



SQ'EWÁ:LXW
SKAWAHLOOK FIRST NATION

Comprehensive Community Plan Project Report Volume II - 2018 2019

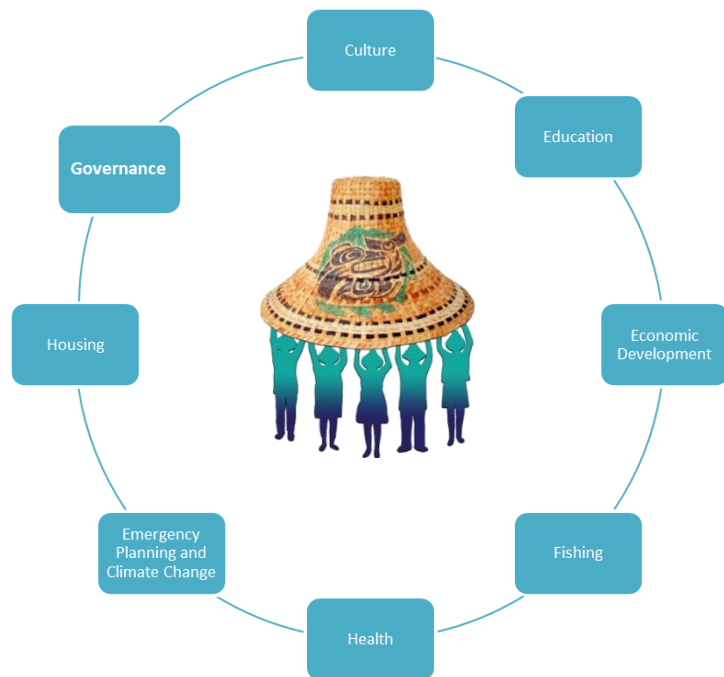




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Accompanying Documents

Sq'ewá:lxw Sqwelqwel - Issues 7 through 13
Sq'ép Graphic Recordings





1.0 INTRODUCTION

Sq'ewá:lxw has prepared a comprehensive community plan (CCP). This initiative, called our Vision Project takes a community driven approach to creating a future that our people desire. The process is made possible by funding awarded by the Professional and Institutional Development Program of Indigenous Services Canada.

March 2018 saw the completion of the first year of our Vision Project activities with the delivery of Volume I of this report. This second volume concludes the documentation of our planning work. For full information on project background and methodology please see Volume I.





2.0 COMMUNITY DISCUSSIONS IN SQ'ÉP

2.1 SQ'ÉP – ECONOMIC DEVELOPMENT

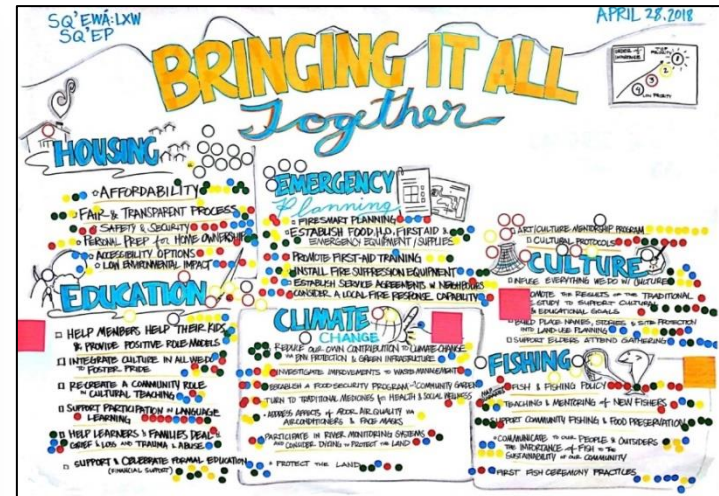
We addressed economic development in our eighth community vision sq'ép (June 9th, 2018). Members and planning staff gathered in the Hall at Ruby Creek. Before community members arrived for lunch, the planning team met in the morning, reviewed ongoing project planning, and finalised the day's agenda,

With the community together, and following a short welcome, Elder Margaret Rose George opened the meeting with a prayer, and the group sat down to lunch.

Following the meal the community came together in a circle. The meeting opened with a recap video of the previous sq'ép in which we brought all together the various topics covered previously - a recap of the recap sq'ép. The video is available at:

<https://www.youtube.com/watch?v=f8C6ofNLofs>

Next, Melissa talked through the results of the "dot-mocracy" voting session from the previous sq'ép. The exercise showed that community members prioritize housing, culture, education, fishing, climate change action, and emergency planning, in that order.



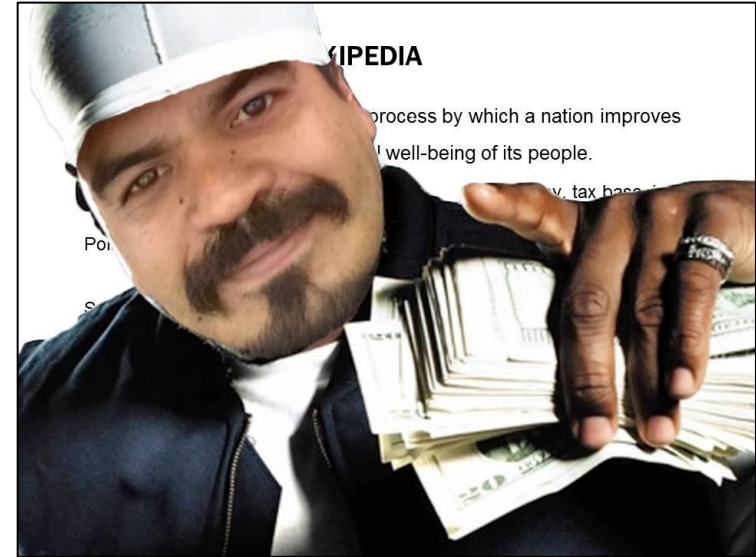


Economic Development Officer Mike Bellegarde told the story of his career and personal path, from the military, to policing, to car sales, and ending with the dedication to helping his community achieve sustainable economic development.

Mike led the group through a funny and insightful round up of what economic development is and what it means for Sq'ewá:lxw. An update on the adventure park initiative was also provided.

What is economic development? Many different definitions were brought forward. Building stability for our children and grandchildren, self-sufficiency, jobs, band owned businesses that hire members, building tax base to support services. The concept of “Political Wellbeing” was raised. It refers to our external reputation for doing business. What policies are needed to support business - taxation, leasing, investment, other?

A strategic economic development management plan is needed. Economic development will allow us to fund social development improving literacy, education, and cultural development, reducing poverty, and ultimately improving health and life expectancy.



Multiple studies undertaken over the years all lead to the conclusion that our location is a serious barrier to doing business. We have a remote location that has low traffic and low local income levels. What can we do? One idea that is being worked on is creating a destination for visitors. The adventure park provides natural environment, beauty, art, and activities. Now how can we leverage it? Patrick Lucas has been a key partner in the adventure park. Mike played a video message from Patrick, in which Patrick emphasized the park acting in a support role of the gallery, empowering our youth, displaying art, and attracting visitors, interest, and dollars.

Then Mike led the group in a discussion of the opportunities, challenges, and risks to consider when planning for economic development.

What are our challenges: location, traffic, signage, internet, mosquitos, pipeline, railroad, wind, flooding, small local population, access across the tracks, limited access to land, high infrastructure costs, and a lack of capital to start businesses.



Economic Self-sufficiency:

- 1. Non- reliant on government funding. Instead, the community is self-sufficient offering employment to its members as a spinoff from revenue generated from Nation-owned business, property lease payments from other businesses; tax collection, etc.*
- 2. Political well-being - Policies and procedures that are transparent strengthen trust when doing business with developers, partners, and membership (Land code development permits & procedures, lease agreements, laws & by-laws, finance policies, etc.). Sound business etiquette (reliable, consistent hours of operation). Land Management Policies and sound Economic Strategic Plans form some of the key policy and procedures necessary for political wellbeing. Stable Government provides a secure sound environment for potential investors.*
- 3. Social well-being - Members have access to programs and services, increased literacy, longer life-expectancy, decreased poverty, strong connection with one's culture*

Figure 1 – Economic Self-sufficiency

SQ'EWA:LXW FIRST NATION VISION PROJECT REPORT



What are our strengths: great staff; proposal writing; hall and kitchen assets; social media presence; artists (Crystal, Sherman the chainsaw carver, gallery, artists in our midst Crystal, Gladys, Jerry); land code; a healthy community; no kids in care; education results.

What are the opportunities: Undertaker opportunity; resale of blankets and other materials for ceremony, such as scarfs, bags, quarter bags, bundles, spun wool; second hand clothing; small resort, amphitheatre, fish habitat rehabilitation; business model of agreements with other communities; insurance company; fire hall to address fire insurance costs; campground and café reinvigourated by the adventure park; increased venue rentals, member businesses; indigenous foods; Christmas lights tours and haunted forest; cultural training, interpretive centre, schools visits, tourism, feed the visitors. Norm Peters as teacher/presenter.

What are the risks: no profit/lose money; destruction of the natural landscape; bringing in outsiders who may be less than desirable; staffing issues; training and skills; law suits.

Further discussion was structured around an economic development survey circulated before the meeting. Questions and answers are shared below. In general, members prioritize profitability, but not at the expense of the land or culture.

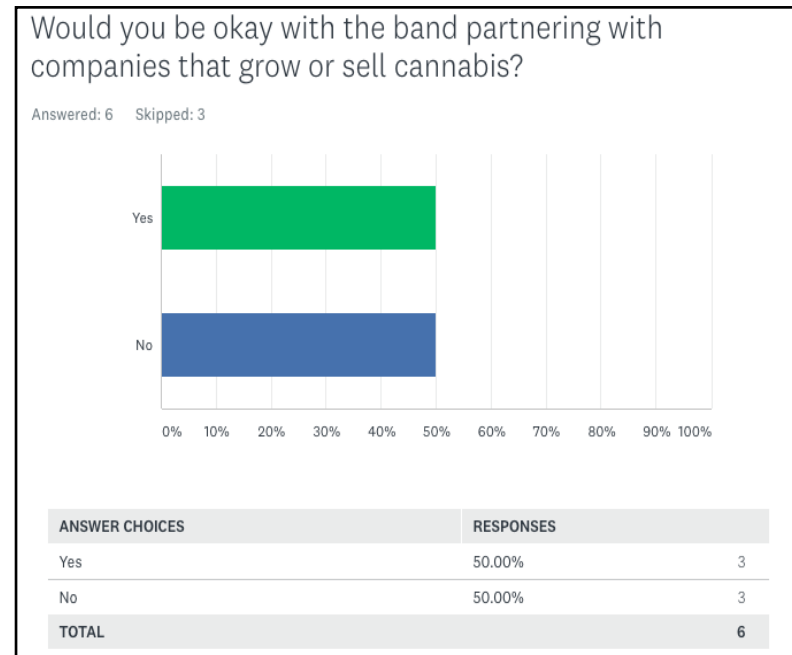
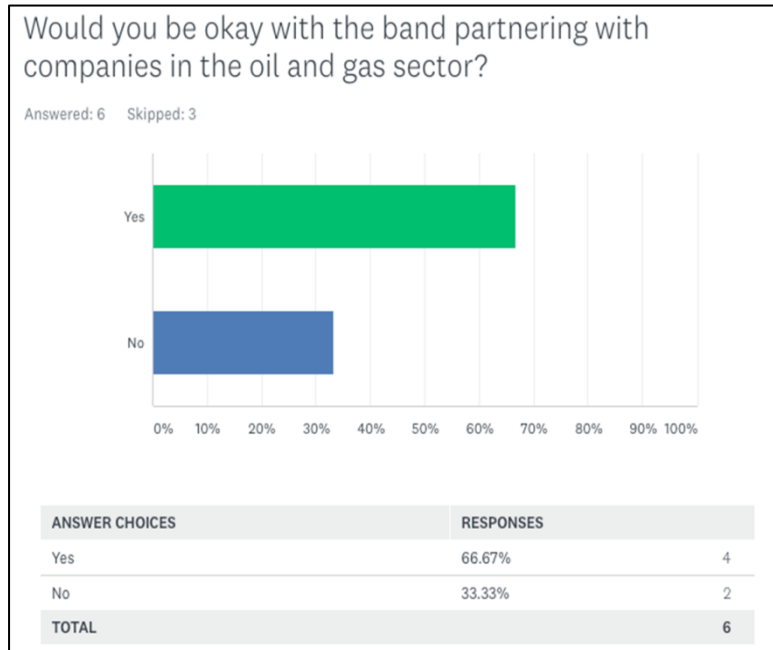







Figure 2 – Economic Opportunities Survey

Some highlights:

-  Social and environmental goals are good but we need to make money;
-  Oil and gas is contentious with high risk of environmental damage;
-  Look at ownership of oil and pipelines as a title and rights issue;
-  Recreational cannabis may be lucrative, but in discussion the community keeps coming back to emphasizing the medicinal side;
-  Open to exploring the idea of cannabis business ventures;



- Although alcohol sales can increase profits, caution is suggested because some members struggle with this issue and the example we set is important, liability is an issue;
- The use of Sasquatch, in business marketing is appropriate so long as we do not monetize the traumatic event to family. Sasquatch is part of our heritage, as it is for many communities. We can use the concept, and build our own brand, so long as we don't infringe on other's imagery or particular intellectual property;
- The ability to balance land use and the natural environment has been demonstrated elsewhere. Promote business development while keeping with protection measures of the environment;
- There is pride in the gallery: puts us on the map; showcase members' work; quality stuff. Discussion on why some products are from China (cost of production in Canada but supports local artist (design));
- When it comes to hiring for community businesses the members put a high importance on members and cultural fit;
- Members showed little appetite for continuing money losing businesses to retain employment;
- Consider opportunities off reserve. How does it jive with creating a sustainable community? Make money off reserve to support community services (if not jobs); and
- Consult with community on the opportunities.

SQ'EWA:LXW FIRST NATION VISION PROJECT REPORT

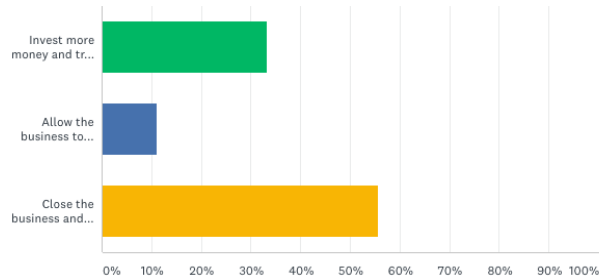


Figure 3 – Economic Opportunities Survey (2)



If the band were running a business that was struggling to make a profit. Should we:

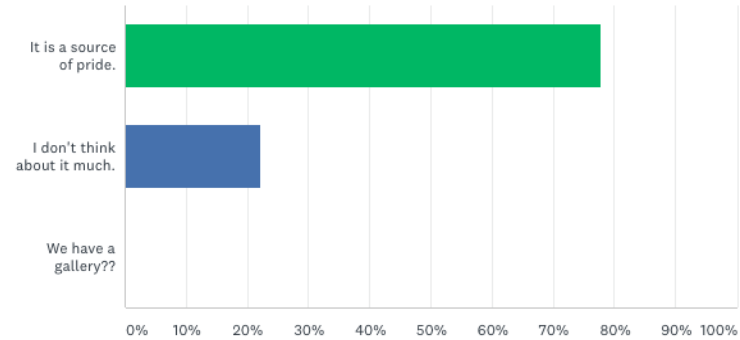
Answered: 9 Skipped: 0



ANSWER CHOICES	RESPONSES
Invest more money and try to grow the business?	33.33% 3
Allow the business to continue breaking even?	11.11% 1
Close the business and focus on other potential opportunities?	55.56% 5
TOTAL	9

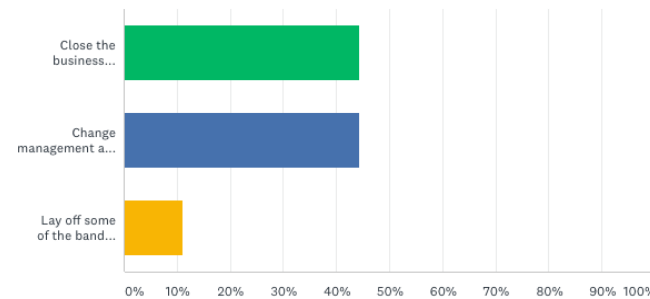
How do you feel about the Ruby Creek Art Gallery?

Answered: 9 Skipped: 0



If a band owned business creates good jobs for members, but doesn't ever make a profit, the band should:

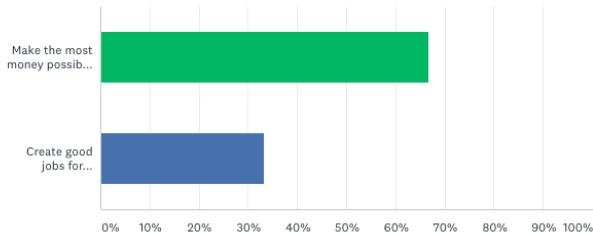
Answered: 9 Skipped: 0



ANSWER CHOICES	RESPONSES
Close the business because it's unsustainable for the band to keep bailing out a business.	44.44% 4
Change management and try to make the business work.	44.44% 4
Lay off some of the band members so the others could keep their job.	11.11% 1
TOTAL	9

In your opinion, the band should pursue business opportunities that:

Answered: 9 Skipped: 0

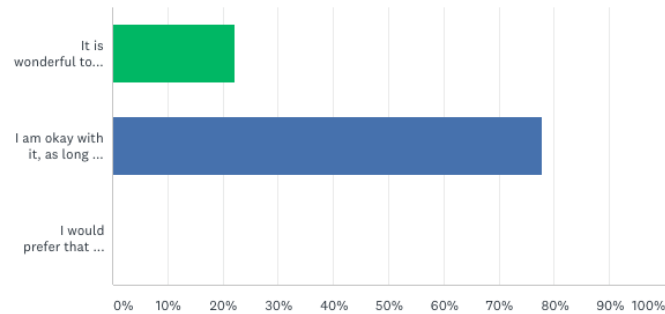


ANSWER CHOICES	RESPONSES
Make the most money possible in order to reinvest into community programming.	66.67% 6
Create good jobs for members, even if the business doesn't make much money.	33.33% 3
TOTAL	9



Now that we have a beautiful adventure park, how do you feel about outsiders coming onto the land to enjoy it?

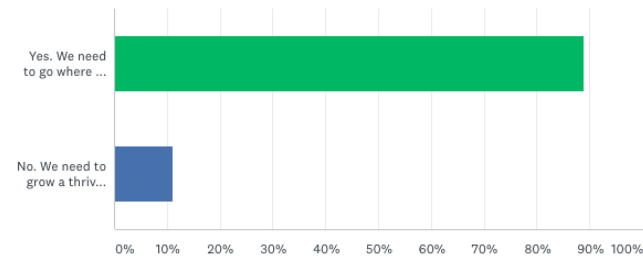
Answered: 9 Skipped: 0



ANSWER CHOICES	RESPONSES	
It is wonderful to share the land with our neighbours.	22.22%	2
I am okay with it, as long as they are respectful of the land.	77.78%	7
I would prefer that it was only open to community members.	0.00%	0
TOTAL		9

Many studies have shown that our location will make it extremely difficult to start a thriving business on the reserve. How do you feel about the band investing money in partnerships/projects that are located in urban areas such as Chilliwack?

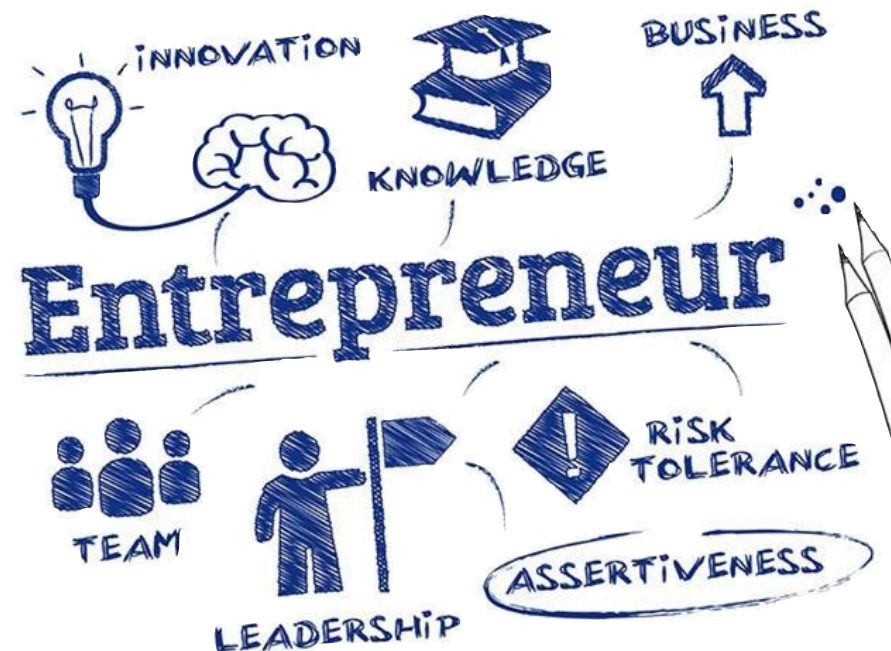
Answered: 9 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes. We need to go where the money is.	88.89%	8
No. We need to grow a thriving economy at Ruby Creek.	11.11%	1
TOTAL		9



How can we help entrepreneurs: Proposal writing; training; education, mentorship; micro-lending; keep revenue on the reserve; spend money on reserve; support home based business; offer social media services to small businesses.

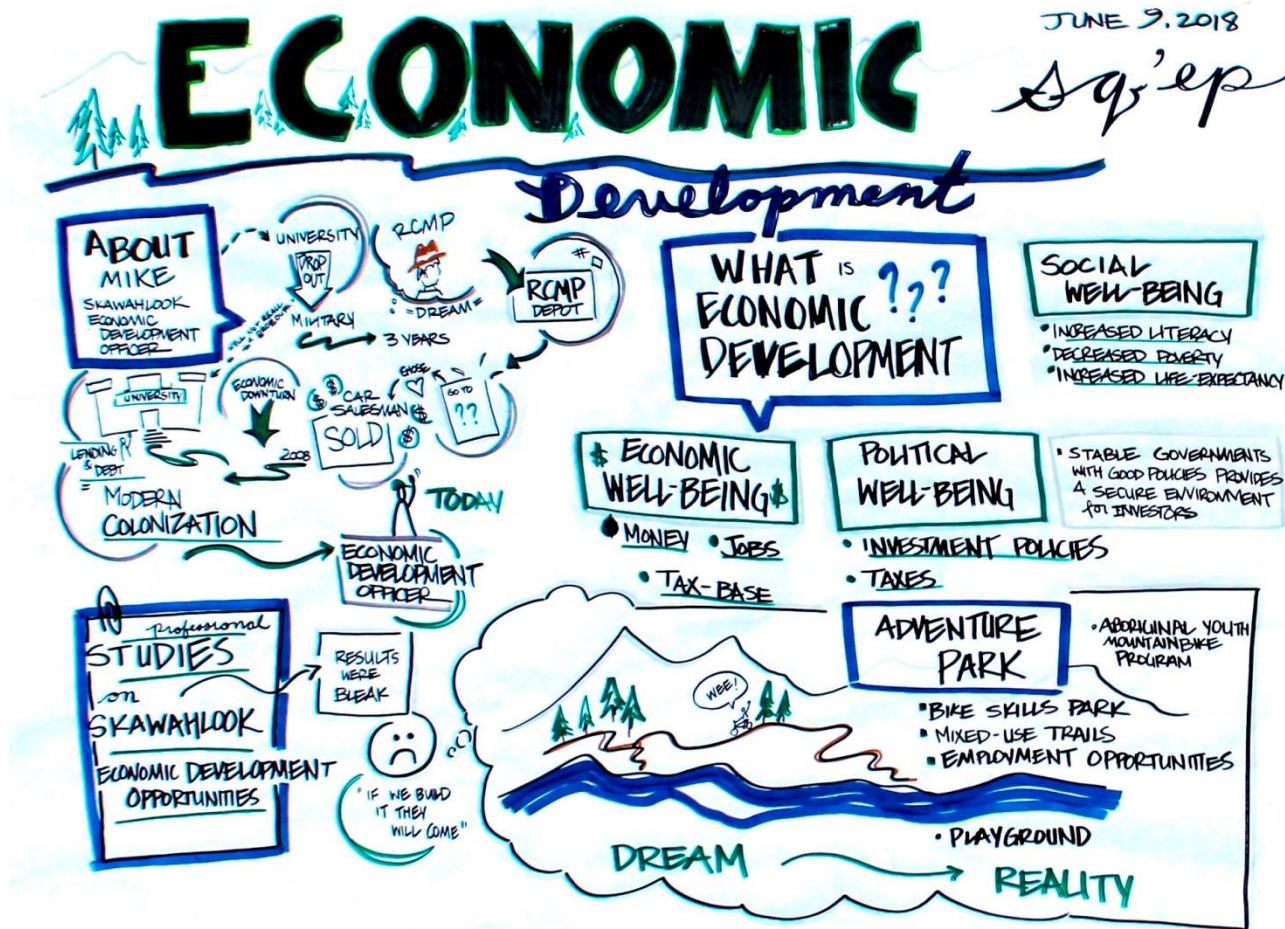


Plan Design

The final business of the day was a discussion on what the plan might look like. Prefaced by the desire we have had to do something innovative, connect strongly with the people, reject the compartmentalization of topics, and take a multi-media approach, David Carson described an interactive electronic approach to allowing members to interact with the plan in their own way. Taking a network and connection approach to the material, allow us to bring the material together in an accessible and intuitive way. Outcome according to Bill: “sounds like a plan”.



As usual Melissa Kendzierski recorded a comprehensive summary in pictures and words.



Drawing Together 2018



SQ'EWA:LXW FIRST NATION CCP

CHALLENGES for ECONOMIC DEVELOPMENT

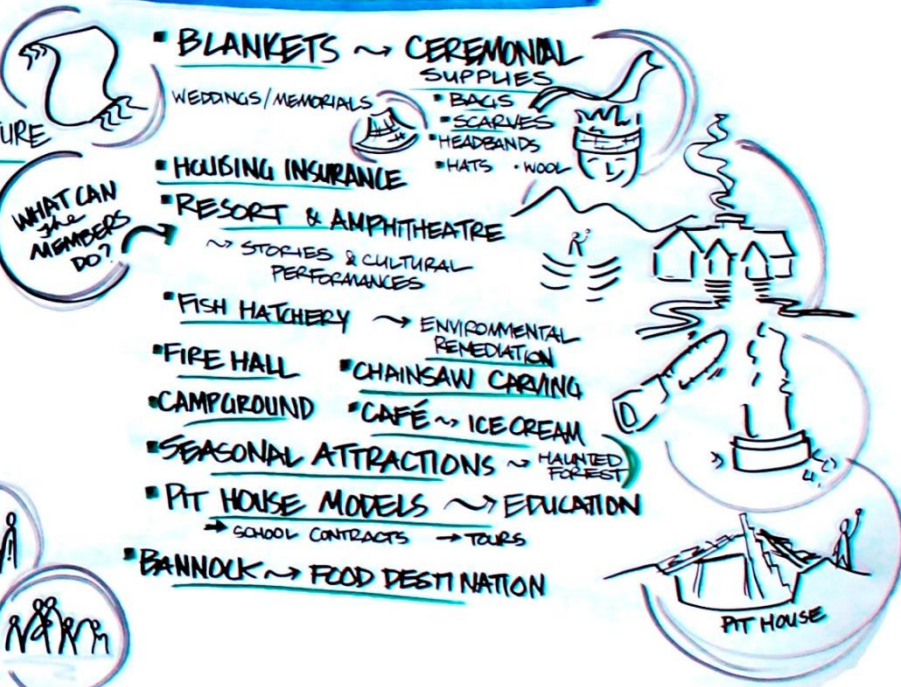
- MONEY → COST ^{RAISE} FLOOD PLAIN
- LOCATION ~ TRAFFIC
- SMALL LOCAL POPULATION
- COMMUNICATION INFRASTRUCTURE
- TRANSPORTATION - ACCESS
- RAILROAD • PIPELINE
- MOSQUITOES • FLOODING
- ACCESS OVER THE TRACKS

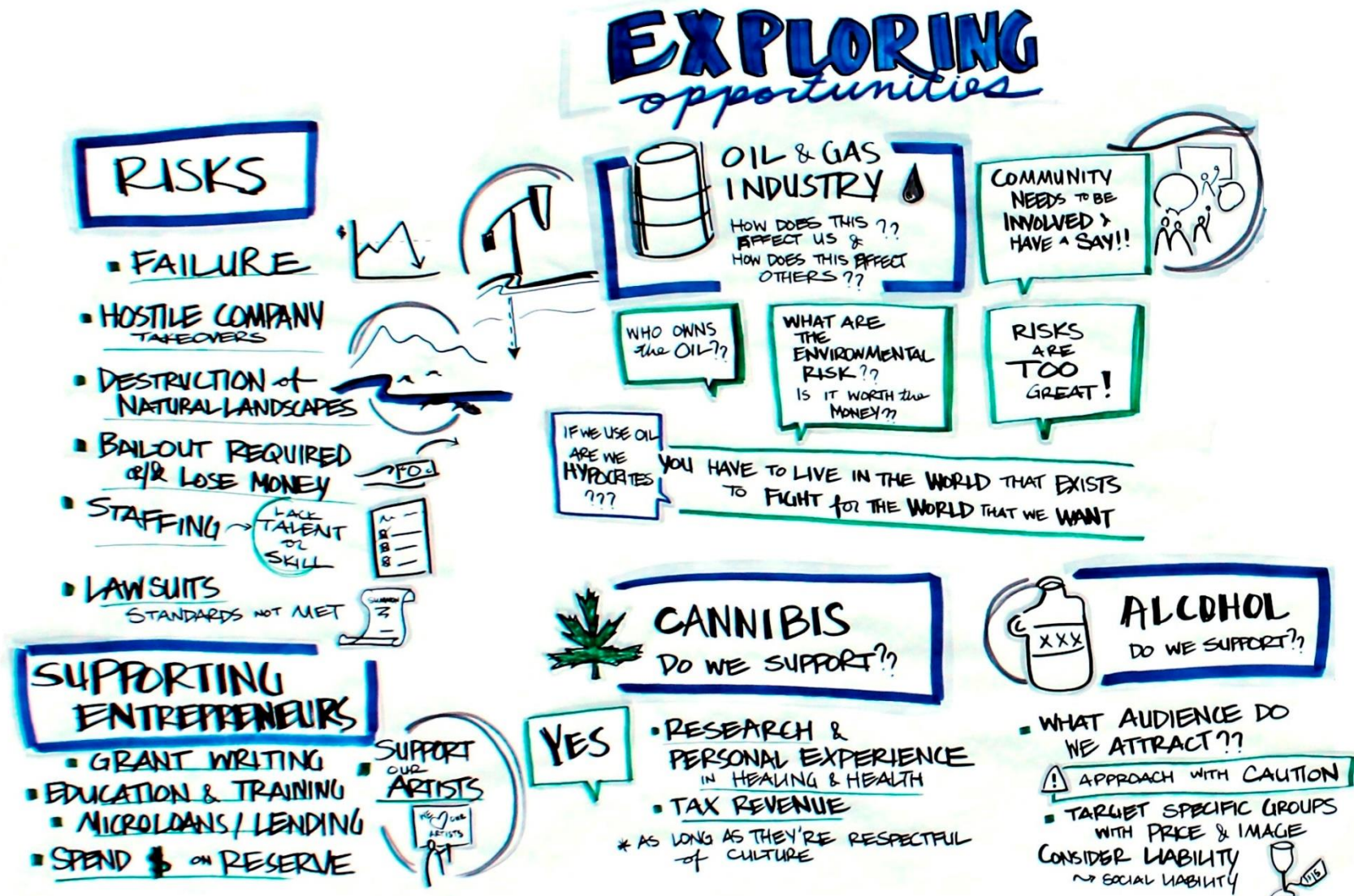
WHAT are WE AWESOME at??

- AWESOME STAFF
- ARTISTS • PARTNERSHIPS
- HALL/GALLERY/KITCHEN
- SOCIAL MEDIA
- HIGHLY EDUCATED • FUNERALS

OPPORTUNITIES for ECONOMIC DEVELOPMENT

- BLANKETS ~ CEREMONIAL SUPPLIES
- WEDDINGS/MEMORIALS
- BAGS • SCARVES • HEADBANDS • HATS • WOOL
- HOUSING INSURANCE
- RESORT & AMPHITHEATRE
- STORIES & CULTURAL PERFORMANCES
- FISH HATCHERY ~ ENVIRONMENTAL REMEDIATION
- FIRE HALL • CHAINSAW CARVING
- CAMPGROUND • CAFÉ ~ ICE CREAM
- SEASONAL ATTRACTIONS ~ HAUNTED FOREST
- PIT HOUSE MODELS ~ EDUCATION
- SCHOOL CONTRACTS → TOURS
- BANNOCK ~ FOOD DESTINATION







WITH ECONOMIC DEVELOPMENT OPPORTUNITIES Let's KEEP the DIALOGUE GOING ~ IN CONSULTATION WITH COMMUNITY ~

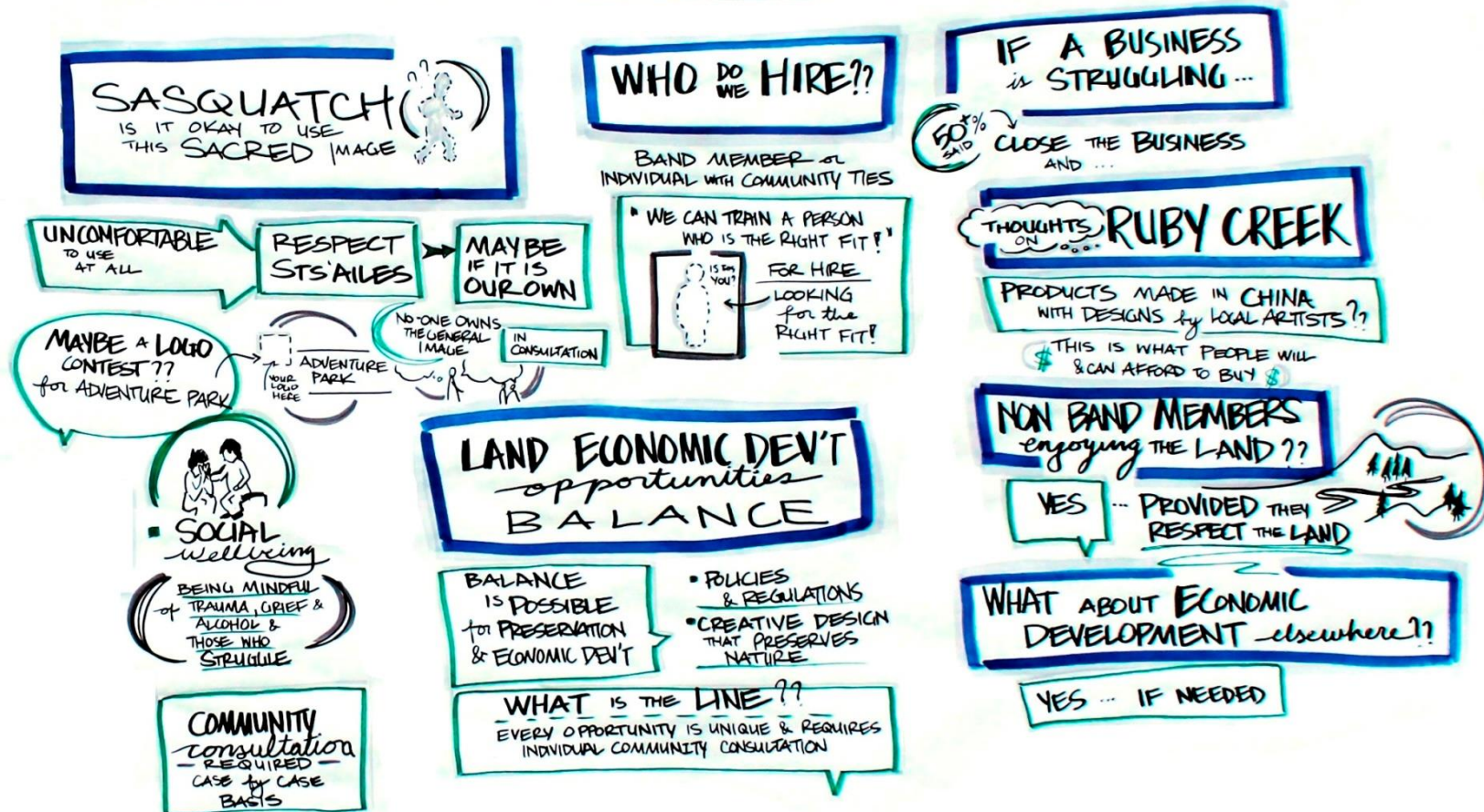


Figure 4 – Economic Opportunities Graphic







Economic Development Vision











Supported by successful business initiatives, we envision an economically self-reliant and stable community for our children and grandchildren. We envision a local economy providing jobs and wealth as a foundation for Nation self-reliance. Sq'ewá:lxw will be recognized as having strong financial management and as being a centre of business excellence in Nation and entrepreneurial initiatives.

Economic development will allow us to fund social development improving literacy, education, and cultural development, reducing poverty, and ultimately improving health and life expectancy.



Goals

-  Development of policies and procedures that are transparent and collaborative and strengthen trust when doing business with partners and membership.
-  Establishment of Sq'ewá:lxw-owned businesses that hire members, generate profits, and support member services.
-  Establishment of member-owned businesses that support our members and our local economy.
-  Creation of a tax base to support services.

Action Items

-  Develop a strategic economic development plan.
-  The ability to balance land use and the natural environment has been demonstrated elsewhere. Promote business development while keeping with protection measures of the environment.
-  Invest in Nation and member businesses with strong business plans and not support businesses with poor financial results.
-  Assist entrepreneurs with proposal writing, training, education, mentorship, media, and micro-lending and support home based businesses.
-  Emphasize on-reserve revenue and spend money on reserve.
-  Taking advantage of Land Code jurisdiction, further develop land and finance programs and policies to support business.
-  Develop programs and policies to generate Nation revenue such as land leasing and taxation.
-  When it comes to hiring for Nation or member businesses it is important to prioritize members or emphasize cultural fit.
-  The art gallery and gift shop is a source of pride. Showcase members' work and genuine quality art work.
-  The adventure park provides natural environment, beauty, art, and activities. Further develop the Park into an attractive destination and revenue generator.



-  Consider business opportunities off-reserve. These can support a sustainable community by generating revenue to support on-reserve programs and services.
-  Business enterprises related to oil and gas, alcohol, or cannabis are contentious within the community and should be advanced only with community social licence.



2.2 SQ'ÉP – GOVERNANCE

On September 29th we held our 9th sq'ép at the Sto:lo Nation Government building in Chilliwack. Before community members arrived for a Membership Code Information meeting and lunch, the planning team met in the morning, reviewed ongoing project planning, and finalised the day's agenda. Chief Maureen Chapman along with Community Members, Staff, and CCP Team was in attendance and took part in the Membership Code information meeting and the Governance sq'ép.

Jerry Chapman opened the Governance sq'ép with a prayer and the group sat down to lunch.

After lunch, Kecia Prevost led the group in a halq'eméylem language lesson, in which we learned some useful everyday phrases and a prayer to bless a meeting. As part of the CCP engagement, Kecia will continue to attend each sq'ép and provide language lessons as part of the culture and education goals of our developing CCP.

Plist te Sq'ep

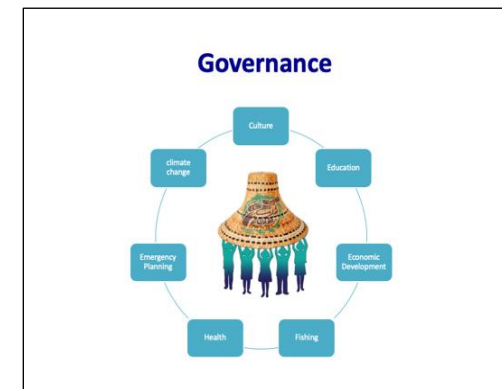
O Chichelh Siyam, plist te sq'eptset.
 Ey kw'omkw'emcha teli s'olh sqwalewel
 Xwlam kw'e it toti:lt telowayel. Ey kw'es
 hakw'elestset te s'i:wes te siye:lolxwalh.
 Ch'ithometset lam kw'e mekw'stam.
 Ey kw'es ste'as
 Mekw'tel Stekaw

Blessing a Meeting

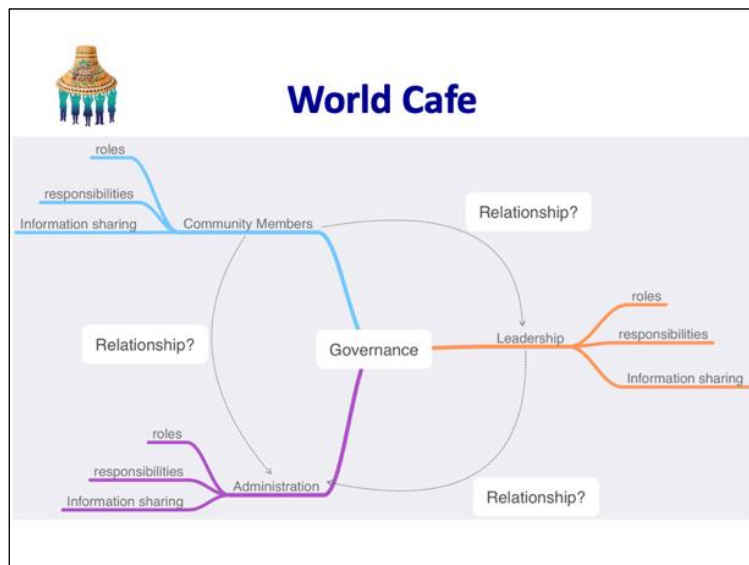
O Creator bless this meeting. Give us
 Good strength from our soul toward what
 We are going to study or meet about today.
 It is good to remember our teachings from our forefathers.
 We thank you for everything. Amen.
 All my relations.

[illegible]

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It was the team's goal to gauge what community Members knew about governance and how they see it relating to the CCP work as this was the first time governance was discussed in this way at the community level. As well the team wanted to develop a base level understanding of roles, responsibilities, information sharing, and relations of leaders, administration, and community Members.









We broke into two working groups to discuss the roles and responsibilities of Sq'ewá:lxw leadership, administration, and community Members. We learned that ideal leaders are respectable role models and advocates for the community with a responsibility towards future generations; that administration organizes community operations and facilitates the sharing of information; and that community Members should be active and engaged in the positive growth of the community.

Information is shared between leadership, administration, and community Members through community events, newsletters, meetings, social media, and up-to-date contact information. We also learned that there are different relations between each of the groups and that communication and working together has to adapt to meet the roles and responsibilities of each group.









Some highlights from the break out groups:












Leadership Roles and Responsibilities

-  Advocates and role models
-  Engage and interact with Provincial and Federal levels of government
-  Stay abreast and keep informed of what is going on
-  Communicate and share with Nation
-  Representation for our community – values, beliefs and culture
-  Transparency

Administration Roles and Responsibilities

-  Office organized and operational
-  Access funding and report
-  Manage administration including finance
-  Implement policies and procedures
-  Refer community members to program services
-  Mentors









Community Members Roles and Responsibilities

-  Participation
-  Be supportive of Leadership and each other
-  Be prepared and informed
-  Committee members
-  Use your voice
-  Ask for support
-  Volunteer
-  Be a role model
-  Engage
-  Take time to listen to Elders SFN historical information and culture and to pass it down to the children
-  Update each other









Information Sharing

Through this exercise it was understood that there are multiple ways that information is shared and that each of the three groups have different responsibilities in sharing and consuming information. Ways information is shared and consumed:

-  Phone calls
-  Newsletter
-  Facebook
-  Website
-  Emails
-  Meetings
-  In-person especially with Elders
-  Information; meeting minutes, documents

Relationships Between Leadership, Administration, and Community Members

-  Helping one another is important it is key in a time of need to do this the best we can
-  Solthemeth, We are all Family
-  Not being afraid to stand up and do something for the community
-  Having check-ins to see that we are all still on the same path
-  Community members need to update administration with current contact information
-  Through this process, these relationships have been forced and revisited and have started rebuilding relationships, building relationships through opportunities and getting to know one another



Based on the break out group discussions and materials collected it was determined that there is a solid understanding of the roles, responsibilities, and how the groups relate to each other to govern. There were positive suggestions shared to help the three groups work together more effectively. However there are some misconceptions that need to be addressed as well as we continue to develop a process and structure to address who and how issues and work gets accomplished through the right channels. With this it has been determined that a follow up will be required for the governance sq'ép to take from what has been learned and build upon, to address those misconceptions, create a better base level understanding of roles, responsibilities and how they relate so that all can operate within a structure to best implement governance and the CCP.

Final Form of the Vision Plan

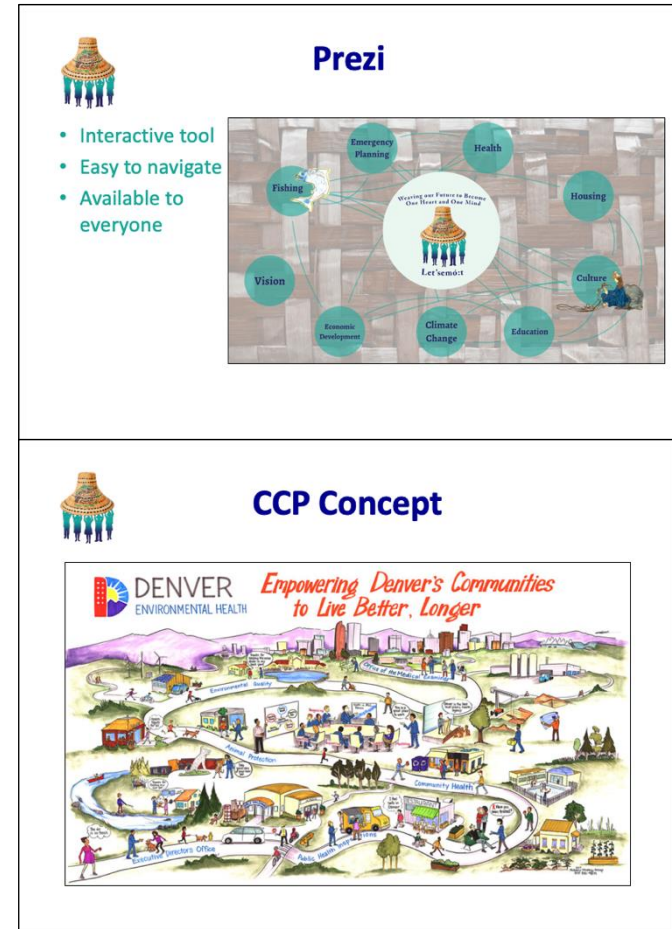
Josh talked about the final form the plan might take, in addition to the final report, and Jonathan and Melissa presented a mock-up of an interactive, online version of the plan.

The Challenge

The challenge with plans is being able to share with community members in a accessible and meaningful way the results of all our deliberations: where the Nation is going; how we are getting there; and where their input makes a difference and guides the process. Plans are great tools but are better suited for the implementation and management of the administration and leadership. We feel that an interactive illustration of the Sq'ewá:lxw Community Vision could illustrate what is an ideal world, how each activity interacts with each other and how information collected supports and guides the work toward Sq'ewá:lxw's vision.

The Goal

To illustrate an interactive Sq'ewá:lxw community vision based on information collected from community members, leaders, and technicians through the comprehensive community planning sq'ép and other sources. This product would be developed with the community members in mind to show what they have contributed to the vision for Sq'ewá:lxw and how it can be achieved.





To understand the concept further we have broken the illustration into three layers and below we describe how each contributes and interacts with each other. These layers would be imported into Prezi with the ability to move interactively between layers.

Base map

A base map illustrating Sq'ewá:lxw lands which include traditional territory and community lands. This base map will look like but not be an exact replicate or to-scale version of those lands but an illustration that represents Sq'ewá:lxw lands, waterways, and key features.

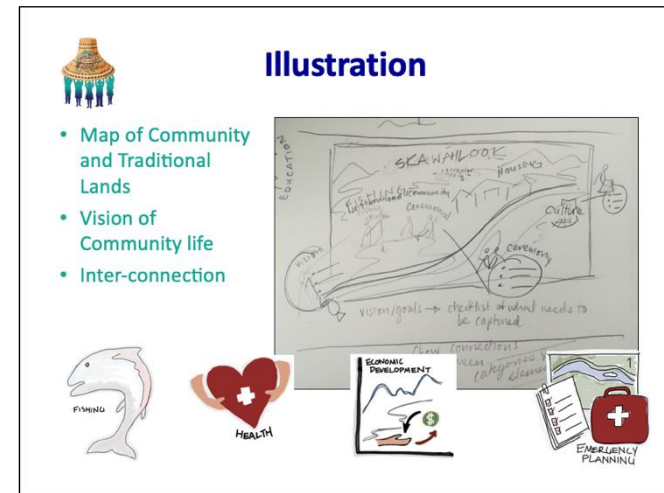
Neighbourhoods (Vision)

For descriptive purposes we are characterizing our discussion topics as neighbourhoods to illustrate how they will be captured on the base map. Each topic – culture, fishing, health, education, housing, economic development, emergency planning and climate change, governance – will be illustrated as neighbourhoods in areas best to showcase each operating in their environment with connection to the base map and their interconnection to each other.

Icons (Goals)

In each neighbourhood there will be multiple icons depicting the practices and actions that are essential to fulfilling the goals of the community as articulated in sq'ép, for example, in the 'neighbourhood' dedicated to illustrating fishing: catching fish, processing fish, sharing fish, managing fish, and traditional practices relating to fish. Importantly, zooming in to each of these action groups will reveal icons linking to the 'raw material' and analysis supporting the actions depicted: vision and goals statements, survey results, sqwélqwel (quotes from community members), action items, and policy documents.

The goal is to develop a vision in community members' minds so that they can focus on where the Nation wants to go, supported by the underlying information of how the vision was developed and how it should be implemented.





Comprehensive Community Plan in Action

To close, Sharron updated the group on the completion of the storage shed at Ruby Creek – it will be used to store firewood, chairs, and other equipment needed for burnings and other ceremonies. The storage shed was one recommendation arising from the culture sq'ép.



- Culture
- Supplies
- Located by Cemetery

CCP in Action





Visual Note Taking

The following was the initial graphic recording of the sq'ép. You will see in the next section that it was revised based on member input.



Closing

Door prizes were drawn, and members took leftover food home. Thanks were offered to all who participated.










Policy Input

Vision











Our vision with regard to governance:

Membership, Leadership, and Administration respectfully working together for good governance and the achievement of the community vision for the future. Leaders are positive role models and advocates for the community with a responsibility to future generations. Administration manages community operations and facilitates the sharing of information. Community members are active and engaged in the positive growth of the community.

Leadership Roles and Responsibilities

-  Represent our community in a way that reflects our values, beliefs, and culture
-  Be strong advocates and positive role models
-  Engage, listen, inform, and collaborate with Members and administration
-  Liaise with Provincial and Federal levels of government
-  Keep well informed on issues of importance to Sq'ewá:lxw
-  Operate transparently
-  Help one another












Administration Roles and Responsibilities

-  Be open and approachable
-  Operate an efficient and organized office
-  Manage administration including finance
-  Implement policies and procedures
-  Engage and interact with Members and leadership
-  Champion community initiatives
-  Access funding to support the achievement of community vision
-  Refer community members to program services
-  Mentor Members and employees
-  Help one another





Community Members Roles and Responsibilities

-  Care for your relations and community



-  Participate in all aspects of Sq'ewá:lxw governance
-  Be supportive of leadership, administration, and each other
-  Be prepared and well informed
-  Be engaged, participate in Sq'ewá:lxw committees, use your voice, and attend functions
-  Be an active part of the communication network
-  Support the community and ask for support
-  Volunteer, be a role model
-  Take time to listen to Elders and pass down their knowledge
-  Update administration if your contact information changes
-  Update each other on what you know and have learned
-  Help one another

Recommendations for governance developed in Sq'ép:

-  Establish governance as an Administrative Program within Sq'ewá:lxw encompassing support of Chief and Council, membership, and communication activities.
-  Review and update the Governance Policy and Procedures Manual (2010) to reflect the approach to governance expressed by the membership through sq'ép.
-  Develop one Sq'ewá:lxw communication strategy for sharing of information between leadership, administration, and Members using community events, phone calls, newsletters, meetings, social media, the website, in-person meetings with Elders, minutes of meetings, and other informational documents.
-  Institute a process for the regular and diligent update of member contact information.



2.3 SQ'ÉP – HEALTH

On November 3rd we held our 10th sq'ép at the Stó:lō Nation Government building in Chilliwack. Before community members arrived for health sq'ép, the planning team met in the morning, reviewed ongoing project planning, finalised the day's agenda, and welcomed new team member Dianna Umpherville who is the new Executive Assistant at Sq'ewá:lxw.

Community members, staff, the CCP Team, and Kelowa Edel Health Director of Sto:lo Health Services were in attendance for this month's sq'ép. The meeting was broadcast via Facebook live for members who could not attend in person.




Elder Charles Chapman opened the Health sq'ép with a prayer and the group sat down to lunch.



After lunch, Josh Alexander opened the health sq'ép by welcoming everyone back and introducing health as this month's topic. David Carson presented a word cloud on health related words and explaining what a word cloud is and its significance. A word cloud is an image composed of words used in a particular text or subject, in which the size of each word indicates its frequency or importance.

The group did a round of introductions and then Kecia Prevost led the group in a halq'eméylem language lesson, in which we practised the prayer to bless a meeting (see image at the beginning of Section 2.2) which we had been introduced to at the governance sq'ép and we learned to play a Halq'eméylem language game much like rock, paper, scissors or cowboy, ninja, bear but slightly different.

Language Game:

-  First Kecia taught everyone how to count 1, 2, 3– léts'e (1); islà:xw (2); ihì:xw (3)
-  Then she taught everyone how to say Kwitsel = Grizzly; Slahli = Lady; Swiyeqa = Hunter
-  She then taught everyone the rules of the game. Two people play the game at one time and the rules of the game are to stand back to back and count to 3 then jump and turn around showing and saying either Kwitsel, Slahli, or Swiyeqa.



 Kwitsel overcomes Slahli overcomes Swiyeqa overcomes Kwitsel. Lots of fun was had by all who participated in the game.

Kecia will continue to attend and teach the halq'eméylem language at the beginning of each sq'ép as part of implementing the culture and education of the CCP.

After the language lesson we recapped topics covered at the previous sq'ép by watching the recap video. The video is available at: <https://youtu.be/txppg5ziey4>.

Melissa presented the work-ups of her visual note taking where she noted significant revisions that were made at Elder Charles Chapman's recommendation, emphasizing the importance of Elders and community Members' continued input and critique to ensure that the plan truly belongs to the people (see original). The concern was that the community members appeared to be at a lower level than leadership and administration, but that the community members should be shown at a higher level. It was not the intention when developing the visual note taking to illustrate leadership and administration higher than community members and Melissa changed it on a digital version (see updated below in Figure 5) and presented what and why the amendment was made.






Figure 5 – Updated Governance Sq'ép Graphic



After the recap we then began to discuss health where Kelowa Edel presented on behalf of Stó:lō Health Services, or SHS. Her presentation introduced the SHS team and the programs and services they are responsible for.

Programs and services include:









Community Engagement & Health and Safety Worker – Andrew Ming

-  Andrew connects with communities and keeps them informed. He coordinates meetings and events and sits on numerous local committees

Community Health and Home Care








Community Health Nurses – provide education and support for families to make healthy choices

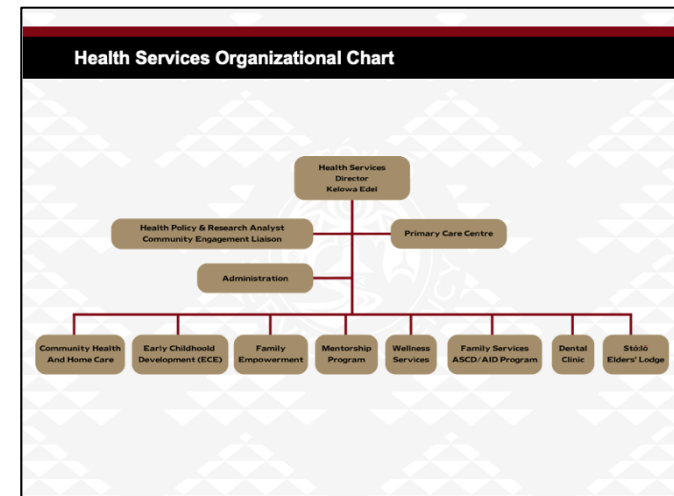
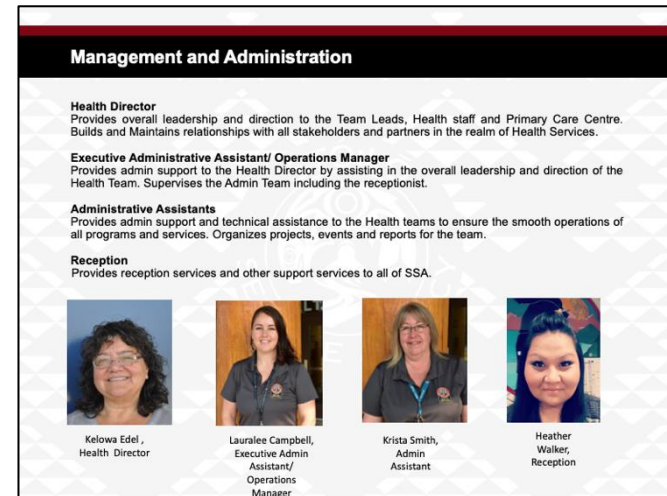
Programs offered:

-  Health Education Workshops
-  Health and Baby Clinics
-  Immunization Promotion and Administration
-  Pre- and Post-natal Care
-  Healthy Pregnancy Program Support (Nutrition, Breastfeeding Support & Exercise)
-  Nutrition and Diabetes Support
-  HIV/AIDS Education
-  Injury Prevention Promotion


Community Health Workers – provide ongoing service and support to community and nurses

Programs offered:

-  Community Advocacy, Empowerment, and Participation
-  Health Promotion and Protection
-  Illness and Injury Prevention
-  Care Card Applications and Medical Transportation Assistance
-  FNHA Benefits (Formerly Non-Insured Health Benefits)
-  Health Awareness Workshops
-  Schedule Immunizations












 Referrals for service in Stó:lō Nation and Pediatricians, Nurse Practitioners, Family Doctors and Home Care Services

Home and Community Care – provides nursing care and personal care for those that need assistance. Services are provided by registered nurses and care aides. Home Care is for Status and On-Reserve members (this includes Status members from other Reserves, but living on one of the local Reserves serviced by Stó:lō Nation)


Services offered:

-  Monitoring for Therapeutic Intervention
-  Blood sugar and Blood Pressure monitoring
-  Medication Administration and Management
-  Therapeutic Care
-  Wound Management
-  Case Management
-  Nursing Procedures and Treatment


Community Health Nurses

- Health promotion
- Public Health
- Disease Prevention Programs
- Designed to create environments that support good health practices for individuals and communities

- The program consists of:
 - Health Education Workshops
 - Health And Baby Clinics
 - Immunization Promotion And Administration
 - Pre and Post-natal Care
 - Nutrition And Diabetes Support
 - HIV/AIDS Programs
 - Adult Diabetes Initiatives (ADI)
 - Injury Prevention Promotion



Joe Singh,
Registered Nurse (RN)



Pauline Pigeau,
Registered Nurse (RN)



Trina Wawryk,
Registered Nurse (RN)

Adult In-Home Care – provides homemaking and assistance with personal care and meal preparation. Clients are mainly Elders but can also be those with physical or cognitive limitations. Services are provided to First Nations and Non-First Nations people residing in one of the communities we provide services to.

Diane Kelly-Anderson – Adult In-Home Care Coordinator

Aboriginal Diabetes Initiative (ADI) – supports prevention, health promotion, screening and care management initiative that are community-based and culturally appropriate. ADI aims to reduce Type 2 Diabetes among Aboriginal people by promoting healthy lifestyles and providing primary prevention activities and services that are delivered by trained diabetes workers and health service providers.

Family Empowerment Team – goals are: to assist mothers in building and maintaining appropriate healthcare for their children; to assist mothers in obtaining treatment, maintaining recover, and resolving issues regarding substance abuse; and to prevent incidents of Fetal Alcohol Spectrum Disorder (FASD) in Stó:lō communities. Family Empowerment Workers aid clients for a maximum of three years.



Youth Services – for youth between the ages of 12 – 19 residing in Chilliwack who may: be identified as having challenges with school; be involved in the Youth Justice System; have substance abuse issues and/or mental health issues.

- Support provided includes: assisting youth to stay in school, improve level of success in middle/secondary school; prevent youth involvement in the courts, or where youth are already involved in the justice system, assisting them in the compliance with court orders.

Additional Programs/Services offered:

- Mentorship Program
- Intensive Support and Supervision Program
- National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)

Youth Services

Breanna Miller- Manager

- Mentorship Program
- Intensive Support and Supervision Program (ISSP)
- National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)

Staff:

- Elyse Edgeley
- Bridgette Boyer
- Helena Paul
- Nick Bello
- Tiffany Silver



Wellness Services – provides services to individuals, families, and communities utilizing holistic and generalist approach to Health and Wellness.

Qwi:qwelstóm Justice Workers

- Providing justice services, wellness services, addictions support and client navigation services to on and off Reserve members

Aboriginal Mental Health Liaison – assists clients in accessing mental health services from Mission to Boston Bar. Also contract therapy and crisis counselling is available to both on and off Reserve members from Langley to Yale.





Service Navigator – Leslee Picton

- The first point of contact for new clients and existing clients who have not had services for an extended period of time.
- Working to connect clients with an internal service and if none exist, external services are referred to
- You will be supported even if Stó:lō services are not available to you

Aboriginal Supported Child Development (ASCD) – designed for children primarily in the 3 – 12 age range. Providing support and consultation when children have delays in one or more of the following areas:

- Physical






-  Emotional/social
-  Cognitive
-  Communication
-  Behavioral

Aboriginal Infant Development Program (AIDP) – home-based program for children 0 – 3 years of age who maybe be at risk for experiencing a delay in their physical, emotional, cognitive, communicative or behavioral development.

Early Childhood Education Centre – A:lmelhawtxw (Caring for Our Children) – programs designed to offer children opportunity to explore the Stó:lō Culture, Language and Traditions.

Childcare Services – Child Daycare is available for children 0 – 6 years of age.

Stó:lō Elders' Lodge (SEL) – an assisted living environment currently with 15 suites, providing: food service, common areas, housekeeping, laundry, social and recreational opportunities, an emergency response system and neighboring amenities.

-  There are 2 vacancies coming up soon at the Stó:lō Elders' Lodge. There is a process to follow and one would need to apply through Fraser Health. Call 1-855-412-2121 for Home Health through Fraser Health
-  Services included with monthly rent: individual care services, 2 meals per day, weekly spa bath, weekly light housekeeping, 24/7 emergency response pendant
-  Rent is equal to 70% of one's annual income

Stó:lō Dental Clinic

Open Monday through Friday from 8 am to 4 pm, except for Pro-D school days and holidays

Childcare Services

- The Daycare is a safe, community based early education environment for children ages 0-6 years old
- Family centered daycare offering three unique programs for the children
- Blend Stó:lō culture, traditional teaching and the Halq'eméylem language with the developmentally appropriate fundamentals of ECE

Three Key Programs:

- Ye Stiteqoye - "Little Wolves"- 0-18 months
- Smímeýáth - "Butterflies" Multi - Age
- Spáth - "Bears" 3-5 year olds



Stó:lō Elders' Lodge (SEL)









- 15 ground level, assisted living suites for seniors and persons with disabilities
- Services include:
 - **Food service:** Two home-cooked meals per day (lunch and dinner), as well as snacks and drinks.
 - **Common areas:** TV and large piano, seating areas by the fireplace, covered patios, multi-purpose room, and parking for tenants and visitors.
 - **Housekeeping and laundry:** Regular cleaning and housekeeping of suites, weekly laundering of linens, bed sheets, and towels.
 - **Social and recreational opportunities:** Varied and planned activities according to group needs, opportunity for interaction through the Tenants' Council.
 - **Emergency Response System:** Tenants are provided with pendants for emergency situations, a 24/7 emergency response system installed in each unit.
 - **Neighbourhood amenities:** Within walking distance to shopping malls, food and grocery stores, and recreation areas.








Primary Care Centre

Including:

-  Nurse practitioners
-  Youth Clinic (For ages 12 – 26)
-  Maternal health Clinic
-  General Practitioner
-  Acupuncturist
-  Naturopathic physician
-  Registered Massage Therapist
-  Dental Clinic



Overdose Community Action Team (OCAT) – focusing on health services, stigma reduction and cultural safety.

Questions Raised

-  Are there any Sweat lodge services? A: It is something that the community wants here and across the province, we just have to figure out how to overcome obstacles such as: funding and risk management.
-  Are there services for Gay, Transgender, etc. youth? A: Yes. We do a lot of Transgender care in the Youth Clinic and we are hosting a Transgender Care Forum on February 1, with Trans Care BC coming to assist.
-  What is the best way to get information out to the community members? A: We are trying to improve the website; we are working with the Communication Team to help promote the services offered; and Facebook is another social site that helps with promotion of our services.

Kelowa wanted to ensure that everyone knows that “every door is an open door”. Everything needed to support a client is in this place. Helping and supporting each other is an important part of this process and we are ahead of the rest of the province.

One member brought up the Pharmacy on site at Stó:lō. Where issues were present at another pharmacy, Stó:lō Pharmacy, was very helpful and informative. You have a say in your own medicine.

-  Is there sympathetic training where one could ensure that the caregiver is also in a sound place in order to help a client?
-  A: Self Care? Yes, we really promote self-care. We have 15 days of health-related leaves per year, and we honour those sick days used as mental health days. Workers are also permitted to have mental health days where they can participate in activities as a group.

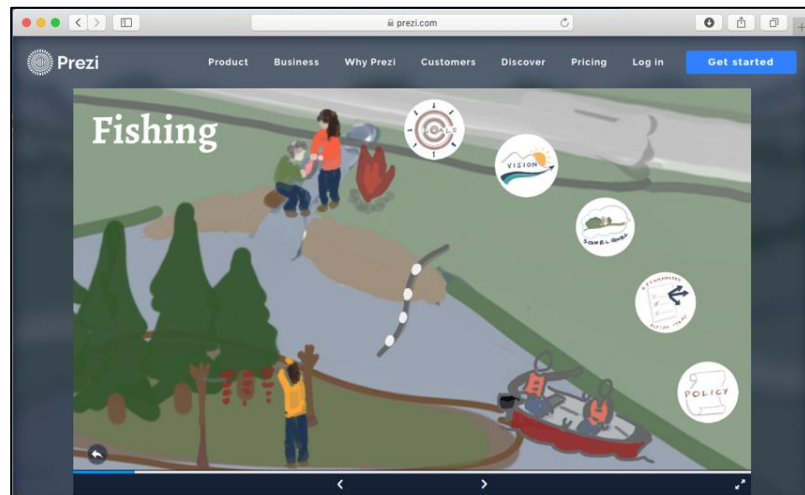
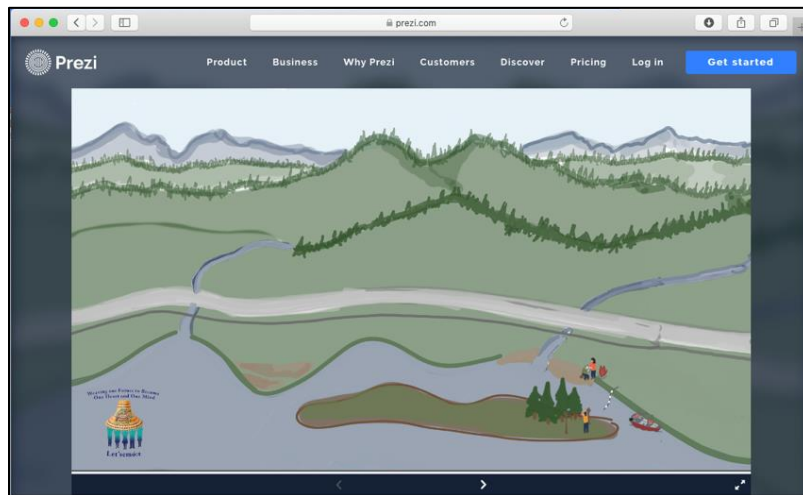


SHS also acts as a portal for referring clients to services not offered locally. Questions for Kelowa came from members in attendance, and also from viewers on Facebook Live.

The team's goal in asking Kelowa to present was to to share all SHS programs and services with the community members so that they knew who, what, and where they could access what they require.

Toward a Final Format for the Vision Plan






Vision and Plan Design was presented by Jonathan and Melissa, they introduced the progress made of an interactive map. The map will eventually contain several interactive neighbourhoods. The fishing neighbourhood has been added and a demonstration of how to navigate the neighbourhood. Other past sq'ép outcomes will influence additional neighbourhoods and their location.



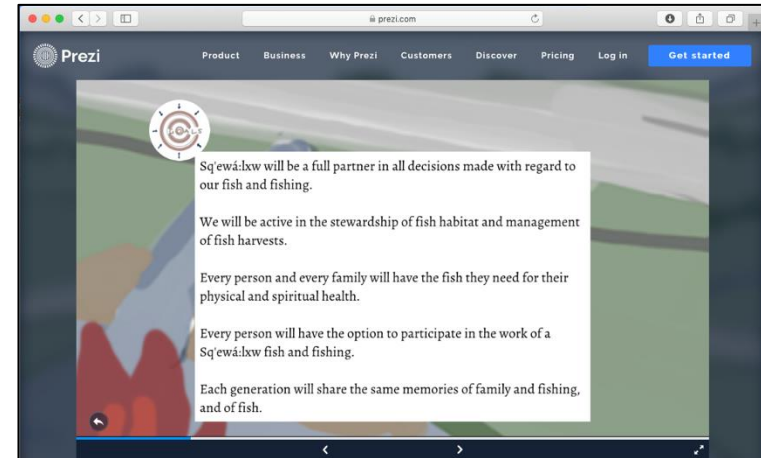
SQ'EWALXW FIRST NATION VISION PROJECT REPORT



Members came up with the following suggestions of landmarks that could be used on the interactive map:

-  Governance – a mountain could be used
-  Adventure Park
-  History section showing Highway and Railway construction, as well as historical pictures
-  Bigfoot and Ruby Creek
-  Any more stories or spaces that corresponding stories

Sharron will take any additional ideas or stories that you would like to see shared on the interactive map.



The day was closed with information on the next Sq'ép which will be “Building the Plan” and will be held on Saturday January 19, 2019, Stó:lō Government House 1130am – 3pm. Following that Sharron gave her closing words and handed out door prizes.



The graphic summary of the meeting is presented below.

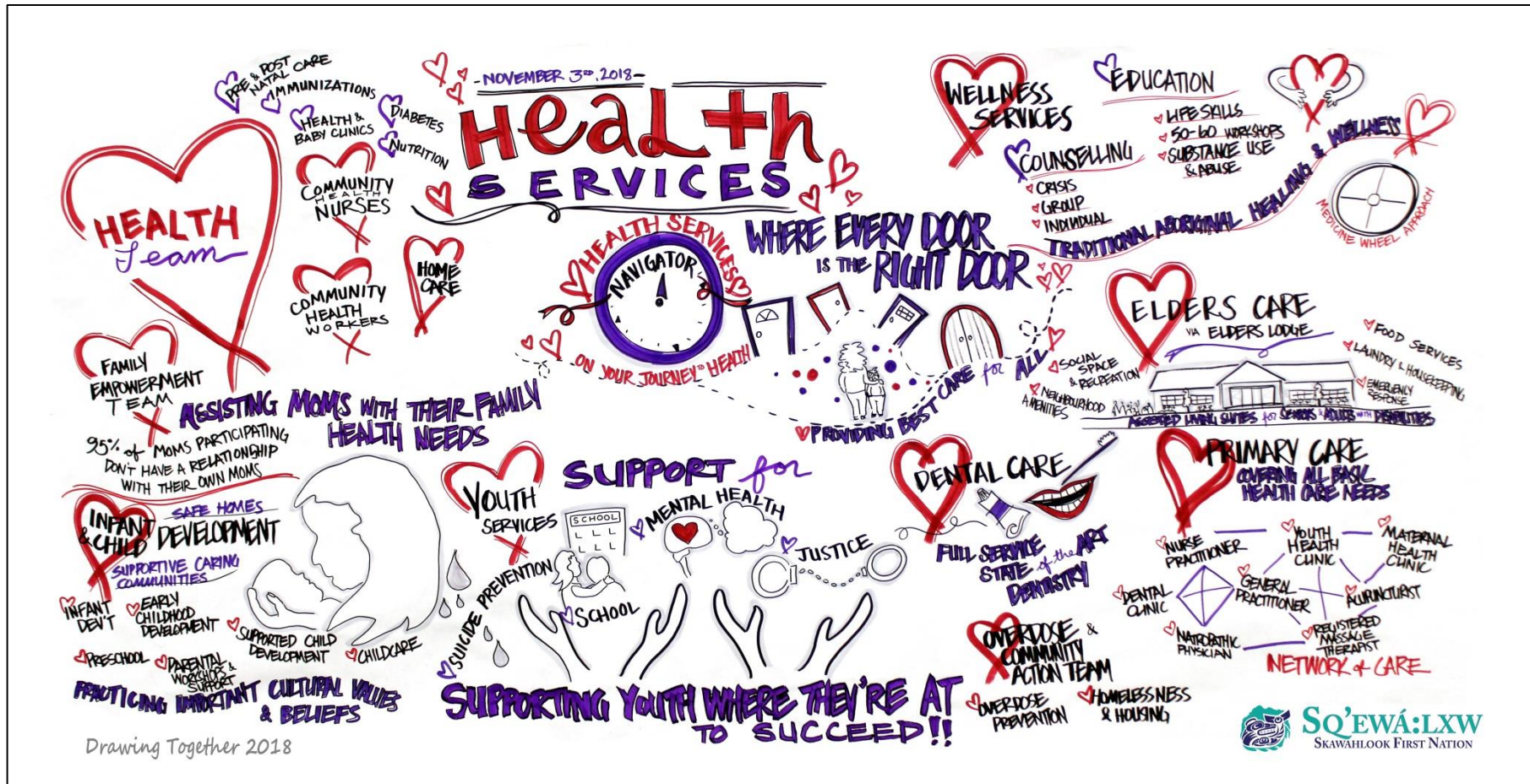






Figure 6 – Health Services Graphic Summary









Recommended Health Action Items

Sq'ewá:lxw will:

-  Continue to participate in leadership and governance of Stó:lō Health Services.
-  Actively advocate for the needs of our community at the federal, provincial political levels, through First Nations Health Authority, and directly with Stó:lō Health Services. Areas of particular interest to our members are:
 - Pre- and post-natal care
 - Diabetes and nutrition
 - Education and counselling (life skills, substance abuse)
 - Mental health
-  Report annually to the members on health related activities and accomplishments.
-  Explore ways of providing innovative and culturally based health services for our members:
 - Sweat lodge healing
 - Caregiver health
 - Staff self-care
 - Early child care and primary and secondary education
 - Suicide and overdose prevention

Sq'ewá:lxw may:

-  Promote community health education and information sharing.
-  Invite the Stó:lō Health Service Navigator to a community event to provide information on the network of care available.
-  Support delivery of health services at Ruby Creek as may be appropriate, including vaccination clinics.
-  Participate directly in Stó:lō health fairs and other health related events.
-  Work directly with the Stó:lō Community Engagement & Health and Safety Worker to support programs and maximize benefits to our people.
-  Explore the options for ensuring our Elders and at-risk members have access to healthy accommodation.



2.4 SQ'ÉP – WEAVING IT ALL TOGETHER

A total of 27 people contributed to our sq'ép on January 19th, 2019. We came together to weave together the many ideas that we have brought forward over the past many months.

After lunch and introductions we had a screening of the health sq'ép recap video (<https://youtu.be/H-hv4FuNQWk>) and Melissa provided us with a review of her graphic recording of the health sq'ép. Takeaway messages included that we have a unique and comprehensive set of health services offered by SHS including health education and traditional ways. Important elements were the policy that declares every door is the right door and the service navigator position. Services are integrated with Provincial offerings and have significant services for youth.





Weaving it all Together

As we have discussed in previous sq'ép, we are bringing our vision together into a graphic interactive web-based plan and Jonathan took us through a demonstration of the work in progress.

Jonathan presented the digital plan in its current draft form. The digital plan is a depiction of Ruby Creek with various images, representing important topics to the Sq'ewá:lxw community, identified through the sq'ép process. Jonathan showed the group how to navigate through the different visual images. It was noted that as it is still in draft form, that more topics/images will be added. As Jonathan continued with the digital plan presentation, he described how members could interact with the plan however in depth they would like to go. Review of this draft is to ensure that the words are accurately reflecting the members' thoughts and ideas brought forth.

Fishing

Discussion took place regarding fishing. It was noted that the river changes every 5 to 10 years, and that the names and faces of the people fishing the river have always changed. Rather than look at the situation as ownership based, where there is cause for controversy, friendships and cooperatives should be formed so we can all work together on the river. It was noted that this was an important discussion, but that it should take place at a separate meeting. Fishing programs are for future generations. We need mentoring and equipment including a boat to share.



Page



Housing

Discussion took place regarding environmental approaches to building homes. It was noted that this is a tough topic to tackle, as we have some very large financial challenges. Some environmental products may be expensive initially but would end up paying for themselves in the long-run. However, some products may need specialized servicemen to fix or adjust them and we are looking at uncomplicated equipment and that general maintenance workers could fix. We need to balance affordability and environmental approaches.

Culture

No major changes were indicated for this section of the digital plan.





Health

No major changes were indicated for this section of the digital plan.



Land Code Amendments

Councilor Schneider took the opportunity to summarize the following key amendments to the Sq'ewá:lxw Land Code:

-  Life Estate – This interest will allow a non-member to remain in a residence on reserve following the passing of their Sq'ewá:lxw member spouse for as long as they live.
-  Dispute Resolution – Implementation of the Sq'ewá:lxw Land code dispute resolution panel follows the traditional Stó:lō ways and principles of Qwi:qwelstóm.
-  Specific Listing of Laws Chief & Council May Enact – Without limiting other laws, provides a specific listing of the laws that Chief and Council may enact.
-  Gender Neutral Language – gender-neutral language or gender-inclusive language is language that avoids bias towards a particular sex or social gender. Gender-Neutral language will be used throughout the Sq'ewá:lxw Land Code.

Debra noted that this is the second time for amendments to the Land Code and the hope is that we do not need to do much more of these, as it is a big process. Information regarding the vote on the Land Code Amendments will be sent to all. Everyone will be well informed, and we are hoping to have the vote in late March or early April.

Mr. Carson noted that although this isn't the last sq'ép, he wanted to thank those who have continued to show up for all the meetings, bringing their ideas and sharing their thoughts with the group.

Mr. Carson also thanked Melissa for all her work making the schematics at the CCP meetings. When the CCP sessions began, no one had any idea how including a graphic artist would work or add to the process, but it did not take long to see the value and benefits that Melissa's schematics have brought to each sq'ép.



2.5 SQ'ÉP – IMPLEMENTING THE VISION

We gathered on February 16th to turn our attention to implementation and prioritization. After two years of discussions, one more overall look at the proposed programs was called for. Twenty-five persons were in attendance.

Language

Following introductions Kecia Prevost provided a language lesson.

Greetings: Ey Swayel – Good Day (Hello) Ey Latelh – Good Morning Ey Xwelalt – Good Evening	Introductions: _____ Tel Skwix - My Name is _____ Teli Tsel Kwe _____ - I am from _____ Stam te'the? - What is that? _____ Te the - It is _____	Fruit: Palalla – banana Qu-op – apple Qwiquiels – orange (fruit and colour)	Numbers: 1 – Letse 2 – Isa:le 3 – Lhixw 4 – xe'o:thel 5 – Leeq'a:tse 6 – Txem 7 – Tho:xws 8 – Teqatse 9 – Tuxw 10 – O:pel
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Recap

Recap of the previous sq'ép included screening the Weaving It All Together Sq'ép Recap video (<https://youtu.be/QRiSilNeFiM>) and a review of the graphic recording by Melissa.












Figure 7 – Weaving It All Together Graphic Summary



Prioritizing Programs

David Carson opened the new discussion by reviewing the Objectives of the Vision Project in order to refresh our minds on what we had set out to do.

-  Empower the community through involvement;
-  Build personal and collective strength through coaching;
-  Bring forward and celebrate tradition and culture;
-  Promote healing and reconciliation;
-  Protect and enhance natural and cultural resources;
-  Boost economic opportunities and entrepreneurship; and
-  Facilitate the growth of a healthy and happy community.

Prioritizing Topics or "Neighbourhoods"

Fish and Fishing
Culture
Economic Development
Education
Housing
Safety and Security
Governance
Health

The comprehensive nature of the Vision Plan means that although all things are important, we have to give leadership and administration staff a sense of priorities.

Members present were asked to rank the importance, or urgency or priority of the programs. Following the sq'ép an online survey was used to capture the responses of members not able to attend sq'ép. All responses (25) are reflected in the graphic below.

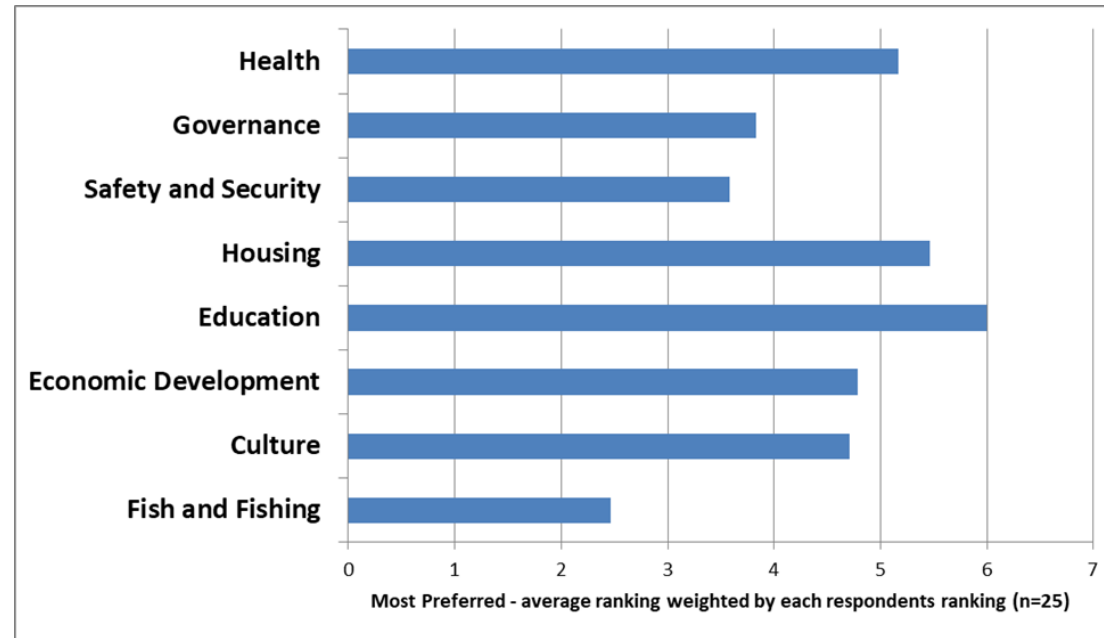


Figure 8 – Program Priorities

Prioritizing Action Items

There were three discussion topics for which the community had yet to prioritize action items – economic development, governance, and health. Members at sq'ép voted by hand to prioritize. Before voting on each topic a review of the vision and goals for the program were reviewed.



Economic Development

Vision

- Supported by successful business initiatives, we envision an economically self-reliant and stable community for our children and grandchildren.
- We envision a local economy providing jobs and wealth as a foundation for Nation self-reliance.
- Sq'ewá:lxw will be recognized as having strong financial management and a centre of business excellence in Nation and entrepreneurial initiatives.
- Economic development will allow us to fund social development improving literacy, education, and cultural development, reducing poverty, and ultimately improving health and life expectancy.

Goals

- Policies and procedures for doing business with partners and membership.
- Sq'ewá:lxw-owned businesses that hire members, generate profits, and support member services.
- Member-owned businesses.
- Creation of a tax base





Economic Development

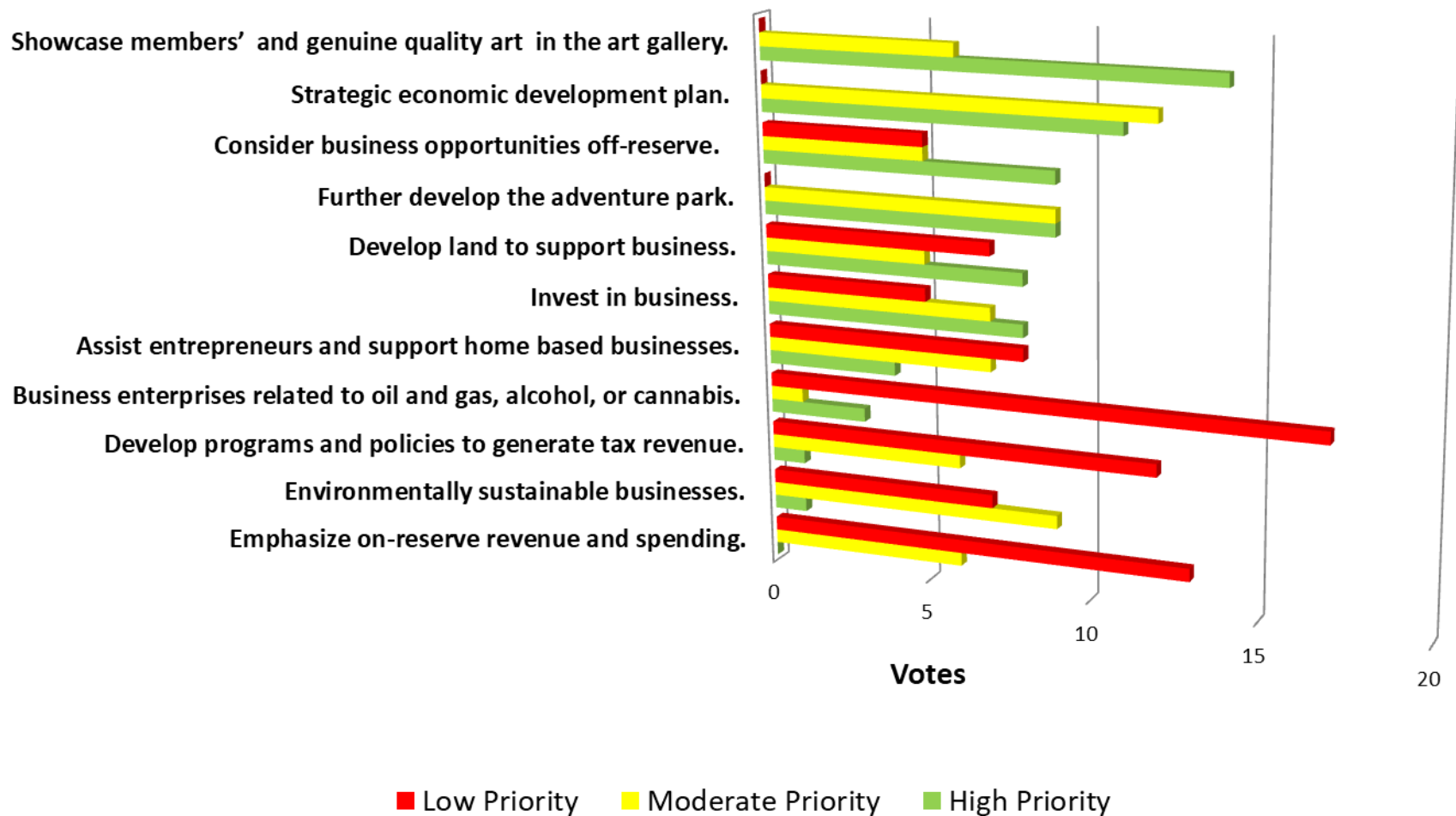




Figure 9 – Economic Development Priorities





Health





Vision

-  We envision a healthy community of people honouring the past, empowered to live our lives as we see fit, and defining our own future.
-  We envision our people having access to a full range of high-quality health care delivered in a culturally safe and appropriate way.

Goals

-  Sq'ewá:lxw is a full partner in all decisions made with regards to our health care
-  Health care services meet the needs of our people and contribute positively to the achievement of our vision for the future.

Strategies

-  Entrust to Stó:lō Health Services the delivery of health care and support them in that work.
-  Ensure that our members are aware of and have access to the health care services they require and are entitled to.
-  Advocate for the needs of our people.
-  Provide real and symbolic links between spiritual, cultural, social health and wellness and health care services.

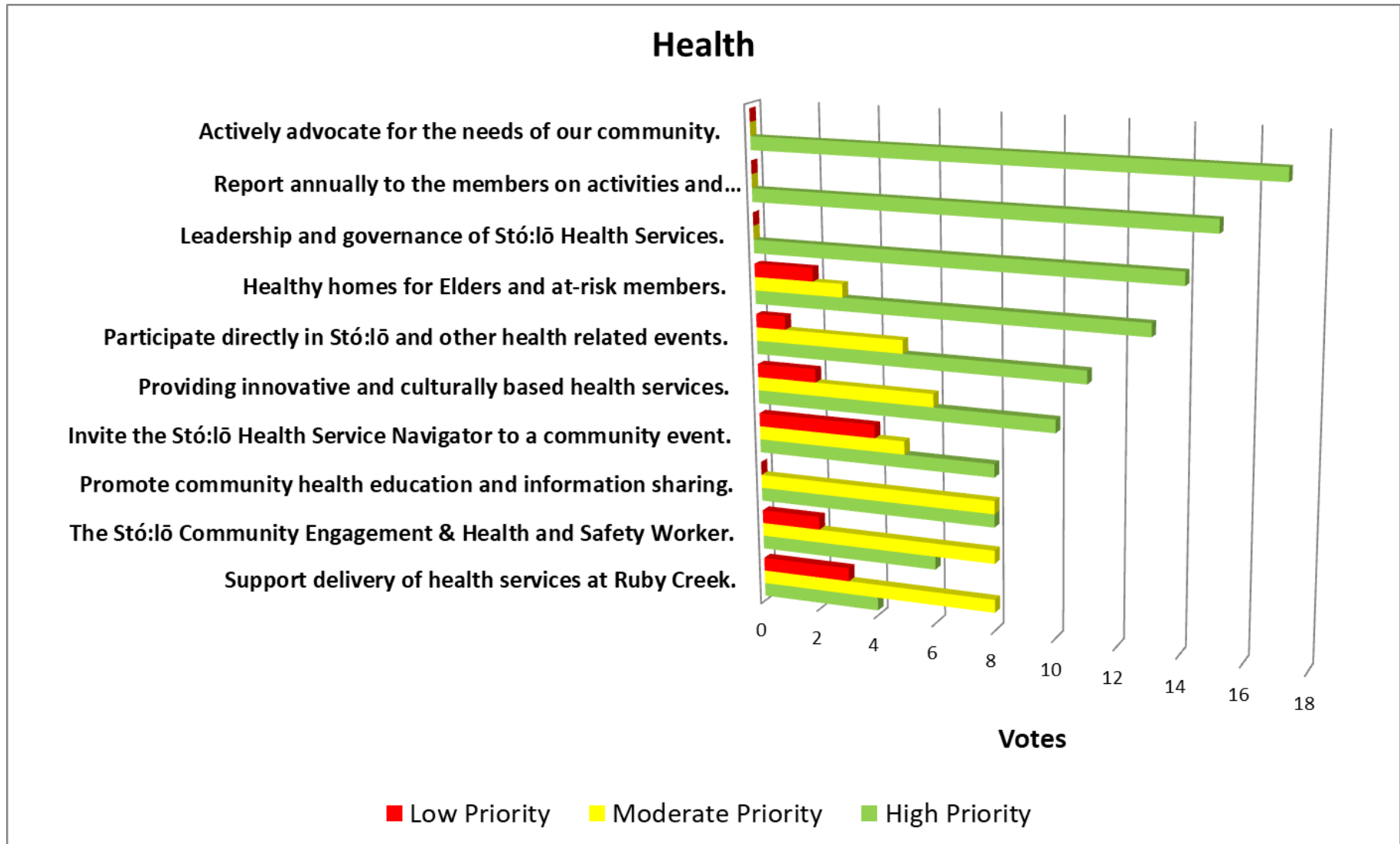






Figure 10 – Health Priorities





Governance

Vision

-  We envision membership, leadership, and administration respectfully working together for good governance and the achievement of the community vision for the future.
-  We see leaders being positive role models and advocates for the community with a responsibility to future generations.
-  We see administration managing community operations and facilitating the sharing of information.
-  We see community members active and engaged in the positive growth of the community.

Goals

-  Members, leadership, and administration enabled to work collaboratively to provide strong governance.
-  Clearly defined and communicated roles and responsibilities of members, leaders, and administration staff in good governance

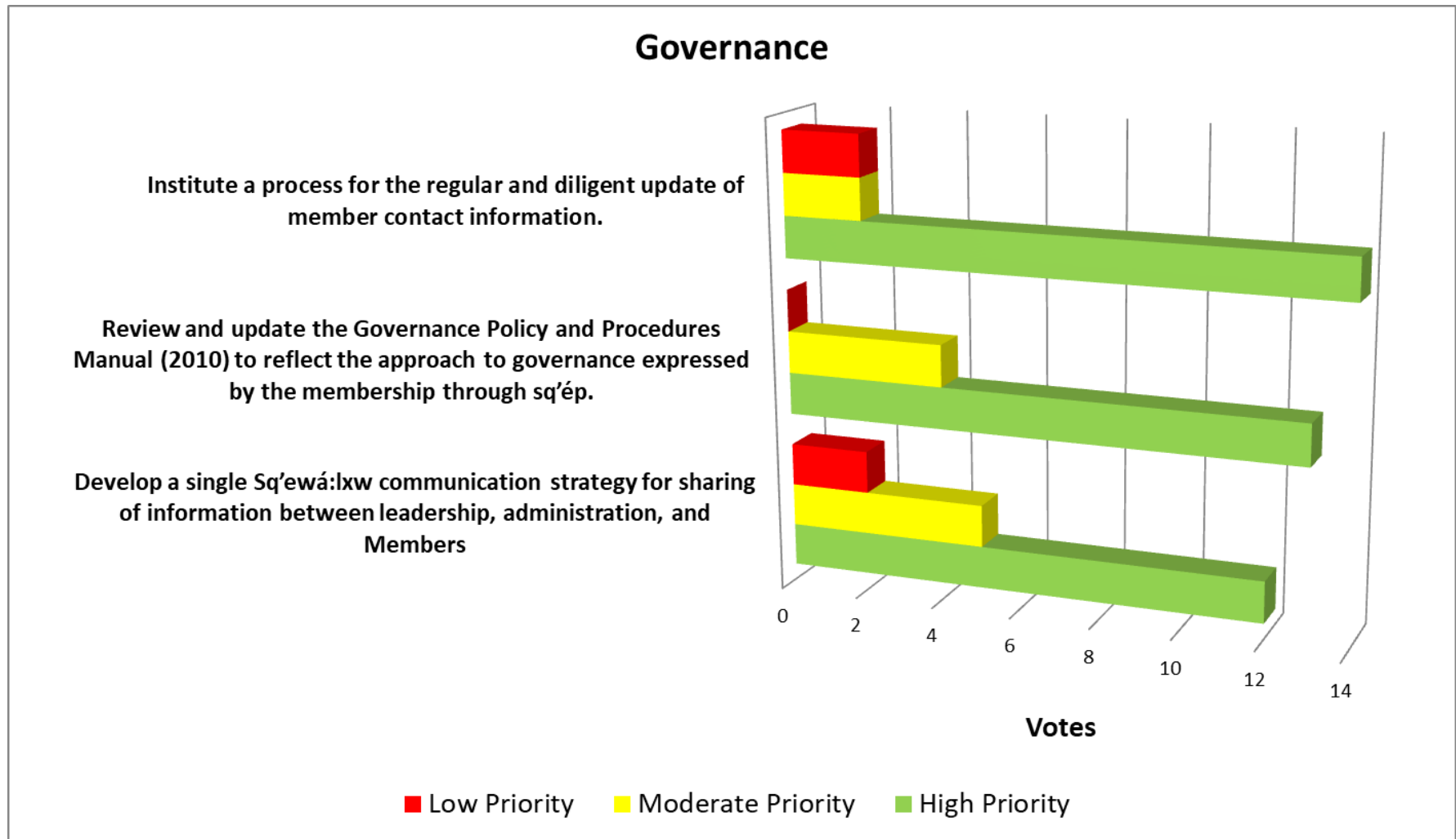


Figure 11 – Governance Priorities



Land Code Amendments

Councillor Schneider provided a reminder of the Land Code Amendments vote on Saturday, April 13, 2019 at Stó:lō Government House from 11:30 am until 3:00 pm.

A package with the proposed Land Code Amendments will be sent out to all members beforehand.

Vision Project Wrap-Up

Much applause was offered for the last vision plan sq'ép after two years of working on this project together. Moving forward, we will continue to have future sq'ép meetings, but they will be membership-focused.

With the end of the Vision Project, Jonathan, Josh and Melissa will not be here for future sq'ép meetings. They were offered best wishes and a thank-you for their valuable contribution.

Grand Prize Draw

Elder Charles Chapman was the winner of our 2019 \$1, 000 grand prize for participation.





Celebration & Cake

Everyone gathered together for a group photo and the meeting ended with cake for everyone.

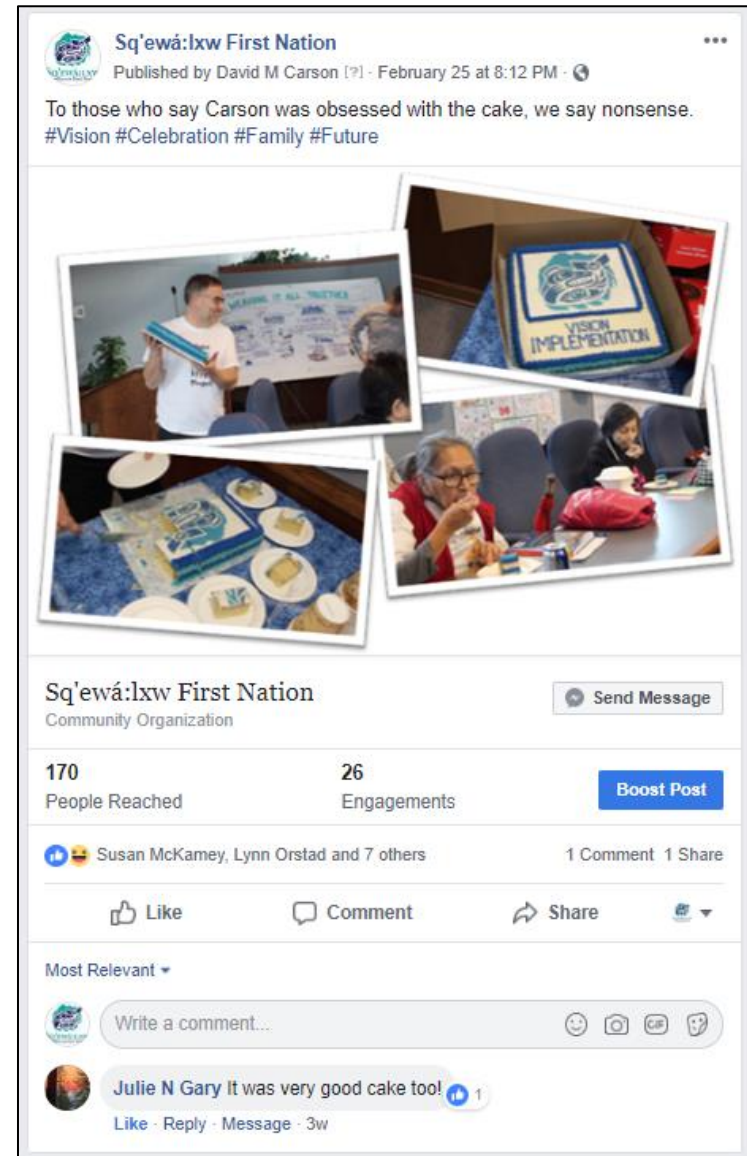




3.0 COMMUNICATIONS

3.1 SOCIAL MEDIA

Regular posting on the Sq'ewá:lxw Facebook page (@SkawahlookFN) continued throughout 2018/2019 with 26 posts.





Sq'ép were broadcast on Facebook live in order to increase member access.





3.2 NEWSLETTER DECEMBER 2018

Sq'ewá:lxw periodically produces a membership newsletter. The December 2018 issue included the Vision Plan update shown here.

3.3 SQ'EP PROMOTION

In addition to social media promotion of the monthly sq'ép, monthly postal mail distributions included results from the most recent sq'ép and invitations to the next. The use of door prizes at each sq'ép continued in 2018/2019 as did the use of the \$1,000 grand prize at the end of the year.

3.4 SQ'EWÁ:LXW WEBSITE

Throughout the 2018/2019 year the Vision Project page on the Sq'ewá:lxw website was kept up-to-date with the update videos and sqwélqwel.

Sq'ewá:lxw Vision Plan

Over the past 18 months Sq'ewá:lxw members, Elders, leaders, and staff have been exploring, discussing, and designing our community vision. We have looked backward for inspiration, examined within ourselves for guidance, and cast our minds forward to envision our future.

Along the way we have re-acquainted ourselves with each other, re-established norms of positive interaction in sq'ép, brought forward our traditional ways, and established a path forward.

As a community we have considered our future in terms of fish and fishing, culture, health, housing, economic development, governance, emergency preparedness, climate change, and natural resources. We have adopted a theme of weaving the strands of nationhood into a hat which is lifted up by the people and becomes a place to unite under its protection.

We have met in sq'ép ten times and are now moving to the next stage of understanding how each strand will contribute and be woven forming the fabric of our community.

We are experimenting with an interactive graphic presentation of the plan. It is our goal to share the plan in a clear, accessible, and meaningful way. We foresee a graphic map of the land in a future state, with each element of society represented by a neighbourhood, such as for fishing. Within each neighbourhood, we will present the vision, goals, places, stories, and action items required to build the neighbourhood.

Delivered on-line through the Sq'ewá:lxw website, the plan will allow the viewer to navigate as their interest drives them and delve as deeply as they desire. Many of you have been with us throughout this work. The materials have been found, harvested, and prepared. Everyone is welcome to come to the table and help with the weaving. Our next sq'ép is January 19th, 2019.

Weaving our Future to Become
One Heart and One Mind


Let'semó:t

Fishing




3.5 SQWÉLQWEL

Seven issues of Sq'ewá:lxw Sqwéłqwel were published in the 2018/2019 year. These are used to report accomplishments and promote Member participation in the project. All issues are available with this report.



Sq'ewá:lxw Sqwéłqwel
The Newsletter of the
Sq'ewá:lxw First Nation Vision Project
Issue #11 December 2018




Health and Health Care are arguably the most important elements of a sustainable community. Sq'ewá:lxw entrusts the health care of our people to Stó:lō Health Services and as a result Sq'ewá:lxw does not have a direct role in health services delivery.

What Sq'ewá:lxw does have is the responsibility to ensure that health care services meet the needs of our people and contribute positively to the achievement of our vision for the future. Our role is to promote and influence the services offered and ensure that our members are aware of and have access to those services.


Inside this Sqwéłqwel


- 📄 Stó:lō Health Services - P2
- 📄 Kelowa Edel - P3
- 📄 Language Mini-lesson - P4
- 📄 Family Christmas Party - P5






For further information please contact Sharron Young our Sq'ewá:lxw Nation Vision Champion!
(604) 796-9129 sharron@sqawablook.com





Sq'ewá:lxw Sqwéłqwel
The Newsletter of the
Sq'ewá:lxw First Nation Vision Project
Issue #12 January 2019




The Vision Plan is a graphic interactive web-based plan that can be found at:
<https://prezi.com/p/fwb0h2w4sj/sqewabw-vision-project/>.

It is still incomplete but it has been available as it has progressed so that members can have a look at your leisure and help us get it right.


Inside this Sqwéłqwel

- 📄 Health Recap Video - P2
- 📄 Weaving it all Together - P3
- 📄 Culture - P4
- 📄 Health - P5


Weaving our Future to Become
One Heart and One Mind



Let'semóit



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SQ'EWALXW FIRST NATION VISION PROJECT REPORT



