



VOLUME 14 • ISSUE 1 • February 2020 • Temtl'i:ges "Time when hands stick to things in cold"

Stó:lō Xwexwilmexw Treaty Association **UPDATE**

S'ólh témexw te ikw'elò. Xólhmet te mekw'stám ít kwelát.

This is our land. We have to take care of everything that belongs to us.



The SXTA Outreach Team will be coming to your door!

We want you to have your say on the Shxwelméxwelh (Constitution)!

Stó:lō Xwexwilmexw leadership have identified the need for focused, one-on-one community engagement in the lead up to the Constitution vote in November 2020.

The Stó:lō Xwexwilmexw Outreach team has recently contracted five members of our communities to participate in this door-to-door work: Amelia Roberts, Lydia Archie, Jazmine Horne, Joy Hall and Magdalena Kelly. Our team of Community Outreach workers will be

connecting with on and off-reserve members in various ways, such as door-to-door, telephone, social media and family dinners.

The deadline for input on the Constitution is March 15, 2020. So let us know what you think when we come to your door or contact us via email: outreach@sxta.bc.ca, Facebook: [@TheSXTA](https://www.facebook.com/TheSXTA) or phone: **604 824 3281**.

Please do our Treaty Tour to learn more and for a chance to win a \$200 gift card!

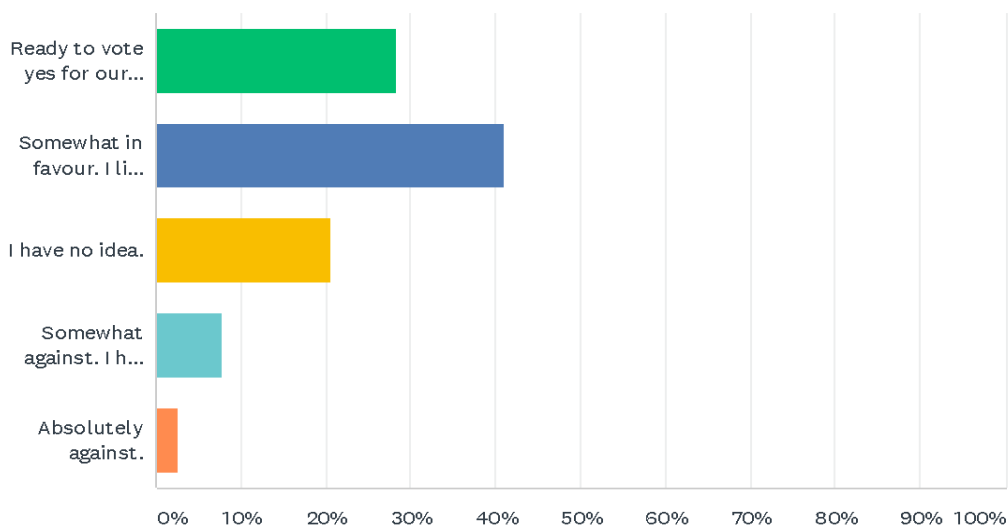
Go to www.sxta.bc.ca/treatytour

Shxwelméxwelh (Constitution) Update

As of February 15, 2020, here are the results we gathered about how the communities feel about the proposed Shxwelméxwelh (Constitution).

Q1 How do you feel about the Constitution/Shxwelméxwelh?

Answered: 39 Skipped: 0



ANSWER CHOICES	RESPONSES	
Ready to vote yes for our Constitution/Shxwelméxwelh and governance structure!	28.21%	11
Somewhat in favour. I like the idea but I'm not sure about the details.	41.03%	16
I have no idea.	20.51%	8
Somewhat against. I have particular reasons.	7.69%	3
Absolutely against.	2.56%	1
TOTAL		39

Some feedback and comments we've heard from this survey:

- 1) I like the idea of self-governance.
- 2) It's about time all our voices are heard through our government.
- 3) Our next generation needs to learn more about self government.
- 4) I want to be out of the Indian Act
- 5) We do not have the same restrictions we did 150 years ago.
- 6) I haven't done my research on it.
- 7) Self governance is a chance to set up government our own way. Let's lead change!
- 8) We will care for our Elders, our Land and take care of our future generations.
- 9) This has been too long of a process.
- 10) I'm just starting to learn about the governance structure.

Do our questionnaire on the Constitution for a chance to win \$200!

<https://www.surveymonkey.com/r/JMS57LV>

Shxwelméxwelh (Constitution) Update Cont'd.

Over the last couple months, the SXTA Outreach team has held engagements in Leq'á:mel, Chilliwack area and the USA to gather input about the Shxwelméxwelh (Constitution). We followed a world café style format with a facilitator and note taker at each table to discuss the governance structure. Both leaders and participants were impacted by these sessions. Come out for our next round of engagements this Spring.



KEY POINTS FROM ENGAGEMENTS

- **Yewá:l Si:yá:m Lálém (National Government)**
 - People like the idea of creating one nation with strong village governments and getting out from under the Indian Act.
 - There were concerns around whether each village should have an equal vote. How will finances be divided?
- **Si:yá:m Lálém (Village Governments)**
 - There were many positive comments about the village government system remaining.
 - Concerns have been expressed around the different methods of choosing leaders (hereditary and elected) and how the different election periods synchronize.
- **Advisory Bodies**
 - Appoint alternate Elders from each community.
 - Youth age range should be wider (12-25 suggested)
 - Each community should appoint two youth (male and female)
 - Define Grand Chiefs. Also concern raised because not all communities can appoint one.
- **Áté:lálém (Justice Council)**
 - Important to have restorative and alternative justice
 - Get the model for policing and courts from Lummi.
 - Address the trauma first. Focus on relationship repair.



Aunty Henny's Healthy Cheese Cake Recipe



Crust: 1/4 cup butter
2 Tbsp Swerve (confectioners)
1/2 tsp salt
1 cup crushed pecans
1/2 cup almond flour

- 1) Melt butter, Swerve and salt until dissolved.
- 2) Remove from heat, stir in pecans and almond flour.
- 3) Spray 8x8 dish with cooking spray. Press in crust ingredients. Bake @ 350 for 10-15 mins depending on your oven.
- 4) Cool.

Cheesecake: 3/4 cup whipping cream
1/2 cup Swerve confectioners
1 tsp vanilla
8oz. softened cream cheese

- 1) Beat whipping cream with sugar and vanilla until peaks form.
 - 2) In another bowl beat cream cheese until creamy and fold into whipped cream.
 - 3) Put on cooled crust and serve with a strawberry or raspberry sauce. (any berry you like)
- You can decrease sugar to your taste.

Enjoy!

Do you have a must-have recipe to share?

Send it to outreach@sxta.bc.ca to have your delicious recipe featured!

SXTA COMMUNITY

KEEP YOUR EYES OPEN



For our upcoming
"Stó:lō Signal"

We are re-designing this Newsletter and renaming it "Stó:lō Signal". We'll be adding fun, interactive material inside as well!

We have hidden the new Stó:lō Signal logo somewhere in this issue. It features the same man that is in our main logo. Find it for a chance to win a Dinner & Movie! E-mail outreach@sxta.bc.ca or call 604 824 3281.

YOUTH GATHERING 2020

We are planning a spring 2020 Youth Gathering. Details to be provided as soon as possible. Our youth won't want to miss this opportunity, so please contact outreach@sxta.bc.ca or call 604 824 3281 to get on our sign up list.



Submissions from the snowstorm of 2020



E-mail us your photos if you would like to be featured!

We had so many awesome submissions! outreach@sxta.bc.ca

WELCOME TO THE SXTA!



Christine Jones (pictured on left) has joined the team as the Implementation Manager. **Lori Byrnes** (pictured on right) has joined the team as the Executive Assistant.

FOLLOW US!



SXTA would like to offer condolences to Leq'á:mel families for the loss of their matriarch — Florence Louie

Congrats to Stó:lō Bannock! Aboriginal Business of the Year at the Chilliwack Chamber of Commerce Business Awards!!

Stó:lō Xwexwilmexw Treaty Association (SXTA)

Áthelets <i>Hereditary Chief</i> Angie Bailey Lax-Wea	Leq'á:mel <i>Chief</i> Alice Thompson Mae'xe	Sq'ewá:lxw <i>Hereditary Chief</i> Maureen Chapman Shwetélemel-elhót	Sq'ewqéyl <i>Chief</i> Mark Point Xwemxwe'meleq'	Yeqwyeqwi:ws <i>Acting Chief</i> Terry Home Siyémches	Ch'iyáqtel <i>Chief</i> Derek Epp Weli'leq
Councillors: Leona Sam Gordon George Chelapa John George Quenthleenum	Councillors: Daniel Kelly Camielle Laslo Sts'ó:wuselwet Sandy McDonald Darrell McKamey Nak'aman James Paterson Dawn Styran Swi:wat	Councillors: Deb Schneider Tá:leyelhot	Councillors: Dustin Hall Tsay Qua Lait Sa Derek Hansom Siyamteleq Darcy Paul Th'etsimeltel Tiffany Silver Solilyeliye	Councillors: Nikki LaRock Qwetó:llhmelhet Jason Malloway Th'eláchiyatel Jazmine Home O:lisayah (Youth) Hereditary Chief Elaine Malloway O:lisayah	Councillors: Cathy Hall Salacy Mel Williams Jr. Kwelikwitum Loren Muth Grand Chief Ken Malloway Wileleq

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