

Live Fire Practice



OUR LOCAL HEROES

Community Members, are you interested in joining the Seabird Volunteer Fire Department?
 Come visit us at Tuesday Night Practice at 7pm

On October 18, 2014 the Seabird Island Fire Department participated with fire departments from Harrison Hot Springs, Popkum, and Agassiz in a live burn training day. The day started off at 08:00 with crew safety talks and then moved on to the site for live fire training evolutions. The building was an old barn that was renovated to house a living area, and had become unsafe over time. The Agassiz Fire Department was offered the structure to use for training, and finally burn to the ground. Seabird firefighters have joined Agassiz on other occasions at this location for training exercises in the past, practicing search and rescue techniques.

This Saturday was all about burning it down! The morning consisted of live fire demonstrations where firefighters were taken into the building and fires were lit. Firefighters learned about how fire behaves and grows, as well as how fast and hot rooms become when fully engulfed. Seabird Island firefighters were involved in many scenarios, and were able to

use equipment such as thermal imaging cameras to see how the temperature rises. As witnessed by the firefighters, temperatures reached were in excess of 800°C at the ceiling, and 200°C just off the floor. Just after noon the fire had gained a good hold on the structure and it became unsafe for entry so it was set ablaze. Firefighters then practiced their defensive fire techniques to control the fire and prevent any spread.

All in all there were 7 firefighters from Seabird alongside 29 firefighters from the other 3 fire departments.

SEABIRD FIREFIGHTERS INCLUDED:

- | | |
|-----------------------------|-------------------------------|
| Assistant Chief Leo Reyburn | Captain Daniel Harry |
| Firefighters | |
| Quentin Reyburn | Stacy Reyburn Quintana Gauley |
| Trevor Bobb | Dustin Charlie |

More Seabird Fire Department training on page 15.

INSIDE
 this Yoo Hoo

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All Offices CLOSED

Monday November 24th
For Staff Development Day

This includes:

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

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

Schools Closed Pro-D Day
Monday November 24th

Baby-sitters

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

You could make a few \$\$\$
Monday November 24th!



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved,
and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep,
though poppies grow
In Flanders fields.

~Written by Canadian physician and
Lieutenant Colonel John McCrae



Totem Pole Raising Seabird College & Adult Upgrading

SIWES TELI YE SEYWALELH
TEACHING OF OUR ANCESTORS

Thursday November 13, 2014

Time: 1:30pm

2818 Chowat Dr. Agassiz BC
Phone: 604-796-6839

PLEASE COME JOIN OUR CEREMONY

YOU ARE LOVED
YOU ARE VALUABLE
you are CRAFTED with
bEAUTY & purpose
I TREASURE YOU AND THIS WORLD NEEDS YOU
there is no one like you
you don't need to look like the rest
or talk like the rest
or be like the rest
THIS WORLD NEEDS YOU
THERE IS NO TRUTH IN THE LIE THAT YOU DON'T MATTER
YOU AS YOU ARE
you were put here for a reason.
YOU ARE loved
You were not an accident
YOU ARE NOT A MISTAKE.
--CURT MEGA

Flu Shots

are now available at the Seabird Band Office
and your local pharmacy



Drop in Flu Clinics

Tuesdays 1 - 4 p.m.

Flu shots are also available upon request
when a nurse is available
Monday - Friday 9 a.m. - 4 p.m.

Chiefs Corner



The Band Quarterly Meeting on October 15th had a pretty decent turnout, it was an interesting meeting. It went a little longer than expected, which is ok. We manage to discuss everything that our organization has done and what we provide the community. The main topics that were conversed are the reports of the programs

and portfolios of each council member. There were many questions and concerns brought to our attention. Council and staff will be acknowledging them shortly.

On November 7th the Seabird Island Community School will be celebrating this years Remembrance Day with the community members and staff. The ceremony will start off at the school and make its way to the band office. The memorial will begin at 11 am, followed with a lunch at the school.

Seabird College will be celebrating a pole rising on November 13th; the ceremony starts at 1:30 pm. There will be two totem poles being raised at the entrance of the college. Everyone is welcome to join!

National Aboriginal Addictions Awareness Week (NAAAW) is celebrated every November. So people learn how addictions affect them, their families, and our communities. We would like people to know how to take care of themselves and their loved ones. Seabird will be celebrating theirs all of November this year.

Zorana Edwards Shippentower

Membership Update

Great News we have status card stock. Contact Seabird Island Membership office at 604-796-6877 or e-mail membership@seabirdisland.ca to book your appointment.

REMINDERS:

1. Applications and picture services are by appointment only.
2. SI charges a \$20.00 administrative fee to all non-members seeking status card services.
3. Picture Services - \$10 per applicant.
4. Parents are reminded to register their new baby(s) as soon as possible.
5. Apply for baby status card when AANDC issues registration number.

APPOINTMENTS:

Membership office (status Cards) @ 604-796-6877 or membership@seabirdisland.ca

Communications office (status photos) @ 604-796-2177 ext. 5024 or kristyjohnson@seabirdisland.ca

FEES:

Status Cards: \$20 per applicant non-members not residing on Seabird Island

Picture Services: \$10 per applicant

To receive information which directly impacts Band and Community Members... Please pick-up and fill out the Seabird Standard Consent form for the disclosure of personal information and hand it into Membership.

Community “Family Christmas Gift Card” Process 2014

To help make the gift card process much smoother and easier for members living off reserve, this year, call ahead of time to arrange for your gift card to be mailed out or authorize another individual to pick-up your gift card.

Please email all requests to membership@seabirdisland.ca, for verification. For those who do not have access to email you can also mail in a letter or call 604-796-6851.

A contact registry will be compiled for the purpose of communicating with our membership.

This **does not** apply to status cards, we **cannot** mail Status cards.

Help us help you receive your Christmas Gift Cards quicker.



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. If you should have any 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.

Housing

Seabird Island Band Housing Wait-list NOVEMBER 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 |
| 11 | 09232014-1009 |
| 12 | 10032014-1010 |

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 |
| 20 | 10032014-1010 |
| 21 | 10142014-1011 |

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 |
| 34 | 09302014-1005 |
| 35 | 10072014-1006 |
| 36 | 10082014-1007 |

Maintenance tips for tenants

Before making a maintenance request,...

NO POWER!

Have you checked your fuse box?

There may have been an overload and the safety switch has been activated and needs resetting.

Have you checked that one of your appliances is not faulty? Unplug all appliances in the house. Reset the safety switch in the meter box. Plug in each appliance one at a time. If the safety switch clicks off then you know that there is a fault with that appliance and you need to get it repaired. Otherwise disconnect that appliance and plug in the next one until the faulty appliance is located. If the electrician attends to the job and finds the fault with one of your appliances, then you will be charged for the service fee.

If you live in an apartment or townhouse check if your neighbour has power?

NO HOT WATER

Have you arranged for the connection of your Gas or Electricity when you moved?

Have you checked the fuse in the meter box?

Have you checked that the water tap on the hot water system itself is turned on?

Have you checked to see if your pilot light has gone out? Some units can be easily relit; others may require a trades person.

LIGHTS ARE NOT WORKING OR POWER POINTS NOT WORKING

Have you checked your fuse box? If there has been an overload the safety switch may need resetting.

Have you replaced the light bulb?

STOVE ELEMENT IS NOT WORKING

Have you checked the connections to make sure they are not loose or dirty? Sometimes pulling the element out and cleaning them and putting back in again can fix the problem.

Don't know your number?

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

Note:

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

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



A tripped breaker will sit in the middle!



United Way

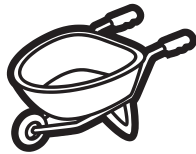
Better at Home is funded by the Government of British Columbia.

Better
of Home

United Way helping seniors
remain independent.

Stó:lō Territory Better at Home

Yard help for Elders



We are currently doing gutters and stacking fire wood!



Call Lenette Joe

Stó:lō Better at Home coordinator

604 796 2177, local 5021



United Way

Better at Home is funded by the Government of British Columbia.

Better
of Home

United Way helping seniors
remain independent.

Elders Fall Social Gathering Dinner and Dance

Where: Tzeachten Hall
When: October 24 2014
Time: 5pm to 9pm



Please Join us to:

- Share a meal
- Visit with each other
- Dance to old time music
- HAVE SOME FUN



Call for more information. We can help you get there!

Lenette Joe
Coordinator for
Stó:lō Territory
Better at Home
program

(604) 796-2177

Ext 5021

Email

lenette@seabirdisland.ca

Funded by government of Canada



Elders Profile



Name: Allen Peters Sr.

Born: St. Paul's Hospital,
Vancouver

Parents: Alfred Peters
and Mable Peters
(Ewen)

Grandparents, Father:
William Joe Peters

Grandparents, Mother:
Emma Williams

Age: 75 (Nov. 10th)

squealed on me all the time, so I left her! There was a Chinese kid there too and we had to leave him, cause he couldn't run; his legs moved but he did not.

- 2) We came home from fishing and by Lizzy's place there was an apple tree; and I seen a bear, so I climbed the tree to look where he went, my Dad came along and said "Look above you", so I looked, and there was a cub above me!

What was Seabird like when you were a child? What changes have you seen?

Back then we used to have meetings in the old school, they would send around a horse and wagon to pick us up. Seven different reserves were attached to us. Vincent Harris went to Ottawa and he changed it, so Seabird could be it's own! Things started to grow then!

Do you have one piece of Advice, Teaching or Message you would like to share?

When there is big changes on Seabird, people should be more involved; because Elders have lots to say and they know the History!

What is your favorite memory as a child?

I have a couple 😊

- 1) When I was 4 my dad brought me to St. Paul's Hospital, on the train, to get my tonsils out. Seeing all the Tall Buildings, I remember looking up at them! It took 5 days and my dad left me there, I was mad. He laughs. So, I escaped and only made it one flight of stairs. I took 3 kids with me. One girl,

Seabird Island Band National Addictions Awareness Month

YOU ARE INVITED!

Community Dinner

Date: November 12, 2014

Start Time: 4:30

Place: SIB Gym

Dinner, Door Prizes and Info Booths!

Please join us for an evening of food, speakers and the count down of sobriety!!!

We want to celebrate the joy of life for everyone in our community.

*For more information contact
Donna Watson or Lolly Andrew*

Community Walk for Sobriety

Date: November 19th at

Start Time: 11:15 am

Family Dance

Date: November 21st

Open to all 7:00 pm - 9:00 pm

Open to ages 12+ 9:00 pm - 12:00 am

Seabird Gym

Seabird Island A-pals



Our A-PALS gathering on Wednesday, Oct. 8th was very successful. Eight families a total of 39 arrived for a delicious turkey supper. The evening included songs, drumming, free play for the children while the adults participated in a discussion, and many crafts. Each child aged 3 – 6 years took home a delightful book.

The Next A-PALS gathering is Wednesday, Nov. 12 and we hope to see many Community families join us.



A Cup of Tea – Good for Your Health!



Green, black, oolong and white teas are loaded with polyphenols, plant-derived compounds that rev up the immune system and may protect against certain diseases, including arthritis.

Tea drinking boosts T cells' ability to react against bacterial and viral infections. This helps your body fight off colds and flu. This is good for people with rheumatoid arthritis, who are taking immunosuppressive medications that make them more susceptible to infection.

How much: Two hours after your last sip of tea, your polyphenol blood levels drop. Drink 7-8 cups over the day to keep these elevated.

Brewing Tip: To get polyphenol-rich tea, steep your tea in boiled water for 5 minutes, to extract all the benefits into the tea.

Green tea's antioxidants may help prevent the growth of cancers such as bladder, breast, lung, stomach, pancreatic, and colorectal; prevent clogging of the arteries, burn fat, counteract oxidative stress on the brain, reduce inflammation of arthritis, reduce risk of neurological disorders like Alzheimer's and Parkinson's diseases, reduce risk of stroke, and improves cholesterol levels. **Black tea** may protect lungs from some smoke damage, and reduce the risk of stroke. **White tea** has the most potent anti-cancer properties. **Oolong tea** lowers bad cholesterol levels, also used to aid weight loss.

More specifically; Chamomile tea: may help complications from diabetes, like loss of vision and nerve and kidney damage, and stunt the growth of cancer cells. **Echinacea:** fight the common cold. **Hibiscus:** drinking three cups daily lowers blood pressure. **Rooibos (red tea):** cancer fighting properties. **Licorice Root:** helps arthritis, sore throat. **Peperment and/or Thyme:** sore throat.

Seabird Island Preschool



Circle with Gamile

Seabird Island Preschool 4's Program has had an amazing month.

Camile, the Language teacher from the Community School visits the Preschool daily for language and culture circle.

Our first Seeds of Empathy Family visit was Thursday, October 10th. The children enjoyed meeting Baby Alice and Mom Stephanie. Sharon Joe is our Seeds Elder again this year. The theme was "Baby and Me".

Our next Seeds Circle will be held on November 13th.

We all look forward to seeing our Seeds Baby again.

The Pumpkin Patch field trip to Abbotsford on October 17th was great fun! Sixteen children enjoyed learning about pumpkins and apples. Each child chose a pumpkin from the pumpkin field and enjoyed the apple tour.

The children sang three songs for Sto:lo New Year October 16th at the Community School. They enjoyed listening to other groups sing and the band play. Our next concert will be at the Christmas Concert December 12th.

Each Thursday, during October, the children have been participating in Sport Ball at the Band Office Gym. The children have participated in many games and training with Coach Chris.

Seabird Island 3's Preschool is averaging sixteen children per day. Making bannock with Pat, and art with Mary or Jenny, are fun hands on activities. Mary participates as Culture and Language Teacher during class daily. Dance, drumming, and singing continues to be a favorite with the children.



Seeds Family Visit



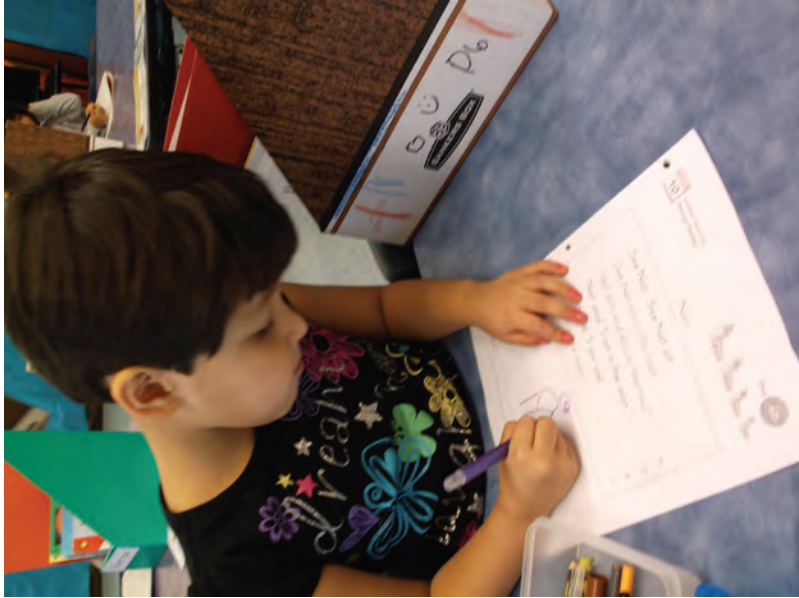
Pumpkin Patch Field Trip



Sto:lo New Year

Seabird Island Community School

McKerrow's Grade One Class whet to see the salmon spawning this month. We cheered for the salmon as they made their way up the river. We are also working on learning our shapes and working independently. The children are working hard and achieving so much for October!



Ey swayel, Siyamtelot tel skwix. Good day, **Siyamtelot** is my name. I am the iwesteleq(teacher) in the 1 /2, 4 /5, 6 ,8 and 10 grade classes at Lalme'iwesawtexw. I would like to share with you our class activities. All our **primary classes** have been singing **Ey tel sqwalewel st'i:lem, ts'i:thome st'i:lem, lewe el siyaya and ey latelh late lewe**. Grades 1 /2 have been working on printing the language in our new Halq'emeylém sounds and symbols work books. Learning how to form the letters accent marks and words. Practicing the sounds í, é, a, ó, u and õ. Spi:ls s'alhtel (vegetables) sth'i:m (fruit) what do you like? Yes, I like _____. No, I do not like _____. What colour is it(fruit or vegetable)? The grade 1/2 class worked on a colouring workbook to practice the colours and name of fruit they are learning in class. The grade 4/ 5 class had worked on a workbook about the sxo:yes(head parts). The students made give-away gifts for the Sto:lo New Year. The elementary students made magnets and made a "Happy Sto:lo New Year" poster. High-school made cedar bark roses, flower pens and fridge magnets.

Intermediates have been working on a workbook about them-selves titled a'eltha (Myself). They have started keeping a journal, practicing three phrases I choose to share with the class. We practice how to say the phrase in halq'emeylém and write the translation after we practice. These classes have been singing ey tel sqwalewel st'i:lem, ts'ithome st'i:lem, and qex te sth'oqwi has been introduced.

High-school grade 8 class has been keeping a journal; 10 phrases of the day, we have 3 classes per week. Our classes are Tuesday, Wednesday and Thursday. We have been practicing classroom phrases, simple greetings and a 1 minute conversation presentation. In class we have worked on worksheets to practice our sounds and symbols, phrases, conversation building and phrases.

Grade 10 halq'emeylém has been keeping a journal; practicing 10 phrases of the day. Sometimes a little shorter if the phrases are longer 7 or 8. Worksheets with key words phrases, sounds symbols and phrases. Students have practiced simple introductions and conversation in class.

Ey Swayel!

Sts'ó:wuselwet tel skwix. My name is Sts'ó:wuselwet. My English name is Camielle Laslo. Here are some highlights on the preschool, kindergarten, and grade one Halq'emeylém language classes. Firstly, in preschool, during circle time we have been singing songs, saying prayers, learning the colours, numbers 1-10, farm animals and baby farm animals; and Fall themed items, with a couple clothing items. Along with these words, we've read story books, and done activities with stuffed animals, and mini colouring books. Secondly, in Kindergarten, we have been saying, 'Plist te Sqepstet' prayer, Thanksgiving prayer, greetings, weather, colours and counting 1-10. Also, we have sung these songs: Ey tel

Seabird Island Community School



sqwalewal, Ey Latelh late lewe, Lewe el Siyaya, Ey Swayel tel Siyaya. Then, we have been learning Halq'emeylem qel (Alphabet), we have done: í, e, a, u, ó. The students have been working in their workbooks to help them with the Halq'emeylem qel. We have covered Fall items and coloured booklets, the students learned some animals, then coloured bookmarks. We coloured wolf pictures for Sto:lo New Years. Thirdly, in the Kindergarten/grade one class, we have been saying the prayers, singing songs, greetings, weather, colours and numbers 1-10. Also, we practiced stand up and sit down in circle time. These students have been working with Halq'emeylem qel in their workbooks as well. They have done: í, e, a, u, ó, õ. These students learned about Fall items and coloured booklets and practiced counting with Fall items. They coloured butterfly and fish designs for Sto:lo New Year. Since the beginning of school year, these students have enjoyed listening to books surrounding these themes. I have enjoyed working with these enthusiastic young language learners.

Yalh yuxw kw'as hoy!

Mrs. Brawn

Reading Mastery/Special Education Teacher

It is soon time to welcome November! Our students are excited about Term 1 reports, Remembrance Day, and all of the other wonderful "November things." Students in the Reading Mastery classes have been working hard.

Rapid and accurate decoding (reading fluency) is a prerequisite for good comprehension. Reading Mastery builds fluency by offering daily practice in oral and silent reading in a variety of contexts. Students begin each lesson by orally reading lists of words they will encounter in the reading selection for that lesson. Then individual students take turns reading the selection aloud. Later in the year students

will read the second part of the selection with a partner or silently. Individual reading checkouts after every tenth lesson allow us to monitor the student's progress in reading fluency. This format not only builds the students' reading skills, but builds his/her self-confidence as well.


Some students will be bringing homework home as well. Students will progress much more quickly when the lessons they have learned in class are reinforced at home. We are looking forward to having completed homework in our hand-in folder.

A BIG THANK-YOU goes to the parents that returned the Individual Education Plan letters that were sent home. We hope to meet with you on/or before December's parent teacher conferences to share new goals/adaptations selected for this term/year.

Mr. Swaney

Wow how time flies! The past month and half at Seabird Island has been fantastic. I am settling into my new position and have enjoyed getting to know both students and staff. In our high school PE classes we are just finishing up a Basketball unit and will be starting Volleyball next week. At the Elementary school we are continuing to develop our fundamental movement skills through a variety of engaging games and activities. Twice a week at lunch we have started a basketball club for intermediate students with an interest in the sport. Beyond school hours it looks promising that we will be forming a Sr. Girls Basketball team with games TBA. I am excited about the opportunity to start some teams at our school!

Seabird Community Calendar of Events – November 2014

| (S) Sxexlhath | (M) Yila:welhat | (T) Sthemelts | (W) Silhath |
|---------------|---|---|---|
| | <p>PLEASE NOTE:</p> <p>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>Pre/Post & Prenatal Circle</p> <p>Who can attend?</p> <p>*Expecting moms</p> <p>*Newborns up to 6weeks</p> <p>*Partners, Support Person and siblings</p> <p>Open to families living on reserve and transportation can be provided.</p> <p>Questions? Call 1-800-788-0322 or 604-796-2177</p> | |
| 2 | 3 | 4 | 5 |
| | <ul style="list-style-type: none"> • Meals on Wheels 5 - 6 pm | <ul style="list-style-type: none"> • Head Start 10 am - 1 pm • Dental and Doctor Walk-in Clinics • Elders Bake Sale Lobby 10 am - 2 pm • Youth Council - Youth trailer 6 - 8 pm | <ul style="list-style-type: none"> • Meals on Wheels 5 - 6 pm • Pre/Post SIB Mill Hall |
| 9 | 10 | 11 | 12 |
| | <ul style="list-style-type: none"> • Yoo Hoo Word search DUE • Food-safe class - register with Employment • Meals on Wheels 5 - 6 pm • Youth and Elders Session 4-7 pm Main Boardroom Band Office |  <p>OFFICE CLOSED Remembrance Day Stat holiday</p> | <ul style="list-style-type: none"> • Forklift Operator training with the Employment • Meals on Wheels 5 - 6 pm • A-pals • NAAAW Community 4:30 pm SIB Gym |
| 16 | 17 | 18 | 19 |
| | <ul style="list-style-type: none"> • Meals on Wheels 5 - 6 pm | <ul style="list-style-type: none"> • Head Start 10 am - 1 pm • Dental and Doctor Walk-in Clinics • Elders Bake Sale Lobby 10 am- 2 pm • Youth Council - Youth trailer 6-8 pm | <ul style="list-style-type: none"> • Meals on Wheels 5 - 6 pm • Community Walk for |
| 23 | 24 | 25 | 26 |
| 30 | <ul style="list-style-type: none"> • All programs are CLOSED for Staff Development Day (staff training and team building) including Daycare, Preschool, Schools, College OOSC, Band Office, Doctor, Dental,... • The Development Corporation being a separate entity from Seabird will remain OPEN this includes: the Gas Bar, Stqo:ya Construction,... | <ul style="list-style-type: none"> • Head Start 10 am - 1 pm • Dental and Doctor Walk-in Clinics • Elders Bake Sale Lobby 10 am- 2 pm • Youth and Elders Session 4-7 pm Main Boardroom Band Office | <ul style="list-style-type: none"> • Income Assistance • Meals on Wheels 5 - 6 pm |

Seabird Community Calendar of Events – November 2014

| :xws | (T) Sxe;o:thels | (F) Sheqa'tses | (S) T'oqw'tem |
|--|--|--|--|
| | | | 1 |
| 5 pm 11 - 1 pm | <p style="font-size: 24pt; font-weight: bold; text-align: center;">6</p> <ul style="list-style-type: none"> • Head Start 10 am - 1 pm • Pre/Post Skwah 11 - 1 pm | <p style="font-size: 24pt; font-weight: bold; text-align: center;">7</p> <ul style="list-style-type: none"> • Someone So Small 10 am - 11:30 am • Remembrance Day Ceremony • Youth Drop-in 4-9 pm - Youth trailer | <p style="font-size: 24pt; font-weight: bold; text-align: center;">8</p> <p>Community Outing: <ul style="list-style-type: none"> • Chiefs Game. Nov 8th, Chilliwack Departure 4:30 p.m. </p> |
| ining - register t Centre 5 pm y Dinner | <p style="font-size: 24pt; font-weight: bold; text-align: center;">13</p> <ul style="list-style-type: none"> • Forklift Operator training - register with the Employment Centre • Seeds Circle - Preschool • Head Start 10 am - 1 pm | <p style="font-size: 24pt; font-weight: bold; text-align: center;">14</p> <ul style="list-style-type: none"> • Flyer Delivery 8 am - 1 pm • Income Assistance - last chance to order meat packs this month • Someone So Small 10 am - 11:30 am • Prenatal Circle SIB Elders Room 1-3 pm • Youth Drop-in 4-9 pm - Youth trailer | <p style="font-size: 24pt; font-weight: bold;">15</p> |
| 5 pm Sobriety 11:15 am | <p style="font-size: 24pt; font-weight: bold; text-align: center;">20</p> <ul style="list-style-type: none"> • Head Start 10 am - 1 pm • Pre/Post Squiala 1 - 3 pm • Elders Mid-month Meeting: tentative Canada Pension 10 am - 12 pm Elders Lounge | <p style="font-size: 24pt; font-weight: bold; text-align: center;">21</p> <ul style="list-style-type: none"> • Someone So Small 10 am - 11:30 am • Youth Drop-in 4-9 pm - Youth trailer • NAAAW Family Dance 7 pm - 9 pm limited to ages 12+ from 9 pm - 12 am | <p style="font-size: 24pt; font-weight: bold;">22</p> <div style="text-align: center; margin: 10px 0;">  </div> <ul style="list-style-type: none"> • Salmon Festival Departing Office 9 am |
| 5 pm | <p style="font-size: 24pt; font-weight: bold; text-align: center;">27</p> <ul style="list-style-type: none"> • Chief & Council Meeting • Head Start 10 am - 1 pm • Elders Outing 8 am departure | <p style="font-size: 24pt; font-weight: bold; text-align: center;">28</p> <ul style="list-style-type: none"> • Yoo Hoo delivery 8 am - 1 pm • Someone So Small 10 am - 11:30 am • Prenatal Circle SIB Elders Room 1-3 pm • Youth Drop-in 4-9 pm - Youth trailer | <p style="font-size: 24pt; font-weight: bold;">29</p> <ul style="list-style-type: none"> • Motor Cross Outing departing Band Office 4 pm Cost \$7 |

Community Services - Calendar details

Youth Events Upcoming for November

- Youth Council will be happening on November 4th & 18th at the youth trailer 6:00 pm - 8:00 pm
- November 22nd Salmon Festival, there will be no cost to attend this event. Lunch will be provided for the day. Departing office at 9:00 am
- November 29th – Motor Cross outing will be departing the Band office approximately at 4:00 pm. Costing for this outing will be \$7.⁰⁰.
- Youth drop in will be starting up once again and will happen every Friday from 4:00 - 9:00 pm.
- For more information/sign up please drop in to see Johnny Williams or Karla Joseph at the youth trailer. You can also call them at 604-796-0198.

Youth and Elders Session for November:

- November 10th, November 25th from 4:00-7:00 pm at the Band office in the Main boardroom. For more information/sign up please contact Johnny Williams or Karla Joseph. Transportation can be arranged for those that require rides.

Elders Events:

- Mid month meeting will be held on November 20th, 2014 and tentative booking for Canada Pension to come out to speak to the group at this meeting.
- Elder's Monthly outing will be held on November 27th, 2014 8:00 am depart time
- Elder's bake sales are happening every Tuesday in the foyer from 10:00 pm - 2:00 pm
- Last outing was held on October 16th, 2014 with the outing to Nooksack Thanksgiving luncheon. There were a total of 17 elders that attended this outing. The elders very much enjoyed this outing.
- Elder Christmas Luncheon and Pamper day event December 22th, 2014 Pampering service will begin at 8:30 am and lunch to follow

Recreation/OOSC:

- OOSC there is a total of 26 children registered in OOSC thus far for the program. We have a new staff member Megan that has joined our team near the end of September. Our program has an average of 18-20 children that attend the program daily. If you are interested in having further information about the program please contact Keena at 604-798-2177 or Angie at 604-819-1944.
- 24ft has started once again in the community and will be running every Tues/Thurs in the band gym from 6:30 pm - 8:30 pm. It's not too late to join this program and is free for people to attend these sessions.
- Community outing has been planned for November 8th, 2014 to a Chilliwack Chiefs hockey game; Dinner is included for this outing. Limited seating is available from transportation but you are welcome to join us if you drive yourself. For more information please contact Angie Chapman at 604-796-6893.
- Evening recreation will be closed in the GYMNASIUM at the band office for the month of December to allow for our events. Fitness center will be open until December 20th in the evenings, and throughout holidays during office hours.

Band Events:

- Remembrance Day ceremony is being held on November 7th, 2014 at the Seabird Island Community School. For more information please contact the school at (604) 796-3061.



- Reminder to all community members that November 24th, 2014 all programs are closed for this day, including daycare, preschool, OOSC, band office, schools, doctor, dental, etc.

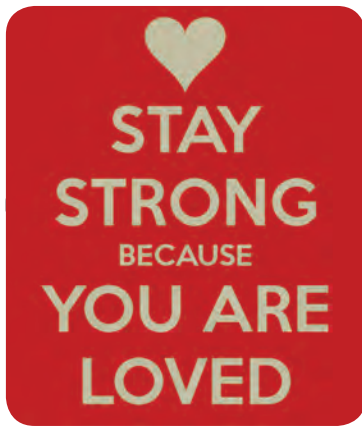
• Give or take clothing drive:

- Unfortunately, winter is upon us (or fortunately, if you like all the snow! Accordingly, we have clothing drive happening at Seabird Island Band right now -- for those of you who need to purge your closets of coats and jackets and clothes that don't quite fit anymore, the Community Services Department and Employment Center are accepting clothing donations. All collected clothing will benefit the Seabird Island Members in the community.
- There are many items available (at time of press) and pick-ups will be treated confidentially.
- For information on donating your clothes, please call Andrea at 604-796-6865 or Angie at 604-796-6893.

- **Community Christmas Pictures with Santa will be taking place on December 10th, 2014 from 5:00-7:00 pm.** So if you would like to have your children's picture taken with Santa please bring your child/children in and we would be happy to take a picture for you. The pictures will be handed out at the Community Hamper send out with gift cards this year.

- Christmas is forever, not for just one day, for loving, sharing, giving, are not to put away like bells and lights and tinsel, in some box upon a shelf. The good you do for others is good you do yourself

- **The Annual Community Christmas Dinner is set to take place on December 10th, 2014 starts at 5:30 pm.** The band is really trying to promote environmentally friendly event so if you could please bring your own cups, plates, utensils to the dinner that would be very helpful to us this year. We will be offering some prizes to families that partake in this please check in at the door to ensure you receive a ticket for the draw. After dinner Santa will be giving out gifts to children ages 0-12 years old. We ask parents ahead of time as well to please help us make the event more successful by talking with your children about running around and playing on the stage. We thank you all in advance for helping us makes this event safe and memorable for your family. Additional prizes will be drawn for canned food items donated at the dinner for our Community Christmas Hamper Drive Program.



members feel loved, but everybody needs to hear these words frequently to boost their self-esteem, confidence and to just feel good about themselves.

Repeating encouraging phrases like "I am so proud of you", "you are doing good", "keep working on it", "your nearly there",... also go a long way and are another way of saying, you are loved!

Saying "I love you" goes a long way!

These simple words "I love you" should be said to those you love every day you see them. People often assume their friends and family

We never hear enough how much we make life worth living for other people, and letting someone know is one of the greatest gifts we can give to them.

We love people for a million reasons, and it's important that we start making it okay to tell people you love them, that they matter.

A lot of the time we think that telling a friend that we love them would be "weird" or "creepy," but that's only because society has a lot of stupid rules about platonic love. Friend love is one of the greatest emotions in the whole world.

It's hard to believe that the first term is coming to an end soon. Math classes are moving along as scheduled. The Grade 8 and 9 classes are working with a new program called Saxon Math and they have been doing remarkably well with it. Students work in small groups in the classroom getting 20-25 minute lessons each day to cover new and previous topics. The aim is to continuously reintroduce all math concepts so that students are able to retain the information for a much longer period of time. The grade 10 students are currently preparing for their provincial exams in June. They will be assessed throughout this year in the same manner as the provincial exam. It is important for all Grade 10 students to remember that this is a provincial exam year for them in Math. They are building credits now for graduation. Their presence here is of the utmost importance if they wish to stay on track and finish with a passing grade. The grade 12 students are preparing to wrap-up their final year as high school students. There is absolutely no time to slack off if they wish to receive that graduation diploma in June. All their teachers are working hard to keep them on track and focused on that finish line that is quickly approaching. Students are enjoying their Food and Nutrition class this semester. I've seen quite a few delicious recipes coming out of our kitchen so far. Continue to work hard and push yourself as much as possible. The rewards of education are well worth the sacrifices.

That's it for now.

Mr. Compton



It has been great returning to the high school again to teach Socials. I certainly miss the students I was working with at the elementary school though – especially when they come to say “hi” when getting off of the bus on the mornings I’m out on bus supervision duty.

All of the classes have grown and have some good dynamics happening in them this year. Junior classes have been focusing on history. Grade 8's have been looking at the Middle Ages. They've studied castles, towns, guilds, the plague, and knights. They have shown a lot of interest in this era and have been working hard. Grade 9's have been studying the Industrial Revolution with a look into some of the problems that came up during that period – child labour, air pollution, slums, and poverty – while studying how these problems still affect many places in the world today. They also spent time looking at the positives of industrialization and some of the great inventions that came from the period.

Grade 10's have spent the last month looking at how we affect the environment around us. With a study of energy sources and use, development patterns, local food, our environmental footprints, and sustainable development.

Grade 11's are taking BC First Nations Studies this year and have been working through the first unit at a great pace. We are looking at how the various first nations around the province interact with the land and resources on them. We are focusing on the importance of the resources and using them

respectfully. Currently, we are working on creating games that represent traditional trade networks in the province.

Mr. Boyes



In the senior English class, we are working on becoming more careful and competent readers so that we can become proficient in decoding a wide variety of texts. We will soon use short fiction and non-fiction narratives to analyze synthesis texts. Synthesizing information requires a student to process and interact with information rather than simply copying information. Students are extracting information, then categorizing, combining and re-assessing the value of information while keeping an eye out for bias and oversights. We take this new understanding and make connections with our own knowledge and experiences thereby developing new meaning.

Éy cha te swayel

Barbara White M.A., M.Ed.

Vice-Principal

604-796-3061

Indigenous Community Planning Students

Greetings Seabird Island! We are the new Indigenous Community Planning students from the School of Community and Regional Planning at the University of British Columbia. We will be spending the next 6 months or so learning from you and your community and working to continue and build upon your already successful planning efforts.



Tasha

Wearing many different hats, Tasha Henderson has lived and worked across Canada - working frontline with marginalized communities, engaging young people in community development projects and speaking out about social justice issues from BC to NL.

With a passion for anti-violence work, Tasha worked as a Specialized Victim Service Worker in Trail, BC and last year joined PACT-Ottawa to develop and launch "Project

Protect" a youth curriculum designed to begin a much needed conversation about domestic human trafficking.

Through her work with the Congress of Aboriginal Peoples and the Ulluruaq Adolescent Centre Tasha has been identified as an ally to First Nations, Métis and Inuit communities.

After a long hiatus, Tasha is settling into life back on the West Coast. Since landing in Vancouver, she was selected to participate in the intensive Next Up leadership program for community leaders and is currently on the Board of Directors and leading the Strategic Planning Committee for Check Your Head, a local youth organization focused on social and environmental justice. While happy to be back in the classroom, Tasha is excited for the ICP practicum and the opportunity to apply her experience and learning to frontline community work this Fall.

Tasha is also a brand new mother! Tasha and her partner Dustin welcomed their (still to be named!) son to the world on September 17, 2014!

We are very excited to start getting to know everyone in this community. When you see us wondering around Seabird don't be shy, we would love to meet you, so feel free to come say hi and introduce yourself!



Zoë

Zoë Greig was born in Whitehorse, Yukon on the traditional territory of the Southern Tutchone. She has spent the better half of her life on Coast Salish territory in Victoria and Vancouver. She is of Scottish, Irish, and German decent.

With a strong background in peace education and conflict resolution, she enjoys working with diverse groups of people from all walks of life. Zoë has been

fortunate enough to participate in a number of international development programs around the world and just spent this past summer studying climate change in the Philippines and working on a waste management project in Cote d'Ivoire.

In her spare time she enjoys being outdoors, fishing, swimming, and spending time with family and friends.

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.

Nov 18

Dec 2 and 16

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



Legal Services Society


Fire Department Training



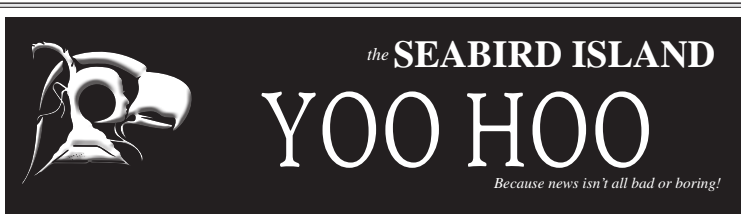
The Seabird Fire Department was also engaged in extra training last week. The course was provided through FNESS and instructed by a senior Surrey firefighter. The course included theory and operations of the pumping system of the fire truck as well as hands on practical experience flowing water in many different situations. Firefighters were taught the physics of flowing water, as well as the challenges they will face and have to overcome to get the right amount of water on the fire. The pump training lasted 2 days from 8:00 till 4:30. On the third day firefighters were instructed in the safe and most effective operation of the truck itself. Driver training included review of the rules of the road, and an obstacle course to practice their skills. Firefighters were also given many “tips” on how to best and safely navigate their way through busy traffic areas as well as residential neighborhoods. The course was well attended with 12 Seabird firefighters taking part.

Firefighters included:

Assistant Chief Leo Reyburn
Captain Paris Peters

Aaron McNeil
Stacy McNeil
Keena McNeil
Brandon McNeil
Quintana Gauley
Stacey Reyburn
Quentin Reyburn
Dustin Charlie
Trevor Bobb

The Seabird Island Fire Department is always looking for interested people to volunteer as firefighters, so if you are interested stop by the fire hall on Tuesday evenings and pick up an application.



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

Recipe Corner

Remembrance Day Poppy Cookies

PREP: 0 hr(s). 20 min / Total: 1 hr(s). 2 min
Servings: 28 servings, 2 cookies (42 g) each

What you need

- 1 pkg. (250 g) Philadelphia Brick Cream Cheese, softened
- 3/4 cup butter, softened
- 1 cup granulated sugar
- 2 tsp. vanilla
- 2-1/4 cups flour
- 1/2 tsp. baking soda
- 3/4 cup ready-to-spread vanilla frosting
- 1 cup red coloured sugar
- 56 Baker's Semi-Sweet Chocolate Chips (about 3 Tbsp.)

Beat first 4 ingredients in large bowl with mixer until well blended. Mix flour and soda; gradually beat into cream cheese mixture. Refrigerate 30 min.



Heat oven to 350°F. Roll dough to 1/4-inch thickness on lightly floured surface. Cut into 56 circles with 2-inch cookie cutter, rerolling trimmings as necessary. Place cutouts, 2 inches apart, on baking sheets sprayed with cooking spray. Use tip of teaspoon to make 1 indentation in centre and 4 indentations around edge of each to resemble flower.

Bake 14 to 16 min. or until edges are lightly browned. Cool on baking sheets 2 min. Remove to wire racks; cool completely.

Spread cookies with frosting; dip in coloured sugar. Place 1 chocolate chip, upside-down, in centre of each.

MAKE AHEAD: Cookies can be stored in airtight container at room temperature up to 5 days.

Reference: <http://www.kraftcanada.com/recipes/remembrance-day-poppy-cookies-128338>

New Seabird Band Office Staff



Jonny Williams

Éy swáyel,
Xótxwes tel
skix telí tsel
kwe xwchíyó:m
e'tsel ey tel
sqwelewel
te syó:ys te
sqéwqel.

Good day, my traditional name is xótxwes I am from Cheam First Nation I am really happy to work for Seabird Island. My name is Jonny Williams and I have been hired on as a youth worker. I attended University at UFV, UBC, and SFU my background is in language, culture, cultural healing, and history, I have been teaching the Halq'emeylém language for 12 years and for the past three years I was teaching at the Seabird preschool/daycare. I am looking forward to teach some language, history, drumming, singing and dancing to the youth in the community.

Yalh yexw kwas hóy



Karla Joseph

Hi my name is Karla Joseph and I am a member of Xwisten First Nation. I graduated from Thompson Rivers

University with my Bachelors Degree in Social Work. I will be relocating to your beautiful Fraser Valley from Kamloops to work with your youth. I am very excited to join the team here at Seabird Island. Outside of my work I enjoy spending time with my family and anything outdoors.

If you have questions, suggestions, comments, or just want to say 'hi' please do not hesitate to find me!!

Kukwtsetsemc



Lerinda Wright

Tansi (Hello), I would like to take this opportunity to share with you how blessed I feel to be joining the Seabird

Island Health Team. I am presently replacing Diana Phan, RN while she is away on her Maternity Leave. I will be joining the Maternal Child Team as their Maternal Child Nurse. I have been working as a RN for the past 26 years in a variety of settings and the last 20 years directly with First Nation's Communities throughout BC. I am a mother of three grown children and step-mom of two more. My mother side is from Norway House Cree Nation in Manitoba and French Canadian on my father's side. Please free feel to contact me anytime.

Lerinda Wright, RN
Maternal Health Nurse

Seabird Island Employment, Training & Social Development

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

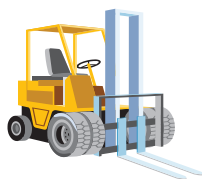
2895 Chowat Road
P.O. Box 650
Agassiz, BC V0M 1A0

NOVEMBER MEAT PACK ORDERS

Please place your order with Andrea. Orders must be received by the November 14th, 2014 to be available for pick up on the next income assistance day.

UP-COMING TRAINING COURSES

Forklift Operator Nov. 12 & 13, 2014
First Aid, Level One Feb. 11, 2015



If interested, please come into the office and sign up for training. Space is limited and interviews will take place prior to start date.

NEW- MONTHLY GROCERY ORDERS

We have started a monthly grocery order. Please see Andrea for an order form. Orders need to be in by the 15th of each month and the groceries will be delivered to your home the following week around the 20th.



EMPLOYMENT PLANS

Employment Plans are due before the 20th of each month. Appointments can be made with 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.

ENHANCED SERVICE DELIVERY - CLIENT UPDATE BIO



John Peters is currently enrolled in the Seabird College Residential Building Maintenance Level 1 program. Most recently John completed the Enhanced Service Delivery's *Pre-Trades Employment Readiness Program* where his excellent attendance record and effort resulted in the successful completion of several workplace certifications.

His greatest strengths are his commitment, drive and willingness to learn. John excels with hands-on learning, especially when it involves machinery and power tools. In his spare time, he enjoys spending time with his family, watching movies, gaming and riding his bike.

John's goal is to bring his positive attitude and new skills to an employer who shares his vision of teamwork, hard-work and a commitment to getting the job done.

DRIVING

We are temporarily without a driving instructor. The driving school should be offering lessons again soon. **If you have a L or N test scheduled we are still able to offer assistance. Please call 604-796-6865 for more information.**

INCOME ASSISTANCE INFORMATION

- * December 2014 cheque issue is *Wed. November 26th 2014*
- * 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.

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

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

ADVERTISEMENT RATES

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

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

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

| Advertisement rates (per issue) for organizations: | Band Member | Outside |
|--|-------------|----------|
| Full color page (8 x 10) | \$75.00 | \$135.00 |
| Full color ½ page (8x5 or 10x4) | \$37.50 | \$65.00 |
| Full color ¼ 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 ½ page (8x5 or 10x4) | \$15.00 | \$25.00 |
| Greyscale ¼ 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 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

*Honor the sacred.
Honor the Earth, our Mother.
Honor the Elders.
Honor all with whom we
share the Earth:
Four-leggeds, two-leggeds,*

*winged ones,
Swimmers, crawlers,
plant and rock people.
Walk in balance and beauty.
Native American Elder*

Telxwi:ts / November

Birthstone: Citrine, Yellow, Topaz, Pearl, Diamond

Color: Dark blue, red, and yellow

Scorpio: October 24 - November 22

Flower: Chrysanthemum

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. Monday, Nov. 10th 2014
Draw Date: Tuesday Nov. 11th, 2014

Congratulations to last months winner Darlene Peters

Name: _____

Phone #: _____

Seabird Address OR SIB Status #: _____
This information is not kept it is only to verify if you are a Seabird Member, it will be disposed of following the draw.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | T | T | P | H | I | S | I | D | S | O | U | L | R | E |
| L | T | N | L | R | A | N | A | D | W | E | A | H | A | R |
| A | O | A | E | A | O | O | V | E | T | N | O | S | E | T |
| C | C | A | C | M | R | P | K | E | O | C | E | G | A | R |
| I | C | E | O | I | P | F | E | I | E | M | I | S | V | E |
| R | U | T | R | Y | F | O | T | R | E | S | L | T | S | T |
| O | P | H | I | I | N | I | L | N | T | E | G | U | T | R |
| T | Y | L | H | M | D | A | T | E | C | Y | R | T | B | A |
| S | E | L | A | A | R | S | R | R | V | V | O | N | G | N |
| I | S | T | R | N | O | E | A | U | E | E | S | I | W | S |
| H | J | T | B | K | D | P | P | Y | L | C | D | L | O | F |
| S | W | A | L | P | O | S | S | E | S | S | I | O | N | E |
| I | N | D | I | V | I | D | U | A | L | S | E | L | F | R |
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| I | W | X | R | L | D | N | P | M | O | T | S | U | C | N |

- Allotment
- Development
- Individual
- Occupy
- Possession
- Road
- Traditional
- Certificate
- Easements
- Land
- Parcels
- Property
- Survey
- Transfer
- Custom
- Historical
- Laws
- Permit
- Registered
- Tenancy

Fill in the blankets to translate this Halq'eméylem phrase, using the extra (unused) letters in the word search.

S'ólh téméxw te íkw'élò xólhmet te mekw' stám ít kwelát.



'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

I have dates for the next optometry clinic and unfortunately I'm completely booked for the 3 days, if anyone is interested in having their name added they may be considered for a walk in depending the time and where they may have to come from. Please keep in mind I do have a few names from Chawathil, Cheam, Skwah. All the people on my present list which is 105 people will be sent away for an approval and I should be either calling you or client for an appt time.

The dates set are from December 1st - 3rd/14.

The next date may be either January or Feb. Thanks for your patience, Dr. Ahmed has been out of country

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/>



FIRE PRACTICE

Tuesdays 7 pm - 9 pm
not Thursdays

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: 8 am - 5:30 pm
Tuesdays & Wednesdays: 9 am - 5:30 pm
Thursdays: 8 am - 5:30 pm
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.

PRINTING SERVICES

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

- Printing Services
- Copy Services
- Status Card Photos
- Laminating
- Advertising

There is a small fee for these services, please contact us for more information 604-796-2177 or 604-796-6838.

* **Funeral Pamphlets:** As per Seabird Funeral Policy,...
• Band Members ~ free: includes 1 hour design time, Quantity: 1st 100 color, and 1st 250 grey-scale.
• Additional or Non-band Members, inquire for fees.

Located upstairs in the Band Office.

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



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

NOT COOL!



Say NO to Drugs and Alcohol!

Long Term Effects of Drugs

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

Long Term Effects of Alcohol

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

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

Sexual Assault,

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

Stay in control of your own fate!



Created by Seabird Health
www.seabirdisland.ca

