

How To Prevent Type 2 Diabetes

Every day we make choices that affect our health. Take these important five steps to make your lifestyle healthier and to start to prevent or reduce the risk of developing type 2 diabetes, and pre-diabetes:

1. Maintain a healthy weight

- Include a good balance of activity and healthy diet
• Talk to your healthcare provider about what a healthy weight is for you
• Learn how to calculate your Body Mass Index



2. Eat a healthy, balanced diet

- Eat a diet with lots of variety
• Eat 5 to 10 fruits and vegetables a day. (Canada's Food Guide)
• Eat more fibre
• Eat less fat and salt
• Limit the amount of alcohol you drink
• Select appropriate portion sizes

3. Ensure regular physical activity

- Be active at least 30 minutes every day
• Include activities that build endurance, strength and flexibility
• Find activities that you enjoy and that include your family
• Learn how physical activity can help people with type 2 diabetes



4. Don't smoke

- If you smoke, it's never too late to quit
• Avoid second-hand smoke



5. Keep your health in check

- Get enough sleep and rest
• Be active - physical activity is a great way to reduce stress
• Manage high blood pressure, cholesterol and glucose



Sq'ewá:lxw First Nation Skawahlook



A message from Chief Maureen Chapman



Happy Summer!

Work continues in earnest to achieve our treaty which will free us from marching to the whims of Indigenous Services Canada, provincial and federal governments. While we will ensure all of these organizations honor their fiduciary responsibilities to us, many other opportunities will emerge.

Work also continues on the New Westminster Claim which would provide compensation to all of the Sto:lo communities for land that was taken and for the negative impacts this caused to our First Nations.

For the first time, we participated in talks regarding the Jay Treaty between Canada and the US. While First Nations are entitled to free passage between Canada and the US, the border hinders this. The US and Canada's First Nations are meeting to develop legislation that provides certainty of free passage between our respective countries.

I am looking forward to seeing everyone at the family gathering August 4 - 6, 2023. Safe travels to everyone. Enjoy the summer!!

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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

UPCOMING EVENTS

Sq'ewá:lxw Summer Gathering - August 4 - 6, 2023

Elder's Gathering - August 14 - 16, 2023

Humour





A message from Councillor Debra Schneider Tá:leyelhot

National Indigenous Peoples' Day and Summer Solstice were both recognized on June 21st. Now our days will start to get shorter as the summer moves towards fall.

Starting on June 28th, I will continue to meet with the Ministry of Transportation and Infrastructure (MOTI), regarding the ingress and egress lanes to enter and exit our community safely. This will include a left turn lane allowing safer access to the Adventure Park, when heading east on the Lougheed Highway (#7). I have had to shake MOTI's tree to get them back to the table for this very important issue for our community, as they have a tendency to delay.

Dave and I took off to the US in May for a 5 1/2 week vacation, where we attended a wedding in Maine and visited friends in Missouri. We visited and stayed in 20 states and saw the beautiful New England states. We met a lot of interesting people, and we are now talking about our next adventure.

I look forward to seeing everyone at our Community Gathering in August.

Enjoy your summer and your family.

Gladue Training - Michael Suedfeld

While Skawahlook staff regularly take training to meet community or staffing needs, occasionally a staff member will take on a program that has a wider scope of support for Indigenous people.

Sq'ewá:lxw First Nation (SKFN) is pleased that Office Manager Michael Suedfeld was able to participate in Gladue Report training this past winter. Michael received the first perfect mark recorded for a Gladue Report in the course he took through Royal Roads University and the University of Ottawa.

Gladue Reports are written for Indigenous offenders prior to sentencing (and sometimes prior to a bail hearing) that provide an in-depth look at the person's life and the factors that may have contributed to their interactions with the legal system. While Gladue Reports do not lessen sentences or act as a "get out of jail free" card, they do offer the judge options for sentencing that hopefully provide the person a greater chance for success while in the system and with the appropriate supports upon finishing their sentence to reduce the likelihood of re-offending. So, for instance, if a person has significant past traumas, there might be a recommendation for the person to be in an institution that has trauma programs available.

SKFN, happily, has no members before the courts or incarcerated. The training will allow Michael to write reports for any Indigenous person, providing this valuable service to our members and those from other communities who might otherwise be sentenced without the judge having a full understanding of the person's background and reasons why they might have committed the crime.

New Water System

We have been working steadily on acquiring funding to upgrade the community water system at Sq'ewa:lxw originally installed in the 70's. We have completed the pre-feasibility stage and will now be moving on to the feasibility stage. Indigenous Services Canada (ISC) capital projects work in a 3 stage format, the last stage after feasibility is the design and construction phase. Upgrading our water system has been a goal of the community for some time and we are excited to see it moving forward. We hope to have this project completed within 1 years time.



A message from Councillor Jenn Carman

I hope that you all are enjoying this lovely season. I am excited to see you all at the members gathering in August. I look forward to connecting, sharing meals, and getting to know each of you more. Lately, I have been busy with my family, my day job and most importantly still understanding more of my role within council. It has been amazing so far this year watching and understanding how the administrative team at Skawahlook works together and the thought that goes into each task and project. I respect and admire the work that is done for our community on a daily bases.

I am wishing you all safe summer and cannot wait for the members gathering!



Totem Pole Carving



Skawahlook is taking another step to recognize and reinvigorate its culture this summer with the carving of a 20-foot totem pole by well-known Seabird Island artist George Price.

George will be working with leadership and members to decide on the design of the pole. He will be carving it in the administration area parking lot between June 28 and August 28. As part of the project, George will be showing visitors and passersby how to carve and allow them an opportunity to lend a hand in carving.

Once completed, the totem pole will be permanently installed at the Syéxw Chó:leqw Adventure Park where it will be a highlight among the dozens of other carvings placed through the park's more than 7 kilometres of trails.

Emergency Management/Fire Smart

Skawahlook staff continue to work on new ways to keep people, Skawahlook resources, and the community's lands as safe as possible in the event of a natural or man-made emergency or disaster.

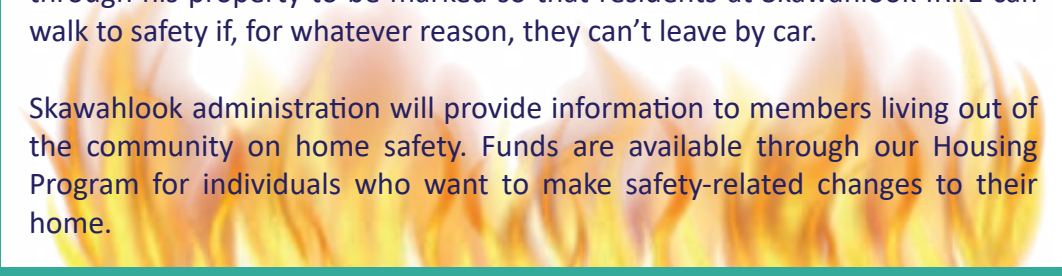
We successfully applied for a grant earlier this year that has allowed us to purchase industrial canning, freeze drying and sealing methods to create foods that we can store for up to 25 years. We will be looking at ways we can distribute long-lasting and high-quality foods to members as we become familiar with the equipment and when we can access appropriate foods.

The same grant also allows us to purchase a drone which can carry a small payload and drone training – as licensing is now mandatory in Canada. The drone can be used to monitor the environment and pinpoint problem areas and will also carry small items such as critical medicines if people are trapped here as occurred in November 2021.

We continue to train with our 4 volunteers from Grace Estates to ensure all residents at Skawahlook IR#1 and Ruby Creek IR#2 will be safe in an emergency. On April 23, we held a mock emergency training using a wildfire scenario.

We would like to thank member Charles Chapman for allowing a footpath through his property to be marked so that residents at Skawahlook IR#1 can walk to safety if, for whatever reason, they can't leave by car.

Skawahlook administration will provide information to members living out of the community on home safety. Funds are available through our Housing Program for individuals who want to make safety-related changes to their home.





Treaty

The SXG, in partnership with the British Columbia Treaty Commission (BCTC), is now in the final stages of treaty negotiations with BC and Canada. The new treaty will be one of the first of its kind, a living tree – organic and changeable.

Treaty work started under the Stó:lō Nation in 1995, and from 2004 to 2007 several First Nations transitioned toward an independent organization. In 2009, the Stó:lō Xwexwilmexw Treaty Association (SXTA) officially became the negotiating body for the Treaty. The SXTA rebranded as the SXG in 2022.

When the society was first formed and leadership sought a new logo for the group, Siyémeches Frank Malloway, then-hereditary Chief of Yeqwyeqwí:ws, had a vision. He wanted an image that portrayed an elder and a youth connecting with the lands and waters of S'ólh Téméxw, an idea that contained the Stó:lō principle of Tomíyeqw.

Given where we are at in this critical time in history, our six communities strongly believe that we will be able to achieve our goals through strategic government-to-government negotiations conducted through the process.

The BCTC process provides advantages that include:

- * Support to assist us in re-establishing our own governance institutions.
- * Recognition of our Aboriginal title.
- * A defined relationship with the provincial and federal governments.

This way forward was further strengthened when the Federal government announced the following:

- * All loans to Indigenous groups which have been negotiating comprehensive claims and treaties are forgiven.
- * All negotiations are now supported by grants.
- * All tax exemptions will be maintained once an agreement is implemented.

We have the best legal guidance to help us utilize every opportunity and precedent established in Aboriginal case law, including the Calder, Sparrow, Delgamuukw, and Tsilhqot'in decisions.

Indigenous rights and title are held collectively by the people. Building out our Stó:lō Xwexwilmexw Government vision is a massive undertaking requiring time, capacity, and the meaningful engagement of our members.

Would You Like to Learn more about Treaty?

The SXG offers kitchen table gatherings for families that are not able to attend our group engagements, or would just like a smaller group engagement to learn about our SXG treaty! We can come to your home, or we can find a meeting spot big enough for the family. We will provide food and refreshments, as well as a gift for the host who organizes getting family together for a kitchen table gathering.

If you are interested, please SXG at 604-824-3281.



This field season has been a busy one so far! I have been working with Christina Delaney, who is a forest ecologist from Revelstoke, BC. We are working towards determining if the St'itxoya Territory can handle any more forestry. We will eventually be restoring any forestry roads that we can permanently close. After devastating floods in November 2021 that stranded community members and dozens of motorists due to mudslides that closed Highway 7 in both directions, I started researching possible causes and prevention tactics. After getting to know Sq'ewá:lxw's traditional territory on a general basis last summer, I started to suspect that the mudslides were a cumulative effect of forestry. The land is very fragmented by forestry roads as well as fresh and older cut blocks.

Christina provided an initial assessment of the land and determined forestry practices are the likely suspect in mudslide activities. Currently, we are conducting further land assessments and studies. Christina has been coming in monthly to give direction and assess the work that myself and my field technician, Nivana Edwards-Point, conduct while she is out of town. We started with time sensitive studies first, Ungulate (Deer, Moose, Elk, Goat etc.,) Pellet Counts and Terrestrial Ecosystem Mapping. Ungulate Pellet Counts consists of counting ungulate scat. These studies are done after the snow melts but before the vegetation starts heavily growing. If we can show that ungulates winter in our territory, it will help prove to foresters and the government that our land is valuable to wildlife as well as our community and we need to leave the land intact. At first our experimental design consisted of 2km transects with study plots every 200m, however we had a very hard time finding a mature forest that was 2km long, and therefore had to adjust our transects to 1km with study plots every 100m, which is very sad and proves how fragmented the land really is.

Terrestrial Ecosystem mapping identifies the types of forest ecosystem we have throughout our land. We conduct this study by laying out 30m transects and recording the vegetation species close to the transect. This study is done during the flowering season of the plants. Both studies are still underway and will be completed in higher elevations as the snow melts.

Our next sensitive study will be a salmonid spawner survey and will start when we see the first salmon in the streams which should start in the middle of July and continue throughout September. This study will help us determine if the salmon population is increasing. Between our time sensitive studies, we will be conducting studies such as Water Quality Assessments, Stream Assessments, Invasive Surveys, Forest Health Assessments and Soil Surveys. All this data will hopefully help prove that our traditional land cannot give any more resources to the government, or at the very least needs a break.

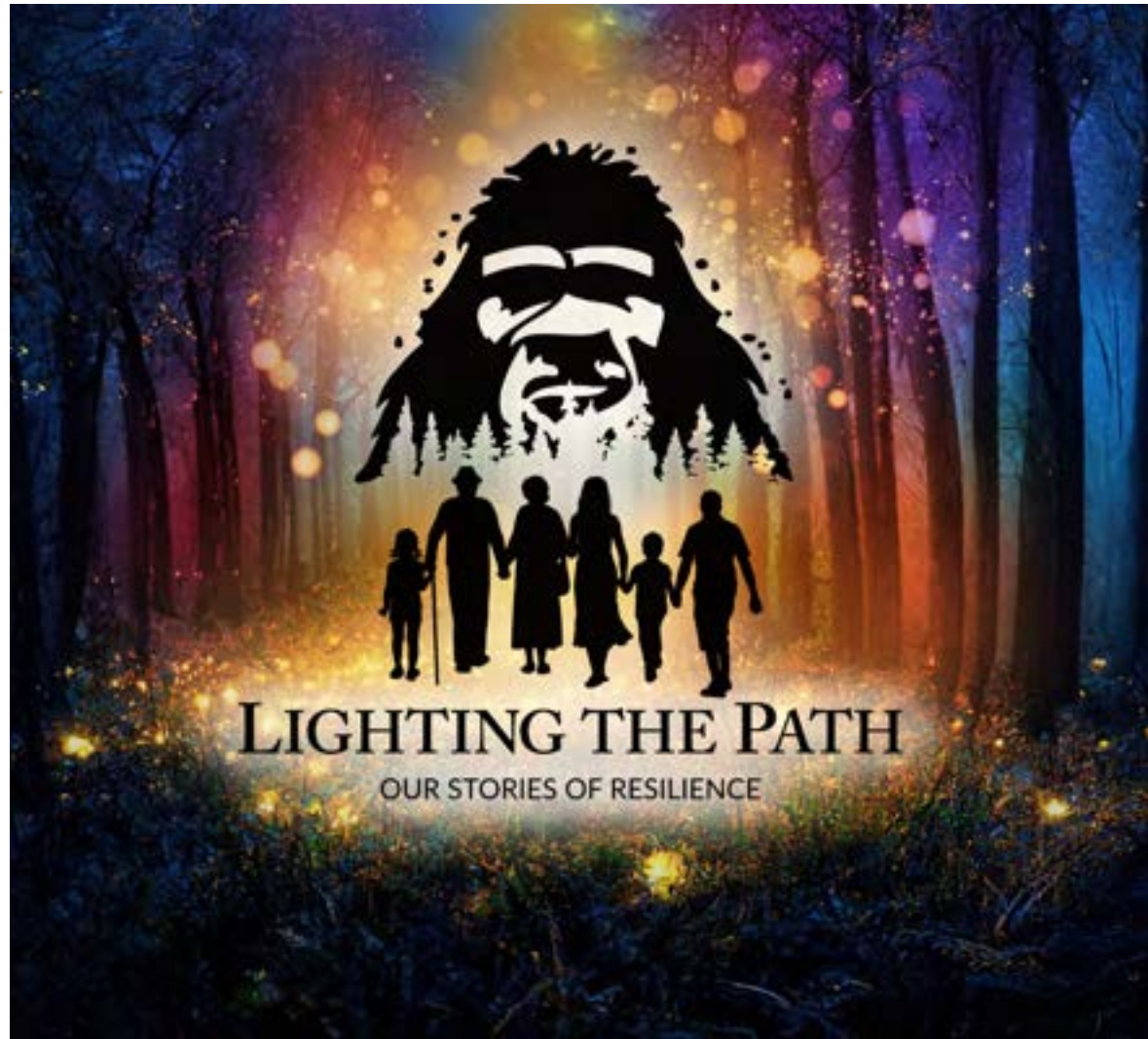
Some of these studies will only be conducted once, while others will be monitored throughout the years to determine the cumulative effects, and to be able to identify if any development on our land is having a negative impact.



Summer Membership Gathering

Our Summer Gathering is almost here! We will be gathering August 4th to 6th for a fun weekend of activities and reconnecting with family. We are inserting a package of information with this newsletter providing more details regarding the agenda and travel policy reimbursement. If you are interested in coming, please let us know so we can add you to the list as this is important for our planning. If you are interested in coming, please email info@skawahlook.com.





We are very excited to announce a new project taking place in the Syéxw Chó:leqw Adventure Park called "Lighting the Path: Our Stories of Resilience." It will be an interactive lighting display telling a story focusing on residential school and the survivors. We have been able to incorporate Stó:lō culture with Sq'ewá:lkw specific references along with participation from members and surrounding communities. We will be presenting the project to membership at a grand opening on Saturday, September 30th, National Truth and Reconciliation Day, please mark your calendars (more information to follow). Additional information will be presented at the summer gathering.

New Trail in the Adventure Park

Our Syéxw Chó:leqw Adventure Park has a new trail called the Skwawolt Trail. Next time you are in the area, please check out the beautiful view!



Congratulations to Ava Skolrud. We are so proud of this great accomplishment and we wish you well in all your future endeavours.



Programs

We recently mailed out the updated Programs Booklet for the new fiscal year. Please review the information as there are a number of programs that could benefit you and your family. Please be advised that our programs follow a fiscal year format, running each year from April 1st to March 31st. If you have any questions or would like assistance with the applications, please feel free to reach out to the staff via phone or email. We have also created fillable application forms that can be found under the membership area of our website for your convenience at www.skawahlook.com.

