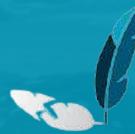


FEBRUARY 2025

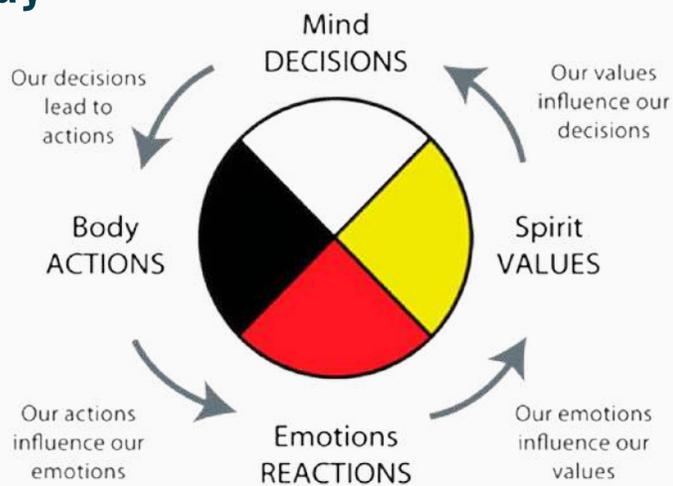
otâcimow



Official Newsletter of Saulteau First Nations

SFN Strategic Planning Engagement With Community Underway

The Saulteau First Nations Strategic Planning Team is excited to invite you to participate in our upcoming community engagement sessions as we work together on a new and holistic approach to strategic planning for our future. This process is centered around the teachings of the Medicine Wheel, ensuring we approach our planning with balance, respect, and inclusivity across all aspects of our community.



We invite you to join us at the following sessions:

Community Engagement Sessions

Engage with fellow community members in conversations about our collective goals and vision. Your voice matters as we move forward in shaping our future!

Elders & Youth Engagement Sessions

These sessions will provide a space for Elders and Youth to share insights and offer invaluable perspectives to inform our planning.

Final Presentation

Before March 31st, we will gather for a final presentation of the results from all engagement sessions, where we will share the outcomes of our planning process and discuss the next steps.

We believe in the strength of our community's collective wisdom and are excited to bring everyone together to co-create our path forward. Please mark your calendars, and we look forward to seeing you there!

This issue:

Chief & Council Update
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Asset Management,
Housing, & Public Works
PAGE 04

Culture, Heritage, &
Recreation
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Employment & Training
Opportunities
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Health & Family
Services
PAGE 16-22

Lands Department
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Member Services
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TREP Department
PAGE 26-34

SFN Strategic Planning Sessions:



Community Engagement

Date: Feb 2nd, 2025

Location: Cultural Center Gym

Time: 1pm-4pm (afternoon Session)

Snacks & beverages provided

Date: Feb 5th, 2025

Location: Cultural Center Gym

Time: Dinner 5:30 / Meeting 6pm-9pm

Dinner Provided

Date: Feb 11th, 2025

Time: 6:30pm

Online Only – Zoom link to be emailed to Citizens.

“Community Member” includes Citizens, Non-Citizens, and Other Persons and means someone who lives on or off reserve or has close ties with the Community but not necessarily by blood or Saulteau First Nations citizenship.

For more information about the strategic planning process, email lwatson@saulteau.com



Saulteau
FIRST NATIONS

CHIEF & COUNCIL UPDATE



GOOD DAY, SAULTEAU CITIZENS AND COMMUNITY MEMBERS!

The highlight of this month's news article is the announcement that happened on Thursday, January 23rd regarding the Taylor Wind Project.

The Minister of Energy and Climate Solutions Adrian Dix, the President and CEO of BC Hydro Chris O'Riley along with our Chief Rudy Paquette from Saulteau First Nations and our partner EDF Renewables Cory Basil have signed an electricity purchase agreement regarding the Taylor Wind Project. This will provide clean, renewable energy to meet the increasing demand for power from B.C. homes and businesses. "The Taylor Wind Project will generate clean energy that we urgently need while providing jobs and long-term benefits to the Saulteau First Nations and the Peace River Region," said Adrian Dix, Minister of Energy and Climate Solutions. Taylor Wind is located in the Peace River Region, approximately 10 kilometers south of Taylor, B.C. It will consist of approximately 40 – 70 wind turbines, one substation, a high voltage transmission line, and associated infrastructure. It will generate up to 200 megawatts of electricity, enough to power about 60,000 homes. Taylor Wind is being developed as a true equity partnership, between EDF Renewables and our Nation Saulteau First Nations, with Saulteau holding a 51% economic interest in the project. Taylor Wind will represent an overall investment of approximately \$600 million, of which a significant portion will be spent on the local economy, on key development and construction activities. It will create over 150 jobs through development, construction and operation activities. It is one of 10 clean energy projects selected to advance from BC Hydro's 2024 call for power that will supply clean, affordable electricity to serve B.C.'s growing communities and housing needs, as people and businesses choose clean energy in their lives, homes, vehicles and businesses. Taylor Wind will seek input from First Nations, local residents and communities, as well as key government agencies and stakeholders to ensure the project is well supported and advances to meet the planned in-service date of 2031, creating jobs and economic opportunities along the way.

As your elected officials we work hard for our Nation, we want to ensure that our community prospers and that our future generations prosper as well. Thank-you for your continued support and we wish you a good day!

Council Contacts

Rudy Paquette
Desjarlais Family - Chief
rpaquette@saulteau.com

Justin Gauthier
Gauthier Family Councilor
justin.gauthier@saulteau.com

Colleen Totusek
Davis Family Councilor
ctotusek@saulteau.com

Donovan Cameron
Courtoreille Family Councilor
dcameron@saulteau.com

Juritha Owens
Napoleon Family Councilor
jowens@saulteau.com

Council Admin

Niki Ghostkeeper
Council Executive
nghostkeeper@saulteau.com

Tristan Robertson
Council Assistant
tristan.robertson@saulteau.com

Governance Contacts

Nathan Paquette
Executive Director
npaquette@saulteau.com

Norma Gauthier
Indigenous Registry &
Membership
ngauthier@saulteau.com



Notice: BC Hydro Crews In Community Posted January 30th, 2025

BC Hydro crews have plans to conduct repairs to one of the two transformers that is currently out of service which is located at the Chetwynd Substation – the substation serves customers in Chetwynd, Saulteau and West Moberly.

While the other transformer is operating, they are transporting a mobile transformer to Chetwynd (expected to arrive tomorrow) to ensure they have backup for continued service.

The crews will be conducting the repairs the week of Feb. 3; it's expected that this will take approximately 6 to 7 days to complete. They are working hard to minimize any potential disruptions and they will conduct an assessment to determine whether a planned outage is required. We will let you know if any outages are required.

We appreciate everyone's patience and cooperation during this essential work.



Department Contacts

**Director of
Manager Assets Capital Projects**
Shane Reynolds
(sreynolds@saulteau.com)

Asset & Capital Project Administrator
Falon Gauthier
(fgauthier@saulteau.com)

Housing Operations Manager
Cindy O'Brien
(cindy@saulteau.com)

Tenant Relations Supervisor
Marci Doonan
(mdoonan@saulteau.com)

Public Works & Facilities Manager
Ronda Lalonde-Auger
(rlalonde@saulteau.com)

GARBAGE COLLECTION

GARBAGE COLLECTION DAYS:
MONDAY- LAKEVIEW, LAKEVIEW SUB PH 1 & 2, RIVERSIDE, HWY 29, S. MOBERLY LAKE ROAD.
TUESDAY- BOUCHER LAKE RD, ONION HILL SUB PH 1 & 2, MUSKOCHEE SUB.
THURSDAY- LAKEVIEW, LAKEVIEW SUB PH 1 & 2, RIVERSIDE, HWY 29, S. MOBERLY LAKE ROAD.
FRIDAY-BOUCHER LAKE RD, ONION HILL SUB PH 1 & 2, MUSKOCHEE SUB

SFN PET SPAY/NEUTER PROGRAM

Did you know that Saulteau has a FREE Pet Spay/Neuter program for on-reserve Members? That's right! You can get your furry friend a vet appointment by contacting Niki Ghostkeeper nghostkeeper@saulteau.com.

Did you know: Spaying female dogs and cats can prevent uterine infection and reduce the risk of breast cancer!



CULTURE, HERITAGE, & RECREATION



**COME OUT AND JOIN THIS YEARS
Pemmican Days 2025 Committee**
Thursday, February 27th, 2025 - 9:00am - 12:00pm
Culture Centre - Training Room

**We will be assigning events at this meeting.
So if you are interested in running a certain
event, please come attend.**

**Serious inquires only for joining the
committee and volunteering!**

**Any questions please email Carlee at
cwestgate@saulteau.com**



**NEW CULTURAL CENTRE RECEPTION
PHONE LINE IS OPEN! (250)788-7370**

Looking to contact the cultural Centre? You can now call the front reception line Monday-Thursday from 8:00am to 4:00pm.

Cultural Centre Staff

Manager, Culture & Heritage
Jamie Kristoffy
(jkristoffy@saulteau.com)

Cultural Connection Coordinator
Tylene Paquette
(tpaquette@saulteau.com)

Community Events Coordinator
Carlee Westgate
(cwestgate@saulteau.com)

Recreation Coordinator
Montana Fuller
(mfuller@saulteau.com)



**DANCE
GROUP IS BACK**

STARTING BACK UP WEDNESDAYS

FEBRUARY 12TH-26TH

CULTURAL CENTRE

4:30 - 5:30PM

tpaquette@saulteau.com

DROP IN BEADING OR CRAFT

IF YOU HAVE A CRAFT IDEA TO SHARE
PLEASE LET ME KNOW
TPAQUETTE@SAULTEAU.COM

EARRINGS/ DREAMCATCHER

February 8th–22nd
Cultural Centre
Training room 12–4



MÎYOMÂCIHÊWI KAMIK
NORTHERN NATIONS WELLNESS CENTRE

CALLING ALL DRUM MAKERS

We are seeking a skilled drum maker to custom-create three unique drums (30 inches each) that will double as stunning light fixtures for our healing room.



Please email our Traditional Wellness Coordinator
nicole@nnwc.ca to discuss this creative opportunity!



Community MooseHide Mural Project

This is the Moose hide we started at 48 km Culture Camp up the Moberly a couple years ago

Our Goal is to have Community Bead a large Mural to display in Our Beautiful Culture and Heritage Building

We will have dates set aside for this project a couple days a week, but will also have it open to anyone who want to come work on it during business hour at the Cultural Building between 9-4pm

Please contact Tylene for more information
250-788-3955 et:2101

Feb
03
1-4pm

Feb
06
6-8pm

Feb
17
1-4pm

Feb
20
6-8pm

tpaquette@saulteau.com

Call 250 - 788 - 7370 or email mfuller@saulteau.com to be added to the list for any event.
Please note dates and/or times are subject to change, thank you.

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 VBALL/BBALL 6:00 – 8:00PM	3 KIDS ZONE 3:00 – 5:00PM	4 WEIGHTROOM 6:30 – 8:30PM	5 KIDS ZONE 3:00 – 5:00PM	6 WATERFIT 2:00 – 3:00PM	7 SWIM NIGHT 6:30 – 8:30PM	8 WEIGHTROOM 7:00 – 9:00AM
9 VBALL/BBALL 6:00 – 8:00PM		11 WEIGHTROOM 6:30 – 8:30PM	12 KIDS ZONE 3:00 – 5:00PM	13 WATERFIT 2:00 – 3:00PM	14	15 WEIGHTROOM 7:00 – 9:00AM
16		17 WEIGHTROOM 6:30 – 8:30PM	19 KIDS ZONE 3:00 – 5:00PM	20 WATERFIT 2:00 – 3:00PM	21 SWIM NIGHT 6:30 – 8:30PM	22 WEIGHTROOM 7:00 – 9:00AM
23 VBALL/BBALL 6:00 – 8:00PM	24 KIDS ZONE 3:00 – 5:00PM	25 WEIGHTROOM 6:30 – 8:30PM	26 KIDS ZONE 3:00 – 5:00PM	27 WATERFIT 2:00 – 3:00PM	28	

7 & 21
OF
FEBRUARY

SWIM NIGHT

JOIN US FOR PUBLIC SWIM!
6:30 - 8:30 PM

YOUTH UNDER THE AGE OF 10 NEED TO BE ACCOMPANIED BY A GUARDIAN.
EMAIL [MFULLER@SAULTEAU.COM](mailto:mfuller@saulteau.com) OR CALL 250-788-3955 FOR A SPOT

WATERFIT

FEBRUARY DATES:
THURSDAYS FEBRUARY
6, 13, 20, 27
2:00 - 3:00PM

PLEASE NOTE: I HAVE OPENED THIS WATERFIT TO ALL AGES DUE TO LOW ATTENDANCE.

TRANSPORTATION PROVIDED FOR 7 PEOPLE TO THE CHETWYND REC CENTRE

PLEASE EMAIL [MFULLER@SAULTEAU.COM](mailto:mfuller@saulteau.com) OR CALL 250 - 788 - 7370 TO REGISTER OR MEET US AT THE REC CENTRE FOR 1:45PM.

WEIGHTROOM

FEBRUARY DATES:

TUESDAYS 6:30 - 8:30PM

SATURDAYS 7:00 - 9:00AM

STRICTLY FOR THE WEIGHTROOM ONLY

 CULTURAL CENTRE

COME GET YOUR SWEAT ON!

AVAILABLE UNTIL AFTER
HOURS IS INSTALLED



VBALL OR BBALL

SUNDAYS FEBRUARY 2, 9, 23
2025

5:00 - 7:00PM
SNACKS PROVIDED
AGES 12+



U15 PROVINCIALS QUALIFYING FINAL

JOIN US IN CHEERING ON SFN MEMBERS

REID MURFITT #11
BRAXTON GAUTHIER #21
COBY SORELL #6
JASON NELSON #16

AND THE CHETWYND GIANTS AS THEY
TAKE ON THE DAWSON CREEK CANUCKS!

FRIDAY FEBRUARY 14TH | 08.00 PM



CHETWYND REC CENTRE



JOIN ME FOR FUN ACTIVITIES!

FEBRUARY 3, 5, 12, 19, 24, 26
2025

3:00 - 5:00PM

CRAFTS · SPORTS
GAMES · LEARNING

FOR MORE INFORMATION EMAIL
MFULLER@SAULTEAU.COM

LOCATED IN THE BANDHALL GYM



MUSKOTI LEARNING CENTRE

HIGH SCHOOL EDUCATION & CAREER FAIR 2025



DATE
APRIL 3, 2025



TIME
10:00 AM - 2:00 PM



LOCATION
SFN BANDHALL GYM

▶ Meet with universities, colleges, and industries to learn about education and career opportunities!

▶ Geared toward grades 10-12, but everyone is welcome

▶ Lunch provided

▶ Door prizes

Education Contacts

Manager, Education
Audrey Norris
(anorris@saulteau.com)

Education Supervisor
Cheri Koenig
(ckoenig@saulteau.com)

Adult Education Teacher
Brendon Conrad
(bconrad@saulteau.com)

Muskoti Principal
Cody Schlamp
(cschlamp@saulteau.com)

Muskoti Elementary
Call (250) 788-7361

Muskoti Learning Centre
Call (250) 788-7368



CONTACT INFORMATION

Contact Cheri Koenig:

✉ ckoenig@saulteau.com

☎ 250-788-7275

MUSKOTI LEARNING CENTRE

After School Homework Help

The Muskoti Learning Centre offers after school homework help for SFN school students

Register at any time!

Available hours:

Monday - Thursday

3:00pm - 4:30pm

Get in contact with us:

MLC Teacher - Brendon Conrad

In Person: Stop by the MLC classroom

Email: bconrad@saulteau.com

Phone: 250-788-7368

Saulteau First Nations' Cree-ative Childcare

New Spaces Building has opened.

We are currently taking interest in childcare spaces. These spaces will open slowly to allow for children to have the time to adjust and new clients will be scheduled for starting times. Priority will go to members of Saulteau First Nations.

Contact Mwilliams @saulteau.com to get more information

- Toddler Program—under aged 3
- Preschool Program—aged 3-5

At this time all children must be up to date or in process of getting the routine immunizations.

Cost to non-Saulteau members are part of our \$10/day program

At this time Child Care fees for Saulteau Members is covered for them.

Our location is 1709 Boucher Lake Rd, Moberly Lake, BC

250-788-3911 (phone)

Current Hours of operation—7:45-4:45 Monday to Thursday. We are closed when the band is closed.

***Spaces are limited at this time and will increase as we hire certified staff to cover new positions.

We are a fully licensed child care program under Northern Health and have operated for over 25 years.

Program focuses include Cultural teachings, Cree Language teachings and exposure, development of outdoor and land-based learning is in progress. Every Child is loved and nurtured and we believe in having the child feel like this is a second home for them.

mikisiwi-pîsim Eagle Moon

February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	PHE Dancing with Lexus 3	Hoop Dancing Performance 4	5	6	PJ Day 7	8
9	10	11	12	Valentine's Day Celebration 13	MES Family Day movie @ The Rex Valentine's Day 14	15
16	Family Day STAT 17	18	19	20	Ice Fishing 21	22
23	24	25	Early Dismissal @ 2:00 PM Please contact teacher to book an interview 26	Early Dismissal @ 2:00 PM Please contact teacher to book an interview 27	28	

Notes:

All MES student families are welcome to join us at the Rex Theatre at 9:50 a.m. on the 14th to watch a movie to celebrate YOU, our families!
 V-Day names: Caleb, Braylee, Ember, Kensley, AnnaSofia, Grayson, Kashton, Phynix, Gunner, Liam
 We provide pink shirts for all students for Pink Shirt Day



Muskoti Elementary School

The Saulteau First Nations' Muskoti Elementary School provides a pre-kindergarten enhancement program and a curriculum that follows the BC Ministry of Education's big ideas, content, and curricular competencies.



Our Mission:

To foster a love for learning by encouraging students to try new and exciting things in a hands-on, inclusive manner that encompasses the community's cultural beliefs. We strive to offer a program that enables each student to take pride and see value in themselves. We believe in providing a welcoming, loving environment and developing partnerships with parents and the community to promote lifelong learning, establishing a solid foundation to build on.



MUSKOTI LEARNING CENTRE

MLC works with students to create their own unique course selection and work schedule

At MLC you can:

- ✓ Achieve Adult Dogwood / Dogwood Diploma Graduation
- ✓ Upgrade course grades on your highschool transcript
- ✓ Take new courses to add to your highschool transcript

Students will earn a \$1000 completion incentive for every earned credited course!



We offer over 30 courses in Language Arts, Mathematics, Sciences, Social Studies, and other Electives!

If you are interested in continuing your education you can register with MLC at any time in the school year!

Contact Us:

Brendon Conrad - Adult Ed. Teacher

 250-788-7368

 bconrad@saulteau.com

Our mission is to provide a high quality education with a healthy balance of curricular and cultural learning opportunities in a safe and inviting environment. We strive to prepare all students to become responsible citizens and lifelong learners who are ready to meet the challenges of the future.

FEBRUARY 2025

MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Beginning of Semester 2	4 Culture Day Drum keychain	5 Chaga Walk	6	7	8
9	10	11	12	13	14	15
16	17 Family Day MLC Closed	18 Culture Day Paint by numbers	19 Birch Forest	20	21	22
23	24	25	26	27 Last Day for Reading Challenge entries	28	

Notes:

You can register with MLC to achieve Adult Dogwood or upgrade courses at any time in the school year.

MLC offers after school homework help for students under 18. Contact us to register.

MLC has a Culture Day every 2nd Tuesday. We have a variety of cultural crafts available to anyone who would like to make a cultural craft.

★ For event info, please phone (250-788-7368), email bconrad@saulteau.com, or check in the classroom - dates & times may vary ★

MUSKOTI LEARNING CENTRE FEBRUARY ADULT READING CHALLENGE



Open to SFN
members
and Staff

Earn an entry in the Monthly Draw for every book you read from February 1-27, 2025!

Please come in to the MLC Adult Classroom to register and learn more

☎ 250-788-7368 ✉ bconrad@saulteau.com

MUSKOTI LEARNING CENTRE



READING CHALLENGE

for Grades
5-12

FEBRUARY 2025

Earn an entry in the MONTHLY PRIZE DRAW for every 50 pages you read! Last day for entries is Feb 27, 2025.

Please come in to the Muskoti Learning Centre Adult Classroom to register and learn more.



☎ 250-788-7368 ✉ bconrad@saulteau.com

EMPLOYMENT & TRAINING OPPORTUNITIES



LOOKING FOR THREE MORE
SFN MEMBERS TO TAKE THE
APPLIED BUSINESS
TECHNOLOGY (ABT)

MUST BE ABLE TO COMMIT
FROM FEB - JUNE 2025 FROM
1PM - 4PM MON - FRI AND TUE
EVENINGS

CONTACT GINETTE OR STACY
250 - 788 - 3955



Employment & Training Contacts

Employment & Training Coordinator
Ginette Lapierre (glapierre@saulteau.com)

Employment & Training Assistant
Stacy McMillian
(smcmillian@saulteau.com)

Applying for Jobs at Saulteau

All open job applications with SFN are available on our website: saulteau.com/employenet

ARE YOU A MEMBER
BUT DON'T HAVE
SOME OF THE
QUALIFICATIONS?
WE CAN TRAIN YOU!

BC PARKS STUDENT RANGER PROGRAM

Would you like to learn more about park management?

Do you enjoy working in the outdoors?

JOIN OUR TEAM!



DETAILS

- Work term is from approximately the end of April until the end of August
- Applications available online. Visit the student ranger page (QR code on the right) for a link to apply
- Positions available across B.C. - from the coast to the northern regions
- Learn new skills, camp outdoors, and contribute to meaningful projects in parks and protected areas

APPLY ONLINE BEFORE JANUARY 13

PROGRAM AREAS

- Recreation
- Conservation
- Public outreach
- Indigenous relations

Learn more about the program and application requirements:



www.bcparks.ca



SEND YOUR QUESTIONS TO:



We are
HIRING

E-mail your resume to admin@nncw.ca

- Medical Office Assistant
- Indigenous Social Navigator
- Traditional Wellness Coordinator

EMPLOYMENT & TRAINING OPPORTUNITIES



SFN CAREER OPPORTUNITIES

- COMMUNITY HEALTH NURSE
- HOME CARE LICENSED PRACTICAL NURSE
- CASUAL RECEPTIONIST- HEALTH CENTRE
- CLINICAL MENTAL WELLNESS & SUBSTANCE ABUSE COUNSELLOR
- EARLY CHILDHOOD EDUCATOR – INFANT TODDLER SPECIALIST OR WILLING TO TRAIN
- ECEA, EARLY CHILDHOOD EDUCATION ASSISTANT
- TRADITIONAL COOK / BAKER
- MANAGER, FINANCIAL SERVICES
- TEACHER, PRIMARY

APPLY TODAY!
JOBS@SAULTEAU.COM

NEW HIRES AT SAULTEAU

- ETHAN CAMERON- START DATE JANUARY 27, 2025 – RECEPTIONIST, CULTURAL CENTRE
- STARR GAUTHIER- START DATE JANUARY 27, 2025- LAND BASED CULTURAL INSTRUCTOR
- KAYELYN MORSETTE – START DATE FEBRUARY 3, 2025 – YOUTH PROGRAM FACILITATOR
- DREA MACMILLAN- START DATE FEBRUARY 3, 2025 - CASUAL RECEPTIONIST – BAND HALL
- ROBERT PILON- START DATE MARCH 10, 2025 – SEASONAL CARIBOU GUARDIAN
- LUCAS TALVING- START DATE MARCH 10, 2025- SEASONAL CARIBOU GUARDIAN



ASKI RECLAMATION CAREER OPPORTUNITIES

- OPERATIONS MANAGER
- SENIOR PROJECT MANAGEMENT LEAD
- PROJECT ADMINISTRATOR
- GIS TECHNICIAN



Professional Development Skills Week – Virtual Delivery

Financial Accounting Basics

March 5 - 7, 2025



Register by February 23



Professional Development Skills Week – Virtual Delivery

Minute Taking & Meeting Planning

March 10 - 11, 2025



Register by March 1



**Info session
on January
15th at 6 PM**

Next Steps: Empowering Your Recovery Journey

Life After Treatment—Stay Connected, Stay Supported.

Coming out of treatment can be both exciting and overwhelming. This group offers a safe place to share your experiences, challenges, and victories as you rebuild your life.

Expand strategies for staying sober, avoiding triggers, and building routines that support your recovery.

Connect with others who understand what you're going through.

Build a network of support to help you face everyday challenges and reduce the risk of relapse.

Virtual group sessions begin on January 22, 2025, at 6 PM. Join us from the comfort of your home.

Register today to join our weekly support group, a 5-week journey of connection and support

**For registration email mentalhealth@saulteau.com
or call 236-364-2009**

Receive participation prizes and certification upon completion



Booking Appointments:

Health Centre Reception

Melva Sorell

Call 250-788-7266

Email melvas@saulteau.com

Locations:

Monday, Tuesday, Wednesday

SFN Health Center

1712 Civic Road, Moberly Lake

Thursday and Friday

Next door to IDA Pharmacy

5016 50th Ave, Chetwynd

Health Centre Contacts

Operations Manager

Ashely Gauthier

(ashely.gauthier@saulteau.com)

Administrative Assistant

Kayla Macdonald

(kmacdonald@saulteau.com)

Community Health Nurse

POSITION OPEN

Community Health Representative

Chelsea Gauthier

(cgauthier@saulteau.com)

Life Skills Program Facilitator

Shay Garbitt

(sgarbitt@saulteau.com)

Mental Health & Wellness Manager

Annie Kingston Miller

(akingstonmiller@saulteau.com)



Hope & Healing: A Group for Parents of Adult Children in Addiction

Parental Guidance and Support:

Connect with other parents facing similar struggles and learn ways to support your adult child while caring for yourself.



Understanding Addiction:

Learn about substance use from a parent's perspective, including setting boundaries, fostering open communication, and managing your emotions.



Who's It For?

Parents who need a space to talk, listen, and receive advice from others who understand the complexities of loving an adult child struggling with substance use.



Strengthening Family Bonds:

- Tips on maintaining a loving relationship while addressing the challenges of addiction.
- Discover how to manage feelings of fear, frustration, guilt, and hope.

Info session
on January 13
@ 6pm

You're not alone—join us for a space of understanding, hope, and healing. Virtual group sessions begin January 20, 2025, at 6pm and run weekly for 5 weeks.

For registration email mentalhealth@saulteau.com or call 236-364-2009

SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A COMPLIMENTARY WEBINAR FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading adolescent Clinical Psychologist **Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.



Key Takeaways:

- Learn the factors that contribute to youth mental health/substance use
- Understand the skills that youth need to overcome these needs
- Acquire practical tools for empowering your child and youth to make positive choices
- Increase your ability to support your own mental health

Time: 6-7:30pm PST

Date: 20th, 25th, 26th Feb 2025

Scan the QR
Code to Register



REGISTER NOW

We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care



Elders Information session

We invite you to join us for an informative session where you can learn about and register for various activities taking place within our community.

When February 5th and 19th 2025

Where: New beginnings house

Time: 10:00-11:30

Snacks & refreshments provided

Email: sgarbitt@saulteau.com

Email: lesteban@saulteau.com

YOU ARE INVITED TO

Valentine's YOUTH GIRLS GROUP

FEBRUARY 7th
AT 3:30-6:30

PLEASE COME JOIN ME FOR A DAY OF
VALENTINE'S BAKING AND BRACELET
MAKING.

WHERE: NEW BEGINNING
HOUSE

RSVP TO WITH SHAY
250-874-7441

Equine Therapy

with Peace Equine Connection

Discover the transformative power of horses with our Equine Assisted Learning program! This program uses horses to foster personal growth, self-awareness, and emotional healing. Key benefits include developing self-confidence, enhancing communication skills, managing emotions, improving leadership and teamwork abilities, and promoting mindfulness through the calming presence of horses.

Join us to unlock the unique potential of equine assisted learning and experience profound personal growth.

Youth

Ages 8-18

Mondays 5-8pm

- January 6th
- January 13th
- January 20th
- January 27th
- February 3rd
- February 10th
- February 17th

Adult

Ages 19+

Saturdays 5-8pm

- January 11th
- January 18th
- January 25th
- February 1st
- February 8th
- February 15th
- February 22nd

*Ride assistance available
on Mondays*

Register with Bonnie at

peaceequineconnection@gmail.com



Saulteau
FIRST NATIONS

For individuals who are uncomfortable with riding, or are over the 250lb weight restriction, we offer many beneficial ground activities that provide the full benefits of the Equine Assisted Learning program

February 2025 New Beginnings House Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	Community Engagement group: DIY Bookmark Making 10-11:30 2	Parent & toddler yoga sessions 10-11:30 3	Elder coffee & tea information session 10:00-11:30 4		Girls' group Valentine's Day baking & bracelet making 3:30-6:30 6	Babysitting Course 9:00-2:00 8
Staying Home Alone course 9:00-1:00 9	community engagement Group: Diy wood coaster burning 10-11:30 10	Parent & Toddler cloud dough making 10-11:30 Women's Group Valentine's Day Candle Making 4:30-6:30 11			No youth group 13	14
	Office closed/Family day 16	Parent & toddler stone painting group 10:00-11:30 17	Elder coffee & tea information session 10:00-11:30 19		Boys youth group Lego building 3:30-4:30 21	22
	Community engagement group: Learn how to make spring rolls 10:00-11:30 23	Wood Burning Women's Group 4:30-6:30 24	early dismissal youth group animal sewing 2:30-4:30 25	early dismissal youth group animal sewing 2:30-4:30 26	Co-ed science experiments 3:30-6:30 27	28



PARENT AND TOTS GROUP (CLOUD DOUGH MAKING)



**February 11, 2025
10:00 - 11:30 AM
New Beginnings House**

**To register, contact:
lesteban@saulteau.com
250-219-1279**

PARENTS AND TOTS GROUP BUBBLE PLAY

**WHERE: NEW BEGINNING
HOUSE**

**WHEN: FEBRUARY 25,
2025 @ 10-11:30 AM**

**REGISTER WITH LOVELY
@250-219-1279**

**SNACKS &
REFRESHMENTS
AVAILABLE**



Saulteau
FIRST NATIONS



PARENTS AND TOTS

TODDLERS YOGA

**February 04, 2025
10:00-11:30 AM**

**New Beginnings House
Snacks & Refreshments
Provided**

To sign, contact:
lesteban@saulteau.com
250-219-1279



Saulteau
FIRST NATIONS

EARLY

DISMISSAL YOUTH GROUP

Date: February 26th & 27th

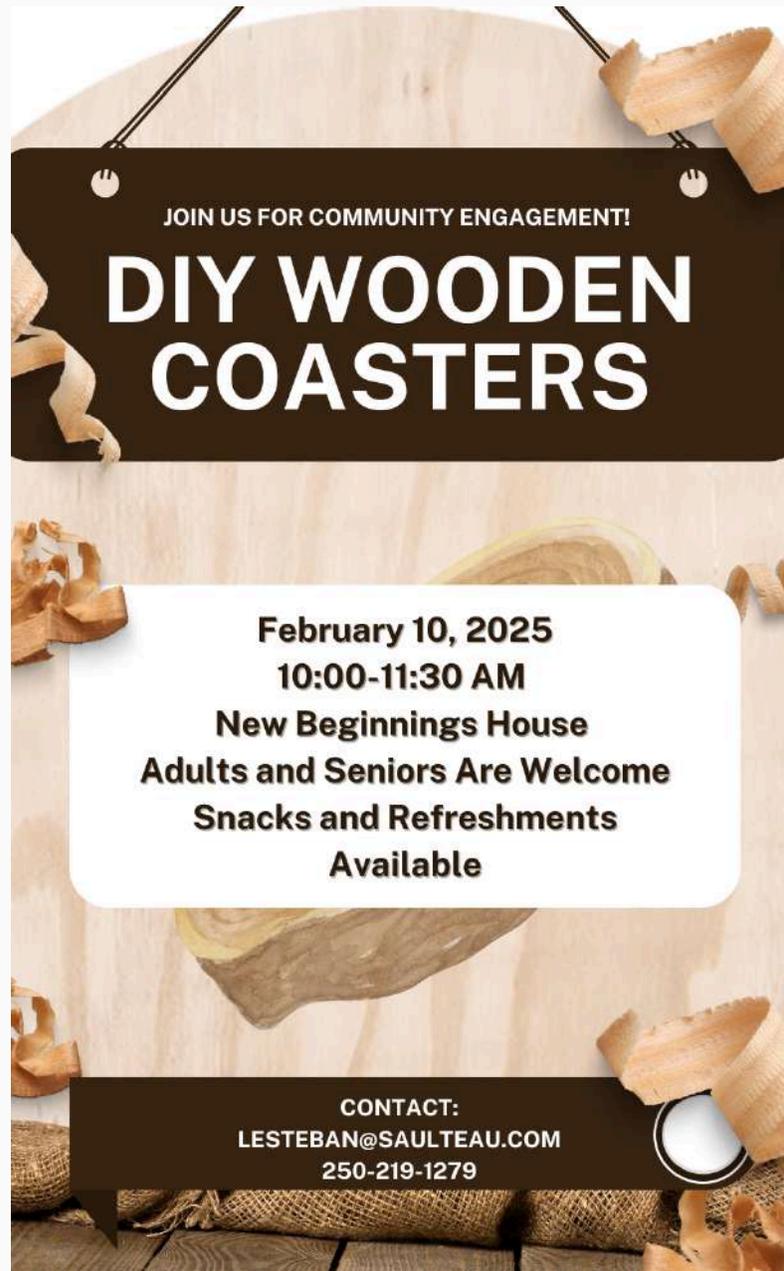
Time: 2:30-4:30

Activity: Sewing plush animals / Board games / Art

WHERE: NEW BEGINNING HOUSE

please sign up with shay
email: sgarbutt@saulteau.com
Phone: 250-874-7441
Lovely
Email: lesteban@saulteau.com

For ages 8 and up, those under 8 need to be accompanied by an adult. Snacks & refreshments are provided



JOIN US FOR COMMUNITY ENGAGEMENT!

DIY WOODEN COASTERS

**February 10, 2025
10:00-11:30 AM**

**New Beginnings House
Adults and Seniors Are Welcome
Snacks and Refreshments
Available**

**CONTACT:
LESTEBAN@SAULTEAU.COM
250-219-1279**



PARENTS AND TOTS

STONE PAINTING

**February 18, 2025
10:00-11:30 AM**

**New Beginnings House
Snacks and Refreshments Available**

To sign up, contact:
lesteban@saulteau.com
250-219-1279

**CO-ED YOUTH
GROUP SCIENCES
EXPERIMENTS**

WHEN: FEBRUARY 28TH 2025 - TIME: 3:30 - 6:30

WHERE: NEW BEGINNING HOUSE

SNACKS & REFRESHMENTS PROVIDED. SIGN UP WITH SHAY.

EMAIL: SGARBITT@SAULTEAU.COM -- PHONE: 250-874-7441



JOIN US FOR COMMUNITY ENGAGEMENT!

**BOOKMARK
MAKING**

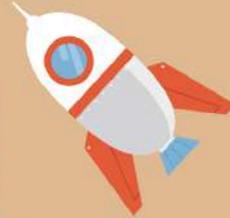
FEBRUARY 03, 2025

10:00-11:30 AM

NEW BEGINNINGS HOUSE

**ADULTS AND SENIORS ARE WELCOME!
SNACKS & REFRESHMENTS AVAILABLE**

**TO REGISTER, CONTACT:
LOVELY-250 219 1279**



Basic carbohydrate counting for diabetes management

Carbohydrate counting is a flexible way to plan your meals. It focuses on foods that contain carbohydrate as these raise your blood sugar the most. Follow these steps to count carbohydrates and help manage your blood sugar levels. Your registered dietitian will guide you along the way.

STEP 1 Make healthy food choices

- Enjoy a variety of vegetables, fruits, whole grains, low fat milk products, and meat and alternatives at your meals. A variety of foods will help to keep you healthy.
- Use added fats in small amounts. This helps to control your weight and blood cholesterol.
- Choose portion sizes to help you to reach or maintain a healthy weight.

STEP 2 Focus on carbohydrate

- Your body breaks down carbohydrate into sugar (glucose). This raises your blood sugar levels.
- Carbohydrate is found in many foods including grains and starches, fruits, some vegetables, legumes, milk and milk alternatives, sugary foods and many prepared foods.
- Meat and alternatives, most vegetables and fats contain little carbohydrate. Moderate servings will not have a big effect on blood sugar levels.

STEP 3 Set carbohydrate goals

- Your dietitian will help you set a goal for grams of carbohydrate at each meal and snack. This may be the same from day to day or may be flexible, depending on your needs.
- Aim to meet your target within 5 grams per meal or snack.

STEP 4 Determine carbohydrate content

- Write down what you eat and drink throughout the day.
- Be sure to note the portion sizes. You may need to use measuring cups and food scales to be accurate.
- Record the grams of carbohydrate in these foods and drinks.
- For carbohydrate content of foods, check the *Beyond the Basics* resources, food packages, food composition books, restaurant fact sheets and websites.

STEP 5 Monitor effect on blood sugar level

- Work with your health-care team to correct blood sugar levels that are too high or too low.

Nutrition Facts	
Per 90 g serving (2 slices)	
Amount	% Daily Value
Calories 170	
Fat 2.7 g	4 %
Saturated 0.5 g + Trans 0 g	5 %
Cholesterol 0 mg	8 %
Sodium 200 mg	13 %
Carbohydrate 36 g	24 %
Fibre 6 g	
Sugars 3 g	
Protein 8 g	
Vitamin A 1 % Vitamin C 0 %	
Calcium 2 % Iron 16 %	

Finding carbohydrate values using the Nutrition Facts table

- The amount of carbohydrate in a food is listed on the Nutrition Facts table.
- The amount listed is for the serving size given. Are you eating more, less, or the same amount? Compare your serving size to figure out the amount of carbohydrate you are eating.
- The total amount of carbohydrate in grams is listed first. This number includes starch, sugars and fibre. (Starch is not listed separately.)
- Fibre does not raise blood sugar and should be subtracted from the total carbohydrate (i.e. 36 g carbohydrate - 6 g fibre = 30 g available carbohydrate).

Let's carb count! Sample carbohydrate counting

Food	Portion size	Grams of carbohydrate	Carbohydrate choices
Example - sandwich lunch			
Bread, whole wheat*	2 slices	30 g	2
Chicken breast	2 oz/60 g	0	0
Margarine	1 tsp/5 mL	0	0
Carrot sticks	½ cup/125 mL	0	0
Green grapes*	¼ cup/7.25 mL	15 g	1
Milk*	1 cup/250 mL	15 g	1
Tea/coffee	1 cup/250 mL	0	0
TOTAL	TOTAL	60 g	4 choices
What did you eat and drink? (write it below)			
	TOTAL		

*Carbohydrate containing food

Related articles: *Just the basics for healthy eating, Glycemic Index, and Sugars and sweeteners*

DIABETES CANADA diabetes.ca | 1-800 BANTING (226-8464) | info@diabetes.ca

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and funding research to improve treatments and find a cure.

This document reflects the 2018 Diabetes Canada Clinical Practice Guidelines © 2018 The Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. 111019 04/18





ATTENTION



IMPORTANT INFORMATION

Recently, Peace River Regional District reached out to Saulteau Lands Department to change road names on-reserve with the emergency provincial database for 9-11 civic addresses. We had multiple postings including surveys and door-to-door discussions. **As voted, we now have: Elmer Lane, Saddleblanket Road and Moose Hide Road.**

Below is a map of the new road names in Muskoti Subdivision (historically know as “Flats”).

Note: If you have an emergency, please tell 9-11 services BOTH your Civic Number & your Road Name!!



Questions can go to mdoyle@saulteau.com or bwalker@saulteau.com

THE LANDS TEAM HAS SCHEDULED A COMMUNITY ENGAGEMENT MEETING FOR APRIL 3RD, 2025 REGARDING THE SFN LAND CODE PROCESS - MARK YOUR CALENDARS AND STAY TUNED FOR MORE DETAILS!



Lands Department Staff

Lands Manager – Mary Doyle
(mdoyle@saulteau.com)

Lands Use Planner – Jenine Campbell-Cove
(jcampbell-cove@saulteau.com)

Lands Officer – Brooke Walker
(bwalker@saulteau.com)

Lands Executive Assistant – Crystal Lalonde
(clalonde@saulteau.com)

How to Stay Informed About Lands

Follow us on facebook!

www.facebook.com/groups/sfnlands/

Check out our webpage:

<https://www.saulteau.com/departments-and-services/lands/>

ATTENTION MEMBERS

LOOKING FOR MORE LANDS INFO?

There is important Information in the Members-Only Portal of the SFN Website.
www.saulteau.com

If you accessed the old SFN website, then you can access the new one with your previous login name & password.

If you are new to accessing the website, click the “Register” button and fill in the information.

Need assistance?

Email:

communications@saulteau.com

MEMBER SERVICES



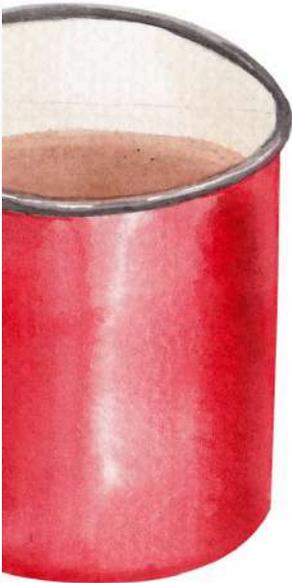
Community Connection with Membership Services

pê-pîkiskwêw

ALL COMMUNITY MEMBERS ARE WELCOME TO COME AND ENJOY A COFFEE, DONUT AND HAVE A VISIT WITH MEMBERSHIP SERVICES EVERY THURSDAY AT 8:30AM LOCATION: BAND HALL

WE STRIVE TO WORK WITH ALL COMMUNITY MEMBERS TO DELIVER A SERVICE THAT LIVES UP TO THE NAME OF THE DEPARTMENT MEMBER SERVICES WITH EMPATHY, HUMILITY, TRUST AND HONESTY!

KA NESOHKAMATIN (I WILL HELP YOU!)



Member Services Staff

Manager – Tonia Richter
(trichter@saulteau.com)

Patient Travel Administrator
Barb Loberg
(bloberg@saulteau.com)

Band Social Development Worker – POSITION OPEN

Indigenous Registry & Membership Administrator
Norma Gauthier
(ngauthier@saulteau.com)

NEED TO UPDATE YOUR INFORMATION? CONTACT NORMA NGAUTHIER@SAULT EAU.COM

CONTROL OF DOGS



Dogs have been roaming the community causing many problems. If you cannot keep your dogs contained in your yard, further measures will be taken. The safety of the children, people and other animals is important. Please, be respectful and responsible with your dogs!!

2025 Income & Disability Assistance Payment Schedule

Payment Date	for the month of	Declarations Due
January 15, 2025	February 2025	January 6-9, 2025
February 19, 2025	March 2025	February 10-13, 2025
March 19, 2025	April 2025	March 10-13, 2025
April 16, 2025	May 2025	April 7-10, 2025
May 21, 2025	June 2025	May 12-15, 2025
June 25, 2025	July 2025	June 16-19, 2025
July 23, 2025	August 2025	July 14-17, 2025
August 27, 2025	September 2025	August 18-21, 2025
September 24, 2025	October 2025	September 11-14, 2025
October 22, 2023	November 2025	October 13-16, 2025
November 19, 2025	December 2025	November 10-13, 2025
December 17, 2025	January 2025	December 8-11, 2025

The above dates are aligned with the BC Ministry of Social Development and Poverty Reduction payment dates. If required, there will be advanced notice for any changes to the dates above through newsletter or SFN social media outlets.

***Job search activity and other requests must be submitted with declarations for applicants required to do so.**

Social Assistance Clients

Rights and Responsibilities of Applicants and Recipients

Applicants have the right to:

- Apply if they believe they are in need
- Have their information treated as personal and confidential
- Receive prompt, courteous and efficient service
- Receive all the assistance and benefits they are entitled to
- Appeal decisions concerning an application or provision of benefits

Applicants have the responsibility to:

- Disclose all information required to determine eligibility for assistance
- (if employable) Seek work/be available for work at all times and participate in employability programs and training
- Use all available resources and income to support themselves as a preferred alternative to social assistance
- Inform BSDW of changes in circumstance that may reflect eligibility

All new applicants and continuing recipients of Income Assistance are to search for, accept and continue seeking employment at all times. All clients are required to complete or demonstrate they have completed a satisfactory work search lasting three weeks. However, applicants who meet a certain criteria may be temporarily exempt from this requirement.

If you are a client and want to find out what criteria you fall under, please reach out to your BSDW (Band Social Development Worker) via phone or email to see if this applies to you.

Some examples of reasonable work search activities include but are not limited to:

- Preparing a resume.
- Searching for job openings.

- Telephone, email or face to face inquires with potential employers.
- Submitting applications or resumes for jobs.
- Responding to advertisements.
- Employment interviews.
- Accessing Employment Services such as meeting with the Nation's Employment & Training Officer or Work BC.
- Attending job search sessions or job fairs.
- Pursuing job shadowing opportunities and volunteering.
- Attending workshops on employment search.

Monthly Renewal Declaration

Reporting Requirements for recipients of income assistance, disability assistance and hardship assistance are required to report all or and any employment income or other money received and any changes in their circumstances in addition to requesting further assistance each month.

Changes that **MUST** be reported by Recipients of income assistance, disability assistance and hardship assistance are required to report changes in their circumstances such as:

- address
- shelter/utility costs
- number of dependents
- changes in employability status
- whether they are attending school
- and any changes in assets

Monthly Declarations can be completed by phone, email or in person to the BSDW.

Note: Work search must be submitted with monthly declarations for applicants required to do so in order to continue eligibility.

For any inquires related to Social Assistance please contact

**Tonia Richter Band Social Development Worker
trichter@saulteau.com SFN Office.250-788-3955**

D.236-364-2008 Office Hours Monday -Thursday

We strive to work with all community members to deliver a SERVICE that lives up to the name of the department
MEMBER SERVICES with EMPATHY, HUMILITY, TRUST and HONESTY!
Ka mesohkamatin (I will help you!)





Aboriginal Liaison Program (ALP) Report for October to December 2024

January 23, 2025 — Tanisi Saulteau Community,

Wanted to share my 2024-25 Q3 ALP report. This quarter was a mix of travel, field days, getting the 2025 TREP calendar finalized and lots of meetings.

FORESTS, LANDS, CONSERVATION AND NATURAL RESOURCES



Helped out with the SFN Healing the Land Conference. Was a huge success, with everyone in our community pitching in. Was given the opportunity to speak with a lot of the attendees. The sincerity, caring and concern for Mother Earth was universal and humbling to hear.



Field site tours during the HTL Conference, October 2024.

Following this, attended the North American Society for Ecological Resilience Conference in Vancouver and attendees there were still talking about our HTL Conference.

Aski did an excellent presentation here on our reclamation efforts and programs.

Was asked to speak about our nation, at the upcoming SER Conference in Colorado the spring of 2025, which I declined. Was also asked to come speak to the Algonquin...



TREP Contacts

TREP Manager

Naomi Owens-Beek
(nowens-beek@saulteau.com)

TREP Assistant Manager

Teena Demeulemeester
(tdemeulemeester@saulteau.com)

Executive Assistant

Sandra Alexander
(salexander@saulteau.com)

Referral Technician - Oil & Gas

Fernie Garbitt
(fgarbitt@saulteau.com)

Referral Technician - Mining & Natural Resources

Lisa Hardy
lhardy@saulteau.com

Natural Resource Sector Aboriginal Liaison

Tom Aird
(tom.aird@saulteau.com)

Lands and Resources Planner

Ryan McKay
(ryan.mckay@saulteau.com)

Guardian Program Supervisor

Jessica Eastman
(jeastman@saulteau.com)

We Are
HIRING!

CARIBOU GUARDIANS X2

CONTACT JEASTMAN@SAULTEAU.COM FOR MORE
INFO OR APPLY NOW AT
SAULTEAU.COM/EMPLOYMENT

Nations in Ontario about our community (reclamation, relationship building, economic development). I have invited members of their nation to come visit us in the summer of 2025, which they have agreed to. Will keep you posted as times for this visit become clearer. A lot of the presentations here were too short and could have spent full days on some of the reclamation efforts presented. Was a lot like our HTL, with some very robust presentations and discussions.

Following the SER meeting, was in Vancouver for a week of meetings with the Canadian Energy Regulator, BC Energy Regulator, MoF, MoTI and the nations that are part of the Aboriginal Liaison Program (ALP).

The ALP has been running for 10 years, and each nation has developed its own program, tailored to their own needs. Some nations have 2 liaisons, and basically divide their lands department in half and assign an ALP to each half, while others have a single ALP. The roles range from the ALP being the Lands Manager, to the ALPs working with the Land Guardians and hybrids like Saulteau (we work with all persons in the TREP office).

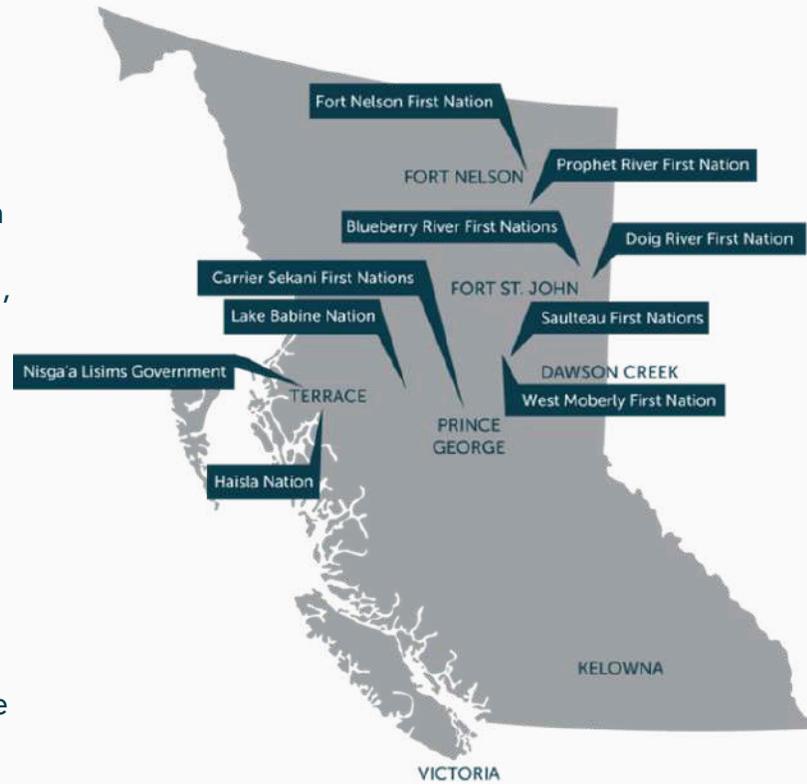
One of the goals from this meeting was to continue supporting our Nations by providing value added expertise. The range of cultural and economic competences in the ALP's was highlighted through extensive relationship building with Industry and Government. Is a very unique and humbling position to be a member of the ALP.

FORESTRY

Continue to support Lisa with her forestry portfolio and randomly drop in on logging blocks throughout our territory. In December dropped in on a 4EG block in Del Rio, with no issues to discuss. Crew was friendly and open. Was glad to see they had some dead and dry conifer separated in the block for firewood. Always glad when the wood can be repurposed as opposed to piled and burned. Well done 4EG.

OIL & GAS

Continue to support Fernie and her very busy portfolio. Was able to attend to a field day with Strathcona, for Fernie, in the Stewart Lake area. Is a very significant area, with high community usage.



Map of BC Nations that have adopted the ALP.



A lot of members hunt, camp and harvest in this area (myself included), so seeing further development here is always tough. This area is a combination of wetlands, aspen/spruce forest and grasslands. (Continued on next page...)

On the positive side, the areas being proposed are 2nd growth aspen logging and already developed areas, so mitigated impacts. Had a good discussion with the team from Strathcona about reclamation and offsets, water usage and preservation, and the 7 generations model of impacts and cultural land values when planning and developing



BC HYDRO

With Site C up and running there is still lots of reclamation work on-going. Will continue participating on the Site C Reclamation team for some time yet. Has been a joint effort with John stepping in when I am unable to attend, so thank you again John.



Some post flood works to be done include gravelling the river estuaries to create fish habitat, development of wetlands and marshes, continued revegetation of the post flood shoreline, wildlife habitat, in reservoir fish habitat development and monitoring, and in reservoir vegetation development and monitoring. Some species that we currently harvest in the river, will be impacted by creating a reservoir (bull trout), and lots to learn from this project for us and hydro.



MINING

Has been a very busy quarter for mining and continue to support John as much as possible. With the Brule shut down, there has been lots of activity at this site. A new water treatment plant has been built to clean up site water. Is quite significant and would guess that this site will be opened up in the near future, now that they have taken steps to seriously address water issues. Shouldn't speculate, so will defer any factual statement to John (lol). (Continued...)



Also did tours of the CTI mine and HD Mine (underground). Site water and reclamation are on-going conversations between John and these companies. Is good to see the level of respect they have for John and willingness to listen to him. Would say that most mines have a very good relationship with Saulneau, thanks to John, so well done.



SAULTEAU AND TREP

Thanks to everyone at TREP and Aski for the help with this year's 2025 Calendar. Sold out again, before we received the order, so great support for the LKH and this initiative. This brings our running total of support for LKH to over \$19,000.00 which is amazing. Was chatting with the ladies from LKH over the Xmas break and they too expressed how much this is appreciated.

Still working with BC Invasives, BC Feral Pigs, EMCR, BCWS, Climate Ready FN Disaster Planning, CleanBC and the PRRD.

For Feral Pigs, have asked the Guardians to help with this initiative and they have graciously stepped up as always. Thanks to our amazing team, Jess, Jordan and Hunter. This initiative now includes Doig, Blueberry, West Mo and Blueberry. We are also in conversations with U of Manitoba, Alberta Feral Pigs, BC Feral Pigs and Sask Feral Pigs. Some collaborative ideas are setting shared camera networks, water sampling to detect pigs and trapping training (coming up in Treaty 8).

Please call, email or drop by if you have any questions.

Kinanaskomitin,

Tom Aird



INVASIVE SPECIES ALERT!

FERAL PIG (*Sus scrofa*)

HAVE YOU SEEN THIS ANIMAL? DESCRIPTION

- In B.C., any pig that is not in captivity or under a person's control is considered a feral pig. This includes:
 - Domestic pig breeds;
 - Eurasian wild boar; and
 - Hybrids
- They vary in colour; may be grey, brown, black, white, or a combination of these colours.
- They vary in weight (males 60-200 kg, females 35-150 kg).
- They may or may not have tusks.



Photo: Ontario Ministry of Natural Resources and Forestry

REPORT INVASIVE SPECIES
Download the App!



www.gov.bc.ca/invasive-species

SPREAD

- The Eurasian boar is the wild origin of the domesticated pig and is native to Europe, Asia and North Africa.
- Feral pigs may escape from captivity or be released intentionally for hunting.
- Once introduced into the wild, they can reproduce quickly; females can have 10+ piglets per litter, several times a year. Sexual maturity is reached at 8-12 months of age.
- Feral pigs are adaptable to a variety of habitat types and climates. They can travel great distances and often travel in groups called sounders.
- Feral pigs are opportunistic omnivores, meaning they will eat whatever is available. This includes vegetation and plant material, fungi, reptiles, amphibians, eggs of ground nesting birds, and small mammals.



Photo: Sylvia Endicott, Wikipedia Commons

For more information: <https://www2.gov.bc.ca/gov/content/environment/plants-animals-ecosystems/invasive-species>



FERAL PIG (*Sus scrofa*)

PRIMARY THREATS:

- *Destructive to agricultural land, the natural environment, and private property*
- *Compete with and prey on livestock and wildlife*
- *Degrade wetlands and impact water quality by wallowing and rooting*
- *Transmit diseases and parasites to people, livestock, and wildlife*



Photo: Oregon Department of Fish and Wildlife

LOOK-ALIKES:

Feral pigs can look like Eurasian wild boar or domestic pigs. If they are not in captivity or are not otherwise under a person's control, then they are considered feral. If in doubt about ownership, check with local farmers.

REPORT INVASIVE SPECIES

www.gov.bc.ca/invasive-species

WHAT CAN YOU DO?

- Do NOT allow your pigs to free-roam in unfenced areas.
- Do NOT release pigs in the Province for any reason (it is illegal).
- Maintain fence security and monitor location of livestock.
- Raise awareness in your community.
- Feral pigs can be hunted in B.C. and harvests must be reported. However, hunting is not an effective population control method and reporting of sightings is encouraged.

DID YOU KNOW?

Feral pigs go by many different names (feral swine, wild pig, wild boar, feral hog, razorback, piney-woods rooter, etc.). They may be descended from domesticated pigs, wild boar released for hunting, or a combination of both!

For more information: <https://www2.gov.bc.ca/gov/content/environment/plants-animals-ecosystems/invasive-species>



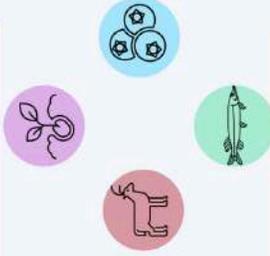
Photo: Public domain



Kihcinahowin kîspin piscipowin astîk kimîcowinân

Tracking contaminants in traditional foods

Previous studies in the region suggest higher exposure to metals compared to the general population. Sources of these metals may include traditional foods which can be contaminated by surrounding industrial activity. With community members, we will collect traditional food samples to measure several metals in these samples. We will also use techniques to identify the possible sources of metals in traditional foods.



This project was designed to monitor contaminants in traditional foods, while contributing to building local research capacity.

Info session: **May 17, 2025**. Time and location will be announced soon!

A traditional food sampling training program for interested community members will be available. Community members collecting samples will be financially compensated.

Results will be presented during public meetings. Community members will be invited to participate in the creation of communications around the consumption of traditional foods and establish future research priorities.

Questions or comments? Feel free to contact:

Elyse Caron-Beaudoin, Researcher
(elyse.caronbeaudoin@utoronto.ca)

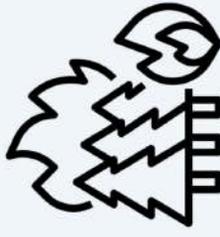
Julian Napoleon, Researcher
(jnapoleon@protonmail.com / 250-788-5430)

Partners



Have you ever been impacted by wildfires, or wildfire smoke? We would like to learn about your personal experiences

Exposure to wildfire smoke is associated with increased hospitalization and breathing, heart and mental health issues. Knowing more about how people living in Northeastern British Columbia experience wildfires will help co-develop future research objectives about the effects of increase wildfires frequency and intensity in this region.



This project aims to better understand peoples' experiences of wildfires. To achieve this, we are organizing focus groups during which we will ask questions about your experiences of wildfires. Food and beverages will be served. This focus group will be audio-recorded and a note-taker will be present. However, your responses will remain confidential, and no names will be included in the final report. Participants will receive a \$150 compensation.

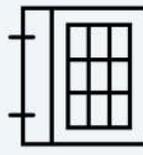


Focus group meeting

When: May 28th 2025, 2-5PM

Where: to be announced soon!

Limited space so please register at TREP with Sandra Alexander in person, by phone (250-788-7290) or by email (salexander@saulteau.com)



Questions or comments?
Feel free to contact:

Elyse Caron-Beaudoin, Researcher
(elyse.caronbeaudoin@utoronto.ca)

Partners





Saulteau First Nation Community Meeting

Verification & Scoping Discussion:

SFN is hosting a Verification & Scoping meeting with The Firelight Group to review the findings of an Indigenous Knowledge and Use Study (IKUS) related to the proposed Taylor to Gordondale Pipeline Project. This study included valuable contributions from SFN members.

Additionally, members will receive information on an upcoming IKUS study for the proposed Westcoast Energy Sunrise Expansion project, which is planned to run through SFN and Treaty 8 territory. Interviews for this study are scheduled for March 2025.

Meeting Details:

February 24th, 2025

4:00PM - 7:00PM

New SFN Cultural Centre

If you have any questions regarding the verification and scoping meeting, please contact **Fernie May Garbitt** at the Treaty Rights & Environmental Protection: 250-788-7289, fgarbitt@saulteau.com



Important Notice:

SFN TREP department is seeking 2 SFN Members or active Land users that have oral knowledge or can speak in public at CER hearing on the Westcoast/Enbridge -Sunrise's Expansion pipeline project. Compensation is offered.

SFN are intervenors with this CER Project. SFN TREP is interested in gathering traditional data on any Saulteau history/stories/hunting /camping or gathering Oral knowledge or work related between Chetwynd to Bear Lake BC.

If you are interested in speaking to SFN TREP about this proposed project, please contact Fernie May Garbitt-fgarbitt@saulteau.com at 250-788-7289 or Hailey Lalonde-hlalonde@saulteau.com at 250-788-7363 the TREP office.

Deadline: February 17th, 2024

Sunrise Expansion Project

Project overview

Westcoast is proposing the Sunrise Expansion Program (Project), an expansion of the southern portion of its Westcoast or BC Pipeline system known as T-South. The Project is being proposed based on demand for additional natural gas transportation capacity. It will provide up to 300 million cubic feet per day (MMcf/d) of natural gas on the T-South system. The targeted in-service date is late 2028. The proposed Project currently includes the installation of pipeline loops and additional compression at select existing compressor station sites. Westcoast is planning to use electric-driven compressor units, which would require new powerline infrastructure.

Pipeline loops

In order to increase transportation capacity, pipeline loops will be added along Westcoast's existing right-of-way (ROW). The additional loop segments will run parallel and connect to the existing pipeline system. A total of approximately 137 km of 42-inch pipeline looping in various segments along the system is currently anticipated.

Compressors and infrastructure upgrades

In addition to pipeline looping, additional compression and upgrades will be required. Over extended distances, friction and elevation differences reduce the pressure within the pipelines and slow the flow of gas—compressor stations give the gas a needed “boost”, helping it get from one point to the next. Westcoast plans to install new compressors at existing compressor stations located at Azouzetta Lake (CS-2B), 93 Mile (CS-6B), Kingsvale (CS-8A), and Othello (CS-8B). To reduce environmental impacts, Westcoast is proposing the use of electric-driven compressor units for some of the compression required for the Project. The electric-driven compressor unit would substantially cut greenhouse gas (GHG) emissions that would be produced with a natural gas drive. Electric drives are also known for their quieter operation compared to natural gas drives. To power the new electric-driven compressor units and ensure reliable operations, up to approximately 10 km of new electric transmission powerlines may be required. These overhead powerlines will largely follow existing linear infrastructure such as roads or ROWs to minimize environmental and local community impacts.

Westcoast Energy Inc. (Westcoast), an Enbridge company, owns and operates a natural gas transmission system in British Columbia (BC) that transports processed natural gas for markets throughout BC, Alberta and the Pacific Northwest. This gas is ultimately used to heat homes, businesses, hospitals and schools. It is also used as a fuel for electric power generation and is a staple in a number of industrial and manufacturing processes that produce hundreds of products that improve our lives.

Preliminary Project timelines

- Environmental studies began: Q2 2023
- Geotechnical studies began: Q4 2023
- Regulatory application submission (CER): Q2 2024
- Construction: Q2 2026 – Q4 2028
- In-service: Q4 2028

Project timelines are subject to change.

Regulatory

Westcoast filed an application for the Project with the Canada Energy Regulator in Q2 2024. Environmental, geotechnical and socioeconomic studies were conducted to support the application. We are engaging with Indigenous groups, landowners, and other stakeholders to ensure they are updated with the regulatory processes.

Indigenous and community engagement

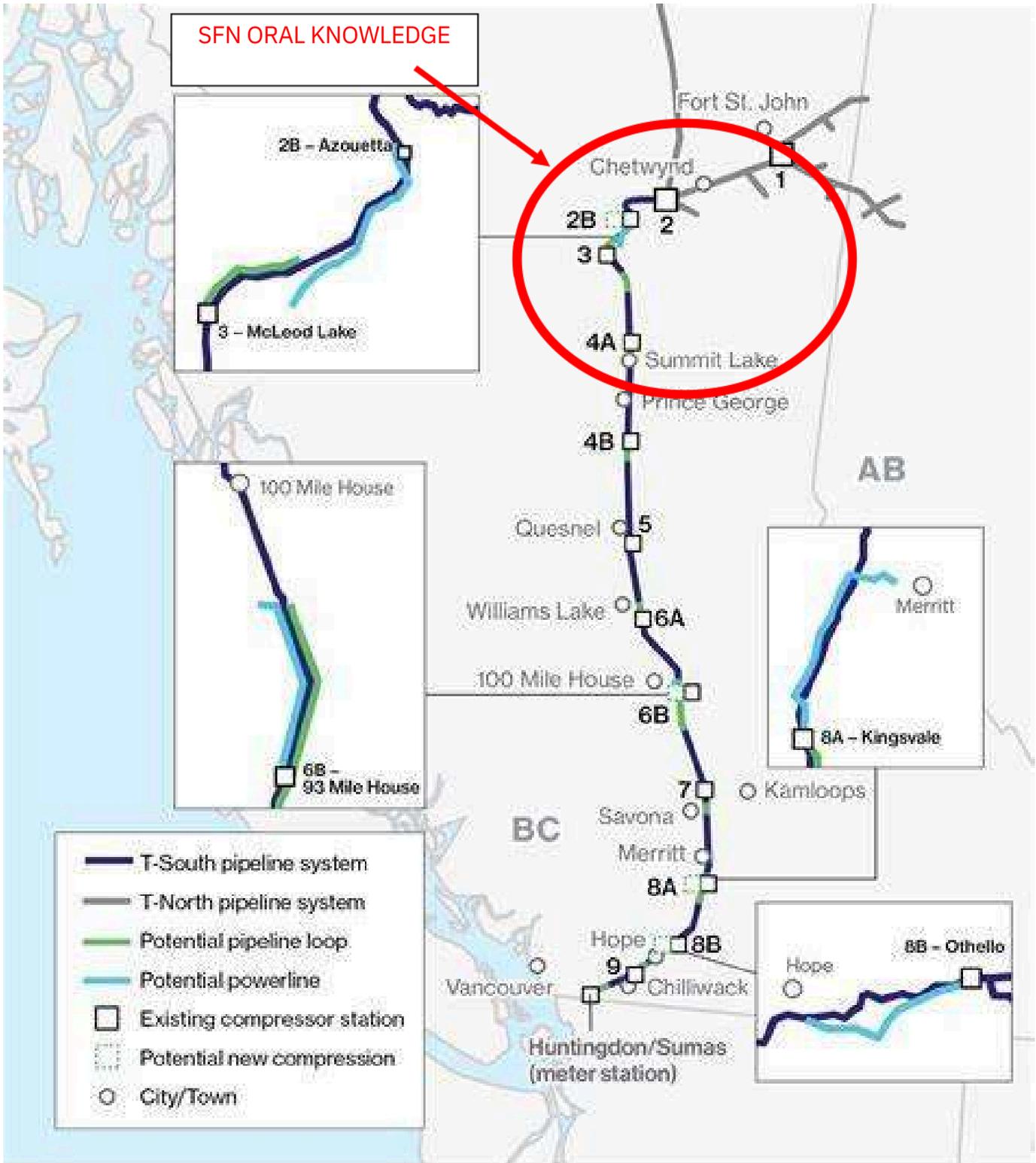
Since 2023, Westcoast has been engaging with potentially affected Indigenous groups, landowners, and other stakeholders. By gaining a deep understanding of their interests and how they may be affected by the Project at an early stage, we have incorporated local knowledge and feedback into the Project planning. Westcoast is dedicated to creating economic opportunities for Indigenous groups and local communities. This ranges from training and employment opportunities to procuring goods and services from Indigenous businesses through a proactive supply chain process. These opportunities are provided from the early investigative studies through construction and into long-term operations.

Investigative field studies

To support Project routing and design, Westcoast is conducting investigative geotechnical and environmental studies. Since 2023, we spent more than 150,000 hours performing environmental and cultural surveys, with approximately 60% of the fieldwork hours completed by Indigenous vendors. These studies will help identify any environmental or geotechnical factors that should be considered in designing the Project and in developing mitigation. Environmental studies include surveys of fish and fish habitats, wildlife, vegetation, soil, watercourses, wetlands, air quality and archaeology assessments. Geotechnical studies aim to understand geological conditions beneath the surface for optimal pipeline routing design.

Environmental performance commitment

Enbridge's environmental, social and governance (ESG) goals represent our aim to be an ESG leader, and ensure we're positioned to grow sustainably for decades to come. Specifically on the environment, our goal is to achieve net-zero GHG emissions from our business by 2050^{1,3} and a 35% reduction in the intensity of GHG emissions from our operations by 2030^{1,2}. Our emissions reduction targets include future projects we might develop, and anything we do will be assessed against our emissions reduction commitments. The installation of electric-driven compressors in this Project help Enbridge meet these goals.



Map is for illustrative purposes only and not to scale. Project design is under development and configuration of pipeline loops, compressor units, additional compressor station modifications, and powerlines are subject to change.