

STÓ:LŌ SIGNAL SEASON 4: STANDING IN OUR STRENGTH

PODCAST NOTES

Episode 4 - Xólhmet te mekw'stám ít kwelát: We have to take care of everything that belongs to us

Guest: Maex'eyéteł Jason Thompson, Leq'á:mel

Many young people can't wait to put distance between themselves and the place they grew up in. The answers are out there, rather than at home among the people we've known all of our lives. But what makes us change our minds? Leq'á:mel's Jason Thompson talks with host Á'a:líya Warbus about making a conscious decision to change directions and come back to do important work on the land and strengthen his cultural and personal connections to his community.

Notes:

Acronyms of note:

MOTI = Ministry of Transportation and Infrastructure

Resources for employment

SASET = Sto:lo Aboriginal Skills and Employment Training

<https://saset.ca/>

WorkBC = Job search resources

<https://www.workbc.ca/>

Leq'á:mel Links

Leq'á:mel Lands = <http://legamel.ca/business-development/lands/>

City of Mission article about Leq'á:mel: <https://tourismmission.ca/legamel-first-nation-with-chief-alice/>

Credits:

The theme song for Stó:lō Signal is "Oh No" by Apt Exact feat. Tommy iGuess

Beat is Produced by: Magic Touch Mixed and Mastered by: Nigel Lokeynote Berringer

Check out the video: <https://youtu.be/OQCFxCcXTVc>

Stó:lō Signal Podcast

Host: Á'a:líya Warbus

Multimedia Specialist: Sharon Desnomie

Producer: Heather Ramsay