

MAY 2022
TEM'ELILE MAY 20 - JUNE 17 SALMONBERRY TIME
VOL. 1, ISSUE 4



STÓ:LŌ SIGNAL MAGAZINE

BROUGHT TO YOU BY THE
STÓ:LŌ XWEXWÍLMEXW GOVERNMENT

WHAT'S INSIDE?

WE HAVE ALWAYS GOVERNED OURSELVES 4

XWEXWÍLMEXWÓ:LLH UPDATE 7

NATIONS CREATIONS 10

HALQ'EMÉYLEM ST'ELÁXEL (CORNER) 14

TABLE OF CONTENTS



3 WE HAVE ALWAYS GOVERNED
OURSELVES

4 SXG UPDATE

5 “WE HAVE TO SPEND THE REST OF
OUR LIVES LEARNING”

6 MA:MT' LAM TE MEKW WAT.
"SHARE WITH EVERYBODY."

7 XWEXWILMEXWÓ:LLH(YOUTH)
UPDATE

9-10 DEVELOPMENTS IN COMMUNITIES

11-19 LHÍT'ET - PASS IT AROUND

WE HAVE ALWAYS GOVERNED OURSELVES



LETTER FROM BOARD OF DIRECTORS

Dear Leaders, community members and staff
Wishing you the best of 2022.

The six leaders of Aitchelitz, Skowkale, Tzeachten, Leq'á:mel, Yakweakwioose and Skawahlook First Nations, who comprise the Stó:lō Xwexwílmexw Government (SXG) Board of Directors, began meeting with the negotiators for BC and Canada November 10, 2021, as we were frustrated with the lack of progress being made. The Treaty Negotiating Team (TNT) normally met with the negotiators, but we determined the political voices needed to be present to share our respective communities' frustrations, concerns and direction. During this period, Stó:lō Xwexwílmexw Treaty Association (SXTA) changed to Stó:lō Xwexwílmexw Government as of October 28, 2021, further asserting our governance.

The six leaders have taken over the entire process of negotiating with the support of the TNT and staff. In December 2021, we advised all parties of the need to change our priority to acquiring the land and cash to show tangible progress in the negotiations. BC and Canada welcomed this change and we have begun organizing the processes we will need to achieve our goals.

One of these processes is a restructuring of the current systems and organization.

We are seeking a Chief Executive Officer (CEO) for the SXG, as the current CEO desires to remain with the Stó:lō Research and Resource Management Centre. We are hopeful that this process will be completed in the next 3 – 4 months. We will update you when there is progress to report and appreciate your patience and support during this time of transition.

We look forward to gathering again soon. Take good care of yourselves as Covid has affected so many of our community members.



STÓ:LŌ XWEXWÍLMEXW GOVERNMENT UPDATE



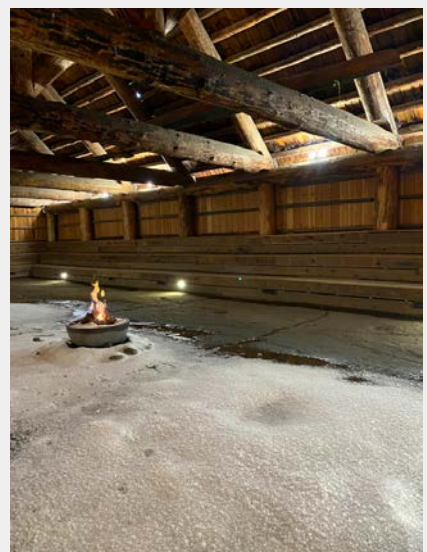
LIGHT THE FIRE WITH GRAND CHIEF STEVEN POINT

Our "Light the Fire with Xwelíqweltel - Grand Chief Steven Point" Live Broadcasts have been a great opportunity for the Stó:lō Xwexwílmexw Government to engage with community members both near and far during these uncertain times. The conversations have been warm and moving and we can't wait to offer more events as we move together on this path toward self-government.

In case you missed them, Grand Chief Steven Point has spoken with Kim Baird, former Chief of Tsawwassen about getting out from under the Indian Act; Satsan Herb George about self government and T'xwelátse Herb Joe, Naxaxalhts'í Sonny McHalsie and TL'elqtelemexw Dave Schaepe about the return of ancestral remains from the Royal BC Museum.

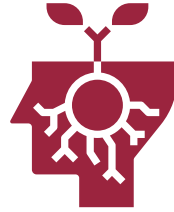
Here is a taste of the Bringing our Ancestors Home discussion held on February 13, 2022. The whole conversation can be found on our Public Facebook page or our YouTube channel

 @theSXG



<https://youtu.be/DeMod5hQwhw>

STÓ:LŌ XWEXWÍLMEXW GOVERNMENT UPDATE



“WE HAVE TO SPEND THE REST OF OUR LIVES LEARNING”

IN THE WORDS OF T'XWELÁTSE HERB JOE

“At the beginning of time, Chíchílh Siyá:m created what we know today as human beings. . . He took some of those that walk on four legs, those that swim in the water, those that fly in the sky, those who crawl on their bellies and . . . each one was created into a unique and special individual, and after he created them, he allowed them to move around in what was then their home. [Later] he found that there



was confusion among them because in their shxwelí or spirit, they were still an eagle; they were still a wolf and a snake. But they had a human body. So, he came back and he gave them all a special gift to create a better world.

. . . [He] gave them what today we call the sentient mind or a brain that could think and reason. And then in order to make that sentient mind work, he gave each of those new human beings a primary task in life. That primary task was to learn for the rest of their lives. And today we have traditions that tell us that we're all born unique individuals, but that we need to be taught. We have to spend the rest of our lives learning. Learning what? Learning how to live together in a good way.



Chíchílh Siyá:m ▪ Creator
Shxwelí ▪ Spirit

MA:MT' LAM TE MEKW WAT. "SHARE WITH EVERYBODY."



STÓ:LŌ SIGNAL PODCAST EPISODE #8

Good day, good people, this is an excerpt from the Stó:lō Signal podcast hosted and sponsored by Á'a:liya "Theresa" Warbus for the Stó:lō Xwexwilmexw Government. In this episode we talked to Naxaxalhts'i, also known as Dr. Albert "Sonny" McHalsie, about his role as a historian within the Stó:lō Nation and the importance of sharing in our culture.



➤➤➤ **Naxaxalhts'í (Sonny McHalsie):** I come from Shxw'ow'hamel, my ancestral name is Naxaxalhts'i which is actually a Secwépemc name from my grandfather and my father carried it before me. My father was Nlaka'pamux from N'Quatqua which is Anderson Creek just three kilometers south of Boston Bar. However, my mother was Stó:lō. She was from Chawathil, just about 10 kilometers west of Hope. So, I have both Nlaka'pamux and Stó:lō heritage, however, in 1993 I transferred to Shxw'ōwhámél where my ex-wife and my children are registered. Ma:mt'lam te mekw wat. Share with everybody and everything.

We were always taught to share, like when someone comes to our house, we share. You know, we don't ask them if they want coffee or tea. We give them coffee or tea. Right. Because we're all so humble . . . and because of your humbleness, you're going to say, oh, no, no, no, I'm OK. And that's why we're taught that. We just serve it to you and we're counting on other teaching words. If you're given something, you can't turn away. If I give you food or something to drink, you have to take it. At least part of it because that's such an important thing. Sharing with everybody. And that's why we do that.

➤➤➤ **A'a:liya:** Tell us a favourite story about recording Elders and why it was important to you.

Naxaxalhts'í: So Elizabeth Herrling said that knowledge is only important when you share. She said that you could be the smartest person in the world and know everything, but if you don't share it, it's meaningless. And same with Rosaleen George, she taught me the importance of sharing. She said that some Elders were complaining to her, telling her, why do you tell him everything? You should hold back some of the information. And her response to them was, how are my grandchildren going to learn if I don't tell them everything? So she had a really open heart.

A'a:liya: Hands up to Naxaxalhts'í for all this work he has done for our communities. To take the time to speak with the Elders, to ensure that all of this cultural knowledge is preserved. That it is shared. He is such a generous person. Through the work of these interviews, he wrote a list of Halq'eméylem Principles which formed the basis of our Season Two Podcast episodes. To hear more, check out the Stó:lō Signal Podcast on Apple Podcast and Spotify or on our website at sxta.bc.ca.

XWEXWILMEXWÓ:LLH (YOUTH) UPDATE



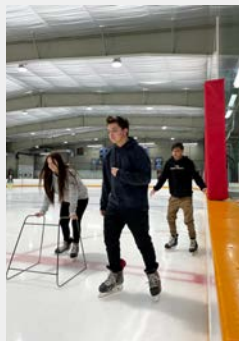
CASCADE FALLS TRIP

We look forward to more of our SXG youth outings, Stay tuned into our socials (Facebook & Instagram) for upcoming events and event information @theSXG.



FAMILY SKATE NIGHT

A fun night out for SXG families, filled with smiles, tumbles & falls!



LHÍ'ET - PASS IT AROUND



DEVELOPMENTS IN COMMUNITIES

We have always looked after our own people and as we move forward with our S'ólh Lets'emó:t Treaty, we will have more opportunities to create housing and other community services for our members. Leaders are now working on getting some of the land transferred in early Incremental Treaty Agreements. In the meantime, our village governments are already busy with developments in their communities.



Photo of SAY building

A Dream Come True or The'í:tseliya is the new Sq'ewqéyl, Áthelets, Yeqwyeqwi:ws (S.A.Y) Community Centre being built on Sq'ewqéyl adjacent to Yeqwyeqwi:ws. The building has a gymnasium, fitness room, kitchen and offices for First Nations Health Authority and SAY Lands staff. Services offered here will be wellness workers from Qwi:qwelstóm, chiropractor, physiotherapy, mental health supports and much more.



Photo of Tzeachten Affordable Housing

Tzeachten First Nation has a new 23-unit affordable housing project for the benefit of members. The units range from one to three-bedroom suites and a few are wheelchair accessible for Elders. These affordable units are tucked in by the Tzeachten Sports Complex, beside the community garden, playgrounds, and soccer field off of Chilliwack River Rd.

LHÍT'ET - PASS IT AROUND



DEVELOPMENTS IN COMMUNITIES



Photo of Leq'á:mel new development trailers

Leq'á:mel's 10-home housing project by the Tim Horton's and Esso Gas Station on Skweahm is now occupied by members.



Photo of Aitchelitz tiny houses

Not everyone needs a full, big house and that's why Aitchelitz is building a number of smaller homes on their land for younger members of the community, who can then build up their lives and life skills in a sustainable way.



Picture of Building One deconstruction

When the residential school closed on the site in 1940, the building was converted into a tuberculosis hospital. Stó:lō activists took over the grounds in 1969 and the building was renovated into offices. After seven decades, Building One on the Coqualeetza grounds has been demolished.



NATIONS CREATIONS



WHO IS NATIONS CREATIONS?



Tell us about the artists you have worked with & customers that have helped reinforce the goal of your business?

Art and creativity are the nature of our business, and this is highlighted by our team everyday. Their talent is astonishing and is an exciting outlook of both our business and the development of Indigenous art. The value of working with our artists is beyond profits as it is a step towards the development of Indigenous economies. As for our customers, it has been great to work with Indigenous businesses, organizations, and our surrounding communities. We look forward to continuing building meaningful lasting relationships.

How can people access you?

For sales inquiries we can be reached at sales@nationscreations.ca, 604-491-4000 and soon at [nationscreations.ca](https://www.nationscreations.ca)

 We are also active on Facebook at

<https://www.facebook.com/Shop.NationsCreations/>

 Instagram @shop.nationscreations

Tell us about you.

Nations Creations is an Indigenous-owned & operated manufacturer and platform for Indigenous artists. Nations Creations is owned by the Seabird Island Band and is located in Agassiz, BC. Nations Creation offers printing, design and manufacturing of apparel, promotional products, and Indigenous art.

What was the reason you took over Nations Creations?

Nations Creations was purchased due to the understood importance of fair compensation to our artists and to highlight Indigenous art and culture through product. Through our royalty agreement, and focus on increasing quality, we aim to raise the value of Indigenous art while also supporting our Indigenous artists.



LHÍ'ET - PASS IT AROUND



STÓ:LŌ SIGNAL RECOMMENDATIONS BY JEN ARCHIE

PODCAST:

Youth and Indigenous Podcast

By Children of the Setting Sun Productions

YAI Podcast stands for Young and Indigenous and is created by the tribal youth of the Lummi Nation. The podcast gives us insight on the opinions and ideas the youth have around preserving our culture. YAI is created so people can learn more about the inspiring voices of Indigenous youth. The hosts cover things like how to balance wellness by listening to Elders' valuable teaching and stories, as well as sitting down and talking truth about Residential Schools. Listening to these youth has been inspiring. Young people can accomplish so many things to help better their communities!

PS: Episode #3 features our very own Grand Chief Steven Point!

<https://settingsunproductions.org/young-and-indigenous-podcast>

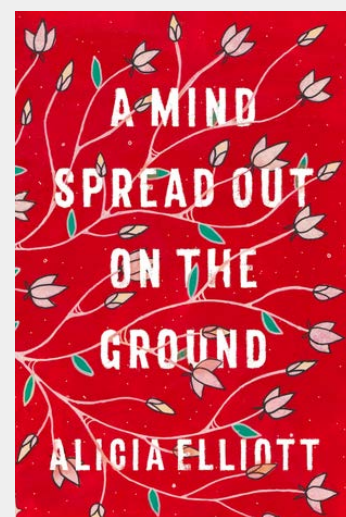


BOOK:

A Mind Spread Out on the Ground

By Alicia Elliott

This is a powerful collection of personal essays written by Tuscarora author, Alicia Elliott. The way she inventively weaves the personal with the political, her private memories with social commentary regarding Indigenous issues - is just beautiful. The essays in this book cover so many topics. From racism, colonialism, residential schools, intergenerational trauma, violence, mental health, sexual abuse, the law, food insecurity and health, diversity in literature, urban indigeneity; to anger, love, forgiveness, and responsibility. Each and every one of these essays is powerful and honest and thoughtful.



MOVIE:

Gather directed by Sanjay Rawal

The film takes us on a deliciously informative journey of American Indigenous people who attempt to regain their culture and independence through food sovereignty. The breathtaking camera work immediately pulls you into the nature of the film as it captures something beyond the visual beauty. Educating the young about their culture and history is the path to lead these people to a healthier and more prosperous way of living, connected to one another and to nature. It's an inspiring film.



LHÍ'ET - PASS IT AROUND



STÓ:LŌ HOROSCOPES

TEM'ELILE

SALMONBERRY TIME

MAY 20 - JUNE 17

Aries

March 21 – April 19

Energetic, candid and willful

It is time now for you dear one to allow love into your life and most of all for you to love yourself. What you are dealing with is coming to light and love is at the heart of the matter. LOVE is the answer. Your heart is the center within your physical being attuned most to love. It's safe for you to love and be loved with an open heart, do not let fear stand in the way. Your ancestors and guides stand by with perfect protection and guidance.

Taurus

April 20 – May 20

Reliable, diligent and conservative

The situation at hand is rooted in an emotional experience with a family member, which we can help you to understand and heal – just listen with your heart. Surround this person, yourself, and the experience with calming blue light and the love of our ancestors. Be open to the gifts within the situation and allow yourself to feel peace. Prayer will quiet your mind and allow the energy to shift into the positive for all parties involved.

Gemini

May 21 – June 21

Quick-witted, capricious and cheerful

You can attract the lesson of forgiveness into your life at this time. You can heal, grow, and release negative patterns. Hold the intention of seeing the other person's inner Divine light and goodness. Your guides will help you release unforgiving thoughts, feelings, and energies, and lift you to a higher place of peace and compassion. This opportunity can bring beautiful truth into your life, that will always be with you.

Cancer

June 22 – July 22

Considerate, imaginative and sensitive

Your prayers and positive expectations have been answered. Your guides continue to watch over you and everyone involved with your current challenge. Stay on your present path because it is all about to pay off. Do not hesitate because now is your time to act and receive all the things you have worked for.

Leo

July 23 – August 22

Enthusiastic, proud and arrogant

You've received a wonderful idea, or you are on the verge of receiving this Divine guidance in your life. This idea is real and trustworthy. You can safely move forward with it knowing that you are being guided by your loved ones on the other side, every single step of the way. Ask for support and be open to anything that you need related to this budding plan. Don't worry about the details, they will take care of themselves as you go along!

Virgo

Aug 23 – Sept 22

Elegant, perfectionist and picky

Everything is much better than you imagine, and you can ask your guides to release you from worry. Worry is a form of prayer that draws to you that which you DO NOT desire. You are safe, and the situation at hand is under perfect control of Divine providence and universal order. Only infuse loving thoughts and emotions into the situation to ensure that the highest possible outcome flows effortlessly to and through you.

LHÍ'ET - PASS IT AROUND



STÓ:LŌ HOROSCOPES

TEM'ELILE SALMONBERRY TIME MAY 20 - JUNE 17

Libra

Sept 23 – Oct 23

Equitable, charming and hesitant

You are being reminded that your sense of personal power is centered in a feeling of joy. Release and heal any parts of your life that are not joyful. Joy is the highest energy of all. It's the magical sense that everything is possible. Joy springs from appreciating the gifts within each moment. Joy allows you to attract and create your present and future moments at their highest possible levels.

Scorpio

Oct 24 – Nov 22

Insightful, mysterious and suspicious

You'll soon receive either a romantic or business proposal. Marriage can signify both a great partnership and fertility for fruitful developments in your life. Mutual respect and commitment can forge incredible opportunities if you are able to seize the moment. Continually have faith in yourself, your goals and those closest to you. All your efforts are soon to be realized and leveled up.

Sagittarius

Nov 23 – Dec 21

Unconstrained, lively and rash

You are receiving the message to look at your passions, as viable work, or further education opportunities at this time. When you follow your intuition, it can bring incredible and much needed change to your daily life. Self-employment or a shift in your work life is upon you. It is up to you dear one, to act and break the pattern of stagnation. You have the ideas, the self-drive and the discipline to succeed in entrepreneur work. You may want to moonlight with your desired business idea and steadily move toward action with respect to your next career move.

Capricorn

Dec 22 – Jan 19

Perseverant, practical and lonely

Your guides are asking you to be open to daydream. You will more easily hear and receive our messages if you daydream regularly. Relax and open your mind to receiving, without directing your thoughts. Just notice any feelings, visions, or ideas as if you were watching a movie. This is the seat of creativity. You can write your ideas in a special journal and ask your ancestors to guide you to the next steps to take to enact these dreams in your life. Be open to possibilities and take action without delay where you are guided.

Aquarius

Jan 20 – Feb 18

Smart, liberalistic and changeful

At this point in your life you need to find time to reflect, meditate, visit the water and the trees to connect with your inner voice. You have been distracted by all the external noise of the world, and you are missing out on inner reflections that will allow for much needed movement in your life. Your heart's desires are being pushed aside; once you become clear in your heart and mind, more action and opportunity to reach your next destination will come rushing in.

Pisces

Feb 19 – March 20

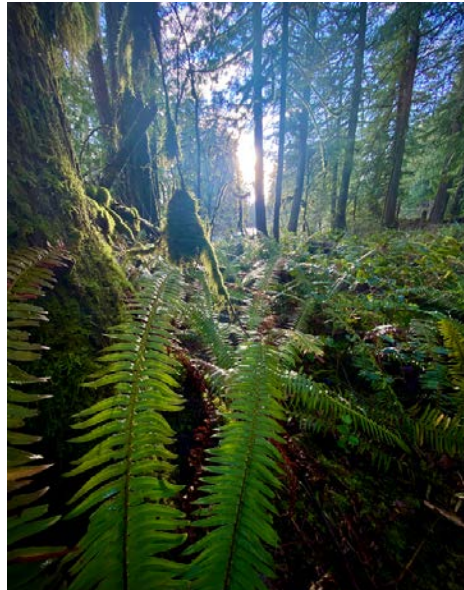
Romantic, kind and sentimental

There is a creative project that is awaiting your time and energy. Your soul longs to express itself and you are being guided to infuse artistry and creativity into your life. Creative expression can make you feel alive and excited and reignites passion toward life. Enroll in a creative class, pick up that project you have been procrastinating on, your purpose will become clear to you once you allow the flow of creativity back into your life.

LHÍ'ET - PASS IT AROUND



HALQ'EMÉYLEM ST'ELÁXEL (CORNER)



schí:yá:lh =
Strawberry Bush



schí:ya =
Strawberry

elíla:lh =
Salmonberry Plant

qwáyúwél =
Dandelion



s'ó:ytheqwelh =
Raspberry Plant



xeyslótel =
Wild Ginger



st'uselóye =
Licorice Fern



ptá:kwem = Braken
Fern



SXG 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**.
Also see page 17 about our Coffee Room/Letters to the Editor section.
Write Stó:lō Signal in the subject line and send an email to
outreach@sxta.bc.ca or text **604 845-6498**.

LHÍT'ET - PASS IT AROUND



AUNTY WENDY'S APPLE PIE

Pie Filling Ingredients:

6 medium apples
(Macintosh, Granny Smith or Golden Delicious)
4 tablespoons brown sugar
1/4 teaspoon cinnamon
1/4 cup cornstarch
1 9" inch pie plate



Instructions:

- Peel and slice apples, place in medium size bowl
- Combine brown sugar, cinnamon & cornstarch together with apples.
- Mix well, set aside.

Pie Crust Ingredients:

2 cups of sifted flour
1/4 teaspoon of salt
3/4 lard

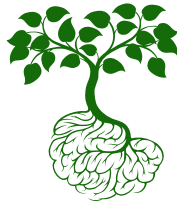
Instructions:

- Cut lard into flour mixture with two knives or pastry blender, until it resembles a coarse, even texture.
- Drop water evenly over flour mixture.
- Gently press and mix, only until mixture can form a ball. (Stick together)
- Cut ball in half. Roll each half out gently until large enough for pie plate.
- Place bottom pastry into tin. Add apple mix.
- Brush all around edge with milk (glue)
- Place top pastry on pie. Flute edges & bake @ 400° for 40 minutes



Thank you to Leq'á:mel community member, Wendy Kelly, for sharing her pie recipe with all of us!

LHÍ'ET - PASS IT AROUND



SXG YOUTH MEETING & SUMMER BBQ!



We'd like to invite our SXG youth & elders to come join Jenz Malloway and councillor Jazmine Horne for a invigorating and important discussion, as we focus on topics such as mental health, empowerment and leadership skills.



Youth can come and join us for Stó:lō Bannock, play Manhunt, Capture the Flag or just hang out and eat while we also brainstorm ideas for a Youth Gathering. Door prizes to be won!

Honoraria to be provided to SXG members.

Elders are invited and encouraged to participate.

Limited Capacity! Deadline to RSVP is June 17th, 2022.



June 22nd 4-6pm
Sto:lo Nation - 7201 Vedder Road
Bldg. 10
(1st floor & green space behind Bldg 10)



Upcoming Events

Youth Drop In

Stó:lō Xwexwilmexw Government Check Out Our Summer Youth Drop Ins

Chilliwack Youth Drop In

May
31

- 4-6pm,
- Sto:lo Nation Bldg. 10 - 1st floor

Chilliwack Youth Drop In

June
23

- 4-6pm,
- Sto:lo Nation Bldg. 10 - 1st floor

Leq'á:mel Youth Drop In

June
28

- 4-6pm
- Deroche Community Hall - 41555 N Nicomen Rd, Deroche, BC V0M 1G0

Chilliwack Youth Drop In

July
21

- 4-6pm,
- Sto:lo Nation Bldg. 10 - 1st floor

Leq'á:mel Youth Drop In

July
22

- 4-6pm
- Deroche Community Hall - 41555 N Nicomen Rd, Deroche, BC V0M 1G0

Chilliwack Youth Drop In

August
25

- 4-6pm
- Sto:lo Nation Bldg. 10 - 1st floor

Please RSVP: outreach@sxta.bc.ca

Call: 604-824-5315

LHÍT'ET - PASS IT AROUND



STÓ:LŌ / LOCAL EVENTS OF INTEREST

>>> 2022 Canoe Race Schedule

MAY

21 & 22 - CHILLIWACK LANDING

JUNE

3 - 5 - CULTUS LAKE

11 & 12 - MUSQUEAM

18 & 19 - CHEHALIS

18 & 19 - MALAHAT

25 & 26 - STOMMISH

JULY

2 & 3 - AMBLESIDE

9 & 10 - NIN'WU DAYS

16 & 17 - SCOWLITZ

23 & 24 - SNUNEYMUXW

30 & 31 - QUW'USTUN

AUGUST

6 & 7 - GERONIMO DAYS

13 & 14 - TSAWOUT

20 & 21 - NANOOSE

20 & 21 - TULALIP

26-28 - MAKAH DAYS

27 & 28 - 4 FIRES FESTIVAL - FALSE
CREEK

>>> 2022 Soccer Tournaments

MAY

21-22 MUSQUEAM YOUTH TOURNAMENT

29-29 - CH'IYAQTEL YOUTH TOURNAMENT

JUNE

17 & 18 & 19 - 'NĀMĠIS (ALERT BAY)

JULY

1 - 4 - HAISLA BRAVES

23 & 24 - SHÍSHÁLH (SECHULT) YOUTH TOURNAMENT

>>> KAMLOOPA POW WOW - JULY 29-31ST 2022

LHÍ'ET - PASS IT AROUND

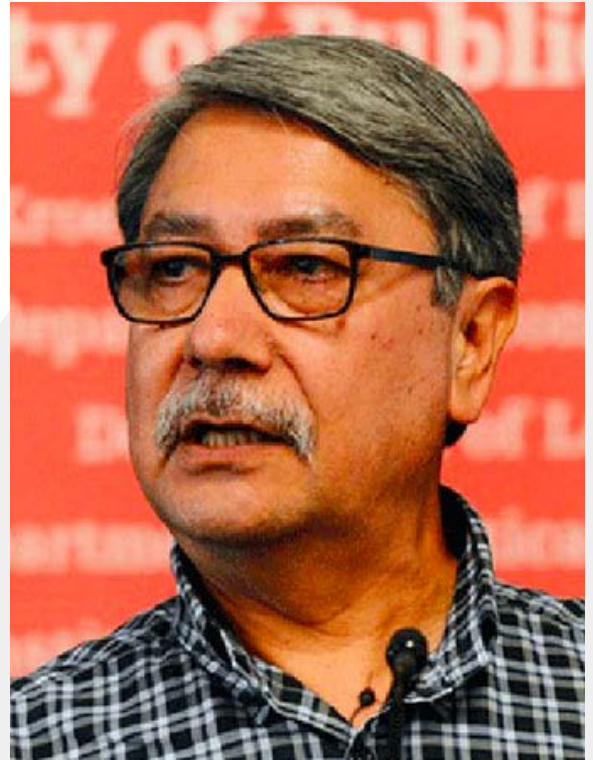


COFFEE ROOM – IF YOU DON'T KNOW JUST ASK!

Question from Light the Fire with Satsan Herb George:

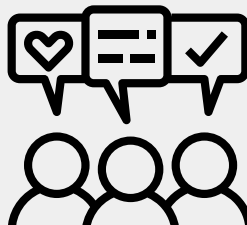
How prepared are we to be self-governed i.e. is there an Indigenous capacity-building structure in place?

Satsan: *No one has done this before -- this rebuilding our nations based on inherent right to self-government and if we are going to wait around for the right time that we know is the "right time", then we aren't going to do a damn thing. You know we have to realize that we have the right and we need to come together and just begin. The challenges will emerge because there are a lot of challenges. Capacity is one of them and we will meet that from a different frame of mind and mental model. Satsan talked about Five Pillars of the Inherent Right to Self-Government training that he offers in Rebuilding First Nations Governance, a community-led, multi-partner research project. He hopes Stó:lō communities will participate in the coming year.*



(Wet'suwet'en Hereditary Chief)

Send your questions to: outreach@sxta.bc.ca



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STÓ:LŌ XWEXWÍLMEXW GOVERNMENT

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