



SHOWING SQ'ÉWQEL'S COLOURS: COMMUNITY PRIDE DAY



Pride Day on July 10th at Sq'éwqel included meal and treat tickets, a pride swag bag, a Nations Creations bag or yóseqw (hat), and a tie-dyed shirts made in the gym.

The soccer field outside the Band Office was transformed into a small festival, complete with food trucks, bouncy castles, face painting and button making, professional hairdressers, balloon artists, a slip-n-slide, and a stage with performances by a magician and Indigenous influencer Notorious Cree (James).

This was James's second appearance at a Seabird event, his last being at our Youth Retreat at Manning Park this spring. This time James came to Seabird's home turf to bring people together in song and dance and

share messages of acceptance and *st'ít'l'el* (love).

James began his set by greeting the crowd, saying how grateful he felt to be part of this special community event. He pointed out that sometimes the world only focuses on the hardships of being Indigenous, not what brings us together. Pride Day celebrated love and identity in all its forms, which is a *iyómex* (beautiful), joyous thing.

"Embrace all the beautiful things about being Indigenous," James said.

chelcháléx - hands

He then performed traditional grass and hoop dances. Dancing on the ground rather than the stage, he was level with the audience, and it was much more personal and intimate than *xeyxlám* (looking) up at him. Preschoolers who walked over to enjoy the festivities were especially excited, dancing and frolicking around, pride flags flapping in their little *chelcháléx* (hands).

st'ít'l'el - love
xeyxlám - looking

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James invited anyone and everyone to join him in a dance *st'elákw'* (circle), non-Indigenous folks and all. Together to a traditional chant, *Sq'éwqel* Community and Band Members, staff across departments, preschoolers, Youth, friends and strangers clasped hands and danced in unison. James took a preschooler's hand and together they led the dancers, some seasoned powwow-goers, some total strangers to the sport. As the group danced, laughed and bobbed to the beat, a good feeling spread through the field and an overpowering sense of joy and unity hung in the air.

After the dancing was sadly done, James told of a lesson he learned early in life: on his journey, he would encounter many people who are *láts'* (different), and the way to move through life is

to welcome these differences with understanding and compassion. His parting message was to always continue *totí:lt* (learning), and strive to be kinder and better than you were the day before.

Throughout the afternoon flags waved and colours burned bright, but the smiles on countless faces are what shone brightest. In this moment, we came together as a community to celebrate everyone for who they are, creating a space for self pride to flourish, community connection to grow, and unity to endure.



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

Seabird Island
Administration will be
CLOSED
Labour Day
September 07, 2026



ESS CENTRE AT SEABIRD: SUPPORTING OUR NEIGHBOURS

On July 15, Sq'ewqel activated as an Emergency Support Services (ESS) Centre, opening our doors to anyone evacuating nearby wildfires. We have since been a hub for resources as highways closed, fires grew, and the air quality plummeted.

As July ended, we welcomed wildfire fighting crews to set up a Fire Camp in our baseball field. From here they can carry out their daily activities, get rest and continue protecting our communities. We expect that they'll be here until the end of August.



Earlier last month, evacuees from the Boothroyd Indian Band, Boston Bar Indian Band and town of Boston Bar headed south towards Hope, which quickly filled up. Sq'ewqel went into action outfitting the gym into an official evacuee reception centre, and staff stepped up to support these efforts and the wider community.



Communications staff got to work making and posting signs directing evacuees to the gym, and other team members volunteered to help however they could, including processing arrivals, preparing meals and space for evacuees to rest, coordinating accommodations, and manning phone lines 24/7.

Over the August long weekend, more began to pour in as Spuzzum was put on Evacuation Order. Seabird amplified our efforts to ease the distress evacuees are experiencing at this time.

Resources available at Seabird:

- Process extensions
- Registration for provincial support
- Group lodging and camping
- Refreshments and food
- Canadian Disaster Animal Response Team (CDART) onsite
- Provincial and private partner agencies onsite
- Restful activities like soap making, painting, crocheting, singing and drumming, bingo
- Daily meals

A charitable sewing collective from Burnaby, the Fabric Bag Solution (FBS), donated 55 handmade upcycled bags to evacuees. FBS diverts textiles from



landfills to make the bags, and their work not only supports those in need but raises awareness about how we can reduce our negative impacts on the environment. Easy ways to be a part of the solution could be reusing things, mending clothes and other items instead of throwing them out, and buying high-quality items made with better materials.

FBS would like to donate more bags, but are short handed — if you'd like to support their cause and help them meet their growing demand, use a stash of old fabric or clothes to sew tote or drawstring bags. Pre-cut kits are available if you're new to sewing; for more information, to deliver bags or to donate fabric,



email fabricbagsolution@gmail.com
FB: facebook.com/fabricbagsolution

Loblaws donated a truck of supplies as well.

Seabird will continue to hold up our neighbours and each other during these difficult times. **We extend a heartfelt thank you to everyone contributing to our ongoing efforts, including community and staff, volunteers, private and provincial partner agencies, FBS and other donors.**

Walking together during tough times is the only way to get through — ts'íthométse (thank you) to everyone who has made this important work possible.

Want to lend a hand? We're accepting the following donations (new items only):

- Toiletries (soaps, shampoo, toothpaste/brushes, deodorant, combs, sunscreen, toilet paper etc.)
- Individual-sized non-perishable snacks (granola bars, mini cereal boxes, fruit cups etc.)
- Baby diapers/wipes
- Women's Socks
- Towels



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

IMAR

INDIGENOUS MINISTERIAL ARRANGEMENTS REGULATIONS - EXPLORATION & ENGAGEMENT -

Friday, August 21, 2026

8:30 AM - 4:30 PM

**Seabird Island Gym,
2895 Chowat Rd., Agassiz, BC**

**Breakfast
and Lunch
Included**

Seabird Island's Inter-Government Affairs team invites you to join Ray Cardinal & Dr. Dave Schaepe for in-depth conversation related to Canada Energy Regulator (CER) devolution of powers, functions, and duties (PDFs) currently defined in the Canada Energy Regulator Act (CERA). Discussion will focus on the ways in which Stó:lō participation in regulatory processes for federally regulated projects could influence generational systems transformation and reform in S'ólh Téméxw. This session builds on the cumulative strategic and technical expertise and insight brought by Ray and Dave and is intended to provide First Nations leadership and their technical staff with the information needed to effectively navigate and understand IMARs in the context of CERA devolution and rights-based standards and expectations.



Ray Cardinal is the current Chair of the Indigenous Caucus and Indigenous Co-Chair of the IAMC-TMX. He has served on the committee since its inception, initially representing Alberta First Nations, and brings decades of experience in Indigenous governance, energy sector engagement, and

workforce development. Ray is a proud member of Sucker Creek First Nation and a committed advocate for Indigenous inclusion and leadership in regulatory oversight and environmental stewardship.



Dr. Dave Schaepe, a settler within S'ólh Téméxw since 1993, is Director of the Stó:lō Research and Resource Management Centre at Stó:lō Nation/ Stó:lō Service Agency where he has worked since 1997. He also acts as the Chair and General Manager of the S'ólh Téméxw Stewardship Alliance (STSA) and is

co-lead of the STSA-BC Collaborative Stewardship Forum. Dave received his Ph.D. in Anthropology/Archaeology from the University of British Columbia and continues to be gratefully schooled by Stó:lō colleagues and knowledge holders.

In response to Natural Resources Canada (NRCan) calls to conduct engagement for purposes of informing Canada Energy Regulator Act (CERA) devolution, Seabird Island Band (SIB) was successful in securing grant funding to deliver customized regional engagement that speaks to live major energy project contexts in S'ólh Téméxw.

FISH & WILDLIFE

A SURPRISE OFFICE VISITOR

This summer, Sq'ewqel staff were surprised to discover a bird's nest in their yóyesáwtxw (office). They reported the nest to Fish & Wildlife, who took steps to ensure that no wildlife was disturbed.

Seabird's biologists determined that it was a barn swallow's nest, and during their inspection they found í:ks (eggs) which meant it was active. To protect the nesting iseliws (birds), signage was put up and the doors of the office were left open until the nest was no longer occupied.

Barn swallows are protected under the federal Migratory Birds Convention Act and the Species at Risk Act. It is illegal to disturb, kwíyxt (move), or destroy an occupied nest without the appropriate permits. Barn swallows commonly nest in buildings and on other human-made structures; however, the location of the nest does not reduce its legal protections.



If you kwélexw (find) a nest inside or outdoors in a highly trafficked area, reach out to Fish & Wildlife so they can assess if it's active and conduct necessary next steps. Nests should not be disturbed or removed until it has

been confirmed that they are inactive and all regulatory requirements have been met.

Why barn swallows are important:

- One barn swallow can eat up to 850 - 1,000 insects per day, which helps control the mosquito population
- They decrease the need for pesticides as they eat insects found in around farming areas
- Reduce insects around infrastructure such as barns, housing and schools when nests are present in the area



Who to Contact in the Fraser Valley

- [Canadian Wildlife Service](#) (CWS): Contact the Pacific Region office at **1-800-668-6767** for any questions. Online there's an [Abandoned Nest Registry](#) that is completed to determine when the unoccupied nest can be removed. Seabird Fish & Wildlife team, BC SPCA, or Wildlife Rescue can help with this.



kwélexw - find

iseliws - birds

- [Ministry of Forests \(FrontCounter BC\)](#): Regional offices manage permits for altering structures or removing nests in BC. Call **1-877-855-3222** or email FrontCounterBC@gov.bc.ca. The provincial permit in this case would be a Wildlife Permit and would only be necessary if the nest is actively in use still.
- [BC SPCA Wild Animal Programs](#): Call the Animal Helpline at **1-855-622-7722** for local wildlife advice and assistance with orphaned or injured birds if observed.
- [Wildlife Rescue Association of BC](#): Based in the Lower Mainland, you can reach out via their emergency report form or call **604-526-7275** if any observations are made after hours.

- Amy Van Der Wyk
Inter-Government Affairs

SECURING SQÉMELECH'S FUTURE

Work to restore salmon habitat and support Sq'éwqel's wildlife will resume this September. Two restoration projects will take place upstream of Kamp Road to just south of Lizzie Lake along Sqémelech (Maria Slough).

These projects will improve water flow, create a healthy environment for salmon and other native fish, and protect habitat that is crucial for Oregon spotted frogs.

Last fall, Seabird's Fish & Wildlife division cleared sticks and debris from the unused culvert upstream of Kamp Road. They are now ready to remove the culvert entirely so that the natural movement of the water can flow freely.

They will also be building upon last year's success by reconnecting a historic side channel to the slough to establish better water flow and salmon pathways. These measures are part of an overall effort to revitalize the environment, which will result in a healthier ecosystem that buzzes with life, similar to that which once sustained the area.



Since being severed from the Fraser River in 1948, Sqémelech's salmon have struggled to thrive as they faced dwindling conditions. By reconnecting the waterways, we're promoting salmon recovery, boosting native biodiversity, and honouring the deep cultural importance salmon hold for our community and the land.

meá:ylexw

to revive, to come back to life

kw'ekw'élh – be flowing

Please note that you may also see crews working along Seabird Island Road and at the gravel pits down Aywalooth Road. Kerr-Wood Lidel (KWL) will be assisting to monitor environmental impacts with support from Stqó:ya Construction.



- Nicole Kaminski
Inter-Government Affairs



A NOTE OF THANKS

Our biggest thank you to Triple S for their generous donation to the Seabird Island Band community!!

A truck filled with over 500 containers of raspberries and over 100 flats of blackberries drove into Seabird Island on July 10th. Triple S handed the gift to Seabird Island's Band Office, where they were distributed across the community.

These tasty summertime fruits were grown right here on Seabird Island thanks to the hardworking farmers on our land! Thank you to the farmers and workers that made this donation to Seabird Island possible.



- Emma Albeluhn
Communications Coordinator
Sq'éwqel Development Corporation (SqDC)



Sq'ewqel - Seabird Island

Hamper Volunteer and Distribution Update!

**Our next
s'elhtel (food)
hamper
distribution date:
Wednesday,
October 7, 2026**

Thank you sí:yá:m (chiefs, respected leaders)
for sponsoring community s'elhtel hampers.

**We are seeking volunteers
to help pack and distribute
s'elhtel hampers for
our community.**

**Bring your energy
and your smiles
- let's make a
difference together!**

October 5 | 1:00 PM - 4:00 PM

October 6 | 9:00 AM - 4:00 PM

October 7 | 9:00 AM - 6:00 PM

Delicious meals provided for Volunteers!

Contact: events@seabirdisland.ca

BACK TO SCHOOL CARNIVAL

Event details:

- Face Painters 10 AM - 3 PM
- Magician Show
10:30 AM and 12:30 PM
- Bouncy Castles, Games
- Popcorn, Cotton Candy,
Hot Dog lunch,
Freezes, Kona Ice
- Crafts
- Hair Cuts
- Mini Soccer Pitch
- School Registration
- Prizes and Giveaways
upon registration
- Days End Giant Foam
Party 1 PM - 3 PM
- Bring a towel and a change
of clothes



August 19, 2026

10 AM - 3 PM

**Field between the Highschool
and the Child Care Center**





Indigenous Coach Training Program



Hosted by Seabird College.
Cost: \$5,500 + GST.

Participants are responsible for travel and accommodations.
 Lunch provided for in-person events.

Start Date: September 8, 2026

Completion will qualify coaches to work with Indigenous clients, communities, organizations, different levels of government, and within the private sector. Adapting the core competencies of the International Coaching Federation into approaches that align with Indigenous teachings.

Content:

- In-person gatherings, webinars and mentor coaching
- Historical context of working with Indigenous communities, clients and partners
- How coaching differs from mentoring and counselling
- Ethical considerations of coaching
- The art of listening and structuring powerful questions
- How to hold space for your client/partner and accept their inner wisdom
- Using storytelling as a tool

Program Calendar

September 8, 2026 - Orientation

September 15 & 16, 2026 :
In-person Opening Circle
 8 AM - 4 PM (Location: Seabird College, Agassiz, BC)

September 22, 2026 - January 12, 2027 :
Virtual weekly seminars Tuesdays
 from 3:00 PM - 6:00 PM PST
 (one-week break in November and two-week break for winter holidays)

January 19, 2027 :
In-person Closing Circle Time TBD
 (Location: Seabird College, Agassiz, BC)

Please connect with us to discuss your interest in the program:

Charnelle George
 Registrar
colreg@seabirdcollege.ca

Michelle DeGroot
michelle@michelledegroot.ca

www.seabirdcollege.ca

Phone: 604-796-7037 or Email: colrecruit@seabirdcollege.ca





REGISTER TODAY!

ADULT DOGWOOD

LOCATED @
Seabird College

**ADULT DOGWOOD WILL BEGIN ON
SEPTEMBER 14, 2026**

WE OFFER GRADUATION INCENTIVES!



Seabird College
 EDUCATION FOR REAL LIFE

Let us help you achieve your educational goals!

SEMESTER 1: (SEPTEMBER 2026)
Mon - Fri, 10:20 AM - 3:30 PM

- English First People's 12
- Foundations of Math 11
- Career Life Connections 12
- Work Experience 12 A
- Work Experience 12 B

SEMESTER 2: (JANUARY 2027)
Mon - Fri, 8:55 AM - 3:00 PM

- English First People's 12
- Foundations of Math 11
- Work Experience 12 A
- Work Experience 12 B
- Trades Sampler 12 A - C
- Anatomy & Physiology 12
- Chemistry 11
- Business Computer Applications 12
 (Microsoft Suite can be offered as a standalone course!)

For more information, contact:
Stephanie Smith
 College Recruiter & Marketing Coordinator
 Email: colrecruit@seabirdcollege.ca
 Phone: 604-796-7037
 2812 Chowat Road, Agassiz BC

Financial support provided by:




www.seabirdcollege.ca
Phone: 604-796-7037 or Email: colrecruit@seabirdcollege.ca



Seabird College
EDUCATION FOR REAL LIFE

Let us help you achieve your educational goals!

MEDICAL OFFICE ASSISTANT AND DENTAL RECEPTIONIST



LOCATED @
Seabird College

START DATE: SEPT 28, 2026

Career Opportunities:

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

Overview:

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

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

For more information, contact:
Stephanie Smith
College Recruiter & Marketing Coordinator
Email: colrecruit@seabirdcollege.ca
Phone: 604-796-7037
2812 Chowat Road, Agassiz BC

In partnership:  **WESTERN COMMUNITY COLLEGE**

Financial support provided by:  **fnesc**

 **Canada**

www.seabirdcollege.ca
Phone: 604-796-7037 or Email: colrecruit@seabirdcollege.ca



Seabird College
EDUCATION FOR REAL LIFE

Let us help you achieve your educational goals!

LICENSED PRACTICAL NURSING



LOCATED @
Sprott Shaw
Abbotsford

START DATE: OCTOBER 5, 2026

Career Opportunities:

- Health Care Aid
- Licensed Practical Nurse

Overview:

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

For more information, contact:
Stephanie Smith
College Recruiter & Marketing Coordinator
Email: colrecruit@seabirdcollege.ca
Phone: 604-796-7037
2812 Chowat Road, Agassiz BC

In partnership:  **SDOT**

 **LEARNING WITH PURPOSE SINCE 1903**

Financial support provided by:  **fnesc**

 **Canada**

ELECTED COUNCIL MEMBERS 2026-2029 PORTFOLIOS

Maggie Pettis, Chief [10]	• Council Executive Committee⁽¹⁾ • Signing Authority⁽¹⁾ • Child, Family and Early Years Development⁽¹⁾ ADDITIONAL BOARDS & SOCIETIES: - Stó:lō Tribal Council (STC) - Community to Community (C2C) - S4 - AFN (Assembly of First Nations) - Union of BC Indian Chiefs
Willow Walker, Councillor [13]	• Council Executive Committee⁽²⁾ • Justice⁽²⁾ • Signing Authority⁽³⁾ • Finance & Administration⁽¹⁾ - Audit Committee • Health Services & Community Wellness⁽¹⁾ • Lands & Community Infrastructure⁽²⁾ - Lands Advisory Committee - Emergency Management Committee • Housing⁽¹⁾ - Election Code Review Committee
Marcie Peters, Councillor [14]	• Signing Authority⁽²⁾ - Sq'ep Committee • Finance & Administration⁽³⁾ - Audit Committee • Child & Family Early Years Development⁽²⁾ • Lands & Community Infrastructure⁽¹⁾ - Lands Advisory Committee - Emergency Management Committee - Election Code Review Committee - Self-Governance Steering Committee - Governance Manual Review Committee • Sq'ewqel Development Corporation⁽²⁾
Marlana Peters, Councillor [7]	• Council Executive Committee⁽³⁾ • Justice⁽¹⁾ • Finance & Administration⁽²⁾ • Child & Family Early Years Development⁽³⁾ • Inter-Government Affairs / Aboriginal Rights & Title⁽³⁾
Chaundine Fisher, Councillor [5]	- Sq'ep Committee • Education⁽³⁾ • Youth Leadership⁽¹⁾

Rod Peters, Councillor [10]	• Education⁽²⁾ - Board of Education - College Board • Inter-Government Affairs / Aboriginal Rights & Title⁽¹⁾ - Governance Manual Review Committee ADDITIONAL BOARDS & SOCIETIES: - S'ólh Téméxw Stewardship Alliance (STSA) - Forestry - Commonage Lands Committee (Coqualeetza, Pekw'xe:ytes, XÁ:ytem)
Tash Peters, Councillor [5]	- Sq'ep Committee • Youth Leadership⁽²⁾ • Sq'ewqel Development Corporation⁽³⁾
Tyrone McNeil, Councillor [6]	- Audit Committee • Inter-Government Affairs / Aboriginal Rights & Title⁽²⁾ • Sq'ewqel Development Corporation⁽¹⁾ ADDITIONAL BOARDS & SOCIETIES: - Forestry
Lolly Andrew, Councillor [8]	• Health Services & Community Wellness⁽²⁾ • Education⁽¹⁾ - Board Of Education - College Board - Youth Leadership Council • Inter-Government Affairs / Aboriginal Rights & Title⁽⁴⁾
ALL COUNCIL	ADDITIONAL BOARDS & SOCIETIES: - School Society - Tiyt Tribe

LEGEND:

- **Portfolios**

(1) Chair

(2) Co-Chair

(3) Alternate

(4) 4th member of the Chair (As required)

- Committees / Boards / Society

[1] Seat totals across all roles.



Elders Pensions & Discounts

In Canada, the pension ages for retirement are as follows:

- **Old Age Security (OAS):** You can start receiving OAS at age 65, but it can be delayed up to age 70 for larger monthly payments.
- **Canada Pension Plan (CPP):** You can start receiving CPP as early as age 60, but full benefits begin at age 65. Delaying to age 70 increases your monthly payments.
- **Recent Changes:** Ongoing discussions about raising the eligibility age for OAS to the age of 67 by 2029.
- **Minimum Age:** The current minimum age to access most private & workplace pensions is 55, but this will increase to 57 starting in 2028.

Notable Discounts Available:

With the low wages pensioners receive I was pleased to learn and am happy to share that Elders aged 55+ in British Columbia can enjoy a variety of discounts across different sectors. I also noticed that a number of discounts for Canadian Elders are tied to a [CARP membership](#) (Canadian Association of Retired Persons), I, Sandra Bobb, immediately notified my parents. See more details on the following pages.

RESTAURANTS:

- **Tim Hortons:** discounts at select locations.
- **A&W:** Elders discounts (60+)
- **Burger King:** Elders coffee (55+)
- **Church's Chicken:** 30% off Tuesdays (55+)
- **Denny's:** Elders menu section (55+)
- **IHOP:** Elders menu section (55+)
- **KFC:** discounts to all age groups on Tuesday specials (55+) – select locations.
- **McDonalds:** everyday discounted coffee & coffee/muffin deals (60+)
- **Mandarin Chinese Buffet:** 20% off the buffet price with valid ID (65+).
- **The Pantry:** Elders menu (65+)
- **Ricky's All-day Grill:** 10% off to Elders (65+)
- **Subway:** 10% off to Elders at Manager's discretion (60+)
- **Taco Bell:** free beverage to Elders (60+)
- **Wendy's:** free drinks to (55+)
- **White Spot:** discounted menu (65+)
- **Dunkin Donuts:** Elders a free donut with large or extra-large drink purchase.
- **Boston Pizza:** fidelity card (5 dinners, 6th free) (60+)





SHOPPING

- **Shoppers Drug Mart:** 20% off every Thursday to PC Optimum card holders (65+).
- **Rexall Pharma Plus:** 20% off to CARP members. 20% off last Tuesday of month (65+).
- **Pet Valu:** 10% off on regular-priced items to age-eligible Elders - last Thursday each month.
- **M&M Food Market:** 10% off all regular-priced items when you order online any day of the week. (60+).
- **Safeway:** 10-15% off eligible grocery items, the first Tuesday of each month at participating locations (ages vary 55+ or 60 or 65+).
- **Save-On-Foods:** Offers 15% off on the first Tuesday of each month, only for in-store purchase at participating locations.
- **Sobeys:** discounts the first Wednesday of the month – store dependent (55+).
- **Goodwill:** (55+) 25% off on the second Monday of every month.
- **Salvation Army:** 10% off on Tuesdays (60+).
- **Value Village:** 30% off on your order every Tuesday at participating Value Villages.
- **Michaels Crafts:** 10% off every day - some exclusions apply.
- **Canadian Tire:** Most locations 10% off on the first Wednesday of the month (65+).
- **RONA:** first Tuesday of each month, 10% off on regular-priced products (55+) at participating RONA & RONA+ stores.
- **Lordco Parts:** 30% off, any day, on regular priced items (65+)
- **Great Clips:** (65+) senior discount
- **First Choice Hair Cutters:** offers 20% off Monday to Thursday (60+)

EYECARE & EYEWEAR:

- **Iris Eyecare:** discounts for CARP members on frames, lens & laser surgery
- **Lens Crafters:** 30% off CAA members
- **Pearle Vision:** 30% off for BCAA members

TRANSIT:

- **Translink:** concession fare of \$1.75, monthly passes (65+)
- **BC Transportation System:** discounted fare rates & a bus pass program (65+)
- **BC Ferries:** BC Elders (65+) with a BC Gold CareCard or valid BC Services Card receive free passenger fares Monday–Thursday, excluding statutory holidays; vehicle fares still apply.

THINGS TO DO:

- **Cineplex Movie Theatre:** senior (65+) discounts on regular admission at participating Cineplex Odeon, Galaxy, Scotiabank Theatre, & Silver-city locations.
- **Vancouver Art Gallery:** free admission for Elders (65+) on the first Monday of each month (10am–1pm) with a donation, plus 30% off senior memberships.
- **Museum of Anthropology:** at UBC, 12% off to Elders (65+)
- **Stanley Park Mini-Golf:** 9 holes & 18 holes, 15% off adult price
- **Flyover Canada** (Canada Place): discount (65+)
- **Vancouver Symphony Orchestra:** discounts vary (65+). CARP member get 25% off.

DID YOU KNOW

Most museums will let you
in free with a Status Card!



TRAVEL:

- **BC Parks:** Elders discount (65+) 50% off on camping fees. During the off-season, from Labour Day to June 15th. Restrictions may apply.
- **Best Western:** up to 15% off for Elders (55+), varying by location & availability. **CARP members** also receive one free night plus a \$25 meal or spa credit at participating hotels.
- **Fairmont Hotel:** 20-25% off on overnight accommodation, (55+) at check-in time.
- **S&man Hotels:** Elders (55+) can save up to 40% off standard rate. Eligible guests will also receive a \$10 on-site restaurant gift card.
- **Choice Hotels:** (Comfort Inn, Quality Inn) with **CARP membership** save up to 20% off
- **Holiday Inn Express:** Elders get a discount at participating locations (62+)
- **Hilton:** **CARP members** can save up to 15% off at Hilton-branded hotels, including Embassy Suites, Hampton, Hilton Garden Inn, & DoubleTree.
- **Hyatt:** up to 50% off at participating hotels. (62+).
- **Marriott:** up to 15% off room rates at select Marriott hotels in Canada (62+). Book online or call 1-888-236-2427
- **Travelodge Hotels:** (60+) enjoy special savings
- **Cruise Lines:** Elders (55+) get discounts on select cruises with Royal Caribbean & Carnival.
- **Park'N Fly:** 20% off for **CARP members**.
- **First Air:** 10% off with First Air's special fares promotion (55+).

CAR RENTALS:

- **Avis:** up to 25% off as a **CARP member**.
- **Budget:** **CARP members** get up to 25% off car rentals in North America.
- **Thrifty:** Elders (50+) get a 5% off via Thrifty's Silver Club program.
- **Hertz:** (50+) up to 20% off base car rental.

OTHER

- **ESSO Gas Card:** – **CARP members** purchase a \$200 gas card for \$195 – save \$5
- **TELUS:** offers a \$10 discount on monthly plan to low-income Elders (65+). This discount is available for both new & existing customers.
- **TELUS:** offers a discount program for low-income Elders called Mobility for Good for Elders, providing a free smartphone & a \$25/month rate plan with data, talk, & text.
- **ICBC:** 25% off to Elders in basic insurance coverage.

BANKING

- **BMO Bank of Montreal:** (60+) get no monthly fee with a Practical Plan chequing account (12 transactions) & can add a savings account for free.
- **Royal Bank of Canada:** RBC (60+) customers get free admission to the Trinidad & Tobago Association of Retired Persons (TTARP) & up to a 15% off on the annual membership fee. They also enjoy discounts on insurance, hotels, restaurants, car rentals, & other amenities through TTARP.
- **Scotiabank:** Scotiabank offers discounted monthly fees on select chequing & savings accounts to clients who are (60+).
- **TD Canada Trust:** Elders aged (60+) are eligible for a rebate on the monthly fee for TD Unlimited Chequing Account & TD Everyday Chequing Account.

**All photos featured here are
pre-1972 Seabird.**

**Do you have any old photos to share
with Seabird Photo Archives?**

**PLEASE CALL OR EMAIL
Sandra Bobb 604-997-9909
sandrabobb@seabirdisland.ca**



More about **CARP** (Canadian Association of Retired Persons)

To join **CARP**, you must be a Canadian resident **50+**. Membership is open to Elders, retirees, & near-retirees, regardless of their employment status. Visit www.CARP.ca

Currently, **CARP Memberships costs:**

- **CARP Membership \$19.95 per year**
- **CARP Membership Plus** a Zoomer Magazine subscription is **\$29.95 per year**

The benefits of joining **CARP** include:

1. **Advocacy** for members, Elders & retirees improving quality of life for all Canadian Elders.
2. **Discounts** on a variety of programs & services, including clothing, travel, insurance, & entertainment.
3. **Events & Activities:** Take part in a variety of exclusive events & activities, social & recreational, workshops & seminars.
4. **Health Benefits:** Access a variety of health & wellness benefits: health & dental insurance, telemedicine services & pharmacy.
5. **Financial Benefits:** Discounts on financial security products & services, as well as opportunities to participate in workshops & seminars.
6. **Publications:** "Plus" Members receive regular publications, including magazines providing updates on advocacy, discounts, events & more.

CARP member discounts for:

1. **Travel**
 - **Airfare:** domestic & international flights.
 - **Car rental:** From participating car rental companies.
 - **Accommodations:** In participating hotels, resorts, & more.
2. **Health & Wellness Products & Services**
 - **Vitamins & supplements** & other health care products.
 - **Health assessments:** & medical check-ups.
 - Save an extra 10% on hearing aids

3. Home & Auto Insurance

- **Home insurance** & exclusive home products.
- **Auto insurance** & exclusive products.

4. Entertainment & Leisure

- **Movie tickets:** at participating theaters.
- **Theme parks:** admission & other attractions.
- **Golf courses:** green fees at participating golf courses.

5. Financial Services

- **Investment products:** such as mutual funds & exchange-traded funds (ETFs).
- **Tax preparation services:** Discounts on services from participating tax preparers.
- **Banking services:** including savings & checking accounts.

6. Telecommunications

- **Internet services:** including high-speed internet & home Wi-Fi.
- **Television services:** including cable & satellite television.

7. Home Services

- **Home security systems:** & services.
- **Home repair services:** including plumbing, electrical, & HVAC services.

CARP members may also receive discounts:

- On **medical alert systems** as part of their membership benefits.
- Or funding for **stair lifts**, *this can vary based on location.*
- Or funding for **walk-in bathtubs**, *this can vary based on location.*

& so much more.

A collage-style poster for a 'Paint Night' event. It features various images of people painting and abstract colorful shapes. The text is arranged in overlapping colored sections: a large title at the top left, a yellow box at the top right, a blue box on the middle left, a red box in the center, and a yellow box at the bottom right.

Paint Night

Paint something pretty to make temporary homes cozy and colourful!
Donate your artwork or bring it home with you

All supplies provided

Dress in clothing you do not mind getting paint on
(it might stain)

August 20, 2026
6:00 - 8:00 PM
Band Office
Elders Lounge &
Community Health Room

If you have any questions, please contact:
events@seabirdisland.ca
604-793-5285

A poster for a 'Youth Drop-In' event. It features a collage of photos showing youth participating in various activities like cooking, reading, and socializing. The text is arranged in overlapping colored sections: a large title on the left, a teal box at the top right, a light orange box in the center, and a teal box at the bottom right.

Youth Drop-In

The Seabird Youth team welcomes you to join us for fun and adventure outings, cultural activities, health workshops, employment skills, and connecting with other Youth! Meals, snacks, and transportation provided.

LOCATED AT THE YOUTH TRAILER

FOR AGES 13-18

WEDNESDAYS 3:00 - 8:00 PM
SATURDAYS 12:00 - 8:00 PM

Please contact us if you wish to join!
youthprogram@seabirdisland.ca or 604-793-8575

THÍYTELH WELLNESS PROGRAM: OPENING CEREMONY

**H's story is shared with consent.*

Sq'ewqel, Fraser Health and the province of BC have spent recent years developing a substance use recovery program for Young adults, and this July we reached a major milestone — the Thíytelh Wellness Program is officially licensed!

The treatment program provides a space for young adults to “heal their spirits,” and this achievement marks a significant step as we prepare to walk towards a healthier future together.



The program is open to Indigenous and non-Indigenous people across BC aged between 19 and 26. It's a culturally grounded, mixed-gender, bed-based program that will host *t'xém* (six) patients at a time on a rotating basis for 90 days. It will apply a Two-Eyed Seeing approach, a balanced integration of Western and Indigenous knowledge and treatment methods to support all-encompassing, sustained *shxw'áylexw* (healing).

Thíytelh's process includes traditional teachings, land-based sessions, clinical counselling, community connection, group workshops, recreation, life skills development, medical care and access to Seabird's health services. Although the recovery home is in Agassiz, it is purposefully situated *stetís* (near) Seabird so patients can maintain meaningful community connection, for example by attending dinners and celebrations.

On July 11, we hosted an open house for Seabird and Fraser Health staff. It was an opportunity to learn about Thíytelh and strengthen the connection between our organizations before embarking on this important *leq'álqel* (journey) together. The home will be staffed by both Seabird and Fraser Health.

An opening ceremony was held the following week. Several honoured guests were in attendance, including BC Health Minister Josie Osborne, Fraser Health CEO Dermot Kelly, Seabird Council Members, Chief Maggie Pettis and CAO Alexis Grace, other speakers and respected Elders. Seabird staff, Community Members, and residents from local First Nations and other communities were all invited to share in this special moment as well.

Dominic Greene emceed the ceremony, which opened with traditional drumming and a message from Chief Maggie. After lunch, Seabird's health team offered *syéxcha* (gifts) and gratitude to the many people who supported the project, and five guests were blanketed. Each spoke to what Thíytelh means to them, mentioning how this program directly reaches out to those who fall through the gaps in our current care systems, and how cultural healing is at the heart of the recovery model.

“This is what's possible with Indigenous leadership,” said Kelly. “Everyone deserves care that is culturally safe.” He went on to thank Knowledge Keepers and Elders whose *télmel* (wisdom) helped guide this work.

Alexis Grace explained how the program will honour the *xá:ls* (transformer) stories. These tell of times when things aren't quite right, when the transformers guide us to the right path. Right now, we all must stand together

stetís - near

shxw'áylexw - healing

to do what is necessary to make things right, turn sad statistics into stories, and drive the transformation of our people.

An honoured guest, H, accompanied by Wendy Douglas (Holistic Wellness Worker) stood among the blanketed, offering inspiration and a glimpse of hope. H has been through Seabird's addictions recovery programs, and their journey has seen the transformation Alexis spoke of.

Wendy shared H's story — the devastation they felt during hard times, becoming *ikw'* (lost) in their addiction, and the incredible work they've done to harness *shxw'iyem* (strength) and build their life back up. Guests were overcome with compassion and emotion as they listened to H's story. H is a testament to how important programs like Thiytelh are in providing wraparound, culturally connected care, symbolizing a promising future for those struggling.

xá:ls - transformer

The Thiytelh Wellness Program strives to promote healing by celebrating progress and honouring patients. "Don't let [opportunities] to celebrate success slip by," Wendy said.

~~~

The Thiytelh Wellness Program is the first of its kind in BC, designed to *iyá:q* (change) lives and heal communities. It's a space where people can unlock their potential and work to become their best selves, guided by Indigenous culture, clinical approaches, education, recreation and self determination.

Times are changing for the better. The pain that Indigenous people have felt is being used to serve younger generations in a good way, and cultures are coming together to make a lasting difference.

"It was love and care that brought us here," said one guest. "Deep, abiding love made this place happen, and we're excited to witness how this deep abiding love will pick [patients]

up, define their path, nurture their strengths, and reveal their gifts...True community and allyship are what will change the generational track."

The wisdom and experiences of Elders form the roots of Thiytelh's recovery program. Despite all they have been through, Elders are still giving all that they can, and their gift will keep giving as more people heal, touching countless lives and bringing hope to struggling individuals, their loved ones and entire communities.

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Thank you to all who collaborated to bring this project to life, including Sq'ewqel's leadership and health team, Fraser Health, and the province of British Columbia.

If you have questions about the program or would like additional information, please contact the Thiytelh team at thiytelh@seabirdisland.ca

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

YOU ARE ON CAMERA

To support the safety and protection of Seabird's infrastructure, security cameras are being installed in select areas throughout the community.

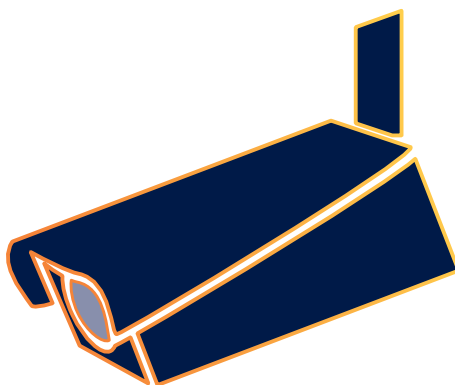
These cameras are part of ongoing efforts to maintain a secure environment for all Members and to safeguard important community spaces.

We understand that changes like this can raise questions, and we want to reassure everyone that the purpose of these cameras is community safety, infrastructure protection, and preventing damage or unauthorized activity—not monitoring personal daily life.

kw'íystexw - raise it up

skw'echóstel - window

eyém - strong



Thank you for your understanding as we continue working to keep Seabird safe, strong, and well protected.

- Sandra Bobb, Lead
Communications & Engagement



**INCOME
ASSISTANCE**

**FOOD HAMPER
NOTICE**

**SOCIAL DEVELOPMENT –
INCOME ASSISTANCE CLIENTS**

**IF YOU ARE REQUESTING FOOD
HAMPER, PLEASE:**

- Call the IA office at **(604) 796-8048** and the team will determine eligibility based on your family unit.
- Schedule a time to pick up your food hampers no later than 3PM; hampers will not be delivered.

TRADITIONAL STORY

SXEXYAMS TE STL'ALEQEM STH'ÓQWÍ (THE STORY OF THE GIANT FISH)

ewólem - to play

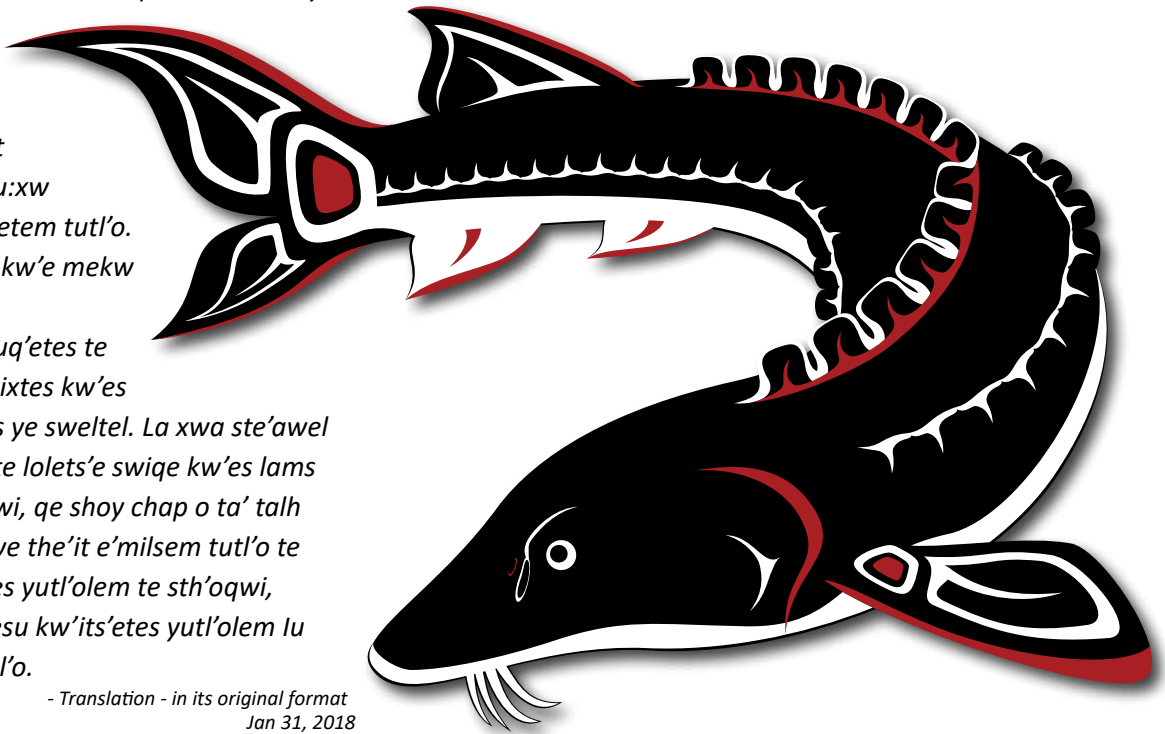
*Kwulhithelh iwólem ye siwiqe te helmetem po:l stetis to ilyethels
te kw"otl'kwa, la qwixetem te po:l xwela te qo: lolets'e teli ye
siwiqe la t'itsem kwutes te po:l.*

*La xwlilse te po:l qesu walh
cha tes ye siwiqe te po:l.*

*Tl'o kwa kwesulh t'itsem q'olthet
eweta steqlomets qeulh me lemu:xw
te stl'aleqem Sthoqwi qesu meq'etem tutl'o.
Ewe lis ye hith qe ulh e'tselomet kw'e mekw
wat lite st'elt'telawtexw.*

*Tl'osu helem mekWe ye siwiqe suq'etes te
sth'oqwi toltes kw'e mekw'e skwixtes kw'es
kwelexwes, hokwxes te mala qas ye sweltel. La xwa ste'awel
kwes olu tl'exw qe yalh ses thet te lolets'e swiqe kw'es lams
late qo: qew e'mi cha o te sthoqwi, qe shoy chap o ta' talh
qas te ew sta:m hokwixap, qe kwe the'it e'milsem tutl'o te
stl'aleqem sth'oqwi. Tl'osu q'oytes yutl'olem te sth'oqwi,
tl'osu mi qw'imetes mite lhalt qesu kw'its'etes yutl'olem lu
xwel seliw te swiqe xwel ey o tutl'o.*

*- Translation - in its original format
Jan 31, 2018*



Years ago, there were some men playing soccer on the beach, the ball was accidentally kicked into the water, one of the men swam out to fetch it. He got to the ball and threw it back to the other players. He was just about to start to swim back when all of the sudden a giant fish came up and swallowed him.

It wasn't long before the news got around the village. All the men went hunting for it. They tried every way they knew to catch it, with bait and nets.

They were just about to give up when one of the men volunteered to jump in the water and act as a decoy, while the other men had their spears and other weapons ready to use, and sure enough the fish came after him.

They killed and dragged the fish ashore, and cut it open. As they expected, the man was still there, intact.

*- As told by Francis Thomas
Original Notes shared by Mary Stewart*

Sth'óqwí- fish

q'ó:yt - to kill someone



SAGE SUGGESTIONS

STAY SAFE FROM WILDFIRE SMOKE

The smoke blowing in from various wildfires has tanked our air quality, and wildfire season isn't expected to end until late September. Wildfire smoke causes mild symptoms like a runny nose or sore throat, but severe symptoms may require medical attention.

Seek support if you experience:

Shortness of breath

Severe cough

Dizziness

Chest Pain

Racing heart

Trouble breathing

pqwíles – out of breath

To protect yourself now and during future fires, do the following:

1. Check the air quality index daily. Your phone's weather app will show if there's a severe weather warning, what level it's at, and what you can do.
2. Keep windows closed, run air purifiers, and ensure your home's ventilation system is equipped to handle the smoky conditions.
3. Spend time in places with air conditioning; Seabird's gym is set up to welcome anyone needing to access clean, fresh air. You can also visit community centres, libraries, malls, or visit a friend/family.

heqwhéyeqw – several fires

lhxwélqsel – have a runny nose

4. Wear a well-fitted, functional mask when outdoors.
5. Download **Alertable** to receive air quality warnings.



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

PROTECT YOUR PEACE

This phrase floats around a lot, but its meaning gets muddled in the messaging. Life can never be truly drama or hassle-free, but keeping your *shxweli* (soul) at peace is possible.

The answer isn't to retreat, *tháxt* (push) people away or ignore what's going on. These can be just as harmful as trying to do too much; the key is finding ways to maintain a balance.

How to stay grounded and prevent emotional burnout:

Stop scrolling

If all you're seeing is bad news, it may be a good idea to take a *qá:w* (break) from the news and social feeds for a while. Because we get our news from the same places we get entertainment, it can become too *lí:leq* (easy) to take in a lot of information without realizing it, but over time it takes a toll.

tháxt - push

qá:w - break

Take a break for a few days, focus on what's happening right in front of you, reset and realize that this much access to the world's misery isn't actually helpful at this moment in time.



Let yourself be inconvenienced

After a long day it can be *wel* (really) tempting to cancel plans, skip the gym or put off errands and do things that bring you instant comfort instead. By making an effort to do what seems inconvenient, you'll feel better —

socializing, exercising and being productive is good for your mental, physical and emotional health.

wel - really

mes - get back to

Take accountability

Maybe there's someone who used to be in your life who you have hurt. Reflect on whether it would be worth it to reach out, not necessarily to *mes* (get back to) the way things used to be, but just to move on, let go of anger or apologize. Regret holds you back, so making the effort to make amends can help shake off any heaviness that weighs you down.

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

Temkw'okw'es - summer

t'it'etsem - swimming

ewólem - to play

INSPIRATION QUOTES:

"Keep your face always toward the sunshine, and shadows will fall behind you."

— Walt Whitman

"Believe you can and you're halfway there."

— Theodore Roosevelt

"Everything you've ever wanted is on the other side of fear."

— George Addair

AUGUST - TEMTHEQI

"Sockeye Salmon Time"

Leo

July 23 - August 22

Salmon - sthéqi

Direction: South / Southwest

Element: Fire

Stone: Carnelian

Strengths: Confident, Ambitious, Generous, Warm Hearted, Creative and Enthusiastic

SEPT - TEMKW'Ó:LEXW

"Dog Salmon Time"

Virgo

August 22 - September 21

Bear - Spá:th

Direction: West

Element: Earth

Stone: Amethyst

Strengths: Analytical thinking, attention to details, orderly, modest, organized, devoted.

COMIC

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

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HALQ'EMÉYLEM WORD SEARCH

Created by Shayleen Peters

- | | |
|-------------------------------------|--|
| 1. Dry Rack - shxwch'á:yxwels | 11. Tent - siláwtxw |
| 2. Pen/Pencil - xeltel | 12. Deadline - tem hóy |
| 3. Spring - tl'élxxel | 13. Learning - totí:lt |
| 4. Ruler - sxe'áth'tel | 14. Fire camp - q'élmel |
| 5. Fishing Net - swéltel | 15. Back to school - q'ólthet te skwúl |
| 6. Fire - híyeq w | 16. Eraser - shxw'íq w'els |
| 7. Filet - kw'its'et | 17. Back pack - pek w |
| 8. Knife - kw'éts'tel | 18. Lunchbox - sáwelá:la |
| 9. Test - xwéylemt te télmels | 19. Boat - pōt |
| 10. Assignment - t'ekw'stexw syóyes | 20. Firefighter - q'élmel |



SQ'ÉWQEL CLASSIFIEDS

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;
Krystal McLatchy;
and Swapna Pokharkar.

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:lō Tribal Council Boardroom, located at 2855 Chowat Road, every Monday at 4:30 PM - 5:30 PM

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: TBA

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

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

Contact 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** and **follow** 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.

COMMUNITY INFRASTRUCTURE

CUSTODIAN PART-TIME

The Custodian is responsible for performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that buildings and facilities are maintained in a healthy, safe and sanitary manner.

This is a Part time position working 5:00 pm - 10:00 pm Monday - Friday.

EARLY CHILDHOOD DEVELOPMENT

CHILDREN, FAMILY RESILIENCE & ENRICHMENT COORDINATOR

The Children and Family Resilience & Enrichment Care Coordinator plays a key role in supporting families by connecting them to culturally relevant resources, programs, and services. This position focuses on navigation and coordination, ensuring families have access to wraparound supports that promote resilience, wellness, and enrichment.

INTER-GOVERNMENT AFFAIRS

REGULATORY COMPLIANCE & HEALTH QUALITY OFFICER

This position leads regulatory compliance for health programs, funding agreements, and internal policies, while collaborating with the OHS Officer to support occupational health and safety compliance and policy development. The role ensures alignment with legislation, professional standards, accreditation requirements, and culturally safe practices, promoting a culture of quality, accountability, and continuous improvement across the organization.

qoqó:qe - drinking

EDUCATION

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.

INCOME ASSISTANCE LEAD

The Income Assistance Program Lead provides culturally informed oversight of income assistance services to community members and families. This role involves ensuring compliance with ISC guidelines, managing budgets and reporting, and leading strategic initiatives that promote inclusion, and sustainable futures. The Income Assistance Program Lead will also engage in community relations activities to support clients and foster partnerships that strengthen access to employment, wellness, and culturally relevant services.

PROGRAM ASSISTANT (SASET TARGETED WAGE SUBSIDY)

The Program Assistant provides day-to-day administrative support to the Employment Division, including but not limited to filing, maintaining records, preparing reports, coordinating schedules, creating newsletters, and entering data.

This position is ending June 30, 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.

This is a Term Contract ending on June 30, 2027 with potential to sign on for the next school year.

í:lhtel -
eating (a meal)

SUMMER STUDENT - PROGRAM ASSISTANT

The Program Assistant provides day-to-day administrative support to the Employment Division, including but not limited to filing, maintaining records, preparing reports, coordinating schedules, creating newsletters, and entering data.

This is a Summer Student position with an End Date of September 30th, 2026

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.

This program will operate four days a week in the afternoon/evening and one day on the weekend.

This is a term contract with an end date of March 30th, 2027. (With a possibility of extension.)

YOUTH DROP IN TEAM LEAD

The Youth Drop-In Team Lead provides culturally informed leadership and programming for youth aged 12-18. This role involves planning, organizing, and facilitating drop-in nights that include recreational, educational, and cultural activities. The Youth Drop-In Team Lead will also engage in outreach efforts to build relationships with youth and families, promote participation in the program, and connect youth at risk with additional resources and support programs.

Schedule will be Monday, Wednesday and Saturday.

Term position with an end date of March 31, 2027.

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. Some on-call duties may include:

General Labour, Ticketed Labour (must have certification), Clean-up, Office Help, Special Events.

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.

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.

LABOUR MARKET RESEARCH ANALYST

The Labour Market Research & Community Engagement Analyst provides culturally informed labour market research and engagement services to community members, local employers, workforce development organizations, and educational institutions. This role involves designing and implementing census-style surveys, collecting and analyzing labour market data, and translating findings into actionable insights that inform workforce planning and community programs.

This is a full-time term position until March 31, 2027

sqw'eyílex - a dance

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

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

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

Email: humanresources@seabirdisland.ca.

We thank all applicants for their interest.

Apply Today!

PURCHASING AGENT

The Purchasing Agent is responsible for verifying goods and service orders, preparing and forwarding purchase orders, confirming receipt of goods and services, and authorizing payments. This role ensures departments have the materials and services they need for daily operations by researching cost-effective suppliers and staying current on market and pricing trends. The Purchasing Agent also plays a key role in supporting program teams and community services through timely and efficient procurement.

RECORDS TEAM LEAD (TERM CONTRACT)

The Records Team Lead will oversee daily operations of the Records Program, including work planning, task assignments, and supporting staff to achieve program objectives. This role involves assisting in the development and implementation of records systems, updating policies and retention schedules, and ensuring adherence to best practices in information management. The Team Lead will foster collaboration among team members, maintain confidentiality, and promote effective communication with internal and external stakeholders, aligning all actions with Seabird Island's mission and values.

This is a term contract with an end date in September 2027 with the possibility of extension..

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.

HEALTH & SOCIAL DEVELOPMENT

CASE MANAGER

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

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

FOOD AND NUTRITIONAL WELLNESS WORKER (FULL-TIME)

The Food and Nutritional Wellness Worker plays a key role in supporting the health and wellbeing of program participants through nutritious, culturally informed meal preparation and food service practices. This role also contributes to creating a welcoming and inclusive food environment that supports recovery, wellness, and connection, while collaborating with clinical, cultural, and wellness team members across the organization.

FOOD AND NUTRITIONAL WELLNESS WORKER (PART-TIME)

The Food and Nutritional Wellness Worker supports the health and wellbeing of program participants through safe, nutritious, and culturally respectful food preparation and meal service during weekend operations. This role is responsible for preparing and serving meals, maintaining a clean and safe kitchen environment, and supporting a positive and welcoming dining experience for clients.

LAND TO TABLE FARM ASSISTANT

The Land to Table Farm Assistant provides culturally informed support for day-to-day operations on the Tém:éxw lite Letam Farm during the peak growing season. This role involves hands-on and outdoors, focusing on crop production, field maintenance, and general farm upkeep. The Land to Table Farm Assistant will also engage in community relations activities to support clients and the community.

This is a term position with an end date of September 7th, with possibility of extension.

LAND TO TABLE FARM STUDENT

The Land to Table Farm Student provides culturally informed support for day-to-day operations on the Tém:éxw lite Letam Farm during the peak growing season. This role involves hands-on and outdoors, focusing on crop production, field maintenance, and general farm upkeep. The Land to Table Farm Assistant will also engage in community relations activities to support clients and the community.

This is a term position with an end date of August 28th, with possibility of extension.

LICENSED PRACTICAL NURSE (LPN)

The Licensed Practical Nurse provides culturally informed routine care, observing patients' health, assisting doctors and registered nurses, and communicating with patients and their families. The Licensed Practical Nurse will also engage in community relations activities to support clients and the community.

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.

ON CALL RECOVERY HOME SUPPORT WORKER

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.

This is an on-call position.

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.

There are three Part-time Weekend positions open.

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.

sqwelqwélqwel - stories, news (plural)

TRADITIONAL AND HOLISTIC WELLNESS SPECIALIST

The Traditional and Holistic Wellness Specialist ensures service delivery is centered around First Nations world views, 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.

SQEWQEL DEVELOPMENT CORPORATION & ENTITIES

AP & AR COORDINATOR (NATIONS CREATIONS)

The primary focus of this role is managing the full cycle of Accounts Payable (AP) and Accounts Receivable (AR) processes, including invoice preparation, purchase order tracking, vendor management, payment processing, and receivables monitoring.

In addition to AP and AR responsibilities, the successful candidate will assist with a variety of general bookkeeping and accounting tasks to support the finance function. This position is well suited for someone who enjoys working with numbers, maintaining accurate records, and contributing to efficient financial operations within a growing business.

STQÓ:YA CONSTRUCTION - CONTROLLER

Stqó:ya Construction is seeking an experienced on-site controller who will oversee the company's day-to-day financial operations, including financial and job cost accounting, budgeting, financial reporting, and cash management. This role will ensure that the company's financial practices are in line with statutory regulations and legislation, while providing strategic insights to support the company's financial health and growth objectives.

The ideal candidate needs to have a strong background in construction accounting and be a proactive leader who is capable of managing the finance team and driving process improvements.

We are
HIRING

to apply for current opportunities visit:

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

CHILD AND FAMILY SERVICES JURISDICTION

Seabird is exploring options related to taking jurisdiction over its Child and Family Services to support children and families using approaches grounded in our values, culture, teachings, and traditions. This work includes the development of a Child and Family Services Law, and we are currently identifying legal principles, values, teachings, and traditions that may help guide decisions affecting children, youth, and families.

We are seeking your input to help ensure that Seabird's Child and Family Law is grounded in and informed by our teachings, values, responsibilities, Halq'eméylem words and concepts, and customary laws. Feedback received through this engagement process will help inform the ongoing development of the Law and support efforts to ensure it reflects the community's values, traditions, and vision for future generations.

Legal principles can help inform important questions such as:

- What responsibilities do we have to children and families?
- What helps children thrive, develop a strong sense of belonging, and remain connected to their families, culture, and community?
- What customary laws, teachings, stories, practices, values, and responsibilities should be reflected in Seabird's Child and Family Law?

Community and Member knowledge is an important part of this work, and helps us build upon previous community engagement and discussions that highlighted the importance of developing approaches that reflect Sq'ewqel laws, values, and ways of caring for children and families.



Seabird Island Band and Community Members who complete the above survey by **September 15, 2026**, will be entered into a **draw for a \$50 gift card**.

To learn more or share your thoughts, please contact: cfs.jurisdiction@seabirdisland.ca

