



Election Code - Survey Notice

Seabird Island Band Eligible voting members (18+), can you please fill out the Election Code Survey included with this edition of Yoo Hoo and drop off at reception at band office?

The Election Code Committee would like your feedback to help them finalize the Code. There are more copies of the survey in the lobby of the Band Office.

The survey asks questions on:

- The size of council which has effect on the cost of governance.
- Band employees elected to council and perceived conflict of interest in the workplace.
- Having Chief and Council nominees understand their role as council and how council functions.
- The term of office is currently two years. Should it be longer to enable a council to get more work done during their term?
- What to do when a council position becomes vacant. Use new system to save money or have by-elections.
- How long should the nomination meeting be? Should it be extended to allow more time for members to get to it?
- How many people can a member nominate? As many as a members wants or only the number of positions available.
- Should nominated members pay a fee to run for office? This could help offset election cost and discourage people who are not serious about running.

- Should there be penalties for those who vote buy or use intimidation during elections? This would discourage people from committing these offenses.
- Should chief and council be able to be removed if membership is not happy? This could be another means of making an elected official accountable to the members.

READ HERE
To Find out how
you can enter to
WIN! \$

We would like to get this survey out to band members living off reserve and we need up to date mailing information. Please ask your friends and relatives

living off reserve to contact Carol Hope – IRA membership & Records Clerk at the Band office 604-796-2177 and provide her with any change in contact information?

Your participation is appreciated!

All those of voting age (18+) are eligible to participate.

There will be several PRIZES for completed surveys (3 x \$50 gift cards for off reserve, 3 x \$50 for on reserve, and 1 x \$200 for overall). For more information about the Election Code , or if you have any questions regarding this survey you can call Gary Lister or Stacy McNeil at the Band Office 604-796-2177.

Thank you for participating.



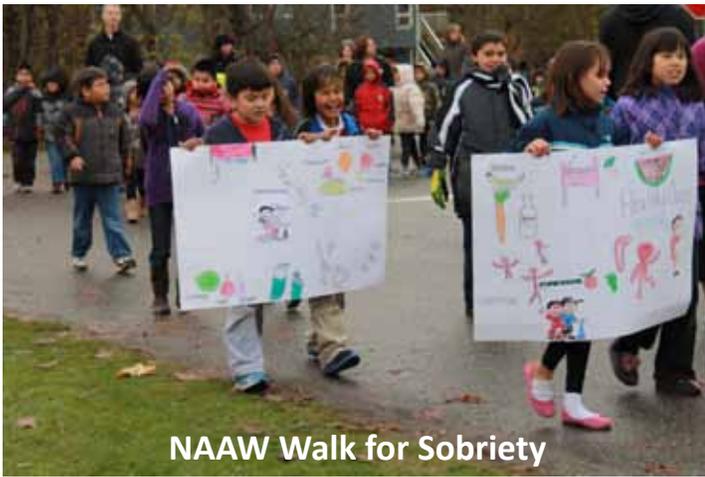
Christmas Hampers and Gift Cards
December 20th
Band Office Gym

“HOUSING APPLICATION RENEWALS DUE BEFORE JANUARY 1st TO STAY ON THE WAIT-LIST!”

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National Addictions Week



NAAW Walk for Sobriety



Honoured for Sobriety

National addiction awareness week (N.A.A.W) is observed annually in Canada during the month of November. The Canadian Center of Substance Abuse (CCSA) focuses on solutions to reduce the harm caused by Drugs and Alcohol. They work with communities to help better the ones who struggle with addictions.

Some of the programs that take part in N.A.A.W, are MADD, the government, the mental health department in Seabird Island Band, RCMP, and the Early Psychosis Intervention.

According to the CCSA “prescription drug misuse” is increasing in Canada. Canadians have become the second largest consumers of prescription opioid’s. The International Narcotics Control noticed an increase of deaths due to oxycodone by 416%. Mixing prescription drugs with alcohol, drugs, and other substances can be very harmful or may even cause death.

MADD is the Canadian arm of “Mothers Against Drunk Driving”. MADD Canada operates public awareness and education programs that focus on stopping impaired driving. It also supports a number of federal and provincial initiatives aimed at reducing the incidents of impaired driving including changes to the Criminal Code provisions against drunk driving.

Early Psychosis Intervention Program. Psychosis describes a treatable medical condition that affects the mind and can result in some loss of contact with reality. People who have psychosis prodromal and acute phases to their illness.

Prodromal is a early stage of psychosis often mistaken as “normal” behaviour in a young adult. Some of the symptoms include, withdraw from friends and family, depression, tiredness, sleep disturbances, anxiety and suspiciousness, mood swings, reduced ability to focus, dislike of being touched, and extreme sensitivity to noise, light, colors and textures.

An acute episode is a more later stage in psychosis, symptoms include increased confusion, delusion, hallucinations, altered emotions and behavioural changes.

Putting a stop to psychosis. The early psychosis intervention has proven to be effective in reducing and preventing symptoms of the psychotic episode. By medication, counseling, and support in helping the person cope with a psychotic episode. If left unchecked the symptoms of a psychotic episode will gather speed and a train wreck of tangled relationships, disrupted work or school activities, and damaged self-esteem can result as well. Remember psychosis is treatable.

Article written by Lizzy Pettis, Communications Student Worker.

Lizzy attended NAAW week and gathered this information to write her article. Great Job Lizzy!



**Seabird Fire Department
is actively recruiting!**

**Are you interested in
joining the team?**

**Contact the Fire Chief
at 604-796-6848**

Seabird Island Fire Department

Seabird Island Fire Department will be doing their annual food hamper drive on Thursday, December 6, 2012 between 6:00-9:00 p.m. All donations are appreciated, and will be given to the Community Services Department to enhance the Band's hampers to those in need at Christmas. Each household will be given candy canes ☺

To ensure the safety of our volunteer firefighters, the Seabird Island Fire Department is requesting all households submit the attached form indicating any type of flammables or explosives in and around your house that may endanger the firefighters during a fire. Thank you for your care and support.

SMOKE ALARMS SAVE LIVES. Please make sure that your detectors are working and batteries are fresh so protect you and your family. Do you have an escape plan and do your families know it?

TIPS

- 1) Have you checked your lint traps on your dryers? Build ups could cause fires. Is your chimney clean of debris?
- 2) Remember to be careful in the winter during times of power outages. Keep candles in hurricane glasses and away from children and flammables. Do not use a generator in the house, or a barbeque. Do you have an emergency kit? Is it up to date?
- 3) Are your yards clear of debris and old vehicles? Debris can be flammable and also prevent emergency personnel from getting to you quickly.
- 4) Have you disconnected your hose from your hose

bib? This could freeze your pipes, leading to major leaks.

- 5) For all emergencies, your first call should be to 911 – this includes gas odours (rotten eggs), smoke, fires, car accidents, downed power lines, and health emergencies.

WE WANT YOU! Seabird Island Fire Department is in need of your help – Firefighters are desperately needed. Worried about child care during a callout? We have arranged to ensure someone is available to watch your children at our hall while you are on calls. Practices are on Thursday

evenings 7-9 pm, and training is all covered. We are also accepting Junior Firefighters, beginning at age 12 with parents' permission (parents, your children will not be responding to fire calls, just participating in training). Honorariums are given to active members. Contact the Fire Department for more details.

For any fire safety tips or training, please contact your fire hall at firehall@seabirdisland.ca or leave a message at 604-796-6848.

***Merry Christmas!
Have a fun and safe holiday!***

SEABIRD'S ZERO WASTE DAY



Join the Party!

Learn how to reduce your impact on Mother Earth and take a tour of our NEW "Eco-Station" compost facility. December 5, 2012 from 1 to 3pm.

You can "Take the Zero Waste Pledge" and "Sign up for Compost Curbside Pickup Program" during the event.

Take the Zero Waste Pledge

Help us reach our goal of getting all our homes to pledge to go beyond recycling and get on the path to Zero Waste.

- I pledge to start recycling and composting at home and work.
- I pledge to maximize my recycling by recycling unusual, hard to recycle material, composting and using the Eco-Station Exchange program.
- I pledge to go beyond recycling and go for Zero Waste by reducing, reusing, recycling, composting and purchasing for Zero Waste.

Name: _____ House # _____

Bring your pledge with you to the Party to be eligible for door prizes.

Find us online!

www.seabirdisland.ca



Scan this QR Code with your smart phone and it will lead you to the **Seabird Website**. This is an easier way than typing <http://www.seabirdisland.ca> into your smart phone.

Scan this QR Code with your smart phone and it will lead you to the **Seabird Newsletter on our Website**. This is an easier way than typing <http://www.seabirdisland.ca/page/news-events> into your smart phone.



Download an app for your smart phone by searching: QR Scanner Make your own QR code by searching : QR Code Generator

Youth at Planet Lazer

Nov 14, 2012
19 youth ages
13-18
Planet Lazer
in Langley

We also
stopped at
timmies for
doughnuts..



Seabird Winter Curbside Compost Collection Program

Seabird compostable collection will start December 10, 2012 for all houses currently receiving curbside collection as follows:

Curbside Collection Program

- **Recycling** will be collected weekly; and
- **Garbage** will be collected bi-weekly.
- **Compost** Curbside Pickup will be collected bi-weekly

Pick up Days

Every Wednesday
Every Monday and Thursday
Every Monday and Thursday

Interrupted pick up days will usually happen the next day.

The following items will be able to be combined in your compostable waste bags:

- All food scraps, see attached poster for more details;
- Paper towel, tissue, and food-contaminated paper; and
- Shredded food-contaminated boxes – pizza, take out boxes, etc.;

Included is a poster of acceptable materials for curbside collection starting December 10, 2012. For more information on the upcoming compostable collection program, contact:

Compost Program
C/O Public Works Manager
Seabird Island Public Works
BOX 650 Agassiz, BC V0M 1A0

Cut here and drop off at Band office

Sign up for Compost Curbside Pickup Program form is attached.

Compost Curbside Pick-up is a new program for homes that want to help reduce waste.

If every business, school, community event and home recycled, composted, reused and used the full Zero Waste services available to us in Seabird, our community could potentially divert 80% or more of our waste from the landfill!

The program is free for residents. When you join you will receive a 5 gallon pail and a weekly supply of compost bags for the first year of the program. Signing up is simple:

Name: _____ House # _____

Pick up is every Monday and Thursday same days as the normal garbage pickup. If the service is interrupted pick up will normally occur the following day.

Fitness and Nutrition

Zumba, MMA and youth fitness are cancelled for the month of DECEMBER but will resume in January 2013!

Seabird Community

Kitchen: Christmas Cookies
December 13/2012 at 12:30 p.m. - 2:30 p.m.
in the Community Health Board Room

Seabird Diabetic

Session:
December 20/2012 at 10:00 a.m. - 2:00 p.m.
in the Community Health Board Room. We will be discussing being ready for the holidays.

Housing Update

CMHC has advised that the number of social housing units in BC that are being allocated are getting more and more scarce. This year, they were only able to build 49 in all of BC – Seabird was lucky and their proposal achieved approval for 4. Next year, we have been advised Seabird may not get any as the numbers lower, and stricter criteria comes into play. We will keep you all posted!

We are excited to announce Seabird Island Market Housing has been approved by our Chief and Council. Our staff are trained, and we are ready to start taking applications for eligible Band Members to get mortgages. For more information and/or to find out if you qualify, please contact Stacy.

Seabird has started to construct 4 new units in social housing out at Strawberry Island. These 4 new units are 2x3 bedroom and 2x4 bedroom units – 2-storeys detached. Family have already been selected for these units.

Our housing department has recently been informed that we have been approved for another 4 units, and these

units (2x3 bedroom ranchers, and 2x4 bedroom 2-storey detached) will also begin construction once the construction subsidies come through. Our selection committee will meet again shortly to select the families for these units. If you are interested in sitting on the selection committee, please contact Stacy asap.

Maintenance:

- 1) Check and clean or replace furnace air filters each month during the heating season.
- 2) Vacuum bathroom fan grille.
- 3) Vacuum/Wash Stove fan grille.
- 4) Ensure you have working batteries in your smoke detectors

Housing Wait-list

1 bedroom

1	07282011-2041
2	09212011-2045
3	10212011-2044
4	11232011-2046
5	04172012-2047
6	06082012-2048
7	08302012-2049
8	09192012-2050

2 bedroom

1	02222010-2019
2	09082010-2028
3	11172010-2030
4	02282011-2035
5	04142011-2036
6	07082011-2038
7	08052011-2041
8	09212011-2045
9	10202011-2046
10	11012011-2047
11	01042012-2048
12	01122012-2048B
13	03152012-2050
14	01142012-2049
15	04112012-2051
16	04172012-2047
17	04202012-2052
18	11132012-2053

3 bedroom

1	8142009-3019
2	11252009-3028
3	01012010-3030
4	04212010-3038
5	04212010-3039
6	16112010-3043
7	01032011-3048
8	21032011-3050
9	28032011-3051
10	12052011-3052
11	08282011-3054
12	10202011-2046
13	31102011-3055
14	11012011-2047
15	15112011-2056
16	01032012-3057
17	01042012-3058
18	01052012-3059
19	02062012-3061A
20	01032012-3060
21	01062012-3061
22	01242012-3062
23	03302012-3062
24	04022012-3063
25	05072012-3065
26	05072012-3066
27	05072012-3067
28	05312012-3068
29	06142012-3069
30	06282012-3070
31	07092012-3071
32	09182012-3072
33	11132012-2053

Don't know your number? Contact Stacy McNeil to see where you sit on the waitlist!

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

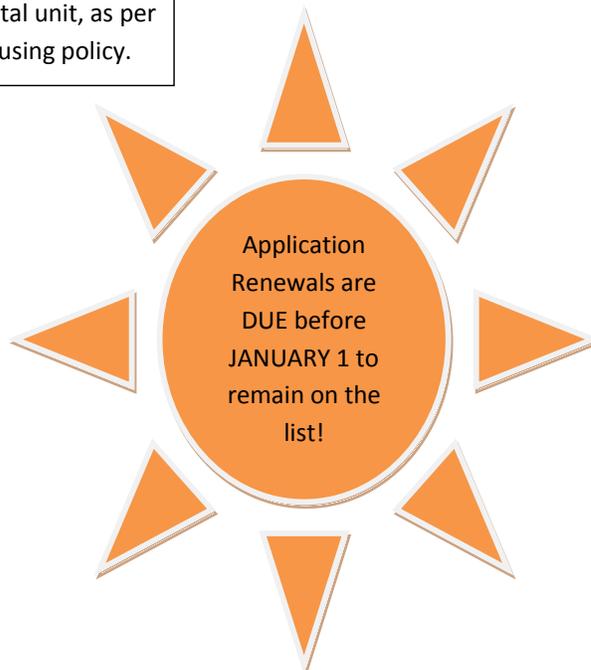
Dental is accepting non-perishable food donations for the local food hamper.

For each food item you will receive ticket/entry for your chance to WIN a \$100 Gift Card.

Heather Greer, Seabird Dental Supervisor
2895 Chowat Road, Box 765
AGASSIZ, B.C. V0M1A0

Direct line 604-796-6853
Toll-free 1-800-788-0322 x5003

Seabird Dental
Open: Mon – Thurs
8am-4:30pm





Seabird Island Band MARKET HOUSING PROGRAM

A NEW Housing Program that provides competitive and affordable loans that work for you!

Developed in partnership with First Nations Market Housing Fund



There are two stages to get you ready to build, renovate, purchase or refinance.

1. Application Process with SIB Housing Department.
2. Approval Process of your Housing Loan on of 3 participating Lenders.

This Housing Program is to provide Seabird Island Band Members access to affordable and competitive home loans in order to build, purchase or renovate homes on Seabird Island Band reserve lands.

Loans that you could qualify for:

Up to \$250,000 for New Construction, Purchase, and Refinance.

Up to \$150,000 per unit for Rentals.

Up to \$100,000 for Renovations.

Would you like more information about our own Market Based Housing Program?

PLEASE CONTACT:

Stacy McNeil

Tel: 604.796.2177 or Email: stacym@seabirdisland.ca

Accreditation



Driving Quality Health Services

Accreditation is about improving the quality of our health services. We have four working groups that are making recommendations to improve programs and services.

One new initiative is our Falls Prevention Program. We are taking steps to ensure that everyone knows what puts them at risk for falls and what they can do to stay safe from falls. Our elders and our home support clients will get extra attention related to falls. Others in the community will need to read the tips below and ask us for help if needed.

Call Maggie Pettis (CHR) or Liz Point (Nursing manager) for more information (604 796 2177)

FIVE TIPS FOR PREVENTING FALLS

- 1) Make an appointment with your doctor or nurse.** Ask about your medications...are any of them putting you at risk? Are your health issues taken care of? If you've had a fall this year, talk about it and what you think caused it. Ask for exercises to help your strength and balance.
- 2) Keep moving.** If you've had a fall before you are probably nervous about another one. If you limit your movement, you will get weaker and more likely to fall. Keep moving but do it safely!! Use your canes and walkers. Start a balance and

strength program to ensure you have the tools to move as safely as possible.

- 3) Wear sensible shoes.** The right shoe for the right kind of weather is important. Your shoes should have some good tread but not make you likely to trip because they are too heavy or stick to the ground.
- 4) Be aware of your surroundings.** Move slowly! Look around and adjust your walking to match the terrain you are walking over.
- 5) Remove hazards in your home.** Look for loose rugs and loose cords. Make sure things you need (like phones and light switches) are easily in reach. Make sure the lighting in and around your house allows you to see hazards!

Questions or comments?

Talk to Heather McDonald, 604 796 2177 local 5033
heathermcdonald@seabirdisland.ca

Seabird Island Band

Free Legal Clinic



Upcoming clinic dates

Dec 11th

Jan 8th and 22nd

Mar 12th and 26th

April 2nd and 16th

All the above clinics start at 1:30 p.m.

Want free legal advice?

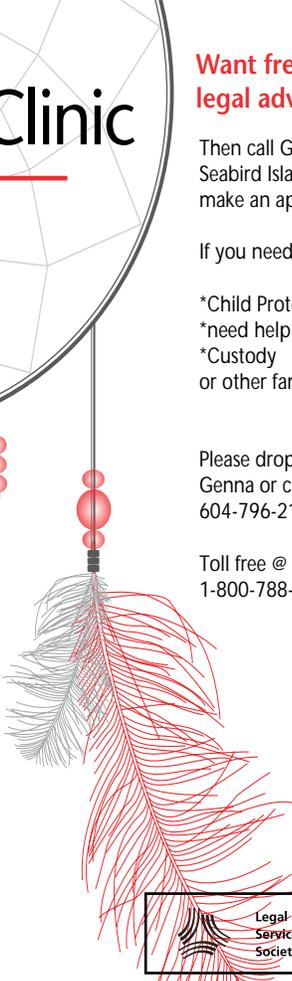
Then call Genna at the Seabird Island Band office to make an appointment.

If you need help with

- *Child Protection
- *need help getting a lawyer
- *Custody or other family matter

Please drop in and visit Genna or call her at 604-796-2177 or

Toll free @ 1-800-788-0322





SEABIRD BANKING

December 20th

from 9 a.m. - 5 p.m.

We will be able to open bank accounts on site as well as provide information and advice for any questions they may have.

Services will include (but not limited to):

- opening bank accounts
- financial reviews
- visa applications



RBC AT THE VEDDER CROSSING BRANCH.

New Branch Hours: Vedder Crossing Branch is open earlier - and later!

Monday to Thursday	8am - 7pm
Friday	8am - 6pm
Saturday	9am - 4pm

Meet Cindy Robinson and Sonia Fuzesi *Branch Manager* | *Royal Bank of Canada* | *Mutual Funds Representative* | *Royal Mutual Funds Inc.*
T: 604.824.4728

Emergency Preparedness - Winter Driving Survival Checklist

The Cold War is back.

Are you and your vehicle prepared for treacherous winter driving conditions?

Don't know? Don't go.

Driving in winter conditions can be risky. Before heading out in unfavourable conditions ask yourself if the trip can be delayed.

If you must go:

- Visit DriveBC.ca for current road conditions.
- Visit ShiftIntoWinter.ca for tips on ways to prepare yourself and your vehicle, and how to drive safely on winter roads.

Use winter tires.

- Use four matched winter tires. They provide better stopping power and traction in cold weather and snow. Check for wear before mounting.
- Check tire pressure every few weeks.

Make sure your vehicle is properly equipped in case you become stranded.

Be sure to safely stow the following items:

- Windshield scraper and snow brush
- Extra windshield washer fluid
- Flares and matches or lighter
- Tire chains and gloves
- First aid kit
- Shovel and traction mat, sand or kitty litter
- Flashlight and extra batteries
- Battery jumper cables
- Spare tire, wheel wrench and jack
- Extra clothing and footwear

If you are travelling outside of urban areas, ensure your emergency kit also contains:

- Blanket or sleeping bag
- Candles
- High energy food
- Empty can for melting snow
- Tow rope

If you get stuck in a storm, don't panic.

Avoid overexertion and exposure. Stay in your vehicle, and open your window slightly to make sure you have a supply of fresh air. Use a survival candle for heat (with appropriate care).

Use caution when running the engine with the window closed given potential exposure to exhaust fumes (exhaust systems can be blocked or damaged after a crash or loss-of-control situation). Set out a warning light or flares.

Seabird Family Outing!

Bright Nights – Stanley Park Xmas Train!



During the holiday season the Miniature Train goes through a festive transformation and turns into the Bright Nights Train.

Stanley Park is illuminated by two million twinkling lights, and visitors see animated displays and listen to holiday classics while sipping on hot chocolate and enjoying fresh popcorn or roasted nuts.

Event Cost:

Adult: \$10.00; Child (3-17) & seniors (65+): \$7.00 (under 3 free)

Charter Bus Cost: \$800

Your Cost: \$0

(includes transportation, admission to train, & dinner at McDonalds)

December 7th, leaving band office at 4pm & returning approx. 11pm

50 seats available.

Priority seats will be given to those who were not able to attend Halloween train

Please note this is a family outing, children cannot come alone



Sign up at the health desk after Nov 13th

SEABIRD ISLAND WELLNESS CENTER

PANCAKE BREAKFAST

Wednesdays

December 5, 12, 19, 2012

9:00 - 11:00 AM

Healthy Living Group

Mondays

December 3, 10, 17, 2012

3 - 4:00 PM

Watch for our new program in January
"Living Life To The Full"

For information contact

Donna Watson, Family Counselor

(604) 796-6826



TECH bytes

Apps to Help You Keep Your New Year's Resolutions

Excuses are so last year. These desktop and mobile apps will assist you in achieving your goals for 2013.

We all try a New Year's resolution at least once. Some of us even try many at one time. (Word of advice: stick to one at a time to help achieve success.) However you roll, the New Year is a logical time to invent a new you—and now you have technology on your side. There are websites and applications galore to help you stick to your goal to get in shape, find a new job, better manage your money, write the great American novel, get organized, quit a nasty habit, or just become an all-around better person.

Not sure where to get started with your resolutions? This site will automatically generate some for you, in case you feel a desire to improve but are at a loss for inspiration. The fact that one of the suggestions is, “This Year, I will...improve” should not deter you at all; just keep clicking till you find a resolution that fits your expectations and abilities (like “Stay away from gas station slushies!”).

Once you've decided on a resolution, team up with a coach to keep you focused. At Start A Resolution, you can enter your resolution on the site and get assigned a “resolution coach”—basically the person who joined ahead of you. Then, you coach the next joiner. It's resolution networking. But don't stop there. Put some of these desktop and mobile apps to work for you.

DESKTOP APPS

For the procrastinator

Rescue Time for Windows or Mac will keep track of all your time, without having to input any data. It'll block you from visiting distracting websites (ahem, social networks, ahem). It even knows to not keep track when you're away from the computer.

For the non-techie who wants to jump in the deep end

Code Year, a joint venture by Codecademy and other partners, is all about teaching you the skills it takes to become a modern programmer. If your resolution is to learn to code, this free service will offer up a new lesson every week, covering topics like Ruby, Python, and Javascript. By the end of the year, you'll be a full-on codemonkey.

For the spend thrift

Connect all your accounts—bank, credit, mortgage, etc.— to Mint.com and you'll soon have one stop online for tracking all your money. Even better, Mint is all about budgeting and can help you find ways to save money and spend less.

For the soon-to-be-reformed smoker

Quit Counter for Windows does the work of tracking your progress, both successes and failbacks.

MOBILE APPS

Want to keep your resolution on-the-go? There's an app (or two) for that. For example, a search at the iTunes App Store reveals several apps to track your resolutions, ranging from the free Resolutions, a very limited app for deciding on a pre-set resolution and then holding you accountable via social network sharing, to the \$.99 All My New Year Resolutions 2012 app that does much the same but with more customization, like tracking of events related to your resolution. If you prefer platitudes to get you going, the New Year Motivation 2012 app is still on sale for \$.99 and will give you a new saying every day for one month. (You can start the month any time.) It'll go back up to \$3.99 soon.

More specific apps can help smokers (Quitter, Livestrong MyQuit Coach, both free, and more), drinkers in a twelve step program (12 Steps AA Companion, \$2.99), those who need to drink more water (Waterlogged, free), budgeters (Mint.com or PageOnce, both free), people trying to get in shape (Run Keeper, free) or just about any other resolute activity you can imagine.

You can find many of these—such as Quitter, WaterLogged, PageOnce, RunKeeper and others—in the Android Apps Marketplace, as well.

Ultimate Accountability

Finally, everyone should know about Aherk. It's a “goal-oriented self-black-mailing service” that asks you to define a revolutionary goal then, literally, put your @\$\$ on the line—by uploading a very compromising picture of yourself. Preferably, it's one that will embarrass you enough to motivate you. Aherk won't let you change it later, or even take it down. If you fail to achieve your goal and your Facebook friends agree that you didn't (their votes make the decision), then Aherk posts that compromising picture of you on the social network for all to see!

Aherk's own About page calls itself “the knife on your neck that will keep you on your toes while your friends are watching.” That's accountability in the tech age, should you be brave (or foolish) enough to sign on. Here's hoping you friends aren't all jerks.

Seabird Island Preschool



Ey Swayel - Seabird Island Preschoolers continues to grow in all areas of development through all the wonderful interactions at Preschool.

It was been a wonderful month full of learning. The children enjoy their learning of Halq'emeylem language and culture with Kwozel daily.

Seeds of Empathy is a huge part of the Preschool with Family visits from Mom Evangeline and Baby

Addison. It is amazing to see the children having empathy for each other in the classroom.

Halloween was great fun! Thank you parents for the treats sent for the party

On Oct. 22, The children visited the Seabird island Dental Office. Thank you Rosie for the educational tour and the children enjoyed their goodie bag.



Preschool participated in the Remembrance Day Service on Nov. 9th. Thank Evy and Kwozel for taking time to make the beautiful wreath with our children.

Many children participated in the A-PALS held Wed. Nov. 14th Eleven families came for a wonderful evening!!

Our next A-PALS is Wed. Jan. 9 4:30 at the Mill Hall!!



Seabird Island Language Nest Preschool

Malila and Jonny continue to teach the language through songs and TPR at the Preschool Mon - Thur 1 -3 p.m.

Halloween was great fun with costumes and Jonny face painted the children.

Making bannock is always a delight with the children. Malila enjoys teaching the children. The children enjoy dance, while Jonny or Malila drum. The children delight in dancing to various animals and birds.

A-PALS Aboriginal Parents as Literacy Support

The second A-PALS gathering was held Wed., Nov.14 at the Mill Hall. Eleven families participated with a total of 40 people! Such a wonderful gathering on the evening of “Elders in our Community” theme. Malila opened the evening with a prayer then staff served a delicious fish supper. After a circle time consisting of songs and a story, Adults met in a discussion

group while children played under staff supervision! The evening ended with several crafts related to the theme. Each child was given a book to take home.

Our next A-PALS is Wed., Jan. 9, 2013. All families with children aged 3 – 6 years of age are welcome to participate! We look forward to seeing you in 2013!!



Christmas Concert Friday, December 14th

All the children from the 3 AND 4 year old Preschool Program will be participating at the Xmas Concert at the Community School.

*Please come out
and join us!!*

Seabird Island School

The Track team is competing to see who can run the most kilometers in the month of November. Current leaders in the competition are Justin Paul who ran 18 consecutive kilometers in under two hours, and Olivia Blenkin, who ran 40.7 km in the first 16 days.

Some students have already reached the mid-way point in Math 11, after doing extra work to finish early.

Some students in each grade of Science have also chosen to work ahead, using consistent focus in class time, and at home, to finish early.

The high school art class has finished a black and white optical illusion painting. These are displayed in the high school hallway. We have started working on paper mache' masks and collages. The talent of our students is truly wonderful. Please drop by to see their work.

English 8's are reading the novel “Touching Spirit Bear”, a story about restorative justice. They will be doing a poster project on Kermode Bears.

English 9's are reading the novel “War of the Eagles” a story set during World War II. They are also working on a research project about Bald Eagles.

As a precursor to our argumentative essay writing, we had a class discussion about the human desire to argue a point and be right. The students then decided to have a bake-off to prove how right each one was in his/her assertion of being the best baker. They requested specific judges, created rules, and judging criteria. The creativity was fantastic and the three outstanding entries proclaimed by judges and students alike were Tanisha Jack, Danielle Alexander and Fawn Henry. Way to go!

Northern Lights College comes to Seabird College



On November 15th I met with Stacy Smith of Northern Lights College. Seabird College and Northern Lights College are partners bringing the “Oil and Gas

Field Operator” program to Seabird College. Stacy is the Chair of the Trades and Technology Programs at Northern Lights College based out of Fort St. John.

The Oil and Gas Field Operator Program is a 4.5 month program. The instructor is a 4th class Power Engineer who also has Gas Plant experience and is well versed in the industry. The instructor is good at keeping up to date with technology and setting the bar high and connects well with the students.

They are bringing equipment to Seabird for the class to practice on and to get to know. This will help them connect the theory with the machinery right from the start. The students will learn about geology, drilling, production and extraction methods. Example: propane extraction from natural gas (making propane from natural gas). The program also includes 10 Safety Courses, safety is critical in this industry. The program mentors you to help get your foot in the door in the Oil and Gas industry.

There are many spin off trades and further training available to expand on this training and go into: environmental protection, surveying, compressor driver work, instrumentation, electrical and even heavy duty mechanics. The certification you receive from this program is from Northern Lights College (NLC) and Southern Alberta Institute of Technology (SAIT). Allowing good

transferability to Alberta for those who wish to work in Alberta and/or continue their education in this industry.

The North is booming with substantial opportunities in this industry. The Gas industry is immense up there. Starting wages can vary from company to company and differ with experience, but can range from \$26-30 per hour or \$60,000 - \$70,000. Camp work is available everywhere with many variations of scheduling (eg. 2 weeks on - 1 week off). Many people like this option, when they work for 2/3 of the year and have more time off in lump sizes so they can vacation with their families.

A Field operator has the luxury of working in the fresh outdoor air and works hands on in the production field.

“HOUSING
APPLICATION
RENEWALS DUE
BEFORE JANUARY 1st
TO STAY ON THE
WAIT-LIST!”

Recreation:

Evening recreation programming in the gym will be closed for the month of December.

Fitness center will remain open until December 20 in the evening until being closed for the holidays; access still available during office hours when the band office is open.



STO:LO TRIBAL COUNCIL

Annual General Meeting

Friday, December 7, 2012

Millennium Hall ❖ 2736 Chowat Road ❖ Seabird Island

12 Noon

AGENDA

1. Adopt Audit
2. Appoint Auditor
3. Annual Report

Prizes PRIZES PRIZES

- Ipad
- Iphone 5
- TV
- Shell Gas Cards
- Wal-Mart Gift Cards
- Nintendo Wii U Console Deluxe
- Many, many more!!!

Lunch Provided

For more information, call
Lenny Herring at 604-796-0627



Native Education

Agassiz Elementary Secondary School

December 2012

HELLO, On behalf of the Native Education, Fraser Cascade SD#78. I would like to wish you all a Merry Christmas and Happy New Year!

Last month, A.E.S.S students attended the Aboriginal Leadership Conference in Langley, Nov. 7&8. The following students attended: Ashley Charlie, Angela Charlie, Andrew Point, Joel Peters and Daniel Mc-Neil-Bobb. Leadership is a very important topic; the skills they learned will be utilized for they are all strong leaders.

Report Cards was sent home November 20th. If you need a copy we can email the report card to you. I have also jotted down the amount of days the students have missed from the month of September to November 21. Attendance is broken down into communities and separated by how many days missed. If a student has missed 6-10 days since September it is marked down in that group.

If you have any concern or ideas how we could encourage our students to improve attendances. Please give us a call.

Happy Holidays, Cecily George

FIRST NATION SUPPORT WORKER

CECILY GEORGE &

KIM JAMES

604-796-2238 EXT 115

CGEORGE@SD78.BC.CA

KJAMES@SD78.BC.CA

PIZZA HOMEWORK CLUB

Thursdays in the mezzanine

MONTHLY UPDATES

UBC YOUTH LEARNING CIRCLE
ON-LINE 1-3 P.M.
December 4, 2012

THURSDAYS
PIZZA HOMEWORK CLUB
December 6/13, 2012

GRAD PHOTOS
December 7, 2012

GRAD WRITE-UP DUE
December 10
GRAD PARENT MEETING
December 12, 2012 at 7 p.m.

GRAD BOTTLE DRIVE
December 15, 2012

MID-TERMS EMAILED
December. 13, 2012

LOCKER CLEAN-UP
December 20, 2012

WINTER VACATION
December 21 - January 4
Return Jan 7, 2012

STUDENT ABSENCE FROM SEPT.-NOV.21

Seabird Island - 39 students, Chehalis - 32 students,

Off-Reserve - 42 students, Scowlitz - 2, Cheam- 1

Amount of Days Absent

	0-1 days	2-5 days	6-10 days	11-20 days
Seabird	7	11	12	9
Chehalis	4	10	6	12
Off-reserve	11	13	10	8
Scowlitz			2	
Cheam			1	



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: sandrabbob@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, by phone at 604-796-6838 or e-mail sandrabbob@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

Drum Making Class

Last month there was Drum making class held. Daren Charlie taught the class how to make their own drum and in the end each student had a completed drum to take home. Following that class many have joined a drum group. Here they are learning how to take care of their drums and are learning

songs. This group meets weekly to practice and have fun with their new drums. This was and continues to be a great experience for all involved. If you wish to bring your drum and join the group please contact Tilly for more information.



Seabird Youth Xmas Dinner & Dance!!

When: December 21st, Friday

Dinner: 6:00pm-7:00pm

Dance: 8:00pm-12:00am

Event Cost: \$800

Youth Cost: \$0

Ages: 13-18

Who: For all Seabird youth
\$10 for non-Seabird member



Join us for a fabulous Christmas dinner and then dance the night away to music.. Video screen dance! Dance includes contests, prizes, and concession.

Drug and alcohol free event.

Merry Christmas!

Contact Keena McNeil for more information

Seabird Youth Outing! Ice Skating

Thursday, December 27th

9:15am-12pm

Ages 13-18

Event cost: \$410

Youth cost: \$5

No food included

permission form needed

Meet at **school**

Contact Keena for info



Youth Outing!

Snowboarding/Skiing in Hemlock

Thursday, December 20th

8:30am-5:00pm

Event Cost: \$1300

Youth Cost: \$20

Lunch included

Max 15 youth

permission slip needed

Sign up at the health desk

Contact Keena for info



SEABIRD YOUTH OUTING! METROTOWN

Catch the skytrain from Surrey station and shop at the 400 stores in the mall!

Saturday, December 15th

Leave from band office at 12pm

Return approx. 9pm

Event Cost: \$980

Max 16 youth- no cost for Seabird Youth

Ages 13-18 only

permission slip required

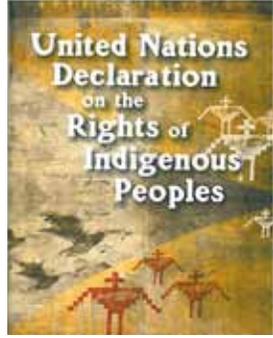


United Nations Declaration on the Rights of Indigenous Peoples

Article 24

1. Indigenous peoples have the right to their traditional medicines and to maintain their health practices, including the conservation of their vital medicinal plants, animals and minerals. Indigenous individuals also have the right to access, without any discrimination, to all social and health services.

2. Indigenous individuals have an equal right to the enjoyment of the highest attainable standard of physical and mental health. States shall take the necessary steps with a view to achieving progressively the full realization of this right.



Article 25

Indigenous peoples have the right to maintain and strengthen their distinctive spiritual relationship with their traditionally owned or otherwise occupied and used lands, territories, waters and coastal seas and other resources and to uphold their responsibilities to future generations in this regard.

New Staff



Ashley Thompson joins the Seabird team as our new Early Childhood Program Coordinator.

Ashley is from Abbotsford. She spent seven years working for the City of Abbotsford working with Building Permits and Business licenses as well as with Parks, Recreation and Culture.

This year Ashley will graduate with her Bachelor of Business

Administration with a Communications Certificate. She is working towards getting certified Human Resource Professional Designation.

She has a passion for growth and development for the betterment of people. She enjoys being a good resource to help people. In this capacity she enjoys volunteering at the local SPCA as well as the Women's Treatment & Recovery Facility in Abbotsford.

Ashley is very proud to have been awarded this position and looks forward to working with everyone.

Healthy Eating Recipe Corner

Delicious Christmas Cake (Low Fat & No Added Sugar!)

by helenb » December 12th, 2010, 7:19 pm



Freezes well! A more diabetic friendly Christmas Cake.

You can also make this cake with gluten free flour for coeliacs.

Ingredients

- 225 g Chopped dates (sugar free)
- 275 ml Water
- 450 g Mixed Dried Fruit (Use a combination of Sultanas, Raisins, Currants, Prunes, Apricots, Unsweetened Cherries etc what ever are your favorites - chop up any big pieces of fruit)
- 175 g Wholemeal flour (or gluten free if preferred)
- 1 tbsp Cocoa Powder (or unsweetened cocoa or carob powder) - optional
- 3 tsp Baking powder

- 1/2 tsp Cinnamon
- 1/2 tsp Allspice
- 1/4 tsp Ground Ginger
- A few gratings of a fresh nutmeg OR use 1 to 1.5 tsp mixed spice grated rind of an orange or lemon
- 40 g Ground almonds
- 4 tbsp Fresh orange juice (you may need a splash more depending on how soft your dried fruit is)
- 1-4 tbsp Brandy - optional
- Whole almonds (or walnuts or Pecans) to make a topping

Directions

1. Preheat oven to 160 C. Line a 900 g (2 lb) loaf tin with baking parchment
2. Put the dates and water into a small saucepan and gently bring to a simmer and look on low for a few minutes until the dates are soft and have absorbed the water. Mash them up a bit with a wooden spoon. Add in the orange juice.

3. Mix the dried fruit, flour, cocoa powder and baking powder along with the spices and a pinch of salt in a large bowl.
4. Mix in the dates and lemon or orange zest and mix well to combine. If necessary add in a little extra orange juice to make a sticky'ish mix.
5. Stir in 1 or 2 Tablespoons of brandy - optional.
6. The mix should be stiff but not too dry.
7. Turn out into the prepared loaf tin and make a pattern on the top with your nuts of choice.
8. Bake in the oven for 1 1/2 hours - but check after 1 hour 20 mins. Insert a skewer into the centre which should come out clean.

Tip: *If the nuts look like they are browning too much place some baking parchment or foil very loosely over the top of the cake for the last 30 mins of cooking.*



OOSC 2012

Christmas Holiday Activities



Time	Thursday 27th Dec	Friday 28th Dec	Wednesday 2nd Jan	Thursday 3rd Jan	Friday 4th Jan
a.m.	Sign in, quiet games Ice skating 10:00am-11:30am	Sign in, quiet games In-house activities	Sign in, quiet games In-house activities	Sign in, quiet games Wave Pool 10:00am-12:00pm	Sign in, quiet games Movies (show times vary)
Lunch	Turkey sandwich w/ apples	Bologna sandwich w/ kiwi	Ham sandwich w/ apple	Chicken sandwich w/ oranges	Bologna sandwich w/ strawberries
p.m.	In-house activities	In-house activities Upon return	In-house activities Upon return	In-house activities Upon return	In-house activities
Event Cost	\$5	\$0	\$5	\$5	\$TBA
Your Cost	\$5	\$0	\$5	\$5	\$TBA

Our daily program is open to all children ages 5-12. Those who are not already attending the OOSC must complete a registration form, available at the front desk of the band office. Program will be based out of *Lalme' Iwesawtexw*.

The hours are 8am-5pm. Closed Dec 24, 25, 26, 31 & Jan 1

Daily fee is \$20.75 child care charge, along with the field trip costs (Non-Seabird pays event cost as well).

For more information, please contact Keena at 604-798-2177.

RECREATION DECEMBER 2012



Christmas



Mon	Tue	Wed	Thu	Fri
3 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm	4 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm	5 Elder's Fitness 9am-10am	6 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm	7 ECE Time 11am-11:30am High School Fitness 1pm-2pm Family Outing: Xmas Train 4pm
10 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm	11 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm (13-18)	12 Elder's Fitness 9am-10am	13 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm (13-18)	14 ECE Time 11am-11:30am High School Fitness 1pm-2pm
17 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm	18 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm (13-18)	19 Elder's Fitness 9am-10am	20 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm (13-18) Youth Outing: Snowboarding 8:30am-5:00pm \$\$	21 ECE Time 11am-11:30am High School Fitness 1pm-2pm Youth Xmas Dinner & Dance 6pm-12am
24 Elder's Fitness 9am-10am	25 CLOSED	26 CLOSED	27 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm (13-18) Youth Outing: Ice Skating 9:15am-12pm \$\$	28 High School Fitness 1pm-2pm
31 Elder's Fitness 9am-10am				

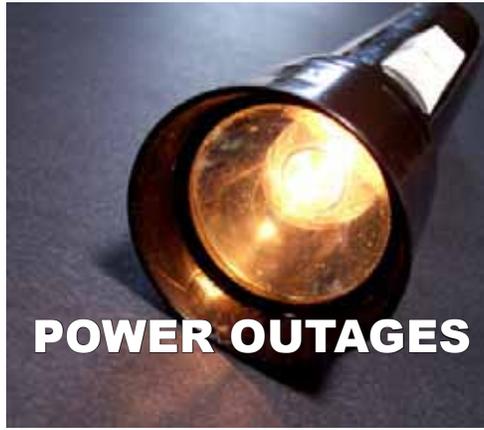
Extra youth outing December 15th to METROTOWN. No cost for Seabird youth. Catching Sky train from Surrey to the mall. Leaving 12pm from band office

What to do during an outage

1. Check if the power failure is limited to your home. If your neighbour's power is still on, check your circuit breaker panel or fuse box.
2. Call BC Hydro at 1 888 POWERON (1 888 769 3766) or *HYDRO (*49376) on your cell phone. Tell them about the outage so they can send the right crews and equipment to the right location.
3. Tune into your local radio station for storm and power outage updates.
4. Turn off all appliances, including home computers and peripherals, especially those that generate heat. This helps prevent hazards or damage when service is restored.
5. Turn off all lights except one inside your home and one outside. The inside light lets you know and the outside light lets BC Hydro crews know, when the power is back on.

BE PREPARED

- Develop plan. Be sure everyone knows what to expect and what to do. Have a secondary plan in case power is out for a longer period.
 - Make a list of local emergency contact numbers (fire, police, ambulance, etc.). Include 1 888 POWERON (1 888 769 3766) for reporting an outage.
- Prepare an emergency kit and store it in an easy-to-find location (3 days worth of supplies per person). Check regularly to make sure the kit is well stocked and that all equipment is in good working order.
- Use surge protectors to protect sensitive electrical equipment such as computers, DVD players and TVs.



- Make sure you have smoke detectors in appropriate rooms. Change the batteries regularly, preferably every 6 months, and test them monthly. If your smoke detectors are wired directly into the electrical system of your home they will not operate during a power failure unless the batteries are working. *Special smoke detectors are available for people with hearing impairment.*
- Have a fire extinguisher and know how to operate it. Have a fire evacuation plan and practice fire drills.

SAFETY FIRST

- Never go near or touch a fallen power line. Stay at least ten metres (33 feet) away at all times and do not attempt to remove debris surrounding the line. If you see a fallen power line, report the exact location to 1 888 POWERON.
- Have a plan for checking on and reuniting family members.
- If you can... Stay home and be safe during a power outage.
- Traffic signals may be out. If so, remember the intersection becomes a 4-way Stop.

HEALTH ISSUES

- Focus on children's needs. Provide flashlights or light sticks for each child that they can keep them close. Discuss living without electricity and how the outage is usually short term.
- Elderly people and people with disabilities who are on power dependent medical devices should arrange for back-up power. Power dependent devices include: medication pumps connected to IV, including pain control, anti-arrhythmia and chemotherapy; dialysis machines; home ventilators; and backup oxygen tanks.
- People who are medically dependent on electricity may need portable generators. Safely store fuel only in approved containers, outside, *never* in garages. Operate generators only outside, ensuring that exhaust will not enter the home through vents or windows. Only use fresh gasoline because old gasoline can ignite. Plug appliances directly into the generator using heavy-duty extension cords. NEVER attach generators to the house current.
- Have a first aid kit in your home, office, and car. Take first aid and CPR training.
- Sewer pump stations have limited storage capacity. Limit all water usage, and avoid flushing your toilet during a power outage.
- Be a good neighbor and check on any neighbors with special needs: elders, people with disabilities, and children who are home alone during a power outage. They may need your help.

What should be in an emergency kit?

Prepare for the first 72 hours (3 days)! Stock your emergency kit with these essentials:

- | | | |
|---|--|--|
| • Flashlights | • Medications | • Games, cards and books |
| • Extra batteries | • Supplies for people with special needs | <i>You may need additional supplies for lengthy outages.</i> |
| • First aid kit(s) | • Battery or crank operated radio | |
| • Bottled water (2 litres / person / day) | • Corded telephone | |
| • Non-perishable, ready-to-eat foods | • Warm clothing and blankets | |

Remember to pull out your emergency kit once a year and make sure it still fits the needs of your household. Replace batteries with fresh ones.

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

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

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

AGREEMENT

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only, and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

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

DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Sandy Bobb

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

Health Comics



Quote of the month

"Memory... is the diary that we all carry about with us."
Oscar Wilde

"Yesterday is but today's memory, and tomorrow is today's dream."
Khalil Gibran

"Memory is the mother of all wisdom."
Aeschylus

"Memory is the treasury and guardian of all things."
Marcus Tullius Cicero

Moqo's / December

Birthstone: Turquoise

Birth Flower: Narcissus

Zodiac: Nov 23 - Dec 21 Sagittarius

Moqo's "fallen snow season"

Halq'emeylem Word Search

m	e	d	s	t	ó	q	w	'	e	m	a	n	g	e	l
i	c	i	'	y	á	n	u	m	b	ō	:	b	l	u	e
n	p	x	e	l	í	l	e	b	s	x	s	á	e	y	e
e	e	'	w	í	f	q	:	y	n	w	t	w	y	x	s
í	p	h	á	ó	a	l	l	s	o	é	e	x	'	i	ó
q	q	e	y	s	k	f	x	o	w	l	'	e	ó	j	s
e	'	x	w	ō	x	w	i	y	á	m	q	m	i	f	'
t	é	ō	a	p	ó	p	'	'	l	e	s	l	h	e	h
í	y	á	l	s	ó	e	ō	e	r	x	á	é	c	t	e
w	ó	l	e	q	l	e	x	á	l	w	s	'	h	h	a
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t	s	'	m	e	t	h	'	ó	:	l	e	s	u	á	t
e	x	i	c	e	á	c	r	e	a	í	l	m	o	:	ó
l	y	q	l	j	í	s	a	s	q	u	a	t	c	l	h
p	'	ó	:	t	h	'	e	s	l	h	ō	w	z	é	k

- sásq'ets - sasquatch
- líós - angel
- xwókw'eltem - numb
- st'élmexw - medicine
- stó:qw'em - a cough
- áxelqel - animal hide
- th'á:lé - heart
- ts'meth'ó:les - blue eyes
- pepq'eyó:s - snowberry
- sxwósem - soapberry, indian ice cream
- elíle - salmonberry
- xwōxwiyám - tell some stories
- siyá:m - high person, leader, chief
- yíq - fall of snow
- p'ó:th'es - cradle basket
- lexwtel - blanket
- qetíwstel - sweathouse
- xwélmexw - indian
- syewá:l - ancestors, lineage

YOO HOO - Mystery Incentive - WIN A PRIZE!

All Seabird Band Members or Community Members who bring in this completed Word Search to Sandy Bobb will be put into a draw for a chance to **"WIN" a mystery prize.**

Submissions due: by 4 p.m. December 10th
Draw Date: December 12th, 2012

Note: To keep things fresh next time the incentive may be something else placed somewhere else in the Yoo Hoo, it changes every month.

Congratulations to - November's Winner was Fallon McNeil

Name: _____

Phone #: _____

Seabird Address or SIB Status #: _____



'Round The Rez Community Events, Workshops & Outings

DENTAL CENTER

Seabird Dental is available
Monday - Thursday 8-4:30.
Starting Nov. Open every Friday 9-3
* Seabird Dental is accepting new
STATUS PATIENTS.

Tuesday

WALK-IN PAIN 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.

* Patients will be screened & most
urgent problems seen first.

\$\$ 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)

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.
Tracy looks after booking of the Millennium Hall.

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

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.

VOLUNTEERS REQUIRED

Please come and inquire with Angie if you would like
to have your name on the listing for helping during
Band events with set-up, clean-up, cooking, decorating,
and child minding... We are always looking for people
to help with any functions that we host here in the
Band office.

FIELD LIGHT BOOKINGS:

See Keena to book the field lights for your sports team.
\$2 an hour for band members,
\$8 an hour for non-band members.
604-796-2177

AMBULANCE BILLS



Please submit ambulance bills to
Maggie Pettis as soon as you
receive them. If the bill is more
than 1 year old, ambulance costs
will no longer be covered under
the Non-Insured Health Benefits
(NHIB). Anyone with a Status Number can have the
ambulance paid for by Health Canada as long as it's
not an ICBC claim.

**Ambulance bills that I only help with anyone that
has a status number other than that everyone else
has to pay for their own unless it's an ICBC claim.**

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

OIL DISPOSAL - NO MORE

SORRY

We are **NO LONGER ACCEPTING**
used oil at the Gas Bar!

OPTOMETRIST CLINIC

Dr. Ahmed's Clinic Dates

Dec. 3rd

I am booked for the
next 2 clinics, please
book well in
advance we are now
booking for the
January 2013 clinic.

If there are any clients that may want to be seen, please
send me your names, birth dates, status numbers and
medical numbers as soon as you can. Thanks Everyone
and have a wonderful day.



*Please note that there was a change in the date for the
December optometry clinic from Dec. 17th to Dec. 3rd.*

MAMMOGRAM SCREENING

Mammogram screening
Feb. 5/13.

For the ladies over the age of 40.

HOUSING RENEWALS

HOUSING APPLICATION RENEWALS

**DUE BEFORE
JANUARY 1**

**TO STAY ON
THE WAITLIST!**

GARBAGE SCHEDULE



Regular Garbage:
Monday and Thursday

Recycle: Tuesday's

Major Garbage: First Wednesday
of each Month (sign-up at the Band Office)

If you need a **Bin dropped off** for your
major cleaning. Ask for Art or put in a
request in writing.



the SEABIRD Island

YOO HOO

Because news isn't all bad or boring!

Reach thousands of potential new clients by
Placing your ad here!

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

Phone: 604-796-2177

Direct: 604-796-6838

E-mail: sandrabobb@seabirdIsland.ca

Alcoholics Anonymous Meeting

Every
Tuesday
night at
7:00 pm
Seabird
Island
Community Hall.



Website for AA in BC:
<http://www.bcyukonaa.org/>

December Is “Focus On The Family Month” Celebrating Family Traditions

The Value of Family Traditions

Meaningful family traditions provide parents with an invaluable tool for carrying out their responsibility to raise children with love. As families establish and follow traditions, each family member is strengthened and the family grows in unity and love. Traditions cultivate connection between immediate family members and between generations. By spending time together in a fun and special setting family members grow closer and open communications. ***A HAPPY FAMILY IS A HEALTHY FAMILY.***



Successful traditions secure a sense of identity and a feeling of belonging. Regular participation in meaningful traditions promotes safety and security within the family they also help families overcome life problems and strengthen ties. Family members have something to look forward to, which gives them a sense of assurance in a hectic and ever-changing world.

Family recreation is important in building successful healthy families. By creating new family traditions, parents can strengthen the bond between family members and teach important principles they want their children to understand and live by. ***Ask you family what new traditions they would like to start! Getting everyone involved, even the kids will help increase everyone’s interest.***

Some traditions are as simple as family field trips, Birthdays or a small family pancake breakfast every Sunday. Some traditions are handed down in the family or through cultural or ethnic heritage, such as serving bannock and jam on cold winter nights. Some are seasonal like Spring and Summer food gathering or holidays like Easter, Thanks Giving, Christmas,...



Some Christmas Traditions May Include

- ◆ Have each member of the family draw a name of another member and make a handmade gift for that person.
- ◆ Collect or make one ornament each year that has special meaning to the family.
- ◆ Have the children write letters to Santa.
- ◆ As a family, make gingerbread houses, candy trains, or ornaments.
- ◆ Create some family baking and then go visit extended family members to share your fresh baked treats.
- ◆ As a family, decorate the house, making it an event with music and good food.
- ◆ Visit neighbors singing the songs of the season.
- ◆ Drive around the neighborhood looking at lights and listening to Christmas music.

