

**Saulteau**  
FIRST NATIONS



**MARCH**

2021 Newsletter



## Chief & Council



### **Justin Napoleon**

#### **Chief**

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(250) 788-7271

### **Ken Cameron**

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### **Rudy Paquette**

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### **Falon Gauthier**

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## Communications & HR



### **Jesse Gayse**

Communications Coordinator  
communications@saulteau.com

### **Sarah Canning**

HR Advisor  
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## Harm reduction

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### What is harm reduction?

- Promotes healthy communities and helps communities provide services that are caring and sensitive to the needs of the community.
- Helping people with risky behaviours reduce their risk and the risk to others.
- Provides supports and services to improve overall health.
- Contributes by strengthening services, advocating for the rights and dignity for those who use substances or have risky behaviours (i.e. reduce disease transmission, reduce the number of deaths due to overdose, and reduce violence).
- Further information about the harm reduction can be found in the [BC Community Guide](#).
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### Harm reduction programs and services vary by community and location:

- Enhancing client resources, supports, skills and knowledge
- Nursing services
- Mental health and addictions services
- Methadone maintenance programs
- Condom distribution
- Community health education
- Distribution of harm reduction supplies (e.g. needle exchange)
- Engaging clients and referrals to community resources

(adapted from <https://www.northernhealth.ca/health-topics/harm-reduction> on Feb 22, 2021)

### SFN Harm reduction

- FREE harm reduction supplies.
  - Condoms (male and female) and lube
  - Clean drug use supplies
- Talk to me about your needs in a confidential and non-judgemental manner.

Contact Heather, Community Health Nurse, 250 788-7371 for questions

# Asthma in Teenagers and Adults

This topic provides information about asthma in teenagers and adults, ages 13 and older.



## What is asthma?

Asthma causes swelling and **inflammation** in the airways that lead to your lungs.

When asthma flares up, the airways tighten and become narrower. This keeps the air from passing through easily and makes it hard for you to breathe. These flare-ups are also called asthma attacks or exacerbations (say "ig-zas-er-BAY-shuns").

Asthma affects people in different ways. Some people have asthma attacks only during allergy season, or when they breathe in cold air, or when they exercise. Others have many bad attacks that send them to the doctor often.

Even if you have few asthma attacks, you still need to treat your asthma. The swelling and inflammation in your airways can lead to permanent changes in your airways and harm your lungs.

Many people with asthma live active, full lives. Although asthma is a lifelong disease, treatment can help control it and help you stay healthy.

## What causes asthma?

Experts don't know exactly what causes asthma. But there are some things we do know:

- Asthma runs in families.
- Asthma is much more common in people who have allergies, though not everyone with allergies gets asthma. And not everyone with asthma has allergies.
- Pollution may cause asthma or make it worse.

## What are the symptoms?

Symptoms of asthma can be mild or severe. You may have mild attacks now and then, or you may have severe symptoms every day. Or you may have something in between. How often you have symptoms can also change. When you have asthma, you may:

- Wheeze, making a loud or soft whistling noise when you breathe in and out.
- Cough a lot.
- Feel tightness in your chest.
- Feel short of breath.
- Have trouble sleeping because of coughing or having a hard time breathing.
- Quickly get tired during exercise.

Your symptoms may be worse at night.

Severe asthma attacks can be life-threatening and need emergency treatment.

## How is asthma diagnosed?

Along with doing a physical examination and asking about your health, your doctor may order lung function tests. These tests include:

- **Spirometry.** Doctors use this test to diagnose and keep track of asthma. It measures how quickly you can move air in and out of your lungs and how much air you move.
- **Peak expiratory flow (PEF).** This shows how much air you can breathe out when you try your hardest.
- **An exercise or inhalation challenge.** This test measures how your breathing is affected by exercise or after taking a medicine, such as Methacholine.
- **A chest X-ray,** to see if another disease is causing your symptoms.
- **Allergy tests,** if your doctor thinks your symptoms may be caused by allergies.

You will need routine checkups with your doctor to keep track of your asthma and decide on treatment.

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## How is it treated?

There are two parts to treating asthma, which are outlined in your asthma action plan. The goals are to:

- **Control asthma over the long term.** Your asthma action plan tells you which medicine to take. It also helps you track your symptoms and know how well the treatment is working. Many people take controller medicine—usually an inhaled corticosteroid—every day. Taking it every day helps to reduce the swelling of the airways and prevent attacks. Your doctor or pharmacist will show you how to use your inhaler correctly. This is very important so you get the right amount of medicine to help you breathe better.
- **Treat asthma attacks when they occur.** Your asthma action plan tells you what to do when you have an asthma attack. It helps you identify triggers that can cause your attacks. You use quick-relief medicine, such as salbutamol, during an attack.

If you need to use the quick-relief inhaler more often than usual, talk to your doctor. This may be a sign that your asthma is not controlled and can cause problems.

Asthma attacks can be life-threatening, but you may be able to prevent them if you follow a plan. Your doctor can teach you the skills you need to use your asthma action plan.

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## How can you prevent asthma attacks?

You can prevent some asthma attacks by avoiding those things that cause them. These are called triggers. A trigger can be:

- Irritants in the air, such as cigarette smoke or other kinds of air pollution. Don't smoke, and try to avoid being around others when they smoke.
- Things you are allergic to, such as pet dander, dust mites, cockroaches, or pollen. When you can, avoid those things you are allergic to. It may also help to take certain kinds of allergy medicine.
- Exercise. Ask your doctor about using a quick-relief inhaler before you exercise if this is a trigger for you.
- Other things like dry, cold air; an infection; or some medicines, such as aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs). Try not to exercise outside when it is cold and dry. Talk to your doctor about vaccines to prevent some infections. And ask about what medicines you should avoid.

(adapted from <https://www.healthlinkbc.ca/health-topics/hw271348#hw163657>)

For more information contact your SFN Community Health Nurse, Heather @ 250 788 7371

Welcome little ones, boys & girls  
love from Melva & Sorell  
xoxo xoxo

# Congratulations to all the new parents of 2020!



You are already  
loved by so many  
Rebecca Widdicombe

The 15<sup>th</sup> annual Baby Welcoming Celebration has been altered to ensure safety measures around the Covid 19 virus. But we can still have fun! We got creative and have kept many of the ceremony parts you have come to love - the meal, the power point presentation, the games and prizes, etc.

I have included a gift card for each family for the Dragon Palace. This is to allow you to celebrate with your immediate family members at home. There have been games sent out weekly and those playing have accumulated points. These points were used to award prizes. For those who did not play, we did a random draw. We are presenting the babies to our community on the SFN face book page with a power point presentation made by Jesse.

Estelle and her quilting crew have once again made baby blankets for everyone. Virginia Lalonde and her family have made moccasins for each baby. Your growth signs were made by a local nurse, Shaylene. Melva has been helping with keeping me on track and getting things ready. Thank you Melva! And Barb is delivering the parcels. Thank you to everyone for the great community spirit and the help!

This is the second baby welcoming for me and I am so honored to be involved in this event. I want to acknowledge and honor each new family as you set forth on your journey together.

Enjoy your goodies and your meal.

From the SFN Health Care Team

*A Clark-Hen*

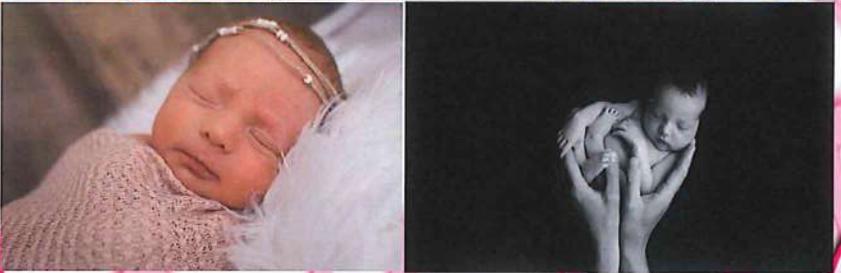
Congrats!  
Lynn Murphy

The Creator  
has blessed our  
nation c  
members. I more  
Sa-GY-Twin little  
ones! Yahoo!  
Dan Kobay

Congrats on  
your little bundle  
Joey Auld

Welcome!  
Offering love  
& support.  
- Heather.

Welcome  
All the best  
Dr. Barnes





## Cultural Connections Program

### Workshops

Drum Making with Donald (and Tylene)  
March 3<sup>rd</sup>, 2021  
1:00pm - 4:00pm

Zoom Painting with Tammy  
March 10<sup>th</sup>, 2021  
1:00pm - 3:00 pm

Beading with Dianne Paquette  
March 24<sup>th</sup>, 2021  
1:00pm - 4:00 pm

### Cree Words

A Little "Know Something"

Atim - Dog  
Minos - Cat  
Mus-kwa - Bear  
Wa-pos - Rabbit  
Si-sip - Duck  
Nis-ka -Goose

Nista- Me too  
Kista- you  
Wista- him/ her too  
Nistanan- us too  
Kistawaw - you too (all of you)  
Wistawaw- them too

*Cree dialect is all different, even from here, how we spell, and how we say words, are a little different, please ask an elder how to say the words properly.*



*A lot of my identity as an  
Aboriginal person is about  
family.*

SHARI SEBBENS



## Social Assistant Program

SA Day  
March 24<sup>th</sup>, 2021

Declaration  
March 15<sup>th</sup>-18<sup>th</sup>, 2021

## Family Support Worker Program

Women's Day - BBQ at the FSD Building  
March 8<sup>th</sup> 12:00-1:00pm

Lunch Program is *every second* Tuesday  
Pick up will be between 11:00am-12pm, 12:30pm- 2:00pm

Next lunch program will be March 9<sup>th</sup> and March 23<sup>rd</sup>

## Infant and Toddler Development Program

Rainbow Crafts  
March 9<sup>th</sup>, 2021

Green Slime  
March 16<sup>th</sup>, 2021

Pot of Gold  
March 23<sup>rd</sup>, 2021

Monthly Toddler Meal Plan  
March 30<sup>th</sup>, 2021

## Family Program

## Recreation Program

Please see attached New Beginnings March 2021 Calendar for upcoming programs.

1	2	3	4	5	6	7	8	
Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
							March 1 - 5 - Sign up for programs with Facilitators	
							10 Spots for each PK trip. Sign up by March 5th for both trips	
8	9	10	11	12	13	14	For more event Information please email your facilitator!	
15	16	17	18	19	20	21	Teens! Get your parents off the couch and do a tik tok Dance video! Do your best "Blinding Lights" by the Weekend and send video to mcampbell@saulteau.com	
22	23	24	25	26	27	28	Popcorn and pot of gold treat for parents	
29	30	31	New Beginning March Calendar					
			All Tuesday programs sign up at khillton@saulteau.com					
			All Wednesday & Saturday Programs sign up with mcampbell@saulteau.com					
			All Thursday programs sign up at fgroves@saulteau.com					



MUSKOTI  
LEARNING  
CENTRE  
**STUDENTS IN  
FEBRUARY**



MLC students made delicious chocolates for Valentine's Day and were guided by Tammy Watson to create beautiful headdress paintings

## MARCH 2021



### MUSKOTI LEARNING CENTRE EVENT'S CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
	1  Class Breakfast	2	3  Protein Energy Ball Making	4	5	6
7	8	9  Hike or Snowshoe	10	11	12	13
14	15	16	17  St. Patrick's Day	18	19	20
21	22	23	24	25	26	27
28	29	30  Drum Making	31  Easter Egg Decorating			



Saulteau First Nations  
Employment & Training  
Department.

Here to Assist You  
Monday to Thursday  
from 8am to 4:30pm

Tonia Richter  
trichter@saulteau.com  
236-364-2008

## Saulteau First Nations Fibre to the Home

### Payments

- All payments are made at Saulteau First Nations reception.
- Due to the current global conditions, we do require an appointment to come make payments.
- Please call (250) 788-3955 to book an appointment.

### Support

- For support with SFN FTTH, please call +1 (888) 622-2879
- Saulteau First Nations cannot override billing.

### Cancellation

- Customers wishing to cancel their services must provide a written or emailed cancellation request to reception.
- This information must include: name, phone number, physical address, along with the cancellation request.
- Customers who stop paying their bills are still being charged until this request is received.
- Any monies owing at the end of cancellation are still to be paid.

*Note: In order to be reconnected to services, balance owed must be paid as well as a \$150 reconnection fee.*



# Muskoti Primary Program

## ***What we offer:***

- ❖ Small class sizes with a BC certified teacher Pre-K to Grade 1
- ❖ Full day play-based individualized academic program for ages 4, 5 and 6
- ❖ Our local First Nations culture and language embedded in our curriculum.
- ❖ Caring and loving staff who believe in every child and their potential.
- ❖ Opportunity for children to read with confidence and pride.
- ❖ Excellent program for developing strong numeracy skills.
- ❖ Great reviews from former parents and kids who want to stay!
- ❖ And so much more ...

Check out our Facebook page: [Muskoti Primary Program](#) to see what we do 😊

## ***Attention fellow band and community members:***

Do you or someone you know have a child turning 4 by December 31, 2021 or entering Kindergarten or Grade 1 in September? If so, please contact us for a registration form ASAP to register your child in our upcoming school year in full-day K4, Kindergarten and Grade 1 class. We limit class sizes to provide the best quality of education we can so register early.

We have a strong cultural and language program that is continuing to flourish. We also offer units on skating, snowshoeing, swimming, gymnastics and so much more for your child (ren) to learn to love to do. Our field-trips and local bussing enhance our program.

If you have any questions please feel free to contact our classroom teacher Cody Schlamp at 250-788-7361.

Education is so important, and the BC First Nations Schools are striving for excellence and achieving greatness for our students. 😊



## Dinosaur Trackway Survey – Your Input is Needed

### About the Survey

The Dinosaur Trackway Site at Carbon Creek contains more than a thousand dinosaur footprints that make it possible to learn more about dinosaurs who lived here 117 million years ago in a landscape and environment different than today. The site is located in Saulteau First Nations and West Moberly First Nations Territory in an area that has been heavily impacted by forestry, surveying, prospecting, etc.

In 2016 about ¼ of the Dinosaur Trackway site was excavated by paleontologists who took away the soil and material on top of a portion of the site to map and photograph the visible footprints. The excavation was widely covered in the national news media. Since then, in spite of actions taken to protect the site and the area, many people have traveled to see the site and, in a few cases, took footprints away.

Saulteau First Nations and West Moberly First Nations are working with BC Heritage Branch on an agreement to manage the site in a way that is consistent with the values that the First Nations place on the site itself and nearby areas. The agreement will take into account the principles and goals of a related agreement concerning Klin-Se-Za/Twin Sisters Park.

The First Nations and BC Heritage Branch have contracted with consultants Julie Harris and Amber Ridington to assist with the agreement work.

In advance of further discussion about the agreement, Council has requested more community input into the values of the site and nearby areas. *This survey is an important step in getting more input about the Dinosaur Trackway from the Saulteau perspective.*

**Survey Deadline is Friday, 19 March 2021 but sooner is always better!**

Everyone completing the survey will hand in to Naomi Owens-Beek or Sandra Alexander at TREP

### Contact Information

If you have questions about the project or survey, please contact Julie Harris by phone at 613 799-4059 (mobile) or by email at [jharris@contentworks.ca](mailto:jharris@contentworks.ca).

You can submit your response to the survey in writing to Sandra Alexander at the TREP Office, by email to [nowens-beek@saulteau.com](mailto:nowens-beek@saulteau.com) or by phoning consultant Julie Harris at 613 799-4059 (mobile). An honorarium will be provided for fully completed surveys.

**How will your answers be used?** The answers will not be used for any purpose other than working on the agreement, unless you specifically ask for Saulteau First Nation to record your answer in their records. The answers will not be attributed to you without your permission. Any answer that is culturally sensitive or private, should be provided to Naomi only by phone or in writing.

# Survey Questions

## Terminology

**Traditional use** is a broad term that can include spiritual activities, camping, travel by any means, hunting, etc.

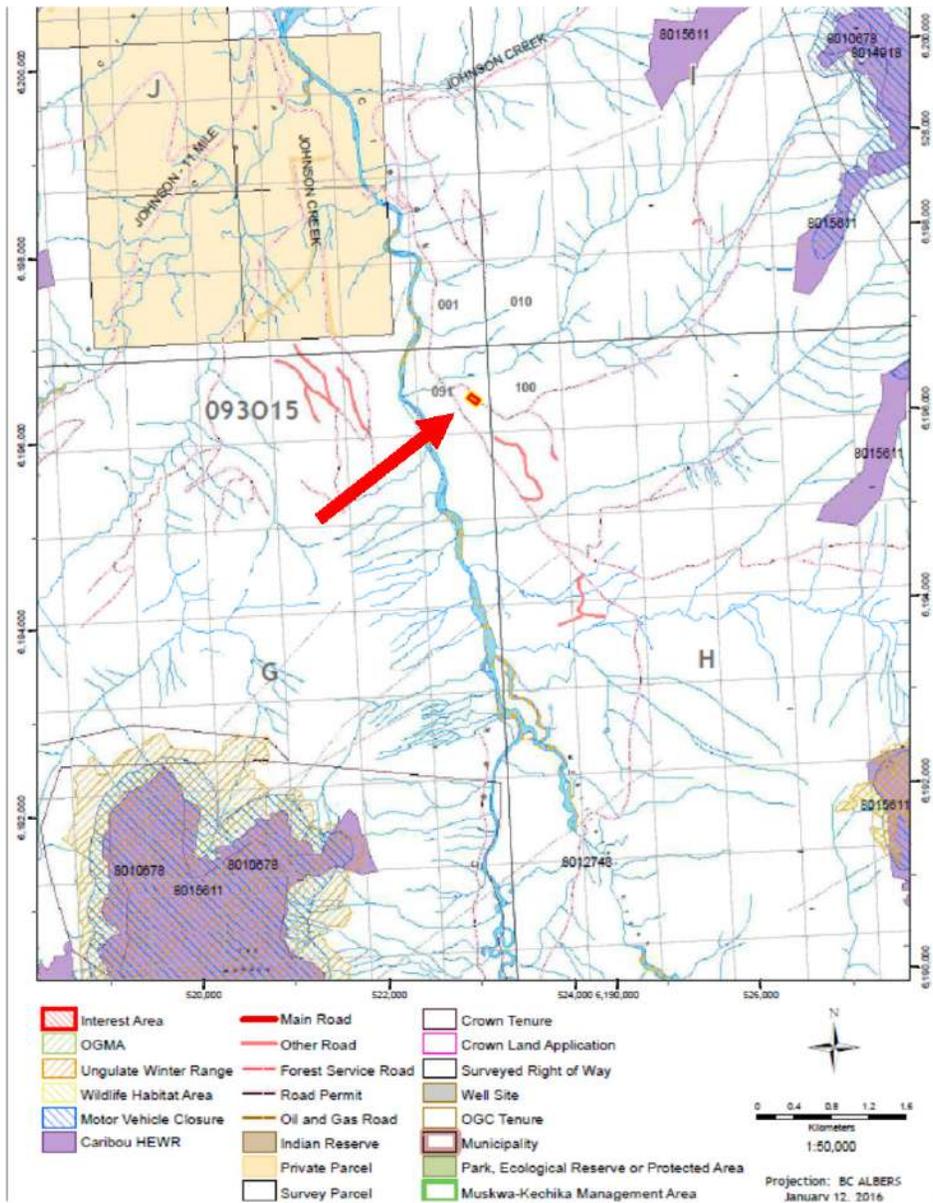
**Paleontology**, as used in this survey, is the activity of locating and examining fossils, including footprints, specifically to understand more about the fossils and/or about the environmental conditions at the time the animals or plants were alive.

**Conservation** means protecting something of value from damage. The “something” can be tangible things, such as camping spots or dinosaur footprints, or less tangible things, such as hunting and knowledge.

## Questions

1. What traditional uses occur at the trackway site or very close to the trackway site? (see maps on last page)
2. Do you know of any stories or teachings that concern the trackway site?
3. Do you have a recommendation for the name of the site in any language(s)?
4. Paleontology work may continue at the site in the future. If so, how should Sauteau community members be involved?
5. Conservation of the site is a goal of BC Heritage Branch and Sauteau First Nation but options to create the right balance between various types of values and uses need to be explored. Would you like to participate in a workshop about those options? If so, please provide your name.

**Thank you. Please provide your name and contact information if you would like to be involved in a workshop or if you would like the consultants to contact you for further details about your answers.**





## Upcoming!!

As mentioned in the February 2021 Newsletter, the Saulteau First Nations membership, and staff, with the assistance of Urban Systems, will begin the process of completing our Economic Development Land Use Planning/Comprehensive Community Plan Update. Our projected start date is April 2021 and estimate the project to take approximately 8 months to complete.

The project will require the assistance of a hired coordinator, committee, and various departmental staff. **Please keep your eye open for upcoming opportunities!**

The project will consist of:

- Reviewing the existing Land Use/Comprehensive Community Plan (CCP) and other planning projects completed by SFN since 2015
- Engaging SFN members, leadership, and staff through an effective engagement program
- Developing an updated Land Use/CCP document, including a list of short, medium, and long-term community priorities
- Developing an implementation plan to guide SFN in implementation of the new CCP
- Completing an update to SFN's existing Land Use Plan component of its Comprehensive Community Plan (CCP) that includes land designations, objectives, and policy direction for all SFN land holdings
- Creating a "Development Action Plan" for specific lands identified by SFN for economic development. The Action Plan will broadly identify future development opportunities and servicing requirements of selected economic development lands, including high-level conceptual renderings of future development. It will also include implementation plans for each of the economic development lands that specifies future steps and funding resources available to move envisioned development forward towards construction.

Schedule:

Our proposed schedule by project phase is provided below.

- |  |               |
|--|---------------|
| <b>1. Project Start Up</b>                     | April 2021    |
| <b>2. Community Engagement</b>                 | June 2021     |
| <b>3. Develop and Review Draft Plans</b>       | August 2021   |
| <b>4. Finalize CCP and Implementation Plan</b> | November 2021 |

Please feel free to contact me via email: [mdoyle@saulteau.com](mailto:mdoyle@saulteau.com) or via tel: (236) 364-2012 should you have any questions.

Mussi,



Mary N. Doyle  
Lands Officer  
Saulteau First Nations

# Happy Birthday



Happiest of Happy Birthdays to  
**Stella Gauthier - March 7th**  
**Alycia Aird - March 9th**  
**Carmen Richter - March 10th**  
*From your Buddy Teena D!*

Happy Birthday to my amazing beautiful  
granddaughter Sharidin Townsend Love you to  
the moon and back  
*xoxo Grandma and Grandpa Sorell*

Happy birthday!  
Teena Demeulemeester - March 5th  
Quila Apsassin - March 7th  
*From Mary Doyle*



## Happy Birthday Jeff Anderson

March 15<sup>th</sup>

*- Love Elisha & Alexis*

## Jeffrey Anderson



To My Dearest Son!

Sending birthday wishes  
your way on this very  
important day, along with  
the hope for a bright and  
positive year ahead!

**Love, Mom**



**- Eddy & Shale**