



Aboriginal Provincial Canoe / Kayak Championships

Seabird Island hosted a successful 2013 Aboriginal Provincial Canoe Championships from September 21-22. 38 participants aged 9-18 years from all over BC competed for a spot on Canoe and Kayak Team to represent BC at the 2014 North American Indigenous Games.

The youth who qualify for NAIG will be competing against other youth from all over North America next year in Regina, Saskatchewan. The 2013 Aboriginal Provincial Canoe Championships was made possible by the partnership and sponsorship from the Aboriginal Sport, Recreation and Physical Activity Partners Council and Canoe Kayak BC.



more photos on page 2

Council will meet with any members who want to give voice to our community needs on **Tuesday October 1st** see page 4 for more info...

CLOSED

We will be closing programs and services on:

Monday October 14th
to observe Thanks Giving Day.

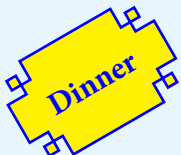
Monday November 25th
for Staff Development Day
Staff please arrange childcare as the Day-care will be closed and it is Pro D Day.

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Band Quarterly Meeting

October 16th
from 5 p.m.



Please Join us for Dinner, Door Prizes and Updates.

The Annual Halloween Party will be held in the Band Office gym on Wednesday, October 30, 2013 from 5:30-8:30pm.

Come join us for a fun filled three hours of Halloween games, activities, and snacks!!!

The costume contest will be drawn at random and begins at 5:30 so dress up in your Halloween best for a chance to win a prize.

Aboriginal Provincial Canoe Championships Champions



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

Elders' House of Teaching and Learning



Youth And Elders Meeting

The youth and Elders met for our first gathering/outing on September 23rd. There were 8 Elders, 14 youth and 3 staff members. Our Elders and Youth meetings are potluck. Our Elders group brought Ham, hamburger and gravy, butter tarts and apple pie. The youth brought dry fish, cake and berries.

We would like to meet every 2nd Wednesday at 4:00 p.m. Starting on October 9th and October 23rd.
Please call if you need a ride
604-997-0501

Thank you all for attendance, we look forward to seeing more Elders and youth in attendance as our program continues ☺

We drew door prizes at the Elders and Youth dinner, these were the Winners :

- Andy Louie – Produce (donated back)
- Leddy McMartin – Subway
- Wayne Bobb Sr. – Gas Bar
- Virginia Aleck – Gas Bar
- Lorna Prette – Gas Bar
- Tillie Henry – Produce
- Felix Harry – Subway
- Gavin Peters – Subway
- Istvan Thomas – Subway
- Ricki Sam-Greene - Subway

On September 18th the Si:west ye Selyolexwe Elders House of Teaching and Learning held their Grand Opening Ceremony. At the opening they recognized the Elders and workers that assisted in getting the Elders House of Teaching and Learning to where they are now. Congratulations to the Elders and workers this is a great accomplishment!

Upcoming Community Events

Mark your calendars, you are invited to attend the...

Community Halloween Party
October 30th
5:00 p.m.

Band Quarterly Meeting
October 16th
5:00 p.m.

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

Elders Bakes Sales

Every Tuesday and Thursday, all baked items or soups etc.

Starting in October we will be offering **Breakfast on Thursdays only.**

If you have donations for pick-up please call 604-997-0501.

Mediation Report



Ey swayel!

The Chief and Council and the Concerned Committee would like to inform our members that we are working together to build a better community and improve our communication with all our members.

Community consultation is key to making good and fair laws and ensuring that members are given sufficient notice and material to have meaningful say in policies and laws. We will work to keep members better informed in our governance document and the currently revised policies on land, finance, human resources, housing and education.

The Council and the Concerned Committee for the betterment of Seabird with the able assistance of mediator Steven Point is working on developing a plan on how to address all the issues. Honest dialogue and positive solutions will bring changes in communication and meaningful input from all our members.

**Council will meet with any members
who want to give voice to our
community needs on
Tuesday October 1st
at 6:30 p.m. in the gym.**

Steven Point will chair our meeting and minutes will be taken of all input from our members.



Agassiz School Bus Notice

Dear families of students on the Seabird and Sts'ailes buses

RE: Bus drop off locations

To ensure the safety of all our students, bus drivers can only drop off students at the **regular drop off locations**. This also includes the Band Office and applicable places of daycare and/or after school care.

To maintain safety, we cannot offer drop off services at other homes/locations as this often causes confusion and therefore, puts students at risk. **If someone other than the regular caregiver will be greeting the student when they arrive, please have them meet the bus at the regular drop off location.**

Thank you for your efforts with this.

Regards,
Chris Wejr
Principal
604-796-2161

Just to clarify...

Regular bus stops will still remain in effect, however if you are not home and wish for your child to be dropped off at grandmas,.. this is no longer an option. In this case please have grandma pick-up the child at their regular bus stop.

The only options for alternative places to have your child dropped off is the: Band Office, Day care or Out Of School Care.



School Bus Safety Rules

Remember to respect the safety rules of the school bus.
Its for the safety of all our children!

DRIVERS:

- DO NOT PASS a bus with flashing lights or a stop sign out.
- Stop a safe distance from the bus.
- Always watch for children crossing the road, and running along side the road.

KIDS:

- NEVER go under the bus for anything!
- ALWAYS cross a good distance in front of the bus, never behind the bus (cars are less likely to notice you cross from behind the bus).
- LOOK BOTH WAYS before crossing the road.
- NEVER run along side the bus or after the bus.
- BE GOOD on the bus; stay in your seat and be quiet; when you distract the bus driver accidents can happen!



Status Card Update

Seabird Island Band is currently out of supply of blank status cards. Individuals wishing to renew or apply for the new status card are encouraged to contact Aboriginal Affairs and Northern Development Canada (AANDC) directly at 1-866-553-0554. Application forms for the new Secure Certificate of Indian Status (SCIS) also known as the newest version of the status card are available online at www.aandc.gc.ca.

Thank you for your continued support and patience. We apologize for the inconvenience.

Seabird Island Band Member and Award-winning actress and playwright Columpa C. Bobb named VPL's 2013 Aboriginal storyteller in residence

by aanationtalk on September 24, 2013 - 56 Views

VANCOUVER, B.C. – Vancouver Public Library is pleased to announce Jessie Award-winner and two-time Dora Award nominee Columpa C. Bobb as its 2013 Aboriginal storyteller in residence.

Bobb has been acting, writing plays and teaching for more than 25 years, performing her original monologues and one-person shows across Canada.

A member of the Sto:lo Nation's Seabird Island band, she's the great-granddaughter of Chief Dan George and the daughter of award-winning poet, novelist and academic Lee Maracle; Bobb is most recognized for the role of Mary Cook on the CBC Television show *North of 60* and guest roles on the series *The Rez*.

Bobb has taught at numerous universities and high schools around the world and is a co-founder the Aboriginal arts training and mentorship program at the Manitoba Theatre for Young People. She now spearheads the Urban Indigenous Theatre Co. in Winnipeg.

"The artistic vibrancy of any community speaks directly to the collective spirit of its citizenry," says Bobb, a Winnipeg resident who has returned to Vancouver for her residency at VPL. "A library is very much the lifeline to this spirit, as it brings together and celebrates such diverse thought, knowledge, and people.

"It is an honour to be a part of such an inclusive sanctuary of imagination and enlightenment."

VPL's award-winning Aboriginal storyteller program was created in 2008. It is the first program of its kind at a public library in British Columbia and only the second at a Canadian public library.

"We are thrilled to have Ms. Bobb bring her remarkable talents and passion for storytelling and her vast experience as an artist, educator and cultural advocate to the program," says VPL chief librarian Sandra Singh. "The storyteller program provides a valuable opportunity for the library to honour and profile Aboriginal cultures and to promote intercultural understanding and engagement.

"Programs such as the Aboriginal storyteller in residence help the library to fulfill its mandate to connect people with each other, support a sense of belonging for residents, and foster social cohesion through learning, sharing and having fun," says Singh.

Columpa C. Bobb will make her first appearance as the 2013 storyteller in residence at the central library on Oct. 1, 2013, at 7 p.m.

Additional events, including programming related to the City of Vancouver's [Year of Reconciliation](#), will be held at library branches across the city until the end of December. Information will be available at all VPL branches and at [vpl.ca](#).

Vancouver Public Library is the third-largest public library system in Canada, serving nearly 350,000 active card holders across 22 locations and online at [VPL.ca](#) through ebooks, databases and other digital services. VPL is supported by the City of Vancouver, and the library recorded more than 6.3 million visits in 2012; patrons borrowed nearly 10 million items, including books, ebooks, CDs, DVDs and magazines.

VPL is dedicated to meeting the lifelong learning, reading and information needs of the residents of Vancouver.

Reference: <http://nationtalk.ca/story/award-winning-actress-and-playwright-columpa-c-bobb-named-vpls-2013-aboriginal-storyteller-in-residence/>



New housing policy takes effect

October 1, 2013.

Contact Housing department for your copy!

New rental rates take effect

October 1, 2013.

Please make an appointment with housing to update your file asap.

Maintenance Schedule:

- Check chimneys for obstructions such as nests before turning on your furnace
- Cover outside of air-conditioning units and shut off power
- Check and clean or replace furnace air filters each month during the heating season. Ventilation system, such as heat recovery ventilator, filters should be checked every two months.
- Cut those lawns the last few times to remove hiding areas for pests and rodents.

Seabird Island Band Housing Waitlist – October 2013

1 bedroom

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

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

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

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.



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



The Royal BC Museum provides FREE access for all First Nations individuals to all of their cultural heritage in the guardianship of the museum and archives.

Any member of a First Nation (through identification) will be provided with a complimentary ticket at the Royal Museum box office or through "Group Services" on-line, if it is a group of 15 people or more. Pre-booking makes it easier for groups of visitors to check in and gain access to the galleries faster when they arrive.

The Royal BC Museum is committed to the involvement of First Nations people in the interpretation of their cultures as represented in exhibits, education programs and public programming developed by the museum and archives.

They are currently working with the First Peoples Cultural Council and their First Nations Advisory Group on a new exhibition, *Our Living Languages; First Peoples Voices in BC*, scheduled to open in 2014.

Flu or Cold Symptoms?

When do I call the doctor with flu or cold symptoms?

If you already have flu or cold symptoms, it's important to call your doctor if you also have any of the following severe symptoms:

Persistent fever: This can be a sign of another bacterial infection that should be treated.

Painful swallowing: Although a sore throat from a cold or flu can cause mild discomfort, severe pain could mean [strep throat](#), which requires treatment by a doctor.

Persistent coughing: When a cough doesn't go away after two or three weeks, it could be bronchitis, which may need an antibiotic. Postnasal drip or sinusitis can also result in a persistent cough. In addition, asthma is another cause of persistent coughing.

Persistent congestion and headaches: When colds and [allergies cause](#) congestion and blockage of sinus passages, they can lead to a sinus infection (sinusitis). If you have pain around the eyes and face with thick nasal discharge after a week, you may have a bacterial infection and possibly need an antibiotic. Most sinus infections, however, do not need an antibiotic.

In some cases, you may need to get emergency medical attention right away. In adults, signs of a crisis include:

- Severe chest pain
- Severe headache
- Shortness of breath
- Dizziness
- Confusion
- Persistent vomiting

In children, additional signs of an emergency are:

- Difficulty breathing or rapid breathing
- Bluish skin color
- Not drinking enough fluids
- Lethargy and failure to interact normally
- Extreme irritability or distress
- Symptoms that were improving and then suddenly worsen
- Fever with a rash

It's important to know the difference between flu and cold symptoms:

Symptoms	Cold	Flu
Fever	Sometimes, usually mild	Usual; higher (100-102 F; occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Occasionally	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion; middle ear infection	Sinusitis, bronchitis , ear infection, pneumonia; can be life-threatening
Prevention	Wash hands often; avoid close contact with anyone with a cold	Wash hands often; avoid close contact with anyone who has flu symptoms; get the annual flu vaccine
Treatment	Decongestants; pain reliever/fever reducer medicines	Decongestants, pain relievers, or fever reducers are available over the counter; over-the-counter cough and cold medicines should not be given to young children; prescription antiviral drugs for flu may be given in some cases; call your doctor for more information about treatment.



“In learning you will teach, and in teaching you will learn” –Phil Collins

September 2013

Si:west ye Selyolexwe

Elders House of Learning and Teaching

“Elders teaching Elders”

Starting October 2, 2013

Join Elders as we gather to discuss important topics. Ten weekly gatherings are planned for the Fall series.

Deadline for enrollment:
September 27, 2013.

Every Wednesday Elders will be gathering in Seabird Island, Chawathil and Stó:lo Nation. Guest speakers, renown local Elders, will facilitate discussion on topics such as leadership and culture.

Videoconference will bring us all together.

LUNCH and TRANSPORTATION PROVIDED

Elders who cannot leave their homes can join. We lend computers and provide support..

Call us for more information

Ashley Armstrong
*Elders House of Learning and
Teaching Coordinator*
ashleyarmstrong@seabirdisland.ca

Phone: 604-796-2177 Local 5026

Heather McDonald
Elders House of Learning and Teaching Project Leader
heathermcdonald@seabirdisland.ca

Phone: 604-796-2177 Local 5033

Fax: 604-796-3729



How to Handle Your Child's Temper Tantrum

Remain calm enough to handle the tantrum properly. The worst thing parents can do is have a temper tantrum over their child's temper tantrum. Children need a calming influence, especially during a tantrum, and if you can't provide that, you can't expect them to calm down. Take a few deep breaths and wait at least a few seconds before deciding on a response.

Offer your child a choice of coping strategies. For example, your son wants ice cream, but it's too close to dinner. Say: "Johnny, you're really getting upset now. Calm down or you'll have to go to your room." You have given him a choice -- either control himself or, if he can't, retreat to a place where he won't influence others. If he makes the right choice (to calm down), remember to compliment him: "You asked for ice cream and I said no. I want to thank you for taking no for an answer." Conversely, have consequences and enforce them if he chooses to get upset. Guide him to his room and firmly insist that he remain there until he calms down, for example. This is easier with a two-year-old than with an eight-year-old, so the younger you begin the learning process the better.

Try to determine the cause of the tantrum. Tantrums can be triggered by a number of things, and the cause of the tantrum should help determine your response to it. If a tantrum is caused by hunger or sleepiness, you should feed the child or allow him or her to take a nap as soon as possible. If the tantrum is triggered by frustration or fear, you need to comfort your child. If the child feels ignored, spend some quality/quantity time with him, playing or reading, etc. If, however, your child is acting up because he or she can't get his or her way...

DO NOT reward the tantrum. If the parents give in,... tantrums become a launching point for the child—a way to deal with the world socially. If you allow yourself to be held hostage by

tantrums, your child will continue to use them long past the age when they would otherwise cease. Even if the child is throwing a fit because he hasn't received enough attention, don't reward the behavior now. Instead, resolve to make long-term changes to avoid future outbursts. Try not to panic or make concessions, but leave the scene, even if just for a few minutes. Go to the another room, even to the restroom to allow your child and you to regain control.

Resource: <http://www.wikihow.com/Handle-Your-Child's-Temper-Tantrum>

Explain to the child that you will talk to him or her when he or she calms down. This will help your child to understand that you are ignoring her because her behavior is unacceptable, not because you don't care about her. When the child calms down, fulfill your part of the bargain by discussing the tantrum and the child's concerns.

Discuss the behavior with your child once the tantrum has ended. While there's no use trying to reason with a child in the midst of a tantrum, you both can learn a lot by discussing the incident afterwards. Explain that the behavior is unacceptable.

Seabird Island Band

Free Legal Clinic



Want free legal advice?

Then call Genna at the Seabird Island Band office to make an appointment.

If you need help with

- *Child Protection
- *need help getting a lawyer
- *Custody
- or other family matter

Please drop in and visit Genna or call her at 604-796-2177 or

Toll free @
1-800-788-0322

Upcoming clinic dates

Oct 8 and 22

Nov 5 and 19

Dec 3 and 17

All are Tues pm
starting at 1:30

Legal
Services
Society





Pre/Post Group &

Prenatal Circle

OCTOBER 2013

Who can attend?

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

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

Questions? Call
1-800-788-0322

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Pre/Post 11-1pm Mill Hall SIB	3 Pre/Post 11-1pm Skwah	4	5
6	7	8	9	10	11 Prenatal Circle 1-3pm Elders Room	12
13	14 Thanksgiving Day	15	16	17 Pre/Post Squiala 11-1pm	18	19
20	21 Pre/Post Chawathil 11-1pm	22	23	24	25 Prenatal Circle 1-3pm Elders Room	26
27	28	29	30	31		

A-PALS

“Aboriginal Parents as Literacy Support”

Wednesday, Oct. 9th

Seabird Island Community members with children aged 6 mos – 6 years are welcome to attend a fun evening at the Mill Hall at 4:30 pm. We will begin with a delicious meal followed by a circle of songs and a story and end with several crafts enhancing literacy.

Staff look forward to seeing you
Wednesday, Oct. 9th, 2013

Baby/Daddy Bonding Tips

Alone Time

Head out to meet a friend, get a manicure or catch a yoga class. Daddy will gain confidence as he cares for your child alone for an hour or two. Daddy needs this one-on-one time with baby almost as much as you need a break!

Diaper Duty

Daddy can do diaper duty too. You can have some pretty awesome moments with your baby on the changing table. Those alert eyes, the kicking of the chubby legs, the adorable coos ... pretty soon daddy will be *volunteering* to change a stinker!

Night Nurse

Daddy can do the 3 AM feed its and excellent chance for quiet one-on-one time. And nursing babies sometimes need rocking against Daddy's non-milk scented chest to settle down enough to get back to sleep.

4's Pre-school

Seabird Island Preschool is delighted to have twenty children registered in the Preschool 4's. Program. Our children come from Sxhwowhamel, Cheam, Chawathil, Agassiz, Harrison, and Seabird. We are very fortunate to have Ernest and Robert driving our children. Dianne and Ronetta have been getting to know all the children the past few weeks.

We are delighted to have Kwozel from the Community School teaching the children Halq'emeylem language and culture each morning. The children are practicing songs

for Sto:lo New Year at the Community School on Thursday, Sept. 17th.

We continue to have the Seeds of Empathy program part of Preschool. Our Seeds baby is Armand Charlie with Mom Collette Charlie. Our first Family visit is Oct. 2, 2013.

It's great to have Pat, our cook, making delicious nutritious snacks and baking too.

Please watch for us out walking in the community!



Language Nest Pre-school

Seabird Island Language Nest Preschool 3's program has 20 children registered. Our children are bused with Ernest and Robert from Chawathil, Cheam, Agassiz, and Seabird. Donna and Jonny continue to teach the children Halq'emeylem Language and culture daily. This is a full emersion program which began on Sept, 23rd. We have been getting to know each other and learning about our families.



↑ Art Class

← Jonny Circle



Ashleigh Blane

Ey Swayel!

I began at Seabird Island last year as a Teacher's Assistant. I am very glad to be welcomed back this year as the 7/8 teacher, and the Jr. Dance and Sr. Art teacher. I have had the pleasure to meet many new students this year as well as reacquaint with students from last year. In Math we have been working on addition and subtraction skills. In Life Skills our focus has been on generating interview questions using open and closed-type questions, solving problems by using sources that are available to us, and taking and shifting positions about a given issue once understanding of the issue grows. In English we have been working on our reading skills using connection stories, decoding strategies and comprehension activities. In Social Studies/Science/English we have been learning about Ancient Greece with a focus on writing. Students are demonstrating their ability to define topic and conclusion sentences, sentences that give a reason, detail or fact, and sentences that explain; Lastly, in CAPP. We have been discussing how drums can keep us healthy and how the qualities of different animals could remind and help us to live a healthy life. In Jr. Dance we have been focusing on hip-hop. We are currently learning a hip-hop routine to the song "Good Feeling." The Sr. Art students have been working on cartoon drawings using pencil crayons and

paint. Students who are absent can go to moodle.seabirdisland.ca, click on "Ashleigh Blane," go to the current week and see what he/she missed for that class. I am looking forward to this school year!

Shawn Boyes

Éy swayel. I'm Shawn Boyes and I am excited to return to the school this year with a teaching position. I am teaching Social Studies and IT this year. Both are fascinating subjects that I hope the students will gain appreciation of. I've been excited to discover the numerous ways Stó:lō culture can be compared to great civilizations around the world with the Gr. 8/7 class. We've also had a chance to meet Ms. Jurgens who will be a student teacher with this class. This should be a great time of learning for all of us. The grade 9 students have been considering what war is and why it happens. More recently we have been considering free speech. The grade 10 students are looking at immigration and multiculturalism. British Columbia First Nations Studies 12 is a new course for me. This subject looks to have a lot of fascinating material available for it. I hope that I will have an opportunity to meet people in the community and have them share with this class as the year continues. The IT classes have been working with sound editing software the students are now both working on various music tracks – original and remixes.



As for my background; I began teaching in Northern Newfoundland as a teacher on call and special education teacher. More recently I had been teaching in Northern BC as a middle school teacher and as an IT teacher and coordinator at a small school. I am now looking forward to continuing my teaching at Seabird Island Community School. This is an exciting place to be a part of.

.....
Mr. Compton.

Hello Everyone! My name is Mr. Compton. I am one of the new teachers at Seabird Island Community School and I am so pleased to be here. It's great to be back into the school setting and seeing the students eager to learn. All classes have been underway full time since September 4th and math reviews have been taking place since then. Some students are struggling to get back into the groove of school and studying. However, I'm very optimistic that as we get back into our regular routines, most of the students will get on track and show positive results in the classroom.

The Grade 7 students are covering operations and decimal numbers, while the grade 8 students are focused on fraction operations. The grade 9 students will cover rational numbers, and the grade 10 students will go through unit pricing and currency exchange. My senior math 11/12 classes will explore

slopes and rates of change during the month of September. All in all, it should be an interesting and enjoyable time for everyone. I ask all parents to continue encouraging their children to work hard and make every effort to challenge themselves in the classroom and in life in general. Try to get your children to use some math skills at home or outside, such as at the grocery store or the shopping mall. There is so much they can see and do that is math related. If you need any ideas, feel free to ask. I always make myself available to the parents when it comes to helping their child succeed.

The P.E. classes are now underway. Students will be focused on soccer in the month of September. They will be expected to come to Tuesday and Thursday P.E. classes in full uniform and ready to participate. Encouraging physical activity is necessary if we intend for our children to lead active and healthy lives in the future. Go hiking, jogging, or simply take a walk around the community with them to continue promoting this. Now that the fall season is upon us, let's get outside and take in the beauty of nature. Let's try to encourage our students and children to stay physically active, be fit, and to have fun.

Thank you and I hope to be hearing from parents in the near future about the positive lifestyle their sons/daughters are living.

Mr. Compton



High School Science

Welcome to the new school year; we're off to a positive start already with students' organization, respect, and readiness to take advantage of the school and its resources. I have noticed already how many students have taken their growth in learning from last year and arrived ready to take the next step in a new grade. My role as always is to work with every individual in our school community to develop growing confidence and empowerment through focussed and supported learning.

Jonathan Sutton

Debbie McGregor

Ey Swayel

My name is Debbie McGregor. I am a high school teacher at Seabird Island School and this will be the 14th year teaching at this lovely school. I will be teaching grades 8, 9, 10, and 11 English, Fine Arts, sewing and Graduation Transitions. I look forward to a very productive school year. Please feel free to come to our class to visit or inquire about your child's progress.

This year in English will be studying 2 novels, numerous short stories, poems and articles. In art we will be studying

color theory, perspective and proportions of the human body. In Sewing we will be making numerous projects, varying in degree of difficulty, from PJ pants to grad dresses.

Please drop by to see our students' work.

*Kwas hoy
Mrs. D. McGregor*

Éy swaye! Éy tel sqwalewel kw'els kw'etslólé.

We are working on a variety of skills to improve our reading and comprehension skills in English 12 and will soon begin our short story unit.

*Éy cha te swayel.
Barbara White
- Vice Principal and Senior English
604-796-3061*

Seabird Youth Opportunities

Youth Worker:

Jessica Pettis
(604)378-1212

Hours:

Monday: 10 a.m. - 6 p.m.
Tuesday: 12 p.m. - 8 p.m.
Wednesday: 10 a.m. - 6 p.m.
Thursday: 1:30 - 9:30 p.m.
Friday: 1:30 - 9:30 p.m.

Youth Fitness Centre hours are:

Every Tuesday
from 5:30 - 7 p.m.
for youth ages 13-18.
Transportation can be provided
if needed.

Youth Drop-In

Every Friday night
at the youth trailer
from 5 - 9 p.m.
for youth ages 13 - 18.

Seabird Island Youth Council (SYIC)

will have two meeting
this month:

October 2, 2013
and
October 16, 2013

6 p.m. at the youth trailer.

****Youth council meetings will also be
potluck style, so please bring an some
food to share with everyone !*

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**

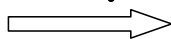


YOU DON'T HAVE TO BE READY NOW,
COME SEE US TODAY TO START PLANNING FOR YOUR TOMORROW!

**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

Leq'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



ZUMBA!!!



Every Thursday (beginning Oct 3rd)

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

Youth Fitness & Sports

Ages 13-18

Join other youth on Seabird for a night of exercise, sweat, and FUN!

Tuesday's 5:30pm-7pm (starting Sept 10th)

Seabird Band Office Gym & Fitness Center

No drop-in fee!

Contact Keena McNeil or Jessica Pettis for more information.



Hey Staff!!



Let's get active!

Intramurals every Tuesday 12-1 in the gym!

Join us for friendly sports!

Beginning Sept 10th

(No intramurals on Sept 24th due to events)

Contact Keena 6836 or email for more information & to be put on the list to be notified of which sport we will be playing weekly! No drop-in fees!



Hope to see you out!

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!



Start's September 30th, and occurs 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)

EVERYONE INVITED!

** Upon completion of each lap, pick up a poker chip to track your laps! **

Beat the Monday Blues with some sweat!

Contact Keena McNeil or Val Thomson for more information.





Fitness Gym & Recreation October 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 Open Gym (non-event days) 5:30pm-8:30pm	Zumba (12 years old+) 4:30pm-5:15pm Co-ed Hockey (16+) 7pm-8:45pm	Open 5:30pm-9pm Note: will close early if there is no client attendance	Open 9am-5pm Tiny Tots Free Play (0-4 years old) 9:30-10:15am Kids Zumba (5-12 years old) TBA Kidz Sportz (10-12 years old) 11:15am-12:15pm Note: will close early if there is no client attendance

Notice of Closures:

- Tuesday, Oct 1st– Rec closed, fitness open
- Monday, Oct 14th– thanksgiving; Both fitness center and recreation programs closed
- Wednesday, Oct 31st– Halloween; Recreation programs closed, fitness center OPEN

Please remember...

- Sign in & note payment type
- Put all equipment away after use
- Wipe all equipment used
- Wipe sauna after use
- Follow the fitness center rules
- Wear appropriate clothing
- Bring drop-in fees/ membership cards

Fees for all Recreation Programs & Fitness Center:

- Seabird Island Band Members: No fee
- Seabird Island Community Members & Staff: \$1 drop-in or \$15 unlimited monthly pass
- Non-Band/Community/Staff Members: \$2 drop-in/ \$30 unlimited monthly pass
- Saturday kids programs are a .25 cent drop-in fee
- ** Monthly pass includes unlimited access to all recreation programs, fitness center, sauna during open hours**
- See Keena for monthly pass

Potentially Upcoming in Near Future:

Earn your Xmas \$ Program (November)

Family Outing

Mixed Martial Arts

Steve Nash Basketball Camp

There is no fee for Youth Fitness & Sports (13-18) Night

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

Keena McNeil

Fitness center phone #: 604-796-6836

Benefits of Group Exercise

- Group exercise motivates people to stay on track!
- Social support allows you to have fun while working out, which can be tedious at times. In addition to bonding with your peers, you may even make a new friend.
- Group exercise challenges you to work your muscles harder and increase your endurance beyond *your perceived* limitations.
- Burn More Calories: When working out with a small group there is no place to hide and I doubt you want to look like the runt of the litter. That is why people push harder when exercising with others, translating that determination into increased calorie burn.
- Feel Happier, the psychological and physiological benefits of exercise feel nice. That's probably because the two types of benefits are related due to specific neurologic chemicals known to induce happiness: endorphins.

Beginner's Bootcamp!



Join us Wednesday's 12pm-1pm for a great chance to sweat!

Starting Sept 11th



Fees:

Seabird Island Band Members: Free
Seabird Island Community & Staff: \$1

Non-Band/Community/Staff: \$2

(subject to change)

Contact Keena McNeil for more information



Dead Man's Finger Sandwiches

A simple recipe for spooky, healthy, Halloween finger food

By Annabel Karmel

You will need:

- Thin sliced white bread, crusts removed
- Soft margarine
- Cream cheese or peanut butter
- Almonds
- Strawberry Jam

Gently flatten the slices of bread with a rolling pin to make them more pliable. Spread with a little margarine and some cream cheese or peanut butter. Roll up the sandwiches and make three indentations with a blunt knife to form the finger joints. Trim the ends of the fingers into a 'V' shape and stick an almond on to each tip with a little cream cheese to form the nails. Now for the gruesome bit - add a dollop of strawberry jam over the end of the finger for the blood!



Annabel Karmel



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!**

Chrystal Alexander and Meeshka Alexander turn 19, we are sad to see you go!

Lichelle Bird
Raven McIntyre
Seth Pettis-Adair
Tavis Thomas

Apologies for anyone that may not have been listed!
Jessica Pettis

UBC Learning Circle

June 27, 2013

UBC Learning Circle

SAVE THE DATES!



How to Participate

Join by videoconference OR computer webinar.

What's the difference? Click [here](#) to find out!

Register Now!

Click [here](#) to register.



Save the dates! The [UBC Learning Circle](#) is pleased to announce an exciting line-up of Learning Circles for Fall 2013. **All sessions are 10 a.m. to 12 p.m. unless otherwise noted.**

September 17: Dr. Georgia Kyba (First Nations Health Authority) and Rebecca Sodvi (First Nations and Inuit Health) present the "Traditional Wellness Strategic Framework"

September 24: Healthy Eating for Mental Wellness – presented by FNHI and FNHA

October 1 (Youth Learning Circle): Elder Gerry Oleman

October 2: Dr. Kim Rossmo - Aboriginal Youth in the Criminal Justice System – third in a series of Circles presented by the SFU First Nations Students Association (**Time TBD**)

October 8: Healthy Eating the Basics – presented by FNHI and FNHA

October 30: Aboriginal Midwifery – presented by Misty Wasyluk (Registered Midwife) & team

November 5: Healthy Eating in Pregnancy and Early Childhood – presented by FNHI and FNHA

Contact Us!

Got a suggestion for the Learning Circle? Let us know! Contact Crystal Morris, Aboriginal Education Coordinator at (604) 682-2344 ex. 63475 or email crystal.morris@ubc.ca.

Seabird Island Employment, Training & Social Development

Office: 604-796-6865
Fax: 604-796-3729
Toll Free: 1-800-788-0322

2895 Chowat Road
P.O. Box 650

EMPLOYMENT OPPORTUNITIES

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



COMPUTER USE—JOB SEARCH

All clients are welcome to use the computers in the Income Assistance office for job search and/or resume creation. If you require assistance please make an appointment with Jill or Pat. **Please note** Computers are strictly for Career Research and Employment Services.**

OCTOBER MEAT PACK ORDERS

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

TRADITIONAL FOOD PANTRY UPDATE

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

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

DRIVING

Ed Armstrong is the Driving Instructor/ICBC Liaison worker. He is helping students obtain their Learner's or New Driver's License. If you are canceling your appointment call 604-703-8253, Please provide 24-48 hours notice. **NO SHOWS** will forfeit their next appointment.

TRAINING OPPORTUNITIES

We will be offering the following Courses this fall:

Traffic Control	October 17&18, 2013
Forklift Operator Training	November 26&27, 2013
Confined Space Awareness	December 18, 2013

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



EMPLOYMENT PLANS

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

TENANCY AGREEMENTS

Please make sure that your Income Assistance file is complete. New Tenancy Agreements are now required.

INCOME ASSISTANCE INFORMATION

- * November 2013 cheque issue is ***Tues. October 29th 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.

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

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.



Seabird Island Band Employment Opportunity Posting






Position Title: Records / Membership Clerk
Department: Finance/Admin
Direct Supervisor: Records Manager

Summary














Under the direction of the Records Manager, the primary function of this position is to assist in the planning, coordination and delivery of records management, data monitoring and compliance reporting.

This position assists the Indian Registrar in maintaining the integrity of the information contained within the Indian Registry while providing membership duties for the purpose of issuing Certificates of Indian Status (CIS) cards to community members and maintaining an accurate SIB membership list.

Job Duties

-  Manage and maintain SIB records life cycle in accordance Records Management Policies and Procedures.
-  Answer inquiries relating to records management and membership.
-  Perform general office duties such as data entry, scanning, photocopying, etc.
-  Assist members with application process for new or renewing status card
-  Assist Returning Officer with Election process

Requirements

-  high school diploma, office administration certificate or diploma
-  excellent oral and written communication skills
-  working knowledge of office equipment and Microsoft Office Suite
-  ability to multi-task, set priorities and problem solve
-  team player and work independently
-  physically fit – heavy lifting involved
-  understanding of the demographics and geography of Seabird Island
-  excellent knowledge of the electoral district
-  understanding the use of electoral maps
-  familiarity with SharePoint would be a definite asset
-  general knowledge of Privacy Legislation
-  Driver's licence
-  Criminal Records Check

Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry

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

Human Resources - Seabird Island Band

P.O. Box 650 Agassiz, B.C. V0M 1A0

Phone 604-796-6814

Fax 604-796-3729

humanresources@seabirdisland.ca

Open until a suitable candidate has been found

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

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

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”

– Anonymous

“Even if you are on the right track, you will get run over if you just sit there.”

– Will Rogers

Tempo:kw / October

Birthstone: Opal

Color: White

Sign: Libra - September 24 - October 23

Flower: Calendula (Marigold)

Halq'emeylem Word Search

M	Ó	Q	W	E	L	E	H	S	'	Q	L	:	'	T
'	W	K	É	'	H	T	'	W	K	E	'	H	T	S
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E	Ö	É	L	L	E	M	E	W	K	Í	W	K	S	T

- St'emt'émteł – Cautious
- Stó:qw'em – Cough
- Lhá:wet – Cure him/her (Indian Doctor)
- Lha:w – Get cured
- Ehó – Got wrapped up
- Tempo:kw – Stó:lo New Year
- Qéletses – Dirty hands, Bad habits
- Lháłhewels – Indian Doctor working
- Shxw'éyelh – to be healthy
- Q'áp' – To catch a disease
- Kw'elōw – Skin
- Sq'óq'iy – Sickness
- Temhiláłxw – Autumn
- Lhéqw – Dandruff
- Q'oq'eyá:wtxw – Hospital
- S'í:kw' – Perish
- Sth'ekw'th'ékw' – Lots of sores, (possibly) rash
- Th'íth'ekwem – reaction, irritant, an allergic reaction
- Tskwíkwemel – reddish
- Słhóth' – scabies

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.

Submissions due: by 4 p.m. Monday October 7th
Draw Date: October 8th, 2013

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: Darlene Peters

Name: _____

Phone #: _____

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 Carol Hope, *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

October 31st
November 19th
December 4th
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.



Skin, Scabies & Other Scary Things

HEAD LICE

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

IMPETIGO

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

TUBERCULOSIS

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

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

Cover your cough to reduce spread.

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

SCABIES

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

Overcrowding is one of the health hazards affecting First Nation Communities. Examples are overcrowded housing as well as situations where there is close contact like in schools and sports. Contact your housing department if your house is too small overcrowded and/or overpopulated 604-796-2177

Contact your doctor for testing 604-796-2165

