



## Temtheqi: DFO's diligence on Fraser River proves beneficial for Seabird Island members



"You better photograph this," suggested Fishery Officer Mike Fraser as he helped unload sockeye salmon from the back of the DFO truck and watched as bucket after bucket was transported into the kitchen inside the Seabird Island Band office. "It doesn't happen often."

Christmas arrived at Seabird Island in the middle of summer, when a DFO truck, with boat still in tow, pulled up to the Band office the morning of August 18. In the truck box was

a large cooler filled with sockeye, destined for the table.

"During the course of our patrols, we do come across illegal fish. We have seizures from time to time. In a year like this, when there's not a lot of fish around, we try to get the fish to a food bank or a place where they are going to be put to good use. Through some of our dealings with First Nations, we've learned it's important

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

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## Diane Janzen honoured for her time as head of Seabird Education



Diane Janzen's last day working as the Education Director at Seabird Island Band was August 26th.

Diane joined the Seabird Education department in March of 2010, and has spear headed many amazing projects, including the growth and development of the schools and the college, graduating hundreds of students with dogwoods, and trades, and most recently achieving accreditation for Seabird Island College.

We would like to thank Diane for her years of service, the countless extra hours put in, and the amazing contributions she has brought to our community. Our hands go up to you!

Hopefully our paths will cross again in the future, but until then we wish Diane great success with her next adventure.

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## School soon in session – drivers asked to slow down

Summer holidays are nearing an end – and the first day of classes at Seabird Island Community School is Tuesday, Sept. 8. That means many more Seabird Island youth will be walking along our streets to and from the school grounds.

As safety is a priority, Seabird Island administration, along

with school staff, are asking everyone on Seabird Island to adhere to the posted speed limit of 30 km. per hour in the school zone.

Drivers are also asked to pay special attention to children walking to and from school along streets leading to Seabird Island Community School.

## Chiefs Corner

### Seabird Island Band Chief Clem Seymour discusses the hot weather and its effect on the fishery



The above-average temperatures and lack of rain in the Fraser Valley through the summer months has had a profound effect on our daily lives.

From a health standpoint, people with respiratory problems have had trouble breathing. As everyone has noticed, lawns are brown due to a lack of watering, and many vegetable and fruit crops have suffered through the heat – and won't produce the amount of food normally generated.

Most important to the Seabird Island Band – the Fraser River fishery, and in this particular case – the lack of fish.

“My understanding is, the conditions of the river have been changing and impacting the migration of the salmon. We are watching things changing out there because there are other user groups not respecting the resources. I see a lot of that. A lot of the runs are depleted, because they've miss-used them out in the ocean coming in. They've overfished, and that has an impact on what we do here,” said Chief Clem Seymour in a recent interview, during which he opened up to the Yoo Hoo and explained the

impact this has on Band members and the Seabird community.

“It makes it really difficult when our people are trying to do their planning. A lot of people have extended families, and they are not getting what they need because they are running out of places out there to do their

fishing. As a result, a lot of people are saying they don't share as much as they used to.”

Chief Seymour admits to a level of frustration given his desire to tackle this issue at the government level.

“We try to talk to people at different levels of governments, but people in the industry are bringing in money, so they don't really listen to what we have to say. That's what we've been up against,” indicated Chief Seymour, adding the desert-like conditions have also had an effect on the dry rack fishery. “We have a dry rack fishery that used to go out on the first of July. They didn't go out till the end of July this year. Environmentally, the weather's not too good for drying fish out there this time of year. Some people still go out and try it. But the fish are different.”

While Seabird families can stock up during the hunting season, Chief Seymour says it's not that simple replacing the amount of fish they

would normally have stored away for the winter months.

“That's getting difficult too,” suggested Chief Seymour. “More people are trying to get out hunting more. I see a lot of our younger people out trying to take care of things by hunting.”

### New animal bylaw

The Seabird Island Chief and Council has passed a Band Council Resolution to enact an Emergency Dog Licensing and Animal Management Law, effective for 50 days, for the following reasons:

- (a) to regulate pets and potentially dangerous domestic animals on Seabird Lands;
- (b) to protect citizens and property;
- (c) to ensure members and residents can enjoy their pets without causing danger or disruption to other members and residents;
- (d) to promote responsible pet ownership;
- (e) to prevent cruelty to animals.

### Section 8.5 of the Land Code states:

Council may enact a Seabird Island Law without the preliminary steps required under Section 8.4 if council is of the opinion this particular Seabird Island Law is needed urgently to protect the health or safety of Members or Seabird Island Lands. However, a Seabird Island Law enacted on an urgent basis pursuant to Section 8.5 expires 50 days after its enactment, or on such earlier date as may be stipulated in that particular Seabird Island Law.

Dale Cory, Communications Journalist

## MCH Clothing Swap

The annual Maternal and Child Health clothing swap took place last Friday in the Elder's Room at the Seabird Island Band office.

Seabird Island Registered Nurse Diana Phan says her department started with 30 garbage bags filled with clothes, shoes, socks and just about anything else a young, growing family could use.

Everything was sorted based on size and description, and by noon, Phan's work

crew had everything ready for the app. 120 clients in the Maternal and Child Health program.

At 1 p.m. Aug. 28, the doors opened, and the Elder's Room began filling up with Seabird families looking to share.

“The clothing swap was a huge success. Approximately 50 clients who attended brought their extended family and friends, so I would say 100 or more passed through,” said Phan, after the

dust had cleared. “We only had about six garbage bags left over, so I believe we reached a lot of families in the communities we serve.”

Phan indicates at least 15 clients/families also donated to the event. She distributed the remaining clothes to Social Assistance and Daycare as they are also in need of clothes to provide the families that access these services.

## Garbage pick-up reminder



All residents are reminded that garbage, compost and recycling pickup day takes place every Monday.

Garbage must be out by 8 a.m. Monday morning. It should be tied securely in plastic garbage bags and deposited into a garbage can.

Please don't bring garbage out prior to Sunday evening.

If you live on the Charles drive units, the pump house is not a garbage depot. Garbage is to be deposited into a garbage can and left at the end of your driveway or at the road closest to your unit.

Major garbage pick-up – which includes anything that does not fit into your garbage can - occurs on the first Wednesday of every month.

Curbside pick-up of major garbage must be booked with Ashley Bobb in Public Works, so that she can schedule this pick-up service for Band members.

## Seabird Island Band Housing Waitlist

### 1 Bedroom

1	04012015-1015
2	04102015-1016
3	04202015-1017
4	07082015-1019
5	07082015-1020
6	07302015-1021

### 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.

### 2 Bedroom

1	01062014-2076
2	05302014-2085
3	07292014-3090
4	10032014-1010
5	10082014-1007
6	01072015-1013
7	08272014-1007
8	02042015-2086
9	02102015-1014
10	03122015-3089
11	04012015-1015
12	04102015-1016
13	04202015-1017
14	05202015-1018
15	06192015-2087
16	07082015-1019
17	07232015-2088
18	07232015-2089
19	07302015-1021
20	08052015-2090

### 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
34	07232015-2088
35	07302015-1021
36	08052015-2090

Band members are being asked NOT to call Brandon or Aaron directly regarding this service.

You are encouraged to sign up with Ashley Bobb to take advantage of this service.

Call Ashley directly at 604-796-6844.

Thank you for helping keep our community clean!

Submitted by Samantha Webster

## Did you know...

Ants can carry 5000 times thier weight,...



...people can not!



© Sandy Bobb

### 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

## Seabird youth learning the ropes through cabling

Mention the word ‘Mac’ to most youth these days, and they will think of Mac computers, or Apple iPhone.

However, a group of students from Seabird Island School recently found out the term can mean something quite different.

Over the years, Seabird Island Band has contracted out various internal network cabling needs to outside contractors. The types of work involved are referred to as - you guessed it - MACs, which stands for **M**oves, **A**dds or **C**hanges.

Sometimes this work is difficult to contract out, or is quite expensive due to the nature of the work.

There had to be a better solution with regard to getting the work completed.

Enter Dave Haukeland, who recently took over as Director of Public Works and Housing with Seabird Island Band. Haukeland connected his Public Works Department with both the IT, and Employment and Social Development Departments. The goal was to get Seabird Island youth more involved in the inner workings of the Band.

“We know the employment centre brings community members in when there is work required. So, we put two and two together and figured, let’s put on a little training course, see if we can get some folks interested, and see if we can start handling it internally,” explained Haukeland. “We hosted a one day classroom session, so they learned about some of the standards needed for today’s cabling needs, and what the different types of cables are. So we went through some of the practical experience in the classroom first. The next day, they came in and ran additional cables to the offices that required another cable, as we needed more outlets.”

Essentially, Seabird Island’s growth and expansion is providing more opportunities to band members – even for those still in school, or recent graduates.

Students worked throughout the Seabird Island Band office during August, installing cables and running them through the ceiling space.

Work was required to meet building and fire code, meaning students were closely watched by Haukeland and Richard Parsey, Manager of Technical Support and Services at Seabird Island. Students attached the jacks on the ends - the modular connectors – and made sure they were assembled to code, as part of their classroom experience. Cables were then labelled and tested. There’s still a little more work to take place to finish the project, including installation of a patch panel to tie everything together.



“I got a real sense that they were happy to have this exposure. It opens up another potential door for these folks, and career choices. Some are still in high school, a couple are graduating now, some are graduating next year, so they are at the time in their life when they are starting to think about what they are going to do with the rest of their life,” said Haukeland, who has taught telecommunications for more than five years. “Do they want to sit at a desk? Do they want to stay active with the tools? I heard some of them talking, which was nice, saying, ‘I’d love to do this for a living. This was fun.’ So, it was encouraging. I think mostly they really appreciated the opportunity to learn something new and have the chance to put those learnings to use immediately.”

Haukeland also gave students some insight as to the level of compensation they could expect in the industry, along with some of the industry-specific professionalism which is required.

“I explained to them that you are kind of half-way between an engineering technical role, and a trade. I call it a white collar trade essentially. You may be working in a lawyer’s office or a doctor’s office or for an engineering outfit, and at brand new places under construction, so you are going to be exposed to the full gamut. So there are industry-specific requirements when it comes to the professionalism in this particular trade. All those things came up and I think it was well-received. These folks were just as gung-ho as someone who would have paid for the course. The intent is to have them come in on an on-call basis, or part-time basis, with the potential to have somebody come in full time on the IT side as the organization grows.”

The goal is to decrease the wait times for service, reduce costs and certainly open up some additional career choice doors for the residents of Seabird Island.

“It was fun and interesting, something out of the blue and something fun to learn. Dave made it interesting for us by teaching us certain things about it. We got to open up the panels and bring the wires up through and wire certain rooms. We got to climb up on ladders and throw the wires across to other rooms. It was fun going up in the crawl spaces and hearing your voice echo down the hall,” said Gavin Peters, 18 and a recent graduate of Seabird Island Community School. “I’m going to go to work and make some extra money, and look at going to school next year. I’d like to pursue this because it was a fun job to do.”

And with that, Gavin made his way back into the classroom, where he and other classmates were learning how to repair cell phones.

Just another case of Seabird Island youth learning skills that they will be able to utilize for the rest of their life.

## Seabird Island Band: Sharing good times/Building families



It's been a busy summer for families here at Seabird Island – with many family outings organized by the Community Services Recreation department.

Families have been to the Cultus Lake Water Park. They took part in activities at the Harrison Festival of the Arts.

And last week, families rode the rides and enjoyed a family outing at Cultus Lake Adventure Park.

“It's very important to have these outings, because all the kids have fun and, we get to see our kids have fun. Not all the families here can afford a lot of these things, and even if they can afford it, they can't afford to buy food, so that makes it harder. I think it's very important because it gives families the opportunity to see different areas,” offered Jennifer Michell, whose family attended the Cultus Lake outing Aug. 19. “We had driven by the Cultus Lake Adventure Park so many times, but it was our first time going. Our girls really loved it. We stayed until it closed. They just had a blast there. It was pretty hard pulling them away.”

Jennifer, husband Jesse Fraser, and their four children Aaliyah Fraser-Michell, 8, Delilah Michell, 6, Olivia Fraser, 4, and Selena Fraser, 8 weeks, had an action-packed outing at Cultus Lake Adventure Park.

Their day started with birthday celebrations for Olivia, who turned four years old Aug. 19. Later in the morning, Jennifer's family took in activities tied to the Head Start Program, which provides families with opportunities to join activities that are relevant to their family, and necessary to their child's early educational growth, including: arts/crafts, Circle Time, drumming, singing, storytelling, language, snacks/lunch, cultural experiences, educational field trips, and community speakers.

Then, it was off to Cultus Lake.

“They had a bunch of rides. They had these bumper boats where you squirt water at each other. We were driving these things and squirting each other. It was hilarious. Here's me trying to drive it, because I didn't know what I was doing. My six-year-old was actually driving better than I was. My husband got a kick out of that,” said Jennifer with a laugh. “They had a little roller coaster, a

big ride called the Round-Up that our oldest daughter went on with her dad. She had a lot of fun on that. They had a merry-go-round and swings, and a Ferris wheel. They had a whole bunch of fun.”

The goal of the Community Services department is to get the word out to promote upcoming events, then get people involved.

It starts with the family. It starts with the kids.

“The family events are very much appreciated in the community and well attended,” stated Angie Chapman, Community Services Manager. “Most families that attend like the fact we offer so much that they can partake in, as well as having something for the children to do while they are doing their crafts or make “n” take.”

“Since October, 2014, youth workers have connected with 78 of the approximately 154 youth within the ages of 10 and 18 that are part of Seabird Island,” stated Karla Joseph in her submission for the Seabird Island Band Annual Report. “Our goal in the next year is to connect with every youth within the 10 to 18 year age bracket, to form a reliable Youth Council to have input into community development, and to engage youth to actively participate in all programming developed to support them.”

All that will lead toward plenty of options for youth, healthy families, and a vibrant community.

“It's very important for us to get together as families. We're a community, but we're a huge family, whether we are related or not. I have friends on this reserve who are either my cousins or just my friends. But the kids call them auntie and uncle, so it's nice we all get together without having to spend so much money, or worrying that they can't come because they don't have the money. With these family outings, we can all pay the same portion, pack a big variety of foods, and go together. All our kids have so much fun together,” summarized Jennifer. “To me, it's very important for my children to learn to hang out with a lot of their cousins and friends. It lifts my heart seeing my kids' faces light up so much with their family.”

Dale Cory, Communications Journalist

**From a live python to the skin of a boa constrictor, Seabird youth who attended Urban Safari enjoyed a ‘reptilian’ experience**



*Shxwéyelhs ye st'elt'álawtexw - Healing as a Community*

Seabird Island Band will be hosting a Community Session on September 26, 2015 and we welcome everyone to attend this session. This session will help empower, give strength, guidance to those in need of the help.

September 26, 2015 (finalized agenda will be circulated next month prior to event)


8:30 am	Doors open for participants and light snacks served
9:00 am	MC- Opening Remarks
9:15 am	Guest Speaker (tba)
10:00 am	Break
10:15 am	Guest Speaker- Steven Point
12:00 pm	Lunch
1:00 pm	Guest Speaker- Gwen Point
2:30 pm	Break
2:45 pm	Make & take session with Participants
3:00pm	Healing Session for whole group
5:00pm	Wrap up event with Dinner

To sign up for this event or if you should have any questions please contact Angie Chapman at 604-796-6893 or email: [angie@seabirdisland.ca](mailto:angie@seabirdisland.ca), Shelia Stewart/ Sonia Reyburn at 604-796-6813.

**Agassiz/Harrison Area First Nations Business Forum**  
**We're Open For Business!**  
**October 20 & 21, 2015**  
**Harrison Hot Springs Resort and Spa**

It is with great pride I invite you to participate in the first annual Agassiz/Harrison Area First Nations Business Forum on October 20 & 21, 2015, at Harrison Hot Springs Resort & Spa.

Seabird Island Band, along with our neighbours the Chawatahil First Nation, Cheam First Nation, Scowlitz Indian Band, Shxw'ow'hamel First Nation and Sts'ailes Band, want to showcase to the business community of the Lower Mainland that we are Open for Business!



We are collectively the largest land owners in the Fraser Valley and our lands are well situated near critical infrastructure required for development and transport. Now more than ever in history is an opportune time for partnerships between First Nations and the business community to flourish. Business relationships built on honesty, trust and respect will enrich our community and your organization.

The Forum features speakers who will share their insight and experience in building effective, productive, sustainable partnerships with First Nations in the real estate and energy sectors. There will be lots to learn, lots to talk about and some great networking. We are also having a fundraising auction featuring First Nation art from my collection. The proceeds of the auction will go to building a new playground for the children of Seabird Island Band. Hope to see you there.

Chief Clement Seymour  
 Seabird Indian Band

Maintenance issues will force the closure of the Seabird Island fitness center during evening hours until Sept. 4.

The gym will be open during regular hours during the day, which are 8 a.m. to 4 p.m.

As of Sept. 8, the gym will also be open from 6 p.m. to 9 p.m.

Check our Facebook page for upcoming events and activities: <https://www.facebook.com/SeabirdRec>, and you will be the first to know what's happening!

## ***A Child's Plea to Parents***

- Give me more than food to nourish me. Give me the warmth and the security of your love. Let me enjoy all five senses. Give me plenty of things to look at, smell, to listen, to taste and even some things to break.
- Teach me to take my turn. Watch me play so you can see how I am trying to work out my problems and what I am up against.
- When you tell me to do something please tell me why I should do it. Let me feel that I am a contributing member of the family. Be sure to include me in making the family plans when you can.
- Please don't keep me your baby when I want to feel grown up. Don't transfer your fears to me. I have enough of my own to cope with and I don't need anymore.
- Help me not to act out when I am angry; but don't make me so afraid of showing anger that I lose my capacity to feel strongly about anything. Let me learn bit by bit to bear pain, to want things but to be strong enough to postpone gratification of certain feelings I am not ready to experience.
- Let me try out my new powers as my body progresses; to creep, to stand, to walk, climb, jump and run when I am ready. Don't limit the natural needs of my body because you have some unresolved hang-ups.
- Give me a little corner in the house that is all mine, and nobody else's. I need moments of peace and quiet that cannot be invaded by anyone.
- Give me my share of consideration and attention.
- Let me ask any question that pops into my head. Don't make me ashamed for having asked it; even if it seems stupid. Give me as honest an answer as you can. If you don't know the answer please say so. It's good training to hear someone say, "I don't know, but I will try to find out for you."
- Be patient with me when I don't do things very well at first. Remember, I have so many things to learn and almost everything takes some practice.
- Let me bear the consequences for whatever I do. I need to be disciplined as well as rewarded. When you discipline me, make sure the consequence suits the 'mis-behavior.
- Above all, grant me without reservation, your debt to me: Unconditional Love. For if I know it is there, I will be able to give the same to my children, and they will be able to give it to their children.

***For more information on child development, parenting strategies or for information about our Supported Child Development Program, please contact Jen or Lisa at (604) 796-6886 and we will schedule a time to meet with you.***

### **Fitness Centre at Seabird Island CLOSED during evenings first week of September**

Maintenance issues will force the closure of the Seabird Island fitness center during evening hours for the time period of Aug. 31<sup>st</sup> to Sept. 4<sup>th</sup>.

The gym, which will be open during regular hours during the day, which are 8 a.m. to 4 p.m.

As for Sept. 8, the gym will also be open from 6 p.m. to 9 p.m.

Check our Facebook page for upcoming events and activities: <https://www.facebook.com/SeabirdRec>, and you will be the first to know what's happening!

Let the Recreation Department know what programs and activities you would like to see at the fitness center and gymnasium. Send us an email at [keena@seabirdisland.ca](mailto:keena@seabirdisland.ca), or drop us a line on Facebook.





## Parents & Tots

Look what has happened at SEABIRD ISLAND's Parents and Tots Program in the month of AUGUST. Our families enjoyed eating healthy snacks, playing in the playground, splashing in the water and building sandcastles!

It takes a community to grow!



The Parents and Tots regular fall program will begin, **Tuesday, September 21<sup>st</sup>, 2015.** 10 a.m. to 1 p.m.



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

— Submitted by Tracey Bonshor, Program Coordinator

## New School Principal Ready to Engage Students

### Barbara White takes over as Principal at Seabird Island Community School

There are desks strewn throughout the hallways, and computers stacked high in one corner. A pile of dirt sits in the middle of the floor, with a broom standing nearby, waiting for the custodian to finish up another of his many duties.

Seabird Island Community School is still in summer holiday mode.

But not for long!

Within a few days, the desks will be lined up in each classroom, and the floors will be shining.

That is, until students arrive.

Sept. 8, the first day of class, is a day Barbara White has been longing for, even though she enjoys her summer holiday as much as the students.

“We’re ready. We’re excited about having all the kids back and having new kids come in and register,” said White. “We’re gearing up and ready to go and looking forward to a great school year.”

When classes do resume, Seabird Island Community School will have a new top administrator in place.

White has taken over principal duties - a position she has been working toward since coming to the school five years ago.

“The most pressing thing for me is a sense of urgency. I feel very much that now is the time for First Nations students to get educated, and to become full members of their communities where they can apply themselves and where they can make contributions,” explained White during a recent sit-down to discuss the upcoming school year. “I believe that the start of that has to be a solid elementary and high school education, where they can have a great foundation to go on to whatever they want to go on to in post-secondary education.”

During her time as vice-principal, White was instrumental in developing an English 12 course so that students would have a better chance of continuing their education after high school.

“There is no way that you can get into university without English 12. You can get into a trade, and again, there is room for everybody, and the scope is for us to have them as prepared for both academic pursuits after high school as well as for trades should they choose that,” said White. “I want to make sure students have the choice that they can have the broadest possibilities available to them rather than, oh, well, I don’t have English 12, so therefore the only thing that I can do if I don’t want to upgrade now - the only thing that is available to me is a trade.

“I want the biggest and best possible set of options available to our students.”

Amanda Anderson, now Alex after marrying this summer, assumes White’s former role as assistant principal. Alex has been working in a special education and learning assistance section of the elementary school.

“She is aware of the programs we have been implementing over at the elementary school, such as Saxon Math and Readwell and Reading Master,”

said White. “She also has that sense of urgency that we have to get our kids performing at grade level, so that when they get to high school they are prepared to work at grade level and they can maximize their potential.”

There is also one new elementary teacher coming on board. Ryan McKenna, who was a teacher on call last year, takes over the Grade 4/5 class on a full time basis.

On the entrance sign in front of Seabird Island Community School, there is a slogan which states: **Where Tradition meets Technology.**

White was asked what that means to her, and how it impacts the goals set up by the school’s administration.

“It’s important to have the school embedded with the culture. Halq̓emylem, the language, is very important to us here. We teach it, and the kids learn it. A couple of years ago, we had the first Halq̓emylem contest here. The staff, including myself, got together and participated as a group. And we won. I actually have a proud Halq̓emylem Warrior T-shirt,” offered White with a laugh. “We want to do much more though, we want to have more of our sentences and phrases become everyday things, so Éy latelh replaces good morning, so that the culture is even more embedded.”

In closing, White invites parents to come down to the school and visit the teachers now that they are in class and preparing for the start of another school year.

**It all begins the morning of September 8th.**

Dale Cory, Communications Journalist



## Learning life skills in the kitchen



Cooking.

It's a skill we should all learn – eventually.

After all, we can't rely on our parents forever!

And in some cases, skill in the kitchen can translate into a career.

The Kids Can Cook Program has been operating throughout the summer in the Seabird Island Band kitchen.

The program has allowed the handful of youth taking part to learn a variety of skills.

During the Aug. 12 class, kids learned how to make smoothies, and topped bagels with fresh fruit.

"This week, we picked something simple that the kids would like. You can never go wrong with smoothies. And the bagels are something you can have for breakfast with the smoothies," explained Ashley Charlie-Hope, a Seabird Island Fitness and Nutrition Educator. "It's all simple ideas that kids can do when they're at home, or babysitting."

It's been a busy summer for those kids who wanted to learn more in the kitchen. One week, they discovered how to make

salsa and tortillas. Another week, it was a casserole with desert. And of course, what's a kids cooking class without learning how to make pizza.

"The kids were nervous at first, and most of them didn't want to be there," said Ashley. "By the third cooking class, they asked why it's only on Wednesdays - and not every day - because they hated waiting for Wednesday and cooking class."

And, the kids did have some say in what they would be able to create in the kitchen.

"They wanted to do a pasta, and they wanted to make a dessert," says Ashley, adding the kids learned some valuable safety skills along the way. "They've been working with knives, and the oven, and stirring stuff on the stove. And dishes."

Ah, those dishes. There had to be something to take away the fun!

Although for Quinten Peters Davidson, it was all fun, even if he had to wash dishes – and a learning experience he may utilize when he's older.

"I want to be a chef maybe when I grow up so I want to learn how to cook. Today I learned how to make smoothies by cutting bananas and blending them for the perfect

time. I thought I could be a little better because the ice wasn't all blended in. I got taught how to do a different way of cutting bagels, but that messed me up a little bit. I had a lot of bagels sliced too thin on the bottom," explained Quinten, 9. "We've made quesadillas, we've made pasta, and we've made a dessert that tasted like coffee crisp. I liked cutting and stirring in a pot and making the pasta because I learned how to fry meat. It was really fun doing all these things."

Along with learning how to cook, the Kids Can Cook Program offered another valuable lesson. Safety in the kitchen.

"I learned not to touch the stove when it's hot, and not to put your fingers close to the knife," added Quinten. "And I learned to be careful, because you can really hurt yourself."

Overall, the Kids Can Cook Program has been a huge success, offering an experience youth can take with them for the rest of their life.

"Kids love it when they can make their own food and be proud of it, and eat it," summarized Ashley. "Especially good food."

Dale Cory, Communications Journalist

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	<p><b>Pre/Post &amp; Prenatal Circle</b></p> <p><b>Who can attend?</b>            *Expecting moms            *Newborns up to 6 weeks            *Partners, Support Person and siblings</p> <p>Open to families living on Reserve and transportation can be provided.</p> <p>Questions? Call            1-800-788-0322 or 604-796-2177</p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>Dental and Doctor Walk-in Clinics</li> <li>Fire Practice 7 p.m.</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Elders Yoga - 2 p.m. Eld</li> </ul>
<b>6</b>	<p><b>7</b></p> <p>Labour Day - Stat Holiday            Band Office Closed</p>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Youth (13-18 years) Drop-in 3-6 p.m.</li> <li>Elders Monthly Meeting-CollegeRoom #8            10 a.m - 1p.m..</li> <li>Lands Tea and Bannock 10am - 3pm</li> <li>Dental and Doctor Walk-in Clinics</li> <li>Fire Practice 7 p.m.</li> <li><b>Out of School Care Program begins</b></li> <li><b>First Day of School</b></li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Pre/Post &amp; Prenatal Circle</li> <li>Youth Workshop Wednes</li> <li>Meals on Wheels 5-6 p.m.</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>Seabird Island Women's Retreat wraps up</li> <li>National Grandparents Day</li> <li>National Terry Fox Run</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>Youth (10-12 years) Drop-in 3-5 p.m.</li> <li>Pre/Post &amp; Prenatal Circle 11-1 p.m.</li> <li><b>Yoo Hoo Word search DUE Enter to win a prize!</b></li> <li>Meals on Wheels 5-6 p.m.</li> <li><b>4's Program Starts</b></li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Elders Food Safe Course - 8:30 a.m.</li> <li>Youth (13-18 years) Drop-in 3-6 p.m.</li> <li>Wellness Group 2-3:30pm Wellness Centre</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>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Parents and Tot's Family 4:45-7 p.m.</li> <li>Youth Workshop Wednes</li> <li>Meals on Wheels 5-6 p.m.</li> </ul>
<p><b>20</b></p> <p>Fraser Valley Soccer League</p> <ul style="list-style-type: none"> <li>U-21: PMO Lordco Reds vs. Stolo Braves - Noon</li> <li>Men's 4C: Surrey Pylons vs. Stolo Braves - 2 p.m.</li> </ul> <p>All games at Seabird Island Park</p>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Youth (10-12 years) Drop-in 3-5 p.m.</li> <li>Optometry Clinic</li> <li>Meals on Wheels 5-6 p.m.</li> <li>3's Program Starts</li> <li>International Day of Peace</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Youth (13-18 years) Drop-in 3-6 p.m.</li> <li>Youth &amp; Elders Dinner 4-7 p.m. @ Band Office</li> <li>Wellness Group 2-3:30pm Wellness Centre</li> <li>Optometry Clinic</li> <li>Dental and Doctor Walk-in Clinics</li> <li>Fire Practice 7 p.m.</li> <li><b>Parents &amp; Tots First Day</b></li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>Optometry Clinic</li> <li>Family Outing Grouse M 8am-5pm</li> <li>Youth Workshop Wednes</li> <li>Meals on Wheels 5-6 p.m.</li> </ul>
<p><b>27</b></p>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Youth (10-12 years) Drop-in 3-5 p.m.</li> <li>Elders Outing</li> <li>Meals on Wheels 5-6 p.m.</li> <li><b>SA Day</b></li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Youth and Elders Boat Trip Cost-\$5. Call Jonny at 604-798-4832 to register. 4 p.m. - 6 p.m.</li> <li>Youth (13-18 years) Drop-in 3-6 p.m.</li> <li>Wellness Group 2-3:30pm Wellness Centre</li> <li>Dental and Doctor Walk-in Clinics</li> <li>Fire Practice 7 p.m.</li> </ul>	<p><b>30</b></p>

Days	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
Elders Lounge	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Youth (13-18 years) Drop-in 3-6 p.m.</li> <li>Youth Fitness Night 4-7 p.m.</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>Optometry Clinic</li> </ul>	<p><b>5</b></p>
Prenatal Circle 11-1 p.m. Wednesday 4-7 p.m. Thursday 4-7 p.m.	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Youth (13-18 years) Drop-in 3-6 p.m.</li> <li>Pre/Post &amp; Prenatal Circle 11-1 p.m.</li> <li>Elders Meeting</li> <li>Youth Fitness Night 4-7 p.m.</li> <li>World Suicide Prevention Day</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>Seabird Island Women's Retreat begins</li> <li>Youth Drop-in &amp; Dinner 4-9 p.m.</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>Seabird Island Women's Retreat continues</li> </ul>
Youth Fitness Night Wednesday 4-7 p.m. Thursday 4-7 p.m.	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Youth (13-18 years) Drop-in 3-6 p.m.</li> <li>Youth Fitness Night 4-7 p.m.</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>Prenatal Circle Elders Room 1-3 p.m.</li> </ul>	<p><b>19</b></p>
Mountain Wednesday 4-7 p.m. Thursday 4-7 p.m.	<p><b>24</b></p> <ul style="list-style-type: none"> <li>Youth (13-18 years) Drop-in 3-6 p.m.</li> <li>Chief &amp; Council Meeting</li> <li>Youth Fitness Night 4-7 p.m.</li> </ul>	<p><b>25</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>26</b></p> <ul style="list-style-type: none"> <li><b>Healing as a Community</b> Seabird Gym 8:30 a.m. - 5 p.m. Guest Speakers include Steven and Gwen Point Contact Community Services to register</li> </ul>
	<ul style="list-style-type: none"> <li>Youth (13-18 years) Drop-in 3-6 p.m.</li> <li><b>Yoo Hoo Newsletter Delivery</b> 8 a.m. - 1 p.m.</li> <li>Post-Secondary Application Deadlines. Deadlines for completed applications for January, 2016 is October 1st, 2015</li> </ul>	<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>	

## Drumming Up Inspiration for Seabird Youth

The preparation for the class was intensive, strenuous and somewhat mind-numbing.

The building portion was repetitive.

The result was something Seabird Island youth, and Elders, can be proud of.

Jonny Williams, a Seabird Youth Cultural Worker, was in the Seabird gym Aug. 11 to help youth create drums.

But before Jonny could get creative with the kids, he first had to prepare all of the supplies. That took some time.

“I bought the hide, so I didn’t have to go hunting. It’s quicker. I had the hide soaking in hot water for a couple hours, which makes the hide softer. I then had to trace it all out in circles, and cut it all out by hand. I prepped 60 of them,” explained Jonny, still smiling after all that work. “So, it’s cutting each circle out, and making a template for the holes. I had to hand punch every single hole. And I had to measure out the sinew and cut them. So it takes a while.”

For this drum-making class, Jonny used elk hide. He even dyed some of them to be different. He used treated sinew from the animal to bind everything together.

Eventually. It was time to build.

“I try to get across to the kids the idea of being repetitive. I show them about four times. I show them each step, going through and under, and up and back under, and over. They’re watching and hearing and seeing it. I repeat it about four times and let them take over,” he explained. “A long time ago, these children had to learn how to do it step by step - you know, kill the animal, step by step, to earn that - and learn how to make the sinew, and how to make the hides. I could probably, start to finish, complete one in 10 to 15 minutes. A child takes a little longer. It’s a learning experience, right. And they are doing very good.”

Young Quinten Peters Davidson was one of the students in this drum-making class. He was eager to tell his story when asked why he was at the table.



“I asked my mom if I could go make a drum so I could bring it home and tell them what the natives did in the older days making drums out of cedar and stuff - and how they can be thankful to mother earth for killing the deer for the skin. I wanted to paint them and bring them back to Castlegar where I live,” explained nine-year-old Quinten, who likes playing the drums and recorder and singing. “It was pretty hard. My mom needed to help me a little bit because I thought I messed up, but I didn’t really mess up. This is my first time making a drum.”

For Jonny Williams, the experience was a success in terms of educating Seabird youth on understanding the past, and using that knowledge to teach future generations the traditions of drumming.

“I’m just hoping the kids can learn a little bit of culture. It’s a mini drum - a mini hand drum. A lot of times we would make them for the kids as toys. Back then, we didn’t have the store to go to - to have things. Making drums was one way to entertain them and they could play with them,” said Jonny. “For them at this young age to learn, it gives them the idea that when they get older, they can use them in



ceremony. You have to earn a bigger drum to use it in ceremony.”

With Jonny confident these Seabird youth can now build a drum, his plan is to increase their exposure to traditional songs.

“We will also be making rattles, another childrens toy,” summarized Jonny. “We are bringing back our culture to families, with the rattles and the drums and songs. Kids always like noise, so that’s why we make rattles for our children.”

And the beat goes on...

Dale Cory, Communications Journalist

## Elders Spotlight



### Barb Chapman

Barb Chapman was born in Chilliwack 77 years ago to Alfred and Mabel Peters.

Barb's grandparents on her father's side were William and Emma Peters. Her grandfather on her mother's side was Fred Ewen.

When asked about her memories as a child, Barb recalled that life was very hard with 20 kids in the family. She was the oldest, and missed a lot of schooling to help raise the family, and she worked at home until 15 years of age. She then moved to Chilliwack, where she babysat, continuing to utilize many of the parenting skills she learned while growing up at home.

Barb was also asked what it was like on Seabird Island when she was a child.

"I grew up with five boys behind me, so I ended up being a heck of a tomboy," she said with a laugh. "I didn't mind that. I used to climb trees to be around the boys. I had to be one of them."

On her current home located at the north end of Seabird Island, Barb Chapman has raised chickens, ducks, pigs, and even had a bull on the farm. She always planted a full garden.

As for the changes on Seabird, Barb has watched the land get developed with more residential housing.

Dale Cory, Communications Journalist

### Mammogram clinic Dec. 1<sup>st</sup> – Time to book Appointment

The Seabird Island Band welcomes the BC Cancer Society's Mammogram screening clinic twice a year. Whatever your age, you should know what is normal for your breasts and tell your doctor if you notice any changes. Once you reach a certain age, you can also go for screening mammography, a low-dose x-ray. Mammography is the most reliable method of finding breast cancer.

The Canadian Cancer Society's breast cancer screening recommendations:

- If you are 40 to 49: Talk to your doctor about your risk of breast cancer, along with the benefits and risks of mammography.
- If you are 50 to 69: Have a mammogram every 2 years.
- If you are 70 or older: Talk to your doctor about how often you should have a mammogram.
- Research has shown that women who have mammograms regularly are less likely to have a false positive (when the test results suggest cancer when none is present). We also know that if you do have cancer, it is more likely to be detected when you have mammograms regularly.

Your doctor may also do a physical examination of your breasts (a clinical breast examination) to check for signs of cancer.

Our next mammogram clinic is scheduled for Dec. 1. If you would like to book an appointment please complete a registration form available from the Medical Centre. If you have any questions please contact Maggie Pettis, Community health representative.

[www.facebook.com/SeabirdIslandBand](http://www.facebook.com/SeabirdIslandBand)

## After School Care! September 2015-June 2016

The Recreation Department is pleased to re-open the Out of School Care Program once again on September 8th, 2015!

### OOSC is open:

Regular school days: 3pm-5pm

Pro-d Days: 8am-5pm

Spring Break & Christmas Holidays:

8am-5pm

Closed STAT holidays

Fees: \$8.75 for regular after school program, \$10.50 for full day program, & \$20.75 for holiday breaks.

Fees subject to change.

Registration packages can be found at the front desk of the band office. Please fill them out and return to Keena McNeil asap. Seats are not guaranteed until forms are completed.

### What we do:

- Crafts
- Sports
- Hala'emeylem TPR
- Board Games
- Watch movies
- Field Trips
- Playground
- Cooking/Baking/Nutrition
- ...and so much more!

For children in grade 1 through the age of -12



"Where Friends are Made"

All parents must fill out a Program registration form for each child & government subsidy forms.

To complete the registration process, please speak to Keena McNeil!



# 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:

- |  |                               |
|--|-------------------------------|
| <input type="checkbox"/> For September                                     | <b>April 1<sup>st</sup></b>   |
| <input type="checkbox"/> For January (Winter/Spring if available funding)  | <b>October 1<sup>st</sup></b> |
| <input type="checkbox"/> For May (Spring/ Summer depending on institution) | <b>January 1<sup>st</sup></b> |

**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.

**AGASSIZ / HARRISON AREA**

**FIRST NATIONS  
BUSINESS  
FORUM**

*Don't miss out!*

**Oct 20 & 21, 2015**

[Ahfnbf.ca](http://Ahfnbf.ca)

**Register Here**



### Seabird Island Band Employment Opportunity

**Position Title:** Child and Family Services Manager (temporary)  
**Department:** Health and Social Development  
**Competition Number:** JP-2015-049

#### Position Summary:

The Child and Family Services Manager plays a key role in the support of Band and Community Members. Through the supervision of programs that deliver mental health, suicide prevention, and wellness support, as well as programs that provide child protection, family support, and social work services, ensures the mental, physical and spiritual safety of clients and client families.

The Manager ensures that all programs under their supervision are delivering high quality and culturally sensitive services to past, current, and potential future clients.

#### Qualifications/Requirements:

- Bachelor's degree in social work, Nursing, Counseling, or other related field is required
- Masters level education would be an asset
- A minimum of 5 years' experience in a social work, counseling, mental health services, community wellness, or other related field
- 5+ years' experience supervising staff working in multiple related disciplines
- Must have experience or an in-depth knowledge of the impacts of drug and alcohol addictions on an individual, family, and community level
- Experience involving child and family services
- Experience and knowledge involving law enforcement and the courts system
- An understanding of the function, operations, and expected standards for the operation of a group home
- Must have a grasp and passion for the protection of Aboriginal and family rights
- Experience seeking funding opportunities, and writing proposals from various public and private funders would be an asset

#### Primary Responsibilities:

- Develop and maintain a roster of staff to meet the social, and mental wellness of Seabird Members, and partner communities

- Ensure the smooth, culturally appropriate, and safe operation of the Group Home
- Serve as the Social Worker on staff for the Band
- Identify the needs of the community for individual, family, and addictions counseling, and ensure that the programs have the funding and staff needed to provide these services
- Protect the rights and entitlements of Seabird Members and families
- Ensure that appropriate programming is developed to protect vulnerable members
- Develop, maintain, and manage independent budgets for all programs being supervised
- Seek additional funding from a wide variety of sources
- Ensure that Seabird Community Members, off reserve members, staff, and other supported communities are aware of the programs and services available to them
- Make referrals to various care providers, legal services, and health services
- Develop and deliver various training sessions and workshops based on the needs of the client base
- Provide training and development to Seabird staff related to dealing with clients and community members with various barriers
- Ensure that all services provided by program staff are delivered in a caring, non-judgmental manner
- Attend case conferences, court appearances, and other meetings related to child protection issues as directed by families
- Advocate on behalf of families
- Ensure that clients and families fully understand the processes that they are engaging in
- Complete regular and on demand reporting to satisfy the needs of the Director, CAO, Chief and council, funders, and other stake holders

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*





**Seabird Island Band  
Employment Opportunity**

**Position Title:** Finance Analyst  
**Department:** Administration  
**Competition Number:** JP-2015-051

**Position Summary:**

The Finance Analyst, under direction of the Comptroller, is primarily responsible for analyzing and interpreting the Financial and statistical data of Seabird Island Band. The position must maintain confidentiality of all records.

Coordinates the flow of information from Contracts and Agreements to the various departments within Seabird Island Band. This includes reporting on a timely basis adhering to company policies and procedures as well as contractual requirements and ensuring all deadlines are met within the established timeframes.

**Qualifications/Requirements:**

- Completion of college diploma in accounting or business administration or higher.
- Working toward an accounting designation or degree preferred.
- Three years of increasingly responsible finance analysis experience (preferably in a Non-Profit or First Nations environment).
- Demonstrated ability to complete full cycle accounting.
- Demonstrated knowledge of applicable accounting and other computer technologies
- Must pass a satisfactory Criminal Records Checks

**Primary Responsibilities:**

- Analyzing and interpreting the Financial and statistical data and reports.
- Liaise with Department and Program Managers and funding agencies.
- Prepare documentation, reports, summaries, and record management relating to financial analysis.
- Research relating to financial information.
- Assist with a variety of financial planning initiatives.
- Identify areas that require special attention.
- Recommendations for improvements to systems or strategies.
- Reconciliation procedures relating to analysis.
- Printing financial reports from Accounting Software
- Assisting with budget, cost and variance analyses
- Ensuring proper allocation of overhead charges
- Assisting with preparation of operating budgets.
- Full cycle booking for some ventures.

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 Friday September 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*



**Seabird Island Band  
Employment Opportunity**

**Position Title:** Grounds Keeper  
**Department:** Public Works and Housing  
**Competition Number:** JP-2015-056

**Position Summary:**

Working within in the Public Works Program, the Grounds Keeper is responsible for ensuring that that Band property and facilities are kept looking their best. This will include mowing, weeding, treating and otherwise caring for Band property throughout the Island. It will also require the maintenance of all gardens and beds surrounding Band buildings. This is a very physically demanding position and requires working in all conditions. This position is seasonal, and hours may decrease or end in the fall/winter

**Qualifications/Requirements:**

- Must be physically fit to complete long days of hard physically demanding work
- Experience with mowing, weeding, trimming, clearing, and treating large areas on a regular basis
- Knowledge of local flora and fauna to ensure success of our grounds
- Experience operating push and riding mowers as well as other hand and power tools

**Primary Responsibilities:**

- Mow, weed, and treat all Band fields and grass including cemetery
- Plant, weed, prune, and care for all Band gardens
- Trimming trees, hedges, blackberries, etc.
- Shoveling, applying mulch, chipping and waste removal and heavy manual labour
- Fertilize, water, treat, and care for all Band grounds as needed
- Adhere to regular schedule to ensure all grounds and plants are tended to on a regular basis
- Prepare fields for various tournaments and events as planned by the Events department
- Perform repair and maintenance to fields and grounds as needed
- May be required to assist with snow removal, salt and sand application, or other related tasks
- Other duties will be assigned, and will vary based on Departmental need and season

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 September 4, 4:00 PM**

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

**Recipe Corner**

**Salmon Cakes**



**Ingredients**

- 2 strips bacon, cooked until crispy, crumbled, bacon fat reserved
- 1/4 cup chopped onion
- 1 egg
- 1/2 cup mayonnaise
- 2 tsp Dijon mustard
- 1/2 tsp sugar
- 1/2 lemon, zested
- 1 (14-ounce) can wild salmon, checked for large bones
- 1 baked or boiled russet potato, peeled, and fluffed with a fork
- 1/4 cup bread crumbs
- 2 tbsp grated Parmesan
- Freshly ground black pepper
- 1/2 cup vegetable oil

**Directions**

Heat 1 tablespoon of the reserved bacon fat in a small saute pan over low heat. Add the onions and cook until translucent. Cool the onions for a bit. Mix the bacon, onion, egg, mayonnaise, mustard, sugar, and lemon zest in a bowl. Add the salmon and potato, mixing gently after each addition. Form the mixture into 12 small patties. In a shallow dish, combine the bread crumbs, Parmesan, and pepper, to taste. Coat the patties in the bread crumb topping. Heat 1/4 cup of the oil in a large saute pan over medium heat, and cook the salmon cakes in batches until golden, about 3 to 4 minutes per side. Add more oil, as necessary. Arrange on a serving platter and serve.



**Seabird Island Band  
Employment Opportunity**

**Position Title:** Youth Worker (permanent full time)  
**Department:** Health  
**Competition:** JP-2015-059

**Position Summary:**

The Youth Worker will be directly responsible for engaging Band youths (age 12 – 19) in a variety of activities that will supplement their growth and development. Activities will include local and distant activities that are both large and small scale. The successful candidate will also connect their clients with needed programs and services such as drivers education, health services, mentorships, and social supports. The youth worker will be expected to develop strong but healthy relationships with youth that will include in-depth discussions/workshops and support related to youth issues such as suicide, sexual education, gender, mental health, drugs and alcohol, and developing healthy relationships. Some large scale projects will include the creation and continuation of a youth oriented newsletter, youth council and conference, and youth fundraising initiatives. The incumbent must be able to engage and encourage youth while maintaining an appropriate relationship with all of the youths. This position will require a flexible schedule to meet the needs of the Band youths.

**Qualifications/Requirements:**

- Post-secondary education in social work, child/youth care/human services or other related field is required.
- Experience engaging youth
- Able to deliver important messages to youths in a manner that is accessible to the audience
- Available for varied shifts to accommodate youth availability and activity schedule including days evenings and weekends
- Familiarity with Mustimuhw or other charting software would be an asset
- Ability to maintain a close but appropriate relationship with youth
- Ability to maintain client confidentiality while ensuring that safety and legal guidelines are adhered to
- Valid Class 5 Drivers licence and a willingness to obtain a Class 4

**Primary Responsibilities:**

- Connect with Band youth ranging in age from 12-19 years old
- Research, develop and deliver relevant and appropriate programs for youths
- Connect youths with necessary and appropriate programs and services both at request and in a proactive/preventative manner.
- Establish strong, healthy, and appropriate relationships with youths
- Serve as a positive role model and support for youth as needed
- Record youth activities to track impacts and trends
- Write proposals and seek funding for new opportunities
- Facilitate workshops and sessions for youth related to National Addiction Week
- Plan and deliver workshops on various topics such as sex and sexuality, mental health, suicide, gender, dealing with trauma, and other topics of importance/interest to youths

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

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

**Human Resources - Seabird Island Band  
P.O. Box 650 Agassiz, B.C. V0M 1A0**

**Phone 604-796-6814 Fax 604-796-3729 humanresources@seabirdisland.ca**  
**Deadline Wednesday September 9, 2015 4:00 PM**

# Planned Field Research 2015: *The Impacts of In-River Fisheries, Pathogens and Tagging Effects on Fraser Sockeye Salmon Migration*

## *Pacific Salmon Ecology and Conservation Laboratory – UBC Freshwater Ecology and Physiology Laboratory – Carleton University Environmental Watch Program – DFO*

In addition to the multitude of physiological changes they experience on their upstream migration, adult migrating sockeye salmon face environmental stressors that can include elevated water temperatures, demanding hydraulic conditions, in-river fisheries, and freshwater pathogens. The impact of these stressors may vary by stock and their effects can be magnified at certain locations along their migratory corridor. The cumulative effects of these stressors are largely unknown. An evaluation of the impacts of fisheries on released and escaped fish, coupled with a better understanding of how fish condition at capture influences survival, will provide useful information for management. As telemetry tracking of fish is integral to these studies, we will also use laboratory experiments to examine the effects of different aspects of tagging.

### 2015 Objectives:

- 1) **Stock comparison:** A stock comparison of fisheries capture impacts and pathogen dynamics
- 2) **Pathogen development:** A longitudinal study on the relative development of pathogens following multiple capture methods
- 3) **Non-retention impacts:** An assessment of fish that have encountered and escaped the in-river gillnet fishery
- 4) **Tagging effects:** A laboratory evaluation of handling, tag type and temperature effects

This research will focus on sockeye salmon stocks that belong to the Early Summer and Summer run-timing groups. Fish will be intercepted by beach seine and gillnet in the Lower Fraser River with fishers from the Peters First Nation. For the field telemetry component, an emphasis will be placed on Gates Creek sockeye salmon; however, other stocks will also be tagged. Sockeye will be tagged with radio and/or PIT tags and released to resume migration; the fate of the radio-tagged fish will be assessed using radio receivers located throughout the Fraser River watershed (e.g., Chilcotin, Nechako, Quesnel and Thompson systems). In addition, sockeye (with and without net marks) will be captured and tagged in the Seton River at a fish fence below the dam and recovered at the Gates Creek spawning channel. We will integrate molecular biology, non-lethal biopsies, and radio telemetry to gain insights into how stress and immune response in individual salmon relate to survival, as well as screen

for a variety of marine and freshwater pathogens. Laboratory studies at the Cultus Lake Lab will focus on summer run sockeye. We will compare the physiological status and survival of fish that have been tagged with external (i.e., small backpack) or gastric (i.e., inserted down the esophagus into the stomach) radio tags and held at different temperatures for 4 weeks. This will provide a side-by-side comparison to the tagged study fish released at Peters Road to resume their migration to spawning grounds. In addition, lab studies will be conducted to further understand the consequences of warm water temperatures on the cardiac disturbance of sockeye when exposed to different fisheries simulations.

Submitted by Sally Hope Fisheries

## ATTENTION FISHERS

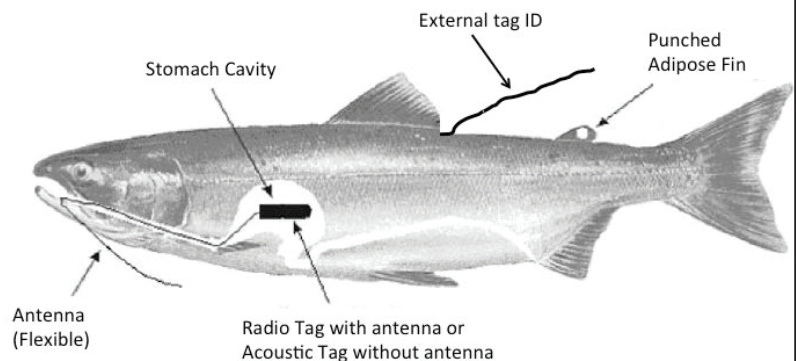
Researchers from the University of British Columbia are studying sockeye salmon migration success in the Fraser, Seton, and Chilcotin Rivers.

Sockeye salmon are being studied with location transmitters inserted into the stomach cavity. **Tagged fish can be identified by a yellow external tag located behind the dorsal fin as well as a punched adipose fin** (see diagram). Some transmitters have an antenna that can be seen extending from the mouth.

**If you capture and retain a tagged fish** or recover a carcass with a transmitter, please remove the tag and contact Art Bass (contact info below).

**If you capture and release a tagged fish**, please record the location, date, time, and tag ID as written on the external tag and provide this information to Art Bass (contact info below).

Please be advised that all fishing regulations apply to tagged fish.



**Information from returned tags will directly contribute to improved management and conservation of Fraser River salmon. Thank you for your cooperation!**

If you catch a tagged fish or have any questions related to this work, please contact:

Art Bass  
University of British Columbia  
Telephone: (604) 822-1969  
Email: [pacificsalmonresearch2015@gmail.com](mailto:pacificsalmonresearch2015@gmail.com)

For more information, please visit: <http://faculty.forestry.ubc.ca/hinch/>

## Lower Fraser

### Licensing and Monitoring Programs

Tsawwassen	604-943-2112	Mike Baird
Musqueam	604-263-3261	Richard Sparrow
FVAFS	604-858-8589	Dale Joe
Sts'ailes	604-796-2116	Kim Charlie
Yale	604-869-0013	Dominic Hope
Coded Wire Tag Program		
LFFA	778-266-0502	Katie Beach
DFO	604-666-6608	Matthew Parslow
DFO	1-866-483-9994	Doug Herriott

The Mission of the LFFA is:

To promote and support the management of a robust and expanding fishery for the First Nations of the Lower Fraser River.

### LFFA Executive Committee

Mike Baird	Mouth of Fraser to Port Mann
Les Antone	Port Mann to Mission
Ken Malloway	Mission to Hope
Robert Gladstone	Mission to Hope
Kim Charlie	Mission to Hope
Sally Hope	Mission to Hope
Dalton Silver	Mission to Hope
Jess James	Mission to Hope
Bobbi Peters	Hope to Sawmill Creek

### LFFA Staff

Murray Ned	Executive Director
Mike Staley	Biologist
Katie Beach	Biologist
Don Simpson	Program Coordinator
Rosalie Hope	Communications Coordinator

## Lower Fraser First Nation Fishers Reps

Bands/FNs	Delegates	Alternate
Aitchelitz	Angie Bailey	James George
Chawathil	Norman Florence	Bobbi Peters
Cheam	Sid Douglas	Darwin Douglas
Sts'ailes	Kim Charlie	Kelsey Charlie
Katzie	Susan Miller	Rick Bailey
Kwakwa'apilt	Ken Malloway	Betty Henry
Kwantlen	Les Antone	John Savino
Kwikwetlem	Ed Hall	
Leq'a:mel	Shawn Gabriel	
Matsqui	Brenda Morgan	Louis Julian
Musqueam	Richard Sparrow	
Peters	Norma Webb	Cliff Peters
Popkum	Harry Murphy	Jim Murphy
Scowlitz	Colin Pennier	Kat Pennier Allen Williams
Seabird	Sally Hope	Art Andrew
Semiahmoo	Kevin Cook	Joanne Charles
Shxwha:y	Robert Gladstone	Bill Rabang
Shxw'ow'hamel	Jesse James	Irene Smith Louise Mussell
Skawahlook	Brett Champman	Maureen Chapman
Skowkale	Sam Archie	Rita Sepass
Skwah	Lester Mussell	
Soowahlie	Kevin Kelly	Jamie Commodore
Squiala	Al Jimmie	Lawrence Jimmie
Sumas	Dalton Silver	Clint Tuttle
Tsawwassen	Mike Baird	Laura Cassidy
Tsleil-Waututh	Michael George	Jason Forseth
Tzeachten	Lawrence Roberts	Melvin Williams
Union Bar	Kevin Garner	
Yakweakwoose	Natasha Joe	Terry Horn
Yale	Dominic Hope	Pedro Moreno

## DFO Conservation and Protection

First Nation	Fishery Officer Liaison	Number
Aitchelitz	Derek Andrietz	604-824-3323
Chawathil	Scott Laverty	604-814-1065
Cheam	Brad Wattie	604-814-1061
Sts'ailes	Jonathon Taylor	604-814-1058
Katzie	Dave Clattenburg	604-607-4157
Kwakwa'apilt	Doug Clift	604-892-3292
Kwantlen	Kirk McCrae	604-607-4165
Kwikwetlem	Dave Clattenburg	604-607-4157
Leq'a:mel	Bev McGuire-Funk	604-814-1059
Matsqui	Perry Powers	604-607-4163
Musqueam	Ann Bussell	604-664-9288
Peters	Joanne Basaraba	604-824-3318
Popkum	Mike Fraser	604-824-3320
Scowlitz	Jonathan Taylor	604-814-1058
Seabird	Brad Wattie	604-814-1061
Semiahmoo	Alex Reich	604-607-4159
Shxwha:y	Derek Andrietz	604-824-3323
Shxw'ow'hamel	Perry Powers	604-607-4163
Skawahlook	Scott Laverty	604-814-1065
Skowkale	Derek Ray	604-824-3313
Skwah	Doug Clift	604-824-3315
Soowahlie	Joanne Basaraba	604-824-3318
Squiala	Mike Fraser	604-824-3320
Sumas	Scott Laverty	604-814-1065
Tsawwassen	Joel Newton	604-664-9253
Tsleil-Waututh	Cathy Sumi	604-664-9252
Tzeachten	Perry Powers	604-607-4163
Union Bar	Mike Fraser	604-824-3320
Yakweakwoose	Derek Ray	604-824-3313
Yale	Brad Wattie	604-814-1061

## First Nations Fisheries Information Directory



The LFFA is a voice for the First Nations of the Lower Fraser River. We work collaboratively and holistically to manage our fishery and to support our cultural and spiritual traditions for future generations.

3092 Sumas Mtn Rd.  
Abbotsford BC V3G 2J2  
604-852-4040 Ext. 34  
lffa.ca

or Lower Fraser Fisheries Alliance on Facebook

## Department of Fisheries and Oceans Websites

Communal Lower Fraser River Fishing times as well as information on other fisheries:

[www.pac.dfo-mpo.gc.ca/fm-gp/fraser/abor-autoc-eng.html#Lower\\_Fraser\\_River](http://www.pac.dfo-mpo.gc.ca/fm-gp/fraser/abor-autoc-eng.html#Lower_Fraser_River)

PSC website link to the Test Fishery and other information:

[www.psc.org/info\\_inseasonfraserescapement.html](http://www.psc.org/info_inseasonfraserescapement.html)

Albion Chinook Test Fishery:

[www.pac.dfo-mpo.gc.ca/fm-gp/fraser/docs/commercial/albionchinook-quinnat-eng.html](http://www.pac.dfo-mpo.gc.ca/fm-gp/fraser/docs/commercial/albionchinook-quinnat-eng.html)

Rivers in Canada. This can provide river levels, discharge and temps.

[www.wateroffice.ec.gc.ca/text\\_search/search\\_e.html](http://www.wateroffice.ec.gc.ca/text_search/search_e.html)

Fishery Notices for all sectors:

[www-ops2.pac.dfo-mpo.gc.ca/fns-sap/index-eng.cfm](http://www-ops2.pac.dfo-mpo.gc.ca/fns-sap/index-eng.cfm)

Lower Fraser River First Nations Chinook (total kept catch.)

[www-ops2.pac.dfo-mpo.gc.ca/fraseriver/firstnations/PDFs/ChinookKeptCatch.pdf](http://www-ops2.pac.dfo-mpo.gc.ca/fraseriver/firstnations/PDFs/ChinookKeptCatch.pdf)

Lower Fraser River First Nations Sockeye (Total kept catch)

[www-ops2.pac.dfo-mpo.gc.ca/fraseriver/firstnations/PDFs/SockeyeKeptCatch.pdf](http://www-ops2.pac.dfo-mpo.gc.ca/fraseriver/firstnations/PDFs/SockeyeKeptCatch.pdf)

## Other Sources of information

Sto:lo Nation Lower Fraser Fisheries Information Line  
1-877-224-2456

DFO ORR Line (Observe Record, Report)  
1-800-465-4336

BC RAPP Line (Report All Poachers & Polluters)  
1-877-952-7277

Peacemakers  
Rod Clapton 604-530-1524  
Ernie Crey 604-819-7981

RCMP Emergency  
911

Non Emergency Ambulance  
604-872-5151

Non Emergency	Police	Fire
Abbotsford	604-859-5225	604-853-3566
Chilliwack	604-792-4611	604-792-8713
Coquitlam	604-945-1550	604-927-6400
Delta	604-946-4411	604-952-3100
Langley City	604-532-3200	604-514-2880
Langley Township	604-532-3200	604-532-7500
Maple Ridge	604-463-6251	604-463-5880
Mission	604-826-7161	604-826-2313
New Westminster	604-525-5411	604-519-1000
North Vancouver City	604-985-1311	604-980-5021
North Vancouver District	604-985-1311	604-980-7575
Pitt Meadows	604-463-6251	604-465-2401
Port Coquitlam	604-945-1550	604-927-5466
Richmond	604-278-1212	604-278-5131
Squamish	604-892-6100	604-898-9666
Surrey	604-599-0505	604-543-6700
Vancouver	604-717-3321	604-665-6000
West Vancouver	604-925-7300	604-925-7370
White Rock	778-593-3600	604-541-2121

FN Policing - Scott Maloney - 604-702-4097  
Scott Sieffert - 604-702-4094

## Temtheqi: DFO's diligence on Fraser River proves beneficial for Seabird Island members



for these fish to be utilized, and not wasted,” explained Fraser. “I talked to a contact I have, Bev, through the First Nations policing unit, and she had folks here who figured this would be a good place for it. So, when we found that out, we thought, what a great place.”

“We know there’s a funeral going on here, and it’s been a year where there’s not a lot of fish around, so the fact these fish can go to the food bank here and for the elders, it’s a feel-good for us, right? You deal with a lot of negativity for this job, so to see this fish go to good use and to the elders is fantastic.”

Helping carry the many buckets of salmon into the Seabird Island kitchen was Jay Hope, Corporate Affairs Director, and Councilor Alexis Grace, who is the Manager for Employment, Training, and Social Development at Seabird Island.

“It’s really exciting to have DFO, when it’s often negative feelings with DFO, and upset, to have something turn out to be positive where the community is going to benefit from it,” said Grace, after all of the sockeye had been brought into the kitchen. “These fish in particular will go to the family funeral that’s happening this weekend, and for prayers. It’s also going to the community food bank, and the rest will be frozen for ceremonial purposes as well.”

While there is often conflict surrounding the relationship between DFO and First Nations, Fraser believes working together with Seabird Island Band and other First Nations groups when fish are seized engages the communities, and allows for a better relationship.

“We absolutely see continuing this. We’ll run it through our management, but they’re quite supportive of programs like this. The fact it’s a bona fide food bank program, and the fish is going to the elders, absolutely, we’ve been told as long as the fish are going to a good cause, then I’m sure they’ll be supportive of us carrying this on,” summarized Fraser, who was accompanied by DFO officers Derek Ray and Doug Clift. “And it’s a good relationship building exercise. In enforcement fishery, there’s always those tensions. The fish are already dead so we can’t save them, so the fact they can go to the elders and a good cause, I’m sure we’ll be continuing on as long as we can.”

That’s welcome news for Grace and her department, which can now offer jobs to Band members through the processing phase.

And an action plan was put in place immediately after the delivery was made.

“Community members are being called in and employed to cut the fish and clean the fish. And another community member is being employed to vacuum-pack the fish for us,” explained Grace. “Our youth are embedded in all of our programming, so they will be learning to cut and clean and can. As well, some income assistant clients will be coming in to can and benefit from that too.”

And with that, DFO officers were back in their truck, and off to patrol the Fraser, setting in place a plan to help feed Seabird Island Band members, and build a positive relationship with the Seabird community.

## New Staff



Hello, my name is Dale Cory, and I am the new Communications Officer/ Journalist at Seabird Island.

I've spent for most of my life 'communicating' with people through the media, and have had the pleasure of working at many exciting and interesting jobs.

I've been the radio play by play voice for the Regina Pats, Swift Current Broncos, Regina Rams and

Chilliwack Chiefs, I've anchored television sportscasts for CTV stations in Regina and Saskatoon, and I spent time as Public Address announcer for CIS volleyball and basketball games at the University of Alberta. I've worked as Communications Manager for the City of Wetaskiwin, Sports Information/Marketing Coordinator for the University of the Fraser Valley, Sports Editor for the Chilliwack Progress, Sports Director at CHWK Radio, Associate Publisher for the Oliver Chronicle, and Media/Marketing Coordinator for the B.C. Junior Football League.

I like to get involved. I play slo-pitch, I curl, and I have been a proud Rotary Member for many years, helping to build active communities and provide opportunities for youth.

I will also be handling Play by Play duties for the Junior hockey Chilliwack Chiefs for all home games this season.

I have a 14-year-old son, York, named after my favourite sports team, the New York Mets.

I grew up in Saskatchewan, and our farm has been in the family for more than 110 years, a tradition I am proud of. I've watched as the history of the land has been passed on from generation to generation.

I'm excited to take on this newly created role at Seabird Island. Seabird's precious history, and the hard work of many people for centuries, has helped create a Band proud of its tradition.

Those are the stories I want to tell you about.

This is a very active community, the Communications team within Corporate Affairs wants to connect with you, engage you, and keep you informed through our Yoo Hoo newsletter, website, Facebook, Twitter, and by word of mouth.

My door is always open. Stop by, tell me a good story, and I'll help tell everyone else.

Dale Cory, Communications Officer / Journalist

## Seabird Lands Department hosting open house

The Lands Department at Seabird Island Band will host a meet and greet with community members this month. Lands 101 will take place Tuesday, Sept. 8 from 10 a.m. to 3 p.m. in the Community health Boardroom.

You are invited to Bannock and Tea with the Lands team.

This is your chance to come down, have a cup of tea with the team, and share some knowledge.

Everyone will get the opportunity to share ideas and ask questions you may have about the Lands Department at Seabird Island.

Hello, my name is Sheila Stewart, and I am ecstatic to take the position of assistant to Angie Chapman in the Events Department here at Seabird Island.

As everyone knows I've lived on Seabird Island for quite some time now.

I am looking forward to a new learning experience working with Angie and everyone on the Seabird staff.

I would like to thank the staff and my family who have helped me get this far in my journey.



Phone: 604-796-2177  
Website: [www.seabirdisland.ca](http://www.seabirdisland.ca)  
Sandy Bobb: 604-796-6838  
E-mail: [sandrabobb@seabirdisland.ca](mailto:sandrabobb@seabirdisland.ca)  
Dale Cory: 604-796-6833  
E-mail: [dalecory@seabirdisland.ca](mailto:dalecory@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)



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

Have a happy story idea related to Seabird please contact Dale Cory, Communication Officer / Journalist at 604-796-6833 or e-mail [dalecory@seabirdisland.ca](mailto:dalecory@seabirdisland.ca)

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

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

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

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

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

**ADVERTISEMENT RATES**

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

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

**Advertisement rates (per issue) for organizations:**

Band /Partner	Outside
Front Page Color: limited availability	
1/4 pg banner (8" w x 2.62" h)	\$32.00 / \$37.50
2.5x 3 bus card	\$20.00 / \$25.00
<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 15<sup>th</sup> of each month** or if the 15<sup>th</sup> lands on a weekend then deadline lands on the Friday before.

**DELIVERY**

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

**OFFICE HOURS**

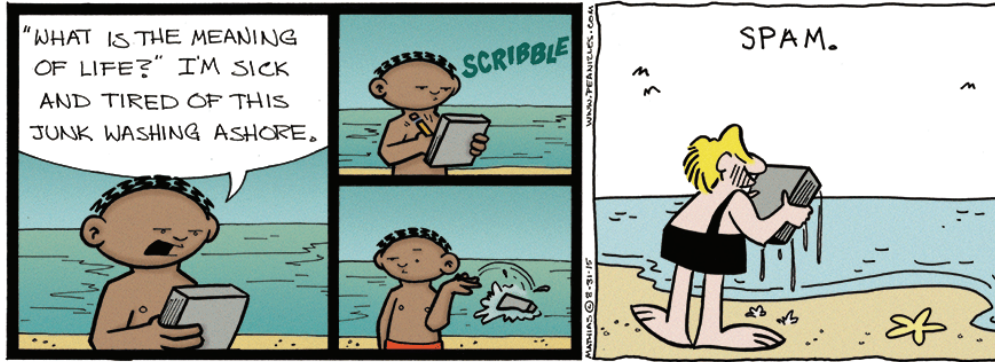
Monday - Friday 8:00 a.m. - 4:00 p.m.

Phone: 604-796-2177  
Graphic Design / Layout / Formatting  
**Sandra Bobb** 604-796-6838

E-mail: sandrabobb@seabirdisland.ca  
Journalist **Dale Cory**: 604-796-6833  
E-mail: dalecory@seabirdisland.ca  
Website: www.seabirdisland.ca

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

**Comics**



WWW.PEANIZLES.COM  
WWW.HOUNDCOMICS.COM

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**Quotes of the month**

By all these lovely tokens  
September days are here, With  
summer's best of weather And  
autumn's best of cheer.

Helen Hunt Jackson

**Temkw'olexw / September**

Virgo: August 23 - September 22 Flower: Morning Glory

Birthstone: Sapphire

**The healing properties:** Morning Glory flower essence awakens the spirit, attuning the individual to his or her own shimmering brilliance and vitality.

**Halq'eméylem Word Search**

**YOO HOO - WIN A PRIZE!**

**All Seabird Band Members and Community Members** Congratulations to last months winner

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.

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

**Submissions due:** by 4 p.m. Monday, Sept. 14<sup>th</sup>, 2015

**Draw Date:** Tuesday, Sept. 15<sup>th</sup>, 2015

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.*

R	E	T	T	I	W	T	S	H	B	S	N	A	R	E
E	N	G	A	G	E	E	T	E	R	E	O	A	P	S
D	E	S	I	G	N	C	H	I	A	T	I	G	R	A
W	E	I	V	R	E	T	N	I	N	O	S	N	O	E
R	A	D	I	O	N	G	S	W	D	U	I	I	M	L
G	I	T	H	U	S	A	N	D	I	Q	V	T	O	E
S	N	O	I	T	S	E	U	Q	N	W	E	R	T	R
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R	E	S	E	A	R	C	H	M	I	S	S	L	A	E
N	E	W	S	P	A	P	E	R	N	D	X	S	R	R

- Interview
- Quotes
- Photography
- Reporting
- Questions
- Branding
- Tape Recorder
- Computer
- Facebook
- Twitter
- Engage
- Design
- Research
- Press Release
- Promotion
- Marketing
- Newsletter
- Newspaper
- Radio
- Television

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

áxwest í:wes t'elhlímelh qas \_\_\_\_\_  
talhlímelh la áxwest sq'ò \_\_\_\_\_  
Sq'ewqel \_\_\_\_\_

**August Answer:**

smamalyí marriage sts'ò relative  
shxwewá:y parent

Submitted by Zorana Edwards Shippentower



# 'Round The Rez

## Community Events, Workshops & Outings

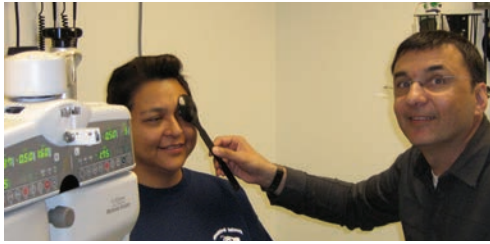
### OPTOMETRIST CLINIC

The next optometry clinic is scheduled for  
**August 17<sup>th</sup> - 19<sup>th</sup>**

Recommended annual check-ups for children under the age of 19 and every 2 years for ages 19-64. Elders 65 & up can be seen annually.

Have a medical condition such as diabetes, or taking high risk medicines? You can also be seen annually.

Contact Maggie today to book your appointment 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 Ashley Bobb at 604-796-6844, or e-mail: [ashleybobb@seabirdisland.ca](mailto:ashleybobb@seabirdisland.ca), or at the office put in a request in writing.

### PRINTING SERVICES

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

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

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

- \* **Funeral Pamphlets:** As per Seabird Funeral Policy,...
- Band Members ~ free: includes 1 hour design time, Quantity: 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** 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** 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](http://www.seabirdisland.ca)

Website:



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

**Seabird  
Community  
Yoo Hoo  
Newsletter:**



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

**Tips:**

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

# Youth Health

Your Health Today Effects Your Health In The Future



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

*You are never alone!*

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



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

