

JULY/AUGUST 2022

JULY 18 - AUGUST 15 - TEMQWA:L MOSQUITO TIME

VOL. 2, ISSUE 1



STÓ:LŌ SIGNAL MAGAZINE

BROUGHT TO YOU BY THE
STÓ:LŌ XWEXWÍLMEXW GOVERNMENT

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STÓ:LŌ XWEXWÍLMEXW GOVERNMENT UPDATE



INTRODUCING OUR INTERIM CEO

Ey Swayel Dear Community Members,

As we move ever forward on our journey to nationhood, our leaders continue to evolve and adapt to our six communities acting as one Stó:lō Xwexwílmexw Government. The Chiefs took a major step last fall, by taking the lead on the negotiations with the province and Canada. We are now focused on tangible results in the form of early land transfers and cash. We have also taken on the mantle of our National Government and continue to write our Self Government Agreement. In addition to changing our name from treaty association to Stó:lō Xwexwílmexw Government, we have begun to restructure internally as well. The biggest change is that I have been asked by the Board of Directors to take on the interim role as CEO of our organization for one year. I have been enjoying this new role since April 2022 by getting to know our staff and helping clarify and redefine roles and internal processes. Most of this work goes on behind the scenes, but this shift gives me the opportunity to reintroduce myself to community members.



My Xwelmeḵw name is Shxwetelemel-elhot and I was born in Clearwater, BC. I spent a number of years in Washington State and returned to BC in the early 1990s. My son, Jesse, and his family still live south of the border. I was selected as the Hereditary Chief of Skawahlook in 1999 and as our community practices a matrilineal system, my successor is now being mentored. I have worked in local, regional and national realms and I look forward to our work together over the coming year.

In unity,

Shxwetélemel-elhót
Chief Maureen Chapman



STÓ:LŌ XWEXWÍLMEXW GOVERNMENT UPDATE



NEW STAFF INTRODUCTION



Administrative Assistant, Alyssa Villeneuve

My name is Alyssa Villeneuve and my traditional name is Wel:el: wet. I am from Semá:th First Nation. My previous roles were working as a Receptionist and Housing Administrative Assistant at Semá:th First Nation. I have worked in an administrative capacity for 8 years. I have gained some interest in lands, law and governance which started with my few years experience on the Semá:th Lands Committee. I have been working within my First Nation and value learning, practicing, and expanding my knowledge of our culture and traditional teachings. I have two young children and in my free time I can be found reading, walking, swimming or near the water. I look forward to meeting everyone!

OTHER SXG CHANGES

>>> Dr. Dave Schaepe, Tl'elqtelemexw

Thank you to Dr. Dave Schaepe, Tl'elqtelemexw for all his work to support the Stó:lō Xwexwílmexw Government's journey to nationhood over the years. Dr. Schaepe has worked with the Stó:lō Nation since 1997 and has been instrumental in research, archaeology, negotiations and publications that have supported Sto:lo rights and title work. He continues in his role as director of the Sto:lo Research and Resource Management Centre.

>>> Dr. Christine Jones

Congratulations to Dr. Christine Jones on her retirement! Dr. Jones worked with our organization in a few roles including Director of Operations from 2019 to 2022. She has moved on to her dream rural property and is enjoying life!

LHLÍMÈLHCHA O EYÁLEWET WE'LL DO IT OURSELVES



STÓ:LŌ SIGNAL PODCAST EPISODE #9 STACY MCNEIL, EXECUTIVE DIRECTOR OF SQ'EWQÉYL



»»» **Stacy:** S.A.Y is the acronym for Sq'weqéyl, Áthelets and Yeqwyeqwi:ws. In 2013/14, the three communities' leaderships met and decided they wanted control over their own lands rather than having Canada or outside people tell us how we can do things. [Each community wanted to go for Land Code and decided] . . . Let's do it together . . .

Editor's Note: this successful partnership led to the three communities working on a community centre together.

So we had a lot of visioning at the beginning stages from the three communities. What do you want to see at a community center? What kind of programs and services do you want there? What do you want the building to look like? So, once you open the doors, you're going to see a health center because a lot of community said we want health programs and services in community. [They said they wanted] a space for youth to go in and be able to express themselves, to meet, to hang out after school . . . We also have a little nook that's beside the beautiful reception desk for people that want to pop in and connect to Internet use. We have an amazing large kitchen just off the gym and that is going to be used for a lot of different nutritional programing and educational stuff with our kids and others including group canning sessions. Other features include: a full-sized gym and video screen, a community café and offices for S.A.Y. The building will be open 8-4, but the fitness area will be open after hours with a swipe card.

Á'a:liya: Oh, my God. It's everything! Everything you mentioned, I'm like. Yes, yes, yes, yes, yes!

Stacy: [That] is the biggest takeaway for me in my work that I've done for Skowkale and S.A.Y. since I've started is everything is community driven, the community wants something, we make a plan for it and we try to deliver on that.

"This is a clean slate. We're starting over. Let's see what we can do," Stacy McNeil was told this when she started as manager of Sq'ewqéyl. Now, as the new S.A.Y. Lands Building opens on Chilliwack River Road, Stacy describes in this episode of Stó:lō Signal Podcast how some community dreams are coming true.

For the full conversation go to sxta.bc.ca/stolo-signal-podcast

»»» **Á'a:liya:** What brought you into this kind of work?

Stacy McNeil: I think there's a lot of unique things in our First Nations communities that don't really have a script, so to speak. We are small municipalities or cities, and we do the work of five or six administrators in one. I think a lot of my drive came from just growing up in my own community (Seabird Island) and spending time with my grandmother and my auntie, because the way we learn things, we learned by doing. My dad would drop me off at my grandmother's house when it was time to catch fish or do whatever. I would go stand by my grandmother and we would just start working.

Á'a:liya: And now we have this beautiful new building that you're almost ready to move into. What did community members want to see and how did you implement it? Also for those who don't know can you tell us what S.A.Y is?

LHÍ'ET - PASS IT AROUND



STÓ:LŌ SIGNAL RECOMMENDATIONS BY JEN ARCHIE

PODCAST:

Red Nation Podcast

Hosted by Nick Estes and Jen Marley

The Red Nation Podcast features discussions on Indigenous history, politics, and culture from a unique perspective. Hosted by Nick Estes and Jen Marely, throughout the podcast they touch on a wide range of topics like land rights, Indigenous LGBTQ+ community, Residential School awareness, and the importance of food sovereignty.

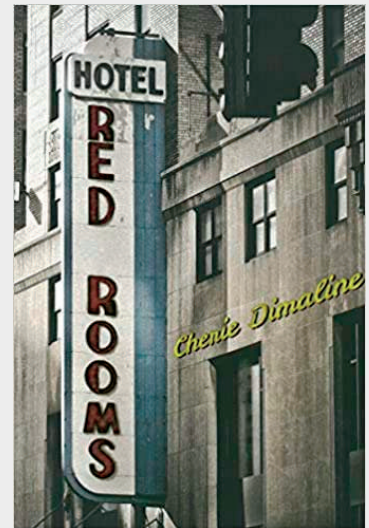


BOOK:

Red Rooms

By Cherie Dimaline

Written by Cherie Dimaline (of The Marrow Thieves fame), this book is a series of five short stories told from the point of view of a young Indigenous chambermaid in a mid-grade hotel. She is curious and imaginative about the lives of people that inhabit rooms as a creative and constructive outlet for the boredom and monotony of her occupation. Some of the stories were sad, but I did enjoy these little peeks into other people's hardships.

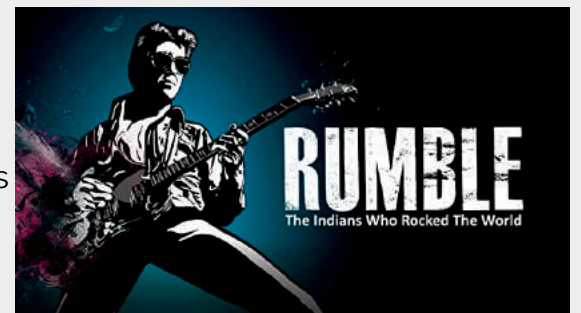


MOVIE:

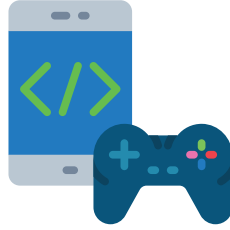
The Indians Who Rocked the World

By Catherine Bainbridge

This feature documentary, directed by Catherine Bainbridge, shows the role of Indigenous peoples in popular music history despite any bans on traditional music. Indigenous musicians brought profound influences to classic rock, as well as other musicians' writing styles. Rumble gave a good insight into the experiences of Indigenous musicians and how they overcame their struggles through music.



XWEXWILMEXWÓ:LLH (YOUTH) UPDATE



KW'Í:TS'TÉLEQ GAME DEVELOPMENT & UBC

Members of the SXG Youth Group tested a prototype version of a Kw'í:ts'téleq digital game that is being developed with UBC's Institute for Critical Indigenous Studies and the CEDaR New Media Space. The quest game involves gathering items for a celebration and meeting characters from the Kw'í:ts'téleq comic book written by Yeqwyeqwí:ws Youth Councillor Jazmine Horne. Stay tuned for more!



SPOTLIGHT ON XWEXWILMEXWÓ:LLH



PHILAMENA SHERWOOD & CAMERON SHERWOOD

Submitted by Leq'á:mel Councillor Phil Sherwood

Philamena Sherwood, age 11, is from Leq'á:mel and has always been active in sports.

She plays basketball, volleyball, track and field and most recently hockey.

In her first year with the Mission Stars, she was awarded Rookie of the Year. Her goal is to represent Stó:lō women on the Canadian Olympic team!



Kameron Sherwood, age 14 is also from Leq'á:mel. He's in his final year at Hatzic Middle School and has excelled in woodworking and mechanics. He has recently completed a cutting board and coat rack which are on display at his home. His workmanship, work ethic, and steady hands, are the reasons for his success. Kameron plans to go into trades after high school.

If you would like to see any members highlighted, send an email with photos and info similar to above to outreach@sxta.bc.ca.

STÓ:LŌ XWEXWÍLMEXW ANNOUNCEMENTS



GRADUATION ANNOUNCEMENTS

Sq'ewqéyl

Christopher Sepass – High School
Selena Mancina – High School
Dayton Hansom – High School
Jenna Sepass – Certificate, Applied Business
Technology (UFV)
Á'a Liya Warbus – Masters in Film Production
(UBC)
Jade Victor – Bachelor of Arts, Joint major in
Political Science & Indigenous Studies (UFV)
Trena Point – Bachelor of Science/Biology (UFV)
Gail Point – Master of Education, Educational
Administration & Leadership (UBC)
Christine Seymour - Master of Education,
Educational Administration & Leadership (UBC)
Dominic Burgess – Woodworking/Trades
Certificate
Larissa James - Bachelor of Art's in Psychology
(SFU)



Sq'ewá:lxw

Rosita McIntyre
Julie Davis

Áthelets

Tyson Kelly George

Leq'á:mel

Charlize McKamey
Ruby Proksa
Zac Gabriel
Zeb Gabriel
William McDonald

Yeqwyeqwi:ws

·Merrilee Peters

Ch'iyáqtel

Justine Campbell
Levi Joe
Stephen Joe
Hana Joe-Williams
Lloyd Laroche
Kelly Malloway
Shaniece Malloway
Little Cloud Roberts
Philip Smith

BABY ANNOUNCEMENTS



Orion Nathan Henry Commodore

Born March 23, 2022

From Soowahlie and Leq'á:mel First Nation

Parents: Natasha Kelly & Aaron Commodore

He's just learning to smile now and it's absolutely adorable. His favourite thing to smile at is mama and the mobile on his swing.

Zarena Jazlyn Cultee-Horne

Born November 23, 2021

Yakweakwioose and Lummi parents

Parents: Shante Horne and Loren Cultee

Zarena is the happiest baby. She loves people and commands attention by babbling and squealing and being the loudest one in the room. She loves watching basketball games on tv.

Zarena is the great great granddaughter of Frank and Mary Malloway.



LAROCK DESIGNS



WHO IS NIKKI LAROCK?



Tell us about you.

I'm an artist. I do almost anything – murals, carvings, drawings, logos, but lately, I've mostly been doing custom designs on fashion and accessories, like hats, jackets, and shoes.

What was the reason you started this business?

I got started because it was my way of healing. I don't have a lot of patience, but I have patience for this. I was originally inspired by a workshop that I took on Seabird Island with my Auntie. The artist did appliques, and quilts and I found it was something I love to do.




Do you have any interesting stories about any of the work you've done or customers that you've worked with that helped reinforce the goal of your business?

I love doing hats. It's my favourite thing right now. I recently did a hat for Don Burnstick, the comedian. When I do custom orders, I just feel my client's energy and then go with the flow of that energy. That's how colours are picked. I never know what I'm going to come up with. People get what they get. Lol.

What would you say to inspire others to follow their creative impulses?

To explore the world of art, try all different kinds to see what you are good at and what you like. We are taught to be of good heart and good mind in what we do and art is a way to put our prayers out for people. It is so important to create the version of you that you want to be.

 Check out her designs @nikki_larock on Instagram

LHÍ'ET - PASS IT AROUND



HALQ'EMÉYLEM ST'ELÁXEL (CORNER)

If you'd like the pronunciation of our language section, visit <https://www.firstvoices.com>, select "Explore languages" and scroll until you find "Halq'eméylem" once you have entered this section of the website you can type in any of the words below and find the spelling and pronunciation. You can also check out the new stoloshxweli.org website to find stories, songs, resources and a searchable dictionary with pronunciations.

sth'óqwi =
Fish

thewélhem tl'o qays =
Fish are spawning now.

chá:lhtel =
Smoking Fish

alétse te sq'éylo? =
Where is the smoked
fish?



**Wíyoth kw'els helpex
te sth'oqwí.** =
I always eat fish.

sxépxel =
Fish tail

sth'óqwes =
Cooked fish head

shxwch'á:yxwels =
Fish-drying rack

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**.

LHÍ'ET - PASS IT AROUND



STÓ:LŌ HOROSCOPES

TEMQWA:L MOSQUITO TIME JULY 18 - AUGUST 15

Aries

March 21 – April 19

Energetic, candid and willful

Things may seem very difficult to understand or solve right now, but there is magic below the surface of all things. Slowly as these shifts in your life begin to take shape you will feel more content, rewarded, and settled in your home and family life. Trustworthy relationships are coming together like the pieces of a puzzle. Until now it hasn't seemed to fit together in a way that makes any sense. What seems out of harmony, will begin to feel balanced. Dig deep within yourself and allow connected prayer to guide you always. Trust in yourself.

Taurus

April 20 – May 20

Reliable, diligent and conservative

The ancestors are urging you to take a critical look at how you are treating yourself. There is divine energy around this message. The spirits are telling you it's time for you to work on being kinder to yourself. Become aware of self-judgements and inner dialogue. It is time for you to consciously treat yourself like your own best friend, you give kindness and patience to everyone around you and it's time to do this for you. Once this work starts to take place, important decisions will reveal themselves and bring exciting change.

Gemini

May 21 – June 21

Quick-witted, capricious and cheerful

The elements are calling out to you at this time. Surround yourself with water and nature. You are entering into a complete awakening to your higher self if you are open to these messages. Your gifts and your role on the planet as connected to the Divine plan are all within your grasp. There are events taking place behind the scenes to help you become more aware. Release the fears that have held you back from your success and your inner voice. It is empowering both energetically and intuitively, to walk your path and do what you have come here to do. Your awakening will subconsciously call out to others to step into their own Light as well.

Cancer

June 22 – July 22

Considerate, imaginative and sensitive

It is time now for you to detach from material based goals, this has caused you to make fear based choices and be overly focused on the desires of the ego. Embrace your inner lion power, this guide is coming to you at this time to show you that anything is possible, you are powerful and resourceful. You really do hold the strength and courage to do whatever needs to be done. It is time to let the world see you in your element. You rule your inner and outer worlds and you need to energetically claim your throne as the rightful ruler of your kingdom. Once you do, you will step into your role as a leader with ease.

Leo

July 23 – August 22

Enthusiastic, proud and arrogant

Enlightenment is one of the greatest achievements we can hope to attain while here on the Earth plane. You are being called to use your gifts in service to others which will further your connection and understanding of your own path. The connection to the astral realms happens usually while we sleep and it is where we meet our guides, teachers, and even other souls who have moved on from the Earth plane. For you however, this connection is allowing you to connect while you are awake, either when meditating or working with your intuition. This is truly to aid you in your spiritual growth, take it all in.

Virgo

Aug 23 – Sept 22

Elegant, perfectionist and picky

Beautiful soul, you have experienced hard times recently, self-fulfilling prophecies and sleepless nights. Please know, you play a very important role in the awakening of the planet. Your Light is so needed right now. 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, know that your angels and guides are with you the most, shining their love and light on you. Not for one moment should you doubt this. You – special soul – are being lovingly guided and supported on your path. Divine guidance is leading you gently. Look for the signs, feel the Love and know that you are supported always.

LHÍ'ET - PASS IT AROUND



STÓ:LŌ HOROSCOPES

TEMQWA:L MOSQUITO TIME JULY 18 - AUGUST 15

Libra

Sept 23 – Oct 23

Equitable, charming and hesitant

You are drawing abundance and infinite possibilities toward you right now. Have patience and pay attention to your daydreams, as they are the creation of your deepest desires and wishes. While they hold guidance as to what you are wanting and needing on your path, they also carry a creative force for manifestation. The Universe is asking you to allow yourself to dream, to allow the idea that the impossible can be possible. Your greatest wishes in life are a big key to your path and the entire Universe is working with you right now to bring those dreams to fruition. The possibilities of what can be manifested are infinite.

Scorpio

Oct 24 – Nov 22

Insightful, mysterious and suspicious

You are being asked by the ancestors to return to spiritual practices you may have let fall by the wayside. These connections are important for you right now to understand where your gifts are leading you to. The owl is watching over you at night while you sleep and dream. This powerful being will continue to usher in messages that you need, just when you need them. Use this energy to solve a stalemate you may be facing, or the urge to pretend there is no problems at all. The power of deciding on an issue, may not lead you exactly where you thought, but the greatest learning is in taking on the personal power to do so. Go and create your present bliss and necessary future.

Sagittarius

Nov 23 – Dec 21

Unconstrained, lively and rash

You are being told, you're on the right path. Energetically your life is shifting in a new direction, but you must allow this to happen. Have you noticed that you do the same things on each day – that you've fallen into a routine? It's time to break free from daily patterns you have created in your life. It's time to be spontaneous. When you do this, you open your energy to the possibilities of something new and revive your passion for living. The energy of the Universe is ready to flow and by consciously breaking free of the routines and patterns you have created in your life, you allow space for the new and different to manifest.

Capricorn

Dec 22 – Jan 19

Perseverant, practical and lonely

You are in a place right now where you could benefit from the wisdom of an elder, traditional teacher and spiritual practice. Seek out mentors and like-minded friends to unify your mind body and spirit. The elemental energy is calling you to connect to the mighty and loving life force of the planet. Open your energy to the life force of the Earth in every activity you do. Feel the pulse of the life in the plants, embrace the magic of creation and play within the beauty and bounty that Mother Earth provides. Give your gratitude and prayer to all that you eat. Creating an intimate connection with creation heals the Earth and opens you to new levels of energy, connection, and communication in a very powerful way.

Aquarius

Jan 20 – Feb 18

Smart, liberalistic and changeful

You are opening now to a deeper perspective, to gain understanding of what is taking place around you. This not only applies to your life, but to your understanding of other people as well. You will be able to see the smallest detail and see the energetic pattern of what is occurring. You'll see the consequences both positive and negative, of your decisions and where they will lead you. This gives you the ability to offer sound counsel to others and to lead your own life in the right direction.

Pisces

Feb 19 – March 20

Romantic, kind and sentimental

Life may feel out of balance for you right now, causing stress and even health concerns. Accept the help of others, rest, and recharge. Empower yourself to be who you are, and allow energy to flow through the third chakra, the power center. You naturally vibrate a dynamic energy that has a positive and empowering effect on others. Through your own acts of self-kindness and self-love, you have given yourself permission to shine a gentle and loving strength. This is exactly what the world needs right now.

LHÍT'ET - PASS IT AROUND



INDIAN ICE CREAM

Soapberries hold a high place and have a lasting taste memory. Saponins in the soapberries allow them to be whipped up into a frothy 'ice cream'. Small spoonfuls are taken as the taste is bitter and a little bit of soapberries goes a long way in cleansing the mouth and helping digestion (liver cleansing). Indian ice cream has often been mixed in with dried meat or served by themselves. More recently, soapberries have been mixed with sugar and added to carbonated water as an alternative to pop.



Ice Cream Ingredients:

2-3 cups of washed and rinsed soapberries
1/3 cup granulated sugar
1-3 tablespoons of water

Instructions:

- Place rinsed soapberries in pot on low heat and simmer for 30 minutes
- Once you've allowed to sit for 30 minutes transfer to mixing bowl
- Gradually add 1-3 tablespoons of water to mix and continue whisking until ice cream has frothed and fluffed up to desired thickness
- Place in freezer to let set & enjoy!



LHÍT'ET - PASS IT AROUND



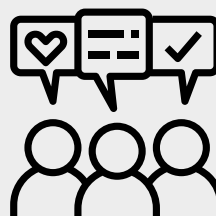
COFFEE ROOM – IF YOU DON'T KNOW JUST ASK!

Question from a community member in Leq'á:mel:

When will the Village and National Governments of the Stó:lō Xwexwílmexw communities make laws and when will they come into effect? How will they enforce those laws and can you enforce a law that has not been put in yet? What if those laws conflict with federal laws?

Answer from Grand Chief Steven Point:

"The Stó:lō Chiefs have never lost their right to self-government. Our inherent right to self-government existed before contact (1846) and has been recognized in the Canadian Constitution as well as in the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) and provincial and federal laws related to UNDRIP. Our laws prior to contact were traditional and customary laws. They were not written in the way that laws are written today. As of April 2022, the six leaders of our Stó:lō Xwexwílmexw Government have agreed that we are reasserting our right to self-government. We are not waiting for a treaty to implement this right. Our vision, as described in our Shxwelméxwelh/Constitution, is that our laws will follow our s'í:wes or our traditional teachings. As of July 2022, we have not passed any new laws under our Híkw Lálém (National Government). So to answer your question about whether laws are enforceable: they are not, as they do not yet exist. Under the Indian Act, bands have power to make bylaw-type laws as long as these laws were not contrary to the Indian Act. I am not aware whether Leq'á:mel has passed their own laws under their own constitution yet. If those laws conflict with federal laws and this affects you, you might need to seek advice from a lawyer.



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When the Stó:lō Cultural Committee was asked for a name to honour the work done by the three communities of Áthelets, Sq'ewqéyl and Ye'qweqwi:ws on this new community building, right away they came up with The'í:tseliya (a dream come true). For more about the building see the story on page 5.



THE'Í:TSELÍYA

HEALTH & COMMUNITY CENTRE



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