

Sqwelqwels Ye Stó:lō

the voice of the stó:lō nation

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The Journey Home Project: Soon Completing the First Part of the Journey

Mi t'ekw'stexw ye si:walelh tset'

We are bringing our ancestors home

Drs. Dave Schaepe and Sonny McHalsie

We wish to share with everyone the good news that, after years of discussions and planning, we will soon be completing the first major part of the "Journey Home Project" -- our collective effort to bring home our ancestors' remains from the University of British Columbia's Laboratory of Archaeology (LOA). Among them are individuals from places between Kw'ekw'í:qw (Sumas Mountain) and Lahits (Sawmill Creek). Bringing these ancestors home is an accomplishment that all involved wish to share with the community, and invite everyone to participate in this return home. Final details of timing and process are currently being worked out, but certainly the day of this event draws near.

This effort began in 2006 when the Stó:lō Xyolhmet S'olhetawtxw Sq'éq'ip (Stó:lō House of Respect Caretaking Committee) and Stó:lō Research and Resource Management Centre were instructed by the Stó:lō Tribal Council and Stó:lō Nation to take care of this project -- initiated by the Lab of Archaeology at UBC. Sue Rowley of UBC is our main contact and partner in the development of this significant repatriation. Over the course of our ongoing discussions, we have ensured that all Stó:lō communities have been informed and had the opportunity to participate in preparing the way home for these ancestors' remains in a good way.

The Cultural Advisors of the House of Respect Caretaking Committee, with participation from the House of Elders, Coqualeetza Cultural Education Centre, and cultural knowledge holders from a number of Stó:lō communities, are guiding all aspects of this Journey. Additional cultural input is being provided by their Honours Steven and Gwen Point. We are following a path laid out by our respected elders and cultural leaders, working to find out the histories of each ancestor in preparation for finally putting them to rest, in the best way possible.

The first step forward involves moving our ancestors from LOA to the Stó:lō Resource Centre repository as a temporary home, as we continue to work out plans with the Stó:lō community for their final resting places. We will soon be sending additional information outlining the timeframe and day's events to all Band offices. We will also be posting information in the local papers, as a necessary part of our process. Please keep an eye out for our follow-up information.

If you have any questions please do not hesitate to call or e-mail either Dave Schaepe (dave.schaepe@stolonation.bc.ca) or Naxaxalhts'i (Sonny McHalsie) (sonny.mchalsie@stolonation.bc.ca) at the Stó:lō Research & Resource Management Centre (604-824-2420).



Top: Dr. Dave Schaepe, Director and Senior Archaeologist, Stó:lō Research and Resource Management Centre / Lands / Fisheries; Adjunct Professor, School of Resource & Environmental Management, Simon Fraser University.

Bottom: Dr. Albert 'Sonny' McHalsie, Cultural Advisor/Historian, Stó:lō Research and Resource Management Centre

Visit us on the Web:



Sudden Infant Death Syndrome (SIDS)

Ryan Stone, CHW

What is SIDS?

Sudden Infant Death Syndrome refers to the sudden death of a healthy infant. The death is unexplained, even after a complete investigation and autopsy. SIDS is not a diagnosis. It simply refers to a group of infants who, although they looked healthy, died suddenly.

Why Does SIDS Happen?

No one knows why a seemingly well baby dies so suddenly. Pregnant mothers should be encouraged to decrease the risk of infant problems by taking good care of themselves and by following the latest prenatal health advice. Maternal smoking, as well as the inhalation of second-hand smoke, is discouraged. It is also recommended that babies sleep on their backs. Breastfeeding is recommended as well.

SIDS and the First Nations Population

A child is a gift from the Creator. In Aboriginal teachings, birth is a symbol of awakening, emerging, changing and new beginnings. That is why the creation of life is sacred: a baby is beginning the journey of life and is a gift of the Spirit to parents and the community. When a baby dies, it is a tragic event. Sudden Infant Death Syndrome (SIDS) - which occurs when an apparently healthy infant dies suddenly and quietly as he or she sleeps - is especially hard to understand and cope with.

What You Should Know About SIDS

- SIDS cannot be predicted or prevented at this time.
- SIDS is not caused by neglect or child abuse.
- SIDS does not appear to cause a baby suffering.
- SIDS is not contagious or infectious.
- SIDS is not considered hereditary.
- SIDS is not caused by vaccinations or by toxic gases.
- SIDS is not a new medical problem.
- SIDS occurs rapidly and silently, usually during periods of sleep.
- SIDS probably has more than one cause, although the final death mechanisms appear to be similar.
- SIDS is not anyone's fault.

SIDS is the leading cause of death in Canada for infants between the age of one month and one year. Also known as "crib death" or "cot death," SIDS strikes one in every 3,000 babies. A seemingly healthy infant falls asleep in his or her crib, stroller, car seat or parents' arms, and never awakens. No signs of suffering are associated with the death. Sadly, First Nations communities in Canada face at least a three times higher rate of SIDS among their infants. And studies show that while the death rate from SIDS has fallen since 1980 in the general population, it remains high among Aboriginal people.

Aboriginal mothers aged 19 to 24 have higher risk than non-Aboriginal mothers of losing an infant to SIDS. A University of Calgary study found that Aboriginal babies in Alberta were 10 times more likely to die from SIDS than non-Aboriginal babies. In Saskatchewan, the SIDS rate between 1982 and 1994 was 5.5 per cent higher among Native infants than among non-Native infants.

If you are concerned about SIDS, or would like more information, please contact SNHS' s Community Health team at 604-824-3200 or toll-free at 1-877-411-3200.

Community Health Clothes for Kids

Tonya Driscoll, CHW



Community Health has started baby clothing bins open to everyone to pick clothing for their babies as needed. Families may also drop off old clothing no longer needed. Please no adult clothes, as this is only for young children.

The current bins range in size from 0-3months to 2 years old. Please feel free to contact anyone from the Community Health team to have access to the clothing by calling 604-824-3200 or toll-free at 1-877-411-3200.

HIV Home Test Kits - They Don't Work!

Cynthia Taha-George, RN, via Health Canada

Following information that a Toronto company, ACCU-METRICS, has been advertising HIV home test kits for sale via their website, Health Canada would like to remind Canadians that there are currently no HIV test kits that have been authorized for home use in Canada.

The Accu-HIV 1 & 2 Saliva Test, or any other HIV home test kits, have not been evaluated by Health Canada for safety and effectiveness. Inaccurate test results from unlicensed HIV test kits may provide Canadians with false test results, such as a failure to indicate HIV in an infected individual, or indicate HIV when none is present.

ACCU-METRICS has voluntarily complied with Health Canada's instructions that this product will not be sold to Canadians via their website. It is illegal to advertise or sell unlicensed medical devices in Canada. In addition, Health Canada officials have also alerted our international partners about Accu-HIV 1 & 2 Saliva Test available via the Internet. Health Canada will continue to monitor the situation and will take appropriate action and inform Canadians, if necessary.

Consumers and health professionals wanting more information about this advisory from Health Canada can contact the Public Enquiries Line at 613-957-2991, or toll free at 1-866-225-0709.



**Illegally
sold
and
inaccurate**

The 5Ws

Who is Affected: Canadians who have purchased HIV home test kits.

What: Consult your healthcare practitioner if you have used any HIV home test kits and/or are concerned about your health. Report any complaints potentially related to HIV home test kits to Health Canada

Where: HIV Test Kits for sale on the internet, from a Toronto-based company

When: As recent as Fall 2011

Why: The kits give inaccurate results -- HIV positive people will test negative

Stó:lō Nation Health Services and Confidentiality

Cynthia Taha-George, RN

This statement is taken from College of Registered Nurses Association:

Nurses have an ethical responsibility to:
“recognize the importance of privacy and confidentiality and safeguard personal, family and community information obtained in the context of a professional relationship”

(College of Registered Nurses of British Columbia, 2008, Professional Standards for Registered Nurses and Nurse Practitioners, p. 22).

Confidentiality is an integral part of the nurse-client relationship, and it means that **all** Stó:lō Nation Health Services nurses, community health workers, and staff are professional and always safeguard client information.

If you call us or see us, we keep your talks and visits confidential!



Save-on-Foods Shopping Tour - October 24

Tonya Driscoll, CHW

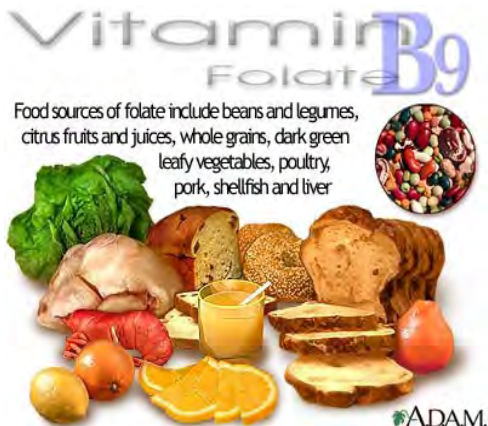
The SNHS Community Health team has secured October 24 for a nutrition tour of the Tzeachten Save-on-Foods in Chilliwack. Nutrition Tours are a hands on opportunity to learn about nutrition from a registered dietitian as they guide you through a fun and informative tour of your local Save-On-Foods store.

As part of the Aboriginal Diabetes Initiative, participants of the tour will received a \$25 gift card to Save-on-Foods. If you would like to take part, please contact the Community Health team at 604-824-3200 or toll-free at 1-877-411-3200.



The Benefits of Folate

Cynthia Taha-George, RN



Food sources of folate include beans and legumes, citrus fruits and juices, whole grains, dark green leafy vegetables, poultry, pork, shellfish and liver

Folate is a B vitamin found in foods needed to make your blood healthy. It also makes DNA during pregnancy. DNA is like a ladder and acts like a builder that forms the alphabet. Simply put—DNA is very important for your characteristics and everything about you!

So, why are we mentioning this? If you are of childbearing age, make sure you eat folate so our communities can have healthy babies and families. Peas, beans, dark leafy vegetables, and liver are great sources of folate!

Remember, better eating means better living!

Effective Immediately – Guarantor Form

Guarantor Forms can only be used in extreme and certain circumstances such as a house fire, burnt vehicle, etc. The department has enforced the policy that the Guarantor Form is **NOT** to be utilized if a person just had their purse/wallet lost/stolen, misplaced, or left their status card at another residence/gas station/ other retail store, or across the border, etc.

The policy is to present two pieces of valid, original ID when applying for a status card. To apply for a BC ID you require one primary ID and one secondary ID: There are other requirements on the ICBC Website: <http://www.icbc.com/driver-licensing/id>

Primary ID:	BC Driver's License	Must have photo
	Or learner's license	Accepted up to three years after expiry date on license
	BC ID	Accepted up to three years after expiry date on BCID
	Birth Certificate	Large or small birth certificate Baptismal Certificate/certificates of live birth
	Passport	Must be valid and show your full legal name

Secondary ID:	Bank Card	Name must be imprinted on card
	Credit Card	Name must be imprinted on card
	Employee Card	Must have photo on card
	Health Care Card	
	Status Card	
	Social Insurance Card	Newer Cards without a signature strip are not accepted
	Vehicle registration	Must include your signature
	Firearms acquisition certificate	
	Correction Service conditional release card	

Only make your appointment for a status card once you have the correct identification:

16 and Older

Two pieces of Valid Original ID, one with a photo

15 and Under

The parent applying requires two pieces of Valid Original ID, one with a photo, and their child's birth certificate or Health Care Card

Plan Ahead • Ensure you have sufficient ID at all times • Only carry the ID you require

Fisheries and Lower Fraser Fisheries Alliance

Coded Wire Tag (CWT) Sampling in Fraser River Fisheries

Ernie Victor, via LFFA

The Lower Fraser Fisheries Alliance (LFFA) is supporting the Coded Wire Tag (CWT) program and is working in partnership with DFO on improving CWT sampling in the Lower Fraser fisheries. Data collected from adipose fin-clipped Coho and Chinook is critically important to the CWT program and provides valuable information. It is the only effective tool used for coast wide stock assessment of Coho and Chinook from California to Alaska.

The information from the CWT program is especially relevant to Chinook and Coho stocks that have experienced conservation concerns which often limits First Nation and other user groups' access to fisheries. Working with the Department on this program is intended to build technical capacity, knowledge and general awareness to fishers and members of the Lower Fraser First Nation communities. Participation of the Lower Fraser Fisheries Alliance provides opportunity to validate the concerns the Lower Fraser First Nations have raised in regards to harvest and conservation for both early times Chinook and Coho.

What is a Coded Wire Tag (CWT)?

A coded wire tag is a small wire (approx. 1mm long) containing a unique code (see picture, at right). Tags are injected into the nose cartilage of juvenile salmon prior to ocean migration and identify the stream origin and age of each fish. Each year, Canada and the United States tag over 50 million juvenile salmon.

As part of this work, DFO applies about 5.5 million tags to Coho and Chinook, using about 5.5 kilometres of wire in the process. The Fraser River Watershed, has eight important Chinook and Coho indicator salmon stocks. Indicator stocks represent the distribution of other stocks including wild stocks in the watershed.

Tagging of indicator stocks allows DFO to monitor the overall health of salmon stocks.



Above: Standard length coded wired tag.



How Can I Tell if a Salmon has a CWT?

All Chinook and Coho injected with a CWT are marked by the removal of the adipose fin when the fish is tagged as a juvenile. In the Fraser River, all adipose fin clipped fish contain a CWT; however, only five to ten percent of fin-clipped Fraser Coho contain a CWT.



Why are CWTs Important?

Coded-wire tags allow Canada to fulfill international Pacific Salmon Treaty obligations and provide valuable management information including:

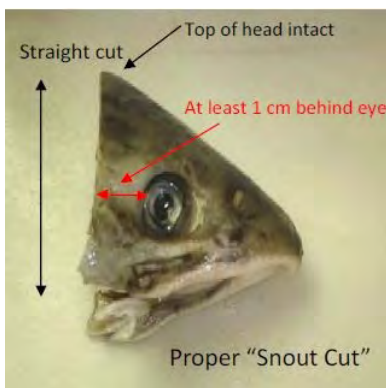
- Abundance, distribution and survival
- Trends for planning next year's fishing season
- Run timing in salt and freshwater areas

CWT sampling is required in all commercial, recreational and First Nations fisheries with Chinook or Coho retention. If sufficient recoveries of CWTs are not obtained from fisheries, Canada's ability to accurately assess trends in salmon abundance and survival is affected.

CWT Information Useful for First Nations Fishers

The Coded Wire Tag Program provides detailed catch on stocks which can be used by First Nations:

- To make better decisions affecting the long term viability of Chinook and Coho stocks and fisheries
- To understand where Canadian Chinook and Coho stock areas are harvested
- To advise on objective based fishery management plans, and
- To guide decisions to reduce or increase harvest in certain fisheries on specific stocks



Above: In order to help with CWTs, You must retain the upper portion of each head as shown in the upper photo. This cut is required so tags are not lost.

How Can You Help?

When providing catch information to your fishery monitor make sure to provide a count of adipose fin clipped Chinook and Coho and, if you have retained an adipose fin-clipped salmon, please allow your local First Nation fishery monitor to remove the head (or snout) for analysis.

For more information about CWTs or how you can help, contact your local First Nation fishery monitor, or call Salmon Head Recovery Program at 1-866-483-9994 (toll-free).

Calendar of Events

SUNDAY	MONDAY	TUESDAY
2	<p>3</p> <p>CHW @ LEQ'A:MEL , 10A-12P</p> <p>CHW @ SHXWHA:Y, 1:30-3:00P</p> <p>CHW @ SKOWKALE AND YAKWEAKWIOOSE, 10:00-11:45A</p>	<p>4</p> <p>CHW @ SUMAS, 9:30A-2:30P</p> <p>IMMUNIZATIONS AND HEALTH CLINIC @ SNHS</p> <p>CHW @ TZEACHTEN, 9A-11:30A</p>
9	<p>10</p> <p>CHW @ LEQ'A:MEL , 10A-12P</p> <p>CHW @ SHXWHA:Y, 1:30-3:00P</p> <p>CHW @ SKOWKALE AND YAKWEAKWIOOSE, 10:00-11:45A</p> <p>NURSE PRACTITIONER @ SUMAS, 9A-4P</p>	<p>11</p> <p>CHW @ SUMAS, 9:30A-2:30P</p> <p>CHW @ TZEACHTEN, 9A-11:30A</p>
16	<p>17</p> <p>CHW @ LEQ'A:MEL , 10A-12P</p> <p>CHW @ SHXWHA:Y, 1:30-3:00P</p> <p>CHW @ SKOWKALE AND YAKWEAKWIOOSE, 10:00-11:45A</p>	<p>18</p> <p>CHW @ SUMAS, 9:30A-2:30P</p> <p>CHW @ TZEACHTEN, 9A-11:30A</p>
23	<p>24/31</p> <p>CHW @ LEQ'A:MEL , 10A-12P</p> <p>CHW @ SHXWHA:Y, 1:30-3:00P</p> <p>CHW @ SKOWKALE AND YAKWEAKWIOOSE, 10:00-11:45A</p> <p>NURSE PRACTITIONER @ SUMAS, 9A-4P</p>	<p>25</p> <p>CHW @ SUMAS, 9:30A-2:30P</p> <p>EYE CLINIC STÓ:LŌ NATION HEALTH SERVICES</p> <p>CHW @ TZEACHTEN, 9A-11:30A</p>
30		

October 2011

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5</p> <p>BABY TIME, 10A-12P @ SNHS (THANKSGIVING FOR BABIES)</p> <p>PAEDIATRICIAN, 9A-12P @ SNHS</p> <p>CHW @ SQUIALA, 1:30P-3:00P</p>	<p>6</p> <p>NURSE PRACTITIONER @ SNHS, 9A-4P</p> <p>CHW @ MATSQUI, 9A-11A</p> <p>NURSE PRACTITIONER @ SNHS, 9A-4P</p>	<p>7</p>	<p>1</p> <p>8</p>
<p>12</p> <p>BABY TIME, 10A-12P @ SNHS (HOW TO TAKE TEMPERATURE)</p> <p>PAEDIATRICIAN, 9A-12P @ SNHS</p> <p>CHW @ SQUIALA, 1:30P-3:00P</p>	<p>13</p> <p>CHW @ MATSQUI, 9A-11A</p> <p>NURSE PRACTITIONER @ SNHS, 9A-4P</p>	<p>14</p> <p>NURSE PRACTITIONER @ SNHS, 9A-4P</p>	<p>15</p>
<p>19</p> <p>BABY TIME, 10A-12P @ SNHS (TRAVELING WITH HOMEMADE FOOD)</p> <p>PAEDIATRICIAN, 9A-12P @ SNHS</p> <p>CHW @ SQUIALA, 1:30P-3:00P</p>	<p>20</p> <p>CHW @ MATSQUI, 9A-11A</p> <p>NURSE PRACTITIONER @ SNHS, 9A-4P</p> <p>NURSE PRACTITIONER @ SNHS, 9A-4P</p>	<p>21</p>	<p>22</p>
<p>26</p> <p>BABY TIME, 10A-12P @ SNHS (HALLOWEEN SAFETY AND CONTEST)</p> <p>PAEDIATRICIAN, 9A-12P @ SNHS</p> <p>CHW @ SQUIALA, 1:30P-3:00P</p>	<p>27</p> <p>CHW @ SUMAS, 9:30A-2:30P</p> <p>CHW @ MATSQUI, 9A-11A</p> <p>NURSE PRACTITIONER @ SNHS, 9A-4P</p>	<p>28</p> <p>NURSE PRACTITIONER @ SNHS, 9A-4P</p> <p>STÓ:LŌ HALLOWEEN DANCE (MORE INFO TBA)</p>	<p>29</p> <p>STÓ:LŌ ANNUAL GATHERING (MORE INFO TBA)</p>

About Sqwelqwels Ye Stó:ló

Sqwelqwels Ye Stó:ló, Stó:ló Nation's monthly Look for Sqwelqwels Ye Stó:ló monthly online and newsletter, is back after a several-year hiatus. In the hardcopy wherever you find services provided by Stó:ló Nation, you will find service and program information about the departments in Stó:ló Nation, a calendar of upcoming events, and articles hand-selected by Stó:ló Nation staff that may be of use to you or your community.

For inquiries about Sqwelqwels Ye Stó:ló, please contact the editor at 604-858-3366 (toll-free at 1-800-565-6004), or via e-mail at newsletter@stolonation.bc.ca.

Check us out on the web at:
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Toll Free: 1-877-847-3288

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Website: www.saset.ca

Building 8b

Government House

Phone: 604-824-5316

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Language,

Longhouse Extension Program,

Lands, and Library

Phone: 604-824-2420

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Stó:ló Community Futures

Phone: 604-858-0009

Email: info@stolocf.com

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Phone: 604-824-6505

Toll Free: 1-877-411-3200

Building 25

The Gift Shop

Phone: 604-824-2430

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