



## Quarterly Band Meeting

15 people attended the Seabird Island Quarterly Band Meeting July 7th, 2010. This included community members, counsel and staff.

### The agenda covered...

**HST:** The HST will not have much impact for Seabird and its residents the same tax procedures as the GST and PST will be used. To assist low income families Seabird is exploring the option of a Band Co-op or Bulk purchases.

**Taxation:** A review of the Band Property Tax received from the leases and how the Band spent the money. Administration, Administration Building Servicing, Office Supplies Telephone and Sundry, Legal, Pest Control, Property Assessments, Service Agreements.

**Landcode:** The chair of Landcode, Art, gave an update. They are working on the "Terms Of Reference" and what to do with matrimonial properties in the case of divorcing a non-band member.

The subject was brought forward about the Tree farms and the dirt removal that occurs

when the trees leave Seabird, and the contaminates that may be being used. This is all being reviewed.

Dumping on the reserve, we discourage any dumping on Seabird and are cleaning these areas and putting up gates and signs to detour future dumping.

### Education Update to the Community:

College update covering the: Bridging to Trades Program, Academic Upgrading in Math and English. 4 trades programs; plumbing, welding, millwright and electrical with 23 participants attending for 8 months.

Trades Courses available this fall: Business Technology, Carpentry, Graphic Design, Painting & Decorating, Plumbing, University Prep Program, Aboriginal Early Childhood Education, Aboriginal Speech and Language.

We have a record number of Seabird Students going to post secondary this fall (44).

K- 12: saw reading improvements. Looking at expansion to trades opportunities and focusing on attendance. We had 15 students from the Seabird Community

*continued on pg. 3*

## Mosquito Season

**Please remember to get rid of all water around your yard.**

☀ *A small ice cream bucket left right way up will breed 100's + mosquitoes.*

☀ *Old Tires are also large breeding grounds.*

## Summer Heat

**Drink plenty of water:**

and Non-Alcoholic drinks!!

DON'T wait until you feel thirsty -STAY HYDRATED.

In hot weather, as much as 3-4 quarts per day are recommended while exercising.

## !! FIRE BAN HITS SEABIRD !!

Hello and good afternoon all, as of Friday July 23, 2010 there will be a "no burning" restriction in place for Seabird Island and surrounding areas, according to the province of British Columbia ministry of forest and range. Due to the extreme warm weather we have been having, Seabird Fire\Rescue warns all staff, and community members to follow this restriction, and be wary of the dry conditions. Let's keep our community safe by not having any open fires, until the ban has been lifted. If you have any questions regarding information to the burning ban, I can be reached at the numbers below.

Thank you all, and enjoy the great weather we are having...

Fire Chief, *Jeremy Joseph*

[firehall@seabirdisland.ca](mailto:firehall@seabirdisland.ca)  
Buisness (604)-796-2177  
Direct (604)-796-6848  
Cell (604)-798-4595

## WATER CAUTION

\* Be extra careful around the water. It only takes a moment to drown.

\* Pay extra attention to infants and children around the water.

\* Wear a Life Jacket at the river and large bodies of water

# Education and Community Service Awards Ceremony



## Congratulations Graduates

On July 7th we had a great turn out for the education and community awards. We spent the night celebrating the graduates from our community and students from kindergarten to grade 12, keep up the great work you are our future. We also celebrated the elders, families, individuals and volunteers that all make our community the spectacular happy place that it is. Thank you everyone for all your hard work.

We recognized and honoured 15 graduates this year.....

### High School Grads:

Artie Andrew	Jordin Edmondson
Chanea Gabriel	Boone Harry
Jeremy Joe	Jordan Mailhot
Kaleen Pettis	Kim House
Jessica Lacroix	Dustin Charlie
Patricia Bobb	

### Post-Secondary Grads:

- **Arlene Andrew-** Bachelor of General Studies Degree from the University of the Fraser Valley.
- **Duran Giroux-** Automotive Collision Repair Program from the University of the Fraser Valley.
- **Jessica Pettis-** Indigenous Studies Diploma Program from Nicola Valley Institute of Technology.
- **Candace Robotham-** Master of Education-Early Childhood Education from the University of British Columbia.

On behalf of the Education Department we would like to thank everyone who helped plan and participate in the Education & Community Service Awards Ceremony.

#### **A very special thank you to**

- Clem Seymour for being Master of Ceremonies and keynote speaker
- Maggie Pettis for being a keynote speaker
- Robert Jimmie, Christian Jimmie, Mike Jimmie and Ken Jimmie for drumming and signing
- Barb and Elizabeth Chapman for being the brushers
- Stacy McNeil for ordering the t-shirts and sweaters
- Angie Chapman for ordering the plaques and arranging the event
- Evelyn Peters for preparing and silk screening all of blankets, headbands and shawls
- Jennifer Andrew for setting up the gym
- The Family Travel Club for cooking and serving the delicious food
- Kwosel, Dianna, and Marcie for helping put the blankets, shawls, and headbands on the Graduates.
- Maggie, Celeste, Edie and Diane Janzen for presenting the awards
- Seabird Island Community School, Agassiz Elementary Secondary, Kent Elementary, Agassiz Christian and Unity Christian for nominating the students to receive the awards.

**And all of the students and parents who took time out of their busy schedules to attend the ceremony, and those who stayed after the awards to help tidy up.....**



# Quarterly Band Meeting

*continued from pg. 1*

Graduate this year.

**Education Jurisdiction:** One of 14 participating First Nations working to give First Nations jurisdiction over their own education. Establishing structures, certifying our teachers and deliver their own curriculum. Law review and Community Education Authority. Capacity Building and community awareness.

**Cultural Learning Centre:** more than 30 cultural opportunities being provided. The important part of culture and language. Working on promoting and maximizing participation.

**CCP Waste Management:** Comprehensive Community Plan. Managing waste and looking at composting.

**EMF Study:** Sto:lo Tribal Council gave a presentation about the Electro-Magnetic Fields from power lines, electricity in your home, and appliances and how it all effects your Health. Wireless technology and complex electronics are linked to Anxiety, Arthritis, Poor short term memory, Ringing in the ears nausea and more. EMF's are everywhere, but you can't see, smell or taste them. More information is available at Sto:lo Tribal Council.

## Counsellors Up-dates:

**Marcie:** Housing, meeting with Skeetchesten housing policy. Market Housing, Audit Budgets of committee meetings, Governance Model, and Economic Development.

**Richard:** Land Code, funeral planning, BC Hydro Apology. Governance, community to community, Diabetes and Sweat Lodge.

**Art:** Landcode

**Clem:** Fishing update, DFO conservation concerns with chinook. Drifting only on the river at this time.

Clem, Richard and Jim met with the Regional Director General to discuss fishing concerns and are waiting for a response.

**Maggie:** Education Jurisdiction, Chair of the Education Committee, Education Marketing Plan Ideas, Child and Family Services. Looking at starting up a Culture and Language Committee, *look for a notice for people interested in sitting on the committee.*

Community Members: would like to hear more reports from counsellors at the quarterly meetings.

We are alternating future meetings: evening / day / evening / day. **The Next General Band Meeting is tentatively scheduled for October 13th at 5 p.m.**



## Congrats to Marshall Pennier #6

Another year has gone by. 2009/2010 Hope Wildcat's Pee Wee. Marshall has had another great year of playing hockey. He plays Defense & Center Forward. His family loves watching him on the ice, even if it's just practice or a league game, or on the road watching

him play in tournaments. Marshall loves to Score!! At the end of the season Marshall played 26 games on the ice. He became his teams high scorer!!

Scoring 20 goals in the league season and 6 assists  
8 goals during play offs and 6 assists

Overall total 28 goals and 12 assists

Marshall wasn't finished with hockey yet.

He joined a 3 on 3 league in Chilliwack. He did awesome, skating fast and scoring. Marshal was his team high scorer. We cannot wait to watch him on the ice once again.

Great work Marshall Penier #6



## Congrats to Kendra Pennier

Great job Kendra!!

Congratulations for receiving the "Award for Athlete of the Year" Kendra at the age of 12 attended the whole Fraser Valley School District track meet in Chilliwack, last year.

Kendra came in 1st place in Shot-put, 1st place in the baseball throw and 1st place for herself and for her school (Kent), way to go Kendra. We are so proud of you. We recognize you at 13, but you did great last year. Great job Kendra.

*Love Mom & Dad, Demi and Marshall, Papa, Mama (Marcie) & Wally.*



# Housing Wait-list August 2010

**Forgot your number? Contact  
 Stacy McNeil 604-796-6825**

## 1 bedroom

1	1012009-1010
2	03042010-2021
3	18032010-014
4	06042010-015
5	15042010-016
6	16042010-017
7	27042010-018
8	20052010-19
9	16072010-20
10	16072010-21

## 2 bedroom

1	6252009-2004
2	7072009-2005
3	9212009-2011
4	9222009-2012
5	1052009-2013
6	10222009-2015
7	11022009-2016
8	1012009-1010
9	01012010-2017
10	01012010-2018
11	02222010-2019
12	03032010-2020
13	03042010-2021
14	04212010-3038
15	06082010-2022
16	07022010-2023
17	07132010-2024

## 3 bedroom

1	3312009-3007
2	4242009-3009
3	6242009-3013
4	7102009-3015
5	7302009-3016
6	8142009-3018
7	8142009-3019
8	8142009-3020
9	8262009-3021
10	9022009-3023
11	9142009-3024
12	10292009-3026
13	11092009-3027
14	11252009-3028
15	01012010-3029
16	01012010-3030
17	02/05/2010-3031
18	02/05/2010-3032
19	02/05/2010-3033
20	0308/2010-3034
21	03/15/2010-3035
22	07042010-3036
23	15042010-3037
24	04212010-3038
25	04212010-3039
26	10052010-3040
27	07022010-3041

## TENANTS:

Please ensure all of your yards are maintained (grass is cut, brush is removed, etc); this will prevent septic failure (if you are on a field), rodent infestation, etc.

Ensure you are not breaching your tenancy agreement/housing policy.

Now is also a great time to power wash your homes & clear out your garage! **Take advantage of the great weather!**




### INFORMATION BULLETIN

2010FOR0105-000846 Ministry of Forests and Range  
July 20, 2010

**CAMPFIRES PROHIBITED ACROSS THE COASTAL FIRE CENTRE**

**PARKSVILLE** - Effective noon July 23, all open burning, including campfires and fireworks, will be prohibited across the Coastal Fire Centre to help prevent human-caused wildfires and protect public safety.

This ban applies to open fires of any size, campfires, fireworks, tillerfires and burning barrels. The ban does not apply to cooking devices that use gas, propane or butane, or to portable campfire apparatus with a CSA or UL listing using briquettes, liquid or gaseous fuel, that are not capable of producing a flame longer than 15 centimetres. Portable campfire apparatus that do not meet these conditions are prohibited.

This prohibition is necessary due to dry forest fuels and a forecast for a prolonged period without substantial rain. The public is urged to exercise caution on forested land with any activity that could lead to a wildfire. Please discard cigarettes carefully and limit movement of ATVs and motorcycles through tall grass and undergrowth.

This ban covers all BC Parks, Crown and private lands, but does not apply within the boundaries of local governments that have forest fire prevention bylaws and are serviced by a fire department. Please check with civic authorities for any exemptions before lighting a fire.

Campfires in the West Vancouver Island Fog Zone are exempt from this prohibition. The West Vancouver Island Fog Zone is a stretch of land two kilometres inland from the high-tide mark from Owen Point in the south, northward along the outer coast of Vancouver Island, including Cape Scott Provincial Park and southward to the boundary of the District of Port Hardy.

A map of the exempt area is available at <http://bcwildfire.ca/specifc/WildfirePreventionDisplay.htm?ID=272&zoom=0>.

Anyone found in violation of an open fire ban, including campfires, may be issued a ticket for \$465. Should a wildfire occur as a result of recklessness, a person can be fined up to \$1 million, or spend three years in prison and be ordered to pay all firefighting and associated costs.

The ban will be in place until the public is otherwise notified.

The Coastal Fire Centre is responsible for wildfire response for about 2.1 million hectares of land. Geographically, the centre covers all the area west of the height of land on the Coast Mountains from the U.S.-Canada border at Manning Park to Trestletown Park in the south, the Sunshine Coast, the Lower Mainland, all of Vancouver Island and the Gulf Islands.

To report a wildfire or substantial campfire please call \*3155 on your cellphone or toll-free to 1-800-663-3555.

For the latest information on fire activity, conditions and prohibitions, visit the Wildfire Management Branch website at [www.bcwildfire.ca](http://www.bcwildfire.ca).

For Facebook and Twitter updates, as well as details about evacuation orders and alert conditions and air quality advisories, go to [www.bcmalbc.ca](http://www.bcmalbc.ca).



## BE BEAR AWARE

The Bears bothering you  
and/or your garbage?



1-800-663-9453  
to report bears  
(24hrs/day  
7days/wk)

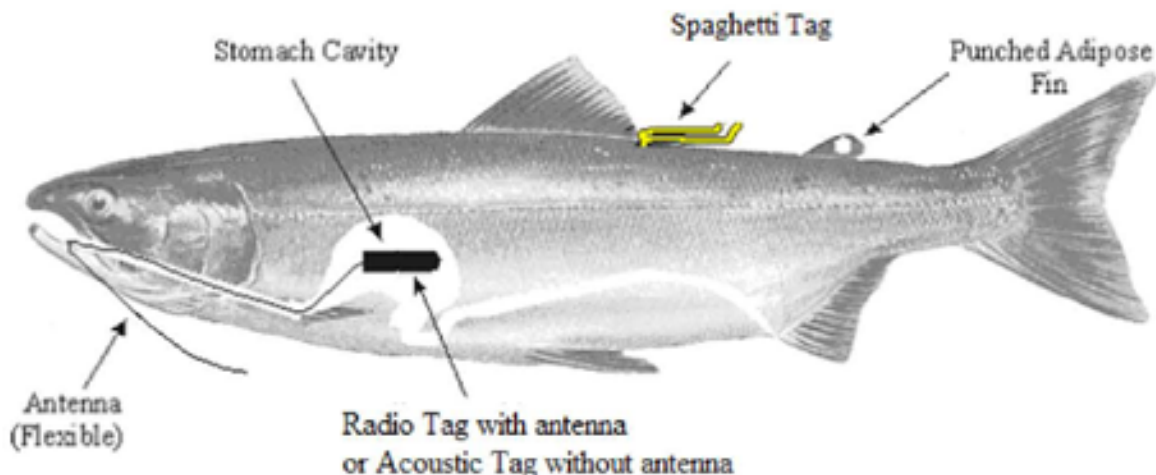
Report all bears  
(in yards, etc)  
whether a nuisance  
or a threat.

# ATTENTION FISHERS

The Pacific Salmon Foundation and Pacific Salmon Commission, in conjunction with the University of British Columbia and Carleton University, Fisheries and Oceans Canada and LGL, are conducting two coordinated tagging studies on migrating Fraser River sockeye from July-November 2010. The objectives of these studies are to identify the times, locations and causes of adult sockeye mortalities that occur between the marine tagging areas and spawning streams. This study includes more tracking effort in both marine and freshwater areas than conducted in previous years.

Approximately 600 radio transmitters and 450 acoustic transmitters will be applied to sockeye in marine areas to assess the migration behaviour and survival of summer-run and late-run Fraser sockeye stocks, and 525 additional radio transmitters will be applied in the Lower Fraser River to Early-run stocks and angler caught sockeye to assess in-river survival rates for these groups. Most radio or acoustic transmitters will be inserted into the stomach of each fish; a small number will be inserted into the abdominal cavity. Study fish will be evident by a punched adipose fin and an external green or yellow tag near the dorsal fin. Radio transmitter fish will also have a thin wire antenna protruding from the mouth. Each transmitter can record hourly data on the water temperatures encountered by each tagged fish. These fish will be tracked as they enter the Fraser River and throughout the watershed as they migrate toward their spawning grounds. Detailed temperature data will be obtained from each transmitter recovered from fisheries or spawning areas.

If you catch a tagged or adipose-punched sockeye in an open fishery and choose to keep it, please remove the external tag and internal transmitter and contact LGL at once at the phone number listed below. Individuals returning transmitters to LGL along with information on time and place of capture will be sent the complete tracking history of the fish and their name will be entered into a \$1000 lottery once for each transmitter returned.



With your cooperation, the information obtained from the returned tags will directly contribute to improved management and conservation of Fraser River sockeye. Thank you for your interest and cooperation! If you catch a tagged fish or you have any questions related to this study, please call the following phone number:

Toll free in Canada or US: 1-866-221-3444

For further information on Late-run sockeye, please check the Pacific Salmon Commission's website at: [http://www.psc.org/info\\_laterunsockeye.htm](http://www.psc.org/info_laterunsockeye.htm)

# Seabird Island Foster Homes Desperately Needed!

**Help Keep Our Kids At Home!**  
*Seabird Island seeks your help to keep  
Seabird Children on Seabird.*

## Monthly Rates

### Restricted Foster Care

- Where you care for a relative or close family friends child,  
full time 1-11 yrs \$803.<sup>82</sup>  
full time 12-19 yrs \$909.<sup>95</sup>

### Level 1 Foster Care

- Regular foster home,  
full time 1-11 yrs \$803.<sup>82</sup>  
full time 12-19 yrs \$909.<sup>95</sup>



## TRAINING PROVIDED

7 week foster parent training session beginning Sept 15<sup>th</sup>....  
at the Seabird Band Office  
*This is the first step in being a foster parent.*

**Contact Edie for more information at 604-796-2177**

**Short Term • Long Term • Respite**

## HOUSING DEPARTMENT RESTRUCTURE

Under the direction of Chief and Council, we are restructuring the Housing Department with input from community and housing staff. We will be advertising immediately for a Housing Manager, who has at least six years related experience in on-reserve housing programs and who has project management and First Nations housing management experience. This position will be open until a qualified candidate is chosen.

In the interim, Dwayne McNeil, Public Works Manager, will continue as Housing Manager and Stacy McNeil as Housing Administrator.

At this time, I wish to thank Dwayne, Stacy, Zena and the rest of the housing team for their hard work during the past year. The team was able to assist the Band in a number of areas, such as:

- Set up weekly housing maintenance meetings to coordinate requested repairs and renovations
- Conducted a review of house and tenant files and information updated
- Current housing waiting list made available to Band and community members
- Committed to reducing rental arrears for current year

This will benefit our new Housing Manager.

All my relations,

Daryl (Chuck) McNeil  
Band Manager

DM/tda



## Ye mí sseqó:tel la xwe' lets'emó:t ó Hub Traditional Medicine Workshop

Ye mí sseqó:tel la xwe' lets'emó:t ó Community Hub hosted a two day traditional healing and alternative medicine workshop on July 20th & 21st, 2010, facilitated by Dr. Jeanne Paul. Over the course of these two days, Dr Jeanne Paul taught a group of 19 participants from our Hub communities about traditional herbs and how to make medicines from the herbs.



The first day participants learned about the history of the plants, the different techniques and methods, as well as the protocol for gathering the medicine from mother earth. After a very healthy, light lunch the group went out into a field and bush area near Chawathil and were taught how to recognize and pick St. John's Wort, Stinging Nettle root,

Elder berry root, and Devil's Club. The day ended with the group going back to Seabird to gather Horsetail and Chicory. Everyone left feeling eager and excited for the next day when they would actually make the medicines



The next morning a panel discussion was held with Naturopath Dr. Jeanne Paul, Physician Dr. Robert Fox, and Naturopathic Dr Georgia Kyba to talk about what traditional medicine and western medicine is: and how the medicines could work together. It gave the participants an opportunity to ask questions and to get answers from the Doctors on how traditional medicines can work with western medicines. This practice, in the past, has not received much support. Fortunately at Seabird's health clinic there are two First Nation Doctors who are very open and willing to work together to make this a reality for communities.

After lunch, the group was taught dry medicine preparation and spent the afternoon making medicines from the previous day's gatherings. Each of the participants made six different medicines which need to be cured for 30 days. The group will return on August 23rd, 2010 to decant and make the medicines into salves, lotions with and creams. The medicines can be used for health conditions such as: arthritis, inflammation, healing wounds, osteoporosis, depression, pain relief, asthma. It is advisable to consult with your family physician when considering alternative medicines.



*Thank you to Chawathil and Seabird for the opportunity to come out and collect natural herbs for the Traditional Medicine Workshop.*



# **FREE Available To The Members Of The Listed Communities**

## **12 MONTH SUMMARY TRADITIONAL HEALTH PROGRAM**

*Chawathil, Cheam, Skwah, Seabird Island, Scowlitz, Shxw'owhamel, Spuzzum, Boothroyd, and Union Bar*

**NOTE:** This program is a collaboration of all the Bands listed. Although the program will take place at several bands, if you belong to any of these communities you are welcome to attend one or all the classes, even the ones at the other Bands.

### **I. GOALS:**

Lectures will concentrate on the anatomy and physiology systems of the body and how they integrate with the traditional herbal medicines that will concentrate on each of the systems. There will be a concentration on understanding the development of certain pathologies along with the corresponding herb that will enhance the health of that body system. A focus on women's breast health will be emphasized. Whenever possible these herbs will be wild-crafted at the local areas and **each student will make a herbal medicine** from them.

### **II. SUMMARY OF THE BODY SYSTEMS AND CLASS SCHEDULE:**

- 1. THE SKIN SYSTEM:** August 12/2010  
Herb: Phytolacca, St. John's wort  
\*CHAWATHIL: 6-9 pm Contact Audrey Sam
- 2. THE MUSCULAR SYSTEM:**  
August 26/2010 - Herb: Comfrey  
\* CHEAM: 6-9pm Contact Carla Small
- 3. THE SKELETAL SYSTEM:** Sept. 9/2010  
Herb: Horsetail, False Solomon Seal  
SKWAH: 6-9pm Contact Sunny or Linda Forseth
- 4. THE CARDIOVASCULAR SYSTEM:**  
Sept. 23/2010  
Herb: Calamus, Hawthorne berries/ leaves  
\* SEABIRD ISLAND: 6-9pm Contact Liz Point
- 5. THE DIGESTIVE SYSTEM:**  
October 14/2010  
Herb: Chicory root & Flowers  
\* SCOWLITZ: 6-9pm. Contact Jen Martignagro
- 6. THE RESPIRATORY SYSTEM:**  
October 28/ 2010 - Herb: Elder flowers, berries, roots, Cottonwood buds  
\* SHXW'OWHAMEL: 6-9 pm. Contact Jen Martigrago
- 7. THE URINARY SYSTEM:** to be announced  
Herb: Oregon Grape, Horsetail  
\* CHAWATHIL: 6-9pm Contact Audrey Sam
- 8. THE REPRODUCTIVE SYSTEM:**  
November 25/2010  
Herb: Wild Yam, Saw palmetto  
\* CHEAM: 6-9 pm. Contact Carla Small

- 9. THE BLOOD:** December 9/ 2010  
Herb: Agrimony, Yellow dock  
\* SKWAH " 6-9 pm. Contact Sunny or Linda Forseth
  - 10. THE GLANDULAR SYSTEM:**  
January 13 /2011  
Herb: Elder flowers/roots, Stinging Nettle leaves/ roots  
\* SEABIRD ISLAND: 6-9 pm. Contact Liz Point
  - 11. THE NERVOUS SYSTEM:** January 27/ 2011  
Herb: St John's wort; .....  
\* SCOWLITZ: 6-9 pm Contact Jen Martignagro
  - 12. THE SENSORY SYSTEM:** February 10/ 2011  
Herb: Bilberry;.....; .....  
\* SHXW'HAMEL: 6-9 pm Contact Jen Mortigrago
- 13 THE ABOVE PROGRAM WILL INCLUDE SPUZZUM, BOOTHROID, UNION BAR. THIS

WILL DEVELOP AT A LATER DATE. Contact: Ivy Shackley: 250-455-2711

Each Band is assigned a time and date for each of these classes. However, you are welcome to sign up for one or all the dates and classes at each band. **THESE CLASSES WILL TAKE PLACE IN THAT PARTICULAR BAND HEALTH CENTRE/GYM. CALL EACH CONTACT PERSON TO BE PUT ON A SIGN-UP SHEET.** The more classes you attend the more you will learn about how the body works and which medicine will fit that system.

*PLEASE take advantage of these unique classes which may not come your way again. Thank you for your interest in continuing your learning of our Traditional Healing Medicines.*

EMUT: DR. Jeanne Paul

### Seabird Island Education: Adult and Community Programs

**Starting in Sept 2010 or Feb 2011:**

- Business Technology
- Information Technology
- Carpentry
- Plumbing
- Painting and Decorating
- Wall and Ceiling
- Graphic Design
- University College Entrance Program (January 2011)
- Aboriginal Responsible Adult
- Speech and Language
- Academic Courses: Biology 12, Math 12, English 12, Communications 12, Trades Math 11
- GED Preparation and more...



Register Now!

**Upgrading, Trades,  
Technology and Vocations:**

- Live Instruction
- Computer Managed or
- Shared Learning



**Seabird Island  
Education**

**Call or Email Dianne Parkinson at:**  
604-796-2177 (ext. 6896) or  
dianneparkinson@seabirdisland.ca



The Seabird Island Family Travel Club Charity Golf Tournament held on June 19th, 2010 was a wonderful success and I wish to thank everyone for all their hard work. A special thank you to Gary and Sue Lister for doing the stats. Also a special thank you to Fern Angus and Sandy Bobb for helping with the sponsor pamphlet and golf sponsor sheets as they assisted on weekends and greatly appreciated their time. And a special thank you to Joan, Kendra, Demi and Maggie for your help..



This year it was nice to see Seabird Community members involved in the tournament as you will see in the pictures.

*Marcie*



## Money Sponsors

- **Hole in One Sponsor:**  
**Bob Audet,**  
**Abbotsford - Bank Of**  
**Montreal \$20,000.00**
- **Seabird Island Band - \$500.00**  
2895 Chowat Rd, Agassiz BC  
604-796-2177
- **Sto:lo Tribal Council - \$500.00**  
2895 Chowat Rd, Agassiz BC  
604-796-2177
- **Meyers Norris Penny LLP - \$500.00**  
(Terry D Mitchell) 46098 Yale Rd.  
Chilliwack BC  
604-792-7348
- **Preview Builders - \$300.00**  
(Randy Regier)  
#106-44987 Commercial Court,  
Chilliwack BC. 604-793-9551
- **Patrick R. Stewart Architect - \$200.00**  
(Partrick R. Stewart)  
Bldg #4\*7201 Vedder Rd.  
Chilliwack BC 604-824-1888  
www.patrickstewartarchitect.com
- **MacInnes & Associates- \$200.00**  
**Forest Consultants**  
Gene MacInnes, RPF  
7282 - Bryant Place Chilliwack BC  
604-794-7904
- **Eagle Bay Financial Services Ltd. - \$200.00**  
611-1641 Lonsdale Ave. North Van BC  
604-987-4040
- **Jean Yeun Boughton Law - \$150.00**  
Suite 700-595 Burrard St, Vancouver BC  
604-467-4199
- **Nations Construction & Consulting - \$100.00**  
(Deanna & Jim Johnson) 5401 Chehalis Rd. Agassiz BC 604-796-2199
- **Jakes Contracting - \$100.00**  
#375 - Unit 8, 6014 Vedder Rd.  
Chilliwack BC  
www.jakesconstruction.ca  
604-702-5699

## Donations

- Seabird Island Jacket**  
Brian Jones, Seabird Island Economic Development  
2895 Chowat Rd. Agassiz BC 604-796-2177
- Gift Basket**  
Kensan Cleaning 604-792-1923  
& A.J. Towing 604-795-3374
- 4 Golf Shirts & 4 Gift Packs**  
United Petroleum (Duane Searle)  
3373 Norland Ave. Burnaby BC 604-571-4500
- Cordless Toothbrush**  
Seabird Island Dental Clinic  
2895 Chowat Rd. Agassiz BC 604-796-6853
- Large Mirror**  
Dargatz Glass  
45850 Railway Ave, Chilliwack BC  
604-795-4637
- Tommy Bahama Pull-over, Golf Balls, & 4 Cases of Water**  
Bryce Lewis, Barton Insurance Brokers  
45710 Airport Rd, Chilliwack BC  
604-703-7070
- 3 Sets Books**  
Sto:lo Research & Resource - David Schaepe  
7201 Vedder Rd. Chilliwack BC  
604-858-3366
- Bag, Blankets, Umbrellas, Car Sun Vissors**  
Sto:lo Human Resources Development  
#8A-7201 Vedder Rd. Chilliwack BC  
604-858-3691
- Gift Basket**  
Jennifer Tommy, Lands Officer  
Sto:lo Lands Department  
7201 Vedder Rd. Chilliwack BC 604-858-3366
- 2 Oral B Braun Toothbrushes**  
Sto:lo Nation Dental Centre  
#7-7201 Vedder Rd. Chilliwack BC  
604-858-3691
- Steak Knife Set**  
Dougs Key Mart & Locksmith Service  
#137-45610 Luckakuck Way Chilliwack BC  
604-858-6777
- 2 Hoodies, 2 Backpacks & 2 Coffee Mugs**  
Sto:lo Nation Bladerunners - Suzanne Catto  
Bldg #5- 7201 Vedder Rd. Chilliwack BC  
604-824-2687
- Books**  
Coqualeetza Cultural Ed. Centre - Patricia Raymond-Adair  
Sardis Main Station Chilliwack BC 604-858-9431
- 2 Umbrellas & 2 Coffee Mugs**  
Royal Mutual Funds Inc. - Grand Van Egdom  
Vedder Crossing Branch 23-6014 Vedder Rd. Chilliwack BC 604-824-4725
- Hoodie**  
Ye mí sqaqó:tel la xwe' lets' emó:tó Community HUB  
Linda Kay Peters 604-796-6822
- Set of Pillows, Set of Towels, 2 Backpacks, 2 coffee Mugs & 2 Necklaces, 2 Binders**  
SIB Adult Education Centre - Ev Peters
- Golf Shirts, Golf Balls & Water Bottles**  
BC Hydro  
Suite 900 - 4555 Kingsway Burnaby BC 604-453-6585
- Hoodie**  
SIB Child & Family Mental Health - Edie Karacsonyi  
604-796-2177
- Pillows, Vest**  
Marcie Peters  
Seabird Island Band
- 10 Golf Passes**  
Bridal Falls Golf Club  
53191 Bridal Falls Rd Rosedale BC 604-794-7788
- Royal Canadian Mounted Police**  
First Nations Policing Unit  
Constable Gail Star & Constable Chris Gosselin
- 2 Cases Chips**  
Old Dutch Foods Ltd. - Sheldon Hahn  
7800 Fraser Park Drive Burnaby BC  
604-419-9222
- 2 Pepsi Hockey Jersey's, 4 t-shirts**  
Pepsi Bottling Group - Dave Nicol  
747 Chester Rd Delta BC 604-520-8054
- 1 Picture Frame**  
Joan Peters, Seabird Island Band

**Thank you everyone  
for all your support!**



**Bridal Falls Golf Course**

# Seabird Island Employment and Education Centre

Office: 604-796-6865  
 Fax: 604-796-3729  
 Toll Free: 1-800-788-0322



2895 Chowat Rd.  
 P.O. Box 650 .  
 Agassiz, BC V0M 1A0

## Office Updates:

### EEC Office Closures:

Our office will be **CLOSED** on the following days:

- Monday, August 2, 2010 (BC Day)

Employment and S/A will be away on for an Annual Health Planning Session on:

- Tuesday, August 24, 2010 (Meeting)
- Wednesday, August 25, 2010 (Meeting)

Education Services will be available on these days

### Staff Annual Leave

**Trudy Sjoblom:**

- Tuesday, August 3, 2010

**Suzanne Ellis:**

- Friday, August 27, 2010

**Kathy Smart:**

(Tentative upon approval)

- Tuesday, August 3, 2010 to Thursday, August 5, 2010
- Friday, August 20, 2010

Sorry for any inconvenience these absences may cause



- Please remember to put on sunscreen when you are going to be outside, especially for a long period of time. Like days at the beach or at a water park.
  - Sun screen helps prevent sun burn and skin cancer.
- SPF 15 is the minimum recommended to use for adults, 30 SPF for children 6 months and older. But SPF 30 or higher is recommended for all.
  - Where hats and thin clothes that cover your body or find some shade.
  - And don't forget to drink plenty of water so you don't get dehydrated!!

### June Sign in Totals

The totals for **JUNE** Sign in sheets are as followed:

Clients in for Job Search, Research or Computer Use: 59 ↓

Clients in to meet with Trudy: 17 ↓

Clients in to meet with Starr: 206 ↑

Clients in to meet with Kathy: 12 ↓

Clients in to meet with Kelly: 84 ↑

Clients in to meet with Suzanne: 7 ↓

**NEW RECORD!!**



Please use the sign in sheet when you come into the EEC. It helps us keep track of how many people access the centre and our services. Even if the person you came to see isn't in, please sign in as it will show that you stopped by to see them. The sign in sheets goes to SNHRD and is important to keep our centre open!!!  
 So please, **DON'T FORGET TO SIGN IN!!!**

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Agassiz, BC V0M 1A0

## Client success stories for the month of June:

Congratulations to our clients who were successful in Securing Employment:



- ★ Denise as a Front Counter Worker
- ★ Chris in Housing
- ★ 11 Summer Students
- ★ Plus 12 others



Workshops are offered weekly in Seabird, Cheam, Chawathil and Shxw'ow'hamel. Last month we held an SOI Workshop and Essential Skills



*Please call the office or talk to Trudy or Kathy for Upcoming workshops for Seabird, Cheam, Chawathil and Shwo'ow'hamel*



The following Training had been approved/ completed:

- 18 – Emergency First Aid
- 12 - Emergency Child Care First Aid
- 16 - Food Safe
- 1 - Crew Boss/Chainsaw Safety
- 1 - Event Management Certificate
- Partnership approved

## On-call work list

If you would like to be on our On-call list for small work opportunities, please see your CDP or call the centre and ask to put your name on the list.

This way when someone asks if we know who could work, we can go through the list and give you a call to see if you are interested and/or available.



1-hour Computer Training Sessions are available and are held one-to-one with Suzanne

- Basic Computer Training, Microsoft Word, Excel, Publisher and Internet Explorer

(Call to book an Appointment)

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Agassiz, BC V0M 1A0

## EEC Staff Schedules:

The following are the general days and hours for all the staff in the  
Employment and Education Centre  
(Days/times may change due to meetings, workshops,  
training, appointments, etc.)

Office is closed for  
lunch from  
12:00pm – 1:00pm

*Schedule  
Change*

### Trudy Sjoblom

Career Development Practitioner

Monday - Seabird - **Drop in** (8:30 – 4:00)  
Tuesday - Shxw'ow'hamel (9:00 – 12:00)  
- Seabird (1:00 – 4:00)  
Wednesday - Seabird (8:15 – 12:00)  
- Chawathil (1:30 – 4:00)  
Thursday - Seabird (8:15 – 4:00)  
Friday - Seabird (8:15 – 12:00)  
- (Off in the PM)

Kelly Chapman  
Student Services  
Worker

Monday - Friday  
8:30 - 4:00

Starr Alexander  
Social Development  
Administrator

Monday - Friday  
9:00 - 4:00

Suzanne Ellis  
Admin Support Worker

Monday - Friday  
8:00 - 4:00

*Schedule  
Change*

### Kathy Smart

Career Development Practitioner

Monday - Seabird (8:00 – 10:00)  
- Cheam (10:00 – 3:00)  
Tuesday - Seabird (8:00 – 11:00)  
- Mission (12:30 – 3:30)  
Wednesday - Seabird (8:30 – 3:00)  
- **Drop-in Day**  
Thursday - Seabird (8:00 – 12:00)  
- Cheam (12:30 – 3:00)  
Friday - Seabird (8:00 – 11:00)  
- Mission (12:30 – 3:30)

There are schedule changes for our  
Career Practitioners.

We will now have **drop-in days** for clients. You  
do not have to book an appointment, you can  
come in unscheduled and meet with your CDP.

However, you do have to continue to meet with  
your CDP, you cannot meet with one or the other  
. Going back and forth between CDP's can be  
confusing for everyone.

You can continue to book appointments as well :)

# Band Members Attending Chief and Council Meetings...

## Meetings - every 4th Thursday of the Month

The Band Member is required to follow proper conduct and protocol.

**Policy No: 3.0** The regular meetings of Seabird Island Band's Chief and Council shall be open to Seabird Island Band Members. However, a person may be excluded for improper conduct. Travel, accommodation and/or other related costs for Band Members will be their responsibility.

Band Members cannot attend in-camera sessions.

**Policy No. 3.3** Unless otherwise determined by the Council, the following matters shall be considered in closed session:

**3.3.1** preliminary budget reviews, (final budget to be approved at a public meeting)

**3.3.2** accident claims and other matters where Council liability may arise,

**3.3.3** legal opinions respecting the liability or interest of the Council,

**3.3.4** Council employee changes including appointments, transfers, resignation, promotion, demotion, leave of absence and matters pertaining to individual employees and their conduct.

**3.3.5** purchase of real property including designation of new sites, consideration of appraisal reports, consideration of accounts claimed by owners, determination of Council offers and exploration procedures,

**3.3.6** lease, sale or exchange of real property prior to finalization thereof,

**3.3.7** matters pertaining to the safety, security, or protection of Council property, and

**3.3.8** matters pertaining to the confidentiality of the Council's Members and Clients.

Any Agenda Items are to be submitted to Chief and Council Executive prior to the 2nd Thursday. (Executive sets the agenda for the next scheduled meeting)



## Chief & Council Corner with Clem

When asked about his thoughts on the new rules DFO plans on policing salmon farming and how this does not yet include shifting from open pen to closed containment pens for raising salmon. Clem responded saying it should be mandatory for them

to close them. Enclosed pens in the States have been more sanitary and have reduced diseases to not only the wild salmon but to the farmed salmon. They are spending their new \$8 million dollar budget on regulations and licensing and not creating any certainty for how it will protect wild salmon.

Chief and Council are working towards Seabird boundary issues. The Province is trying to claim Seabird land claiming the high water mark is the Provincial side. This is Seabird property. **There is a catch 22 involved here;** The Province won't help us build a dike to protect our land because there are no buildings to protect on that side, yet without a dike we can't build on that side due to flood issues.

Skowkale a small village that was part of Seabird was on that side and got washed out years ago. We are scheduling meeting dates this fall with the Provincial and Federal Governments to discuss these boundary issues.

We would like to send out congratulations to Chawathil on their New Chief and Council, **Chief** - Ruth (Rhoda) E. Peters, **Vice Chief** - Deanna John, **Council** - Rosemarie E. Peters - Timothy O. Peters - Peter John - Shane John - Bobbi Ellen Peters.

## WASTE MANAGEMENT



### Top 5 reasons to compost

1. Cuts down on the amount of Methane Gas released into the atmosphere. (which contributes to global warming)
2. Cuts down on the amount of waste going to the landfills every day
3. Free Fertilizer
4. Better Soil
5. Makes Superior Fertilizer's



These are some of the things you can recycle:

- steel
- milk bottles
- aluminum cans
- glass jars
- cardboard
- paper
- bottles
- Bottles (of any kind), and
- plastic
- steel cans
- newspaper and
- WHITE paper





**I want to go back.... I'm ready to go back!**  
**Seabird Island Education Launches New Adult Education Program –**  
**Complete your High School with Xá:lh Hálém – Path Ways - REGISTER NOW!**

If you have ever felt that not completing your high school education has held you back from what you wanted out of life than look no further than Seabird Island's new Adult Education Program called Xá:lh Hálém- Path Ways which is taking registrations now and will start in the fall. All our courses are offered by B. C. Certified Teachers.

So what is different about this program? Seabird Island Education knows that it takes a lot of courage to go back and that if you haven't been to school in a number of years it can be a great challenge. That is why we have designed a program with all the supports necessary to get you successfully through. Here are a few of the pathways you can choose:

- **Leq'áleq'el - Journeys** is for adults whose main goal is to achieve a B.C. Adult Dogwood or GED through a personally designed educational program. It is ideal for those who are short of academic courses, want to graduate and move on to post secondary studies. Literacy and math skills are also a key focus of this program.
- **Yá:lx - The Explore Program** will assist students who want to take courses leading to a specific field of study in a trade or a vocation along with academic upgrading. In this program you will receive your Adult Dogwood Graduation Certificate in addition to trades and vocational training in areas such as carpentry, plumbing, painting, graphic design and business technology to mention a few.
- **Sp'óq'es Xweli - Eagle Quest** is being offered to individuals 19 to 30 years of age. This program will emphasize education with a focus on nutrition, physical fitness, mental well-being, career and personal planning and academics. At the end of the program you will receive your full B.C. Adult Dogwood or GED. With a focus on the "whole person" and "healthy body, health mind", academics will be offered along with participation in war canoe teams with a training schedule and in arts and cultural activities.



All our Adult Education Programs offer transportation, food and tutoring with the full belief that every student can be a graduate – every student can be a success.

And here is a real life example. Myra Seymour is a dedicated employee of the Seabird Island Band. She received a School Leaving Certificate from high school but wants to get her full B.C. Dogwood Graduation Certificate to advance her career path in the Education Department. Marilyn Seymour, Myra's mother, hasn't been to school for many years but completing her high school is something she has always wanted to do. Mother and daughter are going back together proving "it's never too late to go back." They will be there together supporting each other and we as the Education Department will be there supporting them, walking beside them and cheering them on as they cross the finish line. Here's to Myra and Marilyn. Good on ya!

**For More Information and to Register Contact:**

**Dianne Parkinson or Cleda Seymour**  
 Seabird Island Education  
 Phone: 604-796-2177 (ext.) 6896  
 Email: [dianneparkinson@seabirdisland.ca](mailto:dianneparkinson@seabirdisland.ca)  
 or [cledaseymour@seabirdisland.ca](mailto:cledaseymour@seabirdisland.ca)



Mother and Daughter: Marilyn Seymour and Myra Seymour  
 Going Back Together

*\*Please note that 16 students must be registered in all programs to run them.*



# Post-Secondary Application Deadlines



For New Applications or Continuing Studies Students, the deadlines for **completed** applications for all post-secondary students are:

- |   |                         |
|---|-------------------------|
| ➤ For September (Fall) enrollment                       | May 1 <sup>st</sup>     |
| ➤ For January (Winter/ Spring depending on institution) | October 1 <sup>st</sup> |
| ➤ For May (Spring/ Summer depending on institution)     | January 1 <sup>st</sup> |

Applications received after the deadline will be held and put on a waitlist, until it has been determined whether funds are available.

## School Supply Allowance

School Supply Forms will be ready for students/ parents to pick up on August 3<sup>rd</sup> from Kelly Chapman-Student Services Worker at the Seabird Island Band Office.

- ❖ Please Note: School Supply Allowance is **only** for students that:
- Reside within the Seabird Island Community (band member or community member) and
  - Will be attending a school outside the Seabird Island Community

Once the Forms are complete they can be returned to the Student Services Worker and a cheque will be processed on the next cheque processing day.

Iraveena  
Clayton  
Cori  
Theresa  
Heather

# Youth Peer Pressure

The Bird Is The Word

Youth Peer Pressure  
July 16,2010

## Why Youth Go Under Peer Pressure

*Teen Peer Pressure can be extremely damaging to a pre-teen or teen that is desperately trying to fit in anywhere in the school. They are not sure what group they belong in, and those that are suffering with low self esteem can end up fitting more comfortably with the less than desirable peers.*

*doesn't have confidence of who they are or where they belong, it can lead to the place that is easiest to fit in usually the not the best crowd. There are many ways that Peer Pressure is shown; physical, sexual, verbal.*



*This can be the beginning of a downward spiral. When a youth*



## “Walk your own path”– Antonia Victor

Have you ever been put under peer pressure?

Yes I have in many occasions.

What do you do to stay busy and stay clear from Peer Pressure?

Find new friends and new places to hang out.

What have you learned from your experiences?

Learned a lot about my self, and my culture.

If you encounter youth who have the same issues who would you refer them to ?

Councilors, drop in centers, elders, and youth support groups.

Who did you find the most support from?

My older sister Theresa.

Who influenced you to make a better choice in life?

Finding myself hitting rock bottom. Pushing people that were trying to help me away.

Being a role model for our youth what advice do you have for them today?

Walk your own path.

Don't let people tell you how to live your own life.

Don't hold back on life just live in the



# Youth Peer Pressure

## Better Future -Amy Charlie

**What made you want to be a social worker?**

Personal reasons with my family, and for a better future for the next generations.

**What motivated you to stay in school?**

To drive a better path for myself  
And to have a better career  
Family beliefs and values .

**Who do you look up to and why?**

My mom because she was the only one who raised me and my siblings. She taught us our beliefs and values, she's a hard worker

**How do you deal with other peoples problems?**

It takes a lot of practice and skills to learn what their going through ,its their own stuff and not to take it on personally.

**How do you keep work at work?**

Self care , Learning when I'm at work its work and when I'm at home I'm relaxing .

**How do you help your clients cope with their emotions?**

Use the strength base perspective and a holistic approach which means that anything they tell you, you are building on their strengths and not their weaknesses.



## Sexual Peer Pressure

Youth today are being peer pressured about sex at younger ages.

Teens—mostly boys—feel pressure to have sex But boys face pressure to have sex often cause of their male friends. With the girls they feel pressure from the boys. Research shows that in order to be popular or liked by boys, a girl must be willing to have sex, otherwise they will be known as “uptight”. So basically there is a lack of

respect for others and most importantly oneself. About one in six people say having sex without a condom occasionally is not a big deal. And one in five people say they have had unprotected sex after drinking or using drugs. This can lead to diseases (such as HIV) and STD's. Reasons why people decide to have sexual relationships are: because their friends might think its cool, feel

pressured by the one they're dating, and some get caught up in the romantic feelings and believe that sex is the best way to prove their love. Youth have to realize that love and sex are two different things. One myth is that your dumb if you wait to until your old enough but that's not true. Your smart if you wait until your old enough so it could be positive and meaningful. The statistics on this type of peer pressure are approximately 50%of 12-17 year olds feel pressured in

*“ Caught up in the romantic feeling”*



## How to Avoid Peer Pressure

Your friends should hold the same morals as you do. Making youth comfortable with what they can say will go along way. For instance shy children and adolescents might be more comfortable to say “no thanks” or “ I have to go” . Those who are more outgoing might say “ forget it “

or “ no way”. Remind youth that there are strength in numbers. Have a strong self esteem. Prove them wrong when they say “ Everyone's doing it!”. Make positive choice about who you spend your time with. Evaluate the risk. Avoid parties with no adults. If your in a conflict , walk

away no one can make you do something you don't want to do. Know your self. Get in involved in positive activities such as ; sports , volunteering , peer tutoring or youth clubs.



*“Evaluate the risk”*

# FREE!!



Hot Dogs,  
Chips & Pop

## Seabird Island Education



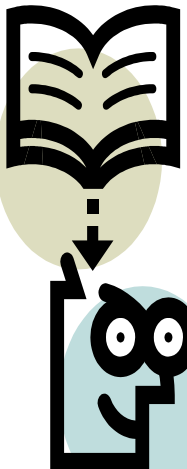
**Date:** Thursday August 5, 2010

**Time:** 12 noon to 2 p.m

**At:** Seabird Island Band Office Gym

Please contact Cledea Seymour  
for any questions @ 604.796.2177 ext 5006  
cledaseymour@seabirdisland.ca

Come out and Join in the fun. Have a  
hot dog and see what  
Seabird Island Education has to offer:



- Preschool
- Kindergarten to Grade 12  
(ask about our new Student Allowance Program)
- Trades and Vocations
- Upgrading
- Our New Adult Education Program  
—Path Ways— (get your full graduation certificate at any age)
- Post Secondary Education and Support.

## SEABIRD INCENTIVE PROGRAM

\*open to 65 homes - DEADLINE TO REGISTER: June 18, 2010

Register with Stacy McNeil at 604-796-6825 or stacycneil@seabirdisland.ca

**HAND IN YOUR FORM TO STACY MCNEIL CIRCLING THE ONES YOU WILL BE PARTICIPATING IN**

Quarterly check ins are required to ensure participants are taking part in program  
Dates of check in: July 21, September 21, November 21, December 21

Families for the purpose of this program are: over 19 year old person/s with dependants  
Individual participants are 19 years of age or older and living independently (in their own homes)

Only 1 family per household is eligible

Families are encouraged to have all members in their family participate

*Initials are required from a guarantor - this guarantor must be identified at time of registration; you will require an initial for EACH act*

**Total potential earnings: \$300 CASH!**

Persons who have earned on paper more than \$300, will be entered to win additional prizes!

If you reach your goal of \$300 prior to the December end date, you can submit for payment

***Congratulations to all that choose to participate, and good luck with your goals!***

Weight Loss Tracking Sheet

Name	Start Weight	End Weight	Pounds Lost	\$ earned

**Seabird Island Incentive Program-COMMUNITY ONLY**

June 2010-December 2010

FAMILY NAME: \_\_\_\_\_

Healthy Families = Healthy Communities

Department/Address: \_\_\_\_\_

Group	Item	Amount	Initial/s	Totals	Group	Item	Amount	Initial/s	Totals
Children Ages 2-12	Attend community program (girls/boys group, OOSC, summer program, ECE program etc) for a length of 6 weeks	\$30		0		Try the sauna in the health center in SEABIRD	\$15		0
	Member of the Cavity Free Club for 6 months	\$60		0		Soak in the hot tub at the health center in SEABIRD	\$15		0
	Bed time reading every night for 6 weeks	\$30		0		Join a fitness program with Stacy	\$50		0
	Attend youth focus session in SEABIRD	\$15		0		Join a weight loss program with Stacy; earn \$2 per pound lost (up to \$100)			0
Youth Ages 13-18	Random act of kindness (ie cut an elders lawn for free) in SEABIRD	\$20		0		Quit smoking for 6 months	\$300		0
	Attend 10 youth activities in SEABIRD	\$20		0		Abstain from Alcohol for 6 months (attend the day treatment program for at least 5 sessions)	\$300		0
	Get your 'L' (learners license)	\$50		0		Abstain from bingo or gambling for 6 months	\$300		0
	Get your 'N' (new driver)	\$100		0		Attend halqemeylem classes or language nest for 8 sessions	\$80		0
	Volunteer at community events (30 hours) in SEABIRD	\$75		0	Family	Walk with your family at least once per week to a total of 10 times	\$75		0
	Drug and alcohol free for 6 months	\$100		0		Attend a housing information session in SEABIRD	\$50		0
	Attend the youth employment skills workshop (EEC office)	\$75		0		Get involved in the Community Clean up	\$50		0
	Join a sports team	\$50		0		Clean your gutters in SEABIRD	\$50		0
Adults	Return to school after a 6 month absence	\$100		0		Yards-clutter free, and no standing water IN SEABIRD	\$50		0
	Volunteer at a cultural event in SEABIRD	\$50		0		Attend 2 band quarterly meetings in SEABIRD	\$50		0
Ages 19+	Visit the Dr Office in Seabird	\$15		0		Remove broken vehicles from your yard IN SEABIRD	\$75		0
	Visit the dentist office for a cleaning in SEABIRD	\$15		0		Beautify your yard (flowers, etc); photo required IN SEABIRD	\$50		0
	Receive a mammogram/prostate check in SEABIRD	\$25		0		Mow your lawn at least once per week from June-September in SEABIRD	\$150		0
		Subtotal							
		Subtotal							
		Subtotal							
		TOTAL (CONGRATULATIONS!!)							

\*\*\*See reverse for program outline\*\*\*

# Personal Hygiene Tips

**HAIR:** Wash your hair at least once a week using soap or mild shampoo. Avoid shampoos with borax or alkalis. Rinse well and Dry your hair after a wash.

Brush your hair three to four times a day with a soft bristled brush or a wide toothed comb. Wash your brush and comb every time you wash your hair.

Oil the scalp, once a week, preferably an hour before hair wash.

**SKIN:** A good bath once a day is recommended. If you are involved in active sports or work out to a sweat, it is also recommended to take a bath after the activity.

A mild soap will do the job adequately. You can use a bath sponge for scrubbing. Back brushes and heel scrubbers are available. Do not use abrasive material.

All the private parts need to be cleaned well to reduce your chances of irritation and infection.

Rinse well after soaping. Drying with a clean towel is important. Avoid sharing soaps and towels. Change into clean underwear daily after every bath.

**WASHING YOUR FACE:** It is important to wash your face at least once a day to remove all dirt and grime that you have come in contact with during the course of the day. This will keep your face free from wrinkles and pimples, which are the result of clogged pores. Wash before you put on make-up and at the end of the day to wash it all off. Its good to get it off and let your face breath. Make-up causes pimples and wrinkles to form, use sparingly!

**TEETH:** Brush teeth twice a day and rinse well after every meal. Brushing before going to bed is important. Floss your teeth at least once a day.

**HANDS:** Wash hands thoroughly with soap and water before and after every meal and after visiting the toilet. Hands should be dried with a clean towel after wash.

When dealing with foods, you can prevent food from spoilage and minimize contamination by keeping your hands clean. While handling food avoid scratching, or touching the ears, nose, mouth or other body orifices or if you need to use a tissue, wash your hands after.

**NAILS:** Short nails make less trouble. Clip nails short, along their shape. Don't cut them so close that it pinches the skin.

A healthy body ensures healthy nails. Brittle or dis-coloured nails show up deficiencies or disease conditions.

**FEET:** Wear a clean pair of cotton socks everyday. Powder your feet before wearing socks. Extra foot care is required with diabetics.



Steps 1-5

Work up a good lather before rinsing.



Steps 6-7

**MENSTRUAL HYGIENE:** No woman feels completely comfortable when she has her period. If it is not pre-menstrual tension or stomach cramps it is the problem of dealing with the menstrual flow.

Technology offers sanitary pads, tampons or menstrual cups or caps to deal with the flow.

Tampons should not be left unchanged beyond six hours this will increase the possibility of toxic shock. **Toxic Shock Syndrome** (TSS). Absorbent tampons provide the medium for them to grow and spread infection. It is marked by high fever, severe vomiting and diarrhoea. The cases can be mild to fatal.

Whatever your preference, washing is important. Some people have the problem of odor during menstruation. Cleanliness and change of pad/tampon as often regularly reduces this problem.

Using perfumed pads, tampons or any powder in the genital area is **not** recommended.

Personal hygiene is the first step to good grooming and good health. Neglect causes many problems. Some problems may not be your fault, but improving standards of hygiene will help reduce these conditions.

## POOR HYGIENE CAN RESULT IN:

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

**HEAD LICE:** are tiny insects that live on the human scalp and suck



blood to nourish themselves. Lice make a pinprick puncture on the scalp, emit an anti clotting substance and feed on the blood.

**Lice thrive on unclean hair.** Lice spread from one head to another when there is close contact such as in school or at home. Lice eggs are wrapped in a shiny white sheath and these show up on the upper layers of hair as the infestation increases. They make the scalp itchy. In infants they may cause disturbed sleep and bouts of crying. Unchecked, they can produce a scalp infection.

Anti lice lotions are available in the market, but in persistent cases, seek a doctors advice. Nit picking takes a lot of time and patience. A fine toothed comb and regular monitoring can get rid of the problem. **When 1 family member has it, all members of the family are advised to treat their heads as well.**

Clean any bedding daily until the situation is under control.



# Aboriginal Mentorship Pilot Program

The Aboriginal Education Council and School District 78 in partnership with The Hope and Area Transition Society would like to introduce the Aboriginal Mentorship Pilot Program. This Mentorship program will be offered in Hope Secondary and Agassiz High School beginning September 2010 and ending June 2011. It is the desire of the Aboriginal Education Council to enhance Aboriginal student's social and emotional competencies; through the delivery of a specialized Mentorship that will be offered through the Hope and Area Transition Society the following desired outcomes have been established:

- To address Aboriginal student's health and wellness issues in the following schools; Hope Secondary School and Agassiz Elementary Secondary School, services will also be offered to Aboriginal students in the Elementary schools as requested by the school personnel. Students are exposed to a high level of drug and alcohol abuse, violence and other social issues that can impact their physical and emotional well-being. The vulnerability index for the Fraser-Cascade area is amongst the highest in the province as per the Fraser Health indicators (2005) and the *British Columbia Atlas of Wellness* (2007). The EDI scores for this community demonstrate a higher than usual vulnerability index.
- The Aboriginal Education Council and the Hope and Area Transition Society will collaboratively support the provision of a Child & Youth Mentor to work with Aboriginal children and youth, school staff, community members and when requested families.

## The Goals of this position are:

- To build resilient children and youth who have the knowledge, skills and attitudes to resist the unhealthy social conditions and peer pressures in their community.
- To build supportive and capable parents who will support their children in making healthy life-choices.
- To build healthy partnerships between community partners and families.
- To collaboratively work with school personnel to establish a wrap-around support service for students.
- Improvements in Aboriginal student's achievement as per Goal 2 of the District Achievement Plan.

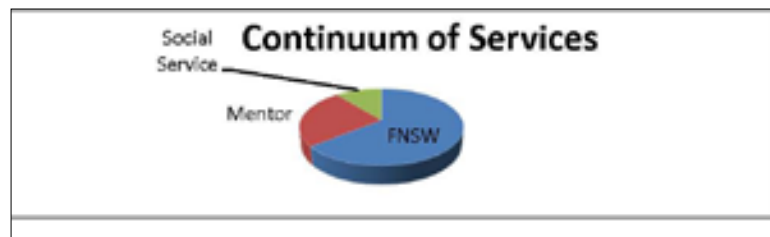
## The Objectives of this program are:

- To enhance children and youth's social and emotional competencies.

- To develop healthy relationships between student peers such that the peer group influence on individuals at-risk is positive and restorative
- To enhance Aboriginal students capacity for health and wellness
- To develop healthy family relationships that structure and nurture Aboriginal children and youth's health and wellness
- To increase academic achievement in students

An Oversight Committee has been established to ensure that outcomes, goals and objectives are being met. Plus, this Oversight Committee will be the conduit between the Hope and Area Transition Society and the Aboriginal Education Council.

To provide an illustration of how the Aboriginal Mentorship Pilot Program will work collaboratively with the First Nation Support Workers a *Continuum of Services* with description of each role has been developed.



**First Nation Support Worker** – Provides academic, social and emotional support, parental communication and student support. This position will see 100% of FN students and 80 – 85% of these students will be satisfied with this type of service and will not need additional, individualized services. The remaining 15 – 20% of FN students will require the **Mentor Worker** services. The FNSW will continue to provide services to these students and a wrap around service will ensue.

**Mentor Worker** – Individualized, support services, social and emotional support, resource referral, direct services to enable supports, resilience (leadership and relationship based). This position will see the 15 – 20% of the students who are seen through the FNSW; however referrals to see this worker can have several entry points. The FNSW is just one of these entry points, others will include, teachers, School Administrators, school counsellors, Bands, and self-referrals. This list is not exhaustive. Of the students seen by the **Mentor Worker** a small percentage (2 – 5%) will need outside specialized services and will be referred to **Social Service Programs** in the community.

**Social Services Programs** – Outside specialized agencies that provide targeted counselling. (MCFD, CYMH, Hope Community Services and Hope & Area Transition Society)

**Note:** These positions / services are neither mutually exclusive nor linear in service delivery. A wrap around service for students will be maintained and each area will and can continue to work with the student to ensure support services are maintained.

The Aboriginal Education Council is excited about the possibilities that this Mentorship Program will offer to our First Nation students and communities.



# TAKING CONTROL OF THE LANDS

Moving forward to a sustainable future...

## What have we been doing...

- Terms of References have been completed, and sent to Chief and Council for approval
- Chief and Council have decided on the Term of Office for the Committee;
  - 2 Elders on for 2 year terms
  - 2 Councillors on for 2 year terms
  - Other members 4 year terms
- One (1) selection of Leases was recommended to Chief and Council

## What have we been doing...

- One (1) recommendation for Permit we sent through to Chief and Council for approval – BC Hydro, *our first registered document*.
- A Work Plan in being formulated to coincide with the Comprehensive Community Plan
- Environmental Site Assessment – the Clean Up has been approved for historical Dump Sites. Clean up will commence as soon as possible. *(the black barrels on reserve are being scheduled for removal)*

## What have we been doing...

- Completed with Lands Code 101 Training
- Completed Cedar's Laws three day Workshop on Reserve Land Management and Sustainable Economic Development
- Attended Environmental Site Assessment Management workshop

## Where are we heading...

- Preparing the Matrimonial Real Property law (MRP)
- Developing and reviewing policies and procedures for the Land Code
- Reviewing leases with Seabird Island, and monitoring contractual obligations such as; annual farm plans, pesticide controls and other environmental impacts etc
- The Committee will be developing a Lease Approval Check list process



## Where are we heading...

- Land Registry tracking System
- Training with various lands programs, and workshops to enhance the knowledge and skills of the committee members
- Working with other Sto:lo operational bands in Land Code
- Developing zoning, and bylaws for the land use plan – *this is a community driven process*

## CONCERNS

dumping



**Major concerns regarding dumping sites**

**New sites have been noticed ~! ~!!!**

**Please report any DUMPING activities at Seabird**

***The better informed we are, the better we can protect the land***

*Thank you,*

Lands Advisory Committee

## CONCERNS

dumping



**We are currently working with SNC Lavalin to develop the budget for clean up the major dumpsites.**

**SNC Lavalin will continue to do the Environment Management and Sampling of the Clean Up.**

*Thank you,*

Lands Advisory Committee

Look for future updates and lands related information on our Seabird Island Website

Other means of Communication we are looking into are

- Blogs,
- Text messaging
- Facebook
- Twitter
- Etc.



How would you like to be notified????  
What are you thoughts????



## Seabird Island Land Code: Part 4 Mandate of the Land Advisory Committee

- Provide advice and make recommendations on a Land Use Plan, laws, resolutions, policies and practices
- Provide advice and make recommendations on proposed transactions involving Community Lands;
- Assist in the flow of information on issues relating to Community Lands between Members and Council;
- Canvass the views of Members on proposed Laws and generally on issues related to the administration and management of Seabird Island Lands
- Provide such assistance in holding and conducting General Band Meetings and Referendum votes.



# 'Round The Rez

## Community Events , Workshops & Outings

### ELDERS BAKE SALES

Every Tuesday & Thursday in the Band Office Entrance. The Elders host this sale to fund-raise for their next adventure.

### ELDERS TRAVEL CLUB

If you are interested in being part of the elders travel club please let Angie know. We are wanting any involvement from the elders in the community. No location has been decided for their next trip but suggestions have come in for many different destinations. We are planning another meeting in the upcoming months and you will be notified if you want to participate.

### CATERING & FUND-RAISING

Please contact Angie Chapman to get on the catering/ fundraising list for this year. You need to fill out an application and submit your food safe certificate. This also includes if you want to book a day to set-up in the foyer to sell items. Any other questions please call me at 604-796-6893.

### VOLUNTEERS REQUIRED

If you are interested in volunteering or helping out at any Band functions please let Angie know. We are happy to have your lending hands for assistance. We would love to have more help from the community, to utilize your talents and skills.

**Seabird Fire department is currently seeking volunteers. Contact the fire hall at 604-796-6848 if you are interested.**

Those interested in getting an "L" by the end of the summer!! **Driver's Ed. Next Info Session** will be held **Thursday August 5, 2010 at 2:00 and at 4:30**. Please come by and get information, study material and a schedule of classes and "L" testing dates.

Alexis will be out of the office several times a week with youth outings. Alexis will have her schedule posted on her office door if there is ever any concern. All Youth Outings will be

### Seabird Island Summer Youth Outings and Activities

#### August Outings

August 3, 2010	<b>Rock Climbing</b>	10 – 14 & 13 – 18 year olds	Cost: \$5.00
August 4, 2010	<b>Laser Tag</b>	10 – 14 & 13 – 18 Year Olds	Cost: \$5.00
August 9, 2010	<b>White Rock Beach</b>	10 – 14 & 13 – 18 Year Olds	Cost: \$5.00
August 10, 2010	<b>Bridal Falls Waterslides</b>	10 – 14 & 13 – 18 Year Olds	Cost: \$5.00
August 11, 2010	<b>Chilliwack Wave Pool</b>	10 – 14 Year Olds	Cost: \$5.00
August 12, 2010	<b>Youth Literacy</b>	6 – 12 Year Olds	FREE: Outside Band Office Gym in Field
August 13, 2010	<b>Youth Literacy</b>	6 – 12 Year Olds	FREE: Outside Band Office Gym in Field
August 16, 2010	<b>Corn Maze</b>	10 – 14 Year Olds	Cost: \$5.00
August 17, 2010	<b>Movie &amp; Chinese Food</b>	13 – 18 Year Olds	FREE
August 19, 2010	<b>TBA</b>	Working Youth/13 – 18 Year Olds	Cost: \$5.00
August 20, 2010	<b>Playland</b>	10 – 14 & 13 – 18 Year Olds	Cost: \$10.00



**Sign Up and Permission forms will be located at the Band Office, in the rack near the Health Desk.**

New Trips will be posted each Wednesday afternoon.

**Priority will be given to youth who have signed up prior to the trip and those who have signed up for the wait list.**

**All youth must have a permission slip signed by a parent or guardian and their fee to attend the trip.**

Please note:

- ❖ Youth Literacy will be reading and storytelling on the field outside of the Band Office/Community School Gym...weather permitting. **All youth attending Youth Literacy sessions must be accompanied by a parent or guardian.**
- ❖ Youth Movie & Chinese food nights will be held at the Youth Trailer 5:30 – 8:00pm.
- ❖ Lunch is not provided on most trips, be please sure to bring a bag lunch or money to buy food on the outings.



### Alexis Roper – Youth & Elders Liaison

posted at the Band Office. Sign-up sheets and Permission Slips will be located at the Band Office. New Trips are posted Wednesday afternoons.

Thank you for your patience,  
Alexis Roper  
604-796-2177  
604-796-6838  
alexisroper@seabirdisland.ca

### Summer Drop In Schedule

**Elders Drop In – Tuesdays & Thursdays**  
**Youth Drop In – Fridays**





# 'Round The Rez

## Community Events , Workshops & Outings

### FACILITY BOOKINGS

Angie 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 me at 604-796-6893. Phaine McNeil looks after booking of the Millennium Hall.

### UPCOMING EVENTS

*Summer 2010 – June to September*  
**Parenting Program**  
*For Seabird, Cheam and Chawathil...*  
 See Dates Below

2 sessions per month for  
 2-3 hrs per session

If you are interested please contact  
 Amy Pettis 604-796-6234 to register

#### Week 4

**Seabird:** Aug 4 – 4:30 - 6:30 pm  
**Cheam:** Aug 3 – 1:30 - 3:30 pm  
**Chawathil:** Aug 5 – 4:30 - 6:30 pm

Ways to reduce parenting stress  
 Coping with Frustration  
 To spank or not to spank?  
 Positive Discipline

#### Week 5

**Seabird:** Aug 18 – 4:30 - 6:30 pm  
**Cheam:** Aug 17 – 1:30 - 3:30 pm  
**Chawathil:** Aug 19 – 4:30 - 6:30 pm

Child self esteem  
 Ways to improve parent child bond  
 Things you never say to children  
 How to set personal boundaries

#### Week 6

**Seabird:** Sept 1 – 4:30 - 6:30 pm  
**Cheam:** Aug 31 – 1:30 - 3:30 pm  
**Chawathil:** Sept 2 – 4:30 - 6:30 pm

Family Communication  
 Sibling Rivalry  
 Time Management  
 Daily Routine

### UPCOMING EVENTS

For more information on events,  
 please contact  
**Angie Chapman at 604-796-6893**

#### ELDERS NEXT EVENT:

#### August 18<sup>th</sup> - Elders Annual Fruit Trip

Elders Outing and pickup will begin at 8am  
 Elders outing to get fruit in the interior  
 So please call Angie if you are interested in attending this event.

#### Summer Program:

Fundraisers every Friday! Please see attached calendar for more information

### UPCOMING EVENTS

#### Family Travel Club:

**Topless Car Wash** August 2, 2010 at the Truck stop – check us out...

**Lingo #2** August 16; doors open at 5:30 in the band gym

**Carnival** August 21-22 at the band gym

**OOSC after school care program** starts up in September; fees may be covered by government subsidy; contact Stacy McNeil for more information on how to register your child.

**Evening Recreation** programming in the gym and fitness center will resume September 13, 2010. Check out the next newsletter for the schedule!



**Come join us**



**for a story at the Millennium Hall**

Receive a free book  
 Receive a free book

**Date: Aug. 19, 2010**  
**Time: 10:00-11:30am**

**Enjoy a light snack & a great story**



# 'Round The Rez

Community Events , Workshops & Outings

*\*Everybody's Invited\**

## Social Housing Info Session #3

### Topics Include:

Eligibility, application, deadlines, renewals, criteria, priority, selection

**August 18, 2010  
at 5:00 p.m.**

Session #1 was held June 23, 2010.  
Session #2 was held July 21, 2010



For more information contact  
Stacy at 604-796-2177



*Friday, August 20th, 2010*

Someone so Small is a drop-in program for parents of children Birth--4 years of age.

Parents & their children will participate in free play (parachute, balls, balance beam, skipping ropes, etc.) & circle time (singing songs)

We'll end each session with a light snack.

10am—11:30am  
At the Chawathil Gym

Call Cheryl or Connie at (604) 796-6860 for more information.

### CHAWATHIL:

**Immunization Clinic**  
Tues Aug 17, 2010  
1:00 - 4:00 pm

**Back to School Workshop**  
Thursday Aug 19,  
2010 12:00 - 2:00 pm.

**Someone So Small**  
Friday Aug 20, 2010  
10:00am - 11:30 am

*Audrey Sam*  
**Community Health Representative**  
*Chawathil First Nation*  
604-869-9994 Ext-104  
Cell: 604-819-5303

*Lost? Uncertain? Need Help?*

**(Only 15 seats)**



## Take the Anger Management Course

**MONDAYS 6PM-8PM**

**STARTING AUGUST 9TH, 2010 AND RUNNING FOR 12 WEEKS**  
**SEABIRD ISLAND BAND WELLNESS CENTRE (ACROSS FROM THE BAND OFFICE UPSTAIRS)**  
**604-796-2177**

**REGISTER EARLY WITH:**  
**PATRICK VAN LOOSEN - FAMILY COUNSELLOR AND FACILITATOR**  
**EDIE KARACSONYI - CHILD & FAMILY SERVICES PROGRAM MANAGER**



## Come and Join us for Pancakes and Conversation

**Where:** Seabird Island Wellness Centre  
(Across from the band office)

**When:** Mondays 9 am - 11 am

Come have a bite to eat and sit in a circle where you can ask your questions or offer your insights.

**Each day will be a new topic.**  
*If there is a topic you would like to discuss drop it off with Patrick at the Wellness Centre.*



# 'Round The Rez

## Community Events , Workshops & Outings

### BABIES MEDICAL & STATUS CARDS

Apply for Medical Card renewals and Status Cards for babies as soon as possible.

Contact CHR; Maggie Pettis  
604-796-2177



### AMBULANCE BILLS



Please submit ambulance bills to Maggie Pettis as soon as you receive them. If the bill

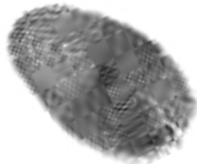
is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NHIB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

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

### PARDON ME?

Did you know Genna is here to...

- help you with court documents?
- Help you with the court process?
- Here if you want to settle something in private and out of court?
- Go with you/bring you to court or appointments?
- Set up appointments regarding your file/ claim?
- Maintenance, custody, criminal record



Contact Genna at 604-796-2177

### BOY'S & GIRL'S GROUPS

CLOSED FOR THE SUMMER, WILL START UP AGAIN SEPTEMBER 8TH



If you have any questions please call Melissa Nielsen at 604-796-0198

### DENTAL CENTER

Open Monday - Thursday.  
Closed on Fridays.

## Tuesday

### WALK-IN CLINICS

Every Tuesday  
afternoon from 1 - 4 pm  
(first come- first served)

Please come to the Dental desk and register your name and note your dental problem.

**\$\$ Get Rewarded... \$\$**  
**for attending your Dental**  
**Appointments ON TIME!**

If you attend your appointment and arrive on time, then your name will go into a monthly draw for a

*\$100.<sup>00</sup> Gift Certificate.*  
(Walk-in Clinics do not qualify)

### OPTOMETRIST CLINICS

**Dr. Ahmed will be here on the following dates:**

**August 9th**

**August 30th**

**September 20th**

Please contact CHR's Maggie Pettis or Chaundine Quipp for prior approvals

**604-796-2177**



### OBITUARIES



*In Loving Memory of*  
**Benedict (Benny) Harry Joe**  
Feb. 14th, 1923 – June 26th, 2010  
Respected Seabird Elder

On June 26, 2010, our beloved father, grandfather, great-grandfather, uncle and friend, passed peacefully from this life. Born in Seabird Island, Benny was a gentle and kind man, who had smile for everyone he met. He is survived by 2 brothers, 2 sons, 2 step children, 3 grandchildren and 3 great grandchildren and many nieces and nephews. Benny was pre-deceased by his wife Flossy, 3 of his sisters, 3 of his brothers, 4 daughters, and 3 stepchildren. For most of his life Benny lived and worked in Seabird Island, as a logger, hopyard worker, and farm worker. He was also a hunter and fisherman. When he was 21 years old, he enlisted into the army and trained as a rifleman, who went to perform service in Canada, the United Kingdom, France and Germany (Continental/Northwest Europe). He was overseas for 8 months before coming back home. For the last 6 years Benny lived in Bradley Center and then in Glenwood Care Centre, due to his health. While in attendance at these 2 places, he was cared for by kind, friendly and compassionate people. His funeral was held June 30, 2010 at Seabird Island.



*In Loving Memory of*  
**Matilda Katherine Edwards**  
July 11, 1943 - July 12, 2010  
Respected Seabird Elder

### MAMMOGRAM CLINIC

**Dec. 7<sup>th</sup>**

It's recommended for ladies over the age of 40 to book their screening. Please see Kristi McNeil or Maggie Pettis for an application.

### BLOCK WATCH

We will be starting up the community Block Watch Program,..and are looking for committed members to help look after our community.

Contact Genna Joseph for more information at 604-796-2177

# 'Round The Rez

## Community Events , Workshops & Outings



### HAPPY BIRTHDAY ALL YOU AUGUST BABIES!

Happy 5<sup>th</sup> Birthday Bert Little Bear Peters from Mom, Dad, and the Peters Family. On August 27<sup>th</sup>, 2010 is his birthday.

*Happy Birthday "Honey Boy" Love aunty Starr, Trace and Kids  
Happy Birthday Gordon Peters Jr, Love Starr and Family  
Happy Birthday Jody Fr Starr an Family*



3 years ago, we were blessed with radiance!  
Happy Birthday Sunshine!!  
Love you so much!  
Love from Mom, Dad, Rae and Ashley  
(see photo)

### CONGRATULATIONS

**Mr and Mrs William(Billy) Peters,**

*Welcome to the Peters family Trish. Married July 24<sup>th</sup> 2010. Trish was in a gorgeous white wedding gown with a sparkling tiara matching jewelry and shoes and Billy wore a black suit that was a perfect balance to the brilliance of Trish's gown and jewelry. The beautiful couple said their vows in the back yard of Trish's parents home with the reception following at the Seabird Island Band Gym.*

### Friday Youth Drop In at the Youth Trailer



Each Friday in July & August from  
10:00am - 4:00pm

**Youth Drop In with Alexis Roper**

We now have a **WII** complete with Rock Band, Dance Revolution and extra controllers for group games!!  
Snacks, Games and activities will also be provided.

Youth age 8 - 18 please stop by and join Alexis for summer activities, games and fun!!

Please feel free to contact Alexis if you have any  
questions or concerns

Phone: 604 - 796 - 2177 or 604 - 796 - 6838

### COMMUNITY SUBMISSIONS

The Seabird Island Yoo Hoo is your community paper. Please feel free to send in the following for publication.

- Story Ideas
- Photos
- Classified Ads
- Births
- Passings
- Anniversaries
- Birthdays
- Thank you notes

Have a question or comment?  
A bouquet or brick?

Send it to the Yoo Hoo

It's your community,  
It's your voice.

Yoo Hoo

E-mail to: [sandrabobb@seabirdisland.ca](mailto:sandrabobb@seabirdisland.ca)

Or drop off at the reception desk at the Band Office

*All submissions are due no later than the 20th of each month!*



**Come join us for Seabird Island's version of SURVIVOR!**

How long will you last???

What color is your buff?

What team will survive?

Will you outwit, outplay and outlast?

**Dates:** August 10, 24, 31

**Times:** 6 pm - 7 pm

**Location:** Youth Building

*A fun way to learn about depression, the impacts of depression  
and how to cope with it or help a friend.*



# 'Round The Rez

## Community Events , Workshops & Outings

### EMPLOYMENT OPPORTUNITIES

Interested candidates should submit an application and resume to:  
**SIB Summer Career Placement #2895 Chowat Rd PO Box 650**  
**Agassiz, BC V0M 1A0**  
**FAX: 604-796-3729 email: Jackiehultman@seabirdisland.ca**

#### Finance Clerk Pool – Update your availability status

Periodically the Seabird Island Finance and Administration Department has temporary, on-call staffing needs. The duties include reception, filing and other clerical duties. Now that it is summer, we will be accessing the pool more often to cover for vacation within the department. Register for the pool by bringing your resume to Reception at the Band Office. Please refer to the minimum qualifications listed below. Once your resume is on file, please contact reception once per month to update your availability status.

#### Minimum Qualifications

- High School Graduate
- Three to five years relevant office experience
- Switchboard experience preferred
- Excellent customer service skills
- Physically fit to lift and move up to 50 lbs
- Intermediate to advanced Excel skills
- Demonstrated record of good work attendance. Dependability is essential
- Proven ability to maintain confidentiality of documents, records and information
- Satisfactory criminal record check

*Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry.  
 We regret that we will only respond to those applicants chosen for an interview.  
 We thank all applicants for their interest.*



#### Hope and Area Transition Society School-Based Aboriginal Mentor

The Hope & Area Transition Society is a non-profit organization which provides programs to individuals and families afflicted by social issues. The Society is seeking applications for their **Aboriginal Mentorship Program**. This program will work with First Nation students in the Hope and Agassiz schools.

**This position entails the worker to perform their position with little or no supervision.**

#### The preferred candidate will have:

- A degree in the Social Services field or related field of study. Equivalent work experience will be considered
- Experience working with individuals and families in crisis
- Motivation, initiative, flexibility, and the ability to make sound decisions
- Strong understanding of the dynamics of family violence; addictions and mental health issues
- Strong understanding of First Nation cultural
- Ability to coordinate and organize groups one-on-one sessions
- Non-judgmental approach to supporting individuals and families facing challenging situations
- Strong listening & communication skills (written & verbal), and conflict resolution skills is necessary
- Valid driver's license, dependable vehicle and willingness to carry extra insurance

Preference will be given to those candidates who possess both the skills, qualifications and experience and who have Aboriginal ancestry. Position is until the end of June 2011, dependent on funding this position may be continued into the next school year.

**Closing:** August 9, 2010  
**Start Date:** September 1, 2010

For more information visit our website at [www.hopetransition.org](http://www.hopetransition.org)

#### Send resume to:

Geraldine Dyble – Executive Director  
 Box 1761 Hope, BC V0X 1L0

*Only those to be interviewed will be contacted*

### Seabird Island Monthly Yoo Hoo Newsletter Advertisement Rates for 250+ production run

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

#### Yoo Hoo advertisement rates (per issue)

	Band Member & Business's	Outside Organizations
Full color page (8 x 10)	\$75.00	\$122.50
Full color ½ page (8x5 or 10x4)	\$37.50	\$61.25
Full color ¼ page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x 3)	\$9.50	\$15.31
Black & White full page (8 x 10)	\$20.00	\$25.00
Black & White ½ page (8x5 or 10x4)	\$15.00	\$20.00
Black & White ¼ page (4x5)	\$10.00	\$15.00
Black & White bus card (2.5x 3)	\$ 8.00	\$10.00

**Classified Advertisements** (non-band member) .40¢ per word  
 \$4.00 Minimum

*Submissions due by the 20th of each month unless the 20th falls on a weekend, then submissions are due the Friday before.*

The SIB Yoo Hoo goes out to the community the first week of each month.

### Tips For Applying For A Job

- 1) Always drop off a resume or fill out an application during the morning and at the start of the week.
- 2) If answering an advertised position only show up during the times stated in the ad.
- 3) If applying for a job you have heard about from word of mouth or through a friend make sure to mention how you heard about the job when dropping off your resume. Ask the person who told you about the position for the name of the manager or person doing the hiring and ask specifically for this individual. Also find out the best time to drop off a resume.
- 4) Have a resume ready and attach it to any application form you are asked to fill out. Keep your resumes neatly in a folder and within easy reach in a bag.
- 5) Dress neatly, conservatively but also casually. Avoid trendy clothes, jeans, or personal identity statements.
- 6) Politely approach the first available employee and ask if they are hiring. Never interrupt a conversation, wait patiently.
- 7) If a manager is not available, ask if you can leave a resume anyway and be sure to get the managers name and the next time they will be working. Stop by a second time when you know the manager will be available.
- 8) Follow up in person with the manager a few days after you drop of an application or resume.
- 9) Always be polite, speak clearly and don't stay too long.
- 10) Smile, be happy!

# Personal Hygiene

The first step to good grooming and good health.

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

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

## **POOR HYGIENE CAN RESULT IN:**

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

