



Seabird 1984



Seabird 2011

Annual Strategic Planning Session

Invitation to Band Members

Chief and Council wish to invite all Band Members to participate in the **Annual Strategic Planning Session** to be held on **Wednesday, January 7th, 2015** in the Seabird Gym 1:00 p.m. to 7:00 p.m. The session starts with a light snack and dinner will be served in the evening.

We value your input and appreciate your ideas. Bring your suggestions on what you would like see the Band work towards in the next fiscal year, *keeping in mind budget restraints.*

IMPORTANT DATES TO REMEMBER

Office CLOSED January 1st, 2015

Annual Strategic Planning Session January 7th, 2015

Band Quarterly Meeting January 21st, 2015

Chief and Council Nomination Meeting January 28th, 2015

INSIDE

Trust Check Update	pg. 2
Notice of Nomination	pg. 3
Elders Profile	pg. 4
Shingles Vaccine	pg. 5
Community Christmas Dinner	pg. 6
Seabird Island School	pg.7-9
Community Calendar	pg.11-12
Membership Committee	pg.12-13
Community Services Update	pg.14
UBC Students	pg.15
Recipe Corner	pg.16
Chefs Corner	pg.16
Education Holiday Hours	pg.16
Halq'eméylem Word Search	pg.18
Round the Rez (classifieds) ..	pg. 18-19

You are invited to attend the
Seabird Band Quarterly Meeting

January 21st, 2015 at 1:00 pm

In the Seabird Island Band Gymnasium. More information to follow...

Please submit any agenda request items to Fern Angus, Chief and Council Secretary

\$ Trust – Cheques \$

Seabird Home Improvements Trust
Cheques will be ready for disbursement on

January 5th, 2015

from 9 a.m. to 1 p.m. at the Band Office.

All band members who celebrated their 18th
birthday from June 1st to December 31st 2014
are eligible to receive their disbursement cheque.

Please bring your status card or 2 other pieces of official
ID (1 must have your picture) to the band office and ask to
see Jason Ellis. *If you are unable to make it in on January 5th
please contact Jason Ellis at (604) 796-2177 to arrange an
alternative date for pick-up of your cheque.*

SIWES YE SELYOLEXWE

Returning January 7th 2015 for our 10 week winter series

Come join us!

10:30 am start at the Seabird Island College room #8

Lunch & Transportation provided

Call Ashley Armstrong if you have any questions!

(604)-796-2177

REMINDER!

**Housing application renewals are due
BEFORE JANUARY 1st
to stay on the list.**

*Failure to renew will mean you are removed from the
housing list and you will lose your spot.*



United Way



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



Stó:lō Territories Better at Home Elders

We have a crew for you!

Our work crews are visiting Stolo communities to serve elders.

- do yard work
- clean gutters
- cut firewood
- help with housework



We also provide

- transportation
- friendly visiting
- seasonal socials



Call us to book this
FREE service for your
community

Want to set up your own **Community Crew?**

Call to find out how.

Lenette Joe 604 796-2177 ext. 5021 • Email: lenette@seabirdisland.ca

Chief and Council Nomination Time!

Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the *Seabird Island Indian Band* will be held at the Seabird Island Office gym, 2895 Chowat Road, Agassiz, B.C. V0M 1A0 on **Wednesday** the **28th** day of **January, 2015**, beginning at **5 o'clock p.m.** and lasting for at least three hours, for the purpose of nominating candidates for the positions of chief and councillors on the Band Council of the said Band, for the next ensuing term. There are **9** councillor positions and one position for chief available. The election will be held at the Seabird Island Office gym, 2895 Chowat Road, Agassiz, B.C. V0M 1A0 on **Wednesday**, the **11th** day of **March, 2015**.

Please note that any voter may nominate candidates by using a mail-in nomination form. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the electoral officer before the time set for the nomination meeting OR you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the electoral officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot.

Given under my hand at *Victoria*, this **18th** day of **December, 2014**.

MARCUS HADLEY

255 LINDEN AVE

VICTORIA BC V8V4E6

(Name and address of Electoral Officer)



Signature of Electoral Officer

Phone #: 250 8844703

Chief and Council Nomination Meeting

Wednesday January 28th, 2015

5:00 p.m.

Chief and Council Election

Wednesday March 11th, 2015

Fitness

The Fitness Center

will be closed

in the evenings Dec 22nd-Jan 2nd.

Open office hours; please bring ID to access the fitness gym via the front desk.

24fit

will be moved to

the school gym for the month of December.

Tuesdays/Thursdays 7pm-8pm.

Seabird Volunteer Fire Department Hamper Drive

On December 2, 2014 the Seabird Island Fire Department completed it's 8th Annual Food Drive to support the hampers given out each year to our families. We were once again overwhelmed by the generosity of our community members during this time of year. You are amazing! A very warm and appreciative THANK YOU to all and a Merry Christmas from us at the Fire Department! Another special thank you to the Andrew family for once again keeping our members in special Christmas treats! Meli Klesmes!



Elders Profile



Sharon Joe (Nee: Greene)

Sharon was born in Mission, B.C. 66 years ago.

Parents : Mary Harris (Chehalis) and Stan Greene (Semiahmoo)

Grandparents, Father : Ed Greene (Semiahmoo)

Grandparents, Mother : Margaret Greene

My favorite memories from childhood were Grandma's baking and Grandpa's story telling. I was the oldest, so I was Grandpa's favorite. I was raised with them since I was 3 months old. I stayed to learn our teachings (Mask dance and Rattles).

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

When I was a child there was less trees on Seabird and oodles' of squirrels. There was less houses back then, and a lot more homes now. There was lots of older Elders back then in their 90's to 100's. They are the ones that kept Seabird together. Chowat Road is named after my Grandpa's - Grandma. My Grandpa Harris was born here and (HOLEO??) his Mom also. The family tree is: Birdie Peters family are Mom's first cousin; Jimmy Thomas, Elizabeth Thomas and Jean McIntyre (They are Grandpa's sisters kids).

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

I am a story teller. I have my Cultural Teachings, that I received from my Grandma and Grandpa. Long time ago in Fraser Valley, Grandparents were allowed to pick who they wanted to teach; so I was chosen. I love Seabird, it's quiet and there are many loving people here.



the SEABIRD Island

YOO HOO

Because news isn't all bad or boring!

Reach thousands of potential new clients by
Placing your ad here!

Contact Sandy Bobb for your monthly advertising rates.
Special Discount Rates Available for Band Members!

Phone: 604-796-2177

Direct: 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

About 1 in 3 people 60 years old and older will get Shingles



***Free Gift From Seabird Health
For People 50+**

**Reduce YOUR risk of Shingles
Get Vaccinated**

For More Information Contact your CHR or Seabird Community Health Nurse, Lisa Walberg 604-796-6832 or 1-800-788-0322

*Seabird Health will be covering the **\$200 Value** of the vaccine for people living in Seabird, Chawathil, Cheam, Skwah, Kwaw-kwaw-Apilt, Scowlitz, and Shxw'ow'hamel

Community Christmas Dinner



This year approximately 472 Band and Community Members attended the annual Seabird Island Community Christmas Dinner held on December 9th, 2014. Volunteers from the community and staff donated their time to create a festive and joyous atmosphere and served over 500 dinners during the course of the evening consisting of turkey, gravy, potatoes, vegetables and dessert.

Santa Claus and his trusty elves arrived after dinner to give out presents the children under 12. Santa also posed for photographs with each child as they received their Christmas present. Parents can pick up one 4" x 6" Santa photo of each of their children free of charge from the Communications Team at the Band Office December 18th or 19th.

We would like to thank our volunteers, staff and all those who helped prepare and serve dinner. A big thank you to the Seabird Youth and those who stayed behind to help clean up.

We wish you all a happy, safe, holiday season. Merry Christmas!



Community Dinner Prizes big winner: David Kay \$ 200.00, Armond Charlie \$50.00 both won Cottonwood Mall certificates. Many other prizes are still available for pickup from Angie or Myra check your tickets with the list on thier door.

Special thanks to the following for taking on lead roles in the kitchen: Leah, Pam, Jean, & Val your dedication to helping all throughout the day was outstanding. I would also like to thank all the staff that came to pitch in, it was a successfull event once again! Santa's helpers: Carlene, Jonny, Myra, Karla, Zorana, Kristy, Angie, Keena, Front Door: Seabird Island Learning Centre, Serving Staff: Fire department & Band Staff, Our youngest servers were Pavel and Lyle. Make & Take Station: Mary, Linda, Pam, MC: Virginia Joseph, John Bobb for grabbing the rental items. Chief and Council: Alexis, Dianna, Marcie, Clem, Santa: Ernest. The Community Hubs for organizing entertainment, Sound Crew and Maintenance Staff. Seabird Island Youth Group for cleaning up.

Our hands go up to everyone for helping with this event. We were very proud to work alongside all of you during this busy season. Of course we do not want to forget to thank our Seabird Island Band Members and Community Members for pitching in to help getting chairs and cleanup.



Seabird School



Our second term is halfway completed. Interim report cards have been sent out to parents and guardians. Parent/Teacher meetings have already been held but for anyone who was unable to attend and would still like to meet, please feel free to call and set up an appointment. All of this year's grads are on pace to pass their math courses and acquire the credits needed to graduate. Continue to work hard until the last day. The grade 10 students are midway through Unit 3 in their seven unit study of Apprenticeship and Work Placement Math course. This unit has been a bit of a struggle for some but with hard work and determination, they are all capable of successfully completing it. The Grade 8 and 9 classes continue to work on Saxon Math. The course has been difficult for students to adjust to but progress can definitely be seen. Its true value will be seen once they enter into grade 10. The topics covered in this grade will seem relatively easier to them after having had Saxon as their foundation for learning and preparation. The juniors and seniors classes have been enjoying their electives. The first group of juniors have completed their Foods class and enjoyed it immensely. Due to the high level of success, the same menus are being repeated with the next group, who appear to have the same pleasure in taking the class. The seniors continue to create delicious dishes such as Potato Bacon Soup, Pecan Tarts, and Christmas Cookies. The juniors will bake cookies for the elementary school students, while the seniors will bake them for all of the High School students. We always enjoy ourselves in the kitchen and look forward to what the next week has in store for us. The CAPP 9 will be wrapping up Lesson 3 of Chapter 2 very soon. They will have a guest speaker coming in this week to talk to them about health related topics. The students are beginning to open up more and share their thoughts and experiences in the class. It has helped to further understand them and to build stronger and healthier relationships. I always value our time in this class.

Thank you to all my students for the hard work and effort you continue to put in to my classes.

That's it for now.
Mr. Compton

For the past month in High School Physical Education classes, we have been enjoying a unit of Volleyball. We began the unit with the main aim of net games in mind, which is to land the ball on your opponent's side. The best way to do this is to hit an attack shot with your teams third shot, called a spike. We started with the spike and simplified our games using catches in order to focus on that skill. As game form began to take shape, we added the overhead pass (set) and the forearm pass (dig). Volleyball is a game that requires a fairly good level of ball skills and these simplified games create more rallies, a better understanding of the game and increased participation.

Another highlight of the last month was that our Girls Basketball team recently competed in their first tournament at Agassiz Secondary School. For many of the girls it was their first time playing an organized game of basketball and for some, it was their first time playing basketball. As a collective, we learned a lot about basketball and with few spare players, all the girls received substantial playing time. Overall, the girls enjoyed their time on the court and it was a great experience. Hopefully, this is the start of something for next year. Looking ahead to the New Year, it seems as though there is also some interests to form a boys' basketball team so I am hopeful that we can get enough players interested.

Happy Holidays!
Kevin Swaney



Mr. Relland took a number of pictures of our high school students tour and registering for library cards at the Chilliwack Public Library. Some of the students had never been to the library before and had no idea they could receive cards and borrow books at will.



important life skills. Finally, good homework habits foster more harmonious family relationships. When parent and child follow the same routine every night the homework 'wars' will end.

Here are some suggestions for making homework less painful and more productive:

January 2015, Reading Mastery Gr. 8-10
Mrs. Brawn

We are almost half way through the 2014-2015 school year and the children have a lot to learn in that time. Most of our students have been working hard! Parents of students on Individual Education Plans can expect to hear from us over the next few weeks as it is time to meet and review your child's Individual Education Plan for this term. We hope to see you later this term! If you have any questions or comments please call us at the school.

At our parent meetings in December, a lot of conversation revolved around homework. I told one of the parents to watch for the next newsletter and I would try to address this issue. I would like to call this article: Give your Child an Edge! How you can help make homework less painful and more productive!

Homework can create enormous stress in families. Yet homework has never been more important in your child's education. Children who develop the homework habit have an easier transition into the higher grades. Homework teaches students self-discipline and self-direction, cultivates good study habits and fosters initiative. "It's what we call the informal curriculum." Homework teaches children to focus on the problem, get themselves organized and get it done. These are

1) Start from day one -Even if your kindergärtner has no homework, set aside 10-20 minutes a day for reading to him/her or discussing the day's class. It's probably best not to call it homework time, call it study hour or quiet time. That way your child won't be able to say "I finished it in school," even if he/she did. Show that what they do at home is just as important in education as what they do at school.

2) Don't worry about a perfect place to study - A level surface and a sturdy but comfortable chair are important for written work; they also minimize fatigue and eyestrain. However, after sitting all day in classroom furniture a child may prefer a bed for reading. Any quiet place free from household distractions, especially T.V., is okay. Many children hate being banished to the bedroom and need 'parent proximity' to do their best work. That is perfectly alright, nothing more is required that a visible presence that stays put until the homework done.

3) Follow a daily routine - The study period should be firmly adhered to, although it doesn't need to start at the same time Monday through Friday. A schedule can be made to accommodate soccer or skating lessons, even favourite T.V. shows. However, the study time should be the same minimum length every night. That takes care of the child who 'forgets' his homework or the speed wizard whose only

criterion is 'All done!' right or wrong.

- 4) Consult, don't teach – When your child faces a tough problem or reaches an incorrect answer, resist the urge to give him/her the right answer. An important objective of homework is for the teacher to discover whether your child is keeping up with the classroom instruction. If you do the work for him/her the teacher learns only how much you know! Besides, 'helping' sabotages the goal of encouraging independence. That doesn't mean a total 'hands-off' policy during study time. You may have to sit beside a very young child



Here are the latest finished projects from the senior sewing class. Kayla Alexander with her purple quilt, and Nicole James with her Mickey Mouse quilt. *Debbie McGregor*

to guide, explain or make sure he/she understands the assignment. With older children you can assist in drill, memorization or recitation. You can also reinforce lessons. If your child is studying fractions you might bake cookies and double the recipe, have your child figure out how to multiple 2 times three quarters of a cup of flour etc.

- 5) Keep a homework log – Have your child record each day's assignments in one notebook and show it to you. Go over the list with your child before his/her study period begins. Check homework for completion after it is done. Some teachers like parents to sign and date the assignment. What's the right amount of homework? One commonly accepted rule is to begin with 15 minutes in the early grades, doubling to 30 minutes in Grade 4 to 6, doubling again to 60 minutes in Grades 7 to 9 and doubling to 120 minutes in Grades 10 and up.
- 6) Set a good example – If you don't want your child to plop down in front of the T.V., instead of studying, resist the temptation to switch on your favorite show. This will demonstrate that everyone has a job to do, you could use the study period for reading, writing letters, paying bills etc. You might even say: "Let's do our homework now." Show by your actions that you love to read, or that mathematics is important, and soon your child will consider that subject

important too. Remember parents don't have to know everything. Some parents/adults shy away from homework because they don't feel qualified to solve algebra problems or discuss Shakespeare's plays. That's the teacher job! As a parent your assignment is to provide support and emphasize the value of homework. In that way you'll help your child to a responsible and self-reliant future!

Good Luck with the Homework in the year 2015

We are doing everything in our power to help every student remain caught up in all of their classes. You can help us by reminding your child to do homework or leave them with us after school for a 30 minute period to do homework while all of their teachers are here to help.

Have a wonderful new year! We'll be picking up steam in 2015.

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

Seabird Community Calendar of Events – January 2015

(S) Sxexlhath	(M) Yila:welhat	(T) Sthemelts	(W) Silhat
	<p style="text-align: center;">PLEASE NOTE: Safety is a priority!</p> <p>We need to keep staff safe so we can keep providing you with delivery services.</p> <p>On delivery days to the community, please ensure your pets are inside or chained-up away from the door to receive your deliveries.</p>	<p style="text-align: center;">Pre/Post & Prenatal Circle</p> <p style="text-align: center;">Who can attend? *Expecting moms *Newborns up to 6 weeks *Partners, Support Person and siblings</p> <p style="text-align: center;">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;">EMPLOYMENT & TRAINING DEPARTMENT WORKSHOPS</p> <p style="text-align: center;">PLEASE CALL (604) 796-2177 SEE US IN THE OFFICE ANY OF THESE V</p>
4	5	6	7
	<ul style="list-style-type: none"> • 18 year old Trust Checks 9 a.m. - 1 p.m. • Meals on Wheels 5 - 6 pm 	<ul style="list-style-type: none"> • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<ul style="list-style-type: none"> • Annual Strategic Planning 1 p.m. - 7 p.m. light snacks will be served! • Meals on Wheels 5 - 6 pm • EMPLOYMENT & TRAINING Resume & Cover Letters
11	12	13	14
	<ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Life Skills • Meals on Wheels 5 - 6 pm 	<ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Drivers Education • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Work Search / On-line Social Media • Meals on Wheels 5 - 6 pm
18	19	20	21
	<ul style="list-style-type: none"> • Meals on Wheels 5 - 6 pm 	<ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Drivers Education • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<ul style="list-style-type: none"> • BAND QUARTER 1 p.m. Seabird Gym • EMPLOYMENT & TRAINING Interview Techniques • Meals on Wheels 5 - 6 pm
25	26	27	28
	<ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Life Skills • Meals on Wheels 5 - 6 pm 	<ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Drivers Education • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<ul style="list-style-type: none"> • Chief and Council Meeting 5 p.m. • Meals on Wheels 5 - 6 pm

Seabird Community Calendar of Events – January 2015

:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
EMPLOYMENT & TRAINING WORKSHOPS 6-6865 OR COME TO SIGN UP FOR WORKSHOPS	1 OFFICES CLOSED New Years Day	2	3 AESS Grad Bottle Drive 9:30 a.m. - 4:00 p.m. Grads will be driving around collecting donations, as well they are Accepting Donations at the Agassiz Fire Hall during the day. <i>4 Seabird Band Members from this grade 12 class are expected to graduate this year and are participating in these Grad fund-raisers.</i>
Planning Session snack and dinner 5 pm TRAINING Water Development	8 <ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Budgeting Basics 	9 <ul style="list-style-type: none"> • Yoo Hoo Word search DUE Enter to win a prize! 	10
TRAINING Word Search / 5 pm	15 <ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Drivers Education • Flyer Delivery 8 am - 1 pm 	16	17
MONTHLY MEETING TRAINING Tips & Tricks 5 pm	22 <ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Drivers Education 	23	24
Nomination 5 pm	29 <ul style="list-style-type: none"> • EMPLOYMENT & TRAINING Drivers Education 	30 <ul style="list-style-type: none"> • Yoo Hoo delivery 8 am - 1 pm 	31

“The Membership Working Committee wants your Help!”

As many of you are aware, Seabird Island is reviewing its Membership Code, which was written in 1999 and was last amended in 2004. The current members of the Membership Working Committee that are reviewing the document are; Jeff McNeil, Yvonne Harry, Sarah McNeil, Carol Hope, Maggie Pettis, Lionel Patterson, Celeste Bobb and Edie Karacsonyi.

The committee is currently reviewing what the criteria is to become a member of Seabird Island and is looking for input from Band Members as to what they feel is possible criteria for becoming a new member of the Band. The committee would also like to know if they should include in the Membership Code other references such as being a good member/citizen and if so what would that entail? The membership code will define what the rights and duties of the members are.

The Membership Working Committee will have a table setup at the Annual Strategic Planning Session held on January 7th, 2015, where you are invited to stop by and provide your feedback. There will be a prize draw for Band Members who provide input. Also, the committee encourages any member to feel free to share their ideas about membership with any of them, and they will in turn share that with the committee or you can contact Gary Lister at the Band office 604-796-2177 or garylister@seabirdisland.ca

Please take time to read over the current Membership Code if you haven't done so already. You can find it on our website: <http://www.seabirdisland.ca/uploads/MembershipCode.pdf>

Under the Current Membership Code, the criteria used to determine if someone is eligible to be a Member of Seabird is the following:

1. Status
2. Birth – one natural or biological parent from Seabird
3. Marriage
4. Adoption
5. Reinstatement
6. Band Vote
7. Have to Apply

Sample items for discussion for the Membership Code:

- a. Children of at least one/two member parent(s);
- b. Adopted (legally and/or customary) children of one/two member parent(s);
- c. Non descendants of the First Nation with/without Indian status wishing to apply;
- d. Non-Indian (status) persons/children descendants of citizens (for example consider whether grandchildren of one citizen grandparent will be eligible);
- e. Transfers from other First Nations or persons with American tribal affiliation;
- f. Spouses of members/citizens;
- g. Blood quantum;
- h. Circumstances of automatic membership/citizenship if any

Other Elements of Eligibility

- i. Seabird may wish to include other elements. These may include:
 - Definition of what membership in Seabird means
 - Community input/vote to accept;
 - The threshold of acceptance required (for example 50% of votes cast);
 - Criminal record check;
 - Evidence of a valuable contribution to the community;
 - Commitment to the language/culture of the community;
 - Residency in the community;
 - Previous community involvement;
 - A requirement for continued/future involvement and contribution to the community;
 - Pass a “protest period” – a period for community members to protest the application;
 - Good Citizen – responsibilities and duties;

Citizenship is the status of a person recognized under the custom or law of a state that bestows on that person (called a citizen) the rights and the duties of citizenship. That may include the right to vote, work and live in the country, the right to return to the country, the right to own real estate, legal protections against the country's government, and protection through the military or diplomacy. A citizen may also be subject to certain duties, such as a duty to follow the country's law, to pay taxes, or to serve in the military.

What is a good citizen?

- A good citizen is someone who respects others and their property.
- He/she is helpful and considerate; willing to put others first.
- He/she listens to the views of others and thinks about what they have to say.
- He/she helps people who are not in a position to help themselves.
- He/she respects the environment and does not damage it in anyway.
- He/she works hard.
- He/she is well mannered and pleasant.
- He/she is always willing to learn

Qualities of a good citizen:

Friendly: smiles at people

Selfless: does things for others, not just themselves

Open: willing to work, make things better, volunteer, etc...

Caring: cares about others and the environment

Polite: not rude, such as at the table and restaurants, so forth...

Hard working: works for their money and a better life, even marriage

Grateful: appreciates their opportunities and the things they were blessed with

Giving: gives to fellow citizens and their friends and family

Careful: with what they say, how they say it and what they do to avoid conflict

Respect: they respect others for who they are and what they do, they will not think of themselves as being any better than someone else

Vigilant: keenly watchful to detect danger; wary: a vigilant sentry.

Independent: does not depend on someone else or the government to provide for them

Critical: involving skilful judgment as to truth

Honest: honourable in principles, intentions, and actions; upright and fair: an honest person

Ethical: pertaining to or dealing with morals or the principles of morality; pertaining to right and wrong in conduct

Educated: having an education; especially: having an education beyond the average of morality, pertaining to right and wrong in conduct

Educated: having an education; especially: having an education beyond the average

How to Be a Responsible Community Member

1. **Get involved.** In order for a community to thrive, members have to do things together. From community preservation activities such as a neighbourhood watch, to recreation like a softball team, community spirit is built on participation.
2. **Take responsibility.** When you see a situation that undermines the integrity of your community, seek to change it. This could be as simple as picking up your neighbour's trash can that has rolled into the street or convening a committee to discuss solutions to gang violence in your neighbourhood. Responsibility means taking action.
3. **Be an example to others.** Take the new person under your wing and demonstrate your community's values by your actions. Responsibility means doing, not telling.
4. **Follow the rules.** Keep your grass cut and your dog on a leash. Rules are part of what holds a community together. If you disagree with the rules, work to change them. But always follow the rules that are currently in place. Responsibility means being accountable.
5. **Volunteer.** Give of your time for the greater good of your community. Find out how you can help other members of the community. Match your talents to the community's needs and give freely.

Working together every step of the way



Seasons Greeting from Community Services Department

Please note if you should have anything wrong with your produce please bring your perishables back to Agassiz Produce and they will exchange for you this year.

Enclosed in your hamper this year:

Bananas
Apples
Oranges
Onions
Potatoes
Carrots
Peppers
Bread
Milk
Canned Beans
Canned Soups
Pancake Mix
Oats
Sugar
Flour
Rice

Seabird Band Calendar
Canned Corn
Stuffing
Canned tomatoes
Spaghetti
Macaroni

Total Costing to make a small hamper with the bag \$32.00
Total Costing for a medium hamper with the bag \$64.00
Total Costing for a large hamper with the bag \$96.00
Total Costing for a x-large hamper with the bag \$128.00

This year's hamper proceeds were put together from staff donations, community donations, Tamihi Lodging donation, and Band Contribution. We would like to hear your feedback about the hamper product change as well as what we put in the hampers every year. Our hampers are highly dependent on donations. We do our best to find the most cost effective method for us to purchase such a large scale of items. Please send a note or call with your feedback to Angie Chapman.



UBC Students



On behalf of Seabird's practicum planning students, Zoë and Tasha, from UBC, we would like to send a HUGE thank you to everyone who participated in our communications, housing and visioning activities at the Christmas Dinner. So many great ideas and suggestions were generated and we have noted all of your comments. It was such a great way to meet so many community members and Baby Léo already has about 5 new Aunties I think!

As part of the planning process for the Seabird Communications Plan, Housing Strategy and re-visioning of the Vision Statement, we as students are committed to making sure everyone has a say. We will try to always do the following:

- ☐ To ask the community *how* they want to be engaged in the process
- ☐ To go to the community, rather than asking them to come to us
- ☐ To acknowledge that community members are experts on their own community
- ☐ To aim to reduce barriers that prevent community members from participating

Many of you called for better transparency and so we will post the results from the survey activities in the Yoo Hoo



once we summarize them all!

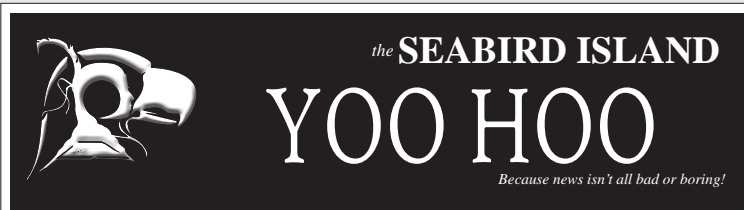
And... **Congratulations** to all the prize winners! If you haven't already picked up your prize from the Band Office, head on down and see reception.

- Jenny-Lee Billy - Blue T-Shirt*
- Laurie Thomas - Navy Toque*
- Justin Bobb - Black Toque*
- Star Pettis - Black T-Shirt*
- Danyel Desjarlais - Navy hooded sweatshirt*
- Onie Peters - Black mug*
- Myra Thomas - Tan baseball hat*

We had such a great time chatting with you all about these important issues and look forward to continuing those conversations in the New Year. We are also looking for champions to host family meetings to talk about housing – please contact us if you want to take part in this very important discussion. If you didn't have a chance to stop by and see us at the dinner, not to worry! We will be hosting and joining many community events in hopes to hear from as many community members as possible about what you need and want to see for housing and communications at Seabird.

Happy Holidays!

- Zoë, Tasha and Baby Léo



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

Smoked Salmon Baguette Appetizers

Ingredients:

Baguette Loaf
Smoked Salmon
Jalapeño Havarti Cheese

Directions:

1. Slice baguette at a slight angle at about 1/2" thick pieces
2. Cut your smoked salmon into pieces around 1 1/2" square and thinly slice each piece dividing the thickness into around 4 slices.
3. Slice up or grate the Havarti cheese.
4. Arrange the salmon and Havarti on top of each piece of baguette
5. Place your finished products on a cookie sheet.
6. Toast in the oven at 350° until the cheese is melted and the baguettes are slightly toasted.

I like to put the cheese on top, but in the photo I found, some people put the salmon on top and use different variations of cheese. Some people even use a cream cheese and do not toast it.



Recipe submitted by Sandy Bobb

Go Forward With Courage

When you are in doubt, be still, and wait;
when doubt no longer exists for you, then go forward with courage.
So long as mists envelop you, be still;
be still until the sunlight pours through and dispels the mists
-- as it surely will.
Then act with courage.

Ponca Chief White Eagle (1800's to 1914)

Education Department, Seabird Island Community School, the College and Post-Secondary Holiday Hours:

Seabird Island Community School
will be closed from December 20, 2014 to January 4, 2015.
Classes resume January 5, 2015.

Seabird College and Adult Education
will be closed from December 20, 2014 to January 4, 2015.
Classes resume January 5, 2015.

Diane J. will be on annual leave
Christmas week from December 25, 2014 to January 1, 2014
and returning on January 2, 2014.

Chiefs Corner



Chief Clem Seymour

Dec, 19/2014

Hope everyone had a great year; many projects have started and are coming along well. Our gas bar should be complete within the next

few months, the employees are in transition and training set by ESSO. Discussions and planning for our new Early Childhood Education building are coming along great, construction of the building will start in February.

With the New Year starting resolution time has begun, set your goals and strive towards them. We would like to continue our goal in helping our children with the capacity to move along, supporting them with working towards our future.

Zorana Edwards Shippentower

15 Ways to Be Happier in 2015



New year. Happier me.

1. Slow down and enjoy the little moments.

Stop being too busy to taste the flavors in your food, to hear yourself think, to watch the sunset or to listen to the words of your favorite song.

2. Say no to time-wasters and space-fillers.

Your days are valuable and should only involve valuable things and people. You can't be everywhere at once and you can't be everything to everybody. Choose what and who is deserving of your time and let the rest fall by the wayside.

3. Be more honest and open with yourself.

What do you really want to do with your life? Is the current path you're on something you're passionate about or are you doing it because society's road-map told you so? Stop getting in more debt attending a grad school program that does not align with your passion.

4. Take more risks.

Seriously. Get out there and get messy. Make mistakes and fail a few times. Fail again after that. Let the challenges help build your character because the success that follows will be worth it.

5. Assess your circle of friends.

Are you constantly giving and listening to other's drama and not receiving anything in return? Do the people you lean on really support and uplift you? Do you genuinely feel like they have your best interest at heart? Remember, the five people you spend time with the most are a telling sign of who you are.

6. Realize the past can't be changed.

Like ever. Stop reliving what could have been or obsessing over how the situation may have played out differently if you would have gotten one more word in or reacted better. It didn't work out for a reason. Take the lesson from it and find comfort in knowing that what's meant for you will come in due time.

7. Find the time to help someone in need.

Lend a listening ear or a firm shoulder to lean on. You never know when the person doing the needing will end up being you.

8. Stop making excuses for not living out your dream.

If others can do it, so can you. A few years from now, you'll be upset with yourself for all the time you wasted and find yourself stuck dwelling on what could have been.

9. Be happy for others.

Being jealous or fake happy is draining. Genuinely be happy for other's success because you'll want them to be happy for you when you share your good news.

10. Give what you'd like to receive.

If you're seeking compassion, show it to others. What goes around, always comes back around.

11. Leave expectations at the door.

People grow, change and make mistakes. Some people will help you while others will attempt to bring you down. Don't expect too much from anyone either way. The only person's actions and mind you can control is your own.

12. Validate yourself.

Don't worry about what others think or don't think of you. What weight does their opinion carry anyway? Think highly of yourself and give yourself permission to be great.

13. Stop settling.

Being single is better than being unhappy working for a relationship 80 hours a week with someone you don't love.

14. Respect your own privacy.

Keep some things to yourself. Not everyone needs to know every detail about your relationship or what's going on at your job, even if they are family and friends. Savor certain moments despite the burning desire to show and prove.

15. Live in your own purpose.

Don't follow the crowds. Trying to emulate others deters you from that special path you were meant to take. Be inspired from their journey and put that energy into who you were meant to become.

Source: Jaimee Ratliff. 12/15/2014. http://www.huffingtonpost.com/jaimee-ratliff/15-ways-to-be-happier-in-_b_6293816.html

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

ADVERTISEMENT RATES

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

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

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

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

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

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

AGREEMENT

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

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

DEADLINES

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

Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.

Helen Keller

"The more intensely we feel about an idea or a goal, the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfillment."

- Earl Nightingale

Peloques / January

Birthstone: Garnet

Color: Orange to deep red

Capricorn: Dec. 21 - Jan, 19

Flower: Carnation or Snowdrop

Halq'eméylem Word Search

YOO HOO - WIN A PRIZE!

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

Submissions due: by 4 p.m. Friday January 9th 2014
Draw Date: Monday January 12th, 2014

Congratulations to last months winner Dee 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.

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

Li te syó:yesáwtwx wiyóth kw'es yóyestest móytel.

Graphics:

- ALIGNMENT
- IMAGES
- FONTS
- BORDERS
- VECTOR
- ART
- GRAPHICS
- FORMATTING
- PHOTOS
- COLUMNS
- BRANDING
- COLOR
- READABILITY
- CREATIVE
- INSPIRE
- CLEAN
- CLEAR
- CONSISTENCY
- CREDIBILITY
- HYPHENS



'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

The next optometry clinic is scheduled for

January 19th and 20th 2014,

I have 56 people on the list already, including the one on the recall list for Jan., I can probably take just a few more spots.

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.bcyyukonaa.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 Robinson** 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 at 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 Robinson 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. 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 (NIHB). 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 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 online!

www.seabirdisland.ca

Website:



Scan this QR Code with your smart phone and it will lead you to the Seabird Website. This is an easier way than typing <http://www.seabirdisland.ca> into your smart phone.

Seabird Community Yoo Hoo Newsletter:



Scan this QR Code with your smart phone and it will lead you to the Seabird Newsletter on our Website. This is an easier way than typing <http://www.seabirdisland.ca/page/news-events> into your smart phone.

Tips:

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

The New Year, the season of fresh starts... a time for change and healing, a time to get active.

Tips on how to make a fresh start...

Step 1 Review last year with fresh eyes.

Instead of focusing on the bad, focus on the good. Make a list of the good things in your life and of good things that have happened to you. Make a list of how people made you happy, and what you did to please them. Make a list of the things you admire and respect about yourself. *This will lift your self respect and the year will be truly fresh. Respect yourself and others will follow!*

Step 2 Forgive and forget.

Make peace with yourself and people who may have wronged you. *By moving on you will be clearing some major mind clutter and making room for bigger and better things.*

Step 3 Pamper yourself.

Whether it's a new haircut, manicure, massage, or new outfit, do at least one thing for yourself. *You will feel refreshed, confident, and ready to dive into the new year.*

Step 4 Organize your finances.

Review your spending habits from last year, determine what bills can be reduced or eliminated, and create a new budget. *This will guide you towards a more secure year and future.*

Step 5 Spring cleaning and de-clutter.

Take a few large trash bags and walk around the house, inside and out, collecting things that are broken, unused, and unwanted then throw them away. *By reducing the clutter you will be able to think more clearly.*

Step 6 Create goals or resolutions.

Think about what you want to accomplish this year. List these goals and display them where you will see them each day. Break up the larger goals into smaller more achievable goals, making them easier and faster to accomplish. *Tracking these accomplishments as you go could keep you motivated.*

There's nothing more refreshing for the mind, body, and spirit than "out with the old and in with the new".

* Sage & Sweet Grass Incense: The fragrant smoke purifies a room or home of negative energy. *