

SAULTEAU FIRST NATIONS NEWSLETTER

JUNE 2024



FEATURED COMMUNITY NEWS

THE SFN MMIWG WALK

The SFN Missing and Murdered Indigenous Women and Girls Walk was held May 5th, and participants walked in solidarity to Firelake where there was an opening prayer and drum circle, and then participants walked to the SFN Band Hall. The day was somber yet uplifting as speeches were made by Members who have lost loved ones and friends. Thank you to SFN Community Events Coordinator Carlee Westgate and Cultural Coordinator Tylene Paquette, and all of the SFN Staff and Members who were instrumental in organizing this important event! All photos courtesy of Carlee Westgate.



SFN Cultural Centre Grande Opening Postponed

Posted May 29th, 2024

Dear Friends,

We regret to announce that the Grande Opening for the Saulteau First Nations Cultural Center has been postponed from **June 13th** to **July 24th, 2024**.

Due to unforeseen circumstances and delays, the developers have notified us that the grande opening must be rescheduled. We sincerely apologize for any inconvenience this may have caused and we do hope you can all still attend this historical event!

The Saulteau First Nations takes pride in this big undertaking and our goal is to unveil a fully functioning building that has everything finished to showcase this beautiful accomplishment.

We thank you for your understanding and appreciate your patience with us on rescheduling this event.

Sincerely,
Saulteau First Nations
Chief & Council



CALLING ALL FOOD VENDORS FOR THIS YEAR'S PEMMICAN DAYS 2024

**JULY 13TH,
14TH 2024**



ALL VENDORS ARE REQUIRED TO PROVIDE VALID FOOD SAFE AND INSURANCE TO OPERATE. THERE WILL BE A ONE TIME \$50 FEE FOR THE WEEKEND FOR ALL FOOD VENDORS.

PLEASE REGISTER BY JUNE 24TH 2024!!

TO REGISTER PLEASE CONTACT JAMIE KRISTOFFY AT
JKRISTOFFY@SAULTEAU.COM

CONGRATULATIONS!

TO THIS YEAR'S PEMMICAN DAYS BID

WINNERS

COMMUNITY FEAST

Trudy Garbitt

SATURDAY PANCAKE BREAKFAST

Laura Murfitt

SUNDAY PANCAKE BREAKFAST

Phyllis Gauthier

PUGEESEE

Louise Knott, Emma MacDonald, Bernadine Gauthier

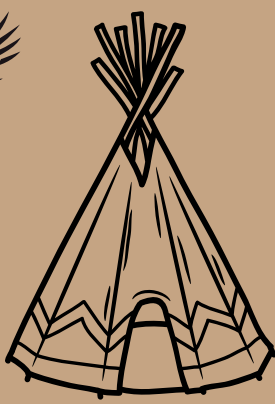
DRY MEAT RACK

Pauline Walker & Team

PHOTOGRAPHER

Dark Ties Media

THANK YOU EVERYONE WHO SUBMITTED A BID!



NATIONAL INDIGENOUS PEOPLES DAY

June 21st - Spirit Park - 11:00-3:00 pm

We are inviting you to come celebrate this year's National Indigenous Peoples Day with Saulteau First Nations, and Tansi Friendship Centre Society.

ACTIVITIES TAKING PLACE

Trapping Demo - Bev Rohl

Rock Painting - Conuma Coal

Learning Pugeesee - Tylene Paquette /Donald Davis

Face Painting - Chetwynd Library

Archery Practice- Tansi

Painting - Arts Council

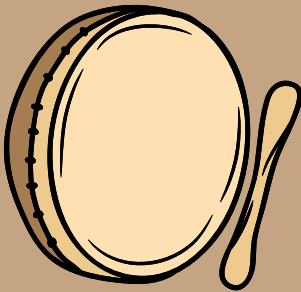
Planting Seeds - Twin Sisters Nursery

Feather Macrame - SFN / Tansi

Teepee demos - Tylene Paquette

Bannock on a stick - Tansi / SFN

Lunch will be served at 12:00 pm





Saulteau First Nations Annual Pemmican Days 2024

July 11th, 12th, 13th, 14th

Schedule

THURSDAY JULY 11TH

Event Registration (Band Hall)

Time

4:30 pm - 8:00 pm

Prizes

Pemmican Parade

1st \$3,000 / 2nd \$2,000 / 3rd \$1,000(Adults)

Door Prizes!

FRIDAY JULY 12TH

Final Event Registration

Treaty Payments (Band Hall)

Pemmican Parade

Grand Entry & Opening Comments

Pugeesee & Horseshoes

Community Feast

Teepee Raising

Animal Calls

Honeymoon Race

Moccasin Race

9:30 am - 1:00 pm

11:00 am - 2:30 pm

2:30 pm

3:30 pm

3:30 pm - 5:30 pm

5:30

6:00 pm - 8:00 pm

6:30 pm - 7:00 pm

7:00 pm

7:30 pm

Pugeesee (Handgames)

1st \$10,000 / 2nd \$6,000 / 3rd \$4,000

Horseshoes

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

B Division - 1st \$3,000 / 2nd \$2,000 / 3rd \$1,000

Tug of War - Men & Woman's

1st \$2,000 / 2nd \$1,000 / 3rd \$500

50/50 Raffle

SATURDAY JULY 13TH

Pancake Breakfast (Cultural Building)

Teepee Raising Judging

Competition Events

Horseshoes, Pugeesee, Bow & Arrow,
Axe Throw, Sling Shot, Tug of War

Kids Fun Zone

Dry Meat Cutting

Children Indian Bingo

Adult & Youth Indian Bingo

Jigging Contest

Two Stepping Contest

Saulteau's Got Talent Show

8:00 am - 10:00 am

9:00 am

10:00 am - 6:00 pm

12:00 pm - 5:00 pm

1:00 pm - 5:00 pm

2:00 pm

3:00 pm

4:30 pm

5:30 pm

6:30 pm

Saulteau's Got Talent Show

1st \$1000 / 2nd \$500 / 3rd \$300 (Adults 18+)

1st \$250 / 2nd \$150 / 3rd \$75 (Youth & Children 0-17)

Endurance Race Men, Woman, 16 & Up

1st \$6,000 / 2nd \$4,000 / 3rd \$2,000

Youth Endurance Race

A Division Ages 12-15 - 1st \$300 / 2nd \$200 / 3rd \$100

B Division Ages 6-11 - 1st \$100 / 2nd \$75 / 3rd \$50

Teepee Raising Contest

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

Food Vendors

SUNDAY JULY 14TH

Pancake Breakfast

Men, Womans, and Teenagers 16 and Up Endurance Race

Horseshoes & Pugeesee

Youth 12 - 15 Endurance Race

Youth 11 and Younger Endurance Race

Tea Boiling

Kids Fun Zone

Bannock Making Contest

Elders Bingo

Childrens Relay Race

Leg Wrestling

Closing Ceremony - Drummers & Round Dance

8:00 am - 10:00 am

9:15 am

10:00am

11:00 am

11:30 am

11:30 am

12:00 pm - 5:00 pm

12:30 pm - 1:30 pm

1:30 pm

1:30 pm - 2:00 pm

3:00 pm

Men & Woman's Events (Adults)

Bow & Arrow, Axe Throw, Sling Shot, Drymeat Cutting, Bannock Making, Tea Boiling, Leg Wrestling, Jigging, Two Stepping Contest

1st \$500 / 2nd \$300 / 3rd \$200

Girls and Boys Youth Events Ages (8-17)

Bow & Arrow, Sling Shot, Leg Wrestling, Jigging, Two Stepping Contest, Youth 12-17 Drymeat Cutting

1st \$100 / 2nd \$75 / 3rd \$50

Animal Calls

Adult - 1st \$500 / 2nd \$300 / 3rd \$200

Youth (8-17) - 1st \$100 / 2nd \$75 / 3rd \$50

Honeymoon & Moccasin Race (Adult)

1st \$100 / 2nd \$75 / 3rd \$50

Everyone Welcome!

REGISTRATION

LIMITED Entry of Some Events! Registration is Thursday Evening and Friday Morning. (Same day Registration is not available)

Horseshoes, Pugeesee, Tug of War - \$20 per person

Men, Womans, 16 and Up Endurance Race - \$20 per person

Youth Endurance Race 12-15 - \$10 per person

Youth Endurance Race 6-11 - \$5 per person

Teepee 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.

Each team event must have one SFN Band Member.

You must be in attendance to claim prizes!

This is a drug and alcohol free Event!

No pets or Peddle Bikes in the Grounds!!

Message From Chief and Council

IMPORTANT NOTICE:

You have 10 MINUTES to show up to an event after your name has been called. If you don't show up, you will be disqualified.

Pay close attention when signing up for events - Try not to Double Book!



PEMMICAN DAYS PARADE 2024

DATE: JULY 12, 2024

TIME: 2:30PM START

REGISTRATION: JULY 11, 2024, 4:30PM-8:00PM SFN GYM

STARTING LOCATION: CHIEF & COUNCIL BUILDING

FINISH LOCATION: PEMMICAN GROUNDS



PRIZES
1ST \$3000
2ND \$2000
3RD \$1000
KIDS: 1ST \$100/2ND \$75/ 3RD \$50

**JOIN US IN BRINGING BACK THE
PEMMICAN DAYS PARADE!
VEHICLES, BICYCLES, HORSES, QUADS & SIDE
BY SIDES ARE ALL WELCOME!
THE MOST CREATIVE, MULTI-CULTURAL
DECORATIVE FLOAT WILL WIN!
NOTE: ALL FLOATS MUST HAVE 1 SAULTEAU
BAND MEMBER PARTICIPANT**



PEMMICAN REGISTRATION DATES & TIMES

THURSDAY JULY 11TH

4:30 PM - 8:00 PM

FRIDAY JULY 12TH

9:00 AM - 1:30 PM



JUNE

PÂSKÂWEHÔ-PÎSIM (PASKOW-WEE-HO-PEE-SIM) EGG HATCHING MOON

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7 No School NID	8
9	10	11 Field Trip to Moberly Lake Provincial Park	12 Field Trip to WAC Bennett Dam & Hudson's Hope Pool	13	14	15
16 Father's Day	17	18	19 11:30 am Indigenous People's Day Celebration @ Pemmican	20	21 Indigenous People's Day STAT	22
23 30	24 Lake Day kayaking fishing motorized water sports SXS and more	25 Lake Day kayaking fishing motorized water sports SXS and more	26 Year End Celebration 12:00	27 Last day of Classes End of term 3	28 Staff Admin. Day	29

Completed
Gymnastics!
(The students, not
Teachers)



Making banock with an Elder



School Swimming Lessons



Birch Forest Field-Trip with Mr. Conrad & Ms. Hannah



Chief & Council visit to explain local
Government



Enjoying our
new outdoor
classroom



RCMP tour of our local detachment



Scotiabank tour





Muskoti Elementary School

Attention fellow band and community members:

Do you or someone you know have a child turning 4 by December 31, 2024, or entering Kindergarten, Grade 1, 2, or 3 in September 2024? If so, please contact us for a registration form ASAP to register your child in our upcoming school year in our full-day Pre-Kindergarten (K4), Kindergarten, Grade 1, 2, or 3 classes with BC Certified teachers in our registered First Nations School.

We limit class sizes to provide the best quality of education we can, so it's best to register early.

We have a strong cultural and language program that is continuing to flourish. We also offer units on skating, snowshoeing, swimming, gymnastics, and so much more for your child (ren) to learn. Our fieldtrips and local bussing enhance our program.

For more information, please contact our Principal, Cody Schlamp at 250-788-7361 or at cschlamp@saulteau.com.

Our school for our community!

Education is so important, and the BC First Nations Schools are striving for excellence and achieving greatness for our students. 😊



Muskoti Elementary School

What we offer:

- ❖ Small class sizes with a BC-certified teacher Pre-K to Grade 3
- ❖ Full-day interactive, individualized academic programs for all primary grades.
- ❖ Our local First Nations culture and language are embedded in our curriculum.
- ❖ Caring and loving staff who believe in every child and their potential.
- ❖ Opportunity for children to read with confidence and pride.
- ❖ Excellent program for developing strong numeracy skills.
- ❖ Healthy breakfast and lunch program.
- ❖ Great reviews from former parents and kids who want to stay!
- ❖ And so much more ...

Check out our Facebook page: [Muskoti Elementary School](#) to see what we do 😊

JUNE 2024

MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Culture Day Beaded Bracelets	5 After School Club Sports 3:30 pm - 4:30 pm	6	7	8
9	10	11	12 After School Club Cultural Craft 3:30 pm - 4:30 pm	13	14	15
16	17	18 Culture Day Beaded Keychain	19 Stay in School Celebration Starts at 4:30 pm <i>No After School Club</i>	20	21 National Indigenous Peoples Day	22
23	24 SFN Closed in lieu of National Indigenous Peoples Day	25	26 After School Club Sports 3:30 pm - 4:30 pm	27 Last Day of School	28 MLC Open on September 4, 2024	29
30						

Notes:

MLC will be closed for summer break:
June 27 -
September 4, 2024

MLC has a Culture Day every 2nd Tuesday. We have a variety of cultural crafts available to anyone who would like to make a cultural craft!

MLC has the weight room reserved for student use every Mon - Thu from 2:00 - 3:00 pm!

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

MUSKOTI LEARNING CENTRE

JUNE

READING CHALLENGE

for Grades
5 - 12

Every participant from February to June will win a prize!

Earn an entry in the **GRAND PRIZE DRAW** for every 50 pages you read!

Please give all your reading submissions to MLC by the end of the day June 25th.

Grand Prize Draw Date:
June 25, 2024

250-788-7368 bconrad@saulteau.com

MUSKOTI LEARNING CENTRE

JUNE ADULT READING CHALLENGE

GRAND PRIZE DRAW:

June 25

Every participant from Feb-June will receive a prize!

Earn an entry in the Grand Prize Draw for every book you read!

Please give all your reading submissions to MLC **by the end of the day June 25th.**

250-788-7368 bconrad@saulteau.com



hosted by
Our Children Our Way Society

October 27-30, 2024

OUR CHILDREN OUR WAY

A National Forum for Indigenous
Child & Family Well-being

Vancouver Convention Centre, BC

Join us for the 3rd annual Our Children Our Way: A National Forum for Indigenous Child & Family Well-being conference taking place on the unceded and ancestral territories of the s̓k̓w̓x̓wú7mesh, x̓m̓məθk̓w̓əy̓əm and səliłwətał Nations. This conference aims to hold space for presenters to share approaches and best practices which strengthen the well-being of Indigenous children, youth and families.

Through sharing various aspects of practice, policy, community healing, operational development and jurisdictional pathways, this conference seeks to enhance Indigenous child and family services across the Nation.

Who Should Attend:

Band designates, social workers, Indigenous child & family service organizations, community partners, hereditary and elected leadership, Elders and Knowledge Keepers

Key conference highlights:

- Engage with like-minded professionals in Indigenous child and family services
- Self-care space with wellness practitioners
- Presentations by leaders in the field from across Turtle Island

For more info, contact: conference@ourchildrenourway.ca

Registration Opens: June 10, 2024

OurChildrenOurWay.ca/OCOW2024

Muskoti
Learning Centre

STAY IN SCHOOL CELEBRATION!

Wednesday June 19, 2024

SFN Playground

4:30pm - Start

**4:45pm - Drum and Dance
performance**

5:00 pm - Dinner

BBQ | Door Prizes | Gr. 12 Graduate Recognition | and more!

**Join us for MLC's Stay in
School Celebration 2024!**

**Open to all SD #59 Saulteau First Nation
students who attended school or distance
learning for more than 50% of the school year.**

WorkBC Centre

Skills Discovery Program



Food cards available for each day of attendance.

Seats are limited, so book today!

**Enhance your Essential Skills.
Join us for a Virtual FREE Two-Week Program!**

Starting June 3rd to 14th.

To Register: Call or visit your local WorkBC Centre

Quesnel - 250-992-7691 / Williams Lake - 250-398-5133

100 Mile House - 250-395-5121 / Bella Coola - 250-799-5743

Dawson Creek - 250-782-1900 / Chetwynd - 250-788-1025



This program is funded by the Government of Canada and the Province of British Columbia.



DID YOU KNOW?

YOU CAN PRE-REGISTER FOR EVACUATION ASSISTANCE ONLINE!

- VISIT ESS.GOV.BC.CA
- CLICK "SELF REGISTER NOW"
- FOLLOW THE BC SERVICES CARD LOGIN & REGISTRATION INFORMATION
- OR - PRE-REGISTER USING THE BC SERVICES CARD APP!



WHY WOULD I WANT TO PRE-REGISTER?

in the event of a community evacuation - pre-registering enables you to receive a direct deposit right to your bank account! It's faster, less stressful, and more flexible!



Reminder

Income & Disability Assistance Clients Declaration Week

JUNE 10-13, 2024

Payment Date

JUNE 19, 2024

Job search activity & necessary utility bills must be submitted with declarations during declaration week for clients required to do so

Please contact Falon Gauthier at 250-788-7286 or email fgauthier@saulteau.com for any questions or concerns.

The Mobile Diabetes Clinic Will Be at Saulteau First Nations Health Center!



For Who: People living with diabetes, or Pre-diabetes.

Where: Health Centre. Book an appointment with either your Community Health Representative or Nurse.

What: If you have diabetes, your appointment may include: testing for diabetic eye, kidney, foot, and blood vessel changes, and individual teaching.

When: The Mobile Diabetes Team will be at your centre on:

Date: June 18 and 19, 2024
Please Call Melva for appt
250 788 7280



ONGOING DROUGHT CONDITIONS IMPACTS OUR WATER - WHAT CAN YOU DO TO HELP?

WATER CONSERVATION



Why Does it Matter?

Drought conditions effect our available water - conserving now can help us better prepare for more severe conditions during the upcoming hot & dry summer.

Actions You Can Take:

In Your Kitchen!



- Avoid letting the water run continuously when washing dishes or cooking
- Make sure dishwashers are full before running them
- Save up laundry until you can run a full load

In Your Bathroom!



- Limit shower time - keep it under 10 minutes
- Turn off the water while brushing teeth or washing hands, avoid letting the water run
- Don't use a toilet as a garbage - not only does it cause plumbing issues but it wastes water

In Your Community!



- Talk to your friends and family about water needs before the summer hits
- Avoid water-intensive landscaping or plants
- Practice fire safety - fire response is impacted by droughts too!

Hot & Dry weather is expected throughout the summer - expect drought conditions to continue into September 2024!



MEMBERS OF SAULTEAU FIRST NATIONS

NEVER MISS AN UPDATE

GET THE APP

The app uses state-of-the-art technology to notify SFN members of breaking news, documents, videos, and events, instantly delivered via push notifications.



HOW TO GET THE APP

- 1 Scan the QR code above or visit the App Store or Google Play Store and Search 'Saulteau First Nations'
- 2 Tap 'Register' under 'Member Login'
- 3 Fill out your information and press 'Register'
- 4 Click the verification link in your email address



- NEWS
- EVENTS
- SURVEYS
- JOB OPENINGS

Download the free app today

WHAT GOES IN AN EMERGENCY KIT?

In preparation for an emergency or evacuation, pre-packing the following items can save valuable time and help you and your family stay prepared!

- Granola bars, snacks, and dry foods
- Phone charger
- Small battery powered radio
- Flashlight
- Extra batteries
- Small First Aid Kit
- Toothbrush, toothpaste, hair brush, and a bar of soap
- Extra contact lenses or glasses
- Copies of important documents - insurance, passport, ID
- Seasonal Clothing
- Whistle
- Spare cash



PREVENT MEASLES



Measles cases are rising worldwide.



Check your immunization records and make sure your family is protected against measles, especially if travelling.

Children need 2 doses of the measles, mumps, rubella (MMR) vaccine:

- 1st dose: 12 months
- 2nd dose: 4-6 years

Babies and young children travelling outside Canada may need to get their 1st or 2nd dose early.



Anyone born in 1970 or later should ensure they've had 2 doses of the measles vaccine.



For more information:

- Talk to your health care provider
- Visit immunizebc.ca/mmr

THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Medicine

UBC'S 2024 MINI MED SCHOOLS

At our mini med schools for **Black** and **Indigenous** students, you will learn everything you need to know about applying to the Doctor of Medicine program, the admissions process, the different pathways to becoming a doctor, and take part in fun hands-on activities to see what it's like to be a doctor for a day!

PRINCE GEORGE

June 20th, 2024

at the University of Northern British Columbia

VICTORIA

June 28th, 2024

at the University of Victoria

KELOWNA

July 4th, 2024

at the University of British Columbia, Okanagan



FOR MORE INFORMATION & TO REGISTER ONLINE CLICK THE FOLLOWING LINK:

https://ubc.ca/1.qualtrics.com/jfe/form/SV_8rf1Yv37S7EtUZ8

DEADLINE FOR REGISTRATION IS JUNE 7TH, 2024

SFN HOUSING

CCH INFORMATION SESSION

For those who hold a Certificate of Custom Holdings, the Housing Department will be hosting an information session. This session will include the topics of Home Insurance and the Maintenance Program.

We will provide dinner and refreshments.

Please come, learn more about your coverage and have your questions ready!

SFN GYM- JUNE 5, 2024

5pm-6:30pm

If you cannot attend, please let us know and we can send you the information package. Call 236-364-2019



2024 Home Solar Project - UPDATE

Members' Notice

Please be advised that as of May 12, 2024, homes selected for solar installations will be ready to receive solar panels on their roofs.

A representative of the SFN or the solar contracting team at Sunpear will be in touch to schedule your rooftop solar installation.

Project Schedule

- ✓ April: pre solar install EnerGuide home evaluation - *complete*
- ✓ May 12-30: rooftop solar panel installs - *current step*
 - A solar installation crew will visit your home for approx 4 hours
 - Home visits will be scheduled via phone or door knock
- ✓ June/July: start of post-solar install EnerGuide home evaluations.

Visiting all homes will take 1-2 weeks

- An energy advisor will visit your home for approx 20 minutes
- Home visits will be scheduled via phone or door knock

Questions / Hiring Opportunities?

Please be in touch with Shane Reynolds:

Email: sreynolds@saulteau.com

Phone: 250.613.8006



Notice to Members

May 7, 2024

Start of Solar Rooftop Installation

- **Updates:** Electrical wiring complete
- **Next step:** rooftop solar installs - May 13-30



SUNSPEAR will be in touch to schedule the next step. Bookings will generally be for next day visits, with access required into the home.

For questions, including to arrange a specific installation time, please contact project coordinator **Cory Bigham**:

(778) 791.7828 | cory@sunspearmicrogrid.ca

June 2024 Health Centre

May '24							July '24							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4			1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13	
12	13	14	15	16	17	18	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	21	22	23	24	25	26	27	
26	27	28	29	30	31		28	29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4 Elders Group 11-1pm Heather's Health Hour Birth Control-10am	5 NA Meeting 8pm ML Community Hall	6 LB-Trail Rides HeartCore Sound Healing 10am Massage Therapist-HC 8:30am	7 Amplifon Hearing 10am Tracy Leach- Art of Selfcare	8 Cultivating Self-Worth -NBH 9am -3pm
9 Cultivating Self-Worth -NBH 9am -3pm	10 Maternity & Child Health Solid Foods 10am IFOT-Individual Sessions-HC	11 IFOT-Individual Sessions-HC	12 NA Meeting 8pm ML Community Hall	13 LA-Trails Rides	14	15
16	17	18 Elders Group 11-1pm The Mobile Diabetes Clinic Health Center- 9am-3pm	19 NA Meeting 8pm ML Community Hall The Mobile Diabetes Clinic Health Center-9am-12pm	20 Physiotherapy-9am LB-Trials Rides	21	22
23	24	25	26 NA Meeting 8pm ML Community Hall	27 Diabetic Foot Care 8:30am LB-Trails Rides	28	29
30		Services Available on Request * Youth and Wellness Counselling (Contact Rebecca Widdicombe 250-788-7282) * 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



Heather's Health Hour

BIRTH CONTROL



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June 4, 2024 at 10 am at the Saulteau First Nations Health Center
Learn about the different kinds of BIRTH CONTROL options

- How should they be used
- How do they help prevent pregnancy
- How effective are they for preventing pregnancy?
- What types can also help prevent Sexually Transmitted Infections?

As always, choose a small gift each time you attend. Also, enter the draw for a large prize – to be drawn every 3 months.

**MATERNITY AND CHILD HEALTH Education with
Nurse Heather
June 10, 2024 @ 10 am
At the SFN Health Center lunch room**



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**Come learn about INTRODUCING YOUR BABY
TO SOLID FOODS**

- **When should we start?**
- **How do we know our baby is ready?**
- **What types of foods should we offer?**
- **What about textures?**
- **What about choking?**
- **What about allergies?**
- **Bring along any other questions you might be wondering about**
- **Take home a First Nations "Baby's First Foods" book**

Also, enter your name for a prize draw



Baby's first foods

Breastfeed your baby for up to two years of age or older. Human milk is the only food your baby needs for the first 6 months. If you are not able to feed your baby human milk, talk to your health care provider about feeding your baby store-bought infant formula.

If your baby only drinks human milk, or human milk and some infant formula, they need a daily liquid vitamin D supplement of 400 IU. Human milk has some vitamin D but not enough to meet your baby's needs. Babies who only drink store-bought infant formula do not need a vitamin D supplement. Infant formulas already contain added vitamin D.

When do I start to offer my baby solid foods?

At about 6 months of age your baby can start to eat solid foods. By this time, your baby needs more nutrients, especially iron. Your baby is also ready to learn to eat foods with different textures.

Your baby may be ready to start eating solid foods if they can:

- Hold their head up
- Sit-up and lean forward
- Watch for, open their mouth and close their lips around a spoon
- Pick up food and try to bring it to their mouth, and
- Let you know if they are full. For example turns head away

How much food does my baby need?

Your baby decides if they are hungry and how much they will eat. As a parent or caregiver you decide what foods are offered.

Trust your baby to let you know when they are hungry and full. Offer food when your baby is hungry and stop when they show signs they are full.

Your baby is hungry when they:

- Open their mouth for food
- Lean forward eagerly
- Get upset if the food is taken away

Your baby is full when they:

- Close their mouth
- Turn their head or push food away
- Refuse to eat

By 12 months of age, aim to offer your baby solid foods at 3 family meals and 1 to 2 snack times each day based on their appetite.

How do I start to offer my baby solid foods?

Start by giving your baby small amounts of food and gradually increase the amount based on their appetite.

- Sit down and eat with your baby. Choose a time when your baby is calm, interested and alert. Babies enjoy company and learn about eating by watching you and others eat
- Let your baby explore food with their hands. Learning to eat can be messy
- Solid foods can be offered before or after human milk. You and your baby can decide what works best. This may change over time
- As your baby eats more solid food, they will gradually begin to drink less human milk

What types of food do I offer my baby?

Your baby can eat many of the same foods enjoyed by the rest of the family. Offer family foods made

with little or no added salt or sugar. Continue to offer human milk.

- Start with iron-rich foods and offer them at least 2 times each day. Examples include:
 - Well-cooked, finely minced or shredded meat, poultry and boneless fish, such as beef, pork, chicken, turkey, cod and salmon
 - Mashed cooked egg, lentils, beans and tofu
 - Iron-fortified infant cereal
 - Smooth peanut, tree nut and seed butters blended with an equal amount of warm water and stirred into iron-fortified infant cereal
- Along with iron-rich foods, offer other healthy foods such as vegetables and fruits, whole grains and milk products
- Offer sips of water in an open cup at meal or snack times
 - Avoid sugary drinks including 100% fruit juice

What types of textures do I offer my baby?

Offer a variety of soft textures from 6 months such as lumpy, finely minced, ground and pureed. Your baby can eat soft foods and finger foods before they have teeth. Safe finger foods include:

- Finely minced, ground or mashed cooked meat, boneless fish, poultry, eggs and beans
- Small pieces of cooked vegetables and fruit, and soft ripe fruits without the skin
- Grated hard cheese
- Strips of toast and 'oat rings' cereal

Offer new textures as your baby gets older.

Between about 8 to 12 months of age your baby will be able to bite and chew chopped foods and a greater variety of finger food such as:

- Small pieces of soft meat, fish, poultry, egg and beans
- Smooth peanut, tree nut and seed butters spread thinly on toast

- Small pieces of bannock, roti and tortilla
- Pasta, rice
- Grated raw vegetables

When can I introduce the common food allergens?

At about 6 months of age you can offer safely prepared peanut, tree nut, sesame seed, egg, fish, wheat, soy and milk products to your baby. The risk of a food allergy developing to these foods is lowest when they are introduced at this time. Many of the common food allergens are also iron-rich and can be part of the first foods offered to your baby.

- You can start with the common food allergens your family eats
- Offer the common food allergens one at a time
- When your baby shows you they tolerate these foods, continue to offer them regularly. This may help prevent a food allergy from developing

When can I offer my baby cow milk?

You can start offering small amounts of pasteurized whole cow milk (3.25% milk fat) in an open cup when your baby is:

- 9 to 12 months of age and
- Eating a variety of foods that are iron rich

Pasteurized whole goat milk can be offered if vitamin D and folic acid have been added to it. Check the product label.

Skim, 1% and 2% milk, and fortified soy beverage are low in fat and not recommended before 2 years of age. Dietary fat is important for the growth and development of babies and toddlers.

Do not give coconut, oat, rice or nut and seed beverages before 2 years of age. These drinks do not have enough fat, protein and other nutrients to meet your growing baby's needs.

How do I keep my baby safe while eating?

- Babies and young children are at higher risk of choking. Always stay with your baby while they are eating or drinking and learn how to help if they choke

- Prepare foods for your baby in ways that reduce their risk of choking. For example, cut round foods like grapes, cherry tomatoes and large berries such as blueberries into smaller pieces. See [HealthLinkBC File #110b Prevent choking in babies and young children: For child care providers](#)
- Only give your baby pasteurized milk products. You can find this information on the label
- Never offer honey or food made with honey even if it's cooked or pasteurized to babies younger than 1 year. Honey could give your baby a food-borne illness called botulism
- Offer your baby fish that are lower in mercury. See [HealthLinkBC File #68m Food safety: Mercury in fish](#)

For more information

If you have questions about feeding your baby, vitamin D supplements or food allergies, contact your health care provider. You can also call **8-1-1** to speak to a registered dietitian.

To learn more about feeding your baby, see:

- [Toddlers First Steps: A Best Chance Guide to Parenting Your 6 to 36 Month Old](#)
- [HealthLinkBC File #69a Feeding your baby formula: Before you start](#)
- [HealthLinkBC File #70 Breastfeeding](#)
- [HealthLinkBC File #110b Prevent choking in babies and young children: For child care providers](#)

Some babies are at increased risk of developing a food allergy. To learn about reducing the risk, visit www.healthlinkbc.ca/healthy-eating/reducing-baby-food-allergy-risk.

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit www.HealthLinkBC.ca or call **8-1-1** (toll-free). For the deaf and hard of hearing, call **7-1-1**. Translation services are available in more than 130 languages on request.

THE ART OF TRADITIONAL SELF CARE WITH TRACY LEACH, ST'AT'IMC NATION

TRACY IS A REGISTERED CLINICAL
COUNSELLOR, CERTIFIED INDIGENOUS
FOCUSING ORIENTED PRACTITIONER AND
REGISTERED MASSAGE THERAPIST. SHE WILL
BE VISITING SAULTEAU FIRST NATIONS TO
OFFER:

CULTIVATING SELF-WORTH WORKSHOP JUNE
8TH AND 9TH FROM 9AM TO 3PM @ NEW
BEGINNINGS HOUSE

INDIGENOUS FOCUSING ORIENTED THERAPY
INDIVIDUAL SESSIONS JUNE 10TH AND JUNE
7TH @ SFN HEALTH CENTRE

PLEASE CONTACT 250-401-7616 OR
AKINGSTONMILLER@SAULTEAU.COM WITH
QUESTIONS OR TO REGISTER

Community Notice



Due to the amount of burdock that is present in the field where the horses normally free range we have had to remove all the horses from that area to give us the ability to treat the invasive burdock and prevent it from invading people's yards, gardens and lawns. Horses will not be allowed to roam in that area to minimize the spread of the burdock.

The second issue in that area is the Old barn.

This barn is a very dangerous building due to the structural deterioration. The structure is not stable and has been condemned. It will be torn down and removed in the next few weeks. This is a serious safety concern and we do understand that this may cause some difficulties for those who have been using it for a horse shelter.

In order to address this issue we will be constructing horse pens in the back of the new barn and we will advise community when they are ready for occupancy. The new pens will not have shelters, water or electricity but these will be free of charge for the time being. Folks can put their names forward to the public works department for a pen and this will give them the opportunity to keep their horses safe.

Chief and Council

PLAYGROUND RULES

PLAY AND FUN FOR EVERYONE!!

GENERAL RULES:

- PLEASE DO **NOT** SMOKE ON, OR IN THE PLAYGROUND AREA!
- LET'S KEEP THIS A PET FREE ZONE! **NO PETS** ALLOWED!
- PLEASE KEEP ALL GATES CLOSED!
- PLEASE CLEAN UP AFTER YOURSELF & YOUR GUESTS.
- PLEASE CLEAN UP YOUR GARBAGE!

This beautiful playground area is for the community to enjoy and where everyone can have fun and play! Let's work together to keep it clean and FUN!

Have fun, be safe and be kind.



SPIRIT OF THE PEACE COMPETITION POWWOW June 7, 8 & 9, 2024 9880 Cherry Ave, Taylor, BC

Grand Entry Times

Friday, June 7: 7:00 pm
Saturday, June 8: 1:00 pm and 7:00 pm
Sunday, June 9: 1:00 pm

**ADMISSION IS FREE OR BY
DONATION**

EVERYONE WELCOME

**ARENA ANNOUNCERS - STAN ISADORE AND DEVIN BELLEROSE
ARENA DIRECTORS - LONNIE POTTS AND AL CRAWFORD
HEAD DRUM JUDGE - WALTER WHITE**

Registration

Friday, June 7: 4:00 pm to 6:30 pm
Saturday, June 8: 10:00 am to 12:30 pm
All dancers/drummers must register
daily and produce ID

COMPETITION CATEGORIES

JUNIOR
TEEN
ADULT
GOLDEN AGE

CONTEST SPECIALS TBA

**BUCKSKIN PAID DAILY
TINY TOTS - SATURDAY & SUNDAY**

ELDERS CARE AREA

FOR MORE INFORMATION

250-785-0612
EMAIL: spiritofthepeace@gmail.com

VENDORS

dstump@live.ca

DRUM CONTEST

MALE DRUMMERS ONLY,
BACKUP SINGERS WELCOME
PRIZES TBA

Non competing drums - drum split

**THIS IS A DRUG AND
ALCOHOL FREE EVENT**



Free camping on site

Please leave pets at home



The Spirit of the Peace Powwow Society is not responsible for loss of articles, injury or damages to property

Tānisi Saulteau community, family and friends,

My Aboriginal Liaison update for May 2024. Please call, email or drop by the TREP office if you have any questions. Continue to support the very busy portfolio managers here at TREP (Mining – John, Forestry – Lisa, Oil & Gas – Fernie, Guardians – Jessica), while participating on various initiatives (Invasive Species, First Nations Committee on Disaster & Climate Risk, supporting SFN's EMBC Coordinator and on Site C Reclamation Committee).

Recently hosted a community dinner to discuss invasive species and how these are affecting our community.

Presentations were done on:

- Feral Pigs (posted to the TREP Page for your viewing, <https://www.saulteau.com/departments-and-services/treaty-rights-and-environmental-protection/>),



- Chronic Wasting Disease (CWD, thank guardians), and



- An Introduction to the Invasive Species Council of BC (<https://bcinvasives.ca/take-action/identify/>).



Thanks again, to Phyllis and her team for an amazing supper.

Action items from this meeting are:

- Create a Saulneau Invasive Species Community Workgroup. Some objectives for this workgroup include develop framework for managing invasives, train Saulneau members on invasives (recognizing, handling, controls), work with other Treaty 8 Nations to develop their own Community Invasives programs.
- Create a Treaty 8 Invasive Species working group. Some objectives for this workgroup are planning and communicating on Feral Pigs, planning and communicating on CWD, and creating community based programs for terrestrial and aquatic invasive species.

Some Bear Smart at Home tips and thanks to BearSmart.com for this information.

- 1) Keep your home bear-attractant free. Don't attract bears to your property with garbage, bird feeders, fruit trees and berry bushes, gardens, compost, dirty barbecues (grease cans or drip trays) or pet food.
- 2) Don't stockpile garbage and recycling in large quantities. Store it indoors; or outdoors in bear-proof containers. If your community has curb-side pick-up, don't place it outside until just before pick-up.
- 3) Bears can and will climb through open windows and doors. Consider keeping them closed and locked during bear season, especially if you know there is a bear in the area.
- 4) Use specially designed bear deterrents – remotely triggered noisemakers and sprinklers or *unwelcome* electric door mats – to discourage bears from entering your property, especially while you are away for extended periods.
- 5) If you encounter a bear in an urban area, remain calm. Give the bear plenty of space and an easy escape route. If it's a black bear, make lots of noise to encourage it to leave; if it's a grizzly bear, remain quiet and slowly back away. Call your local conservation/wildlife officer and report your bear sighting.
- 6) Keep the whole neighbourhood safe by encouraging your neighbours to follow BearSmart practices, too.



FireSmart tips for your yard and home,. Thanks to FireSmartBC for this great visual information bulletin.



If you have any questions or would like to discuss concerns around safety, emergency preparedness or emergency planning please reach out to Aislinn as below.

Aislinn Gentles
OHS & Emergency Management Coordinator
agentles@saulneau.com
250-788-3955, ext. 2072

Mining

- Conuma has ceased operation of their Wolverine Mine site.

- Conuma has purchased the Tech Coal mine site of Quintette and is in the process of getting it ready for operations.
- The Conuma Brule mine site is in a reduced operation status, with most workers relocated to Willow Creek or Quintette.



Oil & Gas

- Lots of activity and development throughout our territory.
- Inspections and random site visits.
- Site visits and follow-ups on spills. These sites have a 2 year reclamation cycle, so is a bit of planning to make sure the reclamation cycle is recorded and put in our GIS at TREP.



Forestry

- Plenty of logging activities in our territory for West Fraser and Canfor. Canfor mill is shut down, but harvesting continues with wood fiber being shipped elsewhere. About 8 years ago changes were made to the BC Forest Practices Code to allow mills to shut down and continue harvesting in an area. Before this, the annual allowable cut (AAC) was tied to a community/mill, so there was a local economic benefit to the communities affected by the logging activities.



- A change in the harvesting practices in our territory, from clear cut to rows of trees still standing in a completed block.

BC Hydro and Wind Energy

BC Hydro Site C

- Construction is on-going. Reclamation is occurring at the same time, with post-completion reclamation work to be done when the reservoir is flooded.
- With no definite start date, BCH is hoping to start flooding the reservoir later this year.
- Interesting capacity as an FYI, Site C will provide 1,100 megawatts of dependable capacity and will generate about 5,100 gigawatt hours of energy each year – enough to power the equivalent of 450,000 homes per year.
- Am Saulteu’s representative on the Site C Reclamation Committee, so if you have any questions, please give me a call.



(post fire regrowth)



(old clear cut block)



Please call, email or drop by the Lands Office if you would like to discuss this further.

Kinanāskomitin,

Tom
 250-788-6442
tom.aird@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 1st - 21st

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.

Looking for Up-To-Date Information about Wildfires?

Information provided from the sources below provides timely, accurate updates on the evolving situation.

BC Wildfire Map

- Provides up to date fire information and location from BC Wildfire Service
- wildfiresituation.nrs.gov.bc.ca/map

Fire Smoke Canada

- Provides current and three-day look ahead for smoke conditions across Canada
- firesmoke.ca/forecasts/current

DriveBC

- Provides current road conditions, events, and closures related to wildfires
- drivebc.ca/mobile/events

Purple Air - Air Quality Monitor

- Provides a 10 Minute average air quality index reading, from sensors all over the world
- SFN's own TREP department maintains a monitoring station here in community to provide accurate and specific readings for the Saulteau area!
- map.purpleair.com

Social Media is not always a reliable source of information - please take care when using social media to find information, and be sure to follow credible sources and 'Official' or 'Verified' organizations.



Invitation for IPCA Advisory Group Participation

We are excited to announce the formation of an Advisory Group for the planning process of our future Indigenous Protected and Conserved Area (IPCA) that will protect the lands and waters, while also supporting sustainable economic opportunities. This is an opportunity to actively participate in protecting our territory and culture for future generations.

What is an IPCA?

"IPCA's are lands and waters where Indigenous governments have the primary role in protecting and conserving ecosystems through Indigenous laws, governance, and knowledge systems. Culture and language are at the heart and soul of an IPCA." - *Indigenous Circle of Experts, 2018*

Why Participate?

Your insights, experiences, and knowledge matter! As a member of the Advisory Group, you will play a role in:

- Contributing to an IPCA plan that reflects our community's values and priorities
- Ensuring that our traditional knowledge and language is woven throughout the planning process
- Representing diverse voices within the community
- Safeguarding the protection of our cultural, heritage and sacred spaces

We greatly value your time, wisdom, insights and contributions. An honorarium will be provided per meeting too those who are members of the Advisory Group.

Who Can Join?

We welcome all community members to apply. Whether you are an Elder with stories to share, a youth with a passion for taking care of the land, or anyone in between, your voice is important.

How Can I Apply?

To express your interest in joining the IPCA Advisory Group, please submit a brief email outlining:

- Who you are
- Why you are interested in participating
- Any relevant knowledge, experience or skills you bring to the group

Please send your email and any questions you may have to [Naomi Owens-Bee](mailto:Naomi.Owens-Bee@sauteau.com) at the Treaty Rights and Environmental Protection (TREP) department at novens-beek@sauteau.com or talk to us directly.

Proudly determined

Box 1020 Chetwynd, BC V0C 1J0 T 250.788.3955 F 250.788.7261 info@sauteau.com www.sauteau.com

TREP Open House & Community Meeting Sukunka Watershed Planning. Wednesday June 18th

Our Treaty Rights and Environmental Protection department (TREP) is having an **Open House** as well as working with the **David Suzuki Foundation** and West Moberly First Nations on a Sukunka River Watershed Stewardship Plan.

You are invited to join us on **June 18th** for an information session and discussion about the planning project. The David Suzuki staff will be on hand to introduce the project, listen to your feedback and answer questions. We would like to hear from community members about the things that are important to you in the Sukunka watershed and tell you about the project.

Come and join us at the **Band Hall gym**. We will start off with our Open House. Doors Open at 10:00 am. There will be an afternoon session with the David Suzuki Foundation. With a follow up focus session on June 19th.



Tom Aird Photo Credit.



If you know you are interested in attending either session, please contact the TREP department. 250-788-7290

One of the main aims is to create a plan that protects Saulteau culture and land use in the Sukunka Watershed. We also want to provide a path toward diverse, ecologically sustainable economies. The planning approach brings together both Indigenous knowledge and western science. DSF's approach is to create a network of ecological reserves and include areas for economic activities. The plan will also consider impacts from climate change and other ongoing threats to plants and animals in the watershed.

We hope to see you there!

Lunch will be provided at 12:00 and supper at 5:30.

SAULTEAU FIRST NATIONS JOB POSTINGS!

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



SFN CAREER OPPORTUNITIES

- MANAGER OF HUMAN RESOURCES
- MEDICAL OFFICE ASSISTANT
- CRISIS INTAKE SUPPORT & OUTREACH WORKER – LKHS SAFE HOUSE PROGRAM
- MENTAL HEALTH COMMUNITY OUTREACH & PREVENTION WORKER
- CARBON LAKE CARE TAKER
- GROUNDS MAINTENANCE – SUMMER STUDENTS (X6)
- PRIMARY TEACHER
- COMMUNICATIONS SUPPORT – SUMMER STUDENT
- GARBAGE COLLECTION

ARE YOU A MEMBER BUT DON'T HAVE SOME OF THE QUALIFICATIONS? WE CAN TRAIN YOU!



ASKI RECLAMATION CAREER OPPORTUNITIES

- SEED COLLECTORS



4EVERGREEN CAREER OPPORTUNITIES

- TRUCK MECHANIC
- HEAVY DUTY MECHANIC
- CONSTRUCTION SAFETY OFFICER
- LEVEL 3 SITE MEDICS
- CLASS 1 DRIVERS
- EQUIPMENT OPERATORS

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

