

Sq'ewá:lxw First Nation Skawahlook



A message from Chief Sharron Young Q'ei:lesemot



I first wanted to thank everyone who took the time to attend the ceremonies this past August. I really appreciate everyone's support, it was a very special day for me and sharing it with the community only made it more special.

It has been a busy start in my new role as Chief, I have been attending meetings and reading material to educate myself on the political work ahead. I am meeting a lot of new people and hope the collective tables I sit at work together to progress our communities forward.

We recently created a Members Only Facebook group, if you haven't joined, please do so. We will be providing updates specific to Sq'ewá:lxw. There are 3 videos available for viewing right now. Chief and Council want to start communicating through short videos as a way to connect and keep members informed. Our Christmas video was a lot of fun to make, I hope you enjoy it!

Have a great Christmas holiday with your families and I hope to connect in the new year!



CONTACTS

Sq'ewá:lxw First Nation
58611A Lougheed Highway
Agassiz, B.C. V0M 1A2
604-796-9129 ☎
www.skawahlook.com 🌐
www.facebook.com/SkawahlookFN

Lands Manager
Michael Suedfeld
michael@skawahlook.com

Executive/Communications Assistant
Dianna Umpherville
dianna@skawahlook.com

Stó:lō Nation Health
604-824-3200
Chelan Charlie - ext 3222
Chelsea Lockerby-Point - ext 3216
Sue Griffin - Nursing Supervisor
604-824-3223

Status Card Information
June Jimmie 604-82403200
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



Winter Blues or something more?

If you've been finding yourself feeling down this winter, you're not alone. January and February have reputations for being some of the least favorable months when it comes to mental health. When the excitement of the festive season passes, and holiday bills begin to arrive, many individuals in Canada may experience what's called the Winter Blues. But for some people, it's much more than that.

Seasonal affective disorder (SAD) is a type of depression that significantly affects thoughts, mood, and behavior, and is characterized by a recurrent seasonal pattern. Most often occurring during the winter months, SAD symptoms typically start at the end of fall and carry on until spring.

Symptoms include:

- Feeling persistently down, anxious, or hopeless.
- Increased irritability, frustration, or guilt.
- A desire to isolate or stay inside.



While it's understandable if you want to stick indoors this time of year, doing so could exacerbate symptoms. Studies indicate that sunlight affects the brain's ability to maintain normal levels of serotonin – the chemical that helps regulate mood! Vitamin D (produced by sunlight) is also believed to promote serotonin activity. With less daylight to enjoy in the winter, people with SAD may experience lower vitamin D levels, further reducing serotonin activity.

Fortunately, there are ways to help decrease symptoms and increase your mood indoors: get moving! When you exercise your body, you release endorphins and feel-good chemicals that reduce feelings of pain and increase feelings of pleasure, literally boosting your mood! Just 20-30 minutes of movement daily can have a big impact on mental health.

Whether you're facing occasional winter melancholy or suspect you might be experiencing SAD, understanding the distinction empowers you to seek professional help if needed.

If you need support, please contact your local Canadian Mental Health Association.

If you're in crisis: 9-8-8 is for anyone who is thinking about suicide, or who is worried about someone they know. Connect to a responder to get help without judgement. Call or text 9-8-8 toll-free, anytime for support in English or French. For more information, visit 988.ca.

UPCOMING EVENTS

Vancouver Canucks Game
Saturday,
January 31, 2026
4:00 PM



Humour





A message from
Councillor
Jenn Carman
Sáyémtelót

We've had such a wonderful year at Sq'ewá:lxw. My family and I truly enjoyed spending time with each of you at the Annual Summer Gathering.

Thank you to the entire Sq'ewá:lxw staff for your dedication and hard work through the year.

Wishing you all a joyful holiday season. I am looking forward to 2026 and all the opportunities and exciting moments the new year will bring.

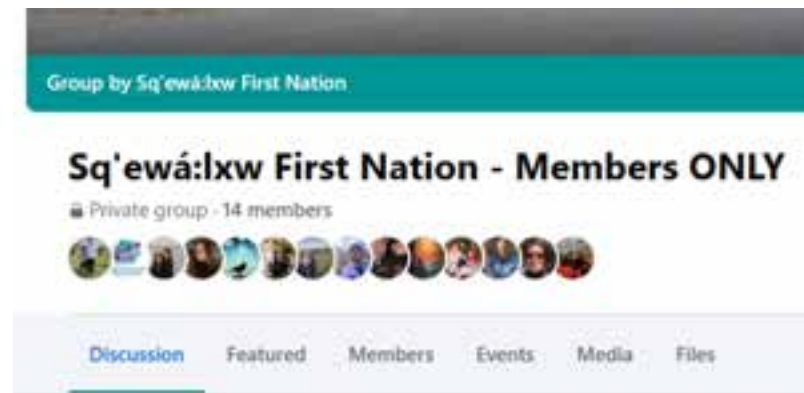


Members ONLY page - Facebook

Sq'ewá:lxw First Nation now has a MEMBERS ONLY Facebook group. Chief and Council would like to connect with members in new ways and this is one of their ideas. We encourage ALL members to scan the QR code below that will take you to the sign up page. We look forward to connecting with you in new, fun and exciting ways. Stay tuned for regular updates on the MEMBERS ONLY page.



Please scan this QR code with your phone camera and it should generate a link you will need to click on to take you directly to the page.



Vancouver Canucks Game



January 31, 2026
Vancouver Canucks
vs.
Toronto Maple Leafs

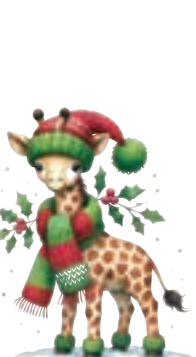


Sq'ewá:lxw has rented 2 suites for a Vancouver Canucks game. The game will be Vancouver Canucks vs. Toronto Maple Leafs on January 31, 2026. We have reserved 236 and 237 Suites at Rogers Arena which hold a maximum of 28 people.

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.

Ruby Creek Art Gala





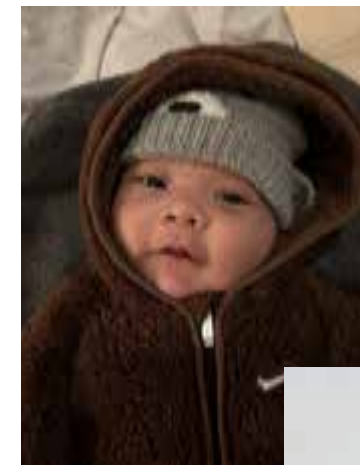
The Ruby Creek Art Gallery hosted its Annual Ruby Creek Art Gala on the evening of Saturday, November 22, 2025. Attendees enjoyed an inspiring showcase of local artwork, highlighting the talent and creativity within our region. It was a wonderful opportunity to connect, celebrate the arts, and support our local artists.



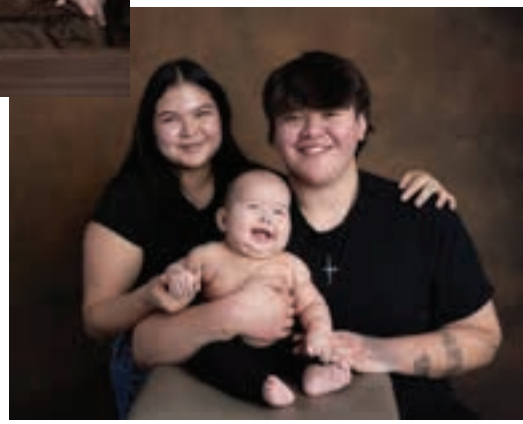
GALA
Night



Welcome Chadley Paul - son of Leeson Chapman and Syvawn Paul. Chadley was born September 28, 2025, weighing 9lbs. Congratulations Leeson and Syvawn!



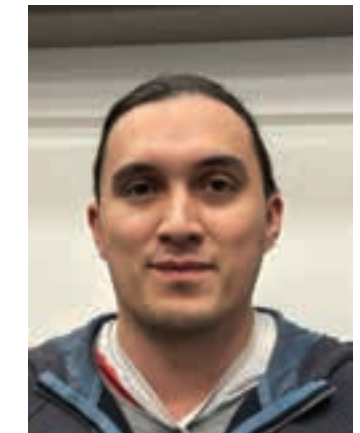
Welcome Keanu Chapman - son of Matthaus Chapman and Takaya Gabriel-Guerrero. Keanu was born June 2, 2025. Congratulations Matthaus and Takaya!



Staffing News

Introducing Skylar Camille

Sq'ewá:lxw First Nation would like to officially introduce the newest member to our staff. Please help us welcome Skylar Camille. Sky is a member of Tkemlúps te Secwépemc and spends much of his time in Simpcw First Nation territory where his dad resides. Sky will be



assisting with maintenance duties and upkeep in the Syéxw Cho:leqw Adventure Park.



Healthy Living Leader Training

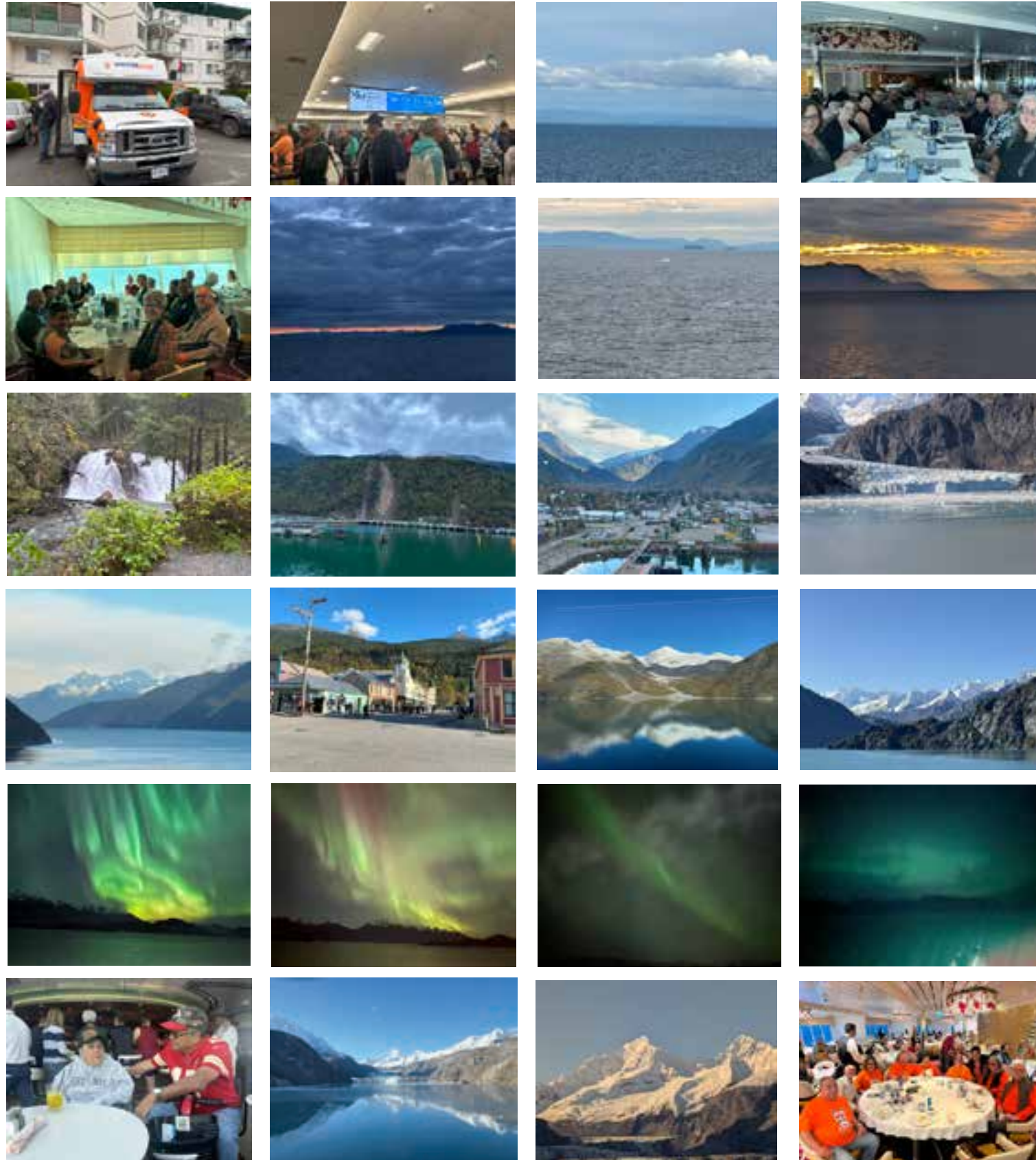
On November 6 and 7, 2025, Executive/Communications Assistant Dianna Umpherville attended Healthy Living Leader Training in Abbotsford. The sessions are designed to build leadership capacity within Indigenous communities and promote healthy living in key areas such as, but not limited to: physical activity, healthy eating, respecting tobacco, and healthy communities. With this training we want promote healthy living for all of our Sq'ewá:lxw members and families with an ***Honour Your Health Challenge*** in the new year. More information to come in January.



Elders Cruise - 2025

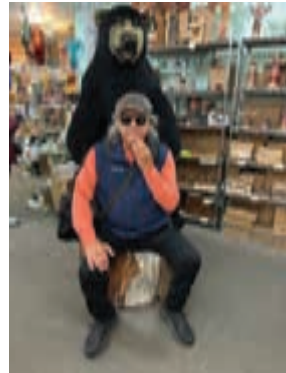
Annual Gathering - Photo Booth Fun

From September 27 to October 4, a group of Sq'ewá:lxw Elders enjoyed a memorable Alaskan cruise aboard Holland America, departing from Vancouver, BC. Participants took in stunning glacier views, explored vibrant port communities, and enjoyed the many activities on board. This was a once-in-a-lifetime experience for those who were able to join us. While special travel opportunities like this aren't possible every year, our goal is to offer something similar for our Elders every five years or so.



Annual Gathering - Photo Booth Fun

Elders Cruise - 2025



Annual Community Christmas Dinner

Annual Gathering



Sq'ewá:lxw First Nation hosted our Annual Community Christmas Dinner on December 4th. Merle served a delicious traditional turkey meal, and members enjoyed making gingerbread houses together. Our special guest, the Grinchy Grouch, added extra fun to the evening. Thank you to all who were able to join us — we hope to see you next year!



Annual Gathering



Family

This year's Annual Community Gathering had a bit of a different theme as it was mainly about celebration. The first day, August 1, included the ceremony to install Sharron Young as Chief, recognize Maureen Chapman as Grand Chief and to appreciate the accomplishments of the previous Chief and Council including Debra Schneider - who retired alongside Chief Chapman - and Councilor Jenn Carman who continues in her role. On August 2, members gather at Sq'ewá:lxw to discuss community developments including the announcement of the Enbridge consortium deal which will see twice-yearly payments with each Sq'ewá:lxw member receiving an equal share.



Annual Community Christmas Dinner



Hereditary Chief Ceremonies

On August 1, 2025, Sq'ewá:lxw marked an important day in its history as Sharron Young was affirmed as Sq'ewá:lxw's new Hereditary Chief during a special ceremony held at Skowkale First Nation.

Chief Sharron Young carries forward the role from Grand Chief Maureen Chapman, who had served as Hereditary Chief since 1999 and was honoured with the title of Grand Chief during the event. The ceremony also recognized former Councillor Debra Schneider, who retired alongside Grand Chief Chapman, and Councillor Jenn Carman, who was acknowledged for her ongoing dedication and service to the community.

Approximately 150 people — including nearly half of Sq'ewá:lxw's membership — gathered to witness and celebrate this meaningful transition of leadership.

