

The best way to reduce your risk of developing skin cancer is to protect yourself from UV rays all year round. Practise SunSense and follow the 6 tips below to protect yourself from the sun.

1. Check the UV Index every day

On days when the UV Index reaches 3 (moderate) or more, you need to be extra careful to protect your skin. Try to reduce your time in the sun between 11 a.m. and 3 p.m. – when the sun’s rays are at their strongest – or any time of the day when the UV Index is 3 or more.

UV Index	Exposure
0-2	Low
3-5	Moderate
6-7	High
8-10	Very high
11+	Extreme



2. Seek shade

If your shadow is shorter than you, find some shade because this means the sun’s rays are at their strongest. Sit under a tree at the park or under an awning on a restaurant patio. Bring an umbrella for on-the-go protection. If you can see the sky from your shady spot, you still need to cover up with clothing, a hat, sunglasses and sunscreen. UV rays can reach you in the shade by reflecting off the surfaces around you.

3. Cover up

Did you know that clothes protect you better than sunscreen? Cover up as much of your skin as you can with clothing that is made from tightly woven fabric. Or look for clothing that is labelled with a UPF (UV protection factor).



4. Slap on a hat

Wear a wide-brimmed hat that covers your head, face, ears and neck.

5. Wear sunglasses

Sunglasses don’t have to cost a lot to work well, but make sure you choose close-fitting ones with UVA and UVB protection in a wraparound style. The label might have UV 400 or 100% UV protection.



6. Use sunscreen properly

Sunscreen absorbs UV rays and prevents them from penetrating the skin. Apply a broad-spectrum sunscreen with an SPF of 30 or higher. It’s important to apply a generous amount of sunscreen to any skin not covered by clothing. If you’re going in the water, make sure your sunscreen is also water-resistant. Remember, use sunscreen along with shade, clothing and hats, not instead of them.

Fast facts about UV rays

- * UV rays can get through clouds, fog and haze.
- * Water, sand, concrete and especially snow reflect the sun’s rays – and make them even stronger.
- * We are exposed to more UV rays as the protective layer of ozone around the earth becomes thinner.
- * The main source of UV radiation is the sun, but indoor tanning beds and sun lamps are also sources.
- * The UV Index is a useful tool when it comes to protecting yourself from the sun. It tells you the strength of the sun’s daily UV rays that reach the earth’s surface – the higher the number, the stronger the sun’s rays and the more important it is to protect yourself. In Canada between April and September, the UV Index can be 3 or more from 11 a.m. to 3 p.m., even when it is cloudy. On these days, you need to be extra careful to protect your skin.



Protecting your baby

Keep babies out of direct sunlight. Use clothing that covers their arms and legs – and don’t forget a hat. Keep them protected in a covered stroller, under an umbrella or in the shade. This can also help prevent dehydration and sunstroke.

Is sunscreen safe for babies? If your baby is less than 6 months old, check with a healthcare professional before using sunscreen.

For babies 6 months of age and older, it is OK to use a small amount of sunscreen on exposed skin (such as their face and the back of their hands). Protective clothing and shade are better protection from the sun, but using a small amount of sunscreen is better than risking a sunburn, which can be serious for a baby. Make sure to test a small amount on your baby’s inner arm to see if the skin reacts to the product before using it on other exposed skin.



*Information gathered from the Canadian Cancer Society

Sq’ewá:lxw First Nation Skawahlook



A message from Chief Maureen Chapman



Summer has arrived!

The spring was cool and wet but surely helped with keeping the floodwaters away from our community.

Although the Covid cases have dropped dramatically, our Sto:lo communities continue to have outbreaks. We continue to take the necessary precautions and keep our circles small.

As of April 1, 2022, the Sto:lo Xwexwilmexw Treaty Association (SXTA) has been changed to the Stó:lō Xwexwilmexw Government (SXG) as we formally became a Government. A rebranding effort is in progress and we will keep you posted. The SXG continues to negotiate with the Provincial and Federal Governments and we have made a major step forward in establishing a Lands Side Table, as well as a Fiscal Side Table. The Lands Side Table is dedicated to identifying lands that can be included in our treaty, that the province has agreed to purchase for the SXG. The Fiscal Table will track the funding allotted to the treaty and explore options for additional funding. Previous committees such as Fisheries, Children and Families and Culture will become Side Tables at the next SXG meeting.

Since the last newsletter, we had an opportunity to improve our Emergency Management Plan, based on the experience of November 2021 with floods and landslides.

I trust all is well with you and your families and look forward to gathering again in the near future. Enjoy the summer and use all necessary measures to prevent sunburn, heat stroke and dehydration.

CONTACTS

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ISC - Indigenous Services Canada
<https://www.canada.ca/en/indigenous-services-canada.html>
or 1-800-567-9604

UPCOMING EVENTS

SAVE THE DATE

December 1, 2022 -
Sq’ewá:lxw Community
Christmas Dinner





A message from Councillor Debra Schneider

Happy Summer, Sq'ewá:lxw Family,

I am pleased to announce that I retired from my position as Lands Manager on March 31st, 2022. Life has been so busy ever since. Dave and I went on a three week holiday, starting in Orlando, Florida and ending in Ohio.

I continue to attend meetings as part of the Chief and Council. One of the meetings I attend regularly is the STSA - S'ólh Téméxw Stewardship Alliance and on July 6, 2022 the STSA BC Heritage Conservation Act s. 4 Agreement was APPROVED by BC Cabinet. A first ever in BC! It's been a long road over the last six years to achieve this positive outcome with our partners in BC. With all those involved, we raise our hands to our strong and consistent STSA Leadersip for embarking on this journey back in 2016, and backing this effort in many fields and forums leading to this historic final decision and approval. This marks an advancement in Stó:lō and Indigenous Heritage Protection and shared decision-making.

Now that summer is here I am busy with my grandchildren and plan to continue to teach them life skills like canning, baking and cooking meals. Enjoy the Summer weather and stay safe.



Welcome Kailani Ned

We are pleased to announce the birth of the newest member of Sq'ewá:lxw, Kailani Ned. Congratulations to parents Kecia Prevost and Willard Ned and also to big brother Marcus. BEST WISHES to your family!



Summer Students

Nivana Edward-Point

Ey Swaye! Sq'emestenot Tel Skwix , Te letsil kwa Sq'ewqeyl qas Xwchí:yòm qas Musqueam. Hello I am Nivana Point but my traditional name is Sq'emestenot I am from Skowkale, Musqueam and Cheam. I was hired this summer to be the Data Entry Clerk and Receptionist for the Summer Student Position.

I am currently attending the University of British Columbia and doing my Bachelor of Arts and majoring in Indigenous Studies! I have been in university for 3 years now and started off at the University of the Fraser Valley doing criminology but then decided to change my programs and school and started at UBC in Fall 2021. My goals after I complete my Bachelors is to work with Indigenous youth and Indigenous youth at risk as a cultural support worker or a mental health support worker.

Cultural and emotional wellbeing is very important to me and I value what our Culture as Coast Salish people has done to help me heal and grow. For example, one of my hobbies is War Canoe Racing in the Spring and Summer which keeps me emotionally and physically healthy and it's fun. But overall, I am excited to work for Sq'ewá:lxw this summer as the Receptionist and Data Entry Clerk.

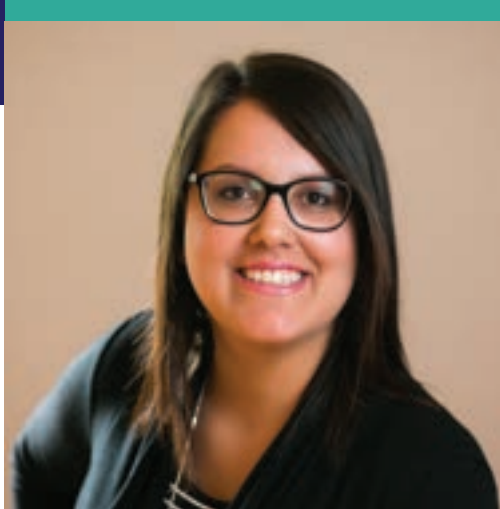


Britt Felix

Hello, my name is Britt Felix and I am a proud band member from Sts'ailes, BC. This year I am one of Sq'ewá:lxw's post-secondary summer students. In my role at Sq'ewá:lxw, I will be taking care of the Adventure Park to maintain the trail network and ensure that guests to the Park enjoy a safe, clean, and welcoming environment.

I came to Sq'ewá:lxw First Nation with years of experience in landscaping, plumbing, pipe inspection, and water maintenance. I enjoy an outdoor work environment that keeps me physically fit. When I'm not at work I'll be in class at UFV in the Bachelor of Business Administration program. And when I'm not at work or at school, you'll catch me on a soccer field, baseball diamond or the ball hockey court doing what I love.

If you're at the Adventure Park and you see me, come say hello.



A message from Councillor Jenn Carman



Wishing each member a lovely summer season. Congratulations to all students finishing another year of school.

I hope that members are enjoying and participating in all the programs Sq'ewá:lxw has to offer each member.

I am privileged to learn more about our community and the roles that we each contribute to these past months and am enjoying this time on council.

Stay safe this summer and I hope you all enjoy what the season brings.



Programs Update

In early May, we distributed our annual Programs and Applications Booklet to members. We are pleased that members are taking the time to read through the programs and are applying for the available funding for their family needs.

We have seen good uptake on the programs over the past few years and continue, each year, to look at successful areas and put more money towards those while adapting or making additions in areas where there is identified need or where the program has not met community needs.

Examples of new programs and changes this year include our new support program for Elders or others who are unable to make a regular and sufficient income, and a business support program. We have changed our housing program so that people can now access funding to improve their living space regardless of where they are, rather than reserving it for in-community housing. We also divided culture and recreation into two areas to increase funding in those two very popular areas.

Each year before distributing the program guide, we consider where we can make changes. Feedback from members is an important part of that process and we encourage anyone with ideas for new programs or for adding to an existing one to contact our Office Manager, Michael Suedfeld, at michael@skawahlook.com or by calling 604-796-9129. Our administration wants to make sure these programs and our other services are being used as much as possible, so please reach out if there is anything we can help with.

Cemetery

Last fall, in the interest of making sure all the members of Sq'ewá:lxw First Nation who are buried in the cemetery are recognized, we had subsurface scans using ground penetrating radar completed on both cemeteries on Skawahlook IR#1 by GeoScan Subsurface Surveys.

Geoscan identified approximately 30 distinct areas which had a high to lower likelihood of being an actual gravesite. Through the years, many of the original grave markers have eroded and are no longer present or identifiable. We are preparing markers to recognize those sites as graves and will have a recognition ceremony when they are complete.

Additionally, we will be adding a Columbaria to the cemetery, to store the ashes of members who wish to be cremated and interred here. Each of the spaces is large enough to hold two sets of ashes so that spouses may be recognized together.

Anyone interested in being buried or having a spot in the Columbaria should contact our offices at 604-796-0129. There is no charge to members for burial plots or space in the Columbaria.

Syéxw Chó:leqw Adventure Park

Work has continued in the Syéxw Chó:leqw Adventure Park to offer more amenities to visitors. This spring, picnic tables were added to the outdoor classroom, offering a sheltered space for people to have workshops or enjoy a meal. As well, the park is now wired for electricity, and interpretive signs, featuring Sq'ewá:lxw culture and lore, and the animals and plants of the area, have been placed throughout.

Additionally, interpretive tours, led by Sq'ewá:lxw member Kecia Prevost and our Environmental Culture Coordinator Trena Point, are being offered to school groups and will be expanded to include corporate, private, and potentially public tours. We are also creating a self-guided tour for visitors.

We are also adding two outdoor musical instruments to the park's playground. These instruments will be purchased through a grant we received to recognize children who attended Residential Schools and who did not return home. The instruments will be painted orange (the colour used to recognize Indian Residential School survivors) and an explanatory marker will be included.

The Adventure Park is growing in popularity and we are seeing more visitors as well as increased exposure in the media and on tourism platforms.

Wills and Estates

As the Lands Manager, Susan McKamey is available to Sq'ewá:lxw Members to assist when dealing with Wills and Estates. This process can be difficult for individuals who are vulnerable due to the loss of a loved one. Please do not hesitate in reaching out to Susan should you require information or assistance.

A good resource to assist you in preparing a will can be accessed at <https://afoabc.org/publications/> or at your request we can provide you a pdf via email or a printed copy. Sq'ewá:lxw First Nation has provided Will workshops in the past and will continue to do so as members come forward requesting this service.

Dianna Umpherville and Susan McKamey hold Commissioner of Oaths designations which enables them to witness signatures for Sq'ewá:lxw Member Wills at no cost.

Sq'ewá:lxw First Nation provides Members with funeral and cultural service support which can be found in your most current Skawahlook Member Program Booklet.

Executor Responsibilities

For First Nations People living on reserve or if you hold interest in land (CP holder) your named Executor is expected to carry out the key responsibilities listed below.

Apply for Death Certificates	Assist with financial planning for Funeral & Memorial Arrangements
*Register Will & Death Certificate with Indigenous Services Canada (the will must be approved by Indigenous Services Canada)	Assist family with funeral/or cremation
Locate all surviving immediate family, relatives & beneficiaries	Inform employer, landlord, member First Nation and government agencies of death.
Manages or arranges management of your home, bank accounts & personal possessions	Complete Claim Forms for Death Benefits
Notify all utilities such as hydro, TELUS, cell phone provider, cable, internet provider, home heating supplier of the death	Assist in completing life insurance applications
Make inventory of property and debts	Pay debts; Funeral Expenses, credit cards, loans & back taxes
Notify creditors and banks of death	Distribute assets to beneficiaries named in the will
Place notice of death in news paper	Complete Final Accounting

Membership Confirmation Information Forms



We send out Membership Confirmation forms each year in order to keep member contact information up-to-date so you do not miss any important information or events. These forms were included with the Program Booklet mailout sent in May. If you have any updated contact information, please let Dianna Umpherville know and she will ensure that your information is updated. You can reach Dianna at the office at 604-796-9129 or by email at: dianna@skawahlook.com

Employment Opportunity:

Paladin Security



Paladin Security is looking for Full-Time and Part-Time First Nation workers. Starting wage is \$21.80 per hour plus benefits. Training is available. For more information, please call: Tushar Tuleshkar, Security Supervisor at 604-970-7288 or by email at: ttuleshkar@paladinsecurity.com

2022 Graduates - CONGRATULATIONS!!

Rosita McIntyre



We are very pleased to announce that two of our Youth members have graduated from Seabird Island this year.

Congratulations on this great achievement! We wish you both well in your future endeavours!



Julie Joe-Davis



Contest - Historical Photos



Would you like to win \$500?? Sq'ewá:lxw First Nation wants to hear from you and is looking for photos to display at our Administration Offices. Everyone who submits a photo has a chance to **WIN!**

Criteria for submitting photos (can be 1 or all 5):

- Contains Sq'ewá:lxw Lands
- Contains members (past and present)
- Cultural events at Sq'ewá:lxw
- Usability for display at Sq'ewá:lxw (high-resolution photo)
- Uniqueness (we do not already have the photo on file)



Prizes:

There will be a grand prize of \$500

AND

All participants will be entered into a draw to win \$100



Email your photos to dianna@skawahlook.com by **Monday, AUGUST 15, 2022**

Stó:lō Xwexwilmexw Government (SXG) Information

A new addition to our newsletter is Stó:lō Xwexwilmexw Government information. As we move closer to treaty, we would like to offer our members a better understanding of the Stó:lō Xwexwilmexw Government.

Definitions:

Sqwélaqwel - the ongoing oral Stó:lō story and includes their collective and personal histories since sxwōxwiyá:m

S'ólh Téméxw - our world or our land and refers to Stó:lō traditional territory

Sxwōxwiyá:m - narratives of the distant past “when the world was out of balance, and not quite right”, and the actions of **Xexá:ls** “making the world right,” which describe the origins of and connections between the Stó:lō, shxweli, Sxexó:mes and S'ólh Téméxw

S'ólh Lets'emót - our one thought

Key Treaty Principles

- Stó:lō Aboriginal rights and title form the basis of the treaty and will not be extinguished.
- The United Nations Declaration on the Rights of Indigenous Peoples – UNDRIP will be incorporated into the treaty
- The treaty will be adaptable and changeable over time. This is not a full and final settlement.
- The federal government has promised that past loans for negotiating will be forgiven and as of 2018, all further negotiations will be loan free.

S'ólh Lets'emót: Our One Thought Visual Depiction



SXG leadership wanted to represent the treaty in a visual way and Jared Deck of Ch'iyáqtel used their ideas to create this design. Key symbols include:

Sq'émeł (Paddle) = Self Reliance. The paddle holds a salmon and helps to move us forward together. The seven waves in the paddle also represent our Tómiyeq — seven generations forward and seven generations back.

Sélsel (Spindle Whorl) = Culture and Heritage. The longhouse and the smoke represent the passing on of knowledge and tradition, the spindle whorl in the middle represents the way we absorb culture.

Sí:tel (Basket) = Everything that belongs to us. The basket holds our knowledge. This symbolizes education, our land, our future generations and our work to look after everything.

Swōqw'elh (Blanket) = Governance. The wolf wears the blanket and steers the canoe forward, but looks back to remember the past. The wolf shares resources with the two bears who symbolize Xexals (culture, teachings, tradition, stories). The eagle at the front also shows the leadership, power and knowledge of our elders and ancestors.

Frequently Asked Questions

Q: Who are the Stó:lō Xwexwilmexw?

A: We are 6 Stó:lō First Nations who are continuing the work of our ancestors for a better future for our children and our grandchildren for 100 years (7 generations).

Áthelets/Aitchelitz

Sq'ewá:lxw/Skawahlook

Ch'iyáqtel/Tzeachten

Leq'á:mel/Lakahahmen

Sq'ewqéyl/Skowkale

Yeqwyeqwi:ws/Yakweakwioose



Our traditional territory, S'ólh Téméxw, are the lands of the Stó:lō, and is located in the Fraser Valley.

Q: What stage are we at in Treaty?

A: As of October 12, 2018, we are in Stage 5. Our treaty has changed remarkably thanks to the strength of our leaders, our negotiating team and to changes in the Federal and Provincial governments' way of thinking. Thanks to these changes, we did not need to sign an Agreement-in-Principle because that type of document does not reflect the new philosophy, nor is it consistent with the United Nations Declaration on the Rights of Indigenous Peoples.

Q: What about our status and benefits?

A: We will not lose our status; nor our benefits. Although we will move away from governance under the Indian Act, status classification will remain.

Dental benefits, pharmacy benefits, addictions treatment program access, eye care and mental health benefits will continue to be available to those who now have “status” in Canada (“status” as defined in the Indian Act). We have set our sights much higher than what we have today, and will not settle for anything less. If anything, benefits and services will be enhanced.

Under treaty, you will remain a Canadian citizen. There will be no changes to your Medical Services Plan/Provincial Health Care, Old Age Security, Canada Pension.

Q: Will our Stó:lō Aboriginal rights be extinguished?

A: NO. The Treaty does not extinguish Stó:lō Aboriginal rights. Our treaty will recognize and affirm our Aboriginal rights and title to all of S'ólh Téméxw.

Q: Will my hunting and fishing rights change?

A: Fishing and hunting have yet to be negotiated, however, we will not negotiate for anything less than we have now. Your right to harvest wildlife in your traditional territory, including migratory birds, for domestic and cultural purposes, will not change. We will also have law-making powers over our harvesting practices. Wildlife harvesting, as a guaranteed right, is respected on and off Treaty Lands (TL). Off-TL, we will be included in conservation, regional management, guiding, and information sharing that further protect our rights in our territory.



Signage installed for new SXG office for Sq'ewá:lxw Chief and Council