



the SEABIRD ISLAND

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

December 2010

Call for Children and Families

Seabird Island Health Department is looking for Seabird Island Community Children of various ages and families to participate in a Dental Video Project.

EARN \$100.00 PER PERSON.

For the main scene the family required is a parent with a 5-7 year old child, we also require a few families for a waiting room scene.

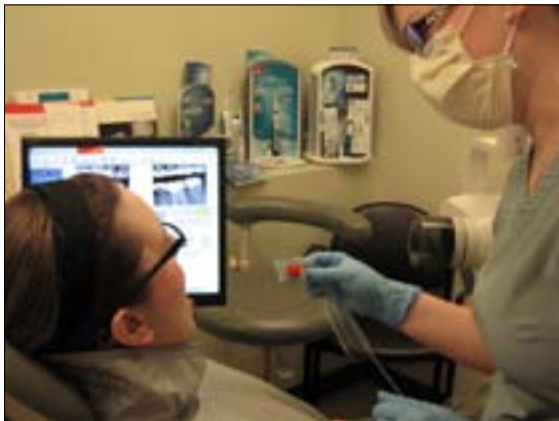
This exciting project is being produced in partnership with Seabird Island Dental Office, the First Nations Health Council and Go 2 Productions.

Registration Deadline

December 1, 2010

Filming Date is

December 3, 2010



Interested Children and Families Please Contact Alexis Roper or Jill Stauber.

Sign Up is located in the Employment and Education Centre with Jill Stauber.

Jill Stauber or Alexis Roper
604 - 796 - 6865

Hard Copy Sign up available at the Employment and Education Centre

Dec 8

Community Christmas Dinner

Dec 16-17

Christmas Hampers and Gift Certificates

Dec 20

Elders Pamper Luncheon

Dec 24 - Jan 3

Dental Office CLOSED For Christmas

Dec 24-27

Band Office CLOSED For 4 days this Christmas

INSIDE this Yoo Hoo

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Let me paint you a picture...

I live on the West Coast of Canada where the valley meets the cascading mountains, ten (10) minutes from one of the largest lakes in British Columbia. I live on an island surrounded with water, where the locals race large canoes. The island is in bloom with tulip fields in the spring and colorful tree farms all year round. Outside my living room window and across the broadest river in the Fraser Valley, is one of the most monumental snow capped mountains at the base of the Cascade Mountains.

Where do I live?

I live on Seabird Island!

I read this story to my teenagers and they asked "where is that place" they thought I read it from a computer add and didn't know where I lived. Pretty funny eh! There isn't any lies in this story, **it's all in how a person sees the world**, and we live in one of the most beautiful places in the world. Perhaps we all need to sit back and appreciate it once in a while.



Sandy Bobb, Nov. 2010

Seabird Food Drive

Seabird Island Fire Department will be doing its Annual Food Hamper Drive on December 6, 2010 between 7:00-9:00 p.m.

They will be knocking on your doors with candy canes and hoping you can share in this season of need. They will be looking for non-perishable food items (soups, chilli, pastas, sauces, cereals, etc) and/or monetary donations to go towards the Bands Hampers, which are available December 16/17, 2010.

Thank you for your support!



National Addictions Awareness and Restorative Justice Week

WOW what a week packed full of events November 15th to 19th. It was nice to see everybody come out to support their families and friends.

Thank you, everyone for your participation at these events.



Supporting our youth role models, our family and friends dealing with addictions and those that have issues with justice. This was a great week of healing.



Congratulations to everybody who was honoured and recognized for the courageous steps you have taken towards a healthy future.

Thank you to the children who participated in the National Restorative Justice week coloring contest.



Operation Red Nose once again available.

If you drink, don't drive!
Call 393-3000 for a ride.

Or 393-3023 if you can volunteer to be a driver.

Despite what you may think, no amount of coffee, cold showers fresh air or food will make you sober not even that extra serving of turkey and pie! The only cure is time. Did you know it takes about 6 hours for your body to eliminate alcohol when you're at the legal limit (.08 blood alcohol concentration)?

Operation Red Nose is a free and confidential driving service provided to *any person with a vehicle*, who does not feel fit to drive.



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 by phone at 604-796-6838 or by e-mail at sandrabobb@seabirdisland.ca

For advertisement rates please call Sandy.

Deadlines

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

Office Hours

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

Delivery

The first (1st) of each month

MEMO Seabird Island Band Chief and Council Election

Date: November 19, 2010
To: Seabird Island Band Members
From: Carol Hope
Email address: carolhope@seabirdisland.ca
Re: Next Seabird Island Band Chief and Council Election

If you have family that lives off reserve please send me their addresses if they would like to vote in the next Chief and Council election March 2011. (day to be determined)

Even if you have given me the address before please resubmit or I will use the address given to me for previous election.

If you have any questions please call. 604 796 2177 or 796-6820.

Name: _____

Band #: _____

Address: _____

Phone Number: _____

Email Address: _____

Healthy Eating Recipe Corner

Corn Bread Stuffing:

Basic Corn bread

- 1 c yellow cornmeal
- 1 c all-purpose flour
- 1 tsp. baking soda
- 1/3 c egg substitute
- 2/3 c skim milk
- 1/2 c plain nonfat yogurt
- 1 tbsp. honey

Additional Ingredients

- 1/4 c minced fresh parsley
- 1/4 c currants
- 2 tsps. baking powder
- 1/4 c chopped pecans
- 1/4 tsp. pepper
- 2 tsps. canola oil
- 1 garlic clove, minced
- 1/4 tsp. dried thyme
- 1 1/2 c finely chopped fresh mushrooms

Prepare corn bread first. In medium bowl, mix cornmeal, flour, baking powder, and baking soda. In another bowl, beat egg substitute slightly. Add skim milk, nonfat yogurt and honey, mix well. Pour liquids over the dry ingredients and stir just until dry ingredients are moistened. Do not over mix. Coat an 8 x 8 inch baking pan with vegetable cooking spray. Pour batter into pan and bake at 400 F for 20-25 minutes, or until golden brown. Cool thoroughly.

Stuffing

Crumble corn bread into a bowl. Heat the canola oil in a large nonstick skillet on medium-high heat. Add mushrooms, onion, garlic and thyme;

Saute 5 minutes or until vegetables are tender.

Stir in crumbled corn bread, parsley, currants, pecans and pepper.

Remove from heat. Place in container and keep refrigerated until ready to use.

Recipe found at:

<http://mypeoplepc.com/members/cherlyn/onefeather/id5.html>



Evelyn Peters and the Learning Center Students invite you to a **Loonie Auction**

December 2

5 p.m. Supper

6 p.m. Auction

Carvings

Silver

Jacket

Vests

Towels

Pillows

Blankets

1 large bin of canning that includes:

Pickles, Jams, Fruit, fish, veggies, Spaghetti sauce, and lots more...

First Nations Table Setting

that includes:

napkins, table cloth, cedar salt & pepper shakers, cedar napkin basket, 2 cedar vases, cedar fruit dish, and silverware.

plus more items.

Come and enjoy an evening out.

Looking for Post-Secondary Sponsorship?



These Important Deadline Dates to apply to Seabird Island Band's Post-Secondary Student Assistance Program:

- For **September** (Fall) enrollment.....**May 1st**
- For **January** (Winter/ Spring).....**October 1st**
- For **May** (Spring/ Summer).....**January 1st**

Applications received after the deadline will be held and put on a waitlist, until it has been determined whether funds are available.

For further information please contact:
Kelly Chapman-Student Services Worker at
604-796-2177 or kellychapman@seabirdisland.ca

Congratulations

Zena Mailhot

For the completion of her Business Management Diploma Program through Stratford Career Institute...

High School Students Grade 7-12



Student Allowance Payment will be available for pick up on December 10th, 2010.

Students will be able to pick up their student allowance from the Student Services Worker located at the Seabird Island Band Office.

- ❖ **Please Note:** If you are unable to pick up your allowance please contact the Student Services Worker at 604-796-2177 Ext. 5002 to make arrangements for someone else to pick it up. Student Allowances will **NOT** be released without the students consent.

2012 North American Indigenous Sport Championships



Aboriginal Sport, Recreation and Physical Activity Partners Council

FOR IMMEDIATE CIRCULATION
November 15, 2010

Team BC Selection Process for the 2012 North American Indigenous Sport Championships and the Launch of the 2011 Aboriginal Provincial Championships

The Aboriginal Sports, Recreation and Physical Activity Partners Council (Partners Council) is pleased to announce the launch of the Team BC processes for the selection of Aboriginal athletes and coaches who will compete at the 2012 North American Indigenous Sport Championships (2012 NAISC).

The 2012 NAISC are a series of 14 championship events that will be held in separate communities across Canada and the United States during the summer of 2012. The 2012 NAISC will include competition in the following sports:

- | | |
|----------------|-------------------|
| 1. 3-D Archery | 8. Box Lacrosse |
| 2. Athletics | 9. Rifle Shooting |
| 3. Badminton | 10. Soccer |
| 4. Baseball | 11. Softball |
| 5. Basketball | 12. Swimming |
| 6. Canoeing | 13. Volleyball |
| 7. Golf | 14. Wrestling |

The Partners Council has been working over the last ten months, through the efforts of its Team BC Work Group, to develop a comprehensive provincial selection process (commencing this winter and concluding at the end of December 2011) to choose as many as 500 Aboriginal athletes and coaches to represent British Columbia at the 2012 NAISC.

There is a 2-stage process for Team BC selections:

Stage 1 — Regional Qualifications

The Partners Council has established 6 Regions across the province and formed Regional Committees that represent each of the First Nations, Métis Chartered Communities, and Friendship Centres within their region. The regional boundaries are based largely on the Provincial Health Authorities and include the following geographical areas:

- Northwest
- Northeast
- Interior
- Fraser
- Vancouver Coastal
- Vancouver Island

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The selection process will also consider the importance of having Provincial Championships delivered in different communities throughout the province and in regions where that particular sport has a strong history and presence.

Team BC selections will be completed by the end of the 2011 calendar year. Accordingly, the timeframe for delivering the 2011 Provincial Championships is during school's regular summer break—late June to late August 2011. Due to the nature of some competitive seasons, some Championships might be held in the fall 2011.

All applications must be submitted electronically to the attention of the Aboriginal Sport, Recreation and Physical Activity Partners Council before **4:00 pm, Friday, January 14, 2011**.

Background on the Aboriginal Sport, Recreation and Physical Activity Partners Council

The Aboriginal Sports, Recreation and Physical Activity Partners Council (Partners Council) was established as a collaborative community health and social development initiative of the BC Association of Aboriginal Friendship Centres, First Nations Health Council and the Métis Nation BC. Over the last year, the Partners Council has been undertaking the important task of implementing the Aboriginal Sport, Recreation and Physical Activity Strategy, which includes the creation of 6 Regional Committees and the development of 6 Regional Action Plans that identify community-based initiatives that support the Strategy's 5 Pillars: 1) Active Communities, 2) Leadership and Capacity, 3) Excellence, 4) System Development, and 5) Sustainability.

The Partners Council, through the sum of its actions, will create responsive and enduring sport, recreation and physical activity programs for Aboriginal people across BC, which will result in healthier, more active individuals, families and communities.

For more information on the Aboriginal Sport, Recreation and Physical Activity Partners Council and how to get involved, please visit the website at: <http://bcaafc.com/initiatives/asrpa-partners-council>

For more information contact:
Rick Brant, Director
Aboriginal Sport, Recreation and Physical Activity Partners Council
250-710-4604
rbrant@bcaafc.com

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Regional Committees will design and conduct their own selection process for each of the 14 sports, provided they have a sufficient number of athletes and coaches within their region who wish to participate in each sport.

The Regional Selection Processes will be held in advance of the Provincial Championships in order to identify athletes and coaches eligible to compete at the Provincial Championships. Please refer to the *Team BC Selection Process* document for further details.

Stage 2 — Provincial Championships

A competitive process will be utilized for the selection of Team BC athletes and coaches. It involves the delivery of Provincial Championships in each of the 14 NAISC sports, provided there are sufficient numbers of regional athletes to host a championship.

The Provincial Championships will follow a uniform process, which will generally consist of the following elements:

- Competition format will be based on the Sport Technical Package developed for the 2012 NAISC (i.e., age categories, competition rules and regulations, etc.).
- Competition will be available to teams/athletes/coaches as selected by each of the 6 Regional Committees (no more than 2 teams may be entered per region in any Championship).
- In team sports, the winning team (athletes plus coaches) of the Provincial Championship will be automatically awarded the right to represent Team BC at the 2012 NAISC. The winning team will have the opportunity to fill their roster by adding additional players from other teams competing at the Championships.
- For individual sports, athletes finishing in first place automatically earn the right to represent Team BC at the 2012 NAISC.



(Please refer to the *Team BC Selection Process* document for further details)

Opportunities to Host a 2011 Aboriginal Provincial Championship

A Host Application Process has been launched for communities and Friendship Centres to apply for the opportunity to host a 2011 Aboriginal Provincial Championship. To apply to host a Championship event, please refer to the *Aboriginal Provincial Championship 2011 Host Application Process and Form*.

The Team BC Work Group will select Host Communities/Friendship Centres based on specific evaluation criteria. The host selected will have the necessary level of financial and human resources, available facilities, a strong volunteer base, past successful hosting experience, etc. Considering the level of responsibility, resources and work required to deliver these Championship events, applications that reflect partnerships among First Nations, Métis Chartered Communities, Friendships Centres and other agencies are encouraged.

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If you interested in participating in the 2012 North American Indigenous Sport Championships or would like more information please contact Stacy McNeil at 604-796-2177

BLOCK WATCH

- Do you worry about living in a safe neighborhood? Are you concerned about youth out at all hours of the night?

- Do you know an Elder who is scared at night?

You can make a difference by joining our Block Watch....

Beginning Friday Oct 1st at 8:00, call Genna at the Band Office 604-796-2177 to put your name on list !!

Get exercise and have some eyes on the neighborhood at the same time.

You will just be required to come out, get exercise walking and making sure our community is safe...



Quotable Quotes

“There is nothing more powerful than your intention.”
Xwêl ixwêl til - *Steven Point*



“Think twice, answer once”



“Need to give respect to receive respect”



“Walk a mile in my moccasins”
(Think of others situations before you criticize or boost!)
Joy Russel

Quotes on Christmas

Christmas, children, is not a date. It is a state of mind.
- *Mary Ellen Chase*



From Home to home, and heart to heart,
from one place to another.
The warmth and joy of Christmas,
brings us closer to each other.
- *Emily Matthews*



Peace on earth will come to stay,
when we live Christmas every day.
- *Helen Steiner Rice*

Lands Department

The Lands Department will be gathering interested individuals and YOUTHS for a community video project. PLEASE NOTE: All Youth under the age of 19, must have a Consent Form filled out by a Parent or Guardian prior to videotaping.

Those who participate will get a chance to win the Door Prize (I-Pod Shuffle)

From the Desk of the Lands Advisory Committee,

During the Committee Meeting on Nov 16th, issues with the quads had come to light, and the Committee would like to put out a notice to those who are using the quads here on Reserve.

Please be respectful of those who are Leasing Land, the School areas, and the Sports Field. A lot of time and money has gone into maintaining these areas/field. Your cooperation and respect would be appreciated.

Updates on the HWY – to date you have seen signs go up in regards to NO Parking, NO Dumping, and NO Trespassing. Along with our signs on the HWY Ministry of Transportation has also added in some NO PARKING SIGNS.

The Committee is still working hard at this and invite your for feedback on how to move along with creating this Law.

Public Works and Housing

Housing Waitlist December 2010

1 bedroom

1	
2	03042010-2021
3	18032010-014
4	16042010-017
5	27042010-018
6	20052010-019
7	23062010-19A
8	16072010-20
9	16072010-021
10	08092010-022
11	01102010-023

2 bedroom

1	6252009-2004
2	7072009-2005
3	9222009-2012
4	1052009-2013
5	10222009-2015
6	01012010-2017
7	01012010-2018
8	02222010-2019
9	03032010-2020
10	03042010-2021
11	04212010-3038
12	06082010-2022
13	07022010-2023
14	07132010-2024
15	08122010-2025
16	08132010-2026
17	09082010-2027
18	09082010-2028
19	11152010-2029

3 bedroom

1	3312009-3007
2	4242009-3009
3	8142009-3018
4	8142009-3019
5	8142009-3020
6	10292009-3026
7	11252009-3028
8	01012010-3029
9	01012010-3030
10	02/05/2010-3031
11	02/05/2010-3032
12	02/05/2010-3033
13	0308/2010-3034
14	03/15/2010-3035
15	15042010-3037
16	04212010-3038
17	04212010-3039
18	10052010-3040
19	07022010-3041
20	09092010-3042
21	16112010-3043

Forgot your
number?

Contact

Stacy McNeil
604-796-6825

Please review your Social Housing Policy for eligibility and criteria to receive a home in Seabird

#4 -Band Maintenance plan; for homes that are no longer under mortgage, the band charges a maintenance amount to ensure and maintenance needs are still met; this is \$250 per month, plus \$50 per person up to \$475

#5 -Band units (mortgages are internal) have rents set by housing to cover the mortgage

To find out which type your unit may fall under, contact a member of your housing team today! Remember, April 1, 2011 the Social Housing Policy adopted by Chief and Council in 2008 and designed by your community, will be fully implemented!

Reminder to all persons on the wait list to review their Social Housing Policy.

In the policy, it indicates several criteria which must be met prior to receiving a home in Seabird; these criteria include being DEBT FREE to Seabird Island Band, **being a band member, having 3 references**, etc. This means if you do not

meet the criteria, including being Debt Free to the Band, you will NOT be eligible to receive a home in Seabird. In the recent housing selection, out of 58 applications, 26 were denied due to not meeting the criteria. For more information, contact a member of your housing team (Stacy, Dwayne, Marcie, Zena or Clem) or refer to your Social Housing Policy (if you do not have a copy, please pick one up from the office, or e- mail stacymcneil@seabirdisland.ca for a copy today!).

Fire Inspections have started! If you receive a 'Sorry We Missed You!' card on your door, your fire department has tried to complete the inspection when you were unavailable. Please contact the number listed on the card to reschedule this important inspection that will check your home for fire safety, including fire extinguishers and smoke detectors.

The construction of our 12 units has begun! You may have noticed the clearing of the land in Area 2 (strawberry island), and the start of the foundation on Sthitsem. These homes are scheduled to be completed approximately April 2011 with

Continued on page 9

Public Works and Housing Continued...

Continued from page 8

tenants already selected to move in! There are 2 triplexes consisting of 2 bedroom homes, three 3 bedroom detached homes, and three 4 bedroom detached homes included in this project.

The large renovation project that Seabird was approved for is well underway. Many homes that do not carry a mortgage through one of CMHC's projects will be receiving renovations that may include new roofs, new flooring, new cabinets, new electrical systems, new energy efficient windows, repairs to their walls or siding, or bathrooms! 20 of these are regular renovations, and 2 are for mould remediation. The renovations are intended to extend the life of the home. Progress to date includes all of the roofs being replaced, all homes measured for window installation and some installed, and some work has been completed on the walls and floors in a few units.

Annual house inspections are well on their way, with over 40 homes having been inspected, which generated more than 70 work orders to our own maintenance crew and outside contractors to ensure homes are safe, that there are no health hazards, and that the plumbing is working efficiently. Please note that the Housing Maintenance budget is designed to cover only those things that risk health/safety (broken railings, stairs, windows, appliances etc) or plumbing (leaks).

Thank you for your understanding.

Inspections:

Fire inspections have begun, and several things are noted for your attention. First, please make sure that you leave your smoke detectors up (if you have concerns with them, please call housing asap) and your fire extinguishers in the home. If you disconnect a smoke detector or give away your extinguisher, you are putting your family and your home in jeopardy in case of fire. Each year we are finding that some extinguishers have to be replaced, because there is no longer one at the home, at a cost of over \$220; this takes money away from other important Fire Department equipment and training that could be provided. Please also ensure that there is nothing stored close to the furnaces or other appliances, that you have clear walkways to emergency exits, and that you are not overloading your electrical outlets. Use candles safely!

Exterior Taps:

All homeowners and tenants are reminded to please leave your hoses disconnected during the cold winter months. When hoses are left connected, they freeze and the cold goes into the pipes attached to the tap, which freezes them and then causes a bad leak once it thaws. Leaving hoses unattached will save damages and money.

To please leave your hoses disconnected from your exterior hose bibs to prevent freezing and potential damage through leaks in the spring...Housing maintenance will be checking and will have to remove if found...thank you!



Public Works & Housing are very busy! As we have noted before, there are several projects on the go, all with funding that is required to be spent by March 31, 2011!

We have:

12 new homes being built
20 renovation projects
5 CEAP renovation projects
2 mould renovations

Stacy McNeil
Community Services Program Manager/
Housing Administrator
Seabird Island Band
PO Box 650, 2895 Chowat Rd
Agassiz, BC V0M 1A0
Phone: 604-796-2177
Direct: 604-796-6825
Fax: 604-796-3729

Seabird Island Employment, Education & Social Development (EEC)

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

2895 Chowat Road
P.O. Box 650
Agassiz, BC V0M 1A0

**253 Client
Visits!**

OFFICE CLOSURES

Our office will be closed on the following days:

- Friday, December 24, 2010
- Monday, December 27, 2010
- Monday, January 3, 2011

FOLLOWING UP WITH YOUR CDP

Our CDP's are here to assist you with your pre-employment and education goals and are happy to do so. To ensure we are here to help you to the best of our ability, please let your CDP know if you have found employment. The information is very important to us, as it helps to keep our centre open and available to you. For whatever reason, should that job not work out, you are always more than welcome to meet with your CDP again for more job search assistance.

Please use the sign in sheet when you come into the EEC. It helps us keep track of how many people access the centre and our services. Even if the person you came to see isn't in, please sign in as it will show that you stopped by to see them. The sign in sheets go to SASET and is important to keep our centre open.

Thank you for your cooperation!

ON CALL WORK LIST

If you would like to be on our On-call list for small work opportunities, please see your CDP or call the centre and ask for your name to be placed on the list.

DO YOU WANT TO OBTAIN YOUR CLASS 1 OR CLASS 4 LICENSE?
SIGN UP FOR TRAINING AT THE RECEPTION DESK OR
SPEAK WITH YOUR CDP (Class dates still to be determined)

ARE YOU LOOKING FOR OFFICE WORK EXPERIENCE?

If you're interested in "on the job" office training, ask your CDP about job shadowing our Administrative Assistant, Jill, at the reception desk! Sign up sheet located at the reception desk in the EEC office.

BOOKING APPOINTMENTS

If you would like to meet with a CDP to assist you with your resume, cover letter, skills training or job search, you can book an appointment through Jill at 604-796-6865 or drop in and book an appointment at the EEC reception desk.

SUCCESS STORIES

Congratulations to Gerri Lee McKay. After working with the CDP on her resume & cover letter, she secured a position with Seabird Island, Maintenance Department in working as a Custodian.

Way to go Gerri Lee!

S/A CHEQUE ISSUE DATES

Monday, December 21, 2010
Tuesday, January 25, 2011
Thursday, February 24, 2011
Tuesday, March 29, 2011
Wednesday, April 27, 2011
Friday, May 27, 2011
Tuesday, June 28, 2011
Wednesday, July 27, 2011
Monday, August 29, 2011
Wednesday, September 28, 2011
Thursday, October 27, 2011
Monday, November 28, 2011
Tuesday, December 20, 2011
Wednesday, January 25, 2012

WISHING YOU A SAFE & HAPPY HOLIDAY SEASON!

Seabird Preschool

Ey'swayel – The Seabird Island Preschool children have had a busy month.



On Nov. 5 the children participated in the Remembrance Day Service with the Community School. Thank you Evelyn for having the children help with the wreath making.



On Tuesday, Nov. 16th was the second 4's Program Literacy Night. There were 6 families in attendance. It was fun hour while children decorated their literacy box and sang songs for the parents. There were snacks and refreshments and several door prizes. We look forward to seeing the families again next month.



One Tuesday, Nov. 23 we will hold the first Seabird Island Language Nest Preschool Literacy Night Q'epóthet

(Gathering) for the 3's Program. We look forward to introducing the language instructors, Wendy and Laura, to the families. Our evening is 5:30 – 6:30 p.m. at the Preschool

The Language Nest Preschool is off to a great start with 18 three year olds registered. The children are in a full immersion Halq'emeylem program. They are all managing extremely well.



Nov. 2 was our first Seeds of Empathy Family Visit with Baby Dason and Mom Tiffany. Our Seeds Elder, Sharon was also visiting. The children were very excited to see Baby Dason. The Family visit was very successful.

Our second Seeds of Empathy visit is on Nov. 23. The children look forward to seeing Baby Dason.

Visits to the Agassiz Library is every other week. The children are enjoying all the wonderful books and bring many back to the Preschool.

December is coming quickly. There are many wonderful family activities to share with the children. Preschool will be taking part in the Community school Christmas Concert on Dec. 16th, at 1 p.m.

"Mali Kelesmes and Xá:ws sílolem"



Merry Christmas and a Happy New Year from children and staff at the Preschool

Merry Christmas and a Happy New Year from children and staff at the Young Parents Program Day-care



Happy Holidays Everyone!

We hope to see you all
at the Community
Christmas Dinner
on Wednesday December 8th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
OPEN 11AM-5PM FITNESS DROP IN FREE LADIES ONLY 11AM-1PM Co-Ed 1PM-5PM BEGINNERS BOOT CAMP 7PM-8PM 	Fitness Center Community/Staff: \$15 month or \$1 drop in. Non-Community/Staff: \$30 month or \$2 drop in.					OPEN 12PM-6PM MEN ONLY 12PM-2PM Co-Ed FITNESS 2PM-6PM 	
	ELDERS 10AM-11AM OPEN 8AM-4PM 5:30PM-8PM	OPEN 8AM-4PM 5:30PM-8PM	ELDERS 10AM-11AM BRING A FRIEND FREE (13+, PER PAID PERSON)	OPEN 8AM-4PM 5:30PM-8PM	OPEN 8AM-4PM 5:30PM-8PM		
	Evening Recreation in the Gym Community/Staff: \$1 drop in. Non-Community/Staff: \$2 drop in. Pre-Paid Cards Available! Open at 5:30pm.						
	BOXING WITH JASON CAMPBELL 5:30-6:30 CLOSED 7PM	MEN'S HOCKEY 6:30PM-8PM	OPEN 5:30-8	Co-Ed HOCKEY 6:30PM-8PM	CLOSED		
Note: Stamp cards available for fitness center. Work out for an hour 8x a month, and get entered to win a gift card!			Note: Programs may be cancelled/changed due to interest. Boxing starts up June 7th.				

BOOT CAMP with Stacy will start **November 17 12-1** in the gym for 6 weeks...fit up for the holidays!
EARN CHRISTMAS DOLLARS PROGRAM will begin **November 1 at 6:00 p.m.**
 meet Keena at the fitness center to register and weigh in....

Seven Gifts of Life – Friendship, Wisdom, Courage/Bravery, Happiness, Generosity, Honesty, Respect

- 1. Friendship:** To have friendship is to have peace. Strong affection for another forming out of kinship or personal ties, attachments based upon devotion, loyalty and caring concern. To have friendship is to give absolute kindness for all things around you.
- 2. Wisdom:** To cherish knowledge is to know wisdom, sound judgment, ability to distinguish inner qualities and relationships. Use good sense and form a good attitude and course of action. Listen and use the wisdom of elders, leadership, and spiritual leaders.
- 3. Courage/Bravery:** To face life with courage is to know bravery. The personal strength to face difficulties, obstacles and challenges. Have courage, make positive choices. Stand up for your conviction show courage in communicating and decision making.
- 4. Happiness:** Appreciation of the work within our body, mind and spirit. Being together in a good way. Feeling of joy with the spirit of goodness, to share the wisdom and gifts of life to all and feel happy about giving.
- 5. Generosity:** Sharing the gifts of life that we all have every day. Giving freely of yourself to help another person without strings attached. Showing yourself in a good way of the truth of your ancestors that walked before you, that is in giving you will receive an abundance of happiness being a good kind person not looking to having material things in return.
- 6. Honesty:** To walk through life with integrity is to know honesty. Tell the truth, accept and act on truths through straightforward and appropriate communication.
- 7. Respect:** To honour all of creation is to have respect. Showing regard for the value of persons or things through courteous consideration and appreciation. Honour our traditional roles and Seabird Island Band teachings and values. Respect the Seabird Island community.

You hear a juicy tidbit from a friend, who heard it from another friend, who heard it from a person in the hall, who read it on face-book passed in through a text message, which was written by somebody who probably just made it up.

Chances are, rumors and gossip are always floating around your school or community. That's totally normal. After all, everyone gossips...even parents, celebrities, and politicians. It's part of how we communicate and stay connected with other people's lives.

Sometimes, this is harmless, but at other times it can be very hurtful to individuals, friendships, and whole groups of people. **Did you know that spreading rumors about someone is a form of bullying?** *Yep.*



Let's say you have a piece of wood, a nail, and a hammer. Pretend the wood is a person, and the nail is a nasty rumor about that person. If you hammer in the nail, you're obviously hurting him or her. If you then pull out the nail... well, there's still a hole in the wood, and the damage has been done.

There are many reasons why that nail of a rumor can be so harmful:

Words hurt as much as a punch

Sometimes more, because a punch may be painful, but at least it's over pretty fast. Rumors are, quite simply, a form of bullying that's sometimes referred to as "relational aggression." When a person or a group makes up a rumor about someone or decides to spread nasty gossip, it's usually to hurt someone, break up a friendship, or make someone less popular. It's the same thing as teasing, only it's done behind someone's back instead of to his or her face.

Gossip and rumors can be a form of exclusion

When you spread a rumor about someone, you're sending a signal that the person is outside of the group, and somehow

Gossip & Rumors continued...

continued from page 13

less worthy of friendship than others. You're making fun of that person or pointing out negative things about him or her. This can let others think that it's okay to make the person feel inferior, and make him or her an outsider.

Gossip and rumors can destroy trust

We need to be able to trust our friends, and gossiping and rumors can break this trust. If you tell a personal secret to a friend, and he turns around and blabs it to someone else, you might feel like you'll get burned if you ever get close to him again.

TRUE OR NOT, PRIVATE IS PRIVATE

Let's say your mother tells you that your friend Susannah's parents told her that they're getting a divorce. You don't feel bad about passing it around because, after all, it's a fact, right? Wrong! Perhaps Susannah isn't ready for people to know about her parents splitting up. It can be very painful and humiliating when other people know things about us that we want to keep private. It can make us feel like we've been violated, like something that is supposed to be just ours is now out in the open for all to see...and to judge.

Believing rumors can lead to bad choices

Letting a rumor influence your behavior is like letting someone else make a big decision for you. Let's say you hear that the Principal plans to call a Snow Day tomorrow because a blizzard's coming. Expecting a day off, you don't do your homework. The next morning, the blizzard turns out to be nothing more than a drizzle, and school isn't cancelled after all. Doh! You get zeroes on your assignments.

Face it: people gossip. They always have, and they always will. You can't change that, but you can change what happens when a rumor comes your way.

Decide whether it's hurtful or harmless

When you hear something about someone you know and have the urge to pass it on, don't think about whether it's true or not. Instead, ask yourself these questions:

- Why do I want to pass this on?
- Would I want people to know this kind of information about me?
- How will this person feel if he or she knew this rumor was being spread?
- Will this rumor reduce this person's status or make him or her excluded from the group?

Your answers will help you figure out the right thing to do.

Make the rumor stop with you

If you decide that the rumor is hurtful in some way, make a stand. Decide that you don't want to take part in spreading it. Others may continue to circulate the gossip, but you've made a personal choice to stay out of it. Chances are that the rumor will die out much more quickly than if you had joined the buzz.

Don't be an audience

When someone comes to you with a rumor, try not to be an audience. This person may want to hurt somebody, or may be after attention or power. It can be hard to resist hearing some juicy dish, especially if you're bored, but make an effort to say, "I'm not interested in hearing mean gossip, thanks."

Just like with physical bullying, there are no "innocent bystanders" with hurtful rumors. Hearing and reacting to the rumor, and letting it continue, makes you almost as responsible for its damage as the person who started it. Instead, don't provide another pair of ears for the rumor-starter. If he isn't getting the reaction or attention he's seeking, he'll be less likely to do it in the future.

Be a peacemaker

If one of your friends wants to hurt someone else by spreading lies or rumors, speak up. Let your friend know that this isn't the right thing to do. If you need to, find another friend who feels the same way and talk to the others together. If rumors are getting out of control and someone is being made a real victim, get a counselor or teacher involved.

Respect others' privacy

If you don't want other people talking about the personal things in your life, don't do it to others. When you hear personal information about a fellow worker, classmate or friend, try to keep it to yourself, and don't worry about whether it's true or not. If you respect people's privacy, they'll be more likely to do the same for you.

Get the facts

Most of the time, you should try to ignore gossip and rumors. But if you hear a rumor about something important, and it doesn't sound too crazy or far-fetched, ask a teacher, guardian, or parent what they think. If it's a modern legend that you find interesting, you can try searching on the Web to see if it's been proven fake or not. But remember not to believe everything you read, even on the Web!



Seabird Island Community School



Thursday November 18, 2010

Dear Community:

Seabird Island School is excited to introduce a new fundraiser. This year we will be selling "**Dessertco**" which includes Gourmet Cookies Pucks, Tran's fat free. These are a great item for busy parents: already formed cookie dough just add to a cookie sheet, bake for 15 minutes, and enjoy! "**Dessertco**" is known for their Home-style 9' Gourmet Pies, these come frozen and are ready-to-bake. **Pizza Parlour Pizza's** come in a variety of fabulous flavors, toppings are their specialty. "**Gizella**" Cheesecakes, these are 600g (8 slices approx). These rich & creamy cheesecakes bring the comfort and warmth that will make this holiday season the most memorable.

We hope parents and students will participate so we can make this one of our most successful sales this year.

The purpose of this fundraiser is to raise money for classroom fieldtrips. The classes of Mrs Louie, Mrs McGregor, Mrs Marchand, Miss Eustache, Mrs Dewolde, and Miss Watson are working together on this fundraiser. Each class will benefit from the money raised. We have a goal of reaching \$1000.00.

Kick off Date Thursday November 18, 2010 – classes will be bring home the order forms

Return order forms Monday November 29th

Students should return their orders into their classroom teacher with the money

Delivery Date & Time Wednesday December 15th 3:30-5:00 at the Seabird high school

Reminder: to all parents product is frozen so must be picked up

Payments must be prepaid, cash is preferred; please make sure Students name, grade and phone number are written on order form.

Prize Program Details: Sell 10 items or more and get entered into our draw to win (2) 12 inch Cheese pizzas

Questions please contact Kathleen Louie 796-3061

Thank you for your continued support. Together we can make things happen.

Sincerely,

Seabird Island School Staff

****For any allergy alerts or specific ingredient info ****

Please visit www.westerndirectfundraising.com



November events:

Secondary:

Nov. 1, 2010 Harlem Crowns invited our High school Basketball team to play in Tzeachten.

Nov.3, 2010 Highschool Soccer Select Team tied Chehalis at home 2 to 2.

Nov. 8, 2010 Grad 50/50 fund-raiser started. Proceeds to after-grad cruise around Okanagan Lake. See Ms. Louie or any Grade 11 or 12's for tickets. 1 for \$2 or 3 for \$5.

Nov. 15, 2010 Highschool Report cards sent home.

Nov. 15, 2010 Highschool Pictures sent home.

Nov. 19, 2010 Volleyball Game Grade 7/8 & 8/7 group will be going to Agassiz Christian to play.

School Wide:

Nov. 5, 2010 Seabird Island Community School hosted the Remembrance Day Ceremony for our First Nations Veterans. The students listen to Chief Siaymia, and they held their head in two minutes of silence at 11:00. An honour song, lead by Mr. Neil White, sang by our student finished the ceremony. The band office provided a meal for the children and their families with presentations by the Grade 7/8, Grade K/1. Grade 1/2, 4/5.

Nov. 5-11, 2010 National Remembrance Week, students studied units on World War 1, World War 2, and First Nations participation in Canada's War efforts.

Nov. 12, 2010 Attendance Incentive Awarded to 37 students, up from September's 29 near to perfect attendance.

The following students receive a gift card to Walmart: Ashleigh Johnman, BoPeep John, Brandi McNeil, Chance Paul, Courtney Charlie, Darian Peters, David Joe, Denise James, Devina Jones, Dimitri John, Gavin Peters, Gilbert August, Jack James, James Birch, Jame Ferguson, Jordan Peters, Josh LaCroix, Justin August, Justin Blenkin, Justin Paul, Kayla Alexander, Levi Douglas, Lucas Sepass, Margaret Fraser, Nicolas Quipp, Nicole James, Nicole Johnman, Olivia Blenkin, Quentin Charlie, Roberta Pete, Sean Andrews, Sherice Hulbert, Skylar McNeil, Stepahnie Ellsworth, Tanisha Jack, Tyrone Sepass, Tyson Archie, and Wolfram Angus Sam. Congratulations to all the recipients!



Nov. 17, 2010 Addictions Walk & Rapture Rising concert hosted by the Health Department; our students participated in a three kilometre rain drenched walk against Drug and Alcohol misuse.

Nov. 18, 2010 Cookie Sale kicked off with aspirations of raising funds for future field trips. Purchase or sell cookies for the elementary or secondary school. Come and purchase your Holiday Baking from the school!

Nov. 18, 2010 Lena Greene celebrated her birthday today! Happy Birthday Lena!

Nov. 19, 2010 Nick Fillardeau celebrated his 16th birthday (Nov. 20). Happy early Birthday Nick!

Nov. 20, 2010 National Child Day

Nov. 22, 2010 Band Professional Development Day – No school

Up-Coming Events

Dec. 2, 2010 Loonie Auction Fund Raiser at 5: p.m. Band Gym items up for auction are huge carved eagle, cedar items, fluffy blankets, large pillows, silver ring and earrings plus many more. All proceeds go towards supplies.

Dec. 3, 2010 Primary Report Cards sent home.

Dec.6 – 10, 2010 Parent Teacher Interview Week from 3 to 5 p.m.; please visit your child(ren)s' teacher(s).

Dec.8, 2010 Community Christmas Dinner at the Band Office Gym, great door prized and excellent meal.

Dec. 8, 2010 Make and Take at Community Christmas Dinner

Dec. 10, 2010 Primary EBS Trip to Go Bananas, dress and pack lunch for your EBS recipient accordingly Intermediate EBS Trip to Hope Pool, dress and pack an lunch for your EBS recipient accordingly.

Dec. 16, 2010 School Christmas Concert during the regular school day, tentative schedule not released. December 2 & 17, 2010

Make and Take at 5: p.m. Band Gym

Dec. 17, 2010 Draw for High school 50/50 tickets

Dec.18, 2010 Christmas Vacations begins



Learning Centre

is open on...

Mon 5-9

Tues Drop in

Wed 5-9

Thurs 5-9

We are doing many things like Weaving, silk screening, sewing, and many more things to learn.

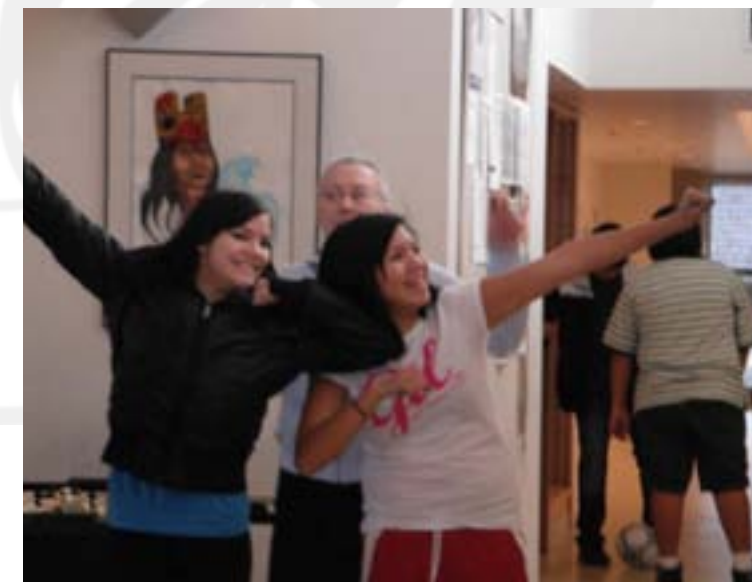
Dessertco For Sale

Available to purchase frozen ready to bake: cookies, pies, cheese cake, pizza, appetizers, and breads.

Contact:

Mrs Louie, Mrs McGregor, Mrs Marchand, Miss Eustache, Mrs Dewolde, and Miss Watson for ORDERS. 604-796-3061

All proceeds go towards student field trips.





Seabird Island Education Jurisdiction

Topic: Teacher Certification & School Certification



PARENTS AND GRANDPARENTS COLUMN

Your community will have a voice in certification of teachers and our schools through the Community Education Authority (and the First Nations Education Authority). There is the possibility that Parents Advisory Committees will be formed to receive and send parent input and concerns to the Community Education Authority.

This input will reflect on the level of education required for teachers to teach at our school, and the type of education we want our children to learn. This can look like several different things; modified school year and or school week, inside and outside classrooms, cultural leaders as teachers in their areas of expertise (language, fishing, gathering, hunting, canoeing, etc), and more. This will be done through the certification process that includes the minimum standards set by public schools, with input from the communities.

School certification is a certification system that has been established by First Nation schools for First Nation schools. The process consists of an internal and external reflection that informs the community about the quality of education being provided by the school.

PARENTS AND GRANDPARENTS QUESTIONS

1. How is a Community Education Authority similar to our Education Committee?
2. Would you like to learn more about teacher and school certification?
3. What kind of classrooms could we see – inside or outside or at fish camp?
4. How can we start the Parents Advisory Committee?

5. What education programs do you want for your kids?

STUDENT'S COLUMN

One day, your kwiyo (aunt) could be teaching in the school for things like how to make jam, from where the berries come from, how to gather them, to what you need to make and store the jam.

Sile (grandpa) could be taking your class to the fishing grounds and showing you how to make and hang a net, how to set a net, how to gather the fish, and what needs to be done to store the fish for the winter.

Who teaches at our school and what they teach will be something that your families can help guide through community committees. Your community school could have a different school year, different school week, to make sure that you as the students are learning not just about science, history, math and language inside the classroom, but also in the world we live and practice in.

STUDENT'S QUESTIONS

1. Does your kwiyo show you how to knitting, canning fish?
2. Name 2 things that kwiyo or sile could teach your class?
3. Where could you learn better inside or outside your school?
4. Who is a sile?
5. What would you like to learn in your school: Graphic Design, fishing, knitting, making films?

Submit your answers to the band office attention Stacy McNEIL or Diane Janzen...Prizes will be drawn from those who do!

Project Updates

Community Waste Management UPDATE

In 2008, Seabird started the Waste Management program and in 2010 the Waste Compost Pilot Project began.

The Waste Compost Project is in response to the community's vision for becoming a sustainable community. 27% of Seabird's waste stream can be composted. Seabird produces about 157 metric tonnes of compostable waste each year including: food waste from residents, school, catering and fundraising catering, staff lunch scraps and other waste.

The Home Composting Pilot consists of 30 homes being equipped to start their own composting system. The In-house Composting is the start of a mid scale waste management facility for 2012. A large scale project is being researched for 2013, would you like to learn more? Contact the project leader Brian Jones for more info.

35 individuals inquired about the Waste Compost Project Pilot Project; So far there are 19 participants - 10 received their composter and 5 are waiting for their unit and 12 are actively using their units. There is one unit left possibly two.



Education Jurisdiction

The goal of the Education Jurisdiction Project is to have a vote in March 2011. Are we ready to take control of our education? Your Education Committee members are working hard to provide the info to you so you can make an informed decision.

The Education Committee members are hard at work on the following items:

- Capacity Building
- Governance
- Community Engagement

Support workers: Diane Janzen and Daryl McNeil

Activities happening:

- Seabird School is making 3 videos to assist with creating awareness: School Certification, Community Education Authority, and Education Jurisdiction Law.
- Capacity Training set to begin January 2011
- Community sessions to begin in January 2011

Contact a member of the Education Committee for more information.

Taking control of Indian Education

Comprehensive Community Plan Update: Be a part of Seabird's Story

The second phase of Seabird Islands Comprehensive Community Planning is underway. The CCP process will ensure that the Band's leadership, Managers, programs and services are working in the best interests of the community; have validity and credibility and support from our membership to ensure our community's sustainability.

The CCP process will take the community through four phases (planning, implementation and monitoring/evaluation) over a two year period.

Karen Peachey, Private Consultant has produced the first report titled "Exploring our Past". Would you like an electronic copy. Contact Brian Jones for more info. Karen facilitated several sessions with Elders, Youth at our School, Community members, leadership and staff. A report of the second phase should be available in June/July 2011. Reserve your copy today.

Conversation Etiquette: A few guidelines ...

How we talk together is a good indicator of how we make community together. It's important we bring our "best self" to the conversation.


This means that:

- Everyone speaks – from the heart as well as the head.
- Everyone listens – with curiosity and respect.
- Everyone challenges – not each other, but our own fondly held assumptions.
- Everyone learns – about ourselves, about others, and about our community.
- Everyone imagines – possibilities and potentials for positive change.
- Everyone makes a difference! Each of us, through our own thinking and actions, contributes to the building of healthy community.

Questions to guide the conversation ...

Here are a few questions to help shape your conversation:

- What is great about our community?
- What makes our community a healthy place to live, work, learn and play?
- How does each of us make a contribution?
- How would we describe our community's greatest potential?
- How can we help turn community potential into community reality?



Comprehensive Community Plan

Our Community – Our voice

“There is no power for change greater than a community discovering what it cares about.” Margaret Wheatley

Conversation is part of life. And it’s an important part of community building. In conversation, we discover what we care about, we uncover new ideas for building healthy community.

- Community Engagements Process**
 - Encourages creative communication
 - Shares thinking and experience
 - Encourages diverse ideas and perspectives
 - Listens to understand
 - Expects disagreement
 - Connects ideas
 - Listens together for patterns, insights and deeper questions

The following pages lists the areas that we are seeking your input to build a community you see for you, your family, and future.



Economic Environment

What are your thoughts about economic development?

The list below are only suggestions:

- jobs: List
- training: list
- industries and partners: List
- retail shops: List
- businesses: list
- services: list



Built Environment

What are your thoughts on the development of the built environment? The list below are only suggestions.

- green, sustainability
- energy efficiency
- safety
- walking and transit oriented
- compact design, density
- public spaces
- mix of land uses, activities



Social Environment

What is important for your community? The list below are only suggestions.

- safety
- health
- strong community
- children, youth, elder involvement
- family friendly
- education, training
- supportive community
- gathering spaces



Cultural Environment

What are your cultural values or principles should be supported? The list below are only suggestions.

- traditional knowledge
- traditional practices
- language
- history
- community events
- new cultural traditions



Natural Environment

What thoughts do you have that could help in guiding Seabird’s approach to natural systems? The list below are only suggestions.

- traditional knowledge
- preservation of natural systems
- habitat protection
- community enjoyment of natural spaces
- integration of green space and practices into built up areas
- outdoor recreation, tourism opportunities



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- community enjoyment of natural spaces
- integration of green space and practices into built up areas
- outdoor recreation, tourism opportunities



Is this the Community Core



If, yes what services, building, would you like to see in this area?

If no, where do you see the community core?

Drop off, visit or email your comments: Attention Brian Jones.

The working Team is working on a schedule for more community sessions starting in Jan 2011.



'Round The Rez

Community Events , Workshops & Outings

EMPLOYMENT OPPORTUNITIES

POSITION TITLE: Community Development Response Worker
JOB CODE: CFS-CD-Resp

DEPARTMENT: Health & Social Development
REPORTS TO: Child & Family Services Program Manager

Seabird Island Band is currently accepting applications for a term position of Community Development Response Worker (FDR Worker).

QUALIFICATIONS AND/OR REQUIREMENTS

- Degree in Child & Youth Care or Social Work.
- Knowledge of and experience with child protection issues.
- Knowledge of special needs and behaviour issues.
- Experience working with the BC Risk Assessment Model or willingness to take training. Familiar with BC Child Protection laws.
- Ability to develop and maintain trusting, supportive, caring relationships with children and families.
- Excellent problem solving and conflict resolution skills.
- Experience using Microsoft office products.
- Class 5 Drivers’ license and reliable vehicle.
- Satisfactory Criminal Records Check.
- Knowledge of Sto:lo culture, traditions and language is an asset.
- Knowledge of family dynamics, addictions and community resources.

PRIMARY RESPONSIBILITIES:

- Facilitate regular family counseling sessions and workshops.
- Teach parenting classes.
- Facilitate workshops designed to assist client and families as required.
- Provide support and education to parents and other family members on healthy families, parenting, communication and lifestyles.
- Facilitate regular case conferences with clients and families.
- Maintain professional and accurate records and files.
- Refer families to health and social agencies as appropriate or necessary.

Salary: According to current Federal and Provincial Scales.

Hours: Staggered 35 hour week.

TERM: Short Term (Sick Time Position)

DEADLINE: December 3rd, 2010 at 12:00pm

POSITION TITLE: Youth & Elder Liaison
JOB CODE: CFD-YE-li

DEPARTMENT: Health and Social Development
REPORTS TO: Child & Family Services Program Manager

Under the direction of the Child & Family Services Program Manager, the Youth & Elder Liaison will be the main contact for youth and elders in accessing programs and services offered by on reserve at Seabird Island and those offered off reserve.

QUALIFICATIONS AND/OR REQUIREMENTS:

- Certificate or degree in Human Services, Gerontology, Behavioural Science or equivalent education and two to five years relevant experience.
- Strong desire to help others and a sense of responsibility to community members.
- Research skills required to source all available programs which may be beneficial to either of these two groups of clients.
- Ability to assist clients with detailed paperwork, process applications and follow-up to ensure that any further requirements are provided.
- Excellent verbal and written communication skills.
- Knowledge of the Sto:lo culture, traditions and language would be an asset.
- Experience working with First Nations an asset.
- Satisfactory criminal records check.

PRIMARY RESPONSIBILITIES:

- Maintain frequent contact with youth and elders.
- Plan and implement programs and services for these two groups of clients.
- Provide regular information sessions to explain new opportunities, forms filing deadlines, changes to benefits and/or laws which might have an effect on current income.
- Keep detailed statistics to support requests for funding.
- Ensure that seniors are receiving all OAS, CPP and GIS payments to which they are entitled.
- Assist youth with schooling, courses or work training an process referrals, registrations and other requirements.

DEADLINE: December 3rd, 2010 at 12:00pm

Salary based on experience.

Full-Time: 35 hours per week.

Term: Position Ending March 31, 2011

Interested candidates should submit a covering letter (quoting the Job Code), resume, and three references to:

Human Resources, Seabird Island Band
 P.O. Box 650, Agassiz B.C, V0M 1A2 | Phone: 604-796-6814 | Fax: 604-796-3729
 Email: humanresources@seabirdisland.ca

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

Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry.



'Round The Rez

Community Events , Workshops & Outings

FRAUD AWARENESS

Fraudulent telemarketing by mail, e-mail or phone — criminals contact you under the name of fake businesses or charities, then ask for your bank account number or credit card information to pay for something you will never receive, or to make a donation that only goes into their own pockets. The aim of these scams is to trigger an emotional reaction by alarming you and demanding an immediate response. Be wary of people pressuring you to give out more information than what is required. Take the pressure off and remember that you are not obligated to give an immediate answer to anyone if you have doubts or are not comfortable with a situation. Never give your banking or credit card numbers to anyone who phones you — only deal with organizations that you know.

Cloning or skimming your debit or credit card — sometimes, scam artists will find ways to bypass you completely and copy your debit or credit card information without your knowledge. Don't leave your banking cards and personal information unattended, never share your PIN or passwords and cover ATM and point-of-sale terminals with your hand when entering your PIN.

Identity theft — criminals can use your personal information without your knowledge to get a credit card or obtain a loan, even a mortgage, under your name — which could force you to pay it back. *Shred bank and credit card statements as well as household bills, as these can be sources of personal information.* Check your credit report to ensure no loans or credit cards have been opened in your name without your consent.

The key step to avoid fraud is to protect your personal information and your debit and credit cards.

FRAUD AWARENESS

TIP # 2
Don't leave packages visible in your vehicle unattended. Thieves are out looking in your windows for goodies.

VOLUNTEERS REQUIRED

Please if you are interested in volunteering or helping out at any Band functions please let Angie know and we are happy to have your lending hands for assistance. We would love to have more help from the community, to utilize your talents and skills.

CATERING & FUND-RAISING

Please contact Angie Chapman to get on the catering/ fund-raising list for this year. You need to fill out an application and submit your food safe certificate. This also includes if you want to book a day to set-up in the foyer to sell items. Any other questions please call me at 604-796-6893.

Building Booking and Meeting Rooms:

Angie looks 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 me at 604-796-6854. Gina Gibson looks after booking of the Millennium Hall.

ELDERS TRAVEL CLUB

If you are interested in being part of the Elders Travel Club please let Angie know. We are wanting any involvement from the elders in the community. No location has been decided for their next trip but suggestions have come in for many different destinations. We are planning another meeting in the upcoming months and you will be notified if you want to participate.

UPCOMING EVENTS

Christmas is forever, not for just one day, for loving, sharing, giving, are not to put away like bells and lights and tinsel, in some box upon a shelf. The good you do for others is good you do yourself.

Annual Community Christmas Dinner December 8, 2010 starts at 5:30 p.m.

The band is really trying to promote environmentally friendly event so if you could please bring your own cups, plates, utensils to the dinner that would be very helpful to us this year. We will be offering some prizes to families that partake in this please check in at the door to ensure you receive a ticket for the draw. After dinner Santa will be giving out gifts to children ages 0-13 years old. We ask parents ahead of time as well to please help us make the event more successful by talking with your children about running around and playing on the stage. We thank you all in advance for helping us make this event safe and memorable for your family.

Community Christmas Hampers Applications 2010

Elders and those receiving Financial Assistance do not need to apply for a hamper as you automatically receive one. But if you are needing to apply for a food hamper this year please inquire with Angie Chapman.

If you would like to volunteer for any of the upcoming events please call Angie at 604-796-6893.

MAMMOGRAM CLINIC

Dec. 7th

It's recommended for ladies over the age of 40 to book their screening. Please see Kristi McNeil or Maggie Pettis for an application.



'Round The Rez

Community Events , Workshops & Outings

Annual First Nations Festival:

The countdown has begun for our Annual First Nations Festival that is taking place on May 28-30, 2011. Please make time to come and see Angie about: Food Vending, Volunteering, Fund-raising, Registering a team or anything else that you would like to discuss about the festival.

ELDERS BAKE SALES

Every Tuesday and Thursday the Seabird Elders host there Bake Sale to fund-raise for their next adventure.

AMBULANCE BILLS



Please submit ambulance bills to Maggie Pettis as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NHIB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

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

BLANKET DRIVE DONATIONS REQUESTED

The wellness centre is accepting much needed donations of blankets both new and used (but usable)



BABIES MEDICAL & STATUS CARDS

Apply for Medical Card renewals and Status Cards for babies as soon as possible.

Contact CHR; Maggie Pettis 604-796-2177



DENTAL CENTER

Open Monday - Thursday.
Closed on Fridays.

Tuesday

WALK-IN CLINICS

Every Tuesday
afternoon from 1 - 4 p.m.
(first come- first served)

Please come to the Dental desk and register your name and note your dental problem.

\$\$ Get Rewarded... \$\$ for attending your Dental Appointments ON TIME!

If you attend your appointment and arrive on time, then your name will go into a monthly draw for a

\$100.00 Gift Certificate.
(Walk-in Clinics do not qualify)

COMING SOON

Boys and girls 12 - 18 years old group running on 6-8 p.m. Mondays for the month of November and December.

Contact Genna at 604-796-2177

BOY'S & GIRL'S GROUPS



The girls group:

Girls group: Tuesday's 3:00 - 4:30
Youth Girls's: Wednesday's 5:00 - 6:30

Rainbows:

Wednesday's 4:30 - 5:30 ages 10-13
Rainbows is a place where boys and girls can come to share their feelings about someone they love who has died.

If you have any questions please call
Melissa Nielsen at 604-796-0198



Happy Birthday Grandma (Shirley Peters) and Uncle Potsie from Dillon Mason

Happy 26th Birthday son luv fr u mamma and Trace your baby twin siblings , Marc-antonio and Ghennadiene

Happy Birthday to one of our fav Uncle Billy lotsa love and hugs your nieces Emillie-Jean and Blew Reyne your nephews Marc-Antonio jr, Zalphire and Ezadius

Happy Birthday grandson Billy Love Gramma Onie and John, Alfred and Blaine

Happy 19th Birthday Bam Bam we all love you from your 2 sisters and 5 brothers

Happy birthday nephew-son love mom Starr and dad Trace

Happy Birthday Uncle John love from your nieces Emillie-Jean and Blew-Reyne and your nephews Marc-Antonio jr, Zalphire and Exzadius.

Happy Birthday John Love you Gramm Onie and Blaine and Alfred.

Our whole Family would like to send heartfelt birthday wishes out to the youngest in our family LACINDA BLEW-REYNE PETERS is one on December 2nd

Happy Birthday Lacinda love from you Daddy Blaine

Happy 3rd Birthday Grandson/Nephew ZALPHIRE Shiels we all love you fr Peters/Alexander Family

Happy Birthday to my Great grandson Zalphire Shiels December 23 and my Great Granddaughter Lacinda Peters love from your Great Gramma ONIE

Taking Care of Family



*All my relations...
We are all part of one big extended family!*

- We **work together**
- We **share good times** and try not to dwell on the not so good times
- We **are respectful** of each other, even when we disagree

- We **stick together**
- We **defend each other**
- We **grow together**
- We **help one another**
- We may not always agree but...*we love them anyway!*

****Family is forever****

