

Sq'ewá:lxw First Nation Skawahlook



A message from
Chief Maureen Chapman
Shxwetélmel-elhót



Hello Family!

It was so great to see so many family members in August! I am happy that everyone was able to take time out of their busy schedules to participate in the activities and visit with one another.

As the work progresses in the treaty, a number of alternative processes are emerging that we could consider moving forward. One is called a Reconciliation Agreement which has been initiated by the BC Treaty Commission. The focus is on closing socio-economic gaps that separate Indigenous people from other British Columbians. Some individual First Nations who have completed a Reconciliation Agreement are Cheslatta Carrier Nation - 2016, Haida Nation - 2016, Tsartlip First Nation - 2017, to name a few.

The Lands Advisory Board AGM was hosted this year by the SAY communities - Skowkale, Aitchelitz and Yakwekwioose First Nations. Attendees were from across Canada, and for some, their first time in BC. The new SAY facility provided an excellent venue and exceptional hospitality to all visitors and local First Nation communities.

I am participating on the Planning Council for the Indigenous Dialogue on Mitigating Wildfires Initiative. The Council is in the planning stages of a gathering to create a space for Indigenous leaders and practitioners from across BC to connect and strengthen relationships towards building a community of practice around wildfire mitigation, resiliency, stewardship and co-existence.

I am looking forward to seeing you at the member's Christmas dinner on December 7th!

Stay warm, stay safe and enjoy the winter months.



What are the symptoms?

Influenza symptoms vary from mild to severe, and can include:

- Fever,
- Headache,
- Muscle pain,
- Runny nose,
- Sore throat,
- Extreme tiredness
- A cough



Children may also experience nausea, vomiting or diarrhea. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse with a greater risk of complications.

Symptoms can begin about 1 to 4 days, average of 2 days, after a person is first exposed to the influenza virus. Fever and other symptoms can usually last up to 7 to 10 days, but the cough and weakness may last 1 to 2 weeks longer.



UPCOMING EVENTS

**Community
Christmas Dinner
Thursday,
December 7, 2023
5:30 pm**



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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



What is influenza?

Influenza is an acute infection of the respiratory system caused by the influenza virus.

Getting sick with influenza also puts you at risk of other infections. These include viral or bacterial pneumonia which affect the lungs. The risk of complications can be life-threatening. Seniors 65 years and older, infants and very young children, people who have lung or heart diseases, certain chronic health conditions or weakened immune systems are at much greater risk.

Healthy pregnant women in the second half of their pregnancy are at much greater risk of hospitalization following infection with influenza virus.

In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity.

How can you prevent influenza?

You can reduce the risk of getting influenza and spreading it to others by:

- Getting an influenza vaccine
- Staying home when you are ill
- Washing your hands regularly
- Cleaning and disinfecting objects and surfaces that people touch
- Promptly disposing of used tissues in the waste basket or garbage
- Cough and sneezing into your shirt sleeve rather than your hands
- Getting an influenza vaccine can help prevent you from getting sick with influenza and spreading it to others.



How does influenza spread?

Influenza spreads easily from person-to-person through coughing, sneezing or having face-to-face contact. The virus can also spread when you touch tiny droplets from a cough or sneeze on another person or object, and then touch your own eyes, mouth or nose before washing your hands.

You can spread the influenza virus even before feeling sick. An adult can spread the virus from about 1 day before to 5 days after symptoms start. Young children may be able to spread the virus for a longer period of time.

How can you treat influenza symptoms at home?

If you get sick with influenza, treating symptoms can help. Follow the self-care advice below:

- Get plenty of rest and stay home from work, school, daycare and running errands when you are sick
- Drink extra fluids to replace those lost from fever
- Avoid smoking and ask others not to smoke in the house
- Breathe moist air from a hot shower or from a sink filled with hot water to help clear a stuffy nose
- Anti-influenza drugs or antivirals are available by prescription, but these must be started within 48 hours of the start of your symptoms to work best. These will shorten symptoms by about 3 days if given within 12 hours and by about 1.5 days if given within 2 days of the start of symptoms
- Non-prescription cough and cold medications are available for relief of influenza symptoms but are not recommended for children under 6 years old

Acetaminophen (e.g. Tylenol®) or ibuprofen* (e.g. Advil®) can be given for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

*Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider. **all information obtained through HealthlinkBC.ca





A message from Councillor Debra Schneider Tá:leyelhot

Fall is upon us, my favourite season. I love seeing the Fall colours, and feeling the coolness in the air. As you know, we had a wonderful Community Gathering in August and it was great to see all who made it there. Looking forward to next year's Gathering. We are very happy that we were able to negotiate with a CP holder to obtain the rest of the land on Ruby Creek IR #2 back for the community. We continue negotiations with Ministry of Transportation and Infrastructure (MoTI) to get the turn off lanes to our Adventure Park and our community. We do have another meeting with MoTI in November. As always, I am looking forward to Christmas, my favourite holiday. I wish all of you good health, happiness and prosperity in your future.



Hawk Communications App



Sq'ewa:lxw First Nation is moving in the virtual world by adopting a new way to communicate with its members through what is called, HAWK COMMUNICATIONS APP, through Hawk Solutions. This an Indigenous created platform to assist First Nation communities communicate effectively with their members in real time.

Sharing information and improving communications, SKFN will use its features to provide updates/news, resources, events, event registrations, polling, and urgent community alerts all in real time. Members can respond immediately in a secure and private platform.

To get the process started, we are asking members to download the app to their phones. Click on the QR code above to register.



We have reserved the Legends Suite at Rogers Arena! This suite will hold up to a maximum of 48 people per game and we have confirmed the suite for two hockey games.

January 27, 2024 (Saturday) - Vancouver vs Columbus March 9, 2024 (Saturday) - Vancouver vs Winnipeg

If you are interested in attending, it is first come first serve. Please send Dianna (dianna@skawahlook.com) an email or give her a call to reserve your spots. These tickets are only open to members and their immediate families. We will be reserving a bus (based on interest) to pick up in Chilliwack to drive to Vancouver and back after the game.

If you decide to reserve a spot, please ensure it works with your calendar. If you are unable to make it, please provide ample time for us to find someone else to take that spot.

Sq'ewá:lxw Land Use Plan Update

The Sq'ewá:lxw First Nation Lands Advisory Committee has been meeting regularly over the past several months to update the Sq'ewá:lxw Land Use Plan with the assistance of Mr. David Carson, from Land, People Forest. Enclosed in this newsletter is an insert to keep membership informed on Land Use Planning, currently being reviewed for updates. We are looking for feedback from all members. Please send any feedback to David Carson by December 15, 2023 to: davidmcarson@landforestpeople.com



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A message from Councillor Jenn Carman

Wishing all membership a safe and Happy Holiday Season. What a fantastic year our community has had. It was so wonderful to see so many families join our August Family Gathering, what a great weekend that was. I want to extend my thank you's to the dedicated and hardworking staff at Skawahlook for all of their passionate work this past year. The year has been full with a lot of amazing and exciting projects that truly highlights the passionate work of our staff.

I hope your holiday season is filled with love, family and lots of joy.



New Staff - Kimberley Lessard

Tansi - Good Day everyone,

My name is Kimberley Lessard, I am a member of the Deninu K'ue First Nation of Fort Resolution, Northwest Territories and a sixties scoop survivor.

My work experience has been with Indigenous Governance, which started after completion of my Computerized Bookkeeping Diploma in 2000. Having worked with various Indigenous organizations throughout the Lower Mainland within S'ólh Téméxw, my experiences come from assisting with Financial Management, Office Management, Document Management, Hiring Panels, Lands Management, Rights & Title and Economic Development. I have had the opportunity to assist with creating and developing positions, businesses, laws, and policies and procedures.

I look forward to helping Sq'ewá:lxw First Nation move forward with their endeavors in my role as the Art Gallery/Administrative Assistant.

Mahsi Cho - Thank you



Ruby Creek Art Gallery - Display at Chilliwack Cultural Centre

The Ruby Creek Art Gallery is excited to announce a collaboration with the Chilliwack Cultural Centre! This past September Jean-Louis, the Executive Director of the Cultural Centre, reached out to the Ruby Creek Art Gallery. They were looking for First Nations art to showcase in the main lobby of the live performance venue.

"The Chilliwack Cultural Centre is Chilliwack's home for artistic discovery and exploration; with two performance theatres, art galleries, 21 music studios, and four arts and craft studios, we present, champion, and celebrate creativity in all forms on the territory of the Stó:lō Coast Salish People. We aspire to be a place where all artists and audiences can pursue diverse ways of exploring the world and our place within in." (source: Chilliwack Cultural Centre website)



Cemetery

Work has continued this year on maintaining and making the Sq'ewá:lxw First Nation Cemetery a site where our ancestors can be honoured in a respectful and cultural way.

In September, we completed another project that had long been in our plans – the addition of stairs leading up to the cemetery itself. This will allow Elders and anyone with mobility difficulties to access the cemetery without fear of falling or making the steep climb. It will also allow for the easier transport of those being put to rest in the cemetery.

We remind community members that they are eligible to be buried at the cemetery or interred (along with their spouse whether a member or not) in the Columbaria (for ashes) we had installed last fall at no charge. Please contact Dianna at 604 796-9129 for more information about this process.



happy holidays!

RockFace Trailer Park



On September 1, 2023, Sq'ewá:lxw First Nation completed the purchase of the Certificate of Possession (CP) lands previously owned by Todd Chapman. This includes RockFace Trailer Park as well as the back of the property at Ruby Creek IR#2.

Chief and Council has decided to “grandfather” the current residents, allowing them to remain as tenants until such time as they vacate their trailers. There will be no future rentals nor can the tenants sublease or bequest their rental site to anyone else. As the remaining 10 tenants leave over time, the park will be closed and the trailers removed. Community members will decide on the future use of the lands.

We are also currently doing asbestos testing, followed by demolition, of several structures. We hope to have community members using the back of the property for recreational purposes as soon as possible. Clean up and restoration work must be completed first.



Lighting the Path: Our Stories of Resilience

On September 30th membership and their families came together on National Truth and Reconciliation (Orange Shirt Day) to honour residential school survivors. We had the opportunity to have a meal, participate in ceremony and then listen and watch the experience of the interactive light display. The light display was done in conjunction with First Journey Trails and Limbic Media. The project had significant participation from members, including the committee that worked with Limbic Media to create the story we wanted told through the lights and the characters who are speaking throughout the experience. We are still working on a plan to release the experience to the public but that will take some time as we need to address infrastructure and safety concerns. It was a great night with a great turn out, thank you to everyone who was able to make it.



Light Show photo credits: Chris McIntyre

Adventure Park

It has been a very busy spring and summer of adding new features to the Syéxw Chó:leqw Adventure Park which is becoming a growing attraction in the area.

In the spring, we installed washrooms, water, and power to the park. Then, in the last several months we have added a Limbic Lights display, including the installation of thousands of lights in the trees and along the main path, an audio story, and signboards. The display discusses the residential school experience but also highlights the resilience of Indigenous communities and people and the strength of the culture. The audio uses the voices of community members to tell the story.

Along with the lights display, we have also expanded the parking lot and are looking at ways to provide better lighting for visitors.

We are busy planning even more attractions for the future and are applying for grants to continue building the park into a visitor experience that is fun, educational, cultural, accessible to all people, promotes SKFN, and is protective of our natural environment.

Throughout October, Skawahlook had been restoring the Adventure Park Aquatic Habitat in 3 areas.

First, we removed a berm at the salmon bridge, which will create better drainage in the park as well as help to address the mosquito population, as well as prevent salmon and other fish from being trapped after the water levels lower throughout the Summer.

Second, we increased the habitat complexity at the end of the pipeline right-of-way, that can be seen from the highway bridge right before the park. This included installing some permanent cedar logs and root masses that will give the aquatic habitat a shady place to hide from predators and the heat of the sun.

Last, the largest part of the project was the wetland restoration at the back of the park next to the large viewing platform. Here, we dug 3 large pools until we hit the ground water. This will give the salmon more space and keep the water cool during the hot, dry summer months. Throughout all three sites we removed invasive species, including Reed Canary Grass, Eastern Green Frog and Catfish and planted various native, water tolerant tree species including, Western Red Cedar, Red Alder, Cottonwood and Birch, that will grow up to give our new aquatic habitat a good amount of shade. Skawahlook worked with Chartwell Resource Group for the construction and environmental planning, as well as one of the summer field technicians William Baker, and family member Valerie Pettis. The project is now complete with some continuous monitoring, and we are looking forward to seeing the park in the spring with the freshet and growing vegetation.



Totem Pole Unveiling

On November 15, Sq'ewá:lxw First Nation celebrated the public unveiling of the totem pole carved on-site this summer by George Price.

The figures represented on the totem pole are: Eagle, Bear with Sturgeon, Blowing Man, and a Guardian figure. The totem pole is installed near the gazebo at the Administration Building.

More than 200 people attended the event, many of whom had visited with George and participated in the carving. The log used was donated by Probyn Log and came from a tree estimated to be 315 years old.



Elders Gathering - August 2023

The Elders Gathering was held in Vancouver on August 14 - 17, 2023. Sq'ewa:lxw First Nation Elders who attended this year were: Charles Chapman, Chief Maureen Chapman, Councillor Debra Schneider, Monty Chapman, Julie Lungal, Deano Chapman and Wendy Chapman. Keith Point from Sq'ewqéyl First Nation also joined our group along with Executive/Communications Assistant Dianna Umpherville and Cultural Environmental Coordinator Trena Point who attended as chaperones to assist the Elders with anything they needed. A great time was had by the Elders and we look forward to the 2024 Gathering.



Stó:lō Xwexwilmexw Government (SXG) Information



TREATY PRINCIPLES

All items with a ✓ already have been negotiated and agreed upon by Canada, British Columbia, and the SXTA as of May 2020.

The purpose of the treaty is to move the Stó:lō Xwexwilmexw into a new nation-to-nation, government-to-government relationship based on the following principles:

CORNERSTONES

Stó:lō Aboriginal rights and title form the basis of the treaty. Those rights and title will not be extinguished. ✓

The Treaty is adaptable, renewable and changeable over time and is not a final settlement. ✓

The United Nations Declaration on the Rights of Indigenous Peoples will be incorporated into our Treaty. ✓

(a) Past loans for negotiating Treaty will be forgiven. ✓

(b) As of 2018, all further negotiations are loan free. ✓

SELF RELIANCE

We will add a minimum of 24,463.43 acres of land, to our existing land, for which we will have full control and lawmaking powers. Nothing will happen on those lands without our full consent.

(a) \$150 million, as a minimum, will be transferred to us as a lump sum payment. ✓

(b) There will also be a land acquisition fund, additional annual transfer payments for programs and services, and funding for self-government.

SELF-GOVERNANCE

We will govern ourselves under our own Shxwelméxwelh (Constitution) and laws through our National and Village governments. We will no longer be governed by the Indian Act. ✓

All existing benefits (e.g. health, social security, and pensions) will continue. We will have law-making authority over health and social services, including children and families. ✓

Taxes: For our members:

i) We will retain existing tax exemptions.

ii) Members will not pay property tax on treaty lands.

Taxes paid by others:

i) Income tax ✓ and property tax paid by non-members on Stó:lō Xwexwilmexw lands will come back to our government.

ii) Goods and Services Tax (GST) paid at businesses on Stó:lō Xwexwilmexw lands will come back to our government. ✓

We will maintain control over our own membership. Villages that have established their own membership codes will maintain control of those codes. Registration of status will continue if you are eligible.

CULTURE AND HERITAGE

We will enhance our Halq'eméylem language, and protect our Stó:lō culture and heritage, including spiritual sites, and access for practices. ✓

(a) We will maintain and enhance hunting, fishing, and gathering rights, and

(b) will have shared decision-making over the use of land resources, including revenue-sharing, outside of treaty lands and within S'ólh Téméxw.

We will protect our right to fish, our fishing sites, access to our fishing sites, fish habitat, and our fishing traditions.

FUTURE GENERATIONS

Our Treaty will be a living tree for our Tomíeqw. ✓



Community Summer Gathering

Community Summer Gathering

