



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

FEBRUARY 1 - 15, 2025

COMMUNITY INFRASTRUCTURE

ANIMAL WELLNESS

- **Animal Wellness Committee**, first Wednesday of every month, 6:00 - 7:00 PM, SIB Office Main Boardroom
 - **Cat Spay/Neuter Vouchers**, email Animal Services to receive Cat Spay/Neuter voucher
- Contact: animal.services@seabirdisland.ca for more information.

PUBLIC WORKS (REMINDER NEW WEEKLY PICK-UP DAYS)

- **Garbage Day**, Every Tuesday
- **Major Garbage**, 1st Thursday of every month
Community Core (Feb 6)
- **Recycling Day**, Every Wednesday
- **Major Garbage**, 3rd Thursday of every month
Surrounding Area (Feb 20)

SEABIRD ISLAND FIRE DEPARTMENT

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

EARLY CHILDHOOD DEVELOPMENT

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

EDUCATION

SEABIRD COLLEGE

- **Graphic and Publishing** (*Begins January 20, 2025*), Tuesday, 3:00 - 7:00 PM
- **Indigenous People's Knowledge** (*Begins January 13, 2025*), Tuesday & Thursday, 5:00 - 8:00 PM
- **Early Childhood Education** (*Begins January 20, 2025*), Monday - Friday, 9:00 AM - 2:00 PM
- **Digital Marketing** (*Begins January 20, 2025*), Monday - Friday, 2:30 - 6:30 PM
- **Adult Dogwood with Trades Sampler** (*Begins January 27, 2025*), Monday - Friday, 8:55 AM - 2:30 PM

To register or for more information on course, please contact Stephanie Smith: 604-796-6839

Email: colrecruit@seabirdisland.ca or stephanie.smith@seabirdisland.ca

YOUTH PROGRAM

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

EXECUTIVE

TRADITIONAL FOOD PRACTICES

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Feb 15	Hunters Presentation with Conservation Officer	Band Office Gym	11:00 AM	No	Brennon McIntyre 604-845-2330	TFPSE

INTER-GOVERNMENT AFFAIRS (NOW INCLUDING CULTURE AND COMMUNITY SERVICES)

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Feb 12	Enbridge Community Open House	Band Office Gym	4:00 - 8:00 PM	No	Aaron Letendre 250-329-7030	--

ELDERS PROGRAM

- **Elders Meals on Wheels**, Mondays & Wednesdays
- **Elders Fitness**, Mondays & Wednesday
9:00 AM - 12:00 PM @ Fitness Centre
(Register with Robert McNeil-Bobb)
- **Elders Drop-in (College)**, Wednesdays, 10:00 AM - 2:00 PM
- **Elders Drop-in (College)**, Tuesdays, 12:00 - 2:30 PM

RECREATION PROGRAM

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

Closed on Stat Holidays.

All programs are in the Fitness Centre/or Gym.

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

HEALTH

INCOME ASSISTANCE

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

MENTAL HEALTH

- **Community Monday Night Dinner**, Mondays, 6:00 PM, RSVP with Randy Wheeler @ 604-796-7120
(*Everyone is welcome, even on Stat Holidays!*)
- **Wellbriety**, Tuesday, 7:00 - 8:00 PM, Stó:lō Tribal Council Boardroom, Derek Swanson or Kim Verigin
- **Women's Group**, Wednesday, 5:00 PM, Stó:lō Tribal Council Boardroom, Kim Verigin, 604-795-0875
- **Wellbriety**, Thursday, 10:00 - 11:00 AM, RSVP with Kalliese LeChasseur, 604-793-8045



Enbridge: Community Open House

Enbridge is pleased to invite all Seabird Island Community Members to an open house and community dinner!

Come and learn more about Enbridge's operations within Seabird Island reserve and traditional territory.

Representatives from Enbridge will be available to share information on pipeline operations and maintenance, pipeline safety programs, emergency management, public awareness and damage prevention.

Furthermore, representatives can provide various project updates and answer any questions you might have.

Please join us. Dinner and door prizes are available!

For more information, please contact:

Aaron Letendre
Enbridge Community and Indigenous Engagement Advisor
(250) - 329-7030
aaron.letendre@enbridge.com



Date:
Wednesday, February 12, 2025

Location:
Seabird Island Band Office Gym

Time:
4 – 8 pm

Enjoy dinner and a chance to win door prizes!

Sq'ewqel (Seabird Island Band)

HEALTH CONFERENCE



Save the Date

SWAG BAGS, DOOR PRIZES, AND LUNCH & DINNER PROVIDED!

COMEDY SHOW
Comedians

Saturday, February 22, 2025

Location:
Band Office Gym

MC:
TBA

GUEST SPEAKERS:

TBA

Meal Prep Done Easy:

TBA

Diabetes:

TBA



Beverly O'Neil



Giovanni Beltran



Keith Nahanee



Times:
9 AM Registration
Event: 9 AM – 7 PM
5:30 PM Comedy Show



For more information please contact: **604-796-2177**

Or Tash Peters at:
tashpeters@seabirdisland.ca

Registration and more information to follow.

Rotating Group

HEALTH SESSIONS:

- Traditional Medicine
- Reiki
- Fitness
- Nature Bath (dress for weather)
- Smudging
- Yoga
- Sound Healing
- And More...

PRE-EMPLOYMENT SUPPORT PROGRAM (PESP) INVITES YOU TO...

COMMUNITY COFFEE TIME

When: Wednesday, February 19th

Time: 10:00 AM - 4:30 PM

Location: Chawathil Band Office

Meet & Greet - Coffee & Treats - Q & A

Open to Income Assistance Clients living on reserve.



Indigenous Service Canada Initiative

For more information contact Kathryn:
kathryn.white@seabirdisland.ca | 604-793-3141



Calling All Local Hunters!

You are warmly invited to join us for an engaging and informative session with a local Conservation Officer. This gathering will feature a brief presentation on key topics relevant to our hunting community, followed by an open Question & Answer period where you can gain valuable insights and clarify any concerns.

This is a fantastic opportunity to connect with fellow hunters, stay updated on conservation practices, and learn directly from an expert dedicated to preserving our natural environment. Whether you're a seasoned hunter or just getting started, this session promises to be both educational and empowering.

We look forward to seeing you there!

Consultation with Conservation Office

Dates:

Tem't'elémches (February)

Ópel gas te lheq'á:tses (fifteen, 15)

Time:

S'ó:pels gas te sléts'es (11:00 AM)

Location:

Sq'ewqeltexw (Seabird Island Band Gym)

Contact:

Email
Brenon.mcintyre@seabirdisland.ca

Phone:
604-845-2330



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



**Seabird Island Band
 Membership Code**

**PLEASE REMEMBER TO COMPLETE
 THE MEMBERSHIP CODE SURVEY!**

Where can I find the survey? You can ask the Band Office Reception for a paper copy. The online version of the survey will be available on the Seabird Island Band Website and/or the link in the post.

When is it Due? The Seabird Island Membership Code Survey is **EXTENDED**, February 28, 2025 deadline.

Why is it important? It's important to receive feedback from our members on what they would like included in the new revised code.

Where do I return my completed survey? Please drop your survey off at the band office reception.

If you have any questions or need more information, please contact Simone Jimmie from Seabirds Membership department.
 Phone: 604-796-2177
 Email: Membership@seabirdisland.ca

**Complete Your
 Survey**

Invitation to JHSC members and prospective new members to attend the JHS Committee meeting



**Joint Health &
 Safety Committee**

To become part of the committee email: jhsc@seabirdisland.ca

**January 16, 2025
 February 20, 2025
 March 20, 2025
 April 17, 2025**

2:00 PM

Health Boardroom



Want to help...

- Make our workplace safer,**
- Gain leadership skills,**
- Be an advocate for your department?**

Greetings Everyone,

We are gathering employees together to resume the JHS Committee monthly meetings. There will be a review of progress made on items listed in the last meeting to give us an idea of our current standing and help set a vision for the future.

We would love to have you come and be a part of this energetic and dynamic committee going forward, helping to keep our business and community safe.

We welcome you to bring your safety minds and ideas to the team.

If you know of any employees, especially front-line employees who would like to participate and become a member of the JHSC, please feel free to invite them. We are looking for more frontline employees to satisfy the required ratio of 50% or more worker representatives to join us and contribute ideas.