



Sqwelqwels Ye Stó:lō

The voice of the Stó:lō Nation

Volume 1, Issue 1 • January 2011

Stó:lō Nation Health Services

Home and Community Care Program

The Home and Community Care (HCC) program is a team of health care professionals, who provide nursing care of clients of all ages with acute, chronic or palliative health care needs in a community setting.

Homecare focuses on promoting independence, allowing individuals to remain at home for as long as possible. The clients, families, and communities are supported by Health Professionals through teaching, counseling and nursing care in their own home or at the Health Centre. Through team effort, HCC workers support clients to reach their optimal level of independence and quality of life.

HCC nursing services include case management, medication administration and management, wound care and management, foot care, therapeutic care, and diabetes management, including neuropathy testing. These services are available to community members through a referral process, and are provided to status, on-reserve community members only.

Patients can be referred for HCC services through self referral, by family and community members, a nurse practitioner, a physician, social services, a hospital, an auto insurer, a Regional Health Authority, a mental health crisis centre, rehabilitation centre, Worksafe BC, or other health care providers.

HCC has two registered nurses on staff, KeeLang Teo-MacDonald and



The Stó:lō Nation Health Services Home and Community Care Team. From left to right, KeeLang Teo-MacDonald, Leona Kelly, and Margaret Wilson.

Margaret Wilson. Registered Nurses are licensed by the College of Registered Nurses of BC. All Registered Nurses are required to maintain an annual CRNBC practicing license, which involves in meeting the required practicing hours, staying up-to-date in their practice, as well as a criminal records check. All Nursing Procedures and Treatments are delivered in accordance with the Professional Standards set out by CRNBC.

Additionally, the Home and Community Care program has a health care aide, Leona Kelly, on staff, who specializes in personal

care services, including bathing and grooming, feeding, foot and nail care, rehabilitation exercises and more.

For more information on the Home and Community Care Program, please check the Stó:lō Nation website at www.stolonation.bc.ca, the organization's Facebook (facebook.com/stolonation), and Twitter (twitter.com/stolonation). You may also call Stó:lō Nation Health Services at 604-824-3200 or 1-877-411-3200, from 8:00am-4:00pm, Monday to Friday.

COMMUNITY HEALTH PROGRAM INFO CORNER

Every month, Stó:lō Nation Health Services' Community Health Program team brings you the latest information on what's happening for the month.

Read ahead to learn more about the Canadian Prenatal Nutrition Program, Baby Time, FASD Learning Services, and more!

What Time Is It? Baby Time!

Baby Time drop-in is a great opportunity to hang-out with other parents and babies, get some health information, and eat some yummy snacks! All moms, dads, babies, children under 5-years, and expecting moms are welcome to come by. Stó:lō Nation Health Services' Baby Time runs on Wednesdays from 10:00am to noon. A pediatrician is also available during Baby Time hours, so stop in and say hello!

Canadian Prenatal Nutrition Program



Are you pregnant? Do you have an infant under the age of 12 months? If so, you could qualify for participation in the Canadian Prenatal Nutrition Program! This program involves monthly visits with one of the Stó:lō Nation Health Services Community Health Nurses where you can ask any questions you might have, receive information, and a \$25.00 gift card for Superstore!

The gift card is to help buy fresh fruits and veggies, part of a balanced diet for expecting women, busy moms, and little ones over 6-months of age! To sign-up for the program, please contact a Community Health Nurse at 604-824-3200/1-877-411-3200.

FASD Learning Series

Interested in learning more about Fetal Alcohol Spectrum Disorder (FASD)? If you are a university student, or just interested in learning more, SNHS will be hosting free video conferences at the Health building (7-7201 Vedder Road) on the following dates:

- *January 12 – Implications of Neuroplasticity for a Brain Affected by FASD*
- *January 26 – Diagnosis of FASD in the Adolescent Years*

Aboriginal Act Now BC Challenge!

Are you interested in promoting health and wellness through increased physical activity and healthy eating in your community? Train to be an Aboriginal Act Now BC Community Coordinator and lead your Aboriginal community, group, or students in an upcoming 6 Week Health Challenge. Act Now BC will be hosting a training session in Abbotsford on January 13, 2011. If you are interested in registering, or if you'd like more details, please contact Lyle Downey, Aboriginal Diabetes Coordinator, at Stó:lō Nation Health Services, 604-824-3200 or 1-877-411-3200.

Realistic Resolutions!

With a New Year comes a new set of goals... Want to start off the New Year by exercising more regularly, eating healthier, quitting smoking, or getting out of debt? Whatever your goals might be, you probably want to set ones you'll be able to achieve.

The Stó:lō Nation Community Health team reminds you of some ideas to help turn those New Year's resolutions into realities:

- Make your goals something *you* want to do... Not what someone else thinks you should do, or that you *think* you should do.
- Make your goals reasonable. Make your goal something you know you will be able to accomplish.
- Make your goals behavior-specific. For example, losing weight is not a behavior, but limiting yourself to one treat a day is a behavior.
- When making your goals, answer the following questions:
 - What? (For example, walking or avoiding sugary foods.)
 - How Much? (For example, walking 4 blocks.)
 - When? (For example after dinner or Monday, Wednesday, Friday)
 - How Often? (For example 4 times a week; try to avoid "every single day.")



If you are more interested in finding out more about setting realistic New Year's resolutions, please see a Community Health Worker when they visit your community during the second week of January 2011.

Additionally, you may call 604-824-3200 or toll-free 1-877-411-3200 for more information!

SNHS Smoking Cessation

Did you know National Non-Smoking Week is from January 16-22? Want to learn more about the benefits of quitting smoking (there are lots), and how to help your friends or family members kick the habit? SNHS wants to help you!

In the month of January, we will be holding Smoking Cessation Information Sessions in the communities:

- *January 11 - Sumas*
- *January 18 - Tzeachten*
- *January 19 - Squiala*
- *January 24 - Leq'a:mel*

- *January 28 - Matsqui*
- *January 31 - SNHS*

These information sessions will feature lots of information and resources to help you kick the smoking habit in the butt!

PLUS, SNHS will be holding a "Commit to Quit" contest for January – it's super easy to enter, all you have to do is show up to one of the information sessions in your community to receive a ballot to enter the draw! The winner will take home a \$200 gift card for Wal-Mart!

COMMUNITY HEALTH PROGRAM INFO CORNER, CONT'D.

Quit Now: Quit Smoking Contest



Interested in kicking your cigarette habit “in the butt” this New Year?

Quit Now wants to motivate you to commit to quit, and is giving out cash prizes — including three \$1,000 weekly cash prize draws, five \$1,000 cash regional prizes, and a GRAND PRIZE of \$5,000 for those who can remain tobacco free from January 8 to February 4th, 2011. You have until 11:59 PM on January 7, 2011 to enter!

Go to: http://www.quitnow.ca/quitnow_and_win_2011.php for more details and to sign-up.

Canadian Diabetes Association Food Skills for Families — Stó:lō Dates

This is a call to all who enjoy food and want to eat and cook healthily!

Learning about traditional foods and a healthy balance is part of the Food Skills for Aboriginal Families program. Come and learn to cook simple meals, using traditional foods and recipes, while learning healthy cooking skills. You'll meet new friends and see others you already know while having fun cooking together!

- Gain hands-on cooking experience
- Try out and adapt simple recipes to take home.
- Have fun and share in the enjoyment of the food and making new friends
- Learn how to find and prepare healthy foods that meet your cultural,

social, and financial needs.

- Learn about nutrition, how to make healthy food choices, safe food handling and storage, meal planning, healthy snacks, shopping and much more.

Join Stó:lō Nation Health Services for six **free** weekly sessions at two locations:

1. Introduction to Health Eating
2. Eating for Good Health
3. Meat Alternatives, Milk Alternatives, and Healthy Fats
4. Planning Healthy Meals, Snacks, and Beverages
5. Supermarket Tour
6. Celebration!

This program will run every

Monday at Stó:lō Nation Health Services (7-7201 Vedder Road, Chilliwack), from 10am-2pm.

To register, please call 604-824-3200 as space is extremely limited (only 12 seats!).

Dates at Stó:lō Nation Health Services

February 21, 2011
February 28, 2011
March 7, 2011
March 14, 2011
March 21, 2011
March 28, 2011

Dates at Leq'a:mel

February 18, 2011
February 25, 2011
March 4, 2011
March 11, 2011
March 18, 2011
March 25, 2011

See the next page for more info on the program!

Canadian Diabetes Association — Food Skills for Families

Food Skills for Families (FSF) is a six session healthy cooking program that aims to teach and encourage healthy eating in a fun relaxed atmosphere. The program strives to strengthen cooking confidence and skills with a focus on improving food knowledge necessary to make healthy meal, snack and beverage choices, and increasing fruit and vegetable consumption.



The course is taught by Stó:lō Nation Health Services home and community health workers, who are Certified Food Skills for Families Community Facilitators. The six sessions will be held in community kitchens over six weeks, and each session is three hours in length with 8-12 participants.

The curriculum is learner-centred, builds on participant knowledge and experience, incorporates cultural preferences and respects the wisdom of all in the learning process.

Learning is facilitated through cooking and tasting and supported by written material. The program encourages participation and social interaction to inspire and empower participants to make interesting, nutritious and tasty meals and to sustain change.

Participants will learn how to choose healthy foods and increase food knowledge, deepen their knowledge of the Canadian food system, be conscious of Sugar Sweetened Beverages, understand Food Safety, learn to

read food labels, increase their cooking confidence. They will also modify recipes for health and budgets, attend a shopping tour, create a meal plan, become mindful eaters.

Research has shown that the Food Skills for Families program has positively influenced healthier eating behaviour. Participants report eating more fruits and vegetables everyday as a result of taking the FSF course, having a significant higher level of knowledge about what foods are healthy, cooking more meals from 'scratch,' using less convenience or packaged meals. and incorporating raw or fresh ingredients into their meals, and having a higher level of overall cooking confidence.

The Food Skills for Families initiative is coordinated by the Canadian Diabetes Association and is one of the Healthy Eating Strategies under the BC Healthy Living Alliance through funding from Act Now BC.

Still Want a Flu Shot?



If you haven't already received your flu shot and would like one, please call Stó:lō Nation Health Services at 604-824-3200 or 1-877-411-3200 to book an appointment with a community health nurse!

Reading and Writing for the Whole Family!

So, what else can you do with your family during these chilly nights? Get reading, writing, and having fun! See below for some great literacy ideas, fun for the whole family!

Travel the world: Well, sort of — use your library card as your passport. Check out books on different countries to learn about their traditions and celebrations.

Community book club:

Challenge your neighbours to read the same book during the holiday season and through January and then meet at a convenient location (at someone's house for a pot-luck supper, for example) on Family Literacy Day®,

January 27, to discuss the book. It may be so much fun you'll want to hold two or three throughout the year.

Have a book-nic: Organize an indoor picnic featuring books and delicious treats. Choose a theme around family food and reading preferences; for example, enjoy honey-flavoured cereal while reading Winnie the Pooh stories.

Watch a book: Set up a book-and-movie group where a book will be read and discussed, and then the film version will be watched. There are many good titles, both for adults and young people that have been made into films.

You've got mail: With adult supervision, have children go online and find a suitable electronic postcard to customize and send to a loved one.

Author, Author! Create a family journal by interviewing family members and writing down favourite jokes and stories from your kid brother, father, mother and Great Aunt Edna.

Reading buddies: Encourage your child to practice reading to the family dog, cat or goldfish. Pets are great listeners and don't make a judgment if a mistake is made.



Create a family book club.

Read and discuss together. Post your family's top 10 books list and book reviews online.

Make a particular night Board Game night. Maybe invite another family for a challenge.

Let them catch you reading.

Act as a reading role model for your kids by reading in your spare time. Remember that children learn by example.

Hi Ho the Merry-o: Engage in sing-along sessions with your children.

Sous chef. Following recipes is a great way to improve both reading and math skills. Ask your children to read the instructions out loud and to help measure the ingredients when making a treat for the family.

Read a classic adventure together. If your children like Survivor, they will love Treasure Island.

Surf the Internet together to find great sites that support your hobbies.

The count: Have your child count out the change required to make a purchase. Reinforce the importance of math in everyday life.

Map out your trip. Have your kids create the map for your next road trip then they can navigate by reading signs and billboards. Create a trip journal.

Write your own adventure. Write a short story as a family with alternative endings written by each family member
Literary Activities and A-Z Ideas adapted from the Centre for Family Literacy with support from the Parent-Child Literacy Strategy, Community Programs, Alberta Government, and familyliteracyday.ca

COMMUNITY HEALTH PROGRAM INFO CORNER, CONT'D.

Nurses Coat Drive



Do you have way too many coats stuffed in your closet? With the stormy, wet, unpredictable winter weather upon us, the Stó:lō Nation Health Services Community Health Nurses are looking to collect coats for those in need.

The nurses would like your used, but well-kept coats to help keep some of your fellow community members warm this winter. If you're interested in donating, please contact SNHS, or drop your coats off (any size welcome) at the reception desk at Stó:lō Nation Health Services (7-7201 Vedder Road, Chilliwack).

Weedless Wednesdays

Did you know that January 19 is “Weedless Wednesday?” It’s true, just ask Health Canada! The Stó:lō Nation Health Services Community Health team give you just a few reasons to kick the bud for the day:

- Marijuana increases dopamine, which creates the good feelings or “high” associated with its use. A user may feel the urge to smoke marijuana again, and again, and again to re-create that experience. Repeated use could lead to addiction.
- Long-term users self-report less life satisfaction, poorer education, and job achievement, and more personal and mental health problems compared to non-users. Early use may increase your risk of developing psychosis, a severe mental disorder in which there is a loss of contact with reality, including false ideas about what is happening (called delusions) and seeing or hearing things that aren’t there (hallucinations)... Scary stuff!
- Don’t think your lungs are being affected by marijuana? Think again! Marijuana smokers have some of the same breathing problems as tobacco smokers—plus, they are more susceptible to chest colds, coughs, and bronchitis than nonsmokers.
- Learning and memory are affected by marijuana because it disrupts normal brain functions, which can lead to problems studying, learning new things, and recalling recent events.

Source: Adapted from NDA for teens, *The Science behind Drug Use*: http://teens.drugabuse.gov/facts/facts_mj2.php

Mobile Diabetes Clinics

Stó:lō Nation Health Services will be hosting mobile diabetes clinics your communities! Come on our and find out more about diabetes! The following dates are January booked clinics in communities:

- *January 18 — Tzeachten*
- *January 24 — Leq’a:mel*
- *January 31 — SN Health Services*

Please contact SNHS at 604-824-3200/1-877-411-3200 to make an appointment. Please see

next month’s newsletter for clinics in more communities.

Seabird Island’s Mobile services offer screening, including cholesterol, blood sugar, A1C, kidney tests, and eye checks, as well as education services for those living with or are at-risk for diabetes. For more info, visit: www.seabirdmobilediabetes.ca



A MESSAGE FROM HOME AND COMMUNITY CARE

The Home and Community Care Team would like to share the following services available for all applicable community members. For more information on these programs, please call the numbers listed.

Additionally, you may inquire for more info from one of the Home and Community Care team members when they come to your community, or by calling 604-824-3200/1-877-411-3200 and asking to speak with one of the HCC staff.

Community Driving Program



Community drivers is a door-to-door transportation service that is safe, reliable, and sensitive to individual needs. Community Drivers provide transportation to medical and other essential appointments in the Fraser Valley, from Hope to Vancouver. This service is available 7 days a week, however, a kilometre fee of 53¢ per kilometre will be charged, when invoicing to any agency.

The Community Drivers require 48 hours notice if possible, but will try to accommodate shorter notice appointments. Doctor's appointments are priority, and have a wait time of two-hours in town, and four hours out-of-town, not including travel time. To book this service, please call 604-847-2244.

Chilliwack Hospice Society

The Chilliwack Hospice Society is a member of the Hospice Palliative Care Team, with volunteers who provide compassionate, support care. Hospice Society volunteers visit clients and their families providing companionship to patients, as well as support and respite for caregivers. Hospice Society staff and volunteers help ensure excellence in hospice care.

There is no cost to Chilliwack Hospice Society clients for their services, and provides sensitive support to individuals in need of services. Hospice philosophy emphasizes comfort, dignity, and quality of life, and care from the Chilliwack Hospice society is available to individuals and families at the Chilliwack Hospice Society centre, in their home, Cascade Hospice Residence, hospital, or at the community care facility.

Services provided by the Chilliwack Hospice society include: hospice residence, hospital, and home visitation; vigil support; one-on-one support; bereavement follow-up support; bereavement visitation; first-step, second-step, teen, and children's grief support groups, resource lending libraries, community workshops, ongoing volunteer training and community presentations.

To obtain services from the Chilliwack Hospice Society, referrals may be made by self-referral, family, physicians, social workers, or healthcare providers. Please call 604-795-4660 for more information.



Handy Dart Services

Handy Dart is a transportation service for persons who have a disability that is sufficiently severe that the person is unable to use conventional transit service without assistance. Handy Dart service is provided to and from accessible building entrances. Clients must be registered with the Handy Dart office before they can use the service.

There is no fee to register with Handy Dart. Please call 604-795-5121 on Monday through Friday, between the hours of 7:30am and 5:00pm.

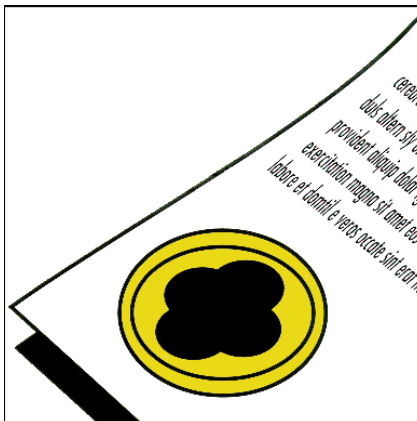
When the client calls, the Handy Dart staff will ask their name, mailing address, and telephone number, and send the application a registration package.

When the client books an appointment, the client is to have their name ready, the date and time he/she wishes to travel, the exact address where he/she wishes to be picked up and dropped off, whether he/she will be accompanied by an attendant or an escort, if he/she uses a wheelchair or another type of mobility aid, and if he/she wishes to book a return trip.

For more information on Handy Dart services, please contact 604-795-5121.



INDIAN REGISTRY — BILL C-3 NOTICE



On December 15, 2010 Bill C-3 Gender Equity and the Indian Registration Act received Royal Assent. The legislation will come into force on a date to be fixed by the Governor in Council. The bringing into force of Bill C – 3 will ensure that eligible grand-children of women who lost status as a result of marrying non-Indian men will become entitled to registration (Indian Status).

Bill C-3 applicants will be offered an improved service offering, whereby eligible applicants can expect to receive registration as an Indian under the Indian Act and an in Canada Secure Certificate of Indian Status (status card) in one step.

In preparation for eligible individuals the requirements are:

- Original Long Form Birth Certificate (listing parents names)
- Two Passport style photographs
- Original piece of Valid Identification (i.e., drivers license, provincial/state identification, passport, government issued ID)
- Guarantor Declaration for SCIS

And if applicable:

- Legal change of name document or marriage certificate
- Custody Court Order
- Statutory Declaration Form(s)

For more information see website: <http://www.ainc-inac.gc.ca/br/is/bl/index-eng.asp>

Calendar of Events - January 2011

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>New Year's Day Stat Holiday</p> <p>Stó:lō Nation and SNHS offices closed.</p>	<p>4</p> <p>CHW @ Sumas, 9:45a-2:30p</p>	<p>5</p> <p>Baby Time, 10a-12p @ SNHS</p> <p>CHW @ Squiala, 1p-3p</p> <p>Pediatrician @ SNHS, 9a- 12p</p> <p>Nurse Practitioner @ Sumas, 9a-4p</p>	<p>6</p> <p>CHW @ Sumas, 9:45a-2:30p</p> <p>Nurse Practitioner @ SNHS, 9am-4pm</p>	<p>7</p> <p>Nurse Practitioner @ SNHS, 9am-4pm</p>
<p>10</p> <p>CHW @ Leq'a:mel, 9a-12p</p> <p>CHW @ Skway, 1:30p-3:30p</p> <p>CHW @ Skowkale 10a- 11:45a</p> <p>FASD Video Conference @ SNHS, 10a-12p</p>	<p>11</p> <p>Smoking Cessation Info Session @ Sumas</p> <p>CHW @ Sumas, 9:45a-2:30p</p> <p>Immunizations @ SNHS</p>	<p>12</p> <p>Baby Time, 10a-12p @ SNHS</p> <p>CHW @ Squiala, 1p-3p</p> <p>Pediatrician @ SNHS, 9a- 12p</p>	<p>13</p> <p>CHW @ Sumas, 9:45a-2:30p</p> <p>Nurse Practitioner @ SNHS, 9am-4pm</p>	<p>14</p> <p>Nurse Practitioner @ SNHS, 9am-4pm</p>
<p>17</p> <p>Mammogram Clinic @ SNHS</p> <p>CHW @ Leq'a:mel, 9a-12p</p> <p>CHW @ Skway, 1:30p-3:30p</p> <p>CHW @ Skowkale 10a- 11:45a</p> <p>Nurse Practitioner @ Sumas, 9a-4p</p>	<p>18</p> <p>ADI Mobile Clinic @ Tzeachten</p> <p>Smoking Cessation Info Session @ Tzeachten</p> <p>Immunization Clinic @ Leq'a:mel</p> <p>CHW @ Sumas, 9:45a-2:30p</p>	<p>19</p> <p>Baby Time, 10a-12p @ SNHS</p> <p>Smoking Cessation Info Session @ Squiala</p> <p>Immunization Clinic @ Sumas</p> <p>CHW @ Squiala, 1p-3p</p> <p>Pediatrician @ SNHS, 9a- 12p</p>	<p>20</p> <p>CHW @ Sumas, 9:45a-2:30p</p> <p>Immunization Clinic @ SNHS</p> <p>Nurse Practitioner @ SNHS, 9am-4pm</p>	<p>21</p> <p>Immunization Clinic @ Matsqui</p> <p>Nurse Practitioner @ SNHS, 9am-4pm</p>
<p>24</p> <p>ADI Mobile Clinic @ Leq'a:mel</p> <p>CHW @ Leq'a:mel, 9a-12p</p> <p>CHW @ Skway, 1:30p-3:30p</p> <p>CHW @ Skowkale 10a- 11:45a</p> <p>Smoking Cessation Info Information @ Leq'a:mel</p>	<p>25</p> <p>CHW @ Sumas, 9:45a-2:30p</p> <p>Aboriginal Youth Suicide Awareness Training @ Mamele'wat Aboriginal Education Centre (3277 Gladwin Road, Abbotsford), 9a-3p</p>	<p>26</p> <p>Baby Time, 10a-12p @ SNHS</p> <p>CHW @ Squiala, 1p-3p</p> <p>Pediatrician @ SNHS, 9a- 12p</p> <p>Fetal Alcohol Syndrome Video Conference @ SNHS, 9a-11a</p>	<p>27</p> <p>CHW @ Sumas, 9:45a-2:30p</p> <p>Immunization Clinic @ Squiala</p> <p>Nurse Practitioner @ SNHS, 9am-4pm</p>	<p>28</p> <p>Nurse Practitioner @ SNHS, 9am-4pm</p> <p>Smoking Cessation Info Session @ Matsqui</p>
<p>31</p> <p>Smoking Cessation Info Session @ SNHS</p> <p>ADI Mobile Clinic @ SNHS</p> <p>CHW @ Leq'a:mel, 9a-12p</p> <p>Nurse Practitioner @ Sumas, 9a-4p</p> <p>CHW @ Skway, 1:30p-3:30p</p> <p>CHW @ Skowkale 10a- 11:45a</p>				

Chilliwack – Coqualeetza Grounds

7201 Vedder Road, Chilliwack, B.C. V2R 4G5

Building 7

Health and Support Services

Phone: 604-824-3200

Toll-Free: 1-877-411-3200

Finance and Administration

Phone: 604-858-3366

Toll Free: 1-800-565-6004

Stó:lō Dental

Phone: 604-824-3234

Building 5

Community Development

Phone: 604-824-3299

Toll Free: 1-877-847-3288

Building 8a

Stó:lō Aboriginal Skills and Employment Training

(formerly Stó:lō Nation Human Resources Development)

Phone: 604-824-2440

Website: www.saset.ca

Building 8b

Government House

Phone: 604-824-5316

Building 10

Stó:lō Research and Resource Management

Language

Longhouse Extension Program

Lands

Library

Phone: 604-824-2420

Stó:lō Development Corporation

Stó:lō Community Futures

Phone: 604-858-0009

Email: info@stolocf.com

Building 9

Daycare and Headstart

Phone: 604-824-6505

Toll Free: 1-877-411-3200

Building 25

The Gift Shop

Phone: 604-824-2430

Mission – St. Mary's Grounds (Pekw'xe:yales)

34110 Lougheed Highway, Mission, B.C.

General:

Phone: 604-826-5441

Toll-Free: 1-888-820-2595

Mission Aboriginal Family Place

Unit 136-34110 Lougheed Highway, Mission

Phone: 604-820-4693

About Sqwelqwels Ye Stó:lō

Sqwelqwels Ye Stó:lō, Stó:lō Nation's monthly newsletter, is back after a several-year hiatus.

In the newsletter, you will find service and program information about the departments in Stó:lō Nation, a calendar of upcoming events, and articles hand-selected by Stó:lō Nation staff that may be of use to you or your community.

For inquiries about *Sqwelqwels Ye Stó:lō*, please contact Rebecca Middleton at 604-858-3366 (toll-free at 1-800-565-6004).

Look for *Sqwelqwels Ye Stó:lō* monthly online and hardcopy wherever you find services provided by Stó:lō Nation.

Check us out on the web at:

<http://www.stolonation.bc.ca>

<http://www.facebook.com/stolonation>

<http://www.twitter.com/stolonation>