



the BEATING HEART

Sts'ailes Community Newsletter

February 2020

stsailles.com

! IMPORTANT CHANGE TO STS'AILES HEALTH !

Health has taken on a new identity!

We are now Sts'ailes Yeqwethet.

In our efforts to revitalize the Halq'emeylem language we are committed to using the language and making it more visible throughout our community. This includes changes to the various branches of the department as follows:

Yeqwethet
(Formerly Health)

meaning "to heal and make things right"

Yeqwethet Aylexw
(Formerly Community Wellness)

meaning "to live"

Yeqwethet Lha:w
Formerly Community Health

meaning "to heal"

Yeqwethet Sayem
Formerly Mental Health

meaning "strong"

Next up we will be changing all of our programming to Halq'emeylem and weaving this into our new 10 Year Health Plan!! This includes recreation, youth, elders, children, and cultural events!

Stay tuned for more exciting progress in Language Revitalization.



SUBMITTED ARTICLE

STS'AILES STUDENTS SCALE GLACIERS AS PART OF MOUNTAIN SKILLS AND WILDERNESS PROGRAM

By Karissa Gall - Agassiz-Harrison Observer
January 17, 2020

As a youth justice worker in Agassiz from 2004 to 2015, Adam Palmer didn't see the value in taking the kids referred to him by schools, police and the province to pick up garbage. Instead, he would ask the probation officer if he could take them for a hike.

"That's actually how I got involved in taking kids climbing in the mountains," Palmer told the Observer, adding that he's been climbing mountains and glaciers himself since the age of 12.

When his youth justice position changed to part-time, Palmer went looking for a new opportunity. He found it at the Sts'ailes Community School, where he's been the mountain skills and wilderness program coordinator for about five years.

For the first trip of the program, he took a group of six students caving in his backyard — the Chilliwack River Valley.

"It was awesome," Palmer said. "The kids got to see how the caves were formed and how water penetrates the ground."

After the trip the students made a presentation back in the classroom, complete with graphs and diagrams. Other kids got interested and the program expanded.



Palmer started acquiring equipment, such as headlamps for future caving trips and axes for climbing up ice. He now takes students on large trips — twice a month — to Mount Slesse, Doctors Point and beyond. He even lands the odd helicopter trip for his students, as a trade-off for his role as an adventure host for his friend's company Librico Helicopters.

"It's not just about taking kids hiking, it's actually about connecting them to the land," he said. "Every mountain and every place we go to in our class has a cultural significance to it."

"That's our main goal — to get these kids to be storytellers again and to keep that oral history alive."

On a hiking trip to Labour Day Summit in June 2019, for example, Grade 11 student Tatiana Charlie was able to pick wild ginger and learn about her family's tea traditions.

"It's nice to see the plants that my grandparents used to make tea out of and to actually find them myself," Charlie said. "It was really fun to actually learn about them too."

To make time to participate in the program, Palmer said students work ahead on their other school work.

"The whole program wouldn't be possible if other teachers in the school didn't support it," he said.

Students' participation can also be counted toward work experience. Palmer works with a guide from the

Association of Canadian Mountain Guides to ensure students get certificates for their accomplishments, something he said looks great on a resume.

For example, Grade 11 student Elias Hart said when they go for snowboarding trips, they learn about tree wells and how to not get caught in them.

"If you can handle six days in the wilderness, you can handle a shift working in the restaurant," Palmer said, adding that a few of his students have decided to become mountain guides after participating in the program.

"One out of 50 kids, it might change their life forever."

Some students have even landed jobs already, as production assistants.

In addition to coordinating the mountain skills and wilderness program, Palmer is also the cyber film instructor at the school. He has a background in film — when he's not teaching he searches for lost treasure on the History Channel's "Curse of the Frozen Gold" show — and sometimes gets asked to help film crews scout locations in the area.

Last year, a location scout working on Apple's "See" web series starring actor Jason Momoa contacted Palmer about potentially filming in Abbotsford. Palmer didn't think the proposed location was right and suggested going out with his Sts'Ailes students to scout a location in their area.

"Sure enough they liked the location and they filmed a few episodes there," he said. "It's great because one of the things I like to do is get my students involved in that area as well."



Article Source: <https://www.agassizharrisonobserver.com/community/video-stsailes-students-scale-glaciers-as-part-of-mountain-skills-and-wilderness-program/>



Business Hours

9am-9pm everyday
except Wednesdays

Phone

604-845-2256 (CALM)

Email

Info@LunaFloat.ca

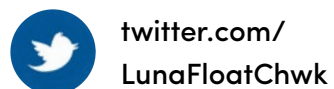
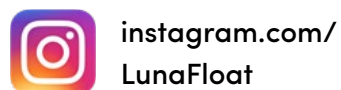
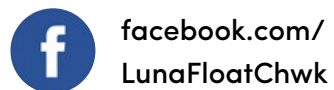
Location

101-45645 Tamihi Way
Chilliwack, BC V2R 2M3

Website

<https://www.lunafloat.ca>

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Luna Float is Chilliwack's first Float Therapy and Wellness Centre

located in Garrison Crossing. Float therapy, or simply "Floating", is based on a scientific approach to relaxation called Restricted Environmental Stimulation Technique or R.E.S.T. for short. People float for many different reasons and potential benefits including stress and anxiety relief, relaxation, meditation, muscle recovery, chronic pain management, relief from PTSD symptoms, improved sleep quality, back and neck pain relief, and so much more. Luna Float has 4 spacious Float Cabins that each contain 11" of water saturated with 1100 pounds of pharmaceutical grade Epsom Salts (Magnesium Sulfate). This creates a very dense solution that allows the body to float effortlessly and minimizes the forces of gravity delivering a feeling of weightlessness. The water is heated and maintained to ones external body temperature so you can't tell where the body ends and the water begins. Sessions are 90 minutes and people are often surprised how fast the time goes, then again, some people fall asleep - which is totally fine and safe (think epic nap). Luna Float also offers 30min Infrared Sauna Sessions as well as 30min NeuroSpa Chair Sessions.

Luna Float has won Aboriginal Business of the year award last year (Chilliwack Chamber of Commerce) and is currently nominated for 3 awards at the Inaugural Sto:lo Business Awards.

Owner and founder of Luna Float, Nina Zetchus, given name *Pulemiya*, was born and raised in Chilliwack. Her indigenous background is from *Sts'ailes*, mother *Bonnie Olsen* (Pulem Qen), grandfather *Ed Leon Jr.*, and great-grandfather *Ed Leon Sr.* (Pulem) from where her name is derived. She sits on both the Sto:lo Business Association Board and Sto:lo Community Futures Lending committee.

q'a:wthet ikwelo - rest yourself right here



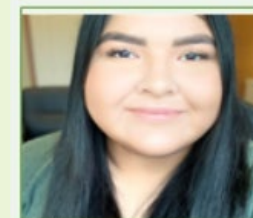
WANT TO START OR EXPAND YOUR BUSINESS?



Rocio Zielinski
General Manager



Shannon Smith
Business Analyst



Michaela James
Administrative Assistant

We can help!

Stó:lō Community Futures offers business counseling, and business loans for small to medium-sized Indigenous businesses that are either just starting out, need to expand or are maintaining their business. SCF works collaboratively with the 24 Stó:lō communities within Sólh Téméxw, the Stó:lō Traditional Territory on initiatives to improve community economic development.

Our Business Services include Business Loans, Business Resources, Training and Workshops, and After-Care.

Upcoming Dates at the Sts'ailes Administration Building:

March 11, 2020

August 12, 2020

April 08, 2020

September 09, 2020

May 13, 2020

October 07, 2020

June 10, 2020

July 08, 2020

Come and meet the SCF Staff!

Sto:lo Community Futures

Building 10-3rd Floor, 7201 Vedder Rd. Chilliwack, BC V2R 4G5
604.858.0009 | www.stolocf.ca

CLINICAL COUNSELLING w/Pam Roberson - Adults & Indian Day School Survivors.
Tuesdays. Call 796-9601.

CLINICAL COUNSELLING w/Jordan White - Teens - Monday & Tuesdays. Call 236-332-6352

AA MEETINGS - Wednesday's - Doors open 6:30, meeting starts 7:00pm Elders Log Building. If ride needed call: 778-933-1386 or more info.

GRIEF & LOSS - Monday's @ 1:00-3:00pm. Elders Log building. Sessions for children call 796-9601 or message Cecily.