

THIRTY-SIX NEW HOMES OPEN FOR ELDERS

thiyéltxwem ~ to build a house



Celestine Louis had the honour of cutting the ribbon to one of the new homes during the grand opening and open house ceremony on Wednesday, September 25, 2024.

As the ribbon was cut, students sang a blessing, filling the moment with a sense of community and celebration.

Upon entering the home, the students continued to bless the space with songs

and traditional dances. The young women gracefully danced around the kitchen island, while their classmates and teachers sang harmoniously.

It was a beautiful and heartwarming gathering, with even the youngest children from the school joining to say a special prayer for the new home and its future occupants.

Each home features two bedrooms

and two bathrooms, with the master bathroom designed to be fully accessible, including a spacious walk-in shower suitable for wheelchairs.

As a thoughtful housewarming gift, a set of new pots and pans was placed on the kitchen counter for each tenant.

One of the most unique aspects of the homes is the custom-built fire hearth,

Continued on page 2



crafted from local cedar by Shannon Peters, adding a touch of tradition and warmth to every space.

Outside the livingroom window, a blueberry and a huckleberry bush were planted, symbolizing growth and nourishment, as well as a connection to the land.

Throughout the day, Community Members were invited to tour the new homes, admiring the thoughtful design and features.

The lucky tenants of this first batch of homes can begin moving in on October 1, 2024, while the remaining units on the other side of the complex will be ready in another month.

These units mark the beginning of a larger housing project, with the first 36 homes being built on Seabird this year, continuing into 2025. The next set of homes from this development will be available for move-in by February 2025.

In combination with the homes completed in 2025, the housing wait-list for Band Members is expected to decrease significantly.

The community is filled with pride and excitement, knowing these new housing opportunities will allow Band Members to return home, reconnect with their culture, and strengthen family ties.

Additionally, Seabird has already applied for funding to build an additional 36 homes behind the cultural building in

the coming years, and we are eagerly awaiting approval for this next phase of development.

The dream of providing homes for all Band Members remains a top priority, and we are hopeful for a positive response that will allow us to continue building a brighter future for our Community.

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



YOUTH CENTRE CALENDAR – OCTOBER, 2024

Seabird Youth are invited to come out and visit at the Youth Centre, this month we have a schedule of calendar events we hope to see you all come out for.

Tuesday	Wednesday	Thursday	Friday
1 Driver's License Study Group 3-4 PM Drop-In Open After	2 Fall Kick Off Party 3-6 PM	3	4 Stories and Starbucks – Bridal Falls 3:30-7 PM
8 Job Search and Resume Building 3-4 PM Drop-In Open After	9 Galaxy Cinemas 4-10 PM	10	11
15 Driver's License Study Group 3-4 PM Drop-In Open After	16	17 Bannock Making with Kasey Chapman 3-4:30 PM	18 Reaper's Haunted Attraction 4-10 PM
22 Job Search and Resume Building 3-4 PM Drop-In Open After	23	24	25 Pumpkin Patch and Halloween Party 12-8 PM
29 Driver's License Study Group 3-4 PM Drop-In Open After	30 Bannock Making with Kasey Chapman 3-4:30 PM	31	

tempó:kw'
~
October Moon

YOUTH EVENTS

The Youth Program is inviting Youth to three (3) very special events outside of our regularly scheduled event posted above. Those interested in attending any of these three (3) events are requested to register with Robert to reserve your seat!

PUMPKIN PATCH AND HALLOWEEN PARTY

Friday, October 25, from 1 – 8 PM

12:30 – 4 PM - Pumpkin Patch

4 – 8 PM - Pumpkin carving and
Halloween Party at Youth Centre

Treats, Good Food, Spooky Movie,
Spooky Music, and More!

Best Halloween Costume wins a prize!

Youth ages 12-20

PING PONG TOURNAMENT

Friday, November 8, from 4 – 7 PM

Are you the best ping pong player in
Seabird? Then prove it. Ready your
ping pong paddles for a smash of
a tournament.

Go head-to-head with other youth and
see who comes out on top.

Hosted by Ping Pong Master,
Ryan Jones.

Ages 13-20

Food, prizes and more!

VANCOUVER INDIGENOUS FASHION WEEK

Friday, November 22, 4 PM – Midnight

Join us for an inspiring event at the
Queen Elizabeth Theatre in Vancouver
to celebrate a night of Indigenous
fashion. Watch the run way,
performances and check out
the market.

Feel free to dress up and wear
something that makes you
feel confident.

Transportation, food and entry
is provided.

Ages 13-20

INDEX

Infrastructure	1-2
Elders Assisted Living	1-2
Culture & Community Services	3
Youth	3
Executive.....	4-5
AGM.....	4
Strategic Planning.....	5
Admin & Finance	4-5
Changes to Bus Pass System.....	4-5
Health	6
Respiratory Illness	6
Intergovernment Affairs	6-7
Membership Committee	6
Restoring the Mariah Slough	7
Infrastructure	8-9
Community Energy.....	8
Bus Transit.....	8
Housing Wait-list.....	9
Entertainment / Lifestyle	10-12
Community Achievements	10
Sage Suggestions	11
Comic / Word Search Puzzle	12
Sq'ewqel Classifieds	13
Careers at Sq'ewqel.....	14-15
Fitness	16

swiyeqe'ó:llh
~
young boy

slheliyó:lh
~
young girl

Contact Robert Dunning to register 604 819 2781

Sq'ewqel (Seabird Island Band)

CHIEF & COUNCIL BAND MEETING**AGM (Q2)****SAVE THE DATE****In person meeting, with dinner starting at 5 PM****WEDNESDAY****OCT
16****5:00 - 8:00 PM****SQ'ÉWQEL WELCOMES NEW STAFF**

Muriel Pete
Head Thunderbird Woman
Sum La Wat (Bee)



My role at Seabird is as a Family Development Worker, assisting you on your healing journey.

I am a full-blooded Okanagan First Nation Member from the outskirts of Merritt, B.C., Upper Nicola Indian Band.

I was gifted two Indigenous names: Head Thunderbird Woman, which I received while living in Toronto,

and Sum Lat Wat (Bee) by Shane Point.

I am a very traditional woman, with knowledge of many different territories, and I have been helping our Indigenous Peoples heal for over 18 years.

I am a mother of five sons, and I have two grandsons and two granddaughters.

I am a Residential School Survivor went to Kamloops Residential School for three years from 5-8 years old.

Lim'limpt (Thank you)

SQ'ÉWQEL
 (SEABIRD ISLAND)

**YOUTH
ARTS
GALA**
**November
27, 2024**
5 - 8 PM
**Seabird
Youth Centre**

Bring your family and friends for an unforgettable evening filled with film, art, and music; all brought to life by the talented Youth of our community! Come join the fun!

**Food, drinks, and
snacks provided!**


Contact Robert Dunning for more information: 604-819-2781

JOIN US FOR SEABIRD ISLAND BAND'S COMMUNITY STRATEGIC PLANNING SESSION

Tuesday, October 22, 2024 – 3:00 to 8:00 PM

Dear Seabird Island Community,

We are excited to invite you to be part of shaping our future! On Tuesday, October 22, 2024, we will be hosting a Community Strategic Planning Session using the engaging World Café method. This is your chance to have your voice heard and contribute to the vision for our Community. All ages welcome!

Date: Tuesday, October 22, 2024

Time: 3:00 PM – 8:00 PM

Location: Band Office Gym

What is the World Café?

The World Café is a simple, effective and flexible format for hosting large group discussions to ensure that every voice is heard and all input is valued. Imagine a café, where you move between tables, sharing ideas and building on each other's thoughts. That's the World Café experience!

Your Participation:

During the session, you will have the opportunity to participate in different breakout discussions. For each breakout session, you will choose one topic from the nine available options. This means you can contribute to areas that matter most to you!

Topics for Discussion:

You may select from these nine important topics for each breakout session:

1. Sq'éwqel (SqDC)
2. Employment
3. Child and Family Jurisdiction
4. Health and Community Services
5. Education
6. Early Childhood Education
7. Community Infrastructure
8. Finance and Administration
9. Intergovernmental Affairs

Your insights on these areas are invaluable. By participating in different topic discussions, you will help us explore our Community's strengths, challenges and dreams for the future across multiple areas.

Agenda:

The session will consist of World Café-style breakout sessions – formal transitions between areas will occur before dinner and another after - followed by a wrap-up session.

Community Members may join in at any time as we strive to include and accommodate everyone that seeks to share their voice.

Detailed Agenda:

- 3:00 – 3:30 PM: Welcome and Opening Remarks
- 3:30 – 4:15 PM: First Breakout Session
- 4:15 – 4:30 PM: Break
- 4:30 – 5:15 PM: Second Breakout Session
- 5:15 – 5:30 PM: Break
- 5:30 – 6:15 PM: Dinner
- 6:15 – 7:00 PM: Third Breakout Session
- 7:00 – 8:00 PM: Wrap-Up and Next Steps

During each breakout session, you may join a table or tables to discuss your chosen topic, allowing you to contribute to different areas of interest throughout the session.

Why Your Participation Matters:

Your voice is crucial in guiding our Community's direction. By participating in different topic discussions, you'll help us gain a well-rounded understanding of what matters most to our Community Members. This session will help shape how we work together to create a thriving future for all.

Following this initial strategic planning session, please know we will schedule another Community session to share the draft Community Strategic Plan.

Join us in this important conversation. Let us create a stronger, more vibrant Community together!

For more information and/or to send information or questions ahead of time, please email: contact@seabirdisland.ca

We look forward to seeing you, hearing your ideas on multiple topics and shaping our future together!

- SIB Administration

COUNCIL AND COMMUNITY STRATEGIC PLANNING SESSION

Join us

In-Person Meeting
at the **Band Office Gym**

3:00 to 7:00 PM

Dinner Starts at 5:30 PM

**October 22
2024**

Door Prizes!

To share your questions or feedback ahead of time, please email contact@seabirdisland.ca



q'ó:thet ~ join in

RESPIRATORY ILLNESS (FLU, COVID-19, RSV) SEASON INFORMATION SHEET

Respiratory Illness Season is upon us. How can you help keep our Community safe?

q'óq'ey ~ sick

How Respiratory Illnesses Spread:

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

Preventing Respiratory Illnesses:

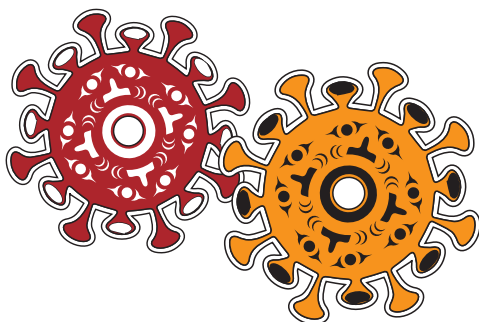
- Get vaccinated.
- Wear a mask at large indoor gatherings. If not wearing a mask, maintain a physical distance of 6 feet from others to protect Elders and the most vulnerable.
- Elders and those most vulnerable may want to avoid large gatherings if they do not feel safe.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Wash your hands often with soap and water for 20 seconds or clean them with sanitizer.
- Cough or sneeze into the bend of your arm (at the elbow).
- Clean and disinfect frequently touched surfaces.
- Stay home if you are sick.

People Most at Risk:

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

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

Navinder Gill, Health Services
Health & Social Development



SEABIRD ISLAND MEMBERSHIP COMMITTEE:

Are you interested in joining Seabird's Membership Committee?

q'ó:thet ~ join in

We invite you to apply for a position on Seabird's Membership Committee!

Why join?

- To establish clear guidelines and procedures for the management of the membership process.
- To ensure compliance with and carry out the purposes of the Membership code.
- To review the Membership Code and recommend amendments and policy to Chief and Council.
- To promote Member interest and engagement in the Membership Code process.

Who can join?

- Nineteen (19) years of age or older
- Must be a Seabird Island member.
- Willingness, commitment, and working knowledge of the Membership Code and other applicable laws, and policies.

How can I apply?

Applications will be available for pickup at the band office. If you would like a PDF fillable version, please contact membership.

Join us as a committee member!

FOR MORE INFORMATION

on this campaign, please contact
Simone Jimmie at
membership@seabirdisland.ca
or (604) 796-7137

RESTORING THE MARIAH SLOUGH

A Community Effort to Save the Salmon.

In the first week of October, Seabird Island workers, staff from the Department of Fisheries and Oceans, and local volunteers came together to plant trees and shrubs along the banks of newly restored spawning grounds on Chaplin Road.

This project is a vital step in revitalizing the area after the original spawning grounds were largely washed away a couple of years ago during a period of high water and flooding along the Mariah Slough.

The newly planted bushes and trees will provide the salmon with shade on hot days, attract food sources, and offer protection from predators. Without this vegetation, the salmon are left vulnerable and exposed.

The Mariah Slough is home to a rare breed of salmon that spawns exclusively in this area, making the restoration of these channels crucial for the species' survival. During the improvements, fisheries staff reported that over 100 salmon crossed the channel in just one night. While this is a positive sign, it's a lower number compared to previous years, underscoring the need for continued efforts to restore the salmon population to its former strength.

Another recent improvement was upgrading the culvert, replacing a small pipe prone to clogging with debris, with a larger cement culvert.

This is only the first stage of a long-term plan to rejuvenate the Mariah Slough. Many years ago, the closure of the slough's upper portion led to gradual overgrowth, reducing the available space for salmon to spawn. The overgrowth has also increased the risk of flooding during high-water seasons, further threatening the area's ecosystem. Plans are already in place to address the overgrowth in the spring of 2025.

This careful, step-by-step restoration will return the slough to its natural state, but the work must be done in harmony with nature's rhythms.

Timing will be critical to minimize disruptions to the wildlife that depend on the slough, ensuring that this vital habitat can thrive once again.

The efforts to restore the Mariah Slough are a testament to the community's commitment to preserving this unique environment and protecting a salmon species that relies solely on our waters.

By working together, Seabird and its partners are helping to secure a future for the Mariah salmon and the ecosystem that supports them.

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



Thank you to everyone who helped improve the spawning channels. We appreciate your hard work in completing the planting.

chewélhem ~ a fish going to spawn



COMMUNITY ENERGY PLAN SURVEY

Seabird Island Community Infrastructure department, in collaboration with GreenStep, is working on developing a Community Energy Plan.

The goal of this initiative is to create a strategic framework that guides the Community toward sustainable energy use and reductions in GHG emissions.

The input of the Community Members is important to better understand and respond to barriers experienced by residents in pursuing energy efficiency, with the goal of increasing energy conservation at Seabird Island Band.

The Survey itself will take approximately 10 minutes, and to those Participants, who complete the survey, they will have the option to **enter a draw for one of three prize packs of a \$100 gift certificate** to a local business!

After completing the survey, you will be taken to a separate form to enter the draw. **Draw date: Dec 6, 2024.**

Your survey answers are confidential and will not be associated with your prize draw entry.

Your input is key to a well-informed approach to reducing energy consumption at Seabird!

Enter a draw for one of three prize packs of a \$100 gift certificate.

Draw date: Dec 6, 2024

To start the survey, simply scan the following QR code with your mobile phone.

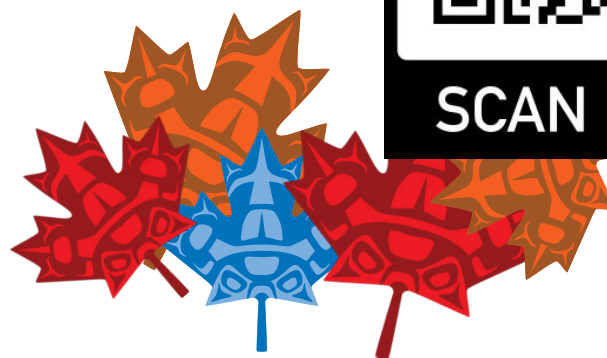


BUS TRANSIT

The available re-loadable Umo card:

- 1. 10-TICKET:** \$22.50 - Tickets are valid for one-way travel for all age categories, including students (K to 12), seniors (65+) and adults.
- 2. DAY PASS:** \$5.00 - All age categories, including students (K to 12), seniors (65+) and adults, can purchase a day pass.
- 3. MONTHLY PASS:** \$44.00 - Available for adults.
- 4. MONTHLY PASS:** \$35.00 - Students (K to 12) and seniors (65+) can purchase this monthly pass.

Available for purchase at the Band Office or re-loadable online with the Ap.




Community Futures Stó:lō
Stó:lō Community Futures
has a new online booking system.

Our Services

- Business Support
- Business Training
- Business Aftercare


SCAN HERE

BOOK NOW

604-858-0009
www.stolocf.ca



<https://outlook.office365.com/book/TestingpageforSCFWebsite@stolonation.bc.ca/>



Sq'éwqel Housing Wait-list

1 Bedroom		2 Bedroom		3 Bedroom		3 Bedroom cont.	
1	12062022-7091	1	12102018-6014	1	12192012-3076	35	12062022-7091
2	01172023-7093	2	06172019-5037	2	01142015-1011	36	12072023-7139
3	02092023-7096	3	01072020-7031	3	12102018-6014	37	12142023-7132
4	02222023-7098	4	11022020-5051	4	12082023-7033	38	12292023-7136
5	05022023-7105	5	01072020-6024	5	01072020-6024	39	12182023-7133
6	06162023-7018	6	11152018-6022	6	01072020-7031	40	12212023-7134
7	06232023-7109	7	01092021-7061	7	01222020-1031	41	12292023-7135
8	10182023-7116	8	12232020-7056	8	11022020-5051	42	01042024-7137
9	11032023-7127	9	09122019-6032	9	12232020-7056	43	07032023-7102
10	11082023-7128	10	09072022-5068	10	12232020-7057	44	01152024-7142
11	11152023-7124	11	12062022-7104	11	01092021-7061	45	01182024-7143
12	12072023-7130	12	01172023-7093	12	04292021-7065	46	04052024-7145
13	12122023-7131	13	11272018-5024	13	12192021-7070	47	04152024-7146
14	09122019-6032	14	01032018-5012	14	11182020-7053	48	01122024-7148
15	01012024-7140	15	03292023-7103	15	01092020-6000	49	01152024-7149
16	01102024-7141	16	05022023-7105	16	09072022-5068	50	03142024-7150
17	05012024-7147	17	06152023-7028	17	12162022-7078	51	06032024-7152
18	05282024-7154	18	06162023-7018	18	12062022-7104	52	07232024-7155
		19	07072023-7120	19	11272018-5024	53	07162024-7156
		20	10312023-7118	20	12092022-7092		
		21	10182023-7116	21	01182023-7094		
		22	10192023-7122	22	08202019-7034		
		23	10232023-2093	23	11092021-7069		
		24	10232023-7125	24	05172023-7106		
		25	10242023-7123	25	06152023-7118		
		26	12062023-7138	26	06162023-7018		
		27	12212023-7098	27	06192023-7019		
		28	10032022-7077	28	07132023-7110		
		29	01042024-7137	29	08112023-7112		
		30	04152024-7146	30	09232023-7123		
		31	03142024-7151	31	10122023-7113		
		32	06282024-7154	32	10172023-7115		
		33	08092024-7157	33	10262023-7117		
				34	11072023-7126		
lálém ~ House						lalálém ~ Houses, many houses	
lílém ~ Little House, Cabin						tháyeltxwem ~ To build a house	
Housing Services: https://www.seabirdisland.ca/housing-services/						Housing Waitlist: https://www.seabirdisland.ca/rntlhsgnwaitlst/	

COMMUNITY ACHIEVEMENTS

We invite all Community and Band Members to share your achievements with us!

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

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

Isadore Charters, a well-known talented Nlaka'pamux ai1ist, is creating a logo to go with the canoe and paddles. It will symbolize Indian Residential School students paddling back home to regain their language and cultural identity. In this picture, the girls are in the blue uniforms and the boys are in the red uniforms they were required to wear. The girls and boys had specific haircuts dictated by the schools' administration. The skipper with the cedar that represents an elder who is providing them with guidance as they return to their spiritual, cultural and linguistic roots.

Recent incredible achievements by our loved ones from Seabird Island:

Yvonne Harry - Completed her Business Diploma ahead of schedule.

Arrow Harry-Chapman - won Tiny Tots Pow Wow dancing in Mission BC.

Dayton Julian - went to Italy with the NIFA soccer team.

Blaine Wilson - Congratulations for Graduating.

William King - Rainbow Stars Junior Second Place, Hawaiian International Cup.

Salva-dothea Jack-Joe & River Jack U7 Bro Squad Sechelt Tournament in August

We are proud of each one of you!

hóyeqwt ~ invite him/her



pumkel ~ pumpkin

HALLOWEEN PUMPKINS

For Halloween, we used to gather around the table and prepare our pumpkins to decorate the front door.

Mom would cut the top off, and we had to scoop out the guts with a big spoon.

Then, we'd separate the seeds, wash them, and spread them on a cookie sheet after draining the water.

We would sprinkle them with salt—or any seasoning you liked, maybe barbecue? Then, we would put them in a preheated oven at 250°F for 45 minutes, stirring occasionally. Afterward, we needed to let them cool before serving.

While the seeds were baking, it was time to make the pumpkins scary!

The younger kids would get a Sharpie and doodle all over the pumpkins. As we got older, we drew spooky faces.



Eventually, we were trusted to use knives (with parental supervision), and we would carve out our designs. They were not perfect, but we had a lot of fun together.

After cleaning up the mess, taking out the garbage, and placing our pumpkins outside the front door, we were ready for fresh, toasty pumpkin seeds—a nice treat on a chilly day.

Sandra Bobb, Communications Program
Sq̓w̓q̓el Culture & Community Services

WORD SCRAMBLE

1. LNEWLHEOA _____
2. ILRCOCIE _____
3. UKPIMNP _____
4. VINATMI _____
5. ARECV _____
6. PEPMEPTRNI _____
7. REECABM _____
8. BHBYO _____
9. EETCDOAR _____
10. OUDPCSRA _____
11. AISPTHGTE _____
12. STNCAEEEMIVH _____

Answers: Halloween, Embrace, Hobby, Decorate, Cupboards, Spaghetti, Peppermint, Pumpkin, Vitamin, Carve.

Achievements

SAGE SUGGESTIONS

Sandra Bobb, Communications Program, Sq̓̓wq̓̓el Culture & Community Services

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

THE CURE IS IN YOUR CUPBOARDS!

Winter on its way, and with it, all your ailments flair up. I thought I would give some advice to help you out by using items you probably have in your home. This is what I do to keep myself, my family and my home healthy:

Soap and water. *Every day or two, use on a cloth to wash all the surfaces you touch, every day including:* counters, table tops, light switches, door handles, sink knobs, and more

Tea, a natural cure for many ailments. I keep multiple teas in my cupboards for a variety of cures.

- **Ginger/ lemon tea.** This one is a good tea for when you have the flu or an upset tummy as it aides in digestion. A Ginger lemon tea I regularly use is called "Immune Tea". Another good one is "Cold 911".

- **Chia tea** has all sorts of leaves, herbs and vitamin C, that help boost your immune system.

- **Thyme Tea,** *a spice for spaghetti*
- use it as a tea for coughs, bronchitis or strep throat. I used it as a last resort because the meds from my doctor were not working and I felt a little bit better by the time I finished my first cup, I was better a couple days later.

RECIPE: Two tablespoons of fresh thyme (or one tablespoon dried) in a cup of hot water. Steep, then drain out the herb. Add honey to taste.

- **Licorice tea** is good for arthritis.
You can make your own licorice tea dehydrating the roots of a local licorice fern.

- **Smooth Move tea,** is a good laxative tea, for those days when your insides feel heavy and you need a bowel movement.

- **Adding honey** to any tea helps calm a sore throat and sometimes just feels and tastes extra yummy!

Vinegar and water. Have a fever? Wet a cloth with vinegar and water, ring it out and place it on the back of your neck or on your forehead. This old trick helps to reduce the fever, and it feels nice and cool.

Cucumber slices; for swollen, puffy or sore eyes. Place slices over your eyes and relax for 10 minutes. It reduces the swelling and pain.

Peppermint, to reduce headaches, anxieties and stress. Rub the leaves on your skin or place some herbal drops on you or your jewellery.

Sage for hot flashes: Sage is a natural cure to reduce hot flashes in menopause. You can take it as a tea, a vitamin supplement or as an essential oil.

Devils Club Root: Great for eczema, we get ours in soap form and as a cream, it has made a huge difference! Ask your local traditional medicine healers if they can help.

Cherries. Adding cherries; fresh, canned, dried, frozen or juice to your diet helps to reduce the swelling and ache of gout and arthritis.

Multi vitamins. *Take them daily, all fall and winter.* This goes for both adults, youth and kids. It may help keep the flu away or not, but they will improve your immune system so your body has a fighting chance.

Vicks. Trouble breathing with a stuffy nose melt a teaspoon of Vicks in a pot of hot water, stand nearby and breath. The added humidity in your home with the vicks will aide in easier breathing.

- Also rub some vicks on your chest or back. The cool heat helps you relax your muscles and the vapours help release congestion.

FUN FALL TIPS

As the days get cooler and shorter, it can be tempting to hibernate indoors, but fall is the perfect time for change and creativity. Just as the trees shed their leaves, consider letting go of stress and embracing the season with new activities. Here are some fun ideas to make the most of autumn:

Get Outside: Layer up and take a walk. The crisp air is refreshing, and as you walk, you'll find yourself warming up. Nature walks can boost your mood and give you a chance to enjoy the beauty of the changing landscape.

Decorate for Fall: Use fallen leaves, pumpkins, or gourds to create beautiful centrepieces and arrangements. You could even craft a festive fall wreath to brighten up your front door.

Start Your Christmas Baking Early: Fall is the perfect time to get a head start on holiday treats. I used to dedicate a week in October or November to bake all kinds of cookies and desserts. I'd freeze half of them to later arrange into gift boxes—perfect for Christmas presents or to bring to holiday gatherings. The kids loved helping with the baking, and my husband always snuck a few treats while we worked!

Embrace a New Hobby or Craft: Fall is a great time to pick up a new hobby. Whether it's knitting, sewing, floral arranging, woodwork, medicine making, or cedar weaving, you might be surprised at your hidden talents. Crafting also gives you the opportunity to create handmade gifts for loved ones or to sell your creations at local craft fairs.

No matter what you choose to do this fall, there are plenty of ways for you and your family to work, learn, and create together. Most importantly, have fun!

temhilálxw ~ autumn, fall

qwíqwíy ~ copper

sch'ó:lha ~ leaf

COMIC



Reference: <https://mooselakecartoons.com>

OCT - TEMPO:KW'

"Stó:lō New Year"

Libra

Sept 23 - Oct 22

Crow / Raven - Q eláq a / Sqéweqs

Direction: West – Element: Air

Stone: Azurite

Strengths: Sociable, charming, diplomatic, fair, romantic, loving, sophisticated, artistic.

NOV - TELXWI:TS

"Leaves are falling"

Scorpio

Oct 23 - Nov 22

Snake /Serpent - álhqey

Direction: Northwest – Element: Water

Stone: Copper

Strengths: Devoted, determined, observant, hard worker, passionate, ambitious, loyal, protective and caring

INSPIRATION:

"Autumn is a second spring when every leave is a flower"

Albert Camus

"Autumn shows us how beautiful it is to let things go"

Unknown

"Autumn whispered to the wind, I fall: but always rise again."

Angie Weiland-Crosby

HALQ'EMÉYLEM WORD SEARCH

Created by Jasmine Paul-Louis

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

1. skw'ecósem – mirror.
2. tsélq – to fall.
3. Íwest – to teach.
4. ekw'elexw – to lose it.
5. láts' – strange, different.
6. kw'ítset – butcher it.
7. móleqwt – to mix them.
8. lháqem – to whisper.
9. sqwá:l – speech, word.
10. hál'm'á:ls – kicking.
11. s'íwes – teaching.
12. pumkel – pumpkin.
13. chí' – something scary.
14. xéysel – get spooked.
15. lelopál – shovel.
16. pqwíles – out of breath.
17. álex – sibling.
18. híyot – beware of it.
19. syú:we – witch.
20. lá:yem – laughing.



DEADLINES

Submissions and advertisements are due by the 1st of each month.

HAVE A STORY IDEA?

Contact: comm@seabirdisland.ca

LETTERS TO THE EDITOR

Must be under 300 words and include your name, phone number, status number, signature (for authentication purposes - not for publication), as well as date/year submitted.

AGREEMENT/LEGAL

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only and that there shall be no liability in any event beyond the amount paid for such advertisement. The Sq'ewqel 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'ewqel (Seabird Island) staff, they are the expressed opinion of the staff and do not necessarily reflect the views of Sq'ewqel (Seabird Island).

WE RESERVE THE RIGHT

to revise, edit and/or reject any advertisement or story submissions.

COPYRIGHT

Permission to reproduce wholly or in part in any form whatsoever must be obtained in writing from the publisher. Any unauthorized reproduction will be subject to recuse law.

AVAILABILITY

The 15th of each month (or closest business day). Apply for email distribution or pick-up at the red Community newsletter boxes. www.seabirdisland.ca/sqewqel-sqwelqwel-pipe/

CONTACT US

comm@seabirdisland.ca
www.seabirdisland.ca/comm/
Monday- Friday 8:00 AM- 4:00 PM
Closed on all statutory holidays.

CREATED AND PRODUCED BY THE SIB COMMUNICATIONS TEAM:

Cassandra Manley;
Sandra Bobb;
Ciara Busby;
Kristy Johnson;
Zorana Edwards-Shippentower; and
Jasmine Paul-Louis.

PUBLISHER & TEAM SUPERVISOR:

Sandra Bobb

EDITOR-IN-CHIEF & MANAGER:

Cassandra Manley

SEABIRD CHURCH

Mass: To be confirmed

Study Groups: To be confirmed

Contact To be confirmed

LOVED ONE PASS AWAY?

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

FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

As per Seabird Funeral Policy, the first 100 colour and 150 grey-scale funeral pamphlets, as well as 1 hour of design time is **FREE** for all Band Members. Additional design time or pamphlets can be requested for a fee.

We also assist with pamphlets for non-Band Members, enquire for fees.

Contact Communications at 604-796-2177 or email comm@seabirdisland.ca.

WILD Safe BC CONSERVATION

To report animals who pose immediate threat or danger to public safety. 1-877-952-7277 or #7277

SIFD FIRE PRACTICE

Tuesdays 7:00 - 9:00 PM
Now recruiting new Members.
Contact the Fire Hall 604-796-2177.

GARBAGE SCHEDULE

CURBSIDE PICK-UP OF COMPOST, RECYCLE and GARBAGE:
Every Monday, unless Monday is a statutory holiday; then pick up will take place on the Tuesday immediately following the holiday. **2 garbage bags** per household per week.

MAJOR GARBAGE: 1st Wednesday of the month for Community core, and the 3rd Wednesday of the month for the surrounding Community.

Contact Public Works at 604-796-2177 or email: publicworks@seabirdisland.ca

sq'ép ~ meeting

DENTAL CLINIC

Accepting new STATUS PATIENTS

Open Monday through Thursday
8:30 AM - 5:30 PM **Closed Fridays**

Contact the Dental Clinic 604-796-6853.

MEDICAL CARDS

Need to apply for a new Medical Card because it was lost or stolen? We can assist you when applying for a new one.

Each client is responsible for paying for their Medical Cards. If they've been lost or stolen more than two times the cost is \$20 for each new card.

Please note, we do not assist with BC ID applications.

Contact Lena Paul 604-796-2177

BABIES ID CARDS

Apply for a Medical Care Card as soon as possible. Contact Lena Paul 604-796-2177.

Apply for Status Cards as soon as possible. Contact 604-796-2177.

AMBULANCE BILLS

Please submit ambulance bills as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NIHB). Anyone with a status number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

We can only provide assistance to those with a status number.

Unfortunately, ambulance bills will not be covered if you were also incarcerated in jail. Ambulance billing will know if you were incarcerated based on the bill's address. Please do not bring these in as they will be denied and it will be the client's responsibility to pay.

Please note, if you were taken home by ambulance after a stay in the hospital, this will not be covered and it will be the client's responsibility to pay.

Contact Lena Paul 604-796-2177.

WELLBRIETY MEETINGS

Every Monday night at 7:00 PM at the Seabird Island Millennium Hall.
AA in BC website: www.bcyukonaa.org

OPTOMETRY CLINIC

Appointments Only: To be confirmed

Recommended annual checkups for children under the age of 19 and every 2 years for ages 19-64. Elders 65+ can be seen annually.

Have a medical condition, such as diabetes, or taking high risk medicines? You can also be seen annually.

Contact Brittani Fontaine LPN, CHR at 604-991-0818 or brittanif@seabirdisland.ca

WILD ANIMAL ALERT

Wild animals live here too. By respecting the land and keeping the outdoors clean, you can reduce the risk of an encounter.

- Only put your garbage out the morning of garbage day.
- Discard fish guts (away from homes).
- Clean your barbecue.

Please keep an eye on your children and do not walk alone!

Clap loudly and make yourself big!

Educating ourselves and keeping a clean Community makes a difference!

If you have any further concerns or feel threatened by wild animals, first report it to the

Conservation Office at 1-877-952-7277

Second, contact the Seabird Communications Office at 604-796-2177 so we can post an "Alert" for your area.

RENEW STATUS CARD

Book a Status Card Appointment

Tuesday - Thursday: 8:30 AM - 4:30 PM

Appointments required.

Remember to bring:

- 2 pieces of photo Government ID
- New Photo (see Communications, appointment required)

New style Digital Status Card with photo

Contact **Simone Jimmie** 604-796-2177

Serving Seabird Members only!
SIB has the right to refuse service.

ID Photography Prints

Status Card Photography

Laminated style: \$13.50

- Call Simone to book your appointment

Passport, PAL Photography and more

Authenticated photo: \$18.50

Monday - Friday: 8:30 AM - 3:00 PM

Appointments required.

Contact Communications at 604-796-2177 or comm@seabirdisland.ca

SQ'ÉWQEL FACEBOOK ACCOUNTS

Recommended to follow:

Sq'ewqel "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/>

COMMUNITY INFRASTRUCTURE

BUILDING MAINTENANCE WORKER

The Building Maintenance Worker provides will support the Public Works Maintenance Supervisor to repair buildings and facilities; and install and repair various electronic and mechanical equipment. This position is responsible for the effective and safe use of available materials and equipment. The employee is required to operate and maintain power tools, drive vehicles, climb ladders and perform physical activity. This position may require sufficient physical ability and mobility to work; stand and sit for prolonged periods of time. The Building Maintenance Worker must operate with minimal direct supervision.

CUSTODIAN (PART TIME)

The Custodian is responsible for performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that buildings and facilities are maintained in a healthy, safe and sanitary manner.

We are currently seeking a Part time custodian (Monday-Friday evenings) and an on-call custodian (when needed).

HOUSING ASSISTANT

Provides basic clerical and support services to the Housing Department of Seabird Island Band. This position helps with routine tasks such as filing, answering inquiries, and organizing housing information. By maintaining efficient office operations and supporting the Housing Department staff, the Housing Assistant contributes to the delivery of responsive and effective housing services to the community.

EARLY CHILDHOOD EDUCATION

ABORIGINAL INFANT DEVELOPMENT SUPPORT WORKER

Work in licensed Childcare centers with Indigenous children who are requiring extra support to attend the program, while applying principals of family-centered practice. The AIDP Support Worker will set individual program plans and activities for children from birth to the age of 3 with families and center staff. The AIDP support Worker will work 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.

SUPPORTED CHILD DEVELOPMENT PROGRAM (SCDP) SUPPORT WORKER

To provide front line support to children with extra support needs to assist them to fully participate in a childcare setting.

ECONOMIC DEVELOPMENT

SQDC ADMINISTRATIVE ASSISTANT

Provides support in the administrative setting and performs a range of routine and non-routine tasks including data entry, filing and organization, reception duties, handling correspondence, administrative tasks, purchase order assignments, ensuring office equipment is in working order, supporting senior staff members as needed, record keeping, assisting with website maintenance, social media updates, data analysis, office maintenance, communications and assisting with events.

SQDC CHIEF EXECUTIVE OFFICER (CEO)

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

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

STQ'YA CONSTRUCTION - ASSISTANT COMPTROLLER

Seeking an experienced on-site assistant controller who will oversee the company's day-to-day financial operations, including accounting, budgeting, financial reporting, and cash management. This role will ensure that the company's financial practices are in line with statutory regulations and legislation, while providing strategic insights to support the company's financial health and growth objectives. The ideal candidate will have a strong background in construction accounting and will be a proactive leader capable of managing the financial team and driving process improvements.

EDUCATION

ALTERNATIVE PROGRAM TEACHER

The Seabird Island alternate education program will focus on the social, cultural, educational, mental, and emotional needs of students who need a different approach to learning to be successful. The goals of the program are that all students achieve a certificate of graduation and successfully transition to post-secondary training and / or employment.

We are looking for a caring teacher who believes in every student's capacity to learn and who knows that relationship building is key to student success. The staff will spend extra time encouraging and supporting students' efforts to overcome barriers to learning.

ON CALL COOK

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

**NOW
HIRING!**

ON-CALL EDUCATION ASSISTANT

Work with students individually or in small groups to deliver activities that reinforce and advance the educational program and make the educational experiences of the children more rewarding. EA's will assist teachers in student assessment and evaluation through observation, record keeping and data collection. At Seabird Island Community School, Education Assistants are valued members of the school community, and they make a significant contribution to the work of the school and toward the education of all students.

SPECIAL EDUCATION ASSISTANT

Dedicated to providing individualized support to a Level 3 autistic student within the educational setting. This role involves working closely with special education teachers, therapists, and other professionals to address the unique academic, behavioral, daily living, and life skills needs of the student, ensuring a supportive and inclusive learning environment. This one-on-one role is essential in helping the Level 3 autistic student thrive by providing comprehensive, personalized, and compassionate support tailored to their unique needs.

FINANCE & ADMINISTRATION

IT SUPPORT TECHNICIAN

Provides end-user support, toner inventory maintenance and procurement, and various tasks received through the IT Help Desk.

RECEPTIONIST - (PART TIME TERM CONTRACT)

Working collaboratively to ensure a wide variety of clerical duties are completed. The Front Desk Receptionist is responsible for a wide variety of clerical office duties in support of Band administration. Includes communicating office activities, greeting, and screening visitors, answering, and referring inbound telephone calls.

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.

We thank all applicants for their interest.

**NOW
HIRING!**

EXECUTIVE

HUMAN RESOURCES MANAGER

Oversees the Human Resources division ensuring alignment with our vision, mission, strategic plan, and values. Working closely with the Directors Team and senior management, the HR Manager develops and implements practices to attract and retain talented team members focused on doing meaningful work. Division areas include human resource strategy and workforce planning, full-cycle recruitment, on-boarding, employee relations, coaching, dispute resolution, retention and recognition, compensation, training and development, and performance management, exiting, as well as ensuring compliance with all relevant federal and provincial legislation.

The HR Manager leads with humility, motivation, and empathy. They actively listen to employees and understand the importance of building trusting relationships to create an efficient and culturally safe workplace. The HR Manager has a grounded understanding of how Human Resources can impact overall business operations by reducing barriers, following best practices, and collaborating with internal and external partners in a relational way within a flexible and adaptable dynamic, fast paced, and demanding environment.

FINANCE & ADMINISTRATION

HR GENERALIST (MEDIATION & TRADITIONAL HEALING)

Creating a workplace that honours our culture and supports our employees and management by utilizing Peacemaking Circles and traditional mediation practices to ensure culturally respectful approaches to interpersonal conflict, disputes, performance management, accommodations, and returns to work. We are seeking an HR Generalist (Mediation and Traditional Healing) to join our team.

Under the direction of the HR Manager, the HR Generalist integrates traditional practices, peacemaking, and cultural humility into HR functions, people management practices and processes. The Generalist will also facilitate employee growth through career path development.

RECEPTIONIST - (PART TIME TERM CONTRACT)

Working collaboratively to ensure a wide variety of clerical duties are completed. The Front Desk Receptionist is responsible for a wide variety of clerical office duties in support of Band administration. Includes communicating office activities, greeting, and screening visitors, answering, and referring inbound telephone calls.

HEALTH & SOCIAL DEVELOPMENT

BETTER AT HOME LABOURER

Provide support to elders within the Stó:lō territory who need additional assistance to continue to reside at home in their community. The Labourer plays a key role in the Better at Home Program, providing leg work to support the clients. Labourers can expect to perform a very wide variety of tasks to support a wide variety of clients. Assigned responsibilities will include indoor and outdoor activities, including working in high and low temperatures, and inclement weather (rain, snow etc.).

HEALTH CARE ASSISTANT

Provides culturally informed health care and support services for eligible residents who have acute, chronic, palliative, or rehabilitative health care needs. These services include a variety of in-home care services such as home cleaning, personal care, and referrals to programs to assist clients to maintain optimum health in their own homes. The Health Care Assistant will also engage in community relations activities to supporting clients and the community.

ON CALL RECOVERY HOME SUPPORT WORKERS - WOMENS/MENS HOME

The Recovery Home Support worker position will be a part of an integrated team of individuals that works closely together in a residential setting to provide crisis intervention, coping strategies, education, connections to community services, and support to individuals affected by mental illness, addictions, trauma, and crisis

The Recovery Support Worker (R.S.W.) promotes recovery, stabilization, and independence by providing comprehensive support to clients. The R.S.W. supports and promotes the following: client safety, assisting with activities of daily living, and encouraging full participation in community activities included but not limited to cooking, cleaning, charting, participating in group sessions, driving, and shopping.

INTER-GOVERNMENT AFFAIRS

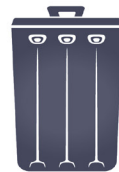
PROJECT MANAGER (FISH, WILDLIFE AND NATURAL RESOURCES)

Manage all off-reserve Seabird-led environmental projects. They will work closely with external environmental consultants and government representatives to ensure projects are well-designed and adhere to technical and regulatory requirements. Projects may include construction environmental management on reserve, contaminated sites investigations and remediations, aquatic habitat restoration, and environmental assessments involving surveying and monitoring.

The Project Manager will have a background in Biology or other Environmental Science and be able to

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

Garbage and Recycling



Garbage pick-up day is Monday, except when Monday is a holiday, then it moves to Tuesday.

Recycling pick-up is Tuesday except when Monday is a holiday, then it moves to Wednesday.

Garbage and recycling MUST be on the curb by 8:30 AM

If the trucks have already passed your home, the next pick up is NOT until the following Monday.

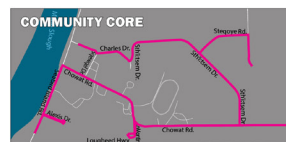
Public Works will NOT return later that day.

Garbage bags must NOT be Extra Large Bags, as those could become a health hazard with the lifting weight requirements.

Recycling must NOT contain unaccepted materials. Mixed garbage and recycling goes to landfills only.

Major Garbage

Community core – First Wednesday of every month.
Surrounding areas – Third Wednesday of every month.



Please have your items on the road at the beginning of your scheduled week.
Should you have any questions, please contact Demi Peters in the Public Works Program at 604-796-7163.

ING
PLY TODAY

Starts October 1, 2024

FITNESS CENTRE SCHEDULE

ELDERS FITNESS

9:00 - 12:00 PM

Monday, Wednesday, and Thursday

YOGA

10:00 - 11:00 AM

Tuesday

5:00 - 6:00 PM

Thursday

WOMEN'S FITNESS

5:00 - 8:00 PM

Tuesday and Saturday

PRIDE FITNESS

5:00 - 8:00 PM

Wednesday

YOUTH FITNESS

3:00 - 6:00 PM

Friday

SEABIRD ISLAND

HIGHSCHOOL

10:00 AM - 12:00 PM

Friday

Bring indoor shoes
for all events
in the
gymnasium



Gentle Flow Yoga:

Mindful Movements for Women

Beginner Friendly,
For Ages 16+

Location:

Band Office Fitness Centre

Every Tuesday

at **10:00 – 11:00 AM**

Every Thursday

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



Sq'ewqel's
(Seabird Island Band)

If you plan to attend, please contact Stefanie Richardson:

604-793-3566

stefanie.richardson@seabirdisland.ca

Starts October 21, 2024,
and will run until 2025

MONDAYS

In the Band Office Fitness Centre and Gym

DROP-IN

3:00 - 5:00 PM

ZUMBA

5:30 - 6:30 PM

INDOOR SOCCER

7:00 - 9:00 PM

For ages 16+

CLOSED ON

Statutory Holidays

Bring indoor shoes
for all events
in the
gymnasium



Starts October 17, 2024,
and will run until 2025

THURSDAYS

In the Band Office Gym

DROP-IN

3:00 - 5:00 PM

VOLLEYBALL

5:30 - 6:30 PM

INDOOR FLOOR

HOCKEY

7:00 - 9:00 PM

For ages 16+

CLOSED ON

Statutory Holidays

Bring indoor shoes
for all events
in the
gymnasium

