

NOVEMBER - DECEMBER
TIME TO STORE AWAY PADDLES FOR WINTER
VOL. 2 ISSUE 2



STÓ:LŌ SIGNAL MAGAZINE

BROUGHT TO YOU BY THE
STÓ:LŌ XWEXWÍLMEXW GOVERNMENT

WHAT'S INSIDE?

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WE'VE GOT TO DO IT OURSELVES



WHY WE CHANGED OUR NAME TO STÓ:LŌ XWEXWÍLMEXW GOVERNMENT

Do we have to wait for a treaty before we begin governing ourselves?

No. This is the assertion model. We don't get authority from the treaty or the Canadian government. We get our authority from our people.

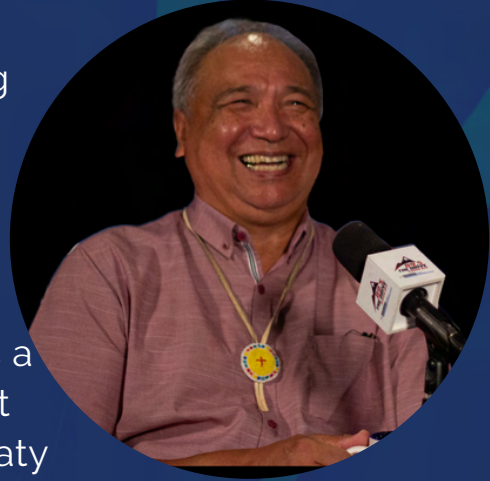
Who are we? We are not a society (although the SXTA is a legal entity under the Societies Act). We are a government and we have this right, not because we are involved in treaty negotiations, but because we've always had that right. This is sometimes described as our inherent right. The word inherent in this situation means that our rights do not derive from Canadian law. Our rights existed prior to the arrival of the Europeans.

And that's important. That's an underlying distinction that we now make in discussions around Indigenous rights and the rights of other governments. Our negotiations involve how we can reconcile our rights and our pre-existing sovereignty with the assumed sovereignty of the Crown. How we define our relationship with each other.

The step we are taking is to assume our sovereignty. As Satsan said in our Light the Fire series: "We have our pre-existing sovereignty waiting there. The way I look at it is we can take that, you know, our robe of power and put it on." Our robe of power is our Constitution — our Shxwelméxwelh. Our leaders have stepped forward to become the Stó:lō Xwexwílmexw Government. They are negotiating the treaty. They are front and centre. We've got to do it ourselves, even if we make mistakes. We've got to stop seeking people outside of our nations to run our nation.

Yálh yuxw kw'as hó:y

Xwelíqweltel, Grand Chief Steven Point





WE ARE THE LAND – FROM BIRTH TO DEATH AND EVERYTHING IN BETWEEN

We have been getting out on the land and inviting our community members to join us over the past few months. Stó:lō people are people of the river and the land. As it says in the Stó:lō Xwexwilmexw Shxwelméxwelh, "we come from Mother Earth and we return to Mother Earth". Grand Chief Steven Point gave these teachings to staff a few months ago: "When we are born, our afterbirth is buried on the land. Stó:lō mothers still do this, so our children never leave.

When we died, we didn't used to bury people but allowed the flesh and blood to go back to the land in a tree. We are the land, literally, not philosophically. The land is our Mother. She feels us, suckling her. Elders believe that we are surviving off the blood and sinew of our ancestors. We don't say we own the land, but we are responsible as stewards of S'ólh Téméxw."

To help share these teachings, we've visited the Painted Turtles in Leq'á:mel territory and had Yvonne Tumangday tell us about plants we can eat or use as medicine. We've been on tours through our SXG communities to learn the Stó:lō names of places in S'ólh Téméxw. We've visited each other's communities to see the new developments, such as the Syéxw Chó:leqw Adventure Park Adventure Park in Sq'ewá:lxw and The'ítseliya, the beautiful S.A.Y. Building in Sq'ewqéyl.

We've even hidden treasures on the Stó:lō Nation grounds for geocaching opportunity!

We can't wait to offer more ways to get out on the land to our members.

Let us know if you have any ideas for getting out on the land by contacting outreach@sxta.bc.ca.



LIGHT THE FIRE WITH GRAND CHIEF CLARENCE (KAT) PENNIER

Excerpts from our conversation about gathering stories from
St. Mary's Residential School Survivors in S'ólh Téméxw

A'a:liya Warbus: Why is it important for these stories to come out?

Kat Pennier: Well, it's important to show that we can change the way we look at ourselves. Because, you know, damage has been done through the generations. And people have to understand that when you look at the statistics, a large number of our people are in the Downtown Eastside. We have large populations in the prison system and there's a high percentage of women in those prisons -- around 50%. It shouldn't be like that.



The other thing is our children are still being taken away from their families. So, people have to understand the impact. [Especially] without us going through the proper healing procedures as individuals, families and communities. We have to do a lot of work to make sure that our future generations aren't going to be going through the same thing that we have gone through. So that's why.

Steven Point: A lot of [the survivors] have passed away. Is it possible to interview some of those second-generation survivors, too?

Kat Pennier: Of course, we will have to do that. If the survivors from the schools had told their children and their children are willing to do the interview, that would be very helpful to all of us and would help those individuals also to go through their own healing process. . . It's going to be a slow process because some people are reluctant and maybe they'll change their mind after they think about it. . . One of the things we do is to make sure they have someone to talk to, like a counselor, after the interview.

Steven Point: I just want to add my thanks to the work that you're doing. It's such important work. This is going to have a tremendous impact once you're finished.

Contact Grand Chief Clarence Pennier if you want to tell your story by phoning 604-798-2795, or email kat.pennier@stolotribalcouncil.ca.

Also you can listen to the entire conversation by heading to our Youtube Channel @The SXG.

UNDULATION AND TURMOIL – A MURAL WITH A STÓ:LŌ CONNECTION

Amanda Hugon is Terrace-based, but she was born in Chilliwack and has roots with Cheam and Kwikwetlem Nations. She is also part of the artist collective, Raven-Tacuara, who covered the wall on the Auld Philips building on the corner of Yale and Nowell Street for the Chilliwack Mural Festival.



The piece, called Undulation and Turmoil, is “portraying the trials and tribulations of life — the turmoil of the destruction of racism, basically. It’s calling to anyone that has ever felt excluded or different, just based around who they are, how they sound and what they look like,” she said.

The huge painting was commissioned by Chilliwack Local Immigration Partnership and Chilliwack Community Services as an anti-racism statement, but Hugon, who moved away from Chilliwack when she was 11 years-old, also has a personal story about the work. Her estranged father died on the streets of Chilliwack and although she found it hard to witness the turmoil of homelessness and addictions while working at the site, she was also able to re-connect with family who knew her dad and her mother, who still lives in the north.

Hugon is grateful to be leaving behind a message about mental health struggles, gender issues and racism in Chilliwack. “I believe that artists have a powerful tool to create art as a love language. Sharing a love of art can really speak to different people,” she said.

Other Raven-Tacuara members are Stephanie Anderson, Travis Hiebert and Facundo Gastiazoro.

STÓ:LŌ BUSINESS PROFILE



Stó:lō Gift Shop

#19 - 7201 Vedder Rd.

Chilliwack, BC

604-824-2670

Tell us about your business.

The Stó:lō Gift Shop offers one-of-a-kind items created by many local artisans as well as Coast Salish designed gift products; hand-crafted silver; precious gem and hand-beaded jewelry; sage and sweetgrass and much more. We also have a large cultural book section that offers local stories, children's books and fiction.

How long has it been in operation?

We opened prior to 2010 and in 2016 we moved to our current location in Building 19. In 2021, we renovated and expanded the space to create a more functional retail area.

What role does the Stó:lō Gift Shop play in the community?

Having a NEW website that is fully integrated with our store inventory allows us to promote artists and give them a platform to assist in expanding their business.

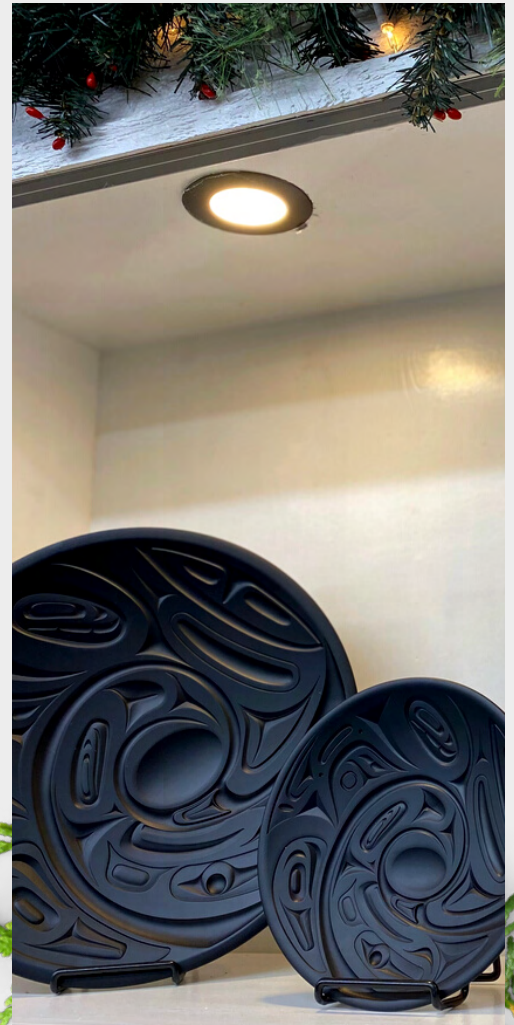
In addition, local communities and First Nations count on our ability to provide ceremonial supplies, cultural gift items and resources. We also like to focus on giving back to programs that foster education or health. Currently we are raising funds and awareness for the Stó:lō Shxweli Halq'eméylem Language Program.

We also aim to ensure items are ethically sourced and that artists are treated fairly. All products are branded with the artist's name and/or information. Customers love knowing as much as possible about the artist's and their work.

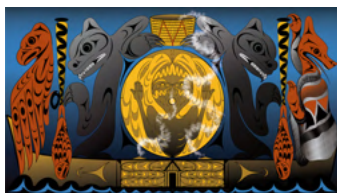
Thanks for providing us with any information people need in order to access your business.

www.stologiftshop.com

Email: sales@stologiftshop.com



HOW WELL DO YOU KNOW OUR 6 SXG COMMUNITIES?



Áthelets (Aitchelitz)

Leq'á:mel (Lakahahmen)

Sq'ewá:lxw (Skawahlook)

Sq'ewqéyl (Skowkale)

Ch'iyáqtel (Tzeachten)

Yeqwyeqwí:ws (Yakweakwioose)

The six Stó:lō communities, now united as the Stó:lō Xwexwílmexw Government, are continuing the work of their ancestors. These Stó:lō leaders, and many others, have been fighting for protection of Stó:lō Aboriginal rights and title for over 150 years.

"We are a self-governing people. We carry a language and culture shared among the Tribes of the Lower Fraser Watershed, otherwise known as southwestern British Columbia and northwestern Washington. We form a collective identity based on the interconnectedness of our families, of our creation by Chichelh Siyá:m; of our transformation by Xexá:ls; and of our inherent Aboriginal rights and title. On these grounds we recognize ourselves now, in continuity with our traditional past, as the collective Stó:lō Xwexwílmexw."

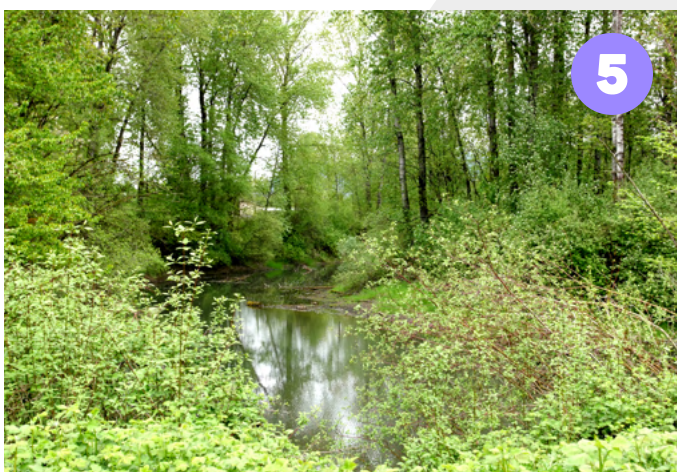
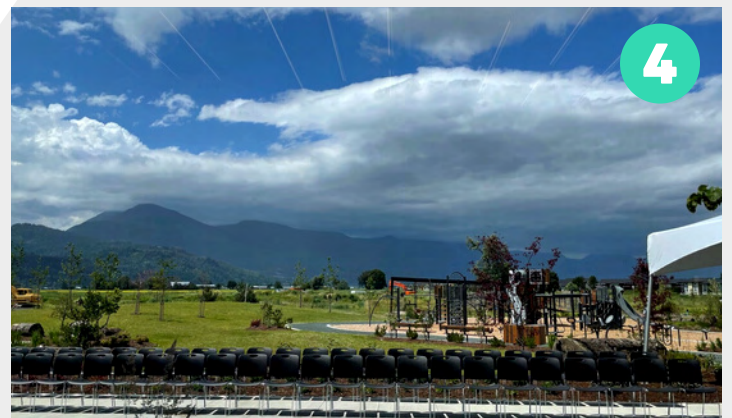
From the Stó:lō Nation Treaty Vision Statement (2006)



HOW WELL DO YOU KNOW OUR SIX SXG COMMUNITIES?



MATCH THE PHOTO WITH THE COMMUNITY. SEND YOUR GUESSES TO OUTREACH@SXTA.BC.CA AND WE WILL ENTER YOU INTO A DRAW FOR \$200.



STÓ:LŌ MOON HOROSCOPES



XETS'Ō:WESTEL TIME TO STORE AWAY PADDLES FOR WINTER NOVEMBER - DECEMBER

Aries

March 21 – April 19

Energetic, candid and willful

You are being guided to honor the creative source within you, to be grounded to the Earth, and to observe your situation with motherly compassion. Allowance, non-judgement and unconditional love – they go hand in hand. Place your focus on your thoughts and actions and slow to a pace that assures completion. Right now, you are connected to Turtle, who keeps a plodding pace and warns of the dangers of “pushing the river.” The corn that is harvested before its time is not yet full. If it is developed at its own rate, its sweetness will be shared by all.

Taurus

April 20 – May 20

Reliable, diligent and conservative

You are being called to understand the limiting thought patterns you have held onto for too long. Rabbit has come to share this wisdom: what you resist will persist! What you fear most is what you will become. Stop talking about horrible things happening and get rid of “what if” in your vocabulary. Choose to free yourself from self-inflicted limitations. Freedom is a state of being on the inside. You are always free, there is no need to go looking. There are no obstacles in your way, begin something new and look to the future.

Gemini

May 21 – June 21

Quick-witted, capricious and cheerful

The fox is rousing you from inactivity. Fox has chosen to share their medicine with you, and so you will become like the wind, which is unseen yet is able to weave into, and through any location or situation. You may be wise to observe the acts of others, rather than their words at this time. Use your cunning nature in a positive way; keep silent about who and what and why you are observing. Once you have gathered the knowledge you need, shake yourself into action. Awaken to your potential. Awaken to your love, and yourself.

Cancer

June 22 – July 22

Considerate, imaginative and sensitive

Be enthusiastic about life! Skunk is appearing in your reading to teach you that walking your talk and respecting yourself will bring strength and honour. How you carry your body speaks of what you believe about yourself. There is no need to bully, aggravate, torment, or overpower other beings when your sense of “self” is intact. Learn to assert, without ego, who you are. Look on the bright side, smile a lot and allow your bright enthusiasm to delight, excite and encourage your actions and others.

Leo

July 23 – August 22

Enthusiastic, proud and arrogant

Be aware of any signals in your life right now. Hawk is bringing awareness to circle over your life and examine it from a higher perspective. In doing so you may be able to get out of your head and into your heart. Planning has its place in your life but self-imposed rules and limitations must not stop you from expressing who you are. That said, it is not the time for impulsive spending. Hawk may be teaching you to grab an opportunity and be spontaneous on the inside. Think kind thoughts where none have gone before.

Virgo

Aug 23 – Sept 22

Elegant, perfectionist and picky

Salmon has floated into your life because recklessness may have kept you from achieving a goal. You may need to simplify your goals, re-evaluate, unclutter your life and surround yourself with ease and straightforward living and being. Are you ignoring the wise advice of others or your own inner voice of wisdom? Be still for a time and find the flow again. Ask yourself where you became distracted or confused. Then imagine returning to the place you last felt certain. Feeling a sense of serenity means you are tapping your inner knowing and wisdom again.

STÓ:LŌ MOON HOROSCOPES



XETS'Ó:WESTEL TIME TO STORE AWAY PADDLES FOR WINTER NOVEMBER - DECEMBER

Libra

Sept 23 – Oct 23

Equitable, charming and hesitant

In today's world of changing times and fortunes, the wise prepare for the future. Our prophecies have all spoken of the changes to come. Squirrel warns that you should be prepared for change. Lighten your load if you have gathered too many "things." These can include thoughts, worries, pressures, stresses, or gadgets that have been broken for years. Take stock of what you've been doing/holding onto. This is not the time to ask for assistance. Do something powerful for yourself. There is power in the positive energy around you, so make use of it!

Scorpio

Oct 24 – Nov 22

Insightful, mysterious and suspicious

You are being urged to deal with the chatter in your head, so you may receive the messages you need to survive, to grow, and to claim the power of your chosen destiny. You may need sacred sounds or silence through nature, meditation, chanting or singing to help you. Let today's evidence speak to you in the clear light of a new awareness. There are always indications to guide you towards the easiest path. See, feel, and hear the clues that surround you. Your answers are the only truth that will lead to your personal pathway of knowing.

Sagittarius

Nov 23 – Dec 21

Unconstrained, lively and rash

The experiences in your life are not happening to you, they are happening for you. This is the message that Coyote wants to offer to you. Allow yourself to find truth and meaning for the seemingly coincidental or disastrous occurrences happening all around you right now. Perhaps you need to see your own part in the outcomes of your life and let go of trying to make things happen, allow the energy of things to move and flow in perfect timing. Before you know it, things will settle, and you will have a better understanding of what lessons are at work.

Capricorn

Dec 22 – Jan 19

Perseverant, practical and lonely

"Moose, help me honor the gifts I can give, and recognize my worthiness as long as I live." Moose recognizes something you have accomplished on your journey. Celebrate your achievements, not just for yourself but to inspire others who may be on a similar daunting path. Have you broken a habit, completed a project, gained insight on a goal, or found a new sense of self? Write down things that you love about yourself and your progress. Then apply these same thoughts to friends, family and coworkers. Use positive language and listen to the world with your heart, as much as your mind and spirit.

Aquarius

Jan 20 – Feb 18

Smart, liberalistic and changeful

The energy of Dolphin is urging you to slow down and breathe. You may be under such stress that your body needs manna. Pay close attention to your health and your feelings. If you are on edge or just tense, take time to relax and breathe the life force into your muscles. You are the creator of your universe and you can create (manifest) anything! There are no limits. This includes creating the space and time you need to be successful and rested. Be open to new and creative ideas, quiet your mind in reflection, and the answers may become clear to you.

Pisces

Feb 19 – March 20

Romantic, kind and sentimental

Wild boar confronts anything or anyone you have been avoiding. Pay attention! Embrace your warrior nature and confront your fears around a personal weakness or career challenge. Awareness is the key to spiritual growth and comes with rich rewards. Take awareness and openness with you, in order to arrive at any destination with fulfillment. Confront your feelings regarding a situation that makes you nervous or causes discomfort and bring yourself the peace of closure.

LHÍT'ET - PASS IT AROUND



CHIEF ELAINE MALLOWAY'S SALMON CANNING STEPS

Step 1: Find someone who knows how to fillet fish 😊.

Step 2: Get the jars ready. We sterilize ours in the dishwasher.

Cut the fish to fit into jars. My sister has a neat trick: she measures each jar and then cuts the fillets to size.

Step 3: Start filling. We create an assembly line where several family members each have a bunch of jars.

Step 4: I just put salt, no water in each jar. A lot of people use vinegar.

Step 5: We water bath for four hours. A pressure cooker is faster, but we sit around and visit while waiting for the fish to be ready.

Step 6: To use: crack the lid and enjoy! We use smaller jars for sandwiches and the bigger quart jars for big family dinners of fish and rice or pasta.



LHÍT'ET - PASS IT AROUND

BRAIDED KNOWLEDGE SERIES BY STÓ:LŌ SHXWELÍ

To explore the Stó:lō Shxweli Halq'eméylem Language Collection for resources and stories for learning Upriver Halq'eméylem visit:

www.stoloshxweli.org

Also check out: www.firstvoices.com

_____ **tel skwíx.** - my name is _____.

Telí tsel kw'e _____. - I'm from _____.

Ey látelh - good morning

Ey swáyel - good day

Ey xwelált - good evening

Ey slát - good night

Kw'etslóme - see you (to one person)

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 15 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 SIGNAL RECOMMENDATIONS BY JEN ARCHIE

PODCAST:

Bigger Than Me Podcast

Hosted by Aaron Pete, Featuring Á'a:liya Warbus

Á'a:liya Warbus speaks about her passion through art, culture, hip-hop, and filmmaking. Á'a:liya has a clear and vivid way of speaking about teachings and advice for art creators who want to find their own way turn hobbies into a fulfilling career. She has an inspiring voice for me as a young Indigenous woman still trying to find herself within her culture and her own identity through art. The work she does is truly inspiring, and I can't wait to see what she does in future.



MOVIE:

Wildhood

By Bretten Hannam

Wildhood is directed by two Spirit L'nu filmmaker Bretten Hannam and is a beautiful testament to the power of authentic storytelling. Filmed in English and Mi'kmaw, the film shares the Mi'kmaw culture with the greater world through the eyes of a wayward youth in search of his estranged mother. As he thrashes through the landscape with wild abandon, he slowly softens to the kind strangers he meets along the way, discovering himself with the gentle guidance of his people.

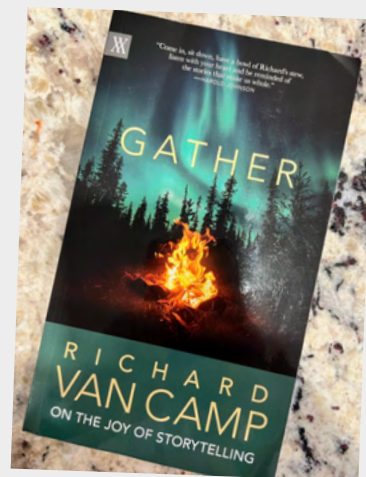


BOOK:

Gather

By Richard Van Camp

Richard Van Camp's narration style is warm and welcoming. It feels like you are sitting at his table or around the fire listening to his treasured stories – both personal and from a collective of friends and Elders. I am curious whether he recorded himself because his writing feels so wonderfully conversational. Page after page, Van Camp shares nuggets of wisdom, memorable stories, and invites the storyteller within all of us to gather stories from our own loved ones.



LHÍT'ET - PASS IT AROUND



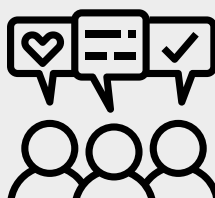
COFFEE ROOM - IF YOU DON'T KNOW JUST ASK!

Questions and Answer from event:

Will we lose our status at any time? I worry for my great grandchildren. What will it look like for the younger generation coming up?

Answer:

We will not lose our status; nor our benefits. Although we will move away from governance under the Indian Act, dental benefits, pharmacy benefits, addictions treatment program access, eye care and mental health benefits will continue to be available to those who now have "status" in Canada ("status" as defined in the Indian Act). We have set our sights much higher than what we have today, and will not settle for anything less. If anything, benefits and services will be enhanced. As of July 2022 all First Nations in treaty will retain existing tax exemptions and members will not pay property tax on treaty lands. Current members of the six First Nations will be citizens of the Stó:lō Xwexwílmexw Nation. We will define the terms and conditions by which others may become members with an openness to our kin and to our new families. You will never lose your identity as Stó:lō or as a member of your current tribe.



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STÓ:LŌ XWEXWÍLMEXW GOVERNMENT

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for a chance to win
\$200!

