



Seabird Youth – Wins Gold Medal for Canada

Throughout the first week of September, Seabird Island community youth Brooke Bobb-Reid traveled the island of Kona in Hawaii. Now, what could make this an accomplishment rather than a reason to be envious of this most relaxed looking, golden tanned Seabird youth?? The reason for the journey to Hawaii was for the Queen Liliuokalani Long Distance Canoe Race. Brook, a dedicated Canoe puller for the Chehalis Canoe Club with Mystical Lady, was in her very first Outrigger Canoe Race where, in the “Mixed 6 – age 18 and under race”, Brooke was part of the team that achieved a Gold medal for Canada!

Over 135 canoes participated in these final races of the season and Brooke was part of the phenomenal 18 and under team to bring home a 1st place Gold Medal!!

This is not only a huge accomplishment and reason to be ecstatic for this local youth, it is proof that a spring and summer of dedication, commitment and hard work, often sacrificing fun to train with her team, has paid off personally and nationally!

Brooke has trained seven days a week after school or work for the better part of eight months, rain or shine. This has meant that she spent the majority of her evenings training with her team and the remainder completing homework to maintain her A Honors grade

standing. She dedicates her weekends to canoe races across BC and the USA.

Although Brooke has a list of many accomplishments, I am sure she would be horrified if I listed them all. She is above all, a role model within the community and a vocal demonstration of healthy choices and dedication to a dream!

While Brooke is without a doubt an amazing young girl and role model, she is without question a primary source of pride for her family. There is no one her Grandparents, Sisters or Auntie’s would rather brag more about than this extraordinary girl that has managed to shine through her 16 years and given us all an optimistic sense of hope and pride for our family and community. I am very confident in saying that Brooke is the heart and happiness of her entire family and brings pride to an entire community.

Brooke you are exceptional and amazing! You continue a legacy left by loved ones past. It is without question that they are here and proud of all your accomplishments.

Continue following your dreams and keep up the excellent work!
Remember...no pressure!



Shorter Days

With shorter days you may be out walking the roads in the dark. For your own safety remember to wear light colors and reflective clothing at night.

Thanks Giving

**Band Office
CLOSED**

Monday
October 11th

Sto:lo New Year

**Friday
October 15th,
2010**

Halloween

Remember to...

- ◆ Watch out for cars
- ◆ Have your parents check your treats for tampering before eating them
- ◆ Wear reflective clothing

Preschool off to a good start.

Ey Swayel – Seabird Island Preschool had their first day of the 4's Program on Monday, September 20, 2010. There are twenty some children registered in the 4's Preschool Program. It was an exciting day with 15 children arriving by bus, or with parents. Dianne and Jen were there to greet them!

We look forward to the first day of the Seabird Island Preschool Language Nest - 3's Program starting on Monday, September 27th.



Food Gathering... A way of life



Summer is over; we have canned our fish and dried our fish and gathered our berries and roots. Many people do not realize the effort we put forth to continue walking the path of our ancestors.

We move to our summer dry rack camps (our summer homes) where we live 24 - 7 for a month at a time. The whole family, elders, men, women, babies and all, work together gathering food for the year to come. We enjoy these grounds that have been in the families for generations; these sites are filled with our stories, our history our heritage and are sacred to us all. We visit our grandfathers grandfathers at family grave sites. We have learned that the canyon is the only area where the wind comes through in the way required to prepare dried fish just right; that the timing of the season has to be precise for the fish not to rot in the racks.

We spend the summer catching the fish, filleting fish, hanging the fish, canning fish, gathering berries, roots, and preparing medicines and much more.

It is good to see and hear that there are families keeping these traditions alive, teaching our children to work together and to

prepare for the future, teaching them to respect the way things were, the ways of our ancestors: to respect the fish as a gift and thank the creator for the fish by giving the first fish to the elders.

Even today a traditional First Nation diet consists of mostly wild meat, fish, roots, and berries that we gather as a family. This is our way of life; this is what every family needs to stay strong.

In the fall we are still working hard preparing for our families, getting ready for smoking fish and hunting wild game. Soon winter will be here and we will all be sitting be down and enjoying the fruits of our labour and telling stories of the summers that have come and gone.

We thank all the families for their hard work in supplying their families with this food and knowledge as well as helping out our extended families and the community prepare for the winter to come.

Seabird House Fires

With so many fires in our area lately you can't help but wonder... Is my house safe? Is there somebody out there starting fires? What if somebody gets hurt???

Updates:

Chowat Rd. House Fire

The cause of this fire is going to be classed as undetermined. This file is now closed by the fire investigator as well as the R.C.M.P.

Sthitsem Drive House Fire

The Sthitsem Drive fire looking suspicious and is still under investigation. There was a party in the area the night of this fire and as such there is a high possibility that someone may have seen something. Even a small detail can help lead investigators to solving this mystery. If anyone has seen or heard anything the evening of the fire, please call constable Paul Simmons at 604 796 2211 or crime stoppers tip line.

Fight the good fight, Help us all sleep better at night.



Would you know what to do if a fire started in your home? Would your kids? Take the time now to review fire safety facts and tips so your family will be prepared in the event of a fire emergency in your home.

My Fire Inspection Checklist

Become an official Safety Inspector!

Make sure your home is safe and inspect for risks. Ask a grown-up for help.

If the item on your list is **SAFE**, color the circle next to it **GREEN**.

If the item on your list is **UNSAFE**, color the circle next to it **RED**.

If you are **NOT SURE** if item on the list is safe, color the circle **YELLOW**.



Electrical cords are in good condition (not damaged).



The clothes dryer has a clean vent and filter (no lint build-up).



Appliances and lights are plugged into separate electrical outlets.



A grown-up always stays in the kitchen whenever food is cooking on the stovetop.



All smoke alarms work when tested by a grown-up.



All extension cords are used safely (not under carpets or across walking areas).



All escape routes are clear of clutter and easily accessible.



Portable space heaters are 3 feet away from anything that can burn.



Curtains and other things that can burn are away from the stovetop.



The furnace has been inspected in the past year.



Portable space heaters are off whenever a grown-up leaves the room and goes to sleep.



The chimney has been inspected and cleaned in the past year.



If any of your circles are **YELLOW** or **RED**, ask a grown-up to make it safe.

Parent Signature: _____

Check out Sparky the Fire Dog® at sparky.org
Sparky® is a trademark of NFPA

Healthy Eating Recipe Corner

Cranberry Oat Muffins

Preheat oven to 400° F (200° C)

One 12 cup muffin tin, greased or paper lined

3/4 cup	rolled oats	175 ml
1 1/2 cups	all-purpose flour	375 ml
1 cup	granulated sugar or sweet & low	250 ml
2 tsp	baking powder	10 ml
1/2 tsp	salt	2 ml
1/2 cup	bitter or margarine	125 ml
1 1/2 cups	fresh or frozen cranberries, chopped	375 ml
2 tsp	grated lemon zest (peel)	10 ml
2/3 cup	2% milk	150 ml
1	egg, beaten	1

Topping

2 tsp	ground cinnamon	10 ml
2 tsp	granulated sugar	10 ml

Per muffin

Calories 227, Dietary Fiber 1g, Carbohydrate 35g,
Fat 9g, Protein 3g

1. In a food processor, or with a blender, process oats until very fine. Combine oats, flour (except for 2 tbsp/25 ml), sugar, baking powder and salt. Cut in butter with a pastry blender or food processor until mixture resembles coarse crumbs.
2. Toss in cranberries with rest of the flour, stir into flour mixture
3. In a separate bowl, combine lemon zest, milk and eggs, then mix thoroughly. Add to dry ingredients, stirring just until moistened; do not over mix. Spoon into lightly greased or paper lined muffin tin, filling three-quarters full.
4. Topping: Combine cinnamon and sugar, sprinkle over muffins. Bake in preheated oven for 20 to 24 minutes or until tops of muffins spring back when lightly touched.

TIP

If fresh or frozen cranberries are not available try soaking 3/4 cup (175ml) dried cranberries in 1/2 cup (125ml) orange juice or water for about 15 minutes. You can also substitute the cranberries with blueberries.

Seabird Welcomes A New Staff Member Carolyn Mui - Human Resources



I was born some 'few' years ago in Toronto, the oldest of three children. I began my career in the Retail industry working in Training and Development. After three years, I joined Sheraton Hotels and worked in Toronto and Washington D.C. I then joined C.P. Hotels and worked in the Rocky Mountains and Victoria. I have also worked in the Dairy and Ship Repair businesses before coming to Harrison Hot Springs in 2002.

My husband, Richard, and I agreed that I would leave my Human Resources career in 2006 to stay at home with our little girl, Alexandria, who we call Ally. Now that she is in Grade One, I have returned to the workplace, leaving our four cats and Labradoodle 'Bella' to look after the house while I am at work!

I am an avid gardener, an enthusiastic swimmer, love to read and camp and am most proud of my husband and daughter and the family life we enjoy!

I am very excited about joining Seabird Island. The people with whom I have interacted so far have been warm, friendly and welcoming. I am most looking forward to learning about your culture and history. It is my desire that we will learn from each other, benefit from each other and be happy for each other!

Please don't hesitate from dropping in – my door will normally be open!

Keeping our lands river and roadways safe and clean.

Over the past month we have had the "No Trespassing" signs posted up at all entrances on the East side of Hwy 7. We would like to thank you for your cooperation over this time of transition, and we will continue to work hard to ensure that the Lands is kept clean, and peaceful.

Again, because this transitional period will be difficult for a lot of people, and if there are any more issues, or concerns, please do notify the Lands Department here at the Band office immediately so that this may be documented, and brought

to forward the Committee and Chief and Council to be dealt with accordingly.

This is a work in progress, and your input and cooperation will be greatly appreciated for the best interest of the community.

Thank you,
*Lands Advisory
Committee*

**NO
TRESPASSING**

**NO
DUMPING**

**NO
PARKING**

VIOLATORS WILL BE PROSECUTED
VEHICLES TOWED AT OWNER'S EXPENSE
By order of Chief & Council of Seabird Island Indian Band

Impetigo

What is impetigo?

Impetigo is a common skin infection caused by bacteria called Group A Streptococcal (strep) or Staphylococcus Aureus (staph). Infection happens when the strep or staph germs get into scrapes and insect bites. It is most common in the summer and can also happen after someone has had chickenpox.

Impetigo does not mean someone is not clean. But, it often affects school-aged children who live in crowded conditions, play contact sports, or have other skin problems.

What does impetigo look like?

Impetigo usually appears around the mouth, nose or on skin that's not covered by clothes. It looks like a cluster of red bumps or blisters. The blisters may ooze or be covered with a honey-coloured crust. Many germs live under this crust.

Sometimes the infection can become very bad. If this happens, your child will have fever, pain, swelling, and will feel weak.

How is it passed?

Impetigo spreads by direct and indirect contact.

Direct contact: It can be spread when someone touches an impetigo rash and then touches another person.

Indirect contact: The germs can get on bed sheets, towels or clothing that has been in contact with someone's skin. Then another person can pick up the germs from those objects.

How is it diagnosed?

A doctor can usually diagnose impetigo by looking at it.

Sometimes, the doctor may take a cotton swab to gently take a small piece of the sore to test for the kind of germs causing the infection. But usually that isn't needed.

How is it treated?

Your doctor will prescribe antibiotics. These will either be taken orally (through the mouth) or applied to the skin as an ointment (cream).

What can parents do?

If you think your child has impetigo, contact your doctor.

If your child has impetigo:

- Keep the sores covered with a dressing.
- Wash your hands thoroughly with soap and water after touching infected skin.
- Family members should not share face cloths or hand and bath towels.
- Keep your child home from child care or school until he has taken the antibiotic for at least one full day.
- Your child should take all the medication prescribed by your doctor, even if you don't see the rash or any sign of infection anymore.

Above Source: Well Beings: A Guide to Health in Child Care (3rd edition, 2008)



IF LEFT UNTREATED, a single case of impetigo can lead to several more, either within a single household or throughout a school, a day-care facility, or any other setting where people, especially children, are likely to come into close contact with each other.

Even apart from the terrible sores and the danger of contagion, an untreated case of impetigo can have potentially deadly consequences. If the responsible bacterium is streptococcus, it may invade beyond the skin and develop into scarlet fever. This disease, which is caused only by certain strains of the strep bacterium, is characterized by high fever, chills, vomiting, sore throat, and a fine red "sandpaper" rash. It

can be successfully treated with antibiotics, but if left untreated can damage major organs and even lead to death. In rare cases, the bacterium can also cause post-streptococcal glomerulonephritis, an infection of the kidneys that follows about ten days after a strep infection and causes temporary kidney failure.

Seabird Island Elementary School

Book Fair

October 18 - 29 at Lunch and until 4pm
daily

&

Literacy Family Fun Night

Thursday, October 21, 2010
5 - 7 pm

Chilli & Bannock \$2
Games, Bingo, Storytelling 25¢



Prizes, Prizes, Prizes!!

Vegetable Crops On Reserve

This message comes from concerned band members:

Each year I request products from our lease holds to help our elders and Christmas hampers. They have been very good to the Band with donations with every function we ask help with. The concerned band members are witnessing people taking product from the fields. I hope those who are doing this will stop because this affects the donations these people are helping Seabird with.



Housing Wait-list October 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
11	08092010-022

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

Head Lice



Their bites may cause a child's scalp to become itchy and inflamed, and persistent scratching may lead to skin irritation and even infection.

Signs of Head Lice

Though very small, lice can be seen by the naked eye. This is what you or your doctor might see by thoroughly examining your child's head:

- 1) Lice eggs (called nits). These look like tiny yellow, tan, or brown dots before they hatch. After hatching, the remaining shell looks white or clear. Lice lay nits on hair shafts close to the skin's surface, where the temperature is perfect for keeping warm until they hatch. Nits look sort of like dandruff, that is hanging on tightly to a hair shaft. Only they can't be removed by brushing or shaking them off. Unless the infestation is heavy, it's more common to see nits in a child's hair than it is to see live lice crawling on the scalp. Lice eggs hatch within 1 to 2 weeks after they're laid.
- 2) Adult lice and nymphs (baby lice). The adult louse is no bigger than a sesame seed and is grayish-white or tan. Nymphs are smaller and become adult lice about 1 to 2 weeks after they hatch. Most lice feed on blood several times a day, but they can survive up to 2 days off the scalp.
- 3) Scratching. With lice bites comes itching and scratching. However, the itching may not always start right away — that depends on how sensitive your child's skin is to the lice. It can sometimes take weeks for kids with lice to start scratching. They may complain, though, of things moving around on or tickling their heads.
- 4) Small, red bumps or sores from scratching. For some kids, the irritation is mild; for others, a more bothersome rash may develop. Excessive scratching can lead to a bacterial infection (the skin becomes red and

tender and may have crusting and oozing, the child may also have swollen lymph glands). If your doctor thinks this is the case, he or she may treat the infection with an oral antibiotic.

Here are some anti-lice strategies:

- Teach children not to share hats, headphones, combs, brushes, or bicycle helmets, and to report any head itching.
- Keep long hair tied back and away from the face.
- Check children's hair regularly, especially if they are scratching a lot.
- Wash all personal items that have come in contact with the head of an infested person at the time of a lice outbreak, such as hats, towels, and pillowcases, in very hot water (above 66°C or 151°F) and dry in a hot dryer for at least 15 minutes.
- Because lice can't survive away from humans, nonwashable things such as pillows can be dry-cleaned or sealed in airtight plastic bags for 10 to 14 days to kill lice.
- Don't use a pesticide spray to "disinfect" your house. These products can be toxic, and don't help control head lice.
- Soak all brushes and combs in hot water for 5 to 10 minutes or wash them with a pediculicidal shampoo.
- Thoroughly vacuum items such as rugs, furniture, mattresses, pillows, and any other surface where someone may have rested their head. Do not forget the car seats.

Many parents are reluctant to report their children's lice to school officials due to embarrassment, but it's



extremely important to do so to help control its spread. If all you do is treat your child's head, they could go back to school and return with more lice shortly after all your hard work to rid the bugs from your home. Let's all work together and protect our kids from these blood suckers.



Wednesday, October 13, 2010

WHERE: main school foyer

WHEN: 10:30 and 12:15

WHY: Fund-raiser for the Kindergarten, Grade 1, Grade 2, Grade 3 classes to go on a field trip.

WHAT: very yummy treats and healthy alternatives

HOW MUCH: cookies 25c, rice crispy squares 50c, cupcakes 50-\$1, bannock, jello, fruit cups, pies, cakes, donuts and much, much, more

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.



General Band Meeting

October 20, 2010 at 5 p.m.

Agenda to follow.

Where: in the Main Boardroom in the
Band Office.

Child Minding available.

Scabies

What is scabies?

Scabies is a common skin condition caused by tiny insects called mites. Scabies can be unpleasant but they do not cause disease. Having scabies doesn't mean someone is not clean.

What are the symptoms?

Scabies are parasitic mites that dig holes (burrow) under the surface of the skin and lay eggs. The larvae that hatch move to new areas of the body and spread the infection.

Mites prefer warm areas such as the folds of skin on the elbows, wrists, buttocks, knees, shoulder blades, waist, breasts, and penis, between the fingers, and under the nails.

This leads to a rash that is very itchy and red. Itchiness is usually worse at night. The rash usually appears between the fingers, in the groin area, between toes or around the wrists or elbows, but it may be found anywhere on the body.

In children under 2 years of age, the rash can appear on the head, face, neck, chest, abdomen, and back as white, curvy, thread-like lines, tiny red bumps or scratch marks.

How does it spread?

Scabies is highly contagious in overcrowded situations and close contact with infected individuals should be avoided. Touching, shaking hands, or sharing beds and contaminated objects of an infected person are common modes of transmission.

Mites are not related to poor hygiene. Anyone can get scabies, though it's most common among sexually active people and in situations where individuals are in close contact.

Scabies spreads from person to person by touch or contact with the clothes or other personal items of someone who has it. The mites can live off skin for up to 3 days.

Mites that are on clothing die when you wash them in hot water and dry them in a hot dryer.

Infected toilet seats can cause scabies. Scabies is an infectious skin condition and it can spread if an infested individual has used the toilet before you. The condition is caused by the underlying parasites and once the infected individual uses the toilet, these parasites may perhaps still be lingering here, waiting for another host. This is one of the main reasons why you must disinfect public toilets. It is also imperative to clean your home bathroom very frequently.

How is it treated?

Scabies is treated with a cream or lotion that is prescribed by your doctor. You may need to do 2 treatments, 1 week apart.

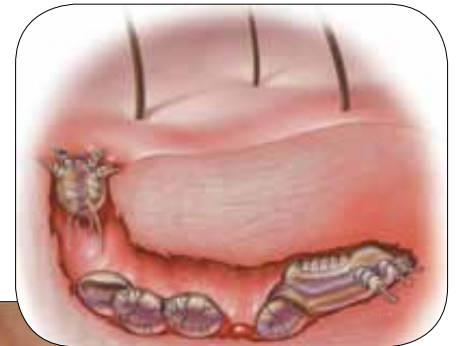
Your child may still be itchy for a few weeks. It doesn't mean that the mites are still there.

To prevent scabies from coming back, everyone who lives in your home will need to be treated at the same time.

What can parents do?

- Call your doctor if you think your child has scabies.
- Wash your child's bed linen, towels and clothes in hot water and dry in a dryer at the hottest setting.
- Store things that can't be washed in an airtight plastic bag for one week to kill the mites.
- Your child can return to child care or school once you have applied the first treatment.
- Personal and household items should be washed to keep scabies from spreading.
- Items should be washed in hot water, put in a hot dryer, or dry cleaned.
- Seal items that can't be washed in plastic bags for two weeks. Mites will usually die after 3 or 4 days off the skin.
- Vacuum furniture and carpeting. Do not spray the house with chemicals.
- Teach your child not to share personal items with an infected person.

If scabies is not treated it can lead to more infections.



CeH Gathering for Youth Health Priorities.. a Huge Success!!

The Ye mi sreqó:tel la xwe' lets'emó:t ó Community Hub hosted a kick off to the new school year for Hub community youth. The main purpose of the event was to gather the youth health priorities. Dakota House, a motivational speaker and actor from "North of 60" and Scott Ward a First Nation hypnotist were invited to facilitate the all day workshop and dance.

All eleven (11) of the Hub community youth were invited to attend the event and eighty (80) youth representing seven (7) Hub communities attended. Dakota addressed the youth discussing sensitive topics such alcohol and drugs, parenting, and youth suicide. Café style round table discussions were implemented to engage the youth while gathering their health priorities.

After all the hard work, the youth were rewarded with a hypnotist show with many youth participating in the show. The day was topped off with a video dance party. Dakota spent time with the youth signing autographs while giving each youth words of inspiration.

We accomplished what we set out to do..We now know what the youth see as gaps inhealth care, what they value, what they want to keep for the future to build upon, what they dream for in their community, and what they see as training needs. The workshop, show and dance party was a huge success; it was a whole lot of fun and our facilitators Dakota House and Scott Ward were excellent!! We have plans to make this an annual event.



The Parents and Tots Program

"Parents and Children playing and learning together"

The Head Start Program is happy to announce the start of The Parents and Tots Program within

The Parents and Tots Program will provide services to on and off-reserve families with children between 0—6 years of age and expecting families within Seabird

Seabird Island Program Schedule

Tuesday & Thursday: Seabird Island, Mill Hall
10:00 A.M.—1:00 p.m.

BEGINNING SEPTEMBER 28th, 2010

Cheam Program Schedule

Tuesday & Friday: Cheam, Health Building
10:00 A.M.—1:00 p.m.

BEGINNING SEPTEMBER 28th, 2010

Skwah Program Schedule

Mondays & Wednesdays: Skwah, Community Hall
10:00 A.M.—1:00 p.m.

BEGINNING SEPTEMBER 27th, 2010

If you have any questions or would like to find out more about our program please call:

Tracey Bonshor
Phone: (604) 796-2177
Fax: (604) 796-8644

Email: traceybonshor@seabirdisland.ca



Tuberculosis (TB)

Most people don't even realize they are infected. They don't feel sick and don't show any symptoms. In fact, 90 to 95 percent of people who get infected never get sick.

It's the other five to 10 per cent who have to worry. These are people who have weaker-than-normal immune systems, such as children, the elderly or people with immune-deficiency diseases like HIV.

Early Detection is important to prevent death and spread to others. Health care workers and those at high risk should be tested 1 - 2 times per year.



Watch for coughing, chest pain

If you suffer from a persistent cough — one that lasts longer than two weeks — along with chest pain, and are coughing up blood and phlegm, you may have TB. Other symptoms include weight loss, fatigue, lack of appetite, chills and fever.

Cover your mouth when you cough to reduce the spread of TB

Tuberculosis in Aboriginal communities

Health Canada says that in First Nations communities TB rates are up to 10 times higher than overall Canadian rates. Tuberculosis a disease of poverty. Overcrowded housing is one of the health hazards affecting the TB rates in Aboriginal Communities.

Tuberculosis of the Skin

Tuberculosis of the skin has different features depending on the patient's resistance and age. Skin lesions can be ulcers with scar tissue leading to destruction and configuration, recurring nodules or lumps, or recurrent crusted skin papules.

Tuberculosis in Smokers

Smokers are more susceptible to TB as they are less able to combat the TB infection. Smoking can also hinder treatment by reducing the effectiveness of treatment.

For more information visit...

[Health Canada – www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

[First Nations Public Health – http://fnpublichealth.ca/tb/](http://fnpublichealth.ca/tb/)

Carnival Time



COMING IN **Early November**
to the **Seabird Island Gym** a
FALL CARNIVAL

TIME TO BE ANNOUNCED

DOOR PRIZES, FREE HOT DOGS AND POPCORN, PETTING ZOO

The Early Childhood Development Programs welcome families with children ages 0 □ 12 years of age to attend our Fall Carnival

Hosted by the ECD

CLOWNS, BINGO, FACE PAINTING and MORE



Prizes | Lunch Provided | Transportation Available



Pre & Post

For all pregnant moms, spouses, and support people.

\$25 incentive for all expecting moms and moms with a baby 1 year of younger that live on reserve and are band members of Seabird or are with a band member who lives on Seabird.

We apologize that we are unable to give the \$25 incentive to moms and dads who are unable to attend the session. Must attend full class.

October 6th | 11am □ 1pm | Seabird Millennium Hall

SIB Employment and Education Centre

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

Do you want to improve your personal education, training and employment potential?

Learn your personal skills, abilities and competencies!

SOI Workshop with Trudy Sjoblom – Thursday October 7, 2010 at Seabird Island Band in the EEC Boardroom starting at 10:00 am. **Food will be provided!!!**

If you are currently not enrolled in any training courses or on your personal journey with a Counselor, come see or contact Alexis Roper 604-796-6843!!

Career Decision Making Workshop (contact Alexis when you are interested) in the EEC Main Boardroom upstairs at the Band Office. **Food will be provided!!**

Interview an Interview Prep Workshop (contact Alexis when you are interested) in the EEC Boardroom upstairs in the Band Office. **Food will be provided!!**

Essential Skills Workshops – Want to brush up on your computer skills, reading, math, communication and document skills. Sign Up at the EEC Office or contact Alexis Roper

How we can help you:

- Career Decision Making Information to help guide you on Post-Secondary and Training Programs
- Application Information and help with filling out applications for training and post-secondary education
- Resume and Cover Letter Formatting
- Getting prepared for those tough interview questions
- Help with applying for E.I.
- Did you just recently get hired and need a little help financially in the Transition to Work?...we can help!

COMING SOON!

Do you want your “L” or “N” ?

Sign Up Now for Driver’s Ed!!!

Courses in understanding “Book” material and Drivers Training will be available and fully funded!!!

Sign Up is located upstairs in the EEC Office or contact Alexis Roper at 604-796-6843 or e-mail alexisroper@seabirdisland.ca

Important Information:

If you are participating or wanting to participate in any training courses please ensure that you meet with a Career Development Practitioner (CDP), Trudy Sjoblom, to complete all necessary applications or paperwork.

Make sure you stop by and come upstairs to the office!! You are able to practice ICBC knowledge tests, job search strategies and web searches and much more!! All with the help of our excellent Career Development Practitioner (CDP) Trudy Sjoblom!!

NEW EMPLOYMENT, TRAINING AND SOCIAL ASSISTANCE SUPERVISOR



Effective October 1, 2010, Alexis Roper will be the New Employment, Training and Social Assistance Program Supervisor. For the past two years, Alexis has been the Youth and Elders Liaison for Seabird Island Band. Alexis will remain involved with the assistance of Seabird Island youth and elders in a slightly different capacity. Elders can continue to contact Alexis for assistance with wills & estates, passports, paperwork, bills, pension, old age security etc. Alexis will remain connected to the youth specifically in the areas of education, training and employment. Alexis is very much looking forward to undertaking this position and is happy to stay connected to the youth, elders and community she loves so much! Please don't hesitate to take a trek upstairs to say hello to Alexis; her door is always open!



Office Closures:

October 1, 2010 for EEC Staff Meeting off site

October 11, 2010 for the Thanksgiving Holiday



Seabird Island as I see it...
MY COMMUNITY, MY FUTURE

Seabird Island is working to build a shared vision for our future -- doing that well means involving as many members as we can.

We've met several times with our elders, students, youth, and staff and hosted public information sessions to reach out to the membership at our AGMs, but we still want to hear more ideas from our members and residents.

Come out and share your ideas about the future of Seabird Island. Gather together with your friends, neighbors, relatives and community members – and leave knowing that your ideas will help define how Seabird Island tackles our growth challenges and builds our community far into the future.

The facilitated session will guide your conversations through all kinds of issues from Jobs to Housing, the Environment, Culture, Health, Recreation and more.

Start thinking now:

What is it that you love about Seabird Island?

What would make this community that much better?

When you think forward to 2035, what do you see in your mind's eye?

Help us build a community that looks and feels like home to you and all the children of Seabird yet to come. Everyone is welcome and encouraged to attend. →

HELP RECRUIT YOUR FRIENDS, FAMILY AND NEIGHBORS TO BE THERE!

WHY COMPOST?

A compost pile is an ideal way to recycle organic wastes from your home and community. Composting turns kitchen garbage, garden residues, weeds, wood products, animal wastes and many other normally unused materials into a dark, sweet smelling garden fertilizer.

If properly managed, a compost pile will kill pathogens and weed seeds.

Compost will provide nutrients to your plants, not only nitrogen, potassium and phosphorus, but also the secondary and trace elements.

Compost is a good way to improve the physical properties of your soil, such as drainage, aeration, ability to retain nutrients and water, both on sandy and clay soils.

By composting, you will reduce the amount of waste contributed to landfills, save money on safe chemical free fertilizer while contributing positively to the environment.

Learn How to Backyard Compost!

HANDS ON WORKSHOP



**NEW DATE!!!
Fri. Oct. 1st, 2-3PM
BAND OFFICE GYM**

Attend the 1-Hour Training and
Take Home a Free Composter and Kit
DON'T MISS OUT ON THE OPPORTUNITY TO GO GREEN
First Come First Serve Basis
Space Limited!!!!

To Participate Contact:
Cindy at 604-796-6851 or cynthiamcneil@seabirdisland.ca and
leave your name, phone number and email

SIGN UP NOW!

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 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...

Contact Genna Joseph for more information at 604-796-2177



NEW DRIVING LAWS IN BC – TOUGHEST IN CANADA

SPEEDING

An average of 167 people are killed due to excessive speeds on B.C. roads every year. May and September are the deadliest months.

B.C. speeders need to know that under new rules coming into effect Sept. 20, drivers in British Columbia charged with excessive speeding (more than 40 km/h over the speed limit) will trigger a mandatory seven-day impoundment for a first offence, a 30-day impoundment for a second, and 60 days for subsequent excessive speeding offences within two years.

Impoundment is in addition to existing penalties, which include:

- A fine of \$368 to \$483, depending on how excessive the speed.
- Three penalty points on a driver's licence.
- An ICBC driver-risk premium of \$320 per year for three years, over and above Autoplan insurance premiums.

Street racers are also affected by the new rules. While street racing differs from excessive speeding because it involves two or more vehicles trying to outdistance each other, under the new impoundment provisions, both are subject to minimum seven-day impoundments. Previously, street racing had a minimum impoundment period of 48 hours.

Additionally, the Motor Vehicle Act now makes careless acts like excessive tailgating, and reckless driving actions like wheelies and doughnuts – subject to a seven-day impoundment.

The new penalties are in addition to the existing penalties for excessive speeding, which include a fine of \$368 to \$483, three penalty points on the individual's driver's license, and an ICBC driver-risk premium of \$320 per year for three years above the Autoplan insurance premiums.

Construction and school zones, be extra cautious about your speeds.

- **Speeding tickets double in construction work zones.**
- **Tickets for speeding in a school zone** start at \$196 and go up to \$483 plus 3 penalty points on your licence.
- **Fail to stop for school bus:** Fine level is \$167 and 3 penalty points on your licence.



DRINKING & DRIVING

Beginning Monday, Sept. 20, British Columbia drivers will face the most stringent laws against drunk driving in the country.

Drivers caught within the warn zone -- defined at having a blood alcohol level of between 0.05 and 0.08 -- will be banned from driving for three days and fined \$250. The fine, combined with the towing and storage fees, means that offending drivers can expect pay about \$600. Those caught in this warning range multiple times will face a driving ban of up to 30 days and fines or fees of up to \$800. If they get caught again, the penalties get worse

The new laws are being adopted to help end the carnage caused by impaired motorists that kills more than 100 people and injures 3,000 more every year.

And it won't take much alcohol for these new levels of enforcement to kick in either. According to an online calculator provided by the Canadian Automobile Association:

- a 120-pound woman who has two glasses of wine in two hours would be above 0.05.
 - a 180-pound man would reach that level after four beers over the same time, the CAA calculator said.
- **over the limit****

That means even that quick drink on the way home from work, or that beer after the game, could land you in a world of hurt.

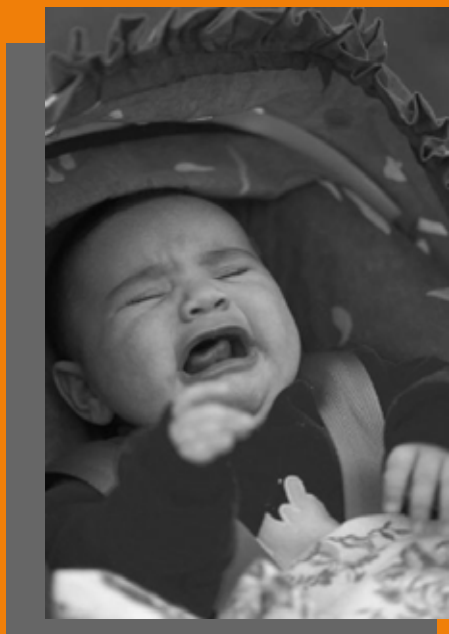
The new law also adds significant penalties for people caught with blood-alcohol level above 0.08 — the level at which drinking and driving becomes an offence under the Criminal Code of Canada.

Drivers caught above this level will face an immediate 90-day driving ban and related costs of \$3,750. That amount includes a fine, a driver's-licence reinstatement fee, the cost of a mandatory Responsible Driver Program, a towing and impoundment fee, and the cost of an ignition interlock device, which the offender must use for one year.

The driver may also face criminal charges, especially if the infraction involves injuries or a crash.

Someone So Small

October 2010



SUPPORT

Support parents in the early years, where it has the biggest impact. Good parenting is vital throughout a child's life. Support saves parents. Imagine a community that dreams and plans together to put children first.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
***PROGRAM WILL BEGIN AT 10:00am & END AT 11:30am EACH FRIDAY.		Allow your child to feed him/her self.			1 Someone So Small/ Tumble Time-Chawathil	2
3	4 Take time out for yourself to read a book or have some quiet time	5	6	7	8 Someone So Small/ Tumble Time-Seabird	9
10	11 Thanksgiving Day	12	13 Be a friend to your child.	14	15 Someone So Small/ Tumble Time-Chawathil	16
17 Allow children to enjoy some quiet time	18	19 Spend time with a friend or partner-go out on a date	20	21	22 Someone So Small/ Tumble Time-Seabird	23
24	25	26 Family drop in programs are a good way to meet other parents and exchange ideas	27	28	29 Someone So Small/ Tumble Time-Chawathil	30
31 Halloween			**Program will be held at Millenium Hall for Seabird & at the Band Gym for Chawathil.			

Feed the River - Not the Bears!!!



There has been a complaint about fish guts and pieces being discarded on Seabird.

Please respect mother earth and the gifts she has given us. These unused fish guts and pieces need to go back to the rivers where they came from to continue feeding the river system so we have more fish in the future. When doing so please remember to take the empty garbage bags home, these did not come from the river and will only pollute our life line.

Leaving your unwanted fish guts and pieces on Seabird will attract bears, cougars and other dangerous wildlife. These animals can be a danger to your family and will return year after year looking for the fish guts they found in our back yards last time.

Please feed the river not the bears.

Suggestions from housing...

- 1) If it makes small beeps randomly, it is asking you “*please change the battery*”. **DO NOT DISCONNECT!** Refer to the steps inside this guide.
- 2) Keep your ovens and stove top burners clean. The dirt and grime will cause smoke and may set off the detector.
- 3) Clean out the bottom of your toaster and turn down the timer setting. Burnt toast or burnt toast crumbs may set off the detector.
- 4) Use the fan on the hood range when cooking to help remove steam thick air that could set off the detector.
- 5) Always use your bathroom fan for bathing and showering.



A guide to easy housing maintenance tips for tenants.

For more guides with easy maintenance tips on taking care of your home please contact...

Dwayne McNeil 604-796-2177
Stacey McNeil 604-796-2177

Seabird Island Band **Housing 101**

Smoke Detectors...



Smoke Detectors have saved lives...

Maintain them (change your batteries) at daylight savings time changes...

March 14, 2010 and November 7, 2010

Step 1: You will need...

“elbow grease”, a small step ladder and batteries



Step 2: pull the locking pin

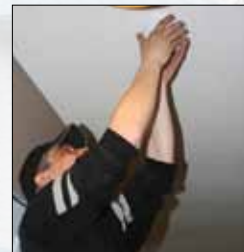
Step 3: Twist, turn & pull, to take cover off



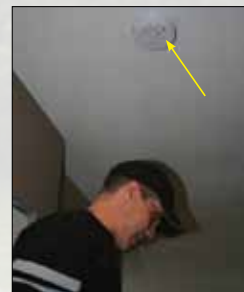
Step 4: wipe down insides of covers and vacuum. (lady bugs may be hiding here)



Step 5: Change your batteries before replacing the unit to its proper place



Step 6: Press the test button to make sure it works. Then you are done, all that's left is to put your ladder away and clean up your mess.



Some detectors will be both hooked up by wires and batteries, some just by batteries. Those that have the option to be hooked up both ways should be hooked up both ways. If your power goes out and you have a fire, the battery back-up could save your lives!

Self Breast Cancer Exams

FIVE STEPS TO BEING BREAST AWARE

1. Know how your breasts normally look and feel.
2. Know what changes to look for.
3. Look and feel for changes.
4. Report any changes to a doctor.
5. Go for a free mammogram if you are of the appropriate age, or if recommended by a doctor. By finding breast abnormalities in the early stages, mammograms can save lives. Women at the appropriate age can get a free mammogram through their regional breast screening program.

LOOK AND FEEL

There is more than one way to check your breasts. There is no right or wrong way, and no need to follow a particular routine unless that is what works for you. Choose a way that is comfortable for you:

One way to check both breasts is by moving your middle fingers in small circles from the outside of the breast to the nipple. As pictured, cover the surface of each breast, and also check the areas above and below the breasts, including the armpit.



- Each whole breast.



- Above and below each breast.



- Under both arms.



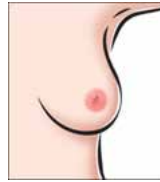
- Men check the same areas.

Become informed about the significant changes to look for in the breast.

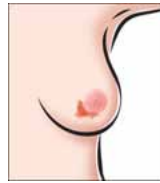
WHAT TO LOOK FOR

Knowing how your breasts normally look and feel can help you be aware of changes that should be reported to a doctor. Most breast changes will not be cancer, but still should be discussed with a doctor. Changes to look for include the following:

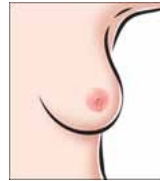
- Changes to the size or shape of one or both breasts.
- Unusual, persistent pain in the breast or armpit area.
- Swelling under the armpit or below the collarbone.



- Nipple changes, including change in the shape or position of a nipple, or a nipple that becomes pulled inward (inverted).



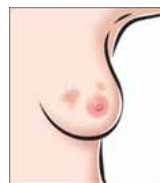
- Redness.



- Discharge from one or both nipples.



- Lumps or thickening.



- Skin changes, including irritation, rash or scaly skin.



- Dimpling or puckering.

If you are not sure if a change is significant, check again after your next period, or a few weeks later if you are no longer menstruating or, go see your doctor!!

If breast cancer is found at an early stage there is usually a better chance of successful treatment. Finding cancer early may allow for more treatment options such as less aggressive treatment or breast conserving surgery.



'Round The Rez

Community Events , Workshops & Outings

CATERING & FUND-RAISING

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

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.

2010 Visions Fisheries Workshop: Call for Volunteers

The Fraser River Aboriginal Fisheries Secretariat will be holding the **Annual Visions Conference on October 13 & 14 at Seabird Island.** The conference will require the assistance of a couple of volunteers to run a registration table. Anyone interested in volunteering is encouraged to call Matthew Kinch at: T: (604) 836-1909 / E: info@frafs.ca

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 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.

UPCOMING EVENTS

• **October 4, 2010 – Elders Gathering Planning meeting** for Elders gathering 2011 will be at Cheam Longhouse starting at 6:00 with a potluck dinner. If you would like more information please contact Angie or Alexis

• **October 15- Sto:lo New Year** held at the school all day session- For more information about this event please contact the School at 796-3061.

• **October 25, 2010 - Elders Monthly Session** will be held at the Band office and pickup will start at 8:30 am.. For more information please contact Angie Chapman

• **October 27- Community Halloween Party,** starts at 5:00 with finger food and drinks, and costume judging will begin at 5:30 p.m. Interactive games and crafts will be located all around in the gym for you all to partake in.. If you would like to volunteer for the party please contact Angie Chapman at 604-796-6893

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.

ELDERS BAKE SALES

Every Tuesday and Thursday the Seabird Elders host their 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 Jr Policing Program Girls and Boys group starting with Genna next week! Call Genna if you are interested, and watch for dates/ locations to be sent out...



Contact Genna at 604-796-2177

PARDON ME?

Did you know Genna is here to...

- Help you with court documents?
- Help you with the court process?
- Here if you want to settle something in private and out of court?
- Go with you/bring you to court or appointments?
- Set up appointments regarding your file/ claim?
- Maintenance, custody, criminal record



Contact Genna at 604-796-2177

'Round The Rez

Community Events , Workshops & Outings

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



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:

October 25th

November 29th

Please contact CHR's Maggie Pettis or Chaundine Quipp for prior approvals
604-796-2177



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.

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)

BOY'S & GIRL'S GROUPS



Tuesday's:

Girl's Group 3:00 - 4:30 (ages 7- 12)
Girl's Group 5 - 6:30 (ages 13 - 18)

Wednesday's:

Crew Power (male and female ages 13- 18)

None of these groups will run for the first 2 weeks of October.

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

BIRTHDAYS

Happy 16th Birthday to Chrystal and Meeshka Alexander (twins), also

Happy Birthday DAD, Trace Alexander from all of your children and grandchildren.

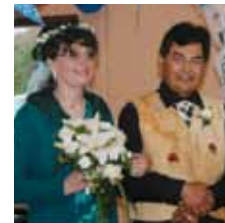
Happy 2nd Birthday to Exzaduis Shiels and Meka Peters love from Gramma Starr and Grampa Trace.

Happy Birthday Danielle Peters from your aunt Starr and your many nieces and nephews and siblings

Happy Birthday Tavis from Auntie Starr and Uncle Trace

Oct.10 Happy birthday to Aunt Leona Harry; Nephew Jonathon Charlie; Niece Holly Leo; Sweet Daughter Shelby August Best wishes to you all. Love Danny& Julie August and family

ANNIVERSARIES



To my very beautiful wife, have a very Happy Wedding Anniversary

Mike & Pat - 5 years
October 15th

OBITUARIES



Gabriel Shaw

August 28, 2010 –
September 18, 2010

Parents: Ashley Shaw (Mother) and Marc – Antonio Sr. Peters (Father)

Funeral Services took place Friday, September 24, 2010. 10:00 am at the Seabird Island Hall and burial took place at the Cheam Cemetery.

Thank you to all our family and friends for your love and support during this difficult time.

Skin, Scabies & Other Scary Things

HEAD LICE

They want to suck you blood...
Their bites may cause the scalp to become itchy and inflamed, and persistent scratching may lead to skin irritation and even infection. Some people with lice develop hives, scalp scabs, and enlarged neck nodes.

IMPETIGO

A highly contagious bacterial skin infection most common among children and people who play close contact sports such as soccer and wrestling, regardless of age. An untreated case of impetigo can have potentially deadly consequences.

TUBERCULOSIS

Hits Aboriginal Communities 10 times more than the rest Canadian of the population.

Symptoms include: persistent cough, chest pain, coughing up blood and phlegm, weight loss, fatigue, lack of appetite, chills and fever.

Cover your cough to reduce spread.

Tuberculosis of the skin: includes lesions, ulcers with scar tissue leading to destruction and configuration, recurring nodules or lumps, recurrent crusted skin papules.

SCABIES

Scabies is a common skin condition caused by tiny insects called mites. The mites that cause scabies dig deep into the skin. This leads to a rash that is very itchy and red. The mite also lays eggs in human skin, which hatch and grow into adult mites.

Overcrowding is one of the health hazards affecting First Nation Communities.

Examples are overcrowded housing as well as situations where there is close contact like in schools and sports. Contact your housing department if your house is too small overcrowded and/or overpopulated 604-796-2177

Contact your doctor for testing 604-796-2165

