

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

## **PODCAST NOTES**

### **Episode 6 – Thehítchexw ta' sqwálewel “Keep your mind on what you're doing.”**

**Guests:** Tyson George Kelly - Áthelets  
Jen Archie – Sq'ewqeyl

How do youth stay on a good path when there is so much going on in the world and in their personal lives? In this episode, we talk to rising football star, Tyson George Kelly, and to the Stó:lō Xwexwílmexw youth coordinator Jen Archie about an important Stó:lō principle Thehítchexw ta' sqwálewel “Keep your mind on what you're doing.”

#### **More info:**

- G.W. Graham Secondary School in Chilliwack
- <https://www.theprogress.com/sports/photos-chilliwacks-g-w-graham-blanks-w-j-mouat-in-abbotsford/>
- Chilliwack Huskers: <https://www.valleyhuskers.ca/>
  - Founded in 1998, the Fraser Valley Huskers are a Chilliwack-based amateur football team that provides young men between the ages of 17-22 an opportunity to participate in highly competitive, post-high school football.
- Our Youth Facebook Group = @TheSXTA Youth
- Tik Tok: @TheSXTA
- Instagram @TheSXTA

#### **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

**Youth Coordinator:** Jen Archie