

General Band Meeting

SEABIRD ISLAND BAND
General Band Meeting

DATE: Wednesday October 20, 2010

LOCATION: Band Board Room / Health Board Room

AGENDA

Dinner will be served at 5 p.m.

Vision Quest Tour Slideshow Presentation – Six Nations, Kahnawake, QyAPELL FN Healing Hospital & Governance Building

5:30 p.m. Welcome – Chief Clem Seymour

- Annual Report
 - Audit
 - Housing
 - Education Jurisdiction
 - Land Code
 - Education/College
 - Graduates.
 - Language & Culture Committee
 - General Q & A
 - Closing Remarks

Child-minding care is available.

PLEASE NOTE:
ONLY BAND MEMBERS CAN PARTICIPATE IN DISCUSSIONS REGARDING BAND BUSINESS AND ONLY BAND MEMBERS ARE ELIGIBLE TO RECEIVE DOOR PRIZES.

October 20th from 5:00 p.m. to 9:00 p.m. our quarterly Band Meeting was held. We had a small turn out but accomplished a lot of work covering multiple departments and the work they are completing for the community. We would really like to see a larger turn out for these meetings if you have any ideas on how we can encourage you to attend please let us know. We have been trying different ideas to try to get the membership to attend these meetings and have researched how other Bands get their members to attend. These are a few of the things we do...

- Child Minding, Dinner or a meal, Door Prizes, Alternating Times. Send your suggestions to the Yoo Hoo and we will post them in the next Yoo Hoo to see if we can come up with an agreeable solution for all parties involved.

As everybody was arriving we started the day with a presentation from Carolyn Neufeld and Linda Kay. The band Managers, two(2) Counsellors a few staff went on a five(5) day Vision Quest across Canada where they visited multiple First Nations to get a feel for what we are doing right and how we can improve. Some of the First Nation communities were so large that there was much to learn that they

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INSIDE This Yoo Hoo

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Nov 5

**Remembrance Day
Celebration**

Nov 7

**Daylight Savings
(clocks fall back)**

Nov 11

**All programs and
services will be shut
down for
Remembrance day.**

Nov 15 - 19

**National Aboriginal
Addictions
Awareness Week**

~ Nov 22 ~

**Staff
Development Day**

All Offices Closed

Gas Bar Closed

**Pro D-Day
*FIND A
BABYSITTER*
(Daycare and
OOSC CLOSED)**

Drug & Alcohol Awareness

Child Abuse

Can start when a baby is conceived.

Say NO to Drugs and Alcohol!



Smoking, Drugs and Alcohol before and during pregnancy effects more than just Mom and Dad .

These can damage your developing baby's brain and body. Resulting in a condition known as fetal alcohol syndrome (FAS). FAS is a disability that affects how a baby looks, thinks, acts and learns. FAS is a lifelong disability; its effects **do not** go away as the baby grows into an adult.

Protect your baby no drugs and alcohol during pregnancy.



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just scratched the surface.

Richard Louie started dinner with a prayer. After dinner Lisa Douglas gave a small presentation on the March 2010 Audit of Seabird. Following Lisa, Diane Jensen gave a presentation on where Seabird Education is at today. This included the Elementary School, High School and College. The College now has 180 students; 158 full time and 22 part time. Seabird School has 244 students making a total of 424 students attending Seabird Schools. *See page 7 for more details.*

Zena Mailhot and Marcie Peters followed with a presentation on how the Housing department has changed over the past year. "There is always room for improvement, we want your positive and negative feedback. That will help us get to a better place" said Zena. We are looking towards more training for our tenants and home owners to learn to perform basic upkeep of their homes. Things you need to know how to do as a home owner or future home owner, becoming independent from the band. Keep watch there will be more training information coming soon.

We developed a selection committee to develop mandates for criteria for eligibility of housing. This group was comprised of elders, youth, staff and community members. The Housing Policy criteria allow them to select who is eligible for housing based on their needs and affordability, not on their family name.

As things stand now: Will-full damage is the tenants responsibility and Natural damage is the bands responsibility. Contents insurance is the tenants responsibility and house insurance is the bands responsibility on Social Housing and Housing Authority owned homes.

Building repairs on Housing Authority and Social Housing homes are done in priority based on how these areas effect your health and safety. Examples include mold toxins, electrical shorts, broken stairs,...

We are sorry we can not always get to your repairs right away as all repairs are conducted based on our budget. One way to speed the repairs along and to help bring our budget up to where these repairs are possible and by keeping paying the rent on time and encouraging others to pay their rent on time. We are all working in a mutually beneficial rental relationship where what some people may or may not do, will effect the rest of the community at large. We ask, to please respect yourself, your neighbors and the housing department by paying your rent on time. *See page 20 for more info.*



Next Jay Hope got up and did his presentation on the BC Hydro Transmission Project; the results of the Traditional Use Study,

Hydro's position and Seabirds response. Negotiations on the table are dependant of resolution of historical issues and opportunities. Opportunities like partnerships and ventures, construction, legacy aspects, education, scholarships, bursaries, training, employment and cultural capacity development.

It was also brought up that we have placed No Trespassing signs at areas to control dumping and trespassing of outsiders and is not intended to keep our people out.



Following Jay, Janice Parsey got up and presented the update on the progress of the Seabird Lands Advisory Committee. *Please see the presentation on page 17 for more info.*

Forestry was next on the agenda where Brian Jones discussed Seabirds Forestry property up in Big Silver. Big Silver is located up Harrison Lake past Sasquatch Park. The selective logging that is taking place up there will be completed by this time next year. We are looking towards setting up a logging business with a long term 25 year contract. We need to see what the community sees for opportunities in our forestry area. Forestry meetings will start in November, watch for posting.

The Language and Culture Committee was the final presentation where Chuck got up and asked for us to see if we new of another elder and youth that would wish to join the committee. We currently have 11 of the 13 committee members in place. This Committee's role is to identify, promote and participate in language and cultural events and activities in the community. They are responsible for Policy development for the Halq'emeylem language and culture. The committee meets every 2 weeks starting November 8th at 6 p.m. in the Band office.

Final Wrap-up Questions and Comments:

- One community member brought up they would like to see both Halq'emeylem and Thompson Language taught on Seabird as more than 50% of Seabird Members are Thompson.
- Another community member asked if we can set up a committee to find ways to try to increase participation in Band meeting. Everything covered at these meetings are important and we need more participation and feedback from the community members so we can improve and try to stay on the path recommended by the community members.

Healthy Eating Recipe Corner

FIESTA LAYERED SALAD

Ingredients

1-1/2 cup Tex Farm long grain white rice
or Tex Farm long grain brown rice
375 mL
1 clove garlic, minced 1
1/4 cup lime juice 50 mL
1-1/2 tsp ground cumin 7 mL
3/4 tsp each salt and pepper 4 mL
1 tsp each liquid honey and hot pepper
sauce 5 mL
1/3 cup canola oil 75 mL
1 avocado, peeled and cubed 1
1-1/2 cup chopped red pepper 375 mL
1 cup canned black beans, drained and rinsed 250 mL
1-1/2 cup each corn kernels and chopped tomato 375 mL
1/2 cup chopped green onion 125 mL
1-1/2 cup shredded Cheddar cheese (optional) 375 mL
1/4 cup chopped cilantro 50 mL



Directions

Cook rice according to package directions. Spread evenly on a baking sheet to cool; fluff with a fork. Whisk garlic with lime juice, cumin, salt, pepper, honey and hot sauce. Whisking constantly, gradually pour in oil to combine. Stir a spoonful of the dressing with the avocado. Reserve remaining dressing.

Layer red pepper, avocado, black beans, rice, corn, tomato, green onion, Cheddar cheese, and cilantro into a straight-sided, glass bowl or trifle dish. Toss with dressing just before serving.

Serves 8.

Tip: Rinse the beans well to remove excess sodium contributed by the canning liquid.

Tip: Layer the salad in individual glasses for a more elegant presentation.

Message from our Fire Department

The cold weather is upon us, please be fire safe with candles, do not leave them unattended or near flammable areas or objects. It is time to cleaning your reusable furnace filters, or replace the disposable filters. This is also the time to clean your heaters and vents, making sure they are clear of any obstruction or blockage.



The Seabird Fire Department will begin Fire inspections shortly.

New Staff



Danielle Gabrial

Our new smiling face in the Band Office reception.

Danielle is a Community Member and Band Member of Seabird. The granddaughter of late ED (Spike) Gabrial, she has 3 kids: Chanea Gabrial, Dreden Naistus, and Daemon Naistus. Danielle and her family is active on the Pow Wow circles and she is a regular soccer mom.

Her education includes a Diploma in business management covering e-commerce, marketing, sales, communications, accounting computers, customer service and much more.



Hello my name is Jill Stauber. I'm happy to be the new administrative assistant in the Employment, Education & Social Development Centre.

A little about myself: The past six years I have spent as a Strata Manager in Chilliwack and Abbotsford; prior to that I worked in the banking industry. I'm excited to utilize my administrative and customer

service skills in my new position here at Seabird Island Band. Also, I am a mother of one to a great 15 year old daughter and have also recently become engaged. I grew up in Chilliwack on a poultry farm and through my younger years was very involved with horses and soccer. I keep promising myself that one of these days I'll get back into soccer! "Just do it", isn't that what Nike says???

Now that I'm embarking on a new career, I look forward to learning all there is to know about the resources and services Seabird Island offers. Now that I've been on a tour and met most of the staff it seems an intimidating task, as it seems there is an endless amount of resources available. This is extraordinary and I'm happy to be part of the team and look forward to lending a helping hand to those needing it.

Housing Wait List Oct 2010

1 bedroom

1	1012009-1010
2	03042010-2021
3	18032010-014
4	06042010-015
5	15042010-016
6	16042010-017
7	27042010-018
8	20052010-19
9	16072010-20
10	16072010-21

2 bedroom

1	6252009-2004
2	7072009-2005
3	9212009-2011
4	9222009-2012
5	1052009-2013
6	10222009-2015
7	11022009-2016
8	1012009-1010
9	01012010-2017
10	01012010-2018
11	02222010-2019
12	03032010-2020
13	03042010-2021
14	04212010-3038
15	06082010-2022
16	07022010-2023
17	07132010-2024
18	08122010-2025
19	08132010-2026
20	09082010-2027
21	09082010-2028

3 bedroom

1	3312009-3007
2	4242009-3009
3	6242009-3013
4	7102009-3015
5	7302009-3016
6	8142009-3018
7	8142009-3019
8	8142009-3020
9	8262009-3021
10	9022009-3023
11	9142009-3024
12	10292009-3026
13	11092009-3027
14	11252009-3028
15	01012010-3029
16	01012010-3030
17	02/05/2010-3031
18	02/05/2010-3032
19	02/05/2010-3033
20	0308/2010-3034
21	03/15/2010-3035
22	07042010-3036
23	15042010-3037
24	04212010-3038
25	04212010-3039
26	10052010-3040
27	07022010-3041
28	09092010-3042

Forgot your
number?

Contact

Stacy McNeil

604-796-6825

Those that received letters offering them new units must respond by October 27th...

Housing inspections have begun on the Seabird rental units.

Pandemic Planning

Education, Exercising and Evaluations



Coming to your community...

October 18 -- Chawathil

Oct 19 – Scowlitz

Oct 20 – Skwah

Nov 3 -- Cheam

Nov 4 – SEABIRD

November 5 – Shx'ow'hamel

Seabird LPN College

Seabird LPN Program - a choice College for both community members and non-community members alike. This two year Nursing program has just completed year one with huge success. The students are into year two now and are excited about the opportunities opening up around them.

The students and their instructor Lauren Duerksen were invited to speak at the AHIC celebration a couple of weeks ago - they made quite the impact.

Would you like the opportunity to apply for this training?

September 2011 there will be another 2 year LPN program starting - **ENROLL NOW** to reserve your seat.



Student: Sue Harris
Seabird Island Community Member

Seabird Island Preschool

The 4's Program has been averaging 18 children each class. Kwoasel, is teaching the children their Halq'emeylem language. They are learning about the family and fruits/vegetables.



On Oct. 8th Day Care accompanied the Preschool on a field trip to the Pumpkin Patch/Apple Farm. Preschool participated at Sto:lo New Year at the Community School with singing 3 Halq'emeylem songs. On the 13th, a Literacy Night was held at the Preschool for the 4 year olds and their parents/caregivers. It was a quiet evening with four families however the children enjoyed decorating their boxes and sang for the parents. Thank you for attending and congratulations to the door prize winners.

The 3's Language Nest Preschool has an average of 16 Children attending Monday – Thursday. Wendy Ritchie is the Halq'emeylem language teacher. The children are becoming more familiar with the routine and the Halq'emeylem language. They are learning words, songs, Animal names, phrases and a grace.



No Blank Status Cards

Date: September 3, 2010

To: Registered Community Members

From: Carol Hope, IRA/Membership Clerk

Sorry for the inconvenience, there will be no blank status cards available until after September 24, 2010.

INAC is currently working on accounting for 20,000 status cards and are required to report to Ottawa.



Seabird Island Education Report

The Time is Now

THANKS TO THE EDUCATION COMMITTEE FOR THEIR HARD WORK AND DEDICATION TO THE CHILDREN OF SEABIRD

Seabird College

- Is up and running and has the following courses:
 - Aboriginal Speech and Language Certificate
 - Plumber
 - Business Technology
 - Carpentry
 - Information Technology
 - Painting and Decorating
 - Wall and Ceiling
 - Carpentry
 - Graphic Design
 - Upgrading
- A total of 180 students (158 Full time and 22 Part Time)
- Most students will be dual credit ☐ getting their grade 12 and a trade or vocation.
- Summer of 2010 featured a partnership with NVIT ☐ Bridging to Trades
- Early Childhood Education
- LPN Program

Thank You All for Your Support!



Planning Ahead

- What would you like to see Seabird College offer in educational opportunities for next year?

Seabird Island Community School

- Enrollment is 244 this year, up by 32 students.
- Significantly larger enrollment at the secondary level.
- Early intervention kindergarten program
- Leveled reading groups
- Expanded sports opportunities ☐ wrestling, running club
- Looking at Soccer Academy
- Focus on attendance with Attendance Incentive Program
- Focus on increasing graduation rates

2009/2010 Graduates

- Artie Andrew
- Jordin Edmondson
- Chanea Gabriel
- Boone Harry
- Jeremy Joe
- Jordan Mailhot
- Kaleen Pettis
- Kim House
- Jessica Lacroix
- Dustin Charlie

CONGRATULATIONS GRADUATES!

Post Secondary Program

- Record number of post secondary students (44)
- 2009/2010 Post Secondary Grads
 - Arlene Andrew: Bachelor of General Studies UFV
 - Duran Giroux: Automotive Collision Repair Program, NVIT
 - Candace Robotham, Masters of Education ☐ Early Childhood Education, UBC

CONGRATULATIONS GRADUATES!

A message from Chief & Council

Education Jurisdiction

- Process of gaining control of education of First Nations students
- Our own governance
- Our own curriculum
- Our own teachers and teacher standards
- Where we are:
 - A number of events this year in community awareness
 - Working with lawyers on Community Education Authority
 - Capacity building in finance, governance, policy, curriculum and human resource management
 - Working towards 2011



In speaking with Clem this month he touched on a few topics that the Chief and Council would like to let you know they are working on.

1) The weather is changing, hopefully everybody is winterizing their homes. Door seals may need replacing as they wear thin, check your windows for air leaks and seal them up, check your pipes. Everybody needs to take care of business and get ready for winter.

2) Clem Seymour and Kat Penier are working with the Province on the Basic Rules and Regulation pertaining to our hunters. Getting them to recognize our laws and our ways according to our culture. They use to chase our hunters across the province and take away their guns and tell them this is not their territory go back home. We are working to change this.

3) We would like to give recognition to the new Cultural Committee for developing their terms of reference and all the work they are doing for the community.

4) Sto:lo Tribal council is looking at reviewing their constitution to see if they can help make it work better for the people.

Thanks to the Education Committee working on Jurisdiction



Culture and Language

- Key cultural and language course offerings such as cedar hats, sewing, beading, quilting, dying moose hair for tufting, felting, dying cedar and Salish weaving
- 2010 built on the success of the Halq'ameylem Integrated Resources Packages
- Now used by Fraser Cascade school district in addition to our own school.

Composting Class

On October 1st Seabird held their first composting class. Each of the attendees learnt the basic steps of composting and left with their of composting kit. We had a great turn out and everybody got involved even the young youth got their hands dirty.

Composting is an excellent way to reduce our negative impact on the earth and turn it into something useful. When your compost pile is complete it turns into a beautiful rich soil allowing us to help Mother Earth grow.



Tips on saying NO:

Saying NO to Drugs and Alcohol

Sometimes the hardest part is saying “no” to someone who offers you drugs. It takes courage, but you can do it! Actually, most teens have made the decision not to use drugs. If you’re put on the spot, you can feel like you have no clue what to say. **If you plan ahead, it’ll be lots easier to stay strong.**



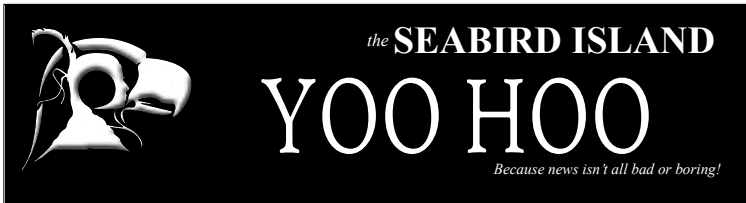
Operation Red Nose once again available.

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

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

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

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



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

Each issue as well as past issues are posted on the Seabird Website: www.seabirdisland.ca

or you can subscribe to be added to our mail or e-mail list by contacting Sandy Bobb by phone at 604-796-6838 or by e-mail at sandrabobb@seabirdisland.ca

For advertisement rates please call Sandy.

Deadlines

The 20th of each month or if the 20th lands on a weekenddead-line lands on the Friday before.

Office Hours

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

Delivery

The first of each month

Someone So Small



INCLUDE

- ~Include all children in opportunities to develop their talents, skills & dreams.
- ~Include people of all races, cultures, languages, religions & abilities in building a better society.
- ~Include all generations so that children will learn from the past & the present to create our future.

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Allow your child to meet new people & children.	4	5 No Program today	6
7	8 Have children make up the endings to stories you begin.	9	10	11 Remembrance Day	12 Someone So Small- Chawathil Gym 10-1130am	13
14	15	16	17 Give children tasks that encourage working with other children, such as setting the table.	18	19 Someone So Small- Seabird Mill Hall 10-1130am	20
21 Let your child decide what you do today.	22	23	24 Include your child in daily household chores□ make it fun.	25	26 Someone So Small- Chawathil Gym 10-1130am	27
28	29	30 Include your child in meal planning & cooking.		Let your child help you cook□ by stirring, mixing or pouring.		

Community Vision Meeting

Feedback from Two Community Visioning Sessions for Seabird Island October 7th and 14th, 2010

To those of you who made it out to participate in the Community Visioning Sessions on Oct 7th and 14th THANK YOUR VERY MUCH for taking the time to share your excellent ideas and enthusiasm. As promised, here are the results from those sessions. These notes come directly from the feedback forms you submitted or from our discussions as noted on the flip charts. We will keep working with this valuable input along with other community information to create a guiding plan for Seabird Island. And of course, we'll be in touch with you again on all this too!

Please have a look through the attached notes if you are interested to see what everyone's ideas look like when put together. **For those who want a very quick summary, some of the key themes that came out when envisioning Seabird in the year 2035 were:**

- Strong sense of home, family, community
- Individual and community healing
- Strong and active culture, traditions, spirituality
- Community guided by traditional values and respect for one another, land, water, animals
- Increased empowerment, self-reliance
- Seabird is self-governing, well-governed, well-managed
- Community engaged in decisions with strong communications out to and invited in from members
- Children, youth and elders actively engaged and connected to one another
- Healthy and active lifestyles are supported with services,

programs and facilities

- Local businesses serve community needs
- Local jobs and employment opportunities
- Education and training tied directly to jobs, local enterprises, new and emerging industries and opportunities
- Housing options for different life stages
- Transit and walking oriented development
- Public and personal safety
- Secure and well utilized land base for Seabird to grow
- Land and waters are protected from flood, pollution, waste, degradation
- Beautiful, green, natural environment
- Environmentally sustainable development

Many ideas around the following themes were discussed:

1. Seabird in 2035
2. Economic Environment in 2035
3. Built Environment in 2035
4. Social Environment in 2035
5. Cultural Environment in 2035
6. Natural Environment in 2035
7. Governance in 2035
8. Community Core Area in 2035

If you'd like any more information, please don't hesitate to be in touch with myself, or directly with Brian Jones or Cynthia McNeil.

Karen Peachey, M.A. Planning

T: 604.879.4432

E: kpeachey@telus.net



Ye mí sseqó:tel la xwe' lets'emó:t ó

(Coming together as one)

Hub Newsletter

Host Agency Seabird Island



Cheam, Chawathil, Shxw'ow'hamel, Chehalis, Seabird, Soowahlie, Scowlitz, Kwaw Kwaw Apilt, Union Bar, Kwantlen, Skwah

BC FIRST NATIONS TAKING OVER THEIR OWN HEALTH SERVICES



The Honorable Minister of Health, Leona Aglukkaq with Grand Chief Doug Kelly, Chair of FNHC, Andrew Hazelwood, Assistant Deputy Minister, BC Ministry of Healthy Living and Sport and Ian Potter, Chief Federal Negotiator, Health Canada

Tripartite Partners Initial Basis For A Framework Agreement:

Government Of Canada, BC First Nations Health Council, Government Of BC

On July 26th, 2010 the Tripartite Partners representing the Government of Canada, the BC First Nations Health Council, and the Government of BC initialled the agreement on First Nations Health that will set the stage and process for negotiations to transform how BC First Nations health is managed in British Columbia. The agreement - British Columbia Tripartite First Nations Health Plan: Basis for a Framework Agreement on Health Governance (the Basis Agreement), is a non-binding political agreement that sets out broad outlines for negotiations to develop a Legal Agreement on First Nations Health

Governance. The negotiations process will create a BC First Nations Health Authority that will administer federal health services to First Nations in British Columbia and will lead to the development of a mandate to engage and negotiate with the Government of British Columbia and the Provincial and Regional Health Authorities.

This important initialling ceremony occurred in Vancouver following a lunch, traditional prayers and songs. Senior Tripartite Partners from Health Canada, including the Minister of Health the Honorable Leona Aglukkaq, British Columbia Assistant Deputy Minister Andrew Hazelwood (Population and Public Health – Ministry of Healthy Living and Sport), and representatives from the First Nations Health Council Grand Chief Doug Kelly spoke to the agreement, as did prominent First Nations political

leaders who were present to witness the historic occasion.

On July 29th, 2010 the First Nations Health Council appointed Grand Chief Doug Kelly as Chair of the First Nations Health Council and Warner Adam was appointed as Deputy Chair. Current Health Council members include:

North

Warner Adam, Chief Marjorie McRae, and TBD (north east)

Interior

Chief Bernie Elkins, Gwen Phillips, and Chief Ko'wantco Michel

Fraser

Grand Chief Doug Kelly, Chief Maureen Chapman, and Chief Willie Charlie

Vancouver Coastal

Charles Nelson, Ernest Armann, and Leonard Bob

Vancouver Island

Cliff Atleo, Shana Manson, and TBD

"With files from the First Nations Health Council"

WATCH FOR DATES & PLACES FOR THESE UPCOMING EVENTS

- The Hub will have a booth at the
- Car Seat Awareness (Nov 2010)
 - Engaging the Elders (Jan 2011)
 - Pandemic Planning / Emergency Preparedness (Feb 2011)
 - Hosting the 3rd Annual Hub Gathering (Mar 2011)
 - Youth Health Careers Awareness

Interested in Attending a College/University???

Already a Post-Secondary Student???

Looking for Post-Secondary Sponsorship?



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

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

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

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



To ALL full-time Post-Secondary Students receiving Post-Secondary Sponsorship from the Seabird Island Band

- **Student Monthly Declarations** are due by the 20th of every month...

High School Students Grade 7-12



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

Students will be able to pick up their student allowance from the Student Services Worker located upstairs in the Employment & Education Centre at the Seabird Island Band Office.

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

Gang Awareness



Talk to your kids
about gangs

before we have to.

Seabird Island Band is aware of Gang Activity. We have a zero “0” tolerance policy.

*We are here for the health and wellbeing of the community. If you are aware of Gang Activity or feel you have “No Way Out” please come in to talk to us at Seabird Child & Family Mental Health, or speak with someone you feel comfortable with. **Our biggest concern is your safety.***

Gangs ruin lives through violence, murder, drugs, theft, and destruction of property while lowering the standard of living for many community members trapped by ruthless gang activities. To stop gang violence, community members need information, support and community activism. These tools are excellent in combating the problem.

Consequences Of Gang Membership

- . Gang membership can severely hurt one’s health and future.
- . Gang members may be killed or injured.
- . Many put themselves in danger of disease, prison, and death.
- . Many are at risk of being sexually abused or assaulted.
- . Many become dependent on alcohol and drugs.
- . Gang members usually drop out of school, limiting their chances for higher education or good employment.
- . They are likely to be involved in crime throughout the rest of their lives.
- . They may commit serious and violent crimes that lead to lengthy jail time.



Parents’ Guide For Preventing Gangs

Many communities (maybe the one you live in) have serious problems with gangs. Gangs spell trouble. Parents can do a lot to prevent gang problems or reduce gang problems already in place. Most important, there’s a lot that parents like you can do to keep your own children from joining gangs:

- . *Learn about gangs and signs of gang activity.*
- . *Sharpen your skills as a parent and use them.*
- . *Join others to make or keep your neighborhood gang free*

Sharpen Your Skills As A Parent

Many gang members say they joined because the gang offered them support, caring, and a sense of order and purpose, all the things that most parents try to give their kids. The odds are that the better you meet these needs, the less need you children will look for gangs. **Here are some parenting skills that are especially important:**

- . Talk with listen to your child. Spend some special time with each child,
- . Put a high value on education and help your child to do his or her best in school. Do everything possible to prevent dropping out,
- . Help your kids identify positive role models and heroes - especially people right in your community,
- . Do everything possible to involve your children in supervised, positive group activities like sports,
- . Praise them for doing well and encourage them to do their very best - to grow their skills,
- . Know what your children are doing and whom they are with. Know about their friends and their friends’ families,
- . Don’t forget to talk about gangs. The best time is before there’s a major problem. **Tell your child that:**
 - . You disapprove of gangs,
 - . You don’t want to see your child hurt or arrested,
 - . You see your child as special, and worth protecting,
 - . You want to help your child with problems,

continued on pg 10

Gang Awareness

continued from pg 9

- . Family members don't keep secrets from each other, and
- . You and other parents are working together against gangs.

. **Don't forget to listen to your child as well !!**

If you don't talk to your kids about Gangs, who will?

- . Listen to conversations you child has with friends or new acquaintances.
- . Check you child's room, books, arms or legs periodically for any symbols or signs.
- . Talk to your child's teachers about any of your suspicions.

Signs of possible gang involvement:

- . Baseball cap worn to the left or the right.
- . Tattoos or body doodles out of the ordinary, or for unexplained symbols.
- . Money coming from an unexplained source.
- . Clothes with particular colors and sport team identification.
- . New friends that parents are not acquainted with and people they are not allowed to hang with.
- . Unexplained signs and symbols on books, folders, clothes and personal belongings.
- . Poor progress in school.
- . Frequent negative contacts with police.

What to do if you suspect your child is involved in a gang:

- . Don't ignore suspicions, *talk to your child*.
- . Watch for some of the above signs.

BLOCK WATCH

- Do you worry about living in a safe neighborhood? Are you concerned about youth out at all hours of the night?
- Do you know an Elder who is scared at night?

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

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

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

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN 11AM-5PM FITNESS DROP IN FREE LADIES ONLY 11AM-1PM Co-Ed 1PM-5PM BEGINNERS BOOT CAMP 7PM-8PM 	Fitness Center Community/Staff: \$15 month or \$1 drop in. Non-Community/Staff: \$30 month or \$2 drop in.					OPEN 12PM-6PM MEN ONLY 12PM-2PM Co-Ed FITNESS 2PM-6PM 
	ELDERS 10AM-11AM OPEN 8AM-4PM 5:30PM-8PM	OPEN 8AM-4PM 5:30PM-8PM	ELDERS 10AM-11AM BRING A FRIEND FREE (13+, PER PAID PERSON)	OPEN 8AM-4PM 5:30PM-8PM	OPEN 8AM-4PM 5:30PM-8PM	
	Evening Recreation in the Gym Community/Staff: \$1 drop in. Non-Community/Staff: \$2 drop in. Pre-Paid Cards Available! Open at 5:30pm.					
	BOXING WITH JASON CAMPBELL 5:30-6:30 CLOSED 7PM	MEN'S HOCKEY 6:30PM-8PM	OPEN 5:30-8	Co-Ed HOCKEY 6:30PM-8PM	CLOSED	

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

Note: Programs may be cancelled/changed due to interest. Boxing starts up June 7th.

BOOT CAMP with Stacy will start **November 17 12-1** in the gym for 6 weeks...fit up for the holidays!

EARN CHRISTMAS DOLLARS PROGRAM will begin **November 1 at 6:00 p.m.**

meet Keena at the fitness center to register and weigh in....



SEABIRD ISLAND COMMUNITY SCHOOL ADULT PROGRAMS

Now accepting registrations for
the 2010-2011 school year.

Open to Everyone – First Nations and Non-First Nations
Only 5 Minutes from Agassiz and 20 Minutes from Hope

- Halq'emeylem,
- Intro to Computers and
- Math 11,

The above are **free classes** which are **starting soon** so register now.

Please contact Noy if you are interested in attending the...



World Diabetes Day Expo

Learn from diabetes experts & celebrate World Diabetes Day!

FREE

Diabetes Management and Type 1 Diabetes Update

- * **Dr. Dan Metzger:** *What's New in Type 1 Diabetes*
- * **Footcare Expert:** *Proper Foot Care & Footwear*
- * **Pharmacist:** *Managing Diabetes with Medications*

When: Saturday, November 13, 2010
Time: 1:00 pm to 4:00 pm
(registration & tradeshow 12:30 pm)
Where: Salvation Army Community Church
35190 Delair Road, Abbotsford

Free Admission, Light Refreshments & Prizes

Don't miss out on our other attractions!
Hawkey the Mascot of Abbotsford Heat,
ventriloquist, balloon art, face painting, free video
gait analysis on treadmill & our interactive
tradeshow!

Please wear **blue** in honor of World Diabetes Day!



diabetes.ca 1-800-BANTING (226-8464)

Work Experience Student



Jaunita Van Maren

Grade 11 Student
Unity Christian School

Juanita spent one week with Seabird doing a work experience program with the nurses and the Dental Center, even having the chance to visit our LPN Program.

When asked...

What is your impression of things at the Seabird Health Department? She responded, Its not really what I expected, there is a lot more here than I expected. The LPN Program was very interesting. I would like to become a nurse.

What do you think are our best practice? She responded with. I really like going out with Nurse Joe; everybody knew everybody, they respected each other and the work with the community.

What would you like to see us do more? I like to see the nursing and how you work with other communities. I would like to see more of that.

Tips on saying NO:

It can be hard to deal with pressure to try drugs and alcohol. Chances are, though, that you'll wind up feeling better about yourself if you do what you think is right for you. If the pressure to try drugs and alcohol is getting to you, here are some suggestions that can help:

- If you find yourself in a problem situation, make an excuse to **leave**.
- Ask for support from other friends or adults if someone is really pressuring you to use drugs.
- Make new friends who respect your decision not to use drugs.
- Go to events that don't involve drugs. Don't put yourself in an unsafe or difficult situation.
- If you do go to a party where there may be drugs, **never put your drink down** and come back for it. Someone could put drugs into it without your knowing.

Remember, your body and your future belong to you. Don't let anyone talk you into doing something that could hurt them.

SIB Employment and Education Centre

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

Services that the Employment, Education & Social Development Services offers are:

Funding for eligible applicants for work training, post secondary school; financial assistance to eligible applicants who are currently enrolled in school; assistance with job search, cover letter & resume writing; social assistance; as well as assistance with scholarships/bursaries.

The Staff of EEC:

Kelly Chapman – Student Services Worker

Deals with student allowances for high school students; allowances for school fees & supplies; assists Seabird Island residents who wish to go to post secondary school with application forms and applying to scholarships & bursaries

Trudy Sjoblom – Career Development Practitioner

Assists residents who are looking for work or making a career change and assists with applying for funding for eligible residents; Assists with obtaining life skills, drivers license, resume; one on one counseling relating to employment issues; group work shops pertaining to gaining employment

Starr Alexander – Social Development Program Administrator

Assists residents with social assistance program

Alexis Roper – Employment, Training & Social Assistance Program Supervisor

For all your employment, training and financial assistance come talk to Alexis!

Jill Stauber – EEC Administrative Assistant

Greets you at reception and will assist you in any way able too, such as photo copying, computer assistance, resume & cover letter tweaking, answering questions and booking appointments

Make an appointment with the EEC staff to help you on your way or pop in to say hi.

Comming Soon...

Valley Driving School will be providing Professional Driving Instruction at the Band Office November 23, 25, 30 & December 2, 2010 from 3:30 – 5:30 pm. All persons age 15 and up who are interested, please come see Trudy or Alexis to sign up prior to the date.



Office Closures:

Nov. 11, 2010 for Remembrance Day
Nov 22, 2010 for Staff Development Day



Lands Advisory Committee

October 20, 2010
Quarterly Band Meeting

What has been done to date:

- Committee members were selected
- Terms of Reference (TORs) with Chief and Council
- Chief & Council have decided on staggering the terms of each committee member
- Two (2) selection of Leases was recommended to the Chief & Council
- One (1) recommendation for Permit was sent through to Chief & Council ☐ BC Hydro

What has been done to date:

- A work plan has been approved by the Committee
- Hired a Lands Clerk ☐ Kimberley Lessard
- Established that meetings will be bi-weekly
- Environmental Site Assessment Program ☐ Continuing to monitor with SNC Lavalin with the Second Phase testing.
- Phase 3 clean up for ESA will happening next week (Oct 25-29)

What will be done in future:

- Preparing the Matrimonial Real Property law (MRP)
- Preparing the Trespassing Law/Garbage Dumping Law
- Developing and reviewing policies and procedures for the Land Code
- Reviewing leases with Seabird Island, and monitoring contractual obligations such as; annual farm plans, pesticide controls and other environmental impacts etc.

What will be done in future:

- Land Registry tracking System
- Training with various lands programs, and workshops to enhance the knowledge and skills of the committee members
- Will Continue to work with other Sto:lo operational bands in Land Code
- Developing zoning, and bylaws for the land

**2010-2015
WORK PLAN**

The Committee has been working on the work plan for the up coming years. To date, the work that needs to be done was divided into the main focus for YEAR ONE

☐ The remainder of the work will be completed in the years to come.

Five Year Work Plan

2010-2015 WORK PLAN

Work Plan Item UPDATES

• The Committee will keep informed on various activities that will affect the land and resources. Other issues/ concerns/ or suggestions the Community has is also very important to the Lands Advisory Committee.

Updates

1. Traditional Use Study (TUS)
2. Environmental Site Assessment
3. Treaty
4. Addition to Reserve
5. Relationship with Regional Districts & Municipalities
6. Economic Development Plan
7. Boundary Issues
8. Erosion Issue / Loss of Land

Work Plan Item

LEASES (long & short term)

- Leases are a major part of the Lands here at Seabird. The Committee continues to review, and make recommendations on Lease Renewals and New Potential Leasers. Together with the Finance Dept. input a formal checklist for Leasers will be created to keep consistent information for both Departments
- Leases
 - Review Strategies
 - Review of Current Lease Agreements
- Long & Short Term Leases
 - Subleases

Work Plan Item

TRESPASSING, GARBAGE (Dumping) LAW

- During the Summer months attention had been brought forward to Chief and Council in regards to Trespassing, and Dumping of Garbage on the Reserve lands. The Lands Department have put up signs along HWY 7 to start alerting people of some changes coming into affect.
- The Committee will be developing the this Law. Any input from the community on issues, concerns about this particular area would be great appreciated.



Work Plan Item

TRESPASSING, GARBAGE (Dumping) LAW

- Gates are another thing that will be put up along some entrances along the Hwy, along with these gates are new signs to go with them.
- The Committee will work hard on keep the community and its members safe !!!



Work Plan Item

LAND USE PLAN

- The Land Use Plan is something that is currently being worked on. The *Shared Vision for Future Plan* (CCP -Community Comprehensive Plan) will play a major role. The input from the Community is a CRUCIAL part of its success.
- Here is a list of a few things that will help with the Land Use Plan:
- Shared Vision for Future Plan (aka- CCP)
- Economic Development Plan
- Environmental Site Assessment
- Traditional Use Study (TUS)
- Relationship with Regional Districts & Municipalities

Work Plan Item

COMMUNICATIONS PLAN

Communications Plan

- Communicating to the Community is extremely important to succeed in the development of the land. Meetings to inform the community, along with any input will help identify the Laws that need to be put into place.
- Community Meetings
- Family Meetings
- Community Profile
- CP Holders Relationship with Land Code
- Website / Internet tools
- Chief and Council Meeting
- Protocol
- Department Protocol
- Communication with Seabird Chief & Council, and Departments

Work Plan Item

TRAINING

- The Committee understands the importance of keeping informed, and educated in all areas related to Lands with attending workshops, conferences, and information sessions
 - Some meetings that will be taking place are with other Land Code operational First Nations over the next few months
- Attendance to the Lands Advisory Board AGM*
- #### Training
- Staff
 - Committee
 - Off-Site Meetings
 - Networking
 - Negotiating Skills
 - Dispute Resolution

Work Plan Item

LANDS DEPARTMENT

Lands Department

- During this time, the Lands Dept, will be developing various FORMS that will correspond with the various Land Use Applications happening here at Seabird.
- Fee Schedule
- Forms
 - Gravel permit
 - Timber permit
 - Cutting permit
 - Highway permit
 - ROW permits
- Procedures
- Department Set Up
- Funding Sources

Over the next 5 Years

Laws, and other items being looked at during this period.

- Matrimonial Real Property Law (MRP)
- Development Laws
 - Building Codes
 - Sewer
 - Utilities
- Zoning Law
- Conservation Law

ANY additional suggestions from Community@ .

- Environmental Management Agreement and Environmental Impacts
- Present Land Ownership Structure
- Purchasing Land Strategy

More Specific areas in Lands that are coming your way...

Forestry

Forestry... what is coming

MoU with BC Timber Sales (BCTS)

- The BCTS MOU is just the beginning of the formation of potential partnership with them. We are in the process of developing a strategic alliance with them to cost share employment, contract services and job shadowing.

Negotiations for Non Renewal Forestry License (NRFL)

- The new form of tenure is area based long term. We are researching potential viable site for a variety of uses ranging from logging to non timber forest products along with eco tourism.
- This just the start to a long and prosperous venture where we will set up strategic business operations for highest and best employment careers.

For more information on Forestry



Come out to meetings in the month of **NOVEMBER.**

We will be posting these community meetings up during the next 2 weeks.

Thank you very much for your time, and come visit us on Facebook **Seabird Lands**



Sto:lo New Year Celebrations



Seabird Community School celebrated Sto:lo New Year on October 15th with class. Community members came out to watch skits and dancing by all classes and attendees. The visitors included 10 elders, the Kent school grade 4/5 classes and returning with his new class Mr. Rick Joe brought the Central school grade 4/5 classes.

The day began with a welcome from Chief Clem Seymour, a welcome from Principle Shari White, singing of the Sto:lo anthem, a prayer from Brandy and Skyler McNeil and the Seabird song sang by Neil White.



Each class then proceeded to take turns performing; skits, plays, reading poems, singing songs and dancing and handing our give-away memento's. Even the other schools prepared plays and give-away memento's to share with their new friends. Before breaking for lunch Mr. Rick Joe sang a couple of songs with the high school students and encouraged all the students, teachers, and guests to join in the dancing and singing.

After lunch the day continued with a Pow Wow and more celebrating and dancing. This was a great event celebrating our culture with our communities, teaching the youth their history and showing how we can all work and play together.





HOUSING OVERVIEW REPORT
October 20th, 2010

HOUSING OVERVIEW REPORT



TENANCY:

- ▶ 45 Tenancy Renewals (28 Social Assistance, 10 Employed, 7 and Other).
- ▶ 56% of Tenancy Renewals completed to date.
- ▶ 2 Tenants moved in, 3 Tenants moved out.

HOUSING OVERVIEW REPORT



WORK ORDERS:

- ▶ 23 new Work Orders developed, **9 Completed.**
- ▶ 67% of all Work Orders **completed.**
- ▶ 12 previous Work Orders **completed.**

HOUSING OVERVIEW REPORT



RENOVATIONS AND REPAIRS:

- ▶ 20 unit renovation application started end of March **and received funding.**
- ▶ 2 unit mould applications started **and received funding.** 1 mould renovation completed.
- ▶ 6 unit RRAP application started, **still in progress.**
- ▶ **12 new House construction funded in the New Full Subsidy Program.**
- ▶ 16 unit retrofit completion. These were **High Efficiency furnaces, Hot Water tank and Appliances.**
- ▶ 1 damaged unit repaired (insurance claim) Rental Arrears total \$454,584.16.

HOUSING OVERVIEW REPORT



WAITLIST:

- ▶ Current Waitlist: 4 singles, 14 2-bdrm, 18 3-bdrm+.
- ▶ 2 waitlist tenants declined to take unit.

HOUSING OVERVIEW REPORT



RENTAL FEES AND ARREARS:

- ▶ 105 people have rental arrears.
- ▶ 41 of these have a repayment agreement.
- ▶ \$3,985.66 is received monthly in arrears payments.
- ▶ **99.2% renters paying current rent.**

HOUSING OVERVIEW REPORT



- ▶ 82 Units are in the Section 95 Social Housing Program, **the Units and Phase 6-13.**
- ▶ 26 Units are in Housing Authority homes, which were built in the 70's. These have a 50 year mortgage, last one being paid out in 2025.
- ▶ 20 Units are in the Band MMP, (**Maintenance Management Plan**) and some phases have been paid out. They are **Phase #3** homes, **Phase #4** **Yalla Drive** and **Phase #5** **Alexis Drive.**
- ▶ The Band currently has 2 mortgages for housing, **house 82 & 15.**
- ▶ 50 Band members currently have Mortgages or own their homes
- ▶ There are 6 homes located on Reserve through a Lease or by a Band Member and the Church.
- ▶ **16 homes are being completed under Phase 6-7 Social Housing in the CMHC CEAP Retro-fit 2009/2010 Project.**
- ▶ **This year Phase 8-9 was completed (the furnace and hot-water tanks only).**

Tips on saying NO:

Situation #1:

“Come On... try it, everybody’s doing drugs”

Response: “I think plenty of people aren’t doing drugs. Anyway, it’s not right doe me.”

Situation #2:

“Come On... it will make you feel good”

Response: “I already feel pretty good. And I don’t want to mess that up.”

Lalme'wesawtexw

School Day Events:

Nov. 5 School Remembrance Day Ceremony, please visit and share a moment with our students for our ancestors and veterans.

Nov. 5 Mr. Mai and Miss Eustache will be bringing our students to Chehalis for a soccer tournament, all day event. Come out and cheer!

Grade 4/5 students from Miss Eustache's 2009/10 class have their art work on display at Agassiz Library, until the end of November. Titled "Culture and Design"

Oct. 22 Professional development Day – No school for students- Teachers are involved in an innovative and interactive workshop to improve writing skills of students of all ages.

Oct. 21 Coast Salish Language Gathering hosted by Stó:lō Tribal and Seabird Island Band, our language teachers are: Kwosel, last year's provincial Language Champion, and her co-teacher Kwelaxtelot will show casing the language programs and resource development, and integrated resource packages.

Oct. 21 School Drama club starts at 3 with Shari White

Oct. 21 School Lalme'Iwesawtexw (Stó:lō) Drum and Dance troop starts with Neil White(5:00 pm To 7:00 pm)

Oct. 21 Primary Interims released

Oct.18 33 high school students honoured for perfect attendance 37 student's honoured.

Oct. 18 to Oct. 29 Book Fair hosted by our Literacy Committee, all proceeds return to the school library please come and support our young readers by purchasing books!!

Oct. 15 Stó:lō New Year, Lalme'Iwesawtexw hosted over an hundred guests; 40 from Chilliwack Central and 60 from Kent elementary. The day was filled with examples for Stó:lō arts, traditional foods, dancing and singing. Mr. Rick Joe honoured us with songs, Phillip Lockerby and his big drum group sang the afternoon away! The day was filled with energy excitement.

Oct.14 – Soccer Game Seabird vs. Chehalis 3/5 loss goals by: Chehalis

Oct. 12 Primary travel to Weaver Creek

Oct. 12 Interim reports released:

Oct. 7 Action Schools visited: Student Helper's and Sr class' learned elementary game's

Oct. 6 - Nine of our students from Seabird Island Community School went to Island 22 for a cross country race. Our students competed hard, had fun, and are looking forward to train, compete and improve for the next race in a couple of

weeks. Notable Finishes: Sr. Boys 5.8 Km Justin Paul 19th with a time of 24.31; Jr. Boys 5.8 Km Justin August 42nd with a time 26.07, Sean Andrews 43rd with a time 26.08; Jr. High Boys 3.7 Km, Dredan Naistus 17th with a time of 20.32.

Oct. 5 World Teachers Day

World Teachers' Day, held annually on October 5th since 1994 - when it was created by UNESCO - celebrates teachers worldwide. Its aim is to mobilize support for teachers and to ensure that the needs of future generations will continue to be met by teachers.

Oct. 8 Chehalis vs. Seabird, game ended due to game misconduct on Chehalis' part, we lost 2 vs. 1 goal scored by Austin Williams of Skwah.

Reporter Lena Greene

Pictures by Ms. Marchant, Mr. Mai, Lena Greene



Building something that lasts

Written by: Greg Pauls

Pictures by:

Earlier this term the High School trades department was asked to consider the possibility of designing and building a set of staging for the school. After a number of conversations and brain storming sessions we came up with a design that we believe will work. Let me describe it to you: The sections of the stage will consist of specially designed wooden "I" beams that we will build in the shop. Each section will be uniquely constructed to connect to those beside it. When all the pieces are completed it will create a very solid stage that we can put up and take down for special occasions. In addition to the staging there will be a lighting, special supports for curtains and possibly come cabinetry built to house the lighting and sound controls.

As you can tell, this is a pretty big project. We are already underway building a prototype section of stage so that we can work out the details of milling and assembly. The large majority of the work being done is at the hands of our enthusiastic "Skills" students. When this project was presented to Dianna Kay she was very excited and was in full support of her students participating in this project. I cannot tell you how encouraging it is for me, as a teacher, to work with skilled instructors who are support new ideas. It is equally exciting for me to see the students engage in the full range of responsibilities and tasks needed to complete this unique project. In addition to the wide range of hand and power tools being used the students are getting a better sense of how important quality control is! The quality and consistency of each person's work is critical to the quality of the finished project. None of us is unimportant, no matter what the job.

While we do not yet have a time line on completing this large project, we are hoping that a portion of the stage may be complete by Christmas (no promises). More important than the time it takes to complete this project it is far more important to consider how long this important investment will last. I am very excited that our students are involved in something that will, literally and figuratively, hold our school high. This may be the stage that they perform on with dancing, singing and drumming. This stage will become distant and beautiful places when it is transformed by the drama club. It will also be the final ground they walk as they receive their High School Diploma and move on to a great and exciting future.

Oct 7th 9 of our students from Seabird Island Community School went to Island 22 for a cross country race.

Our students competed hard, had fun, and are looking forward to train, compete and improve for the next race in a couple of weeks.

Notable Finishes

Sr. Boys 5.8 Km

- Justin Paul 19th with a time of 24.31

Jr. Boys 5.8 Km

- Justin August 42nd with a time 26.07

- Sean Andrews 43rd with a time 26.08

Jr. High Boys 3.7 Km

- Dredan Naistus 17th with a time of 20.32

14 – Justine and Levi working on Drafting

36- Sebastian taking the lead

46 47- our perfect attendance group

48 creating structure for the stage



Lung Cancer Awareness Month



Lung cancer is a leading cause of cancer death in men and women today. It's also the most preventable form of cancer.

Causes of lung cancer

Lung cancer is usually caused by smoking – but not always. Researchers say that more than 90% of lung cancers in men and at least 70% in women are directly caused by cigarette smoking.

Lung cancer can also be caused by other things. Some people who have lung cancer have never smoked a day in their lives. Their cancer may be caused by something else, like:

Second-hand smoke. People who regularly breathe second-hand smoke have almost double the risk of getting lung cancer than people who stay away from smoke 1. It's a fact: Non-smokers who live or work in smoky air can get lung cancer from second-hand smoke.

Radon. Radon is a colorless, odorless gas found in the soil. Radon can enter buildings through cracks in the foundation or insulation, or through drains or walls. Radon can get trapped in basements and other places that don't have a lot of air flow (fresh air). People who have a high exposure to radon are at higher risk of lung cancer.

Asbestos. Asbestos is a heat-resistant mineral found in some workplaces and homes. It has been used in brake pads, insulation, siding, and many other products. People who have a high exposure to asbestos are at higher risk of lung cancer.

Other toxic products: uranium, arsenic, some petroleum products may also increase the risk of developing lung cancer

Who is at risk of getting lung cancer?

People who are exposed to these things are most at risk of lung cancer:

- Smoking cigarettes
- Smoking cigars and pipes
- Breathing in second-hand smoke
- Being exposed to asbestos or radon
- ...or a combination of any of the above risks

If you smoke and you are exposed to another risk factor (radon, asbestos, etc.) you are at much higher risk for lung cancer.

How can you lower your risk of getting lung cancer?

- **The best way to lower your risk of lung cancer is simple:** Don't smoke. If you do smoke, quit. The sooner you quit smoking, the sooner your risk of lung cancer drops. It's never too late to quit smoking.
- **Stay away from second-hand smoke.**
- **Check your home for radon,** a odorless, invisible gas that can seep through walls and basements.
- **Know what you are being exposed to in the workplace.** If you are exposed to fumes, dust, chemicals, etc in the workplace, you have a right to know what you are being exposed to. Gasoline, diesel exhaust, arsenic, beryllium, vinyl chloride, nickel chromates, coal products, mustard gas, and chloromethyl ethers are all carcinogens and can be found in some work environments. Talk to your employer about limiting exposure.
- **Listen to Mom, and eat those fruits and veggies!** Fruits and vegetables are rich with antioxidants and flavonoids. Antioxidants and flavonoids help protect your cell's DNA and repair damaged cells.

Signs and symptoms sometimes seen in lung cancer:

- A cough that doesn't go away and gets worse over time
- Chest pain that doesn't go away
- Coughing up blood
- Feeling short of breath
- Wheezing
- Losing your voice (hoarseness)
- Getting sick with pneumonia and bronchitis a lot
- Swollen neck and face
- Not hungry, losing weight without trying
- Feeling tired

People with these symptoms could have lung cancer, or it could be something else. ***If you have these symptoms, your best bet is to see your family physician.*** The doctor can say for sure what's causing the symptoms and how to treat them.

Seabird Elders

The Seabird Island Elders have been very busy this year. They have been visiting the following programs: Preschool, Parents/ Tots/ Seabird Daycare, Young Parents Program. They have been making themselves visible in these programs and have been offering direction or help when needed. Our elders have the wisdom and knowledge that need to be past onto our younger generation. So this project has been going very well and very glad the elders look forward to visiting all the programs listed above.

Elders Fruit Trip- August 18, 2010

Fruit Orders from the following:
Cheam, Sto:lo Tribal Council, Seabird, Chawathil

The Elders Annual Fruit trip was on August 18, 2010. We have a total of 18 elders attend this trip this year along with four volunteers that came along. This year we purchased 11,860 pounds of fruit. The day entailed the drive to Keremoes and while we stopped at the fruit stand Angie and volunteers made lunch for all the people that attended. The elders had an opportunity to shop for fruit while John Bobb, Daniel Harry, Robert Billy were loading all the fruit that was pre ordered. The elders look forward to this trip every year and tend to purchase allot of fruit to preserve for the winter. Thanks to Daniel Harry, Robert Billy and Evelyn Peters for driving.

Elders Train Trip – September 10, 2010

Scowlitz – Two Elders, Shxw’ow’hamel First Nation- 5 elders, Union Bar – 1 Elder, Seabird Elders- 22 elders and support staff.

The Elders Train trip took place on September 10, 2010. The day started out early in the morning as we needed to be at the Train station in Vancouver by 7:45 am. John Bobb and Angie Chapman started to pick- up the elders at 4:45 am and pick-up was complete by 5:45 am. Once pick-up was complete the elders were all given a bag lunch of snacks and drinks to enjoy on the way down or on the train. John Bobb and Andy Alex were the drivers and did a great job at getting us to Vancouver on time for our train ride. Once we arrived at the station we went to go check in and pickup up our tickets for the train. The elders had time to use the washroom and grab a coffee that was complimentary from the train. We all boarded the train and were assigned seats within our group. The elders felt very welcomed as the staff on the train were so friendly and ensured all the needs were looked after. The train ride was almost close to three hours from Vancouver to Whistler but while on board the elders had the opportunity to learn about the history and take many pictures along the way. While on the train the hostess also reviewed many sites and activities the elders can take part in while at whistler to help plan their time more. Once we arrived in Whistler we all boarded on a charter bus that was about 5 minutes to be dropped off at the Main Village. Once we arrived at the main village most of the group all separated into different areas as some went to visit the

cultural center, shopping, eat lunch, walked about the village. We spent close to 2 hours in whistler it was very unpredictable weather that we had. The sun was out and then out of no where we had a down pour of rain. But all in all I believe the elders thoroughly enjoyed this train trip and were very happy to experience this ride.

Attention to All Seabird Elders

we are trying to finalize our list of Elders that would like to partake in the next Elders trip.

There has been many suggestions for the next travel destination such as: Alaska Cruise, Hawaii Cruise, Mexico Cruise, Travel to Niagara Falls, and many other areas. We are looking to gather elders and start our fund-raising for the next venture coming up. Last year we travelled to Alaska and this was such a great experience for our Elders. We require the help in starting the fund-raising process for everyone. And help from all that would like to participate in this venture.

**The next planning session will be on
NOVEMBER 8, 2010 FROM 10-12.**
If you would like more information please attend this meeting.

Tips on saying NO:

Situation #3:

“Come On... no body will know”

Response: “I’m not taking any chances. I’d be grounded for life if I got caught”

Situation #4:

“If your a friend, you’ll get high with me”

Response: “I really like you. I just don’t like drugs.”



'Round The Rez

Community Events , Workshops & Outings

Tips on saying NO:

Situation #5:

“This is really cool stuff”

Response: “I know someone who got really sick from that. That’s not cool at all.”

You and your friends can support each other in avoiding drugs, alcohol, and tobacco. This is called positive peer pressure. Be strong for one another — that’s what friends are for!

A lot of teens choose not to use drugs, alcohol, and tobacco or to misuse medicines. You can be strong like them!

Make it a game to think of how many ways you can say “no” to different people. It’s not as hard as people think it is to just say “no.” Just smile and say, “Nah, I’ll pass,” and 9 times out of 10 they’ll respect your decision. If they don’t and keep asking you to smoke or drink, Than that person is not a true friend, they’re pressuring you to do something that slowly kills you. If they keep pressuring you and don’t want to be your friend when you say “no,” *do you really think they’re a true friend?*

It’s impossible to totally avoid people who drink or smoke. But as long as you don’t let your guard down and stick with your own decisions and morals, you can go to parties. Saying “no” doesn’t always have to be stressful. Have fun with it. Ignore people who ask you to drink, say it gives you gas, or anything. Just don’t give in.



UPCOMING EVENTS

November 8, 2010 from 10-12

Elders Trip planning session will be on. If you would like more information please attend this meeting.

Remembrance Day Ceremony

will be taking place on November 5, 2010 starting at 10:45 am with ceremonies to begin and lunch to follow afterwards. If you would like more information about this events please inquire with Angie Chapman. Elders will be picked up at 9:30 am so if you would like your name on the list please follow up with Angie.

Attention all Elders that would like to attend the Elders Gathering Planning 2011 session on November 1, 2010 in Skway please let Angie Chapman know. The meeting will be starting at 6:00 – 8:00 pm and the dinner is potluck. I will be picking up Elders at 5:00 pm to bring anyone that would like to attend this meeting.

November 11, 2010 all programs and services will be shut down for Remembrance day.

November 29, 2010 will be the next Elders Monthly session. Pickup will begin at 8:00 am and if you would like to attend please contact Angie Chapman.

The Santa Mailbox will be set-up in the foyer **starting October 28, 2010** and will be closed on November 17, 2010. We are looking for letters to Santa about what your children would like for Christmas.

Community Christmas Pictures with Santa will be taking place on **November 24-25, 2010 from 2-5 p.m.** So if you would like to have your children’s picture taken with Santa please bring your child/children in and we would be happy to take a picture for you. The pictures will be handed out at the Community Christmas dinner this year. **You will receive 1 free 4 x 6 picture.** You have a chance as well to order extra pictures.

UPCOMING EVENTS

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

Annual Community Christmas Dinner

December 8, 2010 starts at 5:30 p.m.

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

Community Christmas Hampers Applications 2010 Elders and those receiving Financial Assistance do not need to apply for a hamper as you automatically receive one. But if you are needing to apply for a food hamper this year please inquire with Angie Chapman.

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

Annual First Nations Festival:

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



'Round The Rez

Community Events , Workshops & Outings

VOLUNTEERS REQUIRED

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

CATERING & FUND-RAISING

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

Building Booking and Meeting Rooms:

Angie looks after booking the band gym, and all meeting rooms that are located within the band office. You need to fill out forms to do a booking. Any other questions please call me at 604-796-6893. Phaine McNeil looks after booking of the Millennium Hall.

ELDERS TRAVEL CLUB

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

ELDERS BAKE SALES

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



COMING SOON

Seabird Army Cadets



Army Cadets will be here every week at the School Gym for all youth ages 12- 18!!

Have fun and make new friends. Be a part of something! Travel! Great experiences!

Will announce start date soon!

Contact Genna at 604-796-2177

Seabird Junior Policing Club

Seabird Junior Policing Club

Seabird Jr Policing Program Girls and boys group starting with Genna ! Call Genna if you are interested, and watch for dates/ locations to be sent out...



Contact Genna at 604-796-2177

I also have info packages on joining the RAVEN or BOLD EAGLE military programs.

Boys and girls group running on Mondays for the month of November and December.

Contact Genna at 604-796-2177

End Violence against Women is an annual event. This years theme is 16 Days of Peace is happening from Nov. 25- Dec. 10.

The objective of the campaign is to raise awareness about violence against women and girls. *We are asking people to wear wristbands and to sign a pledge sheet* confirming their commitment to the 16 days such as non-violent thoughts, actions and deeds.

The kick-off will be on Nov. 24,

Contact Genna for more information at 604-796-2177

FRAUD AWARENESS

TIP # 1

If you get a call, and someone tells you, "You are the lucky winner of a trip or cruise,..." *Sorry but in all likely hood You're not. This is a scam!*

They will ask for credit card numbers, social security numbers and/or bank account numbers. They will charge you're card for all they can, apply for credit cards or other credit with you social security number, and drain your bank accounts. There is little the police or anyone else can do for you.

Do not give them any information. Just say; your not interested and hang up!

SAVE THESE DATES

Evening Recreation Closed for month of December

Celebration of Life	Dec. 7th
Staff Pamper Day	Dec. 9th
Staff Christmas Dinner	Dec. 9th
Community Dinner	Dec.14th
Youth Dinner	Dec.16th
Hampers	Dec.19-20th
Gift Certificates	Dec.19-20th
School Closed for Winter Break	Dec.16th
Out of School Care	
Holiday Activities	Dec. 20-23
Elders Pamper Day	Dec. 22nd
Elders Luncheon	Dec. 22nd
Staff Make and Take	Dec. 23rd

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



'Round The Rez

Community Events , Workshops & Outings

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

OPTOMETRIST CLINICS

Dr. Ahmed will be here on the following dates:

November 29th

Please contact CHR Maggie Pettis for prior approvals
604-796-2177



HEARING CLINIC

-free Hearing Tests
-hearing Aid Fittings
-hearing Aid fittings for approved applicants

Date: Nov 15/10

Time: 10 a.m. to 3 p.m.

Please contact CHR Maggie Pettis at 604-796-2177



DENTAL CENTER

Open Monday - Thursday.

Closed on Fridays.

Tuesday

WALK-IN CLINICS

Every Tuesday

afternoon from 1 - 4 p.m.

(first come- first served)

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

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

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

\$100.⁰⁰ Gift Certificate.

(Walk-in Clinics do not qualify)

MAMMOGRAM CLINIC

Dec. 7th

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

BOY'S & GIRL'S GROUPS



The girls group:

Girls group: Tuesday's 3:00 4:30

Youth Girls's: Wednesday's 5:00 - 6:30

Rainbows:

Wednesday's 4:30 - 5:30 ages 10-13

Rainbows is a place where boys and girls can come to share thier feelings about someone they love wo has died.

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

FOR HIRE

All my Children Indigenous Gardens

Garden Services for a monthly rate of \$40 - \$60 dollars a month (average \$1.50 - \$2.00 /day) Organic Gardens, indoor and outdoor specialists. Save money, grow your own food and make use of fertile unused land. Contact Steven 604-796-8748 or e-mail stevenpeters86@yaloo.ca



Birthday wishes Nov. 2 for a wonderful lady Yvonne Harry and her beautiful daughter Mandy. Nov. 15 to a awesome grandmother Madeline Harry, and to a great nephew Earl Louis Jr. Nov. 21 to Mrs. Janell August.

We would like to send extra Special Birthday wishes out to our daughter Ghennadiene Peters who turns 23 on November 10th, Happy Birthday Baby Gurl We love you, your mom & Dad

Happy Birthday to our mommy (Bubbles) we love you mommy your 3 children Emillie-Jean, Zalphire & Exzadius.

Happy Birthday Sis love fr your brother Marc-Antonio and nephew Marc Jr

Happy Birthday Ghenna lv your brother Billy & Trish and nephew Maleek, Neices Katona, Trinity & Meka

Happy birthday little big sis hugz from your baby Alexander twins.. LOL

Happy Birthday to my 1st granddaughter Ghenna lovs from your gramma Onie & John, Blaine, Alfred

BLANKET DRIVE DONATIONS REQUESTED

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



Drug & Alcohol Awareness

NOT COOL!



Say NO to Drugs and Alcohol!

Long Term Effects of Drugs

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

Long Term Effects of Alcohol

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

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

Sexual Assault,

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

Stay in control of your own fate!



Created by Seabird Health
www.seabirdisland.ca

