



BAND MEMBER SUCCESS STORY



FISH DISTRIBUTION

This past August, community came together to process and distribute fish to the people of Sq'éwqel. There was joy in the air as staff, Members and the wider community joined forces to bring this traditional food to the doorsteps of everyone at Seabird.

The Stó:lō people have always followed the seasons, sailing the river for salmon and other fish. August 16 – September 14 is actually its own month in the Stó:lō calendar, called Temthéqi, or “sockeye salmon time.”

Throughout the centuries, communities spent three of four seasons on the river, fishing, hunting, gathering and preserving near its shores and in canoes. When winter fell, they kept warm in longhouses, danced, told stories and feasted on the preserves caught over the months on the water.

The long tradition of ensuring food security has been upheld through generations as fishermen shared their catches among their communities, and everyone else came together to preserve and distribute what was shared.

Often, this process took place during potlatch (which loosely translates to “gift”) ceremonies, and today Sq'éwqel carries forward this custom. The acts of drying, smoking, canning and redistributing the gifts received from nature to share them among friends, family and neighbours forms a meaningful connection with cultural origins, ancestors and the essence of community.

áxwet ~ to give (it), share food with s-o, give s-o food, bring s-o food, pass food to s-o, give (tr.)

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Administration Offices
CLOSED
September 30, 2025
Truth and Reconciliation Day

Administration Offices
CLOSED
October 13, 2025
Thanksgiving Day



q'ép ~ to gather together

The history that connects the Stó:lō people to S'ólh Téméxw, or their land, goes beyond the enduring ties they have to the river and salmon. Fishing is more than a word, or performed action — it's a way of being, and a vital part of who the Stó:lō people are.

This proud tradition sustained communities for thousands of years and lives on today, mirroring the days of the past as people commune. Preparing salmon for distribution in Sq'ewqel this August was a time of community strength and comradery as volunteers fell into a natural rhythm, each fulfilling an essential role to carry out this ancient custom.

Temthéqj and the days surrounding it have been a happy time, as fishing for sockeye salmon has finally been allowed to resume after a few years. In an act that honours the ways of the past, community fishermen attended to their people through the sharing of their catches. Processing the fish mirrored the ways of the past, joining families, traditional stewards and the community as one to work together to ensure that everyone was offered their share.

Seabird's Youth programs attended, and many were showed how to fillet for the first time. It was inspiring to witness Youth engage with their roots, and it brings comfort to know that they hold the future in their hands.

When the community comes together, bonds are made, stories are told and knowledge is passed down. The atmosphere at this spiritually rich occasion was powerful and uplifting, the good feelings of unity, strength and kinship spreading as the fish was distributed among community.

Yiláwel kw'a's hó:y (thank you very much) to those who offered their inherited gifts, and to all who came together to provide for the people of Sq'ewqel.

óléxem ~ look for food, fish

wó:thel ~ share a meal

syéxcha ~ gift

*By Aishah Faruqi Khan,
 Journalist, Communications*



COMMUNITY BUSINESS SPOTLIGHT: PAMELA ARMSTRONG & DRUMMER GIRL CREATIONS



Drummer Girl Creations

Pamela Armstrong has been a Community Member at Sq'ewqel for over a decade, and people know her for her artwork, which is inspired by traditional Indigenous crafts. Pam runs her business, Drummer Girl Creations, out of her home at Seabird.

Pam is a creator and an educator, handcrafting beaded jewelry, dreamcatchers, moccasins and more. She hosts workshops at Seabird Island, Chehalis, the Chilliwack Métis Association, Peters Reserve, Spuzzum and other locations across the valley. Some workshops held at Sq'ewqel count towards practicums and other educational requirements for Seabird College students.

A Journey of Learning and Community Connection

As a child, Pam spent lots of time on the water in Cowichan Bay where she grew close to local First Nations Elders and the wider Indigenous community. She observed Elders as they did beadwork and prepared wool, and her interest in Indigenous art bloomed from there.

Before starting her own business, Pam worked at Seabird's Aboriginal Head Start On-Reserve (AHSOR) program for 15 years. During this time, she took evening classes with a late Band Member (Elder A). Elder A was a beloved pillar in the community who would host lively learning sessions in Sq'ewqel, and Pam recalls fondly that you always had to show up with an empty stomach, because Elder A was "the kind of person who always had a pot of stew on" or something else to feed everyone, and wouldn't hear of any "no, thank you's".

sqélxel ~ moccasin

At Elder A's everyone learned at their own pace, sitting around a large table together working, chatting and enjoying each other's company. Elder A taught everything from beadwork to sewing, but Pam was the first one who asked how to make moccasins, which delighted Elder A. Throughout the months that followed, Pam worked with her mentor, taking in the traditional teachings as she studied the moccasin-making process.

From Side Hustle to Building a Business

Soon, Seabird's Employment Services office contacted Pam, suggesting that she host workshops for Seabird College students. She took the advice and began pursuing Drummer Girl Creations full time not long after.

The road has been rewarding, but not without challenges. When she started, Pam would frequent festivals and fairs, but has since gained the insight to know where her work will be appreciated.

Like many other Seabird residents and Members, Pam worked with Stó:lō Community Futures (SCF). She credits the program for pushing her to take business courses at the University of Victoria and VanCity and reflects that it's fulfilling to see familiar faces from her community find success in their own ventures, including Chief Harris and Yardie's food truck owner, whom she attended SCF sessions with.

Much Ado about Moccasins

People love Pam's moccasins. The possibilities for personalization



are endless, and no two pairs are the same; they reflect individuality, painting a picture of the wearer through customization.

Many request colours that have ties to their lineage or personal stories, and one young man even requested that his have black and gold beads to represent the Boston Bruins. Pam has been working with a doctor from Manitoba for over a year to get his moccasins just right — this has led her to source a supplier from the Yukon, and she's still deep in the process of gathering the correct materials to bring his vision to life.

Honouring the Past

Pam's process is guided by traditional knowledge. She does extensive research and speaks directly to Elders who tell her how things should be made, what materials should be used and why. She shares these teachings with non-Indigenous workshop participants, like school kids. This way, everyone understands that they are doing more than simply making a craft, and the flow of cultural knowledge is passed along while keeping ancient traditions alive.

Furthermore, Pam uses authentic materials in her crafts. She uses sinew to stitch, moose, deer and elk leather for the boots, and beaver or rabbit fur for cuffs, adjusting to suit unique needs, like allergies.

Workshops

Workshops are capped at ten students so that Pam can provide her full support to everyone present. Over four days, students learn the in-depth process of making moccasins, and are instructed through making their own pair. Pam is attentive and helpful, threading needles and offering encouragement and direction. If anyone doesn't finish their moccasins by the end of the course, she finds a way to help them, whether that means meeting up with them or staying in contact.

To continually improve her workshops, Pam provides surveys to students and implements their feedback. Students often say that they enjoy the classes, having learned a lot while crafting quality traditional items.

Workshops at Seabird's men's, women's and family recovery homes have notable positive impacts. In family homes, often generations from great-grandparents to small children participate. Sometimes Pam adapts her teaching style to accommodate for children, which her experience working in Sq'ewqel's AHSOR program prepared her for.

For the Love of Learning

Pam loves learning, teaching and connecting with others; in a spirit of humility, she attributes this passion to her parents, and her appreciation for art to her uncle, artist Joe Plaskett.

Her favourite part of running Drummer Girl Creations and workshops is the chance to build relationships within the community. She loves going to town, recognizing past students and seeing the impacts made by spreading appreciation for art and craftsmanship throughout the valley.

Gratitude and Growth

Pam is grateful to not only mentors and Elders, but her friends and family (including her husband Ed and stepchildren) for continually encouraging her on this journey.

As of now, Pam hopes to expand her business by building a website and guiding more workshops. She is exploring the idea of what she calls "storybook moccasins," which she discovered in a museum; this design depicts a story through beadwork along the ankle cuff of the boots.

sá:y ~ wool, animal hair



Story continued on page 6

The first pair she hopes to make will tell the tale of one fretful day when she was alone in her trailer; dusk was falling, and Pam could hear the dog outside barking maniacally, facing something she couldn't see, the chain straining at his neck so forcefully Pam thought it would snap. She finally saw what was causing his distress; a sasquatch, looming over six feet tall, making its way across the property and disappearing into the bushes, up the mountain behind Seabird.

People could request their own stories be stitched onto their moccasins, which opens up another avenue for creative cultural expression.

Drummer Girl Creations is a Seabird-born business that spotlights community teachings and talent, celebrates artistry rooted in Indigenous traditions and supports Seabird students, residents and Members in learning skills and fostering creativity.

Pam currently conducts her business through word of mouth, which is a testament to the quality of her products.

To contact Pam, email her at drummergirlcreations11@gmail.com or call her at (604) 819-4026.

By Aishah Faruqui Khan,
Journalist, Communications

Siyólexwe ~ Elder



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

Our Services

- Business Support
- Business Training
- Business Aftercare



BOOK NOW

SCAN HERE

604-858-0009
www.stolocf.ca



COMMUNITY ARTIST FEATURE: GENE SANKEY

If you haven't met him, get to know a bit about Gene Sankey, a young creative from Sq'éwqel. Currently, Gene works in design and production at Nations Creations, and is completing his Digital Marketing Management Diploma at Sprott Shaw College.

Gene is a visionary — a curious mind with a vivid imagination who seeks to express his culture and ties to community through his interests, like art and skateboarding.



Discover what inspires Gene, what he's up to and where he hopes to go as his journey continues.

Q&A: Gene Sankey, Seabird Island Band Member

Q: What made you pursue art?

A: Growing up in an environment of creatives is a factor. Visual art, to me, is just a symptom of my overall creativity.

Q: You created a powerful design for Truth and Reconciliation Day 2025. What inspired the design?

A: I [referenced] the time of the [residential school] survivors. I placed healing symbols over the old Indian Act as a silhouette to convey how the act tried to make us invisible. It shows how we are much more than these acts or laws. We are seen and beautiful beyond their words and documents.

Q: Tell me about the mural you completed at Seabird's skate park.

A: Local native artists from the area [were asked] to showcase their work for the Youth and the skatepark. The mural depicts a skateboard soaring through the air with a beautiful sunset of the valley and rivers behind it. All skate parks in our area have unique art.

I had taken up skateboarding later in life. The old skateboard culture when I was a kid was very toxic. I discovered from a coworker that the new culture was extremely supportive, which is true. I was very fortunate to be able to skateboard in Whistler and New York in under two years.

Q: What is your hope while working at Nations Creations as a designer?

A: It was dream of mine to create designs on shirts as a kid, and now I get to do it for the community while rediscovering our culture.

Q: Why marketing? Does it tie into your artistry at all?

A: When you take up being an artist, everything is an art, from sweeping your floor to painting a mural.

Q: Where do you hope your current endeavors take you in the future?

A: Networking and meeting like minded people to create an environment that fosters growth for all is most important right now.

Q: Where does your inspiration come from?

A: From seeing other artists work or nature. Sometimes it seems to come from thin air.



Q: Did you see yourself using your art to inspire and represent your community when you were younger?

A: With a strong imagination I've seen that, and so much more.

Q: Are you working on anything currently?

A: I have a project I'm working on, the concept [my interpretation of bells theorem and suminagashi of magnetism] is extremely hard to explain.

Q: Is there anything else, or any parting words you'd like to share?

A: I am an all-around artist, I have interests I haven't even got to try yet fully, [like] singing, dancing, acting, film, guitar, writing, comedy, animation and painting. The list goes on.

I think these concepts used to be richer in our culture, a way of life. Older artists I talk to had to leave home just feel that pulse again. Instead of mining for inspiration [in one place] it's overflowing wherever they land, from L.A. to Whistler.

Yalh yuxw kw'as ho:y (thank you) to Gene for sharing his words and talents with us, and we wish him the best as he continues to explore art and continue down the path of creativity.

Answers may have been paraphrased for flow.

SQ'EWQEL 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 Aldergrove United B	Game 2	Sun, Sep 14, 2025	2:00 PM - 3:30 PM (Arrive at 1:15 PM)	Philip Jackman West	
Home vs. Ridge Meadows Strikers	Game 3	Fri, Sep 19, 2025	8:00 PM - 9:30 PM (Arrive at 7:15 PM)	Seabird Island Park	Lights Field
Away at Poco FC Raccoons	Game 4	Sun, Sep 28, 2025	2:00 PM - 3:30 PM (Arrive at 1:15 PM)	Evergreen Park	
Home vs. TWU Spartans C	Game 5	Fri, Oct 03, 2025	8:00 PM - 9:30 PM (Arrive at 7:15 PM)	Seabird Island Park	Lights Field
Away at Ridge Meadows Element	Game 6	Sat, Oct 11, 2025	8:00 PM - 9:30 PM (Arrive at 7:15 PM)	Pitt Meadows Sec	
Home vs. Langley Utd Lowlanders	Game 7	Fri, Oct 17, 2025	8:00 PM - 9:30 PM (Arrive at 7:15 PM)	Seabird Island Park	Lights Field
Away at Ridge Meadows Folly	Game 8	Sun, Oct 26, 2025	8:00 PM - 9:30 PM (Arrive at 7:15 PM)	Pitt Meadows Sec	



Dates:

October 2-3, 2025

Future Dates:
Nov. 13-14, Dec. 10-12

Time:

9:00 AM - 6:00 PM

Place:

Elders Lounge

Enter through main entrance of Band Office.

- Masks are recommended, not required.
- Are you not feeling well or are sick?
(Please reschedule your appointment.)

Thank you for your understanding and cooperation.

For an appointment please contact your Community Health Representative (CHR) or Shawna Martin.

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

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).



HEALING & HOPE: MOVING FORWARD FROM TRAUMA

“Spirit is in all things. Our spirit, heart, mind and body work together as a whole.”

These words guide Lolly Andrew, Sq’ewqel’s Director of Health and Social Development, in her mission to enhance wellness within her community and herself.

As the years go on, we move further and further away from the days when families were taken to be “educated” away from their homes and loved ones. There is safety and peace in knowing that those days are over, but the consequences are lasting, and they still seep into ways we care for ourselves and each other.

Many who attended residential and day schools are here today, as adults, parents, grandparents and great-grandparents. That’s at least three generations of people who experienced this trauma firsthand, and while their children were safe from the schools themselves, the trauma has touched their lives in different ways that we must address now to break the cycle.

For nearly half a century, different services including talk therapy and treatment centres have been available for those struggling with addiction or impacted mental health due to this trauma. While these methods can help in some ways, they’re not the only paths to healing. Everyone is shaped by their own life story and must find their own way to overcome.

Lolly stresses the importance of family togetherness and passing on teachings and life lessons to children. The first seven years of one’s life are the most impactful; this is when what one sees and absorbs are infused into the core of their being, and influences their feelings and behaviours throughout their lives. That’s why children being taken from their families at this stage was so damaging, and why the damage deepened as the pattern continued.

When children returned home for brief periods, they found themselves in unfamiliar environments, having to

readjust to their families and community norms. This disruption to development occurred over and over and lasted for generations. Picking up the pieces and putting them back together takes strength, intention and patience. It also takes forgiveness.

Lolly understands what it takes to face trauma; she saw it affect several generations in her family, and as a child who attended residential and in day school, she experienced the hardship herself.

To be well, there must be balance between one’s physical, mental, emotional and spiritual being. Lolly shared that when she made strides in her wellness journey, it was when she began exploring the Two-Eyed Seeing approach — connecting with First Nations culture while integrating some western concepts of health, such as therapy.

As mentioned earlier, therapy and treatment aren’t blanket solutions, but there are various approaches. To see what works for you, trying new things and being patient is the most important step.

Some alternate options to talk therapy include rage therapy, somatic therapy, EDMR therapy (eye movement method), acupuncture and tapping. These methods may address specific concerns, such as PTSD or pent-up stress, and incorporate both holistic and psychological principles to strengthen emotional healing.

Besides therapy and treatment, pursuing education, playing sports and eating a balanced diet can promote healing.

Reconnect with Culture

It’s the band’s duty to uplift the community, and there are ways to connect back to culture right here at Sq’ewqel.

One way to connect with culture is talking to family and Elders, listening to their stories. Ask to hear about their youths and childhoods, about the teachings they recall from their Edlers, parents and community gatherings.

The best way to engage with culture is to do it within your community. Attend events, community gatherings and involve yourself and your family, especially children, in traditional ceremonies that demonstrate cultural values where teachings are passed on.

Fish distribution is a medicinal community initiative; it brings the community together, and encompasses numerous cultural teachings and values, including collaboration, food preservation, traditional food sources, sharing and generosity. It also allows those without access to these ancient customs to gain exposure and learn.

Other events that welcome everyone include Baby Welcoming Ceremonies, Festival, Monday night dinners, meetings and more.

To more deeply connect to traditional origins, begin incorporating cultural practises into daily life; for example, learning Halq’eméylem, beading and traditional crafts, carving, hunting and fishing, using traditional medicines, learning traditional musical ways like drumming, dancing and sharing, and revisiting old rites of passage.

There are always different events and programs offered by Seabird; be sure to check the biweekly schedules, newspaper, Facebook pages and notices posted around the community. If you would like to know more about what is offered, you can visit the Band Office.

shxw’áylexw ~ healing

xwoyí:wel ~ happy

Healing is endlessly on the horizon. The way forward is welcoming us with open arms, promising health and happiness. All we have to do is take the first step.

tselhsq’áleq’o ~ family

WORKING WITH STQÓ:YA CONSTRUCTION: SQ'ÉWQEL'S FISH TRAP RESTORATION

Sq'Éwqel biologists have made some exciting improvements to our Fish Trap Channel to help fish — especially salmon — on their return to Sqémelech (Maria Slough) to spawn. This work was made possible through collaboration with Stqó:ya Construction, as well as the Department of Fisheries and Oceans (DFO).

Stqó:ya brought Seabird's and the DFO's vision for the channel to life; together, contractors and biologists deepened holding pools and added logs to cool water temperatures in the summer and fall and to provide much needed shelter for young and vulnerable fish.

Last year, native vegetation was planted along the banks and as the plants mature, they will provide additional shade and cover, while suppressing invasive Reed Canary Grass. We're excited to conduct spawner surveys this fall to assess the positive impacts of these restoration efforts.

Field Work Updates:

Besides restoring the spawning channel on the Maria Slough, Sqewqel's Fish and Wildlife team has been busy this summer! They also conducted water level and quality monitoring throughout Sqémelech. The field work included biological surveying with Enbridge, invasive species management, and planting native vegetation.

Seabird biologists regularly monitor the slough to maintain its health and identify conditions that may be impacting fish habitats. The team tracks changes in water quality and levels, dissolved oxygen, and conductivity in key locations. This information allows us to assess how impactful current restoration efforts are and identify areas that need more attention.

Our Community Trapping program monitors the types of fish present in restoration sites, both before and after restoration work occurs. The goal is to make it easier for salmon to swim through

the upper locations, where there are high-quality habitats that were previously inaccessible.

In our August survey, we recorded seven types of native fish and amphibian species, including one at-risk species, the Sqíqemlò (Brassy Minnow) (pictured below). We captured two types of introduced species, the Brown Catfish and Pumpkinseed Sunfish. Notably, two juvenile Kwó̌xweth (Coho Salmon) were found in the sampled sites, where none were observed last year. This work will continue in the future.

Our team has joined Enbridge's environmental surveys on Seabird Island. These surveys include monitoring bird nests, birds, owls, bats, raptors, aquatic and terrestrial vegetation, as well as tracking ground water conditions through well monitoring. This collaborative work helps paint a full picture of the area's ecosystem health.



A Kwó̌xweth smolt observed during community trapping in August.



Sqíqemlò observed during community trapping in August.



Invasive Brown Catfish observed during community trapping.



During construction, the added rocks to hold water in the channel and logs can be seen better while the water was low in the construction phase.



Seabird's F&W team and DFO relocating fish from the work area before work could begin.

You may have seen our team out at the Fish Trap restoration site trimming the grass. This landscaping does enhance the aesthetic appeal of the site, but that's just a bonus — the real reason is to support the growth of native plants. What's being mowed is an invasive species called Reed Canary Grass, which can smother native plants, reduce water quality and harm salmon habitat. By managing this invasive species, we're helping native plants thrive and improving conditions for fish and other wildlife.

In the fall, the team will continue with water quality monitoring and community trapping, and will conduct spawner surveys to assess the return of Maria Slough Tl'élx̱el (Chinook salmon), Sthéqi (Sockeye salmon), Kwó̱xweth (Coho salmon), Kw'ó:lexw (Chum salmon) and Hóliya (Pink salmon).

The results from Seabird's Fish and Wildlife team's surveys will be shared in detail in the next Ripple Report in spring 2026.

Submitted by Nicole Kaminski, Juniour Biologist



Nicole and Amy (junior biologists) conducting bird surveys.



Completed project.

SAGE SUGGESTIONS

Aishah Khan, Communications Program, Sq̓̓w̓̓q̓̓el Communications & Community Services

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

ARE YOU GETTING ENOUGH SLEEP?

Are you getting enough sleep?

To take it a step further, are you getting *quality* sleep?

It turns out that lots of adults aren't.

Adults typically need seven to nine hours of consistent, restful sleep. Oversleeping and under sleeping on a regular basis can be harmful to physical, mental and cognitive health.

Lack of sleep is something most people can deal with in the short term, before they crash. But for those who regularly sleep less than six hours a night, the tiredness takes a toll — even if they function day to day.

Adults who regularly sleep less than six hours a night are more likely to get into car accidents, more often experience feelings of depression and anxiety, and over time can face cognitive decline, like memory loss. Lack of sleep is also one of the main contributors to developing Alzheimer's.

Physically, lack of sleep lowers immune functioning, raises inflammation and risk of infection, impacts hormone regulation and immune function, slows muscle recovery and can cause weight gain. So...not sleeping is bad for you, to put it simply.

On the flip side, people who report sleeping between seven and nine hours a night regularly have less health problems overall.

Good Sleep is Good For You

Besides the obvious, regularly getting a good night's sleep can have the following benefits:

- Weight loss
- Improved focus
- Elevated mood; less depression and anxiety
- Better athletic performance

- Can increase productivity
- Increased enjoyment of social interactions and ability to connect with others

To get better sleep, consistency is key. Try to go to sleep and wake up at the same time every day, in an environment that's free of unnatural and intense light. It's crucial to dedicate enough time to falling asleep *and* sleeping restfully.

If you sleep a lot but don't feel rested, something could be wrong.

Scrolling Yourself to Sleep

Scrolling before bedtime seems harmless enough — you're cozy in bed with the covers pulled up, watching videos or swiping through your feed. Soon, your eyes will start to glaze over, and you'll nod off, right?

The truth is that your body is tired enough to fall asleep by that point, but your sleep won't be as restful as it would be if you weren't looking at a screen. Bedtime is meant to be soothing, free of excess and swirling thoughts.

When you're scrolling, watching a show or both, you're doing the opposite of slowing down — instead, there is a rapid stream of information surging through your brain, keeping you alert. It defeats the purpose of resetting before beginning another day.

Some ways to reduce screen time before bed:

- Setting your alarm in a different room, where you can still hear it.
- Listening to a podcast, audiobook or video with the screen off or turned down, with the nightlight on.
- Winding down by reading a physical book or magazine, or listening to music.

To lessen the impact of blue light on your brain:

- Use a sleep timer on your phone (these calculators can tell you exactly when to wake up or go to sleep depending on your schedule).
- Use nightlights and blue light filters.
- The contrast of a dark room and bright screen can be hard on your eyes, even when your phone is on dark mode. To ease the strain on your eyes, keep dim room lights on, or use a lamp to offset the brightness of your screen.

Here are some interesting facts about sleeping!

1. Humans spend about one third of their lives sleeping.
2. Humans can survive longer without food than without sleep.
3. Smells can't actually wake people up — this is one reason why fire alarms were invented.
4. Human babies need around the same amount of sleep as fully-grown tigers (16-19 hours a day).
5. Sea otters hold hands while they're asleep to prevent floating away from each other.
6. Humans are the only mammals that willingly delay sleep.
7. Most people forget 90% of their dreams once they wake up.
8. The full moon has been connected to mysterious patterns of disturbed sleep.
9. Before colour TVs were a thing, most people dreamed in black and white. Now 75% of us dream in colour.
10. The longest amount of time someone ever slept was 11 days.

CHANGES ARE COMING TO THE GRADUATED LICENSING PROGRAM

The Government of B.C. has introduced legislation to allow ICBC, in partnership with RoadSafetyBC, to modernize British Columbia's Graduated Licensing Program (GLP) while maintaining a high standard of safety on B.C. roads.

If this legislation is passed, in 2026, drivers with a Class 7 Novice licence and a clean driving record won't need to take a second road test to get a Class 5 licence. This change will also introduce a 12-month restriction period, during which drivers must demonstrate safe driving behaviours.

We also intend to introduce a new motorcycle licensing program with enhanced licensing requirements and safety measures, such as protective gear, that will help reduce motorcycle-related fatalities and injuries.

GLP-illustrations-02

Why ICBC is making these changes

The GLP was introduced more than 25 years ago and it's time we made some changes to align B.C. with evolving road safety practices and graduated licensing programs in other jurisdictions.

Road safety remains our top priority. The GLP will continue to allow new drivers and riders to develop the skills they need to be safe on our roads.

Removing the Class 5 road test will also mean reducing barriers to getting licensed, especially for drivers in rural, remote and Indigenous communities, where access to road tests may be limited.

What customers are affected by the changes

If these changes are approved and you hold a Class 7 Novice licence with a clean driving record (and maintain it), starting in 2026, you won't need to take a second road test. We'll provide more details in the months ahead.

If you currently hold a Class 7 Novice licence and are eligible to do so, you can still book your Class 5 road test.

Moving to B.C. soon? Learn more about your steps to getting a B.C. licence.

What's next

We're working closely with the Government of B.C. to finalize these changes and consulting with key partners and stakeholders.

We look forward to sharing updates with you in the coming months.

<https://www.icbc.com/driver-licensing/new-drivers/graduated-licensing-program-changes>

Sqéwqel (Seabird Island Band)
**CHIEF & COUNCIL
BAND MEETING
AGM**

**WEDNESDAY
OCT
15**
5:00 - 8:00 PM

SAVE THE DATE

**In person meeting, with
dinner starting at 5 PM**

www.seabirdcollege.ca Phone: 604-796-6839 or Email: colrecruit@seabirdisland.ca

Seabird College
EDUCATION FOR REAL LIFE

REGISTER TODAY!

ADULT DOGWOOD

ADW will begin on September 3, 2025, offering the following courses.

SEMESTER 1:
Mon - Fri 10:20 am - 3:30 pm

- English First Peoples 12
- Foundations of Math 11
- Career Life Connections 12
- Work Experience 12A
- Work Experience 12B

These courses can be used by students who wish to graduate within the semester.

SEMESTER 2: (JANUARY 2026)
Mon - Fri 8:55 am - 3:00 pm

- English First Peoples 12
- Foundations of Math 11
- Work Experience 12A
- Work Experience 12B
- Trades Sampler 12A-C
- Anatomy & Physiology 12
- Chemistry 11
- Business Computer Applications 12 (Microsoft Suite can be offered as a standalone course!)

WE OFFER GRADUATION INCENTIVES!

LOCATED @ SEABIRD COLLEGE

Let us help you achieve your educational goals!

We believe that education should be specifically designed for learners that require tactile, hands-on training to complement their in-room course work. We are passionate about each student's success and are committed to going the extra mile to deliver the best service possible.

In partnership with **UNIVERSITY OF FRASER VALLEY**

For more information, contact:
Stephanie Smith
College Recruiter & Marketing Coordinator
Email: colrecruit@seabirdisland.ca
Phone: 604-796-6839
2812 Chowat Road, Agassiz BC

www.seabirdcollege.ca Phone: 604-796-6839 or Email: colrecruit@seabirdisland.ca

Seabird College
EDUCATION FOR REAL LIFE

EARLY CHILDHOOD EDUCATION INFANT/TODDLER

**** Post Basic – Infant & Toddler**

Let us help you achieve your educational goals!

START DATE: OCTOBER 27, 2025
MONDAY – FRIDAY, 9:00 AM – 3:00 PM

LOCATED @
Sprott Shaw
Chilliwack Campus

FULL TIME PROGRAM - 20 WEEKS

Program Description:
Continued advanced training in ECE competencies for individuals interested in working with Children ages 0-3 in infant toddler early learning settings.

Prerequisite:
Early Childhood Education
**** Post Basic – Infant & Toddler**
(requires successful completion of a Basic ECE Program)

Career Opportunities:

- Infant Toddler Educator
- Childcare Administrator

For more information, contact:
Stephanie Smith
College Recruiter & Marketing Coordinator
Email: colrecruit@seabirdisland.ca
Phone: 604-796-6839
2812 Chowat Road, Agassiz BC

In partnership with **LEARNING WITH PURPOSE SINCE 1957**

ELDERS WALKING PROGRAM

sq'ewqel (Seabird Island Band)

sthemélts and x̱e'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.

The UA Piping Industry College of BC

SEABIRD ISLAND PIPING FOUNDATION

ENROLL TODAY

Training consists of learning the basics of the three piping trades: Plumbing, steamfitting and sprinkler fitting with a strong focus on safety and practical projects. Upon successful completion, students are awarded a certificate of completion and are given credit for completion of Level 1 apprenticeship in their chosen trade.

Program supports include:
CSA workbooks, meal & transportation allowance

Dates - Sept 02, 2025 - Feb 06, 2026
Class hours - 8:00 am - 3:00 pm

CONTACT - 604-796-6839
EMAIL - COLREC@SEABIRDCOLLEGE.CA
WWW.SEABIRDCOLLEGE.CA

Seabird College
EDUCATION FOR REAL LIFE
2812 CHOWAT ROAD, AGASSIZ

SHAKE OUT BC

October 16th 10:16 am

This is the day millions of people worldwide will practise how to “Drop, Cover and Hold On” during Great ShakeOut Earthquake Drills.

Risk in B.C.

While potential earthquake hazards depend on your location, everywhere in British Columbia is considered at high risk in relation to the rest of Canada. For example, on January 26, 1700, a magnitude 9 earthquake (similar to the 2011 Tohoku earthquake off the coast of Japan) shook the entire province as well as Washington, Oregon, and California, and generated a massive tsunami.

Why “Shake Out”?

The Great British Columbia ShakeOut, organized by the British Columbia Earthquake Alliance (BCEA), is an annual

opportunity for individuals, communities, schools, and organizations to practice essential earthquake safety measures such as “Drop, Cover, and Hold On.” Beyond the drill, participants are encouraged to critically review and update their emergency preparedness plans and supplies, while also taking proactive measures to secure their spaces and prevent potential damage and injuries.

The BC Earthquake Alliance (BCEA) is a not-for-profit society whose mission is to build a culture of earthquake and tsunami preparedness. For more information about the BC Earthquake Alliance, please visit bcearthquakealliance.ca.



Indigenous community Home Attendant Pilot Project

Fraser Health is working to strengthen and transform home-based and continuing care supports. The Indigenous Home Attendant Pilot Project (IHAPP) brings an Indigenous approach to care that supports social, emotional, spiritual, and physical wellness. This pilot seeks to build capacity, enhance collaboration, and promote stronger connections between clients, communities, and care teams.

Who can receive this care?

Eligibility is determined by the Home Support Optimization Team in collaboration with local Home Health Teams. Through this pilot, care and/or additional support may be available for individuals who:

- Self-identify as Indigenous
- Are currently receiving Home Support services from Fraser Health
- Live in the eastern Fraser Valley (including but not limited to Chilliwack, Hope, Harrison Hot Springs, Agassiz, and Boston Bar)

Who will provide this care?

This care will be provided by **Home Attendants (CHW1)**. Our team has prioritized the recruitment of Indigenous candidates to support this culturally informed care model, with current efforts focused on supporting clients from the **Stó:lo** and **Seabird Island** communities

What kind of assistance with daily care is offered?

To promote physical, emotional, cultural, social, and spiritual well-being, Home Attendants can assist with -

- Wellness visiting/companionship and/or home-based leisure/ meaningful respite activities
- Assist with and accompany the client for mealtime activities
- Light housekeeping
- Washing, drying and folding laundry

For questions or to discuss a potential referral, please contact:

raman.kullar@fraserhealth.ca
victoria.sapp@fraserhealth.ca

Indigenous Labour Market Information (ILMI) Survey



\$50 GIFT CARD FOR EVERY COMPLETED SURVEY!!

Responses are confidential, surveyor must be over the age of 15, no SIN required and only takes 15 - 30 minutes to complete!

Can be done at one of our offices or request an email link to complete it at home!

info@saset.ca

ACCESS SURVEY HERE



- Benefits of the LMI Survey:
- Providing essential skills
 - Linking you with exciting careers
 - Creating real change
 - Investing in our youth
 - Offering vital information for growth
 - Educating our communities
 - Discovering our strengths

Canada

SASET—Chilliwack Office
58-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET—Sts'ales Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-2116

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

Temkw'okw'es ~ summer

St'l'tl'el ~ love, like

qwá:l ~ mosquito

q'ép ~ to gather together

INSPIRATION QUOTES:

"Treat the Earth well: it was not given to you by your parents; it was loaned to you by your children."

- Crazy Horse

"Seek wisdom, not knowledge. Knowledge is of the past, Wisdom is of the future."

- Lumbee Proverb

SEPT - TEMKW'Ó:LEXW

"Dog Salmon Time"

Virgo

August 22 - September 21

Bear - Spá:th

Direction: West

Element: Earth

Stone: Amethyst

Strengths: Analytical thinking, attention to details, orderly, modest, organized, devoted.

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.

COMIC



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

HALQ'EMÉYLEM WORD SEARCH

Created by Jasmine Paul Louis,

Communications Program, Sqéwqel Culture & Community Services

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: m s l h ó p ' l h s l s l q

- Learn - tó:lt
- Red - tskwí:m
- Pencil - xelxéltel
- Scary - chí'
- eraser - shxwe'íqw'els
- Apple - qwe'óp
- School - skwúláwtwx
- Crisp - xépkw'em
- Knowledge - slheq'lómets
- Blanket - léxwtel
- Teach - íwes
- Cold - éytl'
- Autumn - temhilálxw
- Witch - syú:we
- Fall - xwesá:lews
- Sweater - swéta
- Pumpkin - pumkel
- Soup - slhóp'
- Orange - qwiqwóyels
- Ghost - spoleqwith'a



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

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

AVAILABILITY

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

CONTACT US

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

CREATED AND PRODUCED BY THE SIB COMMUNICATIONS TEAM:

Sandra Bobb;
Ciara Busby;
Kristy Johnson;
Zorana Edwards-Shippentower;
Jasmine Paul-Louis;
Aishah Khan; Shayleen Peters; and
Francine Roberts.

PUBLISHER & TEAM SUPERVISOR:

Zorana Edwards-Shippentower

EDITOR:

Sandra Bobb

LOVED ONE PASS AWAY?

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

Shawna Martin may be reached at 604-796-2177
shawna.martin@seabirdisland.ca

FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

NEW - Sq'ewqel 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.

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 Shawna Martin 604-796-2177.

OPTOMETRY CLINIC

Appointments Only: June 26-27, Aug. 14-15,
Oct. 2-3, 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 Shawna Martin CHR
at 604-796-2177 or
shawna.martin@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/>

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.

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 (EVENINGS)

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.

EARLY CHILDHOOD DEVELOPMENT

SUPPORTED CHILD DEVELOPMENT PROGRAM (SCDP) SUPPORT WORKER

The SCDP Support Worker provides culturally informed, developmentally appropriate support to children with extra support needs. This role involves working directly with children, families, and childcare staff to implement individualized service plans, promote inclusive practices, and ensure children's full participation in early childhood programs. The Support Worker will also engage in community relations activities that support children, families, and childcare centers.

ABORIGINAL INFANT DEVELOPMENT PROGRAM (AIDP) SUPPORT WORKER

The AIDP Support Worker will work closely with families, childcare staff, and multidisciplinary professionals to assess, plan, and implement individualized support strategies that promote optimal growth and development. This role emphasizes relationship-building, early intervention, and the integration of traditional and contemporary approaches to caregiving and parenting.

EARLY CHILDHOOD DEPARTMENT COOK

The Cook is responsible for planning monthly menus in alignment with the Canada Food Guide, managing food supplies and inventory, and preparing meals that accommodate dietary restrictions and allergies. The Cook ensures that all health, safety, and licensing requirements are strictly followed, supporting a safe and welcoming environment for children and staff.

EARLY CHILDHOOD EDUCATOR

The Early Childhood Educator 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.

HEAD START TEAM LEAD (TERM CONTRACT)

The Head Start Team Lead helps coordinate daily programming and curriculum planning, ensuring the integration of AHSOR's seven key components: Health, Nutrition, Parent and Family Involvement, Stó:lō Culture and Halq'eméylem Language, Social Support, Education, and Special Needs. The Team Lead also supports home-based programming for families in need and fosters strong relationships with families and the community, while promoting integrity, cultural respect, and ethical practice in all aspects of the role.

EDUCATION

INCOME ASSISTANCE COORDINATOR

The Income Assistance Coordinator provides culturally informed financial and program assistance to community members in need. This role involves intake assessments, financial literacy education, case management, program compliance, and interdepartmental collaboration. The Income Assistance Coordinator will also engage in community relations activities to support clients and the community.

This is a full-time term contract ending on March 31st, 2026, with the possibility of extension.

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 COORDINATOR

The Youth Drop-In Coordinator provides culturally informed leadership and programming to youth. This role involves planning and organizing drop-in sessions, coordinating with Schools' Out Program, and managing all aspects of program delivery, including outreach, activity planning, facility management, and participant safety. The Youth Drop-In Coordinator will also engage in community relations activities to build trust and encourage youth participation, while supporting their wellbeing through mentorship, outreach, and resource connections.

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.

ON CALL BUS DRIVER

The Bus Driver provides culturally informed, safe, and courteous transportation for students attending the Seabird Island School. This role involves vehicle inspections, route adherence, student supervision, and community engagement. The Bus Driver will also engage with families and school staff to support safety and service delivery.

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.

STUDENT SUCCESS COORDINATOR

The Student Success Coordinator provides culturally informed support, coordination, and advocacy for students. This role involves promoting enrolment, attendance, student achievement, and program completion through collaboration with school staff, parents, and external stakeholders. The Student Success Coordinator will also engage in community relations activities, working with school districts, families, and Indigenous organizations to foster strong connections, raise awareness of school programs, and support student access to learning opportunities and success in education.

This is Full-Time Term Contract with a Start date of August 25, 2025 and end date of June 30, 2026, with the possibility of extension for the following school year.

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 - OPERATIONS 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.

FINANCE & ADMINISTRATION

FINANCE ADMINISTRATOR

The Finance Administrator provides contract management and writing, and request for proposal writing to ensure that all agreements align with Seabird Island Band's values and goals. This role involves drafting, reviewing, and managing contracts and RFP's to support departments across the organization, ensuring compliance with all regulations and policies. The Finance Administrator will also communicate clearly with stakeholders and provide support by answering contract-related inquiries, prioritizing and ensuring that all deadlines are met, as well as assisting financial analysts as required. The Finance Administrator serves as liaison between various groups and works closely with stakeholders, purchasing, finance, IT, HR, and other departments.

PURCHASING AGENT

The Purchasing Agent is responsible for verifying goods and service orders, preparing and forwarding purchase orders, confirming receipt of goods and services, and authorizing payments. This role ensures departments have the materials and services they need for daily operations by researching cost-effective suppliers and staying current on market and pricing trends. The Purchasing Agent also plays a key role in supporting program teams and community services through timely and efficient procurement.

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

HEALTH CARE ASSISTANT

the Health Care Assistant provides culturally informed health care and support services for eligible residents who have acute, chronic, palliative, or rehabilitative health care needs. These services include a variety of in-home care services such as home cleaning, personal care, and referrals to programs to assist clients to maintain optimum health in their own homes. The Health Care Assistant will also engage in community relations activities to supporting clients and the community.

LICENSED PRACTICAL NURSE (LPN)

The Licensed Practical Nurse provides culturally informed routine care, observing patients' health, assisting doctors and registered nurses, and communicating with patients and their families. The Licensed Practical Nurse will also engage in community relations activities to support clients and the community.

RECOVERY HOME SUPERVISOR (TERM CONTRACT)

The Recovery Homes Supervisor is responsible for ensuring the effective and efficient operation of Seabird Island Band's Recovery Homes in alignment with the philosophies, policies, and objectives established by Band Management. This role provides both administrative leadership and direct support to recovery home staff, fostering a professional, compassionate, and culturally safe environment.

WOMEN'S CASE MANAGER (TERM CONTRACT)

The Case Manager provides culturally informed case management and support services to residents dealing with addictions and substance use. This role involves ensuring a caring and supportive environment where residents can access health, healing, and other programs and services, both in-home and through broader community connections.

SENIOR CLINICAL SUBSTANCE USE PROGRAM LEAD

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

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

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.

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.

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.

Apply To

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.

ANOTHER BC HYDRO PLANNED OVERNIGHT POWER OUTAGE



Seabird Island Has A Planned Overnight Power Outage

From: Thursday, September 25, 2025 01:00 PM (estimated)

To: Friday, September 26, 2025 06:00 AM (estimated)

Reason: System Upgrade

