



Artifact found on Seabird Island gravel bar dates back centuries

It was a day they will not soon forget.

Priscilla and her granddaughter Kayley are rockhounds.

Recently, the two were out looking for agates in the Waleach gravel bar area of Seabird Island.

And what did they stumble upon?

An artifact, dating back to...

Well, who knows how many years, decades, maybe centuries their find had been laying in the sand.

Had it washed down the river?

Or, had it been sitting on top of the gravel bar all along, just waiting for Priscilla and her granddaughter to find it?

The artifact they found is a hand maul.

First Nation peoples in British Columbia used the hand maul for hammering and pounding tasks, often in combination with a chisel or splitting wedges, in the making of large wooden plank house, dugout canoes and totem poles.



Left to right: Jay Hope, Sally Hope, Kayley holding the hand maul, Lori Burns, grandmother Priscilla.

Photo by Kristy Johnson

Made of heavy, dense stone and gripped in the hand, it would have taken considerable strength to use this tool and the making of one would certainly have been a long, laborious job.

A hammer stone was used to peck the maul into shape, and then the surface would be smoothed using a stone abrader.

Some mauls from northern British Columbia were shaped like a stirrup. They could be grasped by the other hand

for additional force in pounding.

Hand mauls and shaped hammer stones, such as this one, were typically made 700-800 years ago until European contact.

So, the next time you are out walking around Seabird Island, or maybe on the gravel bar, take each step carefully.

You may stumble upon a piece of First Nations history.

Dale Cory, Communications Officer

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CLOSED

We will be closing programs and services on:

Monday October 12th
to observe Thanksgiving Day.

Wednesday November 11th
to observe Remembrance Day.

Monday November 23rd
for Staff Development (training) Day

Staff: please arrange childcare as the Daycare will be closed and it is Pro-D Day for all Schools.



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Saturday 9:30 a.m. - 5:30 p.m.
Sunday 12:00 p.m. - 5:00 p.m.

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the SEABIRD ISLAND
YOO HOO

Because news isn't all bad or boring!

Phone: 604-796-2177
Website: www.seabirdisland.ca
Sandy Bobb: 604-796-6838
E-mail: sandrabobb@seabirdisland.ca
Dale Cory: 604-796-6833
E-mail: dalecory@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 Supervisor & Graphic Designer, by phone at 604-796-6838 or e-mail sandrabobb@seabirdisland.ca



SUBMISSION DEADLINES

The 20th of each month or if the 20th lands on a weekend then deadline lands on the Friday before.

Have a happy story idea related to Seabird please contact Dale Cory, Communication Officer / Journalist at 604-796-6833 or e-mail dalecory@seabirdisland.ca

OFFICE HOURS

Monday - Friday
8:00 a.m. - 4:00 p.m.

FOR ADVERTISEMENT RATES

PLEASE CALL SANDY. (pre-paid, please)

DELIVERY

The first (1st) of each month

Chief Clem Seymour goes one-on-one with BC Premier Christy Clark

When B.C. cabinet ministers and 500 Aboriginal leaders from across British Columbia emerged from two days of meetings in Vancouver Sept. 10th, the two sides announced they had found common ground on two fronts. To work on resource development issues, and to hold a province-wide forum on aboriginal children in government care.

During the gathering, Premier Christy Clark also announced the establishment of a \$2 million scholarship fund for aboriginal students pursuing post-graduate degrees, and a new set of awards for aboriginal youth athletic achievement.

Seabird Island Band Chief Clem Seymour attended this second annual gathering between the Premier and MLAs.

He shares his thoughts on what took place during their discussions.

“We sat down to do some bridging between the government and the Chiefs, so they have a better understanding of where everybody is going with things,” offered Chief Seymour. “It was in some ways a follow up to the Chilcotin case going to court over territorial rights. They won that court case, so the Premier wanted to sit down and find out where everybody else was at. She called the meeting to start talking to our people more often to find out where things are at with them. The biggest part, from my understanding, is to still have the opportunity to look after what’s in front of us.”

Front and center from a Seabird Island Band standpoint is Seabird College, and its ability to expand and grow with the

Band in the future.

“We need to do some bridging for our College. It’s not just First Nations that goes to our College. We open the doors for everybody. We’re looking at how we take care of some of the core costs. We need their help,” explained Chief Seymour. “I went down there to let them know it’s not about Seabird – it’s about everything else around us. How do we build the capacity to look after it if we don’t have it in place?”

Chief Seymour was also scheduled for a brief one-on-one meeting with BC Premier Christy Clark during the two-day conference.

It was a meeting he anticipated attending for a long time.

“I had 15 minutes with Premier Clark. I brought some paperwork from Brian Titus and Jay Hope because they are heading to UBCM (Union of BC Municipalities) next week. I left them some things to think about, and try to open some doors with economic development, and some territorial issues,” explained Chief Seymour. “I left her with a final message. I said, you know, my understanding is, when it comes to your position, if it wasn’t for the people out there, you wouldn’t be here. And it’s no different for me. If it wasn’t for my people back home, I wouldn’t be here either.”

Seabird College is one area of concern Chief Seymour, and the Seabird Island Band, will continue to push when it comes to the provincial government and its relationship with First Nations.

Surrey-White Rock MLA Gordon Hogg was appointed parliamentary secretary in charge of developing the sports awards.

A framework document agreed to at the meeting commits the province and First



Nations Leadership Council members to keep working on a reconciliation agreement that would settle historic land claims across the province. Clark said the agreement would have to include provisions for the unique aspects of more than 200 First Nations.

Closer to home, Seabird Island Band is preparing to host its General Band Meeting Wednesday, Oct. 21st.

Chief Seymour encourages the entire community to attend, and take part.

“It’s always important to let our people know this is where we’re going on their behalf. It’s about helping them take care of what they need to take care of. It’s about building capacity inside our community to look after what we have because of an ever-changing environment,” said Chief Seymour, who encourages Band members to come out on Oct. 21st. “It depends what kind of doors they want to open up. It’s about where do you want to participate, where do you feel comfortable in looking after things. It would be good to find out where everything’s going, like with the Lands Department, Economic Development,... Where are we going with all this?”

The answers to some of those questions will be part of the discussion at the General Band Meeting Oct. 21st. Doors open at 5 p.m.

Dale Cory, Communications Officer

DOOR PRIZES

Band Quarterly Meeting
Wednesday, October 21st Starting at 5 p.m.

DINNER

Child minding provided:

Please RSVP for child minding by October 20, 2015 to Chantelle Harris so we can arrange to have enough childcare providers.

Practice makes perfect for Seabird Fire Department

They learn vitally important skills they hope they will never have to use.

According to Gerald Basten, Director of Fire and Emergency Services for the Seabird Island Band The Seabird Fire Department probably trains 90 per cent of the time and respond to calls 10 per cent of the time.

“In a community the size of Seabird, nobody ever wants that fire, but when it happens, you want to train enough to be fluent, to mitigate, and to make the difference,” said Basten during SFD practice Sept. 15th. “And that’s what we do – train every tuesday to be prepared for that one day when we’re called to duty.”

The 14 members of the Seabird Fire Department who attended this particular practice heard that message time and time again from Basten, who chose the first hour of the gathering to discuss topics ranging from safety, to training, to protocol, to procedure when on a call.

“It’s important to be here to help the community, and to provide first aid,” said Leo

Reyburn, SFD’s Assistant Chief. “Preparation is important for safety reasons. Mostly safety. That’s why we come to practice. To learn new things, and be prepared.”

When it comes to a natural disaster, such as an earthquake, preparation, and understanding what to do to avoid serious injury, is important to learn.

That’s why, the Seabird Island Band participates in the ‘Great British Columbia Shake Out’ on an annual basis. All the school facilities and the band administration building are registered onto the website to show participation, and all staff and students are mandated to participate.

“You can’t state enough the importance of a drill. An earthquake generally, is similar to a fire drill, and yet it’s different. Instead of bailing out of the building right away, you need to drop, cover, and hold. To take cover where you are, and then, think, once the shaking stops, what’s your next step going to be, so you don’t leave a safe environment and go into a hazardous environment. It’s great education, because we don’t normally have them, I mean, it’s been 300 years.”

When an earthquake hits...

- **Stop:** stop whatever it is you are doing as soon as it is practically safe to do so!
- **Drop:** Drop to the floor and take cover in the middle of the room (if possible to get away from falling book cases and shelves etc...) under a study object such as a desk or table, and face inward away from any possible breaking glass!
- **Hold:** Hold on tight to whatever you are under until the shaking stops. From then count to 60 to let any falling objects settle, before you move on to your next actions.



Seabird Island’s Director of Fire and Emergency Services Gerald Basten instructs SFD members in the classroom.



At 10:15 a.m. on Oct. 15th, a province wide earthquake drill will take place. An alert will go out to indicate that a large magnitude earthquake event is happening and that everybody is to take action as per the earthquake protocols.

“In some cases it will be a bit of a surprise,” admits Basten. “But what we’re working to do is put together that procedure. Give it to the directors, who will give it to their managers, who will take it to their staff, telling them that, when this drill happens, this is what we do. So when we do the drill, they will know the procedure.”

For further information, please check out the following website. And be prepared!

www.shakeoutbc.ca/index

Dale Cory, Communications Officer



Wasps, Cougars causing concern on Seabird



A message from the Seabird Island Band Public Works and Housing Division. One of our workers has been stung badly by many wasps in the old pumphouse area, near the units. Seabird residents are asked not to dump their grass clippings, which provide a perfect habitat for burrowing wasps and other rodents. Residents are reminded they can use the Eco-Station Compost Facility.

There have been a couple of cougar sightings on Seabird Island recently - one in the Strawberry Island area, and one on Pipehom Rd.

If you see a cougar, you are asked to call the conservation officer line directly at 1-800-663-9453. You can let the band office know, but most important is calling the conservation officer, as conservation officers do not take third party information from the Band office.

Internet access about to improve on Seabird

The Seabird Dept. of Public Works and Housing along with IT would like to provide the community with an update on the "Last Mile Internet Access" project.

We are pleased to announce that the fibre optics are installed. The next step to get internet into the homes, is selecting and setting up the service that will deliver the Internet signals over the fibre optic cables.

We have been working hard to design a solution that will provide the fastest, most reliable and most cost effective solution to Seabird Band Members. We will be sure to provide regular updates as we work through this portion of the project. We understand that the community is eager to get this service going and we are committed to getting you online as soon as possible.

SEABIRD ISLAND BAND HOUSING WAITLIST JULY 2015

1 Bedroom	
1	04012015-1015
2	04102015-1016
3	04202015-1017
4	07082015-1019
5	07082015-1020
6	07302015-1021
7	06042014-2086

2 Bedroom	
1	01062014-2076
2	05302014-2085
3	07292014-3090
4	10032014-1010
5	10082014-1007
6	01072015-1013
7	08272014-1007
8	02042015-2086
9	02102015-1014
10	03122015-3089
11	04012015-1015
12	04102015-1016
13	04202015-1017
14	05202015-1018
15	06192015-2087
16	07082015-1019
17	07232015-2088
18	07302015-1021
19	08052015-2090

3 Bedroom	
1	12192012-3076
2	01022013-3079
3	02062013-3082
4	02082013-3084
5	03192013-3088
6	12102013-2069B
7	12312013-3099
8	01032014-3103
9	06042014-2086
10	07082014-3087
11	07292014-3090
12	09302014-1005
13	12092014-1014
14	12242014-1015
15	12312014-1016
16	11172014-1013A
17	01062015-1017
18	01122015-1009
19	01142015-1010
20	01142015-1011
21	01142015-1012
22	01222015-1013
23	02042015-3091
24	03022015-3092
25	03122015-3093
26	03122015-3094
27	04012015-1015
28	04102015-1016
29	04202015-1017
30	04282015-3095
31	05202015-1018
32	05252015-3095
33	06192015-2087
34	07232015-2088
35	07302015-1021
36	08052015-2090
37	08262015-3096

Don't know your number?

Contact Samantha to see where you sit on the waitlist!

Note:

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

REMINDER!

Housing applications must be renewed before JANUARY 1 each year to remain on the list!

Anyone who did not renew came off the list and must now reapply if interested

"It has come to our attention that some non-band members have been given access to the river through band members with gate keys. Please note that the gate keys are meant for Seabird Island Band members only. If it is found that Non-members are being given copies of the gate keys, the band member will have their key taken away and the locks will be changed. Access to the river is limited by locked gates due to health and safety concerns."

-Sally Hope, Aboriginal Rights & Titles

Gate and Keys

Garbage dumping and unauthorized access are becoming an issue on our reserve lands. The Band Office would like to make sure that we keep our reserve lands safe and clean.

As of Friday August 28th, 2015 the gate at the Old Cattle Farm crossing will be locked daily.

Any Band Member who would like a key to access the river side, can contact Donna Andrew from the Lands team to request a key for access to the land.

We would like to remind you that: You are responsible for your guests when

on the gated side if the community; keys are not to be copied and distributed by the key holder; you can report any suspicious activity or unauthorized access to the Lands Office.

Also as a friendly reminder please pack out what you pack in.

Thank you for being responsible community members, helping to maintain and care for the reserve lands.

Please contact Donna Andrew: email: donna@seabirdisland.ca; or call 604-796-2177 ext.6936

Seabird Island paves the way for future partnerships during UBCM convention

Growing partnerships.

That's been a consistent message from Chief and Council, and led by various departments within the Seabird Island Band office.

When the Union of British Columbia Municipalities (UBCM) held its annual convention in Vancouver the week of Sept. 21st to Sept. 25th, the Seabird Island Band was represented by Jay Hope, Corporate Affairs Director, and Brian Titus, Chief Executive Officer of the Sqéwqel Development Corporation.

They attended various study sessions and networking events, and met with as many Provincial Ministers as they could. Then, on Sept. 24, Hope and Titus had the opportunity to present to delegates at one of the workshops.

Mutual Prosperity of First Nations and Municipalities was the focus of this particular workshop. Hope and Titus teamed up with District of Kent Mayor John Van Laerhoven and CAO Wallace Mah to describe the Community Economic Development Initiative partnership which exists between Seabird and Kent.

"One of the keys that came out of this was speaking to the UBCM delegates as a whole. I think it's important to realize that local First Nations and local municipalities will find their own way of working together. They'll find their own dynamics. Each group is challenged in different ways, whether it be geographical or population wise, or physical space between each other," stated Jay Hope after the workshop had been completed. "I think it's important for people to take advantage of these relationships. It just doesn't benefit one party. It benefits both. And to the end, it benefits the region and the province as well. Those opportunities for collaboration will certainly help things."

Why partner?

Well, it's certainly good business to engage your neighbours in anything you do. And, most importantly, there are no borders in economic development. Partnering is about the economic benefits and other spin offs you can gain from a good working relationship.

It became very obvious during the presentation that Seabird Island Band and the District of Kent have a strong working relationship.

"We now have a much clearer understanding of the direction of where Seabird is going, and what they see as their future vision, and what they see as helping their people grow and prosper. I think Seabird sees the same as us," stated Van Laerhoven. "The regular getting-together helps to maintain that relationship. I think we trusted each other before.



Wallace Mah and John Van Laerhoven, from the District of Kent, along with Jay Hope and Brian Titus from Seabird Island presented during UBCM.



Brian Titus, far right, gets into deep conversation with UBCM delegates.

I think we trust each other even more now."

The key to this partnership is allowing both sides to get staff involved, and exchange ideas.

"I think that proves we have a commitment. We all know as councillors our lives are busy dealing with the political end of things. The actual works gets done on the ground by staff people. Staff people getting to meet each other, staff people supporting each other helps move initiatives forward," added Van Laerhoven. "We're committed to it - so we're moving forward with it. I'm looking forward to the Agassiz/Harrison Area First Nations Business Forum Oct. 20-21 in Harrison. I think it's going to be a wonderful event. All the communities in the area get to move forward when a positive initiative happens in one of them."

Seabird Island Band and the District of Kent have collaborated on joint funding applications, joint petitioning of Federal and Provincial bodies, and currently share Fire and Protective Services.

"I think the integration of council and staff is really important. It sets a tone for a working relationship," summarized Hope. "I see this going in a very exciting direction. For one thing, we understand what the District of Kent is looking forward to in the future.

Partnership between Seabird Island and District of Kent the envy of many

“The challenges we both have now is how can we work through those challenges collaborately, and how can we ensure that when we’re doing something at Seabird, that it’s going to complement things in the District of Kent, and it’s going to allow them to take advantage of whatever we’re doing as well.”

The most telling indication of the successful partnership achieved by Seabird Island and Kent came when one of the delegates stood up, and remarked that he hears about so many great things coming out of Seabird Island, initiatives that First Nations Bands and other municipalities look to copy by getting a first-hand account of the success stories.

Dale Cory, Communications Officer



Jay Hope discusses Seabird's partnership with Kent during a table session at UBCM.



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Oct 20 & 21, 2015

Ahfnbf.ca **Register Here**

Seabird Island a big part of the Agassiz Fall Fair Parade Sept. 19th



The future of Seabird youth front and center with new project launch

The goal is to support, enhance, and create resiliency in Seabird Island Band youth by connecting youth with their land, their ancestors and their culture. The objective is to provide an avenue for youth to explore and express ‘who they are’.

And, with those targets in mind, the Seabird Youth Resiliency Project has commenced.

“We’re designing a project to support and strengthen our youth. We know we want to connect them to our land, their ancestors and culture. We want them to have a really firm and clear sense of who they are as Seabird youth. We need help designing the program to determine what it will look like,” stated Heather McDonald, Health Policy and Quality Officer with Seabird Island Band. “Now’s the time to get involved.”

The Seabird Youth Resiliency Project is a joint partnership between Seabird Youth Program and Seabird Rights and Title Department.

The Project will be jointly led by a Youth Council and a guiding group of Seabird Knowledge Holders. These groups will determine the details of the project.



Left to right: Sally Hope, Myra Seymour and Conrad Louie from Aboriginal Rights & Titles Department.

A series of activities will be planned to be undertaken by the youth over a period of months.

These activities are intended to teach the youth what they need to know about being First Nations / Stó:lō / Nlakapamuk / Seabird.

“Seabird is going to tell us how to do it. We’ll watch Seabird as they develop this program, glean information off that, and help other communities to accomplish the same for their youth,” added McDonald. “We’re looking for people who have knowledge, and to answer, what does it mean to be part of Seabird? We’re calling all knowledge holders to participate in a guiding group. We really want youth to come forward, to provide leadership, and to tell us their stories.”

The youth will take photos of their learning journey. At the end of the period the youth will produce a 30 minute documentary/presentation, to be shared with families and the Seabird community, which will showcase their understanding of who they are.

For further information, please contact Sally or Conrad in the Seabird Aboriginal Rights and Titles Department, or Angie in the Seabird Community Services Department.

Dale Cory, Communications Officer

Some background information on the Seabird Youth Resiliency Project

The tragedies of suicide in our region led to the formation of a regional collaborative of community members and leaders, and service providers (health, justice, policing, education, etc.) who have been working on suicide prevention, intervention and postvention activities since 2012 (Fraser Region Aboriginal Youth Suicide Prevention Collaborative).

In 2014, a subgroup of this collaborative (Seabird, Stó:lō Nation, Fraser Health) responded to a call for proposals from the Canadian government to develop effective suicide prevention strategies for First Nations Youth. Our research plan is to work with Seabird to develop a land-based resiliency program for youth. This is based on our knowledge that fostering connections to the land helps youth establish positive identity as well as skills, values and abilities that enhance their sense of self. The lessons we learn from creating and implementing this project will be applied to help other communities develop their own land-based resiliency program.

Why Bannock and Tea once a month? Seabird's Lands Department explains...

The Lands Department at Seabird Island Band hosts a meet and greet with community members once a month.

As always, the entire Seabird community is invited to Bannock and Tea with the Lands team. This is your chance to come down, have a cup of tea with the team, and share some knowledge. Everyone will get the opportunity to share ideas and ask questions you may have about the Lands department at Seabird Island.

The Yoo Hoo Newsletter recently sat down with Lands Manager Danielle Gabriel, and asked her to provide details on why it's important to connect and engage Seabird residents once a month.

'Lands' has a number of goals for Bannock and Tea:

- Create transparency by providing timely fact based information.
- Explain the Past, Present, and Future of Seabird Island Lands Department.
- Design and implement an effective communications plan to inform the community.
- Promote a free flow of information and to facilitate dialogue and networking among community members.

- Enhance communications with the community.
- Encourage community members to contact Lands Management Administration/committee on issues that are important to them.
- Inform membership and receive a positive vote at the end of the land management process.

"Lands' focus is on issues of reserve land and resource management," stated Jay Hope, Director of Corporate Affairs with Seabird Island Band, in his Annual

Report submission for the 2014-15 fiscal year. "With the Seabird Island Land Code as its guide, Lands' responsibility is to set in place a management system that allows Seabird Island to administer and regulate how reserve lands are used in a responsible and respectful way."

The next Lands 101 will take place Tuesday, Oct. 6th from 10 a.m. to 3 p.m. in the Community Health Boardroom.

See you there.

Dale Cory, Communications Officer



Meaghan Thomas, Lands summer student, and Donna Andrew, Lands Clerk, both seated across the table, meet with residents during the September Bannock & Tea.

Fishing update from Aboriginal Rights and Titles Department

The last Chinook (hotpick) fishery took place in the area of Hope Bridge to Sawmill Creek on Sept 10th-11th, 2015

The Coho window closure is as follows:

- **Below Mission:** Sept. 8th - Oct. 9th
- **Mission to Hope:** Sept. 10th - Oct.12th
- **Hope to Sawmill Creek:** Sept. 12th - Oct. 17th
- **Sawmill Creek to Lytton:** Sept. 16th - Dec. 31st
- **Lytton to Williams Lake River:** Sept. 23rd to Dec.31st
- **Upstream of WL River:** Oct. 1st to Dec. 31st

The DFO is in the midst of collecting signatures for a Chum Comprehensive Fisheries Agreement that might allow for

harvest of chum for Economic opportunity purposes. They require 15 signatures from Lower Fraser First Nations. The deadline for signatures is September 30th. Should they not receive 15 signatures, they will not move forward with an Economic Opportunity fishery.

There is an upcoming meeting that Seabird fisherman might want to consider attending. The Lower Fraser Fisheries Alliance will be hosting a Community Fisher's Forum and invite all fisherman to attend and hear post-season updates.

It's important to have your input in these discussions.

The meeting will take place Oct. 6th, 2015 from 5 p.m. to 9 p.m. Location TBD.

Please call the Aboriginal Rights and Title Department and speak with Sally, Myra or Conrad if you have any questions.

Chief Seymour, Principal White address teachers

Classes are back in session.

While students within the Seabird Island Band community enjoyed their final weekend prior to the start of classes, teachers at Seabird Island Community School and instructors at Seabird College were back in their classrooms, and ready to challenge the minds of Seabird youth for another school year.

To kick off the year, teachers held a team-building session inside the elementary school gymnasium Sept. 4th - with the goal of better preparing themselves for the many challenges they face in the classroom these days.

The session started off with an address from Chief Clem Seymour.

“Since we opened up the school, we’ve come a long way. You can see the impact when we go to different places, and see how many Seabird students are graduating. When we talk about culture, and we talk about traditions, I was thinking, and trying to figure out what that means. It always goes back to something I heard a long time ago.

Come walk with me. Come show me, and I’ll know it forever. I heard this a long time ago when I was a little boy, and it has stuck with me for my entire life. We must walk together, and take care of things like this. You know and understand, that you’re building a capacity for our future. And that’s what it’s all about. It’s always been about our children. It’s about what you look after in life looks after you. Because one day, we’re taking care of them. But one day, they’re going to come back and take care of us. It’s the cycle our people have been in for a long time.

I came over to say welcome back. And to say, thank you.”

Also addressing the group was Barbara White, who has taken over as Principal of Seabird Island Community School. She has many exciting ideas to build on with



Seabird Island Chief Clem Seymour address teachers during a team-building session.

students, parents, her teaching staff, and with the Seabird Island Band community.

“Welcome back everybody. Lots of change. We are all very excited, and I hope you are as well.

Our focus this year is going to be upon three things.

First, we are one school with one goal. Our goal is to graduate our students with a Dogwood. That process begins in Kindergarten. It is not the high schools responsibility to graduate students with a Dogwood. It is all of our responsibility to graduate a student with a Dogwood. So, what I imagine a Kindergarten teacher doing is - imagining the children she has in her class on graduation day. Because, that’s where we’re going. That’s why we exist – to graduate our students with a Dogwood and a strong sense of their culture. We hope the agenda today reflects that focus as we go through step by step.

How are we going to get there?

We are all going to be pulling in one direction.

It is nice to go on vacation to an island, but we cannot have islands in a school.

One school, pulling in one direction, with a singular purpose. Graduating our students with a Dogwood and a strong sense of their culture and language. Very direct, very straight-forward.

How are we going to get there?

On high expectations of our students. All of our students. And improving our instruction.

So, with that focus, I say, welcome back to our one school - without islands - with a singular goal.

Thank you.”

Dale Cory, Communications Officer



Seabird Island Community School Principal Barb White addresses teachers during the gathering.

Notes from Seabird Island school classrooms

We have had a very successful and fun first week in Kindergarten! I am honoured to be a part of your child's educational career. I look forward to all our future successes this year and throughout your child's educational journey.

Planners will be sent home with students every day. I will let you know how your child's day went and you can write to me here too. Important notices will be in the front pocket of your child's planner.

Please read, sign and return your child's planner every day. Practice is very important in learning any new skill. Please spend 10-15 minutes per evening reading with your child. Record any books you have read on your home reading reading log.

Students will collect stickers for prizes for doing their home reading.

When we start our small groups in 2 weeks, your child will be bringing home leveled homework reading from our Read Well program. Please make sure to practice this every night. Thank you. Themes: All About Me; Senses; Xwe'it te swayel? (What is the weather today?); Oméxs (colours)

-Jennifer Nielsen; Kindergarten

Students are working hard getting settled into the routine of school. Here are some key tips on how to be successful this year: be present at school ready to do your best, be responsible and most importantly – treat others how you want to be treated. Please come by my room and see what we are up to any time.

-Jessica McKerrow; Kindergarten/Gr. 1

The Grade 6 class has been working hard on learning classroom and school procedures and expectations. We have been discussing appropriate behavior and the importance of attending school and continuing to work on the end goal for our students, which is for them to succeed and graduate with a Dogwood. I am confident that the students will



Seabird Island Community School Phys. Ed. teacher Kevin Swaney helps improve students' soccer skills.

continue to work hard in all subject areas.

-Tija Finch; Gr. 6/7

Grade 7 students are working on setting goals and decision-making strategies. One class goal that has been set is to contribute financially to the Seabird Food Bank. We believe we can accomplish this goal by having a hot dog sale next month and donating all the contributions to the Food Bank. This is our way of feeding two or more mouths. First, will be the students and staff that order, and then those who use the Food Bank donations will be fed also. Please help us help our neighbors and send a hot dog order with your child next month. The date of the "Hot Dog Fundraiser" will be announced very soon. Thank you for your support.

-Cindy Watson; Gr. 7

Ey Swayel (Good Day), Sts'ó:wuselwet tel skwix. Telí tsel kwa Leq'á:mel. Ey tel sqwálewel kwéls kw'etslòmè.

I will be teaching preschool, kindergarten, and the Grade 1 classes; and then co-teaching in Grades 2-10. I look forward to working with your son/daughter/grandchildren. We will be starting off this year with some review of some songs, greetings, and some basic classroom items and commands. We are incorporating some Total Physical Response (TPR) techniques to help learn our wonderful language. We will be physically moving around the classroom, and using actions to remember the terms and commands. I am excited for the new

school year. Feel free to come by our classroom during the subject blocks to witness your son/daughter/grandchild in action!

Kw'etslométselcha (I will see you), Sts'ó:wuselwet

-Camielle Laslo; Halq'emeylem

I am excited to be back at Seabird for my second year and looking forward to building off of the previous school year in Physical Education. At the Elementary school we have started seasonal 'clubs' which will rotate through the following sport schedule: September-October will be soccer, November-December focusses on volleyball, January-March will be basketball and April-June will be track and field.

Students whom are interested will come out to these lunch hour practices on Tuesdays and Fridays. The soccer club has already began its season with a few practices and we will be hosting lunch hour games versus Chehalis and Agassiz Christian School. These games and practices will help us develop our fundamentals skills before attending a full day soccer tournament hosted by Chehalis on October 9th. I am thrilled with the potential for extra-curricular sports to take off at Seabird as our students have shown a great mix of athletic abilities, commitment and teamwork!

-Kevin Swaney; Phys. Ed.



Picture in picture: Kristy Johnson from Seabird's Communications Department takes the school staff photo.

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)

April 1st
October 1st
January 1st

Funding of any application is dependent upon available budget.

For further information please contact:
 Cindy Kelly-Student Services Worker at
 604-796-2177 local 6834 or cindykelly@seabirdisland.ca
 Please note my office has moved to Seabird College

Grade 7-12 Student Allowances

**1st student allowance payment will be December 15th, 2015
 September, October, and November.**

**2nd student allowance payment will be March 15th, 2016
 December, January and February.**

**3rd student allowance payment will be June 30th, 2016
 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.

Ravioli & Vegetable Soup

Makes: 4 servings, about 2 cups each
 Total Time: 25 minutes

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 cups frozen bell pepper and onion mix, thawed and diced
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper, or to taste (optional)
- 1 28-ounce can crushed tomatoes, preferably fire-roasted
- 1 15-ounce can vegetable broth or reduced-sodium chicken broth
- 1 1/2 cups hot water
- 1 teaspoon dried basil or marjoram
- 1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat
- 2 cups diced zucchini, (about 2 medium)
- Freshly ground pepper to taste



PREPARATION

Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

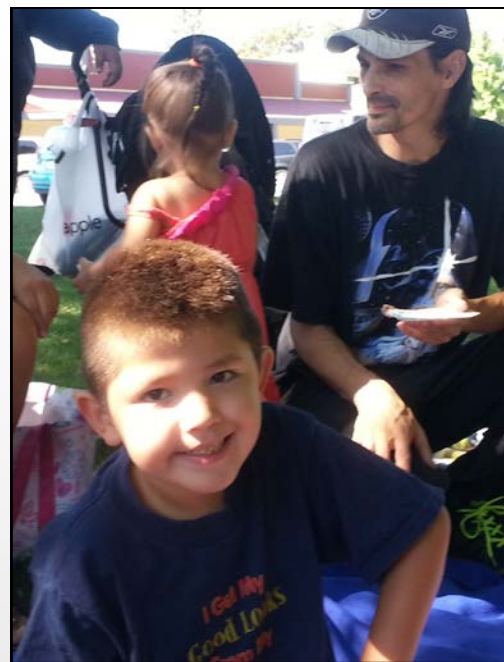
NUTRITION

Per serving: 264 calories; 9 g fat (3 g sat, 3 g mono); 28 mg cholesterol; 38 g carbohydrates; 11 g protein; 8 g fiber; 763 mg sodium; 762 mg potassium. Nutrition Bonus: Vitamin C (60% daily value), Vitamin A (40% dv), Iron (21% dv), Calcium (16% dv). Carbohydrate Servings: 2; Exchanges: 1 starch, 2 vegetable, 1 fat

HEALTH AND SOCIAL DEVELOPMENT



The Parents and Tots summer program officially completed September 3rd and now it's time to look forward to the fall program. Thank you to all the families that shared their time and their culture with the Parent and Tot families.



The Parents and Tots Fall Program is underway. Families and expectant families with young children welcome.



Thank you to the families who shared their time and came out to support the Parent and Tot families.

Submitted by Tracey Bonshor, Program Coordinator

(S) Sxexlhath	(M) Yila:welhat	(T) Sthemelth	(W) Slhath
	<p>Pre/Post & Prenatal Circle</p> <p>Who can attend? *Expecting moms *Newborns up to 6 weeks *Partners, Support Person and siblings</p> <p>Open to families living on Reserve and transportation can be provided.</p> <p>Questions? Call 1-800-788-0322 or 604-796-2177</p>	<p>PLEASE NOTE:</p> <p>Safety is a priority!</p> <p>We need to keep staff safe so we can keep providing you with delivery services.</p> <p>On delivery days to the community, please ensure your pets are inside or chained-up away from the door in order to receive your deliveries.</p>	
<p>4</p> <p>FVSL - Div.4C Sto:lo Braves vs. Bradner Redshirts; 2 p.m.; Seabird Island Park</p> <p>National Family Week</p>	<p>5</p> <ul style="list-style-type: none"> Lobby Renovations Start 4 p.m. - 10 p.m. Framing & Electrical Youth Group age 10 -13 ~ 3 p.m. - 5 p.m. 	<p>6</p> <ul style="list-style-type: none"> Lobby Renovations Start 4 p.m. - 10 p.m. Framing & Electrical Youth Group age 13-18 ~ 4 p.m. - 6 p.m. Dental and Doctor Walk-in Clinics Fire Practice 7 p.m. 	<p>7</p> <ul style="list-style-type: none"> Lobby Renovations Start 4 p.m. - 10 p.m. Drywall Youth Group age 13-18 ~ 4 p.m. - 6 p.m. Pre & Post Natal Mill Hill Meals on Wheels 5-6 p.m.
<p>11</p> <p>FVSL - U-21 Sto:lo Braves vs. PMO Gunners; 12 p.m.; Seabird Island Park</p> <p>Fire Prevention Week</p>	<p>12</p> <p>Thanks Giving - Stat Holiday Band Office Closed</p>	<p>13</p> <ul style="list-style-type: none"> Lobby Renovations Start 4 p.m. - 10 p.m. Finishing & Painting Youth Group age 13-18 ~ 4 p.m. - 6 p.m. Dental and Doctor Walk-in Clinics Fire Practice 7 p.m. 	<p>14</p> <ul style="list-style-type: none"> Seabird Island Lands Dept. Feast; Main Boardroom review of Laws Youth Group age 13-18 ~ 4 p.m. - 6 p.m. Apals Meals on Wheels 5-6 p.m.
<p>18</p> <p>FVSL - Div.4C Sto:lo Braves vs. Chilliwack FC C; 2 p.m.; Seabird Island Park</p>	<p>19</p> <ul style="list-style-type: none"> Youth Group age 10 -13 ~ 3 p.m. - 5 p.m. Pre & Post Natal Chawathil 11 a.m. - 1 p.m. Meals on Wheels 5-6 p.m. 	<p>20</p> <ul style="list-style-type: none"> Youth Group age 13-18 ~ 4 p.m. - 6 p.m. Dental and Doctor Walk-in Clinics Fire Practice 7 p.m. 	<p>21</p> <ul style="list-style-type: none"> Youth Group age 13-18 ~ 4 p.m. - 6 p.m. General Band Meeting Parents & Tots Family Night Meals on Wheels 5-6 p.m.
<p>25</p> <p>FVSL - U-21 Sto:lo Braves vs. Coastal FC United; 12 p.m.; Seabird Island Park</p>	<p>26</p> <ul style="list-style-type: none"> Youth Group age 10 -13 ~ 3 p.m. - 5 p.m. Elders Outing Meals on Wheels 5-6 p.m. 	<p>27</p> <ul style="list-style-type: none"> Youth Group age 13-18 ~ 4 p.m. - 6 p.m. Dental and Doctor Walk-in Clinics Fire Practice 7 p.m. 	<p>28</p> <ul style="list-style-type: none"> Halloween Party Youth Group age 13-18 ~ 4 p.m. - 6 p.m. Meals on Wheels 5-6 p.m. SA Day

i:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
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<p>t 4 p.m. - 10 p.m.</p> <p>~ 4 p.m. - 6 p.m.</p> <p>all 11 a.m. - 1 p.m.</p> <p>m.</p>	<p>8</p> <ul style="list-style-type: none"> • Lobby Renovations Start 4 p.m. - 10 p.m. Drywall • ALL HEALTH PROGRAMS CLOSED 	<p>9</p> <ul style="list-style-type: none"> • Lobby Renovations Start 4 p.m. - 10 p.m. Carpets - Lobby locked & clear by 4 p.m. • Word Search Submissions Due • ALL HEALTH PROGRAMS CLOSED 	<p>10</p> <ul style="list-style-type: none"> • Lobby Renovations Start 4 p.m. - 10 p.m. Carpets
<p>partment Bountiful</p> <p>; 5 p.m.; Final</p> <p>~ 4 p.m. - 6 p.m.</p> <p>m.</p>	<p>15</p> <ul style="list-style-type: none"> • Annual Report Delivery ~ 10 a.m. - 6 p.m. • Youth Group age 13-18 ~ 4 p.m. - 6 p.m. • Shake Out BC • Flyer Delivery 8 a.m. - 1 p.m. 	<p>16</p> <ul style="list-style-type: none"> • Annual Report Delivery ~ 10 a.m. - 6 p.m. • Youth Night age 13-18 ~ 4 p.m. - 9 p.m. • Prenatal Circle Elders Room 1 - 3 p.m. • Someone so small 	<p>17</p> <ul style="list-style-type: none"> • AESS 2016 Grad Bottle Drive - Help support the Seabird Grads at AESS
<p>~ 4 p.m. - 6 p.m.</p> <p>5 p.m. - 8 p.m.</p> <p>ight</p> <p>m.</p>	<p>22</p> <ul style="list-style-type: none"> • Youth Group age 13-18 ~ 4 p.m. - 6 p.m. • SSCDP Family Night • Chief and Council Meeting 	<p>23</p> <ul style="list-style-type: none"> • Youth Night age 13-18 ~ 4 p.m. - 9 p.m. • Someone so small 	<p>24</p>
<p>~ 4 p.m. - 6 p.m.</p> <p>m.</p>	<p>29</p> <ul style="list-style-type: none"> • Youth Group age 13-18 ~ 4 p.m. - 6 p.m. 	<p>30</p> <ul style="list-style-type: none"> • Youth Night age 13-18 ~ 4 p.m. - 9 p.m. • Prenatal Circle Elders Room 1 - 3 p.m. • Someone so small • Newsletter Delivery 8 a.m. - 1 p.m. 	<p>31</p>

Seabird Island's newest addition taking shape - ECE construction on schedule

The development of Seabird Island's youth, and their place in the future of the Band, has been a consistent message from Chief Clem Seymour whenever he addresses a group.

When Chief Seymour spoke to Seabird Island teachers prior to the start of the school year, he offered the following message to them.

"Come walk with me. Come show me, and I'll know it forever. I heard this a long time ago when I was a little boy, and it has stuck with me for my entire life. We must walk together, and take care of things. You know and understand, that you're building a capacity for our future. And that's what it's all about. It's always been about our children. It's about what you look after in life looks after you. Because one day, we're taking care of them. But one day, they're going to come back and take care of us. It's the cycle our people have been in for a long time."

Chief Seymour may have been referring to advances made through the building up of Seabird Community Elementary and High School, but his message would also have a profound impact on those youth who have yet to enter the school as a student.

Which is why, there is so much excitement within the Seabird community with regard to the new Early Childhood Education, or ECE building, currently under construction.

During a recent sit down, Sandra Haukeland, the Executive Assistant with the ECE/Health department, provided the Yoo Hoo Newsletter with details on the construction phase, and when Seabird youth can expect to be running around the new facility.

"We are very excited about all the ECE programs working together, instead of in satellite locations around the Band office and out buildings. It will be nice for all of us to be together working together," said Haukeland, who explained some of



the current difficulties with the current functionality of the ECE department. "It makes it more difficult. We all try to work collaboratively to meet the needs of individual children services by many programs. We would like to work as a team to do that, but sometimes, when you are in satellite locations, it's harder to work as a team. This will bring us together, and will make it easier for us, and more effective for the kids."

At this point, all of the basic construction of the new ECE building, located on Sqéwqel Drive, is basically done. Internal framing has been completed, the plumbing and electrical work has been taken care of, and work crews are now dry walling. Fire suppression is just being finished, exterior siding is being worked on, windows are in, and doors will soon be hung, at which point the building will be in full lock down for completion purposes.

"The ECE building butts up against the existing daycare, so the day care will have access directly the building. On the complete opposite end will be two pre-school rooms, so we'll have both of our pre-schools there, which are presently in a separate outbuilding near the schools," explained Haukeland. "The centre of the building will be a big, open area with a fully-functioning kitchen, and that's where we will run our full Ey qwal Speech and Language Program,

our Aboriginal Infant Development Program (AIDP), our Supported Child Development Program (SCDP), our Head Start Program, and the Bear Bus Program."

"As for the development of the building, the scale of the project," Haukeland says "Band administrators looked at the fact there are currently 12 early childhood programs in operation on Seabird, with the potential for more development as the community grows. Also factoring into the decision on the composition of the new ECE building was the fact Carlene Brown, Seabird's Early Childhood Program Manager, and Carolyn Neufeld, Seabird's Health and Social Development Director. They did a great deal of collaborating and realized all of the programs would operate more efficiently in one early childhood centre facility."

"From there, they looked into where this building was going to go, how it was going to be paid for, what portions would be paid for by the Band, where we wanted to get funding from other sources and what funding was available," explained Haukeland. "All of that funding was put into place. We came together with a budget and started to negotiate how big the building was going to be. The plans started out as a huge building, and slowly worked into what it is now - which will be very functional."

The health department has by-weekly meetings with Nations Construction, the ECE builder, to make sure budget and plans are staying in line. At this point, Haukeland says, the ECE building is on budget.

And, the new building will have some added features Seabird youth have not had in the past.

“We’ve worked really hard and used some budgeting to put some things in there that we haven’t previously had accessible to our kids,” stressed Haukeland. “One of them, is a full climbing wall. We will also have a smartboard TV. This is something the daycare and the preschool will be able to use as an in-home field trip. So, some really neat activities as well as having all of the office space for the various departments.”

Completion of the building is slated for November 30th. Because it’s going to happen right before the Christmas season, the Health department has decided they will not start the move until January. They expect programs to be operational in the new ECE building by the end of January.

Dale Cory, Communications Officer



Dental Tip of the Month

Wisdom teeth are the third and final set of molars that most people get in their late teens or early twenties. Sometimes these teeth can be a valuable asset to the mouth when healthy and properly aligned, but more often, they are misaligned. This misalignment usually results in one or more of them being impacted (entrapped in the gums) which can present potential problems such as: serious infections, tooth decay, damage to second molar, potential for crowding (this is controversial) and infrequently, cyst or tumour development. There are potential risks and complications associated with their removal which will be explained by your dentist. If you have any questions about wisdom teeth please give us a call.

IF YOU ARE 18 YEARS OF AGE OR OLDER AND HAVE TYPE 2 DIABETES

Please read this:



SEABIRD HEALTH DIABETES QUALITY IMPROVEMENT

HERE'S HOW YOUR MEDICAL CHARTS CAN HELP IMPROVE
DIABETES CARE IN FIRST NATIONS COMMUNITIES:

Seabird Health wants to improve our Diabetes Centre of Excellence.

We are planning 2 quality improvement initiatives. One will focus on how we engage the community (community initiative) and the other will focus on how we work as a clinical team (clinical initiative).

We and 12 other First Nations communities are working with the FORGE AHEAD (TransFORMATION of IndiGENous PrimARy HEALthcare Delivery) research program to see if our quality improvement initiatives can also work in other communities. FORGE AHEAD is a national First Nations diabetes research program.

To see if our improvements are making a difference, we'll be tracking health statistics for individuals with diabetes using a web-based system.

Some of our anonymous health statistics will be pooled and analyzed by FORGE AHEAD. No personal information will ever be shared.

**To OPT OUT of sharing your anonymous health statistics with FORGE AHEAD, or
To OPT out of this quality improvement initiative please contact Bonnie Nickel.**

**If you have any questions about our Quality Improvement Initiatives or the
Health Statistics tracking system or if you do not wish to be a part of this
project, please call**

Bonnie Nickel

604-796-2177 Ext. 5008





Seabird's Ricky Sam-Greene and Makayla Sam-Greene paddle down Maria Slough during the Provincial Canoe and Kayak Camp in August.

Seabird youth looking to take the next step in sport - and in life

It was the opportunity of a lifetime. Seabird Island Band youth who have excelled in lacrosse or the canoe/kayak disciplines, spent two full days in late August improving their skills.

Two Days. Two sports camps. A lifetime of memories.

Seabird Island hosted the 2015 BC Aboriginal Provincial Lacrosse Camp, along with the 2015 BC Aboriginal Provincial Canoe and Kayak Camp, with competitors from across the province coming to Seabird to build up their skill level in a development camp setting.

“The overall experience for myself? I felt the camp was very successful as it showed in our numbers and people were still registering on Saturday morning. The camps were instructed by skilled coaches and focused on fundamental skill development for each participant. It provided the opportunity for each person to develop or gain a new skill or technique to help them with the sport of their choice,” stated Angie Chapman, Community Services Manager at Seabird Island, and the main organizer of the weekend camps. “In addition to our provincial camp, we were also able to provide role models to each camp sport and the people that have a passion and skill for each sport. As well the camp was set-up in a non-competitive environment which provided everyone an equal opportunity to learn.”

Certified lacrosse coaches from the Lower

Mainland and the Interior instructed at the camp. Participants in the camp will be travelling from the Interior, Vancouver Island, and the Lower Mainland, with a handful of Seabird youth participating.

“I like playing it because it's really fun and it's awesome,” said Seabird youth and camp attendee Kaidon McNeil. “The best part is playing a game. And we learned how to pass.”

Participants had the chance to meet Aboriginal role models, gain leadership skills, celebrate cultural pride, and improve their game with some of BC's top instructors.

At Maria Slough, the 2015 BC Aboriginal Provincial Canoe and Kayak Camp took place over the two days.

Similar to the lacrosse camp, youth involved will be gaining valuable skills they hope can lead to a Team BC selection for NAIG.

Seabird's Ricky Sam-Greene was one of the participants. Although too old to compete in a future NAIG event, she is looking to build her skills, and give back to Seabird youth.

“I like canoe pulling and keeping busy all the time. I like being physical and working with others.

I've war-canoe raced, and I did NAIG in 2014. I'm a competitive person. In my war canoe racing, I used to paddle a bit different then I did before, so I learned

how to work on my stroke and how to make a better position for myself,” said Sam-Greene. “I'm 18 now, so I can't participate in NAIG because I'm too old. So, I'm going to go for my coaching this year, and see if I can become a coach and participate in NAIG and help support the other people who want to participate.”

And that's the beauty of offering these camps to Seabird youth. They learn skills, both on the water, and off, which help build self-esteem, and the ability to return the favour in the future.

“Seabird Island Band has hosted many Provincial Development Camps, championships events, and coaches training camps in the past,” summarized Chapman. “And any opportunity that comes our way to host in the future - Seabird will apply.”

Dale Cory, Communications Officer





British Columbia Protection Services

British Columbia Protection Services is the first pro-active security service in the Hope / Fraser Valley area. We offer services on foot, bike, and vehicle to deter and deal with any potential security issues.

We use modern, well-maintained and equipped vehicles, providing a conspicuous presence and alerting potential criminals to the presence of professional, responsive security. We can also provide a Bike Patrol service that can be ideal to meet the security needs of certain clients, whether a residence, small retail location, larger industrial site, campuses or commercial complexes such as shopping malls.

All our members are licensed by the Ministry of Public Safety and trained by the Justice



Institute of BC. Our primary concern is your employees, customers, and business' safety. We have regularly updated training in arrest procedures, first aid, security assessments, criminal code, and use of force. A guard merely qualified to "Observe and Report" is no longer qualified to do the job effectively. B.C. Protection Services has raised the bar to make your community a safer place

Services

Security Patrol	First Aid Service
Site Security	CCTV Camera Sales / Installation
Loss Prevention	Event Security
Alarm Response	Community Security Patrol
<u>Roadside Assistance & Towing</u>	
Unlocks, Tire Changes, Jump Starts, Fuel Delivery	



For more information

Call (604) 869-2677

Or check us out on the web
WWW.BCPS.CA



ESDP clients from Seabird tour local manufacturing company RIMEX

The Seabird Island Employment and Social Development team provides support and service to Seabird Island members seeking employment, career opportunities, and skill development-related training. The department's goal is to provide clients with cohesive triage supports and assist clients in obtaining full time, sustainable and meaningful employment.

With that goal in mind, **Seabird's Enhanced Service Delivery Program (ESDP)** recently took clients on a local employer tour. Their destination – RIMEX, located on Cameron Rd. north of Agassiz.

RIMEX is a world-leading custom manufacturer of wheels and rims for mining, forestry, agricultural and industrial applications. In addition to wheels and rims, RIMEX has a range of complementary products to ensure each customer saves time and money, and has a safer working environment.

Heidi Trautmann, Seabird's Employment and Training Advocate, ushered Seabird Band Members Eric Louis, Clark Louis, Earl Louis, Johnathan Charlie, Davie Louis and Leanne Jansen over to RIMEX Sept. 1st.

"We were welcomed by the Office Manager, Cindy Alderson and Production Manager, James Read. They

gave us an extensive tour through the production, warehouse, shipping and finishing departments," explained Trautmann. "We found out that RIMEX starts employees with one-week of safety training and further in-house training for approximately 20 different trades. Additionally, Red Seal Apprenticeships are available through the company. Employees work in groups up to 10 people, supervised by the lead person. Group leaders have morning meetings. The communication flow to senior management generally takes no longer than one day. Many of the workers are 10, 20 and 25 years with the company which speaks to a good company culture."

In fact, the Agassiz manufacturing facility was the winner of the Work Safe BC's 2014 Innovations Contest. The Agassiz manufacturing team worked together on an Ergonomics/Safety project to reduce manual lifting and noise levels.

"RIMEX is and, actively wants to continue being a supportive member and employer in the local community," stated Read, who conducted Seabird's tour of the production plant. "I showed the group all the different jobs throughout the facility. They asked what they could do to get ready for potential employment. "My suggestion? Actively expose yourself to vocational trades, and understand basic employment fundamentals: be on time, ready for work, ready to learn and work hard."

To help its clients, Employment and Social



Development provides a resource centre with computers, internet access, telephone, fax and photocopy machines for clients participating in a self-directed job search.

"We want to show local businesses how we are now able to support our clients, and make this a really positive relationship for everybody. With that in mind, the ESD Program comes with an open amount of support," stated Alexis Grace, Employment and Social Development Manager at Seabird. "With this program, whatever the client needs to get themselves to work, is available – whether it's a ride, a bicycle, or a laptop. We've paid car insurance and car payments. We've bought rain boots and an umbrella. The supports are just totally open and individualized, and it's so nice to have that and to tell your employer that we're going to make sure this person gets to work. Not only can you call the employee, but you can call us. We can be knocking down that door, we can buy seven alarm clocks, and we can make sure they have a ride. It's going to be successful."

RIMEX has 93 employees

currently and will expand in the next five year to 300 employees – which means Seabird Island Band Members looking to join the work force have opportunities right in their own back yard.

"It's important for our clients to go out and actually see the facility, see what it looks like to work in that facility, see where one needs to start, and where one can look up to. They are definitely getting that exposure to the work. It's close, so you hear people talk about RIMEX a lot - or talk about local businesses as an aspiration. Finding that individualized career path for them, and building those relationships with the employer themselves is so important. That's something we are looking at for this full year, building these - I'm calling them, friendship agreements, with all of our local employers in Hope, Agassiz, Chilliwack, and Harrison - because we have such highly capable clients, young adults, and adults, who need to attach themselves to some kind of employment. We're able to provide the work, we just need to get the agreement and really make it appealing to hire our people."

Seabird tours RIMEX

With over 200 new jobs being added over the next five years, RIMEX will be one, of if not the largest employer in the area. The Enhanced Service Delivery Program will follow-up with RIMEX regarding job opportunities for Seabird clientele.

“This will be a great opportunity for young people working in trades. The tour was very positively received by our ESD clients and discussions started on our way home. A starting salary of \$20 per hour, in-house training and wages going up to \$37 per hour caught the attention of our young people,” added Trautmann.

“Based on the information gathered during this tour the Enhanced Service Delivery Program recommends that a senior level partnership between RIMEX and Seabird Island Band be explored.”

For further information, contact the Seabird Island Band Employment Centre at 604-796-6865.

Dale Cory, Communications Officer



Mammogram Screening Dec. 2nd

Your next opportunity for Mammogram Screening will take place **Wednesday, Dec. 2nd** at the Seabird Island Band Office.

To qualify for this screening, a registration form must be completed and, you must be over the age of 40 years.

You can sign up with your CHR, or by getting in touch with Kristi, Mandy, Vicky or Maggie at your Seabird Doctors receptionist station.



Head Lice

Head lice are tiny insects that live on the scalp. They are about the size of a sesame seed. They lay eggs, called nits. Nits stick to the hair, very close to the scalp. Head lice do not spread disease. Children with head lice may have itchy scalps and scratch their heads.

How are Head Lice Spread?

Head lice can be spread through direct head-to-head contact with a person who has lice. They can also be spread by sharing combs, hats, hairbrushes and headphones.

How to Find Out If Your Child Has Head Lice

Where to Look

- > close to the scalp
- > behind the ears
- > the back of the neck
- > top of the head

What to Look For

- > one of the first signs is scratching the head
- > adult lice are hard to see because they are so small
- > nits are easier to see than lice
- > nits are firmly attached to the hair, close to the scalp
- > nits are grey-white and oval like an egg
- > nits may look like dandruff but they cannot be brushed off with your finger

How to Check

- > shampoo the hair
- > rinse
- > put on enough hair conditioner to cover the whole scalp
- > use a wide-toothed comb to untangle the hair
- > use a fine-toothed comb to search for lice and nits
- > have your child lean over the sink
- > comb the hair from the back of the head to the front
- > after each stroke, wipe the comb on a paper towel and look for lice

How to Treat

If you find **any lice or nits**, you will have to **treat**.

You can treat head lice, using the “**wet-combing**” method, using hair conditioner, or you can use a **head lice shampoo**, available at drug stores.

Ask your Public Health Nurse or Licensing Officer for a pamphlet that explains how to treat using the “**wet-combing**” method or refer to the BC Health File on Head Lice available at:

www.bchealthguide.org/healthfiles/hfile06.stm



What to Do at Home

- If another child has head lice, check your child’s hair for nits immediately. It’s a good idea to check children once a week for head lice.
- If **anyone** in your family has head lice, **treat everyone living in the home on the same day and do the following things on the same day that you treat:**
 - > Clean brushes and combs with very hot water. Everyone should use their own brush or comb.
 - > Wash hats, pillow cases and stuffed animals in hot water. Use a hot dryer, if possible.
- Encourage children not to share hats, brushes, combs, headphones, etc.
- Let the child care centre or school know, if your child has head lice.



Children with head lice should begin treatment before they return to the child care centre or school.

It is not necessary to do a lot of house cleaning, as the lice do not live long once they are off the scalp.

Quote of the Month

“Some people say you are going the wrong way, when it’s simply a way of your own.”

-Angelina Jolie

Job Opportunity

Shipper/Warehouse person-Chilliwack

Full time position in a parts warehouse, picking, packing and shipping orders. Forklift certification an asset.

Reliable with a positive attitude, team player with attention to detail.

Physically fit since stairs and heavy lifting is required.

Must have steel toed boots and a clean drivers abstract as deliveries are occasionally required. Good phone manner important.

How to Apply

Expiring: September 30th, 2015

Phone: 604-795-5700

Fax: 604-795-5701

Email:

joyce@truckerssupply.com

*Monthly Grocery Order



Social Development offers a monthly grocery order to their clients. Please pick a form up at the social development office if you’re interested in ordering. Forms need to be in by the 10th of each month and groceries will be delivered to your home the following week around the 15th.

Employment Plans

Employment action plans are due before the 20th of each month. Appointments can be made with Andrea or Jill prior to Income Assistance day to avoid waiting in line.

College students are also reminded to bring in your monthly student attendance record to your appointment.

Driving School



knowledge test



vision screening



We are again offering driving lessons. Jim Harris and Andrea Paul are available for lessons. Please call Andrea at 604-796-6865 to schedule an appointment.

COMPUTER USE

All clients are welcome to use the computers in the Income Assistance office for job search and/or resume creation. If you require assistance please make an appointment with Jill or Andrea.

Please note Computers are strictly for Career Research & Employment Services.**

ELDERS SPOTLIGHT

Celestine Louie sits down with the Yoo Hoo to discuss her many years at Seabird

Celestine Louie was born in Agassiz 73 years ago. She was the youngest of five children.

Her parents were Albert Phillips of Chehalis and Cecilia Douglas of Cheam.

Celestine's grandparents on her father's side were Andrew Phillips of Chehalis and Minnie Watson of Skatin, whose traditional name was 'Chowat'.

Her grandparents on her mother's side were Joe Douglas of Fort Douglas and Celestine Louis of Cheam.

Celestine Louie had nine children, which led to 16 grandchildren and 24 great grandchildren. Most are on Seabird Island.

Linda McNeil-Bobb and I spent an hour with Celestine. We thoroughly enjoyed our time with her. She's got a great sense of humour, and she's passionate about Seabird Island's future.

So, more about Celestine's life story.

She spent 10 years as a volunteer elder at the community school, and still takes part in Elder activities, especially bingo.

As a child, Celestine remembers travelling back and forth between Chehalis and Seabird. While she attended

residential school between the ages of 8 and 15, she remembers her brothers taking her along to Seabird school at a young age.

And she recalls staying in cabins during hop picking time.

"I used to like pulling down the vines. I was light enough," recalls Celestine. "I still remember some places. They are all different now. The berries are gone and there are a lot more houses."

When Celestine was young, there were hardly any houses on Seabird, maybe five or six across the tracks. Her grandfather's house was back near the Fraser River.

And Celestine remembers how Maria Slough used to be a busy river channel.

"All the little kids used to get together in winter when the slough froze over. We would all be out there ice skating. Two boys had skates and would pull the little ones along," she remembers. "And we used to go across a little bridge over the slough to get water for the school from some of the waterfalls on the other side. I used to like doing that even though I wasn't old enough."

She remembers that at one point in time, there were only two women on Seabird



Island that she was NOT related to!

"One day, my husband said, 'We're going for a walk to meet all your relatives'. It took me two days to walk all around Seabird Island!"

When Celestine Louie was asked about some advice she could offer to Seabird's youth, she pondered the question for a few minutes before responding.

"What we used to do a long time ago is, the young guys would go out hunting and fishing. They would bring the meat home, and divide it up for the people who couldn't go out. They would make sure all the Elder's had some," she said. "It's important for everyone to help each other."

Great words of advice for Seabird youth to think about from an Elder who has watched many changes take place on Seabird Island.

Dale Cory, Communications Officer

ADMINISTRATION - HR UPDATE - NEW STAFF

My name is Chantelle Harris. I have been given the pleasure of being the Event Co-coordinator for Seabird Island Band. I am very excited to be working for our community. My parents are Marie Harris & Robert (Bobby) Harris and I have three beautiful children - Kailey, Faylen, and Darrian Jenkins.

My career as an esthetician/cosmetologist was an amazing experience for over 10 years - but I was craving education and a new career. I recently completed Office Administration at the Seabird College on June 25th, 2015.

I am on a whole new journey of learning a new career. I love to be in position to help out in my community.

Thank you and looking forward to all the challenges and the events that will be taking place.



Hi, my name is Sonia Reyburn (Peters).

I have lived on Seabird Island my entire life. I went to school in February and graduated in June with my Office Administration certification.

I am now working as the Events Assistant. My hours will be from 8 a.m. until noon every day.



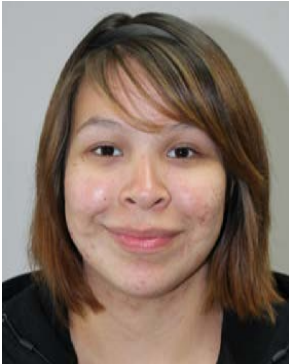
ADMINISTRATION - HR UPDATE - NEW STAFF

Hello my name is Hillary Andrew.

I am a Seabird Island Band Member. My parents are Paul and Jennifer Andrew.

I have been working in the Band Office on and off since I was 15 - from a Summer Recreation Worker to Band Office Assistant. I have worked upstairs in Employment and Social Development as the Receptionist and Social Development Assistant. I also have experience working in Records Management and worked in Lands as well.

I have recently started as the new Housing Clerk. I will take the experience that I have learned from past employment into what I will be doing in Housing. Since I started as the Housing Clerk, I have appreciated the fact that this will be a great learning experience. I am looking forward to working more in Housing.



Dave Haukeland

I'm excited to join Seabird Island as the Public Works & Housing Director. After graduating from high school in White Rock, BC I attended the Electronics Theory program through a Kwantlen College Community Program. While I was working within the Sony warrantee depot in Burnaby in 1989, repairing televisions and stereos, I met my wife Sandra and we married in 1994. After marrying Sandra I received a great opportunity working in the Telecommunications industry and took Telecom engineering courses and then went on to receive my Adult Education (PID) through Vancouver Community College and began teaching Telecom for the BCIT at the Greater Regional Technical Institute.

We moved to Alberta in 2001 where I taught Core Network, Fibre Optics, and Telecommunications for TELUS University in Edmonton. I moved on as Director, Data Center Construction and Operations for Primus Canada prior to joining Seabird this past July. My wife and I have two daughters Emily, 9 and Alyssa,

Katrinia Walter

I've held the position of Executive Assistant to CEOs of industrial corporations for more than 20 years with certification as a Legal Secretary. Prior to joining Seabird Island I worked in credit and collections.

I am Vancouver born, growing up mainly in Surrey and later marrying and moving to Abbotsford. In my younger years, I was a figure skater, ranking Top 3 in British Columbia, and now am a retired figure skating judge.

My husband, David and I are rockhounds (exploring and finding semi-precious gemstones in mother nature), which led me to cutting cabochons and faceted gemstones. Next in the line of progression was to set the stones, I am hobbyist silver and goldsmith (freehand and the lost wax method). I am a certified Precious Metal Clay Artist and I enjoy teaching classes in my spare time.

Occasionally, on weekends I also enjoy gold panning – perhaps one day I will strike it rich and can retire but for now I am the Executive Assistant to the Chief Administrative Officer at Seabird Island Band.



Hello, my name is Kecia Prevost. My traditional name is Ta:Ta.

I am from Skawahlook First Nation, but I grew up on Seabird Island.

I am still in the process of completing my education and I have taken courses at University Of The Fraser Valley - with classes in General Studies, COMP and Sto:lo History.

I recently finished an Office Administration course with Nicola Valley Institute of Technology (NVIT) and a Nail Technician course with Seabird College.

I am currently working with Housing as the Housing Intern and I am very excited about my new role. Learning new things about the community I grew up in is a great opportunity for me to experience and I am grateful to have the chance to take the position with Seabird.



16 and my lovely wife, Sandra and I celebrated our 20th wedding anniversary last October. We moved back to BC to be closer to family as our parents are aging and we felt that they could use our help around the house and yard.

I enjoy high performance mechanics and building race engines. I love cars. We have 2 crazy dogs and a little reed frog that we all love very much. We all love camping and boating. I enjoy riding bike, swimming, hiking in nature and spending time with my family! I feel very honoured to be working at Seabird and am committed to bring ongoing improvements to the operation and serving the Seabird community to the very best of my ability. I have enjoyed meeting all the wonderful people within the community over the past number of weeks.



EMPLOYMENT OPPORTUNITIES

Position Title: Education Director
Department: Education
Competition Number: JP-2015-057

Position Summary:

Under the direction and supervision of the CAO, the Education Director (Director) shall provide leadership and management expertise, in accordance with Band policies for the efficient, effective and productive operation of the Education Department including Seabird Island Community School and Seabird College, nominal role, and all other Band Education matters. Consisting of 60+ employees, and a large budget, the Education Department represents a large portion of the business conducted by the Band.

Researching, requesting, and securing funding for all educational programming will be of key importance to the Education Department and will be a high priority for the Education Director.

The Education Director will also be responsible for the management of all staff and professional and financial resources available to the Department. This will require working closely with Departmental leadership (Principal, VP, College Administrator), and the Finance and Human Resources Departments.

Education Director participates collaboratively and fully as a member of the Directors Team with respect to departmental and interdepartmental matters to ensure that the advancement of the Band's goals and aspirations are achieved and maintained.

Qualifications/Requirements:

- Post Secondary education in a related field
- Teachers certification would be an asset, but not a requirement
- Masters of Education or MBA would preferred
- 7-10 years in related field with progressive responsibilities
- Significant experience in Educational Leadership and or First Nations Education
- Relevant combination of education and experience will be considered
- Experience working with and drafting employment contracts for instructors/teachers
- Demonstrated history of leadership, strategic planning, and personnel management
- A knowledge and understanding of the history of trauma, the role education played in trauma, and the impacts of trauma on First Nations in Canada
- Knowledge of the culture, language, and traditions of Seabird
- Must be willing to go through a background check including criminal records check, reference checks, and personal suitability checks
- Ability to manage financial issues and develop and maintain budgets for multiple programs within the department
- Knowledge of management principles and skills in relation to planning, scheduling, and costing and controlling and creating work plans
- Must possess strong communications, supervisory, negotiation, and public relations skills
- Committed to workplace safety and ensuring the safety of all staff within their department.
- Must be a team player with a willingness to do any task necessary to advance the Band towards the goals and targets that have been set

Primary Responsibilities:

- Provide leadership and supervision over all educational programs and staff
- Organize, administer, supervise and evaluate all educational programs
- Develop, prepare, and execute strategic plans that will satisfy the expectations of Band Leadership and Membership
- Ensure that Seabird Island educational programs offer superior quality and that the learning environment advances language, personal growth, and cultural values
- Build and maintain strong individual and inter-organizational relationships with various external parties (MCFD, local School District, Ministry ect...)
- Monitor all programs to ensure that outcomes and expectations are met
- Ensure that staff is in place to ensure student success at all levels
- Ensure that all students are provided with the tools, resources, and access required to succeed, including meeting or exceeding expectations for their grade level
- Ensure that the physical, mental and emotional wellbeing of all students is always a priority, including accessing external agencies, MFCD, when needed
- Ensure the continued receipt of funding for all education programming at the elementary, secondary, and post-secondary levels
- Identify, research, and secure funds from new and creative sources
- Develop, manage, and maintain a departmental budget
- Prepare monthly, quarterly, and annual reports
- Ensure the flawless execution of the nominal roll process
- Ensure that all educational data, reports, and statistics are accurately and efficiently reported to appropriate government agencies
- Develop and execute a strategic plan for the Seabird College to ensure that the target population has access to appropriate programming to increase education level and employability
- Provide inspiration to membership and community to develop a spirit of lifelong learning
- Research and develop professional development opportunities for Band Staff
- Develop strong relationships with the Education Committee, Portfolio Holder, and Chief and Council to ensure collaborative relationships
- Work closely with the Human Resources Department to ensure that personnel management provides a strong resource for the department
- Ensure the effective and fair application of Band and Departmental policies, code of conduct, and like to all students and staff
- Develop and maintain strong relationships with the local educational institutes and schools to ensure opportunities for Seabird students at all levels of education
- Develop and execute a marketing strategy that will increase enrolment
- Ensure that departmental policies and procedures are in place to ensure success
- Ensure the accountability and transparency of the
- Ensure regular communications to stake holders (parents, community, funders ect)
- Research and identify employment trends for coming years to ensure that training of Band Members will prepare them for employment opportunities beyond local employers
- Regularly conduct evaluations of all aspects of the Education Department
- Must represent the Band in a professional manner at all-times even during "off hours"

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry

Interested candidates are invited to submit a resume to:

<https://seabirdisland.hiregroundsoftware.com/>

Accepting applications until a suitable candidate is found

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

Position Title: Chief and Council Confidential Secretary
Department: Administration
Competition Number: JP-2015-061

Position Summary:

The Chief and Council Confidential Secretary provides administrative and professional support to the elected leadership of the Seabird Island Band. Support will be provided directly to Chief and Council as a whole, as well as to the individual members of the group.

A high value will be placed on a proven track record of maintaining confidential information.

Qualifications/Requirements:

- High School Diploma, GED, Dogwood, or equivalent
- Completion of post-secondary program in business, office administration, office management, or other relevant programming
- 3-5 years' experience in office management, executive secretary, or other related field
- A relevant combination of education and professional experience will be considered
- Must have a demonstrated history of working with and maintaining information with the strictest of confidence
- Must have the ability to provide courteous non-judgmental service to all members with inquiries
- Knowledge of First Nations governance and policies
- Knowledge of First Nations issues, resources, and available supports
- Experience with providing reports and information involving in-depth research and analysis
- Ability to compose professional documents for distribution to a diverse and varied audience
- High level computer skills including with the MS Office suite of software's
- Ability to type at 60+ WPM
- Some ability to read and comprehend financial information would be an asset
- Some training or experience in book keeping would be an asset
- An understanding of the history of trauma and the current impacts on First Nations populations
- Excellent communication skills both verbal and written
- A strong track record with meeting deadlines, and multitasking
- Working knowledge of First Nations Bands, First Nations Organizations, Tribal Councils & Government Ministries would be an asset
- Knowledge of Seabird history, culture, traditions, and language would be an asset

Primary Responsibilities:

- Prepare pre and post meeting documents including agendas, meeting packages, minutes, Band Council Resolutions, post meeting assignments ect
- Maintain an archive of past meeting minutes, BCR's and other vital documents
- Book and arrange meetings including booking facility, meals, travel, accommodations ect
- Receive, record, and appropriately distribute incoming correspondence from all mediums
- Initiate response process for all incoming correspondence including ensuring that all parties involved are aware of the response time frame commitments laid out in governance and policy
- Draft and prepare outgoing correspondence for Chief and Council, with minimal direction
- Ensure accuracy is addressed in all official documents before distribution
- Record all Chief and Council decisions including BCR's and maintaining an archive of past decisions to ensure efficient tracking and accessing upon request
- Maintain calendars and correspondence for all Council meetings as well as portfolio meetings
- Build and maintain strong relationships with other organizations and First Nations to ensure effective communications with those groups
- Maintain the office of Council
- Manage the flow of information between staff (CAO, Directors, Managers, and other staff) and Chief and Council
- Manage the formal flow of information between Chief and Council and Membership
- Manage the flow of information to and from Chief and Council and external organizations including government agencies, funders, and other organizations
- Work with the Human Resources Department to ensure Chief and Council are aware of all staff roles and responsibilities
- Maintain calendar for Chief and Council as a whole, as well as individually
- Develop and maintain a filing system that meet individual needs, as well as those of Chief and Council
- Assist with quarterly meetings including planning, execution, tracking attendance, taking minutes and other related duties
- Record and retain attendance logs for all meetings
- Consult with Chief/meeting chair to ensure quorum is confirmed. In the event quorum is not achieved, quickly and efficiently contact missing members to arrange attendance
- Prepare reports and documentation for Chief and Council tracking activities, donations, and Band accomplishments
- Provide Chief and Council with any and all information required to ensure informed decisions are made. This will include research upon request as well as predicting the needs of Chief and Council
- Maintain a registry of incoming concerns and tracking trends to bring to the attention of Chief and Council
- Tracking the ongoing matters before Chief and Council
- Prepare detailed information regarding the availability and office hours of all members of Chief and Council
- Develop and maintain a working list of the corporate structure, and key individuals at partner organizations including other First Nations
- Ensure council chambers are maintained and prepared to meet the needs of Chief and counselors
- Work with multiple departments to communicate and follow up on outstanding matters
- Understand political matters associated with First Nations.
- Ability to discern private communication vs Band communication from Chief and Council
- Work with various departments and the Events Program to seek attendance from elected officials to meetings and events as needed
- Ensure elected officials are made aware of their role at meetings and events in advance of the date

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry

Interested candidates are invited to submit a resume to:

<https://seabirdisland.hiregroundsoftware.com/>

Deadline: October 9, 2015; 4 p.m.

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

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

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

PRINT AD RATES

300+ hard copy production
800+ e-mail production
average 1300 read on Seabird website.

Advertisement rates (per issue):

Front Page Color: limited availability
1/4 pg banner (8" w x 2.62" h) \$40.00
2.5x 3 bus card \$25.00

	Full Color:	Greyscale:
8 x 10	\$135.00	\$37.50
8x5 or 10x4	\$65.00	\$25.00
4x5	\$32.50	\$17.50
2.5x 3 bus card	\$20.00	\$12.50

Classified Advertisements .40c per word
\$4.00 Minimum

DIGITAL DISPLAY AD RATES

Per week Rates	15sec	30 sec	60 sec
Full Screen	\$20.00	\$40.00	\$50.00
Banner	\$10.00	\$20.00	\$30.00

Digital advertisements will play no less than 5 times / day

PACKAGES

Starter 1/4 page colour 30 second Banner \$60.00	Premium 1/2 page colour 30 second Banner \$100.00	Starter Full page colour 30 second Banner \$140.00
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DISCOUNTS AND FEES:

Only one discount may be applied /order.

Band Member	-35%
Non-Profit	-10%
3 month term	-25%
6 month term	-35%
Design & Layout (additional)	\$40/hr
Flyer Insert (furnished)	\$20.00
Returned Cheque	\$35.00
Late Fee	+3%

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

DEADLINES

Submissions and Advertisement are due by the 15th of each month or if the 15th lands on a weekend then deadline lands on the Friday before.

DELIVERY

The first (1st) of each month

OFFICE HOURS

Monday - Friday 8:00 a.m. - 4:00 p.m.

Phone: 604-796-2177

Graphic Design / Layout / Formatting
Sandra Bobb 604-796-6838

E-mail: sandrabobb@seabirdisland.ca
Journalist **Dale Cory**: 604-796-6833
E-mail: dalecory@seabirdisland.ca

Website: www.seabirdisland.ca

Editing Committee: Sandra Bobb, Phaine Wegener, Kristy Johnson, Dale Cory, Lori Burns, Heidi Trautmann, and Zorana Edwards-Shippentower.

AGREEMENT/LEGAL

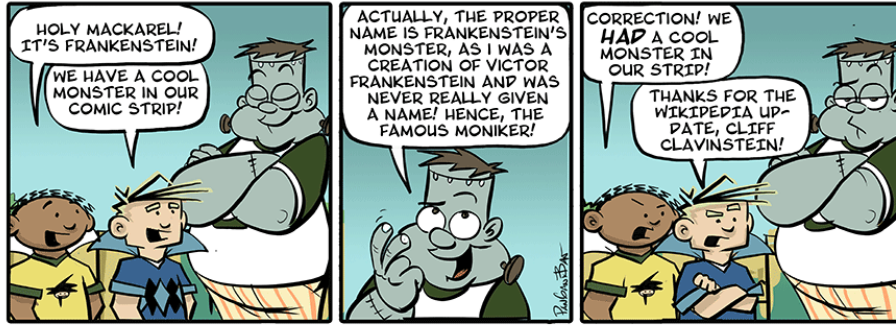
It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only, and that there 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.

Editorials are chosen and written by Seabird staff, they are the expressed opinion of the staff, and do not necessarily reflect the views of the Seabird Island Band.

Letters to the Editor submissions must be under 300 words. Please include your name, phone number, band number and signature (not for publication), as well as the date and year submitted.

The Seabird Communications Department reserve the right to revise, edit, for length and clarity as well as to classify or reject any advertisement / story submissions.

Comics



WWW.PEANIZES.COM
WWW.HOUNDCOMICS.COM

© DON MATHIAS

Reference: http://www.peanizes.com/2011/08/

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That is, you don't need my permission to post these pictures on your website (and hotlinking with is fine); just include a link back to this page. Or you can make LiveJournal icons from them, but - if possible - put xkcd.com in the comment field. You can use them freely (with some kind of link) in not-for-profit publications, and I'm also okay with people reprinting occasional comics (with clear attribution) in publications like books, blogs, newsletters, and presentations.

Quotes of the month

I will not let anyone walk through my mind with their dirty feet.

Ganghi

Shoot for the moon. Even if you miss, you'll land among the stars.

Tempo:kw / October

Libra: September 23 - October 22 Flower: Rose Birthstone: Sapphire

The healing properties: Black Sapphire relieves anxiety and sorrow, and is a talisman for seeking and maintaining employment. Green Sapphire encourages compassion, stimulates vision, and improves dream recall. Orange Sapphire unites one's creativity, sensuality and spirituality. Pink Sapphire stimulates emotions and encourages love, forgiveness, and release of the past. Violet Sapphire opens the Crown Chakra and allows the kundalini to rise unimpeded, initiating oneness and peace. White Sapphire brings clarity to the mind, and communication with higher guidance. Yellow Sapphire stimulates the inner will through the solar plexus to creatively focus and manifest one's goals and ambitions.

Halq'eméylem Word Search

YOO HOO - WIN A PRIZE!

All Seabird Band Members and Community Members Congratulations to last months winner *Lionel P.*

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, October. 9th, 2015
Draw Date: Tuesday, October. 13th, 2015

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.

T E M P O : K W A X C H ' T H
S M É Q É T H H E S P O M É T
' S E L E W L M : T Ú H Y Y L
K Q W I Q W O Y E L S ' A E T
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Á S P T T E M H I L Á L X W T

- TEMCHÁTEL – October
- TEMHILÁLXW – Autumn, Fall
- XWESÁ:LEWS – Leaves Falling
- TEMPO:KW – Sto:lo New Year
- SMÉQÉTH – Fest Left Overs
- PUMKEL – Pumpkin
- SPOLEQWÍTH'A – Ghost
- SYÚ:WE – Witch, Fortune Teller
- PÚS – Cat
- EXWTEL – Broom
- TS'KWI:M – Red
- QWIQWOYELS – Orange
- TSKWIMOMEX – Brown
- STL'ETL'E'AXEL – Feast
- KWÓ:LE – Corn
- PÓ:Y – Pie
- OYÓ:STHET – To Have Lots of Fun
- TUS'ÉY – To Be Careful
- QÉLQWLHA – How Beautiful
- TH'AKW'Ó:Y – Family

I Thank you!

Use the unused letters to translate these Halq'eméylem words

September Answer:

áxwest í:wes t'elhlímélh qas
talhlímélh lá áxwest sqò
Sqéwqel

Share Teachings with us and
we will share together with
Seabird Island

Submitted by Zorana Edwards Shippentower



'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

The next optometry clinic is scheduled for **November** - Watch for upcoming dates

Recommended annual check-ups for children under the age of 19 and every 2 years for ages 19-64. Elders 65 & up can be seen annually.

Have a medical condition such as diabetes, or taking high risk medicines? You can also be seen annually.

Contact Maggie today to book your appointment 604-796-2177



GARBAGE SCHEDULE

COMPOST, RECYCLE, and REGULAR GARBAGE:
Pick-up Monday only

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

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



Contact Ashley Bobb at 604-796-6844, or

e-mail: ashleybobb@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
- Laminating
- Copy Services
- Advertising
- Status Card Photos

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

DENTAL CENTER

HOURS

Mondays to Thursdays: 8:30 am – 5:30 pm
 Walk-in Clinic Tuesdays: 1:00 pm – 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.

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

BUILDING BOOKING AND MEETING ROOMS

Angie 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.

Sandra Haukeland looks after booking of the Millennium Hall she can be reached at 604-796-6854.

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** 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.



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 - We can only help those with a status number, 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 we are unable to assist, as they will be denied and it will be the client's responsibility to pay.

Contact Maggie Pettis for more information at 604-796-2177

MEDICAL CARDS

We can assist people with requesting their medical cards, if they are lost or stolen and need a replacement.

*Each client is responsible for paying for their medical cards! If they've been lost or stolen more than 2 times the cost is \$20.00 for each new card.

Sorry we don't help people get their BC ID.

Contact CHR, Maggie Pettis 604-796-2177

BABIES ID CARDS

Apply for Medical for babies as soon as possible. Contact CHR; Maggie Pettis 604-796-2177

Apply for Status Cards for babies as soon as possible. Contact Carol Hope 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.

Skin, Scabies & Other Scary Things

HEAD LICE

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

IMPETIGO

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

TUBERCULOSIS

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

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

Cover your cough to reduce spread.

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

SCABIES

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

Overcrowding is one of the health hazards affecting First Nation Communities.

Examples are overcrowded housing as well as situations where there is close contact like in schools and sports. Contact your housing department if your house is too small overcrowded and/or overpopulated 604-796-2177

Contact your doctor for testing 604-796-2165

