

October 2021 Newsletter



Chief & Council



Chief Justin Napoleon

Davis Family Councillor
jnapoleon@saulteau.com
(250) 788-7271

Penny Berg

Courtoreille Family Councillor

Rudy Paquette

Desjarlais Family Councillor
rpaquette@saulteau.com
(250) 788-7270

Falon Gauthier

Gauthier Family Councillor
fgauthier@saulteau.com
(250) 788-7268

Juritha Owens

Napoleon Family Councillor
jowens@saulteau.com
(250) 788-7269

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

Courtoreille Family Councillor



Penny Berg

It's an honour to be selected by membership for the position of Courtoreille family Councillor.

Thank you.

I will serve my term with intent and focus, and help our Nation preserve our treaty rights and protect our traditional lands.

I will conduct myself with Integrity, honesty, and transparency.

I will demonstrate fairness, efficiency, and consistency.

I will respond with respect and compassion in my communications.

And last, but not least, I will promote leadership and teamwork around the council table to ensure the best possible governance of our Nation.

Respectfully,

Penny Berg



Happy Retirement Ken Cameron



We wish Ken the very best in his retirement and a heartfelt thank you for all of his services to SFN.

Your presence will be missed!

OCTOBER 2021



MUSKOTI LEARNING CENTRE EVENT CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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

SFN Notice on Garbage Collection!!

~~~~~ Garbage Collection Policies.....

- 1) Will be picked up 1x per Week (Various Locations)
- 2) Will Only Pick up Household Garbage
- 3) Garbage must be put in tied plastic bags—
No boxes *** **2 Bags Maximum per week*****
- 4) **Will NOT Pick Up**....
 - a) Meat, Bones or Animal Carcasses -
(PRRD will not allow this)
 - b) Yard Garbage, Leaves, or Grass Clippings
 - c) **No Cat Litter or Animal Feces**
 - c) If there is a threat of dogs, garbage
will not be picked
up at that location.



Quarterly Report (2nd Quarter)

July to September 2021

- ❖ Lands Annual Report
 - Review 2020-2021 quarterly reports
 - Prepare and submit relevant Department related events in report format by end of August to Administration
- ❖ Lands Budget Review
 - Update Quarterly Budget
 - Provide variance report to C&C/Admin for review
 - Prepare a financial expenditure tracker spreadsheet
 - tracks quarterly expenditures per account item
- ❖ CCP/SFN Land Use Economic Development Plan
 - Regular check in meetings with Lands/Urban Systems
 - Survey Prize Draws – 3 prizes awarded
(Hank Paquette Jr., Carmen Richter, Victoria Davis)



Date	Schedule	Location
August 3 (Tuesday)	10:00am-12:00pm (Council Workshop)	School Gym
	1:00pm-3:00pm (Manager's workshop)	School Gym
	6:00pm-8:00pm (Dawson Creek Meeting)	George Dawson Inn
August 4 (Wednesday)	10:00am-12:00pm (elders meeting)	School Gym
	1:00pm-3:00pm (Committee meeting)	School Gym
	3:00pm-5:00pm (youth meeting)	School Gym
	6:00pm-8:30pm (Community Meeting)	School Gym
August 5 (Thursday)	6:00pm-8:00pm (Grande Prairie meeting)	Podollan Inn & Spa

- Community Engagement Meetings- (Phase 1)
 - venue/meal planning
 - door prizes/bingo prize purchases
 - Advertising (SFN Community FB Pages/Door-to-Door Notice Deliveries)
 - Jesse RE Zoom set up
 - Arrange Transportation for meetings (Jim Davis)
 - Community Engagement thank you- participation post

- ❖ Cultivating Safe Spaces- Virtual Training – (July 2021)
 - Organized for CCP Committee participation
 - The session will provide an interactive space focusing on the following:
 - Learn how to structure virtual and in person meetings and sessions to cultivate safe space
 - Learn concrete tools to promote diversity and inclusion
 - Gain confidence in self and learn the best facilitation techniques to engage all participants, including those with differing perspectives and experiences
 - Build knowledge, professional resiliency, communication and conflict resolution skills and confidence to work from trauma informed facilitation techniques

- ❖ CCP Committee/Urban Systems Introduction
 - Introduction meeting between Urban Systems (Dan) and CCP Committee Members
 - Presentation on CCP Objectives
 - Committee Responsibilities and tentative meeting dates

- ❖ CCP Survey (1st round)
 - Urban Systems to present survey results to C&C and CCP Committee
 - September 16th – 10am (C&C)
 - September 21st (Committee)

- ❖ TREP Monthly Staff meetings:
 - July 14th
 - August 30th
 - September 27th

- Prepare BIO for TREP Annual Calendar- (2022)
- Carbon Lake Grand Opening- August 3rd

- ❖ BRFN Case Workshop
 - what does legal win mean for T8 FN's – Presentation James Hickling
 - Moving forward- Sauteau Strategy

- ❖ Health Fair – **CANCELLED (COVID RISE)**
 - Volunteer for Front Door Greeter
 - Ensure masks are worn, sign in required, hand sanitization, and prize draws

- ❖ Recreation Committee
 - Playground
 - Ice rink
 - Recreation Committee Meeting – September 15th and 22nd
 - Regular weekly meetings until completion of project
 - Inquiry into 4EG leveling, gravel for site, set up, maintenance, etc.
 - Discussed x-country skiing, hiking trails, sliding hill

- ❖ Land Based Learning Cabin – Pemmican Grounds
 - Education Program – Jerri Morine
 - Assist Electrician - Rick P
 - BC Hydro service application/Engineered Specs

- ❖ Youth Cultural Camp (August 16-21) – Carbon Lake
 - TREP Watershed Discussion/Activities
 - Hike to Falls
 - Hike Battleship

- ❖ Workplace Health & Safety
 - Randie at community engagement meetings
 - Sarah – Youth Cultural Camp
 - attend future meetings incorporate health & Safety discussions, etc

- ❖ EMERGENCY 1200 – ISC Level 100
 - Emergency Management BC via Justice Institute of BC
 - Online Training – 7 hours to complete
 - Goal:
 - Provide first responders and site-support personnel with an introduction to the principles of the Incident Command System (ICS)
 - Learning Outcomes:
 - Define the ICS
 - Identify applications of the ICS
 - Describe the working relationships between the different response and support levels
 - Describe the twelve ICS Principles
 - Identify common responsibilities for ICS personnel

- ❖ First Nations Land Management – Framework Agreement (Land Code)
 - August 2020 - SFN added to Land Advisory Board (LAB) Intake List
 - December 2020 - ISC Inquiry and Finalization of Assessment of SFN’s readiness for entry into FNLM Regime
 - Introductory Meeting: Chief Louie & Jackie Brown (LABRC), SFN C&C/Admin, James Hickling
 - LABRC in full support of SFN’s application
 - July 2021 – Jackie Brown (LABRC) Approval of Signatory Framework Agreement
 - September 2021 – Discussion and Budget Review of Framework Agreement
 - October 2021 – Signing of Framework agreement with ISC

- ❖ Confidentiality and Professionalism in the Workplace
 - Sept 14th & 21st – 3-hour training sessions
 - Workplace Series: Owing our job, Professionalism, Confidentiality, Solutions to Live and Work by
 - The workplace is key to this evolution. We develop, learn how to be our personal best, and how to interact with all kinds of people at work. Every organization has a responsibility to provide the best possible, healthy environment for each individual’s development so the organization can meet its own unique contribution.

- ❖ Emergency Management – September 22/21
 - Develop work plan for SFN Emergency Management Safety Program
 - Develop Hazard/Risk/Vulnerability Assessment (HRVA) for SFN

- ❖ Courtorielle Family Bi-Election
 - Participate in Electoral Process for Nation
 - Sept. 7th - Call for Nominations
 - Sept. 21st - Nomination Meeting – 6 pm – 8 pm at SFN Band Office, Gymnasium
 - Sept. 22nd - Candidate's Forum (recorded and published online)
 - Sept. 22 - 24 - Online video posting
 - Sept. 25/26 - Electronic Voting
 - Sept. 28 - Advanced Voting 12 noon - 9 pm
 - Sept. 29 - Final Voting Day 9 am - 9 pm; final count to follow
 - Oct 4 - Formal Acceptance of position; Swearing in Ceremony

- ❖ Ladies Drop-In Hockey
 - inquire w/ Rec Centre for ice time starting September
 - Costs/Insurance Coverage? (ice- \$128.84/hr)
 - Vaccination Passport required (covid restrictions)
 - Sign Up Forms/Treasurer
 - Possible Sundays (7:45-8:45)
 - Possibly arrange for SFN Ice Rink upon development

- ❖ Sewage Wastewater Disposal System- Urban Systems
 - Design stage, Project kickoff (Budget approved by ISC)
 - Connect homes in sewage collection system (lake view, Riverside area)
 - Aerated lagoon, less maintenance required, no ice development on site
 - Odour- tree buffer to help lessen concern
 - Non-aerated creates duck weed. More maintenance required
 - Approximate location determined. (Walk site today)
 - Own source funding required for many years of faulty subdivision development -70% failure
 - community engagement meetings:
 - Add to CCP engagement discussions
 - Urban to arrange info to newsletter submission (October submission)
 - Next steps-
 - Consultants required
 - Surveyors (21-29)- Geotech (Walk through site w/gene)
 - Goulder- digger
 - Robin Clarke- timber cruise
 - Archaeology- Environmental
 - Monitor required (date unknown at this time)
 - predesign phase - 2 months to complete
 - Design phase- regular maintenance crew involved
 - field work: Walk through lagoon site (Sept 15)

- ❖ Xmas Planning
 - discussions beginning
 - Briefing Note sent to council regarding budgets for events (Community, Elders, Kids, staff)
 - Budgets available for events

- ❖ Managers Meeting
 - Regular Monthly meetings commencing Sept 20/21
 - 3rd Monday of every month following regular staff meetings

- ❖ Enterprise Work Group
 - Internal GIS, Interactive Web Mapping System
 - SFN In-house Lot Mapping System
 - Ryan provides GPS coordinates for lot applicants
 - Set up access for Lands to access, update new lot locations

- ❖ Monitor available lot Locations-
 - Onion Hill Sub
 - potential housing development – 2022

- ❖ Lot Applications and Inquiries for period-
 - 9 New Applications received for Period

Ongoing Discussion and Review:

- 8 applicants



Thank you for taking the time to check out the brief description about some of the work, projects and events, the Lands Department has been doing and participating in, throughout this last quarter.

Please feel free to give me a shout or email, should you have any questions or suggestions.

The CCP Review is still in progress, but with the rise of covid cases throughout BC, we have not yet identified how the process of Community Engagement will continue through October and November. We will be sure to keep you posted on the CCP Community FB Page. If you are not yet a member of the page, please feel free to request to be added.

I hope you are all well and safe.
Take Care,

Mary N. Doyle
Lands Officer
Saulteau First Nations
Tel: 236-364-2012
Email: mdoyle@saulteau.com



Caretakers Cabin – Carbon Lake

Background:

In 2020 BC Hydro donated a cabin from Lynx Creek, Hudson's Hope area, to Saulteau First Nations.

This past summer, TREP had it delivered to Carbon Lake where a few renovations were completed. A new floor was built, as it had been donated floorless, new windows, and a new front deck, which had all been paid via BC Hydro.

The cabin will be the new care takers cabin to monitor incoming and outgoing traffic, to take bookings, and lock and open the gate daily.

The Carbon Lake Campsite is now closed for the season and will re-open in June 2022.



Tansi Saulteau Community, in anticipation of the coming of colder weather, I wanted to share some tips from the David Suzuki Foundation to make your home warmer and possibly save you a few dollars.

Six ways to make your home more energy efficient:

1. **Draft-proof your home.** Drafts can waste five to 30 per cent of a home's energy. Try testing doors, windows and chimneys with incense or a candle. Where the smoke wavers, a draft is blowing in. To seal leaks, make or buy a "door snake" and caulk and weatherstrip doors and windows. You can also add small insulating covers underneath the wall plates of the electric outlets on outside walls, or adjacent to cold basements and crawl spaces. Most of these items can be purchased at a hardware store.
2. **Insulate your windows.** Hang heavy curtains to keep the cold out and the cozy in. An even cheaper solution is to apply insulation film, available at most hardware stores. This plastic shrink film is easy to apply and keeps in much of the heat that would otherwise escape through windows.
3. **Reverse your ceiling fans.** Many ceiling fans have a reverse mode. When they turn clockwise, they push down the warm air that pools near the ceiling and circulates it through the room. Magic!



4. **Change your furnace filters.** Dirty filters restrict airflow and increase the energy demand of your furnace by making it work harder. Make sure to replace your furnace filters at least every three months during the heating season or ask your landlord to. Better indoor air quality is a nice side benefit of this energy-saving tip. Also, consider switching to a washable filter, which will reduce waste and is more effective.
5. **Heat the people not the space.** Keeping people warm is much more efficient than heating a whole space. Put on a sweater and slippers. Use an electric heat blanket or hot water bottle. Drink hot drinks. Get cozy.
6. **Mind your thermostat.** For every degree you turn down the thermostat, you can save between 1.5 and five per cent of your heating bill. Keep your space cooler (see #5) and turn down the thermostat when you're not home or are sleeping. A programmable thermostat will help you get efficient and consistent.



If you have any questions, please call me at 250-788-6442.

Kinanaskomitin,

Tom Aird

Historically

The on-site septic systems throughout Saulteau First Nations Lakeview and Riverside Subdivisions no longer effectively service the community. These on-site systems have exceeded their service life and in their current state pose public health and environmental concerns. The majority of the systems are over 35 years old and it is understood that many systems were constructed below applicable standards. There have been numerous reports of sewage backups into homes and sewage surfacing in the community.

In 1999/2000 a Stage I and Stage II Feasibility study was completed, and a report was prepared in 2001. It was documented in those reports that the variable soil conditions the construction methods and the number of occupants in the home have contributed to the failed fields.

In 2018, a feasibility study considered many different types of sewage treatment systems. The servicing options were evaluated based on several social, environmental, and economic factors.

This project is identified as the top priority on Saulteau First Nations FNIIP (First Nation Infrastructure Investment Plan). Issues with the on-site septic systems have been on going since the 1990's, and it is clear that a long-term solution is warranted. A new communal wastewater collection, treatment, and disposal system will significantly improve the level of service and help to address the current public health and environmental concerns.

Community Engagement

The community has been involved in various presentations and engagement sessions. There will be more presentations through the design stages.

Recommended Option

The recommended option includes:

- Approximately 3,680 m of 200 mm diameter PVC gravity sanitary sewer pipe;
- A sewage pump station equipped with duplex submersible pumps and backup power;
- A 100 mm diameter HDPE forcemain approximately 985 m long;
- A septage receiving facility with solids removal, for on-reserve septic tanks and for truck hauled on-reserve sewer from homes out of the sewer collection area.

- An aerated lagoon treatment facility with two partial mix cells each sized for 30 day detention time followed by a settling basin with 5 days of detention; and
- The preferred option is to discharge the treated water to an existing reclaimed use wetland. This option is the preferred option for Saulneau First Nations

Next Steps

- Geoverra Land Survey will be on-site to topographic survey the sewer alignment and the lagoon area. A Saulneau staff member will be attending with the surveyor for all survey work at the septic tanks.
- SFN will clear the lagoon area to accommodate a drill rig
- Golder will be on-site to drill boreholes for the geotechnical information. (A SFN Environmental Monitor will be on-site during this work)
- Robin Clark will be on-site to perform a timber cruise.

Funding

The project is currently at the Preliminary and Detailed Design Stages. The project has been 100% funded by Indigenous Services Canada (ISC).

The construction of the works is expected to start in the summer of 2023, depending on available funding.

A figure showing the locations of the various parts of the system is attached.

SANITARY SEWER SERVICES



Client/Project
SAULTEAU FIRST NATION
SANITARY SEWER

Revision Date
AUG 25, 2020

Figure
F01

Title
SANITARY SERVICE
ANALYSIS



ISSUED FOR INFORMATION
August 25, 2020
urbansystems.ca

URBAN
\$ Y \$ T E M S

To: Sauleau First Nations Citizens

Chief and Council wish to inform citizens that revisions to the rental housing policy are complete and the updated rental housing policy was approved by Chief and Council on July 20th, 2021.

Background

Sauleau First Nations owns and manages 110 rental housing units with an estimated value of over \$ _13 Million dollars. The need to update the rental housing policy was identified as a priority in order to protect both our citizens and assets of the nation. Revisions were made with the aim to improve access to rental housing for eligible citizens, to support tenants in achieving their responsibilities and plan to meet the future housing needs of current and future generations.

The policy revisions were led by the housing department under the direction of the Chief and Council. Community meetings to review the draft policy were held February 25 & 26, 2020 in Sauleau in order to provide an opportunity for citizens to ask questions and provide input on the proposed revisions.

Policy Implementation

Under the direction of Chief and Council this policy will be implemented and enforced consistently beginning on Oct 15th. It is acknowledged that the revised policy includes some changes that may impact current tenants; Chief and Council wish to reassure citizens that the administration will continue to work with tenants to support successful tenancy and assist them in carrying out their housing responsibilities.

The policy is available at the Administration building and housing staff are available to meet with citizens who may have questions regarding the policy. All citizens are encouraged to review the revised policy and support and champion the policy implementation and enforcement as Sauleau First Nations continues to address the rental housing needs of the community.

Sauleau First Nations is committed to providing suitable and adequate rental housing to eligible citizens and will be monitoring the enforcement of the policy to ensure it meets our needs, supports our traditions, values and customs and any changes deemed necessary will be made.

PCBRA Finals 2021

7X Photo



Congratulations!

Congratulations to Sienna (and her horse, Rooster) for achieving 1D Youth Champion for the 2021 PCBRA Finals!

She won a saddle (\$2000), a \$500 Northern Lights Scholarship, and a \$200 Elliott Bit.

Sienna finals video is available on our Facebook Communications page
www.facebook.com/groups/sfncommunications



Happy Birthday

October 21 - Happy birthday Ashely Gauthier, Love from all of your co-workers at the Heath Centre

October 22 - Happiest 8th birthday to my granddaughter Addison Sorell, love Grandma and Popa

Congratulations!

Congratulations to my daughter Serenity Davis for winning the title Miss Canada Globe 2021!

Love from dad
JR Davis



COVID Vaccine

October 2021 Availability



Anyone who wants a COVID vaccine has the following options for the month of October:

Pharmachoice — (250) 788-3393

Appointment availability: Friday's, with occasional other days of the week. Please call for more availability information.

(They will offer Moderna to adults)

Chetwynd Primary Care Clinic — (250) 788-7300

Appointment availability: Wednesday's.

(They will offer Modern and Pfizer to anyone ages 12+)

Vaccine Van at SFN Health Centre - TBD

Our Community Health Nurse is trying to arrange for the Vaccine Van to come back to the Health Centre in October. More information will be provided to the community upon confirmation.

(They will offer Pfizer and Moderna to anyone ages 12+)

Proof of Vaccine

Starting September 13th, proof of vaccination will be required in B.C. for people attending certain social and recreational settings and events.

This important step will continue to increase the vaccination rate across the province and provide confidence to fully vaccinated people that those around them are also fully vaccinated.

As of September 13th, one dose of vaccine will be required for entry to these settings.

By October 24th, entry to these settings will require people to be fully vaccinated at least seven days after receiving both doses. To enter certain spaces, including indoor ticketed sporting events, indoor and patio dining in restaurants, fitness centres, casinos and indoor organized events, like conferences and weddings, people aged 12 and older will be required to show their proof of vaccination.

For more resources and information regarding BC's vaccine card, please visit:

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/proof>

Mask Mandate

As of Wednesday, August 25th, **masks must be worn in all indoor public spaces throughout B.C.** to help slow the transmission of COVID-19 as B.C. prepares for the fall and respiratory illness season.

A new order from the provincial health officer will require people 12 and older to wear masks in indoor public settings, regardless of vaccination status.

www.gov.bc.ca/COVID-19



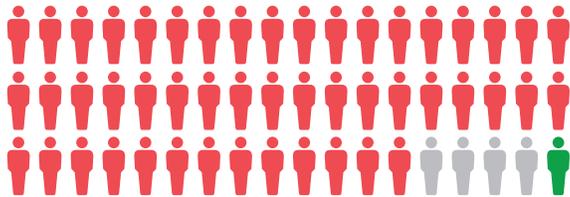
First Nations Health Authority
Health through wellness

Are you **on the fence** about getting a COVID-19 Vaccine?



We'd like to help you make an informed decision:

Of those people who **contracted** COVID-19:

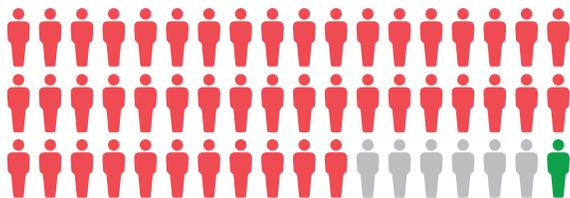


90%
were
unvaccinated



0.6%
were
fully vaccinated

Of those people who were **hospitalized** with COVID-19:

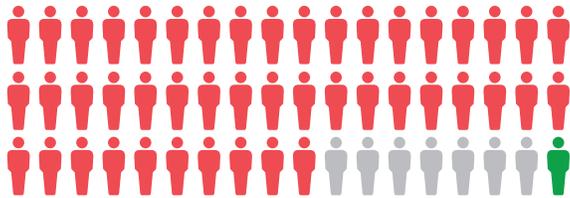


85%
were
unvaccinated



0.8%
were
fully vaccinated

Of those people who **died** from COVID-19:



82%
were
unvaccinated



1.3%
were
fully vaccinated

- Unvaccinated
- Partially vaccinated
- Fully vaccinated

Indigenous people have disproportionately worse health outcomes when contracting COVID-19 than the rest of the population. #VaxToTheMax.

Source: Canada epidemiology figures based on vaccination status as of July 24, 2021. <https://health-infobase.canada.ca/covid-19/epidemiological-summary-covid-19-cases.html#a9>

COVID-19 Vaccination

Why your 2nd dose is important



The 2nd dose is the **essential second half** of your vaccine series. Both doses are needed to get the most effective protection against serious cases of COVID-19 and provide longer-lasting protection.

It's important that you complete the vaccine series. You are not fully protected until you've had both doses.

Side effects of the 2nd dose

In clinical trials for both Moderna and Pfizer, there were slightly higher rates of reported side effects for the 2nd dose. This is because the immune system has learned the information from the 1st dose and can mean that the immune system is responding in a stronger way to the 2nd dose. These side effects usually go away within 2-3 days. Some people do not have any side effects at all. This is also normal and does not reflect how well the vaccine has worked for you.

In Canada, the most common side effects reported for Moderna and Pfizer are: redness, swelling or itchiness at the injection site and headache. These are all common side effects for vaccines in general.

Serious side effects, which may result in hospitalization, were reported by less than 0.01% of Moderna or Pfizer recipients. For any vaccines approved in Canada, the risk of serious side effects is very low.

Mixing vaccine brands for the 2nd dose

- Mixing similar vaccines from different manufacturers is safe and effective. It is often done with other vaccines – for example, hepatitis A and measles, mumps and rubella (MMR). There are standards in place to determine the effectiveness and safety of mixing vaccines.
- Moderna and Pfizer are both mRNA vaccines and work the same way. If you've received a 1st dose of one mRNA vaccine and are offered the other for your 2nd dose, it is effective and safe to get it.
- It is safe and effective to get an mRNA vaccine after a 1st dose of AstraZeneca. Read on for more information.
- There are many clinical trials and population studies of vaccine mixing taking place around the world, including Canada. Results from Germany, the UK and Spain have shown the effectiveness and safety of a mixed vaccine series. We also have real world evidence to support the practice. Over two million people in Canada have safely received a combination of COVID-19 vaccines. Canada began allowing mixing COVID-19 vaccine brands in early June and the rate of reported adverse events has continued to trend down since then.
- Two doses are required to be fully immunized and for long-term protection.

I got AstraZeneca for my 1st dose. What are my options?

- If you received the AstraZeneca or COVISHIELD vaccine for your 1st dose, you made the right choice to get vaccinated with the 1st vaccine available to you. For your 2nd dose, you can choose to get AstraZeneca or an mRNA vaccine (Pfizer or Moderna).
- Whichever vaccine you choose, there have not been any issues detected with safety or effectiveness from mixing vaccine types.

2nd dose options

AstraZeneca

- There is a very rare risk of serious blood clots associated with the AstraZeneca viral vector vaccine. The risk for people who received a 2nd dose is about 1 in 600,000. This is six times lower than the 1st dose, which is about 1 in 100,000.
- The effectiveness of getting AstraZeneca for both doses is similar to the effectiveness of getting two doses of mRNA vaccine in the prevention of serious cases of COVID-19.
- You are likely to experience milder side effects with the 2nd dose of the same vaccine than if you mix vaccines.

mRNA (Pfizer or Moderna)

- There is no risk of serious blood clots with the mRNA vaccines.
- You may experience more short-term side effects if you get an mRNA vaccine for your 2nd dose.
- Along with real world evidence, there are many clinical trials and population studies that have shown the effectiveness and safety of mixing an mRNA vaccine with AstraZeneca.

I got Pfizer or Moderna for my 1st dose. What do I need to do?

Make sure you have registered with the Get Vaccinated system at getvaccinated.gov.bc.ca. You will be contacted by text, email or phone when you are able to book your 2nd dose appointment. If you have questions, call 1-833-838-2323.

How do I find info on my 1st vaccine?

If you can't remember what vaccine you got or the date of your 1st dose, look on your immunization record card or online through Health Gateway at www.healthgateway.gov.bc.ca

I lost my COVID-19 immunization card. Can I still get my 2nd dose?

Yes, you can. Your information about the 1st dose is in our system, and at your 2nd appointment, the staff at the clinic can give you another card.

Remember you need both doses to be fully immunized and for long-term protection.

For more info on how to claim your 2nd dose, visit Get Your 2nd Vaccine Dose on the BC Government website at [gov.bc.ca/dose2](https://www.gov.bc.ca/dose2).



Pneumococcal Polysaccharide Vaccine

Immunization has saved more lives in Canada in the last 50 years than any other health measure.

What is the pneumococcal polysaccharide vaccine?

The pneumococcal polysaccharide vaccine protects against 23 types of pneumococcal bacteria. The vaccine is approved by Health Canada.

The pneumococcal polysaccharide vaccine is not part of the routine schedule of childhood immunizations. For information on the routine pneumococcal vaccine for children, see [HealthLinkBC File#62a Pneumococcal Conjugate \(PCV 13\) Vaccine](#).

Who should get the vaccine?

Some people are at high risk of getting sick from pneumococcal infections. The vaccine is provided free to these people, including:

- seniors 65 years and older; and
- residents of any age living in residential care or assisted living facilities.

The vaccine is also provided free to anyone who is 2 years of age and older with the following conditions:

- no spleen, or a spleen that is not working properly;
- sickle-cell disease;
- an immune systems weakened by disease or medical treatment;
- chronic liver disease, including cirrhosis, chronic hepatitis B or hepatitis C;
- chronic kidney disease;
- chronic heart or lung disease;

- an islet cell or solid organ transplant, or a cochlear (inner ear) implant, or those who are waiting for one;
- a stem cell transplant;
- diabetes, cystic fibrosis, or a chronic cerebrospinal fluid leak;
- an alcohol dependency;
- homeless persons; and
- users of illicit drugs, especially those who smoke crack cocaine.

A 2nd dose of vaccine is recommended for people with certain medical conditions. Speak with your health care provider to find out if you need a 2nd dose of vaccine and when you should get it.

It is important to keep a record of all immunizations received.

What are the benefits of pneumococcal polysaccharide vaccine?

The vaccine is the best way to protect against pneumococcal infection, a serious and sometimes fatal disease.

When you get immunized, you help protect others as well.

What are the possible reactions after the vaccine?

Vaccines are very safe. It is much safer to get the vaccine than to get pneumococcal disease. Common reactions to the vaccine may include soreness, redness and swelling where the vaccine was given. Fever may also occur. These reactions are mild and generally last 1 to 2 days.

Acetaminophen (e.g. Tylenol®) or ibuprofen* (e.g. Advil®) can be given for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

*Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider.

For more information on Reye Syndrome, see [HealthLinkBC File #84 Reye Syndrome](#).

It is important to stay in the clinic for 15 minutes after getting any vaccine because there is an extremely rare possibility, less than 1 in a million, of a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue or lips. Should this reaction occur, your health care provider is prepared to treat it. Emergency treatment includes administration of epinephrine (adrenaline) and transfer by ambulance to the nearest emergency department. If symptoms develop after you leave the clinic, call **9-1-1** or the local emergency number.

It is important to always report serious or unexpected reactions to your health care provider.

Who should not get the pneumococcal polysaccharide vaccine?

Speak with your health care provider if you have had a life-threatening reaction to a previous dose of pneumococcal vaccine, or any component of the vaccine.

Children under 2 years of age should not receive the pneumococcal polysaccharide vaccine because it is not effective in young children. These children receive the pneumococcal conjugate vaccine starting at 2 months of age.

There is no need to delay getting immunized because of a cold or other mild illness. However, if you have concerns speak with your health care provider.

What is pneumococcal infection?

Pneumococcal infection is caused by *Streptococcus pneumoniae* bacteria. The bacteria can cause serious and life-threatening infections such as meningitis, an infection of the lining that covers the brain, septicemia, an infection of the blood, and pneumonia, an infection of the lungs.

Permanent complications of the infection include brain damage and deafness. For every 4 people who get pneumococcal meningitis, 1 may die.

Pneumococcal infection is spread from person to person by coughing, sneezing, or having close face-to-face contact. It can also be spread through saliva. This can occur through activities such as kissing or sharing of food, drinks, cigarettes, lipsticks, water bottles, mouth guards used for sports, or mouthpieces of musical instruments.

Mature Minor Consent

It is recommended that parents or guardians and their children discuss consent for immunization. Children under the age of 19, who are able to understand the benefits and possible reactions for each vaccine and the risk of not getting immunized, can legally consent to or refuse immunizations. For more information on mature minor consent see [HealthLinkBC File #119 The Infants Act, Mature Minor Consent and Immunization](#).

For more information on immunizations, visit ImmunizeBC at <https://immunizebc.ca/>.





WHY QUIT SMOKING?

Quitting smoking is the single best thing you can do to improve your life and health. You will start seeing health benefits soon after your last cigarette.

After quitting, within:

- **20 minutes:** your blood pressure drops to a level similar to what it was before your last cigarette
- **8 hours:** the level of carbon monoxide (a toxic gas) in your blood drops to normal
- **24 hours:** your risk of having a heart attack starts to drop
- **2 weeks to 3 months:** the airways in your lungs relax and you can get more air into your lungs and breathe easier
- **1 to 9 months:** you cough less and your lungs work even better
- **1 year:** your added risk of coronary heart disease is half that of a person who smokes
- **5 years:** you have the same chance of having a stroke as someone who has never smoked
- **10 years:** your chance of dying from cancer is much lower
- **15 years:** your risk of coronary heart disease is similar to that of someone who has never smoked

Even those who have developed smoking-related problems like heart disease or cancer can benefit from quitting. Compared to continuing to smoke, people who quit smoking after having a heart attack can reduce their chances of having another heart attack by as much as 50%

(adapted from <https://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking.html> April 21, 2021)



First Nations Health Authority
Health through wellness

Honouring Our Babies Toolkit: Safe Sleep

A SUMMARY FOR FAMILIES

Babies are blessings

Many First Nations and Aboriginal teachings share that babies are gifts of life from the Creator and that it is a great blessing to be able to love, protect and care for these precious little beings. Many teachings also tell that each baby, child, adult and Elder is a vital part of the community and needs to be spiritually, emotionally, mentally and physically balanced in order for all to enjoy a healthy and good life. The importance of this balance is taught by many Elders, who also teach about the circle of life – from birth to death. Unfortunately, some babies' lives are cut short as a result of sleep-related infant deaths.



Sadly, there are sleep-related infant deaths

Sudden Infant Death (SIDS) is the sudden, unexpected and unexplained death of a baby under the age of one. It is the most common cause of death in babies between the ages of one month and one year, with 90% of deaths occurring before six months. The exact causes are unknown. Scientific research indicates that babies who die of sleep-related infant death may have been more vulnerable to internal influences (eg. a medical condition) and external influences (eg. tobacco smoke). There is no known way to prevent or predict these deaths but there are ways to reduce the baby's risk.

There are also accidental deaths that occur as a result of certain sleep-related practices, such as placing the baby in the bed lying face down, or the parent rolling onto the baby, which can lead to suffocation. These are preventable.

Protecting your baby from sleep-related infant deaths: Goals to work towards

- Place your baby on his or her back to sleep every time (at night and for naps).
- Ensure your baby has a tobacco-free environment, during pregnancy and after birth.
- Have your baby sleep in the same room as you for the first six months, on a separate sleep surface.
- Breastfeed your baby. Breastfeeding provides some protection.
- Ensure your baby sleeps on his or her own firm mattress. Adult mattresses, waterbeds, couches, recliners and sheepskins are too soft for babies to sleep on safely.
- Ensure your baby's sleeping area is free of hazards, including loose blankets, pillows, and toys.
- Ensure your baby does not overheat while sleeping (avoid hats indoors, blankets, or swaddling).
- Ensure that your baby's hands and arms are free to move and are not swaddled by a blanket when sleeping. This allows the baby to potentially move an object if one falls on his or her face.
- Ensure your baby's crib or other sleep equipment meets the safety standards regulations. Cribs that do not meet Canadian standards should not be used.
- When your baby is sleeping at someone else's house, make sure your baby's sleep area is safe.

How to make your baby's sleep as safe as possible

Sometimes, working towards the goals listed above can be challenging. For example, you or someone who you live with might have difficulty stopping smoking or you might be visiting a friend or family member's house where there isn't a crib available.

Some ideas to help make your baby's sleep as safe as possible include:

- If you or a family member living with you smokes, smoke outside and away from the house, wearing a shirt or jacket that you can take off and leave outside or away from your baby.
- Decreasing the number of cigarettes, practicing short term quits and trying the patch or other nicotine replacement therapies are all helpful steps to support you and your baby's wellness.
- On long car rides, try to take breaks to monitor and re-position your baby and attend to their other needs.
- If your baby falls asleep during tummy time, turn your baby on his or her back and let him or her continue sleeping.
- If you don't have a crib or cradle available to use, there are a number of alternative sleep surface options out there at little or no cost. For example, any of the following can provide firm sleep surfaces:
 - A sturdy laundry basket with a smooth, firm bottom.
 - A heavy, reinforced cardboard box.
 - A drawer from your dresser, kitchen or desk.
- If you are taking medications that might make you sleepy, place your baby on a firm sleep surface beside your bed and if possible, ask someone to help watch your baby.



Please talk to a trusted health provider with any questions that you have about safe sleep practices.

For more information about the Honouring Our Babies Toolkit: Safe Sleep resource, please visit the First Nations Health Authority website and look for an e-copy of the discussion cards: www.fnha.ca/wellnessContent/Wellness/HOB_SafeSleep_IllustratedCards.pdf

OTHER MATERNAL, CHILD AND FAMILY HEALTH RESOURCES:

- Our Sacred Journey: Aboriginal Pregnancy Passport: www.fnha.ca/wellnessContent/Wellness/AboriginalPregnancyPassport.pdf
- Parents as First Teachers: www.fnha.ca/wellnessContent/Wellness/parentteacher.pdf
- Growing Up Healthy: www.fnha.ca/wellnessContent/Wellness/growingup.pdf
- Fatherhood is Forever: www.fnha.ca/wellnessContent/Wellness/fatherforever.pdf

Oct. 1—Dec. 31

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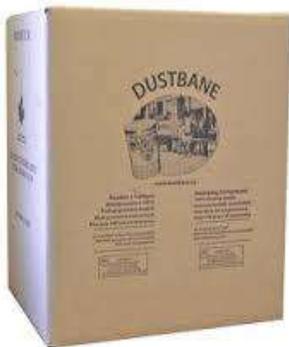
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