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Happy Holidays!

Community Christmas Hampers

This year Angie Chapman and her group of volunteers and/or workers, worked for six days preparing a record 248 Christmas Hampers. Two days were shopping, 1 day to bag and sort items, 1 day to sort and assemble the hampers and two days for pick-up and delivery.

We would like to thank a number of groups for donating to our hampers this year; Spectra Energy, Pepsi, Mortin & Clark, McGavins, Agassiz Produce, Honeyview Farms, Band (for calendars & special christmas Yoo Hoo), Adult Learning Centre and the Learning Centre Fund-raising team, Economic Development Fund-raising team, School Fund-raising team, Fire Department Fund-raising team, Dental Fund-raising team, Celeste's Health Finance Fund-raising team, Vivian Ferguson, Seabird Hazelnut Farm.

We would also like to thank our Assembling Crew; Myra Seymour, Leanne Ellis, Hillary Andrew, Val Bobb, Daniel Harry, Robert Billy, Jill Stauber, Pat Large, and the Culinary Class.

Next we would like to thank the Delivery Crew; Randal Leon, Tammy Harris, Bobby Harris, Loretta Thomas, Danny Hearling, Jennifer Bobb, Daniel Harry, John Bobb, Robert Billy, and Diana Kay.

Thank you to the Gift Card Team; Stacy McNeil, Genna Joseph, Sara Silver, and Drew Paddon.

Thank you to the Hair Styling Course who worked hard all day doing hair cuts and styling by donation.

We would also like to thank our Make 'n' Take ladies who helped everybody prepare cookie mixes, Thank you Val Bobb and Val Thompson.

We apologize if we missed anybody as we do our best to recognize all our helpers.

And finally, thank you to the community members for recognizing all the hard work that goes into preparing these days for everybody to have a happy holiday season.

Youth Shopping at Metro Town

Metrotown trip with the youth Saturday December 15th.

Youth caught the Skytrain from Surrey to Waterfront, caught the Seabus across the Burrard Inlet to have lunch at McDonalds then spent the rest of the time shopping at the Metrotown mall. For most of the youth, this was the first time on the Skytrain and the Seabus (first time for Dan Harry too). 9 youth attended.

Kw'as ho:y qas kwetslometselcha



youth e-mail: seabirdyouth@hotmail.com

Youth and parents can e-mail for information on upcoming events.

Early Childhood Pancake Breakfast



The Seabird Island Early Childhood Department hosted a pancake breakfast on December 15th. Children and their families, who participate in Early Childhood programs, were invited to attend. The event allowed families and staff to meet and greet with each other.

Santa arrived at 9:45 am. Children were invited to join Santa and receive a gift from Seabird Island Early Childhood Department programs.

Early Childhood Department Staff served breakfast including: pancakes, sausages, bacon, eggs and fresh fruit. There was an opportunity to create crafts and parents were encouraged to mingle. The families also participated in having their family portraits taken.



Membership

To: All Seabird Island Band Members

From: Carol Hope, Membership Clerk
Box 650 Agassiz, V0M 1A0

Please provide this form to your off reserve Seabird Island family members or call them and direct them to me.

Off Reserve Mail-Out Address Form

Update your address information for the upcoming Chief and Council Election March 13, 2013.

Voting age for Chief and Council is 18 years and up.

You will be mailed a package for nomination and voting.

Nomination package will be mailed out December 28, 2012

Ballot packages will be mailed out February 6, 2013

If you have any questions please contact Carol Hope at the Seabird Island Band Administration 604-796-6877.

Or email me carolhope@seabirdisland.ca

Name _____

Mailing Address _____

Phone Number _____

Cell Phone Number _____

Please approve Seabird Island Band to use the information provided for any other Seabird Island membership mail-outs. All information provided will remain confidential and only be used for the information agreed upon.

Signature

Note: You may also find this form on the Seabird Island website. www.seabirdisland.ca

DO YOU DREAM OF OWNING YOUR OWN BUSINESS?

Stó:lō Community Futures can provide you the tools and resources to help you get started.

SCF CAN HELP BY PROVIDING THE FOLLOWING:

- ❖ **Business Services and Consulting**
- ❖ **Business Development Loans**
- ❖ **REACH Site – FREE Public Access Resource Centre**
- ❖ **Training and Workshops**



STARTING, EXPANDING, OR UPGRADING A BUSINESS?

You may qualify for a repayable loan, or if you simply have a dream to own your business and want to know how to get started, come out and meet with **Rocio Zielinski - Loans Manager to learn more information.**

Rocio will be available to assist you every second Thursday of each month from 1:00pm to 3:00pm at the Seabird Band Office starting January 10, 2013.

Reach ROCIO directly at 604-824-5272, or email at scf.rocio@shawcable.com.

STÓ:LŌ COMMUNITY FUTURES
Bldg #10 – 3rd Floor, 7201 Vedder Road
Chilliwack, BC V2R 4G5

You can also find us on Facebook at: Stó:lō Community Futures

Or go to our website and read about our success stories: www.stolocf.com

Common Winter Illnesses

SORE THROAT

Sore throats are common in winter and are almost always caused by viral infections.

Top tip: One quick and easy remedy for a sore throat is to gargle with warm salty water. It won't heal the infection, but it has anti-inflammatory properties and can have a soothing effect. Dissolve one teaspoon of salt in a glass of part-cooled boiled water.

ASTHMA

Cold air is a major trigger of asthma symptoms, such as wheezing and shortness of breath. People with asthma should be especially careful in winter.

Top tip: Stay indoors on very cold, windy days. If you do go out, wear a scarf over your nose and mouth. Be extra vigilant about taking your regular medications, and keep rescue inhalers close by and in a warm place.

PAINFUL JOINTS

Many people with arthritis say their joints become more painful in winter.

Top tip: Daily exercise can boost a person's mental and physical state. Swimming is ideal as it's easy on the joints. Reduce your red meat intake (beef and pork).

COLD SORES

Most of us recognise that cold sores are a sign that we're run down or under stress. While there's no cure for cold sores, you can reduce the chances of getting one by looking after yourself through winter.

Top tip: Every day, do things that make you feel less stressed, such as having a hot bath, going for a walk in the park or watching one of your favourite films.

HEART ATTACKS

Heart attacks are more common in winter. This may be because cold snaps increase blood pressure and put more strain on the

heart. Your heart also has to work harder to maintain body heat when it's cold.

Top tip: Stay warm in your home. Keep the main rooms you use at 21C (70F) & use a hot water bottle or electric blanket to keep warm in bed. Wrap up warm when you go out and wear a hat, scarf & gloves.

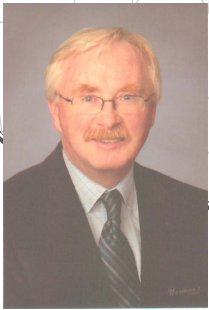
DRY SKIN

Dry skin is a common condition and is often worse during the winter when environmental humidity is low. Moisturising is essential during winter. Moisturising lotions and creams act as a sealant to stop the skin's natural moisture from evaporating away. The best time to apply moisturiser is after a bath or shower while your skin is still moist, and again at bedtime.

Top tip: Have warm rather than hot showers. Water that is too hot makes skin feel more dry and itchy. Hot water will also make your hair look dull and dry.

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 11th

Jan 8th and 22nd

Mar 12th and 26th

April 2nd and 16th

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



SEABIRD BANKING

on-site banking services on the
3rd Friday of each month

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

Services will include (but not limited to):

- opening bank accounts
- financial reviews
- visa applications



RBC AT THE VEDDER CROSSING BRANCH.

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

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

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

For more information Contact

Zena Schultz at 604-796-2177 ext. 5021

Housing

Housing Waitlist December 2012

Must submit housing application by
January 1 to remain on the list! All
those who do not will be removed!!

1 bedroom

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

2 bedroom

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

3 bedroom

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

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

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

Application
Renewals are
DUE before
JANUARY 1 to
remain on the
list!

Home Maintenance

- Vacuum fire and smoke detectors, as dust or spider webs can prevent them from functioning

- Check pressure gauge on all fire extinguishers; recharge or replace as necessary

- Are your chimneys clean and free of debris?

Check the Exterior, Doors and Windows

- Inspect exterior for crevice cracks and exposed entry points around pipes; seal them.

- Use weatherstripping around doors to prevent cold air from entering the home and caulk windows.

- Replace cracked glass in windows and, if you end up replacing the entire window, prime and paint exposed wood.

- If your home has a basement, consider protecting its window wells by covering them with plastic shields.

- Switch out summer screens with glass replacements from storage. If you have storm windows, install them.

TECH bytes

15 tips for protecting your privacy online

Children have become increasingly adept users of the Internet. In fact, most children are more cyber-savvy than their parents.

But they tend to have a trusting and curious nature that can lead them to give up their personal information without realizing it.

1. Explain to your children why privacy is important, and how to protect it. You've taught them not to talk to strangers, so you should extend that rule to environments both in and outside the home. Make it clear to your child that they should ask for your permission before giving information about themselves or their family on the Web, the telephone, survey or contest entry.

2. Make sure that your children know about marketing techniques. Surf a variety of sites, watch TV and look at magazines and marketing materials with your children to help them understand the difference between content and promotion.

3. Teach your children that clubs, games and contests (whether online or not) can be fun, but that they need to be cautious and should always check with you before joining a club, filling out a survey or entering a contest.

4. Supervise your child's online activities. Put your family computer in a common area and check in regularly. Take time to surf with your child, and look for privacy policies on a variety of sites. Come up with family projects that can be done on the Internet. Becoming familiar with the Internet will help you establish practical rules for what your children can and cannot do online.

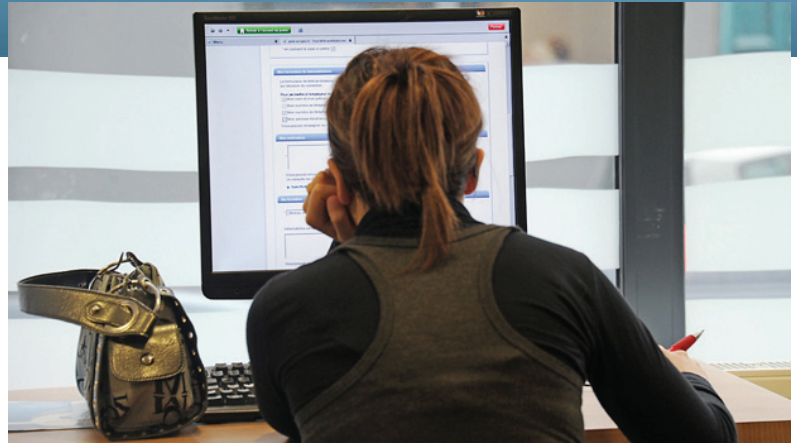
5. Consider using parental control software if you cannot be with your children when they surf the Web. But understand that these programs are limited, and cannot replace your own guidance.

6. Watch for "Cookies." These are files automatically placed on your computer to track your behaviour within certain websites.

7. Encourage your child to keep their identity confidential in chatrooms, bulletin boards or newsgroups. Teach your child to choose a screenname that does not identify them, and help them understand that any information they exchange on the Internet is not private. If they meet someone online (even another child) who asks for their address, telephone number or other personal details, they should discuss it with you before sharing it.

8. Use "what if" scenarios to provide examples of how your children can make choices to protect their privacy. If a child has made a mistake by giving up personal information, use it as a learning opportunity.

9. If you think a marketer is collecting inappropriate information, contact the company to register your objection. Check with the Canadian Marketing Association to see if the company is a member, and should be in compliance with CMA Privacy Code.



Safety Ideas

Don't accept free cookies. Installing cookies on your computer is a way for sites to store information about your browsing history or preferences. While not all cookies are bad, setting your browser to warn you when a cookie has been installed is a way to maintain control.

Check all security settings. Look at the privacy, security and advanced preferences on your browser to see what information it is storing automatically.

Clear your cache.

Install a link scanner. This free software examines hyperlinks and search engine results before you click through to make sure they're safe.

Be smart about passwords. Use a combination of unusual words, numbers and symbols in your passwords.

Don't rely on a computer to remember your passwords.

Create a separate email account and avoid compromising your main email account with unwanted spam.

Use fake information where possible. When asked to supply a birth date, mother's maiden name, pet's name or other identifying information on social media websites such as Facebook, LinkedIn and Twitter, just fudge the facts.

Consider changing your social media settings to make your feed only visible to friends.

Beware sneaky check boxes. Pay attention to the check boxes that appear while signing up for services or purchasing items online.

Say no to autofill.

Don't divulge your email if you don't have to.

Emergency Preparedness: How to Survive a Blizzard

Winter Snow Storm Safety Tips

Outside

- Seek some form of shelter immediately. Blowing winds can cause the wind chill to reduce your core body temperature to dangerous levels. The risk of frostbite and hypothermia increase every minute you are exposed to the cold weather.
- If you are wet, try to get dry. Lighting a small fire will not only provide warmth, but will enable your clothing to dry out.
- Deep snow can actually act as an insulation from the wind and cold temperatures. Digging a snow cave can actually save your life.
- Stay hydrated, but do not eat snow. You need to melt snow before eating it. Your body must still heat the ice and melt it. Instead, gather snow in some sort of vesicle and attach it to your body for a slow melting process. A canteen inside your coat, but not directly next to the skin will speed the melting process.

Always have a winter weather emergency kit available. Ideally, you should create an emergency kit for your home AND your car.

In a Car or Truck

- Never leave the vehicle. If you are stranded, the vehicle offers a form of protection from overexposure to the cold. A single person walking through the snow is also harder to find than a stranded car or truck.
- It is okay to run the car for short periods to provide some heat. Remember to crack the windows a small amount to allow for the circulation of fresh air. Dangerous exhaust fumes, including carbon monoxide, can build up very quickly. This is especially true if the tailpipe is buried in the snow.
- Keep yourself moving. A car offers little room for you to keep your blood flowing, but exercise is a must. Clap your hands, stomp your feet, and move around as much as possible at least once an hour. Stay positive, while potentially dangerous situations are not a time of joy, keeping your stress down will allow you to make smarter decisions when necessitated.
- Make the car visible for a rescue. Hang bits of bright colored cloth or plastic from the windows. If the snow has stopped falling, open the hood of the car as a signal of distress.

At Home

- If the electricity goes out, use an alternative form of heat with caution. Fireplaces and kerosene heaters can be dangerous without proper ventilation. Keep children away from any alternative heat source.
- Stick to one room for heat and close off unnecessary rooms in the house. Make sure there are no air leaks in the room. Keep sunlight streaming through the windows in the day, but block all windows at night.
- Keep hydrated and nourished in case the heat is out for an extended period. An unhealthy body will be more susceptible to the cold than a healthy one.
- Pets must also be protected from the cold. When temperatures drop below freezing, outdoor pets should be moved indoors or to a sheltered area to protect them from the cold.

Don't over work yourself shoveling snow. The stress of shoveling (especially for those not in shape) can raise your heart rate and can be deadly.

SLOW DOWN!

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

Seabird Fire Department is actively recruiting!

Are you interested in joining the team?

Contact the Fire Chief at 604-796-6848



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

Head Start Parents and Tots Program on Seabird Island

MONTHLY THEMES

“Torch Season” Peloges— January
Winter, World, Grand Parents, Elders, New Years

- Season — Winter—**Tem xeytl'**
- Numbers — 8 **Teq:tse**, 9 **Tuxw**
- Shape — Circle
- Colors — White, Blue—**P'éq** , **Ts méth'**
- Letters — m, n, o : **k**, **k'**, **kw**
- Animal — Wolf— **Steqoye**
- Value — Teaching—**Humility: *Humble yourself to the Great Spirit by being thankful.***

FOR THE MONTH OF JANUARY families can look forward to playing and learning. This month a few new themes will consist of,

- counting to **8** and **9** in **Halq'emeylem**
 - saying **white** and **blue** in **Halq'emeylem**,
 - understanding the value of **Humility** in our lives,
 - showing the **Creator** we are **thankful** for our lives
- and to take part in **family night** on **January 16th** . This will be for children, parents and all family members.

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

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



[This resort includes 3 acres of water park](#)

Make a note on your calendar! Family Night will be a **BINGO NIGHT** and creating cultural stories using felt and paints.

Questions? Call Tracey at 604—796— 6894



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

Preschool

Xá:ws sílolem !! Seabird Island Preschool 4's Program had a very busy and educational December.

On the 7th, the children visited Minter Country Gardens with Kwozel. The Children rode the Christmas train and were given an enjoyable snack. The children saw many beautiful Xmas flowers, trees, and two emus.

The children were busy practicing four songs for the Christmas Concert at the Community School on Friday, Dec. 14th. It was a great afternoon watching all the children perform.

On Saturday, Dec. 15th, all the children were invited to a huge ECD Christmas Breakfast at the Band office gym. There was great entertainment and a wonderful breakfast. Santa dropped in with his elves to visit all the children and gave them a special gift.

The children visited the Agassiz Library on Dec. 5th for the last time this year. The children continue to enjoy all the wonderful books we bring back to the Preschool.

Seeds of Empathy Family Visit with Baby Addison was held on Wednesday, Dec. 19th. The theme "Feeling Angry" was discussed during the circle. The children are always delighted to see the changes in Baby Addison.

The last day of Preschool was Thursday, Dec. 20th.

The children enjoyed a Christmas Party with friends by making reindeer hats and having a special snack!!



Seabird Island Language Nest Preschool -3's Program, continues as a full emmersion Halq'emeylem language. Jonny and Malila, out language teachers continue to encourage the language through talking, songs, and TPR!! Some of the children speak in phrases now.

The children celebrated the last day of class with a Christmas Party!! Face painting and reindeer hats were a great success and there was a special snack.

REMINDER: A-PALS continues in 2013 Our first Gathering will be Wednesday, Jan. 9th 5:30 p.m. at the Mill Hall. We encourage all community families with children aged 6 years and younger. Staff looks forward to seeing you for a wonderful evening.

Ms. Mckerrow's class is studying the Grinch. We have started off by learning how to draw the Grinch and the students have done such a fantastic job. You can view these drawings in the hallway outside the K/1 class.



The kids in Grade 4 lass class, Ms. Watson, decorated gingerbread houses. They danced in one spot during construction.



The high school teachers and staff would like to wish all the students and their families a wonderful Christmas and transformative New Year!

The grade 10-12 students attended a career fair at the Tradex in Abbotsford, Some students commented on how it was exciting to see that the Seabird Island College had a booth.

Tom Hatherly our soccer Academy Coach has been commenting on how good the training sessions have been lately, and how he is impressed with the increased work ethic and the skill progression shown by the younger Soccer Academy athletes. This has been accomplished with the help of some of the older students and by the regular attendance and participation of all those in the soccer academy. Well Done!

English, Math and Socials 7/8, Math 8

Ho Ho Ho....hold on it's not quite holiday time yet! The students have been working just as hard as Santa's elves Term 2. The Socials 7/8 class had fun learning about archeology. They had to put two pottery pieces back together that were smashed and had missing pieces. The students found the first one a lot easier as it had less pieces to put back together. The second one was a lot more challenging and needed more patience. English 7/8 students have been taking home homework on Monday and will continue to do so the rest of the school year. Same as the Math 8 class. Math 7/8 students take homework home on Wednesday. Merry Christmas to all the students and their families.

A number of students in all Science courses are already half way through their year's assignments, having worked faster than the prescribed course pace – great!

Our independent, distance education program for Biology and Chemistry is a success in its first year thanks to Fawn Henry, Tanisha Jack, Courtney Charlie, and Brandi McNeil.

Most Math 11 students are ahead of schedule also, including most of this year's graduation candidates.

In English 11/12 students are working on a novel study. We are reading the award winning novel by Don Sawyer called, "Where the Rivers Meet." The novel is set in the BC interior and traces a young Frist Nation girl's journey of self-discovery in a very challenging environment. The protagonist Nancy Antoine is a high school senior desperate to leave her small BC town. Nancy's spirit quest is a highlight of the novel. Through her quest she gains strength and wisdom from her people's ancient traditions to change her life and her community.

Thank you to all the people that are supporting the metal recycling program. Our bin is already half full.

Seabird School

On Friday, December 7 the Track team ran 4.5 km in hail, high fiving and encouraging one another.

School Christmas Concert Photos:



Seabird Island School Proudly Presents:

Cupid's Festival of Hearts

The Invite

- ▶ You and your family are invited to this FUN, FORTUITOUS, and FREE celebration for all ages!

The Time

- ▶ Thursday, February 14th, 2013 from 4:30pm – 6:30pm

The Place

- ▶ Seabird Island Elementary School Gymnasium

The Events

- ▶ Register upon arrival; FREE for Seabird Island School students and family
- ▶ A variety of family oriented, math & science themed games and demonstrations await
- ▶ Some of the entertaining events include Love Potions, Card Games, Make and Take Valentine Gifts, assorted Wii Games and MORE!

Refreshments

- ▶ We have FRESH popcorn made on-site!
- ▶ All Seabird Island Elementary and Highschool students will receive a FREE bag of popcorn and a juice upon arrival with family
- ▶ Additional bags of popcorn will be sold at only \$0.50 each! You can't get prices this low at a movie theatre!

Prizes

- ▶ All Seabird Island Elementary and High school students will receive a FREE Games Passport after registering (additional Passports on sale for \$1.00 each)
- ▶ Simply fill out your Games Passport by playing all the games, then enter to win a variety of PRIZES!!!
- ▶ Fabulous prizes await! Board games, Movies, and More are on display in the Elementary School foyer. Check it out sometime!

AGASSIZ ELEMENTARY SECONDARY SCHOOL**'A' HONOUR ROLL
TERM 1 NOVEMBER 2012****Grade 7**

Chelsea Baboth
Emily Bestwick
Natanael Cercel
Georgina Isaac
Jaydin Lees
Jessica Lucki
Kaela Pope
Hannah Sharples
Justine Stockely
Megan Vander Wyk

Grade 8

Jordan Baker
Hannah Exley
Trevan Kozel
Coby Sayo
Cody Sayo
Emily White

Grade 9

Leif Forge
Taylor Lees
Jacob Lucki
Teagean McNeil
Braydon Peters
Janelle Ryan
Euan Sayo
Sydney Vander Wyk
Autumn White
Ian Wilson

Grade 10

Zachariah Callander
Andrew Cercel
Megan Debruin
Carl Graham
Elisha Johnson-Jensen
Vanessa Kofuch
Eric Peterson
Makayla Pollock
Michelle Pollock
Hunter Ramey
Alex Robertson
Melissa Vermette

Grade 11

Kaelin Duncan
Desireah Eustache
Maggie Eustache
Adrienne Ferguson
Kim Garcia
Esa James-Point
Nicole Johnson-Jensen
Ross McInroy
Emma Schram

Grade 12

Jon Cercel
Brooke Duncan
Kieran Forge
Eric Klody
EJ Link
Brie Robotham
Katelyn Shannon

AGASSIZ ELEMENTARY SECONDARY SCHOOL**'B' HONOUR ROLL
TERM 1 NOVEMBER 2012****Grade 7**

Seleena Banez
Aidan Coughlin
Nauness Paul
Paul Dumas
Kevin Graham
Brianna Heaton
Jessica Heffell
Darrian Jenkins
Kaitlin McGillivray
Katona Michell
Kayla Oleksy
Drew Ramey
Quentin Robertson
Logan Sarka
Tianna Sennie

Grade 8

Nicole Callander
Daniel Charlton
Tanner Douglas
Riley Finlay
Kristen Fleming
Alexandria Howe
Ben Inkman
Matthew Irwin
Kalem Isbister
Blake Kafi
Joey Kennedy
Alyssa Lawley
Bradlee Lowe
Lauren Lowe
Ben MacPherson
Jacob MacPherson
Serena Madsen
Henrietta McInroy
Quinton McNeil-Bobb
Owen McNeil-Joseph
Sebastian Molina
Seth Pettis-Adair
Jessica Read
Alex Schwichtenberg
Martin Skoda
Garrett Tailby

Grade 9

Inaki Aguirre
Tamara Andrew
Cody Beauvais
Chase Bestwick
Daniel Cercel
Lindsey Debruin
Zane Elliott
Millar Frederickson
Brittany Howard
Michaela James
Austin Klotz
Shareena Malhi
Kayla Myles
Makenzie Peters
Lauren Reynen
Kevin Sanchez
Hayden Simon
Katelyn VanderEijk

Grade 10

Trevor Bobb
Rachel Brown
Jeremy Harris
Resse Jacobi
Kendra John
Sean Lau
Jade Solomon
Esme VanParidon
Brooke Visser

Grade 11

Moise Cercel
Megan Harder
Mitchel Heaton
Brylee James
Faylen Jenkins
Tyler Kafi
Sabrina Khan
Shelby Kramer
Colby La Fond
Jessica Leins
Baillie Lowe
Siequa McNeil-Bobb

Jessica Souliere
Lyndon Striker
Tianna Stuyt
Tatsuru Terado
Eric Theede
Terron Vander Wyk

Grade 12

Florin Andrie
Leanne Bodnar
Amanda Boorman
Mikah Bresland
Kim de Jong
Shelby Dodd
Simon Fast
Tommy Hrynkiw
Jae Min Hwang
Josi Jewett
Clayton Lake
Spencer McColl
Grant Morley
Esther Nam
Richard Paul
Ashton Penner
Kim Peterson
Andrew Stuyt
Zachary Wells

AGASSIZ ELEMENTARY SECONDARY SCHOOL**'EFFORT' ROLL
TERM 1 NOVEMBER 2012****Grade 7**

Chelsea Baboth
Seleena Banez
Emily Bestwick
Natanael Cercel
Georgina Isaac
Darrian Jenkins
Jaydin Lees
Jessica Lucki
Kaitlin McGillivray
Kaela Pope
Drew Ramey
Hannah Sharples
Justine Stockely
Megan Vander Wyk

Grade 8

Jordan Baker
Tanner Douglas
Hannah Exley
Trevan Kozel
Alyssa Lawley
Bradlee Lowe
Ben MacPherson
Jacob MacPherson
Coby Sayo
Cody Sayo
Emily White

Grade 9

Cody Beauvais
Daniel Cercel
Lindsey Debruin
Leif Forge
Cassidy Fox
Taylor Lees
Jacob Lucki
Keith Machelle
Shareena Malhi
Teagean McNeil
Kayla Myles
Braydon Peters
Lauren Reynen
Janelle Ryan

Grade 9 con't

Kevin Sanchez
Euan Sayo
Sarah Sisson
Sydney Vander Wyk
Karen Walton
Autumn White

Grade 10

Zach Callander
Andrew Cercel
Carl Graham
Jeremy Harris
Reese Jacobi
Elisha Johnson-Jensen
Vanessa Kofuch
Todd Marklund-Brown
Hebrina McInroy
Eric Peterson
Makayla Pollock
Michelle Pollock
Hunter Ramey
Alex Robertson
Esme Van Paridon
Melissa Vermette
Brooke Visser

Grade 11

Moise Cercel
Kaelin Duncan
Desireah Eustache
Maggie Eustache
Adrienne Ferguson
Kim Garcia
Megan Harder
Mitchel Heaton
Esa James-Point
Nicole Johnson-Jensen
Tyler Kafi
Sabrina Khan
Shelby Kramer
Jessica Leins
Ross McInroy
Emma Schram
Alex Simpson

Grade 11 con't

Katelyn Simpson
Lyndon Striker
Tianna Stuyt
Eric Theede
Terron Vander Wyk

Grade 12

Mikah Bresland
Jon Cercel
Kim De Jong
Shelby Dodd
Brooke Duncan
Simon Fast
Kieran Forge
Tommy Hrynkiw
Eric Klody
EJ Link
Grant Morley
Esther Nam
Richard Paul
Kim Peterson
Brie Robotham
Heidi Sanchez
Katelyn Shannon
Paige Touchet

YE MI SSEQÓ:TEL LA XWE'LETS'EMÓT: Ó**4TH ANNUAL
ENGAGING THE
ELDERS SESSION**

for the following communities Skwah, Soowahlie, Scowlitz, Sts'ailes, Seabird, Chawathil, Union Bar, Kwaw kwaw aplit, Cheam, Kwantlen, Trails Crossing Friendship Center and Shxw'ow'hamel to attend.

PLEASE COME AND JOIN US**ON JANUARY 16TH, 2013.**

**MOVING FORWARD IN THE
TRANSFER OF OUR OWN HEALTH
SERVICES TO BC ABORIGINAL PEOPLE**

Presenters:

Steven and Gwen Point
Seabird Island College - Elders College
James George-FNHA Liaison-Health Governance Update

LUNCH WILL BE PROVIDED**LOTS OF GIVEAWAYS AND DOOR PRIZES**

Location: Scowlitz

Time: 12-4pm

Target Group: Hub Community Elders

For further information and/or to REGISTER please contact Vanessa Peters @ 604-796-6846 or Email to vanessapeters@seabirdisland.ca



Seabird Island Adult Programs



Oil & Gas Field Operator



Oil and Gas Field Operator

This is an 18 week program and involves 5 Oil and Gas Field Operators courses and 9 safety courses. Upon completion the graduates will have earned an Oil and Gas Operator's Certificate necessary to work in the oil and gas energy sector. This program will be offered in partnership with Northern Lights College. The program will feature 16 weeks at Seabird Island and 2 weeks in Fort St. John.

Face to face delivery.



Immediate Start of Upgrading !

Courses: January 7, 2013 - May 17,, 2013

- A. January 7, 2013 - April 26, 2013 at Seabird
- B. April 29, 2013 to May 17, 2012 Practicum in Fort St. John including Simulated Oil & Gas site.

- FREE for Aboriginal Students
- We can Arrange Accommodation (not paid for)
- Transportation & accommodation to and from Seabird and Fort St. John provided.

Partnership with Northern Lights College a Public Post-Secondary Institution

Courses:

- Work Practicum
- Oil and Gas Field Operation - One
- Oil and Gas Field Operation - Two
- Oil and Gas Field Operation - Three
- Oil and Gas Field Operation - Four

Safety Courses:

- Basic Fire Fighting
- Occupational First Aid (OFA) Level 1
- Occupational First Aid Transportation Endorsement
- H2S Alive
- Transportation of Dangerous Goods
- Confined Space and Entry - Level 2
- Industrial Worker Fall Protection
- Petroleum Safety Training
- WHMIS

CONTACT INFORMATION:

Toll Free Phone: 1-800-788-0322

Kelly Chapman (Ext. 5002)

E-mail: kellychapman@seabirdisland.ca

Phone: 604-796-2177

Dianne Parkinson (Ext. 6896)

dianneparkinson@seabirdisland.ca

Website: seabirdisland.ca

Seabird Island Adult Programs



Welding Level C & Metal Fabrication



Welder Level C / Iron Worker

This is a 40 week program which prepares students to work in both the welding and metal fabrication industries and has the following elements:

- Welding various steel and aluminum parts using a variety of processes. The training is applicable to fabrication, construction, erection and repair of components or structures.
- Build, assemble and repair products made of steel or other materials.

This is a partnership with the Resource Training Organization and Thompson Rivers University.

Offered face to face only

Immediate Start of Upgrading January 14, 2013 - August 30, 2013

- A. Welder Level C - at Seabird (offered by Thompson Rivers University)
NOW - June 28, 2013
- B. Metal Fabrication - at Thompson Rivers University
July 2, 2013 to August 30, 2012

- FREE to Aboriginal Students (Status or non-status, on or off reserve, Métis or Inuit).
- All costs covered * (subject to conditions)
- Living allowance * (subject to conditions)



Program Out-line:

- Introduction to the Trade
- Use Safe Work Practices
- Solve Trade Math Problems
- Use Trade Tools
- Use Shop Equipment
- Burn & Weld Metals
- Read Drawings
- Use material Handling Equipment
- Use Structural Layout Techniques
- Develop Plate & Structural Patterns
- Use Surface Preparation & Finishing Methods
- Fabricate & Structural Sections

Technical Training Content:

- Introduction & Program Orientation
- Oxy-Fuel Cutting
- Gas Welding & Braze Welding
- Shield Metal Arc Welding (SMAW 1)
- Air Carbon Arc Gouging
- Gas Metal Arc Welding (GMAW 1) & Flux Cored Arc Welding (FCAW 1)
- Material Handling
- Blueprint Reading 1
- Mathematics
- Welding Metallurgy 1

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dianneparkinson@seabirdisland.ca

Website: seabirdisland.ca

Seabird Island Adult Programs



Early Childhood Education



Early Childhood Education

Coming Soon!



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Website: seabirdisland.ca



Recreation January 2013

Mon	Tue	Wed	Thu	Fri
	1 Closed for New Years Day	2 Closed in evening	3 Youth Outing Wave Pool Closed in evening	4 Closed in evening
7 Elders Fitness 9-10 Roller Derby (16+) 6:30-8 Weight Watchers TBA	8 Walk Program 12-1 Youth (13-18) Fitness 3:30-4:30 Co-ed Hockey 6:30-8:30pm	9 Elders Fitness 9-10 Zumba 4-5 Youth (13-18) Rec 6:30-8:30	10 ECE Fitness 11-1130 Walk Program 12-1 Youth (13-18) Fitness 3:30-4:30 MENS Hockey 6:30-8:30pm	11 Youth Outing on 13th to snowboarding
14 Elders Fitness 9-10 Roller Derby (16+) 6:30-8	15 Walk Program 12-1 Youth (13-18) Fitness 3:30-4:30 Co-ed Hockey 6:30-8:30pm	16 Elders Fitness 9-10 Zumba 4-5 Youth (13-18) Rec 6:30-8:30	17 ECE Fitness 11-1130 Walk Program 12-1 Youth (13-18) Fitness 3:30-4:30 MENS Hockey 6:30-8:30pm	18
21 Elders Fitness 9-10 Roller Derby (16+) 6:30-8	22 Walk Program 12-1 Youth (13-18) Fitness 3:30-4:30 Co-ed Hockey 6:30-8:30pm	23 Elders Fitness 9-10 Zumba 4-5 Youth (13-18) Rec 6:30-8:30	24 ECE Fitness 11-1130 Walk Program 12-1 Youth (13-18) Fitness 3:30-4:30 MENS Hockey 6:30-8:30pm	25 Youth Outing on Saturday 26th to MONSTER JAM
28 Elders Fitness 9-10 Roller Derby (16+) 6:30-8	29 Walk Program 12-1 Youth (13-18) Fitness 3:30-4:30 Co-ed Hockey 6:30-8:30pm	30 Elders Fitness 9-10 Zumba 4-5 Youth (13-18) Rec 6:30-8:30	31 ECE Fitness 11-1130 Walk Program 12-1 Youth (13-18) Fitness 3:30-4:30 MENS Hockey 6:30-8:30pm	

United Nations Declaration on the Rights of Indigenous Peoples

Article 26

1. Indigenous peoples have the right to the lands, territories and resources which they have traditionally owned, occupied or otherwise used or acquired.
2. Indigenous peoples have the right to own, use, develop and control the lands, territories and resources that they possess by reason of traditional ownership or other traditional occupation or use, as well as those which they have otherwise acquired.
3. States shall give legal recognition and protection to these lands, territories and resources. Such recognition shall be conducted with due respect to the customs, traditions and land tenure systems of the indigenous peoples concerned.

Article 27

States shall establish and implement, in conjunction with indigenous peoples concerned, a fair, independent, impartial, open and transparent process, giving due recognition to indigenous peoples' laws, traditions, customs and land tenure systems, to recognize and adjudicate the rights of indigenous peoples pertaining to their lands, territories and resources, including those which were traditionally owned or otherwise occupied or used. Indigenous peoples shall have the right to participate in this process.

New Staff



Ey Swayle, My name is Linda McNeil-Bobb. I am currently filling in as your "Elders Liaison".

Since starting on December 10th, 2012, I have met and spoken to many of you, however if you have any questions or concerns, please feel free

to contact me at **604-796-6863**. This number goes directly to my office. I am currently working 3 days a week Tuesday, Wednesday and Thursdays. I plan on doing home visits to our elders for one on one contact. Should you need me before I come to your house please call and I will make arrangements to come see you!

Thank you
Kwas hoy

Healthy Eating Recipe Corner

Mocktails

Mocktails are mock cocktails, or those that do not contain any alcohol. Any drink recipe can be modified by simply leaving the alcohol out, however these recipes are some of the more common mocktails. These non-alcoholic drinks are great for serving the entire family and a nice alternative for party guests who prefer not to drink alcohol. *They are excellent for your New Years toast!*

Cherry Lime Ricky

"Discover the refreshing pleasure of this old-time soda fountain favorite." — Sweet N Low®

Ingredients

- 1/2 cup tart cherry juice
- Juice of 1 lime
- 1 packet Sweet N Low granulated sugar substitute
- Club soda
- Lime wedge, for garnish (optional)

Directions

1. In a measuring cup, combine the cherry juice, lime juice, and Sweet'N Low. Stir to dissolve the Sweet'N Low.
2. Fill a tall glass with ice. Pour in the cherry juice mixture. Top with the club soda. Serve with a straw, garnished with the lime wedge, if desired.



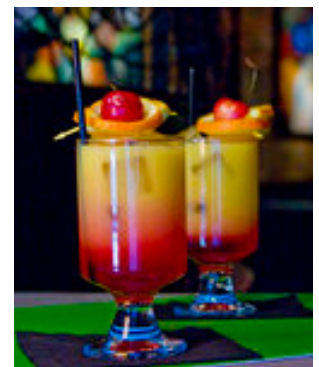
Sweet Sunrise

Ingredients:

- Orange juice
- Grenadine
- Orange slice for garnish

Preparation:

1. Fill a highball glass with ice and orange juice.
2. Slowly pour grenadine over the juice, it will sink to the bottom and slowly rise to the top as you drink.
3. Garnish with an orange slice.



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 Monday – Friday 8:00am-4:00pm
Closed from 12–1pm for lunch

WELDING LEVEL C

SIB Employment Services would like to congratulate those students who successfully completed and submitted their Long Term Skills Training Application Packages for ITA certified Welding programming with SIB College & Thompson River University. The 9.5 month welding program's training goal is to have successful Welder graduates find employment and build on skills and confidence necessary to advance in their career/trade.

Congratulations to Cameron Garner, Brendon McIntyre, Josh Henry, Tim Gray, Evan & Carl Hands, Kelsey Charles, Casmir Walker & Shannon Masuskope!

BASIC SECURITY GUARD

SIB Employment Services assisted the Economic Development Dept. with bringing onsite an extensive 5 day Basic Security Training Course through Domcor Security Corp. The curriculum consisted of information regarding private security, legal issues, documentation and personal safety. Once a student successfully completes the BST and Security Clearance standards set out by the Ministry of Public Safety Solicitor General, the student will receive a Certificate of Training Completion issued by the Justice Institute of BC. They then will be ready to apply for their security worker license. 11 individuals took part in this training. *Good luck to you all!*

SOCIAL ASSISTANCE INFORMATION

February 2013 cheque distribution on Friday, January 25th, 2013 (Mid-Month: Jan. 11th)

- * Renewal Declarations are due January 15, 2013
- * **Hydro** and **Fortis** bills required to be 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. Also meat packs have arrived for month of December

*Meat Packages may vary each month.

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.

*We would like to send a very **BIG** thank you to all the staff who participated in the food hamper drive and who donated their gift card prizes to the Social Development office. This money will be used towards the cost of groceries for Social Assistance recipients for the month of January 2013. **THANK YOU!***

Merry Christmas!

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

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

ADVERTISEMENT RATES

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

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

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

Advertisement rates (per issue) for organizations:	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color ½ page (8x5 or 10x4)	\$37.50	\$61.25
Full color ¼ page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale ½ page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale ¼ page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x3)	\$ 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

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; the world is full of educated derelicts. Per-

sistence and determination alone are omnipotent. The phrase 'press on' has solved and always will solve the problems of the human race."

- Calvin Coolidge

Peloques / January

Birthstone: Garnet

Birth Flower: Carnation

Zodiac: Dec. 22 - Jan. 20th Carpricorn

Peloques "torch season"

Halq'emeylem Word Search

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

- Méli Klesmés - merry christmas
- láv - Hello
- éy swáyel - Good day
- éy latelh - good morning
- éy slat - good night
- kwétslómé - see you
- spípew - frozen
- spí:w - ice
- syayalis - icicle
- xéytl' - cold
- máqa - snow
- létsè - one
- isá:le - two
- lhí:xw - three
- xe`ó:thel - four
- lheq`á:tses - five
- t`xém - six
- thó:kws - seven
- teqa:tsa - eight

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. January 10th
Draw Date: January 11^h, 2012

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

Congratulations to - November's Winner was 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.

BABIES MEDICAL & STATUS CARDS

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

Contact CHR; Maggie Pettis 604-796-2177

CATERING & FUND-RAISING

Please contact Angie Chapman to get on the
 catering/ fund-raising list for this year. You need to fill
 out an application and submit your food safe certificate.
 This also includes if you want to book a day to set-up in
 the foyer to sell items. Any other questions please call
 Angie at 604-796-6893.

VOLUNTEERS REQUIRED

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

FIELD LIGHT BOOKINGS:

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

AMBULANCE BILLS



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

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

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

OIL DISPOSAL - NO MORE

SORRY

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

OPTOMETRIST CLINIC

Dr. Ahmed's Clinic Dates

Dec. 3rd

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



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

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

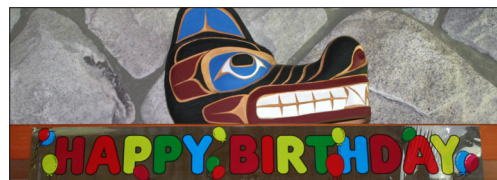
MAMMOGRAM SCREENING

Mammogram screening
 Feb. 5/13.

For the ladies over the age of 40.

HOUSING RENEWALS

HOUSING APPLICATION RENEWALS
 DUE BEFORE JANUARY 1
 TO STAY ON THE WAITLIST!



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!

9th- Jasmine Byrd turns 14
 16th- Wolfram Sam turns 14
 18th- Darian Peters turns 17
 11th- Brooke Bobb-Reid turns 19, youth rec will miss her
 26th- Cheyanne Donovan turns 19, youth rec will miss her
 I apologize if I missed anyone. Keena

GARBAGE SCHEDULE

Regular Garbage:
 Monday and Thursday

Recycle: Tuesday's

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



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



the SEABIRD Island

YOO HOO

Because news isn't all bad or boring!

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

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

Phone: 604-796-2177

Direct: 604-796-6838

E-mail: sandrabobb@seabirdIsland.ca

Alcoholics Anonymous Meeting

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



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

The New Year, the season of fresh starts... a time for change and healing, a time to get active.

Tips on how to make a fresh start...

Step 1 **Review last year with fresh eyes.** Instead of focusing on the bad, focus on the good. Make a list of the good things in your life and of good things that have happened to you. Make a list of how people made you happy, and what you did to please them. Make a list of the things you admire and respect about yourself. *This will lift your self respect and the year will be truly fresh. Respect yourself and others will follow!*

Step 2 **Forgive and forget.** Make peace with yourself and people who may have wronged you. *By moving on you will be clearing some major mind clutter and making room for bigger and better things.*

Step 3 **Pamper yourself.** Whether it's a new haircut, manicure, massage, or new outfit, do at least one thing for yourself. *You will feel refreshed, confident, and ready to dive into the new year.*

Step 4 **Organize your finances.** Review your spending habits from last year, determine what bills can be reduced or eliminated, and create a new budget. *This will guide you towards a more secure year and future.*

Step 5 **Spring cleaning and de-clutter.** Take a few large trash bags and walk around the house, inside and out, collecting things that are broken, unused, and unwanted then throw them away. *By reducing the clutter you will be able to think more clearly.*

Step 6 **Create goals or resolutions.** Think about what you want to accomplish this year. List these goals and display them where you will see them each day. Break up the larger goals into smaller more achievable goals, making them easier and faster to accomplish. *Tracking these accomplishments as you go could keep you motivated.*

There's nothing more refreshing for the mind, body, and spirit than "out with the old and in with the new".

* *Sage & Sweet Grass Incense: The fragrant smoke purifies a room or home of negative energy.* *