



## COMMUNITY HAMPER PROGRAM GROWS



Unfazed by nature, the resilient Community Members found themselves braving the elements not once, but twice.

First, they ventured out to collect the comforting hampers, each filled with essentials to ward off the winter chill.

Days later, they once again traversed the snow-covered roads to retrieve the delayed meat packages.

The Community's spirit, remained unwavering as they shared sense of unity

and appreciation for the additional support during these challenging times. It serves as a reminder of the strength that resides within the bonds of a close-knit Community.

Stories of resilience and communal effort echoed, transforming the minor hiccup into a testament of the Community's ability to weather storms—both literal and metaphorical—together.

Many local Members, who were unable to venture out to collect their hampers, were pleasantly surprised when volunteers dropped them off at their doorstep. Thank you to those volunteers. Without your assistance, many homes may not have received their hampers.

Thank you to Chief and Council for this additional support, the Community is ever so grateful!

*Submitted by S.B., Communications  
Sq'éwqel Culture & Community Services*

### THE CULTURE & COMMUNITY SERVICES DEPARTMENT'S COMMUNITY HAMPER PROGRAM GROWS FROM ONCE PER YEAR TO FIVE!

In October 2023, Chief and Council initiated the Community Food Hamper Program to alleviate the impact of rising food costs for our Community. This program aims to provide hampers to Members on January 17, April 17, July 17 and October 16, in addition to the traditional Christmas hampers.

Band Members residing outside of the Fraser Valley are eligible for gift cards instead of prepared food hampers.

Members, who have not previously received a hamper, are encouraged to contact the Events Program to register for future hampers.

For any inquiries regarding the Community Food Hamper Program, please call 604-796-2177 or reach out via email: [events@seabirdisland.ca](mailto:events@seabirdisland.ca)

### JANUARY 17-19 FOOD HAMPERS

The food hampers became the talk of the town, spreading joy and warmth throughout the Community during the winter cold snap.

As the first snowflakes descended, anticipation grew, and residents eagerly awaited the arrival of these much appreciated packages.

The Community's gratitude unfolded as families gathered around, sharing stories and laughter, while eagerly picking up the assortment of nourishing goods.

The initial delight faced a temporary setback when the scheduled meat deliveries encountered delays due to an unexpected onslaught of winter storms.

# ELDERS' CORNER

## BC ELDERS COUNCIL

Dear Elders and Elder Support Workers,

In 2023 & 2024, I will be contacting all Nations to ask each Elders group to come forward with the name of the Elder who will represent their Nation in the revamped BC Elders Council for a two-year term.

Each Nation shall provide the name and email address of their representative so that they can be reached out to **BEFORE the 2024 Elders Gathering next August in Vancouver, BC.**

Elder's representatives will be asked for their 5 top priorities of what concerns their Nation's Elders the most. These concerns will be compiled with other BC Nations.

**BCEC AGM 2024:**  
A MEMBER ATTENDING FROM EACH NATION, BAND, GROUP/ORG. IS OUR GOAL!

Please contact me by emailing bc [Elderscouncil@gmail.com](mailto:Elderscouncil@gmail.com), joining us on our Facebook Page, or using the mailing address; 1436 Weiwaikum Rd., Campbell River, BC, V9W 5W8

We are supported by the BC Elders Communication Center Society and their website at Nonprofit Organization | British Columbia (bc Elders.com).

Gilakasla!

*Wilf Charest (Wa Kum Ka Las)*  
Executive Director, BCEC  
[bc Elderscouncil@gmail.com](mailto:bc Elderscouncil@gmail.com)

## BANISTER CHRISTMAS DONATION

Perry Kocis from Banister Pipelines LP stopped in to donate \$2000 to kindly support the Elders/Youth Christmas dinners.



### EMERGENCY-GRANDPARENT SCAM

Fraudsters are targeting seniors by calling and pretending to be a family member in distress, the police or a justice official claiming that a loved one or grandchild is in trouble, and needs money immediately. **Victims are told there's a gag order, and can't speak to anyone.**

**PROTECT YOURSELF** 

**Fraudsters...**

- Call demanding immediate payment for bail, or fines to avoid going to jail**  
**Remember!** The courts won't ask for cash to bail out someone in custody, and will require people to be present in court.
- Claim to be a lawyer, police or family member in an emergency situation demanding funds**  
**Be suspicious** of calls that require immediate action. **Hang up!** Call your local police and contact the family member directly.
- Request cash and send couriers for pick up, or demand the victim send cash by courier services or via cryptocurrency**  
**Never send cash, cryptocurrencies or any other funds to unknown persons, unverified addresses or bank accounts.**

If you believe you have been scammed, contact your local police and the **Canadian Anti-Fraud Centre:**  
**1 (888) 495-8501 / [antifraudcentre.ca](http://antifraudcentre.ca)**

Fraud. Recognize. Reject. Report.

## IMPORTANT WEEKLY DATES FOR ELDERS

### MONDAY & WEDNESDAYS

- MOW
- Exercise with Bernie

### TUESDAYS

- 12-2:30PM Drop-in @ Elders College

### WEDNESDAYS

- 10AM-1PM Drop-in @ Elders College

### THURSDAYS

- 10AM-12PM Group Fitness w/Stephanie

<b>Mar 27</b> Canada Pension Day	<b>Mar 28</b> Income Assistance - Grocery Shop with Elders	<b>March 1-2</b> Hoobiyee only 12 spots were available, contact Haley 604-798-0768 or Emerald 604-793-3198
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## STS'AILES CHRISTMAS DINNER

Twelve Seabird Elders attended the Sts'ailles Christmas dinner, which hosted other surrounding communities. It was a fabulous luncheon! There were several amazing door prizes with chances to win.

# INDEX

**Culture & Community Services** ..... 1-7  
 Elders Corner ..... 2-3  
 CCS Report ..... 4- 7  
 Sw'ewqel Quarterly General Meeting.....6  
**Early Childhood Development** .....8-9  
 ECD Report.....8-10  
**Education**..... 11-16  
 Education Report ..... 11-12  
 Seabird Island Community School ..... 13-16  
**Finance & Administration** ..... 16  
 Finance & Admin Report ..... 16  
**Health & Social Development** ..... 17-19  
 Health Report..... 17  
 Living Your True Self ..... 18  
 Empowerment & Unity ..... 19  
 Bullying Stops Here..... 19  
**Infrastructure** ..... 20-25  
 Infrastructure Report.....20-21  
 Housing Wait-list..... 21  
 SI Fire Department Food Drive..... 22  
 Seabird's Emergency Management Program ... 22  
 Seabird Island Draft Land Use Plan ..... 23  
 New Team Members in Lands ..... 23  
**Intergovernmental Affairs** ..... 24-26  
 Intergovernmental Affairs Report.....24-25  
 Empowering our Community ..... 26  
**Entertainment / Lifestyle** ..... 27-29  
 Sage Suggestions ..... 27  
 Comic / Puzzle..... 29  
**Sq'ewqel Classifieds** ..... 30  
**Careers at Sq'ewqel** ..... 31-32  
 Food Hampers ..... 32



**Lewé El Siyaye**  
 Lewé el siyaye  
 El siyaye, el siyaye  
 Lewé el siyaye  
*Lewés el tsé Thèthà:le*

### You're A Special Friend of Mine

You're a special friend of mine,  
 Friend of mine, friend of mine.  
 You're a special friend of mine  
*Be my Valentine*





# CULTURE AND COMMUNITY SERVICES

**MANAGER: ROY BEDFORD**

## PROGRAM LEADERS

- Charlene Point – Events
- Dianna Kay – Language Vitalization
- Haley Walker – Elders
- Kaitlyn Phillips – Youth
- Cassandra Manley – Communications
- Roy Bedford – Recreation (NEW!)

## COMMUNITY EVENTS

The Events Team has been responsible for setting up the Community Food Hamper Program with significant and invaluable support of Seabird Island’s Purchasing Team. Events staff also coordinated the three Band Christmas dinners, gift cards, presents for children, and food hamper distribution.

### HALLOWEEN CELEBRATION

Over 180 Community Members and staff/volunteers participated.

Everyone was provided with hot dogs, popcorn, cotton candy and mini donuts, while watching a Halloween-themed movie. The night concluded with games and prizes.

On behalf of the Events team, thank you to all the Volunteers, who stayed to help clean up afterwards.

### COSTUME WINNERS

- Yennifer M and Ekam K
- Hunter P and Lincoln C
- Shawna Lee G and Elliott W
- Kyleigh M and Aurora L
- Violet H and Maren G
- William G

### CHRISTMAS HOLIDAY HOOPLA

- Community Dinner Volunteers – 18
- Community Dinner Attendees – 496
- Total Christmas Food Hampers – 331
- Total Distributed On-Reserve – 233
- Total Distributed Off-Reserve – 94

### JANUARY HAMPERS AND GIFT CARDS

- Total Distributed Food Hampers – 326
- Total Distributed On-Reserve – 232
- Total Distributed Off-Reserve – 83

Success in all these efforts was only possible with significant participation by Band staff (14) and a group of Community volunteers and school students (4), who came forward to provide hands-on help as needed.





## ELDERS

The Seabird Island Elders Program Team plays an important role planning outings and activities and assisting in a variety of 'unseen' functions to support our Elders' well-being.

Hamper delivery, assisting with tax returns and forms and just making contact, especially when situations like extreme weather or power outages strike.

Weekly activities vary. We recently picked up a few variations of Diamond Dot Art for something different.

We offer a Tuesday and Wednesday Drop-in, which is currently averaging 2-3 Elders each day.

TV Bingo Nights are held twice each month, located in the College Elders Lounge from 5:30 – 7:00 PM. Three more Elders have joined, since introducing TV Bingo!



## RECENT HIGHLIGHTS

- Group Exercise and 1-1 with Stephanie is hosted every Thursdays with an average of 5 – 7 Elders attending.
- Grocery Shopping with Elders towards the end of every month.
- First Nations Health Authority Luncheon took place on November 7, 2023, with 21 Elders in attendance.
- Sts'ailes Christmas luncheon on December 5, 2023 with 12 Elders.
- Elders Christmas Dinner @ Harrison Beach Hotel on December 15, 2023, with 46 Elders. Despite it being crowded, the food was excellent!
- Second-hand Shopping with five Elders in Langley took place December 28, 2023.
- Five new Elders have joined the Program, since the fall of 2023.
- Unfortunately, in January of 2024, Margarete, left the Program as an Elders Coordinator.
- Thankfully, Emerald John returned to the Elders team as of December 18, 2024.



## YOUTH

Seabird Island Youth Drop-in Centre is open 25 hours a week (and more for Pro D days), which offers a safe place to 'be,' connect socially and to connect with caring outreach workers.

Outings for recreation, swimming, movies and a variety of other activities are conducted 2- 4 times a month. Recently, the Youth had a chance to go snowshoeing with the Hope Mountain School. A planned ski trip for the end of February was canceled due to insufficient snow.

Total Youth Program Participants – 84

This number reflects Youth who participated in our mentorship programs, Drop-in Centre, group outings, Schools Out and outreach activities.

## BENEFITS OF THE PROGRAM

- **Safe space** to hangout.
- **Learning new skills** through mentorship programs.
- **Food security**, snacks and dinner every evening.
- **Connecting** with friends.
- **Connecting with extra supports** through outreach workers.

## ACTIVITIES OFFERED

Bi-weekly outings such as swimming, the movies, bowling, etc. The attendance for these activities average 12-15 Youth.

There are many activities within the trailer, including: ping pong; pool; foosball; board games; card games; and more!

## SPECIAL YOUTH EVENTS

There were 25 Youth attendees at the 2023 Christmas dinner. Everyone enjoyed turkey, playing games and winning door prizes.

Survey / Parents' Night – 50 Youth joined together for a pizza party, as well as a survey asking what they would like to see from the Youth program as participants.

## COMING SOON FOR YOUTH

Spring break will include a week of fun outings (13+). Additionally, during Spring break, there will be a film workshop happening!

## NEW YOUTH ATTENDEES

New Youth spread out through the various program paths offered – 9

## TEAM DEVELOPMENTS

Within the last 6 months, Lauren and Aiyana have joined our team as Youth Workers. Additionally, Zalphire S and Dion F have joined us as Youth Helpers.

**Q4** 

**SEABIRD ISLAND**

**SQ'ÉWQEL  
BAND QUARTERLY  
MEETING**

**SAVE THE DATE**

**Wednesday, April 17, 2024**  
**Band Office Gym**  
**5:00 - 8:00 PM**

**Come enjoy open-house-style  
information sharing,  
presentations and community  
dinner!**

For Elder transportation requests, please contact  
our Elders Program Team @ 604-796-2177

## Ey tel sqwalewel St'ilem

(I'm happy to see you;  
known as the welcome song)  
*Written by: Memxe (Edna Bobb)*

O ey tel sqwalewel kw'else me kw'ets'lole,  
Kw'e se le pu xwelo:yemes  
Tl'el su xweliy:mes.  
Ey tel sqwalewel kw'else me kw'ets'lole.

O ey tel sqwalewel kw'else me kw'ets'lole,  
Kw'e se le pu xwelo:yemes  
Tl'el su xweliy:mes.  
Ey tel sqwalewel kw'else me kw'ets'lole.

O ey tel sqwalewel kw'else me kw'ets'lole,  
Kw'e se le pu xwelo:yemes  
Tl'el su xweliy:mes.  
Ey tel sqwalewel kw'else me kw'ets'lole.

## LANGUAGE VITALIZATION

The Language Vitalization team is busy with a role in the schools and beginning a Community engagement process for increasing the use of Halq'eméylem throughout the Seabird Island Community.

### ON-SITE HALQ'EMÉYLEM INTERMEDIATE PROFICIENCY CERTIFICATE COURSE

Successful grant applications fostered a partnership between UFV and SIB, which brought forth a condensed in-person Halq'eméylem Intermediate Proficiency Certificate.

This certificate was designed for front line workers, who wish to embed Upriver Halq'eméylem into their daily work, which is a requirement of registration.

The course introduces over forty grammatical structures and exposes students to over 2000 words through a university level of study.

Currently, 14 students are working diligently towards their certification. Completion is expected for June 2024.

## COMMUNICATIONS

The Communications Team has undergone many welcomed changes in recent months.

### CHANGES AND NEW INITIATIVES

The main Facebook Page for Seabird Island re-opened Comments in the fall of 2023.

As a result, when constructive feedback or a helpful inquiry is received, additional accurate information is provided in response and in a timely manner.

The Yoo Hoo Newsletter released its final issue in December of 2023.

In January of 2024, a Seabird Island-wide Schedule called *Schákwel t' Sq'ewqel* (*what's happening on Seabird Island*) launched for the first time.

As it continues to be refined and polished, it has been well received by Community Members.

Another new resource is the all-new Seabird Island Newspaper called *Sq'ewqel Sqwélqwel Pípe* (*Seabird Island Story / News Paper*).

While it will include all the content that was previously in the Yoo Hoo Newsletters, readers will become further informed regarding every department with FACTS & STATS.

**Community Feedback is welcome** and may be directed to the Communications Program Manager, Cassandra Manley, via [cassandra.manley@seabirdisland.ca](mailto:cassandra.manley@seabirdisland.ca)

**Halq'eméylem:**  
Shxw'éyelh  
—  
Be in good health




**Seabird College**  
EDUCATION FOR REAL LIFE

**Community Support Worker with Specialization in Mental Health Diploma**

**Start Date: April 29th, 2024**

**End Date: April 25th, 2025**

**Location: Seabird College**

**Program Description:**  
The Community Support Worker diploma program of 1255 hours over one year. It provides knowledge and skills for a wide variety of community settings. Graduates can provide services, assistance, or personal care to clients with various needs – in child and youth programs, home support for Elders, social service after school programs, and much more. This customized program also includes specialized training to support mental health for the clientele.

**Courses in the program include** life span stages and development, an introduction to mental health and to psychology, person centered planning and care, and pharmacology and medication management.

**Career options as a Community Support Worker:**

- Child and youth worker
- Addiction and social service worker
- After school program staff
- Outreach program staff
- Community or home care service worker

**Entry requirements:**

Grade 12 or Mature Student Status (19 years of age or more). And

- Grade 10 English – OR -
- English Language Proficiency Assessment Test conducted by WCC

**Call Now To Register!**  
Phone: 604-796-6839  
Email: [co:recruit@seabirdisland.ca](mailto:co:recruit@seabirdisland.ca)  
Web: [www.seabirdcollege.ca](http://www.seabirdcollege.ca)

**APPLY TODAY!**

[www.seabirdcollege.ca](http://www.seabirdcollege.ca)



*In partnership with Western Community College  
Tuition is sponsored for First Nations participants.  
Funding provided by Employment and Social Development Canada*



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

# EARLY CHILDHOOD DEVELOPMENT

**DIRECTOR: CARLENE BROWN**

## PROGRAM LEADERS

- Jen McNeil – MCFD Program
- Alisha McKeown - Daycare
- Megan Louis - Preschool / OOSC / Summer Program

## HIGHLIGHTS

Someone So Small (SSS) is up and running successfully in Seabird.

Family night at the Pumpkin Patch was great with over 70 people in attendance.

Collaborated with First Nation's Health Authority and Fraser Health to present the "Paces" study to our ECD team.

Breakfast with Santa was well attended. Each child received a gift from Santa, and had their photo taken with Santa.

Everyone enjoyed a delicious, full breakfast. Almost all staff helped to make our annual Breakfast with Santa a huge success.

## ABORIGINAL INFANT DEVELOPMENT PROGRAM (AIDP)

SSS is now in Ruby Creek.

ASQ:5 and ASQ: SE training completed.

Maintaining collaboration with Hope Better Beginnings/Family Place.

AIDP and BEAR collaboration at Shxw'ow'hamel.

Collaborated home and centre visits with Fraser Valley Child Development Centre.

Unfortunately, the trial of Infant Massage as a drop-in program proved unsuccessful as no one attended.

## ABORIGINAL SUPPORTED CHILD DEVELOPMENT / SUPPORTED CHILD DEVELOPMENT PROGRAM (ASCDP/SCDP)

Daily/Weekly check-ins with centers/support workers regarding children.

Many new referrals and intakes are being completed in a timely manner.

Connecting with families, joining team meetings and making great connections with families and other professionals.

Some children met their goals, so new goals will be made with parents for the new year.

Assessment clinic was successful and report reading went well.

### STAFF DEVELOPMENT

- The 3-day Early Learning for Deaf and Hard of Hearing Workshop was attended by staff.
- Staff attended Children & Youth with Support Needs on Nov 21, 28 and 30.
- Staff attended Healing Play Strategies for Preschool Children Who Have Experienced Adversity.
- Staff have registered for another course towards their Infant/Toddler Diplomas.



## ABORIGINAL HEAD START ON RESERVE (AHSOR)

AHSOR – Xwchíyò:m (Cheam) FN was in communication with Seabird regarding starting their own Head Start program. Their program has started and is running successfully.

The number of people attending this program has been climbing, especially in addition to monthly Family Nights.

Families enjoyed a visit to Harrison to enjoy the light displays along the beach for the 2023 December Family Night.

## EY QWAL SPEECH AND LANGUAGE

SLA continue to deliver 1-1 therapy children supported by Ey Qwal, in a variety of settings.

Continued collaborations with external agencies, including Fraser Valley Child Development Centre, BC Family Hearing Society, BC Children's Hospital and others.

SLP and assistants made numerous center and home visits to meet new referrals and to develop goals for the new school year, while SLA collaborated with SLP to update and revise goals for children already receiving services.

**Halq'eméylem:**

mamíyelhtel

—  
Helping each other



Both SLAs completed a Sensory Workshop led by pediatric occupational therapist Mary Glasgow Brown.

SLA completed Responsible Adult Certificate, whereas another is continuing to work on Autism, on-line course through UBC.

Collaboration with Ey Qwal and Swetexel to support coordinating COHI dental screening and dental education at Swetexel in Hope.

## **BUS FOR EDUCATIONAL ABORIGINAL RESOURCES (BEAR)**

Children are learning about language and sharing. Parents are being encouraged and allowing their children to engage in risky play more which is great for their motor skills and self-esteem.

BEAR was invited to Agassiz to join the Education Activities and participate with school age children and their families.

We even saw a family attend in another Community other than their own, which was great. Additionally, the Librarian from FVRL visited one day.

Staff has reached out to local communities and invited new children/families to visit BEAR.

BEAR participated in the Agassiz Winter Lights, which brought an impressive turnout. Children enjoyed doing arts and crafts on BEAR, plus staff gave out bookmarks describing the bus schedule.

## **AIDP/ASCDP REGIONAL ADVISOR FOR FRASER EAST AND SOUTH**

Staff created a resource newsletter, which was well received.

Currently serving 11 centres, and initiated contact with additional centres in the Fraser South Region.

A partnership with FNHA has been formed to offer Cultural Perspective Development Screening training.

## **DAYCARE, CHILDCARE AND PRESCHOOLS**

### **DAYCARE**

Children attended field-trips to Meadows Family Farm to visit the pumpkin patch and the Jungle Jac's Indoor Playground.

Staff completed: Exploring Elf in the Classroom, Creativity using STEM, Tune

In, Breath Out and Care On, Human Rights in the Workplace, and Positive workshops through Mission CCRR.

### **PRESCHOOL – 3's**

New assistant hired and started in December of 2023.

### **PRESCHOOL – 4's**

The children enjoyed a field-trip to Jungle Jac's Indoor Playground.

The language teacher /assistants attend regularly. The children enjoy learning Halq'eméylem.

### **OUT OF SCHOOL CARE**

Qualified staff provide regular support to children in program that require assistance.

Children enjoyed the 2023 Halloween activities, which included goodie bags and crafts to mark the Halloween celebration.

Children attended a field-trip to PRISM Studios in Chilliwack.

**Halq'eméylem:**  
Sq'ewqel – Seabird  
Sq'owqel – Bend in River



# EDUCATION

## DIRECTOR: BARBARA WHITE PROGRAM LEADERSHIP

- Steve Beier – Seabird Island Community School
- Lynn Newman – Seabird College
- Brian Govereau – Employment Services
- Jason Reeve – Middle-High School Tutor Support

## HIGHLIGHTS

In keeping with the mandate of Education Jurisdiction, the Education Department is working towards **creating its own curriculum to include more culture, language and land-based learning.**

The department continues to explore ways of incorporating Indigenous ways of knowing into the current education system through the following:

All Members of our department are provided with opportunities to learn Halq'eméylem and are encouraged to use the language daily in hallways, classrooms, in dialogue with staff and greeting clients and guests.

**We have certified our first teacher,** based on his professional experience: an assessment of his teaching skills, and an application to the First Nations Education Authority. Within this first year on an interim certificate, a professional growth plan is developed and the FNEA certified teacher receives coaching from the principal and FNSA Instructional coach.

We continue to work on developing and implementing Sq'ewqel centered land-based learning modules for all grade levels.

These modules are intended to foster a deepening sense of identity and connection to these lands.

## STATISTICS AND STUDENT SERVICES

Total of 216 students enrolled.  
The breakdown is as follows:

Elementary School (K4 - grade 6): 115

High School (grades 7 - 12): 90

Adult Dogwood: 11

### LEARNING ACADEMY

Introduced on October 10, 2023, and continues to be ongoing

For K4 and elementary grades, available every Tuesday, Wednesday, and Thursdays from 3:30 – 5:00 PM.

Transportation is available.

### TUTORING PROGRAM

For all grade levels and all students attending Seabird Island Community School or public / private schools.

Starting in October 10, 2023, tutoring is available from 3:10 – 4:10 PM every Tuesday, Wednesday and Thursday.

Transportation is not provided.

### IN-SCHOOL SPORTS

Mixed volleyball and cross-country running are also active sports right now, with students participating in both. Thank you to our teachers volunteering their own time to give students opportunities to engage in these activities.

## BASKET REPATRIATION

On December 6, 2023, the school welcomed a family from Kelowna (originally from Agassiz), who were in possession of several hand-woven cedar baskets originally created by Seabird families. They wanted to return the

baskets to the Community, and the school celebrated the family for this decision.

Speakers at the ceremony included Dr. Keith Carlson, Jason Campbell and Chief Jim Harris. The ceremony was witnessed by Community Members, Elders and the whole school Community.



## LIBRARY GRAND OPENING

On November 30, 2023, the school hosted the library grand opening ceremony. This was attended by three Members from the Martin Family Initiative (MFI), as well as five Members of the funding group Fu Hui Educational Foundation, who supplied our school library with all the books.

The Members from MFI and the Fu Hui Foundation toured the school





and visited classrooms to see the children learning. They sat with Elders at lunch to learn more about the school, the Community and surrounding areas, while enjoying a traditional meal prepared by our school cooks.

After lunch, our guests were blanketed and thanked for their generous contribution to our school. We then proceeded to do an official ribbon cutting ceremony, and then Members of the two groups read with the children in the library.

## LANGUAGE AND CULTURE

### TOTAL PHYSICAL RESPONSE (TPR)

TPR is a language teaching method that uses physical actions to create meaning and memory.

Learning is more effective when it involves multiple areas of the brain and mimics how children learn their first language.

Staff and students are using more language in the hallways and classrooms.

### MORNING PROTOCOL

Staff and students from both the elementary and high schools gather for drumming, singing, and prayer to start the day. In nicer weather, everyone gathers outside, and we move to the gym in the winter months.

## 2023 CHRISTMAS CONCERT

The school Christmas concert took place on December 5, 2023, and included performances from K4 to grade 7 students.

These performances had individual

classes and groups of classes performing songs and a readers theater play.

There were approximately 100 parents and family Members in attendance to watch the concert, which also included Christmas songs sung in Halq'eméylem.

Special thanks to Rosanne for putting together such a memorable concert, and Angel and Courtney for working with the students on the Halq'eméylem songs.

## SEABIRD CURRENT COLLEGE PROGRAMS

- Business Administration – nine-month part-time program in accounting, payroll, business writing, etc. There are 13 people registered.
- Construction Craft Worker – four-week full-time program in job ready skills in the construction industry. There are 11 people registered.
- Early Childhood Educator – nine-month program in early childhood education with 17 people registered.
- Ecological Restoration – six-month full-time program that is mostly on the land and about the land. There are 15 people registered.
- Licensed Practical Nurse – two-year program with pre-requisites happening now. Currently, 8 people are working on pre-requisites. The program starts in March of 2024.

## UPCOMING SEABIRD COLLEGE PROGRAMS

**Aboriginal Liaison Worker** Spring 2024

**Education Assistant** Fall 2024

**Food Services Worker** Fall 2024

**Health Care Worker** Fall 2024

**Social Service Worker** Fall 2024

**Environmental Monitoring** Fall 2025

**Professional Cook** Fall 2025

**Welder** Winter 2025

## POST-SECONDARY STUDENT SUPPORT PROGRAM

Currently **sponsoring 24 students** through the Post Secondary Student Support Program.

**Eleven Students** successfully completed their program of study in 2023.

**Seven Students** are currently on the wait-list for 2023-2024 Indigenous Services Funding.

## EMPLOYMENT

Employment Services delivers both employment assistance services (EAS) and pre-employment supports program (PESP) services. These services include one-to-one employment counselling and case management interventions respectively.

**Employment supports to move individuals toward self-sufficiency through:**

- Counselling related to barriers of employment, such as addictions, or

trauma and grief;

- Physical Education assessment;
- Coaching, / mentoring;
- Childcare and accommodation costs;
- Introduction to industry and jobs with referrals to CLBC;
- Pre-employment Training, such as Life Skills;
- Limited Training incentives; and
- Transportation and equipment costs

### COMPLETED TRAINING FOR EMPLOYMENT

- A Life Skills program entitled “Wellness and Work Readiness” was completed December, 2023, with 9 participants throughout.
- PESP completed three 4-day mobile job fairs during the month of November 2023 (Kelowna) with 8 participants.
- PESP 20hr “Skills for Success” online training took place in November, 2023, with 8 participants.



- PESP delivered a 1-day dream catcher making workshop with 7 participants.
- IAFNYES (Income Assistance First Nation Youth Employment Strategy) targeted wages positions filled all 10 openings.
- Seabird Driving School successfully passed the 5-year audit.

## CULTURAL WORKSHOPS

- Beading
- Moccasin Making
- Canoe Pulling
- Sturgeon Fishing
- Ribbon Skirts
- Language
- Salish Art





## SEABIRD ISLAND COMMUNITY SCHOOL (SICS)

### CHRISTMAS CELEBRATION

The spirit of Christmas echoed through the halls of Seabird Island School as grades 4-K through 7 came together in harmony for an annual celebration of joy. The children presented a heartwarming spectacle that brought the Community closer during this festive season.

The concert, held in the school's gym, featured an array of performances that

showcased the talent and dedication of our young performers. From adorable renditions by 4-K students to more intricate performances by the older grades, the event truly embraced the diversity of skills, culture and language within the student body.

The highlight of the evening was the snowball fight, which brought joy to both

the students and the parents. "I am so proud of our students and the incredible effort they put into making this concert a success.

It truly warms my heart to see the unity and joy they bring to our school Community," said Mrs. Shippelt, expressing gratitude for the hard work put in by both students and teachers.

### TOTAL PHYSICAL RESPONSE

Starting this academic year at Seabird Island Community School, we have introduced the innovative Total Physical Response (TPR) language learning system to revive the rich language of the Stó:lō people: Halq'eméylem.

As a dedicated class, our focus has been on seamlessly integrating the Halq'eméylem language into our daily classroom interactions. This endeavor has not only altered the way we, as educators, deliver instructions, but has also influenced the responses of our students.

Furthermore, as a school, we are committed to implementing a comprehensive 100% school hallway Halq'eméylem policy. Our goal is to foster

an environment where all interactions between educational staff and students within the school's hallways occur in Halq'eméylem. This initiative is a testament to our dedication to infusing the language into every aspect of our educational Community.

This commitment was prominently showcased during our Christmas concert on December 5, 2023. Thanks to the exceptional guidance of our music teacher, Mrs. Shippelt, the elementary music classes took center stage and presented a significant portion of the songs in Halq'eméylem.

This blending of language into our festive celebrations not only showcased the cultural richness of Halq'eméylem, but

also emphasized its importance as a living language within our school Community.

By embracing the Total Physical Response system and actively incorporating Halq'eméylem into various aspects of our educational environment, we are not only revitalizing a language but also fostering a deeper connection to our cultural heritage.

This holistic approach reflects our commitment to creating an immersive and inclusive experience for all students.

We look forward to witnessing the continued growth and integration of Halq'eméylem in our school Community.

*Submitted by D.L., SICS  
Sq'ewqel Education*



## MONTHLY HONOURS FOR HIGH SCHOOL STUDENTS: EMBODYING SCHOOL VALUES

This year, high school students are being honored each month for exemplifying our school values: shílekw (we are ready); ólhet (we are respectful); and lexwsyóyes (we are responsible). This initiative

provides an opportunity for students to realize that all the small, positive choices they make each day can add up. Actions, such as being on time, helping others and trying their best, are just a few examples of the behavior we are looking for, contributing to the strength of our school Community. Kudos to all our winners!

Additionally, Ms. Shippelt would like to express her gratitude to our grade ten students, Kya and Avery, for all their hard



work on the Christmas concert set. It was a great show and an excellent example of what can happen when everyone works together toward a common goal.

*Submitted by V.S., SICS  
Sq'ewqel Education*



## ICE SKATING IN SARDIS

In December, our high school went ice skating in Sardis. It was a great event. It was terrific to see so many students, who have not skated before, demonstrating resilience by learning and practicing fundamental skating.

We also had an intramural Volleyball tournament and a Christmas dance organized by our Student Council.

In January, the high school students we are wrapping up our first semester of courses.

Our Outdoor Education Club put on a Cross Country Skiing trip at Manning Park on Sunday, January 28, plus we have Badminton and Volleyball practices happening after school every Wednesday and Thursday.

*Submitted by G.D., SICS  
Sq'ewqel Education*





## SXWOXWIYÁM TE S'OLH TÉMEXW: A TRANSFORMER STORY OF OUR LAND

In the Halq'eméylem language of the Stó:lō, Mt Cheam is named “Lhileqey”, also referred to as the “Mother Mountain” as she is the mother of “Séyowòt”, “Óyewòt”, and “Xomó:th'iya,” who are smaller mountains below her.

She was originally from here and she left husband “Kwelxá (Mt. Baker) and she returned home to the Fraser Valley.

Xexá:ls changed her mountain and gave her responsibility to watch over the people, the river and salmon. This is her truth...

### LHÍLHEQEY

*As told by Mrs. Amy Cooper (Óyewot), recorded by Oliver Wells (1962)*

*Language documented by Kwosel Pettis.*

#### WA T'OT' TE'I SHXWÓXWIYAM.

Xetestem kw'és slhá:lis the Lhílheqey qe swiqe te Kwelxá:lxw smalt.

Is t'wa emi suq'em kwes stoles te Kwelxá:lxw t'losu thelmetes the Lhílheqey, t'lo kwes eyomex - T'losu la t'ekw'stem la kwe Pastel.

Stéta lítetha la xwa lhewwala te mámelas – Smallet, Shahsta, qes Shukshl qesu xwa semela qelat xwi slhelhellyollh lhewwale: Séyowòt”, “Óyewòt”, and “Xomó:th'iya

Sesilt'le luhl xwa siwiqe qeyalh ses kwo ye slhelhellyollh. T'wa kulh éyolem kwel la t'okw q'olthet latel wexwilmexw ye Stó:lō.

T'losu the'it xweli ts'esu thet “Xelhemet tsel cha tel xwelmexw kwes ikwelo kwels lhewwalex.”

Xexa:ls kwethatem osu su la xwa melmált yut'lolem.

“Eweta cha kwa xwalitstexw tel xwelmexw qe ew eweta kwa xwalitstexw te st'hoqwi me weqw'ilem se'ilhtels yut'lolem.”

Kwelates te lhewwala mámeles t'losu lhewwalex alhtel lítetha.

Lixw yemi telí te choleqw pelakw te lhíxw eyothoqs t'lo ts'è the mameles.

Xet'è alhtel kwes xe'ates tu ol se'oseqwt “Óyewòt”, Lheyoqwtmels late so'wilhs lítetha te sxoyes te Sqwemays.

Kwa telo qays was lis la okw'è te maqe, lu eyolem kwes kweslexw te sxoyes te sqwemay.

Eyolem kw'és kwetslexw te qw'ols ste'a kwu Pelokwes teli kw'è qo.

### MT. CHEAM

*As told by Mrs. Amy Cooper, recorded by Oliver Wells (1962)*

#### THIS IS AN OLD LEGEND –

Mt. Cheam is a lady and Mt. Baker is a man.

Mt. Baker traveled to look for a wife, he sees Cheam is beautiful, so he takes her back to the Lushootseed area in the States.

They live there and had three sons – Mt. Hood, Mt. SHAH-sta and Mt. SHUK- and later they have three girls: Séyowòt”, “Óyewòt”, and “Xomó:th'iya

After the girls were born she told her husband, “I had better go back home to my people on the Stó:lō.”

She says, “I'll stand and guard the Stó:lō.”

Xexa:ls saw their commitment to the people and turned them into mountains.

“So that no harm comes to my people and no harm come to the fish that comes up to feed them.”

Then she takes her three children and she stands up there.

If you are coming down from up the road there are three little points and those three little points are her children.

They say she holds the smallest one, “Óyewòt”, in her hand, and behind her towards the south is the dog's head from the dog that followed her.

If the snow isn't all off you could see the dog's head.

You can see the ears and it looks like it's just above water.

#### Halq'eméylem:

Lexwe'éywelh

—  
Always be kind

## CONGRATULATIONS HIGH SCHOOL STUDENTS

Congratulations for completing the first semester of 2023-2024! It is a good time to reflect on the amazing work and accomplishments of our students. In social studies, students have participated in a variety of collaborative projects, historical simulations, and interactive learning experiences.

A highlight of the grade 8 students was their presentation to the Emperor. After exploring the social and technological developments of ancient and medieval China, students made their pitch to the Emperor of China on how to improve Chinese society.

*Pictured is Selena Hillier with her model of the Great Wall.* As can be seen, students put great time and effort on their pitches to the Emperor and were rewarded with Asian snacks (chocolate and strawberry Pocky sticks and banana flavoured soy milk). Student also looked at the



practice of Ancestral Veneration in East Asia and found many connections with Stó:lō Burning Ceremonies.

Students drew a portrait of an ancestor and reflected on the ways their ancestors are remembered.

The grade 10 students also had a blast in a simulation of treaty negotiations in the Paris Peace Conference. Students played the role of diplomats representing various

countries at the end of WWI. Issues such as autonomy and right to self-determination were discussed and debated among the diplomats, included hypocrisy in advocating for self-determination in Europe and for Canada, but silence on autonomy for First Nations.

With the signing of the Treaty of Versailles, we celebrated the new but uneasy peace with croissants and sparkling fruit juice! Students also explored the contribution of Indigenous soldiers in WWI through art, as can be seen in Desiree Marchand's art of Henry Louis Norwest.

As the new semester starts, the learning continues, we look forward to exploring more social studies topics in an engaging and interactive way.

*Submitted by M.B., SICS  
Sq'ewqel Education*

## FINANCE AND ADMINISTRATION

**DIRECTOR: NIGEL SELVADURAI**

### PROGRAM LEADERSHIP

- Richard Parsey – IT Support Services
- Jason Ellis - Comptroller
- Kim Shorey – Human Resources
- Teresa Harper - Records
- Paula Woodruff – Purchasing

### CURRENT PROJECT EXAMPLES

- SIB Business Park tenancy, marketing, and lease development – In progress
- Acquisition of 4 New Warehouse Strata units in Agassiz – Completed
- SqDC leasehold improvements - Completed

- SIB Property Taxation Annual Law Approval and Notice Preparation – Completed

### IT PROJECTS ON THE GO

- Rogers (Shaw) Takeover – Waiting on permits for Rogers to use Telus lines
- Storage Server – Setting up new security and transferring data. Working with Records to complete
- Security System – Installation is continuing
- Web Server – sites have been moved to increase speed
- Chawathil Firewall Upgrade – Delayed
- New Community Cultural Building – Actively meeting with them when needed

- New Townhome Construction - Actively meeting with them when needed

### HUMAN RESOURCES

#### RECRUITING

- Band Member Applications – 9
- Band Member Interviews – 9
- Band Members Hired – 5

Annual Turnover Rate	
2021	47.4%
2022	25.8%
2023	20.7%

**Halq'eméylem:**  
Othet — Respect



# HEALTH AND SOCIAL DEVELOPMENT

**DIRECTOR: LOLLY ANDREW**

## PROGRAM LEADERSHIP

- Kristi McNeil - Medical Clinic
- Cheryl Hick - Dental Office
- Bonnie Nickel - Health Services
- Daniel Point - Acting Case Manager
- Kirk Balfour - Families & Wellness



## MENTAL HEALTH & FAMILY WELLNESS COUNSELLORS

Derek Swanson, Addictions Counsellor  
 Kim Verigin, Women and Family Counsellor  
 Karla Joseph, Youth and Young Adult Counsellor

## DOCTORS' CLINIC

A wide range of health services grounded in Stó:lō values and focused on nurturing balance in mind, body and spirit include: preventative care; mental health support; traditional healing; health education; chronic disease management; maternal health; Elder care; Youth programs; and more.

We have a dedicated team of nurses, counselors, health workers and traditional wellness guides to ensure our people have access to high-quality, culturally-relevant care.

## DENTAL CLINIC

- October 2023 - updated First Aid Kits & reviewed procedures for the clinic.
- November 2023 - Certified Dental Assistants (CDA) participated on grade 6 careers presentation.
- December 2023 - CDA attended the Parents and Tots program to provide dental instruction and information to parents.

## STATISTICS

- Nine new patients
- 2,485 total active patients, including 1858 First Nation / Status patients
- 596 children from ages 0-16

## COMMUNITY HEALTH SERVICES

- Better at Home
- Maternal Child Health
- Meals on Wheels
- Nutrition
- Clinics, Workshops, Events

## BETTER AT HOME

The team has been able to complete a lot of gutters this year with the mild winter weather. This is exciting because this task prolongs the life of homes and roofs, and it assists in preventing leaks and mold.

An Elder kindly donated enough roofing tiles to apply to a set of very slippery stairs to reduce the risk of falls.

## MEALS ON WHEELS

We have prepared and delivered 48 meals twice a week to our Elders within Seabird Island. This means a total of 1,152 meals were provided from the beginning of October to the end of December in 2023.

## NUTRITION

A Nutritionist cooked for the Candlelight Vigils in our partnering communities.

In addition, a Nutritionist made soup jars for each participating family.

## FAMILY DEVELOPMENT

The Elder/Youth Sweat brings together the Elders and Youth within the Community.

Weekly Truth and Reconciliation follow-up sessions were offered with lunch throughout the month of October in 2023.

National Addictions Awareness Week Honoring Ceremony & Sobriety Walk took place on November 22, 2023.

Grief and loss support is available to Seabird Island Members.

Seabird Island Women's Group meets every Tuesday in the STC boardroom. The Women's Group saw its greatest number of attendees in December, 2023.

A Family Therapist coordinated counselling sessions outside on the land.

## FAMILY HOMES

Seabird Island's family home residents participated in various outings between October, 2023, and January, 2024. Indigenous Arts Programs, such as moccasin making and weaving, were enjoyed by all who attended.

Life Skills workers supportively provided each family with Christmas trees complete with all the lights and decorations, as well as a gift package and gift card for parents to Christmas shop for their children.

# LIVING YOUR TRUE SELF: SUPPORTING YOU THROUGH YOUR HEALING JOURNEY

The purpose of this column is to create moments for you to KNOW THY SELF; an opportunity to remember who you are and who you are meant to be.

To support you on your healing journey this column is here, regardless of where you are in your life, what is happening in your external world, or where you are on your healing journey.

The hope is to give you knowledge and provide opportunities of insights. It will invite you to bring awareness and curiosity to your thoughts, emotions and physical sensations in your body, as well as your behaviours and the relationship you have with them.

### THIS COLUMN'S GOAL IS TO:

- remind you how far you have come;
- how strong you are; and
- strengthen your courage to move from old unconscious patterns to new conscious patterns.

Follow this column in every future newspaper edition, so you may experiment with the invitations that are given to help you notice what is going on in your mind, body and spirit.

You are always welcome to bring questions and/or requests for a particular topic that you want to learn more about.

For this edition, I invite you to share your experiences, so your first prompt to bring awareness in the moment is:

“What are you noticing as you read through this article?”

I wish you all the best on your journey to healing.

*Submitted by K.V., Mental Health Sq'ewqel Health & Social Development*

*SIB Women and Family Counsellor  
[Kim.verigin@seabirdisland.ca](mailto:Kim.verigin@seabirdisland.ca)*

**Seabird Island Women's Group**

**PLEASE JOIN US ON TUESDAY EVENINGS!**

**Tuesdays | 5:00 pm**  
**Stó:lō Tribal Council Boardroom**

The Women's Group is to bring together women from the community to discuss topics that pertain to women's empowerment. In the Women's Group, we create a safe place for one another, while supporting each other. We learn about ourselves and from each other, while sharing our experiences and knowledge, related to the topics below:

- Holistic self-care medicine wheel work
- Creating a safe place
- Understanding trauma and resilience
- Women supporting other women
- Relationships and communication
- Vulnerability
- Communication styles

**WE ARE STRONGER TOGETHER**

*For more information or to book a ride, feel free to contact:  
Kim Verigin: 604-795-0875 or [kim.verigin@seabirdisland.ca](mailto:kim.verigin@seabirdisland.ca)*

**Halq'eméylem:**  
eyémtsel — I am strong

**Halq'eméylem:**  
a'áaltha Hi:kw — I'm important / I matter

## EMPOWERMENT IN UNITY: JOIN THE WOMEN'S GROUP FOR COLLECTIVE STRENGTH

### Women's Group:

Every Tuesday 5 PM  
STC Boardroom

We extend a warm invitation to join our Women's Group, where we firmly believe that together, we are stronger. Every Tuesday evening, we gather to explore, discuss, and uplift one another in a supportive and empowering environment.

Our Women's Group is dedicated to bring together the remarkable women of our Community. It is a space designed to delve into topics that are at the heart of women's empowerment.

In this nurturing circle, we create a safe haven for one another, fostering a sense of Community and mutual support.

Together, we embark on a journey of self-discovery, learning not only about ourselves but also from the experiences shared by our fellow participants.

### TOPICS OF EXPLORATION:

- **Holistic Self-Care Medicine Wheel Work:** Discover holistic approaches to self-care that nourish your mind, body and soul.
- **Creating a Safe Place:** Explore the importance of creating and maintaining safe spaces for personal and collective growth.
- **Understanding Trauma and Resilience:** Gain insights into navigating and overcoming challenges through shared experiences and resilience.
- **Women Supporting Other Women:** Celebrate the strength that comes from supporting and uplifting one another.
- **Relationships and Communication:** Explore the dynamics of healthy relationships and effective communication.
- **Vulnerability:** Embrace the power of vulnerability as a catalyst for personal and collective growth.

### • Communication Styles:

Understand and appreciate the diverse communication styles within our Community.

**Get Involved:** To learn more about the Women's Group or to arrange transportation, feel free to reach out to:

Kim Verigin, 604-796-7112  
[kim.verigin@seabirdisland.ca](mailto:kim.verigin@seabirdisland.ca)

### WHY JOIN?

By joining the Women's Group, you become part of a collective force dedicated to personal growth, empowerment and mutual support.

Together, we aim to empower, inspire and celebrate the strength that each woman brings to our Community.

Come, be a part of this empowering journey, and let's explore the boundless possibilities that arise when women stand united.

*Submitted by K.V., Mental Health  
Sq'ewqel Health & Social Development*

## "ON WEDNESDAYS, WE WEAR PINK"

- MEAN GIRLS, THE MOVIE

Bullying may not be restricted to the school grounds or childhood; unfortunately, it may be found all around us at every age. It could be in our daily lives.

Doing our part to end bullying involves ending stereotyping, appreciating differences and recognizing how words can hurt (or heal).

Accept and celebrate how different you are from others and how different others are from you.

Diversity helps us learn from our peers, appreciate each other and build a better world.

If we were all the same, nothing would ever change, which might make life dull.

**CELEBRATE OTHERS  
THROUGH LOVE, PEACE  
AND ACCEPTANCE.**

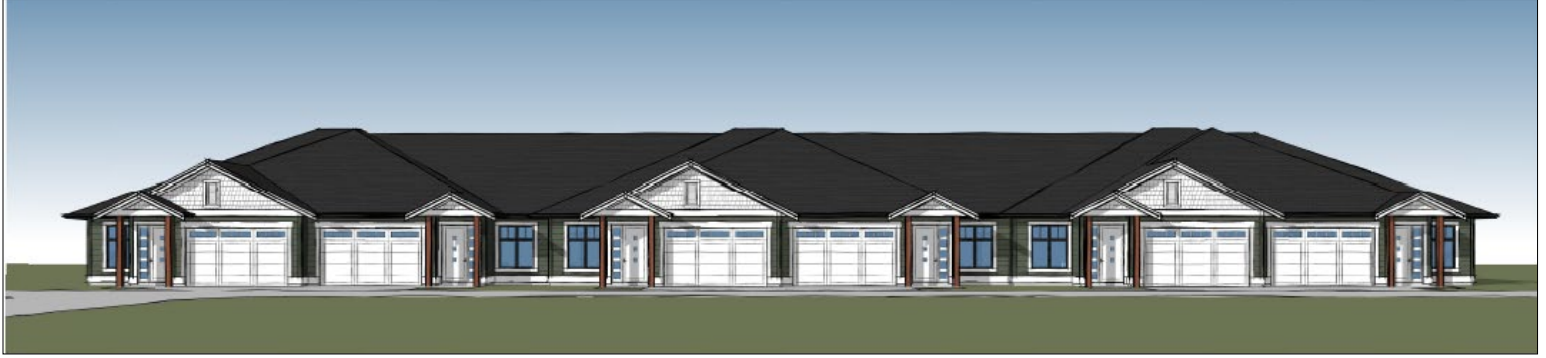
*Submitted by S.B., Communications  
Sq'ewqel Culture & Community Services*



Wiyóth kwsu éys te sqwálewels te lólets'e. — Always be a person with good thoughts.

*Coqualeetza Elder's Group, 1968*

# COMMUNITY INFRASTRUCTURE



**DIRECTOR: KHALID SAFI**

## PROGRAM LEADERSHIP

- Erna O’Brien – Housing
- Albert Sandberg – Capital Projects
- Ryan Chiarot – Fire and Emergency Management
- Dwight Schneider – Fleet
- Gary Swan – Public Works
- Jennifer Campbell – Lands
- Kailie McRae – Custodial

## FUNDING SECURED FOR:

- Seabird Island Road – for the design of raising the road to flood prevention levels
- Master Drainage Plan – for the planning and assessment of the drainage system for Seabird Island
- Fortis BC Partnership – for a Climate Action partnership with Fortis BC, which focuses on becoming more energy efficient through retrofits of buildings, and the addition of clean energy into Seabird Island.
- Indigenous Cultural Safety and Cultural Humility Training

## GENERAL / ADMIN

### SELECT MANAGEMENT COMPANY

There are ongoing monthly meetings to review outstanding items, and upcoming move-ins and move-outs.

They are continuing to work diligently to complete work orders and perform inspections as required.

## COMMUNITY PROJECTS

- ISC – 24-unit Housing Project on the Chawat Road site, which is on schedule and going smoothly.
- Canada Affordable Greener Homes Initiative involves planning and reparation of six vacant home renovations.
- National Housing Strategy Rapid Housing Initiative includes approval of funding for ten units.
- Housing Accelerator Fund Application for future housing development planning.
- Rental Housing Deep Retrofit Funding for the approval of funding for ten units.

- Chief Hali Road Design intends to bring Chief Hali Road up to flood prevention level height and to help support the business park.
- Pípehò:m Road Design includes the expansion to Pípehò:m Road to support more housing and connect to Chawat road.
- Water Reservoir Cleaning will be completed by a contracted company to clean the inside of the water reservoir without the need to drain it.
- Firehall Expansion / Renovations have completed the addition of a new Fire Engine Bay.
- New ECD Child Center aims to be completed in early March of 2024.
- Cemetery Upgrade is underway.
- Asset Management / Maintenance by Public Works working on a management and maintenance plan for all capital buildings and assets.
- GIS Development for the creation and implementation of a Geographic Information System (GIS) to manage, analyze, edit, output and visualize geographic data.

**Halq'eméylem:**

éy mestíyexw — be a good person



## HOUSING

Seabird Island Housing Program secured funds from Indigenous Services Canada (ISC) for the construction on twenty-four multi-family homes.

### CONSISTING OF:

- One six-plex accessible/Elder units will each have two bedrooms. It will be located across from the administration building on Chowat Road;
- One six-plex at 8358/8364 Sthí:tsem Drive will have three bedrooms units;
- One six plex at 8410 Sthí:tsem Drive will have three bedrooms units; and
- One six-plex on lot 223 QO' Road have three bedroom units.

Chowat Road Site is currently under construction.

Seabird Island Housing Program also secured funds from CMHC for the construction of ten multifamily homes.

### CONSISTING OF:

- One four-plex accessible/ Elder units will each have two bedrooms, across from the administration building on Chowat Road; and
- One six-plex on lot 222 QO' Road will have three bedroom units.

## January 2024 Housing Waitlist

2 Bedroom		3 Bedroom		3 Bedroom	
1	12102018-6014	1	12192012-3076	30	10122023-7113
2	06172019-5037	2	01142015-1011	31	10172023-7115
3	01072020-7031	3	12102018-6014	32	10262023-7117
4	11022020-5051	4	12082023-7033	33	11072023-7126
5	01072020-6024	5	01072020-6024	34	12062022-7091
6	11152018-6022	6	01072020-7031	35	12072023-7130
7	01092021-7061	7	01222020-1031	36	12142023-7132
8	12232020-7056	8	11022020-5051	37	12292023-7136
9	09122019-6032	9	12232020-7056	38	12182023-7133
10	09072022-5068	10	01092021-7061	39	12212023-7134
11	12062022-7104	11	04292021-7065	40	12292023-7135
12	01172023-7093	12	12192021-7070	41	01042024-7137
13	11272018-5024	13	11182020-7053	42	07032023-7102
14	01032018-5012	14	01092020-6000		
15	03292023-7103	15	09072022-5068	<b>1 Bedroom</b>	
16	05022023-7105	16	12162022-7078	1	12062022-7091
17	06152023-7028	17	12062022-7104	2	01172023-7093
18	06162023-7018	18	11272018-5024	3	02092023-7096
19	07072023-7120	19	12092022-7092	4	02222023-7098
20	10312023-7118	20	01182023-7094	5	05022023-7105
21	10182023-7116	21	08202019-7034	6	06162023-7018
22	10192023-7122	22	11092021-7069	7	06232023-7109
23	10232023-2093	23	05172023-7106	8	10182023-7116
24	10232023-7125	24	06152023-7118	9	11032023-7127
25	10242023-7123	25	06162023-7018	10	11082023-7128
26	12062023-7130	26	06192023-7019	11	11152023-7124
27	12212023-7098	27	07132023-7110	12	12072023-7130
28	10032022-7077	28	08112023-7112	13	12122023-7131
29	01042024-7137	29	09232023-7123	14	09122019-6032



## SEABIRD ISLAND FIRE DEPARTMENT'S FOOD DRIVE SUCCESS

The spirit of giving and the warmth of Community generosity shone brightly during the recent Seabird Island Fire Department Christmas Food Drive on December 12, 2023. The Members of the Fire Department extend their heartfelt gratitude to the Community for the overwhelming and generous donations received during this festive event.

The Fire Department crew, in cheerful holiday spirits, went door-to-door to collect contributions from residents eager to spread joy during the holiday season. This year's combined contributions were notably larger than past years, showcasing the Community's unity in supporting one another.

To celebrate the success of the Food Drive, the Fire Department gathered for a group photo, capturing the spirit and shared commitment to making a positive impact during the holiday season.

The collected items were distributed to local families in the food hampers, bringing warmth and sustenance to households during the holiday season.

The Fire Department acknowledges that it is the spirit of togetherness and compassion that truly defines the holiday season. The overwhelming response from the Community reflects the collective commitment to supporting and uplifting one another, especially during times of celebration.

As the Fire Department reflects on the success of the Christmas Food Drive, they express their gratitude once again to the Community for making it a memorable event. The collective effort serves as a testament to the strength and kindness that resides within the Community.

Our Fire Department looks forward to continued collaboration to foster a spirit of goodwill throughout the upcoming year.

*Submitted by S.B., Communications  
Sq'ewqel Culture & Community Services*

### Halq'eméylem:

Ch'ítolétsel or Ts'ítolétsel

With appreciation, I thank-you

## SEABIRD'S EMERGENCY MANAGEMENT PROGRAM

A big thank-you to those Community Members, who made it out to one of our first two Community-Wide Emergency Preparedness Training sessions!

The first session was hosted on November 24, 2023, with ten participants. The second session happened on December 4, 2023, and saw a total of 22 Community Members. More sessions will be organized for 2024.

There are many hazards that exist during the winter season. Some of these hazards include power outages and unplowed

and/or icy roads. Here are a few ways you can prepare:

- Place a flashlight with good batteries on your bedside table;
- Have candles and a lighter stored in a designated spot;
- Is your stove electric? Have a backup plan for cooking;
- Store a blanket and candles with a liter in your car in case you get stuck;
- Keep your gas tank full;

- Have a spare toque and gloves in your car; and
- If the power goes out, check on your neighbours.

I am sure you can think of more! I hope you are enjoying the winter season so far.

*See you at the next Community-Wide Emergency Preparedness Training session!*

- Danika

*Submitted by D.S., Emergency Management  
Sq'ewqel Community Infrastructure*

## SEABIRD ISLAND DRAFT LAND USE PLAN: SHAPING OUR COMMUNITY'S FUTURE TOGETHER

The Seabird Island Community is at the heart of a crucial initiative as it invites residents to actively participate in the development of its Draft Land Use Plan. This collaborative effort aims to shape the future of Seabird Island by engaging Community Members in a series of meetings to discuss and shape the proposed plan.

### MEETING DATES

WILL BE ANNOUNCED SOON

on the Sq̓̓w̓q̓el Facebook page  
and website.

Recognizing the diverse schedules and commitments of Members, **an online option will be available** to ensure that as many individuals as possible can contribute to the discussions. This virtual platform not only provides flexibility, but also promotes inclusivity, allowing those out of town and those who cannot attend in person to actively participate.

For those opting for the online sessions, the meeting link will be available on the Seabird Island Facebook page on the day of each meeting.

### CHILD MINDING AND FAMILY GATHERINGS

Understanding that family involvement is vital, child-minding services will be provided during the meetings. Seabird Island encourages families to gather together, fostering a sense of Community and ensuring that the Draft Land Use Plan truly represents the collective vision of the people.

### PLEASE RSVP FOR CATERING AND CHILD-MINDING SERVICES

To better accommodate attendees, Seabird Island kindly requests participants RSVP. This will assist in organizing catering services and ensuring sufficient child-minding staff.

**To RSVP:** 604-796-2177 or  
[Lands@seabirdisland.ca](mailto:Lands@seabirdisland.ca)

### ADDITIONAL INFORMATION

Stay tuned for updates, and join the conversation as Seabird Island works collectively towards a sustainable and vibrant future.

The Draft Land Use Plan is a pivotal document that will influence our Community's growth and development for years to come. Your input is crucial to ensure that it accurately reflects the values and aspirations of Seabird Island. Let us come together, share our insights and contribute to the blueprint that will shape the landscape of our Community.

*Submitted by S.B., Communications  
Sq̓̓w̓q̓el Culture & Community Services*

### Halq'eméylem:

Ólhetchexw or Ólhethome

—

Respectfully, Respect you

## NEW TEAM MEMBERS IN LANDS

Seabird Island Band is pleased to announce that the Lands department is expanding. Please join us in welcoming Tom Stanton, Major Projects Team Lead, and Chloé MacBeth, Animal Wellness Guardian.



**Tom** has a master's in physical geography specializing in soil science and will lead projects such as the Sunrise Expansion Program, managing Agricultural leases, overseeing Indigenous Berries Research, and Food Sovereignty / Security initiatives.



**Chloé** has a master's in public administration and a diploma of Veterinary Technology. She will source funding to continue to offer animal wellness programs for the Seabird Island Band, its Members and furry friends. Current initiatives include the Pet Food Bank, Spay & Neuter events, vaccine clinics, and information sharing with external resources.

Please take time to introduce yourself to them and offer help as they learn Seabird Island's processes.

Wishing everyone prosperity and good health!

*Submitted by J.C., Lands  
Sq̓̓w̓q̓el Community Infrastructure*

**Xólhmetes mekw' li te tém:éxwtset te Sq̓̓w̓q̓el – Seabird takes care of everything on the land**

# INTER-GOVERNMENTAL AFFAIRS

**DIRECTOR: JANICE PARSEY**

## PROGRAM LEADERSHIP

- Effie Ned - Referrals
- Lyla Asmat - Natural Resources
- Simone Jimmie - Membership
- Mia Stratton - Biologist
- Houwa Yaro-Biki - Policy Analyst
- Chiugo Nwosu-Igbo - Policy Writer
- Ijinya Ali Ikese - Aboriginal Rights & Title

## ABORIGINAL RIGHTS & TITLE

### STÓ:LŌ GEO-HAZARD RISK ASSESSMENT PROJECT UPDATE:

- Steering Committee has been selected and confirmed.
- Request for Proposals went out and after a majority vote by the Steering Committee, Earth West Sciences was selected to proceed with the project.
- More details to come as available.

### 2021 BLUFF SLIDE PROGRESS UPDATE:

- We look forward to cleanup on the south side of the highway, construction of berm on slide site and future projects with Ministry of Transportation and Infrastructure involvement culvert replacements and possible sediment ponds.

## FISHERIES & WILDLIFE

The Fish & Wildlife Unit surveyed Maria Slough for Chinook, Chum, Coho and Sockeye Salmon in the fall of 2023.

Coho and Chum were observed to have successfully spawned, while Chinook



were unsuccessful due to low water levels. No Sockeye were observed.

The Fish & Wildlife team has begun to take over water quality monitoring from external agencies. Dissolved oxygen, water temperature, and water depth are being monitored and various locations within Maria Slough.

## NATURAL RESOURCES & FORESTRY

The STSA is looking to open up an inquiry with the Ministry of Mines and Ministry of Forests on the Key West Asphalt facility, where a recent landslide occurred.

The results of this will help us understand why/how the landslide occurred, plus it will provide information to help us regulate other facilities, such as Key West,

to prevent future accidents.

Funding was received for Additions to Reserve Policy Redesign Engagement. The Government of Canada allocated funding to work with Indigenous communities to engage in redesigning the Additions to Reserve Policy.

The objective of this funding is to support engagement activities led by First Nations and Indigenous organizations that result in policy options, considerations and recommendations for the Additions to Reserve redesign.

We are considering re-opening past specific claims, namely Five Mile Fishery, Wahleach Road ROW and Loughheed Highway ROW.

We are building a case for a specific claim to address Erosion and Accretion on Seabird Island. Work is in progress.



## MEMBERSHIP

The Seabird Island Band Membership Code is presently under formal revision in an effort to address the poor statistics and trends that the Membership population is currently facing to help protect the future generations to come, so our children and grandchildren may become Members too.

### Don't forget: Grand Prize Draw!

Meetings and events will be hosted, where your participation in each meeting enhances your chances of winning one of two 50" smart TVs or an Xbox!

### TOPICS FOR INFORMATION SESSIONS WILL BE ON THE FOUR KEY FOCUS AREAS

Key Focus Areas:

- Membership and Indian Status
- Removal of Membership
- Member Rights and Responsibilities
- Scope of Authority and Responsibilities

The Community meetings will provide Members an opportunity to provide input on:

1. Criteria for future Membership of Seabird Island Band;
2. Protect Membership for children and grandchildren, who will not be granted Status;
3. Rights and Responsibilities of Band Members. For example: housing, education, right to vote, economic benefits, funeral and recreation allowances, etc.

### CONCERNS & INQUIRIES

Please reach out to our Membership Clerk, Simone Jimmie, for further information, explanation and clarification: 604-796-2177 or [membership@seabirdisland.ca](mailto:membership@seabirdisland.ca)



## POLICY

### FEDERAL AND PROVINCIAL POLICY ENGAGEMENTS

The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) resolution was passed into law in November 2019 in British Columbia (The Declaration Act). The Act states that all provincial laws must be amended to align with UNDRIP.

Since then, we have participated in numerous amendment processes, notably:

- Child, Family and Community Service Act Amendments;
- Heritage Conservation Act Transformation Project;
- Fisheries Act Amendment;
- Forest And Range Practices Act Amendment;
- Emergency Management Legislation Amendment; and
- Clean Water and Wastewater Act.

### SEABIRD ISLAND POLICY AMENDMENTS

In the process of amending the following policies:

- Sports and Leisure Policy;
- Funeral and Cemetery Management Policy; and
- Committee Establishment and Disbandment Policy.

## REFERRALS

Engaged with the British Columbia Energy Regulator by providing feedback and suggested changes to their discussion paper on integrating hydrogen, ammonia and methanol in energy resource regulations in BC, suggesting changes that are more in line with UNDRIP and DRIPA.

In discussion with the representatives of the Deltaport expansion project to bring attention to Seabird Island's concerns with rail transportation in the area.

**Halq'eméylem:**

Éy kw's emi – Welcome

## EMPOWERING OUR COMMUNITY: MEMBERSHIP CODE UPDATES

We extend a heartfelt invitation to you, our valued Members, to actively engage in the current Membership Code revision process. Your participation is not only encouraged but vital, as we collectively embark on a journey to review and enhance the Membership Code.

Our goal is to align the Code more closely with the ever-evolving needs and aspirations of Seabird Island’s vibrant and diverse Membership.

### WHY YOUR INVOLVEMENT MATTERS

Your unique perspectives and experiences are crucial as we navigate through key discussion points that directly impact the fabric of our Community:

- 1. Criteria for Future Membership:**  
Join the conversation as we discuss the conditions that will shape the future Seabird Island Band Membership.
- 2. Protection for Children and Grandchildren:** Ensure the safeguarding of Membership rights for our First Nation family Members, who may not have been granted Status by the federal government.
- 3. Rights and Responsibilities:**  
Delve into an exploration of Band Members’ rights and responsibilities, encompassing critical aspects such as housing, education, voting rights, economic benefits, funeral and recreation allowances.

### KEY FOCUS AREAS

- Code Amendment Process:** Understand how we can collectively contribute to the continuous improvement of Seabird Islands Membership Code.
- Code Appeal Process:** Explore the avenues available for addressing concerns or seeking clarification on Code-related matters.

- Membership and Indian Status:** Dive into the details of Membership and its connection to Indian Status.
- Removal of Membership:** Discuss the sensitive issue of Membership removal and its procedural aspects.
- Scope of Authority on Membership Decisions:** Understand the decision-making processes and the scope of influence Community Members have.
- Member Rights and Responsibilities:** Explore the depth and breadth of your rights and responsibilities as integral Members of Seabird Island Band.

### BE A CATALYST FOR POSITIVE CHANGE

We want to emphasize just how valuable your input is in this process. Your active participation ensures a significant contribution to positive changes within our Community.

*As a token of our gratitude for your dedication, we are delighted to share the news of...*

### Three (3) Grand Prize Draws!

We have announced that by attending at least 5 out of the 10 meetings you will be **eligible to WIN incredible prizes, including one of two 50” Smart TVs or an Xbox.**

Your commitment to shaping the future of our Community is not only fulfilling but also offers you the chance to experience the joy of winning these fantastic rewards.

**YOUR VOICE MATTERS**, and we cannot wait to celebrate your active engagement and potential success in this exciting **GRAND PRIZE DRAW!**

### CONTACT INFORMATION

For more information reach out to [Membership@seabirdisland.ca](mailto:Membership@seabirdisland.ca). Your engagement is not just welcomed; it is celebrated as we collectively shape a Membership Code that truly represents the future of Seabird Island.

Please reach out to our Membership Clerk, Simone Jimmie, for further information, explanation and clarification: [membership@seabirdisland.ca](mailto:membership@seabirdisland.ca) or 604-796-2177

**Empower our Community,  
Shape our shared future, and  
Celebrate the strength of unity.**

We look forward to your presence and active involvement in shaping the future of Seabird Island Band. More information will be released soon!

**Máythóyx S’mestiyexw**  
 Ō chichelh si:yám ts’í:thómetsel telo wáyél.  
 Ts’í:thómetsel tel tselhxwelmexw.  
 ts’í:thómetsel xwelam kwe mekw’wates kw’e mekw’stam.  
 Maythóyx te a’elthé kw’e íyemstexw telo wáyél.  
 Maythóyx iwest kw’e mekw’wates te Halq’eméylem.  
 Maythóyx lhexeylex yutl’ólem kw’e íyemstexwes te s’mestiyexw.  
 Ey kw’ès s’as.

**Help the people**  
 Oh Great Spirit  
 Thank you for everyone and everything  
 Help me be strong today.  
 Help teach everyone halq’eméylem.  
 Help them stand string and grow.  
 Amen

*How might the Membership Code impact the future generations of Seabird Island Band?*

# SAGE SUGGESTIONS

- S.B., Communications, Sq̓̓wq̓̓el Culture & Community Services

A COLUMN FOR CLEANSE, CLARITY, ENLIGHTENING AND SOOTHING FUN.

## SAVING MONEY.

During the holidays, many people accumulated some debt by using credit cards and dipping into their savings to purchase gifts and food for the family feast. Now it is time to pay down those bills and start saving money again.

Some financial experts recommend the best way to live stress-free over debt is to follow the **50-30-20 model**. What is this?

- **50%** of your income goes to your bills and necessities. If you have more bills than this, it may be time to consider cutting back on a few things.
- **30%** goes towards “wants”. This includes your day-to-day spending, fun money for arts, education, entertainment, dinners out and toys.
- **20%** goes towards savings. The more, the better; however, for some, this may seem a bit too much. Really, any amount going towards savings is better than nothing.

An easy way to save money is to set it up, so a predetermined amount is automatically diverted every payday. If it is kept out of your daily-used bank account or your wallet, then it is easier to forget about it and let it stockpile.

I have payroll do some for me. I have a separate account at a second bank strictly for savings. I purposely do not have a debit card for this account, and I do not have online banking set up for it either. This way, I must go into the bank to get the money. This gives me time to consider the withdrawal: do I really need it; or can I do without it, so I can save for something bigger and better?

Another way to do this is with your bank account. You can set up automatic transfers for every payday to your savings account. This one requires more self-discipline. If this account is set up on

your debit card, it is up to you to ensure you only pay for your purchases using your checking account.

Good luck and happy savings!

## FAMILY.

Over the years, families have been spending less and less time together.



With the cost of living continually rising, we have reached a state where an increasing number of families have every able-bodied person working. Gone are the days when one family member stayed home to take care of the family and household, a full-time job in itself.

Unfortunately, to accommodate the cost of living, we have sacrificed much-needed family time. Prioritizing the necessity of putting food on the table and ensuring bills are paid has become imperative.

With all working-age adults engaged in employment, some have even opted for staggered shifts and workweeks, denying many the luxury of a day off ‘together as a family.’

Keeping this in mind, there is a statutory holiday called “Family Day.” This is a day for you to set aside work and technology and spend time together as a family. While it does not fully compensate for the lost time families used to have together throughout the year, it remains an essential day for spending quality time together, nonetheless.

My advice is to unplug, leave the phones at home, and take the family for a long drive, a walk, have a family dinner or engage in some other activity. Spend the day with your Elders.

Explore new sights, because you would be amazed at what lies beyond your regular world. I have lived in the Fraser Valley

most of my life, and I am still discovering new sights, even in our own backyard of Agassiz and Harrison.

The most important thing is to spend time connecting, talking and engaging in activities together. There is much to be learned from your children and Youth, and they have a lot they can learn from you. Not everything you learn in life can be found in books, on TV or on the internet. Personal connections, family history and shared experiences are worth more than gold.

Make family time a regular occurrence by choosing a day once a week, once a month or as often as possible for a family dinner or outing.

## SEARCHING FOR LOVE?



Love does not happen according to a set time schedule. You cannot force love.

Love is not perfect; it happens unexpectedly!

Love does not fit into a perfect mold; nobody is perfect.

When you find true love, you do not see the flaws, and neither do they. You each see ways you can help each other. This is a building block for you to work together, to make life better for each other - together!

**LOVE IS TENDER AND KIND,  
NOT SPITEFUL AND BLIND.**

**True love is a partnership!** Working together towards common goals; personal; professional; or relational. Try to find balance in sharing responsibilities, making decisions together, and supporting each other through challenges.

*Connect with your Community*

# DINNER EVERY MONDAY NIGHT

**6 PM – Mill Hall**  
Starting April 8

*Everybody is welcome!*

When possible, RSVP is appreciated

**Text or call Randy Wheeler at**  
**(604)-796-7120**

**Community Futures** Stó:lō

## START SMALL, DREAM BIG

with Stó:lō Community Futures (SCF)

Are you dreaming of starting your own business but don't know where to begin? Do you have a great idea but need some guidance and support to make it a reality? If you answered yes to any of these questions, then you are in luck!

We are offering a free appointment to help you start your business today!

604-858-0009  
[bhill@stolocf.ca](mailto:bhill@stolocf.ca)

**Threads of Heritage**

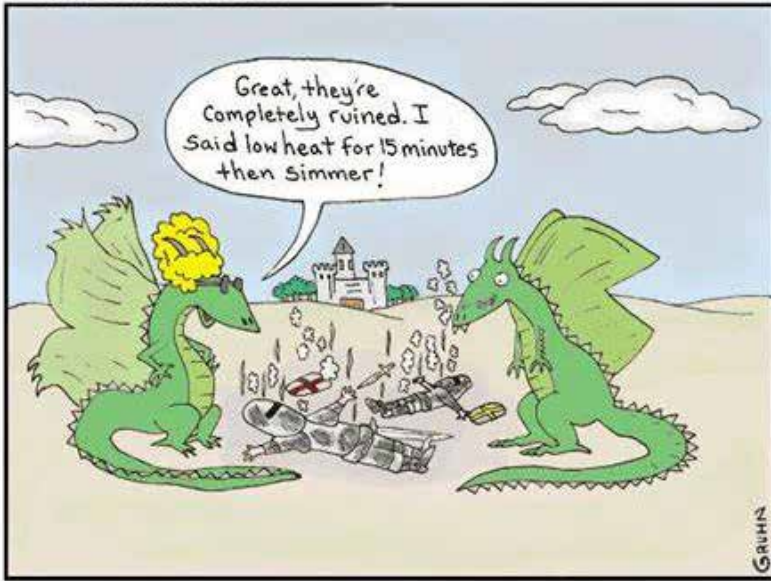
### WORD SCRAMBLE:

1. LOEV  
\_\_\_\_\_
2. APEANCCETC  
\_\_\_\_\_
3. RTMEHO  
\_\_\_\_\_
4. EFRTHA  
\_\_\_\_\_
5. HREOTRB  
\_\_\_\_\_
6. SRITES  
\_\_\_\_\_
7. IOSCUN  
\_\_\_\_\_
8. NTAEUI  
\_\_\_\_\_
9. CNULE  
\_\_\_\_\_
10. RNAAMDG  
\_\_\_\_\_
11. RDGAAPN  
\_\_\_\_\_
12. OGETHTRE  
\_\_\_\_\_

Word Scramble Answers: Love, Acceptance, Mother, Father, Brother, Sister, Cousin, Auntie, Uncle, Grandma, Grandpa, Together

**COMIC**

WebDonuts.com



**TEM'ELÉMCHES**

*"Time when hands stick to things from cold"*

**Aquarius**

Jan. 20 - Feb. 18

Otter - Sq á:tl

Direction: North / Northeast

Element: Air

Stone: Turquoise

**Pisces**

Feb. 19 - Mar. 20

Wolf - Steqóye

Direction: Northeast

Element: Water

Stone: Jade

**INSPIRATIONAL QUOTES OF THE MONTH:**

*"Either you run the day or the day runs you".*  
— Jim Rohn.

*"If you want a guarantee, buy a toaster."*  
— Clint Eastwood.

*"Where there is great love, there are always miracles."*  
— Willa Cather

*"Family is not an important thing. It's everything."*  
— Michael J. Fox

**HALQ'EMÉYLEM WORD SEARCH**

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

**Words**

1. xwí – awake.
2. kéchel – kitchen.
3. sthíyem – prepared, home-made.
4. kw'xá:m – to count.
5. ts'íyxt – to dry it, dry.
6. íwá:ltse – cat's cradle.
7. ákwelex – shooting (a gun, an arrow).
8. mímeq'et – sink it.
9. iyóthlexw – get it sharp.
10. p'ap'eth' – sewing.
11. sk'ek'iyáp – coyote.
12. íxel – to paddle.
13. lewálh – surprised, astonished.
14. lá:lem – house.
15. lhá:lhil – land a canoe.
16. lháqem – to whisper.
17. álhqey – snake.
18. mélmel – make a mistake.
19. óqw'et – hang it up.
20. kw'íxwxel – rubber boot.

Created by Jasmine Paul-Louis



### DEADLINES

Submissions and advertisements are by the 1<sup>st</sup> of each month.

**HAVE A STORY IDEA?** Contact: [comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)

### AVAILABILITY

Once a month. The 15<sup>th</sup> of each month (or closest business day). Apply for email distribution or pick-up at the red Community newsletter boxes.

### CONTACT US

[comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)

Monday to Friday 8:00 AM - 4:00 PM  
Closed on all statutory holidays.  
[www.seabirdisland.ca](http://www.seabirdisland.ca)

### 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

### 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 publisher 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 recouse law.

## SEABIRD CHURCH

**Mass:** Contact Deacon Jamie for information

**Study Groups:** Contact Deacon Jamie

Contact Deacon Jamie 604-491-3053 or 604-615-5677.

## LOVED ONE PASS AWAY?

We can help you send a copy of the death certificate to the First Nations Health Authority. Contact Lena Paul 604-796-2177.

## FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

As per Seabird Funeral Policy, the first 100 colour and 150 grey-scale funeral pamphlets, as well as 1 hour of design time is free for all Band Members. Additional design time or pamphlets can be requested for a fee. We also assist with pamphlets for non-Band Members, inquire for fees.

Contact Communications at 604-796-2177 or email [comm@seabirdisland.ca](mailto:comm@seabirdisland.ca).

## WILDSAFE 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 p.m.  
**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:** 1<sup>st</sup> Wednesday of the month for Community core, and 3<sup>rd</sup> Wednesday of the month for surrounding Community.

Contact Public Works at 604-796-2177 or email: [publicworks@seabirdisland.ca](mailto:publicworks@seabirdisland.ca)

## OPTOMETRY CLINIC

**Appointments Only: TBA**  
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.

## DENTAL CLINIC

Accepting new STATUS PATIENTS  
Open Monday through Thursday  
8:30 a.m. - 5:30 p.m. **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.

## ALCOHOLICS ANONYMOUS MEETING

Every Tuesday night at 7:00 p.m. at the Seabird Island Community Hall. AA in BC website: [www.bcyukonaa.org](http://www.bcyukonaa.org)

## 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/>

## 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 YOUR STATUS CARD

### Book a Status Card Appointment

Tuesday to Thursday:  
8:30 a.m. - 4:30 p.m.

### 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 Photography and more

Authenticated photo: \$18.50

Monday to Friday:  
8:30 a.m. - 3:00 p.m.

### Appointments required.

Contact Communications at  
604-796-2177 or  
[comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)

## CULTURE & COMMUNITY SERVICES

### COMMUNICATIONS ASSISTANT TARGETED WAGE SUBSIDY

Responsibilities may include answering phones, booking appointments for clients, file management, organizing, and other clerical duties. This position will also require the successful applicant to be able to provide exceptional client and customer service; courteous, friendly, and professional assistance to clients from a broad demographic.

## EARLY CHILDHOOD EDUCATION

### ABORIGINAL INFANT DEVELOPMENT CONSULTANT

Work in a home visiting program with Aboriginal children and families applying principles of family-centered practice as well as plan programs for these families. Setting individual program plans and activities for children from birth to the age of 3 years old, as well as their families. Working with related agencies and professionals and works independently to maintain client caseload and group facilitation as required.

### EARLY CHILDHOOD EDUCATOR

Provide hands-on childcare to children in Seabird Island Band's Early Childhood Education programs, in accordance with all childcare licensing requirements and the philosophies, policies, and objectives established by Seabird Island Band Management. Provide high-quality, inclusive childcare that emphasizes emotional, physical, spiritual, cognitive and social development by offering individualized and group activities.

**Apply Today!**

#### You are invited to submit

a cover letter, resume and 3 references.  
<https://www.seabirdisland.ca/careers/>

We regret that we will only respond to those applicants chosen for an interview.

#### Email:

[humanresources@seabirdisland.ca](mailto:humanresources@seabirdisland.ca).

**We thank all applicants  
for their interest.**

## ECONOMIC DEVELOPMENT

### SQDC ACCOUNTS PAYABLE AND PAYROLL ADMINISTRATOR

Responsible for multiple financial activities relating to the company biweekly payroll and accounting functions. Responsible for the timely administration of accounts, payable functions, and related reconciliations. As well as payroll support, journal entry preparation, maintaining accurate records regarding payments to suppliers, processing payments from clients and various other accounting functions. Integrity and strong attention to detail are crucial for this role. This includes timely and accurate reporting of accounting and payroll data for all employees.

## EDUCATION

### EXECUTIVE ASSISTANT TO DIRECTOR OF EDUCATION

Playing a crucial part in supporting and providing project assistance to the Director. Your responsibilities will include handling financial administration, preparing briefings for the principal, organizing schedules, monitoring electronic data, and managing inquiries and communications. Additionally, you will assist in programming, compliance reports, and ensuring adherence to education jurisdiction for Lalme' Iwesawtexw. The Executive Assistant will possess excellent organizational and communication skills, attention to detail, and the ability to handle multiple tasks efficiently.

### GRADE 3 TEACHER

Responsible for providing instruction, preparation, assessment, classroom management, professional development and school meetings, Community and parental relations and adherence to all Seabird Island Community School and BC Ministry of Education policies and procedures.

### GRADE 5 TEACHER

Responsible for providing instruction, preparation, assessment, classroom management, professional development and school meetings, Community and parental relations and adherence to all Seabird Island Community School and BC Ministry of Education policies and procedures.

## GRADE 6 TEACHER

Responsible for providing instruction, preparation, assessment, classroom management, professional development and school meetings, Community and parental relations and adherence to all Seabird Island Community School and BC Ministry of Education policies and procedures.

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Helping each other

### HALQ'EMÉYLEM TEACHER

Responsible for providing instruction, preparation, assessment, classroom management, professional development and school meetings, community and parental relations and adherence to all Seabird Island Community School and BC Ministry of Education policies and procedures. You will be a member of an interdisciplinary, collaborative teaching team, liaising with other professionals, students, family members, and community to provide students with holistic, culturally focused education.

### INCOME ASSISTANCE FIRST NATIONS YOUTH EMPLOYMENT STRATEGY (IAFNYES)

Seabird island is proud to offer new pilot program. The goal of this pilot strategy is to support on-reserve First Nations Youth between the ages of 19 and 30 receiving ISC's Income Assistance with a transition to the workforce, or return to school, through their participation in mentored work placements while receiving some case management supports.

This program will be 23 weeks in duration working 30hrs/week not exceeding 720hrs per participant. The program ends March 31, 2024.

### PHYSICAL EDUCATION TEACHER

Responsible for providing instruction, preparation, assessment, classroom management, professional development and school meetings, community and parental relations and adherence to all Seabird Island Community School and BC Ministry of Education policies and procedures. You will be a member of an interdisciplinary, collaborative teaching team, liaising with other professionals, students, family members, and community to provide students with holistic, culturally focused education.

## PRINCIPAL

Responsible for the administration, leadership, supervision, and operation of the Seabird Island Elementary and High School. Responsible for ensuring that school staff complies with all policies, acts and regulations governing the operation of the school. They also have the responsibility to ensure that the school operates within defined financial parameters in delivering a curriculum that meets the needs of students of all ages. Maintain ongoing contact with the Director to report on accomplishments or discuss issues that may require additional administrative, policy or financial support.

### TEACHER TEACHING ON CALL

You will provide causal or substitute coverage in various subjects ranging from K4-12. You will be a member of an interdisciplinary, collaborative teaching team, liaising with other professionals, students, family Members, and Community to provide students with holistic, culturally focused education. Be part of a team where you can positively influence a student's educational journey and see the difference you can make in a Community as you teach the diverse student body of Lalme' Iwesawtexw.

## FINANCE & ADMINISTRATION

### RECORDS COORDINATOR

Plan, coordinates and provides records & information management daily support in the development, implementation, and on-going maintenance of corporate information. Must be responsible, accurate, proficient in the duties assigned, maintain a high degree of independent judgment and personal initiative. At this level, the person understands more than the basic techniques and technologies, has managed, or developed Records Management projects, and has knowledge of Records Management life-cycle concepts. In addition, the practitioner may be developing specialty skills (e.g., analysis, auditing, warehousing, and application technologies) and may also have experience supervising other staff.

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Be considerate of each other

## SHIPPER/RECEIVER

The Shipping and Receiving and Forklift Operator is critical to the successful operation of a Seabird Island Band Distribution Warehouse. The role requires a responsible operator to load and unload a multitude of material. The Operator is required to administer paperwork and account for transactional activities.

## HEALTH & SOCIAL DEVELOPMENT

### FAMILY DEVELOPMENT SUPERVISOR

Family Development Supervisor will operate efficiently in accordance with the philosophies, policies, and objectives established by Management. The Family Development Supervisor will manage referrals to the Family Development team in close coordination with the Program Manager of Families and Wellness and the Quality Assurance team.

The Family Development Supervisor will assign Family Development Workers to referred clients and ensure all clients have access to services. As a supervisor, the position will be responsible for providing ongoing support and performance management of the Family Development team. The Family Development Supervisor will ensure strong cultural values, and programming that builds family bonds and resilience as well as a grounding in culture and community supports. The Family Development Supervisor will monitor the weekly and monthly budgets.

### FAMILY LIFE SKILLS COACH

Required to operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band Management and within the specifications and regulations of the Community Care Facility Act. The primary goal of the FLSC is to ensure that the families in the family home are supported in developing healthy parenting and other life skills, with attention to children's needs (helping with homework, structured mealtimes, healthy meals, bedtime routines etc.). The FLSC will ensure strong cultural values and manage programming that builds family bonds and resilience as well as a grounding in culture and Community support. Approaches to household chores, shopping and finances will also be modeled. The FLSC

will ensure that families are directed to health, healing and other services and programs, and encourage them to make choices that are nurturing to self and family. The Life skills Coach ensures that culture is embedded in all services.



## REGISTERED NURSE (RN)

Provide care, leadership, and expertise, in accordance with Band policies. Specifically, the Nurse is responsible for ensuring that timely health services are provided to all families that Seabird Island Health Programs serve. As with all positions within the Health Department, the RN will be expected to support the success of other Health programs. This may include supporting Home and Community Care and providing other Nursing services in general.

**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](mailto:humanresources@seabirdisland.ca)  
**We thank all applicants for their interest.**

**Sq'Éwqel - Seabird Island**  
**Community Food Hampers**  
**April 17, 2024**

**Pick-up**  
**Wednesday, April 17, 2024**  
**1:30 PM and 4:00 PM.**  
**Location: Seabird Island Band Fitness Centre**

**Eligibility:** At least one SIB member must reside in the home, one food hamper per household.

**How to register:** Those who registered for the Christmas Hamper you are on the list, nothing else required. If you DID NOT REGISTER for Christmas Hamper, contact Events Team.

**Elders:** Contact Events Team if you would like your Hamper Delivered. Delivery will be April 18, 2024

SIB Members residing outside of the Fraser Valley will receive a Hamper gift card in the Mail.

Chief and Council initiated the Community Food Hamper Program in October 2023 to help offset rising food costs. The program will provide hampers to Members January 17, April 17, July 17 and October 16, in addition to the Christmas hampers traditionally provided. Band Members outside of the Fraser Valley will be eligible for gift cards in lieu of hampers.

**Members who have any questions about the Community Food Hamper Program, please contact [events@seabirdisland.ca](mailto:events@seabirdisland.ca), or call 604-796-6813.**