

Aboriginal Role Model For Corrections



Jason Campbell works to make communities safer by encouraging and motivating Aboriginal inmates to address their criminal risk factors. As a Correctional Program Officer and Aboriginal Community Development Officer, Jason provides skills training in effective communication, problem solving, goal setting and assists inmates in applying these skills to real life issues as they learn to live in the community. As an Aboriginal Community Development Officer he also facilitates releases and builds partnerships with local Aboriginal communities to host escorted and unescorted temporary absences and work releases.

Jason is from the Seabird Island Band in the Stó:lō First Nations Community. His work as an Aboriginal Community Development Officer requires him to work with many Aboriginal

communities in order to build strong partnerships. Jason primarily speaks English, but is currently in the process of learning his own language of Halq'emeylem.

When asked to discuss projects he is currently working on, Jason is passionate about his work with local Aboriginal communities. He is currently working on helping local communities to develop their own protocols for access to their lands by federal offenders in a way that will support the offender's life goals as well as empower and protect the community. "I am currently nurturing relationships between the Correctional Service of Canada (CSC) and Aboriginal communities in order to develop work release opportunities that allow offender to "give back" by building community long houses and other infrastructure projects," he says. "Overall, my goal is to have CSC viewed more positively and more on the radar among local First Nations communities while also promoting CSC as an employer of choice for local First Nations people," he reiterated.

Looking into the future, Jason plans to continue his work with CSC and to continue to help educate others about his Aboriginal culture and empower First Nation communities to play a greater and more active role in the rehabilitation and reintegration of Aboriginal offenders.

My Stó:lō heritage has led me to want to help people when choosing my career, but rather than a choice it seems more like I have been gently guided this way.

All Offices CLOSED

Monday November 25th
For Staff Development Day

This includes:

Band Office, Fitness Centre,
 Doctors Office, Dental Office,
 Employment Centre,
 Wellness Centre, Gas Bar,
 Daycare, Preschool, Schools,
 College, Garbage Pick-up.

Mandatory for all Seabird staff to attend, please book your baby-sitter.

Schools Closed Pro-D Day

Monday November 25th



Baby-sitters

For your day off ask around, many people are looking for baby-sitters.

You could make a few \$\$\$ today!

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Canadian Forest Industries' first annual showcase promotes the best of the next generation.

Resource • by Andrew Macklin • Oct 2013 • <http://www.woodbusiness.ca/harvesting/top-20-under-40>

Oct. 18, 2013 - Working diligently to find qualified, skilled young labourers to cut trees and make lumber for generations to come is not just the responsibility of the individual company. It takes a concentrated effort from contractors, corporations, associations and other primary stakeholders to promote the benefits of the forest industry to students across Canada looking for the right career opportunity.

For the inaugural Canadian Forest Industries' Top 20 under 40, we are pleased to promote 20 of this country's best young workers, who are role models for the next generation of Canada's forest and wood products industry. From a rigging slinger in B.C. to a forest management owner in New Brunswick, the 20 individuals on this list cover a broad spectrum of the people involved in the day-to-day operations of this industry.

The information provided on each individual is a combination of the content provided by the nominator, conversations we have had with people in the industry and what we have learned through our own research.

Without further delay, we present the inaugural Canadian Forest Industries Top 20 under 40!

Sheldon Peters, rigging slinger/foreman, Peters Contract Falling

Sheldon Peters got an earlier start than most foresters currently working in Canada.

Peters started as a 16 year-old chokerman. Eager and determined, he has since held all positions within Peters Contract Falling, a high lead logging company in Agassiz, B.C. and is currently supervising one of the company's mini tower crews.

Peters' desire to learn all aspects of logging spurred him to take the heavy equipment operator's course, in which he received honours standing.

His goal is to be self-employed within the logging industry with own his own log loader. He is currently doing apprentice hours on a log loader during any down time he has in order to meet that goal.

His safety-first attitude has led him to the position of safety co-ordinator at Peters.

With all of that experience, it's hard to believe he's just 20 years old.



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.

Still Need an Annual Report?

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



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

Did you know?

When a Seabird Job Posting is labeled "Internal Job Posting". This Job posting *is available internally for Band and Community members*, not just for staff.

Internal means inside of Seabird Membership and Community.

Pretty much all job posting's are posted as "Internal Job Posting's" first. Secondly, they are posted externally after no qualified candidates have applied for the position.

Seabird is focused on employing as many Seabird Members as we can. We are eager to hire and train dedicated members who are willing to work and learn.

To apply for a job with Seabird

contact:

Drew Paddon, CHRP
Human Resources
Phone: 604-796-6814

or

For tips & assistance finding a job

contact:

Seabird Employment Centre
Located upstairs in the Band Office
Phone: 604-796-6865

NATIONAL ABORIGINAL ADDICTIONS

AWARENESS WEEK

EVENTS



<p>MONDAY NOV 18/13 BAND OFFICE GYM 1 PM – 8:30PM</p>	<p>TUESDAY NOV 20/13 SCHOOL 9:45AM – 12:30PM</p>
<p>INFORMATION FAIR & COMMUNITY DINNER</p> <p>1 PM – INFO TABLES PRESENTATIONS</p> <p>5PM – COMMUNITY DINNER</p> <p>6:30PM – HONORING CEREMONY</p> <p>PRIZES</p>	<p>WALK FOR SOBRIETY JOIN OUR TEACHERS AND STUDENTS</p> <p>9:45AM - MEET AT THE SCHOOL - WELCOME - GUEST SPEAKERS - WALK - LUNCH</p> <p>CHILDREN LEARN BY WHAT WE DO I ENCOURAGE YOU TO WALK IN SUPPORT FOR A HEALTHIER LIFE FOR CHILDREN & YOUTH</p>
<p>FOR MORE INFORMATION CONTACT: DONNA WATSON 604-378-6723</p>	

5 Ways to Avoid Substance Abuse

There *are* things we can all do to avoid drug and/or alcohol abuse.

1. Effectively deal with peer pressure.

The biggest reason teens start using drugs is because their friends utilize peer pressure. In these cases, you need to either find a better group of friends that won't pressure you into doing harmful things, or you need to find a good way to say no. Teens should prepare a good excuse or plan ahead of time, to keep from giving into tempting situations. Bring your pop to a party, supplying your own beverage and not relying on what they have really helps.

2. Deal with life pressure. To prevent using drugs as a reward, find other ways to handle stress and unwind. Take up exercising, read a good book, volunteer with the needy, create something. Anything positive and relaxing helps take the mind off using drugs to relieve stress.

3. Seek help for mental illness. Mental illness and substance abuse often go hand-in-hand. Those suffering from anxiety, depression or post-traumatic stress disorder should seek the help of a trained professional for treatment before it leads to substance abuse.

4. Examine the risk factors. If you're aware of the biological, environmental and physical risk factors you possess, you're more likely to overcome them. A history of substance abuse in the family, living in a social setting that glorifies drug abuse and/or family life that models drug abuse can be risk factors.

5. Keep a well-balanced life. People take up drinking and drugs when something in their life is **not** working, or when they're unhappy about their lives or where their lives are going. – Look at life's big picture, and have priorities in order.

Seabird Island Housing Wait-list

November 2013

1 bedroom

1	02132013-2053
2	04052013-2064
3	05092013-2065
4	08012013-2066
5	08062013-2067
6	09032013-2068
7	10032013-2069

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

Don't know your number?

Contact Stacy McNeil to see where you sit on the wait-list!

Note:

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

Maintenance Schedule

- Check to see that bathroom exhaust fans and range hoods are operating properly. If possible, confirm that you are getting good airflow by observing the outside vent hood (the exterior damper should be held open by the airflow).
- Check smoke, carbon monoxide and security alarms, and replace batteries.
- Ensure all doors to the outside shut tightly, and check other doors for ease of use. Replace door weather stripping if required.

Did you know?

110 of the 171 band homes have been designated as band rental units – either until they have their mortgages paid out, or to remain as rentals for elders or other small families. This means that 61 homes are eligible for ownership right now!

To find out if you are in a band rental, a potential ownership home or if you have any questions, please contact a member of your housing team!

Stacy McNeil, *BCJ, MBA*
Housing Department Supervisor
Seabird Island Band
P) 604-796-2177 D) 604-796-6825
F) 604-796-3729

In November, housing costs are as followed for our Mortgaged Housing ONLY:

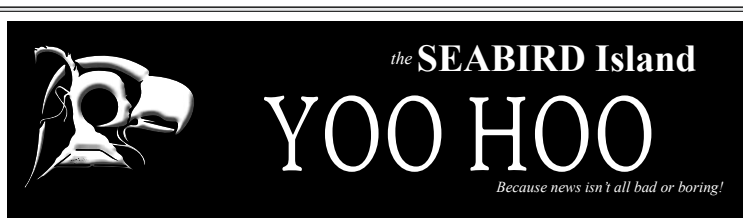
November Mortgage Payments:
\$34,939.37

November Maintenance Costs (AVG):
\$30,500

November CMHC Subsidy:
\$19,446.91

November Rent Needed:
\$45,995.46

Thank you to those who have kept their rental accounts up to date! You are doing your part to ensure that we do not go into deficit and take band revenues from other programming.



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

Seabird Island Housing Department



Housing in Seabird began pre-1970 with only a small number of family owned homes on Reserve. Chief & Council and elders at the time, in conjunction with band members, decided that Seabird needed more housing to bring our families home. The band signed a contract agreement with the Department of Indian Affairs and Canada Mortgage and Housing Corporation (CMHC) to build what we now know as Housing Authority homes; 26 homes were built for families over the course of 5 years. These homes were built using 50 years mortgages at interest rates between 7.25-8%; to date, these homes have cost the band over \$1million from revenues to cover the mortgages, basic maintenance, insurance, and services. Rents were collected from shelter on some of the homes and none collected from the others as the plan had been to use land lease revenues to pay the other mortgages; the leaser left after the first couple years of mortgage payments and the band now had to cover those costs from band revenue.

In 1981, Seabird once again decided to lead the country by entering into the NEW social housing program and signed a contract that CMHC was offering. Social housing was designed for low-income families and singles where rent had a cap (Lower End of Market Rent (LEM) which is the low end of market rent charged off reserve in neighbouring communities) and was based on 25% of tenant income. Phase 1 (16 “units”) were built with a 35 year mortgage. Following this, phase 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 & finally 13 in 1999 were built. This totaled 99 homes in the social housing program that CMHC first designed prior to 1981. The program was not working, and was in fact putting communities into huge debt due to the low amounts of rents being collected and the inability to cover mortgage payments. Seabird, still wanting to build homes for their members, continued to pay for the mortgages through band revenues to fulfill our obligations with Indian Affairs, CMHC and the banks holding the mortgages.

In 1997, CMHC changed their social housing program to not cap rents with LEM; they decided to work with bands to have an idea of what the MINIMUM rent should be on each project

to make sure mortgages and maintenance were covered. This allowed bands to charge anything over this amount that they needed to operate their social housing projects. Seabird, trying to keep costs low for its members, did not increase the rents over the minimum rent set by CMHC. Seabird built phase 14, 15, 16, 17, 18 and now 19 under this program; this totaled an additional 40 units.

Seabird found that by continuing to keep rents as low as possible, it was still having to use band revenues to cover mortgage payments, maintenance, and other expenses the houses were accumulating. Not only were there 139 social housing units built, there were also 7 band rental homes the band was caring for.

Throughout the last 50 years, band members have also received housing through individual loans, DIA, veterans housing, and a combination of loans/Sto:lo construction programs. Today, there are 231 homes in Seabird.

In the Spring of 2012, members were invited to join a housing policy committee; with the help of membership, staff, council and First Nations Market Housing, a new policy was started to cover all houses in Seabird – not just social housing. In August, 2013, this policy was accepted and set for effect October 1, 2013. This policy not only covered all housing in Seabird, but also allowed for rents to be set annually by Chief and Council to ensure that all costs are being covered moving forward. This stops the need for band revenues being allocated at such high amounts to housing, and also allows for the continuation of Seabird building houses that are much needed. The policy also outlined how members can take on ownership of paid out units and become responsible home owners.

For more information on our housing program, please contact a member of you housing team at your convenience Monday-Friday 8 a.m. - 4 p.m.

When & Why Should You See A Doctor About Pregnancy

The one person you **NEED** to tell your pregnant is your doctor! **Support is available for you!**

Some pregnancies can be dangerous for you or your baby. Telling your doctor your pregnant and getting their support is very important! If you want your pregnancy kept confidential for now, the doctor is required to keep your secret.

You usually make your first appointment around 8 weeks.

They can advise on any changes to your lifestyle, and help reduce the chance of neural tube defects such as spina bifida, by advising on folic acid supplementation. It's vital for all women to take daily supplements of folic acid.

Regular appointments with your health care provider throughout your pregnancy are important to ensure the health of you and your baby. In addition to medical care, prenatal care includes education on pregnancy and childbirth, plus counseling and support. They allow you to follow the progress of your baby's development. Visits also give you the opportunity to ask questions. You are welcome to bring in your partner at each visit, as well as interested family members.

- Your Doctor can help you and the baby stay healthy.
- Your Doctor can help you make important decisions.
- Your Doctor can help link you with other people who can help you: nurses, blood work, prenatal care and even with family development workers.
- Family development workers can help you make important decisions and help you talk with your family.

Did you know!

After 10 weeks, pregnancy tests are less accurate.
Get tested early!

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

Nov 5 and 19

Dec 3 and 17

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

Signs You Might Be Pregnant

- Swollen and tender breasts
- The circles around nipples, widen and darken
- Some women notice light spotting (extremely small signs of period, not the regular size period)
- Missing period
- Urinary frequency or constipation
- Feel very tired early in pregnancy
- Nausea is one of the most common side effects of pregnancy
- Heightened sense of smell
- Elevated basal temperature
- Unusual hunger or cravings
- More migraine headaches than usual
- Emotional mood swings
- Feeling faint or dizzy
- Metallic taste in your mouth
- Dreams during pregnancy often intensify. So if your dreamin' has become more dramatic this could be a symptom you're expecting.

Legal Services Society



Teens: How to Tell Your Parents That You Are Pregnant

Telling your parents that you're pregnant can be almost as scary as being pregnant. Once you've learned that you are pregnant, you may be feeling too overwhelmed to figure out a way to tell your parents. But once you follow these steps, you'll be on your way to having an open and honest conversation with your parents — and to figuring out what to do next.

1) Prepare what you'll say. Though your parents will be overwhelmed by your news no matter what, you can ease the blow by sounding as clear and mature as possible when you tell them. Here are some things to think about:

- Prepare your opening. Don't scare your parents! Start with saying, "I have something very difficult to tell you."
- Prepare how you will explain the pregnancy. Do they know you're having sex, or that you have a boyfriend?
- Prepare how you will share your feelings. Though you will feel upset and may find it difficult to communicate, you should hold off on the tears until the end of the conversation. Explain that you're shocked, and that you are so sorry to have disappointed them (if that's the case), that you're going through the hardest time of your life and that **you'd really like their support.**
- Prepare to answer any questions. Your parents will have a lot of questions for you, so it's best to know what to say so you're not caught off guard.

2) Tell them your news. This is the hardest part of the plan. Though you have prepared what you'll say and have anticipated their reaction, and you have picked the best time to have the conversation, this will still be one of the toughest conversations of your life.

- **Relax.** Chances are that you've already played out the conversation in your head a thousand times. Stop predicting the Worst Case Scenario! You are 100 times more likely to get a better reaction from your parents than the ones you might be expecting. Relaxing will only make things easier.
- Make your parents feel comfortable. Though it's unlikely that you'll have small talk for a while, you can smile, ask them how they are, and reassure them with a pat on the hand before you tell them the news.
- Say, "**I have something very difficult to tell you. I'm pregnant.**" Say it clearly, firmly and with as much strength as possible.
- Maintain eye contact and open body language. Look as approachable as you can when you tell them the news.
- Tell them how you're feeling. It's likely that they will be so shocked that they won't react right away. Tell them how you're feeling about the pregnancy. **Remind them that this has been very tough for you.**

3) Take the time to listen. Now that you've told them your news, they will have a strong reaction. Whether they are angry, emotional, confused, hurt, or full of questions, they will need some time for the news to sink in. Take it slow and listen without interrupting.

- Reassure them. They have just received some big news, and you should try to stay strong for them.
- Answer their questions. Prepare yourself so you can answer their questions as honestly and calmly as possible.
- Ask them how they feel. If they are shocked into silence, give them some time with their thoughts, and then ask them how they are feeling. Sharing each others feelings will make it easier to move the conversation forward.
- Don't get angry if they get angry. Remember, they just found out some life-changing news.

4) Discuss the next steps. Once your news and everybody's feelings are out in the open, it will be time to figure out what to do. There may be a difference of opinions, and this may be difficult. But remember that you should feel relieved now that the news is out in the open, you can work through it together.

- You don't need to discuss everything at once. You both may need some time to cool down, and to get a hold of your emotions.
- Remember that even though this will probably be the toughest thing you have gone through. **You and your family will grow stronger by working this out together!**



Did you know!

Once you've reached 14 weeks your choices are limited even more, your locked into this pregnancy. If you choose to do the unthinkable – before 12 weeks its a drop in visit, 12 weeks to 14 weeks its an overnight visit.

Band Discretionary Revenue

**Seabird Island Band
Band Discretionary Revenue
Contributions Summary
For Fiscal Year 2012-2013**

Summary Of Band Discretionary Revenues	Revenue	Expenditure	Current Net	Opening	Transfers in (out)	Final surplus (deficit)
Band Revenue	283,975	256,860	27,115	1,751,594	(583,287)	1,195,422
BC Hydro Community Grant	55,003	(6,524)	61,527	197,661	(55,000)	204,188
Property Taxation	907,608	105,027	802,581	410,102	(930,169)	282,514
Prov of Bc Forest Agreement	279,991	293,691	(13,700)	1,037,366	(242,135)	781,531
BC Hydro IBA Agreement	1,600,000	-	1,600,000	-	-	1,600,000
	3,126,577	649,054	2,477,523	3,396,723	(1,810,591)	4,063,655

Here are details explaining how Band Discretionary Revenues have contributed in the past fiscal year

Band Revenue

Future Savings	51,573	
Forestry	19,166	
Band Operated School	2,500	
Child & Family	82,513	
Non-Profit housing	151,317	
Housing Administration	184,100	
Recreation	62,118	
Cultural Learning Centre	30,000	583,287

BC Hydro Community Grant

Future Savings	5,000	
Emergency Planning & Preparedness	50,000	55,000

Property Taxation

Fire Protection	50,000	
Building Operations	72,525	
Community Wireless	25,250	
Community Events	134,514	
Recreation	107,187	
Youth Program	71,243	
Elders Program	70,657	
Future Savings	83,000	
Governance	315,793	930,169

Prov of Bc Forest Agreement

BC Hydro Capacity funding	118,667	
Future Savings	20,000	
Development Corporation	72,718	
Economic Development Administration	210	
BC Hydro ILM Project	3,539	
Rights & Title	27,001	242,135

1,810,591



Pre/Post Group &

Prenatal Circle

NOVEMBER 2013

Who can attend?

- *Expecting moms
- *Newborns up to 6weeks
- *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	5	6 Pre/Post 11-1pm Mill Hall SIB	7 Pre/Post 11-1pm Skwah	8	9
10	11 Remem- brance Day	12	13	14	15 Prenatal Circle 1-3pm Elders Room	16
17	18 Pre/Post Chawathil 11-1pm	19	20	21 Pre/Post Squiala 11-1pm	22	23
24	25	26	27	28	29 Prenatal Circle 1-3pm Elders Room	30

A-PALS "Aboriginal Parents as Literacy Support"

The first A-PALS gathering was Wednesday, October 9th. Malila started our evening with a prayer before enjoying a delicious turkey supper. A large number of community families joined us for Halq'emeylem songs, stories, and cultural crafts. Each child aged 3 – 6 years old took home a great book.

The Next A-PALS gathering is Wednesday, Nov. 14, 2013. We invite all Seabird Island families with a child aged 3 – 6 years old to attend. Staff looks forward to seeing you!



Language Nest Pre-school

Seabird Island Language Nest Preschool is in full immersion mode with 20 registered 3 year olds. Language Teachers, Jonny and Malila continue their enjoyment of teaching language and culture Mon – Thur to the children who respond well - repeating words and phrases.

Making bannock and art cultural activities with Malila are enjoyed by all the children. Dance, drumming, and TPR continues to be a favorite.



Three's making a canoe craft



Head Start

Telxwí:ts “Leaves are falling”

Deer, Gentleness, Fall, Remembrance Day, Community Helpers, * will be closed for Remembrance Day

Season — Fall—**Temhilalxw**

Numbers — 4 **X**e’o:thel, 5 Lheq’a:tses

Shape — Triangle


Colors — Black, Brown— **Tsqeyex, Ts’kwimomex**

Letters — G, H, I: **M, Ch, Ch’**

Animal — Eagle, bear, deer—**Sp’oqes, spa:th , t’alqtéle**

Culture & Values— Spirit—Courage— The Talking Sick, The Seven Teachings—The **Bear**

Telxwí:ts “Leaves are falling” SEPTEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 10 am to 1pm	6	7 10 am to 1pm	8	9
10	11	12 10 am to 1pm	13	14 10 am to 1pm	15	16
17	18	19 10 am to 1pm Dental Nurse visit	20 FAMILY NIGHT 4PM TO 7PM BINGO FUN!	21 10 am to 1pm	22	23
24	25	26 10 am to 1pm Health Nurse visit	27	28 10 am to 1pm	29	30
<p>This month families can look forward to Dental health visiting on November 19th with tooth varnishing and the Community Nurse visiting with flu shot vaccinations on November 26th.</p>						



Temhilalxw —fall time



Parents and Tots

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

4's Pre-school

Seabird Island Preschool 4's Program has had an amazing month. There are 20 children registered at the Preschool. Kwsel has taken the class on several cultural walks throughout the community as our weather has been so perfect. Seeds of Empathy is part of the Preschool Program which gives children the opportunity to learn about empathy (feelings) for others through a baby. Our first Seeds Family visit was Wednesday, Oct. 02 with a theme “Baby and Me”. The children enjoyed meeting Baby Armand, Mom Collette and our Seeds Elder, Sharon Joe. Our next Seeds Family Visit will be held on Oct. 06th.

On Thursday October 17th the Preschool class participated in Sto:lo New Year at the Community. Fifteen Preschool children sang four Halq'emeylem songs! The Children enjoyed watching the various classes perform.

The Pumpkin Patch field trip to Abbotsford on Oct. 18 was great fun! Sixteen children enjoyed learning about pumpkins and apples. We were delighted to have Kwsel join us for the day! Each child chose a pumpkin from the pumpkin field to take home.



Sto:lo New Year

Math classes are moving along as scheduled. A new program has been introduced into the classroom called Math Doctor. It's an online math tutorial website dedicated to helping students fill in the gaps that they may have in their math skills. So far, it is proving to be quite successful. All math students are set up with their own account and can log on to it at any time during school to catch up. We strongly encourage all of our students to take full advantage of this wonderful learning tool. Also, term 1 exams are soon approaching. They will take place between Oct. 28th and November 1st. So, students should be studying hard and getting prepared. Extra help sessions are being provided on Tuesdays at lunch during catch up class or by appointment.

Grade 4-8 boys and girls have been invited to participate in a soccer Tournament at Chehalis Community School on Oct. 29th. Two teams from Seabird Island Community School will be participating in this tournament. Be sure to encourage the students to sign up for this enjoyable and fulfilling experience.

That's it for now.
Mr. Compton

2013-14 Grads are having a Garage Sale

**Saturday,
November 16th at
10:00
in the Elementary
School gym.**

Science 10 students have all written – and passed – three tests now, all made up of previous Provincial Exam questions. This is good practice towards our overall goal of success at the end of the year on the Provincial Final.

All High School Science students have completed lab work and critical discussions now, showing increasing confidence in engaging thoughtfully and analytically with questions that connect our course work with life experience and personal philosophy. This bodes well for cross-curriculum critical thinking as well as long term retention of material and ideas.

Ey Swayel. Xwóyiwel Ts'ítel Swáyél. I would like to take this opportunity to thank my students and parents for such a great start to the school year. It is a privilege to be a member of the Seabird Island Community School staff and community and I am very much looking forward to sharing in an exciting and rewarding year with my students. This month in Life Skills and CAPP we have been focusing on healthy living, as well as learning about what it means to be a confident and responsible young person with a high self-esteem. In Math we have moved on from addition and subtraction and we are now starting simple multiplication. In English we have begun a novel titled "The Wonderful Wizard of OZ" by L. Frank Baum. Students are answering comprehension questions and learning new vocabulary words. In SS/SC/English we have been working on topic sentences, complete sentences and the parts of a paragraph. A reminder: If students are away they can go to moodle.seabirdisland.ca, click on "courses," click on "k-12," then click on "Ashleigh Blane." Students can then go to the week that they missed and print-off what we did in class. This is a great way for students not to fall behind.

Yalh yexw kw'as hoy,
- Ashleigh Blane

This has been a great month getting into all of our school work and getting settled in our classes. The Gr. 8/7 class has been busy learning about Egypt. We've looked at what made them a great civilization – huge monuments, language, agriculture, job diversity, etc. We also spent some time looking at how the Sto:lo historically compare to the Egyptian civilization. Gr. 9s have been learning all about the English Civil War and have been working on assignments such as defending or prosecuting King Charles I on charges of treason and acting out the Glorious Revolution – when the British people first had an influence on who became their king/queen and they actually agreed to listen to parliament. Gr. 10s have been looking at the steps that were taken to form Canada from the various colonies. Gr. 11/12s have been very busy learning the traditional First Nation territories in the province and about some of their traditions – fishing, hunting, gathering, and housing.

IT classes have been showing their creative side using sound editing software to create some excellent music – both original and remixed. The Junior class is now working on 3D modeling. The Senior class has begun a short film they are creating together and are starting to get pretty enthusiastic about. It should be a fun project to see through to the end of the term.

In the senior English class, students are reading a diversity of fiction and non-fiction texts and using a variety of learning strategies to improve reading and comprehension. We are setting a purpose for reading, activating prior knowledge, previewing text features (titles, photographs, subheadings, headlines, captions etc.) identifying central and supporting ideas, asking questions, making inferences and using Thinking Logs in an effort to improve our comprehension and to build better reading skills.

Éy cha te swayel
Barbara White M.A.,M.Ed
Vice-Principal Seabird Island Community School
604-796-3061

Lalme'Iwesawtexw

Welcomes the Provincial Legislative Black Rod

Oct. 29, 2013

1:00-2:00 pm

Seabird Island Community School Gym Lalme'Iwesawtexw



Time	Agenda
12:00	Gym prepared
12:45	Dress
12:50	arrival of the L.G
12:55	Arrival of the LG and Mace
12:58	Begin song
1:00	Procession of the entire group walk 1 and a half times (around and up the centre)
1:02	Song finishes with last chorus being sung all together - in unison at their seated positions
1:05	Call Witnesses
1:08	Prayer – all rise
1:10	Welcome Siyemia Chief Clem Seymour
1:15	Welcome Siyotheweth Principal Shari White
1:20	Call Speaker of the House Linda Reed
1:25	Call Clerk of the House Craig James
1:35	Sergeant of Arms Gary Lenz
1:45	His Honour Steven Point
1:42	Closing
1:45	Prepare to leave – the black rod Students Sing Co-ed song
1:50	Exit of the Black Rod - Elementary students follow Black Rod in order: Watson / Eustache / Mai / Bogart / Switzer / Neilson
2:00	Photo time - Grad 2014 photo in the gym w/teachers (2) Entire HS with teachers
2:30	School Tour – Shari White * Photos of Elementary classes will take place during tour.
3:00	Bell rings students proceed out

The Black Rod, created to celebrate the Diamond Jubilee of her Majesty Queen Elizabeth II, the Queen of Canada. The Black Rod -constructed of seven different indigenous wood, BC jade, and BC Silver – features Tsimshian Carver, Clifford Bolton, and is used for formal entrances of Monarchy or vice-regal are in attendance at the Legislative Assembly of BC.



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 occasions when the monarch or a vice-regal representative, such as the Lieutenant Governor of British Columbia, is present in 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 the centre of the shaft is a hollow copper capsule containing messages provided by senior legislative and government 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. Edward's 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 mid-section of the Black Rod features a jade carving by Tsimshian elder Clifford Bolton (*Soō-Natz*), the stepfather of 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 eagle feathers, 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 top and bottom of the images, signifying the unity and intertwining of the diverse cultures 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 qui mal y pense*," meaning "*Shame on him who thinks this evil*," the motto of the Order of the Garter, founded by Edward III in 1348. This ring was attached by 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 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 Barisoff, 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 encircled with 13 Canadian maple leaves representing the 10 provinces and 3 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.



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



Chief Clem Seymour has been attending meetings with all departments in the band office, also with other companies that we are partnered with. In these meetings, one of the many topics discussed, is of the policy and procedures that we as an organization have to follow. One great example of the policy and procedures that we have to follow is for the programs we offer; forms to fill-out to receive funding to pay the companies we have working relationship/partnerships with. If we do not follow these policy and procedures as directed by our partnership we could lose funding for these programs. As a result we would not be able to offer these programs to our membership anymore. If you are having any problems filling out the forms or have any questions about a form, feel free to ask for information or help.

Chief and Council are working on developing new laws which would make it easier to support and protect our land, our community and its members.

SEABIRD ISLAND BAND LAW NO. 2013 - 01

A law to prevent littering and dumping on Seabird Island Lands.

PROHIBITION

3.1 No Person shall, without the consent of the Manager, dump, deposit or dispose of any material, either solid or liquid, including but not limited to garbage, paper, litter, glass, waste, soil and dead animal (including fish) parts, anywhere in Community Lands, except:

- (a) in containers provided by Seabird for that purpose; or
- (b) within disposal grounds established, operated and maintained by Seabird for the disposal of such material.

OFFENCES AND PENALTIES

Penalty

4.1 Every Person who:

- (a) violates any provision of this Law; or
- (b) causes or permits an act to be done in contravention or violation of this Law

commits an offence punishable on summary conviction, and shall be liable to a fine of not less than the sum of \$100, but not exceeding the sum of \$2,000.

4.2 Each day's continuance of an offence under this Law constitutes a new and distinct offence.

Harvesting of animal parts can be reported to the conservation officer...

The number is: 1-877-952-7277

Poaching



Seabird Island has concerns about people harvesting bears in Seabird boundaries.

SEABIRD ISLAND BAND DOES NOT SUPPORT POACHING!



Healthy Eating Recipe Corner

Roasted Rosemary Fingerling Potatoes

Ingredients

- 1 tablespoon chopped fresh rosemary
- 2 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 shallots, thinly sliced
- 2 pounds fingerling potatoes, halved lengthwise (about 6 cups)
- Cooking spray
- 2 teaspoons minced fresh chives

Preparation

1. Preheat oven to 425°.
2. Combine first 6 ingredients in a large bowl, tossing to coat. Arrange potato mixture on a foil-lined cookie sheet coated with cooking spray. Bake at 425° for 27 minutes or until potatoes are tender, turning after 15 minutes. Sprinkle evenly with chives.

Reference: <http://www.myrecipes.com/recipe/roasted-rosemary-potatoes-50400000116755/>



HAVE YOU THOUGHT ABOUT STARTING OR EXPANDING 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**



YOU DON'T HAVE TO BE READY NOW,
COME SEE US TODAY TO START PLANNING FOR YOUR TOMORROW!

**If you have a dream to own your business and want to know how to get started,
meet with
Rocio Zielinski - Loans Manager
for more information.**

Reach ROCIO directly at (604) 824-5272, or email at rzielinski@stolocf.ca.

**We locations
to serve you!**

Sumas
3rd Tuesday of
the Month
1-3pm

Scowlitz
1st Tuesday of
the Month
10am-12pm

Sts'ailes
1st Tuesday of
the Month
1-3pm

Seabird
Every Second
Thursday
1-3pm

Leg'A:Mel
By Appointment



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.ca

Thank You

This last month has passed so quickly. The phone has been carrying many wonderful words of help and comfort. As I walk this new path I find that those who have been beside me are building my strength and giving me more than I had ever believed was possible.

I have been blessed with monetary help, home winterization help and prayers that are most welcome. I am now spending time to look back at all the wonderful places we have been and the many people that have touched our lives and left Harvey and I so much richer. When we got married we knew that that money was not what we had but a family that is large and full of love.

Thank you so much to each of you for your helpful hands, your prayers and the many times that you have been there to offer a hand or a kind word. For me these are memories that I will treasure for the rest of my life.

God blessings to each of you.

Liz

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.**

Why Pay...



Come to Community Kitchen:

Friday November 15th

10:30 am – 1:00 pm

Learn how to fill your pantry with homemade

Hamburger Helper kits for 25 cents each.

We will make some to eat and lots of kits take home.

Up Coming Nutrition Events:

Come to the track **each Monday at noon for MILE MONDAY!** Start your training early for the Nutrition Run/Walk on March 27th 2014.

November 12, 19 & 26: For three Tuesday's in a row we will get together for Family Cooking Classes. Bring the whole family and learn with Val. It is a great learning and bonding experience not to mention, we all eat a great meal together! Call Val Thomson to register: 604-796-6829.

Beginning on **January 16th** the Nutrition Department will be hosting another FOOD SKILLS FOR FAMILIES program. It is a 6 week course held on Thursday afternoon.

Please call Val Thomson to register:
604-796-6829

Earn your Christmas Dollars!

Win up to \$300 for your Xmas shopping!

Program starts
November 5, 2013
End Dec 17, 2013

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



** Seabird Island Band Members Only**
See Keena or Catherine for more information
Late sign up welcome!

Earn your Xmas \$\$ Program Info

How you earn your points...

Fitness Center	1 hour	10 points
Non-work related activity	1 hour	5 points
Lose Weight	1 pound	10 points

Non-work related activities may include...

- Raking leaves
- Cleaning gutters
- Biking
- Cutting the lawn
- Sports
- Fishing
- Jogging/running/walking
- Hiking
- Dancing, etc

Bonus Points!!

- Attend a recreation program.... 7 points
- Attend Mile Monday..... 5 points
- Test glucose level with a nurse.. 3 points
- Nutrition assessment..... 3 points
- Attend the community kitchen... 3 points
- Take in your recycling..... 3 points
- Bring a friend to the gym..... 4 points
- Go for a hike.....7 points
- Drink 8 cups of water..... 2 points
- No junk food for the day..... 2 points

Time is documented in your log book like the following:

Time Spent	Looks like
1 hour	1
½ hour	.5
45 minutes	.75
15 minutes	.25
And increments upwards	e.g. 1.25, 3.5, 2.75, etc

We will meet every Tuesday at 6pm to check in. Last weigh in December 17, 2013.

Winner announced December 20th.

Please note that program supervisor has the right to deduct time from unrealistic time spent on activities.

If you have any questions, please feel free to contact Keena at 604-796-6836

Are you a parent?
Are you always stressed?

Do you want
parenting tips?

Need to find ways to
reduce that stress...
call Sophie - your
Family
Development Worker
604-798-5477

or leave a message
with Danielle
at the
front desk.

Mondays

From 3:00 - 4:00 pm

Drop-in

With Sophie
and Dr. Fritz
Upstairs at the
Seabird Wellness Centre

Kids Board Games

Come out and play some friendly board games with other children!



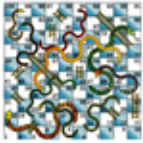
Ages 7-12

Friday November 15th

5:45pm-6:45pm

Seabird Island Band Office Gym

.25 cent drop-in fee



More nights can be scheduled depending on interest!

Feel free to bring your board games to share and play!

Parents must stay on the property for safety.



If you have any questions or concerns, please direct them to the Recreation Supervisor: Keena McNeil
Fitness center phone #: 604-796-6836
Email: keena@seabirdisland.ca

Lacrosse Camp!

Train with professional coaches, develop skills and learn to play lacrosse!

Aboriginal Sport Recreation & Physical Activity Partners Council



Everyone ages 6-17 are welcome!!

Location: 2895 Chowat Road, Seabird Island

Equipment Provided

Dates: Oct 24th, Nov 7th, Nov 21st, & Dec 5th



Time: 6pm-8pm

NO COST!!



If you have any questions or concerns, please direct them to the Recreation Supervisor: Keena McNeil
Fitness center phone #: 604-796-6836
Email: keena@seabirdisland.ca



ZUMBA!!!



Every Thursday

4:30pm-5:15pm

Seabird Island Gymnasium

Drop-in Fees:

SIB Members: Free

Staff/Community: \$1

Non-Staff/Community: \$2

Ages 12+

Come out and have some fun while getting active!



FIRST CLASS IS FREE!

Purchasing a recreation membership card will get you unlimited access to the fitness center and all recreation programs.

Contact Keena McNeil for more information 604-796-6836

Tiny Tots Free Play

Children ages 0-4 are welcome to come join the Recreation department for some free play time in the Seabird Band Office Gymnasium.

Soccer Balls

Jump Ropes

Soft Balls

Basketballs

Tunnels

Much More!

Saturdays

9:30am-10:15am

Equipment Provided!

Open to everyone ages 0-4!

.25 cent drop-in fee



Parents must stay on the property

If you have any questions, please direct them to the Program Supervisor: Keena McNeil
Fitness center phone #: 604-796-6836
Email: keena@seabirdisland.ca



Fitness Gym & Recreation November 2013

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Elders Fitness 9am-10am Mile Monday 12pm-1pm Men's Only Hockey (16+) 6pm-8pm	Youth Fitness & Sports (13-18 years old) 5:30pm-7pm	Elders Fitness 9am-10am Daycare Fitness (3-5 years old) 10:45am-11:15am Beginner's Boot Camp (16+) 12pm-1pm (subject to change and/or additional class to be added) Open Gym (non-event days) 5:30pm-8:30pm	Adults Zumba 4:30pm-5:15pm Lacrosse Camp (6-17 years old) 6pm-8pm (Nov 7th & 2st only) Co-ed Hockey (16+) 7pm-8:30pm (Nov 14th & 28th only)	Open 5:30pm-9pm Kids Board Games! Ages 7-12 5:45pm-6:45pm (Nov 15th only) <i>Feel free to bring a board game to play</i> Note: will close early if there is no client attendance	Open 9am-5pm Tiny Tots Free Play (0-4 years old) 9:30am-10:15am Kidz Sportz (10-12 years old) 11:15am-12:15pm Note: will close early if there is no client attendance

Notice of Closures:

- Monday- November 11th:
All recreation closed
- Monday- November 25th:
all recreation closed
- Evening fitness and all
recreation programs are
closed Dec 23rd- Jan3rd!**

There is no fee for Youth

Fitness & Sports (13-18) Night
**Contact Jessica Pettis if ride is
needed**

**There is no fee for Elder's
Fitness**

Fees:	Seabird Island	Seabird Island	Seabird Island	Non-
	Band Member	Community Member	Band Staff	Seabird
Drop-in Rate Fitness & Rec	FREE	\$1	\$1	\$2
Monthly Rate Fitness & Rec	FREE	\$15	\$15	\$30
Tiny Tots	.25 cents	.25 cents	.25 cents	.25 cents
Kids Board Games	.25 cents	.25 cents	.25 cents	.25 cents
Kidz Sports	.25 cents	.25 cents	.25 cents	.25 cents

Lacrosse Camp & upcoming High Five/ Explore Sports Camps:

Lacrosse: Lacrosse development skills

High Five: Learn fundamental skills for sports TBA

Explore Sports: Explore a variety of less main stream/Olympic sports. Learn new sports! TBA

OPEN TO THE REGION! No Fees apply! Hosted by Aboriginal Sports Recreation and Physical Activity Partners Council

If you have any questions or concerns, please direct them to the Program Supervisor: Keena McNeil

Fitness center phone #: 604-796-6836

Email: keena@seabirdisland.ca

Mile Monday!

**4 laps around Seabird's track at your own
pace! Staff will time your mile each Monday,
and you can beat your own record each
week!**



Every Monday after! Rain or shine!

**Where: Meet at the track & check in with
Keena or Val to start your timer!**

**How: Walk, run, or walk/run 4 laps at your
own pace!**

**When: 12pm (timer starts 12:10pm sharp; late
arrivals will need to time themselves)**

EVERYONE INVITED!

Beat the Monday Blues with some sweat!

Contact Keena McNeil or Val Thomson for more
information.



Fitness Tips For Busy Mom's

- 1. Get support.** Ask for help. Delegate responsibilities to free up some of your time; these can be anything from watching the kids to doing simple chores. Can dad watch the kids? How about grandma or uncle?
- 2. Schedule yourself into your calendar.** Planning is key so book time with yourself and keep your appointment. Then schedule the help you need and prepare in advance. A regular schedule will be much easier to keep.
- 3. Exercise with baby.** If you have a baby, you can exercise with your baby.
- 4. Be active as a family.** Spend weekends out on a trail, at a local or national park, or head into town for a family walk. Substitute walking for cycling or inline skating. Hit the slopes in winter or find a swimming pool to play in. Your entire family will keep fit and have fun together.
- 5. Turn play dates into workout dates.** Get together with other moms and kids for play dates. While the kids play, the moms can exercise together.

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

THUMBS UP- 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. Please see cost comparison below:



Seabird Island Band	\$65.00 per hour
Valley School of Driving	\$67.00 per hour
Young Driver's	\$95.24 per 1.5 hours

****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.**

NOVEMBER MEAT PACK ORDERS

Meat packs are available again to order. Place your order with Andrea. Orders must be received by the November 15th, 2013 to be available for pick up on income assistance day .

TRADITIONAL FOOD PANTRY

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.**

JOB POSTING BINDER

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.



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.

TRAINING

We will be offering the following Courses this fall/spring:

Forklift Operator	Nov. 26 & 27, 2013
Confined Space Awareness	Dec. 18, 2013
First Aid/CPR Level 1	Jan. 15, 2013
Cashier Training	Feb. 18 & 19, 2013
Construction Safety	On-Line/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.

INCOME ASSISTANCE INFORMATION

- * December 2013 cheque issue is **Tues November 27th 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.



Employment Opportunities

Position Title: Seabird Island Community School - Adult Education – Heavy Equipment Operator Teacher

Application Deadline: November 15, 2013

Competition: JP-2013-014

Position Summary:

Seabird Island Community School - Adult Education Centre, situated 130 kilometres east of Vancouver in the Fraser Valley, is seeking a qualified teacher to provide Heavy Equipment Operator instruction to adult learners completing their B.C. Adult Dogwood. Position will start January 6, 2013.

Qualifications/Requirements:

- Preference for candidates who have experience in teaching in a Kindergarten to Grade 12 First Nations context;
- Experience teaching Heavy Equipment Operation courses in a B.C. Dogwood/Adult Dogwood setting including preparing students for industry examinations;
- Heavy Equipment Operator’s certification;
- A minimum of 10 years experience in the Heavy Equipment industry.
- Ability to work with students with diverse needs;
- Excellent communication skills, both verbal and written;
- Knowledge/respect of Sto:lo Culture;
- High professional and ethical standards;
- Successfully pass Criminals Records check;
- Strong leadership skills;
- Strong classroom management skills;
- Team player
- Preference will be given to those individuals with a Bachelor of Education or equivalent and those with membership in or ability to become a member of the Teachers' Regulation Branch.

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry

Accepting applications until November 15, 2013

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

Position Title: Seabird Island Community School - Adult Education – Metal Fabrication Teacher

Application Deadline: November 8, 2013

Competition: JP-2013-009

Position Summary:

Seabird Island Community School - Adult Education Centre, situated 130 kilometres east of Vancouver in the Fraser Valley, is seeking a qualified teacher to provide Metal Fabrication instruction to adult learners completing their B.C. Adult Dogwood. Position will run November 2013 until the end of June, 2014.

Qualifications/Requirements:

- Preference for candidates who have experience in teaching in a Kindergarten to Grade 12 First Nations context;
- Experience teaching Metal Fabrication courses in a B.C. Dogwood/Adult Dogwood setting including preparing students for industry examinations;
- Metal Fabrication certification;
- A minimum of 5 years experience in the metal fabrication industry.
- Ability to work with students with diverse needs;
- Excellent communication skills, both verbal and written;
- Knowledge/respect of Sto:lo Culture,
- High professional and ethical standards;
- Successfully pass Criminals Records check;
- Strong leadership skills;
- Strong classroom management skills;
- Team player
- Preference will be given to those individuals with a Bachelor of Education or equivalent and those with membership in or ability to become a member of the Teachers' Regulation Branch.

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry

Accepting applications until November 8, 2013 4:00 pm

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

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

**Human Resources - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0
Please quote competition JP-2013-014**

Phone 604-796-6814

Fax 604-796-3729

humanresources@seabirdisland.ca

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

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

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

AGREEMENT

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

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

DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Sandy Bobb

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

Health Comics



Quote of the month

“Flurries early, pristine and pearly. Winter’s come calling! Can we endure so premature a falling? Some may find this trend distressing- others bend to

say a blessing over sage and onion dressing.”

[-Old Farmer's Almanac, The Old Farmer's Almanac 2013](#)

Telxwi:ts/ November

Birthstone: Topaz

Color: Colorless and variety of colors including golden

Sign: Scorpio October 24 - November 22

Flower: Chrysanthemem

Halq’emylem Word Search

Ó	E	T	Y	:	S	S	E	L	H	Í	L
S	M	S	É	:	P	M	E	'	W	Q	:
T	Q	'	Á	P	'	Í	Ó	K	E	Ó	Q
S	L	P	T	X	É	T	H	'	X	E	T
É	X	:	T	H	L	É	'	P	E	É	Á
L	E	W	Í	W	X	L	E	'	S	T	S
:	É	'	L	X	W	E	E	E	H	I	M
E	K	H	E	L	E	E	É	I	K	T	E
M	S	E	K	Á	M	'	Y	Ó	S	S	S
E	M	Q	I	L	L	E	Q	E	T	W	T
S	Í	:	S	I	L	Ó	M	E	T	H	Í
Ó	:	Ó	X	H	S	H	X	W	'	É	Y
M	H	Q	'	M	É	W	S	É	X	Q	E
T	E	S	Ó	E	W	Q	E	Q	L	É	X
M	E	'	L	T	:	Ó	'	P	S	S	W

- Q'ÁP'** – Addict
- TEMHILÁLXW** – Autumn
- P'ÉLH** – Aware
- SIKÓ** – Cigar
- SIKELÍT** – Cigarette
- SMESTÍYEXW** – Conscience
- STÓ:QW'EM** – Cough
- SÍ:SILÓMET** – Dangerous
- ÓWESTEXW** – Deny it
- SQÓ:QE** – A drink
- SXÉLH** – A wound
- SHXW'ÉYELH** – Healthy
- STHÁTHIYEL** – Blood
- STSÉL:EM** – Liver
- SP'ÉLXWEM** – Lungs
- YÉL:ÉS** – Tooth, teeth
- Q'EQ'EXÍ:LT** – Elderly
- STS'ELXWÍWEL** – Organs
- SP'Ó:TL'EM** – Tobacco
- XÉTH'XETH'** – Temper

YOO HOO - Mystery Incentive - WIN A PRIZE!

All Seabird Band Members and 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.

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

Last months winner was: none received!

Name: _____

Phone #: _____

Submissions due: by 4 p.m. Tuesday November 12th
Draw Date: November 13th, 2013

Seabird Address OR SIB Status #: _____



'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 Cards contact Linda McNeil-Bobb, *Membership clerk to book your appointment.* Appointments are **Tuesdays & Thursdays**

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 pm
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.

It takes more energy to be mad and less energy to be happy, so use your energy wisely.



Find Seabird online!

www.seabirdisland.ca

Website:



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.

Seabird Community Yoo Hoo Newsletter:



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.

Tips:

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

NOT COOL!



Say NO to Drugs and Alcohol!

Long Term Effects of Drugs

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

Long Term Effects of Alcohol

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

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

Sexual Assault,

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

Stay in control of your own fate!



Created by Seabird Health
www.seabirdisland.ca

