



# Sqwelqwels Ye Stó:lō

*The voice of the Stó:lō Nation*

Volume 1, Issue 6 • June 2011

## Celebrating the Retirement of an SN Staff Member, Dear Friend, and Stó:lō Community Member: YALH YEXW KW'AS HOY T'IT'ELEM SPATH!

2011 marked Eddie Gardner's seventeenth year of service for Stó:lō Nation, and also marked the start of his retirement. Eddie has been an integral part of Stó:lō Nation Health Services and has provided many opportunities for community members to take an active part in their culture. Stó:lō Nation would like to take this time to thank Eddie for all of his hard work and dedication over the years.

Eddie Gardner was born in Hope, B.C. and is a member of the Skwah First Nation. He was raised in Sept-Iles, Quebec where he learned to speak French. He graduated from the University of Prince Edward Island in 1972 with a Bachelor of Arts in the Social Sciences. Eddie worked for a variety of federal, provincial, First Nation and private sector employers in designing, coordinating, directing and delivering a broad range of programs and services from an Aboriginal world view.

Eddie actively participated in the Constitution Express in 1980, which led to the inclusion of Aboriginal Rights & Title in the Constitution of Canada. He also actively participated in the Native Child Caravan in BC, initiated by Chief Wayne Christian of the Spalumsheen First Nation, which resulted in the evolution of Aboriginal control over child welfare for their families. Eddie strongly believes in the "Peoples Movement" as promoted by the late George Manuel of UBCIC and Chief Wayne Christian, and still promotes this concept in all his work.

Upon returning to the traditional Stó:lō territory in June of 1994, Eddie devoted considerable time and energy to the revival of Halq'emeylem with 10 years' experience learning, teaching and promoting the language. Eddie used his cultural and spiritual teachings in his capacity as a sessional instructor of Traditional Ways of Helping and Healing at the University College of the Fraser Valley. Eddie includes the Medicinal Wheel teachings in his work and he is a strong promoter of cross-cultural understanding and respect.



*Eddie Gardner, pictured at his retirement celebration, June 2011.*

Visit us on the Web!



*Read more on Eddie Gardner's achievements and dedication to the Stó:lō community on page 9, Eddie Gardner Retirement, continued.*

# STÓ:LŌ NATION HEALTH SERVICES - COMMUNITY UPDATE

## Routine Immunizations

### British Columbia Routine Childhood Immunization Schedule

Child's Age/ Vaccine	2 months	4 months	6 months	12 months	18 months	4-6 Years
Infanrix-hex - (Tetanus, diphtheria, pertussis, hepatitis B, polio, heamophilus, influenzae type b [hib])	☐	☐	☐			
Meningococcal C Conjugate	☐			☐		
Pneumococcal Conjugate	☐	☐		☐		
MMR – Measles, mumps, rubella				☐	☐	
Varicella – Chicken pox				☐		
Pentavalent - (Tetanus, diphtheria, pertussis, polio, heamophilus influenza type b [hib])					☐	
Quadrivalent – (Tetanus, diphtheria, pertussis, polio)						☐

Stó:lō Nation Health Services encourages following the B.C. Routine Childhood Immunization Schedule when immunizing your children.

For more information, contact the SNHS Community Health team at 604-824-3200 or toll-free at 1-877-411-3200.

## Kindergarten Immunizations

Submitted by Tonya Driscoll, CHW

Do you have a child who is going into kindergarten September 2011? The Stó:lō Nation health nurses will be doing the kindergarten immunizations throughout the summer!

The immunizations kindergarten is DtaP-IPV Vaccine which includes the following:

- Tetanus
- Diptheria
- Pertussis
- Polio

If the listed dates do not work for your family's schedule, please contact a community health worker to book a private appointment at Stó:lō Nation Health Services.

Contact a Community Health Worker at 604-824-3200 or toll free at 1-877-411-824-3200 to book an appointment!



### Upcoming Immunization Dates

Stó:lō Nation Health Services	June 30	July 26
Leq'a:mel First Nation	July 19	August 16
Sumas First Nation	July 20	August 17
Squiala First Nation	July 26	August 26
Matsqui First Nation	July 14	August 11

## What's Cookin' at Baby Time?

By now, you probably already know about the amazing program run by Stó:lō Nation Health Services, 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, and also coincides with an available, drop-in paediatrician also at SNHS, from 9:00am-noon.

In May, Community Health Nurse Cynthia George-Taha gave Baby Time a fun and scrumptious boost! She introduced a few moms and tots to her homemade bread recipe... and on top of that, even taught the moms how to make their very own bread, from scratch! The delicious smells of homemade bread wafted all through the Stó:lō Nation Health Services building. Of course, the bread was delicious, and brought a smile to everyone who had a chance to taste it (the Moms even got to bring it home to their families!).

Because of the wonderful response to Cynthia's bread making, the Community Health team and the Baby Time program has decided to incorporate a little home cooking every once in a while to the regular Baby Time schedule. **The next baking date is June 22, with RN Margaret Wilson.**

So, Moms, if you ever needed a push to stop in and say hello, the promise of Cynthia's wonderful snacks should be enough of a reason! The Baby Time team hopes to see you next Wednesday! Everyone is welcome!

### Stó:lō Nation Health Services' Baby Time!

**Every Wednesday from 10:00am until noon!**  
All Moms, Dads, babies, children under five-years and expecting moms are welcome!

There is a paediatrician on-site to answer all of your questions about your children's health.

See you there!



## Sexual Health Resources

Submitted by Tonya Driscoll, CHW

If you are looking for resources on sexual health, check out the following clinics and information sources on the right! Use these resources to get information on STI/HIV testing, counselling and referral, well-woman check-ups, birth control information and referral, pregnancy testing, hepatitis counselling, immunizations, condom distribution, and more.

Your visit and information is always confidential!

### Information on Lice Treatment for Status First Nations People

Submitted by Tonya Driscoll, CHW

If you suspect your child has lice, and after he/she has been confirmed with having lice by a healthcare practitioner, Stó:lō Nation Health Services encourages the following for status, First Nations families:

- Get a prescription for the lice treatment from a doctor or nurse practitioner for all children and parents in household.
- Get a prescription for the follow up treatment for 10 days later for everyone in the household.
- Non-Insured Health Benefits will cover lice treatment if a prescription is provided.

Stó:lō Nation does not provide lice kits, however if you have any questions regarding lice treatment please feel free to call a community health staff member of Stó:lō Nation at 604 -824-3200 or toll free at 1-877-411-3200. Additionally, if you or your family are non-status, a Community Health worker will be able to answer your questions.

#### Sexual Health Clinics and STI Clinics

<b>Chilliwack Health Unit</b>  45470 Menholm Road Chilliwack, BC V2P 1M2 604-702-4900	<b>By appointment Only</b> Mondays, Wednesdays, Thursdays from 1:30 – 4:30 pm  STI/HIV testing, treatment, counseling and referral, pap smears, birth control information and referral, pregnancy testing, hepatitis counseling, immunizations, condom distribution and needle exchange.
<b>Abbotsford Health Unit</b>  #104 - 34194 Marshall Road Abbotsford, BC V2S 5E4 604-864-3400	<b>By Appointment Only</b> Monday 2:30 p.m. - 3:30 p.m. Tuesday 3:00p.m. - 5:00 p.m. Wednesday 2:30 p.m. – 3:30 p.m. Thursday 2:30 p.m. - 3:30 p.m. Friday 2:30 p.m. - 4:30 p.m. for results only.  STI testing and treatment, STI counseling, HIV counseling and testing, pap smears.
<b>Mission Health Unit STI Clinic</b>  32618 Logan Avenue Mission, BC V2V 6C7 604-814-5500	<b>By Appointment Only</b> Tuesdays 2:30 p.m. to 3:30 p.m.  STI Testing, treatment and counseling (including pap smears) HIV and Hepatitis testing and counseling.
<b>Hope Youth Clinic</b>  444 Park Street Hope, BC V0X 1L0 604-860-7630	Mondays from 2:30-4:30  Services to youth ages 12years – 22years. STI testing and treatment, birth control at cost, pregnancy testing and counseling.

#### OPTions for Sexual Health

<b>Chilliwack</b>	Chilliwack Health Unit 45470 Menholm Road (Parking Lot Door)  Phone: 604-997-7526	Tuesdays 4:45 – 6:45 pm
<b>Abbotsford</b>	Abbotsford Health Unit #104-34194 Marshall Road  Phone: 604-731-4252	Wednesdays 7:00 – 9:00pm
<b>Mission</b>	Mission Health Unit 32618 Logan Avenue  Phone: 604-814-5502	Tuesdays 5:00 – 7:00pm

#### Sexual Health on the Web

<http://www.sexualityandu.ca>  
<http://www.cfsh.ca> - The Canadian Federation for Sexual Health  
<http://www.optionsforsexualhealth.org>  
<http://www.healthlinkbc.ca>  
[http://kidshealth.org/teen/sexual\\_health](http://kidshealth.org/teen/sexual_health)

#### Sexual Health by Phone

**BC Nurse Line (8-1-1)**  
 Your can get confidential information and advice from registered nurses 24 hour a day.  
 Or, you can phone province-wide toll-free: 1-866-215-4700  
 Greater Vancouver: 604-215-4700  
 Deaf and Hearing Impaired: 1-866-889-470

**Options for Sexual Health Facts of Life Line**  
 A confidential phone line staffed by registered nurses and trained volunteers.  
 Phone: 604-731-7803 (in the Lower Mainland)  
 or toll-free 1-800-739-7367

# FUN IN THE SUN: CHILDREN'S FESTIVAL 2011

It's almost that time again! Yes, Children's Festival is returning August 10, 2011. It will be the 19<sup>th</sup> annual summer festival for all Stó:lō children in the area. This year, the festival will be held at the Stó:lō Nation Central grounds (7201 Vedder Road, Chilliwack).

Last year, Children's Festival organizers decided to take a break from the usual – instead of the carnival theme, the organizers focused on making the festival active, energetic, and healthy. The Children's Festival had many inflatable bouncy castles that helped children of all ages burn off excitement and extra energy. The warm August weather allowed a huge inflatable waterslide to be enjoyed, and proved to be one of the most popular attractions!

In addition to all the bouncy fun, the Children's Festival boasted games, such as blindfolded pudding feeding (delicious and very messy!), a dunk tank, an obstacle course, fresh bannock, a popcorn stand, hula-hoop contests, and a mouth-watering barbeque lunch.

Last year's Children's Festival attendance was remarkable – 418 kids and parents attended. The festival was a sure hit – spectators rated it a solid four out of five in categories including location, date, length, fun, summer safety information, Stó:lō Nation services information, and food. Comments from participants included, "I enjoyed it as much as my little ones!" "Nice to see the kids have fun!" "Kids were more impressed than ever, thank you!" "Awesome that there is something for the kids – people can't always afford fairs," and "Awesome food!" Festival coordinators dubbed 2010's fair one of the most successful in years.

Look for more information in the coming weeks on this awesome, fun, and free festival celebrating children, summer, and health! For more information, call 604-824-3200 or toll-free 1-877-411-3200.



Top: The inflatable pirate ship that sailed the grassy field.  
Bottom left: The waterslide spectacular -- a slippery, cool break from the heat.  
Bottom right: Many challenged the IRONMAN course!



Top: A balloon archway initiated the feel of the party at registration.  
Middle: The face painting was a hit, and loved by all ages.  
Bottom: Lots of happy staff and volunteers were around to make sure things went smoothly!

Summer is upon us, but remember... a good summer is a healthy one!

## Sun Protection and Your Infants and Children

Human exposure to increased Ultraviolet (UV) levels can result in sunburns, skin cancers, cataracts and other eye diseases. The sun can also cause premature aging and damage to our skin. Much of our exposure to UV rays occurs before we are 18 years of age. By the time we are adults, many of us soak up more than enough ultraviolet rays to cause **skin cancer**.

## How can I protect my children from sun exposure?

Keep unprotected toddlers and children out of the sun during the **peak hours** of 10AM – 4PM. If you can see through the clothing easily then UV rays can get through too. Loose fitting clothes that cover skin, long sleeved shirts, wide brimmed hats, baseball caps do not cover ears, and neck area!

## How important are sunscreen and sunglasses?

Children should use a minimum of SPF 30 sunscreen, with UVA protection. Use a lip balm with SPF 30 as well. Apply sunscreen 15-30 minutes before sun exposure, so it is absorbed by the skin, and less likely to rub or wash off. Sunscreen not recommended for babies under 6 months. The same UV rays that harm the skin can also cause injury to the eyes. Infants and children are particularly at risk to this kind of damage. Look for sunglasses that provide 99 – 100 % UVA and UVB protection. **Having a tan already means that your skin has been damaged already by UV radiation!**

## Cruel Summer: Dying for a Tan

Despite your advice, applying sunscreen may be one of the last things teenagers are considering as they head out the door! Yet 50% - 80% of the sun damage done to our skin occurs during childhood and adolescence. Use sunscreen with an SPF at least from 15 – 18 years of age to avoid the risk of developing skin cancer, this can be reduced by 78%!

## Summer Safety for Elders / Seniors

Prepare yourself for the sun and heat. Wear sunscreen and lip balm, with SPF 15 or higher. Avoid going out during the hottest times. Drink plenty of water. Avoid dehydrating drink, alcohol, caffeine, or large amounts of sugar. The skin's ability to perspire and cool itself declines with age; use cooler lightweight clothing, brim hats.



# ABORIGINAL SUPPORTED CHILD DEVELOPMENT



Stó:lō Nation presents

## Storytime in the Park

**Summer is almost here!**

Get ready to have fun in the sun and encourage literacy, healthy living, and family fun!

Aboriginal Supported Child Development will be hosting Storytime in the Park, a family fun day, in a community near you this summer!

Stay tuned for more information, you won't want to miss this!

*Your Community Newsletter -- What would you like to see in Sqwelqwels Ye Stó:lō?*  
For more information on submission criteria, deadlines, and more, contact the editor at [newsletter@stolonation.bc.ca](mailto:newsletter@stolonation.bc.ca), or by calling 604-858-3366 or toll-free at 1-800-565-6004. Thanks for reading!

# STÓ:LŌ NATION LANDS DEPARTMENT

## Individual Land Holdings - Part Two: Types of Interests Held

*From Lisa Davidson, Lands Technician:*

Last month we looked at allotments and the process to complete one. In this month's article, I will explain tenancy and the difference between the two types of jointly held tenancy. Tenancy simply means the holding of property by any form of title. Most often on reserve lands this is through your Certificate of Possession (CP). If there is more than one person requesting an allotment, then they will need to decide whether or not they would like to hold the parcel of land as Joint Tenants or Tenants in Common.



### Joint Tenants

**Definition:** Two or more band members hold lawful possession and an equal interest to the parcel. When one of the joint tenants dies, the interest passes to the surviving joint tenants equally.

Joint tenancy takes precedence over a will. This is very important to note. Even if you have a will and have left your interest to someone, they will not receive your interest upon your death. Your interest gets automatically passed on equally to the surviving tenants.

### Tenants in Common

**Definition:** Two or more band members hold a specified percentage of interest in the parcel. If one tenant in common dies, their percentage can be willed to another band member. If there is no will then it will be passed through the descent of property as listed in the Indian Act.

Tenants in common is the willable version of tenancy. If you hold a parcel of land as tenants in common, then you can will your interest to whomever you choose as long as they are a Band member on the reserve the land sits.

If you don't have a will then, your portion of the land will go through the descent of property per the Indian Act, and possibly become a 'Section 50'. If you have questions about this article or other topics, please contact the Stó:lō Lands Department at 604 -824-2420.



### Event Tents

*Need a tent for your community summer event?  
Stó:lō Nation has 3 Event Tents for Rent!*

*The cost is only \$160 per tent, with a 50% deposit due in advance of the event. contact Tara Green at 604-824-3251 for booking and further information!*

## EDDIE GARDNER RETIREMENT, CONTINUED

*Continued from front page.*

Since 1994 Eddie has been an Employment Counsellor, Supervisor of Employment Services, Manager of Employment Services, fully delegated Child Protection Worker, Day Treatment Program Facilitator, and Facilitator of the Indian Residential School Support Program. Eddie actively supported the establishment of Stehiyáq Healing and Wellness both as a volunteer of the Advisory Committee for this project, and as Stehiyaq Consultant to develop holistic programming and initiate the application process for a license to operate a residential healing facility.

Eddie is devoted to assisting his role model and uncle, Terry Prest, and his cousin Shirley Hardman in conducting monthly Sweat Lodge ceremonies on the Skowkale reserve. He has accepted to be an elder with Qwiqwelstom Justice Program. He holds monthly drumming and singing sessions at Skemis Medicine Lodge Society. Eddie will continue his work with annual four day Medicine Wheel Ceremonies at Mission, BC. He wants to work more with his Skwah First Nation community.

Eddie is devoted to working with Salmon Are Sacred and their allies to have fish farms removed out of the migration routes of Fraser River sockeye smolts as he believes they are contributing to their demise through pollution, infestation of sea lice and diseases. Eddie is motivated to honour his elders who taught him Halq'emeylem by continuing to work towards fluency in the language and to seek opportunities to teach and promote the preservation of the language.

Yalh yexw kw'as hoy T'it'elem Spath, for all the hard work and dedication you have put into the Stó:lō communities in your years with Stó:lō Nation. Happy retirement!

*Photos from top to bottom: Eddie being drummed in at his retirement celebration; the man of the hour amidst the celebrations; a shared hug of thanks between Willy Hall and Eddie; a heartfelt speech from Eddie's family member; Eddie at various events at Stó:lō Nation.*



# CONGRATULATIONS!

Best wishes to the following on their recent achievements!



*Congratulations Dave and Robbi Topping! Dave, of the Stó:lō Nation Maintenance department, and Robbi were married in a lovely outdoor ceremony on May 28, 2011!*

*Submitted by Gloria Hobbs*

*Congratulations!!! Stephanie Villeneuve has completed her diploma in Chemical Addictions through NVIT. Stephanie works full time at Stó:lō Nation Health as an Addiction Wellness Worker and started her education when she began working for Stó:lō Nation Health Services two years ago. Stephanie is looking at continuing her education in an undergraduate degree in Chemical Addictions.*

*We support you and congratulate you in your achievements through dedication and hard work.*

*Submitted by Geraldine Gutierrez*



*Congratulations Chelsea on your upcoming graduation! I would like to express how proud I am to be the mother of such an inspiration. My daughter Chelsea Michelle is role model for all youth and is drug and alcohol free, and has been in the military for 2 years as a combat engineer. She has volunteered on several committees such as the Chilliwack powwow, the Elders gathering and at a number of events. She is graduating from Sardis Secondary and I am extremely proud of her. She is proceeding with her education and going on to UFV to obtain her Bachelor of Arts in the near future.*

*Submitted by Cecilia Lockerby*

*Congratulations to Cheyenne and Richard on the arrival of their new baby boy, Richard Robert Clarence Malloway the fifth! Baby Richard arrived June 1, 2011.*

*Submitted by Stephanie Villeneuve and Betsy Ritchie*



***Do you have an announcement you would like to share with the Stó:lō community via Sqwelqwels Ye Stó:lō?***

***If so, contact the editor at [newsletter@stolonation.bc.ca](mailto:newsletter@stolonation.bc.ca).***

***Be sure to include your announcement, contact information, and a picture!***

# Calendar of Events - June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Baby Time, 10a-12p @ SNHS</p> <p>Paediatrician, 9a-12p @ SNHS</p> <p>CHW @ Squiala, 1:30p -3:00p</p>	<p>2 CHW @ Sumas, 9:30a-2:30p</p> <p>CHW @ Matsqui, 9a-11a</p>	3	4
5	<p>6 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>7 CHW @ Sumas, 9:30a-2:30p</p> <p>Immunizations and Health Clinic @ SNHS</p> <p>CHW @ Tzeachten, 9a-11:30a</p>	<p>8 Baby Time, 10a-12p @ SNHS</p> <p>Paediatrician, 9a-12p @ SNHS</p> <p>CHW @ Squiala, 1:30p -3:00p</p>	<p>9 CHW @ Sumas, 9:30a-2:30p</p> <p>Immunizations and Health Clinic @ Matsqui</p> <p>CHW @ Matsqui, 9a-11a</p>	10	11
12	<p>13 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 at Sumas</p>	<p>14 CHW @ Sumas, 9:30a-2:30p</p> <p>CHW @ Tzeachten, 9a-11:30a</p>	<p>15 Baby Time, 10a-12p @ SNHS</p> <p>Paediatrician, 9a-12p @ SNHS</p> <p>CHW @ Squiala, 1:30p -3:00p</p>	<p>16 CHW @ Sumas, 9:30a-2:30p</p> <p>CHW @ Matsqui, 9a-11a</p> <p>Immunizations and Health Clinic @ SNHS</p>	17 Immunizations and Health Clinic @ Sumas	18
19	<p>20 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>21</p> <p><b>Happy Aboriginal Day!</b></p> <p>Stó:lō Nation offices and clinics are closed today.</p> <p>For more information, call 604-858-3366 or toll-free 1-800-565-6004.</p>	<p>22 Baby Time, 10a-12p @ SNHS</p> <p>Paediatrician, 9a-12p @ SNHS</p> <p>CHW @ Squiala, 1:30p -3:00p</p> <p>Immunizations and Health Clinic @ Leq'a:mel</p>	<p>23 CHW @ Sumas, 9:30a-2:30p</p> <p>CHW @ Matsqui, 9a-11a</p>	24	25
26	<p>27 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 at Sumas</p>	<p>28 CHW @ Sumas, 9:30a-2:30p</p> <p>Eye Clinic Stó:lō Nation Health Services</p> <p>CHW @ Tzeachten, 9a-11:30a</p>	<p>29 Baby Time, 10a-12p @ SNHS</p> <p>Paediatrician, 9a-12p @ SNHS</p> <p>CHW @ Squiala, 1:30p -3:00p</p>	<p>30 CHW @ Sumas, 9:30a-2:30p</p> <p>Health Clinic and Kindergarten Immunizations @ SNHS</p> <p>CHW @ Matsqui, 9a-11a</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](http://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](mailto: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



### 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 the editor at 604-858-3366 (toll-free at 1-800-565-6004), or via Email at [newsletter@stolonation.bc.ca](mailto:newsletter@stolonation.bc.ca)

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

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