



SHARING TRADITIONAL KNOWLEDGE: SET NET WITH A POLE



On February 17 and 24, Sq'éwqel's Traditional Food Practices Specialist Brenon hosted a unique excursion for the community, supported by Junior Biologists Amy and Nicole.



Set net fishing is a traditional technique that's been used for thousands of years, but Brenon noticed that not many people at Sq'éwqel seem to use it. He was taught how when he was young, and he wanted to share the *slheq'lómets* (knowledge) with his community through these instructional sessions.

We met at the Band Office before heading off to the river together. Brenon and the biologists had set up a *s'álem* (pole) net along one of the eddies, and here they showed us how to use this method for fishing.

After the demonstrations, Brenon, Amy and Nicole answered the many questions we had. They shared tons of useful information about fishing regulations, DFO, salmon and other *sth'óqwi* (fish), and more.



Brenon, Amy and Nicole demonstrated how to sidewash the net, fasten proper knots, anchor the *swéltel* (net) to the shore and pull it out. They showed examples using both a PPC pipe, which is lighter, as well as a tree branch, which is more traditional but more difficult (and heavy).

Thank you to Brenon for sharing this sacred knowledge with the community, and to the biologists for their support and insight.

Sq'éwqel is committed to its community, and occasions like this offer everyone the opportunity to learn more about our culture and history, as well as ancient traditions that can still be practised today.

xwelkw'im – eddy

Aishah F. Khan, Journalist & Editor
Communications

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Seabird Island
Administration will be
CLOSED

Good Friday
April 03, 2026
&
Easter Monday
April 06, 2026

Chief & Council Elections
April 15, 2026



Easter Bunny Hops Along

Easter Bunny hops along,
Easter's here again,
He's painted many colored eggs
To give to all his friends.
Easter Bunny hops along,
He hides his colored eggs.
Easter Bunny hops along,
It's Eastertime again.



Í:stasqewáth Ye Ts'ets'tl'ím

Í:sta sqewáth ye ts'ets'tl'ím,
Xwe'i qelat te Í:sta
Yetl'qtes lolts'omex íks
Se'oxwestes te sí:yayes.
Í:sta sqewáth ye ts'ets'tl'ím
Kwalxyes te lolts'omex íks.
Í:sta sqewáth ye ts'ets'tl'ím
Kwes tem Í:sta qelat.

SILÍXW (SLOW DOWN): KEEP SQ'ÉWQEL SAFE

Seabird Island is growing. There are many new houses, community spaces, health facilities and other improvements underway, so the community must make some adjustments.

More people being present, traffic control, diverted routes, new speed limits and other changes make it all the more important to follow posted speed limits when driving.

The speed limits on Seabird Island are enforceable by law, and not following them may result in fines and other, more severe penalties.

kwelósel – to drive
silíxw – slow down
ts'isem – to grow
kó – car

Tem Í:sta - Easter Time

**PLEASE
SLOW
DOWN**

Our community is advancing its ability to serve its people. Do your part to keep Sq'ewqel's pedestrians, cyclists, drivers, employees, children and pets safe, so we can achieve this goal together.

Yálh yew kw'a's hó:y (thank you),

Aishah F. Khan, Journalist & Editor
Communications

SQ'ÉWQEL
CHIEF & COUNCIL ELECTIONS
April 15, 2026

 **VOTE**

Wednesday, April 15, 2026

9:00 AM - 8:00 PM

Location: Seabird Island Millennium Hall,
2736 Chowat Rd. Agassiz BC V0M 1A2

To Vote On-line Visit:

members.onefeather.ca/login



Sq'éwqel
Seabird Island Band



OneFeather

LALME'IWESAWTEXW (SEABIRD ISLAND COMMUNITY SCHOOL)

A letter to the parents of our students and the community of Sq'ewqel.
Schools are for children, and they come first.

skwúláwtxw - a school



Our school is for children, and we are very thankful to you for sharing your children with us

On behalf of our teachers and school, I would like to acknowledge and show appreciation to the **parents and families** of our students and all children in general . . . parents are **the first, most important teachers to our children**. Young children spend more time learning within the home and community than they do in the classroom, **and these critical learning opportunities must be acknowledged and celebrated**.

omex íks - chocolate eggs

Í:stálá- Easter Basket

Parents and families are the primary shapers of our children, developing their sense of self (who they are), building up their values and cultural beliefs. We, as educators, build upon this foundation, adding more to the character of our children.

We want to work with parents and families, borrowing the knowledge they hold, their expertise. Working together, we can provide the best for our next generations. We wish to expand on what our children already know, including all layers of education that will help them be successful in their future.

Here, at Seabird Island Community School, we are very fortunate to be in the community we serve, so that we can customize our schooling approaches under the Educational Jurisdiction of Sq'ewqel.

I want to hear how I can support you — the parents and families of our students — and how I can guide your children. My name is *Smoqw'emel*, my English given name is Al Marchand, and I am the Student Success Coordinator at Seabird Island Community School.

- Al Marchand
Student Success Coordinator

SQDC: SEABIRD ISLAND GRAVEL PIT PROJECT

thíyest – to fix it up

Sq'ewqel Development Corporation (SqDC) is excited to announce the Seabird Island Gravel Pit Project.



This project will create jobs, generate long-term income for Seabird Island, and make use of land that cannot be developed for housing or other purposes.

SqDC holds majority ownership (51%) in this project, which will ensure that control, oversight, and benefits stay within Seabird's community.

Using Our Land Wisely

The gravel pit will be located under the BC Hydro transmission lines, about 1.5 kilometers from the nearest home

on Wahleach Road. This area is part of the BC Hydro right-of-way, which means it cannot be used for housing or other development. Instead, SqDC is transforming it into a source of economic prosperity and community growth.

- Continued on pg.6

That Supports Seabird’s Vision

The Seabird Island Gravel Pit Project supports our goal of economic independence and self-sufficiency.

“Every dollar we generate through this project goes back into our community,” said Nigel Selvadurai, CEO at SqDC. **“It supports programs, creates jobs, and strengthens Seabird’s ability to make its own decisions about its land and resources.”**

Jobs, Training, and Long-Term Benefits

This project will benefit Sq’ewqel in many ways, including:

- **Jobs:** Once operations begin, the project will create steady employment for 20–25 Seabird Island families.
- **Valuable, transferable skills:** Those who are employed by this project will gain hands-on training in equipment operation, environmental monitoring, and site restoration — all skills that will support future community projects.

tém:éxw – earth, land

- **Income for Seabird Island:** Royalties, lease income to SIB, and profit share (51% of net income) to SqDC, will directly support Seabird’s economic goals

These combined revenues will fund community growth, over the next decade.

Protecting the Land and Environment

Caring for the land is at the heart of this project’s design. All operations will follow Indigenous Services Canada (ISC) environmental standards and Seabird Island’s Land Code.

We have put measures in place to manage dust, noise and erosion. Environmental engineers will monitor the site to ensure that the land, air, and water are protected throughout the process. Once the work is complete, the site will be replanted with native plants.

Project Timeline

Seabird’s Gravel Pit Project will proceed when final approvals have been processed. Operations will start soon, and Phase 1 will run for about 3 years. SqDC will then review the results before considering any future work.

th'exét – small gravel

This phased approach allows the project to move forward responsibly and with full accountability.

Community-Led, Community-Benefiting

This project is being led by and for Sq’ewqel. SqDC’s work is guided by Seabird’s values, laws, and commitment to future generations.

By creating local jobs, building skills, and generating new income for community programs, this project helps Seabird Island move toward economic strength, independence and sustainability.

“This project reflects who we are; strong, capable, and guided by respect for our land and people,” said Nigel. **“We’re not just digging gravel; we’re building a future for Seabird Island.”**

Have Questions?

Contact us at info@sqewqel.ca or 604-769-6815

- Carla Pretorious
Sqewqel Development Corporation

2026 WAR CANOE / FESTIVAL SEASON SCHEDULE

May		June		July		August	
2/3	OPEN	6-7	Cultus Lake	4/5	Ambleside	31	½ GCC – Tsartlip
9	Couville	13/14	Musqueam & Sasquatch Days	11/12	Scowlitz	8/9	Swinomish & Burrard
16/17	Chilliwack Landing	19-21	Stommish	18/19	Tsawout	15/16	Chief Seattle Days
23/24	Tulalip	27/28	Qw’utsun	24-26	Snuneymuxw	22/23	Nanoose (tentative)
30/31	Nooksack & Seabird Island					28-30	Makah Days

Suggest clubs book ferry reservations far in advance – due to the 2026 World Cup Soccer.



Find the latest status updates on Sq'éwqel's current capital projects below.

- **Cultural Centre:** Completion slated for September/October 2026
- **BC Housing Phase I** (Elders, family townhouses, rental apartments, 34 units): Completion slated for August/September 2026
- **Large family duplexes (2) on Stqó:ya Road:** Under construction, completion slated for November/December 2026
- **Triplex on Stqó:ya Road:** Renovations underway
- **6-Plex building:** Nearing completion
- **Residential Retrofit (50 homes undergoing renos/updates):** Pending final funding approval
- **First Nations Children's Housing Fund (FNCHF) retrofit of 4 residences:** Starting in March
- **Energy retrofit (thermal heating and solar power being added to elementary school, high school and Band Office):** In progress, completion slated for March 31*

lá:lem – house

thíyest – to fix it up

thíyeltxwem – to build a house, shelter

- **Administration Building Addition:** In design stages, construction to start in May
- **Addiction Initial Medical Stabilization (A.I.M.S.) Facility:** In design stages, construction to start in May
- **Pipeho:m Road:** Construction underway
- **Chowat Road (force main extension):** Construction to start in May



- Aishah F. Khan, Journalist & Editor Communications

RIPPLE REPORT: MARCH 4, 2026

Sqémelech – Mariah Slough



“Local knowledge will pave the way to success.”

These words were spoken by Jillian Stewart-Szpak at Sq'ewqel's third annual Ripple Report on March 4. Here, our Fish & Wildlife and Natural Resources teams shared important updates about how Sq'ewqel is addressing climate change and reviving salmon habitat, and how these efforts will advance in the coming years.

The Ripple Report is for the community: to share knowledge, ask questions and participate in Seabird's work to preserve ancestral lands.

Renewing Our Waterways

Some Members can recall a time when families could dip net in their backyards. Sustenance was never an issue, as the salmon swam and spawned freely through Sqémelech. In the years since, changes to flow has threatened the habitat quality, which has reduced successful spawning. Work is being done now to turn those memories into reality once more.

Amy and Nicole, Seabird's Junior Biologists, have been in the field since early 2025. They've gathered data

through trapping, surveying and water testing, and successfully restored sections of Sqémelech.

Using the substantial data collected, they will work towards restoring the Upper Maria Slough and Hicks Creek to increase water flow and fish access, create a year-round wetted channel and continue improving the quality of Sqémelech's aquatic channel. One defined goal is to address the abandoned driveway on Kamp Road — this culvert is an active barrier for fish passage.

Fuelling Sq'ewqel's Future

Amy and Nicole also discussed *Lalme'Iwesawtexw's* (Seabird Community School's) Land-based Learning program. These biology-driven sessions have allowed Sq'ewqel's young minds to connect with their land; so far, they have assisted with fry release and restoration work, studied native and invasive vegetation, and learned about the ecosystems and wildlife in Sq'ewqel.

Understanding the balance of biology and traditional knowledge provides the

tools young Members need to nurture their land and futures. Through land-based learning, students witness the processes of nature in real time, and learn how to support their community meaningfully throughout their lives and into future generations.

Community-Driven Growth

Together, these actions are fostering improved habitat for Chinook salmon, while increasing the channel's resilience to climate change. Early monitoring shows promising results, and work will continue to uphold the health and heart of Sq'ewqel.

2025 was a successful year: Seabird implemented strong data-collection systems and methodology, and with the findings have established clear goals with guidance from leadership and the community.

Combating Climate Change

Francis from Seabird's Natural Resources Division then shared an update on the Adaptive Heat Mapping project. This work is helping us understand how rising temperatures

affect our lands and community. Temperature data collection has been underway since spring 2025, and this information will strengthen our ability to prepare for heat events, protect vulnerable areas, and support long term climate resilience planning.

Francis also provided an update on Seabird's groundwater monitoring program. Monthly sampling and data downloads have been ongoing since July 2025 by Seabird staff to track water levels and quality in relation to the Sunrise Expansion Project. This work supports long term water management of Seabird.

From Sharing Knowledge to Sustainability

After the presentations, a discussion ensued as Members asked thoughtful questions and shared valuable feedback. Selected questions and answers are summarized below.

“This is what we love to see...[Member participation] is what will help our fish and our community,” Jillian commented as the presentation came to a close.

Yálh yew kw'a's hó:y — we send out this heartfelt thank you to all who are coming together to do this good work, and to Community Members, without whose insight and feedback this work would not be possible.

This presentation was recorded and will be posted to Seabird's Fish & Wildlife website (link below) for anyone who missed it, or would like to view it again.

To learn more, volunteer, or share knowledge,

Please email:

FishandWildlife@seabirdisland.ca

or visit

<https://www.seabirdisland.ca/fish-wildlife/>

Selected Questions & Answers:

Q: What is the purpose of heat monitoring?

A: Heat monitoring/mapping is conducted to understand the impact of climate change in our region. Studying events like heatwaves and wildfires help us analyze these patterns, and generating heat maps allows us to build foundational knowledge to address these events and mitigate their impacts.

Q: Is there a plan to address the lack of Chum salmon in Hicks Creek?

A: This has been outlined as a key priority, which is why the Hicks Creek restoration project is a crucial next step. There was some Chum presence reflected in our surveys, and the effort to recultivate the passage/spawning of native fish in this channel is top of mind.

xétem – swimming of fish

skw'ókw'es – heat

thewélhem – to spawn

thíyelhtset – to prepare for it



Q: Were there invasive aquatic species found in Sqémelech?

A: Yes. Carp, pumpkin seed sunfish, largemouth bass, and brown catfish are all invasive.

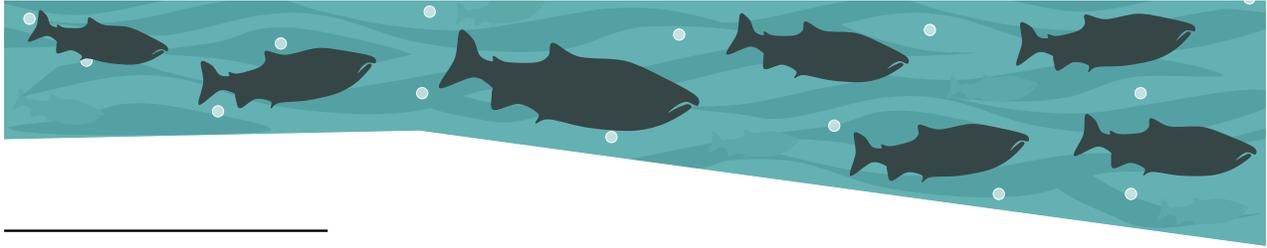
Q: What's being done to address the reconnection of Sqémelech to the Fraser River? How will resulting increased water flow impact residents and the environment?

A: Currently, the process of reconnecting Sqémelech to the Fraser is still in early stages. Seabird Leadership, environmental consultants, Inter-Government Affairs personnel and other critical parties are collecting information needed before moving forward, as well as opening up a dialogue with CP Rail. It's being carefully considered from every angle, and will only proceed when all concerns are addressed and environmental impact assessments have yielded desired results.

- Aishah F. Khan, Journalist & Editor
Communications



IMPORTANT ANNOUNCEMENT - USE OF RECORDING (AUDIO/VIDEO) AND PHOTOGRAPHY



Walking with Care: Use of Recordings (Audio/Video) and Photographs

Seabird Island is committed to protecting the privacy, dignity, and cultural safety of our employees, clients, and community. This *Walking with Care factsheet* offers clear, practical guidance on the use of recordings (both audio/video), photos, and smart device technology in the workplace, based on *5.10 Privacy and Confidentiality of the Human Resources Policy Manual*. Employees have a right to personal privacy while working. Clients are entitled to personal privacy in our office locations where services are provided, their homes, and community settings where we provide services. This guidance applies to all employees, clients, contractors, students, volunteers, and visitors.

What Is Allowed

Recordings or photography may be permitted only when they are used solely for legitimate work-related needs, and when all of the following are met:

- The individual (s) being recorded or photographed have provided clear, informed, and voluntary and informed consent. The individual (s) capacity to consent must also be considered.
- The individual (s) must receive a clear statement of purpose and plans for use.
- Consent must be obtained beforehand, and may be withdrawn at any time.
- The files are stored using approved procedures.

Operational Exception

Seabird Island may give permission to specific staff to record or take photographs for operationally required purposes, and certain programs for security, legal proceedings, or similar reasons.

Safety Exception

If you have a real and immediate risk to your safety, a recording may be made as a protective measure. They must only be used for documentation purposes, be immediately provided to Occupational Health and Safety and never be shared, posted, stored, or circulated.

What Is NOT Allowed

- Recordings or photos without consent.
- Recordings or photos in bathrooms.
- **AI-enabled glasses and smart glasses with passive or automatic recording or photography functions, are not permitted in any operational area or when staff are in community spaces or interacting with clients or community members.**

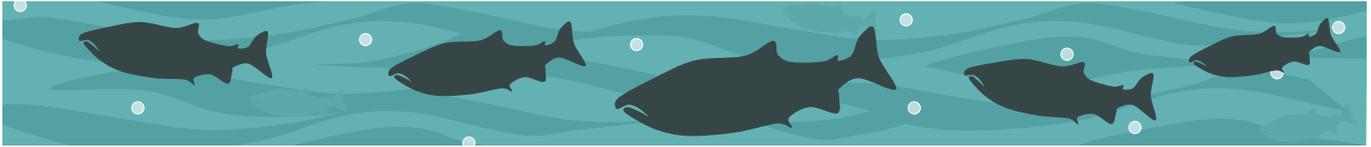
Covert or Secret Recording

- Any concealed device capable of recordings or photography may not be used at any time.
- Hidden, disguised, or unannounced recording is not permitted.
- Intentional covert recording is considered a serious breach of trust and may result in significant disciplinary consequences up to and including termination of employment for cause.

Personal Use Recordings

Recordings for personal use/social media, or unapproved/non-work-related purposes are prohibited.





Why These Rules Exist

These expectations protect:

Employee Personal Privacy

As outlined in *5.10 Privacy and Confidentiality of the Human Resources Policy Manual*, employees are under no obligation to share personal information and have the right to privacy, which includes a workplace free from intrusive or unauthorized recording and photography.

Client Dignity and Cultural Safety

Client interactions often involve sensitive, personal, or cultural information. Recordings and photographs without consent—even unintentional or well-meaning ones—can create harm or violate trust.

Legal and Ethical Responsibilities

Unauthorized recording may breach:

1. Privacy law
2. Cultural protocols
3. Organizational policy, trust, and safety standards

What To Do If You Believe Someone Has Recorded You or a Client

If you believe someone may have taken a recording or photograph without your consent:

1. Stay calm — it may have been accidental.
2. If you feel safe, politely ask the individual to stop and clarify what occurred and the purpose.
3. Document what you observed (date, location, who was present) and report the concern to the Privacy and Confidentiality Steward at privacy@seabirdisland.ca, in accordance with the Privacy and Confidentiality procedures.

If You Believe You Have Accidentally Recorded or Photographed Someone

If you suspect you inadvertently captured a recording or photograph:

- Do not delete it yet (it may need to be reviewed).
- Notify privacy@seabirdisland.ca immediately.
- The file will be reviewed by the Privacy and Confidentiality Steward for appropriate action aligned with policy, procedures, and laws.

You will not be disciplined for accidental recording or photography as long as it is reported promptly and

Consequences for Breaching This Guidance

Unauthorized recordings and photography are taken very seriously. A breach of this policy may result in:

- Coaching or retraining
- Progressive discipline up to and including termination for cause, especially if:
 - An individual's right to privacy is violated; or
 - A client's right to dignity or privacy is compromised.

If I have questions who can I talk to?

If you have questions about Privacy and Confidentiality, contact privacy@seabirdisland.ca

HOW THE SYÍLÒLÈM (SEASONS) CAME TO BE...

Long, long ago, there were many kinds of Syíìlòlèm—Seasons—and they were very much like people. They could talk and laugh. They played games. They even worked. They held many council meetings. They would gather and make many rules, but they changed those rules all the time.

When it was time to work, each Syíìlòlèm did whatever they wanted. The Frost would come and all *Témexw* (land) would freeze. Sometimes the *Yíyeq* (snow) came, and it was cold. Then the *Syó:qwem* (sun) would shine and melt all the *Yíyeq* away. Sometimes the *Syó:qwem* was very hot. The *Témexw* would turn brown and dry up. Everything on the land began to die. This was not good.

“We will make a rule to work together,” said all the Syíìlòlèm. “People will soon be put on this land. We must get ready for them.”

The meeting started, and all the Syíìlòlèm came together. The meeting went on for many moons. Many ideas were put forward. The *Só:tets*, who

was powerful north-east wind, wanted to be the leader. All the other winds said, “No! Let us make a big circle so everyone will have a voice and make an equal stand. We want no beginning or end—just a big, round circle.”

Finally, the *Syó:qwem*, *Skw'exó:s* (moon), and *Kwikwosel* (stars) were called to the big council fire. “You should decide for us,” said the Syíìlòlèm. “How can we be placed in the big circle? We don’t want to harm anyone.”

The *Syó:qwem*, *Skw'exó:s*, and *Kwikwosel* lined up the Syíìlòlèm. “There shall be four main Syíìlòlèm in one circle,” said the *Syó:qwem*.

The *Skw'exó:s* then placed the smaller Syíìlòlèm between the larger ones. The *Kwikwosel* had all the Syíìlòlèm promise

they would never try to leave their places. That is how the Syíìlòlèm were put in order. Occasionally, they get out of order. It might be *Lhémexw* (rain), *Kw'ekw'ós* (hail), or *Yíyeq* appearing in the summertime. Sometimes *Xéxel* (frost) comes too early, and you see the *Kwikwosel* moving fast in the sky. The *Kwikwosel* are trying to keep *Xéxel* from coming too soon. The *Kwikwosel* work hard to keep the Syíìlòlèm in order.

The Winds help bring *Lhémexw*, *Kw'ekw'ós*, *Yíyeq*, *Sqwétxem*, and *Shxw'áthtel* to the *Témexw* at different times of the year—and so it goes.

The *Syó:qwem* is still ruler over all the Syíìlòlèm.

- Diana Kay,
Halq'émeylèm Curriculum Lead
Inter-Government Affairs



Fraser Valley Regional District



The Fraser Valley Regional District is conducting a **Rural Transit Needs Assessment**

Provide your input by visiting the FVRD Have Your Say engagement platform at:
haveyoursay.fvrd.ca/rural-transit



Fishing Q&A Drop-In

Do you have questions on your fishing rights?

March 19, 2026
8:30 AM - 3:30 PM
Band Office Foyer

Nicole Kaminski and Brenon McIntyre are holding drop-in sessions to provide research and answer your questions.



Join them in the foyer to have your questions documented and/or answered.

Sq'élwqel | Seabird Island Band

LAND-BASED LEARNING: PELÓ:QES (TORCH SEASON, JAN 23-FEB 20)

Wednesdays at *Lalme'lwesawtexw* (Seabird Island Community School) continued in February with lessons focused on ecological events that take place in *Sq'éwqel* this time of year.



On February 11, grade six and seven students were tasked with identifying different signs of animal life in Seabird behind the tennis courts and down at *Sq'émelech* (the Maria Slough).

Junior Biologists Amy and Nicole first showed the students a poster displaying some of the tracks and signs that otters, beavers, mink, bears, coyotes, eagles, geese, swans and raccoons may leave behind. They also passed around some sticks they'd found on Seabird, etched with *sqelá:w* (beaver) marks for the students to observe.



Additionally they discussed other signs of animal life with students, such as waste, *s'elhtel* (food) reserves, tracks and more, before the students split off and looked around. Together, they found multiple tracks left by swans, geese and raccoons, as well as a bunch of sticks gnawed and left behind by beavers. One keen eye spotted a couple of lovebirds — bald eagles, nestled cozily together on a tree branch across the slough.

The students then sketched pictures of what they'd found, some of which were exhibited at the Ripple Report presentation.

sp'óleq'es – bald eagles



mélés – raccoon

chokwú:ltem – tracking an animal

xép'kw't – gnaw, chew on something



spá:th – bear

p’alyí:ws – bark of tree

p’áth’tel – needle

Then, the students paired up, with one eighth grader partnering with a second grader for the next part of the lesson: identifying the trees they learned about accurately, and sketching the trees of their choice.

sch’eqw’ōwelh – basket weaving

sí:tel – basket

q’et’mí:l – fir tree

On February 18, the eighth and second graders came together to learn about different kinds of trees on Seabird. Amy and Nicole described the trees and what they can be used for, for example *st’élmexw* (medicine) or weaving baskets.

They also spoke about animals who use these trees, and explained how to identify which ones by tracks, teeth and *qw’xwéltses* (claw) marks, and other signs.



Aishah F. Khan, Journalist & Editor
Communications

LALME'IWESAWTEXW FOREST ADVENTURE

How to Play: Mad Libs.

Mad Libs is a fill-in-the-blank story. One person, the “storyteller,” reads aloud the story, pausing when it comes to a blank space. Then, the storyteller will read the instruction below the blank space: for example, it may say “verb”,

“noun”, “adjective”, “name” etc. The listeners then need to fill in the blank with that kind of word that makes sense with the story. At the end you’ll have a complete story.

Another way to play: The storyteller doesn’t read the story, they ask for the

listener to fill in the blanks first. Once all the blanks are filled, the storyteller reads it aloud — *get ready for some laughs!*

For a challenge: Try to fill in 3 of the blanks with Halq’eméylem words.

MAD LIBS

Lalme’Iwesawtexw Forest Adventure

látelh - morning

On a misty morning, _____ stepped onto the forest trail with a _____ grin, ready to learn from the land. The first thing they noticed was a tree with soft, flat needles. “This gentle one must be Grand Fir,” they said. “People use it for firewood because it burns well.” The air smelled _____ as they walked on.

Soon, they found a tall, graceful tree with droopy branches and tiny cones scattered beneath it.

“Western Hemlock,” _____ whispered. “Its sap can be used as medicine for wounds.” They sketched the tree with their _____ pencil.

Farther down the trail, a flash of color stood out—bright red stems glowing against the forest floor. “Red Willow!” they said proudly. “This one is known for helping with pain relief.” They placed a _____ piece of bark in their pocket.

A little later, they brushed past a tree with sharp, stiff needles that seemed to poke at the air. “Oh! Sitka Spruce,” they said, stepping back. “Its inner bark can be woven into hats and baskets.” The wind around it made a _____ noise through the branches.

Just around the corner, they found a tree with two long needles per pair—a Shore Pine. “These needles are perfect for weaving,” they noted, running their fingers gently along the branches.

Suddenly—tracks!

The first prints were big, with five toes and a heavy heel mark. “These belong to a black bear,” they whispered. “Spa:th.” The tracks made them feel _____ but also curious.

Nearby, another trail crossed the mud:

Hand-shaped raccoon tracks, OR

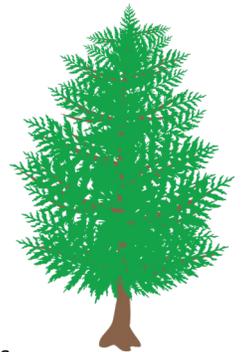
Webbed otter prints with slide marks, OR

Diamond-shaped coyote tracks with pointed claws

“It looks like a _____ has been here too,” they said.

“They’re known for _____.”

As the sun began to sink, _____ looked back at the trail, amazed by how many stories the forest had shared through bark, needles, and tracks. They headed home feeling _____ carrying the day’s lessons with them.



Aishah F. Khan, Journalist & Editor
Communications

Sq'ewqel



SAVE THE DATE



The start of four referendums
of public interest:

- * Membership Code
- * Election Code
- * Land Use Plan
- * Child & Family Jurisdiction

*Dinner and
Door Prizes*

SQ'ÉWQEL TÓWEL SQ'ÉPS
Seabird Island Town Meeting

April 21, 2026
5 PM - 8 PM

Seabird Island Band
GYM

Yálhó kw'él's iyóthet kw'él's lá skwúl. - "I just started going to school"

INFORMATION & REGISTRATION




SEABIRD COLLEGE
Invites you

Thinking of the next step towards your future goals?
Come join us and see what Seabird College and its partners can offer you!

March 17, 2026
9:00 AM - 3:00 PM
Location: Seabird Island Band Office – Lobby

For more information, contact:
Stephanie Smith
College Recruiter & Marketing Coordinator
Email: stephanie.smith@seabirdisland.ca
Phone: 604-796-6839

Seabird Island Band Office
2895 Chowat Rd.
Agassiz BC

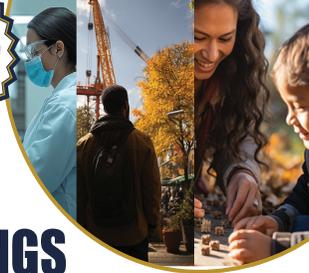


www.seabirdcollege.ca



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;

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

Funded in part by the Government of Canada





x'wálməx'əqən Cultural Society & University of the Fraser Valley

Gathering of Sister Dialects 2026

Come learn, engage, and celebrate language with community.

March 27th, 2026

Friday 9:30am – 3:30pm

Where: Gathering Place - CEP-A1457
45190 Caen Avenue
Chilliwack, BC
V2R 0N3

Experience · Create · Win
Language Presentations | Craft Tables | Door Prizes

Scan the QR code to RSVP!



email us at xwcs444@gmail.com
or dianna@seabirdisland.ca with any questions!

Funded by:


Youth Retreat

áyelexw te sqwáleweltset qas te slexwíwtset
Healthy Mind, Body & Spirit

Register Today:
youthprogram@seabirdisland.ca
Register by March 21

April 10 - 12

Manning Park Resort

For Youth ages 12-24 from Sq'ewqel, Cheam, Chawathil, and Shxw'ow'hamel, and other nearby Nations
Caregivers/Guardians are invited to attend!

- Coastal Jam Saturday Night!
- Special Guests!
- Fireside chats with traditional knowledge
- Nature walks and teachings
- Traditional Wellness and crafting
- Health and healing education
- Hip Hop and Yoga classes
- Gifts and Door Prizes
- & More Fun!!

Transportation between Seabird and Manning Park will be provided

Questions:
youthprogram@seabirdisland.ca
604-793-8575




Email link for Registration Form

SEABIRD COLLEGE: INTAKE HAPPENING NOW, APPLY TODAY!

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



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CARPENTRY LEVEL 1

LOCATED @ UFV Chilliwack

DATES: SEPTEMBER 8, 2026

Overview:
Carpentry program will prepare you for entry into the carpentry trade and the provincial apprenticeship program. Learning topics include:

- Reading and interpreting drawings
- Using specialty equipment
- Site and building layout
- Building concrete forms
- Framing a building
- Finishing internal and external details

Career Opportunities:
Carpentry is a growing business with endless job opportunities for those with a strong work ethic and a knack for getting the job done. Graduates from the Carpentry program will be prepared for employment in the following industries:

- Modular Housing construction
- Building Equipment
- Shipping and Delivery
- Building Maintenance
- Supply Sales
- Construction
- Carpentry

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

In partnership:  UNIVERSITY OF FRASER VALLEY

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



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HEALTH CARE ASSISTANT

LOCATED @ Sprott Shaw Chilliwack

START DATE: MARCH 30, 2026

Overview:
The HCA Program prepares students to become effective front-line caregivers in both community and facility settings. Under the supervision of a healthcare professional, graduates provide person-centered support that promotes the physical, emotional, cognitive, and social well-being of clients.

Career Opportunities:

- Acute/Complex Care Facility
- Adult Day Care
- Assisted Living
- Home Support Agencies
- Long Term Care
- Private Homes
- Self-Employment as a HCA
- Special Care Units

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

In partnership:  SPROTT SHAW COLLEGE LEARNING WITH PURPOSE SINCE 1903

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LICENSED PRACTICAL NURSING

LOCATED @ Sprott Shaw Abbotsford

START DATE: OCTOBER 5, 2026

Overview:
Licensed Practical Nurses (LPNs) in BC deliver nursing care to patients and families across all ages in hospitals, community settings, residential care, and home care. Working closely with physicians, Registered Nurses, and Registered Practical Nurses, LPNs apply their knowledge, skills, critical thinking, and judgment to provide safe, competent, and ethical care as key members of the healthcare team.

Career Opportunities:

- Health Care Aid
- Licensed Practical Nurse

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

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MEDICAL DEVICE REPROCESSING TECHNICIAN

LOCATED @ Seabird College

START DATE: MAY 18, 2026

Overview:
The Medical Device Reprocessing Technician Certificate program is designed to equip students with the essential skills required for the critical role of sterilizing and preparing medical instruments and devices in healthcare settings.

Career Opportunities:

- **Hospitals and Surgical Centers:** Ensuring surgical instruments are properly sterilized and ready for use.
- **Clinics and Dental Offices:** Managing the sterilization of patient care equipment.
- **Laboratories:** Handling and sterilizing lab instruments to maintain a contamination-free environment.
- **Veterinary Clinics**

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

In partnership:  WCC WESTERN COMMUNITY COLLEGE

Yálhó kw'él's iyóthet kw'él's lá skwúl. - "I just started going to school"

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

Seabird College EDUCATION FOR REAL LIFE

TRUCK TRAINING

In partnership with **INTEGRITY DRIVING SCHOOL**
We teach you **MORE** than driving!



Let us help you achieve your educational goals!

AVAILABLE:

CLASS 1 MELT
Truck training under realistic conditions during the day and night, in the city and on the highways, under various challenging conditions.

CLASS 2
Practical training is scheduled in two-hour lessons, using an air-brake equipped automatic transmission bus.

CLASS 3
Mixed urban and rural driving, vehicle inspection, and air brake training and receive the training you need to continue to improve your skills for the trucking industry safely.

PREREQUISITE:

- Class 5 DL
- Age 19+
- Own Transportation

Scheduling options are dependent upon the program selected. Once registration has been completed and program determined, Integrity Driving School will review scheduling options available for training as well as ICBC road testing appointments.

Full time, in Abbotsford or Chilliwack. Evenings and weekends are available also. (no formal outline, see website for description; <http://www.integritydrivingschool.ca>)

For more information, contact...
Stephanie Smith | College Recruiter & Marketing Coordinator
Email: stephanie.smith@seabirdisland.ca

Tuition is sponsored for First Nation participants. ****ENROLLMENT is ongoing.**

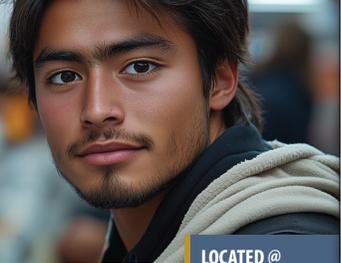
2812 Chowat Road, Agassiz BC www.facebook.com/SeabirdCollege.ca

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

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MEDICAL LAB ASSISTANT



LOCATED @
Seabird College

START DATE: MAY 25, 2026

Overview:
The Medical Laboratory Assistant Program trains students to support diagnostic testing by collecting, handling, and processing biological specimens. With a strong focus on safety, specimen collection, and quality control, graduates are prepared for entry-level roles in medical laboratories.

Career Opportunities:

- Medical Laboratory Assistant
- Phlebotomist
- Laboratory Technician
- Pathology Assistant
- Clinical Support Worker

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

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MEDICAL OFFICE ASSISTANT AND DENTAL RECEPTIONIST



LOCATED @
Seabird College

START DATE: SEPT 28, 2026

Overview:
The **Medical Office Assistant** and **Dental Receptionist** program equips students with the skills needed to manage medical offices effectively. The curriculum includes medical billing, coding, and the use of electronic health records, ensuring graduates are prepared for administrative roles in healthcare.

- Training in medical/dental billing, coding, and electronic health records.
- Development of communication, appointment scheduling and organizational skills.
- Preparation for roles in various healthcare settings.

Career Opportunities:

- Office Assistant
- Receptionist
- Medical Records Clerk
- Billing Specialist
- Clinical Assistant

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

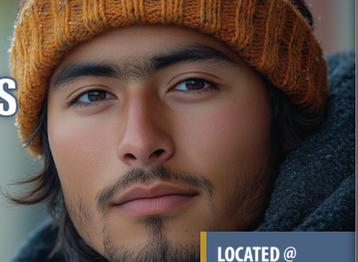
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MENTAL HEALTH AND ADDICTIONS CARE WORKER



LOCATED @
Sprott Shaw Chilliwack

START DATE: MARCH 30, 2026

Overview:
The Mental Health and Addictions Care Worker program has been designed to provide students with the theoretical and practical knowledge and skills required for employment as an Addiction Worker. The program focuses on developing group facilitation skills as well as entry-level skill development in 1-to-1 counselling. Principles of communication are explored in great depth and students receive Non Violent Crisis Intervention certification and First Aid training. Strong focus is given to the ability to multi task and prioritize, organizational and detail skills, professionalism, confidentiality, interpersonal skills and being a team player. Community Support Workers and Mental Health and Addiction workers can be found working in women's shelters, mental health and addiction recovery facilities, homeless shelters, and more.

Career Opportunities:

- Child and Youth Care Worker
- Community Support Worker
- Day Care Assistant
- Developmental Disabilities
- Family Place Worker
- Parenting Support Worker
- Residential Support Worker
- Settlement / Newcomers Service Worker
- Teen Pregnancy and Parenting Support Worker
- Women's Shelter Worker

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

In partnership: **SPROTT SHAW COLLEGE LEARNING WITH PURPOSE SINCE 1903**

SEABIRD COLLEGE CHECK-IN: PROFESSIONAL COOK LEVEL 1

It's been eight weeks since Seabird College's Professional Cook Level 1 (PCL1) program kicked off, so I checked in with the class to see how it's going.

slhíts'es – wind-dried salmon

Professional Cook Level 1 is brand new at Sq'ewqel. Mitchell Williams, Seabird College's Culinary Lead, took time to craft a curriculum that balances cooking theory, practical skills and traditional knowledge.

When I visited, I was warmly welcomed by Mitchell and the students. The cohort of ten is split evenly between Seabird Members and students from communities all over Canada.

The class was seated along long steel *leletám* (tables), wearing chef's jackets, aprons and hats. We chatted about the program, and I not only learned that everyone is enjoying it, but discovered some (of the many) reasons the students are pursuing professional cooking.

One was "immediately sold" when he stumbled upon the program while at Seabird for a dentist appointment. One had already been working in the culinary industry for ten years. One has been preparing food for his younger sister for much of his life, and although he's deeply knowledgeable about traditional foods, he enjoys branching out — during our discussion he shared a recipe for *dangos*, a sweet Japanese dumpling.

There are *isá:le* (two) traditional learning sessions a week, supported by guests such as Rodney Peters, Zack Joe and Brenon McIntyre, and the students agree that this enriches the learning process. Mitchell is an experienced chef and educator, however he does not have the means to provide this essential educational tool. For example, he wasn't aware of the wind-drying technique for fish, as this days-long process is only possible in unique



locations with high winds, like the Yale Canyon. This holistic knowledge could only be passed on, by those who do it themselves.

The class has also learned to boil water over volcanic *smált* (rock) and cook fish cakes — now, one student often makes them at home. Before completing the program, PCL1 students will go foraging, make *sxwelmexw selhtel* (traditional foods) and possibly visit fish camp in the spring.

They credit Mitchell for his passionate, engaging teaching, and one student claimed that he's learned more in these eight weeks than he had throughout years working in the culinary industry.

When I asked if they'd recommend PCL1, the consensus was a resounding "yes." They especially appreciate the traditional knowledge that's weaved in, and the dedication Mitchell brings to his teaching. They also mentioned how it allows them to provide for their family, friends and community while opening doors to the culinary industry.

There are so many roads to explore in the culinary arts after completing

PCL1. Some students hope to enter the workforce, equipped with the knowledge and skills to succeed. One is working towards his Red Seal, and will embark on the next step of this journey at UFV to take Professional Cook Level 2.

The Professional Cook Level 1 class catered their first event on March 11. They made salads at Seabird's Nutrition Run, for over 200 people.

Mitchell is extremely proud of the PCL1 students for their consistent hard work, excellent attendance and dedication. He too enjoys the traditional learning sessions, reflecting that it's incredibly meaningful when the teacher-student dynamic flips and he's on the other side, taking in the *slheq'lómet*s (knowledge) of his students.

It's wonderful to see a new course take off at Seabird College with such a positive reception. Mitchell describes his first cohort as "terrific," and we're excited to for them to learn and grow through the course, before going on to do more terrific things.

-Aishah F. Khan, Journalist & Editor
Communications

OUR FINAL SPRING FORWARD: NO MORE CHANGING THE CLOCKS!

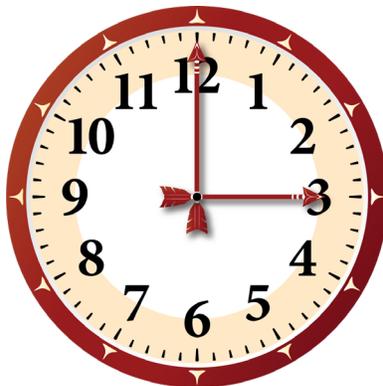
March 8, 2026, was the last time British Columbians had to change their clocks.

BC's government just announced that we will no longer "fall back" in the fall and "spring forward" in the spring. This means we won't have to adjust to different times twice a *siló:lém* (year) that disrupt the natural flow of nature.

Many experts say that this constant change has negative impacts on *shxw'iyem* (health) long-term, as our natural sleep cycles and internal rhythms are disturbed. Our body clocks align naturally with the solar clock, and this is how our *slexwíws* (body) knows it's time to go to sleep and wake up. Because of the time changes twice a year, they get thrown off course, and that's why it's common to feel groggy and less motivated in the winter months.

These changes, especially springing forward, have even been linked to serious health complications, such as heart attacks.

Going forward, BC will make Daylight Saving Time permanent, with a new time zone called Pacific Time (PT).



California, Washington, Oregon and other Pacific Standard Time regions the rest of the year.

This means mornings will be darker in the winter months, but we will enjoy longer afternoons — no more 4pm sunsets! Many other places already maintain the same time year-round, including Saskatchewan (since 1966), Peace River Regional District and Creston (BC), and parts of eastern Quebec.

The main reason BC has made this change is to support better health and wellness, and in response to public preference. It's expected to improve daily life and bolster healthier lifestyles.

híth – for a long time

eyáqt – to change it

PT will be aligned with Alberta and other regions on Mountain Standard Time in the *temxeytl'* (winter), and with

pélekw te syóqwem – the sun came out

lá:t – to become night, get dark

ítetem – sleepy

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

SAGE SUGGESTIONS

TAKE A (SPRING) BREAK

Spring break is coming up, and dates will vary depending on the school. *Lalme'Iwesawtexw's* (Seabird Community School's) spring break is from March 16-27.

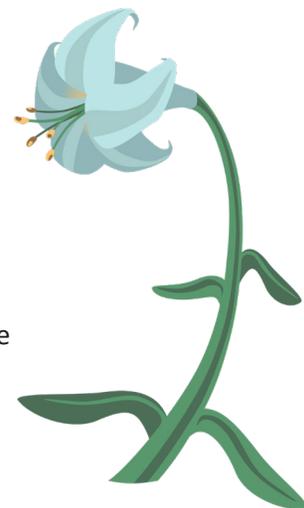
Here are some fun, hassle-free spring break activities you can do with your young ones:

- Attend public swims or ice skating
- Head to the library; many have events for children and Youth

- Spend time in nature: this is a great time to watch the seasons change! Go out for a walk and try to spot wildflowers, cherry blossoms, and enjoy the warmer temperatures.
- Go to the movies. Movie theatres are great during the day — they're pretty empty, and you can likely find an old family classic playing at one of the local theatres.
- Home activities like board games, bike rides, baking and movie marathons

For parents who will be working, there are many camps and programs taking place all over the Fraser Valley.

Below are details about Sq'éwqel's School's Out program and Abbotsford's free Youth drop-in program, but there are many more available.



oyó:sthet – have lots of fun

tselhsq'áleq'o – family

Spring Break Itinerary Ideas:

- Library visit
- Nature walk
- Bike ride
- Hot chocolate outing
- Movie night
- Public swim and/or skate
- Youth Drop-In program
- Bake something together
- Home Day: board games, read library books, do homework, arts and crafts
- Visit a museum/art gallery/heritage site

Youth Drop-In Program: Abbotsford

Details: The AYC is hosting a full week of **FUN** and **FREE** Spring Break activities for youth ages 12–18 from **March 16–20, Monday to Friday, 12:30–4:30 PM** at our Youth Drop-In Centres at ARC and MRC.

This year’s theme is **Giant (and tiny!) Week**, so expect oversized games, mini challenges, creative art projects, sports, and tons of laughs. There will be snacks every day (yes, including cookies

and pizza), plus a new themed activity happening each drop-in session.

Beyond the themed fun, our centres are packed with video games, pool, ping pong, board games, and space to hang out with friends. Everything is completely free — just drop in!

Our Youth Centres are fully supervised by our dedicated and wonderful team of Youth Workers, so parents can feel

confident knowing their teens are in a safe, welcoming, and supportive space.

No registration needed — just show up and join the fun. We can’t wait to see you!

More Information:

<https://www.abbyyouth.com/calendar>

kw’atset te sxelhám – see a movie

Public Swim & Ice Skating Schedules:

There are daily public swims and skates at recreation centres in Hope, Chilliwack, Abbotsford and Mission. Google the name of the centre you’d like to visit to see their schedule.

- Abbotsford Recreation Centre
- Matsqui Recreation Centre
- Hope Recreation Centre
- Mission Leisure Centre
- Cheam Leisure Centre
- Bob Chan-Kent Family YMCA (Chilliwack)
- Landing Leisure Centre (Chilliwack)
- Sardis Sports Complex (Skating)
- Chilliwack Coliseum (Skating)
- Harrison Hotspring Pool

See the example template below for ideas, and mix-and-match to make your own fun-filled itinerary in the blank template!

Week 1:

Monday, Mar 16	Tuesday, Mar 17	Wednesday, Mar 18	Thursday, Mar 19	Friday, Mar 20
Nature Day & Home Movie Night	Library & Hot Chocolate Outing	Public Swimming or Skating	Recharge: Home Day. Read library books, play outside, do homework, bake, play board games	Bike ride, then bake a special Friday night treat
Go on a walk on a local trail, ride bikes	Youth Drop-In program			

SPRING BREAK SCHEDULE TEMPLATE

spekw'ém – a blossom

Week 1:

Monday, Mar 16	Tuesday, Mar 17	Wednesday, Mar 18	Thursday, Mar 19	Friday, Mar 20

Week 2:

Monday, Mar 23	Tuesday, Mar 24	Wednesday, Mar 25	Thursday, Mar 26	Friday, Mar 27

Q'iq'elstá:xw - April Fools Day

temkw'éyles - Spring (Season)

sk'ameth - Easter Lily

INSPIRATION QUOTES:

“Things which do not grow and change are dead things.”

— Louise Erdrich, Pulitzer Prize

“The secret of our success is that we never, never give up.”

— Wilma Mankiller

“If you believe in the power of words, you can bring about physical changes in the universe.”

— N. Scott Momaday, Pulitzer Prize

MARCH - WELEKE'ES
“Little frog season”

APRIL - TEM KWÍKWEXYEL
“Time for baby sockeye salmon”

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.

Aries

March 21 - April 19

Falcon/Small Hawk - xixemxímeéls

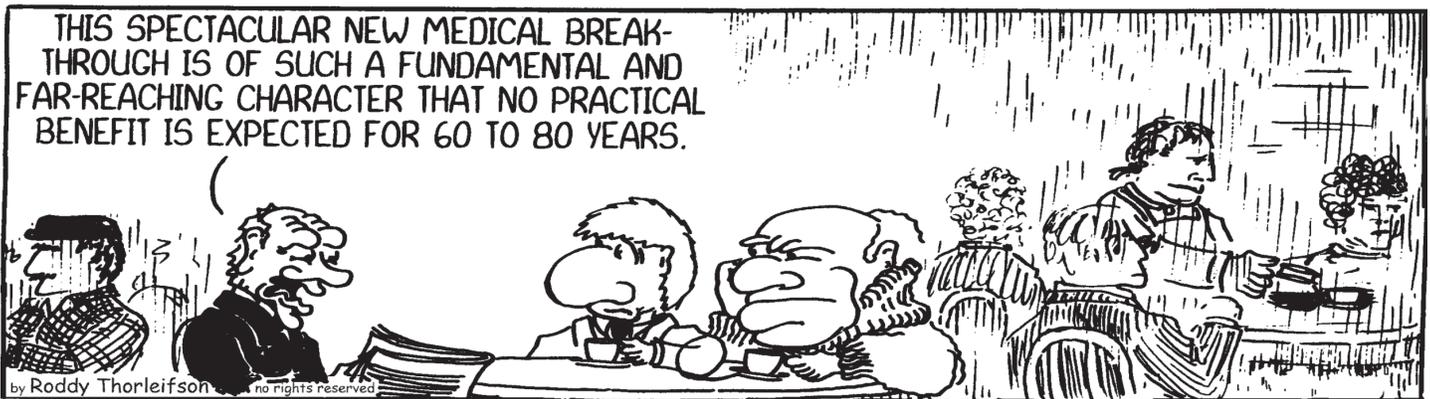
Direction: East

Element: Fire

Stone: Opal

Strengths: You are courageous, but impulsive. You are not afraid of conflict and standing up for people.

COMIC



by Roddy Thorleifson no rights reserved
Reference: <https://mooselakecartoons.com/health>

HALQ'EMÉYLEM WORD SEARCH

Created by Shayleen Peters

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

1. Spring - **temkw'éyles**
2. Coin - **tale**
3. Good luck - **íyem**
4. Hat - **yóseqw**
5. March - **welék'es**
6. Lucky thing - **qèlèmèx**
7. Snake - **álhqeý**
8. Treasure - **sqxó:s**
9. Flowers - **sp'áleq'em**
10. Ancestors - **syewá:l**
11. A rain shower - **lhém't**
12. Gold - **kú:l**
13. Green - **tsqwá:y**
14. Leprechaun - **st'í:tl'éqém**
15. Pot of gold - **kú:lálá**
16. Rainbow - **swétexel**
17. St. Patrick's Day - **sal patlek swáyel**
18. Wish - **témex**
19. Sun - **syó:qwem**
20. Take care of yourself - **thehíthet**



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.

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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).

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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:

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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:ló 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

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

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!

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

COMMUNITY INFRASTRUCTURE & SUSTAINABILITY PLANNER

The Community Infrastructure and Sustainability Planner provides professional planning and coordination support to advance Seabird Island's long-term infrastructure, asset management, and community sustainability goals. The position plays a key role in understanding and supporting the overlaps and interdependencies between departments, programs, and funding streams, helping the organization move forward in a more coordinated and connected way.

The Planner supports Seabird's participation in key funding and planning programs such as the First Nations Infrastructure Investment Program (FNIIP), Extended Asset Condition Reporting System (E-ACRS), the Housing Accelerator Fund (HAF), and related initiatives.

EVENTS TEAM LEAD

The Events Team Lead will provide leadership as they effectively plan, coordinate, execute, and evaluate events to support engagement, strategy, programs, and Seabird Island. This position focuses on collaborating with key stakeholders and interdepartmental teams to develop event requirements including administrative support, communication plans, budgets, and activities based on business needs.

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.

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.

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 (TERM CONTRACT)

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.

Provide direct support to children in childcare settings. Participate in planning and delivery of daily activities based on children's ISPs. Promote positive child-adult interactions. Support culturally appropriate learning experiences and inclusive programming. Assist in transitions to other programs, including school readiness.

ECONOMIC DEVELOPMENT

STQ'YA CONSTRUCTION - GENERAL MANAGER

As Stq'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 Stq'ya's reputation in the construction industry across British Columbia and beyond.

STQ'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.

etl'qéylem - fluffy feathers

Í:sta sp'á:q'em - Easter plant

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.

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.

YOUTH AND YOUNG ADULT PROGRAM MANAGER (TERM CONTRACT)

The Youth and Young Adults Program Manager provides culturally informed leadership and oversight of programs designed to serve youth and young adults. Programs include culturally responsive activities, meaningful outings, and workshops designed to build life skills, resilience, and community partners, funders, and stakeholders while developing and implementing prevention-focused programming that strengthens connections with at risk youth and young adults.

This is a term contract with an end date of August 1st 2026 with a possibility of extension.

YOUTH WORKER ON-CALL

The Youth Worker will be expected to develop strong and healthy relationships with youth that could include discussions and support related to youth issues such as suicide, sexual education, gender, mental health, drugs, and alcohol, and developing healthy relationships. The Youth Worker can expect to host youth through our Drop-In Centre (Monday-Wednesday, 3PM-8PM), school groups, one-on-one interactions, evening activities and outings. The Youth Worker may have a caseload of higher-risk clients in which one-to-one support will be provided.

EXECUTIVE

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.

HEALTH & SOCIAL DEVELOPMENT

CASE MANAGER

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

Provide monthly reports to the Health and Social Development Director, containing both narrative and financial information. Manage the home's daily operating budget (groceries, clothing, or other emergency needs). Ensure that the home meets regulation covering health, fire, safety requirements. Maintain highly confidential, professional, and accurate resident files.

This is a term contract that ends March 31st 2026 with the possibility of extension.

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.

Provide ongoing training and professional development opportunities that incorporate First Nations perspectives and practices. Ensure staff receive appropriate training on trauma-informed care, cultural safety, and evidence-based mental health and addiction practices. Facilitate case management, care coordination, and discharge planning, working with healthcare providers, traditional healers, and community support networks. Engage in community relations activities, advocating mental health awareness, stigma reduction, and improved access to services.

TRADITIONAL AND HOLISTIC WELLNESS SPECIALIST

The Traditional and Holistic Wellness Specialist ensures service delivery is centered around First Nations worldviews, beliefs about holistic health, and cultural aspects of personal and family wellness. This role involves developing and implementing wellness programs that incorporate traditional practices into our programming, offering workshops on holistic health, and promoting cultural continuity within wellness services. The Traditional and Holistic Wellness Specialist will also engage in community relations activities to support clients and strengthen the connection between traditional knowledge and health outcomes in the community and provide support while on their path to wellness or in crises.

HUMAN RESOURCES

The HR OHS Administrator serves as a point of contact for employees on HR-related matters, providing administrative and operational support to the Human Resources team. This role involves managing correspondence, maintaining and updating internal databases, tracking employee leaves, performance reviews, coordinating training, as well as supporting recruitment efforts and managing Criminal Record Checks. The HR Administrator also assists with planning employee events, monitoring compliance with policies, and preparing monthly statistical reports.

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

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.

mekw'ewát - everyone

We are
HIRING
to apply for current
opportunities visit:

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

SEABIRD ISLAND FESTIVAL

WAR CANOE CLUBS
PRE-REGISTER FOR
FOOD HAMPER



MAY 30 -31, 2026

REGISTRATION NOW OPEN!

CHECK OUT www.seabirdfestival.ca

- Food Trucks Vendor Fee \$350
- Arts/Crafts Vendor Fee \$175
- Non-Profit Booth \$100
- Parking \$10
- Camping \$20
- \$500 Men's Soccer
- \$350 Women's 7-side
- \$350 16U/13U/10U
- \$250 7U
- \$100 5U

etransfer@seabirdisland.ca

Password: **Festival**

Message: **Age Bracket/Team Name**

Deadline to Register May 8, 2026 at 4 PM

Contact: Events Department, events@seabirdisland.ca

604-796-5176