



the **BEATING HEART**

Sts'ailes Community Newsletter

November 2018

stsailles.com

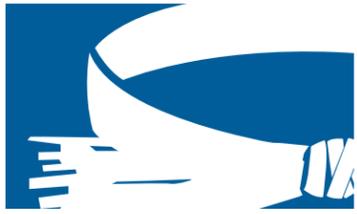
DON'T WANT YOUR KIDS TO BE GRINCHED?

**Check Santa's List to make
sure your child is getting a gift
at the Sts'ailes Community
Dinner!**

T: 604.796.2116

E: dawn.charlie@stsailles.com



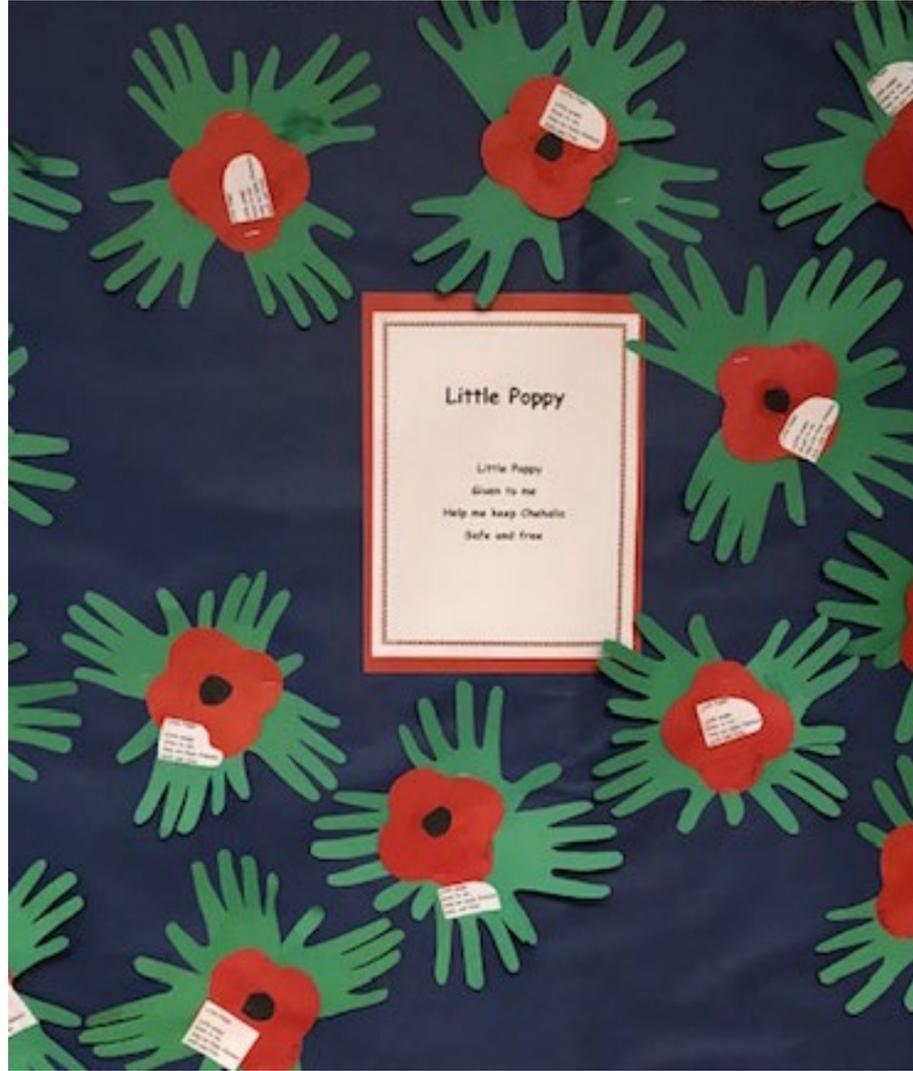


education for all ages
EDUCATION

PRE-KINDERGARTEN NEWS

The Pre K had a very busy October. They went to the pumpkin Patch and Corn Maze, they also had the opportunity to go to Weaver Creek to see the salmon spawning. This year the Pre K cleaned a pumpkin, roasted and ate the seeds and then pureed the pumpkin and made delicious pumpkin cookies. The children also go on walks throughout the community exploring their environment. Thank you to Dale and Tweety for inviting the children to enjoy their Halloween display.

In support of Remembrance Day the children made wreaths with their hands which is proudly displayed in the classroom.



GRADE 2 NEWS

The Grade 2 and Grade 3 students, staff and parents /guardians were able to go to the Chilliwack Corn Maze on October 23. The students had a great time and we were very fortunate to have some wonderful weather. They enjoyed the hay maze, corn pit, saw some pot bellied pigs, turkeys, goats, chickens and rabbits. We learned about gravity and that an apple and a pumpkin will hit the ground at the same time when dropped from the same height. We were able to go through the corn maze in record time and enjoyed the giant bouncy pillow and playground. The tractor ride around the maze was exciting and at the end of the day, we were all able to get a pumpkin to take home.

Sts' ailes New Year celebrations and stations were great! Thank you to all those who helped, plan and present.



Halloween is always a great time for goblins and everyone remembered to stay safe and not to eat a lot of candy!

Thank you to Harvey Paul and other presenters for speaking at our Remembrance Day assembly. It is always a good time to reflect and remember the men and women who gave the ultimate sacrifice so that we can have the freedom to do what we want, go where we want and eat what

we want. We remember those in the Spirit World who sacrificed for our freedom. Thank you.

Construction of a cafeteria at the school continues and the students have been great at staying safe. It is very exciting to know we will have a fabulous cafeteria!

Do you have a dream or an idea and want to start your own business? Would you like to talk to a business professional about your idea in confidence?

Rocio Zielinski, Operations and Loans Manager of Stó:lō Community Futures (SCF) will be available to assist you with any self employment ventures that you may want to discuss. Some of the services SCF offers are:

- **Business Services & Consulting**
- **Applying for Business Development Loans**
- **Upcoming Training & Workshops**

Rocio will be available at the Sts'ailes Band Office foyer every 2nd Wednesday of each month from 9:30 to 10:30 am on the following dates:



- Oct 10, 2018
- Nov 14, 2018
- Dec 12, 2018
- Jan 09, 2019
- Feb 13, 2019
- March 13, 2019
- April 10, 2019
- May 08, 2019
- June 12, 2019
- July 10, 2019
- August 14, 2019
- Sept 11, 2019
- Oct 09, 2019



Drop in and say Hello to Rocio, or you can reach her by phone at 604-824-5272 or by email at rzielinski@stolocf.ca



YOUR **HEALTHY LIVING TIP**

Knowledge being the key to a healthy living, **Aboriginal Health** provides valuable information and access to culturally-appropriate services and information that is related to Aboriginals and physical & mental health to help guide the People to live longer, healthier lives. Our Healthy Living Tips carry a strong message – **“Eat well... Be Active... Save Tobacco For Tradition.”** And each month we we also provide Healthy Living Tips that raise your awareness about other topics such as breast cancer and diabetes.

PLAN AHEAD THIS NOVEMBER FOR A HEALTHY LIFESTYLE!

Eat Well...

Taking time to plan meals each week can help you to eat healthier and save you time & money! Menu planning makes grocery shopping more efficient and cuts down on unplanned trips to the store. Try these tips for meal planning: look for sales, check out what you have in your kitchen first, plan meals around seasonal vegetables and include some meatless menus to save money. (Mayo Clinic)

Be Active...

Preparing for an activity routine can help to increase your likelihood of success. Start by choosing an activity that you enjoy and feels 'doable'. Write down your goal and check to see what part of the day fits best. Make sure that you have what you need such as: good shoes, a water bottle, comfortable clothing and if you'll be outside a charged phone & reflector device.

Save Tobacco for Tradition.

According to QuitNow the most effective way to quit smoking is to have a plan. Here are 7-steps to creating a plan: choose at quit date, choose your quit-method, know your triggers, conquer your cravings, manage withdrawal, build social support and control your environment. Call or visit Quitnow.ca for more details on planning and support.



SUBMITTED ARTICLE

AGASSIZ TEACHER'S AMAZING RACE TAKES STUDENTS ON CANADA-WIDE ADVENTURE

AESS students say they had the experience of a life time

An Agassiz teacher has set a new standard in field trips after he took 36 Agassiz Elementary Secondary School (AESS) students on a Canada-wide Amazing Race adventure.

AESS Sciences teacher Leonard Naimi spent 10 months organizing, coordinating and fundraising for a trip that had grade 11 and 12 students racing across 5,000 kilometres, three provinces and 12 cities in only 10 days. Teams of three to four students (and an adult guide) followed a series of clues across the country, taking on new feats – big and small – as they went.

The race started Oct. 31 at AESS where teams received their first clue. That day Amazing Race-ers faced six challenges including Halloween costume shopping at Value Village, a 'smoked oysters challenge' and navigating the Chilliwack Corn Maze, before heading to the Abbotsford International Airport to catch a 5:30 p.m. flight to Hamilton, Ont.

Upon arrival, the students took on a "massive pancake eating challenge" at Denny's.

And that was just day one.

Over the next nine days, teams faced everything from a poutine challenge in La Banquise and indoor skydiving in Montreal to a surprise scavenger hunt around the Parliament Building in Ottawa and rides in military tanks at the Ontario Regiment Museum.

A series of checkpoints throughout the trip not only helped guides keep track of kids, but allowed Naimi to track their time. Points were also added or taken away from teams for their completion of smaller, detail-oriented challenges like taking 40 pictures with different strangers in the Toronto Eaton Centre Mall, finding and photographing a series of monuments or locating the same book in three different libraries.

Along the way, teams had to find their own transportation and used trains, buses and rental cars to get to each checkpoint or challenge.

Inspired by the CBS TV show, Naimi has been taking students on 'Amazing Race's' for a few years – his first was smaller, with teams racing across Agassiz. The second race covered more ground, taking students across seven B.C. cities. This year was Naimi's biggest yet, and planning was no easy feat.

ARTICLE BY

Nina Grossman



"I usually come up with a final destination, and then it's all about, 'how do I get them there?'" he said. "This year, it was the CN Tower... everything was planned around getting to that point... I'm a big fan of the TV show and I wanted to make this feel like the real thing."

And the race didn't just take students sightseeing – it had them exploring every nook and cranny of Canadian cities, taking on thrilling new challenges like indoor surfing in Quebec City and zip-lining in Niagara Falls.

The final challenge was as big a hurdle for Naimi – who took part in challenges alongside students – as it was for participants.

Two members from each team had to complete the Edge Walk on the CN Tower. Strapped into harnesses, participants walked the circumference of the tower, the tallest building in Toronto, a cool 356 metres (1,168 feet) above the ground.

"Some people were terrified to do some of the [challenges] but they still did them and they loved it afterwards," said grade 12 student Maykayla Morissette. "You're like, 'wow, I've done this before, what if I do this next?'"

Some challenges were less exciting, like navigating public transit and learning to work with team members in a stress-filled, high-pressure, competition. But Naimi is proud of his students and confident they now have memories and skills that will last a lifetime.

"Most of the kids won't go into chemistry after they leave my class – I get that. So I thought, what can I actually teach them that they can take away with them once they graduate?" he recalled. "The Amazing Race gives them those lifelong lessons but it also gives them lifelong memories... and that's something I think is more valuable than what I can teach them in class."

Students returned Saturday and Naimi is still calculating the results of the race. He expects to determine a winning team soon. Winners or not, participating students feel they already won the jackpot by having Naimi as their teacher.

Sciences teacher Leonard Naimi and AESS Amazing Race co-host Jaydin Lees pose during the CN Tower Edge Walk – one of the final challenges of the race. (Submitted)

"It was truly a once in a lifetime opportunity and when we look back at our high school experience, we'll say, this was it," grade 12 student Rionna Vander Wyk said. "Knowing our teacher planned all this for us – to benefit us... to push us out of our comfort zones. He did it all with the class in mind, it's just super cool."

Grade 12 student Annalise Wilkinson agreed.

"In chemistry I learned how to balance equations, but with the Amazing Race, now I know how I can push myself to do stuff," she said.

Morissette said the trip "was the peak moment of her high school life."

"Naimi is the most dedicated teacher you will ever meet and we are blessed to have him at this school."

ARTICLE SOURCE: <https://www.agassizharrisonobserver.com/home/agassiz-teachers-amazing-race-takes-students-on-canada-wide-adventure/>





Sts'ailes EMERGENCY PREPAREDNESS

WINTER PREPAREDNESS TIPS

PREPARE YOURSELF

Some winter weather tips to help you get through a severe stretch of cold:

- Stay indoors during the storm.
- Walk carefully on snowy, icy walkways.
- Avoid overexertion when shoveling snow. It's a serious workout, and going at it too hard can bring on a heart attack – a major cause of death in the winter. If you must shovel snow, stretch before going outside.
- Stay dry. Wet clothing loses all of its insulating value and transmits the cold rapidly.

COLD-RELATED INJURIES

- Watch for signs of frostbite: loss of feeling and white or pale appearance in extremities. If any of these occur, get medical help immediately.
- Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.
- If any of the hypothermia symptoms appear, get yourself (or the victim) to a warm location, remove wet clothing, and warm the center of the body first. Give the patient warm, non-alcoholic beverages if they are conscious. And of course, get medical help as soon as possible.



Community Wellness Calendar 🌸 November 2018 🌸

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4690 Salish Way Agassiz, B.C V0M 1A1 PHONE: 604-796-9601 EMAIL: annette.francis@stsailles.com Facebook- Sts'ailes Health & Family Services					
	5	6	7	8	9	10
	All Programs Closed for Training					
4			Community Walk 12-1 Gentle Yoga 5-6	Community Walk 12-1 Teen Meeting 5-6	Community Walk 12-1 Open Gym/Workout 5-6	
11	12 Closed for Remembrance day	13 Community Walk 12-1 Someone So Small 1:30-3 Teen Meeting 5-6	14 Community Walk 12-1 Gentle Yoga 5-6	15 J.O.Y Community Walk 12-1 Teen Meeting 5-6	16 Community Walk 12-1 Open Gym/Workout 5-6	17
18	19 Pro D Day Teen Outing	20 Community Walk 12-1 Teen Meeting 5-6	21 Community Walk 12-1 Gentle Yoga 5-6	22 J.O.Y Outing Community Walk 12-1 Teen Meeting 5-6	23 Community Walk 12-1 Open Gym/Workout 5-6	24
25	26 Family Night 5-6:30	27 Community Walk 12-1 Someone So Small 1:30-3 Teen Meeting 5-6	28 Community Walk 12-1 Gentle Yoga 5-6	29 Community Walk 12-1 Teen Meeting 5-6	30 Community Walk 12-1 Open Gym/Workout 5-6	



PREPARE YOUR HOME

Some tips to brace your home for a winter storm:

- Clean out the gutters, disconnect and drain all outside hoses. If possible, shut off outside water valves.
 - Insulate walls and attics, and caulk and weather-strip doors and windows.
 - Repair roof leaks and remove tree branches that could get weighed down with ice or snow and fall on your house – or your neighbor's. (Avoid liability for the latter.)
 - Wrap water pipes in your basement or crawl spaces with insulation sleeves to slow heat transfer.
 - Consider an insulated blanket for your hot water heater.
 - If you have a fireplace, keep the flue closed when you're not using it.
 - Have a contractor check your roof to see if it would sustain the weight of a heavy snowfall.
 - Make sure your furniture isn't blocking your home's heating vents.
- During cold spells, keep cabinet doors open to allow warm air to circulate around pipes, particularly those in the kitchen and bathrooms.
 - Keep a slow trickle of water flowing through faucets connected to pipes that run through unheated or unprotected spaces.
 - If your house will be unattended during cold periods, consider draining the water system.
 - Avoid ice dams – where water from melted snow refreezes in the gutters and seeps in under the roof, soaking interior walls. Here's how:
 - Ventilate your attic.
 - Insulate the attic floor well to minimize the amount of heat rising through the attic from within the house.
 - Consider having a water-repellent membrane installed under your roof covering.

PREPARE YOUR CAR

According to the Department of Transportation, 22% of all vehicle crashes in the U.S. – and 16% of the fatalities – are

due to severe weather such as rain, snow, sleet and ice.¹ So, prepare your car for treacherous conditions and extremely cold temperatures – and know what to do if you find yourself stranded in a vehicle. When the temperatures start to drop:

- Drive only if it is absolutely necessary. If you must drive, travel during the day.
- Don't travel alone. Keep others informed of your schedule.
- Stay on main roads and avoid back road shortcuts.
- Top off antifreeze, windshield wiper fluid, gas, oil and other fluids.
- Make sure your tires have enough tread. Consider snow tires.
- Keep bagged salt or sand in the trunk for extra traction and to melt ice.
- Clear snow from the top of the car, headlights and windows.
- Save the numbers for your auto club, insurance agent and towing service into your cell phone.
- Keep a cold-weather kit in your trunk. It should include a blanket or sleeping bag, gloves, hard candy, bottled water, folding shovel, first aid kit, flashlight and cell phone charger.

IF YOU'RE TRAPPED IN A VEHICLE

- Remain inside. Rescuers are more likely to find you there.
- Run the engine and heater about 10 minutes every hour. Clear any snow from the exhaust pipe to reduce your risk of carbon monoxide poisoning.
- Move around to maintain heat.
- Use maps, floor mats and seat covers for insulation.
- Take turns sleeping. Someone should always be awake to alert rescuers.
- Drink fluids to avoid dehydration.
- Turn on the inside light at night so rescue crews can find you.
- If you're stranded in a remote area, stomp out the words "SOS" or "HELP" in the snow.

Find out more on how to prepare for extreme weather conditions at our Catastrophe resource center and stay protected from the cold weather and other natural disasters that can affect you and your home. Learn what damages homeowners insurance covers and how flood insurance can protect you in the case of a flood.

STS'AILES CAMP SITE (PALEXAL) AVAILABLE FOR MEMBERSHIP

If any Sts'ailes membership Wish to book a Recreation site for usage, please inquire at the Administration Building with the Rights & Title Dept.

T 604.796.2116

Sts'ailes Christmas Dinner 2018

THEME: PJ's & HOT COCOA

Tuesday, December 4, 2018
Location: Sts'ailes School Gym

4:30pm Doors Open
5:00pm Early Bird Door Prize
5:30pm Turkey Dinner
Raffle Draws
Door Prize Draws
Santa's Giveaway
Clean-up Door Prize Draw

To Check Santa's List:
P: 604-796-2116
E: dawn.charlie@stsailles.com

All Other Info:
P: 604-796-2116, ext. 248
sherylynn.crispin@stsailles.com

FB Event Page:
"Sts'ailes Community Christmas Dinner 2018"

BYOP:
Bring Your
Own Plate-
setting



Sts'ailes Open-House

Wed November 21st
3pm-7:30pm
Sts'ailes School Gym

3:00 - Doors Open (Drop in)
5:00 - Speakers
5:30 - Meal
7:00 - Door prizes, clean up

Grand Prize value \$400



Transpotation (surrounding area)
available, contact Administration
Office 604-796-2116

Happy Birthday
My Baby Girl Hailee Leon

Love from your Mom
Vanessa Jules

Happy Birthday
Bianca Charlie

Love from your Stepmom
Vanessa Jules

Happy Birthday
Murf Charlie

Love from your wife
Vanessa Jules

Happy Birthday
Larry Shaw

Love Karen

Happy Birthday
Jerry Joe

Love Johnna, Bella & Chloe



Upgrade your Computer Skills

TUITION-FREE COMPUTER COURSES FOR DOMESTIC STUDENTS

UUP COMPUTER COURSES

COMP 061: Basic Computer Operations

Fundamental level course that covers basic computer concepts, keyboarding, word processing, email, and internet use.

COMP 071: Microsoft Office Skills

Introduction to spreadsheets, electronic communication, and intermediate word processing.

COMP 091: Graphics and Publishing

Intermediate to advanced computer skills in current online technologies, publishing, digital art, and graphics.

COMP 092: Computer Applications

Intermediate and/or advanced computer skills in networking, programming, spreadsheets, database management, and online technologies.

REGISTRATION & CONTACT INFO

Abbotsford

604-504-7441 x 4597 | upgrading@ufv.ca

Chilliwack

604-504-7441 x 2807 | michelle.rickaby@ufv.ca

Hope

604-504-7441 x 9991 | michelle.vandepol@ufv.ca

FUNDING AVAILABLE

The Adult Upgrading Grant offers funding for supplies and other fees to qualifying domestic students.

Visit ufv.ca/upgrading for more information.

WINTER 2019 SCHEDULE

Abbotsford campus

COMP 091: Jan 8–Apr 25

Chilliwack campus

COMP 061: Jan 7–Feb 27
COMP 071: Mar 4–Apr 24

Hope campus

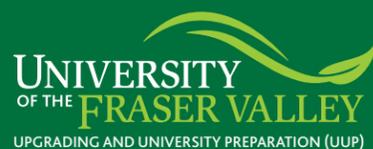
COMP 092: Jan 8–Apr 25

Online

COMP 092: Jan 7–Apr 26

Check the [UFV timetable](#) for class times.

Register now!
ufv.ca/upgrading

**UNIVERSITY**
OF THE **FRASER VALLEY**
UPGRADING AND UNIVERSITY PREPARATION (UUP)



Open the door
to better job
opportunities.

Education & Career Planning

Gain transferrable skills to reach your personal and professional goals.

Take the first step on your education and/or career path by learning to set goals and create detailed action plans. Gain skills in interpersonal relations, communication, education & career exploration, career management, and more. This course has a flexible, online format that will fit around your busy schedule. Optional in-person sessions with the instructor are also available. For detailed course descriptions, visit the Academic Calendar on the UFV website.

Credit for this course qualifies towards the Dogwood Diploma (Adult Graduation).

Register NOW!

Contact *Upgrading & University Preparation* for more information.

Email: upgrading@ufv.ca

Call: 604-504-7441 x 4597

Toll-free: 1-888-504-7441 x 4597

Winter 2019

Education & Career Planning (ECP 094)

Online course
Jan 7–Apr 26

TUITION-FREE for domestic students!

Adult Upgrading Grant (AUG) funds are available to qualifying students to help cover the cost of students fees and supplies.

**UNIVERSITY**
OF THE **FRASER VALLEY**

ufv.ca/upgrading

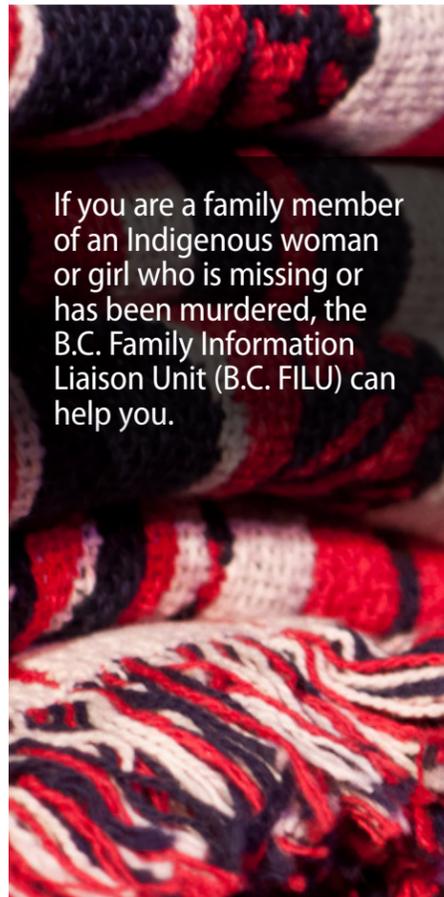


BCFILU

B.C. Family Information Liaison Unit



BRITISH COLUMBIA



If you are a family member of an Indigenous woman or girl who is missing or has been murdered, the B.C. Family Information Liaison Unit (B.C. FILU) can help you.

B.C. Family Information Liaison Unit

Help includes:

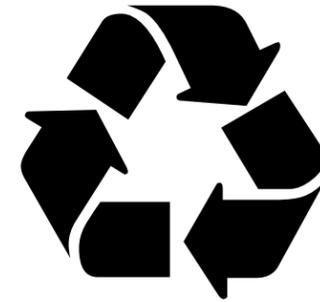
- Gathering and providing you with available information about your loved one's case, including updates on police investigations and coroner's reports.
- Answering questions about policies and practices, including information about the criminal justice system, police procedures, and child and family services.
- Working with you in a compassionate, respectful, and family-centred manner.
- Arranging and supporting you during meetings with system partners (e.g., police; coroners) to receive information directly.
- Connecting you to available services and supports, including local victim services, cultural supports, and grief counselling.

Access B.C. FILU Services

- FILU Family Support Workers are available to meet with you in your home community. The BC FILU also has offices in both Vancouver and Prince George.
- FILU services are available to family members of missing or murdered Indigenous women or girls, including both blood and non-blood relations, such as adopted families, cultural kin, foster care relatives, and chosen family.

Contact Information

Telephone: 1-888-355-0064
 Email: BCFILU@gov.bc.ca
 Webpage: www.gov.bc.ca/family-information-liaison-unit



RECYCLE INFORMATION

Please place all recyclables into clear or blue plastic bags

Cardboard Should be taken apart & folded for easier pick up.



DO RECYCLE

- Newspaper with inserts
- Cardboard
- Waxed cardboard / wax paper
- Junk mail / flyers
- School or Office paper
- Phone books / catalogues
- Cereal / pizza boxes
- Glass bottles / jars
- Tin / aluminum cans
- Milk jugs
- Tetra-packs
- Pop / water / juice bottles
- All plastic containers with approved codes: 1, 2, 4, or 5 on the bottom



DON'T RECYCLE

- Plastic grocery bags
- String
- Plastic without approved codes
- Gift wrap / tissue paper
- Building or Reno materials
- Motor oil containers
- China/ceramic items
- Light bulbs
- Aerosol / paint cans
- Styrofoam
- Food waste