



## Aboriginal Practical Nursing Graduation

On September 8th 2011 Seabird Island Health celebrated the First Aboriginal Practical Nursing Class Graduation. A total of ten students celebrated their graduation from their 18 months of Practical Nursing College training based on Seabird Island, in Agassiz BC. The program was put on in partnership with Seabird Island Health, Fraser Health, NVIT (Nicola Valley Institute of Technology), The Vancouver Community College and Sto:lo Aboriginal Skills & Employment Training.

Graduation was a proud night for not only the Seabird Community and the students families but for the surrounding communities, organizations and partners. The room was full of energy and enthusiasm.

MC of the event Tyrone McNeil, from Sto:lo Tribal Council, a proud parent of one of the students and Seabird Island Community Member kicked off the night with a welcome. Including a very special welcome to

- Vancouver Community College Faculty
- Our partners who helped make this program possible, including the sponsors and supporters of the students
- Chief and Councils from the students communities
- Friends and family of the students

Tyrone then asked Maggie Pettis to say a Welcome from Seabird Chief and Council and Carol Peters from Chawathil to say an Opening Prayer.

After an explanation of the days events and some of the cultural traditions, the ladies began the procession into the gym. Escorted by the drummers singing the Honor song, Council Members (Art Andrew, Alexis Roper, & Maggie Pettis), MC (Tyrone McNeil), Seabirds Health & Social Development Manager (Carolyne Neufeld) and the Aboriginal Practical Nurse Program Coordinator (Laureen Duerksen). The students were

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*Strengthening the Family Circle  
While Living with Diabetes*

Thursday – October 13, 2011  
Seabird Island Gymnasium  
4pm to 7pm

**Diabetes Education and Awareness Event**

**Invitation**

Please Join us for a fun, community-building event.  
We will explore how we can strengthen our families and communities through living well with diabetes.

**Agenda**

Opening with Chief Clem Seymour, **drumming and singing and traditional snacks**

Guest speaker: Chief Bobby Joseph from Alert Bay

Guest speakers: community members living with diabetes

Meal: **traditional foods**

Guest speakers: doctors, educators, specialists (learn chair exercises!)

**Door prizes**, community brainstorming, open mike, **kids' activities**

\*\*\*\*Screening for diabetes and educational displays available\*\*\*\*

**For more information and to register**

Contact your Community Health Representative or  
Celeste Bobb at 604-796-1124 or e-mail [celestebobb@seabirdisland.ca](mailto:celestebobb@seabirdisland.ca)



**EVERYTHING  
CLOSED!**

November 21st 2011

**Staff Development Day**

Everything on Seabird will be closed; Band Office, College, Daycare, Dental Center, Doctors Office, Store, Schools.

**START LOOKING FOR  
YOUR BABYSITTERS  
NOW!**

ALL Staff required to attend, from all departments, Band Office, College, Daycare, Dental Center, Doctors Office, Store, Schools.

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



**WANT HELP WITH DIABETES?**



Seabird Health wants to help you live well with diabetes. Life with diabetes can be OK! But it can also make you really sick.

**We can help with:**

meals, footcare, education, support groups, stress management, active living, problem solving and much more.

**People who can help are:**

Diabetes nurses, a lifestyle coach, CHRs and physicians.

We can connect you to other programs and services too.

**Everyone is welcome!**

To make an appointment talk to your CHR or Nurse or see Kristi at the Seabird Health medical clinic.

**Together we can live well with diabetes.**

## Health Care Assistant Program



In March 2011 Seabird Island partnered with NVIT to offer the 9 month Health Care Assistant program on Seabird. 18 students started the program and 15 continue to count down to a December 2011 graduation. Once finished these students will be able

to work in health care facilities including hospitals and nursing homes; as well as home support agencies; providing personal care and supports to the elderly and infirm. Graduates from this program can go on to become Recreation Assistants, Practical Nurses or Registered Nurses.

*In this photo, as part of her Community Health clinical experience, Seabird Island Band member Amy Michell assists Home Support Worker Cathy Hope with Meals on Wheels.*

## New Partnership!!

*Legal Services Society and Seabird Island Band*

*Genna Joseph is in the main office and has information on*

- Legal Services Society
- Legal aid
- Seniors info
- Child and Family rights
- Much, much more

*Genna does not provide legal advice but is there to guide you to the right information or people, and understand the legal process.*

*We will be having an information fair, soon to be announced.*



*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

## Chiefs Corner



Are you ready for a long wet winter?

INAC is talking about changing the rules for the elections they are considering having a four (4) year term. Previously we didn't have enough bodies during the summer to talk about this. I would like to know, what would you (as Seabird's community members) like to see happen? Come in and chat with me

about it, I look forward to hearing your comments.

I would also like to thank the Health Staff for working with our LPN students and having so many grads. With that I would like to apologize for not being able to attend the LPN grad ceremony.

Along with talking about education, Seabird has so many College programs offered, that it is good to know so many Seabird people are building their own capacity. So many are upgrading their education, and I thank you for that.

Clem Seymour (Chief)

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*Clem tries to be available in the lobby to discuss your concerns. He prides himself on listening to the people so he can take your concerns forward for you. He welcomes the visits, stop by next time you are in the area and let him know what you think about the possible new election rules or what ever you wish to discuss.*

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## Individuals Banned from Seabird

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Allowing banned individuals into your home may result in a breach of your tenancy agreement and eviction.

**If you see these people in the community, contact the RCMP.**

**These are the individuals that are banned from Seabird:**

Dean Alexis	Ron Thom
Richard "Dick" (Red) Vandenberg	Roger Sicard
Steven (Hippy) Ste. Croix	Keith Jimmie
Matthew Dalke	Francis Phillips
Victor Louis	Claton Prior
Daniel Robertson	Fredrick Charlie Sr. - as of July 28th
Jacob Bernard	
Robert LaFleur	<b><u>Ban Has Been Lifted On:</u></b>
Aaron Douglas (Julian)	Fredrick Charlie Jr.
Germaine Giroux	Brian Fontaine Sr.
Randy Lily	

## Aboriginal Practical Nursing Graduation continued...

followed by their Teachers, Keynote Speakers, Dignitaries (5 partners/funders), and the Sweepers.

Many of the speakers including the Aboriginal Practical Nurse Program Coordinator, Laureen Duerksen mentioned what a great day this will be for the history books. These young Aboriginal ladies are blazing a much needed trail to support their Aboriginal patients and communities. To have somebody taking care of the people, that understands their culture and the difficulties they face each day will make a huge impact to many thousands of Aboriginal people.

Laureen called upon Marilyn Heaps, Department Head Practical Nursing Program Vancouver Community College to discuss the pinning ceremony. This was followed by the presentation of Certificates, Pinning ceremony and gifts for the graduates.

The Practical Nursing students have been working hard; some started with working on their prerequisite courses in August of 2009. The program started in February of 2010 and they completed their program in August 2011 and will be writing their licensing exam this month.

Their 18 months of education included:

- Approximately 750 hours in the classroom
- 16 weeks of practicum in long term care facilities and acute care facilities
- 144 hours of a perceptrship, within long term care and acute care facilities within the Fraser Valley

The success of the program is in these young ladies. The students were a diverse bunch from different communities, including Saskatchewan, Squamish, Douglas, Tzeachten, Squiala and Seabird Island. Most of these dedicated students already have job prospects lined up.

Class Valedictorian was one of Seabird's own, Valencia Bobb. She gave a powerful speech filled with memories, fondness, and farewells that brought many of the ladies to tears.

After the ceremony came to a close everybody enjoyed a delicious meal together.

Our hands go out to these ladies, their supporters, Seabird Health and its partners for all your hard work and dedication. We all look forward to seeing you all in the Health Care workforce. This is not the end of the story this is the beginning of a whole new life.

The program was so successful that Seabird plans to run another **Aboriginal Practical Nursing Course** the date is to be announced very soon. For more information please contact Laureen Duerksen at 604-793-5663.

### PARENTING WORKSHOP

**Dates: October 17 & 31**  
**Time: 10:00 am to 12:00**  
**Seabird Island Band Office**

JOIN US FOR A SERIES OF POSITIVE PARENTING WORKSHOPS

Oct 17 Positive parenting 3, Oct 31 Anger outbursts

Life is an opportunity to learn and grow.

Honoring our children, ourselves and others.



Register for free with Donna Watson at the band office or call 604-796-6863

SNACKS PROVIDED

We have an effect on the next seven generations.

## Youth Feature of the Month



**Ashley Charlie-Hope** was born in Chilliwack on April 9, 1996. She currently lives on Seabird Island with her mom Sally Hope, her Step-dad Vince Malloway and her siblings Rachael and Richard. Ashley was one of the first children to attend Seabird Island Daycare when it opened in 1998. She also attended the 4's Program at the Seabird Island Pre-School. The following year, she attended Kindergarten at Seabird Island Community School. She moved over to Kent Elementary

School for Grade 1 and the following year over to St. Mary's School in Chilliwack where she stayed until the beginning of Grade 8. She currently attends Agassiz Elementary Secondary School and is in Grade 10.

In May of this year, Ashley attended the Encounters with Canada program which is the largest and foremost youth forum in Canada. The program which is based in Ottawa runs every week throughout the school year. Each week it hosts about 120 to 148 teens from across Canada (ages 14 to 17). There are a variety of different themes youth can focus on— Arts and Culture, Law, Journalism and Communications, Politics, Science and Technology and many more. Ashley chose the theme, "Ecology and Environment" and flew to Ottawa and spent the week attending workshops and visiting various museums that focused on this topic.

She became interested in environmental issues when Seabird Island began the Traditional Use Study for the Interior to Lower Mainland Transmission Project. She "didn't like the thought of more lines and towers affecting our community". She was 12 years old and she announced that she was going to become a lawyer so she could help our community when they come up against big corporations. She often came in to assist at our Land meetings by greeting Elders and serving the meal and drinks. More recently she attended the Youth Engagement outing in August which focused on environmental issues that affect our community. She says "Going to Ottawa was a great experience! It was so much fun meeting people from all over Canada, learning the same things you want to learn! I would definitely do it again and recommend it to everybody!"

Ashley has been playing soccer since the age of six. She played on Chilliwack teams in both the fall and spring leagues. She has been playing the Native circuit with Chehalis until this year when she decided to play with Seabird Island – coached by Chuck and Karen McNeil. She also plays with the Chilliwack U-17 "Thunder" team which is also coached by Chuck McNeil. This is the first team in the Chilliwack league that is primarily made up of First Nation girls from Agassiz and Chilliwack. One of her favorite memories of soccer comes from the Totem Soccer Tournament in Victoria this year when the Seabird U-14 team took first place!

For the past two years, Ashley has been working up at Hope River General Store and RV Park. Since she started working there, she has learned how to prep for the cooks, make sandwiches and light meals, stock shelves, serve customers as a waitress and cashier. Her work week throughout the summer was usually Wednesday to Sunday with 7 hour shifts.

**Ashley's message to other youth and the community is** "stay in school and try your hardest, get involved in things that matter to you – even if it seems difficult, there is always a way. Be your own person, do things that make you happy and keep your head up and be proud"

## Elder Feature of the Month



Dave Peters was born in Agassiz's "Chinatown" on April 8, 1936. He was one of six children, born to David and Bertha Peters. His siblings include: Leona who now resides in Chilliwack, and Don who resides in Mission. Those siblings who have passed on include: Mary, Eddie and Cyril. At the age of 6, he left Seabird Island to attend Kamloops Residential School with his sister Leona. Five years later, 1947, they moved down to attend St. Mary's Residential School in Mission until 1954.

Dave then started logging. He stayed in camp at Silver River which is about 35 kilometers up the Harrison Lake. He logged with a lot of the "St. Mary's boys". He left to work for Fleetwood Logging whose camp was at Greenpoint, which was about 10 km up the Harrison Lake. They had to travel by boat to reach this camp as there wasn't a road. Dave was a "high rigger". High rigging consists of climbing to the top of the tree, to hang blocks, locks and shackles. This type of work was not easy and it was considered quite dangerous.

Dave met Shirley (nee Bobb) in 1954 and he moved up to Lytton and logged up there so he could be closer to her and they were married in 1957. They stayed in Lytton for 5 years until they moved to Seabird Island and he began working for Fleetwood Logging again. Some of the guys he worked with included John McNeil, Art Andrew, Allen Peters, Lloyd Peters, Tony Peters, and Richard Hope.

Dave shared that it was Richard, Shirley and himself that started the Seabird Soccer Team. Richard would pick him up and they would travel to various communities such as Chehalis, Musqueam, Kilgard, and Chilliwack. They started the Seabird Island Festival for the annual soccer tournament. In those days, the Seabird Island Festival only consisted of Men's soccer. Players on their team included: Daryl and Guy McNeil, Gary, Tony and Reid Peters, Bobby and Donny Harris, Maxi and Larry McIntyre, and Paris Peters. Dave said "We had a good team and had a lot of fun times".

For many years, he and his family fished by the Seabird bluffs at the head of Seabird Island. Then, in 1960, they moved up to a site in Yale where they had a dry rack. He and his family would stay up there during the summer to wind dry their fish. His family still uses that site every summer. Dave would also dip net for eulachon in Mission during the Spring. He and his family would bring the eulachons home to smoke. Dave used to hunt on Hicks Mountain with his son Oliver. He remembers his son getting his first deer on Hicks Mountain.

Dave and Shirley had 10 children. In order of oldest to youngest: Dave Jr, Gail Ann, Oliver(Ollie), Veril, Sherry(Christine), Nathan, Shannon, Bert, Cheryl(chow) and Lisa. His daughter, Lisa shares: "Dad would take me to the Elders to visit and/or clean their homes. He'd make sure they all had fish or food of any kind. He would also take me to the Elder's home in Agassiz, so we'd go visit them too because he said they needed visitors too. He made sure I knew work ethics, kindness of others and to look after my Youth and Elders and to stand up and fight for what I believe in".

# Helping a Family Member Who Has Diabetes

## What is diabetes?

Diabetes is a disease that occurs when a person's body doesn't make enough of the hormone insulin or can't use insulin properly. There are 2 types of diabetes. Type 1 diabetes occurs when your body's pancreas doesn't produce any insulin. Type 2 diabetes occurs when the pancreas either doesn't produce enough insulin or your body's cells ignore the insulin. Between 90% and 95% of people who are diagnosed with diabetes have type 2 diabetes.

When you digest food, your body changes most of the food you eat into glucose (a form of sugar). Insulin allows this glucose to enter all the cells of your body and be used as energy. When you have diabetes, your body doesn't make enough insulin or can't use it properly, so the glucose builds up in your blood instead of moving into the cells. Too much glucose in the blood can lead to serious health problems.

## Why does a person who has diabetes need help?

It isn't easy for people to hear that they have diabetes. Diabetes is a disease that cannot be cured. It has to be taken care of every day. People who have diabetes must make some important changes in their lives. To stay healthy, they have to learn how to monitor and control their blood sugar levels. People who don't control their blood sugar levels can develop serious health problems, such as blindness, nerve damage and kidney failure.

## How can I help my relative who has diabetes?

**First**, learn all you can about diabetes. The more you know, the more you can help. Encourage your relative to learn about diabetes, also.

**Second**, be sympathetic. It can be scary at first for people to find out they have diabetes. Your relative may be frustrated with the changes he or she has to make. Tell your relative that you understand how he or she feels. But don't let your relative use these feelings as an excuse for not taking care of his or her diabetes.

## How can I help my relative make healthy changes?

If you eat meals together, eat the same foods your relative eats. Avoid buying foods he or she isn't supposed to eat. People who have diabetes should generally follow the same advice for healthy eating as everyone else: Eat foods that are low in

fat, cholesterol, salt and added sugar. Choose a variety of fresh fruits, vegetables, whole grains, lean meats and fish.

**Encourage exercise.** You might even want to exercise together. Walking, jogging, bicycling, swimming and dancing are all good activities that will help both of you get enough exercise. Your relative should talk to his or her doctor to find out what kind of exercise to try.

**Learn how to recognize signs of problems.** Learn the symptoms of a high blood sugar level (called hyperglycemia) and a low blood sugar level (called hypoglycemia). Understand that when your relative is very cranky or has a bad temper, his or her blood sugar level may be too high or too low. Rather than arguing, encourage your relative to check the blood sugar level and take steps to correct the problem.



## High blood sugar (hyperglycemia)

This often happens when the person who has diabetes has eaten too much, is sick, has too little insulin in his or her body or is under a lot of stress. Symptoms of hyperglycemia include the following:

- Frequent urination
- Extreme thirst
- Blurry vision
- Feeling very tired

## Low blood sugar (hypoglycemia)

This often happens when the person who has diabetes has not eaten very much, has too much insulin in his or her body or has exercised beyond his or her limits. Signs

of hypoglycemia include the following:

- Feeling very tired
- Being unable to speak or think clearly
- Loss of muscle coordination
- Seizures
- Suddenly feeling like you're going to pass out
- Loss of consciousness
- Frequent yawning
- Sweating
- Twitching
- Becoming very pale

## Be patient and stick with it!

Learning how to live with diabetes takes time. Your relative will have good days and bad days. Times of stress may be the hardest. When people who have diabetes are under stress, they may have more trouble controlling their blood sugar level. When this happens, try to help the person keep things in perspective and get back on track. Provide reminders to eat healthy and to exercise. If the person is feeling frustrated and angry, encourage him or her to have a positive attitude that focuses on solving problems.

Resource: <http://familydoctor.org>



**STÓ:LŌ TRIBAL COUNCIL**  
PO Box 440, 2855 Chowat Road  
Agassiz, BC V0M 1A0  
Phone (604) 796-0627 fax (604) 796-0643

## **Stó:lō Tribal Council Annual General Meeting**

**When:** Friday, October 14, 2011

**Where:** Seabird Island Band Gymnasium  
2895 Chowat Road,  
Agassiz, British Columbia

**Time:** 10:00 a.m.

### **Agenda**

1. Adopt Audit
2. Appointment of Auditor
3. Annual Reports
4. Review and Approval of Bylaw Amendments for Governance of Stó:lō Tribal Council

For more information, please contact Lenny Herrling at 604-796-0627.

Door Prizes - Apple iPad; iPod Shuffle; and many more!

Lunch is provided.

# HOUSING

## NEW HOUSES

Thank you to the amazing Seabird construction staff (Paul, Harold, Phillip, Calvin), roofers (Shannon, and his son), housing maintenance (Butch, Rich, Lawrence) in doing an amazing job!



### TENANTS PLEASE NOTE

- There should be NO VEHICLES parked on tenant lawns, as this destroys the grass. Tenants are responsible for any damages caused to the yard, and must repair it at their own expense!
- Social housing policy indicates that you must REMOVE any vehicles from the rental property that are NOT IN WORKING ORDER. If you need assistance with removal, please contact a member of your housing team.
- The FIRE DEPARTMENT has also noted numerous fire hazards in tenants yards, such as the build up of materials. PLEASE NOTE that your social housing policy indicates you must maintain your yards. **To stay in good standing with housing policy and for your own safety, please maintain it so that it meets health and safety standards.**

### Housing Waitlist October 2011

1 bedroom		2 bedroom		3 bedroom	
1	27042010-018	1	02222010-2019	1	8142009-3019
2	16072010-20	2	07132010-2024	2	8142009-3020
3	16072010-021	3	08122010-2025	3	10292009-3026
4	08092010-022	4	09082010-2027	4	11252009-3028
5	01102010-023	5	09082010-2028	5	01012010-3030
6	10012011-024	6	11152010-2029	6	03082010-3034
7	1202011-025	7	11172010-2030	7	03152010-3035
8	28022011-026	8	01042011-2031	8	04212010-3038
9	30032011-027	9	02022011-2032	9	04212010-3039
10	05162011-028	10	02102011-2033	10	10052010-3040
11	07062011-029	11	02212011-2034	11	16112010-3043
12	07282011-2040	12	02282011-2035	12	040112011-3044
13	08052011-2042	13	04142011-2036	13	10012011-3045
14	05162011-028	14	05162011-2037	14	3112044-3046
15	07062011-029	15	07082011-2038	15	02022011-3047
16	07282011-2040	16	07282011-2039	16	01032011-3048
17	08052011-2042	17	07282011-2040	17	08032011-3049
18	08122011-2043	18	0852011-2041	18	08032011-30491
		19	08052011-2042	19	21032011-3050
		20	08122011-2042A	20	28032011-3051
		21	08182011-2044	21	12052011-3052
				22	07062011-3053

## 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 waitlist.**



## HOUSING TIP

Time to make sure your gutters are clean before the rainy season! Please make sure the gutters are clean to prevent damage to the gutters, house, or leaks!

**Regular home maintenance will save you \$\$\$.** If you don't clean your gutters regularly your roof may leak and damage your household treasures such as family photos and air looms that you can never replace.

## 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

## HOUSING REPAIR EMERGENCY NUMBERS

**According to the Social Housing Policy, housing repair emergencies include:**

- serious interior flooding
- appliance failure
- heat failure in the winter months
- leaky roof
- sewer flood
- frozen pipe.

In case of emergency outside of regular business hours, tenants (only) may contact the following numbers:

**Serious interior flooding:**

Kent Plumbing & Heating 604-796-2705

**Heat failure in the winter months:**

Kent Plumbing & Heating 604-796-2705

**Sewer flood** Kent Plumbing & Heating 604-796-2705

**Appliance failure;** RCE Appliances 604-796-2834

**Leaky Roof:** Scotty 604-703-4079

**Frozen Pipe:**

Kent Plumbing & Heating 604-796-2705

## Someone So Small



### 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

## October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Spend time with a friend /partner. Go out on a date		Allow children to enjoy some quiet time		1
2	3 Allow your child to feed him/her self.	4	5	6	7 Someone So Small Seabird 10-1130am	8
9	10 <b>Thanksgiving Day</b>	11	12 Be a friend to your child.	13	14 Someone So Small Seabird 10-1130am	15
16	17	18 Take time out for yourself to read a book or have some quiet time	19	20	21 Someone So Small Seabird 10-1130am	22
23	24	25	26	27	28 Someone So Small Seabird 10-1130am	29
30	31 <b>Halloween</b>	Family drop in programs are a good way to meet other par-		<b>**Program will be held at Millenium Hall</b>		

# 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 at the band office.

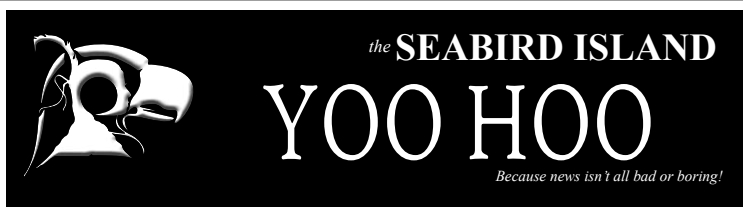
## Land Use Plan

THE committee would love to hear your ideas, and love to see what it is the community is looking for in the area.

Meetings with the community, families, and one-on-ones will start during the fall time. This exciting step is helpful in deciding where, what, and how the future will look for grandchildren, and great-great grandchildren.

Some of the information will also be coinciding with Sustainable Community Plan (formerly known as Comprehensive Community Plan-CCP) Core Planning that is being done.

The Lands Department looks forward to your involvement with input of any sort such as concerns, suggestions, or even shared stories..... Helping in taking control of your lands!!!



**Phone:** 604-796-2177  
**Direct:** 604-796-6838  
**Website:** [www.seabirdisland.ca](http://www.seabirdisland.ca)  
**E-mail:** [sandrabobb@seabirdisland.ca](mailto: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](http://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](mailto: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 (1<sup>st</sup>) of each month

# SEABIRD ISLAND SCHOOL

## 10 Good things happening at Seabird Island School

1. We have a Soccer Academy with 20 high school students enrolled. This Academy happens every Monday and Friday afternoon, from 1-3pm. Please come out and watch.
2. We have 4 extracurricular clubs this year: wrestling, triathlon, track and field and canoe/lacrosse clubs. The students of the high school will be participating in training and competitions throughout the year. All clubs will receive a t-shirt and shorts in their team color to be used during training and competitions. These clubs also take place on Monday and Friday.
3. The high school has an attendance incentive program. For good attendance with two days or less absent per month, students will receive a \$25.00 gift card. These cards will be given out in an assembly at the beginning of the following month.
4. Our welcome back BBQ is on September 22nd, with hotdogs, desserts and a Halqemeylem word hunt. Those who complete the word hunt are entered into a draw for great prizes. Please join us, meet the teachers and have some fun.
5. At the elementary school we have reading, math and writing groups, to help our students develop and excel in these areas. The students love being in these groups because they feel successful and can see their progress.
6. High school interims will be coming out on October 7th.
7. The Grade 3-4's are having a bake sale on October 13th to raise money for their fieldtrips.
8. On October 25th grades 1-3 will be going to the pumpkin patch and grades 4-5 will be going to the corn maze.
9. Sto:lo New year takes place October 28th at 1pm. Students will be singing, drumming and making presentations about Sto:lo New Year.
10. On Monday October 31st at 1pm we will be celebrating Halloween, with a costume parade and spooky activities, parents are invited to attend and participate.

## Tips to make getting to school easier

- 1) Many children find it hard to get up on time to get to school, especially after the long summer off of school. To make this easier try these easy tips.
- 2) Set a time when your child should start getting ready for bed. Establish a routine with this preparation time. An easy way is to have them start to get ready after their favorite show is over. Have your child brush his/her teeth, wash their face and crawl into bed to read a story. This will give their minds time to settle into the idea of sleeping.
- 3) Avoid watching TV or playing video games at least one hour before bed time. The video games and TV stimulate the brain and make it harder to fall asleep.
- 4) A young child needs 10-12 hours of sleep a night. A teenager needs 8-10 hours of sleep. If a child is going through a growing spurt they may require even more sleep.
- 5) A room that is completely dark is easier to fall asleep in. Avoid having a TV in the bedroom, it provides too much light, noise and distraction when trying to sleep. Cell phones should be left outside of the bedroom, so there is no interruptions in a good night's sleep.
- 6) An alarm clock in the child's room will help them get out of bed on time. Set it for a reasonable time to get ready, also make sure that the snooze button is set so that if they don't get up on the first alarm the second will sound shortly and they still will be able to get to school on time.
- 7) A child who is well rested, is happier, healthier and wiser.

***Sleep well everyone.***



## Healthy Eating Recipe Corner

### Tomato-Citrus Salmon

*Tangy tomatoes, sweet oranges, and briny olives bring lively color and bold flavor to this simple dish.*

**Yield:** 4 servings (serving size: 1 fillet and 1/3 cup tomato mixture)

**Total:** 35 Minutes

#### Ingredients

3 large navel oranges, divided  
3/8 teaspoon salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
4 (6-ounce) skinless salmon fillets  
1 cup thinly sliced red onion  
1 1/2 cups diced plum tomato  
1/4 cup chopped pimiento-stuffed green olives

#### Preparation

Grate 1/2 teaspoon orange rind; squeeze 1/4 cup juice from 1 orange into a sieve over a bowl. Section remaining 2 oranges to equal 1 cup sections. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper over fish. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish, top side down, to pan; cook 5 minutes. Remove fish from pan. Add onion to pan; sauté 3 minutes or



*Marge Perry, Cooking Light OCTOBER 2010*

until tender and lightly browned. Add tomato, olives, orange juice, and orange rind to pan; cook for 3 minutes, stirring occasionally. Stir in 1/8 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Arrange fish, browned side up, over tomato mixture in pan. Cover, reduce heat, and simmer 3 minutes. Add orange sections; cook 1 minute or until desired degree of doneness.

## CHICKEN SOUP FOR MENTAL HEALTH

FROM SIB WELLNESS CENTER 604-796-6826

**Quit Smoking Support Group : 12pm– 1pm at Elder's Room**

# Do you know how to breath?

Hello !! Are you breathing now? Do you know how to breath? Do you know breath correctly can help you to release tension and increase the awareness for your self? Here is one of the way that you can breath to release tension and increase the awareness:

1. Inhale to your tummy as you say to your self " breath in "
2. Hold your breath a moment before you exhale.
3. Exhale slowly and deeply as you say to yourself " relax"
4. Pause and wait for your next natural breath.
5. As you inhale slowly and then hold your breath for a moment, notice the parts of your body that tense up.
6. As you exhale, feel the tension naturally leaving your body. With each exhalation, you will feel more and more relaxed, as you let go more and more tension.
7. When thoughts, feelings and sensation catch your attention, just notice them and return to your breathing.
8. For more information, please contact Peggy at **604-796-6826** or [peggyyu@seabirdisland.ca](mailto:peggyyu@seabirdisland.ca) 😊

## 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...

## WARNING



**NEIGHBORHOOD WATCH  
PROGRAM IN FORCE**

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

### Block Watch Tip:

1. Eliminate the opportunity for the thief to steal your property by properly securing your personal property and marking the valuables for identification.
2. When you are in public keep your eyes on your valuables such as your purse, briefcase, computer, cell phone, etc., It only takes a second for your valuables to be stolen by a thief.

# WORKSHOP SERIES FOR WELLNESS

OCTOBER:



**COUPLES**



**ENRICHMENT**

**When:** Thursday evenings 7:00-8:30 p.m.

**Where:** The Elder's Room,  
Seabird Island Band Office

**Bio:** Kirsten Maier is a counsellor and PhD student at UBC. She has 10 years experience supporting individuals and families and leading workshops. Kirsten is working at the Seabird Island Wellness Centre as a practicum for her studies from April to December 2011 on Thursdays and Fridays.



## SEABIRD ISLAND EMPLOYMENT, TRAINING AND SOCIAL DEVELOPMENT

Office: (604) 796-6865

Toll Free: 1-800-788-0322

Fax: (604) 796-3729

2895 Chowat Road

P.O. Box 650

Agassiz, BC V0M 1A2

**October 2011**

### Department Stats

7 Transition to work Clients funded through SASET

1 client who completed a 3 month training course funded through SASET

12 clients employed this month

**Good luck and welcome back to all returning and new post secondary students!!**

\*If you have returned to school or gained employment please let us know so we can update your profile and close if necessary.

Social Assistance Cheques will be issued October 27, 2011 for November 11' run. Please have your declaration renewals in by Friday October 9, 2011.

*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.*

**292 Client  
Visits the  
past month!!**

# Winterizing Your Home

With winter right around the corner, the time has come once again to prepare your home for the cold, frosty weather. Just by following these simple steps to weather-proof your home, you could save hundreds of dollars each year on energy costs:

1. Look for cracks where heat may escape around windows or doors. For cracks that lead to the outside, be sure to caulk and fill in the gaps.
2. If your windows are old, it may be time to look into energy efficient windows
3. It's better to pay for upkeep than to wait until your roof collapses under the weight of snow.
4. Change the furnace filter. This not only makes your furnace work more efficiently, but also traps more allergens and dust.
5. Clean your gutters. Gutters that are full may lead to water back-up in your home, causing deterioration, water damage and mold.
6. Make sure all water from the gutters runs away from the house by at least three to four feet. Water pooling near the base of the house may cause damage to the basement.
7. Drain and flush your hot water heater.
8. Check your basement for cracks or leaks, and seal if necessary.
9. Store your lawn furniture and clean out the garage before it gets too cold for maintenance.
10. Sort through dead plants, seed your lawn and remove dead shrubbery now, so it's not trapped near the house all winter, preventing good air flow and causing water retention.
11. Check the batteries in your smoke detectors and replace them if necessary.

## 2011 BC Aboriginal VOLLEYBALL Camp

Hosted by Cowichan Tribes

- 2-day development camp for Aboriginal (First Nations, Métis, Inuit) youth of ALL abilities
- Co-ed (male & female) ages 10-19
- Gain quality coaching and instruction in a positive, fun and professional atmosphere!

October 29-30

Siem Lelum Gym

5574 River Road

Duncan, BC

- Sanctioned by Volleyball BC, the camp led by High Performance & Technical Director, Chris Berglund
- Day 2 includes fun mini-tournament
- All participants will receive a Nike N7 BC Aboriginal Camp t-shirt.
- Lunch provided both days.
- Incredible value - \$10/person. Register today!

To register or for more info contact TONI WILLIAMS  
250-701-0682

Toni.Williams@cowichantribes.com

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



See Stacy for more information and registration forms.



the SEABIRD ISLAND

# YOO HOO

Because news isn't all bad or boring!

Are you a Seabird Member living off reserve?

Feeling left out of the loop?

Want to receive the Seabird Monthly Newsletter?

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

Phone: 604-796-2177

Direct: 604-796-6838

E-mail: sandrabobb@seabirdisland.ca



# Winter Storm and Emergency Preparedness - Storm Plan



## Assemble a Disaster Supplies Kit Containing

- First aid kit and essential medications.
- Extra blankets.
- Ensure that each member of your household has a warm coat, gloves or mittens, hat, and water-resistant boots.
- Battery-powered radio, flashlight, and extra batteries, battery powered lamps.
- Candles, and lighter or matches.
- Canned food and can opener. High calorie foods that do not require cooking such as dried fruit and nutrition bars or candy. Pet food, if applicable.
- Bottled water (at least one gallon of water per person per day to last at least 3 days).
- Extra warm clothing, including boots, mittens, and a hat.
- Assemble a Disaster Supplies Kit for your car, too.
- Have your car winterized before winter storm season.
- Don't forget to take care and prepare your pets for winter too!
- Have emergency heating source, such as a fireplace, wood stove, space heater, etc. Make sure you have proper ventilation and use it properly to prevent an accidental fire.
- Keep a shovel close to maintain and shovel your walkways and driveways.

## During a winter storm:

Staying indoors is the best approach to protecting you and your loved ones from winter storms.

- Listen to local radio or television stations for the latest updates concerning the weather.

- Be careful of heating and open flames in poorly ventilated areas.
- You may want to stay out of unneeded rooms and find ways to conserve fuel. Try to keep your family in one room or area during power outages. Its easier to heat 1 room than many.
- Blanket off unused rooms, keeping the heat in the room you are in.
- Wear layers of loose-fitting, lightweight, warm clothing. If you feel that you are getting too hot, you can remove layers as needed.
- You must keep your clothes dry. If they get wet, you must change clothes since wet clothing will not keep you warm.
- Eat regularly and keep well hydrated with water. Food serves as a means of providing energy and keeping your body warm.
- To keep warm at home, wear long underwear under your clothes, along with socks and slippers. Use a blanket to keep legs and shoulders warm and wear a hat or cap indoors.
- Make sure your home is warm enough. Set your thermostat to at least 68 to 70 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can trigger hypothermia in elders and small babies.
- Check with your doctor to see if any medications (prescription or over the counter) you are taking may increase your risk for hypothermia.

## If you need to go outside

during a winter storm, proceed with caution. Make certain that you keep your body warm and protected. Pay particular attention to your hands, feet, and head- wear enough clothing to keep these areas warm.

- Try **not** to stay outdoors in extremely cold temperature for long periods of time. You will need to go indoors to keep warm every 30-60 minutes. If you feel numbness in your fingers or toes, go indoors as soon as possible.
- Be careful where you walk- stay away from icy sidewalks, roads or other icy areas.



- Rock salt will melt ice on walkways and sand will improve traction.
- Learn how to handle frostbite and hypothermia - prolonged exposure to extremely cold temperatures can become life-threatening.
- If you need to travel, inform someone of your destination, including primary and alternate routes.
- Try not to travel alone when there is winter weather advisories issued.

## Prepare an emergency car kit

Before driving anywhere, wait until the snow plow goes by and the roads are safe to drive on.

Always have winter safety and emergency equipment in your car. A basic car kit should contain the following:

- Food that won't spoil, such as energy bars.
- Water—plastic bottles that won't break if the water freezes (replace them every six months).
- Blanket.
- Extra clothing and shoes or boots.
- First aid kit with seatbelt cutter.
- Small shovel, scraper and snowbrush.
- Candle in a deep can and matches.
- Wind-up flashlight.
- Whistle—in case you need to attract attention.
- Roadmaps.
- Copy of your emergency plan.

## Other items to keep in your trunk:

- Sand, salt or cat litter (non-clumping).
- Antifreeze and windshield washer fluid.
- Tow rope.
- Jumper cables.
- Fire extinguisher.
- Warning light or road flares.

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

**ADVERTISEMENT RATES**

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

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

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

**Advertisement rates (per issue) for organizations:**

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

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

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

**AGREEMENT**

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

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

**DEADLINES**

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

**OFFICE HOURS**

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

**DELIVERY**

The first (1<sup>st</sup>) of each month

**Sandy Bobb**

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

# October 2011

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fitness Center</b> Community/Band Members: <b>FREE</b> Non-Community: \$30 month or \$2 drop in Staff: \$1 drop in				
<b>ELDERS</b> 10AM-11 AM 	<b>OPEN 8AM-4PM</b> 	<b>ELDERS</b> 10AM-11 AM <b>BRING A FRIEND FREE</b> (13+, PER PAID PERSON)	<b>OPEN 8AM-4PM</b> 	<b>OPEN 8AM-4PM</b>
<b>Evening Recreation in the Gym</b> Community/Band Members: <b>FREE</b> Non-Community: \$30 month or \$2 drop in Pre-Paid Cards Available! Open at 5:30pm, close at 8pm.				
<b>OPEN SPORTS NIGHT</b> 6PM-7:30PM 	<b>MENS HOCKEY</b> 6PM-7:30PM 	<b>OPEN SPORTS NIGHT</b> 6PM-7:30PM	<b>CO-ED HOCKEY</b> 6PM-7:30PM 	<b>CLOSED P.M.</b>

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

## Health Comics



## Tempo:kw / October

According to tradition the Sto:lo New Year occurs every 13 moons. With adaptations to new society we now celebrate it in October every year.

The 13 moons system is a strategy that was developed by the Coast Salish people for survival. It focuses on cycles, allowing the harvesting of resources at specified times and guiding the social and ceremonial aspects of life.

Many believe the loss of the principles guiding the 13 moon system has led to dislocated culture and spiritual beliefs.

## Halq'emeylem Cross Word

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

- I:WES**  
- TEACHING
- IWESTELEQ**  
- TEACHER (MALE)
- IWESELEQ**  
- TEACHER (FEMALE)
- IWES**  
- TEACH
- TOTILT**  
- LEARN / STUDY
- EY KW'ES EMI**  
- WELCOME
- SILOLEM**  
- CALENDAR
- SIYAM**  
- CHIEF
- SIYAM SQ'EP**  
- COUNCIL
- TEMÍLÁ:XW**  
- FALL/AUTUMN



## New Staff



Hello my name is Sheila Seitcher, I am from the village of Ahousaht in the Nuu-Chah-nulth Territory on Vancouver Island. I am very excited and happy to accept the Youth & Elder Liaison position with the Seabird Band Office. I have 4 years post-secondary education in the Human Service Field, and over 5 years' experience

working in rural and remote first nations communities. I enjoy working with first nations and find it very unique and rewarding because it offers such a personal & cultural experience.

I am here to assist the Elders and Youth in areas of advocacy, resources for on & off reserve services, planning & implementing programs, application assistance, and referrals to programs or service. I will be doing the Elders and Youth Outings once a month each month and Workshops as they relate to your community needs.

I look forward to meeting all of you in and around the community. I will be doing home visits to meet the elders and I would like to collect information on how best to meet your needs. You can expect me to be asking questions about what your likes and dislikes were while



Hi my name is Bonnie Nickel, I am a Squamish Nation member. I recently graduated from the Practical Nursing Program at Seabird Island College. I used to work here as the CHR for Scowlitz and Shxw'owhamel before returning to school. I am now the clerk/LPN for the Mobile

Diabetes Team here at Seabird Island. Many of you already know me, but for those who don't please come in and introduce yourself. I look forward in working with you all!

you participated in the elder's outings. So that we can make it fun and inclusive of everyone's needs in 2011/2012.

Youths between the ages of 10-18 can expect to see me drop in at the youth centre where I will be in the back office once or twice a week. I will be visiting in the school and community events as they happen. Youth will also find me online at the youth Facebook Page; where you can keep in touch with me on a regular bases and see and explore upcoming outings.

Both Elders and Youth, I want you to feel welcomed as you drop in the band office building any time between 9:30-3:30 as my schedule permits M-F. I am located on the main floor beside the main entrance. I will post my monthly hours on the door for your convenience. Please everyone feel free to come and ask me questions, if I don't have the answer than I can help assist you in the right direction. You can reach me by phone at the band office (604) 796-2177, or e-mail [sheilaseitcher@seabirdisland.ca](mailto:sheilaseitcher@seabirdisland.ca)

Kleco Kleco,

Sheila Seitcher  
Elder & Youth Liaison.



Hello for those of you who do not know me, my name is Ashley Hannigan I will be working as the new Communications Assistant for Seabird Island. I have lived on Seabird for approximately 12 years, before that I was born and raised in North Vancouver. I have three amazing children Trevor,

Domonick, and Karissma (whom are my world), and I am privileged to say that I am the daughter of Karen Bobb-Reid, and Grand Daughter of Lyle & Grace Bobb. I enjoy spending my free time with my children and two beautiful sisters Alexis, and Brooke.

I would like to say thank you to Sandy, and Seabird's Communications Department for allowing me the chance to be a part of their team.



# 'Round The Rez

## Community Events, Workshops & Outings

### 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 waitlist.**

#### 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.<sup>00</sup> 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.

#### MONTHLY BIGGEST LOSER

Congratulations to Rose Charles for being July and August's BIGGEST LOSER in our monthly program.

#### 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.

#### Upcoming events for October 2011:

- **October 17, 2011** the next **ELDER'S SESSION** will be held in house to review upcoming events and dates for the year to come. For more information please contact Angie Chapman
- **October 19, 2011 ANNUAL AGM** will be held in the Main Boardroom/ Community Health room.
- **October 26, 2011 Annual Community Halloween Party** will be happening in the Seabird Island Band Gym and starting at 5:00 with Costume judging to follow. For more information please contact Angie Chapman
- **October 28, 2011 STO:LO DAYS** at the Seabird School will be happening . For more information please contact Shari White.

#### 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.

Looking for volunteers for the Halloween party that is upcoming.

#### 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: October 20th, 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:**

- October 20th - November 17th  
- December 15th

#### OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed

Oct. 24  
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



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!

Trevor Carscadden 10 years old on October 21st. Love Mom, Domonick, Karissma and family.

## INFANT MASSAGE CLASS

Tuesday Oct 4<sup>th</sup>.

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.

## 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.



## ROUTE OF THE MONTH

All married couples should learn the art of battle as they should learn the art of making love. Good battles are objective and honest - never vicious or cruel. A good battle is healthy and constructive, and brings to a marriage the principles of equal partnership.

~Ann Landers~

## 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



## EMPLOYMENT OPPORTUNITY'S ON SEABIRD

**Position Title:** Out of School Care Program Assistant (s) (On-Call)

**Department:** Community Services/Health & Social Development

**Reporting to:** Community Services Program Manager

**Purpose of the Position:**

Under the direction of the Community Services Program Manager, this position will be responsible for assisting with the supervision of children in the Out of School Care Program, in house and on field trips. On-Call nature of this position does not allow for guaranteed hours

**Qualifications/Requirements:**

- Minimum 19 years of age
- Minimum of 20 hours Child Care related training; with documentation
- Ability to relate well to children and youth.
- Valid class 5 driver's license (or willing to obtain), and a clean Driver's Abstract.
- Class 4 driver's license (or willing to obtain) an asset
- Successfully pass a Child Care and RCMP criminal records check.
- Available between 2:30 and 5:30 p.m. Monday through Friday. Available on professional development days from 8:00 a.m. to 5:00 p.m.
- Must obtain a medical clearance from family doctor. Must obtain a TB screening test.
- Valid First Aid Certificate
- Dependable, punctual and honest individual. Role model within the community.
- Ability to work as part of a team.
- Knowledge of Sto:lo culture, traditions and language
- Must be willing to work flexible hours.

**Primary Responsibilities:**

- To be familiar with and adhere to the Seabird Island Band Personnel Policies and Procedures.
- Supervise children in the Out of School Care Program in house and on field trips.
- Organize and coordinate activities within the program.
- Follow and maintain licensing standards of care.
- Some planning for events and daily schedules
- Coordinate and participate in OOSC group games and activities.
- Clean and maintain a tidy, safe and sanitary environment.
- Follow, adhere to and assist with the development of rules, staff requirements and list of duties.
- Participate in community activities and functions as requested by Chief and Council.

**Standards of Service:**

- Maintain confidentiality of professionally acquired information
- Provide services promptly and respectfully.
- Present oneself professionally in the workplace and when conducting business for the Seabird Island Band.

**Wage:** \$10.00/hour – 15 to 35 hours per week.

*Seabird Employment Postings are coming up all the time, unfortunately due to the tight submission deadlines not all of them make it into the Yoo Hoo.*

*Visit the Seabird Employment Center and the Seabird Band Office bulletin boards regularly (a few times a week) to see the most recent postings.*

## GIRLS GROUP

Girls Groups are up and running again starting September 13th.

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 !!

## MAMMOGRAM SCREENING



**December 7, 2011**  
for any ladies over the age of 40.

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

# Skin, Scabies & Other Scary Things

## HEAD LICE

*They want to suck your 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**

