



YOO HOO

Because news isn't all bad or boring!



National Addictions Week



Day 1 Seabird National Addictions Week Community Dinner



Day 2 Seabird Walk for Sobriety



Day 3 Sto:lo United Sobriety Dinner

National Addictions week was a great week of celebration and inspiration. During this week Seabird celebrated with 3 days of events.

Day one we held a dinner for the community. There was an information session about Aboriginal Justice with a legal services information booth. Four adults and one minor were honoured for successfully completing personal and family treatment goals.

Day two the school had a Walk for Sobriety where the school all walked with signs of encouragement around the community.

Day three was the Sto:lo United Sobriety Dinner. This included a sobriety count down. The communities added up the miles they walked during National Addictions Week the miles walked in total equaled 1 person walking to Quebec. We commend Tyrone McNeil and Grand Chief Stewart Phillip who are so committed to the cause, they spent Day 3 with us even though it was their birthday's. The evening was concluded with a talent show.

Thank you to all the community members who came out to support this cause and celebrate the successes with in our communities.

INSIDE this Yoo Hoo

Important Dates	pg.2
Candlelight Celebration	pg.3
Hamper Drive	pg.3
Youth & Elder Feature	pg.4
Our Reserve Lands, Our Backyards	pg.7
Seabird Land Use Planning	pg.8
Seabird Leasers	pg.9
Toilet Training	pg.9
Seabird Island School	pg.11
Early Childhood Programs & Calendar	pg.12-13
Housing Wait list	pg.14
New Staff/ Halq'emeylem Crossword	pg.15
Job Posting	pg.15
Fitness Center Calendar	pg.16
OOSC Calendar	pg.16
Health Comic / Recipe	pg.17
Employment, Training and Social Development	pg.18
Round the Rez (classifieds)	pg.19

NOW AVAILABLE

Visit Seabirds **NEW WEBSITE** at

www.seabirdIsland.ca

Important Dates Coming Up

December 1/ 2, 2011
from 3:00 – 5:00 will be offering Santa pictures for anyone that would like to have pictures done. You receive one 4 x 6 picture free any other pictures after this will be a charge. For more information please contact Angie Chapman.

Christmas Hamper Applications are due no later than December 2, 2011. Elders and those members on financial assistance do not need to apply as you automatically receive one. If you need to apply please call Angie to make an appointment and she can help you fill out the application.

December 7, 2011
Celebration of Life Event

December 9, 2011
Staff Christmas Lunch
Offices CLOSED for the afternoon.

December 13, 2011
Drop In Flu Clinic 3:00 - 5:00

December 14, 2011
Community Christmas Dinner

The Seabird Island Band would like to invite you and your family to our Annual Christmas Dinner. After dinner Santa will have gifts for children aged 0-13. Please remember to bring your cup, utensils, plates ect.

December 16, 2011
School closed for winter break

December 19-23 OSSC
Holiday activities

December 20-21
Hampers Delivered

December 22, 2011
Elders Pamper & Luncheon

December 26 & 27, 2011
Office CLOSED

January 2, 2012
Office CLOSED

Remembrance Day



Seabird celebrated Remembrance Day November 7th with a parade of children and youth marching from the schools to the Band Office Memorial totem.

After a brief ceremony the procession proceeded back to the school where community members were invited for lunch and a series of Remembrance Day presentations.



Christmas

Seabird Island Christian Fellowship

Invites everyone in the community to a
Special Christmas Presentation
December 11, 2011 at 6:30 PM
Location: Band Office Gym



Delicious Christmas

Refreshments and Goodies will be served!



Please invite ALL your friends and family for this special family Christmas Event



the SEABIRD Island

YOO HOO

Because news isn't all bad or boring!

PLACE YOUR AD HERE

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

Phone: 604-796-2177

Direct: 604-796-6838

E-mail: sandrabobb@seabirdIsland.ca

Candlelight Celebration

Having a hard time getting into the spirit of Christmas?
Are you missing a loved one?
Come honor and remember your loved ones by lighting a candle and be with others that are experiencing the same types of feelings and or situations.
Enjoy Festive harp music and Christmas goodies!

Where: Seabird Church Hall
When: Wednesday, December 7, 2011
Time: 7:00 p.m.
Who: Everyone is Welcome!



Seabird OFFICES CLOSED

FRIDAY
DECEMBER 9th
for the afternoon.

Staff will still be in,
but will be
unavailable to
provide services
at this time.

WANTED

Do You Have Old Historical Seabird Photos?

We would like to use them for our newsletters, website, reports or archives. We can help preserve these memories for generations to come. We are looking for historical photos that will tell Seabirds story, such as old; Chief and Council photos, buildings, festivals, floods, bridges,...



You can keep your originals. We would like to scan and archive them as part of Seabirds History.

When you bring in historical photos that we would be interested in adding to our archives, we can scan them into our archives and e-mail you a digital copy that wont fade or tear. If you already have them digitized we would also greatly appreciate them emailed to us at sandrabobb@seabirdIsland.ca

When we start receiving photos we will start sharing one feature historical picture per month in the Monthly Seabird Yoo Hoo Newsletter.

HAMPER DRIVE

Seabird Fire Department is doing the community hamper drive on the evening of December 5.



ELECTION CODE Personal Invitation from Chief and Council to come!



Chief and Council will again review the Election Code and is asking that each family participate in the review. In the near future, Council will issue a personal invitation to at least one representative from each family to be on an Election Code Review. Gary Lister will be assisting us with this process.

The Indian Act allows Bands to develop their own Election Code and in 2002, Seabird began constructing its own custom election code and produced a draft in 2005 incorporating INAC recommendations. The next step will be to take it to the community to review.

Once the Election Code is in the final draft, it would have to be taken to referendum. It is hoped that it could be ready for the next Education Committee member election in March 2012.

A number of Bands across Canada would like to see new legislation on a number of items and one such change is for a 4 year term of office. When our Election Code is taken to referendum, Council also will ask our membership for feedback on these suggested changes.

More information to come!

Youth Feature of the Month



On March 11, 1996 in Chilliwack, BC, Brandi McNeil was born to Brandon McNeil and Kerri Williams (Scowlitz). Her paternal grandparents are Karen (nee Chapman, Chehalis) and Daryl McNeil. Her maternal grandparents are Bernadette and Reggie Williams (Scowlitz). Brandi is the oldest of six children, her siblings include: Skylar, Daryl, Jasmine, Madison, and Ashlyn.

She has lived in Seabird since she was born. She attended Seabird Island Pre-school, then Seabird Island Community School and is currently in Grade 10. Her favorite class is Math and she excels in it. Brandi also enjoyed learning how to canoe pull with her phys ed class. During lunch hour you will find Brandi supervising the younger students on the playground. Brandi is thoroughly enjoying the Soccer Academy which takes place on Mondays and Fridays for 2 hours each day. This academy is offered throughout the school year.

This past summer, Brandi was employed with the ACT (Aboriginal Career Training) program which ran from June to August at Sto:lo Nation and Seabird. She enjoyed learning how to do presentations.

At the age of 3, Brandi started playing soccer in the Native tournaments. She was 11 years old when she started playing with the Rainbow Stars ladies team and her Grandma Karen. At the age of 10, she began playing in the Chilliwack Youth Soccer League and at the age of 13, she played on the Metro team. The following year, Chilliwack Thunder was formed, and she began to play with them. (Chilliwack Thunder is made up of First Nations girls in the communities of Chilliwack and Agassiz – coached by Chuck and Karen). Brandi enjoys playing on this team and she says, “It is easier to play with them because I know everyone and I know how everyone plays, and it’s more fun”.

Brandi also enjoys going to the longhouse with her grandparents and hanging out with her family and friends.

Her message to other youth is “Education gives you freedom; to enjoy life!”

Elder Feature of the Month



Barb Chapman was born in Chilliwack on March 7, 1937. Barb is one of twenty children born to Alfred and Mabel (nee Ewen) Peters from Seabird Island. Her siblings include: Audrey, Allen, Tony, Gary, Reid, Veronica, Sharon, Isabelle, Gordon and Evelyn. Her paternal grandparents were William and Emma Peters (Peters Band) and her maternal

grandparents were Fred and Josephine Ewen (Seabird Island).

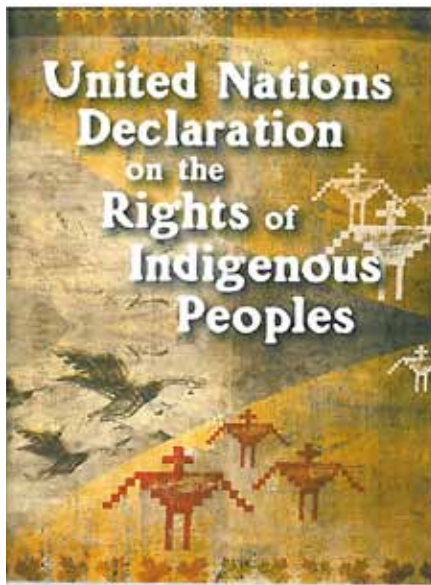
Barb has two daughters (Sheila and Betty), 7 grandchildren, and 8 grandchildren. Barb grew up on Seabird Island and attended the day school.

As she was busy helping her mom at home, she didn’t get to attend school full time. She recalls they would leave home at 6:00 AM to walk to school at the front entrance of Seabird. Often throughout the day, the teacher would make them pack water from the old bridge into the school. Usually they wouldn’t get home until 6:00 PM. During her years of growing up and helping her mother, Barb recalls doing a lot of canning. They would pick fruit from the many fruit trees and can cherries, apples, blackberries and other fruits.

After leaving school, Barb worked for a bit in the local hop fields and also at Coqualeetza. She chuckled as she recalled how she was fired from Coqualeetza when they discovered her actual age was 15! She left Seabird and moved to Langley where she married Chester Miller and consequently lost her status. During her marriage, she was a gill net fisherman in Langley. After losing her husband, she returned to Seabird. Barb later married Johnny Chapman (Ruby Creek) and together they had a daughter. The relationship had its challenges and Barb left Seabird to work in Ashcroft. Though she held various positions in the hotels, she really enjoyed being a cook.

Today, Barb enjoys canning, making special dinners (ie. Birthday dinners); making yeast bread (we are all know how yummy her yeast bread is); travelling, sewing, knitting and crocheting! Barb has been a member of the Seabird Island Elders Group and travelled to Alaska (4 times) and Hawaii with them. She really enjoys the Elder outings: ie..lunches, dinners and visits to other Elders groups.

Barb has had cancer 4 times between 1994 and 2000 and has beat it every time! She has been cancer free now for 11 years. Barb’s message includes how she would like to see people take pride in their property and homes. If we could only realize the impact it has on how people view our community as well as First Nations people, it would be worth the extra time and effort to take care of it.



United Nations Declaration on the Rights of Indigenous Peoples

The General Assembly,

Guided by the purposes and principles of the Charter of the United Nations, and good faith in the fulfilment of the obligations assumed by States in accordance with the Charter,

Affirming that indigenous peoples are equal to all other peoples, while recognizing the right of all peoples to be different, to consider themselves different, and to be respected as such,

Affirming also that all peoples contribute to the diversity and richness of civilizations and cultures, which constitute the common heritage of humankind,

Affirming further that all doctrines, policies and practices based on or advocating superiority of peoples or individuals on the basis of national origin or racial, religious, ethnic or cultural differences are racist, scientifically false, legally invalid, morally condemnable and socially unjust,

Reaffirming that indigenous peoples, in the exercise of their rights, should be free from discrimination of any kind,

Concerned that indigenous peoples have suffered from historic injustices as a result of, inter alia, their colonization and dispossession of their lands, territories and resources, thus preventing them from exercising, in particular, their right to development in accordance with their own needs and interests,

Recognizing the urgent need to respect and promote the inherent rights of indigenous peoples which derive from their political, economic and social structures and from their cultures, spiritual traditions, histories and philosophies, especially their rights to their lands, territories and resources,

Recognizing also the urgent need to respect and promote the rights of indigenous peoples affirmed in treaties, agreements and other constructive arrangements with States,

Welcoming the fact that indigenous peoples are organizing themselves for political, economic, social and cultural enhancement and in order to bring to an end all forms of discrimination and oppression wherever they occur,

Convinced that control by indigenous peoples over developments affecting them and their lands, territories and resources will enable them to maintain and strengthen their institutions, cultures and traditions, and to promote their development in accordance with their aspirations and needs,

Recognizing that respect for indigenous knowledge, cultures and traditional practices contributes to sustainable and equitable development and proper management of the environment,

Emphasizing the contribution of the demilitarization of the lands and territories of indigenous peoples to peace, economic and social Progress and development, understanding and friendly relations among nations and peoples of the world,

Recognizing in particular the right of families and communities to retain responsibility for the upbringing, education and well-being of their consistent with the rights of the child.

Considering that the rights affirmed in agreements and other constructive between States and indigenous peoples some situations, matters of international

interest, responsibility and character,

Considering also that treaties agreements and other constructive arrangements and the relationship they represent, are the basis for a strengthened partnership between indigenous peoples and States,

Acknowledging that the Charter of the United Nations, the International Covenant on Social and Cultural Rights² and the International Covenant on Civil and Political Rights,² as well as the Vienna Declaration and Programme of Action,³ affirm the fundamental importance of the right to self-determination of all peoples, by virtue of which they freely determine their political status and freely pursue their economic, social and cultural development,

Bearing in mind that nothing in this Declaration may be used to deny any peoples their right to self-determination, exercised in conformity with international law,

Convinced that the recognition of the rights of indigenous peoples in this Declaration will enhance harmonious and cooperative relations between the State and indigenous peoples, based on principles of justice, democracy, respect for human rights, non-discrimination and good faith,

Encouraging States to comply with and effectively implement all their obligations as they apply to indigenous peoples under international instruments, in particular those related to human rights, in consultation and cooperation with the peoples concerned,

Emphasizing that the United Nations has an important and continuing role to play in promoting and protecting the rights of indigenous peoples,

Believing that this Declaration is a further important step forward for the recognition, promotion and protection of the rights and freedoms of indigenous

United Nations Declaration on the Rights of Indigenous Peoples Continued...

peoples and in the development of relevant activities of the United Nations system in this field,

Recognizing and reaffirming that indigenous individuals are entitled without discrimination to all human rights recognized in international law, and that indigenous peoples possess collective rights which are indispensable for their existence, well-being and integral development as peoples,

Recognizing that the situation of indigenous peoples varies from region to

region and from country to country and that the significance of national and regional particularities and various historical and cultural backgrounds should be taken into consideration,

Solemnly proclaims the following United Nations Declaration on the Rights of Indigenous Peoples as a standard of achievement to be pursued in a spirit of partnership and mutual respect:

Article 1

Indigenous peoples have the right to the full enjoyment, as a collective or as individuals, of all human rights and fundamental freedoms as recognized in the Charter of the United Nations, the Universal Declaration of Human Rights⁴ and international human rights law.

As requested by Chief Clem Seymour more Articles from the United Nations Declaration on the Rights of Indigenous Peoples will follow in future issues of the Seabird Yoo Hoo.

Seabird Island hosts Species at Risk Forum

On November 2, 2011, Seabird Island Economic Development hosted a regional Species at Risk Forum entitled “Species at Risk Stewardship Practices on the South Coast”. The Forum was designed to provide First Nations and other local Land and Resource Managers in the Fraser Valley with updates on a range of species at risk stewardship initiatives and practices. It also provided an opportunity to discuss issues, challenges and resource needs for species at risk conservation efforts, as well as the potential for collaboration and capacity building.

The facilitator for the session was Pamela Zevit, from the South Coast Conservation Program (SCCP). The agenda was packed and included the following presentations.

- South Coast Conservation Program – Background, recent projects and resources (Pamela Zevit)
- Oregon Forest Snail – Research and conservation (Karen Steensma, Trinity Western University)
- Pacific Water Shrew – Inventory, habitat restoration and management (Chris Lee, Aquaterra Environmental)
- Cultus Pygmy Sculpin – Recovery and management (Patricia Woodruff)
- Integrating species at risk into aquatic habitat restoration and planning (Matt Foy and Dave Nanson, Department of Fisheries and Oceans)
- Salish Sucker – Recovery and management (Mike Pearson, Pearson Ecological)
- Invasive species and species at risk management (Jeanne Hughes, Fraser Valley Invasive Plant Council)
- Oregon Spotted Frog – Recovery and management (Monica Pearson, Balance Ecological)

Both Cheam First Nation and Seabird Band were able to provide the audience with perspective on issues and challenges

faced in First Nations communities, as well as the need to incorporate Traditional Ecological Knowledge into conservation practices.

It was a tremendous opportunity for Seabird Island to network with those involved in species at risk work, and to reinvigorate its participation in local projects. The contacts established with key groups and individuals will assist Seabird with establishing partnerships that will begin to address the community’s ecological restoration wishes.

For further information on the Forum, or on Seabird Island’s ecological restoration work, please contact Jay Hope, Research Director at the Administration Offices either by stopping by in-person; email jayhope@seabirdIsland.ca ; or phone, 604.796.6866.



Figure 1: Monica Pearson, Balance Ecological addresses the Species at Risk Forum on November 2, 2011 at Seabird Island. Monica spoke to issues and provided updates on

Our Reserve Lands, Our Backyards

In 2009, when the community of Seabird Island accepted the Land Code with a “Yes” vote, it shifted responsibility for Reserve Lands Management to Seabird Island Band. No longer were decisions about reserve lands to be made in Ottawa [Indian and Northern Affairs Canada (INAC)]. Seabird Island Band has been working on the transfer of this responsibility from Ottawa to Seabird Island. As a result, Seabird is becoming solely responsible for its own reserve lands.

The Environmental Site Assessment (ESA) work has been part of this transfer of responsibility. Through the ESA, INAC (now Aboriginal Affairs and Northern Development) has been assessing the state of the reserve lands as it had been prior to the Land Code. Before they transfer complete responsibility to Seabird Island, they want make their best efforts to “clean-up” essentially what was their responsibility.



Figure 1: Seabird Crew sifts and sorts through a “Dump Site” located along the CPR access road, on the northern end of Seabird Island, as part of the ESA work. (October 2010)

However, moving forward one of the issues we keep running into is the continued “Dumping” of garbage, household material and recyclables on the Reserve Lands. Identification of the waste piles, location and contents, indicates some of the refuse is originating from Seabird.



Figure 2: Dump Site located on No. 6 Road. Items include household waste, toxic chemicals, fishing nets, plastics, metals, woody debris. As a concentrated pile, contaminants are leeching into the soils and water. Some may eventually make it into Seabird’s water supply, endangering human health. (May 2011)

Without pointing fingers at anyone, we as a community need to put a stop to this practice of disposing our waste materials on our Reserve Lands. The Reserve Lands are our backyards. The waste materials include plastics, metals, toxic chemicals, woody debris and other material. The environment simply cannot handle this material. Contaminants leech into the soils and water and potentially affect human health.



Figure 3: Cleaned Up “Dump Site” located along Ewalooth Road. Toxic chemicals, plastics, metals and household waste were removed. Site is sensitive because at high water time, the water seeps to the ground surface, carrying contaminants further away from the site. (May 2011)

What appears to be needed is the implementation of an education program on the issue of “Dumping” provided to both the community and outsiders. While implementing an education program to outsiders may prove to be challenging, educating our own community may prove to be equally challenging if there is not a “buy in” factor from the community.

As First Nations people, we are often referred to as “Stewards of the Environment”. This comes from the connection to the land and its resources on which we have traditionally relied. If we really are caretakers of our environment, we need to do what we can, as individuals, families and a community to treat our Reserve Lands with respect and honor.

Let’s re-incorporate our sense of pride and esteem. Let’s treat our Reserve Lands right so our children’s grandchildren will have a clean and healthy environment in the future.

If you have any questions or concerns, please see me at the Administration Offices.

- Jay Hope, Research Director



the SEABIRD Island
YOO HOO
Because news isn't all bad or boring!

**Are you a Seabird Member living off reserve?
Feeling left out of the loop?**

Want to receive the Seabird Monthly Newsletter?

Contact Sandy Bobb to apply to receive your monthly issue by mail or e-mail.
Phone: 604-796-2177 • **Direct:** 604-796-6838 • **E-mail:** sandrabobb@seabirdIsland.ca

Jakes Construction relationship with Seabird Island

Since 2007 Seabird has been involved with the Interior to Lower Mainland BC Hydro project. Throughout the years and many meetings with BC Hydro, Seabird had discussed ways to be a part of the construction. During these meetings Hydro recommended to Seabird that it should partner with a company that could assist in developing skills to do the works and manage contract obligations.

Jakes Construction provides many years of experience in land clearing work. Most of the projects executed by them start off with the clearing and grubbing of the land where the project is to take place. Through the years they have performed clearing and grubbing work for highway projects, subdivision developments and utility right-of-ways. With Jakes equipment fleet including various-size excavators and articulated trucks and their labour pool consisting of many experienced operators and personnel, Jakes is well suited for this kind of work. Jakes also has access to unlimited outside equipment sources, like skidders, logging trucks, bin trucks, front-end loaders, road builders, butt-n-top log loaders, etc.

Stqó:ya Construction was formed with intent to create a partnership with Jakes Construction. Stqó:ya Construction now has the capability to undertake any right-of-way clearing and grubbing work that is required for any utility and civil construction projects. In Stqó:ya's partnerships it has obtained all the equipment and expertise to complete any aspect of clearing grubbing, falling, bucking, sorting, hauling, marketing, tree planting, road maintenance, etc.

As a result of all the meetings and negotiations Seabird was able to secure a \$2,000,000.00 contract to do Right of Way clearing. At this time it is unsure when the actual work into commence as the Flatiron/Graham has not committed to signing the contract with Hydro. We are hoping the Spring/Summer of 2012 that construction will start. Which leaves a number of months to do the necessary training and hiring.

If anyone is interested in work, please submit a resume to the Economic Development Department. There will be training starting in the New Year.

Seabird Land Use Planning Community Meeting

On November 15, 2011, we hosted over 50 people at the Land Use Planning Community Meeting. There were 47 people who signed in at the meeting. The evening began at 5:00 PM with approximately 75 parents and children sharing a meal. The child minding area was a success as we had just over 20 children in the boardroom with Yvonne and Brianna Harry supervising.

Daniel Millette (Manager of Strategic Planning and Policy) of the Lands Advisory Board began the meeting with a power point presentation. This gave the audience an overview of the process that Seabird is now undertaking. After the presentation, community members asked important questions and voiced their concerns regarding the project.

One of the questions asked by one of our youth was have we looked at other communities that have already gone through this process? To some extent we have. We are in constant contact with Val Sam, the former Tzeachten and Sto:lo Nation Lands Manger. She is currently a member of the Lands Advisory Board.

One of the concerns raised was that there is too much talk and not enough action. It is evident that there is a certain amount

of frustration and/or anxiety that accompanies this. In spite of this, however, there seems to be a willingness to be a part of the process and people are looking forward to the next steps.

Upon completion of Daniel's presentation, everyone completed a Land Use Plan Community Survey. Those that completed a survey have had their name entered to win a PS3. We plan to go out and get door to door surveys in the near future.

Unfortunately we were not able view the Community Video, but will ensure that it will be on the next meeting's agenda. The Seabird Lands ~ Facebook page was successful in promoting the meeting, as we had people register on this page. We will continue to utilize social networking to inform people of upcoming meetings.

Once the information from the survey is compiled, the second step will take place to move us forward. Future Land Use Planning Meeting is set for the New Year, January 2012 (date to be determined).

The PRIZES

Filling out a Survey and bringing it into Sally Hope will qualify you to win the PS3. The deadline for this is December 15, 2011.

Attending the meetings will qualify you each time you attend the meeting for the iPad at the end of the 4th meeting in March 2012. Registration for meetings will help determine numbers to ensure there is enough catering for all who are attending....

Other Meetings with the Community that will be happening are with the Sustainable (Comprehensive) Community Plan, and Environmental Management Plan that will all need your help, input, stories, concerns, suggestions.

We look forward to continue working with the community on building a better, safer future for Seabird Island Band.

The lucky winners of the door prizes were as follows:

Tanisha Jack – Wal-Mart Gift Card
Valerie Pettis – Domino's Pizza Gift Card
Danielle Gabriel – Wal-Mart Gift Card
Lyle Bobb – I-tunes Gift Card
Michelle Thomas – Pizza
Donna Andrew – Pizza

*Special thanks to Angie C for donating the pizzas!

Thank you
Sally Hope

Seabird Leasers

Seabird Leases lands to companies and individuals that are a part of the agricultural community. It has been noticed by our leasers and concerned community members that some theft of their crops have been happening along with reselling these products to community members.

In previous years, the farmers have always been supportive of Seabird community members by providing potatoes and carrots to the Community Christmas Dinner, Food Hamper and have provided the school with pumpkins for carving and baby carrots for snacks. They have even gone as far as inviting the Elders and Youth to visit their production plant during times of operation.

It has also been noticed that other communities have been coming here to take from the fields at various times of the year, and especially during times when farmers are spraying their fields. This does pose a danger to those who are out there, and unaware of any harm that this can do to them.

The name and reputation Seabird Island is getting from this happening it is not a favourable one, and is deterring other investors. The Lands Advisory Committee is working to ensure the safety of the individuals along with the invested time Leasers have been putting into their production. Please do help Seabird build a good reputation by protecting those who are investing in your community.

Leaseholder	Crop	Lease expiry date	Rate	Acres
			Per Acre Per Year	
Corner's Pride 55 Acre	forage corn	2016	\$ 300.00	55
Corners Pride 95 acre	grass	2016	\$ 180.00	95
Corner's Pride 118 acre	grass	2016	\$ 300.00	118
Corner's pride 185 acre	grass/forage corn	2016	\$ 180.00	185
Canadian Farm 47 acres	carrots	2013	\$ 300.00	47
Tom Leitz	raising horses	2011	\$ 200.00	16
Canadian Farms 162 acres	carrots/potatoes/parsnip	2015	\$ 300.00	162
Ono's Farms 129 acres	tulip bulbs	2015	\$ 325.00	129
Gro-Rite Supply 130 acres	nurse stock	2011	\$ 300.00	130
John Gullicker 53 acres	raspberry	complete	\$ 300.00	43
Gro-rite supply 106 acres	nurse stock	2011	\$ 200.00	106
Evergreen Propagators 293acres	nurse stock	2011	\$ 300.00	293
Jakes 10 acres behind gas bar	gravel processing	2012	\$ 300.00	10
Jakes 12 acre Whaleach Rd.	gravel processing	2013	\$ 240.00	12
Total acres				1401
The above list is a summary of companies that are leasing lands. Type of products they are growing.				
The length of the lease and rate they are paying along with amount of land they are using.				
If anyone would like to learn more about the list please come by and I would be happy to speak about this.				
Brian Jones				



TOILET TRAINING

There is no set age for toilet training.

Toilet training can be a positive experience. Your child will discover a new skill and feel a sense of accomplishment. *Start only when your child shows you he/she is ready.*

When is a child ready?

Most children learn to use the toilet between the ages of 24 and 48 months. Staying dry all night often takes longer, sometimes up to six years of age or older.

Your child may be ready for toilet training if you answer 'yes' to most of these questions:

- Does your child stay dry for a few hours at a time or occasionally wake up dry after a nap?
- Does your child know when he is about to urinate or have a bowel movement?
- Can he/she follow simple directions such as "Let's go to the toilet?"
- Can he let you know when he needs to use the toilet?
- Is your child able to pull down pants and underwear without help?

The final step is an ability to communicate. Your child should be able to follow simple directions and communicate basic needs, such as "I am hungry" or "Come to the bathroom."

Remember that toilet training is not about the parent being sensitive to their child's body and then placing them on the potty in time. Toilet training is the child learning to:

- Recognize when she is about to urinate or have a bowel movement;
- Communicate what is about to happen and seek your help if necessary; and
- Control that urge until she gets seated on the potty.

Your child is ready for toilet training when he or she is willing, physically

Continued on pg. 11

New Mentor at AESS

Ey Swawel!

Mamot tel skwix, li te Sts'ailes kw'els sta. My name is Mamot, also known as Michelle Victor, I live in Sts'ailes. I am a mother of two beautiful children; I have been trained as a Youth Counselor as well I have taken university classes in regards to education.

I would like to introduce myself to you as I am the new Aboriginal Mentor for Hope Area Transition Society and I will be working at Agassiz Elementary Secondary School. I will be in the school 8am to 3:30pm each day except for Wednesday's when I will be in Hope at the H.A.T.S office for administrative work.

Are you wondering what is an Aboriginal Mentor and what do they do? Well I will give you a little bit of information in regards to my position.

ABORIGINAL MENTORSHIP PROGRAM

Research shows Mentoring:

- Increases Self Esteem
- Increases academic success
- Increases school attendance
- Reduces the risk that students will abuse drugs and alcohol
- Reduces missed classes
- Increased connection to the community

Who needs a Mentor?

All young people can benefit from positive role models. Mentoring provides social and emotional support to First Nation students within the school. Many challenges are faced by our young people and mentorship can make a difference.

Aboriginal Mentors in school provide a safe, positive outlet for young people to openly express what they

are thinking or going through and offers suggestions and tools for meeting the challenges of young people in school.

Mentorship

The in school Aboriginal Mentor is dedicated to providing and exploring safe, culturally appropriate mentoring services for Aboriginal Youth.

The mentor provides individualized social and emotional support services, resource referrals, direct services to enable supports, resilience (leadership and relationship based). Referrals to see this worker can be received from several points including First Nations Support Workers, teachers, school administrator's school counselors, bands, parents and self-referrals.

If you have any questions, I would be pleased to answer them. If you would like more information or would like to meet with me please contact me at the numbers listed below.

I look forward to meeting with you and your students!

Thanks, Michelle Victor
Aboriginal Mentor – AESS
Hope Area Transition Society
604-869-5111 (office) 604-796-2238 (AESS)
michelle@hopetransition.org

PARENTING WORKSHOPS Seabird Island Band

MORNING AND EVENING WORKSHOPS

DATES & TIMES:

Nov 14 & 28/11 @ 10 am

Dec 5 & 19/11 @ 10 am

Nov 29/11 @ 5:30 pm

Dec 13/11 @ 5:30 pm

WHERE:

Community Health room, Seabird band office

Honoring our children
ourselves and others.

We have an effect on
the next seven
generations.

Housing Tip:

Furnace filters should be replaced!

Measure your filter in your furnace in inches, first the width, then the length, then the height.

You can find these at many places, including Walmart. Walmart has generic ones for only \$4!

Changing your furnace filter ensures that the air circulated through your furnace is clean. Filters are recommended to be replaced every 3 months!



Donna Watson
Family
Development
Worker

Phone: 604-796-2177
Direct: 604-796-6863

SEABIRD ISLAND SCHOOL

GOOD THINGS HAPPEN AT SEABIRD Island SCHOOL

1. The Kindergarten students are learning to read. They have a great time reading to and being read to by their buddies.
2. High school attendance awards for October were given out to 28 students. Recognition was also given out for A's and B's on report cards.
3. Our students all participated in the Remembrance Day ceremony. They made wreaths, sang songs, and gave presentations. They were congratulated by our visiting veteran, Mr. Ned, on how well they were behaving.
4. High school report cards have been sent out. Please contact school to make an appointment to meet with the teachers of your child.
5. Science 7/8 have been composting this month. They have restarted the school composter and have created small composters to see how food actually breaks down and turns to earth.
6. 4 high school students, Doreen McIntyre, Danielle Alexander, Brandi McNeil and Darian Peters were sent to an Aboriginal Student Leadership Conference in Langley. They had a great time and learned a lot about being a leader.
7. Elementary school report cards will be going out on Dec. 2nd
8. The Grade 5/6 and 7/8 are going to Science World on Dec.6th
9. Christmas concert is on Dec 7th starting at 1 pm.
10. Student Christmas Dinner is on Dec 16th



*Seabird Island Community School Math 11/12
We thank our teacher, Golda David, for her great teaching.*

TOILET TRAINING continued...

capable of controlling elimination, and able to communicate and ask for help.

Do not pressure your child to use the toilet. Rushing the process may make it more difficult and frustrating for both of you. Be patient - your child is learning a new skill.

Here are some suggestions to help your child start using the toilet:

- Wait for a stable time in your child's life to get started.
- Use reminders, such as "It is potty time."
- Give praise for action, such as "It is great you went pee in the potty chair" rather than "good girl."

- Encourage your child to sit on the potty chair. Keep the potty chair next to the toilet.
- Children are also often frightened by a flushing toilet so be sensitive to this when you empty the potty. Strange toilets often frighten young children. Pack the potty along until they are comfortable using the bathroom away from home.

Helping Your Child Succeed

During the first year, bowel and bladder training are easily disrupted. Changes, such as moving to a new house, starting playschool, or especially experiencing the arrival of a new baby, can send a toddler back to diapers. Praise your

child's efforts and try not to be upset over accidents. With this kind of acceptance, your child will try to use the toilet again after she adjusts to any changes in her life. Accidents will happen. Even older children forget to use the toilet, especially if they are sick or very involved in play. Always carry a spare set of clothes.

Call your doctor or health professional if your child does not use the toilet during the day by 4 years of age or continues to soil pants after 5 years of age.



On Wednesday, November 7th, A-PALS “Aboriginal Parents as Literacy Supporters” held their first gathering. Nine families attended with a total of thirteen children within the age of 3 – 6 years old.

Staff were on hand to greet families as they arrived at the Mill Hall. An opening prayer began the evening. Everyone enjoyed delicious spaghetti dinner with all the trimmings. “Elders in our Community” was the theme for the evening. Parents had a circle with Carlene, while children played in another room with Staff. Children and their parents enjoyed several art stations prepared by staff. Each child was given a book, bag, and art when they went home. Sharon Joe our Preschool Elder was in attendance and enjoyed the evening.

Our next A-PALS is Wednesday, December 7th 4:30 – 7:30pm. We look forward to seeing all Community Members with children aged 3 – 6 years old.

Please call Carlene, if you need further information. 604-796-3463

Seabird Island Early Childhood Programs and Community School

Aboriginal Parents As Literacy Support (A-PALS)

YOU ASK : What is A-PALS?

A-PALS program is a 7 session program for families with children 3-6 to encourage and support the literacy development of their child’s learning; including language, literacy, numeracy through cultural and traditional teachings from parents, elders, language teachers and early childhood educators.

Parents are always the 1st and most important teachers- we will be providing parents and families with the resources to enhance and develop their children’s self esteem through fun, and educational experiences.

A-PALS- will run once a month for 7 months with sessions including the following:

- Elders in the community
- Taking care of mother earth
- 2 legged , 4 legged, finned and feathered
- Knowing who you are and where you come from
- Oral Tradition
- Tradition, Protocols and Ceremony
- Family and Community

OPEN TO FAMILIES WITH:

- Children enrolled in SI Preschool
- SI Kindergarten children
- SI community members with children 3 yr old-kindergarten living on or off res

Session 2 : December 9th

1st Wed of each month to follow

Time: 4:30-7:00pm

Location: Millennium Hall

Agenda

4:30-5:00- Dinner

5:00-5:30- Group Circle

5:30-6:00 Parent discussion

6:00-6:45 Family Activities

6:45-7:00 Closing Circle/ home give aways

Transportation is available if required upon prior request

For information please contact

Carlene Brown, Early Childhood Programs Supervisor

Call 604-796-3463

email- carlene@seabirdisland.ca



Phone: 604-796-2177
Direct: 604-796-6838
Website: www.seabirdIsland.ca
E-mail: sandrabobb@seabirdIsland.ca

Are you a Seabird Member living off reserve looking for a copy of the Seabird Monthly Newsletter?

Each issue as well as past issues are posted on the Seabird Website: www.seabirdIsland.ca or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb; Communications Officer & Graphic Designer, by phone at 604-796-6838 or e-mail sandrabobb@seabirdIsland.ca



FOR ADVERTISEMENT RATES PLEASE CALL SANDY. (pre-paid, please)

SUBMISSION DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Someone So Small

December 2011



CELEBRATE

- * Celebrate every major milestone and small victory in your child's life.
- * Celebrate with rhymes and lullabies to build children's language skills and lay the groundwork for reading and writing.
- * Celebrate your dreams and interests with your child.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Someone So Small Seabird 10-1130am	3
4 Have an arts & crafts day –make holiday cards with your children.	5	6 Dance, sing & laugh with your children.	7	8	9 Someone So Small Seabird 10-1130am	10
11	12 Decorate your house for the holidays!	13	14 Have an indoor picnic, invite a friend & bring a teddy bear.	15	16 Someone So Small Seabird 10-1130am	17
18 Enjoy family meals together.	19	20 Enjoy the time you spend with your child—they grow up quickly.	21	22	23 No Program	24
25 Christmas Day	26 Boxing Day	27	28 Enjoy some quiet time with your child or partner	29	30 No Program	31 New Years Eve

Seabird Preschool

The months have gone too quickly since the first day of classes at the Preschool.

The Fours Program has been busy the past month. The children made a Remembrance Day wreath with Kwosel, of which they took turns carrying to the band office with all the children from the Community School. Staff were very proud of our children.

Library trips to Agassiz are twice a month. Terrill, the Librarian often reads to the children.

Lauren Hayden organized the “Buddy Reading”. Six children come from the Community School each Tuesday to read with the Preschoolers.

Language Nest continues to have a high enrollment. The children enjoy learning their language through the many activities with Malila and Jonny.

A-PALS “Aboriginal Parents as Literacy Support” had a successful first gathering on Nov. 9th.

Dec.7th will be the second gathering at the Mill Hall. Community families with children ages 3 – 6 years are welcome to attend. 4:30 pm start with dinner, and 7 pm end with good byes. The staff look forward to seeing you there.

Christmas Concert - Wednesday, December 7th at 1 pm

A-PALS - Wednesday, December 7th 4:30-7pm

Meli Kelésmes Xá;ws Sílolem



Housing

Housing Waitlist December 2011

HOUSING APPLICATIONS REMINDER:

Housing Applicants must renew their applications by JANUARY 1st, or they will be removed from list.

Please renew between NOVEMBER 20 & DECEMBER 31 prior to JANUARY 1st to remain on the wait list.

NOT be placed into a rental unit, as Noted:

If you have outstanding debt to the band, you will per housing policy.

Questions: Contact a member of your housing team!

1 bedroom		2 bedroom		3 bedroom	
1	16072010-20	1	02222010-2019	1	8142009-3019
2	16072010-021	2	09082010-2028	2	10292009-3026
3	01102010-023	3	11152010-2029	3	11252009-3028
4	10012011-024	4	11172010-2030	4	01012010-3030
5	1202011-025	5	01042011-2031	5	03082010-3034
6	28022011-026	6	02022011-2032	6	03152010-3035
7	30032011-027	7	02102011-2033	7	04212010-3038
8	05162011-028	8	02212011-2034	8	04212010-3039
9	07062011-029	9	02282011-2035	9	10052010-3040
10	07282011-2040	10	04142011-2036	10	16112010-3043
11	07282011-2041	11	05162011-2037	11	040112011-3044
12	08052011-2042	12	07082011-2038	12	10012011-3045
13	08122011-2043	13	07282011-2039	13	3112044-3046
14	09212011-2045	14	07282011-2040	14	02022011-3047
15	10212011-2044	15	0852011-2041	15	01032011-3048
16	11232011-2046	16	08052011-2042	16	08032011-3049
		17	08122011-2042A	17	08032011-30491
		18	08182011-2044	18	21032011-3050
		19	09212011-2045	19	28032011-3051
		20	10202011-2046	20	12052011-3052
		21	11012011-2047	21	07062011-3053
				22	08282011-3054
				23	10202011-2046
				24	31102011-3055
				25	11012011-2047
				26	15112011-2056

Don't know your number?

Contact Stacy McNeil to see where you sit on the waitlist!



Mental Health Chicken Soup

Christmas is fast approaching. You may be invited to a lot of social gatherings and the alcohol is served. You just decided to quit drinking or just came back from treatment center. What can you do and how are you going to prevent relapse and stay on your recovery road?

Here are some tips that may be helpful for you. You might choose one or more to practice on daily basis or consult with your counsellor for your personalized relapse prevention plan in general or for the holidays.

1. Practice what you will do or say so you do not worry about what to do under pressure. You can stay confident and in control.
2. List at least 3 different options for the situation. In case one does not work, you can try the second one.
3. For example at dinner party with families and friends, and the alcohol is served. You can carry a non-alcohol drink with you to avoid being pressed to drink. And have answers ready to response, such as:

"No, thanks, I do not drink anymore."

"No, thanks, I am driving."

"No, thanks. I am on diet."



4. Agree with your partner/ spouse ahead of time that you will leave the gathering if you feel uncomfortable.

On the daily basis, you may also like to try to list some circumstances that are high-risk for you and for each high risk situation think of at least 3 plans you can do to handle the situation so you will not start to drink or use to feel good and to help you stay on your recovery road.

However, if you do "slip", **DO NOT GIVE UP**. You can still do something to regain control and prevent a slip from a full relapse. Such as list how you feel about relapse ahead of time and record feelings and list the best way for you to handle those feelings and how you would stop drinking or using. If you have hard time to make the list, please feel free to consult with your counsellor and let them help. Have a nice and safe holiday. Merry X'mas!!

Your wellness counsellor. Peggy Yu from Wellness Center



New Staff



I'm Cheri Klotz born in Vancouver and moved to the Fraser Valley 15 years ago in 1996, the year of the big snowfall. I am married with a 14 year old son. When I'm not working I love to spend time with family and friends, boating & camping. I am glad to be a part of the Seabird Island team. I bring with me many years of experience in accounting &

bookkeeping areas. I will be assisting Lisa Mason in Accounts Payable. I will try to help whenever I can just be patient with me, there is lots to learn. I have been given a warm welcome by many smiling faces, far too many to remember. Thank you.



Ashley Irwin
Speech-Language Assistant

Hello, my name is Ashley Irwin and I am thrilled to be employed with Seabird Island Band as a Speech Language Assistant. I have obtained a Communicative Disorders Assistant certificate as well as a Bachelor of Arts in Applied Linguistics, Speech and Language Sciences. I recently

moved to British Columbia from Ontario with my sister and we are very fortunate to live in such a beautiful area. I feel privileged to have this wonderful opportunity and am looking forward to my new adventures with Seabird Island Band!



Monica Nahwegahbow,
Speech-Language Pathologist:
Ey Swayel/Aanii! My name is Monica Nahwegahbow; I am Anishnaabe from the Manitoulin Island area of northern Ontario. I am honored to be employed as the Speech-Language Pathologist for Seabird Island Band and Supervisor of the Ey Qwal Speech & Language Program. I

have worked as a speech pathologist in both the education and health areas since completing graduate studies at the University of Vermont in the US in 1991. I was in private practice for several years with the First Nations of the Manitoulin Island area prior to the move to British Columbia. My daughter and I are enjoying this very beautiful part of Mother Earth and are looking forward to learning more about the culture and language of this area. I am grateful to have this amazing opportunity to work for our people.

Miigwech – Kwas hoy for welcoming us to your community!

SIB Employment Opportunity

Position Title: Infant Senior Educator
Department: Health and Social Development
Responsible to: Early Childhood Program Supervisor

Under the direction of the ECD Manger, the Infant Senior Educator will plan and implement the daily care and education of the children enrolled in the Seabird Island Daycare Centre, under direct supervision of the Early Childhood Program Supervisor

Education / Qualifications:

- Infant/Toddler Certificate and Licence to Practice
- Early Childhood Education Certificate and License to Practice
- Experience working in a daycare setting
- Supervisory skills and experience
- Valid Safety orientated First Aid Certificate
- Valid B.C. driver's license with reliable transportation
- Good written / oral communication and computer skills
- Physically and emotionally capable of carrying out the duties of the position
- Awareness and knowledge of Sto:lo traditional culture, traditions and language is an asset
- Satisfactory Criminal Record clearance
- Ability to develop and maintain a warm, caring, responsive positive relationships with parents, children and co-workers
- Ability to maintain confidentiality in regards to children, families and staff members
- Respect for Seabird Island First Nation rights and entitlements

Primary Responsibilities:

- Planning and implementation of a developmentally appropriate curriculum, which includes fieldtrips /special events, newsletters etc.
- Supervision of Staff which includes ensuring that the daily routines and tasks required throughout the program are completed by staff
- To develop and maintain a positive relationships with the parent of the children in care

Wage: In accordance with ECE salary scale. Up to 35 hours/week.

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

Interested individuals are required to submit a resume and covering letter with 3 letters of reference to:

Human Resources - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0
Phone 604-796-6814 Fax 604-796-3729
humanresources@seabirdisland.ca

DEADLINE – Wednesday December 7, 2011 at 4:00 p.m.

Halq'emeylem Cross Word

S	Q	M	W	N	E	T	'	I	:	L	E	M
B	H	R	V	T	'	C	Y	X	U	Z	I	E
:	A	X	O	P	S	S	I	:	L	E	D	'
F	K	G	W	L	J	H	:	K	G	H	D	W
J	O	D	A	H	D	E	T	U	I	'	X	K
Q	P	R	T	L	E	X	W	T	E	L	H	:
Y	U	P	H	A	P	Y	B	E	T	Y	I	O
F	R	I	E	N	D	W	E	G	O	O	D	X
:	I	M	E	'	Q	A	'	Q	N	I	C	E
Q	M	E	R	R	Y	K	H	F	W	C	K	O
X	C	H	R	I	S	T	M	A	S	A	:	P
U	Y	I	Y	E	Q	'	Z	Y	U	P	L	S
A	T	X	W	H	A	K	Y	F	W	A	L	A

Q'ÁQ'EMI

- 'LITTLE GIRL'

SÍ:LE

- "GRANDPARENT"

T'Í:LEM

- 'SING'

XÓ:KW'EM

- 'BATH'

YÍYEQ

- 'FALLING (OF SNOW)'

KOPU

- COAT

SHXWHEYEQWALA

- FIREPLACE, FIRE PIT IN HOUSE

LÉXWTEL

- BLANKET

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

ADVERTISEMENT RATES

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

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

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

Advertisement rates (per issue) for organizations:	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color 1/2 page (8x5 or 10x4)	\$37.50	\$61.25
Full color 1/4 page (4x5)	\$18.75	\$30.63
Full color bus card (2.5x 3)	\$9.50	\$15.31
Greyscale page (8 x 10)	\$20.00	\$25.00
Greyscale 1/2 page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale 1/4 page (4x5)	\$10.00	\$15.00
Greyscale bus card (2.5x 3)	\$ 8.00	\$10.00

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

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

AGREEMENT

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

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

DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Sandy Bobb

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdIsland.ca

E-mail: sandrabobb@seabirdIsland.ca

December 2012

FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Center Band Members: FREE Community: \$1 Non-Community: \$2 drop in <small>Please note the fitness center is closed between 4pm-5:30pm (Fridays close at 4 for the day)</small>				
ELDERS FITNESS 10AM-11 AM	OPEN 8AM-4PM; 5:30PM-8PM	ELDERS FITNESS 10AM-11 AM OPEN 8AM-4PM; 5:30PM-8PM	 OPEN 8AM-4PM; 5:30PM-8PM	OPEN 8AM-4PM
Evening Recreation in the Gym Closed for month of December				
CLOSED	CLOSED 	CLOSED 	CLOSED 	CLOSED


Fitness center closes December 15th until the new year.
All evening recreation for month of December is cancelled due to community events.

Gym Orientation: Don't feel intimidated. If you are new to the fitness gym and want to learn correct form and safe methods, contact Keena. Includes tour of fitness center and instructions on how to properly use the equipment. 18+

Fitness Center


Blurbs:

- All evening recreation is cancelled for the month of December due to community events.
- Fitness center will close Dec 15th until the new year.
- Fitness center is free for BAND members only, 581 status cards may need to be shown for free admittance. Community members are \$1.



OOSC 2011

Christmas Holiday Activities



Time	Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
a.m.	Sign in, quiet games In-house activities	Sign in, quiet games Ice Skating 10:30am-12pm	Sign in, quiet games Wave Pool 10:30am-1pm	Sign in, quiet games Movies 12pm-3pm	Sign in, quiet games In-house activities
Lunch	(microwave available)	Bag lunch	Bag lunch	Bag lunch	(microwave available)
p.m.	In-house activities	In-house activities Upon return	In-house activities Upon return	In-house activities Upon return	In-house activities
Event Cost	\$0	\$5	\$5	\$10-\$15 TBA	\$0
Your Cost	\$0	\$5	\$5	\$5	\$0

Our daily program is open to all children ages 5-12. Those who are not already attending the OOSC must complete a registration form, available at the front desk of the band office. Program will be based out of *Lalme Iwesawtexw*. The hours are **8am-5pm**.

All fees listed above are for children living within Seabird or attending our OOSC program; any non-community members wishing to attend will be required to pay the \$20.75 (grade 1+) or \$27.50 (kindergarten) per day child care charge, along with the event cost.

For more information, please contact Stacy or Keena at 604-796-2177.

Health Comics



Community Members wanting to place a birthday greeting in the next monthly issue. Please contact Sandy Bobb at 604-796-6838 by the 20th.

Limited: to a simple "Happy birthday ____ from ____." Anything more (photos, poems,...) is subject to a small fee!

HAPPY ANNIVERSARY to Lyle and Grace Bobb on December 24th. Love you Gma and Pa, love Brooke, Lex, Ash and kids XOXOXO

Special thanks to the Travel Club. They did an awesome job catering my daughters wedding, Katie and Jason Huges. You went over and above your call of duty. From Louise George.

Moqo's / December

"Fallen snow season"

The coast salish winter villages were always regarded as the permanent houses that held traditional winter ceremonies from November until at least March. The summer camps were temporary, and the food gathering was the most essential element for survival. During the spring, summer and fall months there simply was no time for play, and very little time for traditional ceremonies

Healthy Eating Recipe Corner

Low Fat Gingerbread Men

By Fiona Haynes, About.com Guide

Cut the fat not the flavor. These gingerbread men use half the butter normally used in most gingerbread cookie recipes. Applesauce helps the cookies retain their moisture and gives them a soft texture.

Cook Time: 10 minutes

Total Time: 10 minutes

Ingredients:

- 1/4 cup butter, softened
- 3/4 cup firmly packed brown sugar
- 1/2 cup unsweetened applesauce
- 1 egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1/4 tsp ground cloves

Per serving:
 Calories 94,
 Calories from Fat 16,
 Fat 1.8g (sat 1g),
 Cholesterol 11mg,
 Sodium 48mg,
 Carbohydrate 18g,
 Fiber 0.4g,
 Protein 1.5g



Preparation:

In a large mixing bowl, beat butter, sugar and applesauce until smooth. Add egg and molasses and mix well. In another large bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well. Divide dough in two; cover with plastic wrap and chill for 2 hours.

Preheat oven to 350 degrees. Roll out dough to 1/4 or 1/8-inch thickness. Cut gingerbread men with a cookie cutter. Add candies or raisins to decorate. Place 1-2 inches apart on a parchment-lined baking sheet. Bake 10-12 minutes. Add frosting or more decorations when cool. Makes 30 cookies.

December 2011

**** 250 Client visits for the month of November ****

Winter Months



Thank you to those that have dropped off winter jackets and boots for our clothing closet. We have made those accessible to those in need on Social Assistance Day. We are still accepting clothing and items if you have any, you can drop them off at the office. Thank you for your help and support.



Job Posting Binder is updated frequently. If you need information or help filling out online applications please come in and ask for assistance.

Also, please come in to the office to update our skills database for the various employment opportunities that come to our centre.

Social Assistance: January 2012 check run will be handed out December 20, 2011. Please complete your **renewals** by Friday December 9th, 2011. If we do not have your renewals before this time, you will have to wait **2 Business days** for your cheque.



& Fortis Gas

In order to have your bills paid we require you to bring in your Hydro and Fortis Bills directly to the Social Assistance Office **every month**. Thank you.



December Office Closures:

Friday Dec. 23, 2011 time: 12:00 p.m.-4:00 p.m.
Monday Dec. 26/11 time: 8:00 a.m.- 4:00 p.m.
Tuesday Dec.27/11 time: 8:00 a.m.- 4:00 p.m.

Alexis Roper will be out of the office:
December 5th, 6th, 13th, 28th, 29th, 30th

Booking Appointments – We are getting an overwhelming number of drop-ins from clients it would make it easier to book an appointment at the front desk for Jill, Pat or Erna and Alexis.

Pat Large – appointments available Monday to Friday 9:00 a.m. to 3:30 p.m.

Jill Stauber – appointments available Monday to Friday 9:00 a.m. to 3:30 p.m.

Erna Paul – appointments available Monday to Friday 1:00 p.m. to 4:00 p.m. (afternoons only)

Alexis Roper – appointments available Monday to Friday 9:00 a.m. to 3:30 p.m.

The employment services that are provided at Seabird 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.



'Round The Rez

Community Events, Workshops & Outings

SIB ARMY CADETS

Millennium Hall - Tuesdays, 6:30 -9:30

We'd like to start training again on September 6th. Please let interested youths know as this is the perfect time to join.



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)

BOYS GROUP

Groups at the youth trailer each Monday. They are:

- 3:00pm - 4:30pm Boys 8-12
- 5:00pm - 6:30pm Teen Boys Group
- 7:00pm - 9:00pm Men's Group

Boys and Teens need to pick up form from School secretary and submit it to Patrick at the Wellness Centre prior to attending

OUT OF SCHOOL CARE

Sign up your children for Out of school care.

Open after school 3 p.m. - 5 p.m.
Monday-Friday and Pro-d days.

Pick up a registration form at the band office. See Keena McNeil for more information.

FREE TUTORING

Free one to one tutoring offered Tues and Thurs from 3:00 - 4:00, by students in the Educational Assistant program at Seabird College. Participants must be committed to attending regularly.

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



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 in the Band office.

MAMMOGRAM SCREENING



December 7, 2011

for any ladies over the age of 40.

See either Kristi or Maggie for an application to be registered.

GIRLS GROUP

Girls Groups are up and running again.

Girl's (ages 7 - 12) picked up from school at 3:00. Program ends at 4:30 pm

Youth Girl's (13 - 18) 5:00 - 6:30

Where all girls are accepted and welcome to come and join us!

Food, fun & learning !!

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

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

FOOT CARE

Foot care is at the Health Centre the 3rd Thursday of every month with Nurse Sunny.

NEXT DATE: Dec 15th 2011.

Please call Kristi at the Health Desk to set up an appointment in advance. Priority is given to elders and diabetics.

The rest of the years dates are:
- December 15th

OPTOMETRIST CLINIC

December's clinic with Dr. Ahmed is cancelled.

Dr. Ahmed has rescheduled to Jan. 4th, 5th and 6th 2012.

Sorry for any inconveniences and thank you for your patience in regards to the clinic.

Any questions or to book an appointment please contact Maggie Pettis 604-796-2177.



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, Thanks Giving, 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.

