SAULTEAU FIRST NATIONS NEWSLETTER

AUGUST 2024

FEATURED COMMUNITY NEWS THE SFN CULTURAL CENTRE GRANDE OPENING!

The Saulteau First Nations Cultural and Recreation Centre officially opened its doors to the public on July 24th with a Grande Opening Celebration! The Cultural Centre Staff, led by newly appointed Culture and Heritage Manager Jamie Kristoffy, put on a fantastic event which kicked off with a grande entry introducing Chief and Council; followed by speeches from SFN Staff, the Architect and Project General Contractor, and the The Honorable Murray Rankin - Minister of Indigenous Relations and Reconciliation. A slideshow of the project and memorable moments showcasing the SFN community was played after the speeches, followed by a lunch catered by the Meat Doctor out of Dawson Creek. The afternoon ended with an incredible performance by The Saulteau Dancers, and words and expressions of well wishes for the future of the community from Regional Mayors, Councilors, and SFN Community Members.

A significant highlight of the Centre is the inclusion of spaces dedicated to the teaching and learning of Saulteau's traditional languages and cultural practices. Workshops, lectures, and classes conducted by elders and experts will be regular events, fostering a strong sense of community and continuity of traditions.

Furthermore, the Centre aims to be more than just a museum. It envisions becoming a vibrant gathering place for both the Saulteau community and visitors. The Centre hosts a performance area for cultural events, a community hall for social gatherings, and outdoor spaces for traditional ceremonies. The Cultural and Recreation Centre will be opening for Community Programming at the end of August.



"The historical grand opening of our Cultural Centre has opened many doors for Treaty 8 nations to continue to grow and prosper together, utilizing their values and principles, creating a strong foundation on culture and tradition for future generations." Said Chief Rudy Paquette of Saulteau First Nations

MEET THE CULTURAL CENTRE TEAM!

From Left to Right: Carlee Westgate (Community Events Coordinator), Jamie Kristoffy (Culture & Heritage Manager), Tylene Paquette (Cultural Connections Coordinator). Not pictured: Montana Fuller (Recreation Coordinator)















































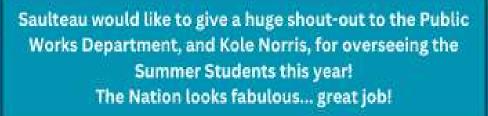
IT Outage Affecting SFN Services

Updated July 31, 2024

Due to an IT outage from a power surge (possibly a lightning strike) the following departments will be closed to in-person services and all staff from those departments will be working remotely until August 8th, at the earliest: Chief and Council Finance & Administration

TREP & Lands

The Band Hall, Health Centre, Day Care, Asset Management & Housing, and Cultural Centre are NOT affected by the outage.





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A re holding our Annual Golf Tournament where golf enthusiasts

We are holding our Annual Golf Tournament where golf enthusiasts and amateurs alike come together to enjoy a day of friendly competition. **Everyone is welcome to register a team until full.**

9:30 AM - TEE OFF DAWSON CREEK GOLF & COUNTRY CLUB 2121 ALASK HIGHWAY, DAWSON CREEK, BRITISH COLUMBIA

\$100 PER PERSON TO REGISTER - MUST HAVE 1 INDIGENOUS OR METIS PERSON ON TEAM - 1 FEMALE PER TEAM

NO BUSING WILL BE AVAILABLE. PLEASE ARRANGE YOUR SAFE RIDES HOME

REGISTRATION CONTACT

TOURNAMENT TROPHIES & PRIZES

250-788-7271

CARLEE WESTGATE CWESTGATE@SAULTEAU.COM



BREAKFAST - SAT/SUN - 8:30 AM DINNER - SAT - 6:30 PM

FAMILY SERVICE SUMMER BBQ'S

Family BBO

Stop by to meet our Family Service Team- Everyone is welcome

> July 3, 17, 31 August 14, 28

5-7pm every other Wednesday at the New Beginnings House

> Contact us: Morgan 250 401 7008 or Corrina 250 401 7741

CALL OUT FOR 2 HOLE IN ONE WATCHERS

SFN GOLF TOURNAMENT - DAWSON CREEK GOLF & COUNTRY CLUB AUGUST 17TH & 18TH - 8:30 AM - 6:30 PM

MILEAGE - BREAKFAST - LUNCH - DINNER WILL ALL BE COVERED. YOUR NAME WILL Also be included for the Golf Tourney Prizes.

IF YOU ARE INTERESTED PLEASE EMAIL CARLEE AT CWESTGATE@SAULTEAU.COM. IT IS FIRST COME FIRST SERVE FOR THE POSITION. SERIOUS INQUIRIES ONLY.



Dr. Banas Will Be Away On Vacation August 22 to September 15

The Health Clinic will not have a physician covering for Dr. Banas during this time. The following virtual resources will be available:

Phone Appointments:

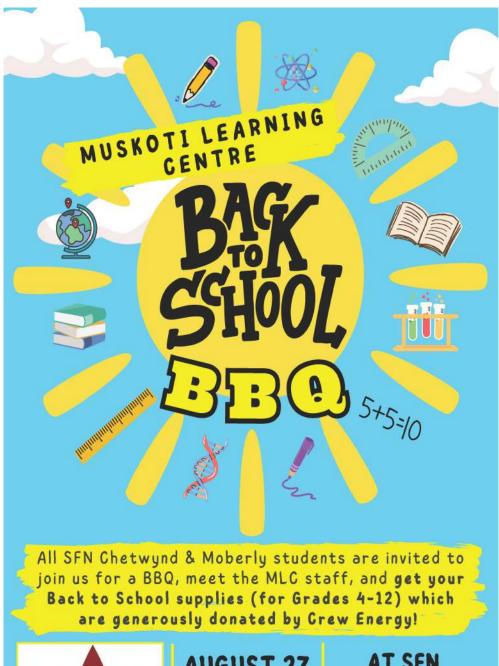
First Nations Doctor of the day 1-844-645-7811 Northern Health Doctor of the day 1-855-344-3800 Healthlink BC – general health question and to speak with a nurse 811

Online Virtual Physicians:

Telus Health MyCare www.telus.com/en/health/my-care WELL Health Virtual Clinics https://virtualclinics.ca

Dr. Banas will be booking phone appointment only from Aug 19 to 21. Please check your prescriptions for refills to book with him before he leaves. 250-788-7266 250-788-7258

The Health Clinic will be open regular hours and will continue regular services.





Conact ckoenig@saulteau.com for more information



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 <u>cschlamp@saulteau.com</u>.

Our school for our community!

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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 😊

Northern Lights College Indigenous Youth Leadership Camp

Designed to instill confidence, connection, and purpose, this motivational camp will provide activities and teachings on how leadership begins from within and is centered on giving back to community.

Join us for Elders' teachings on the land and for two experienced youth facilitators — Justin 'Thunder Sky' Young and Natalie Pepin.

Date: August 2–5 Location: Sikanni River Ranch

For youth ages 18-35. Limited to 25 participants.

*Transportation from Dawson Creek and Fort St. John, lodging, and meals included.





Justin 'Thunder Sky' Young



Natalie Pepin

For more information, please contact Michael Calvert at mcalvert@nlc.bc.ca

EXPLORE TRADES FOR ADULTS

Ever think of getting into a career in trades, but not sure where to start? The Explore Trades for Adults program introduces you to five of the trades available at Northern Lights College.

- Must be 19 years old by the first day of classes.
- Full funding available for members of Saulteau First Nation.

Onetwynd campus

September-December, 2024

For more information contact info@nlc.bc.ca Ginette Lapierre 250-788-7367 or glapierre@saulteau.com

Priority given to Saulteau First Nation members

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Northern Lights College

The five trades areas of focus will be:

- Carpentry
- Electrical
- Mechanical
- Plumbing
- Welding



APPLY



Seeking Local Indigenous Artwork

WE INVITE SAULTEAU AND WEST MOBERLY FIRST NATIONS' COMMUNITY MEMBERS TO CREATE ARTWORK TO BE DISPLAYED IN THE NEW PRIMARY CARE CLINIC BEING DEVELOPED IN CHETWYND.

WE HAVE SPACES ALLOCATED THROUGHOUT THE CENTRE TO DISPLAY ART AND ARE LOOKING FOR PAINTINGS, PICTURES, DRUMS, WALL TAPESTRIES, FABRIC ART, HIDES, BEADWORK, POTTERY, CARVINGS, ANTLER OR SKULL ART, AND MORE.

WE WOULD LIKE TO PURCHASE ART PRIOR TO OCTOBER 1ST, 2024. PLEASE FEEL FREE TO CALL US AT 250-788-0851 IF YOU ARE INTERESTED IN SELLING US YOUR ARTWORK.

PLEASE SEE BELOW SPECS FOR WALL MEASUREMENTS IN THE EVENT THAT YOU WOULD LIKE TO CUSTOM MAKE ART TO HANG ON THE WALLS.

NOTE: SIZE SPECIFICATIONS ARE WIDTH X HEIGHT AND MEASURED IN INCHES

QTY 1: 110.23 X 98.42 SPACE RESERVED FOR SOMEONE TO PAINT A TWIN SISTERS MURAL

> QTY 1: 56.29 X 82.67 QTY 1: 54.72 X 82.67 QTY 4: 26.18 X 108.26 QTY 1: 126.57 X 108.26 QTY 1: 59.05 X 108.26 QTY 1: 86.61 X 108.26 QTY 1: 130.11 X 108.26

ATTENTION LOCAL ARTISTS

We are seeking members who would like to sell their own artwork at this year's Healing the Land Conference.

Date: October 8th & 9th, 2024.

Accepted artists will set up in the SFN Band Hall.

Please note that this is not a paid position, it is an opportunity for artists to sell their own artwork.

Limited tables available.

Please contact Sandra if interested: email: salexander@saulteau.com phone: 250-788-7290

Saulteau



Shifting Mind and Body Ltd. Hypnotherapy With Kane Norris

Unlock your inner resources! Manage pain, break free from unwanted habits and addictions, heal trauma, overcome fears, rewire negative thoughts, boost self confidence, explore past memories and lives, and transform your life by taking control of your mental health!

August 8th

SFN Health Centre Call Melva to Register 250-788-7280

You are the medicine, come shift with us!

HeartCore Sound Healing

will be at the Health Center on August 22nd. Please contact Melva at 250-788-7280 to book a session. Tuesday, August 6th and Wednesday, August 7th, 2024 10am to 3pm

WALKING OUR HEALING Journey Together

Join James and Janet Harry (Haisla and Homalco Nations) for a two day workshop on healing and recovery intertwining their shared path to wellness.



Together, they have been on their healing journey since 2016 with a shared vision and hope for the possibility for healing for all Nations. They work from a holistic, trauma informed perspective and work to meet people where they are without judgement.

Open to all Saulteau and West Moberly First Nations Members and their families. Contact 250-401-7616 to register and for location. Lunch and refreshments provided.

Income & Disability Assistance Clients Declaration Week

AUGUST 12-15, 2024

Payment Date

AUGUST 21, 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.

Take Action for Your Heart: Get Started!

Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

Get Enough Quality Sleep C

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but before bedtime.
- Avoid caffeine and nicotine.

Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the Dietary Approaches to Stop Hypertension. (DASH) eating plan, which can help you create a hearthealthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes. fat-free and low-fat yogurt, or raw vegetables as a snack.

National Heart, Lung,

and Ricort institute

(2) Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- · Select a guit date and write yourself a contract that outlines your plan for guitting.
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit smokefree.gov to get additional support.



hearttruth.gov

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Maintain a Healthy Weight

Maintaining a healthy weight is important for

Choose healthy snacks like fruits, vegetables, yogurt, or

Aim for at least 150 minutes of moderate-intensity aerobic

exercise (such as brisk walking) or 75 minutes of vigorous-

Consider keeping a log of what you eat throughout the day.

Getting enough physical activity helps to lower

Adults should spend at least 150 minutes (2 ½ hours)

Sit less! Take the stairs. Park farther away. March in

Try muscle-strengthening activities like lifting weights.

ups, or some forms of yoga--whatever works for you.

If you don't have a lot of time in your day, try being active

for 10 minutes at a time. Anything that gets your heart

working with resistance bands, doing sit-ups and push-

overall health and can help you prevent and

control many diseases and conditions.

nuts, instead of sugary or high-calorie snacks.

intensity (like running) exercise per week.

Be More Active

each week doing physical activity.

beating faster counts!

place or take a walk around the block.

your risk of heart disease and stroke.

Stay hydrated with water as your primary beverage.

Control Cholesterol

Unhealthy levels of cholesterol can lead to high cholesterol, which increases the risk of developing heart disease.

- Try the Therapeutic Lifestyle Changes (TLC) Program which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- · Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—

more than two drinks a day for men or one drink a day for women-can raise your total cholesterol level.

Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- · Consider meditation, as it can help to lower stress.
- · Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Practice Self-Care & Find Social Support

Daily acts of self-care can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- . Try to do at least one positive action for your heart health each day.
- · Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- . Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.



Manage Blood Sugar

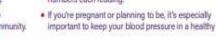
Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits. whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and learn how to measure it correctly.
- Use a blood pressure tracker to keep a record of your numbers each reading.
- important to keep your blood pressure in a healthy range.





Heather's Health Hour Heart health

Date: august 6th 2024

time: 10:00 am

new location: new beginnings

house

 how does the heart work?

 what is a pulse?

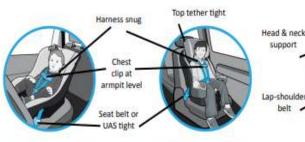
•how can you keep your heart healthy



 as always, enter the draw for a large prize, plus choose a small gift each time you attend.

•the next prize is a dual zone ninja air fryer

Is your child in the right seat?



Rear-facing seat

- A rear-facing seat provides the best protection for your child's head, neck and spine in a sudden stop or crash.
- When your baby outgrows the infant seat, use a larger rearfacing seat.
- Your child is safest riding rearfacing until 2, 3 or even 4 years old. .
- Keep your child rear facing for as long as he or she still fits the larger, rear-facing seat.

Forward-facing seat

- A forward-facing seat protects a child who has outgrown his or her larger rear-facing seat.
- Keep your child in a 5-point harness until he or she weighs at least 18 kg (40 pounds) and is able to sit correctly. This may be at 4, 5 or even 6 years old.

If your child outgrows this seat before he or she is ready, you will need a 5-point harness seat that will hold a taller, heavier child.

 A booster seat lifts the child up so that the adult seat belt fits across the strongest bones.

support

 Your child must weigh at least 18 kg (40 pounds) to use a booster seat.

Booster seat

- Your child must be able to sit straight and tall without moving around or unbuckling.
- Use a booster seat until your child is at least 145 cm (4 feet 9 inches) tall and fits the seat belt correctly.

Always follow the instructions for your seat

Can your child safely use a seat belt?

- Is your child at least 145 cm (4 feet 9 inches) tall?
- Do your child's knees bend comfortably at the edge of the seat when he or she is sitting all the way back?
- Does the lap belt stay low and snug across the hip bones?
- Does the shoulder belt cross the chest and stay between your child's neck and shoulder?
- Can your child sit like this for the whole trip without slouching?

Until your child can meet all 5 steps, keep using a booster seat on every ride Children under the age of 13 are safest in the back seat.



Adapted with permission from www.childsafetylink.ca and IWK Child Safety Link, IWK Health Centre @ ** 2023





Linda Krystina Housing Society Presents:

SWAP DON'T SHOP

FOR WOMAN & CHILDREN'S CLOTHING

Thursday August 15th 6:00 - 8:00PM

4721 51st Street - Chetwynd, BC For more information call (250) 401 7085

CONCESSION STAND

Saulteau First Nations Golf Tournament - August 17th & 18th Dawson Creek Golf and Country Club

ARE YOU INTERESTED IN SETTING UP A CONSESSION AND SELLING YOUR ITEMS? IF SO, PLEASE SUBMIT A BRIEF DESCRIPTION OF WHAT YOUR LUNCH MENU WOULD BE.

Please note this is not a paid position. This is an opportunity for a member to make profit from the concession stand. You will need to provide your own transportation, BBQ, Tables, chairs and tent for shade.

Golf Committee will review all BIDS and take a vote.

DEADLINE TO SUBMIT IS AUGUST 5TH BY 10:00AM - PLEASE SEND TO CWESTGATE@SAULTEAU.COM

Neurographica

an introduction

Explore neurographica to stimulate your mind and uplift your spirits.

- Boost creativity
- Enhance focus
- Relieve stress
- Foster lifelong learning

AUGUST 14 - 6PM to 8PM NORTHERN LIGHTS COLLEGE ROOM 107

for more information:

kesmith@nlc.bc.ca 788-2248 x4313 alalonde@saulteau.com 401-7085

This workshop is made possible by a collaboration between the Community Adult Literacy Program and the Linda Krystina Housing Society.



DIABETIC FOOT CARE

August 29th 2024 @ Health center. Call Drea to book T: <u>250-401-8267</u>

Description Massage Therapist

Jaclyn Johnson, RMT of NuBalance Massage Therapy will be at New Beginings House on August 1st, 15th and 29th Please contact the Health Center to book. 250-788-7280

ELDER 5

FOR THIS YEAR'S CULTURE CAMP

Each Elder will set up a station (with assistance) to teach something of their choice to everyone at camp. Examples could be trapping demos, Cree, beading, how to make bannock, etc.

This will take place on Saturday August 24th from 1:00 - 4:00 pm

If you are interested please send your name and contact to carlee at cwestgate@saulteau.com.

Transportation will be provided! Serious inquires only. Elders will be given an honorarium.

SAULTEAU FIRST NATIONS

AUGUST 19TH - 25TH CALLAZON KM 21-22

PLEASE COME OUT AND ENJOY LEARNING ABOUT NATURE, TEACHINGS FROM OUR ELDERS, HUNTING, HIKES, CRAFTS, AND A TALENT SHOW

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL CWESTGATE@SAULTEAU.COM OR TPAQUETTE@SAULTEAU.COM

Culture Camp Committee Meetings

July 16th - 2024 July 30th - 2024 August 13th - 2024

Location - Band Hall Gym 10:00 am - 12:00 pm



Hay Sales

For members interested in purchasing hay from the Nation.

- 1- To make this a fair process for everyone, please contact Duane Cameron at 250-788-6266 to put your name on the wait list.
- Upon final count of the # of bales available, Duane will contact each person on the waiting list to confirm and arrange pickup.
- 3- Proof of payment (receipt issued from front desk of the band hall) will be required for pick up. (\$50 per bale- No receipt no hay)

Please note:

- first come first served
- based on supply
- "As Is"

* Please be patient and wait for a return call from Duane





Introduction to the Upcoming Treaty 8 Learning and Sharing at Saulteau First Nations Cultural Camp

<u>August 19-25, 2024 – Callazon (Clearwater) km 21-22</u> <u>Hwy 97S- Pine Pass</u>

Je aa haanach'e! - Tansi! - Aaniin! - Saulteau First Nations Members

We are excited to invite you to our upcoming Treaty 8 Learning and Sharing event at the Saulteau First Nations Cultural Camp. This gathering holds great significance for us as a diverse group of Nations, as families, and as individuals. Our sacred Treaty 8 is not just a historical document; it is a living testament to the principles of peace, sharing, and coexistence that our ancestors embraced.

Importance of Understanding Treaty 8

Understanding Treaty 8 is crucial for all members of our community—children, youth, adults, and elders. When we come together with a unified interpretation of this treaty, we strengthen our collective voice and protect our non-extinguished lands. Our past elders have always reminded us of the true spirit and intent of Treaty 8: a commitment to living in harmony, sharing the land and its resources, and ensuring peace among all who inhabit it.

Goals of the Learnings and Sharing

This gathering is an important step in beginning the process of learning from each other. It is a chance to compile our collective understanding as taught by our elders. We aim to ensure that this knowledge is preserved and passed on to our children of today and those yet born. By aligning our interpretations and commitments, we uphold the sacredness of Treaty 8 and honor the wisdom of our ancestors.

Learn from Our Elders

We will have the privilege of learning from some of our esteemed elders, who will share their insights and stories about our Indigenous worldview. These stories are not only part of our heritage but are also essential to maintaining our cultural identity into the future. The gathering will provide a space for us to discuss why it is vital to keep these stories alive and how they can be maintained for years to come.

Share Your Thoughts and Stories

We invite you to come and share your thoughts and the stories you know or have heard from your respective elders. Whether they relate to our past or to Treaty 8, all contributions are invaluable for our collective understanding. This gathering will be a beginning for storing our knowledge and stories in our new Cultural Centre. One of the exciting ideas for our Cultural Centre is to utilize modern IT technology and videos to preserve this knowledge. By doing so, we can develop teaching tools for future generations at all levels. Of course, this knowledge will be protected in a way that respects confidentiality at all levels.

Proudly determined

Indigenous Worldview and Treaty Negotiations

Join us to learn about Treaty 8 from an Indigenous worldview, exploring our sacred ways of relating to the land, animals, and each other. This perspective is crucial in understanding how these relationships influenced the discussions during the treaty negotiations. By learning about the deep connections our ancestors had with the natural world and their communities, we can appreciate the true spirit and intent behind Treaty 8.

Bridging the Past and Future

This gathering is an opportunity to journey into the past and bring forward the knowledge and wisdom of our ancestors. By continuing to walk into the future with our principles and Indigenous worldview, we evolve and assert our right to grow and adapt, just as all humans have the right to do. By engaging in this learning and sharing, we can ensure that our knowledge is passed on to our children of today and those yet born, who will come in our place in the future. Additionally, we will find ways through technology to share this knowledge with both on-reserve and off-reserve members alike.

Join Us

We encourage all members of the Saulteau First Nations to join in learning and sharing, in this important effort. Your presence and participation will help ensure that our understanding of Treaty # 8 is strong and cohesive. Let us come together to learn, share, and grow, honoring the True Spirit and Intent of our sacred Treaty; a Treaty of Peace, Sharing and Coexistence.

By coming together, we reaffirm our commitment to peace, sharing, and coexistence, ensuring that the legacy of Treaty 8 lives on for generations.

We look forward to seeing you at the Saulteau First Nations Cultural Camp.



Proudly determined Box 1020 Chetword BC VOC 1 10 I 250 788 3955







DID YOU KNOW?

ICBC

____ Sautteau

ICBC BASIC INSURANCE DOES NOT COVER DAMAGE FROM WILDFIRE.

COVERAGE FOR WILDFIRE RELATED DAMAGE COMES FROM OPTIONAL PURCHASE OF COMPREHENSIVE OR SPECIFIED PERILS INSURANCE.

YOU CANNOT PURCHASE COMPREHENSIVE OR SPECIFIED PERILS INSURANCE DURING AN EVACUATION ALERT OR ORDER.

WHY DOES THAT MATTER?

In the event we had to evacuate community, wildfire related damage to vehicles that are left behind WILL NOT BE COVERED by basic insurance - talk to your insurance rep today!

SITE C REMINDER

THE SITE C RESEVOIR WILL BEGIN FILLING AT THE END OF AUGUST 2024.

> BOAT ACCESS TO THE RIVER / FUTURE RESEVOIR WILL BE CLOSED AUGUST 12/2024.

> > BOAT ACCESS TO THE RESEVOIR IS ESTIMATED TO OPEN IN SPRING 2026.

Lands Department: August SFN Newsletter



SFN Lands Department

The Lands department is restructuring how we communicate with membership, by implementing regular updates on our Facebook page and contributing to the monthly newsletter. We are exploring innovative approaches to better connect with membership.

A lot is going on this month, and I hope you will join us out at <u>Culture Camp during the week of</u> <u>August 19-25th!</u>

At the Culture Camp, the Lands Department will be providing information on Saulteau's Land Code Development and requesting feedback for future meeting ideas. *Would you like to have more on the land meetings, age group specific, Bingo meetings, Open House, etc.?* Your input would be greatly appreciated, as we hope to provide you with as much information as possible, pertaining to our Nation. IE: Development of IR 169, Pack Trails, MOTI and BC Hydro Right of Ways, Land Description Reports, Environmental Assessment Reports, etc. Where we are at in the process and what are the next steps.

Upcoming meeting dates for Lands Committee:

- August 7 Review draft (version 1) of Land Code with C&C and Lands Committee
- August 15 Environmental Site Assessment Review with C&C and Lands Committee
- September 4 Lands Committee Meeting
- Sept date TBD Land Description Review with C&C and Lands Committee



Welcome Brooke Walker



Hello!

I am happy to announce that I'm the new Lands Officer since July $2^{nd}!$ 😂

As many of you know, I was the Recreation Coordinator for SFN since 2021, but I knew it was long overdue for a directional change for my growth and wellbeing. I'm going to miss it, but I am ecstatic for the new Rec Coordinator (Montana Paquette) who I know will thrive in our new Culture and Recreation Centre. I keep those memories near and dear to my heart and will always have a connection to this community. I'll be dropping in to the new programs they have too.

Extremely excited to jump into a new department with all the amazing projects and conversations we get to plan for our nation. Mary as my manager and Jenine as my coworker (who's been training me), has been great and we will only get stronger. I am still learning so be patient with me, just as I will with you. Kinanaskomitin (Thank you)! -Brooke Walker

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Lands Department: August SFN Newsletter

Lands Team Updates

The Lands team will be away the week of August 25th to 30th, to participate in the Lands Advisory Board Annual AGM being held in Halifax, Nova Scotia. We will be taking our 3 Land Code Elder Reps to accompany us, Bea Gauthier, Henriette Landry and Stewart Cameron. We feel that it is imperative that we include our elders to meet and discuss firsthand, the items to be addressed under Land Code and how it may pertain to Saulteau First Nations. They will be meeting with ALL First Nations across Canada as well as respective Chief and Councils and will have the firsthand opportunity to ask any questions they may have pertaining to Land Code.

Recently, the Lands Committee, in addition to C&C and Administration, were provided the opportunity to meet virtually with Councillor Meko Nicholas who is Welastekokewin (Maliseet) from the Nekwotkok (Tobique) First Nation in New Brunswick. He is also the Executive Director of the First Nations Land Management Resource Center of Nova Scotia. Mr Nicholas shared his nations experience in the development of Land Code and provided an opportunity for our Lands Committee to address any concerns they may have and a forum for questions. Please watch for the video recording that will be sent out via email to all membership.

Lands Department Staff

- Lands Manager Mary Doyle (<u>mdoyle@saulteau.com</u>)
- Lands Use Planner Jenine Campbell-Cove (jcampbell-cove@saulteau.com)
- Lands Officer Brooke Walker (bwalker@saulteau.com)
- Lands Executive Assistant TBA

Lands Department: August SFN Newsletter

on he **First Nation** Framework and Agre Manag P ment ement

What is the Framework Agreement on First Nation Land Management?

In the late 1980s, a group of First Nations Chiefs concluded that the Indian Act did not provide an adequate statutory basis for First Nations to govern their lands, and there needed to be recognition and legal capacity for First Nations to exercise their inherent rights to govern their reserve lands and natural resources. For years, these Chiefs focused on developing a government-to-government arrangement with Canada to recognize these inherent rights. Their efforts culminated in the creation of the Framework Agreement on First Nation Land Management (Framework Agreement).

The Framework Agreement was signed by 13 First Nations and Canada, in a historic ceremony, on February 12, 1996. It is the only time in Canada's history that a group of First Nations joined together to design, negotiate and sign a government-togovernment arrangement with the Federal Government to recognize and resume their inherent right to be self-governing.

The Purpose of the Framework Agreement

The Framework Agreement was developed to enable First Nations to resume control over their reserve lands, natural resources and environment for the use and benefit of their members without Government interference by replacing the land provisions of the Indian Act with First Nation-made laws.

The Framework Agreement - A Viable Option

The Framework Agreement has a proven track record. To date, 121 First Nations (nearly 20% of all First Nation communities) have opted out of the colonial Indian Act lands system for the Framework Agreement. Signatory First Nations have utilized the Framework Agreement to strengthen environmental protection and facilitate increased economic opportunities through modern governance systems, lawmaking, policies, and timely decision-making.

The Framework Agreement replaces 44 lands-related sections of the Indian Act with First Nations laws through a community-developed and approved land code.

Once the First Nation's land code is enacted, the First Nation governs its reserve lands, natural resources and environment according to its cultural values and priorities.





More than 40 additional First Nations have expressed interest in joining the Framework Agreement.

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A history of the Framework Agreement on First Nation Land Management

The *Framework Agreement on First Nation Land Management* celebrated its 25th Anniversary in 2021. After decades of supporting First Nation land governance, we reflect on the critical milestones and transformative change achieved by this historic First Nation-led accomplishment.

Near the end of the 1980s, a national group of dedicated Chiefs, studying the effectiveness of the *Indian Act*, concluded that:

- The *Indian Act* did not provide an adequate statutory basis for First Nations to govern their Reserve lands and natural resources, and
- Recognition and legal capacity were needed for First Nations to exercise their inherent rights to govern their reserve lands and natural resources.

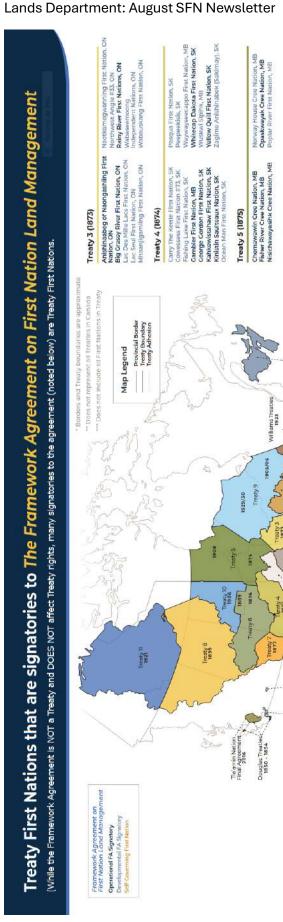
In the early 1990s, these same Chiefs began to focus on the concept of a government-togovernment arrangement with Canada which would recognize these inherent rights. The culmination of the work was the creation of the *Framework Agreement on First Nation Land Management* (Framework Agreement).

The purpose of the Framework Agreement was to enable First Nations to resume control over their reserve lands, natural resources, and environment for the use and benefit of their members without Government interference by replacing the land provisions of the *Indian Act* with First Nation-made laws.

On February 12, 1996, 13 First Nations Chiefs signed the Framework Agreement with Canada after years of First Nation-initiated negotiations. A fourteenth First Nation signed in May 1998. The completion of the Framework Agreement represents the only time in Canada's history that a group of First Nations had joined together to design, negotiate, and sign a government-to-government arrangement with the Federal Government to recognize and resume their inherent right to be self-governing.

The Framework Agreement replaces the 44 lands-related sections of the *Indian Act* with the First Nation's own laws through a community-developed and approved land code. Once the First Nation land code is enacted, the First Nation governs its reserve lands, natural resources, and environment according to their cultural values and priorities. Additionally, First Nations communities can now move at the pace of business, process land transactions more quickly, and encourage a more attractive climate for business and investment, creating more jobs and economic opportunities.

The Framework Agreement has a proven track record, having released roughly 20% of First Nations from under the colonial *Indian Act* lands system while enhancing environmental protection and facilitating increased economic development through modern governance systems, lawmaking and policies, and timely decision-making. Unlike under the *Indian Act*, First Nations completing the Framework Agreement process enjoy a regulation-backed lands registry system that is priority-based, paperless, and instant. This means greater land certainty, reduced or eliminated transaction costs and increased financing options for infrastructure, housing, capital and economic development projects.



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The Lands Advisory Board

Who We Are and What We Do

Through the historic government-to-government *Framework Agreement on First Nation Land Management*, the First Nations Lands Advisory Board (LAB) is dedicated to supporting First Nations communities in their efforts to re-establish control over their lands, natural resources and environment.

The *Framework Agreement* is a First Nations-driven land governance option that provides the opportunity to resume control over their reserve lands, natural resources and environment. Since the Framework Agreement's signing in 1996, an ever-growing number of First Nations communities across Canada have resumed their inherent authority over their reserve lands, natural resources and environment by replacing the 44 lands-related sections of the *Indian Act* with a community-developed and approved land code.

LAB Mission Statement

"First Nations working together to resume jurisdiction over their Lands, Environment and Resources."

First Nation Established and Controlled

The LAB is comprised of an elected Chairman and regionally elected Directors, determined by the Councils of the signatory First Nations who have formally established their community land codes.

Among its roles, the LAB:

- provides strategic direction to the First Nations Land Management Resource Centre which was established to provide technical and professional support to First Nation signatories as they develop and implement their own land codes,
- proposes legislative changes to the Framework Agreement and federal legislation as directed by the signatory Councils, and
- advocates for and negotiates funding with the Government of Canada on behalf of the First Nations signatory communities.

While the LAB focuses on several issues each year, current high-level priorities include reforms to Canada's Additions to Reserve (ATR) Policy, addressing the crisis surrounding the lack of enforcement of First Nation laws, and creating the First Nation Land Governance Registry.

The LAB's efforts to create solutions for these issues strengthen signatory First Nation governance capacity and build on the Framework Agreement's more than a quarter-century of success in efficiently and respectfully recognizing the inherent right of self-government in keeping with the 'government-to-government' dynamic of reconciliation.

The <u>Framework Agreement</u>, in place since 1996, has proven successful in supporting First Nations in reclaiming governance of their lands and resources.

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Through the implementation of the Framework Agreement, Canada and First Nations are making practical, meaningful progress towards reconciliation through the elimination of the colonial *Indian Act* lands restrictions by establishing community-created land codes. Land codes enhance law-making, enforcement, planning, and environmental management and the protection of reserve lands, as well as creating better regulatory circumstances for stable economic development. Land codes are also expanding on modern systems of land governance and have resulted in the removal of federal government-related bureaucratic processes in favour of more appropriate local and timely decision-making.

For up-to-date information on the First Nations who have ratified the Framework Agreement and enacted their own land codes, or for those who are in the land code development phase, please visit our <u>Signatory First Nation</u> page at <u>https://labrc.com/</u>

Currently, over 40 interested First Nations are exploring the option of becoming involved in the Framework Agreement. Over one-third of First Nations in Canada are involved in the Framework Agreement process. The LAB and Resource Centre hope to expand efforts in support of the growing numbers of First Nations that continue to seek effective and proven remedies to the colonial restrictions of the *Indian Act*.



CONSIDER YOUR SURROUNDINGS Be mindful of branches overhead, burning near grassy areas, and wind conditions!

> NEVER LEAVE A CAMPFIRE UNATTENDED While its burning, campfires should always be watched.

PUTITOUT COMPLETELY Campfires are not 'out' until all

parts of the fire are cold to the

touch - including charcoal!

REPORT WILDFIRES - CALL *5555

LET'S APPRECIATE EVERY DROP

11.

USE A FIRE RING Using rocks or pre-existing fire

rings held to contain embers or

accidental spreading!

Voluntary water conservation is one way we can all ensure that we have enough water during this continuing drought!

- Limit baths / showers to 10 minutes!
- Do not leave taps running while doing dishes or brushing teeth!
- Do not leave hoses running outside unattended.

SAVE WATER WHERE YOU CAN!

Do you know what to do during a ...

HEAT WARNING?

Heat warnings are characterized by daytime highs over 30+, and overnight lows in the mid





Monitor for Symptoms of Heat Related **Illness**!



Invitation for IPCA/ Community Conservation Area 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) or Community Conservation Area (name to be developed with the community) 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. Thank you to those of you that have expressed interest in participating in the Advisory Group- we are still looking for a few more interested individuals to join!

What is an IPCA?

"IPCAs 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 or Community Conservation Area plan that reflects our community's values and priorities
- Proudly determined

- 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 to those who are members of the Advisory Group meetings.

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 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-Beek at the Treaty Rights and Environmental Protection (TREP) department at nowens-beek@saulteau.com or talk to us directly.

Proudly determined

Box 1020 Chetwynd, BC V0C1J0 T 250.788.3955 F 250.788.7261 info@saulteau.com www.saulteau.com

Ensuring that our traditional knowledge and language is woven throughout the planning



Seasonal Greenhouse Labourer

Job Purpose

The General Labourer is responsible for various activities to aid in the everyday operations at Twin Sisters Native Plants Nursery greenhouse site. An effective Greenhouse Labourer is adaptable and quick to learn new skills. They comprehend instructions and execute them effectively within the allotted time frame.

Duties and Responsibilities

Overall Responsibilities:

- Implementing and following supervisor instructions.
- Performing physical duties as assigned by the head grower and supervisors.
- Following and maintaining all safety standards
- Cleaning and preparing greenhouses/site.
- Moving, loading, or unloading supplies and materials per instructions.
- Maintain a clean work area. .
- Performing other related duties.

Qualifications

- Experience working on a greenhouse site is a plus
- Having general knowledge of plant biology, plant diseases and insects and the ability to recognizes different species is an asset
- Driver's license is an asset
- Communication and teamwork skills .
- Attention to detail
- Strong ability to follow directions

Working Conditions

- Often work outdoors but may be indoors depending on assignment.
- Work with their hands for extended periods of time
- Standing for long periods of time
- May involve exposure to very hot or very cold temperatures when working outdoors
- May require lifting heavy loads of up to 50 pounds, etc.
- Overtime and hours outside of typical working schedule may be required
- Some travel may be required

Please email resume to officemanager@twinsistersnursery.com or call Twin Sisters

Nursery at 250-788-2244

Interested in Getting Your Land Guardian **Certificate-Contact Ginette Lapierre** At 250-788-5711

Land Guardian Program - Online - September 9 – October 11, 2024 9:00 am - 4:00 pm Pacific Time

NRTG's Land Guardian Program (LGP) addresses the growing demand for skilled and certified guardians employed within communities, industries, and non-profit organizations. This five-week (200-hour) program integrates engaging lectures, applied field training, realistic case studies, scenarios, and exercises to build practical skills and technical knowledge and enhance analytical and critical thinking abilities. LGP graduates are prepared for entry-level roles such as:

- ★ Land Guardians.
- ★ Watchmen,
- ★ Environmental Monitors.
- ★ Environmental Technicians, and
- \star Other land management positions.

Required Supplies

All students attending the general delivery must have the following items daily:

- connection (classes are held online via Zoom)
- Appropriate clothing for weather
- Lunch

A list of additional equipment required will be provided to students upon registration. *That We Supply*



• Electronic device (computer, laptop, or tablet) with stable Wi-Fi



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



External: July 17, 2024







Pen Update

It has been a busy time since capture ended on March 16th. We had a remarkably short calving season, with our first calf born on May 13th and final calves born on June 1st. Last year, the last calf was only born June 23rd, putting us three weeks ahead this year! At the time of writing, there are 39 caribou in the maternity pen on Mt. Bickford. With such a short birthing season, it has been an incredibly busy time for the Pen Guardians, whose daily tasks include visually identifying every caribou, a difficult task when multiple cows are calving on the same day at different locations in the pen.

Exterior Caribou C372K

A first for the pen is welcoming an additional caribou on May 15th. C372K has been in the Mt. Bickford pen for the past two seasons and returned to the area at the beginning of May. Following two weeks of persistent efforts on her part to enter the pen, the Pen Guardians successfully let her in to join the rest of her herd. The decision to let her into the pen was based on the close presence of a black bear in the area that would have significantly endangered her and her calf. Two days later, she gave birth to a healthy female calf, and they are both thriving within the safety of the pen.



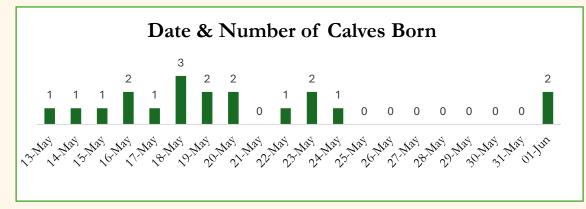
Twins

C504K, a two-year-old caribou born in the pen in 2022, gave birth to twins on May 19th. This is only the second occurrence of twins since the start of the pen in 2014. Despite the tremendous efforts of Pen Guardians, we regrettably lost one of the calves six days later, due to health implications. Caribou rarely have twins in the wild, and there may be underlying genetic predispositions that prevent the successful survival of both twins.



Calves

The calf sex ratio has returned to the male bias observed in 2020-2022. There are twelve males and six females in the pen. Last season, the ratio was less biased, with nine males to eight females. With the completion of the calf project (watch for a paper early in 2025), we are no longer collaring calves and are minimizing handling.



This year, we introduced an additional vaccine, which was given during capture, with a booster administered in mid-April. This vaccination is a preventative measure against Clostridium, a soil-based bacteria.





Caribou C319K

An exciting birth this year was from caribou C319K. She was first captured in 2014 and has been part of the pen for seven seasons. Based on her teeth records, she is approximately 16 years old! She gave birth to a healthy male calf, which is an incredible feat for a caribou of her age.

The Teams

Nîkanêse Wah tzee Stewardship Society

- West Moberly First Nations (Chief Roland Wilson, Tamara Dokkie)
- Saulteau First Nations (Naomi Owens-Beek, Carmen Richter)

Maternity Pen Technical Advisory Team¹

- NWSS Executive Director (Candace Batycki)
- ◆ Wildlife Infometrics (Scott McNay)
- ◆ Wildlife Infometrics (Line Giguere)
 - Landon Birch (substitute for Scott & Line)
- Program Scientist (Clayton Lamb)
- ◆ Ministry of Forests (Caeley Thacker) • University of Calgary (Owen Slater) as a substitute
- Ministry of Water, Lands, and Resource Stewardship (Mike Bridger)



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Are you ready?

Experts recommend having a disaster readiness kit in your home, stocked with enough supplies to sustain your family for at least 72 hours. Pack essentials like food, drinking water, and extra supplies so that your family is prepared in case of an emergency.

Here are some suggested items to include in your kit:



Packing List

Water (at least one litre per person per day)	Phone/radio	Batteries/chargers
Basic first-aid kit	Flashlight	Personal hygiene
Medication	Can opener	supplies
Cash (in small bills)	Pocket knife	Scissors
Non-perishable foods	Garbage bags	Pet supplies
Seasonal clothing (several sets per person)	Blankets	Basic tools
 Copies of important documents (health card, 	Keys (house, car)	Duct tape
phone numbers, insurance)	Whistle	Plastic sheeting

ADDITIONAL INFORMATION, GUIDES AND TOOLKITS: www.getprepared.gc.ca/ www.redcross.ca/ www.cdc.gov/childrenindisasters/checklists/



www.saulteau.com

Additional Items

Drop-In Resume Tips & Tricks with Jenna



Canadä

Work BC Employment Services

Skills Discovery Program Sessions with Jenna



Canadä



NO REGISTRATION REQUIRED • OPEN TO EVERYONE

Tuesday, August 6th from 3:00pm - 5:30pm

Wednesday, August 14th from 10:00am - 12:30pm



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

Choose between two session options:

Session One: August 19th - 30th on Monday to Friday from 11am - 4pm

Session Two: September 16th - 27th on Monday to Friday from 11am - 4pm

Contact your Employment Consultant to Register



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

SAULTEAU FIRST NATIONS JOB POSTINGS!

Saulteau FIRST NATIONS

ARE YOU A MEMBER BUT

DON'T HAVE SOME OF THE

QUALIFICATIONS? WE CAN TRAIN YOU!

SFN CAREER OPPORTUNITIES

- DAYCARE ASSISTANT CASUAL ON CALL
- MANAGER OF HUMAN RESOURCES
- MENTAL HEALTH COMMUNITY OUTREACH & PREVENTION WORKER
- CLINICAL CHILD & YOUTH MENTAL HEALTH COUNSELLOR
- CLINICAL MENTAL WELLNESS AND SUBSTANCE ABUSE COUNSELLOR



LINDA KRYSTINA HOUSING SOCIETY

 CRISIS INTAKE SUPPORT & OUTREACH WORKER – LKHS SAFE HOUSE PROGRAM



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