



EYÉM SQ'ÉWQEL - COMMUNITY FISH PROVIDED



t'élxxel
~
Spring Salmon

CHIEF & COUNCIL BAND MEETING
AGM (Q2)

WEDNESDAY
OCT 16
5:00 - 8:00 PM

SAVE THE DATE

In person meeting, with dinner starting at 5 PM






EYÉM SQ'ÉWQEL (SEABIRD STRONG) - COMMUNITY FISH

In August of 2024, the Community came together to help with the distribution of a vital cultural resource — salmon.

It was truly a Community effort. Youth and Elders worked side by side, learning from one another and contributing to the shared goal.

Outdoor stations were set up for everyone to gut and prepare the fish. Very little went to waste — fish eggs and heads were packaged for those who use them in soups.

Inside the Millennium Hall, fish sides were canned and vacuum-sealed for Elders and future Community events.

For many Band Members, who had been without fish for years, it was a blessing to have access to this traditional food once again.

Chief and Council had responded to the scarcity of fish and rising grocery prices by allocating ~ \$300,000 for fish and processing materials to ensure salmon was available for Members' households.

A heartfelt thank you goes to Chief and Council for their generosity, as well as to the many Community Members, staff and volunteers who participated.

Everyone's collective efforts in counting, sorting, processing, packaging and distributing the fish were invaluable.

The Community response has been overwhelmingly positive. Many expressed their gratitude, recognizing the significance of this initiative.

The appreciation and feedback from Members reinforces the importance of both Community and fish in our culture.



eyém ~ strong

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



SQ'ÉWQEL FITNESS CENTRE - OPENING FOR USE!

Seabird Island Members will be pleased to hear that the Fitness Centre is reopening for general use. This will be exciting news for many in Seabird Island, who have been requesting and waiting to use it for at least two years.

An inspection of the equipment was conducted to ensure it is all in good, safe operating condition. Equipment upgrades will be considered and included in future budgets.

Various operating models were researched to maximize accessibility and maintain affordability without putting users at risk.

Unsupervised centres have been common in hotels for decades and are increasingly used in for-profit weight rooms. Orientations and controlled access for users will contribute to safety.

The Band invested in upgraded security – including multiple cameras and a robust sensor system – to increase user security and comfort.

There is no cost for Members to use the Fitness Centre. It will operate as an unsupervised site from **5:00 AM to 1:00 PM daily** to increase accessibility to users, with some exceptions for scheduled program use.

Registered users will receive a scan card to access the fitness centre door following orientation on using the

equipment safely and the facility security procedures.

A schedule will be posted on the door of the Fitness Centre, as well as on the Seabird Island Facebook page and website. Some time slots will be unavailable due to specific programs using the Fitness Centre.

Community Elders currently use the facility three mornings each week. “Women’s Only” times are also being scheduled. Facility usage will be monitored to modify the schedule as needed.

The well-being of users is a priority for Seabird Island. Facility users can be confident in their personal safety. The new security system allows built-in sensors to detect and automatically requests emergency services or the RCMP at any time of day.

For more information or to start the registration process., **CONTACT** Robert McNeil-Bobb at 604-796-8020 or fitness.center@seabirdisland.ca

*Roy Bedford,
Sq'ewqel Culture & Community Services*

eyémstexw

~
make him strong

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kw'ómkw'em

~
strong (of people and things)

SCHEDULED FITNESS CENTRE EVENTS - STARTING OCTOBER 1, 2024:

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Elders Fitness 9 AM - 12 PM	Gentle Flow Yoga: Mindful Movements for Women 10 - 11 AM Womens Fitness 5-8 PM	Elders Fitness 9 AM - 12 PM Pride Fitness 5-8 PM	Elders Fitness 9 AM - 12 PM Gentle Flow Yoga: Mindful Movements for Women 5-6 PM	High School Fitness 10 - 12 AM Youth Fitness 3 - 5 PM	Womens Fitness 5-8 PM

Starting October 14

Monday:

Drop in 3-5 PM, Zumba 5:30-6:30 PM, Indoor soccer 7-9 PM

Thursday:

Drop in 3-5 PM, Volleyball 5:30-6:30 PM, Floor Hockey 7-9 PM

CHANGES TO BUS PASS SYSTEM – RE-LOADABLE CARDS WITH THE UMO APP



Effective October 1, 2024, BC Transit is transitioning to a re-loadable card system, instead of the bus ticket system.

Seabird will now offer re-loadable cards to Members. While we will remain a registered dealer for bus passes; however, all transactions will now be through the new re-loadable cards.

The cards are free and can be replaced if lost or stolen; however, if your card is lost or stolen, Seabird cannot assist with canceling or reclaiming any funds already loaded onto the card.

Alternatively, cards may be re-loaded using the BC Transit app.

We understand that not everyone has a credit card to load their cards or the option to use the app. Seabird can assist those who would like help purchasing rides and loading the card.

The process remains the same: please visit the front desk, and we will assist with re-loading your card. You can also pick up your free re-loadable card in the Seabird Island Band office.

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

UMO BC TRANSIT FARE APP

Every rider must carry their own payment method and may choose between: downloading the Umo Mobility app, or Picking up a re-loadable card for free from a BC Transit vendor.

Then, buy a pass or load funds through the app, online at ca.umopass.com, at

a vendor location, or Umo's customer service toll-free line at 877-380-8181.

When you are ready to travel, please be mindful to set up a new payment method prior to stepping on the bus.

Keep an eye out for the new onboard validator near the driver. Scan the app's QR code or tap your Umo card at the validator. Once the validator's confirmation message appears, the fare is accepted.

HOW TO USE THE UMO APP

To download the Umo App and create your Umo account:

1. Search for the Umo Mobility App in your app store and download.
2. Open the app and tap Get started. Optional – the app will request permission to access your location to assist you with future trip planning. While it does not need to be turned on, it is recommended to utilize the app's full functionality.
 - Select Allow Once – to allow the Umo App to determine your location initially.
 - Select Allow While Using App – to allow the Umo App to always recognize your location while you're using it.
 - Select Don't Allow – to block the Umo App from determining your location.
3. Tap Continue and make your location selection.
4. Select Allow if you would like to get live updates and allow notifications for real-time transit alerts, service updates, and more. This is an optional feature and does not need to be turned on.
5. Tap Set up now to set up your account to buy your fares.

To buy a Cash Balance fare product:

1. From the main screen of the Umo App, tap Wallet.
2. On the Load Your Wallet screen, select Buy and then Add Money.
3. On the Load Your Wallet screen, select the desired amount you want to add.
4. On the Review Purchase screen, select Add Payment Method.
5. On the Add Card screen, enter your payment method information and press Save Card.
6. On the Review Purchase screen, tap Purchase.

Success! Your Cash Balance fare product is now loaded in your account.

To buy a Pass fare product:

1. From the main screen of the Umo App, tap Wallet.
2. On the Load Your Wallet screen, select Buy and then Add Pass.
3. On the Load Your Wallet screen, select the pass you want to purchase.
4. On the Review Purchase screen, select Add Payment Method.
5. On the Add Card screen, enter your payment method information and press Save Card.
6. On the Review Purchase screen, tap Purchase.

Success! Your Pass fare product is now loaded to your account.

When you're ready to travel:

1. Prior to boarding the bus, open your app and from the home screen, select Show Code to display your dynamic QR code.
2. Present your QR code to the Umo digital validator.
3. Look and listen for the validator's confirmation signals. A checkmark and single beep means your fare has been accepted.



HOW TO RELOAD THE CARD

Umo cards are designed for repeated use, please remember to hold onto your card and reload it again and again.

To get and use a re-loadable Umo card:

1. Visit a Umo fare product vendor and pick one up for free. Umo fare product vendors are listed under Where to buy on your transit system's Fares page.
2. At the vendor location, make your initial fare product purchase to ensure your new Umo card is activated.

When you're ready to travel:

1. Get your Umo card ready prior to stepping on the bus.
2. Aboard the bus, tap your card to the Umo digital validator.
3. Look and listen for the validator's confirmation signals. A checkmark and single beep means your fare has been accepted.

Then when your card needs to be loaded again, choose if you would like to add a fare product at a vendor location, through ca.umopass.com, or over the phone with the support of the

Umo Customer Service Centre at 877-380-8181.

If at a vendor:

1. Tell the vendor if you would like to buy a pass or a Cash Balance fare product.
2. Pay with cash, debit, or credit.

Success! Your Umo card is now funded and ready for use.

If through ca.umopass.com:

1. Visit ca.umopass.com.
2. On the Sign In page, click Create Account.
3. On the Let's Get You Going page, click Register a Card.
4. On the Register Your Card page, enter your Umo card number in the Card Number field and click Next. Your card number is on the back of your card.
5. On the Create Your Account page, enter your preferred username, and create a password.
6. (Optional) Enter an email address or phone number. This is helpful if you lose your card and are trying to recover loaded fare products.

7. Read and confirm the Terms and Conditions, click Save.
8. To load your fare product, visit My Wallet, click Buy, select your desired fare product, and proceed to Checkout.
9. On the Order Details screen, under Payment Method, enter your payment method and click Purchase.

Success! Your Umo card is now funded and ready for use. You can save your payment details to speed up future purchases.

If with the support of the Umo Customer Service Centre:

1. Call 877-380-8181 toll-free.
2. Tell the customer service agent if you would like to buy a pass or Cash Balance fare product.
3. Pay with your credit card.

Success! Your Umo card is now funded and ready for use.

More information and videos can be found at www.bctransit.com/umo/

sí:yá:m

~

Chiefs, respected leaders

Sq'ewqel (Seabird Island Band)

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MARIA SLOUGH UPDATE

Water Quality Monitoring – New loggers installed in Maria Slough

At the end of April, 2024, Seabird Island’s Biologists installed water quality loggers throughout Maria Slough.

These monitoring devices track dissolved oxygen, temperature and depth data continuously for months.

Near the depth loggers, geodetic markers were installed, so all sites have a reference to sea level, which can be used for comparisons.

The new loggers have been placed strategically to identify sufficient and poor quality areas of Maria Slough.

Additionally, the data will be used to compare the quality of water before and after restoration work.

Data will be collected every 6 months, starting in November of 2024.

Fish Trapping – Understanding the aquatic community of Maria Slough

Our Biologists are working to take over the presence/absence surveys initiated by Resilient Waters in 2021.

This involves setting minnow traps and larger Feddes traps throughout the slough to see what fish and amphibians are present in different habitats.

This gives insight into the invasive and non-native species present, the habitat quality in different sections, and how the surface water connection changes throughout the year and between years.

Marking, Tagging, and Releasing Maria Slough Chinook with DFO’s Chehalis Hatchery

Our Fish & Wildlife team is working hard to build a relationship with DFO’s Chehalis Hatchery team.

This hatchery has been running an enhancement program for the endangered Maria Slough Chinook, since 1989, which involves collecting broodstock pairs from the slough, fertilizing the eggs, then incubating and rearing them at the hatchery.

On May 2, 2024, our Biologists participated in marking and tagging juvenile Maria Slough Chinook. Marking involves removing the small adipose fin on the back of the fish, so that they can be distinguished easily from wild Chinook, not raised in a hatchery.

Tagging involves injecting a hair-thin microchip into the fish so that when they return to Maria Slough in 4 years to spawn, we can see which of the hatchery fish survived to reproductive age and can measure the success of the enhancement program.

*Mia Stratton, Biology Program
Sq'ewqel Intergovernmental Affairs*



CURRICULUM SEABIRD / STÓ:LŌ SPECIFIC

The Education Department has been working on curriculum that is Seabird / Stó:lō specific. We have three current approaches to developing our own curriculum. The intent is to embrace our education jurisdiction with curriculum that includes land-based learning, cultural and traditional ways, and the teachings of our Elders.

1. Students at the University of the Fraser Valley are developing learning modules. Under the direction of Keith Carlson, they are using the video interviews Keith did with Seabird Elders to create units, lessons, assignments, and projects that revolve around local history, Seabird Island identity, and place. The new materials are being introduced and tested in the classroom, and this is just a sample:

- Learning about wind drying salmon from the voices of our Elders, understanding the process and technicalities behind wind drying salmon, building their own models of a dry rack, and reflecting on their learning through various discussion questions.
- Mapping Seabird Island using Halq'eméylem and traditional place names. Then students create a visual representation of that place such as a model or diorama. This assignment can help students conceptualize the place that they live while learning traditional place names.
- A list of journal prompts for high school English First Peoples that revolves around identity, family, nature, past/present/future, etc., to look at the individual and their identity of Seabird Island.
- A family identity shoebox project for grades 10 to 12 English First Peoples or adapted for social studies.

2. First Nations experts in education and teaching are developing learning modules for k-12. The goal is having on the land experiences through project-based learning for 50% of the activities.

The k- grade 3 modules focus on using one's senses to learn about animals, and personal and cultural relationships with them. The grades 4-7 modules focus on traditional food, material and medicinal plants, and personal and cultural relationships with them. The grades 8-12 modules focus on fish habitat, harvesting and preservation, and restoring balance with both endangered and invasive species.

These learning modules will also refer to the video interviews done with Sq'éwqel Elders, so that our Elders can speak to our children and future generations through the learning modules and through the videos.

Jurisdiction means self-governance. We have education jurisdiction, and it will help us with our move into self-governance of child and family healing and protection.

totí:lt
-
Learning it, learning something

3. We are asking Mark Point to make sure that we are accurately capturing an Indigenous lens for the modules developed. He is working with both the Education and Health Departments, because traditional ways will inform education and also our move into child and family jurisdiction too.

The following questions are important to our discussions on self-governance in education and child and family services.

- What traditional ways do we want to continue and support today?
- What are we moving forward with?
- What do we embrace and promote as Seabird culture?
- What does our society and community look like today?
- What are we teaching in the family, in the schools and college?
- How do we revitalize?

We ask Community Members to reflect on what is important to you, your families and children, and to look for opportunity to share your thoughts with us – community dinners, surveys, conversations with staff, etc.



SQ'ÉWQEL WELCOMES NEW STAFF MEMBERS



BRIANNA ROBOTHAM

My name is Brianna Robotham, and I am honoured to have recently stepped into the role of Seabird's new

Child, Youth, and Family Services Projects Manager as of August, 2024.

I bring with me a Bachelor of Arts in Psychology from the University of British Columbia and a Master of Science in Clinical Health Psychology from the University of Strathclyde in Scotland.

As a proud Band Member, I spent the majority of my childhood growing up in Seabird, which has deeply shaped who I am today. After spending the past decade living in Vancouver and abroad in the UK, I am thrilled to return to the Seabird Community and reconnect with my roots.

I look forward to working with and for our families and Youth, contributing to the growth and well-being of our Community.



RACHELLE HILL

By way of introduction, my name is Rachelle Hill. I am joining this great team and Community in the role

of Health & Safety Officer. It is exciting to see all the great projects and listen to the visions for this wonderful Community.

Speaking a little about my work experience in Health and Safety, it goes back 10+ years in various industries and capacities.

I started in construction at YVR airport, moved through driving instruction and training, safety and training in school bus and BC Transit.

While at BC Transit, I served as Operations and Safety & Training Supervisor for Fraser Valley Transit, which encompassed a region from Hope to Langley.

During my time there I was involved in the planning and implementing of the Ruby Creek bus stop not far from here.

From there, my journey in safety led to a large courier company performing the role of Multi-site Safety Officer for BC.

More recently I have held a Corporate position as a BC Multi-site Health & Safety Coordinator in the manufacturing and recycling industry.

I am feel honoured to have the opportunity to serve this wonderful team and Community. I hope to move forward with meeting everyone in the next few weeks to learn how I can best support you in Health and Safety.

Please feel free to introduce yourself as I get out and familiarize myself with everything.

I am looking forward to sharing the next part of my Health and safety journey with you.

Thank you.

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xáws
~
New

Skw'iykw'yilets
~
Village

xpá:yelhp
~
Western Red Cedar Tree

skwókwep
~
Hill



Stó:lō Cultural Sharing Weekend

For Stó:lō Artist & Crafters to share their knowledge to Stó:lō participants.

October 5 & 6th, 2024
Saturday & Sunday
9 am to 4 pm daily

This Event will be held at:
Evergreen Hall
9291 Corbould Street, Chilliwack, BC



COMMUNITY CAPITAL PROJECTS UPDATE

CONSTRUCTION OF 34 HOMES

Ten accessible units on Chowat Road are complete and scheduled for handover to tenants around September.

The 24 homes on Sthí:tsem Drive, consisting of four 6-plex buildings, will be completed in approximately two-month intervals.

Assuming there are no unforeseen delays, there expected completion dates include the end of: October and December of 2024; and February and April of 2025.

CULTURAL CENTER

The Cultural Center is progressing well. The foundations are being framed, and concrete is poured.

thiyéltxwem

~
To build a house

CEMETERY PROJECT

The cemetery project is moving along steadily, with the construction of the grave houses nearing completion.

Fencing has been completed, the internal drive has been upgraded, and work is underway on unmarked grave markers and signage.

At the high school woodshop, Mark Point is carving a canoe for the cemetery entrance and is teaching students the carving process.

TWO BC HOUSING COMPLEXES

Phase 1 will consist of 34 units, including 12 homes for Elders. Construction is set to begin in mid to late September.

Phase 2 will consist of 40 units, and the schematic design phase is already underway.

OUT OF SCHOOL CARE FACILITY

The new Out of School Care facility, located behind the Mill Hall, is complete and now fully operational.

SECOND WATER TOWER

A second water tower, designed to meet the anticipated increase in treated water demand, is currently in the design phase.

ROAD UPGRADES

The designs for the Seabird Island, Chief Hali, and Pípehò:m Road upgrades are in progress.

WATER MAIN EXTENSION

A water main extension along Chowat Road is also in the design stage.

*Albert Sandberg, Capital Projects Program
Community Infrastructure*

xálh ~ Road, trail, door





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	52	07232024-7155
		19	07072023-7120	19	11272018-5024	53	07162024-7156
		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	08092024-7157	33	10262023-7117		
				34	11072023-7126		

tém:éxw ~ earth, land

el st'et'l'i ~ I love

kw'ó:lexw ~ dog salmon

xá:ws silolem ~ New Years

COMIC



Reference: <https://mooselakecartoons.com/health>

SEPT - TEMKW'Ó:LEXW
 "Dog Salmon Time"

OCT - TEMPO:KW'
 "Stó:lō New Year"

INSPIRATION:

Virgo

August 22-Sept 22

Bear - Spá:th

Direction: West – Element: Earth

Stone: Amethyst

Strengths: Analytical thinking, attention to details, orderly, modest, organized, devoted.

Libra

Sept 23-Oct 22

Crow / Raven - Q eláq a / Sqéweqs

Direction: West – Element: Air

Stone: Azurite

Strengths: Sociable, charming, diplomatic, fair, romantic, loving, sophisticated, artistic.

"If you're cooler than me, would that make me hotter than you?"

Unknown

"Always do what you say. Otherwise your words carry no power in this world."

Unknown

"Nothing is impossible. The word itself says, *I'm possible.*"

Audrey Hepburn

HALQ'EMÉYLEM WORD SEARCH Created by Jasmine Paul-Louis

a w x e ' o l á l w e m w ' s
 á k w ' á t ' e l l : ' l s y
 s l o á t q é h s í s e l e s
 h t y l x e í m t l w : í ' e
 w s í e m m : a e q á l w m e
 l ' : t é á x m e m í x e t é
 t á w y l l h l e í l ' s x w
 q y e a é l í ' á á l e t l á
 t x l h é l h e l t e l é x á
 h w t h á c w i á x k s l w '
 x t c á l k h ' í l w t e l l
 á e w é ú m s e : l í i q í e
 e w á h e t s k e o t y y l e
 y e s t á h ú l ' w s á é ó í
 l t s l c i i s e m t x x m s

Words

1. temhiláxw – autumn, fall.
2. lekwíts – break your back.
3. shúkwe – sugar.
4. líyém – to laugh.
5. ch'emá:ls – a thing that bites.
6. eyém – strong.
7. íwestéleq – teacher.
8. xwoyí:wel – happy.
9. ts'át'l'em – jumping.
10. xwlalá:m – to listen.
11. kw'át'el – mouse.
12. xwiyós – alert.
13. láts' – strange, different.
14. sísele – granny, grandpa.
15. ts'áyxwt – drying something.
16. lhélheltel – canoe bailers.
17. álwem – to stay home.
18. chélmel – top of house.
19. líleqwel – get calm (weather).
20. thélxatí:m – to weave.

SAGE SUGGESTIONS

Sandra Bobb, Communications Program, Sq̓̓w̓̓q̓̓el Culture & Community Services

A COLUMN FOR CLEANSING, CLARIFYING, ENLIGHTENING AND SOOTHING FUN.

WE ALL NEED A GOOD NIGHT SLEEP!

It's that time of year again—the days are getting shorter, and we have to wake up before the sun rises. Set your alarms, and remember—don't hit snooze!

If hitting snooze is a habit you're trying to break, place your alarm clock across the room. When you have to get out of bed to turn it off, you're more likely to stay up and start getting ready.

Consider giving your kids their own alarm clock. Teaching them how to use one can save your sanity, improve their sleep habits, and help them develop independence.

Starting this routine before they reach school age is especially beneficial. It teaches them to stay in their room and sleep through the night, so they don't wake you up too early.

At first, you might have to remind them to set the alarm at bedtime, and you may still need to check that they get up when it goes off; however, placing this responsibility in their hands to set the alarm and wake up regularly provides them with a strong sense of structure and valuable life skills.

Routine sleep is crucial. The average person needs eight hours of sleep, and if you get fewer than five, your brain remains in a fog, and you're considered legally impaired.

"Ideally, people should go to bed earlier and wake up in the early morning hours," experts say. Our biological rhythms are aligned with the pattern of the sun.

ítet ~ to sleep

í:tet ~ sleeping

Benefits of Sleeping at Night:

- **Better quality sleep:** Sleeping when it's dark gives you a better chance of a long, restful night.
- **Improved memory function:** Your brain needs time to process the day and recharge for the next one.
- **Lower weight gain risks:** People who get fewer than seven hours of sleep are more likely to have a higher body mass.
- **Improved energy:** Waking up early and staying active boosts your energy levels for the whole day.
- **Reduced risk of heart disease.**
- **Prevention of depression:** Too little or too much sleep can contribute to depression. Setting and maintaining regular sleep hours is key.
- **Improved emotional and social skills:** When you're tired, your emotions are harder to manage, and misunderstandings in social interactions are more likely.
- **Strengthened immune system:** Sleep is essential for your body to recharge and heal.

Fall Fun Fact: With the days getting shorter, it can be hard to predict fluctuating temperatures. Remember to dress in layers, so you can adjust to the chilly mornings, warm afternoons, and cool evenings.

WORD SCRAMBLE

1. slklis _____
2. esetcrp _____
3. issolptiesbierni _____
4. iloacs _____
5. incfonut _____

FALL HOME CARE

Preparing your yard and home for winter is an important step in maintaining a safe home. This helps keep rodents out, prevents roof leaks, avoids basement flooding, and more.

- **Clean your gutters:** Leaves and sludge in your gutters can cause them to overflow during heavy rain. When this happens, water can seep into your roof and splash onto your walls, leading to rot and leaks in your roof and walls.
- **Rake leaves and clear grass away from your home to deter rodents:** Piles of leaves and grass close to your home provide rodents with safe paths into your house. *Clearing them away, keep pests at bay.*
- **Prune back branches:** Once the leaves are falling, but before the first frost, it's time to prune back branches. Removing hazardous branches that could break during winter storms reduces the risk of power outages, broken windows, and other damage to your home. Making your yard safer to walk and play in during the winter.
- **Get the whole family involved!** Younger kids are often eager to help and learn. Teaching them now will instill the importance of these tasks, so as they get older, they'll still be willing to assist. This also gives them valuable skills and fosters respect for work and family responsibilities.

Simple tasks for kids can include:

- Holding the bucket, while you clean the gutters
- Steadying the ladder, while teaching ladder and climbing safety.
- Helping rake leaves—make it fun, jump in the pile!
- Picking up sticks around the yard.

After all the hard work, enjoy a rewarding weenie roast over a fire!

Answers: skills, respect, responsibilities, social, function



DEADLINES

Submissions and advertisements are due by the 1st of each month.

HAVE A STORY IDEA?

Contact: 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 15th 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/

CONTACT US

comm@seabirdisland.ca
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.

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: 1st Wednesday of the month for Community core, and the 3rd Wednesday of the month for the surrounding Community.

Contact Public Works at 604-796-2177 or email: publicworks@seabirdisland.ca

sq'ép ~ meeting

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.

WELLBRIETY MEETINGS

Every Monday night at 7:00 PM at the Seabird Island Millennium Hall.
 AA in BC website: www.bcyukonaa.org

OPTOMETRY CLINIC

Appointments Only: To be confirmed

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

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

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/>

COMMUNITY INFRASTRUCTURE

CUSTODIAN (PART TIME)

The Custodian is responsible for performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that buildings and facilities are maintained in a healthy, safe and sanitary manner.

We are currently seeking a Part time custodian (Monday-Friday evenings) and an on-call custodian (when needed).

HOUSING ASSISTANT

Provides basic clerical and support services to the Housing Department of Seabird Island Band. This position helps with routine tasks such as filing, answering inquiries, and organizing housing information. By maintaining efficient office operations and supporting the Housing Department staff, the Housing Assistant contributes to the delivery of responsive and effective housing services to the community.

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.

EARLY CHILDHOOD EDUCATOR

Provide hands-on childcare to children in Seabird Island Band's Early Childhood Education programs, in accordance with all childcare licensing requirements and the philosophies, policies, and objectives established by Seabird Island Band Management.

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 ADMINISTRATIVE ASSISTANT

Provides support in the administrative setting and performs a range of routine and non-routine tasks including data entry, filing and organization, reception duties, handling correspondence, administrative tasks, purchase order assignments, ensuring office equipment is in working order, supporting senior staff members as needed, record keeping, assisting with website maintenance, social media updates, data analysis, office maintenance, communications and assisting with events.

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.

STQÓ:YA CONSTRUCTION - ASSISTANT COMPTROLLER

Seeking an experienced on-site assistant controller who will oversee the company's day-to-day financial operations, including accounting, budgeting, financial reporting, and cash management. This role will ensure that the company's financial practices are in line with statutory regulations and legislation, while providing strategic insights to support the company's financial health and growth objectives. The ideal candidate will have a strong background in construction accounting and will be a proactive leader capable of managing the financial team and driving process improvements.

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.

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.

ON-CALL EDUCATION ASSISTANT

Work with students individually or in small groups to deliver activities that reinforce and advance the educational program and make the educational experiences of the children more rewarding. EA's will assist teachers in student assessment and evaluation through observation, record keeping and data collection. At Seabird Island Community School, Education Assistants are valued members of the school community, and they make a significant contribution to the work of the school and toward the education of all students.

PRE-EMPLOYMENT SUPPORT PROGRAM (PESP) CASE WORKER

Provides culturally informed, education options, information, and assistance to clients on all aspects of employment, education, training, and life career planning. Clients will range from 19-24 and 25-64 years of age. This role involves a hands-on approach to assisting their clients in exploring careers and finding employment, including building relationships with potential employers. The PESP Case Worker will also engage in community relations activities to supporting clients and the community.

RECEPTIONIST - ON CALL

Responsible for a wide variety of clerical duties in support of Seabird Island which includes communicating school related activities, greeting and screening students and parents, answering and transferring telephone calls organizing digital and paper filing systems. You will often be the first point of contact for potential students, parents, and staff, you contribute to a role in general office appearance, organization, and professional impression.

SPECIAL EDUCATION ASSISTANT

Dedicated to providing individualized support to a Level 3 autistic student within the educational setting. This role involves working closely with special education teachers, therapists, and other professionals to address the unique academic, behavioral, daily living, and life skills needs of the student, ensuring a supportive and inclusive learning environment. This one-on-one role is essential in helping the Level 3 autistic student thrive by providing comprehensive, personalized, and compassionate support tailored to their unique needs.

FINANCE & ADMINISTRATION

IT SUPPORT TECHNICIAN

Provides end-user support, toner inventory maintenance and procurement, and various tasks received through the IT Help Desk.

RECEPTIONIST - (PART TIME TERM CONTRACT)

Working collaboratively to ensure a wide variety of clerical duties are completed. The Front Desk Receptionist is responsible for a wide variety of clerical office duties in support of Band administration. Includes communicating office activities, greeting, and screening visitors, answering, and referring inbound telephone calls.

Apply Today!

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.

We thank all applicants for their interest.

EXECUTIVE

HUMAN RESOURCES MANAGER

Oversees the Human Resources division ensuring alignment with our vision, mission, strategic plan, and values. Working closely with the Directors Team and senior management, the HR Manager develops and implements practices to attract and retain talented team members focused on doing meaningful work. Division areas include human resource strategy and workforce planning, full-cycle recruitment, on-boarding, employee relations, coaching, dispute resolution, retention and recognition, compensation, training and development, and performance management, exiting, as well as ensuring compliance with all relevant federal and provincial legislation.

The HR Manager leads with humility, motivation, and empathy. They actively listen to employees and understand the importance of building trusting relationships to create an efficient and culturally safe workplace. The HR Manager has a grounded understanding of how Human Resources can impact overall business operations by reducing barriers, following best practices, and collaborating with internal and external partners in a relational way within a flexible and adaptable dynamic, fast paced, and demanding environment.

FINANCE & ADMINISTRATION

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Provides end-user support, toner inventory maintenance and procurement, and various tasks received through the IT Help Desk.

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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.

HEALTH ADMINISTRATIVE ASSISTANT

Plays a crucial role in ensuring the smooth operation of the Health and Social Development Department. This position requires a detail-oriented individual who can manage routine administrative tasks, maintain inventory, support health-related clinics, and provide excellent customer service to clients. The role is integral in upholding the values of the community by ensuring a welcoming and efficient environment for all.

HEALTH CARE ASSISTANT

Provides culturally informed health care and support services for eligible residents who have acute, chronic, palliative, or rehabilitative health care needs. These services include a variety of in-home care services such as home cleaning, personal care, and referrals to programs to assist clients to maintain optimum health in their own homes. The Health Care Assistant will also engage in community relations activities to supporting clients and the community.

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.

RECOVERY HOME SUPPORT WORKERS - WOMENS/MENS HOME

Provides culturally informed crisis intervention, coping strategies, education, connections to community services, and support to individuals affected by mental illness, addictions, trauma, and crisis. The Recovery Home Support Worker will also engage in community relations activities to supporting clients and the community.



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

Sq'ewqel - Seabird Island

Community Food Hampers

Wednesday, October 9, 2024

9:00 AM to 6:00 PM

Location: Seabird Island Band Gym

Eligibility: At least one SIB Member must reside in the home. Limit of one (1) food hamper per household.

SIB Members residing outside of the Fraser Valley will receive a Gift Card in the mail in lieu of a Hamper. They will be sent October 11.

To Register: Submit an updated SIB Hamper Registration form.

Upcoming Hamper Dates:
December 18, 2024
January 15, 2025

Elders: Hampers will be delivered on October 10 to Elders unable to pick-up on October 9.

Chief and Council initiated the Community Food Hamper Program in October 2023 to help offset rising food costs.

Contact Haley (604-796-7060) or Emerald (604-796-6827) for arrangements.

For any questions about the Community Food Hamper, please contact Charlene Point at events@seabirdisland.ca or call 604-796-6813.