

November 2021 Newsletter



Chief & Council



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jnapoleon@saulteau.com
(250) 788-7271

Penny Berg

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pberg@saulteau.com

Rudy Paquette

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Contact



Saulteau First Nations

1717 Boucher Lake Rd.
Moberly Lake, BC
V0C 1X0

(250) 788-3955
communications@saulteau.com

Monday to Thursday, 8:00AM-4:30PM

Saulteau First Nations

X-MAS Parade



Wednesday, December 15th

Judging – 3:30 pm

Parade Start – 4:00 pm

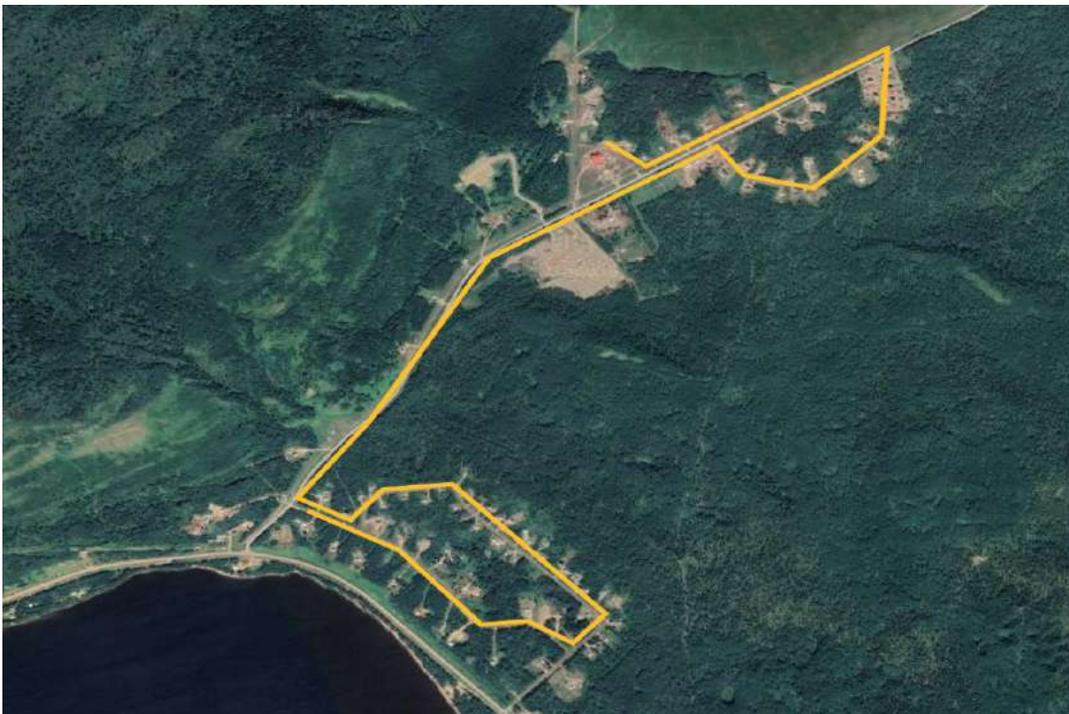


Would you like to be a part of SFN's 2021 Christmas Parade?

Prizes will be awarded for 1st, 2nd and 3rd

Seeking (3) Elder Judges – (honoraria provided)

Contact Paula Gammie for more information at 250-788-3955 ext 8120

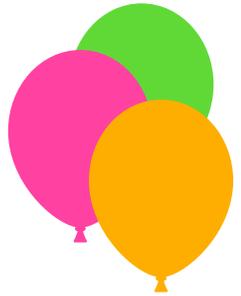


Happy Birthday



Happy birthday Dale Berg! - November 6th

Happy birthday Brooklynn Berg! - November 28th



Love Penny

Thank You!

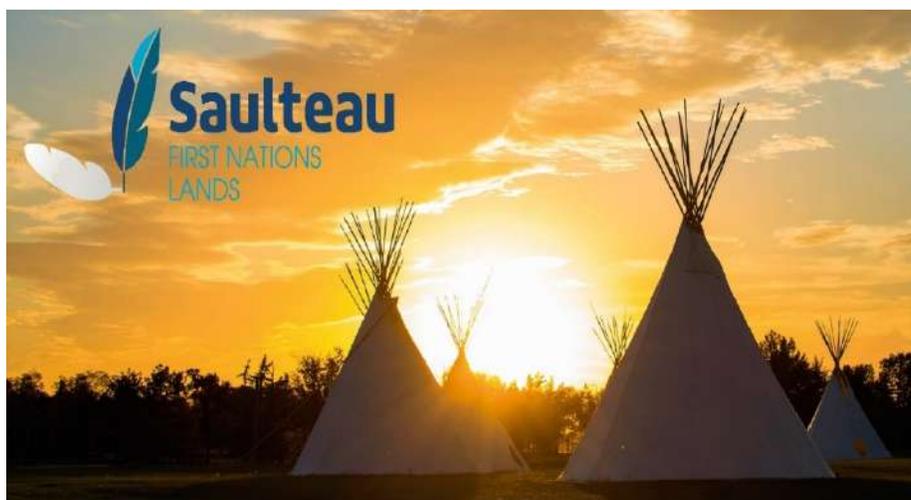


Huge THANK YOU to Commotion Creek for the 2 loads of sand for our Ice Rink.

The Recreation Committee will keep the community posted on future developments (flooding, ground work, etc.) as we will require volunteers to assist.



November 2021



Lands Officer - Mary Doyle



Hello SFN Members!

Thank you for taking the time to read my submission. I hope you are safe, well, and happy. ❤️

CCP Update

Community Engagement Schedule (Round 2)

| Proposed Date(s) | Time | Activity | Prizes |
|------------------|---------|---------------------------|----------------------------|
| November 1 | 2-4 pm | Chief and Council Meeting | |
| November 2 | 9-11 am | Staff/Managers Meeting | SFN Chains x3 |
| November 4 | 5-7 pm | Committee Meeting | SFN chains x2 |
| November 10 | 5-7 pm | Youth Meeting | Honoraria |
| November 15 | 5-7 pm | Community Meeting #1 | Honoraria |
| November 16 | 5-7 pm | Community Meeting #2 | Honoraria |
| November 2-12 | | Elders phone calls | SFN chains x3 Honoraria |

Due to the high number of covid cases and the current restrictions, we are unfortunately restricted to host meetings virtually. We are in the final stages of our CCP update and would very much appreciate your input into this process.

Due to the restrictions, we are unable to have the amazing door prizes and in person meetings...BUT, will be paying an honorarium to those who participate. This will be a one-time honorarium, no matter the number of meetings you attend. (Please see attached poster)





COMMUNITY MEETINGS FOR OUR CCP UPDATE

We have completed a first draft of our updated Comprehensive Community Plan (CCP). The updated CCP will guide how Saulteau governs itself and provides programs, services, infrastructure and housing in the community over the short to long term (20+ years). It is an important grassroots plan developed from the ideas and voices of our members.

Please join a meeting to discuss the new draft CCP to ensure it meets the community's current and future needs. Your input is valuable to making the CCP a success!

| | |
|-----------------------------|--------------------------------|
| Youth Meeting | Nov. 10, 5:00 - 7:00 PM |
| Community Meeting #1 | Nov. 15, 5:00 - 7:00 PM |
| Community Meeting #2 | Nov. 16, 5:00 - 7:00 PM |

All community events will be virtual. Please contact Ethan Cameron at ecameron@saulteau.com or 236-364-2012 for more information and to get involved.

All participants will be given an honourarium for their time.

SFN Recreation Committee Highlights



Ice Rink

Thank you to the volunteers and various donators, that made our ice rink possible. A huge shout out to our very own Megan Campbell, for accessing the funds necessary for the purchase of the rink and to Audra Wright and Ben Fry, from the Chetwynd & District Office, for assisting on Wednesday, October 20th set up.

Set up Crew: Marty Parenteau, Pearl Namutosi, Ben Courtorielle, Brian Desjarlais, Jordan Demeulemeester, Sandra Alexander, Megan Campbell, Tom Aird, Teena D., Mary D., MLC Crew (Brendan Conrad, Hannah Movold, Cheri Koenig), Gene Randell – SFN Maintenance

Donators: 4EG – Wayne Howes – clearing/leveling lot;
Commotion Creek - sand

SFN Recreation Committee (Tylene, Teena, Mary, Daphne, Lenora, Alycia, Tom, Brian, Randie, Sarah L, Falon G)

All those who came to lend support, SFN Finance, Lynn Munch, Alexi Verdurmen, Naomi, Ryan, Estelle, Travis Lalonde



In Search of Donations for our youth and members wanting to skate at our new ice rink this winter... looking for used skates, helmets, sticks, pucks for ALL Ages and Sizes 😊

All items will be stored at rink for everyday use



shutterstock.com · 719197795



Please contact Mary Doyle
mdoyle@saulteau.com

Tânisi Sauleau community,

As fall settles in I wanted to share with you some upcoming dates and events.

November 25th, 10:00 am to 12:00 pm, Sauleau Chronic Wasting Committee Meeting

Join Zoom Meeting

<https://zoom.us/j/91959711479?pwd=c3dwMVI5ckdxc2ZOM1pQZUZ2K2I5Zz09>

Meeting ID: 919 5971 1479

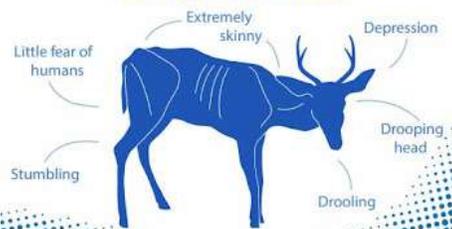
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CHRONIC WASTING DISEASE

Chronic Wasting Disease (CWD) is a threat to B.C.'s deer population.

Have you seen this?



Keep in mind, early stages of CWD are **not always obvious**.

Please report sick deer to the BC Wildlife Health Program or the Report All Poachers and Polluters Line (1-877-952-RAPP).

FOR MORE INFORMATION:
BC Wildlife Health Program
☎ (250) 781-3210
✉ call@bcwildlife.gov.bc.ca
🌐 www.gov.bc.ca/cronicwastingdisease.ca

STOP CHRONIC WASTING DISEASE
Do Not Import
Intact Deer Carcasses
Keep B.C. Wildlife Healthy



Going hunting?

Scan the QR Code below to find out how to submit a head for CWD testing.



December 2nd, 10:00 am to 12:00 pm, Sauleau Bear Committee Meeting

Join Zoom Meeting

<https://zoom.us/j/98158266371?pwd=NHU5R2JvSjkrantlOGs2VWw1jQ1FpQT09>

Meeting ID: 981 5826 6371

Passcode: yDiaZ1



With COVID restrictions, I am going to try this, so please give me feedback before and after these meetings.

This past month I have been busy with Oil & Gas inspections and security audits in the Dawson Creek, Groundbirch, Stewart Lake, Septimus and Kelly Lake areas. If you would like to learn more about these, please email me at tom.aird@saulteau.com or call to discuss further.

As logging season ramps up, am scheduling more field time to visit blocks in our territory. Should you have any concerns or questions, please get hold of me.

Now that hunting season winding down, I have been cleaning up camps as I come across them in our territory. For any hunting camps you come across that need attending to, please contact the RAPP line at 1-877-952-7277.

If you have any other questions, please call me at 250-788-6442 or 250-788-7290 and I will do my best to help you.

Kinanaskomitin,

Tom Aird

SFN Climate Change Initiative

This project consists of carrying out a climate change assessment on human health and wellness and developing a Climate Health Action Plan for Saulteau First Nations to prepare for and mitigate anticipated adverse human health and wellness impacts of climate change. The Climate Health Action Plan (CHAP) will primarily focus on access to and quality of traditional harvests, food security (specific to country foods), and clean water; these focus areas were all identified as potentially at risk in a preliminary watershed assessment carried out in the Moberly Lake watershed (Ecofish Research 2019). The climate change assessment is centered on the Moberly Lake watershed (see Figure 1), which is part

of an 'Area of Critical Community Importance' within SFN's traditional territory (SFN OCCP 2015). The Moberly CHAP will be developed through a collaborative planning process consisting of a community working group, surveys, and one-on-one interviews with resource users, Elders and Knowledge Holders to ensure Indigenous Knowledge (IK) is built into the planning process.

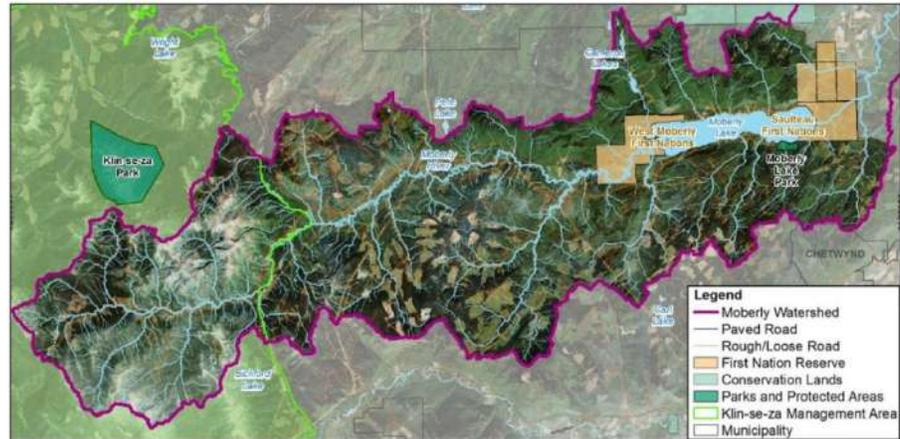


Figure 1. Map of Moberly Lake Watershed showing Saulteau First Nations IRs (Ecofish 2019)

The outputs from the Moberly CHAP are expected to lead to new and strengthened SFN programs to prepare for and build community resilience to climate-induced impacts on human health and wellness. Some key questions to be explored and answered during this project include:

- What are the most important human health and wellness values that community members are most concerned about in relation to future climate change effects in the Moberly Lake watershed?
- To what degree are identified human health and wellness values expected to be impacted in the face of climate change in the watershed: for example, degree of changes to water resources; aquatic and terrestrial habitats important to traditional harvests and country food security?
- What strategies and actions are most effective and needed to prepare for and mitigate future climate impacts on human health and wellness and build community capacity and resilience to respond to these risks?

In summary, this project will expand on existing knowledge about future climate change in the watershed and its health impacts, with a specific focus on health and wellness for SFN community members. It will provide insight into how changes to biophysical conditions in Moberly Lake and Watershed due to climate change may impact SFN community members' health and wellness in a variety of ways. While it is expected that there are direct impacts to health from climate change (e.g., loss of access to country foods and safe drinking water), there will also be indirect impacts on mental health and overall well-being through the loss of connection to traditional lands, opportunities for stewardship, and ability to meaningfully exercise Treaty rights.

Project success will be measured in a variety of ways, including but not limited to: building community resilience to climate change effects on human health; new and improved community programs; increased community capacity to prepare for and respond to climate change effects; increased community awareness and education about the nature of climate change effects; facilitating traditional knowledge transfer between youth and Elders and Knowledge Holders; generation and application of IK to climate action planning; involvement of youth in climate action; increased knowledge and capacity of SFN staff for climate and health planning; and several written reports (literature review, summary of community engagement, climate and health risk assessment, and the Moberly CHAP itself).

Next Steps:

1- Youth Engagement

- TREP is in the process of coordinating activities with the SFN Education, Moberly Lake Elementary, Health, and Social Development Departments as well as coordinating youth activities in the community. The project team will collaborate with these departments to engage SFN youth in COVID-19 safe ways, such as outdoor activities.

2- Traditional Knowledge

- Elders and Knowledge Holders will participate through multiple avenues, including surveys, interviews, and membership on the CHAP working group. Any interviews will be conducted by phone or in person in a COVID-19 safe manner.

Should you have any questions pertaining to the following program, please feel free to contact Teena Demeulemeester at 250-788-6912 or via email to tdemeulemeester@saulteau.com

Thank you, Hannah Davis for your logo design. This design will be used in the purchase of t-shirts for our school children & youth participating in this program.



Dawson Creek & District Chamber of Commerce and Women's Enterprise Centre have partnered with Saulteau First Nations to invite you to participate in a roundtable for Indigenous women entrepreneurs and aspiring entrepreneurs.

This roundtable will feature inspiring stories of local women who have tenaciously overcome challenges to build their business success. Our goal is to uncover opportunities for support on the path to success, however you may define success for yourself.

What you can expect from this roundtable:

- A safe space to share your passions and ideas for your existing or new business idea
- Inspiration from the experiences of Indigenous Women Entrepreneurs
- Information on resources available for your business
- An opportunity to share your ideas on Phase 2 of this program: on-going support

Steps to participate:

Fill out the application before November 19th, 2021, link posted below

1. You will then be contacted to arrange for your interview
 - a. Technology assistance can be arranged if needed. The purpose of the interview is to learn more about your business goals and intentions of participating in this roundtable.
 - b. There are 12 spots available in this first roundtable.
2. Confirmation of your spot in the roundtable
3. Time, date and location will be determined based on the group

Please fill out the application through this link if your interested in participating

<https://www.surveymonkey.com/r/WomensRoundtableApplication>

**CONGRATULATIONS
SAULTEAU MEMBERS !!**

**FOR COMPLETING AND PASSING THE 2 WEEK
ECO CANADA TRAINING PROGRAM**

**ENVIRONMENTAL MONITORING CORE MODULES
& RESEARCH SPECIALIZATION**

**YVONNE TUPPER
MELANIE GAUTHIER
MYRON GAUTHIER
KRYSTAL ANDERSON
CHELSEA GAUTHIER
RHODA PAQUETTE**

**THANK YOU FOR WORKING HARD &
COMMITTING**

NOVEMBER 2021

MUSKOTI LEARNING CENTRE EVENT CALENDAR

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|-----|---------------------|--|-----|-----|
| | 1 Birch Harvesting/ Processing | 2 | 3 Birch Baskets | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 Remembrance Day MLC Closed | 12 | 13 |
| 14 | 15 Class Breakfast | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 Hike/Snowshoe | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

★ For event times please phone (250-788-7368) or check in the classroom - dates & times may vary depending on weather/attendance.



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QUINETTE RECLAMATION WORKING GROUP

August - September 2021 Newsletter Update

The Quintette Mine is composed of three mining sites: Sheriff (Mesa/Wolverine Pits); Shikano Pit; and Babcock (Windy and Window Pits). The purpose of these bi-monthly newsletters is to provide updates on the on-going reclamation work at the Quintette Mine Property and to provide opportunities to First Nation members who would like to participate in the work.

McLeod Lake Indian Band, Sauteau First Nation, West Moberly First Nation, and Teck Legacy have been meeting quarterly since September 2016 to develop and implement the Quintette Legacy Closure and Reclamation Plan. The main objectives of the Reclamation Working Group are:

- Review and discuss planned reclamation programs,
- Exchange information,
- Provide input and guidance on refining closure and reclamation activities, and
- Identify First Nations opportunities to participate

What happened this period?

- Teck submitted a draft Project Description for the Bullmoose Selenium Management Plan and Sediment Pond 2 Diversion to regulators for review on September 9.
- Teck completed field work for the Bullmoose Aquatic Effects Monitoring Program in September. An AEMP is required every 3 years and the last one was completed in 2018.
- The Tentfire wildfire reached the Quintette site (i.e., Mesa and Wolverine areas) and an evacuation was ordered on August 13th lasting for two weeks.
- The heat wave in July had an effect on spring planting completed at Quintette during the summer.
- Early estimates suggest ~60% mortality in the stock and Teck has begun site preparation for the 2022 season.
- A Request for Proposal package for construction and installation of a new bridge across the Wolverine River will be distributed to companies and First Nations in 2022 for bids.

Collaboration

- McLeod Lake Indian Band, Sauteau First Nation, West Moberly First Nation, and Teck met on September 20 for the Q3 2021 Reclamation Working Group to discuss project updates.
- Teck is continuing to develop our contracting strategy for other key activities including earth works, environmental monitoring and environmental assessments. For additional information or to provide expressions of interest, please contact Legacy.Quintette@Teck.com



Tentfire Wildfire at Quintette



Kinnikinnick Planted at Quintette

Upcoming Events

New Beginnings House



Dance Group

Wednesday evenings at New Beginnings House

Starting November 3rd at 6:00 PM

This is to talk about dancing and what we need.

Craft Nights

Every other week

Starting November 12th from 7:00PM-9:00PM

Ribbon Skirts (limited space due to COVID)

We will gather a list of interested people and work on specific dates.

To sign up, please email Tylene Paquette at tpaquette@saulteau.com

Saulteau First Nations
Rental Housing Program
Policy & Procedures



Effective Date:

25.0 Rent Arrears and Payment Collection Process

25.1 Account in Arrears

The rent payment (the payment) is due to be paid by the tenant to SFN on the first day of each month. Where the tenant does not pay the payment due by the end of the day it is due, or only a partial payment is made, the payment is considered in arrears unless payment is being made by payroll deduction (i.e., paid bi-weekly) or through the social development department.

25.2 Tenant Counselling

A representative of the housing department is available to meet with a tenant, at any time, to offer counselling as it relates to the payment/financial obligations on their rental account.

25.3 Collection Process – First Notice

Where the tenant fails to make the rent payment (the payment) as required, a first notice shall be sent to the tenant within seven (7) calendar days of the first month that the payment is missed or if only a partial payment is received. The following shall apply:

- a) The notice shall remind the tenant that the account is in arrears and shall confirm the amount of the arrears;
- b) The notice shall confirm that the tenant must pay the payment arrears in full or meet with housing department and enter into an arrears agreement to pay the arrears within 10 calendar days of the date the first notice was sent. The notice shall include contact information for the housing department; and
- c) The notice shall confirm that if the tenant enters into a repayment agreement, a minimum of 25% of the payment arrears must be paid by the tenant when the agreement is entered into. In such cases, the section of the policy related to *Repayment Agreement* shall apply; and
- d) The notice shall confirm the consequences of failing to pay the arrears or enter into an arrears agreement which shall include:
 - i. Suspension of the fiber optic services provided to the tenant by SFN effective the day following the end of the 10-calendar date deadline included in the notice. The notice shall advise that where the fiber optic services are suspended, a reconnection fee shall be payable by the tenant to SFN;
 - ii. Suspension of all payments/disbursements from SFN to the tenant, effective the day following the end of the 10-calendar date deadline

Effective Date:

- included in the notice. Any payments/disbursements shall be applied to the arrears until the arrears are paid in full; and
- iii. As a last resort, proceed with termination of tenancy (eviction).

In an effort to resolve the arrears, the housing department shall make every effort to contact the tenant by telephone at least once within the first week after the first notice is delivered.

25.4 Collection Process – Termination of Tenancy Notice

- 25.4.1 Where the tenant fails to pay the arrears in full or enter into a repayment agreement at the end of the notice period included in the first notice, the housing department shall issue the Termination of Tenancy Notice to the tenant. The notice shall include:
 - a) The date the notice is being sent;
 - b) The tenant's name(s);
 - c) The address of the premises concerned;
 - d) Confirmation that the tenant has five (5) working days from the date of the deadline in the Termination of Tenancy Notice to pay the rental arrears in full by cash or pre-authorized debit. The notice shall confirm that an arrears agreement shall not be accepted; and
 - e) Confirmation that failing to pay the rent shall result in the housing manager proceeding with eviction as noted within this policy. A copy of the section of this housing policy related to *Termination of Tenancy and Recovery of Costs* shall be sent with the notice.
- 25.4.2 The notice shall be delivered to the tenant either:
 - a) By hand to an adult person (19 years of age or older) living in the rental unit; or
 - b) By securely fastening the notice to the front door of the rental unit with a third-party as witness to the delivery of the notice; or
 - c) By ordinary or registered mail.

The housing manager shall make every effort to contact the tenant by telephone and/or in person at least twice after the notice is delivered.

- 25.4.3 The housing manager shall provide written notice to the Director of Operations (DOO) that this notice has been issued. As part of the notice, the housing manager shall provide evidence of written notices and documented efforts to contact and meet with the tenant and counsel them on the consequences of failing to resolve the arrears/breach of the rental agreement.

COVID Vaccines

Health Centre



COVID vaccines will be available at the SFN Health Centre once weekly between now and Christmas.

Please call Heather for an appointment.

Those who received notice from public health that they need a third dose of the COVID vaccine can call Heather to arrange this. Please bring your notice with you when you come.

Third doses are currently only offered to those with lowered immunity (due to cancer treatments, organ transplant or certain medications).

Flu vaccine clinics will be happening at the SFN Health Centre during November and December. Please watch for date announcements for these clinics.

SFN Community

Baby Welcoming 2021



Our *Community Health Nurse* Heather is gathering information on all babies born in 2021 to start preparing for **Baby Welcoming 2021**.

Please email the information below to heather.lirette@saulteau.com

Baby Welcoming 2021

- *First and last name of newborn*
- *Birthday*
- *Gender*
- *First and last name of parents*
- *Where you currently live*
- *Phone number to be reached at*

NOVEMBER 2021 SFN Health Centre VACCINE Calendar

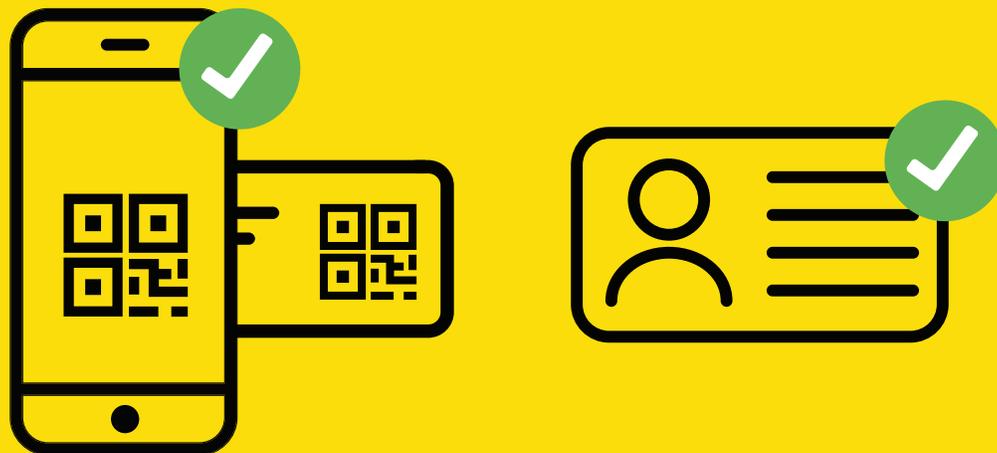
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|-----------|--|--------|----------|
| | 1 | 2 COVID VACCINES By appt 10am - noon | 3 | 4 FLU VACCINES By appt 9am to 3:15pm | 5 | 6 |
| 7 | 8 | 9 COVID VACCINES By appt 10am - noon | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 COVID VACCINES By appt 10am - noon | 24 | 25 FLU VACCINES By appt 9am to 3:15pm | 26 | 27 |
| 28 | 29 | 30 COVID VACCINES By appt 10am - noon | | | | |



To book appointments for Covid or flu VACCINES call Melva 788 7280.
 COVID testing is done by appointment most days. Call Melva (7280) or Heather 250 788 7371.
 PNEUMONIA vaccines available – call Heather to discuss eligibility

PROOF OF VACCINATION REQUIRED

PLEASE HAVE YOUR BC VACCINE CARD AND ID READY



Patrons must show proof of COVID-19 vaccination, by order of the Provincial Health Officer. Please have your official proof of vaccination and government-issued photo ID ready. Thank you for helping to keep our community safe.

➤ Scan this code to get your BC Vaccine Card now:



➤ Need a paper copy of your BC Vaccine Card or a bit of extra help? Ask a friend or family member to print your electronic card or call **1-833-838-2323** to get your card mailed to you.

For these guidelines, “a drink” means:



Beer
341 ml (12 oz.)
5% alcohol content



**Cider/
Cooler**
341 ml (12 oz.)
5% alcohol content



Wine
142 ml (5 oz.)
12% alcohol content



Distilled Alcohol
(rye, gin, rum, etc.)
43 ml (1.5 oz.)
40% alcohol content

▶ YOUR LIMITS

Reduce your long-term health risks by drinking no more than:

- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

Plan non-drinking days every week to avoid developing a habit.

▶ SPECIAL OCCASIONS

Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on any single occasion. Plan to drink in a safe environment. Stay within the weekly limits outlined above in **Your limits**.

▶ WHEN ZERO'S THE LIMIT

Do not drink when you are:

- driving a vehicle or using machinery and tools
- Taking medicine or other drugs that interact with alcohol
- Doing any kind of dangerous physical activity
- Living with mental or physical health problems
- Living with alcohol dependence
- Pregnant or planning to be pregnant
- Responsible for the safety of others
- Making important decisions

▶ PREGNANT? ZERO IS SAFEST

If you are pregnant or planning to become pregnant, or about to breastfeed, the safest choice is to drink no alcohol at all.

▶ DELAY YOUR DRINKING

Alcohol can harm the way the body and brain develop. Teens should speak with their parents about drinking. If they choose to drink, they should do so under parental guidance; never more than 1–2 drinks at a time, and never more than 1–2 times per week. They should plan ahead, follow local alcohol laws and consider the **Safer drinking tips** listed in this brochure.

Youth in their late teens to age 24 years should never exceed the daily and weekly limits outlined in **Your limits**.

Low-risk drinking helps to promote a culture of moderation.

Low-risk drinking supports healthy lifestyles.



SAFER DRINKING TIPS

- Set limits for yourself and stick to them
- Drink slowly. Have no more than 2 drinks in any 3 hours.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking
- Always consider your age, body weight and health problems that might suggest lower limits.
- While drinking may provide health benefits for certain groups of people, do not start to drink or increase your drinking for health benefits.

Low-risk drinking helps to promote a culture of moderation.



Low-risk drinking supports healthy lifestyles.

CCSA wishes to thank the partners who supported development of Canada's Low-Risk Alcohol Drinking Guidelines.

Visit our website to find out more!
www.ccsa.ca



Reference:
Butt, P., Beirness, D., Gliksmann, L., Paradis, C., & Stockwell, T. (2011). *Alcohol and health in Canada: A summary of evidence and guidelines for low-risk drinking*. Ottawa, Ont.: Canadian Centre on Substance Abuse.

The Canadian Centre on Substance Use and Addiction changes lives by bringing people and knowledge together to reduce the harm of alcohol and other drugs on society. We partner with public, private and non-governmental organizations to improve the health and safety of Canadians.



500-75 Albert Street, Ottawa, ON K1P 5E7
Tel: 613-235-4048 | Fax: 613-235-8101
Charitable #: 122328750RR0001
Developed on behalf of the National Alcohol Strategy Advisory Committee
© Canadian Centre on Substance Use and Addiction 2018
Cette publication est également disponible en français.

Canada's LOW-RISK ALCOHOL DRINKING GUIDELINES

Drinking is a personal choice. If you choose to drink, these guidelines can help you decide when, where, why and how.



Evidence. Engagement. Impact.

Signs of stroke

Stroke is a medical emergency. If you experience any of these signs, call 9-1-1. Do not drive to the hospital. An ambulance will get you to the best hospital for stroke care.

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

© Heart and Stroke Foundation of Canada, 2018

How the Brain Changes With Age



Our bodies change in noticeable ways as we age. Our hair grays, our skin wrinkles and loses its elasticity. Less obvious are the changes happening in our brains.

Much like muscles and joints, certain cells in our brains can stiffen up too, as evidenced in a recent study in mice. This is just one of many ways our brains change as we age – from declines in memory and cognitive abilities, all the way down to microscopic changes to brain cells and chemistry.>

Cognitive Changes

The normal aging process brings subtle changes in cognitive abilities. Committing new information to memory and recalling names and numbers can take longer. Autobiographical memory of life events and accumulated knowledge of learned facts and information – both types of declarative memory – decline with age, whereas procedural memories like remembering how to ride a bike or tie a shoe remain largely intact.

Working memory – the ability to hold a piece of information in mind, such as a phone number, password, or the location of a parked – also declines with age. Some studies suggest a slow decline starts as early as age 30. Working memory depends on the rapid processing of new information rather than on stored knowledge. Other aspects of this kind of fluid intelligence, such as processing speed and problem-solving, also decrease with age.

Certain aspects of attention can become more difficult as our brains age. We may have a harder time focusing on what our friends are saying when we're in a noisy restaurant. Our ability to tune out distractions and focus on a particular stimulus is called selective attention. Splitting our focus between two tasks – like holding a conversation while driving – also

becomes more challenging with age. This type of attention is called divided attention.>

But it's not all downhill after age 30. In fact, certain cognitive abilities improve in middle age: the Seattle Longitudinal Study, which tracked the cognitive abilities of thousands of adults over the past 50 years, showed people actually performed better on tests of verbal abilities, spatial reasoning, math, and abstract reasoning in middle age than they did when they were young adults.

Contrary to the adage that you can't teach an old dog new tricks, there is growing evidence that we can and do learn throughout our lives.

Neuroscientists are learning our brains remain relatively "plastic" as we age, meaning they're able to reroute neural connections to adapt to new challenges and tasks.

Structural Changes

All of these alterations in cognitive ability reflect changes in the brain's structure and chemistry. As we enter midlife, our brains change in subtle but measurable ways. The overall volume of the brain begins to shrink when we're in our 30s or 40s, with the rate of shrinkage increasing around age 60.

But, the volume loss isn't uniform throughout the brain — some areas shrink more, and faster, than other areas. The prefrontal cortex, cerebellum, and hippocampus show the biggest losses, which worsen in advanced age.

Our cerebral cortex, the wrinkled outer layer of the brain containing neuron cell bodies, also thins as we age. Cortical thinning follows a pattern similar to volume loss and is especially pronounced in the frontal lobes and parts of the temporal lobes.

The areas of the brain that experience the most dramatic changes with age are also among the last to mature in adolescence. This has led scientists to propose a "last in, first out" theory of brain aging — the last parts of the brain to develop are the first to deteriorate. Studies of age-related changes to white matter support this hypothesis. The first of the brain's long-distance fibers to develop are the projection fibers connecting the cortex to lower parts of the brain and spinal cord. Fibers connecting diffuse areas within a single hemisphere — called association fibers — are the last to reach maturity and show the steepest functional declines with age.

Neuronal Changes

Changes at the level of individual neurons contribute to the shrinkage and cortical thinning of the aging brain. Neurons shrink and retract their dendrites, and the fatty myelin that wraps around axons deteriorates. The number of connections, or synapses, between brain cells also drops, which can affect learning and memory.

Although synaptic changes are selective and subtle, their effect on cognitive decline is believed to be greater than the effects of structural and chemical changes. In the prefrontal cortex and hippocampus, scientists have observed alterations in dendrites, the branched extensions of nerve cells that receive signals from other neurons. With increasing age, dendrites shrink, their branches become less complex, and they lose dendritic spines, the tiny protuberances that receive chemical signals.

In a study of rhesus monkeys, scientists found the aging process targets a certain class of spines called thin spines. These small, slender protuberances are also highly plastic structures, extending and retracting much more rapidly than the larger “mushroom” class of spines. This has led scientists to speculate that thin spines might be involved in working memory, which requires a high degree of synaptic plasticity. The loss of thin dendritic spines could impair neuronal communication and contribute to cognitive decline.

Finally, the formation of new neurons — a process called neurogenesis — also declines with age. Although scientists once thought neurogenesis came to a halt after birth, we now know that two brain regions continue to add new neurons throughout life: the olfactory bulbs and the dentate gyrus of the hippocampus. But the jury is still out on these findings — in a 2018 study, researchers failed to find any evidence of new neurons in adult brains. They suggested neurogenesis is rare in adults or that it happens to such a small degree that it’s undetectable. And, even if new neurons do appear later in life, scientists don’t know if they could integrate into long-established brain networks or affect cognition. Still, studies in mice have found that strategies to boost neurogenesis, such as regular exercise, can improve cognitive function.

Chemical Changes

As we age, our brains may also generate fewer chemical messengers. Several studies have reported that older brains synthesize less dopamine, and there are fewer receptors to bind the neurotransmitter. One study found 60- and 70-year-olds with mild cognitive impairment had less serotonin in their brains, and the researchers wondered whether manipulating serotonin levels might help prevent and treat memory loss. Our brains undergo myriad changes during the aging process. However, scientists are learning every day how adopting a healthy lifestyle can delay or minimize the negative consequences of these changes.

(adapted from <https://www.brainfacts.org/thinking-sensing-and-behaving/aging/2019/how-the-brain-changes-with-age-083019> APRIL 22, 2021)

Oral Care for Your Baby



Babies' teeth usually start coming in around six months of age. Baby teeth are very important and your baby needs your help taking care of them.

Babies and children need their teeth for eating and speaking well, to help adult teeth grow straight and strong and for smiling! Start oral care before baby teeth appear. Use a clean, soft cloth to wipe gums and mouth twice each day from birth.

Once the first tooth appears, brush morning and at night with a soft baby toothbrush and a grain of rice-sized amount of fluoride toothpaste. Brush where the teeth and gums meet, the top of teeth, the sides, and the tongue. If teeth touch each other, use floss. Make tooth brushing fun and a part of your child's daily routine. [Watch a video](#) about brushing your baby's teeth.

When your child is three years of age, increase the amount of fluoride toothpaste to a small pea-sized amount. Brush for your child when he is very young, and brush with them when they are older. Healthy food helps build strong teeth, avoid sugary drinks, high sugar or sticky foods, and offer water in a lidless cup between meals. Supervise your baby or toddler when they eat or [drink](#) and avoid giving any food, drink or bottles in bed.

Learn more about in a video about [Preventing Early Childhood Tooth Decay](#).

Bacteria in the mouth can cause tooth decay, avoid sharing spoons, or toothbrushes with your child and remember to replace your child's toothbrush when it looks worn, or after an illness. Check your child's teeth regularly. Visit your dental office if you see brown or white spots on your child's teeth or if you have questions.

The Canadian Dental Association and the British Columbia Dental Association recommend taking your child for their first dental visit by age one or six months after their first tooth appears. Start dental care early to prevent problems. Get tips on how to brush your child's teeth, ideas on choosing healthy food and drinks and how to check for early signs of tooth decay.

Ask your dentist if they provide dental care for young children. If they don't see young children, they can refer you to a dentist who does. Or you can call the British Columbia Dental Association at 604-736-7202 or find a BC dentist [online](#).

When visiting your dentist, make sure to schedule the appointment for when your baby is well-rested. You can even bring one of their favourite toys or blanket to your child's first dental visit.

You may want to ask the dental office how much the appointment will cost. If paying for dental care might be a challenge for your family, check to see if you have "Healthy Kids" benefits by calling 1-866-866-0800 or check [online](#). The dental office will use your child's BC Care Card number to see if your child is covered by this program so remember to take your child's care card to the appointment.

Read more in HealthyFamiliesBC about [Dental Care and Teething for Toddlers](#).

(Adpted from <https://www.healthyfamiliesbc.ca/home/articles/oral-care-your-baby> April 22, 2021)