



COMMUNITY KLÉSMES CELEBRATION



This year's Klésmes dinners were a resounding success, bringing warmth, joy, and togetherness to the season.

Many Community Members joined us on one of the two evenings, creating memories to cherish for years to come. While it is bittersweet that we no longer have a single space large enough to host everyone together as in days past, our

growing families and the vitality of our Community have made it necessary to spread the celebration over two nights, ensuring we can include as many people as possible.

STHEMÉLTS (Tuesday), December 3

The first evening saw the setup of 37 tables for reservations, reflecting a high level of interest, despite 20

reserved seats not filled without prior cancellations. Nevertheless, the atmosphere remained vibrant and full of holiday spirit as guests enjoyed a cozy evening of Klésmes dining and festivities.

SLHÍ:XWS (Wednesday), December 4

Responding to overwhelming demand, we expanded our seating capacity for the

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SQ'ÉWQEL HAMPERS

HAMPER PICK-UP
 Slhí:xws, Peló:qes 15, 2025
Wednesday January
 9:00 AM - 6:00 PM
 Sqéwqel Island Band Gym

COMMUNITY KLÉSMES CONTINUED

Tem'álhtel ~ Meal-time



second night to 48 tables. This ensured more Community Members could participate, and every seat was filled!

The lively atmosphere struck a perfect balance between bustling energy and intimate connection, showcasing the essence of Klésmes—a celebration that feels just right for everyone.

FESTIVE HIGHLIGHTS

Across both nights, the magic of the season was brought to life with thoughtful touches and activities. Every child aged 18 and under received a *syéxcha* (gift) or a gift card, ensuring their holiday season was extra special.

Adding to the delight, Santa Claus made a cheerful appearance, posing for photos with guests of all ages. These treasured photos were available for pickup at the

Klésmes hamper day as keepsakes of a joyful celebration.

Santa's visit was further enhanced by a dedicated team of "elves," who assisted him and families—joining in the festive fun, and bringing smiles and laughter.

Children were encouraged to write postcards to Santa and drop them into his special mailbox. Those who included their addresses can anticipate receiving a reply in the mail, though some delay may occur due to the recent postal strike.

THE SPIRIT OF TOGETHERNESS

The true highlight of both evenings was the sense of community. Seeing extended families, old friends, and new faces come together to share a meal, exchange stories, and reconnect was profoundly moving. The room buzzed

with laughter, heartfelt conversations, and the joy of simply being together. These moments of unity remind us of the deeper meaning of Klésmes—not in the presents exchanged, but in the love and kindness we give from the heart.

As we reflect on this year's celebration, let us carry forward the spirit of Klésmes. May we continue to give generously of our hearts, creating joy and connection during the holidays, followed throughout the year.

Thank you to everyone who joined us, and to the incredible teams who worked tirelessly to make this event a success. Here's to many more future festive moments to come!

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





EARLY CHILDHOOD CENTRE OF EXCELLENCE SECOND FLOOR BUILDING EXPANSION

Sq'ewqel is delighted to share some exciting news with our Community:

The **Early Childhood Centre of Excellence (daycare)** building is set to grow! A brand-new second-floor addition is on its way, marking a significant step forward in expanding services and facilities for our children and families.

CONSTRUCTION TIME-LINE

The much-anticipated construction began on **Wednesday, December 4, 2024**, with an expected completion date of **March 31, 2025**.

CONTINUITY OF SERVICES

We are thrilled to confirm that both the **Daycare** and **Preschools** will remain **open and fully operational** throughout the construction period. Every effort will be made to minimize disruptions, ensuring a smooth and safe experience for families, children and staff during this transformative time.

We appreciate to the crews, who will be raising the roof on this project. We understand that parking may become difficult during this time and hope everyone will do their part to keep the

roads clear, as transportation through the area will continue.

STAY UPDATED

As work progresses, we will share updates to keep everyone informed. We look forward to unveiling the new space and continuing to provide excellent care and education in an enhanced environment.

Thank you for your support as we take this exciting step forward together!

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

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Temxeytl' ~ winter

Máqa~ snow on ground



NEW RESIDENT DOCTOR VISITS SEABIRD!



We are pleased to welcome Teila Wiese, as she completes her practicum as our Resident Doctor with Dr. Fox on Fridays from November 29, 2024, to March 2025.

Teila, from Kwantlen First Nation, was born Gabriel, her maiden name. Her aunt is their current Chief, and her grandfather was a previous Chief. On her mother’s side, her grandmother is from a reserve in Merritt. Teila is married and has two young children: a three-year-old and an 11-month-old. Remarkably, she has balanced raising her family, while dedicating the past six years to becoming a doctor.

Teila is a medical student at the University of British Columbia (UBC), specializing in family medicine. Her studies include Indigenous Family Medicine and the Provincial Opioid Addiction Treatment Support Program (POATSP), an opioid prescribing course that focuses on treating with safe prescription practices.

As part of her practicum, Teila is also working with the Stō:ló Primary Care Clinic under Dr. Mackenzie. She is particularly excited to work closely with Dr. Fox, whose practice emphasizes Indigenous Family Medicine, as well as Drug and Alcohol Awareness Supports—areas she aspires to specialize in herself.

Teila is deeply committed to serving Indigenous communities. She has gained experience in rural and remote healthcare and hopes to integrate outreach into her future practice. Her goal is to establish her practice in the Abbotsford or Chilliwack area after graduating in June 2025.

We are excited to support Teila on her journey, and look forward to seeing her impact on the Community.

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

Temmeqó:s ~ snow time

Himqáxel ~ rain and snow mixed

Yeqelsxá:y ~ the first snow

UPDATE: CHILD AND FAMILY SERVICES JURISDICTION

What is Jurisdiction?

In simple terms, **jurisdiction** is the power or authority to make decisions and enforce laws in a particular area.

For example, when it comes to child and family services under **C-92**, *jurisdiction* means that Indigenous communities have the right to make their own rules and decisions about the care and protection of their children.

It is about giving these communities control over how their children are raised and supported, rather than having outside governments decide.

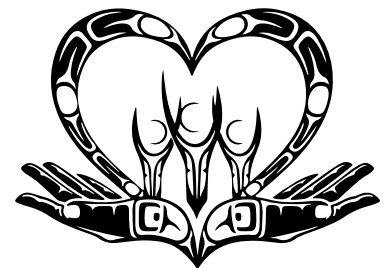
What we have done to date:

- Established a Seabird Island Child and Family Services Jurisdiction Advisory Committee bi-weekly meetings
- Hosted Elder Meetings

- Provided Elder Dinners
- Started Elder in-person interviews (10 will be completed)
- Completed Community Surveys – over 200 responses
- Connected with communities who have achieved jurisdiction
- Researched Child and Family Jurisdiction models in Canada and around the world

How to get Involved?

Please contact Strengthening Roots Consulting at strengtheningrootsconsulting@gmail.com or 604-798-4396 (Maggie Pettis)





SQ'ÉWQEL STUDENTS SHARE THEIR CULTURAL KNOWLEDGE AND PASSIONS @ THE ANNUAL 2024 INDIGENOUS YOUTH LEADERSHIP CONFERENCE

Senior students from Seabird Island Community School attended the Indigenous Youth Leadership Conference in Surrey on November 20, 2024. From across the Lower Mainland, students participated in this full-day event.

The conference emphasized the importance of students being culturally grounded and finding strength in embracing their unique identities. Teachers observed a remarkable transformation in some students—those typically shy or reserved were highly engaged, actively participating, and willing to be vulnerable. Events like this provide invaluable opportunities for students to express themselves and find safe spaces to thrive, which this conference exemplified beautifully.

While students from districts like Surrey, Langley, Abbotsford, Chilliwack, Mission, Fraser Cascade, and various Indigenous schools near Chilliwack were present, none stood out quite like the students from Seabird Island. Our students demonstrated a profound understanding of cultural protocols, dances, singing, drumming, and prayers. At times, it felt as though Seabird students were the hosts—they were, hands down, exceptional!

During the first intermission, an Elder began drumming spontaneously, eventually handing the drum to our students before joining in to dance.

What followed was magical: our students seamlessly led the drumming and singing as if it were second nature. When the organizer suggested a spontaneous “Happy Birthday” song for a student from Langley, Gabe and Makayla, along with other Seabird students, drummed the song effortlessly. The organizer, pleasantly surprised, exclaimed, “Oh, there is a song for that?!” The district students were equally thrilled, cheering, “Yay! Let’s go! We want more!” The atmosphere was so refreshing and engaging that lunch was delayed by almost an hour—and with a room full of teenagers, no one complained.

Later, during Slahal, Seabird students once again shone brightly.

While many district students had heard of Slahal, few truly understood it. Seabird students not only excelled, but also generously shared their knowledge, playing with such skill and spirit that it often felt like Seabird vs. everyone else! Round after round, our students showcased their expertise, consistently emerging victorious.

By the end of the day, the organizers expressed heartfelt gratitude for our students’ participation. On the bus ride home, students were reminded of how privileged they are to attend a school that instills pride and confidence in their cultural identity through daily celebration of their heritage.

SQ'ÉWQEL (SEABIRD ISLAND)
EMPLOYMENT SERVICES CAREER FAIR

FREE ADMISSION AND DOOR PRIZES!!!

BAND OFFICE GYM
 2895 Chowat Road, Agassiz
MARCH 12, 2025
10 AM - 2 PM

For more information, please contact Seabird Island Employment Services at: 604-796-6865

UPDATE: FITNESS CENTRE

Since the fitness centre reopened in September, Seabird Island Members have accessed it constantly. The 20 hours a day/ 7 days a week accessibility is a popular feature for many who have busy family and work schedules.

The fitness centre is open to the Community and staff, as well as to Band programs such as the Recovery Homes and Youth. The centre operates as an unsupervised site from 5:00 AM to 1:00 AM daily, allowing Members to workout at their own convenience. While some time slots are reserved for

scheduled program activities, the centre is available for public use up to 130 hours each week.

Registered users receive a scan card to access the fitness centre entrance following orientation on using the equipment safely and the facility security procedures. Registered users must be 16 years and older, unless part of a scheduled program.

A program schedule is posted on the door of the fitness centre, in the Band Office's main entrance, as well as on the

Kwíy̓x̓thet ~ To move oneself

Seabird Island Facebook page.

Community Elders currently use the facility three (3) mornings each week. Women's Only times are also being scheduled. Facility usage will be monitored to modify the schedule as needed.

Members can contact Robert McNeil-Bobb at 604-796-8020 or fitness.center@seabirdisland.ca for more information or to start the registration process.

Roy Bedford, Sq'ewqel Culture & Community Services

Bring indoor shoes
for all events
in the
gymnasium

NEW
January - March 2025

FITNESS CENTRE SCHEDULE

MONDAYS
In the Band Office
Fitness Centre and Gym

DROP-IN
3:00 - 5:00 PM

ZUMBA
5:30 - 6:30 PM

INDOOR SOCCER
7:00 - 9:00 PM
For ages 16+

THURSDAYS
In the Band Office Gym

DROP-IN
3:00 - 5:00 PM

VOLLEYBALL /PICKLEBALL
5:00 - 7:00 PM

INDOOR SPORTS
7:00 - 9:00 PM
For ages 16+

ELDERS FITNESS
9:00 - 12:00 PM
Monday & Wednesday

YOGA
5:00 - 6:00 PM
Tuesday & Thursday

WOMEN'S FITNESS
5:00 - 8:00 PM
Tuesday & Saturday

PRIDE FITNESS
6:00 - 8:00 PM
Wednesday

SEABIRD ISLAND HIGH SCHOOL
10:00 AM - 12:00 PM
Friday

YOUTH FITNESS
3:00 - 6:00 PM
Friday

CLOSED ON Statutory Holidays



CALL-OUT FOR TRADITIONAL TEACHINGS AND GIFTS

Our commitment to the revitalization of its cultural heritage takes many forms – embracing the teaching of Halq’eméylem for all ages, traditional ceremonies and practices, and inclusive decision-making.

Our teaching is that each person has different gifts to be discovered and shared within Seabird Island. With over 1000 people living here and many others living elsewhere, the Band cannot know

all the teachings and gifts each member possesses. Members are all invited to share these with the Band.

The commitment to revitalized cultural heritage relies on Community Members coming forward to share their knowledge and skill with others.

Members are asked to self-identify their interest in sharing teachings, knowledge, gifts and abilities to help build a *Member*

Knowledge and Gift Inventory. The Band will work to encourage and celebrate these teachings and gifts through different opportunities.

Please contact roy.bedford@seabirdisland.ca and provide your name, contact information and the knowledge and abilities you wish to share.

Roy Bedford, Sq’ewqel Culture & Community Services

Othet ~ Respect

LATERAL KINDNESS

Éy mestiyexw

~
be a good person

Wiyóth kwsu éys te sqwálewels te lólets’è.

(always be a person with good thoughts)

Coqualeetza Elder’s Group, 1968

“Lateral violence, also referred to as lateral “unkindness”, is expressed in many ways, such as gossip, verbal and physical assaults, passive aggressive behaviours, blaming, shaming, attempts to socially isolate others, demeaning activities, bullying, and threatening or intimidating behaviour.

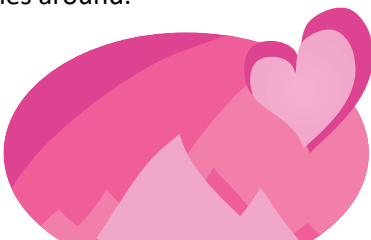
Based on Indigenous values that promote social harmony and healthy relationships. Lateral kindness uses First Nations teachings about respect, fairness, and the importance of relationships to create an environment built on a foundation of kindness.”

Reference: <https://www.fnha.ca/Documents/FNHA-COVID-19-From-Lateral-Violence-to-Lateral-Kindness.pdf>

Seabird aims to promote and operate under the principles of lateral kindness. We strive for social harmony and healthy relationships within our Community and workplace organizations.

We value respect, fairness and strong relationships, and we are committed to building Sq’ewqel on a foundation of kindness—starting with setting standards, upholding values and fostering personal growth.

When you are kind to others, they, in turn, are kind to you and those around them. It is true: “What goes around, comes around.”



Lexwe’éywelh

~
Always be kind!

Take a moment now and then to perform acts of lateral kindness and uplift someone’s spirits. Here are a few ideas:

- Write a kind or inspirational message to someone, say thank you, or send a thank-you note.
- Compliment others.
- Take time to listen to someone.
- Open doors for others.
- Help an Elder.
- Let someone know you love and respect them—many people don’t realize it until they hear it!
- Assist those in need or down on their luck.
- Solve a problem for someone else. For example, watch someone’s kids, make a donation, or lend a hand.
- Had a great experience with a staff member? Let their supervisor know!
- Take a friend, loved one, or coworker out for a walk, lunch or coffee.
- Donate to food hampers, the local food bank, or shelters.
- Smile! A smile is contagious and brightens anyone’s day.
- Send flowers, just because you can.
- Share a coupon you don’t need with someone who might use it.
- Leave a tip for your waitress or hotel room attendant, or even write a positive note on the back of your receipt.
- Give someone something you wish you had. Show love, joy, kindness, and respect. You’ll make them happy, and in turn, you’ll feel great about yourself.

Together, we can change the world, one good deed at a time.

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

SQ'ÉWQEL E



ELDERS KLÉSMES DINNER

Siyólexwe ~ Elder

The Elders Klésmes Dinner was a heartwarming and resounding success, with over fifty Elders gathering to celebrate the holiday season. The gymnasium was transformed into a cozy winter wonderland, adorned with a mini forest of Christmas trees that divided the space and created a welcoming, festive atmosphere. Around the room were thoughtfully arranged seating areas, including lounging chairs and a cheerful photo booth, all complementing the multiple dinner tables that invited conversation and connection.

As the Elders arrived, each brought a wrapped gift to place under the large Christmas tree for the much-anticipated gift exchange. The sight of brightly wrapped packages accumulating beneath the tree added a sense of excitement to the evening.

To begin the festivities, Mike Joe led everyone in prayer, offering a heartfelt grace before the meal. The dinner itself was a feast worthy of the season,

featuring tender roast beef, flavourful ham, creamy mashed potatoes, fresh vegetables, and an array of salads. For dessert, a table laden with scones, cookies, and pies provided a sweet conclusion to the meal.

After dinner, the highlight of the evening began: the gift exchange. Names were drawn at random, and each Elder approached the tree to carefully select a present. Laughter and cheer erupted throughout the room as gifts were unwrapped, revealing surprises that delighted and amused. The joy was infectious, with random bouts of laughter echoing as each person revealed their chosen treasure.

The evening continued with door prizes and special portraits with the Grinch. Every Elder received a wrapped door prize as a token of appreciation, and many enthusiastically posed for photos with the mischievous Grinch, who added a playful touch to the evening. The couch, draped in holiday décor,



became a favourite spot for these memorable snapshots.

As the night drew to a close, the remaining Elders gathered for a group photo, capturing the spirit of togetherness that defined the event. The smiles, laughter, and camaraderie on display were a testament to the bonds shared by the community.

All in all, the Elders Klésmes Dinner was a joyful celebration, leaving everyone with full hearts, warm memories, and a true sense of holiday spirit.

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

Xwoyíwelmet ~ Happy to see him/her

ELDERS 2024



NEW STAFF

Jillian Stewart

Jillian is a Biologist with Sq'ewqel.

She completed her diploma and undergraduate degree at BCIT. She has gained extensive experience working in government, the private sector, and non-governmental organizations (NGOs).

Her work experience includes fisheries monitoring, habitat restoration, environmental assessments, fish and wildlife salvages, and biological sampling.

In her free time, Jillian enjoys camping, boating, swimming, volunteering, and wildlife photography. Having grown up exploring the Fraser Valley, she is proud to now call the area home.

Jillian is dedicated to making a positive impact in the Community through her role with the Seabird Island Band.



ÉYEM SQ'ÉWQEL (SEABIRD STRONG)

Chief and Council have raised “Seabird Strong” as a banner over the Community. This is not merely a slogan over a geographical location or a marketing tag-line. Seabird Strong is a description of the people who form the Community, from the youngest baby to the oldest Elder. Our People are Seabird Strong.

Seabird Strong celebrates Sq'ewqel as a Community of individuals living and working together. Seabird Strong points to how we as a people are resilient and are proudly reasserting our own identity.

The summer’s Salmon for Seabird affirmed the importance of traditional food for our bodies and spirits. This opportunity was seized-upon by many Members, who joined in the work of preparing salmon for our Elders, and the sharing of knowledge to others.

Seabird Strong is seen as staff and other Community Members participate in

Halq'eméylem lessons offered in partnership with the University of the Fraser Valley. It is demonstrated when the Elders harvest sage and stinging nettles. It is in view when the Youth explore medicines and traditional crafts with knowledge holders.

Everyone has a role in Seabird Strong. Elders, who encourage and teach their children and grandchildren, parents, who support school attendance, Youth, who help their siblings, parents, aunties, and Elders, and children, who listen at home and learn at school.

Each of us helps Seabird – the People – be strong and resilient.

Remember, YOU are Seabird Strong.

Look in the mirror and say out loud, “I am Seabird Strong”, proudly taking your place in this community.

Roy Bedford, Sq'ewqel Culture & Community Services

Éyém ~ strong

Kw'ómkw'em ~ strong (of people and things)



Sq'ewqel Housing Wait-list

1 Bedroom		2 Bedroom		3 Bedroom		3 Bedroom	
1	12062022-7091	1	12102018-6014	1	12192012-3076	40	12292023-7135
2	01172023-7093	2	06172019-5037	2	01142015-1011	41	01042024-7137
3	02092023-7096	3	01072020-7031	3	12102018-6014	42	07032023-7102
4	02222023-7098	4	11022020-5051	4	01072020-6024	43	01152024-7142
5	05022023-7105	5	01072020-6024	5	01072020-7031	44	04052024-7145
6	06162023-7018	6	11152018-6022	6	01222020-1031	45	04152024-7146
7	10182023-7116	7	01092021-7061	7	11022020-5051	46	01122024-7148
8	11032023-7127	8	12232020-7056	8	12232020-7056	47	01152024-7149
9	11082023-7128	9	09122019-6032	9	12232020-7057	48	03142024-7150
10	11152023-7124	10	09072022-5068	10	01092021-7061	49	06032024-7152
11	12072023-7130	11	12062022-7104	11	04292021-7065	50	07232024-7155
12	12122023-7131	12	01172023-7093	12	12192021-7070	51	07162024-7156
13	09122019-6032	13	11272018-5024	13	11182020-7053	52	09202024-7158
14	01012024-7140	14	01032018-5012	14	01092020-6000	53	11012024-7162
15	05012024-7147	15	03292023-7103	15	09072022-5068	54	11012024-7163
16	07082024-7153	16	05022023-7105	16	12162022-7078		
17	05282024-7154	17	06152023-7028	17	12062022-7104		
18	09192024-7159	18	06162023-7018	18	11272018-5024		
		19	07072023-7120	19	12092022-7092		
		20	10312023-7118	20	01182023-7094		
		21	10182023-7116	21	08202019-7034		
		22	10192023-7122	22	11092021-7069		
		23	10232023-2093	23	05172023-7106		
		24	10232023-7125	24	06152023-7118		
		25	10242023-7123	25	06162023-7018		
		26	12062023-7138	26	06192023-7019		
		27	12212023-7098	27	07132023-7110		
		28	10032022-7077	28	08112023-7112		
		29	01042024-7137	29	09232023-7123		
		30	04152024-7146	30	10122023-7113		
		31	03142024-7151	31	10172023-7115		
		32	06282024-7154	32	10262023-7117		
		33	06032024-7152	33	11072023-7126		
		34	08092024-7157	34	12062022-7091		
		35	08242024-5064	35	12072023-7139		
		36	10232024-7160	36	12142023-7132		
		37	10242024-7161	37	12292023-7136		
				38	12182023-7133		
				39	12212023-7134		

**HOUSING
RENEWAL
FORMS ARE
DUE**

**December 31,
2024 by
1 PM to
remain on
and/or be
added to the
wait-list.**

REMEMBER TO:

- Change your furnace filters once a month to reduce dust and germs.
- Keep your gutters clean so they drain properly in a rain storm and reduce the chances of them freezing, rotting or falling off.
- Close your curtains when the sun goes down, to reduce heat loss.
- Disinfect door handles, light switches and other surfaces regularly (bleach and water) to reduce germ spread.
- Empty your dryer lint trays with every load to reduce chance of fire.

ACTION Bookkeeping

BOOKKEEPING & TAX SERVICE

NAVIGATING FINANCIAL COMPLEXITIES WITH ACCURACY AND PERSONALIZED SUPPORT.

- ✔ Bookkeeping
- ✔ Personal taxes
- ✔ SmartCycle Setup
- ✔ GST remittances

Contact details

- ☎ 604-825-4361
- 🌐 www.actionbookkeeping.info
- ✉ Support@actionbookkeeping.info
- 📍 Fraser Valley, BC
- 📍 Lower Mainland, BC

CALL NOW

CALL OUT FOR OUR MEMBERS' BUSINESSES, BECAUSE WE WANT TO FEATURE YOU!

We are excited to announce that we have space for **10** business card-sized (2"x3.5") advertisements in the next issue of the Sq'ewqel Sqwelqwel Pípe! This is a fantastic opportunity to showcase your Community Member businesses and highlight everything you bring to our Community.

SUBMIT YOUR 2" X 3" ADVERTISEMENT
 by **January 1, 2026**, to comm@seabirdisland.ca
 for a chance to be featured in the January issue of the Pípe.



HELP SHARE YOUR GIFT WITHIN SQ'ÉWQEL

We are always on the lookout for great stories! If you're interested, we would be delighted to interview you and include a photo, alongside your story. We aim to feature one Sq'ewqel Member's business per month. You are already an inspiration for other Members, so let us help share your gift!

For inquiries or more details, please contact the Communications team at 604-796-6838 or email: sandrabobb@seabirdisland.ca or comm@seabirdisland.ca

We look forward to showcasing your success!

Xólhmet te mekw'ewát

~
 Taking care of the people.

CALL OUT FOR MEMBER'S ACHIEVEMENTS



We invite all Community and Band Members to share your achievements with us. Let us help lift each other up!

Whether your accomplishment is personal, academic, professional or cultural, we want to celebrate your milestones and share them with your photos in our monthly newspaper!

Hóyeqwt ~ invite him/her

Help us stay connected and united, send your information to comm@seabirdisland.ca with the subject "Accomplishments."

We are proud of each one of you!

WORD SCRAMBLE

- DINAOTSDIC _____
- PNAKEAC _____
- RBEMNEOV _____
- EPARHM _____
- AICMHSSTR _____
- UINTHNG _____
- RAIIDTAOLTN _____
- GNISGUTSOE _____

EASY 4 INGREDIENT FUDGE

- 1 can sweetened condensed milk
- 3 cups chocolate chips
- 1/4 cup butter
- 1 tsp vanilla extract

- Combine the first three ingredients in a pot. Slowly melt them together, stirring continuously.
- Once fully melted, add the vanilla extract and mix well.

- Pour the mixture onto a wax paper-lined cookie sheet. Place it in the fridge for 2 hours, then slice into chunks.

Optional: Add nuts, raisins, cranberries, or candied cherries to the mixture, creating different kinds. Alternatively, use sprinkles on top before refrigerating.

Answers: Additions, Pancake, November, Hamper, Christmas, Hunting, Traditional, Suggestion

SAGE SUGGESTIONS

Sandra Bobb, Communications Program, Sq̓̓w̓q̓el Culture & Community Services

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

TIPS TO DE-STRESS AFTER KLÉSMES

Stress impacts you and your family. Taking care of yourself is the best gift!

- **Schedule time to relax:** Take a 30+ minute bath and rejuvenate your body and mind.
- **Enforce boundaries:** Remember you don't have to do it all or see everyone. Set personal boundaries, ask for help, or flat out admit you don't have time to do it all. You are only human.
- **Minimize screen time in favour of personal connections:** Turn off the TV, I-pad, Phone and talk to people, snuggle and get to know them and how they are doing. Share how you are doing and soak up all the love.
- **Remember to have fun:** Take a breath and savor the moment, enjoying the people around you.
- **Do something that makes you happy:** join a choir, drive around and see all the Klésmes lights. Harrison has a nice display along the walkway on the beach you can walk around and take fun selfies.
- **Plan Ahead:** Get your groceries early. Fill the car up with fuel the night before, so you're not rushing next time.
- **Just say no:** Only say yes to the family events you want to attend. Keep your circle manageable and meaningful. Everybody else clamoring for your time may have to wait.
- **Use whats on hand:** If you're considering giving a gift, consider that the homemade items have more meaning; the time spent with others creating or the thought you put to

Imexyósem ~ To go for a walk

creating gifts for others, cannot be measures in dollars.

- **Go for a walk in the cold:** A 5 minute walk will boost your mood and make you feel good. It releases endorphins and reduces stress. A 20 minute walk will help you burn calories as well. A walk as a family is a great way to get family talking together.
- **Recite positive affirmations:** Positive thoughts reduce stress and promote happiness. "I am loved," "I am in control," or, "I deserve to have a joyful and happy holiday."
- **Let it out:** shout, sing, dance, jump around, and have fun!

Ts'elhxwélmexw

~
Family (also neighbour)

KLÉSMES-THEMED ACTIVITIES ON A BUDGET

Create lasting memories with these budget-friendly family activities —because shared moments, mean more than any store-bought gift.

- **String Popcorn:** for a fun, eco-friendly decoration in the tree or walls! Afterward, feed the birds—just remove the string first.
- **Decorate with books:** Stack open books to form a tree shape.
Reader's Digest Tip: Fold down the top corner of each page and then fold it inward. Once the whole book is folded, it resembles an angel's dress. Add a bulb for a head and paper wings to create a unique tree topper!
- **Save and decorate toilet paper cores:** They make great standing ornaments or even napkin holders with a bit of creativity and decoration.
- **Origami:** Search online for origami templates and create paper snowflakes, Christmas trees, or other festive designs. No craft paper? Use newspapers! You can even wrap gifts in newspaper for an eco-friendly and unique touch
- **Dollar store shopping:** With some thoughtful browsing, dollar stores can yield great gifts! My family made a day of it, visiting multiple stores and finding treasures for everyone
- **Natures bounty:** Take a walk in the woods to gather pine clippings, pine cones, and other natural treasures. Use them to create a wreath, swag, or door hanging. Paint the tips of the pine cones to mimic snow and tie everything together with a ribbon or fabric scrap.

It's a wonderful way to bring the scent of Christmas into your home without the cost or space of a big tree.

Tále ~ Money

- **Decorate your mason jars:** Transform mason jars into candle votives! Paint the outside, tie on a ribbon or string, and light a candle inside to watch your artwork glow.
- **Baked goods:** Many people don't bake anymore, so a dozen homemade cookies, a loaf of bread, cinnamon rolls, or peanut brittle can feel extra special.
Wrap your baked goods in a container with a bow for a heartfelt and delicious gift. It's better than a box of chocolates and shows you put time, thought, and love into the gesture.

Enjoy the holidays without breaking the bank while creating cherished family traditions and memories!

Éywelh ~ Good-natured, kind-hearted

Temxeytl' ~ winter

St'ít'el ~ love, like

Sxwík' - Winter Robin

COMIC



reference: <https://moosetakecartoons.com>

NOV - TELXWI:TS

"Leaves are falling"

Sagittarius

Nov 23 - Dec 21

Owl - qépkwoya

Direction: Northwest – **Element:** Fire

Stone: Obsidian

Strengths: Love loyalty and commitment.

DEC - MOQÓ:S

"Fallen snow season"

Capricorn

Dec 22 - Jan 19

Goose - áxe

Direction: North – **Element:** Earth

Stone: Quartz

Strengths: Practical, Down-to-earth, Cautious, Strong-willed, Principled, Family-oriented, Modest, Unique sense of humor

INSPIRATION:

"Christmas is doing a little something extra for someone,"

Charles M Schultz

"Kindness is like snow – it beautifies everything it covers."

Kahlil Gibran

"Winter is a time for comfort, for good food and warmth, for the touch of a friendly hand and for talk beside the fire: it is time for home."

Edith Sitwell

HALQ'EMÉYLEM WORD SEARCH *Created by Jasmine Paul-Louis*

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

1. hí:qwt – invite him / her.
2. thehíthet – take care of yourself.
3. ólhet – respect someone.
4. móylhtel – help out.
5. xwliyémés – to smile.
6. klésmes – Christmas.
7. máqá – snow (on ground).
8. xwílexwel – bush, under-bush.
9. á'a – yes.
10. mélés – raccoon.
11. lílyiyem – to laugh.
12. q'pet – to gather (them).
13. chó:lqem – follow.
14. chá:lhtel – smoking salmon.
15. t'át'ekw'el – to cross.
16. sxwōsem – soap-berry.
17. pekchá:m – take a picture.
18. híth – for a long time.
19. s'álhtel – food.
20. xéymels – large Hawk.



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, enquire 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

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/>

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 Tuesday night at 7:00 PM at the Stó:lō Tribal Council Boardroom, 2855 Chowat Rd.

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

COMMUNITY INFRASTRUCTURE

HOUSING MAINTENANCE AND REPAIR TECHNICIAN

The Housing Maintenance and Repair Technician provides maintenance and repair services to support community members and their homes. This role involves conducting repairs, performing inspections, and managing small-scale construction projects to enhance the safety and functionality of Seabird Island's housing. The Housing Maintenance and Repair Technician will also engage in community relations activities, listening to and addressing tenant concerns professionally and respectfully, and fostering a positive living environment.

PROJECT MANAGER - COMMUNITY INFRASTRUCTURE

Provides comprehensive project management services to the organization, government partners, and internal teams. This role involves leading infrastructure projects from concept to completion, ensuring adherence to time-lines, budgets, and quality standards, while maintaining compliance with regulatory and safety guidelines. The Project Manager coordinates resources, oversees contractor performance, and communicates regularly with stakeholders to foster transparency and address project-related concerns.

TENANT WELLNESS SPECIALIST

Provides culturally informed services and guidance to tenants, including those facing housing challenges. This role involves assisting clients in accessing resources, offering support to help them maintain housing stability, and working with the team to promote wellness and resilience within the community. The Tenant Wellness Specialist will also help foster positive relationships and community connections while offering a welcoming and supportive approach to client care.

This role may also assist with showing tenants how to do small repairs on their rental homes to fix tenant caused damage that may affect their housing stability to create an understanding of tenant responsibilities.

CULTURE & COMMUNITY SERVICES

JOURNALISM WRITER & EDITOR

Create and edit promotional materials, coordinate and research articles for the Sq'Éwqel Sqwélqwel Pípe (newspaper), Facebook, and websites, as well as proofread and edit organizational documents.

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.

SQDC - ASSISTANT CONTROLLER

Managing the financial activities of the Sq'Éwqel Development Corporation and its entities. This role will involve overseeing accounting operations, preparing financial reports, ensuring compliance with financial regulations, and contributing to the financial planning and strategy of the organization.

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.

ON CALL COOK

Cook and serve food for school breakfast/lunch programs and special events organized and participated in by Seabird Island Community School as instructed by the principal in accordance with current health, safety and hygiene legislation.

STUDENT ENGAGEMENT COORDINATOR

Provides culturally informed support and resources to students to increase retention, persistence, and graduation rates. This role involves developing and implementing strategies that address barriers to student success, offering

mentorship, and coordinating academic and social support programs. The Student Engagement Coordinator will also engage in community relations activities, building strong connections with students, families, and the broader community to support their educational journey

FINANCE & ADMINISTRATION

GRANTS, PROPOSALS, AND STRATEGIC WRITER

The Grants, Proposals, and Strategic Writer will work collaboratively with various teams throughout the organization, assisting in finding grants or funding opportunities and ensuring successful implementation and reporting. The Grants, Proposals, and Strategic Writer provides function in the implementation of projects as directed including creating and managing proposals for projects and implementation of operational delivery models that will achieve optimal outcomes.

HEALTH & SOCIAL DEVELOPMENT

ON CALL RECOVERY HOME SUPPORT WORKERS

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.

DATA PROTECTION NAVIGATOR

Provides culturally informed guidance and support to individuals whose personal information has been compromised due to the FNHA data breach. This role involves working directly with affected clients to help them understand the breach, mitigate risks, and take the necessary actions to protect their personal information. The Data Protection Navigator will also engage in community outreach and support activities, ensuring that all affected individuals receive the assistance they need during this difficult time.

INTER-GOVERNMENT AFFAIRS

PROJECT LEAD (ABORIGINAL RIGHTS & TITLE)

The Project Lead will serve as the primary liaison between external parties and Seabird Island Band (SIB) in regard to Aboriginal Rights and titles, facilitating all communication and engagement efforts. This role involves planning and arranging meetings between different external stakeholders. The incumbent will provide expertise and support on issues relevant to SIB, representing Seabird's rights and title at industry and development meetings, and attending various public and community events.

Additionally, they will make presentations, offer advice on rights and title strategies, and ensure timely responses to external stakeholders. The Project Lead will also manage project budgets, track costs, and prepare reports and recommendations for leadership.

This is a 3-year term contract with the possibility of extension.

PROJECT MANAGER (FISH, WILDLIFE AND NATURAL RESOURCES)

Have a background in Biology or other Environmental Science and be able to provide the technical skills and knowledge required to advise on environment-related matters. They will be required to delegate tasks, manage budgets, problem-solve, communicate effectively, and prepare reports, proposals, summaries, and work plans. The Project Manager will build important relationships with a range of internal and external partners throughout the region including federal and provincial governing bodies. They will advocate for First Nations fisheries and lobby Indigenous Rights as they relate to traditional territory and natural resources under Section 35, UNDRIP, and DRIPA. Leadership skills are key as this individual will be responsible for leading the Fish Wildlife and Natural Resources team to ensure that the program is actively working to meet the Nation's goals and is upholding its values.

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.

Apply Today!

WEDNESDAY

JAN
15

5:00 - 8:00 PM

"Seabird Island Band"

SQ'ÉWQEL QUARTERLY BAND MEETING

(Q3)



SAVE THE DATE

In person meeting, with
dinner starting at 5 PM

