



NAAAW Week



Congratulations go out to you for taking the step towards positive changes in your future!

November 18th and 19th Seabird hosted series of National Aboriginal Addictions Awareness Week events.

Monday started off with an awareness fair where students came and visited tables that focused on awareness of drugs, alcohol, gambling, their effects and rehabilitation. In the evening we celebrated and commended those in our

community who have been working towards taking steps to better their futures and completing treatment. This is a big step to take and we would like to recognise these accomplishments.

Tuesday Seabird Wellness Center and the Seabird Island School participated in a walk around the community in support of National Aboriginal Addictions Awareness.

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Christmas Hampers and Gift Cards
December 18 & 19th
Band Office Gym

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

Below is a paid advertisement



Your local pharmacy team is here to take care of you with Expert Advice, Quick and Friendly Service

Pharmacy Services:

- Free Same Day Delivery
- Easy Prescription Transfer
- Comprehensive Medication Review
- Homeopathic, Natural & Herbal products
- Home Health Care Products



2013 Business Excellence Winner

7046 Pioneer Avenue, Agassiz • 604-491-1070

Agassiz Remedy's RX the local Drug store.

Coupon worth \$5.00 OFF valid until end of 2013 !!!
Offer valid for any Front Store Products excludes Rx items & Codeine products.

How do YOU access healthcare in YOUR community?

Doctors in Chilliwack, Agassiz, Seabird Island, and Hope want to know.

YOU CAN

Be a part of creating change

Send a Stó:l̓ Elder to the 38th Annual Elders' Gathering

Enter for a chance to win great prizes!

Go to: <http://fluidsurveys.com/s/gp4me/>



Complete the survey by December 31st, 2013 and you will be entered to win:

GRAND PRIZE

Weekend escape to Manning Park Resort
(\$378 value, or a \$250 pre-paid credit card)

2ND PLACE PRIZE

Gift certificate for Cheam Source for Sports
(\$250 value, or a \$175 pre-paid credit card)

3RD PLACE PRIZE

Passes to a local recreation centre
(valued at \$100)

PLUS If we receive 500 responses from the First Nations community the Chilliwack Division of Family Practice will donate \$500 to the 38th Annual Elders Gathering in Penticton to send a Stó:l̓ Elder. If we receive 1,000 responses we will double down and donate \$1,000 to send 2 Stó:l̓ Elders! Share this with all of your relations and help us support the 38th Annual Elder's Gathering!

 **Chilliwack**
Division of Family Practice
A GPSC initiative

For more information, check out the GP for Me program at www.divisionsbc.ca/chilliwack or like our Facebook page www.facebook.com/cdofp



Clem Seymour

Many different things are happening, and many things are changing with-in Seabird. With all the meetings and different changes that are in progress, we would like to ensure you that we are taking the proper steps to follow the policies and procedures that are in affect.

One of the major tasks is helping with work experience, getting the proper education and training we need for our people to apply for the many positions that open up in our organization during the year. We are trying to set up some meetings to discuss some of the issues we are having with our education system. If they just go ahead with things without proper planning there will be cut backs happening like there was with our income assistants. Most of the issues that we are having, come down to the policy. Most of the jobs we offer follow policies and procedures, which require proper education and

training. In the next few months Chief and Council will be gathering to sit down and discuss the education department policies that the government is coming up with. Our goal all along has been to have our people take care of our own communities. Understanding how to come together and work together with a better understanding of the guide lines that we are required to follow to keep our organization running and growing.

I know some of our council members are working with shelter policy to overcome the hardships that are happening right now. They are trying to overcome some of the policies set by government this is very difficult. The changed policies have affected our elders and many other families on a limited budget. This comes down to rent and everything else, we were subsidizing to a certain point. There is a new policy were we have to screen everything – where it is equal straight across the board even with hardship cases. This is what has been happening for the past 6 to 8 months.

I am still following the BC Hydro ILM project and keeping track to see our guide lines are being followed.

Santa Photos

December 2nd
and
December 3rd

From 3 p.m. - 5 p.m.
Seabird Band Office

Photos will be available
for pick-up at the
Seabird xmas Dinner.
1 Free photo per Seabird family.
Additional Photos \$5 per sheet.



Seabird Fire Department Hamper Drive

We will be doing our
Hamper Drive

December 5th, 2013
from 6-9

Still Need an Annual Report?

They are available for Band Members to sign out at the Seabird Island Communication Office.

Finished reading your Annual Report?

For those who do not wish to keep their Annual Report on their coffee table or in their bookshelf, you can bring them to the Communications Office for recycling and/or re-use.



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

HOUSING

Tenant Interview



Jenny-lee Billy has been renting off of Seabird Island Band for 18 years now. Her and her husband, Shane like living and renting on Seabird because it is home and they know everybody. They are very proud of their home. "It looks nice on, we try to keep it looking nice and decorate for the holidays. Our housing goal is to maintain the house because sooner or later it will go to someone who will enjoy it, probably someone I know and love."

Jenny-lee and Shane do a lot of personal maintenance like furnace filter replacement, energy efficient lights and winterizing. "We insulated the garage to help keep home warm and save energy." They have also fixed a loose cabinet door and other little things. Jenny goes on to say, "if I can find a way to fix it, I do. I even built screens for the windows." They also built a fence and fixed the door sweeps and frames.

"We are cheap, and if you maintain and get the proper stuff the bills go way down." In the long run it saves a lot on the housing bill. Changing to a digital thermostat also helped them bring their bills down.

They pay their rent on time so they don't go into dept. "Keeping up with the bills makes it easier for our future and our kids future!" The couple went on to explain, "Yes we have fallen behind before but have paid them off now. We paid a little extra monthly and when we got our settlement we paid of the remainder."

Seabird Island Band Housing Wait list December 2013

1 bedroom	
1	04052013-2064
2	05092013-2065
3	08012013-2066
4	08062013-2067
5	09032013-2068
6	11042013-2070
7	11052013-2071

2 bedroom	
1	09082010-2028
2	12192012-2054
3	12202012-2055
4	01032013-2056
5	01032013-2057
6	01282013-2058
7	01302013-2059
8	02042013-2060
9	03052013-2061
10	04152013-2062
11	04152013-2063
12	04052013-2064
13	05092013-2065
14	08142013-2066
15	08212013-2067
16	09032013-2068
17	09272013-2069

3 +bedroom	
1	01032012-3057
2	09182012-3072
3	10222012-3073
4	11132012-2053
5	11272012-3073B
6	12192012-3074
7	12192012-3075
8	12192012-3076
9	12272012-3078
10	01022013-3079
11	01022013-3080
12	01032013-2056
13	01302013-2059
14	01312013-3081
15	02062013-3082
16	02082013-3083
17	02082013-3084
18	02152013-3085
19	02252013-3086
20	03082013-3087
21	03192013-3088
22	04152013-2062
23	04232013-3089
24	07102013-3090
25	07172013-3091
26	07222013-3092
27	07312013-3093
28	07312013-3094
29	09032013-3095
30	10042013-3096
31	10042013-3097

REMINDER!

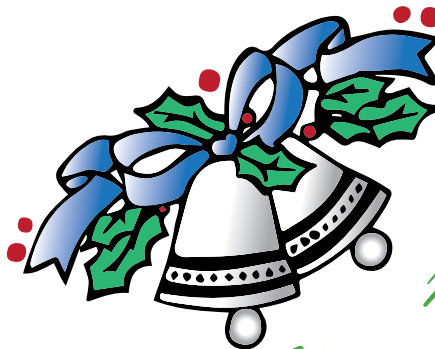
Housing applications must be renewed before **JANUARY 1st** to remain on the list!

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.



*Merry Christmas and
have a Happy and Safe New Year
from your housing department.*

HOUSING

Maintenance Tips:

- Check and clean or replace furnace air filters each month during the heating season.
- Vacuum bathroom fan grill
- REMOVE HOSES FROM HOSE BIBS (any damages as a result of failure to remove during the cold months will be the tenants responsibility)
- Check batteries on smoke detectors
- Replace weatherstripping

Please report any maintenance requirements ASAP, as part of your responsibilities in the housing policy and tenancy agreement

Thank you to all of you that are keeping your rental account up to date.

Smoke Alarms

Over the course of the inspection year, housing will be installing new smoke detectors that we have received from AANDC in their BC Smoke Alarm Campaign in all our rental homes that include a lithium battery with a 10 year lifespan. For homes that are not under our rental program, please contact Stacy McNeil to receive a new smoke detector.

Smoke alarms save lives.

Data from the BC Office of the Fire Commissioner shows that since the start of the BC Smoke Alarm Campaign, deaths from house fires has dropped by 44%. Attached is a copy of the "Campaign Trail" article which describes some early results of the Smoke Alarm Campaign.



Housing Briefs

Tenant Maintenance Responsibilities include the following items:

- repairing tenant or guest damages to home
- cleaning exterior surfaces; siding, decks, gutters, sidewalks, stairs, etc
- maintenance of lawn and gardens
- changing smoke detector batteries
- replacing furnace filter/s
- vacuuming dust from behind/under appliances, and at air intake vents, smoke detectors
- maintaining a health and safety standard of cleanliness in and around home
- weatherstripping around doors and windows

Housing Maintenance Responsibilities include the following:

- repairing major appliances (furnace, hot water tank, fridge, stove, washer, dryer)
- infrastructure (water/sewer)
- electrical repairs
- most plumbing repairs
- most health and safety issues
- major repairs as a result of major occurrence (flood, etc)
- emergency repairs

Emergency repairs are defined as those that occur outside of regular band business hours and include: no heat in the winter months, flood, roof collapse, sewer back up, pipe rupture, fire.

For these type of emergencies ONLY, contact 604-703-4079.

Your participation as a tenant in maintenance saves money for other important maintenance and replacement items...

Did you know....

To have housing replace your smoke detector battery costs up to \$30 that comes out of your maintenance budget....
- your cost on your own is \$2.



STÓ:LŌ TRIBAL COUNCIL
PO Box 440, 2855 Chowat Road
Agassiz, BC V0M 1A0
Phone (604) 796-0627 fax (604) 796-0643

Stó:lō Tribal Council Annual General Meeting

This gathering is open to members of the following: Chawathil, Cheam, Kwantlen, Kwaw Kwaw Apilt, Scowlitz, Seabird Island, Shxw'ōw'hámel, Soowahlie and Sumas.

When: Friday, December 6, 2013

Where: Chawathil First Nation Gymnasium
4 – 60814 Lougheed Highway #7
Hope, British Columbia

Time: 12:30 p.m.

Agenda

1. 2012 – 2013 Audit
2. Appointment of Auditor
3. Annual Report
4. By-Election of Director (1 year term)
5. Other

For more information, please contact Lori Kelly at 604-796-0627.

Door Prizes - Apple iPad; Flat Screen; and many more!

Lunch is provided.

Tips for a Healthy Christmas

Avoid cross-contamination

Keep all raw food, whether it's turkey or vegetables, separate from ready-to-eat foods to avoid [cross-contamination](#). Use separate chopping boards for raw food and ready-to-eat food. Raw foods can contain harmful bacteria that are

spread very easily to anything they touch, including other foods, worktops, chopping boards and knives.

Set the fridge to 5°C

Store food that needs to be chilled in the fridge until you need it. Make sure


the fridge temperature is below 5°C. Don't pack food too tightly, as the cold air needs to circulate to cool food down. If you're storing food such as fresh vegetables outside in a garage or shed, keep them in a sealed container.

Wash your hands

Always wash and dry your hands thoroughly before and after handling food, especially when handling and preparing raw meat and poultry. You also need to remember to wash and dry your hands after going to the toilet, touching the bin or touching any pets. Bugs are spread between food, surfaces and utensils most effectively on wet or damp hands.

<http://www.nhs.uk/Livewell/Healthychristmas/Pages/Healthy-Christmas-tips.aspx>

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

Dec 3rd and 17th

These are Tuesdays starting at 1:30 p.m.

Legal Services Society



Recreation Survey

I'm trying to collect ideas for programs in January. Please go to this address to fill out a survey...

<https://www.surveymonkey.com/s/QJLTYJV>

Kw'as ho:y qas kwetslometselcha
(Thank you and I'll see you later)

Keena McNeil


Recreation Supervisor

Seabird Island Band

After School Program: 604-798-2177

Fitness & Recreation: 604-796-6836

Fax: 604-796-3729



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

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

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

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



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

SUBMISSION DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month



Pre/Post Group &

Prenatal Circle

DECEMBER 2013

Who can attend?

- *Expecting moms
- *Newborns up to 6 weeks
- *Partners, Support Person and siblings

Open to families living on reserve and transportation can be provided.

Questions? Call
1-800-788-0322

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Pre/Post 11-1pm	5Pre/Post 11-1pm	6	7
8	9	10	11	12	13 Prenatal Circle 1-3pm Elders Room	14
15	16Pre/Post Chawathil	17	18	19 Pre/Post Squiala	20	21
22	23	24 Xmas eve	25Christmas day	26 Boxing day	27	28
29	30	31 NY Eve				

A-PALS Aboriginal Parents as Literacy Support

The second A-PALS gathering was held Wed., Nov. 13 at the Mill Hall. Eleven families participated with a total of 32 people! Such a wonderful gathering on the evening of “Elders in our Community” theme. Malila opened the evening with a prayer then staff served a delicious turkey soup supper After a circle time consisting of songs and a story, Adults met in a discussion group while children played under staff supervision! The evening ended with several crafts related to the theme. Each child was given a book to take home.



Our next A-PALS is Wednesday, January 15, 2014

All community families with children aged 3 – 6 years of age are welcome to participate! We look forward to seeing you in 2014!!



Head Start

Meqó:s

“Fallen Snow Season”

Winter, Bears, Snow, Snow flakes, Winter Solstice, Christmas, Giving, Hibernation

Season — Winter— Tem xeytl’

Numbers — 6 - t’xem, 7- th’okws

Shape — Star—Kwósel


Colors — White & green —P’ég, Tsqwá:y

Letters — p, p’, ‘

Animal — Bear, Sasquatch— sp’á:th, sásq’ets

Culture & Values— Giving, The 7-Teachings “courage”,

Telxwi:ts “Leaves are falling” SEPTEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 10 am to 1pm	4 	5 10 am to 1pm	6	7
8	9	10 Closed	11	12 Closed	13	14
15	16	17 Closed	18	19 Closed	20	21
22	23	24 Closed	25	26 Closed	27	28
29	30	31 Closed				

Parents please notice the reopening date for Parents and Tots in January. Also, please mark your calendars for the Year End Field tip dinner and meeting night.

Peloqes “Torch Season” JANUARY 2014

			1 	3 PROGRAM OPENS 10AM TO 1PM	3	4
				YEAR END TRIP DINNER AND MEETING 430PM		

Parents and Tots

Tuesdays & Thursdays at the Mill Hall
10:00am to 1:00pm
For expectant families and families with
children ages 0 to 6 years

Seabird Island Language Nest Preschool

Staff continue to teach the language through songs and TPR at the

Preschool Mon - Thur 1 -3 p.m. The children enjoy dance, while Jonny or Malila drum. The children delight in dancing to various animals and birds.

Halloween Party was great fun with costumes and face painting the children.

The children enjoy making bannock with Malila each month.

On October 29 the children participated with the Community School and saw the Black Rod from the Legislative Assembly. It was a great experience for our young children.



Seabird Island Preschool

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

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

Seeds of Empathy is a huge part of the Preschool with Family visits from Mom Collette and Baby Armand. It is amazing to see the children having empathy for each other in the classroom.

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

On Oct. 30, the children visited the Seabird island Dental Office. Thank you Rosie for the educational tour and the children enjoyed the goodie bag.

Preschool participated in the Remembrance Day Service on Nov. 8th. Thank you Evy and Kwosel for taking time to make the beautiful wreath with our children.



Halq'emeylem language and culture with Kwosel



Seeds of Empathy

Christmas Concert Friday, December 13th.

All the children from the 3 AND 4 year old Preschool Program will be participating at the Xmas Concert at the Community School 1:00 p.m.

Please come out and join us!!

**“Mali Kelesmes and
Xá:ws sílolem”**



Black Rod



The Black Rod

From The Office of the Speaker

The Black Rod is a ceremonial staff created in 2012 to celebrate the Diamond Jubilee of Her Majesty Queen Elizabeth II, Queen of Canada. It is designed to be carried and used on formal occasion when the monarch or a vice-regal representative, such as the Lieutenant Governor of British Columbia, is present I the Legislative Assembly of British Columbia.

The wooden shaft of the Black Rod is made of seven types of provincial indigenous trees and painted black, the traditional colour of the rod. Located inside of the centre of the shaft is a hollow copper capsule containing messages provide by senior legislative and governmental officials in 2012. The capsule will be opened and the messages read in 60 years.

The Black Rod is adorned with a silver replica of St. Edwards Crown featuring a Canadian Diamond. The use of St. Edward's crown symbolizes the authority of the reigning sovereign. The upper end is laden with scrolled artwork and engraved with the Pacific Dogwood, the provincial flower.

The midsection of the Black Rod features a jade carving by Tsimshian elder Clifford Bolton (Soō-Natz), the step-father of the former Lieutenant Governor Steven Point. Jade is the province's official gemstone. The carving depicts a man, kneeling in a humble and reverent position with his arms upraised, welcoming and giving thanks to the Creator. A woman has a child between her knees who symbolizes hope for the future. The man and woman are joined together by two eagles, sacred symbols in First Nations culture. The feather is a symbol of power, giving the holder the authority to speak. A carved cedar rope binds together the tip and bottom of the images signifying the unity and intertwining of the diverse culture of British Columbia. The carving is topped by gold and silver rings symbolizing Her Majesty's Golden and Silver Jubilees.

There are three silver rings at the base of the Black Rod. The top ring is inscribed, "Honi soit maly pense," meaning "Shame

on him who thinks this evil," the motto of the Order of Garter, founded by Edward III in 1348. This ring was attached The Right Honourable Baroness Frances D'Souza, Lord Speaker of the House of Lords in Westminster England, where the tradition of the Black Rod originated.

The middle ring is engraved "A Mari Usque Ad Mare," meaning "From Sea to Sea" and this is the national motto of Canada. This ring was attached by the Honourable Noël A. Kinsella, Speaker of the Senate of Canada at the Parliament Buildings in Ottawa.

The bottom ring features British Columbia's motto, "Splendor Sine Occasu," meaning "Splendour without diminishment". This ring was attached by the Honourable Bill Baristoff, the Speaker of the Legislative Assembly of British Columbia.

The Black Rod is completed with a silver-plated ferrule at the bottom. The top of the ferrule is made from a decorative scrolled art band from a ceremonial staff that is thought to have been used during the visit of their Majesties King George VI and Queen Elizabeth to the Legislative Assembly of British Columbia in 1939. The lower portion of the ferrule is encircle with 13 Canadian maple leaves representing ten provinces and three territories of Canada.

The sovereign embedded into the Black Rod dates back to 1871, the year that British Columbia joined Canada as its sixth province. It features a depiction of St. George slaying the dragon on one side, and a young queen Victoria on the reverse. The sovereign was a gift to British Columbia from Her Majesty Queen Elizabeth II on the occasion of her Diamond Jubilee and was affixed to the Black Rod by the Lieutenant governor of British Columbia, Steven Point.

The native British Columbia silver was both manufactured and refurbished by Jefferies & Company, Victoria silversmiths. The black Rod weighs 2.1kg (4.6 pounds) and is 102 centimetres (40 inches) in length.

Seabird Island School - Remembrance Day



Joe Pettis

Served in World War 1 with his brother **James Pettis** (Kwosel's grandfather). Joe Pettis is father of Rose Point of Musqueam.

Dearest Seabird Island;

My deepest gratitude for sharing our Remembrance Day ceremony with the students of Seabird Island. During this solemn occasion, our students -preschool, elementary, secondary, and college- walked as one. Together we remembered the sacrifice of our ancestors and paid the highest respect to their legacy. We thanked our members who are currently serving - Sjoblom, Mr. & Mrs Hatch, Kenneth Ned, whose wife is from Seabird Island and he served in the CAF from 1957-1992, enjoyed and thanks you all for the great work. The patience and attention to detail from Kwosel, Yvonne Duncan, Angie Chapman, Karla Kay, Chanea Gabriel; the wonderful consideration of Barb White, Shari White and Joy Russell. Kristy Johnson and Zoranna Edwards for their photo documentation. Deanna McIntyre and Rory for nourishing our bodies, Neil White for sharing his gift of drum and song. Greg Pauls, Jonathan Wagner for their strength and skills, which made our day spectacular. Mr. & Mrs Boyes, organization of presentations; Ms. Watson's work; Kwosel's Halq'emeylem class and Yvonne's Art class for their work. All the people who participated in the ceremony and those who witnessed, I sincerely thank you. This year was spectacular and a true demonstration of what we can do together!

kw'as hoy, ts'it
Siyamiya
Dianna N. Kay



Johnny Mack

Served in Vietnam, currently resides in the USA. Cousin to Kwosel. Pictures taken in Vietnam. Unknown date.



Seabird Island School - Remembrance Day



First row: *, *, *, **Henry Pettis**, *, **Art Andrew**, *, *
 Second Row: *, **James Pettis**, *, *, *, *, *
 * Name unknown

World War I James Pettis Joe Pettis Noel Seymour

World War II Archie Charles Benny Joe Pete Peters Vincent Peters Lawrence Hope

Navy Harold Bobb Raymond Bobb

Militia & Home Guard
 Henry Charles David Charles Henry Pettis Moses Louie Art Andrew William Andrew Sandy McIntyre

Militia Training

Alfred Hope Jr. Ralph Louie Joseph G. Pettis Bobby Harris

Vietnam Johnny Mack



Post-Secondary Application Deadlines



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

Deadlines for **completed** applications are:

- **For September** (Fall)
- **For January** (Winter/Spring depending on institution)
- **For May** (Spring/ Summer depending on institution)

May 1st
October 1st
January 1st

Funding of any application is dependent upon available budget.

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

Reminder All Grade 7-12 Student Allowances

All Students are required to fill out the Student Allowance banking form that you received from your school. All students are to return it to Cindy Kelly –Student Services worker at the band office. Seabird Island Community School can hand theirs into Barb White. Be sure you complete name address and phone number even if you do not have a bank account. Put down that you do not have a Bank Account. This form needs to be completed with or without a bank account by **each student** to process your student allowance for December. Any questions please contact me. Forms were due in by November 30, 2013 to process allowances. For students who provide accounts your Student allowance will be directly deposited into your bank accounts those without accounts the student allowance will be ready By December 15.

Merry Christmas



Students Looking For Your School Allowance?

I have attached a letter and banking form

-----➔
for each student to complete for their student allowances.

Student services would like to move towards direct deposit for all student allowances etc.

Could you please ensure your child completes the form and turns it back into me ASAP.

Thank You

Cindy Kelly
Post-Secondary Program
Coordinator
Seabird Island 2895 Chowat Rd.
P.O. Box 650
Agassiz, BC V0M 1A0
Phone: 604-796-2177 ext 6834
Fax: 604-796-3729

More Tips for a Healthy Christmas

Wash your vegetables

Most of the bacteria on vegetables will be in the soil attached to the produce. Washing to remove any soil is therefore particularly important. When you wash vegetables, don't just hold them under the running tap. Rub them under water, for example in a bowl of fresh water. Start with the least soiled items first and give each of them a final rinse. Washing loose produce is particularly important, as it tends to have more soil attached to it than prepackaged fruit and vegetables.

Know your dates

Sniffing food is not a reliable way of telling whether food is still safe to eat. Some harmful bacteria don't always change the way foods smell, taste or look. Food with a "use-by" date goes off quite quickly and it can be dangerous to eat after this date. Food with a "best before" date is longer-lasting. It may not be at its best quality after this date but should be safe to eat. Eggs can be eaten a day or two after their best before date, as long as they are cooked thoroughly until both yolk and white are solid, or if they are used in dishes where they will be fully cooked, such as a cake.



Seabird Island Band

P.O. Box 650 | 2895 Chowat Road | Agassiz | B.C | V0M 1A0
(604) 796-2177 | (604) 796-3729

November 4, 2013

To All Students Grade 7 - 12

Re: Student Allowances

Dear Student:

Starting September 2013 Seabird Island Band Student Services would like to start depositing your student allowances directly into your bank account. Students are required to setup a personal bank account in their own name and provide a completed Student Allowance Banking Form to Cindy Kelly Student Services worker before November 30, 2013.

The money will be directly deposited into your account on the student allowance dates. If you do not have a bank account or choose not to get one we will continue payment by pick up.

The 1st student allowance payment will be December 15. For September, October, and November.
2nd student allowance payment will be March 15. This will be for December, January and February.
3rd student allowance payment will be June 30. This will be for March, April, May, June.

Student Allowances are as follows:

Grade 7-10 \$ 9.00 per month = \$90.00 per school year.
Grade 11 -12 \$19.00 per month = \$190.00 per school year.

Student Allowances are linked to the students attendance. Students who have more than 5 days of unexcused absences from school per month will not receive any allowance for that month.

All Students are required to fill in the Student Allowance banking form and return it to me if you do not have a bank account please put No Bank Account on the form. I will require this form completed with or without a bank account by each student to process your student allowance for December. These forms must be turned into me by November 30, 2013 to process any allowances.

Students who do not have a bank account are encouraged to get one.

Contact me if you have any questions please.

Thank You

Cindy Kelly

Cindy Kelly
Student Services Worker
cindykelly@seabirdisland.ca
Phone: 604-796-2177 ext 6834 Fax: 604-796-3729

SEABIRD ISLAND BAND EDUCATION DEPARTMENT

Please PRINT and use INK PEN. Complete all sections of the form.

Student Information

Name: _____
 Last Given Initial

Mailing Address:

Telephone: _____

Message: _____

Birthdate: _____/_____/_____
 Month Day Year

Gender: M F

Band Registry Number: _____
 (10 digit Indian Status/ Indian Registry Number)

Band Name: _____

Name of School: _____

DIRECT DEPOSIT INFORMATION:

Important Note: ALL students MUST provide Bank Account information to receive funding. All direct sponsorship funding is paid by 'Direct Deposit' into the Bank Account. It is the Student's responsibility to notify the Education Coordinator regarding any changes in bank account information.

Name of Financial Institution: _____

Branch Number (5 digit)

Institution Number (3 digit)

Account Number

(IMPORTANT: please provide correct bank information, this is NOT your debit or bankcard number)

Student Signature: _____ - Date: _____



STARTING AFTER CHRISTMAS REGISTER NOW!

Kelly Chapman at kellychapman@seabirdisland.ca or Phone: 604-796-6910

Adult Upgrading

Get your B.C. Adult Dogwood Diploma at any age. Includes Math 11, Communications 12, Planning 12 and Work Experience. Take together with a trade or vocation and get a dual credited program. **January 6th, 2014 to June 25th, 2014.**



Correctional Officer (with Federal Corrections)

This dual credit program enables students to complete their BC Adult Dogwood along with prerequisites and relevant courses for potential entry into the Correctional Officer program which is a 13 week national program. Preparation includes Correctional Officer test writing preparation, physical fitness, aboriginal perspectives, restorative justice and drivers education. **Upgrading starts January 6th, 2014.** Successful candidates are sent out East for the 13 weeks of federal correctional training.



Aboriginal Leadership (with the Justice Institute of BC)

These courses are ideal for anyone in aboriginal leadership or preparing for leadership. The following courses are being offered: Introduction to Dispute Resolution (Jan 2nd - 4th, 9th - 11th); Introduction to Community Wellness (Jan 30th - Feb 1st & Feb. 6th - 8th); Aboriginal Justice and Governance (Feb. 27th - Mar. 1st; 6th - 8th); Dispute Resolution II (Mar. 27th - 29th); April 3rd - 5th); Intro. To Project Management (May); Work Placement Practicum (June 19th - 21st; 26th - 28th).

Heavy Equipment Operator

(with a Public Post-Secondary)
This 12 - week course starting in January or February provides Industry Training instruction in operating heavy machinery such as heavy articulated rock trucks, loaders, excavators, backhoes, dozers and graders. Participants must have completed upgrading or have their Grade 12. Eligible for post-secondary funding.



Make Up Fast Track Program

Designed for those interested in an introduction to the field or those who simply have a passion for makeup. The course covers day, night and glamour makeup. 400 hours **starting February, 2014.**



Office Administration

These courses can be taken individually and are ideal for anyone in an office setting or who wishes to work in an office. **New courses start January 6th** and include Word Processing, Key Boarding, Administrative Procedures, Business Calculators, Spreadsheets etc. Courses will be offered during the day. Call for more information.

For More Information or to Register Contact:

Kelly Chapman

Registrar
604-796-6910

kellychapman@seabirdisland.ca



STARTING AFTER CHRISTMAS REGISTER NOW!

Kelly Chapman at kellychapman@seabirdisland.ca or Phone: 604-796-6910

Welding Foundations and Red Seal

(with Thompson Rivers University)

This 23-week program provides instruction in the Industry Training Authority Welding Foundations Program (replacement for Welder C). The program including various steel and aluminum parts using the SMAW, GMAW and FCAW processes, in the fabrication, construction, erection and repair of components or structures, in plate and structural applications.

February 6th, 2014 to July 30th, 2014.

There is the possibility of an evening Red Seal program with enough demand.



Halq'eméylem Language Instruction (with NVIT)

Halq'eméylem Language Introduction

The Halq'eméylem Language Introduction course is for those who have had little or no previous Halq'eméylem instruction. It includes an intensive study of important aspects of pronunciation, vocabulary and grammar using audiovisual techniques, drill patterns, flashcards, pictures and videotapes. At the end of the course, students will know some of the most important basics of speaking Halq'eméylem. Students receive 3 NVIT post-secondary credits.

This will start in January. This course is ideal for any community member and will be offered Tuesday and Thursday evenings



Halq'eméylem Language I

Halq'eméylem Language I is a continuation of the introductory Halq'eméylem course. The student will learn an additional 250 high-frequency words and will start being comfortable communicating in present, everyday, situations using the language. This course is ideal for any community member and will be offered Tuesday and Thursday evenings following the first course. Also counts for NVIT post-secondary credits.

College Preparation Courses

(With NVIT)

These courses are for students who do not have the pre-requisites for university. These college readiness courses are provincially articulated and are therefore transferable to other BC post-secondary colleges and institutes. They can also be used towards the BC Adult Graduation Diploma. They include:

- Math 060
- Math 061
- English 050
- English 060
- Computer 040
(Introduction to Computers)

Courses will begin in January. Call for more details.

Powerline Technician

(with the Electrical Industry
Training Institute)



With a focus on creating real results, EITI programs include both classroom and hands-on training training students to become Powerline Technicians. Meeting and exceeding all applicable regulations and standards, EITI programs emphasizes safety and productivity.

This comprehensive 12-week certification program includes:

- [Electrical Theory](#)
- [Safety and Safe Work Procedures](#)
- [Climbing](#)
- [Policies and Regulations](#)
- [Tools and Instruments](#)
- [Equipment](#)
- [Rigging](#)
- [Overhead Distribution](#)
- [URD Distribution](#)

Location is to be determined.

Course starts May 1st, 2014 until July 30th, 2014.

Upgrading including Physics will begin January.

For More Information or to Register Contact:

Kelly Chapman

Registrar

604-796-6910

kellychapman@seabirdisland.ca

Winter Safety Tips



Stay safe indoors

Winter is a busy season for fires in Canada. That's why it's important to be mindful of fire prevention and safety. Make sure you have working smoke alarms, don't leave burning candles unattended and if a pot catches fire while cooking, put a lid on it.

Check your family emergency kit

You likely have some basic emergency kit items already in your home, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home.

Keep an emergency kit in your vehicle

Prepare an emergency kit and keep it in your vehicle. Refresh the supplies for winter. For example, add an extra blanket or new food items (granola bars and water).

Check weather reports

When severe winter weather threatens, Environment Canada issues special alerts to notify Canadians in affected areas so that they can take steps to protect themselves and their property.

Winter may be cold, but it doesn't have to be dangerous -- stay warm and safe and enjoy your winter, inside and out!



FREE Manicure/Pedicure

From December 9, 2013 to January 10, 2013

For Appointments Call: Alexandra @ College 604-796-6907



AUNTY EVE'S LOONIE AUCTION

December 10, 2013

Join us for supper at 5:00 pm

Place : Millennium Hall

Prizes include:

Mini-freezer, \$200 Meat Certificate
\$500 (approximately) Gift Certificate Tree

Screened Jackets & Vests

Silver Jewelry, Stormtech Apparel

Food Hamper, Children's Toys

Plush Blankets, Decorative Towels

Native Carved Boxes, Garmin GPS

Cedar Hats x2, Sewing Machine/ Sewing Kit, "32inch TV"

And much more...

Come out and support us. Proceeds go towards our

Annual Christmas Make-&-Take. 😊



December 10, 2013
Millennium Hall

Positive Parenting Corner

by Sophie Anderson

The holiday season is here. Yes, it is. And that means travel for many of us. You know the line, "Over the river and through the woods..." It's to Grandma's house we go. Or Grandpa's. Or perhaps it's time to see cousins, aunts, uncles, the new baby, and Maryanne's new boyfriend.

You might be traveling for Thanksgiving, Hanukkah, Christmas or some other important holiday you celebrate in your family. You might be going for a week or a weekend. Perhaps you are making a day trip. Whether you are going there or others are coming to your place, it's time to start packing.

No, we're not going to tell you what to pack in your suitcase or car. You already know that. This travel information will focus on how to pack your mind with useful thoughts, assumptions, expectations, and attitudes. If you desire to create a meaningful holiday trip, do not leave what is in your mind to chance. Do deliberate mind-packing before you go.

1. Pack an intention of helpfulness. If you are intending to be helpful, you will create or find ways to help by peeling potatoes, drying the dishes, carrying in firewood, leading the singing, or comforting an upset child.
2. Pack a willingness to listen. Allow people to tell their story. Give them your eyes, attentive body language, your presence, and your time. Do not hijack the conversation and take it in the direction you'd like it to go. Someone this day desires to be listened to. Find them. Be there for them. Connect.
3. Pack humility. Bragging and one-upmanship are no-no's this trip. Leave them at home. They will be there when you get back. Of course your child did something better and brighter. Yes, the fish you pulled into the boat last summer was larger. This is not the time to share those stories.
4. Pack your walking feet. There may be times when you need to walk out of a room and go to the kitchen or around the block. When politics or religion come up, it might be wiser to clear out than attempt to clear up the issue.
5. Pack tongue band-aids. These come in handy when you frequently feel the desire to bite your tongue. Yes, it is important to confront racial, religious, or sex gender slurs, especially in front of your children. Still, there are milder issues that can be ignored in order to prevent escalation. Bite your tongue and count to ten.

**Seabird Island
Family Wellness Center
(upstairs)
2894 CHOWAT ROAD
604 – 491-8969**

6. Pack an attitude of tolerance. People are different. The only person who needs to live their life the way you want them to live their life is you. Most every family has at least one member that is a bit weird. Accept them for who they are. They might just be sitting there thinking the same thing about you.
7. Pack positive expectations. What you expect is what you unconsciously look for. What you look for is what you see. What you see is what you get. You create your own reality.
8. Pack 100-percent responsibility. You are responsible for creation of your experience. No one can make you happy, sad, or mad. Those are choices you make. Own it, and create the day you desire.

9. Pack your gift glasses, the ones that help you look for the gift. If things do not go exactly as you hoped, there is a gift there for you. Looking through your gift glasses will help you recognize it. Unwrap the gift and be grateful. No one else got that gift. It was designed especially for you.

10. Pack a box full of appreciation. Many people invested hours in preparing meals, picking out gifts, and traveling to get wherever you've gathered. Share your appreciation. Be thankful for the time you have and the lessons you learned from this group of people. You may not see them for another year. Appreciate yourself for packing and implementing the strategies listed above.

By packing and implementing these ten important suggestions for your next holiday trip, you will increase the chances that you and your family create a loving, supportive time with friends and relatives. If you choose not to use them or they malfunction, there is one more emergency item to have on your trip.

11. Pack an escape plan. When you or your spouse have had enough, if you get into a situation where you know it is time to go, it is helpful to have a well-developed escape route. One of you will know when enough is enough. Have a signal agreed on ahead of time. "We have a long way to go tonight" is one possibility. When you hear the signal, respond. Begin the process of hugs and good-byes. Better to leave early than to leave too late.

Best wishes for creating your best holiday trip ever.

Upcoming Positive Parenting Groups with Sophie

Starting

December 02/2013 12:00 p.m. – 2 p.m. The language of learned Helplessness

December 09/2013 12:00 p.m. – 2 p.m. Seven Worst things to say to your child

December 16/2013 12:00 p.m. – 2 p.m. The Stranger in your Child's Life (Electronic Media)

Sessions are not available December 23 & 30th.

However, returning January 6th /2014

With new and interesting topics such as: Teach your Child the Charity of Habit!

If you would like to learn more about positive parenting tips please contact Sophie Family Development Worker or leave a message at reception with Danielle (604-796-2177).

**WATCH FOR UP-COMING SPRING TIME ACTIVITIES AT THE WELLNESS CENTER
WITH SOPHIE**

“Healthy Relationship Workshops”

“When Loves Hurts”

A Women's Guide to Understanding Abuse in Relationships

Contact Sophie 604-4918969

Seabird Island Family Wellness Center (upstairs)

2894 CHOWAT ROAD • 604 – 491-8969

Do you have a question about substance use/misuse? Have you ever wondered what mental health is? Have you wanted to find answers to these questions but, you are unsure where to go or how you feel about talking with anyone.

Daniel Pauna will be here Monday's.

December 2nd 2:00 p.m. – 3:30 p.m.
Roots of Addiction

December 9th 2:00 p.m. – 3:30 p.m.
Cross Addiction

December 16th 2:00 p.m. – 3:30 p.m.
Christmas Blues & Recovery Challenges!

Including how Mental Health impacts community well-being.

Seabird Island Wellness Center is pleased to announce new informative informational sessions on mental health & addictions.

New and interesting topics, discussions each week and changing every month.

Topics can include: What is mental health? Who what and how mental health impacts you and your community's well-being?

Understanding addictions, recovery and how do I or can I support someone with a mental health issue.

Sessions are not available December 23 & 30th.

Returning

January 6th /2014

With new and interesting topics

Community Services Department

Events

Volunteers Needed!

The Community Services Department is looking for volunteers for the Community Christmas Dinner and help with the Christmas Hampers. If you are interested, please contact Karla at 604.796.2177

Upcoming Events		
Santa Pictures	December 2 & 3	Elder's Lounge from 3-5pm
Community Christmas Dinner	December 11	Bring your family and come join us for a Christmas meal. Please bring your own plates and cutlery. Keep in mind that accidents happen so please bring plastic plates for young children. Santa and his elves will also be there to hand out presents.
Christmas Hampers	December 18-20	Hampers will be available for pickup on these dates.
Youth & Elder's Christmas Dinner	December 20	A Christmas Dinner for all Seabird Youth! Come and enjoy a meal

Youth

Thank you to all youth who volunteered at the Halloween Party. Your time and dedication are very much appreciated!

Youth Volunteers Needed!

We are looking for youth volunteers to help deliver Christmas Hampers from 3-7pm on December 18-20. Please see Jessica for more details.

Ongoing Youth Activities

Youth Fitness Centre & Sports Programs	Tuesdays	5:30-7:00pm	
Seabird Island High School Visits	Tuesdays	Lunch hour	Jessica is available to youth that need to talk about anything or if you need information about programs.
Agassiz High School Visits	Wednesdays	Lunch hour	
Youth Drop-In	Fridays	5:00-9:00pm	Come join us and play some board games, pool, Xbox, & socialize with other youth.

All youth activities are for ages 13-18 years. If you need any information and/or a ride to any of the activities, please phone Jessica at 604.845.2295.

Recreation

Fitness Centre Hours of Operation

Monday-Friday	8:00am-4:00pm; 5:30-9:00pm
Saturday	9:00am-5:00pm
For access during office hours, please see Keena, Karla, or Chanea	

The Fitness Centre will be closed for the holidays beginning December 20. It will reopen on January 6, 2014.

Fitness Centre & Recreation Program Fees

Type of Fee	Band Member	Community Member	Band Staff	Non-Band Member
Drop-In	FREE	\$1.00	\$1.00	\$2.00
Monthly	FREE	\$15.00	\$15.00	\$30.00
Kids Programs	\$0.25			
Youth & Elder's Programs	FREE			

Upcoming Youth Camps & Coach Training

Lacrosse: December 5, 2013, Band Gymnasium
High Five Certification: Principles of Healthy Child Development, Dec. 7; Quest 2, Program evaluation & application of Healthy Child Development, Dec. 8
Explore Sports: Explore a variety of less main stream/Olympic sports. Learn new sports! TBA
FREE & OPEN TO THE REGION! Hosted by Aboriginal Sports Recreation and Physical Activity Partners Council

Elders



Upcoming Elder's Events

Youth & Elder's Christmas Crafts	December 7	Christmas swags and centerpieces, 10am-4pm
Elder's Meeting	December 10	Elder's Lounge, 10am-2pm
Youth & Elder's Christmas Dinner	December 20	Band Gymnasium, 5-8pm

December Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Elder's Fitness 9-10am Monday Mile 12:10pm Elder's Computer Class 12:50-1:50pm	3 Seabird High School Lunch Visit Youth Fitness 5:30-7pm	4 Elder's Fitness 9-10am Elder's House of Learning 10:30am-1pm Youth Council 6-8pm	5 Elder's Bake Sale 10am-12pm AESS Lunch Visit Community Kitchen/Fitness 4-6pm	6 Staff Pampering Day 8am-4pm Youth Drop-In 5-9pm	7 Youth & Elder's Xmas Crafts 10am-4pm High 5 Training 9am-5pm Youth Skating , \$5 4:30-7pm
8 High 5 Training 9am-5pm	9 Elder's Fitness 9-10am Monday Mile 12:10pm	10 Seabird High School Lunch Visit Elder's Meeting 10am-2pm Youth Fitness 5:30-7pm	11 Community Christmas Dinner 5-8pm	12 Elder's Bake Sale 10am-12pm AESS Lunch Visit Community Kitchen/Fitness 4-6pm	13 Youth Drop-In 5-9pm	14
15	16 Monday Mile 12:10pm	17 Seabird High School Lunch Visit Youth Fitness 5:30-7pm	18 Youth volunteer to help deliver Christmas hampers December 18-20	19 Elder's Bake Sale 10am-12pm AESS Lunch Visit Community Kitchen/Fitness 4-6pm	20 Fitness Centre Closed for the Holidays Youth & Elder's Christmas Dinner 5-8pm	21
22	23 OOSC 8am-5pm Monday Mile 12:10pm	24 Christmas Eve OOSC 8am-12pm	25 Christmas Day	26 Boxing Day	27 OOSC 8am-5pm Youth Drop-In 5-9pm	28
29	30 OOSC 8am-5pm Monday Mile 12:10pm	31 New Year's Eve OOSC 8am-12pm				

UBC SCARP Students

The School of Community and Regional Planning (SCARP)
at UBC & the Musqueam First Nation

INDIGENOUS COMMUNITY PLANNING

MASTER'S PROGRAM SPECIALIZATION



The University of British Columbia (UBC) School of Community and Regional Planning (SCARP) Indigenous Community Planning (ICP) specialization works to create a new generation of community planners with an awareness of the colonial legacy of planning, of the ancestral use of planning in Indigenous Communities, and the culture of modern Indigenous planning in order to work in respectful partnership with Indigenous communities. ICP strives to impart on our students theory, skills, knowledge, and capacity to support communities in achieving their aspirations for land stewardship, cultural revitalization, strong governance, health and well-being. Dakota & Spencer are Master's candidates in this program and have been warmly welcomed into Seabird Island Band for the next 6 months to work on continuing the community planning efforts with the community.



Spencer was born and raised in Victoria, B.C. on Lekwungen traditional territory. He is of Cree, Métis, English, German and Scottish descent. Growing up he spent his summers sailing in the Gulf Islands and visiting family on the farm in Alberta. Outside of class Spencer is active in his community, dedicating his time to working with youth on anti-discrimination initiatives and raising awareness and encouraging respect for the Indigenous histories and place names of Vancouver. He is a 2013 UBC Aboriginal Fellowship recipient and the student rep on the Indigenous Community Planning Steering Committee at the School of Community and Regional Planning. In his spare time Spencer enjoys playing saxophone, collecting record and playing on the UBC Longhouse hockey team.



Teyotsihstokwáthe Dakota Brant is a Mohawk Turtle from Six Nations Territory. A proud Mohawk speaker, Dakota has travelled as a cultural ambassador around the world. She is the 2010 Miss Indian World and a 2011 Indspire Youth Laureate. As a teenage youth leader in her community, she found a passion for Indigenous Nation rebuilding.

At 26 she has engaged Indigenous communities, groups, universities and non-profits as a workshop leader, lecturer, keynote, and in facilitator capacity from New Mexico to Quebec and is currently a Fellowship recipient at UBC's School of Community & Regional Planning. She holds a BA Hons. degree in Indigenous Environmental studies, with a specialization in the Mohawk Language from Trent University.

Baked pumpkin pie oatmeal

\$2.77 recipe / \$0.46 serving

Prep time: 10 min.

Cook time: 45 min.

Serves 6-8

Let the pumpkin madness begin!! I love the recipe, my family loves the recipe and at staff health series, it was the favourite of all the pumpkin recipes that I had prepared. AND it's EASY. Use your own pumpkin puree if you have some...Jill and crew may still have some fresh pumpkins upstairs that they are more than happy to give away to a good home!

Enjoy! Val Thomson

Ingredients

- 1 (15 oz.) can pumpkin purée (about 2 cups)
- ½ cup brown sugar
- 2 large eggs
- 1 tsp pumpkin pie spice (I use some cinnamon, nutmeg, ginger and cloves. use a combination of what you have)
- ½ tsp salt
- ¾ tsp baking powder
- ½ tsp vanilla extract
- 1½ cups milk
- 2½ cups dry old-fashioned oats (you can use quick oats but I much prefer large flake oatmeal)



Instructions

1. Preheat the oven to 350 degrees. In a large bowl, whisk together the pumpkin purée, brown sugar, eggs, vanilla, pumpkin pie spice, salt, and baking powder until smooth. Whisk in the milk (and yogurt if using).
2. Mix the dry oats into the pumpkin mixture. Coat an 8x8 (or similar sized) baking dish with non-stick spray. Pour in the pumpkin oat mixture. Cover with foil and bake in the preheated oven for 45 minutes, removing the foil after the first 30 minutes.
3. Serve hot right out of the oven or refrigerate until ready to serve. Can be eaten cold or reheated. Top with milk, maple syrup, whipped cream, or nuts & raisins.

More Tips for a Healthy Christmas

Defrost turkey safely

Defrost the turkey on a large dish and cover, preferably in the fridge. Remove the giblets and the neck to speed up thawing. Alternatively, defrost the turkey in a cool, clean place where the temperature is fairly constant. Keep in mind that the temperature of where the turkey is kept will affect thawing times.

Turkey defrosting times

It can take up to 48 hours for a large turkey to thaw. To work out the defrosting time for your turkey,

- in a fridge at 4°C (39°F), allow about 10 to 12 hours per kg

- in a cool room (below 17.5°C, 64°F), allow approximately three to four hours per kg

- at room temperature (about 20°C, 68°F), allow approximately two hours per kg

Once thawed, store it in the fridge until you are ready to cook it. If this isn't possible, you should cook it immediately.

Don't wash the bird

Washing your turkey increases the risk of food poisoning by splashing germs around the kitchen. Washing the bird, increases spread of germs. Thorough cooking will kill any bacteria that might be present.

Cook turkey properly

It is always better to use a temperature probe or food thermometer, ensure that the thickest part of the bird (between the breast and the thigh) reaches at least 70°C for two minutes.

Cool leftovers

Cool leftovers as quickly as possible, ideally within 90 minutes, then cover and refrigerate. **Use leftovers within two days** and reheat until they are steaming hot all the way through. **Don't reheat leftovers more than once.** If you want to keep leftovers longer than two days, you can freeze them instead.

Community Column

Hello everybody!

I love my community!

Is there something you would like to ask or comment on?

This is your opportunity to contribute something to the newsletter.

Please send in your letters to the Communications Department by the 10th of the month. We will take the time to place 1 letter per month in the community column with a response for you.

We look forward to hearing from you shortly. 😊

We would like to hear from you!

Community Column Guidelines:

We are sorry we will not be able to post derogatory (disparaging or belittling) letters: Respectful letters will get you a better response!

Submit your letter to the editor by the 10th of the month. Drop off or mail your letter to the Seabird Island Communications Department.

Include your contact information: Include your full name, city, province, status number, and phone # to verify you are a band or community member. *If you would like your letter to remain anonymous please let us know and we will make sure not to include your name in the newsletter.*

Be concise: Limit the letter to 1-3 paragraphs, up to a maximum of 1/2 page typed text.

Be clear: Make 1 main point.

Be accurate: Letters that are factually inaccurate are not printed.

Don't worry if your letter is not printed: Even if it is well written, it might not be printed if it addresses the same issues as letters already printed.

• ***These letters will be put forward and 1 letter will be selected (each month) and a response will be posted along with the letter.***

New Staff



Dr. Alanaise Goodwill is now accepting clients for counselling services on Mondays, 8:30-4:30 pm. She is available to work with couples, families, and any individual member of the family. She is a Registered Psychologist with the BC College of Psychologists, and has worked in First Nations communities

throughout Manitoba and Coast Salish Territories.

Alanaise is a citizen of the Sandy Bay Ojibway First Nation, and an alumnus of Lalme Iwestawx (spelling?). As a Registered Psychologist, Alanaise is regulated as a Health Professional under the Health Professions Act, and upholds strict codes of professional conduct, confidentiality, and cultural safety.



Hello there! My name is Krystal Poje and I have recently joined the Ey Qwal Speech and Language Program as a Speech-Language Assistant. I am excited and looking forward to working with and getting to know the children in the various communities.

I am a proud mother of 6 children, 2 boys and 4 girls. I was born and raised in the southern United States; however, I have spent the

last 13 years here in beautiful British Columbia. I received the Aboriginal Support Worker and Speech and Language Assistant certificates from Seabird Island College. I recently graduated with a Bachelor's degree in Social Science and Special Education. I also have a Human Services certificate in Children and Families. I have a tremendous passion for learning and helping others to learn.

Thank you for welcoming me to the community!



New Arrival

Seabird Island Health Department introduces the newest addition to our team. Please welcome our new midwife, Amelia Doran. Amelia will be starting full time January 2014 serving Aboriginal families who are expecting or welcoming a baby. Women and their families are encouraged to make an appointment for more information and to determine eligibility.

What is a Midwife?

Registered Midwives in BC offer primary maternity care to healthy pregnant women and their newborn babies from early pregnancy, through labour and birth, until about six weeks postpartum. **What does this really mean?** Midwives listen, observe, educate, guide and care. They order and interpret tests and discuss results. They screen for physical, psychological, emotional and social health. They are with women during pregnancy, labour and birth, normal and complicated. They catch babies. They do home visits postpartum. They help with breastfeeding and adjusting to life with a new baby. They work together and with other health professionals. They practice evidence based, woman centered maternity and newborn care and are an established part of the BC health care system. (Sourced from: <http://www.bcmidwives.com/node/1>)



Amelia Doran

Registered Midwife

Éy Swayél

I am so excited to begin working as a Registered Midwife at Seabird Island starting January 2014! I have been working as a midwife in Vancouver in a high-volume, group practice providing maternity care to urban families since 2010. I love everything about being a midwife: listening to the baby's heartbeat for the first time, seeing families gain confidence during pregnancy, the anticipation and excitement of birth, and going to visit families at home in the early days after baby's arrival. My formal education was completed at UBC where I attended families on the Sunshine Coast, East Kootenays and northern Vancouver Island. My practice is strongly rooted in informed choice decision-making, respect of women's life cycles, bodies and the belief that pregnancy, labor, birth and the days at home with a new baby are truly life-changing events. I grew up on a farm in Nova Scotia and worked with youth in Alaska, Yukon and NWT before becoming a midwife. I am thrilled to begin my work on Seabird Island. See you in January!

Contact Information:

Phone: TBA

Email: TBA

For more information on midwifery; go to:

<http://www.bcmidwives.com>

<http://www.cmbc.bc.ca/>

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

Please note that our office hours are 8:00 to 4:00 Monday to Friday.

Closed for lunch from 12:00 to 1:00 everyday.

We will be closed the following dates:

December 20, 2013 Closed at 12:00pm

December 25–27, 2013 Christmas Break

January 1, 2013 Holiday

EMPLOYMENT OPPORTUNITIES

Job Posting Binder is updated frequently! If you need information or help filling out online applications please come in and ask for assistance. Also, please come in to the office to update our skills database and your resume for the various employment opportunities that come to our centre.

JANUARY MEAT PACK ORDERS

Please place your order with Andrea. Orders must be received by the December 15th, 2013 to be available for pick up on the next income assistance day.

TRADITIONAL FOOD PANTRY UPDATE

The Employment and Training Staff with the help of the Seabird Youth have been working hard canning and freezing fruits and vegetables for the traditional food pantry in preparation for the winter months.

Please return any jars you may receive from the traditional food pantry as this will help us continue with this program next year. Thank you in advance.

DRIVER'S ED

We would like to acknowledge all the hard work and hours Ed Armstrong puts in as Driving Instructor. Seabird Band currently provides 5 - 2 hour driving sessions for band members, college students and income assistance clients.

****Do to the amount of no shows/continual no shows there may now be a charge for future driving lessons if you miss your appointment. Please call 24–48hrs in advance if you are not able to make your appointment.**

TRAINING OPPORTUNITIES

We will be offering the following Courses:

Confined Space Awareness	December 18, 2013
First Aid Level 1	January 15, 2013
Cashier Training	February 18-19, 2013
Construction Safety	Online & self Paced

If interested please leave your name and contact info with Andrea. Interviews will be scheduled prior to training. Please note that there are limited seats available.



EMPLOYMENT PLANS

Employment Plans are due before the 20th of each month. Appointments can be made with Pat or Jill prior to Income Assistance day to avoid waiting in line. College students are also reminded to bring your monthly student attendance record to your appointment.

INCOME ASSISTANCE INFORMATION

- * January 2013 cheque issue is ***Wed. Dec. 18th 2013***
- * Renewals are due by the, **15th of the month. If not handed in before the 15th of every month your cheque will not be processed until the following week. There will be no exceptions!**
- * Hydro and Fortis bills need to be handed in monthly. Please submit to Andrea.
- * Reminder to update your **current phone numbers and mailing addresses** with Andrea.
- * Please bring in your **bank statements** when you pick up your monthly cheque.
- * Remember if you have changes in your household to bring in a new Tenancy Agreement.

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.

Family “Bonding” During the Holidays

Try and eat dinner together with no distractions, such as television or phones. Eating a family meal together not only promotes better eating habits, but also gives family members time to discuss their day and any good or challenging things happening in their life.

Create a “Family Night” where the entire family participates in an activity. This can be as easy as a board game night, an evening out at a fun family restaurant, or to go see a movie.

Helping a child with their homework not only allows you to spend time together, but enables you to see what they are learning and how they are doing academically. Your support and praise will go a long way in boosting their confidence in school.

Many children have extracurricular activities like sports or dance. By involving yourself in these activities and praising them on their participation you are helping build their confidence as well as strengthening your bond.

Reading with your child daily allows for a time when both parent and child are completely focused on one another and can communicate freely about the book or other subjects.

Teaching your children the importance of giving back by volunteering for a local charity or organization can show them the importance of what they have and make them a more socially conscience person.

Getting involved in your children’s hobbies, whether it is collecting baseball cards or horseback riding, shows your support of their chosen activity and allows them to feel they can express themselves in any way.

By encouraging your children to be active and exercising together you foster healthier habits for both you and your child while you both communicate about the activities you are doing.

Childhood, especially the adolescent years, is incredibly hard on the self esteem of many children. By telling a child you love them and giving compliments or positive feedback frequently you can foster their

confidence and perception of themselves. By listening and being supportive of their ideas, even if you don’t agree, makes them feel as if they can come to you with their problems and discuss their true feelings.

Reference: <http://savethefamily.wordpress.com/the-importance-of-family-bonding/>

The Importance of Family Bonding

Amazing things can happen when a family comes together to do things together. A family that can bond together will be a family that is united forever.

There is nothing better than having a place you can call home, where you feel loved, appreciated and safe.

As a parent, having a strong bond with your children creates a feeling of unity and safety.

It is important to do all you can to create these family bonds to ensure a happier and healthier family.

OBITUARIES



WILSON, Shawn Michael

June 8, 1967 to October 24, 2013

It is with great sadness that we announce the sudden passing of Shawn Michael Wilson on October 24, 2013 at 46 years of age. A very dear brother, father, son, uncle, cousin and friend to us all. Survived by his Sons Cameron Grant and Malcolm Bobb, Father John Richard Cuddeford, Step Mother Gail Reaume, step brothers Michael and Andre Reaume, Brothers Richard Cuddeford (Rosalie Hope), Chad Cuddeford (Theresa

Beaton) nieces Danillea Kelly, Jasmine and Jessalynn Commodore, Kelliann Cuddeford, Gunas Dekhe, Sister Danielle Walkus-MacDuff (Darren) niece and nephew Serena Larson and James MacDuff, Sister Tamara Cuddeford (Charlie Louie) nieces and nephews Laura and Tyler Bell, Lance Billy, Charlize, Chevy and Jacy Louie, Aunt Cindy cousins Jimmy and Wayne, Father-in-law Wayne Bobb Sr., Mother-in-law Donna Andrew (Les Andrew), Mother of his children Celeste Bobb, Sister-in-law Valencia Bobb (Scott Spencer) nieces and nephews Justin (Natasha), Sammy, Elijah, Rylan, Patty, Jonas, Jayden and Megan. Brother-in-law Wayne Jr., nieces and nephew Chelsea, Kirsten and Julian and many more cousins and friends. Pre- deceased by his Mother Carol Cuddeford, Grandparents Constance and Reg Harris, Frieda and John Cuddeford. We would like to thank Cathy Hope, Sally Hope (Vince Malloway), Jay Hope (Alexis and son Lyle), Ashley Charlie-Hope, Rachael Charlie, Richard Malloway for their hospitality and opening their home to us in our time of grieving. A special thanks to Alexis for all you have done for us, also to the pallbearers, cooks, gravediggers and organizers. A service was held at Seabird Island on Tuesday, October 29, 2013. We miss you now, our hearts are sore, As time goes by we miss you more, your loving smile, your gentle face, No one could ever fill your place. **We miss you so very much, Shawn!**



Our dear friend and long time staff member (10 years in the dental office) Eileen Payment passed away early Monday morning. Eileen will be remembered by all of us as a wonderful loving Mother, Grandmother, wife, and friend. Eileen was loved by all of her clients in the community.

She was fun loving and full of life, we will all miss her. Information regarding funeral services will be coming at a later date from the family. [The dental Office is collecting funds which will be donated to the food bank in Eileen’s name.](#)

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

ADVERTISEMENT RATES

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

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

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

Advertisement rates (per issue) for organizations:	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$135.00
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$65.00
Full color 1/4 page (4x5)	\$18.75	\$32.50
Full color bus card (2.5x3)	\$9.50	\$20.00
Greyscale page (8 x 10)	\$20.00	\$37.50
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$25.00
Greyscale 1/4 page (4x5)	\$10.00	\$17.50
Greyscale bus card (2.5x3)	\$ 8.00	\$12.50

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

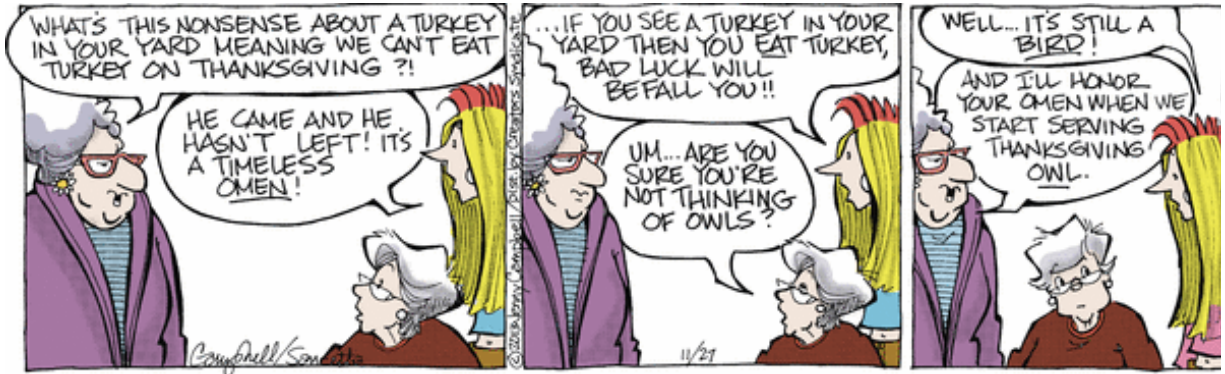
Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

Health Comics



Quote of the month

Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be

plenteous in mercy, is to have the real spirit of Christmas.

[Calvin Coolidge](#)

Moqo's/ December

Birthstone: Turquoise

Color: Blue to Grey-green

Sign: Sagittarius November 23- December 21

Flower: Narcissus

Halq'emeylem Word Search

L	W	E	'	S	T	H	Á	E	L	M	Q	E	A	W
W	Y	T	Q	T	'	Á	T	:	P	Á	T	W	:	L
Q	Y	L	:	H	L	L	S	H	E	T	X	:	H	Y
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S	Y	Á	A	Q	Í	L	L	E	Q	T	E	T	M	'

- SQÁ:QELE – Baby
- QELÓ:QTEL – First cousin
- SÉT'ATEL – Older Brother/Sister
- ÁLEX – Brother/Sister
- ST'ÉMT'EMTEL – Cautious
- MÁMELE – Children
- MÁ:L – Father
- Í:METH – Grandchild
- EMÍ:METH – Gradchildren
- SÍ:LE – Grandparent
- SELSÍ:LE – Grandparents
- TÁ:L – Mother
- STÍ:WEL – Niece/Nephew
- SHXWEWÁ:Y – Parent
- SPÍPEW – Frozen
- MÁQA – Fallen Snow
- SHXWEMLÍ:KW – Aunt/Uncle
- Q'EP – Gather Together
- SLELIYÓ:LH – Young Girl

YOO HOO - Mystery Incentive - WIN A PRIZE!

All Seabird Band Members and Community Members who bring in this completed Word Search to the Communications Office will be put into a draw for a chance to "WIN" a mystery prize.

Submissions due: by 4 p.m. Thurs. December 12th
Draw Date: December 13th, 2013

Congratulations to last months winner: Julie Harris!

Name: _____

Phone #: _____

Seabird Address OR SIB Status #: _____

This information is not kept it is only to verify if you are a Seabird Member, it will disposed of following the draw.



'Round The Rez

Community Events, Workshops & Outings

BUILDING BOOKING AND MEETING ROOMS

► **Karla Kay** 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 me at 604-796-6893.

► **Ashley Thompson** looks after booking of the Millennium Hall she can be reached at 796-6854.

FIELD LIGHT BOOKINGS:

See **Keena** 604-796-2177 to book the field lights for your sports team.
\$2.50 for band members and
\$8.50 for non-band members.

GARBAGE SCHEDULE

REGULAR GARBAGE:

Monday and Thursday

COMPOST GARBAGE:

Monday and Thursday

(Contact Aaron McNeil for more information)

RECYCLE: Tuesday's

MAJOR GARBAGE: First Wednesday of each Month (sign-up at the Band Office)

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

Dump any water out of your trash cans to reduce mosquitos. These cans of water can be prime breeding grounds for 1000's.



STATUS CARDS

To apply for or renew your Status Card, please contact membership @seabirdisland.ca

Currently the Membership Office is "Out of Stock" for Status Cards.

DENTAL CENTER

Seabird Dental is available
Monday - Thursday 8 - 4:30
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.

INDIVIDUAL AND TEAM SPONSORSHIP FOR SPORTS



Please contact **Karla Kay** to request an application for sponsorship for teams or individual. An event flyer, posting or fax with contact information relevant to the events must be submitted with the application/ along with a roster (comprising of a community member/ band member name). Applications must be submitted a minimum of 10 days prior to the event for sports and recreation. The responsibility of ensuring that all of the proper documentation is received by the Events Coordinator belongs to the applicant. The decisions will be based on funding availability.

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 – I can 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 CARDS

Apply for Medical Card renewals and Status Cards for babies as soon as possible.

Contact CHR; Maggie Pettis 604-796-2177

MEDICAL CARDS

Assisting people with their medical cards, if they are lost or stolen and need a replacement.

*Each client is responsible for paying for their medical cards as well if they've been lost or stolen more than 2 times and the cost is \$20.00 for each card.

Sorry I don't help with people getting their BC ID

Contact CHR; Maggie Pettis 604-796-2177

ALCOHOLICS ANONYMOUS MEETING

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

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



CATERING & FUNDRAISING

Please contact **Karla Kay** 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 me at 604-796-6893.

VOLUNTEERS REQUIRED

Please come and inquire with **Karla Kay** 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.

OPTOMETRIST CLINIC

Dr. Ahmed's
Clinic Dates

December 4th canceled
December 5th



If there are any clients that may want to be seen, please send Maggie your names, birth dates, status numbers and medical numbers as soon as you can.

Dr. Ahmed's patients who have a booked appointment must phone in and cancel if they are unable to make their scheduled appointment. If scheduled appointments are booked and have been no show 3 times, Health Canada will not cover these clients and it's not in Dr. Ahmed's control to book any future appointments with those clients.

Note: Unfortunately I may have informed some people they may be seen in October but that may not be the case as I have a recall list and 2 large families added there children to my list back in July. *I apologize for any inconveniences.*

Do you have an outstanding glasses order with Dr. Ahmed?

If you still want to purchase your glasses. You can contact Maggie to see what you owe or pay Maggie and she can follow up with Dr. Ahmed regarding a payment.

MAMMOGRAM



The next mammogram clinic is scheduled for February 5th.

Please make note the clinic is for any lady over the age of 40.

We look forward to seeing you there!

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

The Value of Family Traditions

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



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

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

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



Some Christmas Traditions May Include

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

