



TRAPPED SKWÓ:WECH RESCUED!



SKWÓ:WECH ~ STURGEON

Full story on pages 4 & 5

POSITION CHANGES IN SQ'ÉWQEL COUNCIL

Éy swayél Members of Seabird Island, To ensure our Community remains informed of important changes as they occur, we are sharing the following information regarding several changes within our Seabird Island Council.

As of December 19, 2025, Councillor Ashley Bobb has resigned from her elected position on Chief and Council.

We raise our hands to Ashley for her many contributions to the leadership of Seabird Island.

As previously shared with our Community, Alexis Grace previously resigned from her position on Council, and accepted her current position as Chief Administrative Office within Sq'éwqel Administration.

As a result of the above, we are pleased to share that the next two candidates with the highest number of votes, as outlined in **Section 16.12 of**

the Election Code (please see below), have both accepted their new roles as Council Members for Seabird Island Band.

Please know, the vacant Council positions are filled by **Marlana Peters** as of today, December 20, 2024, and **Tamara Andrew** as of January 6, 2025.



Congratulations to Marlana Peters and Tamara Andrew!

Ólhetchexw (respectfully),
— Sq'éwqel Chief and Council

Election Code, Section 16.12

Upon a Councillor position becoming vacant during the term of Council, the candidate for Councillor in the last election with the ninth (9th) and tenth (10th) highest number of votes that was not elected shall be offered the vacant position(s). If that person cannot accept it, then it shall be offered to the next person with the eleventh (11th) highest votes on the list and so on.

Please note, this notice is shared pursuant to **Section 16.18 of the Election Code**, as seen here:

Upon a Chief or Council position becoming vacant, the Council shall post a notice of the vacancy and how the position was or will be replaced in at least one conspicuous place on the Seabird Island Reserve and the Band's website.

sí:yá:m ~ Chiefs, Respected Leaders

Sq'éwqel warmly invites Elders, Community Members, Council, Families, Students, Staff and Partner-Communities to join our Community as we lift each other up in recognition and celebration of NAAW.

NATIONAL ADDICTIONS AWARENESS WEEK

DINNER AND DANCE
Monday, January 20, 2025

Event Postponed

Out of respect for the family of a Community Member, who has recently passed, this event will be postponed.

We extend our deepest condolences to the family during this difficult time.

Details regarding this events new date and time will be shared as soon as possible.

Thank you for your patience and support.

NEW DATE & LOCATION

t'it'le'áxel
~
Inviting to a feast

sqw'eyilex
~
a dance

éy mestiyexw
~
be a good person

Eyem mestiyexw
~
strong person

eyémtsel
~
I am strong

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MEMBERSHIP SURVEY WINNERS ANNOUNCED!

On December 19, 2024, the names of three (3) lucky winners were drawn at random during a live Facebook event, selected from an impressive 94 survey entries. Congratulations to the following recipients:

- Jordin Niclas Sheen'chi L. S. Mailhot – Winner of an Xbox
- Ghennadiene Iris Shiels – Winner of a TV
- April Nancy Ann Murphy – Winner of a TV

The live draw was a resounding success, with 3,257 viewers tuning in to watch the excitement unfold. The event generated an incredible seventy interactions, including sixty-eight reactions and fifteen heartwarming comments from the Community. Some notable comments included:

Frank James: “Thank you so much for the year-end help. Greatly appreciated.”

Ghennadiene Shiels: “Awesome, thank you so much ❤️.”

We sincerely thank everyone who participated in the survey, helping make it such a successful and engaging initiative.

TSELHSQ'ÁLEQ'O SQ'ÉP (Family Meeting)

Looking ahead, family meetings will take place in January and February 2025 to gather additional feedback and input for the development of the new Membership Code. These meetings present a unique opportunity for families to share their thoughts, suggest edits and play an active role in shaping the future Membership Code.

tselhsq'áleq'o ~ family

Your input is invaluable, and we encourage all families to schedule a meeting with our team.

By participating, you will secure an entry into our next exciting prize draw. To arrange a meeting, please reach out to any committee member pictured above or email: membership@seabirdisland.ca.

Stay tuned for updates on the fantastic prizes for the next draw—you won't want to miss your chance to win!

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

sq'ép ~ meeting



SKWÓ:WECH ~ STURGEON

TRAPPED SKWÓ:WECH RESCUED!

In the fall of 2024, reports emerged of a sturgeon trapped in a water pool at the top of Sq'ewqel on Spring Island.

The discovery was made during a Department of Fisheries and Oceans (DFO) helicopter flyover in November, where the massive fish could be seen swimming in the isolated pool below.

This marked the second consecutive year a sturgeon had been trapped in the area, so the team knew what to watch for. As water levels continued to drop, concerns for the sturgeon's survival mounted. With its resources depleted, the sturgeon faced an imminent threat of starvation and dehydration. Wellness checks were conducted as water levels fluctuated daily before the team attempted a rescue.

Sq'ewqel's Traditional Food Practices Specialist, Brenon McIntyre, partnered with DFO members Carrie Norman, Donovan Blair, Bijan Sametz-Asgari, and Kyle Johnson to save the stranded "dinosaur fish."

The sturgeon, estimated to be 8 to 9 feet long and between 68–80 years old, proved to be both strong and resilient. Its long nose, a sign of age, suggested it was nearing the upper end of its 100-year lifespan.

HIBERNATING GIANT WHITE STURGEON LEGEND

2 years after the Sumas Lake was drained in 1924, farmers would plow up Sturgeon still alive in the mud.

FUN FACTS:

Sturgeons, which date back to the Late Cretaceous period over 174 million years ago, remain a protected species in British Columbia. The white sturgeon, the type found in the Fraser River, can grow up to 10 feet long, which is 3–4 times larger than the green sturgeon, also spotted on the west coast.

The water levels were so shallow a regular fishing boat would not work. As such, the initial rescue attempt in the beginning of December involved a small paddle boat and gill net, but the powerful fish broke free. Undeterred, the team returned a few days later with a fresh strategy. The skies cleared just in time as they used a drone to locate the sturgeon in the shallow pool. The water was too low for any watercraft, so



WHITE STURGEON FIRST NATIONS CULTURAL IMPORTANCE

Sturgeon have been important as a food source and for their cultural significance. Available in the Fraser River throughout the year, sturgeon kept people alive in winter months when other species of fish were less abundant. Sturgeon were used for medicinal purposes with their meat and spinal cord burnt in offering to ancestors in the spirit world.

Sturgeon are depicted as beings that care for the departed and provide various traditional teachings. Four communities have origin stories associated with White Sturgeon (LFFA 2017).

In 1994, First Nations instigated a voluntary moratorium on sturgeon harvest due to concerns about the population after a large adult mortality event.

Reference:

- <https://www2.gov.bc.ca/gov/content/environment/plants-animals-ecosystems/fish/fish-management/fraser-sturgeon-plan>

the team entered wearing waders and employed a seining net.

After a dramatic struggle, the crew successfully caught the sturgeon. A truck and trailer were backed into the water, and the team carefully transferred the fish into a sturgeon sling before placing it in the cargo trailer. The massive fish was then transported across sand and gravel to the river.

Once in the water, the crew gave the sturgeon a moment to acclimate to the rushing water before releasing it. With a few powerful strokes, the sturgeon swam away, unharmed. In total, it was out of the water for only a few minutes, minimizing stress and risk.

DFO expressed gratitude to Sq'ewqel, Brenon McIntyre, and their local resources for their support in this successful and collaborative rescue effort.

Janice Parsey, Director of Inter-Government Affairs, noted that sturgeons historically wintered in the Mariah Slough, where they would go dormant. She suggested that to prevent future incidents, adjustments to the channel at the top of Sq'ewqel—either opening the top or bottom—might reduce the likelihood of sturgeon becoming trapped.

Moving forward, the site will remain a key area of interest, with regular DFO flyovers and close monitoring by

Sq'ewqel's Inter-Government Affairs (IGA) Division.

PLEASE NOTE:

If you spot a sturgeon in distress like this one was, please contact Brenan McIntyre or Janice Parsey at Sq'ewqel 604-796-2177, so we can ensure the safe return of the sturgeon to the river if we determine it is in danger.

Please do not attempt to rescue it on your own.

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

References:

- <https://www.americanoceans.org/facts/what-is-a-sturgeon/>
- <https://www.pac.dfo-mpo.gc.ca/fm-gp/rec/docs/sturgeon-esturgeon-idguide-pub-eng.html>



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+

Tuesdays & THURSDAYS

WOMEN'S SELF-DEFENCE CLASSES

7:15 - 8:15 PM
LOCATION: MILL HALL
REGISTRATION REQUIRED BY JAN. 1, 2025.

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



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.



Date:
January 23, 2025
Future Dates: Apr. 24, Jul. 24, Oct. 23

Time:
8:00 – 10:00 AM

Place:
Sq'ewqel Health Office

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

TEMPORARY MASK MANDATE RETURNS TO HEALTH CARE FACILITIES

As of January 6, 2025, medical masks are required for health care workers, visitors, contractors and volunteers in patient care areas in health authority–operated facilities, programs and services. Health authority–operated facilities include hospitals, long-term care and assisted-living, outpatient clinics and ambulatory care settings.

Temporary measures like masking in health care facilities help reduce the spread of respiratory illness this season and keep patients, residents and health care workers safe. They have been

regularly used in health-care settings both pre- and post-pandemic.

A patient care area is any area in a health care facility where patients, residents and clients are actively receiving care.

The BC Centre for Disease Control (BCCDC) recently reported that influenza and RSV activity increased during the last week of 2024. While COVID-19 activity remained stable, there were “early signs of an increase” as the new year began.

The BCCDC also noted that the proportion of health care visits for

respiratory illnesses continues to rise, reaching levels comparable to last season.

In a shift from previous measures, visitors to long-term care and assisted living facilities are no longer required to wear masks while visiting a single resident. Masks are still mandatory in other areas where care is provided.

Thank you for your considerate cooperation and understanding during this time. We wish you all well.

*Navinder Gill, MD
Health Quality Officer | Health Department*

RESPIRATORY ILLNESS SEASON INFO.

Respiratory Illness Season is upon us, and to keep Seabird Island staff and community safe, please read the following:

HOW RESPIRATORY ILLNESSES SPREAD:

- The flu, COVID-19, and RSV are infections of the nose, throat, and lungs.
- They spread through talking, sneezing, and coughing.
- You can become infected through the eyes, nose, or mouth, or by touching your face after contact with contaminated surfaces such as toys, toilets, phones, door handles, etc.

PREVENTING RESPIRATORY ILLNESSES:

- Get vaccinated.
- Wear a mask at large indoor gatherings. If not wearing a mask, maintain a physical distance of 6 feet from others to protect Elders and the most vulnerable.
- Elders and those most vulnerable may want to avoid large gatherings if they do not feel safe.
- Do not touch your eyes, nose, or

mouth with unwashed hands.

- Wash your hands often with soap and water for 20 seconds or clean them with sanitizer.
- Cough or sneeze into the bend of your arm (at the elbow).
- Clean and disinfect frequently touched surfaces.
- Stay home if you are sick.

PEOPLE MOST AT RISK:

- Those with serious health conditions such as cancer, immune-compromising conditions, diabetes, heart disease, lung disease, obesity, kidney disease, or neurological disorders.
- Elders, especially those over the age of 65.
- Children under 5.
- Pregnant people.
- Caregivers, childcare providers, and healthcare providers.

If you have any questions or would like more information, please contact the Seabird Island Health Department at 604-796-2165.

q’óq’ey ~ sick

TREATING COLD & FLU

DRINK PLENTY OF FLUIDS;

- **Gatorade or Powerade** contain electrolytes which help reduce fluids lost from sweating due to a fever. They also carbohydrates to fuel your muscles and help you feel better.
- **Ginger Ale** can calm down your stomach when you’re feeling nauseous or vomiting. Flat ginger ale works best–stir it to reduce the bubbles.
- **Lemon Ginger Tea** helps calm your stomach, soothes a sore throat, and boosts your immune system.

HAVE A FEVER?

- Mix a small bowl of vinegar and cold water. Using this mixture, dampen a cloth and apply it as a compress to the forehead and the back of the neck.

Above all–rest! No video games or running around the house. Sit down, nap often, and relax with a TV series or movies.

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

st’élmexw ~ medicine

TAKE CARE OF YOUR EARS – THEY’RE THE KEY TO CONNECTION!

MAKE YOUR APPOINTMENT TODAY FOR OUR HEARING CLINICS!

Your hearing is one of your most vital senses, connecting you to loved ones, music, nature, and the world around you. Whether it’s enjoying conversations with family, attending events, or simply hearing your favorite songs, healthy hearing makes life richer.

WHY ATTEND OUR HEARING CLINIC?

- **Stay Connected:** Early detection of hearing issues ensures you won’t miss life’s precious moments.
- **Tailored Advice:** Receive personalized recommendations to protect and improve your hearing health.
- **Convenience:** On-site appointments make it easy to prioritize your wellness.

WHO SHOULD ATTEND?

- Anyone experiencing changes in their hearing or concerns about ear health.
- Those wanting to proactively protect their hearing as they age.
- Community Members of all ages – it’s never too early or too late to care for your ears!

Don’t wait until it’s too late to hear the difference. Book your appointment today and take the first step toward a clearer, more connected life. If you have any questions or would like more information, please contact the Seabird Island Health Department at 604-796-2165.

Your ears will thank you!

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



Seabird Island Health 2025 Hearing Clinics

Date	Location
Wednesday, Feb. 19	Community Health Room
Thursday, April 17	Elders Room
Wednesday, June 18	Elders Room
Wednesday, Sept. 10	Elders Room
Wednesday, Nov. 12	Elders Room

Seabird Island Health Department
604-796-2165.

ts’lhá:met ~ to hear it

COLD & FLU - WHEN GO TO EMERGENCY?

WHEN IT IS AN EMERGENCY:

Call 9-1-1 or go straight to the emergency department.

WHEN IT IS NOT AN EMERGENCY:

Go to the nearest walk-in clinic or book an appointment with the Seabird Island Medical Clinic at 604-796-2165.

AFTER-HOURS OPTIONS:

- Nurses Hot-line: Dial 411
- Fraser Health Virtual Care: Call 1-800-314-0999

ewkw’ellhelh ~ out of breath

BREATHING PROBLEMS

If your child has:

- Pale skin, blue or white lips
- Asthma wheezing that does not improve with prescribed medicine
- Difficulty breathing or breathing faster than normal

You may need to go to the hospital.

Note: If the breathing issue is due to a stuffy nose from a common cold, emergency care may not be necessary.

FEVER

Go to the emergency department if:

- Your baby is less than 3 months old and has a fever
- You are immuno-compromised or find it very difficult to wake up
- Symptoms persist for more than 5 days

If you are healthy, vaccinated, and the fever lasts less than 5 days, medicine and home care should be sufficient.

yá:t ~ to vomit

VOMITING & DIARRHEA

Go to the emergency department if:

- Your baby is less than 3 months old

- You have immune system problems
- You are very sleepy and hard to wake
- Symptoms last for more than 5 days

You may not need to go to emergency if vomiting or diarrhea occurs fewer than 3-4 times a day.

qw’eqw’él ~ to get a rash

RASHES

Go to the emergency department if:

- You have a fever and a rash with blisters or bruises that do not turn white when pressed.

For recurring rashes, consult your doctor about allergy antihistamines or medicated creams.

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

Reference: <https://www.fraserhealth.ca/news/2017/Feb/parents-guide-to-using-the-er-wisely>



Seabird College
EDUCATION FOR REAL LIFE

REGISTER TODAY!

APPLY TODAY!

www.seabirdcollege.ca

EARLY CHILDHOOD EDUCATION

**JAN 20 to DEC 5,
MON - FRI 9 AM - 2 PM**

COURSE OVERVIEW: This ECE certificate program provides the student the skills and occupational competencies necessary in the industry today. Based upon the Ministry of Education and Child Care approved curriculum. Graduates are eligible to apply for an Early Childhood Education Basic license from the Ministry of Education and Child Care.

LOCATED @ SEABIRD COLLEGE

This program includes:

- Practicum placement
- University Transfer Program
- This ECE certificate program is part of Sprott Shaw's university transfer initiative for anyone looking to continue their education and pursue a bachelor's degree

Call Now To Register!
Phone: 604-796-6839
Email: colrecruit@seabirdisland.ca
Web: www.seabirdcollege.ca

Seabird College
2812 Chowat Road,
PO Box 650,
Agassiz BC, V0M 1A0

Let us help you achieve your educational goals!



LEARNING WITH PURPOSE SINCE 1902

Facebook icon

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

SAVE THE DATES:

- Chief & Council Meeting – Tuesday, January 21
- Sq'ewqel Turkey & Talk – Wednesday, January 22
- Diabetic Lab Day – Wednesday, January 23
- Income Assistance Day – Wednesday, January 29
- SICS & SD#78 Pro-D Day – Friday, January 31
- Sto:lo Day Naming Ceremony – Wednesday, February 5
- Community Core Major Garbage – Thursday, February 6
- SICS & SD#78 Pro-D Day – Friday, February 14
- Valentine's Day – Friday, February 14
- Income Assistance Renewals Due – Friday, February 14
- Family Day – Monday, February 17
- Chief & Council Meeting – Tuesday, February 18
- Outer Core Major Garbage – Thursday, February 20
- Health Conference – Saturday, February 22
- Anti-Bully Day – Wednesday, February 26

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).

COURSE OVERVIEW: This provincial-level computing course teaches intermediate to advanced computer skills in current online technologies, publishing, digital art, and graphics. Students will use their computer skills to develop problem solving and critical thinking skills as they apply computer applications.

LEARNING OUTCOMES: Because of the dynamic nature of technology today, students will be taught how to think through the processes involved in using computer applications so that they gain the confidence and knowledge to become life-long technology users. This provincial-level computer course will cover an overview of the following categories with a comprehensive study of the first three categories.

- Current Technologies
- Publishing
- Web Publishing
- Graphics
- Digital Art and Graphics

Call Now To Register!
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Web: www.seabirdcollege.ca

Seabird College
2812 Chowat Road,
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Agassiz BC, V0M 1A0

DIGITAL MARKETING MANAGEMENT

LOCATED @ SEABIRD COLLEGE

JAN 20 to OCT 3
MON - FRI 2:30 PM - 6:30 PM

with Practicum

COURSE OVERVIEW: The Digital Marketing Management diploma program equips individuals to work in an exciting and innovative field. Graduates can not only manage the marketing activities for a wide range of businesses and organizations, but can also be employed by advertising, digital and public relations agencies.

People planning to work in this competitive field require strong interpersonal, communication and organizational skills. Those who have developed skills in these areas will be better prepared to compete for jobs. With additional experience or training, progression to management positions is possible.

Call Now To Register!
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Web: www.seabirdcollege.ca

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INDIGENOUS PEOPLE'S KNOWLEDGE

LOCATED @ SEABIRD COLLEGE

IPK 093

JAN 13 to MAY 2
TUES & THURS 5:00 PM - 8:00 PM

COURSE OVERVIEW: Multi-literacies encompassing communication technologies will be developed to support academic success. A facilitative approach to information gathering will be taken in order to encourage a collaborative approach to learning.

Students will incorporate indigenous ways of knowing with academic approaches to learning. Students will also balance academic and cultural expectations in order to achieve success in the university community. Career planning, goal setting, study skills, time management, and learning styles which reflect aboriginal cultural experiences will be examined.

PREREQUISITE(S): One of the following: lang two English Language Arts 10 course(s) or lang English Language Arts 11 course(s) or lang of English Studies 12, English First Peoples 12, English 12, Communications 11, or Communications 12 or LUP department permission (assessment may be required).

Corequisite(s): None
Pre- or corequisite(s): ENGA, DT1

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Web: www.seabirdcollege.ca

Seabird College
2812 Chowat Road,
PO Box 650,
Agassiz BC, V0M 1A0

ADULT DOGWOOD

LOCATED @ SEABIRD COLLEGE

with Trades Sampler

START DATE - JANUARY 27, 2025
END DATE - JUNE 27, 2025

FULL TIME MONDAY – FRIDAY 8:55 AM – 2:30 PM, LIMITED SEATS AVAILABLE

Mandatory Courses we are offering:

- English 12 First Peoples (4 credits)
- Workplace Math 11 or Foundations of Math 11 (4 credits each)

Elective Courses we are offering:

- Anatomy & Physiology 12 (4 credits)
- Career Life Connections 12 (4 credits)
- Chemistry 11 (4 credits)
- Work Experience 12A (4 credits)
- Work Experience 12B (4 credits)
- Business Computer Applications 12 (4 credits)
- *Ingo to Trades (30%)

12 WEEK PROGRAM Trades Sampler

The *Train to Trades* (Trades Sampler) program is a collaboration between Seabird Island Community School and the University of the Fraser Valley. Participants acquire fundamental technical knowledge and practical skills across various industrial trades.

These trades encompass Automotive, Carpentry, Culinary Arts, Electrical, Plumbing, and Welding.

Certifications, such as Forklift, First Aid, and WHMIS, WCB, are integrated into the training curriculum.

Upon successful completion of the program, participants are equipped to pursue further education and pursue apprenticeships in their chosen trade through UFW.

Call Now To Register!
Phone: 604-796-6839
Email: colrecruit@seabirdisland.ca
Web: www.seabirdcollege.ca

Seabird College
2812 Chowat Road,
PO Box 650,
Agassiz BC, V0M 1A0



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



SURVEY for COMMUNITY ANIMAL MANAGEMENT PLAN

Why participate?

- 1.Support Our Community:** Help the Lands program improve support for animals and their caregivers.
- 2.Shape Priorities:** Your input guides policies that meet community needs.
- 3.Win a Prize:** Complete the survey for a chance to win!

Take the Survey:

1. Visit: <https://forms.office.com/r/rRuKhGuW2R>

OR

2.Scan the QR code.

OR

Schedule a meeting with Chloe for help.

Questions? Email: animal.services@seabirdisland.ca



Empowering Indigenous Entrepreneurs



We are here to support you on your entrepreneurial journey!

Contact us today to start your business journey!

BOOK AN APPOINTMENT TODAY!



Community Futures

Call 604-858-0009, or email: bhill@stolof.ca

WORD SCRAMBLE - PHRASE

OUYR FRTEUU SI WHTA OYU KEAM TI

Answer: Your future is what you make it!

MEMBERS' BUSINESSES, WE WANT 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 **February 1, 2026**, to comm@seabirdisland.ca
for a chance to be featured in the January issue of the Pípe.

SHARE YOUR SXWŌXWIYÁM WITH SQ'ÉWQEL

We are always on the lookout for a great **sxwŏxwiyám** (story)! If you're interested, we would be delighted to interview you and include a photo, alongside your story. 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 comm@seabirdisland.ca

We look forward to showcasing your sxwŏxwiyám!

Xólhmet te mekw'ewát

~
Taking care of the people.

WE HÓYEQWT (INVITE) MEMBERS' ACHIEVEMENTS

Hóyeqwt ~ invite him/her

We warmly invite all Community and Band Members to share your achievements and celebrate your children's milestones with us. Let's lift each other up and inspire one another!

Sq'ewqel eyém! (Seabird Strong!)

Sharing your accomplishments strengthens our people and helps create a more connected and united community. Whether your achievement is personal, academic, professional, or cultural, we want to celebrate your success and share it with the community in our monthly newspaper—complete with your photos!

Send your accomplishments to:
comm@seabirdisland.ca with the subject line "Accomplishments."

We are smath'el (proud) of every one of you!

xwóxwelx ~ To hoist, lift up

SAGE SUGGESTIONS

Sandra Bobb, Communications Program, Sq̓̓w̓q̓el Culture & Community Services

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

NEW YEAR - NEW YOU

Many of you may have made New Year's resolutions. However, statistics show that over 90% of these resolutions are broken within the first few weeks.

Don't be so hard on yourself. You may falter, but you can always get up and try again. I believe in you!

Remember these wise words:

- "Tomorrow is a new day with no mistakes in it." — L.M. Montgomery
- "Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present." — Bil Keane
- "Remember the past, plan for the future, but live for today, because yesterday is gone and tomorrow may never come." — Luke the Evangelist

With this in mind, let's live for today, work towards tomorrow, and leave the past behind us. Do not dwell on regrets or fears. Do not stress about what's to come. Instead, live for today—one day at a time.

You cannot change everyone else; the only thing you can control is yourself. Everything else is out of your hands.

Just like teaching a child to walk "one step at a time," live your life one day at a time. Before you know it, you'll look back and think, "Wow, look how much I've grown and accomplished."

New Year – New You? No, how about this: New Day – New You! Stop torturing yourself with the past. Memories are there to guide you, not to torment you. Learn from your mistakes, and let them

FEBRUARY - FAMILY

I encourage you to all take advantage of this time. Take Family Day long weekend and spend the whole time with your kids. They are only young once, the time you spend with them is valued beyond measure. They remember it when they are adults and love you all the more because of it.

My boys are grown up now, but they remember and cherish the one or two day excursions we went on when they were younger. Many of these excursions hardly cost a penny, we packed a bag lunch and away we went:

- Went to White Rock Beach for the day collecting shells.
- Went to 1001 Steps in White Rock another day.
- Went to Capalano Suspension Bridge.
- At least once a year we did the walk around Hicks Lake, some years we did

this several times. A few times we even did it on bikes.

- Went to a gold mine in Hedley BC
- Went for a walk across the old bridge at Spence's Bridge.
- Spent the afternoon at the Bridal Falls waterfall
- Hike up to the Spirit Caves in Yale BC (4 hours to the caves)
- Hike up Mt. Cheam
- Hike Cheam Wetlands
- Visit the Othello Tunnels
- Hike the Hope Lookout Trail
- Take the family on a lazy canoe trip.
- Go out to the river, have a fire, roast weenies, go fishing, or looking for agates.

Making these trips into scavenger hunts is fun. Who can skip a rock, find the biggest

Imexyósem ~ To go for a walk

fuel your strength and ambition to move forward.

Every day, just wake up, get dressed, and get moving. Take care of yourself and your body. The rest will fall into place, one step at a time. Release yourself. Empower yourself. Start with baby steps, and before long, you'll climb mountains and overcome barriers.

You are **eyém** (*strong*).

Hear yourself roar!

See the **xáws lhwélep** (*new you*) emerge.

You've got this. One day at a time.

Ts'elhxwélmexw

~
Family (also neighbour)

Tále ~ Money

agate. These small trips connect us with nature, reduce stress and teach our family members ways to reduce stress.

As adults, I have even taken my boys back out to the river or to a water fall, just to sit and listen to them. Sometimes they feel more comfortable talking when we are on a drive or at the water.

I also encourage you, don't wait for Family Day to celebrate your family and do things together. Sure this is a special day to spend with family, however I prefer to pick one day a week to spend dedicated time with my family, even if it is just for dinner. No screens, just time together. Sometimes we would invite guests over, extended family, girl friends, but it was still time where they had all of our attention, no TV or phone distractions.

Éywelh ~ Good-natured, kind-hearted

Temxeytl' ~ winter

St'itl'el ~ love, like

Sxwík' - Winter Robin

COMIC



Reference: <https://mooselakecartoons.com>

NOV - TELXWI:TS

"Leaves are falling"

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.

DEC - MOQÓ:S

"Fallen snow season"

Aquarius

Jan 20 - Feb 18

Otter - Sq á:tl

Direction: North - North East

Element: Air – Stone: Turquoise

Strengths: Forward thinking, rational, self-respecting, complex and changeful, a humanitarian, creative and curious as well as very helpful.

INSPIRATION:

"This is a new year. A new beginning. And things will change."

– Taylor Swift

"Life is a series of new beginnings. Embrace each one with courage."

– Roy T. Bennett

"Your life is a blank page. You are the author. Write an incredible story."

– Steve Maraboli

HALQ'EMÉYLEM WORD SEARCH Created by Sandra Bobb, Words submitted by Quentin Charlie

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1. tl'at'itel swayel – valentines day
2. tselhsq'áleqò – family
3. éyes – to have fun
4. xá:ws silolem – New Years
5. temmeqó:s – snow time
6. q'óq'ey – sick
7. swiwel – sunny, it's sunny
8. sxwelmexw selhtel – traditional food
9. Q'oyí:ts – moose
10. tuxwíqw – nine fish
11. shxwexwá – hard-working
12. xéytl' – cold
13. Alámex Smámelt – Agassiz Mountain
14. ey latelh – good morning
15. shxwe'áxeth – bed
16. ey slat – good night
17. sí:le – grandparent
18. Lexwyó:qwem – place on river
19. lexwsewólem – playful
20. shxw'éyelh – to be healthy



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
 Quentin Charlie.

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 Shawna Martin 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/>

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 Shawna Martin 604-796-2177

BABIES ID CARDS

Apply for a Medical Care Card as soon as possible. Contact Shawna Martin 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 Shawna Martin 604-796-2177.

WELLBRIETY MEETINGS

Every Tuesday night at 7:00 PM at the Stóló 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.

LANDS PROGRAM MANAGER

Provides culturally informed land management and administration Lands Registry, Land Code, Land Use Plan, transfer/lease agreements and related policies and procedures to regulate the land use, to obtain the highest benefit of land use and preservation for members. This role involves developing, implementing, and monitoring land use plans, negotiating agreements, and overseeing regulatory compliance. The Lands Program Manager will also engage in community relations activities to support members and promote sustainable land use.

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.

EARLY CHILDHOOD DEVELOPMENT

CULTURAL EARLY CHILDHOOD EDUCATOR

Bring culture and the Halq'eméylem language further into programs and combine cultural practices with prevention strategies to support, connect and grow families. The Early Childhood Cultural Educator will use a holistic and traditional approach, grounded in First Nations understanding of family, kinship, and interconnectedness, to address gaps and strengthen community connections.

MANAGER OF EARLY CHILDHOOD EDUCATION AND CHILDCARE PROGRAMS

Provides culturally informed care services, including daycare, pre-school, out-of-school care, summer programs, and School's out programming. This role ensures that all programs are culturally relevant, interconnected, and rooted in First Nations principles and values.

ECONOMIC DEVELOPMENT

SQDC CHIEF EXECUTIVE OFFICER (CEO)

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

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

EDUCATION

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.

EDUCATION ASSISTANT

Provides culturally informed academic support and assistance to Teacher's to help make the students learning more rewarding. This role involves working with students in a classroom setting to them thrive in an education setting. The Education assistant will also engage in community relations activities to supporting clients and the community.

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.

CASE MANAGER

Provides culturally informed case management and support services to residents dealing with addictions and substance use. This role involves ensuring a caring and supportive environment where residents can access health, healing, and other programs and services, both in-home and through broader community connections.

INTER-GOVERNMENT AFFAIRS

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!

Sq'ewqel's (Seabird Island Band) Women's Yoga

Location:

Band Office Fitness Centre

Gentle Flow Yoga

Every Tuesday
at **5:00 – 6:00 PM**

Beginner Friendly,
For Ages 16+

Rest and Restore

Every Thursday
at **5:00 - 6:00 PM**

Please join the Facebook Group
"Seabird Mental Health – Yoga + Wellness"
for more information, updates and
to sign up for classes.



For more information, please contact Stefanie Richardson:
stefanie.richardson@seabirdisland.ca