

It is exciting to see the number of Covid cases dramatically decreasing in the month of June. In the U.S., events and travel are taking place and we are sure our American members can attest to the relief of beginning to get back to normal. We are now in Step 2 of BC's reopening plan. A visual is provided below. As you know, Covid-19 has impeded our ability to gather. We estimate that our first gathering will be in the fall, followed by the Community Christmas dinner in December. It has been a tough 15 months and we look forward to coming together again.

BC's Restart Plan:

	Step 1 May 25	Step 2 June 15 (earliest date)	Step 3 July 1 (earliest date)	Step 4 Sept 7 (earliest date)
Businesses	<ul style="list-style-type: none"> Indoor & outdoor dining up to 6 people (anyone) Liquor served until 10 PM Existing WorkSafeBC Safety Plans remain in place 	<ul style="list-style-type: none"> Liquor served until midnight Banquet halls reopen – with limited capacity. Safety Plans Consultations with sector associations on next steps on easing of restrictions 	<ul style="list-style-type: none"> Indoor & outdoor dining – no group limit Liquor service restrictions lifted Bingo halls, casinos, and nightclubs reopen – limited capacity Operate based on new Safety Plans 	<ul style="list-style-type: none"> Continue to operate based on new Safety Plans

Steps	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Businesses	Offices & Workplaces
1 May 25	C: stable H: stable D1: 60%	<ul style="list-style-type: none"> Masks mandatory, indoor public spaces Physical Distancing If sick, stay home and get tested 	<ul style="list-style-type: none"> Outdoor Personal gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people 	<ul style="list-style-type: none"> Indoor seated organized gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people 	<ul style="list-style-type: none"> Recreational travel within your zone. Non-essential travel between zones restricted 	<ul style="list-style-type: none"> Low intensity indoor fitness classes. Outdoor local team games and practices for all ages – no spectators 	<ul style="list-style-type: none"> Indoor & outdoor dining – up to 6 people Liquor service – 10 pm Existing WorkSafeBC Safety Plans remain in place 	<ul style="list-style-type: none"> Start gradual return to workplaces and offices Existing Safety Plans remain in place
2 June 15	C: declining H: declining D1: 65%	<ul style="list-style-type: none"> Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested 	<ul style="list-style-type: none"> Outdoor personal gatherings – up to 50 people Indoor visitors – up to 5 people or 1 household Playdates 	<ul style="list-style-type: none"> Indoor seated organized gathering – up to 50 people Sector consultations on next steps on indoor and outdoor gatherings 	<ul style="list-style-type: none"> BC recreational travel BC Transit and BC Ferries – increased services as needed 	<ul style="list-style-type: none"> High intensity indoor fitness classes – reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 5-10 people 	<ul style="list-style-type: none"> Liquor service – midnight Banquet halls reopen – limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions 	<ul style="list-style-type: none"> Continue return to work Small in-person meetings
3 July 1 (earliest date)	C: low H: declining D1: 70%	<ul style="list-style-type: none"> Masks – recommended Careful social contact If sick, stay home and get tested 	<ul style="list-style-type: none"> Return to usual on indoor and outdoor personal gatherings Sleepovers 	<ul style="list-style-type: none"> Increased capacity indoor and outdoor gatherings – Safety Plan Fairs and festivals with Safety Plan 	<ul style="list-style-type: none"> Canada recreational travel 	<ul style="list-style-type: none"> All indoor fitness classes – increased capacity Limited spectators for indoor sports 	<ul style="list-style-type: none"> Dining – no group limit Casinos and nightclubs – limited capacity Operate based on new Safety Plans 	<ul style="list-style-type: none"> Seminars and bigger meetings Operate based on new Safety Plans
4 Sept 7 (earliest date)	C: low H: low D1: 70%+	<ul style="list-style-type: none"> Masks – personal choice Normal social contact If sick, stay home and get tested 	<ul style="list-style-type: none"> Normal social contact 	<ul style="list-style-type: none"> Increased capacity on large, organized gatherings (ie. Concerts) 	<ul style="list-style-type: none"> Canada recreational travel 	<ul style="list-style-type: none"> Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans 	<ul style="list-style-type: none"> Continue to operate based on new Safety Plans 	<ul style="list-style-type: none"> Fully re-opened offices and workplaces

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1



Sq'ewá:lxw First Nation

Skawahlook

A message from Chief Maureen Chapman



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

Summer is here!

We are looking forward to a safe summer as many of the Covid-19 restrictions are still in place. As the restrictions ease, we ask members and families to continue to social distance and wear masks when outside of your circle.

Treaty discussions continue as we move closer to self-governance. Once it is safe to do so, treaty information sessions will be conducted by Grand Chief Steven Point and Chief Terry Horne. In the meantime, information sessions can be shared on Zoom, if members are interested.

As mentioned in the December 2020 newsletter, we are planning a celebration to acknowledge the 10-year anniversary of the Seven Generations Environmental Services, Ltd., co-owned by six First Nations. Environmental issues and concerns are central to the health of our members, communities and province.

Enjoy the summer months and we hope to see you in the fall, per the provincial safety

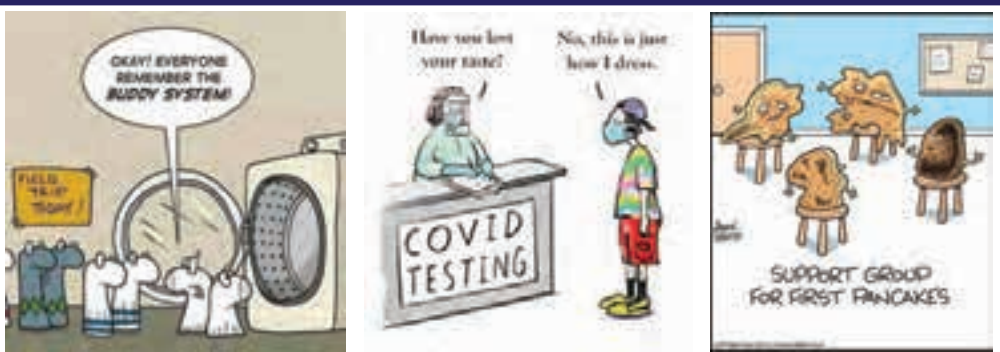
SXTA Constitution Vote/Referendum

Sq'ewá:lxw First Nation members will soon be receiving information on voting for the SXTA Constitution. While we did have a vote last fall, we did not achieve 50% of our members voting.

It is an important step in the Treaty process to pass a Constitution.

While most members have been supportive of Treaty when asked, we cannot move forward unless at least half our members vote (either in favour or against). We hope everyone will take the time to look at the information that will be provided and to cast their vote. The SXTA is offering several ways of voting to make it as easy as possible for those members who are living outside the region.

HUMOUR



UPCOMING EVENTS

We will keep members updated as the COVID-19 restrictions start to lift.





A message from Councillor Debra Schneider



Hello Sq'ewá:lxw Membership and Family

We are now past Summer Solstice which was June 20th. The days will start to get shorter and I am hoping that the mosquitoes forget about us this year, but that is wishful thinking.

Most of us are heading towards our second COVID-19 shots, which will help us to battle this pandemic. Let's keep doing those little things that Dr. Bonnie Henry encourages us to do.

As Lands Governance Director, I have registered all our laws on the Indian Lands Registry System (ILRS). In doing this, it makes the laws official and gives them strength.

I continue taking part in the workshops that the First Nations Land Management Resource Centre provide, but still doing them virtually. It is interesting to hear what other communities are doing regarding land issues, ie. enforcement.

I continue to virtually attend the S'ólh Téméxw Stewardship Alliance (STSA) meetings. I met recently with the Ministry of Transportation and Infrastructure (MOTI) regarding the turn off and deceleration lanes for our community. We need these lanes put in so that our membership and community members can enter and leave our community with safe highway access. I also let them know that our Adventure Park is getting busier every day, and that area definitely needs safety lanes to enter and exit the Park. Ongoing meetings with MOTI will continue to happen until I see this issue addressed.

I will be meeting with Canadian Pacific Railway (CPR) to address safety issues at our railway crossings as well.

I would like to encourage everyone to safely go out and enjoy your summer, now that things will be opening up more.

Take care,
Debra

Community Policing Agreement

More than a dozen Indigenous groups in the Fraser Valley have partnered with the RCMP as part of an agreement to bring more safety, communication and policing services to their communities.

For many months, the RCMP and a committee of four First Nations Chiefs representing 15 communities in the Fraser Valley (Chief James Hobart, Spuzzum; Chief Derek Epp, Tzeachten; Chief Mark Point, Skowkale and Chief Maureen Chapman, Skawahlook) worked together to sort out existing gaps in service and to formally outline what the First Nations expect from the RCMP.

The agreement was signed by Chief and Council on March 9, 2021.



Chief Chapman and Superintendent Bryan Massie, RCMP



Chief Chapman and Constable Chris Gosselin

Telus FibreOptic

With funding from the provincial government's Connecting BC Economic Recovery Fund and TELUS, we will be bringing TELUS PureFibre directly to the homes and businesses in Skawahlook First Nation by the end of 2021. We are happy to report that everything is moving along as planned and we are very excited to see this coming to the community. This will assist with everyday business within the administration and allow for connection to Zoom for community meetings. Members will be able to join all meetings taking place in Skawahlook no matter where you live. If you have any questions please contact Sharron at sharron@skawahlook.com.



Healthy Hints: What are Vitamins?

Vitamins are essential nutrients that mainly come from foods. Each performs various roles in the body, and deficiencies of different vitamins can harm health in different ways. Aim to get vitamins from a balanced, varied diet that contains plenty of fruits and vegetables. If a person is pregnant, has a health issue or a restricted diet, a doctor or nutritionist may recommend vitamin supplements.

Vitamins are either soluble, or dissolvable, in fat or water.

FAT-SOLUBLE VITAMINS

A, D, E & K – the body stores fat-soluble vitamins in fatty tissue and the liver, and the reserves of these vitamins can stay in the body for days and sometimes months. Dietary fats help the body absorb fat-soluble vitamins through the intestinal track.

Vitamin A (retinol, retinal, and “the four carotenoids”, including beta carotene) – essential for eye health. Good sources – liver, cod liver oil, carrots, broccoli, sweet potatoes, butter, kale, spinach; pumpkins; collard greens, some cheeses, eggs, apricots, cantaloupe, milk.

Vitamin D (ergocalciferol, cholecalciferol) – necessary for the healthy mineralization of bone. Good sources – exposure to UVB rays from the sun or other sources causes the body to produce vitamin D. Fatty fish, eggs, beef liver and mushrooms also contain the vitamin.

Vitamin E (tocopherol, tocotrienol) – its antioxidant activity helps prevent oxidative stress, an issue that increases the risk of widespread inflammation and various diseases. Good sources – wheat germ, kiwis, almonds, eggs, nuts, leafy greens and vegetable oils.

Vitamin K (phylloquinone, menaquinone) – necessary for blood clotting. Good sources – natto, leafy greens, pumpkins, figs, and parsley.

WATER-SOLUBLE VITAMINS

C and all the B vitamins do not stay in the body for long and cannot be stored. They leave the body via the urine. Because of this, people need a more regular supply of water-soluble vitamins than fat-soluble ones.

Vitamin B1 (thiamine) – essential for producing various enzymes that help break down blood sugar. Good sources – yeast, pork, cereal grains, sunflower seeds, brown rice, whole grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver, and eggs.

Vitamin B2 (riboflavin) – essential for the growth and development of body cells and helps metabolize food. Good sources – asparagus, banana, persimmons, okra, chard, cottage cheese, milk, yogurt, meat, eggs, fish, and green beans

Vitamin B3 (niacin, niacinamide) – needed by the body for the cells to grow and work correctly. Good sources – chicken beef, tuna, salmon, milk, eggs, tomatoes, leafy vegetables, broccoli, carrots, nuts and seeds, tofu, and lentils.

Vitamin B5 (pantothenic acid) – it is necessary for producing energy and hormones. Good sources – meats, whole grains, broccoli, avocados, and yogurt.

Vitamin B6 (pyridoxine, pyridoxamine, pyridoxal) – vital for the formation of red blood cells. Good sources – chickpeas, beef liver, bananas, squash, and nuts.

Vitamin B7 (biotin) – enables the body to metabolize proteins, fats, and carbohydrates. It also contributes to keratin, a structural protein in the skin, hair and nails. Good sources – egg yolk, liver, broccoli, spinach, and cheese.

Vitamin B9 (folic acid, folinic acid) – essential for making DNA and RNA. Good sources – leafy vegetables, peas, legumes, liver, some fortified grain products, sunflower seeds. Several fruit have moderate amounts.

Vitamin B12 (cyanocobalamin, hydroxocobalamin, methylcobalamin) – essential for a healthy nervous system. Good sources – fish, shellfish, meat, poultry, eggs, milk and other dairy products, fortified cereals, fortified soy products and fortified nutritional yeast.*

*Doctors may recommend that people with vegan diets take B12 supplements.

Vitamin C (ascorbic acid) – contributes to collagen production, wound healing, and bone formation. It also strengthens blood vessels, supports the immune system, helps the body absorb iron, and acts as an antioxidant. Good sources – fruit and vegetables, but cooking destroys Vitamin C.

A balanced, varied diet that contains plenty of fruits and vegetables should be the primary source of vitamins. Fortified foods and supplements may be appropriate in some cases, such as during pregnancy, people with restricted diets, and people with specific health issues. Anyone taking supplements should be careful not to exceed the maximum dose, as research shows that taking too much of any vitamin can lead to health problems. Also, some medications can interact with vitamin supplements – it is important to speak with a healthcare provider before trying or adding supplements to your diet.



Summer Students

Serena Jefferson

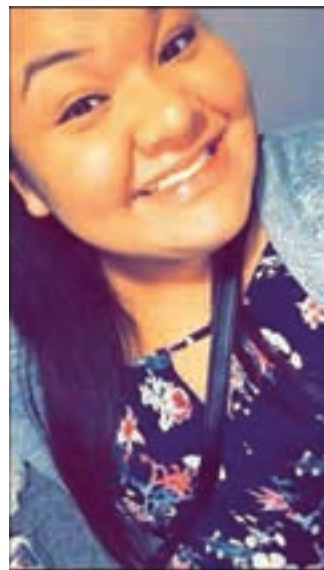


I am Serena Jefferson and my traditional name is Sawtelwhet. I am from Sq'ewqéyl (Skowkale) First Nation in the Chilliwack area. I am studying at University of British Columbia (UBC) for my undergrad in Sociology. I am in going into my third year now. I want to become a counsellor to help our younger generations to come. I am very happy to work for a close by community, and I would like to thank the community for making me feel welcome to come work for Sq'ewá:lw First Nation. I will be working in data entry and reception and at the Adventure Park.



Jenna Sepass

Jenna joins us as a summer student working in data entry and reception and at the Adventure Park. Jenna is a member of Sq'ewqéyl (Skowkale) First Nation. She has previously worked at Stó:lō Nation in several roles including in administration and as an Elders Coordinator, as well as at the University of Fraser Valley as an auxiliary department assistant. Jenna is looking forward to working in community for the summer.



Michael Suedfeld,
Office Manager



Hello, my name is Michael Suedfeld and I am the new Office Manager for Sq'ewá:lxw First Nation. I come to Sq'ewá:lxw after 7 years working with Stó:lō Service Agency Health and have also worked with the Fraser Region Aboriginal Planning Committee/Interim Authority, the Aboriginal Children and Families Chiefs' Coalition, the First Nations Child and Family Wellness Council, and the BC Assembly of First Nations over the past 15 years. I look forward to getting to know and supporting Sq'ewá:lxw's members.

In my role at Sq'ewá:lxw, I will oversee the daily work of staff both inside and outside the administration building and respond to questions, comments and needs of the membership.

I am a longtime resident in Coast Salish territory and currently live in Chilliwack where I can often be found walking my dog around the Promontory hills or sitting on my back porch enjoying the view. I consider myself blessed each day to live in such a beautiful environment and often think about what it must have been like before contact and how important it is to look after what is here for future generations.

I can be reached at 604-796-9129 or by email at michael@skawahlook.com



Jenn Carman, Councillor



My name is Jenn Carman and I am a proud member of Sq'ewá:lxw First Nation. I have an 8 year old daughter, Mia, who is also a member. I am married to a wonderful supportive man, named Byron and am a step-mom to his three children.

I have worked for Stó:lō Nation for over 10 years and I am the Early Childhood Education Manager for the Early Years Centre. I am passionate about providing high-quality childcare for all children as well as providing program supports for Indigenous families with young children.

The opportunities that have been provided to me as a member of Sq'ewá:lxw have allowed me to be an active and successful member. I have a certificate from the University of the Fraser Valley in Early Childhood Education as well as diplomas in Special Needs and Infant and Toddler Education.

Over the years I have been fortunate to be a part of our Housing Committee, Lands Committee and was the Youth Representative for our Sq'ep Community Planning meetings. Being a part of these committees has allowed me to see and understand a larger scope for our community needs, successes and challenges.

I am excited and honoured to be a part of Council as I enjoy giving back to our community. I am here to observe, listen and learn. I look forward to helping in any way to provide a positive future for the members of Skawahlook as well as for my daughter's future.

Kw'es hoy

Trena Point,
Environmental Cultural Coordinator



Trena's Family (left to right) - children's father, Brandon Jimmie, sons Liam, Mason, Tanner and Trena



Trena's Great Grandma Rena Bolton, made traditional weaved cedar hats and blankets for all her granddaughters. left: Chelsea Point, right: Trena Point

Ey Swayel

Gwaskalk tel skwix, and my given English name is Trena. I come from Sq'ewqéyl (Skowkale) on my fathers' side, Great Granddaughter of matriarchal bloodline of Rena Bolton and Roy Point. I come from Tsartlip on my mothers' side, Great-Granddaughter of Emanuel Cooper, and matriarchal bloodline of Gloria Cooper.

I have been raised to participate in the local culture of Stó:lō Nation my entire life. I practice attending the longhouse in the fall and winter and am an avid Canoe Paddler for Vikki-Lynn, Fivestar Canoe Club for the spring and summer. Other cultural practices I participate in are, learning to weave with cedar and wool from my Great Grandma, and my newest and greatest passion is learning medicinal plant usage from my Aunties and Uncles.

I earned my Bachelor's in Science Degree from the University of the Fraser Valley, majoring in Biology with a specific interest in Ecology and Plants. I am pleased to introduce myself as the new Environmental Cultural Coordinator for Sq'ewá:lxw First Nation. Some of my position duties will include:

- Leading engagement funding initiatives regarding the TMX Pipeline.
- Oversee Environmental Cultural Studies on the Traditional land of Sq'ewá:lxw.
- Oversee the assessment of incremental treaty agreement & land transfer.
- Oversee the Commonage research engagement preparedness project.
- Communication and translation of these projects with the community.

Currently, I am familiarizing myself with the cultural history and studying the traditional lands of Sq'ewá:lxw First Nation. I look forward to engaging with the community and exchanging knowledge to improve the traditional land and the future economic development.

If anyone would like to have a conversation with me, I can be reached at the Sq'ewá:lxw office, at 604-796-9129, or by email, trena@skawahlook.com





Jordan Ammerman

Jordan is the son of Cheyenne and Jared Ammerman. He is graduating from A.C. Davis High School. He will continue his education and attend Central Washington University.



Olivia Tolley

Olivia is the daughter of Carrie and Jon Tolley and she is graduating from both University High School and Spokane Community College. Olivia will attend Brigham Young University in Idaho in September working towards her Bachelor of Science, majoring in Environmental Biology. Next summer she plans to do an 18-month mission for The Church of Latter-Day Saints and then continue with her final year of school upon her return.



Rachel Tolley

Rachel is the daughter of Carrie and Jon Tolley and she is graduating from Brigham Young University in Idaho with a Bachelor's of Science degree in Therapeutic Recreation. Rachel will be interning at Eagle Mountain in Billings, Montana in the fall. She plans on working in adaptive recreation with an emphasis on those with cognitive and physical disabilities.

Class of 2021



Leeson Chapman

Leeson is the son of Crystal Chapman and he is graduating from Agassiz Elementary Secondary School. Leeson will be working with Johnny 5 arborist company and will take the RCMP test in September when he turns 18.

Shayleen Peters

Shayleen is the daughter of Kelly Chapman and she is graduating from Agassiz Elementary Secondary School. Shayleen is enrolled in the Qualifying Studies program with UFV in September to ready herself for the Nursing Program.

