

A “Healthy” retreat with ambitious goals in place for the future



The Seabird Island Health Department went on a staff retreat to Penticton in October. The goal was to plan for the future and determine the best ways to provide health care to Band and Community members. Details to come in the December Yoo Hoo.

Seabird Pharmacy

**Our Dedicated
And Expert
Pharmacy Team Is
Coming To You
To Take Better Care Of
Your Health
604-491-4477**

We offer:

- ▶ The Convenience
- ▶ Expert, Friendly & Quick Service
- ▶ Homeopathic, Natural & Herbal Products
- ▶ Custom Compounding
- ▶ Medication Counseling with a Pharmacist

**THE QUALITY YOU DESERVE
AND
THE CONVENIENCE YOU NEED**



Thank you for your Paid Submission

INSIDE the November Yoo Hoo

Chiefs Corner	pg. 3	Seabird Calendar of Events	pg. 14-15
Sq'ewqel Dev. Corp.....	pg.4	The People of Seabird: Angie Chapman.....	pg.16
Art Auction	pg. 5	Parents & Tots	pg.16
Public Works Housing.....	pg.6	Dental Tip of the Month.....	pg.17
Seabird Island Fire Department	pg.7	NAAW Week	pg.18
Bountiful Feast.....	pg.8	New Staff Employee	pg.20
History of Seabird	pg.9	Elder Spotlight-Tilly Henry	pg.21
IRA Membership	pg.9	Youth Spotlight-Rikki Sam-Greene.....	pg. 21
Seabird honoured by FCM	pg.10	Halq'eméylem Word Search	pg.22
New Seabird Website.....	pg.11	Round The Rez (classifieds)	pg. 23

CLOSED

We will be closing programs and services on:

Wednesday November 11th
to observe Remembrance Day.

Monday November 23rd
for Staff Development Day
Staff: please arrange childcare as the
Daycare & OOSC will be closed and it is a
Pro-D Day for the School.



Purchase a delicious sub
and you could win our
monthly draw

With every COMBO purchased,
enter into our monthly draw for
your chance to **WIN**
a \$25 gift certificate for
Country Style / Mr. Sub
Winner drawn the end of every month
~ Seabird Island Location~

Hours of Operation
Daily 6 a.m. to 9 p.m.

Thank you for your Paid Submission above

TRIBAL TRADERS

ARTS AND
CRAFTS
FROM
AROUND
THE
WORLD

CARVINGS
EMBROIDERY
ON
CLOTHING
PURSES
JEWELLERY
FIRST
NATION
ART

NOW OPEN AT CHILLIWACK MALL
#3 45610 Luckakuck Way
Chilliwack BC

Hours of Operation

Monday - Wednesday 8:30 a.m. - 5:30 p.m.	Saturday 9:30 a.m. - 5:30 p.m.
Thursday - Friday 9:30 a.m. - 9:00 p.m.	Sunday 12:00 p.m. - 5:00 p.m.

Thank you for your Paid Submission above



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 discusses the First Nations Business Forum, Remembrance Day, and the weather

It's been a busy month here at Seabird Island.

From school functions, to a Business Forum, to a Quarterly Band Meeting, Chief Clem Seymour has been running at a pace which may be eclipsed only by Prime Minister Elect Justin Trudeau in recent weeks:

"It's been hectic in ways, but there's a lot of positives coming out of it. Especially with the Business Forum, we opened some doors for business to have a good look at First Nations and working together, and reinventing how we take care of business ourselves."

Also in the past month...

Chief Seymour attended the Health Department retreat in Penticton:

"When I first went up, I wasn't too sure where they were going with things. There were some good presentations from different departments. A lot of times we grow and forget where things are at. It had a lot to do with team building, and bring things back so we all understand where it belongs."

Chief Seymour was also presented with the First Poppy:

"The Legion has always recognized Mayors, so on the 27th, they said they needed to start including First Nations Chiefs and bring back recognition for the contribution from First Nations people. It all started with the school. Five or six students wanted to do something and bring back a memorial to honour Seabird members who went to war."

It's the fall season, and Chief Seymour asks Band and Community members to be diligent in preparing for the cold and rainy months:

"Just make sure that you understand what it means to winterize and take care of things. Make sure your elders are all okay, make sure we don't forget them during the change in seasons."

Dale Cory, Communications Officer



It's nearly November, and time to think about honouring those who have served their country in times of war.

A Remembrance Day ceremony will take place at Seabird Island Community School Nov. 6, with services held across the country on Nov. 11.

Members of the Royal Canadian Legion have honoured Seabird Island Band by presenting Chief Clem

Seymour with the First Poppy to start of the Poppy Campaign.

Mr. Linton Wallin and Ms. Linda Pickell from Agassiz Legion Branch #32 were at Seabird to present Chief Seymour with his poppy in front of the Seabird Island Cenotaph.

Please remember to honour our fallen at the upcoming services at Seabird Island, or in Agassiz.

Are you unable to attend the regular Bannock and Tea gatherings every second Tuesday of the month at the Band Office?

Seabird Lands Department will bring their Bannock & Tea to you.

Bannock & Tea

ON THE ROAD

Please phone or email Danielle Gabriel dgabriel@seabirdisland.ca or Donna Andrew at donna@seabirdisland.ca 604-796-2177 to book an appointment.

Agassiz Harrison Area First Nations Business Forum deemed a success - goal now to attract businesses to the Seabird Island Industrial Park

“We’re Open For Business!”

That slogan was used for a very specific reason when plans began to take shape for the Agassiz Harrison Area First Nations Business Forum, which took place Oct. 20-21 at Harrison Hot Springs Resort.

During the two day event, more than 25 well-known speakers took the stage, promoting their own cause, providing valuable information to delegates, and setting a course of action for future business development.

For Brian Titus, CEO of Sqéwqel Development Corporation, the organizational headaches were well worth it. People came out to listen and engage speakers, and they left having a better sense of what the future holds.

“I think we succeeded in what we wanted to accomplish – by introducing the business world to the First Nations in the area that we are open for business. They learned a bit about what it was like to work with First Nations. I thought it was quite positive.”

It was all about educating businesses to the opportunities which exist.

“In order to work with First Nations, you have to know who you are dealing with. First Nations are always looking for opportunities, and I think this was a great avenue to showcase that. It gave us the opportunity to showcase the development of our business park in the future. It was an opportunity for us to market it properly. And I think this business forum was the ideal place to launch it,” added Titus, who now focuses his attention on growing Seabird Island Band’s business side. “Right now, with the business park, we are getting the construction plans and drawings completed. We’re in the process of trying to get some funding from the government to start construction – hopefully the middle of 2016.”



When all of the speakers had their turn in front of delegates, Seabird Island Band Chief Clem Seymour took the stage for closing remarks.

“When you start building a road, you always make sure you have a good foundation – making sure that road is going to last a long time. That is what this business forum has been all about – taking care of something, doing it together, and making sure the foundation is going to be strong. We have to ask ourselves, ‘What are we going to leave here when we are gone’.

So, we created something that can only grow. We know and understand all of the partnerships we need to take care of out there.

I’d like to say thank you for coming.

I’d like to say thank you to our sponsors. Without them, we wouldn’t have got to where we are at today. Our sponsors’ commitments to forming partnerships is very important.

Brian, I’d like to thank you for following through with something we started quite a few years back.

To the Chiefs, I’d like to say thank you for coming to walk with us and taking care of something that’s very important to our people back home. You know and understand what we take care of in life belongs to them.

Building something that’s been very important to all of our people, making sure there’s longevity, and taking care of the environment along with it. That’s always been very important.

Bringing back balance to where it belongs and to where everybody understands. Balance – we look after it, we don’t control it, because when you look after it, it looks after you.

These are some of the things that were taught to me throughout my days of growing up in the Valley.

There are a lot of stories out there. You know what you’re doing here? You are creating another story.”

Dale Cory, Communications Officer

SQÉWQEL DEVELOPMENT CORPORATION

An art fundraiser for a great Seabird Island cause - our Youth

Tyler Olson of West Coast Auctions riled up the crowd, encouraging them to open up their wallets.

And those in attendance responded.

The Fundraising Art Auction and Networking Social, which closed Day 1 of the Agassiz Harrison Area First Nations Business Forum, taking place at Harrison Hot Springs Resort, was a huge success.

Many cedar carvings and paintings were up for auction - some from well-known artists such as Stan Greene and Rocky LaRock.

Olson worked the crowd magnificently, drumming up support for the great works of art, with some selling for upwards of \$1,500.

Proceeds from the auction will go toward the building of a new playground on Seabird Island.

When the auction had been completed, a total of \$11,300 had been raised for the playground, a great start toward completion of the \$40,000 project.

"It kind of started off slow but built up afterward. As for the end result, we did better than I expected. I came away happy," said Seabird Island Band Chief Clem Seymour. "It helped seed what we need to take care of, and that was very important. We raised two or three thousand more than I expected we would.



"We took the playgrounds down a couple of years ago. We've put some back up, but we still have to add more."

Chief Seymour believes \$40,000 will cover the costs associated with the new playground project.

"We have two phases we need to do. One phase has moved over to the daycare," added Chief Seymour. "We have some money. As a council, we'll probably bring it back to Council to find out where they want to go with this."

Considering the priority Chief and Council have placed on youth, the end result will be a playground the community can be proud of.

Dale Cory, Communications Officer

SEABIRD ISLAND BAND PLANNING

Tasha and Zoe are back working at Seabird Island. Band Policy Analyst Gary Lister updating us on the planning process and what the UBC graduates will be working on

Everyone will remember the two UBC - Master of Indigenous Community Planning candidates, Tasha Henderson, and Zoe Greig, who recently completed their 8-month community planning practicum at Seabird Island. They successfully completed their degree requirements this summer. In the interim, the Band was able to secure a funding grant that enabled us to hire



UBC graduates Zoe Greig, left, and Tasha Henderson will spend the next few months in the Seabird Island community seeking input from members.

Tasha and Zoe to consolidate all of our different community plans that have been created, some dating as far back as 2009. A requirement of their work is to take all the information that was generated by these different documents put it all into one and reconfirm with the community

that this consolidated plan reflects all the previous plans developed. Over the next few months, Tasha and Zoe will be back in the community seeking further input from members. They are currently planning to be at the Christmas dinner again; with a new survey.



**SEABIRD ISLAND BAND
HOUSING DEPARTMENT**
YOU'RE INVITED!

UPCOMING HOUSING WORKSHOP

Are you interested in learning more about home maintenance?

CMHC and Seabird Island Band are excited to announce that we will be holding a Home Maintenance Workshop in early December. This workshop will teach basic home maintenance skills to empower community members to independently complete repairs around their home! Save time & money!

This will be a **FREE** all day event held in the Band gym. It will start at 8:30 a.m. and it is open to **ALL** Community Members. **Lunch and Door Prizes** will be provided! Watch for flyers and announcements.




SEABIRD ISLAND BAND HOUSING WAIT-LIST ~ Nov. 2015

1 Bedroom		2 Bedroom		3 Bedroom	
1	04012015-1015	1	01062014-2076	1	12192012-3076
2	04102015-1016	2	05302014-2085	2	01022013-3079
3	04202015-1017	3	07292014-3090	3	02062013-3082
4	07082015-1019	4	10032014-1010	4	02082013-3084
5	07082015-1020	5	10082014-1007	5	03192013-3088
6	07302015-1021	6	01072015-1013	6	12102013-2069B
7	06042014-2086	7	08272014-1007	7	12312013-3099
8	10262015-1022	8	02042015-2086	8	01032014-3103
		9	02102015-1014	9	06042014-2086
		10	03122015-3089	10	07082014-3087
		11	04012015-1015	11	07292014-3090
		12	04102015-1016	12	09302014-1005
		13	04202015-1017	13	12092014-1014
		14	05202015-1018	14	12242014-1015
		15	06192015-2087	15	12312014-1016
		16	07082015-1019	16	11172014-1013A
		17	07232015-2088	17	01062015-1017
		18	07302015-1021	18	01122015-1009
		19	08052015-2090	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
				38	07082015-1019

Don't know your number?

Contact Samantha at 604-796-2177 to see where you sit on the wait-list!

Note:

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

Fibre optic project nearly at finish line

Seabird Island's Information Technology team, which has recently joined the Public Works & Housing Department, has begun arranging our network to enter the final stages of the *Last Mile* fibre optic project. The project hit a minor obstacle in August as the Band explored solutions to managing accounts and providing technical support to customers after hours and on holidays.

Recently, the Band addressed internal concerns in an effort to ensure that your privacy remains protected at all times. Now that these concerns have been addressed and resolved we have selected *Momentum Telecom* to administer accounts and provide customer support 24 hours a day, 7 days a week.

In the coming weeks the project will begin moving forward again and the Band foresees no further obstacles. Residents can expect pricing to be released in the next few weeks and technicians to start visiting homes in six weeks. As the first stage of the project inches closer to completion,

the Band continues to seek funding for phase 2 and 3. The next phases will see the fibre optic cable carried throughout the community, offering all residents high-speed internet connection.



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



Busy month for Seabird Island Fire Department includes election of officers. Daniel Harry, a member of the Fire Department for 15 years, has been elected as the new Chief

In September and October, the Seabird Island Fire Department officers met regularly to plan for training that maintains minimum training standards as set out by the Province. The new standards have put a strain on departments throughout the Province as minimum requirements have hefty price tags. Volunteer Fire Departments are underfunded everywhere and always struggle with accessing training funds. Historically, Seabird trained within or attended a few external opportunities with funding through FNESS. Today, we have had commitment from staff that training is a #1 priority because of its implications on safety.

Our department has functioned with a core group of members for years and struggled with new members' consistency and dedication. As a result, in-house training was hindered as we found ourselves taking one step forward and three back. Our officers came up with a solution that was presented to and accepted by the crew; team discussions occurred during practices regarding commitment and dedication. Members who were unable to commit to the time it requires to be an active fire fighter; that is trained to a minimum standard, were asked to step forward or step back for the betterment of the crew.

On Oct. 13, the officers 'threw their hats on the table' and held elections according to their guidelines to revitalize the team and provide opportunities for others. Effective immediately, for a two month probationary period, the following members are in officers positions:

Daniel Harry, Chief

(new; member for 15 years)

Leo Reyburn Sr., Assistant Fire Chief

(returning; member for 9 years)

Frank Louis, Captain

(new; member for 6 years)

Quentin Reyburn, Captain

(new; member for 9 years)

Stacy McNeil, Secretary

(returning; member for 9 years)



We are currently functioning with nine active members and three inactive. Moving forward, our team is excited to work towards ensuring training plans are in place for our officers and firefighters to meet minimum standards and also to ensure our team has the training required to protect our community in a way that prioritizes health and safety. Other plans include cross-department training with our neighbours to develop key relationships needed in emergency situations.

Training this month has included SCBA parts, donning & doffing SCBA and turnout gear, accountability and drivers training.

If you are interested in becoming an active member of the Seabird Island Fire Department, please contact one of the officers for an application.

-Secretary, Seabird Island Fire Department

Seabird Island Band members have their say at Bountiful Feast and Community Forum

It was an important night for Seabird Island Band and Community Members.

The Lands Department held its Bountiful Feast and Community Forum inside the Seabird gymnasium Oct. 14 evening, providing a huge meal for the approx. 50 people who attended.

Band Members were there to enjoy delicious food, the company of friends and relatives – and most importantly, to hear the details of three proposed laws.

The Business Permit Law, the Development Law and the Dog Licensing and Animal Management Law were all detailed in a power point presentation, after which attendees had the chance to ask questions, and give their feedback on the details contained within the three proposed laws.

“I was very, very happy with the turnout this evening, and with the comments and concerns that they brought forward. I did have individuals come to me personally who did not want to get up and speak and gave them the protocols to put it in writing and bring it to me and we’ll go forward with that,” stated Lands Manager Danielle Gabriel after things had quieted down. “Personally, I just wanted to make everyone feel welcome – each and every person here - and that’s why I was going around from table to table, engaging Band members. That was one of my goals, to make everyone feel welcome, nobody left out, and nobody more important than the other.”

The moderator for the evening was Jason Campbell, a Seabird Island Band Council Member, and the Committee Chair for the Lands Advisory Committee.

“I think it was a big success. Just the turnout alone was great. I thought the questions were thoughtful and insightful and for the most part, positive. Also, I believe this information will get out from here – at least it will start a discussion with the community in general, which is what we need,” said Campbell, adding



it’s imperative to have Members a part of the process. “It’s important to have other perspectives. I may look at a law from one side, but you need to have people providing input from all perspectives to know that, ‘Hey, wait a minute, that’s a good point - this law does, or doesn’t allow for that, and we need to fix that.’ At the end of the day, just because the 6-10 minds came up with the law, that still doesn’t mean we know everything. At this point, we will wait for some feedback. We need to have that input, so that’s what’s important with these events.”

Discussion during Wednesday’s gathering focused on the Dog Licensing and Animal Management Law. Many questions were asked regarding the details of the proposed law, which is meant to regulate pets and potentially dangerous animals on Seabird Island, and to protect citizens and property.

“I think it’s personal to our community members,” said Gabriel. “They have their own scenarios, and their scenarios are important to them. It was good to hear all the feedback and their scenarios brought forward to do the revisions within the animal law. It’s for the safety and concern of our community members when it comes to dangerous dogs and nuisance dogs, and cats.”

All three laws are at the same phase. The Lands Department has been working on the Development Law and

the Business Permit Law for over a year, and felt they could put them all up for discussion and approval.

“We’re doing all three at the same time. Right now, we’re at number four in the law enactment process,” explained Gabriel. “The comments we have received will go back to the Lands Advisory Committee table. That meeting will take place Nov. 2. We’ll be working with our lawyer Murray Brown to make those revisions and discuss with the Lands Advisory Committee what revisions they want to make.”

Campbell looks forward to hearing all of the feedback, and making the necessary changes.

“Upon completion of that, it goes to Chief and Council for final thumbs up or thumbs down,” he says. “In a perfect world, in 30 days, we’re taking the next step toward implementation and enforcement.”

If you’re a Band Member and would like to read these laws and give feedback please register for a mySeabird account. Once registered, you’ll have access to our other laws, policies and codes as well as Band Member’s only news and surveys.

Dale Cory, Communications Officer

THE HISTORY OF SEABIRD ISLAND

We are debuting a new feature this month, History of Seabird”.
So, how did we get the name Seabird Island? The story may surprise you.

Take a moment to think back.

Way back. Sometime in 1800s. The ‘mid’ 1800s.

No computers. No cell phones. No TVs. No cars. Many would say that lack of amenities would have made for a tough life.

Others tell you, adamantly, that the people who lived on what is now known as Seabird Island back in 1858 had a more cultural, more traditional, more family-oriented way of life which made for a much more fulfilling existence.

Which brings us to this new feature “The History of Seabird Island.”

Shortly after taking over the role of Communications Officer here at Seabird Island, Chief Clem Seymour, from his regular perch in the lobby, called me over and asked, “Do you know how Seabird got its name?” “No.” was my response. “Please tell me.”

So, Clem, tell us more.

How did it come to pass we took on the name Seabird Island?

“The Elders came and told me over the years. They’ve told me a lot of different things about Seabird – where Seabird got started, that kind of thing. Way back in the 1800s, there was a paddle-wheeler called the Sea Bird. Once, it got hung up on Seabird here for about two weeks before they got it loose. Another time, it came back, and it got hung up again. It got stranded for six months. It was out by the cattle farm - out by a little island that used to be part of Seabird until the river changed. People used to see it going back and forth, and they started to call it Seabird Island. That name just stuck,” explained Chief Clem. “It’s good for everyone to know where all these names come from. At one time, some elders talked about changing the name back to the original Sq’ewqel. Our elders got together and said, no, everybody knows it as Seabird, so let’s just leave it at that for now.”

Chief Clem also took time to add some insight into the naming of Maria Slough, which received its name via similar circumstances.

“When you talk about Maria Slough, it’s the same thing. Maria got its name from a Spanish paddle-wheeler that used to go up there past Ted Olesky’s to deliver supplies up to the Harrison Lake area.”

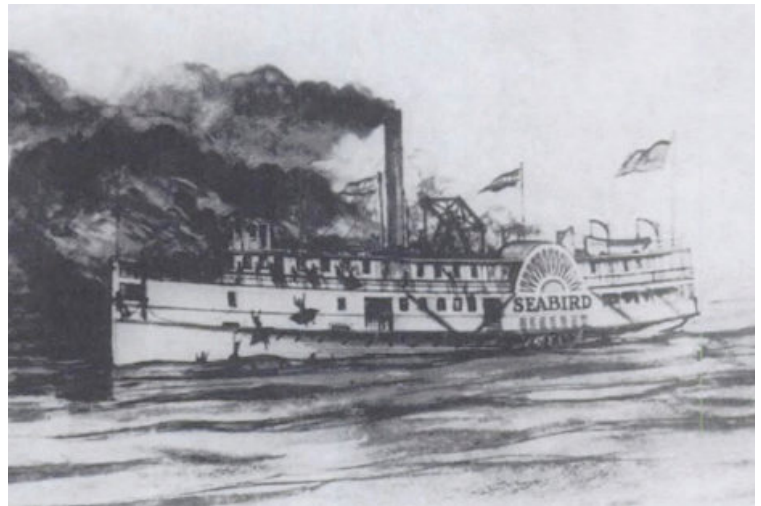
So, there, you have it. The naming of what we now know as Seabird Island.

Do you have an interesting story or facts regarding The History of Seabird Island?

Please send me an email, or give me a call. Let’s keep Band and Community Members in-the-know about our treasured past.

dalecory@seabirdisland.ca; 604-796-6833

Dale Cory, Communications Officer



IRA Membership Reminder: Registration for Births and Deaths

The amount of time it takes for registration is up to 4 months for bill C3, 6 to 8 months for baby and 18 to 24 months for regular registration. It highly recommended that parent(s) register new babies as soon as they receive baby’s birth certificate. This will ensure that any complications that require baby to have a status number will not cause

any further delay especially if there are medical concerns. AANDC will not rush any status numbers unless there is a serious medical condition which requires doctor’s confirmation.

Seabird Island Band population stands at 966 as of August 2015. This does not include newborns in process of being registered. This includes people who have

passed away that their deaths have not been registered as of yet. Families, who have not yet submitted their loved ones death certificate, please do so as soon as possible to ensure an accurate band list.

Contact Carol Hope
c/o Seabird Island Band or via email:
carolhope@seabirdisland.ca or
call 604-796-6877.

Seabird Island Band and District of Kent honoured by Federation of Canadian Municipalities and Cando for First Nations-Municipal collaboration

All the hard work has been recognized.

Countless hours have been spent by staff and elected officials from both Seabird Island Band and the District of Kent in recent years developing ways the two communities can work together.

The result was a Joint Marketing Plan for Tourism Promotion and Business/Investment and Attraction.

Oct. 6 at District of Kent (DoC) Municipal Hall, Seabird Island Band Chief Clem Seymour and many other Seabird representatives – both staff and elected officials – were invited to accept an award.

Representatives from the Federation of Canadian Municipalities (FCM) and Cando (Council for the Advancement of Native Development Officers) presented Seabird Island Band and the District of Kent with an award of recognition for their contribution to the field of First Nation – Municipal collaboration on community economic development, through their excellent work on the CEDI (Canadian Economic Development Initiative) program.

As pioneers in the CEDI program, the elected officials and staff from Seabird Island Band and the District of Kent have contributed to the learning and advancement of this field through their on-going joint work and contribution to the 'Stronger Together' toolkit and most recently by presenting to the UBCM annual conference.

Cando is a federally registered, non-profit society that is Aboriginal controlled, community based, and membership driven.



Sav Dhaliwal, far left, representing the Federation of Canadian Municipalities and Morgan Bamford, far right, representing Cando (Council for the Advancement of Native Development Officers) presented Seabird Island Band Chief Clem Seymour and the District of Kent Mayor John Van Laerhoven with an award of recognition.

“Building a common vision has always been important,” said Chief Seymour when it was his turn to stand up and address the group.

What does this honour mean to Seabird?

“What this really means, is that, by Seabird and Kent sitting down, we really accomplished something by going forward together. That was the main purpose of signing on with CEDI - was taking care of something that’s very important - whether it’s tourism, or joint venturing,” added Chief Seymour, who expands on the importance of working in unison with the District of Kent – considering the two communities appeared to be in competition with each other in past years. “Understanding where we are going to go and building for the future. That’s why we needed them for a partner. It makes it a lot easier for Agassiz (DoC) and Seabird if we go at all this together. We started building on where we can go if we’re going together, and building on our many strengths.”

District of Kent Mayor John Van Laerhoven and Kent CAO Wallace Mah joined Seabird Corporate Affairs Director Jay Hope and Sqéwqel Development Corporation CEO Brian Titus to make a presentation to delegates during the recent UBCM (Union of British

Columbia Municipalities) convention in Vancouver. Mutual Prosperity of First Nations and Municipalities was the focus of that presentation.

“It’s really neat to get this honour because it recognizes how hard people have been working together over the past couple of years to build relationships and to move on with projects that are common to us. Whether they are issues around the Fraser River, or issues around economic development, or agreements that we have between our fire departments. We have an interest in communicating with each other, and continuing to build these relationships,” stated District of Kent Mayor John Van Laerhoven. “We’ve always been here together and in a lot of ways, we’ve always done our own thing, side-by-side. A lot of us went to school together, but that was the only time we spent time with each other. It was a positive relationship we had. By sitting down and talking with your neighbours, you realize you have a common interest for the future of your community. A lot of those interests line up. What’s important to the people of Seabird is important to the people of Kent. The only way you move ahead in the most positive way is to do things together.”

Dale Cory, Communications Officer

Introducing mySeabird!

New website gives Band Members easier access to information

To assist the Band in bringing to life our theme for the next year, “kwelátsesthòlxw, ye’i:mex te sqèq’o,” or holding hands and walking together, Seabird Island’s Communications team recently redesigned www.seabirdisland.ca.

One of our key goals in the redesign was accountability and transparency, we wanted to make it easier for our Band Members to access information. The Band is happy to announce that we’ve launched our new website and the creation of mySeabird. Through mySeabird, Band Members gain access to a login side of our website which contains financial statements, laws, codes, policies, Members only surveys and blog posts, as well as other documents.

Band Members of all ages can now request a mySeabird account on our website by completing a short registration form. Once completed, accounts go through a short approval process. This process allows the Band to confirm that access is only being granted to our Band Members.

Our Communications team hopes that Band Members enjoy using mySeabird and they want to ensure that it is a positive experience. If you have any feedback about mySeabird, suggestions on how we can make it better, if you’ve had problems accessing something, or maybe don’t see something you think should be available, we want to hear from you! Contact Communications at (604) 796-2177 ext. 5050 or email seabirdweb@seabirdisland.ca.

mySeabird tip:

- Keep your account information up-to-date. Keeping your contact details current will help us get in contact with you if there is information, policy changes, Band Member news, or events that we think will be important to you. It will also assist us in getting nomination and election information to you in an election year.

Seabird Island Band

Home Services Community About us News & events Contact us

Get your account today!

Sign-up for a mySeabird account to read information only available to Band Members.

Each Band Member is able to sign-up for their own mySeabird account. Find out how to get yours today!

Sign-up now

Seabird Island offers 49 services and counting

From prenatal care to post-secondary education, and fitness programs to employment readiness, Seabird Island offers a range of services that benefit our members throughout life. Check out some of the things we accomplished last year!

956	121	34	2,350	7
Band Members	New Jobs Created	Babies Born	Events Held	Post-Secondary Graduates

YEAR IN REVIEW

2014 - 15 ANNUAL REPORT

What things do Band Members have access too?

- ✓ Proposed & passed laws, codes & policies
- ✓ Financial statements
- ✓ On-going surveys
- ✓ Band Members only blog posts

Seabird Community Calendar

(S) Sxexlhath	(M) Yilawelhat	(T) Sthemelts	(W) Slhath
1	2 <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Bounce Houses 6:30 p.m. - 8:30 p.m. TBA • Meals on Wheels 5-6 p.m. 	3 <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Indoor Soccer 6:30 p.m. - 8:30 p.m. • Dental and Doctor Walk-in Clinics 	4 <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. L • Basketball @ school 3:10 (grades 4-7 only) • Fitness Center 6 p.m. - 9 • Open Gym 6:30 p.m. - 8 • Boot Camp School Gym
8	9 <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Bounce Houses 6:30 p.m. - 8:30 p.m. TBA • Youth Group age 10 -13 ~ 3 p.m. - 5 p.m. • Meals on Wheels 5-6 p.m. 	10 <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Indoor Soccer 6:30 p.m. - 8:30 p.m. • Word Search Submissions Due • Youth Group age 13-18 ~ 4 p.m. - 6 p.m. • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	11 <p style="text-align: center;">Veterans Day</p> <p style="text-align: center;">Band Office Closed</p>
15	16 <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Bounce Houses 6:30 p.m. - 8:30 p.m. TBA • Meals on Wheels 5-6 p.m. 	17 <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Indoor Soccer 6:30 p.m. - 8:30 p.m. • Youth Group age 13-18 ~ 4 p.m. - 6 p.m. • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	18 • Boot Camp Scho <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. L • Basketball @ school 3:10 (grades 4-7 only) • Fitness Center 6 p.m. - 9 • Gym closed for NAAW • NAAW Walk - School 1 • NAAW Amazing Race - • Youth Group age 13-18 • Meals on Wheels 5-6 p.m.
22	23 <p style="text-align: center;">Staff Development Day (training, sharing & team-building) <i>Mandatory all staff attend!</i></p> <p style="text-align: center;">Band Office Closed</p> <p style="text-align: center;">Schools Closed</p> <p style="text-align: center;">Daycare Closed</p> <p style="text-align: center;">OOSC Closed</p>	24 <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Indoor Soccer 6:30 p.m. - 8:30 p.m. • Youth Group age 13-18 ~ 4 p.m. - 6 p.m. • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	25 • Boot Camp Scho <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. L • Basketball @ school 3:10 (grades 4-7 only) • Fitness Center 6 p.m. - 9 • Community Trip: Swim • NAAW Fashion Show & - Band Gym 5:00 p.m. • Youth Group age 13-18 • Meals on Wheels 5-6 p.m.
29	30 <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Bounce Houses 6:30 p.m. - 8:30 p.m. TBA • Youth Group age 10 -13 ~ 3 p.m. - 5 p.m. • Elders Outing • Meals on Wheels 5-6 p.m. 		

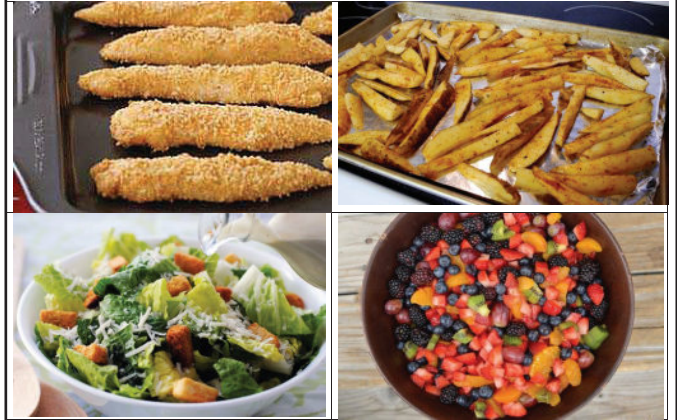
Calendar of Events – November 2015

Library	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
<p>Library trip TBA 10 p.m. - 4 p.m.</p> <p>10 p.m.</p> <p>11:30 p.m.</p> <p>12:00 - 1:00 p.m.</p>	<p>5</p> <ul style="list-style-type: none"> • FREE Lacrosse / Archery age 13-18 school gym 5 - 7 p.m. • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Floor Hockey 6:30 p.m. - 8:30 p.m. 	<p>6</p> <ul style="list-style-type: none"> • Veterans Day Ceremony • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Open Gym 6:30 p.m. - 8:30 p.m. 	<p>7</p> <ul style="list-style-type: none"> • Fraser Region Annual Celebration of athletes, coaches, managers and Community Champions Register online for this event: https://aboriginalsportbc.wufoo.com/forms/mh5r0dr06bjg87/
	<p>12</p> <ul style="list-style-type: none"> • FREE Lacrosse / Archery age 13-18 school gym 5 - 7 p.m. • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Floor Hockey 6:30 p.m. - 8:30 p.m. • Elders Meeting 10 a.m. 	<p>13</p> <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Open Gym 6:30 p.m. - 8:30 p.m. • Flyer Delivery 8 a.m. - 1 p.m. 	<p>14</p>
<p>Open Gym 6 - 7 p.m.</p> <p>Library trip TBA 10 p.m. - 4 p.m.</p> <p>10 p.m.</p> <p>11:05 a.m.</p> <p>Band Gym 5:30 p.m.</p> <p>12:00 ~ 4 p.m. - 6 p.m.</p> <p>12:00 p.m.</p>	<p>19</p> <ul style="list-style-type: none"> • FREE Lacrosse / Archery age 13-18 school gym 5 - 7 p.m. • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Floor Hockey 6:30 p.m. - 8:30 p.m. • Youth Group age 13-18 ~ 4 p.m. - 6 p.m. 	<p>20</p> <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Open Gym 6:30 p.m. - 8:30 p.m. • Youth Night age 13-18 ~ 4 p.m. - 9 p.m. 	<p>21</p> <ul style="list-style-type: none"> • Chief & Council Meeting
<p>Open Gym 6 - 7 p.m.</p> <p>Library trip TBA 10 p.m. - 4 p.m.</p> <p>10 p.m.</p> <p>Swimming TBA</p> <p>Dinner</p> <p>12:00 ~ 4 p.m. - 6 p.m.</p> <p>12:00 p.m.</p>	<p>26</p> <ul style="list-style-type: none"> • FREE Lacrosse / Archery age 13-18 school gym 5 - 7 p.m. • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Floor Hockey 6:30 p.m. - 8:30 p.m. • Youth Group age 13-18 ~ 4 p.m. - 6 p.m. • SA Day 	<p>27</p> <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Fitness Center 6 p.m. - 9 p.m. • Open Gym 6:30 p.m. - 8:30 p.m. • Youth Night age 13-18 ~ 4 p.m. - 9 p.m. • Yoo Hoo Delivery 8 a.m. - 1 p.m. 	<p>28</p> <ul style="list-style-type: none"> • Youth group Christmas Craft Fair & Flea Market 9 a.m. - 4 p.m. • Band Gym • Contact Jonny or Angie at 604-796-0198 or cell 604-798-4832. • Tables are \$10 ea. book early to secure your spot.
	<p>Pre/Post & Prenatal Circle</p> <p>Who can attend?</p> <ul style="list-style-type: none"> *Expecting moms *Newborns up to 6 weeks *Partners, Support Person and siblings <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>	



Moms & Tots were busy cooking, and in this case, making granola, during their October event at Millennium Hall.

Community Kitchen Families in a Smart Budget Session #2



The most valuable wealth is in your health!

Date: November 13th

Time: 10:30 a.m.

For more information contact Val Thompson
604-796-6829

Clear Skies ahead



Clear Skies is an exciting new project that Legal Services Society has been working on with the **Healthy Aboriginal Network**. This comic book teaches readers about family violence through Marnie's story, as she and her kids leave an abusive relationship.

Please follow link to website to view the latest animated video
<http://aboriginal.legalaid.bc.ca/pubs/clearskies.php#video>

Do you require legal information?

Derwin Petri,
a **free family
law lawyer**, will
be at Seabird
Island
Nov. 6,
Nov. 16,
Dec. 1
and Dec. 21.

Call Genna at
604-793-3363
to book at
appointment.

THE PEOPLE BEHIND SEABIRD ISLAND

We are debuting a new feature this month - a Q & A focusing on a different member of the Seabird Island Band staff. The goal is to provide Band and Community Members with a better sense of who works inside the office, what their job entails, and what they like about working at Seabird Island.

Meet Angie Chapman: Program Manager of Community Services

1. Why does Seabird Island Band need Community Service Programs?

The Community Service is a department that runs the following programs: Youth, Elders, Recreation, Events, Community Wellness Program. We are a department that run programs driven by the community needs and support. If we did not have this department we would not be able to run all the programs that we run.

2. What does a typical work day look like for you?

I normally start my day from 8:30- 4:00 pm. I look after any cheque requisitions, reimbursements, purchase orders, staff daily events, check phone messages and respond as needed. I will use today as a sample day: Today I had a meeting with local businesses to go over hamper donations and support for the upcoming season, had a meeting with an outside renter to show our facilities/ meetings rooms, meet with Employment Centre staff to review the food bank fresh produce donations for canning for food bank, had a meeting with the Youth resiliency team to go over upcoming youth gathering, had a staff meeting to check-in and provide updates of up-coming events.

In between these meetings I take calls from Community Members about pending sports sponsorships, room bookings, and meet with staff about some upcoming events. It is busy and I cannot anticipate whom will be at my door or calling me.



3. What is the most important task you perform?

Everything that we do is important and has a definitive purpose and meaning. We have a good mixture of people that we can rely upon as needed.

4. What challenges do you face performing your duties?

Dealing with time sensitive issues at times. When we have events happening, we may get a request that comes in the morning of the event, at times we did not get to the request as we are busy with the event. So when this occurs it can be from

people not knowing our time-lines or leaving the paperwork to last minute. Either way we are a department that does our best to process and ensure things are dealt with in time sensitive consideration.

5. What's your favourite part about the team you work with?

The willingness to help your team, the knowledge and values each person carries, the courage and empowerment you need to carry out your job duties. Community Services leads in the area of utilizing the labor pool whenever possible. We like to be able to offer short term employment to the community whenever we can.

6. What do you most enjoy about your role?

Working for the community, diverse work projects and change of team players on constant basis. There is no fixed schedule for our world as we change things as needed to help another department or cover when a team member is not in.

Angie's traditional name is Xwemxwlamot – which means someone likes to work for people and someone who likes to work fast. I received this name from the late "Kwelaxtelot" Evelyn Peters.

Boot Camp Session

Starting on November 4, 2015 at the school gym every Wednesday from 6:00 - 7:00 until the end of November The Recreation program will be looking at securing future dates if we have interest from members.

Lacrosse/ Archery to be happening for any youth aged 13-18.

Starting on November 5th every Thursday in November from 5 p.m. - 7 p.m. at the

Seabird Island School Gym. Opportunity to learn and develop into these sports.

This is a Free session to attend and equipment will be provided.

Fraser Region Annual Celebration of athletes, coaches, managers and Community Champions to be held

Saturday, November 7, 2015. This event celebrates the achievements in sport or physical activity for the year of 2015 within the Fraser Region.

Cheam First Nation is the host for this year's special event along with the partnership of Stó:lō Nation Health, Fraser Health and Seabird Island Health, Stó:lō Tribal Council, and the Fraser Valley Child and Family Services Society. We look forward to gathering as a sport family, community, and region to celebrate the achievements of 2015 and to learn more about the athletes and their coaches, manager and community

champions in Fraser! Register online for this event: <https://aboriginalsportbc.wufoo.com/forms/mh5r0dr06bjg87/>

Youth group Christmas Craft Fair & Flea Market November 28, 2015

9 a.m. - 4 p.m. Seabird Island Band Gym Tables are \$10.00 each please book early to secure your spot. For more information please contact Jonny or Angie at 604-796-0198 or cell number 604-798-4832.

HEALTH AND SOCIAL DEVELOPMENT



The Parents and Tots fall program is officially underway. Here are some pictures from September and October!

*Submitted by Tracey Bonshor,
Program Coordinator*



Parents and Tots
Tuesdays & Thursdays
10 a.m. to 1 p.m.

Families and expectant
families with children
ages 0 to 6 years

Where: Seabird's Mill Hall

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





Community Outing! Swimming



The Recreation Department would like to take the members of Seabird Island Community swimming at the Chilliwack Leisure Center. Limited transportation will be available on a first sign up, first serve basis.

Dates: Oct 28th & Nov 25th

(Deadline to sign up the Monday prior. Space for event is up to 50 swimmers).

Time: 6pm-7:30pm

(Bus departs from Band Office 5:30pm and departs from the pool at 7:30pm. Those driving on their own can stay longer. Those riding the bus may discuss staying later with the bus driver and others on the bus).

Cost: Free (Seabird Island Community members only).

To sign up, contact Keena McNeil using one of the following options:

Email: keena@seabirdisland.ca

Phone: 604-796-2177

Facebook message: <https://www.facebook.com/SeabirdRec>

Note: For Seabird Island Community member families only. Do not send children on their own.

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 Maggie or at your Seabird Doctors receptionist station.

News from the Dentist's Chair

Hi my name is Stephanie and I am your dental hygienist here at Seabird Island. I have been working at Seabird since 2008 and love working in this community. I am as passionate about dental hygiene as I am about getting to know you and your family. I love seeing returning familiar faces and smiles!

I have worked in dental offices since the age of 16 and wanted to do what I do as long as I can remember. My career goal was inspired by an amazing dentist who helped turn around my childhood fear and anxiety.

I am known to be quite crafty. There are a lot of activities I like to do in my spare time with my husband, five year old son, and multiple dogs. As your health care provider, I promise to provide you optimal care meeting your individual needs in the gentlest manner possible. I look forward to seeing you all (and your families) at least every 6 months!

Dental tip of the month:

Keep your teeth in mind this Halloween!

Sticky candy can get stuck in between teeth and cause tooth decay. Rinsing with a glass of water, chewing sugar free gum, or even rinsing with a Fluoride mouth rinse after eating a sugary treat will help wash away some of the sugars and acids. Don't forget to brush and FLOSS!



National Addictions Awareness Week SIB



Wed. Nov. 18th

NAAW SCHOOL WALK

Start Time: 11:0 a.m.

Place: Between the
two schools

Lunch for Community
Members will be in
office gym

AMAZING RACE

Start Time: 5:30 p.m.

Place: SIB Gym
Dinner and Prizes!

Please Dress Warmly

Wed. Nov. 25th

NAAW FASHION SHOW AND DINNER

Start Time: 5:00 p.m.

Place: SIB Gym

Dinner and Door Prizes!



EVERYONE IS WELCOME!

For more info contact Sarah Even at 604-796-6830

RECIPE CORNER

Simple Pumpkin Soup

A simple, 7 ingredient pumpkin soup that's savory and made completely from scratch! Healthy, satisfying, and perfect for chillier weather.

Author: Minimalist Baker

Recipe type: Soup

Cuisine: Vegan, Gluten Free

Serves: 3-4

INGREDIENTS

SOUP

- 2 sugar pumpkins (~2 1/4 cups pumpkin puree)
- 2 shallots, diced
- 3 cloves garlic, minced
- 2 cups veggie stock
- 1 cup light coconut milk (or sub other non-dairy milk with varied results)
- 2 Tbsp maple syrup or agave nectar (or honey if not vegan)
- 1/4 tsp each sea salt, black pepper, cinnamon, nutmeg



GARLIC KALE SESAME TOPPING (optional)

- 1 cup roughly chopped kale
- 1 large garlic clove, minced
- 2 Tbsp raw sesame seeds
- 1 Tbsp olive oil
- pinch salt

NUTRITION

Serving size: ~1 cup Calories: 178 Fat: 9g Saturated fat: 3.8g
Carbohydrates: 24g Sugar: 10g
Sodium: 149mg Fiber: 4.8g Protein: 3.8g

INSTRUCTIONS

Recipe by Minimalist Baker at <http://minimalistbaker.com/simple-pumpkin-soup/>

THE ABC'S OF BEING A GOOD PARENT

- | | |
|--------------------------------|-----------------------------------|
| Ask about my school day | Notice when I do something right |
| Be present when you're with me | Organize me until I can do it |
| Celebrate my little victory's | Play with me- a lot |
| Dote on me | Question me about my day |
| Encourage me when I'm down | Read to me or with me |
| Forgive my mistakes | Smile at me |
| Grow with me | Turn off the electronics |
| Help me when I need it | Understand me |
| Insist I eat vegetables | Value me |
| Joke with me | Wait patiently for me I'll get it |
| Kiss me | Xxx and ooo me everyday |
| Listen to me | Yell less |
| Make memories with me | Zero in on what makes me special |

**For more Information Contact Supported Child Development
604-796-6886**

STÓ:LŌ NEW YEAR'S CELEBRATIONS AT SICS

During Sto:lo New Year's celebrations at Seabird Island Community School, those in attendance were left speechless during Makayla Sam-Greene's rap poem performance. We felt it was important for everyone to 'feel' it.

(Hook)

All through my childhood I was bullied, I did things I could.

I was bullied everywhere I went, I guess this is what people meant.

I went to many different elementary schools, there were bullies that were such big fools.

I moved to many different houses, never knew it could come to all this.

In grade 6 I stood up for myself, it didn't really have much to help me out.

I had so many fake friends, we shared no special moment.

They were up to a point of smoking cigarettes, they had no life to live because of bad context.

My dad walked out of mine and my sister's life when I was 2, he said he's tried his best to help me

and my sister but what did he do?

He did nothing at all, all we did was argue.

I had my sisters and mom that helped me out when I was feeling blue.

(Hook)



My mom played both roles of being my mom and dad in my life so I would like to rap this song and

tell them how thankful I am at the end of the night.

And now I have another man in my life, a father figure, he's been there longer then you have dad.

Since I've grown up I have many new friends, they are there for me, and they mean a lot to me.

I'm almost 16 now, I've opened my eyes a lot, I realized how life is, how you get treated in reality.

Yeah I have been bullied a lot but I realized that no matter what you do people like to talk,

so just do you it's what I learned yeah it was the hard way but somehow it was worth it because it made me who I am today.

Now we have a small family of 5, we are here for each other, have much love for each other.

I'm a strong young lady now.

(Hook)

NEW STAFF

Mike Mitchell

Hello, my name is Mike Mitchell and I am really excited to join Seabird Island as a Financial Analyst.

I have over 15 years of experience in Finance and Accounting. Prior to joining Seabird Island I was employed as a Senior Accountant in public practice with MNP and recently attained my CPA-CA Designation.

I live in Chilliwack with my lovely wife of 12 years, Kathy, and our two, four legged kids. I grew up in Calgary, however, my mom's family is all from Chilliwack so we would take every opportunity, spring break, summer

holidays, Christmas vacation etc. to come out here. Upon graduating high school we moved to Chilliwack permanently.

In my spare time I enjoy spending time with family and friends, camping and cycling. For the last three years I have participated in the Ride to Conquer Cancer, a 250 kilometer bike ride from Cloverdale to Seattle which raises money for cancer research. It's for a great cause and helps me to keep in shape!

I am really excited for the opportunity to work for Seabird Island! Drop by and say "hi".



ELDERS SPOTLIGHT

Tilly Henry sits down with the Yoo Hoo to discuss her life, and years at Seabird

Tilly Henry was born in Kent, but lived most of her life at Mt. Currie, which is located just east of Pemberton.

Tilly moved to Seabird Island nine years ago after her grandson was born.

Her parents were Johnson Pierre and Maline Dan.

Her grandfather on her father's side was Johnnie Pierre.

Her grandparents on her mother's side were Louisa Dan and Julian Dan.

She is 70 years old. Tilly was married to Aloysius, who passed away in 1982.

Life wasn't easy for Tilly from the start. She spent her first years at the Coqualeetza TB Hospital. She didn't get to know her parents until she was five years old.

She remembers going out with her parents in the Kent area to pick hops. She also recalls spending the night up Owl Mountain picking huckleberries.

Tilly was instrumental in bringing a Pow Wow to Mt. Currie back in 1979.

"I like going to Pow Wow's," she added.

As for her life here on Seabird Island, she spends a great deal of time with the Elders group.

"Whatever the Elders do, that's what I do," she says. "I go to the College on Wednesdays, we have Youth and Elder's get-togethers."

Asked if she has any advice, teachings or a message she would like to share, Tilly responded with the following...



"I'd kind of like youth to learn respect. They may be told something - but sometimes, they don't listen very well."

You can usually find Tilly looking after the Elders bake sale in the front lobby at the Seabird Island Band Office. Stop by and say hello to her at the next bake sale.

And make sure you pick up a fresh loaf of bread, or some bannock!

Dale Cory, Communications Officer

YOUTH SPOTLIGHT



Ricki Sam-Greene comes to youth programming almost every group night and if she misses it's due to her training schedule. Ricki stays in connection with the youth worker on a constant basis and welcomes the rapport she has built with Jonny this past year. Ricki always wants to know all the outings and submits ideas when searching for outings etc.

Ricki has been a role model and leader to the Youth with her lifestyle:

- An avid canoe puller and likes to learn her culture.
- Keen on helping her peers stay current when they may miss programming.
- Currently enrolled at Seabird Island Community School.
- A shy person but today she is a person willing to share and speak her voice when feedback is sought.
- Was currently working in the Summer Program this past summer and loved working with the children.

- Is a youth that motivates her peers and listens when a friend is needed.

This past summer Ricki was asked to be role model athlete at the Provincial Camp for Canoeing/ Kayak session. Ricki was very keen on helping her peers as well sharing her story of training. Ricki is very proud to be a Seabird Band Member and always seeks guidance from the Elders when she needs it.



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 .40¢ 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	Premium	Starter
1/4 page colour 30 second Banner \$60.00	1/2 page colour 30 second Banner \$100.00	Full page colour 30 second Banner \$140.00

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, Zorana Edwards-Shippentower, and Teresa Harper.

AGREEMENT/LEGAL

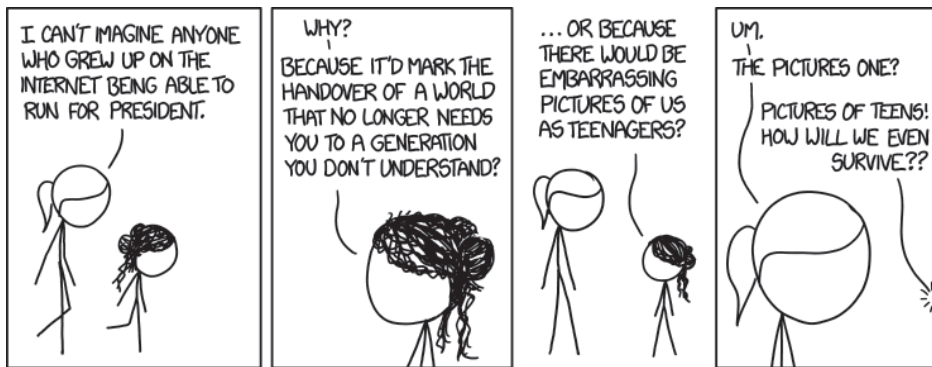
It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only, and that there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



This work is licensed under a Creative Commons Attribution-NonCommercial 2.5 License.

This means that you are free to copy and reuse any of my drawings (noncommercially) as long as you tell people where they're from.

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.

Reference: <http://www.xkcd.com>

Quotes of the month

"Don't judge people.

You never know what kind of battle they are fighting." *unknown*



"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't"

Rikki Rogers

Telxwits / November

Scorpio: October 24 - November 22 **Flower:** Chrysanthemum **Birthstone:** topaz

Topaz healing properties: Topaz soothes, heals, stimulates, recharges, re-motivates and aligns the body – directing energy to where it is needed most. It promotes truth and forgiveness. Topaz brings joy, generosity, abundance and good health. Releases tension, inducing relaxation. Topaz promotes openness and honesty, self-realization and self-control. It aids problem-solving and assists in expressing ideas. Stabilizes the emotions, making you receptive to love from all sources. Topaz aids digestion and combats eating disorders, such as anorexia and bulimia. It fortifies the nerves and stimulates the metabolism.

Halq'eméylem Word Search

YOO HOO - WIN A PRIZE!

All Seabird Band Members and Community Members Congratulations to last months winner Darlene 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. Tuesday, November. 10th, 2015

Draw Date: Thursday, November. 12th, 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.

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

BANNOCK
BUSINESS
DUMPING
FEAST
LICENSING
POLICY
SAFE
TRESPASS
BOUNTIFUL
CODE
ENFORCEMENT
LAND
PERMIT
PROCEDURES
SEABIRD
BUILDING
DEVELOPEMENT
ENVIROMENTALLY
LAW
PET
PROPERTY
TEA

Once you have found all the words, the remaining letters will spell a secret message. The message will be a word, a phrase. Translating the Halq'eméylem words

ÉY T'WA KW'ES LÁMELÉP KW'ÉLEM KW'E TÍ.

October Answer:
ACH'THOMÉTSEL
Congratulations

Submitted by Zorana Edwards Shippentower



'Round The Rez

Community Events, Workshops & Outings

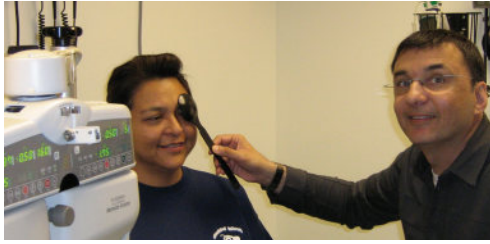
OPTOMETRIST CLINIC

The next optometry clinic is scheduled for **Dec. - 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

(EXCEPT ON NOV. 23, WHICH IS A SEABIRD STAFF DEVELOPMENT. GARBAGE WILL BE PICKED UP NOV. 24)

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, please put in a request in writing at the office.

PRINTING SERVICES

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

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

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

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

Located upstairs in the Band Office.

HAVE YOU HAD A LOVED ONE PASS AWAY?

You will need to send a copy of the death certificate to the First Nations Health Authority. Maggie Pettis is available to help you with this process.

Contact CHR; Maggie Pettis 604-796-2177

DENTAL CLINIC

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.

NOT COOL!



Say NO to Drugs and Alcohol!

Long Term Effects of Drugs

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

Long Term Effects of Alcohol

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

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

Sexual Assault,

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

Stay in control of your own fate!

