

SAULTEAU FIRST NATIONS NEWSLETTER

JULY 2023



FEATURED COMMUNITY NEWS

MEET YOUR NEW CHIEF & COUNCIL!

The SFN Election for Chief & Council took place throughout the months of May and June, culminating in the election of 5 Family Councillors on June 14th. All 5 newly-elected Councillors accepted nominations to run for Chief, which led to a robust Chief all-candidates forum on June 17th, where candidates made their case as to why they should be leading the Nation, and SFN Members were able to ask questions and have their voices heard. On June 24th, the final ballots were counted, and it was declared that Rudy Paquette was elected Sauteau's new Chief.



CHIEF - RUDY PAQUETTE (DESJARLAIS FAMILY)

Chief Rudy Paquette was born and raised in Moberly Lake. He worked in sawmill at Canfor and West Fraser for five years, then worked in the Oil patch for over twenty years as a supervisor. In 2016 some of the family asked him to run for Council. He did two terms as Council and now is currently Chief of the nation.

JUSTIN GAUTHIER (GAUTHIER FAMILY)

Justin Gauthier was born and raised at Moberly Lake BC. He is the son of Jim and Lynn Gauthier. Justin spent most of his adult life in construction, equipment operating and as a small business owner. Justin spent one term on council and has been re-elected for a three-year term.

Justin's previous council experience has well prepared him for this term of perceived growth and expansion of the nation's goals and objectives as per the Comprehensive Community Plan and strategic plan.



COLLEEN TOTUSEK (DAVIS FAMILY)

Colleen Totusek is the daughter of Ben and Alice Caillou and great granddaughter of Madeline & Philip Davis. She is a Mother of seven, including her stepdaughter, and she has 4 beautiful grandchildren that she dearly loves.

Colleen worked at the Brule Mine as a Haul Truck driver/trainer for many years. She left that position to be more involved in the SFN community and got the Social Development position but felt she could assist Community Members at a higher level in Council.

In the past Colleen has proudly worked for the SFN Nation and was a previous Band Council Member. She has come full circle and looks forward to working with the other Members of Chief & Council on the Members' behalf.



DONOVAN CAMERON (COURTOREILLE FAMILY)

Donovan embodies a profound connection to his ancestral roots and traditions. Raised in the serene surroundings of Moberly Lake, he has managed to maintain a firm attachment to this piece of land throughout his life, spending periods of time living there while balancing professional and civic pursuits. Donovan's career is characterized by a strong technical streak. He holds a Class 1 License, and has owned and managed a Geographic Information Systems and IT business.

A proud bearer of his heritage, Donovan is passionately committed to the preservation of his culture and language. He regards these elements as invaluable facets of his identity, ones which provide a sense of unity, wisdom, and continuity with the past. He is particularly interested in integrating traditional knowledge and practices within modern contexts, recognizing the immense potential this fusion can bring about in various aspects of life and governance.

In his new role on Council, Donovan aims to leverage these unique skills and deep-set passions to advance the causes and values that his people hold dear. His vision includes a blend of the old and the new, the traditional and the modern, for a future that respects and cherishes the past while embracing the opportunities of the present.

JURITHA OWENS (NAPOLEON FAMILY)

Juritha Owens was raised on Saulteau First Nations reserve at Moberly Lake BC. In 2017 she was elected as the Napoleon Family Councillor. Just recently she has been blessed with the opportunity to be re-elected for her 3rd term as Council. The past 6 years have been rewarding and a great learning experience to help lead her nation towards the direction of success. Being raised in community and have the opportunity to live off-reserve and travel parts of the world has given her an open-minded perspective. With the many different work experiences in her past, it has given her the skills and ability to know how to navigate being a political leader. Her hopes are to reach a self-sustainable nation with food sovereignty and a healthy safe community to enjoy. She thanks you for all of your continued support and will dedicate herself to helping others.



ELECTION RESULTS BY THE NUMBERS:

Council Election:

Number of eligible voters: 1045
Number of ballots cast: 505
The candidate with the majority vote for the

VOTER
TURNOUT
48%

Courtoreille Family

- i. Penelope Berg 151 votes
- ii. **Donovan Cameron 249 votes**
- iii. Sandra Courtoreille 89 votes
- iv. Rejected/abstained 16 votes

Davis Family

- i. Justin Napoleon 196 votes
- ii. **Colleen Totusek 283 votes**
- iii. Rejected/abstained 26 votes

Desjarlais Family

- i. Doreen Lorraine MacDonald-Phillips 164 votes
- ii. **Rudy Paquette 318 votes**
- iii. Rejected/abstained 23 votes

Gauthier Family

- i. Falon Gauthier 136 votes
- ii. **Justin Gauthier 211 votes**
- iii. Feonia Groves 127 votes
- iv. Rejected/abstained 31 votes

Napoleon Family

- i. **Juritha Owens 260 votes**
- ii. Beverly Ann Rohel 210 votes
- iii. Rejected/abstained 35

Chief Election:

Number of eligible voters: 1045
Number of ballots cast: 430
Number of votes by candidate:

VOTER
TURNOUT
41%

- **Rudy Paquette 179 Votes**
- Colleen Totusek **95 Votes**
- Donovan Cameron **82 Votes**
- Juritha Owens **74 Votes**
- Justin Gauthier (removed himself from the race before the vote occurred and was not on the ballot)

PAST COUNCILS

2020-2023

Justin Napoleon (Chief), Falon Gauthier, Rudy Paquette, Penny Berg, Juritha Owens

2017-2020

Ken Cameron (Chief), Nathan Parenteau, Rudy Paquette, Amy Ann Gauthier (then Justin Gauthier in a by election), Juritha Owens

2014-2017

Nathan Parenteau (Chief), Tammy Watson (then Laura Murfitt in a by election), Janell Jackson (then Amy Ann Gauthier in a by election), Lana Garbitt, Teena Demeulemeester

Let's Talk about SFN Finances



Annual General Meeting

Wednesday
July 5th



Meeting will
be streamed
on Zoom

Open to
the SFN
Public

SFN BAND HALL GYM
5:30 DINNER
6:00-8:00 MEETING

This meeting is to present the 2022 audited financial statements for SFN and Mistahiya Dev Corp, 4EG, Aski, North winds

For More Information: communications@saulteau.com



TLE Signing Celebration!

WITH
SPECIAL GUEST

WHERE: SFN BAND HALL GYM
WHEN: JULY 4TH, 2023
DINNER AT 5:30PM

*Let's come together to
celebrate the signing of the
Historic Treaty Land
Entitlement Settlement!*



MINISTER MURRAY RANKIN

NATIONAL ABORIGINAL PEOPLES' DAY CELEBRATION!

On June 21, 2023, SFN members and staff hosted the Aboriginal Day Celebration at the Pemmican Grounds. School groups from around the region were in attendance to learn about Saulteau Traditional Culture. Festivities kicked off with a morning hike along the Moberly trails, led by the Chetwynd Outdoor Society. The SFN staff hosted a BBQ, traditional games, bow and arrow, a bannock station, and the Saulteau Dancers wow'ed the crowd with a moving traditional dance! SFN wants to thank all of the volunteers for hosting a wonderful event!

More photos of the day can be found on the SFN website:
<https://www.saulteau.com/community/photo-and-video>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	Heather's Health Hour 10-11am TLE Signing Celebration 5:30 4	5 Annual General Meeting 6-8pm	6	7 Pemmican Days	8 Pemmican Days
9 Pemmican Days	10 Annual Treaty Day SFN OFFICES CLOSED Youth Camp ages 15+	11 Youth Camp ages 15+	12 FireSmart 1-4pm Youth Camp ages 15+	13 Youth Camp ages 15+	14 Rockstar Kids program & Youth Camp ages 15+	15 Rockstar Kids program & Youth Camp ages 15+
16 Youth Camp ages 15+	17 Food Safe 8am-5pm	18 Community Engagement for Land Based Lessons	19 Dance Practice 4:30	20	21	22
23	24 Rec Coord will be gone all this week for vacation.	25	26 Dance Practice 4:30	27	28	29
30	31					

SAULTEAU FIRST NATIONS PRESENTS



INDIGENOUS YOUTH ARTS PROGRAM

FEATURING
**MUSIC
DANCE
ART**

FRIDAY
JULY 14TH

10:30AM-4:30PM
Elementary Aged Youth

SATURDAY,
JULY 15TH

10:30AM-4:30PM
High-School Aged Youth

COMMUNITY FEAST & CONCERT
SATURDAY JULY 15TH 6PM

WEAREROCKSTARKIDS.COM

SFN GYM

REGISTER WITH BROOKE WALKER: BWALKER@SAULTEAU.COM

CONGRATS

TO
Sienna Ghostkeeper

ONLY THE TOP FOUR IN EACH EVENT FROM THE PROVINCES AND STATES QUALIFY TO THE LARGEST RODEO IN THE WORLD. SHE IS OFF TO GILLETTE WYOMING AND THEN TO CANADIANS IN BRANDON MANITOBA WITH HER HORSE ROOSTER!





Saulteau First Nations 34th Annual Pemmican Days

Schedule

Friday July 7th

Event & Food Vendor Registration	11:30am - 3:30pm
Treaty Payments in SFN Gym	11:30pm - 3:30pm
Pemmican Parade	3:00pm
Grand Entry & Opening Comments	3:30pm
Pugeesee & Horseshoes	3:30pm - 5:30pm
Community Feast	5:30pm
Final Event Registration	5:30pm - 7:30pm

Saturday July 8th

Pancake Breakfast (SFN GYM)	8:00am - 10:00am
Teepee Raising	9:00am - 10:00am
Competition Events <i>Horseshoe, Pugeesee, Bow & Arrow Axe Throw, Sling Shot, Tug of War</i>	10:00am - 5:00pm
Kids Fun Zone	12:00pm - 5:00pm
Dry Meat Cutting	1:00pm - 5:00pm
LeAnn Howes Memorial Bike Giveaway	3:00pm
Youth Indian Bingo	3:30pm - 4:45pm
Adult Indian Bingo	4:45pm - 5:30pm
Jigging Contest	5:30pm - 6:30pm
Saulteau's Got Talent Show	6:30pm - 9:00pm

Sunday July 9th

Pancake Breakfast (SFN GYM)	8:00am - 10:00am
Men & Women's Endurance Race	9:00am - 10:30am
Youth Endurance Race	11:00am - 12:00pm
Elder's Bingo	11:30am - 12:00pm
Childrens Relay Race	12:30pm - 1:30pm
3d Archery Fun Shoot	12:00pm - 3:00pm
Competition Events <i>Tea Boiling, Bannock Making, Leg Wrestling, Honeymoon Race, Moccasin Race, Animal Calls</i>	12:30pm - 5:00pm
Closing Ceremony—Drummers & Round Dance	5:30pm - 6:00pm

Registration

Limited Entry for some Events! Registration will only be on Friday!
(Same day registration will not be available)

- Horseshoes, Handgames Tug of War - \$20 per person
- Men & Women's Endurance Race - \$20 per person
- Youth Endurance Race - \$10 per person
- Tepee Raising - \$10 per person
- All other Events: Adult & Youth Ages 12-17 - \$5
- Children Ages 8-11 - \$2

All team events must have one team member present to register!

CASH ONLY at registration.

Prizes

Pemmican Parade
1st \$500 / 2nd \$300 / 3rd 200 (Adults)
1st \$100 / 2nd \$75 / 3rd \$50 (Children)

Pugeesee (Handgames)
1st \$10,000 / 2nd \$6,000 / 3rd \$4,000

Horseshoes
A Division - 1st \$6,000 / 2nd \$4,000 / 3rd \$2,000
B Division - 1st 3,000 / 2nd \$2,000 / 3rd \$1,000

Tug of War - Men & Women's
1st \$2,000 / 2nd \$1,000 / 3rd \$500

Saulteau's Got Talent
1st \$400 / \$300 / 3rd \$200 (Elders & Adults)
1st \$250 / \$150 / 3rd \$75 (Youth & Children)

Endurance Race Men & Women
1st \$3,000 / 2nd \$2,000 / 3rd 1000

Youth Endurance Race
A Division Ages 14-17 - 1st \$300 / 2nd \$200 / 3rd \$100
B Division Ages 10-13 - 1st \$100 / 2nd \$75 / 3rd \$50

Teepee Raising Contest
1st \$2000 / 2nd \$1500 / 3rd \$1000

Men & Women's Events (Adults)
(Bow & Arrow, Axe Throw, Sling Shot, Drymeat Cutting, Bannock Making, Tea Boiling, Leg Wrestling, Jigging)
1st \$100 / 2nd \$75 / 3rd \$50

Girls & Boys Youth Events (Ages 12-17)
(Bow & Arrow, Sling Shot, Drymeat Cutting, Bannock Making, Tea Boiling, Leg Wrestling, Jigging)
1st \$75 / 2nd \$50 / 3rd \$25

Girls and Boys Children Events (Ages 8-11)
(Bow & Arrow, Sling Shot)
1st \$75 / 2nd \$50 / 3rd \$25

Animal Calling
Adult - 1st \$100 / 2nd \$75 / 3rd \$50
Youth - 1st \$75 / 2nd \$50 / 3rd \$25

Honeymoon & Moccasin Race (Adult)
1st \$100 / 2nd \$75 / 3rd \$50

50/50
Raffle

Food
Vendors

Door
Prizes

Everyone
Welcome

This is a drug & alcohol free event!
You must be in attendance to claim prizes!





COMMUNITY VS. HOUSEHOLD EMERGENCY

What's the difference?

WHAT IS IT?

A **COMMUNITY EMERGENCY** is an event that threatens the safety of the entire community.

A **HOUSEHOLD EMERGENCY** is an event that effects your household or family more than other community members.

WHAT'S THE DIFFERENCE?

RESPONSE & TIMING

During a **COMMUNITY EMERGENCY** - the timing of response may be more delayed as we work with external response agencies (including BC Wildfire, Environment Canada, the RCMP, or BC Hydro / Gas Providers).

During a **HOUSEHOLD EMERGENCY** - the timing of response is immediate (as soon as possible). Local response such as BC Ambulance or the Moberly Lake Fire Department will be the first responders.

AVAILABLE SUPPORTS

During a **COMMUNITY EMERGENCY**, our community may need a Evacuation Reception Center - at this secondary location, residents can access food, shelter, basic goods, and assistance with medical needs.

During a **HOUSEHOLD EMERGENCY**, each household will have different needs and want different supports. SFN services can support individuals - such as counselling, tenant relations, and our member services.

Saulteau First Nations maintains a community emergency management plan - this plan details how the nation would respond in the event of an emergency to best support our community and protect our lands.

Do you have an emergency plan for your household?

Talk with your family about what you would want, where you would want to go, and what kind of help you may need!

BRITISH COLUMBIA FireSmart™ COMMUNITY EVENT

July 12/23
1 - 4 PM

Learn About Home Assessments!

Identify Wildfire Risks!

Learn About Fire Resistant Plants!

Win Cool Prizes!

Location:
SFN Band Hall Playground

THANK YOU!

Thank you to Metteo Villani of Crew Energy for the delivery and donation of \$1760 which will go towards the 2023-2024 kindergarten to grade 7 school fees. Your generosity and continued support in education is greatly appreciated.



What Happens During Evacuation?

Evacuations are only called for when there is an immediate risk to life or safety within our community.

If an Evacuation Order is implemented for our community - you can expect the following:

Evacuation Orders will be event specific - start date and time, area of evacuation (map / location), and reason for evacuation.

Reception Center will be identified - if you are asked to evacuate, a reception center will be set up in advance to receive you.

Traffic Will Increase - Everyone will be trying to leave the community with their personal belongings, be cautious and patient on roadways.

Your Home Will Be Flagged By Color - Colored Flagging Tape is used to indicate to first responders if the home has been evacuated, if the residents are in need of assistance, or if the residence have chosen to stay.

Residents will leave for a safe location, assisting staff and emergency response workers will stay in community (when able) to respond to emergency and protect our community.

Emergency Evacuations come without warning - evacuations are stressful events for everyone. Please remember to stay calm and stay kind!



Fort Nelson First Nation invites you....

August 11- 13, 2023
5001 Dene Etene Road
Health Centre & Arbor

Annual Celebration 2023

"Honouring Our Elders"

Everyone welcomed to attend; join us for a fun-filled weekend!

Detailed schedule of events coming soon.

Healing Sessions Elder's Tribute 2 Comedian Shows Helicopter Rides
Rez Car Pile-In Bouncy Castle Drum Dances Food & Merch Vendors
Drop-in Bingo Country Band Handgames Daily Door Prizes
Event Coordinator: Leah Mould 250.500.1128 50/25/25 Daily Draws Competition Games

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

THE SFN CULTURE CAMP NEEDS YOU!



WE'RE LOOKING FOR MEMBERS TO JOIN THE SFN CULTURE CAMP COMMITTEE FOR 2023!

Our first Meeting will be July 13th at 1pm. After that we will meet on Tuesdays at 1pm.

For more information and to express your interest in joining the committee, please email Paula Gammie pgammie@saulteau.com



Help us make SFN Culture Camp 2023 the best year yet!



SFN KIDS SUMMER CAMP

JULY 11TH- AUG 31ST
Monday to Thursday, 8am-4:30

Limited Spots Available!

AGES 6-11

For more information contact pgammie@saulteau.com

Applications will be available at the SFN Band Hall and online www.saulteau.com

**GAMES
SWIMMING
CRAFTS**
CULTURAL LEARNING
NATURE WALKS

Saulteau FIRST NATIONS

Come out and experience your culture!

Limited Spots!

SFN YOUTH CULTURE CAMP

JULY 10TH-16TH AGES 15+

SOUTH SIDE OF MOBERLY LAKE BAND PROPERTY
RECREATIONAL ACTIVITIES . CULTURAL LEARNING . CAMPING

PRIORITY WILL GO TO APPLICANTS 15-19 YEARS OF AGE. OPEN TO SFN YOUTH MEMBERS AND COMMUNITY MEMBERS LIVING WITH SFN MEMBERS
ATTENDEES MUST ACTIVELY PARTICIPATE IN THE ACTIVITIES PROVIDED - CAMP SCHEDULE AND APPLICATIONS WILL BE POSTED ON THE SFN WEBSITE SOON!

www.saulteau.com

Saulteau FN Youth Culture Camp

Looking for interested SFN people for work at Youth Culture Camp July 10-16th. Honoraria paid for work

Camp location is SFN property on South Moberly Road

Camp lead is Henriette Landry.

What we are looking for help with;

- First Aid Attendants (OFA 1 or higher) - during the days only. Can be shared depending on your availability
- Someone to oversee the kitchen area— most of main meals will be done off site, campers will be assisting so work is more to be supervised, keep kitchen tidy, etc. Not expected to cook the meals but to help with them. Breakfast is at 8:30am, lunch at noon and supper at 5pm. 15 youth, max 5 adults (at Breakfast) and max 10 at lunch and supper
- Prep Work at site July 5,6,7 work needed to be decided
- Help with Camp set up Monday July 10 and Pack up July 16th.
- Meals made off site—groceries provided.
 - 5pm Monday July 10th, Spaghetti and Garlic Bread
 - 5pm Tues. July 11, Potato Salad, Mac Salad and Tossed Salad
 - noon Wed. July 12, Chicken Strips, home made Macaroni and Cheese
 - 5pm Wed. July 12, Moose Stew and Bannock
 - 5pm Thurs July 13, Lasagna
 - Noon Saturday July 15th, Moose Barley soup
 - noon Sunday July 16th, Chicken Noodle soup

If interested please let Jerri Lynn know at jmorine@saulteau.com asap

Hola, Summer Time is Here 😊

Just An update from the Cultural Connections Coordinator:

The Last couple months been really busy, We were busy making Ribbon Skirts since February 8th, I set a goal to do 40 skirts, I 'm Happy to report, That I had reached my goal and helped complete 40 Skirts, Big shout out to you all for coming out and learning new skills I know for some it was your first time and you all did an amazing Job, I am so proud of you all and the hard work you each put in, Be proud. I am very honoured to be able to carry this on in our community.

Craft classes were fun, we had a few come out every Monday, to participate in various craft projects like, Hair pieces, pouches, dreamcatchers, macrame feathers, beaded flower, bead projects and making Regalia for dance. All craft ideas welcome, please let me know what you would like to learn and I will do my best to make it happen. Mussi Cho to all those who came out and helped make this successful. We will continue in the fall 😊

Mussi Cho to all that came out to the Pugeesee drumming with Melvin, that was a lot of fun, and will be doing more of it 😊

Summer is here and I will be working closely with the Land based Healing Programing. I am very excited to be working with a larger group and sharing knowledge of the Land with our members and look forward to all the skills we will learn together. Mussi Cho

Would like to Thank all our Proud SFN Dancers for showing up and making us a Proud Community + Strong.

Hiy Hiy to all our Older People, for all your Love and Support and sharing your knowledge, Prayers and Songs with our Community we are heading in the right direction, with your guidance 😊

Congradulations to all our Grads, Way to Go Saulteau Members, all the best to you, in your future endeavours 😊

Congradulations to the New Chief and Council, Looking forward and strong.

If you are an elder or community member and interested in sharing your knowledge, please feel free to contact me.

Looking forward to see everyone at our Pemmican Days Celebrations and Culture Camps this Summer 😊

Hiy Hiy

Prayers and Love to all my Relations

Enjoy the Summer 😊

Tylene Paquette

Cultural Connections Coordinator

tpaquette@salteau.com

250-788-7365





Who should get cervix screening?

Anyone with a cervix, including women and transgender people, between the ages of 25 and 69 should screen regularly.

You should still screen regularly if:

- ✓ You have had the HPV vaccine;
- ✓ You have ever been sexually active, even if you are not sexually active right now;
- ✓ You have been through menopause;
- ✓ You are in a same-sex relationship.

Do not complete cervix self-screening if:

- ✗ You are pregnant. See your health care provider about a Pap test.
- ✗ You are HIV positive or have had a solid organ transplant. See your health care provider once a year for a Pap test.
- ✗ If you've had your cervix removed (e.g. total hysterectomy, gender-affirming surgeries). See your health care provider to see if cervix screening is still required.

You can stop cervix screening at age 69 if your results have always been normal. Ask your health care provider if you should still screen.

Should I get the HPV vaccine?

Anyone aged 9 and older can get the vaccine. The vaccine is very effective at protecting against HPV types that cause most cervical cancers. You should still screen even if you've had the HPV vaccine since it does not protect against all types of HPV. To learn more, visit immunizebc.ca/hpv.

Things to consider:

- No screening test is perfect. It is possible for your result to show no high-risk HPV was found even if you have pre-cancerous cells or cervical cancer (false-negative). Your result may also show high-risk HPV was found, but you may not have any changes to your cervix (false-positive).
- You may have some anxiety if your result shows that high-risk HPV was found. This result does not mean you have or will develop cervical cancer. Most people will clear an HPV infection, and not everyone with an HPV infection will develop cancer.
- If you experience bleeding after sex, between periods or after menopause; abnormal or increased discharge; unexplained pelvic pain or pain during sex, talk to your health care provider. It is important to investigate these symptoms - even if your screening results are normal.

Contact Us

BC Cancer Cervix Screening
801-686 West Broadway
Vancouver, BC V5Z 1G1

Phone: 1-877-702-6566
Email: screening@bccancer.bc.ca
Web: www.screeningbc.ca/cervix-pilot

Your personal information is collected and protected from unauthorized use and disclosure, in accordance with the Personal Information Protection Act and, when applicable, the Freedom of Information and Protection of Privacy Act. This information may be used and disclosed only as provided by those Acts, and will be used for quality assurance management and disclosed to healthcare practitioners involved in providing care or when required by law.

Any questions regarding the collection of the information by BC Cancer can be directed to the Operations Director, Cancer Screening (address: 801 - 686 West Broadway, Vancouver BC V5Z 1G1, web: www.screeningbc.ca or email: screening@bccancer.bc.ca)

Version: August 2022



Cervix Self-Screening

Answering your questions about cervical cancer and cervix self-screening

screeningbc.ca/cervix-pilot

Cervical cancer is almost entirely preventable. Regular screening is one of the key ways you can prevent cervical cancer.

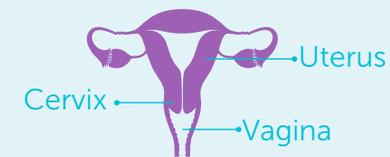
What is human papillomavirus (HPV)?

HPV is a very common virus. It spreads easily through any kind of sexual contact, including intimate touching, and oral, vaginal and anal sex. The virus usually goes away on its own without causing any problems.

There are two groups of HPV: low-risk and high-risk. Long-term infection (usually ten years or more) with a high-risk type of HPV can lead to cancer if not found and treated.

Most people will have an HPV infection at some point in their lives. Usually, the body's immune system will remove HPV within two years. If an infection with a high-risk type of HPV doesn't go away, it may cause the cells of the cervix to become abnormal. If these abnormal cells are not found and treated, they may lead to cancer.

Where is the cervix?



Why is cervix screening important?

The cell changes that lead to cervical cancer can happen without you knowing. Screening can help find out if you are at risk for developing abnormal cells. Finding and treating abnormal cells early can help prevent cancer. Screening can also find cancer at an early stage when there are more treatment options. If cervical cancer is caught at its earliest stage, the chance of survival is more than 85 per cent (85 out of 100 people will survive).



The cervix self-screening kit tests for HPV, which can cause cervical cancer. The screening kit lets you collect your sample at home. You then mail in your completed kit and receive results in 4 to 6 weeks.

What are the benefits of cervix self-screening?

- You can do it yourself, wherever you feel safe and comfortable - such as in your home or at your local health centre.
- You do not need to see a health care provider or have a speculum exam for this test.
- Only a small sample from your vagina is needed. A small Q-tip like swab will be provided in your kit for you to easily and safely take your sample.
- The sample you collect is just as accurate as a provider taken sample.
- It is painless, easy to complete and is provided free of charge.

Will I do it correctly? Will it hurt?

Cervix self-screening is easy and should not hurt. Follow the instructions inside your kit to take a good sample. Only a small vaginal sample is needed.

What will my results mean?

If your result shows no high-risk HPV was found, this means that you are very unlikely to have abnormal cells in your cervix. You do not need another screen for five years. HPV testing every 5 years is as safe as Pap testing every 3 years. If your result shows high-risk HPV was found, this does not mean you have cancer, but it does mean more visits with your health care provider are needed.

How does HPV testing prevent cervical cancer?

Unlike a Pap test that looks for abnormal cell changes, HPV testing looks for the virus that causes these abnormal cell changes.

How Cervical Cancer Develops

Not all high-risk HPV infections cause cancer. If cervical cancer is going to develop, it usually takes ten years or more. Most infections will go away on their own without causing any problems.



HPV Testing Looks for High-Risk HPV Types



Pap Testing Looks for Abnormal Cell Changes

CANCER

HPV Testing

Cervix self-screening uses HPV testing to look for high-risk HPV types in your vagina. HPV testing does not need a sample from your cervix.

Pap Testing

A Pap test is when a health care provider collects cells from your cervix. Your sample is looked at under a microscope for any cell changes caused by HPV.

How cervix self-screening works

- 1 Your kit will arrive by mail in discreet (plain, unmarked) packaging.
- 2 Complete screening by following the instructions inside your kit. See your health care provider or call the Cervix Screening Program (1-877-702-6566) if you have any questions.
- 3 Drop off your completed kit at your nearest Canada Post office or post box. We recommend you drop off your kit the same day you collect your sample.
- 4 You and your health care provider will get results in 4 to 6 weeks after mailing in your sample.

If your result shows HPV was found, this does not mean you have or will develop cancer. It does mean you have a high-risk type of HPV.

Knowing that you have HPV will help you and your health care provider figure out next steps. Depending on your result, you may need a Pap test or colposcopy.



Cervix Self-Screening

The power to screen is in your hands.

There's a new way to screen for cervical cancer that can be done wherever you feel safe and comfortable.

Who should screen?

- Have a cervix, including women and transgender people
- Are 25-69 years of age
- Have not received a Pap test in 3 years or more

Remember:

- Cervical cancer is almost entirely preventable.
- Regular screening is one of the key ways you can prevent cervical cancer.



Contact Community Health Nurse Heather for more information on HPV Self Screening.
250 788-7371

Kits can be done here at the Health Center or in your own home.



A new way to screen for cervical cancer:

- An alternative to the Pap test
- Not painful
- Easy and safe
- Completed in privacy
- Get your results in weeks

QUESTIONS?

Ask your health care provider or visit us at:
www.screeningbc.ca/cervix-pilot

Type 1 Diabetes Support from Variety, the Children's Charity of BC



Variety BC may help cover the costs of some diabetic supplies for kids with Type 1 Diabetes. Working directly with pharmacies, Variety BC covers the out-of-pocket costs to eligible families of children with Type 1 Diabetes until they reach their family maximum and are fully covered by Pharmacare.

This grant is not cash – it is a smartcard to be used at your pharmacy.

Eligibility Requirements

To qualify for our Type 1 Diabetes support grant, families must meet the following criteria:

1. The grant must be for a child who is between birth and their 19th birthday.
2. The child must be a resident of B.C. and must have resided here for a minimum of three months. The child must have a valid Health Care Card.
3. Have limited financial resources to afford the item or service required. We are currently able to consider requests for Type 1 Diabetes support from households with an annual income of up to \$108,333 (this number is based on supporting a family maximum of up to \$4,000)
4. You must be using a Dexcom continuous glucose monitor (CGM). If you are not already using a Dexcom CGM, you must get a special authority to be eligible for coverage.



How to access the grant

1. Go online to variety.bc.ca
2. Scroll to the bottom of the page and click on "type 1 diabetes support"
3. Fill in the online application [form](#)

Any questions? Email heart.fund@variety.bc.ca or call TOLL-FREE 1-800-381-2040

Heather's Health Hour

July 4, 2023

10am – 11 am

Enter to win the quarterly prize – draw will be today, so get your entries in during the learning session.

July's topic:

BUG BITES



Join Heather at the Saulteau First Nations Health center the first Tuesday of every month for health-related education and a chance to win great prizes!

Bug Bites



Bugs, including mosquitoes, ticks, fleas, and flies make you itch. They can also spread diseases.

ACTIVITIES: Some activities put you more at risk for bug bite – such as hiking, camping, working with animals, and visiting farms and forested areas.

STEPS TO PREVENT ALL BUG BITES:

- Use EPA-registered insect repellents – such as one that contains DEET. Always follow label instructions.
- Wear long-sleeved shirts and long pants. Treat clothing and gear with 0.5% permethrin. (Permethrin is an insecticide that kills or repels insects. Always follow label instructions.)
- Keep mosquitoes out of your house (or tent if you are camping). Window screens and mosquito nets are good.
- If also using sunscreen, always apply insect repellent after sunscreen.
- Insect Repellent Tips for Babies and Children
 - Dress your child in clothing that covers arms and legs.
 - Cover strollers and baby carriers with mosquito netting.
 - When using insect repellent on your child do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
 - Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.

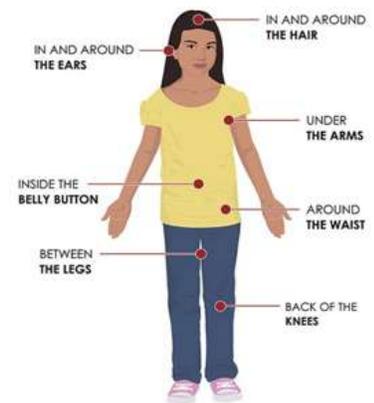
STEPS TO PREVENT BITES FROM TICKS

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Many people get ticks in their own yard or neighborhood.
- Ticks also live on pets, backpacks, coats and shoes.

- Shower soon after being outdoors. This may help wash off unattached ticks and it is a good opportunity to do a tick check.

CHECK FOR TICKS AFTER YOUR TIME OUTSIDE

- Check your clothing for ticks. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes require washing first, hot water is needed to kill them.
- Check your whole body for ticks. Don't forget to check:
 - Under the arms
 - In and around the ears
 - Inside belly button
 - Back of the knees
 - In and around the hair
 - Between the legs
 - Around the waist
- If you find a tick attached to your skin, remove the tick as soon as possible. (see handout for instructions)



MOSQUITOES – WHAT HAPPENS WHEN THEY BITE?

Mosquitoes bite people to get a blood for a meal. When a mosquito bites you, it pierces the skin using a special mouthpart (proboscis) to suck up blood. As the mosquito is feeding, it injects saliva into your skin. Your body reacts to the saliva resulting in a bump and itching. People can have mild or severe reactions to these bites – with large areas of swelling and redness, low-grade fever, hives, and/or swollen lymph nodes.

TREATMENT FOR ITCHY BUG BITES

- If you are bitten, avoid scratching the bites and apply anti-itch or antihistamine cream.
- Wash the area with soap and water.
- Apply an ice pack for 10 minutes to reduce swelling and itching. Reapply ice pack as needed.



WATCH OUT FOR INFECTION

- An infected bite may appear red, feel warm, or a red streak will spread outward from the bite.
- See a healthcare provider if bites become infected.

BEAT THE HEAT!

SUMMER HEAT SAFETY TIPS!

Take it easy!
Reduce activity during peak heat hours.

Enjoy some AC!
Spend time in Air Conditioned environments like malls, movie theaters, grocery stores, or cooling centers!

Dress for the weather!
Wearing loose light fabrics helps regulate temperature. Shade the face and head with hats or sun umbrellas!



Community Engagement for Land Based Lessons

July 18, 2023 3:00pm to 6:00pm at the Saulteau Gym. Hosted by the Health Center
Dinner to be provided.

Please come and sign up to be part of the Land Based Lessons Program. We are looking for individuals that want to learn about getting back to the land and traditional teachings. Any questions please call 250-788-7258



T8TA LOGO DESIGN CONTEST!

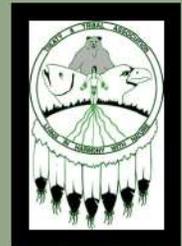
Calling all Treaty 8 First Nation Member Artists!

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

TREATY 8 TRIBAL ASSOCIATION OPEN HOUSE!

SAVE THE DATE: July 13, 2023, from 10am-4pm

Explore Treaty 8 Tribal Association's building and all the different departments!

Meet the staff at T8TA!!

Enjoy the FREE BBQ lunch!

You have a talent you'd like to showcase? We got a talent show starting at 130pm!

WIN A PRIZE!



Animals need to be prepared, too!

Wildfire season has started early this year, so being prepared is more important than ever. Furry family members should be also considered in emergency planning. Evacuation centres may not have pet supplies, so it's important to have everything you need for your pets for one week.

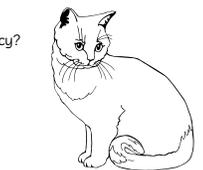
WORD SEARCH:

What are all the things we need to have for our pets in an emergency? Find the words in the list.

Pet Emergency Kit

E	L	R	S	T	O	R	T	O	O	E	T	T	L
E	C	Y	H	A	L	T	H	S	D	D	R	T	L
L	A	O	I	W	O	O	L	D	R	S	E	C	I
S	O	L	O	I	S	L	E	A	N	A	T	O	K
L	O	B	E	D	M	L	R	T	O	Y	S	E	I
L	O	E	L	S	D	A	C	E	G	W	N	B	T
E	S	D	L	N	L	O	L	E	A	N	S	A	E
A	I	E	O	L	C	M	I	S	E	L	F	E	T
S	C	O	O	F	F	G	A	L	L	O	A	O	I
H	B	C	I	D	T	A	G	S	O	E	S	C	R
S	O	C	L	L	L	R	B	D	N	N	I	S	S
T	E	M	E	E	S	C	T	R	N	A	E	T	D
I	T	O	B	T	W	K	D	S	T	A	E	R	T
O	A	F	L	M	E	D	I	C	I	N	E	E	L

- COLLAR
- TOYS
- LEASH
- BOWL
- FOOD
- KENNEL
- ID TAGS
- TREATS
- MEDICINE
- BED



What animal has more lives than a cat?

Frogs, they croak every night!



Be a pal to a puppy!

Did you know that puppies who get used to people and other animals between 3 and 13 weeks of age will be better members of the community for life? Puppies that are kept away from people during this important time are more likely to be afraid or aggressive. So if the mama dog is okay with it, get in there and hang out with those chubby little furbabies. They will grow up to know that humans can be kind companions.

For more information or to suggest topics for Animal Tales that your community would like to see, please reach out to Stephenie: scampbell@sPCA.bc.ca OR Claire: ccorcoran@sPCA.bc.ca

National Overdose Response Service

1-888-688-6677 www.nors.ca

PLEASE DON'T USE ALONE

24/7 * 365 Anonymous virtual
safer consumption site. Peer run.
Canada wide.



Brave for 24/7 Remote Overdose Monitoring anywhere in the World. Get connected with an operator to stay by your side and help during an overdose.

Brave

Download the Be Safe App Today

<https://brave.coop>



Grenfell Ministries

NORS



Brave Co-op



TOXIC DRUG ALERT



for Dawson Creek, BC



Alert expires: June 29, 2023

Drug's characteristics:

CONTAINS:

There has been an increase in overdoses in Dawson Creek linked to a blue colored drug sold as "down." This drug causes sudden overdose and memory loss, this happens when the drug is smoked or injected.

COLOUR(S):



Blue



RESPONSES:



Sudden overdose



Memory loss

Overdose signs



Slow or NO breathing



Lips are blue



Nails are blue



Choking, gurgling, or snoring sounds



Person is not moving
Can't be woken up



Skin feels cold
or clammy



Pupils are tiny

Dawson Creek OPS location:

Northern Health OPS
1401 102nd Ave.

Hours: 10 am to 10 pm, 7 days a week

Have a Safety Plan

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

Eye Exams



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



Floater

Mobile Optometry Services

Brianna Krajnyak, O.D., Optometric Corporation

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.



*Linda Krystina Safe House
For Women and Children Escaping Violence*

Community Outreach and Housing
available 24/7

Please call for more information and support
(250) 401-8079

srougeau@saulteau.com

Final Call
The Health Center is looking to finalize numbers for attendees of the Elders Gathering in Edmonton. If you are attending, please come to the July 11th Elders Group as this will be the last day to sign up.

2023

TSOW-TUN LE
LUM

WILL BE VISITING
SAULTEAU FIRST NATIONS

JUNE 26TH TO 29TH

8:30-4PM

SFN- Health center



CEDAR BRUSHING

SMUDGING

HEALING

Please contact the Health Center to book an appointment. 250-788-7280



**PEMMICAN DAYS
PUGEESEE DRUMMERS
WANTED!**

**FOR THE PUGEESEE
TOURNAMENT
JULY 7TH-9TH**



Honorarium provided

If interested, please contact Paula Gammie
EMAIL: PGAMMIE@SAULTEAU.COM



HOUSING

Solutions made easy. July 2023



THE TRUE COST OF HOUSING

Investing in where we live!

Saulteau First Nations is highly motivated in maintaining high standards and investing in housing and the community.

Tenants are expected to contribute towards the cost of their housing.

Rent revenue is used to help pay operating costs such as making monthly payments to repay bank loans and ongoing operating costs such as maintenance, repairs, insurance and other services.

The overall maintenance costs for operating one home averages :

\$6500 per home with a good septic

\$16,460 per home with a failed septic

This cost is based solely on maintenance only and does not reflect the cost of insurance, mortgage payments or replacement costs.

The average rent/maintenance fees that are collected by SFN per year are:

\$600 per elder over 60 years

\$2400 per elder over 55 years

\$6000 per tenant paying \$500 per month

As to date, the budget to take care of the entire housing stock of SFN is approximately \$1 million per year. The less payments SFN receives results in our own source dollars being used from other programs.



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



REPAIRS & MAINTENANCE

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.



HOW TO GET RID OF ANTS



We have all been there, Finding pesky ants in our house and outside in the yard. Here are a few tips and tricks to help send those ants packing.

- Get to the bottom of what is attracting the ants. Where are they coming from?
 - Keep your grass trimmed close to your house.
 - Remove any compost material, garbage, wood piles etc.
 - Seal all entry points or places they could sneak in.
 - Hide the sweets! Keep food in sealed containers.
 - Stay on top of housekeeping. Clean out the pantry and food cupboards regularly. If you spill something, wipe it up!
 - Take out the trash regularly and store it away from your home.
 - Use Lavendar and Peppermint oil to clean.
 - Create a spray solution with 1 part cleaning vinegar to 3 parts water. Spray any surfaces where you may see ants.
- If needed you can purchase Insecticide at Home Hardware. Please remember to be mindful where spraying!



Lands Officer - Mary Doyle



Hello and Happy Summer 😊

Thank you to Twin Sisters Nursery for completing the Cemetery Hill Stabilization Project and Planting of Shrubbery within the walkways of the Cemetery.

As mentioned in previous newsletters, the Cemetery Hill stabilization project was to plant red & wolf willow & saskatoon plants along the hillside to help prevent erosion.



Twin Sisters Staff – Julian Napoleon, Bowdie McMahon, Kaycee Paquette, Mackenzie Mair



July 2023 – Treaty & Lands Manager Updates

Naomi Owens-Beek

Tansi ekwa! Kiyas Kiyas

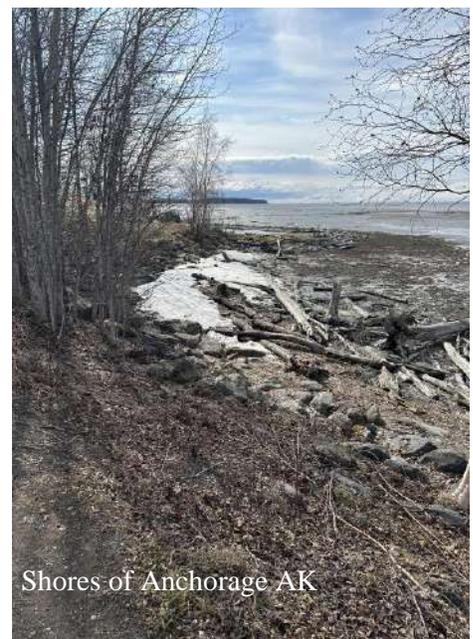
I recently had the wonderful opportunity to present at the 2023 North American Caribou Workshop & Arctic Ungulate Conference held in Anchorage, Alaska, from May 8-12, 2023. Dr. Scott McNay and I participated in a plenary discussion titled *Bridging Indigenous and Western Ways of Knowing in Ungulate Management, Policy and Research*. We sat on a great panel with a lot of good discussion. I also co-presented with Joelle Ward who is the Northeast Caribou Team Lead for BC Gov. We presented on the collaborative implementation of the Caribou Partnership Agreement, focusing on successes and challenges of working with 3 different styles of government: First Nations, Provincial and Federal. If you would like a copy of the presentation or have any questions, please get in touch with me!

Early this month I also participated in 2023 National Conference on the Enforcement of First Nations Laws in Gatineau, Quebec, June 6-8, 2023. This conference was hosted by the Lands Advisory Board (LAB) and First Nations Land Management Resource Centre (RC). The conference focused on “*Closing the gap on the enforcement of First Nation laws in Canada,*” with experts from across the country sharing their views on rebuilding First Nation justice systems and working with other governments to enforce First Nation laws, policing, prosecution, and adjudication. It was attended by First Nation, federal, and provincial decision-makers, as well as organizations, businesses and service suppliers committed to supporting First Nation law enforcement needs. The conference was well organized and there were ~600 delegates in attendance. I got a chance to speak with Nations who are new to Land Code and some who have been operating Land Code deliverables and First Nations Governed laws for years. SFN has a fantastic opportunity at developing our own Indigenous Laws, and/or implementing the natural laws of Wahkohtowin if we agree to ratifying our Land Code, framework agreement.

Again, please let me know if you have any questions.
Kinanaskomitin, thank you, Naomi Owens-Beek



Gatineau Conference Room



Shores of Anchorage AK

Caribou Partnership Agreement – Year 4 Begins!

The TREP team is entering Year 4 of the Caribou Partnership Agreement implementation. We call it the CPA agreement. The CPA agreement funding has been extended beyond Year 4 and may support Sauteau's caribou work for many more years. Related to the agreement, TREP team members are part of collaborative co-management tables with Canada, BC and West Moberly First Nations.

TREP also manages CPA Projects. The CPA Project work started slowly in 2020 and 2021 but has picked up speed and has included lots of exciting and meaningful projects that support caribou, their habitat and our Treaty rights. Here are some projects we've been working on:

- creating a draft Park Management Plan for the expanded Twin Sisters Klinze Sa Park,
- building and funding the Sauteau Land Guardian program,
- conducting a preliminary assessment of cumulative effects in the Moberly Lake watershed,
- funding habitat restoration,
- supporting the caribou maternity pen, and
- many other initiatives in the CPA agreement area.

If you have any questions about the Caribou Partnership Agreement on the projects that are managed under that agreement, please contact Teena Demeulemeester or Naomi Owens-Beek.



kinosew sîpîy Murray River Watershed – Update

Sauteau has been concerned about cumulative effects of industry (logging and mining, primarily) in the kinosew sîpîy Murray River Watershed for decades. Ten years ago, BC committed to doing better cumulative effects assessment in the watershed. So they started a working group to work on cumulative effects. This group first focussed on water quality and water contaminants, such as Selenium that comes from mining operations and affects fish.

TREP has been working with BC, West Moberly, McLeod Lake and industry representatives (mostly from mining) on improving the protection of the water in the kinosew sîpîy Murray River Watershed. This has been a long, slow process, but BC and the Nation governments have finally reached consensus on draft "water quality objectives" which essentially say how the water itself must be protected.

These water quality objectives are not the end of the road for this work in the watershed. Sauteau and our partners want to expand the studies and management to make sure the watershed is protected and accessible for our members to be able to enjoy fishing, hunting and other activities in the watershed.



Tânisi (*Tansi*) Saulteau community, family and friends,

I am pleased to be able to share an update on some Aboriginal Liaison activities I have been engaged in:

- Oil & Gas.

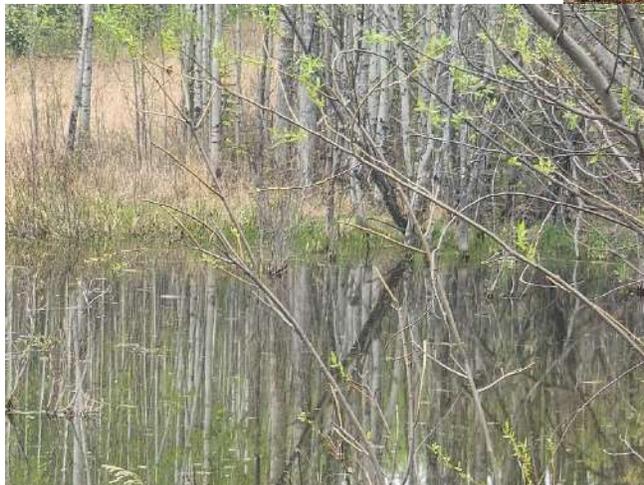
- o Attended to some spill incidents. These incidents are occurring at all stages of Oil & Gas development and production. Some examples are condensate leaking out of a riser, a hydraulic



line on a drilling rig spraying fluid over the site and produced water spilling onto the ground. For all site visits, I document, GPS and report on activities. This information is shared with our Oil &

Gas Team at TREP and put in our GIS.

- o Site inspections and Orphan/Dormant well site audits. Continue to do site inspections with the BCER inspectors. My focus when accompanying, is cultural and environmental. I walk the sites, document animal activities, check on water and wetlands adjacent to the sites,



look for signs of pollution to make sure there are no

impacts to the neighbouring lands. With reclamation of sites, I document the activities and schedule follow-up site visits to track the successes / failures of the reclamation work.

- Saulteau community.
 - o Bear Aware. Is that time of year. Just a quick list of some Bear Aware tips for your home.
 - Never Feed or approach bears,
 - Secure food, garbage and recycling,
 - Bird feeders are an attractant, if possible, use in areas that have restricted access (behind fenced area, away from house if using them),
 - Try to not leave your pet's food outside,
 - Clean and store your BBQ in a safe place, and
 - Let your neighbours know if you see a bear.

Black Bear

- **Front claw** 1-2" long
- **Tall ears**
- **No prominent shoulder muscle hump**
- **Straight face profile**

Grizzly Bear

- **Front claw** 2-4" long
- **Short rounded ears**
- **Shoulder muscle hump**
- **Dished face profile**

- **Color** varies from black, blond, cinnamon, rust, white, and even blue.
- **No distinctive** shoulder muscle hump.
- **Rump** is higher than front shoulders.
- **Face profile** is straight.
- **Ears** are tall.
- **Front claws** are 1-2 inches long and curved to facilitate climbing. Claw marks **are not** usually visible in tracks.

- **Color** varies from brown, golden-tipped, black, silver-tipped, and even white.
- **Distinctive** shoulder muscle hump.
- **Rump** is lower than shoulder hump.
- **Face profile** appears dished in.
- **Ears** are short and rounded.
- **Front claws** are 2-4 inches long, depending on the amount of digging the bear does, and are slightly curved. Claw marks **are usually** visible in tracks.

Color and size can be misleading.

Know your bears—look for a combination of characteristics.

To learn more visit www.BeBearAware.org.

Photos by
Chuck Bartlebaugh

facebook.com/bebearaware

youtube.com/bebearaware

[BeBearAware.org](http://www.BeBearAware.org)

- BC Hydro
 - o Participate on the Site C Reclamation Committee. Has been interesting working with this team of First Nations and BC Hydro staff. With Site C there has been a concerted effort around reestablishing wetlands (post flood), improving fish habitat in the reservoir and tributaries, replanting indigenous plants and managing fish migration from below the Site C dam into the new reservoir.



- BC Hydro has not yet determined a name for this new reservoir, so if you have some ideas, please feel free to contact me and I can pass on for you.
- BC Hydro is hoping to start flooding the new reservoir in the fall of 2023.
- Mining
 - Conuma Coal has recently purchased the old Teck Coal site (Quintette). This site has a significant inventory of coal just south of Tumbler Ridge. Have visited the site and wanted to share some features.



There are goats living at this site. Site reclamation has been a success to date



Treated site water flows to the Murray River



This site is already developed so will not be opening up new areas

Continue to do site visits to active and dormant mine sites in our territory. All findings are documented, georeferenced and shared to our Mining Portfolio Manager here at TREP.

- Conservation and Natural Resource Officers
 - Work with the Conservation Officers and Natural Resources Officers for hunting and pollution issues in our traditional territory. With the implementation of limited entry hunting, the 2022 hunting season in our traditional territory had very little issues.

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



Tansi to my Community of Saúlteau First Nations! I would like to introduce myself to you all, my name is Wadeen Badine I am the Oil and Gas Referral Technician Assistant to our very own Fernie Garbitt. I will be assisting her within the Treaty Rights and Environmental Protection team until the end of August. It's been a great team to be apart of thus far. I have had the privilege of taking a few site tours within our Treaty 8 Territory. I've also had the honour of accompanying our Aboriginal Liaison Tom Aird on some site inspections with the BC Energy Regulator. I am so thankful to everyone here for the opportunity to work for my community. Mussi 😊



**Community
Members
Pen Visit
July 5th
Transportation
and
Lunch Provided**

**Elder Pen
Visit
July 19th
Transportation
and
Lunch Provided**

**Caribou Maternity
Pen Visit
Call TREP at
250 788 7290 to book
your spot**



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

External: Issued June 1, 2023



Figure 1. Caribou C462K lounging in the spring sun at the Mount Bickford caribou maternity pen.

Pen update

All 21 cows have appeared to settled into the pen environment well. Most of the caribou currently in the pen have been previously penned at some point in their lifetime, which is made clear in the weeks following capture. Caribou with previous experience around caribou guardians and feeding times are less skittish in general and are more comfortable around the feeding troughs and the weigh scale. Through twice-daily observations guardians learn the personalities...

DAYS
IN PEN



80

~75



DAYS UNTIL
RELEASE



Pen update cont.

...and habits of each animal, which helps in identifying abnormal behaviour or health problems, should they occur. As caribou guardians have observed in previous years, the social hierarchy between penned caribou can take some time to establish. This year, the guardians have noticed that C374S, a six-year old female born in the pen, was dominant around the feeding troughs. Since this



Figure 2. Caribou C378K eyes up the guardians during a morning feeding session in April.

female does not grow antlers, this is especially interesting since we would expect her to be less dominant. Cow C338K, who is at least 12 years old, is less dominant at the feeding troughs, but is the queen of the weigh-scale. She often rushes to be the first to the scale in order to eat lichen, which is used as a lure to entice caribou to step up to have their weight taken. C317K, the oldest cow who has been at the pen more than any other caribou, likes to remain separate from the herd. She is often the last to eat at the troughs and beds down by herself in the meadow.

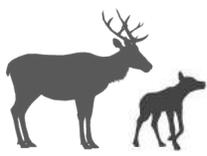
With the first couple months of caribou in the pen behind us, the guardians have fully transitioned to giving pelleted feed which is more nutritious, instead of lichen. Guardians are careful to observe all cows are feeding and move the troughs further apart if dominance behaviour in one area becomes an issue.

While spring had sprung at lower elevations, this was not yet the case at the Bickford pen in mid-April. At 1200 metres elevation, there is instead wind and snowstorms, with the rapidly changing snow conditions creating a challenge for fence maintenance. Drifted snow against the geotextile fence must be shovelled, and large snowfalls and the hot days in May meant that the electric fences had to be adjusted to remain at the correct height to deter predators.

Pregnancy Results

This year, from the pen and the wild caribou captured in March, thirty out of thirty-one cows were confirmed pregnant following testing for Pregnancy Specific Protein B (PSPB). This is great news for the penning project and matches with pregnancy rates from previous years, which has remained steady around 90%.

The only caribou cow tested who is not pregnant is C317K, one of the two older cows in the pen. As she successfully had a calf last year in the pen, we are confident she will continue to produce calves after this year? Due to a cow mortality at the pen six days after capture, and an abortion in mid-April by a young cow, we now expect at least 19 calves born at the maternity pen.



Video collaring

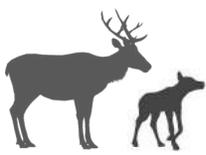
Shortly after pen captures in March, we also deployed five video collars on female caribou. These specialized collars record short videos during calving season, hopefully capturing birth events and the critical period for calf survival following birth. Video collars will remain on caribou until drop-off and collection in August. This collaring effort, along with frequent aerial surveys and calf collaring are part of an effort to help understand the differences in calf recruitment between free-ranging and penned caribou.



Figure 3. Crew outfitting caribou C434S with a video collar in late March 2023.

Calf Collaring

As calving season approaches, we are busy preparing for collaring calves, with guardians keeping a close eye on penned caribou for any indication of a calving event. When calves are 2-3 days old, we capture them by hand and fit expandable calf collars. Prior to 2021, calves received VHF-only (very high frequency) collars. While this allowed us to locate them on calf survival flights, movements in their first year were not able to be reliably tracked. After switching to GPS collars in 2021, we now get one fix on a calf's location per day. These collars serve two main functions: 1), they send a mortality notification and GPS location if the collar stops moving, which allows us to investigate sources of calf mortality right away and monitor overall calf survival and 2), they are key for monitoring calf movements in the first one to two years of life and have led to some interesting observations. Normally, calves remain with their mothers for around a year, the period we refer to as "calf at-heel". However, even a couple years of anecdotal data from the calf collaring...



Calf Collaring cont.

...program tells us that this relationship might not be as accurate as once thought. Within the last year, we now have six examples of calves that were not at-heel during March surveys. In 2022, calf 505K and his mom were released from the pen in August, but were separated from each other shortly after in October. This calf was five months old at the time, yet he successfully survived through the winter without his mother and or any other caribou. We are hoping he will join up with another group of caribou later this summer.

In another example, after release from the pen in the winter of 2021-2022, a four-month old male pen calf and an unknown number of adults crossed Williston Reservoir approximately 7km west of Mackenzie. This caribou's collar data shows that he then travelled to Wolverine range, where he spent 7 months before moving back east across the reservoir and re-joining the Klinse-Za herd. As this calf made the journey without his mom, without having collared him we probably would have assumed that he died. Instead, we now have an interesting anecdote of movement to adjacent caribou range.

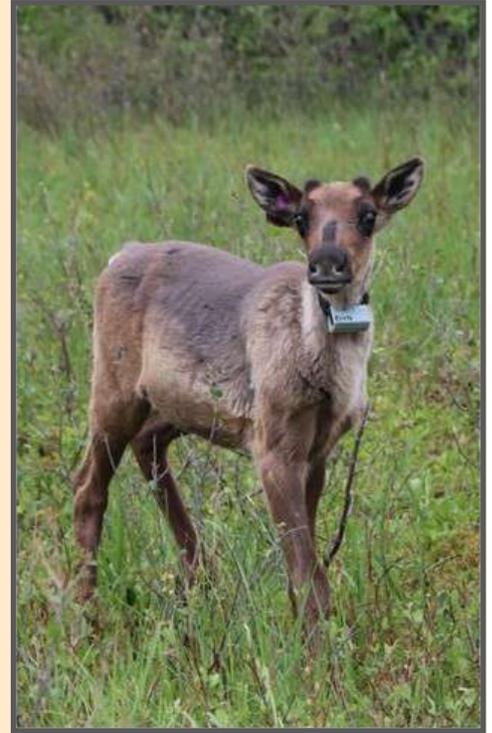


Figure 4. Calf C505K modelling a deployed GPS calf collar in the Bickford maternal pen in July 2022.

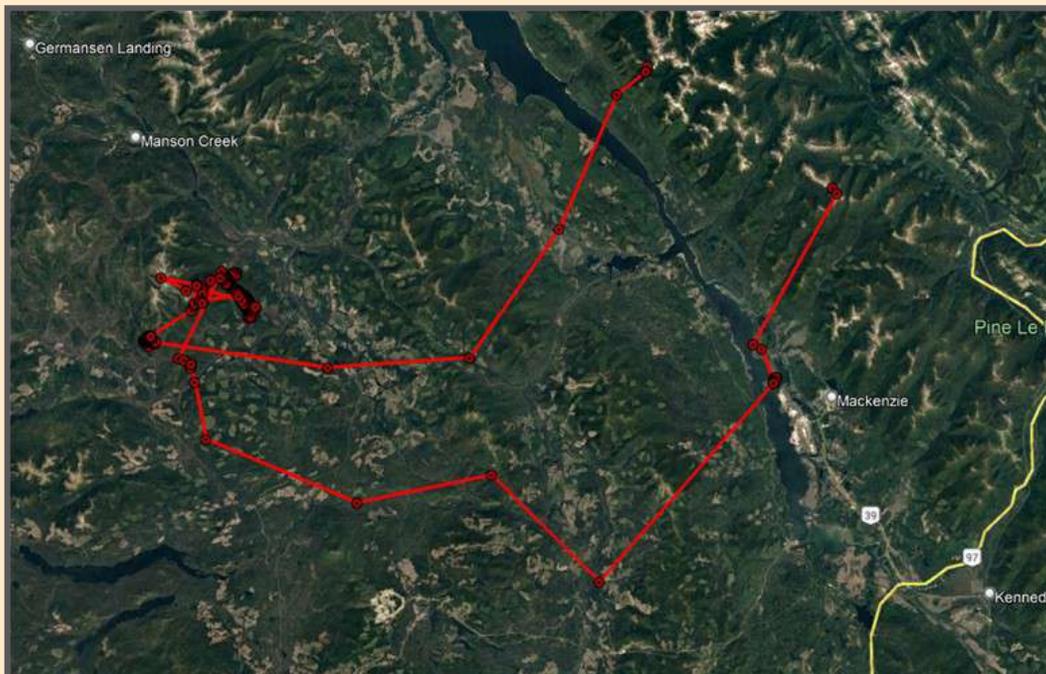
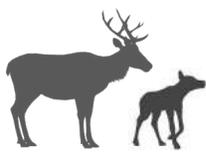


Figure 5. The journey of calf C473K across the Williston Reservoir in October 2021 and back to Klinse-Za range in June 2022.



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

- ◆ 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

B.C. CHRONIC WASTING DISEASE PROGRAM 2020/2021 ANNUAL UPDATE



Chronic Wasting Disease (CWD) is an infectious disease that affects species of the deer family (cervids). CWD is fatal in all cases and there is no vaccine or treatment. Wildlife managers worldwide consider CWD a high priority because of its impact on cervid populations and hunting. The B.C. CWD Program follows the framework, outlined in the *Surveillance and Response Plan for Chronic Wasting Disease in British Columbia* (2019), which is based on three principles: **Prevention, Surveillance and Response**. A CWD team that includes staff, other ministries, First Nations, stakeholders, researchers, and local businesses continues to support B.C. CWD Program activities and planning through the Provincial CWD Advisory Committee and Regional CWD Working Groups.

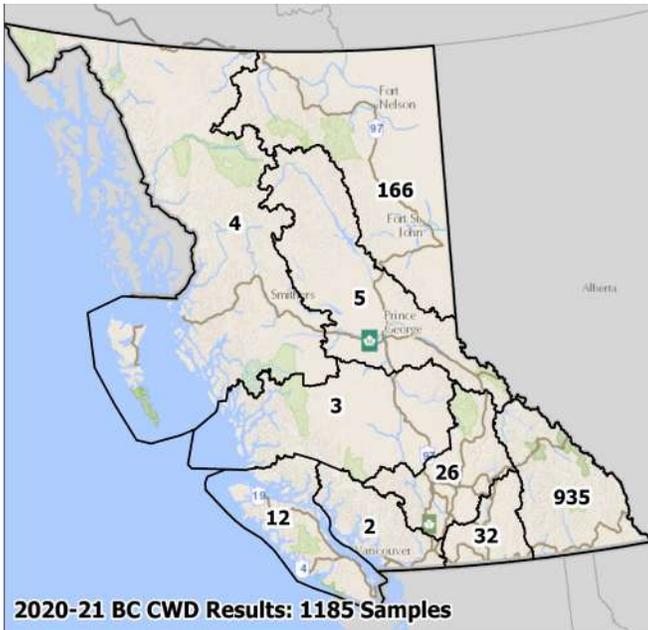
BY THE NUMBERS:

1185

heads submitted for CWD testing

0

CWD-positive results



PREVENTION

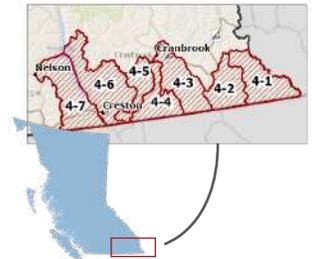
CWD could be introduced to B.C. by human importation of a CWD-infected cervid carcass or CWD contaminated materials. Understanding these risks are key to prevention. B.C. *Wildlife Act* regulations are in place to reduce risk and including prohibition on imports of live cervids and **high-risk tissues** of harvested cervids, as well as use of scents made from cervid materials such as urine.

High-risk tissues include the lymph nodes, brain, spinal cord, eyes, and spleen.



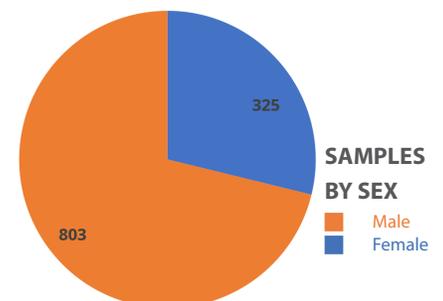
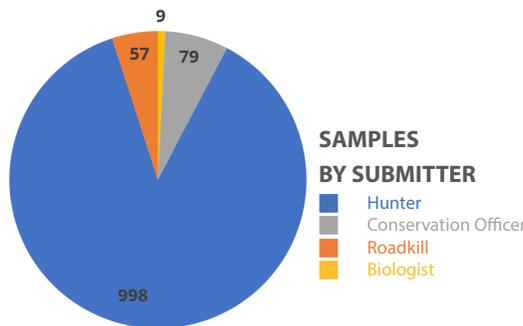
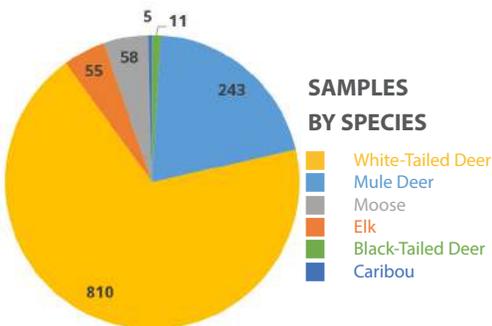
SURVEILLANCE

The B.C. CWD Program tests cervids across B.C. to confirm B.C.'s CWD status and ensure early detection. Surveillance is focused in higher risk areas and is adjusted according to CWD spread in neighbouring jurisdictions. Hunters samples are critical to understanding the health of B.C.'s cervid populations. Submission is voluntary in most areas, but is mandatory in specific management units (MUs: 4-1, 4-2, 4-3, 4-4, 4-5, 4-6, 4-7, and adding 4-23 in 2021).



RESPONSE

If CWD is confirmed in B.C., our response will require a rapid and coordinated team effort. Response will be managed through an Incident Command System led by the Provincial Wildlife Veterinarian and supported by established partnerships. Early response activities and management actions will be based on scientific evidence, the guidance of CWD experts and the collective objectives of the B.C. CWD Team.



LOOKING FORWARD:

CWD has not been detected in B.C., but the risk of disease introduction is increasing. This disease has been very costly and difficult, if not impossible, to manage in other jurisdictions. It is critical that B.C. continues its proactive actions to remain CWD-free. Support and participation from hunters and communities is excellent, but there is much more that can be done. The B.C. CWD Program will continue to work with partners towards strengthening B.C.'s preventative measures and preparedness to protect B.C. cervid populations from the threat of CWD.

SAULTEAU FIRST NATIONS JOB POSTINGS!

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



SFN CAREER OPPORTUNITIES

- GENERAL FINANCE CLERK - 6 MONTH TERM
- BAND SOCIAL DEVELOPMENT WORKER
- FINANCIAL AND BUDGET ANALYST - 18 MONTH TERM
- RECEPTIONIST - 18 MONTH TERM
- CASUAL ON-CALL CUSTODIAN
- TEMPORARY SUMMER LAND GUARDIAN POSITION
- HOMEMAKER- 1 YEAR TERM
- MUSKOTI ELEMENTARY SCHOOL TEACHER
- COMMUNITY HEALTH REPRESENTATIVE
- EARLY CHILDHOOD EDUCATOR
- FORESTRY AND WILDLIFE REFERRAL TECHNICIAN
- GROUNDS MAINTENANCE LEAD



4EVERGREEN CAREER OPPORTUNITIES

- TRUCK MECHANIC
- HEAVY DUTY MECHANIC
- CONSTRUCTION SAFETY OFFICER
- CLASS 1 DRIVERS (LOG, COAL, LOWBED)
- EQUIPMENT OPERATORS (DOZERS, EXCAVATORS, BUNCHERS)



ASKI RECLAMATION CAREER OPPORTUNITIES

- CULTURAL MONITORS PROJECT COORDINATOR



NORTH WIND SUPPLIES CAREER OPPORTUNITIES

- PART-TIME SUMMER STUDENT



MISTAHIYA CAREER OPPORTUNITIES

- ACCOUNTANT

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



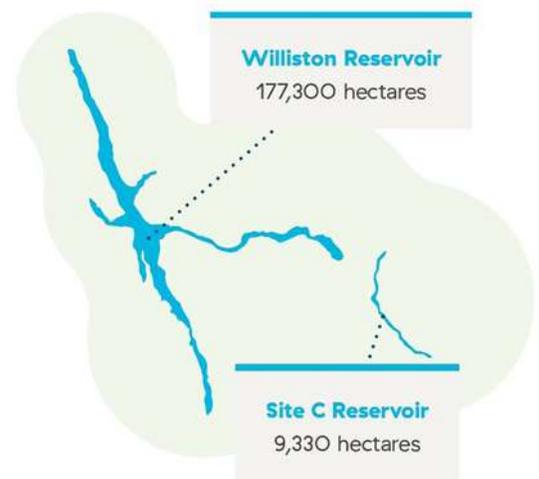
Filling the Site C Reservoir

March 2023

One of the last milestones in building the Site C dam is to fill the reservoir. Filling the reservoir with water allows us to put the generating station, spillways, turbines and generators into operation, creating enough energy to power the equivalent of about 450,000 homes per year in B.C.

The reservoir will be 3 times wider than the Peace River

- Covers 5,550 hectares of land, with a total surface area of about 9,330 hectares
- Depth will vary – 52 metres close to the dam, 36 metres at Halfway River, and 18 metres near Hudson's Hope
- 83 kilometres long and, on average, two to three times the width of the current Peace River (Moberly River, Halfway River and Cache Creek will also widen)
- Will generate approximately 35 per cent of the energy produced at the W.A.C. Bennett Dam, with just five per cent of the reservoir area
- Uses water already stored in and released from the Williston Reservoir



Reservoir filling to begin as early as fall 2023

The timeline for reservoir filling will depend on construction progress, regulatory approvals, provincial authorizations, and environmental compliance. It also will consider weather constraints that could affect upstream operations of the Peace River system.

To meet our projected in-service date of 2025, Site C reservoir filling could begin as early as fall 2023. Before filling the reservoir, the following must occur:

- Highway 29 realignments complete and open to traffic
- Reservoir cleared of vegetation and final sweeps
- Dam built and fit for service
- Ongoing Indigenous engagement
- Diversion tunnels converted

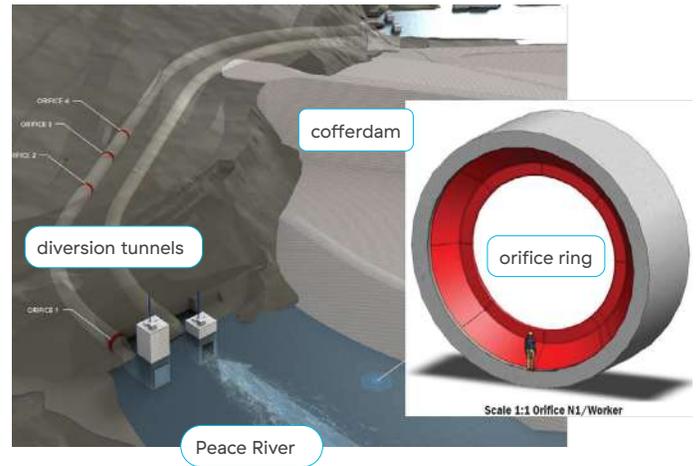
Did you know?

- Once the reservoir is ready to fill, it will take approximately four months for the water to reach its full depth.
- During the final phase, the reservoir will fill at a varying rate of 0.3 metres to two metres per day.

Closing the diversion tunnels

Prior to filling the reservoir, we must first convert (or close) the diversion tunnels that are currently in service to divert the Peace River to allow for construction of the earthfill dam. Conversion of the diversion tunnels requires installation of constrictions (or orifice rings) inside one of the tunnels to restrict the flow of water during reservoir filling.

This work must occur between June and October due to environmental, operational, and weather-related constraints as well as construction progress. This means the window to safely fill the reservoir will start and complete early fall 2023.



CURRENT SCHEDULE



Boater safety and reservoir access

During filling existing boat launches will be inaccessible. The DA Thomas and Lynx Creek boat launches that previously provided access to the Peace River will not be open for use this summer and will remain inaccessible once the reservoir is created.

The Halfway River boat launch will remain open via a gravel access road from Highway 29 for the 2023 season. It will then be permanently closed in September prior to reservoir filling.

The new reservoir boat launches at DA Thomas, Lynx Creek and Halfway River will remain closed for at least one year after reservoir fill is complete to allow time for slope stability and erosion monitoring.

Access to the reservoir through BC Hydro's boat launches will be re-established for public use based on the results of monitoring reservoir conditions related to slope stability and debris management over the first year of reservoir operations.



How will the reservoir be filled?

Using your mobile device, scan the QR codes below to learn more on filling the Site C reservoir.



WATCH VIDEO:
Filling the Site C reservoir



LEARN MORE:
Visit sitecproject.com

Site C Project: Information Videos

June 2023

The Site C Clean Energy Project is located within the traditional territories of the Treaty 8 First Nations.

It will be the third dam and hydroelectric generating station on the Peace River in northeast B.C. and generate enough energy to power 450,000 homes per year in British Columbia.

Stay up-to-date on project news through our latest videos: sitecproject.com/news-and-information/project-videos

Latest videos	Scan to watch
<p>Construction Overview</p> <p>A look at Site C construction during the winter of 2023. (5 minutes)</p> 	
<p>Reservoir Filling</p> <p>One of the last steps in building Site C is to fill the reservoir, which allows us to put the generating station, spillways, turbines and generators into operation. (3 minutes)</p> 	
<p>Methylmercury</p> <p>When we begin filling the Site C reservoir, there will be temporary changes in fish methylmercury levels. (6 minutes)</p> 	
<p>Fish Passage</p> <p>Fish passage facilities enable fish to continue to migrate upstream and fulfil portions of their lifecycles in the Peace River and its tributaries. (2 minutes)</p> 	

Fish Habitat Enhancement

We're creating new or enhancing existing fish habitat in the Peace River to support many fish species. (2 minutes)



Culture & Heritage

Participating Nations share an intimate look at their history and ties to the land, as well as their perspective on the Site C project. (14 minutes)



Hudson's Hope gathering space

Métis Nation BC has built a new gathering space in the District of Hudson's Hope with funding from BC Hydro's Indigenous Traditional Use Fund. (2 minutes)



Wetland Restoration

We're constructing and rehabilitating wetlands to offset those impacted by the Site C project. (2 minutes)



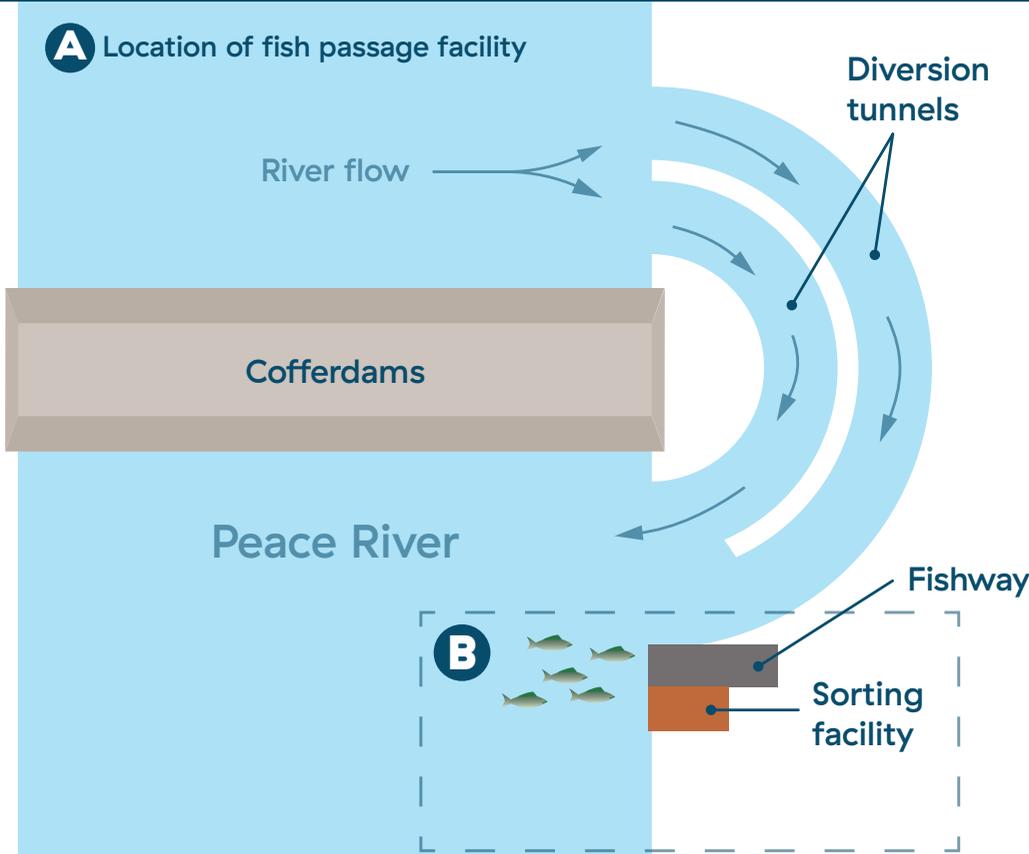
Highway 29 Bridges

BC Hydro and the province have realigned about 30 kilometres of Highway 29 including five new bridges between Fort St. John and Hudson's Hope. (2 minutes)



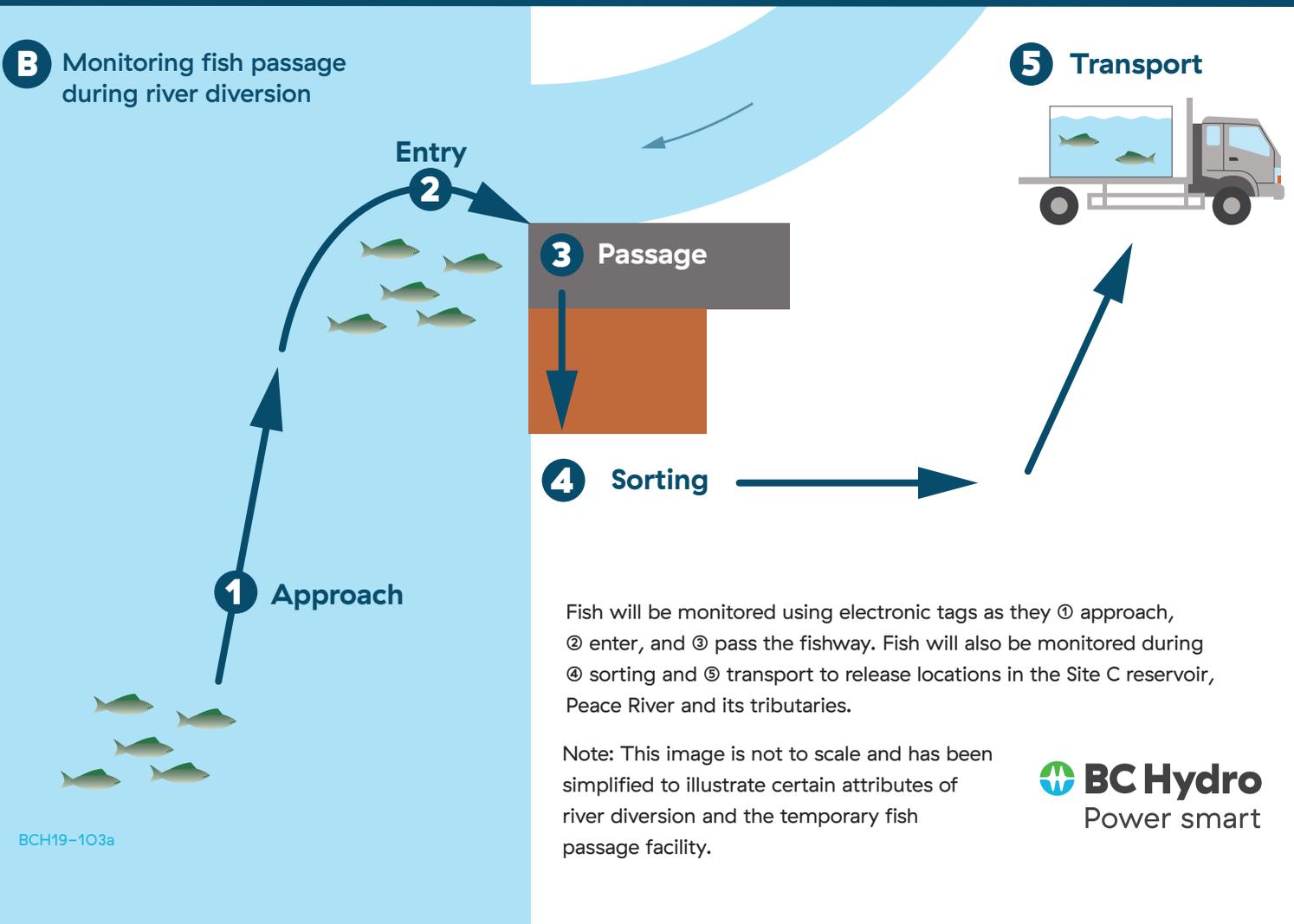
Upstream fish passage during river diversion

A Location of fish passage facility



BC Hydro is temporarily rerouting the Peace River through two diversion tunnels to allow for the construction of the Site C dam. Migratory fish are naturally attracted to fast-flowing water, and with this in mind, BC Hydro located the temporary fish passage facility at the outlet of the diversion tunnels, where fish will be attracted to the high flows exiting the tunnels. Because the water velocity inside the tunnels will exceed the swimming capabilities of fish, upstream fish passage will only be possible through the fish passage facility.

B Monitoring fish passage during river diversion

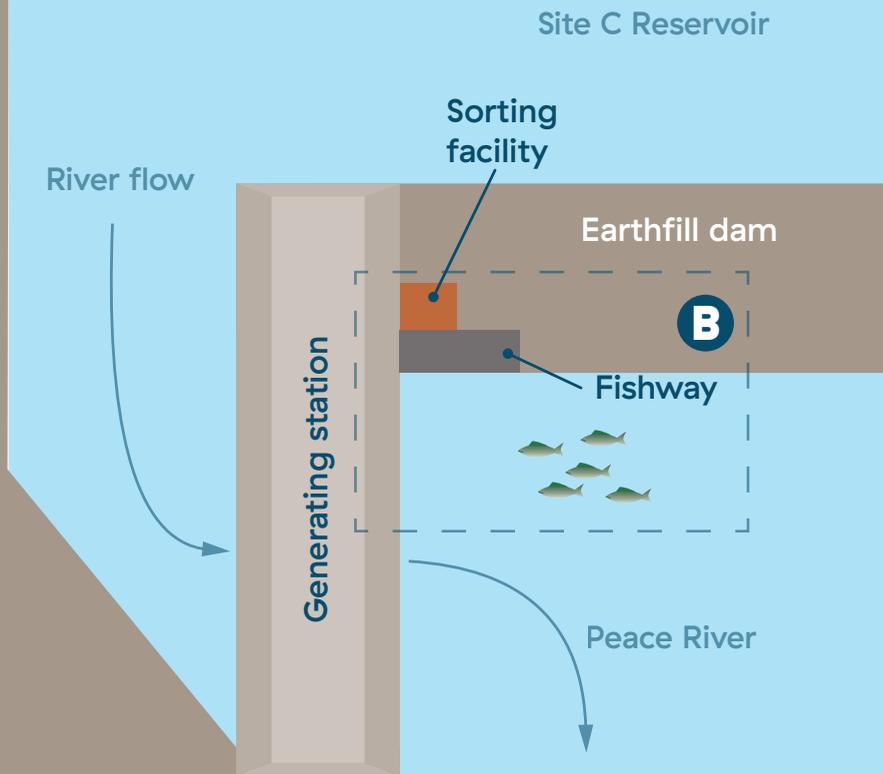


Fish will be monitored using electronic tags as they ① approach, ② enter, and ③ pass the fishway. Fish will also be monitored during ④ sorting and ⑤ transport to release locations in the Site C reservoir, Peace River and its tributaries.

Note: This image is not to scale and has been simplified to illustrate certain attributes of river diversion and the temporary fish passage facility.

Upstream fish passage during operations

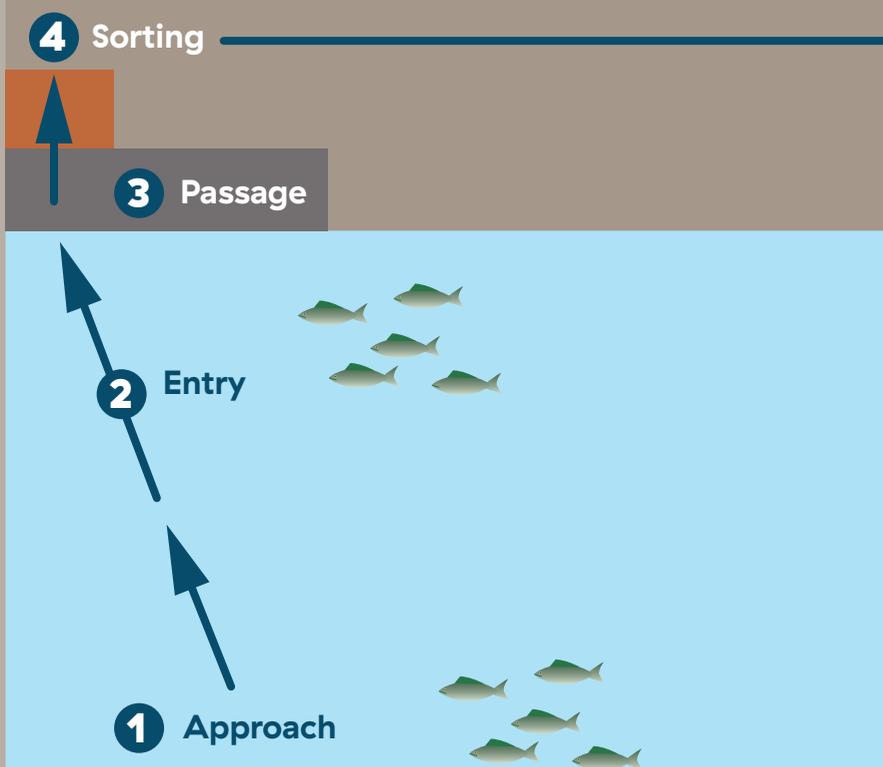
A Location of fish passage facility



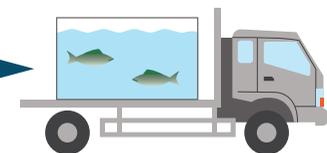
Migratory fish are naturally attracted to fast-flowing water, and with this in mind, BC Hydro located the permanent fish passage facility at the outlet of the generating station, where fish will be attracted to the high flows exiting the turbines.

Note: This image is not to scale and has been simplified to illustrate certain attributes of operations and the permanent fish passage facility.

B Monitoring fish passage during operations



5 Transport



Fish will be monitored using electronic tags as they ① approach, ② enter, and ③ pass the fishway. Fish will also be monitored during ④ sorting and ⑤ transport to release locations in the Site C reservoir, Peace River and its tributaries.

Diverse fish community



Mountain Whitefish



Longnose Sucker



Largescale Sucker



White Sucker



Northern Pikeminnow



Northern Pike



Bull Trout



Arctic Grayling



Kokanee



Rainbow Trout



Walleye



Brook Trout



Burbot



Goldeve



Lake Whitefish



Lake Trout



Pygmy Whitefish



Yellow Perch



Redside Shiner



Spottail Shiner



Brook Stickleback



Finescale Dace



Flathead Chub



Lake Chub



Longnose Dace



Northern Redbelly Dace



Peamouth



Pearl Dace



Trout-perch



Slimy Sculpin



Prickly Sculpin



Spoonhead Sculpin

Site C Reservoir



Reservoir Filling: Ceremonies/Gatherings

Timing

- Potential for viewing of first release of water from Site C Dam (September 2023)
- Completion of Reservoir Fill (as early as Nov – Dec 2023)
- Multi-nation ceremony? (potential for ceremony with first release of water? Timing is specific, date will be confirmed closer to date)
- Is there anything that SFN would like support with?

Slope stability and erosion during reservoir filling

Reservoir not accessible for at least one year

- Erosion will occur, but the impacts will vary by area.
- Steep slopes are more prone to sudden sloughing (when soil falls off the banks), which may cause waves in the reservoir.
- Please use caution and obey all safety signage, look for signs of active erosion and slope movements, and maintain a safe distance.
- BC Hydro will conduct reservoir-wide shoreline monitoring and surveillance.

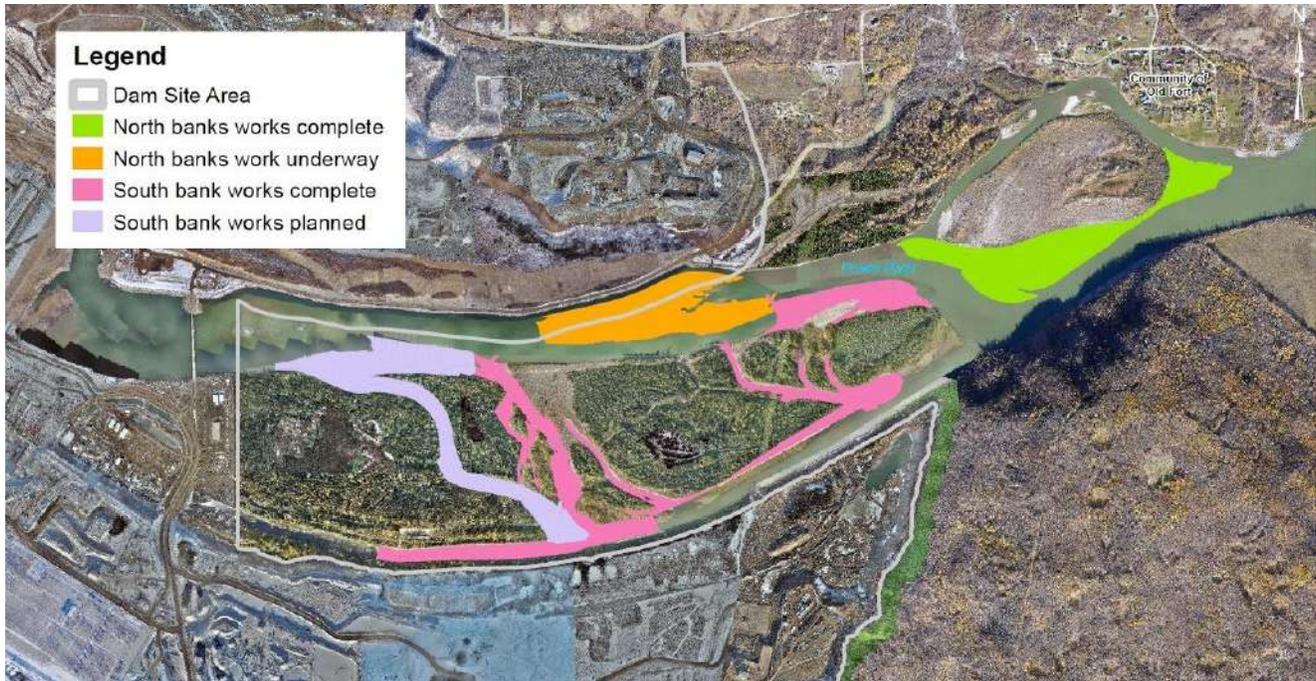


SITE C CLEAN ENERGY PROJECT

FISH HABITAT ENHANCEMENT PROJECT

Peace River channel contouring and side channel enhancement

Water levels in the Peace River fluctuate, which can periodically cause some areas to become dewatered (dry). In order to support fish and fish habitat, we're enhancing fish habitat in select areas of the Peace River near the Site C dam site.



This fish habitat enhancement is described in the Site C [Fisheries and Aquatic Habitat Management Plan](#) and meets conditions of the Site C project's Environmental Assessment Certificate and federal decision statement.

The fish habitat enhancement work is taking place in side channels of the Peace River between the dam site and Old Fort, and the gravel bars in the main channel of the Peace River will be contoured (reshaped) in the same area. All necessary permits and authorizations were obtained before the work started.

Shallow water habitats that are at risk of being dewatered are excavated to below the water elevation at low flows. This material is used to fill or 'smooth out' shallow habitats that are at risk of dewatering near shore or hauled to the dam site to support dam construction. Please see the typical cross section on page two for a graphic of the construction methods.

Anticipated timeline

Works on the south bank: 2018 to 2019, 2023

Works on the north bank: 2016, 2022 to 2023

What to expect

- This fish habitat enhancement involves the use of excavators, bulldozers and dump trucks working within and adjacent to the Peace River and side channels. Crews and equipment access these locations using temporary access routes from the Site C dam site.

- Once the works are complete, the increased water depths are expected to facilitate boating access in the Peace River and side channel areas. Boaters are requested to use caution and slow down inside channels to avoid disturbing fish habitat.

Supporting fish and fish habitat

The main channel and side channel areas included in this enhancement project are currently used for rearing and feeding by several fish species, including mountain whitefish, bull trout, Arctic grayling, rainbow trout and walleye. Side channels provide refuge during high river flows and provide a unique habitat that is different to the main channel of the Peace River. The side channels are, however, at risk of becoming dewatered when river levels fluctuate, which can affect fish species in the side channels.

The objectives of the fish habitat enhancement project are to:

- Increase the amount of permanently wetted habitat for fish, as well as algae and aquatic invertebrates that provide a food source for fish.
- Reduce the extent of dewatering in shallow habitats.
- Maintain wetted channel areas by enhancing side-channel connectivity with the main channel of the Peace River.
- Provide a diversity of fish habitat in the side channels by placing boulders and woody debris that will support various life stages of fish.



Fish use of the enhanced areas is monitored and expected to increase after this work is completed.

