

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

www.seabirdisland.ca



Seabird Adult Education Builds on Record Breaking Success and Announces Expanded Programming



Congratulations to the Graduating Class of 2012!

Building on the record-breaking success of its 2011-2012 class, Seabird Island Adult Education Programs announced today an expanded array of program offerings for adult learners.

Seabird's 2012 graduation saw a record 58 students complete 13 different programs ranging from Heavy Equipment Operator to Education Assistant. Students came from across the Fraser Valley including 16 First Nations Bands. Dianne Parkinson, Senior Administrator of Adult Programs stated, "We have seen huge interest in this model of education because it provides an opportunity for adults to come back to school, complete high school graduation, get trades and vocational training, and move right into the work force." The focus is on providing opportunities for graduation with marketable training. This innovative model provides a new opportunity for non-graduated adults, both first Nations and Non First Nations. It also provides a wonderful opportunity for graduated youth. Did you know that if you



William Peters Graduating from the Carpentry Program

graduated in June 2012, your program is likely free at Seabird this year?

Seabird's Adult programs provide wrap around services to students, including tutoring, lunch, transportation and assistance with job placement as part of their program.

Seabird Island Adult Education will be offering an exciting array of up to 30 programs starting September 17th. We are pleased to announce new cooperative arrangements with Thompson Rivers University and the Resource Training Organization to offer the Welder Level C/ Ironworker Program, cooperation with Northern Lights College to offer the Oil and Gas certificate program and a cooperative arrangement with Nicola Valley Institute of Technology to offer year one of a Bachelor of Social Work and a Bachelor of Education, an Adult Corrections Officer Certificate, an Early Childhood Education Certificate and an Aboriginal Tourism Certificate.

*PCTA courses (institution number 3550)

September 2012

WIN! WIN! Win! Look for the Yoo Hoo Monthly Incentive Contest Inside!

BACK TO SCHOOL TIPS

• Get your child involved with packing their lunch and laying out their clothes. *Check them both, before they leave!*

• Post a schedule / checklist for your child, that includes the morning and the after school routines. Include snack, study, TV, bath, and bed times.

FOREST FIRE SEASON

- Be aware of your cigarette butts!
- Keep a hose close when having a cooking fire.

OPEN FIRE BAN NOW IN EFFECT!

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Making a tangible change in health through the efforts of community members with an intense passion to help others!

Want to get involved!

- Are you interested in making a difference?
- Do you want to promote health?
- Are you passionate about serving your community?
- Do you have health problems or know someone who does?

Community input, engagement and feedback allows us to provide quality, patient-focused health care that is easily accessible and addresses the health needs of our First Nation communities.

We are looking for people who would like to be part of a Health Advisory Committee.

Open to any Band and/or community members who are interested. Please forward your name and contact information to Carolyne Neufeld.



Head Start Seabird Island

<u>Program Re-Opens</u> <u>Tuesday, September 18th</u>

The Head Start Parents and Tots Program is a free * drop-in program serving Aboriginal families and expectant families with children 0 to 6 years of age. During program parents and children will participate in games, circle time and arts and crafts. Halq'eméylem language and culture will be taught throughout the program.

Nutritious snacks and lunch will be provided.

Transportation is available. Call Tracey Bonshor to put your name on the list.

*Fees may be applicable to field trips and other events.

Program runs Tuesday & Thursday from 10am—1pm



For more information contact Tracey Bonshor, Head Start Coordinator tel: 604-796-6894 Email: traceybonshor@seabirdisland.ca

Congratulatins to Jason Campbell

On September 4th, 2012 Jason Campbell, a Seabird Island Band member will be awarded the Queen Elizabeth II Diamond Jubilee Medal. In March 2012, the Governor General Of Canada announced the creation of a medal commemorating the Queen Elizabeth II Diamond Jubilee. This medal marks the 60th anniversary of her accession to the throne. 60,000 medals will be awarded to Canadians in recognition of their contributions to fellow citizens, to their communities or to Canada. The Honourable Lieutenant Governor, Steven Point will present the medal on September 4th at a ceremony at the Ramada Plaza and Conference Centre in Abbotsford BC.



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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.

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

3rd Annual Traditional Healing / Alternative Medicine Workshop

The Ye mi sqeqó:tel la xwe' lets'emót ó Hub had the 3rd Annual Traditional Healing /Alternative Medicine Workshop hosted by Soowahlie First Nation on July 26th and 27th, 2012. Eighteen people participated in the two day workshop. Kwelaxtelot, Evelyn Peters (Facilitator) and Kwelaxtelot, Karla Kay Peters (assistant facilitator) showed the eager participants where the medicine plants were and how to make a tobacco offering and how to pick them. Once the medicine was picked the group returned to the kitchen to begin preparing the medicine plants for cooking. The medicine plants that the group picked and prepared were Clover, Frog leaves, St. John's Wort and Yarrow. Other ingredients used were coconut oil, tea tree oil, peppermint, Juniper berry and Bees Wax. The participants were then divided into groups and each group had a certain medicine to prepare and make.

After cooking the medicine over night the different groups strained the stems and roots out then added the rest of the ingredients to their assigned liquid medicine. The medicine that they made was for muscle aches, blood clotting, and insect bites. At the end of the day the group exchanged medicines so they had all the different types of medicine. They all went home with a little booklet of the medicine descriptions and recipes and the medicine that they made.





SEABIRD ISLAND ADULT EDUCATION PROGRAMS

Did you know that if you graduated this past year you may be able to get trades and vocational training for FREE? Call us and find out.

- Aboriginal Supported Child Care Worker
- Aboriginal Tourism
- Adult Dogwood and Upgrading
- Adult Correctional Officer
- Bachelor of Social Work Year 1
- Bachelor of Education Year 1
- Business and Office Administration*
- Community Support Worker*
- Carpentry^{*}
- Painting and Decorating*
- Wall and Ceiling
- Hair Stylist*
- Make-Up Artistry, Waxing and Eyelashes
- Nail Technician
- Cultural Courses
- Driver's Education
- Early Childhood Education Certificate
- Education Assistant
- Geographic Information System (GIS)

- Heavy Equipment Operator
- Information Technology*
- Janitorial/Custodial Certificate
- Oil and Gas Field Operator
- Pipe Laying
- Plumbing*
- Professional Cook Level 1*
- Power Line Technician
- Vegetation Management
- Traditional Wellness Certificate
- Welder Level C/Iron Worker

OPEN TO EVERYONE

Call or email Kelly Chapman at 604-796-2177 or toll free at 1-800-788-0322

kellychapman@seabirdisland.ca

* PCTIA 3550 Courses

www.seabirdisland.ca

Seabird Island Community School Launches New Career Academic Program and Expands Choice for Parents – Register Now



Seabird Island Community School today launched a series of new education programs designed to provide students with "real skills for real life" and prepare all learners for tomorrow's workforce. This is part of Seabird Island Community School's commitment to expand choice for parents.

The new Career Academic Instructional Model for Grades 7 to 12 provides all the academic courses required to get a full B.C. Dogwood along with 200 hours of programming in driver's education, special certifications (Food Safe, WHMIS, Babysitting, First Aid) computer science, work experience, entrepreneurship, community service projects, conflict resolution and post-secondary program shadowing. Shari White, Principal of Seabird Island Community School said, "what we have heard from parents is that they want their children to have strong basic literacy and numeracy skills along with the life skills that will help them to go out into the world after graduation and be successful in post-secondary education, get a job and be good citizens." This new model is unique in British Columbia and is loosely based on the Career Academies model operating in some jurisdictions in the United States.

Seabird Island Community School is also continuing its focus on providing specialized reading, math and writing programs to ensure that students have strong basic skills. The class sizes are small and extra supports are provided for students who need it. This year the school is also implementing a new full music program, expanded computer technology courses along with Sto:lo cultural and language programs and sports clubs including its soccer academy, track and field, lacrosse and canoeing. Free bussing is provided from Chilliwack, Agassiz and Hope.

Seabird Island Community School is offers a full all-day Kindergarten to Grade 12 program and is open to everyone. The Principal invites you to call her to register at 604-796-3061 or email her at shariwhite@seabirdisland.ca.

For more information contact: Shari White Principal Seabird Island Community School 604-796-3061 shariwhite@seabirdisland.ca



Emergency Preparedness - Landslides

Debris and mud flows are rivers of rock, earth, and other debris saturated with water. They develop when water rapidly builds in the ground, during heavy rainfall or rapid snowmelt, changing the earth into a

flowing river of mud or "slurry."

They can flow rapidly, striking with little or no warning at avalanche speeds. They can travel several miles from their source, growing in size as they pick up trees, boulders, cars, and other materials.

If you are caught in a landslide:

- Stay in your vehicle! It is very dangerous outside.
- Use a cell phone to call 911 for assistance.
- Turn on your safety flashing lights.
- Stay awake!
- Turn off your engine, carbonmonoxide can kill you.
- Do not smoke
- Stay warm, cuddle up, put on extra cloths as needed. *Keep a blanket in the car at all times for emergencies such as these.*

If you come upon a mud slide:

- If the landslide is fresh, call 911. Do not get out of your car or drive around it, the area is highly unstable and dangerous.
- Do not drive around the barriers, the area is still unstable, until it is cleared and braced by highway officials.
- Never attempt to drive through or around a mud slide
- Listen to your radio for highway reports.

Health threats from landslides and debris flows

Approximately 8000 people a year are killed by landslides worldwide. Surviving a landslide or mudslide is dependent on you being awake at the time of its occurrence, and aware of what is happening.

Preparation for emergencies is key. Do you have an emergency kit in your vehicle? These kits can come in handy for any emergencies that may occure at any time. This can include but is not limited to: landslides, snow, heat, vehicle broken down,...

Housing Wait List - August 2012

02222010-2019

3 bedroom

8142009-3019

11252009-3028

01012010-3030

04212010-3038

04212010-3039

16112010-3043

01032011-3048

21032011-3050

28032011-3051

12052011-3052

08282011-3054

10202011-2046

31102011-3055

11012011-2047

1

2

3

4

5

6

7

8

9

10

11

12

13

14

1 bedroom

2 bedroom

1

1	07282011-2041
2	09212011-2045
3	10212011-2044
4	11232011-2046
5	04172012-2047
6	06082012-2048

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.

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



Nutrition & Fitness with the Val's



SIB Diabetic Session August 31st 10:00-1:00 in the Elder's Lounge (Eye care)



SIB Community Kitchen Sept. 20th 10:00-2:00 in the **Community Health** Room

15	5	15112011-2056				
16	6	01032012-3057				
17	7	01042012-3058				
18	8	01052012-3059				
19	Э	01032012-3060				
20)	01062012-3061				
2:	1	01242012-3062				
22	2	03302012-3062				
23	3	04022012-3063				
24	4	05072012-3065				
25	5	05072012-3066				
26	5	05072012-3067				
27	7	05312012-3068				
28	8	06142012-3069				
29	Э	06282012-3070				
30)	07092012-3071				
SII	BI	Diabetic Session				
Sept. 27th						
10:00-1:00						
in the Elder's Lounge						
(Glycemic Index)						
(ycenne maex)				

Housing



Housing would like to extend our immense appreciation to Oliver Peters and David Silver for the amazing job they have been doing maintaining the 8 plex and the units yards. The yards have never looked better, and we are proud to say that this maintenance keeps our house insurance in check! We encourage other tenants and home owners to maintain their yards to the same level, as failure to do so does risk our insurance! Thank you again Ollie and Dave!!

YARD MAINTENANCE:

Did you know that if your grass is not cut or yard not maintained, pests and rodents make homes there? They then sneak into your house through windows and doors to stay warm for the winter. We have witnessed this recently with a long lawn being cut – mice ran from their grass to the neighbours. Respect your community and neighbours health and safety - keep your grass cut and free of debris!!!

Community Market Housing Meeting

September 12, 2012. 5:00 p.m.

Dinner

Agenda to follow. We will be discussing the market housing program, and how you as band members can access individual loans. The draft policy will be presented for you to review.

Door prizes available!!!

Awkward topics? Honest questions? Seriously uncomfortable silences?

Be honest but with some reservations with younger children. With young children you can tell the truth while holding a bit of the details back for a more appropriate age and time. At three

wanting to know about how babys are made. We may say that... "when two adults love one another very much they are very close and can make a baby". However at 10 years old this explanation will no longer work.

Right before kids hit puberty is the best time to have this first talk. Up to this point you have probably had some talks with your kids about their bodies and basic ideas around sex-

uality. If your child has a lot of questions before this time then use your best judgement on what is appropriate. If you have a precocious 4th grader that is asking a lot of in-depth questions maybe you have this talk early. It really depends on the child and their emotional readiness.

Preferably you are having this talk before your child has started menstruating or has had sexual contact, but if it is afterward that is okay; you're having the talk now and that is important. Tell them what they should expect in the next few years. Let your child know

that you will answer any questions they many

have for you. This may be embarrassing, but their questions will

tell you a lot about where they are in their sexual development. Plus, they are going to find the answers out somewhere and it is best coming from you not their peers. Having an open dialogue about sex with your child is important to their sexual health and it keeps you in the loop.

Kids are curious about their own bodies and those of the

This is a coming of age day and both of you should be prepared:

Buying a book with diagrams and going through it together with your kid can help make it easier for both of you. opposite sex, especially when things start to change. If they don't know about intercourse, this is the time to tell them about it; how babies are created; the birth process; the impact babies have on their parents; preventing pregnancy and sexual transmitted diseases; and anything else you find pertinent. During this time be sure to ask

your kids if they have any questions and try to answer them as best as you can. If you don't know the answer then find out and get back to them.

Talk about the emotional aspect of relationships and sexuality. What makes a good relationship: love, tenderness, honesty, friendship, respect, responsibility, etc. Talk about

Your relationship with your spouse is an indicator of how your child will treat and/or be treated by their partner later in life. dating and what is appropriate and inappropriate for children of your child's age. Talk about being able to say "no" if they are uncomfortable. Talk about peer pressure and how it may effect them and how to overcome it.

Have the morality talk. This is your moral view about sex and when it should occur.

Firefighters keeping eye on extinguished Agassiz blaze

By Stephanie Ip, The Province

Even as temperatures cooled around the Lower Mainland, other areas of the province were still taking heat from forest fires.

Officials from the Ministry of Forests will continue to monitor an area near Agassiz where a fire was burning Saturday night.

Fire information officer Donna Macpherson said officials received multiple reports about the fire at around 11: 30 p.m. Saturday from campers at a nearby Weaver Lake campsite, northwest of Agassiz. RCMP officers were the first to respond and were able to contain the fire until emergency crews arrived.

The small blaze was put out by 3: 30 a.m.

Macpherson said reports that the fire had jumped into treetops were inaccurate. Firefighters were back Sunday to ensure no embers remain. Early indications are that the fire, while not the result of a campfire, was caused by humans.

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 sandrabobb@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

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

> Phone: 604-796-2177 Direct: 604-796-6838 Website: www.seabirdIsland.ca E-mail: sandrabobb@seabirdIsland.ca

The TALK!!! Menopause

"It's not a hot flash, it's a power surge!"

Menopause occurs when your ovary has ceased functioning. It is that point in time, without having had a menstrual period for one year, you are considered to be in the menopause cycle. It's the permanent end of your menstruation and fertility. Normally, the average ages of menopause is considered to be between 50 and 51 but it can occur at any time between 30 and 60 years of age.

There are 34 symptoms of menopause to consider:

- 1. Hot Flashes, Flushes and/or Cold Flashes
- 2. Night Sweats
- 3. Irregular Periods, Menstrual Irregularities
- 4. Loss of Libido
- 5. Vaginal Dryness
- 6. Mood Swings, Sudden Tears
- 7. Fatigue
- Hair Loss or Thinning, Head, Pubic, or Whole Body; Increase in Facial Hair
- 9. Menopause Sleep Disorders (With or Without Night Sweats)

- 10. Difficulty Concentrating, Disorientation, Mental Confusion
- 11. Disturbing Memory Lapses
- 12. Dizziness, Light Headedness, Episodes of Loss of Balance
- 13. Weight Gain
- 14. Lacking control over urination, especially upon Sneezing, Laughing
- 15. Sudden Bouts of Bloat
- 16. Increase in Allergies
- 17. Changes in Fingernails-Softer, Crack or Break Easier
- 18. Changes in Body Odor

- 19. Occasional Rapid Heart Beat
- 20. Depression
- 21. Anxiety, Feeling Ill at Ease
- 22. Irritability
- 23. Panic Disorder, Feelings of Dread, Apprehension, Doom
- 24. Breast Pain
- 25. Headaches
- 26. Aching, Sore Joints, Muscles and Tendons
- 27. Burning Tongue, Burning Roof of Mouth, Bad Taste in Mouth, Change in Breath Odor

- Electric Shock Sensation Under the Skin And In The Head
- 29. Digestive Problems, Gastrointestinal Distress, Indigestion, Flatulence, Gas Pain, Nausea
- 30. Gum Problems, Increased Bleeding
- 31. Increased Tension in Muscles
- 32. Itchy, Crawly Skin
- 33. Tingling Extremities
- 34. Osteoporosis (After Several Years)

Contact for family doctor for more information or concernes related to the symtoms listed above. There are things you can do to help make things better such as,

change of diet, exercise, lifestyle, as well as natural and perscription medications.



Suicide Awareness / Prevention

Risk Factors:

- Problems with school or the law.
- Break-up of romance.
- Unexpected pregnancy.
- A stressful family life (having parents who are depressed or are substance abusers, or a family history of suicide)
- Loss of security... fear of authority, peers, group or gang members.
- Stress due to new situations; college or relocating to a new community.
- Failing in school or failing to pass an important test.
- Seriously injuring another person or causing another person's death (example automobile accident.)
- Major loss of a loved one, divorce in the family, a trauma.



REMEMBER... Somebody Does LOVE YOU!

GET HELP:

- 1. Call The Kids' Help Phone: 1-800-668-6868 (24 hours)
- 2. Twenty-four hour Distress Line: 604-872-3311 or toll-free: 1-866-661-3311
- 3. Call 911

4. Call 1-800-SUICIDE (1-800-784-2433)

Warning Signs:

- Abrupt changes in personality.
- Giving away possessions.
- Previous suicide attempt.
- Use of drugs and/or alcohol.
- Change in eating pattern.
- Significant weight change.
- Insomnia/oversleeping.
- Unwillingness and /or inability to communicate.
- Depression.
- Extreme or extended boredom.
- Accident prone (carelessness).
- Unusual sadness, loneliness, talk of wanting to die.
- Neglect of work and or appearance.
- Rebelliousness.
- Reckless behaviour.
- Chronic pain, panic or anxiety.

Suicide Facts

- Suicide rate in young people is increasing.
- Suicide is uncommon in children under the age of 10.
- There are many more attempted suicides than completed suicides.
- Between 60 80% of youth have sought help within the previous month before the suicide.
- There is an increased risk if the youth has a previous history of attempted suicide.
- Many competed suicides are well planned.

Worried about someone... Speak to them, let them know you care!

It's normal to feel depressed

We all get down at times. It could be about the weather, our job, school, our weight, complexion, our friends (or lack of), or, we may get down in the dumps for no real reason.

It happens, it's okay, and it passes. But there is a big difference between having a bad case of the blues and real depression. Being sad; when you get a little moody, agitated or have the occasional cry, happens to us all.

But when the feelings last over a period of weeks and months. When no matter how hard you try, you can't seem to shake them off. When you're crying everyday. When you don't care about your appearance, or your friends and when you don't want to get out of bed. Feeling a sense of hopelessness? Then things could be serious and you may need help!

The good thing is - help is available, and depression (if that is the problem) can be treated. (Young people are being treated for it much more than you know.) You don't have to suffer from depression. Nobody does! You can get help.

It's hard to believe, but the struggle you may face now will eventually become a great source of strength. Remember we (and that's you) are all needed, everyone of us. The bad WILL pass - it always does. And if you have been so low that you have thoughts about suicide don't wait it out in the hope that you mood might improve.

When a person has been feeling down for so long, it's sometime hard to understand that suicide isn't the answer. You're down for so long that you don't know what "up looks, or feel like".

Resist peer pressure ...don't be overly concerned about your popularity... trust yourself, and be honest with yourself... develop goals... be happy in sharing the success of others... tap into your talents And at the end of the day you might just move mountains.

Talk! You must talk! Talk to anyone you know and as soon as you can. It could be a friend, coach, relative, family doctor, teacher, or neighbor.

Stqo:ya Construction -Interior to Lower Mainland transmission line update

There has been a lot of things going on with Stqó:ya the transmission line. There have been a series of delays with the overall start of the project. Sections one (Merritt) and section 5 (Stave Falls to Coquitlam) were to be the first section to start. These areas were stopped due to bird nesting and associated permits to commence work were late. August 15th is when the project will start up again as all birds will have nested further delays may occur as the forests are very dry and may fall under fire season. There is optimism crews will start with danger tree removal, these may not be our crews, and the access roads are to commence. We are very active with Katzie First Nation with archeological monitoring and will continue to connect with companies doing the environmental monitoring.

Stqó:ya has hired its first employee. Tyrone McNeil was hired recently as the construction manager trainee. This will be a key role as we move forward with the construction of the transmission line. Already we have seen many benefits we have 4 band members going to work on section 5 as general laborers. We have also just completed 8 people receiving certificates and licenses to become security guards at the lay down site.

There will be many challenges ahead and Tyrone's role will assist in keeping us all well informed. There may not be too much lead time for new hires as the construction will be moving very quickly. We will do as much to keep everyone informed.

Tyrone McNeil, Manager Trainee of Stqo:ya Construction Ltd.



Hi everyone,

I am Tyrone McNeil, Manager Trainee of Stqo:ya Construction Ltd. as of August 16, 2012. Stqo:ya is a joint venture between Jakes Construction and Seabird Island. This is not a full time job so I will also continue with the work I have been doing with the Stolo Tribal Council.

As the new and first manager of Stqo:ya I will be working closely with Seabird and Jakes to ensure that Stqo:ya and our members have access to employment and economic opportunities, starting with the Interior to Lower Mainland (ILM) BC Hydro project. Eventually we will be looking at other economic opportunities ranging from labour (hires) to equipment mostly for civil work. Civil work includes putting in roads, water, sewer, power, leveling land and other activities where equipment such as loaders, trucks, excavators and cats are used.

As manager of Stqo:ya it will be my responsibility to chase down jobs. As we get settled in with the ILM and other local work I will be looking at all opportunities to gain employment for our members and to generate revenue for Stqo:ya. Stqo:ya was established to make money, drawing from the experience of Jakes and the resources available from Seabird. This will include a spectrum of opportunities, some of which may be mostly employment based and some where there may not be much employment, however money is made through equipment.

As in any business startup, it is vital that we become well respected and trusted in the industry and to the public. I will be working closely with Jakes to build my skills and knowledge as well as working closely with Seabird for the people side of employment. To minimize duplication it makes sense to work together with employment services, education, Seabird College and other Seabird services.

Things are going to be really picking up on the ILM. There are a number of members trained to work on the ILM. Most of those members will not have taken the Flatiron/Graham orientation training which is mandatory for all people working on the ILM. Seabird employment will be working to have the training provided at Seabird. Transportation is going to be an issue that needs to be addressed. A lot of the work will be on short notice.

If you have your own equipment or certification for any of the work on the ILM feel free to give me a call at 604-819-0964. This may have been done by others in the past, however I am now the lead on this so you need to contact me. For now I am working out of the Band Office.

Seabird has fought very hard over the last few years to get a benefit from the ILM. Much of this benefit is the employment of our members. When we send you out to work on the ILM, you are also representing Seabird and Stqo:ya so I encourage you to do the best you can, don't miss any days or be late and show all those involved that you are capable of consistent hard work as this will open the doors to lots of other opportunities in the future.

Healthy Eating Recipe Corner

Beefy Roll-Up Recipe

For a variation, try adding lettuce leaves to these tasty tortillas before rolling.

By Jean Paré from School Days Lunches

Ingredients

- 4 oz. deli roast beef slices (or cooked roast beef), cut into thin strips
- 2 ¹/₂ tbsp. corn relish
- 1 tbsp. salad dressing (or mayonnaise)
- 1 flour tortilla (9 inch diameter)

How to make it

- 1 Corn And Beef Filling: Combine first 3 ingredients in small bowl. Makes about 1/2 cup filling.
- 2 Spread filling evenly on tortilla, almost to edge. Roll up tightly, jelly roll-style. To serve, cut in half diagonally.

Nutritional Information(per serving)

Fat: 17.2

Carbs: 40g

Fiber: 2g

Cholesterol: 7mg

Calories: 472 Saturated Fat: 3.2 Sodium: 595mg Protein: 40g

United Nations Declaration on the Rights of Indigenous Peoples

Article 17

- 1. Indigenous individuals and peoples have the right to enjoy fully all rights established under applicable international and domestic labour law.
- 2. States shall in consultation and cooperation with indigenous peoples take specific measures to protect indigenous children from economic exploitation and from performing any work that is likely to be hazardous or to interfere with the child's education, or to be harmful to the child's health or physical, mental, spiritual, moral or social development, taking into account their special vulnerability and the importance of education for their empowerment.
- 3. Indigenous individuals have the right not to be subjected to any discriminatory conditions of labour and, inter alia, employment or salary.

Article 18

- Indigenous peoples have the right to participate in decision-making in matters which would effect their rights, through representatives chosen by themselves in accordance with their own procedures, as
 - well as to maintain and develop their own indigenous decision-making institutions.



Article 19

States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free, prior and informed consent before adopting and implementing legislative or administrative measures that may



Great things to do at your Agassiz Library.

(all events are free, and drop in – just come!)

Talk Like a Pirate Day Wednesday, Sept 19th

3:30pm-4:30pm All Ages

Learn the lingo, make a hat, eat some pirate food and listen to a pirate story or two. Don't miss this annual celebration! Whatever your age, come to the library and practice your pirate talk.

My Storytimes

1:00pm-5:00pm

Friday, Sept 21st - Friday, Dec 14th

Saturday, Sept 29th - Saturday, Sept

10:15am-11:00am Preschoolers and family Preschoolers own the morning in the library. Moms, dads, grandmas, grandpas...anyone with a little one is welcome to join Crackle the library crow and Miss Terrill at their library for storytime. There will be plenty of books to read, songs to sing, jokes to tell, activities and special guests. Refreshments will be offered.

Picture our World 29th

All Ages welcome.

Celebrate Culture Days at the Agassiz Library. We will be making pictographs in the style of our friends from our sister village in Mali, Africa. Using earthy materials, we will produce dioramas like the ones we have on display from the Commune of Sanankoro Djitmotou. Materials supplied.

Seabird Island Employment, Training & Social Development

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

2895 Chowat Road P.O. Box 650

Congratulations Dylan Sjoblom

We would like to say Congratulations to Dylan Sjoblom who completed training with the Canadian Forces. Private Sjoblom was sworn in August 15th/12 and left for Quebec for training on August 17th/12. We Wish him the GREATEST success!



Seabird Island Employment, Training & Social Development Office: 604-796-6865 Fax: 604-796-3729 Toll Free: 1-800-788-0322 P.O. Box 65

"Preparation For Success" Youth initiative

"**Preparation for success**" is a program for all aboriginal youth ages 16-19 enrolled in the surrounding community schools .

The intent of this partnership program (SIB employment training center and SASET) their program is to provide group based workshops, training and certifications, in addition to, life management and employment readiness support.

The following certification and training will be offered:

- First Aid Level 1(Occupational First Aid)
- WHMIS
- Food Safe
- Cashier Training
- Drivers Education + Licensing
- Job Shadowing

A.

The program will commence September 2012 and Finish March 2012

<u>Please visit the Employment Office Located upstairs in the Band Office to</u> register for September 2012





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

Seabird Island Employment, Training & Social Development

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

2895 Chowat Road P.O. Box 650

<u>Office Hours</u> We are open daily Monday – Friday 8:00–12:00 pm And 1:00–4:00 pm (Closed for lunch)

Youth Pre Employment Program

This program ran successfully with 2 groups of students in July and August. Youth ages varied from 12-15 and they participated in work shops, went on field trips, and volunteered in different communities.

Congratulations to all the proactive youth who completed the program.

Ed Armstrong New Employee

On August 28, Ed Armstrong will be joining our team as a Diving Instructor and ICBC Liaison. Ed will be helping people get prepared for either obtaining their Learner's or New Driver's License. Can also help assist with outstanding drivers fees and giving drivers lessons/instructions.

SOCIAL ASSISTANCE INFORMATION

October 2012 cheque run will be handed out on Wednesday, September 26, 2012

- * October Renewal Declarations are due September 15th, 2012
- * Hydro and Fortis bills are required by all tenants in order to receive have shelter portion to be paid on your behalf

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

Youth Work Experience Program (YWEP)

The youth employed in this program are between the ages of 15-21. The YWEP ran in August and into the month of September where the youth will then have the chance to gain work experience placement at the end of the program where they will gain experience from it. To enhance their chance of future employment either within the community or outside the community.

Congratulations

To all those who have gained ASARET positions; both on and off reserve. As well to all SIB Employment center clients who have completed ILM related training and gained employment. The Employment Center team is proud of your accomplishments and wishes you the greatest success. Please see the Employment Team to express your interest in future employment opportunities

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

Employment Opportunity / Job Posting

Position Title: Speech and Language Assistant (Part Time 14 hours/week)

Department: Ey Qwal Program (Health Department)

Position Summary:

The function of the Speech and Language Assistant (SLA) is to provide support to children with speech and language delays or difficulties. The SLA works as a team member with child care setting staff to ensure effective inclusion of the children in their child care center.

Qualifications/Requirements:

- Early Childhood Education Certificate and current BC License to Practice and/or Family Childcare Certificate
- Speech and Language Assistant Diploma and/or degree in related field
- Completion of or currently enrolled in Ey Qwal Speech and Language Assistant Training Program.
 First Aid Certificate
- Cleared Criminal Record Check
- Training in inclusion, family centered service delivery, child development and early intervention
- Valid BC driver's license with reliable transportation

- Formal education and training and/or work experience in a related field
- Two years work experience in inclusive child care settings.

Primary Responsibilities:

- Support children with speech and language delays or difficulties and their families in child care center, home or other settings in a respectful and caring manner
- Attends meetings, in-service, case conferences, training and other gatherings as directed by Speech and Language Program Manager
- Implement intervention plan developed by Speech Language Pathologist. Complete documentation as required. Assist with reviews as required
- Encourage, and model appropriate behaviour and skills related to speech and language, involvement and social interaction to children, staff and families.
- Participate in on-going evaluations of intervention plans, goals and objectives
- Complete observations and informal assessments as requested by Speech Language Pathologist
- Relay any concerns of parents to Speech Language Pathologist

- Complete daily logs of activities and documentation as required
- Prepare materials for intervention as requested by the Speech and Language Pathologist.
- Participate with Speech and Language Pathologist in research projects, in service training and public relations when requested.
- Represent themselves professionally at all times.

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

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

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

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

DEADLINE Wednesday September 5, 2012

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

1st

May

October 1st January 1st



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

Deadlines for completed applications are:

\succ	For	Septemb	er (Fall)
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- For January (Winter/Spring depending on institution)
- > For May (Spring/ Summer depending on institution)

Funding of any application is dependent upon available budget.

For further information please contact: Cindy Kelly-Student Services Worker at 604-796-2177 or <u>cindykelly@seabirdisland.ca</u>





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

ADVERTISEMENT RATES

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

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

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

Advertisement rates (per issue) for									
organizations:	Band Member	Outside							
Full color page (8 x 10)	\$75.00	\$122.50							
Full color ½ page (8x5 or 10x4)	\$37.50	\$61.25							
Full color ¼ page (4x5)	\$18.75	\$30.63							
Full color bus card (2.5x 3)	\$9.50	\$15.31							
Greyscale page (8 x 10)	\$20.00	\$25.00							
Greyscale ½ page (8x5 or 10x4)	\$15.00	\$20.00							
Greyscale ¼ page (4x5)	\$10.00	\$15.00							
Greyscale bus card (2.5x 3)	\$ 8.00	\$10.00							
Classified Advertisements									

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

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

AGREEMENT

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

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

DEADLINES

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

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

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



Sandy Bobb Phone: 604-796-2177 Direct: 604-796-6838 Website: www.seabirdIsland.ca E-mail: sandrabobb@seabirdIsland.ca



Health Comics

Quote of the month

Each time you start a class or new year at school, you start with staight **A**'s.

Temkw'o:lexw / September

Birthstone: Saphire Birth Flower: the Aster or Morning Glory Zodiac: Aug 24 - Sept 23 Virgo Temkw'o:lexw "dog salmon time"

It is up to you to keep them!

Halq'emeylem Word Search

									r				1	
h	b	á	f	X	a	m	é	1	m	e	1	í	g	h
1	:	x	e	1	h	á	:	1	é	q	e	1	?	i
e	í	t	e	t	e	m	j	k	у	m	р	ó	r	k
t	s	e	t	s	e	1	é	у	0	1	у	z	:	w
a	w	q	i	s	h	b	у	é	i	e	a	m	x	é
1	í	,	á	g	e	í	ó	k	e	h	e	1	0	t
у	p	g	e	у	?	1	á	w	p	f	é	<u>x</u>	k	s
é	k	w	0	,	ó	k	w	,	í	у	t	s	e	1
,	h	t	s	0	1	x	:	e	X	á	b	f	t	ó
W	1	z	t	i	e	q	r	s	é	d	u	i	а	m
k	á	s	1	h	0	v	e	t	e	у	s	n	1	é
:	w	e	c	é	1	0	q	s	a	,	0	e	s	d
í	e	i	p	x	g	?	1	e	у	á	w	s	у	é
,	1	e	s	t	m	e	h	1	é	x	,	r	é	t
s	?	w	0	у	í	:	w	e	1	0	n	d	c	í

Láw - Hello Éy swáyel - Good day Év latelh - Good morning Éy slat - Good night Kwétslómé - See you Li chexw we evó? - How are you? Év - Good Yékw'estsel - I am busy Xélhemtsel - I am tired Tsetsel éy - I am very good Tsel we éyo - I am fine Kwo'ókw'íytsel - I am hungry xamélmel - Feel Like Crying woyí:wel - Happy xelhá:légel - Have A Head Ache s'í:kw' - Lost swip - Overloaded ítetem - Sleepy lewálh - Surprised, Astonished

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 <u>put into a draw</u> for a chance to

"WIN" a mystery prize.

Submissions due: by 4 p.m. September 10th **Draw Date:** September 11th, 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 – August's Winner was Steve Peters
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. Open every 2nd Friday 9-3.



"Open to STATUS PATIENTS ONLY"

WALK-IN TOOTH 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.

* Seabird Dental is available for STATUS PATIENTS.

\$\$ 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.

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

Phone: 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

Alcoholics Anonymous Meeting

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

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

COMPOSTING

Did you know that there is a special place at the Cattle farm where you can drop off your composting ?

OIL DISPOSAL

Did you know you can take your used household and

FISH GUT DISPOSAL

BE BEAR AWARE! DO NOT leave fish guts in yards or near other peoples yards!

This is a SEROUS HEALTH HAZARD for people with asthma.

- Give back to the river... Dump fish guts (only fish guts, no garbage) back into the river to feed the sturgeon and other bottom feeders. Make sure they go out in deep water, far from shore and don't stick to the bank.
- Take fish guts to the dump, before they stink.

the SEABIRD Island

Direct: 604-796-6838

- Freeze your guts and throw them out on garbage day. • Bury fish guts, in a deep whole and cover with a
- minimum of 12" 24" thick of dirt, befor they stink.



Dr. Ahmed's Clinic Dates

Sept. 24 Oct. 22 Dec. 17



I am booked for the next 2 clinics, please book well in advance. 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.



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

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

Sept 9, 2012, Happy 12th Birthday Daemon Naistus!! Love Mom, Grandma Mayann, Chanea, & Dredan.

September 10th Happy Bithday Jim. Love Sandy, Trevor and Derek

September 27th Happy Birthday Derek. Love Mom, Dad and Trevor

GARBAGE SCHEDULE

Regular Garbage: Monday and Thursday

Recycle: Tuesday's

Major Garbage: First Wednesday of each Month



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

AMBULANCE BILLS



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

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

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

E-mail: sandrabobb@seabirdIsland.ca

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!

YOO HOO



car oil to the Seabird Store to be safely and properly disposed of ? 8 a.m. - 4 p.m. ONLY

Youth Health

Your Health Today Effects Your Health In The Future

<section-header>

