



Sq'ewá:lxw First Nation Skawahlook

A message from Chief Maureen Chapman Shxwetélmel-elhót

Greetings family

As everyone knows, Brett passed away in May and many of us are still coming to grips with his absence in our lives. My love and condolences to Brett's children and grandchildren as they go through the grieving process. My heart is broken and it will take a long time to heal. As we experienced, family coming together has provided the healing medicine of "family".



As Brett has said time and time again, "You just need to get on with it!" and we will. There is so much to celebrate - our health, the breath of life and our Creator's healing hands and arms of comfort.

I am looking forward to our Family Gathering and sharing with all of you the accomplishments to date.

Take care of yourselves and be well.

Summer

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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

When to Call a Doctor:

- You have pain in the sinus area and other symptoms of sinus infection. (Symptoms may include fever or a creamy, yellow or green discharge from the nose.)
- Your allergy symptoms get worse and you don't know why.
- You are taking a prescription or over-the-counter allergy medicine that does not help your symptoms.
- Your allergy medicine is causing side effects that bother you, such as decreased coordination or increased drowsiness.
- You have a fever or ear pain.
- You have a cough or cold that lasts longer than 1 to 2 weeks.
- You have severe itching of the eyes or nose.
- Your allergy disturbs your life.

You may need to see an allergy specialist (allergist). This depends on your symptoms or which other treatments you may need. For example, you may need to see a specialist if your medicines are not working or cause severe side effects. Another reason is if you are thinking about getting immunotherapy (such as allergy shots).

Your doctor may refer you to an ear, nose, and throat (ENT) specialist (also called an otolaryngologist or otorhinolaryngologist). An ENT specialist may be helpful if your doctor thinks you may have nasal polyps or other things blocking your nose.



What are allergies (allergic rhinitis)?

Allergies happen when you are exposed to certain particles in the air (allergens). Your body's defence system (immune system) overreacts to certain substances. The immune system may treat a harmless substance as if it were a harmful germ or virus. Many things can cause this problem. You can be allergic to things such as pollens, dust, or animal dander.

Your allergies can be mild or severe. Mild allergies can be managed with home treatment. But medicine may be needed to prevent problems.

What are the symptoms?

Allergy symptoms may start within minutes or hours after you breathe in an allergen. And the symptoms can last for days.

When symptoms start right away, you may sneeze over and over again. This often happens after you wake up in the morning. You may have a tickle in your throat or coughing caused by post-nasal drip. Your nose may be runny. And your eyes may be watery and itchy. Your ears, nose, and throat may also be itchy.

Other symptoms may take longer to appear. For example, you may have a stuffy nose. You may feel pressure in one or both ears, or have pain in your face. Your eyes may be sensitive to light. You may also have a long-lasting cough. Some people notice dark circles under their eyes.

Your symptoms may be better or worse at different times of the year.

**Information gathered from: <https://www.healthlinkbc.ca/illnesses-conditions/allergies/allergic-rhinitis>

Humour Section



UPCOMING EVENTS

**Annual Summer
Gathering
August 2-4, 2024**

**Elders Gathering
Vancouver, BC
August 13-14, 2024**





A message from Councillor Debra Schneider Tá:leyelhot

Summer Solstice is tomorrow and I am looking forward to some summer weather as our spring was very wet. Retirement has been busy with travel and visiting family and friends. I continue to attend meetings regarding our lands on behalf of Sq'ewá:lxw First Nation (SKFN).

The passing of my brother Brett, was so unexpected, and I am still trying to come to terms with it. I look forward to our Community Gathering in August and reconnecting with everyone.

Enjoy your summer!



Cemetery Gate Access

As Sq'ewá:lxw First Nation (SKFN) is becoming better known and attracting more people to our Adventure Park, Art Gallery and special events, it has also brought with it some attention in areas we would prefer left alone.

One of those is the Sq'ewá:lxw Cemetery at Sq'ewá:lxw IR#1 which had seen an increase in foot and vehicle traffic as people were increasingly driving the road to



Grace Estates, either by making an incorrect turn or just out of general interest.

While there has been no damage to the cemetery, there are cultural protocols to observe. So, to curtail the unwanted traffic, SKFN has installed a gate at the foot of the road leading to both the cemetery and Charles Chapman's burning site. Members are still welcome to access the cemetery before 3 p.m. each day. Members are asked to follow cultural protocols.



Adventure Park Update



As the Syéxw Chó:leqw Adventure Park continues to grow in popularity, Sq'ewá:lxw First Nation staff continue to look for opportunities to add new features.

This spring and summer, there is further work underway upgrading and expanding trails and bike pump tracks. As well, we are preparing plans to install a stand-alone treehouse for older children next year, adjacent to the existing playground.

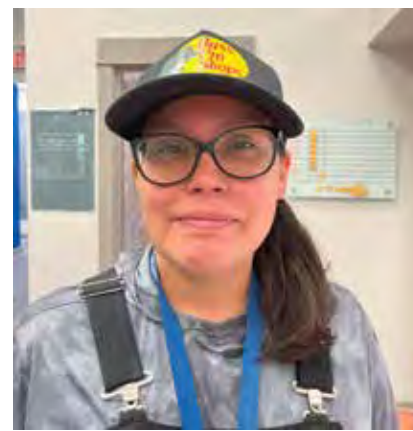
A sales kiosk will be added for customers attending the "Lighting the Path: Our Stories of Resilience" lights tour when it is operating again in the fall.

As park use is climbing, we are installing a visitor counter so we can better track how many guests we have. This will help in determining the amount of maintenance needed but also in accessing tourism-related funding and in promoting the park.

New Employee - Valerie Pettis

Ey Swayel.

My name is Val Pettis, and I am a member of Seabird Island. My spouse is Vincent Chapman, who is a member of Sq'ewá:lxw First Nation. Together we have 4 children and 1 grandchild. I am working as a Maintenance Labourer for Sq'ewá:lxw. I work with the Maintenance Coordinator, maintaining the grounds around Sq'ewá:lxw and I also help the Environmental Cultural Coordinator, going with her into the backcountry to complete various studies. In my spare time, I enjoy hunting and fishing. I am very happy for the opportunity to work here.



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A message from Councillor Jenn Carman Sáyémtelót

Hope all students had a good school year and enjoy a lovely summer break.

I looked forward to seeing each of you at the summer gathering in August. I'm excited for this gathering, as each year keeps getting better and better! Connecting with family for a weekend is such a nice experience.

I was honoured to be a part of a naming ceremony in June at Sq'ewá:lxw and would like to share my traditional name. Sáyémtelót, meaning strong. It was such a special ceremony and I am grateful for my name and its meaning.

Wishing you all happy and safe summer months.



Graduations



Congratulations to Crystal Chapman for completing her Bachelors of Integrated Studies. Crystal plans to start her Masters of Education program in July 2025. We wish you much success and best wishes for your future endeavours!



Congratulations to Cylus Griffin for his Grade 12 graduation. What a proud day and an impressive achievement. Congratulations and best wishes on your next adventure!

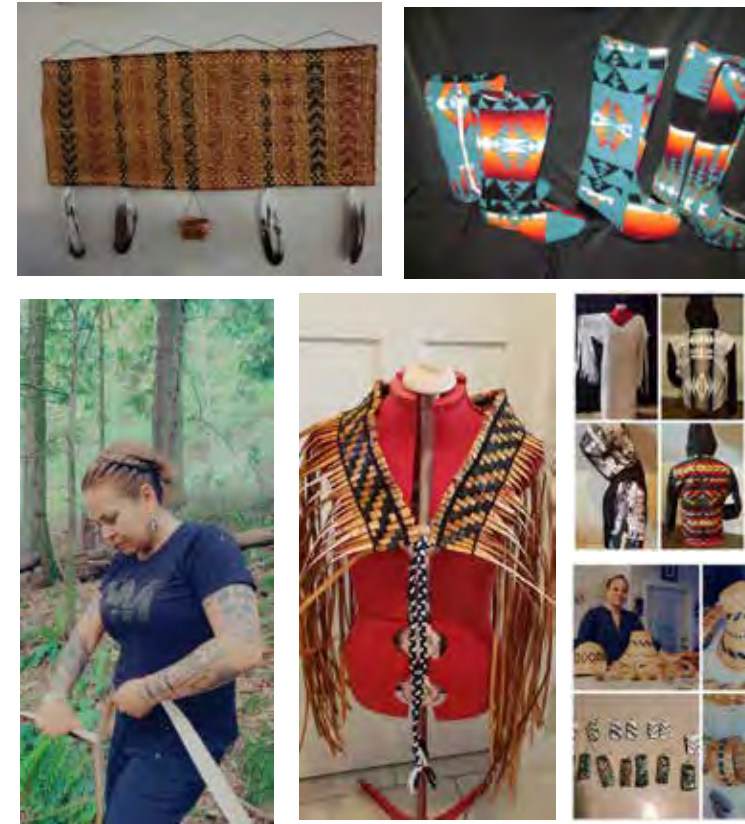


Sq'ewá:lxw Member-Owned Businesses



Operated by Ken & Hollie Davis

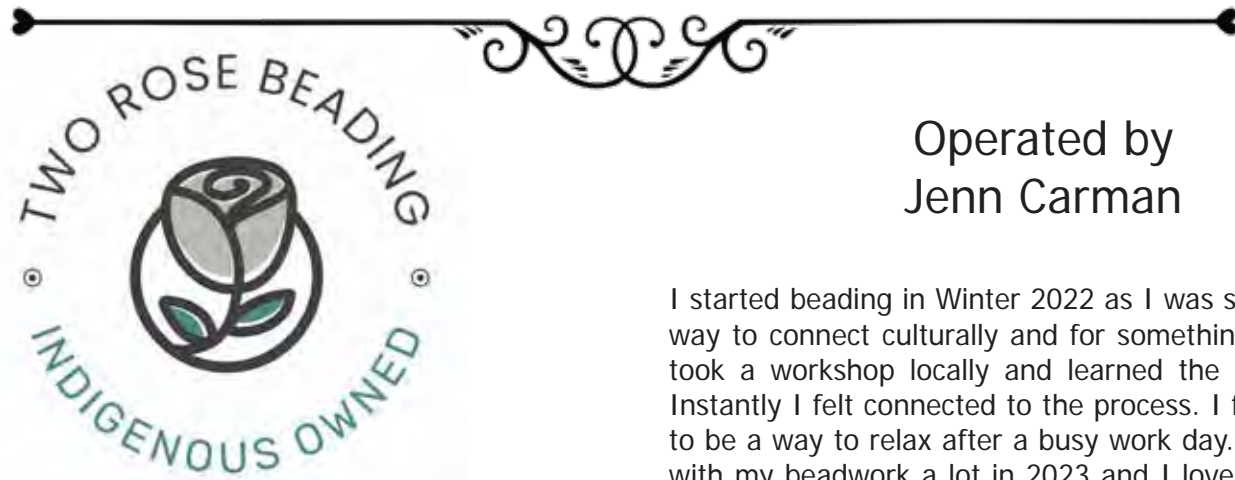
Since 2006, my wife Hollie and I have proudly brought the Aveda experience to our community through our Salon & Spa. We offer a full range of hair services and spa treatments featuring Aveda's high-performance, plant-based products. Aveda, a leader in the beauty industry, creates products from pure flower and plant essences. Aveda prioritizes environmental responsibility and has always been a cruelty-free brand, actively working to end animal testing in the beauty industry.



Crystal Chapman

Custom Clothing, Regalia and Cedar Accessories

Ta'ta Tel Skwix' Tel litsel kw'e Sq'ewa:lxw. My name is Crystal Chapman from Sq'ewá:lxw First Nation. I have been designing clothing for 20 years and cedar weaving for 18 years. I custom-make clothing, regalia and accessories: Custom-make Traditional cedar hats, ball caps, fedora, baskets and bracelets. Creating has promoted personal traditional connection to self, land, ancestors and healing.



Operated by Jenn Carman

I started beading in Winter 2022 as I was searching for a way to connect culturally and for something fun to do. I took a workshop locally and learned the Peyote Stitch. Instantly I felt connected to the process. I found beading to be a way to relax after a busy work day. I have grown with my beadwork a lot in 2023 and I love being able to share my work with others.

My small online bead shop has been so much fun to manage. I love packing up beautiful beads for other people to work with.

You can find my bead work ongoing at the Ruby Creek Art Gallery and the Sto:lo Gift shop. This June 21 - August 17 you can find a pop up shop in District 1881, in downtown Chilliwack featuring local makers which includes my beadwork!

I also offer workshops of medicine bags, earrings and lanyards for schools and local organizations.



Drumspeaker to the Nations

Representing First Nations people as a follower of Yeshua, Jerry Chapman (Stó:lō) ministers to his local community in Cowlitz County, Washington, throughout the Pacific Northwest, Canada and overseas. Jerry has been gifted with a unique form of prophetic worship through drumming, which led to the name of his ministry: "Drumspeaker to the Nations." He not only ministers through worship along with his wife Leslie and grandson Presley, he presents the Gospel to First Nations people in a culturally relevant way.

He hand-crafts most of the native drums and percussion instruments he uses, and often presents drums he has made as gifts during ministry events he is invited to. Jerry crafts each drum with intense intercession and prayer focus, and he believes that every beat of the drum is a proclamation of the greatness of our Lord Jesus Christ that will reverberate throughout eternity. He has spent many hours over the last several years teaching traditional drum crafting, as well as First Nations customs and traditions. He has been mentoring his grandson Presley Tallbut who is now building drums of worship as well. Jerry's wife, Leslie, is a full-time volunteer with the ministry, handling all office and communications matters and serving as the ministry's treasurer.

Operated by Jerry & Leslie Chapman



L to R: Presley, Jerry, Queen of Haiti, Leslie

Team Building

On Thursday, June 13th, Sq'ewá:lxw staff and members from Stó:lō Agency took part in Lateral Kindness Training. Participants had great discussion and learned new ways of projecting lateral kindness to all those who staff interact with - other staff, Chief & Council, Membership, and visitors. One of the major takeaways was understanding that Lateral Kindness comes from a place of LOVE and Lateral Violence comes from a place of FEAR.



Ruby Creek Art Gallery Gala



You don't want to miss this one!

Canoe Carving

Sq'ewá:lxw First Nation had a terrific partnership with artist George Price and lumber supplier Probyn Log last summer as George carved the totem pole now standing near the gazebo at the Administration Building. Probyn donated the log and George carved the pole in public, during business hours so anyone could stop in, learn about carving, ask questions, and even participate in the carving itself.

This project was immensely popular, attracting hundreds of visitors from all over BC, Canada, North America and overseas. More than 250 people attend the totem pole unveiling because of the connection they had formed. As a follow up, this summer, Sq'ewá:lxw will be having another carving project at the administration office. We have acquired a second large log from Probyn and will have renowned local artist and carver Elder Stan Greene carving a 20-foot (6 metre) long canoe over the summer months. Stan will also be carving in the open air and during times when the public can visit, watch him at work and learn more about carving. They will also learn about the historical importance of canoes to the Sto:lo culture and trade, the different types of canoes and their role.



Elders Gathering Reminder

Just a friendly reminder that the Elders Gathering is taking place on Tuesday, August 13 and 14, 2024. The Elders Gathering takes place in downtown Vancouver at the Vancouver Convention Centre, located in Canada Place. Sq'ewá:lxw First Nation has rooms reserved at the Pan Pacific Hotel, which is located right above Canada Place. We have 1 room still available, for any eligible Sq'ewá:lxw elders who have a last minute change of plans (this could be a single member, or a couple). Sq'ewá:lxw provides breakfast for our group each day, and the Elders Gathering provides lunch and supper. There are lots of opportunities to



visit, shop Indigenous businesses, as well as taking part in fun activities like karaoke, open mic, massages, getting your hair done, live entertainment along with daily workshops. Two chaperones will be with the Sq'ewá:lxw group, to ensure that the Elders have everything they need to have a relaxing, fun time. Check-in to the hotel on Monday, August 12th and checkout is on Thursday, August 15th. If you are interested in joining us, please send Dianna an email at dianna@skawahlook.com.



Annual Summer Gathering



SAVE THE DATE

ANNUAL COMMUNITY GATHERING

August 2 - 4, 2024

We will be gathering as members to continue discussing priorities and connect as a community.

More information coming soon.



Naming Ceremony - June 8, 2024

On June 8, 2024, Sq'ewá:lxw First Nation hosted a Naming Ceremony. Five individuals were bestowed a traditional Halq'emeylem name, due to their history and connection with Sq'ewá:lxw. Here is a list of recipients and their new Halq'emeylem names.

Merle - Sq'elóts'eqwelhót (protector)

Jenn Carman - Sáyémtelót (strong)

Michael Suedfeld - Ó:lheteylem (respectful)

Leslie Chapman - Tl'épiyelhót (patient)

Jerry Chapman - Th'ala-ilh-chamet (tenderhearted)

