



SCHÁKWEL TL' SQ'ÉWQEL

(WHAT'S HAPPENING ON SEABIRD ISLAND)

SQ'ÉWQEL SCHEDULE

JULY 16-31, 2026

Event / Activity	Location	Time	RSVP / Pre-register	Contact	Program
Thursday, July 16					
Major Garbage Surrounding Community	Seabird	8:00 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health
Sacred Seed (Microsoft Teams App)	Online Microsoft Teams	1:00 PM - 3:00 PM	(Open to current and past MCH clients)	Hailey: 604-798-1378	MCH
Meals on Wheels				604-798-2936	Nutrition Team
Friday, July 17					
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention
Saturday, July 18					
Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Community Outing	Capilano Suspension Bridge Park	11:00 AM	YES CLOSED	Danielle Rigden 604-796-6854	ECE
Sunday, July 19					
Monday, July 20					
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Blueberry Picking	Cheam U-Pick Farm	11:00 AM - 1:00 PM	YES JULY 17	Brittani Fontaine 604-991-0818	
Wellbriety	STC	4:30 PM - 5:30 PM	NO		Mental Health
Basketball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Pickleball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Community Dinner	Mill Hall	6:00 PM		Randy Wheeler	Health
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation

Tuesday, July 21

Garbage Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Women's Fitness	SIB Gym	4:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Meals on Wheels				604-798-2936	Nutrition Team

Wednesday, July 22

Recycling Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Reiki	Doctor's Office	9:00 AM - 4:00 PM	YES	Doctor's Office	Health
Pride Fitness	SIB Gym	4:00 PM - 5:00 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation

Thursday, July 23

Optometry Clinic	Seabird Band Office	9:00 AM - 6:00 PM	YES	Brittani Fontaine 604-991-0818	Clinical Health
Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team

Friday, July 24

Optometry Clinic	Seabird Band Office	9:00 AM - 6:00 PM	YES	Brittani Fontaine 604-991-0818	Clinical Health
Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention

Saturday, July 25

Women's Fitness	SIB Gym	10:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
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Sunday, July 26

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Monday, July 27

Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Wellbriety	STC	4:30 PM - 5:30 PM	NO		Mental Health
Basketball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Pickleball	SIB Gym	5:30 PM - 6:30 PM		Robert McNeil-Bobb	Recreation
Community Dinner	Mill Hall	6:00 PM		Randy Wheeler	Health
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation

Tuesday, July 28

Garbage Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Women's Fitness	SIB Gym	4:00 PM - 6:00 PM		Robert McNeil-Bobb	Recreation
Meals on Wheels				604-798-2936	Nutrition Team

Wednesday, July 29

Recycling Day	Seabird	8:30 AM - 4:00 PM	N/A	604-796-7163	Infrastructure
Elders Fitness	SIB Gym	9:00 AM - 12:00 PM		Robert McNeil-Bobb	Recreation
Pride Fitness	SIB Gym	4:00 PM - 5:00 PM		Robert McNeil-Bobb	Recreation
Drop-in Soccer 16+	Field with Lights	7:00 PM - 9:00 PM		Robert McNeil-Bobb	Recreation

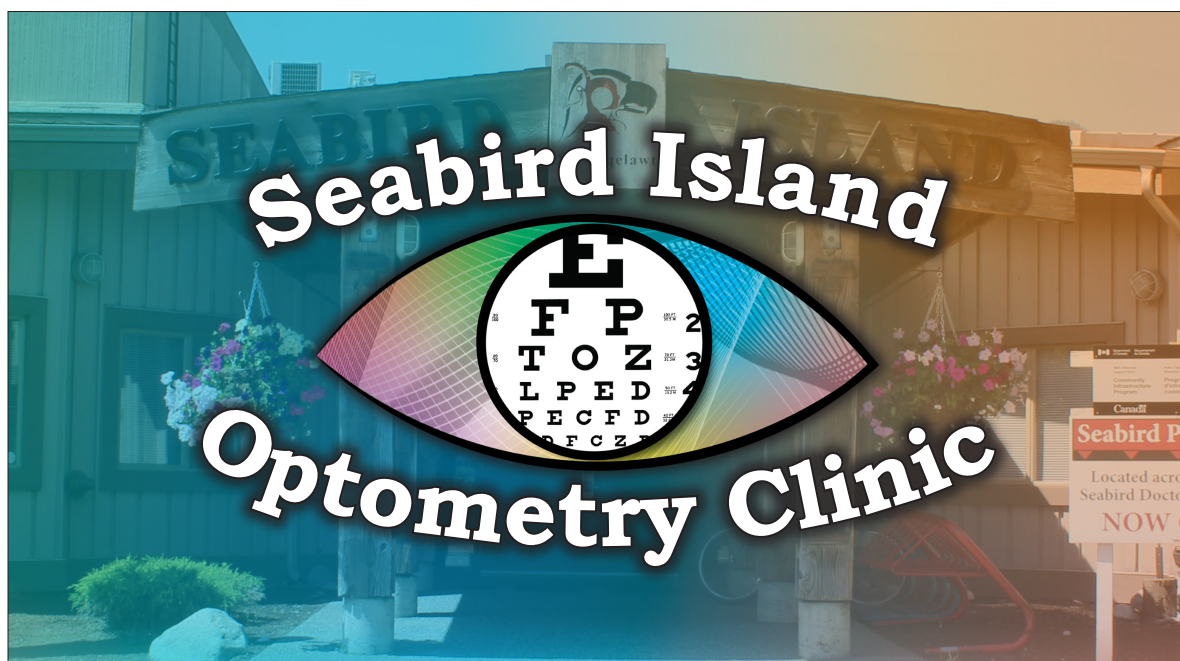
Thursday, July 30

Chair Exercise / Walking Program	Elders College	10:45 AM - 2:30 PM			Health
Meals on Wheels				604-798-2936	Nutrition Team

Friday, July 31

Women's Empowerment Group	Community Health Room	1:00 PM - 3:00 PM	NO	Wendy 604-793-8926	Resilience & Prevention
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Out of School Care (OOSC), 3:00 - 5:00 PM Weekdays with Megan Louis, 604-796-7184



Seabird Island
Optometry Clinic

Dates:
July 23 - 24, 2026

Time:
9:00 AM - 6:00 PM

Place:
Seabird Band Office
Elders Lounge

For an appointment please
contact your Community
Health Representative OR
Brittani Fontaine
Brittanif@seabirdisland.ca
604 - 991 - 0818

- Adults eligible once every 2 years
- 0 - 18 eligible once a year
- 65+ eligible once a year

Enter the Band Office through the main door.

- Although not necessary, masks are advised.
- Are you ill or feeling under the weather?
(Please reschedule your appointment.)

Your cooperation and understanding are greatly appreciated.





Seabird Island Lands Advisory Committee (LAC) - MEMBER POSITION OPENING

**Two committee member positions
are now open for application.**

Application Deadline: July 31, 2026.

The new term will run until 2028.

Eligibility Requirements

- Candidates must be Seabird Island Band Members.
- Must be available to attend monthly meetings, which may be scheduled during the day or evening.

Cultural Teachings

*Éy kws hákw'elestset te s'i:wes te siyólexwálh. Xaxastexw te mekw'stam.
Éwe chexw qelqelit te mekw'stam lóy kw'es li hokwex yexw lamexw kwú:t.
Sólh téméxw te íkw'élò xólhmet te mekw' stám ít kwelát.*

It is good to remember the teachings of our ancestors; Respect all things;
Do not waste, ruin, or destroy everything, only take what you need;
This is our land, we have to take care of everything that belongs to us.

Responsibilities of an effective Committee Member

Chief and Council are seeking passionate individuals to fill open positions on the Lands Advisory Committee (LAC). These individuals are required to be proactive in reviewing, assessing and anticipating the land's needs, and anticipating any changes that may affect the land needs of Seabird Island's Membership.

Application Process

Please submit the following to
lands@seabirdisland.ca

Email Title: LAC Member Application

- Letter of interest
- Resume and Cover letter
- Three (3) reference

Committee Focus

The LAC is currently working to improve the pre-application process for developments and permits, as well as reviewing band projects that may impact Seabird Island Lands. Seabird Island laws and processes are designed to support long-term planning, enhance land quality, promote sustainability, and guide development for the benefit of present and future generations.

