Lacrosse Camp (Outside Lacrosse box)</li> <li>BC Aboriginal Provincial CanoeKayak Camp</li> </ul>
23 <ul style="list-style-type: none"> <li>BC Aboriginal Provincial Canoe/ Kayak Camp</li> <li>BC Aboriginal Provincial Lacrosse Camp</li> </ul>	24 <ul style="list-style-type: none"> <li>Meals on Wheels 5-6 p.m.</li> </ul>	25 <ul style="list-style-type: none"> <li>Wellness Group 2-3:30pm Wellness Centre</li> <li>Family Event 1:30-4:30pm</li> <li>Dental and Doctor Walk-in Clinics</li> <li>Fire Practice 7 p.m.</li> </ul>	26 <ul style="list-style-type: none"> <li>SA DAY</li> </ul>	27	28 <ul style="list-style-type: none"> <li><b>Yoo Hoo Newsletter Delivery 8 a.m. - 1 p.m.</b></li> <li>Family Event 12-4pm</li> <li>Prenatal Circle Elders Room 1-3 p.m.</li> </ul>	29
30	31 <ul style="list-style-type: none"> <li>Meals on Wheels 5-6 p.m.</li> </ul>	<ul style="list-style-type: none"> <li>Wellness Group 2-3:30pm Wellness Centre</li> <li>Family Event 1:30-4:30pm</li> <li>Dental and Doctor Walk-in Clinics</li> <li>Fire Practice 7 p.m.</li> </ul>				

## Seabird Family Events & Outings

August 2015

Anyone living on Seabird Island is welcome to join our family fun events. 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, Aug 4<sup>th</sup> 9am-3pm. Outing

- Mill Lake. **FREE!**
- Spray park, playgrounds & walk.
- Limited transportation.

### Tuesday, Aug 11<sup>th</sup> 1:30pm-3:30pm. In-house.

- Weaving. **Cost: \$3/person.**
- Bounce houses.

### Tuesday, Aug 18<sup>th</sup> 1:30pm-3:30pm. In-house

- Urban Safari (exotic animals). **1:30pm-2:30pm.**
- Natural medicines and herbs. **Cost: \$3/person**

### Wednesday, Aug 19<sup>th</sup> 8am-5pm. Outing

- Grouse Mountain. **Cost: \$10/adult 19+, \$5 ages 18 & under**
- Limited transportation.

### Tuesday, Aug 25<sup>th</sup> 1:30pm-4:30pm. In-house.

- Rattle making. **Cost: \$3/person.**
- Nutritionist Val.
- Harry Potter themed show. **2 pm - 3 pm**

### Friday, Aug 28<sup>th</sup> 12pm-4pm. In-house Carnival!

- Bouncy castles, Velcro wall, monster basketball, joust, obstacle course, face painter, balloon twister, carnival games.
- Rock wall.

#### 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](mailto:keena@seabirdisland.ca) or like us on Facebook <https://www.facebook.com/SeabirdRec>

Submitted by Keena McNeil

Aboriginal Sport, Recreation & Physical Activity Partners Council



## 2015 BC Aboriginal Provincial Canoe & Kayak Camp



The Aboriginal Sport, Recreation & Physical Activity Partners Council is pleased to present this provincial development camp for Aboriginal youth in partnership with Seabird Island First Nation and Canoe Kayak BC, with the support of the Province of BC.

**WHO:** Aboriginal youth who want to try the NAIG style of canoe and sprint kayaking. Ages 10-17  
**WHEN:** Sat & Sun, August 22-23, 2015  
**WHERE:** Seabird Island Band (Agassiz), BC  
**REGISTER:** \$25/person, includes lunches, t-shirt. Equipment will be provided for use. Register by Friday, August 7th



This development camp provides a great opportunity to experience and learn the style of canoe and sprint kayaking used in the North American Indigenous Games (NAIG). Youth born 1998 to 2004 who may wish to pursue Team BC for 2017 NAIG will benefit from this camp and better prepare for Team BC selection processes at the 2016 BC Aboriginal Canoe/Kayak Championships.

For more info/To register, contact:  
**Angie Chapman**  
**PH: 604-796-2177**  
**E: [angie@seabirdisland.ca](mailto:angie@seabirdisland.ca)**



### Grouse Mountain

Wednesday August 19<sup>th</sup>  
 8am-5pm

Bus departs band office 8am to Grouse Mtn, and leave Grouse Mtn 3pm to return to Seabird by 5pm. Park hours are 9am-10pm. Limited seats for bus. For those traveling via their own transportation, please meet us at the front of Grouse Mountain.

Cost: \$10 per adult (19+) and \$5 for 18 and under.

Deadline to pay by Aug 14<sup>th</sup>.

Outing is for Seabird Island Community members only. Preference may be given to those who have not got to go on an outing yet.



What there is to do and see there: see bears, wolves, and birds; ride the tram; zip line for an extra cost; hike; watch the lumberjack show and the birds of prey show, and much more!  
 Sign up with Keena McNeil & [keena@seabirdisland.ca](mailto:keena@seabirdisland.ca).

Like our Facebook page for upcoming events and activities <https://www.facebook.com/SeabirdRec>

### Mill Lake

Tuesday, August 4<sup>th</sup>  
 9am-3pm

Bus departs band office 9am, and leave Mill Lake 2pm to return to Seabird by 3pm. Limited seats for bus. For those traveling via their own transportation, please feel free to enjoy Mill Lake on your own.

Cost: Free!

Outing is for Seabird Island Community members only.



What there is to do and see: walk around the beautiful lake; play in the many playgrounds; play in the spray park; jump in the pool for an extra cost; have a picnic; play badminton, volleyball or soccer; and much more!

Sign up with Keena McNeil by July 31<sup>st</sup>. [keena@seabirdisland.ca](mailto:keena@seabirdisland.ca).

## Fun in the Kitchen



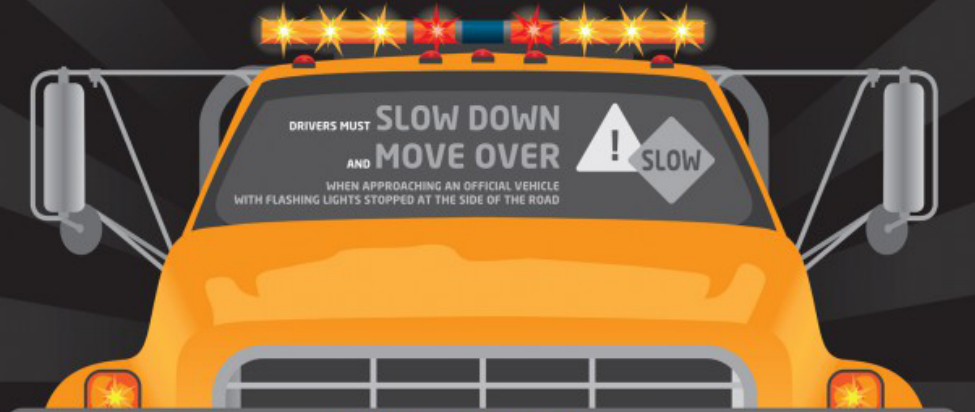
The Nutrition team is having fun in the kitchen with the youth! Youth all made dinner for the family, including a garden salad, a large pizza and cookie dough to take home and bake. Good work kids!

For more information about nutrition and nutrition programs please contact Val Thomson. Phone: 604-796-6829 Email: [valthomson@seabirdisland.ca](mailto:valthomson@seabirdisland.ca)

Photos and article Submitted by Genna Joseph



# SLOW DOWN & MOVE OVER



OFFICIAL VEHICLES INCLUDES: EMERGENCY VEHICLES AND MAINTENANCE VEHICLES. EQUIPPED WITH FLASHING RED, BLUE OR AMBER LIGHTS.

**SLOW DOWN AND IF SAFE TO DO SO MOVE OVER**

**70 KM/H** IF TRAVELING IN A 80KM/H OR FASTER SPEED ZONE, DRIVERS MUST SLOW DOWN TO 70KM/H;

**40 KM/H** IN A LESS THAN 80KM/H SPEED ZONE, DRIVERS MUST SLOW DOWN TO 40KM/H.

**IN THE TEN YEAR PERIOD OF 2004-2013: 239 WORKERS HAVE BEEN HIT BY MOTOR VEHICLES IN BC WHILE WORKING BESIDE OR ON THE ROAD; AND**

**15 OF THESE WORKERS DIED.**

**DRIVERS FACE:**

**\$173 TICKET AND THREE PENALTY POINTS FOR FAILING TO SLOW DOWN AND MOVE OVER.**

BC INFOGRAPHIC CREATED BY THE PROVINCE OF BRITISH COLUMBIA, CANADA FOR THE MINISTRY OF TRANSPORTATION AND INFRASTRUCTURE. MAY 2015. YOUTUBE - [www.youtube.com/MinistryofTranBC](http://www.youtube.com/MinistryofTranBC) TWITTER - <https://twitter.com/TranBC> FACEBOOK - [www.facebook.com/TranBC](http://www.facebook.com/TranBC)

Submitted by Genna Joseph

## Mammogram clinic

December 1<sup>st</sup>, 2015

All interested ladies need to fill out a registration form (pick-up at the doctors reception) and have it sent to Maggie Pettis

Submitted by Maggie Pettis

## 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 or concerns?
- **Every Monday at the Wellness Centre, from 2:00 - 3:30pm.** Snacks and coffee



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

John Barrymore

Contact Lolly for more information  
604-491-6687



## Corporate Affairs

Would Like to welcome Myra Seymour to the team. She will be working in the Aboriginal Rights and Titles department as the Community Project Researcher.



## Youth Program Update

We have had 10 – 12 year old Youth Drop-In on Mondays throughout July with 2 or 3 youth attending. This will continue through August on Mondays from 2pm – 4pm at the Youth Trailer. We have also gone to the Ferny Coombe Swimming Pool two Thursdays, from 2pm – 4pm, with the Summer Program with 2 youth attending those sessions. We will continue to provide rides and entry fees to any youth wanting to join us for a swim on Thursdays through August! Just meet at the Youth Trailer at 2pm on Thursdays with a towel and your bathing suit! Friday night Youth

Drop-In for youth 13 years and older continues to be offered at the Youth Trailer from 4pm – 9pm with dinner provided. We are also working on getting started carving a House Post for the trailer on Wednesdays from 4pm – 6pm and all youth 10 years and up are invited to come learn the art of carving! One last Summer outing is being planned, a flyer will go out with details along with being posted on our Facebook page "Seabird Island Youth Program" – just like the page for updates. Any questions please contact Jonny 604-798-4832 or Karla 604-845-4958

## Dental Update



I am a BC resident and a graduate of the University of Manitoba Dental school a few years back, I love being a dentist and I love hearing people tell me after their visit that they had a really comfortable experience, I have been here in Seabird for a year now and am always excited to walk into the Clinic because I know that there is a great team

here providing the best care and I feel honored to be part of that. So if you are in any way anxious just let me know and I will do my best to make you smile. Besides work I enjoy spend time with my 3 little children aged 6, 5 and 18 months old. I love to camp and cook so please let me know your favorite recipe and I will give it a try.

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

Marwa Salman

### Dental Tip of the Month:

If the decay in the tooth is very deep and the nerve of the tooth is injured then we must do a root canal therapy to make sure you have no pain and assure that the tooth will last longer. Usually a root canal visit is very long (over 2 hours) so even though we try and finish it in one visit, sometimes it has to be broken down into a 2, or 3 visits, we have to finish all the therapy for the tooth and the mouth to stay healthy. Even though you feel fine after the first visit always make sure that you finish all the visits on time, if you are not sure if things are finished you can always give us a call and we can let you know.

## Update on Recreation Department



### Cooking Classes:

The Recreation program is glad to report that 2 session have been held so far and a total of 11 children attended these sessions so far. The cooking program has been designed to give an opportunity for younger children to be able to learn how to prepare nutritional meals and kitchen safety. Cooking program time has been changed to 11:00 to 1:00 pm.

For more information please contact Keena.



### Family Events:

Two family events have been hosted in the month of July which had total of 55 people attend. What was covered in these sessions included Human Sized Bubble, Cedar Bark, Magician, and Crafts for Children, Haircuts. More events are upcoming in the community and please look at the great opportunity to partake in these sessions. Snacks and drinks are served at these sessions.



### Family Outing:

On July 19th the Recreation Program organized a Family Outing to Cultus Lake Waterslides. A total of 75 families attended this event. Transportation was organized for families that needed the support to be able to attend this event. The Recreation program organizes three outings a year for the community. If you would like to give your input as where you would like the next outing to be please send all requests into Keena as we would like to hear your input.



### Summer Program:

This year we have a total of 58 children registered in the program. Our younger program ages from 5-8 are located at the Preschool this year and team leader Cory Castle is leading this group this year. She has the following staff that work with her in the program: Tash, Carly, Tanisha, Robert, Thomas, Marshall. Our older program is located out of the millennium hall this year and team leader is Jean Douglas this year. She has the following staff that work with her in the program: Angi, Brianna, Allison, Derek, Ricki. In addition to these staff we also have two support workers that work in the program.

Some exiting news to share is this year all the program children were in swimming lessons for the first week of program and all have passed these lessons. The older group 9-12 all had the opportunity to partake in first aide training this year and all have passed this session as well. On average the program is out on field trips three times during the week. This year we have the opportunity to have Jonny Williams. Karla Joseph in the program teaching cultural and music/ movement. The Recreation also purchased three new bounce houses this year as well that the children are enjoying this summer.





## Employment Opportunities

**Position Title:** Speech and Language Pathologist  
(Term with the possibility of extension)  
**Department:** Health and Social Development  
**Posting Number:** JP-2015-003

### Position Summary:

- Provide assessments of children (0-6 years old) referred to the Ey Qwal Speech and Language Program
- Provide individual service plans for each child assessed
- Provide direct 1:1 and group speech and language programs for children needing services
- Supervise the Speech and Language Assistants that will be working directly with children needing services
- Participate in screening fairs
- Provide parents, center staff, community members and other involved persons with take home materials and program plans to assist them in helping children meet agreed upon speech/language goals
- Provide information sharing activities to communities regarding importance of speech and language development
- Monthly report and invoice preparation
- Maintain files on all children on caseload
- Manage referrals for all sources
- Provide screening services to centers
- Provide video support services to remote communities
- Teach Ey Qwal Speech and Language Assistant training program
- Position requires flexible scheduling and travel is required

### Qualifications/Requirements:

- Masters Degree in Speech Language Pathology.
- Registered member of the College of Speech and Hearing Health Professionals of BC
- Two years of recent experience (obtained within the last five years); in the absence of recent experience, completion of a refresher program within the last two years may be considered.
- Advanced training and expertise in specialty area (preferred).
- Must be experienced in Augmentative Communication
- High professional and ethical standards with a commitment to the principles and values of the Aboriginal people
- Knowledge and understanding of Sto:lo culture and language, or a willingness to learn.
- Demonstrated ability to work in a fast paced team environment.
- Demonstrated commitment to ongoing professional education.
- Previous community related experience a definite asset.
- Excellent interpersonal and communication (written and verbal) skills.
- Good public relation skills.
- Excellent organizational and time management skills, be able to efficiently organize many details in a time efficient manner.
- Ability to monitor financial accountabilities.
- Proven assessment skills.
- Proven critical thinking and decision making skills.
- Physically able to perform all assigned tasks.
- Ability to perform all duties in accordance with related legislation.
- A valid driver's license/access to a vehicle.
- Basic computer skills are an asset.

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

Interested candidates are invited to submit a resume to:

<https://seabirdisland.hiregroundsoftware.com/>

**Accepting applications until a suitable candidate is found**

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

**Position Title:** Senior Records Clerk  
**Department:** Corporate Affairs  
**Competition Number:** JP-2015-053

### Summary

Under the direction of the Records Manager, the primary function of this position is to assist in the planning, identification, organization, coordination, maintenance and delivery of records management, data monitoring and compliance reporting.

### Job Duties

- Provide consultation and support to Departments implementing, managing and maintaining a decentralized Corporate Records and Information Management Program.
- Analyze records management problems experienced by departments, develop strategies and solutions.
- Liaise with records management personnel throughout the Organization to keep the Corporate Records Classification and Retention Schedule current.
- Deliver training on the Corporate Records Management Program.
- Maintain the Corporate Records Management database.
- Coordinate and liaison with departments on specific file management needs: such as opening new files, purging and preparing inactive records transfers, updating software, and records disposition process.
- Manage and maintain SIB records life cycle in accordance Records Management Policies and Procedures.
- Answer inquiries relating to records and information management.
- Perform general office duties such as data entry, scanning, photocopying, etc.
- Other duties as related

### Requirements

- Completion one year diploma / certificate in Records/Information Management, or related field
- Minimum three years of related experience in Records/Information Management capacity.
- Intermediate proficiency level in Microsoft Office applications (Word, Access, Excel, and Outlook) and a Records Management software such as: Livelink, OmniRim, OpenText, Documentum, etc.).
- (Valid BC Driver's License and personal vehicle that can be used for short trips on a regular/daily basis
- Exceptional oral and written communication skills
- Excellent organizational and customer service skills.
- Ability to work well under pressure
- Ability to multi-task, set priorities and problem solve
- Team player and work independently
- Physically fit – heavy lifting involved
- General knowledge of Privacy Legislation

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

Interested candidates are invited to submit a resume to:

<https://seabirdisland.hiregroundsoftware.com/>

**Deadline August 11, 2015 4:00 pm**

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

## New Staff



Hello my name is Conrad Louie and my First Nations name is Swelistel. My mother's name is Lillian Sylvester and my father's name is Chris

Louie. I have recently been accepted to taken the position of Research Assistant. I have enjoyed the work it's been a great experience. In the past I have work as a Heritage Monitor for Seabird Island. I would like to take this opportunity to thank those who have helped me with this transition: family, friends, and co-workers.



Hi, My name is Redina Borros, and I am excited and honoured to have just started my employment here with Seabird Island as the Mental

Health and Suicide Prevention Worker.

I was born and grew up in Cape Town, South Africa, and have lived in Canada for the past 25 years. I attended the University of Fraser Valley and was granted a Bachelor of Social Work degree.

My background is in mental health, suicide prevention, and crisis intervention work. I developed a passion for this work while employed

at the *Fraser Valley Regional Crisis Line*, which led to me playing an integral role in the launching of the 1-800-SUICIDE line.

More recently I have been employed by *Fraser Health Authority*, and have experience working in Counselling, Emergency, Medical, and Psychiatry services at *Abbotsford Regional Hospital* and *Chilliwack General Hospital*, as well as Mental Health Case Management at *Chilliwack Mental Health Centre*.

I look forward to working with the Seabird Island Community.

All my relations,  
Redina Borros **BSW RSW**

## Recipe Corner

### Sesame Pasta Chicken Salad

1/4 cup sesame seeds  
1 (16 ounce) package bow tie pasta  
1/2 cup vegetable oil  
1/3 cup light soy sauce  
1/3 cup rice vinegar  
1 teaspoon sesame oil  
3 tablespoons white sugar  
1/2 teaspoon ground ginger  
1/4 teaspoon ground black pepper  
3 cups shredded, cooked chicken breast meat  
1/3 cup chopped fresh cilantro  
1/3 cup chopped green onion

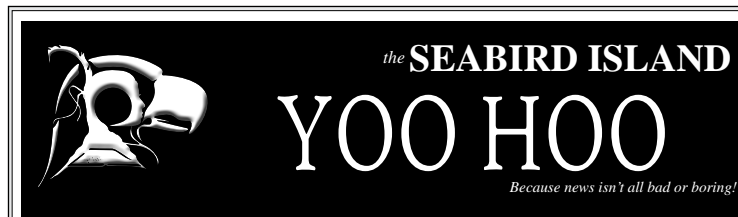
### Directions

1. Heat a skillet over medium-high heat. Add sesame seeds, and cook stirring frequently until lightly toasted. Remove from heat, and set aside.
2. Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 min., or until al dente. Drain pasta, and rinse under cold water until cool. Transfer to a large bowl.
3. In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, sesame seeds, ginger, and pepper. Shake well.

4. Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.



Reference: <http://allrecipes.com/Recipe/Sesame-Pasta-Chicken-Salad/Detail.aspx?evt19=1&referringHubId=96>



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

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

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



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

### SUBMISSION DEADLINES

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

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

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



**Find  
Seabird  
on-line!**

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

Website:



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

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



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

**Tips:**

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

# Personal Hygiene

The first step to good grooming and good health.

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

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

## POOR HYGIENE CAN RESULT IN:

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



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

