Smoke Signals

Lhut Beh Nehudanih - They Told Us By Smoke

Volume 6, Issue 11

Benghan Nuts'uke ben•ghan nu•ts'u•ke ᗪᐢᐊᐢ ᓐᔑᗷ November



Growing Together: Hanuyeh Gardens and Greenhouses

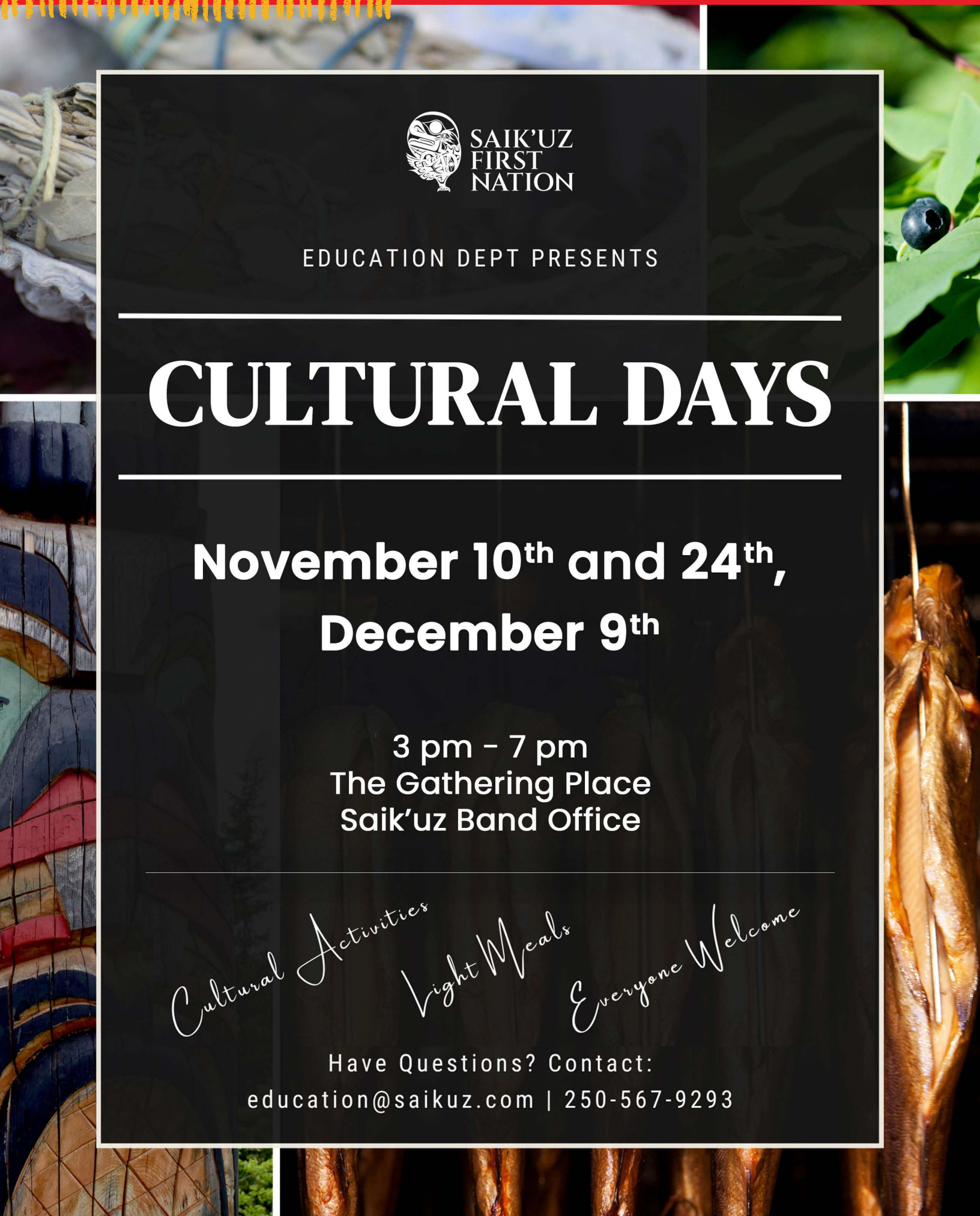
Art Therapy, Overdose & Suicide Awareness Gathering

Building Strong Leaders, United Community: The Saik'uz Youth Council Begins

Community Announcement: 2026 Christmas Bonus Distribution

Check out our upcoming holiday events!

2026 November Community Engagement



SAIK'UZ FIRST NATION

EDUCATION DEPT PRESENTS

CULTURAL DAYS

November 10th and 24th, December 9th

3 pm - 7 pm
The Gathering Place
Saik'uz Band Office

Cultural Activities

Light Meals

Everyone Welcome

Have Questions? Contact:
education@saikuz.com | 250-567-9293



2026 HOLIDAY CALENDAR

CHILDREN IN CARE
at Saik'uz First Nation

Nov. 28th

ELDERS CHRISTMAS LUNCHEON
at Saik'uz First Nation

Dec. 2nd

OFF-RESERVE CHRISTMAS PARTY
at the House of Ancestors
355 Vancouver St, Prince George, BC

Dec. 5th

BLUE CHRISTMAS
Time and venue to be determined

Dec. 10th

ON-RESERVE CHRISTMAS PARTY
at The Gathering Place Saik'uz Band Office

Dec. 12th

Health and Prevention

Art Therapy, Overdose & Suicide Awareness Gathering





Saik'uz First Nation Art Therapy, Overdose & Suicide Awareness Gathering

Saik'uz First Nation hosted a two-day community initiative dedicated to healing, remembrance, and solidarity regarding overdose and suicide awareness.

Event Schedule & Highlights

Day 1: Art Therapy & Poster Making (Monday, October 5, 2026)

Community members gathered at the Health Center from 10:00 AM to 2:00 PM for art therapy and poster making. Participants crafted signs and wearable heart-shaped tribute plaques featuring photos and heartfelt messages commemorating loved ones.

Day 2: Awareness Walk & Community Gathering (Tuesday, October 6, 2026)

Held from 10:00 AM to 2:00 PM starting at The Gathering Place, the second day brought community members together for an awareness walk, a memorial slideshow, a complimentary lunch, and community bingo. During the walk, participants verbally delivered heartfelt messages of remembrance, hope, and support for one another.

Photo Highlights Gathering in Remembrance

Participants gathered outside wearing awareness colors and carrying blue and purple balloons. Several community members wore handmade heart plaques around their necks displaying portraits and messages honoring lost loved ones.

The Awareness Walk Community members walked together along the road carrying banners reading "Overdose Awareness" and "Suicide Awareness," flanked by participants holding tribute posters and balloons.













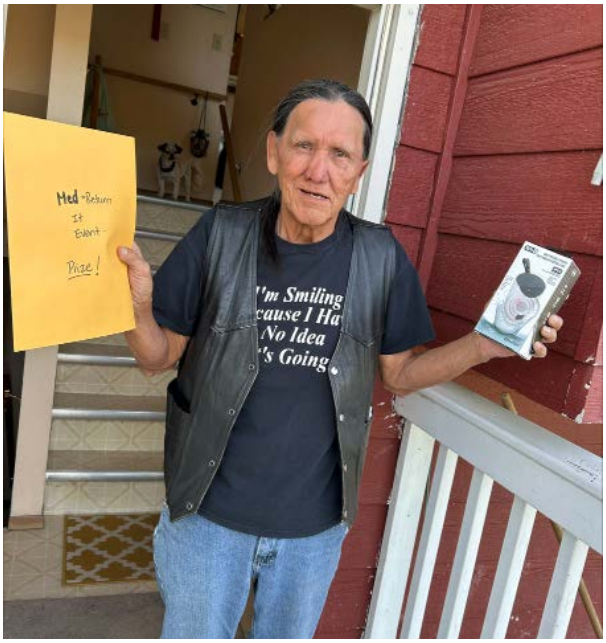
Health and Prevention

Community Prescription Drug Take-Back a Big Success

Our joint medication collection initiative was a great success! Teams from Carrier Sekani Family Services (CSFS) Nursing and the Saik'uz National Native Alcohol and Drug Abuse Program (NNADAP) went door-to-door throughout the community to gather unused and expired medications, while community members also stopped by the health centre to drop theirs off safely.



Pictured above (L–R): Lindsay P. (CSFS Mental Health), Raylene Moore (Saik'uz NNADAP), Janelle Hindmarch (CSFS Health Care Aide), and Stephanie Sutton (CSFS Nurse).



The bins collected ***(above photo)*** by our team were only about half of the total medications turned in during the drive! To show our appreciation, participants were entered into a draw, and one lucky community member took home the $250 cash prize. Thank you for making this event a success!



Mobile Diabetes Telemedicine Clinic

November 5, 2026
Thursday

Saik'uz Health Centre

- Blood results during appointment!
- Diabetes, Kidney, Cholesterol, Eye Health reviews
- Individual teaching with Diabetes Clinic
- Copy of all your results
- Much more!

Do you have Diabetes or Pre-Diabetes?

Book an appointment with the Health Centre!



Building Strong Leaders, United Community: The Saik'uz Youth Council Begins

The Saik'uz Youth Council will provide an opportunity to learn about Saik'uz Governance, practice decision-making, and build leadership skills. The Youth Council supports the 2026 – 2031 Saik'uz Strategic Goal of Educated and Employed Saik'uz Whut'en.

Vision: Building unity between all Saik'uz youth through culturally centered values, supporting Saik'uz youth, and success through generational mentorship.

Mission: Preparing youth for real-world challenges, supporting community, and building unity and cultural connection by providing opportunities for youth to come together and build relationships.

Youth Council Priorities:

1. Youth Safety: protecting and advocating for the safety of youth at home, at school and in the community (top priority).
2. Supporting Healthy relationships with yourself and with others.
3. Cultural connection: helping all members, including off-reserve members, connect with Saik'uz culture and language.
4. Building relationships with Youth Councils in neighbouring Nations.

The Youth Council is seeking more members, youth ages 13-18.

LOOKING FOR MEMBERS

SAIK'UZ YOUTH COUNCIL

CONNECT WITH OTHER YOUTH TO DEVELOP LEADERSHIP AND DECISION-MAKING SKILLS

LEARN HOW YOU CAN MAKE A DIFFERENCE IN THE LIVES OF YOUTH

MEETINGS ON PRO-D DAYS

IN-PERSON AND ONLINE

OPEN TO ALL SAIK'UZ YOUTH 13-18

2 X $25 PRIZES AVAILABLE LUNCH PROVIDED

To join please text Anzel 250-570-8236



PHRASE OF THE MONTH

Banuk hubutl'a'ai

He is handing them bannock.

Banuk: bannock
hubutl'a'ai: he is handing to them

hubutl'a'ai
hu•bu•tl'a•'ai
>Dɛ·◁▷

Trinity Raphael • November 5th
Rose Marie Antoine • November 12th
Karen Thomas • November 12th
Albert George • November 12th
Clyde Mcook • November 25th



November CELEBRANTS

Saik'uz Territory

MARTEN

DAKELH: CHUNIH



Also known as the Canadian Sable, the marten is a member of the weasel family and is recognized by its long sleek body bushy tail and short legs. In all the shades of brown they are also seen in pale yellows, tans, reds, greys and nearly black with the legs and tails being darker shades than the rest of the body.

Body size is around 600 mm in total length with the tail generally being only one third of that. Females are smaller averaging only 530-560 mm and weighing 650-700 g.

A large population of marten exist in Saik'uz territory and historically have been one of the provinces largest harvesting areas.
Saik'uz trappers capitalized on high fur prices and utilized the marten as a means of good income.

Thriving in 'old growth' areas the marten loves coarse woody debris and overhead vegetation to provide coverage and foraging opportunities (spruce and balsam) species of trees are favoured. Populations suffer greatly in clearcut logging areas.
Marten are opportunistic feeders and hunt small mammals mostly at night, like voles and mice but do go after rabbits, grouse, squirrels, and birds/eggs. Berries are important in their diet especially for young marten that have not mastered their hunting skills. They are also known to feast on ungulate carcases.

A very independent solitary species the marten only come together for breeding and are very territorial. The breeding season occurs in July and August and the two will only come together for a couple of days.

Very much like the mink there is a delayed implantation and the young are born in March or April about nine months after breeding. Marten are also mature breeders waiting to have their first litter until they are two years of age averaging only 3 offspring at a time.

Young are born blind, furless and dependant of their mothers. They weigh only 28 g but grow very quickly leaving the den at 12 weeks and by 18 weeks disperse out on to their own.

SAIK'UZ FIRST NATION

COMMUNITY ANNOUNCEMENT

2026 Christmas Bonus Distribution

We are pleased to announce the upcoming distribution of this year's Christmas Bonus for eligible Saik'uz First Nation members.

Eligibility Criteria:

- Must be a registered Saik'uz First Nation member.
- Must be 18 years of age or older as of January 1, 2026.
- Staff members who are also SFN members are entitled to receive the bonus.

Why Direct Deposit?

To ensure a secure, smooth, and timely payout, we strongly encourage direct deposit. Using direct deposit protects membership funds by preventing lost cheques, reducing unclaimed payments, and eliminating the risk of cheques being intercepted or claimed by unauthorized individuals.

Payment Method & Banking Requirements:

- Members who set up their banking information will receive their distribution directly into their bank account via direct deposit.
- **Already On File?** There is no need to call or contact the office if you are certain your direct deposit information is already up to date with the Band Office.
- **Accepted Banking Documents (for new setups or updates):** The Finance Department will strictly accept either:
  - An official direct deposit / void cheque form downloaded directly through your online banking portal or app. (no screenshots please)
  - A standard blank personal cheque with "VOID" written clearly across the front.

How to Submit: Please send your banking forms to April, who will compile and submit them to the Finance Department daily:

Email: band.office@saikuz.com
Fax: (250) 567-2998
I**n-Person:** Submit directly to the Band Office.

Submission Deadline:

- Deadline: Thursday, November 26, 2026
- Anyone who does not have any bank or does not submit their direct deposit banking details by the November 26 deadline will be issued a physical cheque instead.

Please reach out to the Band Office at (250) 567-9293 if you have any questions.

November 2026
COMMUNITY ENGAGEMENT

November 12, 2026
4 pm to 6 pm

The Gathering Place,
Saik'uz Band Office

Operations and Maintenance, Daycare, and Social Development



Growing Together

hanuyeh gardens and greenhouses

Community Engagement Night



From left to right: Levi Vickers, Samantha David, Bev Boersen, and Mark Fisher



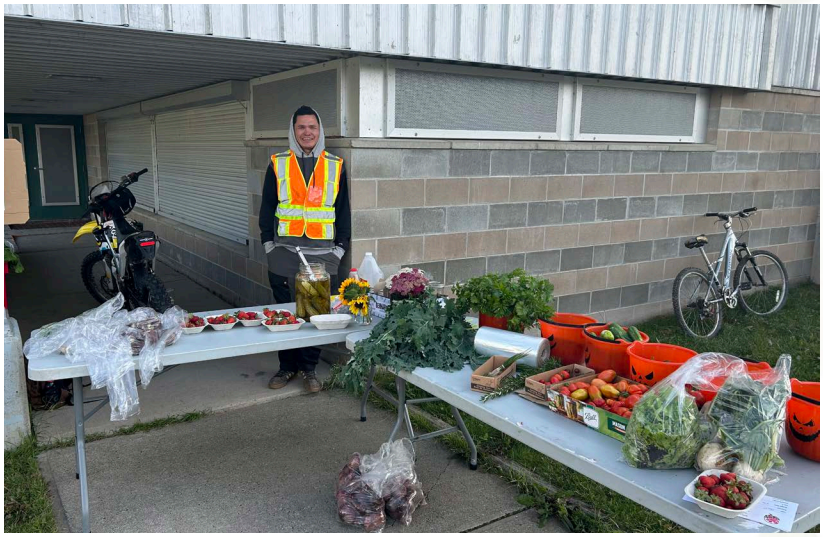


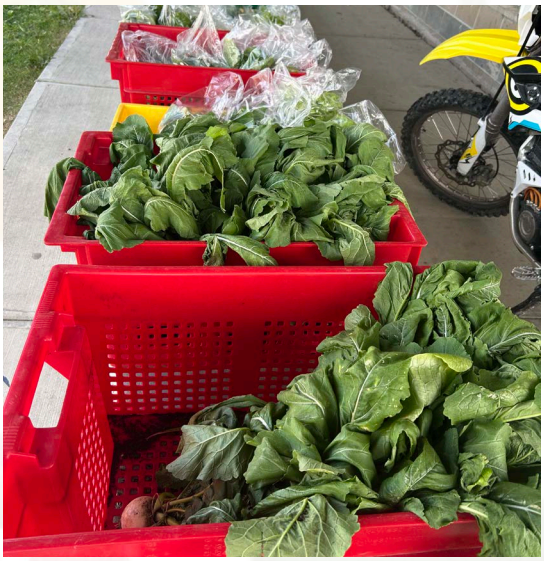
Thank you to everyone who joined us for our recent Community Engagement gathering! The evening was packed with lively discussion, honest reflections on our growing season, and exciting plans as we look toward 2027.

Hosted by our dedicated garden team—Bev Boersen (Garden Manager), Mark Fisher (Farmer, High Slope Acres), and Garden Workers Samantha David and Levi Vickers—the event offered an open space for neighbors, volunteers, and growers to connect directly with the roots of the project.

Reflecting on 2026: Wins & Challenges

Bev kicked off the presentations with an overview of our 2026 season milestones, spotlighting the vital work supported by the CHAP grant. From infrastructure updates to expanded growing space, grant funding enabled significant headway on the ground this year.





Alongside our accomplishments, Samantha, Levi, and Bev led an open conversation about the season's pain points. Cultivating shared land comes with real hurdles—managing labor capacity, maintaining seasonal workflows, and navigating weather unpredictability. Addressing these roadblocks openly gave everyone a clear look at what it takes to keep the garden thriving day-to-day.

The Road to 2027: A Framework for Sustainable Growth

Guest farmer Mark Fisher shared a strategic roadmap for our upcoming seasons, focusing on three practical pillars of sustainable development:

- **Make It Doable:** Keep it grounded and realistic. Embracing a "less is more" mindset ensures we do a few core things exceptionally well while always thinking ten steps ahead.
- **Make It Sustainable:** Focus on appropriate, low-barrier technologies, active community engagement, and growth driven strictly by our collective capacity.
- **Build a Flexible Plan:** Match every ambition with a realistic operational budget, weighing real costs against community benefits so the garden can adapt as needs shift.

Your Voice Shapes the Future

The evening was truly interactive, with attendees sharing their own visions for the space during the



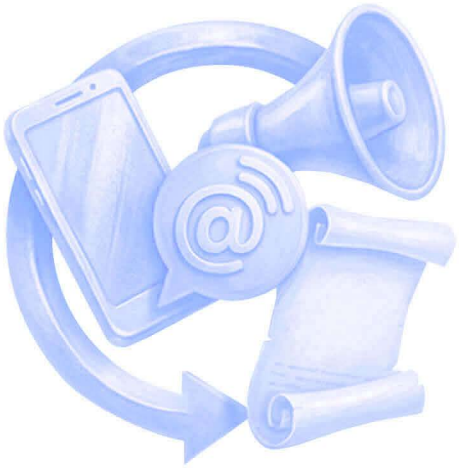
open floor discussions. To capture every voice, the team distributed community surveys to gather feedback, ideas, and suggestions for the next phase of development.

If you attended and haven't turned in your survey yet, or if you couldn't make it and would like to share your perspective on the garden's future, please reach out to the garden team or drop your feedback in the garden mailbox by the end of next week.

Here's to closing out a productive 2026 and planting the seeds for an intentional, resilient 2027!



ARE WE REACHING YOU?



At Saik'uz First Nation, we want to ensure that the information you receive is timely, relevant, and easy to find. This survey is designed to audit our current communication channels-from emails to town halls-to see what's working and what isn't.

Your feedback will directly influence our communication strategy to help reduce digital noise and keep everyone better informed.

Scan the QR code above to participate In the survey

COMMUNICATIONS
S U R V E Y

SAIK'UZ FIRST NATION



Share Your Stories, Ideas, and More!

This is your personal invitation to contribute to our next issue of Smoke Signals. We're always on the lookout for fresh perspectives, engaging content, and exciting new things happening in and around our community. Whether it's a personal essay, a photo series, a local hero spotlight, or an advertisement for your unique offering, your contribution could be exactly what our readers are looking for.

To submit your work, please email it to **communications@saikuz.com with "Smoke Signals" included in the subject line.**

Saik'uz First Nation

135 Joseph Street Saik'uz, BC V0J 3A1
(250) 567-9293
band.office@saikuz.com