# SAULTEAU FIRST NATION NEWSLETTER

# **JUNE 2023**

# FEATURED COMMUNITY NEWS SFN ELECTION: MEET THE CANDIDATES!

# COURTOREILLE FAMILY



Donovan Cameron







Sandra Fuchs



Colleen Totusek

# DAVIS FAMILY



Justin Napoleon (Incumbent)

This Candidate has withdrawn from the race.

**Travis Fowler** 

# DESJARLAIS FAMILY



Doreen Macdonald



Rudy Paquette (Incumbent)





Falon Gauthier (Incumbent)





Fiona Groves

Justin Gauthier

# NAPOLEON FAMILY



Bev Rohel



Juritha Owens (Incumbent)

# SFN COMMUNITY STORE SURVEY RESULTS

In March 2023, at the request of Members during numerous Family Meetings, SFN Chief and Council commissioned a Community-wide Survey to determine the desire for a "SFN Community Store". The survey was sent out via email, social media, and paper copies were distributed at Family Meetings. The online and paper results were compiled and a report was presented to Chief & Council on March 20, 2023 with the following results from 250 submissions. The results overwhelmingly show that the Community wants a store/gas station located along the Highway that sells groceries and necessities as well as Members' Native crafts, and has a cafeteria area as well as lottery. Chief & Council thank you for your participation in this survey and are looking forward to the next steps in the planning process.

<u>Should SFN have our own community store?</u>231 YES (92.4%)19 NO (7.6%)

Do you see the store being a convenience store & Gas Station? 212 YES (89.5%) 25 NO (10.5%)

Does the store have a cafeteria & seating area that serves hot dishes? 205 YES (85.5%) 35 NO (14.5%)

Does this store have a small laundromat? 140 YES (59.6%) 95 NO (40.4%)

### Does this store sell necessities for groceries (ex. Milk, bread, butter)? 228 YES (92%) 20 NO (8%)

Does this store have lotto & keno? 180 YES (75%) 60 NO (25%)

Does this store have an area to promote members' Native crafts, art, clothing, etc.? 225 YES (92.6%) 18 NO (7.4%)

<u>Where would you like to see this store?</u> (Answers were compiled from all locations suggested) Along the Highway (66.9%) In the Community (20.1%) Other (8%)





### **General Notice of 2023 Council and Chief Election Process**

**PUBLIC NOTICE** is hereby given to the citizens of the Saulteau First Nations that there will be a Council Election in 2023 as per Saulteau First Nations Electoral Procedures. Electoral information and updates will be published on the SFN website and social media.

General Notice of Elections: Posted on Thursday, April 27, 2023

Call for Nomination: Monday, May 15, 2023

- Nomination packages will be made available online
- Nomination packages in hard copy will be made available SFN Band Office, or by request: contact 250-788-7283
- Nomination packages will be available at the Nomination Meeting

Nomination Meeting: Monday, May 29, 2023, at SFN Band Office Gym 6 – 8 pm

- This meeting is open to the public
- All requirements are expected to be fulfilled for both nominator, seconder and nominee
- A list of all eligible candidates will be posted

Candidate's Forum: Wednesday, May 31, 2023 at SFN Band Office Gym 6 – 8 pm

- This meeting is open to the public
- The public can also submit questions for candidates prior to the meeting via email: <u>hhclassactfitnesss@gmail.com</u> or contact: 250-783-0855
- Candidate's forum will be recorded and shall be made available to SFN members

Online Voting: Monday, June 5, 2023 opening 9 am to Friday, June 9, 2023 until 6 pm

- To vote online, eligible voters must have an active email registered with Saulteau First Nations
- Voting Requirements: Status number, DOB, allotted Simply Voting code

Advance Voting: Monday, June 12, 2023 at SFN Band Office Gym from 12 noon – 9 pm

• Voting Requirements: appropriate identification

Final Voting: Wednesday, June 14, 2023 at SFN Band Office Gym 9 am - 9 pm

- Voting Requirements: appropriate identification
- Final Count: All results will be posted

Nomination Meeting for Chief: Thursday, June 15, 2023 at SFN Band Office Gym at 6-8 pm

- This meeting is open to the public
- A list of all eligible candidates will be posted

Chief's Candidate Forum: Saturday, June 17, 2023 at SFN Band Office Gym 6 – 8 pm

- This meeting is open to the public
- The public can also submit questions for candidates prior to the meeting via email: <u>hhclassactfitnesss@gmail.com</u> or contact: 250-783-0855
- Candidate's forum will be recorded and shall be made available to SFN members

Online Voting: Tuesday, June 20, 2023 opening 9 am to Wednesday, June 21, 2023 until 6 pm

- To vote online, eligible voters must have an active email registered with Saulteau First Nations
- Voting Requirements: Status number, DOB, allotted Simply Voting code

Advance Voting: Thursday, June 22, 2023 at SFN Band Office Gym 12 noon – 9 pm

• Voting Requirements: appropriate identification

Final Voting: Saturday, June 24, 2023 at SFN Band Office Gym 9 am – 9 pm

- Voting Requirements: appropriate identification
- Final Count: All results will be posted

Swearing In Ceremony: Tuesday, June 27, 2023 at SFN Band Office Gym 6 – 8 pm

- This meeting is open to the public
- The ceremony will be recorded and shall be made available to SFN members

For more information, please contact: Greta Goddard, Electoral Officer Cell: (250) 783-0855 or email: <u>hhclassactfitness@gmail.com</u>

Posted: Thursday, Apr. 27, 2023.

# SFN Election: Chief's Candidate Forum

Saturday, June 17th, 2023 SFN GYM 5:00-8:30 PM Speeches begin at 6pm

Can't attend in person? The Zoom link will be emailed to all members and will be posted in the members-only portion of the SFN website under "News".

Water, coffee, tea, and snacks are provided!





# SFN Elders' TLE Financial Paperwork Assistance

Monday, June 5th, 2023 Chief & Council Chambers 1:00-3:00 PM

Are you an Elder who needs assistance with your TLE Financial paperwork? We are here to help!

All paperwork will be printed and ready for you, please bring the following required documents & information:

- Direct Deposit Form
- Valid ID (Driers License, Passport, or Services Card)
- SFN Status Number





### Saulteau First Nations 34th Annual Pemmican Days

#### Schedule

Friday July 7th Event & Food Vendor Registration Treaty Payments in SFN Gym Pemmican Parade Grand Entry & Opening Comments Pugeesee & Horseshoes Community Feast Final Event Registration Teepee Raising Contest

#### Saturday July 8th

Pancake Breakfast (SFN GYM) Teepee Raising Judging Competition Events Horseshoe, Pugeesee, Bow &Arrow Ase Throw, Sling Shot, Tug of Wor Kids Fun Zone Dry Meat Cutting LeAnn Howes Memorial Bike Giveaway Children Indian Bingo Adult & Youth Indian Bingo Jigging Contest Saulteau's Got Talent Show

#### Sunday July 9th

Pancake Breakfast (SFN GYM)	8:00am - 10:00am
Men & Women's Endurance Race	9:00am
Youth Endurance Race	11:00am
Elder's Bingo	11:30am
Childrens Relay Race	12:30pm - 1:30pm
Kids Fun Zone	12:00pm - 5:00pm
Competition Events	12:00pm
Teo Boiling Bannock Making Lea W	nestilaa Honeymaan Race

Tea Boiling, Bannock Moking, Leg Wrestling,Honeymoon Roc Moccasin Roce, Animal Calls Closing Ceremony—Drummers & Round Dance

#### 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.

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

#### Time

11:30am - 3:30pm 11:30pm - 3:30pm 3:00pm 3:30pm 3:30pm - 5:30pm 5:30pm 5:30-pm - 7:30pm 6:00-pm - 9:00pm

8:00am - 10:00am 9:00am 10:00am - 6:00pm

12:00pm - 5:00pm 1:00pm - 5:00pm 3:00pm 3:30pm 4:30pm 5:30pm 6:00pm

#### Prizes

**Permisan Parade** 

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

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

Horseshoes A Division - 1st \$6,000 / 2nd \$4,000 / 3rd \$2,000 8 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 (Butter Privat

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

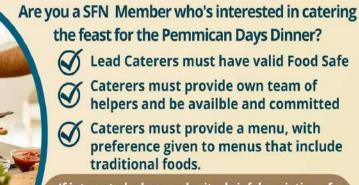






# **PEMMICAN DAYS CATERER NEEDED!**

FOR THE Community feast July 7th @ 5:30pm



If interested, please submit a brief description of why you would like to be considered, along with a menu of what you would like to serve by June 9th EMAIL: FGAUTHIER@SAULTEAU.COM PHONE: 1-250-788-7268



# PEMMICAN DAYS ARTISAN VENDORS

WE'RE LOOKING FOR Artisan vendors JULY 7-9th, 2023





Are you an Artisan Vendor wanting to sell your handmade items at Pemmican Days this year?

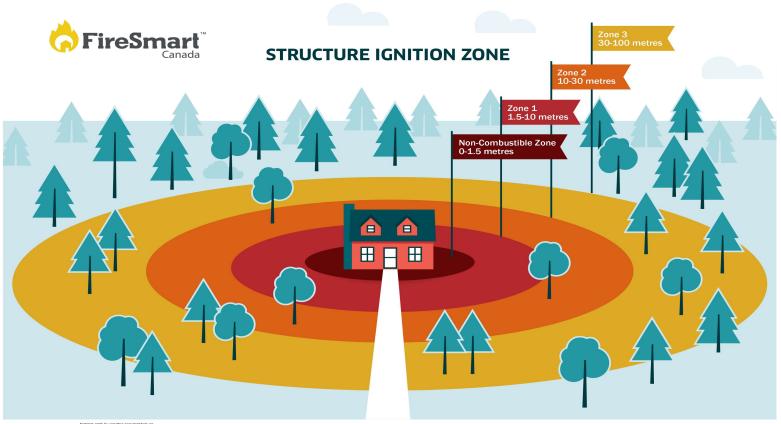


All vendors must supply their own tents, tables etc. and pre-register

Artisan Vendors should be open during the duration of the event (Friday Saturday, Sunday).

If interested, please submit a brief description of what you would like to sell, as well as the size of your booth (ex. 10x10 tent etc.) by June 30th to

EMAIL: SALEXANDER@SAULTEAU.COM Phone: 1-250-788-7290



#### FireSmart, Intelli-feu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centr

### Work with your neighbours in any overlapping priority zones!

Non-combustible Zone (0-1.5 metres)	Reduce the chance of wind-blown embers igniting materials near your home. A non-combustible surface should extend around the entire home and any attachments, such as decks. Creating a non-combustible surface can be as easy clearing vegetation and combustible material down to mineral soil. To add to your landscape design, use non-combustible materials such as gravel, brick, or concrete in this critical area adjacent to your home. Woody shrubs, trees or tree branches should be avoided in this zone, any that are present should be properly mitigated.
<b>Zone 1</b> (1.5-10 metres)	Create a landscape that will not easily transmit fire to the home. A FireSmart yard includes making smart choices for your plants, shrubs, grass and mulch. Selecting fire-resistant plants and materials can increase the likelihood of your home surviving a wildfire. Plant a low density of fire-resistant plants and shrubs. Avoid having any woody debris, including mulch, as it provides potential places for fires to start. Storing items such as firewood piles, construction materials, patio furniture, tools and decorative pieces against or near a house is a major fire hazard. Move firewood piles, trailers/ recreational vehicles, storage sheds and other combustible structures out of this zone and into Zone 2. If unable to move, store firewood inside your mitigated garage, shed or other ember resistant structures, create a non-combustible zone underneath and for 1.5 metres around trailers/ vehicles and mitigate sheds and other structures to the same standards as those of your home.
<b>Zone 2</b> (10-30 metres)	If your property extends out to this zone, thin and prune evergreen trees to reduce hazard in this area. Within 30 metres of your home, selectively remove evergreen trees to create at least 3 metres of horizontal space between the single or grouped tree crowns and remove all branches to a height of 2 metres from the ground on the remaining evergreen trees. If possible, pruning trees up to 100 metres from your home (Zone 3) is recommended. Regularly clean up accumulations of fallen branches, dry grass and needles from on the ground to eliminate potential surface fuels. Consider seeking the guidance of a forest professional with wildland fire knowledge on appropriate management options for this zone.
Zone 3 (30-100 metres)	Taking FireSmart actions in Zone 3 on your property will influence how a wildfire approaches your home. You can change the dynamics of wildfire behaviour by managing vegetation within this zone. Look for opportunities to create a fire break by creating space between trees and other potentially flammable vegetation. Thinning and pruning is effective here as well. These actions will help reduce the intensity of a wildfire. Consider seeking the guidance of a forest professional with wildland fire knowledge on appropriate management options for this zone.

# BRITISH COLUMBIA

## **Begins at Home**

# How Would I Receive Evacuation Information?

In an EMERGENCY SITUATION, the community may be evacuated to protect the safety and wellbeing of our nation.

Evacuation orders are only implemented when there is an immediate risk to the life or safety of our community residents.

#### TEXT ALERTS

SFN may utilize the Provincial Emergency Notification System (PENS) to send EVACUATION ORDERS via text to all persons within a geographical area - this is an automatic notification system.



#### EMAIL ermits you will rece

If time permits, you will receive an email notification of an EVACUATION ALERT or EVACUATION ORDER via email from SFN Communications.

#### SOCIAL MEDIA

If an EVACUATION ALERT or EVACUATION ORDER is implemented by SFN, you will see the same information posted to our social media channels - this information will be updated continually.



### POSTERS

Any updates, ALERTS, or ORDERS will be printed and posted in the band hall / community use facilities. If time permits, flyers may be distributed in person to homes in the community.

Making sure your contact information is up to date with SFN Communications is important for emergency notification systems!

# WHAT HAPPENS AT EVACUATION RECEPTION CENTERS?

Evacuation Reception Centers are the temporary centers Community Evacuees go to to access resources, support, and check in after emergency evacuations.



### Who Uses Reception Centers?

Any community member or person who has been evacuated from their residence due to an emergency can access reception center services.

### Why Do We 'Check In"?

Initial 'Check In' ensures everyone is accounted for, and is registered to access the services they may need during the evacuation order.



'Check In' can take time - be prepared to wait in line to access services.



**Who Runs Reception Centers?** 

Reception Centers are often run by a team of volunteers and emergency response personnel.

### What Services are Available?

Services are available to support people though the emergency evacuation - this can include gas cards, meal vouchers, hotel vouchers, basic clothing and personal items, pet food, basic medical assessments, and psychological supports such as councilors.



### What if I Need Something Not Offered?

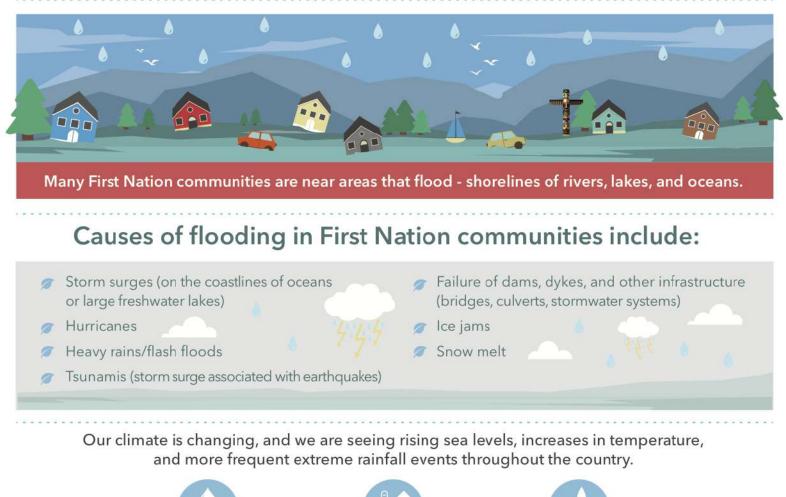
Reception Centers and Volunteers are there to provide for BASIC LIFE NECESSITIES - they will do their absolute best to accommodate immediate needs for as many people as possible.

### **Temporary Housing & Meals**

During extreme events, Reception Centers may be used as 'group lodging' centers or emergency housing. Meals may also be facilitated through a reception center common reception centers include arenas, recreation centers, stadiums, and schools.



# HOW CAN A FLOOD **AFFECT YOUR COMMUNITY?**









**Rising Sea Levels** 

Increased Temperatures

Extreme Rainfall

The impacts of these events on First Nation communities can be severe, because of location and close ties to the land.

# Potential impacts of flooding to First Nation communities include:

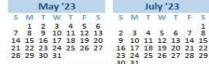
- Damage or destruction of community infrastructure, 1 such as roads, bridges, community buildings, schools, and water and sewer systems
- Damage or destruction of housing
- Disruptions to education due to evacuation or 1 damage to school buildings
- Stress and anxiety associated with flood events

- Health issues due to mold and water damage in housing following a flood
- Interrupted access to cultural, hunting, fishing and gathering areas
- Impacts and damage to aquatic habitat, harvesting areas and cultural sites

We can't reduce flood hazard, but we can reduce exposure and vulnerability through adaptation planning. Tools and resources to help your community understand hazard and vulnerability, and prepare a climate change adaptation plan, can be found at: http://floodsmartcanada.ca/climate-change-and-first-nation-communities/



# June 2023



					28 29 30 31	23 24 25 26 27 28 2 30 31
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
Walking Group 8:30	Walking Group 8:30 am	Heather's Health Hour 10 am - HC Skin Cancer Education	Smart Recovery-6pm w/Annie	Walking Group 8:30 am		
11	12 Walking Group 8:30 am	13 Elders Group	14 Smart Recovery-6pm	2 pm HC 15 Physiotherapy-HC	16	17
	waiking Group 6.50 am	11 am Gym	w/Annie	8:30 am 2:30 pm Walking Group 8:30 am Land Based Skills 2 pm HC		
18	19	20	21	22	23	24
	Walking Group 8:30 am		Aboringal Day	Walking Group 8:30 am	Mobile Support Team	
			CLOSED		Shamalla	
				Land Based Skills 2 pm HC		
15	26	27	28	29	30	31
	Walking Group 8:30 am	Elders Group 11 am Gym	Smart Recovery-6pm w/Annie	Drea's Footcare - HC 9:00 AM Walking Group 8:30 am		
	Tsow-Tun Le Lum	Tsow-Tun Le Lum	Tsow-Tun Le Lum	Tsow-Tun Le Lum Land Based Skills 2pm HC		
1	2		ling ( Contact Rebecca Widdic 1 Reduction (Contact Annie Mi acy 250-788-7266)	Heather offers ( by app ombe 25(HPV ( Cervical cancer) ller 250- Education on all health Narcan with Education TB screening.Immunic	screening topics	Harm Reduction Supplies Annie Miller
		(Contact Lynette Murphy 250-	-788-7375)	Baby,Flu,Pneumonia, S	2	

# Saulteau First Nations Elders Bottle Donation

to help support the Elders with their trip to the National Gathering of Elders in Edmonton AB.

# Collection Date:

Drop-off Location: Chetwynd Recycling and Bottle Depot

Drop of your bottles and cans at the Chetwynd Recycling and Bottle Depot. Let them know it is for the Saulteau First Nations Elders

Thank you for supporting v

# DISPOSAL OF MEDICATIONS

BRING IN YOUR EXPIRED OR UNWANTED MEDICATION TO BE DISPOSED OF AND GET A GIFT CARD. THE HOME CARE NURSES WILL ALSO COME TO YOUR HOUSE TO PICK UP IF YOU ARE UNABLE TO MAKE IT TO THE HEALTH CENTER.

> MAY 29TH TO JUNE 1ST Saulteau health center 8:00 Am to 4:30 Pm



### Day Treatment/Wellness Program in Saulteau First Nations Survey

Saulteau First Nations Health Centre is seeking feedback from community to gauge interest in hosting a day treatment/wellness program in community. We are looking to bring in an outside organization to facilitate the program with support from Saulteau elders and traditional knowledge holders. Please provide your thoughts and feedback below.

Sign in to Google to save your progress. Lewin more

#### Indicates required question

If Saulteau offered a day treatment program in community would you be interested in attending?

-	
_	
0	No

Maybe

# The SFN Health Centre wants your feedback!

TAKE THE SURVEY HERE:

THE SURVEY WAS ALSO EMAILED TO ALL MEMBERS





Saulteau First Nations Health Centre

# Mental Wellness and Substance Abuse Counselling:

- no cost, trauma informed, client-centred individual therapy
- support to attend day and residential treatment programs
- harm reduction supplies and service navigation
- a supportive, non-judgmental, confidential environment to support your wellness goals

Contact the Mental Wellness and Substance Abuse Counsellor for more information. **IJ** akingstonmiller@saulteau.com © 250-401-7616 (call or text) SAULTEAU FIRST NATIONS HEALTH CENTRE

Harm Reduction Supplies

#### to support:

- Safer Sex (male and female condoms and lube)
- Safer Injecting (needles and syringes, cookers, filters, sterile water, alcohol swabs, tourniquets, vitamin C)
- Safer Inhaling (foil, straws, push sticks, bowl pipes and straight stems)
- Safer Swallowing and Snorting
- Overdoses (nasal and injectible naloxone)

SUPPLIES CAN BE PICKED UP FROM THE HEALTH CENTRE OR DROPPED OFF TO YOUR HOME. PLEASE CONTACT THE SUBSTANCE ABUSE AND MENTAL WELLNESS COUNSELLOR FOR MORE INFORMATION.

akingstonmiller@saulteau.com 250-401-7616 (call or text)

# HEATHER'S HEALTH HOUR

# June 6, 2023 10 am At the SFN Health Center

# This month's topic is SKIN CANCER

#### Learn about

- Your risk of developing skin cancer
- How to decrease your risk
- How to perform a self examination for signs of cancer
- What to look for

Enter your name for a chance to win a prize Draws every 3 months

Current Prize is a Lagostina 12 piece pot and pan set.

In addition, those who attend will get a \$10 gift card to your choice of:

- Crow Feathers
- Tim Horton's or
- Subway

Join me at the Health Center the first Tuesday of every month at 10 am for education on health topics, coffee and bagels.

 If you are experiencing difficulty breathing, chest pain or discomfort, or a severe cough, contact your health care provider, walk-in clinic, or emergency department. If you are having a medical emergency, call 9-1-1. If you are unsure whether you need medical care, call Health Link BC at 8-1-1

### 👷 Tips to reduce your smoke exposure 👷

- Smoke levels may be lower indoors but will still be elevated, so stay aware of your symptoms even when you are indoors.
- Running a commercially available HEPA (high efficiency particulate air) filter can improve indoor air quality in the room where the device is located.
- If you have a forced air heating/cooling system in your home, it may help to change the filter and set the fan to run continuously.
- Reduce indoor air pollution sources such as smoking, burning incense, and frying foods.
- · If travelling in a car with air conditioning, keep the windows up and the ventilation set to recirculate.
- If you are very sensitive to smoke, consider moving to another location with cleaner air, but be aware that conditions can change rapidly.
- · Maintaining good overall health is a good way to prevent health effects resulting from shortterm exposure to air pollution.

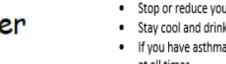
Smoky Skies Bulletin: https://www2.gov.bc.ca/gov/content/environment/air-land-water/air/airquality/air-advisories

SMOKY SKIES IN OUR AREA

Please see below information and health recommendations for when there is wildfire smoke in the air.

## \Lambda During smoky conditions \Lambda

- Stop or reduce your activity level if breathing becomes uncomfortable or you feel unwell.
- Stay cool and drink plenty of fluids.
- If you have asthma or other chronic illness, carry any rescue (fast-acting) medications with you at all times.
- Make sure that children and others who cannot care for themselves follow the same advice.
- Everyone responds differently to smoke inhalation. Mild irritation and discomfort are common, and usually disappear when the smoke clears.
- Exposure to wildfire smoke and the virus that causes COVID-19 can both result in respiratory symptoms such as a dry cough, sore throat, or difficulty breathing.







#### WILDFIRE SMOKE & HEAT combined

People at greater risk

- seniors pregnant people
- infants and young children
- people who work outdoors
- people involved in strenuous outdoor exercise
- people with other health conditions, such as:
  - o cancer
  - diabetes 0
  - mental illness •
  - lung or heart conditions

#### Symptoms of combined wildfire and heat exposure Mild symptoms:

- tears
- runny nose
- sore eyes and throat
- Moderate symptoms: . skin rash
  - headache
  - extreme thirst
  - muscle cramps
  - heavy sweating
  - nausea or vomiting
  - coughing or wheezing
  - rapid breathing and heartbeat
  - dark urine or decreased urination

#### Severe symptoms:

- chest pain
- difficulty breathing
- dizziness or fainting
- high body temperature
- confusion and lack of coordination
- no sweating, but very hot, red skin

#### How to reduce your risk

- Keep windows and doors closed and stay cool
- Use an air conditioner on recirculation
- If there is a public area offering clean cool
- air, go there Limit outdoor and strenuous activity

Find a clean air space to cool off and take a break from the smoke

Move to a cool, smoke-free place and hydrate immediately. Water is best.

You may be having a heart attack, heat stroke or other medical emergency. Call 9-1-1 and seek immediate medical care. While waiting for help, try to cool down by moving to a cool place and apply cold water to large areas of your skin.

- Stay hydrated water is best
- Check in on neighbors, the elderly and the sick
- When indoors, minimize other sources of air pollution.



The Centre for Excellence in Indigenous Health presents:

### INDIGENOUS PUBLIC HEALTH TRAINING INSTITUTE SUMMER 2023 - Now accepting applications

#### August 2023 in person at UBC

The courses for the IPH summer Institute are:

- Interdisciplinary Approaches to **Understanding the Health of Indigenous** Peoples (SPPH 589 1.5 credits / noncredit)
- Environmental Health and Indigenous Communities (SPPH 577 1.5 credits/noncredit)
- Application deadline: May 31st
- Scholarships are available
- Got questions? Email: olivia.baptiste@ubc.ca

#### Apply online: health.aboriginal.ubc.ca

HEALING

CEDAR BRUSHING

S U N	MON			JZ 5	F R I	School S A T
					2 No School NID	3
1	5	6	1	8	9	10
1	12	13	14	15	16	17
8	19	20 Year End Celebration 12:00-2:00	21 National Indigenous People's Day STAT	22	23	24
25	26 Field-Trip Lake Day (weather permitting)	27 Field-Trip Lake Day (weather permitting)	28 Clean-up and outdoor play day	29 Last day of school for all studentrs	30 Admin Day NID	

Muskoti Elementary School

# Welcome to Pre-K & Kindergarten at



We would like to invite all currently registered and interested families to our open house for a <u>BBQ</u>

Muskoti Elementary School 1717 Boucher Lake Road
– Enter through the playground

Winest Thursday, June 1, 2023 - 12:00-2:00

To come meet the staff and introduce our new students and their families to their school

② (250) 788-7361
 1717 Boucher Lake Road, Moberly Lake, BC
 S PO Box 1020 Chetwynd BC, V0C 110





# Muskoti Elementary School

## IMPORTANT UPDATE... We are honoured and proud to announce that we will be adding grade 3 for the 2023/2024 school year. ③

Register early to ensure a spot as we keep our classes small to offer the best!

We have witnessed first-hand the magnificent results that can happen from the programs supplied to First Nations Schools.

## Quotes from current and past parents:

"Thank you for teaching my son Cree words, I'm very impressed that he is also learning his language as well. This is very impressive for a 4-year-old considering I never taught him any of these words. So, thank you."

"I am feeling so blesses for such amazing teachers for our children... mussi"

"Thank you for having so much love in your heart and someone our children can look up to. You are not only a role model to them, but you are to me as well. Your dedication and love filled heart is beyond measurable! Please know how amazing and awesome you are as not only their teacher but also to me for being the nurturing soul for my precious boy when I can't be there."

"Our family appreciates all the hard work you put into teaching our kids 🎔

# Our kids are amazing!

② (250) 788-7361
 1717 Boucher Lake Road, Moberly Lake, BC
 S PO Box 1020 Chetwynd BC, VOC 1J0

Saulteau First Nations Muskoti Learning Centre 1717 Boucher Lake Rd Moberly Lake, BC VOC 1X0

#### Re: Crema, Dillan - Letter of Appreciation: Educational Sponsorship

Dear Audrey Norris et al.,

I am writing to you and your team today to express my sincere gratitude to Saulteau First Nations (SFN) for sponsoring my academic journey at Royal Roads University. I am excited and proud to share that I have successfully completed my **Bachelor of Business Administration in Innovation and Sustainability**. This achievement would not have been possible without the tuition assistance and monthly living allowance that SFN provided, which allowed me to pursue my educational goals.

Furthermore, I am pleased to inform you that I have accepted a position with the First Nations Health Authority (FNHA) as a **Project Manager for Nation Shared Services** (Interior Region). Without the support from SFN and your team's commitment to furthering our people's educational outcomes, I would not have been offered such a position that allows me to support the transformative work of primary care at FNHA and work to ensure equitable and increased access to health care services for BC First Nations.

When we first talked, you reminded me of the value of education and said, "You will never regret getting your education." These words could not be more accurate. The team at Muskoti Learning Centre and all the staff at SFN have truly changed my life with their support, and I know that it will continue to create meaningful change in the lives of others, as it did for me. I am proud to be Saulteaux and humbled by the collective strength and support in our Nation. By increasing access to educational opportunities, we directly work to become a proudly determined Nation that is culturally strong, self-sufficient, and proud.

Thank you again for your support and dedication to our people's educational success.

Mussi | Thank you,

Dillan Crema

# Why Are We Talking About Attendance?

- Making sure that all students have every opportunity for success by attending school consistently is critical.
- Simply put ... students cannot learn when they are not in school.
- When students miss school they also don't have the chance to develop important social emotional skills.
- Research shows that this issue requires a collective response with families, schools, and communities all working together to help students get to school regularly.

First Nations Schools Association

# And lates matter, too

- While we use the term "absence" ... being late for school and consistently leaving early at the end of the day is also time away from school – which means lost learning time.
- Students who are late often miss the beginning of morning classes, when important learning is taking place.
- Studies show chronic tardiness is connected to lower standardized test scores and lower graduation rates.
- Learning the importance of being on time is a life skill needed for future employment and lifelong success.
- Late arrivals can disrupt instruction and cause distractions for other students.



# **JUNE 2023**

MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 After School Homework Club Mon - Thu 3:30 pm - 4:30 pm	6	7 Stay in School Celebration & Park Grand 4:30 pm Opening		9	10
11	12 After School Homework Club Mon - Thu 3:30 pm - 4:30 pm	13 Birch Forest Development Day	14 Homework Club Pizza & Prizes 3:30pm - 4:30 pm		16	17
18	19 After School Homework Club Mon - Thu 3:30 pm - 4:30 pm	20 Lake Day Swimming Kayaking Fire & Snacks	21 Aboriginal Day	22	23	24
25	26 After School Homework Club Mon - Thu 3:30 pm - 4:30 pm	27	28 Homework Club Pizza 3:30pm & Grand Prize Draw	29 Last Day of School	30	

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



Plum Counselling

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

Contact us:

587-873-5082

plumcounselling.ca



Approved First Nations Health Authority Mental Health Provider

FREE CONTRACEPTIVES FOR ALL

Many contraceptives are free to B.C. residents

#### How it works

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

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

Present the prescription and your BC Services Card at any pharmacy

The pharmacist fills your prescription for free

These forms of contraceptives have fully covered options:

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

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



Working together to bring Government of Canada services to

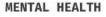
you.

• \*

Representatives from Service Canada will be in your community: DATE: June 26th , 2023 TIME: 2pm-5pm Clinic. Location: SFN Gymncsium

If you are unable to meet with us during this visit, you can request information and assistance through the Outreach Support Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657









MOBILE SUPPORT TEAM FROM FNHA

The Mobile Support Team will again be making visits to our community. Referrals can be done by one self or through the Health Center.

SHAMALLA M, MA, RCC CLINICIAN - MENTAL HEALTH AND ADDICTIONS FIRST NATIONS MOBILE SUPPORT TEAM PROUDLY SERVING BLUEBERRY RIVER, DOIG RIVER, HALFWAY RIVER, WEST MOBERLY & SAULTEAU FIRST NATIONS

> CELL: 250-261-1484 FAX: 778-576-5112

> > JOIN US to find out more about... Service Canada will be in your community on June 26th to do a clinic providing help with Social Insurance Numbers, Employment Insurance, Canada Pension Plan and Old Age Security.

\*If you are needing a SIN, Please bring your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

\*If you are unable to meet with me during this visit, you can request information and assistance through the Outreach Support Centre from 8:30 am-4pm, Mon-Fri: 1-877-631-2657

\*If you need a SIN, please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

BCPharmaCare

## **ESTATE SERVICES** FOR FIRST NATIONS

#### DECEASED ESTATES

If your deceased loved one lived on a reserve when they died, the Government of Canada is responsible for:



Approving their OR will and appointing the executor named in their will



Appointing an administrator to manage the estate when there is no will

#### DEPENDENT ADULT ESTATES



If your loved one has been diagnosed as incapable of handling their own affairs and lives on a reserve. the Government of Canada is responsible for appointing someone to manage their property, such as money, lands and debts.

### MINOR ESTATES



A minor is someone who is under the age of majority in the province or territory where they live.

In rare circumstances, such as when the parents or guardians of the minor are not available or able to help, the Government of Canada can help minors who live on reserve manage their property or possessions, and may establish Trust Accounts for minors receiving payments from their First Nation or settlements.

### SOME DUTIES OF AN ADMINISTRATOR OR EXECUTOR



Distribute



#### Pay debts

estate assets. such as cars, bank accounts, furniture or money from legal actions or settlements

Make a claim under legal actions or settlements that allow

estate claims

to be made

### CONTACT INDIGENOUS SERVICES CANADA. WE CAN HELP.

#### **Estate Services -**Services d'administration des Successions

aadnc.estates-successions.aandc@canada.ca

#### Public Enquiries:

aadnc.infopubs.aandc@canada.ca 1-800-567-9604



# **SFN Recreation June 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Open Gym from 4- 7pm	7 Other SFN Event happening (Stay in School awards)	8 Open Gym from 4- 7pm	9 Family Games and Movie Night in SFN gym from 5-8:30pm	10
11	12 Other SFN Event happening (Advance Voting)	13 Open Gym from 4- 7pm	14 Other SFN Event happening (Final Council Voting)	15 Other SFN Event happening (Chief Nomination)	16 Guided Painting for ages 6-15 from 6-7pm TBD	17 Other SFN Event happening (Chief Candidate Forum)
18	19	20 Other SFN Event happening ( <b>Primary</b> <b>Year End</b> )	21 Aboriginal Day at Pemmican 11-2pm	22 Other SFN Event happening (Advance Chief Voting)	23	24 Other SFN Event happening (Final Chief voting)
25	26 Other SFN Event happening (Service Canada Workshop)	27 Other SFN Event happening (Council Ceremony)	28 Other SFN Event happening (TREP Fire Smart Awareness)	29 Men's Group 6-8pm	30 Swim and Pizza at Chetwynd Rec Centre 6-8pm	

THERE IS A POSSIBILITY THAT SCHEDULES CAN CHANGE SO PLEASE KEEP WATCH

#### Information

Please join our Facebook group called "SFN Recreation" to see more information and photos as well @

#### Other SFN Event happening:

etc

#### **Recreation Coordinator**

We will not be scheduling programs on the same day as the significant SFN events. They are important for the entire community and posted for evening times. They also require set up and take down of chairs/tables and cleaning floors,

Brooke Walker 250-788-6269 bwalker@saulteau.com





PLOT IN THE COMMUNITY GARDEN? PLEASE CONTACT THE HEALTH CENTER BY JUNE 7TH

# HOUSING

## June 2023



Mold grows best in damp places. It can come in all different colors and shapes. If you think you have a spot that may be mold, there are a few things you can do yourself. Scrub the area with a detergent. You can try using different cleaning products such as baking soda, vinegar and detergent sprays. Here is a product that works well to remove and prevent mold.





How To Clean Your Drains-Cleaning your kitchen and bathroom drain is an effective way to stay on top of mold or smells that can occur. To do this just follow these steps.

- Pour a handful of baking soda into the drain.
- Add one cup of vinegar to the drain.
  Put the plug in the drain.
- Let the vinegar and baking soda sit for about 20 minutes.
- Run fresh water down your drain.

For floor drains in basements or crawl spaces; Drains will dry out over time. This will emit an odor which is easy to fix. Just pour some fresh water down the drain.

### Mold-Proofing Your House, Room by Room

Last month we touched on a few ways to prevent mold from spreading in your home. Here are a few more ideas that will help to keep your home mold free.

#### Bathroom-

- Check the bathroom fan to make sure it exhausts to the outside of the home.
- Turn on the bathroom fan whenever you shower. Keep it running for 15-20 minutes after you shower.
- Take short showers if possible.
- Keep surfaces that get wet, such as the walls around the bathtub and shower, clean and dry. (Wipe them after each shower or a few times a week.)
- Clean drains regularly.

#### Kitchen-

- When you are cooking, use the range hood fan.
- Minimize prolonged boiling.
- Keep your drains in good shape. (Check for leaks regularly.)
- Pull out your fridge and stove to clean underneath and behind.
- Take out garbage daily to prevent odors and spoiling.

#### Other parts of the house-

- When family and friends come into the house, have them take their shoes off.
- Vacuum often, removing small particles of dust and molds.
- Clean hard wood or vinyl flooring with a damp mop.
- Remove unnecessary furniture that collects dust.
- Do not bring furniture into your house that has been stored in a moldy place.
- Watch your potted plants closely. Soil is a great place for mold to grow.

### **PET CONTROL**

As a pet owner, you are responsible to control your dog at all times, whether you are at home or not. We have noticed an abundance of loose dogs roaming the community. We have also had reports of aggressive dogs who have attacked community members. Please be mindful of where your pets are at all times and keep them contained in your own yard or home.





WHAT MAKES A DAD? The strength of a mountain, The majesty of a tree, The warmth of the sun, The calm of a quiet sea, A generous soul in nature, The comforting arm in night,

The wisdom of the ages, The power of the eagles flight, The joy in a morning spring, The faith of a mustard seed, The patience of eternity, The depth of a family need. Combining all these qualities, There's nothing more to add. This masterpiece is

complete...and we will call him DAD!! HAPPY FATHER'S DAY





### **SPRING HAS SPRUNG!!**

There is no better time to spruce up your yard and get some fresh air. A spring yard clean up can really allow you to enjoy your outside space. Here are a few tips and tricks to get started:

- 1. Rake all lawn areas, clearing all winter debris (leaves, branches, thatch, etc.)
- 2. Clean out garden beds, turning soil, to be ready for planting.
- 3. Trim/cut back old growth on plant life.
- 4. Prune fruit trees.
- 5. Plants vegetables for the whole family to enjoy!

Have you checked out the plant selection at Twin Sisters Nursery?? The have a vast selection of vegetables and flowers for all your planting needs.





# SFN Pet Spay/Neuter Program

Are you an on-reserve member with a pet in need of spaying/neutering? SFN offers a free program through Chetwynd Veterinarian Clinic!

Contact Niki Ghostkeeper to make an appointment.

### nghostkeeper@saulteau.com



# Saulteau FIRST NATIONS PEMMICAN DAYS PUGEESEE DRUMMERS WANTED!

FOR THE PUGEESEE TOURNAMENT JUNE 7TH-9TH 5:30-8:30PM

Honorarium provided

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



Do you have any unwanted vehicles in your yard? Please call the Housing Department and we can help make arrangements to get them taken away! 236-364-2019

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Join us for coffee, tea and lunch while meeting the Language Initiative Staff

Learn about the ways you can get involved with the Dane Zaa Language Program

For more information contact Erika Froh at 250-261-7013 Join the NENAN Staff at the office for a Meet and Greet

LANGUAGE INITIATIVE

Friday June 2, 2023

OOILDO=

Meet and Greet - Followed by small informational presentation

Saulteau

#### Call Out For Elders & Language Keepers

We are looking for individuals that are fluent Dane Zaa Language Speakers to assist with our programs

Friday June 2, 2023 12:00 - 1:00 PM

#### June 2023



#### Hello,

I hope you are well and enjoying what the season has to offer! I also hope you are out and about enjoying nature and its beautiful sounds, the warmth of the season, and most importantly, our beautiful lake and back yard.

Please find attached, an update on Lands current projects.

#### **Recalling our Place Names**

- completion of project by TREP/Lands Staff- March 27th
- Legacy Signs (FSJ) is completing 10 Signs
- TREP Dept (Jordan/Ty) to erect signs in summer and ensure pictures are taken in each location

#### Sacred Sites

- Project planning Brunch meeting held on April 25th
- Ideas presented on the development of this project Items to do:
  - Ryan find # & grave locations listed in TUS database
  - Contract crosses and fences- (# & Costs)
  - Purchase Benches (3) Determine Cost
  - Donovan Cameron discuss sign ideas for various locations
  - C&C Reclaim exposure of Onion Hill (Gravel Pit)

#### Land Use/Economic Development Planning

- May 9th & 10th review draft plans w/Lands Committee, C&C, Admin., Urban Systems
- Revised DRAFT to be sent to membership for input and review June
- Lands to develop Off Grid/Rural Residential area Vermont Road
- Completion of LUP expected end of September 2023
- Policy Development required for completed LUP

#### Cemetery

- Cemetery Planning Brunch Meeting held May 9th
- \$32,500 remaining in budget (Signs, community feast, consulting fees, contract work, supplies)
- BC Hydro Funding Approved for Hill Stabilization project
  - planting red willows, saskatoon bushes by TSN (Twin Sisters Nursery) Early June
  - Will require maintenance to water plants in cemetery- work order to be issued
- Policy Development (Meeting Required Policy developer, Indian Registrar, Maintenance)
  - columbarium Niche application
  - plot application
  - Who will oversee grave digging and safety factors & cultural practices involved in burial are handled properly?
- Additional funding required (gazebo, driveway arch with name of cemetery in traditional language)
- Cemetery Clean Up Day Thursday June 1st 10-12 w/BBQ to follow CANCELED

#### SFN Trails Network Plan (TNP)

- May 9th meeting with Urban Systems on plan development
- Community Engagement to be scheduled for June, for further input on trail development
- Project extension request submitted May 9th for September 30th
- A BIG THANK YOU to BC Hydro for their \$30,000 contribution towards this project

#### Land Code Development

- Website Addition adding to SFN existing website
- Lands Committee
  - Recent Training April 26<sup>th</sup> 5-7 pm Virtual Meeting Framework Agreement
    - May 3rd 5-7 pm Virtual Meeting 44 sections of Indian Act
    - May 9th In Person Meeting to review Draft Land Use Plan
  - Upcoming Training June (date tbd) In person Meeting to review DRAFT Land Code

#### Upcoming -

- May 25 All Party Meeting 1 pm
  - LABRC, ISC, NRCAN, Verifier, James H., Dan (Urban)
  - Discuss: Draft Land Code, Individual Agreement, Community Ratification process, Community Engagement, research reports
- June 4-8 2023 LABRC National Conference Ottawa Ontario
- Columbia Environmental ESA (Environmental Site Assessment)
  - will be researching current data, Summer be hosting community involvement and site visits and hiring 1 member to participate in the process. Looking for additional funding to cover honorariums, additional wages for additional members in process involvement.

#### Lot Application Development

- Review and update of SFN current lot application process
- Policy development required - Lands to include on revised application:
  - Additional Demoised application
    - Additional Requirements:
      - Desktop Review Ensure area is clear of Traditional Use Sites, as listed on TUS Data
      - Application fee refundable upon startup of development

Thank you for your time and I hope you enjoyed the update on Lands Current projects. If you have any questions or comments, please feel free to contact me. I would appreciate hearing your thoughts and ideas to incorporate into our community-based projects.

Sincerely,

Mary N. Dovle

Lands Officer Direct Line: (236) 364-2012 Email: mdoyle@saulteau.com www.saulteau.com



# GOT BATS? CALL THE LAND GUARDIANS 250 788 7290

Summer is here! Which means the BUGS and BATS are too! Bats are incredibly important for a healthy ecosystem. They can eat 800-1,000 insects in one hour!!

The Land Guardian Program participates in BC Bats and NABat Programs monitoring and recording bat populations in the area. When We Count

June Ist – 2Ist Before the pups can fly July 11th – August 25th Pups and mothers fly in and out of the roost

If you suspect that bats might be roosting in your home LET US KNOW!! We will come down one night with our handy Echometer to record the bat's calls and count the bats leaving the roost.

# SFN Job Postings

#### Current Saulteau First Nations Career Opportunities

- IT Support Technician
- Social Transportation Driver
- Grounds Maintenance Summer Students x 6
- Summer Childcare Program (Summer Students)
- Tenant Relations Officer (1 Month Term Position)
- Emergency Program Assistant (1 Year Term)
- Grounds Maintenance Lead
- Expression of Interest for Strategic Planning Facilitator
- Muskoti Elementary School Teacher
- Seasonal Carbon Lake Caretaker(s)
- Early Childhood Educator
- Custodian (Part Time)
- Manager, Family Support Services

#### **4EverGreen Career Opportunities**

- Class 1 Truck Drivers
- Financial Controller

### Aski Reclamation Career Opportunities

• Cultural Monitors Project Coordinator

#### Mountain Time Industrial Services Career Opportunites

Office Administrator

#### North Wind Supplies Career Opportunities

• Full-Time Front Counter Staff

### Mistahiya Development Corporation Career Opportunities

Accountant

Apply Online www.saulteau.com/employment