

Community Action for Diabetes Event



Oct 13, 2011, 4pm to 7pm

Diabetes is a serious concern in First Nations communities. One in five community members will be challenged with diabetes. Communities in B.C. have been coming together to problem solve for diabetes. There are many options for us that can lessen diabetes and its effects.

On October 13th over 140 people gathered in the Seabird Island gym to share a meal and think about diabetes. Seven different communities participated. Highlights of the event were:

- Traditional meal prepared by Angie Chapman including elk, salmon, samples of swamp tea, xushum juice, salt fish and more.
- Information about the Diabetes in My Nation program by Grand Chief Bobby Joseph
- Education about easy ways to get your body moving... even from your chair!
- Education about ways to decrease the stress in your life, to keep yourself healthy.
- Make and Take of beaded bracelets by Evelyn Peters. Colours of beads linked to seven colours of self teachings and related health messages.

- Community brainstorming of activities/events that could be done in communities.
- Messages from community members about personal experiences (Tammy Harris) and words of wisdom (Maggie Pettis).
- Screening for diabetes using a simple finger poke.
- Door prizes of fruit and veggie hampers, frozen turkeys, hams and gift vouchers for meat.

A Special thanks to Dianna Kay for being the Master of Ceremonies.

Thanks to our partners: UBC research team, Health Canada, Aboriginal Diabetes Initiative, Diabetes in My Nation.

INSIDE this Yoo Hoo

Diabetes Education & Awareness Event	pg.1
1 Day Seabird Business Closure	pg. 2
Chiefs Corner	pg.3
Someone So Small Calendar	pg.4
Youth & Elder Feature	pg.5
Men's Support Group	pg.6-7
Housing Waitlist	pg.9
Lands	pg.10
Seabird Island School	pg.11
Recipe Corner	pg.12
Winter Safety	pg.13
Fitness Center	pg.14
New Staff / Christmas Dollors	pg.15
Health Comic	pg.16
Halq'emeylem Cross Word	pg.16
Employment, Training & Social Development	pg.17
Round the Rez (classifieds)	pg. 18-19

Community Halloween Party



The community Halloween party was a smash hit. We had a great turn out. The interactive haunted house was the most popular event that had a steady line up all night. Thank you to everybody who came out and made this night a great success.

Halloween Costume Winners

0-2 age group: First Place, Pirate Tykus Peters; Second Place, Ladybug Emma B.; Third Place, Devil Jodeane Thomas

3-7 age group: First Place, Cotton Candy Joanne Seymour-Flippen; Second Place, Zombie Bride Carmen Peters-Harris; Third Place, Harry Potter Maddox Peters-Joe

8-12 Age group: First Place, Pepsi Tatianna Seymour-Flippen; Second Place, Swamp Creature Tyson McNeil; Third Place, Mother Nature Emilie-Jean Peters

13-18 age group: First Place, Dark Fairy Crystal Alexander; Second Place, Clown Ryan Peters-Nordal; Third Place, Grim reaper TJ

19+ age group: First place, Pirate Leanne Ellis; Second Place, Witch Jacqueline Jimmie; Third Place, Opera Lady Pam Armstrong

Best Original Costume: Robot, Daryl McNeil

Scariest Costume: Makayla Sam-Greene

Best Homemade Costume: Deranged Mother; Trinity Peters

Funniest Costume: Oriental garbage dancer, Garry Ewen

Thanks to the volunteers: Tammy Harris, Ashley Hannigan, Agassiz Grads (including Brooke Bobb-Reid and Emma McNeil), and Ashley Charlie!!



**EVERYTHING
CLOSED!**

November 21st 2011

Staff Development Day

Everything on Seabird
will be CLOSED

START LOOKING FOR YOUR BABYSITTERS NOW!

ALL band programs (gas bar, day-care, preschool, school, out of school care, band office, dental, doctor, etc) are closed this day for staff to attend. Our theme this year is 'Life Long Learning'. The day will run from 8-4 in the band gym.

Strengthen our team with a day
of learning, sharing, bonding and
team building.



Important Dates Coming Up

December 1/2, 2011

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

Christmas Hamper

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

December 7, 2011

Celebration of Life Event

December 9, 2011

Staff Christmas Dinner

December 14, 2011

Community Christmas Dinner

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

December 16, 2011

School closed for winter break

December 19-23 OSSC

holiday activities

December 20-21

Hampers Send out

December 22, 2011

Elders Pamper & Luncheon

December 26, 2011

Office Closed

Chiefs Corner



Flu Season

I hope you get your Flu shot, Elders, kids, everybody. I know how important it is to get a Flu shot, I already got my shot.

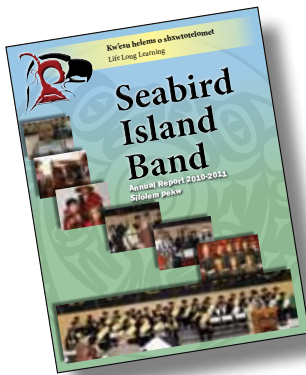
Some of the things we are doing:

We are looking at sitting down to discuss and review specific claims with the government, the province of BC, and Seabird Island. We are going to review claims we have. One example is Boundary Issues with the roads and such in regards to Seabird.

We are also looking into creating a company outside of the Band Office for this we are looking into different partnership possibilities.

Council is working on going outside to look into bigger companies to become a partner. Some of our current partnerships are Hydro, Jakes, and Forestry.

Those are some of the things we are doing.



2010-2011 ANNUAL REPORT

If you are interested in having a copy please have one member per household come into the Band office Communications Department (up-stairs)

See Sandy or Ashley to sign for your 2010-2011 report

If you would like one delivered
please contact Ashley
604-796-2177

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

PLACE YOUR AD HERE

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

Phone: 604-796-2177 Direct: 604-796-6838
E-mail: sandrabobb@seabirdisland.ca

Looking for Sq'ep Cultural Committee Members

Sq'ep Cultural Committee is looking for two more reps.

- One elder
- 1 community.

Please contact Maggie at 604-796-6842 if you are interested in applying to join the committee.

Eve's Loonie Auction

November 25th

Supper 5:00 p.m.
Auction to start
at 5:45p.m.



Included are small fridge filled with water, pop, juice, a freezer filled with meat, silver, table setting with cedar weaving, coat, capes, comforter set, kids bin, hamper, towels, jackets, embroidered shirts, Sony psp game, carvings, money tree and gift card special. an much more,...

LOTS OF DOOR PRIZES



Fund-raising event for support of cultural learning programs.

WANTED



*1894 Flood
East of Agassiz*

Do You Have Old Historical Seabird Photos?

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

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

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

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

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 2011

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

Youth Feature of the Month



Artie Andrew was born to Lolly and Art Andrew on October 4, 1992. His paternal Grandfather Reg Phillips is from Scowlitz and his paternal Grandmother; the late Nancy Phillips was from Sliammon. His Maternal Grandparents were the late Marylou Andrew and Art Andrew Sr. Artie has 3 brothers: Bryson, Kyle, Thomas and his new little sister Nicole.

Artie went to school in Seabird from Pre-school to Grade 2. He attended Kent Elementary School from Grades 3 to 6 and AESS from Grades 7 to graduation in 2010. His favorite school memories include playing school sports, physical education class and an Entrepreneurship class in Grade 12. In Grade 10 Artie attended a Youth Leadership Conference on behalf of School District No. 78. It took place in Langley and included First Nations students from all over the Fraser Valley and Vancouver. He is currently in his second semester at the University of the Fraser Valley pursuing a degree in General Studies! His interest is currently in Kinesiology.

Artie's first job was at Jacks restaurant in Agassiz, where he was a dishwasher in 2008. The following summer, he was employed here at the Seabird Island Band office as a Band Office Assistant. He worked in the Health department alongside of John, Ernest and Alexis. The summer of 2010, Artie worked at Scowlitz Band Office as a researcher. This entailed assisting the Youth worker as well as interviewing and researching the history of Scowlitz. This past summer, Artie worked in the Economic Development wing of the Band Office. He made valuable contributions to the team projects and meetings. You may have seen him around the community during the Smart Meters installations. He is currently the liason with BC Hydro while they switch households to the new Smart Meters.

Artie is a very talented soccer player. He played in the Chilliwack Youth Soccer League until the age of 15 then played in the Abbotsford Soccer league until U-18. He also played in the summer league for Abbotsford Super Y. It was with them that he went to the Nationals in 2006. When he was with the Abbotsford Winter league in 2008, he went to England. He also went to North American Indigenous Games in Colorado in their youngest category. He now plays on both Sto:lo United mens A and B teams (Div 2 and 4). He has also assisted the Sto:lo United coach with the younger team practices.

Artie's message to the youth is "stay in school , get your education because it is so important!"

Elder Feature of the Month



Betty Jeannette Peters was born on August 21, 1939 on the Katzie Reserve in her grandfather's house. Her parents were Johnny Adams (Katzie) and Doris Powell Adams (England). She was the second oldest of eight children; her late siblings include: Vionna Johnson, Robert John Adams, Johnny Adams Jr., and Gordie Adams all of whom resided in Katize. Other siblings include

Donna James (Barnston Island), Jimmy Adams (Katzie) and Bonnie Duncan (Katzie). Their Paternal Grandparents were James and Edith Adams of Katzie and Mr. and Mrs. Jim Powell (England).

Having grown up in Katzie, Betty attended the Port Hammond School. She remembers wanting to stay inside to do her homework during lunch hour but the teacher would make her go outside to play. Every Sunday, her Grandpa Adams would pick up her and her siblings to take them to church. He made sure they all went every week. Her father was a fisherman who would go on fishing trips out to the Gulf for about a week at a time. "It was so exciting to be on the wharf waiting for him to come home!" During these years, her parents would preserve their fish by smoking dog salmon, salting spring salmon; and smoking eulachons !

In June of 1957, Betty met Allen Peters in Katzie. "He came into Katzie, drove down my street as I was outside and told me he was looking for Betty Adams!" Previous to this day, Betty recalls seeing Allen in Port Hammond and saying to herself, "That's the man I'm going to marry"! On November 22nd, at the age of 19, they married in a Church on the Katzie reserve. After their wedding, they moved to Seabird and Betty exclaims "I found it so beautiful! The mountains were beautiful! And the people were so friendly!" They lived in the yellow house for about 40 years. They have three children: Les, Gail, Allen Jr; and Mindy. She is very proud of her children: Les is a heavy equipment operator, Gail is in the RCMP; Allen Jr. works at Pan Pacific and comes home to visit on his days off; and Mindy is a hairdresser. Throughout the years, Betty would do a lot of canning. She canned fish, strawberries, raspberries, cherries, peaches, pears, jams, pickles, and applesauce. She would also cook large pots of soups and chili and then can them.

Today, Betty enjoys knitting and crocheting. She makes blankets, afghans, toques and doilies. She also really enjoys shopping. In conclusion, Betty shares "I love living on Seabird! From the time I've moved here, I have watched Seabird grow into a new place. Nice big school, new band office. There's so much here! I would like to say hello to all my elder friends.

Why?

If you've come to realize that something in your life is just not working for you, it's time to circle up with other good men who have arrived at that same realization.

Since the dawn of time, men have formed groups to hunt, explore, play, make decisions, and delve into the mysteries of life.

But today most men lack deep connections with other men. We may have buddies we occasionally see but those relationships tend to be superficial. Most men get close only to women.

Fortunately, a growing number of men recognize the powerful rewards of bonded relationships with other men, but are unsure how to find them.

There is nothing more powerful than a circle of men who are committed to their own and to each other's changes.



Men Supporting men.

MYTHS

Myth #1: It is the man's role to be protector and provider

We are influenced by the social role of men as protectors and providers, who are self-sufficient creatures and have all the answers. Our society has implied that self-sufficiency means handling everything in isolation. A healthier attitude would be that self-sufficiency is the wisdom to seek out and utilize support and resources in one's own environment.

Myth #2: Silence Means Strength

Many men have developed the habit of emotionally isolating themselves, especially from other men. Men's work helps break through this two-dimensional socializing. Conversations involving more personal topics become easier with practice and support.

Myth #3: If you are in a relationship there's no benefit in being in a men's group

Some men don't notice the missing male relationship because they have become overly dependent on the women in their lives. Over dependency is often unconscious but may show up as jealousy, over controlling, or resentment of her having friends. Men's work provides a support structure for these men to safely discover and change this dependency.



Seabird Island Band

Phone: 604-796-6826

Email: patrickvanloosen@seabirdisland.ca



Seabird Island Band Wellness Centre

Assisting you in finding peace and balance

Men's Support and Wellness Group



Deliberation is the work of many men.
Action, of one alone.

Charles de Gaulle

Where: Wellness Centre

When: Monday Nights 7pm—9pm

Tel: 604-796-6826

THE JOURNEY HOME PROJECT: SOON COMPLETING THE FIRST PART OF THE JOURNEY

Mi t'ekw'stexw ye si:walelh tset'.
We are bringing our ancestors home.

We wish to share with everyone the good news that, after years of discussions and planning, we will soon be completing the first major part of the "Journey Home Project" -- our collective effort to bring home our ancestors' remains from the University of British Columbia's Laboratory of Archaeology (LOA). Among them are individuals from places between Kw'ekw'i:qw (Sumas Mountain) and Lahits (Sawmill Creek). Bringing these ancestors home is an accomplishment that all involved wish to share with the community, and invite everyone to participate in this return home. Final details of timing and process are currently being worked out, but certainly the day of this event draws near.

This effort began in 2006 when the Stó:lō Xyolhmet S'olhetawtxw Sq'éq'ip (Stó:lō House of Respect Caretaking Committee) and Stó:lō Research and Resource Management Centre were instructed by the Stó:lō Tribal Council and Stó:lō Nation to take care of this project -- initiated by the Lab of Archaeology at UBC. Sue Rowley of UBC is our main contact and partner in the development of this significant repatriation. Over the course of our on-going discussions, we have ensured that all Stó:lō communities have been informed and had the opportunity to participate in preparing the way home for these ancestors' remains in a good way.

The Cultural Advisors of the House of Respect Caretaking Committee, with participation from the House of Elders, Coqualeetza Cultural Education Centre, and cultural



The Time Is Now! Do You Believe You're Worth The Work?

Personal development for men is dedicated to discussing the strategies, activities, practices and mindset necessary for every man to make their life's journey wonderful, inspired, satisfying, and fulfilling.

Along with all these good things you will have your share of setbacks, frustra-

tions, irritations and tragedies. The mindset you want to have with these situations is one of this is only temporary, I can work through this and I will take whatever steps are needed in order to get this bad situation behind me.

With persistent effort, planning, inspired action and a supportive group, you will succeed. You can obtain whatever personal development goals you have.

Every man matters. Not as a cog, or as a part of society, or a piece of the puzzle, but as an individual just as good, just as important as anyone else.

You are more than just a provider. You matter. You have just as much of a right to a great life as the next person.

Please explore the following questions for men.

Q: Do you have close male friends, who you can truly confide in about your joys, passions, fears, and desires?

Q: Do you turn to men, women, or isolate yourself from more emotional pain during a crisis?

Q: Could you see how meaningful relationships with other men would support you to be more emotionally available to your partner, children, and yourself?

The Group

The Group meets at the Youth Trailer each Monday from 7pm to 10pm. On occasion there will be events where the group will travel outside of the community.

Safety is a priority in the group. Without it no one would share and therefore no one would benefit and learn. It is with this premise that we strive to adhere to the rules of confidentiality.

Confidentiality:

Keeping personal information, shared individually or in group, private for reasons of personal and group safety and security.

Mission:

"To create a safe place, in times of personal and social challenge, for any men to receive and to give support to one another. Attendees share experiences which facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

Topics covered will include but not be limited to:

- ⇒ Cultural Nights
- ⇒ Capacity Building
- ⇒ Communication
- ⇒ Self-esteem
- ⇒ Stress and Anxiety
- ⇒ Anger Management
- ⇒ Domestic Violence
- ⇒ Jealousy
- ⇒ Relationship Loss
- ⇒ Men & Love
- ⇒ Men & Law - child custody, zero tolerance, legal aid
- ⇒ Guest Speakers (Employment, Health, etc)
- ⇒ Open Discussion (Group and individual Issues)



THE JOURNEY HOME PROJECT: SOON COMPLETING THE FIRST PART OF THE JOURNEY

knowledge holders from a number of Stó:lō communities, are guiding all aspects of this Journey. Additional cultural input is being provided by their Honours Steven and Gwen Point. We are following a path laid out by our respected elders and cultural leaders, working to find out the histories of each ancestor in preparation for finally putting them to rest, in the best way possible.

The first step forward involves moving our ancestors from LOA to the Stó:lō Resource Centre repository as a temporary home, as we continue to work out plans with the Stó:lō community for their final resting places. We will soon be sending additional information outlining the timeframe and day's events to all Band offices. We will also be posting

information in the local papers, as a necessary part of our process. Please keep an eye out for our follow-up information.

If you have any questions please do not hesitate to call or e-mail either Dave Schaepe (dave.schaepe@stolonation.bc.ca) or Naxaxalhts'i (Sonny McHalsie) (sonny.mchalsie@stolonation.bc.ca) at the Stó:lō Research & Resource Management Centre (604-824-2420).

COVERING YOUR COUGH

Stop the spread of germs that can make you and others sick!

Influenza (flu) and other serious respiratory illnesses like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by cough, sneezing, or unclean hands.

To help stop the spread of germs,

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- You may be asked to put on a face mask to protect others.
- Wash your hands often with soap and warm water for 20 seconds.
- If soap and water are not available, use an alcohol-based hand rub.

FOR YOUR INFORMATION: AGASSIZ OBSERVER

Have you been wondering where your Agassiz Observer Newspaper has gone?

The Agassiz Observer is no longer being put in your mail boxes. They are placing them in a box by the Mariah Slough Grand Stand. If you are wanting your weekly newspaper you can pick them up there.



BC Aboriginal Swim Camp

Hosted by Nova Métis Heritage Association
Surrey, BC

November 5 & 6, 2011

**Surrey Sport & Leisure
Complex**

**1655 Fraser Highway
Surrey, BC**

To register or for more info:

contact **Kerry Marion** at
Ph: 604-839-7125
Email: optionsbykerry@telus.net

or contact **Leanne Sirup** at
Ph: 250-710-3278
Email: leanne@duncanstingrays.com

- For Aboriginal youth (First Nations, Métis, Inuit) - Co-ed, ages 10-19
- Two different levels of development provided:
 - 1) **SATURDAY, Nov. 5 - "ACTIVE START"** (2 to 5pm) This session is for individuals interested in the Sport of Swimming and want to learn more on what it's all about. Suggested minimum level: able to swim 25m unassisted
 - 2) **SUNDAY, Nov. 6 - "TRAINING TO COMPETE"** (9am to 3pm) This session is for individuals who are currently / or have recently been involved with the organized Sport of Swimming.
- Gain quality coaching and instruction in a positive, fun and professional atmosphere!
- Sanctioned by Swim BC, the camp will be led by Leanne Sirup, trained NCCP Level III Coach and Canada's 2006 Aboriginal Coach of the Year
- All participants will receive a Nike N7 BC Aboriginal Camp t-shirt and Swim BC swim cap
- Incredible value – FREE! Register by Nov. 2nd!



Aboriginal Sport, Recreation &
Physical Activity Partners Council
www.bcaafc.com/initiatives/asrpa-partners-council
or find us on Facebook at [facebook.com/ASRPAPartnersCouncil](https://www.facebook.com/ASRPAPartnersCouncil)



BCAAFC
AN ASSOCIATION OF AMERICAN
FRIENDSHIP CENTRES



BRITISH
COLUMBIA



Contact Stacy for more details 604-796-2177

FAMILY OUTING!

Disney On Ice! Toy Story 3!

November 27, 2011!
4:30 p.m. show
Leave office at 1:30 p.m.

**\$15
per
person**

Limited seats

Contact Stacy McNeil ASAP to sign up/pay
P: 604-796-2177 D: 604-796-6825



the SEABIRD ISLAND

YOO HOO

Because news isn't all bad or boring!

Are you a Seabird Member living off reserve?

Feeling left out of the loop?

Want to receive the Seabird Monthly Newsletter?

Contact Sandy Bobb to apply to receive your monthly issue by mail or e-mail.

Phone: 604-796-2177

Direct: 604-796-6838

E-mail: sandrabbob@seabirdisland.ca

HOUSING

Wait List November 2011

1 bedroom

1	16072010-20
2	16072010-021
3	01102010-023
4	10012011-024
5	1202011-025
6	28022011-026
7	30032011-027
8	05162011-028
9	07062011-029
10	07282011-2040
11	08052011-2042
12	08122011-2043

2 bedroom

1	02222010-2019
2	09082010-2028
3	11152010-2029
4	11172010-2030
5	01042011-2031
6	02022011-2032
7	02102011-2033
8	02212011-2034
9	02282011-2035
10	04142011-2036
11	05162011-2037
12	07082011-2038
13	07282011-2039
14	07282011-2040
15	0852011-2041
16	08052011-2042
17	08122011-2042A
18	08182011-2044

3 bedroom

1	8142009-3019
2	10292009-3026
3	11252009-3028
4	01012010-3030
5	03082010-3034
6	03152010-3035
7	04212010-3038
8	04212010-3039
9	10052010-3040
10	16112010-3043
11	040112011-3044
12	10012011-3045
13	3112044-3046
14	02022011-3047
15	01032011-3048
16	08032011-3049
17	08032011-30491
18	21032011-3050
19	28032011-3051
20	12052011-3052
21	07062011-3053

Don't know your number?

Contact Stacy McNeil to see where you sit on the wait list!

Reminder:

Renewals are due by JANUARY 1.

Please submit renewed application between November 20-December 31.

Note: If you have outstanding debt to the band, you will NOT be placed into a rental unit, as per housing policy.

Questions: Contact a member of your housing team!

HOUSING APPLICATIONS REMINDER:

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

Please renew in NOVEMBER & DECEMBER prior to JANUARY 1 to remain on the wait list.

DIACARBON UPDATE TO SEABIRD ISLAND



Biochar samples for use in gardens.

By: Jerry Ericsson

October 19, 2011

Well, there is coolness in the air, and fall is officially here. Diacarbon has been in your community for nearly eight months now, and is honoured to be developing our biomass conversion system on Seabird Island lands.

We have spent the past few months getting our system assembled, tested, and ready for operations, and this has been a slower than expected process. We have run the system on a few occasions and have made both liquid bio-oil and a solid biochar from wood shavings and wood chips obtained from a local sawmill. Both of the products have been analyzed, and found to be of excellent quality! Soon we will begin to offer biochar for use in gardens (see picture), composting, and a variety of other agricultural uses, and will keep the community posted if anyone wants to try some in their own garden. We will be running growth trials all through the winter in our Burnaby lab, and will determine what the best way is to apply biochar to soils throughout the Fraser Valley.

Although we are making biochar for use in the soil, we also make carbon-neutral biofuels from wood and some agricultural by-products. Because of the high quality of biofuels produced, we are in discussions with a number of local businesses interested in trying these biofuels in their operations to reduce their greenhouse gas emissions. We plan to be producing greater quantities once all the testing is done, and are looking forward to a bright future in clean energy. We are also working with the Seabird Island Council on a number of grants that could fund some very interesting projects for the community.

We greatly enjoy working on Seabird Island lands, and look forward to getting to know more of the community in the future. If you ever have questions about what we are up to, please email us at info@diacarbon.com, or call us at 604-291-0001, and we will be happy to answer any questions.

LANDS DEPARTMENT

WHAT IS LAND?

- Land is “Broadly, any ground, soil, or earth. More specifically, real estate or real property, including this of a permanent nature found on earth or affixed to it such as houses and buildings; mines and minerals. “ (legal definition from Canadian Law Dictionary 3rd Edition)
- Land means everything within you boundaries both above and below ground. It would also include any permanent structures such as houses/buildings, and may or may not have improvements on it.



WHAT IS A LEASE?

- An agreement whereby one party, the landlord, relinquishes his right to immediate possession of property while retaining ultimate legal ownership (title)
- The Lease Agreement is a legal contract that allows
 - someone to use the land exclusively;
 - for specific period of time;
 - a specific rent;
 - can be assigned to another person or company and;
 - cannot be cancelled at will.

GATE KEYS

Community members needing an access key to the locked gates can come contact Kimberley Lessard and or Art Andrew here are the band office.

Community Meeting to start off the Land Use Planning

Childcare will be provided, along with Transportation

Tuesday, November 15, 2011 from 5pm to 8pm

Seabird Lands Department needs your input, your help, your ideas, and your stories... to shape the future for generations to come on land uses... We will be showing a Lands Department Video Project we started back in January... come see the star of the show.. SEABIRD ISLAND BAND.

Seabird Community Video – Starring Seabird Members

Wayne Bobb Sr,
Julian Bobb,
Wayne Bobb Jr,
Arron Harris,

Ashley Harris,
Jessica LaCroix and
Carol Litzenberg

FOOD & PRIZES !!!!

Registration Draw - iPad

Deadline for registration draw is Wednesday, November 9th, 2011

Door Prize Draw – PS3

Questionnaire Draw – Gift Cards

Members can register on line through Seabird Lands on Facebook by sending a message with # of children attending, and if transportation is needed.

For more information contact Kimberley Lessard or Sally Hope at the Seabird Band office 604-796-2177
See Pull out Form to Register

SEABIRD ISLAND SCHOOL

Good things happening at Seabird School in the month of October

1. 35 out of 70 students received a perfect attendance award for September.
2. Shannon Lackey placed 5th in her grade 8 category in a district cross country race, Justin Paul placed 17th in senior boys category.
3. There are 26 students in the Soccer academy
4. Seabird school played soccer on October 13th against Chehalis and we won 3-2.
5. Skills students are almost half way through a years' worth of English.
6. Ms. David's grade 8 science class created mini eco-systems in mason jars. All creatures survived.
7. Mr. Dobos' First Nations 12 class Barbequed salmon outside of the school
8. Mr. Pauls woodworking classes are making musical instruments.
9. Wrestling and Track and Field clubs hiked/ran the trail around Hicks Lake.
10. Book fair October 24 – November 5.
11. Miss Eustache's class is practicing the Welcome prayer and making a display on smoked and wind dried salmon plus writing about the process of these traditions. We have been working hard so we will be going to the Chilliwack Corn-maze October 25th
12. Pumpkin carving with parents on October 27th at 4pm. Come out and join us and take home a carved pumpkin.
13. Mrs. Nowak's kindergarteners are making clothing out of cedar for Sto:lo New Year.
14. Mrs. Watson's grade 3-4 class grew seeds into plants in our classroom window. We are making traditional animal masks, using a new medium- oil pastels to colour them, to wear for our dramatization of Cedar Man for Sto:lo New Year celebrations

15. Sto: lo New Year is on October 28th at 9 am.

16. Costume parade and contest on October 31st.

17. We have started a buddy reading program. The Grade 4/5 class have started buddy reading with the preschool, The Grade 3/4 class is buddy reading with the Kindergarten class



Tips for healthy bag lunches

We are all in a hurry to get our children out the door and on time to school. Some days lunch is the last thing on our minds. Here are a few easy bag lunches that can be made the night before or put together very quickly in the morning.

The thing to remember is the Canada Food Guide.

Children should be getting 3-5 servings of fruits or vegetables per day. Examples of a serving size is one small apple or orange, ½ cup of berries, or ½ cup of cut up veggies.

Children should be getting 2-3 servings of milk products. Examples of a serving size is 1 cup of milk or ½ cup of yogurt or 1 ounce of cheese

Children should be getting 2 servings of meat, fish or chicken. A serving size is 2-3 ounces.

Children should get 3-5 servings of bread or cereal per day. Examples of a serving size is 1 slice of bread, or ½ cup of rice or 1 cup of dry cereal.

Bag lunch #1

Apple---good source of natural sugar and fiber.

Whole grain bun with cheese--- a good source of carbohydrates and protein

Juice box-----good source of Vit.C

Bag lunch #2

Orange –good source of natural sugar and vit.c

2 slices of bread with peanut butter--- source of carbohydrates and protein.

Juice box ---

Bag lunch #3

Small container of fruit salad, peaches or other fruit

Whole wheat crackers with sliced cheese, or processed cheese.

Tetra pack of milk.

It doesn't matter what is in the lunch as long as it follows the Canada food guide.

Healthy Eating Recipe Corner

Chocolate Chip Cookies

- 3/4 cup sugar
- 3/4 cup packed brown sugar
- 1 cup butter, softened
- 2 large eggs, beaten
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 2 cups semisweet chocolate chips
- if desired, 1 cup chopped pecans, or chopped walnuts



Preheat oven to 375 degrees. Mix sugar, brown sugar, butter, vanilla and eggs in a large bowl by hand. Stir in flour, baking soda, and salt. The dough will be very stiff. Be sure that the dough is well mixed before moving on.

Stir in chocolate chips by hand. You'll need to use a sturdy wooden spoon for this and a bit of muscle. You can add the pecans, or other nuts, at this time if desired. Keep stirring and folding the chocolate chips and nuts into the dough until they are evenly dispersed. (This makes sure you have enough chocolate in each cookie!!)

Drop dough by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheet. The chocolate chip cookies need to be this far apart because the dough spreads during cooking. No one wants to cut the cookies apart after baking.

Bake 8 to 10 minutes or until light brown. You may even think that the chocolate chip cookies are underdone, but they will finish cooking through out of the oven. If you leave them in too long, the cookies will be tough or crispy.



Safety Tips for Kids in the Kitchen

Allowing your kids in the kitchen to help cook meals and create snacks can be a fun and creative process. It can also help kids develop a healthy attitude towards food.

However, with its hot stove, whirring appliances and sharp knives, the kitchen can be a dangerous place for children. Share these simple guidelines and precautions with your kids to help ensure that time spent in the kitchen is safe and productive.

Before cooking

- Get permission to use the kitchen. Depending on the age of the budding chef and the recipe, adult supervision may be required throughout the process.
- Wash hands thoroughly with soap and warm water before handling food. Also wash hands regularly during cooking, to prevent cross-contamination. (ie - germs from raw meats transferring to your fresh cut veggies)
- Tie back long hair to prevent it from falling into food or catching fire.
- Wear an apron to protect clothing.
- Always read the recipe with an adult before starting anything. Look for any spots during the cooking process where assistance or supervision is required, such as pouring boiling water, using a knife or using the oven.



- To keep yourself organized and efficient, gather all ingredients and equipment needed before starting to cook. You don't want to be missing critical ingredients halfway through a recipe.

During cooking

- Don't run in the kitchen.
- Hold knives by their handles only, even when carrying them.
- Use dry pot holders to move or touch hot pots or pans. Wet or damp pot holders transfer heat and can burn hands.
- Point pan handles away from edge of stove to prevent them catching and tipping or spilling.
- Never leave any cooking unattended.
- Never place metal objects in appliances, you will get electrocuted.
- Always use a timer. It is easy to get distracted and forget

about those cookies in the oven until it's too late. A timer is a welcome reminder and prevents burnt cookie bottoms.

- Prevent fires: never leave tea towels on the stove top.

Reference: http://www.canadianliving.com/food/kids_cooking/safety_tips_for_kids_in_the_kitchen.php

Why Should We Let Kids Bake Cookies?

Kids learn so many practical lessons by making cookies.

- Baking is an ideal exercise in time management, organization, responsibility. Speaking from experience, cookies bake quickly and will burn miserably if a baker neglects to watch his/her oven and its temperature. Good organization reduces preparation time and makes cleaning up a breeze.
- School aged children, especially those in elementary and middle schools, are comfortable with concrete ideas, situations, or examples. Therefore, letting your kids bake cookies or working with your kids to bake cookies is an effective way learn and work with basic mathematical concepts such as fractions, conversion, measurement, etc
- When kids bake, they have less time to passively watch television. Baking cookies is a constructive and proactive way for them to socialize.
- Baking together teaches kids the value of teamwork. The ultimate reward is sweetest and most delicious when everyone participates and shares the work equally.
- Baking encourages creativity and gives kids a real sense of accomplishment. When kids bake pressed or spritz cookies, wafer cookies, even rolled or cut-out cookies, they have fun and develop manual dexterity at the same time. Decorating is fun and good for the imagination.
- Boosts the self esteem, pride and accomplishment in your kids and makes them want to share their baking.

Reference: <http://www.cookies-in-motion.com/Kids-Bake.html>

Breathing Easy Program



What is it?

- **Breathing Easy Program is a smoking cessation program**
- **There are eight, one and a half hour sessions**
- **The sessions includes fun activities, interactive discussions and prizes**

Things to know –

- Everyone is welcome to the Breathing Easy Program.
- Came as you are and you **do not need to be quit to join.**
- Learn the benefits of quitting smoking,
- Learn to cope with quitting and how to stay quitting.
- Learn your triggers to smoking and how to change your response to those triggers.
- Learn the different support systems that you can access to help you along your journey.
- Learn healthy lifestyles that will continue your path of staying a non-smoker.

Session dates:

November 7 / 9 / 23 and 28
December 5 / 7 / 12 and 19

Time: 5pm to 630pm

Location: Wellness Center

- For more detail please contact Peggy at 604-796-6826 or peggyyu@seabirdisland.ca



Winter Safety Tips - Are you Ready

Well its that time again. Are you ready for the winter chill...

ITS TIME TO:

- Clean your gutters so the rain and melting snow travel off your roof safely.
- Remove your garden hoses and drain them, a frozen hoze can burst not only the hose but your homes pipes as well .
- Fix all the air leaks in your home, plastic your windows and caulk air gaps in the frames. This will help you save energy in your home and if the power goes out help you preserve the heat you have left.
- Prepare your emergency kit for the home
 - Flash lights
 - Candles
 - Enough food to last the family for 3-5 days
 - Enough water to last the family for 3-5 days
 - Enough food and water for your animals for 3-5 days
 - Rock Salt for your outside stairs and walkways
 - Snow Shovel(s)
 - Lots of blankets
- Prepare your emergency kit for the vehicle
 - First Aid Kit, band aids, scissors, gloves, wipes,...)
 - Medicines to last a week for the entire house hold
 - Winter jackets, pants, toques, gloves, long johns and socks for everyone in the house
 - Proper winter footwear
 - Generator for when the power goes out
- Prepare your emergency kit for the vehicle
 - Flash light
 - Shovel
 - Extra Blankets
 - Jumper cables
 - Snow Scrapper(s)
 - Tools
 - Food and water to last a day
 - First Aid Kit, band aids, scissors, gloves, wipes,...)
 - Change to winter tires
 - Put something heavy in the back trunk or back of your truck, like a bag or two of gravel. The weight will help you keep good traction and if you get stuck you can toss some under the tires to help you get out.

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Center Community/Band Members: FREE Non-Community: \$30 month or \$2 drop in Staff: \$1 drop in				
ELDERS 10AM-11 AM		ELDERS 10AM-11 AM BRING A FRIEND FREE (13+, PER PAID PERSON)		OPEN 8AM-4PM
Evening Recreation in the Gym Community/Band Members: FREE Non-Community: \$30 month or \$2 drop in Pre-Paid Cards Available! Open at 5:30pm, close at 8pm.				
OPEN 	OPEN	OPEN 	OPEN	CLOSED P.M.

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

Note: Fitness center and gym will be closing in the evenings at the end of June for the summer, and will reopen in September. It will still be open 8am-4pm during office hours.

New program:

Women & Weights. A program for women where you can come in and learn how to lift weights safely. Will meet at the fitness center Wednesdays from 6pm-6:45pm. If enough interest is shown, the program may run two days a week and possibly longer. Start building muscles and open your own pickle jar! Program will consist of a light warm up and orientation to the weight machines. There is no cost. Contact Keena for more information.

Gym Orientation:

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

Fitness gym and recreation activities are FREE FREE FREE for Seabird community members.

Keena McNeil, Recreation Supervisor
604-798-2177

COMPARING OUT OF SCHOOL CARE COSTS

Program	Seabird	Hope
Regular OOSC	\$8.75 per day	\$13 per day
Pro-D	\$8.75 per day	\$32 + \$5 per day
Winter Break	\$8.75 per day	\$32 per day
Cost for 1 month OOSC	\$175	\$260

- Apply for government subsidy for Seabird OOSC. Band subsidy may be available for band members if denied government subsidy.

COMPARING FITNESS GYM COST

	Seabird Fitness Gym	Hope Fitness Gym	Agassiz Fitness Gym
Drop-in	FREE	unk	\$5.38
Monthly	FREE	\$74	\$44 plus hst

- Please note that non-community members are charged a \$2 drop-in fee, or \$30 a month.



the **SEABIRD ISLAND**

YOO HOO

Because news isn't all bad or boring!

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

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

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



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

SUBMISSION DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Earn your Christmas Dollars!



Win up to \$300 for your Xmas shopping!

Program starts
November 7, 2011

Show up at the fitness center at
5:30pm to sign up & weigh in!

See Keena for more information



New Staff



Hello everybody, My name is Danya Peters.

I am the new SCDP Outreach Consultant. I am registered to Chawathil but I grew up in Boston Bar. I recently graduated from Nicola Valley Institute of Technology in Merritt with my Bachelor's of Social Work.

I am honored to work with Seabird, everyone is so warm and welcoming

and I want to thank you for that. Hope to see you all around!

All my relations, Kwukscmxw, Kwashoy

Congratulations Marathon Runners

Travis Kay completed his first half marathon with a respectable 2:11; Karla completed in 2:05; Dianna Kay ran a hard 2:48 in Victoria, BC, Thanksgiving weekend.

Earn your Xmas \$\$

Program Info

How you earn your points...

Fitness Center	1 hour	10 points
Non-work related activity	1 hour	5 points
Lose Weight	1 pound	10 points

Non-work related activities may include...

- * Raking leaves
- * Cutting the lawn
- * Jogging/running/walking
- * Dancing
- * Swimming
- * Anything that gets your butt off the chair and moving!!
- * Cleaning gutters
- * Sports
- * Workout videos
- * Sweeping/mopping/vacuuming/cleaning
- * Biking
- * Fishing
- * Hunting
- * Hiking

(no casinos or gambling)

Time is documented in your log book like the following:

Time Spent	Looks like
1 hour	1
½ hour	.5
45 minutes	.75
15 minutes	.25
And increments upwards	e.g. 1.25, 3.5, 2.75, etc

We will meet every Monday at 5:30pm to check in:

Start November 7, November 14, November 28, December 5, December 12, last weigh in December 19.
Winner announced December 22 at 12pm.

Please note that program supervisor has the right to deduct time from unrealistic time spent on activities.

If you have any questions, please feel free to contact Keena at 604-796-2177.

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

ADVERTISEMENT RATES

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

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

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

Advertisement rates (per issue) for organizations:

	Band Member	Outside
Full color page (8 x 10)	\$75.00	\$122.50
Full color 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

Sandy Bobb

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

Flu Shots
are now available at the Seabird Band Office



Drop in Flu Clinics

Tuesday Oct. 25th 3 p.m. - 7 p.m.
Tuesday Nov. 8th 3 p.m. - 5 p.m.
Tuesday Dec. 13th 3 p.m. - 5 p.m.

Flu shots are also available upon request when a nurse is available
Monday-Friday 9 a.m. - 4 p.m.

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.

Come out, receive walking around our community and making sure our community is safe...



Health Comics



Telxwi:ts / November

Leaves are falling.

You can ease the strain and pain of raking - fall's most taxing task by taking the following precautions to minimize your risk of sustaining an injury:

- Avoid twisting your body while raking
- Use a proper sized rake
- Bend at the knees
- Warm up before raking
- Vary your movements
- Wear skid resistant shoes
- Don't over do - take breaks
- Drink plenty of water
- When done - stretch it out

Halq'emeylem Cross Word

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

- HÉYEQW** - FIRE
- STH'ÓQWI** - FISH
- XÓXTSA** - POND
- SOXWELÁWTXW** - BARN
- KW'ÁT'EL** - MOUSE
- STH'ÉKW** - BUGS
- ÍYES** - FUN
- KWELECHES** - GREETINGS
- TEMQWA:L** - MOSQUITO TIME
- JULY**
- TEMKW'OKW'ES** - SUMMER

November 2011

****281 Client visits for the month of October ****

Winter Months



It is going to be a cold winter this year we hope everyone is preparing. The employment centre is asking for donations of winter boots, winter jackets, scarves, gloves and clothes.

We thank you for your help and contributions, there are families and members that put these to good use and without your help it wouldn't be possible.

- **Job Posting Binder is updated weekly. Please come in and check it out.**
- **Also, please come in to the office to update our skills database for the various employment opportunities that come to our centre.**



Social Assistance: December check run will be handed out November 28, 2011. Please hand in your renewals by Friday November 10, 2011. Thank you!

We are pleased to welcome Erna Paul to our team!

Erna is the new **Social Development Program Administrator**. If you require assistance or would like to meet with Erna you can call (604) 796-6865 to make an appointment.

Congratulations to Jill Stauber and Alexis Roper for the successful completion of their CDP Certification!!! We are pleased to have THREE fully certified Career Development Practitioners serving Seabird Island Band Employment, Training and Social Development Department now

Employment Centre Direct Line (604) 796-6865

Alexis Roper - Employment & Social Development Programs Manager	x 6843
Jill Stauber – Career Development Practitioner	x 6821
Pat Large – Career Development Practitioner	x 6867
Erna Paul – Social Development Program Administrator	x 6831
Monica Florence – Administration Assistant	x 6865

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



'Round The Rez

Community Events, Workshops & Outings

SIB ARMY CADETS

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

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



DENTAL CENTER

Open Monday - Thursday.
Closed on Fridays.

Tuesday

WALK-IN CLINICS

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

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

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

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

\$100.⁰⁰ Gift Certificate.

(Walk-in Clinics do not qualify)

FITNESS CENTER

The fitness center is also **FREE** to all Band Members and COMMUNITY PROGRAMS (ie schools during class).

Please show your STATUS card with the 581 number (Seabird) to avoid charges.

VOLUNTEERS REQUIRED

Please come and inquire with Angie if you would like to have your name on the listing for helping during band events with set-up, clean-up, cooking, decorating, and child minding... We are always looking for people to help with any functions that we host here in the Band office.

INFANT MASSAGE CLASS

Tuesday Oct 4th.

Classes held at Seabird Island Band office in Elder's Lounge.

Time 1:30 to 3:00 p.m.

After completing 4 classes participant will receive a certificate of completion. Massage manual/oil and a \$20 grocery certificate. For babies under 1 year. Light snack provided.

Please pre-register with Cheryl at 604-796-6860.



OUT OF SCHOOL CARE

Sign up your children for Out of school care.

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

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

FREE TUTORING

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

BABIES MEDICAL & STATUS CARDS

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

Contact CHR; Maggie Pettis
604-796-2177



GIRLS GROUP

Girls Groups are up and running again.

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

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

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

Food, fun & learning !!

AMBULANCE BILLS



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

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

CATERING & FUND-RAISING

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

BUILDING BOOKING AND MEETING ROOMS

Angie looks after booking the band gym, and all meeting rooms that are located within the band office. You need to fill out forms to do a booking. Any other questions please call Angie Chapman at 604-796-6854. Gina Gibson looks after booking of the Millennium Hall.

FOOT CARE

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

NEXT DATE: November 17th 2011.

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

The rest of the years dates are:

- November 17th
- December 15th

OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed

Nov. 28
Dec. 12



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

CRIMINAL RECORD

The Criminal Record Pardon forms have now changed.

Contact Genna for more information and to apply for Pardon.



'Round The Rez

Community Events, Workshops & Outings

EMPLOYMENT

Job Title: Community Mental Health Nurse* Aboriginal Mental Health, Hope/ Agassiz

Competition Number: 76560

Location: Mental Health and Substance Use Services - Hope/Agassiz

We currently have an opportunity for a Community Mental Health Nurse, Aboriginal Mental Health in our Mental Health and Substance Use Services located in Hope/Agassiz, British Columbia.

In this position you will:

- Provide clinical mental health services to aboriginal clients residing on or off reserves
- Participate in interdisciplinary team activities
- Works closely with the clinical team in providing assessments, develop care plans and liaise with community resources to support both the patient and their family
- Develop mental health education resources and materials that is culturally sensitive and relevant

To join our team you will have:

- Graduation from an approved School of Nursing
- Current registration with the College of Registered Nurses of British Columbia (CRNBC) or College of Psychiatric Registered Nurses of British Columbia (CRPNBC)
- Minimum 2 years experience in a mental health or psychiatric area
- Including 1 year experience working with aboriginal clients
- Valid BC Class License and use of personal vehicle

careers.fraserhealth.ca | [facebook.com/fraserhealthcareers](https://www.facebook.com/fraserhealthcareers)

Mobile Job Alerts: Text greatjobs to 82442 (Standard message and data rates may apply)

Closing Date: Open Until Filled

Status: Regular Part-time

FTE: .500

Rate: \$30.79/hr to \$40.42/hr

Hours of Work: 08:30-16:30; 0830-12:30

Program/Service: Mental Health and Substance Use Services



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

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

Happy Birthday My Princess Karissma on Nov.21st love Mommy, the Brothers and Family xoxoxo

Happy Birthday to my Domonick on Nov.24th Love Mom, Trevor, Karissma, and Family xoxoxo

Happy Birthday My Beautiful Auntie Trudy on Nov.21st Love Ash, and Kids xoxoxo

SIB EMPLOYMENT

Position: Teacher's Aide - Kindergarten through Grade Three

Department: Kindergarten & Elementary School

Responsible to: Supervising Teacher

Seabird Island School is currently accepting applications for a Teacher's Aide to assist in providing a safe and nurturing environment for children. The aide encourages social, emotional and intellectual development.

Qualifications:

- Knowledge of teaching methods and procedures
- Knowledge of positive behaviour management strategies
- Understand and follow verbal and written direction
- Listening skills
- Familiar with Sto:lo Culture
- Satisfactory Criminal Record Check
- Team player

Duties:

The following tasks are essential for this position. Incumbents in this classification may not perform all of these tasks, or may perform similar related tasks not listed here.

- Enhance children's play with language, toys and activities
- Respect and observe children's interests
- Act as a role model for the children
- Be attentive, flexible and supportive of children and their families
- Responsible for working with the teachers to maintain a pleasant classroom conducive to learning
- Share ideas with teachers
- Attend IEP meetings
- Perform other related duties as required.

Physical requirements and Working Conditions:

- Requires mobility of arms to reach and dexterity of hands to grasp and manipulate small objects
- Requires ability to perform lifting, pushing and/or pulling (not more than 50 lbs)
- Subject to inside and outside environmental conditions

Salary: Depending on experience.

Hours: 6 hours per day

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

Shari White, Principal
Seabird Island School
P.O. Box 650 Agassiz, B.C. V0M 1A0
Phone 604-796-6814 Fax 604-796-3729
shari@seabirdisland.ca

Competition closes Wednesday November 16, 2011 4:00 pm

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

SIB EMPLOYMENT

Position Title: Certified Health Care Assistants

Department: Health and Social Services

Seabird Island Health & Social Development Department is currently seeking applications for casual and on-call Health Care Assistants. Must be available for on-call shifts which may include days, evenings and weekends.

Qualifications/Requirements:

- Valid Class 5 Driver's License and/or willing to obtain Class 4 driver's license
- Valid Health Care Assistant Certificate or Resident Care Worker certificate
- Successfully passing a RCMP Child Care & Criminal Records Check
- Must obtain a medical clearance from family doctor and pass TB screening test
- Valid driver's license and reliable vehicle to be used for work
- Valid First Aid Certificate
- Dependable, punctual & honest individual
- Ability to work as part of a team
- Willing to be flexible
- Ability to cook and clean
- Must be willing to work shift work, overnights and week-ends.

Primary Responsibilities:

- Cleaning and maintaining a tidy, safe & sanitary environment
- Perform personal care tasks and delegated tasks as assigned by RN

Standards of Service:

- Maintaining confidentiality
- Providing services in a prompt & respectful manner
- Working in a professional manner when conducting business as you are representing the Seabird Island Band

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

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

Human Resources - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0

Qualified candidates will be added to an on-call employee pool and called for shifts as needed. This position does not guarantee hours or future positions

Phone 604-796-6814 Fax 604-796-3729
humanresources@seabirdisland.ca

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

QUOTE OF THE MONTH

Children were encouraged to develop strict discipline and a high regard for sharing. When a girl picked her first berries and dug her first roots, they were given away to an elder so she would share her future success.

Mourning Dove [Christine Quintasket]
(1888-1936) - Salish

MAMMOGRAM SCREENING



December 7, 2011

for any ladies over the age of 40.

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

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!

