

# SAULTEAU FIRST NATIONS NEWSLETTER

## MAY 2024



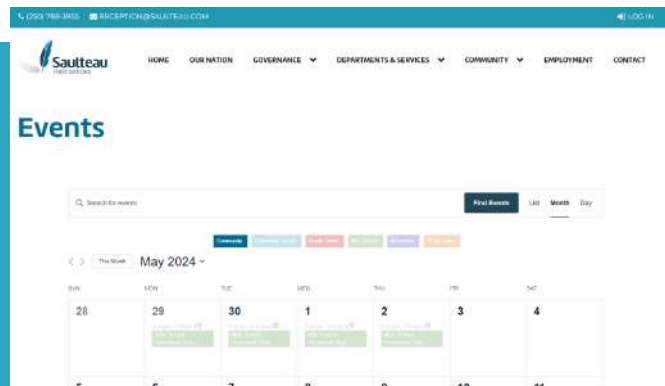
### FEATURED COMMUNITY NEWS

## SAULTEAU IS LAUNCHING A NEW WEBSITE!

IN 2023 Sauteau commissioned developer Salt Media to build out a new website as our current platform had become unsupported. The team behind the website has been focusing on making the new website more user-friendly, and relevant to the needs of the Nation and Membership. The website is nearing completion and will be launched in May of 2024!

#### WHAT'S NEW:

- DEPARTMENT PAGES FOR LANDS AND THE CULTURAL CENTRE
- A BLOG POSTING ALL THE LATEST NEWS AND UPDATES FROM SAULTEAU
- AN INTERACTIVE EVENTS CALENDAR
- FEATURED ART WORK BY SFN MEMBERS
- AND OUR VERY OWN SFN WEATHER STATION, RUN BY THE TREP DEPARTMENT!



**JOIN US: EXPRESS INTEREST IN  
GARBAGE COLLECTION!**

**SAULTEAU FIRST NATIONS  
IS SEEKING DEDICATED  
INDIVIDUALS FOR OUR  
GARBAGE COLLECTION  
TEAM.**



This is a Contract Position. If you are interested, please contact Ronda Lalonde-Auger @ 250-788-7253 for more details.

Deadline is: May 23rd, 2024 @ 4 pm

# Notice Of Members Services Department Closure

## 04/30/2024

On May 6th and 7th the Membership Services Department will be closed for Mandatory Department Training.

The Department will reopen again at 8:30am on May 8th.

We apologize for any inconvenience.



## Northern Nations Wellness Centre

...“a health system that respects the cultural values and practices that are integral to Indigenous identities and wellness”...

WE ARE BEGINNING TO  
BUILD OUR PRIMARY CARE  
CLINIC TEAM



Current Employment Opportunities Include:

- ✓ Director of Operations
- ✓ Indigenous Social Navigator
- ✓ Medical Office Assistant

Contract for Services Opportunities Include:

- ✓ General Practitioner
- ✓ Nurse Practitioner

FULL JOB POSTINGS AND INFORMATION  
ON HOW TO APPLY CAN BE VIEWED AT  
<https://windspeaker.com/job-board>

Our Primary Care Clinic is Located in Chetwynd, BC

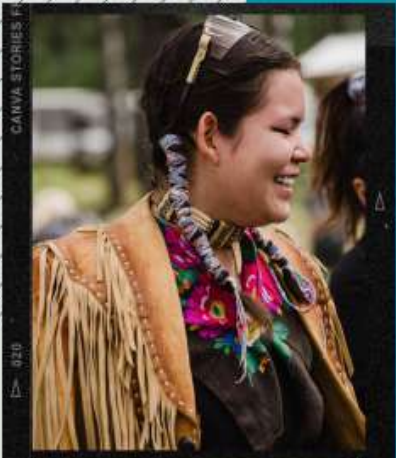
## NORTH WIND SUPPLIES

**Please join us for our 3rd Anniversary  
& Customer Appreciation BBQ!**

**Fri. May 3 11am-3pm**



Come on down and  
grab a free hot dog  
or hamburger!



Looking for a  
**PHOTOGRAPHER**  
for this years Pemmican Days

WORKING HOURS:

**JULY 12TH 3:00 pm - 8:00 pm**

**JULY 13th 10:00 am - 8:00 pm**

**JULY 14th 9:00 am - 4:00 pm**

IF INTERESTED PLEASE SUBMIT A  
BRIEF DESCRIPTION OF WHY  
YOU WOULD LIKE THIS  
OPPORTUNITY TO CARLEE AT  
[CWESTGATE@SAULTEAU.COM](mailto:CWESTGATE@SAULTEAU.COM)

ALL APPLICATIONS WILL BE  
SCREENED AND VOTED ON BY  
THE COMMITTEE!

DEADLINE IS MAY 27 AT 10:00AM



**ATTENTION!!**

**We need someone to run this event, or it will  
not be happening this year!!**

**THIS YEAR'S PEMMICAN DAYS COMMITTEE IS LOOKING  
FOR 3 VOLUNTEERS TO RUN THIS YEAR'S  
PUGEESEE TENT!**

**YOU WOULD BE PAID \$500.00 PER DAY. PLEASE SEND A  
BRIEF DESCRIPTION OF WHY YOU WOULD LIKE THIS  
OPPORTUNITY TO CARLEE AT  
[CWESTGATE@SAULTEAU.COM](mailto:CWESTGATE@SAULTEAU.COM).**

**THE COMMITTEE WILL SCREEN EACH APPLICATION AND  
TAKE A VOTE.**

**DEADLINE IS MAY 27TH, 2024 AT 10:00 AM**

# Notice to Lakeview/Riverside Residents

04/29/2024

The Construction Company and Engineers will be in community May 7/8 to assess the tie ins from each home to the Waste Water Treatment Project. They will be looking at peoples drive ways, connection locations, etc.

If you have any questions please contact Shane Reynolds  
[sreynolds@saulteau.com](mailto:sreynolds@saulteau.com).



## Reminder

### Income & Disability Assistance Clients Declaration Week

May 6-9, 2024

### Payment Date

May 15, 2024

\*Job search activity & necessary utility bills must be submitted with declarations during declaration week for clients required to do so\*

Please contact Falon Gauthier at 250-788-7286 or email [fgauthier@saulteau.com](mailto:fgauthier@saulteau.com) for any questions or concerns.



### SAULTEAU FIRST NATIONS MENTAL HEALTH COMMITTEE MEETING TUESDAY, MAY 28TH @ 10AM NEW BEGINNINGS HOUSE

A JOINT INITIATIVE BETWEEN SFN CHIEF AND  
COUNCIL AND HEALTH CENTRE TO IDENTIFY  
MENTAL HEALTH RELATED NEEDS IN  
COMMUNITY AND DEVELOP ACTION BASED  
SOLUTIONS

ANY QUESTIONS  
CAN BE DIRECTED  
TO THE MENTAL  
WELLNESS AND  
SUBSTANCE ABUSE  
COUNSELLOR  
250-401-7616

SFN PEMMICAN DAYS

# SEEKING ARTISAN VENDORS

**JULY 12-14TH, 2024**



ARE YOU AN ARTISAN VENDOR  
WANTING TO SELL YOUR HANDMADE  
ITEMS?

- ITEMS MUST BE HANDMADE
- ALL VENDORS MUST PRE-REGISTER AND SUPPLY THEIR OWN TENTS, TABLES ETC
- ARTISAN VENDORS SHOULD BE OPEN DURING EVENT (FRI, SAT AND SUNDAY)

**IF INTERESTED, PLEASE SUBMIT A BRIEF DESCRIPTION OF WHAT YOU WOULD LIKE TO SELL & THE SIZE OF YOUR BOOTH OR TENT (EX. 10X10 TENT ETC.) BY JUNE 3RD**

Email: [cwestgate@saulteau.com](mailto:cwestgate@saulteau.com)

Phone: 250-788-7271

# CALLING ALL FOOD VENDORS FOR THIS YEARS PEMMICAN DAYS 2024

**JULY 13TH,  
14TH 2024**



**ALL VENDORS ARE REQUIRED TO PROVIDE VALID FOOD SAFE AND INSURANCE TO OPERATE. THERE WILL BE A ONE TIME \$50 FEE FOR THE WEEKEND FOR ALL FOOD VENDORS.**

**PLEASE REGISTER BY JUNE 3RD 2024!!**

**TO REGISTER PLEASE CONTACT JAMIE KRISTOFFY AT  
[JKRISTOFFY@SAULTEAU.COM](mailto:JKRISTOFFY@SAULTEAU.COM)**

SHOW UP.

RISE UP.

POWER UP.



**A WEEKEND GATHERING FOR MEN.  
AWAKEN YOUR WARRIOR SPIRIT.**

**HYPNOTHERAPY, FIRE CEREMONY, YOGA, AND MORE.**

**SUBSTANCE FREE ⚡**

**THERE IS WARRIOR S#IT TO DO.**

**DOOR PRIZES AVAILABLE FOR PARTICIPANTS  
(PARTICIPATION RULES APPLY)**

**2024 SUMMER RETREAT  
July 5th - July 7th Carbon Lake**



**CALLOUT FOR THOSE  
INTRESTED IN  
TEACHING HOW TO  
MAKE DRYMEAT**



**CONTACT US**

**EMAIL: CGAUTHIER@SAULTEAU.COM  
PHONE: (250) 788-7262**

# FIVE

## CULTURAL LEARNING

### ACTIVITIES TO IMPROVE YOUR

# 1

#### TINY TOTS/DANCE GROUP

May 1st-SFN Gym  
May 15th-SFN Gym  
May 29th-SFN Gym  
Start time: 4:30-5:30pm

# 2

#### MMIP CRAFT

April 28th  
SFN Gym  
1-4pm

# 3

#### MMIWG WALK / MOOSE HIDE CAMPAIGN WALK

May 5th 2024  
May 16th 2024

# 4

#### Tipi Pole peeling

May 23rd- Pemmican  
Grounds Cabin area

# 5

#### CRAFT CLASSES

May 12th- Sfn  
May 26th-Sfn  
1-4pm

For more info please  
contact: Tylene Paquette  
250-788-7365  
tpaquette@saulteau.com



## Traditional Knowledge

### Sharing

We are looking to create a resource list of Knowledge sharing individuals, crafts- beading-sewing- homemade-handmade-storytelling-hunting-fishing-trapping-harvesting, medicine plants-berries-herbs- birch bark, water, pow wow dancing- jigging-traditional cooking, bannock making etc.-painting-carving-making tools-treaty rights-prayers-Language etc.



Please send in all your info, like your:  
Name:  
Contact info:  
what it is you would like to Share to.  
e-mail below

**Let's teach and share with our people what they want to learn. lets keep our Culture strong**



# MAY 2024

## MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1 After School Club</b> Sports 3:30 pm - 4:30 pm	<b>2 MLC Closed for staff training</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7 Culture Day</b> Cultural Craft	<b>8 After School Club</b> Craft/Art with Tammy 3:30 pm - 4:30 pm	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15 After School Club</b> Fire & Hot Dogs 3:30 pm - 4:30 pm	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20 Victoria Day</b> MLC Closed	<b>21 Culture Day</b> Cultural Craft	<b>22 After School Club</b> Sports 3:30 pm - 4:30 pm	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		

### Notes:

MLC has a Culture Day every 2nd Tuesday. We have a variety of cultural crafts available to anyone who would like to make a cultural craft on Culture Days!

The Muskoti Learning Centre has the weight room reserved for student use every Mon - Thu from 2:00 - 3:00 pm!

★ For registered MLC students. For event info, please phone (250-788-7368) or check in the classroom - dates & times may vary ★

## MUSKOTI LEARNING CENTRE

MAY

# READING CHALLENGE

For Grades  
5 - 12

Every participant will win a prize!

Earn an entry in the MONTHLY & GRAND PRIZE DRAW for every 50 pages you read!

Please come in to the Muskoti Learning Centre Classroom to register and learn more

250-788-7368

bconrad@saulteau.com

## MUSKOTI LEARNING CENTRE

# MAY ADULT READING CHALLENGE

GRAND  
PRIZE  
DRAW IN  
JUNE

Every participant will receive a prize!

Earn an entry in the Monthly Prize Draw for every book you read!

Please come in to the MLC Adult classroom to register and learn more

250-788-7368

bconrad@saulteau.com



MEMBERS OF  
**SAULTEAU  
FIRST NATIONS**

**NEVER MISS  
AN UPDATE**

**GET THE APP**

The app uses state-of-the-art technology to notify SFN members of breaking news, documents, videos, and events, instantly delivered via push notifications.



**HOW TO GET THE APP**

- 1 Scan the QR code above or visit the App Store or Google Play Store and Search 'Saulteau First Nations'
- 2 Tap 'Register' under 'Member Login'
- 3 Fill out your information and press 'Register'
- 4 Click the verification link in your email address

- NEWS
- EVENTS
- SURVEYS
- JOB OPENINGS

Download the free app today

**Prophet River First Nation  
Presents**

# Gathering of Drummers



May 24th - June 2nd 2024



**Sikanni River Ranch**

Fun for the entire family!  
Nightly Tea Dances, fishing derby, traditional games & activities, drumming workshops, Sunrise ceremonies, Hand games, Language Bingo, Traditional Food, camping, story telling, and much more!

More information will be coming soon!  
For information contact Curtis @ 250-500-1864  
or email [Curtis.Dickie@prophetriverfn.ca](mailto:Curtis.Dickie@prophetriverfn.ca)

## CALLING ALL LOCAL ARTISTS!!

We are looking for local artists who would like to submit a design for our Wastewater Project. This design would be used for a large sign which would be posted on the buildings, visible for the community to enjoy. This design will also be used for project wear and swag. We are looking to incorporate Saulteau Culture while adding even more beauty into this growing community.

All submissions must be in by  
May 20, 2024.

Please send your submission to  
[sreynolds@saulteau.com](mailto:sreynolds@saulteau.com)

We can't wait to see all the beautiful designs!

## ATTENTION HOME CARE CLIENTS

The Home Support Team

Will be absent May 6th-7th and May 30th 2024th for training.

For Emergencies, please dial 911 or go to Chetwynd General Hospital

For non-urgent health issues please call 811 to connect you to a Registered Nurse

# Health Centre Events

April '24							June '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6								1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2 FNHA Mobile Support Team at Health Centre	3	4
			NA Meeting 8pm ML Community Hall			
5	6	7	8 Heather's Health Hour High Blood Pressure 10 am NA Meeting 8pm ML Community Hall	9 Massage Therapist	10	11
12	13	14 Dementia w/s Gym Morning Sickness and Nausea During Pregnancy 10:00 AM - HC	15 NA Meeting 8pm ML Community Hall	16 Heartcore Sound Healing Physiotherapy	17	18
	Rejuvenating Transformative	The Spirits 4 Day Journey	and Hearts Dedicated To Honouring	of Women and Celebrating the Essence	Retreat held @ NBH	
19	20	21	22 NA Meeting 8pm ML Community Hall	23 Message Therapist Denture Clinic	24	25
26	27	28	29 NA Meeting 8pm ML Community Hall	30 Acupuncture -8am Disbetic Foot Care	31	1
2	3	<b>Services Available on Request</b> * Youth and Wellness Counselling ( Contact Becca Widdicombe 250-788-7262) * Adult Mental Health & Harm Reduction ( Contact Annie Miller 250-401-7616) * Dr Banas (Contact MOA Tracy 250-788-7266) * Home Support Services -including homemaking (Contact Lynette Murphy 250-788-7375)		<b>Heather offers ( by appointment only)</b> HPV ( Cervical cancer) screening Education on all health topics Narcan with Education TB screening, Immunizations Baby, Flu, Pneumonia, Shingles		<b>Harm Reduction Supplies</b> Annie Miller

Sponsored by SFN Health Centre



MASKWACIS CULTURAL COLLEGE

## ONLINE BEGINNER CREE COURSE

May 2 - May 30, 2024

Monday - Thursday

5:00pm - 7:50pm

Limited Spaces Available!

Please come in to the Muskoti Learning Centre Classroom to register or learn more.

250-788-7368 bconrad@saulteau.com



## Sprout Acupuncture

Will be at the Health Center on May 30th, 2024. Please call Melva at 250-788-7280 to book an appointment.

15%





## Murdered and Missing Indigenous Women and Girls Day

Sunday, May 5th 10:30 am - 2:00 pm



**PLEASE JOIN US TO HONOR AND REMEMBER OUR STOLEN SISTERS.**

We are doing a walk from Firelake where there will be an opening prayer and drumming. After we are walking from Firelake to the Band Hall for lunch, speeches, open mic, and slideshow.

If you have any questions please contact Tylene at tpaquette or Carlee at cwestgate@saulteau.com

## Rejuvenating the Spirits and Hearts of women

JOIN US FOR A TRANSFORMATIVE 4-DAY JOURNEY DEDICATED TO HONOURING AND CELEBRATING THE ESSENCE OF BEING A WOMAN IN COMMUNITY. **May 13-16, 2024**

Our gathering begins with a warm brunch, where we'll connect and introduce ourselves.



All women are invited to share in this gathering and from here, you will have the option to continue to join us in the deeper journey

The heart of our program begins in the afternoon, focusing on the diverse experiences and wisdom of women of all ages.

Throughout our time together, we'll explore pathways to:

- Embodying ourselves through breath and energy.
- Finding strength in voice and setting boundaries
- Navigating stress and trauma with self-regulation techniques
- Expressing our true selves
- Cultivating wholeness in body, mind, emotion, and spirit

Call or text 250-401-7616 to register for the event. Located at NBH.

Take a step towards a healthier and more balanced lifestyle. Join us to discover the tools to nurture your well-being and find inner harmony.

This workshop blends the essence of The Haven with the wisdom of women of Saulteau and West Moberly First Nation communities, offering a space for healing, nourishment, and celebration of womanhood.

To receive an intro from our Team planning Session [CLICK HERE](#)

May 13-16, 2024 A





FNHA Mobile  
Support Team  
May 2, 2024  
@ Health Center



Referral's can be sent from the Health center , by fax 778-576-5112 or To book an appointment, please contact Shamalla Masitsa, MA, RCC - Clinician 250-261-1484

## DEMENTIA WORKSHOP

**Brain health and how to support someone in the community**



Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more. Explore ways to support someone who is living with dementia or caring for someone who is. Gain insight into the impact of dementia and learn how you can continue to show up and offer support they need to live well. Snacks and beverages provided.



WHERE  
Gymnasium



WHEN  
Tuesday, May 14  
10 a.m. to 12 p.m.



\*Masks are optional.  
Learn more about safety protocols at [alzbc.org/COVID-safety](https://alzbc.org/COVID-safety)



## Heather's Health Hour HIGH BLOOD PRESSURE



May 8, 10 am at the Saulteau First Nations Health Center  
Learn about HYPERTENSION aka HIGH BLOOD PRESSURE

- What is it?
- Why screen for it?
- What can cause it?
- How can I lower my risk?
- How is it treated?
- As always, enter the draw for a large prize, plus choose a small gift each time you attend.
- The next prize is a dual zone Ninja air fryer - will be drawn September.

## *Massage Therapist*

Jaclyn Johnson, RMT of NuBalance Massage Therapy will be at New Beginings House on May 9th and 23rd. Please contact the Health Center to book.  
250-788-7280





# HeartCore Sound Healing

will be at the Health Center on  
May 16th. Please contact Melva  
at 250-788-7280 to book a  
session.

# Physiotherapy

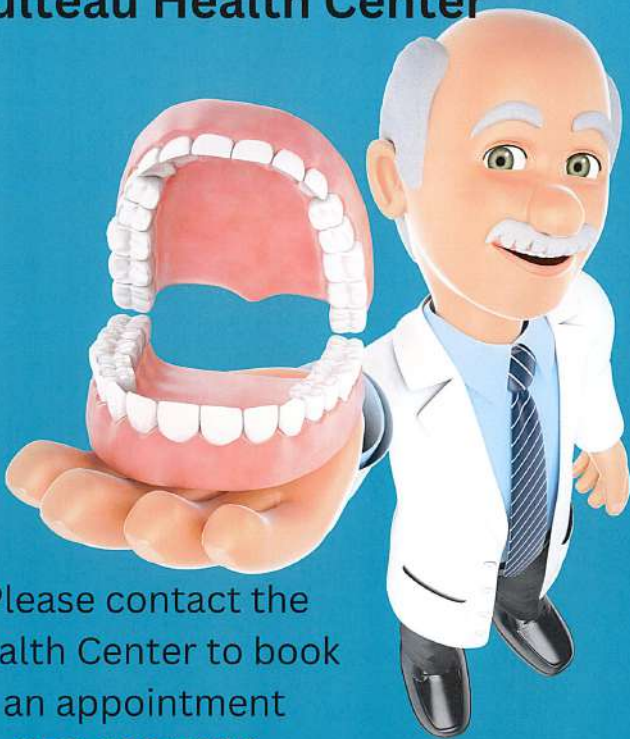
May 16th, 2024 at the  
Health Center.

Contact your family doctor  
to be referred.

Please call  
250-788-7300  
to book

Physiotherapist is unable to do  
WCB and ICBC Claims

Denture Clinic  
May 23rd at the  
Saulteau Health Center



Please contact the  
Health Center to book  
an appointment  
250-788-7280.



## DIABETIC FOOT CARE

May 30th 2024  
@ Health center  
Call Drea to  
book

T: 250-401-8267



# Come Join Nurse Heather for monthly Maternity and Child Health Education

May 14, 2024 at 10am

At the SFN Health Center Lunch Room

This month's topic is

## Morning Sickness and Nausea During Pregnancy

- What is it?
- Why does it happen?
- Who is more likely to get it?
- Tips for making things easier
- When should you go see your doctor?

As always, there will be a small gift for each session  
As always, enter the prize draw for a larger prize  
Bring your ideas for future education sessions.

## Morning Sickness In the First Trimester

Morning sickness happens in the morning, right? Not necessarily.

The nausea and vomiting known as morning sickness can be experienced at any time of day or night. It affects up to 80 per cent of pregnant women and for many, it can go on beyond 20 weeks.

Morning sickness is severe for some women and moderate to mild for others. Be sure to see your doctor or midwife if you:

- are sick most of the time and can't keep fluids or food down
- vomit more than five times a day
- have lost more than five per cent of your pre pregnancy weight
- pee less than three times in 24 hours

To help with morning sickness:

- Eat smaller amounts of food every one to two hours during the day
- Eat what appeals to you. Try to follow [Eating Well with Canada's Food Guide](#) as much as possible
- Switch to a liquid form of vitamins
- Try to keep taking your folic acid supplement even if you can't stomach prenatal vitamins
- Avoid fatty and fried foods
- Sip small amounts of fluid often during the day. Fluids can include water, 100 percent apple juice, sparkling water or ginger ale
- Eat cold meals to avoid food smells, or have someone else cook
- Circulate fresh air in the bedroom while resting, and in the kitchen while cooking
- Nausea may get worse if you are tired
- Wear loose clothing around your chest and waist

### Does my morning sickness harm my baby?

No. During pregnancy, the fetus takes the nutrients it needs from your body. Even if you aren't eating very much, or if you are vomiting your food, the growing fetus should be fine.

(adapted from <https://www.healthycanadians.ca/home/articles/morning-sickness-first-trimester> on April 21, 2021)



# Health Education Fact Sheet

From Nurses for You

Nursing Best  
Practice Guideline

## Reducing the Risk of Hypertension

### Did you know that about one-quarter of Canadians have hypertension? (Heart and Stroke Foundation of Ontario)

#### What is hypertension?

Hypertension is a complex health condition that occurs when your blood pressure is higher than normal. This condition is known as a 'silent killer' because people often do not notice that they have symptoms. As you get older, it is more likely you will develop hypertension.

If you have hypertension, you are at a higher risk of having a stroke, a heart attack or damaging your blood vessels and/or organs (e.g., heart, brain, kidney).

#### What affects your blood pressure?

A number of combined factors can increase your blood pressure. These include:

- eating an unhealthy diet
- eating foods with too much salt
- being overweight
- not getting enough exercise
- drinking too much alcohol
- smoking
- heredity
- unmanaged stress

#### How do I know if I have high blood pressure?

When you visit your healthcare centre, your nurse or other healthcare provider will measure your blood pressure by using a blood pressure cuff or monitor. The reading is made up of 2 numbers. The top number represents the force of blood against the walls of your blood vessels when the heart contracts. The bottom number represents the force of the blood against the walls of your blood vessels when the heart relaxes.

For most people, high blood pressure is anything over 140/90mmHg. But for those with diabetes or chronic kidney disease, 130/80mmHg is considered high blood pressure. For those people with "high normal" blood pressure (130 to 139/85 to 89mmHg), it is important to have your blood pressure checked annually. Speak to your nurse to find out what your blood pressure target should be and how often you should have your blood pressure checked.

March 2007

#### Can hypertension be treated?

Hypertension can be prevented and/or controlled if you make certain lifestyle changes. These changes include:

**Eat a healthy diet** – Ask your nurse or dietitian how you can make healthier food choices. This means eating more fresh fruits, vegetables, low-fat dairy products, nuts and legumes, soluble fibre (ie., kidney beans, lentils and oats) and non-animal protein (ie., soy).

**Eat less salt** – Eating less salt can reduce your blood pressure. Choose foods that are low in salt, avoid adding extra salt to your food while cooking or at the dinner table and eat fewer packaged foods. You should eat less than 1 teaspoon (2300mg) of salt per day from all sources.

**Exercise** – Exercise will help you maintain a healthy weight and should be done at least 4 days a week for 30 to 60 minutes or more each session. Activities for older adults can include walking, gardening, golfing, Tai Chi and light weight training.

**Stop smoking** – Smoking makes your blood vessels more narrow which raises your blood pressure and can lead to heart disease, cardiovascular disease and stroke.

**Limit alcohol** – Alcohol should be limited to 2 standard size drinks for men and 1 standard size drink for women per day. Men should have no more than 14 drinks and women no more than 9 drinks per week. 1 standard drink = 1 beer (12 oz.) or 1 glass of wine (5 oz.) or 1.5 oz. of spirits. Source: [www.lrdg.net](http://www.lrdg.net).

**Manage stress** – Your nurse can help you understand how you react to stressful events and can give you advice on how to manage stress in your life. Learning how to deal with stress and finding ways to relax will improve your overall good health. Good coping ideas are: exercising, getting enough rest, laughing and asking for help from others if you need it.

**Medications** – Many people with hypertension will have to take 2 or more prescription drugs along with making lifestyle changes to control their blood pressure. It is important to keep taking your blood pressure medications regularly in order for them to work. If you have questions, speak to your nurse or other healthcare provider.

**Monitor your blood pressure** – Your nurse can teach you how to check your blood pressure levels at home. You should also have your blood pressure checked regularly by your healthcare professional. For more information on hypertension and blood pressure monitors, visit [www.hypertension.ca](http://www.hypertension.ca).

**If you have high blood pressure or are concerned that you may have high blood pressure, please speak to your nurse or other healthcare provider. They can help you make lifestyle changes that can prevent or help treat your hypertension.**

The intent of this fact sheet is to get you involved in decisions affecting your health. You can find this fact sheet on our website for free download. To find out more about our fact sheets and guidelines, please visit our website at [www.rnao.org/bestpractices](http://www.rnao.org/bestpractices).



Registered Nurses' Association of Ontario  
Nursing Best Practice Guidelines Program  
158 Pearl Street  
Toronto, Ontario M5H 1L3  
Website: [www.rnao.org/bestpractices](http://www.rnao.org/bestpractices)

*This program is funded by the  
Government of Ontario*



# HOUSING

## MAY 2024- NEWSLETTER

### Mold Proofing Your House, Room by Room

Last month we touched on a few ways to prevent mold from spreading in your home. Here are a few more ideas that will help to keep your home mold free!

#### Bathroom-

- Check the bathroom fan to make sure it exhausts to the outside of the home.
- Turn on bathroom fan whenever you shower. Keep it running for 15-20 minutes after you shower.
- Take short showers, if possible.
- Keep surfaces that get wet, such as walls around the bathtub and shower, clean and dry. (Wipe them after each shower or a few times per week.)
- Clean drains regularly.

#### Kitchen-

- When you are cooking, use the range hood fan.
- Minimize prolonged boiling.
- Keep you drains in good shape. (Check for leaks regularly.)
- Pull out your fridge and stove, cleaning underneath and behind.
- Take out garbage daily to prevent odors and spoiling.

#### Other parts of the house-

- When family and friends come into the house, have them remove their shoes.
- Vacuum often, removing small particles of dust and molds.
- Clean hard wood or vinyl flooring with a damp mop.
- Remove unnecessary furniture that collects dust.
- Do not bring furniture into your house that has been stored in a moldy place.
- Watch your potted plants closely. soil is a great place for mold to grow.

Mold grows best in damp places. Its can come in all different colors and shapes. If you think you have a spot of mold, there are a few things you can do yourself.

It is important to keep air flow in your house. Keeping a window slightly open, is always a good idea.

Scrub the area with a detergent. You can try using different cleaning products such as baking soda, cleaning vinegar and detergent sprays. Below, is a product that works well to remove and prevent mold.

Please, be sure to wear gloves as this can be hard on your skin.



#### How to Clean Your Drains-

Cleaning your kitchen and bathroom drain, is an effective way to stay on top of mold or smells that occur. To do this, just follow these steps.

- Pour a handful of baking soda into the drain.
  - Add one cup of vinegar to the drain.
  - Let the vinegar and baking soda sit for about 20 mins.
  - Run fresh water down the drain.
- For the floor drains in basements or crawl spaces; drains will dry out over time. This will emit an odor which is easy to fix. Just pour some fresh water down the drain.

### SPRING HAS SPRUNG!!

There is no better time to spruce up your yard and get some fresh air. A spring yard clean up can really allow you to enjoy your outside space. Here are a few tips and tricks to get started:

1. Rake all lawn areas, cleaning all winter debris (leaves, branches, thatch, etc.)
2. Clean out garden beds, turning soil, to be ready for planting.
3. Trim/cut back old growth on plant life.
4. Prune fruit trees.
5. Plant vegetables for the whole family to enjoy.

Have you checked out the plant selection at Twin Sisters Nursery? They have a vast selection of vegetables and flowers for all your planting needs.



### BOOK YOUR HOME VISIT

Each year, we ask that all tenants book a home visit. This visit allows us to go quickly through each house to see if there are any repairs or upkeep that needs to be completed. This only takes a few minutes to have done. To book your home visit, please call our office at 236-364-2019 or email [mdoonan@saulteau.com](mailto:mdoonan@saulteau.com)



### PET CONTROL

As a pet owner, you are responsible to control your dog at all times, whether you are home or not. We have noticed an abundance of loose dogs roaming the community. We have also had reports of aggressive dogs who have attacked community members. Please be mindful of where your pets are and keep them contained in your own yard or home.



# BC Hydro Indigenous Scholarship and Bursary Awards

## 2023–2024

Our Indigenous Scholarship and Bursary program supports students who are pursuing a post-secondary education and are residents of B.C. **Scholarships** valued at \$5,000 for students in a full-time post-secondary program. **Bursaries** valued at \$2,000 for students in a part-time post-secondary program. The **Randy Brant scholarship** valued at \$8,000 is awarded to our top overall applicant.



**Jakob Alexis**  
School: Okanagan College  
Program: Mechanical Engineering Technology  
Award: Scholarship

Okanagan Indian Band



**Aiden Antoine**  
School: UBC  
Program: Sauder School of Business  
Award: Scholarship

Bonaparte First Nation



**Edric Antoine**  
School: UBC  
Program: Bachelor of Science  
Award: Scholarship

Bonaparte First Nation



**Alexis Baldwin**  
School: University of Fraser Valley  
Program: Bachelors of Science, Biology Major  
Award: Scholarship

Gitwangak Band



**Ayana Brown**  
School: University of Utah  
Program: Masters in Accounting  
Award: Scholarship

Lower Nicola Indian Band



**Emoni Bush**  
School: University of Washington  
Program: Business & Communications  
Award: Scholarship

Wei Wai Kum First Nation



**Jackson Campo**  
School: UBC  
Program: Sauder School of Business  
Award: Scholarship

Squamish Nation



**Christian Desjarlais**  
School: UBC- Okanagan  
Program: Doctor of Philosophy in Civil Engineering  
Award: Scholarship

Métis



**Ariadne Douglas**  
School: UBC  
Program: Biochemistry and Molecular Biology  
Award: Scholarship

Métis



**Jayden Emslie**  
School: UBC  
Program: Bachelor of Media Studies/Minor in Indigenous Studies  
Award: Scholarship

Métis



**Brendan Eshom**  
School: UBC  
Program: Bachelor of Science  
Award: Randy Brant Scholarship

Gitga'at First Nation



**Blair Garner**  
School: University of Fraser Valley  
Program: Bachelor of Business Administration  
Award: Bursary

Simpco First Nation



**Sebastian Gracia**  
School: UBC- Okanagan  
Program: Applied Science—Mechanical Engineering  
Award: Scholarship

Métis



**David Greene**  
School: College of New Caledonia  
Program: Heavy Duty Mechanic Technician  
Award: Scholarship

Saik'uz First Nation



**Danielle Harkey**  
School: SFU  
Program: Master of Science  
Award: Scholarship

Musqueam Indian Band



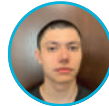
**Davin Higginbottom**  
School: Thompson Rivers University  
Program: Electrical Foundation Program  
Award: Scholarship

Ts'kw'aylaxw First Nation



**Madison Johnson**  
School: SFU  
Program: Bachelor of Business Administration  
Award: Scholarship

Wei Wai Kai Nation



**Blaise Klein**  
School: BCIT  
Program: Computer System Technology  
Award: Scholarship

Tk'emlups to Secwépemc



**Hunter Lang**  
School: UBC  
Program: Juris Doctor of Law  
Award: Scholarship

Ts'kw'aylaxw First Nation



**Katelyn LaRocque**  
School: UBC  
Program: Bachelor of Arts  
Award: Scholarship

Métis



**Megan McLaughlin**  
School: UBC  
Program: Masters of Education in Indigenous Education  
Award: Bursary

Wei Wai Kum First Nation



**Connor Mora**  
School: UBC  
Program: Applied Science  
Award: Scholarship

McLeod Lake Indian Band



**Shannon Munro**  
School: 49 North Helicopter  
Program: Commercial Helicopter Pilot  
Award: Scholarship

Wei Wai Kum First Nation



**Isabelle Pebernat**  
School: Dalhousie University  
Program: BA Environmental Science  
Award: Scholarship

K'omoks First Nation



**Noah Pfanz**  
School: Camosun College  
Program: Trades Foundation Program  
Award: Scholarship

Métis



**Ayana Roberts**  
School: Ontario Tech University  
Program: Forensic Science—Biology Specialization  
Award: Scholarship

Squamish Nation



**Ethan Saeremow**  
School: Thompson Rivers University  
Program: Engineering Transfer Program  
Award: Scholarship

Métis



**Kendra Schlamp**  
School: UBC  
Program: Bachelor Degree  
Award: Scholarship

Sauttewz First Nation



**Tatyana Schneider**  
School: UBC  
Program: Urban Forestry  
Award: Scholarship

Samahquam First Nation



**Piper Scott-Fiddler**  
School: UBC  
Program: MSc Indigenous Health Services Research  
Award: Scholarship

Métis



**Jonathan Steinke**  
School: College of the Rockies  
Program: Foundations of Welding  
Award: Scholarship

Métis



**Alexis Thompson**  
School: Capilano University  
Program: General Sciences  
Award: Scholarship

Wei Wai Kai Nation



**Kathryn Timms**  
School: UBC  
Program: First Nations and Indigenous Studies  
Award: Scholarship

Métis



**Annelle Wells**  
School: UBC  
Program: First Nations & Indigenous studies  
Award: Scholarship

Métis



**Madeline Zimmerman**  
School: Capilano University  
Program: Motion pictures and film  
Award: Scholarship

Kwantlen First Nation

**Congratulations to all recipients!**



## Are you interested in a BC Hydro career?

Learn about opportunities to grow your career

Keeping the lights on for over 4 million people across the province takes a lot of talented people doing many different jobs. From working deep in a generating station, to professional and management roles, we offer challenging careers to help you reach your potential.

The Indigenous Employment and Training team at BC Hydro would like you to explore what we have to offer [Skills training, work & scholarships \(bchydro.com\)](https://www.bchydro.com)

Visit [BC Hydro Careers Page](#)

Current Opportunities:

<https://www.bchydro.com/toolbar/careers.html>



Apply online:

- Create or update your candidate profile [Career centre tips \(bchydro.com\)](#)
- Upload documentation (cover letter, resume and other documentation)
- Apply to posting (click apply button and follow prompts)
- Application support available

For more information:  
[sharon.mcleod@bchydro.com](mailto:sharon.mcleod@bchydro.com)  
Indigenous Employment & Training



## Access financial support

Our scholarships and bursaries are available to Indigenous students from B.C. First Nations or Indigenous permanent residents of B.C. who are studying at an accredited post-secondary institution in a program that matches a career at BC Hydro.

We have three different financial awards available:

### Memorial award

One Randy Brant Memorial Award of \$8,000 is awarded to our top applicant, based on a combination of academic achievement, community involvement, and pursuit of a career at BC Hydro.

### Scholarships

\$5,000 scholarships are available to full-time students in degree, diploma, certificate, or technical/trades programs related to BC Hydro careers.

### Bursaries

\$2,000 bursaries are available to part-time students in degree, diploma, certificate, or technical/trades programs related to BC Hydro careers.

## Switch on your future with BC Hydro

As we invest in major capital projects across the province, we will support Indigenous applicants to prepare for job opportunities. If you're interested in working for us, we want to talk to you. The Indigenous Employment team can help you make the right choices today to switch on your future with BC Hydro.



**Welcome to a workplace powered by you**

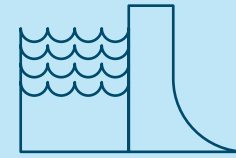
### Get in touch

If you have questions, please connect with our Indigenous Employment team by email [Indigenous.Employment@bchydro.com](mailto:Indigenous.Employment@bchydro.com) or call 1 877 461 0161

 [facebook.com/bchydro](https://www.facebook.com/bchydro)

 [Instagram.com/bchydro](https://www.instagram.com/bchydro)

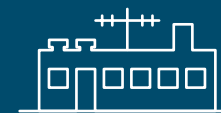
 [@bchydro](https://twitter.com/bchydro)



## Switch on your future with BC Hydro.

It's our job at BC Hydro to safely provide reliable, affordable, clean electricity throughout B.C. To do this, we need to train and hire more Indigenous workers.

**Interested? Get connected with BC Hydro's Indigenous Employment team.**



# If you're thinking about switching on a future with BC Hydro, start preparing now...



## Stay in school and finish Grade 12:

This is most important, for careers at BC Hydro and elsewhere.

## Choose the right courses:

Physics, math and english are prerequisites for most of our training programs.

## Get your driver's license:

Many of our work sites require this.

## Apply for one of our programs or postings:

Explore interesting career paths with hands-on experience.

## Apply for our scholarships and bursaries:

New and recent high school grads may qualify for financial awards to help with their education.

## ...then get some more education, training & experience

After high school, many people enroll in post-secondary education before applying to join the BC Hydro team. Others get paid to train on-the-job with our Trades Training Centre (TTC). Everyone's path is different and there are lots of options:

### External training—before you come to BC Hydro

**Get your ticket in a Red Seal Trade.** We hire ticketed electricians, machinists, millwrights, mechanics, welders, power cable technicians and power line technicians.

**Complete a Technology Diploma.** Complete a two-year or four-year program in the following disciplines: instrumentation & controls, mechanics, electrical and civil engineering and electronics (power option).

**Go to university.** We hire lots of engineers, but also people with arts, business and science degrees.

### Apply to Try-a-Trade

This program offers you the chance to try two different BC Hydro careers through a 12 to 16-week paid work experience program. Training includes classroom learning and job shadow placements with BC Hydro crews and office professionals in various locations across the province. Job shadow placement locations will depend on team availability, workforce needs and applicant interest and location.

## BC Hydro in-house training

**Become a pre-apprentice Power Line Technician.** This paid, year-long training lets you explore the power line technician trade before starting an apprenticeship.

**Become an apprentice.** You can complete your classroom training and on-the-job training with us, earning a salary from your first day.

**Enroll as a Communications Protection and Control (CPC) Technologist Trainee.** Learn to install, maintain, and repair electronic power system equipment.

**Enroll as a Graduate Technologist-in-Training.** Turn your academic knowledge into practical experience by becoming a technologist in Distribution Design, Engineering, Transmission or Apparatus Maintenance.

**Become an Engineer-in-Training.** Gain real-world experience while working towards your professional engineering (P.Eng) designation. We hire civil, mechanical and electrical engineering grads.

## Indigenous Professionals in Development

We're looking for ambitious Indigenous university graduates to join our team in professional and management roles. Our Indigenous Professionals in Development (IPID) program offers post-secondary Indigenous graduates a one-year paid work and professional development placement with BC Hydro.



The Lands department is restructuring how we communicate with membership, by implementing regular updates on our Facebook page and contributing to the monthly newsletter. We are exploring innovative approaches to better connect with membership. Please check the Saulteau website for a new page coming soon!

The Lands Department is looking to recruit a “Lands Planner” to help us propel our nation forward. By expanding our department, we can establish clear objectives, guide the nation and assist membership effectively. Please be on the lookout for the posting on our website and communication channels.

Good News! – The Lands Committee will be reconvening in June- reviewing the final draft of the “Land Use Plan” has been designated to have the most priority.

*\*The lands officer and a member of the GIS team will be out in the community surveying and staking property lines, please be mindful that they are only doing their jobs and they don't make any decisions regarding boundaries. If you see them out in the community, please say hi and feel free to ask any questions\**

#### **Land Code:**

The lands team attended a networking conference about Land Code. We learned from other nations what we could avoid and what we could utilize when developing our own land code, to best serve our nation. We heard from approximately 100 nations across Canada, about how their land code has dramatically affected their nations with positive impact. We gathered so much insight about how Land Code works together with treaty rights, existing policies, and land use plans. In the room, we learned about various stages of land code, some nations are in the beginning stages, some nations were implementing their land code and are enjoying the rewards like building new schools, new homes, advancing their economic development (generating revenue) and utilizing their own lands to their own discretions.

*“In the 1980s – A group of First Nations Chiefs proposed to the Canadian Government that all parts of the Indian Act dealing with the management of reserve lands and resources be replaced by a First Nation’s own land code (or land law).*

*As a result of those lobbying efforts, in 1996 – the Framework Agreement on First Nations Lands Management is signed, giving the 13 negotiating First Nations the option of “opting out” of the Indian Act lands management activities and transferring jurisdiction and management control of reserve lands back to their communities. This was a historic Government-to-Government Agreement! Later, through amendments to the Framework Agreement, additional First Nations were able to join as signatories to the agreement.”*

Here is a list of just a few sections from the Indian Act that land code redacts.

#### **Section 35**

The Governor in Council no longer has the authority to consent to the taking or use of reserve land by a province, a municipal or local authority, or a corporation, that has the power to expropriate, take or use land without the consent of the owner.

#### **Section 18**

Minister no longer authorizes use of reserve lands for community purposes.

#### **Sections 53, 54, 55, 56**

Ministers no longer have authority to manage or sell surrendered lands or lease designated lands. Particulars of surrendered and designated lands no longer entered in the Surrendered and Designated Lands Register.

#### **Sections 61, 62, 63, 64, 65, 66, 67, 68, 69**

Capital and revenue moneys collected, received, or held for the use and benefit of a band are transferred to operational First Nations and no longer managed by Canada under the Indian Act.

## Community Meeting Sukunka Watershed Planning

Our Treaty Rights and Environmental Protection department (TREP) is working with the **David Suzuki Foundation** and West Moberly First Nations on a Sukunka River Watershed Stewardship Plan.

You are invited to join us on **June 18th** for an information session and discussion about the planning project. The David Suzuki staff will be on hand to introduce the project, listen to your feedback and answer questions. We would like to hear from community members about the things that are important to you in the Sukunka watershed and tell you about the project.

June 18<sup>th</sup> there will be an afternoon session at 2pm and an evening session at 5pm in the SFN Gym.



Tom Aird Photo Credit



If you know you are interested in attending either session, please contact the TREP department.

One of the main aims is to create a plan that protects Saulteau culture and land use in the Sukunka Watershed. We also want to provide a path toward diverse, ecologically sustainable economies. The planning approach brings together both Indigenous knowledge and western science. DSF's approach is to create a network of ecological reserves and include areas for economic activities. The plan will also consider impacts from climate change and other ongoing threats to plants and animals in the watershed.

We hope to see you there!



April 19, 2024

### RE: Quintette Construction Blast – Public Notice

In February 2023 Quintette Resources Limited Partnership acquired the Quintette Mine from Teck. Since that time, the focus has been on restarting the mine to sustain and provide long-term benefits in Northeast British Columbia.

The restart of the mine includes the construction of a conveyor that will transport raw coal from the Little Windy, Big Windy and Window pits to the plant for processing and loadout to trains. The design of the conveyor includes culvert tunnels along the conveyor corridor. As part of the construction of the conveyor and tunnels, blasting is required which will temporarily close the Kinuseo Falls Road between kilometers four and six, for a period of 30 to 60 minutes. There will be blast guards along the Kinuseo Falls Road where access is temporarily closed. Please see the figure for locations of the blast guards and road closure. Blasting is planned between 9:00 and 11:00 and 15:00 and 17:00 (3:00pm to 5:00pm) and will occur during the period of April 23 to May 12, 2024. Conuma anticipates there will be one or two blasts per day. Conuma is committed to minimizing the time required to temporarily close the road.

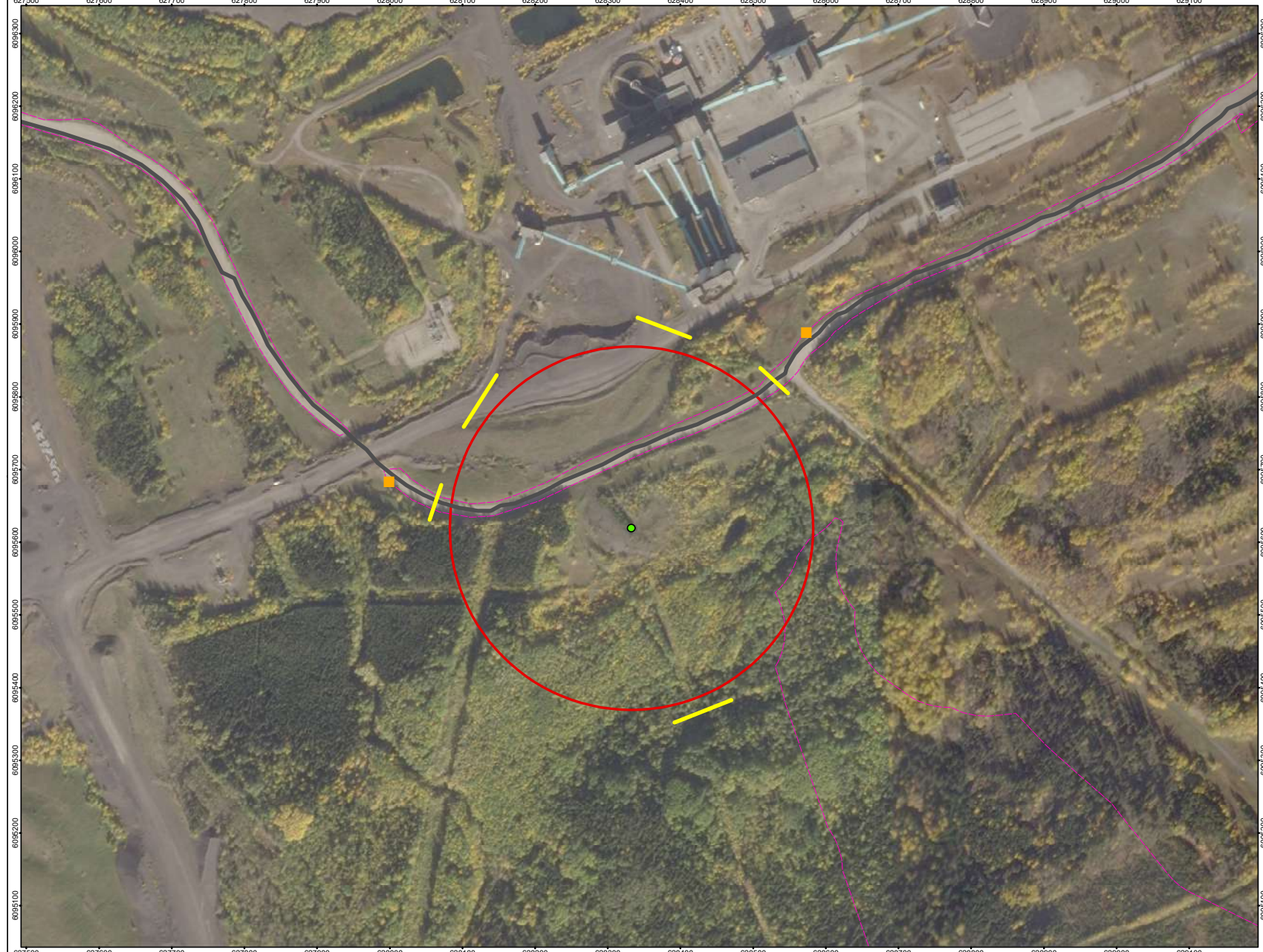
Please contact Lisa Risvold ([Lrisvold@conumacoal.com](mailto:Lrisvold@conumacoal.com)) at 250-242-7881; or Kristen Ghostkeeper ([kghostkeeper@conumacoal.com](mailto:kghostkeeper@conumacoal.com)) at 250-242-7678, with questions or for more information about the restart of the Quintette Mine.

Yours truly,

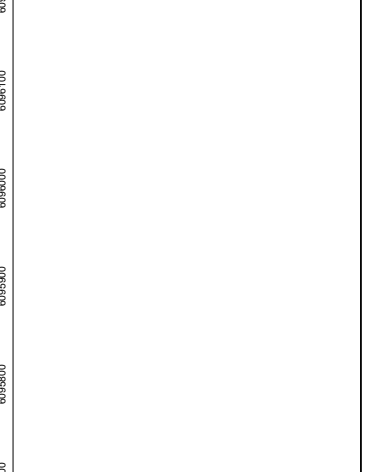
**Quintette Resources Limited Partnership**



**Kristen Ghostkeeper**  
Community Relations Coordinator  
C: 250-242-7678  
E: [kghostkeeper@conmuacoal.com](mailto:kghostkeeper@conmuacoal.com)



- Signage
- Blast Location
- 250m Blast Radius
- Guard Locations
- Kinuseo Falls Road
- Quintette PMA



Map CRS: NAD 1983 UTM Zone 10N Inset CRS: NAD 1983 UTM Zone 10N



**Quintette: OLC Earthworks Blasting TMP**

Created By: T.Olsen	Request By: K.McGrish
Mine Site: Quintette	Dept: Technical Services & Development
Date Saved: 11/6/2023	Date Exported: 4/9/2024
Rev:	



Disclaimer: Conuma Resources Ltd. assumes no responsibility for data supplied in electronic format. The recipient accepts full responsibility for verifying the accuracy and completeness of the data. The recipient releases Conuma Resources Ltd. its officers, consultants and agents, from all claims arising in any way from the content or provision of the data.  
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**Oil & Gas Report**  
**Fernie May Garbitt**  
**Saulteau TREP office**  
**May 2024**

Tansi SFN Community Members:

I am back from Vacation and very happy to be back to home to our Motherland. One thing I learned in Cabo Mexico-is they do lack Nipi (water)-They do not have fresh water like us in Canada, they must conserve water and not overuse. I am re-submitting my update due to the rest of my report did not make it into the March newsletter. I have flagged **15** referrals, which are on hold for SFN until further discussion on mitigation or until pre-engagement is fulfilled by the proponent.

SFN is concerned with the new disturbances, new cuts, major projects, or large amounts of hectares or km of crown Lands. We always encourage Industry to always use existing corridors to minimize the environmental impacts. TREP also encourages Industry to avoid any environmental or cultural features first, if they cannot, then we ask for mitigation measures.

I work with many oil & gas companies on their active or proposed projects. At SFN TREP we encourage positive pre-engagement and relationship building from ALL Industry proponents. We promote the Aski Environmental monitors to participate in any pre-assessments on a proposed project.



**SFN works with the following companies:**

- |                        |                                  |
|------------------------|----------------------------------|
| 1.Crew Energy          | 8.CGL                            |
| 2.Arc Resources        | 9.Pacific Canbriam               |
| 3.Ovintiv              | 10.Petronas                      |
| 4.CNRL(SNRI)           | 11.Pembina                       |
| 5.EnBridge (WestCoast) | 12.Tourmaline                    |
| 6.NorthRiver Midstream | 13. TC Energy(NovaGas)-PRGT/NMML |
| 7.Shell Canada         |                                  |

Some companies are new and are mostly on Private Lands or on some crown but are willing to come to SFN and build a relationship.

- |                          |                     |
|--------------------------|---------------------|
| 14.Murphy Oil            | 19.Diamond LNG      |
| 15.Stathcona             | 21.Aureus Energy    |
| 16.Vermillion(Leucrotta) | 22.Kelt Exploration |
| 18.Veresen Midstream     | 23.Cenovos Energy   |

**I wanted to Say a Big Shout to ALL the Oil & Gas Companies that donate towards Saulteau First Nations every year for The Christmas parties, Pemmican Days and for Culture Camp. Some donate towards school supplies and provide scholarships. The Saulteau C&C/Staff requests donations every year for our yearly events, it could not be possible without the generous financial donations from these companies. If you see or meet any of the representatives from these companies-Please show them your appreciation 😊**

**Thank  
you!**



## The Sauleau TREP department focuses on:

1. Protection & Preservation
2. Treaty Rights/Traditional Cultural Landuse features/data
3. Environmental features (water, vegetation, wildlife, fish & ecosystems)
4. Avoidance and mitigation measures
5. Promote Reclamation and Restoration (Healing of the Land)
6. Gov't referrals and permitting
6. Positive Relationship Building with Industry Proponents
7. Community Engagement



## Highlight for the SFN!

### Prince Rupert Gas Transmission Line (PRGT)

TC Energy's *initial proposed route for PRGT was unacceptable to SFN and the other Treaty 8 Nations. As a result, we are working with PRGT to investigate other routing options for this pipeline of which TC Energy current proposed route predominately follows Highway 97 from Chetwynd through the Pine Pass prior to shifting to the west. There is still a considerable amount of work to be undertaken by TC Energy, the Nations and BC in evaluating this option environmentally, culturally, and technically. To convince an Industry proponent to stay out of the Caribou protection Boundary, stay away from the Moberly headwaters and to stay out of the PMT (Peace Moberly Tract) was Success for Sauleau, this was also supported by other Treaty 8 BC nations. SFN Leadership, Legal & Team worked hard to negotiate the change of a pipeline route, we are proud.*

PRGT(Prince Rupert Gas Transmission Line) proposed project is permitted, PRGT team has taken the time to identify two alternative eastern route options based on the feedback raised by some Treaty 8 Nations. The two alternatives were carefully considered as broad corridors with the potential for flexibility.

PRGT is committed to working with Treaty 8 Nations (Saulteau First Nations) and other Indigenous groups to ensure feedback from all communities on the alternative route options are carefully considered. As we review and refine these options, field studies will be conducted to support the understanding of the proposed project route.

While PRGT continue to engage on this amendment, work outside of this area will progress to obtain regulatory certainty on PRGT as it's currently permitted. This allows PRGT to ensure that our approved permits as existing start/end points are preserved to proceed with amendments. PRGT aim to submit an eastern route amendment by fall of 2024, which could be sped up with mutually facilitated progress of engagement activities and field studies. A decision on the amendment by the EAO would be expected in 2025.

## What I have been doing lately?

### BC Hydro Fish & Wildlife Compensation Program

Dec. 6-8, 2023-I sit on the First Nations Group for the BC Hydro Fish & Wildlife Compensations-Peace Region. This group has reviewed and rated 28 fish and wildlife proposals for the Williston Reservoir. We base the proposals on First Nations Incentives; First Nations Lead studies, FN's involvement, or participation, does it support or incorporate indigenous knowledge, culture, and values. There were 7 Fish proposals and 21 Wildlife proposals approved which totalled \$1.6 million for the 2024 season. If any SFN members has any fish or wildlife study ideas to enhance the fish and wildlife around the Williston Reservoir please come and see me and we can discuss it.

Who sits at this table BC Hydro Fish & Wildlife Compensation Program:

Fernie Garbitt-First Nations Working Group (TREP)

Jessica Bateman-Technical Committee-Wildlife (TREP)

Jason Lee-Technical Committee-Fish (Consultant)

Naomi Owens-Board Committee (TREP)

### Restoration Advisory Committee(RAC)

This committee is made up with BC Energy Regulator (formally OGC) and Treaty 8 Lands staff. This is a committee working on plans for Restoration work in the future on Legacy seismic lines or dormant wellsite's. This committee also has developed the ESSG (Ecological Suitable Species Guide) for Industry proponent on Native species. This committee would like to see more native species or the species that was impacted by the oil & gas industry development to be planted back to Mother Earth. Treaty 8 communities would like to see the native species put back rather than just different grass seed mixes.

Who sits on this committee for SFN:

Naomi Owens-Beek-SFN

Alycia Aird-Aski

Fernie Garbitt-SFN



### Major Proposed Projects

1. **NEBC Pipeline Connector-NorthRiver Midstream Inc.** It will be Natural Gas Liquids is proposing to construct and operate the NEBC Connector to connect British Columbia's Montney Resource to downstream markets.

The NEBC Connector consists of two parallel small diameter pipelines (between 8"-12") and approximately 213 km in length. Of the approximately 213 km, 190 km will be in British Columbia and the remaining 23 km will be in Alberta.

It is anticipated that the pipelines will transport condensate (C5+) and natural gas liquids (NGL) (C3+) from NorthRiver Midstream Inc.'s Highway Liquids Hub, northwest of Wonowon, B.C., to the Gordondale area of Alberta. Construction will start in Q4-2024.



**2. Sunrise Expansion Program Project by WestCoast Energy(Enbridge).** A total of approximately 137 km of 42-inch pipeline looping in various segments along the system is currently anticipated to increase natural gas transportation capacity. The pipeline loops would be added along Westcoast's existing right-of-way (ROW). The additional loop segments will run parallel and connect to the existing pipeline system. Construction to start Q4-2026 to 2028. [Info. attached](#)

**3. Aspen Point Program Project by WestCoast Energy(Enbridge)** A total of approximately 18 kilometres (km) of new pipeline segments is currently anticipated, which would include: Natural Gas

- approximately 8.9 km of new 24-inch-diameter pipeline looping of the existing Aitken Creek pipeline.
- approximately 7.7 km of new 36-inch-diameter pipeline looping of the existing Fort St. John Mainline.
- approximately 1.4 km of new 30-inch-diameter pipeline which will connect Compressor Station (CS-1B) into the existing Alberta Mainline. Construction to start Q4 2026. [Info. attached](#)

**4. Pouce Coupe HDD Pipeline Replacement Project by Pembina:** The project will consist of replacement of a section of the existing NPS 8 Pouce Coupé System at the Pouce Coupé River Crossing by means of HDD to mitigate any integrity concerns caused by the active geotechnical hazards in the area. The replacement section is approximately 900 metres (m), including tie-in points, and will cross the Pouce Coupé River approximately 67 m below the river bottom. Approximately 835 m will be replaced through HDD activities and approximately 65 m with a new valve site installation, as the planned HDD will overshoot the existing valve site. The depth at which the pipe will be installed will protect the piping from the erosion and degradation within the riverbed, and the slope movement geohazards within the river valley. Upon successful completion and tie-in of the new NPS 8 pipe, Pouce Coupé will decommission approximately 900 m of existing NPS 8 pipe in place. The decommissioned pipe will be cut, purged and capped. Construction to start Q2-Summer 2024



Visiting the CGL Wilder Gas Plant in Groundbirch.  
Natural Gas..get it..haha!

## BC Natural Resource Forum Jan. 2024 in Prince George BC



Aski & TREP Ladies



Chief Rudy Paquette



BC Premier David Eby



Sarah Dickie-EnBridge  
"We Loved her earrings."



Kevin Brown-Conference Facilitator

If you have positive feedback or suggestions, please contact me. If you like to attend any future field visits with me this summer on oil & gas proposed projects, please let me know so I can put you on a list. 250-788-7289 or [fgarbitt@saulteau.com](mailto:fgarbitt@saulteau.com)

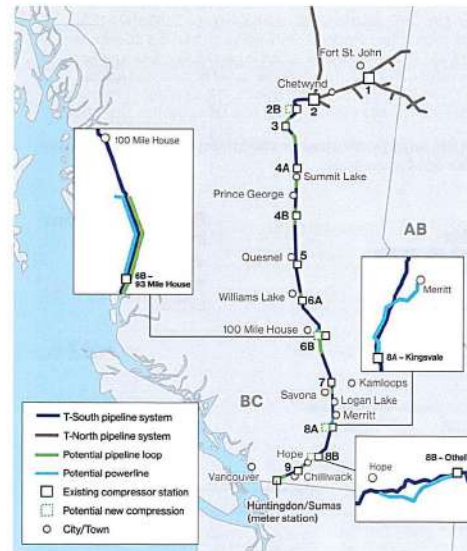


Stay safe this upcoming Spring/Summer season. Please look after our mother earth, the environment. Use less water, plant a tree, keep recycling, use Biodegradable products. We need to do better environmentally for the future generations to come. "Ahho"



Image above: existing compressor station 5 – "Australian" – near Quesnel, BC

Westcoast Energy Inc. (Westcoast), an Enbridge company, owns and operates a natural gas transmission system in British Columbia (BC) that transports processed natural gas for markets throughout BC, Alberta and the Pacific Northwest. This gas is ultimately used to heat homes, businesses, hospitals and schools. It is also used as a fuel for electric power generation and is a staple in a number of industrial and manufacturing processes that produce hundreds of products that improve our lives.



Map is for illustrative purposes only and not to scale. Project design is under development and configuration of pipeline loops, compressor units, additional compressor station modifications, and powerlines are subject to change.

#### Project overview

Westcoast is proposing the Sunrise Expansion Program (Project), an expansion of the southern portion of its BC Pipeline system known as T-South. The Project is being proposed based on demand for additional natural gas transportation capacity. It will provide up to 300 million cubic feet per day (MMcf/d) of natural gas on the T-South system. The targeted in-service date is late 2028.

The proposed Project currently includes the installation of pipeline loops and additional compression at select existing compressor station sites. Westcoast is planning to use electric-driven compressors, which would require new powerline infrastructure as well.

#### Pipeline loops

In order to increase transportation capacity, pipeline loops would be added, along Westcoast's existing right-of-way (ROW). The additional loop segments will run parallel and connect to the existing pipeline system.

A total of approximately 137 km of 42-inch pipeline looping in various segments along the system is currently anticipated.

#### Preliminary Project timelines

- Environmental studies began: Q2 2023
- Geotechnical studies began: Q4 2023
- Regulatory application submission (CER): Q2 2024
- Construction: Q2 2026 – Q4 2028
- In-service: Q4 2028

Project timelines are subject to change.

## Compressors and infrastructure upgrades

In addition to pipeline looping, additional compression and upgrades would be required. Over extended distances, friction and elevation differences reduce the pressure within the pipelines and slow the flow of gas – compressor stations give the gas a needed “boost”, helping it get from one point to the next.

Westcoast plans to install new compressors at existing compressor stations located at Azouzetta Lake (CS-2B), 93 Mile (CS-6B), Kingsvale (CS-8A), and Othello (CS-8B).

To reduce environmental impacts, Westcoast is considering the use of electric-driven compressor units for some of the compression required for the Project. If electric-driven compressor units are used, the Project could avoid about 376,000 tonnes of carbon dioxide equivalent (CO<sub>2e</sub>) emissions per year. That is equivalent to removing 104,000 cars off the road in a year. The electric-driven compressor unit would substantially cut greenhouse gas (GHG) emissions that would be produced with a natural gas drive. Electric drives are also known for their quieter operation compared to natural gas drives.

To power the new electric-driven compressor units and ensure reliable operations, up to approximately 34 km of new electric transmission powerlines may be required. These overhead powerlines would largely follow existing linear infrastructure such as roads or ROWs to minimize environmental and local community impacts.

## Regulatory

Westcoast plans to file a regulatory application with the Canada Energy Regulator (CER) in Q2 2024. To support its application, environmental, geotechnical and socio-economic studies are underway. We are engaging with Indigenous groups, landowners, and other stakeholders to help shape the design of the Project.

## Indigenous and community engagement

Westcoast is committed to engaging with Indigenous groups, landowners, and other stakeholders with an interest in the Project. By gaining a deep understanding of these interests at an early stage, we can better integrate them into the Project planning.

Westcoast is dedicated to creating economic opportunities for Indigenous groups and local communities. This ranges from training and employment opportunities to procuring goods and services from Indigenous businesses through a proactive supply chain process. These opportunities are provided from the early investigative studies through construction and into long-term operations.



## Investigative field studies

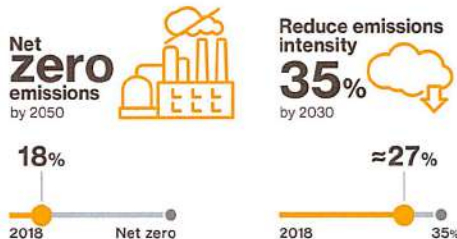
To support Project routing and design, Westcoast is conducting investigative geotechnical and environmental studies. These studies will help identify any environmental or geotechnical factors that should be considered in designing the Project and in developing mitigation.

Environmental studies include surveys of fish and fish habitats, wildlife, vegetation, soil, watercourses, wetlands, air quality and archaeology assessments. Geotechnical studies aim to understand geological conditions beneath the surface for optimal pipeline routing design.

## Environmental performance commitment

Enbridge's environmental, social and governance (ESG) goals represent the next stage of our evolution as an ESG leader to ensure we're positioned to grow sustainably for decades to come. Specifically on the environment, our goal is to achieve net-zero GHG emissions from our business by 2050 and a 35% reduction in the intensity of GHG emissions from our operations by 2030. Our emissions reduction targets include future projects we might develop, and anything we do will be assessed against our emissions reduction commitments. The installation of electric-driven compressors in this Project help Enbridge meet these goals.

To find out more about how we plan to meet these goals, please visit [enbridge.com/essgals](https://enbridge.com/essgals).



## Contact us

**Virtual Open House**  
sunrise-program.com

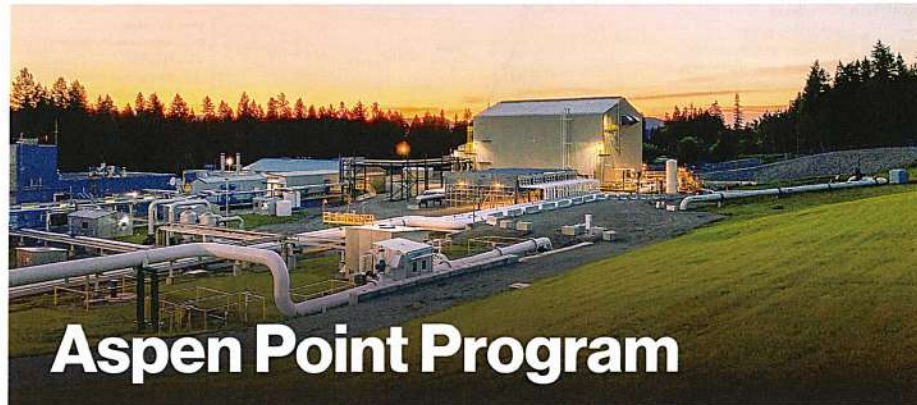


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Learn more at:  
[Virtual open house](https://enbridge.com/virtual-open-house)  
[Sunrise Expansion Program](https://enbridge.com/sunrise-expansion-program)



Westcoast Energy Inc. (Westcoast), an Enbridge Inc. (Enbridge) company, owns and operates a natural gas transmission system in British Columbia (BC) that transports processed natural gas for markets throughout BC, Alberta and the Pacific Northwest. This gas is ultimately used to heat homes, businesses, hospitals and schools. It is also used as a fuel for electric power generation and is a staple in a number of industrial and manufacturing processes that produce hundreds of products that improve our lives.

## Project overview

Westcoast is proposing the Aspen Point Program, an expansion of the T-North section of its BC Pipeline system to serve growing regional demand for natural gas and west coast LNG exports (Project). T-North extends from the Fort Nelson area of BC to Compressor Station No. 2 (CS-2) near Willow Flats, and from Gordondale, Alberta to CS-2.

The Project currently includes the installation of pipeline segments, electric-driven compressor units with powerlines, and a new meter station, as well as associated compressor station modifications. It is targeted to be placed into service in late 2026.

## Project scope

### Pipeline segments

A total of approximately 18 kilometres (km) of new pipeline segments is currently anticipated, which would include:

- Approximately 8.9 km of new 24-inch diameter pipeline looping of the existing Aitken Creek pipeline.
- Approximately 7.7 km of new 36-inch diameter pipeline looping of the existing Fort St. John Mainline.

- Approximately 1.4 km of new 30-inch diameter pipeline which will connect Compressor Station (CS-1B) into the existing Alberta Mainline.

### Electric-driven compressors and infrastructure upgrades

Along with the installation of pipeline segments, Westcoast anticipates the need for additional compression and upgrades. Compressor stations are used to move natural gas through a pipeline to maintain its flow and pressure. Over long distances, friction and geographic elevation differences slow the movement of gas and reduce its pressure. A compressor station gives the natural gas pressure a “boost.”

To minimize environmental impacts, Westcoast plans to install new electric-driven compressors at the existing Mackie Creek Compressor Station (CS-N5), the Sunset Creek Compressor Station (CS-16), and at a new location approximately 5 km south of Taylor, BC (CS-1B).

Electric-driven compressors have several benefits, including quieter operation and reduced greenhouse gas (GHG) emissions, supporting a cleaner energy future. By using

## Quick facts

**Who:** Westcoast Energy Inc.

**What:** Installation of three pipeline segments, three electric-driven compressor units with powerlines, and a new meter station, as well as modifications to existing compressor stations

**When:** Target in-service date is Q4 2026

**Why:** To meet increasing demand for natural gas

**Pipeline contents:** Natural gas

**Added transportation capacity:** 535 MMcf/d

electric-powered compressor units instead of gas drive, the Project will prevent about 243,000 tonnes of carbon dioxide equivalent (CO<sub>2e</sub>) emissions per year. Electric drives are also known to be quieter in operation compared to natural gas drives due to the use of motors versus turbines and the absence of high-velocity exhaust related equipment that can generate noise.

### Transmission powerlines

To power the new electric-driven compressors and ensure reliable operations, approximately 39.8 km of new transmission powerlines are being proposed in the following locations:

- Approximately 9.9 km, located east of Groundbirch (CS-16).
- Approximately 29.4 km, located northwest of Hudson's Hope (CS-N5).
- Approximately 0.5 km, located south of Taylor (CS-1B).

These overhead powerlines will largely follow existing linear infrastructure such as roads or pipeline routes to minimize environmental and public disruptions.

### Regulatory

Westcoast filed an application for the Project with the Canada Energy Regulator (CER) in January 2024. Provincial permits will also be required to facilitate feasibility studies and construction activities. As the Project progresses, we will keep you updated on the regulatory processes.

### Preliminary project timelines

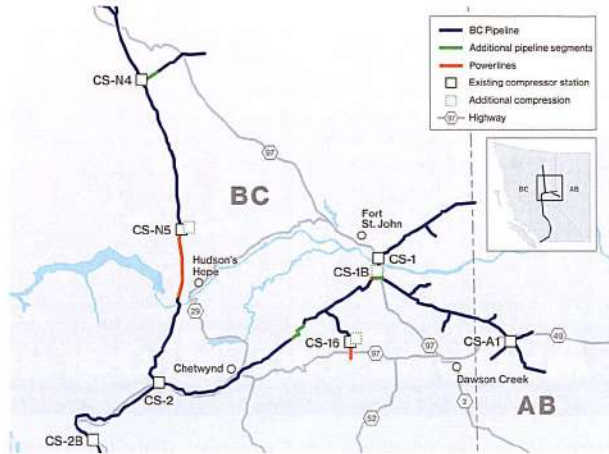
- Field studies: Q4 2022 – Q4 2023
- Engineering: Q4 2022 – Q2 2024
- Regulatory application submission (CER): Q1 2024
- Construction activities begin: Q2 2025
- In-service: Q4 2026

Project timelines are subject to change.

### Field work studies

Surveys, environmental studies, archaeological assessments and geotechnical field work were completed in 2023. The goal of these investigations was to establish routing and construction feasibility, and gain a comprehensive understanding of the Project's potential effects on the environment and local communities.

The environmental field studies included air and water quality assessments, biodiversity surveys, and habitat evaluations, all geared towards ensuring that ecological sensitivities are taken into account and effective mitigation measures are put in place to help mitigate effects on the surrounding environment.



### Indigenous and community engagement

Westcoast is committed to working with Indigenous groups, landowners, and other interested parties who may be affected by the Project. By understanding these interests early on, we are in a better position to incorporate them into the Project planning. Any previously raised interests or concerns will be reviewed with interested Indigenous groups and stakeholders as we move forward. Open dialogue will continue throughout the planning, construction and operations phases.

### Construction practices

Enbridge is an industry leader in the construction and operation of pipelines. Every step of what we do is guided by professionals with years of experience in building and operating pipeline systems that meet industry and government standards for safety, design, environmental protection and operational reliability.

### Environment, social and governance goals

Enbridge's environmental, social and governance (ESG) goals represent the next stage of our evolution as an ESG leader to ensure we're positioned to grow sustainably

for decades to come. Specifically on the environment, our goal is to achieve net-zero GHG emissions from our business by 2050 and reduce the intensity of GHG emissions from our operations by 35% by 2030. Our emissions reduction targets include future projects we might develop, and anything we do will be assessed against our emissions reduction commitments.

### Contact us

Please feel free to reach out to us should you have any questions or concerns related to the Project.

### Community and Indigenous Engagement

Tom Ouellette  
250-261-3512  
tom.ouellette@enbridge.com

### Lands and Right-of-Way

Erin Whillans  
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erin.whillans@enbridge.com

### Media Inquiries

1-888-992-0997  
media@enbridge.com

Enbridge acknowledges the local Indigenous lands where we live and work including Treaty, traditional territory, unceded, and Métis lands. Enbridge respects the histories, languages, and cultures of all Indigenous peoples, whether they be of First Nation, Métis or Inuit descent, and values their continued enrichment of Canada's vibrant communities. We acknowledge all those who share a connection with this land.

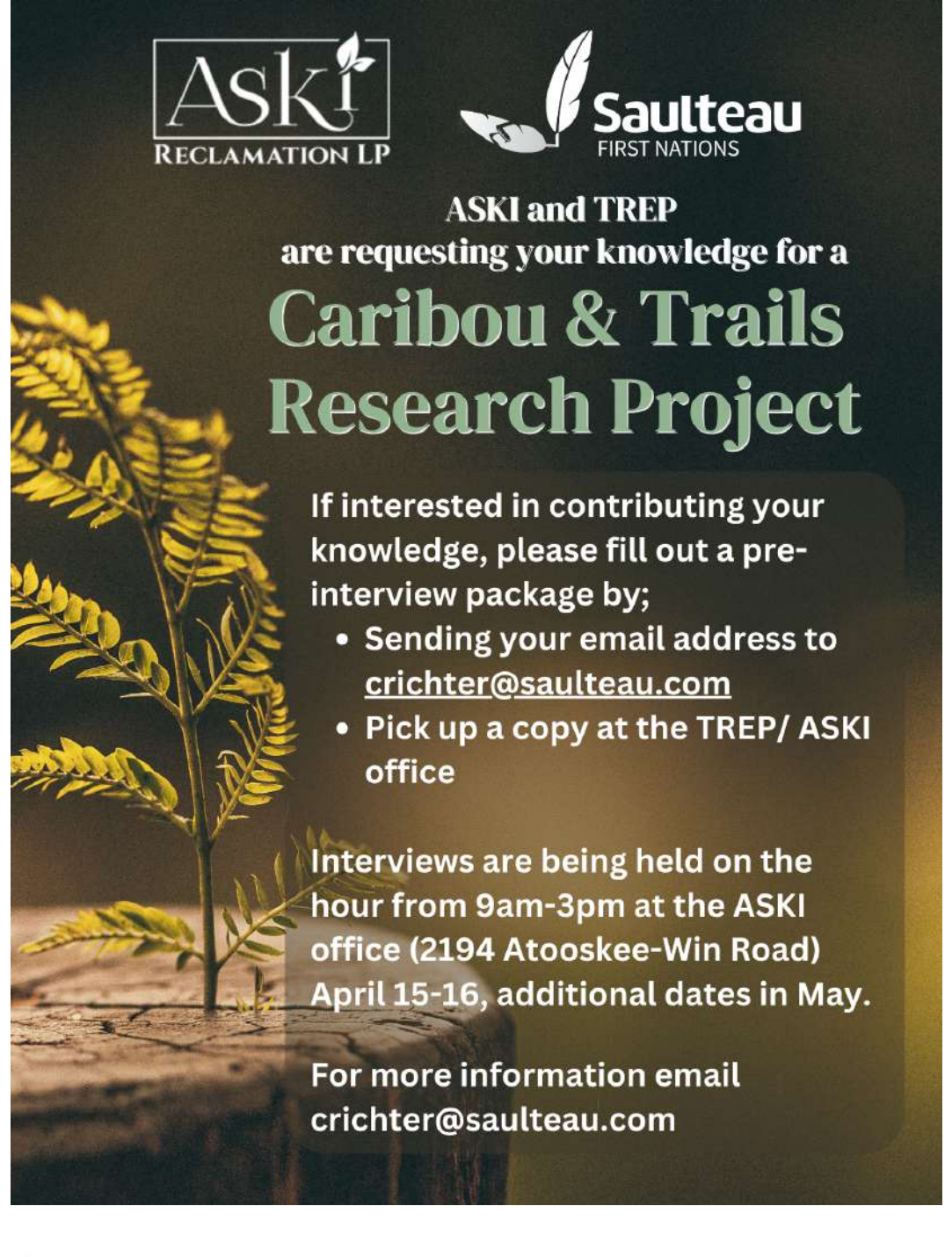
# ASKI and TREP are requesting your knowledge for a Caribou & Trails Research Project

If interested in contributing your knowledge, please fill out a pre-interview package by;

- Sending your email address to [crichter@saulteau.com](mailto:crichter@saulteau.com)
- Pick up a copy at the TREP/ ASKI office

Interviews are being held on the hour from 9am-3pm at the ASKI office (2194 Atooskee-Win Road) April 15-16, additional dates in May.

For more information email [crichter@saulteau.com](mailto:crichter@saulteau.com)





# Maternal Penning to Enhance Survival of Caribou within the Klinse-Za Herd

External: Issued April 03, 2024



Photo credit: Jordan Demeulemeester

Figure 1. The 2024 capture team in front of the Guardian cabin at the Bickford maternal pen.

## Pen capture results

Captures of caribou for the 2024 Klinse-Za maternal pen began our 11th year of operations — and so far, it's been a very different year. Beginning with low snow, higher temperatures, and inconsistent weather, the logistics of capture were tough but the experience and patience of the 22-member capture crew prevailed. In the end we safely brought 17 adult and 4 juvenile females to the protective enclosure of the Bickford pen.

DAYS IN PEN → 20

← 135 DAYS UNTIL RELEASE

## Pen captures cont.



Figure 2. This is C338K on her way to the pen. She's been there 5 times raising 4 calves successfully.

Fifteen of the penned caribou have previous experience raising calves in the pen, one of which (C319K) has been in the pen 6 times, has been tracked for 9 years, and has produced 5 surviving calves in the pen and no calves in 3 years outside the pen. Thirteen of the penned caribou were born in the pen, 3 of them being 3rd generation pen-born caribou and one being 4th generation. Four of the penned caribou have reunited in the pen with their calves from previous years — C465K and C462K with their 2-yr olds from 2022 and C374S and C355K with their 4-yr olds from 2020. Although all animals were captured, transported, and sampled without incident, we did unfortunately lose one cow (C525S) 12 days after capture to a cause that has not yet been confirmed. As usual, most cows were in poor to fair condition, their weights ranging from 97.5kgs up to 144.5kgs.

## Pen Calving Results

After 10 years of maternal penning, we are beginning to see a pattern of unexplained calf deaths ranging from apparent miscarriages (losses that happen in the 1st or 2nd trimesters), to stillborn calves that occur during the 3rd trimester either before- or at-full term.. We also had 2 calves that died very shortly after birth. Apparently this loss (~10%) is common in the cattle ranching industry but was not something we had on our radar. We found similar results for unpenned cows (at least in the past 3 years).

Pregnant <sup>1</sup>	123
Miscarriage	5
Stillborn	6
Loss after birth	2
Accidents	3
Surviving	107
<small>1—excludes 4 cows that died prior to calving</small>	



April 3, 2023



## Other collaring



Figure 3. Deploying a new collar on a caribou bull in late March 2024.

Shortly after pen captures, we deployed another 8 collars outside the pen. Four deployments were on previously collared cows with old collars ready to fade. These cows were in locations critical to maintaining good spatial distribution of collared caribou through the Klinse-Za herd area. The remaining 4 collars were deployed on male caribou near the boundaries of the herd area. The purpose of those deployments is to maximize the likelihood of observing movements into adjacent herd areas to learn: 1) the rate at which that behavior occurs and 2) where movement corridors and connections among herds occurs spatially.

## Population Survey

With the Klinse-Za population growing rapidly, individual caribou become increasingly less tractable and a perfect census becomes impossible. Weather conditions this year didn't help with more than 40% of the collared caribou residing in treed areas rather than in the alpine where they can be detected without telemetry. However, during our survey we still observed a minimum of 158 caribou up 26 animals from last year and the largest increase since recovery began, improving on the record increase of 18 made last year! Taken over the past 3 years, the per capita increase in the Klinse-Za population has been 17%. Unlike the previous 2 years, most of the caribou (approx. 55 animals) were found around Bickford. (obviously a penning effect). Still, 30 or more caribou are still at Mt. Rochfort, highlighting the importance of both areas to caribou in late winter. We also got the chance to check on the orphaned calves #38 and #19, both small in size but healthy and fitting well with the herd.



Figure 4. A group of 18 caribou on Mt. Bickford featuring the orphan #19 .



April 3, 2023



## Our Best Wishes to the (slightly new) Team

This represents the last NWSS newsletter authored by Wildlife Infometrics and, because we're hoping all the team returns for the new 2025 mat pen, we send our best wishes and good luck for continued operations in the future. It was a pleasure to work with you all :)



Photo credits: Jordan Demeulemeester

Always strategizing...



They were ready... and they got to work!



This is all about team work!



Now that I am in here again... where is my food?



April 3, 2023



## More pictures to enjoy...

Caribou wondering who would be next for the pen...



Very dangerous place to be!



Group of males wondering if they would get one of those nice collar!



That would be this one!



Photo credits: Jordan Demeulemeester, Shari Willmott, and the WII team

Another successful year - All done! - Good job everyone!



And Scott will come back to cook smokies :)



April 3, 2023



## The Teams

### Nikanēse Wah tzee Stewardship Society

- ♦ West Moberly First Nations (Chief Roland Willson/Tamara Dokkie)
- ♦ Saulteau First Nations (Naomi Owens-Bee), Carmen Richter)

### Caribou Mat Pen Working Group<sup>1</sup>

- ♦ West Moberly First Nations (Tamara Dokkie)
- ♦ Saulteau First Nations (Naomi Owens-Bee)
- ♦ Wildlife Infometrics (Scott McNay)

### Mat Pen Technical Advisory Team<sup>2</sup>

- ♦ Ministry of Forests (Caeley Thacker)
- ♦ University of Calgary (Owen Slater)
- ♦ NWSS (Clayton Lamb)
- ♦ Ministry of Water, Lands, and Resource Stewardship (Mike Bridger)



<sup>1</sup>The Caribou Mat Pen Working Group is a committee appointed by the Nikanēse Wah tzee Stewardship Society.

<sup>2</sup>The Mat Pen Technical Advisory Team is an ad hoc committee chosen by the Working Group to obtain technical advice.

<sup>3</sup>Current and historic

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- ECOLOGICAL RESTORATION PLANTING FOREMAN
- HUMAN RESOURCES COORDINATOR - ASKI
- SENIOR PROJECT MANAGER - FOREST ECOSYSTEMS



## KE WEHTINO MEYOMAHCHEWGAMIK (NORTHERN NATIONS WELLNESS CENTRE)

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- INDIGENOUS SOCIAL NAVIGATOR
- MEDICAL OFFICE ASSISTANT

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