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May Newsletter 2020

May 1st 2020

seniors first BC

FRAUDS AND SCAMS RESOURCE LIST

Fraudsters are using the coronavirus outbreak as an opportunity to try and trick the public with new phishing emails, phone calls and text messages. There are several coronavirus-related scams amid the COVID-19 pandemic. The most prevalent scams include:

1. Phone Calls
2. Text Messages
3. Phishing Emails
4. Door to door canvassing
5. Fake Charities & Websites
6. Social media & online shopping

1. PHONE CALLS

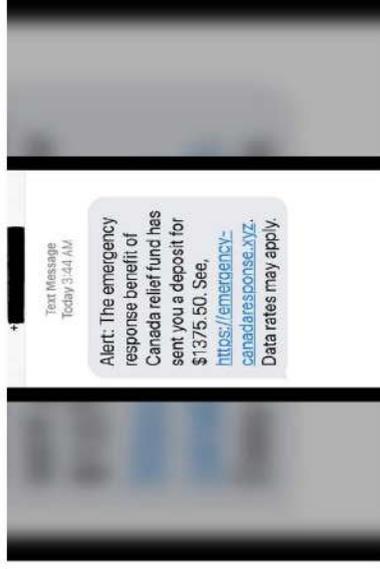
- a. There have been recent reports of fraudulent telephone calls that appear to be from the Government of Canada COVID-19 Information Service (1-833-784-4397). These calls are fraudulent and are not placed by the Government of Canada. Don't give out personal information if you didn't initiate the call. Callers who have received a suspicious telephone call can report it by contacting the Canadian Anti-Fraud Centre through its website at www.antifraudcentre.ca, or by telephone at 1-888-495-8501. Canadian Anti-Fraud COVID-19 fraud list link: <https://www.antifraudcentre-centreantifraude.ca/features-vedette/2020/covid-19-eng.htm>
- b. Another scam involves a fraudster posing as the Public Health Agency of Canada, as officials with the Centers for Disease Control and Prevention, or the World Health Organization revealing the fake list of COVID-19 patients list in a person's neighbourhood at a price. These are fake lists and they ultimately trick people to give their health card and credit card numbers. Full story: <https://www.ctvnews.ca/health/cybercriminals-are-now-using-covid-19-as-a-scam-tactic-1.4835701>
- c. <https://globalnews.ca/news/6770203/barrie-police-coronavirus-covid-19-scams/> Fraudster calls someone and says that they have tested positive for COVID-19, to trick them into providing personal and financial information. Do not disclose any information over the phone.
- d. Other criminals may try to sell fake COVID-19 tests (only health care providers can perform the tests – no other tests are genuine or guaranteed to provide accurate results). Full story: <https://www.wellingtonadvertiser.com/opp-warns-of-scams-during-pandemic/>
- e. Don't give information unless you know the caller is legitimate and, if you think it is a fraudster, hang up. Full story: <https://calgaryherald.com/news/scammers-preying-on-peoples-vulnerability-during-covid-19-pandemic/>
- f. Calls from individuals purporting to be representatives of local and provincial hydroelectric companies threatening to disconnect power for non-payment. Note that BC Hydro has stopped disconnections for non-payment during this time and has financial relief available: <https://app.bchydro.com/accounts-billing/bill-payment/ways-to-pay/covid-19-relief>

fund.html?WT.mc_id=google_ppc_covid19relief&gclid=CiwKCAiw-YT1BRAFEiWAd2WRtoCW5huMidWsortsKZMkkASOXEeSXSYVIZens9-HPD4rlahEIfivRoC_HrQAVD_BwE
Full story: <https://www.torontohydro.com/scams-and-fraud>

- b. Recent scam calls involve someone calling people and offering air filters to protect them from COVID-19. Police have said that there are no such services to protect from COVID-19. Full story link: <https://globalnews.ca/news/6770203/barrie-police-coronavirus-covid-19-scams/>

2. TEXT MESSAGES

- a. According to RCMP, scammers are sending text messages that includes a link to a "Canada relief fund" or COVID-19 "emergency relief fund". RCMP suggest that anyone who receives a text like this delete the message and not respond. Full story: <https://vancouverisland.ctvnews.ca/nanaimo-rcmp-warning-of-new-covid-19-text-scam-1.4870212>



Source: The Nanaimo RCMP say a new text scam related to COVID-19 is circulating across the island. (CTV News)

- b. Text message from "Canadian Red Cross" for a free face mask. The Canadian Red Cross will never send a text message offering a free face mask. Canadian Red Cross has confirmed that it is not sending out messages and advises anyone who gets it to delete it immediately. Full story: <https://www.cbc.ca/news/canada/toronto/coronavirus-scams-canada-1.5501958>

Text Message
Sunday 04:15

In response to the recent shortage of surgical mask, the Red-Cross will be giving one free box per household. Visit <http://RedCross-facemask.ca> to get yours.

[Source: If you receive a text message like this one, the Canadian Red Cross says you should delete it immediately, submitted by Michelle Cheung]

- c. Texts claiming to offer free points to Loblaw's, and Shoppers Drug Mart. Shoppers Drug Mart later sent its own text to customers to authenticate the text message and not to click on any links. <https://www1.shoppersdrugmart.ca/en/security-alert>

3. PHISHING EMAILS

Phishing is when a fraudster uses a false pretence to convince you to hand over your personal information, such as a credit card or a social insurance number.

- a. Canadians have reported receiving phishing emails claiming to be from federal government departments asking them for their personal information. In exchange, the scammers promise the victim will receive additional EI payments or a cheque from the government. Don't open emails from unknown senders. Go to a government website to see if the same information is available. The best way to check if a link in an email is authentic or not, is to hover over it with your mouse and see what the URL says.

Full story: <https://www.cbc.ca/news/canada/toronto/coronavirus-scams-canada-1.5501958>

From: Public Health Agency of Canada - spissoc@hstarpsons.com
 Date: March 17, 2020 at 7:20:11 PM EDT
 To: [REDACTED]
 Subject: UPDATE: Coronavirus (COVID-19) # 42451

March 17, 2020

Dear Parents and Guardians,

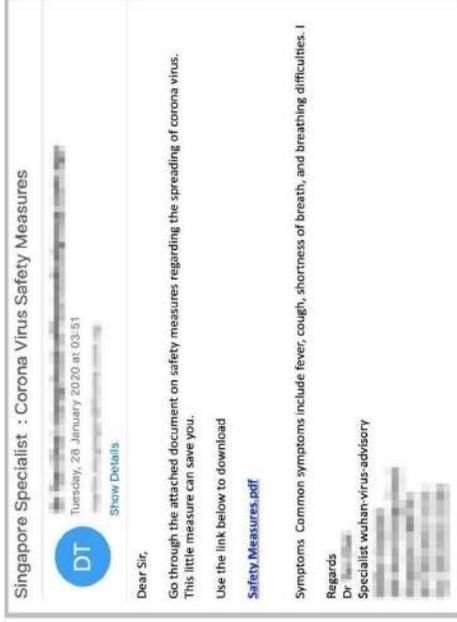
We are writing to provide you with another update from Public Health Agency of Canada with regards to the novel coronavirus (COVID-19).

Letter from Medical Officer of Health.

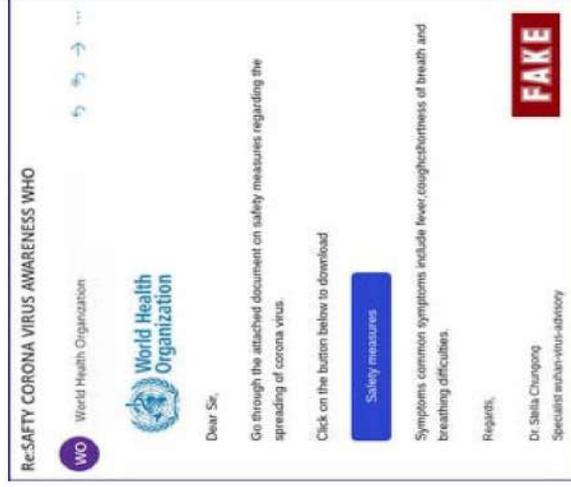
<http://bit.ly/2d8m0vz>

Thank you

Source: Don't click on links in phishing emails like this, because the linked website will likely try to get you to disclose personal or financial information. (Submitted)



- b. An email message from what appears to be the World Health Organization, suggesting you read an attachment with official information on how to protect yourself from the coronavirus. This email is not genuine.



(Source: <https://www.usatoday.com/story/tech/columnist/2020/04/09/coronavirus-scams-go-live-via-attacking-computers-and-smartphones/799240001/>)

- c. Emails from Financial advisers pressuring people to invest in hot new stocks related to the disease, or offering financial aid or loans to help them get through the shutdowns.
- d. **Invoice scams** - People can hack into emails and change payment details on an invoice. Double check payment details before you pay an invoice. If you pay the wrong account, there's a good chance you'll lose your money.
(Source: <https://www.lloydsbank.com/hs/ir/guidance/protecting-yourself-from-fraud/bank-safely-scam-messages.html>)

4. DOOR TO DOOR CANVASING

- a. For home tests to detect covid-19. There is no such thing. Only designated health authorities can issue tests
Full story: <https://globalnews.ca/news/6770203/barrie-police-coronavirus-covid-19-scams/>

5. FAKE WEBSITES & CHARITIES

- a. Texas-based cybersecurity firm SpyCloud discovered that a hacker had created a fake website masquerading as a **Public Health Agency of Canada web page**.
<https://www.ctvnews.ca/health/coronavirus/coronavirus-cons-how-scammers-are-using-covid-19-fears-to-target-canadians-1.4859688>
- b. Watch for any accounts claiming to be a known charity, who claim to raise money for this pandemic, verify the publicly available information about the charity such as name, address and phone number and make sure that your donation is tax deductible.

The screenshot shows the Canadian Red Cross website with the following content:

- Navigation menu: About the Canadian Red Cross, Media & News, Red Cross Stories, Red Cross Videos, Jobs, Contact.
- General Contact Information: If you are looking for information or resources to help with COVID-19, please visit [COVID-19 - New! Coronavirus Information page](#). If you've been affected by a personal disaster, visit our [emergency services page](#). For donation and general inquiries, visit our [list of Frequently Asked Questions](#), contact RedCross@redcross.ca or call 1-800-478-1111. Visit our [general information page](#) for inquiries related to Red Cross programs, our history, media, contacts and more. For First Aid or Move Safety inquiries call 1-877-356-3226 or email us at mycsupport@redcross.ca. Journalists, please see our [media contacts](#). For branch contact information, please use the branch locator below.
- Donation section: Donate to the Canadian Red Cross Fund. Options: Single donation, Monthly donation, \$15, \$20, \$25, \$50, \$100, \$200, Other. [DONATE NOW >](#)
- Recent News: [MORE NEWS >](#)
- Find Your Local Branch: City or Postal Code, [FIND LOCAL BRANCH >](#)
- Join Us and Stay Informed: Enter your email here, [SIGN UP NOW >](#)

Calculate Your 2019 Donor Tax Credit

Please select your province of residence, enter your donation amount and select "Calculate" to display the results. All calculations are based on 2019 Canada Revenue Agency tax rates.

Select Province:

2019 Donation Amount (\$):

[CALCULATE >](#)

Results	
Federal Tax Credit:	\$ 00.00
Provincial Tax Credit:	\$ 00.00
Combined Tax Credit:	\$ 00.00

6. SOCIAL MEDIA and ONLINE SHOPPING

- a. Merchandise scams (like fake free mask giveaway mentioned below)
Masks and gloves offered by Red Cross and other charities for donation, which is FAKE!
Full story: <https://nationalpost.com/news/beware-of-covid-19-scams-fraudsters-offer-free-masks-from-the-red-cross-or-fake-test-kits>

Text Message
Today 19:55

Due to the most recent COVID-19 epidemic, the RedCross is providing every canadian household with free surgical Masks. <http://Mask-RedCross.site>

- b. Coronavirus scams even use online marketplaces such as Facebook to sell goods like face masks and hand sanitizers that don't exist. Before you buy anything online it's best to do some research and check buyer reviews to make sure a seller is genuine. And always pay by card - that way you protect your cash.
- c. Another scam looks like it's from Amazon and asks you to sign into your account to get a free bottle of hand sanitizer with your next purchase. Of course, it's also a fake.

- d. COVID-19 tests for sale endorsed by private companies, which is FAKE! Only designated health care providers can perform tests, and the test results offered by private companies are not guaranteed accurate.
(Source: Full story: <https://globalnews.ca/news/6770203/barrie-police-coronavirus-covid-19-scams/>)

GENERAL THINGS TO LOOK OUT FOR

1. **Ignore Offers for Vaccinations and Home Test Kits**
Visit BC centre for Disease Control website for testing information:
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing>
2. **Hang up on Fraudulent Robocalls**
Callers who have received a suspicious telephone call can report it by contacting the Canadian Anti-Fraud Centre.
<https://www.antifraudcentre-centreantifraude.ca/report-signal-eng.htm>
3. **Watch out for Phishing Emails, Websites and Text Messages**
 - o **Spelling mistakes** - Fake sites spell words differently to trick you in to thinking you're on a well-known website. Check how they spell things like the site address; it may use a name like Lloyds and not Lloyds.
 - o **Odd looking web pages** - Fake sites often don't look quite right. The colours and logo may look different to what you'd normally see.
 - o **Unexpected sender** - If you don't know who sent a message, then it could be a scam. A genuine message will be written in a reasonable and calm way. Scams may use warning messages, threats of fraud or problems with your account.
 - o **How a message greets you** - A Bank email will greet you by title and surname, as in Dear Mrs. Smith. They always include part of your main account number, or part of your postcode if you don't yet have an account number.
 - o **Unexpected sender** - If you don't know who sent a message then it could be a scam.
 - o **You need to act now** - A genuine message will be written in a reasonable and calm way. Scams may use warning messages, threats of fraud or problems with your account.
4. **Research before you make any donations and purchase anything online**
 - o **Amazing deals** - If prices on a site are a lot lower than other sellers, it could be a scam.
 - o **Odd ways of paying** - A fake site may ask you to pay by direct bank or wire transfer. These are hard to trace. If things go wrong, you may not get your money back.
 - o **Check for bad reviews online** - Lots of good reviews from different buyers are better than mixed, bad or no reviews at all.
5. **Stay informed by following to Public Health officials, BC Centres for Disease Control**
 - o **Government of Canada, Coronavirus diseases, awareness resources:**
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>
 - o **BC Centres for Disease Control:**
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
 - o **COVID -19 Provincial Support and Information:**

- o https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support?utm_campaign=20200319_GCPE_AM_COVID_4_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION

REFERENCE LINKS:

- <https://nationalpost.com/news/beware-of-covid-19-scams-fraudsters-offer-free-masks-from-the-red-cross-or-fake-test-kits>
- <https://www.ctvnews.ca/health/coronavirus/canadians-warned-of-scammers-taking-advantage-of-covid-19-fears-1.4870502>
- <https://www.cbc.ca/news/technology/phishing-messages-surge-coronavirus-1.5513315>
- <https://www.ctvnews.ca/health/coronavirus/interpol-121-arrests-made-over-counterfeit-covid-19-supplies-medications-1.4861432>
- <https://montrealgazette.com/news/local-news/coronavirus-anti-fraud-centre-publishes-updated-list-of-known-scams/>
- <https://www.lloydsbank.com/help-guidance/protecting-yourself-from-fraud/latest-scams.html>
- <https://www.theguardian.com/world/2020/mar/31/coronavirus-covid-19-fake-tests-cures>
- <https://www.hydroone.com/newsroom/articles/Pages/fraud-alert-telemarketing.aspx>
- <https://vanconversum.com/news/local-news/covid-19-dont-fall-for-these-coronavirus-scams-and-hoaxes/>
- <https://www.usatoday.com/story/tech/columnist/2020/04/04/coronavirus-scams-going-viral-attacking-computers-and-smartphones/2939240001/>
- https://www.consumer.ftc.gov/sites/www.consumer.ftc.gov/files/keep_calm_infographic_en_508.pdf
- <https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-is-doing>
- <https://beta.ctvnews.ca/national/2020/4/21/4878817.html>

Seniors First BC

Seniors First BC works to prevent elder abuse and to provide assistance and support to older adults that are, or may be, abused and those whose rights have been violated. We provide programs that educate, support and advocate on behalf of our clients. Our programs continue to operate through these times.

Our programs include:

- [Seniors Abuse & Information Line \(SAIL\)](#)
- [Victim Services Program](#)
- [Legal Programs](#)
- [Our Education & Outreach Programs](#)

Seniors Abuse and Information Line (SAIL LINE)

Call: 604-437-1940 or Toll Free: 1-866-437-1940

7 days a week (excluding holidays), 8am to 8pm

Language interpretation is available Monday through Friday, 9am to 4pm.

TTY Teletype for the deaf who have access to TTY equipment: 604-428-3359 or

Toll-free: 1-855-306-1443.

Call SAIL if you feel an older adult is in an abusive situation of any kind.

Seniors First BC Legal Programs

The Legal Advocacy Program provides legal advice, advocacy and representation to people aged 55+ on legal issues involving tenancy, debt and government benefits.

Seniors First BC provides services to older adults who are not able to access legal help elsewhere due to low income or other barriers. We may provide services for the following legal issues:

- Residential Tenancy/Housing
- Debt
- Pensions and Appeals
- Assisted Living/Residential Care
- Discrimination
- Abuse/Neglect
- Financial Exploitation
- Consumer Complaints
- Guardianship/Capacity

Legal Services may be provided by our legal advocate, or one of the lawyers in our elder law clinic. Seniors First BC does not provide assistance in all areas of law.

To access our legal programs; please call us at 604-437-1940 or Toll-free 1-866-437-1940 to speak to a trained intake worker.

VIRTUAL DOCTOR OF THE DAY

For First Nations and their families living in and out of community
Non-First Nations family members are included in the program



Need to see a doctor?
Book your virtual appointment

1 855 344 3800

7 days a week
8:30am-4:30pm



***You will need:**

- laptop
- tablet
- or smartphone
- internet connection

telephone only is also available



MAY Health Centre Calendar 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SFN Health Center will remain closed until the pandemic has subsided and social distancing is no longer recommended by the Public Health Officer. All staff remain available to help all band members	Please see notes below for more information on services available and how to access them.				1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	Declarations Due	22	23
24	25	26	SA Day	28	29	30
31						

MAY Health Centre Calendar 2020

SFN Health Center will remain closed until the pandemic has subsided and social distancing is no longer recommended by the Public Health Officer. **All staff** remain available to help all band members with the things we have been helping with in the past. We are simply doing this via telephone and email as much as possible. If you need to contact one of the health center employees and don't have our contact information, Tristan Robertson has the contact information for ALL SFN staff and is willing to give that out. Her cell phone is 250 788-5507. Reach out to us if you need help.

Those who have gotten gym passes most likely already know that the rec center is closed. Everyone unable to go to the gym during this time will have the time added onto the other end when the gym opens again. This will be done automatically by recreation center staffing once social distancing restrictions are lifted.

Pre and post natal grocery cards are not being given out at this time. Chief and council are arranging grocery deliveries to band members living on reserve. Both of these actions aim to decrease travel to and from town.

Remember that the pharmachoice delivers medications to the lake. During the pandemic pharmacists have been given permission to renew existing prescriptions for 1 month at a time. Simply call the pharmacy to make arrangements for this.

Programs, activities and education will start up as soon as possible. Stay tuned.

The intention of wearing a mask is to catch any droplets that you might otherwise put out into the air. They also can help stop other people's droplets from entering your nose or mouth. You only need to wear them when around others. They can be washed and then used again once dry. Anyone want one? Or anyone want to volunteer to make them for others? Let me know. No charge. If I get a lot of requests, preference will be given to the elders, followed by those with other illnesses. You can call me at 788 7371 or leave a message on here."

Mussi!!

Heather

DIABETES MANAGEMENT AND COVID-19

People with chronic health conditions, including diabetes, are considered to be at higher risk for COVID-19 complications. If a person with diabetes develops symptoms associated with COVID-19 (fever, cough, shortness of breath), they should continue taking their medication and contact a primary care provider.

The following fact sheet provides additional information that may be relevant for diabetes management during the COVID-19 outbreak.

Diabetes Management Topics of Interest	
Access to medicines and insulin	<p>The BC healthcare system, including FNHA Health Benefits, is aiming for continuity of service and ensuring that residents of BC have access to the medications and medical supplies that they need during the coronavirus outbreak.</p> <p>The BC Pharmacy Association does not recommend stockpiling medicines (BC Pharmacy Association, 2020). A 30-day supply is all that should be needed, even if an individual is needing to self-isolate. If your client is in need of a refill on their prescription or is running low on supplies, call the pharmacy ahead so they can be prepared for pick-up or deliver.</p> <p>FNHA Health Benefits has made temporary changes to some aspects of Health Benefits in response to COVID-19. If you want to find out more about these changes and how they might affect your clients, visit www.fnha.ca/benefits or call 1-855-550-5454.</p>
Stress and impact on blood sugar	<p>During stressful times, the body releases additional hormones. Hormones increase insulin resistance in the body (decreases the effectiveness of the insulin at the cellular level). The additional insulin resistance can lead to higher blood sugar levels. There are currently many aspects of the coronavirus situation that will increase individual and family stress. If a person with diabetes is monitoring blood glucose levels while dealing with significant stress, they may feel additional distress seeing their glucose levels rise.</p>
Blood glucose monitoring and glycemic control	<p>It is ideal to aim for blood sugars in the target range as much as possible, because blood sugars in the target range are helpful for avoiding infections. Routine blood glucose monitoring may be even more important during this time of either preventing illness or managing acute illness. As healthcare providers, we can support and encourage people with diabetes to begin, continue, or increase the frequency of checking blood sugars.</p> <p>Checking blood sugars in pairs is an important way to understand the association between two numbers (ADW Diabetes, 2015). The two most important pairs are before and after meals and before bed and after waking. Without the before blood glucose reading (before food or before bed), the</p>

DIABETES MANAGEMENT AND COVID-19

after reading doesn't provide much value. For more information on blood glucose monitoring and checking in pairs, visit [HealthLinkBC](#) and [Accu-Chek](#). Since stopping the spread of the coronavirus is of utmost importance, it is important to remind people with diabetes to more frequently sanitize their blood glucose monitor and to wash their hands both before and after checking their blood sugar.

Sick day management when feeling ill	<p>A slightly different approach to diabetes management may be necessary when a person with diabetes becomes ill. Concerns around dehydration, changes in diet, and risk for infection all need to be considered. Some medications, especially those with risk for hypoglycemia (low blood sugar), may need to be temporarily stopped. For more information about diabetes and sick day management, visit Diabetes Canada – Sick Day Management.</p>
Food security concerns/changes to diet	<p>Many individuals, families, and communities are experiencing additional concerns regarding food security. One possible scenario is that people are eating different foods than they usually eat, which can have an impact on blood sugars. While it may seem difficult to achieve balance in one's diet and self-management of diabetes during times of acute or prolonged stress and uncertainty, health professionals can play an important role in assuring people that they are doing great. Encourage people to choose foods and activities that they enjoy, which likely includes connections with culture and traditional foods.</p>

For more information, please consider checking the following trusted sources:

Diabetes Canada - [https://www.diabetes.ca/en-CA/campaigns/covid-19-\(coronavirus\)-and-diabetes](https://www.diabetes.ca/en-CA/campaigns/covid-19-(coronavirus)-and-diabetes)

BC Diabetes - <https://www.bcdiabetes.ca/wp-content/uploads/bcdipdfs/COVID-19--Diabetes-FAQ.pdf>

BC Pharmacy Association - <https://www.bcpharmacy.ca/news/bc-pharmacists-message-patients-medication-supplies-during-covid-19-outbreak>

References:

ADW Diabetes. (2015, April 22). *Smart Monitoring – Testing in Pairs*. Retrieved from <https://www.adwdiabetes.com/articles/smart-monitoring-testing-in-pairs>

BC Pharmacy Association. (2020). *BC Pharmacists Message To Patients On Medication Supplies During COVID-19 Outbreak*.

Whether you've been tested or not, if you're self-isolating, you can stop self-isolating after 10 days as long as you do not have a fever or any more symptoms (a mild cough is ok).

COVID-19 / Coronavirus

Information for patients

How to self-isolate at home

To prevent the spread of COVID-19, please **self-isolate at home** until you get your test results. Your doctor has decided that you can safely be cared for at home.

What does self-isolation mean?

- Self-isolation means avoiding situations where you could infect other people.
- This means **you must avoid all situations where you may come in contact with others.**

Do not go to any of the following:

- Social gatherings
- Work
- School, college, or university
- Child care
- Athletic events
- University
- Hairstylist / barber
- Faith-based gatherings, such as church, temple, or mosque
- Healthcare facilities (hospitals, clinics, doctors' offices)
- Grocery stores
- Restaurants
- Shopping malls
- **All public gatherings**
- If possible, **do not use public transportation**, including buses, taxis, or ride-sharing.
- As much as possible, **limit your contact with other people.**
 - Do not have visitors to your home
 - It's okay for friends, family or delivery drivers to drop off groceries. They should drop it **outside** your door.
 - You can also use delivery or pickup services for other household errands.
- You should cancel any non-essential household services (e.g. housecleaning, babysitter)

I was tested for COVID-19. How do I get my results?

1. **Wait 72 hours (3 full days) after your test.** This gives us time to process the test.
2. After the 3 days, call **1-833-707-2792** to get your results. This number is available Mon – Fri, 8:30 am - 4:30 pm.
3. If you have COVID-19, Northern Health will contact you to tell you what to do next.

About the new coronavirus

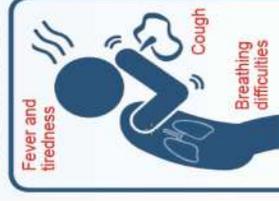
A new coronavirus has caused an outbreak of respiratory illness called COVID-19. Many of its characteristics are still unknown, but mild to severe illness has been reported. [This novel \(new\) coronavirus](#) has not been seen before in humans.

How is the coronavirus spread?

The coronavirus is spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching, kissing or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- Contact with feces

What are the symptoms of COVID-19? What should I do if I feel sick?



If you have a new continuous cough or high temperature you should stay at home for 10 days.



Practice physical distancing (stay 2 meters away from other people) and stay home if possible.



Call the Northern Health COVID-19 online clinic at 1-844-845-7811. Don't go to your doctor or health care facility.



If your symptoms get worse, seek medical advice.

Handwashing and careful coughing/sneezing can help keep everyone safe

You and everyone in your household should follow good respiratory etiquette and hand hygiene (explained below).

Respiratory etiquette:

- When coughing or sneezing, cover your mouth and nose with a tissue, or cough or sneeze into your elbow, not your hand. Always wash your hands afterwards.
- Throw away tissues and other materials used to cover the nose or mouth in a separate plastic-lined container before adding them to other household garbage.

Hand hygiene:

- Wash your hands regularly and carefully with soap and water for at least 20 seconds.
- Wash all surfaces of your hands, including between the fingers and under and around your fingernails.
- To prevent infecting yourself or others, avoid touching your mouth, nose or eyes with unwashed hands.
- If soap and water aren't available, use an alcohol-based hand sanitizer containing at least 60% alcohol. After applying the hand sanitizer, rub your hands together thoroughly until they're dry. This is an easy way to clean your hands, as long as they're not visibly dirty.
- For more information on hand-washing, see HealthLinkBC File #85 [Hand Washing: Help Stop the Spread of Germs](#)



How to look after a person with COVID-19 at home

These tips will help you look after the sick person, or if you're the person with COVID-19, they'll help you care for yourself.

These tips will also help you prevent the spread of COVID-19 to other people in your household, and to others in your community

The sick person should:

- Self-isolate while they're sick and not go to work, the grocery store, or other public areas until
 - They no longer have symptoms AND
 - They're feeling well enough to return to normal activities AND
 - 10 days have passed since their symptoms started
- Limit their contact with others, as much as possible – this includes household members and visitors.
- Stay in a room by themselves, including sleeping at night, if possible.
- Be separated from others in the household.
 - If the sick person can't be separated from others, they should be sure to cough and sneeze into a tissue or their elbow, especially while others are in the same room. See the **Respiratory etiquette** section on page 2.
- Flush the toilet with the lid down – the virus may also be present in feces.

Other people in the household should:

- Not share toothbrushes, cigarettes, eating utensils, drinks, towels, washcloths, or bed linen with the infected person, or with each other.

More tips for household safety:

- Shared spaces like kitchens and bathrooms should be kept well ventilated, if possible.
- Avoid handling items used or touched by the sick person.
- Dishes and eating utensils should be cleaned with soap and water after use.
- High-touch areas such as toilets, bedside tables, and door handles should be cleaned daily using regular household cleaners or diluted bleach (1 part bleach to 9 parts water);
- Clean the clothes and bedclothes of the infected person using regular laundry soap and the hot water setting on your washer (60 - 90°C / 140 - 200°F).
- When cleaning or handling surfaces, clothing, or linen soiled with bodily fluids, use disposable gloves and protective clothing (e.g., plastic aprons), if available.



April 13, 2020

I hope that you all had a wonderful Easter weekend, although we had to practice social distancing and were not able to spend it with our families.

On behalf of Chief and Council, I was asked to prepare an explanation of benefits that are being provided during this pandemic to members of Saulteau First Nation. The attached chart explains the benefits that SFN is providing to on and off reserve membership. I have also included some of the benefits that are being offered by Canada and the Provinces to all members, On and Off reserve.

For some of the benefits you will need to apply, some will be automatic.

The automatic payments are Child Tax Benefit increase, Social Assistance increase and GST credit. These programs will be automatic if you are currently eligible for one or all of these programs.

In order to qualify for CCTB and GST you must file a tax return. In many instances people on reserve who receive a non taxable income fail to file a tax return and they do miss out on some available credits like GST.

You will need to apply for the community enhancement, and grocery supplement for Off reserve. The Head of Household for off reserve needs to apply for the grocery supplement of \$150 at nocovid@saulteau.com. On reserve households will get their grocery supplement delivered to their homes to encourage social distancing.

During these trying times we hope that this provides you with some assistance and comfort in knowing that we are all in this together. **Take care and stay safe.**

Proudly determined

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



April 14, 2020

To clarify our last update, The Tribal associations and the Friendship Centres can apply to ISC for funds to assist Urban Indigenous populations.

About the call for proposals

This call for proposals allows Indigenous organizations providing services to Indigenous peoples in urban centres or off reserve to access funding from the [Indigenous Community Support Fund](#) to prepare for and react to the spread of COVID-19.

Who can apply

- national, regional and local Indigenous service delivery organizations supporting Indigenous peoples living in urban centres
- national, regional and off-reserve Indigenous organizations supporting their members living away from their communities (for example, Indigenous representative organizations and Tribal Councils)
- other Indigenous organizations or communities providing services to Indigenous peoples living off reserve or in urban centres that are not eligible for funding under the distinctions-based streams of the Indigenous Community Support Fund (for example, non-status groups and independent communities)
- **Support for Indigenous communities and people who are vulnerable**
- **A new Indigenous Community Support Fund**
- The Indigenous Community Support Fund will provide \$305 million to help Indigenous communities prevent, prepare and respond to coronavirus disease 2019 (COVID-19).
- This funding will help Indigenous communities to address their unique priorities and needs such as support for Elders, food insecurity, educational and other support for children, mental health assistance and emergency response services.
- Through this fund, \$290 million has been allocated to First Nations, Inuit and Métis communities. The remaining \$15 million will be available for regional and urban Indigenous organizations supporting their members living away from their communities, and to regional organizations such as Friendship Centres and the Métis Settlements General Council of Alberta.
- A call for proposals will be launched shortly for the regional and urban Indigenous organizations fund.

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abuse staff on facebook, or any other media. Verbal abuse and abusive emails will no longer be tolerated.

The staff of Saulteau First Nation are working very hard to ensure that membership is provided with essential services, financial assistance, and support. Those staff members deserve to be treated with respect. If staff are disrespecting you, as a member, you do have the right to file a formal complaint and those complaints will be addressed through investigation by human resources and dealt with as per our personnel policy if the complaint is validated in our investigation.

We do understand that in many instances you as members are coming to the nation for assistance during difficult times, but that does not excuse abusive and abusive behavior towards the staff who are trying to provide the service. The staff are also required to treat you as members with respect. They do need to follow the policies that are in place and in many instances they are unable to approve all your requests due to policy. Sometimes they do have to say no.

NOTICE TO SAULTEAU MEMBERS

We are doing our very best to meet the timelines to provide you with the payments that you are requesting from our finance team. We are sending payment advice when the payment is requested from our bank and then the electronic funds transfer is initiated. The payment will reach your bank within 24 to 48 hours.

Housing and Capital are doing the very best to assist homeowners during this time while maintaining social distancing and providing basic and essential assistance. We are not able to address all the minor concerns that can be done easily by the tenant and homeowner as we are not able to access outside contractors to assist.

Health department is actively reaching out to clients and providing the best care that we can under these trying circumstances and they are available for consultation as necessary.

Education and Daycare are still reaching out to students and providing as much virtual face to face assistance to students and children as we are allowed to under these extraordinary times.

Social Assistance is still taking applications and providing virtual assistance to clients who qualify. Bear in mind that our social assistance folks still need to ask the questions that they typically would at any other time to validate the applications. Patience and tolerance is required by all parties to ensure that the service you are requesting qualifies under the policy.

Chief and Council are diligently working to ensure that adequate funds are in place to assist membership and to ensure that the SFN operations can continue without interruptions during and after this crisis.

We will no longer tolerate any abusive emails and or facebook posts from members. If we receive any abusive messages from members we will no longer process any payments to that individual. As it has been noted on many occasions staff will not tolerate lateral violence and abuse. We will begin to enforce this statement by starting to refuse non essential service to members who continue to

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Covid – 19 Release April 23, 2020

After extensive deliberation and in light of this pandemic we have made the difficult decision to announce the following *cancellations* this year. While this is a difficult announcement, we must ensure that the safety of our membership, visiting community and other nations members is foremost in our decision making.

Sadly the following events will not take place in 2020, but this gives us more time to get your feedback on what you liked and what you would like to see changed, so that these events in 2021 can be spectacular.

Saulteau First Nations Annual Pemmican Days 2020

Culture Camp held for two weeks in August 2020

Saulteau First Nations Golf Tournament 2020

We hope that you stay safe with your family. Take care of one another and remember the teachings of our ancestors about family and traditions.

Proudly determined

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Saulteau First Nations – Community Information

March 2020

Inter-Governmental Partnership Agreement for the Conservation of the Central Group of the Southern Mountain Caribou ("Caribou Partnership Agreement")

We were very pleased to finally be able to sign the **Caribou Partnership Agreement** with the Federal and Provincial governments along with West Moberly First Nations on February 21, 2020. The agreement supports the maternal pen project and will protect large areas of caribou habitat, including a large area around Twin Sisters. It is the first agreement of its kind and once again Saulteau is leading and showing the way forward.

We wished we could have shared more information in advance of signing, but because there has been some fake news and racism around this issue it was felt that it would be safer for everyone if there was less media coverage in the days leading up to the signing.

We are happy to report that several local towns and chambers of commerce are now on board with the caribou partnership agreement, and they are now asking to work with us to find ways to save caribou (and protect jobs).

We will hold a community information session and answer questions as soon as the COVID 19 restrictions on meetings are lifted. In the meantime, please contact us at TREP (Treaty Rights and Environmental Protection) via tdemeulemeester@saulteau.ca or phone (250) 788-6912.

We are really proud of this agreement. It is one of many important steps towards protecting critically important lands in our territory. Below is some more information and there is a colour map on the next page. We welcome your questions about the agreement and path forward.

- The agreement focusses on protecting critical caribou habitat (and also opportunities for economic development).
- The main areas covered are identified as A1, A2, B1, B2 and B3.
- A1 and B1 are areas where there can still be some mining and logging, but companies will have to do more to protect caribou. We will also have more input into what can happen in those areas (light blue and light orange on the map).
- A2, B2 and B3 are new protected areas where there can never be any logging or mining, without our consent and approval (dark blue, dark brown and red-brown on the map).
- For all other areas, a Caribou Recovery Committee (CRC) and a Technical Working Group (TWG), including Saulteau and West Mo representatives, will work with experts to create new 'land use objectives' that support caribou recovery. That means new ways of doing forestry and other activities.
- The Agreement confirms that BC and Canada are committed to working with us, and they will provide funding for caribou recovery and an indigenous guardians program.

In addition and alongside the Partnership Agreement:

- Canada has promised 4 years funding to support the successful caribou maternal penning program, habitat restoration, and protected area management.

- Some of this annual funding will be used to design and put in place an Indigenous Guardians program, an indigenous-led park plan, a watershed management plan, and co-governance mechanisms to help ensure that Canada and BC support our rights in these key areas of our territory.

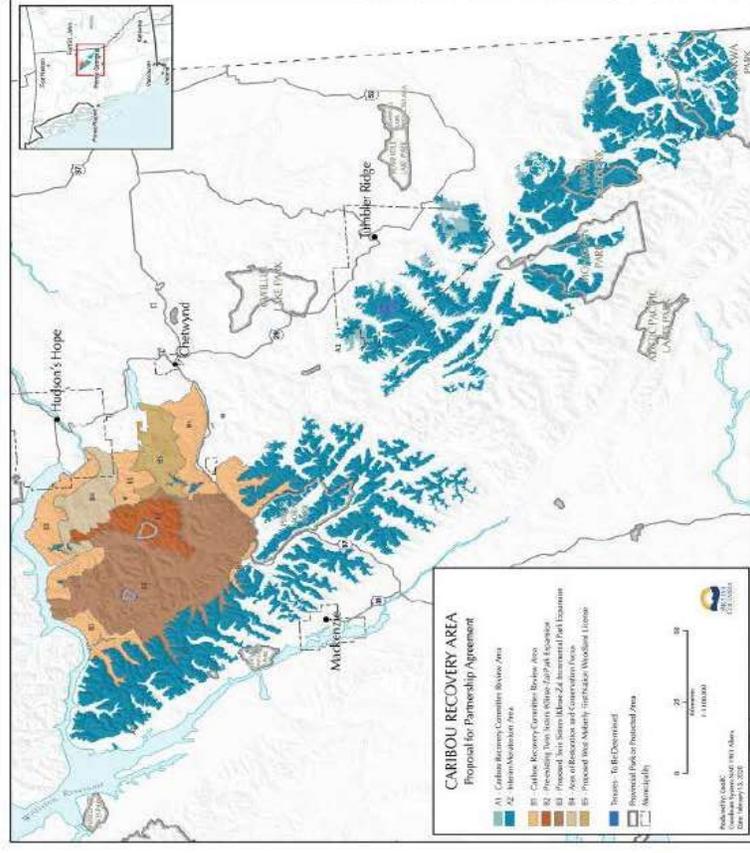
Last year, we had funding from Canada to pursue what was called the "Quick Start" projects (quick start because the funding was meant to start new initiatives before March 2019). Those projects were:

- Upper Moberly Watershed management planning
- Twin Sisters Park management planning

We can now advance those to initiatives to start implementing actual Management Plans that will protect the land and our Treaty rights. We will engage and seek input from community members extensively as we work on developing those Management Plans. We need your help to make sure we work in ways that honour our ancestors and our future generations.

We want to thank West Moberly for working with us, and thank Saulteau leadership and staff for making this agreement happen and for securing funding so we can protect our Treaty rights and culture in our territory.

MAP 1 : CARIBOU RECOVERY AREA - ZONE MAP



The Garbage Bins for SFN Residential Community Members Are Here for a Limited Time!!!

Regular Yard Garbage - Bigger Bin
Metal Items – Smaller Bin

If Bin is Full, Please use another Location @

- Lakeview Phase 1 & 2

- Pemmican Rd.

- Onion Ring Sub. Phase 2

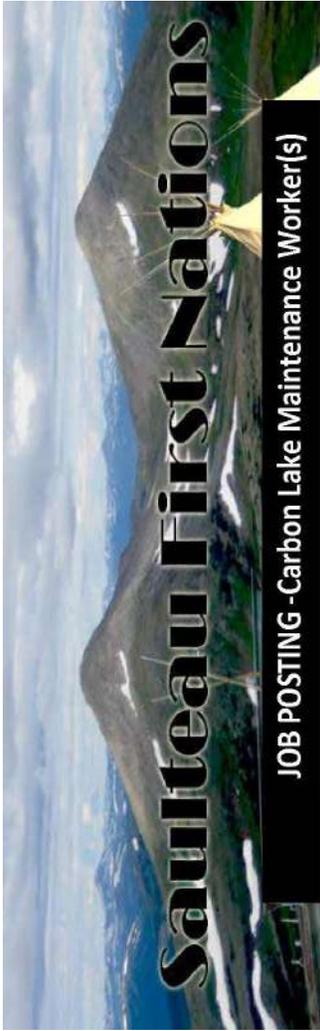
- Muskochees Sub.



Please Note:

All Bins will be removed on

May 11th, 2020



JOB POSTING - Carbon Lake Maintenance Worker(s)

Saulteau First Nations (SFN) is a section 10 band within the meaning of the Indian Act. The band has been formed by the amalgamation of Durne - Za, Cree, and Saulteau residents. This First Nations community is covered by Treaty 8. The community is located at the east end of Moberly Lake, which is about 100km southwest of Fort St. John on Highway 29. There is one reserve, East Moberly Lake No.169, spread over 3025.8 hectares.

SFN is currently accepting resumes for the Seasonal Temporary Position(s) of Carbon Lake Maintenance While on shift, you will perform a variety of duties to ensure that the Carbon Lake recreation area is well maintained and secure during the months of May, June, July, August, and September. The successful applicants will have the ability to function under minimal supervision, in a remote area, all while meeting multiple projects and deadlines in a safe manner.

The use of drugs or alcohol at this camp site is strictly prohibited and will result in automatic dismissal.

Duties

- Comply with all SFN policies and procedures
- Ensure all work is conducted in a safe manner and in accordance with Health and Safety Regulations
- Performing site inspections, hazard detection, equipment inspections, clearing work areas
- Cut grass and shrubs, rake leaves, paint picnic tables, empty fire pits
- Split and stack firewood
- Garbage removal
- Cleaning and preparing cabin and camp sites so they are readily available for use
- Prepare schedules for campsite use
- Security as needed; notify supervisor of any misuse of the site
- Coordinate and manage all activities at camp to protect SFN assets and environment from unnecessary hazards
- Maintain consistent communication with supervisor and provide valuable updates
- Demonstrate a positive image and professional working relationship for the Saulteau First Nations with industry, government, other First Nations, non-governmental organizations, staff, and members

Qualifications

- Minimum of two years field experience working in a related discipline
- Excellent public relations, communication, and interpersonal skills
- Demonstrated ability to work in a team environment and work with minimal supervision
- Willingness to learn new skills and upgrade qualifications
- Well developed planning and organization skills
- Ability to deal tactfully with sensitive issues and maintain confidentiality of records and discussions
- Bear awareness, chainsaw experience, and first aid are all considered an asset in this role
- Ability to work outdoors, walk on rough terrain, and conduct field assessments under all types of weather conditions
- Must be physically fit and able to perform the required duties of the role; able to lift heavy objects
- Valid BC Driver's License, **must have own vehicle**

INFORMATION

This is a seasonal temporary position and is not eligible for benefits.

For consideration, interested persons should submit a cover letter, resume and three references.

Please provide evidence of qualifications, skills, and abilities.

Submit an application by emailing:

HR@saulteau.com
or apply through our website www.saulteau.com

Position(s) will be open until successful applicants are selected

We thank all applicants for their interest, however, only those selected for an interview will be given to persons of Aboriginal ancestry in the event of equal qualifications.

Note: this is a job posting and is not the full job description.



INFORMATION BULLETIN

For Immediate Release
2020FLNR0019-000642
April 7, 2020
Ministry of Forests, Lands, Natural Resource Operations
and Rural Development
BC Wildfire Service

Category 2, Category 3, Resource Open Management Fires to be prohibited

KAMLOOPS – Effective at noon (Pacific time) on Thursday, April 16, 2020, most open burning activities will be prohibited throughout British Columbia to reduce the likelihood of human-caused wildfires, although campfires will still be allowed.

The following activities will be prohibited, and these restrictions will remain in effect until the public is otherwise notified:

- Category 2 open fires;
- Category 3 open fires;
- Resource Management open fires;
- the use of fireworks;
- the use of sky lanterns; and
- the use of burn barrels or burn cages of any size or description (except when used for a campfire).

These prohibitions apply to all public and private land within British Columbia, unless specified otherwise (e.g., in a local government bylaw). Check with local government authorities for any other restrictions before lighting any fire. A poster explaining the different categories of open burning is available online: www.gov.bc.ca/openfireregs

A map of the affected areas is available online: <http://ow.ly/8uct30qvSv2>

COVID-19 and wildfire response

These open burning prohibitions will reduce demands on firefighting resources and help protect the health and safety of the public, as well as BC Wildfire Service staff. They will also help reduce the impact of wildfire smoke on air quality and public health during the COVID-19 pandemic.

A strategic deployment of wildfire management resources is critical this fire season, so it is especially important to reduce the number of unnecessary, human-caused wildfires. It is vital BC Wildfire Service staff remain healthy to respond to wildfires throughout the 2020 season and ensure the BC Wildfire Service's response capability is not affected.

During the current pandemic, larger open burns pose an unnecessary risk and could detract from wildfire detection and response capabilities. The open burning prohibitions coming into effect on April 16 should decrease the number of false alarms (where firefighters respond to a report of smoke, only to find the smoke is coming from a controlled burn and not from a wildfire).

These open burning prohibitions also support the BC Centre for Disease Control's recommendation to help reduce excess air pollution in airsheds throughout the province.

Enforcement

Enforcement of fire prohibitions is undertaken by:

- the Compliance and Enforcement Branch of the Ministry of Forests, Lands, Natural Resource Operations and Rural Development;
- the Conservation Officer Service; and
- the RCMP.

All illegal fires will be investigated, and charges may be laid under the Wildfire Act or Wildfire Regulation, depending on the outcome of the investigation.

Anyone found in contravention of an open burning prohibition may be issued a violation ticket for \$1,150, required to pay an administrative penalty of \$10,000 or, if convicted in court, fined up to \$100,000 and/or sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs.

To report a wildfire, unattended campfire or open burning violation, call 1 800 663-5555 toll-free or *5555 on a cellphone.

For the latest information on current wildfire activity, burning restrictions, and air quality advisories, go to: <http://www.bcwildfire.ca>

Follow the latest wildfire news:

- on Twitter: <https://twitter.com/BCGovFireInfo>
- on Facebook: <http://facebook.com/BCForestFireInfo>

Learn More:

For the latest medical updates, including case counts, prevention, risks and testing, visit:

<http://www.bccdc.ca/>

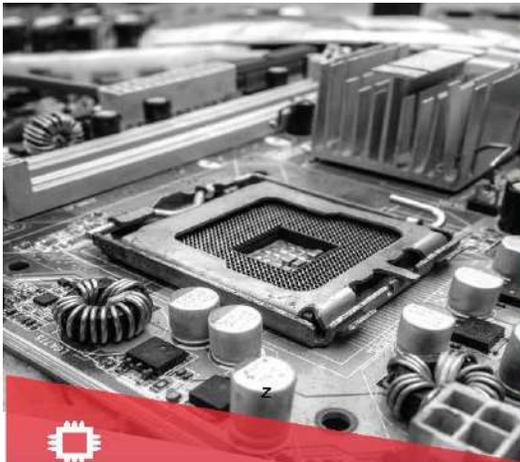
Or follow @CDCofBC on Twitter.

For provincial health officer orders, notices and guidance, visit: www.gov.bc.ca/phoguidance

For non-health related information, including financial, child care and education supports, travel, transportation and essential service information, visit: www.gov.bc.ca/Covid-19 or call 1 888 COVID19 (1 888 268-4319) between 7:30 a.m. and 8 p.m., seven days a week.

Contact:

Fire Information Officer
Provincial Wildfire Coordination Centre
BC Wildfire Service
FIREINFO@gov.bc.ca
250 312-3051



STEP 1

<https://www.bchousing.org/BCTRS>

Enter the link above into your web browser and it will bring you to the page to start your online application. This page also has more detailed information about the relief criteria and what to expect.



STEP 2

Click the tab at the bottom where it says "BC-TRS Application – Apply Now"



STEP 3

Once application is complete wait for confirmation from housing on status of approval from BC Housing.



BC HOUSING COVID-RENT RELIEF

BC Housing is offering tenants rent relief for up to \$500.00. You will have to apply online through the directions provided below. We encourage all Tenants to apply for this coverage as it will allow Own Source Funds to help the community in other areas. We are being a responsible government by trying to access outside funds to recover the nation's funds that were used to provide this benefit to our members.



SFN HOUSING CONTACT INFO

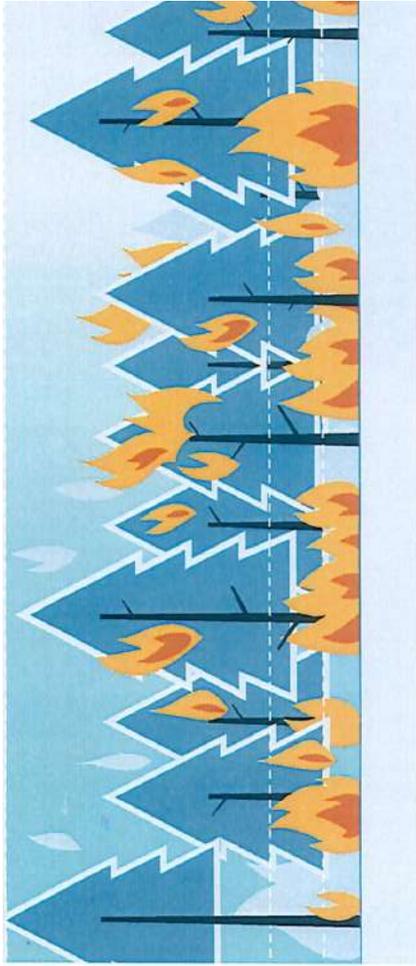
Cindy O'Brien (Housing Manager)
candyo@bcteam.com

Sarah Ingles (Tenant Relations)
sarah.ingles@bchousing.org

If you need any help in applying, please contact a housing department representative.

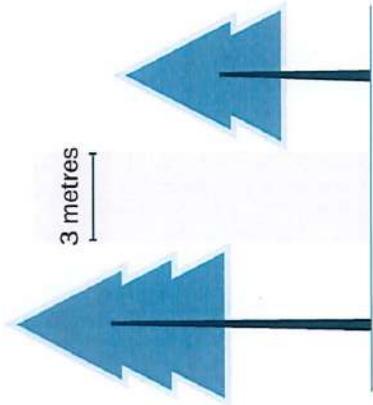
BC HOUSING

BC-TRS Program



BEGINNING YOUR FIRESMART JOURNEY

Each section of this manual will help you to focus on the changes that protect your home from wildfire. Start from your home and work your way outwards. Changes made to the area closest to your home and your home itself have the greatest impact to reducing your risk of wildfire damage.



2 TREE SPACING
Spacing trees at least 3 metres apart will help reduce the intensity of a wildfire.

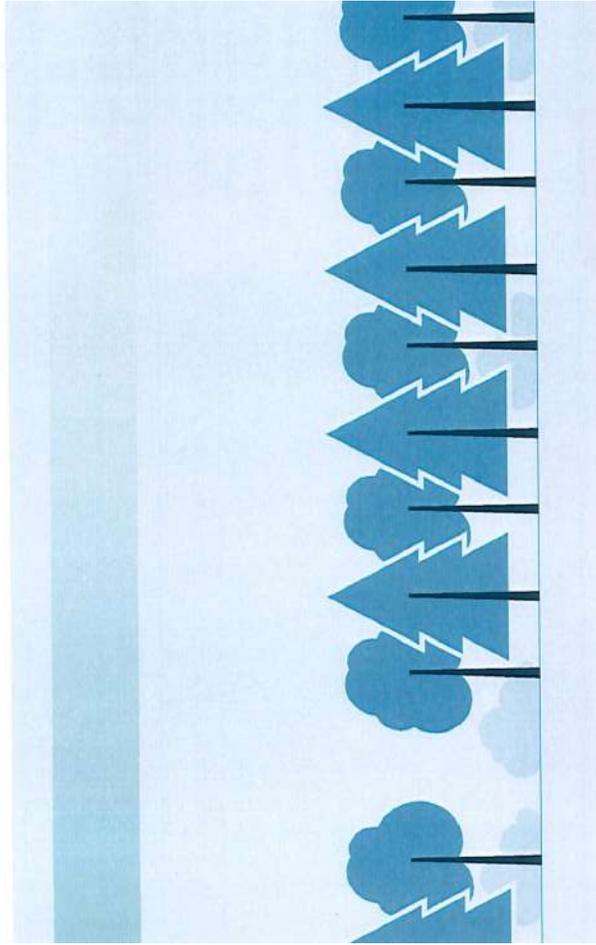


3 PRUNE TREES
Prune all tree branches within 2 metres of the ground.



MAKING THE MOST OF YOUR TIME

Home renovations and upgrades can be costly and time consuming. FireSmart focuses on what is realistic for you to achieve in order to limit the risk of wildfire to your home. Integrate FireSmart into your long term renovations and incorporate yard clean up to reduce your risk of damage from wildfire.



ZONE 2 10-30 METRES

Thin and prune evergreen trees to reduce hazard in this area. Regularly clean up accumulations of fallen branches, dry grass and needles from on the ground to eliminate potential surface fuels.

ZONE 3 30-100 METRES

Look for opportunities to create a fire break by creating space between trees and other potentially flammable vegetation. Thinning and pruning is effective here as well. These actions will help reduce the intensity of a wildfire.

NON-COMBUSTIBLE ZONE / HOME 0-1.5 METRES

1 ROOF

Material

A Class A fire-rated roof assembly offers the best protection. Metal, asphalt, clay and composite rubber tiles are all options. Untreated wood shakes create a dangerous combination of combustible material and crevices for embers or sparks to enter. Refer to manufactures guidelines to maintain the fire resistance of your roof.

Maintenance

Every inside corner of your roof is a place where debris and embers can collect. Regularly clean your roof of combustible materials.

2 CHIMNEY

A spark arrestor on your chimney will reduce the chance of sparks and embers from escaping and starting fires.

3 GUTTERS

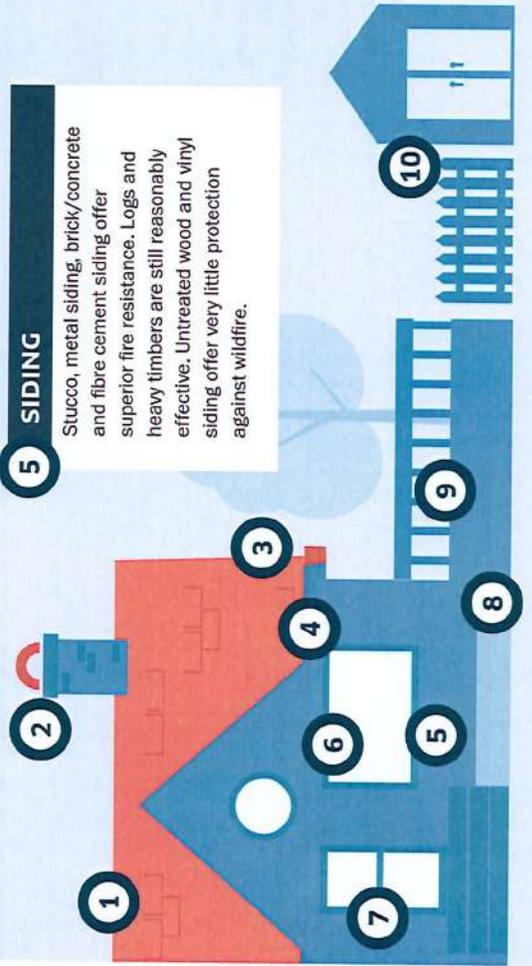
Regularly remove debris from your gutters as sparks and embers can easily ignite these dry materials. Consider screening your gutters with metal mesh to reduce the amount of debris that can accumulate.

4 EAVES AND VENTS

While vents play an important role in removing moisture from attics, they create an opening for sparks and embers. Install non-combustible material for all vents. Should be 3 millimetre screening or ASTM fire rated vents. Open eaves also create a surface for embers and direct heat. Properly fitted soffits and fascia help to reduce the risk of embers and heat reaching the wooden rafters of your home.

5 SIDING

Stucco, metal siding, brick/concrete and fibre cement siding offer superior fire resistance. Logs and heavy timbers are still reasonably effective. Untreated wood and vinyl siding offer very little protection against wildfire.



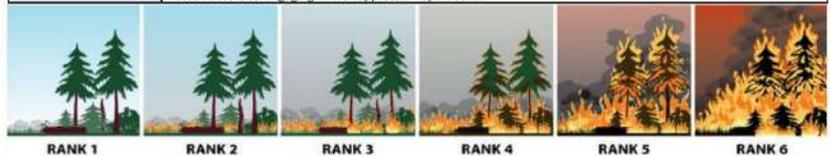
Prince George Fire Centre: Status Report

Prepared 16/04/2020

Zone Activity Level	
Level 1: (Exporting)	
<ul style="list-style-type: none"> Low to normal fire activity; no additional resource support is anticipated Adequate resources to deal with anticipated fire demands Monitor and anticipate possible support for non-wildfire provincial emergencies Zone resources may be deployable to other zones, fire centres, and out of province 	
Level 2: (Exporting/ Holding)	
<ul style="list-style-type: none"> There is an increase in fire activity; zone resources are adequate to meet their demands Monitor and anticipate possible support for non-wildfire provincial emergencies Limited resources may be deployable to other zones, fire centres, or out of province 	
Level 3: (Holding)	
<ul style="list-style-type: none"> There is an increase in fire activity; zone may not be able to meet local resource demands Resources from other zones / fire centres may be requested to assist zone activity Long term strategic planning becomes critical in determining what resources are needed where Zone staff on standby based on anticipated needs 	
Level 4: (Holding/ Importing)	
<ul style="list-style-type: none"> The zone is experiencing a high level of fire activity Zone resources will need to be supplemented from other zones / fire centres / type 2 crews Out of province resource requests for specific or critical resources may be required if provincial resource capacity is not able to handle fire demands 	
Level 5: (Importing)	
<ul style="list-style-type: none"> The zone is experiencing very significant fire activity, and/or extreme fire behaviour; heavy demands on provincial and fire centre resources are occurring and anticipated to continue Resource capacity is supplemented with staff from Wildfire TEAMS, other Ministries, the forest sector, Fire Departments, and type 2/3 resources 	
Fire Stages of Control	
Out of Control	Describes a wildfire that is not responding (or only responding on a limited basis) to suppression action, such that the perimeter spread is not being contained.
Being Held	Indicates that (with the resources currently committed to the fire) sufficient suppression action has been taken that the fire is not likely to spread beyond existing or predetermined boundaries under the prevailing and forecasted conditions.
Under Control	The fire has received sufficient suppression action to ensure no further spread of the fire.

Disclaimer: The information in this status report is intended for general purposes only and should not be relied on for operational decisions as fires are dynamic and situations change quickly. The BC Wildfire Service makes no warranties or guarantees either expressed or implied as to the completeness, accuracy or correctness of the information, nor accept any liability arising from any incorrect, incomplete or misleading information contained therein.

Fire Danger Rating	
Status	Description
Low	Fires may start easily and spread quickly but there will be minimal involvement of deeper fuel layers or larger fuels.
Moderate	Forest fuels are drying and there is an increased risk of surface fires starting. Carry out any forest activities with caution.
High	Forest fuels are very dry and the fire risk is serious. New fires may start easily, burn vigorously, and challenge fire suppression efforts. Open burning and industrial activities may be restricted.
Extreme	Extremely dry forest fuels and the fire risk is very serious. New fires will start easily, spread rapidly, and challenge fire suppression efforts. Open burning, industrial activities and campfires may be restricted.
Wildfire Ranks	
Rank	Description
1	Characteristics: Smouldering ground fire, no open flame, white smoke, slow (i.e. creeping) rate of fire spread. Firefighting tactics: Direct attack with ground crews using hand tools and water delivery systems (i.e. pumps and hose).
2	Characteristics: Surface fire, visible, open flame, unorganised or inconsistent flame front, slow rate of spread. Firefighting tactics: Direct attack with ground crews using hand tools, water delivery systems, or heavy equipment. Hand constructed control lines and lines that have been cleared of combustible material will likely be successful.
3	Characteristics: Organised flame front – fire progressing in organised manner, occasional candling may be observed along the perimeter and/or within the fire, moderate rate of spread. Firefighting tactics: Hand constructed control lines alone are likely to be challenged, ground crews conducting direct attack may require air support from fixed-wing air tankers, skimmers or helicopters conducting bucketing or tanking operations. Control lines constructed by heavy equipment will generally be effective.
4	Characteristics: Grey to black smoke, organised surface flame front, moderate to fast rate of spread on the ground, short aerial bursts through the forest canopy, short-range spotting. Firefighting tactics: Ground operations may not be successful at the head of the fire, indirect tactics may be required to bring the head of the fire under control. Parallel attack may be used along the flanks of the fire to direct the head into favourable ground or fuels. Air operations may be required to support ground personnel.
5	Characteristics: Black to copper smoke, organised crown fire front, moderate to long-range spotting and spot fire growth. Firefighting tactics: The limited options available include indirect attack and planned ignitions to remove fuel in the path of this type of fire behaviour. Ground operations are often restricted to fighting the least active sections of the fire or conducting ground ignition operations from secure control lines with readily available escape routes and safety zones.
6	Characteristics: Organised crown fire front, long-range spotting and independent spot fire growth, possible fireballs and whirls, violent fire behaviour probable, a dominant smoke column may develop which influences fire behaviour. Firefighting tactics: Firefighting under these conditions is extremely dangerous. Suppression efforts will be well away from active fire behaviour and may include preparing structure protection measures or conducting indirect large-scale ignition operations in an attempt to starve the fire. Often, the safest and most prudent strategy is to pull resources back to safe areas, ensure that personnel and the general public are safe, and wait for fire behaviour to lessen before re-engaging in fire suppression operations.



Prince George Fire Centre: Status Report

Prepared 16/04/2020

Zone Fire Danger Rating and Activity Level		
Zone	Fire Danger Rating	Activity Level
Prince George	Low	1
Robson Valley	Low to moderate	1
VanJam	Low to moderate	1
Mackenzie	Low to moderate	1
Dawson Creek	Low	1
Fort St. John	Low	1
Fort Nelson	Low to moderate	1

Overview
<p>The Prince George Fire Centre (PGFC) has seen no wildfire activity yet this season.</p> <p>The use of Resource Management Open Fires (RMOF), Category 2 and Category 3 Open Fires, and certain section 12 activities are prohibited in the Prince George Fire Centre effective at noon (PST) April 16, 2020. More information: http://ow.ly/dNFv30qwCaR</p> <p>The Ministry of Environment and Climate Change Strategy (MoECCS) has extended restrictions in High Smoke Sensitivity Zones until June 15, 2020. For more information, visit the MoECCS webpage at gov.bc.ca</p>

Active Fires
There are currently no active fires in the PGFC.

Fire Activity			
Fires Currently Burning	0 (0 lightning-caused/ 0 human-caused)		
New Fires Last Week	0		
	This Fire Season (since April 1)	Last Year (2019)	10-Year Avg. (2010 – 2019)
Total Fires to Date	0	8	8
Total Hectares to Date	0	5	42

Fire Prohibitions and Restrictions		
Cat 2 – Restricted Cat 3 – Restricted	No Ban	Not in Effect
<p>For more information on specific activities that are prohibited during a Category 2, Category 3 or campfire prohibition, visit https://www2.gov.bc.ca/gov/content/safety/wildfire-status</p>		

Prince George Fire Centre: Fire Zones

Click [here](#) for more information about the Prince George Fire Centre (Fire Danger Rating Maps, Danger Class Reports, Fire Weather Maps, Active Wildfire Map) or visit: <https://www2.gov.bc.ca/gov/content/safety/wildfire-status>

Weather Forecast

Thursday will see mainly sunny conditions across the Prince George Fire Centre, with temperatures ranging from 12 to 17 degrees. Friday is forecasted to experience increased winds with gusts between 15 to 30 km/h with a chance of precipitation in the afternoon. On Saturday we can expect to see normal seasonal temperatures with a slight increase to above seasonal temperatures on Sunday and Monday with expected gusting.

Prince George Contact Information

Prince George Fire Centre Information Officer: 250-318-7768
 To Report a Wildfire: 1 800 663-5555 or *5555 on a cell phone
 Fire Information Line: 1 888 336-7378
 Burn Registration Line: 1 888 797-1717

Follow us:

- Twitter: @BCGovFireInfo
- Facebook: @BCForestFireInfo
- Website: www.bcwildfire.ca
- FireSmart: www.FireSmartBC.ca and www.FireSmartCanada.ca





FIRE BANS ARE ON IN BC

**YOU WILL BE FINED IF YOU BURN
GRASS,
BURN IN BARRELS,
HAVE FIREWORKS
THIS IS PROHIBITED BY
SAULTEAU FIRST NATIONS,
THE PROVINCIAL AND FEDERAL
GOVERNMENT.**

Proudly determined

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

SCHOOL DISTRICT 59 PEACE RIVER SOUTH
COVID-19 ADAPTATION



FOR CHILDREN
ENTERING KINDERGARTEN
IN SEPTEMBER

FOR THREE AND
FOUR YEAR OLDS



READY, SET,
LEARN

Welcome to Kindergarten & Ready, Set, Learn	
School	Phone #
Canalta	250-782-8403
Crescent Park	250-782-8412
Devereaux	250-843-7300
Don Titus	250-788-2531
Ecole Frank Ross	250-782-5206
Little Prairie	250-788-1924
McLeod	250-843-7274
Moberly	250-788-2574
Parkland	250-843-7777
Pouce Coupe	250-786-5314
Tremblay	250-782-8174
Tumbler Ridge	250-242-5281
Windrem	250-788-2528

CALL YOUR LOCAL SCHOOL

COVID-19 has changed our world and how we interact. Schools are not able to provide families with the rich experience of gathering together for Welcome to Kindergarten (WTK) and Ready, Set, Learn (RSL) events.

Schools are planning to get the WTK and RSL resource bags from these events into homes so parents and children have the activities to do together while in isolation.

Any parent with a 3, 4, or 5 year old is eligible for these FREE resources.

Call the school in your local neighborhood to find out the procedure for getting the bag and getting tips on how to use the resources in them.

OPEN CALL FOR BEADWORK AND
TRADITIONAL ART SUBMISSIONS



Breathe.

A collection of traditionally crafted masks demonstrating resiliency through 21st century pandemic.

Plagues and pandemics have affected us before. We have survived. We remain diligent in our resilience.

We are calling on all beadwork and traditional craft artists to use the concept and design of a face mask of their choosing to express ourselves in the face of this new pandemic.

IMPORTANT: These masks are NOT meant to be medical grade protective gear. You must also make your own mask and not take a medical grade mask away from front lines.

When you are completed your face mask, post your photo of it to the **Breathe** Group Facebook page: <https://www.facebook.com/groups/8567506661403515/>.

When you are completed your face mask, post your photo of it on this Facebook page for approval. Content will be reviewed and approved to ensure this remains a culturally safe and welcoming space. Once approved, the images will be online for the world to see. When this pandemic is over, we may find ways of collecting your masks for exhibition within public galleries. More information will be revealed as this fluid situation unfolds. Interested galleries may contact the group admin team.

RESOURCE LINK:

A couple face mask templates can be found at the following link: <https://sewing.com/cloth-mask-diy/>

Do you love to cook, or prefer to bake?

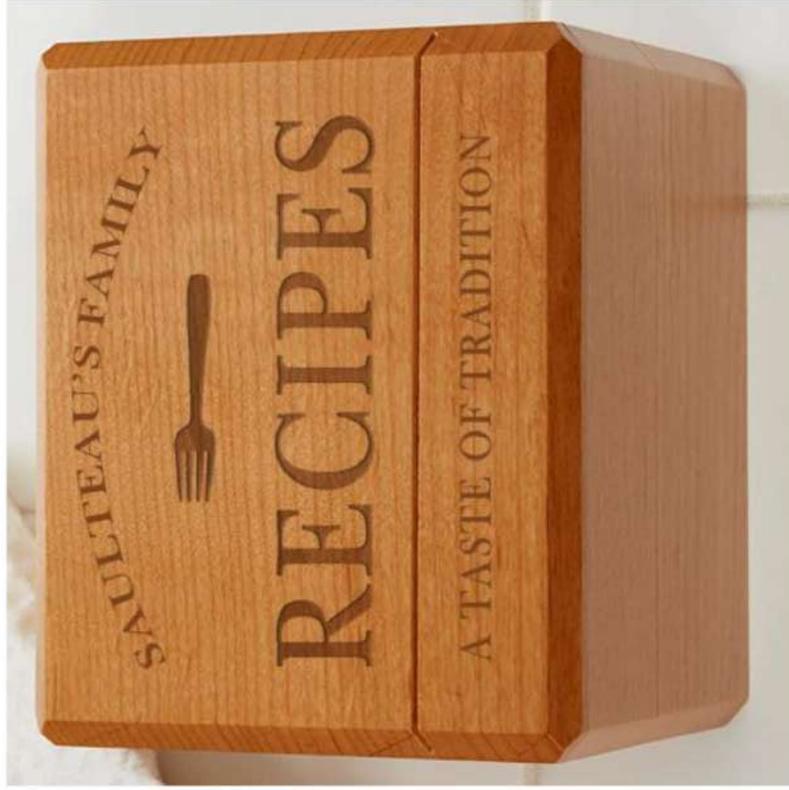
Does your family gather, garden, or even preserve food?

Are you the only one in your family that knows how to make a traditional medicine?

Have you ever been asked to make a certain dish because no body makes it like you do?

Would you like to pass on your knowledge or share the history of how you acquired your craft?

Saulteau First Nations is building a Recipe Book to capture a glimpse into the homes and history of our community.



Here is how you can partake:

From now until the end of July, we will be taking submissions of recipes, pictures, tips, instructions and stories. If you want to be included in this effort, please submit by:

1) **Emailing us at**
recipes@saulteau.com

2) **Writing us at**
Attr: Recipes
PO Box 1020
Chetwynd, BC
V0C 1J0

3) If you are not a technical person, or all of the information is stored in your head and not on paper, call a family member and describe it to them. They can write it out and send it in for you. This is a great time to be connecting with Friends and Family **over the phone** as we are strongly supporting social distancing at this time.

Don't worry about typing everything out, you can send in copies, pictures, hand written notes, etc. If they are clear and legible, we will type them for you.

Copies of this book may be used and sold as a future fundraising initiative.

Just make sure to include all the details such as:

Ingredients, amounts, temperature to cook at and for how long.

Tips to make it just right.

Name of the person who the recipe belongs to or the history of where it came from.

Pictures of the finished product, or of you and your family making it, or of the person who originally taught it to you.

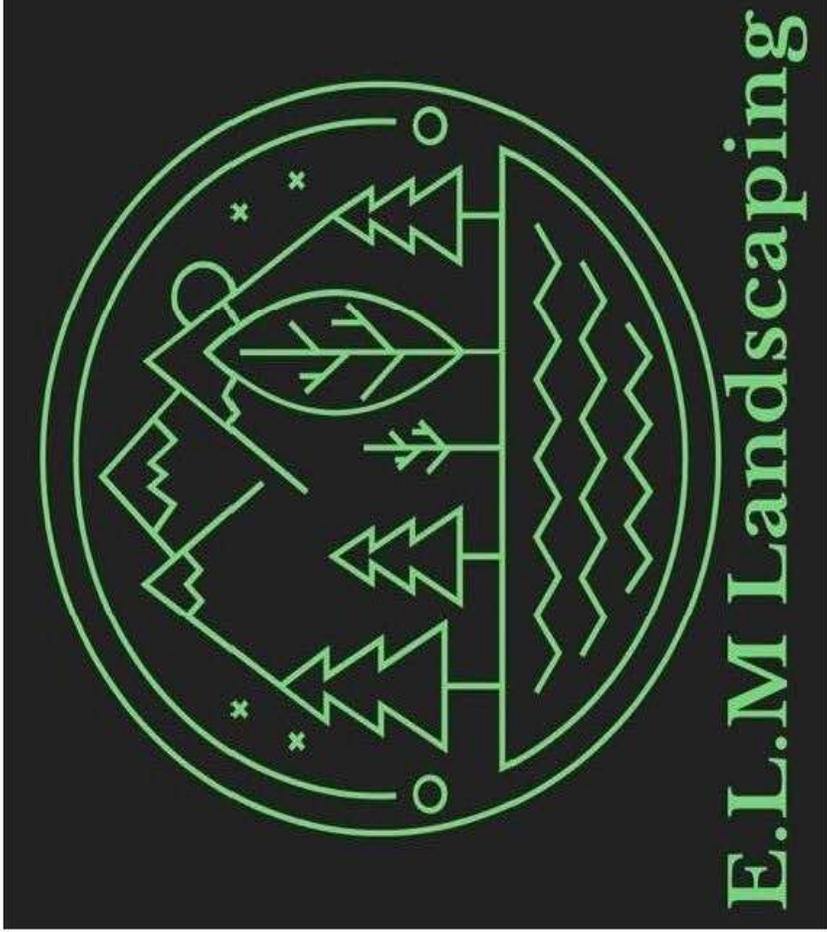
A brief description of the history behind it, how it makes you feel, who requests you make it the most, or who you would like to pass the recipe on to in your family.

Any of the history or sentimental value to your family will make this cook book that much more special.

Let get creative!

Of course, everyone loves cookies, but don't stop there, you can send in more than one recipe or teaching. How about some teachings in regards to Gardening, Gathering/Wild foods, Preservation (Drying, Canning, Fermenting), or even Traditional Medicines?

One last thing...what should we call this book? We haven't decided on a title yet so if you have a suggestion, let us know! We may just like your idea the best!



Lawn Care & Gardening Services

- Mowing
- Brush cutting
- Weed whacking
- Edging/Trimming/Pruning
- Weeding
- Pressure washing
- Gutter clean
- Garbage removal
- Property maintenance
- Seasonal plantings
- Rock and mulch installation
- Seasonal clean ups and more

Refer a client and receive 10% off your next service.

Refer 5 new clients and receive 25% off your next service.

Continuing clients get their name put into a monthly draw.

Contact us today:

Devon Mattice (250)401-3007

Kaylin Watson (250)401-1216

E.L.M.Landscaping2019@gmail.com

Positive Parenting is Wise, Timeless, and Kind...

It **TEACHES**, instead of makes demands.

It seeks to **UNDERSTAND**, instead of labels.

It **BOOSTS** up, instead of knocks down.

Most of all, it **MODELS** being the kind of person that I want my child to become:

Respectful, Caring, and Understanding.

Register for 7 - two hour sessions

Fridays,

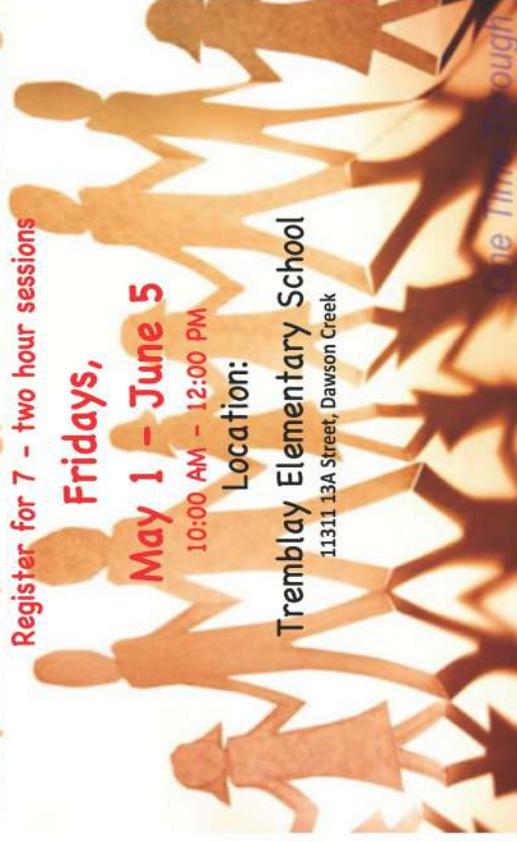
May 1 - June 5

10:00 AM - 12:00 PM

Location:

Tremblay Elementary School

11311 13A Street, Dawson Creek



Limited Child Minding Spaces Provided

Call or email Gloria Cleve, Positive Discipline Certified Trainer

250-784-6330 gloria_cleve@sd59.bc.ca

for more information and to register

These parenting classes are FREE thanks to



Public Notice regarding Covid-19:

Good day all,

Amidst this time of growing concern and uncertainty around COVID-19, I want to ensure you that your health and the health of all Saulteau First Nations citizens are top priority.

In addition to following guidance from local, national and international global health organizations, I have been monitoring and responding to the fast moving COVID-19 updates with the escalation of preventative measures. To navigate this situation as safely as possible, it is advised that the upcoming elections be postponed. Chief and Council have motioned that nomination procedures and elections be postponed for one (1) month until May 1st.

There will be ongoing assessment of the situation, and any future adjustments will be communicated to expeditiously to Saulteau First Nations citizens.

Greta Goddard
Electoral Officer



PUBLIC NOTICE OF NOMINATION AND ELECTION POSTPONEMENT

PUBLIC NOTICE IS HEREBY GIVEN to the eligible voters of the Saulteau First Nations that the 2020 Saulteau Nominations and Elections are postponed until further notice.

The health of all Saulteau First Nations is top priority. Health authorities have strongly advised against any public gatherings to prevent the spread of Covid-19.

Nominations and Elections will be held as soon as possible after health authorities lift preventative restrictions and deem conditions safe.

Electoral Officer Greta Goddard
hhlclassactfitness@gmail.com
250-783-0855
Tuesday, April 14, 2020

Birthday Wishes & Special Kisses

Happy belated 5th birthday on April 29th to
Damien Davis
From Gma Bernie and Sadie.

Happy 12th Birthday to Nicky Bourgeois and Happy 21st
Birthday to Quisha Assassin May 18th.
Love mom

Happy Birthday to my dad/grandpa Larry Pruden May
22nd. Love from Miranda and kids

Happy Birthday to Owen Gladue on May 1st, love from
gma Bernie, sister Sadie and brother Damien

A big Happy Birthday out to my boy Uriah on May 1st I
can't believe you are going to be 13
Lots of love my boy
Happy Birthfay on May 24 to my girl Kaitlynn
Love Emily and the family

Happy birthday to Chris Campbell on May 11
Love Mom, Ash and Misty

Happy 15th birthday to my love Mckenna Glover
Love mom & your family

Happy Birthday May 26th to my baby Emma
Love you to the moon and back
luv mamma

Happy birthday Jerri Lynn Morine - May 1
Happy birthday Adrianna- May 7
Love Mari, Samantha, Brooke, Ingrid
and the tribe.

Happy 9th Birthday Mathilda Napoleon!
Love mamma and your family

Happy birthday:
Magua Parenteau - May 5
Mardy Parenteau - May 10
Levi Parenteau - May 31
Uncle Doug Sorell - May 31
Love, The Barrett's

Happy birthday to my aunty Marian on May 7th. Love
Ashley and Nolan

Happy birthday to my great granddaughter
Nina Paquette.- May 6
Happy birthday to Magua Parenteau, Marty and
Levi Parenteau - May 2020
Love from the Sorell's
Happy 60th Birthday to my loving husband
Doug Sorell - May 31
Happy Anniversary to us , 33 years May 23,2020

Happy birthday to:
-Christopher Campbell, May 11th
-My love Shane Reynolds, May 12th
-My sweet granddaughter Olivia who will be a big girl of
1 year old, May 17th
- Happy Birthday Nicky Bourgeois and Quisha McMahon,
May 18th
-To the best dad in the world (Larry) May 22nd
-Happy heavenly birthday to my beautiful mom
(Lorraine) May 22nd
-Shaleena Watson, May 31st
-Happy Mother's Day to my daughters Chantelle, Krystal
and Shiny, and to my sisters Mary, Miranda and Rachel.
Happy Mother's Day to all you wonderful moms/
mommamas, aunts and grandma's out there
Love Debbie

Happy anniversary to Melva and Doug
Love your family and friends

Happy Anniversary Melva and Doug
Love Veronica and the kids

More To Wish For

Very Happy Birthday to: James Groves - May 3rd
Happy Birthday To Charles Groves - May 9th
Wishing My "Sunshine" Boys The Greatest 2020

Happy Birthday Tishauna May 5th
From Mom , Grandma, Annabell, Tamika and William

Happy birthday to my son Jeffery May 21
and my son Dallas May 16
Love Mom

Happy Birthday to Shaleena Watson
Love sister Laura and the family

Happy 15th Birthday Shae Desjarlais on May 19th
Love mom and your family

Happy 23rd birthday to Jason Hughes on May 1st
From your family. We love you

Happy 15th birthday Araiah May 20th
from Hannah and the family, we love you

Happy birthday Alaya, love mom and Jesse
Happy birthday kashton James love mom and dad
Happy 9th birthday May 17th to Mathilda Napoleon
Love always aunty

Happy Birthday May 3rd to
our momma and grandma Linda Courtoreille
Love always you Anita, Anthony, Greg
and all her grandchildren

Happy Birthday to my son's
James Groves May 3 & Charles Groves May 9
Love Mom

Happy birthday to Marlee Martens love Brooke!

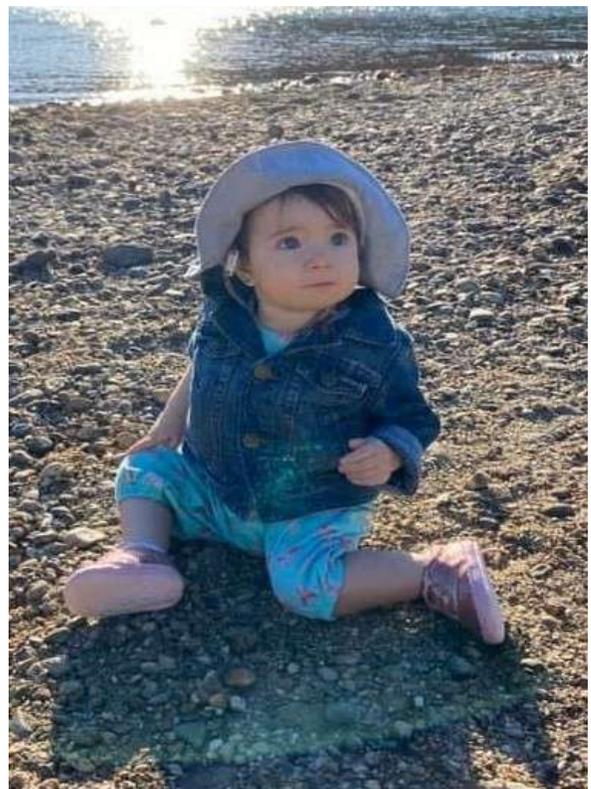
Happy Birthday to: Aunt Linda Courtorielle
& Robin Paquette - May 3rd!
and Anthony James - May 18th!
And to brother Robin Tupper on May 26!
From Yvonne

Happy happy day of birth to my niece Emma
May 26th - Auntie loves you to the moon and back

Happy 3rd Birthday to our girl
Taiga Richter on May 5!
Love Mommy, Daddy and Sisters

Happy to Kaitlyn G May 24 and Trevor G May 4
From auntie luv you hope you guys have a good day

Happy 1st Birthday to our Tiny Girl on May 17th
Olivia Rae Ross!!!
We love you so much!
Love Daddy, Mommy & Big Brothers



Happy Birthday to my oldest daughter Vicki Lorraine McAninch on May 16th. Happy Birthday to my second daughter Kimberly Mary McAninch on May 3rd. Happy Birthday to my niece Renee Hetu on May 16th. You girls have made this family so proud. Love mom Doreen and Aunty Doreen

Happy birthday to my dad, Robin Paquette on May 3rd. Love the Fullers

Happy birthday Jason Sawchuck on May 9th,

happy birthday 9th Mathilda Napoleon on May 17th,
Lots of love, your family

A very happy birthday to my baby Shadow Paquette on May 23, Mom and Dad love you

Happy 9th birthday Ms Kailey Paquette. We all love you bunches. Love Mom Neo Bretton Andrew and Kara

Happy Birthday Adrianna Bannana love the dozey neighbors.

Happy 14th Birthday to Trinity Gauthier!
Happy Birthday to my mom Geraldine Gauthier
Love Your big girl- May 1

Happy birthday Grama Geraldine Gauthier
love your grandbabies Aaliyah and Taiya

Happy birthday "my bestest friend " Alexander Davis hope you have a great day - May 2

Happy 16th birthday to my daughter Anna love mom, Mike, Daniel and Jacqueline May 5th

Happy 13th birthday Jacqueline Lapierre

love mom, Mike, Daniel and Annaliese May 19th

Happy birthday Mom, Marilyn Calliou, love Ginette, Sarah and Grandchildren xoxo May 13th

I'd like to wish our daughter Daphne Belcourt a happy birthday on May 23 please, love mom, dad, brother and sisters

Happy Birthday May 10 Dad!
May 31 Uncle Levi
From Miles

Happy Birthday!
May 11 Christopher Campbell
May 12 Shane Reynolds
May 18 Quisha & Nicky!
May 22 Grandpa Larry!
May 31 Shaleena Watson
Love Sean, Chantelle, Miles, Nixon & Olivia

happy birthday to Mathilda Raiya Napoleon
Love Grandma, Mom , and the crew

Thank you SFN Leaders

Hi, I received my money for groceries. I made sure it went a long way, and I greatly appreciate the help from Sauteau. I wasn't sure who to message so hopefully you can pass it along to C&C.
Thank you, and thank you C&C

Thank you to Sauteau First Nations for making it easier to stay home during vulnerable times.
Gratefully, Bjorklund/Davis Family

Thank you Sauteau First Nations for doing all that you can to keep us up to date and safe with our families during these troubled times.

Thank you SFN Leaders for doing your best!



May 31st Happy Birthday! Levi

May 10th Happy Birthday! Mardy

May 5th Happy Birthday! Magua

Birthday greetings Love from your family



Happy Birthday

May your birthday be extra special
May your dreams and wishes come true
Because no one else in the world
Deserves it more than you



Happy Mothers Day

Happy Mother's Day to Marvelene Watson
To the world, you are a **mother**, but to your family,
you are the world. Sending you all our LOVE!

Happy Mothers Day to my beautiful strong mom
(Shirley Letendre).

Love you to the Moon and Back .
Your loving daughter Jennifer LePretre.

Happy Mother's Day to my mother
Little Victoria Davis

Happy Mother's Day to Veronica Napoleon
and Gloria Morris

Sending lots of love, Melva Sorell

Happy Mother's Day to our rock
our momma bear Linda
Love from all of us
Xoxo

Happy Mother's Day Tanya Napoleon (mom)
Love Eva ,Miteaya, Lani, Ariel and Jason

Happy Mother's Day to Melvina Napoleon
From your daughter and the grand kidlets

Happy Mother's to my beautiful Mom
Yvonne Courtorielle
From her hubby Louie & daughters, sons,
grandchildren and great grandchildren!

Happy Mother's Day to best momma bear we
could ever have!!
You're absolutely amazing for everything you do
for us and our mini's.
Love Tashina, Janine, Nadine and
the Grand babies xoxo

Happy Mother's Day to Virginia Lalonde from the
Lalonde family



Congratulations to Krystal, Devon & Brooklyn on
your new arrival!!! Love Uncle Sean,
Aunty Chantelle & cousins Miles, Nixon & Olivia



Happy Mother's Day Grandma Debbie!!!
Love Miles, Brooklyn, Nixon, Olivia, Kallen,
Reagan & Brynlee

A Special Thank You



The staff and community members of Saulteau First Nations would like to send out a huge shout out to ALTEK for supplying us with sanitary products. We feel a bit safer going out to buy groceries and supplies for our families and home.

Thank You Altek

For your generous contribution during this difficult time,
on behalf of the Saulteau First Nations Members,
We thank you!

Tansi To All Community Members,

Our Vision

We, the Saulteau First Nations, will strive to be the Best Governed Nation, one that is proud, culturally strong and self-sufficient. As stewards of the land we will ensure that the best sustainable practices are followed, now and in the future. For as long as the 'sun shines, the grass grows and the rivers flow'. We remain proudly determined.

Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.

Remember to stay healthy, stay safe and take care of one another.

Thank you for keeping update with our SFN Community News

Be sure to check out our website at

<https://www.saulteau.com>

There are always new things being added to our newsletters.

Just a reminder that newsletter submissions can be made by anyone, if you or someone you know would like to make a newsletter submission for the upcoming months please contact
Kaylin Watson

Kaylin Watson

*Acting Communications
Coordinator*

Kaylin.Watson@saulteau.com
www.saulteau.com

T 250.788.7360

F 250.788.7261

Box 1020 Chetwynd BC

V0C 1J0

Ken Cameron	CHIEF	(250)788-7265	Chief@saulteau.com
Nathan Parenteau	COUNCILLOR	(250)788-7271	Nathan.Parenteau@saulteau.com
Juritha Owens	COUNCILLOR	(250)788-7269	jowens@saulteau.com
Rudy Paquette	COUNCILLOR	(250)788-7270	rpaquette@saulteau.com
Justin Gauthier	COUNCILLOR	(250)788-7268	justin.gauthier@saulteau.com

NEWSLETTER SUBMISSION DEADLINES For 2020

Due by 3pm on the dates of:

April 23rd

May 21st

June 22nd

August 21st

