



Ey swayel  
My name is Bill Davis. I carry a Halq'emeylem name, Mi:thelacha which was placed on me by Elder Amy Victor, Stenilhot, from Cheam back in the winter of 2005.

I am pleased to announce that I will be working as the Sq'ewá:lxw Community Engagement Coordinator. I look forward to coming out to visit with you to share news, events, information and updates on behalf of our Sq'ewá:lxw Community, Chief, Council and Administration.

Some of my work is as follows:

- Home visits with community members to assist with the understanding how our leadership are working for and representing our families out in the communities.

- To provide mentorship and serve as an advocate for a variety of issues concerning; legal issues, education, health and wellness.

- To take direction and recommendations from community and bring it forward to leadership.

Since I am just starting I will be familiarizing myself with my position, researching information to help serve my community best.

Please feel welcome to contact me by telephone at the office at (604) 796- 9129 or by email bill@skawahlook.com.

Le hoy

Hello! My name is Brian Umpherville, and I am the new Maintenance Coordinator for Sq'ewá:lxw First Nation. I come with 15+ years experience in maintenance, and I look forward to serving the Sq'ewá:lxw community. I am Metis, of Cree descent, with strong family ties in northern BC and Saskatchewan. I was born and raised in northern BC, and come from a large family, being the youngest of eight siblings.

Last year, my wife, Dianna and I decided that it was time for a big change so we could be closer to our sons, who had both moved to the Lower Mainland. Dianna made the move to Chilliwack in October 2018, and I was finally able to join her in March 2019. I am already enjoying the warmer climate and the numerous activities that are available to us.

In my spare time, I enjoy softball, curling and exploring our new surroundings. I like to think that I have a great sense of humour, I always enjoy meeting new people and I look forward to meeting more Sq'ewá:lxw members in the near future.



### HEALTHY HINTS - Heart Health

1. Follow a Heart-Healthy Diet
  - \* Eat more fruits and vegetables
  - \* Choose whole grains - try switching to brown rice; or whole wheat pasta
  - \* Choose lean proteins like poultry, fish, beans, and legumes
  - \* Cut down on processed foods, sugar, salt, and saturated fats
2. Exercise Every Day
  - \* Exercise boosts your heart health, builds muscle and bone strength, and wards off health problems. Start small and work up from there.
3. Lose Weight
  - \* Aim for a slow and steady drop of 1 - 2 pounds per week
  - \* Even a 10% reduction of weight loss can make a difference
4. Visit Your Doctor
  - \* Regular checkups with your doctor can help you stay healthy
5. Cut Down Your Stress
 

* Deep breathing	* Meditation	* Yoga
* Massage	* Exercise	* Counselling

First Nation Health Authority has several programs you can access - please visit: [www.fnha.ca](http://www.fnha.ca)

### UPCOMING EVENTS

September 28, 2019  
Membership Meeting -  
Housing - 11:30 am

~  
Proposed Date -  
November 2, 2019  
Special Members Meeting

~  
December 14 - Community  
Christmas Dinner - 5:00 pm

# Sq'ewá:lxw First Nation Skawahlook



## A message from Chief Maureen Chapman



Happy Summer, Family!

We hit the ground running in 2019, regarding treaty workshops and meetings. As an Executive member of the Sto:lo Xwexwilmexw Treaty Association (SXTA), we also attend community outreach sessions and strategic planning with the Treaty Negotiating team. New developments are: a SXTA Chair Committee, a Cultural Committee and a Visioning session that was held for all of the SXTA leadership.



Ongoing Sq'ewá:lxw work includes the following meetings: Sq'ep, Specific Claims negotiations, gaming revenue, Seven Generations Environmental Company, Children and Families, Joint Gathering with Government, First Nations Health Authority focus group, Jouta - Chief and Council roles review, Sq'ewá:lxw Naming Committee and participation in the members August Gathering.

The Land Advisory Board and First Nation organizations meetings - First Nations Summit, Union of BC Indian Chiefs, BC Assembly of First Nations - also occupy a lot of time. I am asked by other First Nations to assist them in their Strategic Planning sessions and my work continues on the recommendations from the Fire and Flood report. A newly formed Indigenous Implementation Committee on the Environmental Assessment requested my participation to review governments new recommendations.

All of this work is conducted on behalf of our community members and I look forward to your continued participation as we build our community infrastructure and resources.

On a personal note, I was honored to attend a ceremony for Jody Wilson-Raybould in her traditional territory in Campbell River in March, to stand her up after all of the mistreatment she endured from the Federal Government regarding the SNC Lavalin incident.

Enjoy the beautiful weather!

### CONTACTS

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604-824-3200  
Chelan Charlie - ext 3222  
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Status Card Information  
Leona Sam 604-824-3268

CIRNAC - Crown Indigenous Relations and Northern Affairs Canada  
<https://www.canada.ca/en/crown-indigenous-relations-northern-affairs.html>  
ISC - Indigenous Services Canada  
<https://www.canada.ca/en/indigenous-services-canada.html>  
or 1-800-567-9604





## A message from Councillor Debra Schneider

As you all know, we have had a very busy year in the office. Our Lands Advisory Committee (LAC) put forth amendments for our Land Code. These amendments had to deal with Life Estate, Dispute Resolution, Specific Listing of Laws Chief & Council may enact and Gender Neutral Language. Nineteen eligible voters participated in the vote for these amendments which was held on April 13, 2019, and there was only one mail-in ballot that was rejected. All amendments were approved, and we thank those who participated.

The LAC has not had a reason to meet very much this past year, as we had worked on numerous laws in 2017, and were adopted and enacted on April 25, 2018. As Lands Governance Director, I have been dealing with issues that are adjacent to our land, and also issues within our reserve. We have worked on Sq'ewá:lxw laws and have adopted them so that our community members can live in harmony. As a governing Nation, we have the authority to enforce these laws, and working together with members and non-members, can make for a peaceful community.

If there are any questions or concerns, do not hesitate to call or email me at [debra@skawahlook.com](mailto:debra@skawahlook.com)

Enjoy the rest of your summer!

## Sq'ewá:lxw Elders Naming

Leading up to the naming ceremony for our dear elders we were blessed by the snow touching the valley floor. "Making new tracks" according to our ancestors. Our elders, in receiving their true identities, make our family stronger and pull us together.

Charles Chapman received the name Tsowtseteleq which describes his helping nature and being at the head of the line of men in the community.



Dolores Jim (Chapman) received the name Kwalthxamiya. The oldest name we know in our bloodline, suitable for the eldest member of our family, our matriarch.



Margaret George (Chapman) re-announced her name Lhaann; we wanted to honor her and have her stand with her siblings.



Lucy Chapman received the name Selawot, the name of her great grand aunt, sister to August "Kapilem" Billy.

## 43rd Annual Elders Gathering

This year Dolores Jim, Charles Chapman, Monty Chapman, Harvey Andrew and Bill Davis attended the Elders Gathering at the Vancouver Convention Centre and represented Sq'ewá:lxw First Nation.



The gathering took place July 23rd and 24th. On the first day of the gathering there were 1,880 people in attendance with more people arriving and registering for the event throughout the day. Here our elders were able to reconnect with many family, extended family, and friends from different territories in B.C. Everything went without incident at the gathering, the host nations welcomed the guests to the shared territory in great fashion. The first grand entry took almost an hour for the many nations to come through singing the songs of their homelands.

Sq'ewá:lxw First Nation would like to thank New Relationship Trust for providing sponsorship to help send our Elders to the Gathering. We will be gathering soon to discuss and organize fundraising activities to help cover the costs of attending. The Elders express their gratitude to Sq'ewá:lxw First Nation and staff for making it possible to attend.



The gathering was open to all nations to most are gathering, but nobody stepped forward, so it will be held again next year at the same location. If you are interested in attending the 44th Annual Elders Gathering, please notify Bill Davis, Community Engagement Coordinator in person, by phone at (604) 796-9129 or email at [bill@skawahlook.com](mailto:bill@skawahlook.com)

[www.skawahlook.com](http://www.skawahlook.com)

## August Community Gathering

Thank you to everyone who was able to attend the Community Gathering. Children were able to enjoy bouncy castles and face painting, while adults participated in various workshops. Everyone enjoyed great food all weekend, provided by Merle. We look forward to seeing everyone again next year! Additional information is provided in the Information Note #5 and the meeting minutes included in this mail out.



## Specific Claim Settlement

Chief and Council and community members met with Minister Carolyn Bennett on Tuesday, August 27, 2019 and participated in a signing ceremony for the Seabird Island Specific Claim Settlement.



## Sto:lo Xwexwilmexw Treaty Association

A Treaty presentation was provided to members at the August Community Gathering. The Treaty Outreach team also provided members with different options to access more information: online at [www.sxta.bc.ca](http://www.sxta.bc.ca); email at [outreach@sxta.bc.ca](mailto:outreach@sxta.bc.ca); phone at 604-824-2420. Informational brochures are available in the Sq'ewá:lxw Administration Office.

## Trans Mountain Expansion Project

On August 11, 2019 Chief and Council informed membership of the negotiated funding finalized with Trans Mountain. The funding is for the purpose of Sq'ewá:lxw First Nation programs and services and will be provided in incremental payments over a period of 10 years, dependent on the project receiving its permit and becoming operational.

## CEDAR HAT WORKSHOP 2019



Thanking everyone who came out for the Cedar Hat Workshop. We are fortunate to have Crystal Chapman Tata, one of Sto:lo Nations top weavers in our family. She made sure we stayed on track and there were 2 Cedar hats completed and one about 98% done. Who knew Auntie Maureen was a natural cedar bark weaver? What took me two days to do, only took her one. Way to Go!