



JUNE 2021 TEMT'ÁMXW: GOOSEBERRY TIME  
VOL. 1, ISSUE 1

# STÓ:LŌ SIGNAL BULLETIN

BROUGHT TO YOU BY THE STÓ:LŌ XWEXWILMEXW TREATY ASSOCIATION

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# OUR JOURNEY TO NATIONHOOD



The Stó:lō Xwexwilmexw Treaty Association is on a Journey to Nationhood with the goal of asserting our Aboriginal rights and title via treaty negotiations and governing our own people, lands and resources. This new Stó:lō Signal format is geared toward reflecting our vibrant Stó:lō life and culture by providing community news & events, important SXTA updates, member profiles, celebratory highlights and family fun pages, for both our on and off reserve members.

After more than 150 years of colonial oppression, we have never lost our way and we know that our members will thrive when we are in control of our own destiny.

Aboriginal rights and title are held collectively by our people and we have the inherent right to govern ourselves. Our path involves engaging community members in the best way possible and we'd love to find out how you would like to get involved.

*For a chance to win \$200, please complete our Community Engagement survey at <https://www.surveymonkey.com/r/FG3888X>*



# SHXW'EYWELH MESTIYEXW "A GENEROUS PERSON."

A MOMENT WITH VAL JOE



“

A LOT OF THE KIDS CALL  
ME AUNTY AND NOW WE  
HAVE THE [OTHER] KIDS  
CALLING ME AUNTY TOO.

VAL JOE  
IYOXWELIYA



**Thanks to all the front-line workers in S'ólh Téméxw** for keeping our families safe during COVID. So many generous people have been tirelessly working for our well-being and in this issue we want to celebrate Val Joe of Ch'iyáqtel, who has been an Aboriginal Support worker and Educational Assistant at Sardis Elementary for almost 20 years. She and Á'a:liya spoke together for our latest podcast:  
[www.sxta.bc.ca/multimedia/stolo-signal-podcast/](http://www.sxta.bc.ca/multimedia/stolo-signal-podcast/)

**Á'a:liya:** You are someone that our kids recognize as Aboriginal and you have a space at the school that is exclusively for them. How do you feel that's impacted the students?

**Val Joe:** If they need a familiar face or if they're struggling with their own identity, they just need somewhere comfortable that they can go and see somebody. . . I can be a cushion for them to come and fall on.

**AA:** I know for me as a parent, having kids coming to this school, I feel supported by even just pulling you into an email.

**Val Joe:** I like that connection where a parent can say, hey, so-and-so is having a hard day, can you go and see him? And teachers are really supportive, too. I can I just take [a child] for a bit and have a talk and [the teachers] just say, sure.

**AA:** I love that you're able to bring in culture. When we first came in the room showing us all the weaving that you're doing, all the drum kits, and the art. It feels homey in here.

**VJ:** A lot of the kids call me Aunty and now we have the non-Aboriginal kids calling me Aunty too.

**AA:** I really feel like that the Aunty role is something that we need to introduce more into our communities. Just because someone's not your blood relative, it doesn't mean that we don't see any Aboriginal adult in our life as an aunt, or an uncle. Like we can claim them that way. So it totally makes sense to me that the other kids, want to be in on that as well.

**VJ:** [The kids] see things so differently. Like sometimes you don't realize how much they're learning and then they share back. They just have a different outlook on life.



# STÓ:LŌ BUSINESS: LUNA FLOAT Q'Á:WTHET IKWELO - REST YOURSELF RIGHT HERE

TAKE BREAK WITH NINA ZETCHUS



**Luna Float is Chilliwack's first Float Therapy** and Wellness Centre located in Garrison Crossing.

Float therapy, or simply "Floating", is based on a scientific approach to relaxation called Restricted Environmental Stimulation Technique or R.E.S.T.

People float for many different reasons and potential benefits including stress and anxiety relief, relaxation, meditation, muscle recovery, chronic pain management, relief from PTSD symptoms, improved sleep quality, back and neck pain relief, and so much more.

Luna Float has 4 spacious Float Cabins that each contain 11" of water saturated with 1100 pounds of pharmaceutical grade Epsom Salts (Magnesium Sulfate). This creates a very dense solution that allows the body to float effortlessly and minimizes the forces of gravity delivering a feeling of weightlessness. The water is heated and maintained to ones external body temperature so you can't tell where the body ends and the water begins. Sessions are 90 minutes and people are often surprised how fast the time goes, then again, some people fall asleep - which is totally fine and safe (think epic nap). Luna Float also offers 30min Infrared Sauna Sessions as well as 30min NeuroSpa Chair Sessions.



**Co-owner and founder of Luna Float, Nina Zetchus**, given name Púlemíya, was born and raised in Chilliwack. Her Indigenous background is from Sts'ailes, mother Bonnie Olsen (Púlemqen), grandfather Ed Leon Jr., and Great-Grandfather Ed Leon Sr. (Púlemqen, Swelímeltxw) from where her name is derived. She is the current President of the Stó:lō Business Association Board and sits on the Stó:lō Community Futures Lending committee.



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**WE HAVE A CURRENT OFFER, BUY 2 GET 1 FREE FLOAT! MENTION THAT YOU READ ABOUT LUNA FLOAT IN STÓ:LŌ SIGNAL AND RECEIVE A 10% DISCOUNT**

NINA ZETCHUS  
PÚLEMÍYA

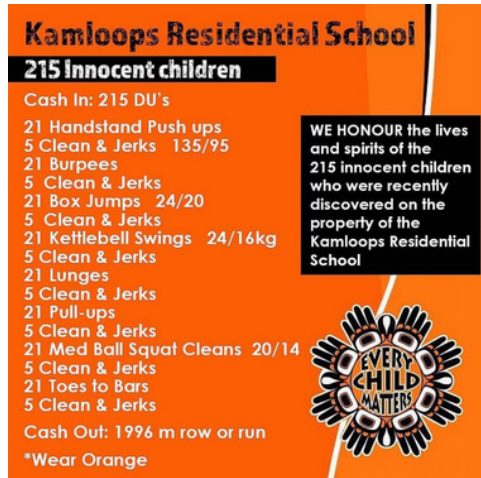
# ŁHÍT'ET - PASS IT AROUND



CHILLIWACK CROSSFIT PARTICIPATED IN A WOD (WORKOUT OF THE DAY) TO HONOUR THE 215 CHILDREN AT THE KAMLOOPS INDIAN RESIDENTIAL SCHOOL.



Gwen Point, **Shóyshqwelwhet**  
Dayschool survivor



WOD



Sharon Desnomie

## STÓ:LŌ SIGNAL RECOMMENDATIONS



### PODCAST:

#### 2 CREES IN A POD:

Unapologetically creating space for Indigenous resurgence. Their intention is to disrupt western colonial systems and honor Indigenous helping practices.

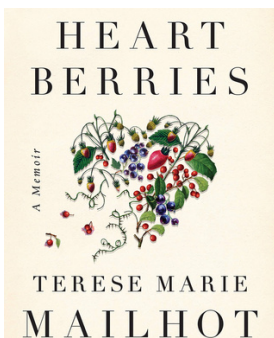


### SUMMER READING:

#### HEARTBERRIES:

A powerful, poetic memoir of a woman's coming of age on Seabird Island. Having survived a profoundly dysfunctional upbringing only to find herself hospitalized and facing a dual diagnosis of post traumatic stress disorder and bipolar II disorder; Terese Marie Mailhot is given a notebook and begins to write her way out of trauma.

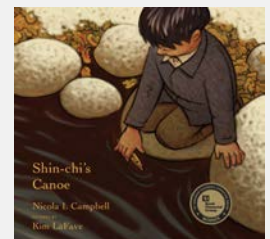
<https://www.cbc.ca/books/heart-berries-by-terese-marie-mailhot-1.4485039>



### MOVIE:

#### SHIN-CHI'S CANOE:

An award winning film based on Nicola Campbell's book about a father's gift of a secret and tiny hand carved cedar canoe, that helps a child discover the strength and resilience to endure his first year at an Indian Residential School.



# LHÍT'ET - PASS IT AROUND



## STÓ:LŌ HOROSCOPES JUNE 2021 ▪ TEMT'ÁMXW: GOOSEBERRY TIME

### Aries

March 21 – April 19  
Energetic, candid and willful

### Taurus

April 20 – May 20  
Reliable, diligent and conservative

### Gemini

May 21 – June 21  
Quick-witted, capricious and cheerful

### Cancer

June 22 – July 22  
Considerate, imaginative and sensitive

### Leo

July 23 – August 22  
Enthusiastic, proud and arrogant

### Virgo

Aug 23 – Sept 22  
Elegant, perfectionist and picky

**Aries:** Embrace the change on the horizon. Your ancestors want you to open your heart to love and guidance from the other side. You are protected, so follow your instincts toward the outcomes you desire.

**Taurus:** Light your own fire, you need to re-charge! Allow life's pressures to subside for now. When you are ready to go again, self-employment or self-driven projects are the way. Watch for Creator's signs, pointing toward your impending success.

**Gemini:** Pay close attention to your frame of mind - the law of attraction is strong in your sign now. Each thought pays dividends, so invest wisely. You hold the power of new life in and around you. This love is boundless and will bring you great joy.

**Cancer:** Open yourself to gifts from the other side. In your mind and heart surround yourself with bright white light, smudge yourself, your family, and your home to engulf everyone in the healing energies from Creator.

**Leo:** Embrace the lesson of acceptance. Although this is one of life's most trying lessons, through unconditional love and acceptance, you inspire and lift everyone to their highest potential. See yourself and others through the eyes of the angels that surround you daily.

**Virgo:** Pay close attention to the children in your life, either your own or the child within. Children require love, affection, and attention. Make time for play and un-structured activities. Change can sometimes cause pain and you must turn that into love.



### Libra

Sept 23 – Oct 23  
Equitable, charming and hesitant

### Scorpio

Oct 24 – Nov 22  
Insightful, mysterious and suspicious

### Sagittarius

Nov 23 – Dec 21  
Unconstrained, lively and rash

### Capricorn

Dec 22 – Jan 19  
Perseverant, practical and lonely

### Aquarius

Jan 20 – Feb 18  
Smart, liberalistic and changeful

### Pisces

Feb 19 – March 20  
Romantic, kind and sentimental

**Libra:** Heed the call of love. Your heart is the centre of your physical being and it is safe for you to love and be loved. Break down the walls that have been keeping you from truly embracing someone in your life.

**Scorpio:** Forgive. Your ancestors can help lift you to a higher place of peace and compassion. Forgiveness does not mean what happened was right, but it frees you from anger and resentment. Hold the intention of seeing the other person's inner Divine light.

**Sagittarius:** Help elders, young children and those in need. You are being called by higher energies to joyfully serve and to swim in a constant stream of bliss. Focus on giving and the universe will enact balance within itself to take care of you in return.

**Capricorn:** Focus on your relationship with the Creator and yourself. Healing will help you achieve balance in your life. Look for opportunities to join a new group or forge a new form of self-care. As you feel safe and loved within, your relationships will bloom and prosper.

**Aquarius:** Shift your primary beliefs around money. Give your worries over to your angels and they will show you how to create and accept abundance. As you work with them your financial situation will heal as fast as you allow.

**Pisces:** Ground yourself. There is work that needs your immediate attention. You have been floating, somewhat detached from your body and the physical world. Your guides can help you balance the spiritual and material, so that success in your next venture will be yours.

# LHÍ'ET - PASS IT AROUND



## STÓ:LŌ SIGNAL RECOMMENDATIONS

### Á'A:LÍYA' KITCHEN



TRADITIONAL TWISTS ON  
CONTEMPORARY RECIPES.

#### Insta-Pot Wild Deer Coconut Curry

**Á'a:Líya:** I love my Insta-Pot because I can create amazing meals in one pot and the pressure cooker function cuts the cook time in half or more. I found this recipe on-line and just subbed in deer meat for beef and veggie broth for beef broth.

The exact amounts aren't essential but this curry has oil for searing meat, chopped onion, garlic, ginger, carrots, some spicy pepper, broth, salt, turmeric, potatoes and coconut milk. Potatoes add heft to it all or you could skip them and just serve over rice. Check it out and tell us your favourite traditional twist on a recipe! outreach@sxta.bc.ca

<https://www.paintthekitchenred.com/instant-pot-beef-stew-indian-beef-curry/>



### PET SELFIE



Jacqueline Louis'  
sweet baby Luna @  
five months old.



Crystal George and  
Dexter. Yes, he's smiling  
and he has two different  
coloured eyes!

JUNE 2021  
VOL 1

DID YOU KNOW THAT WE HAVE 1242  
VOTERS BUT ONLY 345 PEOPLE ON AN  
EMAIL LIST FOR OUR E-BULLETINS?

IF YOU KNOW ANYONE ELSE WHO  
WANTS TO RECEIVE E-BULLETINS,  
PLEASE HAVE THEM EMAIL US AT  
[OUTREACH@SXTA.BC.CA](mailto:OUTREACH@SXTA.BC.CA)



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