

Smoke Signals

Lhut Beh Nehudanih – They Told Us By Smoke



Volume 6, Issue 05

'Ut'an Ilts'ai | 'u•t'an il•ts'ai | ᑭᑭᑭ May

**Governance and Land & Resources
Update: Spring Harvesting and
Community Growth**

**Growing Our Team:
Welcome to Tracy
and Darien!**

**Share Your Voice in the
Culture Camp Survey**

**Vital Jurisdiction and Fire
Management Sessions**

Governance and Land & Resources Department Update

The sun is starting to shine, and spring is in the air! We have many exciting things in the planning stages to get out on the land and harvest.

Field Operations and Monitors Program

The work of the environmental monitors and field crew in April included:

Elk Harvest: The crew was able to hunt and harvest two elk in the territory. This was done in cooperation with local farmers, and additional hunts may be in the

works. Harvesting an abundance of elk helps feed our vulnerable community members.

Sturgeon Conservation: The team participated in sturgeon work on the river. We have been invited to participate in the Sturgeon Release Event on June 5th. This is a

great educational event and the first time we have received an invitation. The work to build positive relationships continues to grow, which is an important part of our relationship with the hatchery.

Salmon Management: Neil and Jimmy attended the



last of a three-meeting series with the Fraser Salmon Management Council.

Integrated Management Plan:

This plan has been completed by Saik'uz and has now been submitted.

Governance Overview

We continue our work to regain jurisdiction over our children and to co-manage and make decisions regarding our territory. Together, Elected Leadership and Traditional Governance are building a Saik'uz governance system with greater community involvement in

decision-making.

The Clan meetings and the **Traditional Governance Oversight Committee (TGOC)**—a group of Saik'uz family representatives—are key to this work. We are in the early stages and welcome community participation. Kelsey is currently participating in the Jurisdiction meetings.

Upcoming Events & Forums

Water & Fish Forum (May 22–23)

Based on feedback from the last harvesting forum, the community



SAIK'UZ
FIRST
NATION

WATER & FISH FORUM

- ☒ Members harvesting fish
- ☒ Join us at the Band Office

May 22-23, 2026

Identify cultural values around lakes and rivers.
Building a response to BC Water Licensing & Saik'uz monitoring program.

 **MORE INFORMATION**
KELSEY ANTOINE (250) 567-9293



requested that at least one day be held on a weekend and that the event be limited to two days. Your wish has been granted!

Planning is busy and underway for the Water & Fish Forum. Please encourage

everyone to participate in this great learning experience. The agenda currently includes:

- Presentations on provincial regulations and the RTA Project
- Yinka Dene Water Law

- Presentation on the UFFCA
- Mapping Program
- Hatchery updates

Clan Night Schedule

We are restarting our Clan Nights!



SPECIAL

Clan Night

Soup & Bannock!!

Wednesday, April 22
4:00 – 6:00 PM
The Gathering Place
(Saik'uz Band Office - 135 Joseph St.)

Learn about the protocols around getting a seat in potlatch and when to pay for the seat.

Saik'uz Grouse and Frog clan members, seated and unseated, are invited to attend.

SAIK'UZ FIRST NATION



CLAN NIGHTS

SAIK'UZ FIRST NATION

APRIL 22 ✦ Getting a seat & paying for it
4:00 PM – 6:00 PM

MAY 20 ✦ Crossing the table
4:00 PM – 6:00 PM

JUNE 24 ✦ Paying for a name & Passing a name on
4:00 PM – 6:00 PM

JULY 22 ✦ Double headers
4:00 PM – 6:00 PM

AUG 26 ✦ Birth Ceremony
4:00 PM – 6:00 PM

SEPT 23 ✦ First Kill & Hunting Ceremony
4:00 PM – 6:00 PM

OCT 21 ✦ Welcome Back Ceremony
4:00 PM – 6:00 PM

NOV 25 ✦ Genealogy
4:00 PM – 6:00 PM

For more information contact Kelsey Antoine



While some dates may be subject to change, the current schedule is as follows:

April 22: Getting a seat and paying it back

May 20: Crossing the table

June 24: Paying for a name and passing a name on

July 22: Double Headers

August 26: Birth ceremony & hair cutting ceremony

September 23: First Kill & hunting ceremony
October 21: Welcome back ceremony
November 25: Genealogy

Balhats Book: The Balhats Book has been sent out for formatting and printing bids. We anticipate this process will take up to six weeks. Printed and digital copies will be available for clan members soon.

TGOC & Keyoh Meetings

About the TGOC: The Traditional Governance Oversight Committee (TGOC) is a group of Saik'uz family representatives who have knowledge of the traditional territory, Saik'uz peoples, and our practices. The purpose of the TGOC is to: Bring traditional governance into

practice. Work with the elected government and Land and Resources department. Support, guide, and provide traditional and current knowledge about Saik'uz territory.

If you would like to know who your family representative is, please contact **Amber Teed or Kelsey Antoine.**

April Report: The TGOC met on April 14 with high attendance. The committee reviewed the upcoming work plan and provided feedback. We hope to have a field trip planned for the May meeting. It was agreed that the Water and Fish Forum will be a great opportunity to further explore the priorities of the TGOC.



**SAIK'UZ
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NATION**

135 Joseph Street
Vanderhoof, Saik'uz Territory
BC, V0J 3A1
250-567-9293

Culture Camp Activity Survey

What activities would you like to see at Cultural Camp? Please check all that apply.

Arts, Crafts, and Making

- ☐ Beading
- ☐ Birch bark baskets
- ☐ Carving and painting
- ☐ Feathers
- ☐ Medicine bags
- ☐ Ribbon skirts and shirts

Culture and Ceremony

- ☐ Balhats (potlatch) teachings
- ☐ Drumming and dancing
- ☐ Dakelh (Carrier)
- ☐ Lahal
- ☐ Smudging
- ☐ Stories
- ☐ Fish net teachings
- ☐ Hide scraping

Land-Based Activities and Food Knowledge

- ☐ Berry picking
- ☐ Canning
- ☐ Fishing
- ☐ Hunting
- ☐ Medicine gathering

Outdoor and Water Activities

- ☐ Archery
- ☐ Boating
- ☐ Canoeing and kayaking
- ☐ Hiking
- ☐ Wedgwood walk

Workshops

- ☐ Cyberbullying
- ☐ Gun safety
- ☐ Healthy relationships
- ☐ Internet safety
- ☐ Self-esteem
- ☐ Sexual health education

Other workshop ideas:

Any other activities or
recommendations for Cultural Camp?

Name: _____

**Please send this survey back to the
Band Office once filled out.**

PHRASE OF THE MONTH



Ludi ka'ninzun?

לדי קא'נינזון?

Do you (1 person) want tea?

(Literal translation: Tea, you want?)

ludi lu•di לדי - Tea

ka'nuszun (קא'נינזון) - You want

Deborah Page • 7th

Krista John • 9th

Rae Maputi • 12th

April Antoine • 12th

Cora McIntosh • 16th

Mike Sayre • 16th

Rosa May • 18th

James Thomas • 24th

Gracie John • 27th



MAY CELEBRANTS

A Conversation with the Office of the Seniors Advocate and Public Guardian and Trustee

Indigenous Elders, seniors, families, and supporters are invited to join us.

We hope to sit together to:

- Share your stories and experiences
- Learn what the Office of the Seniors Advocate and Public Guardian and Trustee do
- Talk about how these services affect you and your family
- Ask questions in a safe and respectful space
- Meet and connect with others in your community

Everyone is welcome.

Hosted by: Connexus

Contact:

Stacey Leigh, 250-567-8587

Venue: Seniors Friendship Centre
219 Victoria St. E., Vanderhoof, B.C.

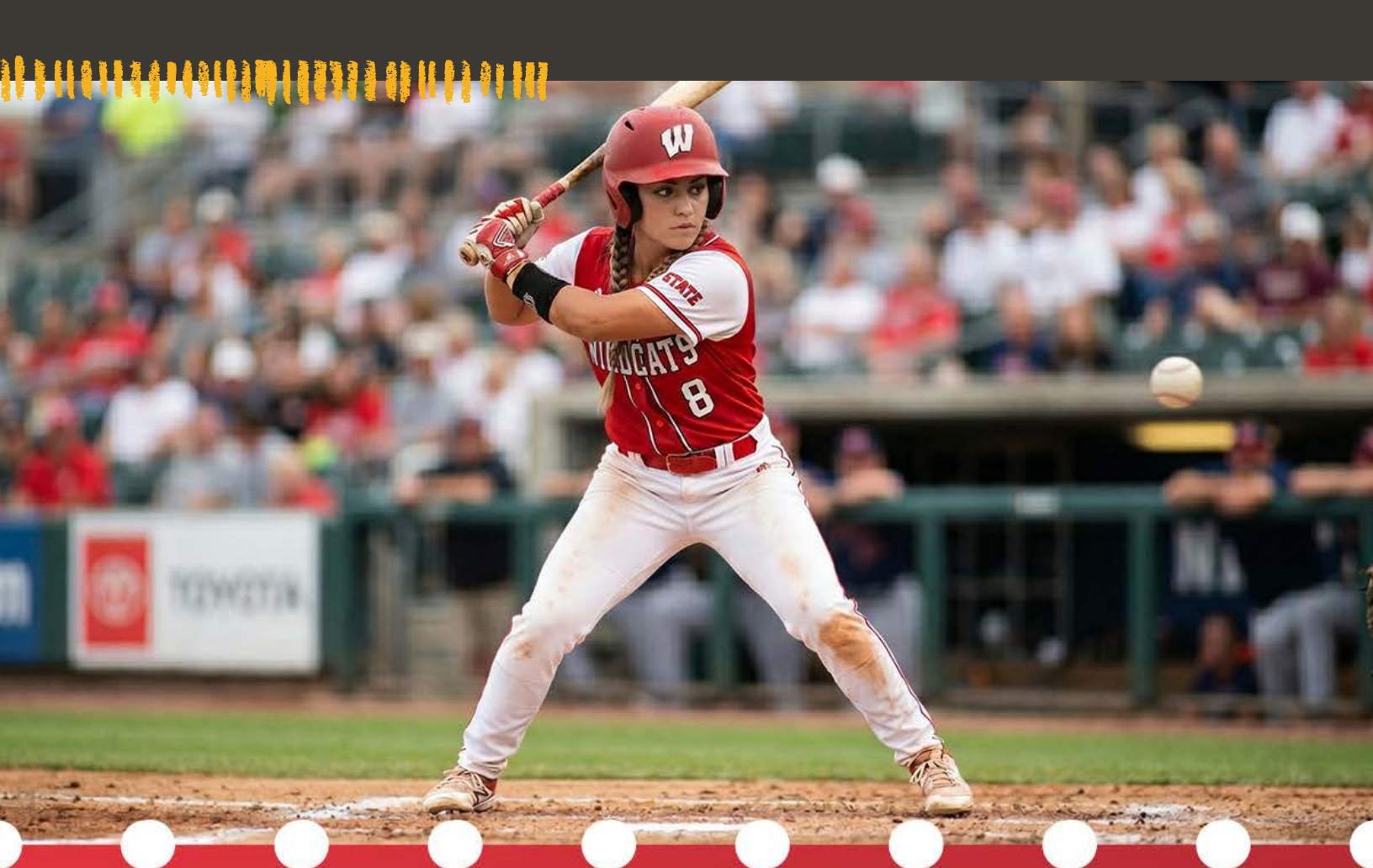
Date: Friday, May 29, 2026

Time: 10 a.m. - 12 p.m.

Light refreshments will be served.

We are here to listen, learn, and build better support together.





*Angela
Baryfoot
Ladies*

**2026
Memorial
Fastball
Tournament**

**July
24th
25th
26th**

- **\$500 entry fee**
- **Based on 10 teams**
- **50/50**

**For more info
please contact
Karen John
(250) 567-7369**



Tell us what you think!

Review and share your
thoughts about the proposed
language for our 2026-2031
Strategic Plan



Our survey closes on Friday, May 15, 2026.

You may access the survey online at the link or QR code below, or you are welcome to pick up a paper copy at any Nechako Lakes school or district office.

Access our survey at
<https://forms.cloud.microsoft/r/jZt3frupdn>



www.sd91.bc.ca

May 2026

COMMUNITY ENGAGEMENT

**May 14, 2026
4:30 pm to 7 pm**

**The Gathering Place,
Saik'uz Band Office**

Community Service Delivery





Caribou

DAKELH | Whudzih

Caribou in central British Columbia is limited to the Tweedsmuir-Entiako, Rainbow, Itcha-Ilgachuz and Telkwa herds.

Although this species was once harvested by the Saik'uz people this is no longer the case.

We have included this section to demonstrate the seriousness of what happens when habitat is disturbed to the point of herd decimation.

The Caribou clan of Saik'uz has also been lost and what was once a healthy relationship between people and animal exists no more.

Efforts are being made to ensure the current herds of caribou are protected but it is unlikely that they will return to the Saik'uz territory.



Jurisdiction breakout session

*Jurisdiction Engagement Photos
courtesy of: Beth Neufeld, CSFS*

The Gathering Place in Saik'uz First Nation recently served as the venue for two important community events: the Firing Operations Course and the Child and Family Jurisdiction session.

Child & Family Jurisdiction Engagement

Our recent Jurisdiction Engagement sessions brought the community together at the Gathering Place to discuss the future of our governance and the preservation of our values. The energy in the room was focused and collaborative as we tackled important questions regarding how we define leadership and wisdom within Saik'uz.

During one of the key breakout sessions, members gathered to discuss the role of Whu Nech Nee (Wise Ones). The discussion, captured on our community flip charts, explored what it means to be a respected knowledge keeper in Saik'uz.



S-219 Firing Operations Course Participants and Instructors

Operational Excellence: Firing Operations Course Recap

From April 21st to 23rd, our team engaged in an intensive **Firing Operations (S-219) course**, a critical training program designed by the BC Wildfire Service to enhance our strategic capabilities in fire management. Firing operations are one of the most effective tools in a wildland firefighter's arsenal, used to remove fuel in the path of an advancing wildfire or to manage the landscape through prescribed burns.



Drop-in Clinic with Canada Revenue Agency & Service Canada

Join us to get your taxes filed, find out more about the benefits, credits, pensions, programs, and services you may be entitled to!

Date: May 14th, 2026

Time: 1:00 pm - 3:00 pm

Location: Saik'uz Band Office - 135 Joseph St.

Canada Revenue Agency

- Tax Slip information (T4, T5007, T4A -Pension, T4A- OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, etc.)

Service Canada

- Canadian Dental Care Plan - Information and Application
- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- General Government of Canada information
- Employment Insurance

* Please bring any ID you have as what is required will depend on the services accessed



Gouvernement
du Canada

Government
of Canada

Canada

Lifelong Learning

with

IndigenousTech.ai

Canadian Government (PSIB) Certified Indigenous Controlled Company

750+

FIRST NATION STUDENTS

TAKING FINANCIAL LITERACY ONLINE COURSES

IndigenousTech.ai continues to support Indigenous people with financial knowledge to help prepare for the future, whether it be opening that first bank account or receiving a land claim.

AGES 14+

E-Learning platforms offer multiple resources for remote first nations across Canada, to help keep Lifelong Learning accessible within their communities.

THESE COURSES ARE FREE TO ALL FIRST NATIONS.

3 Simple Steps:

1. Go to our e-Learning platform at:
<https://lms.indigenoustech.ai/m/>
2. Log in and create an account
3. Gain full access to our **Credit** and **Business Fundamentals** courses that are available to you 24/7

“Anyone wishing to learn about financial responsibility, here you are.

These are great courses. I haven't shared this with my community. But these courses were shared with me as an opportunity to learn on the job.

Why not take advantage of free education, where the courses are significantly similar to college courses. I've always been a numbers nerd, but a refresh is always awesome!”

– **Band Member of
Mohawk Council of Akwesasne**



Can't finish the course in one sitting?

No worries!

the courses will save where you left off!

For more information,
Please contact: Cheyenne Aitken
cheyenne@indigenoustech.ai

Welcome to the team!



Tracy Appel

Hadih, Saik'uz First Nation. My name is Tracy Appel, and I am excited to be returning as General Manager for Saik'uz. As some of you may remember, I was previously employed by Saik'uz from 2017 to 2022 as Finance Manager and then General Manager. I am extremely grateful to be back and ready to support Chief and Council, staff, and members.

It is incredible to see how much the Nation and Community have grown since I left in 2022. I also have had many changes in the past 4 years. My husband, Dave, and I have 6 children between the two of us. We gained 3 sons-in-law, 1 daughter-in-law, and we have 3 grandsons, aged 2, 3, and 4. We have also suffered some substantial losses in our family during this time.

I'm looking forward to reconnecting with everyone. Please feel free to stop by and say hi anytime.

Mussi,
Tracy



Darian Goertzen

Hello everyone, my name is Darian, and I'm excited to be joining Saik'uz First Nation as the new Assistant Manager of the Lands and Resources Department.

I joined the team on March 16 and will be working with the Lands and Resources Department to support ongoing projects and community priorities.

I currently live in Burns Lake with my husband, Sam. With a background in applied biology, I've worked on a variety of environmental and land management projects across Northern BC, and I'm passionate about supporting sustainable land use while learning from the knowledge and perspectives within the community.

I'm really looking forward to getting to know everyone and being part of the work happening in Saik'uz. Outside of work, I enjoy spending time outdoors—gardening, hunting, snowboarding, and wildlife photography.

Please feel free to say hello if you see me around!

WorkBC Employment Services

139 First Street East – PO Box 2086 Vanderhoof BC V0J 3A0

Phone 250.567.5785 ♦ TF 1.866.567.7375 ♦ Fax 250.567.5784 ♦ Website www.workbccentre-vanderhoof.ca

Vanderhoof Weekly Jobs Posting

April 23, 2026

- Administrative Assistant
- Agro Fertilizer Plant Attendant
- Casual Bus Driver
- Casual Indigenous Education Advocate
- Client Care Representative
- Clinical Pharmacist
- Cook/ Line Cook
- Coordinator- Camp & Travel
- Custodian
- Customer Service Representative/ Cashier
- Daycare Manager
- Director of Instruction- Student Learning
- District Occupational Therapist
- Early Childhood Educator
- File Maintenance Clerk
- Food Counter Attendant
- Food Service Supervisor
- Grade 3 & 4 Teachers
- Gravel and Truck Driver
- Health and Wellness Cultural Coordinator
- Health Program Operations Manager
- Heavy Duty Mechanic
- Heavy Equipment Trainer
- Horizontal Drill Operator
- Housekeeping
- Indigenous Advisor and Community Liaison
- Indigenous Care Coordinator
- Insurance Service Representative
- Intensive Youth Social Worker
- Key Worker
- Labourer
- Lead- Emergency Response
- Learning Support Worker
- Licensed Practical Nurse
- Lifeguard (Full-time & Part-time)
- Lumber Yard Attendant
- Mechanic- Certified
- Mental Health Therapist
- Millwright
- NNADAP Wellness Worker
- Occupational Therapist
- Personal Attendant- Autism
- Primary Care Assistant
- Project Engineer-in-Training
- Registered Nurse
- Resident Care Aide
- Retail Owner/ Operator
- Retail Sales Representative
- Senior Humanities Teacher
- Shift Manager
- Small Vac Truck Driver
- Soccer Coach
- Staff Pharmacist
- Steel Fabricator
- Summer Park Operator
- Supervisor- Electrical
- Telecom Equipment Operator
- Telehandler Operator
- Transport Mechanic
- Truck Driver- Class 1
- Warehouse Technician
- Waste Haul Driver and Equipment Operator
- Wildlife Monitoring
- Youth Care Worker

For information on these and other jobs, please call us at 250-567-5785.



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

WE WANT YOUR INPUT

Exploring Council's Roles and Responsibilities in a Policy

- Guides Council on relationships and decision-making:
 - Community
 - The Organization
 - Staff
- Makes rules for financial management and decision-making



NEW DATES

MAY 14TH PART 1

MAY 27TH PART 2

5:00 - 8:00 PM

THE GATHERING PLACE

Admin Office

Governance Workshop

OPEN TO ALL MEMBERSHIP

Dinner Will Be Served at 5:00PM

DOOR PRIZES AVAILABLE

5 X \$100 Visa GC

Option for Zoom

- Starting at 5:45 pm
- Join using the QR code
Meeting ID: 453 914 7386
Password: Governance



HOME IGNITION ZONE



LEGEND

- IMMEDIATE ZONE
- INTERMEDIATE ZONE
- EXTENDED ZONE



FireSmart, Intelli-feu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre (CIFFC).

THERE ARE MANY FACTORS THAT INCREASE YOUR COMMUNITY'S RISK OF WILDLAND FIRE.

Check out the *FireSmart Begins at Home Guide* for an in-depth look at how you can build wildland fire resiliency.

IMMEDIATE ZONE 0–1.5 metres

The Immediate Zone is an area that is clear of flammable materials, starting with the house and extending out to a 1.5 metre perimeter around the home and attached structures, including decks.

Reduce the chance of: wind-blown embers igniting your home by starting with these proactive steps:

- Choose non-combustible building materials when constructing or renovating your home.
- Clear vegetation and flammable materials down to mineral soil and cover with fire-resistant materials like gravel, brick, or concrete.
- Avoid planting woody shrubs or trees. If any are present, prune and maintain them regularly.

INTERMEDIATE ZONE 1.5–10 metres

Elements in the Intermediate Zone are managed so they don't carry fire to your home. Here are a few actions you can take to reduce your home's vulnerability:

- Plant fire-resistant vegetation and select non-flammable landscaping materials.
- Avoid the use of woody debris, including mulch.
- Keep flammable items like firewood piles, construction materials, patio furniture, tools, and decorative pieces out of this zone.
- Move trailers, recreational vehicles, storage sheds, and other flammable structures into the Extended Zone. If that's not possible, store firewood inside your fire-proofed

garage, shed, or other ember resistant structures.

- Use non-flammable ground cover, like a gravel pad, underneath and 1.5 metres around trailers, recreational vehicles, propane tanks, and sheds.

EXTENDED ZONE 10–30 metres

The goal in the Extended Zone is not to eliminate fire, but to reduce its intensity. If your community extends into this zone, a few important steps you can take include:

- Selectively remove evergreen trees to create space between them (at least 3 metres of

horizontal space between the single or grouped tree crowns).

- Remove all branches to a height of 2 metres from the ground.
- Regularly clean up fallen branches, dry grass, and needles to eliminate potential surface fuels.

- Continue to apply these principles if your property extends beyond 30 metres. Work with your community in overlapping zones and seek guidance from a forest professional if affected by other conditions like steep slopes.

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 HERE ^

COMMUNICATIONS
SURVEY





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