



INDIGENOUS & STÓ:LŌ VETERANS DAY HONOURING OUR HEROES WITH REMEMBRANCE



hákw'eles ~ To remember

On November 8, 2024, our Community came together in remembrance, healing and prayer to honour our fallen soldiers and acknowledge the bravery of those, who continue to serve.

This day is known nationally as Indigenous Veterans Day, and known regionally as Stó:lō Veterans Day, which is dedicated to paying respect to Indigenous Veterans, who made

the ultimate sacrifice, as well as to sending heartfelt prayers for the safety of our current Service Members. We take special pride in remembering the few among our Members, who serve in the Army and Navy, keeping our tradition of courage alive.

In a moving gesture, the school invited retired Members of the armed services to join us in their ceremonial

uniforms for the ceremony. These Veterans graciously assisted in carrying flags, symbolizing honour and unity, as part of the procession from the school grounds to the Community Cenotaph.

The procession was led primarily by students from both the Elementary and High Schools, accompanied by their teachers, creating a powerful

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All Sq'ewqel Facilities **CLOSED** November 29, 2024

On Friday, November 29, 2024 all Sq'ewqel facilities, including the Band Office, College, Schools, Employment, Early Childhood Programs and Daycare will be CLOSED for Staff Development Day.

ABORIGINAL VETERANS DAY, CONTINUED



image of intergenerational respect and gratitude. A few Community Members joined in the procession, and many more, along with Seabird staff, stood respectfully awaiting their arrival at the Band Office, observing in quiet reflection as the group made its way to the Cenotaph.

Upon reaching the Cenotaph, Council Member Willow Walker solemnly read the names of those inscribed on the monument, paying tribute to the fallen. She also honoured those in service today and

acknowledged the names that still need to be added to the cenotaph. Following the reading, a profound silence filled the air as everyone observed two minutes of silence, reflecting on the sacrifices made and the lives lost.

In a heartfelt display of remembrance, two representatives from each class took turns placing wreaths crafted by the students themselves. These wreaths symbolized each class's gratitude and respect for the sacrifices of our Veterans.

The service concluded with an invitation for everyone to return to the school for a meal, where Community Members, staff and students shared stories and connected over a meal, creating a warm atmosphere of unity and remembrance.

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





ANNUAL GENERAL MEETING (AGM)

On October 16, 2024, Chief & Council hosted an Annual General Meeting in the evening to review the many accomplishments and progress made over the past year and share some upcoming plans.

The meeting provided an opportunity for Community Members to discuss key achievements, initiatives and completed projects, fostering transparency and engagement with Membership.

A total of 53 Community Members attended the meeting, not including staff, demonstrating a strong interest

in the Community's growth and future. Attendees had the chance to ask questions, provide feedback and discuss priorities, making it a productive and interactive session for everyone involved.

This AGM was not only a review of the year's work, but also a celebration of collective achievements as we look forward to future goals and opportunities.

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

UPCOMING EVENTS

NATIONAL ADDICTIONS AWARENESS WEEK:

Pancake Breakfast & Sobriety Walk
November 26, 2024

Breakfast 9-11 AM - Millennium Hall

Walk / Procession 11 AM

Starting at the High-school back parking lot (Community Garden), finishing at the Band Office

Interactive Displays / Dinner Dance
November 27, 2024

Displays with Vendors & Partners

1-5 PM in the Seabird Band Gym with Smudging at 4 PM in the lobby

Dinner & Dance 5-9 PM in the Seabird Band Gym with a Recovery Countdown, speakers and live band dance featuring "Outlaws & Lace"

STAFF DEVELOPMENT DAY:

Friday, November 29, 2024, all Sq'ewqel facilities including the Band Office, College, Schools, Employments, Early Childhood Programs and Daycare will be CLOSED

COMMUNITY CHRISTMAS DINNER(S) WITH SANTA:

December 3 & 4, 2024

RSVP is required with our Events Team

ECD CHRISTMAS BREAKFAST WITH SANTA:

December 14, 2024

CHRISTMAS HAMPERS:

Looking for Volunteers to help stuff

December 16 & 17

Contact our Events Team to volunteer

Hamper Day

December 18, 2024

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telxwíts ~ November Moon

WORD SCRAMBLE

1. DINAOTSDIC _____
2. PNAKEAC _____
3. RBEMNEOV _____
4. EPARHM _____
5. AICMHSSTR _____
6. UINTHNG _____
7. RAIIDTAOLTN _____
8. GNISGUTSOE _____

Answers: Addictions, Pancake, November, Hampers, Christmas, Hunting, Traditional, Smudging



Photo Credit: Mike Joe

TRUTH & RECONCILIATION DAY

On September 30, 2024, our Truth & Reconciliation Day ceremonial event, hosted by Chief & Council, was a resounding success.

In the days leading up to the event, Chief & Council personally went door to door, inviting Community Members to attend. Their efforts were evident, as the gathering saw a full house, with so many

attendees that additional chairs had to be brought in from the school.

The event featured eighteen (18) talented Traditional Masked Dancers, whose performances honoured tradition bringing powerful medicine and historical storytelling to the day.

Additionally, twenty individuals were formally recognized for their

resilience and survival of the Residential School system, receiving heartfelt acknowledgements for their strength and endurance. A shared meal followed, allowing attendees to connect, reflect and honour the day together as a Community.

*Sandra Bobb, Communications Program
Sq̓̓wq̓̓el Culture & Community Services*

áxwet ~ To give, share food with,
give food

QUARTERLY HAMPERS

On October 9, 2024, Chief & Council generously sponsored another Food Hamper event for Community Members, distributing a total of three hundred and thirty two (332) food hampers. A total of three hundred and fifty hampers were prepared to meet demand, though a few were not picked up. The eighteen remaining hampers were gratefully shared with volunteers from outside the Community as a gesture of thanks for their ongoing support.

Currently, we provide around three hundred and eighty five hampers to homes both on and off reserve. With new housing developments underway, we anticipate that the demand for hampers will continue to grow in the coming months.

Thanks to the dedication of our team, nearly all hampers were successfully distributed in a single day. Special appreciation goes to Erna and Rachel, who went above and beyond by

delivering hampers to families who were unable to pick them up, ensuring that everyone in need received the assistance and support they deserved.

We are currently looking for volunteers to assist with the Christmas Hampers and events. Please contact Charlene at events@seabirdisland.ca

*Sandra Bobb, Communications Program
Sq̓̓wq̓̓el Culture & Community Services*





DEER SKINNING

Brenon McIntyre, our Traditional Food Practices Specialist, presented a deer-skinning demonstration to high school students at the Seabird Island Community School, sharing his expertise to revive and pass down traditional skills.

This hands-on presentation offered students a valuable opportunity to learn about traditional practices, connecting them with the cultural heritage of their Community.

With many more Community activities being planned, we look forward to seeing the diverse traditional food practices Brenon will be sharing with the Community in the future.

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

hewháwe ~ going hunting

tewít ~ good hunter, good fisherman

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.

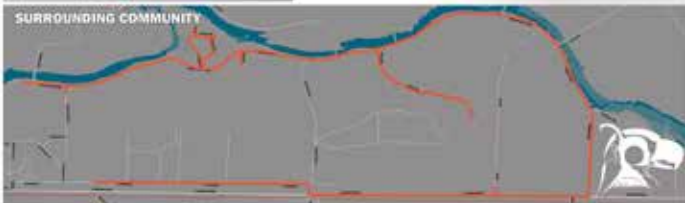
Garbage bags must NOT be Extra Large Bags, as those could become a health hazard with the lifting weight requirements.

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.

Interested in Firearms Safety or Hunter's Safety?

Join Us Our Upcoming 2024 Training Sessions:

Possession and Acquisition License (PAL) and CORE Training for Hunter's Safety

PAL Training for Non-Restricted Firearms Safety (Ages 18+)

Dates:
November 19 - 20
or
November 21 - 22

Cost:
\$175 per person

Spaces:
12 per session

Location:
Mill Hall



CORE Training for Hunter's Safety (Ages 10+)

Dates:
November 28 - 29

Cost:
\$180 per person

Location:
Mill Hall

Contact Us to Register:

Email:
employmentservices@seabirdisland.ca

Phone:
604-796-6865

INDIGENOUS DISABILITY CANADA (IDC)

With support from Employment and Social Development Canada (ESDC), IDC/BCANDS officially launched our National Disability Tax Credit (DTC) Navigation Program on Monday, October 28, 2024.

This time-limited program (October, 2024 – March, 2025) will assist eligible Indigenous persons with disabilities in navigating through the process and requirements of applying for and obtaining the DTC.

The DTC is a “gateway” benefit, meaning that it is required to be held by the individual in order to qualify for other federal benefits such as the Registered Disability Savings Plan (RDSP), Canadian Dental

Care Plan and in July of 2025, the Canada Disability Benefit (CDB).

This program is available to Indigenous Peoples with disabilities residing in Indigenous and non-Indigenous communities in all provinces and territories

Please go to the link below for more information and please share widely.

Indigenous Disability Canada (IDC)
#6 - 1610 Island Highway
Victoria, British Columbia
Canada V9B 1H8

BC Capital Region: (250) 381 - 7303 ext. 202
Toll Free: 1-888-815-5511
Confidential Fax: (250) 381 - 7312

Email: sislp@bcands.bc.ca
www.bcands.bc.ca

<https://www.bcands.bc.ca/idc-bcands-national-disability-tax-credit-dtc-navigation-program/>

<p>ABOUT OUR ORGANIZATION</p> <p>Indigenous Disability Canada (IDC) is an award-winning, Indigenous not for profit, charitable Society that has been serving the unique and diverse disability and health support needs of Indigenous Peoples across Canada for over 30 years. IDC is a “stand alone” organization that acts in Special Consultative Status with the United Nations Economic and Social Council.</p> <p>OUR MISSION</p> <p>“Advancing the unique disability and health priorities of Indigenous persons through collaboration, consultation, and the delivery of comprehensive client services”</p>	<p>ABOUT THE DTC</p> <p>The Disability Tax Credit (DTC) is a non-refundable tax credit that helps people with disabilities, or their supporting family member, reduce the amount of income tax they may have to pay.</p> <p>Applying for the DTC involves the person who has the impairment and a medical practitioner who can certify the effects of the impairment.</p> <p>If you think you may be eligible for the DTC, you should apply. Being eligible for the DTC may help you access other federal programs such as:</p> <ul style="list-style-type: none"> Registered Disability Savings Plan Canada Workers Benefit Disability Supplement Child Disability Benefit Canada Dental Benefit and other benefits, such as the upcoming Canada Disability Benefit 	<p>DISABILITY TAX CREDIT NAVIGATION</p> <p>The Disability Tax Credit Navigation Program is a FREE time-limited program that is currently running until March 31st, 2025. DTC Navigators provide supports to Indigenous individuals living with disabilities across Canada to apply and qualify for the Disability Tax Credit. This program was designed in preparation for the new Canada Disability Benefit that is beginning in July 2025.</p>	<p>WHO DO WE HELP?</p> <p>DTC Navigators work with Indigenous individuals living with disabilities across Canada</p> <ul style="list-style-type: none"> Identifying as Indigenous (Metis, Inuit, First Nation Status, or Non-Status) Residing within or outside of First Nation communities Identifying as living with a disability (no formal diagnosis needed) <p>HELPFUL DOCUMENTS</p> <p>When you contact our Navigators, please try to have the following on hand, and ready for them:</p> <ul style="list-style-type: none"> SIN Number (mandatory) Medical Records and Information on your Disability Doctor/Specialist Contact Information
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CONTACT: DTC@BCANDS.BC.CA, DTC2@BCANDS.BC.CA | www.bcands.bc.ca

YOUTH CALENDAR

Tuesday, November 19
Job Search &
Resume Building 3-4 PM
Drop-in after

Thursday, November 21
Beading

Tuesday, November 26
KP Banter Party
- Land Guardians

Wednesday, November 27
Youth Art Gala 5-8 PM,
Seabird Youth Centre

Friday, November 29
Castle Fun Park

Contact Robert Dunning to register: 604 819 2781



INDIGENOUS DISABILITY CANADA

DISABILITY TAX CREDIT NAVIGATION PROGRAM

A FREE Time-limited service dedicated to assist eligible persons with disabilities in obtaining their Disability Tax Credit (DTC) Certificate

DTC Navigators work with Indigenous individuals living with disability(ies) all across Canada

- Status / Non-Status / Metis / Inuit
- Reside both within and outside of First Nations Communities



This program aims to assist individuals in qualifying for the Disability Tax Credit (DTC) in preparation for the new Canada Disability Benefit that is beginning in July 2025.



Request Supports Online!



CONTACT US FOR MORE INFORMATION

dtc@bcands.bc.ca / dtc1@bcands.bc.ca
dtc2@bcands.bc.ca

(204) 930-4499 / (819) 593-5023
(250) 381-7303

Toll-Free: 1-888-815-5511



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

WOMENS GROUP

PLEASE JOIN US 5 PM

WEDNESDAY EVENINGS

@ Stó:lō Tribal Council

Boardroom (2855 Chowat Road)

The Women's Group is to bring together women from our 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:

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

For more information or to book a ride, feel free to contact:

Kim Verigin: 604-795-0875 or
kim.verigin@seabirdisland.ca

WE ARE STRONGER TOGETHER

kw'ómkw'em ~ Strong People
q'péthet ~ Together



WELLBRIETY SESSIONS: NEW DAY/TIME/LOCATION

Struggling with substances?

Impacted by someone who is struggling with substances?

Join us **every Tuesday from 7-8 PM** at the Stó:lō Tribal Council Boardroom, 2855 Chowat Rd., Sq'ewqel.

Wellbriety Sessions can offer support while you are on your healing journey, no matter where you are on the red road path.



Wellbriety Sessions

Are you struggling with or are impacted by someone who is using substances?

Attend sessions to support you on your healing journey, no matter where you are on the red road path.

Open to the public, ALL welcome - no matter your gender, sexuality, and whether you are Indigenous or non-Indigenous.

Open to ALL, Indigenous and non-Indigenous, regardless of gender or sexuality - **EVERYONE is welcome!**

Light refreshments will be provided.

To learn more about Wellbriety, please visit our website wellbrietymovement.com & click on the [About Us](#) tab.

For additional information about our Sessions, please contact:

Derek Swanson: 604-997-5669
dereks@seabirdisland.ca

Kim Verigin: 604-795-0875
kim.verigin@seabirdisland.ca

áylexw ~ Be alive, be living, be in good health, be healthy, be well.

COMMUNITY ACHIEVEMENTS

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

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

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

We are proud of each one of you!

hóyeqwt ~ invite him/her



NATIONAL ADDICTIONS AWARENESS WEEK

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

PANCAKE BREAKFAST & SOBRIETY WALK

Tuesday, November 26, 2024

- **Breakfast** 9 - 11 AM - Millennium Hall
- **Walk / Procession** around Sthítsem loop
Starting at the Community Garden at 11 AM
(Highschool's back parking lot)
Finishing at the Band Office
 - Elders Bus Provided
 - Police Canoe Escort

INTERACTIVE DISPLAYS / DINNER AND DANCE

Wednesday, November 27, 2024

- **Displays with Vendors & Partners** 1 - 5 PM - Seabird Band Gym
 - Smudging at 4 PM - Lobby
- **Dinner & Dance** 5 - 9 PM - Seabird Band Gym
 - Welcome followed by Dinner at 5 PM
 - Recovery Countdown & Speakers from 6 - 7 PM
 - Outlaws & Lace Live Band - Dance from 7 - 9 PM

**DOOR
PRIZES**
Every Hour

**Need a Coat
Take a Coat**
Donate your
used coats.

For more information,
please contact 604 - 796 - 2177





thíyelhtset ~ To prepare for

WINTER PREPAREDNESS – READY FOR RAIN, FLOODING AND FREEZING?

As winter approaches, it is time to prepare your home and vehicle for the intense weather that may come our way. Here are some essential preparedness tips to help you stay safe and ready for any challenges that winter might bring.

Is Your HOME READY?

- **Clear your basements and crawl spaces** in case of flooding.
- **Check your sump pump** to ensure it is in good working order to remove any floodwaters quickly.
- **Clean and inspect your gutters** to prevent clogs that could lead to water overflow and ice dams.
- **Check gutter connections** to ensure they are secure and not at risk of detaching.
- **Inspect door seals for drafts**, and replace old or cracked seals to improve warmth and energy efficiency.
- **Ensure flashlights are working** and stock up on spare batteries.
- **Test your generator** to make sure it is functioning properly, and fill the tank with fuel. Check if it needs any maintenance.
- **Stock up on blankets** to stay warm in case of a heating outage.
- **Prepare a food and water supply** that does not require cooking, so you are prepared for any power outages.
- **Prepare a salt bucket** to salt your walkway and stairs. This will reduce the chance of people slipping.

Is Your YARD READY?

- **Check your property for any hazard trees** that could break or fall during heavy winds. You do not want them to fall over your driveway or hitting your home. They may need to be cut back or removed.
- **Clear debris away from your home** to reduce the risk of water pooling and causing damage to your home or property.
- **Winterize your outdoor taps and hoses** by detaching your hoses and turning off your taps. This way your hoses are less likely to crack and the tap will not freeze. When the tap freezes, so does the pipe going into your home.
- **Rake up all the leaves** to prevent mold and fungus. This also reduces places for rats and mice to nest. It is good to keep these rodents as far away from your home as possible.
- **Protect your outside animals**, dropping straw around and inside their homes as insulation. Remember to change the straw regularly.
- **Protect your fruit trees and bushes** from the cold, dropping straw around the base.
- **Be prepared to shovel snow**, ensure you have a couple good snow shovels available

Is Your VEHICLE READY ?

- **Change your tires** to either winter or all-weather tires for improved traction. NOTE: It is the law, if you are going north of Hope, you need winter tires - all seasons are not adequate.
- **Pack an emergency kit** with essentials like: flares or reflective cones, shovel, a blanket, flashlight, food, and water in case you're stranded.
- **Carry a bag of kitty litter or gravel** to add weight to the back of your vehicle, helping to reduce slipping. You can also sprinkle some under the tires if you get stuck for better traction.
- **Fill up your windshield washer fluid** with a winter blend.
- **Fill up your antifreeze.**
- **Replace any burnt out or dim lights**, including headlights, brake lights and even your cab light. Be sure to have your headlights realigned to ensure the lights light up the road in front of you not the trees on the side of the road or not flashing oncoming cars.

By preparing your home and car now, you can ensure a safer, more comfortable winter season no matter what the weather brings.

Stay safe, stay warm and stay prepared!

Remember to stay away from any downed power lines!

thá:yt ~ Preparing, fixing

Sandra Bobb, Communications Program
Sq̓̓wq̓̓el Culture & Community Services

COMMUNITY ENERGY PLAN SURVEY

Our 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 THE DRAW
for one of three prizes 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.

The Umo cards are available for loading at our Band Office or re-loadable online with the App.





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

Our Services

- Business Support
- Business Training
- Business Aftercare

BOOK NOW



SCAN HERE

604-858-0009
www.stolocf.ca





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



Sq'ewqel Housing Wait-list

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

SAGE SUGGESTIONS

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

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

TIPS: WINTER WARMTH

As temperatures drop, it is essential to keep warm and comfortable to prevent illness and enjoy the colder months safely.

Did you know you can lose most of your body heat through your head and feet?

The best way to stay warm is by keeping these areas covered. Wear warm socks, a hat or toque, and even earmuffs.

I have seen video footage proving this point by showing how a person without a hat on, where she was outside on a cold winter day and you could see steam rising from her head as heat escaped.

Recently, a head cold has been going around Sq'ewqel that may start as or develop into an viral infection, including an ear infection for some.

Remember to keep ears, head and feet warm on windy, cold winter days to reduce risk to your immune system.

qewéthet ~ Warm yourself up.

IF YOU FIND A TOILET IN YOUR DREAM...

Don't use it!

át'lqeláwtw ~ Toilet

NO MATTER HOW NICE THE HAND SOAP SMELLS...

Don't leave the washroom smelling your fingers.

xíts'em ~ Stinky

Want to reduce high heating bills, yet remain cozy during winter?

- **Snuggle up under a blanket on the couch.** Read stories to your children, who will snuggle with you, keeping each other warm.
- **Wear warm pyjamas and socks** around the house and in bed.
- **Soups and stews** are a budget-friendly way to stay warm in winter. The warm liquid helps you maintain a good body temperature.
- **Bake cookies or muffins.** The oven will warm up the house, and the freshly baked goods will warm you from the inside.
- **Drink hot cocoa.** The warm beverage heats your body from the inside, and the heat from the cup warms your hands.
- Adding milk to your hot chocolate can also help you sleep better.

YOU ARE ONE PERSON

Only take on what you can handle.

Do not carry the weight of the world on your shoulders.

“LET IT GO, never ruin a good day by thinking about a bad yesterday.”

“GIVE IT TIME, time heals everything.”

“The only person you should try to beat is the person you were yesterday”

“It is okay not to have everything figured out. Know that in time you will get there.”

“Only you are in charge of your happiness.”

“SMILE, life is short, enjoy it.”

- **Close your curtains when it gets dark** to keep the heat in. Remember to open them when the sun is out to let in natural warmth.
- **Go outside for a walk.** It may sound strange, but the exercise will warm your body. When you return, your home will feel cozy and warm.
- **Rearrange your rooms.** Move shelving and entertainment centers to exterior walls, and place furniture and bedding along interior walls. This extra layer of insulation will help keep your seating and bed warmer.
- **Add blankets and throws** throughout the house, and even consider a few rugs.
- **Switch to flannel sheets** and wash them every few days—dirty sheets can feel colder, and washing regularly reduces the risk of dust mites.

CARRY A FORK WITH YOU...

If someone tries to rob you, pull it out and say, “thank you Lord for this meal I am about to have” - they may think twice!

sts'ó:qw'els ~ Fork

TRUST DOGS...

They always know who to stay away from.

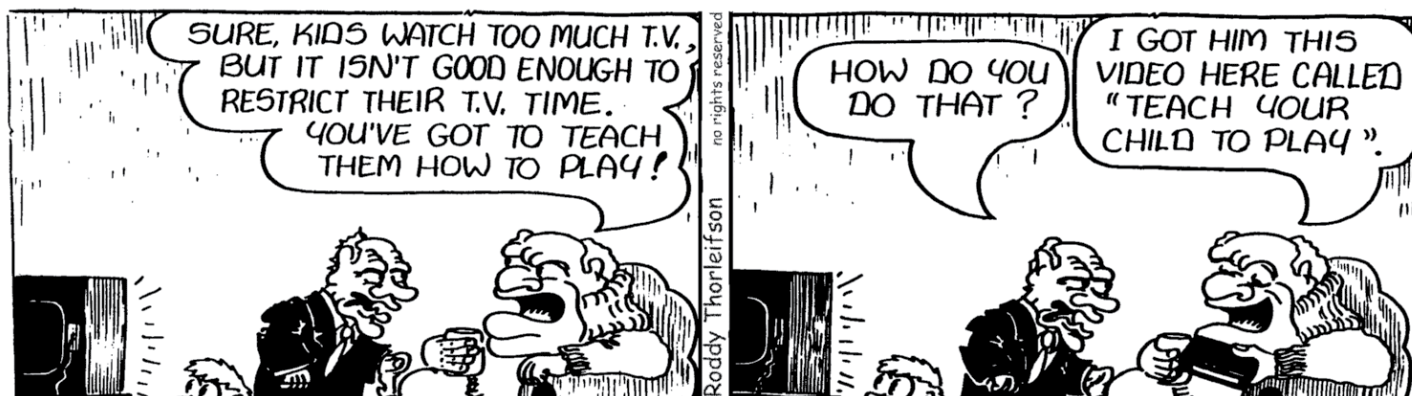
tl'ewéls ~ To bark (dog)

temhilálxw ~ autumn, fall

st'ít'el ~ love, like

héyeq̓w ~ fire

COMIC

Reference: <https://mooselakecartoons.com>**OCT - TEMPO:KW'***"Stó:lō New Year"***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

NOV - TELXWI:TS*"Leaves are falling"***Sagittarius**

Nov 23 - Dec 21

Owl - qépkwoya

Direction: Northwest – Element: Fire

Stone: Obsidian

Strengths: Love loyalty and
commitment.

INSPIRATION:

"To the world you may be one person;
but to one person you may be
the world."

Dr. Seuss

"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

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

1. siwallhelh - ancestors.
2. iyálewes – brave.
3. kelchóch – Canada.
4. sxwíythi – cenotaph.
5. lakwwí:l – cross.
6. xwtíyches - fight back.
7. slíqwel – peace.
8. há:kw'elem – remember.
9. ólhet – respect.
10. ts'áxws - silence (everyone is silent).
11. stó:méx – soldier.
12. Xa:yxeleq – veteran.
13. Xéyxelex - war, fighting a war, war.
14. spep'ò:mey – poppy.
15. ó:ytel – fighting.
16. xwth'í:t - ceremony, memorial.
17. swíyteleq - code talker.
18. má:yt – defend.
19. iyó:tel - fight (to fight).
20. tskwí:m – red.



DEADLINES

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

HAVE A STORY IDEA?

Contact: comm@seabirdisland.ca

LETTERS TO THE EDITOR

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

AGREEMENT/LEGAL

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only and that there shall be no liability in any event beyond the amount paid for such advertisement. The Sq'Éwqel shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

Editorials are chosen and written by Sq'Éwqel (Seabird Island) staff, they are the expressed opinion of the staff and do not necessarily reflect the views of Sq'Éwqel (Seabird Island).

WE RESERVE THE RIGHT

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

COPYRIGHT

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

AVAILABILITY

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

CONTACT US

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

CREATED AND PRODUCED BY THE SIB COMMUNICATIONS TEAM:

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

PUBLISHER & TEAM SUPERVISOR:

Sandra Bobb

EDITOR-IN-CHIEF & MANAGER:

Cassandra Manley

SEABIRD CHURCH

Mass: To be confirmed

Study Groups: To be confirmed

Contact To be confirmed

LOVED ONE PASS AWAY?

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

FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

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

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

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

WILD Safe BC CONSERVATION

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

SIFD FIRE PRACTICE

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

GARBAGE SCHEDULE

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

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

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

sq'ép ~ meeting

DENTAL CLINIC

Accepting new STATUS PATIENTS

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

Contact the Dental Clinic 604-796-6853.

MEDICAL CARDS

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

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

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

Contact Lena Paul 604-796-2177

BABIES ID CARDS

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

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

AMBULANCE BILLS

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

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

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

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

Contact Lena Paul 604-796-2177.

WELLBRIETY MEETINGS

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

AA in BC website: www.bcyukonaa.org

OPTOMETRY CLINIC

Appointments Only: To be confirmed

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

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

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

WILD ANIMAL ALERT

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

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

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

Clap loudly and make yourself big!

Educating ourselves and keeping a clean Community makes a difference!

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

Conservation Office at 1-877-952-7277

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

RENEW STATUS CARD

Book a Status Card Appointment

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

Appointments required.

Remember to bring:

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

New style Digital Status Card with photo

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

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

ID Photography Prints

Status Card Photography

Laminated style: \$13.50
 - Call Simone to book your appointment

Passport, PAL Photography and more

Authenticated photo: \$18.50

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

Appointments required.

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

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/>

COMMUNITY INFRASTRUCTURE

CUSTODIAN (ON CALL)

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.

ECONOMIC DEVELOPMENT

SQDC CHIEF EXECUTIVE OFFICER (CEO)

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

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

STQÓ: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.

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.**

FINANCE & ADMINISTRATION

GEOGRAPHIC INFORMATION SYSTEM (GIS) ANALYST

The GIS Analyst provides spatial data analysis, mapping, and data visualization services to Seabird Island Band. This role involves analyzing geographic and environmental data, creating digital maps, and developing custom GIS applications to support land use planning, public works, and cultural heritage preservation. The GIS Analyst will also engage in community relations activities, supporting clients and the community by producing relevant reports and maps that reflect the unique geographic and cultural needs of Seabird Island.

HR GENERALIST (MEDIATION AND TRADITIONAL HEALING)

Seabird Island is committed to creating a workplace that honors 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.

HEALTH & SOCIAL DEVELOPMENT

ON CALL RECOVERY HOME SUPPORT WORKERS

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

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

RECOVERY HOME SUPPORT WORKERS - WOMENS/MENS HOME (WEEKENDS)

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.

This is a part time position covering weekend shifts from 4pm-12am.

INTER-GOVERNMENT AFFAIRS

PROJECT LEAD (ABORIGINAL RIGHTS & TITLE)

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

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

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

siyá:m

~
chief,
respected leader,
leader,
respected wealthy person



**Members of Sq'ewqel,
Please Join Us For Our**

Community Klésmes Dinner

Santa Photos & **syéxcha** (gift) for Children 18 and Under.

* * * * *

BYOP- Bring Your Own Plates/Utensils for Door Prize Entry.

* * * * *

Need a **kopú** (coat)/Bring a **kopú**-
kopú Rack Available for Gently Used/Clean Winter
kopú Donations.

Please RSVP for One of the Following Dates:



Night #1

sthemélts

(Tuesday)

Dec. 3

SIB Gym

slheq'á:tses

(five o'clock, 5 PM)



Night #2

slhí:xws

(Wednesday)

Dec. 4

SIB Gym

slheq'á:tses

(five o'clock, 5 PM)



LIMITED SEATING, MUST RSVP



Please Scan QR Code or call Janean 604-796-6922