

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

## **PODCAST NOTES**

### **Episode 4 – This is who we are: Storytelling and the oral tradition.**

Stó:lō people have two important types of stories. Sxwōxwiyá:m — our creation stories, or stories of our distant past and Sqwélqwel or true news, which are stories passed down between generations. In this fourth episode of the season we explore storytelling and the oral tradition and why it is important to our people. We welcome gifted storyteller Shóyshqwelwhet Gwen Point as she talks to us about Xepa:y, her grandmother and so much more.

**Guests: Shóyshqwelwhet Gwen Point**

## **STORY RESOURCES**

Check out more stories told by Shóyshqwelwhet Gwen Point and many others at [www.digitalsqewlets.ca](http://www.digitalsqewlets.ca) . Click on the Our Voices link for options.

Many other stories can be found on the Stó:lō Library and Archives Youtube channel

<https://www.youtube.com/channel/UC-SFWBrko3emZRgvxlw5ylw>

And Bear Image captured this story: <https://www.youtube.com/watch?v=wm9AZ3x5fpw>

### **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/OQCFxCcXTVc>

## **Stó:lō Signal Podcast**

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

**Multimedia Assistant:** Sharon Desnomie

**Producer:** Heather Ramsay