

SAULTEAU FIRST NATIONS NEWSLETTER

DECEMBER 2023



FEATURED COMMUNITY NEWS

CARIBOU RECOVERY PROJECT PUBLICATION WINS AWARD!



Congratulations! The joint Saulteau & West Moberly Caribou Recovery Project was honoured with an award from The Wildlife Society Conference in Louisville, Kentucky, USA on November 6th. Carmen Marshall-Richter was in attendance to receive the group-award based on the group article Indigenous-led conservation: *"Pathways to Recovery for the Nearly Extirpated Klinse-Za Mountain Caribou"*. The article on the Caribou Recovery Project, published in the Journal *Ecological Applications* won "Best Article" of the year from The Wildlife Society - North America wide! On the following page is the abstract from the article which can be found here: <https://esajournals.onlinelibrary.wiley.com/doi/10.1002/eap.2581> As well as on the TREP page of the Saulteau First Nations website.



Abstract from “Pathways to recovery for the nearly extirpated Klinse-Za mountain caribou” from The Journal Ecological Applications

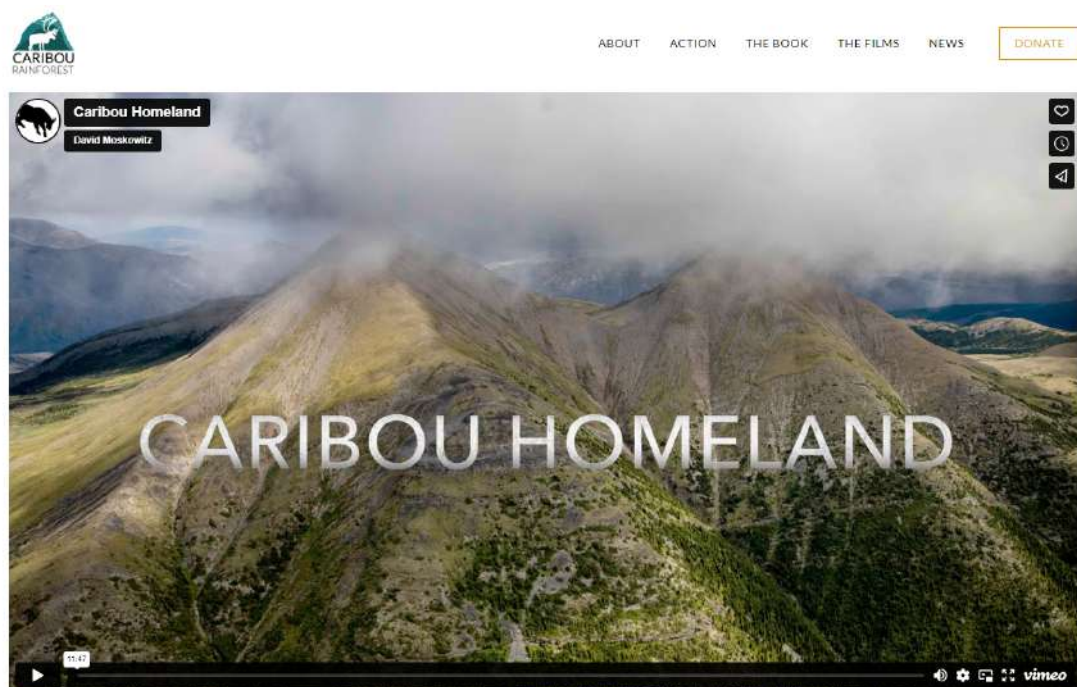
Indigenous Peoples around the northern hemisphere have long relied on caribou for subsistence and for ceremonial and community purposes. Unfortunately, despite recovery efforts by federal and provincial agencies, caribou are currently in decline in many areas across Canada. In response to recent and dramatic declines of mountain caribou populations within their traditional territory, West Moberly First Nations and Sauteau First Nations (collectively, the “Nations”) came together to create a new vision for caribou recovery on the lands they have long stewarded and shared. The Nations focused on the Klinse-Za subpopulation, which had once encompassed so many caribou that West Moberly Elders remarked that they were “like bugs on the landscape.” The Klinse-Za caribou declined from ~250 in the 1990s to only 38 in 2013, rendering Indigenous harvest of caribou nonviable and infringing on treaty rights to a subsistence livelihood. In collaboration with many groups and governments, this Indigenous-led conservation initiative paired short-term population recovery actions, predator reduction and maternal penning, with long-term habitat protection in an effort to create a self-sustaining caribou population. Here, we review these recovery actions and the promising evidence that the abundance of Klinse-Za caribou has more than doubled from 38 animals in 2013 to 101 in 2021, representing rapid population growth in response to recovery actions. With looming extirpation averted, the Nations focused efforts on securing a landmark conservation agreement in 2020 that protects caribou habitat over a 7986-km² area. The Agreement provides habitat protection for >85% of the Klinse-Za subpopulation (up from only 1.8% protected pre-conservation agreement) and affords moderate protection for neighboring caribou subpopulations (29%–47% of subpopulation areas, up from 0%–20%). This Indigenous-led conservation initiative has set both the Indigenous and Canadian governments on the path to recover the Klinse-Za subpopulation and reinstate a culturally meaningful caribou hunt. This effort highlights how Indigenous governance and leadership can be the catalyst needed to establish meaningful conservation actions, enhance endangered species recovery, and honor cultural connections to now imperiled wildlife.

Clayton T. Lamb, Roland Willson, Carmen Richter, Naomi Owens-Beek, Julian Napoleon, Bruce Muir, R. Scott McNay, Estelle Lavis, Mark Hebblewhite, Line Giguere, Tamara Dokkie, Stan Boutin, Adam T. Ford
First published: 23 March 2022 <https://doi.org/10.1002/eap.2581> Citations: 16

The Caribou Recovery Project was also featured in a documentary this fall entitled “Caribou Homeland” and the longer documentary “Last Stand: The Vanishing Caribou Rainforest” which can be viewed here:

<https://caribourainforest.org/caribou-homeland>

Both Documentaries aired on Valemount Community TV and Nationally on the Bell and Telus Networks in November.





Dear Members of Saulteau First Nations,

As we stand on the threshold of another year with the holidays upon us, we are filled with a deep sense of gratitude and pride as we all reflect on the journey we have shared. This year has presented several successes and challenges, each contributing to the future and story of our Nation in unique ways.

Our success this year has been remarkable, as we have seen growth in many aspects of our Nation. From the enhancement of our services to the strengthening of our economic foundations, we have made significant strides. These achievements are not just milestones; they are the manifestation of our collective effort, determination, and resilience.

This year has also presented its share of challenges. These moments have tested our resolve and our unity. Yet, in facing these challenges we have unearthed a deeper strength within us and a renewed commitment to our communal well-being. It is in those testing times that we truly appreciate the value of standing together as one.

Amidst all this, what stands out the most is our unwavering sense of family and community. Our Nation isn't defined simply by a group of individuals living in the same place; it's a family bound by shared values, experiences, and aspirations. The respect we hold for ourselves and for each other is the cornerstone of our Nation. It is this respect that guides us to support one another, celebrate each other's successes and lend a hand in times of need. We feel it is important to value these aspects in our daily lives as we head into the holiday season and new year.

As we look forward to the new year, let us embrace the opportunities it brings to continue learning and living the culture and values you hold dear. Our diverse culture is the essence of who we are – it connects us to our past, shapes our present and guides our future. The new year offers us a blank slate to manifest our dreams and aspirations, driven by the rich uniqueness of our traditions and beliefs.

Let us also remind ourselves that every new day is an opportunity for all avenues of growth, to learn and to contribute to the betterment of ourselves, family, and friends. Let us approach the new year with a commitment to personal and collective growth. Each one of us has a role to play in nurturing the bonds of our community and preserving the legacy of our ancestors.

In closing, we extend our heartfelt wishes to each of you for a festive season filled with joy, peace, and warmth. May this time of celebration bring us closer, renew our spirits and fill our hearts with hope for the future. Let us step into the new year with optimism, ready to collectively embrace the opportunities and challenges it may bring.

Happy holidays and a prosperous new year to you and your loved ones!

With both humble and warm regards,

Chief and Council, Saulteau First Nations

Proudly determined

Box 1020 Chetwynd, BC V0C1J0 T 250.788.3955 F 250.788.7261 info@saulteau.com www.saulteau.com



HAPPY HOLIDAYS!

— From Chief & Council
and all of the staff at SFN —



Thank You

As we continue to prepare our community for potential emergencies and disasters, we would like to thank everyone who has participated in our open houses, community engagement sessions, elders engagement sessions, surveys, and events for sharing their stories, perspectives, and knowledge in pursuit of a strong, resilient, and safe community!

All the best this holiday season -
SFN Emergency Management Team



SFN DEPARTMENT HIGHLIGHT: **MEMBERSHIP SERVICES**



Tonia Richter - Manager Membership Services
Time Employed at Sauleau: 3 years.
Favourite Past-time: Hiking and spending time at my Lake Home.
Coveted Superpower: Extrasensory perception (ESP)
Dream Travel Destination: Hiking & Pub crawling in Scotland

Norma Podolecki - Indigenous Registry and Patient Travel Administrator
Time Employed at Sauleau: Since February 2018
Favourite Past-time: Doing puzzles
Coveted Superpower: Change addiction
Dream Travel Destination: I'd love to travel across Canada!



Barb Loberg - Patient Travel Administrator
Time Employed at Sauleau: 4.5 Years
Favourite Past-time: Spending time with, and looking after my aging mother.
Coveted Superpower: To stop all my birthdays from this point on
Dream Travel Destination: Alaska

Jamie Kristoffy - Employment and Training Coordinator
Time Employed at Sauleau: Since February 2021
Favourite Past-time:
Coveted Superpower: Have Magic Powers
Dream Travel Destination: Bora Bora



Falon Gauthier - Band Social Development Worker
Time Employed at Sauleau: 5 years
Favourite Past-time: *I enjoy hosting gatherings and spending time with family, golfing in the summer and online shopping of course!*
Coveted Superpower: *100% Teleportation ! I hate to fly but I love to travel, experience new places, food, and cultures!*
Dream Travel Destination: *Europe. I always wanted to backpack Europe for as long as I can remember. One day!*

Carlee Westgate - Community Events Coordinator
Time Employed at Sauleau: 2 Months
Favorite Past-time: Spending time outside with my family and friends
Coveted Superpower: Mind Reader
Dream Travel Destination: Greece



Ginette Lapierre - Band Hall Receptionist
Time Employed at Sauleau: August 16th, 2023
Favourite Past-time: Being at my memes in Ontario or being on the road.
Coveted Superpower: Travelling at the speed of light.
Dream Travel Destination: Anywhere in Ontario with my family

Brooke Walker - Recreation Coordinator
Time Employed at Sauleau: 2 Years
Favourite Past-time: Physical activity and sports such as golfing, baseball, snowboarding, anything in nature as well as hanging with family and friends.
Coveted Superpower: teleportation because these gas and vehicle prices are wack
Dream Travel Destination: Switzerland



MEMBERSHIP SERVICES

Our Mission

We strive to work with all community members to deliver a SERVICE that lives up to the name of the department MEMBER SERVICES with EMPATHY, HUMILITY, TRUST and HONESTY!

Ka nesohkamatin (I will help you!)



What Is SFN

Membership Services?



Just as our Mission statement says, we strive to be the best governed Nation and with good governance comes well thought our policies and programs. The Manager of Member Services collects data on member inquiries and service requests and conducts analysis to identify trends. Based on these trends, the Manager can recommend informative solutions to senior leadership for policy updates, revisions, or implementation.

RECREATION COORDINATOR



What we do:

Recreation is defined as an “activity done for enjoyment when one is not working”

The goal of the Recreation Coordinator is to provide opportunities in physical health along with wellness/wellbeing and encourage socialization with all members and others. The Recreation Coordinator has put together physical activity opportunities, creative outlets, family-friendly events, and new opportunities for members and the community.

Why is it important?

It is important because it strengthens individuals and the community as a whole, with also creating health movements/initiatives and fun memories within our beautiful homeland.



INDIGENOUS REGISTRY

What we do:

The Indigenous Registry Clerks provide support to citizens in applying for status, ensure consistency of quality, accountability and high standards in all client files, and maintain an active and accurate registry of SFN Members. We also provide monthly reports to the Director of Membership Services on departmental progress in the above areas, and report to INAC as required. We work with the electoral officer in all band elections and ratifications and prepare voters lists.



Why is it important?

We are able to verify citizenship roles as needed by other departments or agencies while maintaining client confidentiality. It is critical to the stability of the Nation that we maintain an accurate First Nation Citizenship Database. If you need an update to your information, we are the ones to contact!



BAND SOCIAL DEVELOPMENT WORKER



What we do:

The Band Social Development Worker administers the On-Reserve Income Assistance Program under Indigenous Services Canada for Saulteau First Nations members.

Why is it important?

This role contributes to the betterment and well-being of SFN members by enabling access to social assistance services. The BSDW administers and provides income and disability assistance and benefits to eligible on-reserve members, ensuring recipients receive the necessary support to reach financial sustainability and maintain a basic standard of living.



EMPLOYMENT & TRAINING COORDINATOR



What we do:

The employment and Training Coordinator actively searches for programs, training, and educational opportunities to promote to SFN Members. The Coordinator also promotes job openings with SFN and hosts the annual SFN Job Fair!

Why is it important?

This role contributes to the betterment and well-being of SFN members by providing access to, and information about, training and educational opportunities and programs. We are training members to fill the rolls that are being developed within the Nation!



Saulteau First Nations

Christmas Events

Christmas Market, December 2nd

1:00 pm - 5:00 pm, SFN Band Hall

All ages, Coloring, Hot Chocolate, and Shopping

Kids Christmas Party, December 11th

5:00 pm - 8:00 pm, SFN Band Hall

Spaghetti, Hot Dogs, Santa, Crafts, and Music

Elders Christmas Party, December 12th

11:00 pm - 2:00 pm, SFN Band Hall

Homemade Lunch Served by SFN Staff, Special Performances, and Live Band

Community Christmas Party, December 13th

5:00 pm - 7:00 pm, SFN Band Hall

Opening Prayer, Dinner, Door Prizes, Photobooth,
and FIREWORKS

Community Christmas Light Up Contest

December 18th

Judges will be driving around from 6:00-8:00pm

Christmas Parade, December 20th

Will start at 4:00 pm

MUSKOTI ELEMENTARY
SCHOOL

CALL FOR ANTLERS

WE ARE LOOKING FOR A VARIETY OF ANTLERS WE CAN BORROW
TO SHOW THE STUDENTS IN THE NEXT COUPLE OF WEEKS.
PLEASE CONTACT US IF YOU HAVE ANY DEER, CARIBOU, OR ELK
MUSSI



MORE INFO



250-788-7361
EDAVIS@SAULTEAU.COM

Moccasin Making class

Dec 7th and Dec 14th
5-8pm@ NBH
Registration is required for
this class and will be held in 2
parts.

Limited space available
Please call -250-788-7280 to register.



Community call out-
Looking for someone to
teach us how to make
Snowshoes.

Please contact Cgauthier@saulteau.com
If this is something you are able to share.



HEATHER'S HEALTH HOUR

COMMON WINTER RESPIRATORY DISEASES

COME LEARN ABOUT THE DIFFERENCES,
SIMILARITIES AND PREVENTION OF THE
COMMON COLD, FLU, PNEUMONIA, COVID 19,
RSV AND MORE

TUESDAY DECEMBER 5 AT 10 AM

SFN Health Center lunch room
Drop in

Prize will be drawn today!

16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE Q & A



ONLINE EVENT!

QUESTIONS WILL BE POSTED EVERY DAY FOR NOVEMBER 25-DECEMBER 10 TO
THE SFN COMMUNICATIONS AND LKH FACEBOOK PAGES.

PARTICIPANTS MUST TEXT THEIR ANSWERS TO 250-401-8079 BETWEEN 10AM-4PM

- ALL CORRECT ANSWERS WILL ENTER A DRAW FOR THAT DAY
- PRIZES WILL BE HANDED OUT TO THE WINNERS
- DRAWS ARE OPEN TO ALL AGES
- THERE WILL BE 3 WINNERS PER DAY
- WINNERS MUST BE LOCAL TO MEET STAFF IN COMMUNITY OR TOWN TO COLLECT PRIZES



MENTAL HEALTH RESOURCES

Saulteau First Nations

Annie Miller – Mental Wellness and Substance Abuse
Counsellor
Cell: 250-401-7616 Office: 236-364-2046
Rebecca Widdicombe – Youth and Adolescent Counselor
Cell: 250-401-1939 Office: 250-788-7262
Corrina Wutzke – Family Support
250-788-7288

Linda Krystina Housing Society

Shona Decooman – Crisis and Intake Support Worker
250-788-4213
Crisis Line – 250-401-8079

Moberly Lake First Nations

Kaelin Brons – Youth & Adolescent Counselor
250-788-3622
Sarah Day – Addictions Counselor
Cell: 250-401-8450

MCFD

Social Worker
Cell: 250-788-2239

South Peace Community Resources Society

Serena Knockert - Stopping the Violence Women's Counsellor
250-782-9174 ext 241
Tammy Nicholls – Outreach Worker
Cell: 250-788-6814
Tara Rodenbush – Safe Home Coordinator
Cell: 250-788-1976

Tansi Friendship Centre

Denise Friesen – Mental Health & Addictions Counselor
250-788-2996
Nicole Lebel – Mental Health Counselor & Case Planner
250-788-2996

Chetwynd Primary Care Clinic

Bonnie Huhn – Counselor
Office: 250-788-7300

24 Hr Access to Crisis Programs

Adult/Elder - 250-723-4050
Child/Youth - 250-723-2040
Toll Free In BC - 1-800-588-8717

The advertisement for Narcotics Anonymous (NA) meetings features a background of green leaves. At the top right is the NA logo, a blue circle with the letters "NA" inside. Below the logo is the text "Narcotics Anonymous".

Narcotics Anonymous (NA) Meetings
Wednesdays @ 8pm at the SFN Health Centre

Confidential and supportive self-help group for community members who are or have experienced problematic substance and alcohol use. If substances are impacting your relationships with family, friends or significant others or your work or school attendance this group may be a support.

- Abstinence is not required. No stigma, labels or judgement.
- Drop ins welcome. No preregistration required.
- Snacks and refreshments offered. Sponsors available.

The logo for Saulteau First Nations, featuring a stylized feather above the text "Saulteau FIRST NATIONS".

BC Winter Games Zone 8 Archery Trials

Saturday, December 9, 2023, in Fort Nelson

Try out for a spot on the BC Archery Team and Compete in the
2024 Winter Games in Quesnel February 22-25!

Athlete Eligibility:
*Must be born in 2007-2009
*Male and Female
*Must join BC Archery Association prior to Trials

For more information and to register contact:
Cedar Wechlin
867-496-0320
cedar.wechlin@chaloschool.bc.ca



LHTAKO Quesnel 2024 BC Winter Games

DATE:

FEBRUARY 21-25, 2024

PLACE:

QUESNEL JUNIOR SECONDARY

ZONE TRIALS (ZONES 1-8):

November 3-5, 2023

ELIGIBILITY:

PLAYERS WHO ARE BORN IN 2010

MULTI-SPORT EVENT:

U15

Scan the QR code to view
the Technical Package



For more information email
provincialsportadvisor.bcwgs@badmintonbc.com

Northern First Nations Health Partnership Committee

COMMUNITY WELLNESS AWARDS 2023/2024

On behalf of the Northern First Nations Health Partnership Committee (NFNHPC), Northern Health (NH) and the First Nations Health Authority (FNHA) are offering Wellness Awards up to \$8,000 to support projects aimed at improving the health and well-being of First Nations communities.

WELLNESS GRANT CRITERIA

Projects must support *community-based initiatives* that focus on *holistic health and wellness* and one or more of the following priorities:

1. Cultural Safety
2. Primary Care
3. Mental Wellness & Substance Use
4. Population & Public Health: community wellness activities
5. Traditional Wellness

Preference will be given to projects that:

- **Support collaboration** by encouraging different groups to work together towards a common goal such as community members (youth, families, Elders, etc.), health staff (Band, NH, FNHA), physicians, and other communities.
- **Support health and well-being** by combining Indigenous Wellness approaches with current health care approaches.
- **Builds healthy relationships** and enhance how people connect with each other, their families and their community (e.g. community holiday gatherings).
- **Capacity building and training** of local communities and Indigenous staff.

ELIGIBLE APPLICANTS:

- Located within Northern BC (NH & FNHA Northern Region);
- First Nations community or organization.

Applicants must complete the attached 2023/2024 Wellness Grant Application and submit by mail, email, or fax.

IMPORTANT DATES

Call for applications released: **October 16, 2023**

Deadline for applications: **November 13, 2023**

Funds must be used prior to: **April 30, 2024**

Reporting Deadline: May 31, 2024

Applicants are encouraged to submit prior to the deadline.

Mail: Northern Health
Indigenous Health
500 - 299 Victoria Street
Prince George BC V2L 5B8

Email: Indigenous.Health@northernhealth.ca

Phone: 250-645-3144

Fax: 250-645-8095

For more information and to submit completed applications via mail, email or fax contact Northern Health Indigenous Health.



First Nations Health Authority
Health through address



northern health
The Government of British Columbia

Declarations Due	Payment Date	for the month of
January 8-11, 2024	January 17, 2024	February 2024
February 5-8, 2024	February 14, 2024	March 2024
March 11-14, 2024	March 20, 2024	April 2024
April 8-11, 2024	April 17, 2024	May 2024
May 6-9, 2024	May 15, 2024	June 2024
June 10-13, 2024	June 19, 2024	July 2024
July 8-11, 2024	July 17, 2024	August 2024
August 12-15, 2024	August 21, 2024	September 2024
September 9-12, 2024	September 18, 2024	October 2024
October 14-17, 2024	October 23, 2024	November 2024
November 11-14, 2024	November 20, 2024	December 2024
December 9-12, 2024	December 18, 2024	January 2025

The above dates are aligned with the BC Ministry of Social Development and Poverty Reduction payment dates.
If required, there will be advanced notice for any changes to the dates above through newsletter or SFN social media outlets.

***Job search activity and other requests must be submitted with declarations for applicants required to do so.**

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

REMINDER

SOCIAL ASSISTANCE CLIENTS

DECLARATION WEEK:

DECEMBER 11-14, 2023

SA PAYMENT DATE:

DECEMBER 20, 2023

**JOB SEARCH ACTIVITY & NECESSARY
UTILITY BILLS MUST BE SUBMITTED WITH
DECLARATIONS FOR APPLICANTS
REQUIRED TO DO SO**

JOIN US FOR
Saulteau First Nations
Christmas
MARKET

- Moccasins
- Beaded Jewelry
- Ribbon Skirts
- Baked Goods

Saturday December 2, 2023

1:00 pm - 5:00 pm

- Crafts
- Homemade Remedies
- Epicure
- Candles

1717 Boucher Lake Rd, Band Hall Gym

Free Admissions

Come and Enjoy
Kids Coloring
Coffee, Tea, Hot
Chocolate

COMMUNITY
Christmas

PARTY

DECEMBER

5:00PM - 7:00 PM

13TH

SFN BAND HALL

A GREAT TIME FOR FAMILY AND FRIENDS
TO GATHER TOGETHER TO SHARE THE
CELEBRATION OF CHRISTMAS.

DINNER, PHOTOBOOTH,
AND, FIREWORKS
TO FOLLOW AFTER DINNER!

Kids Christmas Party

Ages 0-18

December 11th, 5:00-8:00 at the
Band Hall Gym

Come and Enjoy the Christmas Spirit
Santa and his Elves, Dinner, Crafts,
Cookie Decorating and Music!



ELDERS CHRISTMAS PARTY

SFN BAND HALL-DECEMBER 12TH-11:00-2:00

COME AND CELEBRATE

THE
CHRISTMAS SPIRIT

HOMEMADE LUNCH COOKED AND SERVED BY SAULTEAU STAFF

SPECIAL PERFORMANCE FROM
CREATIVE WONDERS &
MUSKOTI ELEMENTARY SCHOOL

LIVE BAND TO FOLLOW LUNCH



WE LOOK FORWARD TO SEEING YOU

MUSKOTI LEARNING CENTRE

PUGEESEE DRUM MAKING

NOVEMBER 2023



MLC made Pugeesee drums with students and community members led by Elders Donald Davis and Ken Napoleon. Thank you to Donald, Ken and all the drum making participants!



DECEMBER 2023

MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Painting with Tammy	6 After School Club Board Games 3:30 pm - 4:30 pm	7	8	9
10	11	12 Culture Day Every 2nd Tuesday	13 After School Club Christmas Movie 3:30 pm - 4:30 pm	14	15	16
17	18	19	20 After School Club Cancelled for Christmas Parade	21	22	23
24 31	25 Christmas Day	26 Boxing Day	27 Christmas Break	28 Christmas Break	29 Christmas Break	30

Notes:

The MLC Classroom is closed for **Christmas Break December 25 - January 5**. The MLC Classroom will open Monday, January 8, 2024.

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 ★

Heartcore sound healing

Dec 14th 2023 SFN Health Center

250-788-7280 to book



Dr. Banas will be away from December 13th to January 4th.

If you require a prescription refill please book before December 13th.

For emergencies, please Call 911 or go to the nearest hospital.

If you are unsure if it is an emergency, please call 811

FNHA Virtual Clinic 1-855-344-3800

Northern Health Virtual clinic

1-855-344-3800

Common Winter Illnesses

Respiratory illnesses are more common in colder months. People are indoors more often, allowing viruses to pass more easily from one person to another. And the cold, dry air may weaken resistance. Here is some information on some of these diseases. No matter which disease you have or are trying to prevent, ALWAYS wash your hands or use hand sanitizers often, sanitize surfaces often, get vaccinated when they are offered, cover coughs and sneezes, and stay home when you have any type of respiratory disease.



Common Cold: What is it? Your nose and throat are infected.

Also, maybe your ears. **How did I get it?** Somebody coughed or sneezed near you, or you touched a contaminated surface, like a doorknob. More than 200 viruses can cause colds. The most common is the rhinovirus. **How I feel:** Yucky. You probably have a runny nose, scratchy throat, low-grade fever, fatigue, chills and aches. And you probably are sneezing and coughing. **What should I do?** You probably know that there's no cure for the common cold. Decongestants, cough drops and antihistamines can help with symptoms. Rest and liquids may speed your recovery.

How long will it last? A few days to several weeks. **When can I go back to work?** Most people are contagious for about a week, starting the day before they have symptoms. If you feel well enough to continue working, if you go back within a day or two, wash your hands frequently and avoid close contact with others until you're done coughing and sneezing. **How common is it?** Very. Of all illnesses, common colds are blamed for the most days off work or school and the most visits to health care providers. **See a doctor if:** Symptoms linger beyond a few days or get worse, or if new symptoms develop.

Flu: What is it? Your respiratory tract (mouth, nose, throat and lungs) is infected. **How did I get it?** You got the flu from airborne droplets sneezed or coughed, or by touching contaminated surfaces. Flu viruses keep evolving, which is why flu shots, which are updated every year, are never fully effective. **How I feel:** Terrible. You're exhausted, you have a fever, your body aches, you're sneezing and coughing, your throat is sore and you have a headache. You also might vomit or have diarrhea. **What should I do?** Relieve symptoms with rest, fluids and medicines. In severe cases, antiviral medications like Tamiflu or Relenza may be prescribed to reduce the flu's duration, severity and risk of complications. Antiviral medications usually have to be started within 48 hours of symptom onset to be helpful. **How long will it last?** The worst of it — fever and aches — should be over in three to five days. The coughing and general tiredness can linger two weeks or more. **When can I go back to work?** Wait at least five days after onset of symptoms and 24 hours after your fever breaks. **How common is it?** Every year, between 5 and 20 percent of Americans get the flu, sending many to the hospital with severe complications. **See a doctor if:** Symptoms get worse, you have new symptoms, or if you have a condition or situation that makes you vulnerable to flu complications.

COVID-19: What is it? Your respiratory tract (mouth, nose, throat and lungs) is infected. **How did I get it?** You got covid-19 (covid) from close person-to-person contact or through

respiratory droplets released by an infected person speaking, coughing or sneezing. Staying up to date on vaccinations, washing your hands, covering your mouth when you sneeze or cough and wearing a mask if you are sick help avoid getting—or spreading—covid, which can be dangerous to those with a weakened immune system. **How I feel:** It depends. While some people with covid have few or no symptoms, others have a sore throat, congestion or runny nose and fever or chills. You may lose your sense of smell or taste, experience shortness of breath or body aches. Upset stomach, diarrhea or vomiting are also possible. **What should I do?** Isolate and notify your doctor. You can treat most cases at home. Get plenty of rest, drink fluids and take over-the-counter fever reducers to address symptoms. In severe covid or in people at risk, your doctor may prescribe Paxlovid to reduce covid's duration, severity and risk of complications. **How long will it last?** Acute covid can hang on for a week or two for mild or moderate cases, longer for severe infections. Post-covid symptoms, such as lingering cough, on and off fever, weakness, and changes to your senses of smell or taste, can persist for weeks or even months. **When can I go back to work?** Wait until you have tested negative for two days. If you haven't tested at home, wait 10 days from the time your symptoms first started. In addition to these guidelines, be sure at least 24 hours have passed since you have been fever-free without the use of fever-reducing medications. **How common is it?** Covid is contagious and common. Covid outbreaks tend to occur in waves, often associated with new variants of the coronavirus and the fall and winter months when people gather indoors. **See a doctor if:** You have difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to wake up or stay awake, or bluish lips or face.

Pneumonia: What is it? Your lungs are infected, causing air sacs to fill with pus and other liquids. **How did I get it?** Viruses are responsible for about one-third of cases. The rest are caused by bacteria or fungi that are inhaled, particularly by people weakened by surgery, illness, age or smoking. **How I feel:** Symptom severity ranges from mild to life-threatening and can include confusion, fever, a cough that produces mucus, heavy sweating, shaking chills, lack of appetite, rapid breathing and pulse, shortness of breath that gets worse with activity, and stabbing pain in the chest that's worse with coughing or deep breathing. **What should I do?** If you have viral pneumonia, rest, eat well and drink plenty of fluids. Bacterial pneumonia can be treated with antibiotics. In both cases, medications can ease your fever and cough. **How long will it last?** Most people respond well to treatment and recover in one to three weeks, but pneumonia can be very serious and even deadly. **When can I go back to work?** If you have bacterial pneumonia, the risk of infecting others drops sharply two days after taking antibiotics. Viral pneumonia is less contagious, but avoid others if you have a fever. You'll get better quicker if you don't rush back to work until you're ready. **How common is it?** About 3 million people in the U.S. are diagnosed with pneumonia each year, and about 50,000 die. **See a doctor if:** Your cough gets worse or doesn't improve, you cough up pus, you have a persistent fever higher than 102 degrees, you have shaking chills, or breathing makes your chest hurt. Don't delay seeing a doctor if you have underlying health conditions, such as heart or lung problems.

(adapted from: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/winter-illness-guide>, obtained November 21, 2023)



An Update from Taryn Walsh

Assistant Deputy Minister
Community Safety and Crime Prevention



November 2, 2023

Dear Service Provider,

I am pleased to announce that a new program that provides free legal advice to anyone who has experienced sexual assault in B.C. launched on October 17. "Stand Informed" legal advice services are offered by the Community Legal Assistance Society (CLAS), a not-for-profit society that provides legal assistance, information, and education in B.C. A link to CLAS's news release can be found here: [New free legal service provides help for anyone in British Columbia who experiences sexual assault.](#)

Stand Informed offers up to 3 hours of free, confidential legal advice to clients regardless of age, gender, income, whether or not they have reported to the police, or if they are unsure that what they experienced was a sexual assault.

With funding from the Government of Canada through the Department of Justice Canada, CLAS is contracted by the Ministry to provide free independent legal advice to survivors of sexual assault.

Any person who experiences sexual assault in B.C. and lives in B.C. can receive free legal advice by calling (604-673-3143) or sending an email (standinformed@clasbc.net) to access Stand Informed services. Stand Informed staff and lawyers take a trauma-informed approach, which is to say they understand how trauma can affect a person and work to make sure the person feels safe and is not re-traumatized.

Survivors contacting Stand Informed will be matched with a lawyer who will provide them with independent legal advice relating to the survivor's individual circumstances. This legal advice will include the different legal options that may be available to the survivor (e.g., criminal, civil, or human rights), as well as information about the different legal processes, the survivors' rights as a complainant in those processes, and options for reporting (e.g., Third Party Reporting).

This program is a significant step forward in strengthening the response to sexual assaults and will better support victims and survivors. It builds on the stable, annual funding for new sexual assault services that began in July 2023, the recently announced 5 Sexual Assault Centres, and the new policing standards for sexual assault investigations.

Sincerely,

Taryn Walsh

Assistant Deputy Minister
Community Safety and Crime Prevention



Ministry of
Public Safety and
Solicitor General



YOUR ATTENTION PLEASE

If you are experiencing a septic fumes smell when running water in your sink, it could be due to a plumbing issue and a potential health risk. The plumbing in your house is designed to contain harmful gases, flush away sewage, and provide you with clean and potable water. **If you are smelling sewer gas in your kitchen, something has gone awry with the system.**

Sewer gases are toxic and should not be breathed in for long periods or by those with compromised immune systems.

One of the most common reasons for this smell is a dry P-trap. The P-trap is the curvy part of the pipe under the sink that resembles a “p” or a “u.” It isolates the drain line from the fixture, which blocks irritating smells. The trap under an individual fixture works by holding water at the bottom of the curve to block the smell. If the P-trap is dry, it would cause a sewage smell to emanate from the sink.

If the sink is in regular use, you can eliminate evaporation as a cause.

Another reason could be blockage in the drain line or leak in the connections on either side of the P-trap. You can check for blockages and clear them up if found. Clearing the blockage and running water for a few seconds will fill the trap back to optimal levels. **If there is a leak, it may be necessary to replace or tighten connections.**

To clean out your drain and disposal, try these methods:

- **Hot Water and Dish Soap:** Plug the sink with a stopper and fill it at least halfway with hot water. Squirt some dish soap in and pull the plug. Turn on the disposal while the sink drains.
- **Baking Soda and Vinegar:** Pour one cup of baking soda into the drain, followed by the same amount of vinegar and let sit for 10 minutes. While you are waiting, boil a pot (about six cups) of water. Pour the boiling water down the drain to help move along any residual particles.

Public Works Holiday Notice 2023

In Case of Emergencies Regarding
Housing & Septic Maintenance Issues;

Please Contact;

Week 1: - Cory Noskiye -250-874-7333
Dec. 22nd - 29th, 2023

Week 2: Keith Glover – 250-401-8828
Dec. 30th – Jan. 7th, 2024

**WISHING YOU A VERY MERRY CHRISTMAS
& A HAPPY NEW YEAR!!!**

Housing

Home for the Holidays
December- 2023

Emergency Repairs

An **EMERGENCY** repair is considered any accident, break or defect in interior plumbing, heating or safety feature in any part of the home. If you require emergency repairs over the holidays, we are here to help.



Home Inspections

As the New Year rolls around, we will be starting up our annual home inspections and assessments of the rental units. A conditions report will be prepared to record the condition of the unit and property, which will be used to determine the need for repairs. This will just be a brief walk through of the home.

Propane Checks

Please make sure to check and order your propane, before Dec. 21st, to ensure you do not run out over the holidays.

Update Agreements

Over the next month, the Housing Department will be sending out letters for tenants and home owners to update their rental agreement or maintenance agreement. The purpose is to keep our records as up to date, as possible. Once a letter has been received, please call to set up a time. This appointment will only take a few minutes and you will be on your way.



Safety in the Cold

It has happened! Summer is over and the cooler weather is upon us. Here are a few tips and tricks to help keep the cold air out and the warm air in.

- Eliminate drafts and plug any holes. – Using a Clear Insulation Window Kit, can be very helpful to keep the drafts out.
- Change or clean your furnace filter.
- Add insulation around pipes or heat tape to keep them from freezing.
- Adjust your Thermostat.
- Use your ceiling fan, spinning counterclockwise.
- If you plan on leaving your home, have someone check it every day.



Merry Christmas

Christmas is full of shiny things
That sparkle, gleam and glow;
These holiday pleasures dazzle us,
And yet, deep down, we know.
That Christmas has it's special gifts,
But your year-round joy depends,
On the cherished people in our lives,
Our family and Our Friends!
We would like to wish everybody a
Merry Christmas and a Happy New
Year!




Reminder: Propane

On-Reserve members should get their propane topped up before the cold weather hits as our provider (Bluewave) may not have the manpower to meet our needs if we get a real cold snap and folks start to run out of propane.





LAND GUARDIAN UPDATE



Some of our highlights this previous month are, we were able to take part in the Fire Suppression 100 and 185 and Chainsaw safety courses. We are looking forward to learning more about cultural burning and improving how we recognize fire hazards in our community.

We are currently going through endless hours of trail cam photos identifying wildlife data. The guardians and the province held a Chronic Wasting Disease workshop, there has been a recent case of CWD North of Grande Prairie which is concerning due to its proximity to us. The earlier we detect CWD the faster we can tackle a management plan. Deer, elk, moose, and caribou can become infected.

The guardians can train others in the procedure of sampling or take the entire heads.

If you have any questions about CWD come and chat with us!

Please pick up your copy of the Ethnobotany book at the Band Hall Reception or at TREP.

LOOKING TO IMPROVE YOUR QUALIFICATIONS AND IMPRESS EMPLOYERS AND CLIENTS?

VOI TRAINING GROUP

MANY EMPLOYERS CONSIDER ENVIRONMENTAL MONITORING FOR CONSTRUCTION PROJECTS PRACTITIONER (EMCPP™) ESSENTIAL SKILLS TRAINING. COMPLETION OF THIS COURSE WILL GREATLY ENHANCE YOUR EXPERTISE, CREDIBILITY AND MARKETABILITY.

IF YOU ARE LOOKING FOR A CAREER BOOSTER OR WANT TO IMPROVE YOUR EMPLOYABILITY, ENVIRONMENTAL MONITORING FOR CONSTRUCTION PROJECTS PRACTITIONER (EMCPP™) IS A QUALIFICATION THAT EMPLOYERS AND CLIENTS ARE LOOKING FOR. STAND OUT FROM THE CROWD!

**SESSIONS: EMCPP 24-0102
JANUARY 9TH-11TH, 2024
7:00AM-3:00PM DAILY**

There are limited seats please send your name and a brief description of what makes you a good candidate for this training to : jfoerderer@askilp.ca

If you have any questions you can call Josh Foerderer
at 250-401-1900



SAULTEAU FIRST NATIONS JOB POSTINGS!

APPLY ONLINE TODAY! → WWW.SAULTEAU.COM/EMPLOYMENT



SFN CAREER OPPORTUNITIES

- COUNCIL ASSISTANT
- COMMUNITY OUTREACH WORKER – SAFE HOUSE PROGRAM
- CUSTODIAN
- REQUEST FOR PROPOSAL - LAKE TROUT RECOVERY STRATEGY
- FAMILY SUPPORT WORKER
- DAYCARE ASSISTANT
- MEDICAL OFFICE ASSISTANT - CASUAL ON CALL
- LANDS MANAGER
- LANDS OFFICER
- RECEPTIONIST - CASUAL ON CALL
- CASUAL ON CALL CUSTODIAN
- RECEPTIONIST - 12 MONTH TERM
- EARLY CHILDHOOD EDUCATOR
- CASUAL ON-CALL MUSKOTI ELEMENTARY SCHOOL EDUCATIONAL ASSISTANT(S)
- YOUTH PROGRAM FACILITATOR
- CRISIS INTAKE & SUPPORT WORKER – SAFE HOUSE

ARE YOU A MEMBER BUT DON'T HAVE SOME OF THE QUALIFICATIONS? WE CAN TRAIN YOU!

OTHER CAREER OPPORTUNITIES

- OPERATIONS MANAGER - NORTHERN NATIONS WELLNESS CENTRE
- REQUEST FOR PROPOSAL - GENERAL MANAGER LITTLE PRAIRIE COMMUNITY FOREST
- FINANCIAL CONTROLLER



ASKI RECLAMATION CAREER OPPORTUNITIES

- INTERMEDIATE OR SENIOR AQUATIC SPECIALIST



4EVERGREEN CAREER OPPORTUNITIES

- FINANCIAL CONTROLLER

APPLY ONLINE TODAY! → WWW.SAULTEAU.COM/EMPLOYMENT

