



the **BEATING HEART**

Sts'ailes Community Newsletter

• March 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.



walk in the snowoyelh way

SNOWOYELH

ENABLERS

The following examples are actions and responses by concerned others which allow the chemically addicted person to escape the responsibility and comfortability of her/him chemical behavior.

Wife or Husband

1. Borrowing money from parents or friends to pay bills accumulated because of poor priority planning, neglect to pay bills, or using money to buy chemicals.
2. Calling work for the chemically addicted person because he/she is sick from excessive chemical use or intoxicated and cannot go to work.
3. Asking for help from clergy, police, or lawyer to get him/her off a charge of impaired driving or intervening in other chemically related charges or problems.
4. Telling friends that you cannot attend a party or social function because a child is sick or the baby-sitter cancelled etc. rather than the truth that the chemically addicted person is intoxicated or missing.
5. Making excuses to people for the chemically addicted person's inability to carry through on a job or responsibility.

Children

1. Avoiding contact with the chemically addicted person and making excuses to stay away from home rather than to admit that the chemically addicted person is making the home life uncomfortable.
2. Purchasing chemicals (if old enough) or lending the chemically addicted person money so that he/she can purchase chemicals.
3. Manipulating both parents so that the children can have their own desires and wishes.
4. Taking over the household duties or responsibilities of the chemically dependent person.
5. Putting the chemically addicted person to bed, picking up after him/her and not speaking to him/her about it, later.
6. Lying to parents, friends or family members about chemically related incidents or simply keeping these incidents a secret.

If you are experiencing any of the above examples and need to get support call Louise Snowdon Cultural Counselor @ 796-1282 Ext. 335

If you are a DAY SCHOOL SURVIVOR and want to join a support group please contact Louise Snowdon @ 604-796-1282 ext. 335



education for all ages

EDUCATION



CHEHALIS RIVER BRIDGE CONSTRUCTION

SDC has started the clearing of the right-of-way for the new Chehalis River bridge. Clearing operations will be completed by March 15th or shortly thereafter.

You will experience 15 minute delays between 8:30 am and 5:00 pm. Traffic will be allowed to flow freely to accommodate school bus runs from 7:45 am to 8:30 am and 3:00 pm to 3:45 pm.

Please respect the traffic control persons as we will try our best to avoid long delays.

New Logo Contest

for Many Voices, One Mind

q̄x̄el̄əc, n̄áćəmat θəł k̄ʷθə šx̄ʷq̄w̄eləwən

Many Voices, One Mind is looking to update our logo. We are an Indigenous networking table of Early Childhood Development service providers from across the Fraser Region. We would like our new logo to be designed by an Indigenous Artist from one of our local communities. Some ideas that we are hoping to have incorporated into the logo would be; the Fraser River and multi-generations.

**Indigenous Artists
Needed**

Prize: \$750.00

Deadline: June 1, 2020

**Please send submissions to:
brendar@seabirdisland.ca**

CALL FOR CATERING

ATTENTION COOKS WITH FOOD SAFE & EXPERIENCE

We are searching for a caterer to provide dinner at the Sts'ailes Land Law Celebration

***** **DEADLINE TO APPLY: MARCH 10th, 2020** *****

- Date of Event: Tuesday March 17th, 2020
- Catering Details: DINNER (Dinner meal, dessert, beverages, plates and cutlery – no Styrofoam)
6:30pm, Sts'ailes Community School Gym
150 people
- Requirements:
- *Nut-free, gluten-free, no pork;
 - *All food groups must be included;
 - *Provide a copy of valid food safe certification;
 - *Provide own food, supplies, equipment;
 - *Experience catering for large events is an asset;
 - *Must have reliable transportation to/from event;
 - *Must provide ways to keep food at food safe temps;
 - *Must set up/clean station once job is complete.
- To Apply/More Info: Submit a letter of interest (or email) outlining your groups qualifications including the number of volunteers – head cooks, helpers, and a contact person. Include Food Safe Certificate and a sample menu. Deadline to apply – March 10th 2020.
- Contact: Stephanie or Dawn at 604-796-2116
Or Email stephanie.riedl@stsailles.com
dawn.charlie@stsailles.com

Submissions that meet the criteria will be placed in a draw, to be posted on Sts'ailes Facebook pages



Sts'ailes Land Law Celebration

- Presentation on Sts'ailes Animal Protection & Control Law -
- Information on All Land Laws in Draft -

- SPAY/NEUTER & VACCINATION DISCOUNTS
- PET REGISTRATION & LICENSING STATION*
- INFO FOR PET OWNERS

*see page 2 for details



PET REGISTRATION AND LICENSING/TAGS IS FREE AT THIS EVENT ONLY!

After the Land Law Celebration on March 17th, the following pet registration and licensing/tag fees (below) will apply as follows:

	LICENSE TAG REPLACEMENT 5.00	ALTERED ANIMAL \$10.00	UNALTERED ANIMAL \$50.00
		AGGRESSIVE ANIMAL \$200.00	
		NUISANCE ANIMAL \$100.00	

DOG LICENSING LAWS WILL BE STRONGLY ENFORCED.

NEW WEDNESDAY NIGHT A.A. MEETING

"There are no fees or dues what soever. The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith , sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted."

Alcoholics Anonymous. (Page xiv)

4620 Chehalis Rd, Agassiz BC
Wednesday Nights @ 7:00 PM
For more info call 778-933-1386



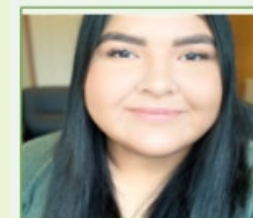
WANT TO START OR EXPAND YOUR BUSINESS?



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 business and community economic development.

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

**We will be at the Sts'ailes Administration Building on
March 11, 2020 from 9:30a - 10:30a!**



Stolo Community Futures



Stolo.Community.Futures



Stolo Community Futures

Sto:lo Community Futures

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

DAILY LUNCH SERVED *HOT & FRESH* AT THE CHEHALIS STORE

The Chehalis store and Lhawathet are working together to provide its customers with healthy lunch alternatives.

All products are made fresh daily.

Monday to Friday 11:00 to 1:00 the store will have fresh soup or chilli served with a bun.

Sandwich's will be also for sale in 3 different choices. Sandwich products will be served daily until sold out.



POST SECONDARY APPLICATION DEADLINE

Deadline for Post Secondary Applications is April 30th for September (Fall Semester) – All applications will be subject to waitlist procedures. If you have any questions you may **contact the Post Secondary Coordinator at 604-796-2196 or postsec@stsailles.com**

Applications received after this date will be dependent on available funds for January (winter semester) and Spring /Summer semesters.



LUNA FLOAT

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



lunafloat.ca



FLOAT THERAPY

90 Minute Sessions

1 Pack \$75
3 Pack \$180
6 Pack \$335
12 Pack \$585

Membership

\$49/Month

Includes 1 Float
Session and \$39
subsequent float
sessions



INFRARED SAUNA

30 Minute Sessions

1 Pack \$30
3 Pack \$80
6 Pack \$155
12 Pack \$300

Membership

\$59/Month

Includes 3 Sauna
Session and \$19
subsequent sauna
sessions



NEURO SPA CHAIR

30 Minute Sessions

1 Pack \$35
3 Pack \$95
6 Pack \$175
12 Pack \$335

Membership

\$49/Month

Includes 2 Neuro
Spa Session and
\$19 subsequent
Neuro Spa sessions