



Vote on June 2: Seabird Island Referendum



Sq'éwqel (Seabird Island) will hold a community referendum on June 2, 2025 to decide on two proposed land lease agreements that exceed the 25-year limit outlined in the Land Code. These decisions will directly

affect future housing and business development on Seabird Island. All eligible voters are encouraged to take part in shaping the community's growth.

More details on page 2 & 3

APRIL 16, 2025 – SEABIRD ISLAND BAND GYM

HAMPER DAY 9 AM - 6 PM

BAND QUARTERLY MEETING 5 - 8 PM

Vote on June 2: Seabird Island Referendum *continued*

What is the Referendum about?

Under Seabird Island’s Land Code, any lease agreement over 25 years must be approved through a referendum. Chief & Council is proposing two such exceptions:

1. **Affordable Housing Project** — Seabird Island wants to lease land to its housing society for 42 years so BC Housing can fund and build 34 affordable homes.
2. **AE Concrete Lease Extension** — AE Concrete, a company based in the Sq’ewqel Business Park, is asking to extend its lease from 25 to 75 years.

34 new housing units, funded by BC Housing

Seabird Island has secured \$21.27 million in funding from BC Housing to build 34 new housing units along Pípehò:M Road. This project includes a three-story multi-family building that will have one and three-bedroom townhouses, and one and two-bedroom apartments. The Elders’ building will have 12 accessible one and two-bedroom units.

BC Housing requires a lease agreement between Seabird Island and our Seabird Housing Society for 40 years, plus 2 years for construction; a total of 42 years. A community vote is required since this proposal exceeds the 25-year lease limit.

The housing society will operate the homes, and the funding will be “forgivable,” meaning the loan will not have to be repaid.



AE Concrete lease extension

AE Concrete (AEC) makes precast concrete products and operates on 16 acres of land in the Sq’ewqel Business Park, where Chief Hali Road and Chowat Road meet. AEC pays Seabird Island Band monthly lease payments (\$80,000) and annual property taxes. Their lease agreement is reviewed and renewed every five years so rent can be adjusted to match the current market.

AE Concrete is asking to extend their existing 5-year lease to 75 years. This extension makes business sense for AEC, and will provide Seabird Island with 75 years of lease income.

In addition to lease payments, AEC provides job opportunities for community members, offers annual student bursaries worth \$20,000, and supports local job training programs. Having established tenants like AE Concrete in the 50-acre Sq’ewqel Business Park, which is specifically zoned for commercial and light industrial use, helps attract additional businesses that will financially benefit Seabird Island.



Vote on June 2: Seabird Island Referendum

continued

Why Your Vote Matters

Chief and Council ask eligible Band Members to vote “yes” or “no” on each lease proposal. To pass, each question must receive a majority (50% plus one).

More information will be available through community meetings, the band office, the website, and social media until June 2, 2025. All Members are encouraged to stay informed and make their voices heard.

What is Land Code:

The Land Code is Seabird Island’s own set of rules for how we manage and make decisions about our reserve land giving our community more control and self-governance.

What is a Referendum:

A referendum is a community vote. It gives members the power to approve or reject important decisions — like land use changes or lease agreements.

Let’s come together and decide the future of Seabird Island.

Vote: June 2, 2025

FOR MORE INFORMATION

Scan the QR code below,
send an email to eatocc@seabirdisland.ca
or visit <https://www.seabirdisland.ca/referendums-elections/>

SCAN ME



**YOUR VOICE
YOUR VOTE
YOUR FUTURE**

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Sq’ewqel Offices

CLOSED over Easter

Friday, April 18 to

Monday, April 21,

Reopen Tuesday April 22, 2025

sthíwelh

~
have a big voice

eyeqel

~
have a clear voice

Food Sovereignty – Growing Together This Spring

Happy Spring, Everyone!

With longer days and warmer temperatures gracing our valley, signs of new life are beginning to bloom all around us. Spring is a powerful time of renewal, and for many, it signals the beginning of the gardening season. Our soil is waking up, the sun is shining just a little longer each day, and it's the perfect opportunity to reconnect with the land and our traditional food systems.

At Sq'ewqel, we're embracing this season with open arms. Our Food Sovereignty Coordinator, Aleesha, has already been hard at work starting seeds indoors to prepare for a bountiful season ahead. Tomatoes, onions, leeks, broccoli, and peppers are already sprouting and will soon be thriving in the school garden, where students and staff alike can witness the magic of growing food from seed to harvest.

ts'ísem ~ to grow

The Food Sovereignty Program will also be managing additional garden spaces around Seabird this year, with the goal of increasing access to fresh, healthy, and locally grown produce. We believe that food is not just nourishment—it's culture, it's tradition, and it's a powerful act of community care.

If you've ever been curious about gardening but don't have a space of your own, we want to hear from you! Whether you're a seasoned green thumb or just starting out, we welcome

Community Members of all ages and skill levels to join us in growing together. We can help connect you with shared garden spaces, tools, seeds, and guidance to get you started on your journey.

Gardening is a beautiful way to learn, teach, and spend time outdoors with your family, especially with little ones. It also promotes mental wellness, physical activity, and connection to the land—values deeply rooted in our teachings and ways of life.

For garden inquiries, seed requests, or general growing questions, please reach out to Aleesha at: aleesha.jones@seabirdisland.ca or (604) 798-2936.

Let's make this growing season one to remember. Whether you're planting a single pot of herbs or tending a full garden bed, every seed sown is a step toward self-sufficiency, community resilience, and honoring our ancestral ways.

Happy planting, and see you in the garden!

*Submitted by Aleesha Jones
Food Sovereignty
Written by: Sandra Bobb
Sq'ewqel Communications*

thóyeqwt ~ to dig (it) up



Sq'EWQEL "SEABIRD ISLAND BAND"

Red Dress Gathering

MISSING & MURDERED
INDIGENOUS WOMEN AND GIRLS
AND 2SLGBTQI+ PEOPLE
(MMIWG2S)



CELEBRATING A MILESTONE

The Tem'elile Midwifery Program has achieved a remarkable milestone, with Seabird midwives Amelia and Cheryl attending a total of 25 births from January to March 2025. This accomplishment is a testament to their dedication and hard work!

We are also excited to highlight the contributions of Kiley, a Midwifery student who has been with us since September 2024. Kiley had the opportunity to attend 14 births alongside Amelia and Cheryl. Her final

day at Seabird was on April 4, and we are proud to celebrate her upcoming graduation in May. Thank you, Kiley, for being such an integral part of our team. We wish you all the best in your future endeavours!

It is thanks to midwives and students such as Amelia, Cheryl and Kiley that we continue to facilitate mother and infant health, cultural awareness and self-determination among the Sq'ewqel community and beyond.

mímele ~ Baby, little child

The Maternal Child Health Team is busy planning our next Baby Welcoming Ceremony to honour all the babies born between July 2024 and May 2025. Stay tuned for a "Save the Date" announcement, coming soon!

*Written by: Hailey Hague
Licensed Practical Nurse
Maternal Child Health*

Matriarch Tea

This Mother's Day, Sq'ewqel (Seabird Island Band) is collaborating with Thélá:ylexw awtxw Foundation, or House of the Life Givers, to honour all the Matriarchs who give life and shape our communities with traditional teas and a light lunch.

House of the Life Givers is a dedicated organization of Stó:lō women whose mission is to restore the traditions of our Matriarchs. Their knowledge has been passed down through countless generations and includes teachings about the land and how to honour its resources.

Traditional Indigenous teas have numerous health benefits; they can be a natural source of Vitamin C, boost the immune system, improve digestion, fight disease, and more. They soothe the drinker and promote overall well-being.

Come together with us to celebrate our Mothers, Grandmothers, Sisters, Daughters, Aunties and all the other Matriarchs who serve our communities, and reconnect with traditional knowledge imparted by these vital members of Indigenous communities.

*Written by: Aishah Khan
Sq'ewqel Communications*

tí ~ Tea

shxwtiti'álá ~ Teapot



Join us in honoring the heart of our communities — our mothers, grandmothers, aunts, and sisters.

Matriarch Tea

Stó:lō Women's Mother's Day Event

Join us as we celebrate the powerful matriarchs who shape our lives and communities.

A collaborative event with Thélá:ylexw awtxw House of the Life Givers

SAVE THE DATE

DATE: May 10, 2025
TIME: 12:00 - 3:00 PM
LOCATION: Band Office Gym
2895 Chowat Rd, Agassiz, BC

There will be traditional teas and a light lunch provided.
More details to follow!



xepósem Easter Celebration

April 21, 2025
11:00 AM - 2:00 PM
Band Office Gym
Snacks and Lunch will be provided!

Photo Booth
Make & Take Easter Cookie Bags
Egg Decorating
Make & Take Bannock Bags

Door Prizes:
Fruit Basket (\$40 Value)
Veggie Basket (\$40 Value)
Pizza Gift Card, (\$25 Value)
A&W Gift Card
Subway Gift Card (\$25 Value)
DQ Gift Card for an Ice-cream Cake (\$50 Value)
Yeti Cooler

To learn more, please contact Events: events@seabirdisland.ca

SQ'ÉWQEL COMMUNITY KITCHEN

3:00 - 5:00 PM

Mill Hall - A notice will be sent out if the location is unavailable at any time.



May 7
June 4
July 7
August 13
September 10
October 8
November 5
December 3



& WORKSHOPS

3:00 - 5:00 PM

Mill Hall - A notice will be sent out if the location is unavailable at any time.

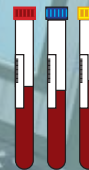


DATE	TOPIC	RECIPE(S)
May 5-9	Eating More Superfoods	Superfood Salad & Homemade Dressing
June 2-6	Salmon Season	Fish Tacos & Fish Bowls
July 3-4, 7-8	Berry Season	Bery Picking Outing & Berry Crepes
August 11-15	Kids Can Cook	Spaghetti Dinner for the Family
September 8-12	Meal Planning	Grain Bowls
October 6-10	Soup Season	Hearty Lentil Soup & Easy Tomato Soup
November 3-7	Satisfying Snacks	Homemade Hummus & No Bake Granola Bites
December 1-5	Roasting Vegetables 101	Sheet Pan Vegetables

For more information, please contact your Community Health Representative

◀ 2025 ▶

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.



Date:

April 24, 2025

Future Dates: July 24, October 23

Time:

8:00 - 10:00 AM

Place:

Sq'Éwqel Health Office

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

SQ'ÉWQEL COMMUNITY KITCHEN: SUPER-FOODS

April showers bring May flowers! They also welcome a spring season bursting with lush greens, which brings us to the topic of May's Community Kitchen Workshop: Eating More Super-foods.

On May 4, Val and Jaime from our Nutrition team will be guiding a recipe to create a Super-food Salad complete with homemade dressing.

Although a balanced diet includes a variety of different foods, super-foods are powerful because they contain many of the best nutrients necessary to promote a healthy lifestyle in so few ingredients. Super-foods can be eaten easily as snacks or quick, convenient meals, or included in more elaborate recipes, and they keep you full for long periods of time.

Berries, leafy greens, fish, nuts, whole grains, black beans and vegetables including broccoli, collard greens and Brussels sprouts are some super-foods. They don't need to be fresh to provide health benefits when eaten, but can be frozen, canned, cooked or steamed – they're all fine, just as long as they're not processed!

Super-foods can be prepared in a variety of ways, and their health benefits are far-reaching; they can be rich in fibre, antioxidants, omega-3 fatty acids, protein and probiotics, to name a few. Many health complications can be eased by consuming correctly prepared and portioned super-foods, from high cholesterol to indigestion and diabetes, as well as heart disease and many types of cancer.

Come learn more about super-foods and prepare a scrumptious salad in the Mill Hall, 3-5PM on May 4!

DIABETIC LAB DAY

Mobile LifeLabs is coming to Seabird Island, **April 24, July 24 and October 23, 2025**. Here, a LifeLabs technician will be available to collect samples, ECGs, conduct blood tests and monitor Holters.

Anyone requiring regular blood work is welcome (must have a requisition). Fasting is recommended although not required. Following your lab tests, light snacks will be available for those who attend.

This is a drop-in clinic; no registration is required.



SEABIRD HEALTH INVITES YOU TO:

COMMUNITY KITCHEN

RED DRESS DAY WORKSHOP

MAY 7TH 2025
3PM-5PM
Seabird Island
Mill Hall

PLEASE ARRIVE AT 3PM IF YOU WOULD LIKE TO PARTICIPATE IN COMMUNITY KITCHEN ♥

COMMUNITY KITCHEN WITH VAL THOMPSON AND JAIME PETERS FOR MAKE AND TAKE SUPERFOOD SALAD BAGS & HOME-MADE CITRUS SALAD DRESSING

WE WILL MAKE SOME TO SAMPLE ♥



Join our nurses, **Cheyenne Gardner, RN** and **Jeff Aleck LPN** for a discussion on **MMIWG2S**

Get involved in creating a community red dress collage! The collage will be showcased in your community !

Cedar Brushing will be available to anyone who needs



BEFORE EXPANSION CONSTRUCTION 2016

EARLY CHILDHOOD DEVELOPMENT DEPARTMENT UPDATE: KEEPING OUR CHILDREN AT THE HEART OF EVERYTHING WE DO

At Sq'ewqel, we believe in walking alongside our children and families, supporting each other to grow and thrive, and stay rooted in who we are. As our community evolves, so does the work we do to care for our little ones and their families.

Our Early Childhood Development department has been growing — both in spirit and in space. With the expansion of our building, we've been able to bring in new spaces that reflect our commitment to extensive, holistic care for our children and their caregivers, including:

- **A Sensory Room** — a calm, welcoming space for children and families to find balance, self-regulate, and access therapeutic support when needed.
- **A Speech and Language Room** — a comfortable, family-centered space

for language and speech therapy, and where families can meet with staff and visiting professionals.

- **New offices upstairs** — welcoming new office spaces for our growing team, including our new managers and reception.

Our team is growing too. We are proud to share the following changes and new faces:

- **Carlene Brown** continues to lead the department as Director of Early Childhood Development. Carlene will be moving her office to the Band Office soon; details to come. ☎ 604-819-5451 ✉ carlene@seabirdisland.ca
- **Jen McNeil** is now our **Manager of Early Years Support and Wellness Programs**. She oversees child development support services and

Aboriginal Head Start on Reserve and will be moving into her new office at the front of our building.

☎ 604-798-1415
✉ jenmcneil@seabirdisland.ca

- **Kristy Jamison** is stepping into the role of **Child Development Team Lead**, overseeing Aboriginal Supported Child Development, Supported Child Development, Aboriginal Infant Development, Ey Q'wal Speech and Language, and BEAR Bus. ☎ 604-845-0098 ✉ kristyjameson@seabirdisland.ca
- **Brooke Anderson** joins us as the new **Coordinator for Pathway & Activity Programs**, supporting transitions from early years into Youth programming. ☎ 604-845-0629 ✉ brooke.anderson@seabirdisland.ca

EARLY CHILDHOOD DEVELOPMENT DEPARTMENT UPDATE: continued

- **Yvonne Bobb** joins us as **Family Enrichment and Wellness Coordinator**, bringing forward new opportunities to walk with families on their journeys.
 ☎ 604-798-5156
 ✉ yvonne@seabirdisland.ca
- **Richelle Hazard** now holds the title of **ASHOR Team Lead**, continuing to offer Aboriginal Head Start on Reserve Parent & Tots programs at Seabird and Cheam.
 ☎ 604-793-5843
 ✉ richelle.hazard@seabirdisland.ca
- **Nadine Knelsen** is now **Manager of Early Childhood Education and Childcare Programs**, overseeing Daycare, Preschool, Out of School Care, and the School Out Program.
 ☎ 604-798-2083
 ✉ nadine.knelsen@seabirdisland.ca
- **Alisha McKeown** is now **Early Years Education Team Lead**, continuing her work leading the teams at our Daycare and supporting our Preschool teams.
 ☎ 604-819-4290
 ✉ alisham@seabirdisland.ca
- **Megan Louis** is now **Middle Years Childcare and Services Team Lead**, continuing with Out of School Care and now supporting the School's Out Program.
 ☎ 604-798-4109
 ✉ meganl@seabirdisland.ca
- **Connie Joe** has taken on the important role of **Early Years Cultural Coordinator**, helping us bring our language, culture, and ways of knowing into the daily life of our programs with guidance from our Elders and Knowledge Keepers.
 ☎ 604-793-5663
 ✉ connie@seabirdisland.ca

We celebrate all our team members stepping into new roles, carrying their gifts forward in service to our children, families, and community.

To our parents and caregivers: Thank you for walking with us. As our team grows and settles into these new responsibilities, we ask for your continued patience and support. Our hearts are in the right place, and we remain focused on creating safe, caring, and culturally grounded spaces for your children to thrive.

If you have any questions, please feel free to reach out to any of us. We are here for you and your family.

With gratitude,
The Early Childhood Development Team

mámele ~ children

CURRENT EXPANSION CONSTRUCTION 2025



ELDERS CORNER

S'i:wes ye Siyolexwa



Siyólexwe ~ Elder

SQ'ÉWQEL ELDERS CALENDAR

Have any questions contact
Haley 604-798-0768
or Emerald 604-793-3198



ELDERS WALKING PROGRAM

SG'ÉWQEL (SEABIRD ISLAND BAND)

DATE: *sthémélts and sxe'óthels*

Tuesdays and Thursdays

Starting April 1, 2025

TIME:

12:00 - 1:00 PM

LOCATION:

Elders College Room #10

2812 Chowat Rd, Agassiz

Monthly Draw:

To enter, you will have to show up every time that month.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 Chair Yoga - Elders Lounge 10 -1 Walking Program 12-1 Elders College	2 Exercise with Bernie 9-11	3 Walking Program 12-1 Elders College	4 Exercise with Haley & Emerald 8-9 Fitness Centre	5
6	7 Exercise with Bernie 9-11	8 Chair Yoga - Elders Lounge 10 -1 Walking Program 12-1 Elders College	9 Exercise with Bernie 9-11	10 Walking Program 12-1 Elders College TV Bingo 5-8 Elders College	11 Exercise with Haley & Emerald 8-9 Fitness Centre	12
13	14 Exercise with Bernie 9-11	15 Chair Yoga - Elders Lounge 10 -1 Walking Program 12-1 Elders College	16 Exercise with Bernie 9-11	17 Walking Program 12-1 Elders College	18 Good Friday Office CLOSED	19
20	21 Easter Monday Office CLOSED	22 Chair Yoga - Elders Lounge 10 -1 Walking Program 12-1 Elders College	23 Exercise with Bernie 9-11	24 Walking Program 12-1 Elders College TV Bingo 5-8 Elders College	25 Exercise with Haley & Emerald 8-9 Fitness Centre	26
27	28 Exercise with Bernie 9-11	29 Chair Yoga - Elders Lounge 10 -1 Walking Program 12-1 Elders College	30 Grocery Shop 9-2:30			



ELDERS CALENDAR: APRIL 2025

Room 10 at Seabird Island College is the home of the Elders Program. It is a simple space with tables, chairs, a few comfy couches and a friendly atmosphere. Elders Coordinator Haley Walker and Mobility Program Coordinator, Emerald John, lead a variety of social and fun activities throughout the week, contributing to physical, emotional, and spiritual wellness.

Emerald coordinates activities focused on physical well-being. Guided exercise is available at the Fitness Centre three times a week, as well as chair yoga in the Band Office on Tuesdays, and walking groups outside on Tuesdays and Thursdays at noon.

Low-impact exercises such as yoga and walking are helpful for stimulating muscle movement and improving

mobility, which makes completing daily tasks easier. They also help to manage mood – walking for just 30 minutes a day can relieve stress and increase alertness.

Social engagement contributes to the mental and spiritual well-being of Elders, many of whom may feel isolated at times. Haley and Emerald host supper and TV Bingo twice a month in Room 10, as well as take groups of Elders for groceries and other shopping, and on outings for medicine harvesting and other cultural purposes.

Support is also provided to Elders through the program, including assistance with preparing annual returns, filling out forms and completing registration processes. Haley and Emerald are strong resources for accessing services available to Seabird

siyelyólexwe ~ Many Elders

Island's Elders and keeping in contact with all Elders on a regular basis. This takes many forms, including at-home visits, phone calls, texts, and emails.

Elders are an invaluable element of our community, and it is with this in mind that we created this Elders Program schedule. The Elders Program is **open to everyone 60 and above**, even though turning 65 is when one is officially recognized as an Elder. If you haven't attended an Elders Program activity, don't be shy. Drop by Room 10 at the college and see what they have for you!

CONTACT Haley at 604-798-0768 or Emerald at 604-793-3198 if you have any questions.

*Written By, Roy Bedford
Sq'ewqel Culture & Community Services*

NEW STAFF INTRODUCTION



Aishah Khan

Hi! I'm Aishah, Sq'éwqel's new Journalism Writer & Editor. You can find me with the rest of the Communications department clacking away at my computer, or out and about at community events and gatherings, capturing photos and scouting for potential stories and storytellers.

I'm from Ottawa, but have made BC my home in recent years. I began travelling out west nearly 10 years ago, doing seasonal work in the summers between university semesters.

I have a BA in human rights, and I completed my graduate certificate in professional writing and communications in 2022. I have extensive roots working with Youth and in the outdoor recreation sector; I've been a camp counselor through to director, outdoor education instructor, an art teacher, leadership mentor, literacy counselor, and I have worked in a residential youth group home. Throughout my career I have worked both on and off-reservation with Indigenous communities, children and Youth in Ontario and BC.

Since completing my writing and communications certificate, I interned as a writer for the Mental Health Commission of Canada before returning to BC and pivoting into marketing roles in the ski industry.

I had fun and learned a lot by exploring different avenues, but my true drive is writing and I'm excited to return to community-based work. I am passionate about curating stories and elevating the voices of those with stories to tell. There are countless ways to tell a story, and as a writer I look for creative and fitting ways that will tell them best.

I also paint, draw, read, blog and spend time outside exploring and trying to stay upright on my roller skates. I love history and trying to understand what shapes people and cultures to evolve as they do. My interest in history is probably the nerdiest thing about me, but I'm liable to be proven wrong about that at any time.

I also enjoy photography; I assume it's a natural by-product of working in the outdoor industry. Years ago I got my first camera and began snapping shots of landscapes and adventures, and the hobby evolved during my time in marketing and social media management to comprise sports-action, portrait and lifestyle photography. I find that imagery is just as powerful as writing, and it has transformed into another useful medium through which I tell stories.

I'm always happy to chat – if you see me around, feel free to say hi! I'm excited to build relationships within the community and learn what matters most to Members.

If you have a story you'd like to submit or speak to me about, please reach out; my email is aishah.khan@seabirdisland.ca. I look forward to sharing the meaningful stories that shape the Seabird Island community.

COMMUNITY VISIT

Stó:lō Community Futures will be at the Seabird Island Band office for any community members interested in starting a business!

Every first Tuesday of the month every month from 2:00 pm to 4:00 pm!

- May 06th, 2025
- 2:00 pm to 4:00 pm
- Band Office



SCF Business Analyst
Shannon Smith




xexé:yls ~ Writing

sqwélqwel ~ Story, News

12 MONTHS OF SAFETY: APRIL 2025

MONTHLY SAFETY MESSAGE

NATIONAL LADDER SAFETY MONTH

EVERY STEP MATTERS

HAZARDS

There are 34,000 ladder-related accidents annually in Canada.

Improper ladder use remains a leading cause of these incidents, underscoring the urgent need for action.

LADDER SAFETY TIPS

Falls from ladders remain one of the leading causes of workplace injuries. Whether you are in construction, maintenance, or home improvement, following these ladder safety guidelines can help prevent accidents and save lives.

By following these simple yet effective rules, we can create a safer work environment and protect workers from avoidable injuries. Stay safe, use common sense, and always prioritize ladder safety!

Challenge your knowledge in this Ladder Challenge game link below:

ladderchallenge.com

kw'iyt ~ To climb (it)

TIPS

Spring is approaching, and many will be outside cleaning up after winter, which can include gutters and higher spaces.

LADDER SAFETY: PREVENT FALLS & STAY SAFE

FOLLOW THESE 5 BASIC RULES FOR LADDER SAFETY

1. Use the Right Ladder for the Job

Select a ladder with the proper load capacity, this includes your weight plus any tools.

Ensure the ladder is tall enough so you do not have to stand on the top 3 ft (7.62 cm)

2. Inspect the Ladder Before & After Use

Always check for stability, loose bolts, damaged rungs, and slippery surfaces.

Never use a damaged ladder, remove it from service immediately.

Keep ladders away from electrical wires to avoid dangerous shocks.

3. Set the Ladder Up Correctly

Place it on a level, non-slip surface to ensure stability.

For straight ladders, follow the 4:1 angle rule: 1 ft (2.54 cm) out for every 4 ft (10.16 cm) up.

Extend ladders 3 ft (7.62 cm) above rooftops or platforms and secure the top by tying it off.

4. Climb & Descend with Caution

Always face the ladder and maintain 3 points of contact: either 2 hands and 1 foot, or 2 feet and 1 hand.

Never carry heavy items while climbing, use a tool belt or hoist.

Before climbing, check for overhead power lines to avoid accidents.

5. Use Common Sense & Stay Safe

DO NOT lean outside the ladder rails, stay centered and balanced.

Keep the area clear of clutter and potential trip hazards.

Never stand on the top step or the ladder's cap, it is not safe.

Never use unstable objects like boxes or barrels to prop up ladders.

Do not move a ladder while someone is on it, always ensure the ladder is stable before use.

EMERGENCY PREPAREDNESS

MOCK EVACUATION DRILL

Sq'ewqel's (Seabird Island) Emergency Department has been working on several initiatives, and we are excited to announce our Mock Evacuation Drill, scheduled for April 23.

From 7-9PM, Seabird Island's Fire Department and the Kent - Harrison Search and Rescue will be working together on this drill. First responders will meet each other and practice going door-to-door systematically to prepare for any real emergencies that occur.

Look out for first responders handing out alerts between 7-9PM on April 23, and please open the door when they knock!


Mock drills of this nature ensure that everyone in the community is equipped to act in an emergency and are a useful way to enforce safety and prevention.

SQ'EWQEL'S FIRESMART PROGRAM IS UP AND RUNNING!


Our FireSmart Coordinator is offering **FREE** home assessments. These assessments will help residents understand how to protect their home from wildfires and inform future mitigation work. Please sign up using the QR code provided, or email firesmart@seabirdisland.ca.

*Written by: Danika Snook
Emergency Preparedness Manager*

Sq'ewqel FireSmart - Home Assessment Sign-up and Volunteer Opportunities

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



EMERGENCY MANAGEMENT
COMMUNITY EVACUATION DRILL

Wednesday, April 23, 2025 between 7-9 PM
This will be a drill - not an actual evacuation!

First Responders will be going door-to-door to conduct an evacuation drill. Community Members do not need to leave their homes. The drill is a practice exercise for the Seabird Island Fire Department and Kent-Harrison Search and Rescue.

Please answer your door on April 23, between 7:00 and 9:00 PM to receive a mock evacuation alert and information on how to download our community emergency notification system, Alertable.

If you have any questions, concerns, or feedback, please contact Danika Snook, Seabird Island's Emergency Preparedness Manager:

Band Office: 604-796-2177
Email: danika.snook@seabirdisland.ca

ENVIRONMENTAL NEEDS ASSESSMENT - HABITAT SURVEY

Seabird's Fish, Wildlife, and Natural Resource Management department is inviting Community Members to complete a habitat survey.

We value your input! This short questionnaire is designed to help us understand your needs and priorities related to natural resources, forestry, climate change, hunting rights, and the environment. Your feedback will help guide future projects that best serve our community.

Your responses will remain confidential. Please take 5 minutes to complete the survey. The survey will remain open until May 31, 2025.

Please follow the Survey URL: <https://forms.office.com/r/QQgC1XnhNDor> or the QR Code to complete your survey.



xétxetem ~ Many fish swimming



FEDERAL ELECTION

Monday, April 28, 2025 – 9:30 AM - 9:30 PM

Poling Station – Seabird Island Mill Hall

GARBAGE DAY GAME - CHANGER: BIN TRUCK GETS A BIG UPGRADE

Good news for the Seabird Island community — large garbage bin collection is officially back and better than ever!

After a period of downtime and much-needed repairs, Seabird Island’s garbage bin truck has received a major overhaul. The upgrades include a brand-new roll-on system along with fully replaced hydraulic, hook, and rail systems. These improvements mean the truck can now handle large garbage bins more efficiently and reliably.

This might seem like a simple mechanical update, but it’s a game-changer for our community. With this renewed equipment, Public Works can now consistently move and empty the large bins

These improvements ensure that Seabird Island is set up for long-term success when it comes to waste management. The upgrades also reduce wear and tear on staff and equipment, allowing for safer and more sustainable operations.



We’d like to thank everyone for their patience while the truck was under repair — and now, we’re excited to roll forward with a more efficient and cleaner future.

Let’s keep Sq’ewqel looking beautiful — one bin at a time!

*Submitted by: Gary Swan,
Facilities Maintenance Manager
Written By: Sandra Bobb
Sq’ewqel Communications*

sqél:epálá ~ Garbage Can

ts’lhá:met ~ to hear it

qw’ō:l ~ ear

Kw’étslexw ~ to see it

shxwetoleólestel ~ eye glasses



HEARING CLINIC
With Amplifon

Date: April 17, 2025
Future Dates: Jan. 18, Sep. 10, Nov. 12

Time: 9 AM - 4 PM

Age: 19+

Location: Community Health Room

Limited appointments available.
Hearing, screening, adjustments, cleanings, and battery replacements when needed.



Book appointment at:
(604)-796-2165





Seabird Island Optometry Clinic

For an appointment please contact your Community Health Representative (CHR) OR Shawna Martin
Shawna Martin @ 604-798-3793
shawna.martin@seabirdisland.ca

- Adults eligible once every 2 years
- 0 - 18 eligible once a year
- 65+ eligible once a year

Dates: **May 15 - 16, 2025**
Future | Jun. 26 - 27, Aug. 14 - 15, Oct. 2 - 3, Nov. 13 - 14, Dec. 10 - 12

Time: **9:00 AM - 8:00 PM**

Place: **SIB Office, Elders Lounge**

Enter through main entrance of Band Office.
• Masks are recommended, not required.
• Are you not feeling well or are sick? (Please reschedule your appointment).



Thank you for your understanding and cooperation.



Sq'ewqel Housing Wait-list

1 Bedroom		2 Bedroom		3 Bedroom	
1	01172023-7093	1	12102018-6014	1	12192012-3076
2	10182023-7116	2	01072020-7031	2	01142015-1011
3	11032023-7127	3	01092021-7061	3	12102018-6014
4	05022023-7105	4	01172023-7093	4	01072020-6024
5	11082023-7128	5	11022020-5051	5	01072020-7031
6	01012024-7140	6	12232020-7056	6	12232020-7056
7	05282024-7154	7	05022023-7105	7	01092021-7061
8	01142025-7164	8	06152023-7028	8	12192021-7070
9	12122023-7131	9	01042024-7137	9	01092020-6000
10	03042025-7170	10	06282024-7154	10	11272018-5024
<p>lá:lem ~ house</p> <p>tháyeltxwem ~ to build a house</p>		11	06032024-7152	11	01182023-7094
		12	08092024-7157	12	08202019-7034
		13	10242024-7161	13	05172023-7106
		14	12182018-5014	14	06152023-7118
		15	01132025-7163	15	09232023-7123
		16	02212025-7168	16	12062022-7091
		17	02262025-7169	17	12142023-7132
		18	03052025-7171	18	12292023-7136
		19	08112023-7112	19	01042024-7137
		20	04042025-7173	20	07032023-7102
		21	01152024-7142	21	01152024-7142
		22	06032024-7152	22	06032024-7152
		23	07232024-7155	23	07232024-7155
		24	09202024-7158	24	09202024-7158
		25	11012024-7163	25	11012024-7163
		26	12182018-5014	26	12182018-5014
		27	01142025-7165	27	01142025-7165
		28	01152025-7165	28	01152025-7165
		29	02082013-3084	29	02082013-3084
		30	01132025-7163	30	01132025-7163
		31	01132025-7167	31	01132025-7167
		32	10032022-7077	32	10032022-7077
		33	02212025-7168	33	02212025-7168
		34	05022023-7105	34	05022023-7105
		35	03312025-7172	35	03312025-7172

RENTAL HOUSING MAINTENANCE REQUEST'S

To request maintenance on your Sq'ewqel rental home, complete our **online Work Request Form** with details and the service address.

Prompt repairs extend its lifespan and keep your home comfortable.

Uploading a photo helps us assess the issue in advance for efficient repairs.

Thank you for helping us maintain your home!

Follow the link at the bottom of this page:
<https://www.seabirdisland.ca/rntlhsngwaitlst/>

or

Follow this QR Code to submit your request:



thíyest te lálem ~ to clean the house

t'ó:kw' ~ to go home

SEWER DO'S & DON'TS

DO'S:

DO - Following the suggestions listed below may save residents money and avoid significant inconvenience, as well as the cost to the resident or community for clearing and repairing blockages.

DO - Place liquid fats, oils and grease (FOG) into a jar or container with a lid and then dispose in the trash on trash collection day. Wipe down greasy pots and pans with a paper towel prior to washing in the sink or dishwasher.

DO - Place a wastebasket in the bathroom to dispose of solid wastes. **Disposable diapers, and personal hygiene products do not belong in the sewer system.**

DO - Use a strainer over the drain in your sink, tub and shower. Then, empty the collected material into the garbage.

DO - Use a composter. If you haven't begun a compost heap, start one with lawn clippings, garden rubbish and food scraps and use the compost to fertilize your garden.

DO - Use the manufacturer's recommended amount of detergent for washing in the kitchen or laundry. The average household uses three times more detergent than manufacturers recommend for washing dishes and clothes. When these detergents enter the sewer system, they hold large amounts of fats, oils, and grease in suspension making cleaning and treating the wastewater difficult and more costly. In addition to saving money on buying detergents, by cutting down on the amount of detergent used, there will also be less phosphate in the environment to cause the growth of algae in water.

átl'qeláwtxw ~ Toilet, bathroom



TOILETS ARE NOT TRASHCANS

DON'TS:

Do not - pour fats, oils and grease from cooking down the sink drain. If your pots and pans are oily or greasy, don't rinse them; wipe them out with a paper towel.

Do not - pour sour milk down the sink. One liter of full cream milk has enough fat in it to cover the surface of an Olympic-sized swimming pool.

Do not - use the toilet as a waste basket or garbage can.

Do not - use the sewer as a means to dispose of food scraps.

Do not - discard food scraps, tealeaves, coffee grounds and eggshells down the sink.

Do not - flush razor blades, pharmaceutical products, cigarette butts, nail polish remover, toilet deodorant dispensers or other non-biodegradable products down the toilet.

Do not - flush toys, they can find their way into the system and cause problems.

Do not - place jewelry and valuables on the edge of the basin or the sink. Once flushed down the toilet, valuable and valued items are very difficult to recover.

Do not - flush diapers, sanitary napkins, wet wipes, tampons, convenience pads, surgical bandages, syringes, and cotton tipped stems or pantyhose down the toilet.

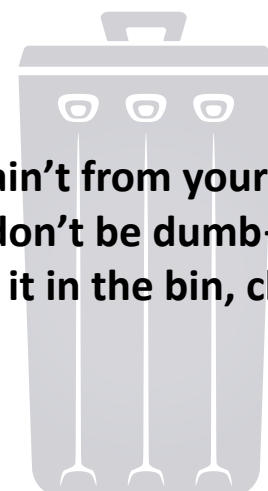
Do not - flush hair balls or clumps of hair from cleaning your brush.

Do not - dispose of plastics and plastic film from personal hygiene items, including disposable diapers.

Do not - pour paint, engine oil, pesticides or chemicals down the sink. Some hazardous materials can corrode the sewer, while others complicate the treatment process. In fact, dumping them in the sewer is illegal and could subject you to a fine. This isn't only because of the threat of these hazards getting into the environment; but also because these chemicals pose a health threat to maintenance crews working in the sewers. Similarly, by throwing hazardous materials in the solid waste containers, you are creating a risk for collection employees.

Do not - flush a commercial grease interceptor with hot water to clear or clean the interceptor in lieu of cleaning and pumping out the interceptor.

s'ikw'els ~ Garbage



**If it ain't from your bum,
don't be dumb—
toss it in the bin, chum!**

COMMUNITY DINNER MILESTONE

On April 7, 2025, Sq'ewqel celebrated the one-year anniversary of its beloved Monday Night Community Dinners at the Mill Hall — a program that has quickly grown into a cherished weekly tradition. What started as a small initiative to bring people together over a shared meal has blossomed into a vibrant gathering that many now look forward to each week. All Community Members are invited to attend every Monday night.

The anniversary event was a full house — with laughter and conversation echoing throughout the community hall. Outside, children ran and played in the attached playground, their joyful energy filling the air as they waited for dinner to be served.

That evening's meal featured a hearty and delicious stew lovingly prepared by a team of dedicated volunteers from Agassiz. To accompany the stew, a generous donation of fresh bannock was provided by a Sq'ewqel Community Member, adding a special local touch to the meal. For desert the workers and volunteers passed out ice cream sandwiches.

Over the past year, these dinners have provided more than just nourishment — they've become a space for connection, storytelling, and support. Community Members of all ages come together to share food, check in with one another, and strengthen the bonds that tie them together.

A huge thank you goes out to all the volunteers, donors, organizers, and attendees who have made Monday Night Dinners a success over the past 12 months. Here's to many more years of food, friendship, and community spirit!

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

wó:thel ~ Share a meal

XÓLHMET TE MEKW'EWÁT ~ TAKING CARE OF THE PEOPLE.

WE HÓYEQWT (INVITE) MEMBERS' ACHIEVEMENTS

Hóyeqwt ~ invite him/her

We warmly invite all Community and Band Members to share your achievements and celebrate your children's milestones with us. Let's lift each other up and inspire one another!

Sq'ewqel Eyém! (Seabird Strong!)

Sharing your accomplishments strengthens our people and helps create a more connected and united community. Whether your achievement is personal, academic, professional, or cultural, we want to celebrate your success and share it with the community in our monthly newspaper—complete with your photos!

Send your accomplishments to: comm@seabirdisland.ca with the subject line "Accomplishments."

We are smath'el (proud) of every one of you!

xwóxwelx ~ To hoist, lift up

MEMBERS' BUSINESSES, WE WANT YOU!

We are excited to announce that we have space for **10** business card-sized (2"x3.5") advertisements in the next issue of the Sq'ewqel Sqwelqwel Pípe! This is a fantastic opportunity to showcase your Community Member businesses and highlight everything you bring to our community.

SUBMIT YOUR 2" X 3" ADVERTISEMENT
by **February 1, 2026**, to comm@seabirdisland.ca

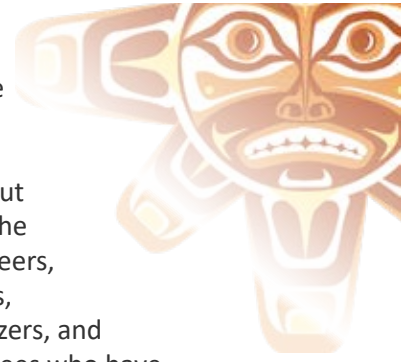
for a chance to be featured in the January issue of the Pípe.

SHARE YOUR SXWŌXWIYÁM WITH SQ'ÉWQEL

We are always on the lookout for a great **sxwōxwiyám** (story)! If your interested, we would be delighted to interview you and include a photo, alongside your story. You are already an inspiration for other members, so let us help share your gift!

For inquiries or more details, please contact the Communications team at 604-796-6838 or email comm@seabirdisland.ca

We look forward to showcasing your sxwōxwiyám!



SAGE SUGGESTIONS

Aishah Khan, Communications Program, Sq̓éwqel Culture & Community Services

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

CLEAR YOUR MIND AND KEEP IT SIMPLE

There's so much to do – read my book, listen to that new album, watch the show everyone's talking about, finish that drawing, catch up on the news, use the veggies in the fridge before they go bad...not being able to “keep up” makes me feel guilty and exhausted.

Daily tasks and inconveniences are here to stay. Hobbies and passive activities should ease these burdens, not add to stress.

The good news is you can keep it simple and still live a full life. The trick is deciding what truly matters and purposefully disconnecting from the rest.

ímexyósem

~

To go for a walk

SEIZE THE DAY

I'm not enjoying this incessant rain. If it were up to me, I'd march right into the sky, pry the clouds apart and yank the sun out from wherever it's been hiding. I'm trapped indoors, and just want to get out.

I can't have my morning coffee on the porch, lazily lounging with the dog and a book. I can't bring my crafts table outside and work in the sunlight. Inside, the curtains are thrown wide open, but darkness permeates the space.

In reality, the only thing I *can't* do in this situation is control the weather. I *can*, however, control my own actions.

I can continue binging TV, even though it makes me feel sluggish, and I can let this inconvenience dampen my mood. Or, I can just go outside and get wet.

To clear your mind and prioritize what matters, try:

1. **Driving/walking in silence.** Maybe it's silly to give up prime music-blasting time, but it's healing to drive/walk in total silence with nothing to focus on besides the road ahead. Let your mind wander and enjoy the reprieve.
2. **Doing something with your hands.** Fix something, make something, journal, garden...just use your hands and let distractions melt away.
3. **Consuming one form of media at a time.** Watching TV? Leave your phone in another room. Working on the computer? Do it without listening to anything, silence your notifications and notice how your concentration flows.

4. **Swapping your phone with an alarm clock.** Keeping a portal to endless texts, emails, headlines and social media beside us constantly can be overwhelming. Instead, start and end your days disconnected; fully reset at night, and start the next day with a clear mind.

It's already hard managing life without distractions hounding you, making you feel like it's not enough. Taking a break from hobbies is normal, and while there is endless content (music, movies, books, tv, social media etc.) out there to enjoy, stepping back from it has proven positive impacts on mental health and clarity.

Sprinkling these habits into your routine can ease you into a quieter state of mind, increase focus and allow you to prioritize what matters most.

Raincoat and rubber boots on, I finally ventured into the downpour, immediately regretting the first steps. But I walked on, my hands shoved in my pockets, face buried in my jacket and body hunched. Within a few minutes my steps became lighter and I began to enjoy the walk as easily as I would if the sun were out.

The reminders of why being outdoors makes me happy flooded in. The refreshing breeze, hearing the rush of water, smelling the sharp spring air – these simple pleasures is all it took to lift my mood, and I'd been hiding from them instead of embracing a slight discomfort. The hurdle to this happiness was a bit of rain, and there I was, blissfully soaking it up.

Small setbacks can convince you to put off your own joy, but reclaiming it is as easy as remembering that you can control your actions. Do what makes you happy, even if it takes some effort.

What are raincoats for, after all?



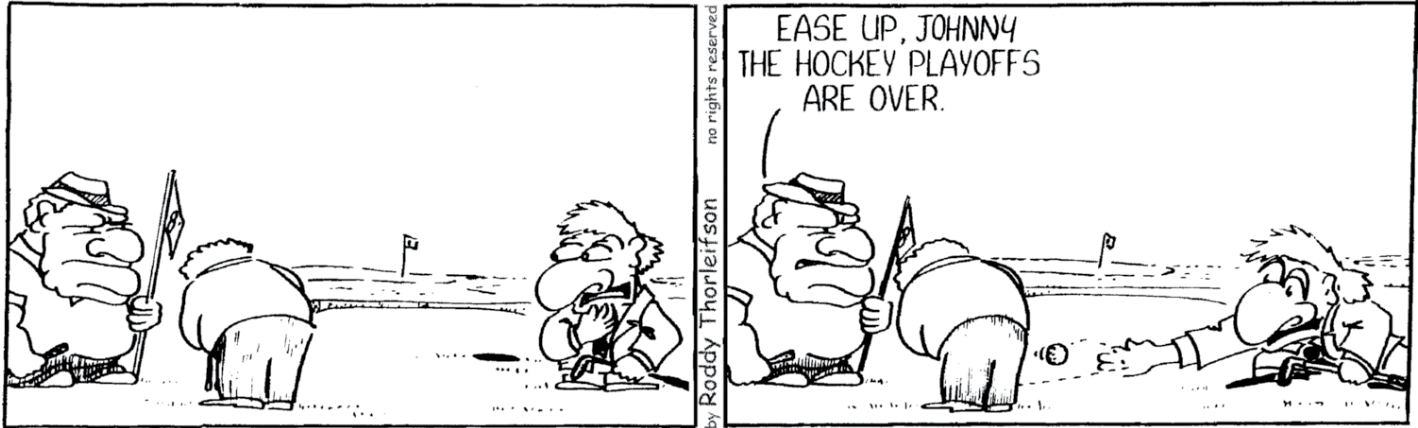
temkw'éyles ~ spring

Stl'ít'el ~ love, like

sq'eq'ó ~ being together with, along with, included

COMIC

Reference: <https://mooselakecartoons.com>



MARCH - WELEKE'ES
"Little frog season"

APRIL - TEM KWÍKWEXYEL
"Time for baby sockeye salmon"

INSPIRATION FROM CANADIANS:

Aries

March 21 - April 19

Falcon/Small Hawk - *xixemxímeéls*

Direction: East

Element: Fire – Stone: Opal

Strengths: You are courageous, but impulsive. Trailblazers. Passionate and independent your not afraid of conflict and standing up for people. Loyal, smart, and impulsive, they always have multiple projects on their mind.

Taurus

April 20 - May 20

Beaver - *Sqelá:w*

Direction: East

Element: Earth – **Stone:** Jasper
Strengths: Smart, ambitious, and trustworthy. Amazing friends, colleagues, and partners. You value honesty above all else and are proud that personal relationships tend to be drama free.

“When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us. – *Alexander Graham Bell, inventor of the telephone*

“If we must die, we die defending our rights.” - *Sitting Bull*

“The secret of our success is that we never, never give up.”
 - *Wilma Mankiller*



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HALQ'EMÉYLEM WORD SEARCH

*Created by Jasmine Paul Louis,
 Communications Program, Sq'ewqel Culture & Community Services*

WORD LIST:

1. **sqíqewáth** – rabbit (small).
2. **ts'átl'em** – jumping, hopping.
3. **kíks** – cakes, cookies.
4. **al'álex** – siblings.
5. **p'éq'** – white.
6. **tsqwá:y** – green, yellow.
7. **tsméth'** – blue.
8. **pipeqwels** – purple.
9. **tskwíkwemel** – pink.
10. **sth'í:m** – berries.
11. **stl'e'áxel** – a feast.
12. **q'owét** – to drum, a drum.
13. **hó:y** – finished, ready.
14. **pewá:ls** – to freeze.
15. **kwthát** – to pile it up.
16. **alalílelhp** – salmon berry plants.
17. **el'éliyá** – dreaming, having visions.
18. **p'q'élqel** – mountain goat.
19. **emét** – to sit down.
20. **sisiyá:m** – chiefs, respected leaders.



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:

Sandra Bobb;
 Ciara Busby;
 Kristy Johnson (on leave);
 Zorana Edwards-Shippentower;
 Jasmine Paul-Louis; and
 Aishah Khan.

PUBLISHER & TEAM SUPERVISOR:

Sandra Bobb

EDITOR & MANAGER:

Roy Bedford

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 Shawna Martin 604-796-2177.

FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

NEW - As per Seabird Funeral Policy, Sq'Éwqel supplies **250 colour funeral pamphlets**, as well as **1 hour of design time FREE** for all Band Members. Additional design time, pamphlets or special paper can be requested for a small 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

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/>

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 Shawna Martin 604-796-2177

BABIES ID CARDS

Apply for a Medical Care Card as soon as possible. Contact Shawna Martin 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 Shawna Martin 604-796-2177.

WELLBRIETY MEETINGS

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

AA in BC website: www.bcyukonaa.org

OPTOMETRY CLINIC

Appointments Only: May 15-16, June 26-27, Aug. 14-15, Oct. 2-3, Nov. 13-14 Dec. 10-12

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 Shawna Martin CHR at 604-796-2177 or shawna.martin@seabirdisland.ca

WILD ANIMAL ALERT

Respect the land and keep it clean to reduce wildlife encounters.

- 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

CLINICAL HEALTH SERVICES

DIRECTOR OF CLINICAL HEALTH SERVICES

Under the direction of the CAO, the Director of Clinical Health Services provides culturally informed leadership to ensure the seamless operation of healthcare services. This role integrates traditional healing practices with modern medicine, creating a culturally specific comprehensive and patient-centered approach to care. The Director oversees vital programs such as Primary Care (Medical and Dental Offices, Clinical based outreach and home health services, Mobile Diabetes), Health Quality, the Recovery Homes, the Youth Treatment Home, and the AIMS Program. They ensure seamless operations, embodying the community's vision for health and well-being while addressing systemic barriers to equitable care.

The Director of Clinical Health Services promotes culturally safe services developed to meet the needs of Seabird Island Health Service Agency communities' inclusivity and respect across all services while fostering collaboration within the community and across departments. By effectively managing resources, including staff, budgets, and program logistics, this role ensures the delivery of culturally safe and holistic healthcare practices. Additionally, the Director engages in community relations activities, supporting and empowering community while building meaningful relationships with stakeholders to advance unique and sustainable solutions to dynamic clinical community health care needs and culturally respectful healthcare services.

CHILD & FAMILY HEALTH SERVICES

CHILD & FAMILY LIAISON

In collaboration with the Family Wellness and Preservation Specialist, the Child and Family Liaison provides culturally informed care coordination and advocacy for families and children in the community. This role involves conducting client assessments, developing care plans, and facilitating the implementation of those plans in collaboration with other service providers and community partners. The Child and Family Liaison will also engage in community relations activities to support families, advocate for client needs, and strengthen partnerships between Seabird Island Band and external services.

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CHILD & FAMILY OUTREACH NAVIGATOR

In collaboration with the Family Wellness and Preservation Specialist and Child and Family Liaison, the Child and Family Outreach Navigator will actively engage with families in the community, identifying those who are facing challenges and may benefit from additional support. This role will involve building strong, trust-based relationships with families, conducting holistic assessments that consider emotional, physical, and spiritual well-being, and working collaboratively with various service providers to create comprehensive care plans that address the specific needs of each family. The Navigator will also be responsible for facilitating communication between families and service providers, ensuring families are empowered with the knowledge and resources necessary for their success.

TRADITIONAL & HOLISTIC WELLNESS SPECIALIST

The Traditional and Holistic Wellness Specialist ensures service delivery is centered around First Nations world views, beliefs about holistic health, and cultural aspects of personal and family wellness. This role involves developing and implementing wellness programs that incorporate traditional practices into our programming, offering workshops on holistic health, and promoting cultural continuity within wellness services. The Traditional and Holistic Wellness Specialist will also engage in community relations activities to support clients and strengthen the connection between traditional knowledge and health outcomes in the community and provide support while on their path to wellness or in crises.

COMMUNITY INFRASTRUCTURE

CUSTODIAL PART-TIME (TERM)

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 looking for a custodian to work Part time evenings, this is a term contract with an end date of June 30, 2025.

DRIVER (PART TIME)

Reporting to the Fleet Manager, the Driver will be responsible for providing driving services to various departments. This could include transporting Health clients to their appointments, or driving our students to field trips, community events and more all in a comfortable, safe, and timely manner.

Driver responsibilities include regular cleaning and maintenance services for the vehicle, planning each route based on road and traffic conditions.

LANDS ADMINISTRATIVE ASSISTANT (TERM)

Provides culturally informed administrative and clerical support to Community Members and the Lands Department. This role involves assisting with land transactions, maintaining accurate records, preparing reports, coordinating meetings, and ensuring compliance with relevant policies and regulations. The Lands Administrative Assistant will also engage in community relations activities to support clients and the broader community in understanding lands related processes and services.

This is a Full Time Term Position with an end date of August 31, 2026.

LANDS PROGRAM MANAGER

Provides culturally informed land management and administration Lands Registry, Land Code, Land Use Plan, transfer/lease agreements and related policies and procedures to regulate the land use, to obtain the highest benefit of land use and preservation for members. This role involves developing, implementing, and monitoring land use plans, negotiating agreements, and overseeing regulatory compliance. The Lands Program Manager will also engage in community relations activities to support members and promote sustainable land use.

CULTURE & COMMUNITY SERVICES

COMMUNICATIONS ASSISTANT (TWS)

Seabird Island Band is providing an opportunity for a Targeted Wage Subsidy Communications Assistant. Responsibilities may include answering phones, booking appointments for clients, file management, organizing, and other clerical duties. This position will also require the successful applicant to be able to provide exceptional client and customer service; courteous, friendly, and professional assistance to clients from a broad demographic.

EARLY CHILDHOOD DEVELOPMENT

EARLY CHILDHOOD EDUCATOR

The Early Childhood Educator provides culturally informed, hands-on childcare and early learning experiences to children enrolled in Seabird Island Band's early childhood education programs. This role involves creating a safe, nurturing, and engaging environment that promotes children's social, emotional, cognitive, and physical development. The Early Childhood Educator will implement developmentally appropriate learning activities, support cultural teachings, and foster positive relationships with children, families, and the community.

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EDUCATION

COMMUNITY EMPLOYMENT & READINESS SUPPORT WORKER

Responsible for working with clients one-on-one and in small groups, assisting them in overcoming barriers that inhibit their ability to gain meaningful employment. This role provides education, information, and hands-on assistance on all aspects of employment, education, training, and life career planning. The Community Employment and Readiness Support Worker also builds relationships with potential employers and engages in community outreach to support both clients and the broader community in achieving long-term career success. Working closely with other Pre-Employment Supports staff members, Career Exploration and Development Practitioners, Employment Pathways and Programs Coordinator, Administrative Assistant, and Income Assistance team this position ensures a coordinated approach to client support and program delivery.

Apply Today!

GRADE 4 TEACHER (LEAVE COVERAGE)

Provides culturally informed instruction, assessment, and classroom management to students. This role involves preparing and delivering lessons in alignment with curriculum standards, fostering a supportive and engaging learning environment, and maintaining positive relationships with students, parents, and the broader community.

The Teacher will also engage in community relations activities to support student success and well-being, while participating in professional development and school meetings to ensure continuous growth and alignment with school policies and educational best practices.

YOUTH & YOUNG ADULT CONNECTIONS SPECIALIST

Develop and deliver tailored intervention and prevention programs specifically designed to address the unique challenges and needs faced by high-risk male youth and young adults. This role emphasizes building trust and rapport with male clients, fostering a sense of belonging and purpose, and creating a culturally safe and supportive environment where they can thrive.

FINANCE & ADMINISTRATION

PRIVACY & CONFIDENTIALITY STEWARD

Evaluates and provides recommendations with respect to information privacy strategies including the development of privacy policies, procedures and processes for both new and existing initiatives and guides the organization in meeting legal, ethical, and community expectations regarding privacy and confidentiality. This role aligns with the principles of reciprocity, trust, and community accountability, reflecting First Nations values in all aspects of privacy management. The Privacy and Confidentiality Steward will safeguard information, support access and disclosure in a culturally appropriate manner..

RECORDS CLERK

Provides records management services to staff and departments across the organization. This role involves maintaining and organizing both physical and digital records, ensuring compliance with regulatory requirements and internal Information Management (IM) policies, as well as facilitating timely and efficient retrieval of information. The Records Clerk will also engage in community relations activities by supporting staff in accessing information in a respectful and secure manner.

HEALTH & SOCIAL DEVELOPMENT

RECOVERY HOME SUPPORT WORKER MEN'S HOME

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.

COMMUNITY SAFETY & JUSTICE COORDINATOR

Assist clients involved at various criminal justice system stages, such as local police, corrections Canada, victim's services, parole services. The Community Safety & Justice Coordinator will also engage in community relations activities to support clients and the community. This position will support the implementation of the BC First Nations Justice Strategy and the goal of autonomy and self-determination for Indigenous people involved in the criminal justice system. The work will vary depending on the clients' particular needs and based on referral goals. Challenges can include (but won't be limited to) drug and alcohol abuse, involvement with corrections, housing and financial difficulties and instability along with intellectual deficits and/or mental health issues.

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

FOOD & NUTRITIONAL WELLNESS WORKER

Providing meal planning, preparation, and kitchen management for program participants. This role involves menu planning, estimating and ordering required supplies, preparing and cooking meals and snacks in accordance with client dietary needs and established Food Safe and Licensing standards. The Food and Nutritional Wellness Worker will also support nutrition education initiatives and create a welcoming and inclusive food environment for the clients.

NUTRITION & MEALS COORDINATOR

Providing culturally informed meal planning and nutritional support to other programs. This role involves developing easy-to-follow cook-at-home menus, providing back-up coverage for cooks throughout the organization and overseeing the Meals on Wheels Program. This position emphasizes the importance of traditional foods, holistic wellness, and community support through active engagement in community relations to support clients and the broader community.

PART TIME RECOVERY HOME SUPPORT WORKER (WEEKENDS)

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.

SENIOR CLINICAL SUBSTANCE USE PROGRAM LEAD

To oversee the Youth Treatment Program, AIMS, and the Recovery Homes, ensuring high-quality, culturally responsive care for individuals and families facing substance use challenges, mental health issues, trauma recovery, and holistic wellness care.

Providing leadership and oversight of substance use and wellness programs, ensuring that clients receive compassionate, evidence-based, and culturally informed care. This role involves coordinating day-to-day operations, supervising clinical and support staff, enhancing service delivery, and fostering strong partnerships with community resources. The Senior Clinical Substance Use Program Lead will also engage in community outreach and advocacy efforts to strengthen holistic wellness support within the community.

HUMAN RESOURCES

HR ADMINISTRATOR (TERM)

Serve as a point of contact for employees on HR-related matters, providing administrative and operational support to the Human Resources team. This role involves managing correspondence, maintaining and updating internal databases, tracking employee leaves, performance reviews, coordinating training, as well as supporting recruitment efforts and managing Criminal Record Checks. The HR Administrator also assists with planning employee events, monitoring compliance with policies, and preparing monthly statistical reports.

This is a Term Contract Position with an end date of August 31, 2026.

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to help each other

LABOUR POOL

LABOUR POOL

Offering a unique opportunity to perform a wide variety of on-call tasks that support our operations. This role allows you to build new skills and earn supplemental income, while contributing to the growth and development of the community. As a member of the Community Labour Pool, you will be called upon to assist with a variety of tasks across different sectors.

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work (the thing)

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working

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.

**SAVE THE
DATE**

ADULT/YOUTH SOCCER
CANOE RACES
FOOD/CRAFT VENDORS
MORE DETAILS TO COME



MAY 24 -25, 2025

SEABIRD ISLAND

FESTIVAL

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