



THE FACES OF OUR FUTURE: SWEARING-IN SQ'ÉWQEL'S NEW CHIEF AND COUNCIL

May 6 at Sq'éwqel — the community, honoured guests and respected Stó:lō leaders came together to witness the swearing-in of Seabird's newly elected Chief and Council.



Darwin Douglas emceed the ceremony, assisted by Mathew Point. A group of respected *shellhá:li* (women) were called upon to lay out the blankets, or “new ground”, and place down *xelpá:ytses* (cedar boughs).

The outgoing and incoming Council Members entered behind a troop of drummers. The outgoing were honoured and thanked for their service, and then the Swearing-in began.

One by one, the incoming Councillors signed their oath, before returning to their place upon the new ground. Once Chief Maggie signed, the audience erupted into a thundering applause — the new *sí:yá:m* (leaders) had vowed to serve, and a new Chapter began.

Invited guests then took the floor, starting with Elder Arvid Charlie,

lhxlhexé:ylex - standing

Lischiim. He reminded everyone to be thankful to the Creator, preserve language and culture, and commended the community for working together. Chief Sharon Young of Sq'ewá:lxw First Nation welcomed the new Council, shared words of advice and addressed Chief Maggie directly, congratulating her on being Seabird's first female chief. Grand Chief Kat Pennier echoed these sentiments and thanked the incoming Council for *lhxlhexé:ylex* (standing) strong, having the courage to fight for Stó:lō people to live freely, and working to shape a better world for Sq'éwqel future generations.

Finally, the Honourable Grand Chief Steven Point, *Xwelíqwetel*, stood, his voice trembling with emotion as he told Chief Maggie how proud he is of her. Speaking to the Council as a whole, he shared an old story about

four agreements that will *íwest* (guide) them as leaders: the agreement to not make assumptions, to not take criticism personally, to do their best every day, and to choose words with care.

We give thanks to those who served in the past, who offered themselves this election cycle, and, of course to Council for pledging their service to the people of Sq'éwqel.

Welcome (or welcome back) Councillors: **Willow Walker, Tyrone McNeil, Marcia Peters, Rod Peters, Lolly Andrew, Chaundine Fisher, Marlana Peters and Tash Peters,**

and a special welcome to *Sq'éwqel's new Síyá:m*, **Chief Maggie Pettis.**



- Aishah F. Khan, Journalist & Editor Communications

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Seabird Island
Administration will be
CLOSED
Victoria Day
May 18, 2026

Seabird Island Festival
May 30 & 31, 2026



HAMPERS

On April 29, staff, Members and volunteers gathered in Sq'ewqel's gym to distribute hampers to the community.

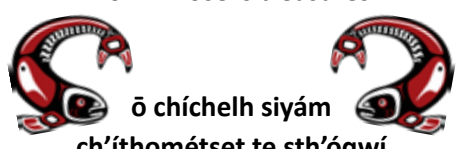
The hampers loaded with healthy, fresh, frozen and dry *s'elhtel* (foods) are provided to Band Members and their families by Seabird's Chief and Council *lheq'á:tses* (five) times a year.

Seabird's top priority is to take care of our community. Hampers are one way leadership allocates our financial resources to support our people, including those living off reserve.

Those picking up April's hampers were given the rare chance to pick out one free piece of Sq'ewqel swag, donated by Nations Creations, from their left over stock.

s'elhtel - foods
lheq'á:tses - five

FIRST SALMON PRAYER
From Kwosel's treasures:



ō chichelh siyám
ch'íthométset te sth'óqwí
óxwestholetset.
lépextset te sth'óqwí ye eyem
sqwálewel qas te éy th'á:le.
ch'íthomé chichelh siyám
méstexwes ye mékw'stam tset.
éy kws ste'ás.

O great creator
Thank you for this fish you
have given us.
We will eat this fish with good
thoughts and good hearts.
Thank you creator for bringing
us all together.
Thank you for all you created for us.
Amen

spehá:ls - wind

Engagement assistants invited people to attend Chief and Council Swearing-In Ceremony, and high school students from *Lalme'Iwesawtexw* (Seabird Community School) came to help and fulfill their mandatory volunteer hours.

A warm spring *spehá:ls* (wind) flowed into the gym throughout the day as hampers were collected and Members came and went, stopping to chat with friends and neighbours and hearing about what's happening at Seabird.

Thank you, Chief and Council, for these thoughtful gifts!





- Aishah F. Khan, Journalist & Editor Communications

WELCOMING NEW BABIES

During the month of April,
The MCH team welcomed four babies:
2 girls and 2 boys!!

Addison 3440g	BabyGirl 4991g
Ivan 2130g	Zylan 2850g

BOY

GIRL

STO:LO ABORIGINAL SKILLS & EMPLOYMENT TRAINING IS PLEASED TO ANNOUNCE:

BUILDING MAINTENANCE WORKER PROGRAM

July 7-24, 2026



ATTENDANCE INCENTIVES!



Indigenous Services Canada

Services aux Autochtones Canada

A HANDS-ON TRAINING PROGRAM DESIGNED TO PROVIDE PARTICIPANTS WITH THE ESSENTIAL SKILLS, SAFETY KNOWLEDGE, AND CODE AWARENESS NEEDED TO EXCEL AS A BUILDING MAINTENANCE WORKER AND IN HOME REPAIRS.

- BASIC BUILDING CONSTRUCTION
- USE OF POWER TOOLS
- DRYWALL REPAIR
- BASIC HOME REPAIR PLUMBING
- PAINTING
- BASIC HOME ELECTRICAL
- BASIC CARPENTRY REPAIR
- FIRE EXTINGUISHER INSPECTION
- FLOOR REPAIR

SASET Pre-Employment Supports Program is an Income Assistance initiative for individuals that are 19-64 years of age receiving on- reserve income assistance.

This training opportunity is open to Income Assistance clients who reside in the following First Nation communities: Aitchelitz, Matsqui, Popkum, Skawahlook, Skowkale, Shxwha:y Village, Squiala, Tzachten, and Yakweawkoose

LUNCH AND WORK GEAR PROVIDED

CONTACT US

SASET-Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691



Sto:lo Aboriginal Skills & Employment Training is pleased to host...

EMPLOYER INFORMATION SESSION



Featuring BC Hydro

Join us for an exclusive opportunity to learn about career opportunities, connect with BC Hydro representatives, and discover your path to employment.



MAY 28TH FROM 1:00 PM TO 3:00 PM

5B - 7201 VEDDER RD, CHILLIWACK BC

604-858-3691
INFO@SASET.CA

SASET-Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET-Sts'alles Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

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



Sto:lo Aboriginal Skills & Employment Training is pleased to announce...

INDUSTRY FORESTRY Training Program



Training Includes:

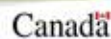
- Power Saw Operator
- Line Cutting & Slashing
- Fuel Management
- ATV Safety Training
- UTV Safety Training
- Trailer Safety - Hauling & Connecting
- Securing a Load Truck & Trailer
- Intro to Tree Species in British Columbia
- Intro to Dangerous Tree Awareness
- Handheld GPS Training
- Maps & Scale Training
- Basic Compass Training
- Bear Aware
- WHMIS

DATE & LOCATION

JUNE 1st to 12th 2026

SASET Chilliwack Office
Bldg 5B-7201 Vedder Road
Chilliwack, BC

LUNCH & PPE INCLUDED



SASET-Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

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

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



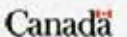
TRY - A - TRADE PROGRAM

JOIN US!

IN THIS 4-WEEK TRAINING PROGRAM YOU WILL LEARN ABOUT DIFFERENT TRADES IN THE CONSTRUCTION INDUSTRY : ESSENTIAL SKILLS, PIPING, ELECTRICAL AND CARPENTRY!

JUNE 8, 2026 TO JULY 3, 2026

9:00AM TO 3:00PM
MONDAY TO FRIDAY
AT CHAWATHIL FIRST NATION



CONTACT US TO APPLY:
CALL 604-858-3691 OR EMAIL INFO@SASET.CA

SASET-Chilliwack Office
5B-7201 Vedder Road
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Phone: 604-858-3691

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

REFERENDUMS KICKOFF

Exciting times ahead at Sq'ewqel. The Referendum Kickoff brought community together to learn about and celebrate good changes comming.



Mark Point facilitated the event, introducing the speakers and the community drummers who played songs throughout the evening.

The purpose of the dinner was to *atslómet* (hear) from Seabird staff and leadership about updates being made to our Membership and Election Codes, Child and Family Jurisdiction and Land Use Plan.

Once the changes are approved by the community, committees, and Leadership through referendum votes and due process, they will *kw'iystexw* (raise) our governance standards so we can serve our people better.

Election Code

The Election Code Committee shared results of preliminary surveys that Band Members did to review proposed changes to the Election Code, and requested ongoing feedback and participation from the community.

atslómet - hear

kw'iystexw - raise

Membership Code

The Membership Committee said that they'd like to see more community participation to support the updating process. More feedback and general input is needed to ensure that the revised Code meets the expectations and reflects the *st'í* (needs) of Seabird's people.

The next steps will be drafting amendments, reviews, getting final approvals and holding a referendum vote. To inquire about joining the Membership Committee, contact **Simone Jimmie:**

simone.jimmie@seabirdisland.ca

Land Use Plan

The Land Use Plan to outlines long-term goals for Seabird's resources, and determines how to best achieve these goals. The process to update Seabird's Land Use Plan began in 2022 and there have since been meetings among leadership, presentations for community, surveys, open houses and other engagement.

The community has expressed a strong desire to focus on housing and creating more *s'ewólemílep* (park) space, walking trails and paths, a cultural district and

s'ewólemílep - park

to maintain a pleasant neighbourhood for the community to enjoy safely. With continued community engagement and support for the committee, these changes can begin to take shape.

Child and Family Jurisdiction

The Child & Family Services department at Seabird aims to keep our children safe, healthy and cared for, while doing all they can to keep children with family, in their communities and connected to their culture.

Working towards Child and Family Jurisdiction will allow Seabird to move away from colonial structures influencing current services, and reduce the harm caused by these systems.

Before we accomplish total jurisdiction or decision-making authority, we must hear from the community. Brianna Robotham posed questions directly to the audience during the presentation, asking what they'd like to see in terms of jurisdiction, and for direction about how to craft these laws with cultural sensitivity.

- Continued on pg. 5

The committees spent the final hour of the dinner at their own tables, answering questions, listening to input and recording comments.

Mark Point then closed the dinner before a “mini” Coastal Jam started. He reminded everyone to **use their voice; the needs of Sq’éwqel’s people are always changing**



and our leaders must keep up by adapting our laws and systems, which they can only do when the community expresses their needs.



- Aishah F. Khan, Journalist & Editor
Communications

INDIGENOUS BUSINESS SUPPORT

AT YOUR FINGER TIPS

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- 1-on-1 Meetings
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BOOK A FREE CONFIDENTIAL APPOINTMENT

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604-858-0009



bhill@stolocf.ca

SCAN ME



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Reach out today to learn how we can support your journey. You can call us at **604-858-0009** or Email: bhill@stolocf.ca

SQ'ÉWQEL VS. SQUALA: A SUNNY SOCCER TOURNAMENT



On Wednesday, April 29, the *syó:qwem* (sun) was shining, and as people stopped by Sq'éwqel's gym to pick up their hampers, a lively *helme'als pol* (soccer) game was taking place on the field beside the gravel parking lot.

Lalme'lwesawtexw (Seabird Community School) was hosting a friendly tournament with Squiala First Nation, a neighbouring community near Ts'qó:ls (Hope), between grade 1-6 students. The tournament was organized by Youth workers from the Chilliwack Rivers Football Academy (CRFA) and school administrators, and sponsored by Baker Newbie (BN), a law firm in Ts'elxwíqw (Chilliwack).

Lawyers from BN served the lunch provided by Seabird and cheered the *sq'eq'ótel* (teams) on as they played low-stakes, high fun matches during the day.

As the day came to a close, the field brimmed with players big and small; dozens of students, volunteers, Youth workers, teachers and lawyers all joined in for one final game, clamouring around the *pól* (ball) and kicking their hardest to score one last goal.

Onlookers laughed and cheered as they gave the last *sewolem* (game) their all. The sunny spring day was spent well — the youngsters had fun outside while enjoying active play, teamwork, making friends and connecting with neighbours.

An organizing member from CRFA said that he hopes this is the first of many similar events.

syó:qwem - sun

sq'eq'ótel - teams

sewolem - game

Seabird is proud to host this friendly tournament, and we also hope to continue the new tradition into the future.

A huge thank you to everyone who helped put the tournament together, the students (and everyone else) had a blast!



- Aishah F. Khan, Journalist & Editor Communications



STO:LO ABORIGINAL SKILLS & EMPLOYMENT TRAINING

Is pleased to host:



SERVICE CANADA MOBILE CLINICS

Scowlitz	Wednesday	Jun 17, 2026
Seabird	Thursday	Jun 18, 2026
Leqamel	Monday	Jun 22, 2026
Boston Bar	Tuesday	Jun 23, 2026
Sts'ailes	Wednesday	Jun 24, 2026
Katzie	Monday	Jun 29, 2026



- Employment Insurance, Canada Pension Plan & Old Age Security and Guaranteed Income Supplement
- Social Insurance Numbers (SIN)
- Other Federal Programs and Services

PLEASE NOTE: BRING 1 PHOTO ID AND YOUR SOCIAL INSURANCE NUMBER TO RECEIVE ASSISTANCE.

FOR MORE INFORMATION PLEASE EMAIL INFO@SASET.CA

www.saset.ca

CELEBRATING SUCCESS: BEBOP HARRY: COAST CAPITAL LEADERSHIP AWARD RECIPIENT

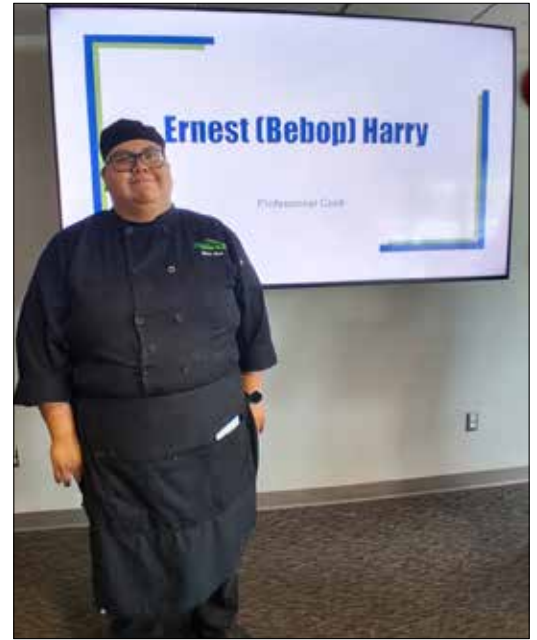
Bebop Harry is a Sq'ewqel Member enrolled in UFV's Culinary Arts program. Graduating soon, he's, closing this chapter with a special honour: the Coast Capital Leadership Award.

This \$1000 award is presented to a student who exemplifies leadership, helps others, creates an inclusive environment and overcomes barriers while contributing positively to their school community.

Bebop was nominated by one of his professors, a chef who taught him and watched as he not only grew as a chef, but quietly took others under his *st'eq'á:l* (wing). Bebop tries to *máyt* (help) when he sees students struggling because he wants everyone to learn and succeed at what they're working towards.

When *ewetewát* (no one) wanted to be a leader in class, Bebop stepped up, into a position he didn't necessarily want to be in. In doing this he rose to the occasion, and his determination has pushed him forward while inspiring his classmates.

Bebop accepted his Coast Capital Leadership Award on April 28, and he is set to graduate later this month. After earning his Red Seal, Bebop hopes to run a food truck and *alhteláwtxw* (restaurant) — he's doing the *syó:ys* (work) now, getting his hours and finishing his education so he can build his life and fulfill his dreams.



Congratulations, Bebop!

Seabird treasures Members like you who strive for excellence while bringing others with you.

We wish you all the best as you continue on this journey!



- Aishah F. Khan, Journalist & Editor
Communications

st'eq'á:l - wing

alhteláwtxw - restaurant



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.

4 REFERENDUM MEETING RESULTS

ELECTION CODE

Feedback:

The nomination process should be clearer about who can make a nomination, including the age requirement of a nominator.

stl'í - needs

Response:

Under the current Code, each nominee must be nominated by two eligible voters. An eligible voter is a Sq'ewqel Member who is at least eighteen (18) years of age on the day of the election and is not disqualified from participating in an election. This means that anyone who is eligible to vote is also eligible to act as a nominator.

xe'ó:thel - four

As part of the planned amendments to the Code, the Election Code Review Committee will make the nomination requirements, including age, more explicit in the nomination sections to improve clarity and understanding.

THE ORIGIN OF SALMON AND FIRE

Long ago, at the beginning of the world, there was no salmon and no fire. The animals gathered together to talk about how to survive. Without fire, the world was cold and dark. They decided that someone must go and bring fire back for everyone. The animals chose Beaver and Woodpecker, because both were clever and quick.

At that time, fire belonged to the chief of the sockeye salmon, who lived far to the west. Together, Beaver traveled through the water and Woodpecker flew through the sky. When they reached the salmon people's village, Woodpecker flew ahead to look around. He saw two houses standing on opposite sides of a pond where the salmon people gathered their drinking water. He returned and told Beaver everything he had seen. Together, they made a plan.

Beaver dug a tunnel from the pond straight into the salmon chief's house. When he finished, he laid down beside the water and pretended to be dead. Soon, the chief's daughter came out to collect water. When she saw Beaver lying there, she ran back to call the others. The salmon people came and stood around him, arguing about whether he was truly dead.

"Beaver is very clever," said one. "I don't believe he is dead. He must want something from us."

Another said, "With his hands and feet, Beaver blocks our rivers and traps us. He is dangerous. I don't trust him."

But the Spring Salmon said, "Don't you see? He is dead."

They poked him and tickled him, but Beaver did not move. Thinking he was dead, they carried him into the house, planning to skin him. At that very moment, Woodpecker appeared outside the house and landed beside the pond. When the salmon people saw him, they rushed outside, trying to catch him. As soon as the house was empty, Beaver opened one eye. When he saw he was alone, he leapt up, grabbed the fire, and took the youngest daughter of the salmon chief, who was lying in a cradle. He fled through the tunnel he had dug, while Woodpecker flew away at the same time.

As they traveled east, Beaver and Woodpecker stopped along the rivers. From the cradle, they took cedar bark and threw it into the water. Wherever the cedar bark touched the river, salmon appeared in great numbers. At Semiahmoo, salmon came. At Pitt River, salmon came. When they reached Yale, they threw the cradle with the child into the river below the rapids. That is why so many salmon still gather there today.

Beaver did not give the fire to the people. He gave it to the ghosts instead. The people still did not have the skills needed to make fire. The animals sent Mink, the trickster, to get it. Mink borrowed his grandmother's knife and hid it under his cloak. He traveled to the house of the ghosts and watched them dance around two fires. When the dancing ended, the ghosts prepared to wash.

Mink said, "Stay here. I will bring the water."

As he passed the first fire, he pretended to stumble and poured water over it, putting it out. He apologized and went back for more water. When he returned and passed the second fire, he spilled the water again, and the house went dark. In the darkness, Mink cut off the chief ghost's head, sprinkled dust on the neck so it would not bleed, and ran away. By the time the ghosts relit their fire, they discovered what had happened. The chief's mother said, "Follow Mink tomorrow and buy the head back from him."

Mink had prepared for this. He built ten houses and wore ten different sets of clothing. Each time the ghosts looked, he appeared in a different place, so they believed many people lived there. They offered cloaks, then weapons, but Mink refused them all. The ghosts cried in their sadness, and their tears fell as rain. Finally, they offered the fire drill. This time, Mink agreed. The head was returned, and the people received fire.

And since that time, people have known how to make fire, and salmon have lived in the rivers.



- Original legend documented by
Franz Boas
Re-written for readability.

WELCOMING CHIEF SIYOSEMOT MAGGIE PETTIS: SQ'ÉWQEL'S FIRST FEMALE CHIEF

Chief Maggie Pettis is already known to many as a visionary and leader at Sq'Éwqel. Her given traditional name is Siyosemot, which translates to “a busy leader,” or refers to someone who is always participating in community.

Maggie began serving Seabird 30 years ago, from 1995-2011. She also worked as our Community Health Representative for 40 years — Maggie was simply at rest for a short time, and her devotion to building a better future is shining once again, lighting the way forward.

Maggie's Vision

On Council, Maggie tirelessly worked to make Seabird safer and stronger. She was instrumental in advancing education, family wellbeing, and justice, and as chief, she plans to continue this work.

Once, she dreamed of bringing Sq'Éwqel's children back home to gain their education. Meeting this milestone years ago doesn't mean that Maggie's done, though — now, she's building upon this legacy, and hopes to enhance the traditional teachings offered at Lalme'Iwesawtexw (Seabird Community School). She also wants to collaborate more closely with parents, Elders and Knowledge Keepers to do everything possible to augment the school's cultural curriculum.

Maggie will also show up for families, working to shape a system that empowers parents and children, keeps children close to family and in community, and prevents ruptured families.

Moving towards a better future also means tackling the damage done to the community through the justice system. Maggie sees culture as the key: bringing it back to the hearts and minds of Sq'Éwqel's people is how we will grow healthier individually and as one.

Overall, Maggie champions the healing and growth of her community. She hopes Members will walk beside her,

using their power to influence good change for their people. For example, she'd like to oversee Community Strategy Planning sessions led by Members, inspiring others and proudly taking responsibility for their community's future and wellbeing.

Taking Responsibility Together

Maggie wants everyone to commit to responsibility as one. As Chief, this means providing timely and relevant updates to the community, being more informative at community gatherings, being more upfront about finances, and responding to all letters and emails sent to Council. Chief Maggie wants to fill the gaps so nothing is left behind.

Chief Maggie welcomes her new duties with open arms, knowing that no decisions are hers alone to make. She's ready to join in a spirit of teamwork with Councillors and Members to achieve progress for all.

A Yewá:l (First) for Sq'Éwqel

This election marks another new beginning at Seabird: the community has chosen our first female chief. Maggie accepts the honour, understanding how important women are in their communities. This milestone will have impacts for generations, and will be remembered as a time when history was made at Sq'Éwqel.

“I believe women are the foundation of leadership, especially when it comes to family, raising children and healing our community,” Maggie said. “It will be challenging, as women must work harder to prove themselves.” She is ready to face this challenge, knowing it will inspire other women and young girls to see themselves as powerful leaders.

Chief Maggie has a unique perspective, having served on Council, worked for Seabird and been on the other side of leadership as a Member for several years. She thanks previous Chief Jim Harris and departing Councillors for their good work, and is ready to take



it from here with the support of her people.

A message from Chief Siyosemot Maggie Pettis:

I want transparency, community involvement, and better communication.

I would like our members to feel welcomed, appreciated with honour and respected, as we are all equals.

Being treated well will allow us to make positive decisions and directly influence change for our members, and make seabird a better place for our future generations.

Our members are hoping for change made with compassion and love: we are the custodians of tradition and culture.

We need better conflict resolution.

We need to improve social welfare and community development.

We need to communicate the community vision and collaborate with members.

We need to listen.

We need to promote good health.

We need to look forward and work together to build a better future for generations to come.

Congratulations Chief Siyosemot Maggie Pettis!

Sq'Éwqel is proud to stand behind you and work as one to make our community stronger and healthier as we walk into the future.

- Aishah F. Khan, Journalist & Editor
Communications



February 2026 Housing WaitList

1 Bedroom	
1	09092025-7198
2	11212025-7209
3	11272018-5024
4	24122025-7207
5	24122025-7207
6	01132025-7167
7	06172019-5037
8	03042025-7170
9	11082023-7128
10	
11	
12	
13	

2 Bedroom	
1	12102018-6014
2	06172019-5037
3	11272018-5024
4	11022020-5051
5	08092024-7157
6	12182018-5014
7	04072025-7178
8	01132025-7163
9	08112023-7112
10	04112025-7174
11	07302025-7190
12	10062025-7200
13	10182023-7116
14	11212025-7209
15	23122025-7205
16	24122025-7206
17	24122025-7207
18	24122025-7208
19	01122026-7216
20	01132025-7167
21	03022026-7217
22	
23	
24	
25	
26	
27	

3 Bedroom	
1	12192012-3076
2	02082013-3084
3	12102018-6014
4	11022020-5051
5	12232020-7057
6	01092020-6000
7	11182020-7053
8	11272018-5024
9	08202019-7034
10	10182023-7116
11	12142023-7132
12	07032023-7102
13	08092024-7157
14	12182018-5014
15	01132025-7163
16	04072025-7178
17	06102025-7201
18	07292025-7179
19	07302025-7190
20	08162025-7193
21	12052025-7211
22	12092025-7210
23	01032018-5012
24	12232025-7204
25	12232025-7205
26	12242025-7207
27	24122025-7206
28	12242025-7208
29	12302025-7213
30	01152024-7142
31	11052025-7202
32	01122026-7216
33	06172019-5037
34	09022025-7196
35	09012025-7195
36	
37	

3 Bedroom	
36	
37	
38	
39	

Simple Home Care:

- Clean your gutters at least twice a year
- Vacuum window and door tracks regularly and wipe them out
- Vacuum carpets at least twice a week to reduce allergies and sneezing
- Sweep and mop floors twice a week using soap and water; scrub, then rinse with a damp mop, soaking up excess liquid
- Wash your counters before and after food preparation
- Wipe your table before meals Change and wash bed sheets twice a week; using top and bottom sheets helps keep your mattress and blankets cleaner
- Wash blankets every couple of weeks
- Vacuum your mattress weekly to reduce dust mites

- Dust walls, end tables, and knick knacks weekly with a dry or damp cloth
- Spray outside around doors and windows (while closed) with spider spray at night to reduce spiders
- Knock down spider webs regularly with a broom
- Keep plants, trees, and shrubs planted 10–20 feet away from the house
- Mow your lawn weekly to keep blackberries, weeds, mice, and rats away from your home
- Tidy as you go, bring your dirty dishes to the kitchen every day
- Wash your dishes every night
- Make your bed every morning (tidy your blankets flat)
- Share the chores – everybody in the family can help, from the toddlers – Youth – adults – Elders. When you work together, everything is easier.

LAND-BASED LEARNING AT FISHTRAP



At the beginning of May, Lalme’Iwesawtexw (Seabird Community School) students got back out on the land to discover more about how they can contribute to the health of their community and environment.

Grade 7 students helped Sq’ewqel’s biologists trim canary *th’axth’axey* (reed-grass) at Fishtrap Channel as part of invasive species management at the site. This work supports the trees and plants that were planted in the fall with student help, as well as those planted the previous year by Seabird’s Inter-Government Affairs department (IGA) and DFO staff, by allowing them time and space to flourish.

Reed canary grass can quickly crowd out young plants, limiting their access to

sxelxéles te syó:qwem (rays of sunlight) as they compete aggressively for limited nutrients. By cutting back the grass around each young seedling, students were instrumental in securing the healthier vegetation better access to water, sunlight and room to *ts’isem* (grow).

The students also practiced identifying indicators of a healthy ecosystem as a biologist would. They observed and counted *sth’ekw’* (insects), an important food source for many species, noted birds’ behaviours, and identified and recorded key habitat features at the site.

***sxelxéles te syó:qwem* - rays of sunlight**

Learning about the land they live on is one thing, but it’s much more powerful for students to be there, feeling the earth, seeing the differences they can make, and directly connecting to the ground beneath them. As Lalme’Iwesawtexw continues to develop its land-based learning model, a new generation will grow strongly beside the natural world surrounding them, and a new era of stewardship will blossom at Sq’ewqel.



- Submitted by
Nicole Kaminski and Amy Vander Wyk,
Junior Biologists

***th’axth’axey* - reed-grass**

***ts’isem* - grow**

LAND-BASED LEARNING: STAFF TRAINING

Land-based learning isn't just for children and Youth. Sq'ewqel hosts regular training for staff to educate them about our history and culture, taking them to meaningful places in the community and throughout Stó:lō territory, inviting Knowledge Keepers and community *Siyelyólexwe* (Elders) to share important teachings.



Kw'ás hó:y - thank you

In April, historian Keith Thor Carlson joined the training and told stories about Sq'ewqel's journey as a First Nation, going all the way back to pre-contact with settlers, the scourge of disease that befell the ancient people, how Seabird formed and how our culture has persisted despite the many attempts made to break it.

On the tour Keith identified landmarks along the way; at Seabird, we stopped at Sqémelech (Maria Slough), learning of how the surrounding mountains were once a barrier from invading nations. In Hope, we stopped at the Telte-Yet Camp Site, where we saw a

sxexákw' - canyon

sqémél - pit-house

semi-preserved *sqémél* (pit-house) and heard grave stories about the Americans who swarmed BC in the 1800s, stealing not only gold but young Stó:lō boys.

An ancestral fish camp in Puchí:l (Yale) was the final stop. We stood atop a cliff looking down into the *sxexákw'* (canyon) as Keith explained how this place was a major hub for our peoples, as it was where nations congregated: food was caught, connections and trades were made, marriages were arranged.

These trainings provide a culturally relevant background about Seabird, especially for non-Indigenous and non-Member staff. Learning our story while standing upon the *tém:éxw* (land) where it happened is a powerful way to connect to impacts of these events.

Understanding the complexity of Seabird's history and identity is crucial for achieving our long-term goals, and these training sessions give everyone the tools and context needed meet the needs of Sq'ewqel's people in a good, relevant way. It is how we can ensure that those who serve our community are in alignment, prepared to walk beside us now and into the future.

Working in unity is the muscle to Sq'ewqel's mission; together, we can empower the community and build collective strength whether we are Members, visitors or staff.

Kw'ás hó:y (thank you) to all who share these valuable lessons.

- Aishah F. Khan, Journalist & Editor
Communications

tém:éxw - land

ONE RIDE CAN CHANGE EVERYTHING

There are some lessons that are uncomfortable to hear, but too important to ignore.

tskwí:mv - red



At Sq'ewqel's Red Dress Day presentation, Elder Lyn shared stories that shook the room into silence. These weren't just stories from the past; they were warnings, meant to protect the next generation.

"This has been happening from the 1950s right up until 2025... and it's still going on," she said.

For many, hitchhiking or accepting a ride from someone might not seem like a dangerous choice. It can feel like a quick solution; getting home faster, saving time, or avoiding being alone. But as Lyn made painfully clear, that one decision can carry consequences that last a lifetime, or possibly end one.

She spoke about her own mother, a woman who trusted her instincts and still became a victim.

Stories like hers are not isolated. Lyn described some young women, as young as 15, who were simply trying to find safety, get home, or reconnect with family.

lépetsel - get a ride

"She was only 15 years old... trying to find her mom."

That young girl never made it home.

Hitchhiking takes away your control. You don't know the driver, their intentions, or where you may end up. What feels like help in one moment can quickly become danger in the next.

This dire message isn't meant to cause fear; it's meant to create awareness.

Protecting yourself often comes down to small but powerful choices:

- Avoid getting into vehicles with strangers, no matter how safe it may seem.
- Stay connected to people you trust, share your location, tell someone where you're going, and check in along the way.
- Walking with friends or in groups can significantly reduce risk, especially at night.

And most importantly, listen to your instincts. If something feels wrong, it probably is.

Asking for help is not a weakness; it's a life-saving action.

"When you're asking for help, you should be able to get help," Lyn said.

If you ever feel unsafe, reach out. Call someone you trust, go into a public place, or contact emergency services. There are people who care and who will respond.

Lyn emphasized that this issue is not something confined to the past.

"There's still plenty... missing and murdered. So, we need to be more active."

Her words remind us that safety is not something to take for granted, it's something we must actively protect, every day, through our choices.

She closed with a message rooted in compassion and purpose:

"This is my way of trying to let her know that somebody cares. I care."

And now, that message extends to every young girl and woman listening, reading, scrolling.

Care about yourself.

Care about your friends.

Think before you take risks.

Speak up when something isn't right.

Because one decision — one ride — can change everything.



If you need someone to talk to:

Fraser Health crisis line:
604-951-8855 or
1-877-820-7444 (toll-free)
Emotional crisis support, 24 hours a day,
seven days a week.

Government of Canada:

If you are affected by the issue of missing and murdered Indigenous women, girls and 2SLGBTQI+ people and need immediate emotional assistance, call **1-844-413-6649**.

Salal Sexual Violence Support Centre:

Provides free and confidential 24-hour crisis assistance, emotional support, and information. Available for women and transgender, nonbinary, Two-Spirit, and gender diverse people over the age of 14 who have had an experience of sexual violence. It is available to their friends and family, friends and families of MMIWG2S, educators, anti-violence workers, community practitioners, or anyone with a desire to learn more

about sexualized violence.

Email: admin@salalsvsc.ca,
Crisis (24 hour): **604-255-6344**,
Phone 2: **1-877-392-7583**,
Salal Connect (Text): **604-245-2425**,
www.salalsvsc.ca/immediate-support

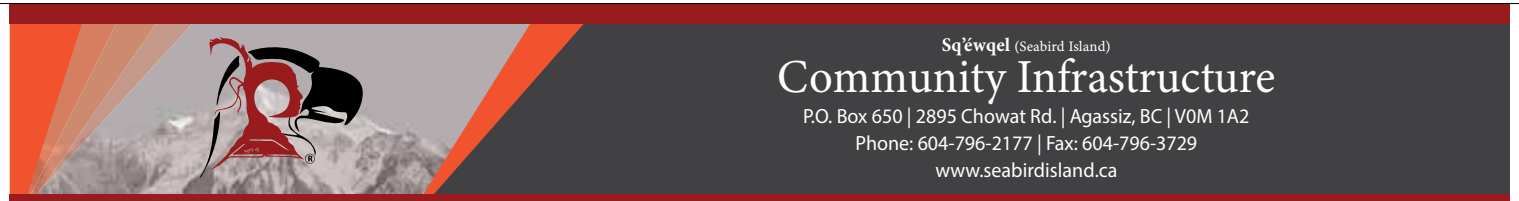


- Krystal McLatchy,
Communications

June 1, 2026

**Trust Cheques
for Band Members
who turned 18 between
Jan 1 and Jun 1, 2026.**

Available for pick-up in the
Band Office Lobby
from 8:00 AM - 4:00 PM



May 7, 2026

RENOVATIONS HAVE BEGUN THIS MONTH!

Estimated: May 2026 - November 2027
Seabird Island - Community

The time has arrived! The Capital Project Team are starting renovations for 50+ families (on reno list only).
The estimated timespan for this work is between May 2026 to November 2027.

We have started on four homes throughout our community.

Our team is also working with four families on **Alexis Drive**, preparing for their reno's.

For most of the renovations, families will be moving into one of the **Temporary Housing Unit**; these homes are currently located on **Sth,I;Tsem Road** and **Pipeho:M Road**. As this is a lengthy project, our team will **reach out to you approximately 2 months prior to the time your renovation** will begin to assist in the pre-planning of the renovation process.

If you have any questions, please contact us at:
info.isc@seabirdisland.ca • 604-796-2177

YOU COME FIRST



Patterns of abuse and violence hurt everyone, including the families of those who are victimized or survivors. Women and girls are most likely to be abused and murdered by people who are known to them, including their family members and romantic partners. It's everyone's duty to work together and fight this tragic reality, and while we must collectively value our women more and treat them better, women and girls must harness their power, see their worth and put themselves first.

Sometimes, it can feel like no one cares and no one will be there for you. Maybe you feel like people won't believe you, or you'll make a mess in a family or community, so instead of speaking up

slhellhá:lí - women

lema'á:ls - kicking

when you feel something's wrong, you stay silent and let the pain take over.

The truth is, when you don't put yourself first, you put yourself in danger. Even though it can seem like there's no way out, please know that there's always a different, better life on the other side — you just need to choose yourself.

Red Flags

Identifying red flags in relationships isn't always easy. Often, people hide their true colours until they feel like someone has become emotionally attached or dependent on them.

Even so, there are signs you can look for:

- **Control:** If your partner tries to control your actions, including where you go, who your friends are, who you're allowed to see, if you're allowed to work or go to school etc., if they monitor your whereabouts

or if they make you feel so guilty and stressed every time you do something they don't like, it's an indication that they don't respect you.

- **Isolation:** If someone makes you spend all your time alone or with them, and doesn't let you see friends or family, it limits your support network.
- **Emotional manipulation:** Downplaying your feelings, acting like they don't know what you're talking about when you're trying to resolve a conflict, and even stonewalling until you give in is manipulative. More telling signs include someone saying they'll hurt themselves, you, or someone else, like a child or pet, to control you, or using intimidation like yelling or physical aggression (even if they're not physically hurting you, breaking/kicking/punching things can escalate).

- **Verbal abuse:** Insulting, demeaning, belittling and name calling are sure signs that someone doesn't respect you.
- **Financial control:** If someone controls your finances or withholds financial support for you, your children/pets etc. unless you give them what they want, they have power over you.

These can take place in many different relationships, but they're most common in romantic partnerships and disproportionately impact women.

Witnessing behaviours normalizes them; children seeing abuse happen are not only vulnerable, but they learn harmful patterns. If they see someone being abused, but stay silent and protect the abuser, they will learn to do the same, and be less likely to protect

themselves if they are in abusive situations both as children and later in life.

When you are in an abusive situation, getting out and choosing yourself can seem impossible, and it can seem like the better option is to just stay and deal with the way things are. To break the pattern, to protect all other women, girls and yourself, is difficult, but possible.

Keep your friends and loved ones close. These relationships can save you one day.

Independence is powerful. When you have education, skills, and access to your own money, and even your own car, you control what you do, no one else.

Reach out when you need support.

ilóléts'è - alone

Seabird has a Women's Empowerment Drop-In group, but if you need immediate support contact loved ones, even if they're far away. Contact crisis lines or the RCMP if you're in danger.

If you need someone to talk to:

Fraser Health crisis line:

604-951-8855 or

1-877-820-7444 (toll-free)

Emotional crisis support, 24 hours a day, seven days a week.

Email: admin@salalsvsc.ca,

Crisis (24 hour): **604-255-6344**,

Phone 2: **1-877-392-7583**,

Salal Connect (Text): **604-245-2425**,

www.salalsvsc.ca/immediate-support

Thoughts of suicide Call or Text: 988

- Aishah F. Khan, Journalist & Editor
Communications



Celebrating Seabird Island Festival

Have questions about FortisBC's current and upcoming projects on Seabird Island? Come by and visit our community engagement team at the FortisBC booth on May 30th, 2026 at the Seabird Island Festival from 10 a.m. to 5 p.m.

Connect with us @fortisbc



NEW TRADITIONS: SQ'ÉWQEL'S FIRST YOUTH RETREAT

Sq'Éwqel hosted our very first Youth Retreat this past April. We invited our Youth, their families and neighbouring communities to come together at Manning Park Resort for a *t'óqw'tem* (weekend) of fun, cultural connection and the space to make lasting memories.



The retreat kicked off on Friday evening. After buses and cars arrived, Youth and chaperones enjoyed a delicious buffet dinner opened with traditional *q'ewétem* (drumming). Then, Seabird staff and retreat organizers assigned Youth and chaperones to cabins where they settled in before the weekend's activities began.

Later that evening, everyone gathered for discussion periods with featured guests Snotty Nose Rez Kids and Notorious Cree.



Saturday: Activities

Saturday *látelh* (morning) began with breakfast before Youth went to their chosen activities. On a tranquil walk by the river, they were guided to a viewpoint in the forest. Along the way,

a traditional *skwúkwelestéleq* (teacher) told them about various plants Stó:lō people used for thousands of years and still hold a sacred knowledge of.

The Youth also attended weaving classes held by Ashley and Kurt from Th'ó:kws te *Spá:th* (Seven Bears), Bannock making with Elders, Halq'eméylem lessons, and drumming circles with Dominic, one of Seabird's Traditional Wellness Specialists.

In the afternoon, there was a healthy sleep workshop and yoga, jiu jitsu and hip-hop lessons. Youth popped and locked, mastered martial arts and soothed their souls, and smiles could be seen on faces in every direction. Everyone participated, including parents, staff and chaperones.

All were in *chíchelh* (high) spirits on that lighthearted afternoon as they tested themselves, laughed out loud and made countless memories. The Youth truly enjoyed the chance to rise to new challenges and share the experience with community.

Saturday Evening: Coastal Jam

In the evening, dinner was followed by a Coastal Jam. Youth and volunteers donned regalia and represented their communities in dance, song, the beat of drums and the proud expression of culture.

The weekend was a massive success; Youth explored different things, connected with friends new and old, and practised their culture in a safe, healthy way.

The Youth Retreat was made possible with dedication from Sq'Éwqel's leadership, our Children, Youth and Family Services team, staff and community volunteers, chaperones and, of course, our Youth.

We thank you all for make this special event possible, and hold our hands up to the good work being done throughout Seabird to promote the happiness and wellbeing of our Youth — our future.

- Aishah F. Khan, Journalist & Editor
Communications

INSPIRATIONAL MOMENTS: SNOTTY NOSE REZ KIDS & NOTORIOUS CREE

st'elt'ilem - songs



On Friday evening, everyone gathered for a discussion with the Snotty Nose Rez Kids, an Indigenous rap duo from Kitamaat Village.

Darren and Quinton, SNRK rappers, spoke sincerely to the Youth, answering questions about their careers and personal lives. They spoke with heart and humility, conveying overarching messages of self love, self respect, and respect for others. They pushed Youth to nurture their passions and have sey'álwes (courage). This was how SNRK came to be — Darren and Quinton were writers, poets and storytellers. Through the years they refined those skills, and eventually SNRK became what it is today.

SNRK discussed experiences with therapy, the hardships of being artists, the impossible decisions they had to make. They constantly strive for growth, and said that the dedication they have for their talents, community and loved ones pushes them to be better than their best yet.



Despite the fame, things go wrong, st'elt'ilem (songs) don't do as well as they hope...but no matter what, leaning on community is what gets SNRK through, and can help get Youth through too. "Even if things go wrong, there's no losses, just lessons," Darren said.

Connection to culture and roots is the lifeblood of health and happiness. SNRK proudly show off their identities and communities, and encouraged Youth to do the same. The name "Snotty Nose Rez Kids" describes who SNRK are with out shame: "There's so much beauty in being a rez kid," they said.

Throughout the discussion, alíiyem (laughter) filled the room as Quinton played Rock, Paper, Scissors with the kids, getting bested by a Youth (even though he claimed to be unbeaten). His own young daughter frequently brought smiles to the crowd as she wandered around the stage area, causing Quinton to trip over her and babbling adorably into the mic.

Before finishing up to sign some autographs and take photos, the duo reminded everyone how valuable tselhsq'áleq'o (family) is. The work they do isn't just about them — it's for their children, the next generation. Nurturing syéxcha (gifts) in and for community rather than alone is how to truly flourish, and how SNRK discovered meaningful success as rappers.

"These events mean more than sold out shows," said Quinton. "This," he continued, gesturing to the audience, "giving back to our communities, inspiring you, is why we do it."

Darren and Quinton spent the rest of their time signing shirts, taking photos and connecting with Youth, staying long past their scheduled departure. They were on tour and headed to Whistler that same night, but SNRK stayed to honour what's truly important: Youth, community and spreading good.

st'elt'ilem - songs



Notorious Cree

The evening wasn't yet over, and Youth started drumming while waiting for the next guest. When he arrived, Notorious Cree (a.k.a. James Jones) bore a wide smile, remarking how walking into a room filled with the song of *q'ewq'ewét* (drums) was just like being home.

Notorious Cree is an Indigenous influencer from Tallcree First Nation in Alberta. He has over a million followers on Instagram and was named one of TIME's 100 Most Influential Creators of 2025, but you wouldn't know it by talking to him. James was friendly, speaking earnestly to the Youth and peppering his performance with dad jokes, beatboxing riffs on his *pó:tem* (flute) and sharing heartfelt stories from his younger days.

As a teenager living in Edmonton, James felt hollow, severed from his *sqwelqwéltel* (language) and people. As he grew more disconnected from himself, James moved closer to drugs, drinking and gang life.

pó:tem - flute

Discovering cultural dance offered him a lifeline. James had a choice: he could spend his summer touring powwows with a friend, who would only lend him his *lewómet* (dance costume/regalia) if he quit his vices, or he could lose himself further in a world where there was nothing for him. At that moment when he was 16, James vowed never to touch those things again, and has since been sober, healthy and culturally alive.

Turning to tradition didn't only send James on a journey to success, it healed the pains that drugs and *lám* (alcohol) were supposed to dull. Dealing with racism, mental health struggles like anxiety, and loneliness only got harder when he used. When he stopped, his panic attacks and dark feelings began to fade as good feelings pushed their way through, where they now remain strongly rooted in the front of his mind.

James's performance was moving, yet fun. He hosted a "dance cypher," where volunteers must dance to mystery songs, seeing where the music takes them. Four Youth participated, and the crowd cheered as they danced, adapting traditional motions to the random rhythms.

lewómet - dance costume/regalia

James also performed a traditional hoop dance; with the lights dimmed, the glimmering hoops swept fluidly through the air, mirroring ancient movements.



Before he wrapped up, James invited everyone to join hands in a circle dance. The *leletám* (tables) emptied as Youth, staff, chaperones and Seabird leaders stood linked arm in arm, enclosing the room as all swayed as one.

James acted more like an inspiring older *te alex* (brother) or uncle than a famous influencer. He hyped up Youth as they danced, professed the darkness he's been through, and passed along words of *télmel* (wisdom).



We won't soon forget Notorious Cree's lessons: how connecting with the world around him, making good choices and embracing culture healed him, and allowed him to grow in the right direction.

- Aishah F. Khan, Journalist & Editor
Communications



Friday May 8, 2026

FIRE BAN

Coastal Fire Centre

All burning activities will be prohibited throughout the Coastal Fire Centre's jurisdiction:
May 8, 2026 – October 31, 2026
 or until the order is rescinded

This prohibition does not apply to:
 Cooking stoves that use gas, propane, or briquettes
 Portable campfire devices using briquettes, liquid fuel, or gaseous fuel (CSA/ULC approved)

DID YOU KNOW: Fire Fines in Coastal BC are **\$1150.00** for each person sitting at the fire.

Ceremonial fires are permitted, but you must consult with the Band and the Fire Department beforehand so we can complete an area assessment and provide extinguishers and other necessary safety measures.

All BC Wildfire Service burning prohibitions take priority. For the latest updates, follow the BC Wildfire Service Facebook page. The following activities and materials are also prohibited: fireworks, binary exploding targets, and burn barrels.

For more details and a full list of prohibited activities, and restrictions please visit:
<https://www2.gov.bc.ca/gov/content/safety/wildfire-status/prevention/fire-bans-and-restrictions>



Caution: High Stream-flow Advisory

Safety along river as it rises with freshet

Watch for rapidly rising river levels. Being near these riverbanks, creeks and fast-flowing bodies of water can be very dangerous:

- Stay clear of fast-flowing rivers and potentially unstable riverbanks
- Avoid recreational activities such as fishing, swimming, boating or hiking near high stream-flow rivers or streams
- Remember, high stream-flow can easily trap strong swimmers, increasing risk of drowning

During a High Stream-flow Advisory, conditions can change quickly. Understand the risks and get prepared by visiting www.PreparedBC/floods

Avoid driving through water!

Avoid the water's edge.

Conditions can change Quickly!

Water Banks may be unstable.

SAGE SUGGESTIONS

SEE YA, SPRING

Temkw'okw'es (summer) swept in with a fury this year, pushing spring's feeble attempts aside with a burst of blistering heat. Although the land is blooming with life, we didn't get enough *slhém:exw* (rain). It may feel like the middle of August some days, but the rest of the earth hasn't caught up.

Watch out when you're near the water; the rivers, *xó:letsa* (lakes) and creeks haven't had time to warm up. Cold plunges are rejuvenating and quite tempting these days, but don't stay in too long if the water feels too frigid.

A *héyeqw* (fire) ban has already been put in place in the Fraser Valley. The ban includes category 1, 2 and 3 fires, which includes campfires and larger open fires. Even if some rain falls, it's not enough to dampen the damage done by rogue flames and intense heat.

Keep yourself sun safe. The sun is strong, and a *yéqw* (burn) can happen in a matter of minutes. Wear sunscreen, a hat, protect your skin by wearing cool layers and staying in the shade, and drink lots of water.

Temperatures soared this past month, marking a record-breaking spring in

Temkw'okw'es - summer

BC. Abbotsford saw temps 10°C above normal, this fire ban is the earliest we've had since 2022, and 10 wildfires started on the first weekend in May, including at Chehalis Lake and Qeltós *xótsa* (Cultus Lake).

Hopefully the heatwave breaks, but in the meantime take care of yourself, your community and try to soak up some sun as we wait to welcome the rain.



- Aishah F. Khan, Journalist & Editor
Communications

FIRE-SAFE YOUR SPACE

With the heightened fire risks this spring, it's a good time to clean your yard and take other steps to keep your home and loved ones safe.

1. Move Combustibles at least 10m from your house. This includes firewood, propane tanks, patio furniture, toys, and anything else that can easily ignite during a wildfire.
2. Mow the lawn. Grass shorter than 10cm is likely to burn intensely. If possible, keep your lawn well hydrated, as dry grass is more flammable.
3. Trim the trees. Limbs at least 2m above ground prevents ground fires from climbing trees, which can bring flames and embers to your home.
4. Clear up debris. Remove dead leaves, branches, dry twigs and grass, garbage and other brush from your lawn to ensure it's fire-resistant.
5. Clean the gutters. Clogged gutters provide excellent kindling for

wildfires. Clean your gutters regularly, or consider screening them with metal mesh to prevent debris from accumulating.

Learn how you can protect your home and support your community at firesmartbc.ca.

Stay safe!



- Aishah F. Khan, Journalist & Editor
Communications

WATER CONSERVATION & COMMUNITY AWARENESS

As the weather warms up, we encourage everyone to help conserve water whenever possible. Small changes make a big difference, especially during hot, dry periods.

Outdoor Water Use

Watering Schedule — Please water outdoor plants, gardens, trees, and lawns only between 6–10 AM or 7–9 PM.

Watering during the hottest part of the day can cause plants to burn and reduces water efficiency.

xó:letsa - lakes

Kiddie Pool Care — Fill kiddie pools once a week. Place a mat outside the pool and have kids wipe their feet before entering to keep the water cleaner longer, reducing the need for refills.

Large Pool Maintenance — Larger pools should only need to be filled once if chlorine and proper cleaning agents are used. Remember to mop or brush the bottom of the pool every couple of days to maintain water quality.

Community Water System Reminder

Residents connected to the community water system are asked to use water wisely. Our water tower holds 883,000 gallons, and Seabird uses an average of 300,000 gallons per day.

During hot weather, the risk of small water emergencies and fires increases. In the event of an emergency, we must maintain at least three days' worth of water in the reservoir to ensure repairs can be made safely and effectively. Your efforts to conserve water help protect the entire community.

Public Works Fields

The Public Works soccer fields operate on their own well system, supplied by the river and underground aquifers. This water is not connected to the

community water tower. Because of this, the fields are **NOT** required to follow the same conservation guidelines, though responsible use is still encouraged.



-Sandra Bobb
Communications Supervisor

XAWSHXWYAM (NEW STAFF)

Meet Sq'ewqel's new Community Liaison! Ashley Armstrong

About Ashley:

Usi is Ashley Armstrong's traditional name. Ashley is the daughter of Edward Armstrong, and has lived at Seabird since the age of nine. Over the years, Ashley has worked in several roles within the community, including Elders College Coordinator, Income Assistance Administration, and Maternal Child Health. These roles granted her deep understanding of community programs and Member needs.

Fun Facts:

Seabird is Ashley's home, and she looks forward to connecting with more Community Members, building relationships and strengthening communication. Her goal is to help ensure that Band and Community Members feel heard, supported and informed while encouraging accountability across departments and timely follow-through on concerns.

Ashley is also the co-founder of Seven Bears, where she honours her creative side and makes valuable community contributions.

Ashley will be in the office two days a week, Tuesdays and Wednesdays, with phone access as needed.

As this role evolves, Ashley will be gathering feedback and will consider adapting her schedule to better meet community needs.

Purpose and Process:

The Community Liaison at Seabird Island plays a crucial role in addressing community concerns and ensuring accountability in service delivery. Key responsibilities include:

1. Acting as the first point of contact for Member concerns, ensuring their voices are heard and addressed with kindness and thoroughness.
2. Proactively engaging with the community through in-person meetings and providing tailored solutions to immediate and systemic concerns.
3. Documenting and following up on concerns, ensuring compliance with policies, and following best practices for complaint handling.
4. Collaborating with the Executive Council and management to offer actionable recommendations for improving processes and services based on community feedback.

móytel – to help each other



Ashley is happy to meet Community and Band Members where they're most comfortable, whether that be in their homes or in the office. She brings a lighthearted spirit and a strong sense of care to her work, is a safe and approachable person, and it has been her experience that many feel comfortable opening up to her. Ashley is committed to uplifting the voices of those who may not always feel heard.

Contact:

You can reach Ashley via :
cellphone: **604-316-7539** or
Email: ashley@seabirdisland.ca

qwa:l – to speak

iyá:q – change something

petám – to ask

INSPIRATION QUOTES:

“May your choices reflect your hopes, not your fears.”

— Nelson Mandela

“If you are not willing to risk the usual, you will have to settle for the ordinary.”

— Jim Rohn

“It’s only after you’ve stepped outside your comfort zone that you begin to change, grow, and transform.”

— Roy T. Bennett

MAY - TEM’ELÍLE

“Salmonberry time”

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.

JUNE - TEM’ELÍLE

“Salmonberry time”

Gemini

May 21 - June 20

Deer - h alqtéle

Direction: East

Element: Air **Stone:** Agate
Strengths: Adaptability, curiosity, and excellent communication skills. They are often lively, sociable, and intellectually driven. Curious and Inquisitive: Gemini is always eager to learn and explore new ideas.

COMIC



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

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HALQ’EMÉYLEM WORD SEARCH

Created by Shayleen Peters

- | | |
|---|--------------------------------|
| 1. Mothers day - Swáyels the tà:l | 11. Third - lhiyó:qwt |
| 2. Celebration - shxweq’epethets | 12. Trophy - syexcha |
| 3. Cherished - stl’ítl’el | 13. medal - q’éyq’xel |
| 4. Soccer - helme’als | 14. paddle - sq’émél |
| 5. War Canoe - xéyxówelh | 15. Skipper - xwqôwelh |
| 6. 11 man - epálôwes qas te léts’é | 16. bowmen - q’lhóleleq |
| 7. 6 man - t’xemó:wes | 17. defence - smimá:yt |
| 8. 2 man - islá:wes | 18. Forward - xwitsel |
| 9. First - yewá:l | 19. middle - st’qwíqst |
| 10. Second - stetís | 20. goalie - téqést |



DEADLINES

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

HAVE A STORY IDEA?

Contact: comm@seabirdisland.ca

LETTERS TO THE EDITOR

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

AGREEMENT/LEGAL

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

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

WE RESERVE THE RIGHT

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

COPYRIGHT

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

AVAILABILITY

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

CONTACT US

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

CREATED AND PRODUCED BY THE SIB COMMUNICATIONS TEAM:

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

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

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: May 28th & 29th

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 Brittani Fontaine LPN at 604-796-2177 or brittanif@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!

CAREERS AT SQ'ÉWQEL

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

CLINICAL HEALTH SERVICES

DIRECTOR OF CLINICAL HEALTH SERVICES

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

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

REGISTERED CLINICAL COUNSELLOR

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

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

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

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

qwalstexw

—
talking to someone
(intentionally)

COMMUNITY INFRASTRUCTURE

TENANT SERVICES COORDINATOR

The Tenant Services Coordinator provides culturally informed tenant management coordination overseeing move-ins and move outs, managing tenant relationships, and providing support with administrative paperwork, payments, grants, and funding applications. This role involves coordinating complex tenant issues, supporting equitable waitlist and allocation processes, and setting clear pathways for resolution in collaboration with tenants, staff, and community supports.

EARLY CHILDHOOD DEVELOPMENT

OUT OF SCHOOL CARE ASSISTANT

Working under the supervision of the Middle Years and Childcare Services Team Lead, the Assistant will actively instruct and participate in a variety of physical activities designed to engage students in fun, recreational experiences that support lifelong learning. In addition to promoting physical activity, the Assistant will help facilitate programs that encourage healthy eating, personal development, and overall wellness, while fostering positive relationships with children and families in the community.

This position works Monday - Friday, 2pm-5pm during the school year with the potential to have more hours during the summer program, pro-d days and school closures.

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.

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

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.

INTERMEDIATE TEACHER

The Teacher provides culturally informed instruction, assessment, and classroom management to students. This role involves preparing and delivering lessons in alignment with curriculum standards, fostering a supportive and engaging learning environment, and maintaining positive relationships with students, parents, and the broader community.

The Teacher will also engage in community relations activities to support student success and well-being, while participating in professional development and school meetings to ensure continuous growth and alignment with school policies and educational best practices.

This position has a start date of August 31st, 2026, and an end date of June 30th, 2027.

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.

leletám - tables

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.

FINANCE & ADMINISTRATION

GRANTS, PROPOSALS, AND STRATEGIC WRITER

The Grants, Proposals, and Strategic Writer will work collaboratively with various teams throughout the organization, assisting in finding grants or funding opportunities and ensuring successful implementation and reporting. The Grants, Proposals, and Strategic Writer provides function in the implementation of projects as directed including creating and managing proposals for projects and implementation of operational delivery models that will achieve optimal outcomes.

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.

thá:yest – to fix it up
eyém – strong

HEALTH & SOCIAL DEVELOPMENT

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.

ts'lhá:met – to hear it

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.

slhém:exw - rain

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