



Honouring Ceremony



On August 29th there was an honouring ceremony held for Seabird Island Chief, Clem Seymour *Sl:emiya* and Seabird Island Band Manager Daryl McNeil *Tsetsawtem*.

Clem received his swōqwelw blanket also known as a Chiefs blanket. Clem has been Chief since 2007 and on Council since 1995.

Clem is a long standing spouse of 35 years to Marilyn and a father to 3 children; Francis Mussell, Cass Seymour and Myra Seymour.

Clem is a champion for the people helping the community move forward. Clem is available regularly in the Band Office Lobby so he can interact with community members. He does this so he is easily accessible to converse with everybody. Feel free to visit and ask him questions.

Chuck has been working as the Seabird Band Manager since 1982. He is a great enthusiast and community champion for language, culture, education, soccer, technology and community.

Chuck comes from a large family, he is the second oldest of 9 brothers and 3 sisters. His father, John McNeil Bobb was adopted by his grandparents: John and Cecilia Bobb of Seabird. His Mother, Genevieve McNeil (Nee Wells) came from Union Bar.

Chuck married Karen Chapman of Chehalis in 1977. They have 1 daughter Kristi (Wayne) and 1 son Brandon (Kerri) and 10 grandchildren.

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:

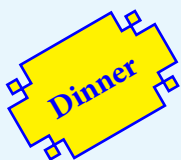
Monday November 12th
to observe Remembrance Day.

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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Band Quarterly Meeting

October 17 from 4 pm – 8 pm.

Please Join us for Dinner, Door Prizes and Updates.



Land Clearing and Construction On Seabird

Have you noticed there is a lot of land being cleared around Seabird lately?

- Land is being cleared on Strawberry Island for 4 more homes.
- Land is being cleared around the College to make the area more open and allow more room for parking. Decking is also being constructed around the college potables to pull the buildings together and allow for easy travel from class to class. New roofing will be comming soon.
- Land is being cleared behind the Seabird School where the old septic field was decommissioned in 2004, when the sewer system was constructed. This area is reserved for future development.
- Land is being cleared by the old barns across from the Gas Bar for a new facility to be constructed for the solid waste and composting building. Construction of the 5300 square foot steel fabricated building will begin in a few weeks. The new facility will open late October.



Composting is in Operation!

Compost buckets for all homes will be coming soon. These will be picked up weekly like the garbage and recycling.

Thank you for doing your part to help protect mother earth!

Find us online!

www.seabirdisland.ca



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

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



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

EMERGENCY PREPAREDNESS

DAY

OCTOBER 18TH, 2012

10AM TO 4PM



- PRESENTERS
- DISPLAY TABLES
- LOTS OF GIVEAWAYS

DOOR PRIZES: A FULL EMERGENCY PREPAREDNESS KIT, FIRE EXTINGUISHERS, FIRE ALARMS, CO² ALARMS, FLASHLIGHTS AND SO MUCH MORE!

DEMONSTRATIONS OUTSIDE

- MINI WORKSHOPS
- SHORT VIDEO'S

DON'T MISS OUT ON THIS VERY IMPORTANT EVENT!!!

REGISTRATION:

NAME: _____

COMMUNITY: _____

CONTACT EMAIL OR NUMBER: _____

For mor information contact Vanessa @ 604-796-6846 or vanessapeters@seabirdisland.ca
Helena @604.824.3221 or Helena.Paul@stolonation.bc.ca

Event Location: Seabird Island Gym



Bear Aware

There has been several local incidents where bears have chased people walking and biking around Seabird. We need to be bear aware to stay safe outdoors.

- Bears are naturally curious and opportunistic.
- Bears are drawn to the smell of garbage, pet food, bird feeders, compost, fruit trees, berry bushes, livestock feed, dirty barbecues, beehives, fish guts and even petroleum products.
- KEEP THE AREA CLEAN
- If a bear doesn't find food it will likely move along.

THE SOLUTION IS PREVENTION

On average **500 black bears and 40 grizzlies are killed every year in BC**. Most of these deaths are preventable. Bears are always seeking food and our communities provide them with good foraging opportunities. Bears can smell garbage and rotting fruit from kilometers away. Additionally bears learn quickly, and remember where they have found food in the past. Once a bear is "rewarded" for coming into town it will return. They become accustomed to the presence of humans ("habituated") and "food conditioned" to eating garbage, fruit, pet food, bird seed, compost and other attractants. The more often they return, the more bold they become.

Annual Reports

This years Annual Report is now available!

We will be delivering the Annual Reports within the next week. If you have not received one, please stop by the Communications Office and collect one from Sandy or Kristy.

Features:

- Reduced size - 44 less pages than last year
- Easier to read
- More pictures

Quantities are limited so we are asking that you sign for your copy, this is to ensure we have not sent multiple copies to one home.

Please take the time to look over this book to prepare for the **Band Quarterly Meeting at 4 pm Wednesday October 17th 2012**.

Bring your Annual Reports with you to the meeting!

This is your best opportunity to get more information on items featured in the Annual Report and to have your input for the future.

We hope you enjoy this years Annual Report and look forward to seeing you at the Band Quarterly Meeting.

IF YOU ENCOUNTER A BEAR

- Remain calm; don't panic
- Slowly make yourself as large as possible and speak in a calm voice. Slowly move away to a safe area.
- Once all children are safely inside and the bear has left, check the area to ensure no attractions are available.
- Don't scream or yell as this may provoke the bear.
- Don't run or ride away as this may trigger a pursuit by a bear.

To report a problem bear call 1-877-952-7277 for more information visit www.bearaware.bc.ca



OCTOBER AT AGASSIZ LIBRARY

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

Tame Technology Week:

Computer Lessons
Tuesday, Oct 9th - Saturday, Oct 13th
Make an appointment for a personalized computer lesson. Choose to learn on your own computer or the library computer. Book your 45 minute session by phoning the library.

Tame Technology Week:

eReader Workshop
Wednesday, Oct 10th 7:00 pm - 8:00 pm
Become the master of your eReader! Learn to how to borrow free eBooks from the library and more. Bring your device - Kobo, iPad, Nook, Sony, smart phone, laptop... we will help you get reading digitally.

Tame Technology Week: More Than Games and Texting

Wednesday, Oct 10th, 3:30 pm
Kids are invited to a special afternoon that will take their technology skills beyond the usual boring old games and endless texting. A little tech safety info thrown in for good measure. If you are old enough to use a computer or device, and young enough to be in school, you are welcome to join in

Tame Technology Week: Staying in Touch Using Cool Technolog

Thursday, Oct 11th 7:00 pm - 8:00 pm
Learn how you can keep your family and friends close with technology. Bring your device to this workshop if you have one. Handouts will be supplied so you can remember it all when you get home! All ages welcome.

Discover The World: Extreme Traveller Chris Cooper - Spirit Dancer in the Shetland Islands

Thursday, Oct 18th, 7:00 pm
Chris Cooper has been sharing his amazing journey around the British Isles since 2008. He has done this in a Montreal voyageur style canoe, taking First Nations students, keen adults and anyone who would

paddle with him along for the ride. This year, they travelled around the Shetland Islands and experienced breathtaking landscapes and many adventures in this last part of the voyage. Come see the show and ride the waves in a remarkable presentation.

Ballet Day!

Saturday, Oct 27th 1:00 pm - 3:00 pm
There is an inner ballet dancer in many children! Bring that dancer out to play on a Saturday afternoon. Dress like a dancer, enjoy some stories, crafts, and dance with a real ballerina. Tutus supplied! Kids ages 7 and up.

Kid's Night : The Not-So-Spooky Halloween

Tuesday, Oct 30th 6:30 pm - 8:00 pm
It's the night before Halloween and we are going to do some crafts, games and listen to a story or two. Dress up and take home a scary treat or two. All ages welcome, younger children with an adult please.

Terrill Scott

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

Housing

1 bedroom

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

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	01042012-3058
18	01052012-3059
19	01032012-3060
20	01062012-3061
21	01242012-3062
22	03302012-3062
23	04022012-3063
24	05072012-3065
25	05072012-3066
26	05072012-3067
27	05312012-3068
28	06142012-3069
29	06282012-3070
30	07092012-3071
31	09182012-3072

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.

COMPARING OUR RENTS TO OFF RESERVE:

Agassiz:

- 1 bedroom apartments start at \$575/\$600
- 2 bedroom apartments start at \$675
- 3 bedroom apartments start at \$800
- 2 bedroom houses start at \$1300
- 3 bedroom houses start at \$1125
- 5 bedroom duplex starts at \$1300

Chilliwack:

- 1 bedroom apartments between \$550-\$725
- 2 bedroom apartments between \$850-\$1250
- 2 bedroom townhouses between \$1600-\$2300
- 2 bedroom house between \$1300-\$2300
- 3 bedroom house between \$1600-1800
- 4 bedroom house between \$1500-2000 (hard to find)
- 5 bedroom house between \$1750-\$3000 (hard to find)

All of the above monthly rents DO NOT INCLUDE hydro, gas, water, garbage, phone, tv, etc. In Seabird, we continue to provide some of the lowest rents on or off reserve in the PROVINCE.

WINTERIZING YOUR HOME

OCTOBER MAINTENANCE SCHEDULE:

Reminder to all tenants and homeowners; Remove hoses from hosebibs (outside faucets) BEFORE the cold weather comes. Leaving it attached causes freezing, and in the spring the pipes/faucets crack and leak. **Tenants may be held responsible for any damages that result.**

- Cut your lawns one last time this year, ensuring there is no area for rodents and pests to nest
- Bleed air from hot water radiators
- If the heat recovery ventilator has been shut off for the summer, clean the filters and the core, and pour water down the condensate drain to test it
- Check chimneys for obstructions such as nests before turning on your furnace
- Cover outside of air conditioning units and shut off power
- Check and clean or replace furnace filters each month during the heating season. Ventilation systems, such as heat recover ventilator, filters should be checked every two months.

Housing

The housing committee is working hard to complete the new housing policy. Your input is very valuable as we move forward. Some of the items that the housing committee have drafted into the policy include:

Ownership:

- Tenant will be responsible to pay the mortgage/cost of house throughout the life of the mortgage; if tenants do not, they will be required to make payments to the band at the end of the mortgage to pay back the amount the band had to pay to cover the mortgage when they did not make their full payments.
- To obtain ownership, tenants must pay the mortgage/cost of house with their own funds; for any months another source covered the mortgage – whole or in part - (band or SA), the tenant will have to pay the band back at the end of the mortgage for covering those payments for them
- Service agreements may be available for those who would like to ensure money is being put away to cover things like insurance, maintenance, replacement items
- Use and occupancy of land under home will be granted to tenant when ownership of house is turned over

Rent to own:

- Those selected for rent to own units through social housing or other, will be able to put in their own money up front to add their own preferences in materials (ie cabinets, lighting, etc)

Band Subsidy:

- Band subsidy may or may not be available. This will be decided annually by Chief and Council as to the amounts available, or if it will be.

Rents:

- Rents will be set for all homes to ensure that mortgages are covered in addition to insurance, maintenance, replacement reserve, and services (water, sewer, garbage, etc) and the band is not losing money
- Units where the set rent is not achievable may have to have their tenants move to a more affordable unit, or take on a roommate or two.

CONGRATS to the following winners at our Market Housing Presentation (\$50 gift cards)

Tammy Harris
Shayla Harry
Ernest Harry
Tyrone McNeil

Leonard August
Jody Thomas
Leo Reyburn



To all of the community members, band members and staff of Seabird Island:

Thank you for your support over the last 18 months during our fundraising efforts to bring families to Hawaii this August. Because of all of you, 41 families, 152 people, got the experience of a lifetime in Oahu! Our efforts, with your support, helped us raise almost \$200,000! Our families enjoyed so many different activities in the cultural island, and there are many photos floating around to prove it! Again, our hands go up to you for your encouragement, support and your smiles!

Seabird Island Family Travel Club

If anyone has band chairs or tables, can you please return them.

😊 Thank you!



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

Are you a Seabird Member living off reserve looking for a copy of the Seabird Monthly Newsletter?

Each issue as well as past issues are posted on the Seabird Website: www.seabirdIsland.ca or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb; Communications Officer & Graphic Designer, by phone at 604-796-6838 or e-mail sandrabbob@seabirdIsland.ca



FOR ADVERTISEMENT RATES PLEASE CALL SANDY. (pre-paid, please)

SUBMISSION DEADLINES

The 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

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

DELIVERY
The first (1st) of each month

Potato Allergies and Intolerance

The potato is a member of the Solanaceae family, which includes tomato, cherry, eggplant (aubergine), melon, pear, paprika, bell peppers, cayenne pepper, red pepper, tobacco and chili. A condition known as cross-reactivity can occur between the different members of a plant family. Thus a patient who is allergic or sensitive to tomato could also react to raw or cooked potato.

Symptoms of potato allergy

Exposure to potato allergens can cause a wide variety of symptoms:

- Nausea, vomiting, diarrhoea, abdominal pain, itchy mouth, swelling of the throat, the Oral Allergy Syndrome and throat pain
- Urticaria, swelling of the affected area, eczema, atopic dermatitis, contact dermatitis (itchy skin) when handling potato (peeling, etc at home or in factories)
- Runny nose, weepy eyes, sneezing, asthma, and tight chest

'Hidden sources'

Potatoes are used relatively extensively in a variety of foods, for example:

- Dried, powdered potato is used as a thickener in processed or canned foods
- Potato flour is added to cereals and is used in baking
- Potato is used in herbal medicines - the leaves for stomach upsets, the juice to treat peptic ulcers and some people apply raw potato to the skin

Besides these food-related uses, potatoes are also utilized to produce starch which is in turn used in treating cotton, and making industrial alcohol and certain alcoholic beverages (vodka is traditionally made from fermented potatoes).

Solutions

If you suspect that you may be allergic to potato (e.g. you develop any of the above-mentioned symptoms when you handle raw potatoes or eat them cooked), you should discuss the problem with your general practitioner and have allergy tests done.

Self-diagnosis is self-defeating and can deprive you of valuable food sources. If you do test positive to potato, then you need to avoid eating and/or handling this food. It is also necessary to keep the other sources of potato in mind (flour in commercial products, herbal remedies etc.) and to read all food labels carefully.

Keep in mind that you may also react to tomatoes. Relatively speaking it is easier to avoid contact or ingestion of potato than many other allergenic foods and by doing so, you can avoid the unpleasant symptoms.



Bad Attitude and Behavior Linked to Potato Allergies?

The most dramatic case was a boy aged five who had frightful behavior since a baby followed by asthma since age three. Mother was blamed for his behavior, but he also had thirst, bed-wetting, and large smelly floating stools. She had observed that if he had a stomach upset and could not eat for a few days he suddenly became a lovable little boy, but his dreadful behavior reappeared as soon as he began to eat again.

The possible significance of this observation was dismissed out of hand by a professor of pediatrics, but mother

demanded he be seen by an allergist. When I saw him he was almost impossible to examine, and a wide range of skin tests were negative. He had a distended stomach, very heavy shadows under his eyes, and severe asthma, so he was put on a diet consisting of only lamb and rice. All his problems vanished in a few days, and he became a lovely little boy who actually allowed me to take blood without complaint! At school he could sit still and concentrate for the very first time, as shown by dramatic improvement in writing and art work. Separate reintroductions of potato, milk,

and wheat all reproduced his problems, suggesting he had wheat and milk intolerance as well as potato. He remained well on a restricted diet, but extensive blood tests were all negative for allergy, and for Coeliac disease.

To encourage him his parents also went on the restricted diet, and to everyone's surprise the father's personality also improved, but when both father and son ate potato they both became nasty and aggressive.

Resource: <http://www.allergiesexplained.com/pages/Potato%20Allergy%20and%20Intolerance.htm>

ESTATES WORKSHOP:

Learn How to Write Your Will

When: Monday, October 29th
5pm-8pm

Where: Band Office

Also available: **PRIVATE APPOINTMENTS**

On Monday, October 29th in the afternoon.

If you are the Executor or Administrator of an estate and have questions about what to do, you can book a private appointment with Alexis Fells, Estates Officer at AANDC to get help.

For more information or to book an appointment, contact Genna Joseph at 604-796-2177.



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.



Legal Services Society

December 2011

ESTATES WORKSHOP:

Learn How to Write Your Will

When: Wednesday, October 31st
1pm-4pm

Where: Band Office

Also available: **PRIVATE APPOINTMENTS**

On Wednesday, October 31st in the morning.

If you are the Executor or Administrator of an estate and have questions about what to do, you can book a private appointment with Alexis Fells, Estates Officer at AANDC to get help.

For more information or to book an appointment, contact Genna Joseph at 604-796-2177.



Seabird Island Band
Family Wellness Center
Workshop
Cycles Of Addictions

Have you or someone you care about ever wondered why you continue to do something that you will later regret?

Have you kicked a habit but struggle to not start again?


Do you wonder why someone doesn't stop a habit after they say they will?

Join us for an opportunity for learning, sharing and understanding how cycles of behavior get started and how they can be changed.

Family Wellness Center
2894 Chowat Rd

When: Tuesday evenings

Dates: Oct 9, 16, 23
Time: 6 to 8 pm



Fraser & Vancouver Coastal Region

Aboriginal Sport Recreation and Physical Activity Partners Council



Coaching Clinics



Soccer for Life

Saturday & Sunday October 20 & 21st

Time: 9am-5pm Both Days

Location: 2895 Chowat Road, Agassiz
in partnership with **Seabird Island Band**

Facilitator: Metro Gerela

Target Coaching Age: U13 - U18+

Registration Deadline: October 11th

At this stage, skill training demands and training loads are increased to develop and refine skills and tactics. Tactical awareness becomes an increasingly important facet of training, alongside mental toughness, concentration, and diligence.

\$145 value offered FREE of charge for coaches of Aboriginal Youth

To register for this clinic please contact:

Dianne Garner

Fraser Sport & Physical Activity Coordinator

T: 604 824 2684

F: 604 858 4741

E: dgarner@bcaafc.com

FUNdamentals

Saturday October 27th, 2012

Time: 9am -5pm

Location: 100 Mathias Rd, North Van
in partnership with **Squamish Nation**

Facilitator: Metro Gerela

Target Coaching Age: U7-U9

Registration Deadline: October 18th

At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play within a fun but structured setting.

\$80 value offered FREE of charge for coaches of Aboriginal Youth

To register for this clinic please contact:

Jay Gladish

Van Coastal Sport & Physical Activity Coordinator

T: 604 251 4844 ext.309

F: 604 251 1986

E: jgladish@bcaafc.com



WANT CONFIDENTIAL HELP WITH DIABETES?

We want to help you live well with diabetes.
Life with diabetes can be OK!
But it can also make you really sick.

We can help with:

Meals, medications, foot care, education, support groups, stress management, active living, problem solving and much more.

People who can help are:

Diabetes nurses, nutrition and fitness educators, community diabetes workers and physicians.

We can connect you to other programs and services too.

We provide confidential help.

You can even be anonymous!

Call, email or come on in...everyone is welcome

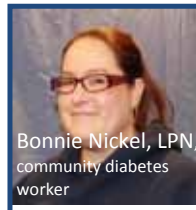
- Kristi at the medical clinic
 - 604 796 2177, local 5001
 - Kristimcneil@seabirdisland.ca
- Bonnie at the mobile diabetes office
 - 604 796 2177 local 5008
 - bonnienickel@seabirdisland.ca
- Dann at the nurse's office
 - 604 796 2177, local 6841
 - dansswann@seabirdisland.ca
- Sue at the mobile diabetes office
 - 604 796 2177, local 5012
 - suefalconer@seabirdisland.ca
- Val Thomson and/or Val Bobb at the nutrition office
 - 604 796 2177 local 6829
 - valthomson@seabirdisland.ca
 - val@seabirdisland.ca



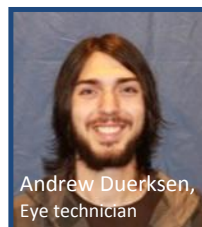
Dann Swann, RN,
diabetes educator



Sue Falconer, RN,
diabetes educator



Bonnie Nickel, LPN,
community diabetes
worker



Andrew Duerksen,
Eye technician



The Vals, Nutrition and
Fitness educators

Accreditation



Driving Quality Health Services

Seabird Health Services Accreditation Update

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

One new program is helping us manage safety risks to clients and staff. We are tracking incident reports. Staff who visit community homes (for any reason-delivery, inspection, health services) have reported aggressive dogs. Did you know that all pets should be kept out of reach of the staff? This includes driveways, doorways and places where you receive care. For instance, if you have a home support worker cleaning your home, your pet should be kept away from the area where the worker is working. While your pet may seem friendly to you, some staff have a real fear because they've been bitten in the past. You risk having services stopped if a staff member feels threatened by your pet. Make sure you discuss your pet with your health worker/Seabird staff.

Questions or comments? Talk to Heather McDonald, 604 796 2177 local 5033 heathermcdonald@seabirdisland.ca

Protect yourselves and others from Influenza

Influenza is caused by viruses, and is generally spread when an infected person coughs or sneezes. Here are six simple, common sense precautions that can help safeguard everyone's health:

- 1) **Stay home when you're sick or have influenza symptoms.** Get plenty of rest and check with a health care provider as needed.
- 2) **Avoid close contact with people who are sick.** If you are sick, keep your distance from others to protect them from getting sick.
- 3) **Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue away immediately.** It may prevent those around you from getting sick.
- 4) **Wash your hands.** Washing your hands often will help protect you from getting sick. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.
- 5) **Avoid touching your eyes, nose or mouth.** You can become ill by touching a surface contaminated with germs and then touching your eyes, nose or mouth.
- 6) **Practice other good health habits.** Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.

DID YOU KNOW;

- Viruses can live on hard surfaces for up to 2 Days, and on hands for up to 5 minutes.
- After 5 - 10 applications of hand sanitizer it is recommended you wash your hands with soap and water.

Head Start Parents and Tots Program on Seabird Island

MONTHLY THEMES for October

Xa:ws Syilolem “Sto:lo New Year”

Halloween, Pumpkins, Thanksgiving, Harvest, Mushrooms

****Field Trip to the Apple Barn Pumpkin Patch

Season — Fall

Numbers — 2 Isa:le, 3 Lhixw

Shape — Pumpkin

Colors — Black, Orange

Letters — d, e, f: **u, o, õ**

Animal — Owl

Value — Spirit

FOR THE MONTH OF OCTOBER the families can look forward to having fun by playing and learning. This month a few new themes will consist of,

-counting to three in Halq'emeylem

-saying orange and black in Halq'emeylem

-understand the value of spirit in our lives

-showing respect for the Elders who share our world,

and to take part in a field trip to the Apple Barn Pumpkin Farm in Abbotsford.

Also families can take part in fundraising for our year end fieldtrip.

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



Make a note on your calendar! Free dental checkups are schedule for the 3rd Tuesday in October. Participate and you and child will receive a free gift!



Parents and Tots operates every Tuesday and Thursday at the Millennium Hall from 10am to 1pm.

Seabird Preschool

The Seabird Island Preschool 4's Program began on September 10, 2012 and has 20 children registered. Many children arrive on the Seabird Island Community School Bus. Kwosel continues to teach Halq'emeylem language and culture in our program each day at 9:30 am. We are so delighted to have Kwosel.

The Seabird Island Language Nest Preschool is thrilled to have a full class of 3 year olds, which started September 17th. Jonny Williams and Donna Giroux continue to be our language teachers. This is a full Emerson program.

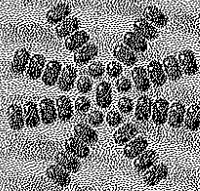
All community families with children aged 3 – 6 years old are invited to attend A-PALS “Aboriginal Parents as Literacy Support” each month. Our first A-PALS evening will be held Wednesday, October 10, 2012 at the Mill Hall 4:30 pm for Dinner. We look forward to seeing you!



Please make copies and post on your Community Bulletin Board



From anywhere... to anyone



ARE YOU ELIGIBLE?

CANADA POST ABORIGINAL EDUCATION INCENTIVE AWARD

As part of a nationwide program for Aboriginal relations, Canada Post is proud to offer the Aboriginal Education Incentive Awards and demonstrate its commitment to furthering the development of individual potential. Offered for the first time in 2004, Canada Post's Aboriginal Education Incentive Awards celebrate the hard work of those who have embraced a renewed pursuit of learning.

Canada Post will grant awards annually to recipients from across Canada. Recipients could receive a \$1,000 award in recognition of their efforts to improve their life through education, if they have resumed studies after a minimum of 12 months out of school and have now completed one year or more in an educational program. Open to all Aboriginal Canadians, recipients will be selected by a jury comprised of an Aboriginal community member and Canada Post representatives.

Eligibility Criteria:

- Must be an Aboriginal Canadian (First Nations, Métis or Inuit)
- Must have been out of school for at least one year before returning
- Must have completed one full year of studies before applying for this award
- Award recipients cannot apply again

Completed Application Must Contain:

- Completed Applicant Submission Form
- An essay that is typed and double-spaced on letter-sized stationery to a maximum of 5 pages



APPLICATION REQUEST

Please send to me by:

Fax: (_____) _____

Email: _____

Name: _____

City: _____ Prov/ Terr: _____

****Please fill out and fax to 1-866-780-2188****

3 WAYS TO SUBMIT COMPLETED APPLICATION FORM

- 1. Fax** 1-866-780-2188
- 2. Online** www.GoToApply.ca/CanadaPost
- 3. Mail** Canada Post Aboriginal Education Incentive Awards
c/o Aboriginal Link
PO Box 50058, 17-2595 Main Street
Winnipeg, MB
R2V 4W3

For more information visit www.GoToApply.ca/CanadaPost



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Aboriginal Link, PO Box 50058, 17 - 2595 Main Street, Winnipeg, MB R2V 4W3 Phone: (204) 975-4596 Fax: 1-866-418-8761

ID 281

Good Things happening at Seabird School

- **K/Gr1 Class**, Jessica McKerrow's Class is off to an awesome start. All the students enjoying their reading groups in the mornings and they are making wonderful progress. They have also just finished writing a book about pretending to be their favorite animal. Students are now just starting work on math equations with numbers up to 5. Fantastic work K/1's!

- **The grade 4/5 class** have been off to a good start for the 2012/13 school year! I would like to remind parents that students need at least 10-12 hours of sleeping hours. A good healthy lunch with snacks, juice or water. Homework day planners have been sent home. Students need to be reading 20-30 minutes per night. Please sign day planner for reading time.

Reminders:|

- Students need also a pair of good running shoes for gym.
- \$3.00 for next month's field-trip pumpkin

Class Motto: Rules are Cool

- Be safe
- Stay on Task
- Be Kind
- Get Along with Others
- HAVE FUN!

Miss Eustache

- **This year we have a junior and senior art class.** The students are working on a black and white painting. They are truly enjoying the chance to paint and express their talents. The paintings when finished will be displayed in the high school, please feel free to drop in and see what our students have created.

- The following "good things" are happening in Seabird Island Community School's New Music Program:

Students in Mr. Mai's class, Ms. Eustaches' class, the 7/8 class, the 8/7 class, and "grade 9 – 12 music elective" will finally be getting their band instrument

(flute, clarinet, saxophone, trumpet, trombone, baritone, percussion / "drums," or bass guitar) in their hands this week. They have gone through a process these past few classes to find the best instrument for them to play in class.

BOOK FAIR

October 22nd – November 2nd.

The proceeds provide books to the library and classrooms.

FAMILY LITERACY NIGHT

Friday October 26th

from 4:30 – 6:30

We will have a contest for the best costume.

Students in Ms. Bogart's class started learning the recorder last week and will be learning the ukulele in January. Ms. Watson's students have started learning the ukulele and will be learning the recorder in January. Students in the rest of the grades have been learning new songs, games, and dances. They have learned the difference between beat and rhythm and have even started to read music! *Crystal Boyes, Seabird Island Community School's Music Teacher*

- In the **foods and nutrition class** we are learning about food safety and have cooked a few delicious treats.

- In **Mr. Dobos' classroom** the students have settled and are busy focusing on their studies. In Socials 11 we have begun a study of Canada in World



War 1 and are finishing a Canadian war Novel "Generals Die in Bed," by Charles Yale Harrison. In Socials 10 we have begun to understand the concepts of responsible and representative government. In Math 9 and 10 classes have finished or are finishing Chapter 1 in their respective math texts, all students are doing well.

- Ey swawel Seabird Island! My name is Amanda Anderson. I am a returning teacher at Seabird Island Community



School. I used to teach K/1 at the elementary school. I am now happily working in the high school teaching grade 7 and 8 English, Math, Socials, and helping with Halq'emeylem, triathlon and 7/8 girls and boys group. September is always a busy and exciting time getting in the routine of things after summer holidays. Students are getting used to doing work and of course trying to remember to complete their homework. I would like to recognize Felix Harry, Justin Blenkin, David Joe, Nigel Fraser, and Cheryle George for great work on their first two spelling tests. I would also like to recognize Devina Jones, Bobby Douglas, Kiara Stewart and Katerina Martin for their hard work in Math 8/7. I am looking forward to seeing the Social Studies 7/8 presentations the students will be doing about their past. Clarissa James already shared a baby picture of herself. It was so adorable it was on the cover of an Aboriginal Health magazine. Mid-terms are fast approaching. **Remind your loved ones to study!**

- Hello Seabird community. My name is Jake West. I am the new digital media and entrepreneur teacher in the elementary, high school and college. It has been awesome so far. What I am

Good Things happening at Seabird School continued...

most thrilled about is being able to practice all of my new 21st century educational ideas. The world is changing so fast and we must think beyond just preparing students to pass tests. Consider that every 2 days, the world is now producing more information than the last 2000 years combined. Every 2 days! It is wild. New skills and literacies are required. That is my job. I am doing my best to engage our students in collaborative, inquiry based, entrepreneurial learning. Instead of me delivering a curriculum, we are discovering it together. Instead of the teacher making the decisions, I am handing the power over to the students. Indeed, I no longer consider myself a "teacher" now, instead, I am the top learner in the class, modelling a figure-it-out, problem solving, imaginative approach that I believe will provide opportunities and success. And it is working! The students are engaged and empowered. I will definitely keep you updated as we progress throughout the year. Thank you for the marvellous opportunity to try so many new ideas – I sincerely appreciate it.

- Every single student in the high school program is on schedule or ahead in their Science work.
- **Every senior student – grade 11 and 12** – is on schedule in their final Science and Math courses to graduate.
- **Chips are flying in the High School Woodshop!** In our Career Transition program we have started work on some beautiful planters that will be add colour and texture to our already beautiful school. The planters are designed to look great on their own but allow for Sto:lo art to be added to their sides to mimic a bentwood box. I am very proud of the work the students have done on these boxes knowing they will be a beautiful part of our school for many years to come.
- In the **foods and nutrition class** we are learning about food safety and have cooked a few delicious treats.



AESS Aboriginal Mentorship Program

Research Shows Mentoring



- ▶ Increases Self Esteem
- ▶ Increases Academic Success
- ▶ Increases School Attendance
- ▶ Reduces the Risk that Students will Abuse Drugs and Alcohol
- ▶ Reduces Missed Classes
- ▶ Increased Connection to Community

Who Needs a Mentor?

All young people can benefit from positive role models. Mentoring provides social and emotional support for First Nation students within the school. Many challenges are faced by our young people and mentorship can make a difference.

Aboriginal Mentors in school provide a safe, positive outlet for young people to openly express what they are thinking or going through and offers suggestions and tools for meeting the challenges of young people in school.

Mentorship

The in school Aboriginal Mentor is dedicated to providing and exploring safe, culturally appropriate mentoring services for Aboriginal youth.

The mentor provides individualized social and emotional support services, resource referrals, direct services to enable supports, resilience (leadership and relationship based). Referrals to see this worker can be received from several points including FNSW's, teachers, school administrators, school counselors, bands, parents and self-referrals.

Michelle will be in the available in the school on Monday, Tuesday, and Thursday all day and Wednesday in the afternoon. I can be reached at the H.A.T.S agency office on Wednesday mornings. If I am not at either of these places please contact me on my cell as I do attend various meetings and go on home visits.

If you have any questions, we would be pleased to answer them. If you would like more information please contact:

Mentor for Agassiz Elementary
Secondary School
Michelle Victor
Hope and Area Transition Society
michelle@hopetransition.org
604-869-5111 (office)
604-796-2238 (AESS)
604-869-6443 (Cell)



Upcoming Events - Mark Your Calendars!

Seabird Island Merchandise For Sale:

There are a vast number of items located in the events department that is available. Here are some of the items: Picnic Blankets, Water Bottles, Coffee mugs, Back packs, Jackets, Vests, T-shirts and much more. Please stop in and inquire with Angie Chapman.

Community Halloween Party

October 24, 2012 Time 5:00 - 8:00

Location: Seabird Island Band Gym

Costume judging will start promptly at 5:00 with Adults working the way down to babies category. Interactive games, finger foods, door prizes and a snap shot of your child/children in their costume. All photos can be picked up on October 31,2012 each child will receive a free 5x7 photo. Additional pictures will cost \$2.00 per page.

Sto:lo New Year

Elders Invited to attend

TBA (date in October)

Time: 12 noon

Location: Seabird Island School

Open to all elders in the community We will begin pick-up at 10:30 am For more information please contact Chaundine at 604-796-3061

Remembrance Day

November 07,2012

Time: 10:30 am

Location: Seabird Island Community School

Our event will begin with honoring procession to the veterans Memorial , followed by the ceremony and procession back to the gym for the readings, speeches and lunch to follow.

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.






ZUMBA!!!

Coming to
Seabird Island!!!

Every Wednesday
4:30pm-5:30pm
Seabird Island Gymnasium
Drop in is FREE for everyone

Come out and have some fun while getting active!



Contact Keena McNeil or Val Bobb at the band office for more information 604-796-2177

Earn your Christmas Dollars!

Win up to \$300 for your Xmas shopping!

Program starts
September 17, 2012

End Dec 17, 2012

Show up at the fitness center at
6:15pm to sign up & weigh in!



** Band Members Only**
See Keena for more information
Late sign up welcome!

Seabird Family Outing! The Scary Halloween Train!



13th Annual frightful train ride into the dark forest loaded with nighttime creatures. Designed to scare and startle older folks and mature youngsters.

This is a SCARY ride designed to have you screaming, laughing and having a great time with friends!

Popular characters from previous years' performances will be back. Chainsaw Charlie will be in fine form.

Look for many new surprises and old favorites.

You will have scary sounds and experiences even before you go on your train ride! Great fun!



October 17th

Meet @ 4:30 pm at band office; returning approx. 9:30pm

Event Cost: Adult \$9.50 per adult & \$8.00 for kids + HST

YOUR COST: \$0!

Sign up at the health desk in the band office

See Keena for more details

RECREATION OCTOBER 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm Ladies Sweat 7pm-8pm Men's Sweat 8pm-9pm	2 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm DVD Fitness 6pm-7pm Co-ed Hockey 7pm-9pm	3 Elder's Fitness 9am-10am Zumba 4:30pm-5:30pm Youth Recreation 6pm-9pm	4 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Mixed Marital Arts 6pm-7:30pm	5 ECE Time 11am-11:30am	6
7	8 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm Ladies Sweat 7pm-8pm Men's Sweat 8pm-9pm	9 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm DVD Fitness 6pm-7pm Co-ed Hockey 7pm-9pm	10 Elder's Fitness 9am-10am Zumba 4:30pm-5:30pm Youth Recreation 6pm-9pm Youth meeting RE travel club	11 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Mixed Marital Arts 6pm-7:30pm	12 ECE Time 11am-11:30am	13
14	15 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm Ladies Sweat 7pm-8pm Men's Sweat 8pm-9pm	16 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm DVD Fitness 6pm-7pm Co-ed Hockey 7pm-9pm	17 Elder's Fitness 9am-10am Zumba 4:30pm-5:30pm Youth Recreation 6pm-9pm Community Outing: Haunted Halloween	18 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Mixed Marital Arts 6pm-7:30pm Men's Hockey 7:30pm-9pm	19 ECE Time 11am-11:30am Youth Outing: Fright Night	20
21	22 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm Ladies Sweat 7pm-8pm Men's Sweat 8pm-9pm Youth Outing: Reapers	23 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm DVD Fitness 6pm-7pm Co-ed Hockey 7pm-9pm	24 Elder's Fitness 9am-10am Zumba 4:30pm-5:30pm Community Halloween Party	25 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm Mixed Marital Arts 6pm-7:30pm Men's Hockey 7:30pm-9pm	26 ECE Time 11am-11:30am	27
28	29 Elder's Fitness 9am-10am Xmas \$ Program 6:15pm Ladies Sweat 7pm-8pm Board Games 7pm-8am Men's Sweat 8pm-9pm	30 Walk Program 12pm-1pm Youth Fitness 3:30pm-4:30pm DVD Fitness 6pm-7pm Co-ed Hockey 7pm-9pm	31 Elder's Fitness 9am-10am Zumba 4:30pm-5:30pm Youth Recreation 6pm-9pm			

Healthy Eating Recipe Corner

Crispy Turkey Tostadas

4 servings, 2 tostadas each
Total Time: 35 minutes



Shredded leftover turkey tops homemade tostadas in this Tex-Mex favorite. Making your own tostada shells from fresh corn tortillas is easier than you might think—crisp them up in the oven while you prepare the toppings. Choose either regular petite diced tomatoes or those with added jalapeños, depending on your inclination for spicy food. Serve with black beans, rice and extra salsa or hot sauce on the side.

Ingredients

- 1 14-ounce can petite diced tomatoes, preferably with jalapeños
- 1 medium onion, thinly sliced
- 3 cups shredded cooked turkey, or chicken (12 ounces; see Tip)
- 8 corn tortillas
- Canola or olive oil cooking spray
- 1 avocado, pitted
- 1/4 cup prepared salsa
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons chopped fresh cilantro
- 1 cup shredded romaine lettuce
- 1/2 cup shredded Monterey Jack cheese

Preparation

1. Position racks in the upper and lower thirds of the oven; preheat to 375°F.
2. Bring tomatoes and their juice to a boil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally, until the onion is soft and most of the liquid has evaporated, 15 to 20 minutes. Add turkey (or chicken) and cook until heated through, 1 to 2 minutes.

3. Meanwhile, coat tortillas on both sides with cooking spray. Divide the tortillas between 2 large baking sheets. Bake, turning once, until crisped and lightly brown, about 10 minutes.
4. Mash avocado in a bowl. Stir in salsa, sour cream and cilantro until combined.
5. To assemble tostadas, spread each crisped tortilla with some of the avocado mixture. Top with the turkey (or chicken) mixture, lettuce and cheese.

Nutrition

Diabetes appropriate / Low calorie / Low cholesterol / Low saturated fat / Heart healthy / Healthy weight / High calcium / High fiber / High potassium / Gluten free

Per serving: 397 calories; 15 g fat (5 g sat, 7 g mono); 86 mg cholesterol; 34 g carbohydrates; 33 g protein; 8 g fiber; 621 mg sodium; 709 mg potassium.

Nutrition Bonus: Calcium, Magnesium, Potassium, Vitamin A & Vitamin C (20% daily value), Iron (15% daily value).

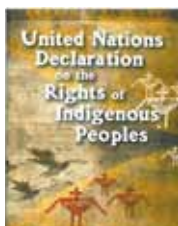
Carbohydrate Servings: 2

Exchanges: 1 1/2 starch, 2 vegetable, 4 lean meat, 1 1/2 fat

United Nations Declaration on the Rights of Indigenous Peoples

Article 20

1. Indigenous peoples have the right to maintain and develop their political, economic and social systems or institutions, to be secure in the enjoyment of their own means of subsistence and development, and to engage freely in all their traditional and other economic activities.
2. Indigenous peoples deprived of their means of subsistence and development are entitled to just and fair redress.



Article 21

1. Indigenous peoples have the right, without discrimination, to the improvement of their economic and social conditions, including, inter alia, in the areas of education, employment, vocational training and retraining, housing, sanitation, health and social security.
2. States shall take effective measures and, where appropriate, special measures to ensure continuing improvement of their economic and social conditions. Particular attention shall be paid to the rights and special needs of indigenous elders, women, youth, children, and persons with disabilities.

Seabird's 1st Muscle Building Competition Starting October 15th



**Build the most muscle
and win \$\$**



Meet bi-weekly on Mondays
(Tuesday if Monday is a stat)
to do measuring

2:00pm for Staff..... fitness center,

6:30pm for Community... fitness center

Whoever has built the most muscle by the end, wins...

Staff: 1st place- \$300; 2nd place \$200

Community: 1st place- \$300; 2nd place \$200



Men and women welcome!



Ends April 15th

See Keena for more details

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

Office Hours

We are open daily Monday – Friday
8:00–12:00 pm and 1:00–4:00 pm

“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

The program will commence September 2012 and Finish March 2012

Please visit the Employment Office Located upstairs in the Band Office to register for September 2012

ICBC Liaison + Driving Instructor

Do you need assistance with outstanding drivers fees or obtaining your learners or new drivers license?

Ed Armstrong can assist you with ICBC liaising, driving lessons and instruction. Make an appointment to meet with him through the Employment Office.

SOCIAL ASSISTANCE INFORMATION

November 2012 cheque run will be handed out on Monday October 29th, 2012

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

Scotts Frozen Meat Package

This special frozen meat package is available for all social assistance clients for the cost of \$25.00. This amount will be deducted off your next S/A cheque. Orders will be taken until the 15th of every month. Meat packages will be given out on S/A day. If you would like one of these please leave your name, and number with the front desk.

*Meat Packages may vary each month.

For more information contact Erna Paul or Alexis Roper

Student Action Plans

Congratulations to clients who are attending school... Please remember that it is your responsibility to provide monthly attendance sheets to your CDP in order to complete your action plan. Also, if you haven't provided your college program acceptance letters, please do so immediately.

We wish you all success in your programs, and we're happy to support you in any way we can.

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

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

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

AGREEMENT

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

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

DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Sandy Bobb

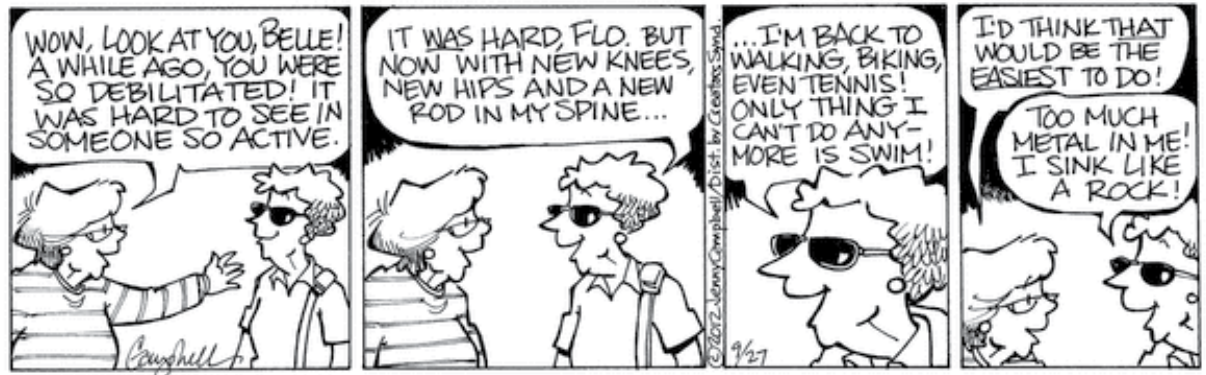
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

Health Comics



Quote of the month

One thing to remember is to talk to the animals. If you do, they will talk back to you. But if you don't talk to the animals, they won't talk back to you, then you won't understand, and when you don't understand you will fear and when you fear you will destroy the animals, and if you destroy the animals, you will destroy yourself.

Chief Dan George

Tempo:kw / October

- Birthstone:** Opal
- Birth Flower:** Calendula (Maragold)
- Zodiac:** Sept 24 - Oct 23 Libra
- Tempo:kw** "Sto:lo New Year"

Halq'emeylem Word Search

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

- sqw'eyilex** - A Dance
- qw'eyilex** - Dancing
- õwelti:l** - A Race
- shxw'eyelth** - Be In Good Health
- líqwem** - Calm Down (Weather)
- stá:y** - Canoe Race
- lhéqw'tsesem** - Clap Your Hands
- chó:lqem** - Follow
- xwoyí:wel** - Happy
- eyó:sthet** - Have Lots Of Fun
- lema'á:ls** - Kicking
- lhít'et** - Pass It Around
- méke'et** - Pick It Up
- ewó:lem** - Play
- qéylemt** - Put It Away
- q'ethõwítsem** - Put Your Hands Behind Your Back
- álmelh** - Take Care Of Your Kids
- syó:ys-** Work

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. October 10th
Draw Date: October 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 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.

COMPOSTING

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

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 Eliza Shaw Oct 9th
Love Kristy Johnson and family.

Happy Birthday Richard Parsey Oct 15th
from Kristy Johnson and family.

Alcoholics Anonymous Meeting

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



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

Skin, Scabies & Other Scary Things

HEAD LICE

They want to suck your blood...
Their bites may cause the scalp to become itchy and inflamed, and persistent scratching may lead to skin irritation and even infection. Some people with lice develop hives, scalp scabs, and enlarged neck nodes.

IMPETIGO

A highly contagious bacterial skin infection most common among children and people who play close contact sports such as soccer and wrestling, regardless of age. An untreated case of impetigo can have potentially deadly consequences.

TUBERCULOSIS

Hits Aboriginal Communities 10 times more than the rest Canadian of the population.

Symptoms include: persistent cough, chest pain, coughing up blood and phlegm, weight loss, fatigue, lack of appetite, chills and fever.

Cover your cough to reduce spread.

Tuberculosis of the skin: includes lesions, ulcers with scar tissue leading to destruction and configuration, recurring nodules or lumps, recurrent crusted skin papules.

SCABIES

Scabies is a common skin condition caused by tiny insects called mites. The mites that cause scabies dig deep into the skin. This leads to a rash that is very itchy and red. The mite also lays eggs in human skin, which hatch and grow into adult mites.

Overcrowding is one of the health hazards affecting First Nation Communities.

Examples are overcrowded housing as well as situations where there is close contact like in schools and sports. Contact your housing department if your house is too small overcrowded and/or overpopulated 604-796-2177

Contact your doctor for testing 604-796-2165

