

SAULTEAU FIRST NATIONS NEWSLETTER

NOVEMBER 2023



FEATURED COMMUNITY NEWS

THE 3RD ANNUAL SFN JOB FAIR!

On October 12th SFN Member Services hosted the 3rd Annual SFN Job Fair, showcasing all of the regional career opportunities available to members and non-members alike. SFN Department representatives were on hand to promote openings within the Nation and recruit members for the many positions that have been created as the Nation's Department branches grow. Thank you to all of the staff who worked hard to put on this event, and to Jamie Kristoffy for organizing it!



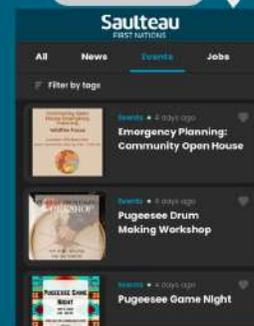
SFN HAS AN APP!

Never miss another event! Download the App from the App Store or Google Play Store on your Smart Phone. The App is compatible with Android and Apple devices.

Once you have the SFN App, make sure you check out the "Events" Tab. Here you'll find all of the upcoming SFN and community events. See the graphic here to learn how to never miss another SFN Event!

How to Save Events in the SFN App Straight to your Calendar (For Android or Apple Devices)

- 1 Open the SFN App or Download it from the App Store or Google Play and then open the App.
- 2 Go to the "Events" Tab and select the event that you want to save.
- 3 Tap on the Event to open it, then tap on "Add to Calendar" It's as easy as that!



BEADED
**POPPY
WORKSHOP**

NOVEMBER 5TH 9-4:30 PM
SFN BOARDROOM

PLEASE CONTACT TYLENE AT
TPAQUETTE@SAULTEAU.COM
IF YOU HAVE ANY
QUESTIONS

TRAPPING
INTRODUCTION AND
DEMONSTRATION
OF EQUIPMENT.

November 30th
@ NBH 5pm-8pm



November 9th @NBH 5pm-8pm.
Dinner provided
Children welcome with supervision.

Pickled Beets



Pickled Carrots

November 16th @ NBH
5pm-8pm



SFN DEPARTMENT HIGHLIGHT: HEALTH CENTRE



Dr. Rafal Banas - Physician serving the community of Saulteau First Nations and families in Moberly Lake and Chetwynd. He works from the SFN Health Centre most Mondays, Tuesdays and Wednesday and in Chetwynd most Thursdays and Fridays.
Time Employed: Dr. Banas has been a physician in Chetwynd since 2015 and relocated to Saulteau Health Centre in October of 2020.
Favorite past time: fitness, working out and cuddling with his fur baby Bambi.

Sarah Gayse
Position: Health Director, Family Nurse Practitioner
Time Employed at Saulteau: July 2014- Current



Ashely Gauthier - Operations Manager of the Health Center
Time Employed at Saulteau: 4 years as of October 21st.
Favorite Past-time: Being in Nature, Garden or with my animals and Children.
Coveted Superpower: Ability to fly, I have always wanted to fly.
Dream Travel Destination: Borah Borah looks amazing.

Tina (Christina) Young - Health Center Administrative Assistant
Time employed with Saulteau: just over 1 year
Favorite pass time: Spending time with Family
Coveted Super Power: The ability to be multiple places at once
Dream Travel Destination: somewhere tropical



Chelsea Gauthier - Community Health Representative – (CHR)
Time Employed: Newly Employed
Favorite Past Time: Anything with my kiddos of course but hunting & hiking too.
Coveted Superpower: To go back in time, see what our ancestors were up to?! Or... to have healing powers!
Dream Destination: Theres to many places to travel & see! How can a gal choose just one?

Tracy Aird - Medical Office Assistant
Time Employedat SFN: Since November 2020.
Favourite past time: Enjoys spending time with family.
Dream Travel destination: The Mediterranean and Western Europe
But will gladly settle for a sunny ocean beach with palm trees.
Super Power: mmmmmwaaahahahaha -- No idea



Chantel Fortier - HCA/End of Life Guide
I do homecare at Saulteau from the Health Center. I love hearing stories, and learning from the wonderful people I work for, and work with. I enjoy visiting my clients and learning about everyone.
Time Employed: Going on two years.
Favorite Past Time: I'm either tending to my family or my silly farm.
Coveted Superpower: Loving people and animals with my whole heart.
Dream Destination: New Zealand, or Yellowstone Ranch to meet Rip.

Savannah Norris - Home Support Lead, Nursing
In the Health Centre I complete assessments of clients' needs, collaborate with the client, family and the interprofessional team to develop personal care plans and assign appropriate resources and referrals to meet client health and wellness needs.
Time Employed: Since February 2019
Fav pastime: Adventures with my family and friends
Coveted Superpower: Healing
Dream travel Destination: Iceland



Heather Lirette - Community Health Nurse
What I do: Vaccines, perinatal support, wound care, Public Health and Communicable disease issues, education on health and diseases, palliative care, help with FN health benefits and navigation of the medical system.
Time Employed: At SFN for 4 ½ years so far
Favorite pastime: organizing and decluttering.
Superpower: multi-tasking
Dream travel destination: Marsa Alam, Egypt – where the desert meets the sea

Kaylee Labby - HCA and End of Life Guide
I do Homecare support services for the elderly in our community. I am a very caring compassionate person and love providing care for my clients.
Time Employed: I first started at the health clinic as an HCA student in November 2022, I started full time at the health clinic in February 2023.
My favorite Past time: Is being a mom to my two boys, I spend my winter season in the hockey arena.
Coveted Superpower: Being a hockey mom.
Dream Travel Destination: Greece and Switzerland



Department Career Opportunities

- Vacant – Medical Office Assistant - Casual On Call**
- Vacant - Mental Health Worker**
- Vacant - Health Centre Receptionist - Casual On Call**





EXHIBITION GAME

ONTARIO RED -VS- ONTARIO BLUE

SATURDAY, NOVEMBER 4TH, 2023

DOORS + OPENING CEREMONY: 1:00PM · GAME: 3:00PM
CHETWYND & DISTRICT REC CENTRE, BC



**LIMITED TICKETS
AVAILABLE**

TICKETS AVAILABLE FOR PURCHASE AT:



District of Chetwynd
5400 Hospital Rd, Chetwynd, BC
T: 250-401-4100



West Moberly First Nations
7610 Crying Man Ln, Moberly Lake, BC
T: 250-788-3622



Saulteau First Nations
1717 Civic Core Rd, Moberly Lake, BC
T: 250-788-3955

**\$10 ARENA
TICKET**

**\$10 TAMARACK
HALL TICKET**
ONLY 150 AVAILABLE!



CALLING ALL SINGERS!



WE'RE LOOKING FOR SOMEONE
TO SING THE NATIONAL ANTHEM
AT THE WOMEN'S U18 NATIONAL
CHAMPIONSHIP EXHIBITION GAME



Saturday | November 4th
1:00PM
Chetwynd Hockey Arena

Further Information:
Colleen Totusek
(250)401-7391

NORTHERN INDIGENOUS GUYS' GATHERING

Sharing Our Knowledge, Restoring Our Strength and Wellness

November 1 - 3, 2023
Civic Centre, Prince George

Featuring Guest Speaker Jordin Tootoo



NORTHERN REGION
First Nations Health Authority



Jordin Tootoo



NOVEMBER 8 & 9/2023

SAULTEAU FIRST NATION

EMERGENCY SUPPORT SERVICES (ESS) TRAINING



Interested in Signing Up?

Course is being held in
Chetwynd (at Northern Lights
College) - 8:00 AM to 4:30 PM
both days. Lunch provided!

CONTACT
JGILBERT@SAULTEAU.COM

WHAT IS ESS?

- ESS is the services provided to a evacuees during community disaster - such as wildfires or floods.
- ESS is the service that connects people to the resources available to them during emergency - housing, food vouchers, and basic services.
- Being trained in ESS means you could help both our community and other neighboring communities in the event of an evacuation.

MORE INFO -> <https://www2.gov.bc.ca/ESS>

ELDERS FOCUS

GROUPS:

CULTURAL BURNING

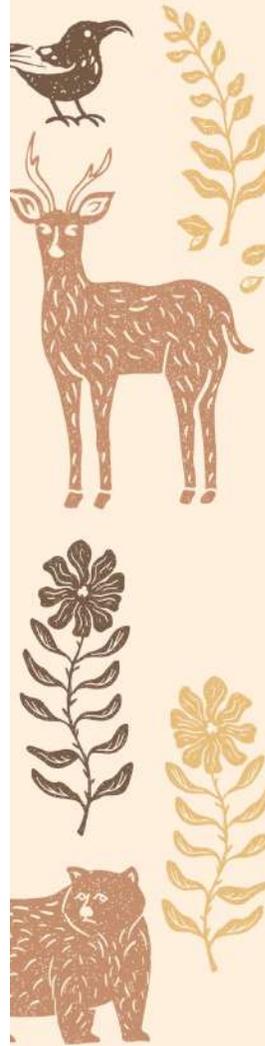
WOMEN

Tuesday, November 28th
@9:30-11:30 AM
Pemmican Grounds Cabin

MEN

Thursday, November 30th
@9:30-11:30 AM
Pemmican Grounds Cabin

To RSVP or Find Out More
Information
Please Contact
jgilbert@saulteau.com



Community Open House Emergency Planning Wildfire Focus

Location: SFN Band Hall

Date: November 29th @ 9:30 - 11:30 AM



For Questions or Comments Please

Contact

jgilbert@saulteau.com

agentles@saulteau.com

WILDLAND FIREFIGHTING

S100/S185 - BASIC WILDLAND FIREFIGHTER TRAINING

NOVEMBER 20TH-21ST

CHAINSAW SAFETY

NOVEMBER 22ND-23RD

TO SIGN UP OR FOR MORE INFORMATION

PLEASE CONTACT

JGILBERT@SAULTEAU.COM



LIFE PROMOTION, SUICIDE PREVENTION TRAINING



Facilitated by Beverley and Frank Hope of Shake the Dust Consulting. Build understanding of the historic and ongoing contributors to suicide in First Nations community and develop trauma informed skills and competencies to support community members in crisis.

**MONDAY, NOVEMBER 6TH -
WEDNESDAY, NOVEMBER 8TH**

Text or call the Mental Wellness and Substance Abuse Counsellor 250-401-7616 to register or for more information.



**Kristine with HeartCore
Healing will be coming to the
Health Center on November
9th. Please contact the
Health Center to book
at 250-788-7280**

**Kristine incorporates Reiki,
energy healing and oracle
cards into the sound healing
session to create a beautiful
and healing experience.**



Narcotics Anonymous

**Narcotics Anonymous (NA) Meetings
Wednesdays @ 8pm at the SFN Health Centre**

Confidential and supportive self-help group for community members who are or have experienced problematic substance and alcohol use. If substances are impacting your relationships with family, friends or significant others or your work or school attendance this group may be a support.

- Abstinence is not required. No stigma, labels or judgement.
- Drop ins welcome. No preregistration required.
- Snacks and refreshments offered. Sponsors available.



MENTAL HEALTH AND WELLNESS COMMITTEE MEETING NOTICE

THE NEXT MEETING OF THE MENTAL HEALTH AND WELLNESS COMMITTEE, A JOINT INITIATIVE OF SAULTEAU CHIEF AND COUNCIL AND THE SAULTEAU HEALTH CENTRE WILL TAKE PLACE AT 10AM ON THURSDAY, OCTOBER 26TH AT THE SAULTEAU HEALTH CENTRE. THE COMMITTEE'S WORK AIMS AT IDENTIFYING AND DEVELOPING ACTION BASED SOLUTIONS TO IMPROVE MENTAL HEALTH IN COMMUNITY.

ANY QUESTIONS CAN BE DIRECTED TO MENTAL WELLNESS AND SUBSTANCE ABUSE COUNSELLOR @ 250-401-7616



November 2023

October '23							December '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	3	4	5	6	7	8	9
8	9	10	11	12	13	14	10	11	12	13	14	15	16
15	16	17	18	19	20	21	17	18	19	20	21	22	23
22	23	24	25	26	27	28	24	25	26	27	28	29	30
29	30	31					31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			Narcotics Anonymous (NA) 8pm NBH	Dera's Footcare 9am Walking Group 8:30 am	Jenn Casey Intuitive Healing and Card Reading 10am	
5	6	7	8	9	10	11
	Walking Group 8:30 am	Heather's Health Hour Winter driving 10am Women's Group NBH 5pm-8pm	Seasonal Flu Vaccines & New Covid Vaccines 9 am Narcotics Anonymous (NA) 8pm NBH	Heartcore Healing 10am Walking Group 8:30 am		
12	13	14	15	16	17	18
	Closed for Remembrance Day		Land Based Lessons 5-7pm Narcotics Anonymous (NA) 8pm NBH	Physiotherapy 8:30am Walking Group 8:30 am		
19	20	21	22	23	24	25
	Walking Group 8:30 am		Narcotics Anonymous (NA) 8pm NBH	Round Dance -Gym 5 pm Walking Group 8:30 am		
26	27	28	29	30	1	2
	Walking Group 8:30 am		Narcotics Anonymous (NA) 8pm NBH	Acupuncture 8am Seasonal Flu Vaccines & New Covid Vaccines 9 am Walking Group 8:30 am		
3	4	Services Available on Request * Youth and Wellness Counselling (Contact Becca Widdicombe 250-788-7262) * Adult Mental Health & Harm Reduction (Contact Annie Miller 250-401-7616) * Dr Banar (Contact MOA Tracy 250-788-7266) * Home Support Services -including homemaking (Contact Lynette Murphy 250-788-7375)		Heather offers (by appointment only) HPV (Cervical cancer) screening Education on all health topics Narcan with Education TB screening/Immunizations Baby,Flu,Pneumonia, Shingles		Harm Reduction Supplies Annie Miller

We're Hiring

An Operations Manager

The Northern Nations Wellness Centre is a First Nations-Led Primary Care Centre that respects cultural values and practices integral to Indigenous identities and wellness. We are committed to a proactive, holistic approach to health and wellness, and to the delivery of sustainable services which honour the customs and traditions of the Saulteau and West Moberly communities near Chetwynd, BC. A founding principle of this Centre is that there be no barriers to care.

The **Operations Manager** is responsible for the operational leadership, corporate functions and integration of traditional wellness and cultural practices into the First Nations-Led Primary Care Centre (FNPC). As the Centre is currently in development, the Operations Manager will play a pivotal role in developing a wraparound team-based care model. Priorities include establishing a team focused on quality of care and optimized client experiences consistent with improved health outcomes.

Full job posting can be viewed on Indeed, Civic Info BC, and Windspeaker.com or by following this link:
<https://windspeaker.com/job-board/13118>

Interested applicants may send their resume and cover letter to:
sarahcanning@mistahiyacorp.com

Closing Date: October 31, 2023

TOXIC DRUG ALERT

for Fort St. John, BC

Alert expires: October 19, 2023

Drug's characteristics

SUBSTANCE(S): Reddish-brown substance packaged in blue pill cases, sold as "down".	RESPONSES:  Heavy, prolonged sedation	COLOUR(S):  Redbrown
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Overdose signs

 Slow or NO breathing	 Lips are blue	 Nails are blue	 Choking, gurgling, or snoring sounds
 Person is not moving Can't be woken up	 Skin feels cold or clammy	 Pupils are tiny	

Naloxone Resources Available Here:

Fort St. John Specialized Services:
250-263-6083

To find a harm reduction site, visit:
towardtheheart.com/site-finder

Have a Safety Plan

- Don't use alone
- If alone, use the Lifeguard or BeSafe app
- When possible avoid mixing drugs or mixing drugs with alcohol
- Carry and know how to use naloxone
- Test a small amount and go slow
- Call 9-1-1 or your local emergency number right away if someone overdoses

Possession & Acquisition Licence

November 4th 9am-5pm
& November 5th 9am-5pm

@ New Beginnings House

Please call Chelsea to Register.
250-788-7262



Band Van
Available

Monday to Thursday
8:30am-4:00pm

Need a Ride?

Have an Appointment?
Need to get to an event?

Call Karen @
250-401-1713

To Book your time.



Let's Talk
About



WILLS AND ESTATE PLANNING

November 1, 2023
5:30 pm - 7:30 pm

SFN Gym
Supper
Included @
5:30 pm
Presentation
will follow

Opportunity to book an individual session with Frontier Law at a later date to work with your schedule. Either in FSJ or at SFN

CONTACT INFORMATION
Norma Podolecki
Indian Registry Administrator
npodolecki@saulteau.com
www.saulteau.com
T (250) 788-7283
C (250) 401-8341

FRONTIER LAW



Saulteau
FIRST NATIONS

ROUND DANCE

In light of National addictions awareness week
we would like to gather
share space and ceremony

LET'S DANCE ALL NIGHT! WITH RED BULL
SINGERS

NOVEMBER 24TH, 2023

PIPE CEREMONY 5:00 PM
FEAST AT 5:30 PM
OPENING PRAYER & SONG 6:00 PM
GUEST SPEAKER 6:30 PM

ROUND DANCE AND GIVE AWAY TO FOLLOW
DOOR PRIZES
GREAT COMMUNITY GATHERING

NEW
SAVE
THE DATE

Cree-ative Wonder's Land Based Learning Program

Community Involvement Opportunities

If you are interested in helping with any of the following, please contact Henriette Landry our Cultural/Land Based Program Mentor

An honorarium will be provided.

Please help us to provide the littles with the knowledge and opportunities so they can keep the Culture and Language going forward into the future generations. Mussi

We provide or get or have the materials and supplies needed.

(you can leave your name and number for Henriette to contact you back at the center 250-788-3911 or just speak to Henriette)

- Rabbits – we need several rabbits for an event and the program.
- Getting teepee poles for our teepee – currently we have a 12 foot one but are looking at getting another 18 foot one in the spring. We need poles for both sizes.
- Making Barbie/Ken sized traditional clothing and items such as ribbon skirts, shirts, hide vests, regalia, moccasins, etc.
- A Barbie/Ken sized cabin doll house.
- Barbie/Ken doll sized teepee, dry meat rack, fire pit, hide rack with pretend hide, anything that we would find at a cultural camp.
- Looking for cooks who can prepare traditional foods for an event (100 people?)– moose nose soup, baked grouse, rabbit soup, Salmon, Berries, gutsies, stuffed heart, kidney, fried and baked Bannock and other regular fixings.
- Looking for a tea barista who knows different natural teas and can prepare for an event.
- People for odd jobs like sanding and re-staining our picnic tables.
- Cooks to prepare items like Bread, Bannock, buns to freeze for the daycare use at lunches.
- Sewing people to make regalia pieces for our littles, vests, pants shawls, grass/fancy apron and yokes, jingle, traditional – both boy's and girls' styles. Moccasin makers to make our little moccasins. We have some vamps beaded but need more and have hide, liner material and rabbit fur already.
- Making regalia pieces - a bustle, arm pieces head pieces (specific for specific dance regalia needs) – so they get the idea of what is used – simple as these will be used in getting them accustomed to the practice and give them a desire to participate.
- Dry meat.
- Prepare some wood for the fire pits – chopped and kindling to start the fires.

We are working a lot on our Cultural and Land-Based programs this year and will have different opportunities to earn some Honoria through our programs. There are many kinds of projects, and you might even have some great ideas of things we can do in this area. We will also be looking for Elders or other traditional teachers to come into the center and do things with the children.

So please reach out to Henriette. We want to be fair and give opportunities to participate to as many as we can.]



3 WEEKS UNTIL CAMP! NOVEMBER 17-20, 2023

HOSTED BY DOIG RIVER FIRST NATION & THE NORTHEAST ABORIGINAL BUSINESS CENTRE

FRIDAY: 5PM-830PM
SATURDAY & SUNDAY: 930AM-4:00 PM
MONDAY: 5PM-830PM



BEARS' LAIR Youth Camps

**FREE YOUTH ENTREPRENEURSHIP CAMP
(INDIGENOUS YOUTH AGES 11-18)
OPEN TO ALL INDIGENOUS YOUTH IN NORTHEAST BC!**

Join us to explore the basics of business and learn how to run your own company!

Experience three fun-filled days of learning with Bears' Lair coaches & mentors.
Learn how to turn your ideas into reality!

**ONE TEAM WINS \$250 EACH!
AT THE COMMUNITY CELEBRATION DINNER NOVEMBER 20!**

REGISTER TODAY!

DREAM CAMP INCLUDES:

- **Breakfast & Lunch**
- **Shirt & Swag**
- **Team Coaches to help Youth tackle Challenges and develop valuable business, teamwork and life skills such as negotiating, public speaking and budgeting.**
- **Lots of hands-on activities to create a start-up plan and Team Pitch video for YOUR business ideas.**



SCAN QR CODE TO REGISTER
Email rowan@BearsLairTV.com

November 2023

Dates to Note

SUN	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	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★		

Nov 4th and 5th - Pal Course

November 9th- Canned Beets
5-8pm @ NBH

Nov 16th- Pickled Carrots
@ NBH 5pm-8pm

November 24th- National Addictions
Awareness week- Round Dance

November 30th- 5-8pm @ NBH
Trapping Introduction and Demo

PUGEESEE GAME NIGHT

NOV 15 / 2023
6:00 - 8:00 PM

COME HAVE FUN LEARNING AND PLAYING
PUGEESEE

BRING YOUR OWN DRUMS

IF YOU HAVE ANY QUESTIONS CONTACT TYLENE AT
TPAQUETTE@SAULTEAU.COM
OR
250-788-7365

PUGEESEE DRUM MAKING WORKSHOP

NOV 10TH - SFN GYM
9:00 AM - 4:00 PM

ONLY 10 SPOTS AVAILABLE

PLEASE CONTACT TYLENE AT
TPAQUETTE@SAULTEAU.COM
OR

250-788-7395

NOVEMBER 2023

MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			1 After School Club Hike & Fire 3:30 pm - 4:30 pm	2	3	4
5	6 Pugeesee Drum Making	7	8 After School Club Sports 3:30 pm - 4:30 pm	9	10	11
12	13 SFN closed in honour of Remembrance Day	14 Painting with Tammy	15 After School Club Board Games 3:30 pm - 4:30 pm	16	17	18
19	20	21	22 After School Club Cooking with Cheri 3:30 pm - 4:30 pm	23	24	25
26	27	28 Culture Day	29 After School Club Sports 3:30 pm - 4:30 pm	30		

Notes:

If you are a Muskoti Learning Centre student interested in making a Pugeesee drum this month please contact us to reserve your materials!

The Muskoti Learning Centre has the weight room reserved for student use every Mon - Thu from 2:00 - 3:00 pm!

☆ For registered MLC students. For event info, please phone (250-788-7368) or check in the classroom - dates & times may vary ☆

15 Acrobats, Aerialists, Daredevils & a ROCKIN' Soundtrack!

December 7th, 2023 | Doors: 6 p.m. & Showtime: 7 p.m.
Ovintiv Events Centre, Dawson Creek

TICKETS ON SALE NOW! LAKEVIEWTIX.com

Ovintiv is holding a limited number of FREE Tickets for Saulteau Members!
 Call the Box Office 250-782-7443 and using the Code : OVINTIVGIVES



November 2023

iyikopiwipîsim
The frosty moon



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13 Remembrance Day STAT	14	15 Early Dismissal @ 2:00pm	16 Early Dismissal @ 2:00pm	17	18 Remembrance Day
19	20	21	22	23	24	25
26	27	28	29	30	1 End of Term 1	2

MUSKOTI LEARNING CENTRE

ARE YOU INTERESTED IN MAKING A PUGEESEE DRUM?



PLEASE READ BELOW!



The Muskoti Learning Centre is hosting a drum making class with an elder this November.

Depending on the number of MLC students in attendance, there may be spots available for community members who would like to join us to make a drum.

If you would like to be put on the list to be contacted about available spots, please phone the MLC at 250-788-7368 or come into the classroom.

SFN 6 week Weight Loss Program/Challenge

JOIN NOW

Text Elaine @ 250-874-0059

November 6th - December 15

Staying Accountable

weekly weigh-ins

weekly check-ins

one-on-one training available

Program can be done at home or in the gym
weights & bands recommended but not needed

Register with Brooke Walker

Recreation Coordinator

250-788-6269 | bwalker@saulteau.com

NOV 5TH, 2023

4 PM-7 PM

Silent Auction

AND DINNER FOR \$20
AT SAULTEAU FN GYM

**FOR
BEN DAVIS**

BEN IS A SFN COMMUNITY MEMBER THAT HAS DEDICATED HIS LIFE TO WORKING FOR SFN AND LOOKING AFTER MANY GRANDCHILDREN. LET US HELP BEN AS HE IS FIGHTING CANCER. PLEASE COME JOIN US FOR AN EVENING OF FUN.

ANY DONATIONS FOR SILENT AUCTION PLEASE CONTACT CINDY OBRIEN OR RONDA AUGER @ 250-788-3955 OR 236-364-2019

Winter Safety Tips

Remember to
Put Out Candles
Before Leaving



Have Your
Wood Stoves
and Chimneys
Cleaned



Keep a Winter
Emergency
Kit in Your
Car



Check Your Fire
Alarms and
Carbon Monoxide
Monitor Batteries



Be Careful of
Icy Paths and
Driveways



Watch for Kids
That are
Playing Near
the Road



Heather's Health Hour Winter driving

Before heading out onto the road this winter, come to the Saulteau First Nations Health Center on **November 7 at 10 am** for some tips on how to stay safe.



Enter to WIN an AIR FRYER (winner drawn in December)

Choose your \$10 gift card during each HHH

Winter driving

Before heading out onto the road, PREPARE for your trip

It's important to have **good winter tires**. Check them regularly as low temperatures can reduce tire pressure. **Tell someone** you are leaving, where you are heading and when you expect to arrive. Carry a cell phone and charger with you. Pack a **winter emergency kit** in your vehicle in case you get stranded or stuck. Your emergency kit should include:

- First aid kit
- Emergency food and water
- Spare warm clothing
- Flares or matches and lighter, candles
- Shovel and traction mat, sand or kitty litter (non-clumping)
- Battery jumper cables
- Tow strap or rope
- Consider chains for your tires for extreme situations such as ice



Always adjust your driving according to weather and road conditions

During ALL seasons. When you encounter ANY hazards remember two key tips: reduce your speed and increase your following distance.

Handling specific situations:

Hydroplaning

Hydroplaning happens when the tires lose contact with the road surface and float on a film of water. If you find yourself hydroplaning, ease off the accelerator and keep steering in the direction you want to go. Avoid braking.

Black ice

Quick changes in temperatures can cause unpredictable road conditions. Although the road may look the same, black ice can form unexpectedly and may not be visible. Most commonly found on roads with shaded areas, bridges, overpasses and intersections where car exhaust and packed snow freeze quickly. If you drive over black ice and start to skid, ease off the accelerator, and look and steer smoothly in the direction you want to go. Don't brake! This will make the situation worse. You may need to repeat this manoeuvre several times until you regain control.

HOUSING DEPARTMENT

MAINTAINING YOUR HOMES- NOVEMBER 2023

Tips & Tricks to Prepare for Winter

The weather is changing and it's time to start preparing for winter and colder temperatures. Here are a few tips and tricks that can help to ease into this new season.

1. Ensure that pipes are insulated and have heat tape turned on.
2. Remove garden hoses from all outside taps.
3. Check weather stripping around all exterior doors.
4. Ensure gutters are free and clear of debris.
5. Ensure down spouts are pointed away from the house.

Repairs VS. Emergency Repairs

When repairs and maintenance are required, a request must be made to the housing department. Housing will review the request and we may arrange for an inspection to be done to confirm the repairs. All repair requests will be prioritized with emergency repairs being given first priority, followed by non-emergency repairs or maintenance related to health and safety. All other repair requests will be dealt with subject to budget availability.

An **EMERGENCY** repair is considered any accident, break or defect in interior plumbing, heating or electrical system, or safety feature in any part of the home.

To make a request you can simply call our office, send us an email or come in and fill out a request form.
(236)-364-2019 or mdoonan@saulteau.com

Maintenance

- When making request for maintenance or repairs, please ensure that you are home and available for the crew to come assess and complete the repairs.
- When having maintenance work done, please have the area clean and tidy.
- Please keep dogs chained up or secure when the maintenance crew is coming to your home.
- Please do not dispose of animal bones or loose cat litter in garbage bins.



ELDERS CHRISTMAS PARTY PHOTOGRAPHER



THE CHRISTMAS COMMITTEE IS SEARCHING FOR A PHOTOGRAPHER IN THE COMMUNITY THAT WOULD BE INTERESTED IN TAKING CHRISTMAS PORTRAITS

PLEASE SEND A BRIEF DESCRIPTION OF WHY YOU'D LIKE TO TAKE THE PHOTOS.

ALL APPLICANTS WILL BE SCREENED AND SELECTED BY THE CHRISTMAS COMMITTEE

PLEASE SEND YOUR APPLICATIONS TO CARLEE AT [CWESTGATE@SAULTEAU.COM](mailto:cwestgate@saulteau.com)

DEADLINE TO ENTER IS NOVEMBER 7TH 2023

LOOKING FOR SOMEONE TO CATER THIS YEAR'S

Kids Christmas Party

DECEMBER 11TH - 5:00 PM - 8:00 PM
350 PEOPLE

THIS YEAR'S CHRISTMAS COMMITTEE IS SEEKING ANY SFN COMMUNITY MEMBERS WHO MAY BE INTERESTED IN CATERING SPAGHETTI AND HOT DOGS!

ALL APPLICANTS WILL BE SCREENED AND SELECTED BY THE CHRISTMAS COMMITTEE MEMBERS

PLEASE REMEMBER LEAD CATERER'S MUST HAVE VALID FOOD SAFE, BE COMMITTED AND PROVIDE THEIR OWN HELPERS

PLEASE SUBMIT A BRIEF DESCRIPTION OF WHY YOU WOULD LIKE TO BE CONSIDERED

IF INTERESTED PLEASE SEND YOUR APPLICATION TO CARLEE WESTGATE AT [CWESTGATE@SAULTEAU.COM](mailto:cwestgate@saulteau.com)

DEADLINE NOVEMBER 7TH 2023

SAULTEAU FIRST NATIONS

Christmas Market

Everyone's Welcome!

Saturday December 2nd
1:00 pm - 5:00 pm

Deadline to book a table is
November 9th

Please contact Carlee Westgate to book at
cwestgate@saulteau.com

\$10 a table

Set up starts at 11:00 am

Hot Chocolate, Tea, Coffee, and Snacks will be provided!



LOOKING FOR SOMEONE TO CATER THIS YEAR'S

Community Christmas Party

DECEMBER 13TH 2023 AT 5:00 PM - 7:00 PM
350 PEOPLE

This year's Christmas Committee is seeking any SFN Community members who may be interested!

ALL APPLICANTS WILL BE SCREENED AND SELECTED BY THE CHRISTMAS COMMITTEE MEMBERS

PLEASE REMEMBER LEAD CATERER'S MUST HAVE VALID FOOD SAFE, BE COMMITTED AND PROVIDE THEIR OWN HELPERS

Please submit a brief description of why you would like to be considered, and a menu of what you would like to serve.

If interested please send your application to Carlee Westgate at cwestgate@saulteau.com

DEADLINE IS NOVEMBER 7TH 2023

Journey to My Best Self: 5 Day Personal Development and Mental Wellness Healing Workshop

Facilitated by Frank and Bev Hope of Shakes the Dust Consulting. This group based personal wellness program will support participants to:
identify present and past life traumas, challenges and patterns and explore possibilities for healing and change to increase mental wellness.

**October 30th to November 3rd
from 10am to 4pm at the NB House**

Text or call the Mental Wellness and Substance Abuse Counsellor 250-401-7616 to register or for more information.



- SFN ARTIST SUBMISSIONS -



***We want to feature
SFN Members' Art
on the new SFN Website!***

**Help us enliven the new SFN Website
with Community Members' Art Work!**

**All Submissions must be received by November 15th, 2023
Please email as a High Resolution PNG to**

COMMUNICATIONS@SAULTEAU.COM

**\$100 HONORARIUM
FOR ALL
SUBMISSIONS
THAT ARE USED.**

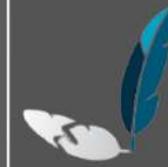


Please be advised -

In the next couple months, the Treaty Rights and Environmental Protection (TREP) department will be mapping the SFN reserve with UAVs.

An unmanned aerial vehicle (UAV), commonly known as a drone, is an aircraft without any human pilot, crew, or passengers on board.

Please do not interfere with the UAV if you see it in your vicinity.



YOUR ATTENTION PLEASE

If you are experiencing a septic fumes smell when running water in your sink, it could be due to a plumbing issue and a potential health risk. The plumbing in your house is designed to contain harmful gases, flush away sewage, and provide you with clean and potable water. **If you are smelling sewer gas in your kitchen, something has gone awry with the system.**

Sewer gases are toxic and should not be breathed in for long periods or by those with compromised immune systems.

One of the most common reasons for this smell is a dry P-trap. The P-trap is the curvy part of the pipe under the sink that resembles a “p” or a “u.” It isolates the drain line from the fixture, which blocks irritating smells. The trap under an individual fixture works by holding water at the bottom of the curve to block the smell. If the P-trap is dry, it would cause a sewage smell to emanate from the sink.

If the sink is in regular use, you can eliminate evaporation as a cause.

Another reason could be blockage in the drain line or leak in the connections on either side of the P-trap. You can check for blockages and clear them up if found. Clearing the blockage and running water for a few seconds will fill the trap back to optimal levels. **If there is a leak, it may be necessary to replace or tighten connections.**

To clean out your drain and disposal, try these methods:

- **Hot Water and Dish Soap:** Plug the sink with a stopper and fill it at least halfway with hot water. Squirt some dish soap in and pull the plug. Turn on the disposal while the sink drains.
- **Baking Soda and Vinegar:** Pour one cup of baking soda into the drain, followed by the same amount of vinegar and let sit for 10 minutes. While you are waiting, boil a pot (about six cups) of water. Pour the boiling water down the drain to help move along any residual particles.

Welcome

To The SFN

TREP Department

Lisa Hardy

Lisa is a Carrier First Nation with over 10 years in natural resource management. Lisa moved into Treaty 8 territory over 10 years ago and has spent a lot of time in the community of Saulteau First Nations with her young daughter. Lisa is excited to be working with Saulteau First Nations and the TREP team!

Eric Boakye-Danquah

Hi, my name is Eric Boakye-Danquah, and I have the privilege of serving as a GIS Technician here at Saulteau. I have several years of experience in GIS and during this time, I've had the opportunity to witness firsthand the incredible power of Geographic Information Systems in making informed decisions and enhancing our understanding of the world around us. I'm dedicated to applying my experience and expertise to support the Nation, working together to create a more informed, sustainable, and thriving environment for all, and I am enthused to share my passion for GIS and its potential to make a positive impact in our community!



LAND GUARDIAN UPDATE

JORDAN DEMEULEMEESTER



SFN Guardian program has now purchased their own water testing equipment to test water quality in Moberly Lake and the Moberly Lake water shed. We will be testing water quality monthly to determine changes in the lake's water. In September, we attended the Land Guardian Gathering in North BC, with other guardians from nations in Treaty 8 territory. This will be an ongoing Gathering to help guardians connect and share traditional ideas and values that to help understand better ways on improving the land and water.

As we slowly transferring from summer to winter, Guardians look forward to processing trail cam data, adding Nihyaw/Cree language into our everyday work/surveys, land base lessons, ground truthing possible traditional use areas and monitoring/protecting our land.

Please pick up your copy of SFN Ethnobotany book at band hall front reception or at TREP.



LAND GUARDIAN UPDATE

TY MURFITT



Hello everyone, hope you are doing great. Giving you all an update on the work we have been doing 😊

We got to do water sampling on Moberly Lake, we will be sampling hopefully once every month every year. We still do methylmercury fish sampling in the lake as well. Cut trail over by Moose Lake for Twin Sisters Nursery and helped haul lichen for the caribou maternity pen. We did moose poop sampling in we are testing for heavy metals and pesticides. I also got the opportunity to go to UNBC in Prince George and do lab work and toured around UNBC, had a great time! And checked out roadside mineral licks.





Saulteau
FIRST NATIONS



**Oil & Gas Report
Fernie May Garbitt
Saulteau TREP office
November 2023**

Tansi SFN Community Members:

Ole Man Winter is among us. Hope Everyone stays Warm and Cozy this winter. It has been a very busy season for me with meetings that require travel, conferences, field tours, and referrals. My apologies on the acronyms, but here at SFN TREP we use a lot of them.

I work with many oil & gas companies on their active or proposed projects. At SFN TREP we encourage positive pre-engagement and relationship building from ALL Industry proponents. I work closely with the provincial gov't BCER(BC Energy Regulator) use to be the OGC(Oil & Gas Commission)-they are based out of FSJ. Some major projects can go through other federal Regulators CER (Canadian Energy Regulator) use to be the NEB(National Energy Board). There is also the provincial BC EAO(BC Environmental Assessment Office)-they give out Environmental certificates for any provincial major project. Any new company that has a proposed project within SFN traditional territory, SFN TREP require;

- 1.Meet & Greet-This is to meet the Staff which is your C&C & SFN TREP Team.
2. Regular updates on their activities or proposed projects; follow our LREP(Land and Resource Engagement Process). I am currently working with our Policy analysis to update our LREP to fit the current reg's and since the BRFN court case.
- 3.Develop a relationship building agreement with the Nation. Capacity, community initiatives and potential contracting opportunities for SFN entities(4EG, Aski, Twin Sisters, etc).

I work with the following companies:



- | | |
|------------------------|----------------------------------|
| 1.Crew Energy | 8.CGL |
| 2.Arc Resources | 9.Pacific Canbriam |
| 3.Ovintiv | 10.Petronas |
| 4.CNRL | 11.Pembina |
| 5.EnBridge | 12.Tourmaline |
| 6.NorthRiver Midstream | 13. TC Energy(NovaGas)-PRGT/NMML |
| 7.Shell Canada | |

Some companies are new and are mostly on Private Lands or on some crown but are willing to come to SFN and build a relationship.

- | | |
|--------------------------|---------------------|
| 14.Murphy Oil | 19.Diamond LNG |
| 15.Stathcona | 21.Aureus Energy |
| 16.Vermillion(Leucrotta) | 22.Kelt Exploration |
| 18.Veresen Midstream | 23.Cenovas Energy |

I wanted to Say a Big Shout to ALL the Oil & Gas Companies that donate towards Saulteau First Nations every year for The Christmas parties, Pemmican Days and for Culture Camp. Some donate towards school supplies and provide scholarships. The Saulteau C&C/Staff requests donations every year for our yearly events, it could not be possible without the generous financial donations from these companies. If you see or meet any of the representatives from these companies- Please show them your appreciation.

**Thank
you!**

I wanted to send a Special Thank you to SFN Band Member Wadeen Badine for joining the TREP Team as a summer student and to be mentored into the oil&gas position when it is my time to move on from SFN. Wadeen is a great asset to us and we hope to continue to have her every summer going forward. We wish her well as she is returning to school in Project Management.

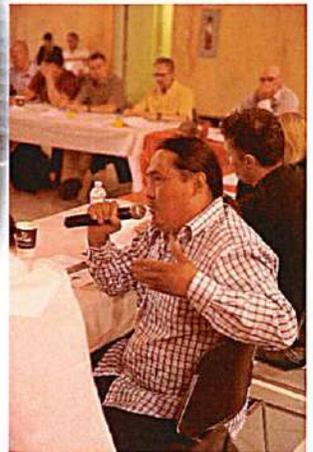
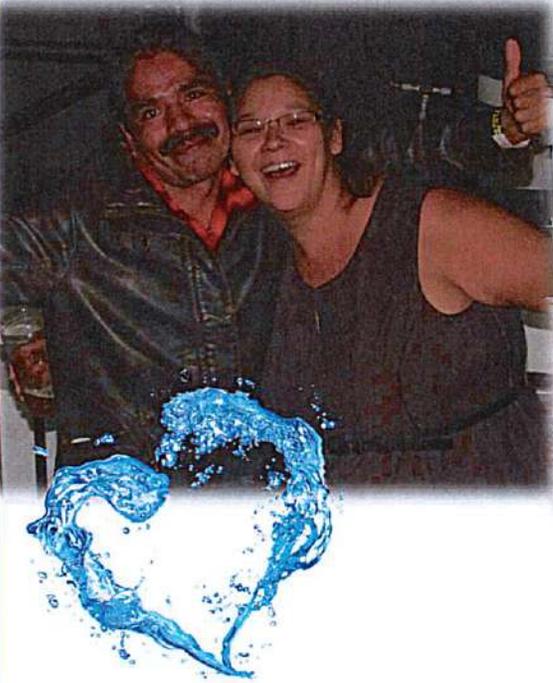
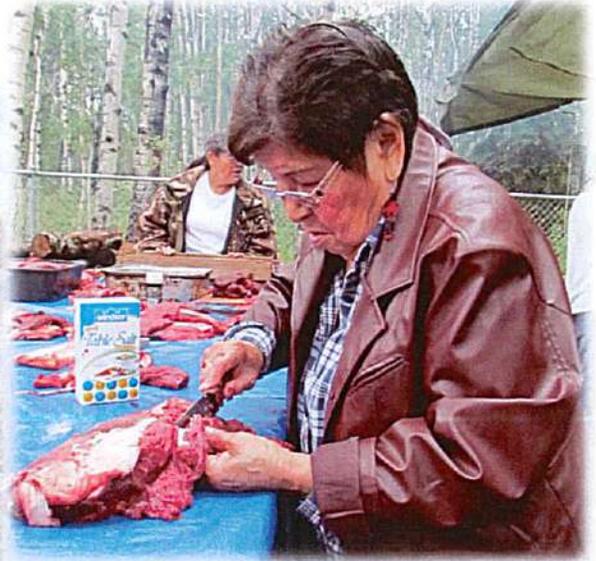
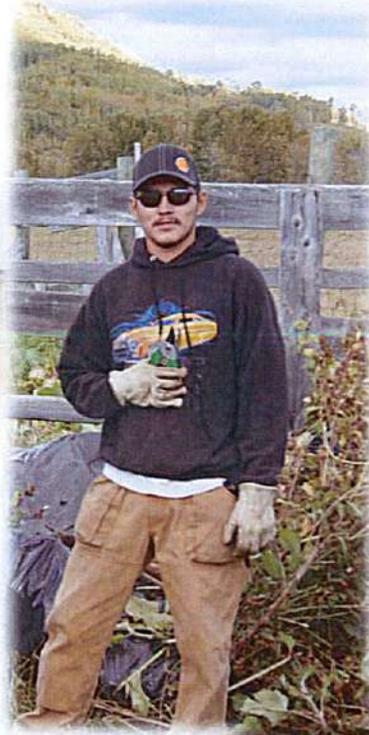
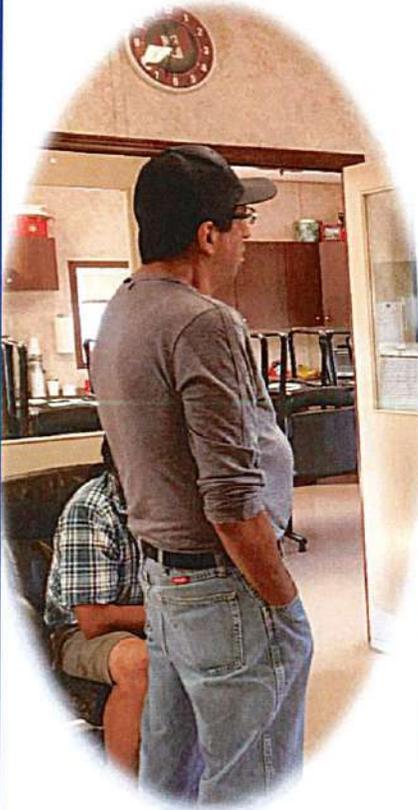


The Saulteau TREP department focuses on:

1. Protection & Preservation
2. Treaty Rights/Traditional Cultural Landuse features/data
3. Environmental features (water, vegetation, wildlife, fish & ecosystems)
4. Avoidance and mitigation measures
5. Promote Reclamation and Restoration (Healing of the Land)
6. Gov't referrals and permitting
6. Positive Relationship Building with Industry
7. Community Engagement



This Newsletter is dedicated to our recent Saulteau Members that have passed on in the last year. Always in our hearts and Memories.



Things to know:

SFN TREP is notifying the community that Crew Energy is proposing a Gas Plant in Delrio on their private property soon in the near future to help support their other oil & gas activities within Delrio area. SFN TREP has flagged this proposed project and has made their comments and concerns regarding this proposed Gas plant to Crew Energy and the BCER. Crew has pre-engaged with SFN internal meetings, community meeting and field tours. The decision is with the BCER.

Here is a description of the scope of work for the project:

The purpose of the gas plant is to compress and process the sweet natural gas from Crew wells in the Groundbirch area as well as straddle gas and fractionate liquids from the existing Crew Wilder Gas Plant. Processed sales gas will be shipped via pipeline to the existing NGTL Saturn riser at 14-21-80-20 W6M. Liquids (propane, butane, liquefied petroleum gases (LPG), and stabilized condensate) will be recovered and will be stored on site. The liquids will then be trucked or pipelined to facilities in the area for sales or further processing. Produced water will be stored in tanks onsite and trucked away for further handling. The facility will have an initial capacity of 180 million standard cubic feet per day (MMscfd). They need 16.HA of new disturbance and Crew had submitted this permit in 2014, but delayed it due to circumstances and SFN would only get notifications on Private property, but now we can make comment & concerns to the BCER since the BRFN court in 2021.



Field visit with SFN Members & Crew
October 25th, 2023-Part of Pre-engagement

Meetings coming: November 6th -Enbridge will be presenting to SFN community on Sunrise and Aspen Point proposed Projects. EnBridge will have Swag and Tammy Watson will be cooking Hamburger soup and Bannock with Refreshments. So please come out and get information on these proposed projects-I have attached the poster.

Dates that I will be away from office:

Dec.5-8, 2023-BC Hydro Fish & Wildlife Compensation Program-First Nations working Group meets in Prince George to review the 37 fish & Wildlife proposals/studies for the 2024 season. SFN has submitted proposal and Aski Reclamation is part of some 2024 studies.

January 15-18-Attending the BC Natural Resource Forum with the rest of the TREP Team, we will have a SFN Caribou booth and will be networking with various Industry and Government. SFN Team did a very good job last year.

I hope to do more reporting in the New Year and if you have positive feedback or suggestions, please contact me. If you like to attend any future field visit on oil & gas proposed projects, please let me know so I can put you on a list. 250-788-7289 or fgarbitt@saulteau.com

Mussi Everyone and I hope ALL SFN members stay warm and cozy over the Holidays and GOD BLESS.



Community Dialogue Session

Enbridge would like to invite you to participate in a Community Dialogue Session to discuss the Sunrise Expansion Program and the Aspen Point Program.

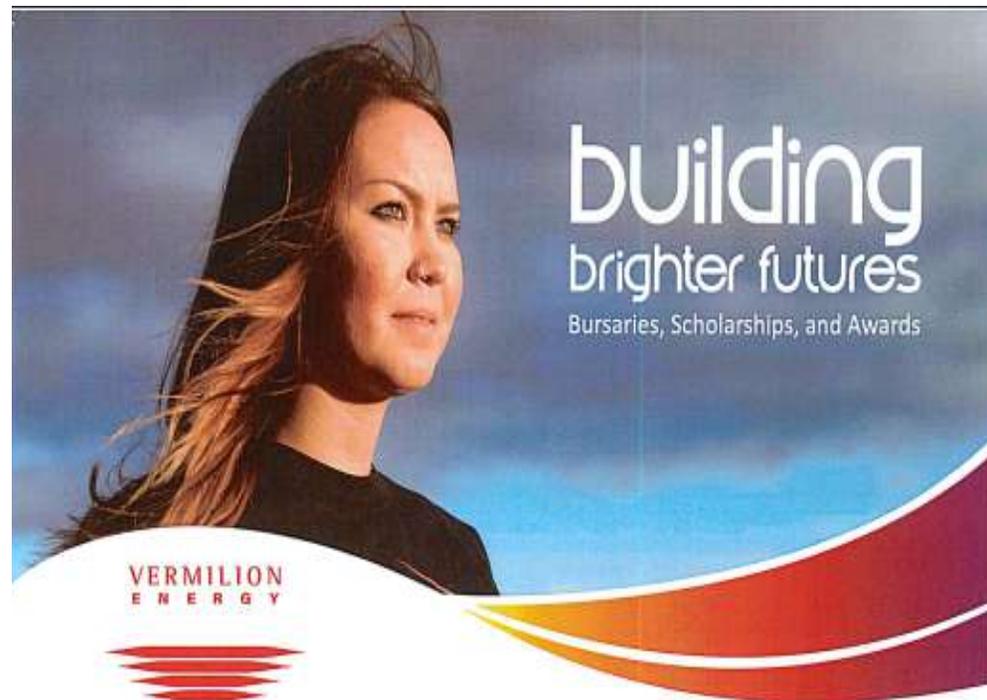
We want to hear what is important to you and your community! Representatives from Enbridge would like to take this opportunity to engage with you in group and one-on-one discussions to collect your input and feedback on the Sunrise Expansion Program and the Aspen Point Program and answer any questions you may. All members of your community are invited to attend.

Dinner will be provided.

Date:
November 6, 2023

Time:
4–6 p.m.

Location:
Main Hall



VERMILION
ENERGY



Vermilion Energy is an international energy producer headquartered in Calgary, Alberta. Our core values of **Excellence, Trust, Respect and Responsibility** have guided what we do and how we do it throughout our 30-year history. As a responsible energy producer, we value our relationships with Indigenous Peoples and are committed to giving back to the communities where our people live and work through our community investment program – Vermilion Ways of Caring.

Vermilion Energy Indigenous Student Award

The awards will be distributed to Indigenous students who are attending post-secondary institutions across Canada.

Awards Criteria:

Awards Category: Post-Secondary Education
Program of Study: These awards are open to Indigenous students attending any post-secondary or skilled trades program.

Level of Study:

Indigenous Affiliation: Preference given to students applying from the following communities: Alexander First Nation, O'Chiese First Nation, Sunchild First Nation, Alexis Nakota Sioux Nation, Paul Band First Nation, Enoch Cree Nation, West Moberly First Nations, Saulteau First Nations, Doig River First Nation, McLeod Lake Indian Band, Blueberry River First Nations, Horse Lake First Nation, Halfway River First Nation, Louis Bull Tribe.

Application Deadlines: August 1, November 1, February 1.

To Learn More:

Visit the bilingual *Building Brighter Futures: Bursaries, Scholarships and Awards* program guidelines on the Indspire website to learn about all the funding offered to support post-secondary education.

Please read the program guidelines before filling out the application form at indspire.ca/apply



Saulteau First Nations

Christmas Events

Christmas Market, December 2nd

1:00 pm - 5 :00 pm, SFN Band Hall

All ages, Coloring, Hot Chocolate, and Shopping

Kids Christmas Party, December 11th

5:00 pm - 8:00 pm, SFN Band Hall

Spaghetti, Hot Dogs, Santa, Crafts, and Music

Elders Christmas Party, December 12th

11:00 am - 2:00 pm , SFN Band Hall

Homemade Lunch Served by SFN Staff, Special Performances, and Live Band

Community Christmas Party, December 13th

5:00 pm - 7:00 pm, SFN Band Hall

Opening Prayer, Dinner, Door Prizes, Photobooth, and FIREWORKS

Community Christmas Light Up Contest

December 18th

Time - TBD

Christmas Parade, December 20th

Time - TBD

SAULTEAU FIRST NATIONS JOB POSTINGS!

APPLY ONLINE TODAY! → WWW.SAULTEAU.COM/EMPLOYMENT



SFN CAREER OPPORTUNITIES

- DAYCARE ASSISTANT
- MEDICAL OFFICE ASSISTANT - CASUAL ON CALL
- MENTAL HEALTH WORKER
- MUSKOTI ELEMENTARY EDUCATIONAL ASSISTANT
- HEALTH CENTRE RECEPTIONIST - CASUAL ON CALL
- EMPLOYMENT & TRAINING ADMINISTRATIVE ASSISTANT
- LANDS MANAGER
- LANDS OFFICER
- RECEPTIONIST - CASUAL ON CALL
- CASUAL ON CALL CUSTODIAN

OTHER CAREER OPPORTUNITIES

- OPERATIONS MANAGER - NORTHERN NATIONS WELLNESS CENTRE
- TC ENERGY - FIELD COMPLIANCE SPECIALIST
- REQUEST FOR PROPOSAL - GENERAL MANAGER LITTLE PRAIRIE COMMUNITY FOREST
- ABORIGINAL/INDIGENOUS RELATIONS (SENIOR) TC ENERGY
- HEAD GROWER - TWIN SISTERS NATIVE PLANTS NURSERY



ASKI RECLAMATION CAREER OPPORTUNITIES

- INTERMEDIATE OR SENIOR AQUATIC SPECIALIST



4EVERGREEN CAREER OPPORTUNITIES



NORTH WIND SUPPLIES CAREER OPPORTUNITIES



MISTAHIYA CAREER OPPORTUNITIES

APPLY ONLINE TODAY! → WWW.SAULTEAU.COM/EMPLOYMENT

