



HONOURING CORPORAL JACOB W. JOHNSON

sóyéxel – sunset



Sunrise: May 9, 2001 ~ Sunset: July 12, 2024

Cpl Jacob W. Johnson was a Seabird Island Band Member, son of Julie Peters and Don Johnson, and youngest brother to (the late) Jordan Peters and James Johnson.

Cpl Jacob W. Johnson joined the Regiment in 2019 and served 5 years with the 2nd Battalion, and was a graduate of the Bold Eagle program. Cpl Johnson's Celebration of Life took place in the Great Hall at 2 PPCLI on 19 July 2024 at 1200, surrounded by his Regimental and Immediate family.

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On March 3, 2026, Cpl Johnson's family, friends and loved ones gathered at the Agassiz Legion to bear witness as he received the King Charles III Coronation Medal posthumously. Only 4,000 of these 30,000 medals will be awarded to members of the Canadian Armed Forces.

q'épq'ép

be gathering, many gathering

Eligibility for this medal was based on merit. The candidates selected "made a significant contribution to Canada or a particular province, territory, region or community of Canada, or have made an outstanding achievement abroad that brings credit to Canada."

**From the Princess Patricia's Canadian Light Infantry (PPCLI) website:**

"2nd Battalion Princess Patricia's Canadian Light Infantry (2 PPCLI) mourns the loss of Cpl Jacob W. Johnson, who passed away on 12 July 2024. The Regimental Family extends our condolences to the family, friends and colleagues of Cpl Johnson who joined the Regiment in 2019 and had served 5 years with the 2nd Battalion.

yóyetal – relative, cousin, friend

Tútl'ó e sóseqwt méle.

He is the youngest son.

Cpl Johnson was a steadfast and quiet professional, who contributed to training Ukrainians as they prepared for on-going combat operations, work critically important to supporting the rules-based international order.

Having served with 2 PPCLI at home, and abroad on Op UNIFIER, he will be dearly missed by all."

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It's clear that Cpl Jacob W. Johnson made valuable contributions to the lives of others during his time with us. We are proud as a community to hold space for him, honour his achievements and service, and offer our support to his family and loved ones, and gratitude for his service.



Aishah F. Khan, Journalist & Editor Communications

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Hamper Distribution April 29, 2026

Seabird Island
Administration will be

CLOSED

Victoria Day
May 18, 2026



AN XEPÓSEM (EASTER) VISIT...

In case you missed our visitor...

We were pleased to welcome a very exciting and unexpected *lá:ts'éwtswem* (visit) from **Peter Cottontail**.

Getting an early start on the Easter season, he made a special stop in the Seabird offices, bringing smiles and spreading cheer throughout the community.

A heartfelt thank you to Peter for brightening our day and making the visit so memorable.



- Shelly Miller
Executive Assistant

eyos leq'aleqel – holidays
t'óqw'tem – weekend
xwliyémes – to smile



WELCOMING NEW BABIES

The MCH team welcomed 1 girl and 3 boys (1 set of twins too!) during the month of March!

- **Thomas + Sarah (twins)**
- **Jack**
- **Kylian**



HEALING FOR THE SPIRIT: BE HEALTHY, HARMONIZED AND HAPPY

Healing is a sacred journey. It means taking many small steps towards a bigger picture, and the road can be long, rocky and dark at times. No one should walk this journey alone, and Sq'ewqel is here to stand *sp'lhíq'* (beside) our people as they go in the direction of health and happiness.

Addiction is a traumatic experience, and it must be understood as a sickness. This heart sickness happens when one's health is not in balance — to be well, physical, mental, emotional and spiritual health must be in harmony.

As a community, it is our responsibility to lift each other up. Whether we are spiritual or religious, traditional or not, a Youth or an Elder, we must stand together to build a stronger, supportive community for each other and for our future.

To our Elders

You have so much knowledge, so many stories to share. Maybe you've had your own troubles in the past. Too many stories have been lost, told once for the last time.

But those stories and the wisdom that is still living within our Elders can be shared meaningfully with our people. That way, they can reach those who are suffering. By sharing these teachings, you can give hope to the younger generations, and offer a lifeline to those who feel that they're alone.



télmel - wisdom

ímex - to walk

sqwelqwélqwel - stories

slheq'lómets - knowledge

To our Youth

Soak up the teachings of your Elders and the traditions of your culture. Enjoy family life, your friendships, and do what brings you joy. Try new things just for the fun of it. Explore, seek *slheq'lómets* (knowledge), and stay active.

Connect with culture. Perhaps you can try canoe racing, or join a soccer team, take up weaving or volunteer in the community. Talk to your Elders, ask them questions about their lives, their struggles. Ask to hear old *sqwelqwélqwel* (stories), listen, and follow the guidance of your loved ones.

To everyone

The hurts of the past linger, but overcoming and thriving is possible. We can't control everything, but there is much we can change. Harness that power, and walk into the future with determination and spirit. The days to come are full of light; we just need to take the first step to get there.

As a community, Sq'ewqel uplifts anyone who strives for progress, and are there to support them when they need it. Sq'ewqel's Recovery Home recently celebrated a patient's graduation anniversary, who has now been sober for over two years. We understand that recovery is not easy, and there is no shame in taking time to reach your goals.

If you have experienced addiction, your voice may be able to inspire those struggling in a way others can't. By sharing your own personal journey, you can offer *télmel* (wisdom) and show others that healing is within reach.

Getting Started

Seabird offers a wide range of resources for anyone experiencing addiction, including Youth, Elders and staff, and we offer supports to their loved ones too.

Our Health team is growing fast, and we are proud to employ so many dedicated, compassionate professionals who are here to work with our people.

Visit the Health Centre if you ever want to ask about our services or meet with someone; male and female wellness staff are here to listen and find ways to walk with you on this journey.

Who you can reach out to

Dominic Greene is a Traditional Wellness Specialist with a focus on addiction, here to assist anyone who reaches out. Paul Seimens, our Recreational Therapist, is currently working to establish a men's support program, based in sport. This active, movement-based program promotes recovery through fun recreation, and will be open to staff as well.

There are many more support staff available, just stop by the Health Centre to meet them.

The road is easier to travel when you have support and your people by your side. Sq'ewqel is here ímex (to walk) beside our people. Together we can bring each other back to a good place grounded in tradition — a place promising health, harmony and happiness.

This article was written with support from Sq'ewqel's traditional health team, including Dominic Greene, our Traditional Wellness Specialist in Substance Abuse.



BEGINNING THE JOURNEY: HOW CULTURE CAN SUPPORT HEALING

Land, Culture and Tradition

Culture is *st'élmexw* (medicine). It grounds *shxw'áylexw* (healing) in meaning, identity and spirituality.

Stó:lō cultural ways have been proven to support recovery. Learning to live off the land, returning to traditional roots, using the earth's medicines, and infusing ancestral history into daily practises adds a layer of spiritual renewal that has lifelong benefits.

The Stó:lō concept of *learning, practising and doing* also plays a part.

Step One: Learning

Learning is about acceptance, and discovering how to begin the *leq'álqel* (journey). It can look like talking to a friend, family member, Elder, Community Member or health specialist. To learn, it's key to listen to others' stories, for example relatives, friends, or at Wellbriety/AA meetings.

It shows a desire *q'éytl'thet* (to heal), and provides guidance before beginning the journey.

q'éytl'thet - to heal

Step Two: Practising

This step is difficult but gets easier with time.

Practising just means *tíméthet* (trying). It doesn't mean conquering addiction, or that not immediately succeeding means it won't happen. To practise, start to say "no" when invited to use a substance, or avoid places where that substance will be available.

It's about intention. Practising expands *totí:lt* (learning). Keep building a support network: talk to people, attend meetings, or do activities that have been inspiring on the journey.

Step Three: Doing

On the *xáxlh* (path) to wellness it's important to always *x'tá* (do). Doing blends the previous steps. Learning and practising will naturally transition to doing. Continue to follow all these steps, or it will be easier to lose the skills.

In this stage, one can be a support for others. By sharing the care and wisdom one needed in their beginnings, they carry forward the thread of healing,

allowing for collective wellness and strength.

Sitting idle is how *syúwél sq'óq'ey* (spirit sickness/addiction) can begin to resurface and take hold again. That is why it is essential to continue learning, practising and doing every day, while passing down teachings and striving to balance physical, mental, emotional and spiritual health.

Sickness can sometimes come back. But with the foundation to get better, one can continue the healing journey.

~ ~ ~

Many generations before never had the chance to become healthy. Now we have the tools to flourish; forgiving ourselves and our surroundings can help us get unstuck and we can start to enjoy the goodness that is present all around.

- This article was written with support from Sq'éwqel's traditional health team, including Dominic Greene, our Traditional Wellness Specialist in Substance Abuse.

leq'álqel - journey

ANNUAL SEABIRD NUTRITION RUN, MARCH 2026



Yálh yew kw'a's hó:y (thank you) to everyone who joined us at Seabird's annual Nutrition Run in March! It was a huge success and it's uplifting to see how many support health and nutrition in our community.

- Aishah F. Khan, Journalist & Editor Communications

NOTICE: META/AI GLASSES

AI enabled glasses, smart glasses, or any concealable/wearable recording (audio/video) or photography devices are not permitted in any operational area on Seabird.

No one is allowed to capture photos, video or audio recordings of Members, staff and clients without clear, informed, explicit and voluntary consent, and said consent can be withdrawn at any time. Covert or unannounced recording and photography is never permitted by anyone, and nor is posting, sharing or otherwise circulating captures/recordings/footage/photos of people.

The community may use their own *stetlám* (equipment) in their private spaces, but Seabird doesn't allow AI glasses in public, professional or shared areas throughout Seabird Island.

We urge anyone with AI glasses and other covert recording devices not to record others without their consent and to *ólhet* (respect) people's privacy. Recording a *mestiyexw* (person) without their awareness and/or consent not only violates personal boundaries and autonomy, it can have disastrous effects and breach legal protections. For example, a child recorded and posted to social media may be exposed to an individual who is a danger to them, and

this gives that individual insight about their location and other sensitive details.

These *shxwetoleólestel* (glasses) have been reported to record intimate private moments, personal conversations, confidential information like banking details, account numbers and more.

It is deeply invasive, and strips those being recorded of autonomy and dignity. **Once there is video or photo of someone online, it is impossible to control it or fully remove it.**

Sometimes it's hard to know when a device is recording; *tskwí:m* (red) lights can be small or disabled. Also, these recordings are not kept private, even if the owner of the device doesn't share them — they are automatically sent to real people who watch them and process the information into data points for algorithms and Artificial Intelligence evolution.

mestiyexwl - person

When Camera and/or Drone Recording or Photography Is Allowed at Seabird

- **Recordings or photography must be for legitimate work related needs** such as community events and gatherings, meetings, on project sites, for operations (ie. Drone shots of construction sites) or other similar reasons. Signs are posted in certain areas notifying the community that photographers are present.
- The individual(s) being recorded have provided clear, informed, explicit, and voluntary consent. Consent may be withdrawn at any time.
- Captures are made on a work-owned device. Recordings and photography cannot be made or stored on personal devices.

**Yálh yew kw'a's hó:y (thank you) and stay safe,
Seabird Island Band Administration**

- Aishah F. Khan, Journalist & Editor
Communications

HAMPERS

**NEW
DATE**

PICK-UP:

Slhí:xws, **APRIL 29 WEDNESDAY**

9 AM - 6 PM

BAND OFFICE GYM

DELIVERY FOR ELDERS:

CONTACT **HALEY** AT **604-798-0768**

VOLUNTEERS NEEDED:

Yilá:welhát, **APRIL 27 AT 1:00 PM
MONDAY**

Sthemélts, **APRIL 28 AT 9:00 AM
TUESDAY**

Slhí:xws, **APRIL 29 AT 9:00 AM
WEDNESDAY**

For more details, please contact
Events at: **604-796-6922**
or events@seabirdisland.ca

To update your information
or if you changed residences,
please contact membership at:
membership@seabirdisland.ca

WEAVING A COMMUNITY: SEVEN BEARS (TH'Ó:KWS TE SPÁ:TH)



Some things Usi would be especially excited to weave in exchange for:

- Carved jewelry or carved objects
- Natural dyes or fibre
- Skill-sharing or creative knowledge
- Photography
- Weird and odd things...ya' know?

The above was taken from Ashley Armstrong's and her partner Kurt's website. Ashley is a traditional weaver, and together she and Kurt teach *thelthélxatí:m* (weaving) throughout Sq'ewqel and beyond. All they seek in return is cultural connection and, at times, unique exchanges.

Ashley and Kurt live in Sq'ewqel, and have built something that blends artistry, culture and enterprise into a community collaboration: Seven Bears, or *Th'ó:kws te Spá:th*.

thelthélxatí:m - weaving

The Journey

When Ashley began weaving, Kurt watched her skills grow and soon he encouraged her to transition from artist to entrepreneur. Their business has since become a staple in Seabird and the wider region, but this journey began long ago.

Ashley's grandmother was an accomplished weaver, and no doubt learned it from her *syesyewáleh* (ancestors). Weaving isn't just something that Ashley learned how to do, it lives in her DNA, and is as natural to her as her connection to her heritage.

"There must be something in my lineage that calls to me," Ashley said. "I just create, without using patterns...it just comes."

Ashley was shown how to weave by a *Siyólexwe* (Elder) when she was nine. She's fiercely protective of the ancient tradition, and vows to *páthet* (spread it) as widely as she can.

Her grandmother also survived residential school. Ashley shares her

cultural knowledge in protest, to reject the erasure this system nearly succeeded at. She wants to *íwes* (teach) weaving practises openly, so that her traditions thrive and the suppression of Stó:lō culture never happens again.

Reach

Seven Bears emerged as Ashley's art transformed into a shared resource for her people. She and Kurt host educational workshops, sell custom pieces and do commissions.

From their home in Seabird, they dye *selsá:y* (wool) yarn, weave pieces and put together kits. They've held workshops for SFU, local schools, Fraser Health, the First Nations Health Authority and more. They also host informal weaving sessions, most recently during Seabird's Youth Retreat.

syesyewáleh - ancestors

t'ít'leptel - skirt

selsá:y - wool



s'ewiwes - teachings

stories through the seasons. These four tapestries were Ashley's first big project, and will proudly exhibit the community's talents, history and traditions.

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Ashley has weaved every day for over six years, and knows she was meant to do it all along. She feels her ancestors pride through her work, and is pulled forward by her mission to celebrate the traditions of her people. **"Nobody can take away your heritage,"** she said.

Ashley and Kurt want to expand their reach in Sq'ewqel and the wider community. It's a genuine pleasure for them to witness how weaving unites all: girls and boys, men and women, grandchild and grandparent.

Weaving builds cultural kinship and spiritual tranquility, binding people together as they weave a strong, connected community.

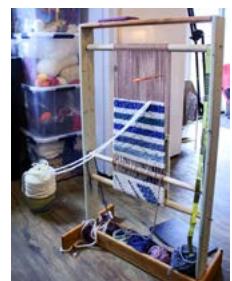
~~~

Ashley and Kurt are attending the Vintage Barn Market at the Chilliwack Heritage Centre from April 24-26, and the Agassiz Agricultural Fair on May 9. Purchasing or commissioning pieces will not only support a community owned, culturally-driven business, it will allow Seven Bears to do more good work in our community.

Website: www.thokwstespath.ca

Email: sevenbearsco@gmail.com

Instagram: [instagram.com/sevenbears.usi](https://www.instagram.com/sevenbears.usi)



- Aishah F. Khan, Journalist & Editor Communications

Accessibility

Since their goal is to share this skill broadly, Ashley and Kurt have come up with creative ways to make it accessible. They established the Seven Bears Creative Society, where they funnel in profits from paid gigs to support community events.

And of course, they welcome the unique gifts and talents people have to offer. Trading is an ancient form of payment that ensures quality and respect: "Both parties offer what they [do/make] best in a trade," said Kurt.

Once, Ashley traded her teachings for a traditional ribbon *tl'itl'eptel* (skirt). Often when she and Kurt host workshops, they'll ask kids to do a small task in return for a kit or item.

In sharing the *s'ewiwes* (teachings) and making sure they're within anyone's reach, Ashley plants seeds instead of allowing an ancient practise to remain buried.

"It's my way to give, and everything we give comes back tenfold," she said.

Impact

Weaving was a way for Ashley to sew herself into the story of her people. It's also medicine, bringing calm, peace and a sense of safety. She explained that this "therapeutic effect" emerges when one does something culturally meaningful, whether teaching or learning.

Ashley and Kurt see this all the time. At one school workshop, a student who normally struggled to focus channeled their frustration into the soothing motions of weaving, becoming noticeably regulated; "They melted into it," said Ashley.

"I always feel a bit richer [when teaching]," she continued. "You're always on equal ground when you're teaching, because you're learning too."

The healing powers of cultural artistry are undeniable. It comes when one does something that binds them to their ancestors, who practised that same craft for thousands of years.

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Soon, Ashley's work will be on display in Seabird's Cultural Centre. Four weavings will hang in the lobby, telling Seabird's

# TRADITIONAL STORIES: HOW THE SPÁ:TH (BEAR) LOST HIS TAIL

Spá:th had a tail which was his proudest possession. It was long and black and glossy and Spá:th used to wave it around just so that people would look at it. Sx̄wewál saw this. Sx̄wewál, as everyone knows, is a trickster and likes nothing better than fooling others. So he decided to play a trick on Spá:th .

It was the time of year when X̄exel, the Spirit of Frost, had swept across the land, covering the lakes with ice and pounding on the trees with his big hammer. Sx̄wewál made a hole in the ice, right near a place where Spá:th liked to walk. By the time Spá:th came by, all around Sx̄wewál, in a big circle, were big trout and fat perch. Just as Spá:th was about to ask Sx̄wewál what he was doing, Sx̄wewál twitched his tail which he had sticking through that hole in the ice and pulled out a huge trout.

“Éy swáyel, lyéseq,” said Sx̄wewál. “How are you this fine day?”

“Éy!” answered Spá:th, looking at the big circle of fat fish. “ I am well, Brother. But what are you doing?”

“I am fishing,” answered Sx̄wewál. “Would you like to try?”

“Oh, A’a,” said Spá:th, as he started to lumber over to Sx̄wewál’s fishing hole.

But Sx̄wewál stopped him. “Wait, Brother,” he said, “This place will not be good. As you can see, I have already caught all the fish. Let us make you a new fishing spot where you can catch many big trout.”

Spá:th agreed and so he followed Sx̄wewál to the new place, a place where, as Sx̄wewál knew very well, the lake was too shallow to catch the winter fish which always stay in the deepest water when X̄exel has covered their ponds. Spá:th watched as Sx̄wewál made the hole in the ice, already tasting the fine fish he would soon catch. “Now,” Sx̄wewál said, “you must do just as I tell you. Clear your mind of all thoughts of fish. Do not even think of

a song or the fish will hear you. Turn your back to the hole and place your tail inside it. Soon a fish will come and grab your tail and you can pull him out.”

“But how will I know if a fish has grabbed my tail if my back is turned?” asked Spá:th.



“I will hide over here where the fish cannot see me,” said Sx̄wewál. “When a fish grabs your tail, I will shout. Then you must pull as hard as you can to catch your fish. But you must be very patient. Do not move at all until I tell you.”

Spá:th nodded, “I will do exactly as you say.” He sat down next to the hole, placed his long beautiful black tail in the icy water and turned his back.

Sx̄wewál watched for a time to make sure that Spá:th was doing as he was told and then, very quietly, sneaked back to his own house and went to bed. The next morning he woke up and thought of Spá:th. “I wonder if he is still there,” Sx̄wewál said to himself. “I’ll just go and check.”

So, Sx̄wewál went back to the ice covered pond and what do you think he saw? He saw what looked like a little white hill in the middle of the ice. It had snowed during the night and covered Spá:th, who had fallen asleep while waiting for Sx̄wewál to tell him to pull his tail and catch a fish. And Spá:th was snoring. His snores were so loud that the ice was shaking. It was so funny that Sx̄wewál rolled with laughter. But when he was through laughing, he decided the time had come to wake up poor Spá:th. He crept very close to Spá:th’s ear, took a deep breath, and then shouted: “Now, Spá:th !!!”

Spá:th woke up with a start and pulled his long tail hard as he could, but his tail had been caught in the ice which had frozen over during the night and as he pulled, it broke off -- Whack! -- just like that.

Spá:th turned around to look at the fish he had caught and instead saw his long lovely tail caught in the ice.

“Ohhh,” he moaned, “Ohhh, Sx̄wewál. I will get you for this.” But Sx̄wewál, even though he was laughing fit to kill was still faster than Spá:th and he leaped aside and was gone.

So, it is that even to this day Spá:ths have short tails and no love at all for Sx̄wewál. And if you ever hear a Spá:th moaning, it is probably because he remembers the trick Sx̄wewál played on him long ago and he is mourning for his lost tail.

Sx̄wewál - fox

- Diana Kay

Halq'émeylēm Curriculum Lead

# CAREER FAIR

Seabird's Career Fair was an inspiring and exciting occasion. Many Seabird departments as well as local businesses were there to recruit and respond to questions, including SIB Communications, Stq'ó:ya Construction, Nations Creations, Indigex Construction, AE Concrete and SqDC.



To check out active job postings at Seabird, flip to page 18, or visit [seabirdisland.ca/careers](http://seabirdisland.ca/careers)

## MISCHIEVOUS CUBS

Long ago, a mother bear lived in the forest with her two cubs. They were very *kw'à:y* (hungry) so they went walking to find food.

Mother bear came to a stream and caught a big *sth'ó:qwi* (a fish). She built a fire to cook it, then lay down beneath a tree to rest. Soon, she fell asleep. The cubs were still *kw'à:y*. One took a bite of the fish. Then the other took a bite. Back and forth they ate, until the fish was all gone.

When mother bear woke up, the fish was missing. "What happened to the *sth'ó:qwi*?" she asked.

"No," said the cubs. "You must have eaten it in your sleep. Look you have fish grease on your mouth and paws." Mother bear thought for a moment. "Well," she said, "maybe I did." But her stomach was still growling.

As they began walking home, the cubs stopped and cried. "Our stomachs hurt. We feel sick. We can't walk." Then mother bear knew the truth. "Now I see who ate the fish," she said.

And that is why Elders remind us: we must share, and we must always tell the truth.

**spathó:llh** - baby bear (black)

**kw'à:y** - hungry

**sth'ó:qwi** - a fish



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Edited for print (2026)

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

# VAPING: THE DANGERS, COSTS AND IMPACT ON YOUTH

Vaping is addictive, expensive, gives dangerous chemicals free reign over internal organs, and has short and long-term effects on lung and oral *shxw'iyem* (health).

## Vaping: a safe smoking alternative?

Vaping was introduced as a way to safely quit smoking cigarettes; however it's had an opposite effect because most vapes use nicotine, same as cigarettes. It's harmful, extremely addictive, and targets children and Youth, hooking them on nicotine and making them more likely to be addicted to *sp'ótl'em* (cigarettes) as adults.

This being said, is vaping really a safer option? Most people who want to quit smoking cigarettes end up switching to vaping full time instead, which isn't actually benefitting them.

## Youth and vaping

Vaping is specifically marketed towards *stewíxwelh* (children) and Youth; they are more likely to develop dependency and addiction, and are drawn to the tasty flavours such as Cotton Candy, Coca Cola and Sour Patch Kids. Developing addiction in teen years can reduce regular brain development and encourage intensified dopamine-seeking behaviours (boosting addiction to more toxic substances).

## Health

More than 100 studies have concluded that vaping is directly linked to lung and oral cancers. Doctors and researchers have even discovered a harmful lung condition that is unique to vapers, called EVALI (E-vaping associated lung injury).

**Qe éwe is éy kw'as sp'ótl'em!**

-

And it's not good for you to smoke!

Short term impacts of vaping:

- Negative effects on developing fetuses, children, syémyem (pregnant) women
- Delays to adolescent development by harming parts of the brain that control attention, learning new information, mood, and impulse control — these are lifelong skills that may be permanently damaged early in one's life
- Persistent *stó:qw'em* (cough), shortness of breath, chest pain, nausea, dependency and withdrawal

Long term impacts of vaping:

- Permanently impaired brain development
- Forms of lung disease:
  - o Popcorn Lung
  - o Asthma
  - o COPD
  - o Long term damage to *sp'élxwem* (lungs), throat, tongue, orally

## Cost

Depending on how often one vapes and what kind of vape they use, monthly costs can range anywhere from \$60 to \$180 a month. Not only does this add up (over \$2000 a year!) it targets people, such as Youth, whose expendable income is nonexistent or could be used for more fun, healthier activities like outings with friends, gifts for loved ones, or savings to move out or attend post-secondary school.

**lhp'ótl'em** - to smoke cigarette/pipe

**p'óp'etl'em** - smoking

## More info

Vape liquid has deadly toxins which will poison anyone who ingests, absorbs or breathes them in. This mostly happens to children under the age of 5.

The chemicals in vape juice include:

- **Benzene**, directly linked to cancer
- **Acrolein**, causes permanent lung damage. It's also commonly used as a pesticide — that's how toxic it is
- **Known carcinogens**, like formaldehyde, which is used to preserve dead bodies, and propylene glycol, which is found in paint solvents and antifreeze
- **Metals** that are not meant to be inhaled such as tin, lead and nickel

Vaping may seem like a safe, healthier smoking alternative, however, even more unhealthy than smoking cigarettes. We already know based on decades of research and evidence that nicotine causes addiction, illness, long term health issues and deadly diseases.

Vaping has some differences, but works pretty well the same — make yourself aware, and do what you can to protect yourself and your loved ones and stay healthy.

- Sourced from *MedxDrg*, a peer-reviewed and up-to-date resource about medical drugs, other substances and pharmacological insights.

**sp'ótl'em** - cigarettes

# SEABIRD COLLEGE: INTAKE HAPPENING NOW, APPLY TODAY!

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



**Seabird College**  
EDUCATION FOR REAL LIFE

Let us help you achieve your educational goals!



## 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:  WESTERN COMMUNITY COLLEGE

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



**Seabird College**  
EDUCATION FOR REAL LIFE

Let us help you achieve your educational goals!



## 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: colrecruit@seabirdcollege.ca Phone: 604-796-6839  
2812 Chowat Road, Agassiz BC

In partnership:  WESTERN COMMUNITY COLLEGE

## 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 | Quw'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.

# SAGE SUGGESTIONS

## BE BEAR AWARE

The ground is thawing, the trees are blooming and the *tém:éxw* (earth) is waking up from its winter's rest. With this season comes hungry wildlife, looking for an easy *skwúkw* (meal).

*Spepáth* (bears) will cause wreck and ruin for a quick bite; everything from your bird feeders to your cat food is fair game. Hungry bear don't care.

To prevent bears from busting down your door, follow these tips:

- Remove bird feeders
- Store *s'íkw'els* (garbage) indoors or in food-secure containers
- Feed pets indoors
- Don't leave drinks/cups/plates/wrappers/food scraps outside

- Clean and store grills, food smokers, BBQs, etc.
- Never feed or approach bears

When out hunting, fishing, walking on trails or near parks, try to minimize your scent. Bears can *hóqwet* (smell it) from miles away, and anything including deodorant, perfume, shampoo, food, food wrappers and so on can draw them to you.

*Lópxemstexw* (make noise) every few minutes, play music and try not to go out alone, especially to areas where it's likely you'll run into bears (rivers, *sxixets'* [forest], near dumpsters etc.).

**temkw'á:y** – hungry time



If you can, carry bear spray, and be sure to learn how to use it correctly and effectively.

Managing our impact on bears not only helps us, it helps the bears by equipping them to survive in the wild instead of relying on human help.

Happy *Temkw'éyles* (spring)!

- Aishah F. Khan, Journalist & Editor  
Communications

## KEEP IT SIMPLE: SPRING CLEANING

**Temkw'éyles (spring) is about renewal, and what's more renewing than freshening things up?**

Spring cleaning doesn't need to be intense. Do these simple things to welcome the new season and *iyóthet* (start) it off with a clean slate.

### Clean the car

Head to a car wash or do it at home. It's likely that a bunch of mess has built up over the winter, and it is truly relaxing to drive a clean *kó* (car). Power wash the exterior and the floor mats. Let them dry outside in the *syó:qwem* (sun). Vacuum the inside, clean up any garbage, and organize any items that have accumulated. When you're done, get an air freshener to complete the clean feeling and enjoy the ride!

### Put the winter stuff away

There may be a ton of *temxeytl'* (winter) stuff outside and in the house, like winter boots, snow gear, equipment and so on. Take some time to clear things up and put away what you won't use for the next several months. Out with the old and in with the new is a classic way to simplify your space.

### Air out the house

Just opening the windows on a mild, breezy day and letting fresh, cool air waft throughout the house is rejuvenating. Letting your *lá:lem* (house) breathe won't just smell pleasant, you'll feel *xáws* (fresh) and energized.

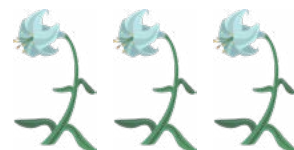
**thíyest te lálem** – to clean the house

### Dust and declutter



Chances are if you have a pet, they've left *sá:y* (animal hair) on furniture and surfaces. Take some time to tidy up the sheds, and remove any excess *sqél:ep* (dust) from counters, shelves, windowsills, tables etc. Clear out things you don't need anymore, and if you're looking for extra storage, large plastic bins always help out; air-tight ones can be stored outdoors, and they save space if you stack them on top of each other.

Do these tasks to welcome the season, and enjoy the warmth and invigorating energy of the coming days.



- Aishah F. Khan, Journalist & Editor  
Communications

# XAWSHXWYAM (NEW STAFF)

## Monica De Roo

Sq'ewqel recently welcomed a new mental health professional, Monica De Roo.

Monica is our Senior Registered Clinical Counsellor, coming to us from Ts'qó:ls (Hope) where she lives and runs a private practise. She has been in this field for over tú:xw (nine) years, and is bringing experience, commitment to care and valuable knowledge to our community.

From Monday-Wednesday, Monica will be in the Health Centre working to strengthen our counselling program. It is her aim to reach people of all ages who need *mamí:yt* (help). Monica wants to promote collaborative community-focused services, enhance service accessibility and strengthen program partnerships; in essence, it is her goal to bring people *sq'ó* (together).

Since she started, Monica has been learning more about Sq'ewqel and stepping in to support staff and patients. In the coming months she'll

offer counselling and support groups to the community.

These support groups and services could explore topics like supporting *stewíxwelh* (children) with mental illness or learning disabilities (such as ADD), fostering family healing, and providing awareness about how to uplift ourselves and each other.

Monica wants to walk alongside patients to nurture healthy relationships and healthy families. Developing understanding in relationships is crucial; when people can truly *kw'etslóme* (see one another) through a compassionate lens, we become closer and drive harmony and unity.

At home, Monica has two pugs, Janko and Rambo. When she's not running her private practise or supporting Sq'ewqel's

*mamí:yt* - help

*kw'etslóme* - see one another

*thiyeqwáls* - digging

*stewíxwelh* - children

*tú:xw* - nine



people, she might be found *thiyeqwáls* (digging) in the garden, or enjoying the outdoors on a hike or by the water's edge. Monica calls upon anyone who'd like to guide her in embedding Seabird's culture into her care to visit the Health Centre and share their knowledge.

"I look forward to serving Sq'ewqel, and would love to hear from you how I can best deliver care to this community," she said, addressing Sq'ewqel as a whole.

**Welcome to Sq'ewqel, Monica!**

*We're happy to have you and look forward to building a stronger community together.*



-Aishah F. Khan, Journalist & Editor  
Communications



# XAWSHXWYAM (NEW STAFF)

## Teagean McNeil

Teagean McNeil is a Band Member who joined our Health team in March. Her Halq'eméylem name is Tholiy'mot, and she is a full time Travelling Medical Office Assistant.

This means she *yeló:lh* (travels) to other communities to offer her services, but she's here several days a week.

Teagean earned her Medical Office Assistant Certification while working full time in 2021 from UFV, and has since worked for a private clinic in Chilliwack, providing assistance to over 3,000 active patients. She *tel:ó:mét* (understands) how mistakes can snowball and impact patients, and as a patient herself she knows how difficult it can be to remember important details and access care. Teagean is here to advocate for patients, organize these frustrating processes and show up for her community.

Teagean credits her decision to work in the medical field to her *tselhsq'áleq'o* (family). Her grandmother worked for years in a hospital as a care aide, her sister was a Registered Nurse, and Teagean said that they and other family members inspired her to embark on this career path.

Teagean is happy to be home, and excited to continue her career *tselhsq'áleq'o* (journey) here. She's enjoying the experience, embracing the learning curve and getting to work...and there's much work to do!

She's not afraid to get her *chelcháléx* (hands) dirty, digging deep and investigating the archives to track down exact details patients need. Teagean's flexible, adapting to her work environment and discovering how to best serve Seabird: she doesn't see complications as hurdles, but more as learning opportunities that will propel her to overcome challenges and strengthen her ability to help.

Optimism is Teagean's secret *hí:tel* (weapon). She is friendly, approachable and always sees the positive side to every situation. She also believes in the power of good manners — they don't only make interactions more enjoyable; they're the bedrock for healthy relationships.

**tel:ó:mét** - understands

**hí:tel** - weapon



At home, Teagean loves spending time with family and her *pelúps* (cats), and makes time to relax with some beading or crocheting.

**"Care takes priority within healthcare,"** she said. Teagean cares deeply for patients, taking the time to build trust and rapport.

Respect, kindness and hard work go a long way, as Teagean has already shown in her short time with us.

*Thank you for joining Sq'éwqel's Health team, we're excited to grow beside you!*

**tselhsq'áleq'o** - family

**pelúps** - cats



- Aishah F. Khan, Journalist & Editor Communications

tá:l- mother

yexchat - give him/her a gift

s'ólh- respect

**INSPIRATION QUOTES:**

“Believe you can and you’re halfway there.”

— Theodore Roosevelt

“The people who are crazy enough to think they can change the world are the ones who do.”

— Steve Jobs

“Never bend your head. Always hold it high. Look the world straight in the eye.”

— Helen Keller

**APRIL - TEMKWÍKWEXYEL**  
 “Time for baby sockeye salmon”

**MAY - TEM'ELÍLE**  
 “Salmonberry time”

**Aries**

March 21 - April 19

Falcon/Small Hawk - xixemxímeéls

Direction: East

Element: Fire Stone: Opal

Strengths: You are courageous, but impulsive. Trailblazers. Passionate and independent your not afraid of conflict and standing up for people. Loyal, smart, and impulsive, they always have multiple projects on their mind.

**Taurus**

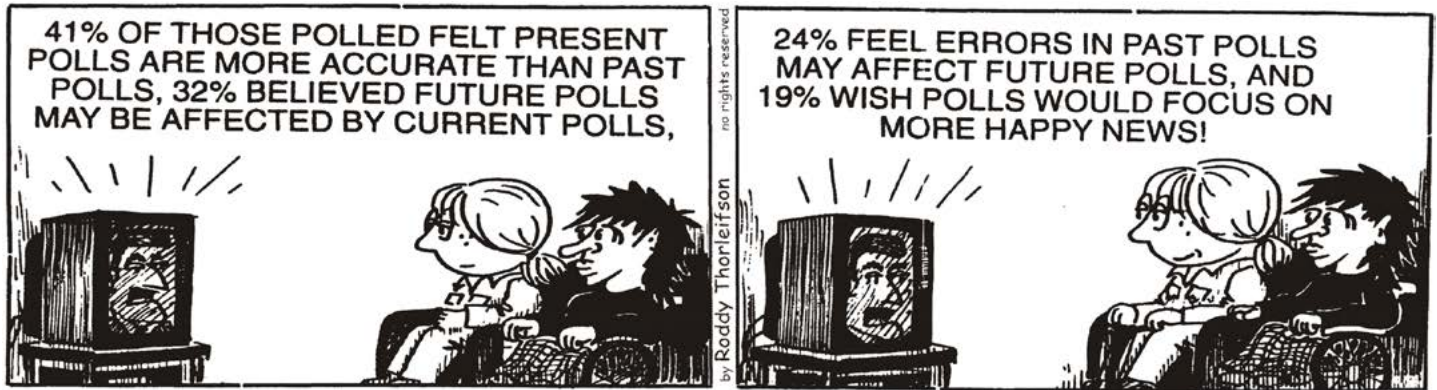
April 20 - May 20

Beaver - Sqelá:w

Direction: East

Element: Earth Stone: Jasper  
 Strengths: Smart, ambitious, and trustworthy. Amazing friends, colleagues, and partners. You value honesty above all else and are proud that personal relationships tend to be drama free.

**COMIC**



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

**HALQ'EMÉYLEM WORD SEARCH**

Created by Shayleen Peters

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1. Sunny - swiwel
2. Rainy - lhéméxw
3. Cloudy - shxw'áthetel
4. Windy - xotl'thet
5. Warm - t'álqw'em
6. Cold - xéytl'
7. Blossom - spekw'ém
8. Flower - sp'á:q'em
9. Earth day - tém:éxw swáyel
10. Easter - ísta
11. Chocolate - choklet
12. Easter egg hunting - ísta iks haháwt
13. Bunny - sqewáth
14. Hop - ts'átl'em
15. April showers - Temelék'es slhém:exw



## DEADLINES

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

## HAVE A STORY IDEA?

Contact: [comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)

## LETTERS TO THE EDITOR

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

## AGREEMENT/LEGAL

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

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

## WE RESERVE THE RIGHT

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

## COPYRIGHT

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

## AVAILABILITY

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

## CONTACT US

[comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)  
[www.seabirdisland.ca/comm/](http://www.seabirdisland.ca/comm/)  
Monday- Friday 8:00 AM - 4:00 PM  
Closed on all statutory holidays.

## CREATED AND PRODUCED BY THE SIB COMMUNICATIONS TEAM:

Sandra Bobb; Kristy Johnson; Zorana Edwards-Shippentower; Ciara Busby; Jasmine Paul-Louis; Aishah Khan; Shayleen Peters; Swapna Pokharkar, and Darryl Bolton.

## JOURNALIST:

Aishah Khan

## PUBLISHER:

Swapna Pokharkar

## EDITORS:

Sandra Bobb & Aishah Khan

## LOVED ONE PASS AWAY?

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

Emma Leon may be reached at 604-796-2177

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

## FUNERAL PAMPHLETS

Creating pamphlets from our catalogue or custom pamphlets.

**NEW** - Sq'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](mailto:comm@seabirdisland.ca).

## SIFD FIRE PRACTICE

Tuesdays from 7 to 9 p.m.

We are now seeking new members.  
Contact the Fire Hall 604-796-2177.

## GARBAGE SCHEDULE

**CURBSIDE PICK-UP OF COMPOST, RECYCLE AND GARBAGE:**

- Garbage every Tuesday.
- Recycling every Wednesday.
- **2 garbage bags** per household per week.
- **MAJOR GARBAGE:** 1<sup>st</sup> Thursday of the month for Community core, and the 3<sup>rd</sup> Thursday of the month for the surrounding Community.

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

## DENTAL CLINIC

Accepting new STATUS PATIENTS

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

Contact the Dental Clinic 604-796-6853.

## WELLBRIETY MEETINGS

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

Website for AA in BC: [www.bcyukonaa.org](http://www.bcyukonaa.org)

## MEDICAL CARDS

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

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

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

## Baby ID Cards

Apply for a Medical Care Card as soon as possible.

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

## AMBULANCE BILLS

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

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

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

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

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

Contact Emma Leon 604-796-2177.

## OPTOMETRY CLINIC

**Appointments Only:** April 16<sup>th</sup> & 17<sup>th</sup>

Checkups should be done every two years for people aged 19 to 64 and annually for children under the age of 19. Seniors above 65 can be seen once a year.

Have a medical condition, such as diabetes, or taking high risk medicines? You can also be seen annually.

Contact Emma Leon CHR at 604-796-2177 or [emma.leon@seabirdisland.ca](mailto:emma.leon@seabirdisland.ca)

## WILD ANIMAL ALERT

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

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

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

**Clap loudly and make yourself big!**

Educating ourselves and keeping a clean Community makes a difference!

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

**Conservation Office at 1-877-952-7277**

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

## RENEW STATUS CARD

### Book a Status Card Appointment

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

**Appointments required.**

**Remember to bring:**

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

New style Digital Status Card with photo

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

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

### ID Photography Prints

**Status Card Photography**

Laminated style: \$13.50

- Call Simone to book your appointment

### Passport, PAL Photography and more

Authenticated photo: \$18.50

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

**Appointments required.**

Contact Communications at 604-796-2177 or [comm@seabirdisland.ca](mailto:comm@seabirdisland.ca)

## SQ'ÉWQEL FACEBOOK ACCOUNTS

Recommended to follow:

**Sq'Éwqel "Seabird Island Band"**

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

**Seabird College**

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

**Seabird Island Community School**

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

**Careers**

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

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.

Iyéseq

-  
good male friend,  
buddy, sonny

## COMMUNITY INFRASTRUCTURE

### **DRIVER**

The Driver provides culturally informed transportation services to community members, clients, and program participants. This role involves safely operating vehicles, following assigned schedules and routes, and responding flexibly to a variety of transportation needs across programs. The Driver will also engage in community relations activities to support clients and the community.

Safely transport children, patients, elders, and community members for program, medical and community related trips. Follow assigned routes, schedules, and transportation plans.

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

### **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**

#### **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.

## 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*

### **COLLEGE COOK - JOURNEYMAN**

The College Cook provides nutritional meals to college students including breakfast and lunch prepared in accordance with current health, safety and hygiene legislation. The College Cook will also be required to assist in packaging food for both retail and storage purposes.

Plan and prepare meals under the direction of the Culinary and Food Program Services Lead. Order food supplies and equipment once they have been pre-approved by the Culinary Lead. Work in conjunction with the Culinary and Food Program Services Lead to prepare monthly food menus.

### **DIVISION MANAGER OF EMPLOYMENT, TRAINING, AND SOCIAL DEVELOPMENT**

The Division Manager of Employment, Training, and Social Development oversees programs that connect individuals with meaningful employment, educational opportunities, and skills development. They lead initiatives supporting pre-employment training, workshops, employment support services, and income assistance, while ensuring cultural safety, dignity, and respect in every interaction. The Division Manager also strengthens partnerships, finds funding opportunities, and creates pathways for stable, long-term employment and self-sufficiency for the community.

*This is a one-year Full-Time Term Contract with an end date of March 30, 2027, with the possibility of extension.*

## **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 will oversee the daily operations and strategic direction of key programs, ensuring that all services are delivered in alignment with our organizational goals and values. You will lead passionate teams, engage with community partners, and continuously strive to improve outcomes for youth and young adults in our community.

*This is a term contract with an end date of February 1st 2028 with a possibility of extension.*

### **YOUTH AND YOUNG ADULTS CONNECTIONS SPECIALIST (TERM CONTRACT)**

The Youth and Young Adults Connections Specialist will develop and deliver tailored intervention and prevention programs specifically designed to address the unique challenges and needs faced by high-risk female/male youth and young adults. This role emphasizes building trust and rapport with male clients, fostering a sense of belonging and purpose, and creating a culturally safe and supportive environment where they can thrive.

## 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.

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

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

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



Email: [humanresources@seabirdisland.ca](mailto:humanresources@seabirdisland.ca)

We thank all applicants for their interest.

## FINANCE & ADMINISTRATION

### SENIOR HR GENERALIST & ENTITY LIAISON

The Sr. HR Generalist & Entity Liaison provides both operational HR support to management and across all entities. As the primary HR lead for entity-specific needs, this role ensures consistent HR practices, culturally grounded employee support, and alignment with organizational goals. The HR Generalist and Entity Liaison will also work collaboratively with the HR Generalist and the Mediation, Healing, and Resolution Team Lead, in resolution of complex employment relations and employment issues, escalating final recommendations to the HR Manager and/or entity management. This role delivers comprehensive HR services including policy/legislation interpretation, employee relations, training, compliance, and strategic advisory support.

## SQEWQEL DEVELOPMENT CORPORATION & ENTITIES

### STQÓ:YA CONSTRUCTION - BOOKKEEPER

Stqó:ya Construction is seeking a detail-oriented and organized bookkeeper to support the Controller with the company's financial operations. 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.

## HEALTH & SOCIAL DEVELOPMENT

### CASE MANAGER

#### 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 and referrals.

#### NAVIGATOR PRIMARY CARE & WELLNESS SERVICES

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.

Act as the first point of contact for inquiries about health services and supports. Provide guidance, assistance, and support to reduce barriers to accessing services offered by Seabird Island or external providers.

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## 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.

### RESTORATION AND HEALING CARE COORDINATOR

The Restoration and Healing Care Coordinator provides culturally informed care coordination, advocacy, and case management support to community members involved with or affected by the justice system. This role involves coordinating care for clients and families as they move through legal, court, and social service processes; supporting restorative justice pathways; and connecting clients to wraparound supports such as housing, mental health, and employment services.

### 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.

## 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.

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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](http://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](mailto: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](mailto:events@seabirdisland.ca)

604-796-5176