

Christmas during Covid will be different for everyone. Now that we are in the second wave of the pandemic, restrictions are increasing and gathering with family may look different as we navigate participating in holiday traditions. Due to our inability to gather, specific program activities are not possible. We have decided to re-allocate that program funding and put it towards Christmas/Covid Hampers for all members. We are using the same system previously used with our Emergency Grab and Go kits and one of the Covid Hampers. There is a base amount for each household and additional money is added for every member living in the home. The envelope attached to this package contains the cash for your Christmas/Covid Hamper. **Merry Christmas!**



# Sq'ewá:lxw First Nation Skawahlook



A message from  
**Chief Maureen Chapman**



Greetings!

It has been quite the year for everyone in living through a pandemic affecting the entire world. To date, we have been fortunate in that no members have reported contracting Covid-19. In previous communications you have been advised that Skawahlook is approaching the second wave of Covid-19 in a more informed and practical way. As the holidays near, it is important to follow the directives from the health experts and Health Minister.

A key event that has taken up a lot of time at the treaty table has been the vote on the Constitution. We were successful in the first round of voting in that we received 96% approval from those who voted. In order to reach quorum we will continue the voting process until we achieve the number. Thank you to all who supported this critical next step to self governance.

While the day to day work continues to follow up and implement the Sq'ep recommendations and address all aspects of the operations, leadership continues to advocate for our Aboriginal rights and title. The partnerships developed with the treaty First Nations and external government agencies has assisted in strengthening our position in business. The partnership that created Seven Generations Environmental Services Ltd celebrates its 10-year anniversary in 2021 and, along with five other Sto:lo First Nations, we will mark this milestone in some fashion, depending on the status of Covid-19.

We have also achieved a Community Safety Agreement with the RCMP, which ensures peace of mind to all living in our community.

I wish you well as the holiday season approaches and ask you to continue doing your part to stay Covid-free.

Happy Holidays and the best to you in 2021!



## Demographic Study



One of the objectives identified through Sq'ep was to complete a Demographic Study. We are in the process of finalizing questions and plan to begin by creating a Survey Monkey to send to membership. Please check your emails regularly as the survey will be sent early in the new year.



## Humour Section



**MERRY CHRISTMAS**



## High-Speed Internet

As many of you know, access to high speed internet has been a barrier at Sq'ewá:lxw. Being located between a mountain and the river has increased the complexity to access internet through non-traditional methods. Recently, we were approached by an Indigenous representative from Telus asking for our support to apply for funding through the provincial government to install fibre optics throughout the entire community. We enthusiastically agreed and are hopeful to receive a positive response by the end of 2020. If the project is approved, fibre optics will become a reality for the community.

## UPCOMING EVENTS

Due to COVID-19 we do not have any events currently scheduled.

Christmas Break Office Closure  
December 21, 2020 -  
January 3, 2021

## CONTACTS

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Status Card Information  
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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

Hello Community Members;

Here we are in November and Christmas is just around the corner. It has been about six months since the Phase 1 shut down in BC due to Covid-19. Now here we are into the Fall season and in the middle of Phase 2 of the Pandemic. I am sure going through this pandemic has not been easy for anyone, but I encourage all of you to stay positive and know this is not going to last forever. This is something that none of us expected we would experience in our lifetime.

It has been a challenge at times to be continuing to attend meetings virtually, but it is manageable. I continue to attend the S'olh Temexw Stewardship Alliance (STSA) meetings virtually, as well as workshops held by the Lands Advisory Board Resource Centre (LABRC). We held our LABRC AGM on October 27th and 28th. It was to be held at the Whitecap Dakota First Nation in Saskatchewan, but due to Covid-19, it had to be done virtually. There were discussions on the Fraser Valley Enforcement of Land Code Laws, and Law Enforcement Policy. Enforcing our laws is a big issue for First Nation communities, and we look forward to having this in place to help protect our people. We continue to work on our SXTA (Sto:lo Xwexwilmexw Treaty) and as all of you know we had our membership vote on our Constitution from November 4 - 14th, 2020. We must have a constitution in place to help us govern ourselves. I would like to take this opportunity to wish all of you a very happy, healthy and productive New Year in 2021. One thing for sure is that none of us will forget the year of 2020

Merry Christmas!



## TMX Accommodation Benefits Update

Passing through the land of our ancestors, the Trans Mountain pipeline project will have negative impacts on our title and rights. Recognizing this, Trans Mountain and Sq'ewá:lxw signed an agreement through which accommodations for those impacts will flow to Sq'ewá:lxw and our people. In the summer newsletter we reported on activities to capture benefits and we have an update for you.

The range of potential benefits includes a preference given for business and employment opportunities. Watch the Sq'ewá:lxw Facebook page for job postings. Two Sq'ewá:lxw related businesses, Seven Generations Environmental and Rock Face Industries, are connecting directly with those opportunities.

Particularly interesting are funding opportunities provided by Canada, tied directly to the agreement with TMX. We are regularly reviewing these opportunities to see how we can continue to be good stewards of our land as we take direction from our sq'ep sessions, described in our vision project report "Our Future."

Sq'ewá:lxw was successful in securing TMX related emergency management funding to assist with installing an automatic emergency backup power generator system for the Nation offices. This prepares us to provide leadership in emergency response support to protect our members and visitors during times of crisis.

We will continue to liaise with Canada, Trans Mountain, and their contractors to identify opportunities.

Many thanks for the opportunity to serve.

David Carson



## Health

### Digital Resources for Health

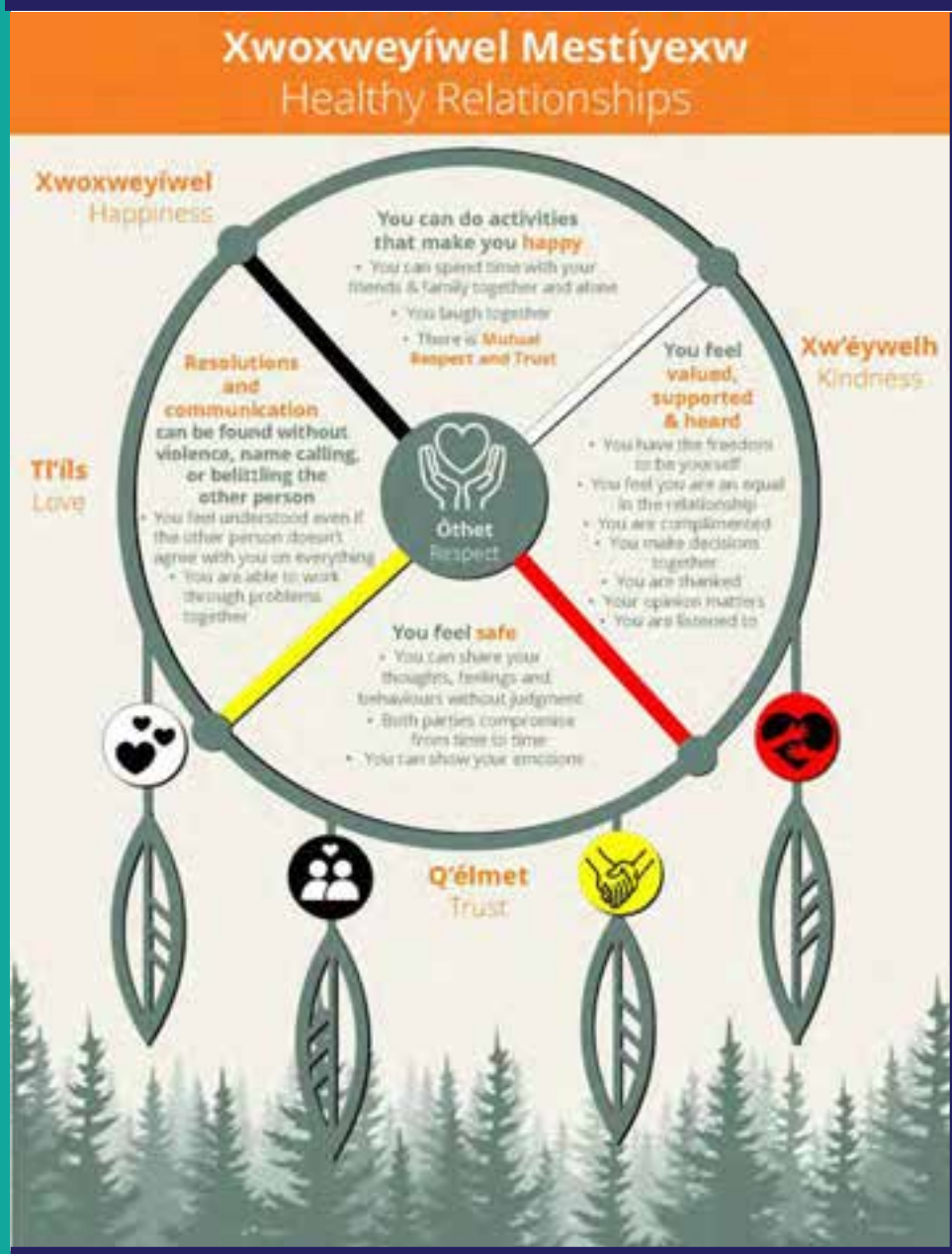
First Nations Health Authority  
<http://www.fnha.ca>  
1-855-550-5454

BC Centre for Disease Control  
<http://bccdc.ca>

Health - Province of BC  
[www2.gov.bc.ca/gov/content/health](http://www2.gov.bc.ca/gov/content/health)

### Digital Resources for Indigenous Youth

- [www.cultureforlife.ca](http://www.cultureforlife.ca)
- <https://wemattercampaign.org>
- <http://www.indigenouslyouthwellness.ca>
- [www.metisyouthbc.com](http://www.metisyouthbc.com)
- <https://newjourneys.ca>
- <https://foundrybc.ca>
- <http://www.heretohelp.bc.ca>
- <https://keltymentalhealth.ca>
- [www.seizetheawkward.com](http://www.seizetheawkward.com)
- <https://agedout.com>
- <https://fbcyicn.ca>



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[fnha.ca/app](http://fnha.ca/app)

Available from the Apple App Store and Google Play Store.

**breathr**  
mindful moments

Breathr teaches you easy and fun ways to practice mindfulness

### MOBILE APPS

**MindShift**

Mindshift helps teens and young adults cope with anxiety

**MY3**

My3 helps you stay connected to your network in a time of crisis

# MANAGING ANXIETY AROUND COVID-19



## MAINTAIN ROUTINE

Stick to your normal activities as much as possible: wake and sleep at usual times, maintain regular meal schedules and adapt where needed (e.g. doing YouTube fitness videos at home instead of going to the gym).

## LIMIT YOUR MEDIA INTAKE

Schedule your information exposure instead of having a constant stream of news coming at you all day. Get your facts from the right sources: BC Centre for Disease Control, Fraser Health, Public Health Agency of Canada and the World Health Organization.



## KEEP CONNECTED

Socialize while social distancing. Phone calls, FaceTime, and Skype are all still great ways to connect. Find non-COVID-19 things to talk about to give yourself a mental break. The 24/7 Fraser Health Crisis Line is also here for you if you're feeling anxious and need to talk: (604) 851-8855 or toll free 1 (877) 820-7444.

## GET SOME FRESH AIR

Go for a walk, a hike or a bike ride. It does the heart and mind good to get outside.



## TAKE ADVANTAGE OF DOWNTIME

Now is the time to clean out that closet junk drawer, corner of the garage and tackle other to-do list items around your home/yard. Enjoy some quiet time, read a book and catch up on movies.

## KEEP PERSPECTIVE

Focus on your plan for fighting the spread (e.g. proper hand washing, coughing and sneezing into your elbow, staying home when you're not well and practicing social distancing) and trust that the public health and government officials are working hard on their parts.



NON-MEDICAL COVID-19 QUESTIONS? CALL 1 (888) COVID19 OR TEXT (604) 630-0300

MORE INFORMATION AND RESOURCES AT [FRASERHEALTH.CA/COVID19](https://fraserhealth.ca/covid19)



Low risk	Medium risk	High risk
Getting mail and packages	Hair salon / barbershop	Bars and nightclubs
Grocery and retail shopping with public health measures	Medical, health and dental appointments	Gyms and athletic studios
Camping	Hotel / BnB	Cruise ships and resorts
Driving Car (solo or with household contacts)	Taxi / ride shares	Hugging, kissing or shaking hands
Going for a walk	Working in an office	Large religious / cultural gatherings
Backyard BBQ with your 'bubble' contacts	Playing on play structures	Watching sporting events in arenas and stadiums
Restaurant takeout	Movie theatre	Casinos
Community / Outdoor parks and beaches	Outdoor restaurant/patio	Crowded public transportation (bus, subway)
Running / hiking / biking solo or at a distance from others	School / camp / daycare	Crowded indoor restaurant / buffet
Socially distanced picnic	Public pools	Amusement parks
Playing "distanced" sports outside (tennis/golf)	Malls / museums / galleries	High-contact sports with shared equipment (football/basketball)
	Weddings and funerals of limited size	Conferences
	Visiting elderly or at-risk family / friends in their home	Music concerts, or places where people are singing or shouting
		Sexual activity with new people
		Indoor party

**When to wear a mask.**

Non-medical masks are recommended for use in situations where you cannot always maintain physical distance:

- At the grocery store
- On public transit
- At the salon or barber
- In other indoor settings

**Masks are not enough.**

Masking is one way we can help stop the spread of COVID-19, but it's also important to:

- Maintain physical distancing (2m/6ft)
- Wash hands frequently for 20 seconds
- Avoid large gatherings

Membership have expressed interest in understanding Sq'ewá:lxw's participation and dedication to the treaty process. Please see an update below along with some general SXTA information.

### Sq'ewá:lxw's Commitment to the Treaty process

Sq'ewá:lxw is committed to completing the negotiation and implementation of the treaty. Treaty will provide the opportunity to self-govern and get out from under the Indian act. Sq'ewá:lxw Chief and Council feel this is the best way forward for our community.

### The SXTA

The Stó:lō Xwexwilmexw Treaty Association was formed to negotiate a treaty for Stó:lō communities. The Treaty is for future generations and will assure our rights and our title are protected. Our Treaty is founded on the 4 pillars: Language, Culture & Heritage, Lands and Governance.

### Why Are We in Treaty?

We are continuing the work of our ancestors who pursued treaty after the Crown's Promise of 1864, as it clarifies the Land Question. For over 150 years, we have been fighting for protection of our Stó:lō Aboriginal rights and title.

### We Want:

- Out from under the Indian Act
- Community well-being
- Self-sufficiency
- Self-governance
- Protection of our lands, culture and heritage

To learn more go to, <https://www.sxta.bc.ca/treatytour/>, for the Treaty Tour.

The SXTA are keeping busy with:



<p><b>Community Engagements:</b></p> <p>Reach:</p> <ul style="list-style-type: none"> <li>• Total 107 Members;</li> <li>• 18 leaders involved;</li> <li>• 11 gatherings and kitchen table meetings were completed.</li> </ul>	<p><b>Social Media:</b></p> <ul style="list-style-type: none"> <li>• 47 Facebook SXTA Group posts from September to November;</li> <li>• Reach: 2085 people from Oct. 8- Nov. 4;</li> <li>• Post-Engagement: 1,470, from Oct. 8- Nov. 4.</li> </ul>
<p><b>Documentation (mail-outs):</b></p> <ul style="list-style-type: none"> <li>• Newsletter; Notification of Ratification Vote; Notification of Public meeting (September);</li> <li>• Vote Card; Comic Book, Issue 3; Revised Constitution (October);</li> <li>• Comic Book, Issues 4 &amp; 5 (double issue); Annual Report;</li> <li>• E-bulletins (several per month).</li> </ul>	<p><b>Community Champions:</b></p> <ul style="list-style-type: none"> <li>• Email, Facebook, phone, and door-to-door campaign.</li> </ul>
<p><b>Videos:</b></p> <ul style="list-style-type: none"> <li>• Constitution Announcement: 72 views on YouTube; 512 on Facebook;</li> <li>• Elders Learn about the Constitution: 65 views on YouTube; 1200 people reached on Facebook;</li> <li>• Three ways to vote: 67 views on YouTube; 374 people reached on Facebook.</li> </ul>	<p><b>Survey:</b></p> <ul style="list-style-type: none"> <li>• What does self-government mean to you? – 36 responses, 75% voting yes, or maybe.</li> </ul>
	<p><b>Radio Ads:</b></p> <ul style="list-style-type: none"> <li>• 89.5 The Drive, NEWS 1130, KiSS FM (104.9 targets Vancouver; 107.5 targets Chilliwack; 92.5 targets Abbotsford). The coverage also includes east and south.</li> </ul>
	<p><b>Website:</b></p> <ul style="list-style-type: none"> <li>• Updates on-going.</li> </ul>
	<p><b>Podcasts:</b></p> <ul style="list-style-type: none"> <li>• Seven episodes (192 listens).</li> </ul>

For more information regarding treaty, please see attached SXTA brochure.

# Sq'ewá:lxw Programs Update

In June we mailed the Sq'ewá:lxw Program Booklets to all members. Program policies and procedures were outlined along with corresponding budgets. The programs were created with the information from the community engagement sessions conducted through our Sq'ep, Comprehensive Community Planning process. The Seabird Island Settlement funds have made the desired programs possible.

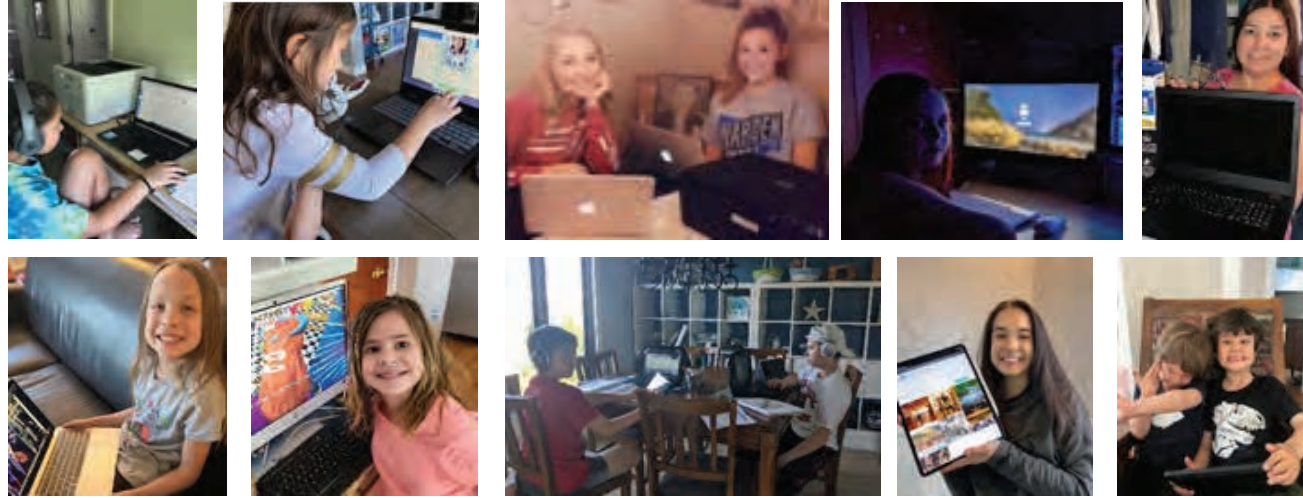


This update provides you with a summary of where those funds have been spent to date. Any funds not spent will be carried over into the next fiscal year.



## Computers for Students

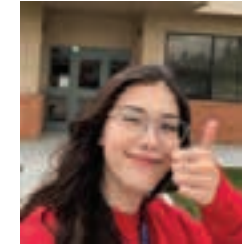
When Covid hit in the spring, all schools were closed, and online schooling became the new normal. Sq'ewá:lxw decided to roll out funding to students for computers, software and printers. Additional funding was added to the computers budget to ensure all students had the tools to be successful.



## Education

Funding for education has been provided to support members in obtaining their educational goals. Please see the breakdown of how the education funding has been spent to date.

- Tutoring – 3 students have been provided tutoring assistance.
- Graduation – 3 students were provided graduation gifts and 1 student applied for graduation funding.
- Brighter Futures – additional brighter futures funds were equally distributed to members from Kindergarten to grade 12.
- Driver's Education – 2 students received funding to complete driver's ed.
- Sports Sponsorship – 10 members accessed the sports sponsorship funding.



## Housing



Sq'ewá:lxw First Nation members have identified housing and housing related issues as key concerns for the community. Sq'ewá:lxw is committed to maintaining existing housing and supporting future projects to increase the availability of sustainable housing on-reserve.

- To date, no member has accessed this funding.



## Culture

Cultural programs were created to protect and promote culture, contribute to cultural legacy and provide financial support to activities and ceremony.

- Elders Gathering – the gathering was cancelled this year and personalized jackets were provided to the Elders scheduled to attend.
- Funerals – 1 funeral was provided funding.
- Ceremonies – 1 naming ceremony was provided funding.



## Safety and Security

Sq'ewá:lxw supports the safety and security of its community members. The program assists with emergency supplies to support the community in case of an unforeseen emergency.

- Emergency Supplies – emergency supplies are being purchased and will be stored in the community.
- Grab and Go kits – funding was provided to all members to purchase grab and go kits for each member in their household.
- Emergency Generator – an emergency generator is being installed to run the administration building during an emergency. Due to our location, this is an important achievement.



## Health

Sq'ewá:lxw supports the health and wellness of its members and will provide opportunities and resources for its members to look after all quadrants of their health.

- Counselling – 1 member has accessed funding.
- Health Emergency Assistance – 1 member has accessed funding.



## Fishing

Sq'ewá:lxw supports traditional cultural activities and its communal fishing program.

- To date, no member has accessed this funding.

