



the **BEATING HEART**

Sts'ailles Community Newsletter

February 2024

stsailles.com

With the upcoming Referendum vote, Sts'ailles would like to make sure you are fully informed on this important decision for our Community.

Please be sure to attend our Information Meeting on Thursday, February 22, 2024 @ the Sts'ailles Community School Gym.

You can also look to find more information @ stsailles.com/xaselmethox or contact Stephanie Adams or Michaela James.





STS'AILES REFERENDUM VOTE INFO

VOTING DAY IS COMING UP:
March 20th, 2024

As we move forward, in the coming months we will be doing our best to prepare you for this important referendum. In our worldview, we live and breathe sustainability and resilience, which encompasses the teachings of seven generations. This teaching conveys the need to consider the impacts on one another, our environment, and for those who are yet to come - the four legged, the plant and root people, the ones that swim in the rivers and oceans, the ones that fly, and the weakest beings, the human.

A milestone of Sts'ailes is to have our Snowoyelh (traditional laws) recognized and threaded into our governing practices. The Constitution & Citizenship Code are two big pieces of becoming self-governed, stepping out of the Indian Act, and working towards our CCP goal!

Sts'ailes CCP Exerpt:

“WHAT WE ENVISION: Sts'ailes governance, constitution, authority, and responsibility are established by membership (Citizenship) and recognized by other First Nations and other governments at the national, provincial, and local levels. Sts'ailes has its own system of laws and enforcement along with a restorative justice system. With self government, Sts'ailes has a full suite of policies to guide each sector of each department.”

WHAT IS A CONSTITUTION?

The Constitution describes how we wish to live and how we want to govern ourselves. It is the over-arching document for our laws.

WHAT IS A CITIZENSHIP CODE?

The Citizenship Code determines who Sts'ailes government will respond to, advocate for, and govern.

WHAT IS A SELF-GOVERNMENT AGREEMENT?

A Self-Government Agreement (SGA) is a nation-to-nation agreement with Canada that *recognizes* Sts'ailes rights for self-government. It will outline key elements of our self-government practices and future scope of work we wish to engage in for self-government.

Decision-Making

Essentially, the SGA recognizes decision-making power of indigenous governments - in this case, for Sts'ailes.

INDIAN ACT & SELF-GOVERNMENT

Under the Indian Act

- Governed by the Indian Act
- Band Council has delegated authorities
- Band Council reports to the Minister of Crown-Indigenous Relations and Minister of Indigenous Services
- Programs and services provided through Department of Indigenous Services

- Land that is provided (Indian Reserves) for the use and benefit of the Band cannot be owned by the Band or individual members.
- Funding is determined by the federal government and there is no guarantee in funding

Under Self-Governance

- The Indian Act no longer applies to the First Nation or it's Citizens where the First Nation have made their own laws.
 - » Sts'ailes is an independent government
 - » Sts'ailes is no longer accountable to the Minister of Crown-Indigenous Relations and Indigenous Services
- Governed by Sts'ailes Constitution
 - » Sts'ailes Government makes laws and is accountable to the people
- Same level of existing services plus ability to expand services to meet the needs of its citizens
- Consistent governance funding through the Collaborative Fiscal Framework

WHAT WE ARE DOING

- Listening to oral stories
- Engaging Knowledge Keepers
- Utilizing Sts'ailes Snowoyelh (Laws) and Sts'ailes Si:wes (Teachings)
- Compiling existing documents to build on the work of our predecessors
- Engaging our legal counsel and cross comparing with others
- Consulting with Sts'ailes Xwelmexw, Chief and Council, and employees
- Preparing for implementation

WHAT TO EXPECT

- Open House Activities
- Family Meetings
- Focus Groups
- Mail-Out Packages
- Video Clips
- Online & In-Person Activities
- Also prepare for ratification, also known as Community Voting
- News Releases
- Celebration & Ceremony

WHAT ELSE TO EXPECT

When the Constitution and Citizenship Code are ratified and when the Self-Government Agreement (SGA) is signed, we can expect to follow the standards and practices outlined in these governing documents. We will have a better idea of what the detailed changes will be when we begin implementation planning. These plans will also be shared with Sts'ailes Xwelmexw.

QUESTIONS? CONTACT US!

 604.796.2116

 stephanie.adams@stsailles.com
michaela.james@stsailles.com

To update mailing address / contact information
please talk to **Carla Charlie:**

 604.796.2116

 carla.charlie@stsailles.com



NOTICE OF STS'AILES REFERENDUM

Notice is hereby given that Sts'ailes has called a Vote in accordance with the Sts'ailes Referendum Regulation in the matter of determining if Registered Voters approve the Sts'ailes Constitution and the Sts'ailes Citizenship Code.

The following question will be asked of the Eligible Voters of Sts'ailes by Ballot:

1. Do you approve the Sts'ailes Constitution, with a final draft dated for reference, and presented at a community information meeting on, February 22, 2024?

POLLING LOCATION

STS'AILES ADMINISTRATION OFFICE, 4690 SALISH WAY, AGASSIZ, B.C., V0M 1A1

POLLING DATE & TIMES

Electronic Polls: Open at 8:00AM, Closed at 8:00PM, March 20, 2024

Regular Polls: Open at 8:00AM, Closed at 8:00PM, March 20, 2024

IMPORTANT INFORMATION

- **Eligibility to Vote:** All Sts'ailes Members 18 years of age and older as of March 20, 2024, are eligible to vote in this referendum.
- **Ways to Vote:** Any Registered Voter may vote in person, by Mail-in Ballot, or electronically. Go to <https://www.onefeather.ca/nations/sts'ailes> (Detailed Instructions for voting online are attached)
- **Information Meeting:** An Information Meeting will be held on February 22, 2024 at the Sts'ailes Community School, 5785 School Road, Harrison Mills, BC V0M 1A1.
- **Additional Information:** Copies of the Background Documents, the Ratification Documents, Referendum Regulation, and Referendum Process may be obtained from Stephanie Adams, and the Voters' List may be examined, at the Sts'ailes Administration Office, 4690 Salish Way, Agassiz, B.C., V0M 1A1.
- **Missing or Incorrect Name on Voter List:** Please contact the Ratification Officer by no later than February 16, 2024, if your name is missing from or is incorrectly listed on the Voters' List, or if you believe a name has been incorrectly included on the Voters' List.
- **Counting Ballots:** Ballots will be counted at the polling station immediately after the close of polls at 8:00PM on March 20, 2024.
- **Announcing Results:** The results of the Referendum will be publicly announced at the polling station once the ballots have been counted, will be posted at the Sts'ailes Administration Office and other locations on Sts'ailes' reserve, and will be posted online and in other media sources.

Dated at Delta, Province of British Columbia this 1ST day of February 2024.

Ratification Officer: Fred Schiffner

For more information, please contact Fred Schiffner, Chief Referendum Officer

Office Phone: 604-786-2512

Email: fschiffner90@gmail.com

Toll Free: 1-800-813-2173

5245 Augusta Place, Delta, B.C., V4M 4E1



STS'AILES MEMBERSHIP CORNER

Do you need to contact the Sts'ailes Indian Registration Administrator (IRA) to:

- register any of the following: births, deaths, marriages, divorces, band transfers (in and out of Sts'ailes)
- make changes/amendments to your registry page such as: father info, mother info, spouse info, family name, given name(s), etc.
- issue verification letters: blood quantum, living on reserve, Indian Status, and Indian Status Number
- update your mailing address
- assist you in applying for the Secure Certificate of Indian Status (SCIS) card or
- have any questions about membership?

Contact Sts'ailes IRA, Carla Charlie at the new email address, IRA@stsailles.com to arrange an appointment.

UPDATE – SECURE CERTIFICATE OF INDIAN STATUS (SCIS) CARDS

The processing time for the Secure Certificate of Indian Status card has been taking longer than the 8 to 14 weeks to be received. In the past few months, some have been taking up to 20 to 24 weeks to be received by individuals.

Near the end of November 2023, we were given an update from Indigenous Services Canada that 7 additional employees have been hired in the processing area which will get the processing time back to 8 - 14 weeks, average of 12 weeks.

Due to the lengthy processing time to receive the SCIS card, you should check your status card to see when it expires. If the card is past the expiry date or it will expire in 6 months, you should apply to renew your card now.

You will need the following:

- 2 Canadian passport pictures
- 1 piece of valid/current government issued picture ID (e.g. Driver's licence, BC Services card, BCID, etc.)

Once you have the above, email IRA@stsailles.com, to make an appointment with Carla Charlie, Indian Registration Administrator.



XWILÉXMET
we are the land

WARNING!!!!

There is a **ZERO TOLERANCE FOR ILLICIT DRUG USE AND ILLICIT DRUG SELLING** in the Sts'ailes community.

ANY individuals seen, heard of/reported, or observed, using, selling, or supporting the use of **ILLICIT DRUGS** in the community could be:

1. Asked to leave the Community and stand before council before returning.
2. Be evicted or lose rights to future tenancy or ownership of a home.
3. Lose employment or lose consideration for employment.
4. Be **BANISHED** from Sts'ailes.
5. Put family members at risk of any of the above noted.

The Justice department has received several reports of community members who are either using, selling, or enabling the use and selling of illicit drugs in the community.

These complaints are brought to Chief and Council and the Security Team as well as, in more serious events, the Indigenous Policing Service and RCMP.

It is the goal of leadership to inform community members **Illicit Drugs are NOT supported**. Extra measures will be taken to prevent theft, overdose and destruction of homes and property.

By doing this, the community is being held accountable to assist with the overall health, safety and wellbeing of fellow community members including our children, elders, and vulnerable members.

Council calls on you to report **ANY ILLICIT DRUG USE OR SELLING** so we can put an end to illicit drug related violence, harm, and overdoses in your community.

Council also calls on you to reach out to the Justice, Addiction and Mental Health services that are offered

in community, free of charge and non-judgemental, to assist yourself or family members who need addiction support.

Thank you for your contribution to ensuring communal living is a safe and healthy experience for everyone, from the youngest to the oldest.

WHAT IS ELDER ABUSE? WHAT DOES IT LOOK LIKE?

Elder Abuse is any action that causes harm, physically, mentally, emotionally, financially, or sexually against an older adult. It can also include neglect or abandonment of caregiving responsibilities and healthcare fraud.

Elder Abuse can look like:

- o Physically harming an elders body and leaving bruises or instilling fear with physical actions like pushing, punching or restraining
- o Yelling or giving silent treatment to have power or control
- o Interfering with decision making or speaking on an elders behalf
- o Making threats, insults or humiliation to mentally or emotionally hurt an elderly person
- o Stealing or taking personal property without their knowing or permission and selling it for money for yourself or using it for yourself and not returning it
- o Moving into their home without permission and not contributing to the responsibilities of the home (food, bills, maintenance, cleaning or taking care of your children)
- o Taking their bank card, using their bank account, manipulating them into giving you money or changing legal documents or forging their signature for financial gain
- o Taking their vehicle keys and using it when you want or having an expectation to use it
- o Occupying their home for your friends, gatherings, or parties without asking permission

Warning signs of Elder Abuse:

- o Bedsores from neglect or bruises from physical harm

- o Unattended medical care (appointments, prescriptions, or equipment)
- o Poor hygiene and unclean clothes
- o Loss of weight
- o Not hungry from stress or anxiety or always hungry from starvation
- o Giving money away, transferring assets, unusual spending, checks being written for cash or unexplained missing items or money
- o Excessive fear or nervousness, agitation or personality change, depression, withdrawal or refusal to engage or speak with others

If you or anyone you know is being mistreated, or if your mistreatment is not listed but you know it doesn't feel right, there is help for you.

Please contact any Sts'ailes staff member and let them know you are experiencing elder abuse, and they will connect you to a service that can assist you.

Sts'ailes Departments Phone Directory:

- o Yeqwethet: 604-796-9601
- o Aylexw Building: 604-796-3078
- o Snowoyelh House: 604-796-1282
- o Justice: 604-798-5861

Other resources you can call:

- o Seniors Abuse and Information Line (SAIL): Toll free: 1-866-437-1940 or Lower Mainland: 604-437-1940, 8am-8pm daily, except holidays.
- o Seniors' Resource Services Agassiz Harrison Community Services: 7086 Cheam Ave, Agassiz, 604-796-2585
- o Agassiz RCMP: 604-796-2211

Elder Abuse is not tolerated in Sts'ailes and does not align with the overall safety, health, and wellbeing for a quality of communal living for all who live, work, and play in Sts'ailes. Anyone reported or witnessed participating in Elder Abuse will be addressed accordingly. Lets' work together to prevent harm against our elders, be part of creating a better community for future generations.

**STS'AILES STRONG MINI-PITCH
COMING IN SPRING 2024**

The Sts'ailes Strong Mini-Pitch site preparation is underway and the Mini-Pitch will be installed and ready to play on in the spring of 2024.

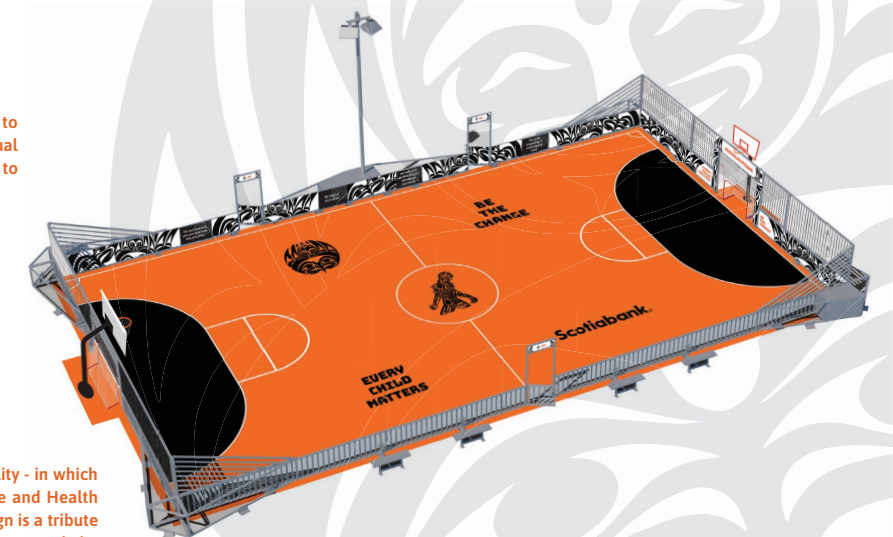
This Mini-Pitch initiative brings people together to "be the change" to co-create new pathways, on and off the pitch, based on mutual respect, love and equity and to maximize the power of sport to develop "champions for life."

We hold our hands up in recognition of the core partners:
- Sts'ailes Nation - Vancouver Whitecaps
- Scotiabank
- Musco (Mini-Pitch manufacturer)

We express our appreciation for the contributing partners to make this project possible:
- Binnie
- Cedar Crest
- Knox Contracting

This is the first in the world Mini-Pitch with ball hockey compatibility - in which Sts'ailes Nation identified as a priority for their community. Hope and Health has partnered with Musco to bring this innovation to life! The design is a tribute to "Orange Shirt Day" and dedicated to residential school survivors and the children gone too soon. The graphics are a pattern of the Hope and Health logo created by Maynard Johnny Jr.

The posters around the Mini-Pitch will be written by Sts'ailes to honour the legacy and achievements of local athletes and inspiring messages. In addition the Mini-Pitch showcases #15 on the archways beside the Vancouver Whitecaps logo as a tribute to Terry Felix and his incredible achievements as the first and only Indigenous Professional Soccer player.



Thank you to our sponsors:



Additional partners TBC



FOOD SUSTAINABILITY PLAN

EXCITING NEWS - INDIGENOUS FOOD SECURITY PLAN WORKSHOPS

Join us in celebrating the groundbreaking initiative by Moytelexw and Sts'ailes as we embark on creating an Indigenous Food Security Plan. With allocated funds, we are committed to developing a comprehensive system focusing on cultivating and processing produce, traditional plants, and herbs on Sts'ailes-owned land. The upcoming workshops offer a unique opportunity for members to explore food security, a crucial step towards the establishment of a community farm.

Our vision goes beyond basic agriculture. We are exploring the integration of a wild game hanging station, a smokehouse, and a shared community kitchen for processing and cooking meals. The ultimate goal is to build a self-funded enterprise that not only provides employment and nourishment to community members but also offers valuable skills training within the Agricultural sector.

In addition to fostering community self-sufficiency, we aspire to create collaborative partnerships with neighboring resorts, cafes, and convenience stores to expand the demand for our food products. The revenue generated from these collaborations will be reinvested into the enterprise, ensuring its sustainable growth.

While the project is in its early planning stages, we acknowledge the importance of thorough research regarding regulatory requirements. Our dedicated team, led by consultants Karen McDiarmid and Lisa Wolfe, is committed to developing this plan for April 2024. With your support and positive reception, we plan to apply for additional funding to bring this visionary food security plan to fruition.

Join us to share your ideas and participate in any or all workshops!

Together, let's shape the future!



STS'AILES FOOD SECURITY WORKSHOPS

Harvest knowledge, sow change! Explore food security in our workshops, a key step towards the creation of community farm. Share your ideas and participate in any or all workshops.

WED FEB 28	HEALTHY EATING TIPS Open to all/ Label Reading Food samples	Time: 5 - 7 PM Location: Sts'ailes School
SAT MAR 9	GARDENING 101 Hands on planting - starting seeds inside	Time: 9 AM - 3 PM Location: Aylexw/Community Gardens
TUES MAR 12	MICROGREENS Growing herbs at home	Time: 5 - 7 PM Location: Lhawathet
WED MAR 13	TRADITIONAL HERBS & MEDICINES	Time: 4:30 - 7:30 PM Location: Lhawathet
TUES MAR 19	COMPOSTING/ PRUNING/ADOPTING CLEANER ALTERNATIVES	Time: 5 - 8 PM Location: Sasquatch Crossing
SAT MAR 23	GREENHOUSE Learn how to build	Time: 10 AM - 3 PM Location: Lhawathet
WED APRIL 10	FORAGE TO PLATE Outdoor harvest, indoor cooking	Time: 5 - 7 PM Location: Sts'ailes School
WED APRIL 17	GARDENING 102 Hands on planting - starting seeds	Time: 5 - 7 PM Location: Aylexw/Community Gardens
WED MAY 29	GARDENING 103 Hands on planting in garden	Time: 5 - 8 PM Location: Aylexw/Community Gardens
TBC	COOKING CLASS FOR CATERERS Learn about nutritious meals	Time: TBC Location: TBC

FOR MORE INFORMATION & TO REGISTER CONTACT

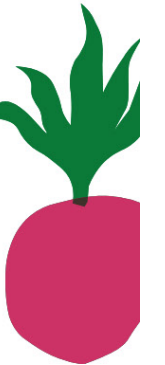
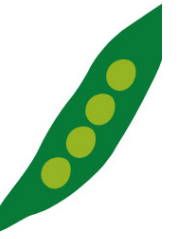
Lisa: spiritwolfe21@gmail.com

604.916.3366

Keegan: keegan.charlie@stsailles.com

604.796.9832

** light meals included/babysitting and transportation available**



COMMUNITY WELLNESS CALENDAR FEBRUARY 2024

SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATU RDAY
4690 Salish Way Agassiz, B.C V0M 1A1 PHONE: 604-491-0021 EMAIL: annette.francis@stsailles.com jeremy.dool@stsailles.com dawn.charlie@stsailles.com troy.charlie@stsailles.com Facebook- Sts'ailes Yeqwethet & Snowoyelh Services				1 J.O.Y- Pancake Breakfast 11:30	2 	3
4 Crafters Corner 11:00-4:00	5 Sts'ailes RunWalk Hockey 6-9	6 Someone So Small 11-1 Holistic Living 5:30- 8:00 Futsal 6-8 Sts'ailes RunWalk	7 Boys Group House 3-4:30 Girls Group Gym 3-4:30 Meal Prep 4:30-6:00	8 <i>Emergency Preparedness Fair</i> 4:00 - 7:00 Sts'ailes RunWalk	9 In house School Work Day	10
11 Young Adult Night 4:00 - 7:00 pm	12 Homework Club 3:00 - 4:30 Sts'ailes RunWalk Hockey 6-9	13 Teen Craft Night 5:30 -8:00 Futsal 6-8 Sts'ailes RunWalk	14 Boys Group Gym 3-4:30 Girls Group House 3-4:30 Meal Prep 4:30-6:00	15 FAMILY DAY COASTAL JAM Sts'ailes RunWalk	16	17
18 Crafters Corner 11:00 - 4:00	19 Family Day No Programs	20 Futsal 6-8 Sts'ailes RunWalk	21 Someone So Small 10-12 Swimming Boys Group House 3-4:30 Girls Group Gym 3-4:30 Meal Prep 4:30-6:00	22 J.O.Y Outing to Kilby Sew Exciting 5:30 -8:00 Sts'ailes RunWalk	23 In house School Work Day Teen Outing	24
25 Sew Exciting 11-4	26 Homework Club 3:00 - 4:30 Sts'ailes RunWalk Hockey 6-9	27 Futsal 6-8 Sts'ailes RunWalk Soap Making Workshop w/ Karen & Ahstey 5:00-8:00	28 <i>Family Night</i>	29 Sts'ailes RunWalk		

STS' AILES YOUTH TOURNAMENT

MAY 4 & 5, 2024

FOR MORE INFORMATION CONTACT

Margaret Charlie

T: 604.845.5737

E: Margaret.Charlie@stsailles.com



STS' AILES ADULT TOURNAMENT MEN & WOMEN

JUNE 1 & 2, 2024

FOR MORE INFORMATION CONTACT

Margaret Charlie

T: 604.845.5737

E: Margaret.Charlie@stsailles.com



Community
Futures Stó:lō

START SMALL, DREAM BIG

with Stó:lō Community Futures (SCF)

Are you dreaming of starting your own business but don't know where to begin? Do you have a great idea but need some guidance and support to make it a reality? If you answered yes to any of these questions, then you are in luck!

We are offering a free appointment to help you start your business today!



604-858-0009



bhill@stolocf.ca



Threads of
Heritage

REGISTRATION
NOW OPEN

THE CALM CURRICULUM PRE-K/ EARLY YEARS TRAINING

OPEN TO UPPER FRASER
VALLEY CHILD CARE AND
EARLY LEARNING CENTRES.

BRING YOUR TEAMS!

TRAINING DETAILS:
9:00AM-3:00PM
(includes a break for lunch)

FVCDC CHILLIWACK -
March 16, 2024

FVCDC ABBOTSFORD -
April 13 and 27, 2024

CERTIFICATE OF ATTENDANCE
FREE CALM KIT FOR
QUALIFYING CENTERS



RSVP your preferred
date with Jodie:
jelliott@fvcdc.org



The CALM Curriculum© is a research informed (2022) and evidence-based early care and learning program. Children are engaged in fun, play-based, developmentally appropriate activities, birth to eight years of age, in helping to foster self-awareness and building their social emotional well-being competencies.

Melvin the Monkey engages children in songs, games, stories and activities to help them cope with the stressors in their lives. Children will learn about their energy states, emotions, problem solving strategies, impulse control, kindness, empathy and more.

www.connectwithcalm.ca



CALM OUTCOMES

Maloney et al.(2022), stated
CALM Students had :



Significantly greater improvements in social emotional competencies, emotional control, executive functions, and peer acceptance.



Significantly greater decreases in aggression, dysregulated behaviour, and conflict with teachers.



TELEMEXWÁWTEXW PROGRAMS & SERVICES

SWEATLODGE CEREMONIES

Honoring the Masculine Energy (Feb. 2)
w/ David Peters

Honoring the Feminine Energy (Feb. 23)
w/ Darla Rasmussen

Please bring a change of clothes, towel or blanket. Light snacks and beverages will be provided.

For more info or to RSVP:
E: telmexwawtexw@stsailles.com
T: 778.938.2244

MOTIVATING CHANGE

FREE TRAINING hosted by Sts'ailes

Learn to strategies to support others with making change and recognize resistance through motivational interview techniques.

APPLICATION DEADLINE:
March 1st 2024

PROGRAM START DATE:
April 17th 2024

For more info or to RSVP:
E: telmexwawtexw@stsailles.com
T: 604.997.9932

12 STEP PROGRAM

Just Keep Moving Forward

Join Connie Adams and Janine Kitchen every Tuesday for an adventure to various 12 Step lunch meeting.

TRANSPORTATION AVAILABLE!

LOCATION:
Telmexwáwtexw Healing Centre
16300 Morris Valley Road

For more info or to RSVP:
E: telmexwawtexw@stsailles.com
T: 778.798.2290

DAY PROGRAM

DAY PROGRAM:

Every Thursday
10am-2pm w/ lunch & snacks

FACILIATORS:

Jordon White and Dory Pentz

LOCATION:

Telmexwáwtexw Healing Centre
16300 Morris Valley Road

TO REGISTER:

E: Helena.Paul@stsailles.com or
telmexwawtexw@stsailles.com
T: 778.938.2244

MAMMOGRAM SCREENING



*Book your
appointment!
Mammogram
screening saves
lives.*

DATE: February 21, 2024

LOCATION: Yeqwethet Health Centre (in a mobile mammogram unit)

Booked appointments will be held between 10 am - 4 pm.

For your appointment, please **DO NOT** use lotion or body powders or drink caffeinated drinks 1 hour before appointment.

Contact Rica or Domanic to book your appointment.

For transportation, contact Claudette at 604.796.9601 or Claudette.Leon@stsailles.com

STS'AILES VEHICLE FLAGS FOR SALE



Please contact the Secretariate if you would like to purchase a flag for your vehicle!

\$15 each or two for \$20

T: 604.796.2116
E: secretariate@stsailles.com