



SEQ'ÁT TE SWÁYÉL: "THE CRACKS IN THE HEAVENS"



Photo credit Oct 2024: Kristy Johnson

On the evening of Tuesday, January 20, the night sky lit up with a dazzling display of colour: the Northern Lights. Green and purple beams danced overhead throughout the night, with the strongest bursts visible to the naked eye from 10PM into the early hours of the morning.

This phenomenon happens when the sun's solar winds collide with gases in Earth's atmosphere. These radiant colour shows are more common in Northern territories, but they have been witnessed on Stó:lō and surrounding lands for centuries.

slát – night

só:tets – north wind

tellhelhó:s – South Wind

tátewel – lighting up

The story of the Northern Lights, as told by Dianna Kay:

Here is a story of the Northern Lights I collected from the Samish Tribe (Skagit County, Washington) in the early 2000s. Our sister language (Cowichan) has a word for the Northern Lights, which in UpRiver Halq'eméylem is: seq'át te swáyél, translating to "the cracks in the heavens."

Northern Lights had five sons: Cold, Colder, Coldest, Extreme Cold, and Most Extreme Cold. The youngest son acted as a scout. He scorched the leaves and

Tútl'ó e sóseqwt méle.

–

"He is the youngest son."

grass and then returned to report that he had gone as far as he dared. After this, the eldest son would finish the work. The other sons remained in the north with their parents.

They lived in an ice lodge and could not endure heat of any kind. They were jealous of Extreme Cold and guarded him closely. In time, Extreme Cold grew restless and traveled southward. His mother, Northern Lights, warned him not to speak to any human being, for he would kill everyone he meets.

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Photo credit Oct 2024: Kristy Johnson

The tribes were greatly troubled by him, as he came in any season, whenever he wished. Because of this, the great Xals (transformer) called a council to try to regulate the seasons.

The people could not find any way to reach the lodge of the Cold family. Finally, South Wind, a shaman of great power, was chosen to confront him. He set out and soon saw Extreme Cold approaching, with everything perishing before him. When Extreme Cold met South Wind, he tried to use his power, but it did not prevail. No one had ever been able to withstand him before. South Wind held out his hand and addressed Extreme Cold as his nephew. He said that he lived in the south and that Northern Lights was his sister. He asked the way to his sister's house. Extreme Cold agreed to take him there.

When they reached the ice lodge, Extreme Cold was steaming. They entered, and South Wind claimed to be the brother of Northern Lights. She said she did not remember him, and her husband declared that they had no relatives. Nevertheless, they allowed him to stay the night, planning to freeze him while he slept. When the Cold family fell asleep, South Wind gathered pitch wood and set it on fire. The heat thawed everything around it, and the Cold family perished in the flames.

Thus, South Wind — the shaman of great power — broke the power of the cold, and the seasons were finally regulated.



-Diana Kay
Halq'émeylēm Curriculum Lead
Inter-Government Affairs

**Seabird Island
Administration will be
CLOSED
Family Day Feb 16 , 2026**

**Career Fair
Mar 12, 2026**

**Nut Run
Mar 13, 2026**

Sq'ewqel Chief & Council Elections

APRIL 15, 2026

- 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**, **Governance Manual** and **Nomination Packages** are available:

- In the Band Office Lobby
- Follow the QR code provided to the Election & Referendum webpage
- Visit www.seabirdisland.ca/referendums-elections/
- Request a USB copy from Communications at 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!

NOMINATION PACKAGES ARE DUE
FEBRUARY 24 - MARCH 6, 2026

2026 - 2029 Term



Sq'ewqel
Seabird Island Band



THÍTHE TE STL'ÍTL'EL - THE LARGENESS OF LOVE

Tl'ílsthómetsel – “I love you”

Valentine's Day isn't just for people who are in love. LOVE is a special human feeling that touches us all; there are many people who love you and who you love, so why should you only get to celebrate one day and show you care all year round.

The day is a chance to reflect on just how rich, diverse and beneficial every form of love, whether it comes from your family, friends, pets, neighbours or community. One single relationship can't give you everything; romance isn't enough. You also need friendship, family and community, and people deserve to know how meaningful they are to you.

Since I was little, I've enjoyed Valentine's Day in so many ways. My mom used to get cards and chocolates for my siblings and I, and of course in school we'd share small cards and treats with classmates. As a young adult, a few friends and I started a “Galentine's Day” tradition, where we'd organize a dinner date at a restaurant, and make small cards and trinkets for each other (nothing complicated, just poems, beaded jewelry, friendship pins, maybe baked goods).

Alternatively, you could call it “Palentine's Day” to make the designation gender neutral (I adore puns).

Here are some ways you can celebrate Love in all its forms, even after Valentine's Day:

- ♥ Plan an outing or gathering with your friends to spend time with your chosen family.
- ♥ Call a friend or family member you haven't spoken to in some time; catch up and remind them what they mean to you. If you can, drop in for a visit.
- ♥ Do something for yourself. Yes, loving yourself counts — not only can you buy yourself flowers and chocolate, you can set time aside for yourself to take a long walk, visit your favourite café, watch your comfort movie or do whatever brings you joy and relaxation.



Lacy Heart

Lacy hearts, candy hearts
Flowery hearts too.
Hearts of pink,
Hearts of yellow,
Hearts of red and blue.
Lacy hearts, candy hearts.
Flowery hearts too.
Oh, what fun, it is to share,
Lots of hearts with you.

♥ Spread the Love: Acts of kindness are small ways to show your community you care and uplift others who may be left out. Volunteer, buy someone in need a coffee, or pay it forward to the person behind you in the drive thru.

♥ Fun cards: I say we bring the lighthearted cards from our childhoods back! Buy a pack or make your own, and distribute them to your family members, colleagues and friends. Come up with your own funny messages, poems and notes to make someone's day.

♥ Say I LOVE YOU more often; some say this diminishes the meaning, but I disagree. Telling people you love them is a strong way to reinforce the value you see in others, and can directly affect how others see themselves.

Thathí:tí:l Th'ale

Thathí:tí:l th'ale, kalti th'ale,
Te p'ap'q'em th'ale,
Qá:lq th'ale,
Tsqwali th'ale,
Tsqwalem qes te smath'í:l th'ale.

Thathí:tí:l th'ale, kalti th'ale

Te p'ap'q'em th'á:le
Ō, íyòs kw'é lhi:t'et
Te qéx th'á:le lá:té lewé



Valentine's Day is not the time to feel lonely or without love, it's the opposite. Don't get caught up in the idea that it's only for couples, or that it's only complete with extravagant gifts or grand gestures.

Love is everywhere — just look around and enjoy the love in your life.

stl'ítl'el – love, like

shxwlístexw – to care about it

qé'óleq – friend, buddy

Xwoyiwel Tel Th'eth'á:le Swáyel – Happy Valentine's Day

Aishah F. Khan, Journalist & Editor
Communications



***Story was retrieved from the University of Washington archives.
The story was grammatically clarified for publication.***

Long ago, young men were required to bathe in the creek every morning. One morning, a young man woke up late. His grandfather said, “You sleep too much!”

The young man got up without saying anything. He went down to the river by a log jam and washed himself with cedar boughs. He went deeper into the water and dove. When he came back to the log jam, he dressed and made a small fire.

His grandfather had told him, if you need help with something, make a little fire, and the fire will show you what you need. Feeling troubled about waking up late, the young man made a fire. After a few moments, he saw a hole forming in the smoke. He stood up and looked at the fire again. Peering closely, he saw the hole more clearly. He moved closer and then entered it.

s'aléts – trunk of tree

He traveled upward through the vortex and suddenly saw a prairie. He landed in a grassy field.

He looked around and did not recognize where he was, but he noticed a house in the distance.

The young man walked for a long time before reaching the house. When he entered, he saw a bed, a fire area, and items neatly put away. He noticed some wood lying on the bed. He took the wood and threw it into the fire. Just then, he heard a small noise and quickly hid.

-Continued on pg.6

Someone was outside gathering and stacking wood. It was an old man.

The old man made his way back into the house. As he entered, he noticed his wife was not there. He looked into the fire and saw his wife in the flames. Someone had thrown her into the fire.

The old man called out, “Grandson, I know you are here. Come out.”

The young man came out from where he was hiding. The old man was crying for his wife and said, “Somebody threw my wife into the fire!”

The young man said to his grandfather, “Grandpa, I will go and get you a real woman, a real lady, and bring her here so you will not be alone.”

The young man left and later returned with three ladies: Birch, Alder, and Maple. He brought the trees to his grandfather and whispered to them, and they became women. His grandfather was no longer alone.

This is why birch, maple, and alder are often seen growing naturally in the same areas. Their root systems spread outward and overlap, creating interconnected underground networks that help stabilize the soil, share space, and support healthy growth. Because these trees grow well alongside one another, they are commonly found together in mixed stands.

- q'emq'emō:lh – maple trees
- p'elp'elyu:s - barks of trees
- xéyth'elhp - alder tree
- a'axwíyelhp - a small tree
- st'álepiy - dead tree

The Natural Observation:

Birch (*Betula species*)

Birch trees have shallow, spreading root systems. Most of their roots grow close to the surface, usually within the top few feet of soil, and spread outward rather than downward. These roots often form wide networks and can produce root suckers, which grow into new trunks nearby. This is why birch trees are often seen growing in clumps or groups with multiple stems. Their shallow roots help them quickly take advantage of moisture and nutrients, especially in disturbed or open areas.

Alder (*Alnus species*)

Alder trees also have shallow but wide-spreading roots, though they may extend slightly deeper than birch in some soils. A key feature of alder roots is their ability to form nodules that work with beneficial soil bacteria to fix nitrogen. This improves soil fertility for the alder and for nearby plants. Alders often grow along rivers, streams, and wet areas, and their root systems help stabilize soil and prevent erosion. Like birch, alder roots encourage group growth rather than isolated trees.

Maple (*Acer species*)

Maple trees generally have shallow to moderately deep root systems, depending on the species and soil conditions. Their roots spread outward widely and form dense networks close to the surface. Some maples can also produce new shoots from roots or stumps after disturbance. Because their roots occupy similar soil layers as birch and alder, maples often grow successfully alongside them without excessive competition.

sts'exts'extses - limbs (of trees or bushes)

yáq'et – to chop down a tree

Why Birch, Alder and Maple Grow Well Together

- Birch, alder, and maple all have compatible root systems:
- They spread outward rather than growing deeply
 - They respond well to disturbance
 - They regenerate easily
 - They support soil health in different ways

References:

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This sxwôxwiyá:m, originally recorded by
Dr. Brent Galloway
Interviewer: **Celia Thomas**
September 17, 1973
Location: Seabird Island



Sq'ewqel Solid Waste Management Program

Please rinse containers out before placing them in curbside bin

What the **Seabird Island Sanitation Team** is responsible for picking up curbside:

- Plastic jugs with screw tops
- Plastic bottles with screw tops
- Plastic jars with wide mouths and screw-tops
- Plastic clamshells (for baked goods, fruit and produce)
- Plastic tubs and lids for food
(containers for: butter, yogurt, sour cream etc.)
- Plastic cold drink cups with lids
- Plastic pails, less than 25L
(Laundry detergent, ice-cream buckets)
- Rigid plastic packaging for toys, toothbrushes, batteries etc.
- Dry newspapers, inserts, flyers, magazines, telephone books
- Boxboard boxes
- Molded cardboard for egg cartons, beverage carry-out trays, etc.
- Dry Cardboard
- Paper bags with single and multiple paper
- Cores from paper towel and toilet tissue
- Dry corrugated cardboard
- Shredded paper (Place inside a paper bag or box to prevent from mixing with container and blowing away)
- Tin cans (Canned food containers)

What you as a resident are responsible for returning to your nearest **Return-It Depot, Agassiz Bottle Depot:**

(7659 Industrial Way)

- Styrofoam
- Glass
- Batteries
- Clothing
- Foam Packaging
- Plastic shopping bags
(i.e., Walmart bags, Safeway bags, etc.)
- Pop cans and bottles



Sanitation Department will communicate any changes to curbside collection days

COMMUNITY ARTIST FEATURE: OVILA MAILHOT



“The ‘Little Bird’ design is one of my favourites. We used to live across the train tracks on Seabird, in the middle of a large field that we leased to farmers. And we grew many different fruits [and berries] as well...I had a dream last year, my grandmother was picking the berries in our yard. And my grandmother’s nickname was Little Bird...”

These words were shared with me by Ovi (Ovi) Mailhot, who grew up here in Sq’ewqel. Born into a family of artists and storytellers, Ovi didn’t explore that piece of himself until later in life.

Ovi worked for years as an industrial painter, but things changed when he was laid off suddenly. During that difficult time Ovi tapped into a creative energy that hung over him, seeking an outlet to express himself and his

culture. From cooking to learning electric guitar, Ovi immersed himself in art, transitioning into a new stage full of opportunity and reconnection to his roots.

Eventually Ovi picked up pencil and paper and began to draw. Personal interests, stories and memories started to take shape, emerging as poignant illustrations that have since changed his life.

One day Ovi posted a sketch — one of the first ones he felt confident enough to share — on Instagram with the hashtag #CoastSalish. The very next day, a Seattle-based company called Salish Style offered him his first of many commissions.

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Learning to create authentic Coast Salish art was half the battle, and Ovi had to study the work of his syewá:l (ancestors). He recalled how in school, a non-Indigenous teacher taught “Indigenous” art to be a crude mélange of various First Nations’ art styles. What he was being told was culturally relevant to him had no ties to Coast Salish art at all.

**Mámel, sísele, síle – papa, grandma, grandpa**  
**í:west – to be teaching, showing, guiding**



Coast Salish art is one piece of Ovi's heritage that was nearly taken away, and has only been preserved because of those who took steps to revive it. So Ovi looked to his own people, including artists such as Susan Point, Leslie Sam and Carrielynn Victor, to learn. He also poured through web research, museum archives and books to find documented examples of Coast Salish art. He used these to teach himself the traditional ways, and practised by imitating the ancient designs.

Ovi's work began to take on a life of its own. He grew up in a landscape formed by a clash of cultures, and much of his art reflects the pop culture and ancestral traditions that merged within his identity. Salish Style commissioned him based on one of these pieces — a drawing of Bruce Lee, wearing a jacket emblazoned with Coast Salish *thiytil* (patterns). Clearly, Ovi's bold self-expression resonated with many others.

**"I found a way to tell people who I am in a way that keeps me in direct contact with tradition,"** he said.

Nearly a decade later, Ovi discovered more meaning in his work when he was commissioned to design *Stó:lō* flashcards, and had to brush up on his Halq'eméylem.

While he worked on this project Ovi grew appreciative of his ancestral

language; another part of his heritage that was almost ripped away from his people. He felt closer to his culture through this work, especially when he saw how Halq'eméylem words and Coast Salish art flow so naturally together.

This commission led to a partnership with Connect North, an organization that provides educational sessions to over 200

Indigenous schools across Canada. Ovi started hosting virtual classes for school children from kindergarten to grade 12, teaching art and leading entrepreneurship, logo making and business skills workshops.

Ovi has done over 700 sessions so far, including some for *Lalme'lwesawtexw* (Seabird Community School). He said that while other projects help advance his career, none have been as rewarding as this one.

"It's the most fulfilling part of being an artist," he told me. "I can give back."

Giving back is what drives Ovi. He wants people to know what's possible when you have the courage to express yourself, and to use art as a tool for discovery. Ovi urges Indigenous Youth to explore their creative impulses — as he put it, you could create something no one has ever seen before.

**"Art has been my *st'élmexw* (medicine) for everything I've been through,"** Ovi said. This healing force has pushed him to confidently share who he is, and is most powerful when he passes it forward.

Later this year, Ovi will celebrate the unveiling of his most prized commission to date: an installation for the Salvation Army's Harbour Light project to revamp

emergency/affordable housing in downtown Vancouver. This special piece represents Ovi's growth as an artist, and he's excited to come home to *Sq'éwqel*, the place where it all started.

"...[Little Bird] is inspired by my life on Seabird Island," Ovi told me. *Home* is Ovi's source — it's what connects him to his ancestors' history, the culture that lives inside him and the place that made him who he is.

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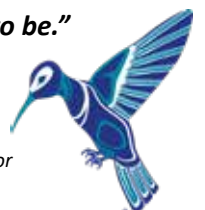
Ovila (Ovi) Mailhot

Ovi's art tells his story, which is still unfolding. Recently two of his pieces were exhibited at the Surrey Art Gallery, and he's still looking for ways to imprint his culture upon his personal interests; one of his dreams is designing gear for the Vancouver Canucks. His chief aim is to continue connecting with Youth, mentoring aspiring Coast Salish artists and empowering others to find their joy.

In essence, Ovi loves sharing who he is while inspiring others to do the same.

"I'll know I've made it when I'm in Seabird's newspaper," he said.

"[I'm a] Seabird rez' kid — that's who I am, and who I'm always going to be."



Aishah F. Khan, Journalist & Editor
Communications

sth'í:m – berry, berries

th'ímelh – berry plant

mí:meqw – small bird

PROTECTING SQ'ÉWQEL'S WATER

slheq'lómets – knowledge

Through time immemorial, waterways were guarded by the people who were here. First Nations' ability to protect it has been disrupted for too long; it's time to honour this ancient connection, and care for water now and into the future.



photo credit: Pacific Salmon Fund

What is the WSF, or the “Fund”?

The Water Security Fund (WSF) aims to renew water stewardship by centering Indigenous knowledge. It launched in 2024, supporting the revitalization of sacred waterways across British Columbia through dedicated grants.

Sq'éwqel Council Member and Elder Rodney Peters has been working with the WSF from the start. Watersheds are vital to all life, and as Rodney said, the demand for water has shot up remarkably over the past few years.

By amplifying the voices of First Nations that have gone unheard, we can finally set the stage for healthy, resilient water.

Qó (Water) Is Alive

To properly defend water, it must be recognized as a spiritual being, not a

soulless resource. Understanding water from the Indigenous perspective will promote waterways that don't just survive, but thrive.

“Our connection to the land, the water, and all living beings is evident in our guiding principles. We have an inherent responsibility to listen to what the salmon are telling us, steward them, and ensure they are there for years to come,” said Sally Hope, fellow Council Member.

Water in itself carries the right to be protected. This way it can flourish freely, giving life to everything it touches.

Supporting Sq'éwqel

The WSF marks the dawn of an era that will endorse safe and clean drinking water, reliable food production, healthy fish, wildlife and ecosystems, ongoing cultural and spiritual practises, and

resilience in the face of climate change and natural disasters.

Rodney personally remembers a time when Sq'émelech (Maria Slough) was teeming with salmon. Development and climate change have since depleted the once vibrant slough of the sthéqi (sockeye), kwōxweth (coho), t'l'eltl'élxxel (Chinook) and hōliya (pink salmon) that used to spawn here.

The WSF provided Sq'éwqel a three-year grant to shift this pattern. Our grant directly funds water quality monitoring, Chinook Salmon spawner surveys, and aquatic species trapping in Sq'émelech. It also supports the Annual Ripple Report, a presentation to make space for community participation, and Land/Water-based Learning at Lalme'lwesawtexw (Seabird Community School).

xólhmet – to look after

Seabird now has the capacity to protect our waterways by employing biologists, advancing partnerships with organizations such as DFO, and having the resources to conduct meaningful fieldwork.

Land/Water-based learning is also crucial for lasting water protection. This direct engagement between young Members and their ancestral land fosters deep connections, both to their roots and education. This connection forms the tools needed to continue the WSF's work; traditional knowledge will live on and be carried forward for generations.

"This project will allow a safe place for salmon to spawn *and* an opportunity for our grandchildren to harvest," said Sally Hope.

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The Fund's impacts have already begun to show; Sqémelech has seen an incredible transformation, spawning salmon have been recorded in higher numbers, and plans to restore the landslide damage at Lizzie Lake are in motion.

"We had one of the highest Chinook returns in a decade [in the fall of 2025]," said Jillian Stewart-Szpak, Seabird's Acting Team Lead of Natural Resources and Referrals. "When you give fish the right conditions, they respond."

"**Salmon is Seabird's identity**," she continued. This statement perfectly captures why this work is so central to our community. With continued dedication and passion, we can bring Rodney's memories back to life.

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Going forward, our Fish & Wildlife (F&W) team will advance their efforts by collaborating with Seabird's people and internal departments to strengthen water stewardship.

All Members are encouraged to get involved; ask questions, say hi if you see our biologists Amy and Nicole in the field, and help out if you can! If you're interested, fill in the form at seabirdisland.ca/fish-wildlife and someone will be in touch.

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áylexw –  
be aline, be living,

shxwelí – spirit, life spirit, soul

F&W are actively working to improve website navigation, increase the visibility of photo submission signs throughout the community, and looking for ways to involve the community.

The grant relies on the participation of all Members, including Youth and Elders. For more information, please attend this year's Ripple Report to share knowledge, offer feedback and guide ongoing collaboration.

**Save the date for March 4, 2026.  
More information will be available soon!**

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There are hundreds of people change with the WSF, from Rodney Peters at the provincial level to our F&W team right here at Sq'éwqel with boots on the ground (and waders in the water). We are filled with gratitude and hope as we walk forward together, building a promising future where healthy water abounds.

Aishah F. Khan, Journalist & Editor
Communications



CREATIVE CORNER: PAINTINGS BY ZORANA EDWARDS

Lhílheqey – Mount Cheam



Mount Cheam

"The Mt. Cheam painting I did as a gift for Christmas to a friend back in 2013. We had a Secret Santa that year and I didn't know what to gift with a \$10 spending limit, so I went to the dollar



store and bought supplies to create my gift."

Tree Painting

"A painting I had done in high school in 2006. It was an art class project, some of the odd shapes are women

silhouettes hidden within the tree, my first painting. It was hanging in the Seabird High School for many years. I had the painting brought back to me a few years ago, it is now with my mom."

Would you like to be featured in our Creative Corner next month?

Just contact:

comms@seabirdisland.com and submit your photos, artwork, poetry or anything else creative you'd like to share.

We'd love to hear from you!

Aishah F. Khan, Journalist & Editor
Communications



Seabird College
EDUCATION FOR REAL LIFE

**WE OFFER
GRADUATION
INCENTIVES!**



2025/2026 COURSE OFFERINGS

- Early Childhood Educator (Infant and Toddler Specialization)
- Early Childhood Educator (Special Needs Specialization)
- Community Support Worker (Addictions Specialization)
- Health Care Assistant (Mental Health Focus)
- Medical Device Reprocessing Tech
- Medical/Dental Office Assistant
- Crane/Elevator/Hoist Operator
- Level 1 Professional Cook
- Licensed Practical Nurse
- Medical Lab Assistant
- Education Assistant
- Professional Driver
- Registered Nurse
- Trades Sampler
- Carpentry

***Daily Daycare Support
(based on attendance)***

***Programs are for students who
are/identify as Indigenous.***

100% funded - no tuition costs

Thank you to our generous financial
support and partnership with;

Funded in part by
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of Canada

Canada



For more information, contact;
Stephanie Smith

College Recruiter & Marketing Coordinator

Email: colrecruit@seabirdisland.ca

Phone: 604-796-6839

2812 Chowat Road, Agassiz BC

SEABIRD COLLEGE: INTAKE HAPPENING NOW, APPLY TODAY!

Seabird College's winter programs are well underway! It's heartwarming to see so many smiling faces, and we are proud of everyone who has taken the steps to advance their skills, pursue their dream careers and continue learning with us.

Seabird College's 2026 program and course lineup is officially here — apply now or reach out to the college for more information. We are here to answer your questions and walk with you as you reach for your education goals.

Currently, we are accepting applications for health, community support, education and trades-focused programs.

shxwexwá – hard working

skwúkw – cooking, meal

ts'ísem – to grow

Some course offerings:

- Carpentry
- Health Care Assistant (Mental Health Focus)
- Community Support Worker (Addictions Specialization)
- Trades Sampler
- & more.

Courses may take place at Seabird College and/or Sprott Shaw College in Chilliwack. Start dates are March 9.

Seabird College provides **free tuition** for Indigenous-identifying students, **daycare support, graduation incentives, and other benefits!**

xé:ylt – to write it

Stám kw'e íxw totí:lt?
—
what are you studying?

Please inquire at the college or email collegerecept@seabirdcollege.ca for more information.

We want to make this step forward as accessible as possible, and providing wrap-around support allows our students to work towards their education goals with confidence.

Have questions or want to connect?
Reach out anytime!

Email: colrecruit@seabirdcollege.ca

TEXT or Phone: 604-795-0479

Facebook: Send a message

facebook.com/seabirdcollege.ca

- Stephanie Smith,
Seabird College Recruiter & Marketing Coordinator

TRAIL SAFETY THIS FEBRUARY: FRASER VALLEY & SEABIRD ISLAND AREA

February offers great opportunities to explore the Fraser Valley, with local trails around Seabird Island, nearby creeks and falls, the river paths, forests, and dyke systems. Winter conditions can change quickly, so trail safety remains a top priority.

Keep these tips in mind when heading out:

Check DriveBC for road reports

If you're heading to mountainous areas beyond Seabird Island, always check [DriveBC](#) for up-to-date road reports. They provide frequent condition updates and may issue special public warnings during high-risk periods.

Check Environment Canada for weather reports

Before leaving, check the weather conditions for your destination and route. February brings sudden changes and drops in temperature, so make sure you are prepared. [Environment Canada](#) provides the most up-to-date weather reports for the area.

Check Avalanche Forecasts (where applicable)

If you are travelling to mountainous areas beyond Seabird Island, always check [Avalanche Canada's](#) daily forecast. They provide condition updates and may issue special public avalanche warnings during high-risk periods.

wets'á – get to top of mountain

smámelet – mountain

kwekwíqel – hiking

Know Your Trail Conditions

Trails around Seabird Island — including riverside paths, forest access routes, and nearby community trails — can be affected by rain, flooding, mud, ice, or fallen debris in February. Stay informed about local trail conditions, closures, and public safety notices before you go. Be cautious of water banks and potential snow melt and erosion.

Use Appropriate Gear

While most local Seabird Island trails are low-elevation and non-avalanche terrain, winter footwear with good traction, weather-appropriate clothing, and visibility gear are essential. For backcountry or higher-elevation outings elsewhere in the Fraser Valley, carry avalanche safety equipment and consider completing some training courses.

Continued on page 14

Plan Your Trip

Check weather forecasts, daylight hours, and trail access in advance.

Let someone know your route plans and expected return time, especially when alone, and/or exploring quieter trails near riverbanks or forested areas.

Respect Local Guidelines and Communities

Follow posted signage, respect private and reserve lands, and follow guidance from neighbouring communities. Staying on designated trails helps protect sensitive environments and ensures continued access for everyone.

Xólmethetchexw lámexw ley leq'álqel –
“Have a safe trip.”

By preparing ahead and respecting local conditions, you can safely enjoy Seabird Island's surrounding trails and the wider Fraser Valley while practicing responsible and respectful outdoor recreation throughout the winter season.

- Dianna Kay, Rocky Joe & Wayne Charlie



*Education and Health
presents:*

AUNTIE'S KITCHEN TEACHINGS

Bring culture, teachings, laughter,
recipes and family together!

A new **12** weeks program.
(Starting every other **Tuesday**)
Designed to help
families learn how to cook!

Date: FEB 17, 2026
Time: 5:00 PM - 7:00 PM
Location: Seabird's Elementary Kitchen
Who: For those seeking an
introduction to cooking!

- Door Prizes
- Hands-on learning
- Take-home items
- Cultural teachings

Apply Here



Fill out form

Facilitated by:
Deanna McIntyre

PREPARING YOUR WILL: THE BASICS

Preparing a will may seem overwhelming, but it's the only way to make sure that your intentions are recorded and honoured. It can even cost \$0, and require no legal advice (depending on your personal situation).

Anyone over the age of 16 can write a will. Even if you're young and healthy, writing a will is important because it will ensure your minor children are taken care of according to your wishes, as well as how your possessions/financial assets are distributed. You can change your will at any time, so there's nothing to lose by writing one early in life.

Why should you prepare your will?

Less than 9% of First Nations peoples living on reserve have a will when they pass away.

If you pass away without a will on reserve, Indigenous Services Canada (IRC) or Crown-Indigenous Relations and Northern Affairs Canada (CIRNAC) will be much more involved in handling your estate, and it's more likely that your wishes won't be fulfilled.

An administrator will be appointed by the IRC or CIRNAC, and this administrator might not be a person with your best interests (and the best interests of your loved ones) in mind.

Preparing a will yourself can also reduce possible conflict between your beneficiaries and loved ones.

Will Terminology

- **Estate:** Everything an individual owns, including:
 - Real estate (homes/land/property),
 - Personal property/ items (vehicles, jewelry, furniture, items of personal or monetary value),
 - Financial assets (bank accounts, stocks, bonds, investments),
 - & business interests (including liabilities and debts).

** You cannot include any land or buildings owned by a First Nation in your will, as they are not part of your estate.*

Beneficiary: Those who will inherit assets (elements of your estate).

- **Executor and Estate Trustee:** The person responsible for carrying out the instructions in your will and managing the estate throughout the probate process; a close friend, family member, spouse etc. who you trust to execute your wishes and make decisions on your behalf. The Executor will also do your last taxes with the government, before dividing up any \$ remaining in your accounts.
If you do not appoint an executor, government involvement will likely increase.
- **Guardians:** Who will take care of any minor children, usually a family member or friend. It can be a single person or a couple.
- **Probate:** A court-supervised process that validates the deceased's will, managed by the appointed executor. This process is not always necessary.

Did you know?

As a First Nations member with or without registered status, there are different guidelines to follow when writing your will. Here are some important facts:

- Will stipulations differ for those who live on and off reserve
- The Indian Act outlines what should be included in your will
- You can only gift land you possess on a reserve to a member of your First Nation
- You can change your will as often as you like

Myth Busting

Wills do not have to be expensive or difficult to make. The more complicated your estate is, plus the more

“misetchexw kw'as stl'i”-
choose what you want

beneficiaries you have, will make the process more complex. It could mean you need to hire a lawyer, resulting in higher costs.

To write a legally-binding will, first decide how to distribute your assets, and what you'd like for your end-of-life ceremony/burial etc. All you need to do then is type or handwrite your will, then sign it by hand in front of two witnesses. The witnesses must then sign it by hand to confirm that they witnessed you sign. A will does not need to be notarized in BC to be legal.

Then you must store the original will somewhere safe, where it is easily accessible to your chosen executor.

If storing it at home, make sure it's sealed somewhere fireproof, moisture-free and away from direct sunlight/anywhere that can impact the paper or ink.

Some good options include a safe, freezer or the safety deposit box at your bank. Wherever you place it, let your loved ones/executor know.

More information:

<https://www.willful.co/learn/will-and-estate-planning-for-indigenous-peoples-of-canada - 1>

Don't let your property and possessions fall into the wrong hands. Write your will to provide for your loved ones, choose how your estate is handled and ensure that your desired end-of-life ceremony or custom is fulfilled.



Aishah F. Khan, Journalist & Editor
Communications

Xyólhmethe chexw –
take care of yourself



SQ'ÉWQEL (SEABIRD ISLAND BAND)
**Resilience and Prevention
Program**

**WOMEN EMPOWERMENT
DROP IN GROUP**

Starting February 6, 2026

**Every Friday
1:00 PM - 3:00 PM
Seabird Band Office
Community Health Room**

Have Questions?

Contact: **Wendy**

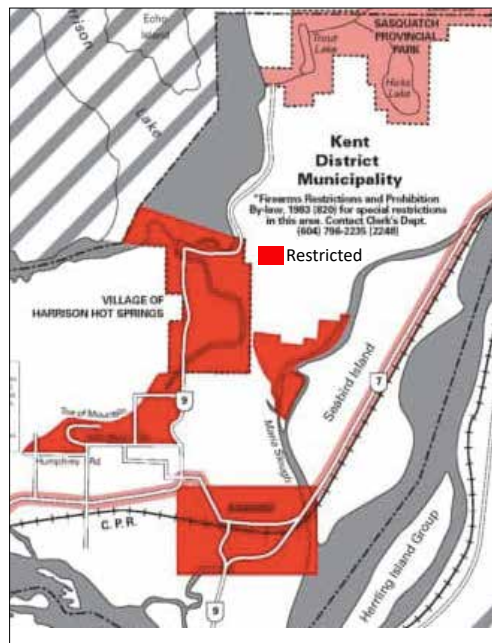
Phone: **604-793-8926**



NOTICE: KENT DISTRICT FIREARM RESTRICTIONS

Ey Swayel Seabird Island Community,

Please see the map outlining areas in red where discharging firearms within Sq'ewqel, Agassiz and Harrison is restricted.



There are also internal restrictions you must observe, such as hunting past a 100m buffer distance from residential dwellings, and only shooting in the direction of obligation (the direction hunters are permitted to shoot towards). These rules are in place for everyone's safety.

Hunters, please call the phone number below a day prior to your hunting plans to inform BC Conservation that you will be engaged in local safe shooting. Provide the names of those hunting, the specific location and the estimated timeframe you will be hunting.

há:we – go hunting
tus'éy – to be careful
qíqeq'els – police

If hunters fail to comply, it may result in an interaction with law enforcement, and possible inspections.

Concerned citizens of Seabird Island, call the same number to inquire about active hunters in the area if you wish to visit a hunting location.

BC Conservation office service:
(604) 795-8422

- Brenon McIntyre,
Traditional Food Practices Specialist

XÉ:YTL' XAXA TÉMÉXW (A WINTER WONDERLAND): SQ'ÉWQEL SKATING TOGETHER IN HOPE

On December 23, 2025, our community gathered for an evening of skating together hosted by Sq'ewqel's Early Childhood Developmental department at the Hope Recreation Centre. It was a night full of connection and winter fun as our families enjoyed exclusive access to the ice, filling the rink with sounds of laughter and good energy.



Skaters warmed up with fresh, warm pizza and hot chocolate, and put their creativity on display decorating sugar cookies before taking the sweet treats and memories home with them.

It was a beautiful evening of bringing families together, promoting physical activity and strengthening community spirit.

Thank you to all the families and ECD staff who made this event such a heartfelt success.

Please stay tuned for more family events coming up this year!

- Brooke Anderson
Pathways & Activities Program Coordinator

Yeláwel st'ílsomechel telí te China Lily

I love you more than China Lily

spí:w – ice
tselhsq'áleq'o – family
Ts'qó:ls – Hope

WELCOMING NEW BABIES

The Maternal Child Health team welcomed two new baby boys during the month of January!

Lucas, 3330g **Brandon, 2208g**



SAGE SUGGESTIONS

Ts'ELHXWÉLMEXW SWÁYELÉYES - FAMILY DAY FUN

Family Day is on Monday, February 16. Take this day to spend quality time with loved ones, including anyone who you consider family. Gather with friends, neighbours and Community Members for a day of lighthearted togetherness.

Some fun, hassle-free activities you can do together include spending time in nature, preparing a meal together or going on a special outing. Read on for more fun Family Day ideas!

Games Day/Night

Get out some old board games, card decks or even lawn games. These games are fun for all ages and foster friendly competition and teamwork. Some other ideas include charades, Mafia, Pictionary and Spoons (this card game only requires a deck of cards, a few players and almost as many spoons — I learned it a few years ago and introduced it to my family and its since become a favourite. YouTube it to learn how to play!).

Family Day Film Festival

Movie nights are always fun, but make Family Day special with a movie marathon! Pick a series loved by all, pop some popcorn and prepare some other snacks, get in your comfiest jammies and indulge in a day of movie madness. Some popular favourites are Harry Potter, Jurassic Park, Star Wars, and Marvel movies, and for the younger

ones consider some Disney classics, and series like Diary of a Wimpy Kid, High School Musical or Toy Story.

To make it even more special, suggest that the youngsters make blanket forts to watch in — just make sure no lamps are being used to hold up blankets, as this can be a fire hazard.

Go on an Active Outing

If you're looking for something to shake up the routine, consider going to a public swim or skate in Hope, Chilliwack, Mission or Abbotsford. There are slots throughout the valley at most rec centres, both on weekends and during the week. Harrison Hot Springs also has a free synthetic skating rink, but you need your own skates. Afterwards, get everyone something simple but special, like a treat from your favourite café.

Walk, Bike, or just Play Outside

If the weather is warm, head outside for a family walk or bike ride, or perhaps go fishing or even camping.

Friendly Soccer or Baseball game

You could also head out to the field for a friendly game of soccer or baseball

át'qel – to go outside, get outside

oyó:sthet – have lots of fun

ts'lhimexósem – going for a walk together

-- knock on some doors and make it a community game!

Alternatively, you can play some games with the kids. Some great ones are Camouflage, and my personal favourite is Sardines, or reverse hide-and-seek. One person ("it") starts off by hiding somewhere, and everyone else has to search for "it", hiding with them once they've discovered their spot. Soon most players will be hiding together, huddled tightly like a pack of sardines. Typically, the first one to find "it" gets to hide next.

Family Day doesn't need to involve elaborate plans or gifts; it's a time to connect and be present with those who matter most. Whether it's going somewhere together or setting time aside for a family meal, remind your loved ones you care and make memories that you and your family will cherish.

Aishah F. Khan, Journalist & Editor Communications



XAWSHXWYAM (XAWS SHXWYAM) - New Staff
ALEXANDRIA MAILHOT

In January Sq'ewqel welcomed new health centre staff, Alexandria (Ally) Mailhot.

Ally is our new Medical Office Assistant Lead, here to support our growing team and expanded services. She has worked in Chilliwack in similar positions, and is excited to begin this new chapter in her own community.

Ally is a Community Member, however she is originally from the Cayman Islands, specifically the island Cayman Brac. When she was 14, she moved to Agassiz, and recently moved into Sq'ewqel with her husband and four children.

Cayman Brac is a small island, Ally told me that it takes about half an hour to get from one end of it to the other.



She describes it as tight knit, with steep value placed on culture and family. Ally sees those same foundations reflected on Seabird Island, and she feels at home here.

Speaking with Ally, it was clear that she has already started looking for ways to strengthen Seabird's medical processes. Using her experience in medical administration and billing, she is envisioning how Seabird's systems can be streamlined over the coming years. As she hunkers down to begin this meaningful work, Ally will soon expand her services to the Midwives and other Seabird health branches.

Before settling into this career path, Ally worked as a cook in Alberta's oil camps for two years and became a mother. She went back to school after having her children and earned her Medical Office Assistant certification, and now she feels empowered to bring her education, experience and passion home. As she says, she's "happy to be here and serve the community in a good way."



Ally emphasizes that as a Caymanian-Canadian, heritage and culture are important to her. The concepts she grew up with remain powerful reminders of what matters, like togetherness and pride in tradition. "I care for people, both as a whole and the individual," she said.

Ally's grateful to have this opportunity to care for the community, and Sq'ewqel is grateful to have someone so tuned in to the value of culture and the role it plays in personal and collective wellness.

Welcome, Ally!

-Aishah F. Khan, Journalist & Editor
Communications

Líchexw welh lhq'élexw te xá:ws ma yó:ys qeyálhses mí íkw'eló? – Did you know the new employee before she came here?"

The Tourism Harrison
Updated 2026 Trail Guide.
It is now available at the
Visitor Information Centre.
Stop by to pick up a Trail Guide
and don't forget to grab
a tear-away map as well!
Location: **499 Hot Springs Road**
Hours: Open daily **10 AM - 4 PM**

Contact: Sonja Reyerse-Peters
Business Liaison
Phone: 604-796-5581 Ext:4
web: tourismharrison.com
Working Hours: Mon-Wed 10AM-4PM

2026 WAR CANOE / FESTIVAL SEASON SCHEDULE			
May		July	
2/3	OPEN	4/5	Ambleside
9	Couville	11/12	Scowlitz
16/17	Chilliwack Landing	18/19	Tsawout
23/24	Tulalip	24-26	Snuneymuxw
30/31	Nooksack & Seabird Island	August	
June		31	½ GCC – Tsartlip
6-7	Cultus Lake	8/9	Swinomish & Burrard
13/14	Musqueam & Sasquatch Days	15/16	Chief Seattle Days
19-21	Stommish	22/23	Nanoose (tentative)
27/28	Quw'utsun	28-30	Makah Days
Suggest clubs book ferry reservations far in advance – due to the 2026 World Cup Soccer.			

th'á:lé - heart

qwemchíwét - to hug him/her

stl'atl'itel - Sweetheart

INSPIRATION QUOTES:

"I really think a champion is defined not by their wins, but by how they can recover when they fall."

—Serena Williams

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes."

— Carl Jung

FEB- TEMT'ELÉMCHES

"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 changeul, creative and curios as well as very helpful.

MARCH - WELEKE'ES

"Little frog season"

Pisces

Feb 19 - Mar 20

Wolf - Steqó:ye

Direction: North East

Element: Water

Stone: Jade

Strengths: You know what you're feeling at all times. You can perceive your emotions at all times without having to dig too deep to find them.

COMIC



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

HALQ'EMÉYLEM WORD SEARCH

Created by Shayleen Peters

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

- Valentines day - **tl'atl'itel swayel**
- Pink - **tskwíkwemel**
- Hearts - **th'á:lé**
- Red - **tskwí:m**
- Cake / Cookies - **kíks**
- To love one another - **tl'etl'itel**
- To love, To like him/her/it - **tl'íls**
- I Love- **el stl'etl'í**
- Sweet- **q'áq'et'em**
- Hug- **qwémchest**
- Kiss one another - **xwemékwáthetel**
- To understand it - **tel:ó:mét**
- Get foggy - **qwétxem**
- Something sweet - **te q'áq'etem**
- Pouring rain - **xwémxel**
- Rose- **qálq**
- Flowers - **sp'á:q'em**
- Surprise/ Excitement- **lhek'w'íwel**
- Give him/her a gift - **yexchat**
- I love you - **Tsel tl'íls'thorne**



DEADLINES

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

HAVE A STORY IDEA?

Contact: comm@seabirdisland.ca

LETTERS TO THE EDITOR

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

AGREEMENT/LEGAL

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

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

WE RESERVE THE RIGHT

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

COPYRIGHT

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

AVAILABILITY

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

CONTACT US

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

CREATED AND PRODUCED BY THE SIB COMMUNICATIONS TEAM:

Sandra Bobb; 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

FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

NEW - Sq'Éwqel 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.

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 Thursday of the month for Community core, and the 3rd Thursday of the month for the surrounding Community.

Contact Public Works at 604-796-2177 or email: publicworks@seabirdisland.ca

DENTAL CLINIC

Accepting new STATUS PATIENTS

Open Monday through Thursday
8:30 AM - 5:30 PM **Closed Fridays**

Contact the Dental Clinic 604-796-6853.

WELLBRIETY MEETINGS

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

Website for AA in BC: www.bcyukonaa.org

MEDICAL CARDS

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

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

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

Baby ID Cards

Apply for a Medical Care Card as soon as possible.

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

AMBULANCE BILLS

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

Health Canada will cover the cost of the ambulance for anyone having a status number, provided that there is not an ICBC claim.

We can only provide assistance to those with a status number.

Unfortunately, ambulance bills will not be covered if you were also incarcerated in jail. Ambulance billing will know if you were incarcerated based on the bill's address. Please do not bring these in as they will be denied and it will be the client's responsibility to pay.

Please note, if you were taken home by ambulance after a stay in the hospital, this will not be covered and it will be the client's responsibility to pay.

Contact Emma Leon 604-796-2177.

OPTOMETRY CLINIC

Appointments Only: 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

SQ'ÉWQEL FACEBOOK ACCOUNTS

Recommended to follow:

Sq'Éwqel "Seabird Island Band"

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

Seabird College

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

Seabird Island Community School

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

Careers

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

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

WILD ANIMAL ALERT

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

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

Please keep an eye on your children and do not walk alone!

Clap loudly and make yourself big!

Educating ourselves and keeping a clean Community makes a difference!

If you have any further concerns or feel threatened by wild animals, first report it to the

Conservation Office at 1-877-952-7277

Second, contact the Seabird Communications Office at 604-796-2177 so we can post an "Alert" for your area.

RENEW STATUS CARD

Book a Status Card Appointment

Tuesday - Thursday: 8:30 AM - 4:30 PM

Appointments required.

Remember to bring:

- 2 pieces of photo Government ID
- New Photo (see Communications, appointment required)

New style Digital Status Card with photo

Contact **Simone Jimmie** 604-796-2177

Serving Seabird Members only!
SIB has the right to refuse service.

ID Photography Prints

Status Card Photography

Laminated style: \$13.50

- *Call Simone to book your appointment*

Passport, PAL Photography and more

Authenticated photo: \$18.50

Monday - Friday: 8:30 AM - 3:00 PM

Appointments required.

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

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.

Provide confidential one-on-one, group, and family counselling using culturally appropriate, evidence based modalities (e.g., CBT, DBT, narrative therapy). Conduct intake assessments, treatment planning, and therapeutic interventions for clients experiencing anxiety, depression, trauma, addictions, and other mental health concerns.

Offer short-term crisis counselling, suicide risk assessment, de-escalation, and safety planning.

Provide group therapy sessions and psychoeducational workshops in areas such as coping skills, grief, self-esteem, communication, and harm reduction.

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. 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

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.

Assist in the overall management of assigned projects. Collaborate with the Estimator during the tendering process, including the preparation of estimates and tender submissions. Support the coordination of all project functions, including scheduling, cost coding, and safety reporting.

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

EARLY CHILDHOOD DEVELOPMENT

AIDP-ASCD REGIONAL ADVISOR

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

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

ECONOMIC DEVELOPMENT

STQÓ:YA CONSTRUCTION - GENERAL MANAGER

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

STQÓ:YA CONSTRUCTION - BOOKKEEPER

This role is responsible for the day-to-day accounting functions, including accounts payable, accounts receivable, payroll support, reconciliations, and maintaining accurate financial records.

The Bookkeeper plays a key role in ensuring the integrity of financial data and compliance with internal policies and external regulations. This position is ideal for someone with construction industry experience who enjoys working in a fast-paced and collaborative environment.

EDUCATION

BUS DRIVER ON CALL

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.

THIS IS A TERM POSITION WITH AN ENDING DATE OF JUNE 30TH, 2026

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.

Ihemét –

pick something, ex. berries

Lewé el te sth'ó:qwi telí tel lóys

You are the fish to my rice

tí'chá:s – island

You are invited to submit a cover letter, resume and 3 references.

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

We regret that we will only respond to those applicants chosen for an interview.

Email: humanresources@seabirdisland.ca.

We thank all applicants for their interest.

Apply Today!

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.

HEALTH & SOCIAL DEVELOPMENT

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 MATERNAL HEALTH & WOMEN'S WELLNESS

The Navigator ensures women and families can access maternal and child health programs, prenatal and postnatal care, infant wellness services, and other supports that strengthen family wellbeing. While navigation and outreach are the primary responsibilities, the Navigator may assist with clinical coordination and case management duties as directed by the Department Manager of Community and Family Wellness.

Develop short-term plans to connect clients to appropriate services and supports. Assist with practical tasks such as completing forms, referrals, and applications. As necessary, engage in home visits and community-based meetings to provide direct support to women and families who may have barriers to accessing care.

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.

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

INTER-GOVERNMENT AFFAIRS

DIGITAL MARKETING AGENT

The Digital Marketing Agent provides culturally informed digital marketing strategies and content creation to community members, including youth, families, and local organizations. This role involves developing and implementing social media campaigns, managing online engagement, creating inclusive and accessible digital materials, and analyzing performance metrics to ensure outreach effectiveness. The Digital Marketing Agent will also engage in community relations activities to support clients and strengthen connections within the community.

This is a term position with an ending date of March 31st, 2026 with a possibility of extension.

LABOUR POOL

LABOUR POOL

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

ts'elhxwélmexw –
family (also neighbour)

We are
HIRING

to apply for current opportunities visit:

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



Garbage MUST be placed at the end of the driveway and accessible by 8 AM to ensure pick up.

Accepted for Pickup

- **Appliances**
(e.g. stoves, dishwashers, washers, dryers, microwaves, *fridges and freezers need to be clean and empty or they will not be picked up*)
- **Barbecues**
(remove lava rocks, briquettes, and propane tanks)
- **Furniture**
(e.g. couches, coffee tables, chairs, desks, dressers, TV stands, cabinets, drawers, tables, hutches, cribs, highchairs, entertainment centers)
- **Mattresses, headboards, and frames**
(Mattresses must be wrapped in plastic)
- **Outdoor furniture**
(e.g. chairs, patio tables, patio umbrellas)
- **Small household goods** – must be boxed or bundled together

Not Accepted for Pickup

- **Car bodies or parts**
- **Tree stumps**
- **Carpets**
- **Lumber**
- **Demolition materials**
(drywall, roofing, plumbing materials)
- **Home renovation materials**
(sinks, bathtubs, flooring, doors, windows)
- **Hazardous waste**
(e.g. Antifreeze, brake fluid, chlorine bleach, drain cleaners, fire extinguishers)
- **Propane tanks**
- **Gas mowers**

Items that are not accepted by Seabird Island Public Works can be dropped off in Chilliwack at Bailey Sanitary Landfill or Valley Waste Management. For more information, please contact Demi Peters: 604 796 7163.

