



# SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

## SQ'ÉWQEL SCHEDULE

DATE JANUARY 1-15, 2025

### ADMINISTRATION & FINANCE

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Jan 6	Trust Cheques: SIB Members turned 18	Band Office Lobby	9:00 AM - 4:00 PM	Yes		Admin./ Finance

### COMMUNITY INFRASTRUCTURE

Date	Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Jan 10	Housing Renewal Extension Application	Seabird Island Band Office	BEFORE 4:00 PM		Housing 604-795-6930	Housing
Jan 15	Sq'Éwqel Quarterly Hamper	Band Office Gym	9:00 AM-6:00 PM	Yes	Janean Parsey 604-796-6922	Events
Jan 15	Sq'Éwqel Quarterly Band Meeting					

### ANIMAL WELLNESS GUARDIAN

- **Animal Wellness Committee**, first Wednesday of every month, 6:00 PM - 7:00 PM, SIB Office Main Boardroom

Contact: [animal.services@seabirdisland.ca](mailto:animal.services@seabirdisland.ca) for more information.

- **Cat Spay/Neuter Vouchers** - email Animal Services to receive Cat Spay/Neuter voucher

### PUBLIC WORKS (REMINDER NEW WEEKLY PICK-UP DAYS)

- **Garbage Day**: Every Tuesday
- **Major Garbage**: 1<sup>st</sup> Thursday of every month - Community Core (Dec 4)

- **Recycling Day**: Every Wednesday
- **Major Garbage**: 3<sup>rd</sup> Thursday of every month - Surrounding Area (Dec 18)

### SEABIRD ISLAND FIRE DEPARTMENT

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

## INTER-GOVERNMENT AFFAIRS

### ELDERS PROGRAM

- **Elders Meals on Wheels**, Mondays & Wednesdays
- **Elders Fitness**, Mondays & Wednesday 9:00 AM - 12:00 PM @ Fitness Centre (Register with Robert McNeil-Bobb)

- **Elders Drop-in (College)**: Wednesdays, 10:00 AM - 2:00 PM
- **Elders Drop-in (College)**: Tuesdays, 12:00 PM - 2:30 PM

## RECREATION PROGRAM

- **Drop-In**, Monday & Thursday, 3:00 PM - 5:00 PM
- **Zumba**, Monday, 5:30 PM - 6:30 PM
- **Indoor Soccer (16+)**, Monday, 7:00 PM - 9:00 PM
- **Chair Yoga**, Tuesdays, 10:00 AM - 11:00 AM, RSVP with Emerald John @ 604-793-3198
- **Women's Self-Defence Class**, Tuesday & Thursday, 7:15 PM - 8:15 PM (For those who pre-registered; January 14 - February 27)
- **Women's Fitness**, Tuesday & Saturday, 5:00 PM - 8:00 PM
- **Yoga**, Tuesday & Thursday, 5:00 PM - 6:00 AM, RSVP with Stefanie Richardson @ 604-793-3566
- **Pride Fitness**, Wednesday, 6:00 PM - 8:00 PM
- **Volleyball/Pickleball**, Thursday, 5:00 PM - 7:00 PM
- **Indoor Sports (16+)**, Thursday, 7:00 PM - 9:00 PM
- **SICS Fitness**, Friday, 10:00 AM - 12:00 PM
- **Youth Fitness**, Friday, 3:00 PM - 6:00 PM

**Closed on Stat Holidays.**

All programs are in the Fitness Centre/or Gym.

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

## EARLY CHILDHOOD DEVELOPMENT

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

## EDUCATION

### LALME'IWESAWTEXW - SEABIRD ISLAND COMMUNITY SCHOOL / SCHOOL DISTRICT #78

- **Winter break ends:** Students return January 6, 2025

### SEABIRD COLLEGE

- **Indigenous People's Knowledge (Begins January 13, 2025)**, Tuesday & Thursday, 5:00 PM - 8:00 PM

### YOUTH PROGRAM

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

## HEALTH

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



**INDIGENOUS PEOPLE'S KNOWLEDGE** IPK 093  
**JAN 13 to MAY 2**  
**TUES & THURS 5:00 PM - 8:00 PM**  
LOCATED @ SEABIRD COLLEGE

**EARLY CHILDHOOD EDUCATION**  
**JAN 20 to DEC 5,**  
**MON - FRI 9 AM - 2 PM**  
LOCATED @ SEABIRD COLLEGE

**GRAPHICS AND PUBLISHING** LOCATED @ SEABIRD COLLEGE  
**START DATE: JANUARY 20 to APRIL 30, FROM 3:00 PM TO 7:00 PM**  
In the classroom on Tuesdays and, students will be expected to complete additional work outside of the classroom. *Students must have their own computer at home (we don't supply a computer).*

**DIGITAL MARKETING MANAGEMENT**  
with Practicum  
**JAN 20 to OCT 3**  
**MON - FRI 2:30 PM - 6:30 PM**  
LOCATED @ SEABIRD COLLEGE



**APPLY TODAY!**  
[www.seabirdcollege.ca](http://www.seabirdcollege.ca)

In partnership with **SPROTT SHAW COLLEGE** LEARNING WITH PURPOSE SINCE 1903

In partnership with **UNIVERSITY OF THE FRASER VALLEY**

Let us help you achieve your educational goals!

For more information, contact: **Stephanie Smith**  
College Recruiter & Marketing Coordinator  
Email: [colrecruit@seabirdisland.ca](mailto:colrecruit@seabirdisland.ca)





## Sq'ewqel Turkey & Talk #3

Seabird Island Band Needs to Hear Your Voice!

Enjoy a Turkey dinner, Door Prizes and Talk about Halq'eméylem Language Vitalization as we plan for the next 5 – 10 – 15 years

Wednesday, January 22, 2025  
from 5:30 – 7:30 PM @ Band Office Gym

For more information about this community discussion opportunity, please contact Roy at 604-796-8059 or [roy.bedford@seabirdisland.ca](mailto:roy.bedford@seabirdisland.ca)

ó:xwestkw'e sháq'wem te halq'eméylem  
give breath to language

## SQ'ÉWQEL HAMPERS

### HAMPER PICK-UP

Sihi:xws, Peló:qes 15, 2024

Wednesday January

9:00 AM - 6:00 PM

Sq'ewqel Island Band Gym

### ELDER'S DELIVERY

Sxe'óthels, Jan. 16, 2024  
Thursday  
Contact  
Haley 604-796-7060 or  
Emerald 604-796-6827  
to Register

### VOLUNTEERS NEEDED

Yilá:wehát, Jan. 13 11:00 AM  
Monday  
Sthéméls, Jan. 14 8:30 AM  
Tuesday  
Sihi:xws, Jan. 15 8:30 AM  
Wednesday

### NEXT HAMPER DATE

Sihi:xws, Apr. 16 2025  
Wednesday

### FOR MORE INFO CONTACT EVENTS

Celeste 604-796-7006  
Janean 604-796-6922  
[events@seabirdisland.ca](mailto:events@seabirdisland.ca)



### HAMPER & GIFT CARD (GC) DETAILS

All REGISTERED households On Reserve will receive  
a S'álhtel (Food) Hamper.

SIB members residing in the Fraser Valley are  
eligible for a Food Hamper, **ONE PER HOUSEHOLD**

SIB Members residing outside the Fraser Valley will  
receive a \$150 Hamper GC, **ONE PER HOUSEHOLD**

**Band Members must fill out a form to be eligible for  
this year's hampers. You are not required to submit  
a hamper form again if you have already done so.**



## Housing Renewal Extension!

Housing rental renewals are due, making you eligible to maintain your spot on the list.

For newcomers, it's a great time to apply for housing rentals, especially with new homes being built in 2025!

Fill out the "Housing Rental Application Form" found at <https://www.seabirdisland.ca/rntlhsngwaitlst/> and email your completed application to [housing@seabirdisland.ca](mailto:housing@seabirdisland.ca) before four (4 PM) on January 10, 2025 to solidify your position on the list.

**Apply Now!**

### Submission Deadline Extension:

Four (4 PM) on January 10, 2025

The Lands program warmly invites you to join us!

## Pet Food Bank

We are pleased to offer a monthly food bank for Seabird Island Community Members' Pets, who may need assistance.

*In advance, please provide preferred pet supply info (dog - small, med or large breed; cat; does your pet have special dietary needs - weight management, senior, or puppy/kitten etc).*



**When: Each month on the 15<sup>th</sup>**  
(unless this falls on the weekend, then will be on the Friday)

**Pick-up: By appointment**



### Do you have questions? Would you like to apply?

Reach out to [animal.services@seabirdisland.ca](mailto:animal.services@seabirdisland.ca) or call (604) 796-7100 to make arrangements.

It's a wonderful opportunity to come together as a community and take care of our beloved furry companions!



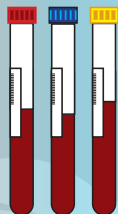
# Lab Day / Diabetic Support

(mobile life labs)

## Who's eligible:

All Diabetics, and anyone needing their regular bloodwork with a requisition only.

- Fasting recommended, not required.
- Light Breakfast/Snacks provided to those who participate.



**Drop-in, no appointment required.**



**Dates:**  
**January 23, 2025**  
**Future Dates**  
**(April 24, July 24 & October 23)**

**Time:**  
**8:00 - 10:00 AM**

**Place:**  
**Sq'ewqel Health Office**  
**(Seabird Island)**

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



**Sq'ewqel (Seabird Island)**

P.O. Box 650 | 2895 Chowat Rd. | Agassiz, BC | V0M 1A2  
Phone: 604-796-2177 | Fax: 604-796-3729  
www.seabirdisland.ca

January 6, 2024

## UPDATE: Student Allowance Cheque Pick-up

Available from Monday, January 6, to Friday, January 10, 2024

Between 8 - 4 PM

Éy swayél Families of Seabird Island Band Member Students,

For those who have **not** picked up their student allowance cheques yet, please know that the cheques will remain available for pick-up at the **Seabird Island Band Office** until **January 10, 2025**.

### Do you qualify for Student Allowance?

- Any student that lives on-reserve in Seabird Island
- Grades 7-12
- Confirmation from the school that the student is currently attending

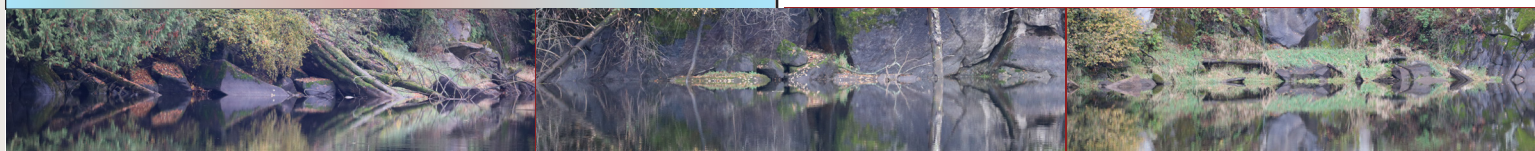
### Please Note:

- SD78 Schools will NOT confirm whether the student is currently attending their school, unless we have the **parental consent** to obtain that information.
- If not yet submitted, please complete the **Parent Consent Form**, and **return it to SIB Education**.
- **Cheques can also be mailed**, once the student's full name and mailing address is received.

If you have any questions regarding student allowances, supplies or incentives, please email [education@seabirdisland.ca](mailto:education@seabirdisland.ca) or call the Director of Education's Executive Assistant directly at 604-796-7223.

Ólhetchew (respectfully),

- SIB Education



"Seabird Island Band"

# SQ'ÉWQEL QUARTERLY BAND MEETING

# (Q3)



Located in the Band Office Gym

# SAVE THE DATE

In person meeting, with dinner starting at 5 PM

**WEDNESDAY**

# JAN 15

**5:00 - 8:00 PM**

