



Agassiz Fall Fair Parade

It was nice to see so many Seabird Band and Community members participating in the Agassiz Parade. The pride you all showed for each of the floats you participated in was awesome. Keep up the great work!



Band Quarterly Meeting Wednesday, October 15th

Starting at 5 p.m.

Child minding provided.

Please RSVP for child minding by October 14, 2014 to Myra Seymour so we can arrange to have enough childcare providers.

CLOSED

We will be closing programs and services on:

Monday October 13th
to observe Thanksgiving Day.

Monday November 24th
for Staff Development Day
Staff please arrange childcare as the Daycare will be closed and it is Pro D-Day for schools.

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Band Quarterly Meeting

Wednesday, October 15th

Starting at 5 p.m.



Please Join us for Dinner, Door Prizes and Updates.

Child minding provided.

Please RSVP for child minding by October 14, 2014 to Myra Seymour so we can arrange to have enough childcare providers.

Agassiz Fall Fair Parade Continued



Sedin Twins Visit Agassiz

On September 13th the Sedin twins and their families visited the Kent School. They donated some money to the school for sports equipment. While the twins were here, they took some time to play a game with some of the attendees.

Lisa Mason's husband and son were some of the lucky ones who got to play. Way to go Dillon and Bryon!



Dillon won face off too and that's Bryon behind him



Dillon and Bryon again, Hendrick had dark shoes on and Daniel had white shoes on.



After they Scored

Chiefs Corner



The ground breaking was a huge success in building a partnership with other organizations outside of Seabird like the Esso.

We had everyone from the departments who deal with the building of Seabird there e.g. Econ. Dev., Lands, and Econ. Dev. board are moving

forward in getting things and working with other companies to get seabird to go all directions in everything we could do to improve in our community. I would like to thank everyone who came out to witness the ground breaking ceremony and support the Sq'ewqel Economic Development Department.

We have had a successful fishing season, many families where able to provide for their families and preserve some for the winter.

Chief and Council are still meeting every 4th Thursday of every month.

Our band has done a cleansing of the ECE buildings and Daycare on the Sept 17th. Steven Point and Gwen Point are the ones who helped with the cleansing and bless our buildings.

October has arrived really quickly; it's another successful year of the annual report that will be going out soon! You will receive your very own report before the Quarterly General band meeting. If you are not home during the delivery of the annual report, there will be more at the meeting that you could pick up. The meeting will be on the 15th in the evening.



The Stó:lō Business Match A Stó:lō Means Business Initiative

Ramada Plaza Abbotsford Hotel and Conference Centre,
36035 N. Parallel Road, Abbotsford, BC
Tuesday, October 28th and Wednesday, October 29th, 2014

Coming in October

Create Opportunities for New Business

The SBM is modeled from the Aboriginal Business Match and will connect Community decision makers (Chief, Councillors, Band Managers, etc.) and Aboriginal businesses, with the Private Sector and Government agencies funding Aboriginal business development. Delegates will have up to 20 appointment of 20-minutes in length, and includes workshops, meals and a wonderful Cultural Celebration at the Sumas Longhouse.

For more information about SBM, how it works, registration fees, sponsorship and more, please see our website.

How to Apply and Register – Applications to register can be submitted at: www.stolobusinessmatch.com

For more info, please contact:

- Suzanne Ellis – Stó:lō Community Futures: 604-824-5273 or sellis@stolocf.ca
- Raven Events and Communications: 604-483-3532 or info@ravenevents.ca



SCHOOL ZONES
30 km/hr 8:00 am - 5:00 pm

FINES

- Speeding fines in a School Zone \$196 - \$253
- Failure to stop for a bus \$167

School Bus Safety Rules

Remember to respect the safety rules of the school bus. It's 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!

Winterizing your home

- drafts can waste 5% to 30% of your energy use. Roll up a towel for the bottom of doors.
- Change Furnace Filters. Dirty filters restrict airflow and increase energy demand. Dirty filters also increase your chances of allergy attacks and catching a cold or flu.
- Run ceiling fans in reverse, sending the warm air pooling up there around the room, saving 10% of heating costs.
- Winterize or remove air conditioners.
- Install storm windows and doors or plastic your windows. Increase energy efficiency by 30% to 45%.
- Clean your furnace, Save 5% heating costs.
- Mind the thermostat for every degree cooler save 1 to 3% or \$180 / year.
- Caulk or weather strip your windows. Simple leaks can sap 5% to 30% of your energy.
- Insulate your pipes. Save your pipes from freezing and save on energy.

Seabird Island Band Housing Waitlist

OCTOBER 2014

1 Bedroom

1	12102013-2072
2	04012014-3108
3	04012014-2081
4	04222014-2083
5	07242014-1001
6	08082014-1002
7	08262014-1005
8	08262014-1006
9	08272014-1007
10	08272014-1008

2 Bedroom

1	11152013-2071
2	01022014-2074
3	01062014-2076
4	01072014-2077
5	01092014-2078
6	01312014-2079
7	02192014-2080
8	03122014-2081B
9	04222014-2083
10	05052014-2084
11	05302014-2085
12	06042014-2086
13	07282014-2087
14	07292014-3090
15	08082014-1003
16	08212014-1004
17	08262014-1005
18	08272014-1006
19	08272014-1007

3 + Bedroom

1	01032012-3057
2	11132012-2053
3	12192012-3076
4	01022013-3079
5	01032013-2056
6	02062013-3082
7	02082013-3083
8	02082013-3084
9	02252013-3086
10	03192013-3088
11	07102013-3090
12	12102013-3098
13	12102013-2069B
14	12312013-3099
15	12312013-3100
16	01022014-3101
17	01022014-2074
18	01032011-3103
19	01082014-2077
20	01162014-3104
21	01302014-3105
22	02212014-3106
23	02242014-3107
24	03142014-3108
25	05052014-2084
26	06042014-2086
27	07082014-3087
28	07142014-3088
29	07222014-3089
30	07292014-3090
31	08082014-1002
32	08152014-1003
33	09022014-1004

Don't know your number?

Contact Ashley Thompson 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.



REMINDER!

Housing applications must be renewed before JANUARY 1 each year to remain on the list!
Anyone who did not renew came off the list and must now reapply if interested

Fall Yard Chores

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Clean your gutters (remember to use a ladder and work with a partner holding the ladder) • Leaf cleanup (rake or mulch them up), leaves left on a lawn will kill your grass. Leaves promote the growth of mold or fungus and muddy holes • Cut your lawn one last time | <ul style="list-style-type: none"> • Change the oil, grease and spark plugs in your lawnmower. Lubricate your engine to prevent rust over the fall. • In early November fertilize the lawn to promote root growth and squeeze out weeds and moss. • Fertilize trees and shrubs |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



Siwes ye Selyolexwe

Elders House of Learning and Teaching

"Elders teaching Elders"

Dates for October Classes: October 1st, 8th, 15th, 22nd and 29th

This series will be focusing on Healing through our Traditional ways, with classes on Cedar weaving, drum making and much more.

Starts at 10:30 am and goes until 1:00 pm, *Lunch and any necessary rides will be provided.*

Elders who cannot leave their homes can also attend from home!



Call us for more information!!

Ashley Armstrong & Ralph Leon

Elders House of Learning and Teaching Coordinators

ashleyarmstrong@seabirdisland.ca

ralphleon@seabirdisland.ca

Phone: 604-796-2177 Local 5026



Awasis "A Sacred Journey"

On September 5th the Awasis "A Sacred Journey" came through Seabird Island.

Facebook pages: personal writings Awasis

Twitter: NDN_dr_rith

E-mail: dlerat65@gmail.com

Donna Laret nee Gamble decided, after hearing about Tina Fontaine of Winnipeg, that she needed to walk; walk for justice and walk for the grief in our communities.

She made a journey dress; the strips of red represent the blood of our people. She'll be carrying her fasting staff and walking in prayer. Supported by her husband, Marcel Lerat, she will be walking from Vancouver to Prince Albert... check daily with facebook pages Awasis and AWASIS "A Sacred Journey"

Donna is a mon, Kokum, Chapan walking for children, grandchildren and

great grandson and for the missing and murdered sisters and the future of our people in this country.

Each community knows what is needed so Donna asks that in journeying through that you continue to pray and spread the love to those who need the support. Any donations, monetary or other can be made via email or contact her at either her email, FB or twitter.

Donna is one woman / mom , Kokum, Chapan taking a stand because she decided enough is enough and she's compelled to action. The journey will go from BC to SK and continue in the spring to the East of Canada.



NEW! Sq'ewqel Gas Station - Ground Breaking!



Esso Representative Brian Winter, President Paul Andrew, Chief Clem Seymour

September 5th, at 1:15 pm turned out to be a beautiful day for the the Sq'ewqel Gas Station ground breaking ceremony that took place. Announcing the start of construction for the new gas bar expected to open January 2015. The Sq'ewqel Development Corporation had celebrated a big step towards new development, one of many to come as they expand and build new businesses on Seabird Island.

The event started off with an introduction of Brian Titus the Director of the Sq'ewqel Development Corporation and Master of Ceremony for this event, who introduced the welcoming song, and words from Chief Clem Seymour. Sq'ewqel President Paul Andrew welcomed

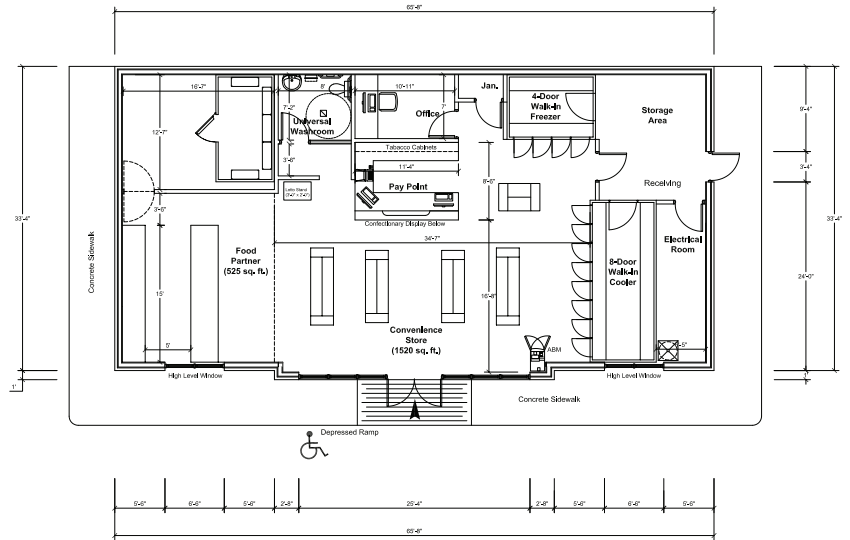
and thanked our banking funders; TACC, First Nation Trust and the Bank of Montreal. He also introduced Brian Winter from their partner company (Esso).

Included in the new Esso gas station will be a Mr. Sub and Country Style. Blue prints of the new Gas Station were posted at the event so attendees could get a sneak peek of the new building layout.

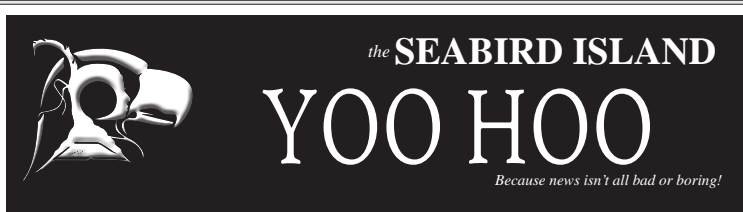
The event had a nice turnout with a variety of attendees including Elders, staff, community members, press and more. At the conclusion of the ceremony there was snacks and refreshments served in the shade of a couple tents.



Funders; TACC, the Bank of Montreal, First Nation Trust



First Floor Plan - C
Scale - 1/8" = 1' - 0"
Building Area = 2220 sq. ft.



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

All are Invited to: Family Court Process Info Session!

Drop by to meet with Bill Andrew and learn about how the court process works for Family Law.

He will be available for questions or private appointments as well.

Main Board Room @ Band Office

Nov 18, 2014

6pm – 7:30pm

Come out light snack and Great information!



Call Genna Joseph

At the Wellness Center

604-491-6687

for more information.

Seabird Island Preschool



The Seabird Island Preschool 4's Program has been in session for two weeks. The 20 children registered have had a great time during circle time, art, and outdoor play. Camile, the Halq'eméylem Language teacher from the Community School, visits the classroom each morning for a 30 minute cultural circle. We are delighted to have her share with us. Snacks are prepared daily by Pat our cook.

The Community school bus brings the children to Preschool each morning and Ernest or Robert drives the children to Day Care or home at noon.

The 3's Program started on the 15th with 13 registered to date. These little ones are so young however we all have a great time socializing during play time, snack time and Cultural circle with Mary.



Seabird Island Community School

Happy new school year!

Ey Swayel

My name is Debbie McGregor, and I have worked here at Seabird Island Community School for 15 years as a high school teacher. This year I am teaching English 8-11, Senior Sewing, Junior Textiles and Grad Transitions.

In English this term we are studying short stories, poetry and grammar. The Senior Sewing class has started making pajama pants and the Junior Textiles class has needle felted animals out of wool. In Grad Transitions we have been talking about healthy eating.

Please drop in or phone me if you wish to know more about what is going on in my classroom.

I am Bruce Relland, and I am currently teaching science. Within the classroom the grade 8 class has been exploring cells. The class has looked at onion root under the microscope and is currently dissolving the shell off an egg to use in an experiment on water movement. The Grade 9 class is looking at atomic theory and learning all about Bohr diagrams, including drawing them, to explain the composition of an atom. The grade 10 class is exploring ecosystems and biomes of the world. The science 11 class is slowly working through scientific principles as they are linked to the natural world. Chemistry 11 is a new option class that I am currently teaching. They have been focusing on Grade 10 review currently, but will soon be branching out into the grade 11 curriculum. The junior elective computer class option is learning about safety on line, the use of Gmail and drives, and flip boom on the computer. I am very excited about this year. I can't wait to see how the students learn and grow.

Hello Everyone! My name is Mr. Compton. This is my second year as a teacher at Seabird Island Community School. I will be in charge of teaching all Math courses as well as Career and Personal Planning for Grades 9 students. I am so pleased to be back. 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 2nd with math reviews and new topics being covered daily. Most students are working hard and have started the year off right. I'm very optimistic that as we get back into our regular routines, the struggling students will get on track and show positive results in the classroom. I hope to make a lot of positive changes this year. With everyone's cooperation, I'm sure we can make this year very successful.

Mrs. Brawn would like to welcome all students and staff back from their Summer Break. To all of you who don't know me I am the High School Special Education Teacher. Before coming to Seabird Island Community School 21 years ago, I taught in the Mission, Surrey and Bella Coola School Districts. During my 21 years here I took 4 years off to travel in the U.S.A. and work at a family business in Northern British Columbia. Over the next few weeks we will be assessing many students. These tests will provide the starting point for your child Individual Education Plan; and, provide information for the teachers in terms of developing classroom curriculum specific to the needs of their students. As the year unfolds students should become more focused, self-directed and confident.

This year I will also be teaching Reading Mastery for Grade 8-10. The student textbooks contain a broad array of classic and contemporary selections for daily group reading. In the course of the program, students read 2 novels, as well as short stories, factual articles, biographies, myths, folktales and poems. Novels and other longer selections are divided into chapters and presented over a span of lessons. Students will be expected to take turns reading the literature, aloud, in class. A large part of our term mark is based on his/her effort while at school. Please drop in to visit with the teachers and see what your child has completed in his/her classes. I consider it a privilege working with the Seabird Island Community again. I really enjoy meeting and working with the children of students that I had taught many years ago. We look forward to seeing you at our school events throughout the year.

Yalh yexw kw'as hoy
Mrs. Brawn

Ey swayel, Welcome back to our returning students and welcome to all of our new students! I would also like to welcome our returning and new teachers. Welcome Mr. Relland and Mr. Swaney. What a joy it is to see everyone back at school again. Ts'ithola to all the parents who came out to the welcome back parent/teacher meet and greet. Ey tel sqwalwel kw'etslala! As always, we jump in with both feet straight away and begin a new year of studies. In our senior English class, we are studying short fiction and non-fiction, reviewing grammar and learning literary terms. Please feel free to stop by the school and meet us.

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

Seabird Island Community School



Over past years 8 years that I have been teaching at Seabird Island Community School, I have seen a tremendous growth in the preparedness of children for Kindergarten. I know there has been a significant initiative into how best to prepare your children for school. I would like to acknowledge all the efforts put in by the families, caregivers, Preschool Teachers, ECE teachers, Daycare staff and the community for a job very well done. Each year the children are more and more ready to learn by the time they arrive at our doors. With all of the hard work and care that has already been put into the development of these young ones, I am very optimistic for their progress and success. For our part, the educational team at Lalme'lwesawtexw is honoured and excited to help keep the momentum of this learning going.

Jennifer Nielsen
Kindergarten Teacher

This is my first year teaching at Seabird Island Community School. I am new to the Fraser Valley after moving here from my 4th summer of forest firefighting based out of Burns Lake. I'm thrilled to be here in the valley and exploring everything the area has to offer. Currently I am teaching Physical Education from Kindergarten all the way up to Grade 12. I also teach math and Matt 10 Mastery, as well as two electives Sr. Leadership and Jr. Introduction to Outdoor Education. I am excited about my classes this year at Seabird and looking forward to a great school year!

Go Eagles!
Mr. Swaney

Seabird Island Community School participated in the Agassiz Fall Fair Parade Float and placed 1st!

A big thank-you to parents, students and staff that made this event happen!

Everyone enjoyed the morning of drumming & singing and passing out candies!

Miss Eustache



June Provincial Exams marks are in. 98% of all students at Seabird Island Community School students in grade 10 and 12 passed all of their provincial exams.

Seabird Calendar of Events – October 2014

(S) Sxexlhath	(M) Yilawelhat	(T) Sthemelth	(W) Silhath
	<p style="text-align: center;">PLEASE NOTE:</p> <p style="text-align: center;">Safety is a priority!</p> <p>We need to keep staff safe so we can keep providing you with delivery services.</p> <p>On delivery days to the community, please ensure your pets are inside or chained-up away from the door to receive your deliveries.</p>		<p style="text-align: center;">1</p> <ul style="list-style-type: none"> • Pre/Post Natal Circle 11 - 1 pm • Elders House of Learning <u>Cedar</u> 10:30 am - 1:00 pm
5	<p style="text-align: center;">6</p> <ul style="list-style-type: none"> • Pre/Post Natal Circle Chawathil Gym 11 am - 1 pm 	<p style="text-align: center;">7</p> <ul style="list-style-type: none"> • Someone so Small 1:30 - 3:00 pm (Shxw'ow'hamel) 	<p style="text-align: center;">8</p> <ul style="list-style-type: none"> • Annual Report Delivery • Infant Massage 1 - 2:30 pm (Seabird Island) Mill • Elders House of Learning <u>Cedar</u> 10:30 am - 1:00 pm
12	<p style="text-align: center;">13</p> <p style="text-align: center;">Thanksgiving Holiday OFFICES CLOSED</p>	<p style="text-align: center;">14</p> <ul style="list-style-type: none"> • Flyer Delivery to Community • Elders & Youth Dinner 4 - 7 p.m. (Band Office) Cultural Workshop #1 	<p style="text-align: center;">15</p> <ul style="list-style-type: none"> • Infant Massage (Seabird Island) Mill • Quarterly General Business Meeting 5 p.m. Dinner & Child Ministry • Elders House of Learning <u>History of Stolo People</u> 10:30 am - 1:00 pm C
19	<p style="text-align: center;">20</p> <ul style="list-style-type: none"> • Pre/Post Natal Circle Chawathil Gym 10 - 11:30 am 	<p style="text-align: center;">21</p> <ul style="list-style-type: none"> • Someone so Small 1:30 - 3:00 pm (Shxw'ow'hamel) 	<p style="text-align: center;">22</p> <ul style="list-style-type: none"> • Infant Massage 1 - 2:30 pm (Seabird Island) Mill • Elders House of Learning <u>Hunting & Fishing 101</u> College • Elders & Youth Dinner (Band Office) Introduction
26	<p style="text-align: center;">27</p>	<p style="text-align: center;">28</p> <ul style="list-style-type: none"> • Elders & Youth Dinner 4 - 7 p.m. (Band Office) Cultural Workshop #2 	<p style="text-align: center;">29</p> <ul style="list-style-type: none"> • Mental Health First Aid Community Wellness • Infant Massage 1 - 2:30 pm (Seabird Island) Mill • Elders House of Learning <u>Drum Making</u> 10:30 am College

Seabird Calendar of Events – October 2014

:xws	(T) Sxe;o:thels	(F) Sheqa'tses	(S) T'oqw'tem
<p>Mill Hall SIB</p> <p>Learning & Teaching 10:30 pm College</p>	<p>2</p> <ul style="list-style-type: none"> • Pre/Post Natal Circle Skwah 11 - 1 pm 	<p>3</p> <ul style="list-style-type: none"> • Someone so Small 10 - 11:30 am (Seabird Island) Mill Hall 	<p>4</p>
<p>ery to Community</p> <p>10:30 pm Mill Hall</p> <p>Learning & Teaching 10:30 pm College</p>	<p>9</p>	<p>10</p> <ul style="list-style-type: none"> • Someone so Small 10 - 11:30 am (Seabird Island) Mill Hall • Pre/Post Natal Circle SIB Elders room 1 - 3 pm 	<p>11</p>
<p>1 - 2:30 pm Mill Hall</p> <p>Band Meeting</p> <p>ding Available</p> <p>Learning & Teaching College</p>	<p>16</p> <ul style="list-style-type: none"> • Stó:lō Days at Lalme'Iwesawtexw (Seabird School) 	<p>17</p> <ul style="list-style-type: none"> • Someone so Small 10 - 11:30 am (Seabird Island) Mill Hall 	<p>18</p>
<p>10:30 pm Mill Hall</p> <p>Learning & Teaching- 10:30 am - 1:00 pm</p> <p>er 4 - 7 p.m. ory to Painting #2</p>	<p>23</p> <ul style="list-style-type: none"> • Youth Night - Band Office - 5 - 8 p.m. • Elders Monthly Meeting 10 a.m. 12:00 p.m. (Band Office) 	<p>24</p> <ul style="list-style-type: none"> • Someone so Small 10 - 11:30 am (Seabird Island) Mill Hall • Pre/Post Natal Circle SIB Elders room 1 - 3 pm 	<p>25</p> <ul style="list-style-type: none"> • Fright Nights Meet at the Band Office at 3:00pm and return 1:00 am Cost is \$ 10.00
<p>Aid - Seabird s Centre</p> <p>10:30 pm Mill Hall</p> <p>Learning & Teaching 10:30 am - 1:00 pm</p>	<p>30</p> <ul style="list-style-type: none"> • Halloween Scare Event 5 p.m. - Gym • Mental Health First Aid - Seabird Community Wellness Centre • Elders Outing - TBA. Pick-up 9 a.m. 	<p>31</p> <ul style="list-style-type: none"> • Yoo Hoo News Delivery to Community • Someone so Small 10 - 11:30 am (Seabird Island) Mill Hall • Reapers Haunted Attraction 5:00 pm Meet at the Band Office Event is \$5.00 and please bring a canned food item for a donation 	<p>NOVEMBER:</p> <p>Community Outing:</p> <ul style="list-style-type: none"> • Chiefs Game. Nov 8th, Chilliwack Departure 4:30 p.m.

Seabird Island Community Services

Elders Monthly Sessions for October:

- October 14, Elders and Youth Dinner 4:00pm – 7:00pm (Band Office) Cultural Workshop#1
- October 22, 2014 Elders and Youth Dinner 4:00pm – 7:00pm (Band Office) Introductory to Painting #2
- October 23rd, Elders Monthly Meeting 10:00am -12:00 pm (Band Office)
- October 28th, Elders and Youth Dinner 4:00pm – 7:00pm (Band Office) Cultural Workshop #2
- October 30th, Elders Outing - TBA (9 A.M. Pick-Up)

House of Learning

(all sessions start at 10:30-1:00 located at college room)

- October 01, Elders House of Teaching and Learning -**Cedar**
- October 8th, Elders House of Teaching and Learning -**Cedar**
- October 15th, Elders House of Teaching and Learning -**History of Sto:lo People**
- October 22nd, Elders House of Teaching and Learning -**Hunting and Fishing**
- October 29th, Elders House of Teaching and Learning -**Drum making**

Youth Events for October:

Jessica Pettis has left Seabird Island Band as the youth worker and moved on to a new position with Xyolhemeylh. I wish you well and hope you attain all the success you deserve.

- **October 23- Youth Night**
Band Office Location. 5:00-8:00 p.m. Cost for the event is free and transportation can be arranged if youth need a ride. All youth need to RSVP to Myra by October 20th so we can order enough food for the event. Dinner will be provided to the youth and traditional teachings session. For more information please contact: Myra at 604-796-6813 or Angie at 604-796-6893.
- **October 25, 2014- Fright Nights**
Meet at the Band office at 3:00pm and return time of 1:00 am. Cost for the Event is \$ 10.00 Youth that would like to sign up for this event need to have Emergency Permission card filled out prior to the event please. For more information please contact: Myra at 604-796-6813 or Angie at 604-796-6893.
- **October 31, 2014- Reapers Haunted attraction** Meet at the Band at 5:00 pm. Cost for the Event is \$5.00 and please bring a canned food item for a donation for the gate at reapers. Youth that would like to sign up for this event need to have Emergency Permission card filled out prior to the event please. For more information please contact: Myra at 604-796-6813 or Angie at 604-796-6893.

Upcoming Events:

Chanea Gabriel has left the Community Events department to start her education path of Hospitality/ Event Planning. Best wishes Chanea with you new journey ahead of you.

- **Annual General Band Meeting**
October 15, 2014 Start time of 5:00 pm in the Band Gymnasium. Dinner and child minding provided. Please RSVP for child minding by October 14, 2014 to Myra Seymour so we can arrange to have enough childcare providers.
- **Sto:lo Days at Lalme' Iwesawtexw**
October 16, 2014; please contact Lalme' Iwesawtexw for more information at 604-796-3061.
- **Halloween Scare Event**
October 30, 2014, 5:00 pm in the Band Gymnasium. This year we will not be costume judging for the children. We will have prizes for the children as they go through the stations of interactive games.
The party this year will entail: Magician, Balloon twister, Snacks/ treats for the children for the children to make/ decorate, Halloween Crafts. Light meal will be provided and drinks. For more information please contact: Myra at 604-796-6813 or Angie at 604-796-6893.
- **Community Chilliwack Chiefs Game Outing** November 8th, 2014 Departure time of 4:30pm sharp, limited seating is available. If anyone would like to take their own vehicle and meet us there this is fine.
We would like to ensure we are aware that you will be driving on your own please. Dinner will be provided at McDonalds' before the game.
For more information/ RSVP please contact: Myra at 604-796-6813 or Angie at 604-796-6893

Community "Family Christmas Gift Card" Process 2014

We are establishing a process to help make the gift card process much smoother and easier for members living off reserve. This year you can call ahead of time to arrange for your gift card to be mailed out to you or allow another member to pick-up your gift card this year.

We would like all membership to email "membership" staff their requests and information to membership@seabirdsland.ca,

so your file can be updated and a verification process can be completed. For those who do not have access to email you can also call 604-796-2177 ext# 6851.

We will then start a listing of membership names that would like to have their gift cards mailed. Speeding up delivery time so you're not waiting during the holidays for your card to arrive.

Any Elders that would like to have their gift card delivered to their

home can also call membership to have this request noted for delivery. We will inform you the date and time that a delivery can be arranged.

We thank all membership in advance and if you should have a question about the process or need more information please do not hesitate to contact Angie Chapman or Margaret Pettis at the office at 604-796-2177.

WHAT'S THE DIFFERENCE BETWEEN ALL-SEASON, ALL-WEATHER AND WINTER TIRES?

Features	Winter Studded	Winter Non-Studded	All-Weather	All-Season
Severe Service Emblem <small>(meets Rubber Association of Canada severe snow performance requirements.)</small>				---
Weather Conditions	 Harsh winter conditions with lots of snow, ice and freezing water on the road	 Harsh winter conditions with lots of snow	 Milder winter conditions with heavy rain, snowfall that melts quickly, and slushy conditions	 Warm, dry and mild wet conditions
Season for Best Performance	 temperatures below 7°C	 temperatures below 7°C	 temperatures above and below 7°C	 temperatures above 7°C
Wet Ice				
Rough Ice				
Soft Snow				
Hard-Packed Snow				
Wet Asphalt (5°C)				
Stability on Asphalt				
Rubber Compound	Designed to stay soft in cold temperatures for ultimate grip on ice. Best choice for heavy snow and black ice.	Designed to stay soft in cold temperatures for ultimate grip on snow.	Designed to stay flexible in temperatures above and below 7°C. Provides excellent grip on snow, slush, wet roads and bare asphalt.	Generally, a harder compound in order to get longer tread life, which loses traction at 7°C and lower.
Tread Pattern	 Surface has holes with metal studs pressed in that grip icy roads for braking. Aggressive tread design and siping (hairline slits in the tread) grip snow and ice and push away slush.	 Aggressive tread design and siping provides stability by biting snow and pushing away water and slush.	 Aggressive tread design and siping provides stability by biting snow, pushing away water and slush. Also provides sensitive handling in warmer conditions.	 Tread pattern designed to reduce noise and provide a comfortable, low rolling-resistance ride during warm temperatures. In winter, snow and slush clogs the channels creating a slippery, unsafe surface for winter roads.



Winterizing Your Car

Better to be prepared than scared!

Winterizing your car when it snows is too late!

- Keep an emergency kit in your car. (coolant, flares, ice scraper, gloves, blanket).
 - Change to winter or all-weather tires (In Hope and North of Hope it is illegal to not have winter tires from Nov - March).
 - Check your cars belts and hoses.
 - Replace windshield wipers and wiper fluid (Did you know wiper fluid comes in summer and winter blends).
 - Check your heater and defrost systems.
 - Keep your gas tank reasonably full.
 - Put in the right amount of Antifreeze.
 - Check your oil and possible change your oil (check your owner's manual when needs to be change).
 - Check your battery.
 - Check your tire pressure.
 - Keep a bag of salt or gravel in your vehicle in case you get in a slippery situation.
- ** If you ever find yourself skidding on an icy road, don't put on the brakes, even if your instincts tell you to do so. Instead, take your foot off of the gas and guide your car to safety by turning the wheel in the opposite direction you're skidding.***

Retirement

At the end of August 2014 the Practical Nursing class said farewell to a long time instructor. Sue Falconer has been with the program since the first course ran in 2011. She branched out at Seabird becoming part of the Mobile Diabetes Team balancing both positions. Sue retires this year and moves ahead with a life of leisure in the Okanagan. The staff and students of the past and present Practical Nursing programs wish Sue a happy and healthy retirement!



Welcome New Baby Boy!

Alexis Grace, Jay Hope and big brother Lyle Roper welcomed a bouncing baby boy into their family September 2nd, 2014. Pavel River Richard Hope was born at 2:43 in the afternoon weighing 8lbs 14 oz.



New Seabird Band Office Staff

*Correction from Last month's Newsletter,
sorry for the misunderstanding!*



I am the new Dentist at Seabird,
My name is Marwa Salman

I am a BC resident and a graduate of the University of Manitoba Dental school a few years back. I love being a dentist and I love hearing people tell me after their visit that they had a really comfortable experience. I have been here in Seabird for a couple of months and am always excited to walk into the clinic because I know that there is a great team here providing the best of care and I feel honored to be part of that. So if you are in any way anxious just let me know and I will do my best to make you smile. Besides work I enjoy spend time with my 3 little children aged 5, 4 and 8 months old. I love to camp and cook so please let me know your favorite recipe and I will give it a try.

I look forward to meeting you and your family here at Seabird Dental and making you hopefully look forward to seeing the dentist.



Shannon Leon
Seabird Island Health
LPN/Maternal Child Health

Hello my name is Shannon Leon, I am from Squiala First Nation. I am a graduate from the 2011 LPN course that was offered here at Seabird Island College. I was working here in the health office up until I went on Maternity leave and have returned as of July 21, 2014. I very much enjoy my position here as one of the health team staff. Recently I have joined the maternal child health team (Kwiyo:os) and am enjoying the new mommies, babies and families. I am looking forward to meeting old and new members of our surrounding communities. Please don't be shy to stop and talk to me as im open to meeting and chatting with anyone and everyone.

Band Quarterly Meeting

Wednesday, October 15th

Starts @ 5 p.m.

Dinner

Please Join us for Dinner,
Door Prizes and Updates.

Door Prizes

Child minding provided.

Please RSVP for child minding by October 14, 2014 to Myra Seymour so we can arrange to have enough childcare providers.

Where you not home when we delivered the Annual Reports? We will have some available for you to pick-up at the meeting. Quantities are limited, 1 per household!

Chunky Vegetable and Beef Chili

Serves 4, cook time 1 hour

What you Need:

- 2 pounds ground beef
- 1 onion, chopped
- 1 (28-ounce) can crushed tomatoes
- 1 (16-ounce) can pinto beans, undrained
- 1/2 cup water
- 2 tablespoons honey
- 2 large zucchini, coarsely chopped
- 2 red bell peppers, coarsely chopped
- 3 tablespoons chili powder
- 1 1/2 teaspoon salt
- 3/4 teaspoon black pepper



What To Do:

1. In a 6-quart soup pot, brown the beef and the onion over medium-high heat 5 to 6 minutes, or until no pink remains in the beef; drain off the excess liquid.
2. Add the remaining ingredients; mix well, cover, and bring to a boil. Reduce the heat to low and simmer an additional 45 to 50 minutes, or until the vegetables are tender, stirring occasionally.

* Can also add carrots and celery.

* Serve with bread, sprinkle cheese on top or even have over rice.

* Skip the beef and its vegetarian!

* A nice easy way to keep warm in the fall and winter chill!

Read more at <http://www.mrfood.com/Chili/Chunky-Vegetable-and-Beef-Chili-1059#dZB4TEGsvtL7AScw.99>



KNOW YOUR HIV STATUS



SAY
YES ✓
TO THE TEST

FREE
HIV
TESTING

Free, Fast and Confidential

HIV Testing

Contact your CHR or

Seabird Health Nurse Lisa Walberg

1-800-788-0322 Ext. 6832

Testing Available for Everyone



MENTAL HEALTH FIRST AID

DATE: October 29th and 30th

PLACE: Seabird Community Wellness Centre

Come in the office or give us a call to register if you're interested in learning more about Mental Health First aid. If you interested to learn how to help someone going through crisis such as:

- 1) Depression
- 2) Anxiety
- 3) Psychosis
- 4) Mood Disorders
- 5) Substance Abuse



Please sign up with either Joe Singh- Community Health Nurse or Maggie Pettis-CHR. The first 8 people registered and committed to attend will gain important information to help support a family or community member.

Employment Opportunity

Position Title: Seabird Island Community School - Adult Education – Halq'eméylem Language teacher (level 2)

Application Deadline: October 8, 2014
Job Posting #: JP-2014-063

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 Halq'eméylem instruction to adult learners completing their B.C. Adult Dogwood. Position will start September, 2014 in Chilliwack.

Qualifications/Requirements:

- Preference for candidates who have experience in teaching in a Kindergarten to Grade 12 First Nations context;
- Experience teaching adult learners
- Experience teaching Halq'eméylem courses in a B.C. Dogwood/Adult Dogwood setting including preparing students for examinations;
- 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 and who is a member of the BC Teacher Regulation Branch or who is a past Letter of Permission holder.

Pursuant to the Aboriginal Employment Preference Program, 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

Accepting applications until October 8, 2014.

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

Thanksgiving!

- Started 1578 with Martin Frobisher
- Before 1957 Thanksgiving was in November in Canada, but with the Canadian weather it got moved to the second Monday in October.
- Developed to give thanks for the harvest and other fortunes in the past year, or in Frobishers case, thankful to arrive here alive, as the trip from England was very dangerous back then.

Many people now-a-days use this day to give thanks to our families. This is an excellent time to bond and show each other your love and remember how important your family is.

Thanksgiving Dinner Maze



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 at the Wellness Center.

Oct 7 and 21

Nov 18

Dec 2 and 16

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

Legal Services Society



October is Domestic Violence Awareness Month!

November is Family Violence Prevention Month!

Domestic Violence affects everyone: children, youth, individuals, families, and the community. It has immediate and long-term consequences that can include serious mental and physical effects, the inability to function in society, financial turmoil and death.

Many people are living with domestic violence and thinking that they are the only people dealing with it. They are often embarrassed to get help or their resources are limited because the perpetrator doesn't want them to get help. It sometimes takes a long time before people are able to reach out and change their situation, but knowing what resources are available will plant the seed, even if they are not able to get out right away.

Show your support and awareness of this campaign by wearing the PURPLE RIBBON. The display of purple ribbons within our communities sends a strong message that there is no place for domestic violence in our homes, neighborhoods, workplaces or schools.

- A battering incident is rarely an isolated event.
- Men are approximately 40% to 50% of domestic violence victims.
- **1 in 5** women and **1 in 7** men who experience rape, physical violence, and / or stalking by an intimate partner, first experience some form of intimate partner violence between 11 and 17 years of age.
- Each year, over 40,000 arrests result from domestic violence —that's about 12% of all violent crime in Canada. Since only 22% of all incidents are reported to the police, the real number is much higher.
- Battering tends to increase and become more violent over time.
- Many batterers learned violent behavior growing up in an abusive family.
- 25% - 45% of all women who are battered are battered during pregnancy.
- 30% to 60% of perpetrators of intimate partner violence also abuse children in the household.

Bring Awareness to
Domestic Violence



SUPPORT
THE PURPLE RIBBON CAMPAIGN

**No Pity
No Shame
No Silence**

**Your life matters!
Speak up**

Wondering what YOU can do to Prevent Domestic Violence?

- Recognize inequality and encourage change
- Confront sexism, racism, ableism, classism, homophobia, transphobia, and all forms of oppression.
- Support men, women and children to empower themselves, to take control of their own bodies, wages and lives.
- Advocate for ending violence, poverty, homelessness and oppression.
- **Wear purple** - use this as a way to tell others why ending domestic violence is important to you.
- Talk it out! Talk about abuse with friends, family, and coworkers this week. Break the silence, show your support, and build a community that is ready to end domestic violence.
- Check in with your teens!

Domestic violence is a crime and the police take cases of domestic abuse very seriously. Always call 911 in an emergency.



Shine the light on Domestic Violence.

Purple lights campaign. Wear a purple shirt!
Blessing, Peace Walk, Tree lighting & more!
October 1st, 6:30 pm • Hope Memorial Park



Call the free **DOMESTIC VIOLENCE HELPLINE**

1-800-563-0808

Confidential • 24 hours / 7 days • Multiple Languages

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

ADVERTISEMENT RATES

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

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

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

Advertisement rates (per issue) for organizations:

	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$135.00
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$65.00
Full color 1/4 page (4x5)	\$18.75	\$32.50
Full color bus card (2.5x 3)	\$9.50	\$20.00
Greyscale page (8 x 10)	\$20.00	\$37.50
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$25.00
Greyscale 1/4 page (4x5)	\$10.00	\$17.50
Greyscale bus card (2.5x 3)	\$ 8.00	\$12.50

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

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

AGREEMENT

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

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

DEADLINES

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



Quotes of the month

October is the fallen leaf, but it is also a wider horizon more clearly seen. It is the distant hills once more in sight, and the enduring constellations above them once again.

Hal Borland

Nothing great was ever achieved without enthusiasm.

Ralph Waldo Emerson

Tempo:kw / October

Birthstone: Opal
(Tourmaline, jasper, zircon, aquamarine)

Color: White / yellow varied

Libra: September 24 - October 23

Flower: Marigold

Halq'eméylem Word Search

YOO HOO - WIN A PRIZE!

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

Submissions due: by 4 p.m. Friday. Oct. 10th 2014
Draw Date: Tuesday Oct. 14th, 2014

Congratulations to last months winner Georgette Leo

Name: _____

Phone #: _____

Seabird Address OR SIB Status #: _____

This information is not kept it is only to verify if you are a Seabird Member,

October – **TEMCHÁLHTEL**

Get spooked – **XÉYSEL**

Autumn, Fall – **TEMHILÁLXW**

Candy – **KÁLTI**

Cape – **LÓPÔS**

Coffin, box, trunk – **KW'ÓXWE**

Creepy – **XÉYXESEM**

Pumpkin – **PUMKEL**

Orange – **QWIQWOYELS**

Ghost or corps – **SPLOEQWÍTH'A**

Turnip – **SHXW'ÓLEWÚ**

Get frightened – **TH'ETH'IKW'THET**

Gravestone – **LAKKWÍ:L**

Graveyard – **SMEKW'E'ÁLA**

Jack-o-lantern – **SHXWÉLCHEP**

Lantern, torch, flashlight – **SLÁXET**

Pail, bucket, kettle – **SKW'ÓWES**

Pal, best friend, chum – **Q'ÓLEQ**

Pair of twins, pair of closest friends – **SQ'EQ'E'ÉLEQ**

Meet up with s-o – **CHÉMLEXW**

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'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

At this time we are not sure when the next clinic with Dr. Ahmed will be, please watch for further postings.

Siyosemot(Maggie)



ALCOHOLICS ANONYMOUS MEETING

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

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



HAVE YOU HAD A LOVED ONE PASS AWAY?

You will need to send a copy of the death certificate to the First Nations Health Authority, so that this person's card care will become inactive. Maggie Pettis is available to help you with this process.

Contact CHR; Maggie Pettis 604-796-2177

BUILDING BOOKING AND MEETING ROOMS

► **Angie and Myra** look 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 604-796-6893.

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

FIELD LIGHT BOOKINGS:

Call **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.

VOLUNTEERS REQUIRED

Please come and inquire with **Angie and Myra** 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.

DENTAL CENTER

Seabird Dental NEW HOURS

Effective: October 6th, 2014
Mondays: 8am – 5:30pm
Tuesdays & Wednesdays: 9am – 5:30pm
Thursdays: 8am – 5:30pm
Fridays: Closed

* Seabird Dental is accepting new STATUS PATIENTS.

Tuesday

WALK-IN PAIN CLINICS

Every Tuesday afternoon from 1 - 5 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.

GARBAGE SCHEDULE

COMPOST, RECYCLE, and REGULAR GARBAGE:

Pick-up Monday only

Miss Garbage day? Drop off at the Depot!
The Depot is open 9 am - 3 pm Tuesdays
(By the cattle farm)

MAJOR GARBAGE: First Wednesday of each month (sign-up at the Band Office with Ashley Thompson)



If you need a **Bin dropped off** for your major cleaning:

Contact Ashley Thompson at 604-796-6932, or e-mail: ashleythompson@seabirdisland.ca, or at the office put in a request in writing.

FIRE PRACTICE

Tuesdays 7pm-9pm
not Thursdays

PRINTING SERVICES

Seabird Island Communications Office is available to provide Band and Community Members with:

- Printing Services
- Copy Services
- Status Cards Photo
- Funeral Pamphlets
- Laminating
- Advertising

There is a small fee for these services, please contact us for more information 604-796-6838.

The Communications Office is located upstairs in the Band Office.



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.

Unfortunately ambulance bills will not be covered if you have been incarcerated (in jail cell). Please take note that the Ambulance Billing in Victoria know when you have been incarcerated just by the address provided on the billing. Please do not bring those in because I'm unable to assist as they will be denied and it will be the client's responsibility to pay.

Thanks for your attention on this matter.

Contact Maggie Pettis for more information at 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

BABIES MEDICAL CARDS

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

Contact CHR; Maggie Pettis 604-796-2177

NOTICE

NO SOLICITING PEDDLING DISTRIBUTION OF PAMPHLETS

All offenders will be reported and prosecuted to the full extent of the law.

By order of Chief and Council

Chief and Council assert there is to be no solicitation of any sort. Visitors need permission from Chief and Council to solicit door to door. If you get a questionable person knocking on your door you do not need to let them in. You have the right to close the door and contact the RCMP. There is an open file at the RCMP.

Community Safety is a Chief and Council priority, please contact us if you have any concerns.

Find Seabird on-line!

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

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



Created by Seabird Health
www.seabirdisland.ca

