



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

JANUARY 1-15, 2025

ADMINISTRATION & FINANCE

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Jan 6	Trust Cheques: SIB Members turned 18	Band Office Lobby	9:00 AM - 4:00 PM	Yes	Finance	Admin./ Finance
Jan 15	Sq'Éwqel Quarterly Band Meeting	Band Office Gym	5:00 PM - 8:00 PM	No	Admin	Admin.

COMMUNITY INFRASTRUCTURE

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Jan 10	Housing Renewal Extension Application	Seabird Island Band Office	BEFORE 4:00 PM		Housing 604-795-6930	Housing
Jan 15	Sq'Éwqel Quarterly Hamper	Band Office Gym	9:00 AM-6:00 PM	Yes	Janean Parsey 604-796-6922	Events

ANIMAL WELLNESS GUARDIAN

• **Animal Wellness Committee**, first Wednesday of every month, 6:00 - 7:00 PM, SIB Office Main Boardroom

Contact: animal.services@seabirdisland.ca for more information.

• **Cat Spay/Neuter Vouchers** - email Animal Services to receive Cat Spay/Neuter voucher

PUBLIC WORKS (REMINDER NEW WEEKLY PICK-UP DAYS)

• **Garbage Day**: Every Tuesday

• **Major Garbage**: 1st Thursday of every month - Community Core (Jan 9)

• **Recycling Day**: Every Wednesday

• **Major Garbage**: 3rd Thursday of every month - Surrounding Area (Jan 16)

SEABIRD ISLAND FIRE DEPARTMENT

Fire Practice: Every Tuesday, 7:00 - 9:00 PM

INTER-GOVERNMENT AFFAIRS

ELDERS PROGRAM

• **Elders Meals on Wheels**, Mondays & Wednesdays

• **Elders Fitness**, Mondays & Wednesday
9:00 AM - 12:00 PM @ Fitness Centre
(Register with Robert McNeil-Bobb)

• **Elders Drop-in (College)**: Wednesdays, 10:00 AM - 2:00 PM

• **Elders Drop-in (College)**: Tuesdays, 12:00 - 2:30 PM

RECREATION PROGRAM

- **Drop-In**, Monday & Thursday, 3:00 - 5:00 PM
- **Zumba**, Monday, 5:30 - 6:30 PM
- **Indoor Soccer (16+)**, Monday, 7:00 - 9:00 PM
- **Chair Yoga**, Tuesdays, 10:00 - 11:00 AM, RSVP with Emerald John @ 604-793-3198
- **Women's Self-Defence Class**, Tuesday & Thursday, 7:15 - 8:15 PM (For those who pre-registered; January 14 - February 27)
- **Women's Fitness**, Tuesday & Saturday, 5:00 - 8:00 PM
- **Yoga**, Tuesday & Thursday, 5:00 - 6:00 PM, RSVP with Stefanie Richardson @ 604-793-3566
- **Pride Fitness**, Wednesday, 6:00 - 8:00 PM
- **Volleyball/Pickleball**, Thursday, 5:00 - 7:00 PM
- **Indoor Sports (16+)**, Thursday, 7:00 - 9:00 PM
- **SICS Fitness**, Friday, 10:00 AM - 12:00 PM
- **Youth Fitness**, Friday, 3:00 - 6:00 PM

Closed on Stat Holidays.

All programs are in the Fitness Centre/or Gym.

For weight room drop-in, **registration** is required with Robert McNeil-Bobb by calling 604-796-8020

EARLY CHILDHOOD DEVELOPMENT

- **Out of School Care (OOSC)** 3:00 - 5:00 PM Weekdays with Megan Louis, 604-796-7184
- **Aboriginal Head Start on Reserve**, Tuesday & Thursday, 10:00 AM - 1:00 PM with Richelle Harzard, 604-793-5843
- **Someone So Small**, Wednesday, 10:00 - 11:30 AM with Judith Dela Vega, 604-997-3064

EDUCATION

LALME'IWESAWTEXW - SEABIRD ISLAND COMMUNITY SCHOOL / SCHOOL DISTRICT #78

- **Winter break ends:** Students return January 6, 2025

SEABIRD COLLEGE

- **Indigenous People's Knowledge (Begins January 13, 2025)**, Tuesday & Thursday, 5:00 - 8:00 PM

YOUTH PROGRAM

- **Youth Centre Drop-in (13+)**: Tuesday & Friday, 3:00 - 8:00 PM

HEALTH

- **Income Assistance Check Day:** Last Wednesday of every month, 8:00 AM - 4:00 PM

APPLY TODAY!
www.seabirdcollege.ca

Seabird College
EDUCATION FOR REAL LIFE

REGISTER TODAY!

INDIGENOUS PEOPLE'S KNOWLEDGE IPK 093
LOCATED @ SEABIRD COLLEGE
JAN 13 to MAY 2
TUES & THURS 5:00 PM - 8:00 PM

EARLY CHILDHOOD EDUCATION
LOCATED @ SEABIRD COLLEGE
JAN 20 to DEC 5,
MON - FRI 9 AM - 2 PM

GRAPHICS AND PUBLISHING LOCATED @ SEABIRD COLLEGE
START DATE: JANUARY 20 TO APRIL 30, FROM 3:00 PM TO 7:00 PM
In the classroom on Tuesdays and, students will be expected to complete additional work outside of the classroom. *Students must have their own computer at home (we don't supply a computer).*

DIGITAL MARKETING MANAGEMENT
with Practicum
LOCATED @ SEABIRD COLLEGE
JAN 20 to OCT 3
MON - FRI 2:30 PM - 6:30 PM

In partnership with **SPROTT SHAW COLLEGE** LEARNING WITH PURPOSE SINCE 1903

In partnership with **UNIVERSITY OF THE FRASER VALLEY**

For more information, contact: **Stephanie Smith**
College Recruiter & Marketing Coordinator
Email: colrecruit@seabirdisland.ca

Let us help you achieve your educational goals!



Sq'ewqel Turkey & Talk #3

Seabird Island Band Needs to Hear Your Voice!

Enjoy a Turkey dinner, Door Prizes and Talk about Halq'eméylem Language Vitalization as we plan for the next 5 – 10 – 15 years

Wednesday, January 22, 2025
from 5:30 – 7:30 PM @ Band Office Gym

For more information about this community discussion opportunity, please contact Roy at 604-796-8059 or roy.bedford@seabirdisland.ca

ó:xwestkw'e sháqwem te halq'eméylem
give breath to language

SQ'ÉWQEL HAMPERS

HAMPER PICK-UP

Sihí:xws, Peló:qes 15, 2025
Wednesday January
9:00 AM - 6:00 PM
Sqéwqel Island Band Gym

ELDER'S DELIVERY

Sxe'óthels, Jan. 16, 2025
Thursday
Contact
Haley 604-798-0768 or
Emerald 604-793-3198
to Register

VOLUNTEERS NEEDED

Yilá:welháat, Jan. 13 11:00 AM
Monday
Stheméts, Jan. 14 8:30 AM
Tuesday
Sihí:xws, Jan. 15 8:30 AM
Wednesday

NEXT HAMPER DATE

Sihí:xws, Apr. 16 2025
Wednesday

FOR MORE INFO CONTACT EVENTS

Celeste 604-796-7006
Janean 604-796-6922
events@seabirdisland.ca



HAMPER & GIFT CARD (GC) DETAILS

All REGISTERED households On Reserve will receive a S'álhtel (Food) Hamper.

SIB members residing in the Fraser Valley are eligible for a Food Hamper, **ONE PER HOUSEHOLD**

SIB Members residing outside the Fraser Valley will receive a \$150 Hamper GC, **ONE PER HOUSEHOLD**

Band Members must fill out a form to be eligible for this year's hampers. You are not required to submit a hamper form again if you have already done so.



Housing Renewal Extension!

Housing rental renewals are due, making you eligible to maintain your spot on the list.

For newcomers, it's a great time to apply for housing rentals, especially with new homes being built in 2025!

Fill out the "Housing Rental Application Form" found at <https://www.seabirdisland.ca/rntlhsngwaitlst/> and email your completed application to housing@seabirdisland.ca before four (4 PM) on January 10, 2025 to solidify your position on the list.

Apply Now!

Submission Deadline Extension:

Four (4 PM) on January 10, 2025

The Lands program warmly invites you to join us!

Pet Food Bank

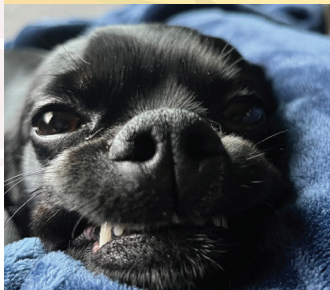
We are pleased to offer a monthly food bank for Seabird Island Community Members' Pets, who may need assistance.

In advance, please provide preferred pet supply info (dog - small, med or large breed; cat; does your pet have special dietary needs - weight management, senior, or puppy/kitten etc).



When: Each month on the 15th
(unless this falls on the weekend, then will be on the Friday)

Pick-up: By appointment



Do you have questions? Would you like to apply?

Reach out to animal.services@seabirdisland.ca or call (604) 796-7100 to make arrangements.

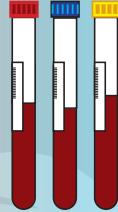
It's a wonderful opportunity to come together as a community and take care of our beloved furry companions!

Lab Day / Diabetic Support (mobile life labs)

Who's eligible:

All Diabetics, and anyone needing their regular bloodwork with a requisition only.

- Fasting recommended, not required.
- Light Breakfast/Snacks provided to those who participate.



Drop-in, no appointment required.

Dates:

January 23, 2025

Future Dates

(April 24, July 24 & October 23)

Time:

8:00 - 10:00 AM

Place:

**Sq'ewqel Health Office
(Seabird Island)**



Please sign in with the Doctor's Reception (MOAs).



Sq'ewqel (Seabird Island)

P.O. Box 650 | 2895 Chowat Rd. | Agassiz, BC | V0M 1A2
Phone: 604-796-2177 | Fax: 604-796-3729
www.seabirdisland.ca

January 6, 2024

UPDATE: Student Allowance Cheque Pick-up

Available from Monday, January 6, to Friday, January 10, 2024

Between 8 - 4 PM

Éy swayél Families of Seabird Island Band Member Students,

For those who have **not** picked up their student allowance cheques yet, please know that the cheques will remain available for pick-up at the **Seabird Island Band Office** until January 10, 2025.

Do you qualify for Student Allowance?

- Any student that lives on-reserve in Seabird Island
- Grades 7-12
- Confirmation from the school that the student is currently attending

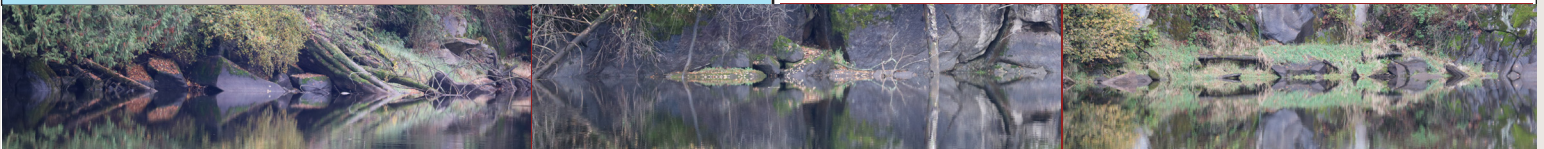
Please Note:

- SD78 Schools will **NOT** confirm whether the student is currently attending their school, unless we have the **parental consent** to obtain that information.
- If not yet submitted, please complete the **Parent Consent Form**, and **return it to SIB Education**.
- **Cheques can also be mailed**, once the student's full name and mailing address is received.

If you have any questions regarding student allowances, supplies or incentives, please email education@seabirdisland.ca or call the Director of Education's Executive Assistant directly at 604-796-7223.

Ólhetchewxw (respectfully),

- SIB Education



"Seabird Island Band"

SQ'ÉWQEL QUARTERLY BAND MEETING

(Q3)



WEDNESDAY

JAN

15

5:00 - 8:00 PM

Located in the Band Office Gym

SAVE THE DATE

In person meeting, with dinner starting at 5 PM

