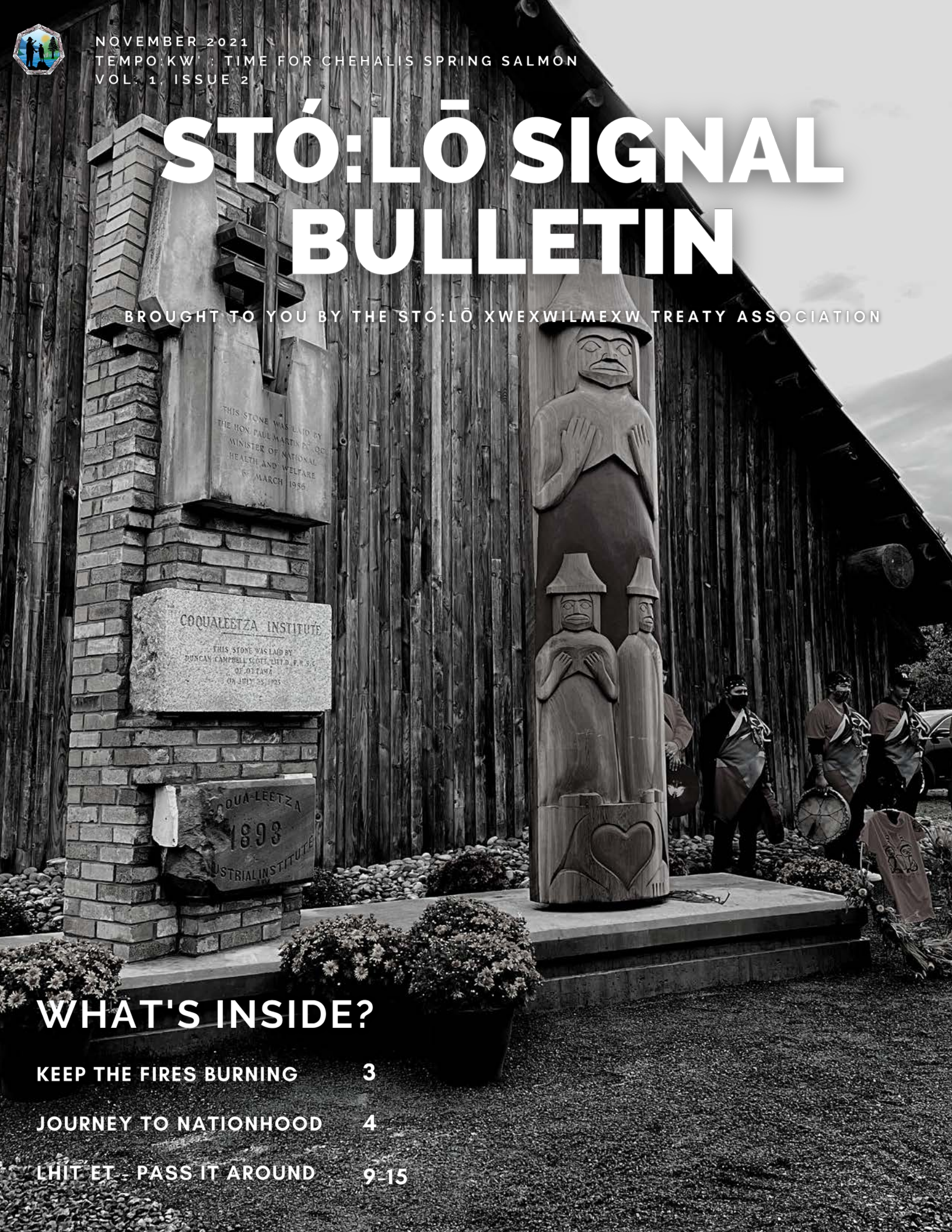




NOVEMBER 2021
TEMPO:KW' : TIME FOR CHEHALIS SPRING SALMON
VOL. 1, ISSUE 2

STÓ:LŌ SIGNAL BULLETIN

BROUGHT TO YOU BY THE STÓ:LŌ XWEXWILMEXW TREATY ASSOCIATION



WHAT'S INSIDE?

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KEEP THE FIRES BURNING



Our Journey to Nationhood is about protecting and exercising our inherent rights.

A key part of this work was drafting our Shxwelméxwelh - Constitution. Our community members provided critical input into its creation. Our communities also have the power to approve this work as a guiding document and foundation for our future Stó:lō Xwexwilmexw Government.

This last year we set a high bar for ourselves and asked that at least 50% of our community members (of voting age) cast their ballot on our Shxwelméxwelh in November 2020. We were pleased by the results of the vote, as the vast majority of those who voted said yes to this step on our path to self-governance.

We met the quorum we set for ourselves in two of our communities. In 2021, we are asking the remaining four communities to continue with the process of addressing their specific interests and needs for supporting our Shxwelméxwelh.



We have come a long way on the path to Nationhood and are working together to continue our journey – one step at a time.

Please visit sxta.bc.ca to read our Annual Report 2020/2021 and to stay updated about voting processes in your community.

JOURNEY TO NATIONHOOD



TIMELINE

Our communities continue to move forward on the path to self-government & treaty.



Once our **Shxwelméxwelh/Constitution** is ratified, we expect to enter into a self-government agreement so that our **Yewá:l Si:yá:m Lálém** (National Government) can form in advance of our full treaty.

SXTA UPDATE



NEW STAFF INTRODUCTION



PROJECT COORDINATOR/RESEARCHER, KRISTINA CELLI

Kristina moved to Chilliwack in the fall of 2020 and began working with the SXTA only a few short months later. Kristina likes camping, her pet(s), and her plants. She looks forward to continuing all the work she's been participating in so far.



YOUTH COORDINATOR, JEN ARCHIE

My name is Jennifer Archie from Sq'ewqeyl First Nation. My grandparents are Wilfred and Madeline Charlie from Sq'ewqeyl and George and Marge Kelly from Soowahlie. My parents, Sam Archie and Gay Kelly, are from Sq'ewqeyl. I graduated from Sardis Secondary in June, 2021. I plan to attend UFV at some point, I am researching programs I am interested in before making the decision. My hobbies and extracurricular activities include reading, writing, music, hiking, and photography.

SXTA HISTORY



Treaty work started under the Stó:lō Nation in 1995, and from 2004 to 2007 several First Nations transitioned toward an independent organization. In 2009, the Stó:lō Xwexwilmexw Treaty Association officially became the negotiating body for the Treaty and the leadership sought a new visual representation for the group. Siyémches Frank Malloway, then-hereditary chief of Yeqwyeqwi:ws envisioned an elder and a youth connecting with the lands and waters of S'ólh Téméxw, an idea that contained the Stó:lō principle of Tomiyeqw.

The red on the Swōqw'elh (blanket) represents Stó:lō Xwexwilmexw and the black represents the other governments of Canada. The meeting of the two colours in the middle represents collaboration with mutual respect. "I designed the pattern based on a relationship model that allows each party to maintain their own laws, culture and beliefs," said Siyémches, Chief Terry Horne



TRUTH & RECONCILIATION



HONOR THE DAY

Two Residential School Memorial House Posts carved by Siyémches Terry Horne of Yeqwyeqwi:ws (from cedar donated by the Ts'elxwéyeqw Tribe) were unveiled on September 30 — the first National Truth and Reconciliation Day. Ceremonies were held at Pekw'Xeyles, the site of St. Mary's Mission Residential School and at Coqualeezta, the former site of the residential school in Chilliwack. Stó:lō Nation and Stó:lō Tribal Council leadership, as well as mayors, community members and leaders attended.

"The only thing I could think of was the children," Siyémches said when describing the process of deciding what to carve. On the pole raised in Mission, the children wear residential school uniforms, but he took a different approach on the pole now in Chilliwack.

"I talked to Xwelíqweltel and the message from one of the burnings was that the kids want to be out of the residential school uniforms. It's not the way they wanted to be remembered." So on the second pole, the children and the woman are wrapped in blankets, in the Stó:lō way. The woman, who represents a protector or guide for the children, is also wearing a red dress, to remember the murdered and missing Indigenous women.

"I had a hard time even speaking this morning. I can blame it on being tired. But it was the emotion. I looked at our eldest here and one that survived residential school and I almost couldn't talk. I knew it would be difficult here today, but like I said its part of the healing process," he said at the Chilliwack event. Siyémches' 83 year-old grandmother Mary went to residential school and she came home but her brother didn't. She has 100 great-grandchildren. He thought about that too as he carved.

"With over 6,000 kids who didn't make it home and you multiply that by one hundred. That's all the children we would have. All the lines of families that are not here."

Siyémches finished by raising his hands to all the residential school survivors.

"We survived. We made it," he said.

#orangeshirtday #truthandreconciliation #witness #honourtheday



Siyémches on right, Chris Silver left



Residential school survivors @ Coqualeezta



Residential school survivors @ Pekw'Xeyles

GETTING INVOLVED WITH OUR XWEXWILMEXWÓ:LLH (YOUTH)



GO ALONG WITH JEN ARCHIE

What started as a way to find out how young people ages 14-24 would like to be engaged in the work of the SXTA has turned into a regular monthly gathering where youth express their ideas for how to move forward as a nation and have fun too.

In September, Jen Archie, 17-year-old from Sq'ewqéyl was hired as SXTA's Youth Coordinator.

"I wanted to get involved because youth are our future and we should be getting more involved as we get older," she said.

These youth are not only looking for ways to engage but ways to help each other and their families too.

Some of the ideas they've brainstormed:

- Hold a monthly community night
- Have community leaders and councillors mentor youth
- Help youth learn life skills and basic finances so they are prepared to go out on their own
- Create preventive plans and services that are not cookie cutter and come from a youth perspective
- Create drug and alcohol rehab programs for youths
- Provide safety through culture



The group likes to communicate via Snapchat and is working on TikTok videos for SXTA's newest social media account. Stay tuned for more!

A Letter from Jen:



"The new SXTA Youth Focus Group is about consistent engagement with youth to connect with them about SXTA and what they want to see in their own community.

Our goal is to interest the youth in learning about creating more opportunities for the future generations, involving self-governance and culture.

The first ideas to come out of the Youth Focus Groups are to keep constant connection and let the youth have a voice and make them feel like they have their own opinions matter.

We've created incentives to keep them getting involved further with the work we've created. The incentives involve, getting put into draws to win gift certificates to help engage with other youth.

Furthermore, we have new social media's to reach a new youth appeal, along with monthly events curated towards the youth's interests."

- Jen Archie



SYÉXW CHÓ:LEQW ADVENTURE PARK



ROCKSLIDE IN THE FOREST

Opened in September 2018, the park is located on the traditional land and territory of **Sq'ewá:lxw First Nation**. The name was chosen due to the scree slope at the north end of the Park where large rocks have been falling from the mountain for thousands of years.



► Tell us about your business. What is it in a nutshell?

The Syéxw Chó:leqw Adventure Park is an outdoor recreational site and learning centre that includes 4,000 metres of walking and cycling trails, a bike skills park, viewing platforms, a 9,000 square foot playground, as well as other supporting facilities. Visitors can also enjoy the many art installations throughout the park in the form of mural paintings and wood sculptures. See if you can spot them all!

► What was the reason you started this business?

The Park was opened to provide an outdoor recreational and cultural site to visitors of all ages. The long-term goal is to be a tourist destination site with both recreational and cultural/educational services as well as amenities.

► Do you have any interesting stories about any of the artists you have worked with or customers that have been in your store that have helped reinforce the goal of your business?

The Park is also open to our four-legged friends and we do have one regular visitor who brings her goat for a walk. As well, the park is increasingly used by school groups and there are regular sightings of wildlife in the area such as deer and beavers and occasional reports people have heard Sasquatch (if anyone is lucky enough to see Sasquatch, please let us know). There are also approximately 40 carvings throughout the Park for people to view.

► How can people access your business?

The Park is open year round and is free of charge to use. It is not staffed much of the time so visitors are free to explore and enjoy at their own leisure. Access is off Highway 7 (Lougheed Hwy) about 1.5 kilometres northeast of the Sq'ewá:lxw offices on the left.

LHÍ'ET - PASS IT AROUND



STAR NATION CANOE CLUB DAYS 2021



Ladies Single Start



Memphis Paul



Aerial View of Men's 6 man

The Coast Salish Sport — War Canoe Races — has its own schedule and its own timeline in the pre-pandemic world. Cold practices start every night in March and eventually transition to back-to-back races every weekend from early May to the very last weekend in August. Each race is hosted by various communities throughout the paddling circuit. In 2020, COVID-19 halted our regular paddling season, but 2021's condensed Canadian race schedule was a big success for paddlers.

Star Nation Canoe Club (home to members from our 6 SXTA communities) hosted their own canoe race at Cultus Lake on September 25 & 26 with crews travelling to attend from Lummi, Nooksack, and across Vancouver Island. Saturday's events included 11 man races with a lady skipper (never been done before!!); 6 man races, doubles, singles and kids races! Early Sunday morning, saw a single man 10km marathon and an on-the-beach Crossfit Competition. a great last race and wrap up to the paddling season.

The race results are as follows:

Ladies 11

1st Place: Rikkole Cree
2nd Place: Star Nation
3rd Place: Merisa Mae

Mens 11

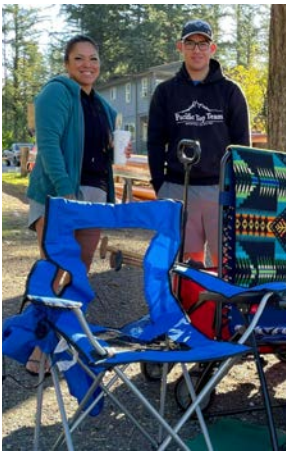
1st Place: Rikkole Cree
2nd Place: Island Brave
3rd Place: River Spirit

Ladies 6

1st Place: Star Nation
2nd Place: Merisa Mae
3rd Place: Vikki Lynn

Mens 6

1st Place: Rikkole Cree
2nd Place: River Spirit
3rd Place: Rikkole Cree



LHÍ'ET - PASS IT AROUND



STÓ:LŌ SIGNAL RECOMMENDATIONS

PODCAST

Bigger Than Me

Bigger Than Me - Aaron Pete, Chilliwack-based court worker/law student with Chawathil heritage, interviews those who: "recognize that their impact is bigger than just themselves. We seek guests who carry this mindset in their career, community and personal life. We hope the stories of these role models reach Indigenous communities, individuals living in poverty, and individuals who lack support."

Check out his interview with Tzeachten Chief Derek Epp @ <https://biggerthanmepodcast.buzzsprout.com/>



AARON PETE

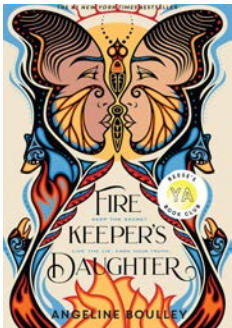


FALL READING

Firekeeper's Daughter

Eighteen-year-old Daunis of the Ojibwe Tribe finds difficulty fitting into both her home town and the Reservation. After tragedy strikes and she witnesses a murder, Daunis gets involved in the investigation. "Keep the secret, Live the lie, earn your truth"

"Firekeeper's Daughter is so much more than a thriller, it teaches you about the Ojibwe culture and traditions. It brings me such great impact, this book leaves me with so much to think about and I'm not ready to say goodbye." Jen Archie



TV SERIES

Reservation Dogs

"Reservation Dogs" follows the lives of four Native teens living in Oklahoma. After their best friend's death, the quartet is determined to leave home and reestablish the group in California. In order to secure the money for their trip, they've taken to pulling off petty crimes around their neighborhood, starting with the hijacking of a chip truck.

You can find Reservation Dogs on Disney+ and Hulu!



LHÍ'ET - PASS IT AROUND



STÓ:LŌ HOROSCOPES

NOVEMBER 2021 ▪ TEMPO:KW' : TIME FOR CHEHALIS SPRING SALMON

Aries

March 21 – April 19

Energetic, candid and willful

You're making progress in life by remembering to access feelings of love. Love for yourself, your work, family, and friends bring about gratitude and continued progress in your desires. You are making steady contributions to your community through thoughts, feelings, and actions of love.

Taurus

April 20 – May 20

Reliable, diligent and conservative

There is space right now for new love in your life. Your ancestors are sending you great waves of love to your heart and mind, awakening your love for life. Your decision to accept and enjoy romance triggers a reawakening. Allow yourself to spontaneously celebrate love.

Gemini

May 21 – June 21

Quick-witted, capricious and cheerful

You are being asked by your ancestors to set aside the work for a while. Don't worry; they will oversee your responsibilities to their completion. Playfulness, gaiety, and laughter will lift your energy so that you'll return to work with a renewed perspective and heightened energy.

Cancer

June 22 – July 22

Considerate, imaginative and sensitive

It is safe for you to love with an open heart. Your ancestors are standing with you in perfect protection and guidance. See the opportunity to grow from difficult relationships and meet people where they are at without judgement. This will bring more peace into your life.

Leo

July 23 – August 22

Enthusiastic, proud and arrogant

There is nothing to worry about. You are safe and the situation is under the perfect control of Divine order. Infuse loving thoughts and emotions into the situation to ensure the highest possible outcomes flows effortlessly through you. Your guides will point you in the right direction.

Virgo

Aug 23 – Sept 22

Elegant, perfectionist and picky

There is a situation at hand that is offering you the opportunity to forgive. Hold the intention to heal, grow and release negative patterns. Your guides will allow you to see the other person's inner Divine light and goodness. They are helping you release unforgiving thoughts, feelings, and energies, and lift you to a higher place of peace and compassion.

Libra

Sept 23 – Oct 23

Equitable, charming and hesitant

The burden of carting your past around has made you weary. Dear one, it's time to set this burden down. Keep only the lessons and the love and leave everything else behind. You don't want it or need it, and it's now gone. As our elders would say, we do not walk over old footsteps again, there is only forward – your future awaits.

Scorpio

Oct 24 – Nov 22

Insightful, mysterious and suspicious

The message: Go for it! Your prayers and positive expectations have been heard and answered. Your guides have been working with you on this situation since its genesis, and they are going to watch over you and everyone involved. Stay on your present path, as it will take you far.

Sagittarius

Nov 23 – Dec 21

Unconstrained, lively and rash

What appears to be a problem in your life right now is actually a blessing in disguise. A part of your prayers are being answered at this time. You'll understand the reasons behind your present situation as everything resolves. Trust in Creator's protections and infinite wisdom to answer your prayer in the best way.

Capricorn

Dec 22 – Jan 19

Perseverant, practical and lonely

It sometimes take humility and a simple reminder to ask for the help you need in your current situation, then your angels and guides can immediately go to work on your behalf. They are governed by many universal laws, and among them is the free will that allows you to make your own choices and decisions. All the help you need is awaits.

Aquarius

Jan 20 – Feb 18

Smart, liberalistic and changeful

Inhale and exhale. In other words, find the balance right now between giving and receiving, if you are imbalanced in either action you become out of rhythm with the universe. For optimal health, energy, and replenishment, balance each inhalation in your life with an exhalation.

Pisces

Feb 19 – March 20

Romantic, kind and sentimental

Continue to breathe life in the faith and love of two souls joining together. You are being called right now to pay attention to the lessons that lie in commitment to another person through good times and the bad. Each person is a living puzzle that fits within our lives the way we are meant to receive them, nothing happens by accident and your lessons will elevate you both to a higher place if you are willing to walk together.

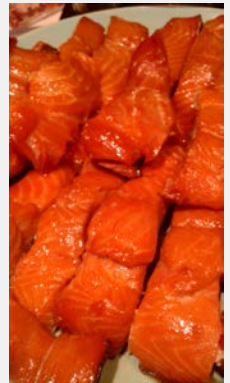
LHÍ'ET - PASS IT AROUND



STÓ:LŌ SIGNAL RECOMMENDATIONS

FISH SELFIES

Fishing season is upon us! Thank you to our members who submitted photos.



Blake Point - Sq'ewqéyl

FISH SANDWHICHES



TRADITIONAL TWISTS ON CONTEMPORARY RECIPES.

We like to keep it simple, everyone knows the best fish sandwiches don't need much.

Ingredients

- 1 500mL Mason Jar of canned salmon
- 4 of your crispiest pickles
- 2 tbsp light mayonnaise
- 1 green onion (optional)

Empty 500mL jar into bowl (leaving skin on)
Cut up pickles lengthwise, then cut horizontal to create small squares
Combine all ingredients
Finish with pepper & serve!

CANNED FISHHEAD AND BONES BROTH

By Arlene Proksa

"I recently started canning the fish broth that I make after I fillet salmon and flash freeze the fillets. I use the head and the backbone and I simmer it for a few hours with a bit of lemon juice in the stock — to elute more calcium from the bones into the broth. It's full of omega 3's and fat soluble vitamins.

I just filter it and put the golden broth into 500 ml canning jars and pressure can for 20 min at 10 pounds pressure."



Ruby Proksa - Leq'á:mel



LHÍT'ET - PASS IT AROUND



HALQ'EMÉYLEM CORNER



Xwélmexw – “Indigenous person.”
From **xwel** “still” &
mexw “person, people”.
Xwexwilmexw is plural.

Stó:lō Xwexwilmexw (Stó:lō People) – Stó:lō
 (“river’ and “Fraser River” and Stó:lō people).
Halq’eméylem speaking people living along the Fraser River or its
tributaries from Five Mile Creek above Yale,
downriver to the mouth of the Fraser River.

MEMBER INCENTIVE!



Who do you want to see profiled in the Stó:lō Signal?
Send us ideas for content and we’ll enter you in a **\$200 draw**.

Write Stó:lō Signal in the subject line and send an email to
outreach@sxta.bc.ca or text
604-845-6498

LHÍ'ET - PASS IT AROUND



MOMENTS IN TIME WITH THE SXTA TEAM



215 Honoring Ceremony @ Stó:lō Grounds



A'a:liya & Naxaxalhts'i recording Episode 2 of Stó:lō Signal podcast



SXTA's 215 Honoring Ceremony (Emily Kelly & Josephine Kelly)



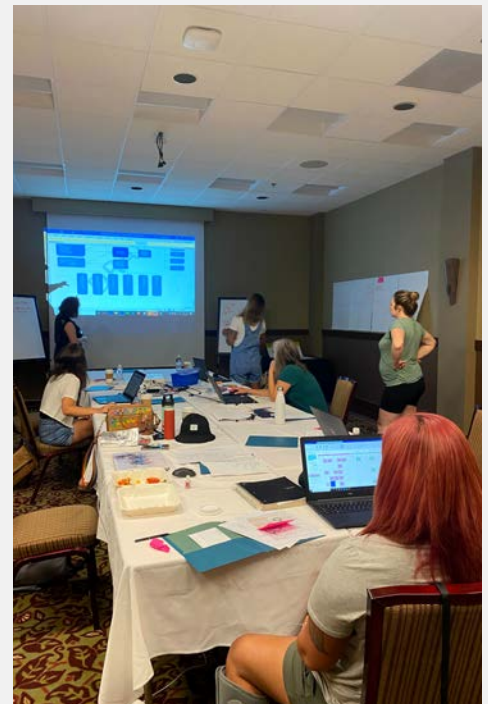
SXTA's 215 Honoring Ceremony



The SXTA Outreach team had the opportunity to partake in Naxaxalhts'i Boat Tour



Heather Ramsay (Outreach Team) gathering photos for the 2021 Annual Report

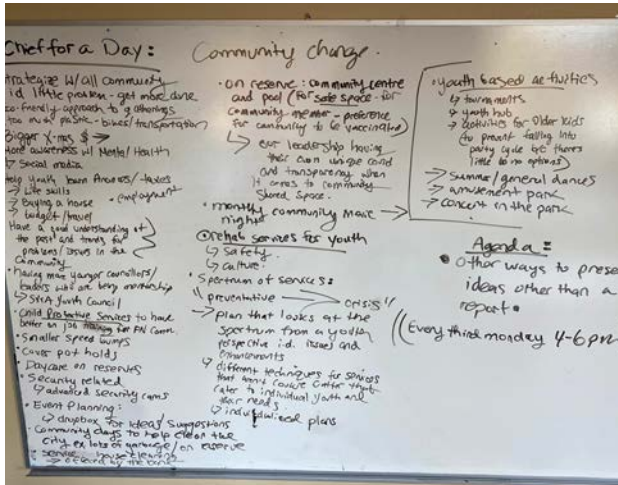


Outreach Team @ Annual Work Planning Session

LHÍ'ET - PASS IT AROUND



MOMENTS IN TIME WITH THE SXTA TEAM



Our Youth Focus Group "Chief for a Day" answers



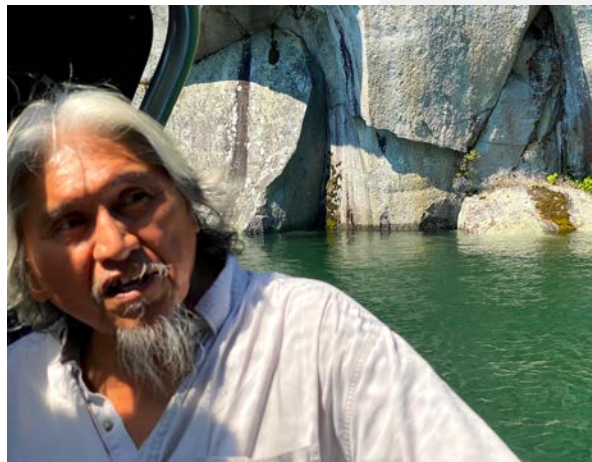
Youth Focus Group




SXTA Annual General Meeting



Jazmine Horne & Comic book illustrator, Melissa Kendzierski collaborating on Kw'its'téleq comic book



Sonny with Pictograph on face of wall above waterline. Can you spot it? 



A'a:liya & Youth (1st youth group)



Multimedia filming a Constitution Voting update with Grand Chief Steven Point



SXTA 2021 Annual General Meeting



Multimedia team had an amazing interview with the Roberts family (stay tuned for upcoming media)

NOVEMBER 2021
VOL 1, ISSUE 2

**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**



**STÓ:LŌ XWEXWILMEXW TREATY
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