



Siequalynnda McNeil Bobb worked as an Animation Supervisor on the Emmy-award winning children's TV series, *Molly of Denali*, and on October 10, Science World in Vancouver opened a unique exhibit with the show at its centre.

The Creative Technology Gallery's exhibit, "Animation Adventure featuring Molly of Denali", is an exciting and immersive experience; visitors can step into Molly's world and explore all the pieces that bring a story to life, both on-screen and backstage.

The exhibit features the episode “Light Up the Night”, and three rooms with interactive kiosks allow guests to build, animate and experiment with effects to experience the magic that makes a production special. Guests can also hear directly from *Molly* creators and animators through the Developer Diaries, featuring Siequa, to learn more about the series’ artistry.

"The exhibition is...a powerful tool for connection," said Caroline Phelps, Indigenous liaison for Science World. "By bringing Alaska Native values to life, we're [celebrating Indigenous culture

and showing children everywhere that sharing, respect and patience are universal principles. It's a way for young people see themselves in these stories, and shows how we are all part of an interconnected community.]”

The exhibit also shines a light on the vibrant creative technology sector in British Columbia, and it's meant to inspire a new generation and cultivate homegrown talent. "*Molly of Denali* celebrates curiosity, community, and culture," said Tom Cummins, Director of Exhibits at Science World.



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Community Christmas Dinners
December 2 & 3

Fire Department Food Drive
December 9



Hamper Day
December 17



When art, science, technology and storytelling come together, something truly meaningful is created. Each piece is as essential as the other; without the artwork for *Molly of Denali*, the technological effects wouldn't be needed. This exhibit shows how everyone has an important role in producing something like *Molly of Denali* magical.

Thank you, Siequa, for contributing to Indigenous storytelling — we wish you more success and are excited to see what's next for you!

Aishah Khan, Communications

Kw̓étslexw – to see it

Lhq̓á:lets – Vancouver





BANG! BULLS-EYES AT THE YOUTH SHOOTING DAY!

Every year, the team at Sqéwqel Development Corporation (SqDC) looks forward to one of our favourite traditions, the Indigenous Youth Shooting Day! It's a day where Seabird Island Youth get to have a blast (literally) learning target shooting, trap shooting, and archery, all under the expert and watchful eyes of the amazing team at the Agassiz-Harrison Rod & Gun Club.

This year's event, held on October 11, was no different. Even though the weather tried to rain on our parade, our youth didn't let that stop them! Youth had a fun time, new skills were learned, and everyone walked away with more confidence, and a solid understanding of firearm safety.

A huge thank you and shout-out to Dan Lagerstrom and the entire Agassiz-Harrison Rod & Gun Club team for

welcoming our Youth once again, sharing your knowledge, and making sure everyone left with smiles (and maybe a few new bragging rights). We can't wait to do it all again next year!

If you'd like to learn more about the Agassiz-Harrison Rod & Gun Club, visit their website for details: <https://kentrage.ca/>

Carla Pretorius, Sqewqel Development Corporation



EXPLORING SALMON LIFE AT SQÉMELECH (MARIA SLOUGH)

On October 22nd, students from Lalme' Iwesawtexw (Seabird Island Community School) joined our Junior Biologists, Amy and Nicole, for an exciting day of hands-on learning at Sqémelech (Maria Slough).

As part of Lalme' Iwesawtexw's Land-Based Learning program, students got a glimpse into the work of a biologist by observing and studying

salmon spawners in their natural habitat. They learned how to spot salmon, identify their nesting areas (called reeds), and explored the fascinating life cycle of salmon.

Throughout the day, students practiced data collection, fish identification, and sampling techniques, gaining valuable skills and firsthand experience in environmental science. Together, we

also discussed the importance of the five species of salmon that spawn in Sqémelech and highlighted the collaborative programs our Fish and Wildlife team participates in to support local spawner surveys.

It was an inspiring day of connection—to the **tém:éxw** (land), the **qó:** (water), and the salmon that sustain our ecosystems and communities.



RESTORING CONNECTIONS AT SQÉMELECH (MARIA SLOUGH)

This January, two new restoration projects will take place in the upper areas of **Sqémelech** (Maria Slough)—from upstream of Kamp Road to Lizzie Lake.

The goal of these projects is to improve water flow through Sqémelech, support salmon and other fish species, and protect important habitat for the Oregon spotted frog.

Earlier this fall, our team cleared sticks and debris from the unused culvert upstream of Kamp Road. That old culvert is now set to be removed completely to

help restore the natural movement of water.

We'll also be building on last year's success by reconnecting a historic side channel to create better pathways for water and fish to move upstream.

Another focus area will be the connection between Lizzie Lake and the lower parts of Sqémelech. In the summer, this section can slow down or dry out when it gets hot and rainfall is low, which sometimes leaves fish trapped in Lizzie Lake. Restoring this connection will help young Coho salmon

and other fish reach cooler, healthier habitats with plenty of oxygen and food.

These restoration projects are part of a bigger effort to restore the flow of life that once sustained the area. Since being cut off from the Fraser River in 1948, the salmon in Sqémelech have faced challenges finding the space and conditions they need to thrive. By reconnecting the waterways, we're working to support salmon recovery, boost native biodiversity, and honour the deep cultural importance of salmon to our community and the land.

Submitted by Nicole Kaminski, Junior Biologist

PROTECTING OUR WILDLIFE, HONOURING OUR TRADITIONS

Seabird Island’s leadership continues to work tirelessly to safeguard Indigenous access to fisheries and the natural habitats that sustain our way of life. Our commitment to stewardship is rooted in generations of knowledge, respect for the land and water, and a vision for a thriving future.

Explore Our Advocacy and Stewardship Initiatives

Our Fish & Wildlife team has recently made several exciting updates to our webpage to better share the important work we’re doing. These updates reflect our ongoing efforts to protect local ecosystems, monitor fish populations, and advocate for Indigenous rights in resource management.
www.seabirdisland.ca/fish-wildlife/

Help Us Tell the Story of Our Land

Soon, we’ll be launching a new section on the site dedicated to showcasing the incredible wildlife in our territory — and we want your help! If you’ve had a memorable wildlife encounter, witnessed a fish stranding, observed a spawning event, or spotted something unusual in nature, we encourage you to share it with us. Your photos and observations help us build a deeper understanding of what’s happening on the land and in the water. They also help us respond quickly to environmental concerns and celebrate the beauty of our territory.

Send your photos and questions to:
FishandWildlife@seabirdisland.ca

Whether you’re hiking through the forest, exploring local parks, or simply enjoying nature in your backyard, encounters with wildlife are a special part of life in our community. To help you stay informed and safe, we’ve gathered a few trusted websites that offer fascinating facts about British Columbia’s diverse wildlife, along with practical safety tips for when you cross paths with animals in the wild. These resources are a great way to deepen your appreciation for the creatures we share our environment with, while also learning how to respect their space and protect yourself.

Wildlife website information on Black Bears:

spathó:llh - baby bear (black)





Seabird Island Optometry Clinic

For an appointment please contact your
Community Health Representative OR
Brittani Fontaine
604 - 991 - 0818

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

Enter the Band Office through the main door.

- Although not necessary, masks are advised.
- Are you ill or feeling under the weather?
(Please reschedule your appointment.)

Your cooperation and understanding are greatly appreciated.



Dates:
December 10 - 12, 2025

Time:
9:00 AM - 6:00 PM

Place:
SIB Office, Elders Lounge

And the BC Bats website.

kw'elkw'elyáxel - bats



Sandra Bobb, Communications

kw'elkw'elyáxel - bats

Sq'éwqel (SEABIRD ISLAND BAND) Community Christmas Dinner Nights

*You are invited to join us for our Annual Community Christmas Dinner Nights
filled with family fun, great food, and holiday spirit!*

DATES & THEMES

TUESDAY, DECEMBER 2

Christmas Pajama Party & Polar Express Night

*Wear cozy pajamas, robe, flannel shirts, onesies, or
conductor outfit and hats*

WEDNESDAY, DECEMBER 3

Winter Wonderland & Ugly Sweater Night

*Wear Ugly Sweaters, winter sparkle,
or snow-themed outfits*

SEABIRD ISLAND BAND GYM

Doors Open: 4:30 PM

Dinner Served: 5:00 PM

EVENING HIGHLIGHTS

Holiday Train

Hot Cocoa Bar

Santa Photos (pick-up hamper day)

Letter Writing to Santa

Toys for Children (ages 0–9)

Gift Cards for Youth (ages 10–18)

Door Prizes for Adults

DOOR PRIZE TICKETS

- Bring your own plate and cutlery – 1 ticket
- Bring non-perishable food items for the Food Bank
– 1 additional ticket

This event is open to Seabird Island Band Members and community residents.
Come celebrate the season, enjoy a warm meal, and make memories with family and friends!
We look forward to seeing you there!

RSVP REQUIRED

Please RSVP by November 30, 2025 to help us plan meals and gifts.

- Scan QR Code to complete the RSVP form
- Click the link *Sq'éwqel Annual Community Christmas Dinner – Fill out form*
- Call Janean: 604-796-6922
- Email: events@seabirdisland.ca



SqDC

Sq'éwqel Development Corporation



NCS
NATIONS CREATIONS
XWAYÓLEMAWTX



Sq'ewqel (SEABIRD ISLAND BAND)

Annual Christmas Hamper & Gift Card Update

ALL SEABIRD ISLAND MEMBERS ON & OFF RESERVE

Must complete the Application & Consent Form

**** Hampers will be limited to one (1) per HOUSEHOLD and based on tenancy. ****

Please submit your completed information to events@seabirdisland.ca

If you are unable to pick-up for your Household, please complete a [Consent Form](#) authorizing someone to pick up for you.

PICK UP: December 17, 2025 between 9:00 AM - 6:00 PM

LOCATION: Seabird Band Office Gym

PICK-UP / MAIL-OUT INFORMATION

ELDERS:

To request delivery on-reserve contact Haley Walker:
Haley.walker@seabirdisland.ca or 604-796-2177

ALL SIB MEMBERS RESIDING IN CANADA:

Members living on-reserve or in the Fraser Valley will receive a Food Hamper.

Members living off-reserve, outside the Fraser Valley, receive a \$150 Gift Card that can be picked up on Dec 17; otherwise, will be mailed Dec 18

NOTE: Fraser Valley Regional District includes:
Hope; Kent; Chilliwack; Abbotsford; and Mission.

FOR SIB MEMBERS RESIDING IN USA:

Members living internationally, will receive a Pre-paid Mastercard that will be mailed on Dec 5.

GIFT CARD INFORMATION

CHILDREN'S GIFTS / GIFT CARDS:

Children who attend the Community Christmas Dinner

Children (0 - 9 years) will receive a toy, plus a \$100 Gift Card
Youth (10 - 18 years) will receive \$150 Gift Card

BAND MEMBER CHRISTMAS GIFT CARDS:

Each Seabird Island Band Member, will receive one *Pre-paid Mastercard* as follows:

- \$350.00 for Elders (65+)
- \$300.00 for Adults and Children

NOTE: COMMUNITY CHRISTMAS DINNERS
hosted on **December 2 & 3 2025.**
You must RSVP to reserve your seat!
Space is limited, please pick 1 night.

Current Membership Information:

Seabird Island aims to ensure contact information for all Members remain up-to-date. This information is strictly confidential and will only be seen by two staff members, who will work together.

How to update contact information:

1. Email: membership@seabirdisland.ca
2. Mail: Seabird Island Band
C/O Membership
PO Box 650
Agassiz BC V0M 1A2
3. Phone: (604) 796-6877



Sq'ewqel (Seabird Island) Events

P.O. Box 650 | 2895 Chowat Rd. | Agassiz, BC | V0M 1A2
Phone: 604-796-2177 | Cell: 604-793-5285 | Fax: 604-796-3729
events@seabirdisland.ca | www.seabirdisland.ca

SIB Hamper Information Update

SIB Members Name: _____ Date of Birth: _____

Phone: _____ Status #: _____

Address: _____

***One Hamper per Household.**

***Hamper Size is Based on Number of Household Residents.**

***List of current residents in my household** (not including myself, listed above):

Name: _____ Age: _____ Seabird Member ☐ Y / ☐ N

Name: _____ Age: _____ Seabird Member ☐ Y / ☐ N

Name: _____ Age: _____ Seabird Member ☐ Y / ☐ N

Name: _____ Age: _____ Seabird Member ☐ Y / ☐ N

Name: _____ Age: _____ Seabird Member ☐ Y / ☐ N

Name: _____ Age: _____ Seabird Member ☐ Y / ☐ N

Name: _____ Age: _____ Seabird Member ☐ Y / ☐ N

Name: _____ Age: _____ Seabird Member ☐ Y / ☐ N

This authorization also applies to my SIB Member Child/ren 18 and under, who are in my care, listed above.

☐ **I give consent to:** _____ to pickup my hamper / gift cards on my behalf.

☐ **or Mail Delivery** (gift cards only) to address above.

☐ **or I will Pick up in person Dec . 17, 2025 from 9:00 AM - 6:00 PM at the Seabird Band Gym.**

☐ **I give consent** for Sq'ewqel (Seabird Island Band) to use my personal information to share with its programs and services—such as Membership, Communications, Elections, Education, Events, Lands, Housing, Health, and more—so I can receive updates about programs and services available to Band Members.

Signature: _____ Date: _____



Hosted by Sq'ewqel | Seabird Island Band

ICE SKATING IN A WINTER WONDER ISLAND

Join us for a magical evening of ice skating, winter cheer, and community connection!
Families and Band Members of all ages are welcome.

DATE:

DECEMBER 23, 2025

TIME:

4:00 – 7:00 PM

LOCATION:

Hope Recreation Centre

1005 6th Ave, Hope



Ice Skating
Hot Chocolate & Treats
Pizza Dinner Provided
Music & Festive Vibes
Skates Available

PLEASE REGISTER BY DECEMBER 13, 2025

Maximum capacity: 300 participants

Transportation is available to those who need it.
A gas card will be provided to those driving to the location.

Dress warmly and bring your holiday spirit!



If you would like to participate, scan the QR code to fill out the form or contact Brooke Anderson by calling (604) 845-0629 or email brooke.anderson@seabirdecad.ca

When contacting Brooke, please include your contact info, number of attendees (adults/minors), transportation needs, and whether you're a Band or Community Member living on or off Seabird Island reserve.



STORY SHARING & PLANNING FOR THE FUTURE: YOUTH AND ELDERS COME TOGETHER AT SQ'ÉWQEL TO DISCUSS FLOOD RESILIENCE

télmel – wisdom

As part of Lalme'lwesawtexw's (Seabird Community School's) land-based learning approach, students spoke to Elders and flood experts in October to learn about how we can make Sq'éwqel strong in the face of future floods. Students then broke into groups and worked with Elders to brainstorm ideas of how to safeguard Seabird using the insights shared with them.

At a previous session, Elders shared knowledge and stories of past floods. There were significant floods in 1948, 1968 and 2021, and others throughout the years preceding these prepared the community to minimize their impact. Elders spoke of how they would sense floods were approaching by reading the weather for signs, like river sediment and animal behaviour, understanding how floods are caused, and how they responded to them in the past.

wōqw'wōqw' – floods

Elders also remembered how they and their families fared during evacuations and what they did to minimize the damage, like come together to dig dykes and banks, and rounding up others to help and evacuate by knocking on doors.

Lots happened during these times; life doesn't stop during an emergency, and extraordinary events have a curious way of bringing people together. There were births, sweats and spirit baths, and one Elder described having a dream as a young child, foretelling the coming of the flood.

When evacuation was necessary, people would seek higher ground, set up tents or leave the community altogether. One Elder recalled relocating to Harrison Hot

Springs for some time, though there was some resistance to evacuations.

These sessions were held to increase intergenerational understanding of weather patterns, the effect they have on the community, and how to increase safety and resilience going forward with traditional knowledge while facilitating culturally informed education.

Aishah Khan, Communications





INDIGENOUS VETERANS DAY

November 8 is recognized as Indigenous Veterans Day across Canada, and on Friday, November 7 the community at Sq'ewqel came together to honour the Members who defended Canada in the past as well as those who are currently serving.

Indigenous recruits across Canada have historically brought distinguished skills to military operations including marksmanship, tracking, terrain awareness and even using languages like Cree to encode military communications.

Thousands of Indigenous people fought for Canada beginning in 1812, the South African War (1899-1902), the first and second world wars, Korea and Vietnam, and have been involved in modern conflicts and military operations.

At Sq'ewqel, the Indigenous Veterans Day ceremony began with a procession of drummers leading school students and daycare children to the cenotaph at the Band Office.

Once they reached the Band Office, staff, Chief and Council Members and other Community Members joined the

ceremony. Alain Marchand addressed those in attendance, thanking everyone for coming together on this important day.

Council woman Willow also thanked everyone present and expressed how wonderful it was to see so many showing support and respect together. A traditional prayer was recited by elementary and high school students, and then three Youth did a heartfelt reading of the poem "In Flanders Fields."

A Youth then read aloud the names of Seabird Members who served in past wars as well as those who are currently serving. A moment of silence was held for Jacob Johnson, a veteran and cherished Member who recently passed.

Wreaths were then laid by children from daycare through to grade 12 as the drums went on solemnly. At 11:11, a

hák'w'eles – to remember it

moment of silence was held to commemorate all the brave soldiers who fought and died for their people.

The floor was then opened for anyone who wanted to share, and a young student stepped forward, as well as a school staff who stated how proud she was of all the students for being there to honour their community's past. An Elder stepped forward last, saying how





xéyléx - to go to war

good it is to be among your people on days like this.

In parting Alain reminded us how important gatherings like this are in Indigenous cultures, as slowing down and coming together as one builds strength and unity, and grounds us in what matters.

Thank you to all who organized and participated in this ceremony. We remember all of those who fought, lost their lives and hold our hands up to those currently serving.

Aishah Khan, Communications

xwe skwi'kw'áy skwoyxtthetlómet – sacrifice

World War I James Pettis, Joe Pettis, Noel Seymour, Harold Bobb, Raymon Bobb	Militia and Home Guard Henry Charles, David Charles, Henry Pettis, Moses Louie, Art Andrew, William Andrew, Sandy McIntyre	Canadian Armed Forces Jacob Johnson
World War II Archie Charles, Benny Joe, Pete Peters, Vincent Peters, Lawrence Hope	Militia Training Alfred Hope Jr, Ralph Louie, Joseph G. Pettis, Bobby Harris	CURRENTLY SERVING Canadian Armed Forces Dylan Sjobolm, Christine Michell, <i>retired</i>
Vietnam Johnny Mack		Navy Tristan Harris

iyálewes – brave





sq'ép – a meeting, a gathering

chemóstel – to meet each other

ANNUAL GENERAL MEETING OCTOBER 15 – DEPARTMENT UPDATES

The following updates were provided during the Annual General Meeting (AGM) on October 15, 2025, in the Band Office gym. Everyone in the community is welcome at these meetings; come, enjoy a delicious dinner, gather with others and learn about what the Band Office and Leadership is doing to address concerns and make Sq'ewqel a supportive community for everyone.

Seabird College: New culinary program lead began in October; read more about Mitchell Williams in this issue. Mitchell will teach the Professional Cook 1 course, new to Seabird. There is also a new Life Skills program being offered; please inquire at the college.

Finance: Revenue and Capital Assets are continually growing, employment of First Nations and Band Members has consistently grown over the past five years, and the financial audit was completed early with favourable results.

Early Childhood Education (ECE):

Two new programs launched recently, designed by ECE staff. These programs were developed with the goal of better serving the community and amplifying efforts to address overlooked areas in childcare.

The second floor, new reception area and new offices at the daycare are complete! The speech and language as well as sensory rooms are nearing completion.

Family Enrichment and Wellness Program:

This new program aims to empower the child and the family, as this wraparound support will allow for a better outcome for the child. Children perform better in school and behaviourally when their home life is harmonious, and their families/guardians are in sync with their needs.

The voluntary program aims to strengthen families and children as it will provide access to support networks between the family, neighbouring communities and government agencies. Culturally safe supports including home visits, assessments and possible funding are included in this program. Family Enrichment and Wellness is for any Seabird family with children aged 0-12 years, and advocates for family needs in culturally sensitive ways.

Voices of the Future: New drop-in program for Youth aged 11-13!

From 3:00 – 5:30 PM Tuesdays and Thursdays at 2821 Chowat Rd

This drop in after school program targets preteens specifically, as this is important age bracket often gets overlooked and lumped in with other ages. The program aims to foster confidence, pass on life skills, and allow Youth to make friends and have fun in a safe environment.

Voices of the Future involves games, group activities, activities to promote self-expression, movement and building leadership and teamwork skills, learning about emotional management, exploring culture ad community, and ways to stay safe. Recently, Youth worked together to bake a cake.

It's a great after-school activity for Youth to hang out, have fun, snack and learn with friends as they transition through their teens, and we're excited to welcome your child!

Infrastructure: The Cultural Centre is the most exciting project as of now; it's nearing lockup status. Soon construction will move indoors, and the interior will be completed. New concept images are available.

Looking ahead:

- Cultural Centre completion



Ashley Armstrong displayed some weavings that will be featured in the Cultural Building and started a new weaving with the assistance of these two lovely ladies. This weaving will also be featured in the Cultural Building when it is complete.

- Master Infrastructure Plan development
- Implementation of geothermal and energy efficiency improvements
- Expand Lands Guardianship training and community engagement stewardship
- Deliver Safety and Security Plan
- Streamline custodial events systems and facility maintenance tracking
- Strengthen fire department readiness/long-term equipment planning

Inter-Government Affairs: Field work and archaeological digs, deep trenching and careful sifting before Enbridge begins construction for the Sunrise Expansion Project are ongoing.

Election Code Review Committee: Currently, each section of the Election Code (last updated in 2016) is undergoing a step-by-step review. October 15 was the first day to revise the first round of changes and submit feedback (via QR code). The deadline for these initial proposed changes is November 15, 2025. At the AGM, the preliminary survey was distributed. This process is in its early stages, and comments and questions are welcome

throughout the duration of the Election Code update procedure.

Child and Family Jurisdiction: Keep your eyes out for Tea with Brie sessions to learn more about Child and Family Jurisdiction at Sq'ewqel.

Community Weaving: Community Member Ashley Armstrong was present, working on a weaving project to create a collective piece for the new Cultural Centre. The weavings for the Centre have been contributed to by more Members including Youth and Elders, and they tell a story of community healing, strength and togetherness through the act of creating something as one. We are very excited to see these pieces hanging proudly in a new community space!

Housing: Lolly Andrew has transitioned to Housing Director, and we are excited to work with her to transform housing conditions within the community. Priorities include resolving all maintenance tickets, ensuring rents are paid monthly and getting as many people into units as possible.

Some updates include:

- New quarterly Housing newsletter, sharing updates about maintenance,

housing requests, services, advice for home care etc.

- 12 families have recently moved into renovated homes
- 50 homes currently undergoing renovations
- New BC Housing project under construction
- Community Laundromat project is 95% complete
- New townhouse development recently completed

Important reminders:

- **75 tenancy agreements were due in April 2025, if you haven't signed and submitted your please do so ASAP.**
- Arears (overdue payments) must be paid; this allows for maintenance to be kept up, and housing quality to stay high. Reach out to housing to find out how they can support you if needed.
- Rent and housing policy undergoing review this year; current rent rates don't reflect inflation and cost of living.

Aishah Khan, Communications

sqwélqwel – news

COMMUNITY EVACUATION PLANNING – OCT. 2, 2025

On October 2, Sq'ewqel hosted a community meeting to discuss evacuation and emergency protocols in the community. Read on for important information regarding emergencies at Seabird Island including who can declare an emergency, evacuation rules and resources, how to prepare and more.

Fall is an important time to reconsider your emergency preparedness.

Why? The rapid weather changes can have unpredictable impacts as heavy rains increase flood risks, colder weather requires extra planning (staying warm, layers of clothing etc.) and shorter, darker days impact mobility and situational awareness (more car accidents happen in the dark, and people drive slower at night which could complicate evacuations).

Who is most at risk in times of emergency?

While those who are most at risk may change depending on the emergency (for example, during floods those living in the core of Seabird are less safe than those on Wahleach, because the core is at a lower elevation) there are groups of people who are generally less independent. **These can include:**

- Pregnant women/women/parents with small children and infants
- Elders
- Those with mobility aids or handicaps
- Those who rely on certain medications or aids
- People without a vehicle/ability to drive
- Those without a support system (single, living alone, widowed, Elders etc.)
- Youth/young children

thíyelhtset – to prepare for it

Who can tell you to evacuate, or declare a state of emergency?

At SIB, Chief and Council will declare a LOE, or level of emergency. This act will grant them power to enact existing emergency measures.

Please be aware that while you may be able to resist evacuation orders in emergency situations, if any minors or other persons are under your care you do not necessarily have the right to keep them with you. Legislation exists to remove them from your care if it is determined that they are at risk.

How will you know if there is an emergency?

Seabird's emergency system is **Alertable**, a mobile app that can be installed on phones and tablets.

Other ways to reach others or find information include going door-to-door, phone calls, SIB's radio station, text messaging, Band Office communications and social media. Be careful with social media, as false information tends to spread. Misinformation is a huge problem during emergencies; trust verified sources only (ie official Facebook page rather than a neighbour's or friend's post).

What do you do after you've evacuated?

Do not return home until you it's been permitted by emergency services. Anything from contamination to lack

of services such as heat, water and power can make returning home early dangerous. People may be allowed to re-enter the community temporarily to retrieve items and assess damage, but security is of the utmost importance at this time as people can take advantage of property and valuables being left unwatched, so it's important to limit the flow of people in the area.

Register as an evacuee at your muster area. Alertable will inform you of where to relocate, closest reception centres and muster points. When you're registered, you can access emergency resources and services and volunteer to support emergency measures if you wish.

How to prepare:

Note that fuel may not be readily available if an emergency or evacuation has been declared; it may be saved for the Band fleet, including cars, trucks, boats, buses etc.

72-hour kits

72-hour kits are designed to keep you, your family and your pets alive and self sufficient for 72 hours. They can be purchased or assembled yourself; making your own allows you to ensure it has everything specific you may need.

The goal of a 72-hour kit is to get you through the next 3 days after an emergency. The kit should be ready and stowed in a home or vehicle. When an emergency strikes and evacuation is



ALERTABLE

SIGN UP NOW

Alertable is a notification service that is used to send alerts to the public during critical events, such as **floods, fires, and extreme weather events.**



www.seabirdisland.ca/emergency-preparedness/

Continued on page 16

required, you can grab the kit on the way out the door.

Important things to consider for your kit: pet needs, infant needs, female hygiene products, medications, medical and mobility aids, allergies.

Evacuations requiring a 72-hour kit:

- Tornado
- Flood
- Earthquake
- Wildfire

Below are some recommended items for a 72-hour kit; remember they are dependent on individual needs.

- Radio, headlamp/flashlight, AA and AAA batteries, multi-tool, small

shovel, hand saw, tarps, sleeping bags, water bladder, cell phone and chargers, power bank(charged), first aid supplies and reference guide, toilet paper, toothpaste, soap, sunscreen, cotton swabs, safety pins, hand sanitizer, trash bags, towels, feminine hygiene, birth control, wet wipes, baby formula, insulin vials and pumps, daily medications, EpiPens, inhalers, duct tape, retainers, extra socks and underwear, blankets, hats, gloves, rain coats, umbrellas, warm and durable footwear, water purifiers, lighters, dry food

sthí:tem – fixed, ready, prepared

(ramen, granola bars) spork, fuel, portable stove, important documents (house deed, IDs, passports, SIN cards

Aishah Khan, Communications

SEABIRD STAFF SURVIVES EARTHQUAKE DRILL – OCT. 16, 2025

SQ’ÉWQEL STAFF SURVIVED!

A mock earthquake shook up Band Office operations on October 16, but thanks to the diligent planning of our Emergency Preparedness department everyone present executed the drill efficiently and there were no casualties.

Drills like these help us to be prepared in times of emergency, both as a community and place of work. By putting safety practices in place, reviewing key details such as responses, leadership roles and muster points and practicing well before anything happens, we are taking important steps to stay safe and look out for each other. We can also review what we can improve on to enhance existing safety procedures and better prepare for the next situation.

Earthquakes have rocked the Fraser Valley and Seabird Island throughout history, documented by Knowledge Keepers, Elders and government and environmental agencies. Do your part

to prepare and keep yourself and your loved ones safe.



THE LEGEND OF HOW EARTHQUAKES CAME TO BE:

Long ago, when this land was still new, it was much smaller than it is today.

In this body of water lived a Giant Serpent.

One day, the Double-Headed Eagle flew over the pass.

The Giant Serpent rose from the water, furious.

A great battle began between the two.

As they fought, the earth shook and the waters boiled.

People screamed and cried — their voices thundered across the land.

Then, as if the earth itself was about to be swallowed by the churning waters, the Double-Headed Eagle burst from the depths, clutching the Giant Serpent in its claws.

The Eagle soared into the sky and returned to the mountain.

Behind it, the wide pass was left — a lasting mark of their epic struggle.

*Warren Jefferson, Lummi Nation, 2001
Recorded from a Suquamish Elder.*

payexém témexw
– earthquake

sxwōxwiyám

–
legend, story from Transformer period, myth, fable, kid’s story

STAY SAFE ON THE RIVER

Numerous reports about safety on local rivers have been circulating recently as eager fishermen and anglers try to make the best of the salmon run this year. Crowding, tension and environmental hazards have contributed to the risks, and even though fishing has mostly wrapped up for the season we must still be mindful of safety when out on or near the rivers.

Temperatures are dropping and water levels are rising. As we transition from autumn to winter, heavy, persistent rainfall contributes to rising water levels and fast-moving water that is much more dangerous than it may look.

Banks and rock near the water's edge are slick, and one could easily misstep or misjudge how slippery a surface is;

falling in the water or on the hard ground can have disastrous consequences.

As the rain pounds down, the water not only rises but rapids swell and the extra water gushes quickly and dangerously, even in shallow areas. Never attempt to cross rivers or creeks where water is moving faster than normal; you could lose your footing either on the slick, unstable rocks or fast-moving water, or you could misjudge how deep the water is.

Be especially careful walking, cycling and driving on Seabird Island Road, along Sqémelech (Maria Slough). Darker, shorter days will make it more challenging to see the narrow road and pedestrians, and rising water poses

lexwō:m – rapids, fast water

a risk as well. To walkers and cyclists, please be mindful of the potential rain and snow complicating driving conditions; rather than walking on the road, walk in the snow.

We want to ensure that everyone has a safe and rejuvenating season as this cooling period rolls in; once again, we implore anyone who will be on the water doing healing swims, fishing or anything else to be mindful and stay vigilant.

Aishah Khan, Communications

qeqémel – rising [of water]



Sq'ewqel - Seabird Island

Join the Community Food Hamper Team!

We are seeking volunteer to help pack and distribute food hampers for our community this December 2025.

Bring your energy and your smiles - let's make a difference together!

December 15 | 1:00 PM - 4:00 PM
December 16 | 9:00 AM - 4:00 PM
December 17 | 9:00 AM - 6:00 PM

Delicious meals provided!

Contact events@seabirdisland.ca

móyllhtel

help out, go help, pitch in, help one another



SQ'ÉWQEL FAMILY DEVELOPMENT TEAM

For Band and Community Members, all ages welcome!

TUESDAY, NOVEMBER 25, 2025

Community Lunch & Craft

Celebrate the season with creativity and community at the Winter Craft & Lunch!

Community Health Room

Handmade Crafting | Diamond Art |
Cookie Decorating | Food & Drinks

10:30 AM - 2:00 PM

PLEASE LET US KNOW OF ANY DIETARY RESTRICTIONS

Please contact Family Development to sign up:
tiffany.silver@seabirdisland.ca
(604) 798-5271



Coqualeetza Cultural Ed Centre

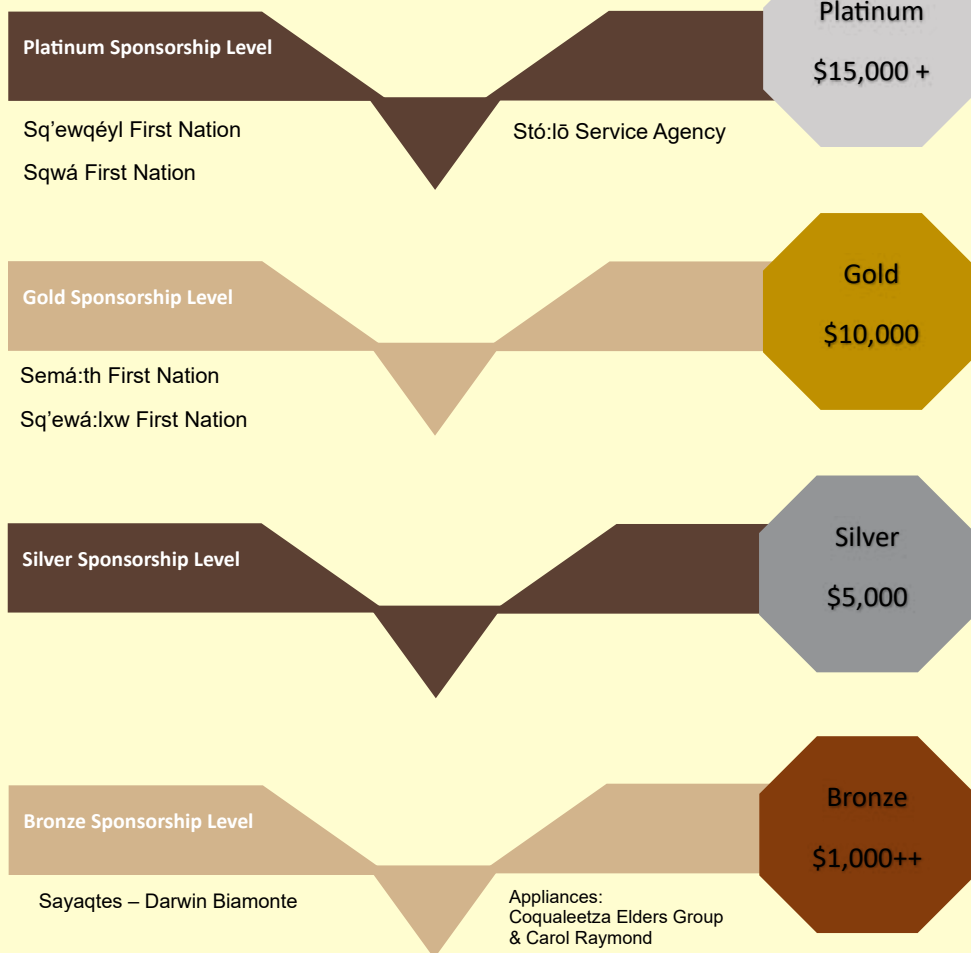
Fundraiser Sponsorship for our new space

Please see below the sponsorship levels, Platinum, Gold, Silver and Bronze.

To Contribute to our Fundraiser you may contact us by phone 604-858-9431

Or email admin@coqualeetza.com

Or by Mail: 2370 Sardis Mn Stn, Chilliwack, BC V2R 1A7



On behalf of Coqualeetza Cultural Centre Board of Directors, Elders Group and Staff we hold our hands high in appreciation of the financial support for our new space.

CHRISTMAS ON A BUDGET

When my boys were younger, I used to hit a dozen dollar stores. They got plenty under the tree, and it didn't break my bank account. Younger kids don't expect too much—they're just happy to unwrap a present. Set the bar low while you can!

Making Christmas presents is always fun: knit, weave, sew, carve, paint, bake. Family always appreciates something from the heart. This year, my boys are asking for my Christmas Cake—they each want a loaf.

Make decorations: paper trees, paper snowflakes, popcorn strings, painted pine-cones. These are fun activities your kids will remember forever. Decorating together is a tradition in my home; the boys come back every year to help.

As for wrapping paper—when I was young, we used newspaper to wrap our presents.

Teach budgeting at a young age. Take your kids shopping at the dollar store with a set amount of money and a list of who to buy for (mom, dad, brother, sister).

Most of all, have fun!

Sandra Bobb, Communications

SQ'ÉWQEL WILL BE ORGANIZING SOCCER GAMES FOR OUR LEAGUE.

Please see the September and October 2025 Schedule Below.

First: Xwelmexw FC Scouts (Fraser Valley Soccer League - League 4)

Men's team

Away - Ridge Meadows Strikers G12	Fri, Nov. 21, 2025	8:15 - 9:45 PM Arrive at 7:30 PM	Karina Leblanc	
Home vs. Poco FC Racoons G13	Fri, Nov. 28, 2025	8:00 - 9:30 PM Arrive at 7:30 PM	Seabird Island Park	Lights Field
Away - TWU Startans C G14	Sun, Dec. 7, 2025	6:30 - 8:00 PM Arrive 5:45 PM	Yorkson	



Housing Waitlist October 2025

WELCOMING NEW BABIES

The MCH team had three babies born this month. With parental permission, we can share families *tsméla* (gave birth) to:

- Arabella (Girl)
- Semaxel (Boy)
- Makaio (Boy)

Congratulations to the new *shxwewáli* (parents) and their families!

HOUSING RENEWAL APPLICATIONS ARE DUE BY 1 PM DECEMBER 31

Applications can be picked-up and the Band Office Reception and completed applications can be dropped off

Attention:
Housing Tenant Services
or emailed to:
housing@seabirdisland.ca

When you drop off an application with reception, they will add a date stamp. This is important for housing to track what day your application was submitted.

Everybody currently on the list will need to submit a renewal form to stay on the list!

New applications are invited to apply as well.

1 Bedroom	
1	12062022-7091
2	01172023-7093
3	02092023-7096
4	02222023-7098
5	06232023-7109
6	10182023-7116
7	11032023-7127
8	05022023-7105
9	11082023-7128
10	11152023-7124
11	09122019-6032
12	01012024-7140
13	05282024-7154
14	01142025-7184
15	12122023-7131
16	03042025-7170
17	05222025-7186
18	06302025-7175
19	07072025-7176
20	07222025-7199
21	08082025-7177
22	09032025-7178
23	09092025-7198
24	10012025-7183
25	07082025-7159

islá:wtxw
-
two houses

tháyeltxwem
-
to build a house

t'ó:kw'
-
to go home

á:lwem
-
staying home

2 Bedroom	
1	12102018-6014
2	06172019-5037
3	01072020-7031
4	11152018-6022
5	01092021-7061
6	09122019-6032
7	12062022-7104
8	11272018-5024
9	01172023-7093
10	11022020-5051
11	12232020-7056
12	05022023-7105
13	06152023-7028
14	10312023-7118
15	10192023-7122
16	10232023-2093
17	12212023-7098
18	10032022-7077
19	01042024-7137
20	06282024-7154
21	06032024-7152
22	08092024-7157
23	10242024-7161
24	04072025-7178
25	12182018-5014
26	01132025-7163
27	02212025-7168
28	02262025-7169
29	03052025-7171
30	03122025-7188
31	08112023-7112
32	04042025-7173
33	04112025-7174
34	05012025-7185
35	01032018-5012
36	07102025-7191
37	07222025-7199
38	07302025-7190
39	08022025-7181
40	08192025-7194
41	09082025-7197
42	10062025-7200

3 Bedroom	
1	12192012-3076
2	02082013-3084
3	01142015-1011
4	12102018-6014
5	12082023-7033
6	01072020-6024
7	01072020-7031
8	12232020-7057
9	12232020-7056
10	01092021-7061
11	12192021-7070
12	01092020-6000
13	12062022-7104
14	11272018-5024
15	12092022-7092
16	01182023-7094
17	08202019-7034
18	05172023-7106
19	06152023-7118
20	09232023-7123
21	12062022-7091
22	12142023-7132
23	12292023-7136
24	01042024-7137
25	07032023-7102
26	01152024-7142
27	06032024-7152
28	07232024-7155
29	09202024-7158

lá:lem
-
house



NEW STAFF

PAUL SIEMENS

Community Member Paul Siemens has recently joined Seabird’s staff team as our brand-new Recreational Therapist.

Paul has lived in Sq’éwqel since 2018, and is eager to promote healthy living and fun in the community. As a recreational therapist, Paul’s goal is to work with clients to see how recreation and leisure can fit into their lives to foster healing and happiness.

Good health is so much more than maintaining a strict diet and workout regimen; often, these concepts are intimidating and can make those struggling less likely to seek support and pursue active, joyful pastimes.

Clients can include anyone who is looking for support; he’s excited to walk beside children, Youth, adults and Elders who hope to integrate fun and healthy components into their lifestyle, whether it’s for general health, addiction recovery, mental health and trauma treatment, overall enjoyment, or even rediscovering an old hobby.

Recreation Therapists work with clients to create a personalized treatment plan. This treatment is as essential as other methods such as medication and



physio, but it can be harder to identify its benefits as “treatment” because clients often have a good time doing it.

Therapeutic recreation uses activity-based programs to meet the needs of anyone with conditions that impact mental and physical health. Its purpose is to improve physical, cognitive, social, emotional and spiritual wellbeing to facilitate full participation in life.

Recreation and leisure activities can be anything from individual and team sports to games such as chess as well as reading, knitting, personal fitness, hiking, painting and so much more.

Paul’s priority is determining what a client needs or wants most — this way he can work with them to create a plan, effectively manage their health and promote a lifestyle that is centred on joy, physical wellbeing and mental clarity.

shxw’éyelh – to be healthy

Before coming to serve Seabird, Paul worked in long-term care, supporting dementia patients in Chilliwack. He’s excited to transition into this role and uplift a small community because he sees that there is need here and is ready to rise to a new challenge as he does his part to make the community stronger.

Paul believes that this is his calling, and is eager to meet new clients and be a part of their wellness journeys, incorporating fun and fitness along the way.

“I’m really looking forward to getting to know Members I haven’t had to privilege of meeting yet,” he told me when I asked what he’d like to say to the community.

Paul’s own favourite recreational activities are hiking and spending quality time with his wife. Recently, he hiked a trail at Ruby Creek, and admitted that he enjoys the cloudy, wet weather on the trails. I guess rainy days can’t ruin the fun of getting out there and doing what you truly love!

TERRELL UNDERWOOD



My name is Terrell Underwood. I’m an Education Assistant at Seabird Highschool and I’m from the WSÁNEĆ Nation in Victoria BC.

Someone once told me,
“We need more male representation in the school system.”

So, after acing my course here I am!

I’m certified through Western Community College, and I have my First Aid, WHMIS & Food Safe certifications. I have experience working with children of all ages.

I will strive to better the education of all my students and maintain safety within the school.

December 2025
January 2026

In the Band Office Gym

FITNESS CENTRE SCHEDULE

ELDER'S FITNESS

9:00 AM - 12:00 PM

Monday & Wednesday

WOMEN'S FITNESS

4:00 - 6:00 PM

Tuesday

WOMEN'S FITNESS

10:00 AM - 12:00 PM

Saturday

PRIDE FITNESS

4:00 - 6:00 PM

Wednesday

HIGH SCHOOL FITNESS

10 - 11 AM

Thursday & Friday

Bring indoor shoes for all events in the gymnasium



MITCHELL WILLIAMS, SQ'ÉWQEL'S NEW COLLEGE INSTRUCTOR

Mitchell Williams;
Seabird College
Culinary Program
Lead, Red Seal chef

From: Nova Scotia

Places he's trained

and worked: Prince Edward Island,
New York, Waterton National Park,
Saskatoon, Lethbridge, Ucluelet

Favourite food: His own paella

Favourite food to make: Anything
made with flame and wood, like
salmon on rock.

Trivia: Competed in The Great Canadian Kitchen Party 2023 on Canada's Top Chef with Indigenous co-chef, Kirk Ermine, and cooked for James Cameron once!

An exciting new program is coming to Seabird College!

Led by Mitchell Williams, Professional Cook 1 will introduce students to the culinary arts, prepping them for a professional cooking career or opening the door to elevated training. With this beginner qualification, course graduates can immediately start working in the industry, and there may even be opportunities for work placements through Seabird College.

Mitchell Williams, Culinary Program Lead

Mitchell is the new Culinary Program Lead at Seabird College. He joined us in October, and his rap sheet includes training at prestigious culinary schools, owning his own gourmet catering business, working as an executive chef across Canada, and competing in a Canada's Top Chef special.

Mitchell first taught when he was working at the Lethbridge College. Here, he was invited to join the board developing the country-wide cooking course that he's now at Seabird to

teach. Mitchell is actively looking for ways to involve the community in the course to infuse traditional knowledge into the course so he can teach students in a culturally informed way. "You can teach [better] when you're more open to learning," he said.

Even though his record speaks for itself, it's Mitchell's personality that really stands out. He's humble and passionate, and it's clear how eager he is to integrate into the community and begin educating. He wants to build connections, see where the community can benefit from the food that's prepared throughout the course, and share what he loves with others. Mitchell wants to spread the joy he gets from cooking, or simply pass on a valuable skill that will positively impact others and their loved ones as they carry it forward.

Impact is Everything

I was curious why Mitchell chooses to teach if he has so much experience in the culinary industry. He told me a story; he was offered a job as a head chef, and the owner asked him where he saw himself in ten years. Mitchell answered that he'd be teaching, which confounded his new employer.

Mitchell explained that if he continued to rise through the ranks of the industry, his impact would shrink. As a teacher, his impact continues to grow through time, expanding as those he teaches go on to pass on what they know; therefore, the passion and teachings ripple endlessly, touching countless lives in a good way. Mitchell also keeps close contact with former students and colleagues — he's built a community around his passion, and his lasting relationships and impact on others testifies to his sincerity.

Pushing Back Against Pressure

Mitchell has overcome many challenges throughout his career.

The culinary industry can be toxic, as competitiveness and pressure push people to their limits. Sometimes the nasty behaviour of chefs in kitchen environments can border on cruel, and this behaviour is generally accepted. Mitchell has had his young son with him as he's worked across the country, which helped to temper him; he did not want to normalize these behaviours to his son, and it has made him more compassionate and a better teacher.

Professional Cook 1, Launching 2025 at Seabird College

At Seabird, Mitchell is working hard to get things ready for the incoming cohort. He's been busy working with college staff to prepare the classroom; the space is equipped with professional

-grade equipment and cookware, and he is planning to transform the outdoor deck space into an additional cooking area while developing connections in the community to understand how he can best incorporate traditional knowledge into existing course modules.



Mitchell's also working on making sure students can do as much practical work as possible, and that the food prepared in class serves a higher purpose in the community.

To anyone interested in enrolling in Professional Cook 1, Mitchell wants you to know that what he's looking for in students is interest, passion and a good attitude. The rest he can teach.

He's excited to get the program going, and so are we! We're so thankful to have Mitchell come into Sq'Éwqel to pass on skills, wisdom and share a strong passion for something everyone can benefit from.



INDIGENOUS AGRICULTURE CONFERENCE

NOVEMBER 18–20, 2025
Coast Kamloops Hotel & Conference Centre
KAMLOOPS, BC

STÓ:LO MEANS BUSINESS.

Éy swayel,

We're passing along a great learning opportunity for Community Members interested in agriculture.

Join producers, innovators, and community leaders from across B.C. to explore Everything Agriculture: The Support to Help You Succeed.

WHAT'S HAPPENING

- Featured learning: Ranching for Profit Workshop
- Keynote address, cultural programming, and meaningful networking that supports growth in B.C.'s agriculture sector

EVENT DETAILS

Venue: Coast Kamloops Hotel & Conference Centre
Dates: November 18–20, 2025
Register: <https://www.agriconference.ca/>

There's still time to register!



SEABIRD ISLAND FIRE DEPARTMENT'S ANNUAL CHRISTMAS FOOD DRIVE

TUESDAY, DECEMBER 9, 2025
DOOR-TO-DOOR COLLECTIONS BEGIN AT 6:00 PM

This holiday season, the Fire Department is going door-to-door within the community to collect non-perishable donations for the Income Assistance.

Important Reminder: Kindly check the expiry date of your donation to ensure it does not expire before December 31, 2025.

Thank you, in advance, for your generosity and consideration.



SAGE SUGGESTIONS

Aishah Khan, Communications Program, Sq̓̓w̓q̓el Communications & Community Services

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

WINTER MAINTENANCE TIPS: How to prep your home for colder temperatures

Winter is coming; soon, the rain will freeze over at night, and it's important to take care of some critical housekeeping before the frosty weather costs you.

Tips to stay warm, safe and take care of your home this winter:

1. Detach any hoses before temperatures dip below freezing – if you don't do this, pipes can burst, which can cost up to thousands in repairs.
2. Start your furnace before the cold sets in; check to see if you need to replace the filter and then make sure everything is in working order so you can stay warm and safe through the winter.
3. Clean the lint trap after every load of laundry. Clogged and excess lint is a fire hazard, and it costs a ton of money to repair a broken dryer. It's easy to just scoop it out, and dryer lint can be used as a fire starter; keep it on-hand for camping trips and bonfires.
4. Keep your yard clean and free of garbage – refuse attracts animals and rats who burrow. Rat damage can cost several thousands of dollars in repairs as they chew wires, destroy insulation, contaminate homes, and gnaw on wood and drywall.
5. Report water leaks ASAP – dripping taps waste tons of water and will cost you in hydro and repairs. Water

damage causes mold, wood rot, drywall damage, and strains our community's water system.

6. Clean your gutters and downspouts. When your gutters overflow it can cause major damage to your roof. Repairing a roof can cost tens of thousands of dollars to repair, depending on how severe the damage is.

Do what you can to enjoy the winter weather while preventing discomfort and damage in your home.

temxeytl' - winter

pumkel - pumpkin

FALL FUN: WARM UP, RELAX AND RENEW

Fall can be rough; the darker days make us feel tired, and can even contribute to depressive feelings.

Take some time over the next few months to rest, recharge and enjoy the quiet in the cold. Read on for some fun ways to enjoy the fall season!

Get Outside

Spend time outside when you can. Have bonfires, or bundle up and go for a walk, savouring the daylight. On dry, warmer nights, take an evening stroll; breathe in the brisk fall air, get your heart rate up and enjoy the crisp fall scents and sounds.

Get Cozy

There's nothing wrong with winding down at this time of year; that's literally what the earth is doing. Follow nature's lead; sleep earlier, enjoy quiet, low-impact activities like reading and sipping warm teas and hot chocolate, and go to sleep earlier to align with the sunrise and sunset.

Comfort Food

There's no better time to look up a new recipe and invite loved ones to share in a warm meal or sweet treat — my favourite fall recipe for comfort is scalloped potatoes, and I love a nice seasonal hot drink. (Peppermint mochas anyone?? Just stir your hot chocolate with a candy cane. Trust me.)

Make Something New

Creative hobbies are a great way to pass the time during the coming colder months. Think of a new project to work on: a painting, piece of art, new story or sweater to knit can be a help you keep your mind active, feel good and stay busy.



temxeytl' ~ winter

shxw'éyelh – to be healthy

xwesá:lews ~ leaves falling

INSPIRATION QUOTES:

“Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all.”

– Stanley Horowitz

“Be thankful for what you have.
Your life is someone else's fairy tale.”

– Wale Ayeni

“Living in a state of gratitude is
the gateway to grace.”

– Arianna Huffington

NOV - TELXWI:TS

“LEAVES ARE FALLING”

Scorpio

Oct 23 - Nov 22

Snake /Serpent - álhqey

Direction: Northwest – Element: Water

Stone: Copper

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

DEC - MEQÓ:S

“FALLING SNOW SEASON”

Sagittarius

Nov 23- Dec 21

Owl - qépkwoya

Direction: Northwest – Element: Fire

Stone: Obsidian

Strengths: Curious, Enthusiastic,
Honest, Generous

COMIC



Reference: <https://mooselakecartoons.com/health>

HALQ'EMÉYLEM WORD SEARCH

Created by Sandra Bobb,
Communications & Engagement

S T H T E M Y R X X O U B J B L B P
X W E S L E W S K T D X I L Q E I A
J M Y L H T E L D H W S B S R X H Y
P T T X M Y U T I Y E T H V S W R E
U L E J R P E U Q E I K T L H M L X
M S M M E P C K E L S W V W X J C M
K L Q F X V Q W Q T L Z H E W O I T
E Z O J Z E S W M X W L E M Y M I M
L V Q O B T Y N E W T E U S E S G E
M F F G M Y R T L E X W T L L N B X
V E Q X U M Y G L M W D G E H L Z W
Z D G J U J S D Y F J Q H A M D X Y

- pumkel – pumpkin.
- temxeytl' ~ winter
- shxw'éyelh – to be healthy
- xwesá:lews ~ leaves falling
- islá:wtxw - two house
- tháyeltxwem -
to build a house
- t'ó:kw' - to go home
- á:lwem - staying home
- payexém témexw
– earthquake
- móylhtel - help out, go
help, pitch in, help one
another
- qeqémel – rising [of water]
- temqoqó: - high water
time
- lexwō:m – rapids, fast
water
- sthí:tem – fixed, ready,
prepared
- syéxcha - gift
- iyálewes – brave
- xéyléx - to go to war
- télmel – wisdom
- hák'w'eles – to remember
it
- xwíyá:m – tell a legend



DEADLINES

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

HAVE A STORY IDEA?

Contact: comm@seabirdisland.ca

LETTERS TO THE EDITOR

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

AGREEMENT/LEGAL

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

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

WE RESERVE THE RIGHT

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

COPYRIGHT

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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/sqwewqel-sqwewqel-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; Kristy Johnson;
Zorana Edwards-Shippentower;
Ciara Busby; Jasmine Paul-Louis;
Aishah Khan; and Shayleen Peters.

PUBLISHER:

Sandra Bobb

EDITOR:

Sandra Bobb & Aishah Khan

LOVED ONE PASS AWAY?

We can assist you in submitting to the First Nations Health Authority a copy of the death certificate.

Emma Leon may be reached at 604-796-2177
emma.leon@seabirdisland.ca

FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

NEW - Sq'ewqel provides 300 colour funeral booklets and one hour of free design time for each band member in accordance with Seabird Funeral Policy. For an additional cost, you can request extra design time, pamphlets, or premium paper.

We can also help with non-band member pamphlets; inquire about our prices.

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

SIFD FIRE PRACTICE

Tuesdays from 7 to 9 p.m.
We are now seeking new members.
Contact the Fire Hall 604-796-2177.

GARBAGE SCHEDULE

CURBSIDE PICK-UP OF COMPOST, RECYCLE and GARBAGE:

- Garbage every Tuesday.
- Recycling every Wednesday.
- **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

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.

WELLBRIETY MEETINGS

At the Stó:lō Tribal Council Boardroom,
located at 2855 Chowat Road, every
Tuesday at 7:00 P.M.

Website for AA in BC: www.bcyukonaa.org

MEDICAL CARDS

Has your medical card been stolen or misplaced and you need to apply for a new one? When submitting an application for a new one, we can help.

Medical Card payments are the responsibility of each client. It costs \$20 for each new card if they have been lost or stolen more than twice.

Please note, we are unable to help with BC ID applications.

Baby ID Cards

Apply for a Medical Care Card as soon as possible.

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

AMBULANCE BILLS

Once you have received the ambulance invoices, kindly submit them. Under the Non-Insured Health Benefits (NIHB), ambulance expenses will no longer be covered if the bill is older than a year.

Health Canada will cover the cost of the ambulance for anyone having a status number, provided that there is 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 Emma Leon 604-796-2177.

OPTOMETRY CLINIC

Appointments Only: Nov. 13-14 Dec. 10-12

Checkups should be done every two years for people aged 19 to 64 and annually for children under the age of 19. Seniors above 65 can be seen once a year.

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

Contact Emma Leon CHR
at 604-796-2177 or
emma.leon@seabirdisland.ca

SQ'ÉWQEL FACEBOOK ACCOUNTS

Recommended to follow:

Sq'ewqel "Seabird Island Band"

<https://www.facebook.com/SeabirdIslandBand/>

Seabird College

<https://www.facebook.com/SeabirdCollege.ca/>

Seabird Island Community School

<https://www.facebook.com/SeabirdIslandCommunitySchool>

Careers

<https://www.facebook.com/SeabirdIslandCareers/>

Remember to **like** the posts to see them pop up in your feed more often!

WILD ANIMAL ALERT

To lessen encounters with wildlife, treat the area with respect and maintain its cleanliness.

- You should only dispose of your trash in the morning on garbage day.
- Throw away the guts of fish (away from residences).
- Make sure your grill is clean.

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

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.

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.

REGISTERED CLINICAL COUNSELLOR

Under the supervision of the Sr. Registered Clinical Counsellor, the RCC will deliver counselling services to clients affected by complex mental health and/or substance use issues. Services may include individual and group counselling, crisis intervention, treatment planning, and education. The RCC will also work collaboratively with other health professionals, schools, and community programs, and may travel to provide services in communities supported by Seabird Island.

Sr. REGISTERED CLINICAL COUNSELLOR

Reporting to the Department Manager of Integrated Primary Care, the Senior Registered Clinical Counsellor provides direct counselling services to individuals and families impacted by complex trauma, addictions, and mental health challenges while also contributing to program development, clinical supervision, and mentorship. This position supports the delivery of culturally safe, trauma-informed services rooted in Indigenous knowledge, teachings, and holistic healing approaches.

yóyes - working,
be working

COMMUNITY INFRASTRUCTURE

LANDS ADMINISTRATIVE ASSISTANT (TERM)

Under the direction of the Lands Manager, the Lands Administrative Assistant 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.

CULTURAL EVENTS AND PROGRAM SUPPORT COORDINATOR

The Cultural Events and Program Support Coordinator will be responsible for planning and coordinating community events (e.g., Seabird Festival, school events, dinners) and also serving as the Band's primary contact for funeral coordination and cemetery management. This includes supporting grieving families, organizing burial logistics, liaising with departments and vendors, and maintaining cemetery records. This role requires a high level of cultural sensitivity, professionalism, and administrative ability.

CUSTODIAN (FULL-TIME)

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

PROJECT COORDINATOR

Reporting to the Senior Projects Manager and working closely with the Construction Manager, the Project Coordinator supports the coordination of project schedules, documentation, tendering, and communication among departments, contractors, and funding partners. This role ensures projects are organized, compliant, and completed efficiently while upholding Seabird Island's cultural, quality, and safety standards. The Project Coordinator may also manage smaller projects independently and support community engagement throughout project delivery.

EARLY CHILDHOOD DEVELOPMENT

AIDP-ASCD REGIONAL ADVISOR

The AIDP - ASCD Regional Advisor provides culturally informed guidance, support, and mentorship to AIDP/ASCD programs delivered in a culturally respectful and responsive manner. The Aboriginal Infant Development Practitioner (AIDP) Regional Advisor will also engage in community relations activities supporting clients and the community.

This is a Part-Time Term Contract with an end date of March 31st, 2026, with the possibility of extension.

EARLY CHILDHOOD EDUCATOR - INFANT TODDLER

The Early Childhood Educator (Infant Toddler) will provide hands-on childcare to children in Seabird Island Band's early childhood education programs, in accordance with all childcare licensing requirements and the philosophies, policies, and objectives established by Seabird Island Band Management.

OUT OF SCHOOL CARE ASSISTANT

Working under the supervision of the Middle Years and Childcare Services Team Lead, the Assistant will actively instruct and participate in a variety of physical activities designed to engage students in fun, recreational experiences that support lifelong learning. In addition to promoting physical activity, the Assistant will help facilitate programs that encourage healthy eating, personal development, and overall wellness, while fostering positive relationships with children and families in the community.

EDUCATION

IAFNYES - PROGRAM ASSISTANT

The objectives of IAFNYES are to provide short-term work placements that increase access to more permanent employment opportunities, support the development and enhancement of essential employability skills, and promote the benefits of education as key to labour market participation. Additionally, the program introduces youth to a variety of career options, supports access to services that assist in transitioning to and remaining in the workforce, and aims to reduce long-term dependency on income assistance.

YOUTH DROP IN TEAM LEAD

The Youth Drop-In Team Lead provides culturally informed leadership and programming for youth aged 12-18. This role involves planning, organizing, and facilitating drop-in nights that include recreational, educational, and cultural activities. The Youth Drop-In Team Lead will also engage in outreach efforts to build relationships with youth and families, promote participation in the program, and connect youth at risk with additional resources and support programs.

YOUTH WORKER ON-CALL

The Youth Worker is responsible for engaging youth from Seabird Island and surrounding communities (age 13-24) in youth-led programming, Youth Drop-In Centre, small groups and individual (one-on-one) sessions. The core of this work will be at the Seabird Youth Centre, as well as in the local schools and at community events. From a youth-centered practice, the Youth Worker walks alongside youth to continually develop programs and opportunities to help youth grow and thrive.

ECONOMIC DEVELOPMENT

STQÓ:YA CONSTRUCTION - GENERAL MANAGER

As Stqó:ya Construction undergoes an exciting organizational restructuring to strengthen our leadership team and expand into new markets, we are seeking an experienced and forward-thinking General Manager to lead this transformation. This role is ideal for a strategic and hands-on leader who thrives in a high-growth environment and is passionate about building Indigenous business success. The General Manager will be responsible for overseeing operations, financial performance, strategic growth, and team leadership, while advancing Stqó:ya's reputation in the construction industry across British Columbia and beyond.

STQÓ:YA CONSTRUCTION - BOOKKEEPER

This role is responsible for the day-to-day accounting functions, including accounts payable, accounts receivable, payroll support, reconciliations, and maintaining accurate financial records. The Bookkeeper plays a key role in ensuring the integrity of financial data and compliance with internal policies and external regulations. This position is ideal for someone with construction industry experience who enjoys working in a fast-paced and collaborative environment.

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.

Apply Today!

FINANCE & ADMINISTRATION

ACCOUNTS PAYABLE ASSISTANT

Under the direction of the Accounts Payable Supervisor, the Accounts Payable Assistant will work collaboratively to provide timely and accurate administrative support related to accounts payable and other finance operations. This includes processing invoices, maintaining financial documentation, and supporting the Accounts Payable Supervisor with daily workflow. The role also supports general finance administrative duties and contributes to a respectful, inclusive, and organized financial environment.

HEALTH & SOCIAL DEVELOPMENT

FAMILY DEVELOPMENT WORKER

The Family Development Worker provides culturally informed wellness and support services to families. This role involves conducting client assessments, creating service plans, coordinating workshops, maintaining case records, and supporting families on their journey toward wellness and independence. The Family Development Worker will also engage in community relations activities, working to strengthen connections with clients.

ON CALL RECOVERY HOME SUPPORT WORKER

The Recovery Home Support Worker provides culturally informed crisis intervention, coping strategies, education, connections to community services, and support to individuals affected by mental illness, addictions, trauma, and crisis. The Recovery Home Support Worker will also engage in community relations activities to supporting clients and the community.

PART TIME RECOVERY HOME SUPPORT WORKER (WEEKENDS)

The Recovery Home Support Worker provides culturally informed crisis intervention, coping strategies, education, connections to community services, and support to individuals affected by mental illness, addictions, trauma, and crisis. The Recovery Home Support Worker will also engage in community relations activities to supporting clients and the community.

shxwexwá - hard-working

lexsyó:yes

-(someone who is) always working

SENIOR CLINICAL SUBSTANCE USE PROGRAM LEAD

The Senior Clinical Substance Use Program Lead provides 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.

This is a three-year Term Contract with the possibility of an extension.

LEAD MEDICAL OFFICE ASSISTANT

Under the supervision of the Medical Clinic Supervisor, the Lead Medical Office Assistant performs a full range of administrative and clinical support duties, maintaining and reconciling medical records, preparing examination rooms, supporting client intake, and assisting with services. This role also includes overseeing billing, insurance claims, and payment reconciliation, ensuring accuracy and compliance with regulatory and organizational standards.

The Lead Medical Office Assistant acts as a resource and point of contact for other MOAs, providing guidance, mentorship, and support to ensure consistency and efficiency in clinic operation. This role requires a high level of professionalism, confidentiality, leadership skills, attention to detail, proficiency with medical software systems, and the ability to work collaboratively in a multidisciplinary team environment.

LIFE SKILLS COACH

Under the direction of the Family Development Supervisor, the FLSC provides hands-on, culturally informed guidance to families in the family home. This includes modeling healthy routines, parenting strategies, household management, and life skills that promote strong family bonds. The FLSC supports families in accessing healing, health, and community services, while ensuring culture is embedded in all aspects of programming to nurture self, family, and community connections.

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.

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.

INTER-GOVERNMENT AFFAIRS

ENGAGEMENT ASSISTANT

The Engagement Assistant provides culturally informed support in implementing community engagement strategies and activities for community members of all ages. This role involves developing and utilizing a variety of methods and tools—such as surveys, interviews, and community events—to collect qualitative and measurable input and feedback. The Engagement Assistant will also engage in community relations activities that support both clients and the broader community. Collaboration with other departments is integral to ensuring that engagement efforts are well-coordinated, inclusive, and reflective of community needs and priorities.

EXECUTIVE

COMMUNITY LIAISON

Under the direction of Executive Council, and management of Sq'Éwqel Administration, the Community Liaison will foster accountability and quality service delivery by working with Chief and Council and management to answer inquiries and find resolutions to concerns. As the first point of contact for concerns, this role drives delivery of excellent inquiry, concern, and complaint handling. The Liaison supports Sq'Éwqel to understand challenges for our community members, highlight trends and areas for service and process improvement. They will ensure concerns are documented, followed up on, responded to, and, when necessary, escalated. The Liaison also ensures compliance with the policies and follows best practice recommendations and time-lines for handling complaints.

We are
HIRING
to apply for current opportunities visit:

<https://www.seabirdisland.ca/careers/>

NATIONAL ADDICTIONS AWARENESS WEEK

NOVEMBER 17-20, 2025



Join Us for a Week of
Hope & Healing

We are accepting nominations
for individuals living a sober
lifestyle, including Youth.

You are welcome to nominate
yourself or someone you know.

Nominees will be recognized at
the **Sobriety Dinner** on
Wednesday,
November 19, 2025

This includes, but is not limited to, alcohol, cannabis,
tobacco (including vaping), gambling, illicit drugs,
inhalants, and the misuse of prescription medications etc.

Let's come together to raise awareness, reduce stigma,
and celebrate sobriety within our community.
Experience a week of heartfelt events filled with
conversation, learning, and support. No matter where
you are on your journey, you belong here.

Shxwoxwelstexw Te S'áylexw
Honouring Wellness

To Nominate, Scan QR code,
click link on FB post
or pick up a form at the
Band Office

Deadline to submit:
November 12, 2025

For more information, contact
Events 604-796-6813



MONDAY

Nov 17, 2025

Lunch,
Rock Painting &
Guest Speaker
(Health Boardroom)
10 AM- 3 PM

Community Dinner
(Mill Hall) 6 PM

TUESDAY

Nov 18, 2025

Lunch & Learn
with Dr. Fox
(Band Gym)
12 PM

WEDNESDAY

Nov 19, 2025

5 PM Sobriety Dinner
6 PM Recognition
of Sobriety
7 PM Outlaws & Lace
– Live Band
(Band Gym)

THURSDAY

Nov 20, 2025

Pancake Breakfast
8:30 AM
Sobriety Walk
10 AM
(Mill Hall)