

SAULTEAU FIRST NATION NEWSLETTER



MAY 2023

FEATURED COMMUNITY NEWS

HISTORIC TLE SETTLEMENT



On April 15th, 2023, SFN Chief and Council, Treaty 8 First Nations, Canada, and B.C. representatives gathered to announce the signing of Historic Treaty Land Entitlement Claims. This announcement demonstrates B.C. and Canada's commitment to Treaty 8 Nations (Blueberry River, Doig River, Halfway River, West Moberly, and Sauteau First Nations) and righting a 100-year-old historic wrong against First Nations in northeastern B.C.

After the Signing, Chief Justin Napoleon delivered a passionate speech detailing the historic injustices that the Sauteau Nation suffered, and the path forward to reconciliation. His speech can be found here: <https://www.youtube.com/watch?v=uJAHbO4meRQ>

SFN TLE Voting Results

830 Total Voters
800 YES
22 NO
8 Spoiled Ballots

Successfully ratified on
March 27th, 2023



Chief & Council



Chief Justin Napoleon

Davis Family Councillor

jnapoleon@saulteau.com

Penny Berg

Courtoreille Family Councillor

pberg@saulteau.com

Rudy Paquette

Desjarlais Family Councillor

rpaquette@saulteau.com

Falon Gauthier

Gauthier Family Councillor

fgauthier@saulteau.com

Juritha Owens

Napoleon Family Councillor

jowens@saulteau.com

Contact



Saulteau First Nations

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

(250) 788-3955
communications@saulteau.com

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

Newsletter Submissions

Now accepting submissions for the following:

Birthday, Anniversary, and Wedding Announcements! Thank you Notes and well wishes to members.

Email your message to
communications@saulteau.com

OUR LAND IS OUR FUTURE

UNION OF BRITISH COLUMBIA INDIAN CHIEFS



FOUNDING HEAD OFFICE
209 - 345 Chief Alex Thomas Way
Kamloops, B.C. V2H 1H1
Tel: 250-828-9746
Fax: 250-828-0319

VANCOUVER OFFICE
401 - 312 Main Street
Vancouver, B.C. V6A 2T2
Tel: 604-684-0231
Fax: 604-684-5726
1-800-793-9701
Email: ubcic@ubcic.bc.ca
Web: www.ubcic.bc.ca

April 20, 2023

Chief Judy Desjarlais
Blueberry River First Nations
Chief.JDesjarlais@blueberryfn.ca

Chief Trevor Makadahay
Doig River First Nation
tmakadahay@doigriverfn.com

Chief Darlene Hunter
Halfway River First Nation
dhunter@hrfn.ca

Chief Justin Napoleon
Saulteau First Nations
jnapoleon@saulteau.com

Chief Roland Willson
West Moberly First Nations
rwillson@westmo.org

Via email only

Re: Settlement of Treaty 8 Treaty Land Entitlement Specific Claim

Dear Chief Desjarlais, Chief Makadahay, Chief Hunter, Chief Napoleon, and Chief Wilson:

We write to express our profound congratulations to you and your Nations on achieving justice for your Treaty Land Entitlement specific claim after decades of negotiations with the federal and provincial governments. The settlement represents a momentous turning point in the resolution of specific claims. We could not be happier that the lands promised to your Nations in your historical treaty will be restored to you and that you will be provided with the financial compensation to address years of environmental degradation resulting from broken treaty promises that permitted industrial development on your lands without your consent.

As we listened to the announcement on April 15th, we were struck by the strength and courage of your Elders and successive generations of leadership. We owe you all a tremendous debt of gratitude. As Chief Desjarlais said, "It's been a long road." The economic, spiritual, and emotional toll of the 25-year journey to negotiate your claim – including the loss of beloved Elders and knowledge keepers – could be heard in the voices of everyone who spoke so movingly about the process. Your communities have demonstrated integrity and incredible perseverance in holding the Government of Canada accountable for breaking its treaty promises and maintaining pressure on the provincial government to accept responsibility for the

dispossession of Treaty 8 Nations' lands and resources. The sense of relief at finally reaching an acceptable settlement must be immense.

We take inspiration from your steadfast commitment to honour your treaty and, as Elders Dean Dokkie and George Desjarlais articulated so beautifully, the gift and promise honouring the treaty represents for future generations. Our sincere hope is that this settlement will be a life-changing, lasting legacy for First Nations communities in the Peace Region and beyond.

On behalf of the UNION OF BC INDIAN CHIEFS

Grand Chief Stewart Phillip
President

Chief Don Tom
Vice-President

Chief Marilyn Slett
Secretary-Treasurer

CC:



NOTICE OF 2023 CHIEF & COUNCIL ELECTION

PUBLIC NOTICE IS HEREBY GIVEN to the eligible voters of the Saulteau First Nations of the 2023 Nominations and Elections.

As per Saulteau First Nations Electoral Procedures, notice is given 60 days prior to expiration of three-year term of Council.

Qualifying members of each of the five families are eligible:

Courtoreille, Davis, Desjarlais, Gauthier and Napoleon

Nomination Meeting: May 29, 2023

at Saulteau First Nations Band Office 6-8 pm

All Nominees must meet the Eligibility for Office: (including, but not limited to)

- All nominations must have a seconder (nominator)
- Must submit a Criminal Records Check (it is advised to start this process immediately)
- Must be in good financial standing with Saulteau First Nations
- Pay a nomination fee of \$25.00

Electoral Officer Greta Goddard

hhclassactfitness@gmail.com

250-783-0855

Posted: Thursday, April 27, 2023



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: hhclassactfitnesss@gmail.com 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: hhclassactfitness@gmail.com 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: hhclassactfitness@gmail.com

Posted: Thursday, Apr. 27, 2023.



HAPPY BIRTHDAY

Phinn Cameron, May 2nd
Happy 15th Birthday, Phinn!
We are so proud of you!
Love from your Family ❤️

Your Message Could Be Here!

Have an announcement that you want to share with the SFN Community? E-mail it to communications@saulteau.com by the last Thursday of every month

Do you know the difference between an Evacuation **Alert** & **Order**?



STAGES OF EVACUATION

EVACUATION ALERT

Be ready to leave on short notice.

EVACUATION ORDER

You are at risk. Leave the area *immediately*.

EVACUATION RESCINDED

All is safe and you can return home.

More info on what to expect during an evacuation: <http://ow.ly/hhrZ5ONlsZV>

COUGAR SIGHTING!

SFN Onion Subdivision Area - 04.25.2023



Please keep a close eye on your Children and Pets!

MAY 2023

MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Pro - D Day MLC Closed	2 CSS Grad Application Scholarship night 3:30 pm	3 Moccasins with Tammy	4 Community Clean Up Day	5	6
7	8	9 After School Homework Club Mon - Thu 3:30 pm - 4:30 pm	10 Homework Club Pizza & Prizes 3:30pm - 4:30 pm	11	12	13
14	15	16 After School Homework Club Mon - Thu 3:30 pm - 4:30 pm	17 Homework Club Pizza & Prizes 3:30pm - 4:30 pm	18	19	20
21	22 Victoria Day MLC Closed	23 After School Homework Club Mon - Thu 3:30 pm - 4:30 pm	24 Drum Making	25	26	27
28	29	30 After School Homework Club Mon - Thu 3:30 pm - 4:30 pm	31 Homework Club Pizza & Prizes 3:30pm - 4:30 pm			

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

Let's talk about attendance!

Myth: Absences are only a problem if they are unexcused

Fact: Being away from school means lost opportunities, whatever the reason

Myth: Sporadic absences (versus consecutive absences) are not a problem

Fact: Learning time is impacted regardless of when absences occur

Attendance Myths and Facts

Myth: Attendance only matters in the higher grade levels

Fact: Significant research shows attendance at early grade levels has important consequences

Myth: Attendance is a family's problem

Fact: Students miss school for many reasons, and it is best addressed collectively -- by students, families, schools and the community together

MUSKOTI LEARNING CENTRE

SFN CSS STUDENTS

GRADES 8 - 12

READ

-TO-

win



READ BOOKS FOR YOUR CHANCE TO WIN AWESOME PRIZES EVERY MONTH!



COME IN TO THE MUSKOTI LEARNING CENTRE TO REGISTER AND LEARN MORE!

📞 250-788-7368

✉️ BCONRAD@SAULTEAU.COM

CHETWYND PUBLIC LIBRARY

APRIL 2023

MONTHLY MINUTE NEWSLETTER



Give us a call for more info
250-788-2559

Children's Programs

Spring Session runs from April 03 to June 09

After School Programs

3:00-4:00pm

Fun-day Monday
MON - K to grade 3

Free Rangers
TUE - K to grade 3

Master Minds
WED - Grades 4-7

Crazy Creations
THU - K to grade 3

Foodie Fridays
FRI - Grades 4-7

Preschool Programs

Lunch and Tales

TUE - 11:30-12:30 - 3-5 yrs

Mother Goose

WED - 10:00-11:00 - Birth to 2yrs

Playdate Thursdays

THU - 11:00-12:30 - Birth to 5yrs

Playdate Fridays

FRI - 11:00-12:30 - Birth to 5 yrs

Community Kitchens

Start back up in April

Family Easter Fun Night

THU April 6th
6:00-7:00pm

Shania's Craft Kits

Week of April 3rd
Easter Craft

Week of April 24th
Spring Craft

The Library will be closed FRI April 07-
MON April 08 for
the Easter weekend



Call to Register Now!

FREE American Sign Language lessons, times for all ages during the month of April

DID YOU KNOW? The Library has free online courses through GALE Education and LinkedIn Learning. Check out our website or give us a call for more information!

<https://chetwynd.bc.libraries.coop/>

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



May Recreation

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>Gym booked for other SFN event</i>	3 Open Gym/Weightroom @ 6-7pm	4 Holistic Nutrition @ 4:30-5:30pm	5 <i>Gym booked for other SFN event</i>	6
7	8 Walking Group @ 4:30-5:30pm	9 Community Basketball @ 5-6pm	10 Community Volleyball @ 6-7pm	11 Holistic Nutrition @ 4:30-5:30pm	12	13
14	15 Walking Group @ 4:30-5:30pm	16 Community Basketball @ 5-6pm	17 Community Volleyball @ 6-7pm	18 <i>Gym booked for other SFN event</i> H.N. @ 4:30-5:30pm (in boardroom)	19	20
21	22 Walking Group @ 4:30-5:30pm	23 Community Basketball @ 5-6pm	24 Community Volleyball @ 6-7pm	25 Holistic Nutrition @ 4:30-5:30pm	26 Family Games and Movie night in gym @6-10pm	27
28	29 Walking Group @ 4:30-5:30pm	30 <i>Gym booked for other SFN event</i>	31 <i>Gym booked for other SFN event</i>			

Saulteau First Nations Health Centre Mental Wellness Program

Walking Group for Community Members in Recovery and Interested in Recovery

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



Monday and Thursdays @ 8:30am SFN Health Centre.
 No registration required.
 Contact 250-401-7616 or akingstonmiller@saulteau.com for more information

Cemetery Planning Meeting

Discussion: Items completed to date & Items to be completed this summer
Held in conjunction with New Beginnings House & Elders Group

Where: Gymnasium (Brunch to be served)

When: Postponed to Tuesday, May 9th

Time: 10am to noon

For more information:

Contact Mary Doyle 236-364-2012

Email: mdoyle@saulteau.com



LET'S PLAN THE FUTURE

Tuesday, May 2nd
SFN Gym

WITH THE TLE SETTLEMENT MONEY COMING SOON, IT'S IMPORTANT TO START PLANNING FOR YOUR FUTURE!

- 3:00pm Introduction & Brief Payment Distribution FAQ
- 3:15pm Financial Education Session #1 (in Person & Virtual)
- 4:15pm One on One Financial Advice Sessions & Account Opening
- 6:00pm Financial Education Session #2 (repeat of Session #1)
- 7:15pm End

BEVERAGES AND SNACKS WILL BE PROVIDED!

Joel Neustater & Kaleena Walters

With BMO Finance Consultants



Virtual education session Zoom
Invites will be sent to all members
on May 1st via email.

Have Questions? Niki can help!



250-788-7364



nghostkeeper@saulteau.com

PEMMICAN DAYS

CALL OUT FOR FOOD VENDORS

JULY 7, 8 & 9, 2023
SAULTEAU PEMMICAN GROUNDS

REGISTER EARLY AS OUR SPACE IS VERY LIMITED.
VENDORS MUST HAVE HEALTH PERMIT, FOOD SAFE & INSURANCE



SANDRA 1-250-788-7290
SALEXANDER@SAULTEAU.COM



SFN Community CLEANUP & BBQ!

Ways to Help:

- Picking up Garbage
- Driving garbage collectors
- Helping with organization



Time And Place:

Thursday, May 4th
BBQ At SFN Band Hall @ 12pm
Garbage Collection 1-4pm

Calling on Community members of all ages and SFN Staff

VOLUNTEERS NEEDED!

EMAIL RONDA RLALONDE@SAULTEAU.COM

May 2023 Health Centre Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Walking Group 8:30 am	2 Education-Elder Abuse with Nurse Heather-HC 10:00-11:00 am	3 Smart Recovery-6PM	4 Denture Clinic 8:30am Walking Group 8:30 am	5	6
7	8 Walking Group 8:30 am	9	10 Naloxone Training-Gym Community 10 am-12 pm Staff 1:00 pm -3 pm Smart Recovery-6PM	11 Walking Group 8:30 am	12	13
14	15 Walking Group 8:30 am	16	17 Smart Recovery-6PM	18 Walking Group 8:30am Physio Therapy HC 8:30 am -2:30 pm Health Centre Wellness Day 11:00 am-4:00 pm- SFN Gym	19	20
21	22 Stat Holiday Closed	23 Food Safe -Gym 9:30 am start Lunch will be provided	24 Covid Vaccines-HC 9:00 am-11:30am Smart Recovery-6PM	25 Drea's Footcare HC 9:00 AM Walking Group 8:30 am	26	27
28	29 Walking Group 8:30 am	30	31 Smart Recovery-6PM	1	2	3
4	5	Services Available on Request * Youth and Wellness Counselling (Contact Becca Widdicombe 250-788-7262) * Adult Mental Health & Harm Reduction (Contact Annie Miller 250-401-7616) * Dr Banas (Contact MOA Tracy 250-788-7266) * Home Support Services -including homemaking (Contact Lynette Murphy 250-788-7375)		Heather offers (by appointment only) HPV (Cervical cancer) screening Education on all health topics Narcan with Education TB screening, Immunisations Baby, Flu, Pneumonia, Shingles		Harm Reduction Supplies Annie Miller



From Lateral Violence to Lateral Kindness



LATERAL KINDNESS PROMOTES SOCIAL HARMONY

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

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

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



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

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



SEND A “LATERAL KINDNESS GRAM” TO LIFT SOMEONE’S SPIRITS

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

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

EVERY PERSON’S BILL OF RIGHTS

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

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

TOOLS TO RESOLVE CONFLICTS – A CHECKLIST

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

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



RESOURCES

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

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

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



Health Centre Wellness Day

MAY 18TH | 11:00AM - 4:00PM
IN THE SFN GYM

***Jenn's Intuitive Healing,
Heartcore Healing
&
Reiki with Niki***



COVID VACCINE CLINIC

May 24, 2023

9-1130 am

SFN Health Center

Call Melva to book – 250 788-7280

Bivalent booster (MODERNA O/0) doses available for:

- Ages 6 and up (up to age 17 Pfizer is preferred, but Moderna is approved for this age group)
- Those who have already finished the primary series (first 2 doses)
- Those who have not yet had any bivalent booster dose
- It has been at least 6 months since you had any type of covid vaccine

Newest Bivalent booster (MODERNA O/0BA4.5) doses available for:

- Ages 70 and up (indigenous people)
- Ages 80 and up (non-indigenous people)
- You have already finished the primary series (first 2 doses)
- It has been at least 6 months since you had any type of covid vaccine

Anyone age 6 and up who has not yet finished their primary series of 2 doses can get these done today as well. (MODERNA monovalent)

Anyone under 70 (Indigenous) or under 80 (non-indigenous) only gets ONE BIVALENT booster dose ever. (As of April, 2023 – this may change). So if you have already had ONE bivalent booster AND you are under 70 (Indigenous) or under 80(non-indigenous) you do not get another one.



IN PERSON EDUCATION AT THE
SAULTEAU FIRST NATIONS HEALTH CENTER

ELDER ABUSE with Nurse Heather

10:00-11:00AM | MAY 2, 2023

- Enter to win the door prize - 12 piece Lagostina pot and pan set
- \$10 gift cards for everyone who attends
- Snacks and coffee provided



Naloxone Training



Community Event

Learn to reduce the risks of overdose, know the signs, reject the myths, and gain the knowledge and confidence to respond.

May 10th, 2023
10:00 am to 12:00 pm

At the Saulteau First Nations Gymnasium
(lunch provided)

Call Melva at the Health Centre
to sign up: 250-788-7280.



FREE!

SFN Food Safe Course

May 23, 2023

- 🕒 09:30AM START
- 📞 250-788-7280
- 📍 SFN GYM

**THIS COURSE IS FOR
COMMUNITY MEMBERS/STAFF
WHO PROVIDE FOOD FOR
SAULTEAU FIRST NATIONS.
LUNCH WILL BE PROVIDED.**

**Contact Melva to sign up by May 19th
Space is limited to 15 participants**

EMERGENCY PERSONAL PREPAREDNESS

WHAT IS IT?

Preparing you and your household for emergencies – floods, fires, power outages, or evacuations.

HOW DO YOU DO IT?

1. EVALUATE YOUR NEEDS
2. MAKE A PLAN
3. PACK A 'GO BAG'

EVALUATE YOUR HOUSEHOLD NEEDS

IF AN EMERGENCY WERE TO OCCUR – WHAT WOULD YOU NEED?

- MEDICATIONS?
- PHONE CHARGER?
- FLASHLIGHTS?
- BABY SUPPLIES?
- PET SUPPLIES?
- WARM COATS?

MAKE A PLAN

- TALK TO YOUR FAMILY / KIDS
- PICK A 'MEET UP' PLACE
- THINK ABOUT TRANSPORTATION NEEDS

PACK A 'GO BAG'

HAVING EMERGENCY SUPPLIES PACKED & READY TO GO CAN SAVE TIME DURING EMERGENCIES.

THINKING ABOUT EMERGENCIES TODAY MEANS A BETTER RESPONSE AND QUICKER RECOVERY WHEN EMERGENCIES HAPPEN!



REMINDER – PLEASE KEEP DOGS TIED UP OR FENCED IN!

ROAMING DOGS CREATE SAFETY HAZARDS FOR OUR COMMUNITY
PLEASE USE LEASHES IN RESIDENTIAL & BUSINESS AREAS





HOUSING



MAY 2023 NEWSLETTER

HOW TO PREVENT MOLD FROM GROWING!

Mould needs moisture to grow, Controlling the moisture and keeping the house dry can help to prevent the growth of mold.



Check you house for signs of moisture or mold. Find out if water is coming in from the outside or if lots of moisture is produced inside the house.



Check your house foundation, walls and roof for leaks. Check for plumbing leaks.

Think of different ways that moisture is produced inside the house (For example, cooking and bathing). Remove moisture as it is produced by opening a window or using exhaust fans.



Reduce the amount of stored materials, especially items that are no longer used. Fabrics, paper, wood and practically anything that collects dust and holds moisture.

HOW TO CLEAN UP SMALL AREAS OF MOLD!

You can clean small areas of mold yourself. Wear rubber gloves, glasses or safety goggles, a dust mask and a shirt with long sleeves.

Washable surfaces-

- Scrub with a detergent solution; then sponge with a clean, wet rag and dry quickly.

Moldy drywall-

- Clean the surface with a damp rag using baking soda or a bit of detergent. Do not allow the drywall to get too wet.

MOLD-PROOFING YOUR HOUSE. ROOM BY ROOM!

Basement or Crawl Space-

- Get rid of clothes, paper and furniture stored in your basement. Keep only items you can wash. Throw out wet and badly damaged or musty smelling materials. Keep the basement tidy so air can move around more easily.
- Store firewood in a shed or garage, not inside the house.
- Avoid having carpets on the basement floor.
- Periodically clean the drain in your basement floor. Keep the drain trap filled with water.
- A dehumidifier can help to reduce moisture.
- Avoid standing water.
- When storing items, use plastic bins rather than cardboard.

Laundry-

- Make sure your dryer hose is connected to the outside exhaust vent.
- Remove lint every time you use the dryer.
- Avoid hanging wet laundry inside the house.
- Dry your laundry tub and washing machine after you use them.

Closets and Bedrooms-

- Get rid of clothing or other stored items that you don't use. Keeping you closets and bedrooms tidy makes it easier for air to circulate and harder for mold to grow.



Home Inspections



HAVE YOU BOOKED YOUR HOME INSPECTION?

Conducting a home inspection lets us know about the things that need maintenance work or repairs. This also gives us a chance to proactively address any concerns you may have. We value and care for your health and safety. To set up your home inspection, call the Housing office at 236-364-2019 or email mfisher@saulteau.com

RENT & MAINTENANCE PAYMENTS

We are now taking rent and maintenance payments at our Housing office.

We are now able to accept cash payments!!

If you are unable to make it in to pay during our regular business hours, we do have the option to pay online. If you would like help setting up an online payment, please contact Housing and we would be happy to help.



Wishing all the mothers', the Happiest Mother's Day!!





PLUMBING



Clogged drains and pipes are a common problem. In most cases, this can be relatively easy to fix or we can learn to try and prevent the problem.

Below are the most common causes for clogged drains. Keep in mind that many clogs consist of a combination of things.

Hair
Soap
Dirt

Oil, grease, and fat
Food waste

Wipes and diapers
Objects accidentally flushed
Feminine products and cotton swabs

Cat litter
Offset pipes
Tree roots
Plants and leaves
Mineral build-up
Too much toilet paper

TIPS & TRICKS FOR PREVENTION

- Use a strainer guard in your drains.
- Shake off dirt and mud before washing it down the drain.
- Store grease from cooking in a jar or container.
- Scrape food into the garbage before rinsing.
- Do not flush anything but human waste and small amounts of toilet paper, down the toilet.
- Never flush feminine products down the toilet.
- Bag all cat litter and never flush it down the toilet.
- Teach small children the importance of not flushing toys or objects into the toilet.
- Be mindful of how much toilet paper is being used.



If your toilet, sink or bathtub is draining slowly, or not at all, that is a sign that there may be a clog. If you are having issues, there may be a simple fix using a plunger or drain cleaner. In some cases, you may require more professional help. Please call the Housing Department if you are having clogging or plumbing back-ups. 236-364-2019



FIVE STEPS TO REMOVING MOULD FROM YOUR HOME

- 1 FIND, STOP AND FIX THE SOURCE OF THE MOISTURE PROBLEM
- 2 PREVENT EXPOSURE TO MOULD AND DEBRIS
- 3 REMOVE ALL WET OR DAMAGED MATERIALS
- 4 CLEAN UP THE MOULD
- 5 RESTORE OR RENOVATE THE CLEANED UP AREA



- Has less than three patches.
- One square metre in size each.
- Can clean it yourself if you are in good health.
- Clean using water and unscented dishwashing detergent.



- Has more than three patches.
- Total area is smaller than three square metres.
- Should be cleaned up by qualified and trained maintenance staff.



- Total area covers more than three square metres.
- Large patches throughout the home.
- Should be cleaned up by qualified and trained mould remediation contractors.



Logo Design CONTEST!



OPEN TO ALL SAULTEAU FIRST NATION MEMBERS!

OUR LAND-BASED LEARNING PROGRAM THAT IS UNDER DEVELOPMENT NEEDS A LOGO!

REQUIREMENTS:

- SOMETHING WE CAN HAVE COLOR IN BUT ALSO HAVE PRINTED ON ITEMS USING ONLY ONE COLOR.
- IT ALSO NEEDS TO TRANSLATE WELL TO LARGER AND SMALLER SIZING SO IT CAN BE USED ON SIGNAGE, SWAG, AND OTHER ITEMS.
- THIS IS A TRADITIONAL LAND-BASED PROGRAM FOR YOUNG CHILDREN ATTENDING OUR CHILD CARE PROGRAMS.
- IT NEEDS TO REPRESENT THIS AREA SO NO WEST COAST DESIGNS PLEASE.
- THE CHOSEN LOGO DESIGNER WILL NEED TO SIGN OVER THE RIGHTS TO THE NATION TO USE IT AT OUR DISCRETION.

WINNING DESIGN GETS \$500!

IF YOU WOULD LIKE MORE INFORMATION OR TO SUBMIT A LOGO DESIGN PLEASE CONTACT JERRI AT [JMORINE@SAULTEAU.COM](mailto:jmorine@saulteau.com) DEADLINE MAY 18TH OR UNTIL A SUITABLE LOGO IS FOUND.



Beginners Yoga Class

Come take one hour for your self to stretch, breathe, release stress and bring some balance into your body mind and spirit

with: **Starr Gauthier**

More Information:

Dates: Tuesdays
April 4th and 18th
&
May 2nd, 16th, and 30th

bwalker@saulteau.com

250-788-6269

Lets Move

Time: 5-6pm
Location: SFN gym

Please bring your own mat or let me know if you need one.

May 2023



Lands Officer - Mary Doyle



Hello May and Hello to a crazy upcoming month of scattered weather! As we all know living in the North, the month of May can be interesting! You don't know if you should put your winter clothes away and bring out the flip flops or keep your winter boots handy! Regardless of the weather, be sure to get out and enjoy the sunshine, the last bit of snow, and be sure to jump in every mud puddle... keeping your inner child alive! 😊❤️

The Lands Department is still plugging away with our current projects. A lot of pre-planning is required until we can get out on our beautiful land.

Recalling our Place Names

- Lana Garbitt and Josh Cameron (Heritage and Archives Coordinators) completed their project on March 30th
- Hosted an elders' forum on March 16th and community meeting on March 21st, both were very well attended.
- Our TREP/Lands team coordinated the completion of final report requirements and submitted March 27th to FPCC
- Legacy Signs (FSJ) is completing 10 Signs for Nehiyaw Place Names. Final Orthography and Cree Syllabics is required prior to printing.
- Have our TREP Dept and/or MOTI to erect signs in summer and ensure pictures are taken in each location



Sacred Sites

- Lana & Josh incorporated their research to provide information in archived documents in addition to speaking with elders on sacred sites on reserve.
- They also provided thoughts/ideas on sign development for certain locations with elder's ideas (Onion Hill, Little Peoples Hill, wagon Trails & various graves throughout reserve)
- Project planning meeting scheduled with elders on April 25th for Brunch meeting
- project completion date is December 2023



Cemetery

- Policy Development
 - columbarium Niche application
 - plot application
 - Who will oversee grave digging and safety factors & cultural practices involved in burial are handled properly?
- 
- \$32,500 remaining in budget (Signs, community feast, consulting fees, contract work, supplies)
 - Submitted BC Hydro Re-Greening Funding Application for Hill Stabilization project – **APPROVED**
 - planting red willows, saskatoon bushes by TSN (Twin Sisters Nursery) – MID MAY
 - Additional funding required (gazebo, driveway arch with name of cemetery in traditional language)
 - Cemetery Planning Committee Meeting scheduled May 9th Brunch meeting with Elders

SFN Trails Network Plan (TNP)

- Ongoing, further discussion with Elders on April 25th Brunch meeting
- BC Hydro's Community Regreening Funding will also be a part of this project.
 - planting of trees and other vegetation along power lines and paved pathways
 - 2024 submission – ATF Project (Plants along Hwy 29 and Boucher Lk Pathways)

Land Code Development

- Land Code Website Addition (to be added to the NEW SFN website)
 - Items wanting to be included in website
 - Q&A Portal
 - Resources tab
 - Information tab
- Lands Committee
 - Teams Share point App establish - communication tool (Administered by Communications)
 - meeting info, updates, resources, training/webinars etc.
 - Upcoming Training
 - April 26th 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 Land Code template
 - Lead by Dan Penner (Urban), LABRC, James Hickling

Upcoming –

- May 24th Tentatively - Youth Basketball Game and Land Code Info Session
 - Arranging with Brooke and Chetwynd Youth Centre
- May 25 - All Party Meeting – 11 am
 - LABRC, ISC, NRCAN, Verifier, James H., Dan (Urban), Naomi
 - Discuss: Draft Land Code, Individual Agreement, Community Ratification process, Community Engagement, research reports
- Columbia Environmental – ESA (Environmental Site Assessment)
 - will be researching current data, Spring 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.

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

Sincerely,

Mary N. Doyle
Lands Officer
Direct Line: [\(236\) 364-2012](tel:2363642012)
Email: mdoyle@saulteau.com
www.saulteau.com



LAND USE PLAN – PROJECT NEWS

Saulteau First Nations is developing a Land Use Plan to direct how we manage and govern future land use and development of Saulteau reserve lands, including our Moberly Lake Reserve and future lands added to our reserve. The Land Use Plan will become our key land law that sets a long-term vision, plan, and policies for how we use our reserve lands.

What is a Land Use Plan?

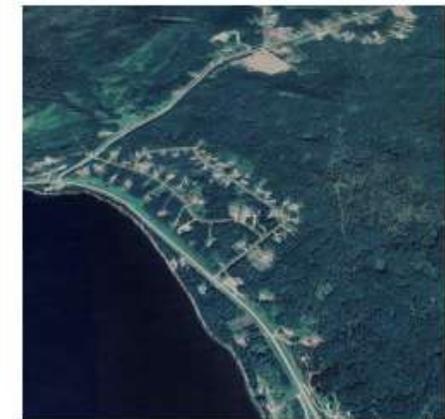
Land Use Plans are developed through community input and guide the use and management of reserve lands for land uses including housing, community facilities, infrastructure, economic development and conservation.

What will Land Use Planning do for us?

- Ensure we have enough land set aside to meet our long-term needs as a community!
- Ensure our lands are used for appropriate land uses that don't create conflicts or issues!
- Employ policies that support sustainable development!
- Create fairness, clarity and consistency for the community, staff and leadership!
- Support economic development and employment opportunities!
- Protect important cultural and environmental areas!

Land Use Planning Considers:

- Topography and Natural Features
- Cultural and Traditional Uses
- The Environment
- Existing Land Uses and Development
- Infrastructure Servicing and Access
- Community Input
- Current and Future Populations
- Current and Future Land Needs



LAND USE PLAN – PROJECT NEWS

Our Land Use Plan will include:

- An overview and summary of our lands and our community's context
- Growth projections of our community's population and housing needs
- Land use mapping outlining different land use designations for different uses (e.g. housing vs. businesses)
- Goals, policies, and actions for different land uses and infrastructure.
- An implementation plan to achieve the plans objectives

Community Engagement:

It is important that we hear from members on how you think we should use, develop, and protect our reserve lands now and in the future!

We have a second round of engagement coming this summer to hear your ideas and thoughts, which will include the following activities:

- Community open house
- Online and hard copy survey
- Elders Meeting
- Virtual Meeting

Land Use Plan Process:



LAND USE PLAN – PROJECT NEWS

PROPOSED LAND USE DESIGNATIONS

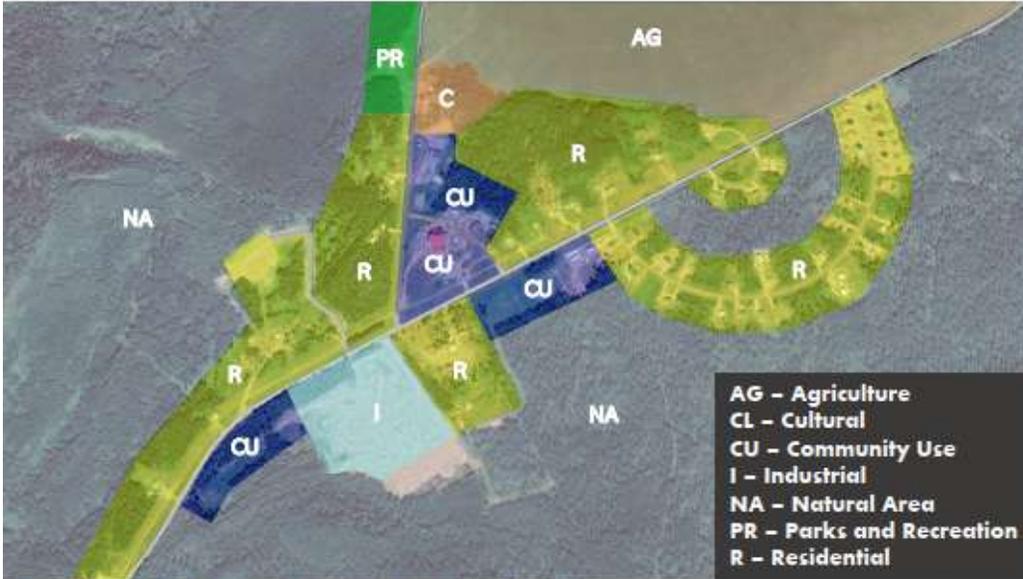
Land use designations divide Saulteau's reserve lands into different "zones" that specify how land is to be used in the future for different land uses (e.g. residential or commercial development). The draft land use designations for Saulteau's Land Use Plan are described below and seen on draft land use maps provided on the following pages!

Note: Existing development and land use gets "grandfathered" in. The Land Use Plan cannot undue existing development, just guide and manage future development!

Designation	Description
AG – Agriculture	To designate lands for a variety of agricultural uses and supportive infrastructure (e.g. greenhouses, barns).
COM – Commercial	To designate lands for a range of commercial uses that include retail, office, stores and other uses that do not generate significant impacts on surrounding areas.
CU – Community Use	To designate lands for facilities, buildings and spaces required for public works, administrative purposes, and providing essential services to the community, including public works, education, health and administrative services.
CL – Cultural	To designate key lands to be used for specifically for cultural activities that include supporting infrastructure and facilities.
I – Industrial	To designate lands for aggregate development and supplementary industrial uses that may cause impacts (e.g. traffic, odour, noise, dust) on surrounding areas.
NA – Natural Area	To designate lands to remain largely undeveloped and in natural states for the protection of environmental and cultural values.
PR – Parks and Recreation	To designate lands to accommodate indoor and outdoor recreation activities, infrastructure and facilities, including park space.
R – Residential	To designate lands to be used predominately to accommodate housing development of different housing types and supporting amenities (e.g. parks).

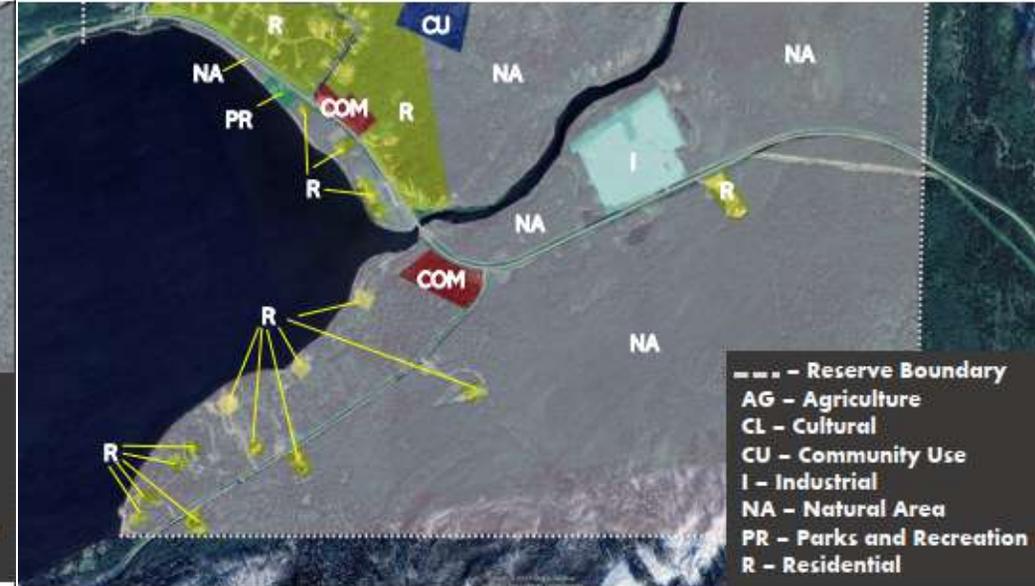
LAND USE PLAN – PROJECT NEWS

Draft Land Use Mapping – (Community Core Area)

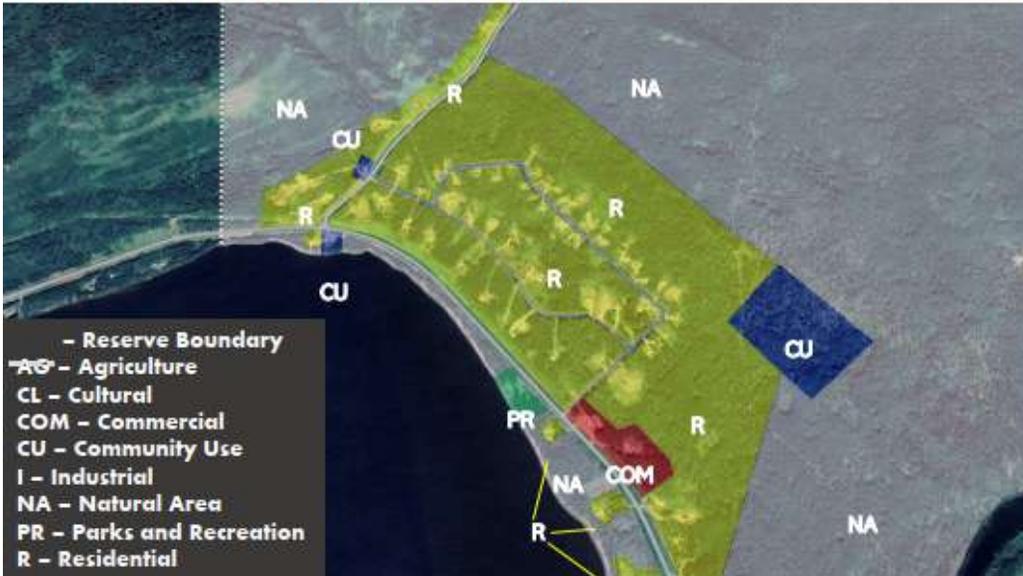


LAND USE PLAN – PROJECT NEWS

Draft Land Use Mapping – (South Reserve Lands)



Draft Land Use Mapping – (Lakeview Area)



For project related questions or information related to the Land Use Plan and upcoming community engagement, please contact:

Mary Doyle, Lands Officer

T: 236-364-2012

E: mdoyle@saulteau.com



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

External: Issued March 22nd, 2023



Figure 1. C341K, an 8-year-old cow born in the 2015 Bickford pen, walks away after being released into the new Bickford pen.

Days in pen → 14

Days until release → 132

Penning capture results

The 2023 Klinse-Za maternity pen capture session at Mt. Bickford was among the best we've ever had. A total of 22 cows were captured in only two days, the highest number of animals in the history of the project. Captures occurred on March 7th and 9th, commemorating the 10th year of this project. Our full-size crew of 23 people made a significant difference in our ability to bring multiple caribou into the pen.



at a time. On day one we brought in a record high of 12 cows, and on the final day we were able to bring in ten more. Twenty of the 22 caribou caught had previous pen experience; 11 having been born while penned in either the Bickford or Rochfort pens.

This year, C311K, likely the oldest cow in the herd, is joined in the pen by one of her previous calves from 2016 - C356K. As it turns out, C356K is with one of her previous calves from 2019 - C441K. For the second year in a row we have three generations of caribou in the pen, and in a few months time we hope a fourth will be on the way.



Figure 2. Crew members process two-caribou (C465K and 4625) prior to release in the pen. Both caribou are three-year-olds born in 2020 at the Rochfort pen.



Figure 3. North East Caribou Team Lead Joelle Ward supports the head of C378K while the immobilization drug is reversed.

All animals were captured, transported, and sampled without incident. Most of the cows were in poor to fair condition as expected for this time of year and their weights ranged from 105kgs up to 151.5kgs. In a few weeks, following blood testing for Pregnancy Specific Protein B (PSPB), we should have pregnancy results to give us an estimate of just how many calves we can expect in spring.



Among the samples collected during captures, photos of each caribou teeth are taken (see sidebar pictures). We can then use the photographs to get an approximate age or age class of each animal (young, young adult, adult, old adult) based on the tooth wear, although the estimate is not always accurate because it depends on what they're eating. Younger caribou incisor teeth usually have sharper looking ridges on the biting surface. As they age, this surface becomes more rounded and eventually flattens out until their teeth wear to their gum line. Usually a caribou that has worn its teeth to the gumline is at least 10 years old. Likely the oldest cow in the herd, C311K (Figure 4-bottom), is at least 14-years-old and her front incisors are worn to the gumline while her remaining incisors are mere stubs. Though she is old for a caribou, in the last nine years we know she has produced 8 calves, a testament to the amount of energy caribou devote to reproduction regardless of age and condition.



Figure 4. The caribou in the top photo is a known 5-year-old, while the caribou in the bottom photo (C311K), is known to be at least 14 years old but is likely older.

A lot of preparation work is put in a head of time to ensure a smooth process during captures. In early February, the maintenance crew of 6-7 workers spent 7 days setting up the electrical fences around the 1.56km perimeter, repairing any damage from fallen trees and shovelling snow to remove any high snow drifts. In the weeks leading up to captures, all the collars, the sample kits, and countless gear/equipment items are gathered, cleaned, tested, and organized. Once organized, all the gear gets packaged up to be taken first by vehicle, and then by snowmobile on an 11-km unmaintained road to reach the pen site.



Figure 5. Capture gear being organized prior to getting package up prior to being package up for the journey up to the pen site.



Current status



Figure 6. C311K makes her rounds at the feeding troughs. Even though she is the oldest caribou at the pen, she looks healthy, and we hope she is carrying another calf again this year.

behaviours, and to help ensure all animals receive adequate nutrition. As an added precaution, Guardians cut up small blocks of wood and put them in the troughs with the pellets to help slow their access to the food preventing individuals from consuming pellets too quickly which could cause complications with digestion due to the change from low- to high-quality diet.

Though all precautions were taken during captures to ensure the best possible care for the caribou at all times, including three wildlife veterinarians on-site, unfortunately just six days after captures had finished, one of the cows died from what we suspect was a pneumonia infection. Though Guardians had seen



Figure 7. Aerial photo of the Bickford maternity pen after the maintenance team completed work on the fences. The red arrow indicates the main observation tower Guardians use to keep tabs on the caribou once in the pen.

As per protocol, once in the pen, the caribou were exclusively fed lichen in the first few days following capture. After that, we started slowly introducing pelleted feed until they get use to their new high nutrition diet. Since they arrived, they have been eating all the lichen or pellets put in the troughs. We currently have six troughs spaced throughout the feeding meadow to reduce potential for feeding-related dominance



this cow daily, she displayed no outward or obvious signs of distress to cause any concern. Her death was extremely unfortunate, though we know that with 21 caribou remaining in the pen, the effect of this years penning efforts on caribou recovery in the Klinse-Za herd will be significant and we look forward to what the calving season brings.

Population Survey

During our annual population survey, we observed 132 caribou up 18 animals from last year and the largest increase since recovery began! Similar to the previous year, most of the caribou (approx. 60 animals) were found around Mt. Rochfort, highlighting the importance of the area to caribou even in the absence of penning in the area. During our survey, we also got the chance to check on the orphaned calf 38.



Figure 8. A group of cows and calves on Mount Bickford. Red arrow indicates calf 38.

Though he is smaller than the other calves, he appears healthy and is fitting well with the herd. While he has occasionally wandered off with bulls in the nearby area, he has mostly stayed with his cohort of pen calves and cows on Mount Bickford.

During our survey we also opportunistically observed two wolverines travelling in the alpine. One was traveling on a ridgeline not far from a group of cows and calves. During the last two years of monitoring calf production and survival, wolverines have been the leading cause of caribou calf mortality, often killing calves during the first two weeks following birth. Our annual video collar deployment to investigate calf production and survival for the coming year is scheduled for the end of the month where we will fit 10 video collars on cows to record calving events and investigate calf production.



Figure 9. One of two wolverines seen in the alpine during the population survey.

We would like to extend a big thank you to all those involved in the capture process, everyone working behind the scenes, and all those who make this project possible through continued funding support!



Figure 6. The 2023 Klinse-Za maternity pen capture team. Back row – left to right: Kendall Davis, Drayden Field, Corbin Brown, Ken Latreille, Caeley Thacker, Bryan MacBeth, Shari Willmott, Blake Spencer, Ben Berukoff, Clayton Lamb, Jordan Smaidon, Owen Slater, Scott McNay, Tyler Hadland, Russell Vickers. Front row: John Cook, Chris Addison, Ted Euchner, Joelle Ward, Starr Gauthier, Line Giguere, Landon Birch, Danica Hoffart.

The Teams

- Nikanēse Wah tzee Stewardship Society
 - West Moberly First Nations (Chief Roland Willson/Tamara Dokkie)
 - Saulteau First Nations (Estelle Lavis/Naomi Owens-Beek)
- Caribou Mat Pen Working Group¹
 - West Moberly First Nations (Tamara Dokkie)
 - Saulteau First Nations (Naomi Owens-Beek)
 - Wildlife Infometrics (Scott McNay)
- Mat Pen Technical Advisory Team²
 - FLNRO (Caeley Thacker)
 - FLNRO (Mike Bridger)
- Support teams – capture specialists, veterinarian team, Guardians, lichen collectors



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

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

³ Current and historic

SFN Job Postings



Current Saulneau First Nations Career Opportunities

- Homemaker (6 Week Term Position)
- Health Centre Administrative Assistant
- Oil and Gas Referral Summer Student (4 Month Term – Starting May 2023)
- Early Childhood Culture, Language and Land Based Program Coordinator
- Geographical Information System (GIS) Technician
- Casual On-Call Receptionist
- Forestry and Wildlife Referral Coordinator
- Custodian (Casual)
- Casual Early Childhood Education Assistants
- Casual On-Call Muskoti Elementary School Educational Assistant(s)
- Casual Early Childhood Education Assistant(s)

Mistahiya Development Corporation Career Opportunities

- Accountant

4EverGreen Career Opportunities

- Financial Controller
- Class 1 Truck Drivers

Aski Reclamation Career Opportunities

- Environmental Technician Field Lead(s)
- Environmental Technician(s)
- Reclamation Project Manager
- Field Technician(s) - Water Quality

North Wind Supplies Career Opportunities

- Full-Time Front Counter Staff

Apply Online www.saulneau.com/employment

