

March 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

In-person and via Zoom



Chief & Council will be facilitating Family Meetings in-person and via Zoom in March. A light dinner will be provided for those attending in-person.

(Note: the Napoleon Family meeting will be exclusively via Zoom).

An agenda will be sent out in the coming weeks and invitations to register via Zoom will be sent out to each family one week prior to their meeting dates.

COVID-19 protocols apply and proof of vaccination is required to attend in person.

Please note: this is all subject to change according to Public Health Orders of BC

**Maximum 50 occupants in the gym.*

Davis Family Meeting

with Chief Justin Napoleon

Monday, March 21st from 5:30-7:30PM



Gauthier Family Meeting

with Councillor Falon Gauthier

Tuesday, March 22nd from 5:30-7:30PM



Courtoreille Family Meeting

with Councillor Penny Berg

Wednesday, March 23rd from 5:30-7:30PM



Desjarlais Family Meeting

with Councillor Rudy Paquette

Monday, March 28th from 5:30-7:30PM



Napoleon Family Meeting

with Councillor Juritha Owens

Tuesday, March 29th from 5:30-7:30PM



Expression of Interest

Pemmican Days & Culture Camp



Pemmican Days and Culture Camp are back!

Expression of Interest for the Community Meeting

March 8th, 2022 at 5:00PM at the SFN Gym

The intent is to get a committee gathered to help organize these events.

Pemmican Days

July 8th, 9th, 10th

Culture Camp

TBD

Those that are interested can contact Paula Gammie

email: pgammie@saulteau.com or call: (250) 788-3955 ext. 8120

Pink Shirt Day

kisewatisiwin
kindness



February 23rd, 2022

People wear pink shirts to signify the stand against bullying.

Today our diversity is becoming more visible than ever as people continue to embrace their cultures, identities, and true selves in more open and direct ways; making the need to

LIFT EACH OTHER UP

and have greater acceptance, respect, and inclusion for everyone so important.







Member Services Team

Manger of Member Services- **Tonia Richter** Email: Trichter@saulteau.com

Member Services Admin Assistant- **Tristan Robertson** Email: Tristan.Robertson@saulteau.com

Social Development Officer- **Carrie Paquette** Email: Cpaquette@saulteau.com

Community Services Coordinator- **Paula Gammie** Email: Pgammie@saulteau.com

Receptionist- **Willow Allison** Email: reception@saulteau.com

Indian Registry Administration + Patient Travel Clerk- **Norma Podolecki** Email: Npodolecki@saulteau.com

Employment and Training Coordinator- **Jamie Kristoffy** Email: jkristoffy@saulteau.com

Patient Transportation and Health Advocate + Patient Travel- **Barb Loberg** Email: b.loberg@saulteau.com



Left to right; Tonia Richter, Jamie Kristoffy, Carrie Paquette, Tristan Robertson, Paula Gammie, Willow Allison
Front Row Left to right: Barb Loberg, Norma Podolecki

We are located in the Main Administration Building

Recreation Committee Updates:

Hello!

We are super excited for 2022 and the possibility of new ideas that we are working on, to provide our members, in promoting healthy movement and lifestyle for our community!

Here are some topics in discussion:

- **Cemetery:** A proposal has recently been submitted to upgrade and beautify lakeview Cemetery. Community Engagement will be required.
- **Carcass Dumping Site:** TREP is currently gathering information to submit a proposal for a potential designated recycling/carcass dumping site on reserve.
- **Meat Cooler:** Daphne had secured funding for a meat cooler and the necessary supplies required. Delivery and set up is scheduled for this coming May.
- **Skateboard Park:** Further discussion and research is required. Megan has contact for individual knowledgeable in the development of skateboard parks.
- **Fire Lake:** Buoys were purchased in 2021 for Fire Lake to alleviate the risk of boaters within the family swimming area.
- **Tipi Village:** We are looking into having tipi's at Fire Lake but required further discussion.
- **Playground:** We received an additional contribution towards our playgrounds. The deposit was issued in early January and has secured our selections. We are finalizing the locations with C&C and will provide an update in the next newsletter.
- **Baseball Diamond:** We will be discussing more once spring is closer.
- **Outdoor Ice Rink:** Maintenance is in the process of building our storage shed, Brendan will be drawing up a draft of our "Warming Hut" so audiences and players can be warm. We will be sending out a Work Bee poster soon so that we can have the safety nets put up. We are also looking for someone who can upkeep the rink area but seeing as it's getting warmer, we might save that for next fall/winter season.
- **Trails:** Brooke has planned to meet up with Starr and Lucas on building trails for hiking/walking on reserve. We also plan to have signs for the trails up this year after they're built.

Any suggestions, ideas, or comments can be sent to the Recreation Coordinator through email: bwalker@saulteau.com

Committee: Brooke, Mary, Teena, Sarah C, Megan, Tylene, Daphne, Starr & Carmen

FAMILY SUPPORT MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1 Lunch Program Girls Group	2	3 Boys Group	4	5
6	7 Conversation Circle	8 Girls Group Women's Group	9	10 Boys Group	11 International Women's Day #Breakthebias Event SFN Gym	12
13	14 Conversation Circle	15 Lunch Program Girls Group	16	17 Boys Group	18	19
20	21 Conversation Circle	22 Girls Group Women's Group	23	24 Boys Group	25	26
27	28 Conversation Circle	29 Lunch Program Girls Group	30	31	1	2

Regular Programs

Monday

- Conversation Circle (Red Path Focus) at SFN Gym starting 5 pm to 7 pm. Light Snacks Provided.

Tuesday

- Girls Group at Moberly Lake School starting 2:30 pm to 4:30 pm.

- Women's Group every second Tuesday starting March 8th. Locations may vary depending on event.

- Lunch Program Pick Up every second Tuesday starting March 1st. All day available for pick up at maintenance building.

Thursday

- Boys Group at SFN Gym starting 2:30 pm to 4:30 pm.

New to the Month Program - One time event.

International Women's Day at the SFN Gym. Start 9 am - 5 pm. More details in Poster that will be available on SFN communication Page. Stay Tuned.

Transportation Available with notice..

Any questions or sign up details. Please text or call 250 401 7741



NEW BEGINNINGS HOUSE

MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31 Elders Group 11-2 In Sauleau Gym Right To Play 3pm-4:30	1 Community Soup & Bannock 11:30-12:30 Right To Play 3pm-4:30 Dance 6-7	2 Parents Group 10:30-12:30 Right To Play 3pm-4:30	3 Ribbon Skirts 1-4	4	5
6	7 Elders Group 11-2 In Sauleau Gym Right To Play 3pm-4:30	8 Community Soup & Bannock 11:30-12:30 Right To Play 3pm-4:30 Dance 6-7	9 Parents Group 10:30-12:30 Right To Play 3pm-4:30	10 Ribbon Skirts 1-4	11	12
13	14 Elders Group 11-2 In Sauleau Gym Right To Play 3pm-4:30	15 Community Soup & Bannock 11:30-12:30 Right To Play 3pm-4:30 Dance 6-7	16 Parents Group 10:30-12:30 Right To Play 3pm-4:30	17 Ribbon Skirts 1-4	18	19
20	21 Elders Group 11-2 In Sauleau Gym Right To Play 3pm-4:30	22 Community Soup & Bannock 11:30-12:30 Right To Play 3pm-4:30 Dance 6-7	23 Parents Group 10:30-12:30 Right To Play 3pm-4:30	24 Ribbon Skirts 1-4	25	26
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Daphne Nichols
Wellness Manager

Brooke Walker
Recreation Program facilitator
Right To Play Mentor

Carmen Manichoose
Life Skills Program Facilitator

Ruth Hetu
Cree language Facilitator

Tylene Paquette
Cultural Connections
Coordinator

Dnichols@saulteau.com

Bwalker@saulteau.com

Cmanichoose@saulteau.com

Rhetu@saulteau.com

Tpaquette@saulteau.com

notes

Cree Class's with Ruth Hetu on Zoom will be on going and the March dates will be announced at a later date.
If you have any question or would like more information please contact Ruth by email.



PARENTS GROUP

Come relax, play and learn in a welcoming inviting environment. We have snacks and do a variety of activities for parents and children.

*
**Every Thursday @ New
Beginnings House**

From 10:30am —12:30pm

Due to covid restrictions and space we are only able to accommodate 6 participants.

Please contact Carmen to sign up:

cmanichoose@saulteau.com

780-201-0242

A decorative border of various tropical plants, including Monstera leaves, palm fronds, and clusters of small green berries, surrounds the central text.

Elders Group

Tuesday
11am - 2pm
Saulteau Gym

**Please contact Carmen to sign
up or for more information**

780-201-0242

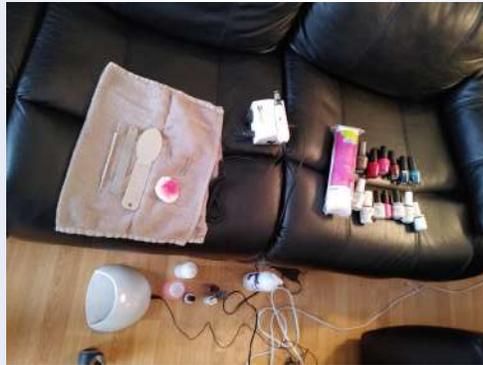
ELDERS GROUP

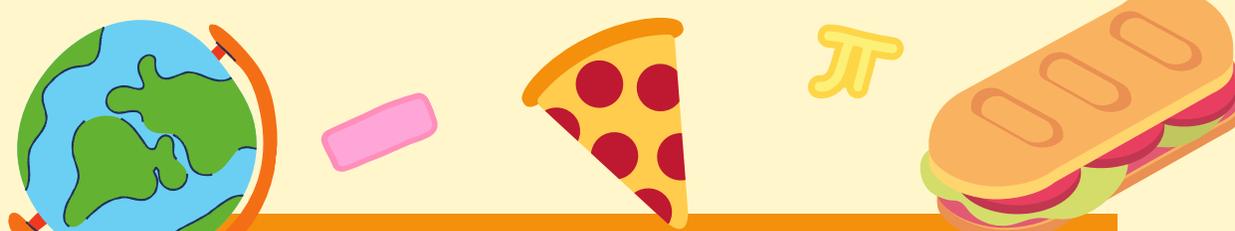


SFM Women's Group by Corrina, Family Support in partnership with New Beginnings House



PARENTS GROUP





AFTER SCHOOL HOMEWORK CLUB

3:00 pm – 4:30 pm



SFN STUDENTS IN GRADES 6-12
JOIN THE MUSKOTI LEARNING CENTRE
ON THURSDAYS FOR HOMEWORK HELP
AND A MEAL



THURSDAY, MARCH 3

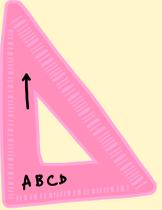
Subway

THURSDAY, MARCH 10

Dominos Pizza

THURSDAY MARCH 17

A&W Burgers & Fries



★ COVID LEARNING LOSS INCENTIVES ★
PROVIDED FOR COMPLETING SCHOOL WORK

bconradesaulteau.com 250-788-7368



HOUSING NEWS

COMMITTED TO PROVIDING SUSTAINABLE HOUSING ON RESERVE LANDS.



Keeping Tenants in the Loop

Thank you to all who attended our online zoom presentation on the amended Housing Policy and True Cost of Housing, in February. We received lots of insightful questions and feed back. For those who did not have a chance to attend, please feel free to reach out and get a hard copy of the Policy. It is available at the Housing and Capital building. You can email questions to mfisher@saulteau.com or call 236-364-2019.

Friendly Reminder's

Please be mindful of your garbage collection day and ensure the correct number of bags are out.

Please ensure that your dogs are staying in your own yard. As a pet owner you are responsible for your animals.



DID YOU KNOW??

**You can pay your rent online.
Contact us and we can help you
to set it up!**

Tips & Tricks

Dealing with melting snow and water run off!

- 1) Shovel snow away from foundation of home and window wells to prevent seepage into the basement or foundation .
- 2) Check furnace and exhaust vents to make sure they are not blocked by snow and ice.
- 3) Ensure your downspouts and eavestroughs are clear of debris and pointed away from your home/foundation.
- 4) If your home is on a grade or hill, shovel snow so that it doesn't roll towards your home when it melts.

START PAYING YOUR RENT ONLINE!

3 REASONS TO PAY YOUR RENT ONLINE

- 1.** **IT SAVES YOU TIME.**
Payments can be conveniently made from the comfort of your home.
- 2.** **YOU CAN "SET IT AND FORGET IT."**
Enter your payment information once, choose the recurring payment option, and your rent will be automatically paid each month.
- 3.** **YOU WON'T BE LATE WITH PAYMENTS.**
And that means no arrears!

HOW TO MAKE ONLINE PAYMENTS

Contact Marci Fisher to get set up with your tenant log in, email mfisher@saulteau.com

If you have internet access:

Simply log in to the tenant portal <https://sfn.managebuilding.com> and click the Make Payment button on the home page.

If you do not have internet access:

Contact Marci and have the following banking information ready:

- Your institution, transit and account numbers.



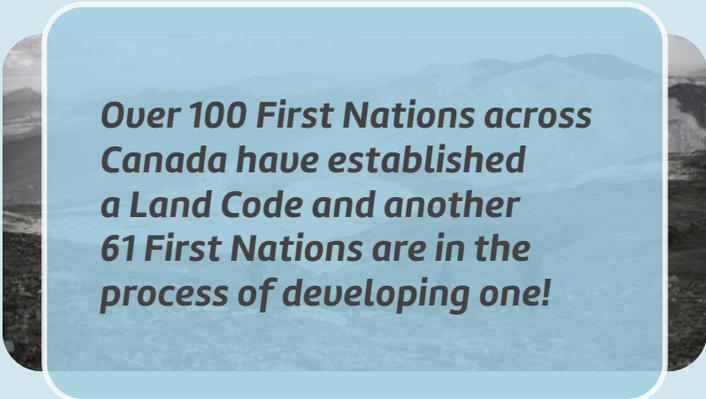
LET'S TALK ABOUT LAND MANAGEMENT

Saulteau Land Code

Many First Nation communities are choosing to strengthen their self-governance and jurisdiction over their reserve lands by developing and ratifying a **Land Code**. Having a **Land Code** in place allows First Nation communities to repeal 44 sections of the Indian Act that dictate how First Nations must manage and govern their reserve lands. First Nations across Canada are developing **Land Codes** to reclaim authority over their reserve lands from the Government of Canada and implement their own land laws and processes.

Saulteau is committed to strengthening our self-governance and sovereignty as a Nation. Developing and ratifying a **Land Code** will allow our Nation to assert full control over our reserve lands, including future TLE and Hydro Settlement lands as they are added to reserve. Over the next 1 to 2 years, we will be working with the community to develop and ratify our own **Land Code**. This is an exciting moment for our Nation, and we look forward to engaging all our members on this important development!

Stay tuned for future project announcements, including calls to establish our Land Code Steering Committee!



Over 100 First Nations across Canada have established a Land Code and another 61 First Nations are in the process of developing one!

For questions or information related, please contact

Mary Doyle, Lands Officer

e. mduoyl@saulteau.com

t. 236-364-2012

Frequently Asked Questions

?

What is a Land Code

- A comprehensive **land law** specific to a First Nation community
- Sets out the principles, procedures, and rules of land management and decision-making authority
- Removes Indigenous Services Canada as our “landlord” and gives us back authority over our lands

?

Why have a land code

- Replaces land management provisions forced on Saulteau through the *Indian Act*
- Allow Saulteau to create our own laws regarding the development, conservation, protection, use and possession of reserve land(s)
- Set rules and procedures for use and occupation of Saulteau lands as developed by our members

?

How does a Land Code come into effect

- Saulteau's Land Code will need your support. It must be ratified by a community vote!
- Saulteau must follow set procedures for community ratification process

?

What does a Land Code not do

- It doesn't turn our First Nation into a “municipality”
- It doesn't take away our Treaty Rights or the Canada's financial obligations to our Nation
- It does not give up our reserve lands or take away their “reserve” status
- It does not deal with taxation of property or individuals

March 2022

**Lands Officer - Mary Doyle**

Hello SFN Members,

I hope you are all doing well and able to get outdoors to enjoy the unseasonably warm weather conditions. We here at the TREP/Lands Department, have been keeping very busy with upcoming projects and have been collaborating to ensure our program delivery is successful.

Since participating in the Comprehensive Community Planning (CCP) community engagement meetings, our team has submitted various funding applications to begin addressing some of the communities requests.

Hiking Trail Development on Reserve

A \$54,000 grant application was submitted on January 12th, 2022, to TELUS Indigenous Communities Fund. The TELUS Indigenous Communities Fund, launched in November 2021, remain steadfast in their commitment to support leadership, resilience and strength demonstrated by Indigenous Peoples.

The grant, if successful, will assist SFN in the clearing and development of an on-reserve trail system for members of all ages to enjoy. This initiative focuses on the promotion of active living and mental health awareness.

Cemetery Upgrade & Beautification

A \$191,000 grant application was submitted on February 1, 2022, to First Peoples Cultural Council. The Indigenous Cultural Heritage Infrastructure Grant is part of the BC 150 Time Immemorial Grant Program, supporting Indigenous people's efforts to be the rightful stewards of their cultural heritage.

The grant, if successful, will assist SFN in the Upgrade and Beautification of Lakeview Cemetery. This idea has been on the communities radar for quite some time, and we now have the resources and knowledge to complete it. The project is intended to not only create a space to honor our ancestors but contribute to providing an ongoing service to community and our membership. The project will fill the needs not currently met and/or adequately provided by our current location.

Sacred Site Preservation

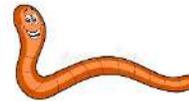


A \$29,000 grant application was submitted on February 15, 2022, to First Peoples Cultural Council. The Sense of Place Grant is also part of the BC 150 Time Immemorial Grant Program.

The grant, if successful, will assist SFN in the protection and conservation of sacred sites on reserve. I.e.: Onion Hills, Little People's Hill & various unmarked graves

To maintain the traditional role of Stewards of the Land, our goal is to play an active role in managing development in Heritage Conservation and Land Use Planning. Our interest is to collaboratively conserve the Traditional and Sacred sites of our nation, in their entirety. Our intent is to play a greater role in the management, conservation, and security of our nations land by retaining & providing the information to our membership, now and for future generations to come.

Community Opportunity Readiness Program (CORP)



Should SFN meet the Indigenous Services Canada (ISC) Project Eligibility Screening requirements, SFN will be applying for the 2022-2023 CORP funding of \$250,000 under their regional program.

If successful, the funding will be used to complete a Development Concept Plan for the Moberly Lake South-Side property. The Concept plan will identify site development constraints and opportunities and will assist in confirming the highest and best use of the site, the serviceability and potential infrastructure needs, and will provide Cost Estimates.

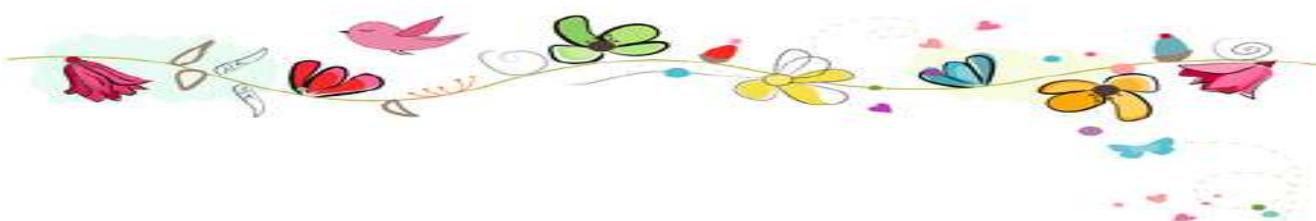
This will assist SFN membership in making an informed decision about proceeding to detailed engineering design and project construction. Community Engagement will be required.

Land Use & Economic Development Planning/Land Code Development Project

We are happy to announce that a \$40,000 funding application was approved on February 7th, 2022, from indigenous Services Canada- Indigenous Community Business Fund. These funds will assist SFN with our Land Use/Economic Development Planning Project by supporting our Community Engagement sessions planned throughout BC, Covid permitting.

It is a very exciting project and will require extensive input from membership. We are still seeking individuals to participate in our LUP/Land Code Committee. We have yet to receive interest from the Davis and Gauthier Family Groupings. Should you be interested, please forward a letter of interest to Mary Doyle, SFN Lands Officer, at mdoyle@saulteau.com.

A general knowledge of land use planning, policy development and economic development, is highly beneficial but not a requirement. An honorarium will be provided for your participation.



CCP Update

A final formatted CCP document has been completed and ready for your review. Upon confirmation of a Community Engagement date (via zoom), we will notify you via email, Facebook, or Community notice to seek your input and participation. We look forward to seeing you there!

Should you have any questions pertaining to any of the items listed in my submission, please feel free to contact me. I look forward to receiving your feedback and suggestions.

Take Care, Be Well ❤️

Mary Doyle
SFN Lands Officer
Email: mdoyle@saulteau.com
Direct Line: 236-364-2012



2022-02-16

Tanisi Saulteau Staff and Community,

With spring around the corner, I am planning to host a Zoom Meeting March 16 at 9:00 am to discuss community bear issues. Last summer/fall was a very busy time with a lot of calls from our community on bear related issues.

Please join us and looking forward to hearing your ideas on March 16, 2022, at 9:00 am. If you are unsure how to use Zoom, please call me and I will help you as needed. I can send you this link in an email, just email me at tom.aird@saulteau.com for an invite.

Join Zoom Meeting

<https://zoom.us/j/99865169030?pwd=VkkyYWxlOCtraTg0TUVMUGlzeTd5Zz09>

Meeting ID: 998 6516 9030

Passcode: Bears

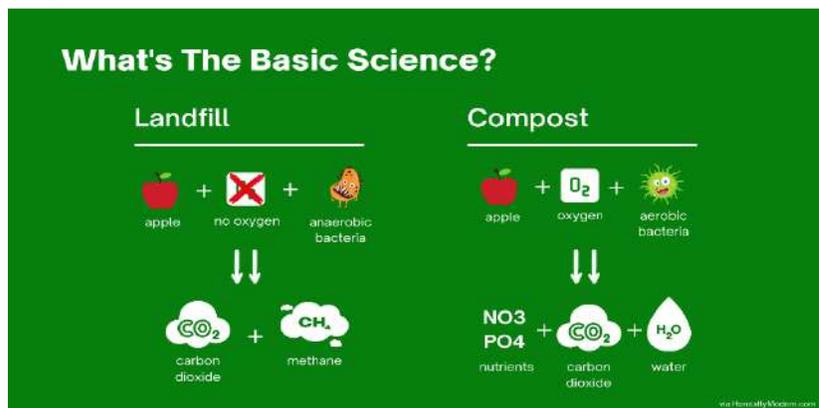


Has been a busy December and January. In December participated in the aerial Moose Counts done by FLNRO. The area we surveyed was behind Cameron Lakes and up into the Johnson Creek. Still waiting for the final report on the numbers. To be honest, it was a very difficult process to see the development and loss of habitat from development, when flying. Really hits home when you see all the open spaces and roads.

Had an interesting discussion with the FLNRO employees about what a healthy population looks like and their ideas on helping with enhancing the moose population. They talked about increasing their wolf kill program and I asked them why they think the wolf is the problem. One of my comments to them was "...the wolf has been living with the moose for 10,000 years and never had a problem, we are the issue. We need to get better at living with both....".

A couple ideas and initiatives I am working on are:

- Community Composting (It is estimated that 1/3 of waste going to landfills in Canada is compostable. To reduce our carbon footprint and produce an organic green soil by-product is a very exciting idea). This is still very preliminary with approval and community discussions to follow if feasible.



- Upper Moberly Watershed Herpetofauna Study (Put a proposal into the Species at Risk program to do a baseline study on frogs, toads, lizards and snakes in the upper Moberly. Herpetofauna are considered early indicator species as they absorb things through their skin. If an area is polluted the herpetofauna will be affected first. Is also a baseline study as this will be a first time study of herpetofauna in this area). Waiting to hear if this initiative will be funded and if you would like to know more, please call or email me.

Western Toad (*Anaxyrus boreus*),



Boreal Chorus Frog (*Pseudacris maculata*),



Columbia Spotted Frog (*Rana luteiventris*),



Wood Frog (*Lithobates sylvaticus*),



Long-toed Salamander (*Ambystoma macrodactylum*),



Western Terrestrial Garter Snake (*Thamnophis elegans*), and



Common Garter Snake (*Thamnophis sirtalis*).



With summer just around the corner, have been planning for field work. One idea discussed with Ryan (our GIS guru) is mapping out trails and points of interest when out in the field. Would be nice to be able to offer this information to community members interested in hiking any of the mapped trails.

Kinanaskomitin,

Tom Aird
Aboriginal Liaison
(250)788-6442 Cell
(250)788-3955 Ext 8101

Invasive control on reserve

As we look forward to the warm weather, the window of opportunity to decisively act on invasives draws near. We are looking for any information on affected areas around the community. This knowledge will aide in inventing a strategy that will contain and eradicate the spread. Burdock is a very high priority but it is not the only one we will be looking out for. Please email pnamutosi@saulteau.com or call me at 250 788 7372

Louisiana Pacific Forest Operation Plans 2022

Now that proponents are sending out their forest operation plans for this year, we are calling on community to bring forth any knowledge that would be of concern.

Range use

We are also in the process of assembling a list of knowledge-bearers from community, in specific furbearers, cattle herders and hunters. This consultation will be useful when strategizing and developing our Range Use plan.

Old Growth Deferrals

We are looking for community involvement on more possible deferral areas of importance to the community. The province is in the process of developing a new approach for old growth forest management and will immediately cease all advertising and sales of BC timber Sales in these affected areas. It will not be just old forests being protected but also any traditional land values as well. If you have any input and or questions, please email pnamutosi@saulteau.com or call me at 250 788 7372



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 😊

MARCH 2022

MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7  Birch Area Development/ Harvesting	8	9  Hike	10	11	12
13	14	15	16  Painting with Tammy	17  St. Patrick's Day	18	19
20	21  Spring Break MLC Closed →	22	23	24	25	26
27	28  MLC open April 4th →	29	30	31		

★ For event times please phone (250-788-7368) or check in the classroom - dates & times may vary depending on weather/attendance.

Methylmercury and fish consumption information in the Peace River system

NOVEMBER 2021

Through our work with Indigenous Nations and local communities, we've heard concerns about how reservoir creation on the Peace River system has affected methylmercury levels in fish. The Site C project is the third dam on the Peace River and will result in temporary changes in fish methylmercury levels once the reservoir begins filling in 2023.

Explore this document to learn more about methylmercury in fish and consumption information for the Peace River as well as Williston, Dinosaur and Site C reservoirs.¹

Methylmercury occurs naturally

Mercury is a naturally occurring element that is found in low levels everywhere in the environment—in air, water, soil, plants, animals and humans. Mercury is released to the environment from natural sources such as volcanoes and forest fires, and from human activities such as burning fossil fuels.

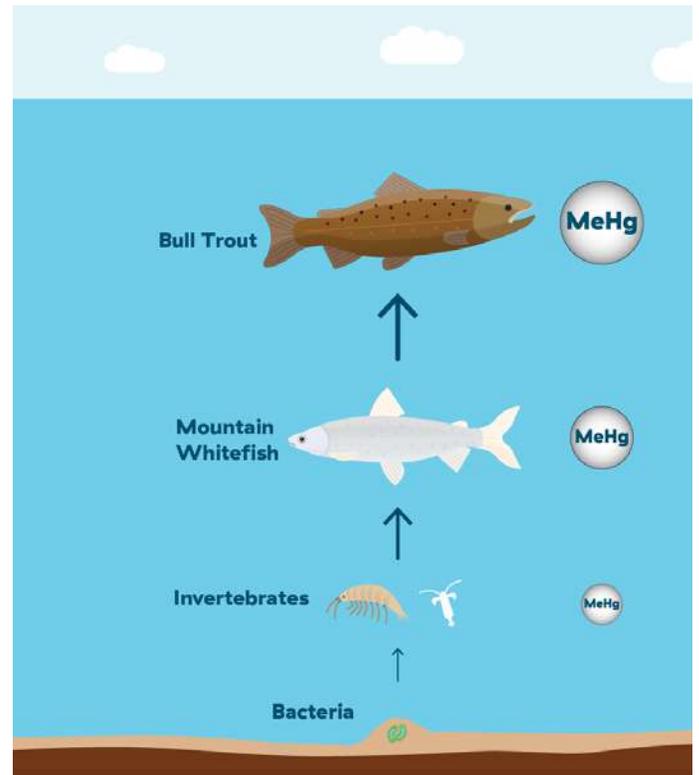
Mercury in oceans, lakes and rivers is naturally changed by bacteria into methylmercury. Methylmercury levels increase with each step up the food chain as animals absorb methylmercury from their food (e.g. invertebrates eat plankton, big fish eat small fish).

Some fish have more methylmercury than others

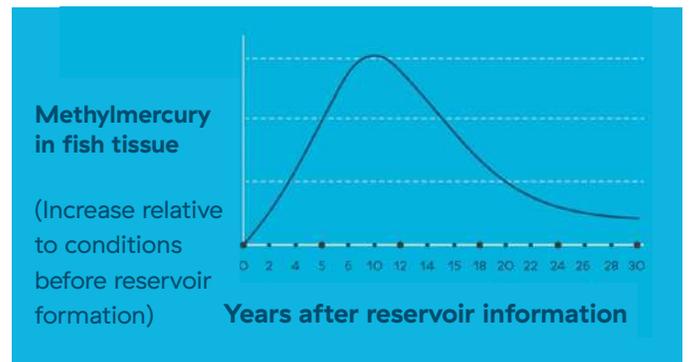
All fish contain methylmercury. Insect-eating fish like rainbow trout, kokanee and whitefish have lower levels of methylmercury than fish that eat other fish like bull trout, lake trout, northern pike (jackfish) and walleye. For a given species, large fish have higher levels of methylmercury than small fish.

Reservoir creation increases methylmercury levels in fish

When a reservoir is created, including Site C reservoir, the levels of methylmercury in fish gradually increase for approximately 10 years as bacteria in the newly submerged areas change mercury to methylmercury. Methylmercury levels in fish from the Site C reservoir are predicted to increase by 3–4 times current levels following reservoir filling in 2023. This is followed by a decrease over the next 20–30 years to levels that are similar to natural lakes and rivers in the area.



MeHg = methylmercury.



Methylmercury in fish tissue.

¹ Peace River consumption information applies for the Peace River between Hudson's Hope, B.C. and Many Islands, Alberta where fish mercury data have been collected.

Health Canada provides guidelines to safely eat fish

Although people are exposed to methylmercury when they eat fish, they can safely tolerate some exposure to methylmercury. Eating fish can provide health benefits including adding healthy fats, vitamins and essential elements to your diet.

Health Canada provides guidelines as to how much methylmercury Canadians can be exposed to without risk to their health. The amount differs depending on age, gender and weight.

HOW BIG IS A SERVING OF FISH?



100 g serving size for children.



163 g serving size for adult.

The table specifies how many servings of fish you can eat to remain within Health Canada’s recommendations for methylmercury exposure.

General consumption information

- Safe to eat
- Every day
- Every second day
- Twice a week
- Once a week

Number of servings per month			
Fish type	Children under 12	Pregnant or could be	Others
Williston Reservoir and Tributaries			
Lake Trout (22")	7	12	28
Bull Trout (22")	7	12	28
Lake whitefish (12")	10	18	42
Kokanee (12")	19	33	78
Rainbow Trout (12")	30	53	124
Dinosaur Reservoir and Tributaries			
Bull Trout (22")	17	30	71
Lake Trout (22")	19	33	78
Rainbow Trout (12")	41	71	168
Peace River between Hudson’s Hope, B.C. and Many Islands, A.B.			
Bull Trout (22")	10	18	41
Mountain whitefish (14")	22	39	93
Rainbow Trout (12")	54	94	222

What if I eat more than one type of fish in a month?

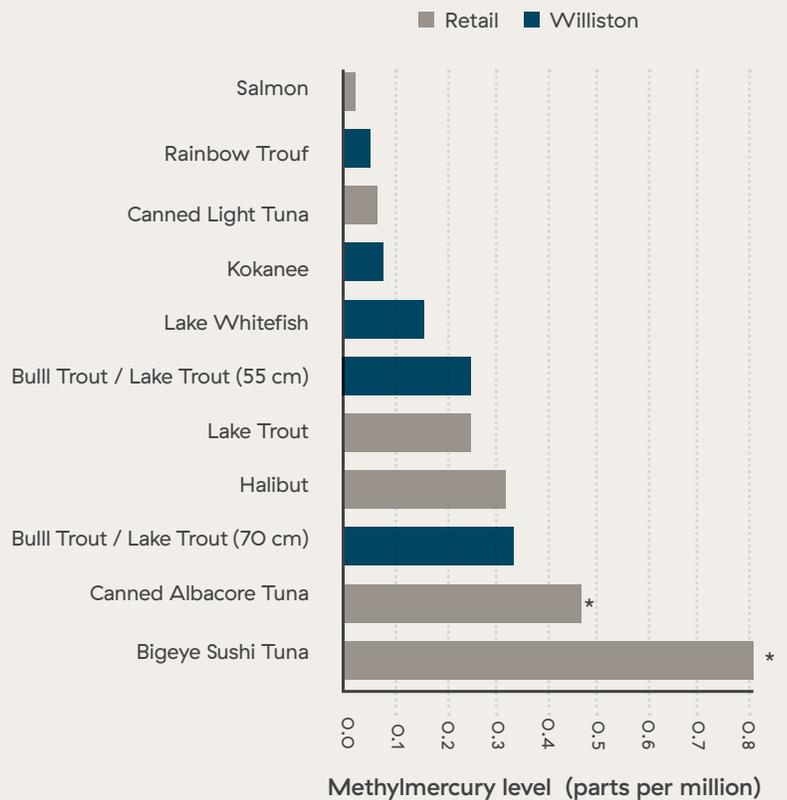
The consumption information is only for the type of fish shown and does not account for methylmercury from eating other types of fish. If you eat the indicated number of servings and you regularly eat other types of fish, you will go over Health Canada’s guidance for methylmercury intake.

Serving size recommendations are valid for the period prior to Site C reservoir filling beginning in 2023.

Methylmercury facts

- **Are fish from the Williston Reservoir and Peace River tributaries high in methylmercury?**
In a recent study, it was found that fish from Williston Reservoir and its tributaries have methylmercury levels similar to fish from natural lakes and rivers in B.C. Levels were also lower than the levels of methylmercury in some types of fish sold in stores and restaurants. The study² was funded by the Fish & Wildlife Compensation Program Peace Region.
- **Can you only eat fish once a month?**
Many types of fish are safe to eat more than once a month. Please see the map for details.
- **Does methylmercury cause cancer?**
Current scientific evidence has not linked exposure to methylmercury from eating fish as a cause of cancer. If exposed to high levels of methylmercury, it can harm the brain and nerves and cause issues with memory, concentration, coordination and balance.
- **Is methylmercury located in the belly fat of fish?**
Methylmercury occurs in all fish tissues, especially muscle, and cannot be removed by trimming belly fat or cooking the fish.

METHYLMERCURY LEVELS IN FISH CAN BE LOWER THAN SOME SPECIES SOLD IN STORES



* Refer to Health Canada for consumption guidelines for canned albacore tuna and fresh bigeye sushi tuna.

Data for retail fish (sold in restaurants and grocery stores) are from Health Canada (2007) and Lowenstein et al. (2010).

2 The 2016 – 2018 FWCP mercury study report can be found at fwcp.ca/mercury

To watch a video on this information visit:

- Sitecproject.com/methylmercury-program
- Fwcp.ca/mercury

Health Canada provides health information about the levels of mercury in fish bought from the store. For further information visit: canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish.html

BC Ministry of Health provides health information about the levels of mercury in fish caught from rivers and lakes in B.C. For further information visit: healthlinkbc.ca/healthlinkbc-files/mercury-fish

Health Canada. 2007. Human Health Risk Assessment of Mercury in Fish and Health Benefits of Fish Consumption. Ottawa, ON, Health Canada, Health Products and Food Branch, Food Directorate, Bureau of Chemical Safety
Lowenstein, J H., J. Burger, C. W. Jeitner, A. George, K. Sergios-Orestis and M. Gochfeld. 2010. DNA barcodes reveal species-specific mercury levels in tuna sushi that pose a health risk to consumers. Biol. Lett. 6: 692–695



LIFE
BEYOND
ADDICTION



Next Meeting:

Wednesdays at 7:00PM
at the SFN Gym

www.smartrecovery.org

Article 1 - "Where does all my money go?"

Who hasn't asked themselves, "Where does all my money go?" It's a natural question that's usually not easy to answer at first glance.



So, where does all your money go? Do you have any idea?

There are two parts to figuring this out; The first part is examining your income, and the second part is figuring out where you are currently spending it.

Often referred to as a budget, a spending plan will help you identify what cash has been leaking out of your pockets. It will also help you discern what you really need and what you buy just because you see it - impulse purchases we all make 😊

"Why is a spending plan important?"

It's not the amount of money that's important; it's the management of the money you have that's important. Because we don't have an income problem, we have a spending problem. Managing your money is something that can be learned, even if you have no previous experience.

The biggest reason people get into financial trouble is by living beyond their means. This simply means that you are spending more than you are making. This is key to financial freedom, and/or financial hardship.

The perfect balance for a healthy financial life is to live *below* your means and spend *less* than you earn. This makes it easy for you to save and to buy things with cash, not credit.

As you may know, buying anything on credit and not paying off the bill completely when it comes in, means you pay much more for that item than if you had paid cash.

Treading water in the black hole of monthly payments means that you've already committed money you don't have yet. This takes away your freedom of choice because you've already made your choice upon purchase, and those choices are going to be around until all those payments are made in full.

Making this lifestyle choice with the planning mindset, will benefit you by experiencing more freedom of choice; you won't be bogged down by monthly payments for things you bought long ago. You will have more time for yourself and your family because you won't be as dependent on your income.

The first rule of good financial management is to know exactly how much money you have. The second rule of good financial management is to know exactly where your money is going.

Happy Birthday

Stella Gauthier March 7

Alycia Aird March 9

Carmen Richter March 10

Wishing these Ladies a wonderful birthday and a
amazing year!



NOTICE TO PET OWNERS

Please be mindful of the students taking busses and bus drivers in the morning and after school.

There has been an influx of stray dogs wandering around making it unsafe for the community.

They have been harassing the community, and could potentially knock children over waiting for the bus.

They have been found roaming at the day care and the ice rink.