



## Remembrance Day



Thank you to everybody who attended the Seabird Annual Remembrance Day Ceremony. The Seabird Schools, once again did a wonderful job hosting the event. Each class proudly presented wreaths.

Thank you to our veterans and our soldiers currently serving, for doing your part and keeping us all safe!



**Christmas Hampers  
and Gift Cards**  
December 18 & 19<sup>th</sup>  
Band Office Gym

HOUSING APPLICATION  
**RENEWALS DUE**  
In December  
**BEFORE JANUARY 1<sup>st</sup>**  
TO STAY ON THE  
WAIT LIST!

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# Seabird Fire Department Community Hamper Drive

December 2<sup>nd</sup> 2014

All proceeds will go to the Food Bank and  
the community Christmas Hampers

Please refrain from donating any glass jars, and dented cans.  
Please watch your expiry dates!



Thank you in advance for your support,  
we look forward to seeing you all on December 2<sup>nd</sup> 2014

# Seabird Christmas Hamper Fundraising Raffle

*Open for Band Members,  
Community Members and Staff.*

**Chance to win  
1 of 2 leather chairs**

- proceeds go toward the Seabird  
Community Christmas Hampers.

**How to enter the draw:**

- Cash donations for every dollar  
donated, you will receive  
10 tickets for the draw.
- Every canned food item you will  
receive 1 ticket for the draw.

**Items we need include:** canned tomato soup,  
canned chicken noodle soup and canned mushroom soup.

**Draw Date: December 5<sup>th</sup> at 4:00 p.m.**

Please refrain from donating any glass jars, and dented cans.  
Please watch your expiry dates!

**Angie Chapman and Myra Seymour are  
accepting additional donations from now until December 12<sup>th</sup> 2014**



# Community "Family Christmas Gift Card" Process 2014

For members living off reserve –  
We would like to make the gift card  
process easier! This year, you are  
able to call ahead to arrange for  
your Gift Card to be mailed out,  
or authorize another individual to  
pick-up your Gift Card.

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 of the  
date and time that a delivery can be  
arranged.

Please email all requests to  
[membership@seabirdisland.ca](mailto: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.

Help us help you; receive your  
Christmas Gift Cards quicker.

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.

**Please Note:** This **does not** apply  
to Status Cards, we **cannot** mail  
Status Cards.





## Chiefs Corner



With our National Aboriginal Addiction Awareness Week (NAAAW) we hosted events all month in Seabird as well as some local communities in the Sto:lo area. Our goals are to commemorate the teachings to our people; to be free of substances and addictions; we hope that our people can take care of themselves. When you are drug and alcohol free, and accept the teachings of life you will learn how

to take care of yourself, spiritually, mentally, and physically.

Winter is upon us, preparation would be the best thing to start right now. Winterize your homes: check your windows, and doors for cold drafts. Plumbing, make sure you heat up to pie (toasty warm, like pie), and all your essentials are taken care of. With how quickly and unpredictably the weather can change it would be best to prepare for power outages; make sure you have enough food, water, and candles to wait it out. Know the people in your neighborhood; check up on the elders in the area making sure they are taken care of.

The Gas Bar is tentatively scheduled be ready at the end of January 2015. The Sqewqel Development Corporation would have liked to have it done sooner. When it comes to doing everything right the first time and properly, it will take a bit longer than expected. Sqewqel Development Corporation is determined to build a long lasting and secure building.

*Zorana Edwards Shippentower*

## Elders Profile



Madaline Harry (August)

Born Port Douglas/  
Harrison Lake

Parents: Mary Jones  
(Mt. Currie) and Moses I.  
August (Port Douglas)

Grandparents, Father:  
Issac August

Grandparents, Mother: Susan George-LeBelle

Age: 71

**What is your favorite memory as a child?** "Lots of packing fish. ☺ I use to make necklaces and bracelets with glass beads that my Grandma gave me."

**What was Seabird like when you were a child? What changes have you seen?** "We use to clear right around property, but they told Erinie, Clemmie and Alphonse they only had land where your house is, but all the land belonged to Ernie. I have lived here at the same house for over 46 years."

**Do you have one piece of Advice, Teaching or Message you would like to share?** "Stay away from drugs (marijuana). Stop your fighting, I don't like when people end up in the hospital! Hope people don't get mad at me for saying that" (she laughed and smiled).

Seabird Health

## HEART HEALTH WORKSHOP

February 11<sup>th</sup> 2015

10:00 a.m. – 3:00 p.m.

At Seabird Gymnasium

Presenters,  
Displays,  
Door prizes

Open to all bands

Contact Liz Point and/or your  
Community Health Nurse  
for more information.



## Candle Light Vigil

Date December 11<sup>th</sup>

Time 5:00pm - 7:00 pm

Community Seabird Island

Place Community Health Room  
& Elders Room

The Candle Light Vigil is a gathering for loved ones that have passed, to honor and to show our respect.

Dinner and snacks will be provided.

Come and spend good quality time with one another, share memories and laughter.

*Celebration of Life*

## Housing

### Seabird Island Band Housing Wait-list - December 2014

<u>1 Bedroom</u>		<u>2 Bedroom</u>		<u>3 + Bedroom</u>	
1	04012014-3108	1	01022014-2074	1	01032012-3057
2	04012014-2081	2	01062014-2076	2	11132012-2053
3	04222014-2083	3	01072014-2077	3	12192012-3076
4	07242014-1001	4	01092014-2078	4	01022013-3079
5	08262014-1005	5	01312014-2079	5	01032013-2056
6	08262014-1006	6	02192014-2080	6	02062013-3082
7	08272014-1007	7	03122014-2081B	7	02082013-3083
8	08272014-1008	8	04222014-2083	8	02082013-3084
9	09232014-1009	9	05052014-2084	9	02252013-3086
10	10032014-1010	10	05302014-2085	10	03192013-3088
11	11132014-1012	11	06042014-2086	11	07102013-3090
12	11172014-1013	12	07182014-2087	12	12102013-3098
		13	07292014-3090	13	12102013-2069B
		14	08082014-1003	14	12312013-3099
		15	08212014-1004	15	12312013-3100
		16	08262014-1005	16	01022014-3101
		17	08272014-1006	17	01022014-2074
		18	08272014-1007	18	01032014-3103
		19	10032014-1010	19	01072014-2077
		20	10142014-1011	20	01102014-3104
		21	07082014-3087	21	01302014-3105
		22	11172014-1013	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
				37	11172014-1013

**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!**

If you do not renew your housing application your name will be removed from the wait-list and you will not be eligible for a rental unit or new construction when it becomes available!"

**Renew Your Applications Now!**

## Community Corner



Mateo Nickel would like to thank Seabird Island Band for their sponsorship for his Hope Peewee Hockey year 2014. He shows such dedication to his team. The Hope Wildcats C1 continues to score, assist and encourage all of his team mates.

At age 5, Mateo started to play hockey. At that time, he was unable to skate nor did he like the fact he couldn't run fast on the ice. With the help of his cousin Myron Peters, he learned very quickly. Next thing he knew, he was always looking back to make sure he was the first one to the end of the ice. He has a great attitude for sports, and scores way too many goals to count. He has learned to pass and set his team mates up to score. He is very humble with his achievements and plays with a heart of gold. His parents Paris Peters and Bonnie Nickel are so very proud of him along with the rest of his supporting family. Mateo's plans are to "play hockey and make money". His parents couldn't be happier!

**SIB Fitness Center will be**

**CLOSED**  
in the evenings

**Dec 22<sup>nd</sup> - Jan 2<sup>nd</sup>.**

To access the fitness center, please see the receptionist during office hours (please bring ID with you).



**IMPORTANT NOTICE**  
**SEABIRD ISLAND IS**  
**BUILDING A**  
**CENTRE OF EXCELLENCE**

We are pleased to inform the Seabird Island community that the Ministry of Children and Family Development has approved the creation of a new Early Childhood Development Centre. Seabird is looking forward to providing available child care spaces locally and maintaining high quality services for the Seabird Island community.



Construction to begin  
 February 01, 2015

Health Department, Seabird Island Band

**Naturopathic Workshop**

**INFLAMMATORY**  
**CONDITIONS**

with **Dr. Georgia Kyba**

**Dec. 17<sup>th</sup> 2014**

**10:00 a.m. – 1:00 p.m.**

Lunch provided.

This workshop will address inflammatory conditions holistically and naturally. These conditions include Rheumatoid arthritis, osteoarthritis, joint or muscle pain and other inflammatory conditions.

Dr Kyba is Northern Tutchone from the Selkirk First nation in the Yukon. She is a licensed Naturopathic Physician graduated from NCNM in Portland, Oregon. She has worked specifically in Aboriginal health for 8 years with the First Nations Health Authority as an advisor and with communities seeing patients.

Dr Kyba currently sees patients at **Seabird Island on Wednesdays.**

*Please register with Maggie Pettis, space is limited.*



**Supported Child Development**



Seabird supported child development Program works with Aboriginal and Non aboriginal children birth-19 years who may need extra support to attend a daycare, preschool or after school program. If you have any concerns regarding your child's development, and would like a screening done on your child (ages 0-6 )please contact us .

**Please contact:**

Jen McNeil  
 Supervisor SCDP  
 604 796-6886

or

Lisa Pettis  
 Consultant SCDP  
 604 796-6887



We look forward to seeing you all at the  
**Seabird Community**  
**Christmas Dinner and Santa Photos**

**December 10<sup>th</sup> 5:00 p.m.**

Help us to be environmentally friendly, remember to bring your plates and cutlery.





**STÓ:LŌ TRIBAL COUNCIL**  
PO Box 440, 2855 Chowat Road  
Agassiz, BC V0M 1A0  
Phone (604) 796-0627 fax (604) 796-0643

## **Stó:lō Tribal Council Annual General Meeting**

This gathering is open to members of the following bands: Chawathil, Cheam, Kwantlen, Kwaw Kwaw Apilt, Scowlitz, Seabird Island, Shxw'ōw'hámel, Soowahlie and Sumas.

**When:** Monday, December 15, 2014

**Where:** Squiala First Nation Community Hall  
8528 Ashwell Rd  
Chilliwack, BC

**Time:** 12:00 p.m.

### **Agenda**

1. Board of Director Election (3 Year Term)
2. Annual Report
3. Appointment of Auditor

For more information, please contact Lori Kelly at 604-796-0627 or via email at [lori.kelly@stolotribalcouncil.ca](mailto:lori.kelly@stolotribalcouncil.ca)

Door Prizes Include: Apple iPad; Flat Screen; \$500 Reverse Draw, Gift Cards and much more!

*Lunch is provided.*

# NAAAW Week

In November we celebrated National Aboriginal Addictions Awareness Month. We recognized and participated in events celebrating life and encouraging family and friends to stay drug and alcohol free in order to maintain a happy and healthy life. We envision NAAAW celebrations every year that are grounded in the empowerment and capacity building of First Nation, Métis and Inuit individuals, families and organizations that will contribute to the creation of positive, safe and healthy environments.

We hosted a few events in several communities; Chawathil Family Night, Squiala Family Fun, Shxw'ow'hamel Family Photos, Seabird Walk for Sobriety, and the Seabird NAAAW youth dance.

Seabird Family Services would like to encourage everybody to keep up the good work. Should you require any assistance the Seabird Wellness Team is available. For a referral please contact Carolyn Neufeld or Sara Ewen.



Chawathil NAAAW Family Night award recipients



Squiala NAAAW Family Fun



Seabird NAAAW Walk



Seabird NAAAW Dance

**FREE Dinner**

**Seabird NAAAW Dinner**  
December 2<sup>nd</sup> 5 p.m. Band Gym

**Door Prizes**



# Seabird Island Pre-School



“Ey Swayel” Preschoolers have enjoyed the cold sunny weather the past few weeks. Outdoor play and community walks are part of the daily program. The staff enjoy the outings as much as the Children.

A Remembrance Day wreath was made at Preschool with Auntie Ev’s wonderful assistance. Thank you so much Evy!! Children participated in the Remembrance Day Service on Nov. 7<sup>th</sup>. Each child in turn carried the wreath as they walked to the Band Office for the service.

The Seeds of Empathy Family Visit was Nov. 14<sup>th</sup>. Stephanie and Mitchell brought Baby Alice to Preschool. The children were delighted to see the changes in Baby Alice since the last visit.



Camille continues to encourage the children during daily Language and Culture Circle. With the Christmas concert nearing, Dec. 12<sup>th</sup> the children have been practicing Christmas songs.



On Nov. 19<sup>th</sup>, the preschool class participated in the “Walk for Sobriety” with the Community School. It was a perfect day for a walk through the Community.

The 3’s Program continues to participate in all areas of the Preschool. Socializing and free play with play dough, puzzles, farm and forest animals are favourites. During circle time the children enjoy Halq’eméylem songs, colors, counting, animals, drumming and dance. Art is extremely popular and so is making bannock with our cook Pat.

On December 12<sup>th</sup> the Preschool 3 and 4 year olds will sing at the Community School Christmas Concert.





# Seabird Community School



## Science

Chemistry is being offered at Seabird Island School this year as more students are planning for post-secondary educations involving sciences! The grade 8 science class is working on light, lenses and mirrors. The grade 9 class is learning about biology, concentrating on genetics, DNA, asexual reproduction and sexual reproduction. The grade 10 class is working on chemistry, working hard to name compounds and balance chemical reactions. The Science 11 class is working on the rock cycle slowly gaining insight in how the earth changes over long periods of time.



## Textile Class

Ey Swayel

In English 8 we are studying the novel "Touching Spirit Bear". It is a novel of reconciliation and restorative justice.

In English 9 we are studying the novel "War of the Eagles" it is a story set during WWII on the west coast of BC. It is a story of friendship and the right to live free.

In English 10 we are studying the novel "Caged Eagles", it is the sequel to the grade 9 novel and is the continuation of the story of one of the characters and his struggle to endure the hardships put upon him and his family with the internment of the Japanese Canadians during WWII.

In English 11 we are studying the novel "Whale Rider". This novel is about the importance of one's culture and its changing role within our society.

We have a new group in Junior textiles and they are creating wonderful wool felted animals and blankets.

Mrs. McGregor



# Seabird Community School

Ey swayel!

Our Music classes are currently busy with preparations for our upcoming School Christmas Concert, which is in the **afternoon on Friday, Dec. 12<sup>th</sup>**. For some groups this is not the first performance of the year. The choir and high school band as well as some classes performed at the Remembrance Day and received many compliments for how well they sang and played.

We are also looking forward to performing at community events, such as the Agassiz Christmas Choral Festival which is in the **evening on Thursday, Dec. 11<sup>th</sup>** (at the Agassiz Agricultural Hall). We are hoping to have more of the Seabird Island Community at this concert to support our choir that is representing our school by singing Silent Night in halq'emeylém, as well as singing a song with the community Mass choir.

I am so excited that some community members have contacted the school about our musical groups performing at other community events, such as Hamper Day or Elder Christmas Suppers. I am very eager to make these connections with you and provide performing opportunities for our students. If you are looking for similar entertainment please contact me at [crystalboyes@seabirdisland.ca](mailto:crystalboyes@seabirdisland.ca)

Lastly our students are excited to start drumming on the brand new school drums in our school Drum line. My hope is for this group to nurture students into being stronger traditional drummers.

Please stay tuned for more music opportunities for our students in the New Year (it seems like something will be happening every month!) as well as some great reviews of our performances.

Ey cha te swayel!

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Mr. Boyes

November is a busy time for Socials classes. The students successfully completed their first exams of the year. They were generally well done and have shown that the students are putting in a good effort. Once we completed that task, we moved on to looking at Remembrance Day. The students in all grades spent time learning about aspects of Canadians' contributions to the wars. We learned what started WW1, which began 100 years ago this summer past and how Canadians contributed to winning the war. We spent time considering the sacrifices that were made and understanding why we still honour those who died so long ago, but also why Remembrance Day is so important to think about those who are currently serving our country. It is a truly huge commitment to others to join our military and fight for the rights of people around the world.

As we move on from Remembrance Day the classes have diversified. Gr. 8s are beginning a study of the Vikings. We have begun with a look at where and why the Viking came to North America, which happens to be in a place I used to live very close to in Newfoundland. The Gr. 9s have begun a study of Canadian Geography in the various regions of Canada. We have a huge and very diverse and interesting country. Gr. 10s have continued with our study of the wars. They are currently looking into aspects of WW1 and after our mid-term will be looking at WW2. Gr. 11/12s in BC First Nations Studies have been

looking at the fur trade and some of the effects of Europeans arriving in BC.

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Our first term is now officially in the books and term 2 has begun. The students have shaken off those summer cobwebs they had in term 1 and now have a routine in place in which they can follow towards a successful year. The senior students are doing very well in their math course. They have picked up the pace and have kept their focus on their end goal which is graduating in June. The grade 10 students have just started Unit 3 in their seven unit study of Apprenticeship and Work Placement Math course. Their journey to the provincial exam is a hard and strenuous process but the reward they will receive upon successfully completing and passing it will be priceless to them all. The Grade 8 and 9 classes continue to work on Saxon Math. The work load they are faced with is heavier than anything they have had in the past. However, the improvements they have started to see encourages them and sends the message that hard work does pay off. The junior and senior elective classes have been enjoying their classes. The juniors have been learning how to make such foods as "The Club House Sandwich", "The Double Deluxe Grilled Cheese", "Shrimp Pasta", and "The Country-Style Breakfast". The seniors have created some more complex dishes such as "Chicken Pot Pie", "The 5 Day Smoothie", "Veggie Stir Fry", and many more. New recipes are introduced each week and they are judged on their creations. We all have a blast in the kitchen and always look forward to what the next week has in store for us. The CAPP 9 class had a guest speaker in last week to talk to students about food and nutrition. They made healthy fruit and vegetable smoothies while discussing the benefits of eating and living healthy. Fun was had by all.

To all my students I'd like to say work hard and push yourselves as much as possible. NO PAIN, NO GAIN!

That's it for now.

Mr. Compton

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In high school Physical Education students have just completed a sports unit on Badminton combined with circuit training. Students were introduced to a variety of body weight exercises which together make a for a total body workout. These workouts included squats, lunges, push-ups, skipping and a variety of core strengthening exercises. Outside of school time our Senior Girls basketball team will be playing in their first tournament December 5<sup>th</sup> and 6<sup>th</sup> at Agassiz Secondary School.

Over at the Elementary school intermediate students recently attended Chehalis Community School's annual soccer tournament. We were able to bring two teams (playing seven aside) and each team was fortunate to play six twenty-five minute games of soccer. Both teams won and lost some games, but most importantly the students had great time. Next up on the Elementary sports front will be a Volleyball tournament for grade 6/7s hosted by Agassiz Christian school. This will take place a week before we break for the Holidays.

English Mastery Grade 8-10

Linda Brawn

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# Seabird Community School

The countdown is on, not many days left until Christmas Break. Most students in our English Mastery classes have been working very hard, resulting in some very good progress. We have had a very productive first term and look forward to Term 2! In Term 2 students will be completing weekly/biweekly grammar packages as part of their homework. Students in Reading Mastery, in Term 1, achieving final marks above 80% are: Emerald John, Sebastian Munroe, Richard Peters, Cheryle George, Aaliyah James, Drake Jones and Justin Blenkin!

This month, for this newsletter, we will talk about the direct and explicit vocabulary instruction that is part of every lesson in Reading Mastery. Before reading a selection, students discuss the meanings of important vocabulary words and phrases that will appear in the selection, and they practice using these words in contexts. Students then encounter the vocabulary words as they read the selection. Finally, they complete written vocabulary exercises. Repeated practice with new words is essential to vocabulary acquisition; therefore, their exercises continually review all vocabulary words taught in the program.

Report card interviews are December 1-4, if you are not able to come in and would like to meet with us please phone the school or drop in after school. I am also available to do interviews over the phone if transportation is difficult to arrange. On report card interview day please drop by my room and we can discuss your child's individual needs. For the students that are on IEP's we can also discuss their progress.

During the Christmas Break you can continue YOUR CHILD'S LEARNING FUN AT HOME by:

- sharing 'your' child holiday family traditions that are unique to your family
- encouraging your child to read daily (go to the library and let him/her check out books they are interested in)
- keeping a daily journal to share with classmates in January 2015

Ey twè sqwaleweltset Meli Klesmes, qes xa:ws silolem

We wish you a Merry Christmas and a Happy New Year!

I am very delighted with the progress that our English 12 students are making. Their term 1 marks ranged from A to B- ! We have begun work on Synthesizing information. This process integrates the words and ideas in a variety of texts with the reader's thoughts and questions and gives the reader the best opportunity at achieving new insight. We are also constantly reviewing literary devices as part of the grade 12 Curriculum and will soon begin the first of our two novel studies.

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

## Post-Secondary Application Deadlines



Are you a registered Seabird Island Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree?? Then **REMEMBER** these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

- **For September** (Fall)
- **For January** (Winter/Spring depending on institution)
- **For May** (Spring/ Summer depending on institution)

**May 1<sup>st</sup>**  
**October 1<sup>st</sup>**  
**January 1<sup>st</sup>**

**Funding of any application is dependent upon available budget.**

For further information please contact:  
Cindy Kelly-Student Services Worker at  
604-796-2177 or [cindykelly@seabirdisland.ca](mailto:cindykelly@seabirdisland.ca)

## Reminder All Grade 7-12 Student Allowances

**1st student allowance payment will be December 15, 2014  
September, October, and November.**

**2nd student allowance payment will be March 15, 2015  
December, January and February.**

**3rd student allowance payment will be June 30, 2015  
March, April, May, June.**

**Student Allowances are as follows:**

**Grade 7-10      \$ 9.00 per month = \$90.00 per school year.**

**Grade 11 -12    \$19.00 per month = \$190.00 per school year.**

Student allowances will be directly deposited for the students with bank accounts. Student allowances are based on monthly attendance. Student must not miss more than 4 school days per month to be eligible for allowance.

**Merry Christmas**

# Seabird Community Calendar of Events – December 2014

(S) Sxexlhath	(M) Yila:welhat	(T) Sthemelts	(W) Slhath
	<b>1</b>	<b>2</b> <ul style="list-style-type: none"> <li>• Head Start 10 am - 1 pm</li> <li>• Dental and Doctor Walk-in Clinics</li> <li>• Elders Bake Sale Lobby 10 am - 2 pm</li> <li>• Youth Council - Youth Trailer 6 - 8 pm</li> <li>• Fire Department Hamper Drive 7 pm</li> <li>• Legal Clinic 1:30 pm Mental Health</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Pre/Post SIB Mill Hal</li> </ul>
<b>7</b>	<b>8</b> <ul style="list-style-type: none"> <li>• Pre/Post Chawathil 11 - 1 pm</li> <li>• Meals on Wheels 5 - 6 pm</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Present Wrapping</li> <li>• Head Start 10 am - 1 pm</li> <li>• Dental and Doctor Walk-in Clinics</li> <li>• Elders Bake Sale Lobby 10 am - 2 pm</li> <li>• Youth Council - Youth Trailer 6 - 8 pm</li> <li>• Fire Practice 7 p.m.</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Community Christmas &amp; Santa Pictures 5 - 7 pm</li> <li>• Yoo Hoo Word search</li> </ul>
<b>14</b>	<b>15</b> <ul style="list-style-type: none"> <li>• Hamper Preparations</li> <li>• Student Allowance</li> <li>• Meals on Wheels 5 - 6 pm</li> <li>• Youth and Elders Session 4-7 pm Main Boardroom Band Office</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• Hamper Preparations</li> <li>• Head Start 10 am - 1 pm</li> <li>• Dental and Doctor Walk-in Clinics</li> <li>• Elders Bake Sale Lobby 10 am - 2 pm</li> <li>• Elders Monthly Meeting 10 am - 2 pm</li> <li>• Youth Council - Youth Trailer 6 - 8 pm</li> <li>• Fire Practice 7 p.m.</li> <li>• Legal Clinic 1:30 pm Mental Health</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• Elders Hamper Distribution</li> <li>• Hamper Preparations</li> <li>• Inflammatory Conditions 10 - 12 pm Elders Room</li> <li>• Meals on Wheels 5 - 6 pm</li> <li>• A-pals</li> </ul>
<b>21</b>	<b>22</b> <ul style="list-style-type: none"> <li>• Elders Pampering and Lunch</li> <li>• Meals on Wheels 5 - 6 pm</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Head Start 10 am - 1 pm</li> <li>• Dental and Doctor Walk-in Clinics</li> <li>• Elders Bake Sale Lobby 10 am - 2 pm</li> <li>• Youth Council - Youth Trailer 6 - 8 pm</li> <li>• Fire Practice 7 p.m.</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Meals on Wheels 5 - 6 pm</li> </ul>
<b>28</b>	<b>29</b>	<b>30</b> <ul style="list-style-type: none"> <li>• Head Start 10 am - 1 pm</li> <li>• Dental and Doctor Walk-in Clinics</li> <li>• Elders Bake Sale Lobby 10 am - 2 pm</li> <li>• Youth Council - Youth Trailer 6 - 8 pm</li> <li>• Fire Practice 7 p.m.</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• Yoo Hoo delivery 8 am</li> <li>• Meals on Wheels 5 - 6 pm</li> </ul>



# Seabird Community Calendar of Events – December 2014

i:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
l 11 - 1 pm	<p style="text-align: center; font-size: 24pt;"><b>4</b></p> <ul style="list-style-type: none"> <li>• Pre/Post Skwah 11 - 1 pm</li> </ul>	<p style="text-align: center; font-size: 24pt;"><b>5</b></p> <ul style="list-style-type: none"> <li>• Elders Coquleetza Dinner at Skway (FYI)</li> </ul>	<p style="text-align: center; font-size: 24pt;"><b>6</b></p> <ul style="list-style-type: none"> <li>• Community Outing Bright Lights Stanley Park</li> </ul>
as Dinner 7 pm h DUE	<p style="text-align: center; font-size: 24pt;"><b>11</b></p> <ul style="list-style-type: none"> <li>• Head Start 10 am - 1 pm</li> <li>• Candle Light Vigil 5 - 7 pm Health Rm</li> </ul>	<p style="text-align: center; font-size: 24pt;"><b>12</b></p> <ul style="list-style-type: none"> <li>• Flyer Delivery 8 am - 1 pm</li> <li>• Prenatal Circle 1 - 3 pm Elders Room</li> <li>• Someone So Small 10 am - 11:30 am</li> <li>• School Christmas Concert</li> <li>• Youth Drop-in 4-9 pm - Youth trailer</li> </ul>	<p style="text-align: center; font-size: 24pt;"><b>13</b></p>
tribution s tions with Dr. Kyba m 6 pm	<p style="text-align: center; font-size: 24pt;"><b>18</b></p> <ul style="list-style-type: none"> <li>• Hamper Pick-up</li> <li>• Head Start 10 am - 1 pm</li> </ul>	<p style="text-align: center; font-size: 24pt;"><b>19</b></p> <ul style="list-style-type: none"> <li>• George Leach - Seabird Fundraiser</li> <li>• Hamper Pick-up</li> <li>• Income Assistance</li> <li>• Someone So Small 10 am - 11:30 am</li> <li>• Youth Drop-in 4-9 pm - Youth trailer</li> </ul>	<p style="text-align: center; font-size: 24pt;"><b>20</b></p>
6 pm	<p><b>Offices Closed</b> Christmas Day</p>	<p><b>Offices Closed</b> Boxing Day</p>	<p style="text-align: center; font-size: 24pt;"><b>27</b></p>
am - 1 pm 6 pm	<p style="text-align: center;"><b>PLEASE NOTE:</b></p> <p style="text-align: center;"><b>Safety is a priority!</b></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;"><b>Pre/Post &amp; Prenatal Circle</b></p> <p style="text-align: center;"><b>Who can attend?</b></p> <ul style="list-style-type: none"> <li>*Expecting moms</li> <li>*Newborns up to 6 weeks</li> <li>*Partners, Support Person and siblings</li> </ul> <p>Open to families living on Reserve and transportation can be provided.</p> <p style="text-align: center;">Questions? Call 1-800-788-0322 or 604-796-2177</p>	<p style="text-align: center;"><b>Offices Closed</b> January 1<sup>st</sup> 2015</p>

# Community Events

• **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.

• *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*

• **Community Christmas Pictures with Santa**

will be taking place on December 10, 2014 from 5:30-7:00 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 & gift cards this year.



• **The Annual Community Christmas Dinner** is set to take place on December 10, 2014 starts at 5:30 pm. The band is trying to become more environmentally friendly, so if you could please bring your own cups, plates, and 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.

FRASER REGION  
dgarner@bcaafc.com

## Aboriginal Lacrosse Coach Certification

GROW THE GAME!!

Did you play or do you still play, did your parents or siblings play, or are your children interested in playing? We are looking for community champions to coach and grow the game of lacrosse.



### Vedder Middle School

45560 South Sumas Road, Chilliwack BC, V2R 1S3

Saturday November 29, 2014

9:00 am to 4:30 pm

**Facilitated by:** BC Lacrosse Association

Registration Deadline: November 26, 2014

**To Register Contact:**

**Dianne Garner:**

Call 604.824.2684  
E-mail dgarner@bcaafc.com

**Lisa Douglas:**

Call 604-793-5306  
E-mail dougarch@telus.net



BCA AFC  
BC ASSOCIATION OF ABORIGINAL FRIENDSHIP CENTRES



MÉTIS NATION



First Nations Health Authority  
Health through wellness

Aboriginal Sport, Recreation & Physical Activity Partners Council

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.

the SEABIRD ISLAND  
**YOO HOO**  
*Because news isn't all bad or boring!*

**Phone:** 604-796-2177  
**Direct:** 604-796-6838  
**Website:** www.seabirdisland.ca  
**E-mail:** sandrabobb@seabirdisland.ca

**Are you a Seabird Member living off reserve looking for a copy of the Seabird Monthly Newsletter?**

Each issue as well as past issues are posted on the Seabird Website: [www.seabirdisland.ca](http://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 (1<sup>st</sup>) of each month



## Community Events



### Community Hockey Outing:

There were a total of 27 adults and three children that attended the community outing to the Chilliwack Chiefs hockey game on November 8, 2014. The families that attended enjoyed watching the Chiefs win the game. For some families this was a first time attending a hockey game and they are planning to

attend more games in the future to support the Chiefs. It was great to have a blend of families, elders, children for this outing. Words from families: I truly enjoyed this night out with my family and thank my band for supporting these outings.

### Out of School Care

The Out of School Care Program has had a great start to the new school year, with 25 friends registered from a combination of Seabird Island Community School, Kent School, Agassiz Christian School, and St. Mary's School. The OOSC does daily crafts and activities, board games, and gym/playground time. Jonny Williams has recently began coming into OOSC for cultural time once a week to teach *Halq'eméylem* and TPR, and so far the children are really enjoying having Jonny visiting. On October 24<sup>th</sup>, OOSC went to the Apple Barn Pumpkin Farm to enjoy the petting zoo, jumping pillows, corn maze, hay ride, and everyone got to pick their own pumpkin to take home. On Halloween, all children wore their costumes and received some goodies from staff.



**OSSC is seeking gently used clothing for children ages from 5-12.**

We are looking for a bin of extra items in the following areas: pants, t-shirts, sweaters, socks, and undergarments. We would appreciate that all clothing come in prewashed please.

**We have 25 children that are registered for our program and would appreciate any donations that you may have.**

**We thank you in advance for your consideration.** Items can be dropped off at OSSC from 2:30-5:00 pm.

*We thank you in advance for your donations.*



## B.C.'s best buildings reflect history, memories

### Architect Dave Hewitt reveals the results of a contest to find B.C.'s best building

By Jesara Sinclair, [CBC News](#) Posted: Nov 17, 2014 6:50 AM PT Last Updated: Nov 17, 2014 9:41 AM PT



#### Lower Mainland: The Marine Building (Vancouver)

The Marine Building is heavily adorned with Art Deco style decorations. (Jeff Hitchcock)

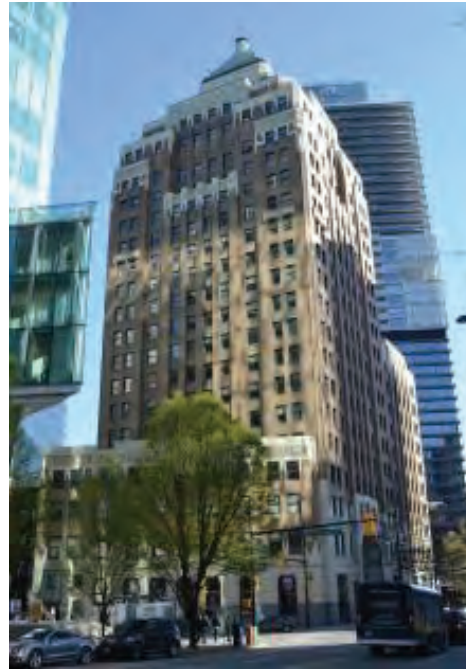
(Note: CBC does not endorse and is not responsible for the content of external links).

The results are in for a contest seeking out the “best” building in British Columbia.

The Architecture Foundation of B.C. [opened the contest to nominations in April](#), asking people to submit buildings they had an emotional attachment to, not just those with architectural merit.

The contest received over 400 submissions, which people were able to vote for online. A panel of judges met to choose the top contender in each of four regions, and People’s Choice Awards were also given to the buildings with the most online votes.

David Hewitt, president of the Architecture Foundation of B.C., announced the winners on The Early Edition.



The Art Deco Marine Building was once the tallest skyscraper in Vancouver. (Tom Magliery)

The Marine Building opened in 1930, an Art Deco-style skyscraper that, at the time, was the tallest building not only in Vancouver, but in the entire British Empire.

It’s now overshadowed by tall glass buildings, but Hewitt says it reflects an important

time and place in Vancouver’s history.

The People’s Choice Award for the Lower Mainland went to the Wing Sang building, the oldest building in Vancouver’s Chinatown.

Condo marketer Bob Rennie recently restored the building, and it now acts as an art gallery for his collection.







## Vancouver Island: The Empress Hotel (Victoria)

Tourists cycle near Victoria's Empress Hotel. (CBC)

The Empress Hotel was the favourite, not only for the judges, but also for online voters, taking both the official title and the People's Choice Award as the best building on Vancouver Island.

"I think everyone has fond memories of the Empress," says Hewitt, saying even if people have never stayed in the building, many go there for tea, or walk by it when they're near the waterfront in the capital city.

Hewitt says while The Empress Hotel emerged the clear favourite, the provincial legislature and the Nanaimo Bastion were also strong contenders.



## North: Dawson Creek Art Gallery

The building that houses the Dawson Creek Art Gallery was originally a grain elevator.

The building that houses the Dawson Creek Art Gallery was built as a grain elevator, but was repurposed as a cultural hub.

Hewitt says the fondness people have of the building shows



## Interior: Seabird Island School (Agassiz)

In laying out the ground rules for the contest, there was a heated debate over where the Lower Mainland ends, and where B.C.'s interior begins.

The roof on Seabird Island Elementary School was designed to reflect the strong winds that blow through the Fraser Valley. (Patkau Architects)

It was decided that Chilliwack would mark the east of the Lower Mainland, and Hewitt says it was a bit of a surprise that the winner for the interior region was so close to that border.

The Seabird Island School was built in 1991, and is operated by the Seabird Island band.

Hewitt says the building pays homage to the area's Aboriginal heritage, and the placement and roof structure reflect the geographic location in a windy valley.

The People's Choice Award for the interior went to the Mission Hill Winery, which Hewitt says is a landmark for many people coming and going to the Kelowna area.

an attachment to history, and a nod to the industries that developed the province.

Hewitt says that while some historic buildings are restored, the Art Gallery shows how a building can be re-purposed as a cultural hub, and gain a whole new life.

The People's Choice Award was a bit of a surprise in the North. A small, igloo shaped building, north of Smithers along Highway 16 took the title.

Hewitt says while it may not be an architecturally significant structure, it has become a highway icon, and clearly has many people enamoured with it.



# GEORGE LEACH

## Seabird Island Band Fund-raiser

December 19<sup>th</sup>, 2014

Seabird Island Gym

Doors open at 6:30 pm

Show starts at 7:00 pm

**Tickets \$15.<sup>00</sup> each**

- Door Prizes available (save your tickets)

Finger foods will be served during breaks

Mock-tails by donation

Please help us keep this a  
drug and alcohol free family event!

FOR MORE INFORMATION

please contact Angie and Myra  
604-796-2177

*Donations to our community food-bank  
will earn you more tickets into the door prizes!*



THE HIGHLY ANTICIPATED  
NEW CD SURRENDER  
IS AVAILABLE AT THE SHOW!



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.

Dec 2 and 16

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



Legal Services Society



## Happy Birthday

Wish a Happy Birthday to my mom Shirley Peters and my Brother David (Potsie) Bobb.

Love Lisa Mason and Family

## Education as a Life Long Commitment to Growth

Linda Kay Peters was born in northern Ontario. She has one son, 4 grandchildren and 1 great grandchild.

“In life, you continue to learn every day; you are never too old to learn.” Linda believes in this and plans on continuing learning by either taking short courses or workshops every now and then.

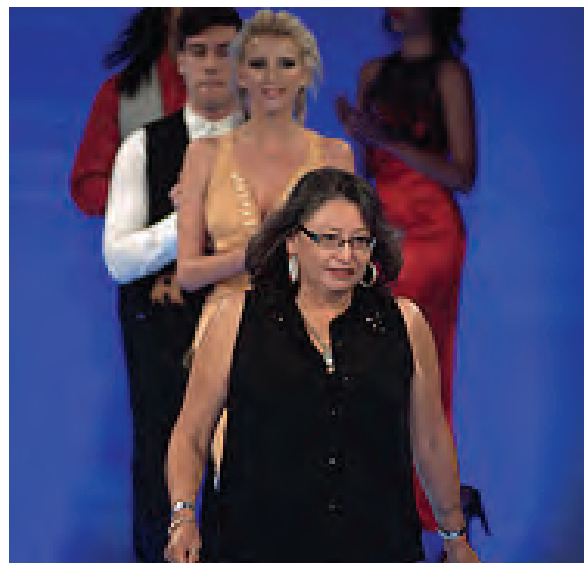
To name few of places Linda went to further her education: Douglas College, Saskatchewan Indian Federated College (Regina), Nicola Valley Institute of Technology (Merritt), Trent University (Ontario) and Vancouver Community College.

*“It is important to give back to the community, share your skills, your knowledge and to help the community. Seabird Island Band helped fund me; I am very grateful for the support and encouragement I received from the Band. I love my community, we are fortunate to have many programs and services that other First Nations don’t have. Seabird now has the Seabird College, all within reach.” - Linda Kay*

Linda would like to see more of the younger generation take advantage of the educational funding. It is there and is very important for Seabird Band Members to take advantage of this funding. If this funding does not get used up, the government

takes that funding back each year. Our people don’t need to struggle, the funding is there and should be utilized. Don’t give up. Most obstacles in our path; are obstacles we put there ourselves. Everyone needs to believe that you can achieve anything you want, just need to believe yourself and go for it.

I hope my story will encourage or inspire anyone to further their education at any age.



## Recipe Corner

### White Chocolate and Peppermint Brownies

Reference: <http://www.realsimple.com/food-recipes/browse-all-recipes/white-chocolate-brownies>

Makes 16 brownies  
Preparation 20minutes  
Cooking 20 minutes

#### Ingredients

1/2 cup (1 stick) unsalted butter, plus more for the pan  
3/4 cup all-purpose flour, spooned and leveled  
1/4 cup unsweetened cocoa powder  
1/2 teaspoon baking powder  
1/2 teaspoon kosher salt  
6 ounces semisweet chocolate, chopped  
1 cup sugar  
2 large eggs  
1 teaspoon pure vanilla extract  
6 ounces white chocolate, chopped  
1 teaspoon canola oil  
1/3 cup chopped peppermint candies (about 15 candies)



#### Directions

1. Heat oven to 350° F. Butter an 8-inch square baking pan. Line with 2 crisscrossed pieces of parchment, buttering in between and leaving an overhang on all sides; butter the parchment.
2. In a medium bowl, whisk together the flour, cocoa, baking powder, and salt; set aside.
3. In a large microwave-safe bowl, combine the butter and semisweet chocolate. Microwave on high in 30-second intervals, stirring between each, until melted and smooth. Let cool slightly. Whisk in the sugar, eggs, and vanilla until smooth.
4. Add the flour mixture and mix until just combined (do not over mix).
5. Spread the batter in the prepared pan and bake until a toothpick inserted in the center comes out clean, 30 to 35 minutes. Let cool completely in the pan.
6. In a medium microwave-safe bowl, microwave the white chocolate and oil in 30-second intervals, stirring between each, until melted and smooth. Spread on top of the cooled brownies. Sprinkle with the candies and let set.
7. Holding the paper overhang, lift the brownies out of the pan and transfer to a cutting board. Cut into 16 squares (4 rows by 4 rows).

## New Seabird Band Office Staff



My traditional name is Stsuy'tsuy'elh'ul'wut which means "one who is respected". My xwelitem name is Wendy Jimmie and from Squiala First Nation. My job with Seabird Island Band is with Employment, Training & Social Development. My job title is "Active Measures Client Advocate". I work with students in the Powerline Technician Program, specifically those on Income Assistance. I support them on their journey and do my best to help them. I enjoy

the job I do and the people I work with and for. If you have any questions please do contact me.

Yalh Yexw Kw'as hoy.

*Wendy Jimmie*

Active Measures Client Advocate

Employment, Training & Social Development Office

Phone: (604) 796-6865

Fax: (604) 796-3729



Hi, my name is Whyles Rowan. I am pleased to be joining the Employment Training & Social Development office here at Seabird Island as a Career Development Practitioner. I have lived in Agassiz since 2000 and have been delivering employment services between Hope

and Chilliwack for 15 years. I look forward to working with the community and reconnecting with those who already know me here. It is a privilege to provide assistance to individuals and journey with them as they succeed in job search and in long term career, and employment planning. If you think I can be of assistance, please come find me!



# 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



## RENEWALS: IMPORTANT NOTICE

Renewals are due December 5<sup>th</sup>, 2014 and the next cheque issue will be December 19<sup>th</sup>, 2014.

Renewals not handed in before the 5<sup>th</sup> of December will not receive a cheque as it will be not processed until the following week. There will be no exceptions!

## OFFICE CLOSURES

The office will be closed on:  
December 24<sup>th</sup> & 25<sup>th</sup>, 2014 and January 1<sup>st</sup>, 2015.

## STAFF UPDATES

Farwell to Pat Large, it's hard to see her go. We wish her all the best with her exciting new career path!

We are pleased to welcome Whyles Rowan as the new Career Development Practitioner. Please feel free to stop by and meet him any-time.

## DRIVING

We are temporarily without a driving instructor. If you have an L or N test scheduled we are still able to offer assistance. Please call 604-796-6865 for more information.

## DECEMEBR MEAT PACK ORDERS

Please place your order with Andrea. Orders must be received by December 15<sup>th</sup>, 2014 to be available for pick up on the next income assistance day.

## NEW!! MONTHLY GROCERY ORDERS

We have started a monthly grocery order. Please see Andrea for a order form.

Orders need to be in by the 15<sup>th</sup> of each month and the groceries will be delivered to your home the following week around the 20<sup>th</sup>.



## UP-COMING TRAINING COURSES

First Aid, Level One Jan. 7<sup>th</sup>, 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.

*Wishing you a Happy Holiday season from our team at the Employment, Training & Social Development Office!*

## INCOME ASSISTANCE INFORMATION

- \* January 2015 cheque issue is *Friday December 19<sup>th</sup> 2014*
- \* Hydro and Fortis bills need to be handed in monthly. Please submit to Andrea.
- \* Reminder to update your **current phone numbers and mailing addresses** with Andrea.
- \* Please bring in your **bank statements** when you pick up your monthly cheque.
- \* Remember if you have changes in your household to bring in a new Tenancy Agreement.

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

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 (2.5x3)	\$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 (2.5x3)	\$ 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 (1<sup>st</sup>) of each month

**Sandy Bobb**

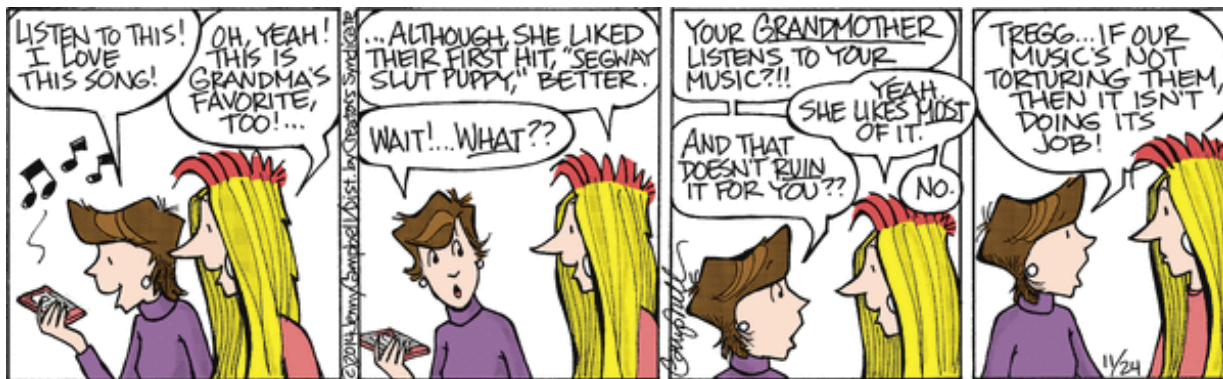
**Phone:** 604-796-2177

**Direct:** 604-796-6838

**Website:** www.seabirdisland.ca

**E-mail:** sandrabobb@seabirdisland.ca

**Health Comics**



**Quotes of the month**

*The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other. ~Burton Hillis*

*Christmas is a necessity. There has to be at least one day of the year to remind us that we're here for something else besides ourselves. ~Eric Severeid*

**Moqo's / December**

**Birthstone:** Blue topaz, turquoise

**Color:** Indigo, greenish blue

**Sagittarius:** Nov. 22 - Dec. 21

**Flower:** Daffodil, Narcissus, Holly

**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. Wednesday, Dec. 10<sup>th</sup> 2014  
**Draw Date:** Monday Dec. 15<sup>th</sup>, 2014

Congratulations to last months winner Georgette L.

**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.*

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

- Accession
- Accuracy
- Activity
- Archive
- Classification
- Compliance
- Confidential
- Destruction
- Disposition
- Documentation
- Function
- Governance
- Legislation
- Primary
- Retention
- Schedule
- Secondary
- Source
- Stewardship
- Taxonomy

Hokwex ye s\_xel\_xiyel

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





# 'Round The Rez

## Community Events, Workshops & Outings

### OPTOMETRIST CLINIC

I'm completely booked for the 3 days below, 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 calling each client with an appt time.

The dates set are from December 1<sup>st</sup> - 3<sup>rd</sup> 2014.

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.<sup>50</sup> for Band Members and  
\$8.<sup>50</sup> 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 6<sup>th</sup>, 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](mailto: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: 1<sup>st</sup> 100 color, and 1<sup>st</sup> 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.

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**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

# December Is “Focus On The Family Month” Celebrating Family Traditions

## The Value of Family Traditions

Meaningful family traditions provide parents with an invaluable tool for carrying out their responsibility to raise children with love. As families establish and follow traditions, each family member is strengthened and the family grows in unity and love. Traditions cultivate connection between immediate family members and between generations. By spending time together in a fun and special setting family members grow closer and open communications. ***A HAPPY FAMILY IS A HEALTHY FAMILY.***



Successful traditions secure a sense of identity and a feeling of belonging. Regular participation in meaningful traditions promotes safety and security within the family they also help families overcome life problems and strengthen ties. Family members have something to look forward to, which gives them a sense of assurance in a hectic and ever-changing world.

Family recreation is important in building successful healthy families. By creating new family traditions, parents can strengthen the bond between family members and teach important principles they want their children to understand and live by. ***Ask you family what new traditions they would like to start! Getting everyone involved, even the kids will help increase everyone’s interest.***

Some traditions are as simple as family field trips, Birthdays or a small family pancake breakfast every Sunday. Some traditions are handed down in the family or through cultural or ethnic heritage, such as serving bannock and jam on cold winter nights. Some are seasonal like Spring and Summer food gathering or holidays like Easter, Thanks Giving, Christmas,...



## Some Christmas Traditions May Include

- ◆ Have each member of the family draw a name of another member and make a handmade gift for that person.
- ◆ Collect or make one ornament each year that has special meaning to the family.
- ◆ Have the children write letters to Santa.
- ◆ As a family, make gingerbread houses, candy trains, or ornaments.
- ◆ Create some family baking and then go visit extended family members to share your fresh baked treats.
- ◆ As a family, decorate the house, making it an event with music and good food.
- ◆ Visit neighbors singing the songs of the season.
- ◆ Drive around the neighborhood looking at lights and listening to Christmas music.

