

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

### **PODCAST NOTES**

**Episode 3 – Xólhmet te mekw' stam s'i:wes te selsila:lh chet.** "Take care of everything our great grandparents taught (showed) us."

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 third episode of the season we explore: **Xólhmet te mekw' stam s'i:wes te selsila:lh chet.** "Take care of everything our great grandparents taught (showed) us." This teaching reminds us of our responsibilities to seven generations past and seven generations forward. It also reminds us of another important Stó:lō concept of sqwélqwel. Listen to the episode to learn more.

**Guests: Siyémches Terry Horne**

**Naxaxalhts'i Sonny McHalsie**

**Th'eláchiyatel Richard Malloway**

Chief Terry Horne was recorded in September 2020 for an SXTA video and interviewed on July 15, 2021.

Naxaxalhts'i Sonny McHalsie was interviewed by A'aliya on June 10, 2021 and by SXTA staff in February 2021.

Th'eláchiyatel Richard Malloway was recorded at the Union on BC Indian Chiefs Annual General Assembly in Chilliwack on April 21, 1975. <https://www.youtube.com/watch?v=qfjX87eZL78>

### **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