

TRUTH & RECONCILIATION GATHERING:



A DAY OF HEALING

shxw'áylexw ~ healing

On September 30, 2025, the community came together in a spirit of care and healing — supporting the wellness of our minds, bodies, and spirits. It was a day to connect with one another, honour the strength of Residential and Day School Survivors, and reflect as a community.

The atmosphere was calm and filled with hope as we focused on healing, reflection, and strength. Stations were

set up throughout the Gym and Band Office offering a variety of supports for mental, spiritual, and physical well-being. These included Reiki, RMT massage, haircuts, men's hot towel shaves, acupuncture, and Youth wellness activities. Traditional salves, liquid smudge and teas, weaving, and tobacco ties were also offered.

Many participants enjoyed sampling traditional teas and took home recipes to prepare their own. Erna Paul shared that the salve-making station required

days of preparation — steeping plant clippings to extract their medicinal properties. Attendees then had the opportunity to mix and take home their own salves. Bottles of liquid smudge mist were also available, with some customizing their own unique scents.

At the weaving table, led by Ashley Armstrong, participants received small weaving kits and learned how to create their own pieces. Interest grew quickly, and the weaving area expanded to

Story continued on page 2



INDEX

Truth and Reconciliation.....	1-3
Exploring Clean Energy	4-5
Seabird Island Infrastructure	6
Community Artist Feature	7
Sq'ewqel Soccer Games	8
Dr. Kelsey Allen, MD	9
Back on the Land: Learning in New (Old) Ways at Sq'ewqel.....	10
Seabird College Instructor	11
Sage Suggestions	12
– Self-Care for the Soul.....	12
– Feeling Flu-y?.....	13
Congratulations, Seabird College Graduates!	13
Hemlock Looper Moths	14
Clinics	14
Hard Work for Healing at Nations Creations.....	15
Housing Wait List.....	15
Entertainment / Lifestyle.....	16-19
Comic / Word Search Puzzle	16
Classifieds	17
Careers at Sq'ewqel	18-19
Community Halloween Event	20

Administration Offices
CLOSED
Tuesday, November 11, 2025
Remembrance Day



multiple tables as many joined in. Ashley also began a large weaving, to which Charlie, a Youth participant, contributed a few rows. This weaving, along with others displayed at the event, will eventually hang in the new Cultural Building — each piece telling its own story.

thelthélxatí:m ~ weaving

Another table invited attendees to make tobacco ties. Later in the day, everyone gathered around a fire outside to release their tobacco offerings, letting go of negative feelings.

The Harry family honoured the gathering with a series of powerful performances. Later, Alexis Grace shared her appreciation for the event

and the dance group, expressing pride in having such traditions carried forward in the community. Dance, she noted, has been passed down through generations, bringing strength to the dancers, their families, and the wider community.

léxwethet ~ cover yourself with a blanket

Elders were gifted bags of items, including a blanket to wrap around themselves—a gesture of love and a symbol of the community's embrace.

Nearly everyone in attendance wore orange, and those who did not were offered orange shirts. Gifts were also distributed at the end of the day.

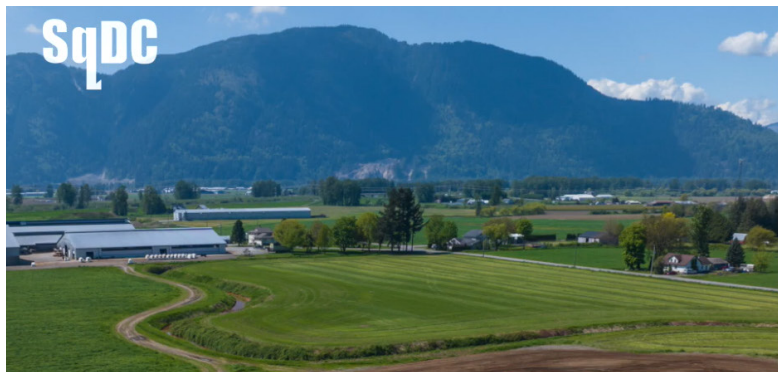
It was a beautiful gathering filled with love, pride, tradition, and healing.

By Sandra Bobb, Engagement Supervisor





EXPLORING CLEAN ENERGY AT SEABIRD ISLAND



PROPOSED PROJECT



For the past two years, Sqéwqel Development Corporation (SqDC) has been working in collaboration with FortisBC and Hallbar Consulting on an exciting renewable energy initiative, the development of a biogas plant at Seabird Island.

We are currently in Phase 3 of the project. This means we are focusing on:

- Funding applications
- Environmental studies
- Preliminary engineering designs
- Identifying a suitable location for the plant

No construction is taking place at this stage. We are still in the planning phase, and we're inviting the community to stay engaged and informed.

What is a Biogas Plant?

A biogas plant turns organic waste, like dairy manure and food scraps, into:

- Biogas: a clean energy source that can be upgraded into Renewable Natural Gas (RNG).
- Digestate: a natural fertilizer byproduct that enriches soil.

How it Works

Here's a simplified look at the process:

1. Organic materials are collected and placed into an airtight tank called a digester.
2. Microorganisms break down the waste in an oxygen-free environment.

This produces:

1. Biogas, which is cleaned and will then be injected into the FortisBC pipeline.
2. Digestate, which can be used on farmland as an alternative to raw manure.

The entire process happens in a sealed, odor-controlled system.

Why This Project Matters

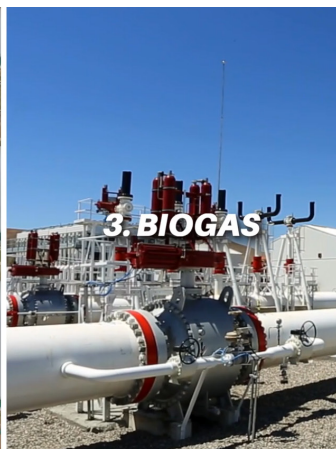
This project supports a cleaner environment while opening new economic opportunities for our community.



1. ORGANIC WASTE



2. TANKS



3. BIOGAS



Environmental Benefits

- Reduces Greenhouse Gases: Captures methane that would otherwise escape into the atmosphere.
- Improves Air & Water: The system significantly reduces bacteria like E. coli and helps prevent nutrient runoff into water sources.
- **No Odour:** Digesters eliminate the strong smells associated with untreated manure.

Economic & Community Benefits

- The plant is expected to generate jobs for operators, technicians, and administrative staff.
- It will be an additional source of income, which can be reinvested into the community and grow the Seabird Island economy.

Frequently Asked Questions

Will construction begin soon?

No. We're still in the design, research, and consultation phase — not construction.

What type of feedstock can be used?

The plant will use agricultural waste like dairy and poultry manure, along with food waste from processors and grocery stores. Food waste produces more gas and is especially valuable.

What is the size of the plant?

The proposed plant will occupy approximately 2.5 acres, enough space for tanks, roads, and equipment.

What happens to the digestate?

Digestate is a safe, nutrient-rich fertilizer that farmers can spread on their fields as a replacement for raw manure. It has less smell and is safer for soil and water.

Will it smell?

No. Digesters are fully enclosed. Air from storage tanks is filtered before release to eliminate odours.

Will bugs or pests be a problem?

No. The sealed system does not produce smells that attract insects or animals.

Where will it be built?

At the Sq'ewqel Business Park which is zoned for commercial and light industrial purposes.

Is it safe?

Yes. With modern safety systems and environmental procedures in place, risk is considered low to medium. Ongoing planning includes safeguards to protect health and the environment

Your Voice Matters

Over the past year, we've hosted:

- Community meetings with open Q&A
- Site tours to active biogas facilities
- Educational materials like brochures, videos, and posters and we're not done yet. Your questions, feedback, and ideas help shape the path forward.

Do you have any questions about the biogas project?

We'd love to hear from you. Feel free to email or give us a call at (604) 796-7077 to book a meeting with us.

Reach out to Carla Pretorius at carla.pretorius@sqewqel.ca or connect with us via our contact form.

Submitted by Carla Pretorius, Sq'ewqel Development Corporation



SEABIRD ISLAND INFRASTRUCTURE: CURRENT PROJECTS



Seabird Island “Cultural Building”.

thíyeltxwem ~ to build a house, shelter

In the coming weeks, there will be a number of construction and infrastructure projects taking place within the main core of Sq’éwqel. The affected areas will include Chowat Road, from the public works yard to the Band Office, Pípeh:óm road, the soccer field in between Seabird Community School and the Band Office, and the Men’s and Women’s Recovery Homes.

Those who attend Seabird College, the high or elementary school, work in the Band Office, and work or live in the recovery homes will be impacted by the construction.

Bill Miller, Seabird’s Capital Projects Manager, would like to remind all Community Members, staff, and everyone else who frequents this core centre of Seabird to be mindful throughout the duration of these projects to keep yourself and the community safe.

Safety measures will be put into place to protect the community, staff and workers. Look out for flaggers and workers, respect signage and be mindful of any other hazards, such as active equipment.

Each project being done in Sq’éwqel is to bring services to Members, support our growing staff and to bring people home to health, family and community.

We appreciate everyone’s cooperation as we do this important work to benefit our community.

Public Works Yard

This is expected to be completed within 10 days.

Band Office Extension

A wing is being added to the Band Office, where the gymnasium is. This is to extend the capacity for staff and to address the growing needs of the community.

Soccer Field: Geothermal Site Work

This project will take place at the same time as the Band Office extension. During this time, the soccer field in between the Band Office (outside the gym) and Seabird Elementary School will undergo geothermal piping. The field will be dug up to support trenching for a thermal heat source (water) in order to provide natural heat to Seabird High and Elementary schools.

AIMs Building

A new recovery support facility will be built beside the current men’s and women’s homes, across the Band Office on Chowat Road. This centre is being built in partnership

with Fraser Health, and has been in development for several years; we are pleased to enter the construction phase, with an estimated completion date ranging from April – May 2026.

Pípeh:óm Road

Pípeh:óm Road will be extended to connect onto Chowat Road, bisecting the Cultural Centre. The road will be built this calendar year and paved next spring.

xálelh ~ roads, trails

PROJECT STATUS’

Sq’éwqel Cultural Centre

The roofing for the Cultural Centre is complete. The next phase of construction is achieving lockup status; this means that the structure will have a secure exterior (windows, doors, walls) that can be locked from the inside.

The Centre is approximately 35% complete, with a projected completion time sitting at around an additional ten months. It will support occupancy and limited use by June 2026.

BC Housing – Stage 1

The first phase of the BC housing project is nearing lockup status. It will support occupancy by June or July 2026.

Other Units: Two are complete and occupied, and the second two will be ready for occupancy by the end of October 2025.



COMMUNITY ARTIST FEATURE: GEORGE PRICE



“Who am I?”

George Price was troubled by this question during his young years. A Sq'ewqel Band Member, George spent his childhood off reserve, alienated from his culture and community. The hostility and cultural disconnect he faced intensified his desire to answer this question, and his journey as an artist has helped George find answers along with his place in the world.

At 17, George's brother taught him to carve. From that point he didn't look back, and has since walked the path to healing and self discovery through traditional art.

As a Stó:lō man with severed ties to his heritage, George's designs were self-taught. He has aimed to bridge this gap throughout his career, learning the artistic nuances of the Coast Salish and Kwakwaka'wakw people. “Every day is a learning experience. Whether you're a child or an Elder, every day you learn something new,” he said.

tópet ~ to carve it

George makes house poles, masks, urns, grave markers and coffins, and he especially enjoys making podiums. A recent commission he completed for Sq'ewá:lxw First Nation (Ruby Creek) depicts a male and female figure inviting passers-by into the community. The figures stand side by side at the doors, beckoning outsiders, letting them know that they may enter. George explained that these figures represent life, procreation and deeply resonate with river people; often on boats, they sometimes didn't know if they were welcome ashore or not. Carvings like this historically told people in a way that transcends language and culture that they would be safe.

To George, every single piece tells a story, preserves history; he likens creating a piece of traditional art to a naming ceremony. He hopes to open a school in Hope and teach carving to anyone who wants to learn. This way, the ancient tradition will live on — revitalization is essential now, as fewer Indigenous people are being trained. To preserve this custom is to uphold

skwetóxwes ~ mask

a healing traditional craft, ancestral history, and a storytelling device that is central to Stó:lō people.

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**“I'll die with a knife in my hand,”**  
George told me.

It's been nearly 50 years, and George's journey as an artist and teacher has been gratifying; he's taught and completed commissions right here at Sq'ewqel and the wider Fraser Valley, across Canada to Thunder Bay, and all the way to Japan. He has pieces displayed all around the world, some of which are at Seabird, including the canoe in the elementary school and the house pole in the Band Office Medical Centre.

It's clear that although he struggled in his early life to find his place and connect to his culture, George has grown firmly rooted in a sense of self. Now, he walks the next leg of the journey — to pass down what he knows.

As he works toward his goal of opening a carving school, George teaches where he can; he mentors those who ask, and has travelled to Eastern Canada to bring young learners knowledge about Indigenous history. Recently, he taught school children in Thunder Bay about the significance and uses of cedar and birch trees. Soon he is slated to speak to Enbridge representatives about the land they hope to use, and why Indigenous people are so deeply connected to it.

George is a featured artist at Sq'ewá:lxw First Nation's art gallery and does his part to continue learning, creating and teaching. *Yálh yew kw'a's hó:y* (thank you), George, for sharing your talents and wisdom and showcasing some of Seabird's gifts to the world.

Aishah Faruqi Khan, Journalist, SIB 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 at Ridge Meadows Folly <span>Game 8</span>     | Sun, Oct 26, 2025 | 8:00 PM - 9:30 PM<br>(Arrive at 7:15 PM) | Pitt Meadows Sec    |              |
| ✶ Away at Poco FC Rebellion <span>Game 9</span>       | Sun, Nov 02, 2025 | 6:00 PM - 7:30 PM<br>(Arrive at 5:15 PM) | Gates 1             |              |
| ✶ Away at Langley Utd Spearheads <span>Game 10</span> | Fri, Nov 07, 2025 | 8:00 PM - 9:30 PM<br>(Arrive at 7:15 PM) | Willoughby SW 4     | SW4          |
| ✶ Home vs. Aldergrove United B <span>Game 11</span>   | Fri, Nov 14, 2025 | 8:00 PM - 9:30 PM<br>(Arrive at 7:15 PM) | Seabird Island Park | Lights Field |
| ✶ Away at Ridge Meadows Strikers <span>Game 12</span> | Fri, Nov 21, 2025 | 8:15 PM - 9:45 PM<br>(Arrive at 7:30 PM) | Karina Leblanc      |              |
| ✶ Home vs. Poco FC Raccoons <span>Game 13</span>      | Fri, Nov 28, 2025 | 8:00 PM - 9:30 PM<br>(Arrive at 7:15 PM) | Seabird Island Park | Lights Field |
| ✶ Away at TWU Spartans C <span>Game 14</span>         | Sun, Dec 07, 2025 | 6:30 PM - 8:00 PM<br>(Arrive at 5:45 PM) | Yorkson             |              |



## Seabird Island Optometry Clinic

**Dates:**  
November 13 - 14, 2025

**Time:**  
9:00 AM - 6:00 PM

**Place:**  
Seabird Band Office  
Elders Lounge

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.*





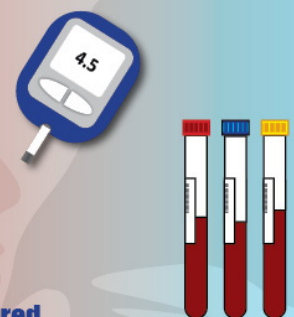
## Lab Day / Diabetic Support

(mobile life labs)

**Who's eligible:**

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

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



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

**Dates:**  
October 23, 2025

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

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



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

## ÉY KW'S EMI (WELCOME), DR KELSEY ALLEN, MD



In July, Sq'éwqel welcomed a new doctor, Dr Kelsey Allen. Kelsey is completing her residency under Dr Fox, and she will be serving the community for a minimum of two years.

Kelsey is Qalipu Mi'kmaq, from a First Nation on Newfoundland (Ktaqmkuk). She comes to Sq'éwqel to answer her calling, which is serving her people as an Indigenous physician. Kelsey has wanted to study medicine since she was a child and has always been driven by her desire to connect with people. "Read a textbook all you want, but if you can't connect with people then you're not doing your job as a doctor," she said.

Kelsey's a scientist through and through, which I discovered quite quickly. When I asked her what she likes doing in her free time, she described a passion for coffee, particularly her interest in the formulaic process that goes into making espresso; it's all chemistry.

Although Kelsey is a scientist at heart, it's her empathetic nature that has guided her journey in medicine. She wants to show up for her people, even if they're from a different community, because she knows how Indigenous people have been treated in the medical world. Kelsey understands that forming relationships with patients and the community will take time, but she is dedicated to easing the path to wellness and has the community's best interests in mind.

Kelsey doesn't specialize, but she does have interest in palliative care and addiction. During her time in residence, she will be training across all medical conditions and treatments here in Sq'éwqel on a rotating schedule, and at Chilliwack General Hospital.

### Message from Kelsey:

*Ey Swayel,*

*I am Qalipu Mi'Imaq First Nation from Ktaqmkuk (Newfoundland). I completed my bachelor's degree in neuroscience and Memorial University of Newfoundland and completed my medical degree at the Michael G. DeGroote School of Medicine at McMaster University. I chose to complete my residency in Chilliwack because of the opportunity to serve this community. I will be working at Seabird Health Clinic for the next two years. When I am not at Seabird, I will be working out of the Chilliwack General Hospital rotating all other medical services including maternity, internal medicine, emergency medicine, psychiatry, pediatrics, surgery and anesthesia.*

*Please say hello if you see me around, I would love to meet you!*

Welcome to Sq'éwqel, Kelsey! We're happy to have you, and we thank you for journeying so far from home to bring compassionate, grounded care to our community.

*Aishah Faruqi Khan, Journalist, SIB Communications*



**BC HYDRO  
PLANNED POWER  
OUTAGE**

**Seabird Island has a day time  
planned power outage.**

**From:** Thursday, November 6, 2025 09:30 AM (estimated)  
**To:** Thursday, November 6, 2025 04:00 PM (estimated)

**Reason:** Pole Replacement

**Addresses affected:**

**STH'I:TSEM DR:** 8270, 8272  
**CHARLES DR:** 2797, 8250, 8256, 8274,  
8275, 8278, 8291, 8294



## BACK ON THE LAND: LEARNING IN NEW (OLD) WAYS AT SQ'ÉWQEL

Autumn leaves are falling, a crisp chill is in the air, and children have stored their sandals for the summer and are back in school. Once a week, Lalme' Iwesawtexw (Seabird Community School) students from K4-12 are spending the day outside, learning on the land.

Over the summer, school administrators worked tirelessly to bring the Back on The Land program to life. It was developed with support from the community and the Martin Family Initiative, a foundation that aims to empower Indigenous students.

The Back on The Land program takes place every Wednesday. Students have been split into cohorts, and together they rotate through activities based on three key components: **culture, create and land**.

Grade 10-12 students are being mentored in traditional teachings and skills, and soon they will act as mentors themselves, guiding younger students and community in important customs.

Each component is meant to ground students in culture and community. One **culture-based** activity is hearing stories told by Elders and Zack Joe, Seabird's Cultural Education and Connections Specialist in Education. To **create**, students are learning kitchen and cooking fundamentals, and within a few months they will be preparing meals for the student body, much of which will be done outdoors over a fire (to address the **land** component). Other activities include traditional drumming, canoeing, orienteering and medicine making.

Each month's activities are guided by an overarching theme, or Core Competency. September's was Collaboration and in October it shifted to Personal Awareness and Cultural Identity.

The purpose of Back on The Land is to promote explicit cultural teachings,

spiritual identity and emphasize the importance of *who* and *where* we (Sq'éwqel students) are. Land-based learning is a practical extension of concepts taught in classrooms, and a demonstration of Two-Eyed Seeing (blending Indigenous and western ways of knowing). For example, the process of mixing a medicine requires math and knowledge of chemistry as well as a culturally informed understanding of natural resources. By including both perspectives in the teaching model, students will gain a deeper perspective of different subjects.

Land-based learning has been proven to re-engage Indigenous students in their education, and it is beneficial for learners who excel outside of a standard classroom environment. It is known to encourage and stimulate neurodivergent students, and its holistic nature is vitalizing for culture and wellness; some studies show that an hour spent outdoors engaging with nature has more health benefits — like lower anxiety and improved mood — than an hour of gym play. Land-based education incorporates physical, emotional, spiritual, and intellectual learning that develops critical thinking and dynamic problem solving, which strengthens student engagement.

These weekly breaks from the classroom do not detract from regular educational mandates. Four days are still dedicated to delivering curriculum-based content, and both methods are designed to promote better understanding of grade-appropriate literacy, numeracy, science and social studies concepts.

Going forward, it is the hope of Lalme' Iwesawtexw's administration to build upon the Back on The Land program to engage the wider community while leading surrounding communities to do the same. Vice principal Suzanne Smith would like to see more Members sharing their gifts with students,

no matter what they are; spiritual teachings, traditions and other skills or hobbies are important; the idea is to foster a deeper connection to learning while involving the community and grounding students in culture.

The program is still in its infancy, and principal Steve Beier and Suzanne are seeking community feedback. They will be sending out a survey to parents in the coming weeks asking for their thoughts.

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Steve chuckled when I asked him how the kids are responding to Back on the Land so far. "I think there's a bit of a misunderstanding," he said, "The kids have been calling Wednesdays 'fun day.' Which sends an inaccurate message to their parents, but at the same time, it's awesome that students are having fun on these days; it *is* fun, **but learning is definitely happening.**"

Continually evolving educational models will allow Seabird to address its students and wider community needs while delivering a quality education. **Back on the Land is an exciting new initiative that's designed to balance culture and conventional education to enhance students' overall learning outcomes.**

If you have feedback or would like to offer your time and share your gifts with young learners, please contact Steve or Suzanne.

steveb@seabirdschool.ca
suzanne.smith@seabirdschool.ca

Aishah Faruqi Khan, Journalist, SIB Communications

HOW SEABIRD COLLEGE INSTRUCTOR RAVEN HILLENBRAND IS INSPIRING INDIGENOUS WOMEN TO TAKE CHARGE IN THE TRADES



Raven Hillenbrand is a Red Seal plumber and an instructor at Seabird College. She comes to us from Gitxaala First Nation near Prince Rupert, sharing her knowledge with Sq'ewqel students and showing women what is possible when they prioritise their independence, demonstrating the power they can find through pursuing a career in the trades. Raven's story is one of strength, inspiration, resilience and triumph.

Raven has been working closely with a group of women filming a documentary, *Aunties of the Trades*. A Seabird College trades student was recently filmed here at Sq'ewqel, and the documentary will continue filming throughout BC, showcasing Indigenous women taking their futures into their own hands in trade work, and exploring the unique challenges and joys that they experience.

Raven knows that finding independence can feel impossible. She has travelled hundreds of miles away from her home and community to make her way in the world. Throughout the years she has accomplished so much and has lifted up dozens of other women.

Raven's journey has not been easy. Being a woman in trades, especially an Indigenous woman, is still fraught with complex issues. Racism and sexism discourage so many from walking down this path, but the truth is that there are always reasons not to move forward.

Re-entering education is a daunting undertaking, and many believe they will not be able to keep up. Childcare is a key issue that keeps women from pursuing higher educational or career pursuits, and many feel as though they're not capable of accomplishing their dreams.

Raven has experienced all of it. As a single mother, she left an unhealthy relationship and her home, and she began to work towards a life that offers her freedom, financial stability, empowerment and the influence to positively impact others while raising her children. She knows that although it is incredibly hard, it is possible, and the rewards come back tenfold; **financial freedom allows women to keep themselves and their children safe and cared for.**

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Seabird College's 12 Week Trade Sampler program is the perfect option for anyone wondering what's out there. It is a short program, and this is an easier transition back into a learning environment; instead of committing to months or years of schooling, the Trades Sampler allows students to dip their toes in the water, rather than jumping straight in.

It gives students an introduction to different trades, and Raven instructs the plumbing and piping segment. If students take to one discipline in particular, they can pursue it further after completing the sampler program, as they will have earned a strong foundation and practical skills in the subject.

**Seabird College also offers free childcare support to students. This alone breaks down a significant barrier that prevents women from accessing education and independence.**

When I asked her how she deals with hostility on the job, Raven explained that patience and humility go a long

way... even though it's easier said than done. She said that **people's negative treatment is often a reflection of their feelings about themselves than of others**, and to try not taking it personally. As for believing that you're not good enough, Raven said that no one is good enough right away, that's why everyone starts off as an apprentice. Skills and confidence grow, and everyone is always learning with time and experience.

Raven also suggests that you remain open to new perspectives, being vulnerable, and prioritise looking after yourself. Stay physically safe, mentally sharp and manage your income; this is a huge aspect of trade work, as seasonal layoffs are part of the territory. Have a positive outlook and focus on what motivates you; even the person who loves their job more than anyone else in the world has tough days getting out of bed. You must have a strong reason (that's not another person) that inspires you to push through.

There are many positive effects of going into the trades; for women, there's a tight-knit support network, as well as the wealth of opportunities to learn, grow, earn and support their families without relying on others who may take advantage of their position.

**Your dreams are always within reach.** Working with your hands, body and learning that you can overcome roadblocks will not only prove this, it will also boost confidence, inspire others and benefit you and your loved ones economically and spiritually.

Thank you, Raven, for sharing your gifts, and making Sq'ewqel a stop in your journey. We wish you the best as you continue down this path and hold our hands up to you for lifting so many others up beside you.

Aishah Faruqui Khan, Journalist, SIB Communications

# SAGE SUGGESTIONS

Aishah Khan, Communications Program, Sq̓̓w̓̓q̓̓el Communications & Community Services

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

## SELF-CARE FOR THE SOUL

The dog days of summer are over...the days are growing colder and darker, and it's the perfect time to reset. Check in that you're taking care of yourself physically, mentally, emotionally and spiritually.

Self-care is sacred. It is not so much about short-term satisfaction, as over-pampering and yay-saying to everything your heart desires won't improve your health and happiness long-term.

True self-care is an ongoing effort to support your physical, emotional and mental wellbeing. When you take care of yourself, daily life becomes smoother, and overall happiness and strength will grow.

Here are some ways you can crank up your self-care.

1. **Do something creative!** Being creative soothes anxiety. Entering a 'flow state' (effortless concentration on what you're doing, being totally in the moment) is a healthy way to process emotions and absorb stress. Being creative can include drawing, painting, working with your hands,

building, solving puzzles, doing sudoku, and so much more.

2. **Set a new goal and track your progress.** I am trying to drink less coffee. I track my daily cups of coffee in a notebook, and this visual record helps me make improvements and see how far I've come.
3. **Declutter.** Mess has a way of making us uneasy. Even just tidying up surfaces like tabletops, counters and floors can ease your mind.
4. **Do something in or with community.** Cultural connection goes a long way in making people feel good. Start a craft rooted in traditional teachings, join a dance or singing group, or take up a team sport. Activities can help you better organize your time, add purpose to your life, bring meaning into your routine and help you foster connections and relationships.
5. **Do those tasks you've been putting off.** Set time aside to do those tasks and chores that always get postponed. Make the phone call, respond to the message, go to the post office and do the dishes. If possible, designate time each week for this purpose.
6. **Reconnect with an old friend or family member:** set a date and do something fun together, like a trip to the local market, a coffee date, or just a walk in nature. Rather than just doing the same thing with the same people, reach out to someone you haven't spoken to in a while, and try to meet in person. If you can't meet in person, set a time to call and stick to the appointment.
7. **Give back.** Volunteer! Giving your time and effort to a cause, or people, that you care about makes you feel good and reduces stress, because it distracts you from thinking about yourself. Giving back doesn't have to mean anything fancy; you can rake the leaves for your neighbor, volunteer to hand out hampers, look after your sister's kids for an afternoon, or lend out your lawnmower. There are many ways you can show up for others!

Making a positive impact, helping others, spending time with people and doing something creative and challenging is what brings forth our best selves. Take care of yourself with intention this season.

Humpty Dumpty had a great fall — hope you do too!

Aishah Faruqui Khan, Journalist, SIB Communications



### \*\*\*Important Update for BC Transit Bus Pass Vendors\*\*\*

Hello Umo Vendor,

We would like to make you aware that a fare change is coming to the Agassiz-Harrison and Hope Transit Systems as of **October 1, 2025**.

The fare products you currently provide will have adjusted fares as of this date. The Umo merchant portal will automatically be updated as of October 1st and reflect the new fares outlined below, with no action required from you.

#### Agassiz-Harrison and Hope Transit Systems

| Fare Type              | Existing Fares | New Fares – October 1                     |
|------------------------|----------------|-------------------------------------------|
| Single Ride            | \$2.50         | \$2.50 – No change                        |
| DayPASS                | \$5            | \$5 – Removed as a pre-purchased product. |
| 10 Rides – Adult       | \$22.50        | Discontinued                              |
| Adult 30-Day Pass      | \$44           | \$50                                      |
| Concession 30-Day Pass | \$35           | \$43                                      |

#### Important Changes

- The removal of the pre-purchased DayPASS and 10 Rides products as of October 1<sup>st</sup> is due to a transition from fare products that offer. As of October 1st, customers using Stored Value will automatically be capped at a DayPASS rate of \$5 following their second ride in a day.

Should there be any questions from customers on the specific changes to their fares, they can find information on the BC Transit website [bctransit.com/agassiz-harrison](https://bctransit.com/agassiz-harrison).

We are here should you have any questions regarding impacts to you as a vendor and will be sending reminders throughout the month to remind you of the transition. We are also here to schedule a meeting and discuss further. As a reminder we can be reached at [umovendors@bctransit.com](mailto:umovendors@bctransit.com).

Thank you.

BC Transit Revenue Programs Office

## FEELING FLU-Y?

The season of colds, runny noses and scratchy throats is upon us. Respiratory infections like the flu, Covid, RSV and the common cold are easily spread during this time of year through talking, sneezing, coughing and contact. You can catch the virus via your eyes, nose, mouth, and touching surfaces that have been contaminated, like door handles, phones, toilets, and anything else.

It's not a time to panic; these viruses circulate every year, and we have tools to us to keep them in check to safeguard ourselves, our families and our community.

We build up immunity to these illnesses, so those who are most vulnerable include infants and young children, Elders, and anyone with immune deficiencies. Others at risk include healthcare workers, childcare providers, caregivers and pregnant women.

There are a number of things you can do to keep yourself and your loved ones safe throughout this season, even if you do get sick:

- Get vaccinated
- If you're sick, wear a mask (covering mouth and nose) when in public
- Get your flu shot
- Maintain a physical distance of six feet from others
- Wash your hands frequently and thoroughly
- Cough into your elbow rather than your hand
- Stay home if you're feeling unwell

Check in at the Band Office for updates on flu shots, and remember to stay safe and healthy!

*Aishah Faruqi Khan, Journalist, SIB Communications*

## CONGRATULATIONS, SEABIRD COLLEGE GRADUATES!

Seabird College's graduation ceremony is being held on November 5 for students who have completed a three-month to two-year certificate or diploma. Open to invited guests, this event will celebrate the graduates, a quarter of whom are Sq'ewqel Band Members. We're so excited to watch as they step out into the world, ready to use all that they have learned to serve their communities and themselves.

Sq'ewqel is a special place. Members can access a quality post-secondary education, elevate their knowledge, apply their skills in the community and gain employment on-reserve, honouring and sharing their gifts right at home. Gainful employment in the community is a significant opportunity available to many graduates; two recent Early Childhood Education graduates are now working at Seabird Elementary School.

Student success is the priority. College staff are always there to lend support, doing all they can to ensure students can reach their potential and barriers don't hinder learning. Those enrolled at the college have access to childcare support, driving school, daily meals (breakfast and lunch), and many programs are fully subsidized for those who identify as Indigenous, regardless of registered status.

The programs offered at Seabird aim to meet the needs of underserved areas, including education and health. Programs are continually added, and each semester offers different courses. Some fully covered programs that will be offered soon include:

- Health Care Assistant
- Early Childhood Educator (infant, toddler and special needs)
- Medical/Dental Office Assistant
- Professional Driver
- Trades Sampler
- Carpentry
- Level 1 Professional Cook
- Licensed Practical Nurse, and
- Community Support Worker.

Seabird College programs equip Members to earn an education and give back to their community, because so many employment opportunities are available to graduates right on-reserve. Graduates can carry on with their education, or enter the workplace with a full qualification in their trade.

College staff would like to express how proud they are of the graduating class. They hold their hands up to all grads in recognition for their achievements and thank them for their dedication; the hard work has paid off!

Anyone is welcome at the college — drop in, ask questions, and see what options are available. Faculty are happy to help, and want to work with anyone who is looking to take the next step in their education journey.

**Please join us as we congratulate all Seabird College graduates, especially Sq'ewqel Members. This is a joyous occasion of accomplishment, and we wish everyone the best as they take the next steps into their new careers and uplift their communities!**

*Aishah Faruqi Khan, Journalist, SIB Communications*

# Stó:lō Business Breakfast Series



KEYNOTE SPEAKER  
**ANTHONY WINGHAM**  
Export Navigator and Canada-United States-Mexico Agreement (CUSMA)



KEYNOTE SPEAKER  
**PETER DOMBOWSKY**  
MNP LLP - Accounting, Business Consulting and Tax Services



8:00 to 9:30 am



October 16, 2025



Cheam band gym  
52161 W Victor Dr,  
Rosedale, BC V0X  
1X1

Inviting Indigenous entrepreneurs, Economic Development officers, and those in a leadership position for Indigenous communities located within in S'ólh Téméxw.

## To Register

604-858-0009  
bhill@stolof.ca

Limited Seating

## Empowering Indigenous Entrepreneurs



**We are here to support you on your entrepreneurial journey!**

Contact us today to start your business journey!

**BOOK AN APPOINTMENT TODAY!**

Call 604-858-0009  
or email: bhill@stolof.ca



**HEARING CLINIC**  
With Amplifon

Date: November 12, 2025

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



## HEMLOCK LOOPER MOTHS

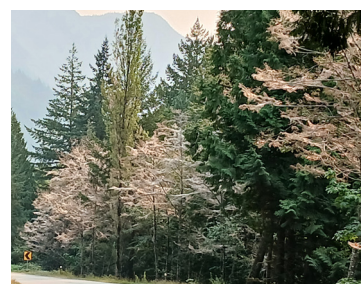
Sq'ewqel biologists have made some Hemlock looper moths are native to western Canada, and go through cyclical infestations during which time they defoliate (remove leaves/needles from) trees. Trees that are vulnerable to the Hemlock looper moth include western hemlocks, red cedars, Douglas firs, and interior spruces.

Outbreaks usually last up to three years, until a wave of colder winter weather quells the infestation. Outbreaks are known to occur about every 11 – 20 years.

Sadly, there are no practical measures that can be taken to curb the effects of these moths; the effective pesticide harms non-target insects, which would be disastrous to the ecosystem and environment.

Besides deforestation, hemlock looper moths increase fire risks, reduce quality of timber, and harm wildlife habitat.

The government of BC is aware of the widespread outbreak, and is monitoring the affected areas. They have identified locations to be clear cut before next



spring to mitigate wildfire risks, and it has been predicted that we are in the final stages of the current outbreak cycle.

Submitted by Nicole Kaminski,  
Junior Biologist

## HARD WORK FOR HEALING AT NATIONS CREATIONS

Good vibes were in the air on Saturday, September 30 at Nations Creations (NC). NC staff worked the weekend to make sure that all Truth & Reconciliation materials were ready, and all orders were completed on time.



290 tees were ordered for the school alone, and the NC team as well as Community Members (pictured: Owen Lui, Earl Louis and Brooklyn Wong) decorated and processed an additional 500+ for the Band Office team and wider community.

From Ruby Johnston, Nations Creations General Manager: Yalh Yexw Kw'es Hoy (thank you) for the Community's continued support with our in-house designs and production!

## SEABIRD ISLAND HOUSING WAIT LIST

| 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        | 01142025-7164 |
| 15        | 12062022-7091 |
| 16        | 12122023-7131 |
| 17        | 03042025-7170 |
| 18        | 06302025-7175 |
| 19        | 07072025-7176 |
| 20        | 08082025-7177 |
| 21        | 09032025-7178 |

| 2 Bedroom |               |
|-----------|---------------|
| 1         | 12102018-6014 |
| 2         | 06172019-5037 |
| 3         | 01072020-7031 |
| 4         | 11152018-6022 |
| 5         | 01092021-7061 |
| 6         | 09122019-6032 |
| 7         | 12062022-7104 |
| 8         | 01172023-7093 |
| 9         | 11022020-5051 |
| 10        | 12232020-7056 |
| 11        | 05022023-7105 |
| 12        | 06152023-7028 |
| 13        | 10312023-7118 |
| 14        | 10192023-7122 |
| 15        | 10232023-2093 |
| 16        | 12212023-7098 |
| 17        | 10032022-7077 |
| 18        | 01042024-7137 |
| 19        | 06282024-7154 |
| 20        | 06032024-7152 |
| 21        | 08092024-7157 |
| 22        | 10242024-7161 |
| 23        | 04072025-7178 |
| 24        | 12182018-5014 |
| 25        | 01132025-7163 |
| 26        | 02212025-7168 |
| 27        | 02262025-7169 |
| 28        | 03052025-7171 |
| 29        | 08112023-7112 |
| 30        | 04042025-7173 |
| 31        | 04112025-7174 |

| 3 Bedroom |                |
|-----------|----------------|
| 1         | 12192012-3076  |
| 2         | 01142015-1011  |
| 3         | 12102018-6014  |
| 4         | 12082023-7033  |
| 5         | 01072020-6024  |
| 6         | 01072020-7031  |
| 7         | 12232020-7057  |
| 8         | 12232020-7056  |
| 9         | 01092021-7061  |
| 10        | 12192021-7070  |
| 11        | 01092020-6000  |
| 12        | 12062022-7104  |
| 13        | 11272018-5024  |
| 14        | 12092022-7092  |
| 15        | 01182023-7094  |
| 16        | 08202019-7034  |
| 17        | 05172023-7106  |
| 18        | 06152023-7118  |
| 19        | 09232023-7123  |
| 20        | 12062022-7091  |
| 21        | 12142023-7132  |
| 22        | 12292023-7136  |
| 23        | 01042024-7137  |
| 24        | 07032023-7102  |
| 25        | 01152024-7142  |
| 26        | 06032024-7152  |
| 27        | 07232024-7155  |
| 28        | 09202024-7158  |
| 29        | 11012024-7163  |
| 30        | 12182018-5014  |
| 31        | 01152025-7164  |
| 32        | 01142025-7165  |
| 33        | 01152025-7165  |
| 34        | 011342025-7166 |
| 35        | 02082013-3084  |
| 36        | 01132025-7163  |
| 37        | 01132025-7167  |

### NEW BABIES

We would like to welcome all the babies that were born during the month of Sept.

- Makoda 3078g
- Brixton 3535g
- Rose-Mary 3728g
- Ava 3969g
- Emmitt 3726g

2 girls and 3 boys!

|    |               |
|----|---------------|
| 38 | 08242024-5064 |
| 39 | 10032022-7077 |
| 40 | 02212025-7168 |
| 41 | 05022023-7105 |
| 42 | 03312025-7172 |



SQ'ÉWQEL (SEABIRD ISLAND BAND)

# ELDERS WALKING PROGRAM

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.

Temkw'okw'es ~ summer

St'ítl'el ~ love, like

qwá:l ~ mosquito

q'ép ~ to gather together

## INSPIRATION QUOTES:

"I've always been drawn to spooky things, to the unusual, to the things that are dark but in a friendly way".

– Jane Goldman

"A day without sunshine is like, you know, night".

– Steve Martin

"Either you run the day or the day runs you".

– Jim Rohn

## OCT - TEMPO:KW'

"STÓ:LŌ NEW YEAR"

## Libra

Sept 23 - Oct 22

Crow / Raven - Q eláq a / Sqéweqs

Direction: West – Element: Air

Stone: Azurite

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

## NOV - TELXWI:TS

"LEAVES ARE FALLING"

## Scorpio

Oct 23 - Nov 22

Snake /Serpent - álhqey

Direction: Northwest – Element: Water

Stone: Copper

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

## COMIC



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

## HALQ'EMÉYLEM WORD SEARCH

Created by Jasmine Paul Louis,

Communications Program, Sqéwqel Culture & Community Services

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

1. pumkel – pumpkin.
2. spoleqwith'a – ghost, corpse.
3. píxw – fall off (petals, seeds).
4. xwesá:lews – leaves, falling.
5. temhilálxw – autumn, fall.
6. kw'qwéb – axe.
7. skw'elyáxel – bat.
8. ówthet – to hurry.
9. pétemet – asking someone.
10. stí:wel – nephew, niece.
11. eyéslthet – to have fun.
12. á:yel – go away, leave.
13. chak ō slaxet – jack o lantern.
14. el'élíyá – dreaming.
15. hí:lekw – get ready.
16. thatíl – get dark.
17. sthomiws – skeleton.
18. álhqey – snake.
19. swéltel – spider web.
20. lhqá:its' – moon.



## DEADLINES

Submissions and advertisements are due by the 1<sup>st</sup> of each month.

## HAVE A STORY IDEA?

Contact: [comm@seabirdisland.ca](mailto: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 15<sup>th</sup> of each month (or closest business day). Apply for email distribution or pick-up at the red Community newsletter boxes.  
[www.seabirdisland.ca/sqewqel-sqwelqwel-pipe/](http://www.seabirdisland.ca/sqewqel-sqwelqwel-pipe/)

## CONTACT US

[comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)  
[www.seabirdisland.ca/comm/](http://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:

Zorana Edwards-Shippentower

## 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](mailto:emma.leon@seabirdisland.ca)

## FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

**NEW** - Sq'Éwqel provides 250 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](mailto: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:** 1<sup>st</sup> Wednesday of the month for Community core, and the 3<sup>rd</sup> Wednesday of the month for the surrounding Community.

Contact Public Works at 604-796-2177 or email: [publicworks@seabirdisland.ca](mailto: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](http://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](mailto:emma.leon@seabirdisland.ca)

## 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](mailto:comm@seabirdisland.ca)

## SQ'ÉWQEL FACEBOOK ACCOUNTS

Recommended to follow:

### Sq'Éwqel "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/>

## 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.

### 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 (PART-TIME)

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

## CONSTRUCTION MANAGER

The Construction Manager provides culturally informed leadership and oversight for day-to-day jobsite operations across multiple residential construction projects within the Seabird Island community. This role involves ensuring that all construction projects are completed safely, on schedule, within budget, and to the highest standards, in compliance with the current Building Codes, Plans, and Specifications. The Construction Manager will also engage in community relations activities by supporting apprentices, tradespeople, and community members involved in construction, fostering local training and employment opportunities, and ensuring strong communication with the Housing Department and other departments involved in project delivery.

*This is a Full-time term contract position with an end date of March 31, 2027.*

### 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.

### 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.

### RECEPTIONIST - ON CALL

The Receptionist is responsible for a wide variety of clerical duties in support of Seabird Island which includes communicating school related activities, greeting and screening students and parents, answering and transferring telephone calls organizing digital and paper filing systems. You will often be the first point of contact for potential students, parents, and staff, you contribute to a role in general office appearance, organization, and professional impression.

## 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.

#### MOTEL MANAGER - HARRISON GRAND MOTEL

The Motel Manager is responsible for the overall success and smooth operation of the Harrison Grand Motel. This includes managing day-to-day activities, leading a small team, ensuring an exceptional guest experience, and keeping the property running at a high standard.

## SQDC - SENIOR OPERATIONS MANAGER

The Operations Manager will also be involved in corporate-level work such as reviewing partnership agreements, supporting contract negotiations, and helping with strategic planning. A key part of the role is finding ways to grow and diversify SqDC's income to ensure long-term stability and success.

### 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.

### STQÓ:YA CONSTRUCTION - OPERATIONS MANAGER

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### FINANCE & ADMINISTRATION

#### ADMINISTRATIVE ASSISTANT

The Administrative Assistant provides support to staff and leadership by ensuring proper administrative processes.

### HEALTH & SOCIAL DEVELOPMENT

#### FAMILY DEVELOPMENT WORKER (TERM CONTRACT)

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

**Apply To**

## FAMILY DEVELOPMENT WORKER

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## 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.

## 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.

## 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.

### SENIOR RECRUITER (TERM CONTRACT)

The Senior Recruiter provides culturally informed recruitment and staffing support to internal departments and leadership. This role involves leading recruitment processes, developing new positions, managing employment contracts, and supporting placements and staffing continuity across the organization. The Senior Recruiter will also engage in community outreach and represent Seabird Island at hiring events, building strong relationships to support talent acquisition and Band Member employment goals.

This is a Maternity Leave coverage position with a start date of October 2025 end date of July 2027.

## 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.

## FORESTRY STEWARDSHIP INTERN

The Forestry Stewardship Intern provides culturally informed field and office-based support in forestry and stewardship activities to benefit Seabird Island's and natural resources. This role involves learning and applying technical skills such as block layout, road design, stream and wildlife assessments, Geographic Information Systems data handling, and more. The Forestry Stewardship Intern will also engage in community relations activities that support education and learning for community members.

## DESKTOP PUBLISHER (TERM CONTRACT)

The Desktop Publisher provides culturally informed communication support services to staff, programs, and community members. This role involves overseeing print production, event photography, business card creation, and the assembly and distribution of community itineraries and newspapers. It includes hands-on tasks such as printing, laminating, collating, binding, and scoring, as well as managing photography services for general events, ID photos, and family portraits. The Desktop Publisher will also engage in community relations activities by supporting communication efforts that connect, inform, and celebrate the Seabird Island community.

This is a full time term contract ending on March 31, 2026.

## 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.

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](mailto:humanresources@seabirdisland.ca).

We thank all applicants for their interest.

## Influenza and Covid Clinic

Date: Thurs October 30/25 | Time: 1-6pm

Location: Seabird- Main Boardroom

## Age 6 month and Over

Influenza and Covid vaccines also available at your local pharmacy.

Please contact your local Community Health Representative (CHR) with any questions you may have Brittani 604-991-0818.



Union Bar



Cheam



Kwaw Kwaw Apilt



Chawathil



Shxw'ow'hamel



Sq'ewlets



Sq'Éwqel  
(Seabird Island Band)

The background of the poster is black. It features several orange pumpkins with black outlines. The central pumpkin is the largest and has a carved jack-o'-lantern face with triangular eyes and a jagged, toothy mouth. Other pumpkins are visible in the background, some with similar faces and others without. The text is in white and yellow, with a bold, blocky font.

**YOU'RE INVITED TO A  
SPOOKTACULAR  
HALLOWEEN  
COSTUME PARTY!**

**Date: Thurs. Oct. 30, 2025**

**Time: 4:00 PM – 7:00 PM**

**Location: SIB Gym**

**PLEASE KEEP  
COSTUMES  
FAMILY-FRIENDLY.**

Join us for a frightfully fun evening filled with costumes, music, games, and treats for all ages.

Dress up in your best Halloween costume — prizes will be awarded for Best Costume, Funniest Costume, and Best Group/Family Costume!

Activities include:

- Trick-or-Treat Stations
- Costume Parade
- Spooky Photo Booth
- Fun Games & Crafts
- Spaghetti and Caesar Salad

All ages welcome — bring your family, friends, and Halloween spirit!

*Costumes encouraged but not required, we will have Face Painters for those without.*

For more information, contact Events 604-796-6922