

## Lalme' Iwesawtexw Graduation

**Saturday October 13, 2012**  
**Lalme' Iwesawtexw**  
**celebrated the Graduation**  
**of 2 years worth of grade 12**  
**graduates.**

**2010 - 2011 Grad Class:**  
 Robert Blenkin, Jordon  
 Peters, Tino Peters,  
 Ashleigh Johnman.

**2011-2012 Grad:**  
 Roberta Pete

Sadly out of 5 graduates being  
 honoured at the ceremony

Roberta Pete was the only graduate that  
 showed up with her family in tow. Roberta is  
 working towards taking the LPN course on  
 Seabird to start her journey to become  
 a nurse.

It was a great celebration, it is too bad the  
 other graduates could not be there, they  
 were missed.

Our hands go out to all the graduates, Graduating High School a big accomplishment.  
 You and your families should be very proud!



### Potato Sales

**\$11 for 50 lbs**  
*Payment required up front  
 upon ordering*

Contact Maggie to place your order  
 604-796-2177

### **CLOSED**

We will be closing programs  
 and services on:

**Monday November 12th**  
 to observe Remembrance Day.

**Monday November 26th**  
 for Staff Development Day  
**Plan ahead;** ALL band programs  
 (gas bar, daycare, preschool, school,  
 out of school care, band office, dental,  
 doctor, etc) are closed this day for  
 all staff to attend.

**NOTE:** When the office is **closed**  
 there is **NO Meals-on-wheels**

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**Seabird Fire Department**  
**is actively recruiting!**

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

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

# FLU Shots – Children & Infants

Children are at higher risk for the flu because their immune systems are not fully developed. Children with chronic health conditions are at even higher risk of getting the flu and experiencing complications.

- Children 6 months and older should get the flu vaccine.
- Children younger than 6 months cannot get the flu vaccine. You can help them by getting vaccinated yourself.
- Parents and caregivers of children younger than 5 yrs or with chronic health conditions should get the flu vaccine.
- If your child is younger than 5 yrs or has any chronic health conditions and experiences flu-like symptoms contact a health care provider as soon as possible.

## Why are children at higher risk for getting the flu?

Children are more likely to get the flu or have flu-related complications because their immune systems are still developing. A recent study shows that treating children with the flu can be costly. Each year in the U.S. an average of 20,000 children under the age of 5 are hospitalized for flu-related complications. During the 2011-12 flu season, 26 deaths in children were reported. Severe flu related complications are most common in children younger than 2 yrs.

Young children, 6 months to 5 yrs, are at risk of febrile seizures. Children with chronic health conditions such as asthma and diabetes have an extremely high risk of developing serious flu-related complications.

## How do I protect my child from the flu?

Vaccination is the best protection against the flu. Everyone 6 months of age and

older should get the vaccine as soon as it becomes available. Children 6 months to 8 years of age who have never gotten a flu vaccination should get two doses of this season's vaccine. Vaccination is especially important for children:

- Between 6 months and 5 yrs old
- With a chronic health condition like asthma, diabetes, or heart disease

## Flu Shots are now available at the Seabird Band Office



## Drop in Flu Clinics

Tuesday	Oct 30 <sup>th</sup>	1-5 pm
Tuesday	Nov 6 <sup>th</sup>	1-5 pm
Tuesday	Nov 13 <sup>th</sup>	1-5 pm
Tuesday	Nov 20 <sup>th</sup>	1-5 pm

Flu shots are also available upon request  
when a nurse is available  
Monday-Friday 9 a.m. - 4 p.m.

## Find us online!

[www.seabirdisland.ca](http://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

# Soccer Coaching Clinic



*The Soccer Coaching Clinic held on October 20<sup>th</sup> and 21<sup>st</sup> had a great turn-out and was loads of fun!*



## Accreditation



*Driving Quality Health Services*

### Preventing injuries from slips and falls

One important topic for accreditation (which is getting our health services certified for excellence) is client safety. At Seabird Island Health we want to help community members stay as safe as possible. A common cause of injury is when a person falls. As we get older, we are more likely to fall. The same is true if we have an illness or start new medications. But, there are lots of things we can do to reduce the chance of a fall.

Seabird Health, in conjunction with Fraser Health, is offering a **FREE...**

### FALLS ASSESSMENT CLINIC

Come and meet with a variety of specialists to get your individual assessment and guidance about what YOU can do to ensure you don't fall.

**Date:** Decemeber 4th, 9 am to 4 pm.

Call Maggie Pettis or Liz Point for an appointment (604 796 2177)

*Help us to Help you, stay safe*



### OCTOBER AT AGASSIZ LIBRARY

All programs are free and drop in. Call 604-796-9510 for more information

#### My Storytimes

Every Friday at 10:15 am.

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. Stories, songs, jokes to share and refreshments. *Free, drop in.*

#### Travelling Wild @ Your Library: North to Alaska

Wednesday, Nov 14 at 7:00 pm

Join Wild Earth Photography's Johnny and Anna Beach as take us on a multimedia trip north to Alaska. Passing through the wilds of northern BC, you will land in the Alaska you don't see on reality TV. Breathtaking sights and sounds. *Free, drop in.*

#### Lego© Buildup Week

Tuesday, Nov 20th - Friday, Nov 23rd all day

Kids wait all year for this, the Lego© Buildup Week is better than ever! Bring your newest and craziest Lego© creation to display in the library during Lego© Buildup Week. There will be awards for all participants on Awards Day, Saturday, November 24.

Drop in and register anytime, all week long. Don't have Lego©? Drop by on Friday afternoon and build something with the library Lego©. *Free*

#### Lego Buildup Awards Day

Saturday, Nov 24th at 1:00 pm

Your Lego build is special and today you will get an award for it. Also, join the Lego© Word Project. Something new! Bring your family and friends to celebrate another great Lego Buildup!

#### ONGOING BOOKSALE

There is always a table of used books for sale in your library, too. You might even find some movies or music cd's. Great prices, items for all ages.

*Terrill Scott*  
Library Supervisor,  
Agassiz Library  
FRASER VALLEY REGIONAL LIBRARY  
Phone 604-796-9510  
Fax 604-796-9517

# Teen Anti-Drug Strategies

## OBSERVE YOUR TEEN:

One of the strongest protective factors that decreases the chances of teens using drugs is their connectedness to their family.

Being involved in your teen's life includes being aware of what they're doing, who they're hanging out with and what's happening in their lives. Staying involved in their lives helps them stay safe.

- **A caring and supportive relationship** with at least one adult is extremely important in helping teens develop into strong and happy adults.
- Your family is the most important factor affecting your teen's life.
- **Positive relationships with parents, peers, grandparents, neighbors, teachers, coaches, etc** can help teens develop competence and well-being.
- Children who have two or more adults whom they feel are "important" to them in school are happier, more motivated at school, are more self-confident and concerned about others.

### *You Can Make a Difference!*

## TRANSITIONS ARE IMPORTANT:

- During the short and intense teen years, more changes take place than any other time in one's life except during infancy.
- When your child moves from elementary or middle school to high school, it is a major change that can affect their decision to use or not use drugs.

## TIP ON PREVENTING TEEN DRUG USE:

*Many changes your teen is going through can make them feel stressed, less confident, vulnerable and depressed.*

- **Be aware** of the many changes that your teen is going through. These changes may make teens feel extremely stressed, less confident, vulnerable and depressed.
- **Be sympathetic** to what it must be like for your teen to be experiencing such feelings. Remember a time when you went through many changes and how that felt.
- Although they may want to be more independent, **your teen needs structure and support**. Your support matters.
- **Always communicate a reason for your decisions**. When you have to say no, make sure you explain why. Share your standards of conduct and achievement.
- **Think first. Act second**. Try to stay clear and focused and don't get too emotional. Keep an open mind.
- **Establish regular household events**, schedules, set limits, monitor homework, and more.

# Housing

## 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

## 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	01052012-3059
18	01032012-3060
19	01062012-3061
20	01242012-3062
21	03302012-3062
22	04022012-3063
23	05072012-3065
24	05072012-3066
25	05072012-3067
26	05312012-3068
27	06142012-3069
28	06282012-3070
29	07092012-3071
30	09182012-3072
31	10222012-3073

November  
2012  
Wait-list

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.

- **Show ongoing interest in your teen's life and respect them. Take the time to listen to your teen.** Although it may often seem that having a conversation with you is at the bottom of their "to do" list - find the "teachable moments" where you can talk openly together.
  - **Teachable moments** can happen while driving in the car, at the dinner table while discussing a situation at school or a current event in the news.
- **Eat dinner together as often as possible.** The family dinner provides one effective way to strengthen your communication with your teen.

Remember that parenting plays an important role in developing resilience. **You are their most important role model and their best defence against drug use.**

# First Nation Financial Fitness: Financial Literacy Month

## Past

It's important to note that pre-contact Aboriginal people were a strong and vibrant self-sustaining people. We lived off the land in harmony with nature and with one another. We had assets and items for trade, and we had strong values that guided how we used our assets and how we traded with others.

Our wealth was not measured in “bling” like fat wallets, fancy houses, fast cars, nice jewelry, or credit cards. Our wealth was measured in our ability to manage and sustain our resources. We demonstrated our wealth through caring and sharing with others.

The potlatch system is an example of financial literacy in a pre-contact context. We showed our wealth by giving and sharing. Wealth was managed through potlatch and it worked – we did not have

the poverty and dependency we have today. Our people had clothes on their backs and food in their bellies. In 1884, the potlatch system was banned and so were our teachings about wealth management.

## Present

Today, many Aboriginal people struggle with dependency and poverty. Some people are stuck in a “welfare” mind-set and some work very hard to get out of poverty but can never get ahead. Others make a decent living but barely manage to get from one pay cheque to the next.

Without the potlatch system, we are missing our teachings about wealth management. We need to look for new ways to learn about money and how to manage it. With today's technology, we have access to telephone and online banking, electronic tax filing, and other

options for saving and investing our money. Many resources are also available for learning how to manage money.

## Future

Just like our ancestors, we have the ability to be wealthy. We can access supports and services to learn how to make our money work for us instead of us working for our money. When we have the skills, knowledge, and confidence to make smart decisions about our money, we can achieve our financial goals.



## Am I Financially Literate?

Financial literacy means that you have the skills and knowledge to make informed decisions and choices about how you plan for your future and how you spend and save your money. It's important that you not only have the skills and knowledge, but that you also apply them! Here are some questions that might help you figure out if you are financially literate:

- Do you know what interest rate you pay on your credit card?
- Do you have money saved in case of an emergency?
- Do you have a handle on your personal finances?
- Have you thought about a retirement savings plan?

If you answered “yes” to all four questions you are in good shape! Here are some more questions that might help you determine if you are financially literate:

- Are you “maxed out” on several credit cards?
- Is there more month than money, that is, do you run out of money before you get your next pay cheque?

- Do creditors call you about unpaid bills?
- Have you ever “bounced” a cheque?

If you answered “yes” to two or more of these questions, you need to work on your financial fitness.

## Do I Have to Have Lots of Money to Be Financially Fit?

No. People can have lots of money and not be financially fit and people with very little money can still make good financial decisions. How much money you have does not determine if you are financially fit. It's having the skills and knowledge to make informed choices about what you do with your money that determines if you are financially fit.

The key to becoming financially fit is to build your skills and knowledge about money, savings, spending, credit, investing, and everything else people do with money. Then you can use what you learn to make choices for you and your family that help—not hurt—your bank account.

Who Receives the \$	Source of \$	Amount of \$	House Bills	Living Bills	Personal Items	\$ Suckerst
Single Mom with One Child	Income Assistance (I.A.) and Family Bonus (F.B.)	\$945.58 (I.A.) \$123.50 (F.B.) \$1069.08 Total	Rent \$500.00 Hydro \$70.00	Groceries 258.00 Diapers \$75.00	New Shoes \$36.00	Smokes \$70.00 Bingo \$30.00 Eating out \$20.00
Single Elder	Disability Pension	\$981.43	Mortgage 350.00 Hydro \$114.00	Groceries \$200.00 Bus Pass \$40	Birthday Gifts for Grandkids \$25	Casino \$250.00
20 Year Old	Minimum Wage Job 35 hours / week x 4 weeks	\$1225.00	\$0 (Living with Parents)	Car Payment \$350 Car Insurance \$125.00 Gas \$90.00	Cell Phone \$265.00 Clothes \$179.00	Poker \$240
Two Parent Family with Two Children	One Parent Working Full-Time	\$2880.00	Rent \$800.00	Car Insurance \$121.00 House Insurance \$140.00 Savings Account \$150.00 Life Insurance \$100.00 Groceries \$320.00 Gas \$130.00 Dog Food \$70.00	Hockey Fees for Child \$45.00 Clothes for Kids \$90.00	ICBC Fines \$150 Vet Bill \$267.00 Car Repair \$116.00

**Charting Your Budget is a great way to start! Moneys In, Moneys Out.**

# Band Quarterly Meeting

The following are notes from the Community meeting and the input from the members regarding the CBA dollars.

- The money from the CBA should be distributed? Allocated to band members
- The money should be invested in an Elder care home
- Youth center
- Invest the money in a business to make money
- Winter fencing
- Lighting along the road by nut farm
- Distribute dollars to voting age adults and invest dollars for the children.
- Announcement to be made to the community when the money arrives.
- Get more suggestions from the community
- Give four weeks to get input and meet after 4 weeks to this meeting



## Other comments from members:


1. Concern about the old septic tanks and fields which may cause a safety hazard.
2. What are the dollars used for that are received from the CPR(taxes)



**DATE & MORE INFO TO FOLLOW!**



www.Seabirdisland.ca



Remember, **ONE PER HOUSEHOLD**. Check with family to make sure they haven't already filled one out.

family name	phone no.	
address		
no. of people in your house		
How many of the following items do you have in your house?		
iPhoneS or phoneS(with wifi)	iPads or tablets	iPods
laptops or Computers (list type, how old)	gaming ConSoles	

DEADLINE: November 23rd at 3pm  
drop off at the Band Office

DRAW DATE: December 3rd

For more contests follow us on

Twitter: SeabirdIsland

Facebook: Seabird Island Band

TERMS AND CONDITIONS

Only one survey per household will be accepted, household must be located on Seabird Island. Surveys must be completed in full, surveys missing portions of information will not be entered into the draw for the iPad 3.

Seabird Island Band

## Free Legal Clinic

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



Upcoming clinic dates

- Oct 4, 2012  
9:00 a.m. - 12:00 p.m.
- Oct 18, 2012  
9:30 a.m. - 3:30 p.m.
- Nov 1, 2012  
1:30 p.m. - 5 p.m.
- Nov 13, 2012  
1:30 p.m. - 5 p.m.



# Emergency Preparedness - Winter Weather

## A little winter preparation can save you time and money during the coldest months.

Winter weather can be dangerous for people who are unprepared. 70% of winter storm deaths are motor vehicle related, and 1/4 of deaths are the result of people caught in a storm.

You can prepare for winter weather conditions by following these helpful winter preparation tips.

## FOR YOUR HOME

Since winter weather conditions can appear quickly, it's important to keep plenty of food and general supplies on hand.

- Clear rain gutters, disconnect and drain all outside hoses; shut off outside water valves, if possible.
- Insulate your walls and attics; caulk and weather-strip doors and windows.
- Repair roof leaks and cut away tree branches that could fall on the house.
- Wrap pipes in your basement or crawl spaces with foam insulators; consider a water heater blanket.
- If you have a fireplace, keep the flue closed when you're not using it.
- Make sure your furniture isn't blocking your heating vents.



## FOR YOUR CAR

Winter weather conditions can make driving hazardous. It's important to be prepared if you're in your car when a disaster occurs.

When the temperatures start to drop, make sure these parts of your car are in tip-top shape:

- Make sure your antifreeze, windshield wiper fluid, gas tank, oil and other fluids are full
- Make sure your tires have enough tread; consider getting snow tires
- Keep rock salt and sand in your trunk to help increase traction and to melt ice
- Before you drive, do a good job of clearing snow off the top of the car, the headlights and the windows.
- Add your auto club, insurance agent or towing service phone numbers to your cell phone.
- **Keep a cold-weather kit in your trunk:** blankets, snacks, a first aid kit and a flashlight.

If you become trapped in your car when a storm arrives, remember:

- Remain in your vehicle where rescuers are more likely to find you.
- Run the engine and heater about 10 minutes every hour. Clear any snow from the exhaust pipe outside your car to reduce your chances of getting carbon monoxide poisoning.
- Move your body to maintain heat.
- Use maps, floor mats and seat covers for insulation.
- **Take turns sleeping.** Someone should always be awake to look for rescue crews.
- Drink fluids to avoid dehydration.
- Turn on the inside light at night so rescue crews can find you.
- If you are stranded in a remote area, stomp "SOS" or "HELP" in the snow.

## FOR YOUR SAFETY

Two major medical emergencies cause deaths during winter weather conditions – frostbite and hypothermia. If you notice these symptoms, get medical help immediately.

### Frostbite

Frozen body tissue and loss of feeling, and a white or pale appearance in the fingers, toes, ears and nose.

Seek medical attention right away. Affected areas should be slowly warmed.

### Hypothermia

Confusion, drowsiness, exhaustion, rambling, memory loss, slurred speech and uncontrollable shivering.

Get medical attention immediately. If medical attention is unavailable, slowly warm the body's core, **not the arms or legs**. Get the patient into dry clothing, and warm the person up with blankets. Then give him warm – not hot – broth, beverages or food.

*These winter weather tips are meant to help you make decisions that may reduce your risk. We hope that if you use some of them, you'll better protect your family and yourself.*

Resource: <http://www.nationwide.com/catastrophes/winter-weather.jsp>



# Community Halloween Party



Here are some of the Halloween Costume Winners.



We had a total of 475 people signed in at the Community Halloween party Wednesday October 24<sup>th</sup>.

**3 & under:** Emma August, Jodine Giroux, Darwin Giroux

**4-7:** Hailey Peters, Joanne Flippen, Elijah Harris-Bobb

**8-10:** Dakota Ellis, Wayne Charlie, Tatianna Flippen, Aiyanna Filppen

**11-12:** Racheal Charlie, Daryl McNeil, Michelle Thomas

**13-17:** Sunny Seymour, Felix Harry, Kayla Louis

**Adults:** Leanne Ellis, Chelsea Peters & Julia Paul, Johnny Paul

We would like to thank the following people for helping with the Halloween Party October 24<sup>th</sup>: Keena McNeil, Catherine Abbott, Justin August, Lizzie Pettis, Jayden Bobb, Jonas Bobb, Julian Bobb, Celeste Bobb, Kendra Pennier, Natasha Reyburn, Randy Pettis, Carlene Brown, Leslie Brown, Malcolm Bobb-Wilson, Devon Armstrong, Steven Thomas, Brandi McNeil, Skylar McNeil, Leona Peters, Courtney Charlie, Amber Charlie, Danna Mackinnon, Daniel Harry, Danielle Gabriel, Chanea Gabriel, Fiona Harry, Danny Herrling, Culinary Class for preparing all the food. *Thank you to all of you for your help.*

**Thank you to our Sponsors:**

- Martin & Clark for the chocolate bars, jelly beans & juice boxes
- Agassiz Produce

**If we forgot to include anybody, we apologies.**

## National Addictions Awareness Week Calendar of events

**YOU ARE INVITED...**

SEABIRD ELDERS / ADULTS / YOUTH / COMMUNITY MEMBERS

<b>MONDAY</b> – Nov. 19, /12 Time: 5:00 – 7:30 pm	<b>TUESDAY</b> – Nov. 20, /12 Time: 9:45 – 11:45 am	<b>THURSDAY</b> – Nov. 23, /12 Time: 5:00 – 7:30 pm
5:00 Dinner 5:45 – Start of Activity's • Video Presentation • Guest Speakers Panel • Games  <b>DOOR PRIZES</b>	Join in with Our Seabird School Students and Teachers for <b>2012 Sobriety Walk</b> 9:45 Arrival 10:00 Guest Speakers 10:30 Walk 11:30 Finish Walk 11:45 Lunch Provided	5:00 Dinner 5:45 – Start of Activity's • Restorative Justice • Games • Sobriety Countdown • Honoring Ceremony  <b>DOOR PRIZES</b>

**Join the Events – Stay for the “Door Prizes”**

**For more information contact:**  
Tilly Charlie 604-796-6826



# Take Action to STOP A BULLY

## 3 R'S TO STOP BULLYING:

### RECOGNIZE BULLYING!

Increase your understanding & awareness of bullying behaviour and its effects. Recognize when you or someone you know is being bullied and take steps to make it stop.

### REFUSE TO BE A BULLY BYSTANDER!

Most bullying will not occur if the bully does not have an "audience"...

- ▶ DO NOT Laugh if Someone is Being Teased
- ▶ DO NOT Go Watch a School Fight
- ▶ DO NOT Participate in Sending Hurtful Messages
- ▶ DO NOT Allow Students to be Singled Out
- ▶ DO NOT Laugh at Inappropriate Jokes
- ▶ DO NOT Forward Private Messages to Others
- ▶ DO NOT Participate in Spreading Rumors
- ▶ DO NOT Stand By and Do Nothing
- ▶ DO NOT Be a Bully Bystander!

All students have the right to feel safe at school - if you are a victim or witness to bullying stand up and take the action required to ensure it does not continue.

### REPORT BULLYING!

If you are a victim or witness to school bullying, **Report It!** Talk to your parent, talk to a friend, talk to a teacher, talk to the counsellor, talk to the Principal or Report it Anonymously at Stop A Bully. Tell someone so action can be taken to make the bullying stop.

## STOP A BULLY

SAFE & ANONYMOUS

<http://www.stopabully.ca/>

## KidsHelpPhone.ca

### 1-800-668-6868

#### What is Kids Help Phone?

- Phone counselling
- Web counselling
- For ages 20 & under
- Free, 24/7
- Anonymous & Confidential
- Non-judgemental

#### The KHP Promise

**Anonymous** means you don't have to tell us who you are.

**Confidential** means whatever you tell us is safe.

## CANADIAN BULLYING STATISTICS

- |  |  |  |  |
|--|--|--|--|
| <ul style="list-style-type: none"> <li>» 64 per cent of kids had been bullied at school.</li> <li>» 12 per cent were bullied regularly (once or more a week).</li> <li>» 13 per cent bullied other students regularly (once or more a week).</li> <li>» 72 per cent observed bullying at school at least once in a while.</li> </ul> | <ul style="list-style-type: none"> <li>» 64 per cent considered bullying a normal part of school life.</li> <li>» 40 per cent tried to intervene.</li> <li>» 1 in 7 Canadian children aged 11 to 16 are victims of bullying</li> <li>» 25% of children in grades 4 to 6 have been bullied</li> <li>» 1 in 5 Canadian Teens have witnessed online Bullying</li> </ul> | <ul style="list-style-type: none"> <li>» 25% of kids between 12-15 have witnessed cyber bullying</li> <li>» 25% of girls and 17% of boys have witnessed online harassment</li> <li>» 16% said someone posted an embarrassing photo of them</li> <li>» 12% said someone hacked their account</li> </ul> | <ul style="list-style-type: none"> <li>» 51% of all teens have had negative experience with social networking</li> </ul> <p style="color: blue; font-weight: bold; margin-top: 10px;"><i>Punching, shoving, teasing, spreading bad rumors, keeping certain people out of a group, getting certain people to "gang-up" on others are all forms of bullying!</i></p> |
|--|--|--|--|



the **SEABIRD Island**

# YOO HOO

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

**Phone:** 604-796-2177  
**Direct:** 604-796-6838  
**Website:** [www.seabirdIsland.ca](http://www.seabirdIsland.ca)  
**E-mail:** [sandrabbob@seabirdIsland.ca](mailto: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](http://www.seabirdIsland.ca) or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb; Communications Officer & Graphic Designer, by phone at 604-796-6838 or e-mail [sandrabbob@seabirdIsland.ca](mailto: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 (1<sup>st</sup>) of each month

MONTHLY THEMES for Telxwí:ts November

Telxwí:ts “Leaves are falling”  
 Deer, Gentleness, Fall, Remembrance Day, Community  
 Helpers, \* will be closed for Remembrance Day  
 Season — Fall—  
 Numbers — 4 Xe’o:thel, 5 Lheq’a:tses  
 Shape — Triangle  
 Colors — Black, Brown—ts’q’éyx, tskwimomex  
 Letters — G, H, I: M, Ch, Ch’  
 Animal — Deer— Tl’alqtéle  
 Value — Courage

FOR THE MONTH OF NOVEMBER the families can look forward to having fun by playing and learning. This month a few new themes will consist of,  
 -counting to four and five in Halq’emeylem  
 -saying brown and black in Halq’emeylem,  
 -understand the value of Courage in our lives,  
 -showing Love for the Creator, love for the earth and love for our families and self,  
 and to take part in an information circle involving the RCMP. This will be for children and parents.

Parents and Tots operates every Tuesday and Thursday at the Mill Hall from 10 -1pm.

Also families can take part in fundraising for our year end fieldtrip. *NOTE: Families who want to go on this field trip must fund raise for their families and be registered in the Parents and Tots Program.*

This year end field trip will be a 2 day event to The Great Wolf Lodge and the Seattle Zoo in Washington State. Questions? Call Tracey at 604-796-6894 or email at [traceybonshor@seabirdisland.ca](mailto:traceybonshor@seabirdisland.ca)



*This resort includes 3 areas of water park*

Make a note on your calendar! The RCMP will be visiting on Tuesday, November 6th. This will be a fun time in Circle for the families and a separate question and answer circle for the parents. Child minding provided.



Seabird Island Preschool

Seabird Island Preschool 4’s Program has had an amazing month.

Kwosel has taken the class on several cultural walks as our weather was perfect to enjoy nature.

Our first Seeds Family visit was Wednesday, Oct. 10. The children enjoyed meeting Baby Addison and Mom Evangeline. The theme was “Baby & Me”

**Our next Seeds Circle will be held on Oct. 24th.** We all look forward to seeing our Seeds Baby again.

The Pumpkin Patch field trip to Abbotsford on Oct. 12 was great fun! 13 children enjoyed learning about pumpkins and apples. We were delighted to have Kwosel join us for the day! Each child chose a pumpkin from the pumpkin field!

The children have been practicing four songs for Sto:lo New Year October 18 at the Community School.

Seabird Island Language Nest Preschool is in full immersion mode with 13

registered 3 year old’s. Language Teachers, Jonny and Malila continue their enjoyment of teaching language and culture Monday – Thursday. The children respond well and many are repeating words and phrases.

Making bannock and art activities with Malila are fun hands on activities.

Dance, drumming, and TPR continues to be a favorite with the children.

**The Next A-PALS gathering is Wednesday, Nov. 14, 2012**



Walk with Kwosel



Seed family visit - Baby Addison



Pumpkin Patch Tractor Ride

# Good Things happening at Seabird School

## 1) Music Classroom "Good Things:"

Students in K – 12 continue to be excited about learning a new instrument or just singing & playing musical games. Students in K to grade 1-2 have been enjoying songs & games about Thanksgiving & Halloween this month. All music students in grade 2/3 up to grade 12 will be working on composing their own music next week & will be performing them at the **Christmas Concert - Friday, Dec. 14<sup>th</sup>.**

Ms. Bogart's class is getting ready to start a "recorder karate" program where they work in pairs through their method book & receive belts for each level that they achieve excellence in. This program allows each student to work through it at their own pace, receive more one on one attention, & develop their team work skills. Currently they know the first three notes on the recorder: B, A, G & are learning where to put their fingers.

Students in Ms. Watson's class have been building their musical skills by singing, drumming & playing the ukulele. Today they were able to sing "Row, Row, Row Your Boat," at the same time as playing a simple accompaniment on the ukulele! This is a tough skill to learn & they sounded great! They now can read music for their open strings: A, D, F#, & B & they made up a phrase to remember this: "All Dragons Fight Back."

Band students in grades 4 to 12 now know three notes & can play four songs: "Looking Up," "Looking Down," "Try For Three," & "Going Home." The music classroom is open at lunch on Tuesdays & Thursdays for any band students that would like to practice their instrument or want extra help. It is wonderful to see how eager so many students are to take advantage of this and awesome to see the different ages of students playing together.

Lastly, just wanted to introduce myself. My name is Crystal Boyes & I have been teaching K – 12 music (general, band, choir, guitar, and jazz) for seven years in Smithers, BC & the most northern tip of Newfoundland, St. Anthony. Last year, I was off on maternity leave & enjoyed doing many mommy activities with my busy baby boy, who is named William. I

am excited to be back teaching & starting a new music program. It has been great getting to know all the students so far. Finally, I just wanted to mention how thankful I am for all the support I have been given to start this program & buy all the instruments and resources. *Thank you!*

2) K/1 went to the Apple Barn. We learned about how apples are made into cider & the kids used up their energy jumping on the giant pillow. Each child also took home their own pumpkin.

3) Entrepreneur students at the college working hard on market research: [http://www.youtube.com/watch?feature=player\\_embedded&v=gAfDqt8EzBU](http://www.youtube.com/watch?feature=player_embedded&v=gAfDqt8EzBU)

4) Mr Mai's & Ms Eustache's Grade 4/5/6 students traveled to Chehalis on a chilly Oct 26 to participate in Soccer Tournament. Great fun was had by all the participants.

Grade 4/5 students are completing units on measurement & literacy unit on "Courage." They are looking forward to attending the Chilliwack Corn Maze for all of their hard work & assignments completed! *Miss Eustache*

5) In Social Studies 11/12 students studying "Canada in WW1" have finished a Novel "Generals Die in Bed."

6) Congratulations to all members of the high school Track team. In the Twin Rivers race last month, many members accomplished personal best times. With everyone improving in practice, we look forward to our next competition.

7) The 11/12 English class is working hard on creating outlines & writing narrative 5 paragraph essays.

8) The High School Woodworking class has been very successful in making some beautiful heart-shaped puzzle boxes.

9) A bunch of exciting things happening in Mrs. Neilson's (Novak) Kindergarten Class.

The Kindergartens are well on their way learning to read. We know 7 letters and sounds!

We recently observed the salmon spawning at Weaver Creek. We cheered for the salmon on as they jumped and swam upriver.

Our field trip to the AppleBarn was a great success. We learned about apples, bees, and pumpkins.



10) In Ms. Bogart's class we went to Weaver creek to see the salmon. It was wonderful to see how well the students listened & behaved on a field trip. They were polite and respectful of other people at the creek. They were using their hummingbird strength because they were good friends and kind. Good job grade 3!!!

11) In Jonathan Suttin's classes: All Math 11 students are passing the course so far – the last math course ever required for High School! Many have As or Bs.

All Science students in the entire high school are passing, and many have As or Bs.

12) Seabird Soccer Academy vs Hope Secondary Jr. Boy's. Final Score Seabird 6 - Hope 3. Seabird goal Scorers: David Joe (3), Nick Quip (1), Amber Charlie (1), Brandi McNeil (1).



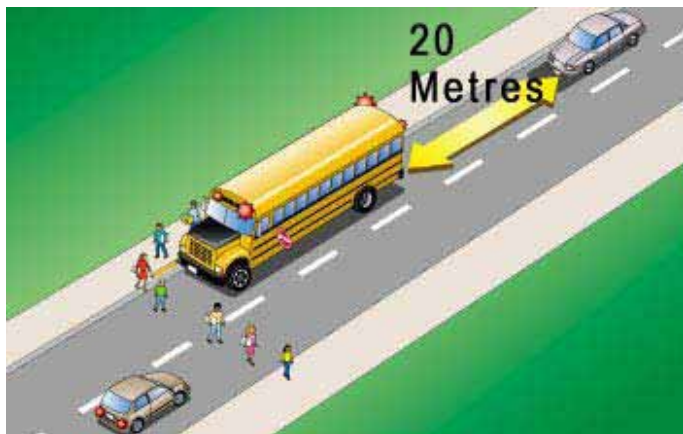
# ATTENTION School Bus Incident / School Bus Safety

## DRIVERS - always stop for the bus!

Whether on a city street, highway or county road, & regardless of the speed limit & the number of lanes, **motorists travelling in both directions must stop when approaching a stopped school bus with its upper red lights flashing.** A flashing stop arm will swing out while passengers are boarding or leaving the bus. Once all passengers have boarded, the STOP arm will fold away. Do not start moving until the red lights have stopped flashing and the bus begins to move.

## PENALTIES FOR NOT STOPPING

- **First offence:** \$400.00 to \$2,000.00 and six demerit points
- **Each subsequent offence:** \$1,000.00 to \$4,000.00, six demerit points & possible jail time up to six months



## STUDENTS - School Bus Safety Rules

### On the way to the bus:

- Be alert, arrive at your stop at least five minutes early.
- Plan to walk with schoolmates whenever possible.
- When crossing streets, always cross at crosswalks and intersections.
- Look both ways before crossing the street.

### At the bus stop:

- **Stand back from the curb - not on or near the road.**
- Don't push or shove when entering or exiting and always use the steps and hand rail.
- Follow the bus driver's instructions and wait for the bus driver's signal before crossing the road.
- Always cross at least 10 feet in front of the school bus.
- Out side the bus, if you drop something ask for help from the bus driver, never go !

### When riding the bus:

- Take your seat quietly and quickly, remain seated when the bus is moving, don't get out of your seat when the bus is moving.
- Keep your feet on the floor and never ever extend your hands, arms, head or any object out the window of a bus.
- Talk in a quiet voice, be courteous to the driver and schoolmates, try not to distract the driver.

Recently it was reported that while a school bus was stopped on Seabird Island with the lights flashing, a car passed the bus and nearly hit a child. It only takes a second to pass a bus but it can cause a life time of pain and regret.

**PLEASE NOTE** that it is illegal to pass a stopped bus that has their flashers on. Please also note that the School Zones are marked clearly and need to be obeyed.

If you notice anyone driving too fast or not obeying the bus rules please report this right away to the Principal of Seabird Island Community School, Shari White, the Senior Administrator of the College, Dianne Parkinson and/or the police

*Thank you and drive safely.*



## Native Education

Agassiz Elementary Secondary School

October 2012

### Hello

Our goal is to provide Cultural support and to help bridge the gap between parents/guardians, FN communities and the AESS teachers/staff. Our services assist and support students of FN ancestry in their studies. If you have any questions or concerns, ideas please contact Kim James or Cecily George.

Phone #: 604-796-2238 ext. 115

Email: [cgeorge@sd78.bc.ca](mailto:cgeorge@sd78.bc.ca)

[kjames@sd78.bc.ca](mailto:kjames@sd78.bc.ca)

### FN SUPPORT SERVICES

- **MEZZ-** a comfortable space for students to hangout. We have a fridge/microwave for students needs. School supplies available for student's to pick-up when needed: paper, pens, calculators, crayons, etc
- **LUNCH PROGRAM-** snacks, sandwich makings, fruit, cereal and assorted lunch items are available for students to eat.
- **PIZZA HOMEWORK CLUB-** Every Thursday during lunch hour we offer pizza to students who wish to do their homework with us.

### MONTHLY UPDATES

- Nov 1—**WOMEN'S HEALTH EVENT**
- Nov 2—**MEN'S HEALTH EVENT**
- Nov 6-8—**LEADERSHIP CONFERENCE**
- Nov 9, 2012 End of Term 1
- Nov 12, 2012 Remembrance Day - No school
- Nov 21, 2012 Report Cards sent home
- Nov 26, 2012 Pro-Day No School
- \*Parent/Teacher Conference
- Nov 28, 2012 Winter Band Concert

### FIRST NATION SUPPORT WORKERS

CECILY GEORGE & KIM JAMES

604-796-2238 EXT 115

[CGEORGE@SD78.BC.CA](mailto:CGEORGE@SD78.BC.CA)

[KJAMES@SD78.BC.CA](mailto:KJAMES@SD78.BC.CA)

Pizza Homework Club  
Thursdays

### THINGS TO REMEMBER....

Michelle Victor, Aboriginal Mentor is in the School Monday, Tuesday and Thursday's to offer support to students; also if parents have questions. Wednesday morning she is at the Hope office and afternoon she is out in either Sts'ailes or Seabird for meetings/home visits.

Kim James is our new First Nations Support Worker, she works with Cecily George. Kim works with us here at AESS in the mornings and she is with Kent Elementary in the afternoons. FNSW's also attend meetings in Hope the last Tuesday of each month.

All of us can be reached at AESS at 604-796-2238 if you have any questions or concerns regarding your child. Also Michelle can be reached at 604-869-6443.

**You can also reach us by email:**

[cgeorge@sd78.bc.ca](mailto:cgeorge@sd78.bc.ca)

[kjames@sd78.bc.ca](mailto:kjames@sd78.bc.ca)

[michelle@hopetransition.org](mailto:michelle@hopetransition.org)

## Attention Seabird Island Eligible (18+) Voters

### Subject: ELECTION CODE SURVEY

This year, a committee was formed to develop Seabird Island Band's own Election Code. This custom Election Code would allow Seabird Island to elect its Chief and Council under their own rules and not those of the Indian Act. The Election Code will come into effect after it has been ratified by the Band members in a referendum vote. This is another step taken by the Band to get out from under the control of the Indian Act, as they did with the Land Code.

The Election Code Committee has completed a draft Election Code. To finalize this document, we require YOUR feedback (Eligible Voters - 18 years and over). We have created a survey to gather your input. Topics covered in the Election Code Survey include:

- How many council members should there be?
- Should chief and council members be permitted to work for the Band?
- Should candidates understand the roles and responsibilities of council?
- How long should chief and council be in office?
- What should we do if a chief or council position becomes vacant?
- How long should the nomination meeting be?
- What should we do if there is a tie in an election?
- How many people can members nominate?
- Should nominated members pay a fee to run for office?
- Should there be penalties for those who vote buy or use intimidation during elections?

- Should chief and council be able to be removed if membership is not happy?

You can find a copy of the survey in the lobby of the Band Office. **Please fill out survey and name strip. Separate name strip from survey and give both to receptionist.** You have to fill out name strip for your survey to be counted as we need to know there is only ONE survey per eligible voter.

Please ask your eligible family and friends to fill out this survey. We will also be gathering feedback from off-reserve members. For off reserve members please visit the Seabird Website to fill out your survey.

<http://www.seabirdisland.ca/blog/custom-election-code-survey>

All answers will be kept confidential. All information you submit will be used by the election code committee to finalize the election code before going for ratification vote. You must be an eligible elector (18+) to complete this survey, upon submission your name will be cross-referenced with our voters list to confirm eligibility. Once the information is gathered it will be used by the committee to be incorporated into the Election Code and then shared with the members.

**Your participation is appreciated!** All those of voting age 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.

### School District # 78 Fraser Cascade, Native Education Department are seeking Local Resource People.

These are Resource People on the list to go into the Schools; Kent Elementary, Agassiz Elementary Secondary, Agassiz Continuing Education Centre and Harrison H. S. Elementary Schools.

There is an application process for any Individuals interested;

Forward your NAME, MAILING ADDRESS, HOME/CELL NUMBER and we'll mail you a package;

Application for Resource People

Current Criminal Record done at the Agassiz  
R. C. M. P. Detachment

**Contact:** Rod Peters  
Office 604-869-2842  
Cell 604-860-8017  
rpeters@sd78.bc.ca  
and send me your information.

## SEABIRD BANKING Coming Soon

RBC in Chilliwack would like to start on-site banking services once a month.

### Services will include (but not limited to):

- opening bank accounts
- financial reviews
- visa applications



# RECREATION NOVEMBER 2012



Mon	Tue	Wed	Thu	Fri
			1 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Mixed Marital Arts 6pm-7:30pm Men's Hockey 7:30pm-9pm	2 ECE Time 11am-11:30am High School Fitness 1pm-2pm
5 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm	6 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Tumblers 6pm-7pm (ages 3-6) Co-ed Hockey 7pm-9pm	7 Elder's Fitness 9am-10am Zumba 4:30pm-5:30pm Youth Recreation 6pm-9pm	8 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Mixed Marital Arts 6pm-7:30pm Men's Hockey 7:30pm-9pm	9 ECE Time 11am-11:30am High School Fitness 1pm-2pm
12 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm Muscles Builders Meet 6:30pm Community Beading 6:30pm-7:30pm (6+)	13 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Co-ed Hockey 7pm-9pm	14 Elder's Fitness 9am-10am Zumba 4:30pm-5:30pm Youth Recreation 6pm-9pm Youth Outing: Planet Laser 4:30pm	15 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Mixed Marital Arts 6pm-7:30pm Men's Hockey 7:30pm-9pm	16 ECE Time 11am-11:30am High School Fitness 1pm-2pm
19 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm Youth Council Meeting 6pm	20 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Co-ed Hockey 7pm-9pm	21 Elder's Fitness 9am-10am Zumba 4:30pm-5:30pm Youth Recreation 6pm-9pm	22 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Mixed Marital Arts 6pm-7:30pm Men's Hockey 7:30pm-9pm	23 ECE Time 11am-11:30am High School Fitness 1pm-2pm
26 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm Muscles Builders Meet 6:30pm Board Games 7pm-9pm (12+)	27 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Co-ed Hockey 7pm-9pm	28 Elder's Fitness 9am-10am Zumba 4:30pm-5:30pm Youth Recreation 6pm-9pm	29 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Mixed Marital Arts 6pm-7:30pm Men's Hockey 7:30pm-9pm Youth Outing: Swim & Dinner	30 ECE Time 11am-11:30am High School Fitness 1pm-2pm

## Healthy Eating Recipe Corner

### Salsa-quinoa Layer Bake

Prep 10 min. Total Time 1 hr, 25 min

Makes 6 Servings (1 1/4 cup each)

#### Ingredients

- 2 cups water
- 1 cup quinoa, uncooked
- 1/2 cup rinsed canned no salt added kidney beans
- 2 Tbsp. (1/4 of 25g package) 40% less sodium taco seasoning mix, divide
- 1 each green and yellow zucchini cut into thin strips lengthwise
- 1 cup salsa
- 1 cup Kraft Tex Mex light shredded cheese



#### Directions

Heat Oven to 350°F

Bring water and quinoa to a boil in a saucepan on high heat; simmer on medium-low heat for 15 minutes or until the water is absorbed. Transfer to a medium bowl to cool.

Add Beans and 1 Tbsp. taco seasoning; mix well. Spread onto bottom of 13 x 9 - inch baking dish; cover with zucchini and peppers. Sprinkle with remaining taco seasoning; top with salsa.

Bake 35 minutes or until heated through. Top with cheese; bake 5 minutes or until melted.

**Nutrition info:** calories 190, fat 5 g, chol 10 mg, sodium 350 mg, carb 28g, fibre 4 g, sugars 3 g, protein 10 g, Vit A 10% DV, Vit C 60% DV, calcium 15% DV, iron 15% DV

#### Diabetes Food Choices:

1 1/2 carbohydrates + 1/2 meat alternatives.

## Youth Recreation Corner

### Youth Workers:

Keena McNeil & Sheila Seitcher

Fitness phone number 604-796-6836.

### Youth updates

12 youth attended fright night on oct 19th

11 youth attended reapers oct 22nd

### Rec wishes happy bday to the following youth:

Michelle Thomas Nov 5th, turns 13

Marshall Pennier Nov 11 turns 14

Tamika McNeil Nov 8th turns 16

Sheila Stewart Nov 12 turns 19, youth rec will miss her!

Fawn Henry Nov 16 turns 18

Quinton and Quissianna McNeil Bobb Nov 30th turns 13

Sorry if missed anyone

Kw'as ho:y gas kwetslometselcha

*Keena McNeil*

Recreation Supervisor

Seabird Island Band

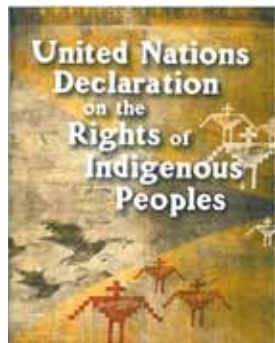
OOSC: 604-798-2177

Fitness and Rec: 604-796-6836

## United Nations Declaration on the Rights of Indigenous Peoples

### Article 22

1. Particular attention shall be paid to the rights and special needs of indigenous elders, women, youth, children and persons with disabilities in the implementation of this Declaration.
2. States shall take measures, in conjunction with indigenous peoples, to ensure that indigenous women and children enjoy the full protection and guarantees against all forms of violence and discrimination.



### Article 23

Indigenous peoples have the right to determine and develop priorities and strategies for exercising their right to development. In particular, indigenous peoples have the right to be actively involved in developing and determining health, housing and other economic and social programmes affecting them and, as far as possible, to administer such programmes through their own institutions.

## Upcoming Events Mark Your Calendars!

### Staff Development Day

November 26, 2012

**Time:** 8:00 am

**Location:** Seabird Island Band Gym

November 26 our office will be closed for staff development day. All staff are required to attend. The dentists and doctors, and contract counselors are not required to attend, but there will be no services scheduled that day. The daycare preschool/ school are all shut down.

### Picture's with Santa

December 3-4, 2012

**Time:** 3 pm - 5 pm

**Location:** Seabird Island Band Office foyer

Open to all Community Members.

### Community Christmas Hampers

Applications are now being accepted

**DEADLINE:** December 5, 2012

**Time:** 4:00 pm

Elders and those receiving financial assistance do not need to apply as you automatically receive one.

If you are needing to apply for a Hamper please phone Angie to make an appointment and she will help you fill out the application.

### Community Xmas Dinner

December 12, 2012

**Time:** 5:30 pm

**Location:** Seabird Island Band Gym

May the warmth and love of the Christmas season be with you through the coming year.

The Seabird Island Band would like to invite you and your family to the Annual Christmas Dinner

After dinner Santa will have gifts for children 0-13 years old.

We are going environmentally happy and would like you to participate by bringing your own, plate, cup, utensils ect...

We will be having a draw for the people that participate in this.

### Elders Pampering and Christmas Luncheon

December 14, 2012

**Time:** 9:00 am begin

**Location:** Seabird Island Band Office

Open to all elders in the community We will begin pick-up at 8:00 am

*Unless otherwise stated. For more information please contact Angie at 604-796-6893.*

# New Staff



**Gary Lister, Gejack** was hired as the new Policy Analyst in the Admin Department of the Seabird Island Band. Gary is from the Spuzzum Band, his First Nation name is Gejack.

Gary has a teaching degree, BA in Geography specializing in Community Planning. He has worked for Seabird in some capacity for 20 years. Starting with Sto:lo Tribal as an Education

Coordinator, then at Sto:lo Nation as a Planning, Research and Policy Analyst. For the last seven years Gary has been consulting for First Nations Across BC. Gary is a former member of the Board of Governors for the Fraser Valley University & College.

Gary is passionate about assisting an organization to put together its laws, bylaws and policy's. He likes that these enable the organization to meet the needs of its community. He is inspired by everybody around him, "Everybody's got something great".



**Carolynne (Carly) Errico** was hired as the new Individual and Family Councilor in the Seabird Health Department.

Carly grew up in North Van where she started as a teacher and resource teacher for people from preschool up to Masters students at City University. Carly herself has a Masters Degree in Learning Counseling, and is life long learner.

She moved to Chilliwack as a young mom, where she worked with the School District as a Councilor for 15 years. Carly has a large family including her husband, 4 children, 3 step children and 11 grandchildren.

She will be counselling, teaching and doing workshops for various age groups. She is passionate about education and bringing knowledge and education about parenting to the community. Carly is inspired by the people she works with. Seeing people rise to the occasion and making things better for their kids.


**SEABIRD ISLAND BAND**

**FAMILY WELLNESS CENTRE**  
2894 CHOWAT RD  
604-796-6826

**PANCAKE BREAKFAST**  
WEDNESDAYS  
9:00-11:00 AM

**DROP IN FOR PANCAKES, MEET STAFF,  
FIND OUT WHAT SERVICES WE HAVE TO  
OFFER, SOCIALIZE OR JUST EAT**

**DONNA WATSON**  
FAMILY COUNSELOR  
604-796-6826  
IF YOU CALL AND  
NOBODY IS ABLE TO  
ANSWER PLEASE LEAVE A  
MESSAGE. WE WILL GET  
BACK TO YOU.  
COUNSELORS IN  
MONDAY TO FRIDAY  
SCHEDULES VARY





**Ey Swayel,**

My name is Sarah Ewen and I am the recently hired Family Development Worker for Seabird Island Band. I am honoured to take on the responsibilities of this position. This year, I graduated from the Bachelor of Social Work Degree Program at the Nicola Valley Institute of Technology. This is the first position that I have taken on that required the education that I have earned. I am

also a young adult from Chawathil First Nation.

The goal of this position is to reduce the need for child protection and the need for the removal of children in the Seabird Island community. As a Family Development Worker I will be working directly with families in Seabird. My duties will include going on home visits, supervised visits, providing helpful information to families through workshops, programs or other events, connecting families to resources and generally providing support and help for families.

Thank you for welcoming me into your Beautiful community  
Sarah Ewen, BSW



# 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

## “PREPARATION FOR SUCCESS” YOUTH INITIATIVE PROGRAM

“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) is to provide group based workshops, training and certifications, in addition to, life management and employment readiness support. The program will run from September 2012 to March 2012.

### **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



**Please visit the Employment Office Located upstairs in the Band Office to register ASAP**

### **SOCIAL ASSISTANCE INFORMATION**

December 2012 cheque run will be handed out on **Wednesday, November 28, 2012**

- \* Renewal Declarations are due by the 15th of the month
- \* Hydro and Fortis are required by all clients in order to receive your shelter portion to be paid

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

### **REMINDER!**

Remember to book an appointment with Pat Large or Jill Stauber for monthly Action Plans prior to Social Assistance day to avoid waiting in line.

College students are also reminded to bring your monthly student attendance record to your appointment.

### **ED ARMSTRONG**

Ed Armstrong has joined 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. He can also help assist with outstanding drivers fees and giving drivers lessons/instructions.

Book an appointment through our office.

*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.*

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)	\$122.50
Full color 1/2 page (8x5 or 10x4)	\$61.25
Full color 1/4 page (4x5)	\$30.63
Full color bus card (2.5x 3)	\$15.31
Greyscale page (8 x 10)	\$25.00
Greyscale 1/2 page (8x5 or 10x4)	\$12.50
Greyscale 1/4 page (4x5)	\$6.25
Greyscale bus card (2.5x 3)	\$3.13

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

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

**AGREEMENT**

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

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

**DEADLINES**

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

**OFFICE HOURS**

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

**DELIVERY**

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

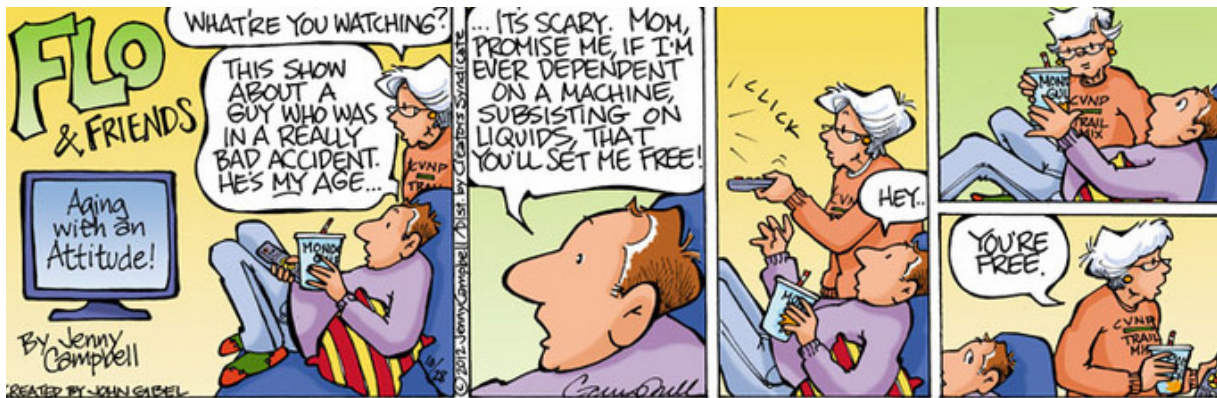
**Sandy Bobb**

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

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

**Health Comics**



**Quote of the month**

*"Autumn is a second spring when every leaf is a flower."*

*Albert Camus*

*"Everyone must take time to sit and watch the leaves turn."*

*Elizabeth Lawrence*

**Telxwi:ts / November**

**Birthstone:** Topaz

**Birth Flower:** Chrysanthemum

**Zodiac:** Oct 24 - Nov 22 Scorpio

**Telxwi:ts** "leaves are falling"

**Halq'emeylem Word Search**

v	o	t	e	s	l	h	i	:	x	w	s	m	e	t
o	r	x	m	p	e	h	a	:	l	s	y	o	v	e
a	e	a	s	s	q	'	e	m	e	l	o	n	o	a
d	s	s	t	l	'	a	t	l	'	i	t	e	l	c
u	p	h	i	m	q	a	x	e	l	o	s	y	f	h
l	o	c	s	t	h	a	w	t	x	w	q	n	j	m
t	n	e	s	e	a	b	u	i	s	l	e	e	d	a
k	s	w	i	r	d	p	j	a	n	d	m	w	a	n
e	i	:	s	t	o	l	o	a	l	a	o	u	e	a
r	b	o	f	k	l	i	s	o	s	o	'	w	r	g
a	l	w	s	l	e	x	w	e	l	h	a	x	p	e
h	e	k	l	e	q	w	e	'	q	s	l	h	s	p
s	y	s	y	e	q	w	l	h	a	l	a	s	o	f
'	s	t	e	x	s	i	k	w	s	e	q	i	w	a
s	w	e	t	a	h	'	e	l	q	t	e	l	e	h

**himqáxel** - Rain & snow mixed

**pehá:ls** - Wind

**seqiwa** - Pants

**swéta** - Sweater

**kopú** - Coat

**shxwúwe** - Cougar

**syéqwlhála** - Fireplace, fire pit

**slhi:xws** - Wednesday

**h'elqtele** - Deer

**skwó:wech** - Sturgeon

**stháwtwx** - Big house, Long house

**stołóála** - Riverbed

**sq'ewqel** - Seabird Island

**lísòs** - Angel

**sqemó'álá** - Baby bottle

**sléxwelh** - Canoe

**sqémél** - Paddle

**sxélt's** - Feather

**st'at'l'itel** - Sweetheart

**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. November 9<sup>th</sup>

**Draw Date:** October 11<sup>th</sup>, 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** - October's Winner was Darlene 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.**  
**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.

### OIL DISPOSAL - NO MORE

#### SORRY

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

### 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

### 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.



### HALLOWEEN BASH

**Oct 27th 2012**

Mission Elks Hall #30 - 33336 2nd Ave  
 Costume Contest 1st, 2nd, 3rd prize TBA

\$15 single or \$25 per couple  
 Bash Starts 9 pm to 1 am, Contest starts 10 pm  
**Dance to Black Owl Blues**

*Come and support Fawn Henry Grad 2013 fundraiser and for Aunty Jeannettes Elders Trip.*

**Ticket Sellers:** Helena & Francis Mussel, Fawn Henry, Jeannette Phillips, Susan Williams, Tillie Henry

### OPTOMETRIST CLINIC

#### Dr. Ahmed's Clinic Dates

**Oct. 22nd**  
**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.*



### 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**

### 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



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!

**Happy Birthday** November 4<sup>th</sup> Cora-anne Bobb, Love Aunty Sandy, Uncle Jim, Trevor & Derek.

**Happy 20th Wedding Anniversary** November 7<sup>th</sup> Jim, Love Sandy

**Happy Birthday** November 21<sup>st</sup> Trudy, Love Sandy, Jim, Trevor & Derek.

### Alcoholics Anonymous Meeting

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

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



*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

# NOT COOL!



## Say NO to Drugs and Alcohol!

### Long Term Effects of Drugs

Death, addiction, criminal charges and prison terms, heart and breathing failure, blood vessel damage and stroke, raised or lowered pulse or blood pressure, aggressive or suicidal behaviour, jaw clenching and teeth grinding, nausea and vomiting, muscle cramping or seizures, panic attacks or feeling paranoid, overheating and dehydration, blackouts or passing out .

### Long Term Effects of Alcohol

Besides damaging the liver, heart and brain, heavy drinking can lead to loss of appetite, vitamin deficiencies, stomach trouble, skin problems, sexual problems and memory loss.

Alcohol use interacts with conditions such as depression and stress to contribute to suicide, the third leading cause of death among people between the ages of 14 and 25.

### Sexual Assault,

including rape, occurs most commonly among women in late adolescence and early adulthood, usually within the context of a date. Research suggests that alcohol and drug use by the offender, the victim or both, increases the likelihood of sexual assault by an acquaintance.

## Stay in control of your own fate!

