

July 2021

Newsletter



Saulteau
FIRST NATIONS

Chief & Council



Justin Napoleon

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General Announcements



Road Closure

KM 58 on the Johnson FSR

CANFOR will be replacing a culvert and they estimate the road will be closed for two weeks starting July 15th.

Drone Work

July & August

Please be advised that there will be active drones over the next two months for projects involving drone photogrammetry over each house/parcel.

Happy Birthday



Wishing my precious daughter Elleigh Florence Gene Adelaide Hills a Happy 4th Birthday on July 1st

Love mom

Happy Birthday to my nephews Eddie Joe Anderson on July 5th!

Happy birthday Elisha Anderson on July 19th!

Happy birthday Billy Jack Walker on July 19th!

From Bev Walker



Faces of the Health Centre



Photo 1 - Top row: left to right

Ashley Gauthier
Executive Assistant to the HC/MOA
Barb Loberg
Patient Travel
Heather Lirette
CHR/RN
Leona Clark
Head of Home Support/LPN
Lynette Murphy
LPN

Photo 1 - Bottom row: left to right

Rebecca Widdicombe
Youth Mental Wellness
Savannah Norris
LPN
Rafal Banas
SFN Doctor
Tracy Aird
Medical Office Assistant



Photo 2 - Supportive Staff

Top row

Cameron Aird
Front Desk Support

Bottom row

Debra Grant
Patient Travel & Registration
Norma Podolecki
Patient Travel & Registration

Missing from photos:

Melva Sorell
Health Centre Reception
Sarah Gayse
Health Director/Nurse Practitioner

Canadian Thistle



Weeds and Canadian thistle
please pick and place in the
garbage can.

Tool shed unlocked 7:30 am -9:00 pm

Social Assistant Program

SA Day
July 21st, 2021

Declarations due:
July 12th-15th, 2021

LKSH Safe House Phone Number

(250) 401-8079

Cultural Connections

Cree

Opaskowi-pisim 2021 July- moulting moon

Kamiyawamihk KANATA kisikaw - Happy Canada Day

In the spirit of reconciliation, please consider reading the Truth & Reconciliation• calls to Action.

Additionally, please read the recommendations in the Missing and Murdered Indigenous Women's report and the Calls to Action.

I think it is important for our people to be informed and to share this information with Non-Indigenous people.

Tansi,

Individual Cultural Connections:

If you or someone in your Family are interested in learning about Culture?

We can talk about what your interested in learning, I will try to assist you in the best way I can.

Please call Tylene Paquette,

Cultural Connections Coordinator

tpaquette@saulteau.com

250-788-7365

Beading with Dianne for those that have received your beading kits July 7, will e-mail participants time

Drum Workshop for the ones that have kits, Monday June 28th , will e-mail participants time and place.

Mussi,



Braided bracelet



Try this bracelet with any three colours you like. Gold, copper and silver or red, black and yellow are nice combinations.

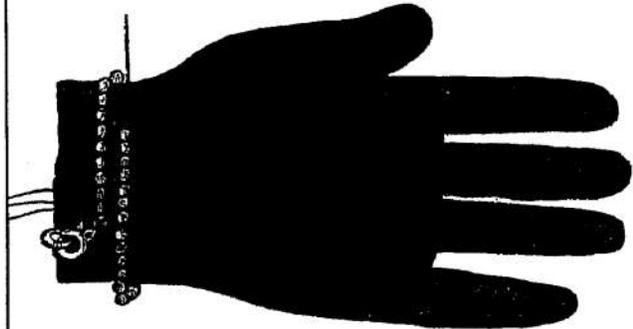
YOU WILL NEED

- 2 pieces of beading thread or fishing line, each 80 cm (32 in.) long
 - a clasp
 - seed beads in three colours
 - a beading needle (optional)
 - scissors
 - tape
 - clear nail polish

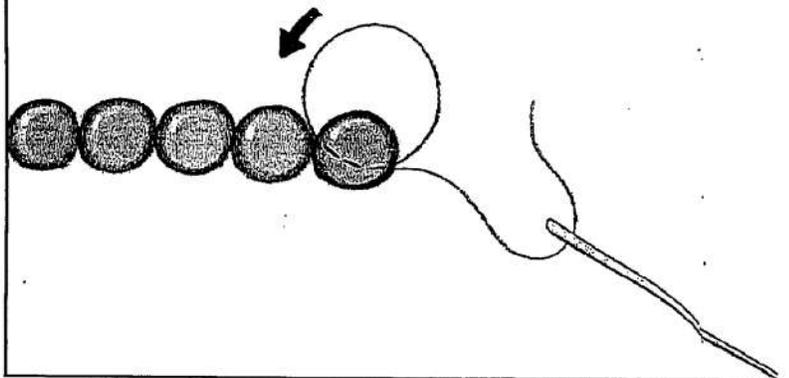
1 Hold one end of each thread together and pull them through the clasp. Centre the clasp on the threads and fasten them securely with a triple knot.



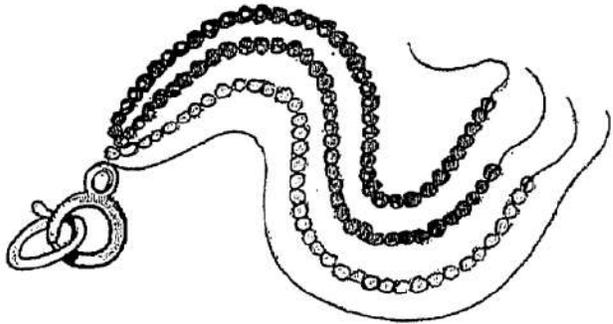
2 Bead one of the threads until the beads overlap around your wrist by about 4 cm (1½ in.).



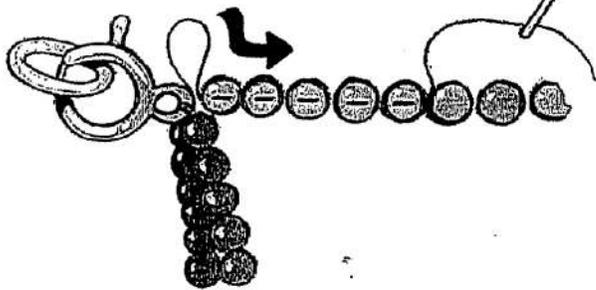
3 Draw the thread through the last bead one or two times to anchor it.



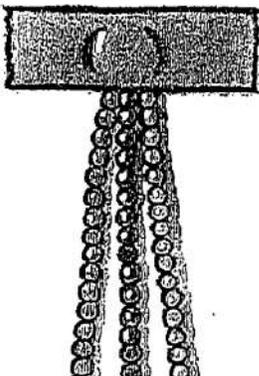
4 Bead two of the other threads to the same length as the first one. Anchor the last bead on each one.



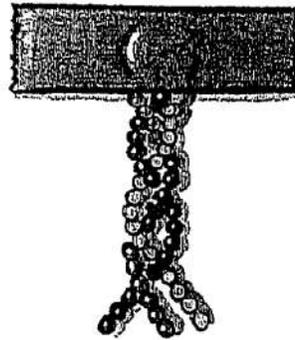
5 Draw the fourth thread through several beads at the top of one of the beaded threads and trim it off.



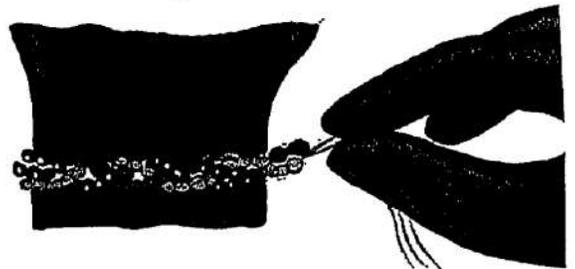
6 Tape the clasp to your work table (or ask someone to hold it). Make sure the beads on each thread are pushed up so that no thread shows between the beads.



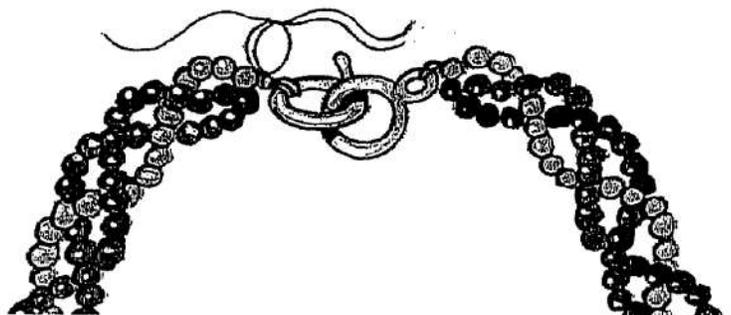
7 Gently braid the beaded threads together. Hold the bracelet straight so that it does not twist or flip over.



8 When you reach the end, hold the threads together and try the bracelet around your wrist. It should be a little loose. Remove some beads if you need to make the bracelet smaller, or if you need to even up the strands.



9 Hold two thread ends in one hand and one thread in the other. Tightly knot them together against the beads. Tie on the other end of the clasp and draw the ends back through the beads. Trim the ends. Secure the knots with nail polish.



It's Back!...



August 14th and 15th 2021

**Saulteau First Nations 3rd Annual Member and Guest
Golf Tournament
Details to be released soon.**

Bid Proposal

Membership Code



Saulteau First Nations is working on updating our Membership Code. We have one in place that was built in 2014, but was never passed. A membership committee has been put in place to collect information from each families as to what they want to see in the new Membership Code.

We are looking for bids from consultants and lawyers to assist with putting the new Membership Code together in a formal and legal format.

We would like to find suitable candidates internally before we look for other options outside of our Nation.

To submit your bid or for more information, please contact Norma Podolecki at npodolecki@saulteau.com or call (250) 788-7283

NOTICE TO ALL



Status Cards

To all who wish to apply for Status Cards here at SFN, due to costs of paper, ink and photopaper, with the approval of Finance the price will be as follows, effectively immediately

Status Cards are only by appointments

Monday - Thursday

SFN Members \$10.00

Other Bands \$15.00

If you have any questions you can call me or email.

Norma Podolecki

(250) 788-7283 npodolecki@saulteau.com

SAULTEAU FIRST NATIONS ANNUAL FAMILY BBQ



WEDNESDAY, JULY 21 2021

12-3 · MOBERLY LAKE PROVINCAL
PARK

BURGERS & HOTDOGS AND DRINKS PROVIDED

FUN WATER GAMES & PRIZES

BRING YOUR TOWEL AND SUNSCREEN!

COME ENJOY A BURGER AND THE SUN!



Tansi, Fellow Saulteau Members!

The Lands Department has been quite busy this last month with the continued planning and implementation of our CCP & Land Use Plan Update. In addition, we also hosted and participated in the Cemetery Clean Up & BBQ on June 24th.

A HUGE Thank You to the TREP Staff for arriving in FULL FORCE, Our Land Guardians (Jordan Demeulemeester and Denton Spears), Brian Desjarlais, Della Owens, Kathleen Letendre, the SFN Maintenance Crew for supplying the equipment, Stella Gauthier, and Sandra Fuchs for your participation.

Unfortunately, we didn't have enough time to complete all that was necessary, but we sure did put a dent in the upkeep required. Please keep your eye open for the next clean up date, scheduled with the Summer Students in early-mid July! 🙏





Comprehensive Community Plan/Economic Development Land Use Plan

A Committee, consisting of Saulteu members, is being established to gather input, ideas, and feedback from members, and play a pivotal role in the development of the CCP in partnership with Chief and Council.

To support the Committee in developing the CCP, Saulteu First Nations has contracted Urban Systems to provide professional planning guidance. It is expected that the Committee will work closely with the Urban Systems team at all stages of the project to deliver the final CCP.

The Committee will consist of 6-8 volunteer members who represent youth, students, families, Elders, and members living on and off reserve. Selections will be made to ensure the Committee has as much family representative as possible. It is expected that Committee members will be committed to contributing to the development of the CCP and have a positive working relationship with members and Chief and Council.

A Huge Thank You going out to our Interview Panel, Ethan Cameron, Norma Podolecki and Tammy Watson.

CCP FB & Communications Page

With the fabulous assistance of Jesse Gayse and Ethan Cameron, a new FB Page has been set up for CCP related articles, discussion items, surveys, questionnaires, newsletters, etc.

Should you wish to be added to this page, please email Ethan Cameron at ecameron@saulteau.com or Jesse Gayse at jgayse@saulteau.com



HOW CAN THIS CCP UPDATE SUPPORT SAULTEAU?

- Identify the new and evolving priorities of the members and the community
- Give members opportunities to share their vision for Saulteau and set Saulteau's future direction
- Identify new projects, programs, services, infrastructure and other initiatives to focus on implementing in the future
- Provide a consistent framework to guide leadership and staff on how we use our resources
- Will support Saulteau funding/grant applications to get money for community projects

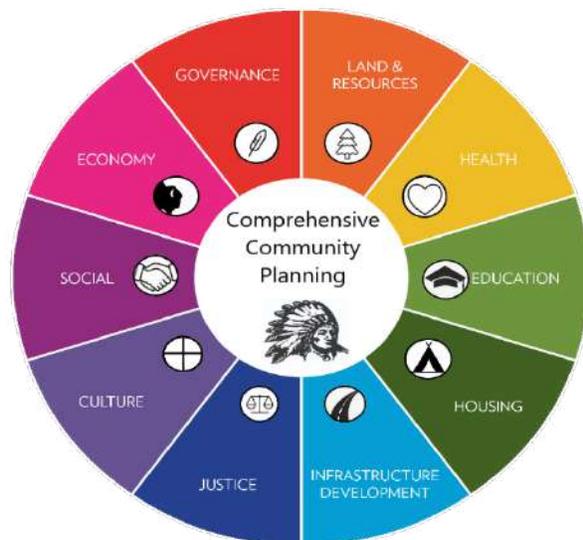
How Can You Support this Project?

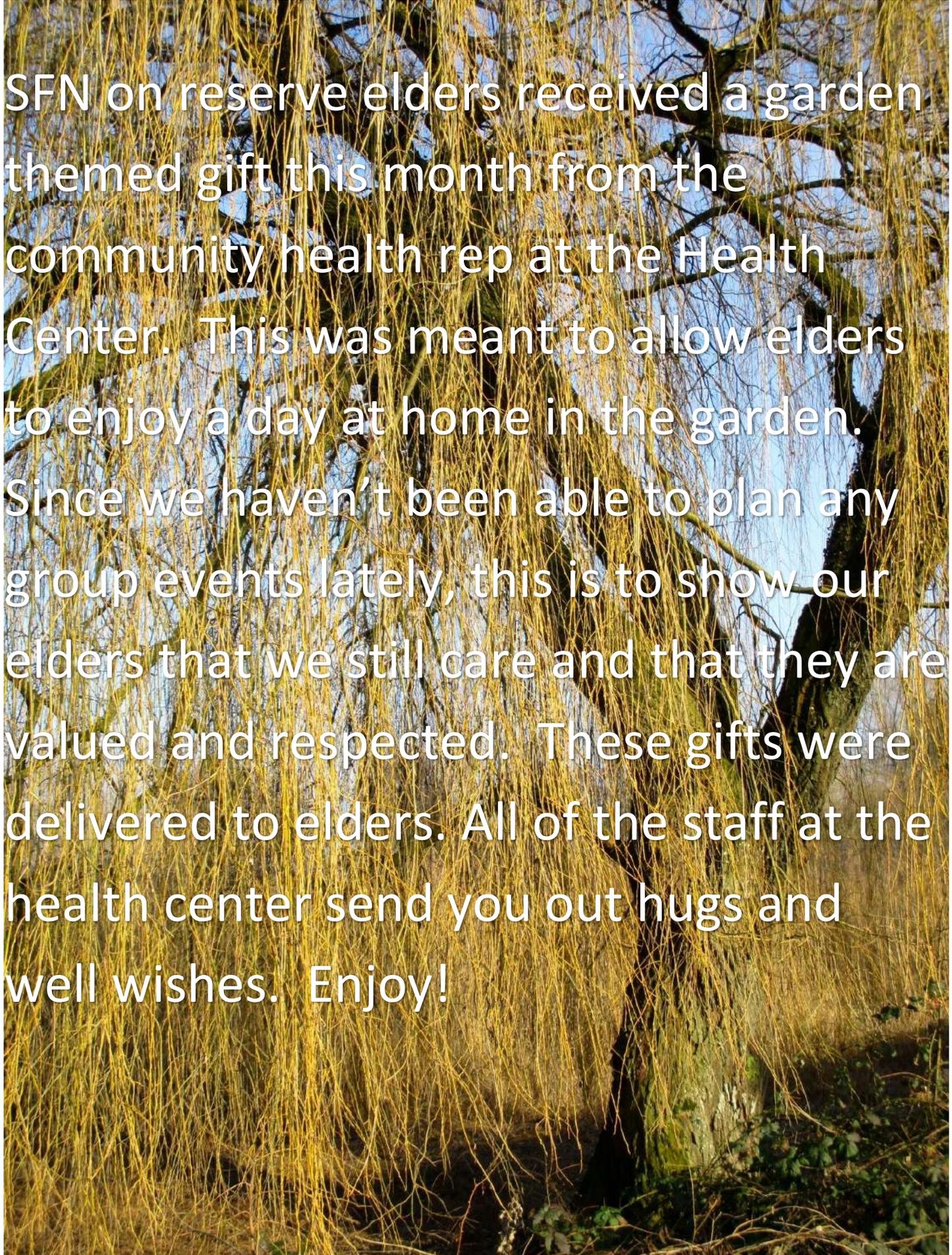
- Participate in future engagement activities (e.g. surveys, community meetings, interviews)
- Provide your ideas and input on Saulteau's priorities for the future
- Spread awareness to your family and other members on the project
- We need as many on and off reserve members to participate as possible!

Proposed in-person engagement for early August:

August 3 (Tuesday)	August 4 (Wednesday)	August 5 (Thursday)
-Chief and Council Workshop (AM) -Committee Workshop (PM) -Dawson Creek Off-reserve meeting (Evening) -Interview booth (all day)	-Youth/Elders Meetings (AM/PM) -Community Meeting (on-reserve) (Evening) -Interview booth (all day)	-Grand Prairie Off-reserve meeting (evening)

The Updated CCP will cover all the areas seen in the CCP Wheel





SFN on reserve elders received a garden themed gift this month from the community health rep at the Health Center. This was meant to allow elders to enjoy a day at home in the garden. Since we haven't been able to plan any group events lately, this is to show our elders that we still care and that they are valued and respected. These gifts were delivered to elders. All of the staff at the health center send you out hugs and well wishes. Enjoy!

A Huge Thank You to Our Community



Mari and Samantha Davis and their family would like to thank the community for all the supports that Mari and Samantha have received from you. Samantha graduated from the University of Alberta with a degree in Kinesiology and is currently working for the Town of Whitecourt in their Recreation Department and Mari graduated from the University of Alberta with a Degree in Nursing and is currently working for the Whitecourt Hospital. Samantha's desire is to work with youth and especially Indigenous youth. She believes young people deserve to have someone in their lives that encourages and is there for them. Mari has a nurse's soul. No matter who you are or your life's journey she has a way of making you feel cared for and valued. She will bring her nursing skills but also her compassion to those who are scared, hurt, and needing someone to hear them.

They would like to thank the Saulteau First Nations/MLC staff for all the supports while attending school. They would like to thank the community that supported them all their lives growing up here and while in University. It truly takes a village to raise a child and each of you have contributed to the strong women these ladies have become. You have taught them they can be proud of their Indigenous heritage, and they have the courage because of you to promote their culture no matter where they are. As a family we cannot tell you how important all your loving words and actions have meant to them.

No matter where they are living, Saulteau First Nations, Moberly Lake/Chetwynd will always be part of who they are, and they will strive to represent all of you the best they can. They encourage each and everyone to take a chance and do what you love to do, it isn't always easy, as they have struggled along the way too, but it is worth it. Believe in who you are and know that you have a community behind you every step of the way.

We as parents are very proud of these two not only for their accomplishment but for who they are as individuals. Both genuinely care for the people around them. They want to be a difference in the world and strive to be better people every day. They are humble and kind and generous. They have worked hard to be where they are. There were many struggles along the way, many of life's lessons and they know there will be many more to come. We are honored to be their parents and Peter is proud to be their brother.

Mussi, Barry, Jerri, Peter, Samantha, and Mari.



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

External: Issued June 23rd, 2021



Figure 1. C469S posing for the camera in the meadow at the maternity pen.

Days in pen → 105

Days until release → 52

Calving at the pen

The pregnancy results showed that 12 out of the 13 penned cows were pregnant. This indicates a pregnancy rate of 92% - the second highest pregnancy rate that we have had at the pen, only beaten by the 100% pregnancy rate in 2014. The first calf was born on May 9th, to cow C430K, and is a male. The last calf was born on June 16th, to cow C384K and is a female. In total there were 13 calves born at the pen; four females and nine males. One of the cows is believed to have had twins, but we are waiting for genetic results to confirm this. One female calf died shortly after birth, the one that likely was a twin, so there are currently 12 calves at the pen. The male calves outnumber the females 3:1. There were no complications with birthing events this year.



The one cow that was not pregnant, C312K, has been in the pen for the past three years as well and has not produced a calf any of those years. She was also in the pen in 2014 and 2016 where she did produce a calf both years; the last one being the cow thought to have had twins this year. C312K is at least nine years old, and likely even older than that. The youngest cow in the pen, C437S, is only two years old and so far seems to be a great mom to her calf. Two cows that produced calves this year (C311K and C319K) are both regulars to the pen going right back to 2014 with this being their fifth visit. They both have produced calves in all five visits.

We are planning to release the caribou on August 14th this year, so that the youngest calves will be eight weeks old and stand a much better chance against predators.



Figure 2. Capturing a newborn pen calf and carefully taking a few samples and putting on a collar and ear tags before release.



Figure 3. A newborn calf with his mom and one that was just collared and released in the pen.



Calving in the wild

This year we continued with frequent calving flights to monitor the calving status of collared, free-ranging females; we feel that this is essential for understanding the discrepancy in calf recruitment between the penned and the free-ranging caribou. We try to fly every five days between mid-May and mid-June.



Figure 4. A newly captured wild calf shortly after release.

We have been monitoring 13 collared cows in the wild and

10 of them were for sure pregnant and had a calf, with the other three likely also being pregnant and having had a calf. The first calf to one of these collared cows was born on May 10th this year. The last one is believed to have been born on June 19th. We have not been able to get any visuals of the six known uncollared adult cows and hope that they have successfully had several calves.

In an effort to gain a better understanding of calf survival in the wild, we captured and collared three wild calves this year. We opportunistically captured calves during our survey flights and put an ultralight expandable GPS collar on them. The first wild calf was caught on May 15th and the last wild calf was caught on June 15th.



Figure 5. One of the Guardians using telemetry to locate one of the penned cows.

Pen status update

The Guardians have been busy making new trough covers to keep the pellets dry from rain because the caribou do not enjoy eating soggy pellets. The perimeter of the pen is nearly snow free so the electric fences are being lowered for the last time this season. With this, the Guardians have had to keep up with the trimming and cutting of vegetation around the fences. In preparation for the pen tear down, the Guardians have cut down all the deadfall on the road leading up to the pen so that the crews can easily move supplies out of the pen.



A trail camera placed in the alpine above the pen captured photos of a grizzly on June 15th. The Guardians have been patrolling the alpine more frequently now, keeping an eye out for that grizzly. But otherwise no predators or tracks have been seen around the pen this season.

The Guardians have noted that in the past three weeks, several wild caribou have come up and walked around the perimeter of the pen. One had a new calf with her. We suspect these are previously penned caribou that know this area is a good source of food. We hope to release our next newsletter in about a month when we will focus on calf survival and the identified sources of any mortalities that occurred over the neo-natal period of May and June.

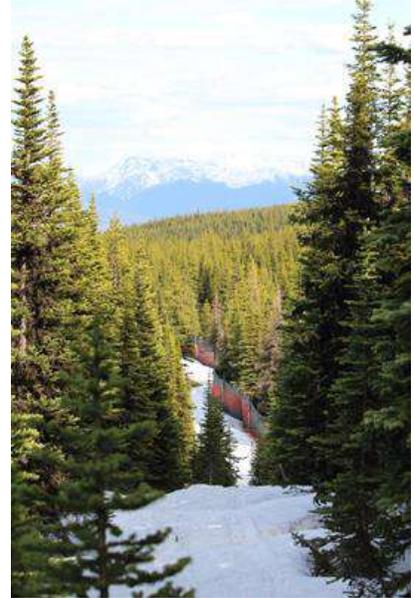


Figure 6. The view of the pen from the alpine.



Figure 7. Three cows hanging out in the meadow.



The teams:

- Níkanêse Wah tzee Stewardship Society
 - West Moberly First Nations (Chief Roland Willson/Tamara Dokkie)
 - Saulteau First Nations (Estelle Lavis/Naomi Owens-Beek)
- Caribou Mat Pen Working Group¹
 - West Moberly First Nations (Tamara Dokkie)
 - Saulteau First Nations (Naomi Owens-Beek)
 - Wildlife Infometrics (Landon Birch)
- Mat Pen Technical Advisory Team²
 - Revelstoke penning (Rob Serrouya)
 - FLNRO (Caeley Thacker)
 - FLNRO (Mike Bridger)
- Support teams – capture specialists, veterinarian team, guardians, lichen collectors

Thanks to our sponsors³



¹ The Caribou Mat Pen Working Group is a committee appointed by the Níkanêse Wah tzee Stewardship Society.

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

³ Current and historic

Bear Proof Your Yard

Good afternoon Saulteau Community Members, just wanted to share some tips on making your yard less attractive to bears.

Eliminate enticing odors. Bears have excellent sniffers. Your first line of defense is to make sure they are not attracted to your property because you left foodstuffs outside.

Bird feeders. Regularly clean up debris beneath bird feeders. Put away your bird feeders in early spring (April 1) and do not put them back up until mid-November. Bring hummingbird feeders in at night.

Pet food. Feed pets indoors when possible, and store pet food indoors. If you feed animals outdoors, bring food dishes in at night.

Garbage. Put garbage out shortly before pickup time. Store garbage in a bear-resistant trash container or inside a storage area. Double-bag to reduce odors and place bags inside the container. Regularly clean and deodorize cans with bleach.

Grills. When cooking meat on the outdoor grill, do not leave your food unattended. Thoroughly clean your grill after use, including the grease can and drip tray. Clean up spills on your deck or patio. Store the grill in a garage or shed when not in use.

Compost. Do not add pungent items such as meat, melon rinds, or sweet-smelling foods to your compost pile. Regularly turn the pile and add lime to reduce odors.

Fruit trees and berry bushes. Harvest fruit from fruit trees and berry bushes as soon as it is ripe. Pick up fallen produce frequently; rethink planting more fruit trees or berry bushes.

Beehives. Protect beehives with electric fencing.

Other. Even non-food items can attract bears. Take scented items, such as suntan lotion, insect repellent, soap, or candles indoors when not in use.

If you see a bear, **call the RAPP line at 1-877-952-7277** and please be safe.

I can be reached at 250-788-6442 if you are having any wildlife issue (including bears) and I will assist you right away.

Thanks,

Tom Aird, Aboriginal Liaison, SFN

Morning Sickness In the First Trimester



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

The nausea and vomiting known as morning sickness can be experienced at any time of day or night. It affects up to 80 per cent of pregnant women and for many, it can go on beyond 20 weeks. Morning sickness is severe for some women and moderate to mild for others. Be sure to see your doctor or midwife if you:

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

To help with morning sickness:

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

Does my morning sickness harm my baby?

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

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

Chronic Pain

What is chronic pain?

Pain that lasts for 3 months or longer is called chronic. Pain is your body's way of telling you that something is wrong. It's normal for you to have pain when you are injured or ill. But pain that lasts for weeks, months, or years is not normal.

Chronic pain can occur anywhere in your body. It can range from being mild and annoying to being so bad that it gets in the way of your daily activities.

Anyone can get chronic pain. It's more common in older adults, but it's not a normal part of aging. Older adults are more likely to have long-term medical problems, such as diabetes or arthritis, which can lead to ongoing pain.

What causes chronic pain?

The cause of chronic pain is not always clear. It may occur because brain chemicals that usually stop pain after you get better from an illness or injury are not working right. Or damaged nerves can cause the pain. Chronic pain can also occur without a known cause.

What are the symptoms?

Common symptoms of chronic pain include:

- Mild to very bad pain that does not go away as expected.
 - Pain that is shooting, burning, aching, or electrical.
 - Soreness, tightness, or stiffness.
-

What other problems can chronic pain cause?

If you have pain for a long time, it can make you feel very tired and may lead to [depression](#).

It can get in the way of your usual social and physical activities. You may have so much pain that you can't go to work or school.

The emotional upset may make your pain worse. And your body's defence system ([immune system](#)) may get weak, leading to lots of infections and illnesses.

How is chronic pain diagnosed?

Your doctor can find out if you have chronic pain by asking about your past illnesses and your overall health. He or she will also do a physical examination.

You may have tests to find out if a medical problem is causing the pain. Your doctor may check for problems with your [nervous system](#) and may order blood tests. He or she may also ask you questions to check your mood and mental health and to see how well you are able to think, reason, and remember.

In most cases, test results are normal. This can make it hard to know the exact cause of the pain. But this doesn't mean that your pain isn't real.

How is it treated?

You can use home treatment for mild pain or pain that you have now and then. Exercising and getting enough sleep may help reduce chronic pain.

Using [over-the-counter](#) pain medicines such as acetaminophen, aspirin, or ibuprofen may also help. You may want to try [complementary therapies](#) such as massage and yoga.

Talk to your doctor if your pain does not go away or if it gets worse. You may need to try different treatments to find what works for you. Medicines you take by mouth, shots of numbing medicine, [acupuncture](#), [nerve stimulation](#), and surgery are used for some types of chronic pain.

It is important to make a clear treatment plan with your doctor. The best plan may include combining treatments.

Living with chronic pain can be hard. [Counselling](#) may help you cope. It can also help you deal with frustration, fear, anger, depression, and anxiety.

You may always have some pain. But in most cases, chronic pain can be managed so that you can get on with your life and do your daily activities.

(adapted from <https://www.healthlinkbc.ca/health-topics/cpain#tr2757> April 15, 2021)

Advance Care Planning

Plan for your future health care decisions

No one knows what tomorrow will bring. Many people write a will and plan their funerals in advance so that family members know their wishes. But few people think they could have a serious illness one day that may leave them unable to make health care decisions.

If you are seriously ill and in need of health care, but are incapable of making your own decisions, do your close family members, or friends know your wishes for health care? Do they know what medical procedure you would agree to, or refuse? By planning in advance, family and loved ones are better able to ensure wishes are understood and met in the event of a medical crisis.

What is Advance Care Planning?

Advance Care Planning is the **process** of a capable adult talking over their beliefs, values, and wishes, about the health care they wish to consent to or refuse, with their health care provider and/or family, in advance of a situation when they are incapable of making health decisions.

This process may include making an Advance Care Plan or an Advance Directive.

- An Advance Care Plan is a **written summary** of a capable adult's beliefs, values, wishes and/or instructions for future health care based on their conversations with family, friends, and health care provider.
- An Advance Directive is a **written instruction** expressed directly to the capable adult's physician or other health care provider, or to their Representative*, if they have named one in a Representation Agreement**, for the health care they wish to consent to, or refuse.

*Representative is a person named by a capable adult to make health care decisions on behalf of the adult, if they become incapable.

**Representative Agreement is a document in which a capable adult names a Representative and sets out the type and scope of decisions that the Representative may make on behalf of the adult, if they become incapable.

What should you know about Advance Care Planning?

Advance Care Planning basics consist of the following steps:

1. Discussing with family/friends and health care provider(s) about your beliefs, values and wishes

2. Identifying and writing down future health care treatment - which medical interventions to accept or refuse
3. Writing down the contact information for the people who qualify to be your decision maker, if you become incapable in the future

What are your options?

With BC's latest Incapacity Planning legislation in place, capable adults are now able to choose from various options to express their wishes and decisions for their future health care, management of their financial routines, and personal care.

These options include:

1. Decision made by Temporary Substitute Decision Maker
2. Decision made by named Representative (with Representation Agreement)
3. Decision made by name Representative (with Representation Agreement & Advance Directive)
4. Decision made by capable adult (with Advance Directive)

More information on these choices and how to protect your loved ones can be found on the [BC Ministry of Health Services Advance Care Planning page](#):

- [My voice: Expressing my wishes for future health care treatment](#) (PDF)
- [Advance Care Planning frequently asked questions](#) (PDF direct download)
- [Advance Care Planning guide quick tips](#) (PDF direct download)

Have a plan, express your wishes

Once you have an Advance Care Plan, or an Advance Directive, be sure to give copies to your physician, family members and close friends and keep a copy for yourself in an accessible place.

Review your plan from time to time, particularly if your medical condition changes.

(adapted from <https://www.northernhealth.ca/health-topics/advance-care-planning#what-should-you-know-about-advance-care-planning#what-is-advance-care-planning#what-are-your-options#have-a-plan-express-your-wishes#additional-resources> April 15, 2021)

https://youtu.be/vvld_zTxCAA watch this video for more information.

Keeping Cool at Home this Summer

While most of us don't have A/C units in our rental homes, there are still ways to beat the heat on especially hot days! Use some of the tips below to keep you and your home as comfortable as possible this summer.

1. If you do have a portable air conditioner, set it to to 78 degrees or higher. Running your air conditioner at colder temperatures won't cool down a room any faster than a more moderate setting, but it will force your system to work harder.
2. Close curtains and blinds on windows exposed to direct sunlight. If possible, buy thermal curtains which keep the heat out in the summer and the warmth in during the winter!
3. Use fans to improve air circulation and set existing ceiling fans properly. Fans use a fraction of the energy required by air conditioning. Moving air will noticeably lower the perceived temperature. During the summer, a ceiling fan should be running counterclockwise when viewed from below for maximum downdraft.
4. Wear cool, loose clothing — even indoors. Shorts, absorbent fabrics and breathable, loose-fitting clothes all work to keep your temperature down.
5. If you can't make it down to the lake for a swim, take short, cold showers. A quick three-minute cold shower is a fantastic way to cool down. Going longer than three minutes won't make you feel much cooler, so skip the soap and just enjoy the relief.
6. Drink plenty of water. You may not sweat enough if you're dehydrated. Use moderation when consuming alcohol and caffeinated drinks as they tend to dehydrate.
7. Fire up the BBQ! Cooking outdoors keeps heat outside and who doesn't love a grilled dinner?
8. Eat smaller meals through the summer months. The bigger the meal, the harder your body has to work to digest it. Eat plenty of seasonal fruits and vegetables, not only are they good for you, foods like watermelon and celery contain a lot of water, so it'll help keep you hydrated as well.

DIABETIC FOOT CARE

Available at the SFN Health Centre

Provided by Drea Kurjata

On the last Thursday of each month

Call Drea directly to book your appointment

250 401 8267



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SFN Health Centre will cover the cost of this service and it is ONLY FOR DIABETIC CLIENTS

Eye Exams



Floater Mobile Optometry Services

Brianna Krajnyak, O.D., Optometric Corporation

Eye Glasses

We will be visiting **Saulteau July 12-15** to provide complete eye examinations and offering a selection of eyeglass frames.

MSP EXAM COVERAGE YEARLY:

Children 0-18,
65 and older, &
Those with medical
conditions (like diabetes)

FNHA COVERAGE: EXAMS

19-64 – every 2 years

GLASSES

18 and under – every year
19 and over – every 2 years

Your Optometrists:

Dr. Brianna Krajnyak, O.D.

Brianna was born and raised in Chilliwack, BC and attended the University of Waterloo followed by The New England College of Optometry in Boston, Massachusetts. After graduating optometry school, she completed a residency in Community Health Optometry.

Dr. Brandon Harris, O.D.

Brandon is a new Canadian Permanent Resident from Seattle, Washington. He received his undergraduate degree at Western Washington University and also attended The New England College of Optometry.

Eye examinations will take place at the SFN gym from July 12th-15th.

Call Melva at (250) 788-7280 to book an appointment.

Please be prepared to provide your birthdate and status number when calling to book.

