



## SEABIRD ISLAND BAND HOSTS THE 1<sup>ST</sup> BC Aboriginal Provincial Championships in Soccer and Canoe



**Congratulations to the following local teams:**  
13U Boys (Gold Medal), 13U Girls (Gold Medal),  
18U Boys (Gold Medal), 18U Girls (Gold Medal)!  
**Provincial Champs in Soccer!!!**

What a inspiring weekend. My hands go out to all the youth that participated in the BC Aboriginal Provincial Championships in Soccer and Canoe. It was an excellent weekend for it, playing in the heat and to still have your energy. Way to go everyone.

This event will be an annual event and I hope you all come back to do it again next year. At this time we are unsure if it will be held in our community again but we are going to try to get the winning bid for it again. Each one of these Championships is getting you all one step closer to possibly participating in the 2014 Olympic Games. Good luck to each and every one of you.  
**Keep up the great work!**

### SOCCER RESULTS:

- 13U Male:**  
 1) Sto:lo United  
 2) Lil'wat/Squamish  
 3) Vancouver Island  
 4) St'at'imc (Just Do It Soccer)  
 5) Chawathil (Skulls)

### U18 Boys:

- 1) Sto:lo A  
 2) Saanich  
 3) Sto:lo B

### U13 Girls

- 1) Sto:lo  
 2) Terrace

### U18 Girls

- 1) Sto:lo

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### CANOE RESULTS:

#### Girls 19 U (1992-1994)

2 Gold     Jessica Williams

#### Boys 14 U (1997-2001)

1 G, 1 S     Zachary Williams  
 1 G, 1B     Tyler Tageant  
 1 S     Isaac Tageant  
 1 Gold     Raven Phillips  
 3 Gold     Jeremy Peters

#### Boys 16 U (1995-1996)

1 G, 2 S     Devin Paul  
                  Wes Francis- Chapman  
 3 Gold     Caleb MacMillan

#### Boys 19 U (1992-1994)

1 Gold     Narcissco Cunanan



# Community Education Awards June 29th 2011



At the Community Education awards a lot of people showed up to celebrate the achievements of all the students from the 2010-2011 school year. The students were escorted in by drummers, council members; Art, Rod, Maggie, Marcie and Alexis, as well as Education Committee members; Celeste and Stacy. MC Tyrone McNeil kept the evening rolling smoothly.

Rod Peters awarded the "Bertha Greta Peters" Memorial Award for 2011 to Demi Peters. To apply for this award Demi had to write an essay, collect 2 letters of reference and fill out an application. Other award

*Continued on pg 3*



# Congratulations



## To the 48 Graduates of the 2011 Class Seabird College/Adult Programs

### Graphic Design

Dana Andrews  
Jennifer Michell  
Rosalie Nijkamp

### Painting & Decorating

Chrystal John  
Anthony Moreno

### Wall & Ceiling

Brian James  
Kenneth Jimmie  
August John  
Cecil Malloway  
Justin Malloway  
Johnny Peters  
Jennifer Silver  
Neil Silver

### Plumbing

Tyler August  
James George  
Nicholas Henry  
Alfred James  
David Johnny  
Earl Louis  
Clark Louis  
Frank Louis  
Gregory McNeil  
Andrew Melenchuck  
Daniel Peters  
Clint Purcell  
Dale Quipp  
William Quipp

### Carpentry

Carl Louie  
Percy Pascal  
Calvin Peters  
Richard Williams

### Information Technology

Jesse Fraser  
Dustin Paul

### Adult Graduation Diploma

Catherine Abbott  
Dana Andrews  
Tyler August  
Kelsey Charles  
Trisha Charles  
Dustin Charlie  
Leanne Ellis  
Jesse Fraser  
James George  
Lee-Marie George  
Joseph Giroux  
Nicholas Henry  
Alfred James  
Brian James  
Brianna Jimmie  
Kenneth Jimmie  
August John  
Chrystal John  
David Johnny  
Carl Louie  
Cavan Louie

Christopher Louie  
Clark Louis  
Earl Louis  
Frank Louis  
Cecil Malloway  
Justin Malloway  
Gregory McNeil  
Andrew Melenchuck  
Jennifer Michell  
Anthony Moreno  
Johnny Moreno  
Dustin Paul  
Calvin Peters  
Daniel Peters  
Gordon Peters  
Johnny Peters  
Michael Peters  
Clint Purcell  
Dale Quipp  
William Quipp  
Jessica Roy  
Neil Silver

## Aboriginal Practical Nursing Program

### GRADUATION IS NEAR!

It's hard to believe that the first Aboriginal Practical Nursing class is due to graduate in just a few weeks.

This class began in February 2010 with 15 students. On September 8, 2011 10 students representing 7 different First Nation Communities from BC and Saskatchewan, along with their families, friends, and myriad of dignitaries from Seabird Island, Bands far and near, Fraser Health, Vancouver Community College and Nicola Valley Institute of Technology will gather in the Seabird Gym to celebrate the completion of this 1.5 year journey.

The graduation committee is still finalizing the details of the event, but we are assured it will be memorable!

**If you see any of these students around, give them a hug and a pat on the back for a job well done:**

Val Bobb; Brittani Harris-Fontaine; Cecilia Henry; Eleanor Joe; Shannon Leon; Jaime McIntyre; Sarah McNeil; Bonnie Nickel; Rachael Peters; Toni Winterhoff.

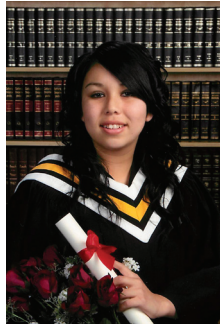
*We are all very proud of each and every one of you!!*

## Community Education Awards continued...

winners included Hillary Andrew, Leane Ellis, Shayla Harry and Rosilie Nikan. The evening concluded with special guest speakers Elder Casey Chapman, Education Manager Diane Janzen, Dr. Robert Fox., Counsellor Rod Peters giving riveting speeches, words of encouragement and inspiring stories to the students.

Derek Bobb and many other students that made the A and/or B honour roll even for one term received a honorarium for their extra hard work and dedication to their academic achievements. Derek said "Wow, I am going to try harder to get on the honour roll every term next year!"

What an excellent night packed full of inspiration for all ages.



Congrats Demi. From Mom, Dad, Kendra, Marshal, Mama and Papa

## Landscaping Contract



Seabird Landscaping contract awarded to JS Landscaping and Design (residential and commercial).

the **SEABIRD ISLAND**

# YOO HOO

Because news isn't all bad or boring!

## PLACE YOUR AD HERE

Contact Sandy Bobb for your monthly advertising rates.  
*Special Discount Rates Available for Band Members!*

Phone: 604-796-2177      Direct: 604-796-6838  
E-mail: sandrabobb@seabirdisland.ca

### BLOCK WATCH

- Do you worry about living in a safe neighborhood? Are you concerned about youth out at all hours of the night?
- Do you know an Elder who is scared at night?

*You can make a difference by joining our Block Watch.....*

Shifts available for the Block Watch Program!! Please call Genna at **604-796-2177** to sign up!!

Get exercise and have some eyes on the neighborhood at the same time.

You will just be required to come out, get exercise walking and making sure our community is safe...

### WARNING



**NEIGHBORHOOD WATCH PROGRAM IN FORCE**

**IF I DON'T CALL THE POLICE MY NEIGHBOR WILL**

## Chiefs Corner

Interview July 26th



• Clem is still looking into Seabird History and the boundary issues and road right of ways. "We need to find out where we are going to go with it," he said. Clem met with the Alliance Monday July 25th and they will be sending him some information to go over. He says, "we need to go to the Federal and Provincial Government to go over these issues".

• Sockeye fish should be open by the end of this month, but it is going to be a short season as 60 million pink salmon are on their way up soon, lots of people don't fish the pinks. With the weather we have been having Clem is a little worried about the dry rack season. It has been to damp and its late in the season.

• Seabird is still working with Hydro to deal with Hydro issues. It will be harder now with Brian off on extended sick leave for the

next couple months. We hope he gets better soon. In the mean time we will have to figure out who is going to take up the work while he is gone.

• The Elders Gathering was a huge success. Many of the Elders had a great time. The Gathering will be in the Sto:lo Territory again next year, we will know more on the location in a couple weeks.

• Clem received a call from Health Services Canada, they are looking into our Dental and Health Services. They are wondering why we don't charge extra for outside services like everybody else does.

• Coast Salish Gathering is planning to have their next meeting in Sto:lo territory. But we don't know where or when yet. The meeting is usually pretty big up to 200 people. They cover lots of issues including the environment. It would be nice to see it come here, but it could be a lot of work bussing everybody in.

## Youth Feature of the Month



**Brianna Robotham** was born on July 14, 1995. Her parents are Shawn Robotham and Candace Robotham (McNeil). Her maternal grandparents were John and Genevieve McNeil. She was 2 years old when she moved to Seabird Island and began attending the Seabird Island Daycare and then the Seabird Island Pre-School. Brianna

attended Grade 1 at Seabird Island Community School and then moved over to Kent Elementary School and eventually Agassiz Elementary School where she will be going into Grade 11 in September! During the past school year, Brianna was very active at AESS. She was involved in planning school dances as well as the pep rally. She spent a lot of her time in the Band room with friends. She plays both the clarinet and soprano saxophone and has travelled with the band to various functions in and around Vancouver and Whistler. When I asked her about her favorite subject she smiled and said “ I like all subjects, except PE” and then explained that she is prone to accidents. She enjoys Jazz, and science, and loves French, English and Socials. Brianna was consistently on the A Honors and Effort Honor Roll throughout the 2010-11 year. When AESS held their awards in June, Brianna won 6 awards: Top Academic, Band Spirit, Leadership excellence, A Honours, Effort Honours, and Citizenship!

Brianna’s hobbies include practicing the clarinet and saxophone, reading and spending time with friends.

When I asked her what she liked about the community of Seabird Island, she responded, “I like that my entire family lives within a 3 minute walk or drive and the fact that I know everybody”. Brianna has been volunteering for the Seabird Island Festival since the age of 5. She says, “I like that it lets me help people, my community and my family”.

She has travelled extensively with her mother and has been to: Disneyland , Mexico, Honduras, Hawaii, Alberta, throughout the West coast of the US, England, France and Italy. And in a couple weeks, she is leaving for a 30 day trip that includes England, France, Italy, Austria, Germany and Holland!

Brianna has worked with Seabird Island in the dental office, as a tutor for grades 2-10 and more recently as a Band Office Assistant.

Brianna’s message to youth in the community is “It’s possible to achieve anything you set your mind to. You just need to put in a little time and effort”.

## Elder Feature of the Month



**Ernest Reid Peters** was born on October 15, 1948. His parents Alfred and Mabel Peters (nee Ewen) had 12 children, Audrey, Barb, Allen, the late Floyd Peters, Tony, Gary, Veronica, Sharron, Evelyn, Isabel, and Gordon and Reid.

Reid attended residential school from the age of 5 to 12 at St.

Mary’s in Mission. He went to Agassiz School to complete grade 10. He says the difference from yesterday to today is, today, there are counselors etc. in schools and universities. When he was in grade 11, he changed from general courses to academic courses and after 3 weeks, he wanted to change back. However, he was told that he was too far into the year to change back so that’s when he walked out of school.

After leaving school, Reid started logging in places such as Harrison Lake and Sechelt and Hope. He worked seasonally in Hope for 9 years until they got snowed out. When that happened, Reid would go and work over at North Bend for a few months. He spent a lot of years working in Boston Bar, Chilliwack, Harrison, Ruby Creek, Vedder Valley, Revelstoke, Blue River, Nakusp, Clearwater, and Barriere. He enjoyed the benefits of working in the fresh air, the wage and the experience he gained. When Reid began logging he was making \$2.57 per hour (\$17/day) which “was a lot of money back then”!

When the logging industry “went for a slump” Reid decided to go back to school in 2007. He made a trip to the library and picked up a GED book which he studied for a few months. He then went in to write the test and passed. In order to get into university, Reid knew that he would have to take an equivalency test and upgrade certain subjects. He is focusing on Human Services and his goal is obtaining his Social Services Diploma which will allow him to go into Drug and Alcohol Counseling.

Reid enjoys working with wood and burls, tinkering with cars and of course spending time with his grandchildren.

Reid’s message to students in school, colleges, and universities: “regarding education, it is all for the asking compared to years ago. So, in other words, when I started in university I was so lost. I met with a lot of instructors, advisors and other students to try to get a handle on learning. A lot of people don’t ask for help in the classroom or outside of it. Reach out and get help that you need on projects, assignments, tests and use the tutors. The University Aboriginal Access Centre supplies tutors you just have to ask.”

# Lands Advisory Committee (Lands Department) UPDATE

## LAC Reviewed Work Plan

The work plan was reviewed to reflect the needs of the community.

- Trespass,
- Developmental and
- Garbage/Dumping Law will be worked on this year

## THE GATES – Trespass Law

The committee has been compiling information from previous reports, environmental assessments, historical information, and information from the community.



We have heard the concerns that are out there, and are coming together to put the law in place so it may be enforced.

## Why the Law...

Because we are finding that garbage is still being dumped on Seabird Lands, we will be locking the gates to ensure that no more dumping is happening, as this will be COSTLY for the band to clean up in the future.

Some costs can start at \$10,000 and go up to as much as \$2 million to clean up garbage sites here for Seabird Island Band.



## GATE KEYS

Keys will be made available to anyone needing access to these areas.

To help monitor, a FORM will be filled to each individual getting a key.

To get a key, please contact Kimberley Lessard and or Art Andrew at the band office.



## Diacarbon Energy Inc.

Has been leasing from Seabird Island Band to work on their pilot project.

The pilot project is going through many inspections from various engineers to improve the technology during its time here at Seabird.

Chief and Council made a site visit on June 23, 2011, where Jerry Ericsson spoke of the pilot plant, and its benefits. Where this is a demand throughout North America

Jerry is happy to answer questions at any time



## Post-Secondary Application Deadlines



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

Deadlines for **completed** applications are:

➤ For September (Fall)	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>

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

For further information please contact:  
Kelly Chapman-Student Services Worker at  
604-796-2177 or [kellychapman@seabirdisland.ca](mailto:kellychapman@seabirdisland.ca)

## School Supply Allowance

School Supply Allowance Forms will be ready for students/ parents to pick up on August 8<sup>th</sup> from Kelly Chapman-Student Services Worker at the Seabird Island Band Office.

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

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

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

# Seabird Summer Program



The kids are having a blast in the summer program.

On carnival day they had face painting, a bouncy slide, bouncy house and played water balloons. Looks like they even got a hold of the face paint and painted up Patty and Dave!

Remember to donate and participate in their fund-raising. This will help them have more fun in Playland at the end of the summer.

*Keep up the great work summer program workers!*



## 2011 BC Provincial Aboriginal Golf Championships

August 8-10, 2011

**Talking Rock Golf Course  
Chase, BC**

- Aboriginal youth ages 10-19 years are invited to compete in this inaugural event. Male & Female divisions:
  - (13U) born 1998-2001
  - (16U) born 1995-1997
  - (19U) born 1992-1994
- Practice round plus 36-hole stroke play competition
- \$50/participant registration fee. Includes green fees, tournament entry, and dinner during the medal presentations on August 10<sup>th</sup>.

For more info or to register contact Frank Antoine  
Phone: 250-318-0742  
Or Email:  
guestservsupervisor@quaaoutlodge.com

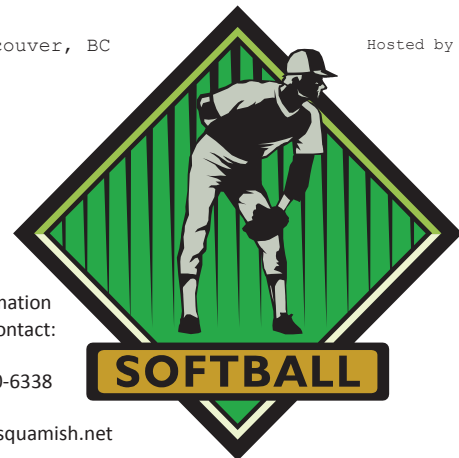


Aboriginal Sport, Recreation & Physical Activity Partners Council  
[www.bcaafc.com/initiatives/asrpa-partners-council](http://www.bcaafc.com/initiatives/asrpa-partners-council)  
or find us on Facebook at [facebook.com/ASRPAPartnersCouncil](https://www.facebook.com/ASRPAPartnersCouncil)

## Provincial Aboriginal Softball Development Camp

North Vancouver, BC

Hosted by Squamish Nation



For more information or to register, contact:  
**Iris Newman**  
Phone: 604-980-6338  
Email:  
[iris\\_newman@squamish.net](mailto:iris_newman@squamish.net)

This 2-day camp is for Aboriginal youth softball players of all abilities, ages 10 to 19, who want to learn new skills, improve on existing skills and gain quality coaching and instruction in a positive, fun and professional atmosphere. Registration is open to eligible participants – no pre-qualification required. Please note this is not a Team BC selection event. \$25/participant registration fee (includes 2 days of camp activities, t-shirt, lunch on both days and dinner on Saturday night).

Aboriginal Sport, Recreation & Physical Activity Partners Council  
[www.bcaafc.com/initiatives/asrpa-partners-council](http://www.bcaafc.com/initiatives/asrpa-partners-council)  
or find us on Facebook at [facebook.com/ASRPAPartnersCouncil](https://www.facebook.com/ASRPAPartnersCouncil)



# 35th Annual Elders Gathering



The 35th Annual Elders gathering was hosted in Abbotsford at the Tradex Centre. This was an excellent event enjoyed by all the elders that attended this event.

The Seabird Elders truly enjoyed the vests that they received from the band that helped them stand out at the elders gathering. They would like to thank the Seabird Island Band for these lovely gifts they received.

We had a total of 29 Seabird elders attended each day of the conference along with some care aides to assist the elders.

We also had the help from the Health Care Assistant Program which helped us with 10 people per day (Seabird and Chawathil) sharing this help. We appreciated the help very much from HCA program and the elders enjoyed meeting new people.

This gathering was most enjoyed from our group and very organized. The highlight of the gathering was the evening entertainment for our elders they enjoyed the tribute to Patsy Cline and the live band of old music.



Next years Elders Gathering will also be held in Sto:lo Territory.

### *Special Thanks to the following people:*

- Daniel Harry- Driver
- Ernest Harry- Driver
- David Bobb- Care Aide
- Angie Chapman- Coordinator
- Laureen Duerksen (arranging HCA staff)
- Chief and Council
- Edie Karacsonyi – support for overall trip

the **SEABIRD ISLAND**  
**YOO HOO**  
*Because news isn't all bad or boring!*

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

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

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



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

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

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

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

# Every Sleep Counts!

## Nap Time, Night Time, Home or Away

**Reduce the risk of Sudden Infant Death Syndrome (SIDS) and prevent accidental death due to infants being trapped between two surfaces or suffocating during sleep**

### Make a safe sleep plan for your baby:

- ✓ Always place your baby on his/her back, in a crib for **every** sleep
- ✓ Keep the crib beside parents' bed for the first six months
- ✓ Use a crib, cradle, or bassinet that has a firm mattress, a tight-fitting sheet and no bumper pads, pillows, heavy blankets or toys
- ✓ Use a crib, cradle or bassinet that meets Canadian safety regulations ([www.healthcanada.gc.ca/cps](http://www.healthcanada.gc.ca/cps))
- ✓ Keep your baby's environment smoke-free during pregnancy and after birth
- ✓ Breastfeed your baby, as this protects against SIDS
- ✓ Prevent your baby from over-heating
- ✓ Never let your baby sleep on a sheepskin, pillow-top mattress, waterbed, couch, sofa, armchair, recliner, or any adult bed
- ✓ It is best to not share a bed with your baby



*Baby sleeping safely, with a light blanket tucked in and no other objects in the crib.*

### Bedsharing

The safest place for your baby to sleep is on his/her back, in a crib beside your bed. Babies who share a bed or sleep surface with adults, children or pets are at risk for SIDS and accidental death. The risk is greater for a baby sharing a bed if adults in the bed smoke; have recently consumed alcohol, drugs, or medications that may make

them drowsy; are unaware the baby is in the bed; or if any pillows, blankets, duvets, or toys are in the bed. Babies who share a bed are also at greater risk for injury and accidental death due to falling out of the bed or getting trapped between the mattress and wall or bed frame.

### Share this information with anyone who may take care of your baby

For more information talk to your health care provider or contact HealthLink BC by calling 8-1-1 or visiting [www.healthlinkbc.ca](http://www.healthlinkbc.ca).





## Make a Safe Sleep Plan for Your Baby:

- ✓ **Every sleep counts! Nap time, night time, home or away**
  - When your baby is sleeping outside the home, plan ahead to make sure your baby's sleep area is safe.
  - Play pens, play yards, strollers, swings, and other infant carriers aren't designed for babies to sleep in. If your baby falls asleep in any of these, watch your baby until he/she can be moved to a safe sleep surface.
  - Car seats are designed for transporting infants safely while in a moving vehicle. If your baby falls asleep in a car seat, transfer him/her to a safe sleep surface when you are done traveling.
- ✓ **Always place your baby on his/her back, in a crib for every sleep**
- ✓ **Keep the crib beside parents' bed for the first six months**
  - Your baby is safest when his/her sleeping area is close but separate from where you sleep.
- ✓ **Use a crib, cradle, or bassinet that has a firm mattress, a tight-fitting sheet and no bumper pads, pillows, heavy blankets or toys**
  - Your baby and a light blanket should be the only things in your baby's sleeping area.
- ✓ **Use a crib, cradle or bassinet that meets Canadian safety regulations**
  - Canadian safety regulations for cribs, cradles, and basinetes can be found at [www.healthcanada.gc.ca/cps](http://www.healthcanada.gc.ca/cps).
- ✓ **Keep your baby's environment smoke-free during pregnancy and after birth**
  - Smoking or exposure to second-hand smoke increases the risk of SIDS.
- ✓ **Breastfeed your baby, as this protects against SIDS**
  - If you bring your baby into bed to breastfeed, it is best to place your baby back in his/her crib after breastfeeding.
- ✓ **Prevent your baby from over-heating**
  - Dress your baby in a sleeper or sleep sack. No toques or hats indoors.
  - If using a light blanket, tuck it firmly under the bottom and sides of the mattress with baby's arms free.
  - Room temperature should be comfortable for an adult.
  - Do not swaddle your baby.
- ✓ **Never let your baby sleep on a sheepskin, pillow-top mattress, waterbed, couch, sofa, armchair, recliner, or any adult bed**
- ✓ **It is best to not share a bed with your baby**



## Tummy Time

When your baby is awake, he/she needs tummy time. Place your baby on his/her stomach when you are present and watching. Tummy time helps build your baby's neck and shoulder muscles and prevents flat spots on his/her head.

# Seabird Mobile Diabetes Team To Recieve Recognition Award

Seabird Island has now been officially recognized by the Canadian Diabetes Association as a Center of Excellence in Diabetes Education. There is an award ceremony in October in Toronto to present Seabird with the official certification.


In addition Our two Mobile Diabetes Nurses, Dann Swann and Sue Falconer, have become certified as Diabetic Educators. They both worked hard to obtain this, remember to congratulate them for their effort. This is a big step in the development of our Diabetes program and will benefit the community as a whole.

When Dann and Sue are not on the road with the Mobile unit, they will be available for one on one or group sessions with Diabetic clients and their families. We are also available to answer questions from people in the community who are concerned about preventing Diabetes.

**The Seabird Mobile Diabetes office is across from the Doctor's receptionist and we are in Monday to Friday 8:00 a.m. to 4:00 p.m.**



Photo: Diabetes Team making connections at the Elders Gathering.



the **SEABIRD ISLAND**

## YOO HOO

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

**Are you a Seabird Member living off reserve?  
Feeling left out of the loop?  
Want to receive the Seabird Monthly Newsletter?**

Contact Sandy Bobb to apply to receive your monthly issue by mail or e-mail.

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

August, 2011

## CHICKEN SOUP FOR MENTAL HEALTH

FROM SIB WELLNESS CENTER 604-796-6826

**"New Breathing"** (Quit Smoking) Support Group every Monday 12pm to 1pm in August. Location TBA

### Riverstone Home Detox

Riverstone Home/mobile Detox Program is a withdrawal management program for individuals whose substance use does not required admission to an in-patient withdrawal management program. For more information please contact Wellness Center.

## What is Healthy Relationship?

Healthy Relationships are fun and make you feel good about yourself. You can have a healthy relationship with anyone in your life. The most important part of any healthy relationship is **Communication**. Other important elements in a healthy relationships also includes, honesty, respect, trust, commitment, assertiveness , space, mutual/ separate goals and interests, and finally equality: no one is the boss. It takes time and effort to build up and maintain a healthy relationship. Come and learn more about healthy relationship at Wellness Center in August, every Monday and Friday evening from 5pm to 7pm. For more information and registration, please contact Peggy at 604-796-6826.

Indian Residential School Survivors Society (IRSSS)

1.800.721.0066

Monday to Friday 8:30am to 4:30pm

Common Experience Payment (CEP)

Deadline for CEP September 19, 2011

Independent Assessment Process (IAP)

Deadline for IAP September 19, 2012



Canada

## NEW COMMUNITY MAILBOXES

THE NEW BOXES ARE ACTIVATED.

All residents are directed to go to the Agassiz Post Office to pick up your new keys.

There will be two keys per lock and you can have more cut at the local locksmith if you choose.

## Elders Fruit Trip Comming Up...



We are planning the elder's fruit trip in August and a date has not been confirmed yet as we are working with the Fruit Stand to ensure fruit will be ready. If you are interested in purchasing fruit please have money to prepay to Angie ASAP along with your order that you would like to have. We will disburse the day after we get home from the trip and can be picked up at the Band office.

As well the Elders canning session will follow later that week for us to be able to assist elders that need help preserving their food for the winter and a sign-up list will be with Angie.



PEARS

PEACHES

APROCOTS

TOMATOES



### Self-Esteem Part 2 Workshop

Date: Wednesday, July 27<sup>th</sup>, 2011

Place: Seabird Band Office

Time: 5:00-6:30 p.m.

Please register for free with Donna Watson at Band office. 604-796-6863

Snacks



Snacks

"It takes four generations to recover from every act of violence" ..... Rebecca Adamson

Cheryl Lynne Lacey: Hope and Area Transition Society

### PARENTING WORKSHOP

Dates: AUGUST 16 & 30

Time: 10:00 am to 12:00

Seabird Island Band Office

JOIN US FOR A SERIES OF POSITIVE PARENTING WORKSHOPS

Life is an opportunity to learn and grow. Presentations, sharing, honoring our children, ourselves and others.



Register for free with Donna Watson at the band office or call 604-796-6863

SNACKS PROVIDED

We have an effect on the next seven generations.

DIANE JANZEN  
EDUCATION MANAGER



# SEABIRD ISLAND EDUCATION

## JURISDICTION

WE ARE AS STRONG AS THE RIVER FLOWS...



### “LIFE TIME LEARNING”

Education Jurisdiction supports our Band Administration slogan.

What does this mean to Seabird?

It means moving towards a better education for our children.

First Nations jurisdiction or duties over education.

We will finally have control over curriculum, class size, testing, learning philosophy and teaching methods.

For more than 25 years, Aboriginal people have been articulating their goals for Aboriginal education. They want education to prepare them to participate fully in the economic life



### Seabird Island Community School enjoys new playground.

of their communities and in Canadian society. But this is only part of their vision. Presenters told us that education must develop children and youth as Aboriginal citizens, linguistically and culturally competent to assume the responsibilities of their

nations. Youth that emerge from school must be grounded in a strong, positive Aboriginal identity. Consistent with Aboriginal traditions, education must develop the whole child, intellectually, spiritually, emotionally and physically. Aboriginal people rightly expect education to serve as a vehicle for cultural and economic renewal. Report of the royal Commission on Aboriginal Peoples (1996)

Of course, our children’s journey begins in their home...under the responsibility of Mom, Dad, Uncle, Auntie, Grama, Grampa and/or significant Care Giver.

**Stay tuned for event dates coming up for community...**

Sqemel...our ancestors home



## “All My Relations...”

All my relations or all our ancestors were great professors, teachers, principle’s, counselor’s, students, disciplinarian’s during the days when our classrooms were our forest and river. Our classrooms were our sqemel and family life. Education Jurisdiction is nothing new to our people. In fact, the term jurisdiction can translate to “duties”. Educational duties. It seems to me that we lost our ancestors teachings from

the impact of colonization and residential school. Small pox alone stole many lives, breaking the Ancestors’ strong circle of learning that was passed down from one generation to the next. Now we are here, living in this busy time. We need to make time and participate in our Band’s Education Jurisdiction and continue the learning path our Relations lived for...let’s honor them and the precious lineage we

carry forward.

Submitted by:

Zena Schultz

Education Jurisdiction/Education Committee Coordinator.

Please feel free to drop in for coffee here at the Band Office...love to chat with you...Zena.



# Father John Church Trips

DO YOU WANT TO CANOE TO MISSION'S GROTTO FROM KILBY(HARRISON MILLS) ON SAT. AUG. 20?: On Aug. 20, 2011, the day of the pilgrimage to Mission's Grotto (read below), Fr. John will be leading a 10 man canoe expedition down the Fraser River from Kilby to Mission to arrive on time for the 1pm Mass. In the year 2000 I led a hiking and canoe expedition from North Vancouver to Mission on the day of the pilgrimage. The same firm that supplied and guided that canoe expedition is still in business and will be engaged to guide us. We cannot start canoeing from the Agassiz area because the water between here and Kilby is too risky I am told. Each canoeist will pay \$50.00 for the expedition guide, canoe and expenses. We will leave from Kilby on Aug. 20 at 6am, and arrive in Mission 5-6 hours later. Transportation to Kilby and from Mission will have to be discussed. We will probably have one meeting before the expedition. Please contact Fr. John at 604-796-9181, as soon as possible and no later than

Aug. 10 if you plan to join the expedition to be called The Grotto Paddle.

A BRIEF HISTORY OF THE GROTTO OF OUR LADY OF LOURDES, MISSION, B.C.: In Mission B.C., on June 25, 1892, the Grotto dedicated to Our Lady of Lourdes, was consecrated and opened to the public on the grounds of St. Mary's Indian Residential School. The Grotto was constructed to fulfill a promise made by Bishop D'Herbomez, O.M.I. He had come from France as a missionary to the native people and the first white people of the lower mainland. His health took a downturn and he was required to travel to Rome in 1887. However he promised Mary that if his health would return and he was able to work again with the native people of this area he would construct a shrine in her honor. Bishop D'Herbomez did return to the lower mainland, but as he died within two years of his return, he never lived to see his dream of constructing the shrine realized. Two years after his death, found among his papers were orders to build the shrine. His successor, Bishop Paul Durieu, O.M.I., continued with the vision of the Grotto and took over the construction of the project. Many pilgrimages, religious celebrations and Passion Plays took place at the Grotto over the decades ahead. People came by canoe, pack-train, wagon and on foot. They were baptized, confirmed and married at the site. For many decades the Grotto was the focal point of Mission, yet, after a time, the Grotto

fell into disuse. Pilgrimages became less frequent, and upkeep was more laborious. Following the neglect of the shrine, it was reopened and rededicated in 1954 with much pageantry. In 1965, deterioration forced a demolition of the Grotto. Subsequently the B.C. provincial government eventually purchased the land around the Grotto and the site of the old Residential School. In 1986, the Dewdney Alouette Regional District acquired the land as a Park, and it is currently under the jurisdiction of the District of Mission. In 1987 the pilgrimaging to the Grotto was renewed and it has grown ever since. A replica of the original Grotto was constructed and opened on May 13, 1997. This year's pilgrimage to the Grotto will be on Sat. Aug. 20 with a number of priests celebrat-

ing the Sacrament of Reconciliation and hearing Confessions starting at 10am. This year Bishop Ken Novakoski, Eparch (Bishop) of the Ukrainian Catholic Church of B.C., Yukon, and the Northwest Territories will celebrate a Ukrainian Rite Catholic Mass at 1pm. This will be followed by a Procession with the Blessed Sacrament and the praying of the Rosary as the crowds walk up a hillside to the Grotto for Benediction. Then there will be prayers for healing and a picnic (bring your own), and music.



SEABIRD BEAR PROGRAM

**August Theme:**

Temtheqi - "Sockeye salmon time." BC Day Summer Ocean Zoo Animals Dinosaurs

**Animal:** Stiqiw - Horse

**Value:** Xaxastewxw - Respect

**Colors:** Tsxwikw - Grey Stheyelxél:em - Rainbow

**Shape:** Stheyelxél:em - Rainbow

**Numbers:** Ó:pel - 10

**Alphabet:** A-z

# August 2011

Temtheqi/ NEWSLETTER

SUN Sxéxelhát	MON Yilá-wekhát	TUE Sthemélt	WED Sxhí-xws	THU Sxe'othels	FRI Shiq'a:tses	SAT T'o:qw'tem
	1 <i>BC Day</i> <i>No Program</i>	2 Story Time in the Park <b>Hope</b> 11am	3 Story Time in the Park <b>Agassiz</b> 11am	4 Shxw'ów' hámel 10-12 12:30-2:30	5 <i>Office</i> 8am-11am	6
7 Boothroyd 8th-12th	8 Story time in Park @ Pool Open House 12-2	9 Boothroyd 10-12 12:30-2:30	10 Boothroyd 10-12 12:30-2:30	11 Boothroyd 10-12 12:30-2:30	12 Boothroyd Screening Fair	13
14 Boston Bar 15th-12th	15 Story time in Park @ Pool Open House 12-2	16 Boston Bar 10-12 12:30-2:30	17 Boston Bar 10-12 12:30-2:30	18 Boston Bar 10-12 12:30-2:30	19 Boston Bar Screening Fair	20
21	22 <i>Office</i> 8am-4pm	23 <i>Office</i> 8am-4pm STITP Hope 11	24 <i>Office</i> 8am-4pm STITP HHS 11	25 Shxw'ów' hámel 10-12 12:30-2:30	26 <i>Office</i> 8am-11am	27
28	29 <i>Office</i> 8am-4pm	30 <i>Office</i> 8am-4pm	31 <i>Office</i> 8am-4pm			



The Bus for Education and Aboriginal Resources Program is an early literacy parent involved program for children birth to six years of age.

During our program you and your children will experience theme related songs, drumming, stories, emotional literacy, arts and crafts, snack and halq'eméytem.

## Healthy Eating Recipe Corner

### Grilled Rosemary-Salmon Skewers

From Eating Well: August/September 2006, Eating Well for a Healthy Heart Cookbook (2008)

4 servings of 2 skewers each  
Active Time: 30 minutes  
Total Time: 30 minutes

#### INGREDIENTS

2 teaspoons minced fresh rosemary  
2 teaspoons extra-virgin olive oil  
2 cloves garlic, minced  
1 teaspoon freshly grated lemon zest  
1 teaspoon lemon juice  
1/2 teaspoon kosher salt  
1/4 teaspoon freshly ground pepper  
1 pound center-cut salmon fillet,  
skinned (see Tip) and cut into  
1-inch cubes (1-inch = from the tip of thumb to the first thumb joint)  
Fresh cherry tomatoes



#### PREPARATION

1. Preheat grill to medium-high.
2. Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers.
3. Oil the grill rack (see Tip). Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total.

*Serve immediately.*

#### TIPS & NOTES

**Make Ahead Tip:** Prepare the skewers (Step 2), cover and refrigerate for up to 8 hours. Proceed with grilling (Steps 1 & 3) when ready to serve.  
Equipment: Eight 12-inch skewers

**How to skin a salmon fillet:** Place skin-side down. Starting at the tail end, slip a long knife between the fish meat and the skin, holding down firmly with your other hand flat (being careful to hold the tips of your fingers up away from the edge of the fish and counter so they don't get cut). Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

**To oil the grill rack:** oil a folded paper towel, hold it with tongs and rub it over the rack or pre-spray before turning on BBQ grill.

**Never use cooking spray on a HOT BBQ grill - Explosive!**

**Nutrition Per Serving:** 246 calories; 15 g fat ( 3 g sat , 6 g mono ); 67 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 23 g protein; 1 g fiber; 211 mg sodium; 598 mg potassium.

**Nutrition Bonus:** Selenium (60% daily value), Vitamin C (25% dv), Potassium (17% dv), Vitamin A (15% dv), excellent source of omega-3s.

**Skewers:** If you can find (or grow) them, use sturdy rosemary branches, stripped of leaves, as skewers for these Italian salmon kebabs; they'll add a subtle, smoky flavor that hints of pine. Oil your grill well to prevent sticking, don't move the kebabs around unnecessarily and keep a close eye on the fire to avoid flare-ups.

**Note:** Salmon delivers more of the omega-3 fatty acids that help keep arteries clear and hearts strong than any other common fish. These fatty acids may also strengthen the immune system and eyesight, and even improve mental health.

**2nd Annual Community Hub  
Youth Gathering**  
August 26th, 2011  
@ Seabird Island Gym  
1pm -10pm

**FEATURE  
PERFORMANCE  
BY**  
**RAPSURE RISING**

**BACK TO  
SCHOOL BLAST**

**JOIN US FOR  
WORKSHOPS  
ENTERTAINMENT  
DOOR PRIZES  
DANCE**

Watch for a more  
detailed poster

Register with Vanessa Peters  
at 604-796-6846 or email to [vanessapeters@seabirdisland.ca](mailto:vanessapeters@seabirdisland.ca)  
Hosted by *Ye mi sqeqó:tel la xwe lets'emót:ó Hub*

# Parents & Tots

September schedule

The Parents and Tots program will begin the second week of September [ watch for dates on community boards]. This program is for all families and expectant families with children 0—6 years of age.

During Parents and Tots you will have the opportunity to participate in free play, planned art activities, gross motor games, singing, cultural stories, language, snacks and lunch at no cost.

Each program day you will be able add to your collection of cultural and language projects. All parents and children will receive gifts at the end of the program year for their completed projects.

**Program Schedule**  
Tuesday- 10:00 am - 1:00 pm  
Thursday- 10:00 am - 1:00 pm  
Parents & Tots will take place At the Mill Hall

If you have any questions or would like to find out more about our program please call:

Tracey Bonshor  
Phone: (604) 796-2177  
Fax: (604) 796-1124

Email: [traceybonshor@seabirdisland.ca](mailto:traceybonshor@seabirdisland.ca)

AUGUST 2011

Requirements for Income Assistance recipients:

- Those that are able to work need to do your monthly **Action Plans** with Pat or Jill before receiving your cheque.
- You can book these appointments with Jill or Pat before cheque issue day, this will help in making your wait time less.
- **Renewals** need to be completed by the 15<sup>th</sup> of each month. A result of not having this filled out can held to a delay of receiving your cheque on time.

**Next Income Assistance Cheque Issue Date  
August 29<sup>th</sup>, 2011**

Be sure to come in for a light breakfast or lunch while picking up your cheque

**Our Centre**

We take pride in helping our clients and members of the community. Here is a short list of services we provide for our clients:

- Job Search – Postings and online viewing
- Training Information
- Career Decision Making
- Resume Building Assistance
- Food Bank (S/A clients)
- Drivers License Assistance
- Career Development Practitioner (CDP)'s on site
- Job Searching Computer Use

**Quote**

Trust not what inspires other members of society to choose a career. Trust what inspires you. From this decision alone will come over a third of your satisfaction in your life.

— from *The Lazy Person's Guide to Success*

We are happy to have two summer programs for our clients

R.I.T.E. Program

(Reaching Independence Through Employment)

We are hosting the RITE Program in partnership with Triangle Community Resources. There are 8 men participating in this program and will be finished at the end of August.

The RITE Program Job readiness and skills, assessing barriers and working on those, as well as some life Skills.

Youth Employment Program

Jill and Pat are co-facilitating the Youth Employment Program this summer.

There are two sessions one in July and one in August that will both filled. Here your youth ages 12-15 are learning about pre-employment, Labour Market areas, and work ethic.

**Job Posting Binder  
is updated weekly.  
Please come in and  
check it out.**



**Training Funding or Help**

For those that are applying for any type of training or are looking for assistance, you will need to come in at least 6 weeks before the program starts for the process to help you.

There are forms and packages that are time consuming, and require a certain time frame. Please come in as soon as you have your information on hand.

**We hope everyone is enjoying their  
summer. Be safe and enjoy.**

260+ hard copy production  
60+ e-mail production  
more available for download  
on the Seabird website.

**ADVERTISEMENT RATES**

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

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

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

Advertisement rates (per issue) for organizations:	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$61.25
Full color 1/4 page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x 3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale 1/4 page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x 3)	\$ 8.00	\$10.00

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

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

**AGREEMENT**

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.

We reserve the right to revise, edit, classify or reject any advertisement.

**DEADLINES**

Submissions and Advertisement are due by the 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

**OFFICE HOURS**

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

**DELIVERY**

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

**Sandy Bobb or David Peters**

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

or davidpeters@seabirdisland.ca

**\*\*\* Individuals Banned from Seabird \*\*\***

Allowing banned individuals into your home may result in a breach of your tenancy agreement and eviction. **If you see these people in the community, contact the RCMP.**

**These are the individuals that are banned from Seabird:**

Dean Alexis  
Richard "Dick" (Red) Vandenberg  
Steven (Hippy) Ste. Croix  
Matthew Dalke  
Victor Louis  
Daniel Robertson  
Jacob Bernard

Robert LaFleur  
Aaron Douglas (Julian)  
Germaine Giroux  
Randy Lily  
Matt Harrison  
Ron Thom  
Roger Sicard

Keith Jimmie  
Francis Phillips  
Claton Prior  
Fredrick Charlie Sr. - as of July 28th  
Fredrick Charlie Jr. - Lifted  
Brian Fontaine Sr. - Lifted

**Berry Preservation with Noy**

Noy is back, and she kicks it off with a bang. Noy worked on berry preservation with community members on the week of July 18th - 22nd. She spent the week traveling to a variety of communities to teach them berry preservation. **Way to go Noy, welcome back!**

Community members learned to prepare summer berries for the winter (food preservation). They received a hands on demonstrations on how to prepare low-sugar freezer jam and freezing berries. After the demonstrations, each of the members got a chance to make some jam as well as prepare some fruit for the freezer. They took home what they made. The communities that Noy visited for berry preservation included Skwah, Cheam, Shxw'ow'hamel, Scowlitz, and Seabird.



**Temtheqi / August**

**IT'S SOCKEYE SALMON TIME!**

- Fresh salmon should be consumed, canned or frozen as soon as possible, within 24 to 48 hours.
- Lemon is good for more than flavor. Did you know the acid in the lemon also helps kill bacteria.
- Sockeye is the preferred type of salmon for canning due to its firm colorful flesh. Canned salmon is shelf stable and lasts for five years when stored in a cool, dark pantry. Opened canned salmon may be stored in an airtight container in the refrigerator for three to five days.

**Halq'emeylem Cross Word**

Á	Z	:	B	Í	Y	C	:	X	D	É	L
P	H	A	L	Q	T	É	L	E	H	S	T
P	,	L	Ú	E	:	G	Ó	A	S	E	Á
É	Ó	P	S	É	Q	D	Á	D	Ú	O	,
H	U	Í	T	L	Á	K	W	X	E	L	Q
X	I	X	E	M	X	Í	M	E	É	L	S
S	A	S	Q	E	L	Á	:	W	F	G	,
P	Á	B	Ó	R	D	S	A	Y	R	Í	L
Á	L	B	Y	É	T	Ó	E	L	Á	E	T
:	Í	J	E	,	T	Q	W	A	T	Ó	:
T	E	M	É	L	H	É	P	S	E	M	Á
H	Ú	Í	F	L	O	,	W	:	R	É	Q
Á	P	L	Á	S	Ó	I	Q	É	H	T	S

- TL ÁKW XEL**  
- GOOSE  
**SQ Á:TL,SQ,ÁTL**  
- OTTER  
**STEQÓYE**  
- WOLF  
**XIXEMXÍMEÉLS**  
- FALCON / SMALL HAWK  
**SQELÁ:W**  
- BEAVER  
**H ALQTÉLE**  
- DEER  
**TEMÉLHÉPSEM**  
- WOODPECKER  
**STHÉQI**  
- SALMON  
**SPÁ:TH**  
- BEAR  
**ÁLHQEY**  
- SNAKE / SERPENT



## ATV's / QUAD's



There have been reports of ATV's / Quad's racing around the community late at night, sometimes as late as 1 a.m. These all terrain vehicles can cause a lot of noise. Many of the elders

and community members are trying to get their sleep at this time.

You are asked to **PLEASE BE RESPECTFUL of other community members at night** and try to keep the noise down so they may get their rest.

### Housing Waitlist August 2011

#### 1 bedroom

1	27042010-018
2	16072010-20
3	16072010-021
4	08092010-022
5	01102010-023
6	10012011-024
7	1202011-025
8	28022011-026
9	30032011-027
10	

#### 2 bedroom

1	02222010-2019
2	07132010-2024
3	08122010-2025
4	09082010-2027
5	09082010-2028
6	11152010-2029
7	11172010-2030
8	01042011-2031
9	02022011-2032
10	02102011-2033
11	02212011-2034
12	02282011-2035
13	04142011-2036
14	05162011-2037
15	07082011-2038

#### 3 bedroom

1	8142009-3019
2	8142009-3020
3	10292009-3026
4	11252009-3028
5	01012010-3030
6	03082010-3034
7	03152010-3035
8	04212010-3038
9	04212010-3039
10	10052010-3040
11	16112010-3043
12	040112011-3044
13	10012011-3045
14	3112044-3046
15	02022011-3047
16	01032011-3048
17	08032011-3049
18	08032011-30491
19	21032011-3050
20	28032011-3051
21	12052011-3052
22	07062011-3053
23	
24	
25	
26	

## NEW STAFF

### “ENERGY MANAGER”: Astley Cooper

Seabird Island Band has secured an Energy Manager Program. The CCP working group has been in negotiations with BC HYDRO since 2009 to fund the Energy Manager Program. In July 2011 we reached a 1 year contract with the potential of a 3 year extension.

BC Hydro had specific requirements for the Energy Manager and Mr. Cooper was eager to take the challenge. He hopes that within the next few years some youngest will step up and take over the Energy Project. He is willing to train and provide work experience to inspired youth.



#### Astley Cooper

Class B Electrical License;  
Class 4 Power Engineer B – 1818;  
CFC Certificate BC 7036;  
Gasfitter 39461;  
Energy Manager Training  
46 years in the energy business  
10 years as Chief Engineer  
36 Years as an Electrician

The Energy Manager will join our Resource Management Team: the Manager has both industrial energy and community energy experience. The Manager will provide to the Resource Management Team, a strong technical and analytical foundation, and supporting consultant capacities and practices.

The Energy Manager will focus on supporting Seabird's energy research, assessment, data analysis, reporting and management consulting service targeted to reduce our community and facilities energy consumption.

The Resource Management Team is growing and needs additional resources to offer its services in, energy performance assessment, energy conservation potential analysis, demand-side management (DSM) analysis, program design and delivery. This is a full-time permanent position funded through BC Hydro's Energy Manager Program.

#### Program Goals:

- Focuses on, but is not limited to, the industrial and commercial sectors, both large and small-medium sized enterprise (SME) operations energy practices
- Conduct studies and analyses in a broad range of energy management applications, including energy efficiency, fuel substitution, cogeneration, and renewable energy applications, technical and management best practices benchmarking, as well as greenhouse gas emission (GHG) profiles and analyses;
- Provides support to senior managers for business development; energy programs and rebates/grants ; energy reduction practices; go green technology innovation;
- Client liaison and various forms of communication (e.g., power point presentations) and reports.

The Energy Manager Program is an Economic Development Department program and is included with the Resource Management Team: Jay Hope; Brian Jones; and the CCP Work Group: Daryl McNeil, Band Manager; Brian; Art Andrew; Council Representative; and Dwayne McNeil, Public Works and Housing Manager.

## Health Comics



"If you can't say it, don't eat it: don't buy products with more than five ingredients or any ingredients you can't easily pronounce." – MICHAEL POLLAN



# 'Round The Rez

## Community Events, Workshops & Outings

### SUMMER ACTIVITIES AT YOUTH BUILDING WITH MELISSA

*We will be learning about the Medicine Wheel while baking/cooking and taking pictures! The teachings for the Medicine Wheel will come from your family and those shared by Seabird Island Community Members.*



#### Medicine Wheel

*What is inside of your Medicine Wheel?  
Is it balanced?  
What can you add to make your life feel full?*

- *Cooking / Baking all ages welcome  
- Tuesday's from 11:00 - 12:00*
- *Medicine Wheel and Photography  
- Tuesday's: 7 - 12 Years old 1:00 - 2:30*
- *Movie  
- Tuesday's: 10 - 18 Years old 5:00 p.m. - 6:30 p.m.*

### DENTAL CENTER

**Open Monday - Thursday.**  
Closed on Fridays.

# Tuesday

### WALK-IN CLINICS

Every Tuesday afternoon from 1 - 4 p.m.  
(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)*

### FITNESS CENTER

**Closed in the evenings until September.**  
The fitness center is also **FREE** to all Band Members and COMMUNITY PROGRAMS (ie schools during class).

Please show your STATUS card with the 581 number (Seabird) to avoid charges.

### 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



### ELDERS WISDOM PROJECT:

Angie Chapman is still currently taking names for any Elders that would like to participate in the Elders wisdom project. This project is geared towards involving the elders in the following programs that are happening here at Seabird: Parents & Tots, Preschool School, Young Parents Program, Seabird Day-care. We can arrange for transportation if Elders are needing a ride to visit the programs and we can also address any other concerns that you may have. Please follow-up with Angie if you are interested in participating.

### OFF RESERVE NATIVE HOUSING

#### TO APPLY, YOU MUST

- 1) call 1-604-688-1821 (BC Native Housing)
- 2) complete a telephone interview.
- 3) You will then be sent a form that you must fill out and return; follow the interviewer's instructions.

Rent is based on 30% of your income, and the wait period can be long. However, Native Housing is available throughout the Province, including Agassiz, Harrison and Chilliwack!

### HOUSING

**NOTE:** Please ensure your lawns are cut; this will prevent issues with mosquitos and rodents!

Letters are being sent regularly to ensure compliance with your tenancy agreement.

Thank you for your cooperation!

### VOLUNTEERS REQUIRED

Please if you are interested in volunteering or helping out at any Band functions please let Angie Chapman know and 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.

### MAMMOGRAM CLINIC

**August 16th**

Ladies over the age of 40. Anyone interested please stop by to see Kristi - Dr's clinic to fill out a registration form.

### 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

### CATERING & FUND-RAISING

Please contact Angie Chapman to get on the catering/ fund-raising 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 Angie at 604-796-6893.

### BUILDING BOOKING AND MEETING ROOMS

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 Angie Chapman at 604-796-6854. Gina Gibson looks after booking of the Millennium Hall.

### FOOTCARE

**Footcare is at the Health Centre**  
the 3rd Thursday of every month with Nurse Sunny.

**NEXT DATE: August 18th, 2011.**

Please call Kristi at the Health Desk to set up an appointment in advance.

Priority is given to elders and diabetics.

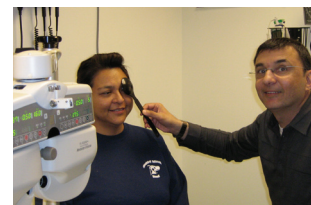
**The rest of the years dates are:**

- August 18th - September 15th
- October 20th - November 17th
- December 15th

### OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed

- Aug. 22 and 23**
- Sept. 26**
- Oct. 24**
- Nov. 28**
- Dec. 12**



Any questions or to book an appointment please contact Maggie Pettis 604-796-2177.

### CRIMINAL RECORD

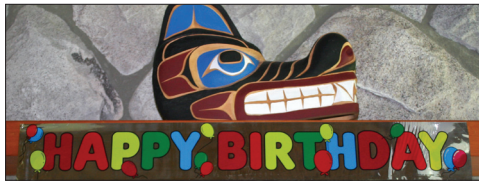
The Criminal Record Pardon forms have now changed.

Contact Genna for more information and to apply for Pardon.



# 'Round The Rez

Community Events, Workshops & Outings



Community Members wanting to place a birthday greeting in the next monthly issue. Please contact Sandy Bobb at 604-796-6838 by the 20th.

**Limited:** to a simple "Happy birthday \_\_\_\_\_ from \_\_\_\_\_." Anything more (photos, poems,...) is subject to a small fee!

Happy Birthday David Peters III August 3rd

Happy Birthday Ollie August 10th  
from the Peters Family

Happy Birthday in for Bert Little Bear Peters August 27th, 2011 from the Peters Family

Happy Birthday Cheryl (Chow) August 27th  
from the Peters Family



Happy Birthday Gizmo!  
August 14  
From your 3 girls and grandkids!

## FAMILY TRAVEL CLUB FUNDRAISERS:

**Starting Thursdays on August 4**, the travel club will be having a Pizza etc delivery night from 4-10 pm. Please see menu above. Contact Stacy for more information.

**August 9 - Movie Night** enjoy a new release movie for \$5 on the **BIG SCREEN** at the band gym. Tickets on site. Concession on site. Movie starts at 7, doors open at 630.

**August 13 - BBQ and Car Wash** at the gas bar from 10-2.

**August 20 - Loonie Auction** 5:00 dinner 5:30 auction (see attached flyer). Same night: draw IPAD and \$1000 cash! **Get your tickets from a member TODAY!**

## SUMMER PROGRAM FUNDRAISERS

**August 5 - Bottle Drive**

**August 12 - Car wash & Bake sale** at Firehall

**All proceeds to their trip to Playland August 19**

## Travel Club Pizza Etc.

DELIVERY / TAKE-OUT MENU



TO ORDER, CONTACT  
604-798-7263

HOURS:  
THURSDAYS 4:00PM-10:00PM

We accept cash payments only



### Pizza

Homemade crust, with special sauce and toppings as listed below:

	S 10"	M 12"	L 14"
	One Two	One Two	One Two
Ham & Pineapple	\$10 \$18	\$14 \$24	\$17 \$30
Meatlovers	\$10 \$18	\$14 \$24	\$17 \$30
Pepperoni	\$10 \$18	\$14 \$24	\$17 \$30
Veggie	\$10 \$18	\$14 \$24	\$17 \$30

**Ham & Pineapple**  
Typical favorite, just ham, pineapple and cheese.

**Meatlovers**  
Salami, ham, pepperoni. \$10 \$18 | \$14 \$24 | \$17 \$30

**Pepperoni**  
Simply pepperoni and loads of cheese. Kids Fav. \$10 \$18 | \$14 \$24 | \$17 \$30

**Veggie**  
Peppers, onions, mushrooms, pineapple and spinach \$10 \$18 | \$14 \$24 | \$17 \$30

### -Build Your Own Pizza

Start with crust and sauce and tell us what else you want! Of course all pizzas also come with cheese... Basic \$8 pizza (small), medium pizza \$12 and a large with sauce & cheese. Additional below. Choose one or all. Cost per item.

**Extra Cheese** .99\$ each  
Cheddar, Swiss

**Meats** .99\$ each  
Ham, Pepperoni, Salami, Sausage, Beef, Bacon, Chicken, Steak

**Fruit/Vegetables** .49\$ each  
Pineapple, onions, Green peppers, mushrooms, Black Olives, Hot Peppers, Tomato, Green Olives

### Sides

Pizza needs a partner

	Small 6	Med 10	Large 12
<b>Wings</b> BBQ, Honey Garlic, Hot	\$5	\$7	\$9
<b>Garlic Toast</b>	\$3		
<b>Pizza Bread</b>	\$3		
<b>Cheese Bread</b>	\$5		
<b>Tossed Salad</b>	\$4		

### Other Dishes

One Size	
<b>Spaghetti</b>	\$8
<b>Lasagna</b>	\$8

## Seabird Island Summer Program 2011

### Kweleches (Greetings)!

We are excited to present the 2011 Summer Program.

Our focus this summer is on literacy and numeracy.

We will again work hard to celebrate the closing of our summer at Playland! Our fundraisers are listed on our calendar. Please ensure that your child/ren participates in all of them in order for them to join us without cost at Playland.

Our fees for this year's program are as follows:

**Children in Kindergarten:**  
\$27.50 per day.

**Children in grade 1 & up:**  
\$20.75 per day.

Please apply for government subsidy.

**For Seabird Band and community members:**  
if Government subsidy is denied, please see Stacy or Keena.

Field trip payments are listed on the calendar, and must be paid prior to child/ren's attendance.

All field trips will return by 3pm, unless a notice comes home indicating otherwise.

Our program will close at 3pm on Friday's to allow for our staff to have their weekly meeting.

We are open to comments and questions, feel free to contact us!

Thank you and enjoy your summer!

Seabird Island Summer Program Staff 2011



<b>Kw'at'el (Mouse)</b>	<b>Closed</b> 1	Story Time in the Park (Hope) 2	In house Carnival 3	Ferny Coombe Pool 4	Bottle Drive 5
<b>Sth'ekw' (Bugs)</b>	In house Carnival 8	Story Time in the Park (Hope) 9	McDonalds & Playground \$5 10	Ferny Coombe Pool 11	Bake Sale & Car Wash 12
<b>Iyes (Fun)</b>	In house Carnival 15	Fear Factor and Cinemazoo 16	Waterslides \$5/\$10 17	Ferny Coombe Pool 18	<b>PLAYLAND!</b> 19



# Seabird Community School

TRADES } TECHNOLOGY } VOCATIONS } ADULT HIGH SCHOOL DIPLOMA (EAGLE QUEST PROGRAM)

## "OPEN TO EVERYONE"

Are you under 19... Did you graduate this year?



### You maybe eligible for

# FREE Tuition

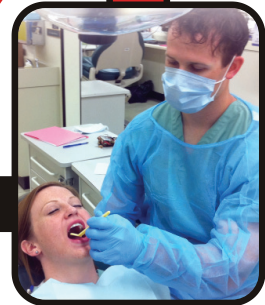
## On-line Courses & Live On-line Courses

- Business Administration & Technology
- Plumbing Theory
- Academic Math and Pre-calculus 11
- Apprenticeships & Work Placement Math 10,11
- Communications 11,12
- First People English 12
- English 12
- Information Theory
- Painting & Decorating Theory
- First Nations Studies
- Social Studies 11 and many more

### COMING PROGRAMS - COURSES STARTING SEPTEMBER 2011

- Hair Stylist
- Carpentry
- Adult Dogwood & Upgrading
- Community Support Worker
- Dental Assistant / Chairside
- Information Technology
- Painting and Decorating
- Educational Assistant (evening & weekends)
- Aboriginal Support Worker Certificate
- Aboriginal Family Child Care Certificate
- Native Adult Instructor Diploma Program (evenings & weekends)
- Plumbing
- Wall & Ceiling
- Aboriginal Responsible Adult
- Mobile Electronics (Audio)
- Professional Cook - Level 1
- Power Line Technician
- Heavy Equipment Operator
- Business Admin. & Technology
- Aboriginal Practical Nursing Program
- Aboriginal Speech & Language Cert.
- Aboriginal Early Childhood Education

*If you are 19 and have not graduated you are eligible for partial tuition*



Dianne Parkinson  
**604.796.2177**  
toll free at 1800.788.0322  
www.seabirdisland.ca  
dianneparkinson@seabirdisland.ca

# REGISTER NOW!