

March
2023



SFN Newsletter

Chief & Council



Chief Justin Napoleon

Davis Family Councillor

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Penny Berg

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Juritha Owens

Napoleon Family Councillor

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Contact



Saulteau First Nations

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

(250) 788-3955
communications@saulteau.com

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

Saulteau First Nations Ice Rink & Sliding Hill



THANK YOU to this years
Generous Contributors

G3 EARTHWORKS LTD.

CREECO CONTRACTING

MISTAHIYA CONTRACTING



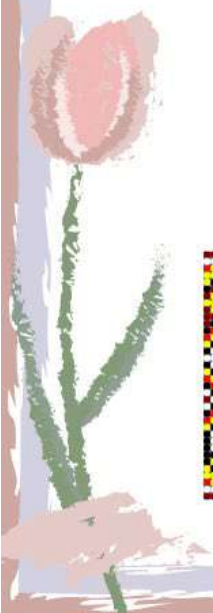
COME ON SPRING!

MARCH MARKET

4729 51ST ST.
TANSI FRIENDSHIP CENTRE

SATURDAY
MARCH 18TH 12PM TO 5PM

CALL (250) 788-2996
IF YOU'D LIKE TO BE A VENDOR!





First Nations Health Authority
Health through wellness

Are You Living with Diabetes?

We Would Like to Hear from You!

If you are a First Nations person with diabetes, we invite you to share your stories about living with diabetes.



The First Nations Health Authority's Office of Chief Medical Officer is developing a report on diabetes among First Nations living in British Columbia (BC). This report will highlight First Nations stories and lived experience related to diabetes.

Why Share Your Story with the FNHA?

Your story will help us better understand the needs of First Nations people in BC who live with diabetes and plan for the improvement of wholistic diabetes services.

Contact Information:

If you would like to participate in the study, or have any questions, please contact Kathy Riyazi at Kathy.Riyazi@fnha.ca or call 778-879-2263 to book a phone interview. A gesture of appreciation will be sent to you to honour your sharing. Interviews will be held between February and June 2023.



First Nations Health Authority
Health through wellness

QUESTIONS & ANSWERS

DIABETES REPORT PROJECT

What is the Diabetes Report project?

The First Nations Health Authority (FNHA) is seeking to better understand how diabetes is impacting First Nations communities in British Columbia (BC) and First Nation people's wellness journeys. To do this, we are inviting people to share their experience of living with diabetes through an interview (phone/Zoom/in-person). The stories will be kept anonymous, and shared in a publicly available BC First Nations Diabetes Report alongside available data related to diabetes. This report will capture where we are, and what is needed to guide us forward in a good way.

Who can participate?

This report highlights the experiences of First Nations people living with diabetes, so anyone who identifies as First Nations, and living with diabetes, is invited to share their story.

Why are you collecting stories?

Stories are culturally relevant and helpful as First Nations people have always had an oral tradition; stories and knowledge are passed down from generation to generation. Hearing and collecting stories directly from community members will allow us to better understand what is working well for people living with diabetes, what the gaps in care are, and what could better support people on their wellness journey.

When is this story collection happening?

The interviews will be held between February and June 2023.

How/where do I participate?

The interviews will take place virtually with a member of the FNHA team. If there are any supports needed, such as access to a computer or Internet, the FNHA team can work with the health team in your community to help you connect.

To participate or for questions, please contact Kathy Riyazi
at Kathy.Riyazi@fnha.ca or call 778-879-2263.

A gesture of appreciation will be sent to you to honour your sharing.
Interviews will be between February – June 2023.

The Mobile Diabetes Clinic

Will Be At The Saulteau First Nations Health Center!



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

Where: SFN Health Centre. Book an appointment with Melva 250 788-7280.

What: If you have diabetes, your appointment may include: Diabetes blood tests right away! A copy for you! Individual teaching! A look at eye blood vessels! Kidney Health, Foot check, Medication review, and much more!

When: The Mobile Diabetes Team will be at your centre on:
March 22nd – 23rd, 2023



||
** Goodie Bags! **

WHEN TO CALL 811 VS 911, PROPER USE OF EMERGENCY ROOM AND AMBULANCE SERVICES

811 - available 24/7 - Free

- Call 811 when you:
- aren't sure whether their condition would warrant an ER visit
- need help navigating the health care system or finding health services across the province
- Need health advice
- Registered Nurses can help you with non-emergency health concerns, discuss symptoms and procedures, and recommend whether you should see a health care provider in person.
- Registered Dietitians can answer your healthy eating and nutrition questions.
- Qualified Exercise Professionals can answer your physical activity and exercise questions. They can prescribe physical activity and provide exercise advice or guidance to individuals of all ages and abilities. They also provide specialized services for pediatric and bariatric.
- Pharmacists can answer your medication questions.

911- available 24/7 – BC ambulance will come and transport you to the nearest open ER

- Stroke symptoms
- Heart attack symptoms
- Bleeding that can't be controlled
- Head injuries
- Breathing problems
- Rape or assault
- Car accidents
- Work accidents
- Burns
- Seizures
- Overdoses
- Asthma attack
- Eye injuries
- Poisoning (you can also call Poison Control at 1-800-567-8911).
- Babies and children with ANY signs of severe illness – see back pg

“Northern Health’s emergency rooms tend to patients who have experienced a sudden and/or unusual change in their health. This includes, but isn’t limited to, breathing difficulties, severe bleeding or pain, broken bones, chest pain, suspected overdoses, and eye injuries. If at any time you believe you require urgent medical attention, do not hesitate to go to the emergency department, or call 9-1-1 for transportation.”



TSOW-TUN LE LUM

*Traditional Healing
Team Visiting*



MARCH 13-16, 2023

8:30 am - 4:00 pm

**AT THE SAULTEAU
FIRST NATIONS
HEALTH CENTRE**

SMUDGING AND CEDAR BRUSHING!



NEW BEGINNINGS HOUSE



WE ARE PLEASED TO ANNOUNCE
MENS GROUP WILL BE STARTING UP
AGAIN!

TUESDAY, MARCH 28
6 PM - 8 PM @ NBH

please contact Bev Lambert or Cory Noskiye
for more info on this group

March

Youth Center Calendar | Ages 12-18

Transportation Available for all programs

Open Tuesday- Friday 2:30 -6:30

Our programs center around holistic wellness, school, and community support combined with fun learning experiences.

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

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	Weekly planning/preparing	Games/Xbox/Snacks Snacks 3-6:30pm	7 Chick Flick Night Movies and supper 3-6:30pm	8 Football tourney with prizes Snacks chips 3-6:30pm	9 Games/Xbox/Oculus Dinner Pizza dominos 3-6:30pm	11
12	Weekly planning/preparing	14 The Dye Night Mini frozen pizzas 3-6:30pm	15 Yoga FULLY BOOKED	16 Boys Steak Night BBQ 3-6:30pm	17 Games/Xbox/Oculus Dinner Lasagna 3-6:30pm	18
19	Macrame 12-5pm subway	20 No Program	21 Girls Yoga (fruit trays) Please call and book spots (1st) 4-8pm	23 Boys night Mini Golf Domino's Pizza 2-9pm	24 REX theatre night No dinner 8-10pm	25
26	Mini Tepees Craft subway 12-4pm	27 3D letters, room decor Chicken fingers/fries 12-4pm	28 Girls Group Bath Bombs 12-4pm (sushi)	30 Boys Group Burch Bark Canoe Craft Chill and Dogs 12-1:30pm	31 Games/Xbox/Oculus Taco Night 12-1pm	

Muskoti Elementary School

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

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

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

Quotes from current and past parents:

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

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

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

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

Our kids are amazing!

📞 (250) 788-7361

1717 Boucher Lake Road, Moberly Lake, BC

📮 PO Box 1020 Chetwynd BC, V0C 1J0

Muskoti Elementary School

Tanisi all, this is a CALL-OUT for all Elders and community members who are willing and able to share their knowledge with our elementary school starting immediately.

Please send me an email with your name, contact number, and the traditional/cultural knowledge you would like to share with us, e.g., beading, trapping, traditional food, a good story, drumming, dancing. We can discuss days that work for you once the interest list is compiled.

As a school who values your knowledge and time, we supply honorariums for those who come in and share.

Feel free to be creative and share your ideas with us. Our culture block is 45 minutes long, 4 days a week in the afternoons and we can combine more blocks if necessary for your activities.

Please send information to me.

Mussi all, I look forward to welcoming you back into our school. 😊

Cody Schlamp, MEd
Teacher/Principal
cschlamp@saulteau.com

☎ (250) 788-7361
1717 Boucher Lake Road, Moberly Lake, BC
✉ PO Box 1020, Chetwynd BC, V0C 1J0





CALL FOR ARTISTS!

**Looking For Artists to Design Symbols for
our Ethnobotany Book**

**We want your ideas! How do you think
the symbols should look in the book!!**

**Please contact Jess Eastman at the
TREP**

Department

jeastman@saulteau.com or stop by

**SUMBIT
ASAP!!!**



Cash Prize \$\$\$



Urban and Away-from-Home Engagement

The First Nations Health Authority (FNHA) is planning to engage with the urban and away-from-home population (UAH), BC First Nations, urban Indigenous organizations and health system partners in each region.

Urban and Away from Home includes status and non-status First Nations people in BC who live in:

- an urban area or city
- a rural, remote or isolated area that is not in a First Nations community or on a reserve
- a reserve that is away from their home community



Who do we want to hear from?

The First Nations Health Authority (FNHA) is planning to engage with the urban and away-from-home population (UAH), BC First Nations, urban Indigenous organizations and health system partners in each region.

What is our goal?

To create and improve UAH engagement and communications pathways with our partners to support FNHA health and wellness planning.

Where will engagement take place?

Engagement will take place throughout the province in-person and virtually. There is also an online engagement survey available for those who are unable to attend in-person and virtual events. Engagement will also take place at larger provincial events such as the All Native Basketball Tournament, Gathering Our Voices and Junior All Native Basketball Tournament.

When will engagement take place?

Engagement will take place starting in March 2023, beginning with in-person engagement in the Northern region.

Step 1: Plan & Design
Winter 2022

Step 2: Engage
Starting Winter 2023

Step 3: Finalize
Framework & Report
Winter 2025

Why are we doing this work?

As noted in FNHA's **Urban and Away-from-Home Health and Wellness Framework**, there is a need to create engagement and communication pathways and understand how to best communicate with the urban and away-from-home population in BC to support health and wellness planning.

For more information, please visit the FNHA UAH webpage at www.fnha.ca/uah or contact the FNHA UAH Team at UAH@fnha.ca.

FNHA's Urban and Away-from-Home (UAH) Northern Engagement

Are you part of the **urban and away-from-home population**, staff from an **urban Indigenous organization** or **BC First Nations Staff** (Health, Political, or Social Leads)?

We want to hear from you!

Come share your ideas and enjoy a meal, wellness supports and children's activities (ages 2+) at FNHA's UAH engagement session. This is a **FREE** event and there will be gifts for all participants!

Join us for an engagement session at **Chetwynd & District Rec Centre (Chetwynd)** on **March 28th 2023** from **1-3pm** or from **6-8pm**.



For more details and to register for this event please visit fnha.ca/uahengagement or scan the QR code.

Klinse-Za Caribou Maternity Pen Visit

FOR ELDERS AND KNOWLEDGE HOLDERS

When: Anytime from June 15th — July 31st, 2023.

Where: The caribou maternity pen located on Mount Bickford, 60km west of Chetwynd, BC.

What you should bring: food, water, waterproof footwear, binoculars and a camera!

This is a great opportunity to see Indigenous-led conservation in action.

If you would like to visit the caribou pen please contact Naomi Owens-Beek to arrange a visit — nowens-beek@saulteau.com





Land Based Skills and Traditional Stories

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

Please Contact Tina at the Health Center
cyoung@saulteau.com or 236-364-2045.

March 2023



Lands Officer - Mary Doyle



Hello March and Hello Membership! 😊

Land Use Planning - Hiking & Walking Trail Development on Reserve

Further input from membership is required in the completion of this Ongoing project. Lands will be providing a presentation to the Elders Group on March 16th & follow up with membership shortly afterwards.

Our Lands Committee will also be utilized for guidance and support of its development. We anticipate a follow up meeting in March/April depending on scheduling.

The SFN Trails Network Plan (TNP) is a part of this project. The development of safe trail connections between key destinations on reserve, is a great idea offering walking & biking paths throughout the community for great health benefits for membership.

In conjunction with this project, we will also be utilizing BC Hydro's Community Regreening Funding. These funds will be used for the planting of trees and other vegetation along our walkways, for the cemetery hill stabilization project, and beautification of SFN Reserve.

The Cemetery Hill stabilization project will commence May 15th, should the funding submission be approved. Twin Sisters Nursery will provide the red willow and saskatoon plants, as well as the team to complete the project.

Sacred Sites & Recalling our Place Names Projects

These 2 projects will be presented for discussion with the Elders group on March 16th and further implemented in conjunction with our Land Use Planning. (Onion Hill, Little Peoples Hill, various graves throughout reserve & Wagon Trails)

The completion of additional project tasks will reconvene in the Spring/Summer as we seek additional guidance from membership.

Land Code Development

Thank you to those able to join us on February 27th Information Session and Presentations from the Doig River First Nation & Haisla Nation. It was a very positive session with information presented on experiences with the development and implementation of Land Code within their nations. James Hickling, SFN Lawyer, who specializes in Aboriginal Law & Treaty Rights, was also in attendance and was able to answer questions and provide a legal perspective of this process.



The recording of this session will be sent out to membership via email.



Photo Credit – Fernie Garbitt (O&G Referral Tech)

This is a BIG Project and will require Tons of information and MANY Community Information Sessions & Involvement from Membership. Luckily, we are at very early stages of a 2-year developmental process & will move through each stage with community input and participation.

Saulteau's stance and perspective is to include and communicate with membership. Through this process, we have implemented a Lands Committee consisting of the 5 family groupings, Elders, Youth, Land Users, Biologists, and Technical Staff. We are in the process of creating a Website Addition, specifically for Land Code. The Lands Committee have a Teams Application Portal for sharing information, communicating, training/webinars, sharing of resources, etc.

For further clarification, or to become involved in our ongoing projects, please feel free to contact me at any time via email mdoyle@saulteau.com or via telephone at 236-364-2012.

Sincerely,

Mary Doyle
Lands Officer
Saulteau First Nations



Spring... ever changing season for us Northerners!

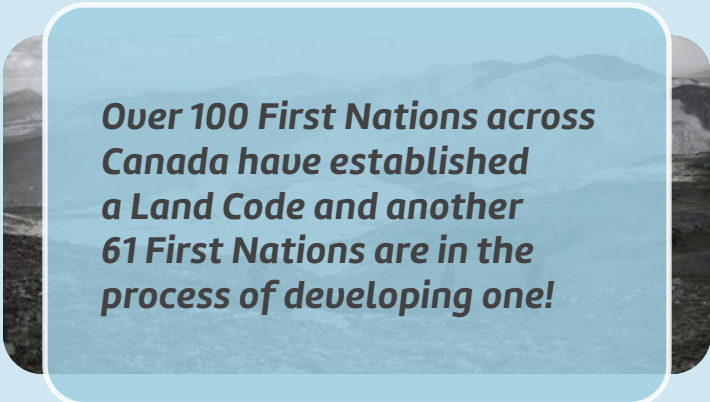
LET'S TALK ABOUT LAND MANAGEMENT

Saulteau Land Code

Many First Nation communities are choosing to strengthen their self-governance and jurisdiction over their reserve lands by developing and ratifying a **Land Code**. Having a **Land Code** in place allows First Nation communities to repeal 44 sections of the Indian Act that dictate how First Nations must manage and govern their reserve lands. First Nations across Canada are developing **Land Codes** to reclaim authority over their reserve lands from the Government of Canada and implement their own land laws and processes.

Saulteau is committed to strengthening our self-governance and sovereignty as a Nation. Developing and ratifying a **Land Code** will allow our Nation to assert full control over our reserve lands, including future TLE and Hydro Settlement lands as they are added to reserve. Over the next 1 to 2 years, we will be working with the community to develop and ratify our own **Land Code**. This is an exciting moment for our Nation, and we look forward to engaging all our members on this important development!

Stay tuned for future project announcements, including calls to establish our Land Code Steering Committee!



Over 100 First Nations across Canada have established a Land Code and another 61 First Nations are in the process of developing one!

For questions or information related, please contact

Mary Doyle, Lands Officer

e. mduoyl@saulteau.com

t. 236-364-2012

Frequently Asked Questions

?

What is a Land Code

- A comprehensive **land law** specific to a First Nation community
- Sets out the principles, procedures, and rules of land management and decision-making authority
- Removes Indigenous Services Canada as our “landlord” and gives us back authority over our lands

?

Why have a land code

- Replaces land management provisions forced on Saulteau through the *Indian Act*
- Allow Saulteau to create our own laws regarding the development, conservation, protection, use and possession of reserve land(s)
- Set rules and procedures for use and occupation of Saulteau lands as developed by our members

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How does a Land Code come into effect

- Saulteau's Land Code will need your support. It must be ratified by a community vote!
- Saulteau must follow set procedures for community ratification process

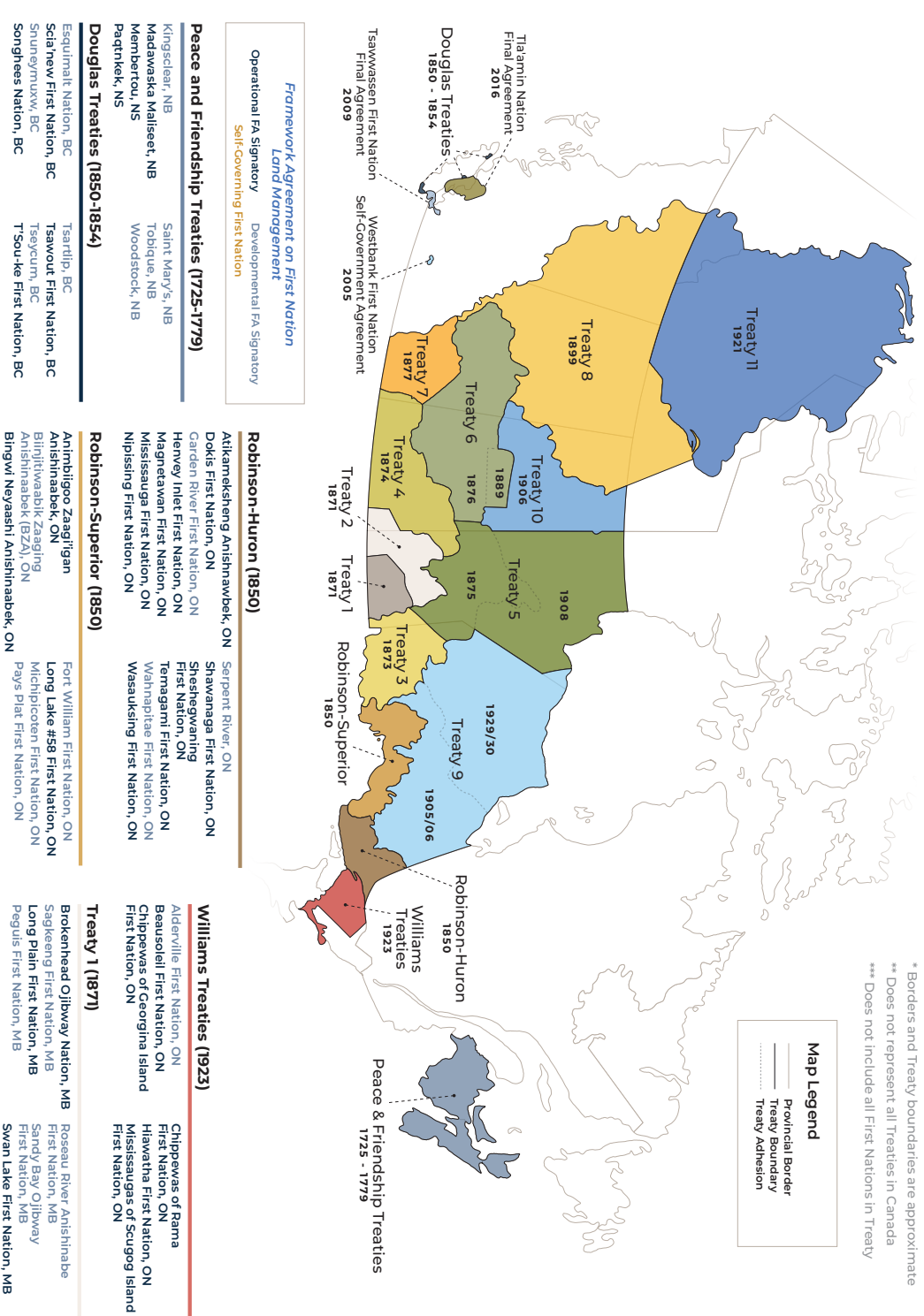
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What does a Land Code not do

- It doesn't turn our First Nation into a “municipality”
- It doesn't take away our Treaty Rights or the Canada's financial obligations to our Nation
- It does not give up our reserve lands or take away their “reserve” status
- It does not deal with taxation of property or individuals

Treaty First Nations that are signatories to *The Framework Agreement on First Nation Land Management*

(The Framework Agreement is NOT a Treaty and DOES NOT affect Treaty Rights)



Treaty 3 (1873)

Anishnabeg of Naongashling First Nation, ON	Naotkamewanning First Nation, ON
Big Grassy River First Nation, ON	Northwest Angle #33, ON
Lac Des Millie Lacs First Nation, ON	Rainy River First Nations, ON
Lac Seul First Nation, ON	Wabaseemcoong Independent Nations, ON
Mikanaingaming First Nation, ON	Wabauskang First Nation, ON

Treaty 4 (1874)

Carry The Kettle First Nation, SK	Pasqua First Nation, SK
Cowessess First Nation #73, SK	Waywayseecappo First Nation, MB
Gambler First Nation, MB	Whitecap Dakota First Nation, SK
George Gordon First Nation, SK	Wuskwiki Sipiik, MB
Kahkewistahaw First Nation, SK	Yellow Quill First Nation, SK
Kiinstin Saulteaux Nation, SK	Zagime Anishnabek (Sakimay), SK

Treaty 5 (1875)

Chemawamin Cree Nation, MB	Norway House Cree Nation, MB
Fisher River Cree Nation, MB	Opaskwayak Cree Nation, MB
Nisichawayasi Cree Nation, MB	Poplar River First Nation, MB

Treaty 6 (1876-1889)

Enoch Cree Nation, AB	Montreal Lake Cree Nation, SK
Flying Dust First Nation, SK	Muskeg Lake Cree Nation, SK
James Smith Cree Nation, SK	Muskoday First Nation, SK
Lac La Ronge Indian Band, SK	One Arrow First Nation, SK
Mistawasis Nehiyawak #103, SK	Peter Ballantyne Cree Nation, SK
Montana First Nation, AB	Tsuut'ina Nation, AB

Treaty 7 (1877)

Siksika Nation, AB	Tsuut'ina Nation, AB
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Treaty 8 (1899)

Doig River First Nation, BC	Loon River First Nation, AB
Fort McKay First Nation, AB	McLeod Lake Indian Band, BC
Fort McMurray #468 First Nation, AB	Peelless Trout First Nation, AB
Fort Nelson First Nation, BC	Saulteaux First Nation, BC
Kathoedeeche First Nation, NWT	Woodland Cree First Nation, AB

Treaty 9 (1905-1906 & 1929-1930)

Brunswick House First Nation, ON	Mattagamit First Nation, ON
Chapleau Cree First Nation, ON	Mississable Cree First Nation, ON

Treaty 10 (1906)

English River First Nation, SK	
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Treaty 11 (1921)

Naotkamewanning First Nation, ON	
Northwest Angle #33, ON	
Rainy River First Nations, ON	
Wabaseemcoong Independent Nations, ON	
Wabauskang First Nation, ON	

Treaty 12 (1929/30)

Pasqua First Nation, SK	
Waywayseecappo First Nation, MB	
Whitecap Dakota First Nation, SK	
Wuskwiki Sipiik, MB	
Yellow Quill First Nation, SK	

Treaty 13 (1929/30)

Peace & Friendship Treaties 1725 - 1779	
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DON'T GET BURNED

BELIEVING THESE 5 MISCONCEPTIONS!

Addressing dis-information about the *Framework Agreement on First Nation Land Management*

Legend - M : *Misconception* / T : *Truth*

M1: It capitalizes on First Nations Lands and Resources, turning them into municipalities.

T: NO! The only function of the *First Nations Land Management Act* (FNLMA) is to give federal approval of the *Framework Agreement on First Nation Land Management* (Framework Agreement).

Neither the Framework Agreement nor the FNLMA has any provision for using land as capital.

The Framework Agreement ensures existing *Indian Act* protections of reserve lands, with NO taxation, seizure, or garnishment. (See section 15)

It is not possible for First Nations to become municipalities under either the Framework Agreement or the FNLMA. None of the over 100 First Nations who have approved the Framework Agreement through their land codes, have become municipalities.

M2: Fate of First Nations tied to the Market (supply and demand) Economy

T: NO! The Framework Agreement recognizes the inherent right of First Nations to govern their Lands, Environment and Natural Resources. It does not, in any way, rely on the Market Economy for this recognition.

All economic development is in some way tied to changes in the Market Economy. This applies to First Nation investments and initiatives whether they are Self-Governing or under the *Indian Act*. The Framework Agreement does not change this relationship. It does however, protect First Nation lands from being used by Canada for capital gain.

M3: Release of the Crown's Fiduciary obligations for Reserve Land in Future

T: NO! The Framework Agreement states that the special relationship with Canada continues and lands remain “Reserve Lands or Lands Set Aside.”

Canada remains responsible for issues before a land code comes into force. First Nations are responsible for decisions made after the land code comes into force.

Funding is provided to First Nations to deal with any issues caused by Canada that were not completed prior to the land code taking effect.

(See sections 1.4, 2.3, 4 and 50.3)

M4: Negative Reputation as a “sell-out” of inherent rights – just another form of delegated authority.

T: NO! None of the 194 First Nations that have signed the Framework Agreement or implemented their land codes have been reputed to be or are “sell outs”. Many of these First Nations have more than 20 years experience governing their lands according to their community developed and approved land codes.

The protection of reserve lands, treaties, and inherent rights continue after a First Nation passes its land code.

A First Nation's authority to govern its lands and resources is recognized by the Framework Agreement. This is First Nation Self-Governance, not delegated authority or control by the Canadian Government.

M5: Taxation is Inevitable

T: NO! Reserve lands continue to be tax exempt under the Framework Agreement.

(See section 15.4 of the Framework Agreement)

GET THE TRUTH at www.labrc.com

SFN Job Postings



Current Saulteau First Nations Career Opportunities

- Expression of Interest for Strategic Planning Facilitator
- On-Call Caribou Guardian
- HR Recruiter
- Casual On-Call Primary program Teacher's Assistants
- Casual Early Childhood Education Assistants
- Crisis Intake & Support Worker-Safe House

4EverGreen Career Opportunities

- Class 1 Truck Drivers
- Financial Controller

Aski Reclamation Career Opportunities

- Finance Administrator
- Seed Cleaner (Seasonal)

Mountain Time Industrial Services Career Opportunitites

- Office Administrator

Apply Online www.saulteau.com/employment

