



Community Christmas Dinner



Our Annual Community Christmas Dinner was held on December 8, 2010 with the help and spirit of our staff members preparing, cooking, serving. This year we had a total of 435 people attend the dinner and a total of 145 families participate in bringing their own plates, utensils, cups, ect. Way to go to those families that helped reduce our garbage. Our Emcee for the evening was Celeste Bobb and a big thank-you to her for helping us keep on time and ensuring everyone was informed as to what was happening. Our welcome team: Evelyn Peters, Yvonne Duncan, Kwozel Pettis, Karla Kay, and Mindy Peters were greeting members and issuing door prize tickets to those families that participated in bringing your own plates, cups. Evelyn also had a make/take for the children to do while waiting for dinner and Santa to arrive. The food was excellent, the room was peaceful and joyous.

We also had asked Brute, Chris, and Norm Jimmie to come out and sing for the evening. This was thoroughly enjoyed by the community and many people participated in dancing and singing. When the youth and little kids got up

with the drummers to sing and dance, it made everybody in the room glow, we are so proud of all of you!

Santa arrived at 6:45 to handout gifts to children aged 0-12. Clean-up was completed by many members helping. From prep to cleanup thank you to all those who participated in helping make this event a great success.



We wish you all a Safe and Happy New Year!



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The Band Office will be CLOSED Jan 3rd for the New Years Holiday.

Seabird Island Preschool



Xá:ws sílolem !! Seabird Island Preschool had a very busy and educational December. On the 3rd, the children were bussed to McDonalds for breakfast and a play- time, then off to Minter Gardens to ride the Christmas Train. Children were given a bagged snack to enjoy on the bus ride home.

Dec. 7th was the third “Literacy Evening” for the 4 year olds and their parents/caregivers. After Christmas craft and snacks, the children sang Christmas concert songs for the adults. Each child was given a Christmas Story book and crayola markers. It was a great evening and we all look forward to the next Literacy Night in Jan. 2011.

Dec. 9th, all the children were invited to a huge ECE Christmas Party



at the Band office gym. There was great entertainment and a wonderful turkey dinner. Santa dropped in with his elves. All the young children received a special gift.

Dec. 15th was the Language Nest last class and the 4’s ended on the 16th. The classes had a fun party making reindeer antler hats and treats for snack.

The Christmas Concert had 24 children from the 3 and 4 year old classes. It was great to see all the children in their halos singing Christmas songs together.

Thank you parents and Day Care staff for bringing the children to make it so successful.



Food Hampers

December 13-17, 2010

This week was a very busy week as we were assembling at total of 180 food hampers this year. With the help of the following community and staff members: Leona Peters, Marc Peters, John Peters, Tammy Harris, Justin Bobb, Natasha Harris, Robert Billy, John Bobb, Tilly Charlie, Daniel Harry, and Ernest Harry our hampers were ready to be delivered early this year. So much work and time goes into preparing these hampers, we always welcome help. We appreciate all the work that you all put into helping assembling these hampers. Our sponsors this year were the following: Social Committee (did a catering job to help offset the costing), Terasen Gas, BC Hydro, Pioneer Motors, Morton and Clark, Bourghton Law Office, Many Nations and of course the Seabird Band.



Chiefs Corner



Council is restructuring governance on policies, duties and the limitations of Chief and Council.

We are looking at Comprehensive Community Planning

- Land Code
- Bylaw Development
- Leasing Structures
- Researching other Bands by-laws in and by-laws in other communities to see if there is

something in their by-laws that could work for Seabirds new by-laws.

Chief and Council are trying to figure out how to transfer social housing to owners. What issues there may be and how to deal with them and how to register them.

In the New Year Council will be meeting with Sports Fisheries to discuss the issues and to figure out how to work with them.

The Quarterly meeting is scheduled for the 3rd Wednesday of January, agenda to follow.

We will also be looking at Strategic Planning in the New Year.

Elections are coming up: we are looking for information on how to contact off reserve members (addresses and phone numbers) to get them in to vote in the spring. Contact Carol Hopr for dates and nominations.

When asked if Clem would like to run for Chief again he replied... "Its up to the people, as long as the work is getting done I'm happy. Its not about chief and council its about the work. If the people want me to, I think I have another year or so left in me."



Seabird Island Band

P.O. Box 650, Agassiz, British Columbia V0M 1A0

Telephone (604) 796-2177 • Fax (604) 796-3729

Chief and Council Election March 2011 Form for Off Reserve Addresses

Date _____

Name _____

Mailing address _____

Residence Address _____

Phone Number _____

Email Address _____

Other SIB Members in house hold or other

1 _____

2 _____

3 _____

4 _____

All Seabird Island Band eligible voters must notify the Seabird Island Band Membership Clerk, Carol Hope, should your contact information change prior to the Chief and Council election March 2011. Forward to the address or phone number above or email carolhope@seabirdisland.ca

Healthy Eating Recipe Corner

Low Calorie Smoked Salmon Pâté

By Kimberley Eggleston

Serve this smoked salmon pate with an assortment of crackers for an elegant appetizer at your next party.

Prep Time: 5 minutes



Ingredients:

- 6 oz. packaged, cooked smoked salmon
- 6 oz. reduced-fat cream cheese, softened
- 1 tsp lemon juice
- 1/4 tsp dried dill
- dash ground black pepper

Preparation:

1. Place all ingredients in a blender or food processor. Process until smooth. Refrigerate until ready to serve.

Serves 8

Per Serving Calories 82

Recipe found at:

<http://lowcaloriecooking.about.com/od/appetizer1/r/smksalm-pate.htm>

Housing Applications!!!

◆◆◆ IMPORTANT REMINDER ◆◆◆

ALL HOUSING APPLICANTS MUST RENEW BY JANUARY 1st, as per policy, to remain on the waitlist. Housing applications are available through the band office front desk, or through your housing administrator. If you are not able to stop into the office, please contact a member of your housing team ASAP to assist you via email, mail or fax!

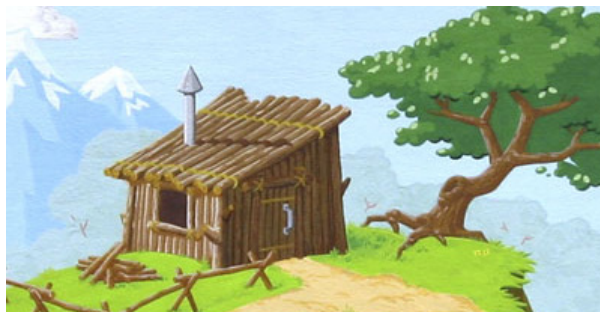
All current tenants **MUST** renew their housing paper work (rental calculation, tenant profile, etc) **BEFORE** March 2011. If tenants do not come in by this date, and they are a part of the old section 95 rental units (all units built before 2002 in Seabird), they will be charged LEM rent beginning April 2011 because there will be no current information to base their rent on. All units included in the new section 95 homes (homes built 2002 and newer) do **NOT** have to do a rental calculation, but will need to come and update their files(with verification of income, tenant profile, etc).

Please make an appointment with your housing administrator today to discuss any changes that may affect you and your rental. Thank you for your cooperation, and we look forward to meeting with you!

IMPORTANT DATES:

Housing Application Renewals: January 1st

Tenant Renewals: March 1st (the first 20 renewals will receive a month's membership to the fitness center for FREE!)



Elders Pampering Day

December 20, 2010

The Elders Pampering Day was held on December 20, 2010, which involved the following services to be done for the Elders this year: massage, manicures, haircuts and the day wrapped up with luncheon at Silvano's Restaurant. Also door prizes were handed out and some Elders also brought small gifts to donate to some of the door prizes. There was a total of 17 Elders that participated in the day and it was great to see new Elders coming out to the monthly session and trying new foods. ***Our Elders meet the last Monday of every month. Next session is planned for January 31, 2011 starting at 8:30 am and if you would like to be picked up please inquire with Angie Chapman.***

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.....

Shifts available for the Block Watch Program!! Please call Genna at **604-796-2177** to sign up!!

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...

WARNING



**NEIGHBORHOOD WATCH
PROGRAM IN FORCE**

**IF I DON'T CALL THE POLICE
MY NEIGHBOR WILL**

Best Practices Award



AFOA BC Celebrates Best Practices Awards

December 10, 2010

AFOA BC presented three awards to a small, medium and large community who shared their stories of success at the December 2, 2010 awards luncheon held during the First Nation Financial and Economic focused event. This is the 7th annual Best Practices Awards sponsored by Myers, Norris and Penny (MNP), Bank of Montreal (BMO) and the Royal Bank of Canada (RBC). The awards are presented to communities with financial management, strategic planning or governance that exemplifies the concept of "Best Practices".

Small Community is within the population of 250 on reserve.
Medium Community is within the population of 500 on reserve.
Large Community is within the population of 750 on reserve.

The winners this year are as follows:

MNP, Small Community – Kwikwilem First Nation located in Coquitlam City and Port Coquitlam, BC.

BMO, Medium Community – Kispiox Band located near Hazelton, BC.

RBC, Large Community – Seabird Island Band located in Agassiz, BC.

Each of the communities were awarded with a plaque with the sponsor name and AFOA BC on them with "BEST PRACTICES AWARD" engraved on them. They also receive \$1500 to use toward our training and services.

The sponsors who presented the awards were:

MNP – Ken Fraser, lead Partner for the Aboriginal consulting group in Vancouver, BC.

BMO – Doug Bourque, Senior Manager Aboriginal Banking located in Nanaimo, BC..

RBC – Richard Stantton, RBC Dominion located in Terrace, BC.

AFOA BC would like to thank communities for their submissions and encourages First Nation communities to submit their applications next year. Most importantly, the sponsors are what makes these awards successful so a big thank you to MNP, BMO and RBC for their contributions.

*****CONGRATULATIONS to the Housing and Finance Teams for receiving the attached award for Best Practices Strategy and Direction Award from the AFOA for 2010*****

Seabird Island has received the AFOA Best Practices award for our progress in Housing and Accounts Receivable. In 2010 we were successful in keeping our current rents at more than 90% collection rates and obtaining repayment agreements for the majority of our older outstanding arrears. Some larger long term arrears have even been paid in full. This success was the result of collaboration between several staff and several departments within Seabird Island Band.

Quotable Quotes

*"Step 1. Take one more step,
Step 2. When you feel like giving up,
refer to step one."*

Keena



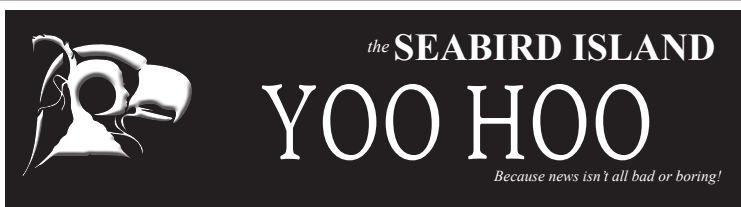
*"The grass is never greener on the
other side.*

Be proud of what you have!!"



*"If you judge people, you have no
time to love them."*

Jacqueline Jimmie



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 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

A letter to Seabird

I would like to thank the people of Seabird Island and as well one of their band members, a native fellow named Bryson Peters, for showing us such kindness during this past summers fantastic sockeye run. We all know how the Fraser River can get to be when the fish are “on” and that is shoulder to shoulder people and no where to fish quietly and privately. A few of us fishermen met Bryson early on in the sockeye season on the river and over a period of a few days we all got to know each other and became friends. This was the very first time Bryson had fished the river with a rod in his hands and he was brand new to this sport and style of fishing. Bryson and the Seabird Band were kind enough to let us go into their own private property where we could drive right to the rivers edge with our trucks and catch our daily limits.



It was really a wonderful time! Then of course, “other” people found out about the “secret spot” and came in and started to ruin it by leaving their garbage laying around, so we would clean it up when we saw what the “others” had done, then of course there was the day when a native boat went

by doing their drift and apparently some fellow that figured he had more rights to the river than the natives did, yet he was standing on native land fishing, decided to throw rocks and yell obscenities at a driftboat which was only a few feet away from shore with a native family in it, just doing what the natives do during fishing season, they drift. When I was told about this incident, as our group wasn't there the day that happened, I apologized to Bryson and asked him to relay that to the Seabird Band office, on behalf of the rest of us “real sports fishermen” and told him that the guy that did that is VERY lucky “our group” wasn't there to see that, as that fellow would have probably gotten a “spanking” for being so disrespectful and ignorant!

Of course shortly thereafter the area was closed off and no one was allowed in from the general public, but Bryson, being the great guy he is, and one of the head guys from the band office... made it possible that our “original group” of fishermen were STILL allowed in when Bryson was there with us.

Now we had the entire stretch of beach to ourselves for the rest



of the season with no “idiots” and had many, many laughs watching each other wrestle in the fish!! We had beach BBQ's, brought our wives, kids and dogs, even when it rained we backed all the trucks up in a tight semi-circle and tarped huge areas off to stay dry. Yup.. natives and palefaces mixed, having a great time! Now its coming up to Steelhead season, and Bryson has never caught one, but guess what? Us “group” of guys have all stayed in touch, and now Bryson and his friends are coming with us so we can show them the “secret spots” on the Vedder River and be there when he nails his first Steelhead!!

If any of you troubled “sports” fishermen are reading this, show respect! Clean up your garbage! Share the river! Clean up your language! Don't throw rocks! I've NEVER had a problem with any native person while fishing and I have found them to ALWAYS be nice! But I've had my share of “idiots” that have the same colour skin as me! The rivers were here long before all of us, and it should be shared and respected! Make a FRIEND with your native neighbours and NOT an ENEMY! If you CAN'T abide by those rules then stay home, NONE of us need you out there, you are an embarrassment to the “real” sports fishermen and we will no longer tolerate it.

In the Halq'eméylem language of the Seabird Band, I would like to say this...

Kw'ashoy Siyá:ye! Kw'etslóme!
(Thank you friends! See you again!)

I write this on behalf of our group of Paleface sports fisherman

Clint G.



When was my house built? What Program was it built under? When will my house be paid out?

CMHC Section 25&26 – Housing Authority Phase A

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	3124	Seabird	11	1971	Yes	2012
2	3384	Seabird	19	1971	Yes	2012
3	4071	Seabird	28	1971	Yes	2012
4	4128	Seabird	29	1971	No	2012
5	8964	Peters	41	1971	Yes	2012
6	4616	Seabird	40	1971	Yes	2012
7	4716	Seabird	51	1971	No	2012
8	9500	Wahleach	65	1971	Yes	2012
9		Burnt	62	1971	Yes	2012
10	9629	Wahleach	67	1971	Yes	2012
11	9919	Wahleach	70	1971	Yes	2012
12	3918	Chowat	78	1971	Yes	2012
13	3864	Chowat	78-1	1971	No	2012
14	3774	Chowat	79	1971	Yes	2012
15	3690	Chowat	80	1971	Yes	2012
16	2602	Seabird	90	1971	Yes	2012

CMHC Section 25&26 – Housing Authority Phase B

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	2764	Chowat	1	1991	Yes	2022
2	9356	Peters	50	1972	No	2022

CMHC Section 25&26 – Housing Authority Phase C

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	9070	Peters	45	1973	No	2023
2	3556	Chowat	81-1	1973	Yes	2023
3	3308	Chowat	82-1	1973	Yes	2023

CMHC Section 25&26 – Housing Authority Phase D

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	3820	Seabird	25-1	1974	Yes	2024
2	4400	Seabird	37-1	1974	Yes	2024
3	2814	Chowat	89-1	1974	Yes	2024

CMHC Section 25&26 – Housing Authority Phase E

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8321	Alexis	91	1975	Yes	2025
2	5500	Lougheed	71	1975	Yes	2025

Band Mortgage Housing-Rent is set by band according to needs of home and repayment of mortgage

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	3234	Seabird	15	1992	Yes	2028
2	3342	Chowat	82	1982	Yes	2028

Band Rental Housing-Rent is set by band according to needs of home

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8297	Charles	6C	1991	Yes	
2	3908	Seabird	25-3	1984	No	
3	3916	Seabird	25-4	1984	No	
4	4010	Lougheed	77-3	1987	No	
5	8298	Sthitsem	131	1996	Yes	

Maintenance Management Plan – OLD PHASE 3-Rent is \$250 +\$50 per person, to a max of \$475*

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8478	Yala	27-1	1987	Yes	
2	8473	Yala	27-2	1987	Yes	
3	8500	Yala	27-3	1987	Yes	
4	8495	Yala	27-4	1987	Yes	
5	8518	Yala	27-5	1987	Yes	

Maintenance Management Plan – OLD PHASE 4-Rent is \$250 +\$50 per person, to a max of \$475*

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	4574	Seabird	39-1	1985	Yes	
2	3142	Seabird	12-1	1985	Yes	
3	3158	Seabird	12-2	1985	Yes	

Maintenance Management Plan – OLD PHASE 5-Rent is \$250 +\$50 per person, to a max of \$475*

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8306	Alexis	90-1	1989	Yes	
2	8316	Alexis	90-2	1989	Yes	
3	8326	Alexis	90-3	1989	Yes	
4	8336	Alexis	90-4	1989	Yes	
5	8340	Alexis	90-5	1989	Yes	
6	8337	Alexis	90-6	1989	Yes	
7	8331	Alexis	90-7	1989	Yes	
8	2654	Seabird	91-1	1989	Yes	

*if the tenant chooses to have house maintained by Seabird Band

Section 95 Social Housing – Phase 1 -LEM Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8300	Charles	U-1	1981	Yes	2016
2	8298	Charles	U-2	1981	Yes	2016
3	8296	Charles	U-3	1981	Yes	2016
4	8294	Charles	U-4	1981	Yes	2016
5	8278	Charles	U-5	1981	Yes	2016
6	8276	Charles	U-6	1981	Yes	2016
7	8274	Charles	U-7	1981	Yes	2016
8	8258	Charles	U-8	1981	Yes	2016
9	8256	Charles	U-9	1981	Yes	2016
10	8254	Charles	U-10	1981	Yes	2016
11	8261	Charles	U-11	1981	Yes	2016
12	8263	Charles	U-12	1981	Yes	2016
13	8271	Charles	U-13	1981	Yes	2016
14	8273	Charles	U-14	1981	Yes	2016
15	8275	Charles	U-15	1981	Yes	2016
16	8277	Charles	U-16	1981	Yes	2016

Section 95 Social Housing – Phase 6 -LEM Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8522	Sthitsem	105	1992	Yes	2013
2	2924	Chowat	86-4	1992	Yes	2013
3	3308	Seabird	16-1	1992	Yes	2013
4	2894	Chowat	86-6	1992	Yes	2013
5	8548	Sthitsem	101	1992	Yes	2013
6	8536	Sthitsem	103	1992	Yes	2013
7	8506	Sthitsem	107	1992	Yes	2013
8	8486	Sthitsem	109	1992	Yes	2013

Section 95 Social Housing – Phase 7 -LEM Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8517	Sthitsem	106	1992	Yes	2013
2	8493	Sthitsem	110	1992	Yes	2013
3	2964	Chowat	86-2b	1992	Yes	2013
4	2910	Chowat	86-5	1992	Yes	2013
5	2980	Chowat	86-2a	1992	Yes	2013
6	8531	Sthitsem	104	1992	Yes	2013
7	3047	Chowat	85-1	1992	Yes	2013
8	8505	Sthitsem	108	1992	Yes	2013

When was my house built? What Program was it built under? When will my house be paid out?

Section 95 Social Housing – Phase 8 -LEM Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8438	Sthitsem	113	1994	Yes	2014
2	8457	Sthitsem	114	1994	Yes	2014
3	8428	Sthitsem	115	1994	Yes	2014
4	8443	Sthitsem	116	1994	Yes	2014
5	8410	Sthitsem	117	1994	Yes	2014
6	8427	Sthitsem	118	1994	Yes	2014
7	8394	Sthitsem	119	1994	Yes	2014
8	8382	Sthitsem	121-1	1994	Yes	2014
9	8378	Sthitsem	121-2	1994	Yes	2014
10	8314	Sthitsem	127	1994	Yes	2014
11	8306	Sthitsem	129	1994	Yes	2014

Section 95 Social Housing – Phase 9 -LEM Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8411	Sthitsem	120-1	1995	Yes	2015
2	8401	Sthitsem	120-2	1995	Yes	2015
3	8289	Sthitsem	122-1	1995	Yes	2015
4	8379	Sthitsem	122-2	1995	Yes	2015
5	8290	Sthitsem	133	1995	Yes	2015
6	8274	Sthitsem	137-1	1995	Yes	2015
7	8272	Sthitsem	137-2	1995	Yes	2015
8	8270	Sthitsem	137-3	1995	Yes	2015

Section 95 Social Housing – Phase 10 -LEM Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8456	Sthitsem	111-1	1996	Yes	2015
2	8450	Sthitsem	111-2	1996	Yes	2015
3	8475	Sthitsem	112-1	1996	Yes	2015
4	8471	Sthitsem	112-2	1996	Yes	2015

Section 95 Social Housing – Phase 11 -LEM Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8364	Sthitsem	123-1	1996	Yes	2021
2	8358	Sthitsem	123-2	1996	Yes	2021
3	8353	Sthitsem	124	1996	Yes	2021
4	8344	Sthitsem	125-1	1996	Yes	2021
5	8338	Sthitsem	125-2	1996	Yes	2021

Section 95 Social Housing – Phase 12 LEM Rent

SUMMARY		
Program	# Units	Rent/Loan
New Section 95	37	MRC/25 years
Old Section 95	73	RG125%/20-25 years
Maintenance Management	16	\$250+50pp to \$475
Band Rental	5	Band Set Rent
Band Mortgage	2	Band set/20 years
Section 25&26 Housing Authority	26	None set/50 years
Individual Mortgages	15	Individual/25 years
Individual Homeowner	31	None
Non Status Housing	5	None
TOTAL	210	

Section 95 Social Housing – Phase 13 – LEM Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8319	Sthitsem	130	1998	Yes	2025
2	3422	Seabird	20	1998	Yes	2025
3	4506	Seabird	38	1998	Yes	2025
4	9839	Wahleach	69-1	1998	Yes	2025
5	7037	Lougheed	72-1	1998	Yes	2025
6	8548	Pipehom	158	1998	Yes	2025

NEW Section 95 Social Housing – Phase 1 – MRC Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	8422	Pipehom	150-1	2004	Yes	2029
2	8426	Pipehom	150-2	2004	Yes	2029
3	8430	Pipehom	152-1	2004	Yes	2029
4	8432	Pipehom	152-2	2004	Yes	2029
5	8434	Pipehom	152-3	2004	Yes	2029
6	8442	Pipehom	154	2004	Yes	2029
7	8450	Pipehom	156	2004	Yes	2029

NEW Section 95 Social Housing – Phase 2 – MRC Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	3888	Seabird	25-2	1983	No	2034
2	3940	Seabird	26	1983	No	2034
3	5228	Seabird	58	1983	Yes	2034
4	5230	Seabird	58	1983	Yes	2034
5	5258	Seabird	59	1983	Yes	2034
6	3028	Chowat	86-1	1983	Yes	2034
7	2994	Chowat	86-2	1983	Yes	2034
8	2942	Chowat	86-3	1983	Yes	2034
9	2944	Chowat	86-3	1983	Yes	2034
10	2811	Seabird	27	1983	No	2034

NEW Section 95 Social Housing – Phase 3 – MRC Rent

#	Address	Street	Old House #	Year Built	Surveyed?	Paid out year
1	101-8545	Sthitsem	102-1	1992	Yes	2034
2	102-8545	Sthitsem	102-2	1992	Yes	2034
3	103-8545	Sthitsem	102-3	1992	Yes	2034
4	104-8545	Sthitsem	102-4	1992	Yes	2034
5	201-8545	Sthitsem	102-21	1992	Yes	2034
6	202-8545	Sthitsem	102-22	1992	Yes	2034
7	203-8545	Sthitsem	102-23	1992	Yes	2034
8	204-8545	Sthitsem	102-24	1992	Yes	2034
9	3031	Chowat	New	2008	Yes	2034
10	3033	Chowat	New	2008	Yes	2034
11	3035	Chowat	New	2008	Yes	2034
12	3037	Chowat	New	2008	Yes	2034
13	3039	Chowat	New	2008	Yes	2034
14	3041	Chowat	New	2008	Yes	2034
15	3043	Chowat	New	2008	Yes	2034
16	3045	Chowat	New	2008	Yes	2034
17	3055	Steqoye	New	2008	Yes	2034
18	3057	Steqoye	New	2008	Yes	2034
19	3059	Steqoye	New	2008	Yes	2034

CONSTRUCTION COMPANY NAMING CONTEST

Seabird Island Band is entering into a long-term Partnership with Jakes Construction Ltd. (www.jakesconstruction.ca) We are looking for a NAME for this new company. This company will be doing Heavy Equipment Operating with Training and Mentorship with various Civil Engineering works around Seabird Island and also works with the Interior to Lower Mainland (ILM) Transmission Project with BC Hydro.

Please submit your name suggestions to Kimberley Lessard (kimlessard@seabirdisland.ca), or Brian Jones (brianjones@seabirdisland.ca) or Jay Hope (jayhope@seabirdisland.ca) at the band office for your chance at a Contest Prize
DEADLINE JANUARY 15th, 2011

ENVIRONMENTAL MANAGEMENT PLAN

- WE NEED YOUR HELP~!!~!!
January 6, 2011 time to be announced in new year.

We are reviewing all information we have on Environmental Assessments done to date. Help us identify your concerns so your grandchildren do not need to worry about this. We need your feedback on our findings, so the Lands Advisory Committee can work on remedies for this, and bring back to you for more feedback at our next scheduled meeting in February.

COMMUNITY PROJECT VIDEO SESSION

The event was postponed due to the passing of Grand Chief Archie Charles. We are now holding this session on January 15th, 2011- Saturday. Please come out and see what we are doing, and be a part of the Video for the Community. (see attached poster)

*Visit Seabird Lands on
FACEBOOK*



DIACARBON

– January 10, 2011 @ 6:30pm
www.diacarbon.com

Due to weather conditions we are rescheduling the Community Information Session... LA Committee has recommended to Chief and Council that DiaCarbon get approval from the Community for their Lease Proposal. Information has been posted on our Seabird Lands Facebook site and is available upon request from the office.

Please contact Kimberley Lessard. This event will also be weather permitting.

ATTENTION!
Speaking to **YOU**, Seabird Youth
and members

MUNCHIES
(pizza & pop)

DOOR PRIZE
(iPod Shuffle)

COME
(...get your 15 secs of fame for
a Community Gathering Video)

Date: Saturday, Jan 15, 2010
Time: 2pm-4pm
Place: Band Office Boardrooms

All Youth under the age of 19, must have a Consent Form filled out by a Parent or Guardian prior to videotaping.

Contest Announcement
Walk with us into the future, be a part of the change.

Seabird Lands

Trespassing Law – Due to noticeable events that have happened around the reserve such as; garbage dumping, trespassing of reserve lands and cruel behavior towards Community Members, Chief and Council has advised LA Committee to start working on a Trespassing Law. In doing so, over the summer we had posted up No Trespassing signs at various entrances along HWY 7, and are continuing to work on this matter. Following the posting of these signs, gates are being put up to deter any unwanted dumping of garbage, and safe guarding Community Members from those who were trespassing in these areas. With the help and cooperation of the Community here at Seabird, we can strive to have a cleaner, safer environment for our children to enjoy in the future.

GATES are now being put up at these areas with a new sign.

- CP Rail access at the North end of the Reserve off HWY 7 near the bend in the road
- Ranch Crossing by the Gas Bar
- Bobb Crossing (Lophet Rd)
- Old Gravel Pit entrance off Waleach Rd at the North end of the Reserve

Community Members will not be locked out, but given an Ease Of Access to these areas. This is to start the process of eliminating unwanted visitors to keep our environment clean and safe.

As a part of Seabird Island Land Code, we are taking a serious effort to move ahead to protect our lands in this process. Chief and Council along with the Lands Advisory Board are looking at ways to communicate and get feedback from the Community during the Law making process. If you have any input, please do come forward with any questions, concerns or suggestions to Brian Jones, Kim Lessard or one of our committee members.

Suggestions are most welcome.

**ABSOLUTELY
NO
UNAUTHORIZED
ENTRY**

**For authorization please contact
Seabird Island Band Office
604-796-2177**

Thank you for your cooperation

By order of Seabird Island Band Chief and Council



**SEABIRD ISLAND
FIRST NATION**



**2 ND ANNUAL
ENGAGING THE ELDERS SESSION
JANUARY 19TH, 2010**

**SCOWLITZ BAND OFFICE HALL
FROM 10 AM-3 PM**

DOOR PRIZES AND LUNCH PROVIDED



**Chawathil, Shxw'ow'hamel, Seabird, Chehalis, Scowlitz, Cheam, Skwah,
Kwaw Kwaw Apilt, Soowahlie, Kwantlen, Union Bar
Please phone for details and watch for the notices in your community
Vanessa 604-796-6846 or Linda 604-796-6822**

Composting Pilot Includes Schools and Residents



As part of Seabird's solid waste management plan to promote waste reduction and recycling, the compost pilot is continuing through fall 2010 into the winter of 2011. Twenty residents participated in backyard composting workshops and received composters. Three of 5 classrooms have taken part in worm bin composting lessons, received related storybooks, and have a small worm bin so "worms can eat their garbage" (fruits and vegetables scraps). The two remaining classrooms will receive bins in January, including the high school science class.

On site composting system is in the design phase, and will provide a way to manage organic materials on the Island. The goal is to eventually collect food scraps and food-soiled paper from buildings, special events, and residences. Also underway is initial planning for a future Eco-Depot to facilitate the reuse and recycling of products from kids toys and furniture to metal items, tires and other recyclable items.

To learn more about the program or express interest in one of the remaining composters (limited amount, get them now!), contact Cynthia McNeil at 604.796.6851. or cynthiamcneil@seabirdisland.ca



Social Assistance Monthly Renewal Declaration Slips & Service Referrals Due date Schedule / Cheque release schedule

S.A. Renewals & Service Referrals Due	Cheque
Friday January 07, 2011	February Cheque release January 25, 2011
Friday February 4, 2011	March Cheque Release February 24, 2011
Friday March 11, 2011	April Cheque Release March 29, 2011
Friday April 15, 2011	May Cheque Release April 27, 2011
Friday May 6, 2011`	June Cheque Release May 27, 2011
Friday June 10, 2010	July Cheque Release June 28, 2011

IMPORTANT NOTE: Clients who submit late Social assistance monthly renewal declaration slips and/or late Service Referrals will not receive their social assistance cheque until the next cheque processing date.

S.A. Cheque processing dates are: 15th and 30th of each month.

No exceptions

Seabird Fire Department

November 27, 2010 marked another year for the Seabird Island Fire Department's Christmas Dinner. This year, it was held at the Wildcat Grill and attended by 21 people, including firefighters and their guests. Also new this year, Fire Chief Jeremy Joseph was honoured with a plaque recognizing his more than 15 years of volunteer service on the Fire Department.

He started in 1993 as a junior fire fighter, or 'wing nut' former Fire Chief Art Andrew affectionately recalls. Art, as counselor portfolio, was on hand to present Jeremy with the plaque. In 1993, Art was Jeremy's chief. He recalled Jeremy's journey on the department, from wing nut, to fire fighter, to officer, and now to taking on the responsibility for his community as the Chief. Art thanked Jeremy, and the rest of the crew present, for taking the time out of their lives to care for their community. "When the phone rings, or dispatch calls, you gotta go, and you gotta leave your families worrying about you at home when you respond" Art said.

The department thanks the community for their support, Art for taking time to spend with them at their dinner, and the Band for working with them to make change. They would also like to remind everyone to stay fire smart through the winter.

Merry Christmas!



December 6, 2010

The Fire Department completes their 5th annual food hamper drive! Over the last 5 years, the amount of food collected during the drive has more than tripled. This of course means that each year, the community members of Seabird have become more and more generous. Kids were excited to receive candy canes, and adults were looking for Santa but it was too cold for him this year! Thank you to all the community members who were kind as we knocked on the doors, and thank you for your donations – they will be brought to the band office to be put into the 100+ hampers that the band does each year for the community.

Also on hand, during the hamper drive was Blaine Wiggins, FNESS Executive

Director. He had come out because he wants to train with 'the best' First Nations Fire Department in BC; for his confidence and support to the Department, Fire Chief Jeremy Joseph awarded him the title "Honorary Lifetime Member" of the department, along with a jacket, t-shirt and thermos.



Post-Secondary Application Deadlines

Deadlines for **completed** applications are:

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



The Great British Columbia ShakeOut

January 26, 2011



THE GREAT BRITISH COLUMBIA SHAKEOUT

Be part of the largest Canadian earthquake drill on
January 26, 2011

Victoria, BC, Tuesday, October 12, 2010 – The BC Earthquake Alliance Society is organizing the first annual province-wide earthquake drill on January 26, 2011 at 10:00 am to enhance public awareness of the earthquake hazard in BC and encourage personal preparedness.

During the drill, participants will be asked to “Drop, Cover and Hold On” for up to two minutes in response to a simulated earthquake event”, says Rob Johns, Co-Chair of the ShakeOut BC Organizing Committee.

The internationally recognized Drop, Cover and Hold On protocol requires individuals to:

- Drop to the ground (before the earthquake drops you!)
- Take Cover by getting under a sturdy desk or table, and
- Hold On to it until the shaking stops

“BC is located in one of the most seismically active regions in the country and the threat of a major earthquake is real”, says seismologist Dr. Garry Rogers with Natural Resources Canada. “In other parts of the world an increased awareness about what to do during an earthquake has been proven to reduce injuries and deaths”.

The Organizing Committee encourages individuals and organizations to register at www.shakeoutbc.ca to be counted in the drill and download ShakeOut BC materials to learn more about emergency preparedness.

The ShakeOut BC drill is modeled after the highly successfully California ShakeOut drill, which is now in its third year. The January 26th date marks the 311 anniversary of the last magnitude 9 earthquake in British Columbia.

BACKGROUND

Hazard:

•British Columbia is located in a seismically active region where a few thousand earthquakes occur each year in and adjacent to the province. The threat of a major earthquake in the province is real; therefore, we must ensure all British Columbians know how to be prepared.

ShakeOut Success in California:

- In November 2008, California conducted the first annual “ShakeOut” earthquake drill with 5.3 million participants. The event grew to 6.9 million participants in 2009 and will continue as an annual earthquake drill throughout the state.
- The ShakeOut drill was found to be a positive public education tool to promote earthquake safety to a wide

audience and in turn enhanced public awareness of the hazard and the need for personal preparedness.

- The ShakeOut website is a powerful education and outreach resource for promoting the event and earthquake safety applicable to different demographics from the individual and family to schools and businesses. (<http://www.ShakeOutBC.ca>).

Project Description:

- Conduct a locally driven, province-wide “Drop, Cover, and Hold On” drill on January 26, 2011 (311th anniversary of the Magnitude 9.0 Cascadia Earthquake).
- Participants will include: individuals and families, schools, businesses, the health care system, local authorities and First Nations, provincial and federal governments, not-for-profit and community organizations, and the media.
- Modelled after the highly successful California ShakeOut drill.
- A website comparable to the California Shake Out website is available: <http://www.ShakeOutBC.ca>.
- Public education tools will include: posters, fliers and media announcements.

Project Details:

- Participants will be requested to “Drop, Cover, and Hold On” for up to 2 minutes across British Columbia at 10:00am on January 26, 2011.
 - o DROP to the floor, take COVER under a desk or sturdy piece of furniture and protect your head, and HOLD ON to the piece of furniture. (<http://www.dropcoverholdon.org/>)
- An audio clip describing the shaking and consequences of a damaging earthquake will be provided to assist with the drill.

Project Leadership:

- This project is driven by the B.C. Earthquake Alliance Society. The Alliance is working with members from emergency management, government (local/provincial/federal), science, non-profit organizations and businesses to raise awareness of earthquake risk and promote readiness across British Columbia.

The BC Earthquake Alliance has collaborated with the Earthquake Country Alliance of California (organizers of “The Great California ShakeOut”) to ensure a consistent message of earthquake preparedness throughout North America.



The Great British Columbia ShakeOut

January 26, 2011



WHY BE INVOLVED?

Benefits:

- Increased awareness and personal preparedness:
 - o Reduces injuries and deaths during an earthquake and allows first responders to focus on those requiring immediate assistance.
 - o Facilitates a timely resumption of business.
 - o Helps reduce the strain on local emergency programs.
 - o Promotes mitigation that reduces economic losses.
- Enhancing public education of earthquake risk throughout BC will assist in preparing for, responding to, and recovering from a major earthquake.
 - o Prepared individuals create resilient communities.
 - o Prepared schools and organizations fulfill a responsibility for student and employee safety.
 - o Resumption of daily activities leads to a better sense of normalcy.
- Partnership in ShakeOut BC establishes your organization as an ambassador for earthquake safety and preparedness.

Legacy:

- The success of the first event will encourage increased participation in future years, making this an annual event that will enhance earthquake preparedness in British Columbia.
- Integrated and enhanced planning and preparedness prior to a damaging earthquake contributes to resilient communities throughout the province.

WAYS TO BE INVOLVED:

1. Participate in the drill: Register on-line.
2. Be a Supporter: Your organization's preparedness information will be a link on the ShakeOut BC website.
3. Be a Sponsor: Contribute funds to ensure success of the project:
 - a. GOLD SPONSOR – Greater than \$15,000
 - b. SILVER SPONSOR – \$5,000 - \$15,000
 - c. BRONZE SPONSOR – \$1,000 - \$5,000

IF THIS PROJECT RESONATES WITH YOU AND YOU WOULD LIKE MORE INFORMATION OR TO BE FURTHER INVOLVED, PLEASE CONTACT THE SHAKEOUT BC ORGANIZING COMMITTEE.

AT info@shakeoutbc.ca

WE WELCOME YOUR PARTICIPATION.

How to Participate

On January 26th, 2011 a locally-driven, province wide “Drop, Cover, and Hold On” drill will take place called The Great British Columbia ShakeOut. All residents, agencies, businesses, and organizations across British Columbia are encouraged to take part in the largest earthquake drill in Canadian history! The following instructions can assist those wishing to coordinate a drill for their respective agency, business, organization and/or group. Going forward, you can customize and build a drill that suits your specific needs. You can also find additional drill options for those who want a greater challenge at www.ShakeOutBC.ca.

Simple Drop, Cover, and Hold On Drill:

This drill uses simple steps to inform individuals how to perform Drop, Cover, and Hold On – a quake-safe action designed to protect people from falling furniture and flying objects that can become projectiles during ground shaking.

BEFORE the Drill

1. Register as an official participant a www.ShakeOutBC.ca (Please note: individuals, families and businesses should only register once).
2. Download posters and flyers to assist in promoting the drill at www.ShakeOutBC.ca.
3. Inform your team:
 - The date and time of your drill.
 - How to correctly perform Drop, Cover, and Hold On, wherever they are.
 - Your expectations for their participation (i.e. Drop/Cover/Hold On, gather at a central location for a head count, post-drill discussions).
 - Encourage everyone to invite friends, families, and neighbors to register as individuals, businesses, agencies or organizations at www.ShakeOutBC.ca, so they participate too and receive information directly on how to be safe during an earthquake.
4. (Optional) Download realistic sound effects and safety information to play during your drill by downloading recordings from www.ShakeOutBC.ca/soundeffects

DURING the Drill

1. Announce that the earthquake drill has begun or begin playing downloaded recording and direct participants to Drop, Cover, and Hold On.
 - Count seconds out loud for the duration of the quake. This will help keep people focused and calm



and will help you identify how long the earthquake lasts. The longer it lasts, the more cautious everyone will need to be.

- When the shaking stops (or when the all clear sounds) count to 60 to give things a chance to settle. Suggest that while under a sturdy desk or table they look around at what might fall on them in a real earthquake.
- 2. After at least one minute or once the sound effects recording has ended , announce that the shaking is over and that everyone can stand up again. Thank them for participating.
- 3. Encourage everyone to discuss their experiences with one another.

AFTER the Drill

1. Ask for feedback on how the drill went.
2. Schedule the next drill for one year later (or sooner).
3. Share photos and stories at www.ShakeOutBC.ca.
4. Encourage all to prepare at home.

Seabird Invites and recommends everybody to participate in your own households at school and at work!

Contact Stacy for more information.

Congratulations to all of the Students who made the Term 1 Honour Roll at AESS

“A” Honour Roll:

**Ashton Penner
Brianna Robotham
Brooke Bobb-Reid**

“B” Honour Roll

**Tamara Andrew
Bree Harry
Faylen Jenkins
Siequalynnda McNeil-Bobb
Daniel McNeil-Bobb
Emma McNeil**

“Effort” Honour Roll:

**Ashton Penner
Brianna Robotham
Brooke Bobb-Reid
Emma McNeil
Shayla Harry**

6th Annual

Biggest Loser

Starts January 4, 2011

This newly revamped program will include such things like:

- Individualized training programs including 1 on 1 training at the fitness center (make appt.)
- Group fitness directed at 3 fitness levels
- Family fitness night
- Individual goals and incentive prizes
- Special guest speakers (nutrition, naturopath, etc)
- Meal planning, and meal making
- Accountability strategies (buddy systems, phone calls)
- Individual prizes at the end of program if you’ve met your personal goal for weight loss, and stayed with the program to the end
- Weekly weigh ins, bi-weekly body measurements & new information to be handed out
- Incentives throughout program
- Field trips

Show up Jan. 4 at the fitness center at 5:30pm to sign up & weigh in. Come ready to work out!

The person who loses the most percentage of body weight by June 7, 2011 is...

“THE BIGGEST LOSER”!!!

For Seabird Island Community & Staff only

Must have BMI of 25 or higher to join

Contact Stacy or Keena for more info.

The Seabird Wrestling Club took four wrestlers to its first ever tournament, Dec 4th the UPPER FRASER VALLEY CHAMPIONSHIPS held in Surrey and a lot of fun was had by all.

Notable Finishes,

Tyson Archie Gold Medal Middle School 51 KG

Nick Quipp Bronze Middle School 74 kg .

On December 11th they were at the Abbotsford Invitational, with seven wrestlers bringing home 5 medals.

Notable Finishes

Tyson Archie Bronze medal Middle School 51 Kg

Gavin Peters Silver medal Middle School 100 KG +

Darian Peters Bronze Medal Gr. 9-10 66KG

Sebastian Seymour Bronze Medal Gr. 11-12 57 KG

Gilbert August Bronze Medal Gr. 9-10 57 KG

On Wednesday December 11th they will be taking six middle school wrestlers to BC wrestling's War on the Floor wrestling meet at SFU.

Mr. Ryan Dobos
High School Teacher
Seabird Island Community School
(604)-796-3061



High School Students Grade 7-12



Student Allowance was available for pick up on **December 10th, 2010.**

If you have not picked up your student allowance please contact Kelly Chapman-Student Services Worker at 604-796-2177 or by email kellychapman@seabirdisland.ca

Seabird Island Employment, Education & Social Development

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

**218Client
Visits!**

OFFICE CLOSURES

Our office will be closed on:
Monday, January 3, 2011

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.

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!

Upcoming Workshops / Training / Programs

First Aid - Do you require First Aid for employment prospects, or for your current job, or do you need to renew your certificate?

Employment Readiness & Training Program - Will provide you with the necessary skills and certificates for a range of employment opportunities.

Class 1 or 4 License - Classroom review of manual to assist you in passing the written test.

Office "On the Job" Training - Job shadowing with our Administrative Assistant, Jill

If you are interested in any of the above, please speak with your CDP for more information or sign up at the reception desk. Dates for all programs are still to be obtained.

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.

SOCIAL ASSISTANCE CHEQUE ISSUE DATE

January's cheque will be issued on: **TUESDAY, JANUARY 25, 2011**
Be sure to come into the office on S/A day and enjoy some yummy breakfast and lunch treats.

SUCCESS STORIES

Congratulations goes out to **Dameon Andrew** for securing a Video Production Assistant position through Sto:Lo Tribal Council.

Way to go Dameon!

DRIVERS ED COURSE

We recently held a class with 20 students from Cheam, Seabird and Chehalis to review the Drivers Manual to help clients get ready for the written test to obtain their "L".

Thank you to Valley Driving School for coming out and helping to prepare those who attended the class.

Good luck everyone on passing!

Want help to obtain your "L"? Put your name on our waiting list for the next review class.

Program Structure

HCA Program Structure

Start Date February 1, 2011

LEVEL ONE

Course #	Course Name
HTCA 104	Interpersonal Communications
HTCA 111	Health: Lifestyles & Choices
HTCA 116	Introduction to HTCA Practice
HTCA 121	Health & Healing: Concepts for Practice
HTCA 126	Personal Care Assistance I
HTCA 166	Clinical I

LEVEL TWO

Course #	Course Name
HTCA 152	Cognitive or Mental Challenges
HTCA 153	Common Health Challenges
HTCA 156	Personal Care Assistance II
HTCA 159	Community Practicum
HTCA 176	Clinical II

LEVEL THREE

Course #	Course Name
HTCA 186	Clinical III

Contacts

Laureen Duerksen RN, BSN

Aboriginal Practical Nurse
Program Coordinator

Seabird Island Band
#2895 Chowat Rd, PO Box 650
Agassiz, BC V0M 1A0

1-604-796-2177 Office

1-604-793-5663 Direct

1-604-796-1124 Fax



*A cooperative venture between
Nicola Valley Institute of Technology
and Seabird Island Indian Band.*

604-793-5663

2895 Chowat Rd.
Seabird Island BC V0M 1A0



Seabird Island Indian Band

Why Become a Health Care Assistant?

You've always enjoyed people and have a great deal of patience and understanding for seniors, people with disabilities, and people who are dealing with life-affecting illness. Whether you're looking for full-time employment or some part-time work while you juggle your family obligations, the Health Care Assistant certificate program is a quick way to jumpstart your career.

Program Description:

This program is based on a caring philosophy which provides the student with the knowledge, skills and values to practice as front line care providers. The program is divided into three levels. Each level consists of theory, laboratory practice, and clinical experience. The theory component is delivered through discussion groups, student presentations, lectures, demonstrations and guest speakers. Students apply the theory component in the laboratory and clinical settings.

This program will be offered beginning February 1, 2011 with completion expected by December 31, 2011.

Admission Requirements:

All applicants for admission to the Health Care Assistant Program are required to meet the following:

- * **Grade 10** completion or equivalent
- **Proof of a negative TB skin test** or chest x-ray
- **Criminal Record Search**
- **Updated immunizations**
 - Measles, mumps, rubella, polio, tetanus, diphtheria, hepatitis B vaccine and current influenza vaccination

All applications for admission to the Health Care Assistant Program must be accompanied by official transcripts describing a student's previous educational achievements. Admission to the program is granted on a first-come-first-served basis once applicants have met the program admission prerequisites.

Recommended Characteristics

- Ability to work under direction and to act with initiative as a member of the health care team.
- A genuine concern for the well being of others.
- Patience and perseverance.
- Flexibility, trustworthiness, and dependability.
- Maturity.
- Ability to communicate effectively in both written and spoken English.
- High standard of personal hygiene and grooming.
- Ability to use problem-solving approach.
- Physical stamina.
- No sensitivity or allergy to latex.
- Ability to work in environments where standards may be different from one's own.

Career Opportunities:

The Health Care Assistant program will train you to provide daily, personal care for clients with chronic health problems. Many HCAs find employment in residential care facilities. Others find employment in home support, providing care in the client's home rather than an institutional setting. A small number of HCAs are employed in acute care areas in hospitals. All employment involves working shifts. Starting salary ranges from \$12 to \$19 per hour depending on the employer.

Program Fees/Costs

Students should expect to pay \$5000.00 for the entire program.

- **This includes** all books, tuition and uniforms.
- **This does not** include transportation to and from clinical settings or school.

- * Dual Credit Dogwood Opportunities
- Questioning your qualifications?
- Special funding may be available,...

Please contact Alexis Roper for more information at 604-796-6843



Alcohol loosens tongues, but does it unlock minds??

Alcohol is a social lubricant in the sense that sharing some drinks is often used as a reason for people to get together. The term also refers to the way alcohol loosens people up and **lowers their control, restraint - self discipline of body mind and spirit**. Someone who may be shy, quiet and reserved, may feel or seem more open and outgoing when they've been drinking a little.

Regular people, who don't even consider themselves that shy, still may like to have a drink or two just to get a kick start at parties or over dinner with friends. They're not even that reserved to begin with, but they feel a slight buzz makes them feel more friendly and talkative.

A few drinks in and the drinker thinks they can function at a club or party, when otherwise they might hang back nervously and not say anything. Some quieter people even get a reputation for turning into a totally different person when they've been drinking.

Alcohol does seem to enhance some people's social performance sometimes, but the sweet spot is usually only a few drinks in, if that. **Drink any more and the gains start to get replaced by more negative effects**. You become sloppy. You get loud and obnoxious. You say inappropriate things, either because you weren't thinking, or because you just don't care at that moment. You make people mad without meaning to, not realizing how your words or actions appear to others. Or you start getting tired, or lost in your head, and become even more quiet and vulnerable than normal.

The more you drink the more it goes downhill..., you either lose energy and start to disengage from people, or 'witty and entertaining' starts turning into 'jackass'. More than likely there will be some cringe worthy moments and even depression in the days to come. **"Why did I do that? or say that?"**

There's also the well-known problem of possibly becoming dependent on alcohol as a social crutch. Some socially anxious students turn into borderline alcoholics by their third year of college. It's not that they drink because it's fun, or for that little social boost. They think they have to get drunk at social events or they can't do anything. Some people who are dependent like this, know they use alcohol to cope, and probably aren't happy about it. There's another category of people who feel socially anxious at parties or events, but they're not completely aware of it. They just get drunk a lot, but don't put two and two together or don't realize they're using alcohol to dull their nerves.

Another thing that can happen, is sometimes someone will feel awkward in most social situations, but be pretty comfortable playing/hiding behind the 'party guy' role. Being drunk and bouncing around a crowded bar or house party and having short, shallow conversations with people, or getting into random antics, isn't that bad for them. Naturally this doesn't do them any favours in terms of their being dependent on drinking.

Alcohol use can make mild social problems worse by causing people to be more irritable, likely to argue, affecting judgment and control of behavior.

Alcohol consumption causes a wide range of major medical complications and disease, it is implicated in deadly accidents, leaves

families in total ruin and charges communities and governments a fortune for both indirect and direct costs.

.Medical problems

- Liver: alcoholic hepatitis, cirrhosis, liver cancer.
- Gastrointestinal tract: oral cavity cancer, oesophageal neoplasm, oesophageal varices, pancreatitis.
- Cardiovascular system: atrial fibrillation, hypertension, strokes and cardiomyopathy with heart failure.
- Neurological system: acute intoxication with loss of consciousness, withdrawal, seizures, subdural haemorrhage, peripheral neuropathy, Wernicke-Korsakoff syndrome and cerebellar degeneration.
- Rotting teeth and gums: going to sleep after drinking alcohol and not brushing your teeth and gums first can sometimes result in gum disease, rotten teeth and tooth loss in the future.

.Psychiatric problems

- Alcohol dependence syndrome
- Suicidal ideas
- Depression
- Anxiety

.Miscellaneous

- Loss of sexual appetite (libido)
- Fetal alcohol syndrome

.Social problems:

- Losing friends;
- Impaired performance at work;
- Losing jobs;
- Relationship problems
- Child abuse and domestic violence;
- Violent crimes e.g. domestic violence and drink driving offences
- Anti-social behavior
- Separation of family members; and
- Divorce.

If alcohol loosens your tongue, it makes you talk a lot without thinking carefully about what you are saying.

Her tongue loosened by drink, she began to say things that she would later regret.



Alcohol loosens tongues, but does it unlock minds?? continued...

Alcohol could make you snort or it can make you cry, it will possibly make you energetic or make you sleepy, it might enhance your confidence or make you act the fool. How can alcohol have all these different effects on people?

Every temper altering substance from heroin to espresso has an impact on the brain. Alcohol

impacts many alternative neurotransmitters in the brain, not only one.

*Alcohol acts as an anaesthetic when it slows down our reflexes and our coordination. **IT CAN PUT US TO SLEEP, IT CAN INDUCE A COMA AND IT CAN KILL!***

Condolences to Seabird

Clem (Chief Seymour) and Chuck:

It is with a heavy heart that I write to you after so long a time, and I regret that it took the tragedy of Chief Archie's death to contact you, as you, Seabird, Chief Archie, past friends, and the general population are often on my mind in my passing thoughts.

I heard about Chief Archie's death, just yesterday, and the news first stunned me, then quickly I felt a surge of embarrassment (truly a physical reaction) that I had not known, and therefore not there to stand and be counted, in the what must have been many who joined you over the weekend, in honour of the celebration of such a good man's life.

To me, Chief Archie (as that's how I knew him, before him being bestowed the higher honour of Grand Chief), was the epitome of a humble leader whose deep commitment to his constituents made him place all he served above himself; the most powerful and honourable way any person in a role of such responsibility can choose to conduct themselves, and as a result, received in ample measure the respect from those that he served, and those that knew him.



Chief Archie was a man so worthy of induction to the Order of Canada, it raised the collective credibility of those he joined in that pool of honoured people, simply because his values and the way lived them daily, would set a higher example for each.

In my time at Seabird, and at every interaction with Chief Archie, he was kind and respectful to me, and those encounters have forever raised my own sense of worth, and for that, I am very grateful to have met such a fine man as he. He is a cedar; sharing his versatile service and power to

shelter, protect and build a better place for all, and each walk I may take through any forest will remind me of his presence and provide testament to his good path.

Again, I deeply regret that I was not there to demonstrate my respect, and hope that you will pass on my thoughts to his family, Council, and other members of the Seabird

Community that are recording the impact this great man has made on those whose lives he touched, and

that great number would be impossible to measure.

Sincerely,
Tim Pippus

260+ hard copy production
60+ e-mail production
more available for download.

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 ½ page (8x5 or 10x4)	\$37.50	\$61.25
Full color ¼ 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 ½ page (8x5 or 10x4)	\$15.00	\$20.00
Greyscale ¼ 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



Seabird Island Employment Opportunities



Contract POSITION TITLE: "Active Measures": Building Employment Capacity – Project Supervisor

DEPARTMENT: Health & Social Development
RESPONSIBLE TO: Health & Social Development Manager

Purpose of the Position:

To develop, supervise and co-facilitate the "Active Measures": Building Employment Capacity Program through Seabird Island Band, at Chawathil Band for employable aboriginal clients.

Qualifications/Requirements:

- High School graduate or equivalent, plus related Post-Secondary education in Human Services; such as Alcohol & Drug Counselling, Life Skills, Conflict Resolution, Social Services Diploma, a Professional Instructors Diploma (PID); Employment Counselling, Job Club, and Guiding Circles and or other appropriate aboriginal skills training
- At least one year experience managing a successful youth program with the proven ability to effectively manage program financial budget, staff, participants' and program format as required by Service Canada.
- Minimum two years experience facilitating workshops for multibarriered and challenging participants in education, addictions issues, life skills, career decision making and employment
- Proven ability to develop and implement curriculum and workshop activities for personal development, first nation's culture and pre-employment training needs
- Excellent communication skills required to facilitate presentations and workshops, compile workshop outcomes to format required reports for manager and or funding sources, as well as strong computer skills such as Word, Publisher, Excel, Email and PowerPoint
- Work as a team member with the SIB Social Development and Employment team
- Ability to be self-starter and work with minimal supervision
- Awareness and knowledge of Sto:lo traditional culture, traditions and language is an asset
- Must have a valid driver's licence, clean Driver's Abstract and a Criminal Record clearance

Primary Responsibilities:

- Will administer, supervise and assist with some facilitation of the 8 week – "Active Measures": Building Employment Program; completing required workshop activities and regular reports to identify results
- Will assist with developing and implementing the pilot program with Employment Services Centre Supervisor at Seabird Island Band
- Recruit, interview and provide positive support systems for the participants to enable them to gain healthy independence and move towards completing their goals for education, training and or securing employment opportunities

Work Week: 35 Hour Work Week End Date: March 31, 2011

Contract POSITION TITLE: "Active Measures": Building Employment Capacity – Facilitator

DEPARTMENT: Health & Social Development
RESPONSIBLE TO: Health & Social Development Manager

Purpose of the Position:

To assist with the development and to facilitate the "Active Measures": Building Employment Capacity Program through Seabird Island Band at Chawathil Band for employable aboriginal clients.

Qualifications/Requirements:

- High School graduate or equivalent, plus related Post-Secondary education in Human Services; such as Alcohol & Drug Counselling, Life Skills, Conflict Resolution, Social Services Diploma, a Professional Instructors Diploma (PID); Employment Counselling, Job Club, and Guiding Circles and or other appropriate aboriginal skills training
- Minimum two years experience facilitating workshops for multibarriered and challenging participants in education, addictions issues, life skills, career decision making and employment
- Proven ability to develop and implement curriculum and workshop activities for personal development, first nation's culture and pre-employment training needs
- Excellent communication skills required to facilitate presentations and workshops, compile workshop outcomes to format required reports for manager and or funding sources, as well as strong computer skills such as Word, Publisher, Email and PowerPoint
- Work as a team member with the SIB Social Development and Employment team
- Ability to be self-starter and work with minimal supervision
- Awareness and knowledge of Sto:lo traditional culture, traditions and language is an asset
- Must have a valid driver's licence, clean Driver's Abstract and a Criminal Record clearance

Primary Responsibilities:

- Will assist with implementation of the pilot program with Project Supervisor and the Employment Services Centre Supervisor at Seabird Island Band
- Will facilitate the 8 week – "Active Measures": Building Employment Capacity Program
- Provide positive support systems for the participants to enable them to gain healthy independence and move towards completing their goals for education, training and securing employment opportunities

Work Week: 35 Hour Work Week End Date: March 31, 2011

Interested candidates are invited to submit a resume, covering letter & three references to:

Attn: Alexis Roper, Human Resources
Seabird Island Band, P.O. Box 650, Agassiz, B.C. V0M 1A0
Phone 604-796-8614 **Fax** 604-796-3729

E-mail humanresources@seabirdisland.ca

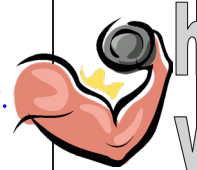
Deadline 4:00 P.M. January 4, 2011

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

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	Fitness Center Community/Staff: \$15 month or \$1 drop in. Non-Community/Staff: \$30 month or \$2 drop in.					
	ELDERS 10AM-11AM	BIGGEST LOSER WEIGH IN & WORK OUT 5:30PM-8PM	ELDERS 10AM-11AM BRING A FRIEND FREE (13+, PER PAID PERSON)	BIGGEST LOSER FAMILY FITNESS 6:30PM-8PM	OPEN 8AM-4PM	CLOSED
	Evening Recreation in the Gym Community/Staff: \$1 drop in. Non-Community/Staff: \$2 drop in. Pre-Paid Cards Available! Open at 5:30pm, close at 8pm.					
BOOTCAMP WITH STACY 12PM-1PM MEN'S HOCKEY 6:00PM-7:30PM	TBA 	VOLLEYBALL AT THE SCHOOL WITH STACY 12PM-1PM Co-Ed HOCKEY 6:00PM-7:30PM 	BOXING WITH JASON 5:30PM-6:30PM BIGGEST LOSER FAMILY FITNESS 6:30PM-8PM	BOOTCAMP WITH STACY 12PM-1PM CLOSED P.M.		

Healthy



Note: Stamp cards available for fitness center. Work out for 1 hour 8x a month, and get entered to win a gift card!

Note: Programs & activities may be cancelled/changed due to interest. Suggestions for activities welcome!

'Round The Rez

Community Events, Workshops & Outings

SUN RUN TRAINING

Start signing up for the walking program (formerly the Sun Run Training) at <http://www.sportmedbc.com/community/aboriginalOnline.php>

At this point there are no plans to take part in the Vancouver Sun Run. We are just taking part in the 13 weeks training but they need to register for the training asap.

Deadline to register is January 28, 2010. More information will follow soon.

Contact Noy for more information.

ARMY CADETS

Start on Seabird January 27th. Any youth age 12-18. Genna will pick up and return youth home that need a ride.

Youth group ages 12 – 18 will be on Thursday nights from 6 – 8.

Welcome New Staff



Hello! My name is Rebecca Miller and I am very excited to have been welcomed into the Seabird Island community. I am the newest addition to the Ey Qwàl Speech and Language Program

staff., working as a Speech and Language Assistant under the direction of D'Anne Epp. I have only recently moved to BC from Southern Ontario with my partner Riley; he and I both agree that this area is simply stunning!

My background is in Education and Psychology. Through the Ey Qwàl Speech and Language program I will be working with Aboriginal Children aged three to 4 years old, helping them to reach their own speech and language goals. Thank you to all who have made my first few weeks working at Seabird Island so enjoyable, I have felt nothing but welcome!

OFF RESERVE NATIVE HOUSING

To apply, you must

- 1) call 604-858-1821 (BC Native Housing)
- 2) complete a telephone interview.
- 3) You will then be sent a form that you must fill out and return; follow the interviewer's instructions.

Rent is based on 30% of your income, and the wait period can be long. However, Native Housing is available throughout the Province, including Agassiz, Harrison and Chilliwack!

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.

ELDERS BAKE SALES

Elders Bake sales will resume on January 4, 2011.

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

ELDERS UPCOMING DATES

January 31, 2010 Elders monthly session pickup will begin at 8:00 am and we will be having a session at the Band office all day. For more information please inquire with Angie Chapman.

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.

VOLUNTEERS REQUIRED

Please if you are interested in volunteering or helping out at any Band functions please let Angie Chapman 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 mAngie at 604-796-6893.

2011 Annual First Nations Festival Countdown

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 Chapman about: Food Vending, Volunteering, Fund-raising, Registering a team or anything else that you would like to discuss about the festival.



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

'Round The Rez

Community Events, Workshops & Outings

OBITUARIES



EnWowten, Grand Chief Archie Charles
 Sunrise: August 28, 1922
 Sunset: November 30, 2010
 Funeral Services were held Saturday, December 4, 2010.

To the Wonderful People and Their Families from Seabird Island and Afar.

We are so grateful for the comfort and tender loving care that you gave to this entire family. From the day that our Dad first went to the hospital you were there.

People visited him and the family the whole month including his short return home and his last stay in the hospital. After he passed people pulled together a gathering, a feast, shelter, and made the sacred fire. These deeds eased our heart and soul so we could prepare the work we needed to do.

The life roles people hold from this Nation and Community are so vast that nothing was omitted from the Sacred Ceremony for our Dad.

Many days after people are still coming by our homes and accompanying us around, soothing our hearts and souls.

With love and gratitude,
From the Family of Archie Charles.



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)

OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed
Jan. 5th/11 – have over 35 names on the list already so probably booked for this clinic time.

Feb. 28th/11

Mar. 28th/11

Apr. 18th/11

May 30th/11

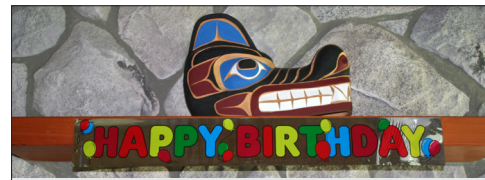
Jun. 27th/11



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



Happy Birthday Uncle Bert
 love Dillon Mason.

Happy 3rd Birthday Baby Marc-Antonio Peters Jan 02 luv u always, Gramma Starr and Pappa Trace.

Happy Birthday to our nephew Marc-Antonio Jr love from your Aunties Ghenna and Chrystal, Trish and your Uncles Billy, William, Meeshka, Blaine, John, Alfred.

Happy Birthday to our "BROTHER" Baby Marc we love you, from your sisters Emillie-Jean, Blew-Reyne and you brothers Zalphire and Exzadius.

Happy Birthday to my little boy Marc-Antonio Jr all the best love from your Daddy Marc Sr and Mommy Chasisty and 2nd mommy Ashley.

Happy birthday to my great grandson Marc-Antonio Jr love you, from your Greatgramma Onie.

All the best wishes sent out to Elmarie Alexander on your 23rd Birthday all the best to you from your family Mom Starr.

BOY'S & GIRL'S GROUPS

The girls group:

Girls Group:

Tuesday's 3:00 - 4:30

Youth Girls':

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*



The New Year, the season of fresh starts... a time for change and healing, a time to get active.

Tips on how to make a fresh start...

Step 1 **Review last year with fresh eyes.** Instead of focusing on the bad, focus on the good. Make a list of the good things in your life and of good things that have happened to you. Make a list of how people made you happy, and what you did to please them. Make a list of the things you admire and respect about yourself. *This will lift your self respect and the year will be truly fresh. Respect yourself and others will follow!*

Step 2 **Forgive and forget.** Make peace with yourself and people who may have wronged you. *By moving on you will be clearing some major mind clutter and making room for bigger and better things.*

Step 3 **Pamper yourself.** Whether it's a new haircut, manicure, massage, or new outfit, do at least one thing for yourself. *You will feel refreshed, confident, and ready to dive into the new year.*

Step 4 **Organize your finances.** Review your spending habits from last year, determine what bills can be reduced or eliminated, and create a new budget. *This will guide you towards a more secure year and future.*

Step 5 **Spring cleaning and de-clutter.** Take a few large trash bags and walk around the house, inside and out, collecting things that are broken, unused, and unwanted then throw them away. *By reducing the clutter you will be able to think more clearly.*

Step 6 **Create goals or resolutions.** Think about what you want to accomplish this year. List these goals and display them where you will see them each day. Break up the larger goals into smaller more achievable goals, making them easier and faster to accomplish. *Tracking these accomplishments as you go could keep you motivated.*

There's nothing more refreshing for the mind, body, and spirit than "out with the old and in with the new".

* *Sage & Sweet Grass Incense: The fragrant smoke purifies a room or home of negative energy.* *

