



## LALME' IWESAWTEXW GRAD CLASS OF 2024



Lalme' Iwesawtexw (Seabird Island Community School) held their 2024 Grade 12 Graduation Ceremony along the water under great cedar trees.

The serene backdrop of the Maria Slough and the towering cedars created a picturesque setting for this momentous occasion. The bleachers were filled with proud family and friends, all eager to take pictures of the students as they celebrated this major milestone in their lives.

The ceremony began with a heartfelt welcome from Chief Jim Harris, who praised the graduates for their hard

work and dedication. He highlighted the unique challenges they had overcome, including navigating their education during the pandemic. This was followed by a series of inspiring addresses from teachers and community leaders, each offering words of wisdom and encouragement.

This was a great day that marks the end of their high school careers and the beginning of a new journey in life. For some, this journey means securing a job to begin their professional careers, while for others, it means moving on to college and university to further their education.

It is a significant change in one's life, and thanks to their teachers, parents, and role models, these students are well-prepared for their next journey.

Lalme' Iwesawtexw has provided them with a strong academic and cultural foundation, and their supportive Community has instilled in them the values of perseverance, respect and lifelong learning.

Congratulations to the Class of 2024!

*Sandra Bobb, Communications Program  
Sq'éwqel Culture & Community Services*

**Note:** Please find more details on pages 8-9.





## PROVINCIAL GOLD

Nancy Murphy’s grandson, Kaiden Hudson-Jimmie, has made his family and community proud by winning gold at the BC Provincials Soccer Tournament. Representing the Langley U14 team, Kaiden played with skill and determination, helping his team secure the top spot in the competition.

Kaiden is the son of Natalie Jimmie from Squiala, and his roots are deeply tied to the Seabird Island community through the Harris and Hope families. His success on the soccer field is a testament to his hard work and dedication, and he has become a great role model for the kids at Seabird.

Kaiden’s achievement is more than just a personal victory; it’s an inspiration to the youth in his community, showing them that with determination and effort, they too can achieve great things. Congratulations, Kaiden Hudson-Jimmie, on your remarkable accomplishment!

**CHAMPIONS,  
CHAMPIONS,  
CHAMPIONS!!! 🏆**

*Submitted by Nancy Murphy*

## Langley United Soccer Association

[renstSdooop3t4ii0h7m764189ahll1lag-3f4u8138tt0t6h87u1g85f09h1f](https://www.facebook.com/renstSdooop3t4ii0h7m764189ahll1lag-3f4u8138tt0t6h87u1g85f09h1f) .

LUSA owns BC Soccer’s Les Sinnott Provincial Championships podium in Kamloops with 3 GOLD MEDALS and a BRONZE.

- U14 Boys = GOLD
- U16 Boys = GOLD
- U16 Girls = BRONZE
- U17 Boys = GOLD

Well done to all our players and coaches.



## UPCOMING EVENTS

- July 31 Acupuncture Clinic  
10 am - 4 pm
- Aug 1 Hearing Clinic  
9 am - 4 pm
- Aug 6 NIFA Going Away Event
- Aug 7 Story Time in the Park  
10 - 11:30 am
- Pride Day Event  
4 - 7 pm
- Aug 8 Seabird Strong
- Eye Clinic
- Aug 9 Eye Clinic
- Aug 24 Membership Code BBQ
- Aug 27 Back to School Day
- Aug 28 Athlete Banquet
- Aug 31 - Sept 1 Traditional Medicine Conference

For more details please watch for the promotions on the **Sq’éwqel “Seabird Island Band”** Facebook Page: <https://www.facebook.com/SeabirdIslandBand/>

### Sewolem

-----  
Sports, Games, Plays

### St’élmexw

-----  
Medicine

### Yewí:leqw

-----  
Medicine Song





## ELDERS SAGE PICKING TRIP

On June 4<sup>th</sup>, a group of Elders braved the heat and went sage picking. It was a day filled with companionship and healing as they gathered this powerful medicine to bring back to the community. Sage, known for its cleansing properties, is used as an incense to purify the mind, body, and spirit, and even our homes. As the Elders moved through the fields, their laughter and stories filled the air, creating a sense of unity and purpose.

The ritual of sage picking is more than just a tradition; it is a vital practice that connects us to our ancestors and our culture. The Elders shared their knowledge and wisdom with each other, about the proper ways to harvest sage, ensuring that

the plants are treated with respect and care. This ensures the sustainability of this precious resource for future generations.

The Elders' efforts ensure that this traditional practice and its benefits continue to be a vital part of our lives. Their dedication to preserving and passing on this knowledge is a testament to the strength and resilience of our community. As they returned home with bundles of sage, the Elders knew they were bringing back more than just a plant; they were bringing back a piece of our heritage, a source of healing, and a symbol of our enduring connection to the land and each other.

*Sandra Bobb, Communications Program  
Sq'ewqel Culture & Community Services*



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## SUMMER FUN CLUB; HUGE SUCCESS

Run by leaders from Seabird Youth, this fun drop-in day camp has had a great turnout. The youth leaders have taken Responsible Adult training as well as a two-day “Leaders in Training” course on July 4 & 5, 2024, to ensure a safe and enriching experience for all participants.

This summer day camp is a drop-in club that runs from 10 am to 4 pm on weekdays during the summer in one of the high school classrooms. Free snacks, lunches, and beverages are included, ensuring that every child stays nourished and hydrated throughout the day.

The kids attending have had the opportunity to play a variety of games, fostering teamwork and friendship among participants. Additionally, they have enjoyed several exciting outings. One memorable trip was to Hicks Lake, where the children created lasting memories and enhancing their appreciation for nature.

This youth club also has a handful of bikes available, allowing the kids to go on group bike rides once in a while. These rides not only provide great exercise but also teach road safety and encourage a sense of adventure. The leaders have organized fun games, nature trails, and even friendly races, ensuring every day is filled with excitement.

Some of the field trips they’ve been on: Hicks Lake, Greater Vancouver Zoo, Hope Mountain Bike Park (not sure of actual name), Bridal Falls, WildPlay Adventure Park. On July 26, they had 29 kids go to the zoo,

*Sandra Bobb, Communications Program  
Sq̓̓w̓̓q̓̓el Culture & Community Services*







## BABY WELCOME CELEBRATION

Hosted at Seabird Island on June 19, the Maternal Child team held the annual Baby Celebration. The event was attended by around twenty babies and their parents, with approximately seventy guests in total. The atmosphere was filled with joy and excitement as families gathered to celebrate the newest members of the community.

The Pilalt Family Drum and Dance Group put on a great show. Their performance captivated the audience, and their powerful drumming resonated with the spirit of the occasion. They honored the mothers as the “life givers,” recognizing that our women and mothers are precious to the people. For us to continue to strive and build our communities, they should be treated with respect and reverence.

Three of our respected matriarchs, Alexis Grace, Lolly Andrew, and Willow Walker, were on hand to deliver inspiring words for the mothers, fathers, caregivers, and, of course, the babies, who represent our future. Their speeches were filled with wisdom, encouragement, and hope.

Four Elders also got up to share a few words of wisdom. Their presence and guidance added a profound sense of continuity and tradition to the event. Thank you to Mazie Peters, Ida John, Mike Joe, and Analise Cook.

The Baby Welcome Celebration was more than just a gathering; it was a reaffirmation of our community’s values and a reminder of the importance of nurturing and supporting our youngest members and their families. The event brought together multiple generations, fostering a sense of unity and shared purpose. It was a beautiful celebration of life, love, and the enduring strength of our communities.

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# STORY TIME IN THE PARK

**FREE!**  
**EVERY WEDNESDAY**

REGISTRATION: 10AM  
EVENT: 10:30AM - 11:30AM

**Pioneer Park**  
July 3, 10, 17  
**Agassiz C.R.C.C.**

July 24  
**Seabird Island**  
July 31

**Harrison Elementary School**  
August 7, 14, 21

In partnership with:



SCHOOL DISTRICT 78  
FRASER-CASCADE  
EVERYONE PULLING TOGETHER



Agassiz  
Harrison  
COMMUNITY  
SERVICES



## ATTEND THE VERY FIRST: TRADITIONAL MEDICINE KNOWLEDGE KEEPERS SOCIETY OF B.C.

**AUGUST 31 & Sept 1, 2024**  
Seabird Island Band Office Gym, Agassiz, B.C.

### 1<sup>ST</sup> ANNUAL TRADITIONAL MEDICINE CONFERENCE

SPEAKERS, MEDICINE MAKING, INTRODUCTION TO MEDICINE MAKING

HIGHLIGHTING 12 PLUS 1 BODY SYSTEMS

Hosted by Board of Directors: Dr. Jeanne Paul

Crystal Morris, Carol Peters, Peter John & Jennifer Morrison

Coming Soon! Don't Miss out.

Watch for details about:

- Registration and Links
- **Pricing**
- Agenda

Don't miss out, send us an email at:

[traditionalmedicineknowledge@gmail.com](mailto:traditionalmedicineknowledge@gmail.com)



## THE IMPORTANCE OF STORY TIME

Story time is important as it sparks imagination and curiosity. Stories help develop brain function, focus, and listening skills. Telling stories helps children understand the difference between reality and make-believe. Stories also help them develop language skills.

Most of all, reading stories to your children strengthens the bond you have with them. They will respect you more as they grow up and may remember to provide you with support when they are adults and you are an Elder.

*Sandra Bobb, Communications Program  
Sq'ewqel Culture & Community Services*



## GRADE 6 COMMENCEMENT CEREMONY

On Wednesday, June 19, 2024, at 8:35 am, the Grade 6 students gathered in the foyer, to be dressed for the special commencement ceremony. Excitement buzzed in the air as the students prepared to mark the transition from elementary to high school, a significant milestone.

The ceremony began with an inspiring address from Ms. Marchant, who spoke passionately about the students' achievements and the bright futures that lay ahead. Following her, the Education Director, Ms. White, emphasized the importance of education and the lifelong value of the lessons learned. Her words resonated deeply, encouraging the students to carry forward the knowledge and values they had gained and to keep learning.

School staff were invited to witness the transition ceremony. Their presence signified the collective effort and

dedication that had guided the students to this point. They were there to support the students and to cherish the memories of this day.

The path between the elementary and high school was lined with spectators. Students from both schools, along with proud family members, eagerly awaited the procession. Serena Splockton and Dianna Kay expertly guided the procession, ensuring the ceremony ran smoothly.

As the Grade 6 students reached the front of the high school, they were warmly welcomed by Alain Marchand and Darryl J. Splockton. Their speeches were filled with encouragement and excitement for the students' future at the high school. Each student was presented with a certificate and a gift, symbolizing their accomplishments and the beginning of a new chapter.

The Honour Song was then performed, a moving tribute significant to the ceremony. As the song concluded, the students entered the high school, where they were greeted with more words of wisdom and encouragement from their future educators and mentors.

The celebration did not end there. The Grade 6 students were invited to an afternoon school dance at the high school, a festive event that allowed them to bond with their new classmates and create joyful memories. The dance was a fitting end to a day filled with pride, hope, and excitement.

This ceremony marked an important milestone in the students' educational journey, celebrated by the community. It was a day of reflection on past achievements and anticipation for future successes, a true celebration of learning and growth.

*Sandra Bobb, Communications Program  
Sq'ewqel Culture & Community Services*





SEABIRD ISLAND COMMUNITY SCHOOL LALME'IWESAWTEXW - GRADE 12 GRADUATES



Maximus Edwards



Kyra Gillis



Semiya Birch-Douglas



Veronica Moreno



Blaine Wilson



Bert Peters



Tina Lyle-George



Stewart Francis Jr.



Evan Abbott



Jayme Preson





**GRADUATES OF 2024**



Jeremy Tait



Shawnti Angus-Green



Travina Charles



Hayden Charlie

1. **Embrace Lifelong Learning:** Graduation is the beginning of a lifelong journey of learning, knowledge and skills. Stay curious and open to new experiences.
2. **Persevere:** Life will present many obstacles, but perseverance and resilience are key. Every challenge is an opportunity to grow and learn.
3. **Value Relationships:** Build and nurture relationships with family, friends, and colleagues. These connections will support and inspire you throughout your life.

4. **Stay True to Your Values:** Always uphold your integrity and principles. Your values will guide you in making the right decisions, to help you stay grounded.
5. **Take Risks:** Don't be afraid to step out of your comfort zone. Taking risks can lead to great opportunities and personal growth.
6. **Balance Ambition and Humility:** Strive for success, but remain humble. Recognize the contributions of others who help you and stay grounded in your achievements.
7. **Give Back:** Use your skills and knowledge to make a positive impact. Giving back is fulfilling and creates a better world for everyone.

**AGASSIZ ELEMENTARY SECONDARY SCHOOL GRADE 12 GRADUATES:**

- Karissma Karen Alexis Bobb
- Hayden James Gutierrez
- Kadence Audrey May Ludman
- Lewis Ramone Myran
- Maddox Quinn Peters-Joe
- Lance Michael Thompson



**UNITY CHRISTIAN SCHOOL GRADE 12 GRADUATE**

Kaidon McNeil-August

**APOLOGIES**

We apologize that we do not have photos of the above-listed graduates. All the same, we congratulate you all on your success. Graduation is a huge undertaking that should be celebrated. We would love to share your photos in our Annual Report, please feel free to email them to [sandrabobb@seabirdisland.ca](mailto:sandrabobb@seabirdisland.ca)

**WORDS OF WISDOM:**

4. **Stay True to Your Values:** Always uphold your integrity and principles. Your values will guide you in making the right decisions, to help you stay grounded.
5. **Take Risks:** Don't be afraid to step out of your comfort zone. Taking risks can lead to great opportunities and personal growth.
6. **Balance Ambition and Humility:** Strive for success, but remain humble. Recognize the contributions of others who help you and stay grounded in your achievements.
7. **Give Back:** Use your skills and knowledge to make a positive impact. Giving back is fulfilling and creates a better world for everyone.
8. **Be Adaptable:** The world is constantly changing. Being adaptable and open to change will help you navigate the hard times.
9. **Maintain a Positive Attitude:** Positivity can help you overcome setbacks and stay motivated. Focus on the good, and keep optimistic. Happiness is contagious!
10. **Take Care of Yourself:** Physical and mental well-being are important. Prioritize self-care and make time for activities that bring you joy and relaxation.
11. **Value love:** Remember you are loved. Share your love to get some in return.

Remember, graduation is a milestone, not a final destination. Your journey is just beginning, and the best is yet to come.

*Sandra Bobb, Communications Program  
Sq̓̓w̓̓q̓̓el Culture & Community Services*



## LIFE SKILLS, UNDERRATED: SKILLS YOU NEED TO SURVIVE

Being a young adult is a great time to learn new life skills. The more you learn, the more independent you can be, and the easier it is to take care of yourself with confidence. These skills will help you succeed at work, at home, and in relationships.

**LIFE SKILLS** provide you with tools and knowledge to succeed. These skills include: self care, reading & numbers, adaptability, communication, relationship building & interpersonal skills, planning, negotiation, motivation, creativity, sympathy & empathy for others, personal resilience and self-awareness.

**Self Care**, includes taking care of your basic needs properly, such as getting a solid 8 hours of sleep each night, eating healthy foods, ensuring you and your home are clean for disease prevention.

**Reading & Numbers**, practice these skills regularly, understanding basic math and reading helps you take care of basic day to day needs.

**Adaptability**, being able to adapt to different situations is a skill that allows

you to be more effective and possibly lead.

**Communication**, the ability to listen and express yourself with words, facial expressions and more.

**Relationship building & interpersonal skills** help you build connections and supports, they help you grow and allow you to help those important to you.

**Planning**, identifying a series or chain of actions that are required to achieve an outcome.

**Negotiation**, this is a skill you are born with and learn to build on. “No I don’t want broccoli, I want candy” - you negotiate to get what you want and need.

**Motivation**, working on your drive to do things and work towards goals.

**Creativity**, developing your own style, regardless of others. Artists use these skills a lot. Sometimes it is not how you do it, its just that the outcome is what is desired or needed.

**Sympathy & Empathy**, understanding how others are feeling and sharing the

emotion with them. This is not only a skill for sadness, but also for sharing in ones happiness.

**Personal Resilience**, building the ability to handle stress without harming your own well-being. Handling criticism without taking offense, using it to help you grow and gain confidence.

**Develop self-awareness** about your thoughts and emotions:

- Find healthy ways to cope with difficult emotions like anger and grief.
- Practice mindfulness to stay grounded in the moment, such as noticing your thoughts and environment.
- Cultivate skills to calm your nervous system, such as deep breathing practices.

All of these skills are important to learn as you grow into adulthood. Remember, there is always something new to learn around the corner.

**Starting points include:**

1. Basic Housekeeping skills (tidy up, sweep, mop, vacuum, dishes, laundry)
2. Road Safety Skills (weather walking, biking or driving, read a map,...)
3. Time Management Skills (schedules, set a bed time, set alarm clocks,...)
4. Finance Skills (save, budget, pay bills,...)
5. Interpersonal Skills (communicate with others, go outside, get away from your devices,...)

Sandra Bobb,  
Communications Program  
Sq'ewqel Culture &  
Community Services

Reference: <https://www.newport-institute.com/resources/empowering-young-adults/young-adult-life-skills/>

**Seabird Island Optometry Clinic**

**Dates:**  
August 8 - 9, 2024

**Time:**  
9:00 AM - 6:00 PM

**Place:**  
Seabird Band Office

For an appointment please contact your  
Community Health Representative OR  
Call / Email 604-991-0818  
or [brittanif@seabirdisland.ca](mailto:brittanif@seabirdisland.ca)

- Adults eligible once every 2 years
- 0 - 18 eligible once a year
- 65+ eligible once a year

Please Enter through the main entrance of the Band Office.

- Masks are recommended, not required.
- Are you sick or not feeling well?  
*If so, please reschedule your appointment.*

Thank you for your understanding and cooperation.





## FISH TRAP BUILDING WORKSHOP

Mia Stratton MSc, BIT, the Seabird Biologist – Fisheries Advocate & Habitat Lead in Intergovernmental Affairs hosted a fish trap making workshop on June 26, 2024.

The event took place in the Seabird Gym, where participants each created their own fish trap to humanly catch fish for study and to release them again when this was complete.

This hands-on experience not only taught valuable skills but also emphasized the importance of sustainable fishing practices and the preservation of local ecosystems.

*Sandra Bobb, Communications Program  
Sq'ewqel Culture & Community Services*

**Sthéqi ~ Sockeye Salmon**



## ENBRIDGE COMMUNITY MEETING

On June 25, Seabird hosted an Enbridge meeting, discussing the existing and proposed pipeline loop.

We recoded the meeting, which you can watch on the Seabird website:

<https://www.seabirdisland.ca/inter-government/>

**Congratulations to our door prize winners:**

- Jill Johnson - Yeti Cooler
- John Joe - Backpack
- Bella James - Chrome Notebook
- Mindy Philips - Lawn Chair
- Tash Peters - Tent



*Sandra Bobb, Communications Program  
Sq'ewqel Culture & Community Services*



## CPL JACOB W. JOHNSON

Sunrise: May 9, 2001

Sunset: July 12, 2024

2<sup>nd</sup> Battalion Princess Patricia's Canadian Light Infantry ([2 PPCLI](#)) mourns the loss of Cpl Jacob W. Johnson, who passed away on 12 July 2024. The Regimental Family extends our condolences to the family, friends and colleagues of Cpl Johnson who joined the Regiment in 2019 and had served 5 years with the 2nd Battalion. Cpl Johnson was a steadfast and quiet professional, who contributed to training Ukrainians as they prepared for on-going combat operations, work critically important to supporting the rules-based international order. Having served with 2 PPCLI at home, and abroad on Op UNIFIER, he will be dearly missed by all.

Cpl Johnson - the son of Julie Peters of Seabird Island and Don Johnson of

Burnaby BC, younger brother to James Johnson was a graduate of the Bold Eagle program. Cpl Johnson's Celebration of Life took place in the Great Hall at 2 PPCLI on July 19, 2024 at 1200, surrounded by his Regimental and Immediate family.

At a later date, a Celebration of Life will take place in Seabird Island. The Peters-Johnson family kindly asks for privacy during this time and sincerely thank-you for the wishes of condolences and prayers.

Messages of condolences and/or offerings can be sent to [djnjp017@gmail.com](mailto:djnjp017@gmail.com).



With gratitude,  
The Peters-Johnson family.

## NEW STAFF

Ey Swayel (good day),

My name is Kelsy Fredette, I am joining the Inter-Governmental Affairs team as the Referrals Clerk for Sq'ewqel, (Seabird Island).

I am from Xwchí:yó:m, (Cheam First Nation) and Sik-e-dakh, (GlenVowell). I am apart of the Pilalt Tribe from Stó:lō Nation , and Lax Gibuu (Wolf Clan) from Gitxsan Nation.

I am excited to be working in the Sq'ewqel community, and I look forward to helping the community grow and representing the values of Sq'ewqel in all my work endeavours.

During my work experience, I have gained extensive knowledge and experience in many different platforms. Recently I went to school to obtain my Public Relations Certificate, at the University of Fraser Valley; and my Indian Registration Certificate with ISC. I was apart of the Elders Committee, and Custom Election



Code Committee for Xwchí:yó:m. I worked along side many Elders, Members and families. I plan to continue growing my knowledge and I'm excited to start learning more with the Sq'ewqel Community Members.

It is an honour to be apart of such a yú:w (beautiful) community. If any members have any questions, or comments please contact me via email or in office.

yálh yew kw'as hó:y (thank you),  
Kelsy Fredette

## BC CAMPFIRE BAN

To prevent wildfires and keep everyone safe, BC is banning campfires starting July 12, 2024. This also includes fireworks, sky lanterns, burn barrels, and tiki torches. You can still use outdoor barbecues and stoves.

If you break the fire ban, you could get a \$1,150 ticket, a \$10,000 administrative penalty, or even a \$100,000 fine and up to a year in jail if convicted in court. If you cause a wildfire, you may have to pay for all firefighting costs.

Thank you for being responsible and reporting any wildfire activity or violations. **To report, call 1-800-663-5555 toll-free or \*5555 on your cell phone.**

*Sandra Bobb, Communications Program  
Sq'ewqel Culture & Community Services*

**Héyeqw ~ Fire**

## Create Your Own Business Website Workshop

In partnership with Myriad Technologies, Stó:lō Community Futures is happy to announce the *Create Your Own Business Website* workshop.

Participants are **required** to bring a laptop and credit card for purchasing a domain name for your website.

-  **Space is limited to 10 participants**
-  August 8th, 2024
-  10 am to 12 pm
-  Building 10 - Main Floor,  
7201 Vedder Road,  
Chilliwack



[REGISTER NOW](#)

 604-858-0009

 [bhill@stolocf.ca](mailto:bhill@stolocf.ca)

## “COMMUNITY WATER SYSTEM” NOTICE: WATER CONSERVATION

Due to Pump Station Repair

**EFFECTIVE JULY 3, 2024, UNTIL FURTHER NOTICE**

Éy swayél Seabird Island Community,

By working together as a Community, we can preserve Seabird Island’s water supply, which will ensure enough water is available over summer for **everyone** on reserve.

### WE NEED TO CONSERVE WATER BECAUSE:

- Seabird Island has limited water tower capacity.
- Using less water conserves the supply, energy and money.
- It is good for the environment.
- We need to ensure we have water in the event of a fire.

### GOING FORWARD, PLEASE DO NOT USE WATER FOR:

- Washing your vehicles.
- Watering your lawn/grass.
- Regularly filling, dumping, and refilling pools. When pools are often emptied and refilled, it takes a toll on Seabird Island’s water system.

Conserving water as a Community can make sure that our Community has consistent access to clean water for drinking, cleaning, hygiene, and sanitation in daily life.

**For more information, please contact our Lands Program:**  
604-796-2177 | [lands@seabirdisland.ca](mailto:lands@seabirdisland.ca)

## SEABIRD IS EXPERIENCING A DRUG AND ALCOHOL CRISIS!

You can do your part to help! If you see something, say something! We can all work together to make Seabird and our people strong.

“Canada is experiencing a drug toxicity crisis that is being fuelled by synthetic opioids like fentanyl. Between January 2016 and September 2022, there were more than 34,400 apparent opioid toxicity deaths, many of which also involved stimulants or other substances. The vast number of lost lives makes the drug toxicity crisis a major public health and safety concern.”

Reference: <https://www.ccsa.ca/opioids>

### REMEMBER:

We are all a Community Family  
You are all loved & cared for  
We cannot help, if we do not know  
Our ancestors survived, so we can thrive  
You have a choice  
Today can be different than yesterday  
There are possibilities  
It starts with one step forward  
FENTANYL drug testing kits are available  
NALOXONE kits are available  
Your life is worth saving  
Our future generations depend on us  
Wellness is for everyone  
Our community is our family  
Reclaiming our community

**In an Emergency: Call 911**

**See something, say something;  
Local RCMP: 604-796-2211**

**Kids help phone: 1-800-668-6868 or Text 686868**  
Available 24/7 Professional counselling,  
information and referrals support to young people.

**National Overdose Response Service:  
1-888-688-NORS(6677)**  
Overdose prevention hotline for Canadians  
Confidential, non-judgmental support for you, whenever  
and wherever you use drugs

**Health Link BC: Call 811**  
24/7 health advice. Speak to a health services navigator,  
who can help you to find health information and services,  
or connect you directly with a registered nurse

**Suicide Hot-line: 988**





# Sq'ewqel Housing Wait-list

1 Bedroom		2 Bedroom		3 Bedroom		3 Bedroom cont.	
1	12062022-7091	1	12102018-6014	1	12192012-3076	35	12062022-7091
2	01172023-7093	2	06172019-5037	2	01142015-1011	36	12072023-7139
3	02092023-7096	3	01072020-7031	3	12102018-6014	37	12142023-7132
4	02222023-7098	4	11022020-5051	4	12082023-7033	38	12292023-7136
5	05022023-7105	5	01072020-6024	5	01072020-6024	39	12182023-7133
6	06162023-7018	6	11152018-6022	6	01072020-7031	40	12212023-7134
7	06232023-7109	7	01092021-7061	7	01222020-1031	41	12292023-7135
8	10182023-7116	8	12232020-7056	8	11022020-5051	42	01042024-7137
9	11032023-7127	9	09122019-6032	9	12232020-7056	43	07032023-7102
10	11082023-7128	10	09072022-5068	10	12232020-7057	44	01152024-7142
11	11152023-7124	11	12062022-7104	11	01092021-7061	45	01182024-7143
12	12072023-7130	12	01172023-7093	12	04292021-7065	46	04052024-7145
13	12122023-7131	13	11272018-5024	13	12192021-7070	47	04152024-7146
14	09122019-6032	14	01032018-5012	14	11182020-7053	48	01122024-7148
15	01012024-7140	15	03292023-7103	15	01092020-6000	49	01152024-7149
16	01102024-7141	16	05022023-7105	16	09072022-5068	50	03142024-7150
17	05012024-7147	17	06152023-7028	17	12162022-7078	51	06032024-7152
18	05282024-7154	18	06162023-7018	18	12062022-7104	<p>contractors. Units meet the diverse housing needs of our community.</p> <p>To join the wait-list, complete a Housing Application. We're happy to also advise on:</p> <ul style="list-style-type: none"> <li>• Arrears and debt questions</li> <li>• Maintenance/renovation requests</li> <li>• Housing policies</li> <li>• Getting started as a renter</li> </ul> <p>Contact us today to learn more about renting affordable, well-built homes as part of a vibrant community.</p>	
<p><b>Affordable On-Reserve Rentals</b></p> <p>Seabird Island Housing provides Band Members quality rental homes on reserve. Our continually growing portfolio includes:</p> <ul style="list-style-type: none"> <li>• Apartment-style attached units</li> <li>• Detached housing</li> <li>• Range of sizes from single to 4-bedrooms</li> </ul> <p>Homes are thoughtfully constructed by Public Works utilizing First Nations staff and</p>		19	07072023-7120	19	11272018-5024		
		20	10312023-7118	20	12092022-7092		
		21	10182023-7116	21	01182023-7094		
		22	10192023-7122	22	08202019-7034		
		23	10232023-2093	23	11092021-7069		
		24	10232023-7125	24	05172023-7106		
		25	10242023-7123	25	06152023-7118		
		26	12062023-7138	26	06162023-7018		
		27	12212023-7098	27	06192023-7019		
		28	10032022-7077	28	07132023-7110		
		29	01042024-7137	29	08112023-7112		
		30	04152024-7146	30	09232023-7123		
		31	03142024-7151	31	10122023-7113		
		32	06282024-7154	32	10172023-7115		
		33	10262023-7117				
		34	11072023-7126				

Applications and the most up to date Wait-list is on the Seabird Website: <https://www.seabirdisland.ca/rntlhsngwaitlst/>

Email: [housing@seabirdisland.ca](mailto:housing@seabirdisland.ca) Or schedule an appointment at our Band Office 604-796-2177

# SAGE SUGGESTIONS

Sandra Bobb, Communications Program, Sq̓̓w̓q̓el Culture & Community Services

A COLUMN FOR CLEANSE, CLARITY, ENLIGHTENING AND SOOTHING FUN.

## COLD IMMERSION THERAPY

### AKA “BATHING OR CLEANSING”

For centuries, First Nations have been cleansing their bodies and minds using techniques now termed “Cold Immersion Therapy.” This practice has been scientifically proven to have multiple benefits:

**Boosting Your Immune System:** The blast of cold increases white blood cells, which help combat illness.

**Enhancing Circulation:** The rapid drop in temperature constricts your blood vessels, forcing the blood to circulate faster an improving blood flow to your organs.

**Elevating Mood and Mental Health:** The exhilaration triggers a flood of mood-boosting endorphins.

**Promoting Faster Recovery and Reducing Swelling:** Cold water reduces muscle soreness and swelling, similar to an ice pack.

**Improving Hair and Skin:** Cold water closes the pores, preventing oils and dirt from getting trapped. It also flattens cuticles, promoting healthy hair growth and protecting it from damage.

So maybe the term, “Go take a cold dip,” is more than just a turn-down line; they are wishing you good health. Lol.

Whether you go the traditional route of jumping in a cold waterfall, creek, or river, or just take an ice-cold shower, the blast of cold has many benefits for you mentally, spiritually, and physically. Although doing it out in nature has additional benefits, the peacefulness of nature and connecting to our roots is tough to get in the shower.

## BUILDING STRONG MORALS AND ETHICS

A person who has a strong moral compass, is someone who has strong feelings concerned with right and wrong or good and bad.

Developing your moral compass is an ongoing process requiring self-reflection, learning and practice, doing the right thing. *Valuing and respecting yourself and others around you!*

1. **THINK ABOUT YOUR CORE VALUES.**  
What guides your actions and decisions? This can include how you were raised, your childhood, culture and personal experiences.
2. **LEARN ABOUT ETHICS AND PHILOSOPHIES.**  
This includes decision making processes and consequences. How these decisions and consequences could affect you or others?
3. **WORK ON YOUR EMPATHY AND COMPASSION SKILLS.**  
Understanding the emotions and feelings of others.
  - How do things affect others?
4. **TAKING RESPONSIBILITY FOR YOUR ACTIONS AND LEARNING FROM THEM.**  
When you make a mistake or realize that your decision has negatively impacted others, acknowledge it, apologize, and learn from it. Reflect on what you could have done differently and commit to making better choices in the future. Taking responsibility for your actions and learning from your mistakes demonstrates a commitment to personal growth and ethical decision-making.

### 5. THINK ABOUT HOW YOU WISH TO BE TREATED AND PAY IT FORWARD:

- If you don't want people to steal from you, don't steal from them.
- You have to give respect to earn respect.
- “Treat others the way you want to be treated!” *Lou Holtz*
- “If you want to be trusted, be honest.”

Remember that personal growth is an ongoing process leading to a fuller, happier and more rewarding life.

## WORD SCRAMBLE

1. BOTOS \_\_\_\_\_
2. ENCAL \_\_\_\_\_
3. RCERYVOE \_\_\_\_\_
4. VROIEMP \_\_\_\_\_
5. ENRTEPV \_\_\_\_\_
6. ITARTLINAOD \_\_\_\_\_
7. RPTUSLIAI \_\_\_\_\_
8. CEELPFAU \_\_\_\_\_
9. SAOMPCS \_\_\_\_\_
10. VSEALU \_\_\_\_\_
11. STECIH \_\_\_\_\_
12. SEINOELPRBS \_\_\_\_\_
13. TRPEECS \_\_\_\_\_
14. TTSUR \_\_\_\_\_
15. RHGOWT \_\_\_\_\_

kát  
—  
wait

Answers: boost, clean, recovery, improve, prevent, traditional, spiritual, peaceful, compass, values, ethics, responsible, respect, trust, growth



COMIC



Reference: <https://mooselakecartoons.com/family/y7lx83tgsy7q5e7bzgcbtclxdnig>

**JULY - TEMQW'Á:L**  
 "Mosquito time."

**AUGUST - TEMTHEQI**  
 "Sockeye salmon time."

**Cancer**

June 21 - July 21

Woodpecker - Temélhépsem

Direction: South – Element: Water

Stone: Rose Quartz

Strengths: Imaginative, Loyal, Sympathetic, Emotional, Persuasive and Intuitive.

**Leo**

July 23 - August 22

Salmon - Sthéqi

Direction: South/South East – Element:

Fire

Stone: Carnelian

Strengths: generosity and big-heartedness, self-confidence, determination, and natural leadership.

**INSPIRATION:**

"A family vacation is a good time to bond and make memories that last a lifetime."

Steve Harvey

"The greatest legacy we can leave our children is happy memories."

Og Nandino

"Summer should get a speeding ticket – it goes by way too fast!"

Author Unknown

"B.E.A.C.H.: Best Escape Anyone Can Have – unless you forget the sunscreen."

Author Unknown

**HALQ'EMÉYLEM WORD SEARCH**

O T U S ' É Y Q L E Q : M H T  
 L ' W Í Y M H L E T S E L W Q  
 H É Y L L : H S T ' Y É ' M '  
 S E Y S E Á T Ó W Í X ' H M É  
 : A : U : L É H ' Á K L T X Y  
 Ó E H W L W I W X W S L A H T  
 Y L E : S X X Y Y Í L A : Y L  
 I T X S E H Á Y L E X W E : '  
 W H Ó É S S L Á : M H : E E T  
 K Y K L Q ' S Q C L E L O H H  
 É S T M E Ó L Á E W W W Á Y E  
 L W S Í L L L M Y E T I S Y T  
 H I Y Ó T H L E M E T H E T Y  
 M M S L Y Á W X E L Á H C W Y  
 O ' Q E L Á ' Q S H L E S T '

**Words**

éyó well, doing well  
 shxwlá:m shaman, Indian doctor  
 lhá:wet cure him/her (Indian doctor)  
 slá:m spirit power of an indian doctor  
 shxw'iyem health, strength  
 q'éytl'thet to heal up (of a wound)  
 tselhsq'áleqò family  
 hiyóthlemethet take care of oneself  
 álmelh take care of your kids, to baby-sit one's own children  
 tus'éy to be careful  
 kwiyó:s uncle or aunt (respectful term)  
 s'ólh our (emphasizing), respect, respected  
 chálexw wife (slang)  
 alíy good (eg. many things, people)  
 áylexw be alive, be living, be in good health, be healthy, be well



## DEADLINES

Submissions and advertisements are due by the 1<sup>st</sup> of each month.

## HAVE A STORY IDEA?

Contact: [comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)

## LETTERS TO THE EDITOR

Must be under 300 words and include your name, phone number, status number, signature (for authentication purposes - not for publication), as well as date/year submitted.

## AGREEMENT/LEGAL

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 Sq'Éwqel shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

Editorials are chosen and written by Sq'Éwqel (Seabird Island) staff, they are the expressed opinion of the staff and do not necessarily reflect the views of Sq'Éwqel (Seabird Island).

## WE RESERVE THE RIGHT

to revise, edit and/or reject any advertisement or story submissions.

## COPYRIGHT

Permission to reproduce wholly or in part in any form whatsoever must be obtained in writing from the publisher. Any unauthorized reproduction will be subject to recuse law.

## AVAILABILITY

The 15<sup>th</sup> of each month (or closest business day). Apply for email distribution or pick-up at the red Community newsletter boxes. [www.seabirdisland.ca/sqwqel-sqwelqwel-pipe/](http://www.seabirdisland.ca/sqwqel-sqwelqwel-pipe/)

## CONTACT US

[comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)  
[www.seabirdisland.ca/comm/](http://www.seabirdisland.ca/comm/)  
 Monday- Friday 8:00 AM- 4:00 PM  
 Closed on all statutory holidays.

## CREATED AND PRODUCED BY THE SIB COMMUNICATIONS TEAM:

Cassandra Manley;  
 Sandra Bobb;  
 Ciara Busby;  
 Kristy Johnson;  
 Zorana Edwards-Shippentower; and  
 Jasmine Paul-Louis.

## PUBLISHER & TEAM SUPERVISOR:

Sandra Bobb

## EDITOR-IN-CHIEF & MANAGER:

Cassandra Manley

## SEABIRD CHURCH

**Mass:** To be confirmed

**Study Groups:** To be confirmed

Contact To be confirmed

## LOVED ONE PASS AWAY?

We can help you send a copy of the death certificate to the First Nations Health Authority. Contact Lena Paul 604-796-2177.

## FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

As per Seabird Funeral Policy, the first 100 colour and 150 grey-scale funeral pamphlets, as well as 1 hour of design time is **FREE** for all Band Members. Additional design time or pamphlets can be requested for a fee.

We also assist with pamphlets for non-Band Members, inquire for fees.

Contact Communications at 604-796-2177 or email [comm@seabirdisland.ca](mailto:comm@seabirdisland.ca).

## WILD SAFE BC CONSERVATION

To report animals who pose immediate threat or danger to public safety. 1-877-952-7277 or #7277

## SIFD FIRE PRACTICE

Tuesdays 7:00 - 9:00 PM  
**Now recruiting new Members.**  
 Contact the Fire Hall 604-796-2177.

## GARBAGE SCHEDULE

**CURBSIDE PICK-UP OF COMPOST, RECYCLE and GARBAGE:**  
 Every Monday, unless Monday is a statutory holiday; then pick up will take place on the Tuesday immediately following the holiday. **2 garbage bags** per household per week.

**MAJOR GARBAGE:** 1<sup>st</sup> Wednesday of the month for Community core, and the 3<sup>rd</sup> Wednesday of the month for the surrounding Community.

Contact Public Works at 604-796-2177 or email: [publicworks@seabirdisland.ca](mailto:publicworks@seabirdisland.ca)

## DENTAL CLINIC

Accepting new STATUS PATIENTS

Open Monday through Thursday  
 8:30 AM - 5:30 PM **Closed Fridays**

Contact the Dental Clinic 604-796-6853.

## MEDICAL CARDS

Need to apply for a new Medical Card because it was lost or stolen? We can assist you when applying for a new one.

Each client is responsible for paying for their Medical Cards. If they've been lost or stolen more than two times the cost is \$20 for each new card.

Please note, we do not assist with BC ID applications.

Contact Lena Paul 604-796-2177

## BABIES ID CARDS

Apply for a Medical Care Card as soon as possible. Contact Lena Paul 604-796-2177.

Apply for Status Cards as soon as possible. Contact 604-796-2177.

## AMBULANCE BILLS

Please submit ambulance bills 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 (NIHB). Anyone with a status number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

**We can only provide assistance to those with a status number.**

Unfortunately, ambulance bills will not be covered if you were also incarcerated in jail. Ambulance billing will know if you were incarcerated based on the bill's address. Please do not bring these in as they will be denied and it will be the client's responsibility to pay.

**Please note,** if you were taken home by ambulance after a stay in the hospital, this will not be covered and it will be the client's responsibility to pay.

Contact Lena Paul 604-796-2177.

## ALCOHOLICS ANONYMOUS MEETING

Every Tuesday night at 7:00 PM at the Seabird Island Community Hall. AA in BC website: [www.bcyukonaa.org](http://www.bcyukonaa.org)

## OPTOMETRY CLINIC

**Appointments Only:** Aug 8-9, 2024 9 AM - 6 PM

Recommended annual checkups for children under the age of 19 and every 2 years for ages 19-64. Elders 65+ can be seen annually.

Have a medical condition, such as diabetes, or taking high risk medicines? You can also be seen annually.

Contact Brittani Fontaine LPN, CHR at 604-991-0818 or [brittanif@seabirdisland.ca](mailto:brittanif@seabirdisland.ca)

## WILD ANIMAL ALERT

Wild animals live here too. By respecting the land and keeping the outdoors clean, you can reduce the risk of an encounter.

- Only put your garbage out the morning of garbage day.
- Discard fish guts (away from homes).
- Clean your barbecue.

**Please keep an eye on your children and do not walk alone!**

**Clap loudly and make yourself big!**

Educating ourselves and keeping a clean Community makes a difference!

**If you have any further concerns or feel threatened by wild animals, first report it to the**

**Conservation Office at 1-877-952-7277**

Second, contact the Seabird Communications Office at 604-796-2177 so we can post an "Alert" for your area.

## RENEW STATUS CARD

### Book a Status Card Appointment

Tuesday - Thursday: 8:30 AM - 4:30 PM

**Appointments required.**

**Remember to bring:**

- 2 pieces of photo Government ID
- New Photo (see Communications, appointment required)

New style Digital Status Card with photo

Contact **Simone Jimmie** 604-796-2177

**Serving Seabird Members only!**  
*SIB has the right to refuse service.*

### ID Photography Prints

#### Status Card Photography

Laminated style: \$13.50

- Call Simone to book your appointment

#### Passport, PAL Photography and more

Authenticated photo: \$18.50

Monday - Friday: 8:30 AM - 3:00 PM

**Appointments required.**

Contact Communications at 604-796-2177 or [comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)

## SQ'ÉWQEL FACEBOOK ACCOUNTS

Recommended to follow:

Sq'Éwqel "Seabird Island Band"  
<https://www.facebook.com/SeabirdIslandBand/>

Seabird Island Youth Program  
<https://www.facebook.com/SeabirdYouthGroup/>

Seabird College  
<https://www.facebook.com/SeabirdCollege.ca/>

Seabird Island Community School  
<https://www.facebook.com/SeabirdIslandCommunitySchool>

Seabird Island Recreation  
<https://www.facebook.com/SeabirdRec/>

Careers  
<https://www.facebook.com/SeabirdIslandCareers/ca/>



## EARLY CHILDHOOD EDUCATION

### **ABORIGINAL INFANT DEVELOPMENT SUPPORT WORKER**

Work in licensed Childcare centers with Indigenous children who are requiring extra support to attend the program, while applying principals of family-centered practice. The AIDP Support Worker will set individual program plans and activities for children from birth to the age of 3 with families and center staff. The AIDP support Worker will work with related agencies and professionals and works independently to maintain client caseload and group facilitation as required.

### **SUPPORTED CHILD DEVELOPMENT PROGRAM (SCDP) SUPPORT WORKER**

To provide front line support to children with extra support needs to assist them to fully participate in a childcare setting.

## ECONOMIC DEVELOPMENT

### **SQDC CHIEF EXECUTIVE OFFICER (CEO)**

The area of responsibility for this role is very wide and so requires thorough knowledge of various company processes. The ideal candidate must be competent and able to plan many operational activities. This individual must be an excellent leader who can discover and implement the most efficient and optimal ways to run the business.

The primary responsibility of the CEO is to ensure excellence in the efficient running of the SqDC operations and individual business units while facilitating the organizational systems and procedures to maximize profit growth.

## EDUCATION

### **ABORIGINAL EDUCATION COORDINATOR**

Responsible for supporting, coordinating, and contributing to education, training, and services focused on First Nations learners, organizations, and communities as well as other specific activities. The coordinator works across the school in collaboration with parents, communities, and students to promote enrolments, attendance, student success, program completion, and community relationships. The coordinator also has a significant role in promoting the school's activities to various communities and SD 78 Schools to foster learning approaches that support families and students. This position is responsible for developing and maintaining highly effective, open communication with First Nations learners, families, communities, school districts and other organizations for the purpose of enhancing student access to supports and success in education.

### **ALTERNATIVE PROGRAM TEACHER**

The Seabird Island alternate education program will focus on the social, cultural, educational, mental, and emotional needs of students who need a different approach to learning to be successful. The goals of the program are that all students achieve a certificate of graduation and successfully transition to post-secondary training and / or employment.

We are looking for a caring teacher who believes in every student's capacity to learn and who knows that relationship building is key to student success. The staff will spend extra time encouraging and supporting students' efforts to overcome barriers to learning.

yó:ys

–  
working

### **INCOME ASSISTANCE FIRST NATIONS YOUTH EMPLOYMENT STRATEGY (IAFNYES)**

The goal of this pilot strategy is to support on-reserve First Nations youth between the ages of 19 and 30 receiving ISC's Income Assistance with a transition to the workforce, or return to school, through their participation in mentored work placements while receiving some case management supports.

This program will be 23 weeks in duration working 30hrs/week not exceeding 720hrs per participant. The program ends March 31, 2025.

### **SUMMER WORK EXPERIENCE PROGRAM - PROGRAM ASSISTANT**

Seabird island is proud to offer the Summer Work Experience Program, the summer work experience program's goal is to assist eligible students to prepare for future entry into job market. Program focuses on providing work experience and developmental learning for in-school youth.

#### **Eligibility Requirements:**

- First Nations secondary and post-secondary students aged 15-30 at the start of the program's activities
- Ordinarily resident on reserve or in recognized communities or on community lands
- Legally entitled to work in Canada
- Registered as full-time students during the 2023-2024 school year and who intend to return to school on a full-time basis in the 2024-2025 school year

sq'oxel

–  
partner, co-worker

## EXECUTIVE

### **SENIOR HEALTH PROJECTS MANAGER**

Reporting to the Chief Administrative Officer/Executive Director, the Senior Health Projects Manager supports the mission, vision, values, and partnerships of Seabird Island, ensuring the development of a community driven service delivery model aligned with clinical and professional standards of service delivery, patients, clients, residents, and families. The Senior Health Projects Manager provides pivotal function in the leadership and direction of clinical health s projects including planning, evaluation, capital and infrastructure development, and implementation of operational and service delivery models that will achieve optimal outcomes.

This position supports a wide range of health, mental health and substance use initiatives and projects directed at ensuring that the strategic goals, objectives, and operational plans of the programs are carried out in an effective and efficient manner. The Senior Health Projects Manager will be required to document, streamline, coordinate and develop networks and build partnerships to support the high-level management and cross-functional/ interdepartmental areas, including but not limited to, health, health quality, human resources, finance, lands, facilities, community infrastructure, and information technology.

This is a one-year term position, with the possibility of extension.

### **FINANCE & ADMINISTRATION**

#### **SHIPPER / RECEIVER**

Seabird Island is committed to the smooth, successful operations of our Distribution Warehouse, ensuring our assets are stored properly. We are seeking a Shipper/Receiver to join our team, working collaboratively to operate our Warehouse.

Under the direction of the Purchasing Manager, the Shipper/Receiver is responsible for operating the Distribution Warehouse, loading, shipping, and unloading a multitude of materials, as well as documenting and tracking all items entering and leaving the Warehouse. This position will streamline operations and coordinate shipments, drop-offs and pick-ups with a variety of departments.

tále – money

**NOW**

**HIRING**

**APPLY TODAY**

**NOW  
HIRING!**

**HEALTH & SOCIAL  
DEVELOPMENT**

**FAMILY WELLNESS AND  
PRESERVATION SPECIALIST**

Seabird Island, through our journey to Child Protection Jurisdiction is committed to supporting and empowering our Seabird Island families and children. We are seeking a Family Wellness and Preservation Specialist to join our team and work collaboratively with Seabird Island families to ensure the safety, wellbeing, and cultural connection of their children.

Under the direction of the Program Manager of Families and Wellness, the Family Wellness and Preservation Specialist brings subject matter expertise to guide and support families and staff. This role is essential in informing unique approaches that empower and strengthen families. Family Wellness and Preservation Specialist will be responsible for documenting and developing a case management system to support team functions, as well as contributing to future vision and planning with jurisdiction..

**ON CALL RECOVERY HOME  
SUPPORT WORKERS -  
WOMENS/MENS HOME**

The Recovery Home Support worker position will be a part of an integrated team of individuals that works closely together in a residential setting to provide crisis intervention, coping strategies, education, connections to community services, and support to individuals affected by mental illness, addictions, trauma, and crisis

The Recovery Support Worker (R.S.W.) promotes recovery, stabilization, and independence by providing comprehensive support to clients. The R.S.W. supports and promotes the following: client safety, assisting with activities of daily living, and encouraging full participation in community activities included but not limited to cooking, cleaning, charting, participating in group sessions, driving, and shopping.

**syó:ys**  
-  
*work (the thing)*

**HUMAN RESOURCES  
HEALTH & SAFETY OFFICER**

Sq'Éwqel (Seabird Island Band) is committed to fostering a safe, healthy, and inclusive environment. The Health and Safety Officer position is instrumental in building a strong safety culture that aligns with our commitments to the well-being of our employees, following WorkSafeBC standards and other regulatory compliance. We are seeking a dedicated and knowledgeable Health and Safety Officer to join our team,

working collaboratively to develop and implement a safety program to ensure the wellbeing and safety of our employees. Under the direction of the Human Resources Manager, the Health and Safety Officer is dedicated to ensuring that health and safety practices are established, communicated, and followed throughout our organization as well as overseeing our accommodations practices, return to work, and injury management to ensure continued staff wellbeing. This role is vital in maintaining a safe workplace that respects and integrates First Nations perspectives and practices, promoting a culture of health and safety through a collaborative and consultative approach. The Health and Safety Officer has the authority to stop work when it is being conducted in an unsafe manner, including impairment

**lex ws'ó:les**  
-  
*Ambitious,  
willing to do  
ones work*

**sqél:epalá**  
-  
*garbage can*



You are invited to submit a cover letter, resume and 3 references. <https://www.seabirdisland.ca/careers/>  
We regret that we will only respond to those applicants chosen for an interview.  
**Email:**  
[humanresources@seabirdisland.ca](mailto:humanresources@seabirdisland.ca)  
  
*We thank all applicants for their interest.*

## Garbage and Recycling



**Garbage pick-up** day is Monday, except when Monday is a holiday, then it moves to Tuesday.

**Recycling pick-up** is Tuesday except when Monday is a holiday, then it moves to Wednesday.

**Garbage and recycling MUST be on the curb by 8:30 AM**  
If the trucks have already passed your home, the next pick up is NOT until the following Monday.  
Public Works will NOT return later that day.

Garbage bags must NOT be Extra Large Bags, as those could become a health hazard with the lifting weight requirements.

Recycling must NOT contain unaccepted materials. Mixed garbage and recycling goes to landfills only.

### Major Garbage

**Community core** – First Wednesday of every month.  
**Surrounding areas** – Third Wednesday of every month.



COMMUNITY CORE

Please have your items on the road at the beginning of your scheduled week. Should you have any questions, please contact Demi Peters in the Public Works Program at 604-796-7163.



SURROUNDING COMMUNITY





August 7, 2024 3 - 7 PM

**SQ'ÉWQEL**

# Pride

with  
**Indigenous Artists**

featuring

**VENUS**

Winner of Canada's Drag Race S4

**DJ O SHOW**

& more!

**Free  
Dinner & Dessert  
for the first  
200 people!**

**2895 Chowat Rd  
Seabird Island**



**Family Friendly**

**Balloon Artist**

**360 Photo Booth**

**Activities for All Ages**

**TONS OF FREE STUFF**

**EVERYONE WELCOME**