



# the **BEATING HEART**

Sts'ailes Community Newsletter

• March 2024

• [stsailles.com](https://stsailles.com)

## **REFERENDUM VOTE**

**March 20<sup>th</sup>, 2024**

**I  
Voted**

**FOR INFORMATION OR QUESTIONS ABOUT THE  
REFERENDUM:**



[stsailles.com/xaselmethox](https://stsailles.com/xaselmethox)



604.796.2116



[stephanie.adams@stsailles.com](mailto:stephanie.adams@stsailles.com)  
[michaela.james@stsailles.com](mailto:michaela.james@stsailles.com)

**TO UPDATE MAILING ADDRESS / CONTACT INFORMATION  
PLEASE CONTACT CARLA CHARLIE:**



604.796.2116



[carla.charlie@stsailles.com](mailto:carla.charlie@stsailles.com)



# SNOWOYELH

walk in the snowoyelh way

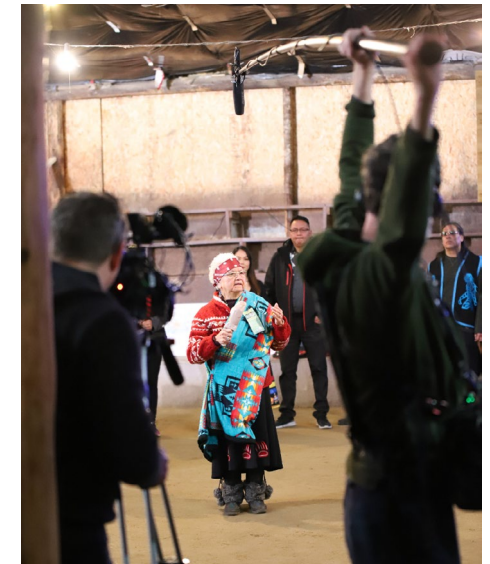
Keeping families together  
and bringing our children  
home - our most precious  
resource

## A MESSAGE TO OUR COMMUNITY

Our community members and important partners witnessed our Traditional Ceremony in recognition, celebration and honoring of our jurisdiction over child and family services for our Xwelmexw te Sts'ailes (Sts'ailes people).

This historic occasion marked Sts'ailes' assertion of our inherent right and responsibility to care for our children and families, celebrating the implementation of Snowoyelh te Emi:melh te Sts'ailes (Sts'ailes Child and Family Services Law), which was brought into force within the Sts'ailes community on April 1, 2023 and will be brought into force throughout the province on April 1, 2024, and the conclusion of a coordination agreement with Canada and British Columbia in accordance with s. 20(2) of An Act respecting First Nations, Inuit and Métis children, youth and families, S.C. 2019, c. 24.

[sts'ailes.com/te-emimelh](https://sts'ailes.com/te-emimelh)





**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:

- Physically harming an elders body and leaving bruises or instilling fear with physical actions like pushing, punching or restraining
- Yelling or giving silent treatment to have power or control
- Interfering with decision making or speaking on an elders behalf
- Making threats, insults or humiliation to mentally or emotionally hurt an elderly person
- 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
- 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)
- 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
- Taking their vehicle keys and using it when you want or having an expectation to use it
- Occupying their home for your friends, gatherings, or parties without asking permission

#### Warning signs of Elder Abuse:

- Bedsores from neglect or bruises from physical harm

- Unattended medical care (appointments, prescriptions, or equipment)
- Poor hygiene and unclean clothes
- Loss of weight
- Not hungry from stress or anxiety or always hungry from starvation
- Giving money away, transferring assets, unusual spending, checks being written for cash or unexplained missing items or money
- 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:

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

#### Other resources you can call:

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

**Probation will be in community March 12th at 1:00pm for home visits or visits at the Justice Office at 5084 Sachem Rd. Please contact Andrew Zaghloul at 778-704-7147 directly or Darla Rasmussen at 604-798-5861 directly, to make arrangements.**

## 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.**

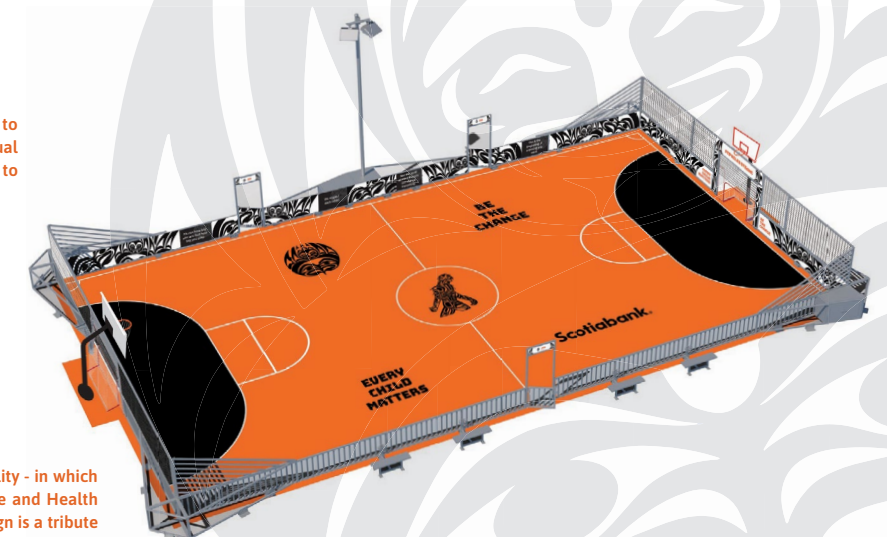
This Mini-Pitch initiative brings people together to "be the change" to co-create new pathways, on and off the pitch, based on mutual respect, love and equity and to maximize the power of sport to develop "champions for life."

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:



**Scotiabank.**  
Additional partners TBC



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

### FOR MORE INFORMATION & TO REGISTER CONTACT

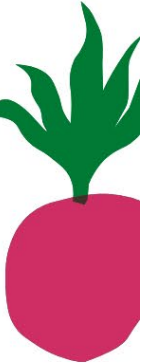
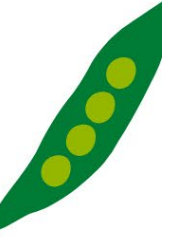
Lisa: spiritwolfe21@gmail.com

604.916.3366

Keegan: keegan.charlie@stsailles.com

604.796.9832

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





# TELEMEXWÁWTEXW PROGRAMS & SERVICES

## SWEATLODGE CEREMONIES

Honoring the Masculine Energy (Mar.10)  
w/ David Peters

Honoring One Another - Coed (Mar.8)  
Honoring the Feminine Energy (Mar.28)  
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

## TELMEXW AWTEXW MARCH CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5 12 step	6 Women's Group	7 Day Prgm- Interdepenance	8 Coed Lodge w/Darla	9
10 Masculine Lodge w/David	11	12 12 step	13 PWLLE-All my relations	14 Day Prgm- Stories of Strength	15	16
17	18	19 12 step Tél:exw Kw'ómkw'em Sq'ó Siyelyólexwa	20 NVIT week	21 Day Prgm-Self Awareness	22	23
24	25 Land based- Medicine Garden	26 12 step	27 Women's Group	28 Feminine Lodge Day Prgm- Outside Influences	29 Land based- Medicine Garden	30
31	1	2	3	4	5	6

For more programming details please email: telmexwawtexw@stsailles.com. All Activities listed are located at the center except 12 Step, as the group may travel occasionally to either Agassiz/Mission/Chilliwack or remain at Telmexw. Contact Connie for details at 604.798.2290

*Experience a variety of Land Based Healing Activities with 'Solh Temexw'*

Come help create a Medicine Wheel Garden

March 25 & 26 10:00 am - 3:00 pm  
At Telmexw Awtexw

Dress for the Weather - Lunch Provided

For More Info or to Register Please Contact:  
telmexwawtexw@stsailles.com or call or text  
at 778.938.2244 (Helena Paul)

**WE EMPOWER ONE ANOTHER**

Awareness ~ Open Discussions ~ Growth ~  
Knowledge Exchange

Women and Feminine Energy Gatherings  
March 6 & 27

Time: 10am-1pm (with a light lunch)

Location: Telmexw Awtexw

Contact: Connie.Adams@stsailles.com or by  
phone at 604.798.2290



# EDUCATION

education for all ages

## IMPORTANT DATES HAPPENING AT SCS

### March 7 & 8

Forklift Training

### March 12

Lalem Class Bake Sale

*If you donated a non-perishable food item you can pick a treat from the Bake Sale!*

### March 13 & 14

Traffic Control Training

### March 15

Elementary Report Cards

### March 18 - April 1

Spring Break & Easter Holiday

### March 27

Parents Club Meeting - Details to come.



## YEQWETHET OFFICE CLOSURE MARCH 29 - APRIL 5



**Dr. Beaulieu's Wednesday Clinic:** Will be located at Seabird Island Dr's Office for April 3rd. Call Domanic or Rica before March 28th to book or Seabird @ 604-796-2165.

**Home Care Services:** Essential services will be provided. Contact Eleanor for more information at 604-798-0918.

## STS' AILES ANNUAL YOUTH TOURNAMENT

MAY 4 & 5, 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**

## 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





**Course Includes**

- Food Safe
- First Aid
- Customer Service
- WHMIS
- WCB Awareness

**Location & Date**

March 18 - 22 / 2024  
5B - 7201 Vedder Rd  
Chilliwack, BC

Lunch Provided!!

**Want to Register? Contact Us**

info@saset.ca

SASET - Chilliwack Office  
604-858-3691  
5B - 7201 Vedder Rd  
Chilliwack, BC

Sts'ailes Employment Centre  
604-796-5536  
4690 Salish Way  
Agassiz, BC

Saset - Seabird Office  
604-796-6865  
2895 Chowat Rd  
Agassiz, BC



**Course Includes**

- Food Safe
- First Aid
- Customer Service
- WHMIS
- WCB Awareness

**Location & Date**

March 25- 28 / 2024  
52142 Mathela Crest  
Rosedale, BC

Lunch Provided!!

**Want to Register? Contact Us**

info@saset.ca

SASET - Chilliwack Office  
604-858-3691  
5B - 7201 Vedder Rd  
Chilliwack, BC

Sts'ailes Employment Centre  
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4690 Salish Way  
Agassiz, BC

Saset - Seabird Office  
604-796-6865  
2895 Chowat Rd  
Agassiz, BC



**PIPING FOUNDATIONS PROGRAM**

**January 6 - May 30, 2025**

Training consists of learning the basics of three of the piping trades: Plumbing, Sprinklerfitting, and Steamfitting. With a strong focus on safety and practical projects, this course is designed for individuals who are unsure of which trade they want to pursue and/or have little experience working on a job site or with tools.

Upon successful completion, students are awarded a certificate of completion and are given credit for completion of Level 1 apprenticeship in their chosen trade.

**Program supports include (free to participants):** CSA approved work boots, transportation & meal allowance.

**For more information call 604-858-3691 or email info@saset.ca to book an appointment with an Employment Counselor**

**TUITION FREE**



STOLO ABORIGINAL SKILLS & EMPLOYMENT TRAINING IS HOSTING A

# Traffic Control Training

**April 4 & 5, 2024  
(8:30am - 4:30pm)**



This training is open to Indigenous unemployed and underemployed people living in the SASET catchment area.

info@saset.ca  
5B - 7201 Vedder Rd,  
Chilliwack BC  
604-858-3691

<b>SASET—Chilliwack Office</b> 5B-7201 Vedder Road Chilliwack, BC Phone: 604-858-3691	<b>SASET— Sts'ailes Office</b> 4690 Salish Way Agassiz, BC Phone: 604-796-5536	<b>SASET—Seabird Office</b> 2895 Chowat Road Agassiz, BC Phone: 604-796-6865
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Sto:lo Aboriginal Skills & Employment Training  
Is pleased to host the ...



# CONSTRUCTION TRAINING PROGRAM

## AT TS'ZIL LEARNING CENTRE



### Course Includes:

- WHMIS
- WCB Awareness
- Heat Stress
- Back Awareness
- Mini Excavator (2 Days)
- Fall Protection
- Respiratory Protection
- Skid Steer
- Forklift
- First Aid

**MARCH 25 - APRIL 5, 2024**

Training will take place at Ts'zil Learning Centre  
125 Lillooet Lake Road, Mount Currie, BC, V0N 2K0  
Monday to Friday 8:30am to 4pm



SASET—Chilliwack Office  
5B-7201 Vedder Road  
Chilliwack, BC  
Phone: 604-858-3691

SASET— Sts'ailes Office  
4690 Salish Way  
Agassiz, BC  
Phone: 604-796-5536

SASET—Seabird Office  
2895 Chowat Road  
Agassiz, BC  
Phone: 604-796-6865



Sto:lo Aboriginal Skills & Employment Training is pleased to offer

# CONSTRUCTION TRAINING PROGRAM



### Course Includes:

- First Aid Level 1
- WHMIS
- Mini Excavator
- Skid Steer
- Confined Space
- Chainsaw Safety
- And more !

**April 15 - 26, 2024**

Training will take place on-site at Sto:lo Service Agency  
Building 5B, 7201 Vedder Road Chilliwack, BC  
Monday to Friday 8:30am to 4pm



SASET—Chilliwack Office  
5B-7201 Vedder Road  
Chilliwack, BC  
Phone: 604-858-3691

SASET— Sts'ailes Office  
4690 Salish Way  
Agassiz, BC  
Phone: 604-796-5536

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Agassiz, BC  
Phone: 604-796-6865