



NEW BABY CEREMONY



The new baby ceremony took place May 4, 2011 in the band gym. Twenty two (22) babies. The 3rd Annual Baby ceremony held at Seabird Island Band is to welcome the babies to the community as well as to cleanse and protect their mind, body, spirit and future.

The ceremony started off with the elders laying blankets down for the new babies to start their life on new ground. After, the babies and a family member came out escorted by drummers and pre-selected family members. The babies were brushed off with cedar and water as their parents and family member whispered happy, loving words to them. Doing this, we recognize that water is the essence of life; Mother Earth is made of 70% water and so is our bodies. Water helps us sustain life. The cedar represents healing medicines, as well as shelter, clothing, and tools.

There were witnesses who gave inspiring speeches, sang beautiful songs and also gave good advice to the parents and community. We were told to stand tall like the cedar tree with roots deep in Mother Earth with arms out welcoming. Everybody is to be proud of our new roots planted in the community.

Big thanks to all the parents who took part in the ceremony; it's very important to hold on to our ways and beliefs. This will always be an important day in your child's life.

Happy Fathers Day June 19th

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Please Let us know!

What do you like about this newsletter? ...

What would you like to see in your newsletters?...

We need your input!

Contact Sandy Bobb

Seabird Island Graphic Designer and
Communications Liaison

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Direct: 604-796-6838

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NAMING CEREMONY



17 people were given names April 29, 2011 and the process involved family and loved ones.

The Naming Ceremony had a great turn out. They fed everyone a delicious meal before it began so we didn't have to think about our stomachs' and could pay full attention to the ceremony.

Blankets are laid down for them to stand on when they get their names then the Receivers come out (who have been pre-selected by the students) followed by the Drummers, and behind them the students with their Escorts. Students are told that they can look for guidance from their Escorts and Receivers for anything they might need. The parents then come up to give permission for the name giving.

The students are then told to find out what their name means and what the responsibilities are that come along with holding that name. The Receivers and Escorts are directed as to their duties to help guide and groom the recipients through their life. It's important that many community members were there to be witnesses. As a community we need to hold are heads up high and be good examples for them. Every person in attendance chanted out each name as it was given to help everybody remember the name and how to pronounce it properly.



After being given their names they step off their blankets, this is to show a new beginning. Once they step off the work begins, they must find out what their names mean, respect the given name and honour it. This is the name they will carry for the rest of their lives.

Thank-you to the ones who got their names, it's still a learning process of who we are and what our identity is. It was a great day and I encourage everyone to come and

learn our ways; I guarantee you will be fulfilled and happy for it.

Also Hunter Silver-Kay donated \$550 dollars for the second phase of the playground. So a big thanks to Hunter and his family for their generosity.

- | | |
|--------------------------------------|---------------------------------|
| Pesqwiya - Tashauna James, | Xwemxwlatatin - Peter Andrew, |
| Shxwliysiya - Cora Ann Bobb, | Susk'alín - Hunter Silver-Kay, |
| T'it'elem Th'ale - Sarah Jean Louis, | A'íya - Denise James, |
| Sxaxweyten - Dakota Edwards, | Shxwe'i'i - Kaylee Hubert, |
| Syiqliysiya - Summer Kelly, | Siyoxwemot - Nicole James, |
| Seqw'íyeqs - Amber Charlie, | Siyamex - Courtney Charlie, |
| Sth'oxwemtel - Tyson Archie, | Kwoleqwthet - Sheila Stewart, |
| Xweytilches - Sean Andrews, | Qwolqweltin - Shawnrae Gabriel, |
| Woweqe - Bob Armstrong, | |

LET'S LOOK AFTER OUR ELDERS

Ask them what you can do to help them Many don't like to have to ask for help. SO OFFER!!! ☺ Help them with their yard work. Help them de-clutter their house or yard. Stock up their wood for next winter!!! Don't wait until the cold is here! Maybe their windows need a cleaning! Or there is a small repair you can do for them. Be a good neighbor!



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.

Phone: 604-796-2177 **Direct:** 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Sonny Florence Memorial

OPEN (STATUS OR NON STATUS)

2 PITCH BASEBALL TOURNAMENT

July 1st 2nd & 3rd, 2011

Hope, B.C.

\$250.00 Entry Fee per team

First 16 Teams Two Division Payouts
Entry paid by June 17, 2011

1st, 2nd 3rd place trophies + cash prizes
* All stars & M.V.P.'s & other trophies*

FOR REGISTRATION CONTACT:

Monica Florence – (604) 860-9698

Rhonda Bobb – (604) 860-9338

(*replacing Peters Annual Family Memorial for this year*)



SEABIRD FESTIVAL

Event Coordinator Angie Chapman would like to thank all the teams, spectators, and visitors for attending our Annual First Nations Festival. She also commends all the teams and fans that travel every year and hopes you all enjoyed the tournament. Angie also wants to remind us about the great pride we have to be able to host a tournament which involves communities from across Canada and even some from the States. We would love to hear any feedback you can give us to make this Annual Event even more successful and enjoyable.

Angie Chapman Events Coordinator

Phone: 604-796-2177

Direct: 604-796-6893

E-mail: angie@seabirdisland.ca

Special Thanks to the following people who made this event happen

St. John Ambulance Division 731 - Abbotsford Branch, Agassiz RCMP Staff Sergeant Mike McCarthy, Slahal organizers Allen Joe, Mary Gutierrez, Security and Emergency Services Jeremy Joseph, Pit Stop for - Porta Potties Rentals, District of Kent, Prospera Credit Union, Barton's Insurance

And Thanks to all Staff and Community Members who showed for their shifts during the festival, if it wasn't for you none of this would have happened.

Ye mi sseqó:tel la xwe lets'emót: ó Hub 2nd Traditional Healing & Alternative Medicine Workshop

ANNOUNCEMENT MORE DETAILED FLYERS AND POSTERS COMING SOON

Session One

June 16th & 17th, 2011

Session Two

July 14th, 2011

Where: TBA Time: 10am-4pm

Linda Kay Peters, CEH Program Coordinator
Ph: 604-796-6822 E-mail: lindak@seabirdisland.ca

Vanessa Peters, Communications Assistant
Ph.: 604796-6846 Email: vanessapeters@seabirdisland.ca



Seabird Festival 2011

Seabird 5U did well in their fun round robin, Seabird 7U took first, Seabird 10U B took 4th, Seabird 10UA were 4th in their pool, Seabird 13U did well, Seabird 16U came 4th, Seabird Ladies came 3rd, Wolfpack and Angelz gave it their all, and congratulations to Brooke Bobb-Reid in canoeing!

We wanted to offer a huge congratulations and thank you to Diane Angus for being the 50/50 queen this year at the festival. Diane sold \$745 worth of tickets on Sunday alone. Congratulations Diane and thank you!

More to come on the next issue.

More photos on Pg. 4



Elders Queen
Virginia Peters



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Halq’emeylém Cross Word

Lets’emó:t - one mind
 Sqwélqwel - news
 Stó:lo - People of the river
 Tómiyeqw - all generations
 Xoletsa - many lakes

Shxweli - life force
 S’ólh Téméxw - our world
 Soxomes - all our gifts
 Í:yem - strong, luck place
 Mometes - index finger

DEAR CHUCK MCNEIL AND FAMILY,

I would like to apologize for being one of those people who bad mouthed you and your family behind your back. I accused your whole family of many things but as the years go by, I have seen that I was wrong and I feel real bad for having such an ignorant attitude. I have noticed that you and your family has made a big (good) difference to our reserve (community) and you have acted professional about it. So please forgive me for being part of the problem; as of today I will say nothing but what good you and your family is doing for our community.

Yours' Truly; Sherry Christine Peters

PS. I'm sorry it took so long to write this apology letter.

Re: Seabird Island Festival

Seabird Island Reserve is the best Native Indian Band in the Valley. Seabird has three Tribes that reside here, Sto:lo, Salish, and Thompson River Indians. I am a Thompson like my Grandfather before me. Every May Seabird Island hosts the annual Seabird Island Festival. The Festival is filled with visitors, cultural and sporting events as well as vendors from all over.

People come from faraway places, north and south of the border, for events, prize money and to visit or meet people, and they come to barter and to perhaps even find a spouse. As a result, the festival draws people from all cultures. Every year the festival attracts more visitors and competitors from all over Canada and the USA. Most of the visitors set up camp in the camp grounds here on Seabird or stay in local hotels and motels. Many friendships are renewed, families are reunited and new friends are made at the festival.

The festival has many cultural events that are shared, demonstrated

and participated in for a chance at prize monies or trophies. The most popular event is the war canoe races which is also the most competitive event. The war canoe competition attracts teams from all over the west coast. There are opportunities for the men to make and take bow and arrows, drums and much more. For the ladies there is beading, cedar hats, weaving baskets, sewing, drums, carve ivory or wood, all First Nation crafts, other nations are welcome to bring own crafts to make and take.

Seabird Island plans for this busy well attended event all year, RAIN or SHINE. Seabird Island festival is an event that attracts visitors and competitors from all over CANADA and the USA. People come to our beautiful reserve once called Maria Island pronounced (MARIAH) which sits below the three sisters (Mount Cheam), our people call Mount Cheam our Lady Cheam. People also come to hear history, participate in and learn cultural events and they can purchase or barter with vendors for First Nations arts and crafts or mementos (souvenirs).

Written by Ricky Angus
Adult Ed Seabird Island College
05/12/11



Seabird Housing Dept.

COMMITTEE MEMBERS NEEDED

Application due date: March 31, 2010

Applications being accepted for the Seabird Island Housing Committee.

- **Eight (8) to ten (10) members in good standing sought for Committee representation of each large family.**
- **Please apply with a letter of interest and two (2) letters of support from community members.**
- **Must be 19 or over to apply.**
- **The Purpose of the committee is to review social housing policy for possible enhancements and additions.**

Housing Department Mandate:

- To ensure the Seabird Island Band housing assets are maintained and kept in good order;
- To apply fair and equitable treatment to all applicants, and participants of the Seabird Island Band Housing;
- To ensure effective, efficient management of the housing assets programs compliance with applicable regulations;
- To establish and maintain cooperative internal and external relationships;
- To establish and implement planning and development programs to meet the needs of the community.



SEABIRD HOUSING DEPT.

Stacy McNeil
Housing Administrator
Tel: 604.796.6825
stacymcneil@seabirdisland.ca

Zena Mailhot
Tenant Liaison
Tel: 604.796.2177
zenamailhot@seabirdisland.ca

SEABIRD ISLAND PET SPAY / NEUTER PROGRAM



Dog Spays	Reg Fee	Seabird Island Member Fee
30 lbs & under	\$190+HST	\$133.00 + 15.96 (HST)= \$148.96
31-70 lbs	\$230+HST	\$161.00 + 19.32 (HST)= \$180.32
Over 71 lbs	\$250 & up	Does not Qualify for Discount

To qualify for the discounted fee the patient must NOT have had her first heat cycle - NO EXCEPTIONS. Call the office for a more accurate estimate for dogs that have had their first heat or are over 71 lbs.

Dog Neuters

30 lbs & under	\$160+HST	\$112.00 + 13.44 (HST)= \$125.44
31-70 lbs	\$170+HST	\$119.00 + 14.28 (HST)= \$133.28
71-99 lbs	\$180+HST	Does not Qualify for Discount
100 lbs and over	\$200+HST	Does not Qualify for Discount

Age is not a factor when determining if the male dogs qualify for the discount-this is determined strictly by their weight.



Cat Spays

Must be over 4 months of age & pregnant to qualify
\$98.00 + 11.76 (HST) = **\$109.76**

Cat Neuters

Male cats qualify if over 4 months of age
\$59.50 + 7.14 (HST) = **\$66.64**

Vaccinations are extremely important to the health and well being of the animals. For this reason we will also give a 30% discount on vaccinations for both dogs and cats. Vaccination fees range from \$66 and up depending on which vaccinations are necessary. Please call the office for a more accurate estimate of the vaccination fees. This offer applies to all animals owned by Seabird Members.

NOTE: We will also require proof of membership with Seabird Island which will be in the form of a certificate of residency from Seabird Island Band Office and Status Card. All Fees will be required to be paid up front for surgeries and vaccination appointments - NO EXCEPTIONS - *We DO NOT offer payment plans.*

Contact Stacy McNeil at 604-796-2177 for more information.

Kent Vet Clinic 604-9490



Seabird WINS at Chehalis Tournament

Seabird U10 Champions!!! Chehalis May 14, & 15, 2011 Seabird U10 won 1st place in Chehalis tournament :)

U10 Allstars: Nadia McNeil-Joseph, Mateo Nickel, Taylor August, Tristan LacRock

U10 MVPs: Cassia McClachlan, Tristan LaRock



U16 Allstars – Brandi McNeil and Randy Leon

U16 Allstars- Travis Pierre and Kecia Prevost

U13 Allstars – Amber Charlie and David Joe
*Two U16 teams in white and navy
U13 Team in Red*



Night Time Personal Safety



Together we can create a safer community.

Women are very vulnerable to violence and crimes specially at night. Even with the world advancing so much, women are still not safe on the streets even in the most close knit communities.

Here are a few tips to help a woman if she has to travel to some place late in the evenings or night:

1. The best things to do for women is to always try and have some company when you are traveling at night, someone you trust. As much as possible avoid going out at night by yourself.
2. While traveling in the evenings, stay close to the roads and lit areas as much as possible. Try to avoid as much as possible the darker streets, fields and wooded areas.
3. Avoid wearing jewelry when you are out at night. Even fake jewelry might attract thieves.
4. While walking on sidewalks, keep your handbags and phones close to you.
5. If you have to ask for assistance, it is better to approach families, women or family homes.
6. Before you get in your vehicle look inside to make sure nobody is hiding in there and waiting for you.
7. As soon as you get into your car after you come from shopping, eating or from your office, lock the doors. Don't delay doing this.
8. The elbow seems to be the strongest part of your body. Keep this in mind if you ever need to use it and have the opportunity to do so.
9. Carry your keys between your fingers, if you are attacked they will make an excellent defence tool.

With the gang activities and other things happening in our community the past year we are asking everybody to stay alert. People should not panic but they should not be inattentive as well. This is our community the police may patrol once and a while however we will always be more alert to what is going on than they may see. In order to keep our community safe; promptly notify the police if you witness unusual activities.

Be aware of where your family members are and when you expect them to return.

Plan your route for safety, and walk with friends or a group whenever possible.

If you sense danger move away from the threat; for instance, cross the street and increase your pace. Join a group of people nearby.

If a threatening situation seems imminent yell, scream, or make a commotion to attract other people. Yelling FIRE gets peoples attention faster with better results.

10. Don't put off things for evenings and night which you can do during broad daylight like going to the laundry to get your clothes etc. Many women may say that its usually quieter and more peaceful in the evenings, but safety should be the first priority in such cases.

11. It can help if women learn a few self defense tips and techniques just to be on the safer side

Article Source: <http://EzineArticles.com/891878>

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

Cedar Collection

Kwelaxtelot (Evelyn Peters) traveled to Kyouquot again to pick \$10,000 worth of cedar. Kyouquot is a remote First Nation community 12 hours away on the other side of Vancouver Island. Evelyn and her volunteers have made this trip annually for years to pick cedar for our community. However this is the first time Seabird Island Band has funded it. The cedar she will be picking and stripping should last up to 2-3 years, and will positively affect many ceremonies, and cedar weaving classes that Evelyn hosts.

Thank you Kwelaxtelot for all your hard work and dedication, the community is in your debt.

For those who are unaware...

Evelyn has Cultural Adult Education classes at the cultural building randomly a few evenings during the week. These classes really should be taken advantage of to help preserve our culture and history, it is open for everybody to attend.



Student Band Office Tour



Thursday May 5, 2011 the grade 5-6 Seabird students came to the band office for a tour, and educational knowledge about themselves and how their bodies work. I was fortunate enough to be able to follow along with them for most of the day.

When they first came over they got a tour of the dentist office where there they got to ask questions about their teeth to how long it takes to become a dentist. They also received a variety of small gifts, some that made clicking noises which was much appreciated by their teacher and instructors. Following right after we went outside where Maxine Stump had Smokey Sue setup. This was a great demonstration for the kids to see what could happen to a baby when you smoke while pregnant. The students then took a quick break before the girls and boys headed off to different rooms where they got to

ask Dr. Fox and Dr. Beaulieu questions

about their bodies and what will happen when they go through puberty. Lisa Wal-

berg, Maxine Stump, Cher-

ish Shultz, Alexis Roper, Jill Stauber and Mr. Mai did a great job

assisting the doctors and the students through this class. After

that the students broke for lunch and then met back in the Elders

room where they played Nutrition BINGO, here they learned

how to eat a balanced diet. The students where then brought to

the Gym where they played an Employment game where they

had to ask questions to figure out what secret job they were

assigned by the instructors.

This was the 2nd Annual student tour SIB has hosted, An idea

fostered by a visit Haida Gwaii Health Center. This turned out

to be a successful learning experience for the students who

deserve to know what to expect while growing into their bodies.

A special thanks to everyone that participated in teaching our

future leaders.





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





Flooding Preparation Kit

Always better safe than sorry.

Even if the flood does not make it to us there are advantages to preparing yourself and your family for disasters. It is part of family planning and teamwork. I congratulate all of you for your hard work and preparations.

WATER

- 2 litres per person per day for drinking and
- 2 litres per person per day for cooking and sanitation.

Water Storage:

- Use clean, food-safe containers with lids. Store in a cool dark place. Change water every six months.
- Purify by boiling at a rolling boil for 10 minutes just prior to use or use one drop of household (5% sodium hypochlorite) unscented chlorine bleach per litre of water, mix and let it sit for one half hour.
- Additional sources of water:
- Hot water tank - make sure the heat source is off
- Water from pipes, if draining to prevent freezing
- If given warning, fill the bathtub, sinks, pails and other containers

FOOD

- One month supply. Much of the food should be nonperishable, but plan on using your frozen and refrigerated foods first. Write an emergency menu to plan what to have at each meal and snack time.

The following can be stored without refrigeration:

- Oatmeal, pasta, flour, rice, beans, sugar, spices, vegetable oil
- Canned foods - meats, fish, stews, beans, vegetables, juices, puddings, fruits, milk, soup, nuts, jam, jelly, peanut butter, honey
- Ready to eat cereal, crackers, granola bars, trail mix
- Comfort foods - cookies, hard candy, sweetened cereals, chocolate, tea, cocoa, instant coffee, dehydrated soups
- Special food - baby food, vitamins
- Also keep in store paper plates, cups, cutlery, manual can opener and a pocket knife.

COOKING

- Alternate cooking source with adequate fuel for 72 hours:
Propane camp stove, propane barbecue, camp fuel camp stove

- Matches, lighter
- Light
- Alternate light source:
Fuel-burning lantern or candles, flashlights and batteries, battery charger with generator or solar power, matches, lighter

HEAT

- Alternate heat source with adequate fuel for 72 hours:
- Propane heater, camp fuel heater, wood stove, electric heater with generator
- Matches, lighter
- Use great care with equipment that burns fuels. Many appliances generate dangerous levels of carbon monoxide very quickly. Adequate fresh air must enter the area where the appliance is used. Check each appliance / manufacturer for fresh air ventilation requirements. Barbecues, stoves and fuel must be used and stored outside.

FUEL

- Propane heaters, stoves and barbecues use approximately 8 ounces (226 g) of propane per hour for every 10,000 BTUs produced. Propane lanterns use approximately 1 ounce (28 g) of fuel every hour they run. Camp fuel stoves use approximately 10 ounces (300 ml) of fuel per burner per hour. Camp fuel lanterns use approximately 3 ounces (90 ml) of fuel every hour they run.

MEDICAL AND SAFETY

- First aid kit:
 - Basic First Aid knowledge / training
 - first aid manual
 - Band aids
 - Tape
 - Ointment
 - Tylenol/Advil
 - Cleansing wipes
 - Scissors
 - Cold Packs
 - Calamine Lotion
 - Bug spray
 - Tenser bandages
 - Flash light
 - Thermometer
 - Gloves
 - Tweezers
 - Safety pins
 - Allergy List
 - Peroxide
 - Sun Lotion
- Verify prescriptions are correct and have adequate supply (for 3 days)
- Contact lenses/supplies, spare eye glasses
- Battery operated smoke detector and carbon monoxide detector
- Fire extinguisher
- Planned escape route:
 - from the building
 - to a safe destination

COMMUNICATION

- Radio & batteries for one week playing, or wind-up radio
- Cellular telephone, pager (use phone communication for emergencies only)
- A whistle
- Help/Ok Cards

SANITATION

- Hand soap
- Toilet paper
- Paper towels
- Dish detergent
- Deodorant
- Garbage container
- Plastic garbage bags
- Tissue and hand wipes
- Baby hygiene items
- Feminine hygiene items
- Toothbrush & toothpaste
- Room deodorizer
- Household chlorine bleach
- Bags for pet waste
- Portable toilet
- Diapers / Bags for toilet waste

TRANSPORTATION

- Car, Truck, Boat

FINANCIAL AND PERSONAL RECORDS

- Paper records of:
- Marriage certificates
 - Baptism /Christening
 - Driver's Licenses
 - Insurance policies
 - Birth Certificates
 - Passports
 - Loans
 - Academic records
 - Also have some emergency cash on hand

ENTERTAINMENT

- Playing cards
- Games
- Toys
- Crayons
- Paper
- Books

NEIGHBORS

- Arrange to share cooking, information and transportation
- Check on them if there are no signs of activity at their home

PETS

- Extra food
- Water
- Shelter
- Vaccination records

Healthy Eating Recipe Corner

Rhubarb Crumble

Ingredients

- 500g rhubarb, chopped into chunks
- 100g sugar
- 140g self-raising flour
- 85g butter
- 50g light brown sugar



Method

1. Put the rhubarb in a saucepan with the sugar
2. Cover and simmer on a very low heat for 15 mins, adding more sugar to taste.
3. When soft pour the rhubarb into a baking dish.
4. Heat oven to 200C
5. To make the topping, rub the flour and butter together with your fingers until it forms soft crumbs
6. Add the sugar and mix together

7. Spoon the topping over the rhubarb
8. Bake for 30 mins or until golden brown on top.
9. Serve with custard or cream.

Rhubarb roots are harvested in the fall from plants that are at least six years old. The roots are then dried for later use. The root is used as an anticholesterolemic, antiseptic, antispasmodic, antitumor, aperient, astringent, cholagogue, demulcent, diuretic, laxative, purgative, stomachic and tonic. Rhubarb roots contain anthraquinones which have a purgative effect, and the tannins and bitters have an effect that is opposite that of an astringent.

*When taken **internally** in small doses, rhubarb acts as an astringent tonic to the digestive system, when taken larger doses rhubarb acts as a very mild laxative. The root can be taken internally for the treatment of chronic constipation, diarrhea, liver and gall bladder complaints, hemorrhoids, menstrual problems and skin eruptions due to an accumulation of toxins.*

NOTE that this remedy should not be used by pregnant or lactating women, or patients with intestinal obstruction.

- Used **externally**, rhubarb root can be used in the treatment of burns.

Someone So Small



LISTEN

- ~Listen to your children with all your attention—with your ears, eyes, body and heart. They will feel your respect.
- ~Listen to your child at bedtime. You will hear them talk about events of the day and their dreams for tomorrow. Moments like this make a child feel cherished.
- ~Listen to children and they will feel understood and learn to understand others.

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Take turns in conversation with children.	2	3 Someone So Small Seabird 10-1130am	4
5	6	7 Children love to be asked questions—they may need help with the answers	8	9	10 Someone So Small-Chawathil 10-1130am	11
12	13 Find out your child's point of view.	14	15	16	17 Office Closed-Aboriginal Day	18
19 Fathers Day	20	21	22 Develop story telling skills-- Have children tell something that happened that day	23	24 Someone So Small-Chawathil 10-1130am	25
26	27 Name new things every day. Wait for your child to name what they can.	28	29	30		

***Someone So Small is a drop-in program for parents of children Birth to 4 years of age. Parents and their children will participate in gross motor play, sing songs, play games & end each session with a light snack. Seabird Island Session is held at the Millennium Hall. Chawathil Session is held at the Chawathil Band Office Gym.

Parents and Tots

Parents and Tots hosted a Drum making work shop in April.



During the month of April Parents and Tots hosted the Community Kitchen. The purpose was to teach the families how to make Blueberry Jam. It was a great success. We had 10 families and each family went home with 4 jars of jam.



00



Head Start



Parents and Tots

Tuesdays & Thursdays at the Mill Hall
10:00am to 1:00pm
For families with children ages 0 to 6 years

Temqwa:l June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Learning about Salmon and how to honor them, and the colors red and silver	3	4
5	6 	7 Learning new songs about Salmon, Fishing & nets	8 Year End Field Trip- 8am to 4pm	9 Discovering the letters z and x, x, xw, xw, and what is Idealism. Discovery of Aboriginal Day Temt'a:mxw (goose berry time)	10	11
12	13 	14 Learning about Salmon berries and Water. Discovering how berries grow and	15 Parents and Tots Family Night 4:00 to 7:00pm	16 Discovering the color red & silver, and words beginning with x, xw, xw & z Year End Ceremony 10 am to 12pm	17	18
19 Teqa:se(eight) Th'okys (seven)	20	21 Learning how to honor our fathers. Using the numbers 7 & 8	22	23 Last day of Parents and Tots learning songs about our dad	24  Father's Day	25
26	27	28 program closed	29	30 program closed		

Pre-School

Ey'swayel!! Spring has finally arrived. The Seabird Island Preschool children have planted seeds and are watching them grow at the Preschool. The children enjoyed planting flowers for Mother's Day gifts.

On May 5th a Drum Making evening was held in the evening for the 4's program children and their parents. Daren Charlie instructed the evening. 11 families attended the successful evening. Thank you Pat for the wonderful bannock!

May 17th was the last 4's Literacy Evening for this year. D'Anne Epp of Ey Qwal Speech and Language Program spoke with families about the importance of reading books and talked about the program. Thank you D'Anne!

The Preschool continues to learn daily the culture and language. We are fortunate to have Kwosel visit the Preschool 4 days a week. Graduation is June 15th and the children are participating in various projects for the big day.

Seabird Island Language Nest Preschool 3's program continues to have language with teachers Laura and Malila. There are 12 children busily participating in culturally related projects daily. With the weather improving, you will see the group out for walks with their teachers, learning about the environment.



The last Cultural Gathing for children and parents will be held Tue., May 24th or the 3's program. We hope to have a great turnout. The children are looking forward to showing Parents/caregivers their special art!!

Reminder: Grad is June 15th for the Preschool
Please call 604-796-5568 for further info.

NEW COMMUNITY MAILBOXES

installed by June 15, 2011.

Once the new boxes are in place we will place changeover letters into the old boxes with instructions and the date that the new boxes will be activated. The residents will also be directed to Agassiz Post Office to pick up new keys. There will be two keys per lock and they can have more cut at the local locksmith if they choose.



LANDS ADVISORY COMMITTEE

HWY 7... UNLAWFUL Parking along the HWY...

The Lands Advisory Committee (LAC) would like to thank the individuals that have been taking the time to notify unlawful parking along HWY 7. With official HWY signs indicating NO PARKING from the Ministry, is now a tool the RCMP can use to tow any unlawful parkers... If you see, or are concerned of any of these activities PLEASE do contact the RCMP at 604-796-2211.

With unlawful parking in mind... you are aware, the LAC has been in the process of compiling various information and input from the community to start developing the Laws associated with the Lands. The Trespassing Law has been in the forefront of the Committee, and has already taken steps to start this educational process.

- 1. Gates were installed** in four (4) areas of concern; -CP Rail access at the north end of the reserve, -access to old gravel pit on Waleach Road, -Cattle Ranch by the Gas Bar, -and Bobb Crossing (Lophet Rd)
- 2. NO TRESPASSING** signs were installed in all these four (4) areas to start notifying public
- 3. Gates will start to be locked** during the WEEKDAYS starting the first week of June 2011
- 4. KEYS** will be made available to ALL community members accessing the RAIL side of Seabird Island.... (inquires at the band office with Art Andrew, and Kimberley Lessard)

Please be assured that the GATES will not be locked over the weekend until the LAC is ready to move forward with this. At this time, LAC will be notifying you of such permanent changes that will happen, either VIA Newsletter, Facebook (Seabird Lands) or in Flyers being sent out to the community.

Along with reporting any unlawful activities, LAC would like the community to know that as a result of the various Environmental phases it has gone through, that if there is any unlawful dumping in the Maria Slough that it can be reported to Department of Fisheries and Oceans. Any evidence of manure or garbage dumping or other suspicious activities can be reported and called into DFO at 1-800-465-4336.

ALONG WITH THE WORKS THAT COMMITTEE HAS BEEN DOING, THEY WOULD LIKE TO INVITE YOU TO VISIT, CHAT, and AND SHARE WITH THEM ON

June 2, 2011 at 4:30pm at the band office.

FEEDBACK... The LAC is also in the process of working the Housing Department on home ownership, and what that looks like for the interest of the community. This process will also assist the LAC to make a better Land Use Plan (LUP) to help make better decisions of various land uses for the community's sustainability, and growth for future generation's economic development.

What is the Process of Law Making for the Community...

- The Lands Advisory Committee (LAC) moves forward with a Draft Law
- Once drafted, LAC brings forward the Community for feedback
- The draft is then finalized with all comments, and suggestions
- The Community votes on the Law.

Laws... ~ ... Why it is important??

- Laws will help GOVERN, and MANAGE all resources in SEABIRD ISLAND for its Members,
- Laws will give us the authority to enforce them and will be recognized by the Federal Judicial Courts,
- Laws will help SEABIRD MEMBERS become leaders in MANAGING their own Lands
- Laws will NOT be implemented without the input of the Community,
- Laws will need feedback from the community in order to consider all issues, and concerns,
- LAWS WILL HELP KEEP THE FUTURE SAFE AND CLEAN FOR OUR CHILDREN'S CHILDREN.



2011 BC Aboriginal Provincial Championships - Rifle Shooting -

June 11 - 12, 2011

Location

Campbell River Gun Club

Background: The Campbell River Gun Club and the BC Target Shooting Association (BCTSA), in partnership with the Aboriginal Sport, Recreation & Physical Activity Partners Council, are hosting the inaugural BC Aboriginal Provincial Rifle Shooting Championships for Aboriginal youth ages 10 to 19 years.

Eligibility: Participants must be of Aboriginal ancestry (Status or non-status First Nations, Métis, Inuit) and a resident of BC. Male and female individuals from the age of 10 through 19 years (born 1992 to 2001) are eligible to compete.

Rules: All SFC / ISSF rules will apply.

Wheelchair: Para & Quad SFC rules

**** Competitors:** **Must have a valid BCTSA Membership** (if not currently a member, you may select the membership option on the registration form)

Challenges will be referred in writing, accompanied by a \$2.00 fee
Athletes are responsible for providing their own ammo and gun storage for the trials - personal mats will be allowed

Saturday Argonaut Outdoor Range
Equipment checks and registration 12:00 - 1:30 PM
60 Shot Prone competition 2:30 PM

Sunday 3 P Competition 8:30 AM
20 / 20 / 20 shots 3P Match

For more information:

Mark Johnson

250 286 1550

markjohnson@telus.net

Mail Registration forms to:

BC Aboriginal Provincials

c/o Mark Johnson

2164 Ebert Road

Campbell River, BC V9W 6A2

Make Cheque Payable to **Campbell River Gun Club**

Lunches, snacks and beverages will be available @ reasonable cost at outdoor range

Maps and info will follow.

Camping with 120v power is available. No water or sewer on site.

No cell phone service at outdoor range

Argonaut Road Outdoor Range is about 20 minutes out of Campbell River toward Gold River

BBQ Dinner on Saturday night at Campbell River Fish & Wildlife Facility

2461 Campbell River Road

Bring your own food & beverage to BBQ (note: hot dogs and hamburgers will be made available)

2011 BC Aboriginal Provincial Championships - Rifle Shooting -

			<u>Total</u>
Shoot both Prone and 3-P	60	20/20/20	\$10.00 \$10.00

BCTSA Membership (necessary if not already a Member)

Family \$25.00 or Junior (under 21) \$10.00

Add _____

*** \$10.00 Penalty if entry is after June 3rd

Add _____

Registration Fee \$10.00

Amount Enclosed

Lady _____

Aboriginal Ancestry: _____

Left Hand _____

Status/Treaty Card, _____

Métis Card, Inuit Card #: _____

Note: if you do not possess any of the above proof of ancestry, please complete an Aboriginal Ancestry Declaration Form. Please contact teambc@bcaafc.com to request the form.

Classifications (Please Circle) or you will be assumed to be a Temp Expert.

Sporting Prone	M	Ex	SS	MM	Vet	Temp Expert
Sporting 3-P	M	Ex	SS	MM	Vet	Temp Expert

NAME: _____ PHONE: _____

ADDRESS: _____ POSTAL CODE: _____

CITY: _____ PROV.: _____

BCTSA Member # _____ BIRTHDATE: _____

Email address _____ AGE: as of Dec. 31/11 _____

Make Cheque Payable to **Campbell River Gun Club**

Mail Entries to: **Mark Johnson 2164 Ebert Rd Campbell River BC - V9W 6A2**

fax 250 286 1554

e-mail.markjohnson@telus.net

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

Individuals Banned from Seabird

These are the individuals that are banned from Seabird:

Dean Alexis	Germaine Giroux
Richard "Dick" (Red) Vandenberg	Randy Lily
Steven (Hippy) Ste. Croix	Matt Harrison
Matthew Dalke	Ron Thom
Victor Louis	Roger Sicard
Daniel Robertson	Keith Jimmie
Jacob Bernard	Francis Phillips
Robert LaFleur	Claton Prior
Aaron Douglas (Julian)	

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.

Seabird Island Employment, Training & Social Development

Office: 604-796-6865

Fax: 604-796-3729

2895 Chowat Road

Toll Free: 1-800-788-0322

P.O. Box 650

NEXT INCOME ASSISTANCE CHEQUE ISSUE DATE:

Tuesday June 28, 2011

Be sure to come into the office on Income Assistance day and enjoy yummy breakfast and lunch treats! ☺

2011 CENSUS

It is extremely important to fill out your census package. This information collected by the government also helps to determine the amount of funding to be provided for our programs. The government bases this information on regional populations. The Band survives off of proposal based funding from the government i.e: Employment Services, Post Secondary & Education Funds, Training Funds, etc..

If you require assistance with completing your Census package, our office will be more than happy to assist you in completing it and mailing it away on your behalf.



Come in and check out our Job Posting binder, updated frequently

Our Friendly Staff:

Alexis Roper - ext: 6843
Employment & Social Development Manager

Starr Alexander - ext: 6831
Social Development Program Administrator

Pat Large - ext. 6867
Career Development Practitioner

Jill Stauber - ext. 6821
Career Development Practitioner

Monica Florence - ext: 6865
Administrative Assistant

228 Client Visits!

SUMMER IS AROUND THE CORNER!!

For all those post secondary students and youth, summer employment is coming up fast. Most employers are hiring already for those summer seasonal positions. Let's get a jump on it and get your resumes updated or if you don't have one, let's get you one! Also, if you need your drivers license, come see us for assistance in obtaining your L, N or Class 5.

Come in or phone 604-796-6865 to make an appointment with a CDP to get you prepared for summer employment. We can also assist you with cover letters, job search and interview skills.

We're excited to help you succeed!

The employment services that are provided at Seabird Island are funded by SASET through an agreement with Service Canada. First Nation people who are status/non status, live on/off reserve and Inuit individuals who seek employment services are welcome to access these services.

Bertha Greta Peters Memorial

Science Achievement Award and Math Achievement Award

What:
An award provided by Spectra Energy towards the Bertha Greta Peters Memorial, to be awarded to students graduating from Grade 12 at Seabird Island Community School, Lalme' Iwesawtexw, to promote high achievement in Science and Math.

Amount:
\$500.00 will be awarded towards each Science and Math Achievement Award (maximum 2) at the Seabird Island Education/Community School Awards in June 2011.

How to Apply:

Applicants must submit a completed application form and a letter or essay explaining how she/he meets the requirements of these Awards. Two Letters of Support from school teachers, counsellors, or administrators must be attached to the application.

Deadline:

Completed applications must be submitted to Shari White, Principal of Seabird Island Community School (fax 604-796-3068) by Friday, June 10, 2011.

Incomplete applications will not be accepted.

If you have any questions about the Bertha Greta Peters Memorial Science and Math Awards, or the application process, please feel free to contact Shari White or Debbie McGregor at the Seabird Island Community School (phone 604-796-3061) or Rod Peters at Native Education, School District #78 (phone 604-869-2842).

Bertha Greta Peters Memorial

Science and Math Achievement Awards

Application Form

(Please print clearly)

Name: _____

Address: _____

Phone Number: _____

Aboriginal Ancestry/Band: _____

Age: _____ Grade: _____

IMPORTANT: In your own words, tell us about yourself in a one-page letter or essay. Describe your future goals and reasons why you feel you should be selected to receive this award. Please include any volunteer work, work experience (paid or unpaid), as well as your involvement in local Aboriginal cultural activities throughout the school year.

Please ensure that you have provided the following information:

- Letter or essay explaining your Educational/Career Goals and expectations in Science;
- Copies of your Terms I, II and III Report Cards;
- Age and grade;
- Aboriginal Ancestry and Band; and
- 2 Letters of Reference from school staff (teachers, counsellors or administrators).

Questions regarding your application should be addressed to Shari White, Principal, or Debbie McGregor, Vice-Principal, Seabird Island Community School (phone 604-796-3061; fax 604-796-3068) or Rod Peters, District Aboriginal Education Coordinator, School District #78 (phone 604-869-2842; fax 604-869-7400).

Application Deadline: Friday, June 10, 2011.

Submit to: Shari White, Principal
Seabird Island Community School
PO Box 530
Agassiz, BC V0M 1A0
Fax # 604-796-3068



MAY 2011

YALE TREATY WILL IMPACT STÓ:LŌ RIGHTS & TITLE!

What you need to know!!

If the Yale Treaty is implemented as is, we the Stó:lō will forever:

- ▶ lose the ability to exercise our rights and title to lands in the canyon!
- ▶ be considered trespassers on our own land!
- ▶ lose our tradition of passing down our ancestral fishing & dry rack sites to future generations! and
- ▶ require permission from Yale to access sacred heritage sites and continue Stó:lō cultural practices in the canyon!

Defending our Stó:lō Rights & Title

In 2010, Yale First Nation, Canada and British Columbia initialed the Yale First Nation Final Agreement ('Treaty'). This Treaty, if finalized as is by B.C. and Canada, will give Yale First Nation 217 hectares of former Indian reserves plus 1,749 hectares of 'other lands' in and around the Lower Fraser Canyon as fee simple/private property -- for their exclusive use and benefit. **THIS WILL IMPACT YOU!** Since Time Immemorial *all* Stó:lō shared the resources and lands

of the Lower Fraser Canyon as part of our Stó:lō title and rights. The Canyon is an integral part of S'ólh Téméxw (Our Land; Our World) -- housing many of our sacred sites, ancestors' remains, and providing a place for us to practice our ancient culture. The Yale Treaty will irreversibly violate our laws of the land and our ancient tribal and family arrangements by which we maintain our Stó:lō rights and title to S'ólh Téméxw and to the Canyon, specifically.



Stó:lō Nation

WORKING TOGETHER TO DEFEND STÓ:LŌ RIGHTS & TITLE




"S'ólh téméxw te íkw'elò. Xólhmet te mekw'stám ít kwelát."
"This is our land. We have to look after everything that belongs to us."

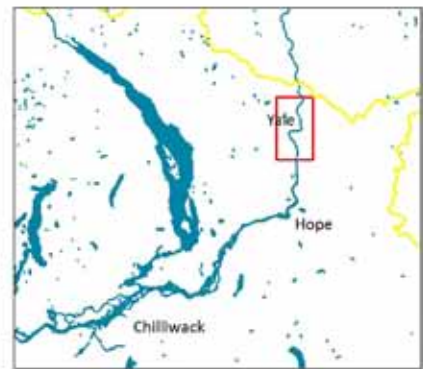


Stó:lō Tribal Council

Yale Treaty Settlement Lands

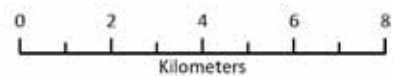
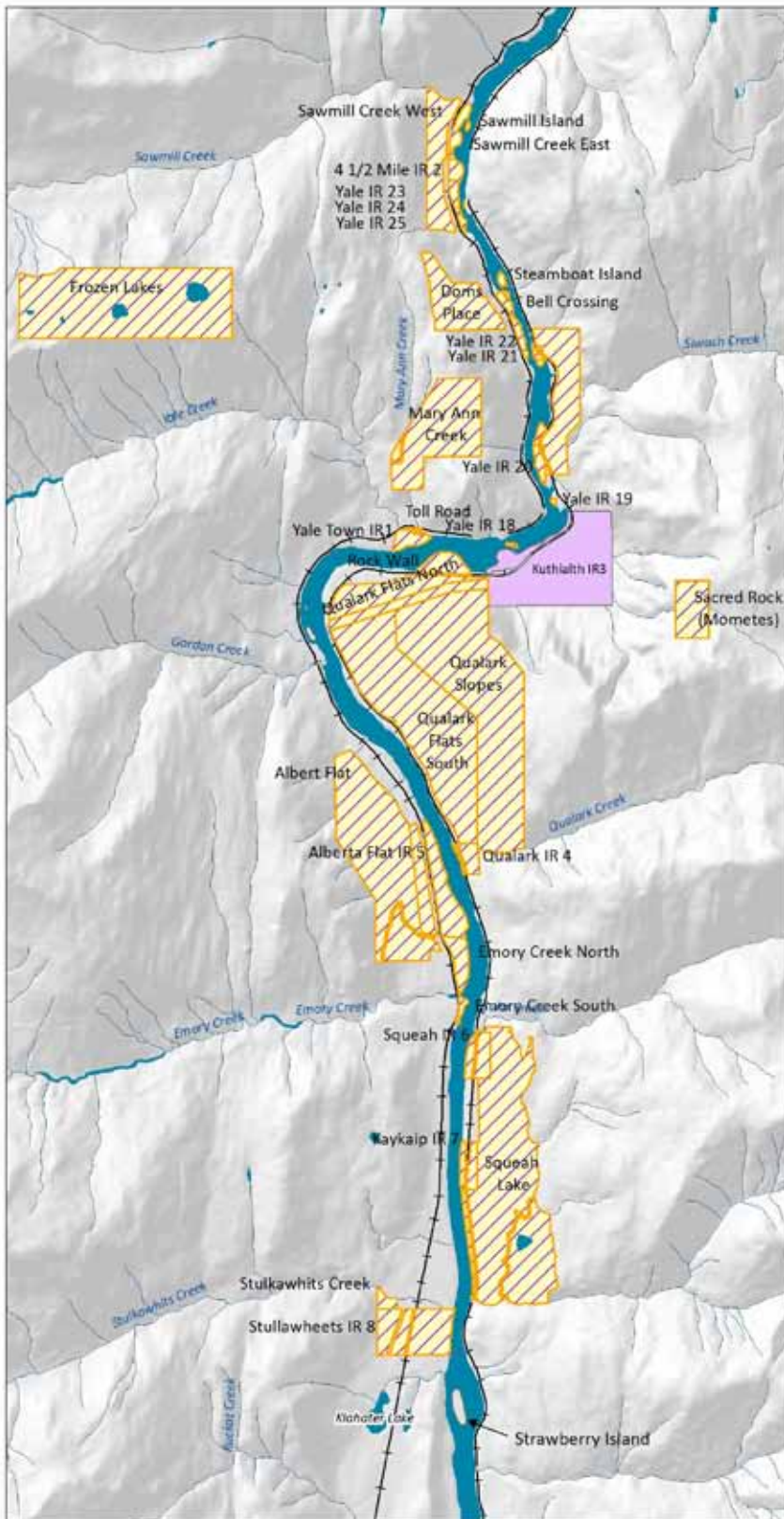
Legend:

-  Yale Settlement Land
-  Other First Nation Reserve
-  Waterbody



Yale Treaty Settlement Lands:

217 hectares of reserve lands
 1,749 hectares of additional lands
1,966 hectares
 fee simple/private property



Stó:lō will lose ability to exercise rights & title to lands in the Canyon forever!

For thousands of years Stó:lō have lived in and used the Lower Fraser Canyon. It is a unique and irreplaceable part of S'ólh Téméxw. Stó:lō families from all over come every year to fish in their traditional fishing sites, build dry racks and dry fish. The Canyon houses ancient Stó:lō burial grounds, trails and heritage

sites. The lands and waters in and around the Canyon, including areas such as the Frozen Lakes continue to be the location for Stó:lō cultural practices and traditions. The Yale Treaty proposes to give those lands to Yale First Nation for their exclusive use. That means Yale First Nation could exclude Stó:lō from using its ancient tradi-

tional territory. Chief Hope has indicated that he will demand permits from Stó:lō to use the Canyon and that he will exclude those he wishes to exclude. Yale First Nation will become the gatekeeper of the Canyon and Frozen Lakes. Stó:lō will only be able to access the Canyon if Chief Hope says so.

Stó:lō will be considered trespassers on our own land!

If the Yale Treaty goes into effect as is, Yale First Nation will own large parts of the Lower Fraser Canyon (see map on page 2) in fee simple. Fee simple ownership means that they will have the legal right to ex-

clude Stó:lō from using “their” land. If Stó:lō do try to access their fishing sites Yale can call the police and have you forcibly removed. They can also have Stó:lō charged with trespassing simply for doing what Stó:lō

have done for thousands of years. All because the Yale Treaty will take lands that have always been shared by all Stó:lō and give them to Yale.

Stó:lō will lose our tradition of passing down ancestral fishing and dry rack sites to future generations!

Stó:lō families have always passed down ancestral fishing and dry rack sites to future generations. This is one of the ancient Stó:lō traditions and is a mark of ownership. The ability to exclude others and the ability to determine who inherits a site is a clear indication that Stó:lō own those fishing and dry rack sites. With a stroke of the pen, when the Yale Treaty comes into

effect that will change. Stó:lō will no longer have the legal right to determine who inherits fishing and dry rack sites because Yale will “own” them.

Continued on page 4...



Frequently Asked Questions

Could Yale develop the land and our sacred sites?

Yes. Yale will own these lands in fee simple, meaning the only restrictions on development will be under BC laws. Yale will have no legal obligation to consider Stó:lō in making decisions about development. For example, they could clear-cut the area, or agree to mining or hydro developments that would dramatically change the environment in the Canyon. Stó:lō will have no say in such developments if the Yale Treaty goes into effect as is.

What does that mean to me; I have a fishing site in the canyon?

It means you likely won't have a fishing site in the canyon anymore. You will have to get a permit from Yale First Nation who can state where, when and how you can fish. If they deny you a permit you can either obey them and cease to fish on your site, or take them to court for a long costly legal challenge claiming they denied you access “unreasonably”.

What Stó:lō are doing:

Declaration

Part of our strategy is working together to defend ourselves against impacts of the Yale Treaty, so we have made a Declaration of our aboriginal rights and title to S'ólh Téméxw and the Canyon (see insert).

To support this effort, as united Stó:lō, **PLEASE SIGN** the Declaration and send it to:

**Stó:lō Government House, Bldg 8B, 7201 Vedder Road
Chilliwack, B.C. V2R 4G5**

Stó:lō will require permission from Yale to access sites in the Canyon!

Chief Hope has said he will implement a permit system for access to the Canyon fishing sites and dry racks. At this time we do not know if he means that Stó:lō will require a permit for each visit or whether he means the permit for

weekly, monthly or seasonal use. He has made it clear that he intends to treat Stó:lō no differently from any other individual who might ask for a permit. This is a clear denial that Stó:lō have any rights or title in the Canyon.

Yale's vision of the future! According to Chief Bob Hope...

"As far as negotiating...access for the Stó:lō, well...it ain't gonna happen, not in Yale's Treaty— there will be no reference to the Stó:lō in the Yale Treaty!"

"Anyone who wants to cross our land to get to the river or camp on our land...we expect them to make an arrangement to come on our land. Can't discriminate...Same as anyone else...when it comes to access for your people (Stó:lō)."

"I'm not agreeing that this is shared territory...the Aboriginal right is asserted but haven't seen any real great evidence yet of the Stó:lō having aboriginal rights in our territory."

"That's ours, that's our territory. It was and still is. Won't be given away because some Stó:lō have wishful thinking..."

"Post effective date our lands will be private property...failure to do so (get permission from Yale) will result in your people being charged. It's simple."

"Who should manage the territory?...Sure as hell won't be no Stó:lō..."

The Stó:lō view:

FROM OUR FISHING FAMILIES...

"[the Yale Treaty] would really have an effect on our family, because that's what we rely on for food for the season, wind-drying...our children and grandchildren love it... I hope it is going to continue, like my nieces and nephews now they can't wait for wind-drying season... I think that some of the greatest teachings my parents taught us up there is to get along, take care of one another, that's how it's always been and we all keep that tradition alive."

"What really bother's me about that [Yale] Treaty is that the Chief, Robert Hope... his grandfather was the second Chief of Seabird Island, and his name was Alfred Hope, and... his wife, we used to call granny... We're related to them too... Family telling family you've got to do without, you've got to come ask me permission."

"Our people still do the wind-drying to this day ...whole families move up the canyon in June. This is our lifestyle, the way we live ... we survive by the river."

"We have been doing dry rack for thousands of years. It still remains very important; culturally important...It's part of who we are."

YALE ARE STÓ:LŌ!

It is important to know your history. The government created the 'Yale Indian Band' and 'Yale Indians' through the Indian Act and Indian Agency administration. *Xwoxwelá:łhp*, from which the Yale Band was created, is one of many villages of the Upriver Tribe of Stó:lō. 'Yale' are Stó:lō. We share this land. This is a fact of our history. This fact cannot be changed by the government. Our land cannot be stolen from us by a vote of 66 Yale Band-members. Facilitating this theft is an unconscionable act of the government.

What do Stó:lō want? What are Stó:lō going to do about the Yale Treaty?



What do Stó:lō Want?

- Unfettered ability to CONTINUE to exercise Stó:lō rights and title in the Canyon as we have done since time immemorial.
- That can be accomplished by a SHARED territory agreement. Or

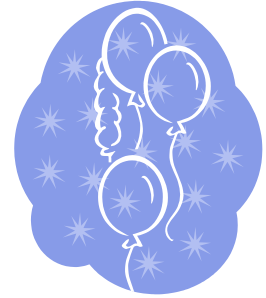
creating the Canyon as a SHARED cultural heritage site.

- Government to live up to their treaty commitments and principles—that shared territory disputes would be dealt with BEFORE agreements are signed.

What are Stó:lō doing?

The Yale Treaty threatens to steal Stó:lō rights and title. Stó:lō Nation and Stó:lō Tribal Council have joined together and have committed to do everything possible to protect Stó:lō rights and title in the Lower Fraser Canyon as we have always done.

Education & Community



Service Awards Ceremony

Annual Year End Awards Ceremony, recognizing and honouring the accomplishments of our students and community members for all of their hard work and contributions throughout the year.

When: Wednesday June 29th, 2011

Where: Seabird Island Band Office Gym

Time: 5:00pm-8:00pm

High School Students Grade 7-12

Last Student Allowance Payment: will be released on **June 22, 2011.**

Students will be able to pick up their student allowance from Kelly Chapman-Student Services Worker located at the Seabird Island Band Office.

Post-Secondary Application Deadlines

Interested in pursuing post-secondary education, OR already a continuing studies student???
Remember these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

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

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

Aboriginal Practical Nursing Program

School is out! Out of the classroom that is.

On June 3rd the Aboriginal Practical nursing students leave the classroom behind and head out to their 6 week acute care practicum experience; immediately following this they each will go off to a 5 week preceptorship where they will be paired 1:1 with an LPN working in the health care industry.

For these students this is the end of a long, exhausting and thrilling 1.5 year road trip. Once they have completed these 2 experiences they will have completed the Practical Nursing Program and be able to write the Canadian National exam which will give them the designation of Licensed Practical Nurse.

“It’s been a rewarding experience watching these women grow and evolve into the nurses they have become. I am honoured to have been chosen to participate in this ground breaking program” says Program Coordinator Laureen Duerksen.

It is our hope to be able to offer the Practical Nursing Program again in 2012 and are accepting names for our waiting list. If you are interested or know someone who would make a great nurse please contact Alexis Roper in the Seabird Employment and Education Center 604-796-6843 or Laureen Duerksen in the Health Care Programs office, 604-793-5663.



From front to back: Val Bobb, Brittani Harris-Fontaine, Bonnie Nickel, Racheal Peters, Eleanor Joe, Cecilia Henry, Shannon Leon, Sarah McNeil, Jaime McIntyre
Missing from the photo is Toni Winterhoff.

Retiring... Pension Information

Government MP's after three years of work take home a pension for the rest of their lives of \$100,000 per year. While the average Canadian's pension starts at the age of 65 and their Canada Pension Plan pays \$6324.00 to a maximum of \$11,520 per year that's only \$527.00 to \$960.00 per month. This is why we ask, please do not ask for or take money from our Elders, who need to pay rent and live on small incomes.

If you are lucky and work for an employee that has pension plan where they will help you save for retirement, you will have a bit more when you retire. However it is still highly recommended that you start saving towards your own retirement as soon as possible.

The best time to start a Retirement Savings Plan RSP is as soon as you begin your working career. The sooner you start saving, the more time your money has to grow and the more financially secure your retirement will be.

While it is possible to catch up should you delay starting your RSP, you will have to save more to achieve your retirement savings goals. There is a high cost to waiting, as the following chart shows.

This example assumes a very small amount of contribution (\$1 a day or \$365 a year) and even at such small amounts, a one-year delay adds up to more than \$5,000 difference by the time you

are 65 years old! A five-year delay would cost you more than \$40,000. You can easily imagine what a difference even a year or two would make if you made your maximum annual contribution.

An RRSP is a retirement plan that we register and that you or your spouse or common-law partner establish and contribute to. Deductible RRSP contributions can be used to reduce your tax. Any income you earn in the RRSP is usually exempt from tax for the time the funds remain in the plan. However, you generally have to pay tax when you cash in, make withdrawals, or receive payments from the plan.

Begin Saving at	Total Savings at age 65	Cost to wait
Age 25	\$77,968	\$0
Age 26	\$72,500	\$5,468
Age 30	\$36,890	\$41,078

There is no lower age limit on when you can start contributing to an RSP. If a child has earned income in any given year, he or she will have contribution room in the following tax year. Any unused contribution room can be accumulated for later on, or can be used the year the income is earned. This alone is a good reason for a child to file a tax return. The earlier you start contributing to an RSP, the more financially secure you will be throughout your lifetime. - (NC)

Lalme'Iwesawtexw

MAY

19 Instructional Days; 95 Instructional hours; 3 Non-Instructional Days

School Wide

- 1 World International Labour Day – World celebration of all the workers who contribute to the socio-economic welfare of the entire world.
- 3 World Asthma Day
- 3 Primary Bowling – Kindergarten to Grade 2 participate in a bowling extravaganza.
- 5 World Athletics Day
- 6 Parents Day Strawberry Tea – All parents and guardians of the Lalme'Iwesawtexw students are invited to share a cup of tea with others. The tea is hosted by the High school, organized by Ms. McGregor, at the Lalme'Iwesawtexw gym, 12:30 pm. Musical numbers by Mr. McGregor's band class and others:
Three songs....drumming group.....Mr. White
PARAGRAPH ON MOTHERS-----grade 5 / 6 -----Mr. Mai.
I SAID A MOTHER'S PRAYER FOR YOU----Grade 4/5 class.--Ms Eustache
EACH OF US IS A FLOWER AND EVERYDAY ANGEL--
---grade 1 / 2 class--Ms. Hayden
EINE KLEINE, ODE TO JOY AND MASTERPIECE
THEATRE ----- high school music class---Mr. McGregor
LOVE AND LADYBUGS poem---- Kindergarten---Mrs. Nowak
THE SUNFLOWER poem----grade 3 / 4 class-----Mrs. Watson
ALPHABET CHANT----- K/1 -----Mrs. McKerrow
BUBBLE GUM MOM----- grade 1 / 2 -----Mrs. Marchant
- 8 World Red Cross Day
- 10 World Lupus Day
- 15 International Families Day
- 20 Non-Instructional Day
- 23 Victoria Day – Statutory Holiday
- 25 World Meteorological Day
- 30 Day of Grace – Seabird Island Band Holiday
- 31 World NO TOBACCO Day – Purpose is to increase public awareness regarding hazards of tobacco use and abuse. Inform consumers about the business strategies of tobacco industry and trade. Promote healthy lifestyle and habits among people; devise ways to protect the future generations from tobacco abuse.

High School

- 6 High School Term 4 Interims – sent home.
- 10 Mini Track Meet – The High School PE teachers with the help of Mr. Pauls organized a mini- track meet to end the Track and Field Unit. The entire PE program participated in four events: 100 metre sprint, 200 metre sprint, shot put, and discus. The fastest 100 metre sprint for male – Meeskha Alexander (9:26) , female Brandi McNeil (9:72); fastest 200 metre male – Meeshka (27:05), female – Brandi McNeil (30:20); farthest shot put male – Justin Paul (55 feet), female – Sheila Stewart (42.5'); farthest discus male – Meeshka Alexander (61'), (Amber Charlie 49'). We finished with two rounds of 100 metre relay. Congratulations on those who participated and thank-you for all the “extras” from the teachers.
- 13 Attendance Incentives – Missing two (2) days: Tamika McNeil, Skyler McNeil, Raven McIntyre, Doreen McIntyre, Bo Peep John, Cody Edwards, and Haley Dunstan-Garwood. Missing one (1) day: Tyrone Sepass, Katie Habsburg, Nick Fillardeau, Gilbert August, James Birch, Robert Blankin, Tamika Stump. Missing a half (½) day: Denise James, Margret Fraser, Olivia Blenkin. One Late: Dimitri John. PERFECT Attendance: Kala Alexander, Justin Blenkin, Nicole James.
- 15 Rita Lihaven Memorial Run – The Young Warriors Run Club tackled a 5K trail run in Kwakawaka Lake, Hope BC. BIG Thank-you to Mr. Armstrong who volunteered to drive the bus, early Sunday morning and to all the parents who woke up and drove their athletes to the school! Denise James, Nicole James, Sherice Hulbert, Ricki Greene, Tamika Stump all made the 5K run in under 40 minutes! Honourable mentions to Jennifer Nowak, Jerri-lynn Bogart, and Kathleen Louie. Thank-you for your support!
- 16 High School Sweat – with Mr. White
- 17 Softball Game VS Chehalis – at Chehalis pending weather.
- 18 Grad Photo's - 4 students are at the studio all afternoon for Grad Photo's

Elementary

- 3 K-1 Bowling
- 6 Elementary Term 3 Interims – sent home.
- 10 EBS Primary Zoo Field Trip – At the Greater Vancouver Zoo the 67 EBS awardees , 13 parent volunteers 4 supervising teachers, 4 Teacher Assistants and 2 bus drivers rode on the train saw lions being fed, watch the raptor show (owls, falcon and hawks flying). Walk around the zoo and saw, hippos, giraffes, lions, a tiger, bears, eagles and snakes, monkeys and lots more. The weather was great and fun was had by all.
- 18 Invitational for our Elementary classes to the Theatrical Performance by the Agassiz Christian

Lalme'Iwesawtexw

19 Bake Sale – Elementary School Foyer proceeds go towards field trips.

24 Agassiz Community Garden – Primary will travel to the Agassiz Community Garden to observe their potatoe garden. The students will attend every Tuesday from May 24 to June 14.

31 Swimming Lessons – for elementary students commence. Contact your teacher for information.

Home reading book program recognition from Mrs. Marchant's grade One/Two class.

Katelyn Ellsworth has read 89 books this year

Wayne Peters has read 83 books this year

Hunter Silver-Kay has read 83 books this year

Cora-Anne Bobb has read 79 books this year

Marissa Hulbert has read 69 books this year

Brooke Coles has read 65 books this year

Tattiana Flippin has read 55 books this year.

These students have been borrowing books from the class lending library and returning them regularly. The whole class has read a total of 880 books so far this year and we still have ½ month of school to go. I would like to thank all the parents who support their child's learning from home. Ways to go families!



JUNE

High School: 8 Instructional Days; 40 Instructional hours; 14 Non-Instructional Days

Elementary School: 13 Instructional Days; 60 Instructional hours; 7 Non-Instructional Days

Please re-register students for September!!!

1 Cultural Sports Day

1 International Children's Day

2-3 Ms. Eustach's Theater Troop Workshop

5 World Environment Day

6-7 Mr. Mai's Theater Troop Workshop

8 Year End Pow-Wow

8 World Ocean Day

9 Lalme'Iwesawtexw Awards Day – from Kindergarten to Grade 12

10 High School Fun Day

10 Last Day for High School

13-17 High School "Catch-up" Week – Study for exams

14 World Blood Donor Day

17 High School Report Cards – mailed home

17 Elementary School Report Cards – mailed home

17 Elementary Fun Day

17 Last Day for Elementary School

19 World Sauntering Day - In layman's language, saunter means "leisurely walk or stroll." But it is not a simple jog, alk, run or trot. Sauntering is a kind of strolling. It is a very stylish and casual of movement which leads anyone from one place to the other. The dictionary meaning of sauntering is taking a stroll slothfully and pointlessly but enjoying it.

20-24 Provincial Exam Week

21 Social Studies 11 Exam

21 World Music Day

22 English 12 Exam

23 English 10 Exam

History 12 Exam

24 English First Peoples 12 Exam

26 International Anti-Drug Day

27 Science 10 Exam

Communications 12 Exam

28 Math 10 Exam

30 School Closed for Summer Vacation.

See you September 6, 2011

How to Deal With a Difficult Ex-Spouse



Separation does not automatically put an end to strife between the couple, and parenting issues may not unfold easily. It is often the children who become the reason for continued contact and can be the excuse to continue the unhealthy patterns that broke up the couple in the first place.

Write everything down: subject, date, time. This could help you with future dealings, conflicts, even with court dealings.

Writing it down is also therapeutic and will help you get things off your chest.

The main rule: protect your children from the conflict as much as possible. However, it is possible that the bitter party may degrade the other in front of the children and create conflicts when both parents are together. How do you prepare your children to deal with this without also denigrating the other parent?

You cannot expect your children to champion you, or to keep what the other spouse is saying a secret. Let your children express what is going on. Find counselling or support for them that is independent of your family dynamic so they can speak freely. Refuse to repay your partner in kind, no matter how hard you are provoked. Find counselling and support for yourself and take the high road with your partner.

One of the toughest juggling acts to manage is when you are separated parents and you have children with an ex-spouse who is difficult and abusive. These are NOT physically abusive situations – rather they're just annoying and challenging. But they are driving you crazy and unfortunately the kids are in the middle. Here are some tips to help you cope with this difficult person who is going to be in your life for the long haul, or at least until your children grow up and go out on their own!

First, your ex-spouse should be civil to you. If they are abusive, you do not need to put yourself in a situation where you are subject to that abuse. In addition to what the court says, you do have the right to set some boundaries for yourself and the kids as long as they are practical and reasonable.

Remember that he/she no longer controls you. You DO have a choice as to how you interact with your children's father or mother. For example, if your ex-spouse uses the telephone to berate you, request that they communicate with you in the future in writing. While you do have an obligation to communicate with them about the children, unless it's an emergency, it doesn't mean you must accept abusive phone calls. Just verbalizing these words will give you a greater sense of control over your world. You will no longer feel like you are a victim, subject to their ranting and raving.

Set some ground rules so you have some peace and joy in your life. For example, ground rules might include:

- You are welcome to call between the hours of 9am - 9pm. We will not accept phone calls before or after those hours, unless it is a valid emergency (someone is dying, bleeding, missing, etc.)
- Swearing or abusive language will not be tolerated. If it occurs, I will cease communication with you in person. You can communicate with me regarding the children only, and that will be done in writing. (This will also help you should you have to go back into court for any reason in the future)
- Gifts to the children of a dangerous nature are not allowed in our home. If the ex-spouse plans to give the child a pocket knife for example and you do not agree it is appropriate, and you cannot talk the ex-spouse out of it, then you can require the gift be left at their home – not yours

DEALING WITH SEPARATION



Put up a good front for the kids. You are teaching them how to behave through your words and actions. While their father/mother may not be behaving in an adult and respectful manner, they will gain strength and wisdom from you if you can maintain that adult role. You will hear it from them years later when they admit that "Dad" or "Mom" could have

done things a little bit differently. Kids are perceptive and they figure out pretty quick who is the strong one and who is not. By strength, I mean mature strength, not just power.

Lose a battle to win the war. There are times when you will have to suck it up and let something occur that you know he/she is doing just to get back at you. But remember that all battles are not worth winning at the expense of losing the war. Bide your time, take the high road no matter how difficult it feels in the moment, and you will find yourself in a better position in the future. There will be a time (I guarantee it!) when your difficult spouse will need your help. Perhaps it's when the teenaged child is visiting them, they have an argument and the child takes off. You know their favorite hangouts and you are able to coerce your son or daughter back home to safety. Certainly, never back down if the child's safety and well being is at risk – those are always battles worth fighting for!

Regardless of the situation, your ability to be the more mature and stronger one will not only help you build a more positive, loving relationship with your children, but also turn your ex-spouse around (eventually) if you try to do the right thing. ***If you allow yourself to get sucked up in the game playing, then it will only serve to extend the pain and agony you are experiencing right now.***

Resource: <http://laurabenjamin.com/2010/01/25/dealing-with-difficult-ex-spouses/>



Get outside BC

Are You

Passionate about the outdoors and leadership?

Wanting to make a difference in your community?

Become a natural leader!



Get Outside BC!

If you live in BC and are between the ages of 14 and 18, you are invited to apply to this all-expenses paid program.

1. JULY 5 – 8: Youth Leadership Summit in Squamish

Build leadership skills, go hiking, network with 40 other youth from across BC, meet inspiring mentors and learn about cool green jobs.

2. AUGUST 12: International Youth Day

Plan and host your own outdoor activity or event in your community.

3. OCTOBER 2011: Reunion with Leadership Summit participants

Share your successes and make plans for future events.

TO APPLY – please go to www.getoutsidebc.ca





Seabird Community School

Adult Programs

CONTACT INFORMATION

Phone: 604 796 6896

Fax: 604 796-3729

dianneparkinson

@seabirdisland.ca

Mobile Programs may be available in your community

Brief Description of Programs

PROGRAMS PLANNED FOR SEPTEMBER 2011

- Aboriginal Responsible Adult
 - Business Technology
 - Carpenter Levels 1 & 2
 - Community Support Worker
 - Professional Cook I
 - Hair Stylish/ Cosmetologist
 - Dental Assistant
 - Graphic Design
 - Heavy Duty Equipment Technician 1&2
 - Heavy Equipment Operator
 - Information Technology
 - Painter and Decorator
 - Plumber Levels 1 & 2
 - Teaching Assistant
 - Wall & Ceiling (steel stud & drywall)
 - Speech and Language
- Teacher directed individualized courses including:**
- Biology 12
 - Math 11 Academic
 - Trades Math 10 -11
 - Math 9 -12 Academic
 - English 10- 12 Academic
 - Communications 11-12
 - Intro to Computers
 - Adult Literacy
 - GED Preparation\



ABORIGINAL RESPONSIBLE ADULT

The program provides a general overview and working knowledge of early childhood and is designed to meet the child care licensing regulations for Responsible Adult positions and volunteers in Early Childhood Programs.
Duration: 3 days



BUSINESS TECHNOLOGY

- Microsoft Office Level I (BCA) includes a good working knowledge of Microsoft Word, Excel, Access and Power Point).
- Microsoft Office Level II(Data Management) Advanced Microsoft Word, Excel, Access and PowerPoint, Publisher).
- Introduction to Accounting: (Accounting 11)
- Simply Accounting (Accounting 12)
- English For Business
- Business Information Management:
- Management Innovations: Learn how to organize for business
- Entrepreneurship: Learn how to set up and run a small business
- Marketing

CARPENTER

- Safe Work Practices
- The use of hand and power Tools:
- Wood Frame Construction
- Concrete Formwork
- Employability/Essential Skills



PROFESSIONAL COOK I

A Professional Cook performs all phases of kitchen activities including preparation and presentation of vegetables, soups, sauces, meat, fish,



poultry, cold kitchen items, deserts, baking, pastry, . They also do basic menu planning and costing and have knowledge of safety, sanitation, food storage and human and customer relations.

HAIR STYLIST COSMETOLOGIST

The program covers all the learning outcomes of



the trade and trainees will write the final exam;

however, they will have to complete their required hours before receiving certification

DENTAL ASSISTANT



Dental assistants perform some or all of the following duties:

- A. Polish teeth and clinical crowns and apply fluoride and sealant
- B. Take preliminary impressions for diagnostic casts
- C. Fabricate temporary crowns and restorations.
- D. Prepare patients for dental examination and assist the dentist during the examination
- E. Sterilize and maintain instruments and equipment
- F. Prepare dental instruments and filling materials
- G. Educate patients concerning oral hygiene

GRAPHIC ARTS/ PRE-PRESS

Graduates to work in the pre-production sector of the Print industry.

Course content:

- The use of Graphics Software
- Principals of design
- Create and manipulate images, for a specific effect
- Use principals of design and knowledge of graphics software to create products for end users

HEAVY EQUIPMENT TECHNICIAN

Heavy-duty equipment technicians perform some or all of the following duties:

- A. specialize in specific types of machinery such as tracked vehicles, or in engine overhaul, power shift transmissions, fuel injection, hydraulics or electronics.
- B.B. Check bulldozers, cranes, graders and other heavy construction, agricultural, logging and mining equipment for proper performance and inspect equipment to detect faults and malfunctions
- C. Diagnose faults or malfunctions using computerized and other testing equipment to determine extent of repair required
- D. Adjust equipment and repair or replace defective parts, components or systems, using hand and power tools
- E. Test repaired equipment for proper performance and to ensure that work meets manufacturers' specifications

HEAVY EQUIPMENT OPERATOR

Heavy Equipment operators operate heavy machinery for a wide variety of heavy construction, earth moving, road building, mining and forestry projects. Certified operators may also be responsible for basic maintenance of equipment

Health Comic



June 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Center Community/Band Members: FREE Non-Community: \$30 month or \$2 drop in Staff: \$1 drop in				
ELDERS 10AM-11 AM 		ELDERS 10AM-11 AM BRING A FRIEND FREE (13+, PER PAID PERSON)		OPEN 8AM-4PM
Evening Recreation in the Gym Community/Band Members: FREE Non-Community: \$30 month or \$2 drop in Pre-Paid Cards Available! Open at 5:30pm, close at 8pm.				
OPEN 	OPEN	OPEN 	OPEN	CLOSED P.M.

Note: Stamp cards available for fitness center. Work out for **1 hour 8x a month**, and get entered to win a gift card!

Note: Fitness center and gym will be closing in the evenings at the end of June for the summer, and will reopen in September. It will still be open 8am-4pm during office hours.

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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
E-mail: 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 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 or 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 (1st) of each month

Youth Feature of the Month



Chanea Malina Maxine Gabriel was born on December 11, 1991 in Madras, Oregon, giving her dual citizenship between the US and Canada.

Chanea attended Kent Elementary, Agassiz Christian School, Unity Christian School, Seabird Island Community School (SICS), and then Agassiz Elementary Secondary School (AESS) for her final graduating year.

One of her favorite memories at SICS is having the opportunity to participate in the building of the sweat lodge. This involved cutting trees and branches, trying them together to form the sweat lodge, placing the blankets on top. She also really enjoyed canoe pulling in her Physical Education class as it allowed her to take the younger grade six class out on the canoe and teach them. Other memories Chanea shares, "Learning who I am and being able to share how I feel and what I believe in with different people. Learning how to communicate, how to be outgoing with everybody that you meet." Graduating at AESS was a huge memory and was one of the reasons that she believes that 2010 has been the best year of her life ("so far" she adds with a smile).

I asked Chanea what she likes about living in the community of Seabird Island, she responded, "Well, living in Seabird is big but still so small. Everyone knows each other. People helping people. You get close with your neighbors and know that they would be able to help you." I asked her about volunteering she replied, "I was taught by my family to help when someone needs help. If someone needs a rest, or if someone needs help, you just help." Chanea has helped in the kitchen with various community events and adds that she has done a lot of dishes in that kitchen!

A decision by Councillor Dianna Kay, teacher at SICS, would ultimately result in Chanea having the best year of her life (so far) Dianna approached Chanea and explained how the Assembly of First Nations (AFN) was accepting applications for a First Nations Youth to carry the torch in the 2010 Olympic Torch Relay in BC. The successful applicant would represent First Nations youth of BC, through the AFN. Once Dianna submitted her nomination/reference letter, Chanea then had to submit an essay on why she believed she could represent the AFN as well as her community. She still has the e-mail that she received congratulating her on becoming the successful applicant! And she recalls the day she opened that e-mail and the emotions that ran through her! She could have been placed anywhere along the route in BC, but was able to represent BC right here in her own community! She smiles as she remembers that huge honour. Councillor Dianna Kay nominated Chanea because she could see "a lot of motivation, cultural connectedness and prospects for the future."

Chanea's passion is pow wow dancing. She has been dancing since before she could walk. Her mother, Danielle Gabriel, would carry her out on the floor to dance in the Tiny Tot category. She mainly dances Traditional, but during specials will dance Jingle and sometimes even Fancy. She was taught that although it's nice to place, it's not all about winning competitions. When Chanea dances, she prays for the ones who can't be there, for those who

Elder Feature of the Month



Virginia Aleck (nee Seymour) was born to Philomena and Gus Seymour on October 9, 1940. Her siblings include: Clem, Ronnie, Eddie, Reta, Winnie and Barb and they all grew up on Seabird Island in a house near Chief Clem Seymour's current house. Virginia remembers walking to Seabird Island Day School, where she completed up to Grade 6, with Barb

Chapman, Audrey Ewen, and Elizabeth Peters. After grade 6, she started helping out with fishing with her grandmother Evangeline Pete up in Chawathil. She also helped take care of her mother who was quite ill.

Virginia says she spent pretty much all of her life here on Seabird. She has six children: Matilda, Evangaline, Charlie, George, Raymond and Victor, and numerous grandchildren and great grandchildren! She married Peter Aleck here on Seabird Island five years ago with the ceremony officiated by Wendy Ritchie.

You can usually find Virginia working at the Elders Bake Sale table in the foyer of the Band Office. She cooks and bakes for the weekly sales. Virginia is also part of the Seabird Island Elders Group and has travelled with them to Alaska (3 times) and is currently helping with fund-raising to go to Las Vegas! Virginia is also part of the Coqualeetza Elders and enjoys helping out and participating with their events.

Virginia enjoys crocheting, and beading but also likes the outdoors; gardening, and walking.

When asked to share a special message to the community, Virginia says, "I like to see everyone take care of our children. Meditate for all the children on reserve".

can't dance, for herself and that energy helps you feel better! Her biggest dream for pow wow dancing is to go the Gathering of Nations in New Mexico.

Chanea's passion for travel is what spurs her to participate in the Family Travel Club with Seabird Island. She has travelled to California as well as Hawaii with the Travel Club and has fond memories of both.

Many of the younger children on Seabird will know Chanea from her years working with the Summer Program as well as the lunch time supervision for grades K-6 at SICS.

Chanea currently attends Seabird Island College and is registered in the Level 1 Halq'meylem course. Her goal, once she upgrades English 12, is to go to University of the Fraser Valley and complete the NITEP program so that she can become a Halq'meylem Instructor!

Chanea's message to youth is: If you have a dream or a goal, try your hardest to achieve that goal! And when you are learning something new, try to be open minded, because you never know

Male PMS: Irritable Male Syndrome

Share <http://www.healthtree.com/articles/pms/male-pms> on Twitter

When most people think of PMS they think of women. However, researchers recently discovered that many men suffer from a condition similar to PMS called irritable male syndrome (IMS). Men with IMS often experience mood swings, stomach cramps and even hot flashes. These symptoms and others are caused by a drop in the male hormone testosterone.

IMS can manifest at any time because, unlike women who experience monthly hormone cycles, men experience a daily hormone cycle. Males' levels of testosterone are highest after waking and fall throughout the day.

Irritable Male Syndrome Symptoms

A variety of symptoms are linked to irritable male syndrome. A man experiencing IMS may experience the following symptoms:

- anger
- anxiety
- hypersensitivity
- irritability.

Changes in the male hormone cycle can also cause males to experience the following:

- a lack of arousal
- backaches
- headaches
- hot flashes
- sexual dysfunction
- stomach cramps.

The male version of PMS can cause men to feel antisocial and depressed and can leave them unable to concentrate.

Irritable Male Syndrome Causes

Men experience a natural drop in testosterone every day. However, there are certain outside factors that can cause testosterone levels to fall:

- certain medications
- diet (Eating too few or too many calories can impact testosterone levels, as can eating an unbalanced diet.)
- excessive alcohol consumption
- illness
- lack of sleep
- stress
- surgery.

Irritable Male Syndrome Studies

There have been a number of studies focusing on male PMS. Many of these studies have been conducted on animals. One such study was conducted on Soay sheep.

In the study, scientists noted that the testosterone levels in the sheep were highest in the autumn months, during which time the male sheep experienced an increase in mating activity. In the winter months, hormone levels dropped dramatically and the sheep become nervous and anxious around females. The decrease in testosterone also caused the males to lash out at one another.

Coping with Irritable Male Syndrome

If you think you might be experiencing irritable male syndrome, schedule an appointment with your doctor. He will be able to determine if your symptoms are caused by a natural drop in testosterone or from a more serious medical condition.

If your doctor determines that your symptoms are indeed caused by normal changes in testosterone he will likely give you advice on coping with IMS symptoms. Sometimes IMS symptoms can be alleviated with topical creams, such as male progesterone cream or Andro Gel®.

Your doctor might also suggest you take the following to help control your IMS symptoms:

- calcium
- magnesium
- saw palmetto.

Avoiding Irritable Male Syndrome

In order to help balance hormone levels and avoid irritable male syndrome, men should try to eat a well-balanced diet. Men should try to breakdown their diet in the following manner to help balance their hormone cycle:

- 10 percent saturated fat
- 25 percent fat
- 35 percent low glycemic carbohydrates (carbohydrates that are digested slowly and that do not cause insulin levels to spike)
- 40 percent protein.

With this diet plan and approximately 30 to 40 minutes of exercise each day and six to eight hours of sleep each night, most men can reduce the symptoms of IMS and stabilize their hormones.

The truth is men are as hormonally driven as women. In fact, men have a number of hormonal cycles:

- 1) Men's testosterone, for instance, varies and goes up and down four or five times an hour.
- 2) There are daily cycles with testosterone being higher in the morning and lower at night.
- 3) Men have a monthly hormonal cycle that is unique to each man, but men can actually track their moods and recognize they are related to hormonal changes through the month.
- 4) We know that there are seasonal cycles with testosterone higher in November and lower in April.
- 5) We know about hormonal cycles with males during adolescence, but also the years between 40 and 55 have what we call male menopause or andropause.
- 6) Finally, we know there are hormonal changes in men going through IMS, related to stress in a man's life.

“What we've found is that one of the primary symptoms is denial. That is, men think the problem is anywhere other than in themselves.”



NEW STAFF



New Dentist - Here Wednesdays

Cheers Dr Gerry

My wife Kim and our two daughters Anik and Olivia are extremely excited to call the Fraser Valley our home. We recently relocated to Chilliwack upon my retirement from the Canadian Forces after 20 years of service. My wife and I had the pleasure of spending a year in Chilliwack from 1995 to 1996 during

which time we quickly established a bond that we knew would ultimately become our retirement destination.

I graduated from the University of Alberta Dental Faculty in 1992 and then immediately proceeded to my first posting to the Canadian Forces Base Kingston in Ontario. There were many more posting after that; a total of nine interesting and exciting locations across Canada, the United States and Europe. During that time I had the opportunity to complete an intensive 2 year post graduate program in Advanced General Dentistry.

I enjoy a multitude of various activities however; outdoors pursuits are my most rewarding. My family and I love hiking, canoeing, cycling, and since relocating to Chilliwack have added fishing to the list (although we have yet to catch one – maybe this year).

I am very excited to be a part of the outstanding team at the Seabird Island Dental Clinic and it is my hope that I may be afforded the opportunity to be entrusted with providing you with whatever dental needs you and your family may have.



ANDREA THOMPSON

Hello! I am the new Fraser Region Aboriginal Early Childhood Development Network Coordinator and a new employee of Seabird Island Band, which is the host agency for the Network. I am working from home and just started in May, so I haven't had a chance to meet many of you yet, but hopefully we will get a chance at the upcoming festival. Thank you to

everyone for helping me feel so welcome already.

To tell you a little bit about myself, I grew up on Vancouver Island and strongly value my connection to nature and family. I feel the most centred when I am surrounded by our province's awe-inspiring mountains, lakes, forests, ocean, and creatures. As a passionate advocate for young children, my studies have focused on maternal and child well-being in the context of global health. My professional experience has involved facilitating and coordinating a variety of programs and services that support children and their families. I have worked in front-line positions with high-risk communities in Canada, Kenya, Vietnam, and Bolivia, and I am delighted to be back home in BC to address our local communities' needs. I am honoured to have the opportunity to support the Network in its promotion of culturally-appropriate early childhood development programs.

Are you thinking of starting or expanding your own business?

Stó:lō Community Futures (SCF) started a three-month Pilot Satellite Office at Seabird in 2010, and it was so successful, that it will now be an official SCF Satellite Office!!!

For the next six months, Rocio Zielinski, the Loans Manager at SCF, will be available to assist all Aboriginal people living in the Stó:lō Territory, with a wide range of business loans and services.

If you are starting, or expanding a viable business, you may qualify for a repayable loan up to \$150,000.00, with a 15% equity requirement.

If you would like to talk to her about loans to start, expand, or upgrade your business, she will be available **starting Thursday, February 3rd**, every Thursday for six months at the following:

Place: Seabird Band Office Foyer
Days: Thursdays
Time: 1:00 p.m. – 3:00 p.m.



No appointments necessary, but if you would like to meet with her, please call to schedule a meeting. If Thursday doesn't work with your schedule, you can contact Rocio directly at (604) 824-5272, or email her at scf.rocio@shawcable.com to answer any of your questions.



STÓ:LŌ COMMUNITY FUTURES

Building #10 – Third Floor, 7201 Vedder Road, Chilliwack, B.C. V2R 4G5
Tel: (604) 858-0009 Fax: (604) 858-3829
E-mail: scf.rocio@shawcable.com

Healthy Snacks for Child

- Dried fruit and nut mix
- Fresh or canned vegetables or fruit served plain or with low-fat yogurt
- Chopped raw vegetables and dip
- Pretzels or popcorn
- Toasted whole grain breads
- Soy yogurt
- Tofu hot dogs
- Chunks of avocado, cucumber, or cooked sweet potato
- Small rice cakes with peanut butter
- Fresh soybeans
- Homemade muffins or cornbread

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 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
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale ½ page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale ¼ 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 (1st) 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

Finding Jobs on Your Own

Some people believe that the difference between those who find jobs and those who do not is simply luck, but this is not normally the case. Those who find jobs are successful because they know how to conduct an effective job search. They devise a thorough plan and have a good strategy.

Positive Attitude

Looking for a job is matter of attitude. Assume a positive attitude. Remember, as a student or graduate you are now looking for the job you want. People who have already decided they do not have a chance, are not likely to succeed. Rate the following statements "True" or "False", taking note of those that rated false, determining what you might do to improve.

- I am pleased with my self-image.
- I have fulfilled some of my personal goals.
- I consciously work toward achieving my goals.
- I know what obstacles may stand between me and my goals and have devised a plan to get around them.
- I have a long-range career objective.
- I am confident the career program I have now is helping me reach that objective.
- I am continually developing my technical skills.
- I am continually developing my social skills.
- My career plan is flexible enough that I am free to alter it if I so desire.
- I have an up-to-date resume prepared.
- I seek advice and guidance of others to get an objective view on my career.
- I thoroughly prepare before job interviews, so I know as much as possible about the company and position I am applying to.
- I prepare questions to ask at an interview.
- I do my best to look neat and act courteous at an interview.
- I treat all my co-workers/students with fairness, honesty and respect.

EMPLOYMENT



Seabird Island Band Employment Opportunity (Post-Secondary Student)

Position Title: Band Office Assistant (8 week term)
Direct Supervisor: Various (depending on role)

Position Summary:

Qualifications/Requirements:

- ▶ Enrolled in fulltime Post-Secondary studies in 2011- 2012 and returning to fulltime studies in September 2011
- ▶ Interest in education and work in the health field
- ▶ Ability to communicate in a clear and consistent manner
- ▶ Good organizational, computer and communication skills
- ▶ Able to work independently ad follow instructions or work orders set by supervisor
- ▶ Ability to work as a member of a team
- ▶ Knowledge of the Sto:lo Culture, traditions and language

Primary Responsibilities:

- ▶ Provide clerical support and administrative support to the department manager, supervisor, and other representatives with in the Band office and Health Department with work activities including but not limited to; filling, typing, copying and emailing
- ▶ Clerical support as required by managers or supervisors
- ▶ Job shadowing and participation in career decision making workshops at the SIB Employment and Education Center

Standards of Service:

- ▶ Maintain confidentiality of professionally acquired information
- ▶ Provide services promptly and respectfully
- ▶ Present oneself professionally in the work place and when conducting business for the Seabird Island Band, keeping in mind at all times that one represents the Band

Shared Responsibilities:

Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry

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

Alexis Roper - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0

Phone 604-796-6843

Fax 604-796-3729

alexisroper@seabirdisland.ca

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



Seabird Island Band Employment Opportunity (Post-Secondary Students)

Position Title: Lands Research Assistant (12 week term)
Department: Health and Social Development
Direct Supervisor: Brian Jones, Economic Development Manager

Qualifications/Requirements:

- ▶ Enrolled in fulltime Post-Secondary studies in 2011- 2012 and returning to fulltime studies in September 2011.
- ▶ Strong organizational and communication skills for filing, reporting, and other required clerical support activities.
- ▶ Ability to take initiative, be creative, enthusiastic, and work well independently or as a team member.
- ▶ Strong computer (MS Word) and communication skills both verbal and written are required.
- ▶ Responsible and mature with good problem solving skills.
- ▶ Willing to work flexible hours, and balance competing priorities.
- ▶ Excellent verbal, written and listening skills for required activity reports, communication with tenants, contractors, business organizations and other departmental staff of SIB.
- ▶ Participants must successfully complete a criminal records check.

Primary Responsibilities:

- ▶ Assisting with Community Research: conducting interviews with elders; operating interview equipment; transcribing interviews from recordings to paper records; file management of community data and information; confirming research data;
- ▶ Soliciting Community input on community research: engaging youth, adults and elders (all ages); developing consistent communication through various media sources; setting up community and family meetings; note taking during community consultations; reporting back to the community;
- ▶ Reviewing and summarizing historic documents; researching and compiling components of Seabird history;
- ▶ Participating and monitoring Environmental Assessment activities; conducting soil/water/air sampling work;

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EMPLOYMENT



Seabird Island Band Employment Opportunity (Secondary Student)

Position Title: Band Office Assistant
Direct Supervisor: Various (depending on role)

Position Summary:

Qualifications/Requirements:

- Currently enrolled in high school fulltime and returning to fulltime academic secondary school studies in September 2011
- Interest in education and work in the health field
- Ability to communicate in a clear and consistent manner
- Good organizational, computer and communication skills
- Able to work independently and follow instructions or work orders set by supervisor
- Ability to work as a member of a team
- Knowledge of the Sto:lo Culture, traditions and language

Primary Responsibilities:

- Provide clerical support and administrative support to the department manager, supervisor, and other representatives with in the Band office and Health Department with work activities including but not limited to; filling, typing, copying and emailing
- Clerical support as required by managers or supervisors
- Job shadowing and participation in career decision making workshops at the SIB Employment and Education Center

Standards of Service:

- Maintain confidentiality of professionally acquired information
- Provide services promptly and respectfully
- Present oneself professionally in the work place and when conducting business for the Seabird Island Band, keeping in mind at all times that one represents the Band

Shared Responsibilities:

Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry

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

Alexis Roper - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0

Phone 604-796-6843 Fax 604-796-3729 alexisroper@seabirdisland.ca
We regret that we will only respond to those applicants chosen for an interview. We thank all applicants for their interest



Seabird Island Band Summer Student Placement (Post-Secondary Students)

Position Title: Summer Recreation Assistant 12 Week Term (2 positions)
Department: Health and Social Development
Direct Supervisor: Various

Position Summary:

- To develop and coordinate summer sports and recreational activities for the children and youth in the community.
- To assist in keeping the community informed as to activities planned for each week.
- To attend regularly scheduled department meetings as requested.
- To submit monthly narrative report of activities by the first Friday of each month for the previous month's activities to the supervisor.
- To be familiar with and adhere to the Seabird Island Band's Personnel Policies and Procedures and to sign and adhere to the Oath of Confidentiality.

Qualifications/Requirements:

- Enrolled in fulltime post-secondary studies during 2011-2012, and returning to post-secondary studies in September 2011.
- Experience in working with children and youth.
- Experience working in the hospitality industry will be an asset.
- Ability to work as a member of a team, as well as the ability to effectively interact with children and youth.
- First Aid, Babysitting, Super Host, First Host, Food Safe, and/or Customer Service training/certificates would be an asset.
- Valid driver's license an asset. Willing and able to work flexible hours
- Ability to balance competing priorities and work well under pressure.
- Excellent verbal, written and listening skills to accurately prepare and submit activity reports.
- Knowledge of the Sto:lo culture, traditions and language.
- Participants of 17 years of age and over must successfully complete a criminal records check.

Shared Responsibilities:

- To participate in community activities and functions as requested by Chief and Council.

Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry

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

Alexis Roper - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0

Phone 604-796-6843 Fax 604-796-3729 alexisroper@seabirdisland.ca
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Seabird Island Band Summer Student Placement (Secondary Students)

Position Title: Summer Recreation Worker 8 Week Term (5 positions)
Department: Health and Social Development
Direct Supervisor: Various

Position Summary:

- To supervise groups of children or youth in a recreational setting or activity.
- To assist in keeping the community informed as to activities planned each week.
- To attend regularly scheduled department meetings as requested.
- To submit bimonthly narrative report of activities.
- To be familiar with and adhere to the Seabird Island Band's Personnel Policies and Procedures and to sign and adhere to the Oath of Confidentiality.

Qualifications/Requirements:

- Enrolled in fulltime high school studies during 2010-2011, and returning fulltime in September 2011.
- Experience in working with children and youth.
- Ability to work as a member of a team.
- Ability to relate and interact well with children and youth.
- Willing to work flexible hours.
- First Aid, Food Safe and/or Babysitting training and certificates would be an asset.
- Ability to balance competing priorities and work under pressure.
- Excellent verbal, written and listening skills.
- Knowledge of the Sto:lo culture, traditions and language.
- Participants must successfully complete a criminal records check.

Shared Responsibilities:

- To participate in community activities and functions as requested by Chief and Council.

Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry

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

Alexis Roper - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0

Phone 604-796-6843 Fax 604-796-3729 alexisroper@seabirdisland.ca
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Seabird Island Band Employment Opportunity Construction & Maintenance Department

POSITION TITLE: Custodian – On-Call
DEPARTMENT: Construction & Maintenance Department
RESPONSIBLE TO: Custodial Supervisor

Position Summary:

The custodian is responsible for maintaining standards of cleanliness, on-reserve, through the ongoing assessment of conditions and cleaning needs and by taking appropriate action.

The working environment will include both indoor and outdoor work. The custodian is required to operate and maintain power tools, drive vehicles, work with chemicals and perform physical activity.

Qualifications/Requirements:

- Valid driver's license an asset
- Building Services Certificate an asset
- Experience using cleaning supplies and equipment.
- Must complete a satisfactory Criminal Record Check
- Ability to perform tasks under broad guidelines with minimum supervision

Primary Responsibilities:

- Maintain standards of cleanliness through ongoing assessment of conditions and cleaning needs and by taking appropriate action
- Comply with WCB and WHMIS rules and regulations at all times
- Report unsafe working conditions to the Custodial Supervisor
- Post warning signs if interior conditions may be hazardous to building occupants (slippery floors, etc.)
- Take appropriate safety measures in using and disposing of chemical cleaning agents
- Promote continuous improvement of workplace safety and environment protection
- Maintain regular contact the Custodial Supervisor and ensure accurate completion of paperwork required for purchase orders, timesheets and reports.

Hours: on call – as required

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

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

Phone 604-796-6814 Fax 604-796-3729 humanresources@seabirdisland.ca

'Round The Rez

Community Events, Workshops & Outings

BOY'S & GIRL'S GROUPS

THE GIRLS GROUP:
Covering self esteem, peer pressure, assertion skills, etc.
 Girls Group:
 Tuesday's 3:00 - 4:30
 Youth Girls':
 Wednesday's 5:00 - 6:30



RAINBOWS:

Wednesday's 4:30 - 5:30 ages 10-13
 Rainbows is a place where boys and girls can come to share their feelings about someone they love who has died.

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

CRIMINAL RECORD

The Criminal Record Pardon forms have now changed.

Contact Genna for more information and to apply for Pardon.

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 **\$100.⁰⁰ Gift Certificate.**

(Walk-in Clinics do not qualify)

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!

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.



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.

OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed

June 1st/11

June 27th/11



The optometrist clinic for May has been rescheduled for June 1st, please mark on your calendars. Our office is closed on May 30th because of Festival weekend. Any questions please contact Maggie Pettis.

'Round The Rez

Community Events, Workshops & Outings

UP COMING EVENTS

June 3rd 12pm - 3pm
School POW POW

June 9th 12pm - 3pm
Seabird Elementry & High school Awards
Day

June 15th
Pre-school Grad

June 17th
Band Office Closed

June 19th
Fathers day Brunch

June 21st
Aboriginal Fun Day

June 24th
Trades Graduation

June 29th
Education and Community Service Awards

July 1st
Band Office Closed
Canada Day

July 4th
Summer Program Starts

Quotable Quotes

*Working together towards
one goal.*



*If you judge people, you have no
time to love them.*



Home is where your heart is.



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



TREVOR

Happy 15th Birthday, June 1st
Love Mom & Dad

Cherish...

Happy Sweet Sixteen
Precious Girl, Smiling helpful and kind
Smart full of empathy and joy
Witty like your Nana
Loved by all your family
Loves your family and community
Joyce junior
Beautiful present delivered to me
June Nineteenth Nineteen ninety five
From Creator Above
To Chris and I
Every good thing I am
Just in one pinky of yours
So much good you are....
Love Mama Hahzinak

June (and July) Birthday Greetings for Auntie
Terese, Uncle Guy, nephews Isadore (Isadorable)
and Isaiah
*...xox Auntie Zena, Uncle Chris, Jordin, Cherish,
Chris Jr., Trevor, Nicole and Baby Dawson.*

Happy Birthday to my Sunshine



Richard Malloway!!
*Mommy is so proud of you
- playing soccer!!
Love you So much!!!!*



**Congratulations to Hillary
Andrew on her
GRADUATION!**

We are SO proud of YOU!!
Love Sally, Vince, Ashley,
Andrea, Rachael and Richard!!

Happy belated birthdays.:

Happy belated birthday to a pair o Twins. Onie
Peters and Robin Mayers, Happy 60th Birthday
ladies *from Onie's many grandchildren and great
grandchildren and from Starr and Trace we love you
both.*

Happy Belated birthday to our gurl Trish Peters
and your baby Gurl Katona Michell-Peters we
wish for the moon and the stars for both of you
from your (in-laws) we love you

Happy 26th anniversary mom(Starr) & dad(Trace)
The many trails that you have made and followed
we hope that we all follow in your footsteps. We
pray to the Creator many more years of walking
together for you both and lots more happiness and
new experiences.. We love you., *your sons Billy
(Trish) and Marc_Antonio(Ashley) and Meeshka,
Your Daughters Ghennadiene(William) and
Chrystal-Lynne plus your 9 grandchildren ..*

Happy Father's Day Chris...

You are always there for us,
Teaching my sons to be strong, kind, hardworking,
providers, forgiving and excellent decision makers
Creating the wonderful pathway and footsteps for
my daughters...to pick in the future...a great man
like you
And raising and taking care of me...providing a
home, not just a house, giving me my children,
forgiving me over and over,
Helping me deal and chase out the ghosts and
hurts of my past,
Being my buckler and shield from this crazy world
we live in,
For sitting in the sweat lodge and church with
me...learning my culture and recognizing
strengths in me that I never knew existed.
You truly are the most wonderful Father...Creator
made you so good...and we thank Creator for
you...*love your Schultz tribe. Xoxox 2011.*

GARAGE SALE

June 18 Seabird Band Gym
If interested in a table call Celeste at
604-845-3171

\$10.00/table or 2 tables for \$15.00
Starts from 10:00 - 3:00

Men's Health

TAKE CARE OF YOURSELF

Body, Mind & Spirit

**Contact your doctor with
your health concerns!**



PROSTATE CANCER - *early detection is key*

Prostate cancer is *the most common cancer found in men* after skin cancer and is the *leading cause of deaths from cancer*.

Screening tests can find the disease early, sometimes before symptoms develop, when treatments are most effective. It is recommended to begin yearly screening starting at the age of 40. *Talk to your doctor about PSA screening for cancer of the prostate.*

SEXUALLY TRANSMITTED INFECTIONS - *preventable by limiting your number of intercourse partners and with condom use.*

A sexually transmitted infection is an infection or disease that is be transmitted by unprotected sex.

Human papilloma virus (HPV) or Genital lesions (warts) appearing on or around your genitals and anus are usually painless but can itch and may bleed or become inflamed. Once you're infected it can take 1 to 3 months for warts to appear. There is a vaccine to prevent specific types of HPV infection, and **vaccinating young men before they become sexually active may also help prevent the spread of HIV (aids)**. Talk to your doctor if you are about to be or are sexually active.

ED - *Detector for Chronic Diseases*

Depression, poor self-esteem, and anxiety are only a few things that can short-circuit the process that leads to an erection.

In some cases, ED (erectile dysfunction) can be a warning sign of more serious disease. ED can be a strong predictor of heart attack, stroke, and death from cardiovascular disease.

Other conditions that may cause ED include cardiovascular disease, atherosclerosis (hardening of the arteries), kidney disease, and multiple sclerosis. These illnesses can impair blood flow or nerve impulses throughout the body. (Nearly 1 out of every 2 men with diabetes experiences ED.)

Lifestyle choices such as Smoking, excessive drinking, and drug abuse may damage the blood vessels and reduce blood flow to the penis. Lack of exercise and extra weight are other possible risk factors.

