

DOIG RIVER FIRST NATION

Dane-zaa Adishtl'sh

August 2020



**Important updates
&
Regular band business.**

SOCIAL DEVELOPMENT

Hello Everyone

In this time of Covid, some of us are experiencing loss and grief and loneliness. I read somewhere that if “You cannot be lonely if you like the person you are alone with.”

These past four months have shown us that we can survive not going to the store daily, we can survive not being in big crowds of people. The trick I think is to look inward; what crafts have you always wanted to learn, what books have you wanted to read, what projects have you wanted to tackle. I think we can all benefit from slowing down our world.

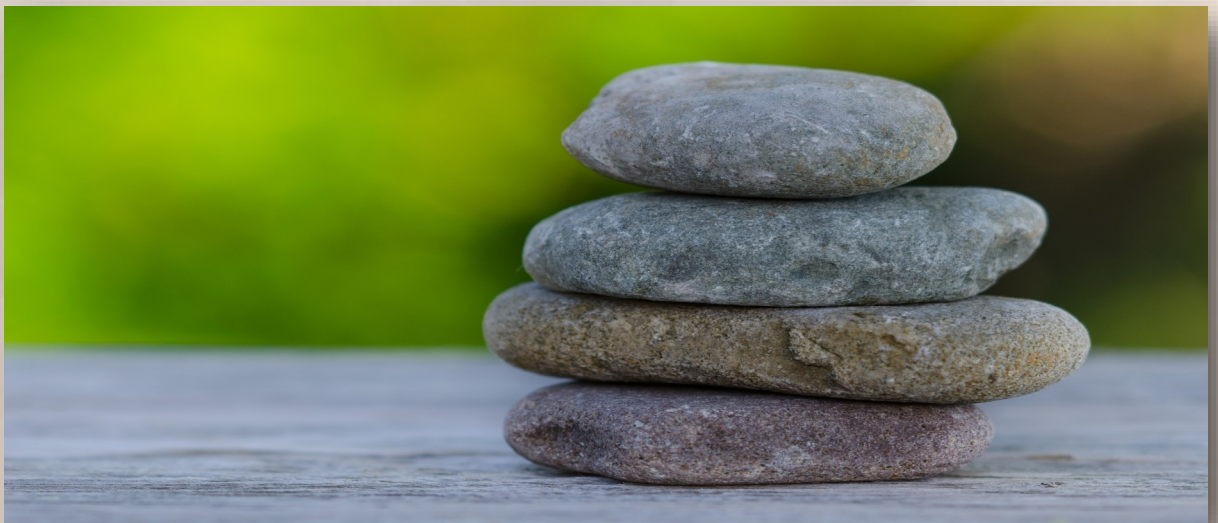
In times of trouble or distress, we are always reminded to look to our ancestors to guide us. We cannot forget all the hardships they endured for the betterment of their families and children. We cannot lose sight of that, and in going forward, we need to focus on our youth. The youth need our guidance, our attention, and our prayers. What we do today will affect their future. In saying this, we have welcomed Teresa Thielen as the Community Wellness Coordinator in the Health and Social Department. She will be connecting with members and it is up to you all to let her know your thoughts about workshops or training sessions that we hope to provide once the “lockdown” is over.

Please remember to be kind, show compassion to those who are struggling, and to most of all, be kind to yourself.

Please also remember that if you are feeling alone or just want to talk to someone, reach out to your family and friends.

Love you all,

Teree



COMMUNITY WELLNESS



Je' aahaneche?

How are you?

I am happy to be back working at Doig! I have recently been hired to work in the Health and Social Development Department in the capacity of Community Wellness Coordinator.

In this role I will focus on creating and coordinating opportunities for enhancing the health and well-being of all community members. I would like to hear from you about ideas of what is needed and what programs and activities you would like to see at your community.

I will be collaborating with our Health and Social Development Manager, Teree to implement programs and activities. I may also support nurse Amie on her home visits and this fall I will be managing the Youth Recreation Program from the DRFN Trust.

I look forward to connecting with you soon and stay safe everyone!

Wuujo asanalaa,

Teresa Thielen

Community Wellness Coordinator

Office: 250-827-3776, ext. 214 or my direct line: 778-715-3754

Email: tthielen@doigriverfn.com

CALENDAR



August 2020



July 2020

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
		Crest Uphoel Day (NB)				tea cup lajits e?
2	3	4	5	6	7	8
teaspoon egae natsadle	Civic Holiday (NU, NT, PE, ON) New Brunswick Day Saskatchewan Day British Columbia Day Natal Day (NS) Terry Fox Day (MN) tipi kivqzaa	Royal Saint John Regatta's Day (NL)	bush (fha) dachintaah	charcoal ch'es	cinder lajide	cone daasgole
9	10	11	12	13	14	15
creek saahgae	stretcher misdan	birch k'ish	.22 gun Ises'uusan (Ises'waah)	arrow tas	axe Isel'h	bow misch
16	17	18	19	20	21	22
gun Ises'u	Discovery Day (YT)	hunter dane naadzade	knife bes	quiver k'q?	Gold Cup Parade Day (PE)	scraper (metal) ewalh
23	24	25	26	27	28	29
scraper (moose bone) angude	hide azis	shell (large, 303) eht'uuh	knife bes	quiver k'q?	rope ti'uuh	scraper (metal) ewalh
30	31	1	2	3	4	5
fire kun	flower at'vagh	shell (small, 22) eht'vaah	snare mqlh	snowshoe aah	his snowshoe ma'aah?	fir cone daasgole



August Office Closure

The office will be closed for two weeks

Beginning

Aug 14, 2020

Returning

Sept 1, 2020



Happy Birthday

01 - Mabel Harding , Dakota Paquette

03 - Josephine Goulet

04 - Donald Oker

05 - Bridget Sark

07 - Devon Wolfe

08 - Shirley Acko Howatt

10 - Kolbey Green

11 - Tia Kardinal- Alexis

14 - Della Wolfe

15 - Kingston Acko, Gordon Acko, Emma
Pouce Coupe

17 - Timothy Apsassin

21 - Sam Capot-Blanc

23 - Shayla Carter

25 - Keelan Kardinal Davis

26 - Mark Apsassin

29 -Cody Attachie

30 - Tesa Carter, Brock Kettner

31 - Katherine Davis-Pajor Lewis,
Trevor Makadahay

FINANCE

Hello All!!

Finance has still been working away through all the new normal this pandemic has brought! We are still working through the Audit with MNP and plan to have the financial statements completed very soon! Starr and Darlene continue to be absolute rock stars and ensure members and vendors are receiving cheques in a timely manor. Sydney has been working with Shona and management to create a financial budget presentation that will be shared with members and council soon. June 30, 2020 was the end of the first quarter in 2020 and DRFN is proving to be resilient (no surprise) through the challenges that COVID-19 has brought!

Some friendly reminders from DRFN Finance:

- Casual Timesheets must be to managers by Monday morning
- Cheque Day is Thursday
- No casual workers will be paid while the office is closed, sorry for any inconvenience.
- Cheques will be ready to be picked up August 13th, but cheques will be dated for the end of the month for SA and Elders.

Stay Safe!

- Sydney, Darlene, and Starr



LANDS UPDATE

Consultation & Engagement

On Tuesday July 21st we had our first community engagement meeting since the Covid-19 outbreak. There are a lot of projects being planned in the region and a lot of interesting things going on at Doig. We wanted to ensure DRFN members knew about them and had an opportunity to provide input. The event was an open-house style with tables set up for each project. The projects/initiatives we presented were:

- The Forestry agreement
- Major pipeline projects: NGTL Saturn pipeline, NGTL Valhalla Pipeline, North East BC Connector Pipeline and Frontier Pipeline
- Land Code information
- UNDRIP discussion
- MOTI projects-Milligan Gravel Pit and Taylor Bridge upgrade/replacement survey.

We held the event outside in the fresh air to reduce exposure and allow for social distancing. The event was well attended, and we got valuable input from the members. Thank-you to all who came.



LANDS UPDATE

Traditional Use Studies

Between July and September 2020, DRFN with support from our consultant MNP, will be undertaking traditional use studies (TUS) for some new pipeline projects. Interviews and field trips will be conducted to support this work over the next few weeks. The projects we will be completing TUS work on are:

Enbridge Frontier Pipeline,

NGTL: Valhalla and Saturn Pipelines

North River Midstream North East BC Connector

BC Hydro North Montney Electrification

Stay tuned for more information on that project.

Special Projects:

Caribou and Moose Habitat Mapping Project:

We are mapping critical habitat for moose and caribou so we can use that information to help the Chinchaga caribou recovery planning and to direct oil and gas restoration work being done by industry and Government. Some of you participated in the Caribou and Moose habitat mapping workshop last winter that helped inform that project. We just got awarded more funding from Environment and Climate Change Canada to continue this work for 2021 and 2022!

Wolf cull:

Reminder that the bounty for a wolf is 700\$. The program will run all year.

Washouts

The washout near kilometre 15 on the Lagarde Road, at the creek just south of the T intersection by Tommy's Cabin is still not fixed. We do not know when they plan on fixing it.

The washout just north of the strawberry field on the road to the gravel pits has been repaired by Ministry of Transportation. The Ministry of Transportation will occasionally be using the road over the next two years to access an area outside of the TLE selection for gravel testing. If the testing finds good gravel, they may access the gravel via the road at the yellow gate. If you know of any other roads in need of repair, please report it to lands and we can follow up.

Wildlife Sightings

Madeline is still taking wildlife sighting reports. To submit a sighting, we will need to know what you saw and where you saw it. You can contact Madeline at 250-261-0154.

If you suspect poaching activity, please call the rap line at 1-877-952-7277. They will need a license plate number, description of vehicle, location of activity, date, and time. Please also, bring this to the attention of lands.

LANDS CONTINUED

Dormant and Orphan Wells in BC

DORMANT WELL SITE: A well site is considered dormant if it does not produce a threshold of activity for five consecutive years or does not produce for at least 720 hours a year

ORPHAN WELL SITE: This is when a company is declared bankrupt or cannot be located

Currently there are 7357 Type A **dormant** well sites that will be decommissioned by December 31, 2031 and every site will be fully restored by December 31, 2036 in BC.

Approximately 3032 are Type A **Dormant** sites and 191 are Type B sites that are in Doig River First Nation's administrative boundary.

There are approximately 770 **Orphan wells** in BC and a little less than half are in Doig River First Nation's administrative boundary.

Doig is currently working with the BC Oil & Gas Commission on a "Pilot" project for Orphan Wells. The site is being planted this fall and Doig is working with Tree Time to complete the work. If you have any questions on the Pilot Project, please speak with Justin Davis.

Doig has nominated all dormant sites within TLE lands to be designated as a "Priority Site", which would mean they could be restored within a 5-year time frame, rather than by 2036.
– We have not heard back from OGC if they will designate them as priority.

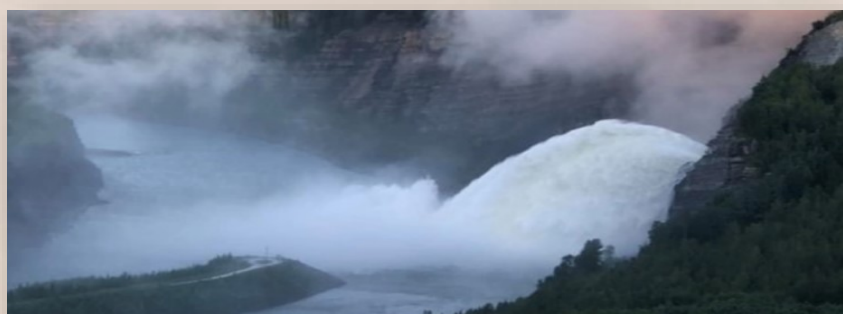
Fire Season

The Fire Danger is climbing due to the warmer weather and the high winds. If you see smoke, please call the fire reporting line.



BC Hydro

BC Hydro is spilling at the W.A.C. Bennett and Peace Canyon dams, ahead of river diversion for the construction of Site C this fall. The Spilling commenced July 17th and could continue for several weeks, depending on a number of factors, including weather and inflows.



SITE C UPDATE

A look back on our work together

Site C project engagement activities 2019 with Doig River First Nation

Over the course of last year, we worked together to find opportunities to engage on the Site C project. This has largely been focused on river diversion coming up in fall 2020 in relation to construction activities and the expected changes to the river valley. Here are some of the ways you've been involved in the project activities and contributed to mitigation measures throughout calendar year 2019.

Employment

NUMBER OF COMMUNITY MEMBERS EMPLOYED ON THE SITE C PROJECT

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
4	5	7	5	9	8	9	14	4	16	5	5

Employment and training

ATCO KITCHEN SKILLS & HOUSEKEEPING WITH BC HYDRO	
CAREER ENERGIZER	1 participant
DRIVER TRAINING	Various
JOB SHADOW	2 participants
WE FOR SHE	1 participant
INDIGENOUS WOMEN'S LEADERSHIP SUMMIT	
	1 participant
CAREER BASICS	\$6,000
EDUCATION GRANT	\$2,000

Trades and Skilled Training Indigenous Award through Northern Lights College

AWARDS FOR:
Carpentry Level 1; Cook 1; Social Services Worker



Activities

COMMUNITY MEMBER PARTICIPATION

1 Boat tour	9
1 Highway tour	20
1 Construction site tour	13
1 Community meeting	~25
1 Ground truthing	4

CULTURAL MONITOR PROGRAM PARTICIPATION

Number of community members	9
Total hours	632

Procurement

Access and clearing
Civil construction
Remediation, erosion and sediment control
Transportation services

Culture & Heritage Resources Committee

This committee brings together members from B.C. and Alberta communities impacted by the Site C Project to discuss mitigation measures for culture and heritage. Representatives oversee and participate in initiatives which showcase the unique culture of Indigenous communities in the Peace River Valley.

PROGRESS

- **Videos** – Showcase Indigenous communities history and culture, their experience through changes to the Peace River Valley, and their future outlook
- **Community events calendar** – Shares cultural events happening across northeast B.C. for public support and participation
- **Boat tours** – Participants tour the Peace River to learn more about the changes to the river and valley
- **North Bank viewpoint signage** – Provides cultural awareness of the history of the valley and the 13 Indigenous groups participating in the CHRC
- **Traveling exhibit** – Showcases Indigenous history, artifacts, use of the valley as well as impacts and loss.

MEETING DATES

April 4
May 29
July 9

October 1
November 26



Environmental Forum

Representatives from B.C. and Alberta Indigenous groups meet regularly with BC Hydro to provide input and collaborate on planning and implementing mitigation and monitoring measures for fish and wildlife.

PROGRESS

- Environmental Forum Terms of Reference finalized
- Indigenous Traditional Use Fund short term path e.g. \$50K available for each of the 13 Indigenous groups to initiate a project(s)
- Indigenous Traditional Use Fund longer term path in development with Environmental Forum working group members

MEETING DATES

January 23 Heritage Program
October 2 Terms of Reference, Indigenous Traditional Use Fund
November 25 Indigenous Traditional Use Fund \$50K application, fish passage management, methylmercury

Indigenous Traditional Use Fund: \$8 million



Site C Culture and Heritage Resources Committee progress

The Culture and Heritage Resources Committee (CHRC) brings together members from B.C. and Alberta communities impacted by the Site C project to advise on the management of adverse effects on cultural resources. Members of the committee oversee and develop initiatives to commemorate key cultural sites in the Peace River Valley.

Here is a recap of what was discussed at the meeting on July 8, 2020.

Initiative	Why we're doing it	Discussion	Next steps and actions
 Traveling exhibit	To share our collective history and cultures with our communities through visuals and artifacts.	Work is happening on the production of the exhibit. The printed content (except for the community panels) was read for final sign-off. Some feedback was received which will be incorporated. The exhibit will be ready to start traveling in late September and the majority of CHRC indicated that they will be ready to receive it (pending COVID19 restrictions).	Print Content: Feedback period is now closed, printed panels are moving to production. Community panels to be submitted for final review by Relationship Leads. Digital Content: Communities final review is targeted to occur between July 27 – August 13. Schedule for traveling: will be circulated for communities review.
 Videos	To share our own words with communities and the public on who we are, where we've been, where we are now and where we're going together.	The narrators are recording the script for the video in mid July. The video team is providing a clip for CHRC communities' to include in their social media posts to promote the upcoming release of the video.	Video completion is targeted for the end of July 2020.
 Permanent museum	To honour and protect our past and celebrate our culture with our communities and the public.	Members of the Indigenous Advisory Committee of the BC Museum Association attended as guests to share their experiences with repatriation and cultural centres in BC. They also talked about changes in the heritage sector with a focus on reconciliation and decolonization along with strategies to achieve those working with museums.	BCMA offered to support the CHRC through the process of repatriation and developing the cultural centre and they provided their contact information.
 Additional initiatives		BC Hydro gave an update on its internal process for securing initial funding for the cultural centre which is in a very preliminary and conceptual stage of development. Some Indigenous groups have suggested establishing a working group comprised of cultural advisors to work on developing the centre.	The cultural centre concept and approach for development will continue to take shape through individual discussions with Nations and the CHRC.

SITE C UPDATE

Site C Project Update:

River diversion and navigational changes

- For safety reasons, a four-kilometre section of the Peace River near Fort St. John has been permanently closed to boaters. This closure is related to in-river works associated with river diversion and dam construction.
- The mouth of the Halfway River will be closed to boaters from September 1, 2020 to April 30, 2021. As part of reservoir clearing activities, BC Hydro will be building five temporary access bridges over the Halfway River. Signs will be placed to alert boaters.
- Construction of in-river works of the diversion cofferdams is continuing on the Peace River.
- Work on encroachment into the river from both banks is continuing. During this time, crews are building a rockfill berm to narrow the Peace River from both sides, eventually closing off the river completely. The water will then flow through the diversion tunnels.
- Upstream cofferdam material placement is progressing. The material for the cofferdam is brought in using large haul trucks and then spread by a bulldozer. Once the material is at the desired elevation, interlocking steel piles will be installed in the centre of the cofferdam to provide a watertight seal.
- Debris is being removed from the first of two debris booms installed on the Peace River, using specialized equipment from shore. Construction of the remaining debris management structure is expected to continue through the summer.
- Piles have been installed as part of a debris management system being built on the Moberly River, upstream of the dam site. The area is closed to boaters.



Dam site area Construction

North bank and South bank

- New: Construction of improvements at Security Gate B will begin in late July.
- New: Construction of the temporary fishway is complete. Commissioning of the fishway is taking place and will continue into August.

SITE C UPDATE

- Penstock deliveries have resumed. This will result in occasional night-time traffic delays on Old Fort Road. Check our website for the delivery schedule.
- Work will be scaling up in the coming weeks and months with ongoing tunnel work, resumption of earth-works, drilling and grouting, and roller compacted concrete placement. All work fronts are being monitored and maintained to meet environmental and regulatory commitments.
- Substation work is continuing. This includes testing and commissioning to prepare for energization in the fall.
- The turbine generator contractor continues to deliver components and materials to site for storage inside the warehouse and outside in laydown areas 24 and 27.

Highway 29

Cache Creek East

- Construction is continuing on the Cache Creek East embankment including highway hauling of materials from the Peaceview Borrow and riprap from Portage Mountain Quarry. Drivers can expect minor delays. Cache Creek West
- New: Construction is now complete at Cache Creek West. The contractor is now demobilizing crews and equipment.

Halfway River

- Construction of a 1,042-metre-long bridge at Halfway River continues. This includes operation of a concrete batch plant, aggregate plant, aggregate pit development, construction of bridge abutments, installation of bridge pier rebar, formwork and concrete, and hauling and stockpiling of materials.
- Construction of the bridge pier #11 within the Halfway River may begin. This will start with the construction of a berm.
- Surveying and vegetation removal will occur in the Halfway River area, for a new distribution line.



Lynx Creek

- Lynx Creek East embankment construction continues, with the contractor based at Dry Creek. This includes excavation, hauling and placement of aggregates, and hauling of merchantable timber to local mills.
- Riprap materials will be hauled from Portage Mountain quarry and stockpiled near Lynx Creek.
- Lynx Creek East in-river construction works will continue with excavation of material and construction of a highway embankment in the Peace River. Boaters are advised to stay clear of the construction areas.
- To deter waterfowl from nesting in Highway 29 construction areas, bird deterrents have been installed at two locations on the Peace River near Lynx Creek.



Image: Bird deterrent-speakers project sound to deter birds from nesting in the area.

Reservoir area

- New: Field surveys and investigations may occur along the reservoir in preparation for construction works this fall.
- New: Access road construction and deconstruction may occur in middle reservoir, west of the Halfway River.
- Processing of waste wood that is being left on site to meet engineering specifications may occur in areas of the eastern and middle reservoirs. Vehicles, boats and/or helicopters may be used by workers to access work sites. Road maintenance activities may occur, as needed.
- Hauling of logs to local mills may occur subject to suitable access road conditions.
- Rip rap hauling and access construction may occur in middle reservoir, west of the Halfway River. Transmission works
- Installation of helical piles and micro piles is taking place at various locations along the transmission line.
- Tower assembly and installation is in progress at various sites along the transmission line.
- Conductor stringing has resumed on the western half of the transmission line. This includes helicopter work.

COASTAL GASLINK UPDATE

1 Section 1: Monthly Construction Update

At a glance:



86%
cleared, includes
right-of-way and
ancillary sites



33%
of grading
completed



0%
of pipe installed, includes
activities from stringing
through to backfilling

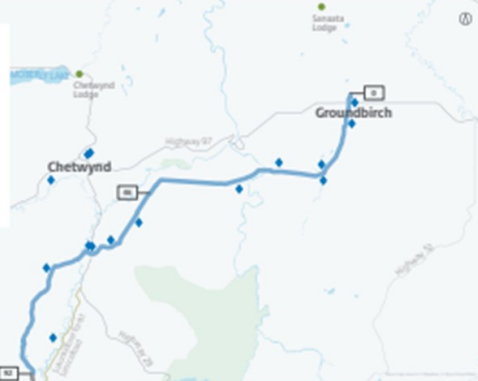


0 workers at
Sanaata Lodge

Section 1

Location: West of Devon Creek to south of Chetwynd
Length: 52 kilometres
Prime Contractor: Suenus Murphy Joint Venture
Workforce Accommodations: Two Workforce Accommodations - Chetwynd Lodge and Sanaata Lodge

— Project Right-of-Way (Section 1)
● Workforce Accommodation Site
◆ Storage Area (Where construction equipment and materials are stored)
□ Kilometre Post Markings (KP)



Key activities:

- Resumed access road upgrades and grading activities
- Continued Chetwynd Construction Office development
- Completed mulching and grubbing at Wild Lake Compressor Station

Look ahead:

- Ongoing environment and erosion control management
- Continued access road upgrades, grading activities and Chetwynd Construction Office development
- Controlled blasting activities
- Pipeline construction scheduled to begin August 15 near Groundbirch

*All schedules are subject to change

Did you know?

Pipeline installation has begun at some points across the right-of-way. Installation includes stringing or bending sections of pipe, welding pipe segments together, and backfilling trenches once assembly is complete. You can learn more about the various stages of pipe assembly by visiting CoastalGasLink.com.

2 Section 2: Monthly Construction Update

At a glance:



77%
cleared, includes
right-of-way and
ancillary sites



0%
of grading
completed



0%
of pipe installed, includes
activities from stringing
through to backfilling



0 workers at
Sukunka Lodge

Section 2

Location: South of Chetwynd to east of McLeod Lake
Length: 48 kilometres
Prime Contractor: Suenus Murphy Joint Venture
Workforce Accommodations: Two Workforce Accommodations - Mt. Menick Lodge and Sukunka Lodge

— Project Right-of-Way (Section 2)
● Workforce Accommodation Site
◆ Storage Area (Where construction equipment and materials are stored)
□ Kilometre Post Markings (KP)



Key activities:

- Road and bridge upgrades ongoing by road owners

Look ahead:

- Ongoing environment and erosion control management
- Re-start of critical road upgrades
- Controlled blasting
- Resume operation of Sukunka Lodge in August 2020

*All schedules are subject to change

Did you know?

Our workers have access to 24/7 on-site medical services within all our lodges and worksites. We have also implemented reduced occupancy, enhanced mandatory pre-screening and daily temperature checks at all our lodges and worksites. We continue to follow Dr. Bonnie Henry's guidance and work with Northern Health as we progress construction activities. Find out more about the health and safety measures we have in place at CoastalGasLink.com/Safety

3 Section 3: Monthly Construction Update

At a glance:



69%
cleared, includes
right-of-way and
ancillary sites



0%
of grading
completed



0%
of pipe installed, includes
activities from stringing
through to backfilling



0 workers at
Parsnip Lodge

Section 3

Location: East of McLeod Lake to north of Prince George
Length: 104 kilometres
Prime Contractor: SA Energy Group
Workforce Accommodations: One Workforce Accommodation - Parsnip Lodge

— Project Right-of-Way (Section 3)
● Workforce Accommodation Site
◆ Storage Area (Where construction equipment and materials are stored)
□ Kilometre Post Markings (KP)



Key activities:

- Began decommissioning 5B Lodge site
- Restoration and clean-up of 9A Multi-Use Site

Look ahead:

- Ongoing environment and erosion control management
- Continue stockpiling into section storage areas
- Completion of 5B site and 9A Multi-Use Site remediation

*All schedules are subject to change

DANE-ZAA ZÁÁGÉ

Beaver language Lesson



Apple – Aah dzage?



Asparagus – Haa Do?



Cherry – Aastq tsah lleh



Blueberry – Ẹ tsisa dleh



Potato – Yaach 'iishe



Onion – Tl'uge egae

FOOD & NUTRITION

INGREDIENTS

- 3lbs of rump moose roast
- ¼ cup of soya sauce
- ½ tsp of garlic powder
- ½ tsp of salt
- ½ tsp of onion powder
- ½ tsp of pepper
- 2 tsp of hickory liquid smoke

DIRECTIONS

- 1 Slice Moose roast into ½ inch thick slices and trim fat from the edges.
- 2 In a large bowl combine soya sauce, garlic powder, salt, onion powder, pepper and hickory liquid smoke and toss until all meat is coated in marinade.
- 3 Marinade in refrigerator for 6 hours
overnight is fine too.
- 4 Preheat oven to 200° F.
- 5 Cover 1 large pan with foil and spread strips of moose out. Bake for 2 hours.
- 6 Let jerky cool down in the oven.

NUTRITION

Moose is a lean protein rich in iron. Iron is a mineral responsible for carrying oxygen to all parts of our body.

TIP

Pair iron rich foods like moose with Vitamin C containing foods (i.e, Strawberries, Broccoli Tomatoes) to improve iron absorption.

Bento Lunch Box featuring Moose Jerky!

EMOTIONAL

Bond with your family by preparing lunches and grocery shopping together.

PHYSICAL

Cut down on screen time and make meal planning, preparation and clean up a part of your evening routine.

SPIRITUAL

The powerful moose is a symbol of self esteem and courage.

MENTAL

Kids can feel empowered by making food choices while packing their own lunch.

Did you know?

Moose are herbivores, meaning they only eat plants!
Encourage your children to try plant based foods like the mighty moose.



SASKATOON BERRY PUDDING

SERVINGS
4
CUPS

PRE-PREP TIME
0
MINUTES

PREP TIME
5
MINUTES

COOK TIME
40
MINUTES

INGREDIENTS:

- 2 cups (500 ml) Saskatoon berries (fresh or frozen)
- ½ cup (125 ml) white sugar
- 2 cups (500 ml) water
- ½ cup (125 ml) flour

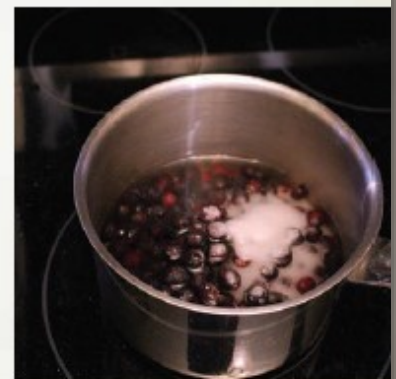
The Saskatoon name comes from the Cree word misâskwatômina which means ‘the fruit of the tree of many branches’.

Recipe by: Anonymous

This recipe was submitted by an attendee at the Aboriginal Nutrition Network's Revitalizing Connections Gathering in Thunder Bay in May 2014.

METHOD:

1. Combine the berries, 1 ½ cups of water and the sugar in medium size pot.
2. Bring it up to a boil on high heat.
3. Turn it down to low and let it simmer for 30 minutes.
4. Put the flour into a small bowl. Add ½ cup of water and mix well.
5. Add the flour mixture to the berries and cook the mixture on low for 10 minutes to make it thicker.



RECENT EVENTS



July 30 - Youth Hike

The group took a traditional trail at mile 34 on the Milligan to the Beatton River. It turned out to be around a 7.4 km trek, and was a very hot day. The RCMP came out to participate and the group collected medicinal plants and tea.

August 4 - Peace Valley Day Trip

A group of elders and youth enjoyed a full day touring parts of the peace river where BC Hydro plans on logging the remaining areas of the valley, in preparation of the future reservoir.

The members had a chance to harvest plants, explore 3 different islands, and see the progress of construction along the river.



ASSEMBLY OF FIRST NATIONS KNOWLEDGE KEEPERS COVID-19 MESSAGE

on July 24, 2020

The COVID-19 pandemic is not over. We must continue to listen, learn, be cautious and take care of one another – a message from the Assembly of First Nations Knowledge Keepers Council

We would like to give thanks to the Creator for keeping our families, communities, and leaders safe during these challenging times of the COVID-19 pandemic. Thank you, Creator, for walking with our families who have lost loved ones during this time and keep them safe. Creator, please keep our young people safe.

The past few months have brought new challenges to our communities and Nations. Members of our families and communities have left this world early due to complications from COVID-19. We honour their memories and acknowledge the grief that many of you feel. We recognize that it has been difficult to be separated from friends and families and to not be able to participate in all the activities and ceremonies that support our wellbeing. We thank all the nurses and frontline workers who are taking care of our people.

To our younger generation: please know you are in our prayers and that you can reach out for support anytime. With technology today, we are available to provide support, or we can find the support you need.

Since the COVID-19 pandemic reached Canada, First Nations have worked relentlessly to protect people and families in their communities. We have case numbers at a manageable level with a majority of cases resolved in community. Through adapting and working together, we have once again shown that we continue to be resilient. Some communities have had no cases so far, but that does not mean we can be complacent. The pandemic is not yet over. The risk of a second wave exists, and we must all continue to be cautious and continue to listen to our Elders, leadership, and health leaders.

With the change of seasons, many of us are going out onto the land to participate in ceremony, harvest fish and berries, and to hunt. We must continue to gain strength from these practices and honour our traditional beliefs while acknowledging the role of western medicine in keeping us safe from sickness. With the coming of fall, the influenza vaccine (flu shot) will become available, and this year, more so than ever, it is important that we get vaccinated and encourage our friends and family members to get vaccinated as well.

With the gradual re-opening of communities, businesses, and schools, our social circles will become larger and we will interact with more people from within and outside of our communities. Please apply the direction of our leaders and practice physical distancing, practice good hand hygiene, limit large gatherings, and wear a mask inside public spaces. You may not feel sick, but you may be a carrier. Be reminded that there is strength in the practice of self-isolating, seeking medical attention, and getting tested for COVID-19 if you do feel sick or are in contact with a confirmed case.

By taking these precautions, you are taking care of yourself, and, importantly, taking care of those around you who may be more vulnerable to the disease, especially our Elders. Continue to listen and learn about what is known about COVID-19, how it is spread, and what is effective in reducing the spread as information is constantly evolving. We have always taken care of each other, we will continue to do so now, especially in this period of uncertainty, to protect our people, our communities, and our Nations.

MEMES



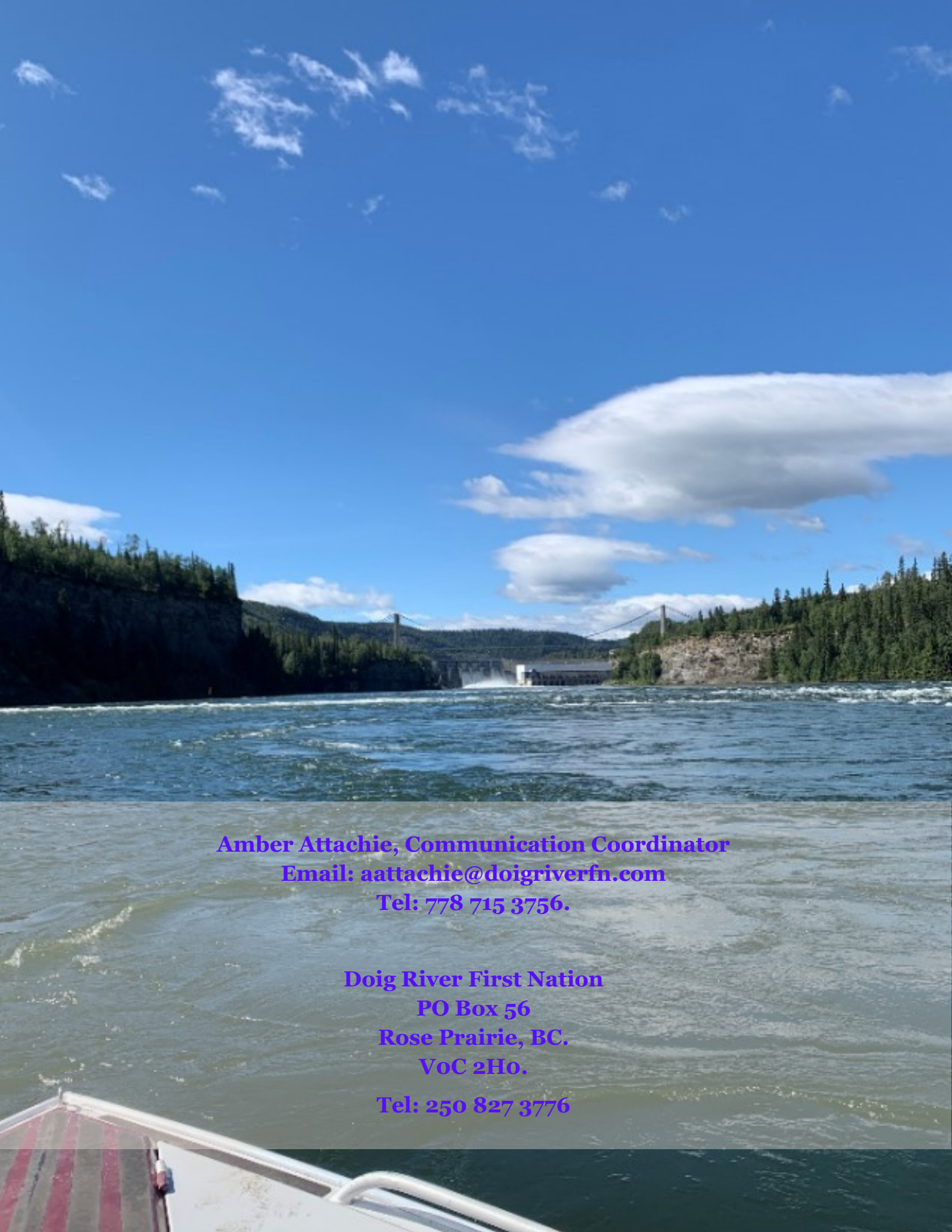
Rez guy: yeah I'm in a gang...

His gang:



I'm honestly....





Amber Attachie, Communication Coordinator

Email: aattachie@doigriverfn.com

Tel: 778 715 3756.

Doig River First Nation

PO Box 56

Rose Prairie, BC.

VoC 2Ho.

Tel: 250 827 3776