



the BEATING HEART

Sts' Ailes Community Newsletter

April 2024

stsailles.com

STS'AILES CONSTITUTION AND CITIZENSHIP REFERENDUM OFFICIAL RESULTS MARCH 20, 2024

METHOD OF VOTING STATISTICS

VOTERS IN PERSON	MAIL IN VOTERS	ON LINE VOTERS	TOTAL VOTERS
98	16	62	176

BALLOT STATISTICS

CANCELLED BALLOTS	DECLINED BALLOTS	REJECTED BALLOTS	VALID BALLOTS
0	0	0	176

FINAL RESULTS

YES VOTES	PERCENT TOTAL	NO VOTES	PERCENT TOTAL
94	53.41%	82	46.59%


RESULTS FROM THE MARCH 20th VOTE.

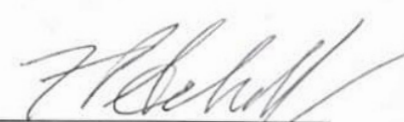
In accordance with section 18.6 (a) of the Sts' Ailes Referendum Regulations which states " The Referendum question shall be considered approved if a majority of the eligible voters who have cast a valid vote in the Referendum have voted Yes to the Referendum question. Based on this requirement the Ratification Documents were **approved by the Registered Voters.**

**THANK YOU
FOR VOTING
AND WE WILL
KEEP YOU
POSTED ON
WHAT'S NEXT
FOR STS'AILES!**

AND I MAKE THIS SOLEMN DECLARATION conscientiously believing it to be true and knowing that it is of the same force and effect as if made under oath and by virtue of the *Canada Evidence Act.*

DECLARED BEFORE me at the Sts' Ailes Reserve)
in the Province of British Columbia, this)
20th day of March 2024.)


A Commissioner for Oaths in and for
the Province of British Columbia.


Ratification Officer



XWILÉXMET
we are the land

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.

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.

The Xwilexmet Department regrets to announce the discontinuation of the Sts'ailes Security Services as of April 30th, 2024.

It was a difficult decision Chief and Council had to make, yet a necessary one due to costs and maintenance of the Security Services. Sts'ailes community has significantly benefitted from having the Security Services through the pandemic and up to their end date, their presence in community will be missed. We would like to express the abundance of gratitude we have for our Security team and the work they have done to keep the community safe and well. In addition, for the partnership they made with the local RCMP detachment and Emergency Response Team (also known as SWAT) to assist with situations that were beyond Security capacity, yet they still assisted to the best of their abilities. As well as the partnership they made with the Emergency Medical Services and the quick response they had to ensure ambulances were finding the addresses in a timely manner. We would like to acknowledge the Security Service Team and their willingness to always go above and beyond to contribute to the safety of our community, thank you for your service, we wish you many blessings for future endeavors.

It is hopeful this will be a short leave and the Xwilexmet department will be able to find adequate funding to reinstate the Sts'ailes Security Service in the future. We will be further developing our Community Justice Strategy and Safety Planning to increase the role and authority of the Security program, and our comprehensive justice department.



STS'AILES FOOD SECURITY WORKSHOPS

GARDENING 101 AT AYLEXW COMMUNITY GARDENS



MICROGREENS WORKSHOP



GETTING GREENHOUSE READY FOR PLANTING - LHAWATHET



STS'AILES FOOD SECURITY WORKSHOPS FOR APRIL AND MAY

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.

FORAGE TO PLATE

Wed, April 10 from 5 - 7pm at Sts'ailes School

Join Stephanie Leon Riedl to learn what can be foraged from Sts'ailes lands. Absorb essential safety guidelines for responsible foraging. Receive tips on storage methods. Enjoy a meal with locally foraged ingredients.

COMPOSTING/PRUNING/ADOPTING CLEANER ALTERNATIVES

Tues, April 16 from 5 - 8 pm at Sasquatch Crossing/Ecolodge

Learn how to turn kitchen scraps into valuable compost. Explore different composting systems. Learn the basics of pruning trees. Hear about actions we can take now to reduce our energy consumption.

GARDENING 102

Wed, April 17 from 5 - 8pm at Aylexw Community Gardens

This is a hands on workshop! We will be transplanting seedlings and sowing seeds in garden beds. Let's revitalize the community gardens together!

GARDENING 103

Wed, May 29 from 5 - 8pm at Aylexw Community Gardens

This is a hands on workshop! We will be transplanting seedlings and sowing seeds in garden beds. Let's revitalize the community gardens together!

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**





STS'AILES MEMBERSHIP CORNER

HAVE A NEWBORN BABY? CHILD(REN) NOT REGISTERED AND MAY BE ELIGIBLE TO APPLY FOR STATUS? Please call or email the Indian Registration Administrator (IRA), to make an appointment.

The IRA will:

- assist with completing the application
- make sure all information needed is there and
- send in the application to Indigenous Services Canada (ISC)

The parent(s) will need:

- the child(ren)'s original birth certificate
- valid/current government issued picture ID that shows the four (4) elements: name, date of birth, photo, and signature (e.g., passport, Driver's Licence, BC Services card or BCID). If you do not have one ID that has all four (4) elements, you can use a combination of IDs to make up the four (4) elements
- to decide which band to register their child(ren), if the parents of the child(ren) are registered with different bands
- to decide whether to apply for a Secure Certificate of Indian Status (SCIS) card for the child or not
 - » if a SCIS is being applied for, the parent will need to get 2 Canadian passport pictures taken of the child
- to sign the application (if both parents' names are on the child(ren)'s birth certificate, both parents will need to sign the application).

Note

It is extremely important to start the registration process immediately after the parent(s) receive the birth certificate for all newborn babies, who may be eligible to be registered status, due to the lengthy process time of 6 months or more.



STS'AILES ANNUAL YOUTH TOURNAMENT

MAY 4 & 5



STS'AILES ADULT TOURNAMENT MEN & WOMEN

JUNE 1 & 2

FOR MORE INFORMATION ON BOTH TOURNAMENTS CONTACT
Margaret Charlie | T: 604.845.5737 E: Margaret.Charlie@stsailles.com



TELEMXWÁWTEXW PROGRAMS & SERVICES

Trauma can reoccur when you least expect it. Anything can trigger a hard memory; a smell, a person, a color, a phrase. Don't ignore these signs that say you could be ready to deal with that trauma to help lessen its influence on you.

As the memories come, slowly but steadily, you can begin to heal them. First by saying yes I did survive that, that did happen to me. Then allowing yourself to feel whatever emotions come next.

From fear to anger to sadness and beyond - your emotions can sometimes cause you to have physical reactions. Do not be afraid its just all your senses coming together to remind you that you are now safe. You are longer in the past; you are ready to learn acceptance. Now a ceremony is needed to truly continue the healing.

Use whatever ceremony or ritual works for you; from a small fire, going to the water, lighting a candle or prayers by a cedar tree. Simply asking for understanding and wisdom from the memory. Stay for a moment so you can feel the forgiveness and gratitude starting to replace those hard emotions. Do this whenever you are triggered to gain peace in your life.

Come join us at Telmexw Awtexw for the Day Program Thursdays 10 am - 1 pm (with lunch) to discuss other topics you will find interesting.

Location:
Telmexw Áwtexw Healing Centre (behind Lhawathet)
16300 Morris ValleyRd, BC VOM1A1
Some transportation can be provided.

To Register:
Call 604-997-2849
Email telmexwawtexw@stsailles.com.

Feel free to show up. Everyone is welcome!

DAY PROGRAM

April 4th, 18th, & 25th (Every Thursday)
10am-1pm w/ lunch & snacks

FACILIATORS:
Jordon White and Dory Pentz

LOCATION:
Telmexwáwtexw Healing Centre
16300 Morris Valley Road

TO REGISTER:
E: telmexwawtexw@stsailles.com
T: 604.997.2849

Open to Indigenous 18+ living in the Fraser Salish Region.



BIRTHDAY ANNOUNCEMENTS

HAPPY 50th BIRTHDAY
to my handsome son Hoohie!
(April 8th)
Cyndi Point

HAPPY BIRTHDAY
to Celina Leon!
(April 1st)
Cyndi Point

If you have a birthday or special announcement (photos welcome as well) that you would like to submit to the newsletter, send it to: thebeatingheart@stsailles.com