

**April**  
**2023**



**SFN Newsletter**

# Chief & Council



## **Chief Justin Napoleon**

**Davis Family Councillor**

[jnapoleon@saulteau.com](mailto:jnapoleon@saulteau.com)

## **Penny Berg**

**Courtoreille Family Councillor**

[pberg@saulteau.com](mailto:pberg@saulteau.com)

## **Rudy Paquette**

**Desjarlais Family Councillor**

[rpaquette@saulteau.com](mailto:rpaquette@saulteau.com)

## **Falon Gauthier**

**Gauthier Family Councillor**

[fgauthier@saulteau.com](mailto:fgauthier@saulteau.com)

## **Juritha Owens**

**Napoleon Family Councillor**

[jowens@saulteau.com](mailto:jowens@saulteau.com)

# Contact



## **Saulteau First Nations**

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

(250) 788-3955  
[communications@saulteau.com](mailto:communications@saulteau.com)

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

# NOTICE

**THE SFN NEWSLETTER WILL BE MOVING TO A DIGITAL FORMAT STARTING MAY 1ST.**

**THE NEWSLETTER WILL STILL BE SENT OUT VIA EMAIL MONTHLY, AND POSTED ON [WWW.SAULTEAU.COM](http://WWW.SAULTEAU.COM)**

**IF YOU WOULD LIKE TO RECEIVE A PAPER COPY, PLEASE EMAIL [COMMUNICATIONS@SAULTEAU.COM](mailto:COMMUNICATIONS@SAULTEAU.COM) WITH YOUR NAME AND ADDRESS (ON-RESERVE MEMBERS ONLY)**

**ELDERS WILL AUTOMATICALLY BE INCLUDED IN THE PAPER COPY DISTRIBUTION LIST.**



# Get Ready For Spring!

## TOPICS IN COMMUNITY SAFETY



### SPRING WEATHER & COMMUNITY SAFETY

As we all start to spend more time outside, let's take a moment to think about our safety and our community's safety moving into the spring and summer season!

#### What does spring bring?

- More interactions with wildlife
- The bugs are back!
- Pollen season is here. Prepare for seasonal sensitivities
- Watch for more pedestrians! Kids playing, biking, people walking, etc.

01



### GETTING YOUR HOME READY

Spring means melting snow! Move important items out of flood areas (inside too!) and be prepared for water flow

Inspect tools before you use them - including chainsaws, lawn mowers, weed whips, saws, axes, etc. Any frayed wires? Broken or splintered handles?

Check over window and door screens, looking for tears/gaps/rips in material

02



### GETTING OUTSIDE

Shake out your gear! Before we pull on our hiking boots or roll out our sleeping bags, remember there may be critters who have wintered in these warm habitats.

Use caution when entering forested areas. Deadfall and hazardous trees are common after the weight of winter snow.

Ease back into it - Remember that our bodies need time to adjust to higher levels of physical activity. Don't forget to hydrate!

03

## PLAN BEFORE YOU GO



### WHAT ARE THE CONDITIONS?

- Weather can change quickly in the spring - be prepared for hot and cold conditions!
- Heating and cooling periods can lead to ice buildup on walkways and roadways.



### WHAT DO YOU NEED?

- Pack along some basics - water, trail mix, a first aid kit, and a warm blanket goes a long way in an emergency!
- Packing bear spray, air horns, or walking sticks can help deter predators!



### WHAT'S THE PLAN?

- Let family or friends know if you are heading outdoors, check in when you get back, so they know you made it home safe!
- Emergency services (911) is not always available in the backcountry - what is your safety plan?

# Get Ready For Spring!

## TOPICS IN COMMUNITY SAFETY



### SPRING BRINGS EXTREME WEATHER EVENTS

Sudden Events may occur such as:

- Rainstorms
- Flash Floods
- Lightning Events

Prepare an emergency kit and stock it with enough supplies to survive 72 hours (3 days).

04



### CELEBRATE THE SEASON SAFELY

Before using the BBQ check:

- The connections and valves. Are they in good condition?
- Check your fire extinguisher. Is it nearby? Is it useable? In the green?

05



### BE BEAR AWARE

Need Bear Spray?

The SFN Rec Coordinator has bear spray for SFN hosted Community Events and Summer Recreational Events.

Bearspray is available to purchase at North Wind Supplies in Chetwynd.



06

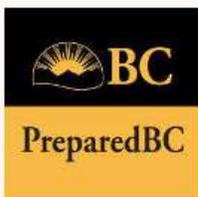
### WHO LET THE DOGS OUT?

PLEASE DO NOT LET YOUR DOGS ROAM FREE IN COMMUNITY – PLEASE TIE THEM UP OR KEEP THEM FENCED IN!

DOG BITES ARE A SERIOUS CONCERN FOR COMMUNITY MEMBERS AND STAFF

DOG FIGHTS ARE NOT FUN FOR ANYONE!

### FOR MORE INFORMATION ON EMERGENCY PREPAREDNESS:



PreparedBC –

Website: <https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc>

Twitter: @PreparedBC

Facebook: @PreparedBC





First Nations Health Authority  
Health through wellness

# CHILDREN'S ORAL HEALTH INITIATIVE



## ABOUT US

— “ —

The Children's Oral Health Initiative (COHI) is an early childhood tooth decay prevention program aimed at children aged 0 to 7, their caregivers, and expecting parents living on-reserve or accessing on-reserve resources.

” —



### DENTAL CARE

- COHI screenings
- Temporary restorations
- Sealants
- Fluoride varnish applications



### INFORMATIONAL SESSIONS

- One-on-one sessions (can be done over the phone and also in-person)
- Virtual presentations



### RESOURCES

- Toothbrushes
- Toothpaste
- Floss
- Flyers & brochures

# APRIL 2023

## MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 MLC Open	4 After School Homework Club Mon - Thu 3:30 pm - 4:30 pm	5 Homework Club Pizza & Prizes 3:30pm - 4:30 pm	6 Birch Water Area Preparation	7	8
9	10 Easter Monday MLC Closed	11 After School Homework Club Tue - Thu 3:30 pm - 4:30 pm	12 Homework Club Pizza & Prizes 3:30pm - 4:30 pm	13	14	15
16	17	18 Birch Water Harvesting	19	20 Staff Training MLC Closed	21	22
23	24	25	26 Birch Syrup Process	27	28	29
						30

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



# APRIL IS RIBBON SKIRT EVERYDAY MONTH GET THOSE SKIRTS READY

A beautiful way to celebrate spring  
#ribbonskirtseveryday

**We will be doing Ribbon Skirts again!**

**For the ones who I haven't contacted yet, I am still working on the list. I just need to order more supplies.**

**Tylene will be contacting you soon, or reach out to  
tpaquette@saulteau.com**



# ATTENTION!

Let's Welcome our new  
Social Development Worker  
Colleen Totusek to SFN !

250-788-7286  
ctotusek@saulteau.com

## AMPLIFON HEARING CLINIC AT SAULTEAU FIRST NATIONS HEALTH CENTER

APRIL 14, 2023 10:00 AM TO 4:30 PM

Appointments will be for  
hearing screening only at this  
time.

Please call Melva to book  
250-788-7280

## “ DIVERSION ”

### Heather's Health Hour

*What is diversion?*

*Why does it happen?*

*What are my options if I cannot go to the hospital?*

**Saulteau Health Centre**  
April 4, 2023  
10:00am to 11:00 am  
(first Tuesday of every month)

Enter for a chance to win a draw!  
Coffee and refreshments are available.

2023

# DIVERSION of CHETWYND HOSPITAL

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**Why does diversion happen?** Too many patients and/or the patients already in the hospital need all staff resources available (resulting in the inability to safely add more patients) and/or not enough staff. Examples:

- No doctor in the community, no RN, or not enough LPNs
- Vehicle crashes, strokes, heart attacks, respiratory failure, serious workplace accidents, etc. These situations require the focus of all available resources to save lives. Closing the ER temporarily and diverting ambulances and patients to other hospitals during this time, allows nurses and doctors to put all their attention towards keeping these patients alive until they can be transferred to a hospital with the staff, equipment and training needed.
- Everyone coming into ER must be triaged. Triage determines how serious their problem is, and when to call the doctor. Only an RN can legally triage a patient. If there is no ER trained RN to triage, the ER cannot be open.
- Sometimes all acute beds are full and when more patients need to be admitted for care, they have to be placed in the ER beds. This results in not enough beds, equipment or staff to care for any more incoming patients. During these times the ER must go on diversion until some of the patients are discharged.

## **What happens when the hospital is on diversion?**

- Ambulances take 911 pick-ups to the nearest open ER
- Patients coming into Chetwynd ER by private vehicle will be redirected to the nearest hospital with an open ER.
- Acute and LTC patients stay and continue to receive care, unless their care needs cannot be met in Chetwynd, in which case they are transferred to another facility.

## **What can you do if you need medical help while the hospital is on diversion?**

- Call 911 (for Emergencies)
- Call 811 (Patients who aren't sure whether their condition would warrant an emergency room visit, or who need health advice can call HealthLink BC (8-1-1), or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) for non-emergency health information from nurses, dietitians, and pharmacists 24/7)
- Go to the ER in the nearest community (drive or call 911 for ambulance transportation)
- Chetwynd Primary Care Clinic (Mon-Fri 830-4, closed for lunch. There is no walk-in clinic but some same day appointments might be available - call in am to check for morning availability and call after 13:00 for afternoon availability)
- Northern Health virtual clinic 1 844-645-7811 (10am-10pm 7 days/week. For those in the north who do not have a doctor or Nurse Practitioner)
- First Nations virtual doctor 1 855-344-3800
- Pharmacists can:
  - Educate you on how to use your medications, how to manage side effects, and discuss over the counter medications or other medication concerns.
  - Renew some ongoing prescriptions
  - Give certain vaccines
- E-Health/Health gateway/healthlink BC files (for lab, X-ray, Ultrasound results, booking some appts, medication history, immunization records, etc).
- SFN health center (Mon-thurs 8 – 430 closed for lunch. Some services offered only to community members)
- Poison control - 1-800-567-8911.

# April

5117 43A Street  
Chetwynd BC

Transportation Available for all programming.

OPEN 2-6:30

Our programs center around holistic wellness, School and Community support combined with fun learning experiences.

Contact Tristan @ 250-788-5507 or Derek @ 250-401-3498 for more information.

## Youth Centre Calendar

## 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	NO PROGRAMS 3	Macrame Feathers 3-6 4	Macrame Girls Group 3-6 5	Boys- NHL ones tourney 3-6 6	7	8
9	NO PROGRAMS 10	Ball Hockey Meeting Pizza 3-6:30 11	Tie Dye Shirt 3-6 12	T-25 Workout 13	X-Box/ Games/ Dinner 3-6 14	15
16	NO PROGRAMS 17	Spray Paint Art 3-6 18	Yoga with Alycia 19	Resume Writing 3-6 20	X-Box/ Games/ Dinner 21	22
23	NO PROGRAMS 24	Ball Hockey Planning 3-6 25	Mini- Putt Tentative 3-6 26	3D Archery Tentative 3:30-6 27	BBO Night 3-6 28	29
30						

# HOUSING

APRIL, 2023



# Spring is in the Air!

## RENT PAYMENTS- WHERE, WHEN & HOW TO MAKE IT EASY!

We are excited to announce that starting March 28th, rent payments will be made at the Housing Office! We are currently located in the building right across from the Band Hall at 1718 Civic Road. This will make it easier for tenants and homeowners with a maintenance agreement to get up to date information, current account balances and to keep contact information correct.

If you are looking for an easier way to pay rent, we do have the option for online electronic fund payments. These payments would come directly out of your bank account. This can be set up for a onetime payment or set up as a monthly payment. This take the stress out of having to come in to pay each month. All you need is your banking info. This would include your account number, institution number and transit number. If you require help setting this up, we would be happy to help!

For more info on online payments please reach out to Housing at 236-364-2019 or email [mfisher@saulteau.com](mailto:mfisher@saulteau.com).

We look forward to seeing everyone real soon!



## SPRING CLEANING

Spring is a traditional season of renewal after the stillness of winter. It is also a great time to freshen and renew our homes by cleaning inside and outside. Here are some tips to help you clean more easily and productively.

1. Get rid of clutter- this can be anything such as garbage, old toys, outdated papers or food.
2. Make a plan- set a goal before you start. This will help to focus on particular tasks.
3. Wash windows and windowsills. Moisture build up can cause moulding to happen. Keeping them clean can prevent this.
4. Wash all doors and door handles.
5. Wash dirt off the walls and baseboards.
6. Wipe all light switches and common touch points, throughout the house.
7. Wash all bedding and pillows.
8. Clean out cupboard under sink in kitchen and bathroom. Make sure there is no water leaking.
9. Clean up all garbage outside.
10. Make sure down spouts are pointing away from your house.
11. Shovel snow away from the edge of your home to reduce the risk of water getting inside.

# 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:** Tuesday, May 2

**Time:** 10:00 am

For more information:

Contact Mary Doyle 236-364-2012

Email: [mdoyle@saulteau.com](mailto:mdoyle@saulteau.com)



## Call Out for Newsletter Delivery Personnel!

We are looking for Members interested in delivering monthly newsletters within the SFN Community!

**Delivery Drivers must have a valid license and access to a vehicle.**

Drivers are compensated for their time and fuel. If you would like to be added to our list of delivery personnel, contact [communications@saulteau.com](mailto:communications@saulteau.com)



**International Woman's Day 2023**

We would like to take this time to thank everyone that came out to our International Woman's Day event and made it such a big success.

It was incredible to see all the ribbon skirts and happy faces. We look forward to next year!

Thank You

Saulteau First Nations Health Center,  
Saulteau First Nations Family Support and  
New Beginnings House

Ashely, Tina, Corrina, Bev and, Tylene



SFN ELDERS  
GROUP

## BAKE SALE

*Please support our Elders' fundraiser to attend the National Gathering of Elders in Oct 2023*

THURS, MARCH 30/23  
11:00AM - 2:00PM



**AT SFN GYM**



# April Rec & Culture 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Craft night 4:30 -6pm (NBH)	4 Yoga with Starr 5pm-6pm	5 Dance Group 4:30-6pm (gym)	6 Holistic Nutrition 5pm-6pm	7 Good Friday	8
9	10 Easter Monday (Offices are Closed)	11 Open Gym and Weight Room 5-6pm	12 Dance Group 4:30-6pm (gym)	13 Holistic Nutrition 5pm-6pm	14 Ribbon Skirts TBD (NBH)	15
16	17 Craft night 4:30 -6pm (NBH)	18 Yoga with Starr 5pm-6pm	19 Dance Group 4:30-6pm (gym)	20 Holistic Nutrition 5pm-6pm	21	22
23	24 Craft night 4:30 -6pm (NBH)	25 Open Gym and Weight Room 5-6pm	26 Dance Group 4:30-6pm (gym)	27 Holistic Nutrition 5pm-6pm	28 Ribbon Skirts TBD <del>Handlaumes</del> Journey TBD (avm)	29
30						

## EVENTS.....

**Recreation Coordinator**  
Brooke Walker  
[bwalker@saulteau.com](mailto:bwalker@saulteau.com)  
250-788-6269

**Culture Connections Coordinator**  
Tyrene Paquette  
[tpaquette@saulteau.com](mailto:tpaquette@saulteau.com)  
250-401-1580

**NBH Manager**  
Bev Lambert  
[blambert@saulteau.com](mailto:blambert@saulteau.com)  
250-262-7904

SFN RECREATION



# HOLISTIC NUTRITION

WITH HAILEY DOMMASCH

Spend once a week with us this April @ the SFN Gym from **5-6pm** as we learn about nutrition and how we can take care of ourselves with it.

Workshops are on  
April 6, 13, 20, and 27,  
2023

- April 6:
  - Introduction - Foods That Support Good Health
- April 13:
  - Foods That Sabotage Good Health
- April 20:
  - Creating Simple and Nourishing Meals
- April 27:
  - Foods and Holistic Practices That Support Wellbeing



Agers 12 and under need adult supervision.

Location: SFN Gymnasium

Questions or Comments:  
[bwalker@saulteau.com](mailto:bwalker@saulteau.com)  
250-788-6269



## 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:

 [bwalker@saulteau.com](mailto:bwalker@saulteau.com)

 250-788-6269

**Lets Move**

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

Time: 5-6pm  
Location: SFN gym

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



SFN RECREATION

PRESENTS

# OPEN GYM AND WEIGHT ROOM

FRIDAY MARCH 31 | 5-7PM

&

TUESDAY APRIL 11 & 25 | 5-7PM

Have free time in the gymnasium or hit the weight room  
SFN Admin Building

Recreation Coordinator at 230-788-6269 or email  
[bwalker@saulteau.com](mailto:bwalker@saulteau.com)



**Saulteau**  
FIRST NATIONS



### Land Based Skills and Traditional Stories

Do you have a traditional skill that you would like to share with your community? For example, hunting, tanning hides, food preservation, etc.

Please Contact Tina at the Health Center  
[cyoung@saulteau.com](mailto:cyoung@saulteau.com) or 250-208-3008.

# Sacred Sites Planning Meeting

Brunch to be served

**Topics of Discussion:**

- Locations of interest
- Budget
- Plan moving forward

(Held in conjunction with  
New Beginnings House & Elders Group)

For further information please contact:

Mary Doyle – 236-364-2012

Email: [mdoyle@saulteau.com](mailto:mdoyle@saulteau.com)

## Nehiyaw Name Place Project

This project has helped compile a fraction of the traditional Nehiyaw place names in hopes of revitalizing historic Nehiyaw names and the stories that go along with them.

We began our work by reading through over 100 past interviews and other relevant materials for the research project. That helped identify Nehiyaw place names for verification and also key people to interview.

Since starting, we have had 18 interviewees and have identified 70 Nehiyaw names for frequently used places.

We will be placing 10 signs at areas that will have high visibility as to promote reconciliation within our community and surrounding areas. The hope is that all recorded locations eventually have a sign erected. An example of a spot that could have been designated for a neat sign, but didn't make the cut would be anakwacas kanihtakoci meaning where the squirrel fell short, this is an example of naming the place by something eventful or funny, that carried on through generations but relates to a very specific spot, or whiteman crossing (not placed on map as it wasn't a nehiyaw name) but this was humorous as it is named after a horse named "white man".

The focus group had 20+ elders attend for a lunch and open discussions. 24+ attended our community presentation to review the final map and Nehiyaw name list, we also handed out the list and maps but they were poor quality maps, hopefully we can develop a brochure that has a clear picture of the map and list all documented names.

*Proudly determined*



# Project Description

- SFN presented a proposal through the First Peoples Cultural Council for a “Recalling our Place Names” Project & also a “Sacred Sites” Project for Community Preservation and Land Use Planning.
- Nehiyaw is the communities’ prevalent language and we have done the place names in the Nehiyaw Wihowin . These Nehiyaw Wihowina are of great importance to preserve and to enhance our heritage, culture and land use practices for the future generations to come.
- The Land is our resource for spirituality, sustenance, connection and through language are important components in our practices and culture.
- The second part of community project is to protect our ancestral burial sites and significant areas that should be preserved and are very important to our community planning.

3

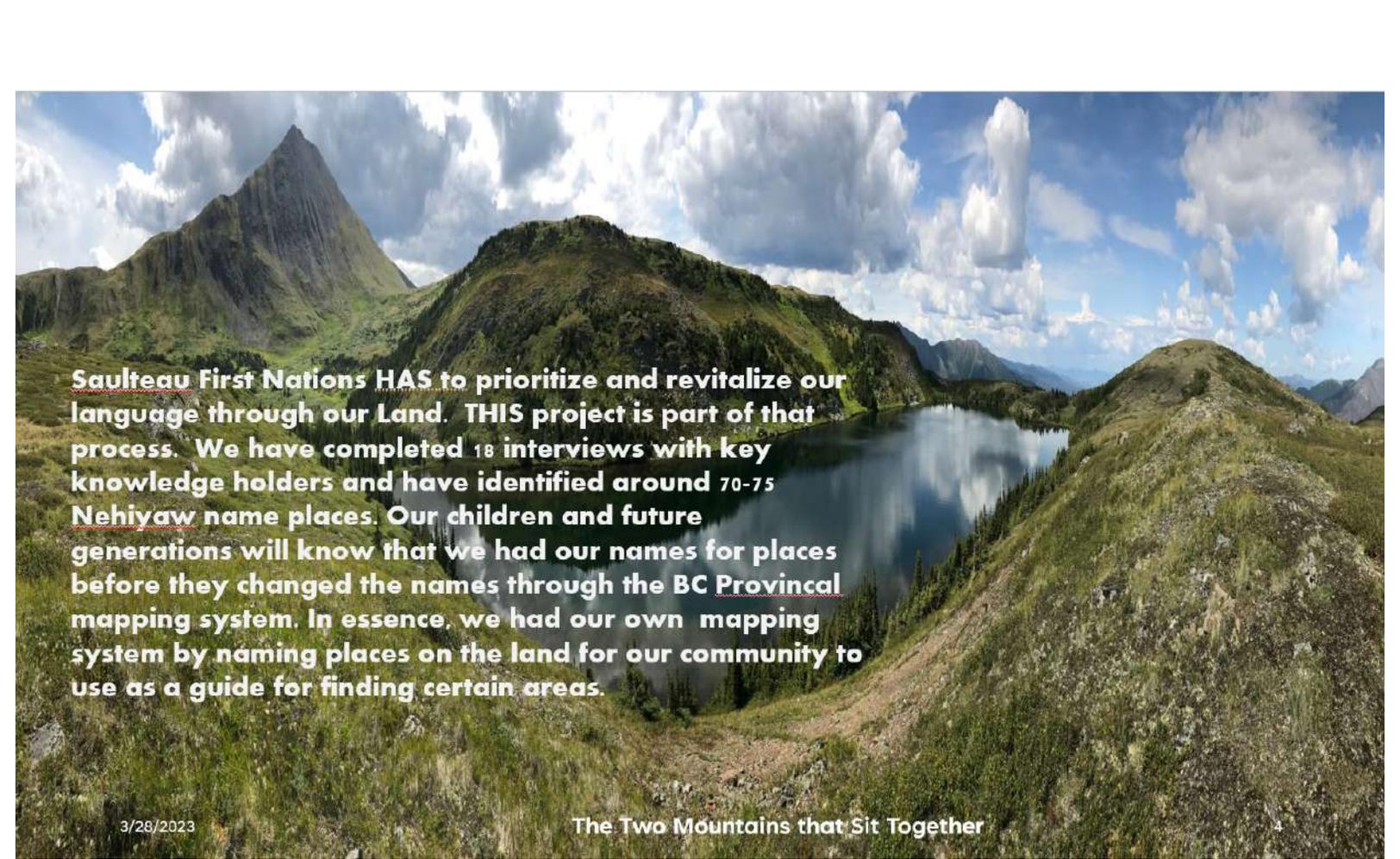
## Primary goals

To use our Nehiyaw language in all that we do.

To mark some of our land use areas in Nehiyaweewin.

To preserve our Nehiyaw name places in our own language for future generations.





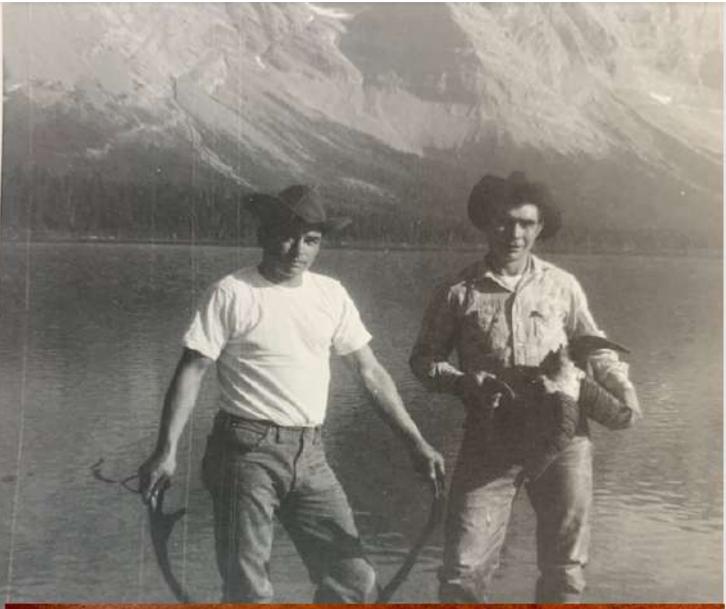
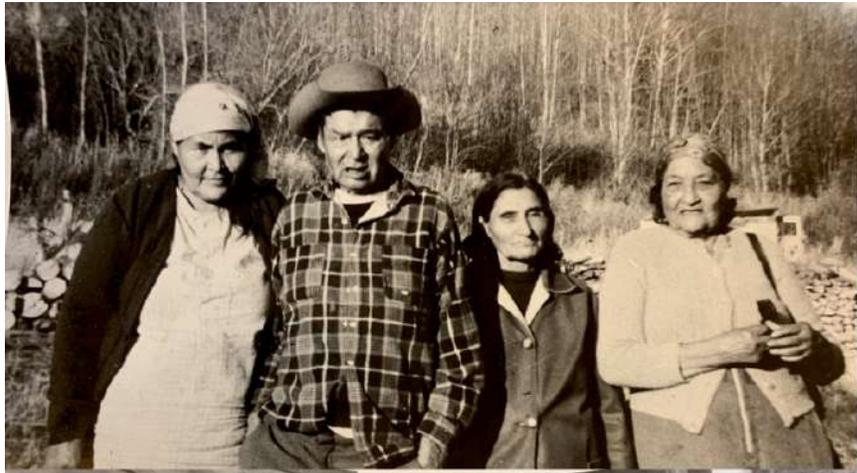
**Saulteau First Nations HAS to prioritize and revitalize our language through our Land. THIS project is part of that process. We have completed 18 interviews with key knowledge holders and have identified around 70-75 Nehiyaw name places. Our children and future generations will know that we had our names for places before they changed the names through the BC Provincial mapping system. In essence, we had our own mapping system by naming places on the land for our community to use as a guide for finding certain areas.**

3/28/2023

The Two Mountains that Sit Together

4





# Future Goals



Our language is very important to maintain for our younger generation.

Elders say our language is a sacred gift from our Creator. Our children need to use the Cree Language or it may be lost and forgotten.

We must strive to use our language as much as we can like our forefathers did. If this is not done our language will not survive in our community.

3/28/2023

Name Place & Significant sites Project

10

## A “HUGE” THANK YOU

From Josh Foederer and Lana Garbitt-

Josh & I would like to thank the TREP Department and all that participated in the Preservation & Designation and the Nehiyaw Name Place Projects these past few months.

Our Project has now come to an end and we have thoroughly enjoyed our visits and the knowledge shared by our community members. Stories are a great way to carry on our Traditional Knowledge and we must relearn and share our language further to keep it intact and alive.

Unfortunately, we had limited time to finish our project and we may have missed important knowledge holders in our interviews. We have to apologize for that but I am sure projects like this will likely continue in the future via proposals written by the Lands Department.

We managed to get many place names out on the Land but I know that our first and second generation place names are becoming lost in our memories. We will need to share as much information that we can to our new generation as our Land Use is an important part on the use of our Treaty Rights.

We are a part of this Land and Cultural Traditional Knowledge is very integral in keeping our land use rights intact.

We hope that our community members will be out on the land this summer and that we carry on making memories to share with our children so they too will know how important our Land is to all of us.

AGAIN..... A BIG THANK YOU TO TREP AND TO OUR AMAZING COMMUNITY!!!



# LAND GUARDIAN UPDATE

Hi Folks!

We wanted to update everyone on what the Land Guardians are up to.

After a “slow” winter season of endless training the guardians have been out in full force with warming temperatures and the Caribou Maternity Pen up and running.

# LAST YEAR'S HIGHLIGHTS



## MOOSE

Assisting UNBC with the continued study of determining summer dietary behaviors through poop collection.

## Water Monitoring & Lake Trout

Measuring water flow with BCER at Hulcross and Le Blue.

Working with BC to understand Lake Trout population levels in Moberly Lake.



## BATS

SFN became one of the newest participants in the intercontinental program aimed to understand population numbers and species in the region.

## LICHEN

We spent a lot of time in Tumbler Ridge last summer helping Carmen Richter with her Master Thesis verifying the availability of lichen for the operation of the caribou pen.



# THIS YEAR'S PLANS

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## WATER SAMPLING

Water quality sampling of Moberly Lake to provide the community with up-to-date results of the conditions of the lake. As well as starting a baseline sampling program to track changes.

## MONITORING & GROUND TRUTHING

Ground truthing conditions of streams, wetlands and moose habitat in Little Prairie Community Forest. Monitoring use in Klin-se-za Park.



## MOOSE

3 year of sampling moose poop but this year in new areas and testing for parasites, contaminants, and pesticides.

## ETHNOBOTANY BOOK

Publication of our Ethnobotany book! We have been working tirelessly on this project for some time and are VERY excited for its publication and to share it with the community this summer!



**AND SO MUCH MORE!!!!**

# SFN Job Postings



## **Current Saulteau First Nation Career Opportunities**

- **Primary Program Teachers Assistant**
- **General Finance Clerk – Maternity Coverage Position**
- **On-Call Caribou Guardian**
- **Casual On-Call Primary Program Teacher’s Assistants**
- **Casual Early Childhood Education Assistants**
- **Crisis Intake Worker & Support Worker – Safe House**

## **Other Career Opportunities**

- **Financial Controller (4 EVERGREEN)**
- **Finance Administrator (Aski Reclamation LP)**
- **EOI For Strategic Planning Facilitator (NWSS)**
- **Full-Time Front Counter Staff (North Wind Supplies)**
- **Indigenous Relations Coastal GasLink Summer Student (TC Energy)**

Apply Online [www.saulteau.com/employment](http://www.saulteau.com/employment)

