

YOO HOO

Because news isn't all bad or boring!

School students replenish Seabird Island Food Bank shelves



THE KIDS ARE ALL RIGHT! Wayne Charlie, left and Wyatt Paterson represent the Seabird Island Community School Grade 7 class, which raised \$252.²⁵ by hosting a hot dog sale. They were at the Band Office Nov 5 to present Alexis Grace, Manager of Employment & Social Development Programs, with a bag of money, and to see the Food Bank shelves. Full story on Pg. 4.

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

Chiefs Corner pg. 2
 Jason Campbell pg. 3
 Youth donation to Food Bank..... pg. 4
 Chum Salmon for Seabird Elders..... pg. 6
 History of Seabird Island pg. 9
 Angi/Reid Peters at UFV..... pg. 10
 Seabird Island Community School..... pg. 12
 Seabird Island Elders pg. 13
 Seabird Firefighting Boot Camp..... pg. 14
 Seabird Pre-school pg.15
 Community Calendar pg.16-17
 NAAW pg.18-19
 Health Retreat pg.20
 Forge Ahead.....pg. 22
 The People Behind Seabird pg.23
 Cooking Class 101 pg.24
 Seabird massage therapy..... pg.26
 Recipe Corner pg.29
 New Staff pg.29
 Halq'eméylem Word Search pg.30
 Round the Rez (classifieds) .. pg. 30-31

**Christmas Hampers
and Gift Cards**
December 21 & 22nd
Band Office Gym

NEED A HOME?

HOUSING APPLICATION
RENEWALS DUE
 In December
BEFORE JANUARY 1st

TO STAY ON THE WAIT LIST!



CHIEFS CORNER

Seabird Island Band Chief Clem Seymour discusses power outages, staff development, the Community Christmas Dinner, and what he wants to find under the Christmas tree Dec. 25

Seabird Island was dealt some severe weather conditions in November. Strong winds knocked down power lines, resulting in a loss of electricity to the Band Office for a day, and to many Seabird Island residences for a few days. Chief Clem Seymour points to a few things Band Members can do to prepare for the next time the power goes out.

“We just want to make sure they have enough supplies to last for a little while, because sometimes we can’t get around to everybody right away. We want to make sure everyone is checking up on family members and making sure they are all right. If Band Members have to leave

their home, we want them to make sure their stove is shut off, and make sure everything else is turned off, so when power is turned back on, they won’t lose anything”

Seabird Island Band held its annual Staff Development Day Nov. 23. Chief Seymour was one of the speakers.

“We probably had 20-25 workers 25 years ago. We’ve got close to 300 now, and that’s just Band administration, Health, College, and the School. A lot of times, when we work inside a community and inside this building, we are representing ourselves to the outside world. We need



to make sure everybody is on the same page, and understand this is why we are here – for the people.”

Christmas is coming up, and Chief Seymour looks forward to seeing everyone.

”There’s a lot of people who can’t celebrate Christmas the way some people do, but they celebrate anyway. We do our part by having a community dinner with them.”

And what is Chief Clem Seymour asking Santa for Christmas?

“For things to quiet down a little for myself. But I don’t see it happening,” he said with a chuckle. “Everybody enjoy the holidays.”

Dale Cory, Communications Officer



Zoë and Tasha are back at Seabird Island, and ready to engage



Hi Seabird! Remember us - the two students from UBC?

Well in case you missed it, we are back. We have graduated, and we are ready to connect with you again!

We will be at the Christmas Dinner on Dec. 9 with a ton

of prizes and questions for you.

Last year we had a great time chatting with you - and we are looking forward to doing it again this year. Remember to look for us at the dinner, and don’t forget to say hello.

Zoë & Tasha

Seabird Island Councilor Jason Campbell elected to BC Lands Advisory Board

Congratulations to Seabird Island Band Councillor Jason Campbell.

Campbell, seen in the back row alongside his newly-elected board members, was recently voted in as a BC Director for the First Nations Land Advisory Board.

He won in a run-off election, which took place during the BC Land Advisory Board AGM Nov. 17 in T'souke, on Vancouver Island. Campbell was in a run-off with Chief Russell Chipps of Beacher Bay First Nation, and came away with sufficient votes to be elected.

Jason Campbell's credentials:

- Seabird Lands Advisory Committee Member since 2012
- Second two-year term on Seabird Island Council
- Educational background in Criminology, Kinesiology and Aboriginal Studies
- A Seabird Island Band Member from the Peters family
- Employed by Corrections Services of Canada with a facilitation background
- Comfortable public speaker

The Seabird Island Band congratulates Jason Campbell on his election to the First Nations Land Advisory Board as a BC Director.



Elders Gathering

Dec. 7th ~ 9:30 a.m.

Where: Main Boardroom
Lunch Served

All Elders 55+ to meet with the
Youth Resiliency Team.

For more information please contact
Linda McNeil-Bobb at 604-796-6847



FLEA MARKET

Youth Group is fundraising for GOV conference in March 2016

November 28th, 2015

Flea Market / Craft Fair

Time to declutter and prepare for the holidays!
Seabird Gym Doors Open 8:30 a.m.

Vender Set-up 7:30 a.m. \$10.⁰⁰ per table

For more information please contact
Jonny or Angi at 604-796-0198 or 604-798-4832

Youth donation to Seabird Food Bank an inspiration to everyone

When the British band *The Who* released their hit, *The Kids Are all Right* in 1965, they most certainly did not have Seabird Island in mind.

“When I wrote this song I was nothing but a kid, trying to work out right and wrong through all the things I did,” explained the songwriter, Pete Townshend, 50 years ago.

However, given what recently took place at Seabird Island Community School, and subsequently, at the Seabird Island Band Office, Townshend’s lyrics may have easily been referring to a group of students who went above and beyond for a great cause.

“This really melts my heart in all kinds of good ways, and gives me that renewed faith in our kids and our young people and the great work that’s happening at our School,” said Alexis Grace, Manager of Employment & Social Development Programs with Seabird Island Band.

It all started a few weeks back in Cindy Watson’s Grade 7 class.

Student Wyatt Paterson explains.

“We were doing a lot of stuff in class about people not having enough money to buy clothes or food, so we decided to raise money for the Food Bank,” offered Paterson, 12. “As a class and a group, we were thinking of what to do to raise money for the Food Bank. Last year, we sold a lot of food to kids, and they liked it, so this year we decided to



A DAY FOR SMILES! Seabird Island Chief Clem Seymour sported an ear-to-ear grin when students Wyatt Paterson, holding money, and Wayne Charlie brought over a bag of money from a hot dog sale to help fill Food Bank Shelves. Also in the photo are Art Andrews, Alexis Grace, Andrea Paul, Erna Paul, and Carolyne Neufeld.

go with hot dogs, and we had a hot dog day.”

And so, on Oct. 22, Grade 7 students sold hot dogs – almost 100 of them.

“I was glad to see a lot of kids buying hot dogs to raise money for the Food Bank,” added Paterson.

On Nov. 5, Paterson and classmate Wayne Charlie came over to the Seabird Island Band office to present the money they raised to Grace and her staff within the Health Department.

“We’ve been talking about it in class for a very long time – since the start of the school year,” added Charlie. “I think it’s really awesome that they (Food Bank) will be getting some food.”

That food will be purchased thanks to a donation of \$252.75, the total money raised selling hot dogs.

Alexis Grace was amazed at the leadership skills displayed

by the kids in Grade 7.

“It was really cool when Miss Watson called over and said she had a bunch of money she’d like to give to our Food Bank,” added Grace. “It was really surprising - finding out these students had decided they wanted to fund raise for Seabird’s Food Bank totally on their own, and came up with their own idea of how to fund raise and what to do - and that they wanted to come and present me with some money.”

With the funds now safely in the Traditional Food Bank coffers, the next step was to determine what to do with it.

“We’ve talked to the boys, and we just recently did a survey with our income-assistance clients, and one of the big pieces of feedback was that there was not enough kids snacks, children’s lunch snacks, or day care snacks in our food bank or grocery orders,” explained Grace, who took time to show Paterson and Charlie the Food Bank

shelves at Seabird Island. “So we told the boys it would go directly toward buying kids snacks.”

Healthy kids snacks.

While the Seabird Traditional Food Bank does receive food donations, Grace also explained that canning jars make up the biggest expense the Food Bank deals with.

“This time of year, for winter, we need to be canning stews and chili’s and beans, a lot more hardier foods,” summarized Grace. “So the Food Bank is always in need of something – and we can always make it bigger and better.”

It’s heartwarming to know that Seabird Island Band’s Youth will continue to work toward achieving those goals - and providing for Band Members in their own little way.

Yes, these kids are all right.

Dale Cory, Communications Officer

Keep in mind!

With the dark cold icy days and nights of winter...

Please remember to dress appropriately for the weather, you never know when a storm will come up the valley.

- Wear warm jackets
- Wear reflective and light colored clothing so cars can see you.
- Wear warm foot wear with good grip
- Slow down your driving according to the winter roads
- Pack a emergency survival kit in your vehicle (flash light, blanket, flares,...)



SEABIRD ISLAND BAND HOUSING WAIT-LIST ~ Dec. 2015

1 Bedroom	
1	04012015-1015
2	04202015-1017
3	07082015-1019
4	07082015-1020
5	07302015-1021
6	10262015-1023
7	11092015-1023
8	11132015-1024

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	04202015-1017
13	05202015-1018
14	06192015-2087
15	07082015-1019
16	07232015-2088
17	07302015-1021
18	08052015-2090
19	111720141013A
20	11092015-1023
21	11132015-1024

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	07082014-3087
10	07292014-3090
11	09302014-1005
12	12092014-1014
13	12242014-1015
14	12312014-1016
15	11172014-1013A
16	01062015-1017
17	01122015-1009
18	01142015-1010
19	01142015-1011
20	01142015-1012
21	01222015-1013
22	02042015-3091
23	03022015-3092
24	03122015-3093
25	03122015-3094
26	04012015-1015
27	04102015-1016
28	04202015-1017
29	04282015-3095
30	05202015-1018
31	05252015-3095
32	06192015-2087
33	07232015-2088
34	07302015-1021
35	08052015-2090
36	08262015-3096
37	070822015-1019

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.

NEED A HOME?

HOUSING APPLICATION RENEWALS DUE In December BEFORE JANUARY 1st



TO STAY ON THE WAIT LIST!

Donation of salmon helps Seabird Island Elders...

"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," offered Chief Clem Seymour recently when referencing Seabird Island Youth, and Elders. "It's the cycle our people have been in for a long time."

Seabird Island Band has always been a strong advocate when it comes to looking after Community Members.

Young and old.

And that leads us to a story that involves our Semath brother from downriver who donated salmon to Seabird Island, a Band Member who spent a great deal of time bonding with his mother cutting and smoking the donation of Chum, the young boys who gained a better sense of Seabird's culture by helping their father, and the Seabird Elders who will benefit.

"Our Aboriginal Rights and Title Department had been searching for some Chum to smoke for our elders. In the past, we were able to pick up some from local hatcheries. But the past couple years, they have been unable to get us any," explained Sally Hope, Seabird Island Band Community Researcher. "So this year, Murray Ned from Semath donated some fish to us."

The story begins out on the chilly waters of the Fraser River.

As Murray Ned explains, he likes to fish Chum with his



TEAM EFFORT: Francis Mussell cuts down the Chum he and mother Marilyn smoked.

two boys, Kelsey and Brandon, and nephew Roberto Silver. When he was 13 years old, Murray learned to fish from his late father Clarence Ned Jr., and transferred that knowledge down to his boys and nephew over time.

"My nephew Roberto loves Chum fishing for some reason. I never ask why. I just believe and acknowledge it. But he is one of the few that I have heard admit his passion for Chum fishing," explained Ned, Executive Director of the Lower Fraser Fisheries Alliance. "We fish two crews - one set net and one drift net. Chum season is the last fishery in the territory and because it's in the fall it can be some of the worst weather - rainy

and cold - to fish in. If nothing else, it builds character and challenges you to find some humour in it to pass the time while you are on the river. Chum are probably one of the toughest salmon and the males have the largest teeth, so they can become entangled in your net pretty good. You need to have patience and a tolerance for pain when their teeth carve your skin. Even with gloves on it is inevitable that they will cut you."

Ned and his family of fishermen set their nets on a Friday at 4 p.m. and removed them Sunday before 4 p.m.

With the salmon now on land, Sally Hope then arranged for Francis Mussel of Seabird

Island Band to go down and pick up the approximately 60 Chum from Ned.

From there, the hard work began, and, just like the Fraser, the story takes another turn.

"We picked up the fish fresh from the river above Mission Bridge. The fish were stored in totes filled with ice to keep them fresh. We brought the fish up here and kept them in coolers covered in tarp until we were ready to prep them," explained Francis, who received help from his mother Marilyn. "She decided to come and help me. We then prepared the smoke shed by having a good seal on it so you can contain the smoke. We got a prepping table and canopy here, as we didn't know

...renews faith in our ability to work together

what kind of weather my mom and I would be working in.”

From there, the cutting, salting and gutting of the Chum salmon was taken care of. This process took about eight hours – most of the night Saturday, Oct. 31. While Seabird Island youth were out trick or treating, Francis and Marilyn was busy prepping the fish for smoking.

“All the trimmings, the gills, the heads were returned to the river,” explained Francis. “We offered tobacco before we returned them into the water.”

Hard wood – maple wood – is used in the smoke house, and it has to be dense with lots of moisture for slow smoking, so the fish won’t fall apart, advised Francis.

“You have to have the fire really low. He (Francis) can’t have hot, dry wood, because the fish will fall to the ground, which wrecks it,” explained Marilyn. “We did that before, because we didn’t know how to do it. You have to learn. I’m just learning. Francis did it before. He watched a couple of other people do it.

“It’s hard to get people to do the work. That’s why we’re learning how to do it.”

For Francis Mussel, helping out the Elders also meant teaching his four young boys about their heritage.

“I took this opportunity so that I can teach my children about tradition and their culture of being people of the river,” said Francis.

Seabird Island Chief Clem Seymour is thankful for Ned’s time and donation, for the work Francis and Marilyn put in to get the fish ready, and most-importantly, glad to see the Seabird Island Elders benefit.

“A lot of our Elders don’t have a lot of opportunity to get smoked fish, and they miss it. A lot of times, when the family goes out, they’ll take smoked fish to our Elders,” said Chief Clem Seymour. “It’s part of our traditional and culture, and



how we share things - and about holding on to something that’s valuable and belongs to our people.”

From Ned’s standpoint, when the call came in, he didn’t hesitate to help out.

“Historically, our communities had gatherers, hunters, warriors, fishers, cultural leaders and other gifts to support our villages and people. We had specific people to do specific tasks to sustain ourselves. When others don’t have access or an ability to fish you try to help individuals or communities out when you can. When I ran into Chief Seymour last year he had mentioned that he really enjoyed smoked Chum but rarely had a chance to eat it. I asked him why, and he mentioned that the Chum weren’t that plentiful in the community now. He explained that some of the tributaries in his territory weren’t producing Chum for various reasons,” explained Ned. “I let him know we had a pretty good season in 2014 and if he ever needed some to let me know. Frankly, I had forgotten about that commitment, but when Sally Hope reminded me, I didn’t hesitate to fulfill that request – not because he is a Chief,

but because he simply asked.

“Sharing has always been a part of our culture and when you have an abundance of something that others don’t, you share what you can. My late father Clarence was always generous with his catch and never hesitated to share when he could.”

The last word in this story goes to a Seabird Elder, who heard a knock one day, opened the door, and was presented with a package of smoked salmon by Sally Hope, Myra Seymour and Conrad Louie from Seabird Island Band’s Aboriginal Rights and Title department. A total of 38 Elders received donations of smoked salmon.

“I used to get some fish from my nephews,” explained Richard Louie, who was sporting an ear-to-ear grin when our group came to his home the afternoon of Nov. 6. “It’s good to see them doing this and taking care of people.”

As for the smoked Chum?

“Oh, it’s pretty good.”

A great ending to a heartwarming story.

Dale Cory, Communications Officer

SOCIAL DEVELOPMENT DEPARTMENT

NEWSLETTER * DECEMBER 2015



I wanted to take the opportunity to sincerely thank all of the Employment & Social Development Clients who took the time to complete our Client Satisfaction Survey!

The survey results spoke volumes to our team; 98 Surveys were completed and 97% of all clients completing a survey provided such positive and encouraging feedback! The Employment and Social Development Office Team are so very grateful for every client we have the honour of serving. The programs and services we provide are designed to meet the holistic needs of each client and we promise to maintain this integrity when improving client care and service delivery.

As a direct result of the Survey each client will receive a copy of their Budget and Decision Form (B&D) with their cheque every month. Also, we have added some healthy children's lunch snack options to the monthly grocery orders. We are always open to feedback and suggestions to improve client service. All Employment & Social Development staff are willing to receive Client comment at our earliest availability.

We appreciate each and every one of you and promise to continue to improve the services you have indicated you value the most; clothing bank, monthly grocery orders, traditional food bank, meat packs, client care and we will continue to provide even more delicious meals on Income Assistance Day. ☺

From the Employment & Social Development Team, Our Sincerest Thanks and Appreciation!

Alexis Grace
Employment & Social Development Manager

EDUCATION

Advanced security training hosted by Seabird College in October featured instructor Glen Moffat and could lead to jobs for students



THE HISTORY OF SEABIRD ISLAND

This month, we look at Seabird Island in the 1800s

1879

Founding of Seabird Island. The story of Seabird Island began over 130 years ago in June of 1879 with Gilbert M. Sproat (19 April 1834 – 4 June 1913), a representative of the Indian Reserve Commission, would consult with First Nations people and later allocate the island known then as Skow-a-kull (correct spelling Sq'ewqel) as a reserve to be held in-common by the people from Popkum, Skw'atits, Ohamil, Ska-wah-look, Hope, Union Bar and Yale because the land they currently resided on could not sustain crops, and the land on Seabird Island would provide rich soil and provide a place for First Nations families to live their lives on.

1880

One year after the reserve in-common was created; Chief Michel of Yale would be considered the first Chief of Seabird Island. Under his direction, Seabird Island would

begin construction of the Seabird Island Community Church.

1884

The Canadian Pacific Railway, which began construction in 1881, would build a railway path through Seabird Island.

1892

Twelve years after the Community Church was completed Father Edmund Petavin (OMI) would host the first baptisms of First Nations children on Seabird Island.

1894

Midway through the decade the Fraser River Flood, pictured below, would wash away the Canadian Pacific Railway trestle bridge which was built at the southern end of Seabird Island.

For more on Seabird's history, please check out: www.seabirdisland.ca





Dynamic father-daughter duo tackles university together

When Reid Peters is struggling to understand a difficult concept in his UFV course, he doesn't have to go far for help.

He can pop over to the house next door at his Seabird Island home and ask his daughter Angi — she's in the same class.

In fact, Reid and Angi are taking two classes together this semester: Sto:lo Communications and World View with professor Wenona Victor, and Counselling Skills with instructor Nicole Giesbrecht.

At age 67, Reid will graduate from UFV soon. He's in the final semester of his Social Services diploma with a First Nations option.

Angi has also taken several courses in the Social Services diploma program (First Nations option) since starting at UFV more than 10 years ago. She has taken time off to raise her daughters and to work as the youth engagement coordinator at Seabird Island. Now, as a newly qualified licensed practical nurse, she has returned to UFV. She's taking additional courses to complete her diploma and is interested in entering the Bachelor of Science in Nursing program.

Their paths aligned this year to take courses together, in part because Angi thought it would be a neat experience to be in the classroom with her father before he graduates this semester.

Members of Seabird Island, the father and daughter duo had very different educational backgrounds. Reid spent six years separated from his family at St. Mary's residential school in Mission, and by age 17 had dropped out and was a logger in the Fraser Valley, leading his own crew.

He was able to raise his family and make a decent living as a logger, but as he got older and sidelined by injury, his thoughts turned to a different sort of work. He was inspired by a desire to help the elders in his community, and returned to school to earn a credential and learn about the human services field.

Reid started at UFV in 2007, taking upgrading courses in order to earn his Grade 12 equivalency (GED) as he approached the age of 60. In 2009, his determination and achievement were recognized by Canada Post, as they chose him as one of their Aboriginal Incentive award winners. After getting his GED,

he entered the Social Services diploma program and has been chipping away at it ever since.

His friends tease him a bit about stretching his brain cells at a time of life when many people are starting to take it easy.

"Not too many of my friends have as much education as I have, especially at this age," he says. "Some of them tease me that at my age I should be forgetting things, not learning new things. But I don't ever want to stop learning."

When Angi first arrived at UFV in the early 2000s she was very shy and didn't know many people.

"It was hard not knowing anybody, but the people in the social services courses made me feel welcome."

She also connected with Aboriginal Access Services on campus and enjoyed the events and support offered there.

Having taken courses toward the Social Services diploma at UFV and then her practical nursing diploma from another institution, she is seeing the value of the interpersonal skills she learned.

“When I was doing my training in the hospital my social services training really helped me see the patient as a whole person, and I see how beneficial that approach can be in nursing,” she says.

Angi is very proud of her dad and his perseverance as a “very” mature student. She graduated from Agassiz Secondary in 1998 and was determined to continue on to post-secondary studies.

“Dad always instilled in us how important education was.”

He was also influential in inspiring her to return after the age of 30 to finish her UFV diploma.

“I figured out way back that it’s important to finish what you started, so here I am back again to finish my Social Services diploma. My kids think it’s cool that I’m going to school with Grandpa.”

Reid and Angi don’t compete as much as they support one another. It was the same way when Angi took her practical nurse training with her sister through a special program at Seabird Island.

“We don’t so much want to beat each other as to pace each other and make sure we both do well.”

They are finding the First Nations 201 course, Sto:lo Communications and World View taught by Wenona Victor, particularly interesting.

“We’re learning a lot about the role of stories in Sto:lo culture, and hearing some we didn’t know and hadn’t heard before,” says Reid.

“And we enjoy the way she teaches,” adds Angi.

When their Social Services instructor, Nicole Giesbrecht, found out they were father and daughter choosing to learn together, she told them it gave her goosebumps.

It’s not easy being a student when you’re also a working parent. One recent



THE SMILES SAY IT ALL! Angi Peters, who works with the Youth Group at Seabird Island, poses for a photo with her father, and classmate, Reid, opposite page, and at the computer in her office in the youth trailer.

night, Angi was up until 1 am baking cupcakes for the school Halloween party. Throughout her educational journey she has relied on the support of her parents.

She and her dad carpool to class together. Reid makes sure they leave at least an hour before class starts, despite it being a half-hour drive, because he doesn’t want to miss anything. Angi’s mom Tami holds everything together at home.

“My mom has made it possible for me to go to school. She steps in to help take care of my kids so I can work, attend class, and study.”

She’s happy to live next door to her parents.

“I didn’t have the chance to have a lot of interaction with my grandparents growing up, so I am very happy to have my parents so involved in my family’s life.”

Shirley Hardman, UFV’s senior advisor on indigenous affairs, is very happy to see this father-daughter duo working hard at

school and preparing to give back to their community.

“One of strengths of indigenizing the academy at UFV is being allowed to witness inter-generational healing of our xwelmexw people,” she says. “For me, seeing Reid and his daughter Angi on campus reminds me of the hard work that our Elders have had to do — not only to heal themselves, but to ensure their children embrace a healthy life too.

“I am humbled to see Reid and Angi. It is an honour to see the two of them together working hard in their chosen paths. I think too, that for all students in the classes with the two of them, it is a testimony of reconciliation. Our chiefs and leaders have noted there is a need for improved levels of participation and success for Aboriginal learners in post-secondary education and training in the province. Reid and Angi are breaking through the glass ceiling.”

Anne Russell, UFV



Seabird Island's Noah Edwards takes first place in school X-Country run

Following are the results of the X-Country elementary school run hosted by Seabird Island Community School Nov. 4:

Primary Results

Mrs. Bogart's Class

Boys: 3rd - Zachary Macleod; 2nd - Dreadon Giroux; 1st - Noah Edwards (First overall)

Girls: 3rd - Ashlynn McNeil; 2nd - Naima Sam; 1st - Kemdem Ward

Mrs. Marchant's Class

Boys: 3rd - Adriel Moses; 2nd - Dante Edwards-McIntyre; 1st - Kaleb Charlie

Girls: 3rd - Taneasha Douglas; 2nd - Norma Edwards; 1st - Desiree Marchand

Mrs. McKerrow's Class

Boys: 3rd - Quintonn Moses; 2nd - Colvin Giroux; 1st - Wyze Smithx

Girls: 2nd - Jodene Giroux; 1st - Darlene Chapman

Intermediate Results

Girls Team Winners: Sts'ailes

Boys Team Winners: Kent

Overall Team Winner: Kent

Submitted by SIB School

ELDERS SPOTLIGHT

From baking pies during Elder's College, to hosting their weekly bake sales in the Seabird Island Band Office, to receiving a donation of smoked Chum Salmon, it's been a busy month for our Elders. With the Christmas season approaching, Elders are sure to have a busy December as well.



The Seabird Island Band Elders calendar for December:

Dec. 1 and 15

Elders and Youth Potluck Dinner from 4-7 p.m.

Dec. 8

Monthly Elders meeting

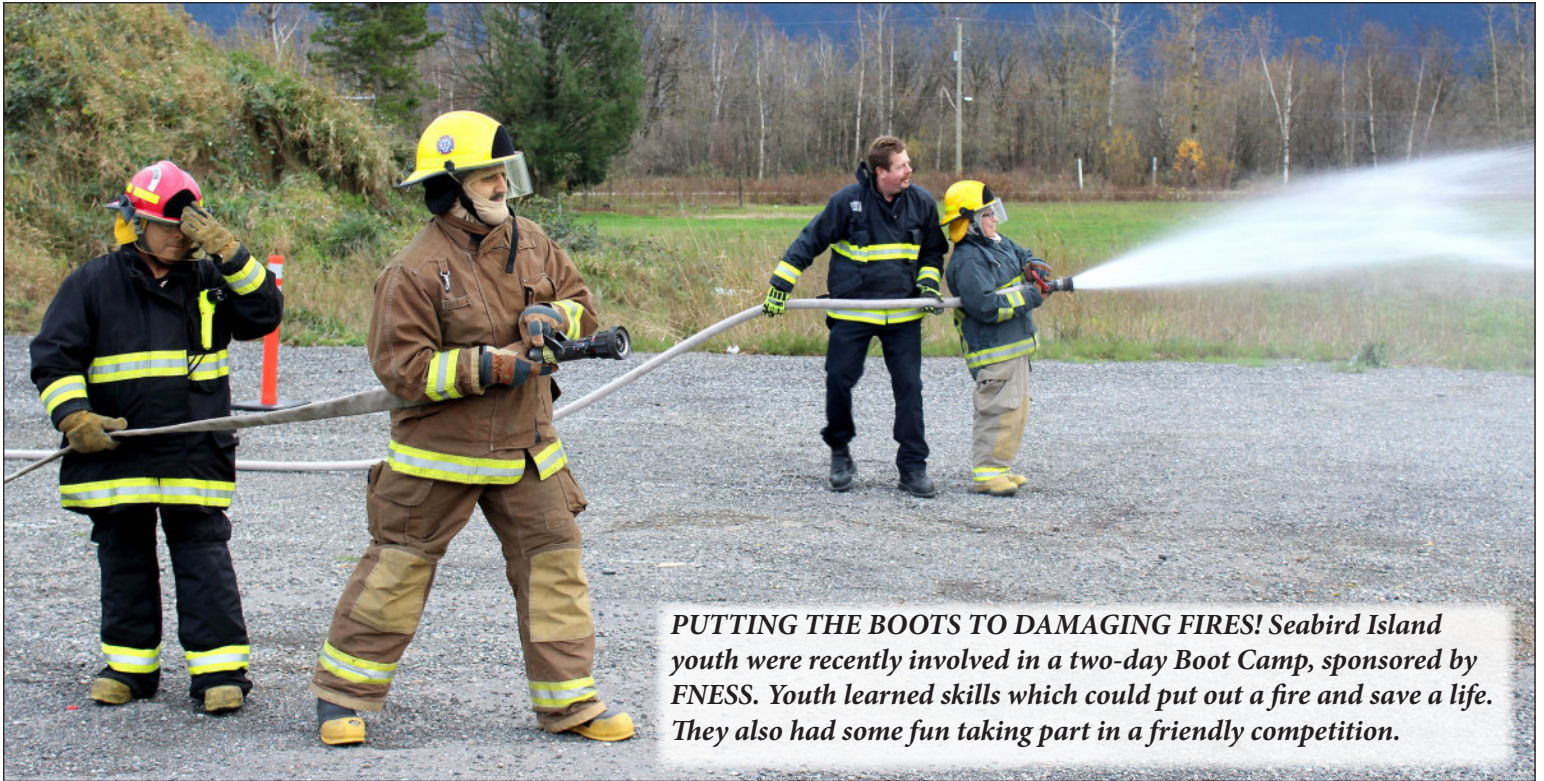
Dec. 16

Candlelight Vigil starts at 6 p.m.

Dec. 22

Elders Pampering Day and Gift Exchange





PUTTING THE BOOTS TO DAMAGING FIRES! Seabird Island youth were recently involved in a two-day Boot Camp, sponsored by FNESS. Youth learned skills which could put out a fire and save a life. They also had some fun taking part in a friendly competition.

Seabird youth learn basics of firefighting during boot camp - discover potential career choice, and how to save a life

They studied in a classroom setting.

They participated in live demonstrations.

They laughed together.

And they learned skills which could lead to a career, or maybe save a life.

A FNESS (First Nations' Emergency Services Society) Boot Camp for Seabird Youth aged 15-21 years was held Nov. 18 and 19 at Seabird College.

"The camp went fantastic. Everybody enjoyed themselves. Everybody participated. Everybody that was there the first day showed up on the second day, which was good. It was all positive. We

didn't hear any negative comments," offered Gerald Basten, Director of Fire and Emergency Services at Seabird Island Band. "They had a balance between fire prevention in the classroom, and a little bit of a hands on through a competition with full turn-out gear on the first day, and a room search with a blacked-out facemask on an SCBA (Self-Contained Breathing Apparatus) on the second day."

The goal was to provide youth with the skills necessary to look at firefighting as a career choice.

The life-saving techniques the 18 Seabird youth learned during the two-day course may even save a life down the road.



PUBLIC WORKS & HOUSING/EDUCATION

“I had a couple guys right off the start say they are interested in becoming firefighters, and do the paid-on-call volunteer thing. Quite a few guys also expressed an interest in the wild land and forestry side of it, because you can get into that a little bit younger,” added Basten. “We actually had a wild land firefighter there on the first day, and he explained how he got into it and how it is, and how much he enjoys it. We also had a City of Vancouver career fire fighter there for both days, and he explained that side of it. The career side.



They got a good mix and a good balance.”

Training aside, the youth who took the two-day course also took away some valuable devices which will make their homes much safer.

“They all go home with a combination smoke/carbon monoxide detector, as well as a fire extinguisher, and a bag of goodies from FNESS,” explained Basten. “The smoke detector and fire extinguisher were supplied at no cost as a courtesy by Kidde Canada.

They are a huge sponsor of FNESS and the entire fire service in Canada. They are a real good ambassador of fire prevention.”

Seabird Island Band has always prided itself on being innovative, and a leader among First Nations Bands. The Boot Camp was a pilot project for FNESS.

“We were the first ones to do it,” summarized Basten. “At the end of it all, it was positive, and everybody wanted to come back next year.”

Dale Cory, Communications Officer

HEALTH & SOCIAL DEVELOPMENT

A busy month for Seabird Island Band Pre-School

“Ey Swayel”

Preschoolers have enjoyed the cold sunny weather the past few weeks. Outdoor play and community walks are part of the daily program. Staff enjoy the outings as much as the children.

Children participated in the Seabird Island Remembrance Day Service on Nov. 6. Each child had a turn carrying the wreath as they walked to the Band Office for the service.

The Seeds of Empathy family visit was Oct. 16. Jen Michell brought Baby Selena to preschool. The children were delighted to see the changes in Baby Selena since the last visit.

Camille continues to encourage the children during daily

Language and Culture Circle. With the Christmas concert Dec. 11, the children have been practicing a Christmas song.

On Nov. 18, the preschool class participated in the Walk for Sobriety with the Community School.

The 3's Program continues to participate in all areas of the Preschool. Socializing and free play with play dough, puzzles, farm and forest animals are favorites. During circle time the children enjoy Halq'emeylém songs, colors, counting, animals, drumming and dance.

Making bannock with our cook, Pat, is most popular.

Submitted by Diane Wilson



Seabird Community Calendar of Events – December 2015

(S) Sxexlhath	(M) Yila:welhat	(T) Sthemelts	(W) Slhi
	<p>PLEASE NOTE:</p> <p>Safety is a priority!</p> <p>We need to keep staff safe so we can keep providing you with delivery services.</p> <p>On delivery days to the community, please ensure your pets are inside or chained-up away from the door to receive your deliveries.</p>	<p>1</p> <ul style="list-style-type: none"> • Youth & Elders Potluck Dinner 4 p.m. • OOSC 3 p.m. - 5 p.m. • Dental and Doctor Walk-in Clinics • Fire Department Hamper Drive 7 p.m. 	<p>2</p> <ul style="list-style-type: none"> • Mamogram Clinic • Pre/Post 11 a.m. - 1 p.m. Mill Hall • OOSC 3 p.m. - 5 p.m. • Meals on Wheels 5 - 6 p.m.
<p>6</p>	<p>7</p> <ul style="list-style-type: none"> • Elders Gathering 9:30 p.m. • OOSC 3 p.m. - 5 p.m. • Youth Group age 10 -13 ~ 3 p.m. - 5 p.m. • Meals on Wheels 5-6 p.m. 	<p>8</p> <ul style="list-style-type: none"> • Elders Meeting • OOSC 3 p.m. - 5 p.m. • Present Wrapping • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p>9</p> <ul style="list-style-type: none"> • Community Christmas & Santa Pictures 5 - 7 p.m. • Yoo Hoo Word search • Eye Clinic • Meals on Wheels 5 - 6 p.m.
<p>13</p>	<p>14</p> <ul style="list-style-type: none"> • Pre/Post Chawathil 11 a.m. - 1 p.m. • Elders Christmas Dinner • Hamper Preparations • OOSC 3 p.m. - 5 p.m. • Meals on Wheels 5 - 6 p.m. 	<p>15</p> <ul style="list-style-type: none"> • Youth & Elders Potluck Dinner 4 p.m. • OOSC 3 p.m. - 5 p.m. • Hamper Preparations • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p>16</p> <ul style="list-style-type: none"> • Candle Light Vigil 6 p.m. • OOSC 3 p.m. - 5 p.m. • Hamper Preparations • Meals on Wheels 5 - 6 p.m.
<p>20</p>	<p>21</p> <ul style="list-style-type: none"> • Income Assistance Cheque Day • Hampers & Gift Cards • Meals on Wheels 5 - 6 p.m. 	<p>22</p> <ul style="list-style-type: none"> • Elders Pamper & Gift Exchange • Hampers & Gift Cards • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p>23</p> <ul style="list-style-type: none"> • Meals on Wheels 5 - 6 p.m.
<p>27</p>	<p>28</p> <p style="text-align: center;">Offices Closed Stat Holiday Day</p>	<p>29</p> <ul style="list-style-type: none"> • Garbage / Recycle / Compost Day • Dental and Doctor Walk-in Clinics • Fire Practice 7 p.m. 	<p>30</p> <ul style="list-style-type: none"> • Yoo Hoo delivery 8 a.m. • Meals on Wheels 5 - 6 p.m.

Seabird Community Calendar of Events – December 2015

:xws	(T) Sxe'othels	(F) Sheqa'tses	(S) T'oqw'tem
.m. 5 p.m.	<p style="text-align: center; font-size: 24pt;">3</p> <ul style="list-style-type: none"> • Pre/Post Skwah 11 a.m. - 1 p.m. • Elders Social Gathering • UBC Doctors Event • OOSC 3 p.m. - 5 p.m. 	<p style="text-align: center; font-size: 24pt;">4</p> <ul style="list-style-type: none"> • Housing Workshop 8 - 4:30 • Stqo:ya Christmas Dinner • OOSC 3 p.m. - 5 p.m. 	5
as Dinner 7 p.m. n DUE 5 p.m.	<p style="text-align: center; font-size: 24pt;">10</p> <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • Elders Meeting • Eye Clinic 	<p style="text-align: center; font-size: 24pt;">11</p> <ul style="list-style-type: none"> • Prenatal Circle 1 - 3 p.m. Elders Lounge • OOSC 3 p.m. - 5 p.m. • Flyer Delivery 8 a.m. - 1 p.m. • School Christmas Concert 	12
o.m. 5 p.m.	<p style="text-align: center; font-size: 24pt;">17</p> <ul style="list-style-type: none"> • OOSC 3 p.m. - 5 p.m. • School Christmas Dinner 	<p style="text-align: center; font-size: 24pt;">18</p> <ul style="list-style-type: none"> • Last Day of School and College before Christmas Break • OOSC 3 p.m. - 5 p.m. 	<p style="text-align: center; font-size: 24pt;">19</p> <ul style="list-style-type: none"> • Chief & Council Meeting
5 p.m.	<p style="text-align: center; font-size: 24pt;">24</p> <ul style="list-style-type: none"> • Chief & Council Overflow Meeting TBD 4 - 8 p.m. 	<p style="font-size: 18pt;">Offices Closed Stat Holiday Day</p>	26
.m. - 1 p.m. 5 p.m.	<p style="text-align: center; font-size: 24pt;">31</p>	<p style="text-align: center; font-size: 18pt;">Pre/Post & Prenatal Circle</p> <p style="text-align: center; font-size: 14pt;">Who can attend? *Expecting moms *Newborns up to 6 weeks *Partners, Support Person and siblings Open to families living on Reserve and transportation can be provided. Questions? Call 1-800-788-0322 or 604-796-2177</p>	<p style="text-align: center; font-size: 18pt;">Offices Closed January 1st 2016</p>

NAAW AMAZING RACE



**From the
NAAW Walk,
to the NAAW
Amazing Race,
to the NAAW
Fashion Show
and Dinner,
the Seabird
Community was
active in National
Addictions
Awareness Week
activities on
Seabird Island**



**NAAW Amazing Race
winners:**

**First Place - Ricki Sam-Greene and
Makayla Sam-Greene;
\$125 prize**

**Second Place - Dredan Naistus and
Sonny Mussell;
\$100 prize**

**Third Place - Mateo Nickel and
Marina Nickel;
\$75 prize**



Health Retreat a great learning experience

The Seabird Island Band Health & Social Development Department went on a two-day retreat in October.

There were many reasons for Seabird Island Band's largest department to get away for a couple of days.

The Yoo Hoo recently sat down with Carlyne Neufeld, Director of the Health & Social Development Department, and asked her about the retreat...

1. Carlyne, why the need for the Health Department to get away for a few days?

"We spend time every year planning for services that are needed in the coming year. I feel it's very important to gather community input, and stakeholder input too, from our other bands that we provide services for, and as well, other places that we have contracts with. For example, First Nations Health Authority - Aboriginal Affairs & Northern Development Canada. It's very important to gather their input. One of the things I've felt is very important as well is to have staff input. Because we're a large department, sometimes we can assume that even within our department, everybody knows what each other



does. And I'm a very big one on appreciation. I believe appreciation comes from within, and that if we appreciate each other, care about each other, and look after each other during good times and bad times, people will want to stay, they will work harder, and they will like their work place as a refuge from all of the problems."

2. Does this retreat give staff the ability to connect on a level they don't usually get to enjoy?

"We found it was very important over the last few years to make sure new staff coming in, and even staff who have been here a long time, have a day or two where they hear from the rest of their staff or the rest of their team on what they are doing - and what's new and improved in their programs. Then, to get a little bit of input back on, is there anything you can suggest that might work better. And also too, even within our own department,

you can look at problems or situations, or programs from a different lens. Maybe the doctor or the dentist or income assistant has a different lens than what a nurse might. And it's great to have everybody look and see. As well, the staff take quite a bit of pride in being able to present to their co-workers."

3. While you may have retreated from Seabird Island for a couple of days, I'm sure getting away from phones, computers and cell phones was also of benefit to staff.

"While we could call it a retreat, I don't actually think of it as retreating from anything. I actually think it's just days of sharing, strategic planning and spending time focusing on how to do our jobs better and be happier. I think it kills gossip, I think it kills negative attitude in the workplace, I think it helps us all appreciate how hard everybody's job is, and that, without each other, we all can't do our job. We're very important to each other. So,

that's what it's about."

4. You held previous retreats. How was this one different?

"One of the changes this year - and this is about the development of staff - in previous years, myself and maybe a couple of the other managers have planned the two days, and maybe we've had a guest speaker. This time it was turned over to the program managers to design it themselves. I did not have input as to what was going on other than a tiny intro of a few things. There was a reason for that. I believe our staff are very capable, and accomplished. They need the opportunity to take charge of things, run it, and see some of the difficulties in doing something like that. And also, sharing the success. This time they did it all, and that was wonderful. The staff chose the place, and made the arrangements. I signed the papers and said yes, this is fine. But basically they did everything. And I think they did a wonderful job."

Seabird Island Employment, Training & Social Development



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

2895 Chowat Road
P.O. Box 650



Season's
Greetings with
all good
wishes for the
New Year

RENEWALS: IMPORTANT NOTICE

Renewals are due December 4th, 2015 and the next cheque issue will be December 21st, 2015.

OFFICE CLOSURES

The office will be closed on December 25th & 28th, 2015 and January 1, 2016.

DECEMBER MEAT PACK ORDERS

Orders must be received by December 10th, 2015 to be available for pick up on the next income assistance day.

MONTHLY GROCERY ORDERS

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 on January 20th, 2016.

SPECIAL GROCERY ORDER

There will be a special grocery order in January. Please have your orders submitted to Erna by December 15th, 2015. This special grocery order will be delivered on January 7th, 2015.

UP-COMING TRAINING COURSES

World Host Fundamentals January 13, 2016

This training would fit well with anyone interested in working in hospitality or customer service.

If interested, please come into the office and sign up for training. Space is limited and interviews will take place prior to start date. For more information please see either Andrea or Whyles.

DRIVING

We are again offering driving lessons. Jim Harris and Andrea Paul are available for lessons. We have a vehicle available for all class 7N and 5 road tests. Please call Andrea at 604-796-6865 to schedule an appointment.

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



INCOME ASSISTANCE INFORMATION

- * January 2016 cheque issue is *Friday December 21st 2015*
- * Hydro and Fortis bills need to be handed in monthly. Please submit to the front desk.
- * Reminder to update your **current phone numbers and mailing addresses** with Erna or your CDP.
- * Please bring in your **bank statements** when you pick up your monthly cheque.
- * Remember if you have changes in your household to bring in a new Tenancy Agreement.

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

Seabird Island's Forge Ahead group looking to improve Diabetes prevention



FORGING AHEAD WITH A PURPOSE: The Forge Ahead team, consisting of a Community Group, above, and a Clinical Group, below, is working to improve Diabetes prevention and develop intervention strategies.

The goal is to gain a better understanding of a disease which affects many people.

The objective is to take that information and help people cope.

A group of Seabird Island Band Health team members, with input from Community Members, is working to improve Diabetes prevention and intervention strategies.

They recently attended a workshop in London, Ontario which offered ways of improving quality, using quick-change cycles to test ideas for improvement.

Seabird's clinical team is focusing on improved communication between the Medical Office, Nursing Services and our Mobile Diabetes Team.

"We are improving our assessment and planning processes. We want to make sure everyone with Diabetes has care according



to the Canadian Diabetes Association Guidelines," explains Heather McDonald, RN, and Seabird Island Band's Health Policy and Quality Officer. "Our community team is focusing on making community-delivered meals healthier. We are also planning to improve our services to men. We know that some men are less comfortable coming in for services. We want to know how we can meet their needs."

Seabird Island's Forge

Ahead team is working with researchers and other First Nations community teams across Canada to better understand what works, and what can be implemented. This is an 18-month initiative designed to create a robust program for Diabetes in our community.

Heather McDonald and Bonnie Nickel provide the leadership and coordination, and meet regularly with both the Clinical Group and the

Community Group.

The Clinical Group also includes Kristi McNeil, Val Thomson, Dr. Beaulieu, Dann Swann and Lerinda Wright.

The Community Group also includes Wayne Bobb Sr., Wanda Foreseth, Val Bobb, and Linda McNeil-Bobb

**Contact Bonnie Nickel
604-796-2177, local 5008.**

Dale Cory, Communications Officer

STÓ:LŌ Tribal Council

Annual General Meeting

This meeting is open to all members
of the following bands:
Chawathil, Cheam, Kwantlen, Kwaw
Kwaw Apilt, Scowlitz, Seabird Island,
Shxw'ow'hámel, Soowahlie.

When: **Friday, December 18, 2015**

Where: **Soowahlie First Nation
Community Hall
4393 Soowahlie Rd.
Cultus Lake, BC**

Time: **12:00pm**

For more information, please contact
Lori Kelly at **604-796-0627 (loc. 240)**
or via email at
lori.kelly@stolotribalcouncil.ca

Lunch is provided.

Awesome Door Prizes!



**Stó:lō Tribal Council
PO Box 440, 2855 Chowat Road
Agassiz, BC V0M 1A0
Ph: 604-796-0627
F: 604-796-0643**

Cooking Class 101: Eating healthy and sticking to your budget

According to Val Thomson, Fitness and Nutrition Educator with Seabird Island Band, there are a lot of common misconceptions regarding food - how much it costs, and whether or not it's healthy for you to eat.

“So many people say that eating healthy is too expensive. We’ve got some great recipes here that are not expensive,” she stated. “We often equate healthy with more gourmet, foodie kinds of things, and organic. We don’t have to do that.”

During *Community Kitchen – Families on a Smart Budget Session #2*, which took place in the Band Office kitchen Nov. 13, Thomson offered many tips on food preparation, all the while watching and coaching the Band and Community Members who attended the class to prepare a healthy meal based on a smart budget.

“We’re basing the program off the Food Skills for Families Program. We’re going month-by-month through the five sessions. It gives us a backbone of recipes that are healthy and budget-smart. They’re all diabetic-friendly meals, which means they are good for everyone, and they’re also budget-friendly, which is really important.”

On the menu during this class, home-made chicken strips and potato wedges, Caesar salad and fruit salad.

COOKING CLASS IN SESSION! Val Thomson, far right, works with Community Members in the kitchen



The most-recent class consisted of a handful of Band and Community Members. While Val was explaining the Community Kitchen concept, two people were cutting fresh fruit for a salad, another person was cutting romaine lettuce for a Caesar salad, while a pair of cooking students were keeping an eye on the chicken strips and potato wedges in the oven.



“Somebody may have never made home-made fries or potato wedges, and potatoes are cheap,” explained Val. “Home-made chicken strips are so much more-healthy than packaged ones. Chicken is expensive, so it is one of our more expensive recipes. But, they (chicken strips) are so simple, kids love them, and it’s a good way to cook chicken. If you can buy it on sale, great.”

But Community Kitchen isn’t just geared toward teaching a few skills in the kitchen. Thomson encourages everyone to utilize their new-found cooking techniques and food knowledge at home, and even sends recipes and ingredients with students so they can prepare healthy meals for their families.

“Some people have not cooked like this before, so they get to experience it. And they take home stuff,” offered Thomson. “The next step is, they’ve cooked it here in my class – but to transition it for home. So, I send them home with the ingredients for a couple of recipes, and then they cook it at home. It gives them a feeling that they can cook this at home, which is great.”

Band Member Brittani Fontaine was busy cutting fresh fruit for a salad when she was asked to describe how the Community Kitchen classes have been a benefit to her.

NUTRITION AND FITNESS

“We’re here so we can all get together and make a nice meal. Each month we do Community Kitchen, you can either take home, or share a meal here. So, you learn different recipes – something new to cook in the house,” offered Fontaine, who already spends a lot of time in her kitchen at home and attends class to gain more knowledge in some of the areas in which Thomson has expertise. “I’ve learned different ways and gained different perspectives on how to cut foods, how to cook it, and the different seasonings to use. I’ve learned more on which healthier foods to grab at the store. Now, we’re cooking more vegetables at home too.”

So, what’s planned for December’s Community Kitchen class?

“We always try to do a gift idea so we deviate from this concept a bit. I’ve done cookie mixes in the past, which is a very popular one, but I don’t think I’m going to do cookie mixes this year,” explained Thomson. “We’re going to focus on soup mixes, things they can have in their pantry. We’ll do them up really nice with a ribbon and a label, and people can give them away as awesome Christmas gifts too.”

The next Community Kitchen will take place Friday, Dec. 11 at 10:30 a.m. No sign up is required. Community Kitchen is open to all Band and Community Members who have a desire to improve their cooking skills and knowledge.

So, get out your apron...

Dale Cory, Communications Officer



SEABIRD’S Parents and Tots Program celebrates their WINNERS from the Early Literacy Program “READ & WIN!”

Congratulations EAGER READERS!



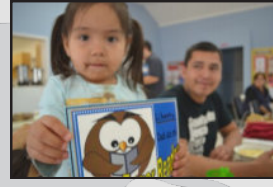
Cesiyla Sonnenberg



Meeshka Alexander



Shavonna



Liberty Peters



Raiden



Exadicarieghn Peters



Shelin and Feather Peters



Darwin Sonnenberg

Special thanks to all our Moms,
Dads and family members.
You make this program great!

Kw’as hóy.

Submitted by Tracey Bonshor, Program Coordinator



Seabird massage therapist helping you *Guard* against pain

Got back pain?

Neck pain?

Hurtin' all over?

The Health & Social Development Department has a solution, and can help take away your aches.

Steven Guard, a Registered Massage Therapist, is on staff, and available to give a pain-eliminating massage.

"I see a lot of back pain. Essentially, I do an assessment with each new patient. I assess their posture, and how the body is holding itself, which can usually tell you where the areas of pain are," offered Guard during a chat between patient visits. "We're educated pretty much pre-med as far as body anatomy and physiology is concerned. It's a two-year program that's really in-depth. You essentially learn everything – from every organ system down to the cellular level, neuroanatomy, along with all of the pathology-type courses. You learn to see disease and different disorders. You can

see those happening in your patients and treat them accordingly, or refer them to other people."

Guard indicates massage therapy works in conjunction with the nervous system. Skin and muscles are a massage therapist's "forte".

Along with easing basic back pain through massage, Guard offers much more to his patients.

"I do pregnancy massage as well. And, for those people working in an office, I'm able to give them some tips on how to set up their desk more ergonomically. I'm educated in all of that as well," he says. "I've been going to the gym basically all my life, I'm very active, and so I'm able to give people tips on doing various exercises."

Taking away back or neck pain is one reason to see a registered massage therapist. But Guard is adamant his work can help the mental side of a patient as well.

"Massage therapy is great for depression - because massage therapy releases those feel-good endorphins in the body – and anyone suffering from depression, or any repetitive strain injuries like carpal tunnel," added Guard. "Neck and shoulder pain - almost everyone has - with the way we use computers and cell phones and tablets nowadays. We're always looking down, so there's always that neck tension.

"People get a lot of relief and benefit from those types of strains with which we can make a big difference."

Guard is available every Thursday from 9 a.m. to 5 p.m.

He has openings for seven patients every Thursday.

To book an appointment with Seabird Island's Registered Massage Therapist Steven Guard, call the Doctor's Office at 604-796-2165.

Dale Cory, Communications Officer



From the school
march, to the
drumming, to the
speeches, to the laying
of wreaths...
We Will Remember!



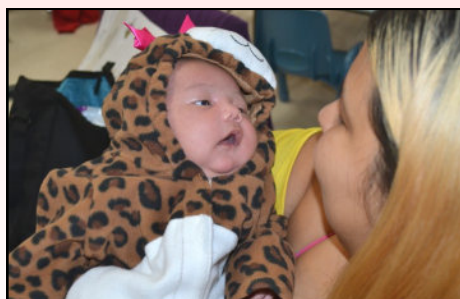
HEALTH AND SOCIAL DEVELOPMENT



The Parents and Tots program officially enjoyed celebrating Halloween with a Dress-up contest. *These are the winners!!!*



Parents and Tots
Tuesdays and Thursdays
10am to 1pm
Families and expectant
families with children
ages 0 to 6 years
Seabird's Mill Hall



RECIPE CORNER

Christmas Dinner preparations made easy thanks to Seabird nutrition expert

The Yoo Hoo asked Val Thomson, Seabird Island Band's Fitness and Nutrition Educator, for the recipes to some of her Christmas favourites.

Stuffing is my favourite part of the whole meal. I don't really follow a recipe but this one is close to what I do. My stuffing is never the same, but it is a work of art...at least I think so. A couple of substitutions that I would make to this recipe are, Multigrain bread and cooked brown/wild rice (about ½ & ½) instead of white bread. If my dad is with us for Christmas I use all rice because he is on a wheat free diet and it is yummy that way too. I might add some chopped peppers or grated carrots... Remember that a recipe is just words on a page so go ahead and make it your own!

<http://www.epicurious.com/recipes/food/views/sau-sage-cranberry-and-pecan-stuffing-104261>

I love roasted vegetables and brussels sprouts are no



exception. Remember that ½ the plate is for veggies...easy on the spuds.

<http://www.onceuponachef.com/2009/11/roasted-brussels-sprouts.html>

This is my favourite Christmas cookie. It even beats my Grandmother's shortbread which is pretty awesome. I love the spice aroma and flavour as well as the buttery crispness. I make up the dough a few weeks before Christmas, roll it into 'logs' then wrap the dough tightly and store it in the fridge. It will keep for a month and is best after it is refrigerated for at least two days to bring out the spice flavour. It is so easy to cook up a dozen cookies when I have company over and the oven is on...fresh baked cookies with no fuss...genius!!

<http://www.food.com/recipe/danish-brun-kager-brown-cookies-13614>

Val Thomson, Fitness and Nutrition

NEW STAFF

Laurie Scott

I am a registered Speech Language Pathologist and have a Masters Degree in Science. I was recently hired to work in the Éy' Qwal program. I am grateful for the opportunity to work on Seabird Island and to be part of this embracing community. When I am not working at the Band office, you can find me out visiting young children, their parents and teachers at home, the daycare or preschool. I come to Seabird with many experiences, having worked and lived across Canada and the USA.

Having fun and learning at the same time seems like an ideal way for me to do my

job and it's a great way for children to learn new words. Playing games that encourage speech and language development can be fun and rewarding for everybody! So, I am lucky, because I get to do it everyday at Seabird.

When I am not on the job, I am with my family. I have two adult children that are busy discovering their true potential. My husband and I enjoy outdoor activities like biking, hiking, canoeing and camping. My dog, Pixie and I take daily walks together as far into the bush as we can go before having to return



home. I knit too! You might see me wearing one of my many knitted creations! I recently learned how to felt and hope to make a felted scarf soon!

I love to travel and meet new people. Hearing other people tell their stories and experiences helps me grow

as a person. Discovering and learning something new every day is a personal goal of mine. Please feel free to stop me in the community and tell me your story or share something new. I look forward to it.

Mitchell April

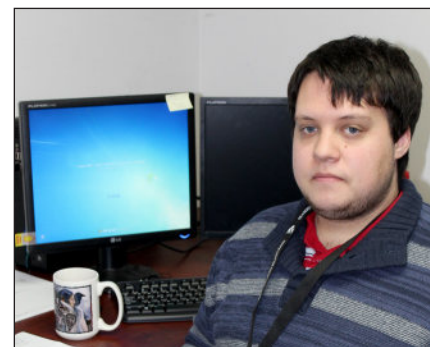
My name is Mitchell April and I hail from the Okanagan – a small town called Lumby which is approximately 30 minutes east of Vernon. I am the newest member of the Corporate Affairs team and I hold the position of Mail Clerk.

My wife of two years, Stephanie, and I have

two wonderful children. Alice is one-and-a-half years old, and Michael is two weeks old. In my spare time, I hang out with my family as much as possible, and, during the Long House season, driving dancers around to gatherings and home visits.

I'm very excited to work with such a great team.

Stop by and say hello.



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

Quotes of the month

"I'm not concerned with your liking or disliking me. All I ask is that you respect me as a human being."

— Jackie Robinson

Moqo's / December

Sagittarius: November 22 - Dec 20

Flower: Narcissus

December-Turquoise, blue topaz and tanzanite represent a happy life that is filled with good fortune. Headaches may be relieved or prevented. Ancient practitioners believed that turquoise would actually change color when the wearer was ill or in danger.

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.

Name: _____

Phone #: _____

Submissions due: by 4 p.m. Thursday, December. 10th, 2015
Draw Date: Friday, December. 11th, 2015

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.

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

BELLS
CANDLES
CELEBRATION
PRESENTS
STOCKINGS
FIREPLACE
TRADITIONS
DECORATIONS
BLUSTERY
CANDY
ICICLES
SNOWMAN
FAMILY
REINDEER
CEREMONY
HOLIDAYS
MITTENS
SNOWFLAKE
DECEMBER
RELIGION
SNOWSTORM
SCARF
WHITE

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 kw'as e' me lá:t's' ewtswem.

Kw'as how. Kwétslómétselcha!

_____!

November Answer:

You better go get some tea
Éyt'wa kw'es lámelép kwélem kw'e tí.

Submitted by Zorana Edwards Shippentower



'Round The Rez

Community Events, Workshops & Outings

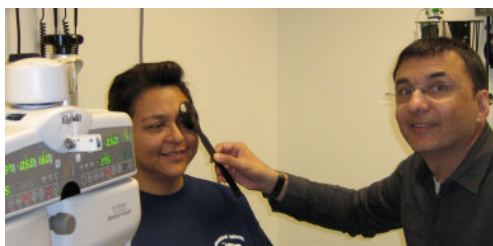
OPTOMETRIST CLINIC

The next optometry clinic is scheduled for **December** - 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 DECEMBER 28, WHICH IS A HOLIDAY. GARBAGE WILL BE PICKED UP DECEMBER 29)

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.

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

The Value of Family Traditions

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



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

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

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



Some Christmas Traditions May Include

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

