

# YOO HOO

*Because news isn't all bad or boring!*

September 2010

## BACK TO SCHOOL

### ARE YOU PREPARED FOR SCHOOL?

**As a PARENT how will you ever survive the year?**

**Set goals and expectations.** The start of the school year is a wonderful time to re-examine school performance – both academically and extra curricular activities. Remember to set doable goals and try not to over stress your teenager. Be sure to set the time for homework.

A new school year can mean a lot of stress for students and parents alike. Take the weekend before school starts to relax and enjoy an activity together. Talk to each other about the school year coming up and stress with your youth that you are

**As a STUDENT how will you ever survive the year?**

there to help whenever help is needed. Be sure to tell him or her this and don't assume he/she already knows. It is easier to handle stress from outside sources – like school – when you know someone is on your side.

*And most important, tell them how much you love them. Everybody needs to know they are loved, it's what gets you through the hard times.*

**Register Now!**

### SEABIRD ISLAND COMMUNITY SCHOOL LALME'IWESAWTEXW

is now accepting registrations for K-12 for the 2010-2011 school year.

*Everyone is welcome!*

**First Nations and Non-First Nations**

- BC Certified teachers
- Full K-12 BC Curriculum
- Brand new high school
- Large Trades facility and Trades instruction for grades 2–12
- 6 career paths to choose from: Mechanics, Family, Woodwork, Fine Arts, Business Education and Academics
  - Small class sizes
- First Nations celebrations and language classes
  - Specialized reading programs
  - Transportation provided
- Skills programs for struggling students
  - In-school day care
- Breakfast and lunch program

For grades 7 to 12: Sign up now and get your \$200 registration incentive. You will also be eligible for the \$50 a month attendance allowance (conditions apply).

To register or ask for additional information, please call **604-796-3061** or email [shariwhite@seabirdisland.ca](mailto:shariwhite@seabirdisland.ca)



### SEABIRD ISLAND COMMUNITY SCHOOL ADULT PROGRAMS

Now accepting registrations for the 2010-2011 school year.

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

#### COURSES:

- Business Technology
- Carpentry Levels 1 and 2
- Graphic Design
- Information Technology
- Painting and Decorating
- Plumbing
- Wall and Ceiling-steel stud and drywall
- Academic courses: Biology 12, Math 11, Math 12, English 12, Communications 12, Halq'emeyem, Intro to Computers.
- GED prep, Adult Literacy, Shared Learning (on-line courses)

#### OUR PROGRAMS FEATURE:

- Personalized educational planning, interest inventories and counseling
- BC Certified teachers
- BC Curriculum
- Industry Training Authority Curriculum
- First Nations programming
- Tutoring program
- Lunch program

**\*\*Also, GET YOUR GRADE 12 and UPGRADING AT ANY AGE \*\***

To register or to ask for more information please call **604-796-2177** and ask for Dianne Parkinson, Education Consultant - email [dianneparkinson@seabirdisland.ca](mailto:dianneparkinson@seabirdisland.ca) Visit us on-line at [seabirdisland.ca](http://seabirdisland.ca)





Seabird School  
have just opened the  
**"DOOR OF POSSIBILITIES"**  
for our students to pursue a  
successful Career in the  
**Graphic Arts!**

# Graphic Design

### Letters of Recommendation:

"When I first met Mimmo Carbone the program instructor I was very impressed and I knew I could learn from his experience. I was limited on time and could not commit to any 2-3 year course. He taught in a way that I learned, and I learned lots. He is very inspiring and constantly offered support as he explained things all the way through.

I am now self-employed and operate my own Multimedia Designing company. Since graduating from this course, my work has improved dramatically, and I have increased my rates, and picked up 4-5 big new contracts!

**Jason Forseth** -  
Nadia Design, Agassiz, BC



Enrolling in the computer graphics program was one of the best decisions of my young life. It gave me the confidence to embrace my artistic talents in a way that I hadn't been able to before. The skills that I acquired also helped me to secure full-time employment in a place where graphic design plays a major role.

**Jared Deck** Sto:lo Shxweli  
Halq'emeyem Language Program

1. Fully equipped state-of-the-art classroom.
2. Scanner, Offset and Color Printers, and Bindery equipment.
3. Highly qualified Instructors



PLEASE CONTACT THE OFFICE FOR MORE INFORMATION

### Seabird Island Indian Band

2895 Chowat Road, Agassiz, British Columbia V0M 1A0  
Tel: 604.796.2177 or 604.796.6896



Silk screening

Photography

Multimedia



Introducing our New Graphic Design and Multimedia

### Course Objectives:

This unique 1-year program prepares students for a successful career in the many areas of the Graphic Arts Industry. Many employment and self-employment opportunities abound within the new cutting edge Digital Arts technology.

### Course Achievements:

Student gain a solid understanding of the "Principles" which guarantee them excellent Layout/Design skills plus the skills that are vital for employment in any of these fields listed below:

- Offset and Laser Printing
- Digital Pre-press
- Illustrations
- Typography
- Photography
- Multi-Media
- Web-Site Design
- Indoor/Outdoor Signage
- Vehicle Wraps
- Trade Show Display Booths
- Silk-Screening
- Video Games
- Fashion Design

### Course Uniqueness:

This unique program provides students with the in-class learning experience of building "Real Live Projects". We approach the local community and offer **FREE GRAPHIC DESIGN** to non-profit and all businesses at large...and in exchange, students learn to problem solve their new skills on real work. Real Live jobs include: Newspaper Ads, Magazine inserts, Flyers, business forms, posters, Logos, Signs, Newsletters, Business cards, Websites, MultiMedia and Trade show displays are provided for the students to design and "Problem Solve". The class follows the files to where they will be produced and experience the final stages of their work...*What a concept!*

### Course Outcomes:

Graduates will have created a Hard copy and digital portfolio of all their in-class exercises and post it to their **Personal Website**. This will display the students' particular skills and interests, and facilitates the launch for a home-based business. Your personal site is hosted and maintained **FREE** to 2 years after graduation.

### Course Success:

This 10 month program has demonstrated to achieve a 75% employment outcome over 8 years of being taught. This success of this program only punctuates that the industry accepts the skills that our students learn for entry level employment.

### Courses taught:

1. Principles of Layout & design
2. Corel Draw
3. Adobe In-design
4. Adobe Illustrator
5. Adobe PhotoShop
6. Adobe Acrobat
7. Digital Pre-press
8. Web design
9. Bookbinding
10. Silk Screening
11. Photography/ Scanning
12. Marketing

### Students also learn:

- How to: Start a "Home-based Business"
- How to: Secure Trade Prices
- How to: Prepare Quotes
- How to: Build a Portfolio
- How to: Prepare a Resume
- How to: Job Search / Interview skills



Corel Draw

Photoshop

Illustrator

In-design

Typography

Printing

Layout

Scanning

Field Trips

Vehicle wraps



## ATTENTION DRIVERS: Summer's over; school zones back



**MOTORISTS BEWARE:** Our youth head back to school this month with slower speed limits once again being enforced around school grounds. We would ask all of you to take extra time and be extremely careful in school zones as well as at bus stops around the community. Respect a stopped bus and the children that may be walking around the bus, they can pop out of anywhere, wait until the stop sign is away and you are given the OK to pass.

**Not exceeding 30 km/h while approaching or passing the school buildings and school grounds.**

### The penalties for speeding in a school speed zone are:

If speed is between	Total Fine	Driver Penalty Points
31 - 50 km/h	\$196	3
51 - 70 km/h	\$253	3
71 - 90 km/h	\$368	3
greater than 90 km/h	\$483	3

## !! HOUSE FIRES on SEABIRD !!



Unfortunately there has been another house fire on Seabird just a few weeks after the Louis house fire, the Pettis house has had a house fire.

*Our hearts go out to these families.*

We would hate to see yet another house lost to a fire, please ensure your house is made Firesafe.

**Be Firesafe Outside Your Home.** Use caution around your yards. Do not leave flammable substances such as gas cans out where they can explode or be used by vandals. Store fire wood away from the home. Create a clear space of 30 feet around your home by removing all flammable vegetation and wood piles. Create a fuel reduction zone; by alternating the planting of tall and short plants. Remove the plants underneath tall trees to stop the rapid movement of a fire. Remove dead branches, leaves, and pine needles from your trees, gutters, and roof, making sure you have a 10 foot clearance between tree limbs and your chimney.

**Be Firesafe Inside Your Home.** Be sure your fire alarms are in working order, change the batteries yearly.

Plan your family escape route and emergency meeting place, so you are not risking your life looking for a kid that turned up on the other side of the yard.

Discard of any appliances and electrical devices with frayed wires or that are not working to their full potential, these can cause fires.

### Fire Ban Lifted

With the record amount of rain we have had this August you are now permitted to have fires once again.

*Note: Keep your fires small and under control and never leave a fire unattended!*

### Back Yard Burning

*Please Do Not burn your household garbage, use the garbage pick-up services provided.*

**Respect Mother Earth and Your Neighbors.**

*The smell can make your family and the families around you sick!*

### Garbage Pick-up

**Garbage Days – Monday and Thursdays**

**Recycling – Tuesdays**

**Major Garbage:**

**By Bin – call the band office to book a bin in your yard**

**Monthly Pick-up – sign up at the band office front desk**

# Teenagers Need Sleep too...

**Most teens need about 9 hours of sleep each night.** The right amount of sleep is essential for anyone who wants to do well on a test, make sense when talking to their friends, or play sports without tripping over their feet.

## HERE ARE SOME THINGS THAT MAY HELP YOU

### SLEEP BETTER:

#### **Set a regular bedtime.**

- Going to bed at the same time each night signals to your body that it's time to sleep.

- Waking up at the same time every day can also help establish sleep patterns.

Try to stick as closely as you can to your sleep schedule even on weekends. Don't go to sleep more than an hour later or wake up more than 2 to 3 hours later than you do during the week.

- Relax before bed, try not to exercise right before bed, as it can rev you up and make it harder to fall asleep.

**Exercise regularly.** Finish exercising at least three hours before bedtime. Many sleep experts believe that exercising in late afternoon may actually help a person sleep.

**Avoid stimulants.** Don't drink beverages with caffeine, such as soda and coffee, after 4 PM. Nicotine is also a stimulant, so quitting smoking may help you sleep better. And drinking alcohol in the evening this can also cause a person to be restless and wake up during the night.

**Relax your mind.** Avoid violent, scary, or action movies or television shows right before bed — anything that might set your mind and heart racing. Reading books with involved or active plots may also keep you from falling or staying asleep.

Unwind by keeping the lights low. *Light signals the brain that it's time to wake up.* Staying away from bright lights (including computer screens!). Meditating or listening to soothing music, can help your body relax. Try to avoid TV, computer and the telephone at least one hour before you go to bed.

**Don't nap too much.** Naps of more than 30 minutes during the day may keep you from falling asleep later.

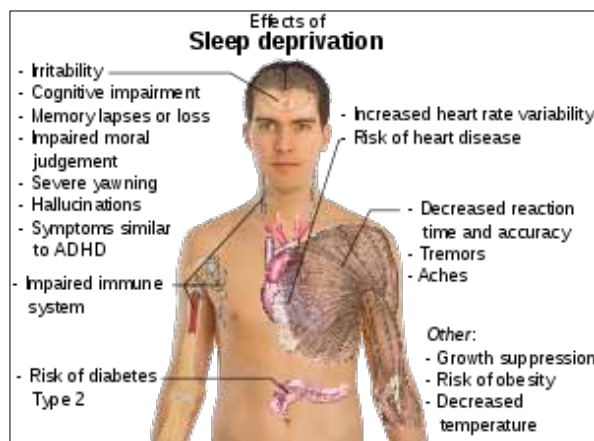
**Avoid all-nighters.** Don't wait until the night before a big test to study. Cutting back on sleep the night before a test may mean you perform worse than you would if you'd studied less but got more sleep. Stretch your studying out over several nights.

**Create the right sleeping environment.** Studies show that people sleep best in a dark room that is slightly on the cool

side. Close your blinds or curtains (and make sure they're heavy enough to block out light) and turn down the thermostat in your room (pile on extra comfy blankets or wear PJs if you're cold). Lots of noise can be a sleep turn-off, too.

**Wake up with bright light.** Bright light in the morning signals to your body that it's time to get going.

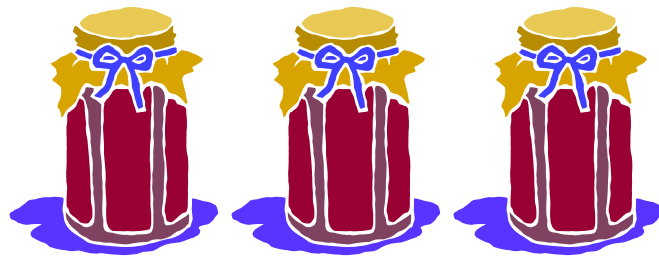
*If you're drowsy, it's hard to look and feel your best. Schedule "sleep" as an item on your agenda to help you stay creative and healthy.*



You Are Invited to the Education Jurisdiction

## Canning Event (Beans)

Thursday September 9th, 2010



Everyone Welcome (12 and Older)

We Will Provide the Beans ☐ Please Bring Jars

Band Gym Kitchen

9:00 a.m. ☐ 12:00 noon Morning Session

1:00 ☐ 4:00 p.m. Afternoon Session

Refreshments Provided

More Information To Follow: Contact Celeste Bobb at [celestebobb@seabirdisland.ca](mailto:celestebobb@seabirdisland.ca), Stacy McNeil at [stacymcneil@seabirdisland.ca](mailto:stacymcneil@seabirdisland.ca), Myra Seymour at [myraseymour@seabirdisland.ca](mailto:myraseymour@seabirdisland.ca) or Diane Janzen at [dianejanzen@seabirdisland.ca](mailto:dianejanzen@seabirdisland.ca) or call at 604-796-2177.

PRIZES WIN FREE JARS PRIZES WIN FREE JARS PRIZES WIN FREE JARS

## The special nutritional needs of your teenagers

This is growth spurt time: kids gain about 20% of adult height and 50% of adult weight during adolescence. Because growth and change is so rapid during this period, the requirements for all nutrients increase. This is especially true of calcium and iron.

### SPECIAL NUTRITIONAL NEEDS FOR TEENS

- Calories** Due to all the growth and activity of this time, adolescent boys need 2500-2800 per day, while girls need around 2200 per day. It's best to get these calories from lean protein, low-fat dairy, whole grains, and fruits and veggies.
- Protein** In order for the body to grow and maintain muscle, teens need 45-60 grams per day. Most teenagers easily meet this need from eating meat, fish, and dairy, but vegetarians may need to increase their protein intake from non-animal sources like soy foods, beans and nuts.
- Calcium** During puberty, your child's body will naturally "grab" all the calcium it can, to ensure strong bones in the future. Unfortunately, many teens do not get sufficient amounts of calcium, leading to weak bones and osteoporosis later in life. Encourage teens to cut back on soda consumption and other overly sugary foods, which leech calcium from bones, and to get the 1200 mg of calcium needed per day from dairy, calcium-fortified juice and cereal, and other calcium rich foods such as sesame seeds and leafy greens like spinach.
- Iron** Iron is needed to help new muscle mass gained in adolescence to obtain energy. Iron deficiency can lead to anemia, fatigue, and weakness. Boys need 12 mg each day, and teen girls, who often lose iron during menstruation, need 15 mg. Iron-rich foods include red meat, chicken, beans, nuts, enriched whole grains, and leafy green veggies like spinach or kale.

How many glasses of water do you drink a day?

I drink 10!



## Home Made Salsa Recipe

Summer is almost over but there is still plenty of time to take advantage of the fresh local fruit and vegetables. Prepare this colorful and yummy fresh salsa on your meat, fish, pasta, or dipping sauce.



### Fresh Black Bean and Corn Salsa

Ingredient	Amount
Roma tomato, diced	5 C
Orange pepper, diced	1 C
Green pepper, diced	1 C
Cooking onion, finely diced	1 C
Garlic, finely minced	4-5 cloves (or more if you desire)
Lime juice	2
Black beans, rinsed	½ C
Canned/frozen corn	½ C
Cilantro, finely chopped	½ C
Ripe avocado, chopped	1
Serrano peppers, finely diced (optional)	2-5 ( depending on how hot you want it)

Mix all ingredients together and serve with your favorite meat, fish, pasta, or use as dipping sauce for tortilla chips.

**Note:** if not using immediately, refrigerate for up to 5 days.



# Seabird Island Foster Homes Desperately Needed!

**Help Keep Our Kids At Home!**  
*Seabird Island seeks your help to keep  
Seabird Children on Seabird.*

## Monthly Rates

### Restricted Foster Care

- Where you care for a relative or close family friends child,  
full time 1-11 yrs \$803.<sup>82</sup>  
full time 12-19 yrs \$909.<sup>95</sup>

### Level 1 Foster Care

- Regular foster home,  
full time 1-11 yrs \$803.<sup>82</sup>  
full time 12-19 yrs \$909.<sup>95</sup>



## TRAINING PROVIDED

7 week foster parent training session beginning Sept 22<sup>th</sup> ...  
at the Seabird Band Office  
*This is the first step in being a foster parent.*

**Contact Edie for more information at 604-796-2177**

**Short Term • Long Term • Respite**

## Youth Communication

**TALKING WITH YOUR YOUTH.** Communication is the number one way to keeping your teenager happy and healthy. Talking to your teen will open doors for both of you and strengthen your relationship. Learn to talk to your teen about the life issues they are facing using our communication resources.

**Here are a few tips to help you communicate with your teen:**

- Make time during the day or evening to hear about your teen's activities; be sure that he or she knows you are actively interested and listening carefully.
- Remember to talk with your teen, not at him or her.
- Ask questions that go beyond "yes" or "no" answers to prompt more developed conversation.
- Take advantage of time during car trips or standing in line at the supermarket to talk with your teen.
- Provide activities that offer opportunities to improve communication skills, such as attending or engaging in sporting and school events, playing games, and talking about current events.



## Cleaning Your Fish

Although everyone is really busy during fishing season it is important that you take care of your fish properly. This includes bringing the fish guts, heads and backbone back to the river where they belong. It is tradition to give back to mother earth and give back to the river to keep the cycle of life continuing.

Leaving fish guts, heads and backbones laying around your yard to rot is disrespectful to the fish, your neighbors and your community. Leaving these things around your yard is also inviting wildlife into your yard and can create a danger for your family.

To clean your lawn of any left over fish blood and guts pour some dish soap on the area and spray with your hose. This will also help cut down on the smell.



## Self Esteem

Self-esteem is all about how much people value themselves, the pride they feel in themselves, and how worthwhile they feel. Self-esteem is important because feeling good about yourself can affect how you act. A person who has high self-esteem will make friends easily, is more in control of his or her behavior, and will enjoy life more.

Body image is how someone feels about his or her own physical appearance.

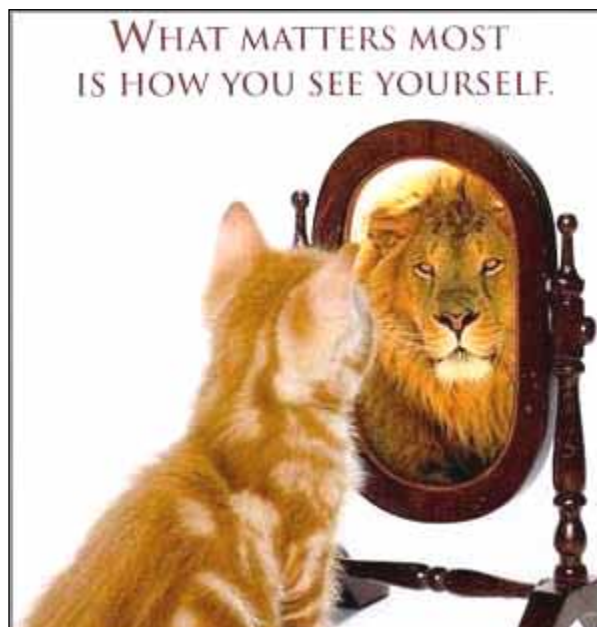
For many people, especially those in their early teens, body image can be closely linked to self-esteem. That's because as kids develop into teens, they care more about how others see them.

If you have a positive body image, you probably like and accept yourself the way you are. This healthy attitude allows you to

explore other aspects of growing up, such as developing good friendships, growing more independent from your parents, and challenging yourself physically and mentally. Developing these parts of yourself can help boost your self-esteem.

A positive, optimistic attitude can help people develop strong self-esteem — for example, saying, "Hey, I'm human" instead of "Wow, I'm such a loser" when you've made a mistake, or not blaming others when things don't go as expected.

Knowing what makes you happy and how to meet your goals can help you feel capable, strong, and in control of your life. A positive attitude and a healthy lifestyle (such as exercising and eating right) are a great combination for building good self-esteem.



## Personal Hygiene

Show your teen what needs to be done to set a healthy routine and set the expectation, allow him / her some time to do this thing and check regularly that the thing is getting done. Be sure to listen to your teen's needs. Go over different types of hygiene products your teen can use and give your teen the choice. Discuss the pros and cons of different products.

***By the time your teen/young adult is ready to leave home, he/she should be independently able to:***



- Brush his teeth regularly.
- Shower on a regular basis.
- How to properly wash your hair and face
- Shave.
- Use deodorant.
- Clip and file toe and finger nails.
- Dress appropriately for the weather/occasion.
- Take the appropriate amount of medication when he/she has a cold, headache, etc.
- Make hair cut appointments.
- Make doctor or dentist appointments.



## Acne Screening and Fighting Acne

**Some Natural Anti-Acne Products you will find in the market:** Tea Tree Oil, Aloe Vera, Zinc, and Vitamin A are some natural products that have been used with some success to cure Acne. A word of caution about 'natural' skin care items. They often contain certain chemicals for preservation purposes. Some of these may not be advisable for you if you're pregnant or have certain special health considerations. As mentioned, it is best to consult with your doctor before embarking on any therapy.

### Tea Tree Oil

Tea Tree Oil is obtained from the Melaleuca alternifolia tree from Australia. It is very effective against Acne as it contains bacteria-fighting substances called Terpenes. Acne is often caused by bacteria and the Terpenes either outright kill them or weaken them enough to be destroyed by protective antibodies. There are very little side effects from using Tea Tree Oil.

### Aloe Vera

The watery gel from Aloe Vera plant is also a highly effective natural cure against Acne. The enzyme-rich gel has very soothing anti-inflammatory and anti-bacterial properties. It can also be taken internally and helps clean up and detox the digestive tract. This in turn can help clear up the skin.

### Zinc

Zinc is taken in the form of capsules. It helps to strengthen the human immune system and to repair the skin.



### Vitamin A

Vitamin A tablets are also a natural and effective Acne cure. Vitamin A promotes healthy skin.

### Vitamin E

Vitamin E also helps in countering Acne. It is a natural antioxidant and beneficial for the skin. Vitamin E comes in soft gelatin capsules that contain Vitamin E, Soybean Oil, Glycerin, and Water.

### Some Natural Homemade Cures to counter Acne

The most important thing to do if you suffer from Acne is to drink at least four pints of water every day. Drinking a lot of water is very beneficial to your skin. Including fresh fruit and leafy green vegetables in your daily diet will also bring about a marked improvement in the quality of your complexion.

Before bathing, apply a mixture of real tomato pulp – honey and rose-water to your face and keep for twenty minutes before washing off.

At night, before going to bed, apply a mix of cream, glycerine, and lemon juice to your face and again keep it on for a short while before washing.

Regular Yoga exercises will also improve skin and overall health.

### Things to Avoid

Avoid touching your face all the time, keep your hair away from your face, and avoid picking at pimples.

Another important thing if you're prone to Acne is to avoid using heavy make-up – in fact, it is preferable to avoid facial make-up altogether. For an effective cure, stay as natural as possible.



## Seabird Dental Cavity Prevention Program

Seabird Island Dental Centre would like to work with the parents of school-aged children and their school to ensure that their kids can still attend their dental appointments.

Good oral hygiene is important for maintaining their overall health. Dental care can sometimes be the forgotten part of a healthy lifestyle, and while its importance is often underestimated, the need for regular dental care cannot be overstated. Our teeth can last us a lifetime with the proper preventative dental care. Poor oral and dental health can result in serious infections of the mouth, the teeth, and the entire body. Preventive care minimises your risk of developing tooth decay and periodontal disease (gum disease).

Although the deciduous (baby) teeth are in time replaced by the permanent teeth, the deciduous teeth play a very important role in the proper alignment, spacing, and occlusion of the permanent teeth. For this reason it is important to maintain them as long as possible.

To prevent poor oral health, visit your family dentist and always ensure that your children are seen to by their dentist from a young age.

Permission slips will be sent home with Seabird school children. This gives Seabird Island Dental Centre the parent's

permission to pick up their kids from school and take them to their dental appointments. This may be to clean their teeth and necessary x-rays or restorative treatment as needed. We will pick your child up and ensure they are returned to school safely. Let's work together to ensure your child's teeth have the best chance for stay healthy for life.



## Thank You

The Hope and Malloway families would like to extend heartfelt thanks to all of those who offered their help, thoughts and prayers over the past month and a half. On the afternoon of July 10, 2010, Vince had a terrible accident up in Yale. We are forever grateful to Allen Joe for reacting so quickly and calling 911 with directions to the river; and to Bruce Douglas for staying by Vince's side to keep him as safe and comfortable as possible. We would also like to send special thanks out to the ambulance attendants, police officers, and helicopter pilot that responded so quickly to the accident. Upon arrival at Royal Columbian Hospital, the ER staff was so understanding of the influx of family and friends arriving to their ER. The doctors and nurses were both kind and supportive throughout our time in the ER waiting room. Even when Vince was moved to the Critical Care Unit, the staff was wonderful in allowing us to visit throughout the day and night. Visitors came to support Vince and to support our family and offer their support, prayers and financial contributions to our stay in New West. The tremendous support of family, friends, and the staff of Seabird Island, Tzeachten, and Sto:lo Nation was overwhelming. A huge thank you to Jewel Francis and Kim James for their organizing of fundraisers to assist our family. Also thank you to Maxine Prevost for organizing the successful Loonie Auction held at Sto:lo Nation. Furthermore, all those people and businesses and departments, that donated artwork, gift baskets, certificates, and products to the Loonie Auction. Your contributions resulted in a very successful fundraiser. More thanks to Seabird Island Band as well as the Seabird Health department for all of their support during this traumatic time. We also need to mention the staff at the Summer Program and the Daycare for taking such great care of our children throughout our stay in New West. Thank you to all of you who called, texted and emailed your prayers to us. I fully believe in the power of prayer and I am positive those prayers assisted in Vince's recovery. We are truly blessed to have a large number of family, friends, co-workers.

## Seabird Learning Center Has Moved

The Seabird Learning Center (Eve) has moved to the Trailers behind the Millennium Hall.

The Old School is scheduled for demolition to make room for an Early Childhood Center. The old school building is falling apart, and with all the roof leaks and flooding has become a health issue.

The newly renovated trailers will be less expensive for Eve's programs to run saving her money on rent and utilities. There is also less stairs at the trailers making it easier for people to come and go.

Please stop by and visit Eve at her new location and take the time to learn about our culture from her.



## Drugs and Alcohol

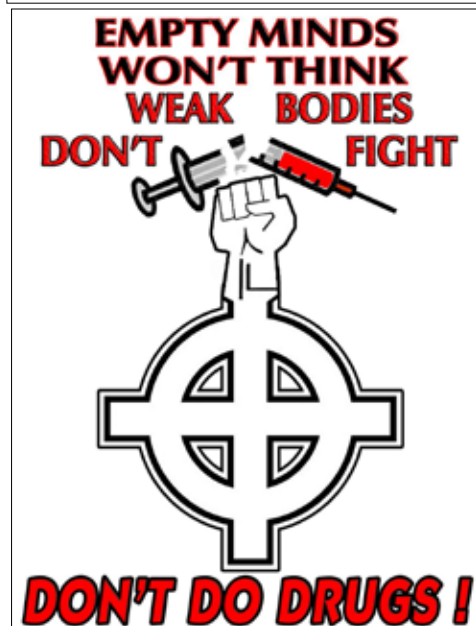
Drugs and alcohol make teens more prone to dangerous accidents. You can never trust the quality of drugs or know exactly how you will respond to them. Drugs can poison and kill you. ***Your lives are too precious to take these chances.*** Tell your teen that you love them.

### What is teen substance abuse?

Many teens try alcohol, tobacco, or drugs, but using these substances is not safe or legal. Some teens try these substances only a few times and stop. Others can't control their urges or cravings for them. This is substance abuse.

Teens may try a number of substances, including cigarettes, alcohol, household chemicals (inhalants), prescription and over the counter medicines, and illegal drugs. Marijuana is the illegal drug that teens in Canada use most often with about 1 in 3 high school students using tobacco and marijuana.

Substance abuse can lead to serious problems such as poor school work, loss of friends, problems at home, and lasting legal problems. Alcohol and drug abuse is a leading cause of teen death or injury related to car accidents, suicides, violence, and drowning. Substance abuse can increase the risk of pregnancy



and sexually transmitted infections (STIs), including HIV, because of unprotected sex.

Even casual use of certain drugs can cause severe medical problems, such as an overdose or brain damage. Many illegal drugs today are made in home labs, so they can vary greatly in strength. These drugs also may contain bacteria, dangerous chemicals, and other unsafe substances.

### Drinking and driving

Drinking and driving is the biggest killer of adolescents. You must be steadfast and clear about your rules concerning drinking and driving. You have every right to insist that your teenager not drive after drinking or ride with a driver who has been drinking. These same rules should apply to any drugs.

This rule should be accompanied by a heartfelt promise: If your teen is ever faced with drinking/drugging and driving or riding with an intoxicated driver, he **MUST** call you up. You will pick him up (regardless of the time) or arrange to have him picked up. Upon his safe return home, you promise you will not question, punish, or lecture him. If your teen fears calling you, he may drive drunk and never make it home.

## New Dentist Dr. Graham Grabowski

“New dentist, Dr. Graham Grabowski, is a perfect addition to our team”, says Natasha MacDonald of Seabird Dental.

Dr. Graham Grabowski has recently joined us at Seabird Island Dental Clinic and will be seeing patients Tuesdays, Wednesdays and Thursdays.

Dr. Grabowski grew up Calgary Alberta and has been in the Vancouver area for the past 12 years. He is a graduate of the University of British Columbia and has been working in dentistry for the past three years. He has been to Africa on two separate occasions to volunteer his services as a dentist and his most recent visit was just last month. He also volunteers at a downtown east side clinic and teaches at UBC once a week. His favorite part of dentistry is oral surgery and he is working towards becoming an oral surgeon in the future.





# **FREE Available To The Members Of The Listed Communities**

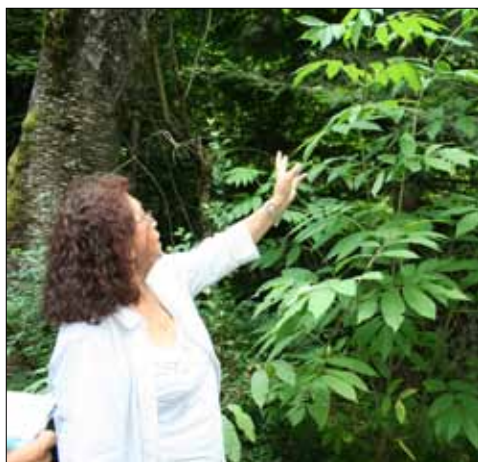
## **12 MONTH SUMMARY TRADITIONAL HEALTH PROGRAM**

*Chawathil, Cheam, Skwah, Seabird Island, Scowlitz, Shxw'owhamel, Spuzzum, Boothroyd, and Union Bar*

**NOTE:** This program is a collaboration of all the Bands listed. Although the program will take place at several bands, if you belong to any of these communities you are welcome to attend one or all the classes, even the ones at the other Bands.

### **I. GOALS:**

Lectures will concentrate on the anatomy and physiology systems of the body and how they integrate with the traditional herbal medicines that will concentrate on each of the systems. There will be a concentration on understanding the development of certain pathologies along with the corresponding herb that will enhance the health of that body system. A focus on women's breast health will be emphasized. Whenever possible these herbs will be wild-crafted at the local areas and **each student will make a herbal medicine** from them.



### **II. SUMMARY OF THE BODY SYSTEMS AND CLASS SCHEDULE:**

#### **3. THE SKELETAL SYSTEM:** Sept. 9/2010

Herb: Horsetail, False Solomon Seal  
 SKWAH: 6-9pm (bring 2 sm.jars)  
 Contact Sunny or Carla 604-792-3499

#### **4. THE CARDIOVASCULAR SYSTEM:**

Sept. 30/2010 (bring 2 sm.jars)  
 Herb: Calamus, Hawthorne berries/ leaves  
 \* SEABIRD ISLAND: 6-9pm  
 Contact Maggie 1-800-788-0322

#### **5. THE DIGESTIVE SYSTEM:**

October 14/2010 (bring 2 sm.jars)  
 Herb: Chicory root & Flowers  
 \* SCOWLITZ: 6-9pm.  
 Contact Jen 604-826-5813 Wed / T

#### **6. THE RESPIRATORY SYSTEM:**

October 28/ 2010 - Herb: Elder flowers, berries, roots, Cottonwood buds (bring 2 sm.jars)  
 \* SHXW'OWHAMEL: 6-9 pm.  
 Contact Jen 604-869-2627

#### **7. THE URINARY SYSTEM:** to be announced

Herb: Oregon Grape, Horsetail (bring 2 sm.jars)  
 \* CHAWATHIL: 6-9pm  
 Contact Audrey S 604-869-9994

#### **8. THE REPRODUCTIVE SYSTEM:**

November 25/2010  
 Herb: Wild Yam, Saw palmetto (bring 2 sm.jars)  
 \* CHEAM: 6-9 pm.  
 Contact Carla Small 604-794-7927

#### **9. THE BLOOD:** December 9/ 2010

Herb: Agrimony, Yellow dock (bring 2 sm.jars)  
 \* SKWAH " 6-9 pm.  
 Contact Sunny 604-792-3499

#### **10. THE GLANDULAR SYSTEM:**

January 13 /2011  
 Herb: Elder flowers/roots, Stinging Nettle leaves/

roots (bring 2 sm.jars)

\* SEABIRD ISLAND: 6-9 pm.  
 Contact Maggie 1-800-788-0322

#### **11. THE NERVOUS SYSTEM:** January 27/ 2011

Herb: St John's wort; ...(bring 2 sm.jars)  
 \* SCOWLITZ: 6-9 pm  
 Contact Jen 604-826-5813

#### **12. THE SENSORY SYSTEM:** February 10/ 2011

Herb: Bilberry;..... (bring 2 sm.jars)  
 \* SHXW'HAMEL: 6-9 pm Contact Jen 604-869-2627

Each Band is assigned a time and date for each of these classes. However, you are welcome to sign up for one or all the dates and classes at each band. **THESE CLASSES WILL TAKE PLACE IN THAT PARTICULAR BAND HEALTH CENTRE/GYM. CALL EACH CONTACT PERSON TO BE PUT ON A SIGN-UP SHEET.** The more classes you attend the more you will learn about how the body works and which medicine will fit that system.

*PLEASE take advantage of these unique classes which may not come your way again. Thank you for your interest in continuing your learning of our Traditional Healing Medicines.*

*EMUT: DR. Jeanne Paul*

## **!! WATCH for New Signs !!**



The Lands Advisory Committee is working hard to ensure that the Lands is kept clean, and peaceful. As a result of sports fishermen parking along HWY 7 signs have been posted up along the road to indicate NO Trespassing, NO Parking, NO Dumping. Violators will be prosecuted, and Vehicles will be towed at owners expense.

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*



# Sex Health

46 percent of 15- to 18-year-old girls who have had intercourse claim their mothers don't

know. The study also says 78 percent of girls who have had intercourse have not used condoms—and 56 percent say they used no birth control at all.

**Your teenager depends on you for information about values, love and relationships, not just in word, but in deed.** Here are a few suggestions that may help you and other parents who struggle with communicating about sexual issues with their teens:

You may want to suggest this helpful phrase to your teen.

**“If you can't talk about it, you shouldn't be doing it.”** Talk with your teen about your concerns. Be honest with your struggles. Explore your feelings and share them. Discuss with your son or daughter the positive and negative consequences that sex can have on our lives.

**Talking is difficult but important.** It may be confusing and difficult to explain your concerns. You may feel embarrassed. What a great opportunity this is to role model for your teen about healthy communication. **You are the greatest role model your teen has.**

Your teen may not want to talk about it. **Show that you are interested without demanding intimate details.** Teens want their privacy and have most of the facts about sex and pregnancy, but they also want their parents to be involved in their lives. Take advantage of natural opportunities to talk. The next time you pass by a clinic, bring up the topic again.

There are a dozen reasons why parents want their children to use condoms “when the right time comes.” Discussing with your teen whether or not it is the right time may be incredibly important.

Except for not having sex, latex condoms are the only method that offers reliable protection from sexually transmitted diseases. Don't forget that he can also buy his own condoms. We need to empower teens and remind them that **sex carries responsibilities.** If he is too embarrassed to buy condoms or to get free condoms, maybe that's a sign that he's not really ready for the responsibilities of sex. **“If you can't talk about it, you shouldn't be doing it.”**

**For teens, the mere thought of sex can be overwhelming.** There is so much to think about, so much to worry about, and so much that can go wrong. Whether you are sexually active or not, knowing the facts about what sex is, and what it is not, is very important.

## Sex is...

- both physical and emotional in nature
- risky; you can get pregnant, catch a sexually transmitted infection, have your heart broken or your ego bruised, or feel let down and disappointed when it is over
- a milestone; you only get one chance to lose your virginity
- sensitive; be sure that the timing is right for you and your partner
- not to be taken lightly or treated as recreation
- best when it is a personal expression of caring between two people
- carries with it major responsibilities
- messy and full of strange, sometimes embarrassing noise



## Sex is NOT...

- a way to make somebody love you or make a commitment to you
- a test of your love for your partner
- a measure of how mature or grown up you are
- a good way to get back at your parents or assert your independence
- a leisure activity
- always fun or enjoyable, sometimes you will wonder if it was really worth it

**Remember, when you have sex for the wrong reasons you hurt yourself!**

## Birth Control

If you're not comfortable having a talk about sex and birth control, it's okay to let your teen know this. Your teen will likely appreciate your honesty and the effort you are putting forth to make sure that he or she has the needed information.

Don't be afraid to ask your child if he or she is having sex of any kind. Although you may not really want to know the answer, you will want to make sure that your child is properly protected.

**Respect your self,  
Respect your body and  
Respect from others will follow.**



## SIB Will be Home to a New Satellite Office of Sto:lo Community Futures:

**Open Thursdays 1:00 to 4:00**

Sto:lo Community Futures (SCF) is pleased to announce the opening of a new satellite office at the SIB.

Rocio and Cy are from the Chilliwack SCF office and will be available to assist people living in the Sto:lo Territory with a wide range of business services. For example, SCF does small business lending. Small business lending services includes repayable loans and support for new and existing viable businesses. If you are starting or expanding a business and have at least 15% equity, you may qualify for up to \$150,000.00 in loans. All SCF loans require a credit check and are fully repayable with interest by the borrower.

Rocio and Cy believe that while the steps in creating a successful business might be considered basic business sense, they are not necessarily common sense. The staff at SCF believes that strong leadership, sound business practice, and solid relationships are key to overcoming challenges and realizing success.

Rocio and Cy know that success is difficult and they are willing to talk about business ideas with you. Starting September 9<sup>th</sup> Rocio Zielinski and Cy Lecuyer will be in the foyer of SIB office Thursdays from 1:00 to 4:00.



## Dare to compare.....

**Rental Rates** – Harrison 1 bedroom apartments starting at \$500/month, Chilliwack 1 bedroom starting at \$550, 3 bedroom house starting at \$1300, 2 bedroom duplex starting at \$900 – all taken from your local paper!

Stacy McNeil  
Community Services Program Manager/Housing Administrator  
Seabird Island Band  
Phone: 604-796-2177

## New Construction on Seabird



Clem, Marcie and Zena are 'pleased to announce that Seabird will be constructing 12 new band owned social housing units through CMHC, INAC and a mortgage. The construction will consist of 6 x 2 bedrooms, 3x 3 bedrooms, and 3 x 4 bedroom that will be allocated soon. A selection committee will be reviewing the housing applications that we have received and are logged on our wait list, and cross-referencing these with the criteria as laid out in our social housing policy manual to choose the future tenants. Applicants will be notified through a letter as to whether or not they have been selected or not, so please make sure that the contact information as on your housing application is up to date.

Please contact your housing administrator, Stacy McNeil, for more information.

Here is some valuable information from SIB Social Housing Policy

### **Eligibility Policy No. 1.0**

Only Seabird Island Band members are eligible to rent and / or rent to own houses on Seabird Island Reserve. Funding restrictions and legal requirements prevent non-band members from owning homes on Seabird Island Reserve. Complete the housing application provided by the Band.

### **Eligibility Non-Band Members Policy No. 1.1**

Non-Band Members caring for minor band members are eligible to apply for rental housing. To ensure equitable access to housing is provided to all band members without discrimination. Complete the housing application provided by the Band.

### **Application Process Policy No. 1.2**

Only those eligible in accordance to eligibility requirements a described above and meet the legal age requirements may apply for housing. Housing funding is limited to band members over the age of 19, the legal age in BC. Complete the housing application provided by the Band.

The housing Department will provide the applicant with a letter of receipt of application.

### **Application Deadlines Policy No. 3.0**

For new projects applications must be submitted to the Housing Department before January 1 of each year. It is the applicants

...Continued on pg. 14

# New Construction on Seabird continued...

responsibility to ensure the Housing Department has current information.

For Rental Housing applications will be received on an on-going basis.

These are required to make housing allocations prior to April 1 each year.

- 1) Drop off completed application at the Band Office
- 2) If an applicant is mailed, it must be registered.
- 3) Make sure the application is dated and registered with the Seabird Island Band Housing Department, a log book will be maintained indicating the date, applicant name and who received the application.
- 4) Initial all pages of the Housing Policy and Agreement indicating that you have read and understand them.
- 5) The housing Department will mail a reply letter acknowledgement receipt of the application, sent with-in 7 days of receipt of the application.
- 6) It is the applicant's responsibility to notify, in writing, the Housing Department of any change of address, family composition, income level and any other relevant information. Note: failure to notify Seabird Island Housing Department of changes in address or other relevant information may result in the applicant being removed from the housing list.

## **Application Renewal**

### **Policy No. 3.1**

All housing applications must be resubmitted before January 1 of each year. To update application, to ensure that information is both current and accurate, and to ensure that applicants remain on the housing list.

The Housing Department will follow the same procedure for application renewal as for application deadline; in addition the Housing Department will maintain a log book indicating the date, applicant name, and who received the application for all renewals.

## **Criteria For Candidates**

### **Policy No. 4.0**

The Housing Department will select those candidates for the new houses for the new fiscal year in order of priority, housing will be allocated according to the following priority list:

- 1) Family Size
- 2) Current Living Conditions
- 3) Availability and legal status of land
- 4) Date of Application
- 5) Number of times applied (1 per year)
- 6) The ability to pay rent / mortgage / utilities
- 7) No outstanding **debts to the Band\*** (check with finance)
- 8) The applicant must be willing to enter into a Tenancy / Housing Agreement
- 9) Have 3 references
  - A) Previous Landlord

- B) Employer
  - C) Personal
  - D) Other ie. Teacher, Counselor etc...
- 10) Successful completion of the Seabird Island Band "Housing Orientation Training"

This is to make fair selection from all candidates.

- 1) All applications are received by Seabird Island Band Housing Department.
- 2) The Housing Department will review all housing applications and decide who qualifies for that years housing application.

## **Debts Include:**

- a) Willful damages to Band Housing (including that done by guests)
- b) Outstanding Hydro, phone and other utility bills.
- c) Rental Arrears
- d) Any other money owed to the Seabird Island Band for whatever reason.
- e) Discharge from debt under the Bankruptcy and Insolvency Act would not preclude the band from considering a members outstanding debt to the band a factor for priority selection. Note: Bankruptcy and Insolvency Act does not waive or void outstanding debts owed to the band.

## **Priority List for Housing Applications Policy No. 4.1**

Family demographics determine the policy according to the :

- 1) Married or Common-law couples with children
- 2) Single parent with children
- 3) Elderly 60+
- 4) Special Needs
- 5) Single adults
- 6) Married or common-law couples without children

Seabird Island Band attempts to meet the greatest needs for housing.

This list will be revised every third housing project to ensure that bottom group will receive housing (as long as the project is viable)

## **Criteria for Selection of Applicants Policy No. 4.2**

When the number of applicants is greater than the number of houses available, the Seabird Island Band Council will have to select applicants. The following additional criteria will be as follows:

- 1) Date of application
- 2) Number of times the applicant applied
- 3) References
- 4) Meeting with Housing Department.

Note: Selected applicants will be required to make a damage deposit.



# New Construction on Seabird continued...

## Selection of Candidates

The Housing Department decides successful applicants by granting the application or refusing the application in accordance with the eligibility and selection criteria. To expatiate the decision making process. With-in 5 working days of disposing of the applications, after reviewing the application, the housing department will notify applicants, in writing, of its decision. The housing department will provide the applicants that are refused housing with the appeal policy, forms and notification of the time frame required to submit the appeal.

## Policy No. 5.0

## Appeal Application / Selection

Any applicants whose housing application is refused by the Housing Manager, may appeal the decision in writing,

## Policy No. 6.0

with-in 5 working days of receiving the refusal.

- 1) The Housing Department will provide the applicant with a written decision and explanation along with supporting documentation as to why an applicant is refused.
- 2) Applicants will appeal directly to the Housing Manager
- 3) The Housing Manager and Band Manager shall respond to the appeal within 5 working days of receiving the appeal letter.
- 4) The Seabird Island Band Housing Manager shall upon request, assist applicants with the appeal process.
- 5) If the applicant is still not satisfied with the first appeal they may appeal to the Chief and Council. The Chief and Council shall respond to the applicant, with-in 5 working days of receipt of the appeal. Chief and Council's decision is final.

# Kick off the new school year meeting a Famous Native Actor From "North of 60"

## DAKOTA HOUSE

Actor / Facilitator

Dakota was born in Manning, Alberta and grew up in an inner-city neighborhood in Edmonton, Alberta. He learned many of life's lessons the hard way and devotes much of his time to educating youth on motivation, self-esteem and making positive choices.

Dakota makes keynote presentations and facilitates youth conferences and other special events. He has travelled across Canada extensively, bringing hope and inspiration to youth for over ten years. Dakota is a father of four and devotes his spare time to helping youth. His many talents include holding a Black Belt in the Hapkido martial art, and has written his first children's book called, "Dancers in the Sky". Furthermore, he also produced a pilot project entitled "St. Joe's Academy", which aired on APTN in 1998.

This popular young actor is best known for his role as Tee Yee Temia on the CBC television series "North of 60". Dakota has starred in three feature films and made numerous guest star appearances in shows such as "XFiles". He received a Best Actor award from the 1998 Dreamspeakers Aboriginal Film Festival. He carried the leading role in a number of North of 60 movies. He also won the 2003 AMPA Award for Best Actor and was nominated again in 2004 for North of 60 - Distant Drumming.



**Dakota House is in our HUB!!!**

**Youth Workshop**  
Age 13 - 18  
**And Dance**



**GOING MILES**  
Mentor, Inspire, Lead, Empower, Succeed

## SCOTT WARD, B.Ed.

Hypnotist / Facilitator

A former professional academic teacher and career counselor, Scott had more fun hypnotizing his students than teaching them and so it was inevitable he would become successful as North America's first full time Native American Stage Hypnotist! Join Scott Ward in a fun filled hypnotic stage show that keeps you wanting more!

**FREE Workshops Gift Bags  
Door Prizes  
Autograph Signing  
and much more!**

**Pop and Snacks will be available for purchase at the dance.**

Food Funded by: SIB Child and Family / Mental Health

**Youth HUB Community Members  
attending the workshop  
get in the dance FREE**  
Proof you are a HUB Community Member Required  
Non-Attendees & Non-Community Members  
\$15 per Dance Ticket

**September 3, 2010**

**Seabird Band Gym**  
Youth Workshop 10 am  
Hypnosis & Comedy Show  
Youth Dinner 6 pm  
Dance 7 pm - 10 pm

3:45 pm - 5:15 pm  
Open to the Community

**Hosted By:**

**Ye mí sseqó:tel la xwe' lets'emó:t ó Community Hub**

Cheam, Chawathil, Shxw'ow'hamel, Chehalis, Seabird, Soowahlie, Scowitz, Kwaw Kwaw Aplit, Union Bar, Kwantlen, Skwah

For more information contact Linda Kay Peters at 604-796-6822 or Vanessa Short at 604-796-6846

The Ye mí sseqó:tel la xwe' lets'emó:t ó Hub is opening up the Scott Ward Hypnosis & Comedy Show to all hub communities free of charge. Due to funding, the guests that did not attend from 10 am to 5 pm will be asked to leave once the show is completed.

The show is from 5pm to 6pm, August 23<sup>rd</sup>, 2010.

# Scrap Car and Truck – Health Hazard – Removal Encouraged

We would like to keep our community beautiful and clean. Vehicles that do not run and that will not be running in the near future, should be removed from your yard.

These vehicles become homes to rodents including mice, rats and other creatures that could create a health hazard to you, your family and the other community members around you. Once they find homes close to your home they are more likely to come into your home as their populations grow and *make themselves at home in your home.*

## A1 Casper Car Recycling Inc.

Offers FREE scrap Car & Truck Removal.

\$\$ for good cars.

No Wheels... No Problem

2 hour service most days.

Call: 604-209-2026

www.a1casper.com

FREE

FREE

## A Back-to-School Checklist for Families

The first day of school can bring jitters to students and families alike. There are many things that can be done to help make the back-to-school transition easier. When you, as a parent, interact with and support your children, your children are more likely to be successful.

### You can help younger children if they know:

- Their name, address, and phone number
- How to take outer clothing on and off
- How to take care of their basic toilet needs
- How to be patient and wait their turn

### Before their first day:

- Establish a bedtime routine that ensures adequate rest
- Have children spend time one-on-one and in small groups with other children their age
- Help your children learn letters, numbers, colors, and shapes
- Read to your children daily
- Let your children learn by trying new activities
- Practice the route they will take to and from school
- Talk about making friends and doing new activities
- Visit your child's school and classroom if possible

### For older students, let them know you are interested:

- Talk to your children about friends, classes and activities
- Teach your children how to set goals
- Encourage them to be involved in extracurricular activities at school, church, and in the community
- Give them opportunities to try new skills and earn recognition for a job well-done
- Plan with them how they will budget their time

### As a parent, it is recommended that you:

- Establish definite times and location for homework
- Attend parent-teacher conferences
- Join the school's PTA
- Keep the school calendar handy
- Volunteer - opportunities are expanding for working parents, too!
- Stay informed about school events
- Serve on a school or district advisory committee
- Get to know your children's friends
- Teach your children how to say "no" to peer pressure
- Make sure all parties have adult supervision
- Place guidelines on your older children's work schedules

## STAY TUNED,....

The Army.....

The Navy.....

and,.....

Air Cadets

will be coming soon!

They will have a

**FLIGHT SIMULATOR!**

As well as other fun interactive things happening.

Date to be announced for the 3rd week of September!



We will be starting up the community Block Watch Program,..and are looking for committed members to help look after our community.

**The RCMP are coming,  
and they want you!!!!**

Sept 21st. 5pm

Think you can pass the physical test??

Come out and give it a try!

**Prizes!! Food!! Prizes!! Food!!**

**Call Genna or better yet,..drop by  
and see her to sign up!**

**Genna Joseph  
Community Wellness Coordinator  
604 798 1090**



# Post-Secondary Application Deadlines



For All New Applications or Continuing Studies Students, the deadlines for **completed** applications for all post-secondary students are:

- For September (Fall) enrollment May 1<sup>st</sup>
- For January (Winter/ Spring depending on institution) October 1<sup>st</sup>
- For May (Spring/ Summer depending on institution) January 1<sup>st</sup>

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

## School Supply Allowance

School Supply Forms was ready for students/ parents to pick up in August from Kelly Chapman-Student Services Worker at the Seabird Island Band Office.

- ❖ Please Note: School Supply Allowance is **only** for students that:
- Reside within the Seabird Island Community (band member or community member) and
  - Will be attending a school outside the Seabird Island Community

Once the Forms are complete they can be returned to the Student Services Worker and a cheque will be processed on the next cheque processing day.



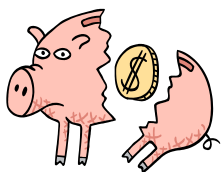
Ye mí sqeqó:tel la xwe' lets'emó:t ó  
(Coming together as one)  
Community Hub Update

The Hub committee had their 2nd Annual Committee Strategic Planning Session July 14th, 2010

Linda Kay Peters the Hub Coordinator attended a hub coordinator's meeting in Vancouver and assisted in the design of the workplan template that the hubs will be using for the hub communities. On July 20 & 21, 2010 the hub hosted the traditional healing and medicine workshop with Dr. Jeanne Paul.

The consultation sessions are almost completed with Seabird band members. Now the hub staff are planning the Youth Gathering for all Hub Community members at the end of August or beginning of September 2010.

## High School Student Allowance



**High School Students Grade 7-12:**  
Student allowances will be **distributed** 3 times per year- *December, March and June.*

**Please Note:** Student allowance is based on your attendance. If a student has more than 5 unexcused absences in a month, they will not receive any allowance for that month.



# Seabird Island Employment and Education Centre

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



2895 Chowat Rd.  
P.O. Box 650 .  
Agassiz, BC V0M 1A0

## Office Updates:

# Farewell Suzanne Ellis

We regret to inform you that Suzanne Ellis has resigned from her position as the Admin Support Worker. She has accepted another position within Sto:lo Nation.

Suzanne has worked with the Employment and Education Centre for almost 2.5 years and she has enjoyed working with the staff and clients. Unfortunately for us, Suzanne felt that it is time for a change. Her decision came after hard consideration of different factors. Her last day was on September 3, 2010.

Farewell from the Employment and Education Centre!!

We will miss you Suzanne and good luck on your future endeavors!!!



## EEC Office Closures:

Our office will be **CLOSED** on the following days:

- Monday, September 6, 2010 (Labour Day)

Sorry for any inconvenience this may cause

## July Sign in Totals

The totals for **JULY** Sign in sheets are as followed:

Clients in for Job Search, Research or Computer Use: 39 ↓

Clients in to meet with Trudy: 22 ↑

Clients in to meet with Starr: 127 ↓

Clients in to meet with Kathy: 10 ↓

Clients in to meet with Kelly: 17 ↓

Clients in to meet with Suzanne: 9 ↑



Please use the sign in sheet when you come into the EEC.

It helps us keep track of how many people access the centre and our services. Even if the person you came to see isn't in, please sign in as it will show that you stopped by to see them. The sign in sheets goes to SNHRD and is important to keep our centre open!!!

So please, **DON'T FORGET TO SIGN IN!!!**

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## Client success stories for the month of July:

Congratulations to our clients who were successful in Securing Employment:



- ★ Louise as a Home Support Worker
- ★ Karen as a Cook
- ★ Leemaie in Customer Service
- ★ Plus 11 more!!



Workshops are offered weekly in Seabird, Cheam, Chawathil and Shxwólwólamel. Last month we held:

- Getting to know you
- Active listening
- Good attitude on the job
- Body Language
- And Essential Skills Bootcamp

*Please call the office or talk to Trudy or Kathy for Upcoming workshops for Seabird, Cheam, Chawathil and Shwólwólamel*



### 1-hour Computer Training Sessions

Due to Suzanne's departure, computer training sessions will be cancelled. Please continue to read the newsletter for any future announcements about its possible return in the future.

While Suzanne was here, she held **110** Sessions. Both one-to-one and group sessions such as Basic Computer Training, Microsoft Word, Excel, Publisher, Outlook, PowerPoint and Internet Explorer

## **Vocational Applications**

All Vocational applications must be handed into your CDP at least 6 weeks prior to your start date.

Due to SNHRD Policies, we need this time to process your application and review the budget.

## **On-call work list**

If you would like to be on our On-call list for small work opportunities, please see your CDP or call the centre and ask to put your name on the list.

This way when someone asks if we know who could work, we can go through the list and give you a call to see if you are interested and/or available.

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



2895 Chowat Rd.  
 P.O. Box 650 .  
 Agassiz, BC V0M 1A0

## EEC Staff Schedules:

### Trudy Sjoblom

Career Development Practitioner

Monday - Seabird - **Drop in** (8:30 □ 4:00)  
 Tuesday - Shxwōwōamel (9:00 □ 12:00)  
 - Seabird (1:00 □ 4:00)  
 Wednesday - Seabird (8:15 □ 12:00)  
 - Chawathil (1:30 □ 4:00)  
 Thursday - Seabird (8:15 □ 4:00)  
 Friday - Seabird (8:15 □ 12:00)  
 - (Off in the PM)

**Kelly Chapman** - Student Services Worker

Monday - Friday 8:30 - 4:00

### **Starr Alexander**

Social Development Administrator

Monday - Friday 9:00 - 4:00

**(To be announced)** - Admin Support Worker

Monday - Friday 8:00 - 4:00

### Kathy Smart

Career Development Practitioner

Monday - Seabird (8:00 □ 10:00)  
 - Cheam (10:00 □ 3:00)  
 Tuesday - Seabird (8:00 □ 11:00)  
 - Mission (12:30 □ 3:30)  
 Wednesday - Seabird (8:30 □ 3:00)  
 - **Drop-in Day**  
 Thursday - Seabird (8:00 □ 12:00)  
 - Cheam (12:30 □ 3:00)  
 Friday - Seabird (8:00 □ 11:00)  
 - Mission (12:30 □ 3:30)

**New Staff**

### Gracie Kelly

Career Development Practitioner

Monday - Chawathil (9:00 □ 12:00)  
 - Seabird (1:00 □ 4:00)  
 Tuesday - Seabird (9:00 □ 12:00)  
 - **Drop-in Day**  
 Wednesday - Chawathil (9:00 □ 12:00)  
 - Seabird (1:00 □ 4:00)  
 Thursday - Cheam (9:00 □ 12:00)  
 - Seabird (1:00 □ 4:00)  
 Friday - Seabird (8:00 □ 4:00)

**Schedule Change**

The following are the general days and hours for all the staff in the  
**Employment and Education Centre**

(Days/times may change due to meetings, workshops,  
 training, appointments, etc.)

Office is closed for  
 lunch from  
**12:00pm □ 1:00pm**



## Fall House Maintenance

Late summer to early fall is the perfect time of year for home maintenance projects. Now that summer has ended, the kids have gone back to school and the days have started to get shorter, it's time to think about getting your house ready for a cooler season

**Water Heater:** Regardless of the type of water heater you have, gas or electric, water heaters can develop a build up of sediment at the bottom of the tank. This build up can cause the water heater to operate inefficiently, racking up the water heat or gas bill and shortening the life span of the appliance. To keep the water heater working properly, you should drain two gallons of water from the tank twice a year. It is very important that when you are doing this maintenance to your water heater, you make sure the appliance is turned off and that you protect yourself from a potential burn. Wear thick gloves, long sleeves, and safety goggles, and do not touch the water draining out of the tank. Turn the water heater off for one hour before you begin the water heater maintenance to reduce the temperature of the water in the tank.

**Furnace Filters:** Another great home maintenance project for Fall is to change your furnace filter. Furnace filters collect dust from your home. To breathe easy and sneeze less, it is very important to change your furnace filter regularly.

**Windows and doors** can cost you lots of money on your heating and cooling bills. You don't have to replace your windows (unless you have already allowed for replacement in your budget), simply replacing seals and caulking can improve on your energy costs. Putting plastic on the windows during the cold months will also help insulate your home from the chill that could come from the window panes. However, replacing old windows is your best long-term solution for maximum energy efficiency

**Gutters** should be cleaned annually to rid them of clogs from damp, heavy, fallen leaves. Gutters that are not properly cleaned are havens for insect infestations.

Clogged gutters can also lead to much more costly repairs due to water damage and wood rot. You can clean the gutters yourself with a ladder and some gloves.



**Roof:** Be sure to check your roof for any leaks or missing shingles. You will want to replace the shingles that need to be replaced, and patch any holes to help prevent further damage from the sometimes harsh windy winter weather.

## Housing Waitlist September 2010

### 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

### 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

### 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

**Forgot your number?  
Contact Stacy McNeil  
604-796-6825**

“Your Social Housing Policy that was approved in 2008 will be fully implemented by April 1, 2011. Please review your policy for any changes that may affect your tenancy. Copies of the 4 community presentations made this year are available through Stacy McNeil at the band office. If you have any questions, please contact a member of your housing team.

-Some changes include; amount of Housing Subsidy available to offset rent will change from the cap of \$475 to 10 or 15% deduction (upon approval) off of your rent calculation; rent calculations are based on Household Income, not just the head of household

# 'Round The Rez

## Community Events , Workshops & Outings

### AMBULANCE BILLS



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

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

### 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



### VOLUNTEERS REQUIRED

If you are interested in volunteering or helping out at any Band functions please let Angie know. 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.

Seabird Fire department is currently seeking volunteers. Contact the fire hall at 604-796-6848 if you are interested.

### 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

### CRYSTAL VISION & HEARING CLINIC

For anyone over the age of 18 for hearing screening.

Please contact CHR Maggie Pettis  
604-796-2177

### OPTOMETRIST CLINICS

Dr. Ahmed will be here on the following dates:

September 20th

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

### MAMMOGRAM CLINIC

Dec. 7<sup>th</sup>

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



## Seabird Island Band

### Employment Opportunity

**POSITION TITLE:** Speech & Language Program Assistant  
**DEPARTMENT:** Health & Social Development  
**REPORTS TO:** Early Childhood Development Program Manager, through the direct supervision of the Speech Pathologist.

**JOB CODE:** ECD-SL-PA

Seabird Island Band is currently accepting applications for a Speech and Language Assistant (SLA) to provide support to children with speech and language delays or difficulties. The SLA works as a team member, within a child care setting, to ensure effective inclusion of these children.

#### QUALIFICATIONS AND/OR REQUIREMENTS

- Early Childhood Education Certificate and current BC License to Practice.
- Speech and Language Assistant and/or Special Needs Diploma an asset.
- Two years work experience in an inclusive child care setting.
- Familiar with Sto:lo Culture.
- First Aid Certificate.
- Satisfactory Criminal Record Check.
- Training in inclusion, family centered service delivery, child development and early intervention.
- Valid BC driver's license with reliable transportation required to transport children & families.

#### PRIMARY RESPONSIBILITIES:

- Work within child care settings, home or other settings in a respectful and professional manner.
- Implement intervention plan developed by Speech Language Pathologist. Complete documentation as required. Assist with reviews as required.
- Participate in on-going evaluations of intervention plans, goals and objectives.
- Participate in team meetings. Attend case conferences, staff meetings and training in service.
- Complete observations and informal assessments as requested by Speech Language Pathologist.
- Complete daily logs of activities and documentation as required.
- Maintain open communication with Speech and Language Pathologist with all matters pertaining to the Ey Qwal Program including any information that may affect a child's program and/or progress.
- Participate with Speech and Language Pathologist in research projects, in service training and public relations when requested.
- Performs other duties as required by Ey Qwal Speech and Language Pathologist, Early Childhood Program Manager, Health Manager, Band Manager and Chief and Council.
- Represent themselves professionally at all times.

**TERM:** Part-Time/Full-Time Positions Available **DEADLINE:** Sept 3rd, 12:00pm

Interested candidates should submit a covering letter (quoting the Job Code), resume, and three references to:

**Human Resources, Seabird Island Band**  
P.O. Box 650, Agassiz B.C., V0M 1A2 | Phone: 604-796-6814 | Fax: 604-796-3729  
Email: [humanresources@seabirdisland.ca](mailto:humanresources@seabirdisland.ca)

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

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



# 'Round The Rez

## Community Events , Workshops & Outings

### FACILITY BOOKINGS

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

### ELDERS BAKE SALES

Every Tuesday & Thursday in the Band Office Entrance. The Elders host this sale to fund-raise for their next adventure.

### 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.

### CATERING & FUND-RAISING

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

### UPCOMING EVENTS

For more information on events, please contact  
**Angie Chapman at 604-796-6893**

**OOSC after school care program** starts up in September; fees may be covered by government subsidy; contact Stacy McNeil for more information on how to register your child.

**Evening Recreation** programming in the gym and fitness center will resume September 13, 2010. Check out the next newsletter for the schedule!

### OBITUARIES



Daniel Henry James Pettis  
Passed away on Aug 26th 2010 at Agassiz BC at the age of 31 years. He was born in Chilliwack and is survived by his wife Amy Pettis, parents

Henry (jr) and Linda Pettis, his daughter Lizzy Pettis, brother Mark Campbell, sisters Melanie Pettis, Jamielynn Pettis, Valerie Pettis, as well as numerous aunts, uncles, nieces, nephews and cousins. He was predeceased by his great-grandma Margaret Murphy, grandparents Henry & Chirstine (Tiny) Pettis, granparents Jim Fraser & Margaret Murphy, God Dad Henry Murphy, uncles Joey Pettis, William (Buddy) Pettis, Archie Fraser and aunt Darlene Joseph.

Daniel was given the nickname "Tubby" at the age of 2. He was a Volunteer Fire Fighter of the Seabird Island Fire Department for 18 years. He graduated from Agassiz Secondary School in 2000. Daniel loved spending his summers up at the Pettis family fish camp in Yale. He also enjoyed playing baseball and soccer. Daniel had many career paths in Carpentry, Cattle Farming, Planting Trees, Rock Picking, Rebar and Cooked at the Seabird Cafe.

Daniel's smile could impact the entire room and in every walk of life he would make friends and he always had a hug for everyone and always shared how much he cared about you.

To place your family announcements for birthdays, weddings, or even obituaries... call Sandy 604-796-2177

*All submissions due by the 20th of each month, delivery at the beginning of each month.*

Ad Space is also available, call for prices.

### HAPPY B-DAY

Happy 9th Birthday to our Rae of Sunshine!  
Love you so much Rachael!!  
Love Mom, Vince, Ash and Richard:)

Cameron, Malcolm, Shawn and Celeste are Proud owners of 3 brand new puppies.  
Mary Jane (weiner dog) is the proud Momma of 3 new puppies.



### Congratulation to the Newly Wed Couple

Armond & Collete Charlie  
August 27, 2010

### BOY'S & GIRL'S GROUPS

The following groups will be available starting September 14th



**Tuesday's**  
Girl's Group  
3:00 - 4:30 ages 7 - 12

**Tuesday's**  
Youth Girl's Group  
5:00 - 6:30 ages 13 - 18

**Wednesday's:**  
Rainbows a group for children and youth dealing with major life change (move, divorce, death, etc). Please contact Edie Karasconyi to sign up for appropriate age group. This group will run weekly from 3 - 4:30 pm on Wednesday's.

**Wednesday's:**  
Youth Crew from 5 - 6:30 pm all youth aged 13 - and up welcome (male and female).



September - Youth Health Month

# Youth Health

Your Health Today Effects Your Health In The Future



**Keep the communication lines open...**  
talk with your parents, elders, family, friends,  
role models, teachers, and your doctor.

*You are never alone!*

**It takes a community to raise a child!**



Created by Seabird Health  
[www.seabirdisland.ca](http://www.seabirdisland.ca)

