

SAULTEAU FIRST NATIONS NEWSLETTER

AUGUST 2023



FEATURED COMMUNITY NEWS

THE 34TH ANNUAL PEMMICAN DAYS!

Over the weekend of July 7th-9th Saulteau First Nations hosted the 34th Annual Pemmican Days celebration at the Pemmican Festival Grounds. The attendance from Community Members and non-Members alike was robust, and participation in all of the events was high - especially horseshoes! The festivities kicked off Friday with a traditional community dinner & parade, with events over the next two days including archery, axe throw, sling shot, a relay race, leg wrestling, tea boiling, bannock making, pugeessee, horseshoes, tug-of-war, and a special "Saulteau's Got Talent" and jiggig contest on Saturday night.

Spectators were treated to delicious food from local food vendors, a fun 3D Archery shoot, as well as carnival rides and bouncy castles for the kids. Arguably the most popular highlight of the whole weekend was the Meat Rack, where everyone enjoyed the bounty of the land with dried meat, sauteed morels, fried moose steaks, and perfectly crafted bannock - created by Saulteau's own Art Napoleon.

The Pemmican Committee would like to thank all of the staff, volunteers, and members who helped to make this year's Pemmican Days such a success!



THE 34TH ANNUAL PEMMICAN DAYS!



PEMMICAN DAYS EVENT WINNERS

TEEPEE RAISING

1ST DARYL GARBITT, JORDAN GARBITT,

2ND ADRIANNA GLOVER, JORDAN DEMEULMEISTER, HENRIETTE LANDRY, CINDY O'BRIEN

3RD UNKNOWN

ARCHERY (MEN'S) - 1ST BARRY DAVIS, 2ND TRAVIS GAUTHIER, 3RD TANNER GARBITT

ARCHERY (WOMEN'S) - 1ST BROOKE WALKER, 2ND SAM DAVIS, 3RD SHELBY DAVIS

ARCHERY (YOUTH) - 1ST OLIVER ARMSTRONG, 2ND REBECCA DAVIS, 3RD TYE TAYLOR

ARCHERY (CHILDREN) - 1ST LAKYN PARENTEAU, 2ND RILEY SOLBERKKEN, 3RD EPHRAIM DOKKIE

SLING SHOT (MEN'S) - 1ST DON BLUE, 2ND JOSH CAMERON, 3RD MARDY PARENTEAU

SLING SHOT (WOMEN'S) - 1ST DANYEL DESJARLAIS, 2ND SHELBY DAVIS, 3RD SAM DAVIS

SLING SHOT (YOUTH) - 1ST TYE TAYLOR, 2ND MILES PARENTEAU, 3RD GRACIE CAMERON

SLING SHOT (CHILDREN'S) - 1ST IAN GARBITT, 2ND LAKYN PARENTEAU, 3RD WILLIAM JENSEN

AXE THROW (MEN'S) - 1ST BARRY DAVIS, 2ND MARTY PARENTEAU, 3RD DALLAS GARBITT

AXE THROW (WOMEN'S) - 1ST SAM CARDINAL, 2ND BROOKE WALKER, 3RD ASHLEY WATSON

PUGESSEE

1ST SHANIA DEMEULMEISTER, BOE BROWN, RITANIA CARDINAL,

SHANAE BROWN

2ND NOREEN BROWN, CONNIE DAVIS, BONNIE ROHEL, KAREN

APSASSIN

3RD BARRY DAVIS, SAMANTHA DAVIS, MARI DAVIS, PAULEEN

WALKER



TEA BOILING - 1ST MARTY PRONTO, 2ND KENNY NAPOLEON, 3RD UNKNOWN

BANNOCK MAKING - 1ST SMOKY GARBITT, 2ND DIANE COURTOREILLE, 3RD KAYCEE PAQUETTE

DRY MEAT CUTTING - 1ST GERRI GAUTHIER, 2ND BRETTON NAPOLEON, 3RD CHRIS CAMPBELL

ADULT JIGGING - 1ST ALAN COURTOREILLE, 2ND MELVIN DAVIS, 3RD LES DAVIS

YOUTH JIGGING

ELDERS TALENT SHOW - 1ST LES DAVIS, 2ND MELVIN DAVIS, 3RD GERALDINE GAUTHIER

ADULT TALENT SHOW - 1ST CHENYL GARBITT, 2ND JUSTEN POITRA, 3RD KYLIE DAVIS

YOUTH TALENT SHOW - 1ST HOLLY KENNEDY, 2ND MILES PARENTEAU, 3RD DARRION MARSHALL

CHILDREN TALENT SHOW - 1ST NATALIE AND LOCKLYNN SANDERSON, 2ND LAKYN PARENTEAU

LEG WRESTLING (MEN'S) - 1ST ZACH AUGER, 2ND DOMINIC BELCOURT, 3RD ZANDER WILSON

LEG WRESTLING (WOMEN'S) - 1ST STACEY DAVIS, 2ND TALYSA TUPPER, 3RD JANELLE PATMORE

PEMMICAN DAYS EVENT WINNERS

TUG OF WAR (MEN'S) -

1ST PATRICK PAQUETTE, RUDY PAQUETTE,
HANK PAQUETTE, ROBIN PAQUETTE, PAUL
PAQUETTE

2ND RICK GHOSTKEEPER, STEVEN KRISTOFFY,
JAMIE KRISTOFFY, JACK GAUTHIER, HENRY
PAQUETTE

3RD BEN FOX, CHRISTOPHER CAMPBELL,
ASHTON BROWN, JET COURTOREILLE, BOE
BROWN



TUG OF WAR (WOMEN'S) -

1ST BROOKE WALKER, KYLIE DAVIS, ELAINE WEBB, SHANIA
RICE, LEAH PFANNER

2ND FALON GAUTHIER, ASHLEY WATSON, LEANNE MCFEEDERS,
TAMLYNN PAQUETTE, SIENNA GHOSTKEEPER

3RD UNKNOWN

ENDURANCE RACE (MEN'S)

1ST JAMIE KOLOSKY, COREY NOSKI, JOHN HOWES, TRAVIS GAUTHIER

2ND RICK GHOSTKEEPER, BEN COURTOREILLE, BOBBY BROWN, SAMUEL
PAQUETTE

3RD KYLE BROWN, JORDAN GARBITT, MAURITZIO KARAN, JUSTEN POITRA



ENDURANCE RACE (WOMEN'S)

1ST RITANIA CARDINAL, ASHLEY WATSON, SIENNA GHOSTKEEPER, STARR
GAUTHIER

2ND FALON GAUTHIER, MARY DOYLE, KRISTIN GHOSTKEEPER, KRISTY
SCHEER

3RD ALCIA AIRD, JAMIE GAUTHIER, ANIE KINGSTON-MILLER, KAYLEIGH
HILTON





Saulteau First Nations
5th Annual Member Golf Tournament
September 2nd & 3rd

Held at Moberly Lake Golf Course

10 K hole in 1

Player's Breakfast Included

50/50 draw

Loads of fun

*Great prizes to be won!

MIXED TEAM / BEST BALL TOURNAMENT!

SATURDAY September 2nd - 18 holes

8:00-9:45am - Registration, Breakfast and
Opening Remarks

10:00 am – Shotgun start

SUNDAY September 3rd – 9 holes

8:00 -9:45am - Registration, Breakfast and
Opening Remarks

10:00 am – Shotgun start

Awards and Prizes to follow in the afternoon

REGISTER AT THE FINANCE BUILDING

WITH CAT OR JULIE:

Each 4 player team must include at least one female and at least one Saulteau First Nations Band Member.

Team Payment of \$200 (\$50 per player) is required IN FULL at the time of registration

Golf Carts are limited and will be reserved on a first come / first serve basis with registration.

Questions? Email events@saulteau.com

August 2023

SFN Health Centre

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7 <i>Stat Holiday Civic Day</i> Walking Group 8:30 am	8 Elders Group 11-1pm Gym	9	10 Walking Group 8:30 am	11	12
13	14 Floaters Mobile Opometry 10 am Gym Walking Group 8:30 am	15 Floaters Mobile Opometry 8:30 am Gym	16 Floaters Mobile Opometry 8:30 am Gym	17 Floaters Mobile Opometry 8:30 am Gym Walking Group 8:30 am	18 FNMST-Shamalla HC	19
20	21 Walking Group 8:30 am	22 Elders Group 11-1pm Gym	23	24 Physiotherapy HC 8:30 AM Elder's Bottle Drive 11 am Walking Group 8:30 am	25	26
27	28 Mammogram Bus -HC Walking Group 8:30 am	29	30	31 Drea's Footcare HC 9:00 AM Walking Group 8:30 am	1	2
3	4	Services Available on Request * Youth and Wellness Counselling (Contact Rebecca Widdicombe 250-788-7262) * Adult Mental Health & Harm Reduction (Contact Annie Miller 250-401-7616) * Dr Banas (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

Plum Counselling

Currently accepting clients for virtual, telephone, and in-person counselling on weekends. Plum Counselling supports children, youth, and adults, struggling with symptoms of trauma, anxiety, mood, motivation, and stress.

Contact us:

587-873-5082

plumcounselling.ca



Approved First Nations Health Authority
Mental Health Provider

FNHA Mobile Support Team will be in
Community on August 18th, 2023 at the
Health Center



To book an appointment, please contact
Shamalla M, MA, RCC Clinician – Mental
Health and Addictions First Nations
Mobile Support Team
Cell: 250-261-1484
Fax: 778-576-5112

Eye Exams



Floater

Mobile Optometry Services

Brianna Krajnyak, O.D., Optometric Corporation

Eye Glasses

We will be visiting Saulteau August 14th-17th 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.

FOLLOW THE SAVE ME STEPS BELOW TO SAVE A LIFE.



If the person must be left unattended at any time, put them in the recovery position.



STIMULATE
Unresponsive?
CALL 911



AIRWAY
Check and
Open



VENTILATE
1 breath every
5 seconds



EVALUATE
Breathing?



MEDICATION
1 dose of
Naloxone



EVALUATE & SUPPORT
Wait another
5 minutes.

Another dose? Alternate nostrils with each dose

HOW TO GIVE BREATHS



Tilt head back to open airway



Pinch nose. Cover mouth with mask or clothing



Give 1 breath every 5 seconds

BREATHING CAN SLOW DOWN DURING AN OVERDOSE BUT THE HEART IS PROBABLY STILL BEATING - GIVE BREATHS TO KEEP THEM ALIVE

HOW TO USE NALOXONE



Peel package open. Avoid touching the tip. Do not press until ready to give Naloxone.



Place the tip in the nostril.



Press firmly. Dispose of used naloxone spray safely.

NALOXONE: SAVE ME STEPS TO SAVE A LIFE



Naloxone is an antidote to opioid overdose. Taking too much of opioid drugs (like morphine, oxycodone, methadone, heroin, or fentanyl) can slow down or stop breathing. Naloxone may restore normal breathing and consciousness within 1 to 5 minutes of injection. Giving naloxone and rescue breathing can prevent death or brain damage from lack of oxygen during an opioid overdose.

SIGNS OF OPIOID OVERDOSE



Not moving and can't be woken



Slow or not breathing



Blue/grey lips and nails



Choking, gurgling sounds or snoring



Cold or clammy skin



Tiny pupils

CALL 911 or the emergency response number in your community. The Good Samaritan Drug Overdose Act can protect people from arrest for simple possession.

TELL ATTENDANT: Person is not responsive and not breathing.



First Nations Health Authority
Health through wellness

HealthLink BC: 8-1-1
BC Drug & Poison Information Centre:
1-800-567-8911

www.fnha.ca/harmreduction

To access Nasal Naloxone spray, contact FNHA Health Benefits at: healthbenefits@fnha.ca or 1-855-550-5454

Mammograms Can Save Lives

The mobile mammogram coach is coming to a community near you.

Mammograms are available for women ages 40+. Take a positive step for your health and book a free screening mammogram.

Visit www.screeningbc.ca to learn more.

Upcoming visits:

Saulteau First Nation Health Centre

AUGUST 28, 2023

1717 Boucher Lake Rd

Chetwynd, BC

Please call Melva for an appt 250 788 7280



HPV Cervical Cancer self-screening at SFN Health Center

This test checks to see if you have one of the Human Papilloma viruses that can cause cervical cancer. It replaces a PAP test that would normally be done by the doctor. This screening finds the viruses that can cause cancer before they make changes to your cells. A PAP test finds the cells after they start changing.

You are eligible for HPV self-screening if:

- You have a cervix
- You have not had a PAP in the past 3 years
- You are NOT pregnant
- Do NOT have HIV
- Have never had an organ transplant
- You have NOT had cervical cancer in the past 5 years.
- You are between the ages of 25-69

This project allows you to do your own swab with something the size of a q-tip.

There is NO pain involved.

You do not get undressed in front of anyone.

You can choose to take a kit home, or you can do this test in the health center bathroom in private.

If your results are normal you will be asked to rescreen in 5 years|

This is for on and off reserve, indigenous and non-indigenous or staff.

If you have been advised to do pelvic exams due to previous abnormal results, please reach out to your Doctor or Nurse Practitioner.

If this interests you, call to book an appointment, or to ask questions

Heather Lirette, BN, RN, CCHN(C)

Community Health Nurse

Saulteau First Nations' Health Center

HLirette@saulteau.com

T 250 788 7371

Nasal Naloxone (Narcan®)

Now Available at no cost to BC First Nations

Nasal Naloxone is available to First Nations Health Authority clients.

Adding Nasal Naloxone as a drug benefit is intended to save lives. We encourage those at risk of an opioid overdose and people close to them to have naloxone and the training to use it.

QUICK FACTS ABOUT ACCESSING NASAL NALOXONE FOR YOURSELF AND YOUR LOVED ONES:

What is Nasal Naloxone (Narcan®)? How do I use it?

- Nasal Naloxone is the same chemical as injection Naloxone; the only difference is the delivery method.
- Nasal Naloxone is easy to administer.
- Learn how to use Nasal Naloxone from your pharmacist.

At the Pharmacy Counter:

- To access Nasal Naloxone, First Nations in BC may request it directly from the pharmacy. It does not require a prescription from a doctor or nurse practitioner. You will need your Status number and Personal Health Number.
- Pharmacy claims for Nasal Naloxone will be processed through Pacific Blue Cross (PBC) and not Plan W (Pharmacare).
- If there is any concern with the claim, you or your pharmacist can call Health Benefits at 1-855-550-5454
- *You can pick up Nasal Naloxone for yourself, a friend or a loved one.* The client requesting Naloxone does not have to specify who it is for. However, it will be billed to PBC under the name of the client requesting it.

PLEASE NOTE:

Some pharmacies may not keep inventory of Nasal Naloxone and we encourage our clients to contact their health centre or call ahead to their pharmacy to ensure it is available.



First Nations Health Authority
Health through wellness

For more information and resources, visit us online www.fnha.ca/overdose

OCT 2019

Lifeguard App

90% OF OVERDOSE DEATHS HAPPEN TO PEOPLE WHO USE DRUGS ALONE.

USE THIS FREE APP TO STAY CONNECTED AND SAFE WHILE USING.



The app is activated by the user before they take their dose. After 50 seconds the app will sound an alarm. If the user doesn't stop the alarm indicating they are fine the alarm grows louder. After 75 seconds a text-to-voice call will go straight to 9-1-1, alerting emergency medical dispatchers of a potential overdose. The app can be used anywhere there is data or Wi-Fi. There have been many lives saved in BC with the use of this app. The number of people using the app grows monthly throughout Northern Health. The Lifeguard App can be downloaded at both the App Store and Google Play.



HEALTHY CAMPING

Camping is a great way to shake up your routine and get some exercise that is different than the norm. Whether you're hiking or simply going for a leisurely walk while camping, spending time outside is one of the best ways to de-stress. Here are some tips on how to stay healthy while camping.

1. PLAN YOUR MEALS

- By spending just a bit of time planning before your camping trip, you can make healthier food choices.
- Make a list before you leave planning what to eat for each meal. You can pre-make some things. This way you will have healthier choices.
- Stick to items that are easy to pack and don't take much time to make. (see recipe ideas below)



2. PREP AHEAD OF TIME

- By prepping food ahead of time, you take away the need to spend your time outdoors cooking
- This helps you to stay away from foods packed with sugars and other unhealthy additives.

3. BRING HEALTHY SNACKS

- To avoid overindulgence in snacks, bring some healthy snacks that give you the same satisfaction of eating something between meals, but without the guilt. Some snack ideas include fresh fruit, dried fruit, nuts, protein bars, and veggies with hummus.

4. GET MOVING

- If you're the type of camper who enjoys relaxing at the camp as opposed to adventuring around, that's great!
- But try to find some time during the day to get moving a little bit. Even just taking a short nearby trail to get in some steps will make you feel better, and your body will thank you for the movement. Go for a quick swim if you're near water. Or roll out a yoga mat and do some yoga to get your blood flowing.



5. DRINK WATER

- Your body needs water to keep everything in your body running smoothly.
- When camping you might be moving and exercising more than you're used to, so you need to drink more water. You can bring packets of electrolytes to put in your water too. These help to keep you hydrated. These require nothing but pouring the packet into a bottle of water and shaking it up. They taste delicious and come in a wide variety of flavors.

HEALTHY CAMPING RECIPES

BREAKFAST PARFAITS

This healthy treat is a great way to start the day, and also requires zero cooking. Simply prep everything ahead of time and you are ready to enjoy!

INGREDIENTS

- Granola, cereal, bran, or muesli
- Plain greek yogurt
- Bananas, sliced
- Honey

PREPARATION

1. In a bowl or cup layer granola (or other chosen base), topped with a few spoonfuls of yogurt, next comes the sliced banana, and top it off with honey.



QUICK NO-MESS CAMP OMELETS (IN A BAG)



Talk about simple breakfasts! This way of doing omelets may become a family tradition, even when at home.

INGREDIENTS

- 2 Eggs (per person)
- Breakfast meat (precooked, diced) - ham, bacon, sausage, etc.

- Veggies - onions, peppers, black olives, green chilies, etc.
- Hashbrowns or rolls (leftovers - broken up)
- Shredded cheese
- Toppings (Tobasco, Ketchup, Taco Sauce, etc.)

OTHER SUPPLIES

- Sandwich-sized freezer bags (one per person)
- Cooking spray
- Tall cooking pot with lid
- Metal tongs

PREPARATION

1. Spray inside each baggie with a bit of Pam
2. Whip and pour the 2 eggs into each bag
3. Add options & SEAL baggie tightly (leave some air)
4. Lower each egg-baggie bottom into water (lean top of baggie over the edge of the pot, and hold with lid), Simmer in a low rolling boil, until cooked through (5-10 minutes +/-)
5. Use metal tongs to pinch baggies every couple of minutes to be sure ALL eggs are cooked throughout
6. Lift fully-cooked egg baggie from the pot
7. Open CAREFULLY (hot) and slide out of baggie onto plate and top with your favorites (Shredded Cheese, Tobasco, Ketchup, Taco Sauce, Ranch, etc.)

FAJITAS

This lunch (or dinner) is a great way to get some vegetables mixed in and is easy to prep ahead of time.

INGREDIENTS

- 8 tortillas
- 1-1/2 pound(s) round steak or boneless chicken breasts, cut into long thin strips
- 3 Tbsp lemon juice
- 1 Tbsp oil
- 1 tsp ground cumin
- 1/2 tsp salt



- 1 tsp chili powder
- 2 Tbsp fresh cilantro, chopped
- 5 Tbsp teriyaki sauce
- 1 green pepper
- 1 yellow pepper
- 1 red pepper
- 1 yellow onion

PREPARATION

1. In small bowl mix lemon juice, oil, cumin, salt, chili powder, and cilantro
2. Pour over beef or chicken strips in a sealable plastic bag and marinate for at least 30 minutes
3. While meat is marinating slice the onion, red, green, and yellow peppers into strips and set aside
4. Heat two more tablespoons of oil in a large skillet over medium heat and add the marinated meat. Fry for 4 to 5 minutes and then add the onion, and peppers
5. Continue to cook over medium-low heat and pour in the teriyaki sauce
6. When the onions and peppers are cooked to your liking, transfer over to the tortillas and serve with lettuce, tomatoes, and sour cream
7. In small bowl mix lemon juice, oil, cumin, salt, chili powder, and cilantro. Pour over beef or chicken strips in a sealable plastic bag and marinate for at least 30 minutes. While meat is marinating slice the onion, red, green, and yellow peppers into strips and set aside.
8. Heat two more tablespoons of oil in a large skillet over medium heat and add the marinated meat. Fry for 4 to 5 minutes and then add the onion, and peppers. Continue to cook over medium-low heat and pour in the teriyaki sauce. When the onions and peppers are cooked to your liking transfer over to the tortillas and serve with lettuce, tomatoes, and sour cream.



CAMPFIRE RAINBOW TROUT

This easy way to eat some tasty fish will make that meal after a long day so much more enjoyable.

INGREDIENTS

- Rainbow trout
- Squeeze butter or margarine
- Lemon slices
- Salt and pepper

PREPARATION

1. Prepare your freshly caught pan size Rainbow trout with squeeze margarine, or butter, slices of lemon, salt, and pepper
2. Wrap in foil (enough to wrap around several times)
3. Place in the campfire or on the grill (close to the coals) for about 7 minutes on each side
4. Test fish for flakiness and cook more if needed

CAMPER'S LU'AU CHICKEN

No matter where in the U.S. you're camping, you can enjoy a little piece of Hawaii with this tasty chicken dish.

INGREDIENTS

- 3 envelopes onion cup-a-soup
- 1-8 oz. can crushed pineapple, undrained
- 1 whole chicken breast, split
- 1 small green bell pepper, cut into strips
- 2-18 inch square pieces of heavy-duty aluminum foil

PREPARATION

1. In a small bowl, combine onion cup-a-soup and pineapple
2. For each serving, place half the chicken, onion-pineapple mixture, and green pepper on the foil. Wrap loosely, sealing edges airtight with a double fold.
3. Place on grill, seam-side up, over hot coals or high heat, and

cook 45 minutes, or until chicken is tender

Help Inform the Standardization of Mental Health and Substance Use Services in Indigenous Communities

DEADLINE
July 31st

Visit mahihkan.ca/survey to complete the survey now

Standards
Council
of Canada

Open a world of possibilities.

PRIZES!

Complete the survey and become eligible to win a \$500 Visa gift card

Canada

Saulteau First Nations Health Centre Mental Wellness Program

Walking Group for Community Members in Recovery and Interested in Recovery

A supportive, non-judgemental environment of individuals who share common mental health experiences; centred on peer support, resource sharing & holistic wellness



Monday and Thursdays @ 8:30am SFN Health Centre.

No registration required.

Contact 250-401-7616 or akingstonmiller@saulteau.com for more information

Face Masks for Wildfire Smoke

The best way to protect your health from wildfire smoke is to seek cleaner air. Use a portable air cleaner at home, find an indoor environment with filtered air, or relocate to an area with less smoke. If you cannot access cleaner air, some face masks can provide protection from wildfire smoke. However, it is important to be aware of the limitations and potential risks.



Well-fitted respirators offer the most effective protection from fine particulate matter (PM_{2.5}).

- Respirators are marked with letter and number combinations, such as N95, KN95, and KF94. These products are very similar, but the markings indicate different standards used to test them.
- A good fit is the most important thing for filtration of PM_{2.5}. Inhaled air must pass through the material of the mask, not around it.
- A well-fitted respirator will reduce PM_{2.5} concentrations by more than 90%.
- It can be difficult to get a good fit if the respirator is the wrong size or shape for your face, especially if you have a small face or facial hair.
- A 3-layer cloth or disposable mask provides moderate protection compared with a respirator.
- The effectiveness of 3-layer masks can be improved by following the same advice used for COVID-19 protection <https://u.nu/dwmi4>.
- Simple 1-layer cloth masks, bandanas, gaiters, scarves, or t-shirts offer no protection, whether wet or dry.



If you chose to wear a respirator or mask for wildfire smoke, you should be aware of the limitations and potential risks.

- It is **NOT SAFE** to wear any mask while sleeping.
- Most respirators and masks cannot protect against the gases in wildfire smoke, which may also cause irritation.
- Wearing a respirator or snugly-fitted mask may make breathing more difficult. Pregnant women and people with respiratory and cardiovascular conditions should talk to their health care providers before using masks for wildfire smoke.
- Respirators and snugly-fitted masks are uncomfortable to wear, especially when it is hot.
- Respirators and masks do not work against wildfire smoke when saturated with sweat or water.
- People with limited upper body mobility may need help putting respirators or masks on and taking them off.
- The fit of a respirator can be affected by physical activities such as bending or lifting, and should be re-checked often (see next page).
- Wearing a mask may lead to a false sense of security – listen to your body at all times and stop or reduce activities if you feel unwell.

Respirators come in a wide range of shapes and sizes.



- If you are exposed to wildfire smoke while working, speak with your employer about respiratory protection.
- There are many new respirators available since the COVID-19 pandemic, and it can be difficult to spot counterfeit products.
- The US CDC has been testing different products and publishing the filtration efficiency results <https://u.nu/zh25z>.
- All respirators have two straps – some go around the head and some hook behind the ears.
- Test different respirators **BEFORE** the wildfire season begins. Once you find a model that fits well, buy a few replacements.

Steps for wearing a respirator properly:

Choose the right shape and size for your face. Many models come in multiple sizes, ranging from XS to XL.

If you are wearing glasses or a hat, take them off while you fit the respirator.

- 1** Put the respirator on and arrange the straps or ear loops. If the respirator has two straps, the top one should sit above your ears and the lower one should sit below your ears, as shown.
- 2** Mold the nose piece (usually a metal strip) around the bridge of your nose with both hands to create a snug fit.
- 3** Test the respirator for leaks by covering it with both hands. When you inhale, the material should pull in towards your face. When you exhale, you should not feel air escaping from around the edges. If air leaks in or out around the nose, re-mold the nosepiece. If air leaks in or out around the cheeks or chin, adjust the placement of the straps on your head or tighten the ear loops.



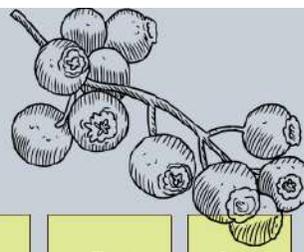
Store your respirator in a clean, sealed container with hard sides to make sure it does not get dirty, wet or bent out of shape.

Most respirators are disposable, but you can re-wear each one for wildfire smoke as long as it stays clean, dry, and well-fitted. Test the fit of your respirator each time you put it on.



Land based lessons

August 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	♂ 31 ★		

Aug 1st- Berry picking day camp 9 am @ the band hall
 Aug 3rd- Jam making and food preservation 5pm @ the NBH
 Aug 8th- Haskap berry picking 9 am leaving from band hall.
 Aug 10th- Jam making and food preservation 5pm @ the NBH
 Aug 17th - Food preservation. salsa and stewed tomatoes 9 am @ NBH
 Aug 24th- Join the land guardians at culture camp to learn about the new Botany book.
 Aug 31st- Women's & Men's hunt. meet@ 5pm @ the cabin

AUGUST 1ST 2023. MEET AT THE BAND HALL FOR 9 AM.

BERRY PICKING DAY CAMP WITH TYLENE AND THE LAND GUARDIANS

RIDES AND PACKED LUNCHES PROVIDED. BRING YOUR OWN CONTAINER

Jam/ canning classes to be held August 3rd at 5pm at the at NBH

Land Based Lessons

Canning & food preservation



August 10th 5pm @ NBH



Land Based Lessons

Canning & food preservation



August 17th 9am-5pm @
Cabin



August 24th- Land Based Lessons

JOIN US AT SFN CULTURE CAMP TO SEE OUR NEWLY DEVELOPED BOTANY

BOOK.

CREDIT TO OUR LANDS DEPARTMENT FOR THE HARD WORK.



Plant identification

Toxic plants

Edible plants and much more
location and time to be determined

FOOD PRESERVATION

JAM MAKING/ CANNING

Please join our local community members is sharing Knowledge in how to make jam and how to preserve it in jars.

Supplies and knowledge will be provided. Bring your berries from the berry camp.

5pm August 3rd @ NBH

Elders Group is going Haskap berry picking

AUGUST 8TH MEET AT THE BAND HALL @ 9AM RETURN FROM HASKAP FARM FOR NOONISH.

PACKED LUNCHES AND RIDES WITH THE LAND GARDIANS

Bring your own container.

Canning/ food preservation planned for Aug 10th.



Land Based Lessons

MEN'S & WOMEN'S HUNT

August 31st meet at the Pem grounds cabin @ 5pm.

Join us in sharing knowledge and protocols with hunting as well as a hunt for a moose.



ATTENTION!

Let's Welcome a familiar face to our Member Services team.
Social Development Worker
Falon Gauthier

250-788-7286
fgauthier@saulteau.com

Congratulations!



To Brooklyn Munch (Saulteau) & Jada Brown (Moberly) on winning Bronze in U16 Softball at the North American Indigenous Games in Halifax!

ABDC PRESENTS

Indigenous Women

IN ENTREPRENEURSHIP

Investing & Empowering in Business & Communities

AUGUST 17, 2023 • FORT ST. JOHN • 8:30AM-4:00PM
10511-100 AVENUE

FREE WORKSHOP

TOPICS INCLUDE:
A Promising Pathway, Stages of Business Development, Effective Business Practices, Adaption & Resilience, Guide to Business Planning, & Support System for Indigenous Women Entrepreneurs

CRITERIA TO ATTEND:
Must be an Indigenous Female.

CONTACT BY AUGUST 14:
Ashley Provencher

EMAIL:
facilitator@abdc.bc.ca

PHONE:
250.562.6325

LIGHT BREAKFAST & LUNCH PROVIDED
DAY CARE HONORARIUMS AVAILABLE
DOOR PRIZES & SWAG



Please be advised -

As part of a larger project focused on better understanding localized weather patterns - SFN is partnering with the District of Chetwynd & West Moberly First Nations on a Heat Risk Mapping project.

Five Heat Sensor Monitors are to be installed here in community starting this week. Sensors will not be in or near private residences or culturally and/or ecologically sensitive areas.

The sensors will collect data for 30 days before removal - please do not disturb / tamper with the sensors!

Thank you for your cooperation!



3 SIMPLE STEPS FOR

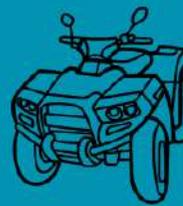
ATV SAFETY

ATV ACCIDENTS HAPPEN QUICKLY AND ARE DEVASTATING FOR ALL THOSE INVOLVED. REMEMBER IT'S NOT JUST YOU - IT'S EVERYONE YOU SHARE THE ROAD WITH!



01 WEAR YOUR GEAR.

Wearing a helmet, appropriate footwear, and protective clothing can greatly increase your chances of walking away from an accident.



02 BE AWARE OF OTHER VEHICLES, ATVS, AND PEOPLE

Remember all of our paths are shared - often crossing over driveways and roadways, slow it down and be aware of your surroundings.



03 WATCH YOUR SPEED

Do not use excessive speed around homes, businesses, highways, or public road ways - slow down on corners, blind spots, or anywhere there may be other people walking.



KIDS ATV SAFETY CHECKLIST!



WHEN USING SIDE-BY-SIDES OR OTHER ATVS WITH KIDS -

- MAKE SURE KIDS ARE WEARING SAFETY GEAR - HELMETS, GOGGLES, AND BOOTS!
- KIDS NEED TO BE FULLY SEATED, WEARING SEAT BELTS WHILE RIDING
- OPERATE AT APPROPRIATE SPEED AND INTENSITY FOR KIDS STRENGTH LEVELS
- DO NOT CARRY PASSENGERS (EVEN SMALL KIDS) ON SINGLE RIDER ATVS OR BIKES
- LIMIT ATV USE TO DAYLIGHT HOURS AND FAIR WEATHER CONDITIONS
- DO NOT OPERATE ATVS OR SIDE BY SIDES AFTER CONSUMING DRUGS OR ALCOHOL
- FOR MORE INFO, CHECK OUT THE CANADIAN PEDIATRIC SOCIETIES RESOURCES --> CARING FOR KIDS! ATV SAFETY FOR CHILDREN (CARINGFORKIDS.CPS.CA)

Looking for Up-To-Date Information about Wildfires?

Information provided from the sources below provides timely, accurate updates on the evolving situation.

BC Wildfire Map

- Provides up to date fire information and location from BC Wildfire Service
- wildfiresituation.nrs.gov.bc.ca/map

Fire Smoke Canada

- Provides current and three-day look ahead for smoke conditions across Canada
- firesmoke.ca/forecasts/current

DriveBC

- Provides current road conditions, events, and closures related to wildfires
- drivebc.ca/mobile/events

Purple Air - Air Quality Monitor

- Provides a 10 Minute average air quality index reading, from sensors all over the world
- SFN's own TREP department maintains a monitoring station here in community to provide accurate and specific readings for the Saulteau area!
- map.purpleair.com

Social Media is not always a reliable source of information - please take care when using social media to find information, and be sure to follow credible sources and 'Official' or 'Verified' organizations.

WHAT GOES IN AN EMERGENCY KIT?

In preparation for an emergency or evacuation, pre-packing the following items can save valuable time and help you and your family stay prepared!

- Granola bars, snacks, and dry foods
- Phone charger
- Small battery powered radio
- Flashlight
- Extra batteries
- Small First Aid Kit
- Toothbrush, toothpaste, hair brush, and a bar of soap
- Extra contact lenses or glasses
- Copies of important documents - insurance, passport, ID
- Seasonal Clothing
- Whistle
- Spare cash



FREE CONTRACEPTIVES FOR ALL

Many contraceptives are free to B.C. residents

How it works

1 If you currently pay for a prescription, ask a prescriber or pharmacist if it is now free or if they can change it to one that is free

If you want to start using contraceptives or switch methods, ask for a prescription contraceptive that is free

2 Present the prescription and your BC Services Card at any pharmacy

3 The pharmacist fills your prescription for free

These forms of contraceptives have fully covered options:

- The pill (oral contraceptives)
- Hormonal IUD
- Copper IUD
- Hormone injection
- Hormone implant
- Morning-after pill (no prescription needed)

Learn more about contraceptives at BC PharmaCare
www.gov.bc.ca/contraceptives



BRITISH COLUMBIA BCPharmaCare



MEDICATION COLLECTION DAY

SAULTEAU HEALTH CENTRE WOULD LIKE TO THANK THE SAULTEAU COMMUNITY WHO PARTICIPATED IN THE MEDICATION RETURN EVENT SPONSORED BY FNHA IN MAY. AS A COMMUNITY WE WERE ABLE TO REMOVE **6 POUNDS** OF UNUSED AND EXPIRED MEDICATION!

Ribbon Skirt Raffle



The Elders will be raffling Ribbon skirts for their trip to Edmonton for the Elders Gathering. Please come to the open house in the Sauleau Gym on August 9th from 3:00 to 7:00 to purchase a ticket. Ribbon skirts are adult and youth sizes. We also will have matching sets. After August 9th, tickets will be sold at Housing. Please see Marci to purchase. Draw will be on August 31st.



SHIFTING MIND AND BODY LTD.

Hypnotherapy
With Kane Norris

Discover the wonders of Hypnotherapy and unlock your inner resources!

Rewire negative thoughts, break free from unwanted habits, manage pain, boost self confidence, and transform your life!



Saulteau First Nations Health Centre



Thursday August 10th & 17th 2023

Register at:
250-788-7280

Come shift with us!



Housing News

August 2023

How To Prolong the Life of Your Septic System

Knowing how to keep your septic system healthy will ensure that it is functioning properly and prolong its useful life. Following these suggestions can save you time and better protect the environment too.

1. NEVER for any reason, enter your septic tank. The gases inside the tank are toxic and can be fatal. If you notice that your septic lid is open or not fully secure, please call the Housing Department.
2. Pump your tank. It is suggested for a working septic to be pumped every 3-5 years. Clogged drain fields are one of the leading causes of septic malfunctions or failure.
3. Monitor water consumption. Your system was designed to handle certain amounts of water based on the number of people living in your home. Make adjustments if your water use has increased and find habits to help conserve water.
4. Conserve water. Reducing the water flow into your system will produce less agitation, keeping the solid waste at the bottom of the tank. Keeping solids in the tank prolongs drain field life.
5. Read product labels carefully. Make sure they are safe for your septic system. Many will actually be labeled "Septic System Friendly", but keep in mind, there is no such thing as a "Flushable" wipe.
6. Use a strainer in your kitchen sink. Garbage and pieces of food can increase the amount of solids in your tank by 50%.
7. Know the exact location of your septic tank and field. Never drive heavy equipment or vehicles over your drain field.
8. Avoid these harmful products and practices-
 - Gasoline, oil or other fuel products.
 - Cooking grease and oils.
 - Paint, paint thinner or solvents.
 - Products with high levels of phosphorus (often found in laundry detergents and cleaning supplies)
 - Large quantities of bleach, concentrated cleaners or anti-bacterial products.
 - Feminine products, makeup removing wipes or baby wipes.

If you have any questions or concerns regarding your septic tank, please reach out to the Housing Department.



Making Payments Online

Making rental payments or maintenance fee payments, from the comfort of your own home, is quick and easy! We can set up payments to come directly out of your bank account each month. This means your payments will never be late and you will not have to worry. If you would like to set up online payments, please contact the Housing Department.

You can call 236-364-2019 or email mfisher@saulteau.com



Home Renovations- Policy & Procedure

Making Your Home More Comfortable and Functional-

When you undergo a home renovation you have the opportunity to make your house into something unique that reflects your taste. Renovations can include anything you want as long as it is possible structurally. This can include changing the layout, adding energy efficient components or simply creating a more enjoyable space. The potential is endless when it comes to planning and renovating. It is required to follow policy and procedures outlined in this pamphlet. If you have any questions, please reach out to the Housing Department.

A tenant wishing to complete any alteration, addition or improvement shall submit a written request to the Housing Department prior to the start of any work that shall;

- A) Provide a detailed description of the proposed alteration, addition or improvement.
- B) Confirm that the work shall be completed by a qualified tradesperson where the work affects any mechanical component or the structural integrity of the unit.
- C) Confirm that the tenant is responsible for all costs (labour and materials) related to the work.
- D) Confirm that the work is provided by the tenant without compensation in any form, at any time, to the tenant by SFN; contract for the work shall be entered into in accordance with the SFN procurement policies.

Notice to Members

July 1-August 31

Saulteau First Nations Solar Project – EnerGuide Home Evaluations

Please note all homes selected for solar installs will need to complete EnerGuide home evaluations, a required step for SFN to receive a rebate for solar panels.

- 90 min evaluation - prior to solar install
- 30 min evaluation - after solar install

ENERGUIDE

Members will be receiving a call from **EnerHome Consulting Ltd** to schedule your initial evaluation from the phone number (250) 986-8350.

For questions, please contact SFN Manager of Asset Management **Shane Reynolds**.
(236) 364-2044 | sreynolds@saulteau.com

T8TA LOGO DESIGN CONTEST!

Calling all Treaty 8 First Nation
Member Artists!

Treaty 8 Tribal Association needs a new logo! Submit
your design for a chance to WIN a PRIZE of \$1000!!

Potential Inspiration:

Unity

Diversity amongst Treaty 8 Nations

"As long as the sun shines, the grass
grows, and the rivers flow"

UPDATE THIS LOGO!



All submissions can be sent to Miah at
jpsc@treaty8.bc.ca by September 5, 2023

NOTICE



BC Hydro will be in the SFN Community in The Fall!

The proposed work may involve:

Pole maintenance & replacement - straightening of distribution poles; replacement of anchors; replacement of push braces; replacement of defective wood poles.

Ground disturbance is expected when installing new poles to an approximate standard depth of 2 - 3 meters. Access road upgrades and vegetation clearing may be required to allow safe access of personnel, vehicles and equipment to pole locations prior to construction.

Watch for confirmed dates in August/September



A Huge shout out To
Cory Martens
for making time to pick up the Carbon Lake
lawn mower at the maintenance yard
repair it and bring it back to TREP



We appreciate you Cory and North winds for always
helping us out at Carbon Lake and Fire lake.

CARBON LAKE CABIN UPDATE - JULY 17/2023

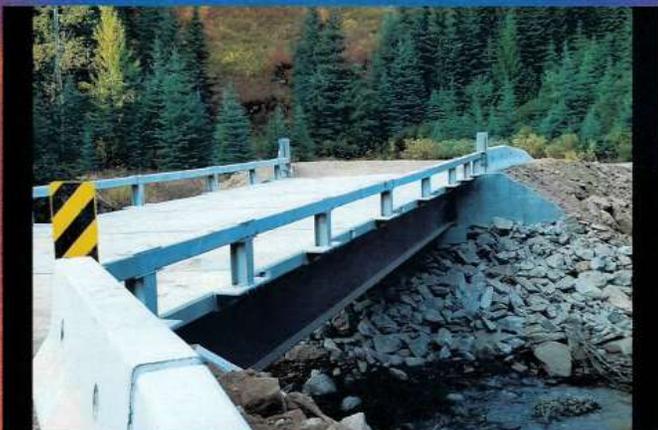


Please be advised that overnight
camping at Carbon Lake Cabins is
temporarily shut down due to unsafe
Danger Trees / Dead Fall that needs
to be removed.

TREP will update when trees have
been removed / camping can resume.

Any questions - please contact:
Teena @ 250 788 7290

Att: SFN Members
Pemmican Road Bridge
will be closed on Aug. 8th
for Bridge Repairs



Please prepare to use
a detour

Do You Want to Help Protect our Community From Wildfires?

Become Our Local FireSmart Representative!



What Do FireSmart Representatives Do?

- They Help Inform the Community on Wildfire Prevention and Mitigation Activities
- They Help Improve Community Engagement in FireSmart Events
- They Conduct Wildfire Hazard Assessments
- They Promote FireSmart Tools and Resources

Why Should I Become a FireSmart Rep?

- To Protect Our Community!
- Engage With Community Members
- Gain Volunteer Experience
- Saulteau First Nation is Offering Honouraria for Training and Community Engagement

How Do I Sign-Up?

Email Us!

communications@saulteau.com

jgilbert@saulteau.com

August 2023



Hello,

I hope you are all enjoying your summer, creating new adventures, and enjoying our beautiful back yards and its beautiful splendor! Side note... be sure to get out and pick berries, they're ready! 😊❤️

Please find attached an update on Lands current projects.

Sacred Sites/Cemetery

Project development is currently awaiting the hiring of a Grounds Maintenance Lead.

Upon hire, the planned items will be completed, as per project deliverables listed with FPCC (First Peoples Cultural Council).

- Purchase Benches (3) – Determine Cost
- Sign Designs for various locations
- Policy Development
- On Site Management Plan

Land Use Planning (LUP)/ SFN Trails Network Plan (TNP)

Please join us on August 9th for our OPEN HOUSE being held at the SFN Gymnasium from 3-7 pm. This will be your opportunity to provide input into our 5-year LUP consisting of future planning for residential zones, commercial development, community infrastructure and priority developments for our Nation.

This process will assist us in the development of the final draft which is expected to be completed by the end of September 2023.

Hillary Beattie from Urban Systems will additionally be seeking our membership input in the development of a trail network plan for on reserve. This trail network map will identify and prioritize pedestrian and cycling connections throughout the community.

Land Code Development

The Lands Committee will be reviewing the 44 sections of the Indian Act that apply to the Land Code in our Lands Committee meeting being held on August 10th.

Columbia Environmental will be presenting information pertaining to an Environmental Assessment being completed on reserve in the next upcoming months! Graham Martens from Columbia will be presenting a power point presentation on current sites of interest in our August 9th Open House. Please visit his table at the Open House to discuss other potential sites of interest on reserve that may be considered contaminated or require a professional assessment.

**An employment opportunity for a member of our nation will also be available to assist in this upcoming assessment. **

Notes of Interest pertaining to Land Code:

- Website Addition – Upcoming!
- Lands Committee
 - August 10th - In person Meeting to review DRAFT Land Code
 - Columbia Environmental – ESA (Environmental Site Assessment)
 - will be researching current data
 - community involvement and site visits
 - hiring 1 member to participate in the process

Thank you for your time and I hope you enjoyed the update on Lands Current projects.

If you have any questions or comments, please feel free to contact me. I would appreciate hearing your thoughts and ideas to incorporate into our community-based projects.

Sincerely,

Mary N. Doyle
Lands Officer

Direct Line: [\(236\) 364-2012](tel:2363642012)

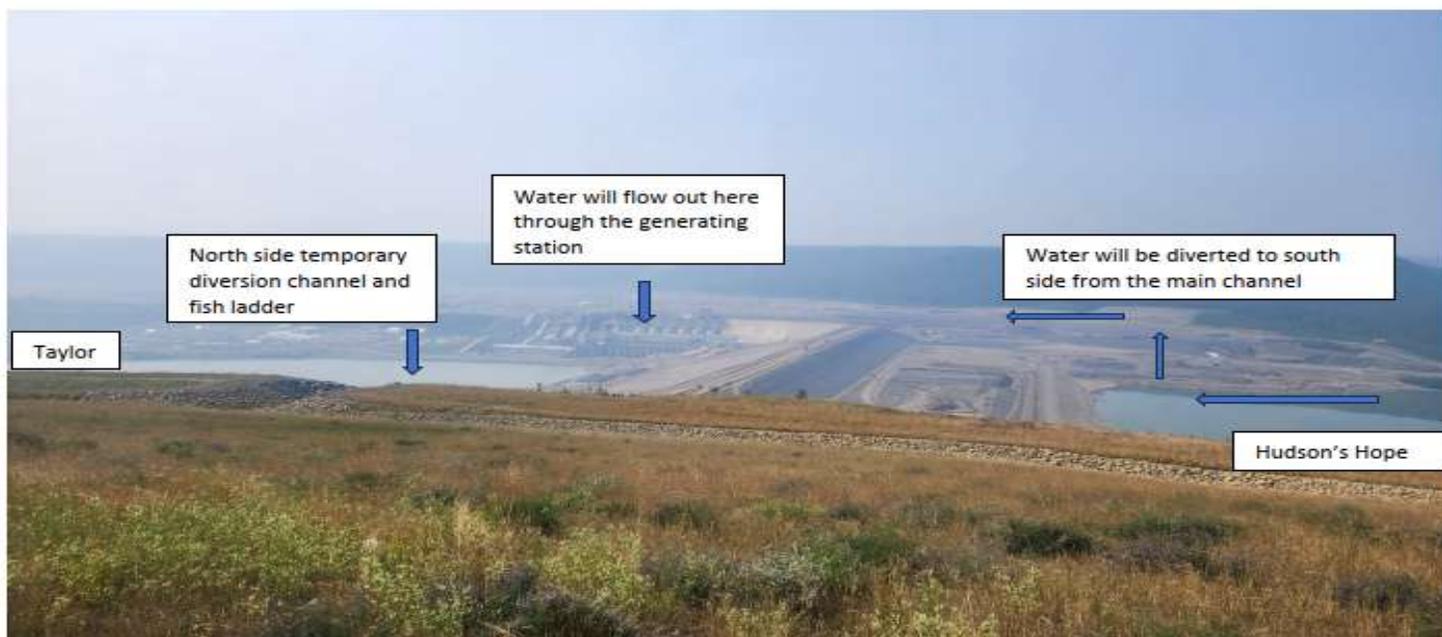
Email: mdoyle@saulteau.com

www.saulteau.com



Tânisi Saulteau community, family and friends,

For this month's newsletter wanted to share some information about Site C. Please call, email or drop in if you have any questions about this project. As the date draws closer for the flooding of the new reservoir (still no name that I know of, *oski sâkahikan* *new lake*, lol), there is a lot of activity on-site and off-site.



This picture is from the north side of the Peace River at the BC Hydro lookout, facing south (towards Del Rio). The right side is the upstream (towards Hudson's Hope) and the left side is the downstream (towards Taylor). Was a smoky day, so not very clear but the water will flood up to the dam right in the middle, flow to a channel on the south side of the dam and flow out that side. Is different from the other dams as the water is not redirected to a side channel at the Peace Canyon or WAC Bennett.



Interesting fact with Site C, there are several species of fish that traveled up and down the river here. Some head up to the Halfway River, others up to the Moberly River. They then travel back down through the diversion channel. As you can imagine, they cannot make it up the diversion channel as the flow is too strong. With the temporary fish ladder, the fish are gathered into a small space inside the building here. They are then electronically tagged, loaded into a tank and trucked to the appropriate river. BC Hydro has been tagging and tracking fish species here for some time and have a pretty good idea of what types of fish head to each river upstream. For Site C, there will be a new permanent fish ladder. This activity of tagging and trucking the fish upstream will continue for the life of Site C.



Reclamation work done by Aski



There are several sites throughout the project where reclamation work is on-going. The work done by Aski has been very successful to date. Some of the plants are sourced at Twin Sisters Nursery. Hydro has planted native species and emphasized diversity to avoid issues with mono-culture planting (Pine Beetle and all Pine Forest).

If you are interested in having a look from the view point, take the Fort St John dump road (269 road) and it will take you directly there. With plans to start flooding this fall, I will make sure to take some videos and pictures and make available for you to see.

If you see any polluting or poaching, please contact the RAPP line at 1-877-952-7277. If you are having trouble getting through, please contact me as follows. For any questions or concerns, please call me at 250-788-6442 (cell) or email tom.aird@saulteau.com and I will do my best to help you.

Kinanaskomitin,

Tom Aird
(250)788-6442 cell
tom.aird@saulteau.com



Eligible First Nations and Individuals impacted by a long-term drinking water advisory have more time to submit a claim.

The deadline to submit a claim has been extended to **March 7, 2024**.

Community Resources

Explore community resources like social media posts, posters, ads, and more to help educate and inform others about the settlement.

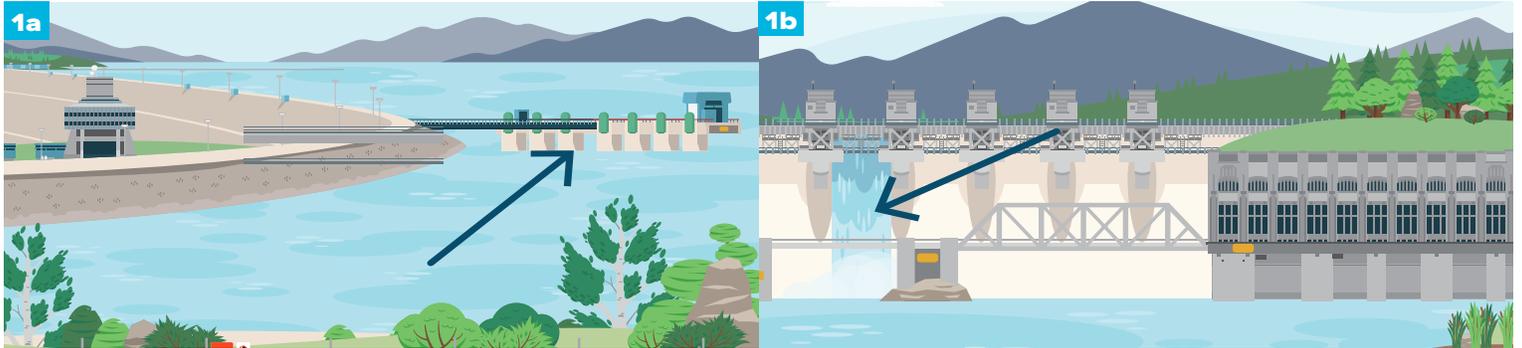


Fish Entrainment at BC Hydro's Upper Peace Facilities

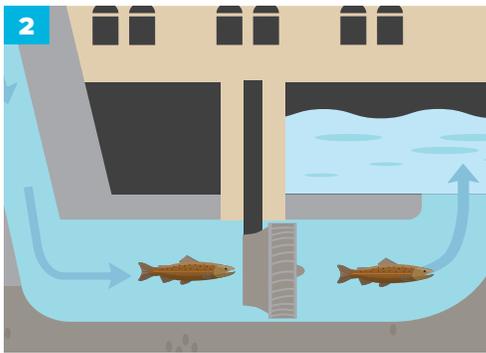
BC Hydro is working with Indigenous communities and regulators to develop a plan to address impacts from its Peace Canyon and Bennett Dam operations

WHAT IS FISH ENTRAINMENT AND WHY IS IT IMPORTANT?

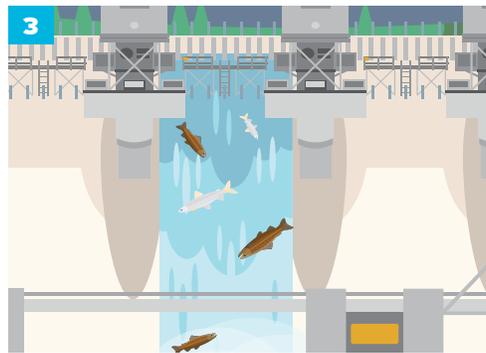
Fish entrainment is the process of a fish passing through a hydro electric dam. Fish in BC Hydro's Williston and Dinosaur Reservoirs can be swept into dam structures, impacting reservoir fish populations (displacement), causing injury, and risking fish mortality.



Fish can be entrained when they pass through a dam in several ways including turbines (by way of the intakes) (1a) and spillways (1b).



Turbine Entrainment: Fish move through turbines as the generators continuously work to make electricity.



Spillway Entrainment: The passage of fish over a hydro facility spillway happens when there is a need to pass excess water through a dam.

While turbine operations are continuous, spill events at either facility are quite rare.

The passage of fish in both these methods impacts fish populations and is a risk for fish mortality.

HOW DO WE LEARN ABOUT FISH ENTRAINMENT



Each hydro electric dam is unique and will require a tailored approach to address the impacts of fish entrainment. This approach will ensure the most effective measures are selected to address the impacts at each facility.



BC Hydro has already started to learn about fish movements through turbine entrainment studies in Williston and Dinosaur reservoirs.

- To understand spillway entrainment, BC Hydro set up fish sensors at its spillway gates to count fish entrained from Williston Reservoir.
- To help interpret the results and identifying gaps in the data, a Fish Entrainment Strategy Technical Committee (FESTC) consisting of BC Hydro, Indigenous Nations, and regulatory agencies has been established.

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

External: Issued June 30, 2023



Figure 1. Caribou moms and calves foraging at the Mount Bickford caribou maternity pen.

Pen update

As calf birthing season draws to a close, it is hard to believe that we are already two thirds of the way through the penning season! At the time of writing, there are 37 caribou in the maternity pen on Mt. Bickford. This is the most that we have ever had in the pen – and more than the starting population of the whole herd in 2014! While this is a very positive statistic, it also means that the Caribou Guardians are busier than ever keeping track of this ‘mini-herd’ inside the pen. Daily checks require that ...

DAYS
IN PEN

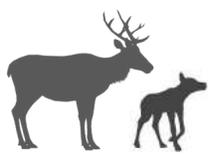


110

~50



DAYS UNTIL
RELEASE

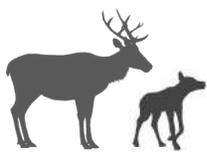


Pen update cont.

... guardians visually locate every single animal once a day. Spotting the caribou, and especially young calves, is not always easy! To try your hand (or eye) at being a Guardian, see how long it takes you to find the calf in Figure 2. The Guardians also feed the caribou twice a day, manually carrying roughly 50kg of pelleted feed to six troughs every morning and evening. Maintaining the integrity of the geotextile and the electric fences is key for ensuring the safety of the cows and calves, so Guardians must circle the entire pen twice-daily and check for any 'weak spots' or damage, and promptly address any issues that they notice.



Figure 2. Can you spot the bedded calf? This is a typical search that the capture crew face when they need to catch and collar a calf.



Pen update cont.

Predator activity near the pen this year has been very low based on sightings, tracking and trail camera captures. We did record a lone wolf on Fisher Creek Roads in April – a trail camera near the bottom of the hill captured it heading south, but there have been no signs of this wolf or any others on Mt. Bickford in the last two months.

On a calving survey among the free-ranging caribou on May 24th we spotted a large grizzly about 150m away from a pregnant cow and a bull that was with her (Figure 3). Luckily, the female in question did not have her calf yet at the time, and safely evaded the bear, delivering the calf a few days later.



Figure 3. A grizzly bear seen from a helicopter near a group of Klinse-Za caribou.

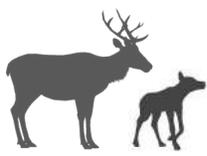
Luckily, the female in question did not have her calf yet at the time, and safely evaded the bear, delivering the calf a few days later.

Calf 38



Figure 4. Calf 38 (red arrow) with his group near Mt. Bickford.

Calf 38, who was born in the pen last year (2022) and orphaned upon his mom's death shortly thereafter, has been seen on surveys with a large and 'tight-knit' group of caribou consisting of male and female adults as well as other juveniles – his 'age mates' from the 2022 calving season (Figure 4). This is the same group that he has been with since October 2022, and at present they are spending most of their time on a small mountain close to Mt. Bickford. In contrast to his generally small size in the fall and spring, 38 has grown and is now on par with his peers.



Calving



Figure 5. A capture crew marking a pen calf with ear tags.

ing birth. Of the remaining 19 pregnant cows, 18 delivered live calves (with one more expected). Among the 22 collared free-ranging cows, we have confirmed 20 live births via aerial surveys.

The timing of calving this year was more clustered than we have observed for the past few years. Of the 38 calves born so far this year, 29 were born in the fortnight between May 15th and May 29th, thirteen of whom were born in the three-day interval between May 22nd and 24th. While this start to the birthing is later than is historically typical for caribou in the area, the clustered pattern is more in line with our observation of local mountain caribou. It is also worth noting that the free-ranging cows had tighter clustering of calving dates than the penned cows, for reasons we are still looking into.

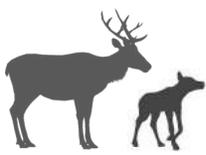


Figure 6. Captured pen calf bedding in the meadow.

This year has seen the most calf births in the pen and among the free-ranging population since the start of the project. In the pen, 21 of the 22 adult cows were pregnant at time of capture in March. One of the cows, a two-year-old wild born female, had a late-term miscarriage on April 23. The fetal calf was very tiny; we will be sending the body away for necropsy upon completion of the penning season. Another pregnant cow unfortunately died in the pen, a few days after giving

Calf sex ratios

This year we saw balanced sex ratios among the calves born in the pen, which was a welcome return to more even numbers after the male bias seen in pen-born calves between 2020-2022. Nine males and eight females were born in the pen, plus the miscarried calf, which we were not able to sex. Among the free-ranging calves that we were able to capture and/or sex using aerial photos, there were eight males and eleven females and one of unknown sex.



Calving cont.

In our wild calf capture and collaring program, we made important modifications to the protocol based on experience gained last year. Most importantly, we decided to not capture the calves of 'high-risk' cows i.e. ones that are young and therefore likely first-time moms, as well as cows that have a history of abandoning their calves. This year, this translated to three cows that were deemed 'high-risk'. Three other calves were either too old or in unsafe positions for capturing so they were not collared either. The remaining fourteen calves that we captured and collared reunited seamlessly and quickly with their mothers (Figure 7). One interesting case was a free-ranging cow who calved very close to the boundary of Bocoock Peak Provincial Park; about 150m away from her, on the other side of the ridge, was a group of five mountain goats, using basically the same habitat.

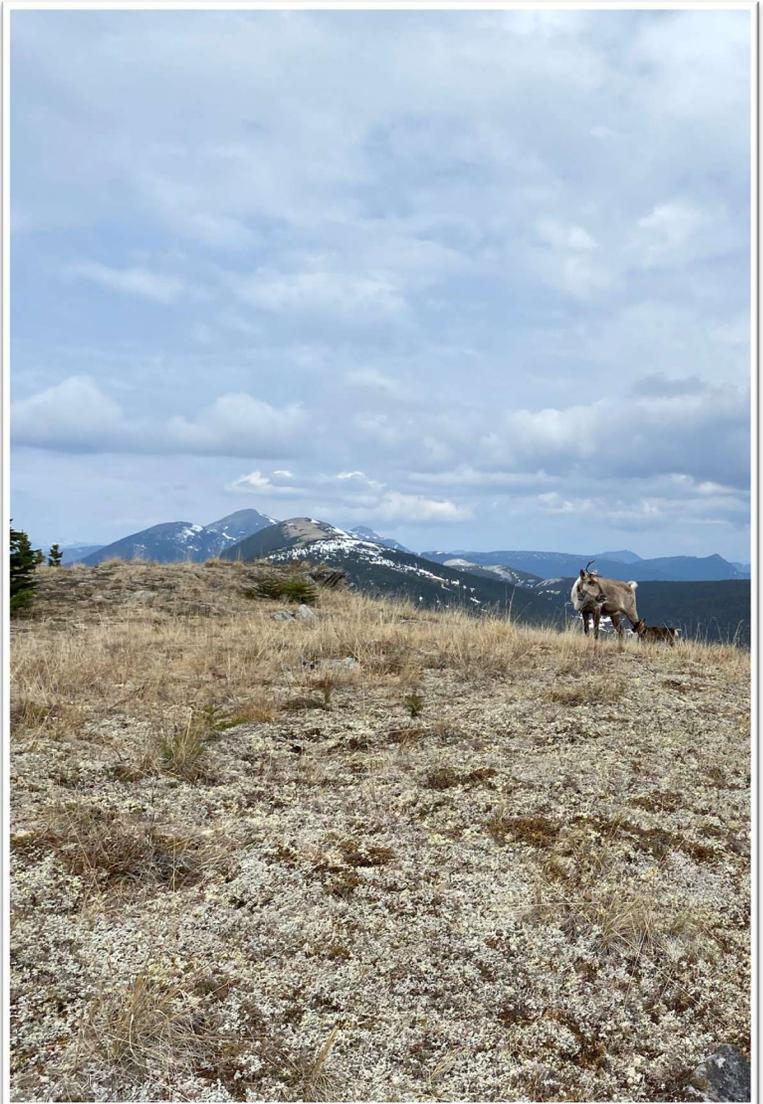
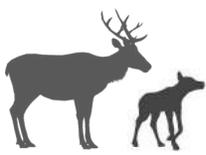


Figure 7a and 7b. Free-ranging cow C369K went immediately to her calf after he was collared and released.



Rochfort maternity pen post-operation restoration

Last summer (2022), a small crew went up to the previously used Mt. Rochfort maternity pen site to do some restoration work. As a result of the caribou living inside the pen for about five months of the year in 2018-2021, and from general pen operations, the natural vegetation within the pen has been degraded. Lichen in the pen has been significantly reduced due to heavy foraging, and shrubs such as willow and scrub birch have been browsed to the point where many have died or become stunted. Since Mt. Rochfort lies within critical winter and calving range for the Klinse-Za herd, the restoration of this site to expedite the return of valuable forage is important. Restoration activities included planting scrub birch seedlings, translocating reindeer lichen (*Cladonia sp.*), performing a small willow cutting trial, and obstructing a trail leading to the alpine. This year, on June 23rd, a crew went back up to assess the effectiveness of this restoration work.



Figure 8. A perfectly intact scrub birch seedling plug that was found on top of the soil in the alpine area.

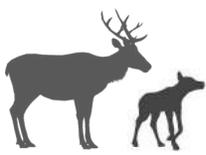
must have dug them up; this leaves a lot of potential suspects – was it a Marmot? Bird? Porcupine? Deer? Squirrel? All are found in the pen area. Whoever it was, luckily it did not seem to like the wet meadow as much, since those seedlings seemed to be primarily undisturbed and healthy (Figure 9).

The reindeer lichen translocations were quite successful. Considering there were no mats and very few fragments in the alpine last year, anything found had to be from the translocations. We quickly noticed some large mats in the alpine area, and most of the lichen seemed to have stayed in the place where it was planted and had attached itself to the surrounding vegetation or ground cover. This lichen can now act as a source for further reindeer lichen to establish in the alpine.

We planted scrub birch seedlings in three main areas within the pen; the alpine, subalpine, and large wet meadow. In the alpine and subalpine areas we did not see a single planted seedling, so we thought perhaps they all died. Upon further observation, we found that the holes where they had been planted slightly opened up, and some perfectly intact plugs were seen laying nearby (Figure 8). Very few were left undisturbed. And we had to conclude that an animal



Figure 9. One of the healthy scrub birch seedling that was planted in the meadow.



Rochfort maternity pen post-operation restoration cont.



Figure 10. One of the healthiest willow cuttings from the trial.

For the willow cutting trial, two species of willow were staked on site directly into the ground. There were ten stakes of each species. One species had a 50% survival rate, with low health and vigour scores and no leaves, just a couple of primary roots. The other species had a 90% survival rate, with most stakes scoring high on the health and vigour scale and lots of primary and secondary roots, as well as some leaves and shoots. This trial did surprisingly well despite the cuttings being harvested outside of their dormancy period last summer and the harsh, high-elevation environment that they were planted in.

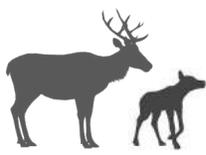
We used on-site coarse woody debris (downed trees and logs) to discourage the use of a trail leading from the cabin to the alpine, by laying them across the trail and thus obstructing movement. The shade and moisture from the debris helps facilitate the return of natural vegetation along this feature and discourages predators from using it

as a linear corridor to hunt caribou. We also added a sign this year to discourage people from using motorized vehicles on the trail. During our check, the piles of debris were still present and upon reviewing the photos from a trail camera set up along the trail we noted only one predator using this trail once, a grizzly. Also, a few sows and cubs were seen at the cabin area throughout the year but they did not go up the trail. There was no sign of motorized vehicle use of the trail.

In addition to our efforts, the Rochfort pen site is slowly recovering on its own, with more vegetation coming back every year, though it will take a while for the area to return to pre-disturbance conditions. Since only limited information is available with regards to restoration in high alpine areas due to its harsh climate and short growing season, this project may help address current knowledge gaps in alpine restoration as well as lichen translocation.



Figure 11. Reindeer lichen that has been translocated to the alpine area of the pen.



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 (Scott McNay)

Mat Pen Technical Advisory Team²

- ◆ Ministry of Forests (Caeley Thacker)
- ◆ University of Calgary (Owen Slater)
- ◆ Parks Canada (Bryan Macbeth)
- ◆ Ministry of Water, Lands, and Resource Stewardship (Mike Bridger)



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

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

²Current and historic

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- CASUAL ON-CALL CUSTODIAN
- SOCIAL TRANSPORTATION DRIVER
- HOMEMAKER- 1 YEAR TERM
- EARLY CHILDHOOD EDUCATOR
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- CULTURAL MONITORS PROJECT COORDINATOR



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