



the SEABIRD ISLAND

Sqéwqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

Mid-August 2016



Miracles Baseball

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Join mySeabird

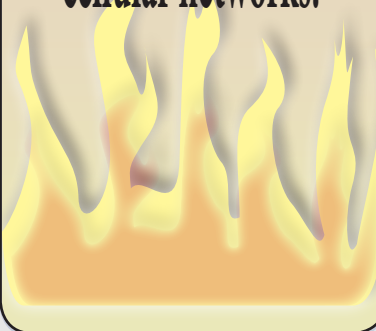
Seabird Island Band Members gain access to:

- ◆ Financial statements,
- ◆ Laws, codes & policies,
- ◆ Surveys and blog posts,
- ◆ And more

Register now!
www.seabirdisland.ca

Wild FIRE Season

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



New pet owner? Don't forget to license your new dog

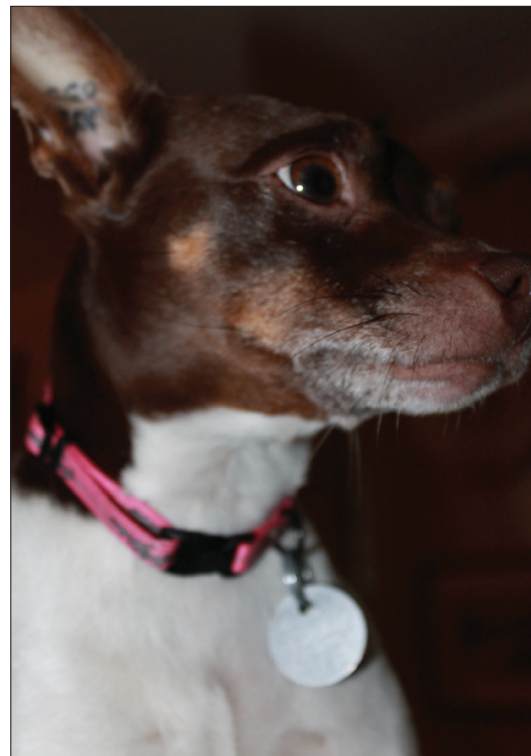
On December 23, 2015, Chief and Council approved the "Seabird Island Dog Licensing and Animal Management Law, 2015".

The Enforcement Agreement was signed and put into effect on May 1. As of then there have been 129 licensed.

The Enforcement Agreement that Seabird Island entered into with Fraser Valley Regional District deals with the apprehension and boarding of loose, nuisance, aggressive or dangerous dogs on Seabird Island.

Licensing will help pet owners find lost or stray dogs.

To get your license or to ask questions about dog licensing, please contact the Band Office or by calling 604-796-2177.



Play areas are taking shape at the Early Childhood Centre of Excellence

Landscapers have been moving at a fast pace to complete the landscaping project at the Early Childhood Centre of Excellence.

During their second week, the crew from Planting Dreams Landscaping finished the front play area at the Centre.

Using a range of surfaces, the front play area features soft sand and grassy areas for children to play on.

The grass sod has been receiving a heavy dose of water to ensure the roots take in the summer heat.

Work has now moved to the back of the building where walkways were being poured July 27-28.





School & Playground Speed Zones

30 km/hr school zone speed limits are between 8 a.m. and 5 p.m. on school days unless otherwise posted. Many communities have adapted the time frame lengthening the hours to accommodate shifted hours and activities.

We urge you to use caution and suggest that you follow these speed zone signs even past the regular posted hours. Many programs run into the evenings, during the summer, Christmas and spring holidays. The After School Program, Daycare, College, and Summer Program are all active in these speed zones! These areas are also used often as playgrounds / sports fields in our community. Playground speed zones are in effect from "dawn to dusk" every day of the year.

Did you know;

- School zones only differ to accommodate for the winter, when dusk and dawn may not occur until after 8 a.m. or as early at 4:00 p.m. The time frame of 8:00 a.m. to 5:00 p.m. accommodates for the operation of school hours during this time.
- There are some jurisdictions that are exploring the application of "child activity zones" - which contemplates a common treatment of school and playground zones. (example. 7 days a week, from 7:30 a.m. - 9:00 p.m.).

September 6, 2016 the Schools will be open again and there may be monitors in effect tracking your speeds.

Provincial Penalties associated with speeding in a school & Playground zones (enforced by RCMP):

If speed is between	Total Fine	Penalty Points
31 - 50 km/h	\$196	3
51 - 70 km/h	\$253	3
71 - 90 km/h	\$368	3
greater than 90 km/h	\$483	3



WALK / RUN GROUP

Take in some summer sun, enjoy the weather and support your fellow Community Members in getting fit.

Join the Recreation team's new summer program, the Walk and Run for Indigenous Health on Seabird Island.

**The group meets every day from 4:00 - 5:00 p.m.
on the track beside the Band Office.**



Play ball! Children and Youth learn baseball from the best

It's no secret that families on Seabird Island love baseball.

Adult teams have been playing and competing in local tournaments for decades.

Very few opportunities are available to children and Youth looking to learn more about the sport their parents play.

That all changed thanks to the Baseball Miracles Camp August 5-6.

In the late morning children and Youth ages 5-18 took to the District of Kent baseball diamonds. Where they learnt the fundamentals of baseball while having fun and practicing teamwork, fair play, and honesty from the best of the best.

White Sox scouts and longtime baseball and softball players took the participants under their wing in hopes of inspiring them to continue to play baseball for years to come.

Baseball Development Camp

August 19, 2016
from 4:00 p.m. to 5:30 p.m.
Location: Seabird Island

Contact Angie Chapman at 604-796-2177
for more information.



Each of the 198 participants, many of whom had not played the game before, walked off the field at the end of the day on Saturday, the proud owner of baseball equipment they would need to continue their passion for the sport. Each receiving their very own gloves, hat and banner.

The free Baseball Miracles event was hosted by Seabird Island in partnership with the District of Kent.

The Baseball Miracles organization is made up of a team of baseball and softball instructors who join together to teach baseball to boys and girls with economic



and environmental disadvantages throughout the world.

The organization, founded by John Tumminia, a proud and loyal scout for the Major League Baseball team, the Chicago White Sox. Tumminia has been a longtime advocate of clinics to help kids learn the game and provide the equipment they might not have like gloves, balls and bats.

This event was so successful that as a result Seabird will be hosting a **Baseball Development Camp August 19, 2016 from 4:00 p.m. to 5:30 p.m.**

We would like to send out a heartfelt thank you to everybody who participated and helped out at this event!

Thank you to the District of Kent for partnering with Seabird for this event, allowing us to use their fields at no charge. Thank you Linda Forseth for inviting this group to Seabird. Thank you to the Community Services and the Employment Centre labour pool staff. Thank you to the parents who helped out, watching the kids and cleaning up the area following the event. We could not have made this event so successful without the help of everybody involved.



Registration opens for new students looking to attend Seabird Island Community School

If you're the parent or guardian that would like to register your child for the 2016-17 school year at Seabird Island Community School, registration will re-open from August 15 until September 15.

Simply drop by Seabird Island Community School and complete a registration package or go to www.seabirdschool.ca to complete the registration form online.

Students who were registered for the 2015-16 school year were given first priority for registration until the June 29 deadline, and registration is now open to any student who did not attend last school year.

Parents and guardians are encouraged to register their child as early as possible as the School cannot guarantee class availability.

For more information please call the School at 604-796-3061.



Kindergarten Booster Immunizations

Nurses at the Health Centre have started offering booster immunization for children entering kindergarten this fall.

These immunizations can be given to children as young as 4 years of age.

To schedule your child's appointment, please call Maggie Pettis 604-796-2177 or text Nurse Lisa Walberg at 604-798-7199.

Enter to Win! We need you!

Come on down to the band Office to fill out our "First Nations Labour Profile and Training Application".

The Sqewqel Development Corporation is creating a First Nations Labour Profile and Training Assessment to compile a database of members with skills and formal training. We also want to know who is operating their own small businesses.

This will give opportunities for employment or contracting directly to proponents of major projects such as pipelines. Enabling us to contact you to possibly offer employment opportunities or training in the future.

We will draw at \$25 Esso gift card and a premium sub combo at Mr. Sub at the end of August from those who have completed the Applications.

Trevor Morrison
Business Development Officer,
Sqewqel Development Corporation



**SEABIRD ISLAND
PRE-SCHOOL**

Join us for a **Pre-registration Open House** on Aug. 17 from 10 a.m. - 2 p.m. at the Early Childhood Centre of Excellence Pre-School.

Families **MUST** pre-register their child by phone prior to the Open House.

To pre-register please call *Carlene* at 604-796-6855 or *Sandra* at 604-796-6254.

**PRE-REGISTER
NOW FOR FALL**
Spaces are limited.



Purchase of a new tractor means new opportunities for Sqéwqel Development Corporation

This season the Sqéwqel Development Corporation planted wheat, beans, kale and carrot crops on Seabird Island lands. The crops were a first for the Dev. Corp. and demand has been high.

Many of the crops have already found buyers, so they planned to clear more land to plant additional crops but clearing was difficult without a tractor. That's not a problem the Development Corporation has to worry about any longer.

The Dev. Corp. purchased a New Holland T56 120 tractor in June and it was delivered by truck on July 19.

The tractor was chosen because it was built to withstand the roughest conditions. While being reliable and efficient it is equipped to perform a multitude of tasks.

That adaptability and reliability will assist the Dev. Corp. as it moves into the food cropping business - opening up plenty of new opportunities.

The machine has already been put to work this month.

Now that the bean and lettuce crops have been harvested, the Dev. Corp. has begun selling them at the Chilliwack Night Market every Saturday night from 4:00 to 9:30 p.m.

Bags of beans are for sale for \$2.00 a pound and lettuce will be sold for \$2.50 a bag.

Snap peas are also now available.

Visit us at the Chilliwack Night Market which is located at the corner of Princess and Young.



Security Guard Training

Tentative Week of September 19th

Register at the College

Drivers Licence & Record Check Required.

SCHOOL SUPPLY ALLOWANCE

School Supply Allowance forms are available for students or parents at the Band Office reception desk or from Cindy Kelly, at Seabird College.

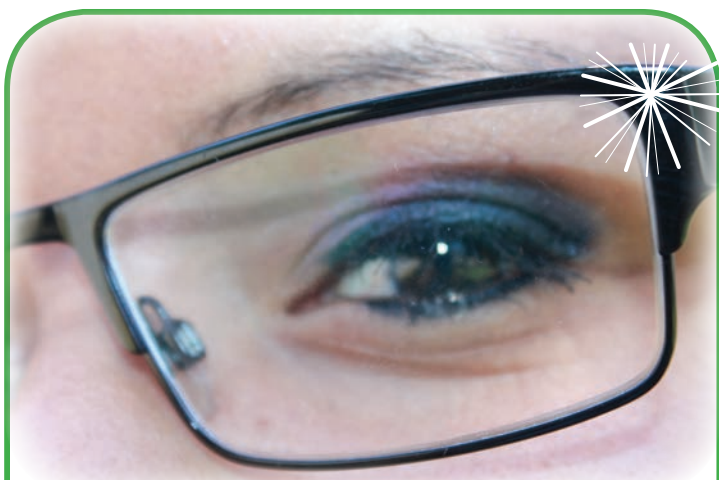
School Supply Allowance is only for students that:

- Reside within the Seabird Island Community (Band Member and/or Community Member) AND
- Attending a school outside the Seabird Island Community

Returned completed forms to the attention of Cindy Kelly mailbox at Seabird College.

Please allow 7 days for cheque to be processed.

Cheques will be available for pick up at Band Office reception.



Optometry Clinic

August 16th and 17th

This clinic is close to full.

Please contact Maggie Pettis at 604-796-2177 to book your appointment for upcoming clinics.

EYE EXAMS AND GLASSES

Kent Elementary School General Supply List

** Do not Bring Supplies on the First Day **

Material ** Please label ALL materials	K	Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
Good Quality -HB Pencils (Brand name only)	12	24	24	24	24	12	12
White Erasers	2	4	4	4	4	2	2
Ballpoint Pens (blue/black)	0	0	0	0	2	3	3
Ballpoint Pens (red)	0	0	0	0	2	2	2
Exercise book - BLANK	2	1	1	0	0	0	0
Exercise book - Full Interlined	0	0	5	0	0	0	0
Exercise book - Full Lined (not interlined)	0	0	0	3	2	0	0
Exercise book - 1/2 interlined, 1/2 blank	0	1	3	0	0	0	0
Duo tangs (each a different colour)	0	4	8	6	8	8	8
Redi-Tab Exercise books (Pkg of 4)	0	0	0	0	0	0	1
Pkg Loose-Leaf Paper (200 sheets)	0	0	0	0	1	1	1
Pkg Pencil Crayons (24 colours)	0	1	1	1	1	1	1
Pkg Wax Crayons (24 colours)	2	1	1	1	1	0	0
Highlighter Pens	0	1	2	1	2	2	2
Crayola Fine Tip Markers (12 pk)	0	1	1	1	1	1	1
Crayola Original Washable Felt Markers (8 pk)	1	0	0	0	0	0	0
Glue Sticks (21g)	6	5	5	5	5	2	2
Ruler (30 cm)	0	0	1	0	1	1	1
Student Scissors	1	1	1	1	1	1	1
Geometry Set	0	0	0	0	0	1	1
Low Odour Thin Dry Erase Pens	0	4	4	4	4	0	4
Low Odour Dry Erase markers	4	0	0	0	0	0	0
Pencil Box	0	1	1	1	1	1	1
Pkg Reinforcements	0	0	0	0	0	1	1
Staedtler Cylindrical Metal Pencil Sharpener	0	1	1	1	1	1	1
Box of Tissues	2	1	1	1	1	1	1
Dictionary	0	0	0	0	1	1	1
Hilroy 14x11 20pg Scrapbook	1	0	0	0	0	0	0
Backpack (large enough to fit books, lunch)	1	1	1	1	1	1	1
Large Ziploc Bags (27x28cm) - Do Not Label	6	5	3	3	3	0	0
Indoor Shoes (non-marking, Velcro (if unable to tie))	1	1	1	1	1	1	1
PE Clothes (shorts, shirt)	0	0	0	0	0	1	1
Headphones for Computers (put in Ziploc bag)	1	1	1	1	1	1	1
USB Flash Drive (at least 4GB)	0	0	1	1	1	1	1

Student Planner for Grade 6 will be available for purchase in September - \$7 ea.



Seabird Island
*Empowering
 our Youth and
 Parents to succeed!*

LET'S'E

One Heart. One Mind.

**Education
 Conference
 &
 Back to
 School Days
 Event**



August 31, 2016

Time 12:00 p.m. - 8:00 p.m.

Place Seabird Island Band Gym

To Register please call 604-796-6819
 or email: celeste@seabirdisland.ca

Workshops:

- Budget Basics
- Hair Cuts
- Health Screening
- Homework Helpers
- Immunizations
- Math Without Fear
- Reading Mastery
- And More...



**Empowering All
 Aboriginal Students
 in all Communities**

**Complete your
 passport to win more
 cool door prizes.**



Seabird Updates the Language Nest Preschool Program



The Early Childhood team at Seabird is so excited that we have once again received funding for the Language Nest Preschool program.

The program will take place 3 days a week for full days in one of the two new preschools in the Seabird Island Early Childhood Centre of Excellence. This Language Nest will be run quite differently than past Language Nests to help increase the language that the children are exposed to.

The Language Nest Program will be offered to children 3 and 4 years-old with a maximum enrollment of 10 children. As part of the funding agreement, this program will be run as a parent

participation program. This means that parents/caregivers must be able to attend program with their child at least 1 day every two weeks. This is to help bring the language that the children learn in the Halkemeylem Language Nest Program into their homes.

If you are interested in your child attending the Language Nest Preschool, please contact Carlene Brown at 604-796-6855 or her Assistant Sandra Haukland at 604-796-6854.

They will be able to put you on the waiting list and answer any questions you may have.

Author Carlene Brown



Tour bus visits Seabird



On Friday, July 29, a tour bus made its annual stop at Seabird to learn about First Nation culture and heritage.

Chief Clem Seymour invites this group to come out every year to share a meal, stories and knowledge. The tour visits five different First Nations Communities, following their visit at Seabird they visited three other Bands before returning to Vancouver.

Bill Chu CEO, Canadians For Reconciliation Society states “As our continuing effort to educate others regarding BC’s history, I am thankful you have worked with us to make our tours meaningful.” Bill spoke with Sarah Ewen about sharing her family story and

the group looked forward to meeting other community members to learn their stories regarding Indigenous-Chinese relationship or history of our people. The group was interested in learning our people’s history and the challenges we still face today.

Chief Clem Seymour welcomed the group and told them a few stories explaining how we are all linked to the river and how the world depends on the river and the fish to survive. How it is not just the people who depend on the clean water and the fish, it is “the winged ones and the four legged ones” as well. He went on to explain that it is all the peoples responsibility to ensure that we protect this, not only the First Nations

but everyones responsibility around the world.

Myra Seymour also spoke briefly about the effect fisheries has on the river, its habitants and the people.

Jonny Williams welcomed the group with a couple songs before lunch, and was happy to pose with a few of them for photos outside. The group was very inquisitive asking me questions about history, the music and more. They enjoyed a lunch of fresh salmon, chicken, salad and more. Before they left Carolyne Neufeld gave them each a bar of soap to commemorate the experience.

Author, Sandra Bobb



Welcome, Dr. Amelia Denby to Seabird



Dr. Denby will be filling in for Dr. Fox for the next 11 months, which is the rest of Dr. Fox's educational leave.

Dr. Denby is a Metis from Stony Plain Alberta. Her ancestors are from Red River Manitoba. She is from a large family with 4 brothers and 5 sisters.

Both of her parents told her from a very young age that education was important. She really liked biology and learning about the human body in school. But it wasn't until she almost lost her baby brother that she really was sure what she wanted to do for a career.

Amelia's baby brother was diagnosed with liver cancer and many of the doctors said there was nothing they could do. But one Doctor "Dr. Shapiro" never gave up. He researched possibilities and finally performed a ground breaking surgery this was only the second time this surgery was performed. The chances of him surviving were only 10%. Her brother survived and is now a healthy 16 year old teenager. "This is what inspired me and solidified that I want to help people."

When Dr. Denby went to do her residency, she was fortunate enough to work with Dr. Shapiro and learned more

about her brother's surgery. He had remembered the case as it was so rare and he managed to publish the success story. It wasn't until Dr. Denby worked with him that she understood the severity of her brother's condition.

When asked - why did you choose to apply at Seabird? Her response was. "Dr. Fox had a lot to do with it". He went to speak to her class a while back and had nothing but great stories about Seabird and how much he loved the community.

Dr. Denby trained in Aboriginal Medicine and learned about the great need in this field of medicine. "I want to do the best I can to help our people heal".

While she is here, Dr. Denby expects her goals will evolve. She wants to be open, understanding and earn the trust of the people. She would like to learn more about the local culture. "Culture is a real strength" she says. "In working with

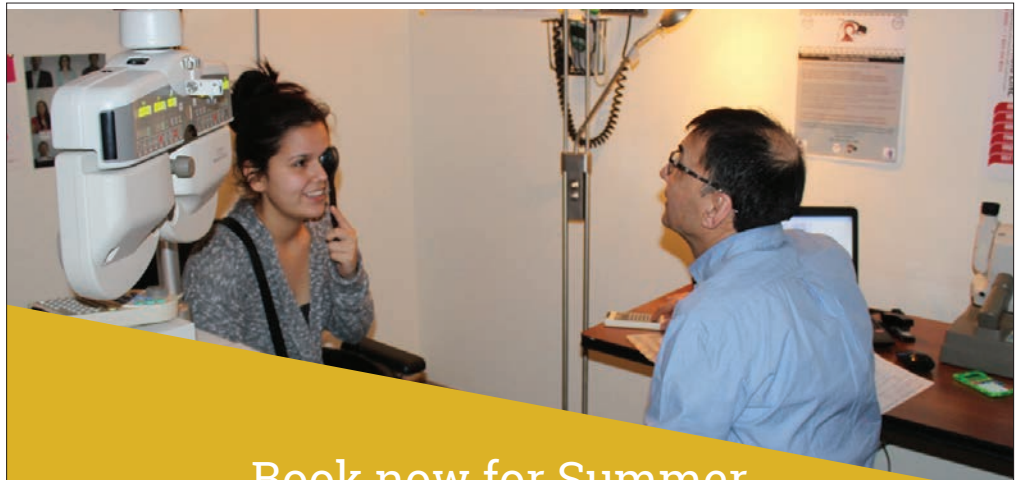
other Aboriginal communities I am inspired by their community, culture, people and strength."

What advice would you give to your patients? "Prioritize health and wellness and make a choice to put that first."

What advice would you give to other people interested in becoming a physician? "Stay the course! Talk to people, come talk to me. Be sure to access all the resources available; scholarships, bursaries. Always remember why you are doing it in the first place and keep that goal in sight."

Dr. Denby would like to thank the community for welcoming her here to Seabird.

Author Sandra Bobb



Book now for Summer
Optometry
C l i n i c s

Schedule your
appointment

Maggie Pettis
604-796-2177
maggie@seabirdisland.ca

Last chance to schedule a mammogram screening appointment



Appointments are still being scheduled for the fall mammogram screening clinic. The clinic is scheduled for September 1.

Medical experts recommend that women aged 40 to 79 with no signs of a breast problem (such as lumps, nipple discharge, etc.) have a mammogram screening at least every two years - because "once is not enough".

Early detection of breast cancer means more treatment options and a better chance for recovery.

Having regular mammograms screening has helped to reduce deaths from breast cancer in BC women by 25%.

Mammograms screening is for women with no sign of a breast problem (see your health care provider immediately if you find a lump or any unusual changes in your breast).

By age 50, women should make screening mammograms part of their regular health routine and have them at least once every two years.

If you are 40 years old or older and would like to schedule a mammogram, book your appointment by completing a registration form available at the Health Centre or contact Maggie Pettis.

SEABIRD ISLAND BAND HOUSING WAITLIST

Updated: August 2016

1 BEDROOM

1	10262015-1022
2	12222015-1023
3	01282016-1027
4	02192016-1028
5	02222016-1029
6	04152016-1030
7	04282016-1031
8	05032016-1032
9	05302016-1033
10	05302016-1034
11	05312016-1035
12	01122016-3093
13	07062016-1036
14	07142016-1037
15	07202016-1038

2 BEDROOM

1	07292014-3090
2	02102015-1014
3	04202015-1017
4	06192015-2087
5	07082015-1019
6	07232015-2088
7	08052015-2090
8	11092015-1023
9	01122016-3093
10	01282016-1027
11	02222016-1029
12	02232016-3094
13	04152016-1030
14	04282014-1031
15	05032016-1032
16	05302016-1033
17	05302016-1034
18	06132016-2089
19	07062016-1036
20	02032016-4003

3 BEDROOM

1	12192012-3076
2	02062013-3082
3	02082013-3084
4	03192013-3088
5	07082014-3087
6	07292014-3090
7	12092014-1014
8	12312014-1016
9	01122015-1009
10	01142015-1011
11	02042015-3091
12	04102015-1016
13	04282015-3095
14	06192015-2087
15	07232015-2088
16	08052015-2090
17	08262015-3096
18	07082015-1019
19	12302015-3097
20	12302015-3092
21	01042016-4000
22	01252016-4001
23	02232016-4002
24	02032016-4003
25	04152016-1030
26	05032016-1032
27	05172016-4004
28	05272016-4005
29	06132016-2089
30	07062016-3098
31	07132016-3099

Don't know your waitlist number?

Contact your Housing Department to see where you sit on the waitlist!

604-796-2177.

Note: If you have outstanding debt with the Band, you will NOT be placed into a rental unit, as per housing policy.

Please make sure the Housing Department has your current contact information. We must have a working phone number or email address. Unfortunately, if we cannot contact you within 48 hours to offer you an available unit, we will move onto the next applicant.

Fire Department

The Seabird Island Fire Department will be making the rounds to all the homes to install smoke / carbon monoxide detectors as well as a kitchen fire extinguisher in the coming weeks.

Gerald Basten, CFO
Director of Fire and Emergency Services, Seabird Island Band

REMINDER!

Housing applications must be renewed before JANUARY 1st each year to remain on the list! Anyone who did not renew came off the list and must now reapply if interested.

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

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

PRINT AD RATES

340+ hard copy production
800+ e-mail production
average 1,300 reads on Seabird website.

Advertisement rates (per issue):

Front Page Color: limited availability
1/4 pg banner (8" w x 2.5" h) \$40.00
2.5x3 bus card \$25.00

	Full Color:	Greyscale:
8 x 10	\$135.00	\$37.50
8x5 or 10x4	\$65.00	\$25.00
3.8x5	\$32.50	\$17.50
2.5x3 bus card	\$20.00	\$12.50

Classified Advertisements .40c per word
\$4.00 Minimum

DIGITAL DISPLAY AD RATES(TV)

Per week Rates	15sec	30 sec	60 sec
Full Screen	\$20.00	\$40.00	\$50.00
Banner	\$10.00	\$20.00	\$30.00

Loggy digital advertisements will play no less than 5 times / day

PACKAGES

Starter 1/4 page colour 30 second Banner \$60.00	Premium 1/2 page colour 30 second Banner \$100.00	Starter Full page colour 30 second Banner \$140.00
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DISCOUNTS AND FEES:

Only one discount may be applied per order.

Band Member	-35%
Non-Profit	-10%
3 month term	-25%
6 month term	-35%
Design & Layout (additional)	\$40/hr
Flyer Insert (furnished)	\$20.00
Returned Cheque	\$35.00
Late Fee	+3%

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

DEADLINES

Submissions and Advertisements are due 7 business days prior to delivery

DELIVERY

The 15th (or closest business day) and the last business day of each month.

OFFICE HOURS

Monday - Friday 8:00 a.m. - 4:00 p.m.
Have an ad or story idea?

E-mail: comm@seabirdisland.ca
Graphic Design / Layout / Formatting
Sandra Bobb 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Website: www.seabirdisland.ca

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

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

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



'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

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 Pettis 604-796-2177.

DENTAL CLINIC

HOURS

Mon. to Thurs.: 8:30 a.m. – 5:30 p.m.

Walk-in Tuesdays: 1:00 – 5:30 p.m.

Fridays: Closed

Accepting new STATUS PATIENTS

WALK-IN PAIN CLINICS

Every Tues. afternoon from 1:00 - 5:00 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.

BUILDING BOOKING AND MEETING ROOMS

► **Angie Chapman** looks 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. Contact Sandra 604-796-6854.

FIELD LIGHT BOOKINGS:

Contact Angie Chapman 604-796-2177 to book the field lights for your sports team.

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

VOLUNTEERS REQUIRED

Contact Angie Chapman 604-796-2177 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.

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. We can help you with the process.

Contact Maggie Pettis 604-796-2177.

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 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 Maggie Pettis 604-796-2177.

BABIES ID CARDS

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

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

SUNDAY MASS

Mass takes place at the Seabird Church 11 a.m.-12 p.m. on every second Sunday

Upcoming dates: Aug. 7 and 21.

ALCOHOLICS ANONYMOUS MEETING

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

Website for AA in BC: www.bcyukonaa.org

EMERGENCY / SECURITY:

Emergency	911
Seabird Security	604-991-8635
Griffin Security	604-798-9311

FIRE PRACTICE

Tuesdays 7:00 - 9:00 p.m.

GARBAGE SCHEDULE

COMPOST, RECYCLE, and GARBAGE: Every Monday, unless Monday is a statutory holiday, then pick up will take place on the Tuesday immediately following the holiday.

MAJOR GARBAGE: First Wednesday of each month (sign-up at the Band Office with Ashley Bobb)

If you need a **Bin dropped off** for your major cleaning please submit your request in writing at the office.

Contact Ashley Bobb 604-796-6844, or e-mail: ashleybobb@seabirdisland.ca.

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: incl. 1 hr design time, 1st 100 color, and 1st 250 grey-scale.
- Additional or Non-Band Members; inquire for fees.

We are located upstairs in the Band Office.

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.

Personal Hygiene

The first step to good grooming and good health.

Neglect of hygiene may lead to many health concerns.

Some issues may not be your fault, however improving your hygiene will help reduce your chances of getting many conditions.

Tips:

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



POOR HYGIENE IS ONE CONTRIBUTING FACTOR TO:

Acne, Athletes Foot, Bad Breath, Body Odor, Cavities, Colds & Flu, Dandruff, Ear Wax, Head Lice, Perspiration, Pinworms, Urinary Infections and more.

