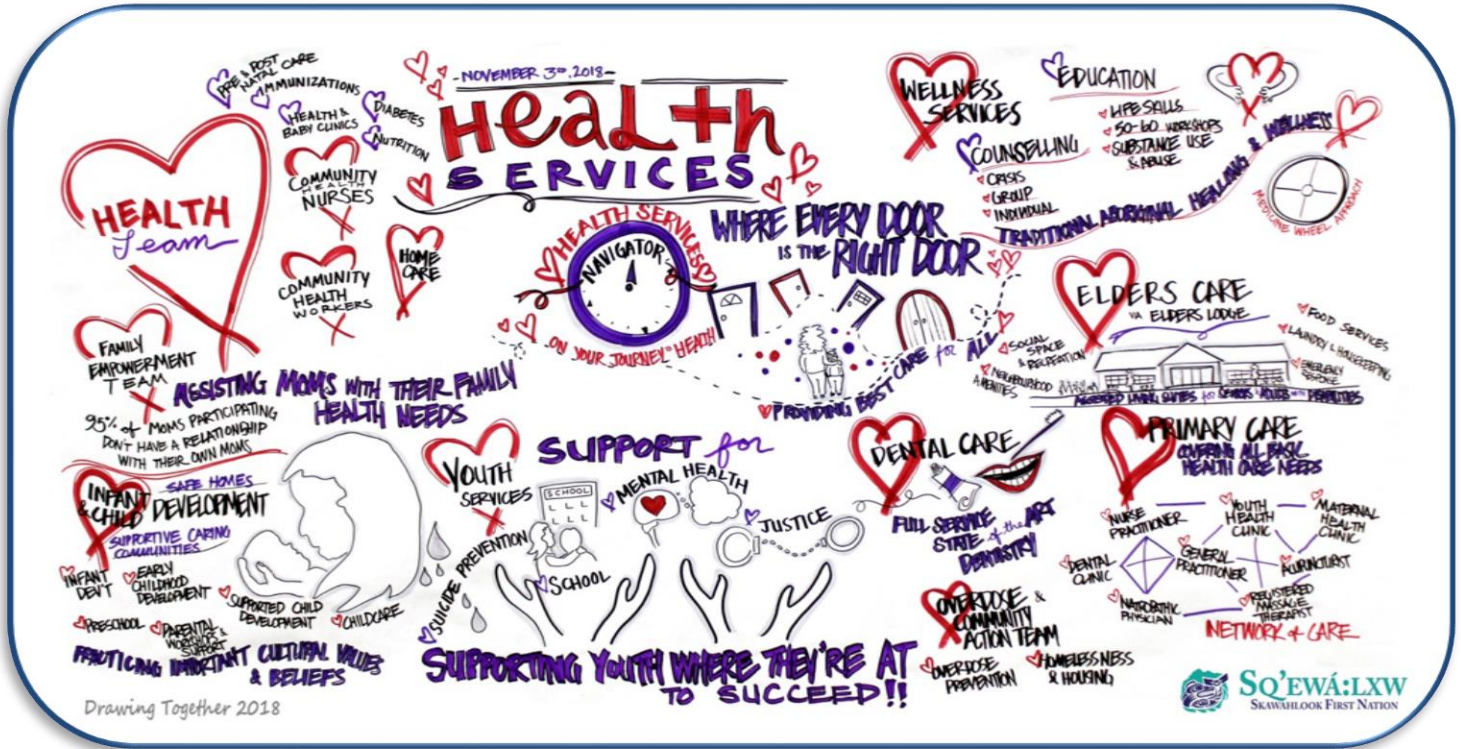




Sq'ewá:lxw Sqwélqwel

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.

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













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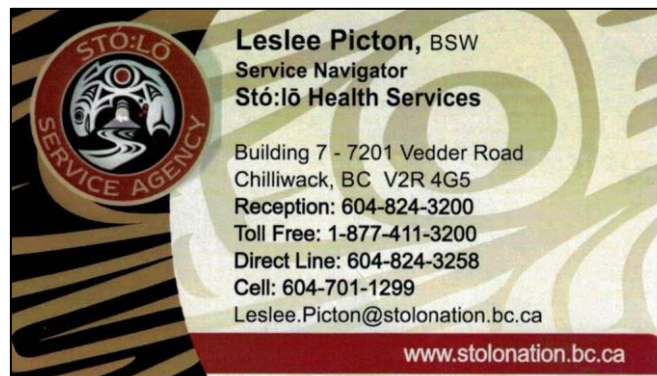
Stó:lō Health Services

Based on the results of a survey conducted last year by the Vision Project Team, it was clear that although community members were positive about their health care experiences, they were not very familiar with the healthcare services available to them.

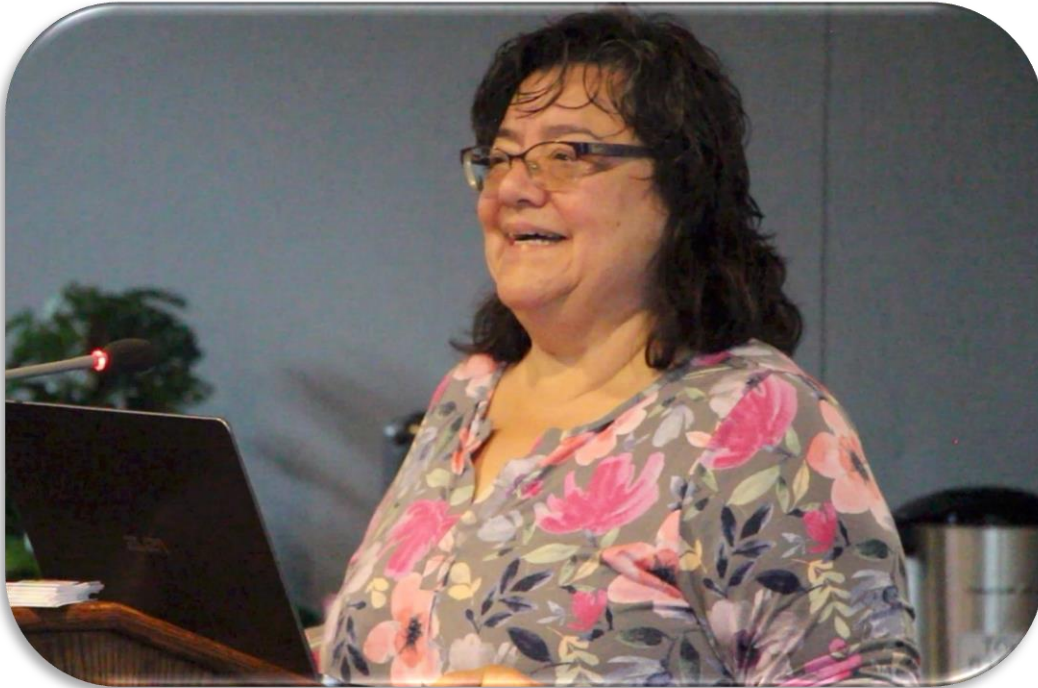
In answer to that knowledge gap, we invited Kelowa Edel of Stó:lō Health Services to our November sq'ép. Kelowa introduced to us her staff and the full range of health and medical services available. Those include:

-  Health and safety
-  Community health and home care including Health Nurses and Workers
-  Home and community care
-  Family empowerment supporting young mothers
-  Wellness and Qwi:qwelstóm
-  Crisis counseling
-  Elders lodge
-  Dental care
-  Early childhood education and youth services
-  Primary health care

If you have any questions with regard to programs and availability of services please contact the Stó:lō Health Services Service Navigator Leslee Picton.



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Kelowa Edel

Kelowa is Anishinaabe from Manitoba. She moved to British Columbia in 1984 and has worked with Stó:lō in various capacities since 1993.

Kelowa is currently the Health Director at Stó:lō Service Agency. In that capacity Kelowa provides overall leadership and direction to the program including: management and supervision of staff and services; coordination, liaison and networking; implementation of programs; and technical support and assistance to staff. Kelowa builds and maintains relationships with all stakeholders and partners in the realm of Health Services.



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Language Mini-lesson

Our language teacher Kecia Prevost led the group in a Halq'eméylem language lesson. We learned to play a Halq'eméylem language game much like rock, paper, scissors or cowboy, ninja, bear but slightly different.

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. The players stand back to back and count to three 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 (or watched!) the game.

Below is Debra doing her best Kwitsel.



Sq'ewá:lxw Sqwélqwel

SQ'EWÁ:LXW MEMBERS CHRISTMAS DINNER

YOU AND YOUR FAMILIES ARE
INVITED...

DATE: DECEMBER 14, 2018

TIME: 5:00 P.M.

PLACE: SQ'EWÁ:LXW COMMUNITY HALL

RSVP: sharron@skawahlook.com

susan@skawahlook.com

(604) 796-9129

- ✓ JOIN US FOR TURKEY DINNER
- ✓ PRESENTS FOR YOUR CHILDREN
- ✓ CAROLS



*Please RSVP as it will allow us to collect the
necessary information to provide gifts for your kids.*



Sq'ewá:lxw Sqwélqwel






If you missed our September sq'ép on governance you will find a summary video at this link:

<https://youtu.be/TXpPG5Zley4>



Prizes!

We have door prizes at each sq'ép. In addition we are offering a grand prize of \$1,000 at the end of the year with entries accumulated by members by:

-  Attendance at each sq'ép including attendance via Facebook Live;
-  Submission of the feedback form from each sq'ép;
-  Filling out surveys either online or in hardcopy;
-  Submitting pictures, stories, etc.; and
-  At the discretion of the planning champion in recognition of valuable contributions.

We also will be giving a guaranteed prize of \$50 for the ones who attend all meetings and complete all surveys.

Save the Date: Saturday January 19th, 2019

At our next sq'ép we will begin in earnest to weave together our Vision of the future based on our hard work over the past year and a half.

Stó:lō Government House

We will come together at 11:30 am, have some lunch, and finish up at 3:30 pm.

