



## SUNRISE EXPANSION PROJECT 2026: KICKOFF & REFRESH



On the morning of January 6, Sq'éwqel welcomed crews with a 2026 refresher presentation for everyone contributing to the Sunrise Expansion Project (SEP). The presentation included details about past and current aspects of the SEP, and heavily focused on safety and risk management. Those in attendance recognized the hard work done by so many throughout the project so far and celebrated this important piece of the Sunrise story.

Present was Seabird Island's political, administrative and operational leadership, Stqó:ya Construction management and crews, field archaeologists, environmental teams, Cultural Guardians and Monitors, and coordination and support staff, including the Stó:lō Resource and Research Management Centre (SRRMC).

One major goal for 2026 is to optimize safety. The SEP project teams continue implementing protocols and cultural approaches designed to recognize hazards, anticipate accidents and mitigate damage in a culturally safe manner. The outlines for these plans were shared during the presentation.

Other topics covered during the Kickoff included vigilance and monitoring practises, effective communication, the 2025 Fine Tilling Deep Trenching (FTDT) field summary and 2026 FTDT planning, and archeological communication protocols.

In 2026, Seabird Island's project management team will strengthen the sustainable decision-making processes to meet the needs of Seabird Island and its people. Moving into 2026, Seabird Island's project team continues to

collaborate with the SEP team leads to carry the successes of the 2025 season into a new year as they prepare for another successful season.

Public safety and the health of everyone contributing to and impacted by this work remains Seabird's utmost priority. The work being done now and to come will honour ourselves, our history, and those who follow us and build upon this work across future generations. We are excited to enter this next phase on the SEP timeline and to share details of the coming work in a good way.

**tém:éxw** – land, earth

**thíyelhtset** – to prepare for it

**yóyes** – working, be working

*-Aishah F. Khan, Journalist & Editor  
Communications*

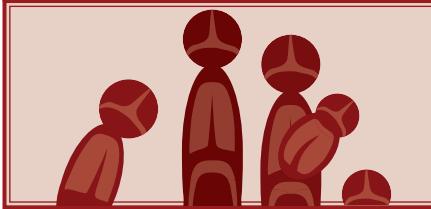
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## OFFICE CLOSED

Seabird Island offices will be  
CLOSED

Family Day Feb 16 , 2026



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Happy *New Year*

**2026**

Seabird  
Island Band



i:west – to be teaching, showing, guiding

sq'eq'ip – be gathered, a group, and team, a gathering

# COMING IN 2026

## Sq'ewqel Chief & Council Elections

It's time to start preparing for the upcoming  
**2026 Chief & Council Elections!**

- Are you interested in putting your name forward as a candidate?
- Do you know someone you would like to nominate?

For those considering running, copies of the  
**Election Code** are available:

- **Follow the QR code provided** to the Election & Referendum webpage
- **Visit [www.seabirdisland.ca/referendums-elections/](http://www.seabirdisland.ca/referendums-elections/)**
- **Request a paper copy or a USB copy** from Communications at [comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)



This is a great opportunity to serve your community and help shape the future of Sq'ewqel. Start thinking about running today!

**Watch for the official Election announcement COMING SOON!**

*Nomination packages will be available January 2026.*

*2026 - 2029 Term*



**Sq'ewqel**  
Seabird Island Band

## COMMUNITY BUSINESS SPOTLIGHT: SCHI:YA CAFÉ

*"If you haven't checked out Schi:ya Café yet in Harrison [Hot Springs], you must make it your new brekky spot. Amazing dishes with some indigenous inspired cuisine. Yummy pastries and creative coffee concoctions, [at] 280 Esplanade Ave."*

I saw the above posted on Facebook, shared to an Agassiz community page. It piqued my interest, as I recognized the word "Schi:ya;" sure enough, through a bit of digging I discovered that the new café is owned by Sq'ewqel Member Mathew Point.

December is cold and grey in Harrison Hot Springs. The blustery lakeside strip is quiet, and many restaurants and shops have

already shut down until the spring. But not Schi:ya Café — its lights are on, casting a warm glow in the dull grey of the lake's banks.

I rushed in one afternoon, eager for the warm respite where I was meeting Mat to discuss his latest business venture. Once inside, I was instantly warmed, the ambience of the space cheery and cozy. It bustled with visitors, and I recognized Seabird staff and Members alongside Harrison locals and tourists.

Mat spoke earnestly with a customer before getting up to bus tables, empty used dish bins and check that no one needed him for anything. As he worked, I sipped my delicious café mocha, enjoyed the aroma of seasonal coffees



and admired the traditional artwork displayed around the space.

Mat, who owns Schi:ya Construction, explained to me that the desire to open a café has long been a goal of his. There used to be one at Seabird where Members and friends would gather to enjoy traditional foods, warm drinks and each other's company. Since it shut down, people haven't had a place like it to go, and Mat wanted to fix that.

The Sqewqel Development Corporation (SqDC) approached him this past June, proposing that he set up shop in the dormant restaurant below the Harrison Grand Motel, which they had recently acquired for the band. Although the location is not at Seabird and Mat didn't

kópi – coffee

alhteláwtxw – restaurant

g'ép – to gather together

sxwelmexw seltel – traditional food

Mat has now succeeded in opening a café that mimics the idyllic hub he remembers. Schi:ya Café is not a just a mirror image of Seabird's old café, though; Mat has infused his own story. The carvings hanging on walls and sitting on windowsills belonged to a close friend who passed a few years ago, and Schi:ya Café is where Mat proudly displays those works, celebrating the life of his friend and the meaning they hold.

On December 1, 2025, Schi:ya Café opened its doors, and it's been a lively hotspot in the sleepy summer resort town since then. It evokes a sense of nostalgia for Sq'ewqel's people, bringing the spirit of the original café back to life with a personal touch.

Positive reviews continue to pour in for the café's Indigenous-infused dishes as hungry customers flock to the café, and Mat invites all to visit at any time

— as with his construction business, Schi:ya Café is not all about making money. Mat simply wants to bring his community together, inspire others and provide keys to culture, connection and progress.

*Aishah F. Khan, Journalist & Editor  
Communications*

**Qwó:ls – Harrison Hot Springs**



**"Seabird Island Band"**

**SQ'ÉWQEL QUARTERLY BAND MEETING  
(Q3)**



**WEDNESDAY  
JAN  
21**

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

**Located in the Band Office Gym**

**SAVE THE DATE**

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



# ANCIENT LANDS, NEW BEGINNINGS

**lheltáletsem** – go through a channel



**Team member Jillian Stewart-Szpak's photo of Sq'ewqel's Fishtrap Channel will be featured in the BC First Nations Fisheries Council's 2026 Photo Calendar!**

In 2025, the BC First Nations Fisheries Council held a contest, sourcing authentic images to include in their calendar. Locals throughout the Fraser Valley submitted their own pictures of the landscapes, wildlife and natural processes that exhibit the biological diversity across Stó:lō land.

Jillian is Seabird's Acting Team Lead of Natural Resources and Referrals. Her photo shows the winding channel on the Sqémelech (Maria Slough) with Mount Cheam standing tall in the background. This image brings pride to Sq'ewqel, as it depicts the commendable efforts undertaken by the Fish & Wildlife team to restore the essential channel.

**tilt** – to clear it (of land, road)

Sqémelech has housed salmon and other wildlife for centuries, and after Seabird Island was annexed into a reserve, it was cut off from the river, which severed the flow and development of ecosystems. Recently, work has taken place to restore it and improve conditions for salmon spawning, and Jillian snapped this photo of its progress.

Since the project began, it's been closely monitored by Seabird's Junior Biologists Nicole and Amy. Nicole and Amy lead the field work done in partnership with DFO and coordinate land-based learning activities to actively maintain the channel with Lalme'lwesawtxew (Seabird Community School).

The BC First Nations Fisheries Council shared the photo in an announcement that it would be published in the calendar, with the accompanying caption:

**"Active work to fix an existing channel to improve spawning opportunities for salmonids. Restoration in the making at Fishtrap Channel in Sqémelech, Agassiz, BC will lead to more stream complexity, large woody debris, two holding ponds, and a narrower, deeper channel."**

**skw'exó:s** – month, moon

<https://www.facebook.com/photo/?fbid=1240505114776031&set=pcb.1240520421441167>

*Congratulations to Jillian — and thank you to her team — for sharing Seabird's successes and displaying our commitment to honouring our land and people in our work.*

*Aishah F. Khan, Journalist & Editor  
Communications*

**xwōqw** – slough

**pekchá:m** – take a picture



## HONOURING OUR ELDERS: CHRISTMAS DINNER AT FRASER RIVER LODGE

On Wednesday, December 17, Sq'ewqel's Elders were honoured with a Christmas Dinner celebration at Fraser River Lodge. Elder's coordinators Haley and Emerald worked with community volunteers, health and wellness program staff and Seabird's leadership to orchestrate the evening's program. All collaborated to transport Elders to and from the venue, oversee the dinner and ensure that it was an enjoyable event where Elders living both on and off-reserve felt welcomed and recognized for their treasured contributions to our community.

The evening began with a delectable charcuterie spread as guests arrived, entering the festively decorated hall and seating themselves among friends, family and neighbours, greeting and hugging one another amidst lively chatter.



**wó:thel** – share a meal

The opening announcements were made soon after with a drumming ceremony performed by Richard Malloway, Council Member Sally Hope's son.

Dinner began once the tables were full, and hungry guests stacked their plates at the holiday buffet, laden with everything from freshly tossed salads and roasted veggies to mouth-watering mashed potatoes, carved turkey, warm buns and Yorkshire puddings. At the end of the buffet was a hand-sliced ham station complete with all the best seasonal fixings, sauces and gravy.

After dinner, guests played a spirited game of Bingo, hosted by Paul Siemens, Seabird's Recreational Therapist. Laughter continued to fill the air as Elders played another game, two at a time, at the front of the hall while everyone watched and cheered.



**ólhét** – respect someone

**qw'eyílex** – to dance  
**ewólem** – to play

Dessert was served, and after the games wrapped up and prizes were collected, local band Outlaws & Lace began their set playing old classics. Elders listened merrily and requested their favourite songs and as the band played on, guests sang along, got up and danced to the music with friends. The rest of the night was spent rejoicing in community, holiday spirit and fun.

Sq'ewqel hosts events dedicated to our Elders to commemorate what they have given, and celebrate their place in our community with respect and humility. It was heartwarming to see so many come together, united by heritage, culture and years of participation in Seabird's traditions and growth.

Yálh yew kw'a's hó:y (thank you) to our Elders for all you have passed on to us, and to those who came together to make the Elders Christmas Dinner special. Sq'ewqel is committed to lifting up our Members, and we appreciate all who continuously allow us to make it happen.

*Aishah F. Khan, Journalist & Editor  
Communications*

# LAND-BASED LEARNING: MAKING NETS

**háwt** – hunt something

Land-based learning kicked off again on the first Wednesday after the winter holidays. Elementary Lalme’l wesawtxw (Seabird Community School) students began making a set of fishing nets, guided by Sq’ewqel’s Traditional Food Practises Specialist, Brenon McIntyre.

The rain was coming down pretty hard, so instead of hosting the session outside on the soccer field, the students gathered in the school gym. Here, Brennon set out the materials for the nets and assigned students to different roles, explaining and demonstrating what to do.

## totí:lt – learning it



The students took responsibility for their portion of the work, and spent that morning making a strong start to the nets that will eventually be taken over by the grade 12 students and raffled off for their grad trip!

Over the winter and spring term, students will continue more land-based learning, including completing the nets, learning how to handle hunted/caught meat, and collaborating with Seabird's Fish & Wildlife team doing fieldwork throughout the reserve.

*Welcome back, students!*



*Aishah F. Khan, Journalist & Editor  
Communications*



**sméyeth** – meat

**q'eysetsel** – to make a net

swéltel – net

# Sq'ewqel - *Seabird Island*

## Join the food hamper team as a volunteer!

**We are seeking volunteers to help pack and distribute food hampers for our community this January 2026.**

**January 19 | 1:00 PM - 4:00 PM**  
**January 20 | 9:00 AM - 4:00 PM**  
**January 21 | 9:00 AM - 6:00 PM**

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



***Delicious meals provided!***  
**Contact events@seabirdisland.ca**

# SAGE SUGGESTIONS

## ADAGES TO INSPIRE

The holidays were filled with a lot of hard work, and I was exhausted. They finally ended and I was able to breathe, but I felt deflated, and a sadness crept in. Suddenly my days weren't spent with friends and loved ones, the excitement for watching a friend's face as they opened my carefully curated gift had evaporated, and the leftovers in the fridge were getting bland. The new year came and went, and I felt low, and slightly lost.

To cheer up, I turned to the adages that have guided my life. These sayings help me overcome barriers and empower me to conquer my fears. They may just be words, but they have truly helped me through the years. I share them now in the hope that they can serve others the same way.

### 1. Comparison is the thief of joy.

Sometimes everyone seems to be much better than me. I am trying to draw more despite these feelings, hoping to minimize their impact over time. After all, this hobby has always been a reliable and comforting way to pass time, express myself and let my imagination flow as my mind wanders. I used to derive pure pleasure just from *doing* it, not picturing the end result. I'm trying to access that feeling again.

**2. Growth lies in discomfort and challenge.** I often find myself working so hard to achieve something, and suddenly boredom sets in and I realize I've reached my goal. Here is where the annoying truth reveals itself; if I want to continue moving forward, I must recommit to hard work, discomfort and challenges. Sailing through life is fun, but if we want to be better, we've got to go get'er.

**3. Action absorbs anxiety.** This is probably the most powerful mantra I follow. I spend time fretting over the obstacles and concocting a catalog of reasons not to do

something. Giving in to your fears is natural, but it's also an excuse. Facing a challenge head-on is always the best course of action — at best you discover it's not that bad and you're capable, at worst you have to regroup and try again once you've figured out how.

### 4. Be your own guide, not an echo.

Simple yet profound; be yourself, not what someone else or society tells you to be. If you go against your own beliefs and values in your actions, a part of you will never rest. It may be hard; it may require going against the grain, bumping elbows or even isolating yourself. But it always works out in the end; temporary loneliness or confusion that leads to a life of satisfaction is preferable to a sense of safety in doing what's easy, resulting in a life of unfulfilled dreams and potential, and feeling a deep sense of distance from yourself and others.

### 5. Let health be your baseline wealth.

Physical strength sharpens mental clarity; there's synergy between the mind and body. When we eat well, maintain physical fitness and respect the needs of our bodies

ts'ísem – to grow

shxw'íyem – health, strength

swelám – an echo

q'á:l – to believe

(getting enough sleep, restricting unhealthy habits like screentime) mental benefits emerge, such as better focus, memory and elevated mood.

These mottos serve as reminders that I'm where I need to be, or remind me to reorient my focus meaningfully. As I strive to take care of myself, I can reflect on how these simple words have helped me take control of my life in the past, and walk into the future with the knowledge that I'm going in the right direction.

Aishah F. Khan, Journalist & Editor  
Communications

**"Seabird Island Band"  
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Lhíkwas ts'áts'elō tl'éxw. – sometimes it's very difficult

## WINDING DOWN AFTER THE HOLIDAYS

December is a stressful time. We go into overdrive preparing for the holidays — cooking up lavish meals, attending parties and gatherings, endless shopping as we hunt down the perfect gifts for loved ones or rush out for last-minute ingredients. On top of all that, pressure ramps up to make life-altering changes right as the season closes, and it can be difficult to keep up.

It's important to remember that even though it seems like we're meant to make huge, meaningful strides this season, this idea actually goes against our nature and the rhythms of the land.

**temxeytl'** – winter

Winter is a time for rest, and this is reflected in our surroundings; deciduous trees have shed their leaves, and are sleeping through the stillness; animals burrow down into their dens, staying warm and recharging on the provisions they collected in the autumn; the days are short and dark, and the lack of daylight sends signals to our bodies that it's time to slow down.

There's never a wrong time to try and improve habits and resolve to take care of ourselves. The new year signifies a period of transition and growth, but it doesn't align with everyone's internal system as the time for implementing huge leaps and bounds in life. If you want to make a fresh start, pursue a

**slílexwelh** – calm

**qá:wthet** – to rest yourself

**iyáqthet** – change yourself

new goal or simply work on yourself, you can do it at any time, including now. Just remember that change doesn't need to be instant, progress can ebb and flow, and the natural season for reawakening will come with the earth's signs that it's ready.

Take care of yourself, recharge after the holiday rush and give yourself grace during this time of calm.

*Aishah F. Khan, Journalist & Editor  
Communications*

## NEW STAFF

### ALAIN MARCHAND

**Ey'Swayel parents and guardians,**

My name is Al Marchand, the Student Success Coordinator for Lalme'lwesawtxw (Sq'ewqel Community School). I believe the most important part of my job is helping your children be successful at school and in life. ***I am here to build strong and positive relationships with you, the parents and guardians of our students. To help you; help your children*** in their journey through their educational life.

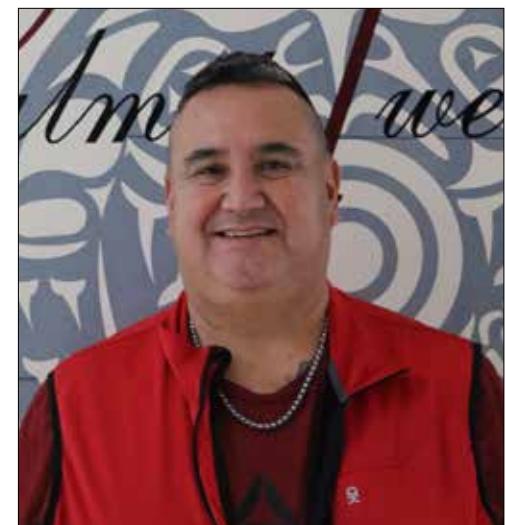
We have returned to school after a much-needed winter break, and ***I want to take this time to thank you for sharing your children with us.*** The core values of our school include promoting student success regardless of ability or background, making decisions in the best interests of students, and encouraging a caring atmosphere that motivates participation and recognizes accomplishments.

I would like to add that ***good attendance is very important for all students, from our younger children to our teenage students.*** Every day a child is absent they miss important lessons that will help them learn new and exciting skills the next day. We understand you, as a parent or guardian, have a very important part in your children's educational journey and there are many

situations that will prevent your children coming to school.

***"When is it ok to send my child to school due to illness, or do they need to stay home?"*** is a difficult question to answer at times. Building strong attendance skills and your children wanting to come to school at any age is important. When building a balance of home life and school life, where we start and how we keep good attendance for our children is a work in progress all year long.

We can work on this together — you, the parents/guardians, and us, the school. I am a good place to start as it is more than my job, it is who I am. I am here to help; I want your children to come to school. Furthermore, I want you to know schools are built for children and



here at Seabird school we have a great opportunity to work closely and provide support for your children.

***Their future is our goal.***

Thank you for your time and if you have any questions, please feel free to contact me by email, text message or phone call, and / or in person, at the school.

Email : [alain.marchand@seabirdisland.ca](mailto:alain.marchand@seabirdisland.ca)

Phone : (604) 991-0817

*-Aishah F. Khan, Journalist & Editor  
Communications*

## NEW STAFF

### DARRYL BOLTON

Darryl Bolton recently joined Sq'ewqel as an Engagement Assistant. During his time here, Darryl will work alongside the engagement team, community partners and collaborators to bring awareness to Members and assist where he can. He is eager to spread positive energy as he does his part to keep the community in the loop about what's happening at Seabird.



Darryl is from Lax Kw'alaams, in the Tsimshian Nation near Prince Rupert. He spent his childhood between there and Vancouver, and throughout his life he has lived across Canada, including Ontario and Alberta.

He completed film school in Santa Fe, New Mexico, and worked for APTN following his education. His roles were a blend of everything, from behind-the-scenes production and writing proposals, to appearing in programs and assisting with post-production editing.

One show Darryl worked on for the network was @HOME, a home-improvement series wherein guests would have their homes "Indigenized" by professional artists and decorators. The interior designers would connect various Indigenous people to their culture through art and design, allowing them to reclaim their identities and spaces.

**xwexwelmexw** – First Nations people

Darryl also worked on First Talk, a series aimed at inspiring social and personal transformations in its audience. Episodes would feature varying experts and panelists discussing topical social and cultural issues that involve the Indigenous community.

#### So, why Seabird?

Darryl heard that it's a peaceful, welcoming community, and he likes to keep life interesting and try new things. He is also largely driven by learning as much as he can about different tribes and their ways.

When I asked him to explain what he meant, he said that he appreciates the distinctions and similarities between different First Nations. For example, he pointed out how places are named for their immediate surroundings, "Sq'ewqel" translating to "bend in the river," and "Lax Kw'alaams" to "place of

**qw'eyílex** – to dance

**Lhq'á:lets** – Vancouver

**t'át** – to try somethin

the wild roses." The languages, landscapes and people are different, however the naming process rings familiar.

In his personal time, Darryl is a devoted grass dance powwow competitor. He's travelled all over North America for competitions, his son following in his footsteps. When Darryl's not competing, he's mostly preoccupied with doing the necessary bead and feather work to repair his regalia. His goal is to continue building his YouTube presence, posting videos of his dances and competitions and sharing his pride in competing in the most popular sport in Indigenous territory.



**"One heart, one mind\*** (**Léts'e th'ále, Lets'emót**)," responded Darryl when I asked if he'd like to share some words with the community.

We're pleased to have Darryl on board!

*\*a Coast Salish phrase, originally 'Netse Mot'. The above translation is in Halq'eméylem.*

**ó:wqw'elmexw** – tribe, several tribes

*-Aishah F. Khan, Journalist & Editor  
Communications*

# NEW STAFF

## Q & A: SWAPNA POKHARKAR

Meet Swapna Pokharkar, one of Sq'ewqel's newest team members. Swapna comes to us with an impressive background in graphic design, and we are thrilled to welcome her to the Communications department as a Desktop Publisher.

Read on to find out more about Swapna, how she will serve Sq'ewqel, and how she likes to spend her free time.

### Q: Hi Swapna, can you tell the community a bit about yourself?

A: My name is Swapna Pokharkar, and I work as a Desktop Publisher at Seabird.

I'm from India and have lived in Canada for 16 years. I have a diverse professional background that combines technology, design, and storytelling.

Originally training as an Electronics Engineer, my career evolved into graphic design and visual effects. Since 2011, I've worked as a Graphic Designer and a VFX (visual effects) artist on Hollywood-scale projects, and what I learned from those positions guides how I approach my work today.

A few **Hollywood** projects I worked on are *The Fall Guy (Netflix)*, *Napoli to New York*, *The Regime* and *Swagger*. Some of the shots were especially challenging, as they were filmed by a cameraman on roller blades, which made the work both demanding and exciting.

One of my favorite projects was the Disney TV show *Pup Academy*, which was filmed in Victoria.

It was a memorable experience and a project I'm especially proud of.

### Q: How long will you be at Sq'ewqel? What are the key aspects of your role as a Desktop Publisher?

A: I'll be with Sq'ewqel on contract until March 2026. My primary focus will be on designing layouts for publications, including the *Sq'ewqel Sqwélqwel Pípé* (newspaper), magazines and reports. I will align visual presentation to make sure that published content is engaging.

**sxelham pékcha - TV**

**sewolem** – sports, games, plays



I am also happy to assist others with design workflows, formatting, visual storytelling and production-ready layouts wherever needed!

### Q: What interests you about working for a small community and First Nation?

A: What interests me most is the opportunity to learn and listen.

Working with a small community, especially a First Nations community, allows me to better understand cultures, stories and perspectives that are an integral, yet often underrepresented, part of Canada. I am genuinely excited to learn about traditions, values and lived experiences.

I see this role as both a creative opportunity and a chance for personal growth through meaningful connection.

### Q: Tell me about who you are outside of work — what are your hobbies, general interests, inspirations?

A: I am an artist at heart.



I love working with my hands. Pottery is something I deeply enjoy, and I am also very fond of plants and gardening. In my free time, I enjoy watching TV series (currently I'm really liking *Homeland*), exploring creative hobbies and traveling whenever possible.

**kw'atset te sxelhám -**

see a movie



-Aishah F. Khan, Journalist & Editor  
Communications

hemqáxe – rain and snow mixed

thiyém – to bake (bread)

skwúkwel – going to school

## INSPIRATION QUOTES:

“Life isn’t about finding yourself. Life is about creating yourself.”

— George Bernard Shaw

“What you’re supposed to do when you don’t like a thing is change it. If you can’t change it, change the way you think about it. Don’t complain.”

— Maya Angelou

## JAN- PELÓLQES

“TORCH SEASON”

## Capricorn

Dec 22 - Jan 19

Goose - áxe

Direction: North – Element: Earth

Stone: Quartz

**Strengths:** Determination, practicality, and unwavering focus

## FEB- TEMT’ELÉMCHE

“TIME WHEN HANDS STICK TO COLD”

## Aquarius

Jan 20 - Feb 18

Otter - Sq á:tl

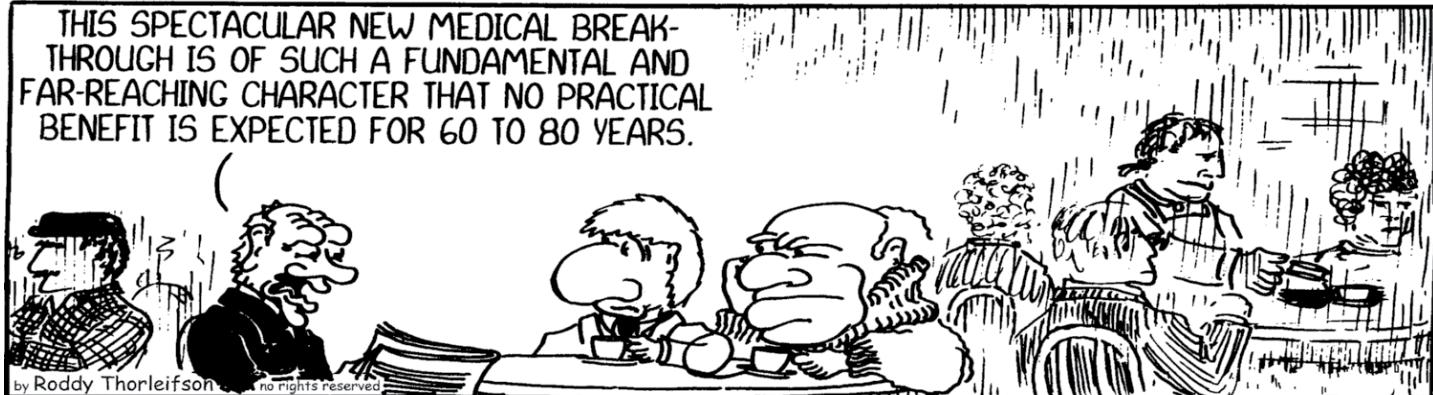
Direction: North, North East

Element: Air

Stone: Turquoise

**Strengths:** Self-respecting, complex and changeful, creative and curious as well as very helpful.

## COMIC

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

## HALQ’EMÉYLEM WORD SEARCH

Created by Shayleen Peters

w' s k q x w q ' i ' p ' ó l t  
 k k l x w k t t y í t t : s ' q  
 í m ú á í ó p i k í á é o t m t  
 w t o w l s t é é e l w s e t '  
 x l x s k í o e k o s t l h í l  
 s s ' e s s o ' m o t o h t é t  
 t í t y y t s l á e l t ó ' : e  
 o s : m y l o s h i í í p l i '  
 : ó ' l e ' q t s : m : ' t l s  
 y e ' q o ' q s m e h l : o ' t  
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 w l ó q y : s k y q : y l y w í  
 í : ' i á í l o p x w : ' : '  
 ' e ' x y : t s t é e t í é é s

1. New - xáws
2. New years - xá:ws siolem
3. Windy - xot'l'het
4. To slip - qéyxem
5. Sick - q'óq'ey
6. Coffee - kópi
7. Cooking - skwúkw
8. To work - yó:ys
9. Grey - tsxwíkw'
10. To go shopping - íleqels
11. Hope - Ts'qó:ls
12. Crisp - xépkw'em
13. Short - ts'i:ts'etl'
14. A cold - t'o:lhem sq'óq'ey
15. Tea - tí
16. Soup - slhóp'
17. Pasta - póste
18. Learning something - totí:lt
19. Getting dark - tsxwíkw'
20. Change yourself - iyáqthet

**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'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 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-sqwelqvew-pipe/](http://www.seabirdisland.ca/sqewqel-sqwelqvew-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; Shayleen Peters; Swapna Pokharkar, and Darryl Bolton.

**WRITER:**

Aishah Khan

**PUBLISHER:**

Swapna Pokharkar

**EDITORS:**

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

We can also help with non-band member pamphlets; enquire 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)

**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/>

**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:** Next Date TBA

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)

# CAREERS AT SQ'ÉWQEL

View more detailed, current information about these and other opportunities or to apply for current opportunities: <https://www.seabirdisland.ca/careers/>

## CLINICAL HEALTH SERVICES

### DIRECTOR OF CLINICAL HEALTH SERVICES

This role integrates traditional healing practices with modern medicine, creating a culturally specific comprehensive and patient-centered approach to care. The Director oversees vital programs such as Primary Care (Medical and Dental Offices, Clinical based outreach and home health services, Mobile Diabetes), Health Quality, the Recovery Homes, the Youth Treatment Home, and the AIMs Program.

By effectively managing resources, including staff, budgets, and program logistics, this role ensures the delivery of culturally safe and holistic healthcare practices. Additionally, the Director engages in community relations activities, supporting and empowering community while building meaningful relationships with stakeholders to advance unique and sustainable solutions to dynamic clinical community health care needs and culturally respectful healthcare services.

### REGISTERED CLINICAL COUNSELLOR

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

### Sr. REGISTERED CLINICAL COUNSELLOR

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

Provide confidential individual, group, and family counselling using evidence-based and culturally responsive modalities. Support integration of cultural practices and ceremonies in client treatment where appropriate.

## COMMUNITY INFRASTRUCTURE

### LANDS ADMINISTRATIVE ASSISTANT (TERM)

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.

Provide general administrative and clerical support for routine office tasks, ensuring smooth day-to-day operations of the Lands Department. Assist in resolving administrative problems by identifying issues and finding appropriate solutions in a timely manner. Respond to client inquiries by answering calls, emails, and in-person requests, providing accurate and helpful information regarding lands-related services and processes.

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

### PROJECT COORDINATOR

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

Support the Senior Projects Manager and Construction Manager in all phases of project delivery, from initiation through planning, execution, and close-out. Coordinate project schedules, monitor milestones, and ensure deliverables are completed on time and within budget.

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

leq'a:leqel – to travel

## 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.*

### 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.

### 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.

pí:lt –

to bury/plant something

## 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

## EDUCATION

### COOK LAND BASED LEARNING

We are dedicated to creating a culturally safe and inclusive environment that respects and values Indigenous knowledge, traditions, and ways of being. We are seeking a Cook to join our team, working collaboratively to enhance the learning experience and well-being of students in the Land-Based Outdoor Program.

The Cook provides culturally informed meal preparation and food services to students participating in outdoor land-based learning activities. This role involves planning, preparing, and serving healthy, nutritious, and culturally relevant meals in an outdoor setting while ensuring food safety standards are met.

### 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.

### SCHOOL COUNSELLOR

The School Counsellor provides culturally informed counselling, consultation, coordination, and educational support to students. This role involves delivering personal and social counselling, facilitating collaboration between school and community agencies, and promoting an inclusive school culture that empowers students toward positive change. The School Counsellor will also engage in community relations activities to support both students and the wider community.

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.

Apply Today!

# CAREERS AT SQ'ÉWQEL

View more detailed, current information about these and other opportunities or to apply for current opportunities: <https://www.seabirdisland.ca/careers/>

## **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.

## **EXECUTIVE**

### **COMMUNITY LIAISON**

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 timelines for handling complaints.

### **CONTRACT INDIGENOUS COACHES**

Expression of Interest: Indigenous Coaches for Seabird Island

*Invitation to Join the Seabird Island Coaching Roster*

Seabird Island is seeking expressions of interest from qualified Indigenous coaches to join our roster of professionals who will provide holistic coaching services to our staff and Council members. We are committed to fostering a supportive environment that encourages personal and professional growth, well-being, and leadership development. Coaching sessions are to be holistic, addressing the mental, emotional, spiritual, and physical aspects of each individual. All sessions are to be scheduled as one-hour appointments.

## **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.

## **HEALTH & SOCIAL DEVELOPMENT**

### **FAMILY COUNSELLOR**

Seabird Island is committed to supporting the health and wellbeing of individuals and families by providing accessible, culturally responsive counselling services. We strive to create a safe and inclusive environment that respects and values First Nations knowledge, traditions, and ways of being.

Seabird Island is seeking a Family Counsellor to provide culturally grounded, trauma-informed support to individuals and families as part of a multi-disciplinary team to enhance emotional, mental, and spiritual wellbeing in the community. The Family Counsellor travels to Bands served by Seabird Island Health Services to ensure accessible care and strengthen community relationships. The Family Counsellor focuses on direct support, group facilitation, crisis response, and connection to resources, as well as building relationships, facilitating healing activities, and offering guidance. As a Family Counsellor, the emphasis is on supportive listening, workshops, skill-building, referrals, and community-based wellness practices, within the scope of their education, training, and any professional registration or legislative requirements associated with counselling.

### **MEDICAL OFFICE CASUAL ON CALL**

The MOA will perform a range of administrative and clinical support duties, including scheduling appointments, maintaining medical records, preparing examination rooms, processing billing claims as needed, and supporting client intake.

The MOA is often the first point of contact for patients and must demonstrate professionalism, confidentiality, and cultural sensitivity. This role requires strong attention to detail, proficiency with medical software systems, and the ability to work collaboratively in a multidisciplinary team environment.

### **NAVIGATOR PRIMARY CARE & WELLNESS SERVICES**

Seabird Island is committed to delivering culturally safe, inclusive health and wellness services that respect Indigenous knowledge, traditions, and ways of being. The Navigator plays a key role in supporting individuals and families by reducing barriers and fostering access to primary care, clinical health services, mental health supports, and related programs. Using a person-centered, trauma-informed, and decolonized approach, this role focuses on connection, outreach, and empowerment during critical life stages and health transitions.

### **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. Assist with providing crisis support as needed and report immediately to supervisor. Must maintain professional conduct, boundaries, and ethical standards with a commitment to the principles and values of the First Nations Communities.

## **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.

## **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.

We are  
**HIRING**  
to apply for current  
opportunities visit:

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

**xwelält** – get dark, evening

# Lab Day / Diabetic Support

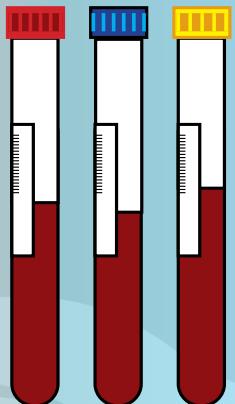
(mobile life labs)

## Who's eligible:

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

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

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



**Dates:**

**January 22, 2026**  
**(April 23, July 23 & October 22)**

**Time:**

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

**Place:**

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

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