

FEBRUARY 2022  
TEM'T'ELEMCHES FEBRUARY 21 - MARCH 22  
VOL. 1, ISSUE 3



# STÓ:LŌ SIGNAL BULLETIN

BROUGHT TO YOU BY THE  
STÓ:LŌ XWEXWILMEXW TREATY ASSOCIATION

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# THE STÓ:LŌ XWEXWÍLMEXW SHXWELMÉXWELH

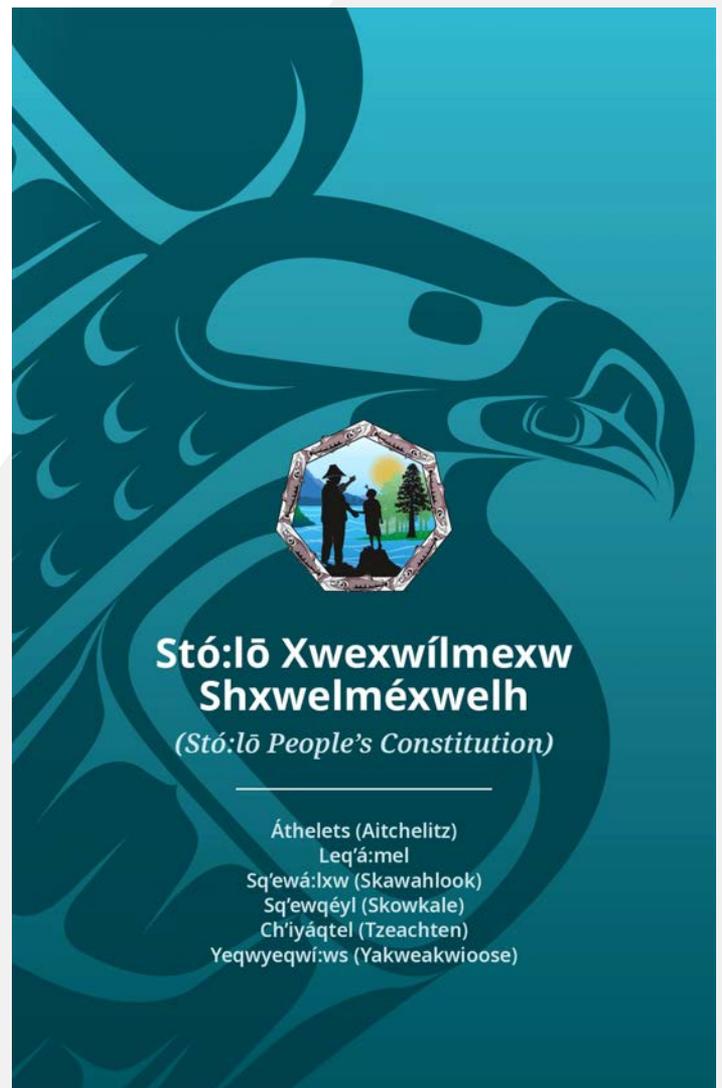


## FOUR OF SIX STÓ:LŌ XWEXWÍLMEXW COMMUNITIES PASSED THE STÓ:LŌ XWEXWÍLMEXW SHXWELMÉXWELH

After holding community-driven processes in Sq'ewá:lxw and Leq'á:mel in the fall of 2021, these two communities have approved the Shxwelméxwelh/Constitution. This document, created by leadership after several years of community input, outlines the way our six communities will work together as the Stó:lō Xwexwílmexw Nation.

With four communities – Yeqwyeqwi:ws, Áthelets, Leq'á:mel and Sq'ewá:lxw – now in agreement on the Constitution, our path forward has been strengthened. We continue to work towards our goal of uniting our Stó:lō communities under one National Government and working together to steward our unceded, unextinguished Stó:lō title lands.

Our communities continue to work with Sq'ewqéyl and Ch'iyáqtel on community-driven processes to address their specific interests and needs for supporting our Shxwelméxwelh. Our vision for our future government is that our villages remain strong and look after their own matters and that we share in managing jurisdictions that are too large for one small group to take on themselves. We are also striving to build relations among Stó:lō First Nations and Tribes through our ongoing engagements with our relatives and neighbors.



A reminder that an approved Shxwelméxwelh/Constitution is **one more step towards** a treaty. The approval of this document will **NOT** change Indian Status or taxation. Benefits and services currently received, **WILL** continue. We are working to enhance them under a future Stó:lō Xwexwílmexw Government.

The Outreach team will be reaching out to members in a variety of ways to help ensure everyone in our communities understand our path forward. Please check out information available at [sxta.bc.ca](http://sxta.bc.ca); in our Stó:lō Signal Bulletin and Podcast; on our social media accounts and take the online Treaty Tour [sxta.bc.ca/treatytour](http://sxta.bc.ca/treatytour).

# SXTA UPDATE



## NEW STAFF INTRODUCTION



### **NANCY WASIKOWSKI, OFFICE MANAGER**

I am a new resident to Chilliwack and I am excited to explore this beautiful city more. I enjoy hiking with my dogs, going to the lake and camping in the summertime. I have only been with SXTA for 3 months but I have really enjoyed my time working here.



### **PHILIP HANNIS, PROJECT COORDINATOR/RESEARCHER**

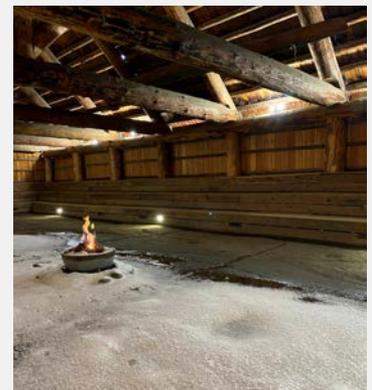
Philip Hannis joined the SXTA in September 2021 as a research project coordinator and brings 30 years' experience in the areas of media, government relations, and post-secondary education.

## LIGHT THE FIRE WITH GRAND CHIEF POINT



Stay tuned for our new series as Xwě lī qwěł těl, Grand Chief Steven Point sits down with different guests. These conversations are meant to ignite community members' interest around cultural and land based work taking place in our unceded Stó:lō Territory.

Live events will be broadcast and can be replayed via @TheSXTA's Facebook & YouTube channels.



# STÓ:LŌ MOONS



BY JEN ARCHIE

The Stó:lō Calendar follows the lunar cycle, with a new year beginning in late October. The moon cycles were measured by men who tied knots into string. For each passing month they tied a bigger knot.

My favorite month is **Welék'es** (March), when Nature begins to bud, the little frogs croak and the birds sing once again. Spring is synonymous with growth, renewal, rebirth and awakening. The earth has been in slumber, tucked away like a bear in hibernation, slowing down, rooting into stillness, a period of rest.

To read more about the Stó:lō Moons check out: [coqualeetza.com](http://coqualeetza.com)

Bonny Graham also makes beautiful Thirteen Moons wall calendars. Contact her at [bwyse@hotmail.com](mailto:bwyse@hotmail.com)

## PELÓ:QES

JANUARY 23 - FEBRUARY 20  
TORCH SEASON

## TEMT'ELEMCHES

FEBRUARY 21 - MARCH 22  
TIME ONE'S HANDS STICK TO  
THINGS (FROM COLD)

## WELÉK'ES

MARCH 23 - APRIL 20  
LITTLE FROG SEASON

## TEMKWIKWEXEL

APRIL 21 - MAY 19  
TIME FOR BABY SOCKEYE SALMON

## TEM'ELILE

MAY 20 - JUNE 17  
SALMONBERRY TIME

## TEMQOQO

JUNE 18 - JULY 17  
HIGH WATER TIME

## TEMQWÁ:L

JULY 18 - AUGUST 15  
MOSQUITO TIME

## TEMTHÉQI

AUGUST 16 - SEPTEMBER 14  
SOCKEYE SALMON TIME

## TEMKW'Ó:LEXW

SEPTEMBER 15 - OCTOBER 25  
DOG SALMON TIME

## TEMPÓ:KW'

OCTOBER 26 - NOVEMBER 24  
TIME FOR CHEHALIS SPRING  
SALMON

## XETS'Ō:WESTEL

NOVEMBER 25 - DECEMBER 24  
TIME TO STORE AWAY PADDLES FOR  
THE WINTER

## MEQÓ:S

DECEMBER 25 - JANUARY 22  
FALLEN SNOW SEASON

# THEHÍTCHEXW TA' SQWÁLEWEL "KEEP YOUR MIND ON WHAT YOU'RE DOING"



## WITH TYSON GEORGE KELLY

We're really excited to be interviewing Tyson George Kelly, a young person from the community of Áthelets and Semá:th, who's doing really exciting things in football and life. Check out the full interview on Season Two of our Stó:lō Signal Podcast on Apple or Spotify or on our website at [www.sxta.bc.ca/multimedia/stolo-signal-podcast-s02](http://www.sxta.bc.ca/multimedia/stolo-signal-podcast-s02)



► **Á 'a:liya:** Who do you play for?

► **Tyson:** I play receiver and quarterback for G.W. Graham Secondary and Team BC.

**ÁA:** So, what does a receiver do?

**Tyson:** He runs. He's the guy who runs and catches the ball.

**ÁA:** I heard through the grapevine that you are being scouted to go to University of Calgary?

**Tyson:** Yes. I want to go into kinesiology. So I can be a personal trainer and open my own gym. That's my Plan B for sure.

**ÁA:** So how much time do you train for football?

**Tyson:** I put a lot of time into the sport, especially over the summertime when I don't have school. So . . . an hour or two in the weight room and then I go on to the field and train for another 45 minutes.

**ÁA:** Thehitchexw ta' sqwálewel "Keep your mind on what you're doing" is one of the Halq'eméylem principles we are highlighting. It's really about that focus you need when you're involved in something that you're truly passionate about. How does that apply with football?

**Tyson:** It applies a lot because sometimes there's so much going on in the world and it's just so hard to focus in on something in your life. So I think that definitely resonates with me because football, if I really focus in on it, I feel like I'll be OK.

**ÁA:** Did you have any community mentors?

**Tyson:** Definitely my whole family and my two older brothers [Darius and Dion] really helped me out. They really paved the way for me as a person both on and off the field.

**ÁA:** Do you have any community-centered or inspired goals?

**Tyson:** After I get my education, I will come back and make sure that I help out as much as possible and give back to the community.

**ÁA:** If somebody asked you for advice, what would you say?

**Tyson:** I would probably say: "Remember why you started and the people who support you."

# XWEXWILMEXWÓ:LLH (YOUTH) UPDATE



## GO ALONG WITH JEN ARCHIE



### A Letter from Jen:

The SXTA youth group welcomes youth ages **14-25**! Our last youth group was The Path to Leadership. We listened to Chief Derek Epp and Counsellor Nikki LaRock talk about their roles in leadership. Chief Derek Epp talked about his experiences with being the Chief of Ch'iyáqtel. He went into a little bit of detail on how he didn't know if he was ready for leadership until he found his love for his community. Counsellor Nikki talked about her background and how she overcome her struggles with mental health, which helped her find her path to leadership. We had many youth participate and ask intriguing questions like, how does it feel like being in the position of leadership? SXTA also hosted a youth Christmas party with activities such as building gingerbread houses...and fun games! If any youth are interested in getting involved or have ideas for topics for our meetings, contact [outreach@sxta.bc.ca](mailto:outreach@sxta.bc.ca)

- Jen Archie



# STÓ:LŌ COMMUNITY FUTURES



## WHO IS STÓ:LŌ COMMUNITY FUTURES?

### Tell us about you.

Stó:lō Community Futures (SCF) is one of four Indigenous-specific Community Futures in our network of 34 throughout BC. We encourage self-employment and business development through business counseling, training, workshops, and loans. All the businesses we work with must be at least 51% Indigenous-owned, as well as, located within our service area of S'ólh Téméxw. Our services are for all 24 Stó:lō Communities and for any other Indigenous peoples (First Nation, Métis and Inuit) in the area.

### How does SCF help?

SCF works one-on-one with people or Stó:lō community-owned businesses to explore business ideas, assist in building business plans, and discovering resources and supports to help make dreams become a reality. If you're already in business, we provide support services to help maintain or grow your business. Everyone's entrepreneurial journey is different and it's important to know what resources are available. SCF staff guide and support businesses at no cost, so please don't hesitate to call us to schedule a time to meet with you.



### What are some trends in SCF's service area?

The impacts of the COVID pandemic have been devastating, however, Indigenous businesses in S'ólh Téméxw have shown great resilience. We have identified over 300 Indigenous-owned businesses working in a huge diversity of sectors in our service area. They have not only survived, but some have expanded. SCF has assisted in creating 9 new business during the pandemic! Plus, more women have started businesses during this time, and female entrepreneurship has increased 140%!

### How can people access your services?

We are on Facebook, Instagram and LinkedIn. Our website, [www.stolocf.ca](http://www.stolocf.ca), has many resources including the Stó:lō Business Directory, which offers free listings for Indigenous businesses in our service area and information about our loan funds. We have a weekly newsletter that provides new business announcements, free training/workshops information and other resources. Visit our website to learn more at [www.stolocf.ca](http://www.stolocf.ca)!



*Stó:lō Community Futures (SCF) supports Indigenous Community members and businesses on their entrepreneurial journey. From Youth to Elder, businesses with heavy equipment to small craft businesses, there is a strong entrepreneurial spirit in S'ólh Téméxw and SCF is excited to support these businesses develop and grow.*

-Rocio Zielinski, General Manager

# LHÍ'ET - PASS IT AROUND



Although there have been more children discovered since the original 215 at Kamloops Residential School, the number 215 remains significant to all because they were the ones to light the pathway to Truth and Reconciliation in our Nation.

## ORANGE SHIRTS

Phyllis (Jack) Webstad initiated the tradition of wearing an orange shirt, and in her honour, the SXTA would like to offer an orange shirt to our community members. Please fill out the form below by March 31 and either mail it to the address on back of magazine or take a photo and email it to [outreach@sxta.bc.ca](mailto:outreach@sxta.bc.ca). Alternatively scan QR Code below to fill out an online version. One t-shirt per member only please.



This orange shirt features one of our community members from Sq'ewqéyl First Nation, Kimora Chappell. The birds represent the freedom of our children to fly and reach for their dreams. The orange orbs represent our ancestors that never made it home from residential school, but who still watch over us today. Our brand will be featured on the sleeve of these shirts which will be available to our community to wear proudly all year round.

## ORANGE SHIRT ORDER FORM

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City State / Province: \_\_\_\_\_

Postal / Zip Code: \_\_\_\_\_

Questions? Email [outreach@sxta.bc.ca](mailto:outreach@sxta.bc.ca)

Orange T-shirt - Adult Sizes: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL \_\_\_

Orange T-Shirt - Child Sizes: S \_\_\_ M \_\_\_ L \_\_\_

Thank you for supporting Orange Shirt Day.



Scan QR code for online order form

# LHÍ'ET - PASS IT AROUND



## 2021 FLOOD STORIES

In the 1930s, Old Pierre of Katzie told of time when the Creator looked down and saw many people crowded upon the land. One summer, after the people had dried their salmon, Creator sent rain. "It rained and rained without ceasing until the rivers overflowed their banks, the plains flooded and the people fled for shelter to the mountains where they anchored their canoes to the summits with long ropes of twisted cedar-boughs." After these floods, many Stó:lō ended up in what is now Washington State. Science has finally caught up with our oral history and there is evidence that the waters of S'ólh Téméxw rose about 90 metres 11,500 years ago.

Our flood stories from November 2021 were not as extreme, but rivers still destroyed homes and roads all around our territories. In spite of all of the destruction, people went out of their way to help one another.



On Sunday, November 14th **Sq'ewá:lxw** was caught between 2 slides on Highway 7. Sq'ewá:lxw Chief Maureen Chapman and her brother, Brett Chapman were instrumental in helping house 70 people for 4 days before highway access was available.



SXTA Cultural advisor Sonny McHalsie took in several stranded travellers in his community of **Shxw'ow'hamel** including Grand Chief Steven Point who stands at the highest water line on the Fraser River, while Kenny McHalsie stands at the level a few days after the worst November rains.



**Ch'iyáqtel** community members battled the daily downpour of rain as many homes flooded. So many came out to help sandbag, including Chief Derek Epp.



With Highway 7 through Deroche the only road open in the upper Fraser Valley for three weeks, **Leq'á:mel** residents faced heavy traffic. Our Outreach Supervisor Emily Kelly was stuck 400 metres from her driveway for over 40 minutes one evening.

# LHÍ'ET - PASS IT AROUND



## STÓ:LŌ SIGNAL RECOMMENDATIONS

### PODCAST:

#### All My Relations

A podcast hosted by Matika Wilbur (Swinomish and Tulalip) and Adrienne Keene (Cherokee Nation)

All My Relations is an interview-based podcast about the Indigenous experience that is hosted by two Native women, Matika Wilbur and Adrienne Keene, who describe the show as a place to "discuss our relationships as Native peoples—relationships to land, to ancestors, and to each other." Wilbur and Keene talk with their guests about issues that affect Indigenous communities. The show has covered indigenous feminism, food sovereignty, and DNA tests, among other topics.



### READING:

#### Spilexm

A Weaving of Recovery, Resilience, and Resurgence

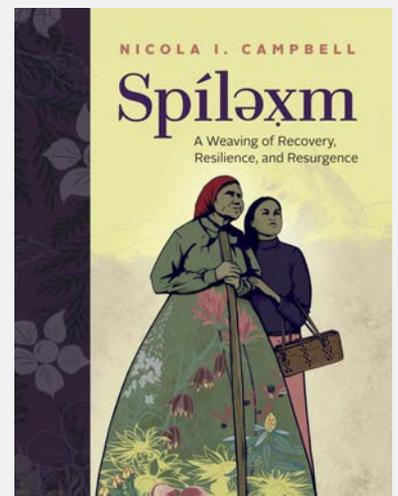
Nicola I. Campbell

"If the hurt and grief we carry is a woven blanket, it is time to weave ourselves anew."

In this exceptional memoir, bestselling author Nicola I. Campbell deftly weaves together rich poetry and vivid prose to illustrate what it means to be an intergenerational Survivor of Indian Residential Schools.

In the Nle?kepmx language, spilexm are remembered stories, often shared over tea in the quiet hours between Elders. Rooted within the British Columbia landscape, and with an almost tactile representation of being on the land and water, Spilexm explores resilience, reconnection, and narrative memory through stories.

Captivating and deeply moving, this story basket of memoirs tells one Indigenous woman's journey of overcoming adversity and colonial trauma to find strength through creative works, and traditional perspectives of healing, transformation, and resurgence.

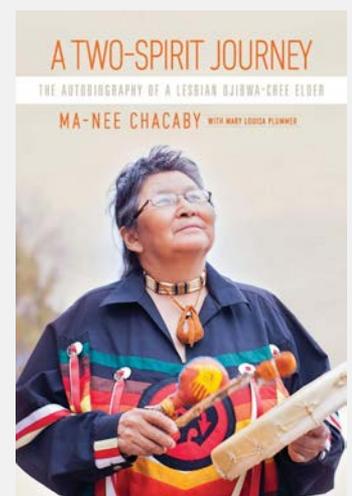


#### A 2 Spirit Journey

The autobiography of a Lesbian Ojibwa-Cree Elder

Ma-Nee Chacaby with Mary Louisa Plummer

This timely autobiography pulls the reader in with the voice of Ma-nee initially telling how she grew up in an isolated community in the 1950s. Through a mix of personal and historical recollection Ma-Nee enlightens us with the frank telling of her experiences both good and bad. Make no mistake it can be a tough read and something that you should be prepared for, but the story is incredible none the less. Once Chacaby finds healing she comes fully into herself and her identity as a lesbian. In 2013 she helped lead the first gay pride parade in Thunder Bay. Her strength is a beacon that many of our elders have led us with and the book is something to be very proud of.



# LHÍ'ET - PASS IT AROUND



## STÓ:LŌ HOROSCOPES

### TEMT'ELEMCHES

#### TIME ONE'S HANDS STICK TO THINGS (FROM COLD) FEBRUARY 21 - MARCH 22

##### **Aries**

**March 21 – April 19**

**Energetic, candid and willful**

Beautiful soul, you play a very important role in the awaking of the planet, your light is so needed. You are always wrapped in the loving embrace of the Divine. It is in those times when your tears may fall or when you feel most alone that your angels and guides are with you the most, shining their Light and Love on you. Not for one moment should you doubt this. You are special and you are supported by your ancestors right now. They are leading you, watch for signs from them and feel their love.

##### **Taurus**

**April 20 – May 20**

**Reliable, diligent and conservative**

Energetically, you are beginning to draw in the loving people you need to help you move forward on your path and in your life. These people offer you both emotional and spiritual support – so that you may see and feel your own value in the world. Remember, you have just as much of a positive effect in their lives, as you they do in yours. What you must give is very important, it's just as important that you allow yourself to receive too. In doing so, you are creating a beautiful energy exchange of growth and support for all.

##### **Gemini**

**May 21 – June 21**

**Quick-witted, capricious and cheerful**

Life is like a puzzle and we put the pieces together in a way that fits for us. Until now, your puzzle hasn't seemed to fit together in a way that has made sense. What seems out of harmony, will begin to feel balanced. Even though some things feel like they just won't work, shifts and adjustments are happening now. You will find that things will start to fall into place and that everything will fit together perfectly in your life.

##### **Cancer**

**June 22 – July 22**

**Considerate, imaginative and sensitive**

The earth's energy is calling to you. Connect with the land and water to re-energize you at this time. You will receive messages from your ancestors through nature walks, even plants in your house. Open yourself to this calling. Feel the pulse of the planet and re-charge yourself with the bounty that Mother Earth provides. Give gratitude and prayer to all that you eat, feed yourself with wholesome and organic foods.

##### **Leo**

**July 23 – August 22**

**Enthusiastic, proud and arrogant**

It is time for you to connect with your heart chakra to its fullest potential. Spirit is asking that you take time to sit within the energy of your heart. Learn to breathe through your heart while you meditate by focusing your breath in your heart. Feel the loving energy you inhale and allow it to fill you. Let each exhale also be love-filled, and feel this love filling the space around you, in your home and with your family. Learning to operate from the heart is one of the most important things we can do.

##### **Virgo**

**Aug 23 – Sept 22**

**Elegant, perfectionist and picky**

There is a need in your life now to slow down, to sit in mindfulness and prayer. You need some time alone, in your inner space. Through meditation you will connect more deeply with your guides and inner self. Energetically, this is vital for you. Focus on the power of your voice to open your throat chakra. This energy whether it be prayer, your impeccable word, or singing is important for you right now.

# LHÍ'ET - PASS IT AROUND



## STÓ:LŌ HOROSCOPES

### TEMT'ELEMCHES

#### TIME ONE'S HANDS STICK TO THINGS (FROM COLD) FEBRUARY 21 - MARCH 22

##### **Libra**

**Sept 23 – Oct 23**

**Equitable, charming and hesitant**

The power of the fire is coming through to assist you right now. You must take a stand. Others may have a strong opinion about what you should be doing or how you should be doing it. It could be that others are interfering with your life right now as well. The fire energy has come to help you stand firm, even if that means breathing a little fire to get your point across. Claim your power and your right to live your life as you see best.

##### **Scorpio**

**Oct 24 – Nov 22**

**Insightful, mysterious and suspicious**

It is time to bust out of your shell. You have been in a protective mode for quite some time, and it is now time for you to allow yourself true freedom. The world and your soul both need you to let your light and your heart shine. Allow the past to be the past and move forward in this present moment. Grab the bull by the horns and go for it. Your true heart will be exposed, on a deeper level than it ever has before, and the consequences will be in your favour.

##### **Sagittarius**

**Nov 23 – Dec 21**

**Unconstrained, lively and rash**

There are magical and wonderful changes happening in your body at a cellular level. You are preparing to let go of ancient cellular memory that no longer serves you. Your ancestors want you to be free of these burdens that have held you back. This renewed energy you will experience will allow your wings to expand, so you can fly high. On an energetic level, the healing energy moving through you is helping to release all that has worn you down, from generations passed. You can expect to feel more energized and renewed as your body returns to its natural state of health.

##### **Capricorn**

**Dec 22 – Jan 19**

**Perseverant, practical and lonely**

We have lift-off! All your hard work is about to pay off. Whatever you are embarking upon is now coming to full realization. Things are about to skyrocket. It's time to enjoy and reap the rewards, congratulations, it's a celebration both here and on the other side in your favour.

##### **Aquarius**

**Jan 20 – Feb 18**

**Smart, liberalistic and changeful**

Your relatives on the other side have a message for you and that is, to feel peace and love inside yourself about their passing. They are wrapping their loving energy around you and ask you to feel serenity within your heart. They are living and enjoying their journey on the other side and they want you to do the same. They are telling you that it is a short time you have on Earth, and an eternity where you will be united again. Surrender your painful emotions and allow their loving presence to flow within your heart. Fell their loving energy and joyfully live as they did, your life is yours and yours only.

##### **Pisces**

**Feb 19 – March 20**

**Romantic, kind and sentimental**

Your angelic guide is with you and will always be with you. They are asking you to look for signs and synchronicities. They are trying to communicate with you now. In a whisper of gentle guidance, you may hear your name being called, feel the subtle touch of a feather, or a tender tickle. You may see a sign on a billboard, a magazine or even on TV. Keep your awareness open to the message they are bringing you.

# LHÍ'ET - PASS IT AROUND



## HALQ'EMÉYLEM ST'ELÁXEL (CORNER)



**wōqw'** = Flooding

**xwémxel** = Pouring rain

**líte tem xeytl** = It is winter time

**Lhewámel** = Vedder River

**móyte** = To help people

**Ts'elxwéyeqw** = Chilliwack

**qeyqeyxelósem** = Ray of sunlight between clouds

**ts'ahéyelh** = To pray

## 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



## MOOSE HAMBURGER SOUP

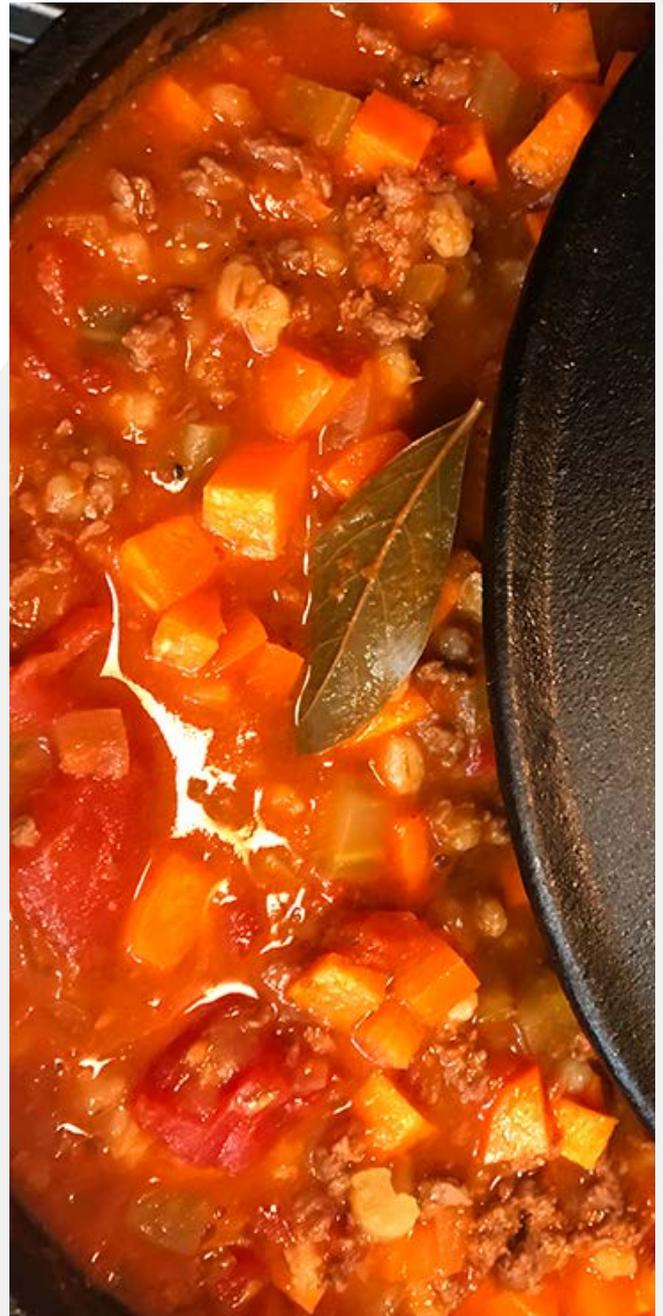
TRADITIONAL TWISTS ON CONTEMPORARY RECIPES.

### Ingredients:

- 3-4 Carrots
- Potatoes
- 1 Onion
- 3 Cloves of Garlic (minced)
- Green beans
- 1 Can of corn
- 1 Can of diced tomatoes
- 1 Can of Tomato sauce
- Egg noodles
- Salt
- Pepper
- 4 Cups of Beef broth

### Instructions:

- Peel and dice all veggies and put aside.
- In a large soup pot fry the moose hamburger, onion and garlic.  
With desired amount of salt and pepper
- When the hamburger is browned add carrots, corn and green beans, tomatoes, and tomato sauce.
  - Cook for 15-20 min.
- Add desired amount of water and let boil for 20min.
- Add the potatoes depending on the size of potatoes cook until they are half cooked and then add egg noodles and desired beef broth.
- Boil until noodles and potatoes are cooked perfectly.



Thank you to community member Danya Douglas for sharing her hamburger soup recipe with all of us!

FEBRUARY 2022  
VOL 1, ISSUE 3

OUR COVER IMAGE THIS ISSUE IS THE BEGINNINGS OF  
THE SWŌQW'ELH BEING WOVEN BY  
ANG GEORGE, Q<sup>w</sup>ƏNAT.  
THIS BLANKET WILL BE WORN BY OUR CHÍLH SIYÁ:M  
(NATIONAL SPOKESPERSON).  
WE WILL PROVIDE MORE INFORMATION IN AN  
UPCOMING EDITION OF STÓ:LŌ SIGNAL



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