

BACK TO SCHOOL DAY

On Back to school day August 17th the gym was filled with display tables packed with useful information. There was school supplies for sale, as well as free school supplies and loads of door prizes. Families came in to register their kids for school. Many of the kids joined in and played the backpack walks, fighting for their chance

to win a back pack. Kids lined up to get their hair cut. It was a busy day.

Thank you to everybody who came out and made the day a great success. If you are still looking for school supplies, there is still some for sale at the band office in the Communications Office, contact Sandy for more details.



Seabird Summer Program



The Seabird Island Summer Program came to a close this year on August 19th. The group enjoyed their last day with a fun filled trip to Playland.



Mindy cutting Trevor's Hair to get ready for school

INSIDE this Yoo Hoo

Seabird College	3
Education Allowance	4
Youth and Elder Feature	5
Housing Wait List	8
Healthy Recipe Corner	11
Lands Update	12
Seabird Employment Center	14
Fitness Center Calendar	16
Health Comic	16
Halq'emeylém Crossword	16
Employment Opportunities	19



Seabird Island Community School

\$200 Registration Incentive Grades 7-12

“Open to Everyone”

Pre-School to Grade 12

Seabird offers a comprehensive and unique Pre-School to Grade 12

- Small class sizes
- BC certified teachers
- Specialized reading, writing & numeracy programs
- Unique Sto:lo language & cultural studies
- Trades, Technology & Vocational Training
- After school care
- Athletics and **SOCCER ACADEMY**
- Student Success Tutoring Program
- FREE bussing from Agassiz, Hope & Chilliwack

Secondary Programs for Real Life

In addition to offering the full BC Graduation Certificate (Dogwood) and strong academic programs you get to specialize in 5 streams:

- Family - Foods, Textiles and Family Studies
- Fine Arts - Music, Studio Arts, Drama, Art
- Mechanics - Auto Tech, Power Trans, Metal Fabrication and Body Repair
- Business Ed. - Entrepreneurship, Accounting, Digital Communications
- Woodwork - Carpentry, Wood Craft

Individual Learning Program (ILP)

THIS NEW PROGRAM IS IDEAL FOR:

- Students who need extra help & who have found the regular school system doesn't meet their needs.
- Focus is on getting your full BC Dogwood Graduation Diploma
- Supportive environment, 1 on 1 instruction
- Academic and high achieving students that want to take courses such as academic Math, Science (Biology, Physics, Chemistry) etc. Which lead to university.
- Blended in-class & on-line instruction
- Small class sizes



Complete Grade 12 and get your first year of a trade or vocation

Rose Nijkamp
604-796-2177
 toll free at 1.800.788.0322
 rosenijkamp@seabirdisland.ca

REGISTER NOW



Seabird College / Adult Education

Trades } Technology } Vocations } Adult High School Diploma (Eagle Quest Program)

\$100 Registration Incentive for College Students

"Open to Everyone"

Does Your Child Need Another Way To Graduate ?

Are you under 19... Did you graduate this year ?

You may be eligible for **FREE** Tuition

COMING PROGRAMS - COURSE STARTING SEPTEMBER 2011

- Aboriginal Family Child Care Certificate
- Adult Dogwood & Upgrading
- Community Support Worker
- Dental Assistant / Chairside
- Aboriginal Support Worker
- Education Assistant (evenings and weekends)
- Aboriginal Speech and Language Cert.
- Power Line Technician
- Aboriginal Responsible Adult
- Aboriginal Practical Nursing
- Information Technology
- Mobile Electronics (Audio)
- Professional Cook - Level 1
- Heavy Equipment Operator
- Business Admin. & Tech
- Plumbing
- Wall & Ceiling
- Hair Stylist
- Carpentry
- Information Technology
- Painting and Decorating
- Aboriginal Early Childhood Education

On-line Courses & Live On-line Courses

- Business Admin & Technology
- Plumbing Theory
- Academic Math & Pre-calculus 11
- Apprenticeships & Work Place Math 10, 11
- Communications 11,12
- First Peoples 12
- English 12
- Information Theory
- Painting & Decorating Theory
- First Nations Studies
- Social Studies
- and many more



Dianne Parkinson
604-796-2177
toll free at 1800.788.0322
dianneparkinson@seabirdisland.ca

REGISTER NOW

Registration Deadline: Friday September 9, 2011



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

Post-Secondary Application Deadlines



Are you a registered Seabird Island Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree?? Then **REMEMBER** these important deadlines to apply for post-secondary sponsorship...

Deadlines for **completed** applications are:

- > For September (Fall)
- > For January (Winter/Spring depending on institution)
- > For May (Spring/ Summer depending on institution)

May 1st
October 1st
January 1st

Funding of any application is dependent upon available budget.

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

Individuals Banned from Seabird

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
- Richard "Dick" (Red) Vandenberg
- Steven (Hippy) Ste. Croix
- Matthew Dalke
- Victor Louis
- Daniel Robertson
- Jacob Bernard
- Robert LaFleur
- Aaron Douglas (Julian)
- Germaine Giroux
- Randy Lily
- Matt Harrison
- Ron Thom
- Roger Sicard
- Keith Jimmie
- Francis Phillips
- Claton Prior
- Fredrick Charlie Sr. - as of July 28th

Ban Has Been Lifted On:

- Fredrick Charlie Jr.
- Brian Fontaine Sr.




BACK TO SCHOOL

Important Dates to Remember
School Calendars available on school website.

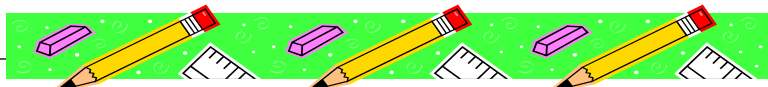
Seabird Island Community School: School Opens.....Sept. 6 Burning.....Sept. 16 Lifetouch-Student Photo's.....Sept. 22 Welcome Back Dinner/ Parent Gathering.....Sept. 22	SD#78 School Opens.....Sept. 6 AESS- Back to School BBQSept. 14 AESS-School Photos.....Sept. 15 Check out their website at: www.sd78.bc.ca
Unity Christian School School Opens.....Sept. 6 Meet the Teacher.....Sept. 13 Check out their website: www.unitychristian.ca	Agassiz Christian School School Opens.....Sept. 6 Check out their website: www.agassizchristianschool.com



CONGRATULATIONS....Back to School Days- Door Prize Winners at the Education Table.

- | | | |
|---|--------------------|-----------------|
|  | -Felix Harry | -Logan Thompson |
| | -Wayne Peters Jr . | -Denise Adams |
| | -Samantha Williams | -Tyson McNeil |
| | -Brooke Bobb-Reid | -Justin Bobb |
| | -Gregg Kelly | |

Thank you to all the students and parents that stopped by the Education table to register for Seabird Island Community School/ Seabird College.....Happy School Supply Shopping for those who completed the School Supply Allowance Forms.



Youth Feature of the Month



Devon Armstrong was born on July 19, 1995 and currently lives with his father, Ed Armstrong and Step-mother Pam Armstrong on Seabird Island. He has a sister, Ashley and a brother, Joey and his Grandpa Ed and Grandma Leona live in Hope.

Devon attended Kent Elementary School as well as Agassiz Elementary School where he

will be going into Grade 10. His favorite classes include Food and Tech. He enjoys Tech because it includes Woodwork, metalwork, and computer technology. This year it will also include Auto. He also enjoys the hiking around the Coquihalla in the Physical Education class.

Devon has lived his most of his life on Seabird and he says “everybody is nice and helpful” and he really enjoys the various community events such as Christmas and Halloween gathering, and more recently the Back to School Daze. He enjoys fixing things around the house, such as his bike. He also likes drawing, and fishing and playing video games.

On Tuesday, August 17, 2011, Devon participated in the Youth Engagement Workshop on the Harrison Lake and River. When asked about his thoughts on the workshop, Devon replied, “It was a lot of fun, the information was useful and good to know because the youth hold the future in their hands”.

Devon’s goals include: Travel around the world and complete a bucket list! He’d also like to play cards with the Prime Minister to show that anything can happen if you set your mind to it. He adds, “I’ll probably win too!” His message to other youth in the community: “Don’t let anybody get you down. Smiling and laughter makes everything seem better ☺”

Elder Feature of the Month



On November 19, 1960, **Rod Peters** was born in Chilliwack, BC. His father, Stanley Joe Peters was from Seabird Island and his mom, Bertha Greta (Nee Ewen) was from Hope. His brothers include: Perry, Earl, Johnny, Ron, Stan Jr., and Harold. His sisters include Gloria, Lorna Lila, and Betty.

Rod attended Seabird Island Day School for Kindergarten and Grade 1, then Kent Elementary for the rest of the primary years. For grades 7 – 12, he attended Agassiz Elementary Secondary School. Throughout these years he and his siblings also went to catechism at the United Church in Agassiz, and then Seabird Island.

Rod started his employment with doing labour with Seabird Farm. He would pick roots in the fields and when the farmer would plough, labourers would follow the trailer, pick roots and throw them on the trailer. At the age of 15, Rod worked for the farmers; Chris Van Dyke, and Brian Sparkes on Kamp Road as a labourer. He would cut thistles with a hand scythe, bail hay and pea bales. His wage was \$2 an hour! He walked to work until he earned enough money to buy a bike and then he was able to cycle to work.

Rod also worked for the band doing home renovations which included exterior painting, and cutting grass at the cemetery. In 1984 he became the Education Co-ordinator for Seabird Island Band. The School Board at that time, consisted of Wayne Bobb, Tiny Pettis, Archie Charlies, Vivian Ferguson, and Richard Louie. He stayed in this position until 1996 when he became a First Nations Support Workers at Agassiz Elementary Secondary School, for what is now School District No. 78. In 2002 Rod became the District Aboriginal Education Coordinator for School District No. 78. In Seabird Island’s 2011 Band election, Rod was voted in as Councillor. His portfolios include: Economic Development and Housing and he also sits on the Executive Committee

Rod lives in Chawathil with his wife, Deanna John, and their children: Landon, Kelsey, Wyatt and Myron.

Rod’s message to the community

“I encourage that each of us remember the Family Ancestors Customs, Traditions, Ways and Teachings be kept in order to pass down to the next generations to come.

Today, we must grow, communicate and work together for the time we have remaining on this earth.

We as a Nation have had to cope with the Evolution of Life being fast paced, new technology and ever changing lifestyle. For whatever the Future will be for the Future Generations to come....”

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**

Peanut Butter Free - Healthy Lunch Box Ideas

Peanut butter and jelly is no longer a reliable lunch box food. Because peanut allergies can be life threatening, many schools ban them, and any peanut-containing products. If you ate peanut butter and touched a door handle the residue that may be left on the handle can be deadly for a child who has a peanut allergy.

There are other peanut free options available, it just takes a little imagination, here are some ideas...

Top tips for a healthy lunch box

- Always include fresh fruit and vegetables. Vary the selection to keep it interesting. Do veggies and dip!
- Change up your breads. Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Cheese and yogurt are ideal (*careful to much cheese can cause constipation*).
- Make a pack of sliced meat, cheese and crackers.
- Kids need protein at lunchtime. You can include lean meat, egg, chickpeas, salmon or tuna.
- If you're adding tomato to sandwiches, place the tomato between fillings and not directly onto the bread. This prevents the bread becoming soggy.
- Use lettuce varieties like Iceberg and Oak leaf and Lebanese cucumbers.
- Add leftovers to sandwiches, wraps and roll fillings. Meat and roast vegetables team well with a range of fillings.
- Make salads or salad sandwich fillings interesting by using a range of vegetables like grated carrot, snow pea sprouts, lettuce or rocket or baby spinach, sliced celery, tomatoes, avocado and cucumber.
- Use a vegetable peeler to slice cucumber into thin ribbons for sandwich fillings
- Send a large healthy muffin instead of a sandwich (*this is not a cupcake, but your kids don't know that*).
- Warm up some soup, stew or chilli and send it in a thermal jug with a biscuit on the side for them to dip in it.

- Add a chilled bottle of water and limit juice.
- Kids like fresh fruit cut and ready to eat ; it's colorful, easy to eat and bursting with vitamins.

Keep it fresh - packing the lunch box

It's important to keep food in the lunch box cold to stop the growth of harmful bacteria. Pack the school lunch in an insulated lunch box and include a small freezer brick or freeze a bottle of water and put it into the lunch box to keep food cool.

It is just as important to keep warm food in a thermal insulated jug so it does not go bad.

FOCUS GROUP

The Fraser Region Aboriginal Early Childhood Development Network is announcing the following opportunity:

Focus Group

An informal meeting for the purpose of gathering information and sharing your thoughts on culturally-relevant board books for young First Nations, Métis and Inuit children.

Date: August 31, 2011

Time: Wednesday, 6:00pm – 8:00pm

Location: Seabird Island First Nation
Seabird Island Band Gym
2895 Chowat Rd.

Free parking in front of building

The Focus Group is open to all interested persons.

Refreshments will be provided. Child care will not be provided.

RSVP to Andrea Thompson (Phone: 604-730-4876; Email: andreathompson@seabirdisland.ca)

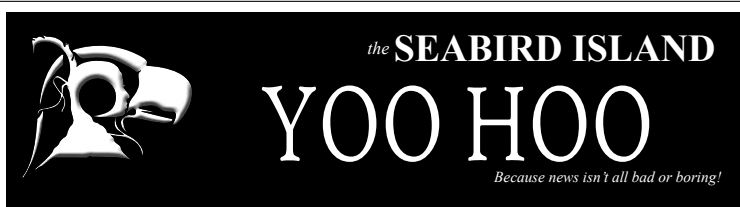
Please come out share hopes and goals for this project.

Thanks so much for helping us to connect with our families and communities,

Sincerely

Tracey Bonshor

Project Manager, Aboriginal Board Book Project
Fraser Region Aboriginal Early Childhood Development Network
Phone: [604] 378-1224
Email: traceybonshor@hotmail.com



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

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

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



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

SUBMISSION DEADLINES

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

OFFICE HOURS

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

DELIVERY

The first (1st) of each month

Seabird Housing Wait list September 2011

1 bedroom

1	27042010-018
2	16072010-20
3	16072010-021
4	08092010-022
5	01102010-023
6	10012011-024
7	1202011-025
8	28022011-026
9	30032011-027
10	05162011-028
11	07062011-029
12	07282011-2040
13	08052011-2042

2 bedroom

1	02222010-2019
2	07132010-2024
3	08122010-2025
4	09082010-2027
5	09082010-2028
6	11152010-2029
7	11172010-2030
8	01042011-2031
9	02022011-2032
10	02102011-2033
11	02212011-2034
12	02282011-2035
13	04142011-2036
14	05162011-2037
15	07082011-2038
16	07282011-2039
17	07282011-2040
18	0852011-2041
19	08052011-2042

3 bedroom

1	8142009-3019
2	8142009-3020
3	10292009-3026
4	11252009-3028
5	01012010-3030
6	03082010-3034
7	03152010-3035
8	04212010-3038
9	04212010-3039
10	10052010-3040
11	16112010-3043
12	040112011-3044
13	10012011-3045
14	3112044-3046
15	02022011-3047
16	01032011-3048
17	08032011-3049
18	08032011-30491
19	21032011-3050
20	28032011-3051
21	12052011-3052
22	07062011-3053

First Nation Housing Off Reserve



Application Form

101 – 4555 Kingsway, Burnaby, B.C. V5H 4V8
Phone: 604-433-2218 Toll Free: 1-800-257-7756 Fax: 604-439-4729

Purpose of this Form

The purpose of the application form is to collect specific information from applicants (the person filling out the form) seeking housing in accordance with section 26(c) of the Freedom of Information and Protection of Privacy Act.

The Housing Registry will use this information to:

- determine eligibility for subsidized housing;
- assess housing need; and
- determine the housing developments that suit an applicant's needs.

What is a Supplemental Application Form?

Some housing providers that use The Housing Registry will give additional consideration to applicants who are:

- homeless;
- fleeing domestic violence or abuse; or
- have a serious health condition that is affected by current housing.

Eligibility

More information on who is eligible to apply for housing and reasons why an application cannot be accepted can be found in the "How to Apply Brochure" or online at www.bchousing.org. If you did not receive the brochure with this application, call The Housing Registry to ask for a copy.

Where do you want to live?

When filling out this form you will need the Housing Listings. These listings give information on the buildings that can be applied to using this form.

If copies of the Housing Listings were not included with this form, or if you want listings for different areas, contact The Housing Registry or download the listings from www.bchousing.org.

Please note that if you refuse **two** offers of housing, your application will be **cancelled**. So please be careful when telling us where you want to live and be sure that you are ready to live in any of the buildings or areas you select.

Other Important Information

Applicants may be contacted for more information, which may involve completing a Supplemental Application Form and/or providing supporting documents.

A Supplemental Application Form must be completed by someone who can verify the applicant's situation. For more information or to obtain this form, call us or visit our website at www.bchousing.org.



For help with this form, please contact The Housing Registry at 604-433-2218 or 1-800-257-7756.

REG-01E - Page 1

Application Forms available upon request.

Stacy McNeil will be away until September 19 on leave. If you have any:

Housing concerns, please direct them to Dwayne.

Recreation/Out of School Care – Keena;

Community Events – Angie;

Community Services in general – Carolyn Neufeld.



BC Hydro - Smart Meters

Beginning September 12 BC Hydro will be installing Smart Meters in Seabird.

A housing team member will be directing them while they are here.

For more information, please contact Dwayne McNeil.

First Nation Housing Off Reserve

AFFORDABLE HOUSING



Choices for Families

Zone 7 - Fraser Valley, Chilliwack and Abbotsford

The Housing Listings is a resource directory of affordable housing in British Columbia and divides the Lower Mainland into 7 Zones.

Zone 7 identifies affordable housing in the Fraser Valley, Abbotsford and Chilliwack.

In order to increase your chances of obtaining housing it is recommended that you apply for several locations at once.

The attached listings are divided into two sections.

Section #1: Apply to The Housing Registry

Section 1 - Lists developments that The Housing Registry accepts applications for. These developments are either managed by BC Housing, Non-Profit societies or Co-operatives. To apply for these developments, please complete an application form which is available from any BC Housing office, or download the form from www.bchousing.org/resources/Applicant/Application_Form.

Section #2: Apply directly to Non-Profit Societies and Housing Co-ops

Section 2 - Lists developments managed by non-profit societies or co-operatives which maintain and fill vacancies from their own applicant lists. To apply for these developments, please contact the society or co-op using the information provided under "To Apply". Please note, some non-profits and co-ops close their applicant list if they reach a maximum number of applicants.

AFFORDABLE HOUSING



Section 1: Apply to The Housing Registry for developments in this section.

Apply by calling 604-433-2218 or, from outside the Lower Mainland, 1-800-257-7756. You are also welcome to contact The Housing Registry by mail or in person at 101-4555 Kingsway, Burnaby, BC, V5H 4V8. Office hours are Mon-Fri 8:30-4:30.

Please include The Housing Registry code on the application form.

MGMT* Development Name and Location	Property Notes	Housing Registry Code	Bedrooms				Additional Information*
			BR2	BR3	BR4	BR5	
Abbotsford							
BCH Cedarhurst, 33488 Bevan Ave		225	10	37	4	0	AC,P(1),R,STF
BCH Fernview, 1751 McKenzie Rd		195	0	38	0	0	AC,P(1),R,STF
BCH Matsqui Townhouses, 32143 Marshall Rd		193	0	11	0	0	AC,P(1),R
Various municipalities in the Fraser Valley							
Mission							
NP Mission Heights, 7305 Cedar Valley Connector		ANI	3	26	4	0	AC,R
BCH Windebank Village, 32347 Brant Ave		194	0	16	0	0	AC,P(1),R

AFFORDABLE HOUSING



Section 2: Apply directly to Non-profit Societies or Housing Co-ops for the developments in this section.

If the non-profit society or the housing co-op has indicated that you should apply by mail, please include a self-addressed stamped envelope.

MGMT* Development Name and Location	Property Notes	Bedrooms				Additional Information*
		BR2	BR3	BR4	BR5	
Abbotsford						
CP Abbotsford Co-op - Phase 2, 32855 Marshall Rd To Apply: 604-853-7951. Membership Committee, 32855 Marshall Road, Abbotsford, BC V2S 1J9.		24	0	0	0	M,PR(2),R,S
CP Abbotsford Co-op - Phase 3, 32855 Marshall Rd To Apply: 604-853-7951. Membership Committee, 32855 Marshall Road, Abbotsford, BC V2S 1J9.		24	0	0	0	M,PR(2),R,S
CP Abbotsford Co-op - Phase 4, 2080 Gladwin Rd To Apply: 604-853-7951. Membership Committee, 32855 Marshall Road, Abbotsford, BC V2S 1J9.		22	0	0	0	M,PR(2),R,S
CP Bakerview Housing Co-op, 33474 Cannon Ave To Apply: 604-854-6133. Membership Committee, 33474 Cannon Avenue, Abbotsford, BC V2S 6H4.		18	50	5	0	M,PR(2),R,S
CP Brooksford Place, 3120 Trethewey St To Apply: 604-859-6283. Membership Committee, 33A - 3120 Trethewey Street, Abbotsford, BC V2T 4H2. Fri 9:00-5:00.		10	41	0	0	M,P(1),PR(2),R,S
CP Clearwater Co-operative, 32550 MacLure Rd To Apply: 604-859-7429. Membership Committee, 219 - 32550 MacLure Road, Abbotsford, BC V2T 4N3.		0	40	0	0	PR(2),R,S
NP Kinsmen Creekside Estates, 33295 MacLure Rd To Apply: 604-855-9981. Abbotsford Kinsmen Housing Society, 153 - 33295 MacLure Road, Abbotsford, BC V5H 4V8. Mon-Fri 10:00-12:00.		26	20	6	0	AC,R
CP Sherwood Forest Co-op, 3177 Babich St To Apply: 604-854-6204. Membership Committee, #3 - 33222 Old Yale Road, Abbotsford, BC V2S 2J5.		0	35	0	0	PR(2),R,S
Chilliwack						
NP Kiwanis Place, 7760 Luckakuck Pl To Apply: 604-858-9198. Chilliwack Kiwanis Housing Society, 35-7760 Luckakuck Place, Chilliwack, BC V2R 3C8. Mon-Fri 10:00-12:00.		14	17	3	0	AC,R,W
Various municipalities in the Fraser Valley						
Mission						
CP Lock Lane Co-operative, 7679 Cedar St To Apply: 604-826-9765. Membership Committee, #1 - 7679 Cedar Street, Mission, BC V2V 3M6.		11	19	0	0	M,PR(2),R,S
CP Mission Co-operative, 7365 Cedar St To Apply: Membership Committee, 7365 Cedar Street, Mission, BC V2V 5S7.		30	0	0	0	PR(2),R

Management Type (MGMT*) * The following information will be provided for each development if available:

BCH - BC Housing CP - Co-op AC-Additional Charges Apply D-People with Disabilities Accepted M-Market Units Available O-Housing provider has other developments P(#)-Pets Allowed (max #)
NP - Non-Profit PR(##)-Co-op Participation Required R-Residency Requirement S-Co-op Share Purchase Required SF-Smoke Free Property STF-Onsite Staff W-Wheelchair Accessible Units Available

Bedroom Sizes

BR2 - 2 Bedroom BR3 - 3 Bedroom
BR4 - 4 Bedroom BR5 - 5 Bedroom



Bed Time

Just like adults, children need their sleep. When they do

not sleep well, they feel unhappy or frustrated. They cry a lot and nothing seems to satisfy them for long. Getting enough sleep can also be a concern for many parents. Over time, your baby will gradually sleep longer during the night.

Your Baby

For the first few months, your baby may sleep for about 15 hours of every 24 hours. Newborn babies will usually not sleep longer than 2 or 3 hours at a time. In the early days, it is common for babies to wake up several times at night for feeding. Getting enough sleep can be a concern for many parents.

Breast feeding is the best way to get your baby back to sleep. Over time, your baby will gradually sleep longer during the night.

To help your baby learn sleeping patterns, you can do the following:

- Have a clear difference between daytime and night-time sleeping.

- Have a regular night-time routine. This may not be possible in the first few months. As your baby gets older, give her a warm bath at night followed by cuddling or singing a lullaby and having some quiet time. Feed your child before bedtime. This signals to your baby that it is time to sleep.
- When you are up at night to feed your baby, keep the room dark and quiet. Try not to stimulate your baby before putting him back down to sleep.
- During the day, let your baby sleep in a lightened room with normal daytime noises.
- Always place your baby on her back to sleep on a firm and safe sleep surface. Babies should **never** be placed to sleep on couches, water beds, sheepskin, or soft surfaces like pillows.

The Toddler Years

Ages 1 to 3 years are when children discover and start expressing their independence. They want to make their own decisions, so naps and bedtimes can be a challenge. We know that babies and children respond well to very structured

bedtime routines with some decision making of their own. Think about designing a routine that suits you and your child. The routine helps slow the child down enough to sleep.

Many children between 1 and 3 years of age wake up during the night at least once a week. The child's waking at night peaks between 18 months to 2 years and then decreases over time.

Sleep Safety

The Canadian Pediatric Society recommends that the safest place to sleep for children under 12 months of age is in their own crib. Your child should sleep on his or her back in a crib that meets the Canadian government's safety standards. **Bed sharing** where a child sleeps on the same sleeping surface or bed with any person is **not recommended**. Bed sharing increases the risk of suffocation. **Room sharing**, also called co-sleeping, is when your child is within arm's reach of you but on a separate sleeping surface. Room sharing **is recommended** for the first 6 months and can protect against Sudden Infant Death Syndrome (SIDS).

CHICKEN SOUP FOR MENTAL HEALTH

FROM SIB WELLNESS CENTER 604-796-6826

Quit Smoking Lunch Group : 12p,m- 1pm at Elder's Room / Healthy Relationship Dinner Group: 5pm to 7pm at Wellness Center on every Wednesday (First group, August 24th, 2011)

Anxiety, Stress and Breathe

Feel anxious? Stressful? Do you have tension headache? Do you abuse "soft" drugs- alcohol or tobacco? Do you feel chronic fatigue? Are you irritable, with low frustration tolerance? Do you have high blood pressure in certain situation or at certain time? Does your immune system seem not to be working well? A great number of people would response "yes" to one or more of these questions. Anxiety is one of the most common concerns these days, and stress is related to physiological discomfort such as headache and indigestion. Stress is also correlated with heart disease, cancer and other serious diseases. Stress has become a commonplace concept in our daily lives and language (I am so stress out !!) Stress essentially refers to conditions stemming from demands exceeding capacity. However, stress can stem from something that we regard as positive such as a desired job promotion, marriage or a holiday as well as from something that we regard as negative, such as significant loss, injury or illness. One simple way to reduce the feeling of anxiety or stress is to breathe- **breathe mindfully**. Contact Peggy to obtain a simple breathing exercise instruction card or to discuss more about your concerns for yourself or loved ones. Peggy can be reached at **604-796-6826 or pegggyu@seabirdisland.ca**



Indian Residential School Survivors Society (IRSSS)

1.800.721.0066

Monday to Friday 8:30am to 4:30pm

Common Experience Payment (CEP)

Deadline for CEP September 19, 2011

Independent Assessment Process (IAP)

Deadline for IAP September 19, 2012



Canada



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

WOMEN'S EMPOWERMENT GROUP



Topics include assertiveness, self-awareness, goal setting, positive parenting, decision making, self-protection (safety), conflict resolution and other issues which affect women.

The group is an open format drop in and the topics are presented through crafts, various exercises, handouts and presentations. It is both fun and educational. Women have amazing strength and versatility and this group offers encouragement, new friendships and support.

**Beginning Wednesday September 14th
at 6:30 p.m.
and runs for 12 weeks.**

Snacks will be provided.

Seabird Island Wellness Centre

Register with Edie at the Band Office
or contact Cheryl at Cheryl@hopetransition.org

Healthy Eating Recipe Corner

Bannock

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 2 tablespoons baking powder
- 1/4 cup butter, melted
- 1 1/2 cups water



Directions

1. Measure flour, salt, and baking powder into a large bowl. Stir to mix. Pour melted butter and water over flour mixture. Stir with fork to make a ball.
2. Turn dough out on a lightly floured surface, and knead gently about 10 times. Pat into a flat circle 3/4 to 1 inch thick.
3. Cook in a greased frying pan over medium heat, allowing about 15 minutes for each side. Use tongs for easy turning. May also be baked on a greased baking sheet at 350 degrees F (175 degrees C) for 25 to 30 minutes.

Makes 12 servings

Bannock Sandwiches

I find I have a hard time with yeasty breads, but bannock, *mmm... bannock*, no problems there.

My kids get bored of the usual sandwiches for school *every day*. For a nice treat every once and while I make extra bannock for dinner and save some for the next day (*may have to hide it though*). In the morning they make sandwiches out of bannock instead of using boring bread. They love it and even have friends asking for bites.

Its a traditional twist on the regular sandwich. Slice open the bannock and fill it with Jam or even peanut butter and jam, or lunch meat, cheese and lettuce or even smoked salmon.

Its a lunch they beg me for every time and I never have to worry about that lunch finding its way to the trash, it makes it to the belly every time!

LANDS DEPARTMENT

Steps to Law process... LAWS...

1. Draft review from other First Nations examples
2. Select 1 from draft review that is appropriate to SIB (all lands advisory committee members partake)
3. Law drafting – staff to assist with initial draft
4. Clause by clause review
5. First final draft – ready for community input
6. Posting of law – 30 days
7. Community review – legal review if changes occur
8. Chief and Council approval
9. Enact the law – Enforcement



Gates – Trespassing – Parking – Keys

The gates are up.

The gates are locked.

But you are NOT LOCKED OUT !!

The Keys to the Gates are available, and please contact Art Andrew and Kimberley Lessard to arrange a time to get a key here at the band office.

We appreciate your patience, and feedback during this transitional period, and we ask for your continued cooperation managing your lands.

PARENTING WORKSHOP

Dates: SEPTEMBER 12 & 26
Time: 10:00 am to 12:00
Seabird Island Band Office

JOIN US FOR A SERIES OF POSITIVE PARENTING WORKSHOPS

Life is an opportunity to learn and grow. Presentations, sharing, 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.

ATTENTION: LEADERS, CHR'S/HEALTH STAFF AND COMMUNITY MEMBERS CARING FOR FAMILY MEMBERS



Volunteer Leaders Wanted

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

The Chronic Disease Self-Management Program (CDSMP)...

- is a **free health education workshop** offered in communities throughout BC.
- Pairs of **trained volunteer leaders** deliver the six-session workshop to groups of people who have ongoing health conditions and their caregivers. Attend this 4-day training to become a leader!

CDSMP VOLUNTEER LEADER TRAINING

- You do **NOT** need to be a health professional to lead the workshop. Many of our volunteer leaders have chronic conditions themselves.
- To become a certified volunteer leader, you must attend the four-day Volunteer Leader Training.
- The leader training and materials are provided at **no cost**.
- As a volunteer leader, you will be able to use the skills you have learned to help others help themselves.

The Next Volunteer Leader Training:

Seabird Island

Dates:

**Four Sessions
Monday and Tuesdays
Sept 12 & 13, 19 & 20
9:30 am to 3:30 pm
Lunch will be provided.**

Location:

**Seabird Band Office
(Health Centre)**



FOR MORE INFORMATION OR TO REGISTER

Vanessa Peters – Communications Asst.
Direct Phone: (604) 796-6846
Email: vanessapeters@seabirdisland.ca

Contact us to become a Volunteer Leader ▶▶

R.I.T.E. Program Grad Class



Reaching Independence Through Employment Program a partnership program with Triangle Community Resources Inc. and Seabird Island Band. Personal Management Skills, Career Decision Making and Job Search Strategies. Motivation, inspiration and success.

Chadwick Ludman, Dylan Sjoblom Chris Louie, Conrad Louie, Chance Paul.

Excellent work guys!

Student Doctor



Mike Dumont a student doctor from UBC in Vancouver will be working under Dr. Fox for the next month. Mike is training to work in Family Medicine and Emergency. He is beginning his 4th and last year of University. After University Mike has another 2 years of residency before he can settle down into a permanent position in family care, then another year of residency for emergency.

Originally from Shawnaga Ontario a Ojibway First Nation Mike came to Vancouver to get his Undergrad 8 years ago. He had visited BC in his childhood and wanted to come back for the adventure. Mike likes the area and would like to make BC his permanent home.

“Meegwetch (thank you) to Seabird Island First Nation for hosting me these 4 weeks. I hope to meet all of you”.

Workshop Series for Wellness

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

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

September: Peer-counselling: Learning to listen in a healing way

This workshop is a guide to listening in ways that are healing. To really have another person listen to you is a true gift and doesn't happen often enough in today's world. I have worked as a trainer for peer-counsellors for several years and will draw on this experience for this workshop.

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.

Parents & Tots

September schedule

The Parents and Tots program will begin the second week of September [watch for dates on community boards]. This program is for all families and expectant families with children 0—6 years of age.

During Parents and Tots you will have the opportunity to participate in free play, planned art activities, gross motor games, singing, cultural stories, language, snacks and lunch at no cost.

Each program day you will be able add to your collection of cultural and language projects. All parents and children will receive gifts at the end of the program year for their completed projects.

Program Schedule

Tuesday- 10:00 am - 1:00 pm

Thursday- 10:00 am - 1:00 pm

Parents & Tots will take place At the Mill Hall

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

Tracey Bonshor
Phone: (604) 796-2177
Fax: (604) 796-1124

Email: traceybonshor@seabirdisland.ca



Employment, Training and Social Development

SEABIRD ISLAND EMPLOYMENT, TRAINING AND SOCIAL DEVELOPMENT

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

2895 Chowat Road
P.O. Box 650
Agassiz, BC V0M 1A2

SEPTEMBER 2011

****265 Client visits for the month of August ****

Summer Student Workers

We would like to thank all of our summer workers for their dedication and support. They have shown great strength and leadership during their time here at Seabird and are becoming great youth Leaders and role Models. Keep up the great work!!



Job Posting Binder is updated weekly. Please come in and check it out.

**Social Assistance: October check run will be handed out September 28, 2011.
Please hand in your renewals by Friday September 9, 2011. Thank you!**

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.

IMMUNIZATIONS: Questions Parents Ask



What are immunizations?

Immunizations help protect you or your child from disease. They also help reduce the spread of disease to others and prevent epidemics. Most are given as shots. They are sometimes called vaccines, or vaccinations.

In many cases when you get a vaccine, you get a tiny amount of the organism that causes the disease. This amount is not enough to give you the actual disease. But it is enough to cause your immune system to make antibodies that can recognize and attack the organism if you are ever exposed to it.

Sometimes a vaccine does not completely prevent the disease, but it will make the disease much less serious if you do get it.

Some immunizations are given only once. Others require several doses over time.

Can vaccines cause other problems?

Some parents questioned whether vaccines that contain thimerosal, a chemical that contains mercury and is used as a preservative, might cause autism. Studies have not found a link between vaccines with thimerosal and autism. Today, none of the routine childhood vaccines made for use in Canada contain thimerosal. Only some flu vaccines and one form of the hepatitis B vaccine contain thimerosal.

Some people worry that the shot for measles, mumps, and rubella can cause autism in children. This is because symptoms of autism are first noticed around 1 year of age, which is around the same time children receive their first shot for measles. Many studies have been

done, and no link has been found between this vaccine and autism.

Immunizations help protect you or your child from disease. Most are given as shots. They are sometimes called vaccines, or vaccinations.

What immunizations are recommended for children?

Ask your doctor what shots your child should get.

The Canadian National Advisory Committee on Immunization (NACI) recommends a specific childhood immunization schedule, but recommendations may also come from the Canadian Pediatric Society (CPS) or your provincial or territorial ministry of health. **Commonly recommended immunizations include:**

- Chickenpox.
- Diphtheria, tetanus, and pertussis (also known as whooping cough).
- Flu (influenza). The flu vaccine is not given to children younger than 6 months.
- H1N1 influenza (swine flu). This vaccine is not given to children younger

than 6 months.

- Haemophilus influenza type b disease, or Hib disease.
- Hepatitis B.
- Measles, mumps, and rubella.
- Meningococcal disease.
- Pneumococcal disease.
- Polio.
- Rotavirus.

Immunizations begin right after birth and are given throughout a baby's first 23 months. Booster shots are usually given between the ages of 4 and 6. Booster shots are the later doses of any vaccines that need to be repeated over time.

Fewer immunizations are needed after age 6. But a child older than 6 who has never been vaccinated should be. Also, teens who have been vaccinated as children may need additional or booster shots. Talk with your doctor about the specific vaccines that your child or teenager may need. Some shots are given during adulthood (such as a tetanus shot).

It is important to keep good records, including a list of any reactions to the vaccines. You may need to show proof of immunizations when you enrol your child in daycare or school.

Talk to your doctor if you or your child plans to be in a group living situation, like a university dormitory or summer camp. You may want certain shots, like those for the flu or meningitis.

Why should my child get immunized?

- Protect your child from dangerous diseases and help to keep disease from spreading.
- Cost less than getting treated for the diseases.
- Have very few serious side effects.
- Often are needed before a child can attend school or daycare.

When should my child be immunized?

- Childhood immunization schedules may vary in each province and territory. Ask your doctor what shots your child should get.

Are immunizations really needed? Haven't we gotten rid of most diseases?

- Only immunizations prepare your child's body to fight disease. Widespread immunizations in Canada have led to a sharp drop in diseases. Better living conditions have also helped, but they aren't enough to protect you from disease.
- Dangerous diseases, such as polio, still exist in other countries. Travellers can bring them into Canada. So it's still very important to have your child immunized.



Do vaccines cause autism?

- No link has been found between vaccines and autism.
- Some parents worry that certain vaccines can lead to autism. Some stopped vaccinating their children altogether because of this concern.
- It is much more dangerous to risk getting the diseases than to risk having a rare serious reaction to the vaccines.

What are the side effects of vaccines?

- Most side effects from vaccines are minor, if they occur at all.
- The area where the shot was given may be sore. And some children may be fussy or get a slight fever. Your doctor or pharmacist can explain the reactions that could occur.
- People who are allergic to eggs may have a reaction to flu shots, which contain egg protein. If your child has an

egg allergy, don't take him or her for a flu shot without talking to a doctor first.

- Serious side effects are very rare. Again, it's much more dangerous to risk getting the diseases than to risk having a serious reaction to the vaccines.

Isn't it dangerous to get more than one vaccine at a time?

- No. Combined vaccines have no greater risk for side effects than a single vaccine does.
- Some parents worry about their children getting several vaccines at the same time. They worry that a child's immune system can't handle all those vaccine organisms at the same time.
 - Getting more than one shot may seem like a lot for a child's body to handle. But babies have billions of immune system cells that are hard at work all the time, fighting the many thousands of germs they're exposed to every day.
 - More and more vaccines are being combined into a single shot, such as the measles-mumps-rubella shot. This means fewer shots need to be given. Even though the vaccines are combined, each gives the same protection as it would if it were given alone.

Is it okay to skip a shot when my child is sick?

- On very rare occasions, your doctor may suggest waiting to have your child immunized. For example, you may need to wait when your child has:
 - A history of serious allergic reaction to a vaccine.
 - Severe vomiting or diarrhea, when dehydration is a concern.
 - A serious illness, such as pneumonia, bronchiolitis, or a severe asthma attack.
- But children usually can still get a shot even when they have a minor illness. This includes a cold, an ear infection, vomiting, or diarrhea. And children usually can still get a shot when they are taking antibiotics.

Talk to your doctor if you have any concerns about having your child immunized.

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 (1st) of each month

Sandy Bobb

Phone: 604-796-2177

Direct: 604-796-6838

Website: www.seabirdisland.ca

E-mail: sandrabobb@seabirdisland.ca

September 2011

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

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

Temkw'olexw / September

IT'S DOG SALMON TIME!

Fresh salmon should be consumed, canned or frozen as soon as possible, within 24 - 48 hours.

The pink salmon (also known as the humpback salmon) is the smallest and most abundant Pacific salmon species.

These fish are canned, salted, or smoked. Its roe (eggs) is produced commercially as caviar.

Pink salmon is low in sodium, a good source of omega-3 fatty acids, and a very good source of protein, niacin, vitamin B12, and selenium.



Health Comics



Halq'emeylem Cross Word

L	B	T	H	E	Á	L	E	X	I	Á	T
:	O	'	X	W	Z	Ú	H	P	É	K	W
Á	O	A	M	B	R	O	T	H	E	R	R
T	K	G	E	É	:	M	E	Á	L	E	X
,	F	C	D	Á	I	M	H	P	Ú	,	L
L	R	O	I	Ú	P	O	K	Í	M	J	:
:	A	A	C	A	N	T	'	P	É	P	Á
Á	N	T	I	,	F	H	T	E	R	S	M
T	É	H	N	U	T	E	Á	L	E	X	,
Ú	C	D	E	F	:	R	J	,	H	Á	L
H	A	T	C	A	P	E	R	G	T	K	:
S	T	'	É	L	M	E	X	W	A	P	Á
Á	:	S	I	S	T	E	R	O	F	É	M

- PÉKW**
- BOOK
- PIPE**
- PAPER
- KOPÚ**
- COAT
- TE ÁLEX**
- BROTHER
- THE ÁLEX**
- SISTER
- TÁ:L, TÁ:L**
- MOTHER
- MÁ:L, MÁ:L**
- FATHER
- ST'ÉLMEXW**
- MEDICINE

Congratulations Nancy

Council for the Advancement of
Native Development Officers (CANDO) Certification



Nancy Murphy, CAFM Bio

I am a member of Seabird Island First Nation and have resided at Squiala First Nation, my children's First Nation, for many years. I have extensive experience working with the First Nation communities throughout British Columbia in management, finance and advisory services. My entire working career has been aimed

at improving the quality of life for our First Nation people and organizations.

I am a proprietor of my own business, as First Nation Advisor, providing services to First Nations communities and I have operated my own retail business. The advisory services are specific to First Nation administration, finance, housing, governance, economic development, etc. This also involves on-site services, training and workshop facilitation. I have also successfully completed contracts with INAC, the Ministry of Child and Family Development, the B.C Aboriginal Housing Committee of B.C and the First Nation Child and Family Tripartite Co Chairs Committee.

I have a Business Administration Diploma (accounting major) from the University College of the Fraser Valley, many years of experience in First Nation administration and financial management. In November 2002 I received the Aboriginal Financial Officer Association of Canada designation as a Certified Aboriginal Financial Manager (CAFM). In August 2011 I received a Council for the Advancement of Native Development Officers (CANDO) certification as a Professional Aboriginal Economic Developer. I will be receiving it at a Ceremony of their National Conference in Richmond, B.C., Nov. 7-10, 2011.

Community Road Safety

Thank you to Paris for making the roads safer for the community members to drive on. Those blind spots can be a real hazard. The work you did clearing the black berry bushes at the entrance to Seabird and at all the other blind corners was appreciated by all.

On another note: The long grass at the edge of our lawns creates blind spots and the leftover grass clippings make the walk ways and roads slippery.

We can all do our part to keep these areas safe by, keeping our lawns cut around the edges of our yards and to ensure that grass clippings are not left on the roadways or sidewalks. For your safety, your families safety and the safety of those around you we ask for everybody to please take care of the edges of your yard..

Good Luck Stacy

Going for her Masters in Business



Stacy McNeil will be away from the office August 21st to September 19th. She is returning to school after being accepted earlier this year into the Masters of Business Administration program at the Royal Roads University in Victoria. The program is an 18 month long intense online course however Stacy is only required to be in Victoria for a 3 week residency at the beginning of her program, and

then again at the end. She plans to keep working at the Seabird Band Office while she is taking the remainder of the course on-line.

Goodbye Noy



It is with mixed emotions that I take this opportunity to say goodbye. For close to 8 years, you have been a big part of my work life, and there have been many changes in the ever growing development of our nation's administrative organization. I am proud to have been able to be involved in some of the changes in the services we all strive for in our work for our community members.

At times of change it is natural to reflect on what has taken place over these years. I wanted to share with you all that I take with me innumerable memories, and a sense of time well spent in the years that I have worked with Seabird, Cheam, Skwah, Shx'ow'hamel, Scowlitz, and for a brief time, Chawathil. I am honored that I was able to contribute in some ways to the health and well-being of these communities. Most all, it is the people that I have worked with on the day to day basis that are at the core of my thoughts today and I will carry with me into my new adventures.

Thank you to each and every one for the support, shared projects, and true camaraderie we have shared over the years.

Manoloune (Noy) Khounviseth
Halq'emeylem name: L'elhtelets



'Round The Rez

Community Events, Workshops & Outings

SUMMER ACTIVITIES AT YOUTH BUILDING WITH MELISSA

We will be learning about the Medicine Wheel while baking/cooking and taking pictures! The teachings for the Medicine Wheel will come from your family and those shared by Seabird Island Community Members.



Medicine Wheel

What is inside of your Medicine Wheel?
Is it balanced?
What can you add to make your life feel full?

- Cooking / Baking all ages welcome
- Tuesday's from 11:00 - 12:00
- Medicine Wheel and Photography
- Tuesday's: 7 - 12 Years old 1:00 - 2:30
- Movie
- Tuesday's: 10 - 18 Years old 5:00 p.m. - 6:30 p.m.

DENTAL CENTER

Open Monday - Thursday.
Closed on Fridays.

Tuesday

WALK-IN CLINICS

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

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

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

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

\$100.00 Gift Certificate.

(Walk-in Clinics do not qualify)

FITNESS CENTER

Closed in the evenings until September. 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.

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



ELDERS WISDOM PROJECT:

Angie Chapman is still currently taking names for any Elders that would like to participate in the Elders wisdom project. This project is geared towards involving the elders in the following programs that are happening here at Seabird: Parents & Tots, Preschool School, Young Parents Program, Seabird Day-care. We can arrange for transportation if Elders are needing a ride to visit the programs and we can also address any other concerns that you may have. Please follow-up with Angie if you are interested in participating.

OFF RESERVE NATIVE HOUSING

TO APPLY, YOU MUST

- 1) call 1-604-688-1821 (BC Native Housing)
- 2) complete a telephone interview.
- 3) You will then be sent a form that you must fill out and return; follow the interviewer's instructions.

Rent is based on 30% of your income, and the wait period can be long. However, Native Housing is available throughout the Province, including Agassiz, Harrison and Chilliwack!

HOUSING

NOTE: Please ensure your lawns are cut; this will prevent issues with mosquitoes and rodents!

Letters are being sent regularly to ensure compliance with your tenancy agreement.

Thank you for your cooperation!

BC Housing - Aboriginal Housing Provider List available at
<http://www.bchousing.org/Find/aboriginal/AHL>

VOLUNTEERS REQUIRED

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

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: September 15th, 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:

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

OPTOMETRIST CLINIC

Future optometrist clinics with Dr. Ahmed

Sept. 26
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!



Welcome New Baby Girl!
Cassiopeia Brooklyn Peters
August 9th, 11:40 am
6lbs 14oz
Kristopher Peters & Jessica Michel
Royal Inland Hospital in Kamloops

INFANT MASSAGE CLASS

Tuesday Sept 13th,
Tuesday Sept 20th,
Tuesday Sept 27th,
and
Tuesday Oct 4th.



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

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

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

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

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.



EMPLOYMENT OPPORTUNITY'S ON SEABIRD

Physical Fitness and Nutrition Educator

DEPARTMENT: Health and Social Development
DIRECT SUPERVISOR: Carolyne Neufeld

Position Summary:

The Physical Fitness and Nutrition Educator will be primarily responsible for creating, delivering, and implementing health initiatives across the band including in the community, at the school and for staff. Programs and initiatives will focus around improving the physical health of community members through increased physical activities and making healthy food choices. This position will play a key role in educating people on what physical activities are best suited to their needs, as well as what healthy food choices are right for them and their family including teaching healthy food preparation. Included in the education provided a focus should include traditional teachings and education for traditional food, cooking/preserving techniques, and healthy activities.

Qualifications/Requirements:

- Formal Education in Physical Fitness, Nutrition or Nursing
- 2-3 years experience in similar role
- Knowledge of health challenges facing First Nations groups
- In depth knowledge of diabetes and method to treat/contain its symptoms
- Valid Class 5 Drivers License and own transportation
- Significant experience leading seminars or other learning session
- Experience working with youth, adults and elders
- Experience creating health plans including diet and exercise routines
- Acceptable criminal history check

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

Interested candidates are invited to submit a resume, covering letter & three references to
Human Resources - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0
Phone 604-796-6814 **Fax** 604-796-3729
humanresources@seabirdisland.ca

DEADLINE Friday September 2nd 2011

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

Custodian – On-Call

DEPARTMENT: Construction & Maintenance
RESPONSIBLE TO: Custodial Supervisor

Position Summary:

The custodian is responsible for maintaining standards of cleanliness, on-reserve, through the ongoing assessment of conditions and cleaning needs and by taking appropriate action.

The working environment will include both indoor and outdoor work. The custodian is required to operate and maintain power tools, drive vehicles, work with chemicals and perform physical activity.

Qualifications/Requirements:

- Valid driver's license an asset
- Building Services Certificate an asset
- Experience using cleaning supplies and equipment.
- Must complete a satisfactory Criminal Record Check
- Ability to perform tasks under broad guidelines with minimum supervision
- Ability to lift and carry up to 30 lb

Primary Responsibilities:

- Maintain standards of cleanliness through ongoing assessment of conditions and cleaning needs and by taking appropriate action
- Comply with WCB and WHMIS rules and regulations at all times
- Report unsafe working conditions to the Custodial Supervisor
- Post warning signs if interior conditions may be hazardous to building occupants (slippery floors, etc.)
- Take appropriate safety measures in using and disposing of chemical cleaning agents
- Promote continuous improvement of workplace safety and environment protection
- Maintain regular contact the Custodial Supervisor and ensure accurate completion of paperwork required for purchase orders, time sheets and reports.

Hours: on call – as required

Interested candidates are invited to submit a resume, covering letter & three references to:
Human Resources - Seabird Island Band
P.O. Box 650 Agassiz, B.C. V0M 1A0
Phone 604-796-6814 **Fax** 604-796-3729
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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.

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.

MONTHLY BIGGEST LOSER

Monthly biggest loser. Sign up with Keena.. weigh in is the last Monday of every month. Person with most weight loss percentage at the end of the month, wins \$50.

See Keena for more information.

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!