

6 Benefits of Eating Seasonal Wild Game

Nutrition

Wild game offers a nutritional profile that sets it apart from conventional meats. These animals often roam freely, leading to leaner and more muscular meat. Venison, for example, is lower in fat and calories compared to beef, yet rich in protein, iron, and essential B vitamins. By incorporating seasonal game into our diets, we can enjoy a nutrient-dense source of protein that aligns with the changing seasons.

Wild game contains significantly more iron than any meat available in your supermarket.

Sustainability and Conservation

Choosing wild game supports sustainable and ethical practices. By regulating population sizes and preventing overgrazing, hunters play a crucial role in maintaining a balanced and healthy environment. This sustainable approach contrasts with the industrial farming of livestock, which can have detrimental effects on the environment.

Zero Miles / Reduced Carbon Footprint

Opting for seasonal wild game reduces the carbon footprint associated with food production and transportation. Unlike commercially farmed meats that often travel long distances before reaching consumers, game sourced locally has a significantly lower environmental impact. Embracing the "eat local" philosophy by consuming game from nearby sources can contribute to a more sustainable and eco-friendly lifestyle.

Local Economy Boost

Engaging in the consumption of seasonal game supports local economies, particularly in rural areas. The game industry creates jobs for processors, and local markets. By participating in this cycle, consumers not only enjoy fresh, locally sourced food but also contribute to the economic vitality of the community. This symbiotic relationship reinforces the importance of a locally driven food system.

No Antibiotics

Wild game distinguishes itself with its natural, antibiotic-free, and hormone-free characteristics. Unlike conventional protein sources, which often receive artificial hormones to enhance growth beyond natural limits, wild game stands apart. The pervasive question arises: what impact do these administered hormones and antibiotics have on our health when we consume them? In contrast to factory-farmed livestock, wild game freely roams in natural environments, removing the necessity for pharmaceutical interventions.

Incredible Flavour

Whether it's a slow-cooked venison stew or a grilled elk or moose meat dish, exploring recipes with seasonal game is such a rewarding experience. Seasonal wild game meat boasts a flavour profile that is a testament to the untamed landscapes and diverse diets of these creatures. Take venison, for example—the succulent meat of deer. Its flavour is a harmonious blend of earthiness and a subtle sweetness, reflecting the deer's natural forage in wooded habitats.

Information gathered from: <https://wearethesaltbox.co.uk/six-benefits-of-eating-seasonal-wild-game-meat/>

Skawahlook First Nation has deer meat, canned salmon and frozen salmon available to members. Unfortunately, we are not able to provide this to members outside of the Lower Mainland by mail. If you are interested in picking up some deer meat or salmon, please contact Dianna at 604-796-9129 or dianna@skawahlook.com



UPCOMING EVENTS

Vancouver Canucks Game - February 8, 2025

Sq'ewá:lxw First Nation Skawahlook



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<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 Chief Maureen Chapman Shxwetélmel-elhót

Welcome to fall!

This time of year brings calmness as well as excitement for the holidays.

This year's Family Gathering took on deeper meaning with the loss of brothers Brett and Howard and highlights how much we rely on our families. The Celebration of Life for Brett, as well as the success of the Gathering, brings hope and encouragement for the future endeavors of our community.



Keeping with the focus on the future, I shared at the Gathering that Sharron will take on the Hereditary Chief position on August 1, 2025. My decision is the result of years of observation in terms of work ethic, honesty, commitment, integrity and love for our members and our community. Sharron has many years of experience working with all levels of government and fully understands the dynamics of varying agendas and political aspirations of those involved. Sharron has dedicated 21 years to our community and, with your participation and support, we will realize the goals and dreams outlined in our planning sessions.

Thank you for your continued commitment, participation and support.

Enjoy the fall and I look forward to seeing you at future events and gatherings.

Happy Holidays!





A message from Councillor Debra Schneider Tá:leyelhot

It is a rainy November Fall morning; I sit here thinking of the past year, and I feel heartbreak, joy and excitement.

We had an amazing Community Gathering this past August. It was wonderful to see such a great turnout. It was bittersweet as we had Brett's Celebration of Life that same weekend. On October 5th, we had a Celebration of Life for Howard as well.

As you know, I attend the STSA (S'olh Temexw Stewardship Alliance) meetings and through this group we have met with the MoTI (Ministry of Transportation and Infrastructure). MoTI has now committed to putting the turn off lanes needed to access and leave the Adventure Park and Grace Estates safely. It has been quite a few years of meeting, but it is now worth it.

I am excited (and slightly sad) to say that I am stepping down as Councillor for SKFN as of August 2025. It has been 30 years and now it is time to hand over the reigns to the next generation. I truly believe God put me in this position 30 years ago, to be here to look out for our community, but now it is time to enjoy my retirement.

I have the utmost confidence in the next Chief and Council, and I trust that you will support them. It has been an honour to represent our community.

I wish you a wonderful Christmas season and an amazing New Year 2025.

Vancouver Canucks Game Tickets



February 8, 2025
Vancouver Canucks
vs.
Toronto Maple Leafs



It was so much fun last year, that Skawahlook has decided to rent another suite for a Vancouver Canucks game. This game will be Vancouver Canucks vs. Toronto Maple Leafs, on February 8, 2025. We have reserved the Centre Ice Luxury Suite at Rogers Arena which holds a maximum of 32 people.

If you are interested in attending, it is first come, first serve. Right now we are just taking names of those members interested. Please send Dianna (dianna@skawahlook.com) an email or give her a call at 604-796-9129 to reserve your seats. These tickets are only open to members and their immediate families. Previous attendance may be a consideration, depending on how many members are interested in attending.

If you decide you would like to attend, please ensure it works with your calendar. If you are unable to make the hockey game, you must give us ample time to find someone else to take your seat.



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A message from Councillor Jenn Carman Sáyémtelót

We had such a fantastic Annual Gathering this past August. It was fantastic to see so many family members and to deepen our connections from summers past.

Witnessing Chief Maureen's 25 year celebration was a special moment. I have learned so much from Chief this past year, during my time on council and am looking forward to her continued mentorship as we move to new leadership, with the announcement of Sharron as our next Chief.

I am excited to continue my role as Councillor into 2025 and to be a part of this next chapter.

Sept 30 - National Day for Truth and Reconciliation - I was excited to be a part of our Lighting the Path event. Seeing a great turnout for our light display gives me such pride in our community. Inviting people to see our beautiful land and hear the recorded stories is always a special event to be a part of.

I am excited to settle into winter with my family and upcoming holiday activities.

Wishing you all a safe and happy holidays with your family and loved ones.



Canoe Carving

For a second consecutive year, Skawahlook (Sq'ewá:lxw) First Nation (SKFN) was able to undertake a major cultural project, adding a 20-foot war canoe to the totem pole carved last summer.

The canoe will be mounted and displayed in front of the administration building. It was carved by Stan Greene from Skowkale First Nation. Stan is a well-known carver and painter, who has also mentored and worked with artists in Indigenous ways of creating culturally appropriate works.

Stan, with assistance from his son-in-law Victor, worked on the canoe throughout the summer. The log was found by Probyn Log, the same company that provided the log for last year's totem pole. It is increasingly difficult to find cedar trees that are large enough to make a war canoe from as it must be a minimum of approximately 8 feet in diameter and 25 feet or longer for length. We are very grateful to Probyn for setting aside this log for us.

Stan and Vic began the project in May and worked on it throughout the summer, finishing at the end of September. Part of their role was to explain the significance of different canoes and how they are built. Many people stopped by while traveling to talk to Stan and Vic as they carved.

While the canoe is water-worthy, SKFN will use it for educational purposes and as a visual attraction to those visiting the administration centre.



Community Christmas Dinner

Sq'ewá:lxw First Nation hosted the Annual Community Christmas Dinner on Friday, November 29th. Merle provided a traditional turkey dinner, including bannock. We had crafts for adults and children. Everyone had a great time. We hope you can join us next year!!



Member Businesses



We're excited to introduce Unclutter You, a home organizing service dedicated to helping families transform chaos into calm through personalized organizing solutions that simplify spaces and enhance their daily lives. As a mom of three boys with a unique combination of experience in psychology, special education, and a passion for helping and organizing, owner Leah Sjovald understands the challenges busy families face. Clutter and disorganization has negative effects on mental and physical health, relationships, finances, time management, productivity and overall well-being. Unclutter You hopes to transform lives, one home at a time.



This was a vision Debra Schneider had for a couple years and after a lot of research, finally broke ground in 2016.

The first tenants moved in, in 2018. It took a while for the park to be known, but with the help of their website, the park took off. As of 2023, the last two homes sold. There are 28 dwellings on site, and Debra and Dave were able to build the park without borrowing a dime. It was slow going at first, but with patience it is now full. Running a business has its ups and downs, but Debra and Dave are glad they did it. If you have a dream or a vision, Debra encourages you to PURSUE IT.

They give God all the glory in making this happen.



Carrie Tolley has launched a non-profit called "Beautiful Skys" to bring aid to reservations in the United States. For 9 years, Carrie's associate Gail, has taken U-haul's full of donations to South Dakota's Pine Ridge Reservation as it is one of the poorest in the nation.

This winter, they are branching out and bringing aid to the local Spokane community, with adult/baby/children's clothing, winter clothing and various donations to help families get through these tough times.

Gail has the connections and the know-how to manage donations, Carrie's good friend Amanda is the powerhouse secretary/financial side and Carrie is the Executive directing the non-profit side and handing the website, grant writing and leadership.

They are excited to to help the community.

Annual Community Gathering



Skawahlook First Nation held its annual Community Gathering on the August long weekend. This was the best attended gathering held with more than half of the community members coming from as far away as Ohio to spend the weekend with their Skawahlook family.

This year's Gathering was a little different as it started on the Friday with a Celebration of Life for member Brett Chapman who passed away suddenly earlier in the year. This was a chance for the family to share fond memories and some tears as they swapped stories about Brett. He is much missed as a community member, resident, and maintenance employee with the Nation.

On Saturday, the members had an opportunity to design a future Sq'ewá:lxw community, using the Certificate of Possession land acquired from Todd Chapman last year. Members were very engaged in creating a residential community that they could see themselves living in comfortably.

There were also presentations from Managing Director Sharron Young, and the Stó:lō Service Agency Health Department. Chief Maureen Chapman announced at the Gathering that she will be retiring from her Chief's role next August. Under Sq'ewá:lxw's hereditary Chief system, Sharron has been identified as the next Chief and is working with Chief Chapman to prepare for the role.



Elders Gathering

In August, 6 of our Elders and 2 staff escorts were able to attend the annual Elders Gathering in Vancouver. The Elders Gathering is always an opportunity for members to catch up with long-time friends from the local area and throughout the province and to enjoy a couple of days of pampering and entertainment. The highlight of the Gathering is the Grand Entry that is held where all the Elders and their escorts enter the hall to singing and drumming. The attendees were also treated to a variety of health services, like massages, as well as shopping and singing, cultural entertainment and lots of laughter.



Ruby Creek Art Gallery Art Gala

The Ruby Creek Art Gallery held its first Art Gala since 2017 on November 23rd. Despite a landslide that closed Hwy 7 between Hope and Sq'ewá:lxw, The Ruby Creek Art Gallery had its most successful event ever.

Gallery Clerks Laura Reid and Kimberley Lessard organized a wonderful evening with the Hall filled with art moved from the Gallery for the occasion. Approximately 70 people attended. Music was provided by Maddi K. and catering came from Graze Charcuterie. Chaberton Winery and Raven's Brewery supplied wine and beer.

Along with the music, refreshments and shopping, those attending also had an opportunity to meet with artist George Price, who is featured regularly both locally and in our Gallery. George is also the artist who carved the totem pole that is a major feature at the Sq'ewá:lxw Administration Centre.



Canning Day

On Monday, October 28th, members of Sq'ewá:lxw's Chief, Council, Staff and extended family gathered to can salmon. It took a total of 2 days of canning, but the end result was 192 pints and 72 half-pints of canned salmon. We still have some in stock, so please contact Dianna at 604-796-9129 or dianna@skawahlook.com if you would like to receive some canned salmon.



Syéxw Chó:legw Rehabilitation Project

By Trena Point, Environmental Cultural Coordinator

In Fall 2024, we completed Phase 2 of the Adventure Park Habitat and Wetland Restoration with the help of Chartwell Resource Group and Tolson's Enterprises Inc. Downstream of the salmon bridge and near the park platform in front of the historical rockslide, we expanded the wetland restoration site upstream of last year's activities. Firstly, we cleaned our canvas by removing the invasive species Reed Canary Grass (RCG). RCG is invasive due to how quickly it can grow and outcompete other native vegetation species for sunlight and nutrients. It also damages salmon habitat by covering the spawning grounds, as salmon prefer to spawn in cobble and gravel.

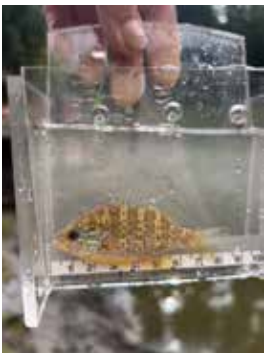
Once we were able to see the land we would be working with, we found the low points in the stream and carved out our main streamway path and determined the best locations to place three large ponds. These ponds were dug deep enough to fill in with ground water, in the peak dry season of September, to ensure that the wetland would hold cold water year-round. Since we did not find too much large woody debris for habitat complexity, Tolson's was kind enough to donate several logs and a beautiful root mass that will provide shade and hiding locations for aquatic species. After a few days of construction, we found several native species had moved into the park since phase 1 of the restoration was completed in 2023. We confirmed 2 species of salmon living in the ponds, and also discovered the endangered red legged frog had moved in as well.

There are several other indicator species such as dragon flies, water shrews and other native frogs, that prove the wetland is thriving. After the streamway and ponds had been dug out, we placed beautiful river rock throughout the stream to add an accent, and habitat complexity for salmon, as well as a sediment trap for any incoming dirty ground water. To help let the sediment settle and prevent it from entering the new wetland, we placed sediment barriers throughout each side of the new stream.

At the beginning of November, our team planted over 800 native plants. These included Maple, Cottonwood, Red Alder, Dogwood and Cedar Trees, along with a variety of native brush such as Salmonberry, Thimbleberry, Snowberry and aquatic species such as bulrush along the streamway. At the salmon bridge, we were able to expand the restoration site downstream of the bridge with the same activities as the wetland. This year, Skawahlook's environmental team welcomed back William Baker to aid in the project, as well as Emilio Chapman-Pettis, son of one of Skawahlook's members.



Invasive Species - Eastern Green Frog



Invasive Species - Pumpkin Seed Perch



BEFORE



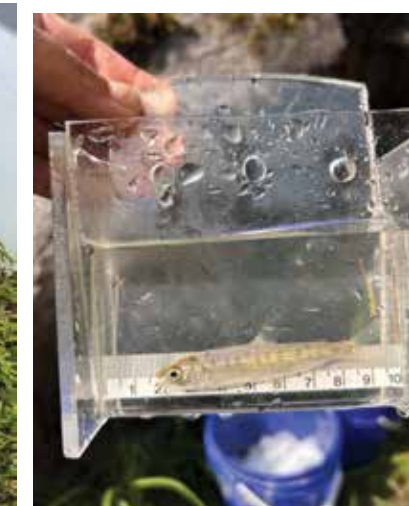
DURING



COMPLETION



Endangered Species - Red Legged Frog



Juvenile Sockeye Salmon