

April
2022
newsletter



Chief & Council



Chief Justin Napoleon

Davis Family Councillor

jnapoleon@saulteau.com

Penny Berg

Courtoreille Family Councillor

pberg@saulteau.com

Rudy Paquette

Desjarlais Family Councillor

rpaquette@saulteau.com

Falon Gauthier

Gauthier Family Councillor

fgauthier@saulteau.com

Juritha Owens

Napoleon Family Councillor

jowens@saulteau.com

Contact



Saulteau First Nations

1717 Boucher Lake Rd.
Moberly Lake, BC
V0C 1X0

(250) 788-3955
communications@saulteau.com

Monday to Thursday, 8:00AM-4:30PM MST

Family Meetings

Dates Changed from March to April



Out of respect for the family and community and also in light of the recent announcement of the proof of vaccination requirements being lifted on April 8th, Chief & Council have made the decision to postpone the upcoming Family Meetings until after the restrictions have lifted.

This will allow members who do not have a proof of vaccination to join the meeting held at the Band Hall. There will still be an option for members to attend virtually via Zoom.

We look forward to welcoming all of membership to attend in person and can't wait to see you next month!

Please note: Zoom registration emails will not be sent out until the morning of their meeting.

Courtoreille Family Meeting

with Councillor Penny Berg

Monday, April 11th from 5:30-7:30PM



Davis Family Meeting

with Chief Justin Napoleon

Tuesday, April 12th from 5:30-7:30PM



Gauthier Family Meeting

with Councillor Falon Gauthier

Tuesday, April 19th from 5:30-7:30PM



Desjarlais Family Meeting

with Councillor Rudy Paquette

Wednesday, April 20th from 5:30-7:30PM



Napoleon Family Meeting

with Councillor Juritha Owens

Tuesday, April 26th from 5:30-7:30PM



THANK YOU

On behalf of the Saulteau First Nations Chief and Council, Administration & Lands Departments, we would like to extend a heart warm thanks and appreciation for your time spent on the CCP Committee this past several months.

This document could not have been a success without the dedication and hard work of people like you.

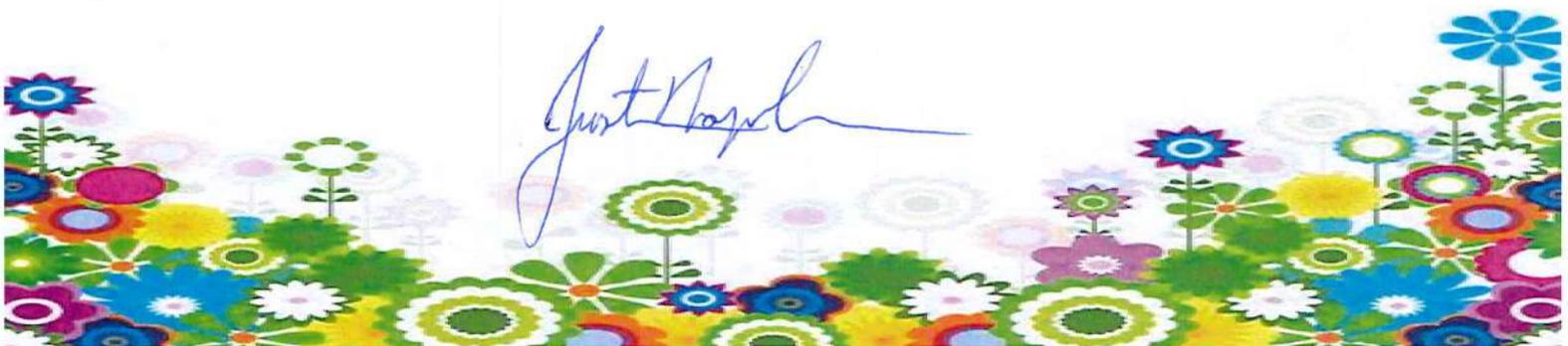
Rudy Paquette

Thank you for your efforts!

J. Gauthier

Judy Cameron, Megan Campbell, Cam Aird,
Julian Napoleon, Jaqueline Bay,
Phyllis Gauthier, Jenine Campbell-Cove,
Carly Gentry, Nicole Hetu

Just Napoleon



HOME IS EVERYTHING

Housing Department- Good things are Coming!

NEIGHBOURLINESS, CHILDREN, PETS & SAFE PLAY

Our Community and housing sites are home to families of all shapes and sizes. As such, we need to be reminded that little acts of kindness and consideration go along way in maintaining a harmonious environment. Slow down on the roads when kids are playing. Make sure to keep your pets in your own yard and say something kind to a neighbour.



APPLYING FOR RENTAL HOUSING

Applying for rental housing is a simple process. The first step is to-

- Submit an application- An application for rental housing shall be accepted year-round and shall be maintained for one year. (Must renew each year.)
- The completed application must be submitted to the housing department.

Documentation to submit with the application:

- Proof of income- Required in order to assist determining the ability to pay rent and other housing costs.
- Good standing with BC Hydro or the ability to hold an account.
- References from a previous landlord.

HAVING ALL DOCUMENTATION IS REQUIRED FOR CONFIRMING ELIGIBILITY.



ANNUAL HOME INSPECTIONS

- As spring rolls around, we will be starting our annual home inspections and assessment of the rental units.

- A Conditions Assessment Report shall be prepared to record the condition of the unit and property, which will be used to determine the need for any repairs.

UPATING RENTAL AGREEMENTS & MAINTENANCE AGREEMENTS

Over the next month the Housing Department will be sending out letters for tenants and home owners to update their agreements. The purpose is to keep our records up to date with all the information pertaining to each home. Once a letter has been received, please call us to set up and appointment. This appointment will only take a few minutes and you will be on your way!

REQUESTING MAINTENANCE & 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.

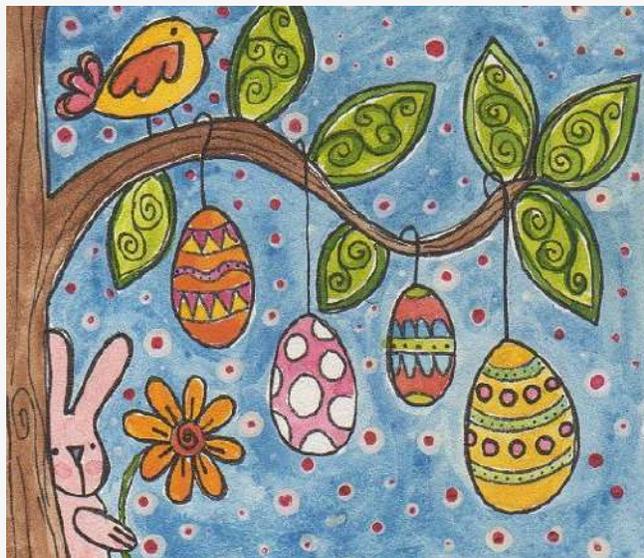


SAVE TIME & AVOID LATE PAYMENTS

Did you know you could pay your rent online?? It's a simple process to set up your account online. All you need is your banking information and you can have your rent paid on time each month! Call or email Marci and she can help set it up.

(236)-364-2019

mfisher@saulteau.com



All of us in the Housing Department hope this years' Easter serves as a reminder that nothing can hinder you in fulfilling your dreams. We hope that this Easter brings you new aspirations and joy. As always, please let us know if we can be assistance to you.

POST SECONDARY INFORMATION

If you are eligible and planning on attending a Post - Secondary Institution next school year you will find the Application Package and information on www.saulteau.com under the Publication & Resources and then under the Education Tab. Your acceptance letter or conditional acceptance letter needs to be sent in with your application form and copy of your Status Card.

Annual Deadline for Applications is May 15th

Here are a few questions frequently asked:

What is covered?

-Tuition, Books, Living Allowance

-you can be reimbursed for up to two application fees

-PSE Institutions must be eligible under the AANDC guidelines

-Information can be found on <https://www.sac-isc.gc.ca/eng/1100100033682/1531933580211>

If you require any Post Secondary information or help with applying contact-

Director of Education- Audrey Norris- anorris@saulteau.com 250-788-7273

Proudly determined



Muskoti Learning Centre

Indigenous Scholarships and Bursaries

TCScholarships@transcanada.com

<http://www.cenovus.com/careers/aboriginal-scholarship.html>

fpac.ca/skillsawards

<https://indspire.ca/programs/students/bursaries-scholarships>

<https://www.nrtf.ca/apply-for-funding>

ATCO.com/IndigenousAwards – application for 2022 open in April

<https://www.canadapost-postescanada.ca/cpc/en/our-company/giving-back-to-our-communities/canada-post-awards-for-indigenous-students.page>- Applications open May 1st

<https://www.bcogc.ca/first-nations/indigenous-education-program>

<https://www.forestrycouncil.ca/cpages/ifsp-sections>

<https://bcaafc.com/education/first-citizen-funds/>

Dream Catcher Fund- <https://www.dcfund.ca/site/applications-requirements>

<https://www.rbc.com/dms/enterprise/futurelaunch/indigenous-scholarship.html>

<https://www.atco.com/en-ca/our-commitment/partnerships-indigenous-peoples/indigenous-education-programs.html>

<https://www.collegesinstitutes.ca/our-members/cican-bursaries/cican-paul-and-gerri-charette-bursary-program/>

<https://fnigc.ca/national-student-bursary/>

<https://fncaringsociety.com/awards-scholarships> 4 different Scholarships to apply for.



<https://www.alliancepipeline.com/Community/IndigenousRelations/Pages/ISA.aspx>

<https://huskyenergy.com/responsibility/indigenous-relations/scholarships.asp>

<https://cwra.org/en/awards/scholarships/>

<https://chiefjoemathias.ca/>

<https://www.sauder.ubc.ca/programs/chnook-aboriginal-education/chnook-scholars>

<https://bcaafc.com/education/>

<https://hsabc.org/member-benefits/scholarships-and-bursaries>

<https://www.ikbbc.ca/indigenous-awards/about-this-award/>

-AboriginalBursaries@aadnc-aandc.gc.ca

Please contact :

Cheri Koenig – ckoenig@saulteau.com (250)788-7275 for any assistance applying for Scholarships and Bursaries

Audrey Norris- anorris@saulteau.com (250)788-7273 with any questions/help with applying for Post Secondary Funding

APRIL 2022



SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
3	4 MLC Open	5 Birch Water Harvesting	6	7 Birch Bark Baskets	8	9
10	11 Drum Making	12	13	14 Easter Egg Decorating	15 Good Friday	16
17 Easter Sunday	18 Easter Monday MLC Closed	19 Class Breakfast	20	21	22	23
24	25	26	27 Hike	28	29	30

☆ For event times please phone (250-788-7368) or check in the classroom - dates & times may vary ☆

Muskoti Primary Program

Attention fellow band and community members:

Do you or someone you know have a child turning 4 by December 31, 2022, or entering Kindergarten, Grade 1 or 2 in September? If so, please contact us for a registration form ASAP to register your child in our upcoming school year in full-day K4, Kindergarten, Grade 1 and 2. We limit class sizes to provide the best quality of education we can so register early.

We have a strong cultural and language program that is continuing to flourish. We also offer units on skating, snowshoeing, swimming, gymnastics and so much more for your child (ren) to learn to love to do. Our fieldtrips and local bussing enhance our program. If you have any questions, please feel free to contact our classroom teacher/principal Cody Schlamp at 250-788-7361.

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

Muskoti Primary Program

What we offer:

- ❖ Small class sizes with a BC certified teacher Pre-K to Grade 2
- ❖ Full day interactive, individualized academic program for ages 4, 5, 6, and 7.
- ❖ Our local First Nations culture and language embedded in our curriculum.
- ❖ Caring and loving staff who believe in every child and their potential.
- ❖ Opportunity for children to read with confidence and pride.
- ❖ Excellent program for developing strong numeracy skills.
- ❖ Enhanced safety measures for COVID-19 including individual desks and plexiglass.
- ❖ Great reviews from former parents and kids who want to stay!
- ❖ And so much more ...

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



Fisher Focus Group Interest list

Trep is looking for anyone who is interested in participating in our Fisher Focus Group.

Email Sandra at TREP to put add your name to the interest list. salexander@saulteau.com

We will contact you with the meeting date. To be determined in April.



April 2022



Lands Officer - Mary Doyle



Hello SFN Members, Happy Spring!! 🌸🌷

TREP/Lands are pleased to announce that 3 (FPCC) First Peoples Cultural Council Grants have been approved for SFN within the past month.

Cemetery Upgrade & Beautification

The Indigenous Cultural Heritage Infrastructure Grant will assist SFN in the Upgrade and Beautification of Lakeview Cemetery.

The project deliverables include:

- Use of drone and lidar to map the site and identify various unmarked graves
- Consultant to develop a concept plan and provide an environmental assessment of the site
- purchase of 2 columbaria's (A structure for the storage of funerary urns)
- Host Community Engagement sessions for project feedback
- Interview Traditional Knowledge Keepers
- Construct fencing, upgrade driveway, plant grass, provide benches and sign

Sacred Site Preservation

The Sense of Place Grant will assist SFN in the protection and conservation of sacred sites on reserve. I.e.: Onion Hills, Little People's Hill & various unmarked graves located within SFN reserve boundaries.

The project deliverables include:

- Community Engagement sessions to gather input related to sacred sites on reserve
- Interview Traditional Knowledge Keepers
- Fence locations to lesson impact and access of motorized vehicles
- GPS locations and access
- Develop trails for educational purposes and add interpretive signs
- add benches at selected locations



Indigenous Place Name Pilot Project

SFN is 1 (one) of 6 (six) place name pilot projects with Indigenous communities in British Columbia. The goal of the project is to document their Indigenous place names and the associated languages, stories, and histories.

Indigenous place names communicate complex cultural, environmental, social, political, spiritual and historical information. Learning accurate Indigenous place names in Indigenous languages helps everyone understand the complicated and rich history of the lands of what is now called British Columbia (BC). Indigenous Peoples have always understood that place names flow from a braided relationship to the land and reflect complex systems of governance and land tenure, environmental management, and trade. For example, place names can provide invaluable information on:

- Origin stories or other histories
- Seasonal rounds and travel routes
- Indigenous laws and protocols
- Wars, celebrations, and other events
- Critical cultural teachings such as how to be in a good relationship with others and the lands
- Important safety information such as when it is safe to navigate a river or avoid a place during certain times of the year
- And access to seasonal foods or other resources

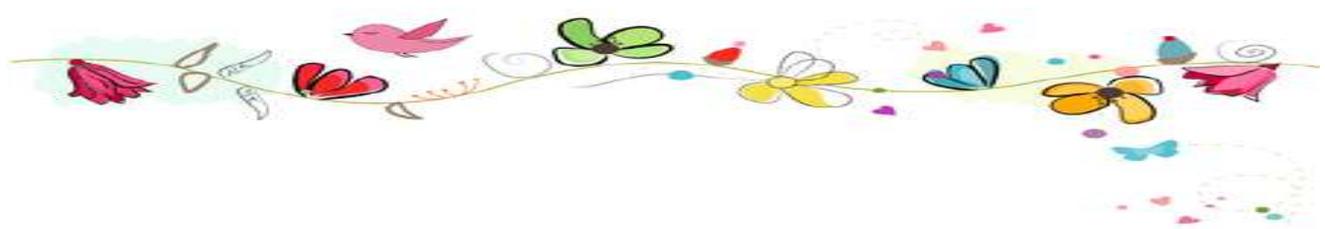
The project deliverable include:

- 1 - Information Gathering and Scope: researching what existing documents we have stored in our archives that may assist in developing baseline information. Defining what our scope consists of.
- 2 - Interviewing Key Knowledge Holders/Elders
- 3 - Verification and site visits
- 4- Documenting all Place Names and Final Report: utilizing our GIS Coordinator to map out specific places and developing a data base. Writing a final report that includes our identified place names and historical background.

Summer Students

With the approval of project funding, SFN will require the assistance of Secondary and Post-Secondary students to for fill our project deliverables, amongst the completion of several other projects listed for this summer.

For those students interested in summer employment with Saúlteau First Nations, please update or develop your resumes, as we will begin posting for these various positions in May/June 2022.



Land Use & Economic Development Planning/Land Code Committee

A Committee, consisting of Saulteau members and technical staff, was established to gather input, ideas, and feedback from membership, and play a pivotal role in the development of our Land Use and Economic Development Plans as well as the development of the Land Code, in partnership with Chief and Council. To support the Committee in developing the plans, Saulteau First Nations has contracted Urban Systems to provide professional planning guidance. The Committee will work closely with the Urban Systems team at all stages of the projects to deliver the final plans. The responsibilities of the Committee are as follows: - Work collaboratively with Chief and Council and consultant throughout the project - Uphold a high level of respect and professionalism throughout the project - Advertise and communicate project events and opportunities for members to participate - Participate in community meetings and gather input and feedback from members - Meet with members and Chief and Council to discuss Land issues - Review project deliverables and provide comments to the consultants - Provide ongoing guidance to the consultants on various project matters

Meet the Committee Members

Julian Napoleon holds a biology degree from UBC and works as the head grower at Twin Sisters Native Plant Nursery. Napoleon has worked on numerous sustainability and restoration focused projects and cares deeply about Indigenous food sovereignty, self-determination, and decolonization.



Ryan McKay is a policy advisor and GIS coordinator for the Treaty Right and Environmental Protection office at SFN. He is Cree, Anishinaabe, and Scottish. He is a family man, married with seven kids living on a small homestead. Ryan enjoys all things outdoors from hiking and kayaking to farming and hunting. His education and experience are in Policy Analysis, Critical Theory, GIS, Urban Planning, Environmental Science, and Literary Arts.

Myron Gauthier is the proud son of Oliver & Lillain Gauthier. He is an elder of Saulteau First Nations with an extensive background in Forestry and Oil & Gas. Myron has always participated in community engagement projects relating to various departments and is looking forward to a new adventure and participating in the committee.





Carmen Richter is part of the Desjarlais family, her grandma is Minnie Garbitt. She is a mother and passionate about the resilience and protection of our way of life and treaty rights. Carmen has a Bachelor of Science degree from UBC-O and is currently pursuing a Master of Science degree to help with caribou research. She is a biologist by trade and has worked for SFN for 10 years in the SFN TREP department. Currently she is the Indigenous Guardian Coordinator leading 5 studies. In the past she has worked in the Okanagan and Northwest Territories studying contaminated sites. She is honored to have the opportunities here at home and the positive change that comes from hard work. The TREP team and Nation have made so much progress, such as establishing the 3rd largest park in BC! She enjoys foraging and outdoor sports such as hiking and kayaking.

Jenine Campbell- Cove is the granddaughter of Caroline Campbell, coming from the Napoleon family. She currently lives in West Kelowna, & grew up in Kelly Lake BC, but has spent a lot of her childhood in the waters of Moberly Lake.

Jenine is proud to be a contributing member of the community, even though she lives so far away. She believes that every community has the potential to be whatever the collective wants it to be. "It helps when you have great teamwork, communication, inclusion, and leadership. I am thankful to be a part of such an amazing team, and I can't wait to see what we do on the Land Use Planning Committee."



Naomi Owens-Beek comes from the community of Moberly Lake BC, she is a proud Cree, Dunne-Za and Canadian woman from the Saluteau First Nations (SFN) and is the honored mother of Spencer Ron Beek.



She is from the Napoleon family of SFN. She graduated from the Nicola Valley Institute of Technology and received a diploma in Natural Resources 1999. She then completed her Bachelor of Science from the University of Victoria, majoring in Biology 2008 and registered to the College of Applied Biology 2009 and is now a Registered Professional Biologist as of 2019. Naomi is currently the Treaty Rights and Environmental Protection (TREP) Manager for the Saaluteau First Nations.

Naomi's long-term goal is to make connections between biology's western science and First Nations values of the landscape. She holds high regard for the rights and Spirit and Intent of the Treaty 8 Nations.

Tansi! My given name is **Nicole Hetu**. My Cree (Nihyaw) name is Wapik-waniw Iskiw (Wildflower Woman). My Saulteau name is Migizikwe (Eagle Woman). My parents are Ruth (Garbitt) Hetu and Jean-Paul Hetu. My Kohkum is Minnie (Paquette) Garbitt, and my Mooshem is the late Slim Garbitt.

I live on-reserve with my parents and I work remotely. I moved back home (again) about 2 years ago soon after the Global Pandemic began, to help my parents, as there is no available transportation (yet) in the community. I love hunting and looking for traditional medicines in our beautiful territory of Treaty 8. I wish to apply what I learned from my master's degree in Indigenous Governance to the well-being of our community by serving as a proactive Land Code Committee Member. Land-Use planning and all aspects of our Land Code are important to me, as part of the goal is to develop transparent policies and practice for use by all members.

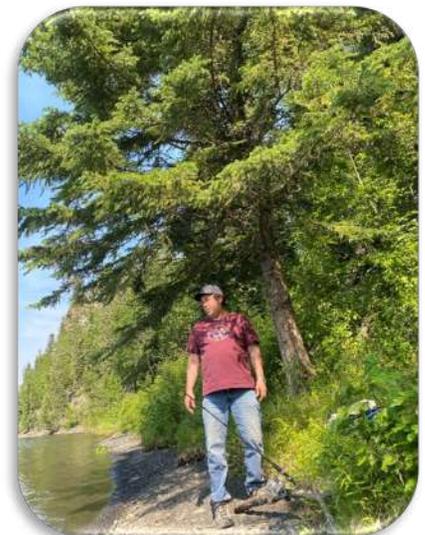


Hello/Tansi, my name is **Mardy Parenteau** and I'm from the Saulteau First Nations as are my parents, grandparents, great grandparents and further down my lineage. I live a traditional lifestyle, in hunting/trapping, medicine/plant gathering, Sweat/Ceremonial practices and absolutely love my traditional way of life. I believe deeply in being connected to the land and what it provides for us as Native people. Since I was born, I've had the privilege to be taught about our traditional ways and will keep passing on these teachings to our future generations. I enjoy to ride and work with horses, play various sports, and be on the land hunting, trapping, or scouting. I believe we as First Nation People have a to be the front runners in protecting and managing the environment and everything on it, to sustain our way of life for ourselves and our future generations.

Hi, my name is **Josh Cameron**, and I am looking forward to working with the land use/planning committee team. I have lived in my current house with my 4 kids on Saulteau for 20 years.

We enjoy all the usual outdoor activities. I am currently involved with the indigenous guardians working group and the site C cultural committee.

I believe in respecting the intent of our treaty and am cautious of paths that would dilute our rights and responsibilities. And am excited to dive into the land use issues with the rest of the team.



Maya Aird is 22 years old and a proud member of the Courtoreille Family, currently living in Victoria on the beautiful Coast Salish territories. She is an avid plant collector, self-declared aquarist and classical violinist, and rock hoarder outside of work.

Maya is a student at the Memorial University of Newfoundland, working on her Bachelor of Science in Ocean Sciences/Environmental Systems. She found her passion and commitment to safeguarding Earth's environment and Indigenous cultures through her university studies and continues to find meaningful ways to unite her scientific and cultural perspectives. Maya is an Environmental Health Officer with Health Canada under the Federal Student Work Experience Program in her professional life. Maya works with the project team of the Impact Assessment Agency of Canada, where she supports natural-resource-based project deliverables. Along with the policy team where she works on the bureau-wide Indigenous Engagement policy and standard operating procedures. She also has previous experience as an Indigenous Youth Intern with the Province of British Columbia, a program that advocates for Indigenous culture/knowledge inclusion in Provincial departments. She is honoured to have this opportunity to add value to Saúlteau First Nations and looks forward to her work with the committee.



Henriette Landry is from Saúlteau First Nation in Moberly Lake, born and raised by my grandparents who left me with a wealth of teachings, traditions, and my language.



In the past 16 years I was employed with Northern Lights College; as Aboriginal Advisor and had the pleasure of working with the Aboriginal students and watching them succeed and seeing the barriers a lot of our Aboriginal people face in today's world. After my job with NLC, I was able to gain employment with Obair Economic Society after finishing my Aboriginal Educators program.

I have done many things in my lifetime such as owning and operating a couple of businesses. One was Hairstyling boutique (15 years) and Water Trucking business (7 years). I have had the pleasure of being on council for my community of Saúlteau First Nation's for several years.

One of my passion's is my culture; I teach the making of the drums and drumming and singing., I practice the dancing and going to pow wow's. Teaching my culture to the children and youth. My other passion is helping my clients succeed in whatever

their dreams may be and providing the services they need to get there. I love working and helping people with their educational experience and having positive outcomes. Hiy hiy

Donovan Cameron is honored to be on the Land Use Planning Committee for his Nation. He brings diverse planning experience and will be encouraging traditional land use planning while also being considerate of other rural, urban, wildlife and environmental planning processes. Working in a professional capacity for the past 15 years almost exclusively with First Nations regarding planning and driven by a strong passion to preserve and protect indigenous, inherent and treaty rights it will be a foundation for guiding his thoughts and comments as we go forward planning for a sustainable future that benefits everyone.

Gil Davis A SFN member who has been living, working and playing most of my life within the traditional territory of SFN in northeastern BC. I have been practicing hunting, fishing and gathering aspects of our culture since I was a young child.

During my adult working life (36 years to date), I have obtained certification as a Power Engineer and Process Operator, and spent 16 plus years working in the oil and gas, forestry and transportation industries throughout northeastern BC and Alberta. I also spent over 4 years working for the BC Oil and Gas Commission as a Compliance and Enforcement Inspector, where I was responsible for inspecting, investigating and auditing of all aspects of industrial activities and incidents in every area of permitting, exploration, drilling, production, processing, transmission, and reclamation activities occurring within BC's oil and gas fields. As BC's one-stop shop for all oil and gas activities, I also had to learn and apply all other industrial and natural resource sector legislative requirements for agriculture, forestry, hydroelectric and alternative energy production, mining, and transportation industries' activities associated within the oil and gas industry activities for inspections and incident response, investigation and reporting.

Since 2014, I have spent almost 6 years working for First Nations administrations (SFN and WMFN) as Director of Economic Development and Housing & Capital Projects Manager, respectively. I have also been responsible for managing WMFN's Operations & Maintenance, and Emergency Management departments along with my regular duties in Housing & Capital Projects. These positions and experiences have given me a good grasp of ensuring that both planned and planning activities are done in alignment with Nation goals and objectives as mandated by Chief & Councils, and the respective Nation's memberships. This experience includes a sound knowledge and understanding of land use planning, permitting and authorizations for various activities associated with respect to exploration (geophysical and drilling operations), road and lease construction, pipelining, power generation and distribution, commissioning, production and process operations, fluids transmission and distribution, and collection and disposal activities, critical infrastructure, decommissioning, and rehabilitation, remediation, reforestation, restoration, and reclamation.

These combined experiences, knowledge, and skills in industrial operations, governmental regulatory inspecting, and First Nations administrative duties gives me a broad breadth and greater depth of understanding the various components that will be beneficial in being a team member in SFN's Land Code and Planning Committee. This will ensure that we develop our new Land Code so it will properly represent SFN's needs and desires to protect all our Lands in the manner that will provide sustainable protection and enhancement for our current members, and our future generations to come.

Moving Forward –

A big welcome and thank you to our new committee for your interest, devotion and dedication to the exciting upcoming project. The committee will be addressing updating our Land Use Plan, the creation of an Economic Development Plan for our Nation, as well as the delivery and creation of SFN's Land Code Plan.

The three projects compliment one another, as they all relate to SFN Land Base.

An introductory meeting between Chief and Council, the Committee, the Land Advisory Board Regional Council, Indian Services Canada, and our facilitators Urban Systems, is scheduled for mid to late April.

Darrell Garbitt-Saulteau Elder



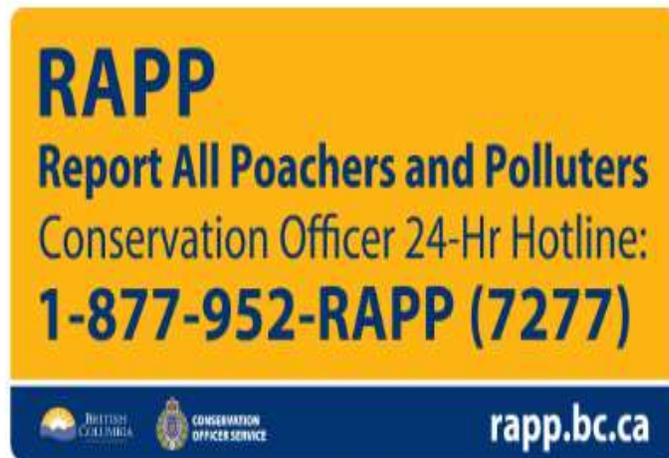
Darrell Garbitt is from the Courtorielle Family Group.

I have lived in Moberly all my Life. My Father is the late Pat Garbitt & My mother is the late Gladys Garbitt.

I am 64 yrs of age, a Hunter/harvester, I do Environmental work for 4EG and I speak my Cree Language. I have been involved with the Land selection and has been part of various Board of Directors for Saulteau.

I also like to make traditional & cultural recommendations to improve my Nation.

With spring finally here, wanted to share some Bear Smart ideas, resources and information on who to call if you are having bear issues at your home.



Remember to call the RAPP Line if you are having any bear issues. They will need ask you some questions about your issues to let the Conservation Officers know about your situation.

Please, always ensure the safety of your family with any bear encounters. Their behavior from May to July is influenced by the natural cycle of their mating season. Although they are predominantly solitary by nature, during this season there can be multiple mature bears together.

Home Sense Tips

- 1) Never feed or approach bears
- 2) Secure food, garbage and recycling
- 3) Remove bird feeders when bears are active in your area
- 4) Never leave pet food outdoors
- 5) Clean and store grills, BBQ's
- 6) Alert your neighbors if you see bear activity



Some fun facts

- 1) A bear's jaw pressure is powerful enough to crush a human head. It's been estimated that their bite force can even crush a bowling ball.
- 2) A bear has a better sense of smell than hound dogs and can smell food from a mile (1.6 kms) away.
- 3) Grizzlies and black bears live 20 to 25 years.
- 4) After mating, implantation of the fertilized eggs – called blastocysts – is delayed until the start of denning season. Basically, the egg is not fertilized until the start of denning and the success of the egg attaching to the uterine wall is dependent on the sow (momma) having sufficient body fat.
- 5) Bears are among the least productive mammals in North America.
- 6) Bears can run up to 35 mph (56 kmph).
- 7) Dogs were involved in more than half of all reported incidents involving people and black bears between 2010 and 2015. If you are going for a walk, please leash up for yours and your fur baby' safety.
- 8) There are two species of bears in our territory, black bear (*maskwa* ᐃᓄᓴ, Cree and *sas*, Dunne-zaa) and grizzly (*mistah-âya* ᐃᓄᓴᐃᓴ, Cree).



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

External: Issued March 16th, 2022

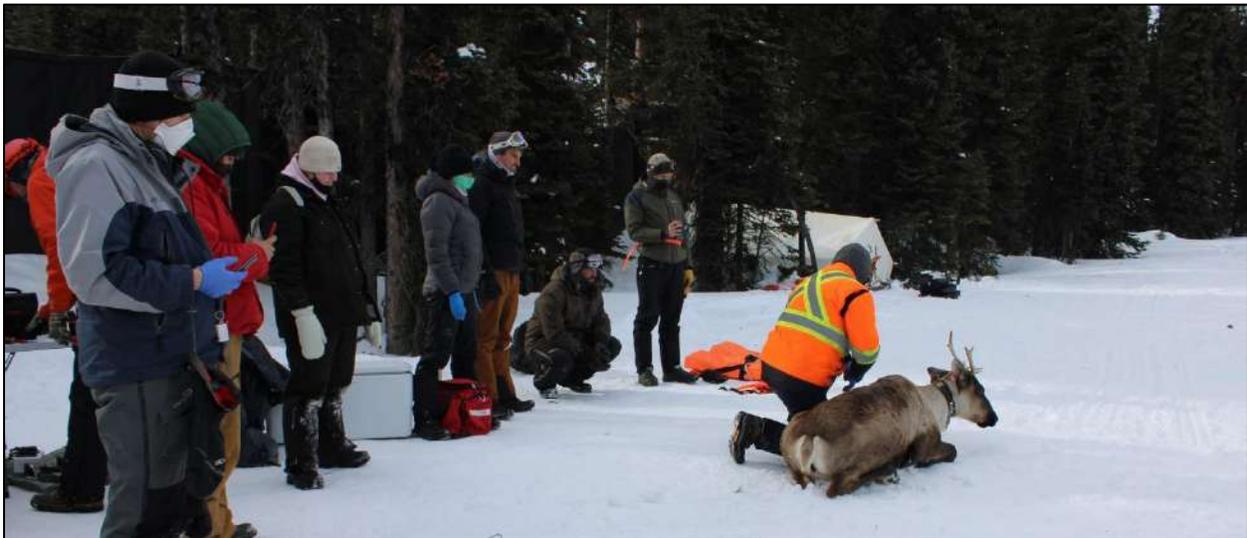


Figure 1. The crew watches as C385K, a four year old cow is released into the new Bickford maternity pen.

Days in pen → 6

Days until release → 138

Penning capture results

Capture for the 2022 maternity pen at Bickford was a booming success, with 19 cows captured in only three days, the highest number of animals in the pen in the history of the project. Captures occurred between March 7th and 9th and marked the 9th year of this project. With our covid-19 safety protocols in place we were able to return to our regular full size crew of 20 people which made a significant difference in our ability to bring multiple caribou into the pen at a time. On both day one and two we brought in seven cows, with the final day bringing in five. Eight of the caribou caught had already been in one of the maternity pens one or more times. Of the remaining 11 caribou, eight were born in the pen and three had no experience with either Bickford or Rochfort maternity pens. Three of the penned cows are older (10 + years old) and two of them have had a total of four calves in the pen already.



Four were between 2-3 years-old and the remaining were adults of varying ages. One of the cows captured this year, C346K is joined in the pen by one of her previous calves from 2017, who is also in the pen with one of her previous calves from 2020. That's three generations of caribou in the pen, and in a few months time we hope a fourth will be on the way.

All animals were captured, transported and sampled without incident. All body temperatures were within an acceptable range that allowed for full sampling. All caribou were judged to be in good health



Figure 2. One of the last caribou to be brought to the pen, C372k, who was born in the original Bickford maternity pen back in 2017.

although the oldest cow was showing signs of a slower recovery from having been sedated. Standard samples that were collected included blood, hair, skin, fecal matter, and some morphometric measurements (chest girth and neck circumference). Based on palpation measurements, we noted that most cows were in fair body condition, quite a few were in good condition, one was in poor condition, and one was in excellent condition. The one that was found to be in excellent condition was a 2018 pen calf.

Their weights ranged from 90.5kgs up to 154kgs. Nonetheless, the cows seemed otherwise healthy, without notable parasite loads, injuries, infections or hair loss. Blood was collected from all the adult cows to confirm pregnancy; tests have gone out and the results (determined by PSPB, a pregnancy specific protein) are still pending.



Figure 3. The capture processing station inside the maternity pen where each caribou is weighed, has samples taken and is outfitted with a collar and ear tag(s).



Following four years of operation at the Mt. Rochfort maternity pen, this year we have moved the maternity pen back to Bickford to allow the vegetation to recover at Mt. Rochfort. The original maternity pen on Mt. Bickford was built in 2014 and operated successfully until 2017. The new maternity pen at Mt. Bickford surrounds much of the historic pen area and incorporates a large portion of previously unused area.



Figure 4. A few of the first caribou caught hanging out around the meadow in the new Bickford pen.

Current status

The 19 caribou in the pen seem healthy and content and enjoy hanging out together in one large group. The new addition to the pen is laden with arboreal lichen so the caribou are primarily gathering in those areas. As per our usual protocol, they were exclusively fed lichen in the first three days following capture. After that, we started slowly introducing pelleted feed until they get use to their new high nutrition diet. They have been eating all the food in the troughs. We currently have six troughs spaced throughout the feeding meadow to reduce potential for feeding-related dominance behaviours, and to help ensure all animals receive adequate nutrition. As an added precaution, Guardians cut up small blocks of wood and put them in the troughs with the pellets to slow the caribou down when eating to prevent individuals from consuming pellets at too high of a rate.



Figure 5. A portion of the largest group of caribou, 48 animals in total, spotted on Mt. Rochfort.



During our capture session we observed 114 caribou. Though not an official count, this marks another milestone considering nine years ago there were only 36 caribou in this herd. The largest group of caribou found had 48 animals, mostly cows and calves, and was spotted on Mt. Rochfort near the old maternity pen site. This reflects how important the maternity pen work has been, along with other measures put in place to help the caribou, and shows that it is paying off. Thank you to all those involved in the capture process, everyone working behind the scenes, and all those who make this project possible through continued funding support!



Figure 6. The 2022 capture team (from left to right): Ted Euchner, Jordan Demeulemeester, Owen Slater, Jordon Garbitt, Russell Vickers, Line Giguere, Caeley Thacker, Clayton Lamb, Shari Wilmott, Tyler Hadland, Starr Gauthier, Lucas Talving, Ben Berukoff, Scott McNay, Landon Birch, Kelsey Roen, Blake Spencer, Jordan Smaldon and Nigel Marimuthu. Not pictured - Naomi Owens-Beek.



The teams:

- Níkanêse Wah tzee Stewardship Society
 - West Moberly First Nations (Chief Roland Willson/Tamara Dokkie)
 - Saulteau First Nations (Estelle Lavis/Naomi Owen-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
 - FLNRO (Caeley Thacker)
 - FLNRO (Mike Bridger)
- Support teams – capture specialists, veterinarian team, Guardians, lichen collectors

Thanks to our sponsors³



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

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

³ Current and historic

New Beginnings House

April

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Powder King Day	4 Sewing for Dance Group 6-8pm RTP After School 3-4:30	5 Elders Group 11-2 Youth Volleyball 5-6:30pm	6 Community Lunch 11:30-1pm RTP 3-4:30 Dance 6-7 pm	7 Parent Group 10:30-12:30 Youth Basketball 5-6:30	8 Craft Night 6-8 pm	9 Coffee House 6:30- 10:30 pm
10 SFN Swim Night 5-7pm	11 Sewing for Dance Group 6-8pm RTP After School 3-4:30	12 Elders Group 11-2 Woman's Group 5-7pm	13 Community Lunch 11:30-1 RTP 3-4:30	14 Parent Group 10:30-12:30 Youth Basketball 5-6:30	15 Craft Night 6-8 pm	16
17	18 Sewing for Dance Group 6-8 pm RTP After School 3-4:30	19 Elders Group 11-2	20 Community Lunch 11:30-1pm RTP 3-4:30	21 Parent Group 10:30-12:30	22 Craft Night 6-8 pm	23
24	25 Sewing for Dance Group 6-8pm RTP After School 3-4:30	26 Elders Group 11-2 Youth Volleyball 5-6:30pm	27 Community Lunch 11:30-1pm RTP 3-4:30 Dance 6-7 pm	28 Parent Group 10:30-12:30 Youth Basketball 5-6:30	29 Craft Night 6-8 Youth Night 6-9 pm	30

Brooke Walker
Recreation Coordinator
 Right to Play Mentor
 cell: 250-788-6269
walker@saulteau.com

Carmen Manchoos
 Life Skills Program Facilitator
 Cell:(780) 201-0242
cmanichoose@saulteau.com

Tylene Paquette
 Cultural Connections
 Coordinator
 Cell: (250)-401-1580
tpaquette@saulteau.com

Congratulations



Congratulations to Tristan Robertson for completing her Health Administration & Leadership Program through UBC.

Way to go! We are proud of you!

From your work family

SA Declaration



SA Declarations are due the week of April 18th, 2022.

SA Payment day is April 27th, 2022.

Upcoming Events



Sewing Classes for Dance Group

April 4th 6-8 pm New Beginnings House (NBH)

April 11th 6-8 pm (NBH)

April 18th 6-8 pm (NBH)

APRIL 25TH 6-8 pm (NBH)



Simply Designing

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Craft Night

April 8th 6-8 pm (NBH)

April 15th 6-8 pm (NBH)

April 22nd 6-8 pm (NBH)

April 29th 6-8pm (NBH)



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Dance Group

April 6th at 6-7pm SFN Gym

April 13th at 6-7pm SFN Gym

April 20th at 6-7pm SFN Gym

April 27th at 6-7pm SFN Gym



Easter Coloring Contest

**New Beginning House will have
coloring pages available for pick-up**

Monday April 04, 2022

Age groups are as follows:

3—5 years

6—9 years

10 -13 years

All pictures returned to New Beginnings House
will be entered into a draw for prizes!

*Draw Date Will Be
The Morning Of
April 14/22*



50 Easter Egg Nest kits will be available at
the New Beginnings House for families to
pick up on April 14, 2022 from

9am - 4:30pm

Please sign up by email to
cmanichoose@saulteau.com



FAMILY EASTER BASKET DRAW

**Families can pick up a
Scavenger Hunt List at the
New Beginnings House on
Monday April 04/22**

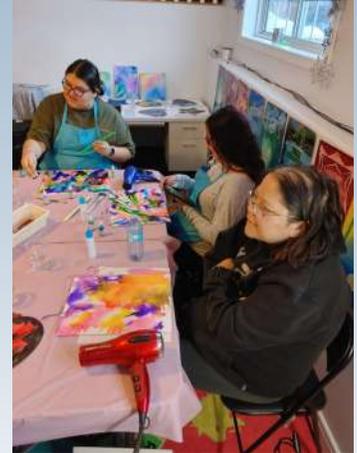
**Completed Scavenger Lists that are
returned/submitted will be entered into
the draw for the Family Easter Basket**

**DRAW DATE WILL BE
THE MORNING OF
APRIL 14/22**



INTERNATIONAL WOMEN'S DAY CELEBRATION





SFN Women's Group
with Corrina Wutzke Family Support Worker in partnership with
New Beginnings House





Elder's Group



BIRD FEEDER
CRAFT

ELDERS
BINGO





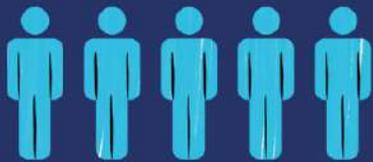
Parents Group



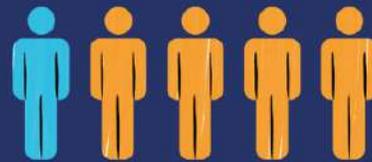
The COVID-19 pandemic has severely impacted access to TB services

Fewer people accessed life-saving TB care in 2020

In 2020, an estimated **9.9** MILLION PEOPLE FELL ILL WITH TB*



5.8 MILLION PEOPLE
REPORTED TO HAVE ACCESS
TO TB CARE, DOWN FROM
7.1 MILLION IN 2019



≈4.1 MILLION GAP
OF PEOPLE UNDIAGNOSED
OR NOT REPORTED

Better reporting, diagnosis and access to care will close this gap

TUBERCULOSIS (TB) EDUCATION

- By Heather, SFN Community Health Nurse
- At SFN gym
- May 3, 2022. 11 – 12 noon.
- Lunch provided
- Door prize draw given out on this day **PLUS**
- Everyone who attends is entered in a draw for bigger prizes;
(draws will take place every 3 months).
- **No need to sign up** – come as you are – bring a friend!
- Watch for in-person education sessions on the first Tuesday of each month.

SAULTEAU FIRST NATIONS

RANGE TENURE MANAGEMENT

Introduction:

The BC Government allows use of crown rangeland in the form of a Range Tenure. A range tenure allows the holder to place livestock onto crown land for grazing purposes. There are a variety of user groups that acquire and utilize range tenures. The majority of the range tenures in the Peace River region of BC are held by Ranchers, First Nation Groups, and Guide/Outfitters. Saulneau First Nation is one of these groups and holds RAN 073368.

RAN 073368:

The range tenure held by Saulneau First Nation is next to the Moberly River beyond the Boucher Road to the North. The BC Hydro Line makes up the Southern boundary. The Eastern boundary is the Moberly River. There is no natural boundary to the North of the tenure, this area includes forestry cutblocks and oil and gas sites and pipelines. The Western boundary is adjacent to privately owned land.

Range Use Plan:

As a legal requirement to hold and operate a range tenure a range use plan must be created. The range use plan sets out how Saulneau will meet all the legal requirements found in the Forest and Range Practices Act. Included in this plan is a description of the grazing possibilities within the tenure area, examples of this would be what ages and types of cattle or horses that could be grazed. This plan sets out how interactions with wildlife will be managed, including management for mineral licks, bear dens and migratory birds as a few examples. There is also an opportunity to add into this plan information that Government terms as “Non-Legal Management Considerations”.

Non-Legal Management Considerations:

Non-Legal Management Considerations is the portion of the management plan that allows for Indigenous Knowledge or traditional practices to be incorporated into the plan. TREP requires input from the elders, community members and Chief and Council to incorporate into this section. Once this critical information is received it can be incorporated into the management plan and submitted to government for approval and eventual implementation.

**Unique Business Opportunity
For
Saulteau First Nations' Members, their families,
Business Partners and Investors**

**Crowfeathers General Store & Gas
For sale by owners**

In business for 25 years and still has tons of potential. Best business location at Moberly Lake. Crowfeathers is the only First Nations convenience store located on a major highway in northeastern BC.

Recession proof. Pandemic proof.

Please direct your questions and discussions to crowfeathersstore@gmail.com

Serious inquiries only please.

Northern Sky Traditional Wellness Circle

For Northern First Nations health and
wellness leadership, staff, and cultural
workers

Every Thursday 10:30-noon on Zoom

[https://fnha.zoom.us/
j/6285563040](https://fnha.zoom.us/j/6285563040)



First Nations Health Authority
Health through wellness

Wellness
basket draw
once per
month!!

**Ceremony ~ Songs ~ Wellness Challenges
Guest Speakers ~ Engaging Discussions ~
Sharing Successes**

Every week is a new adventure...so grab a cup
of tea and come join the conversation!!



First Nations Health Authority
Health through wellness

From Lateral Violence to Lateral Kindness



LATERAL KINDNESS PROMOTES SOCIAL HARMONY

The impact of colonialism, residential schools, and cultural genocide continues to result in both intergenerational and contemporary trauma for many Indigenous people. These impacts have also resulted in lateral violence, which occurs when we direct our feelings of dissatisfaction or anger towards one another – instead of recognizing that the true adversaries are colonialism, internalized racism, and oppression in other forms.

Lateral violence, also referred to as lateral “unkindness”, is expressed in many ways, such as gossip, verbal and physical assaults, passive aggressive behaviours, blaming, shaming, attempts to socially isolate others, demeaning activities, bullying, and threatening or intimidating behaviour.

Lateral kindness is an approach to addressing lateral violence. It is based on Indigenous values that promote social harmony and healthy relationships. Lateral kindness uses First Nations teachings about respect, fairness, and the importance of relationships to create an environment built on a foundation of kindness.



Lateral kindness has the potential to positively affect our health outcomes in a number of ways:

- 1.** Lateral kindness works to address and end lateral violence within the workplace, families, schools and communities. Lateral violence is a public health issue that harms mental, physical, emotional and spiritual health.
- 2.** Lateral kindness has the power to improve health services and address lateral violence in health organizations and systems. By shifting the cultural norms about interactions between patients, health service providers and health partners, lateral kindness helps create safer, more inclusive and culturally safer services.
- 3.** Lateral kindness has the power to improve health services by increasing workplace safety. It can also improve the retention of health staff by setting values, standards and by building personal skills.



SEND A "LATERAL KINDNESS GRAM" TO LIFT SOMEONE'S SPIRITS

The First Nations Health Directors Association (FNHDA) has developed the Lateral Kindness Gram. The "Gram" promotes lateral kindness by sending an uplifting message. With the Lateral Kindness Gram you can recognize a client, peer, friend, family member or an acquaintance for their positive attitude, their contributions to the team, or anything they do to help create healthy, self-determining and vibrant BC First Nations children, families and communities.

Join the lateral kindness movement and send a kindness message to lift someone's spirit! Learn how to [here](#).

EVERY PERSON'S BILL OF RIGHTS

1. I have the right to be treated with respect and dignity.
2. I have the right to experience and express my own feelings.
3. I have the right to say "no" without feeling guilty or selfish.
4. I have the right to ask for what I want – and of course, the other person has a right to say "no".
5. I have the right to consider my own needs in a relationship.
6. I have the right to change my mind.
7. I have the right to decide what to do with my own property, body, and time.
8. I have the right to take time for myself.
9. I have the right to do things as long as it does not take away from the rights of another person.
10. I have the right to make mistakes without being punished or humiliated.
11. I have the right to bring up a problem with another person and discuss it.
12. I have the right to be listened to and taken seriously.
13. I have the right to feel good about myself.
14. I have the right to live without fear.

The above is adapted from the Victoria Family Violence Program, Victoria, BC

TOOLS TO RESOLVE CONFLICTS – A CHECKLIST

Part of healthy communication is making sure that we are speaking with others in respectful and collaborative ways. We can use our words to help or hurt people. When our interactions with people become difficult, it can be easy to get defensive or angry. The list below can help us to maintain respectful relationships with our family, friends, colleagues and community members.

1. Be direct and say what you have to say in a respectful way.
2. Use “I” statements to state your feeling, describe the behavior/issue and the effect on you, and to ask for what you need. For example, “I feel sad when I’m not invited for lunch because then I think that you don’t like my company. I’d like it if you invited me in the future.” Learn more here.
3. You have the right to express your ideas, feelings, and needs but remember to listen to the other person in return and respect their ideas, feelings and needs.
4. Ask questions to get more information and to clarify what the other person means i.e., Do you mean that _____?
5. Be willing to work things out and believe that things can be worked out. Try to be as cooperative as you can.
6. Suggest creative solutions.
7. Agree to disagree when there is a difference of opinion.
8. Use your sense of humour.
9. Take responsibility for your own feelings. Avoid using roadblocks to communication like blaming, threatening, shaming or judging.



RESOURCES

A [video featuring Dr. Raven Sinclair](#), Associate Professor, University of Regina on Lateral Kindness

A [video that explores lateral violence](#) within First Nations communities, organizations, and families

The [Head to Heart Campaign](#) by the First Nations Health Directors Association is a helpful resource that includes stories, tips and reminders based on a 3 Pillar approach in reducing stress.