

# **STÓ:LŌ SIGNAL SEASON TWO: GUIDED BY OUR S'Í:WES**

## **PODCAST NOTES**

### **Episode 1 – S'ólh Téméxw te íkw'elò: This is our Land**

The ancient beliefs of Stó:lō people are layered throughout the land and language. This season, we will explore a set of Halq'eméylem principles that Naxaxalhts'i Sonny McHalsie has written down. Through his work recording oral history and language with Elders over the last several decades, he's identified key phrases that have been repeated time and time again. These principles could be considered the guiding laws for our Stó:lō Way of Life. In this first episode of the season we explore: **S'ólh Téméxw te íkw'elò. Xólhmet te mekw stám ít kwelát.** This is our Land. We have to take care of everything that belongs to us.

**Guests: Xwelíqwiya Rena Point-Bolton**

**Naxaxalhts'i Sonny McHalsie**

Rena Point Bolton's full interview can be found in this video: [Guardians of the Land: History](https://www.youtube.com/watch?v=3Wwiv6spFhA) (<https://www.youtube.com/watch?v=3Wwiv6spFhA>)

Naxaxalhts'i Sonny McHalsie was featured in a short video by UBC Journalism students: [What is Shxweli?](#). The rest of his interview was over Zoom with Sharon Desnomie and Heather Ramsay.

#### **Credits:**

The theme song for Stó:lō Signal is "Oh No" by Apt Exact feat. Tommy iGuess  
Beat is Produced by: Magic Touch Mixed and Mastered by: Nigel Lokeynote Berringer  
Check out the video: <https://youtu.be/0QCFxCcXTVc>

**Stó:lō Signal Podcast**

**Host: Theresa Warbus (SXTA Multimedia Engagement strategist)**

**Multimedia Assistant: Sharon Desnomie**

**Producer: Heather Ramsay**