

SEABIRD FESTIVAL

SEABIRD FESTIVAL

**WELCOME  
TO  
SEABIRD ISLAND**

**32nd Annual First Nations  
Festival**

MAY 25<sup>TH</sup> - 27<sup>TH</sup>, 2001

**PRICE: \$2.00**

SEABIRD FESTIVAL

SEABIRD FESTIVAL

## WELCOME TO SEABIRD ISLAND

I would like to take this opportunity to  
Welcome everyone to the 32ND Annual  
Seabird Island Festival

### MAIN ATTRACTIONS

War Canoe Races  
Wild Salmon Barbeque  
Co-Ed Two-Pitch Tournament  
Mens/Ladies & Youth Soccer Tournament  
Mens/Ladies Ball Hockey Tournament  
Slahal Open Games  
Gospel Music Jamboree  
Children's Activities  
Cultural Exhibits & Demonstrations  
Arts & Crafts/Commercial Vendors

**OUR EVENT IS DRUG & ALCOHOL FREE**  
*Full Security & First Aid On Site*

*A special thank you to all the volunteers we  
depend on each year that help make our annual event a success.*

Yours in Brotherhood,  
Chief Wayne Bobb Sr.

### THANK YOU

ON BEHALF OF THE SEABIRD ISLAND BAND, I WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK ALL THE PEOPLE WHO SO GRACIOUSLY DONATED TO THE SEABIRD ISLAND FESTIVAL. WITHOUT YOUR HELP, WE COULD NOT HOST SUCH AN EVENT.

THANK YOU TO ALL THE SPORTS CO-ORDINATORS, REFEREES AND ALL SPORTS OFFICIALS. YOUR LONG HOURS AND DEDICATION MAKE THIS SPORTING EVENT RUN SO EFFICIENTLY.

I WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK EVERYONE WHO HAS COME OUT TO PARTICIPATE IN OUR FESTIVAL. I WOULD LIKE TO WISH THE BEST OF LUCK TO ALL THE TEAMS.

A SPECIAL THANK YOU GOES OUT TO ST. JOHNS AMBULANCE, FOR ASSISTING US WITH OUR INJURIES. YOU PLAY A VERY IMPORTANT ROLE IN THE FESTIVAL AND HAVE SUPPORTED US FOR MANY YEARS.

I'D LIKE TO THANK THE NEW VENDORS AND THE VENDORS THAT HAVE SUPPORTED US OVER THE YEARS FOR YOUR PATRONAGE. WE APPRECIATE YOUR SUPPORT AND WISH YOU ALL A SUCCESSFUL WEEKEND.

LAST BUT CERTAINLY NOT LEAST, I WOULD LIKE TO THANK THE STAFF AND VOLUNTEERS FOR YOUR DEDICATION AND COUNTLESS VOLUNTEER HOURS. YOU HAVE SO GRACIOUSLY DONATED YOUR TIME AND EFFORT, WITHOUT THIS HELP IT WOULD BE IMPOSSIBLE TO HOLD THIS EVENT.

IF I HAVE FORGOTTEN SOMEONE BY MISTAKE, MY APOLOGIES TO YOU. EVERYONE PLAYS SUCH AN IMPORTANT ROLE IN MAKING THIS ALL HAPPEN SMOOTHLY, NO TASK IS TOO SMALL AND I THANK YOU FOR IT.

THANK YOU ALL SO VERY MUCH!

EVENT CO-ORDINATOR  
L. OLEKSY

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SCHEDULE OF EVENTS

|               |           |            |
|---------------|-----------|------------|
| CANOE RACES   | SATURDAY  | 12 NOON    |
|               | SUNDAY    | 11:00 A.M. |
| TWO-PITCH     | FRI       | 6:00 P.M.  |
|               | SAT & SUN | 8:00 A.M.  |
| SOCCER        | SAT & SUN | 8:00 A.M.  |
| BALL HOCKEY   | FRI       | 6:30 P.M.  |
|               | SAT & SUN | 8:00 A.M.  |
| ARTS & CRAFTS | SAT & SUN | 10:00 A.M. |
| COMM. VENDORS | SAT & SUN | 10:00 A.M. |

SEABIRD ISLAND FOOD CONCESSIONS:

|                     |           |                   |
|---------------------|-----------|-------------------|
| MAIN CONCESSION     | SAT & SUN | 6:00 AM- 10:00 PM |
| BREAKFAST           | SAT & SUN | 6:00 AM-10:00 AM  |
| PARIS - ADMIN BLDG. | SAT & SUN | 10:00 AM-6:00 PM  |
| SALMON BARBECUE     | SAT & SUN | NOON-6:00 PM      |
| HOT DOG CART        | SAT & SUN | NOON-6:00 PM      |
| CHURCH              | SAT & SUN | 10:00 AM- 6:00 PM |

|                      |                  |
|----------------------|------------------|
| ST. JOHN'S FIRST AID | FIRE HALL        |
| RCMP                 | FIRE HALL        |
| CADETS CHILD IDENT.  | BESIDE FIRE HALL |

Seabird Island Festival  
May 26-27, 2001

Outline of cultural awareness for the Seabird Island Band 32<sup>nd</sup> Annual Festival

Welcome greeting to community/visitors from Chief and Council.  
Sto:lo Anthem and Welcome song from the Lalme'Iwesawtexw (Seabird Island Community School)

**Cedarbark:** There will be a display of cedar bark, cedar root, baskets, and carvings.  
Hands-on workshop with the process of making cedar bark strips for bracelets and baskets.

**Cedar Carving:** George Price will be carving a 6 foot totem pole of a Salish man. He will be using a chain saw, power saw and hand tools. The public is welcome to help George out with his carving work. Goerge will also have a display of carvings for sale.

**Weaving:** Frieda will have several weaving looms set up for display. Weavings significant to Salish designs.  
Hands-on activity of weaving.

**Halq'emeylem Language:** There will be a display of Halq'emeylem Language greetings, phases, activities with Halq'emeylem words. There will also be Halq'emeylem Language tapes for sale.

**Dreamcatchers:** Dreamcatcher hands-on workshop activities will be offered throughout the weekend. Selling of dreamcatchers with soccerballs and baseballs by the DreamCatcher Man.

POW-WOW DRUMS/SINGERS

Sunday May 27<sup>th</sup> at 6:00 pm

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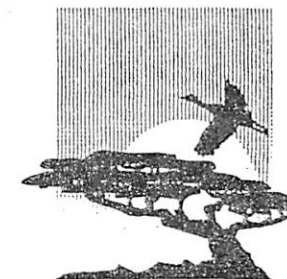
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Children's Activities

PULL-TABS

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Main Concession

BINGO

Located in Millennium Community Hall – SOUTH  
DOOR ENTRANCE – Drop-in Merchandise Bingo  
– Saturday & Sunday 1:00pm to 2:30pm

SATURDAY NIGHT YOUTH DANCE  
SEABIRD ISLAND BAND OFFICE GYM

Music by Sonny's DJ

8:30 p.m. – 12:30 a.m.

Admission: \$6.00 each

**DRUG & ALCOHOL FREE**

## SEABIRD ISLAND

### GEOGRAPHIC NOTES

Seabird Island is situated in the Upper Fraser Valley, approximately five kilometers east of Agassiz. It is the largest island above the delta of the Fraser River, being about 5 miles long and one and three quarters of a mile wide.

Seabird lies among the Coast Mountains: Agassiz Mountain to the west, Bear Mountain to the north, and Mt. Cheam to the south. All furnish areas of use for the band ranging from hunting and gathering sites, to areas important for sacred purposes. Seabird Island members refer to the Four Side Peaks of Mt. Cheam as The Children of Lady Cheam.

Seabird was once a free-floating island, until the construction of the Canadian Pacific Railway in 1882-83.

The CPR Railroad engineer paid little heed to the Indian Fishermen and constructed a dam at the head of the Slough. The sloughs fast flowing water way was changed to one that was low and stagnant.

Before the construction, the slough had been a source of a great sturgeon fishery and spawning grounds for Spring and Coho Salmon, after the construction, the sturgeon came up river to spawn along the gravel. Consequently, undermining the CPR track when they tried to get into the slough from the Fraser River side. After several years, the CPR decide to blast the area with boxes of powder; many fish were killed and the Sturgeon Fishery never recovered. The Reserve is trying to reestablish the fish from the River to the new spawning gravels.

The Seabird Reserve consists of some 4800 acres of prime agricultural land, about one-third of which has been cleared for Reserve activities.

The waterways surrounding the Reserve are a wintering spot for water fowl. Ducks, geese, and swans habitats the slough on a year-round basis. Baldheaded and golden eagles, as well as falcons are common sights. Small mammals such as skunks, rabbits, raccoons, beaver and mink are plentiful. Coyotes, black bear and deer, have easy access to the island by crossing the shallow waters of the slough.

Neighboring Agassiz is considered the home of the legendary Sasquatch. There have been numerous sightings of "Big Foot" at Seabird prior to recorded history and which continue to the present day.

### HISTORICAL NOTATIONS

Seabird Island as we are now called had several names depending on who was referring to the island. It has been called Skow-a-kul, Maria Island, Squatis Reserve and more popularly SEABIRD ISLAND. The Halkomelem word "skow-a-kul" used by the Sto:lo people means "Bend In The River". Maria and Sea Bird were names of steam-driven paddle wheel boats that paddled the Fraser River

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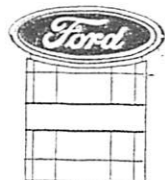
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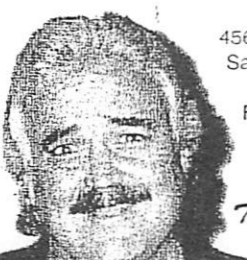
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upstream to Yale during the Carbide gold rush. The Seabird ran aground just below Hope in 1857 on what is now called Seabird Bar. Traditionally, Seabird is a part of the Wolf Clan. Although many of the Reserve families are descendants of the more northerly Thompson tribes, Seabird is situated in the territory of the Sto:lo Peoples. Anthropologists use the classification of Coast Salish. In the Halkomelem dialect, "Sto:lo" means "River people". Seabird was declared an Indian Reserve in 1879, and held in common by seven Reserves. Seabird gained independence in 1958 and achieved separate status as an Indian Reserve.

**TOWARDS OUR ECONOMIC FUTURE**

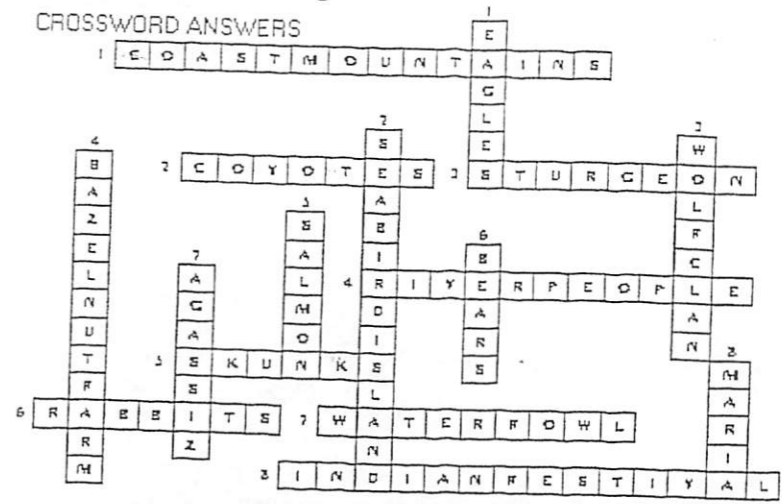
The goal of the Seabird Island Reserve is economic self-sufficiency. The Reserve has initiated several ventures the Cattle Ranch, Hazelnut Farm, and Sheep farm. Seabird Island's Hazelnut Farm provides 10% of B.C.'s total hazelnut annual harvest. Seabird Island's Sheep Ranch is one of the largest Sheep ranches in Canada.

**The Seabird Commercial Center:** A convenience Store and Gas Bar. The Café, which was built in 1978, offers wary travelers big meals for hearty eaters in a unique log building.

**The Seabird Island Day Care Center** is a new, bright, safe, and child oriented Day Care. We pride ourselves with a Staff that is knowledgeable, and are caring supportive Early Childhood Educators.

The Seabird Reserve hosts its Annual Indian Festival the last weekend in May every year and everyone is welcome. The Festival offers War Canoe Races, Soccer Games; children's and adults; Mixes Softball Tournaments; Ball Hockey; Salmon Bar-b-que; arts and crafts booths, and Bingo.

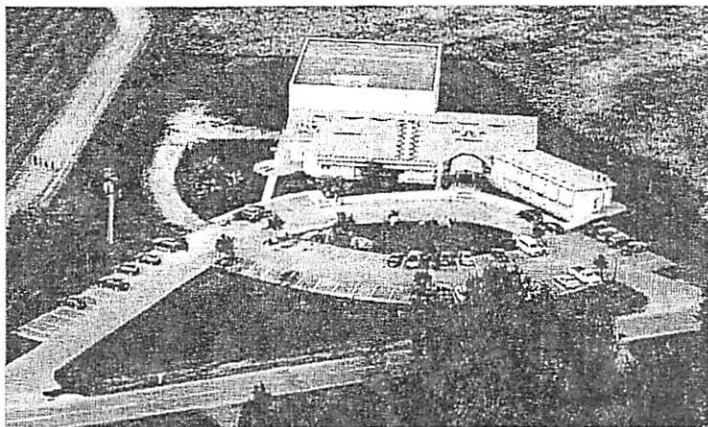
CROSSWORD ANSWERS





LEFT:  
Seabird Island 2001

RIGHT:  
Administration Building  
(Seabird Island Band  
Office)



LEFT:  
Seabird Island  
in the 1984

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## MAIN CONCESSION MENU

|                             |        |
|-----------------------------|--------|
| DOUBLE DELUXE CHEESE BURGER | \$4.75 |
| DELUXE CHEESE BURGER        | \$4.00 |
| CHEESE BURGER               | \$3.50 |
| PLAIN BURGER                | \$3.25 |
| HOT DOG                     | \$2.00 |
| FRIES                       | \$2.00 |
| GRAVY                       | .50    |
| POP                         | \$1.00 |
| WATER                       | \$1.00 |
| GATORADE                    | \$2.25 |
| HOT CHOC                    | \$1.00 |
| COFFEE/TEA                  | \$1.00 |
| CHIPS                       | \$1.00 |
| CHOC BARS                   | \$1.00 |
| GUM                         | .75    |

### BREAKFAST 6:00 - 10:30

|                                   |        |
|-----------------------------------|--------|
| BREAKFAST BURGER                  | \$3.25 |
| FRIED EGG, HAM, CHEESE ON A BUN   |        |
| VALUE BREAKFAST                   | \$3.75 |
| SCRAMBLED EGGS, HASHBROWNS, JUICE |        |
| HASHBROWNS                        | .75    |
| MUFFINS                           | \$1.00 |

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|--|--------|
| EGG AND SAUSAGE ON ENGLISH MUFFIN AND HASH BROWN | \$3.00 |
| EGG ON ENGLISH MUFFIN AND HASH BROWN .....       | \$2.50 |
| HASH BROWN .....                                 | \$1.00 |
| EGG AND RICE.....                                | \$2.50 |
| EGG AND RICE WITH SAUSAGE .....                  | \$3.00 |
| BOTTLED WATER.....                               | \$1.00 |
| COFFEE.....                                      | \$1.00 |
| TEA.....   | \$1.00 |
| JUICE.....                                       | \$0.75 |
| STRAWBERRY SHORTCAKE.....                        | \$2.00 |

### BREAKFAST - ADMIN. BLDG. CONCESSION

BREAKFAST CONCESSION HELPS SUPPORT THE ARTS & CRAFTS NIGHT THAT IS HELD IN THE SEABIRD ISLAND COMMUNITY FOR THE YOUTH AND ADULTS. THANK YOU FOR YOUR SUPPORT. (LOCATED AT ADMIN. CONCESSION)



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Homestyle Meals & Pastries  
Daily Special  
Traditional & Flavoured Bannock

Seniors Discounts

Children's Menu

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SMOKIES \$3.00

POP \$1.00

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TENT NEAR BALL DIAMOND**  
RUN BY THE YOUTH PROGRAM  
PROCEEDS TO FUND PROGRAMS FOR YOUTH

## BALL HOCKEY CONCESSION

Located at Ball Hockey Tent –  
Proceeds go towards Ball Hockey Team

## SOCCER CONCESSION

Located at Men's/Ladies Soccer Tent  
Proceeds go toward Seabird 13<sup>Under</sup> Soccer Team

A Special "THANK YOU"  
To Harold Peter's  
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 VICTORIA  
 SANNICH HURRICANES

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WOLF PACK - MT CURRIE  
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**YOUTH 11-13**

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 LITTLE WOLFPACK - BLACK

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 BURRARD

MAYUK'S  
 CHEHALIS

**YOUTH 10 & UNDER**

SEABIRD TEAM 1  
 GREEN RASCALS  
 CHEHALIS TEAM 1  
 CHEHALIS TEAM 2  
 CHATELECK STALASHEIAS

SEABIRD TEAM 2  
 RASCALS  
 KULLEET BAY BUCKS  
 SUMAS SPITFIRES

JUST 4 KICKS  
 STALASHIN #2  
 MUSQUEAM

**YOUTH 7 & UNDER**

SEABIRD 1  
 MUSQUEAM  
 CHILLIWACK

SEABIRD 2  
 CHEHALIS 1  
 SECHLT THUNDER EAGLES

MT CURRIE RUGRATS  
 CHEHALIS 2

## BALL HOCKEY TOURNAMENT ENTRIES

### MENS TEAMS:

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HOOTERS  
PRINCE GEORGE  
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WINTERHAWKS  
WHITE WOLVES  
BURRARD  
FALCONS

COBRAS  
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VIPERS

### LADIES TEAMS:

PANTHERS  
NIGHTHAWKS  
ESKETEMC NATION

SEABIRD GALS  
SEABIRD ANGELS  
CHEHALIS

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## TWO-PITCH TOURNAMENT ENTRIES

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WOLVERINES  
DEMONS

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- Sport's Booth's

**A SPECIAL THANK YOU TO ALL  
PARTICIPANTS, JUDGES AND  
REFEREES**

## PEOPLE BEHIND THE FESTIVAL

These are the names of the people who were involved during the beginning years of the Festival. We recognize these people for starting and continuing the Festival over the past 32 years and should there be others not on this list, we apologize and recognize your efforts also.



David Charles  
Grand Chief Richard Mallaway  
Edward Kelly Sr.  
Henry Morgan Thomas  
Ivan McIntyre  
Mary Charles  
Pat McNeil  
Becky Charlie  
Ronald James  
Allen Mitchell  
Grand Chief Archie Charles  
Fleming Point  
Chief Frank Mallaway  
Jimmy Nahanee  
Edna Bobb  
Marvin Leon  
Cheryl Charlie  
Nobby Sylvester

Rudy Leon  
Normal Francis  
Joe Aleck  
Dave Peters Sr.  
Birdie Peters  
Mary Lou Andrew  
William Charlie  
Lloyd Charlie  
Jamie Murrand  
James Thomas  
Burns Mussell  
Tony Peters  
Shirley Peters  
Tiny Pettis  
Jean McIntyre  
John Antone  
Lloyd Baker

## BAKED INDIAN PUDDING

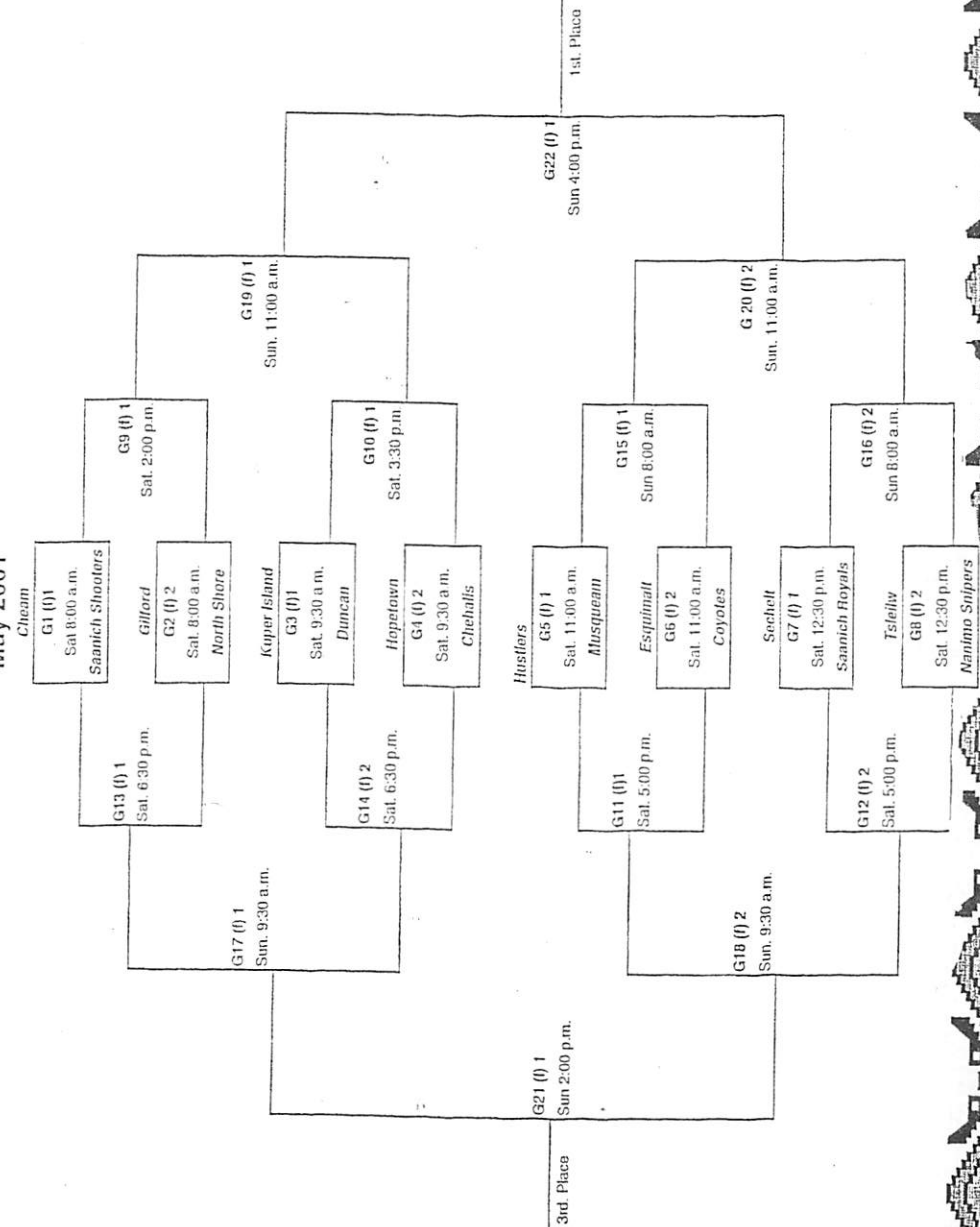
½ cup Cornmeal, yellow  
 4 cups Milk, whole; hot  
 ½ cup Maple Syrup  
 ¼ cup Molasses, light  
 2 Eggs; Slightly Beaten  
 2 tablespoon Butter; melted  
 ¼ cup Sugar, brown; packed  
 1 teaspoon Salt  
 ¼ teaspoon Cinnamon  
 ¾ teaspoon Ginger  
 ½ cup Milk, whole; cold

In top of double boiler, slowly stir cornmeal into hot milk. Cook over boiling water, stirring occasionally, 20 minutes.

Preheat oven to 300° F. Lightly grease 2-quart baking dish. (8 ½" round) In small bowl, combine rest of ingredients, except cold milk; stir into cornmeal mixture; mix well.

Turn into prepared dish; pour cold milk on top, without stirring. Bake, uncovered, 2 hours, or just until set but quivery on top. Do not over bake. Let stand 30 minutes before serving. Serve warm, with vanilla ice cream or light cream.

## Mens Soccer Schedule May 2001



LADIES SOCCER SCHEDULE - May 2001

| POOL 1                 |                   | POOL 2              |                       | POOL 3         |              | POOL 4          |                 |
|------------------------|-------------------|---------------------|-----------------------|----------------|--------------|-----------------|-----------------|
| (A) Sto'lo United      | (E) Burrard       | (I) Road Runners    | (M) Seabird Daughters | (J) S.U.N.     | (N) Victoria | (O) North Shore | (P) Musqueam B. |
| (W) Silamoni           | (F) Salish United | (K) Squamish Angles |                       | (L) JB Selects |              |                 |                 |
| (C) Squamish Devils    | (G) Mid Island    |                     |                       |                |              |                 |                 |
| (D) Saanich Hurricanes | (H) Musqueam A    |                     |                       |                |              |                 |                 |

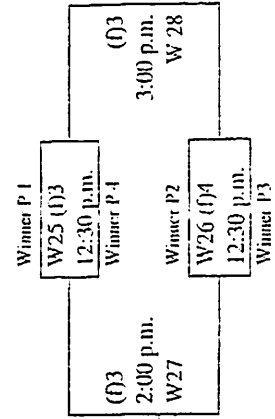
| SATURDAY                |                         | SATURDAY                |                         | SATURDAY                |                         |
|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| G1 B vs. A (03 9 a.m.)  | G2 F vs. E (03 10 a.m.) | G3 J vs. I (04 10 a.m.) | G4 N vs. M (03 11 a.m.) | G5 C vs. D (04 11 a.m.) | G6 G vs. H (03 12 p.m.) |
| G7 A vs. C (04 1 p.m.)  | G8 E vs. G (03 2 p.m.)  | G9 I vs. K (04 2 p.m.)  | G10 O vs. M (03 3 p.m.) | G11 B vs. D (04 3 p.m.) | G12 F vs. H (03 4 p.m.) |
| G13 B vs. D (04 3 p.m.) | G14 F vs. H (03 4 p.m.) | G15 J vs. L (03 5 p.m.) | G16 N vs. P (03 6 p.m.) |                         |                         |

| SUNDAY                   |                          | SUNDAY                   |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| G17 D vs. A (03 8 a.m.)  | G18 H vs. E (04 8 a.m.)  | G19 L vs. I (03 9 a.m.)  | G20 P vs. M (04 9 a.m.)  |
| G21 B vs. C (03 10 a.m.) | G22 F vs. G (04 10 a.m.) | G23 J vs. K (03 11 a.m.) | G24 N vs. O (04 11 a.m.) |

PLAYOFFS SUNDAY

|               |
|---------------|
| Winner Pool 1 |
| Pool 2        |
| Pool 3        |
| Pool 4        |



|     |
|-----|
| 1st |
| 2nd |
| 3rd |

HAMBURGER SOUP

Makes 10 cups

- 1 pound hamburger
- 1 medium onion, chopped
- 1 clove garlic or ¼ teaspoon garlic powder
- 540 ml can tomatoes
- 284 ml can tomatoe soup
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon pepper
- 4 cups water
- 4 cubes beef bouillon mix
- 3 medium carrots, peeled and sliced
- 1 cup chopped cabbage
- 341 can kernal corn
- ¼ cup dry macaroni

Brown the hamburger meat. Drain off as much fat as you can. Add the onions and garlic, and cook at low heat until onions are soft. Add the tomatoes, tomato soup, Worcestershire sauce, pepper, water and bouillon cubes.

Bring to a boil, cover and simmer for one hour.

Add the vegetables and macaroni. Cover and simmer for another one hour.



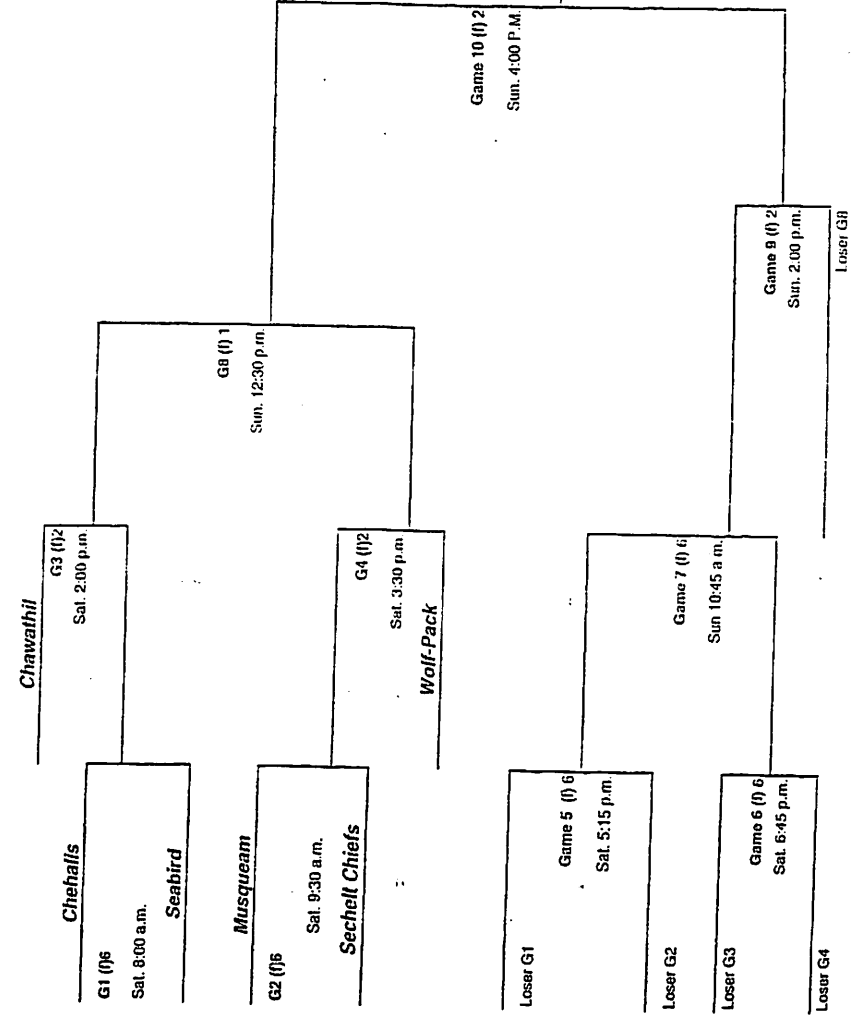
## EPANGISHIMOG PAKWEJIGAN(SHUSWAP BANNOCK)

- 3 cups flour
- 1 tablespoon baking powder
- 1 ½ teaspoon salt
- 1 ½ cups water
- 1 cups blueberries

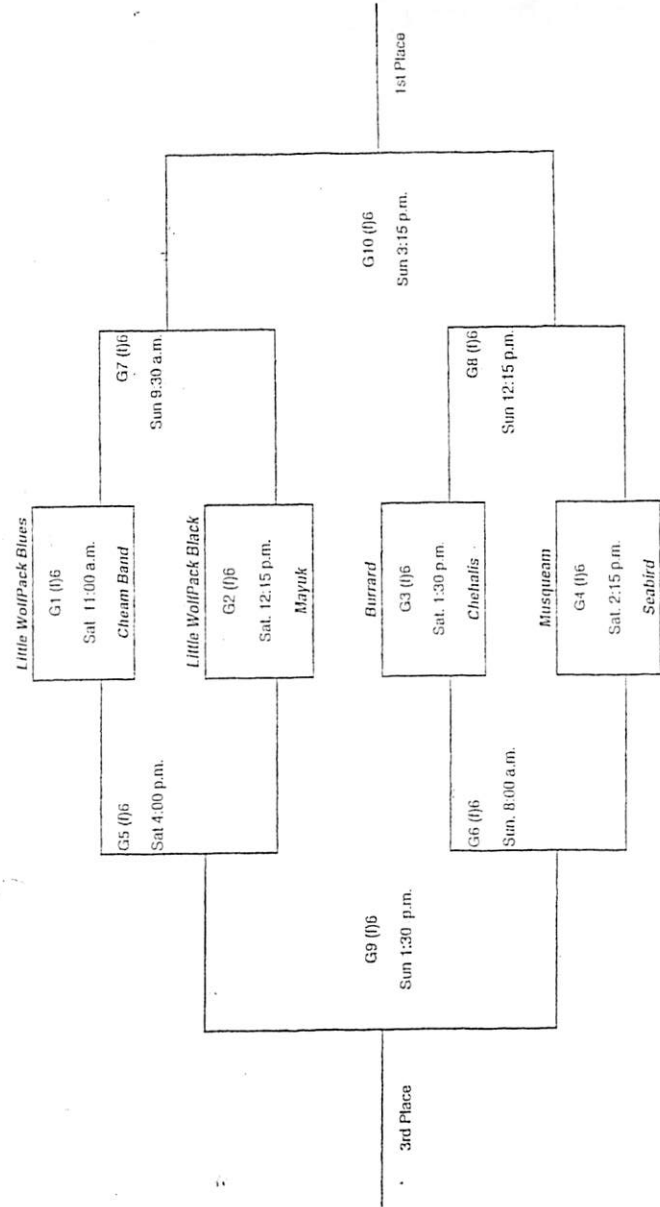
1. Mix the dry ingredients together, the add the water quickly & continue to stir.
2. Spread batter on a pie plate & put in a preheated oven heated to 425F.
3. Bake for 20 minutes. Cut in pieces & serve hot or cold. Excellent with mint tea.

**\*\*MARKS NOTE:** The recipe doesn't say when the blueberries should be added, I would assume that it would be before mixing in the water.

### 14 - 16 Co-Ed. Youth Soccer



13 Under Youth Soccer Schedule  
2001



## SEABIRD ISLAND FAMILY RECIPES

### Bannock

Makes one 9-inch bannock (or ten pieces)

- 3 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- ¼ cup margarine or other fat, melted
- 1 cup skim milk

*1. In a large bowl, mix together the flour, baking powder, salt and sugar.*

2. Mix the melted margarine with the milk. Add this mixture to the flour. Mix with a spoon to make a soft dough.
3. Put this on a floured board or table. With your hands, knead gently five times.
4. Put on a non-stick or lightly greased cookie sheet. Flatten and shape until it is one 9-inch piece. Bake in the oven at 375°F for twenty minutes, until lightly browned.
5. Cut into ten pieces.

Here's how you can cook bannock on your stove or campfire. Make the bannock batter with only 2 tablespoons of margarine or other fat. Add an extra tablespoon of milk to keep the batter soft. Into the cast iron pan, add 2 tablespoons fat and fry the bannock for ten minutes on each side at low heat. This fried bannock has the same amount of fat as it does when baked.

Bannock is nice when ¼ cup of raisins or blueberries are added to the batter.

**BANNOCK**

2 Cups Flour  
1 Tablespoon Sugar

3 Teaspoons Baking Powder  
1 Tablespoon Instant Milk

Add Water to make up consistency for Wet or Dry Bannock.

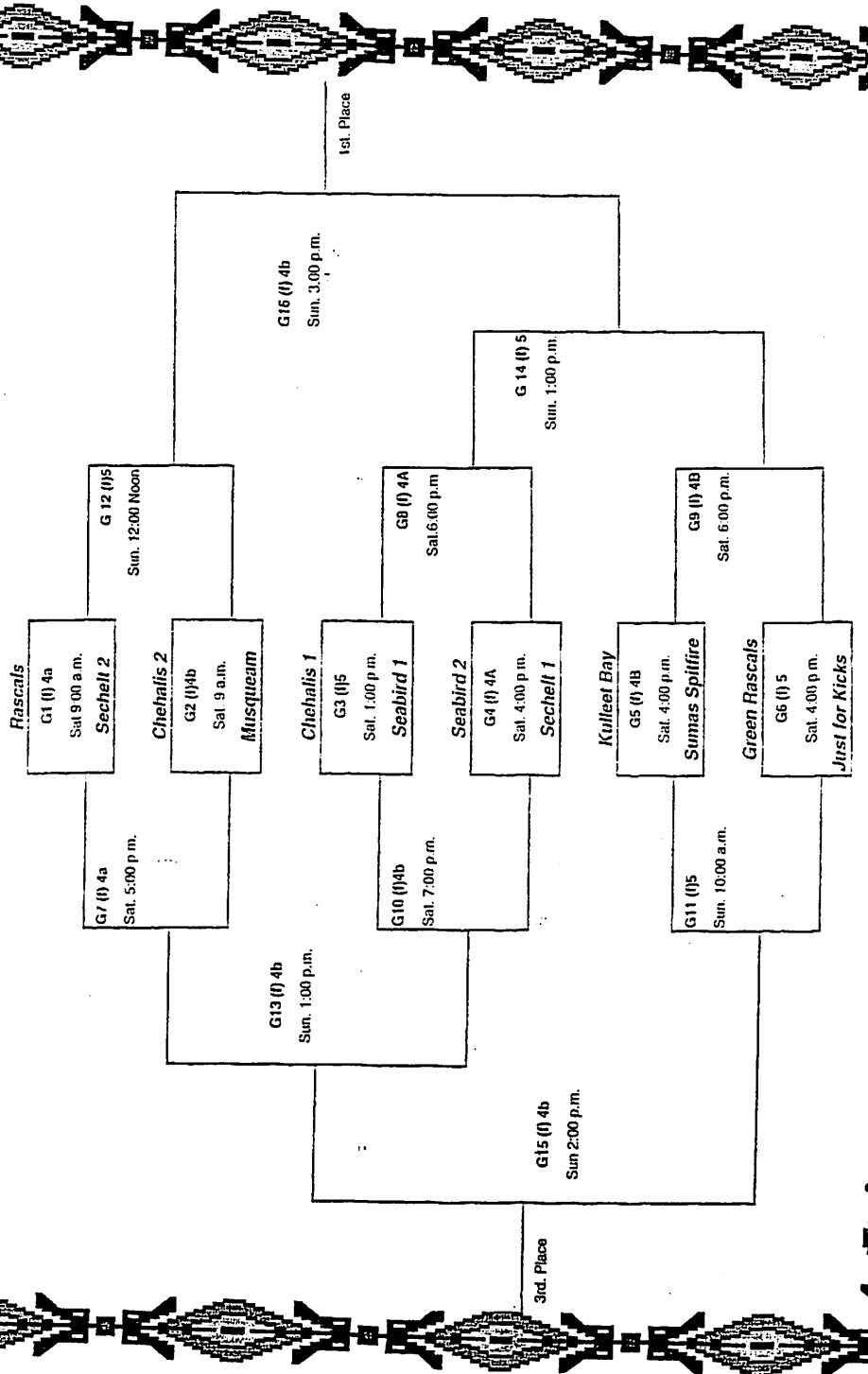
Put NN Oil – about ½” deep in Pan, heat.

Water test the pan, (if water sizzles, it’s ready, if the pan is smoking, it’s too hot)

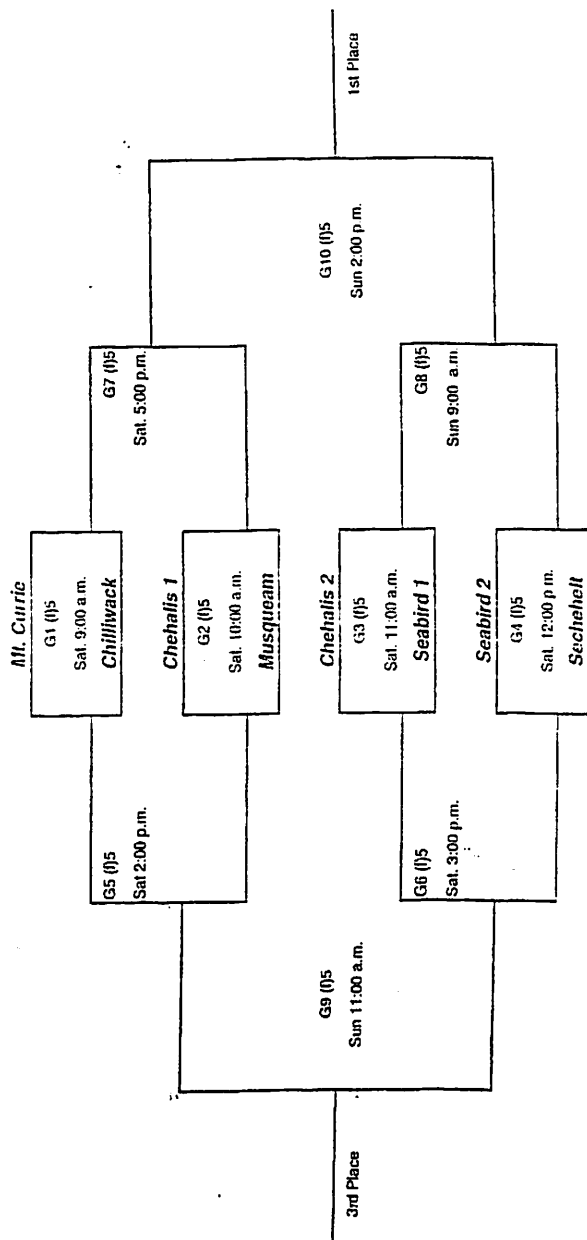
Drop bannock dough into grease.

Fry until bannok color changes ½ way up the piece, turn over and fry the other side till done.

10 Under Youth Soccer Schedule  
May 2001



7 Under Youth Co-Ed Soccer Schedule  
May 2001



## SEABIRD ISLAND FAMILY RECIPES

### FISH LOAF – For Family of 4

- 1 Quart Jar of Canned Sockeye Salmon
- 3 Slices of Bread Broken into Bits *or*  
(optional 2 cups mashed potatoes)
- 1 Small Onion diced small
- 3 Eggs
- 2 Stalks of Celery Sliced thinly
- 1 Carrot Sliced thinly
- Salt & Pepper to Taste

*Form into greased loaf pan.*

*Bake at 350 Degrees for ½ hour.*

### BEAR RIBS

- 1 Rack of Bear Ribs – boil for 1 hour
- Simmer for 3 to 4 Hours.
- Put in oven 200 Degrees for over night.
- Stir in seasoning (optional)

### NEXT DAY

- Turn oven up to 350 Degrees for approximately 1 Hour.
- Add Onion, Carrots, Celery and Bake until Vegetables are tender

### RICH MAN'S FISH SOUP

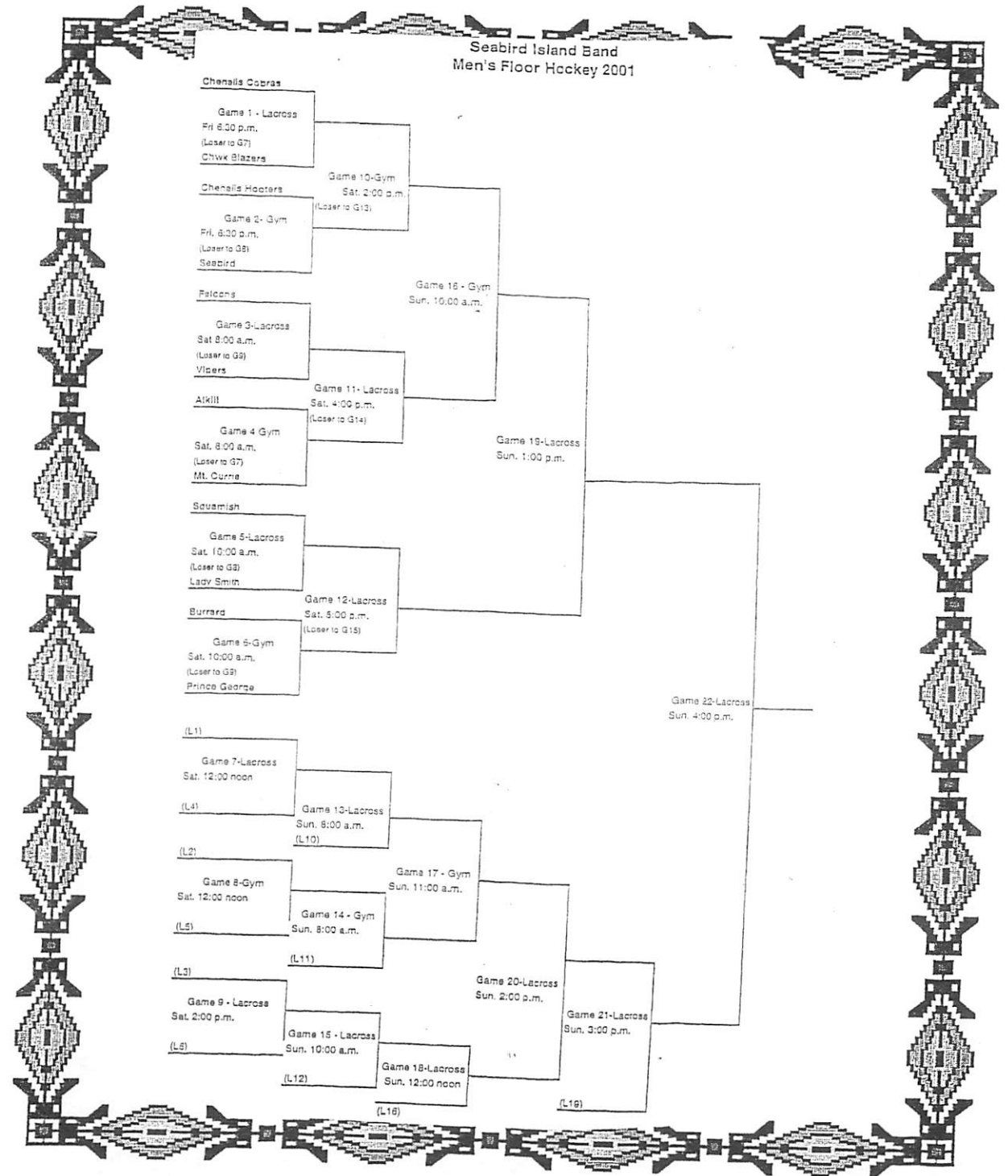
Fill Stock Pot  $\frac{3}{4}$  Full of Water  
 1 Sockeye Salmon Cleaned & filleted  
 Add into water Head, Bones, Fins & fish fillets (chunked)  
 1 Whole Onion  
 Salt & Pepper to taste  
Bring to Boil & Simmer for 1 Hour  
 Remove Backbone & Fins  
 Add  
 1 Grated Carrot  
 4 Stocks of Celery  
 15 Potatoes  
 When potatoes are  $\frac{1}{2}$  cooked then Add Fish Eggs. Cook until potatoes are done

### FISH PATTIES - For Family of 4

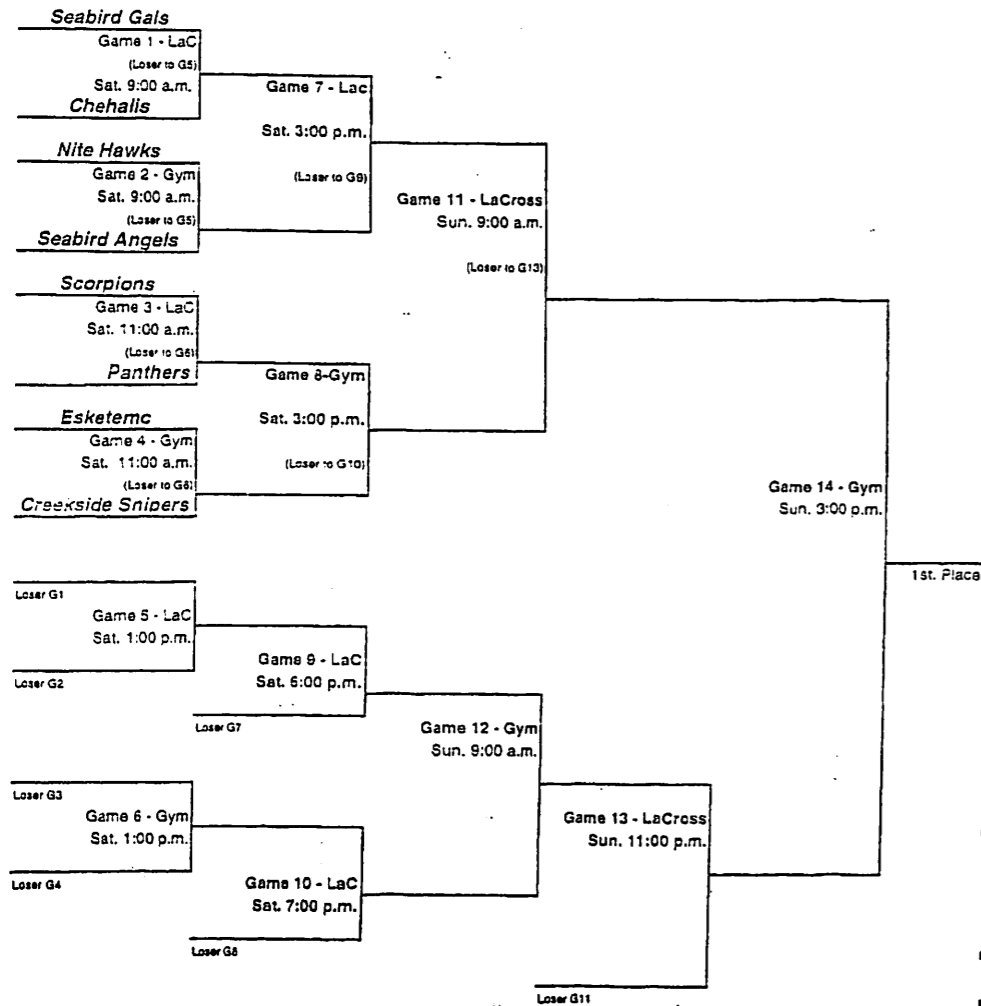
1 Quart Jar of Canned Sockeye Salmon  
 3 Slices of Bread Broken into Bits or (optional 2 cups mashed potatoes)  
 1 Small Onion diced small  
 3 Eggs  
 Salt & Pepper to Taste

Mix & Form into Patties about 1" thick.  
 Fry in NN oil -  $\frac{1}{4}$ " deep in pan  
 Heat Oil in Pan - water test the pan if water pops then it is ready. (If pan smokes, the pan is too hot)  
 Put patty in hot pan, once the fish turns yellowish orange color  $\frac{1}{2}$  way up the patty, turn & fry other side to crisp.

### Seabird Island Band Men's Floor Hockey 2001



Seabird Island Band  
Ladies Floor Hockey Schedule 2001



## SEABIRD ISLAND FAMILY RECIPES

### POOR MAN'S FISH SOUP

*Fill stock pot half full of water*

*Add ½ Side of Sockeye Salmon Filet  
1 Whole Onion  
Salt & Pepper to taste*

*15 Potatoes  
1 Can Corn*

*Bring to boil  
Simmer for 1 hour.*

### OPTIONAL METHOD OF POORMAN'S FISH SOUP

*Fill stock pot ½ full of water*

*2 Quart Jars of Canned Sockeye Salmon  
1 Whole Onion  
4 Stocks of Celery*

*15 Potatoes  
1 Grated Carrot*

*Bring to boil  
Simmer for 1 hour  
Add 1-Cup Macaroni when boiling or handful spaghetti.*

with people who fished on the Harrison River. These figures illustrate clearly the importance of salmon consumption and the heavy reliance on various traditional methods of preserving food.

There are a number of different ways Stó:lo people prepare and preserve food for storage and consumption. Wind-dried (slhíts'es) and smoked salmon (sq'éylo) remain the most popular traditional preserved fish. The following description provides an overview of some of these traditional methods and techniques.

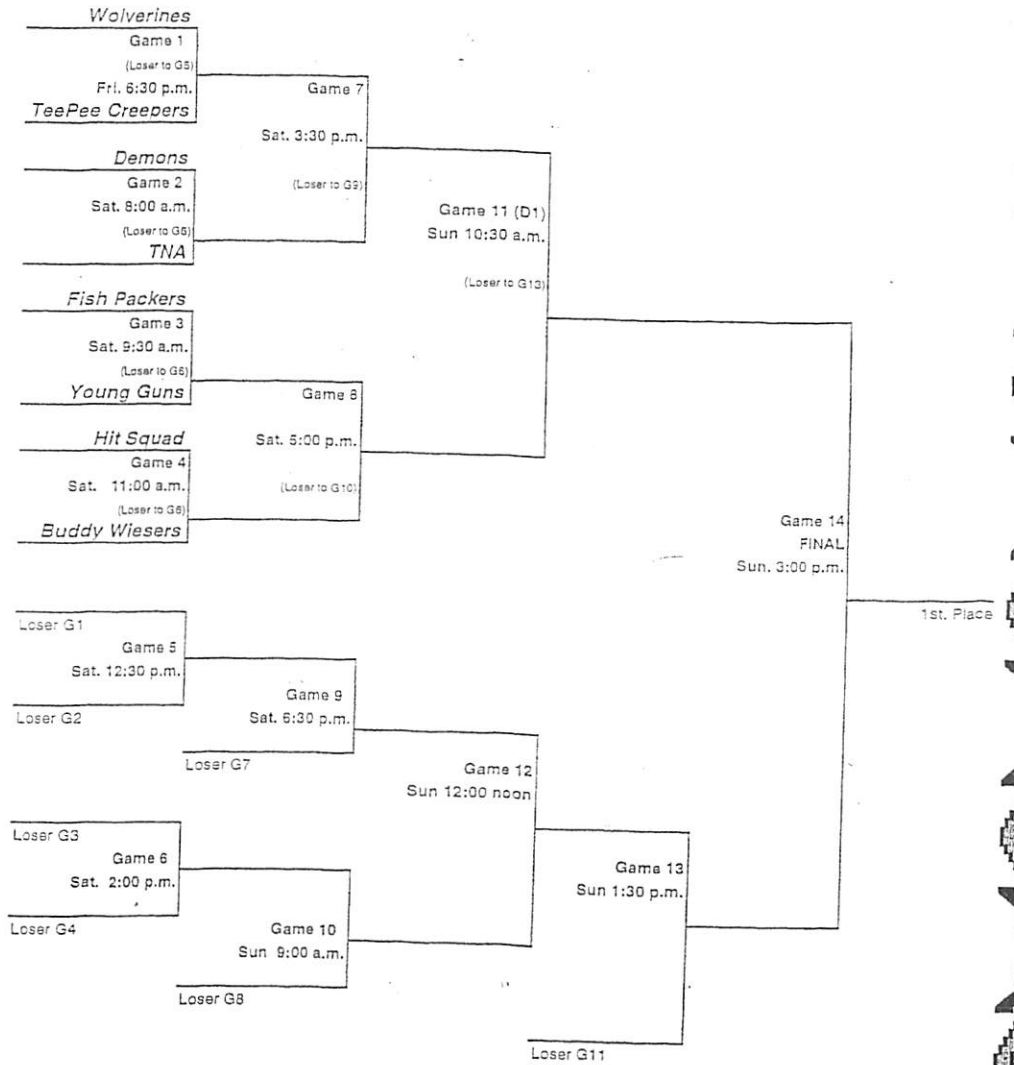
### Wind-dried salmon (slhíts'es)

#### Dry racks

Wind-drying has been the main means of preserving fish caught in the Fraser Canyon for generations. Fish are hung to dry on large wooden frame racks constructed on the rocks above the river. A roof, protects the fish from direct sunlight and rain to avoid spoilage.

PLEASE DRIVE CAREFULLY  
THERE ARE A LOT OF  
YOUNG  
CHILDREN ON THE  
GROUNDS AND WE WOULD  
LIKE TO  
KEEP THEM SAFE.  
HAVE A FUN  
WEEKEND

### Seabird Island Band Two Pitch Tournament 2001



## Canoe Race Schedule Sat. May 26, 2001

Master of Ceremonies: Wilfred Charlie

|         |                  |                         |
|---------|------------------|-------------------------|
| Judges: | Johnnie Williams | Allen (Baldie) Williams |
|         | Peter Charlie    | William Charlie         |
|         | Adam Mussel      | Richard Charlie         |
|         | Card James       | Sony Williams           |
|         | Dave St. Denis   | Lloyd Charlie           |

10:30 Registration  
 11:00 a.m. Captains draw for positions  
 ☉ 10 & under races to follow draw

1:00 p.m. Races begin

| Category                               | First     | Second    | Third     |
|--|-----------|-----------|-----------|
| Single Paddle girls/boys<br>10 & Under | Medallion | Medallion | Medallion |
| Double Paddle girls/boys<br>10 & Under | Medallion | Medallion | Medallion |
| Jr. Buckskin                           | \$50      | \$30      | \$20      |
| Single Paddle<br>Women                 | \$20      | \$15      | \$10      |
| Double Paddle<br>Men                   | \$30      | \$20      | \$16      |
| *Double Paddle<br>Women                | \$30      | \$20      | \$16      |
| Single Paddle<br>Men                   | \$20      | \$15      | \$10      |
| Mixed Double                           | \$30      | \$20      | \$16      |
| 4 Paddle Canoe<br>Women                | \$80      | \$60      | \$30      |
| 4 Paddle Canoe<br>Men                  | \$80      | \$60      | \$30      |
| 11 Paddle<br>Bucks                     | \$125     | \$100     | \$70      |
| 11 Paddle<br>Women                     | \$175     | \$120     | \$85      |
| 11 Paddle<br>Men                       | \$175     | \$120     | \$85      |

\* Subject to number of entries  
 \*\* ID required, 16 years of age and under  
 \*\*\* 13 + Under, Subject to timing and number of entries

### Salmon heads

Like the backbone, salmon heads are also dried on the rack. The heads are first opened and cleaned, and then set out to dry. When dried, they have a very strong taste, and make an excellent soup ingredient. Today, people often make dried fish head soup with potatoes, onions, carrots, and dried fish.

### Salmon drying on a dry rack in the Fraser Canyon

#### Cutting and Gutting the Salmon

As men bring in fish from their nets, women prepare them for drying. The heads are cut off freshly caught salmon, and they are then hung upside down for 10 minutes to allow the blood to run out. If the blood is not drained the fish attract flies and will spoil.

The fish is first cut down the back (not the belly), along each side of the back bone and ribs. These bones are removed and kept for cooking. The guts are removed through the rear of the fish, leaving most of the belly skin intact. It is laid open and the flesh (not the skin) is scored in 1 cm wide strips to allow for effective drying. Both the backbone and the scored fish body are then hung up to dry on the rack. The flesh is held open by a small stick put through the sides of the fish.

If caught late in the season, particularly with the spring salmon, the flesh is cut as before, then sliced in half, making two thin fillets, which allows for faster drying.

#### Cutting the fish

Stó:lo people have developed particular ways of preparing and preserving their foods. Indigenous storage technologies are essential for feeding families through the winter months. In the early 1990's Sonny McHalsie of Shxw' whómel calculated that his family (including seven young children) annually consumed 196 kilograms (435 pounds) of preserved salmon per person per year (409 litres of canned salmon, 250 wind-dried salmon and 200 frozen salmon). In addition to preserved fish, the family also ate fresh salmon throughout the summer. Some of the wind-dried salmon were traded for smoked salmon with



Xáxc'elten of Katzie and all his descendants trace their ancestry to the sturgeon. Because of these special relationships, Stó:lo people generally feel a great degree of respect and consideration towards the natural world. These understandings provide explanations for why the natural world is the way it is and set the parameters for proper behaviour. This is only one of many important spiritual connections that Stó:lo people have towards their traditional resources and the natural world.

**Preparation and Preservation of some Traditional Stó:lo Foods**

**Dried Salmon Roe**

Salmon roe (fish eggs) are found inside female salmon as they return to their spawning grounds. These eggs are highly nutritious. The gelatinous mass of roe is taken out whole and suspended over one of the dry rack poles, where they were dried with the rest of the fish. Such dried roe should to be soaked or boiled before eating.

**Storing Dried Salmon**

Once dried, salmon are taken off the racks and stacked for storage. Dried fish will stay good for many months. Traditionally, dried salmon were placed in boxes high up in trees, far above the morning dew level. Some families also built special storage houses which were small, shed-roofed cedar plank structures called caches, elevated on poles above the ground. If the salmon had not completely dried on the racks, these storehouses could also be used to further the drying process.

**Drying the fish**

The best time to dry fish is morning, when the dry wind from the interior skim over the fish. The wet evening breeze is moister and may cause the fish to spoil. They take a few days to fully dry. If there is a chance of rain, the fish must be taken down, as moisture will make them go mouldy.

**Canoe Race Schedule  
Sun. May 27, 2001**

Master of Ceremonies: Wilfred Charlie

Judges: Johnnie Williams Allen (Baldie) Williams  
 Peter Charlie William Charlie  
 Adam Mussel Richard Charlie  
 Card James Sony Williams  
 Dave St. Denis Lloyd Charlie  
 Dean Douglas - Recorder

11:00 a.m. Captains draw for positions

12:00 p.m. Races begin

| Category                | First | Second | Third |
|-------------------------|-------|--------|-------|
| Single Paddle<br>Women  | \$25  | \$20   | \$15  |
| Double Paddle<br>Men    | \$45  | \$35   | \$25  |
| *Double Paddle<br>Women | \$45  | \$35   | \$25  |
| Single Paddle<br>Men    | \$25  | \$20   | \$15  |
| Mixed Double            | \$45  | \$35   | \$25  |
| 6 Paddle Canoe<br>Women | \$95  | \$65   | \$50  |
| 6 Paddle Canoe<br>Men   | \$95  | \$65   | \$50  |
| 11 Paddle<br>Bucks      | \$175 | \$125  | \$100 |
| 11 Paddle<br>Women      | \$375 | \$200  | \$165 |
| 11 Paddle<br>Men        | \$375 | \$200  | \$165 |

\* Subject to number of entries  
 \*\* ID required, 16 years of age and under

**War Canoe Races**  
Saturday, May 26, 2001

| Category       |        | First | Second | Third | #Entry |
|----------------|--------|-------|--------|-------|--------|
| Single Paddle  | 10 & U |       |        |       |        |
| Girls/Boys     | From   |       |        |       |        |
| Double Paddle  | 10 & U |       |        |       |        |
| Girls/Boys     | From   |       |        |       |        |
| Jr. Buckskins  |        |       |        |       |        |
|                | From   |       |        |       |        |
| Single Paddle  | Women  |       |        |       |        |
|                | From   |       |        |       |        |
| Double Paddle  | Men    |       |        |       |        |
|                | From   |       |        |       |        |
| *Double Paddle | Women  |       |        |       |        |
|                | From   |       |        |       |        |
| Single Paddle  | Men    |       |        |       |        |
|                | From   |       |        |       |        |
| Mixed Double   |        |       |        |       |        |
|                | From   |       |        |       |        |
| 4 Paddle Canoe | Women  |       |        |       |        |
|                | From   |       |        |       |        |
| 4 Paddle Canoe | Men    |       |        |       |        |
|                | From   |       |        |       |        |
| **11 Paddle    | Buck   |       |        |       |        |
|                | From   |       |        |       |        |
| 11 Paddle      | Women  |       |        |       |        |
|                | From   |       |        |       |        |
| 11 Paddle      | Men    |       |        |       |        |
|                | From   |       |        |       |        |

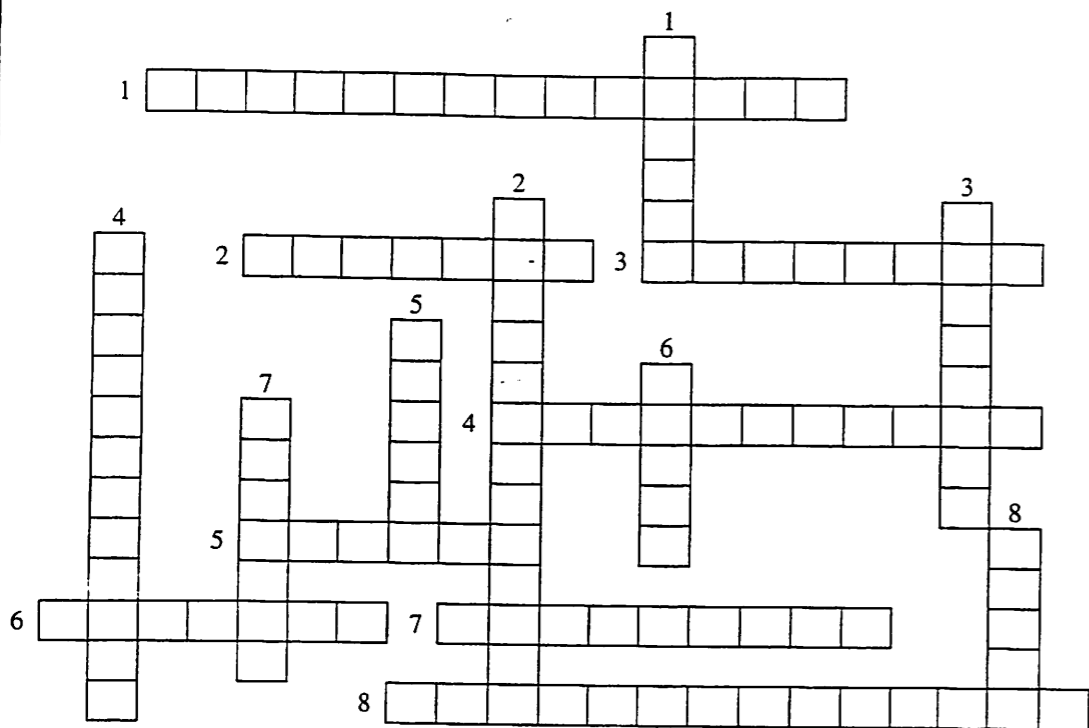
## Food and Stó:lo Culture

The Stó:lo people live in the watershed of the lower Fraser River. In Halq'eméylem, "Stó:lo" means "river" or "river-people." The Stó:lo received everything they required from their natural environment, and as their name illustrates, the centre of their traditional culture has been focused on the river, and in particular salmon fishing. Other fish, animals, birds and plants also contribute to the entire Stó:lo diet.

Stó:lo people's relationship to their food resources goes beyond subsistence and ownership, forming a spiritual connection. They have their own "cosmology" or way of understanding the origins of fish, animals and plants, and how they came to be in the natural world. According to Stó:lo oral tradition, some of their ancestors were transformed into food resources by the transformers "XeXá:ls" who brought order to the chaotic world of long ago. The Stó:lo therefore have an ancestral family relationship to the fish, animals, birds and plants. One of these stories was told to anthropologist Diamond Jenness by Xá;xc'elten of Katzie:

Xwthápecten and his group at Port Hammond were too foolish to contribute anything for the benefit of mankind after then, but my forefather Thálhecten accomplished wonderful deeds at Pitt Lake. [XeXá:ls] gave him a wife, by whom he had two offspring, a son and a daughter. These children never ate any food, but, in spite of their father's admonitions, passed all their days in the water and slept at night on the shore. At last, grieved by their conduct, he called together his people and proclaimed: 'My friends, you know that my daughter spends all her days in the water. I have decided that she shall remain there for ever, for the benefit of the generations to come.' He then led her to the water's edge and said 'My daughter, you are enamoured of water. For the benefit of the generations to come I shall now change you into a sturgeon.' Thus the sturgeon was created in Pitt Lake, the first fish that ever ruffled its waters. Because it is Thálhecten's daughter transformed, it never dies, even when it spawns, unless man kills it. Subsequently it spread to other places, but nowhere does it possess so fine a flavour as in its original home. Pitt Lake.

## CROSSWORD ABOUT SEABIRD ISLAND



### ACROSS

1. Agassiz Mountains, Bear Mountain, Mt. Cheam
2. Animal that has easy access to the island by crossing the slough
3. The slough had a great source of ...
4. "Sto:Lo" means
5. Plentiful small mammal
6. Another plentiful small mammal
7. The slough waterways are a wintering spot for... habitat
8. Seabird hosts an annual.... Last weekend of May

### DOWN

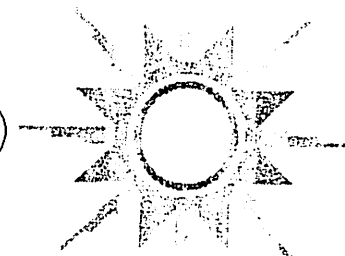
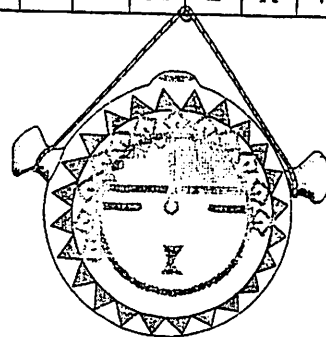
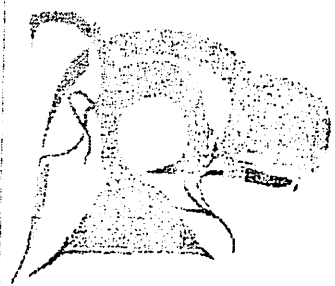
1. Commonly sighted on Seabird
2. Upper Fraser Valley 5 kilometers east of Agassiz
3. Traditionally, Seabird is part of the....
4. 10% of BC's total annual harvest
5. The slough is spawning grounds for....
6. Another animal refer to 2 across
7. Home of the legendary "Sasquatch"
8. Steam-driven paddle wheel-boat

## War Canoe Races Sunday, May 27, 2001

| CATEGORY       |       | First | Second | Third | #Entry |
|----------------|-------|-------|--------|-------|--------|
| Single Paddle  | Women |       |        |       |        |
|                | From  |       |        |       |        |
| Double Paddle  | Men   |       |        |       |        |
|                | From  |       |        |       |        |
| *Double Paddle | Women |       |        |       |        |
|                | From  |       |        |       |        |
| Single Paddle  | Men   |       |        |       |        |
|                | From  |       |        |       |        |
| Mixed Double   | From  |       |        |       |        |
| 6 Paddle Canoe | Women |       |        |       |        |
|                | From  |       |        |       |        |
| 6 Paddle Canoe | Men   |       |        |       |        |
|                | From  |       |        |       |        |
| 11 Paddle      | Buck  |       |        |       |        |
|                | From  |       |        |       |        |
| 11 Paddle      | Women |       |        |       |        |
|                | From  |       |        |       |        |
| 11 Paddle      | Men   |       |        |       |        |
|                | From  |       |        |       |        |

### Up River Halq'emeylem Wordsearch

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| H | X | X | W | E | L | M | É | X | W | S | S | T | ó | : | L | Ö | T | T |
| A | Q | M | X | K | S | L | E | W | S | P | A | : | T | H | X | L | E | E |
| L | K | S | T | E | Q | Ó | Y | A | W | K | E | T | L | A | S | K | E | M |
| Q | T | Q | S | K | L | I | S | S | T | H | É | Q | I | L | M | W | S | Q |
| ' | S | A | K | L | K | W | E | T | S | L | O | M | E | O | S | A | L | ' |
| E | L | Q | É | Y | W | X | S | T | L | E | A | Q | K | L | A | S | K | O |
| M | L | E | K | T | K | T | I | S | K | W | O | : | W | E | C | H | S | Q |
| E | S | L | T | S | Q | ' | É | W | Q | É | L | H | T | Q | K | O | W | ' |
| Y | T | É | X | L | S | K | E | K | ' | I | Y | Á | P | K | L | Y | S | I |
| L | H | Í | L | H | L | A | Q | E | Y | S | K | T | L | I | O | W | S | X |
| E | X | S | Ó | W | L | Q | E | T | K | L | A | H | M | S | S | T | K | L |
| M | S | Q | W | W | A | A | S | T | K | L | S | E | E | Q | A | W | X | M |
| Q | S | W | E | L | M | K | I | O | L | A | A | A | W | S | T | X | S | M |
| S | Q | T | E | M | E | L | I | L | I | Q | W | L | L | I | E | L | E | X |
| W | X | E | T | E | T | E | R | N | Q | A | W | E | L | H | T | E | L | S |
| I | S | A | X | A | E | E | T | L | K | I | O | X | P | A | E | S | I | T |
| W | S | L | Q | W | P | L | X | K | I | T | S | U | I | X | P | T | L | L |
| E | S | E | W | Q | O | T | S | L | K | I | O | P | M | X | O | M | X | S |
| L | Q | X | S | E | L | S | I | L | E | W | E | T | A | : | L | M | M | L |
| X | S | E | T | L | ' | É | L | X | X | E | L | T | : | I | O | K | E | L |
| T | S | E | L | H | X | W | E | L | M | É | X | W | L | X | Q | W | T | S |



### Up River Halq'emevlem Wordsearch Words

| Halq'emevlem   | English translation     |
|----------------|-------------------------|
| HALQ'EMEYLEM   |                         |
| SQ'ÉWQÉL       | SEABIRD                 |
| XWELMÉXW       | FIRST NATIONS PERSON    |
| STÓ:LÖ         | RIVER                   |
| LHÍLHLAQEY     | MT CHEAM                |
| SWIWEL         | SUN                     |
| TEMQ'OO'I      | HIGH WATER TIME (JUNE)  |
| TEMELILE       | SALMON BERRY TIME (MAY) |
| TSELHXWELMÉXW  | FAMILY                  |
| SILE           | GRANDFATHER             |
| SELSILE        | GRANDMOTHER             |
| TA:L           | MOM                     |
| MA:L           | DAD                     |
| THE ALEX       | DAUGHTER                |
| TE ALEX        | SON                     |
| SQAQELÉ        | BABY                    |
| LÖW            | HELLO                   |
| KWETSLOME      | SEE YOU                 |
| KWAS HOY       | THANKS                  |
| SPA:TH         | BEAR                    |
| STEQOYA        | WOLF                    |
| SKEK'IYAP      | COYOTE                  |
| QEYWX          | STEELHEAD               |
| STHEQI         | SOCKEYE                 |
| SKWÓ:WECH      | STURGEON                |
| TL'ÉLX'XEL     | SPRING (CHINOOK)        |
| SATET TE POL   | PASS THE BALL           |
| LAMET TE POL   | KICK THE BALL           |
| SELILX MET     | CHECK YOUR MAN          |
| TERN QAWELHTEL | HALF-TIME               |