

## Reducing Christmas Stress

While Christmas is known as “the season to be jolly,” it can be a significant source of stress, pressure and conflict for many. With all the cooking, decorating, visiting, and gift giving, the holidays can seem more like trying to meet a high-pressure deadline than a vacation. Try these Christmas stress-busting strategies to help ease the strain.

### 1. Limit spending

- Set a budget
- Make one financial decision at a time
- Avoid temptation
- Recognize how you deal with stress-related money problems
- Keep in mind what is important



### 2. Manage expectations

- Be realistic – no event usually ever runs smoothly
- Help children be realistic
- Take some time out



### 3. Avoid overindulging

- Eat healthy
- Spend wisely

### 4. Go for a walk

- Any kind of outside activity for a few minutes can help relieve stress

### 5. Have some fun

- Take time out of preparations to make new, fun memories with friends and/or family

## SXTA Update

By now, all members of the community aged 18 and over should have received a voting package for the SXTA Constitution. Packages were sent out via email or traditional mail from the SXTA Outreach Team. We ask our members to please vote either for or against the proposal. We remind everyone, this is not a vote on the actual Treaty, but on the principles that will guide our governance once we reach a final Treaty settlement.

The first 35 eligible voters will receive a \$25 gift card and every voter will be entered into a draw for a \$1,000 cash prize.

If you have any questions about the SXTA Constitution, please contact Emily Kelly at emily.kelly@sxta.bc.ca

If you need any assistance voting or have any questions regarding the voting process, please contact Electoral Officer, Alicia Bailey at alicia.george.bailey@gmail.com.

# Sq'ewá:lxw First Nation Skawahlook



## A message from Chief Maureen Chapman

Greetings to our family!



We were hoping for fewer restrictions caused by Covid 19 but the Delta variant means we continue to have social distancing and a policy to limit large gatherings. We will keep following safety practices and guidelines as well as reports on the mutations that have recently surfaced, including the Omicron variant. There are many opportunities to receive vaccinations - please do your part to help to eliminate this virus.

We have continued our work on virtual meetings and, until November 14th, staff were in the office. The rain began November 11th and continued for many days, causing flooding, landslides, and washed out roads. We began receiving calls from stranded motorists, as our number is posted on the door at the office and the generator kept the power on. Highway 7 was gridlocked in both directions and we opened our doors, with Covid protocols in place, so people could warm up, use the washrooms and rest. Our Emergency supplies provided air mattresses and blankets and we provided coffee, tea and snacks. Camp Hope offered extra food items they had accumulated during the fire season and we would not have had anything to feed the people without their help. As food supplies needed to be flown in, our orders were included with Shxw'owhámél's and Chawathil's. People stayed within their bubbles as much as possible and were great in keeping the hall clean, cooking meals, and helping each other out. One person summed it all up for me: "This is reconciliation in action" - a quote to share with government officials.

I wish everyone good health during the holiday season and into the New Year. Gather responsibly and enjoy your time with your families.

Merry Christmas! Happy New Year!



## CONTACTS

Sq'ewá:lxw First Nation  
58611A Lougheed Highway  
Agassiz, B.C. V0M 1A2  
604-796-9129 📞  
www.skawahlook.com 🖱️  
www.facebook.com/SkawahlookFN

Office Manager - Michael Suedfeld  
michael@skawahlook.com

Executive/Communications Assistant  
Dianna Umpherville  
dianna@skawahlook.com

Managing Director - Sharron Young  
sharron@skawahlook.com

Stó:lō Nation Health  
604-824-3200  
Chelan Charlie - ext 3222  
Chelsea Lockerby-Point - ext 3216  
Sue Griffin - Nursing Supervisor  
604-824-3223  
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

## Telus PureFibre High Speed Internet

In collaboration with Telus and with funds from the provincial government's Connecting BC Economic Recovery Fund, we are bringing TELUS PureFibre directly to the homes and businesses on Skawahlook 1 and Ruby Creek 2.

The build is in progress, and as we near completion of the network upgrade we will continue to share information and Telus will offer local community members the opportunity to sign-up for services. The original date of completion was scheduled for October 31st however due to ongoing challenges this has been delayed until the new year. The Telus team was scheduled to be in the community in the middle of November but due to the landslides and flooding, this was delayed. Hopefully as Telus infrastructure is fixed around the province, they will be able to get back to their regular schedule of completing the installation.



Once high speed is installed, this will allow us to have our first virtual community meeting.

## Holiday Humour



## UPCOMING EVENTS

No events  
are currently  
scheduled  
due to COVID-19  
concerns and  
restrictions



## A message from Councillor Debra Schneider

Hello Sq'ewá:lxw family,

It is 4:30 in the morning as I sit here reflecting on the past year. We are now almost two years into the Covid-19 pandemic, and it is amazing how one can adjust to something like this given that we have no choice. It is so unfortunate that recently we lost three members in such a short period of time. Again my condolences to the families.



March of 2022 I will be retiring from my position as Lands Governance Director for Sq'ewá:lxw First Nation but will continue to be part of the Council. This will allow more time for me to concentrate on governance issues and concerns that affect our community. i.e.: S'ólh Téméxw Stewardship Alliance group, Stó:lo Xwexwilméxw Government, Indigenous Education Committee (School District #78), etc.

As you all know, we experienced an unusual rainstorm which occurred these past few weeks. It caused flooding, mudslides, and devastation to our highways. We were without power for four days. Living off the grid brought back childhood memories when we lived here in Ruby Creek, as we never had power or running water. We learned a lot from this experience, and just how important it is to have an Emergency Plan in place. We are definitely experiencing global warming.

On another note, I would like to take this opportunity to welcome our new Lands Advisory Committee members: Kenny Davis, Carrie Tolley, and Leah Sjovold. I would also like to thank Brett Chapman for all of his past service to the Lands Advisory Committee.

I am looking forward to my favourite time of year, the Christmas season. I wish you all the best this holiday season. Merry Christmas and a Happy 2022!



## A message from Councillor Jenn Carman

Wishing you all a Happy Holidays and a safe New Year.

What a year it has been. I hope all the members and families have had a safe 2021, because the challenging times did not stop.

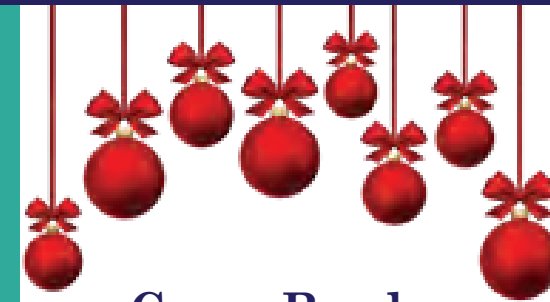
I want to thank you for the warm welcomes I have received for being a part of our Council. It has been a year of listening, learning and feeling confident to speak from my experiences and knowledge.

I look forward to the coming year as I continue in my role to best serve our community.

Happy Holidays!



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



## Cross-Border Travel by Land

Now that the Canada-US border has re-opened, many of our residents may be interested in driving south again. As of November 30, fully vaccinated Canadians, as well as individuals with valid status cards, can leave and re-enter Canada within 72 hours without taking a Covid-19 test before returning home.

Canadians who are away for longer periods must show a negative molecular test taken within 72 hours of arriving at the border or proof of a positive test result taken within the previous 14 to 180 days.

Canadians who do not qualify as fully vaccinated must present a 14-day quarantine plan and may be asked to explain it at the border.

To enter the United States, non-US citizens must provide proof of Covid-19 vaccination (as contained on the Center for Disease Control (CDC) Website).



## Environmental Cultural Coordinator Trena Point

Happy Holidays Skawahlook Community!

For the past few months, in my new position as your Environmental Cultural Coordinator, I have been getting my feet wet in my different roles. Throughout the spring, I spent a fair amount of time learning about and getting involved with the Trans Mountain Pipeline. This includes monthly meetings with the General Contractor, who recently changed to Michels Canada for Spreads 6 and 7A, Bridal Falls to the Port Mann Bridge, and to Kiewit for Spread 6, a company who specializes in rough terrain construction, will be the General Contractor through the Coquihalla to Hope region. The general contractor's check-in with Skawahlook monthly to talk about construction updates and any issues that may have occurred. I also meet with a Trans Mountain Indigenous Relations Liaison, who we may advise of any issues Skawahlook may have with the project, such as noise complaints, hazards, racism, or transportation issues through construction sites. Any permits that TMX is currently waiting on is also updated at these meetings. In July, Michael & I were able to meet with TMX to give them a tour of Skawahlook and show any culturally or historically significant sites we would be concerned about if there were to be any oil spills so they could prioritize these areas if there were to be any oil spills in our area. TMX was also able to show us a location they would perform an Emergency Response Plan.

I am also involved in securing business opportunities such as revenue sharing. My main priority when determining a partnership is if the company is environmentally friendly. There are two funding proposals being offered to the impacted indigenous communities to help mitigate the effects of the pipeline, Terrestrial Cumulative Effects Initiative, and Aquatic Habitat Restoration Fund. I have been attending informational sessions via zoom throughout the months and am currently determining possible projects to help restore the traditional territory of Skawahlook, keeping in mind the priorities Skawahlook community members had determined through the Comprehensive Community Planning Meetings.

Also, to increase my capacity, I have been attending several different training sessions. Back in June I attended Wetland Keepers Training, in October I attended Land Guardianship Training, and this month I attended Archaeological training, specific to Indigenous Cultural Heritage. Skawahlook is also looking to increase our own capacity as a whole and are looking for any youth who would be interested in attending environmental training and participate in land restoration projects.

Please contact me at the office (604)796-9219 or email me at [trena@skawahlook.com](mailto:trena@skawahlook.com).



# In Loving Memory



**Kwalhxamiya  
Dolores Jim**

Sunrise: March 11, 1929  
Sunset: August 24, 2021



**Shannon Melissa Chapman**

Sunrise: November 20, 1979  
Sunset: August 30, 2021



**Selawot  
Lucy Chapman**

Sunrise: June 14, 1945  
Sunset: September 21, 2021

*Those we love do not go away, they walk beside us everyday,  
Unseen, unheard, but always near, still loved, still missed and very dear.*

## Adventure Park Shelter

Earlier this year, Sq'ewá:lxw was able to use funding from the First Nations Health Authority and TMX to construct a shelter/outdoor learning classroom at the Syéxw Chó:leqw Adventure Park. The structure was completed over approximately 2 weeks of work in the spring.

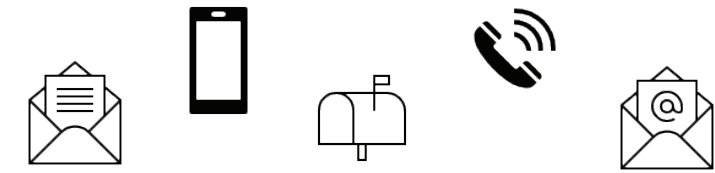
In the coming years, as we expand the Adventure Park, the shelter will become a central area for providing cultural and historical information to visitors.



## Fishing Hut Stairs

In the fall, Sq'ewá:lxw had cement stairs and a rail constructed leading to the fishing area on IR#1. This was done to make it easier for our members, particularly Elders who continue to use the area to access the river, to get up and down from the shore.

Erosion over the years created an increasing hazard and this will ensure everyone's safety.



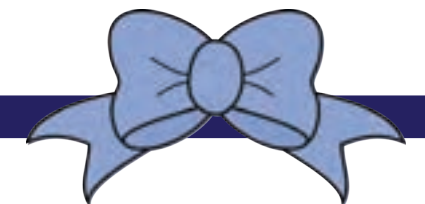
## Youth Contact Information

Like many BC First Nations, Sq'ewá:lxw has a large percentage of young people who make up our membership. Currently, about 30% of our registered members are under the age of 18.

This is excellent for the future of the Nation and as part of this, we would like to provide any of our young members who are nearing their 18th birthday or who, at any age are simply interested, the same information that we provide to adult community members. This will allow them to keep up to date on issues and events, ask any questions directly, and reach out regarding any support we can provide as they plan for their future or are reaching their goals.

It is also important to note that the disbursement being held in trust will become eligible to these members when they turn 19. Once members are 19, they are legally considered an adult and the trustee requires that communication is done directly with the eligible member.

We are hoping to add these youth's email, addresses and phone numbers (if different from their parent members) to our contact list. This information can be provided to Dianna Umpherville, by email at [dianna@skawahlook.com](mailto:dianna@skawahlook.com)



## Christmas Hampers

Please read the attached letter regarding the Christmas Hamper Funds for this year. The details regarding how the amounts were calculated along with more information regarding how the funds will be received are included in the letter.

# Sq'ewá:lxw Houses Stranded Travelers During Emergency on Highway #7



On Sunday, November 14th Sq'ewá:lxw was caught between 2 slides on Highway 7. Along with many stranded travelers, Sq'ewá:lxw had no road access to the outside world. Sq'ewá:lxw worked in collaboration with Chawathil and Camp Hope to provide shelter and food. Camp Hope also provided extra food to those living and staying at Sq'ewa:lxw.

Sq'ewá:lxw housed 70 people for 4 days before highway access was available. We are grateful we were able to support those in need and, in the process, made many new friends.



WORKING TOGETHER

