



the **BEATING
HEART**

Sts' Ailes Community Newsletter

• January 2024

• stsailles.com



all the best in 2024!

**HAPPY
NEW
YEARS**



STS'AILES REFERENDUM VOTE INFO

VOTING DAY HAS BEEN SET:
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



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:

- Health and Community Services: 604-796-9601
- Community Hall/Youth/Elder Center: 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.

On February 6th between 1:30-3:30pm, Chilliwack Probation will be in Community and available to meet with members who are required to report.

If you have questions, please contact Justice Coordinator, Darla Rasmussen at 604-798-5861.



INDUCTION INTO THE N.A.I.A. HALL OF FAME

SOURCE:
naiahf.org

The 2024 North American Indigenous Athletics Hall of Fame Banquet Weekend will be Friday-Saturday, March 15-16, 2024 and will be hosted at the Oneida Nation Schools, Oneida, Wisconsin, USA and Radisson Hotel and Conference Center, Green Bay, Wisconsin, USA respectively.

The North American Indigenous Athletics Hall of Fame will recognize the 2024 class as well as 2022 and 2023 inductees in a banquet and other events. The banquet and other events are for all ages.

By honoring and celebrating the empowered journey of these individuals and teams, the hope is their stories may inspire future generations to follow their dreams in athletics.

On that weekend, Sts'ailes' Terry Felix will be inducted into the NAIA Hall of Fame under the Athlete Category. We are all very proud of Terry and his wonderful accomplishments and hope that it inspires the youth of today and the future. We raise our hands in respect to you Terry, O Siyam!



NAIA Hall of Fame Profile:

Raised on the Chehalis Reserve, Terry Felix did not play organized soccer until high school in tenth grade. At 16, he joined a men's team coached by his father Pete.

First Nations were not invited to play in non-Native tournaments in the 1970s except for one tournament where a Whitecaps' scout was present and approached Terry's father for Terry to try out for the youth team. In September 1981 he signed a professional contract with the Vancouver Whitecaps. On July 10, 1983, he made his professional debut for the Whitecaps against the New York Cosmos in front of 50,000 fans. In doing so he became the first Indigenous soccer player to play professionally in North America.

In 1983 Felix represented Canada in the Olympic Qualifiers for the Canada Men's National Soccer Team and earned three caps. In doing so he became the first Indigenous soccer player to represent Canada. Felix played for the Canadian Olympic Soccer Team and scored two goals including the winner in the first of a two-game series in May, 1983. He played a three-game series for the Canadian National Soccer Team against the Scotland National Team in June, 1983. He suffered a career-ending injury while training with the Olympic Soccer Team just before the 1984 Olympics.

In September, 2018, Felix was inducted into the British Columbia (BC) Hall of Fame Aboriginal Sports Gallery. In June, 2020, he was inducted into the BC Soccer Hall of Fame and two years later in June, 2022, he received the honor of the Inspire Award Laureate for Sport. Felix continues to promote and coach Aboriginal Youth Soccer.

Terry Felix
Sts'ailes First Nation
Induction Category: Athlete
Year Inducted: 2024



FOOD SUSTAINABILITY PLAN

FOOD SOVEREIGNTY PLAN FOR STS'AILES IS UNDERWAY

We are thrilled to announce that Moytelexw - Sts'ailes Development Corporation and Sts'ailes has recently received some funds through New Relationship Trust's Indigenous Food Security Program. With these funds and the help of two consultants Karen McDiarmid and Lisa Wolfe, we will be creating a plan and design of a comprehensive, Indigenous food security system to grow and process produce, traditional plants and herbs on land owned by Sts'ailes. We are also looking for this food system to include a wild game hanging station, smokehouse, and community kitchen for processing foods and cooking meals.

Our intention is to create a self-funded enterprise to employ and feed community members as well as provide opportunities for skills training within the Agricultural sector. Additionally, we will establish collaborative arrangements with neighboring resorts, cafes and convenience stores to expand the demand for our food products. The revenue generated from these sales will be reinvested into the enterprise to fuel its growth. This project is in early planning stages and much research will need to be done around regulatory requirements. We will be working on this plan until April 2024 and if well received, we will apply for funding to implement the plan.

What's happened so far:

We have talked internally to some departments who want to collaborate on this project. As well, we attended the Open House on November 29 and talked to over 30 people about this plan and got so many positive comments. We talked about upcoming workshops such as cooking vegetarian meals, traditional herbs and medicines and gardening workshops. These are being planned to start January and run through April or May. Watch for our announcement of dates and topics. Background on Consultants



Cyril Paul - Draw prize winner from the Open House



Karen McDiarmid (left) & Lisa Wolfe at the Sts'ailes Open House on Nov. 29, 2023.

Karen McDiarmid recently completed a collaborative agricultural development initiative alongside Mission Community Skills and The Cooperative Association of BC. Formerly, the manager of the Mission City Farmers Market, Karen takes pleasure in cultivating produce not only for herself but also for others. Prior to her relocation to Mission, she dedicated her efforts to various professional associations, focusing on the creation and oversight of government-funded projects aimed at tackling labor market and human resources challenges. She holds a BA in Political Science and has a Human Resources certificate. Outside of her professional pursuits, Karen finds solace in the great outdoors, indulging in hiking during her leisure moments.

Thriving
community
garden in
Mission, BC



Lisa Wolfe - A communications specialist, who has worked in more than 10 industries and always on the lookout to add another industry to her knowledge base. Her work with Indigenous communities started in 2014 with the Aboriginal Financial Officers Association as the Training Manager and has led to work with Haisla Nation, as well as conducting primary and secondary research to create a framework for an Indigenous

Career Youth Network. She has worked with several clients through the Foresight Cleantech Accelerator Centre with the majority of this work being HR services (recruitment, selection, HR advice, policy writing, career coaching) and does business development for the Bears' Lair TV show which is being aired by APTN.

Lisa holds the Certified Aboriginal Professional Administrator's designation through AFOA Canada and also holds a BA in Communications from Simon Fraser University. Outside of work, Lisa is raising a teenage son and has volunteered for numerous organizations; is currently on the board for New Chelsea Housing Society.

HOW CAN YOU GET INVOLVED?

Reach out to us to hear more about this plan and give your input, sign up for the upcoming workshops. Dates and topics to be announced soon.

To Contact Lisa Wolfe

E: spiritwolfe21@gmail.com
T: 604.916.3366

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.

We recognize the incredible core partner contributions from Vancouver Whitecaps and Scotiabank to make this Mini-Pitch possible.

We recognize Sts'ailes Nation for your trust and partnership and in offering a home for this Mini-Pitch.

We recognize Musco, the Mini-Pitch company for your support and belief in our vision and Binnie for your site preparation

The design of the pitch is inspired by the Orange Shirt Day movement - creating an inspiring and safe place to play, in memory of the children gone too soon through the residential schools genocide and to honour the survivors. The graphics are a repatterning of the Hope and Health logo created by Maynard Johnny Jr.

The posters around the Mini-Pitch will be created by Sts'ailes to honour the legacy and achievements of local athletes.

This 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 moving together as one mind, one heart in the spirit of Nautsa'mawt.



Thank you to our sponsors:



Additional partners TBC



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.

PROJECT MANAGEMENT FOR INDIGENOUS WOMEN 2024 PROGRAM

This program is 100% online and there is a mandatory Tuesday night class from 7-8 PM Mountain Standard Time (6-7 PM Pacific/BC time). Please see attached application form and review the program prior to completing the application. Please note that extra care should be taken when answering the essay question contained in the Application as the program will be over-subscribed. We only have 20 spots available, and this is how we will determine who to invite to an interview and to complete the Mount Royal Sample Question in Stage 2. For more details on the program, please review here and for those of you who are interested, you can check out an article including a story from a current PM Program participant here.

If you decide you are interested, you can return your application to the attention of Stephanie Felker with a copy of your resume.

KEY DATES

- **Application Deadline: February 16, 2024.**
- **Virtual Participant Information Session: Tuesday, March 26, 2024**, This information session can help explain the program and requirements so that you can determine if this is the right fit. We hope this will give you a chance to self-eliminate if there are any issues with the timeline and/ or program expectations.
- **March 4 - 8, 2024** PM Assignment to short list
- **March 11 - 15th, 2024** Interviews
- **Final Cohort Selection: by Tuesday, April 2, 2024**
- **Virtual Participant Onboarding: Tuesday, April 16, 2024**, This will be focused on meeting the instructor(s), walking through our platforms to ensure participants know where to find course information, learning how to navigate our systems, their email, MRU resources, etc. Final selected participants only.

The program is 100% online with one Tuesday night session per week from 7-8PM Mountain Standard time.

COURSE SCHEDULE

The entire program will take 43 weeks to complete (*an entire year commitment). Schedule of courses:

- Effective Workplace Communication: Monday, April 22 to Monday, May 20, 2024
- Introduction to Project Management: Monday, June 3 to Monday, July 1, 2024
- Project Stakeholder and Team: Monday, July 15 to Monday, August 12, 2024
- Project Approach, Life Cycle and Planning: Monday, August 26 to Monday, September 23, 2024
- Project Work and Delivery: Monday, October 7 to Monday, November 4, 2024
- Project Measurement and Uncertainty: Monday, November 18 to Monday, December 16, 2024
- Project Management Capstone: Monday, January 6 to Monday, February 17, 2024

Please forward your application to the attention of stephanie_felker@transmountain.com.

APPLY NOW



Project Management for Indigenous Women 2024

Trans Mountain and IAMC are offering a Project Management for Indigenous Women Program starting in April 2024.

This unique Mount Royal University program will be open to a limited number of successful applicants.

- Starts April 16, 2024
- 100% online
- Seven courses
- 15-20 hours per week includes homework
- 12-month program
- No cost to participate
- Program completed as one group
- Coaching support



APPLY BY February 16, 2024 to:

Stephanie_Felker@transmountain.com

PROJECT MANAGEMENT FOR INDIGENOUS WOMEN – APPLICATION
APPLICANT SECTION
Personal details

Given name:

Family name:

Preferred name:

Address:

Indigenous Community Name:

Telephone Daytime:

Mobile:

Email:

Current Position:

Education

What is your current education? (tick all that apply)

<input type="checkbox"/> High School	<input type="checkbox"/> University Bachelors	<input type="checkbox"/> University Masters	<input type="checkbox"/> Technical Institute
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Are you currently undertaking study/training?

(tick one)

 Yes

 No

If yes, course/program name:

(tick one)

 Full time

 Part time

 Distance

 Other

How will the Project Management for Indigenous Women Program help you in your career / what do you hope to gain from the program? Please complete in essay style (minimum 500 words). This is your opportunity to show your creative and essay writing skills and express your interest in the Program!

I understand that this application does not constitute an offer of acceptance.

I understand that Trans Mountain is committed to protecting the privacy of my personal information in accordance with its own policies and procedures and in accordance with applicable laws.

Signed:

Date:



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
telemexwawtexw@stsailles.com
T: 778.938.2244



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

YVETTE'S FARM
STAND AND
FIREWORKS



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