Smoke Signals

Lhut Beh Nehudanih - They Told Us By Smoke

Volume 6, Issue 10

Dechoo Najaz de•choo na•jaz ᑐᒍᓂᔪᐟ October 2026

BC Wildfire Service and Adam Thomas Shares FireSmart Insights

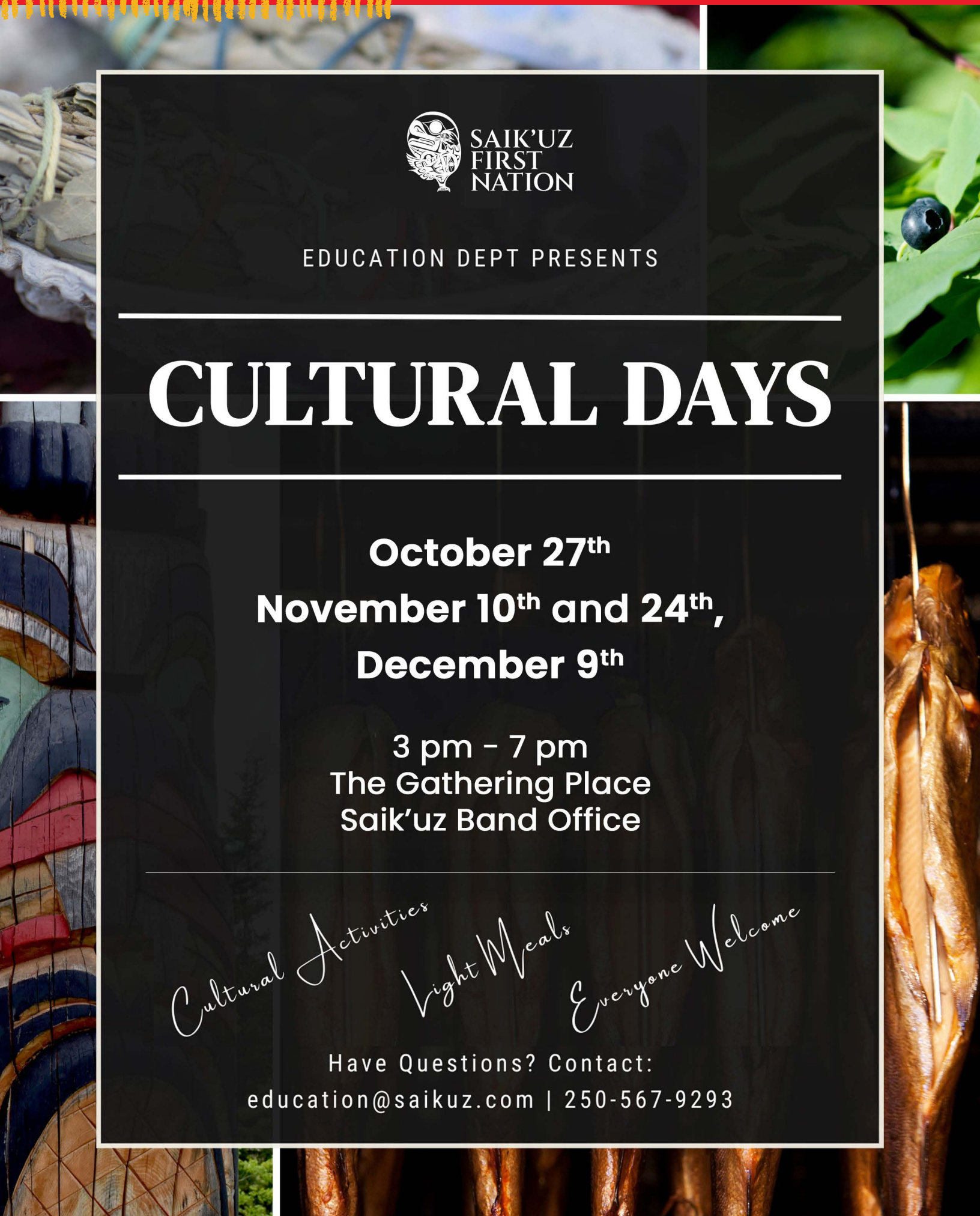
You are invited to the upcoming NCTL ROADSHOW

Walking Toward Healing: Reflections on Our Community Reconciliation Breakfast

Language and Culture: Youth Hunting Camp Report

Celebrating a New School Year

Check out our upcoming holiday events!



SAIK'UZ FIRST NATION

EDUCATION DEPT PRESENTS

CULTURAL DAYS

October 27th
November 10th and 24th,
December 9th

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

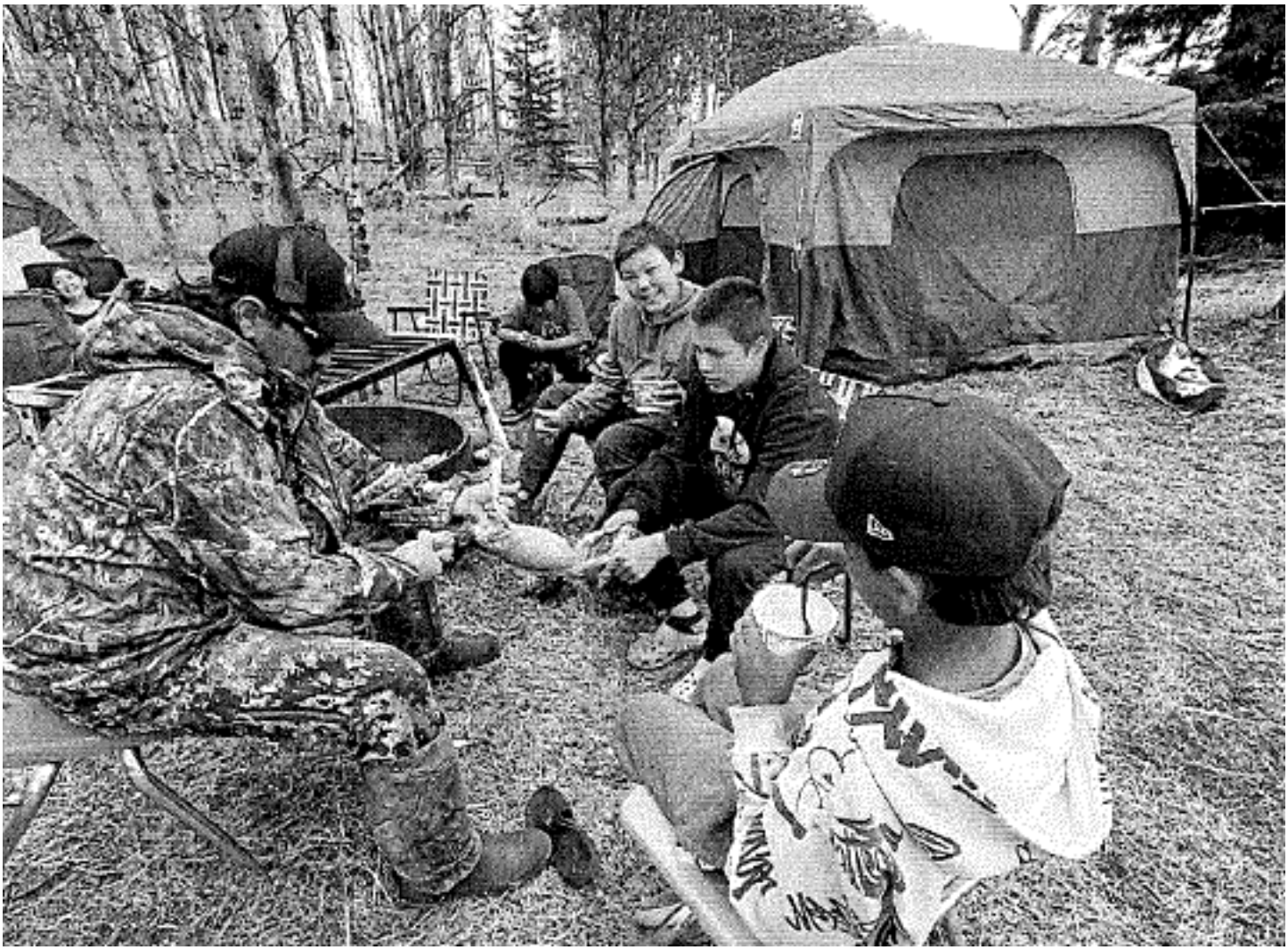
Cultural Activities
Light Meals
Everyone Welcome

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

LANGUAGE AND CULTURE CONTENT

YOUTH HUNTING CAMP REPORT

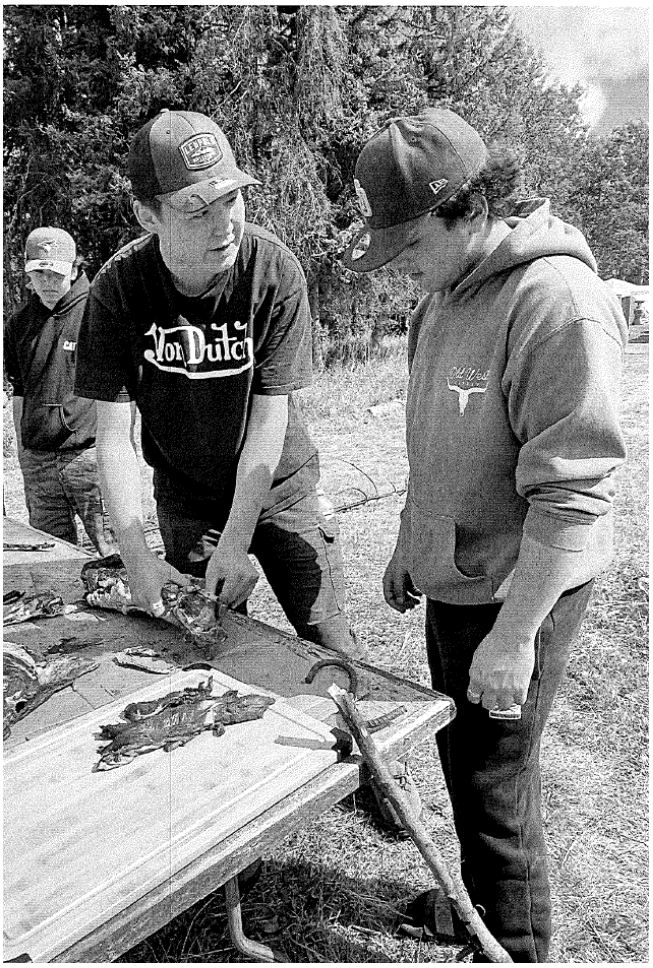
By: Anzel Labatch-Patrick



Youth camp

started on Sunday the 9th of August 2026, we went to Tatuk and set up camp. we did our first workshop on medicines, and the kids sort of enjoyed it, then the first hunt went out. We had fun and the hunters would go out at four to six am for the morning hunt and five to ten pm for night hunt.





I am glad that I got to go to the hunting camp it was an amazing experience and was really good to connect with the kids and seeing kids who usually don't come out to things like this and enjoy hunting and camping and hanging out with everyone because they aren't on their phones and seeing the kids connect is so amazing.

> **"100% of them want it to happen next year and I am glad they have something to look forward to next year."**



I went around to all the kids during the camp and asked if they wanted it to happen next year and 100% of them want it to happen next year and I am glad they have something to look forward to next year. It was a very successful hunt this year we got grouse, a buck, a mountain goat, and a rabbit. Overall we want it to happen next year and want to have this for kids to look forward to next year.



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

Education, Training and Employment Features

Celebrating a New School Year



From left to right:

Shawnee Young
Education , Employment & Training Manager

Mariah Sullivan
Education , Employment & Training Assistant

"It is really special to have our children, youth, parents, grandparents, caregivers, families, Elders, community members, teachers, administrators, and school district staff all gathered together in one place. Tonight is about coming together at the beginning of a new school year in a good way.

It is about relationships.
It is about creating connections between families, communities, and schools.

And most importantly, it is about our children and youth-supporting them, encouraging them, celebrating who they are, and helping them feel that they belong and that they can be successful in school. We want this evening to be relaxed and welcoming. There will be opportunities to learn about some of the supports and programs available to students and families, participate in an activity, visit with one another, and share a meal together."

The Saik'uz First Nation Education Department recently welcomed students, families, elders, educators, and community members to a Back-to-School Community Gathering focused on building relationships, celebrating culture, and supporting the success of our children and youth. The event brought together families, School District 91 staff, and community partners to connect at the beginning of the school year and learn about programs and opportunities available to students.



The evening highlighted the importance of creating positive relationships between families, schools, and the community, while ensuring students feel supported, respected, and encouraged as they pursue their educational goals.



Participants learned about several initiatives designed to support students, including the Hundiyin Indigenous Girls Group at Nechako Valley Secondary School, after-school tutoring opportunities, monthly Cultural Days, and ongoing work to develop a Carrier Language Integrated Resource Package for Kindergarten through Grade 12 students.

Attendees also heard presentations about the role of Saik'uz representatives on the School District 91 Indigenous Education Council and the services available through Foundry Vanderhoof, which provides wellness and support resources for youth and families.

The gathering included opportunities for cultural learning and hands-on activities, including dream catcher making and preparing Indian Ice Cream using nawus (soapberries). Community members were encouraged to reflect on the hopes they hold for the children and youth of Saik'uz and the role everyone plays in helping them thrive.

The evening concluded with a shared meal and meaningful conversations, reinforcing a message that remains at the heart of Saik'uz educational success: our children and youth belong, they are valued, and they are capable of achieving great things when supported by their families, community, culture, and schools.



PHRASE OF THE MONTH

'Awet dak'et suli.Dak'et totsuk khoh whenahut'oh.
ᑕᐳᑦ ᑐᐳᔪ ᐊᕼ ᕽᒪᐊᑐᕼ

Translation: In the fall, the geese fly away.

Dak'et (ᑕᐳᑦ): Autumn/fall
Totsuk (ᑐᐳᔪ): every time
Khoh (ᐊᕼ): (Canada) goose
Whenahut'oh (ᕽᒪᐊᑐᕼ): go back/leave/fly away

Happy Birthday Merida Raphael!
(October 16th)
~ from mom and dad

Fern Dyck • October 17th
Jason Vickers • October 22nd



October CELEBRANTS

SAIK'UZ FIRST NATION

Saik'uz community, you are invited for the upcoming

NCTL ROADSHOW

Do you have questions about the North Coast Transmission Line project? Want to meet the people involved and learn more about what is happening in our territory?

October 28, 2026 • 12:00 PM – 4:00 pm
The Gathering Place• Saik'uz Band Office
135 Joseph St, Vanderhoof, BC V0J 3A1

SAIK'UZ FIRST NATION

Health Centre
P: 250.567.9773| F: 250.567.5491
716 Patrick Street, Vanderhoof, BC, V0J 3A1
www.saikuz.com

Prevention Update

September 2026

Primary Prevention: Primary Prevention is seen as the first line of support for families that could have Child Protection involvement. It is also aimed at the community as a whole. Here is a list of things that can be covered with this funding:

- Cultural activities
- Camps
- Public Awareness
- Food Security and Basic needs
- Community Events
- People and Staff

Secondary Prevention: This funding is utilized when a child may be at risk of harm so this is the intervention piece. Carrier Sekani Family Services receives this funding on behalf of Saik'uz First Nation. Examples of what this funding can be used for are:

- Cultural and recreational activities for children and youth at risk
- Addictions treatment for parents/ and youth
- Identified needs such as income support, housing, addictions and mental health
- Home visit programs such as family support workers, and respite care
- Group interventions
- Services to support reunification
- Family Counselling

Tertiary Prevention: This funding is meant to target the specific families where a child has been identified as at risk of harm where there is or can be active child safety concerns. Carrier Sekani gets this funding on be half of Saik'uz First Nation. Examples of this are:

- Domestic Violence Interventions
- Intensive Family Preservation
- Immediate crisis interventions
- Family reunification
- Restorative intervention services
- Addictions treatment for youth as a plan to lower immediate risk

Primary Prevention Services

Primary prevention services are aimed at the community as a whole. A community-centred approach to prevention programming could include the ongoing promotion, public awareness and education of traditional child-caring approaches, healthy families and child development.

Activities could include those that enhance protective factors at a community-level, and help to create the network that supports family retention and healing, cultural engagement, connection, and a sense of belonging.

- Classes, workshops and outreach to improve family preservation and well-being
- Well-being services, including cultural and recreational activities, that support children and families at risk in the home and community
- Collaboration with other relevant sectors or programs including addictions and mental health, income support, housing and domestic violence to support community-wide information and awareness sessions

Primary Prevention in Saik'uz First Nation

CULTURAL ACTIVITIES

- Moccasin Making
- Sewing
- Beading
- Drum Making
- Healing Fires
- Bah'lats

CAMPS

- Cultural Camps
- Hunting Camps
- Fish Camps

PUBLIC AWARENESS CAMPAIGNS

- Moosehide Campaign
- Orange Shirt Day

FOOD SECURITY & BASIC NEEDS

- Traditional Food Preparation
- Canning Workshops
- Firewood
- Fish Delivery
- Hampers

COMMUNITY EVENTS

- Aboriginal Day Festivities
- Spring Break Activities
- Men's Group
- PG Cougars Indigenous Weekend
- Family Day
- Easter
- Valentine's Day
- Christmas Events
- Community Update
- Halloween
- Weekly Public Skating
- Youth Theatre Nights

PEOPLE & STAFF

- Elders
- Youth Support Workers
- Band Designate Representatives
- Prevention Manager
- Cultural Workers
- Child Wellness Committee

For more information:

Mitch McCook
Community Services Planner
mmccook@csfs.org

Chanelle Holmes
Cultural Coordinator
cholmes@csfs.org

CARRIER SEKANI FAMILY SERVICES

Secondary Prevention Services

Secondary prevention services are activated when a child may be at risk of harm or child maltreatment and where intervention could enhance protective factors and remediate the risk.

Secondary prevention programming could include services that establish and build on secure and responsive social relationships between children and caregivers, and support parents in meeting their family's developmental, health, educational, social, cultural, and spiritual needs.

- Cultural & recreational activities for children & youth at risk
- Addictions treatment for youth as part of a plan for family remediation
- Addictions treatment for parents as an alternative to taking children into care or as part of a plan for family reunification
- Home visit programs, parent mentoring, parenting skills programs, in-home supports, respite care
- Coordination & references to other providers related to wrap-around services and interventions to ensure a coordinated approach based on identified needs including income support, housing, addictions and mental health
- Group interventions or supports
- Services to support reunification and repatriation of children and youth with families on reserve including maintaining and enhancing community connections
- Family counseling, guidance and assessment

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Tertiary Prevention Services

Tertiary prevention services target specific families when a child has been identified as at risk of harm or child maltreatment. Tertiary prevention attempts to mitigate the risks of separating a child from their family and end the crisis. Targeted, least disruptive interventions and measures refer to the most appropriate level of service needed by a family whose child(ren) is/are at risk of harm or maltreatment or where maltreatment has taken place.

Tertiary prevention programming could include services that provide increased support and/or targeted services with the intention that intervention will enhance protective factors and promote positive outcomes.

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ERVICES

- Domestic violence interventions
- Intensive family preservation services
- Immediate crisis interventions that are identified on the basis of the child's best interest including cultural, communal and other activities to build self-esteem and healing
- Mental health and addictions treatment for parents as an alternative to taking children into care or as part of a plan for family reunification
- Restorative intervention services
- Mental health and addictions treatment for youth as part of a plan to remediate risk and promote family wellness

Wildfire Preparedness in Our Community:

BC Wildfire Service and Adam Thomas

Shares FireSmart Insights





Representatives from the BC Wildfire Service (BCWS) recently visited our community to deliver an informative session on FireSmart principles and wildfire resilience. With wildfire being an ongoing presence in British Columbia, the presentation emphasized that preparing for wildfire is a shared responsibility across the entire community—from leadership and staff to individual households

Key Takeaways from the Presentation

Understanding the Home Ignition Zone: Structure protection begins directly at home. Presenters explained that the most critical areas to manage are the Immediate Zone (0 to 1.5 metres around the structure) and the Intermediate Zone (1.5 to 10 metres out). Removing combustible materials and thinning surface vegetation in these zones dramatically reduces a home's exposure to radiant heat and airborne embers.

The Power of Simple Prevention: Wildfire structure survival statistics show that untreated properties with flammable roofs have a survival rate as low as 4% during an interface fire. However, treating vegetation within 10 metres of a home combined with non-flammable roofing increases structure survival rates to 90%.

Tackling Surface & Ladder Fuels: Keeping grass mowed, clearing brush, and pruning low-hanging tree branches prevents ground fire from finding continuous pathways or climbing into the tree canopy as "ladder fuels."

Collaborative Stewardship: The visit reinforced the importance of ongoing partnerships between our community and the BCWS, complementing local land stewardship, fuel reduction projects, and cultural burning practices.

Everyday Actions You Can Take Today

Clear the Immediate Perimeter: Remove dead leaves, needles, and flammable debris within 1.5 metres of

your home's walls and foundation.

Maintain Yard Vegetation: Keep lawn areas around structures regularly mown, especially during dry spring and late summer periods.

Prune Tree Branches: Trim lower tree branches that sit close to the ground to keep surface fires from reaching the canopy.

Pick Up Resources: FireSmart guidebooks and informational pamphlets are available at the Band Administration Office and via our community website.

Looking Ahead

Thank you to everyone who joined us for dinner, contributed to the discussion, and took home door prizes. Our community continues to implement recommendations from the Community Wildfire Resiliency Plan (CWRP), including rolling out local FireSmart coordination and planning home assessments across the reserve. Watch upcoming announcements for community clean-up days and opportunities to learn about FireSmart

Scan the QR Code to visit the FireSmart BC Website

firesmartbc.ca/prepare



WELCOME TO THE TEAM

BECKY CURVELO

Interim Events Coordinator



Hello, my name is Becky Curvelo. I grew up in Mackenzie, BC, and spent many summers at Fraser Lake. I am a mother of two young children, and my family has been a part of the Vanderhoof community since 2022. I am excited to join the Saik'uz First Nation team and look forward to helping organize events that bring people together and strengthen community connections.

National Day for Truth and Reconciliation

Our community came together over warm food and heartfelt connection for the National Truth and Reconciliation breakfast.

It was a meaningful morning grounded in reflection, open conversation, and the powerful sharing of stories. Gathering in community reminds us of the resilience of Survivors, the strength carried across generations, and the ongoing journey toward true healing.

Healing begins with listening—sitting with the truths of the past and acknowledging that each and every one of us is affected. Reconciliation touches all of our lives, and it takes all of us working hand in hand to create real, lasting change. When we commit to walking this path together, we build a much better, more

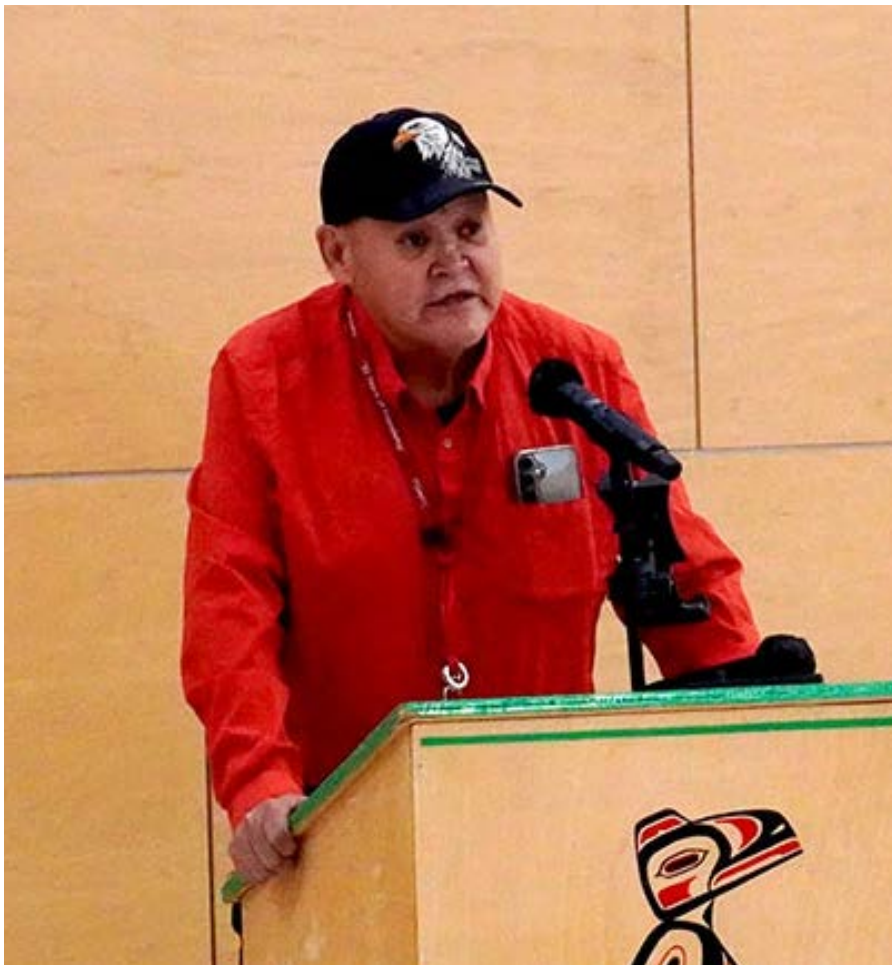




compassionate future for our generation and the ones to come.

Above all, it is a powerful reminder that Every Child Matters—honouring the little ones who never made it home, standing with those who survived, and ensuring every child today grows up surrounded by safety, love, and dignity.

Thank you to everyone who joined, listened, spoke, and shared space with open hearts. The work doesn't stop when breakfast ends; reconciliation is a journey we must carry forward together every single day.

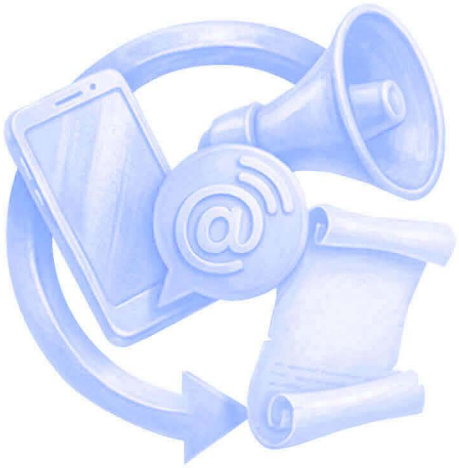








ARE WE REACHING YOU?



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