

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

## **PODCAST NOTES**

### **Episode 7 – Tset hikwstexw te sqweltsetwe “Hold our language high”**

**Guests:** Christine Seymour - Sq'ewqéyl

Grace Kennedy – The Fraser Valley Current

The Halq'eméylem language or one of its dialects is spoken from Five Mile Creek near Yale to the mouth of the Fraser River and across onto Vancouver Island, but there is only one fluent speaker left. Christine Seymour of Sq'ewqéyl did not plan to become a language teacher when she went to university, but that's how her career has worked out. In this special episode, Tset hikwstexw te sqweltsetwe “Hold our language high,” we hear Christine tell her story to *The Fraser Valley Current's* Grace Kennedy.

#### **More info:**

- Article from the Fraser Valley Current with Christine Seymour:  
<https://fvcurent.com/article/sd78-indigenous-education-q-a/>
- Christine's word a day on Star 98  
<https://www.starfm.com/2021/10/04/halqemeylem-with-christine-seymour/>
- First Voices  
<https://www.firstvoices.com/explore/FV/sections/Data/Salish/Halkomelem/Halq'em%C3%A9ylem/learn>
- Tik Tok: @ yeqwyeqwiws
- 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/OQCFxCcXTVc>

#### **Stó:lō Signal Podcast**

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

**Multimedia Assistant:** Sharon Desnomie

**Producer:** Heather Ramsay