

MARCH 2025

# otâcimow

Official Newsletter of Saulteau First Nations



## Saulteau First Nations Strategic Planning Update: Community Engagement and Next Steps

We would like to extend a heartfelt thank you to everyone who participated in the recent strategic planning survey. Your feedback is invaluable to the future of Saulteau First Nations. We understand that not everyone had the opportunity to submit their responses online, and for those who were unable to, we're pleased to offer a second chance. You can still complete a paper copy of the survey, which must be submitted by **March 6th at 12pm noon**. This is a great opportunity to make your voice heard and contribute to shaping our community's future.

We also want to express our deep appreciation to everyone who attended the in-person and online strategic planning sessions. Your participation and the insights shared were truly invaluable to the process. It's your input that ensures our strategic plan reflects the needs, hopes, and aspirations of the entire Saulteau First Nations community.

As we continue to move forward, we invite all Saulteau community members to join us for a draft strategic plan review on **March 10th from 2:00 pm to 6:00 pm at the SFN Cultural Centre**. This will be an informal, drop-in event where you can see the draft of the strategic plan and offer any feedback you might have. It's a come-and-go event, so feel free to stop by whenever it's convenient for you.

Your involvement is key to ensuring our plan aligns with the vision and priorities of the community, and we look forward to seeing you there!

## SURVEY UPDATE:

The Online Strategic Planning Survey Closed February 14/2025, however, some people experienced technical difficulties submitting the online survey so we are allowing anyone who had issues to submit a paper copy of the survey by **March 6th by 12pm (Noon)**.

- Please note - surveys can only be 'submitted' once all questions are completed.
- Paper copies of the survey are available at the SFN Band Hall from Ginette or Willow.
- If you would like a PDF version emailed to you, please contact [communications@saulteau.com](mailto:communications@saulteau.com)
- Paper surveys received after 12pm noon on March 6th will **NOT** be accepted.
- Honorarium payments will be sent out the following week.

Have questions? Email [Laurelle Watson lwatson@saulteau.com](mailto:Laurelle.Watson@lwsaulteau.com)



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# CHIEF & COUNCIL UPDATE



## GOOD DAY, SAULTEAU CITIZENS AND COMMUNITY MEMBERS!

Your Chief and Council wish you well and have some important details to share. This month we were all happy to support the Pink Shirt Day, Anti-Bullying. Be Kind is the way forward when we work and live together as a people. The end of March we scheduled our Family Meetings and we hope to see your smiling



faces in attendance so we can give you a full update. There is a lot of information to share so please join us if you can, we do need your input and look forward to hearing from you. Enjoy your month and we will see you soon!

## FAMILY MEETINGS

### ALL MEETING TIMES



**5:30PM DINNER**  
**6:00PM MEETING**

#### **COURTOREILLE FAMILY**

CHIEF & COUNCIL CHAMBERS  
MONDAY, MARCH 24

#### **DESJARLAIS FAMILY**

CULTURAL CENTRE TRAINING ROOM  
MONDAY, MARCH 24

#### **NAPOLEON FAMILY**

CULTURAL CENTRE TRAINING ROOM  
TUESDAY, MARCH 25

#### **DAVIS FAMILY**

CULTURAL CENTRE TRAINING ROOM  
WEDNESDAY, MARCH 26

#### **GAUTHIER FAMILY**

CULTURAL CENTRE TRAINING ROOM  
THURSDAY, MARCH 27

*A zoom link for online participants  
will be emailed out closer to the dates.*

*Questions? Email [tristan.robertson@saulteau.com](mailto:tristan.robertson@saulteau.com)*



*Your presence and  
contributions are  
greatly appreciated!*



## Council Contacts

### **Rudy Paquette**

Desjarlais Family - Chief  
[rpaquette@saulteau.com](mailto:rpaquette@saulteau.com)

### **Justin Gauthier**

Gauthier Family Councilor  
[justin.gauthier@saulteau.com](mailto:justin.gauthier@saulteau.com)

### **Colleen Totusek**

Davis Family Councilor  
[ctotusek@saulteau.com](mailto:ctotusek@saulteau.com)

### **Donovan Cameron**

Courtoreille Family Councilor  
[dcameron@saulteau.com](mailto:dcameron@saulteau.com)

### **Juritha Owens**

Napoleon Family Councilor  
[jowens@saulteau.com](mailto:jowens@saulteau.com)

## Council Admin

### **Niki Ghostkeeper**

Council Executive  
[nghostkeeper@saulteau.com](mailto:nghostkeeper@saulteau.com)

### **Tristan Robertson**

Council Assistant  
[tristan.robertson@saulteau.com](mailto:tristan.robertson@saulteau.com)

## Governance Contacts

### **Nathan Paquette**

Executive Director  
[npaquette@saulteau.com](mailto:npaquette@saulteau.com)

### **Norma Gauthier**

Indigenous Registry &  
Membership  
[ngauthier@saulteau.com](mailto:ngauthier@saulteau.com)





## SFN PROFESSIONAL PORTRAIT SESSIONS

*Needing a professional headshot for your LinkedIn profile or just wanting to get a professional portrait to add to your resume?*

**FEBRUARY 25TH OR MARCH 5TH**

**SESSION TIMES AVAILABLE FROM 10AM-END OF DAY**

**LOCATION: SFN CULTURE CENTRE (FEB 25 – MUSIC ROOM)**

**(MARCH 5 – TRAINING ROOM)**

### Job portrait tips:

- ✓ CHOOSE ONE OF THE DAYS ABOVE
- ✓ DRESS PROFESSIONALLY
- ✓ BE YOURSELF & HAVE FUN!

No Need To Reserve A Spot, Just Drop In!

PHOTOGRAPHY BY:



**DARKTIES MEDIA** EST. 2022

### Department Contacts

#### 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.

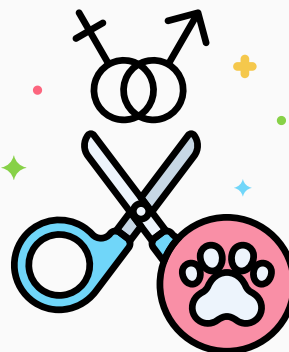
**THURSDAY-** LAKEVIEW, LAKEVIEW SUB PH 1 & 2, RIVERSIDE, HWY 29, S. MOBERLY LAKE ROAD.

**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](mailto: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



## CULTURAL SCHEDULE



**MARCH**

**2025**

**TUES/  
THURS  
6-8PM**

**MOOSE HIDE PROJECT  
CULTURAL CENTRE  
TRAINING ROOM  
MAR, 4, 6, 11, 13, 18, 20TH**

**SFN DANCE GROUP  
CULTURAL CENTRE GYM  
MAR, 5TH, 19TH**

**WED  
4:30-  
5:30PM**

**SAT  
12-4PM**

**CRAFTS/BEADING  
CULTURAL CENTRE  
TRAINING ROOM  
MAR, 8TH, 22ND**

**SPRING BREAK KIDS  
CULTURAL ZONE  
MAR, 17 TO 20TH  
MAR, 24 TO 27TH**

**Cultural  
Centre  
gym**

**MON-  
THURS  
1-2:30PM**

**MORE INFO:**

**TPAQUETTE@SAULTEAU.COM**

### Cultural Centre Staff

#### Front Desk Reception

1-250-788-7370

Ethan Cameron

ecameron@saulteau.com

#### 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)

## WEIGHTROOM

OPEN MONDAY - THURSDAY  
8:00AM - 4:30PM

MARCH AFTER HOURS  
TUESDAYS 6:00 - 8:30PM  
FRIDAYS 8:00 - 11:00AM

PLEASE NOTE THERE WILL BE  
NO AFTER HOURS TUESDAY  
THE 18TH OR FRIDAY THE 21ST

FOR WEIGHTROOM USE ONLY

LOOK FORWARD TO SEEING  
YOU ALL!

FOR MORE INFORMATION:  
EMAIL: MFULLER@SAULTEAU.COM  
PHONE: 250-788-7370 EX 1007



**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.



Call 250 - 788 - 7370 or email [mf fuller@saulteau.com](mailto:mf fuller@saulteau.com)  
to be added to the list for any event.  
Please note dates and/or times are subject to change, thank you.

# March 2025

| Sunday   | Monday                           | Tuesday  | Wednesday                        | Thursday  | Friday   | Saturday   |
|--|----------------------------------|--|----------------------------------|---|--|--|
|  |                                  |  |                                  |   |  |  1<br>PUBLIC SWIM<br>10:00AM – 12:00PM  |
|  2<br>VBALL/BBALL<br>6:00 – 8:00PM  | 3<br>KIDS ZONE<br>3:00 – 5:00PM  |  4<br>WEIGHTROOM<br>6:00 – 8:30PM                     | 5<br>KIDS ZONE<br>3:00 – 5:00PM  | 6<br>                            |  7<br>WEIGHTROOM<br>8:00 – 11:00AM  | 8  |
| 9<br>KIDS ZONE<br>3:00 – 5:00PM  | 10<br>KIDS ZONE<br>3:00 – 5:00PM |  11<br>WEIGHTROOM<br>6:00 – 8:30PM                    | 12<br>KIDS ZONE<br>3:00 – 5:00PM |  13<br>WATERFIT<br>2:00 – 3:00PM |  14<br>WEIGHTROOM<br>8:00 – 11:00AM |  15<br>PUBLIC SWIM<br>10:00AM – 12:00PM |
| 16   | 17<br>GATHERING OUR VOICES       | 18   | 19                               | 20  | 21   | 22   |
|  23<br>VBALL/BBALL<br>6:00 – 8:00PM | 24<br>SPRING BREAK PROGRAM       |  25<br>SPRING BREAK PROGRAM<br>WEIGHTROOM 6:00 – 8:30 | 26<br>SPRING BREAK PROGRAM       | 27<br>SPRING BREAK PROGRAM  |  28<br>WEIGHTROOM<br>8:00 – 11:00AM |  29<br>PUBLIC SWIM<br>10:00AM – 12:00PM |
|  30<br>VBALL/BBALL<br>6:00 – 8:00PM | 31<br>KIDS ZONE<br>3:00 – 5:00PM |  |                                  |   |  |  |

**SATURDAYS**  
**MARCH**  
**1ST, 15TH,**  
**29TH**

# SWIM

**JOIN US FOR PUBLIC SWIM!**  
**10:00AM - 12:00PM**

**YOUTH UNDER THE AGE OF 10**  
**NEED TO BE ACCOMPANIED BY A**  
**GUARDIAN.**  
**IF YOU HAVE ANY QUESTIONS**  
**PLEASE DONT HESITATE TO**  
**CONTACT ME BY EMAIL**  
**MFULLER@SAULTEAU.COM OR**  
**CALL 250-788-7370**

## WATERFIT

### MARCH DATES:

THURSDAY THE 13TH  
2:00 - 3:00PM  
ONLY ONE DATE DUE  
TO LIMITED TIME SLOT  
AVAILABILITY WITH THE  
REC CENTRE

**PLEASE NOTE: I HAVE OPENED THIS**  
**WATERFIT TO 16+ DUE TO LOW**  
**ATTENDANCE.**

**TRANSPORTATION PROVIDED FOR 7**  
**PEOPLE TO THE CHETWYND REC CENTRE**

**PLEASE EMAIL**  
**MFULLER@SAULTEAU.COM OR CALL**  
**250 - 788 - 7370 TO REGISTER, BOOK**  
**TRANSPORT OR MEET US AT THE REC**  
**CENTRE FOR 1:45PM.**







JOIN ME FOR FUN ACTIVITIES!

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

3:00 - 5:00 PM

CRAFTS · SPORTS  
GAMES · LEARNING

FOR MORE INFORMATION EMAIL  
MFULLER@SAULTEAU.COM

LOCATED IN THE BANDHALL GYM

Rec  
Coordinator  
Gone!

MARCH 17TH - 21ST

WE ARE OFF TO GATHERING OUR  
VOICES WITH THE YOUTH. THERE  
WILL BE NO PROGRAMS FOR THIS  
WEEK. SORRY FOR THE  
INCONVENIENCE, SEE YOU ALL  
WHEN WE RETURN.

# VBALL OR BBALL

SUNDAYS FEBRUARY 2, 9, 23  
2025

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



PLEASE COME JOIN US FOR THE

*Closing Ceremony*  
OF THE PEMMICAN STAGE



HIY HIY FOR ALL THE YEAR'S OF MEMORIES FOR THE COMMUNITY

Thursday, March 20th

11:00 am - 1:00 pm

We will be doing a prayer, round dance,  
speeches, and lunch to follow in the Culture  
Centre after.





## CULTURE CAMP COMMITTEE MEETING

TUESDAY, APRIL 8TH, 2025

10:00 AM - 12:00 PM - CULTURE CENTRE TRAINING ROOM

PLEASE COME OUT AND JOIN THIS YEAR'S COMMITTEE!! WE HOPE TO SEE YOU THERE!

## TWO SPIRIT AND INDIGENOUS 2SLGBTQIA + CELEBRATION AND AWARENESS DAY

WEDNESDAY, MARCH 19TH - 12:00 PM - 1:30 PM - CULTURE CENTRE GYM

**PLEASE COME OUT AND JOIN US TO  
CELEBRATE OUR TWO SPIRIT SFN MEMBERS  
FOR LUNCH, CHATS, PRIZES!**

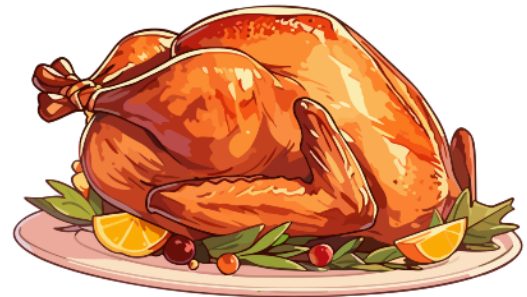
**WE HOPE TO SEE YOU THERE 😊**



**IF YOU HAVE ANY QUESTIONS PLEASE EMAIL CARLEE AT  
CWESTGATE@SAULTEAU.COM OR TYLENE AT  
TPAQUETTE@SAULTEAU.COM**

## ENTER YOUR NAME TO WIN A TURKEY!

Please come see Ethan at the Culture Centre to enter your full name and number into the draw.



**TURKEY GIVEAWAY FOR ON AND OFF RESERVE MEMBERS**

Draw will be taking place on  
March 24th at 10:00 am!

Please note if you win you must be able to come pick up your turkey on the 25th from 8:30am-4:00pm.



Gathering Wisdom for a Shared Journey XIII  
Vancouver Convention Centre, 1055 Canada Place, Vancouver, BC  
June 4 - 6, 2025

**CALLING FOR EXPRESSIONS OF INTEREST FOR THE 2025 YOUTH LEADERS PROGRAM**  
*The FNHC is now accepting applications from First Nations youth; representatives aged 19 to 30 years to participate in the Youth Leaders Program at Gathering Wisdom for a Shared Journey XIII.*

#### IMPORTANT APPLICATION DEADLINE OF MARCH 28, 2025

Please submit your application to [Engagement.North@FNHA.ca](mailto:Engagement.North@FNHA.ca) by Friday, March 28, 2025

The First Nations Health Council (FNHC) has raised the importance of having youth participate at the *Gathering Wisdom for a Shared Journey* forum; recognizing that youth participation is vital to the work to further health and wellness for BC First Nations. The Youth Leaders Program hosts 15 aspiring BC First Nations Youth Leaders to attend the Gathering Wisdom XIII forum, learn from the leaders around them, and participate in a provincial-level dialogue on the health and well-being of First Nations youth in BC.

Every 18-months, *Gathering Wisdom for a Shared Journey* manifests the commitments made through the Tripartite BC First Nations Health Plan. These commitments underpin the transformation of health and wellness for BC First Nations. Through engagement and dialogue, significant province-wide decisions are made around roles, responsibilities and mandates within the BC First Nations Health Governance Structure.

The Gathering Wisdom Forum, 2025 will feature discussions on the BC-Specific Approach to Indigenous Health Legislation and the Evolution of the Health Governance Structure. This First Nations Health Council (FNHC) hosted gathering is an opportunity for Chiefs, Leaders and Health Directors to hear updates on engagement, and the roadmap to Gathering Wisdom XIV. There will be opportunities to participate in discussions with the First Nations Health Council (FNHC), First Nations Health Authority (FNHA), the First Nations Health Directors Association (FNHDA) and other health system and government partners.

#### Who is a Youth Leader?

A Youth Leader is a positive role model in their community. A Youth Leader is ready to represent the views of their peers, and to share their perspectives on health and wellness challenges in their communities. A Youth Leader champions positive change and lives the values of respect, discipline, relationships, culture, excellence and fairness.

#### What will you do as a Youth Leader?

The selected Youth Leaders will attend and actively participate in the three-day *Gathering Wisdom for a Shared Journey* XIII forum. On the first day Youth Leaders will be introduced to the *Gathering Wisdom XIII* forum. On the third and final day of the forum, Youth Leaders will be asked to offer closing comments. Throughout the forum, the Youth Leaders will convene as a group to share what they have learned and to prepare their closing comments. This is an opportunity for the Youth Leaders to share their reflections on the forum, their hopes for the future, and their recommendations for further engagement with youth in these discussions.

Gathering-Wisdom.ca | FNHC.ca



**RECLAIM**

#### Why apply?

Youth Leaders selected will receive an all-expense paid trip (including travel, accommodation and meals) to Vancouver for the *Gathering Wisdom XIII* forum, June 4 – 6, 2025. In addition, the Youth Leaders will receive a health and wellness prize package for their participation in the forum. Most importantly, the Youth Leaders will have the opportunity to connect directly with First Nation leaders from across BC and represent the voices of First Nation youth at the largest Indigenous health and wellness forum in the country.

#### APPLICATION AND SELECTION PROCESS

##### How to apply?

Please submit your interest via email to [Engagement.North@FNHA.ca](mailto:Engagement.North@FNHA.ca) by March 28, 2025. There is not a formal application form, please send an email including the name of your First Nation, and your contact information (phone / email) in an email responding to the following:

##### Requirements

- Eligible BC First Nations Youth ages 19-30 are eligible to apply.
- Must be either enrolled in high school or have completed Grade 12 or GED.
- Demonstrates volunteer and leadership experience.
- Demonstrates community engagement and involvement.
- Please attach a letter or email from your Chief (or equivalent) or Band Administration or Health Department indicating that your community endorses you to represent your Sub Region and community at the event.
- A letter or email from your Chief (or equivalent) or Band Administration or Health Department indicating that your community's administration will coordinate and pay for all aspects of your travel (e.g., flight, travel to closest airport, hotel etc.) and will provide you with a travel advance as per FNHA expense reimbursement policy. After the event, the community will submit an expense claim to FNHA for reimbursement of your travel costs.
- Availability to travel to Vancouver and attend the 3-day forum (June 4, 5, 6, 2025) daily from 8:30 AM – 5:00 PM.
- Be comfortable with public speaking in front of approximately 700 attendees.
- Experience mentoring youth is an asset.
- Active participation in cultural activities is an asset.

##### Selection Process

- To be accepted, candidates must show they meet the requirements listed above by submitting an email (with attachments) to [Engagement.North@FNHA.ca](mailto:Engagement.North@FNHA.ca) by March 28, 2025.
- One youth from each of the Northern Sub Regions (Northwest, North Central and Northeast) will be selected.
- Complete submissions will be reviewed by Gathering Wisdom XIII event organizers.
- Accepted candidates will be notified no later than April 11, 2025.

Gathering-Wisdom.ca | FNHC.ca



**RECLAIM**





## 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



**Saulteau**  
FIRST NATIONS

### CONTACT INFORMATION

Contact Cheri Koenig:



[ckoenig@saulteau.com](mailto:ckoenig@saulteau.com)



250-788-7275

### Education Contacts

**Manager, Education**  
Audrey Norris  
([anorris@saulteau.com](mailto:anorris@saulteau.com))

**Education Supervisor**  
Cheri Koenig  
([ckoenig@saulteau.com](mailto:ckoenig@saulteau.com))

**Adult Education Teacher**  
Brendon Conrad  
([bconrad@saulteau.com](mailto:bconrad@saulteau.com))

**Muskoti Principal**  
Cody Schlamp  
([cschlamp@saulteau.com](mailto:cschlamp@saulteau.com))

### Muskoti Elementary

Call (250) 788-7361

### Muskoti Learning Centre

Call (250) 788-7368

## 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](mailto: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.



| SUN  | MON                     | TUE | WED                                   | THU  | FRI   | SAT   |
|--|-------------------------|-----|---------------------------------------|--|---|---|
|  |                         |     |                                       |  |   | 1   |
| 2  | 3<br>PHE<br>Gymnastics  | 4   | 5<br>Class Photo<br>PHE<br>Gymnastics | 6<br>Pajama Day                                    | 7   | 8   |
| 9  | 10<br>PHE<br>Gymnastics | 11  | 12<br>PHE<br>Gymnastics               | 13<br>Cooking with<br>Kinders<br>K's make us lunch | 14<br>End of Term 2   | 15  |
| 16   | 17                      | 18  | 19                                    | 20   | 21  | 22  |
| 23   | 24                      | 25  | 26                                    | 27   | 28  | 29  |
| 30   | 31                      |     |                                       |  |  |  |

## March 2025 niski-pîsim Goose Moon

# 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](mailto: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.*





# MARCH 2025

## MUSKOTI LEARNING CENTRE EVENT CALENDAR

| SUN | MON                                       | TUE                                    | WED                     | THU | FRI                       | SAT |
|-----|---|--|-------------------------|-----|---------------------------|-----|
|     |   |  |                         |     |                           | 1   |
| 2   | 3   | 4<br>Culture Day<br>Mini Dream Catcher | 5                       | 6   | 7                         | 8   |
| 9   | 10  | 11                                     | 12<br>Birch Forest Prep | 13  | 14                        | 15  |
| 16  | 17<br>Start of Spring Break<br>MLC Closed | 18                                     | 19                      | 20  | 21                        | 22  |
| 23  | 24<br>MLC Open                            | 25                                     | 26                      | 27  | 28<br>End of Spring Break | 29  |
| 30  | 31  |  |                         |     |                           |     |

### Notes:

MLC will be closed for Spring Break from March 17 - March 28, 2025. MLC will reopen on March 31st.

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](mailto:bconrad@saulteau.com), or check in the classroom - dates & times may vary ☆

## MUSKOTI LEARNING CENTRE

# MARCH ADULT READING CHALLENGE



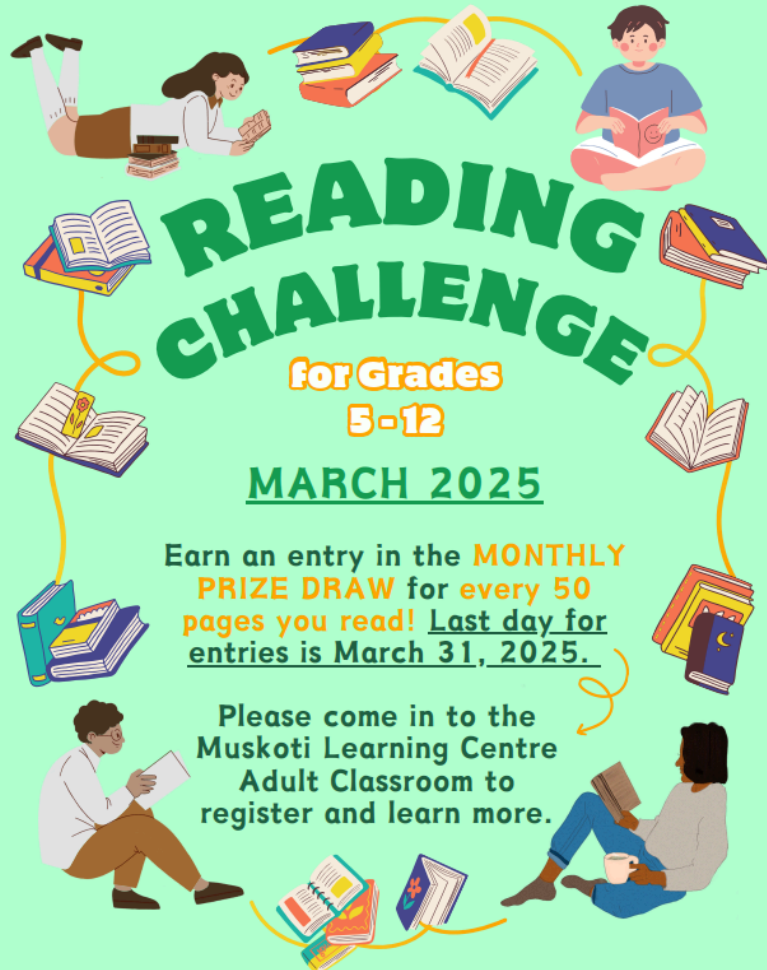
Open to SFN  
members and  
staff

Earn an entry in the Monthly  
Draw for every book you read  
from March 1-31, 2025!

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

☎ 250-788-7368 ✉ [bconrad@saulteau.com](mailto:bconrad@saulteau.com)

## MUSKOTI LEARNING CENTRE



# READING CHALLENGE

for Grades  
5-12

MARCH 2025

Earn an entry in the **MONTHLY  
PRIZE DRAW** for every 50  
pages you read! Last day for  
entries is March 31, 2025.

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

☎ 250-788-7368 ✉ [bconrad@saulteau.com](mailto:bconrad@saulteau.com)



# EMPLOYMENT & TRAINING OPPORTUNITIES



**Employment and Training Department  
is looking for your success story**

**If the department has helped you get where you  
are, please do a write-up.**

**(Safety Tickets, Trades, Schooling, PPE )**

**I will be giving you an honorarium for your photo  
and story.**

**Contact Ginette or Stacy**

**glapierre@saulteau.com or smacmillan@saulteau.com**



*If You*  
**WANT** *It*  
**WORK**  
*For It*

## 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/employnet**

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

## SFN Membership

**What training or workshops would you like to  
see this upcoming year?**

What do you need from our department to succeed in  
your current job, or what do you need for your dream job?



Contact Ginette or Stacy at glapierre@saulteau.com or  
smacmillan@saulteau.com or comment on the posting



*We are*  
**HIRING**

E-mail your resume  
to admin@nnwc.ca

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



# EMPLOYMENT & TRAINING OPPORTUNITIES



## SFN CAREER OPPORTUNITIES

- CLERK, FINANCE- 12 MONTH TERM
- CUSTODIAN - 6 MONTH TERM
- CUSTODIAN-18 MONTH TERM
- 2025-12 TEACHER, PRIMARY
- 2025-17 DIRECTOR (CFO), FINANCE AND ADMINISTRATION
- 2025-02 NURSE, COMMUNITY HEALTH
- 2025-03 LPN, HOME CARE
- 2025-05 RECEPTIONIST, HEALTH CENTRE (CASUAL ON-CALL)
- 2025-07 COUNSELLOR, CLINICAL MENTAL WELLNESS AND SUBSTANCE ABUSE

**APPLY TODAY!**  
**JOBS@SAULTEAU.COM**

## NEW HIRES AT SAULTEAU

- KAYELYN MORSETTE – START DATE FEBRUARY 3, 2025 – YOUTH PROGRAM FACILITATOR
- DREA MACMILLAN- START DATE FEBRUARY 3, 2025 - CASUAL RECEPTIONIST – BAND HALL
- REECE MOSHER - START DATE FEBRUARY 13, 2025 -EARLY CHILDHOOD EDUCATOR
- LEXUS DAVIS ECEA, START DATE FEBRUARY 13, 2025 -EARLY CHILDHOOD EDUCATION ASSISTANT
- ROBERT PILON- START DATE FEBRUARY 18,2025– SEASONAL CARIBOU GUARDIAN
- LUCAS TALVING- START DATE FEBRUARY 18, 2025- SEASONAL CARIBOU GUARDIAN
- STEPHINE PETERKIN- START DATE FEBRUARY 24, 2025 -ECEA, EARLY CHILDHOOD EDUCATION ASSISTANT



## 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

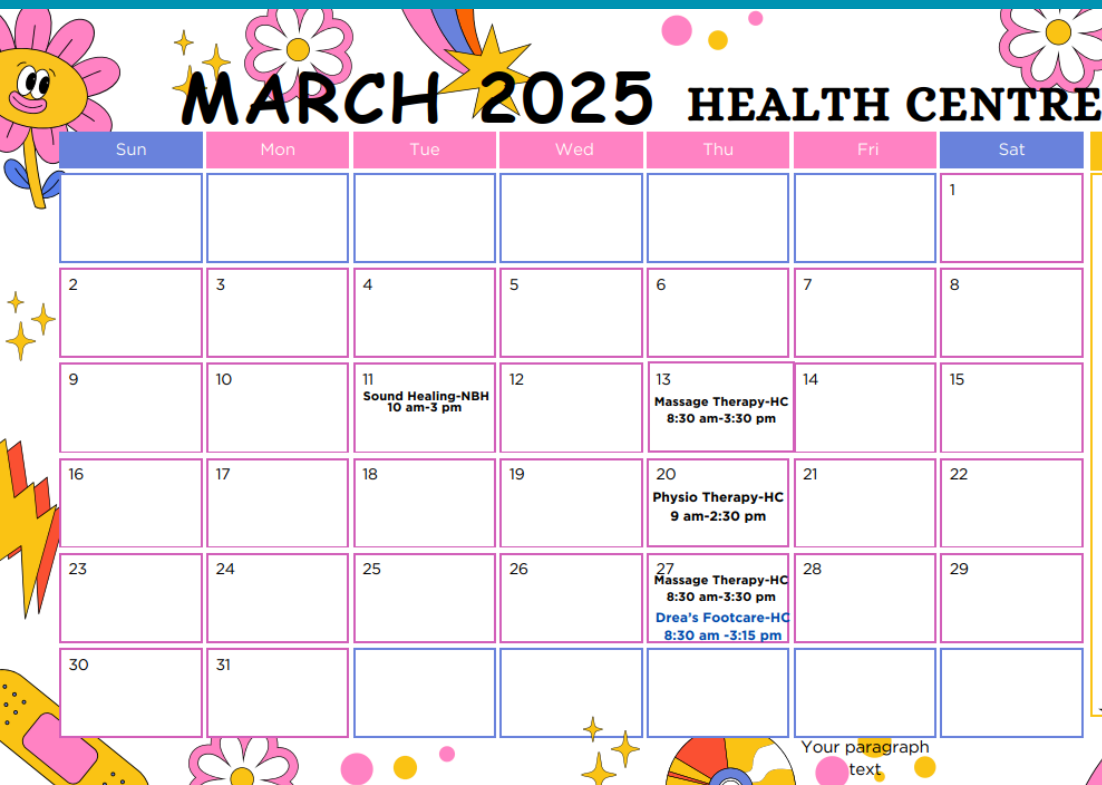
March 10 - 11, 2025



Register by March 1



# HEALTH & FAMILY SERVICES



## 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)



## Women's Group

Please come join me for a women's group making wax sachets.

Time: 4:30- 6:30

When : March 11th 2025

Where: New Beginning House

please contact shay for sign up (250)-874-7441

Snacks & refreshments provided. Activities for ages 18 and up.



# SFN ELDERS Painting Class

with Tammy Watson

TUESDAY FEBRUARY 25, 2025  
SFN ELDERS LOUNGE  
CULTURAL CENTER  
10:00AM - 1:00PM

LUNCH PROVIDED



CONTACT:  
cgauthier@saulteau.com  
(250) 788-7262



JOIN US FOR COMMUNITY ENGAGEMENT!

## BOOKMARK MAKING

MARCH 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



You Are Invited To

## YOUTH GIRLS GROUP

cookie baking/muffin  
baking class

AT NEW BEGINNING HOUSE

AT 3:30 - 6:30

7 MARCH 2025

PLEASE SIGN UP WITH SHAY - 250 - 874-7441

Snacks & refreshments provided for ages 9  
and up. Those under 9 need to be  
accompanied by an adult.

## co-ed youth group

INDIAN TACO  
MAKING

FRIDAY MARCH 14 2025 AT 3:30-6:30

NEW BEGINNING HOUSE

please sign up with shay @ (250)- 874-7441

For ages 9 and up, those under 9 must be  
accompanied by a parent

welcome  
Spring



# KIDS SPRING *Camp*

Join Us for a Spring of Fun and Adventure!



**MARCH 17-20TH/24TH-27TH  
2025**

where: New Beginnings House/ Time 7:30-4:30

**ADVENTURES**

**SPORTS**

**ARTS & CRAFTS**

.....  
please contact us for sign up [sgarbitt@saulteau.com](mailto:sgarbitt@saulteau.com) or Lovely - [lesteban@saulteau.com](mailto:lesteban@saulteau.com)

Limited spots available. Food & refreshments provided for ages 6-12. Sign-up sheets need to be filled out before spring break camp starts. Forms are available at New Beginnings House.

# Healthy Relationships

LEARN TO BUILD STRONGER, SAFER,  
and MORE FULFILLING RELATIONSHIPS

A trauma-informed, skills-based workshop designed to help you navigate relationships with confidence and clarity.



Session 1 March 7th 6pm-8pm

Foundations of Healthy Relationships & Communication Styles



Session 2 April 24th 6pm-8pm

Red Flags and Types of Violence & Boundaries and Consent



Session 3 May 2nd 6pm-8pm

Conflict Resolution & Building Trust

## What to Expect:

- Engaging discussions and hands-on exercises
- Tools to improve communication and set boundaries
- A supportive, inclusive environment



Please  
Register:  
401-7085

Room #108 NLC Chetwynd Campus

INCENTIVES FOR THOSE WHO  
COMPLETE ALL THREE SESSIONS



## Women in Recovery GROUP

### Supporting & Empowering Woman in Recovery

This is an ongoing, in person group open to all woman seeking connection and peer support

Saturday February 22, 2025

Saturday March 15th & 29th

Saturday April 12th & 26th

Chetwynd Public Library 3:00PM - 4:00PM

### CHILD CARE IS AVAILABLE

For more information please contact  
2504017085



**Saulteau**  
FIRST NATIONS

# MENTAL HEALTH FIRST AID COURSE

**MARCH 04, 2025  
8-30 AM-4:30 PM  
NEW BEGINNINGS HOUSE  
\*\*LUNCH PROVIDED\*\***

**FACILITATE BY: SARAH DAY**

**DON'T MISS THIS OPPORTUNITY TO  
LEARN FROM HER EXPERTISE!**

**TO REGISTER, PLEASE CONTACT:  
LESTEBAN@SAULTEAU.COM  
250-219-1279**



# Mothers & Daughters Equine Therapy with Peace Equine Connection

Discover the transformative power of horses with our Equine Assisted Learning program for Mothers! 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.

*Mothers & Daughters  
Weekend*

*Limited Spaces*

**May 9th - 11th**

**Includes 4 sessions with 4 foundational riding lessons**

- Friday - Session 1
- Saturday - Session 2 & Session 3
- Sunday - Session 4



*Register with Bonnie at*

peaceequineconnection@gmail.com

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



**Saulteau**  
FIRST NATIONS

JOIN US FOR COMMUNITY ENGAGEMENT

# How to make French Bread

MARCH 10, 2025  
09:00-11:30AM

NEW BEGINNINGS HOUSE  
ADULTS AND SENIORS ARE WELCOME  
LIMITED SPOTS ONLY!  
SNACK & REFRESHMENTS PROVIDED



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



# 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.

## Monday Saturday

Youth

Ages 8-18

Monday 5-8pm

- February 24th
- March 3rd
- March 10th
- March 17th
- March 24th
- March 31st
- April 7th

Adult

Ages 19+

Saturday 5-8pm

- March 1st
- March 8th
- March 15th
- March 22nd
- March 29th
- April 5th
- April 12th

Ride assistance available

on Mondays

Register with Bonnie at

[peaceequineconnection@gmail.com](mailto:peaceequineconnection@gmail.com)

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



**Saulteau**  
FIRST NATIONS

# Family Equine Therapy

with Peace Equine Connection

Discover the transformative power of horses with our Equine Assisted Learning program for families! 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.

## Family Weekend

Limited Spaces

May 2nd - 4th

Includes 4 sessions with 4 foundational riding lessons

- Friday - Session 1
- Saturday - Session 2 & Session 3
- Sunday - Session 4



Register with Bonnie at

[peaceequineconnection@gmail.com](mailto:peaceequineconnection@gmail.com)

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



**Saulteau**  
FIRST NATIONS





## 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](mailto:mdoyle@saulteau.com) or  
[bwalker@saulteau.com](mailto:bwalker@saulteau.com)

### Lands Department Staff

**Lands Manager** – Mary Doyle  
([mdoyle@saulteau.com](mailto:mdoyle@saulteau.com))

**Lands Use Planner** – Jenine Campbell-Cove  
([jcampbell-cove@saulteau.com](mailto:jcampbell-cove@saulteau.com))

**Lands Officer** – Brooke Walker  
([bwalker@saulteau.com](mailto:bwalker@saulteau.com))

**Lands Executive Assistant** – Crystal Lalonde  
([clalonde@saulteau.com](mailto:clalonde@saulteau.com))

### How to Stay Informed About Lands

Follow us on facebook!

[www.facebook.com/groups/sfnlands/](https://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](http://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](mailto:communications@saulteau.com)



Tansi (Hello),

Spring is in the air and with that, we wanted to share some of our exciting projects underway for the upcoming season.

**Have you heard we are working on the development of walking paths on reserve?**

As we push through the revisions and drafting phase, working collaboratively with Urban Systems, we continue to refine details to ensure the plan meets and aligns with our communities’ strategic objectives.

Our focus is on through evaluation, incorporating valuable input, and making necessary adjustments before presenting the final version to leadership for review and approval.

Our goal is to ensure that the Active Trails Network Plan accommodates our membership needs and safety. With new funding initiatives being presented, we have the opportunity to submit a funding proposal and will diligently be doing so to have the project fully funded. Please stay tuned for the update about approval.

In addition to the Active Transportation Plan, the Wastewater Project with Capital and Infrastructure, has also incorporated the development of graveled walking paths along the newly developed roadways within Phase 1 & 2 of the Lakeview Subdivisions. This is exciting news for our community, and we look forward to its development.

**Update on Sacred Sites Signage and Trail Development**

Working in collaboration with GIS & Land Guardians, the development of signs for our various sacred sites and trails will be sent off for printing prior to our March 31<sup>st</sup> deadline. The signs will later be erected at various headways of hiking trails, pathways, wagon road, pack trail, horse trails & river access during prime seasons for hatchlings, spawning, etc.

Erection of the signs will be done later in the spring (May/June) with the creation of a GPS trails map & GIS overlay for future additions in planning.

**Did you hear that we have applied for BC Hydro Regreening Program to beautify the Industrial Park?**

We are hoping for a successful response to a small grant applied for the Planting of trees in the Industrial Park. We want to add beauty to the landscape by planting Blue Spruce, Cedar and Blue Juniper trees along the berm that runs parallel to the highway.





Did you hear that we completed the Environmental Farm Plan (EFP) Renewal?

Working in collaboration with ASKI & TREP we were able to complete the 5-year renewal of EFP. The renewal of this plan will enable the Nation to apply for funding opportunities available with Investment Agriculture Foundation (IAF) in the future, as well as assist in the development of future agricultural initiatives desired by the Nation. As the Community Strategic Planning Sessions develop and a clear direction is provided to the Administration, we will be able to move forward in further planning these initiatives with membership. (IE: Food Security)

Results of the 2024 SFN Agricultural Land – Noxious Weed Management

Report Credit: ASKI Reclamation LP

ASKI was contracted in 2024 by the Nation to perform a spring noxious weeds and invasive species assessment and subsequent noxious and invasive plant management (herbicide application and removal of plant material) within reserve lands. In 2023, Aski was contracted to perform similar surveys, and coordinate herbicide treatment and hand removal of both noxious and invasive species with a primary focus on burdock. Herbicide treatment was conducted using Grazon XC and/or Glyphosate, and manual hand pulling. These were found to be successful in controlling the population density of burdock, Canada thistle, and scentless chamomile. The 2024 survey primarily focused on the presence of burdock (and the effectiveness of the 2023 chemical and manual removal) within the Project Area (PA) but included other species as they were found. In 2024, the PA included roadsides along Vermunt road and the northeastern agricultural fields, the central hay pastures, community pasture and barn yard and Pemmican Road east to Boucher Lake Road. Surveys were conducted from May 27–29, 2024, and spraying occurred June 13 and 16, 2024.

**REGULATORY REQUIREMENTS** The survey conducted for noxious and invasive plants within the PA focused on the priority species list under the BC Weed Control Act 1996 (GBC 2024) that requires certain introduced plant species be eradicated or controlled by landowners. Species classified as “Noxious” must be controlled and prevented from further spread

**METHOD:** Site assessments occurred from May 27-29, 2024, and focused on evaluating the presence, density, and distribution of noxious and invasive plant species. A search for noxious weeds and invasive species was completed by a senior vegetation specialist and a junior restoration ecologist from Aski. Each area was traversed on foot using the meandering survey technique and was informed by prior knowledge of the infestation and guidance from Duane Cameron of SFN.

TREATMENT

A combination of herbicide application and manual hand pulling was utilized in 2024. Common burdock is a biennial, forming a basal rosette in its first year of growth and seed in the second year of growth. Herbicide applications were utilized to target first year growth and pre-flower second year growth, as application post-flowering is not effective in disrupting the growth cycle. Vision Max (Glyphosate; 27736) was applied at a rate of 5.25 l/ha and Grazon [2,4-D; 27634) was applied at a rate of 4.67 l/ha as per the spray records provided by the spray applicators Spectrum Resources. Within the PA there were two exclusion zones where herbicide could not be applied: one private property as requested by the landowner, and any streams, watercourses or wetlands including a 2 m buffer surrounding the features as per section 74(1) of the BC Integrated Pest Management Act. Second year growth post flowering, and all growth within the herbicide exclusion zones, was removed manually. Shovels were used to remove tap roots, while above ground growth was removed via hand pruners. All manually removed growth was placed in clear bags and properly disposed of at the Chetwynd Landfill.

Moving Forward – Recommendations

Burdock was found within the dry creek bed between the horse pasture and hay fields, posing a large threat for spread if not managed. Spot treatment using herbicides (Grazon and Glyphosate) in areas of high infestation, and mechanical control via hand pulling in areas with low sporadic infestations and in

sensitive areas (e.g. riparian areas within the dripline, areas requested by landowners for mechanical control, active farmyard areas, other areas as identified by SFN) is recommended. Deadheading of burdock can occur after 24 hrs of chemical treatment, however, if there will be removal of plant material involving root systems, Spectrum will advise when it is safe to do so, as chemicals will translocate to root systems after application. Noxious weeds and invasive species that are hand pulled will be either burned in barrels or hauled to the landfill for disposal.

Thank you for being part of the Community Strategic Planning Process!!!

As you know, strategic planning is an important process to define our nations long-term direction, identify long-range planning goals and guide us in our decision-making processes moving forward, so thank you for being a part of this.

Through the Strategic Planning process, the information gathered will be utilized to develop the Lands Department 5-20 yr. workplan.

The Lands Department will be utilizing the Land Use Plan-Implementing Funding available via Land Advisory Board Resource Centre (LABRC). The \$175,000 will outline activities, timelines and budgets associated with each project. Development of this project will commence April 2025, upon compilation of data received from the Strategic Planning sessions. We will be working collaboratively with Capital, Infrastructure, Asset Management, Housing, OH&S & Programs and Services to ensure efficiency.

SAVE THE DATE!  
Upcoming Community Engagement – Land Code

The Nation is pleased to announce the Upcoming Engagement session to be held Thursday, April 3, 2025.

Please save the date for this informative session on Land Code. Come see what all the hype is about in understanding what Land Code is all about, the 44 changes from the Indian Act that our nation would administer, how those changes would affect the nation, the types of concerns that our membership may have, etc. This is your opportunity to ask your questions and have input into the process.

A zoom link will be sent out to membership just prior to the engagement session. But please, join us for afternoon meet and greets with Land Advisory Board Chair & Chief Austin Bear, of Muskoday First Nation & Land Code Governance Director, Andrew Beynon. Andrew has over thirty-five years experience working on First Nation lands and self-government. He has worked on land development, environmental protection, environmental assessments, additions to reserve and treaty land entitlement, economic development, specific claims, federal-provincial agreements, optional self-government legislation, taxation, infrastructure projects, reform of federal funding agreements, & drafting laws with First Nations.

Andrew was Canada’s lead lawyer on the Nisga’a treaty and has considerable experience with negotiations as well as drafting and has appeared on numerous occasions before Parliamentary Committees. Andrew is one of the authors of “Modern First Nations Legislation Annotated”, a legal publication which includes a chapter dealing with the Framework Agreement and the federal legislation which ratifies the Framework Agreement.

Tentative Agenda is as follows:

- |           |  |
|-----------|--|
| 2:30-3:30 | World Café<br>Join us for snacks and refreshments prior to our Meet and Greet sessions |
| 3:30-4:30 | Elders Meet and Greet – (Cultural Centre Elders Lounge) – w/Austin Bear                |
| 3:30-4:30 | Technical Meet and Greet – (Cultural Centre Training Room) – w/ Andrew Beynon          |

4:45-5:00 Welcome & Opening Remarks  
5:00-5:30 Opening Prayer/Catered Dinner  
5:30-8:00 Panel & Q&A  
(Panel Speakers Andrew, Beynon, Austin Bear, Stewart Cameron, Shona Nelson (DRFN)

Please keep your eye out for the upcoming Poster, Meeting Link, and questionnaire prior to meeting date. The questionnaire will help us compile a list of pre-liminary questions from membership to help guide our discussions and ensure memberships concerns and questions are being addressed.

But please, if you can arrange to attend in person, please do so! We would love to see and hear from you!

**Land Code Committee**

Thank you to our Land Code Committee members for your ongoing support and dedication into this process:

Stewart Cameron, Henriette Laundry, Bea Gauthier, Josh Foerderer, Gil Davis, Michelle Calliou, Stella Gauthier, Nicole Hetu, Donovan Cameron, Maya Aird, Amy Ann Gauthier, Phyliss Gauthier, , Naomi Owens, Jenine Campbell-Cove, Brooke Walker, Nathan Paquette, and Newest member Ashley Gottfriedson.

You all have so much knowledge and great ideas 😊 We appreciate you!

**The next Land Code Committee Meeting is on March 19, 2025 - 5-7pm @ the C & C building Or join virtually online**

**Land Code Webpage-** The webpage is nearing its final completion. We will send out notification upon finalization.



Aski  
Reclamation

# WE ARE HIRING!

Join our team

Don't miss it!

## Project Manager

Full time, Hybrid

We are looking for a candidate who can work independently and is capable of leading projects from kick off to completion. The successful candidate will be responsible for coordinating and executing projects for Aski and their clients in a manner that demonstrates excellence.

Submit your CV and Resume at:



jobs@askilp.ca

Full job description at :

[www.askilp.ca/opportunites/](http://www.askilp.ca/opportunites/)





## Staff Announcement:

### WELCOME BACK!

WILLOW DAVIS

**BANDHALL  
RECEPTIONIST**

Hi my name is Willow and I graduated high school and have been working as a receptionist for seven years, with some breaks due to family reasons. I am a proud member of the community and the granddaughter of Madeline Davis. My father, Melvin Davis, is a drummer who sings for the community.

I have a one-year-old daughter who is a bundle of joy, as well as four stepchildren with my partner Desmond Lambert. As I return to work, I'm looking forward to having a structured schedule, reconnecting with familiar faces, and continuing to grow my work ethic. While I'm still on the fence about returning long-term, I'm excited to see where this journey takes me. Motherhood has definitely helped me grow, and I'm hoping for a great year ahead!



### Contact info

reception@saulteau.com  
(250) 788-3955



### Member Services Staff

**Manager** – Tonia Richter  
(trichter@saulteau.com)

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

**Band Social Development Worker** –  
VACANT

### 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!!**

| 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.**

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!)



# Cold Plunge

with the Saulteau Mental Wellness Team

## Every Saturday in March!

### Meet at 11:00am at the Moberly Lake Bridge

**Benefits of Cold Therapy include:**

- Enhancements to mood through increased dopamine production increasing feelings of alertness and happiness
- Easing of depression and anxiety symptoms and improvements to mental health generally
- Improvements to blood circulation

In the spirit of the New Year and embracing healthier lifestyle choices, the SFN Mental Wellness team would like invite you to take the plunge with us at the Moberly Lake Bridge on a biweekly basis! Supporters are welcome to attend as well.

For more information and to register please contact us:  
Randie Testawich @ 250-874-9737, [rtestawich@saulteau.com](mailto:rtestawich@saulteau.com)

Participants should consult a physician about any health issues prior to plunging, particularly if you suffer from heart or blood circulation issues. Participants are required to sign a release of liability form.





**WEATHER STATION IS  
TEMPORARILY OUT OF  
SERVICE**

## **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)

## **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](http://www.gov.bc.ca/invasive-species)

We Are  
**HIRING!**

## **CARIBOU GUARDIANS X2**

CONTACT JEASTMAN@SAULTEAU.COM FOR MORE  
INFO OR APPLY NOW AT  
[SAULTEAU.COM/EMPLOYMENT](http://SAULTEAU.COM/EMPLOYMENT)

# Traditional Use Study Area

**Community Call for  
Interview  
Participants!**



### Project Information:



If you are interested in providing any Indigenous Knowledge & Use information or stories, please book an interview for this project, please contact **Fernie May Garbitt** at the Treaty Rights & Environmental Protection:

250-788-7289, [fgarbitt@saulteau.com](mailto:fgarbitt@saulteau.com)

### What Will be Happening:

We will be doing an Indigenous Knowledge and Use Study (IKUS) and conducting interviews with knowledge holders or active land users.

**Interview Dates:**

March 31 - April 3, 2025  
4 days of site visits in May, T

**Interview Location:**

The New SFN Cultural Centre

## What Will the Interviews be For:

Westcoast Energy Inc. – Sunrise  
Expansion Project

## Details About the Interviews:

10 SFN members will be interviewed using Google Earth (approximately 2 hours each) Honorarium, snacks & refreshments will be provided.

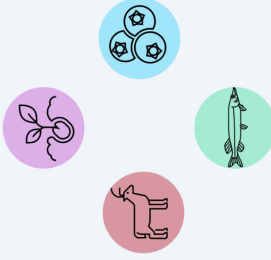




# Kihcinahowin kîspin piscipowin astîk kimîcowinân

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](mailto:elyse.caronbeaudoin@utoronto.ca))

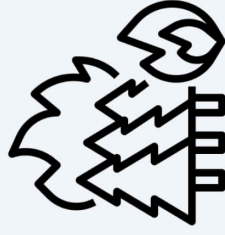
Julian Napoleon, Researcher  
([jnapoleon@protonmail.com](mailto:jnapoleon@protonmail.com)) / (250-788-5430)

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.

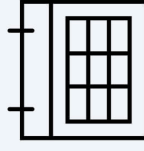


**Focus group meeting**

**When: May 28<sup>th</sup> 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](mailto:salexander@saulteau.com))**



Questions or comments?

Feel free to contact:

Elyse Caron-Beaudoin, Researcher  
([elyse.caronbeaudoin@utoronto.ca](mailto:elyse.caronbeaudoin@utoronto.ca))

Partners



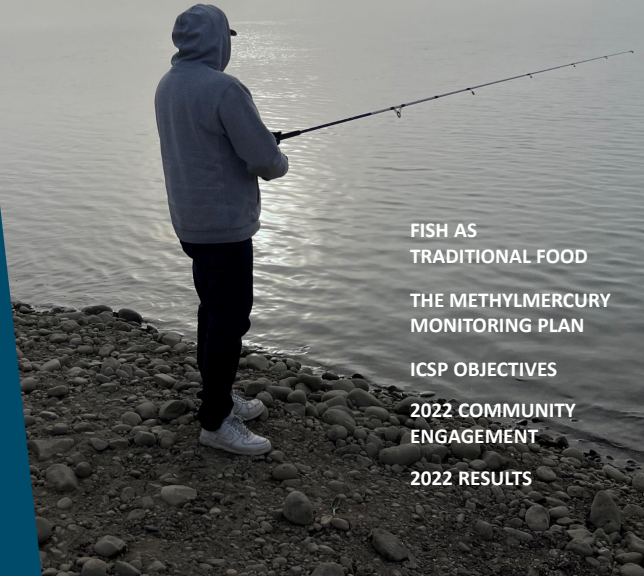
FROM BENCH  
TO COMMUNITIES  
LAB  
ELYSE CARON-BEAUDOIN

Michael Smith  
Health  
Research BC

ICSP

# Indigenous Community Sampling Program

Site C Methylmercury Monitoring Plan (MMP)



FISH AS  
TRADITIONAL FOOD

THE METHYL MERCURY  
MONITORING PLAN

ICSP OBJECTIVES

2022 COMMUNITY  
ENGAGEMENT

2022 RESULTS

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ICSP | Annual Report | 2022

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Species  
specific  
results

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Fish is Good for You

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Fish Methylmercury in  
Natural Habitats

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Methylmercury

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The Methylmercury  
Monitoring Plan (MMP)

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The Indigenous Community  
Sampling Program (ICSP)

ICSP 2022 Samples

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ICSP 2022 Results

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ICSP Fish Species Specific  
Results

17

PAGE



11

ICSP  
Training

## ICSP

Indigenous Community  
Sampling Program



# FISH IS GOOD FOR YOU

## HEALTH BENEFITS OF EATING FISH

Eating fish can provide numerous health benefits due to fish's rich nutritional profile.

- Studies have shown that traditional diets are healthier than non-traditional diets.
- Compared to other types of meat, fish have higher levels of good fats (omega-3 fats) and lower levels of bad fats (saturated fats).
- Fish are high in beneficial vitamins and minerals, like vitamin D and the essential elements selenium, and iron.
- Replacing store-bought processed foods with fish can help achieve a more balanced diet.

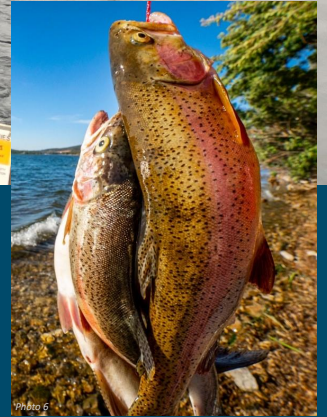
Photo 2 by Deborah Prince



## FISH AS TRADITIONAL FOOD

In 2009 the First Nations Food, Nutrition and Environment Study concluded work in BC with the following findings:

- Fish is a culturally, spiritually, economically, and nutritionally important traditional food for many Indigenous Peoples in Canada.
- About half of Indigenous people in Canada face food insecurity.
- The current diet of many Indigenous people in Canada is nutritionally inadequate.
- Increased access to fish that is safe to eat can help address these issues.



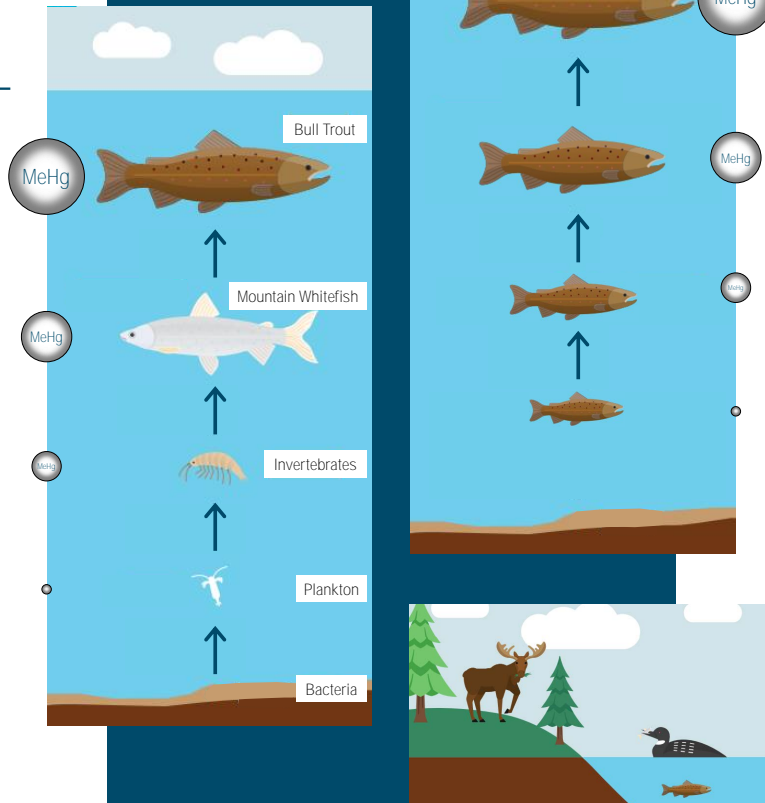
# FISH METHYLMERCURY in NATURAL HABITATS

Mercury is a naturally occurring element that is found in low levels everywhere – in air, water, soil, plants, animals, and humans.

## BIOMAGNIFICATION UP THE FOOD CHAIN

Bacteria in the bottom of lakes and rivers transform naturally occurring mercury into methylmercury (MeHg; see figure).

Methylmercury levels naturally increase up the food chain. Predatory fish have higher levels of methylmercury than fish lower down the food chain. That's why Lake Trout, Bull Trout and Walleye have more methylmercury than Kokanee, Mountain Whitefish or Rainbow Trout.



## BIOACCUMULATION IN OLDER FISH

Larger, older fish of all species accumulate higher concentrations of methylmercury in their tissue compared to younger smaller fish (MeHg; see figure).



## METHYLMERCURY IN ANIMALS

The amount of methylmercury in an animal depends on the amount and type of fish it eats. Non-fish-eating animals like moose have low levels, while fish-eating wildlife like loons can have higher methylmercury levels.

Humans consume small amounts of methylmercury when we eat fish.

For more information, scan below.



SCAN ME



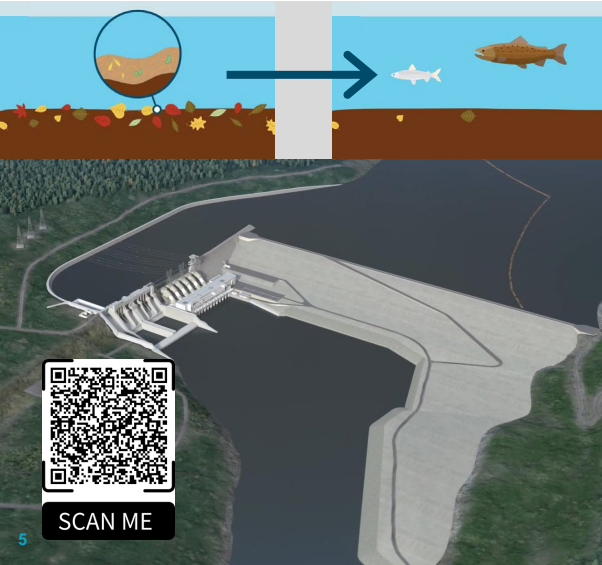
# SITE C and changes in FISH METHYL MERCURY

## RESERVOIR EFFECT

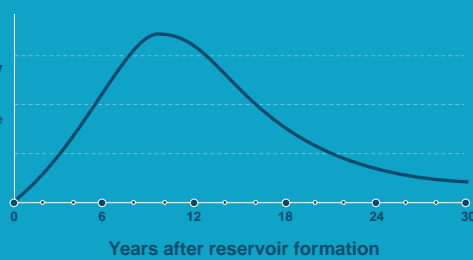
Currently, Peace River fish have low methylmercury levels, similar to other B.C. water bodies.

The creation of the Site C reservoir will lead to an initial increase in methylmercury as bacteria decompose organic material, converting inorganic mercury to methylmercury.

Over the years, as organic matter diminishes, methylmercury production will slow, causing levels to drop across the food chain.



Methylmercury in fish tissue (relative to baseline conditions)



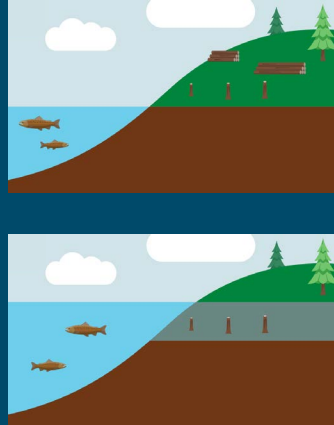
## MONITORING

To verify the predicted affects that the Site C project will have on fish methylmercury levels, BC Hydro is working with Indigenous groups, communities and health authorities to implement a Methylmercury Monitoring Plan (MMP).

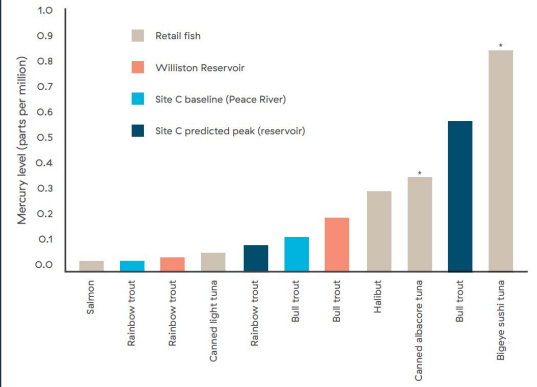
## METHYL MERCURY INCREASES

When the Site C reservoir is created, levels of methylmercury in fish will increase for approximately 10 years. Tissue methylmercury concentrations of fish in the reservoir are predicted to increase by 3-4 times current levels, while concentrations in downstream fish are only expected to peak at 2x baseline (downstream of Many Islands, AB no increases are expected). This is followed by a decrease over the next 20-30 years to levels that are similar to natural lakes and rivers in the area.

The bar chart below compares baseline methylmercury concentrations to predicted peak concentrations, as well as concentrations in the Williston Reservoir and common retail fish.



Comparison of methylmercury concentrations in fish



\*Refer to Health Canada for consumption guidelines for canned albacore tuna and fresh tuna: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish-questions-answers.html#ca2>

# THE MMP

## Methylmercury Monitoring Plan

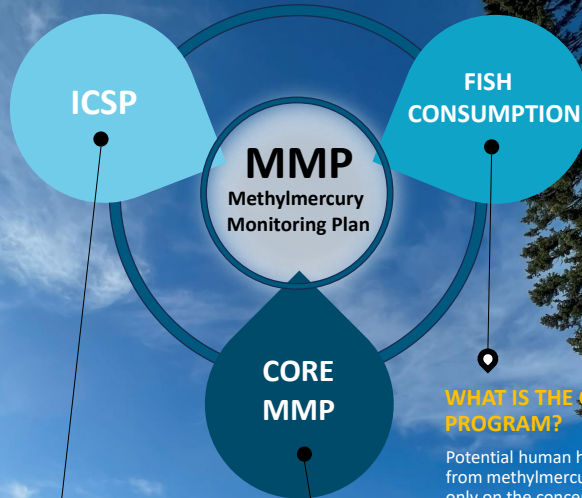
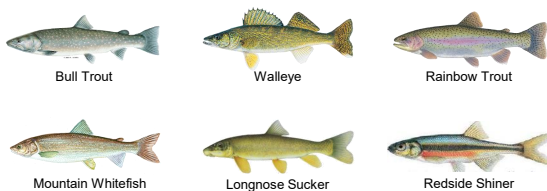
## WHAT IS THE MMP?

The Methylmercury Monitoring Plan (MMP) was developed to measure changes to levels of methylmercury in fish after the creation of the Site C Reservoir and provide information on how much fish is safe for people to eat.

The three components (figure right): the Core MMP, the Fish Consumption Program, and the Indigenous Community Sampling Program (ICSP).

The Core MMP targets six species of fish (see below) for mercury analysis, using non-lethal sampling.

## TARGET FISH FOR THE CORE MMP:



## WHAT IS THE ICSP?

The ICSP is an Indigenous community methylmercury monitoring program targeting fish commonly consumed by people, but distinct from the sampling locations and species covered under the Core MMP.

## WHAT IS THE CORE MMP?

It is the primary MMP sampling program, monitoring methylmercury in fish in the Peace River at the site of the future Site C reservoir and downstream to Many Islands, AB. The program also monitors mercury in water, sediment, porewater, and bugs.

## WHAT IS THE CONSUMPTION PROGRAM?

Potential human health risks from methylmercury depend not only on the concentration in fish, but also the amount of fish that people eat. This program aims to quantify fish consumption and establish guidance for how much fish is safe to eat.



SCAN ME



# THE ICSP

## Indigenous Community Sampling Program

An Indigenous community methylmercury monitoring program that samples fish people eat, but is distinct from the sampling locations and species covered under the Core MMP.

### ICSP OBJECTIVES

There are three main objectives of the ICSP Program:

- Test the levels of methylmercury in fish that people eat, but which are not monitored in the Core MMP.
- Provide opportunities for Indigenous communities to participate in monitoring changes to the environment from the Site C Project.
- Improve food security and food sovereignty for Indigenous communities by building skills and knowledge related to methylmercury in fish.



Photo 11 by Samson Jones



Photo 12 by Ben Jackson

**COMMUNITY CHAMPIONS** are trained to collect fish tissue samples and are the link between BC Hydro and Indigenous communities.

Photo 13 by Brendan Bushy

# THE ICSP

## Indigenous Community Sampling Program

### 2022 COMMUNITY ENGAGEMENT

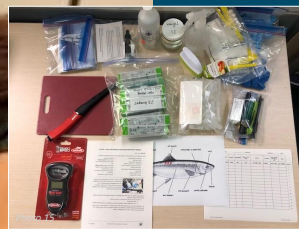
In 2022, the ICSP was fully implemented, providing baseline data on fish methylmercury levels before reservoir filling.

Three training events were conducted at Northern Lights College on May 26, June 9, and October 13, 2022. The sessions covered methylmercury in reservoirs, an MMP overview, and hands-on training in fish tissue sampling.



### CHAMPIONS TRAINED IN 2022

- 4 Blueberry River First Nation
- 2 Dene Tha' First Nation
- 4 Doig River First Nation
- 2 Duncan's First Nation
- 2 Fort Nelson First Nation
- 3 Halfway River
- 2 Horse Lake First Nation
- 4 Kelly Lake Cree Nation
- 4 McLeod Lake Indian Band
- 1 Metis Nation of BC
- 1 Prophet River First Nation
- 1 Saulteau First Nation
- 1 West Moberly First Nation



Each Community Champion received a "Fish Kit" for sampling.

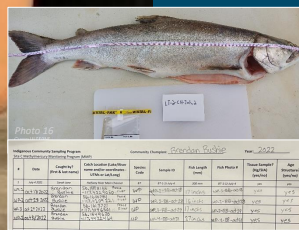
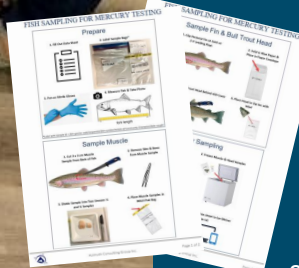


Photo 16

Trained Community Champions sampled fish throughout summer, reporting data and submitting tissue samples for mercury analysis.



In 2022 and 2023, Azimuth created a "Quick Start Guide" and an online training video as reference guides. A Peace River Fish ID Key is also available.



Photo 17

Photo 14

Online Training Video



SCAN ME

Fish ID Guide

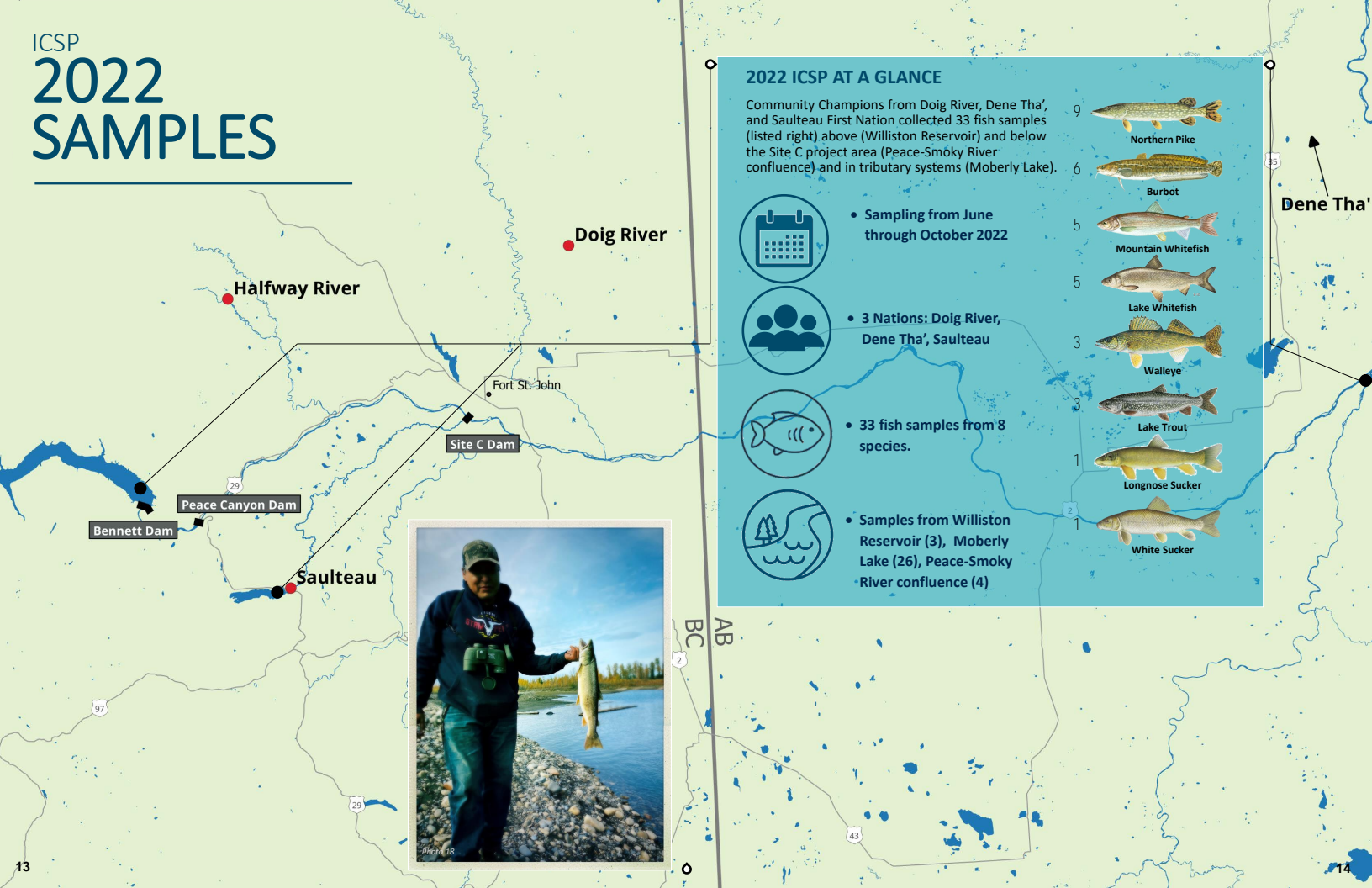


SCAN ME



ICSP

# 2022 SAMPLES



ICSP

# 2022 RESULTS

DATA ANALYSIS

When the ICSP fish methylmercury data were analyzed, the following variables were included:

- Mercury – total mercury concentrations in fish tissues.\*
- Fork Length – fish length (nose to tail fork) was used as an indicator of fish size and age.

In the following pages, mercury data are presented for each species sampled in the ICSP program from 2022 and 2021 compared to results from the Core program. Note that the graphs all use the same scale to help visualize mercury content across species.

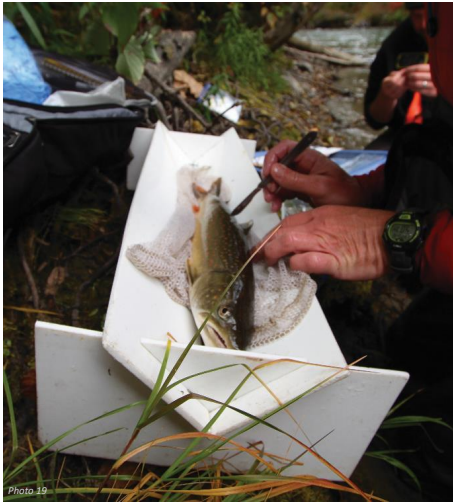


Photo 19













Photo 20

FISH MERCURY CONCENTRATIONS

Average mercury concentrations in muscle tissue for key fish species collected in the Core MMP (2017-2022) and ICSP (2021-2022) programs are summarized below in descending order. Bug-eating species such as Rainbow Trout and Mountain Whitefish tend to have lower mercury levels, while fish-eating species higher in the food web, such as Walleye, Burbot, and Northern Pike, have higher mercury concentrations.

These results are meant to provide a rough idea of the amount of mercury in these fish. Actual mercury concentrations will vary from place to place and over time, particularly once the reservoir is created. See the annual MMP reports for specific concentrations for targeted locations and species.

| Fish Species       |   | Mercury (mg/kg ww) |
|--------------------|---|--------------------|
| Walleye            |  | 0.27               |
| Burbot             |  | 0.17               |
| Northern Pike      |  | 0.16               |
| Lake Trout         |  | 0.15               |
| Bull Trout         |  | 0.13               |
| Lake Whitefish     |  | 0.12               |
| White Sucker       |  | 0.10               |
| Longnose Sucker    |  | 0.08               |
| Mountain Whitefish |  | 0.05               |
| Rainbow Trout      |  | 0.03               |

\*Note that it is assumed that all mercury in fish tissues is present as methylmercury.

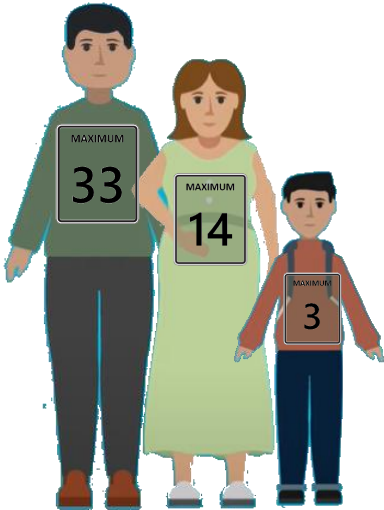


# How Much Fish Can I Eat?

## Health Canada guidance on safe levels of exposure

Methylmercury occurs naturally in fish and people are exposed to small amounts of methylmercury when they eat fish. People can safely tolerate exposure to some methylmercury, but exposure to too much methylmercury can be harmful to the brain and nerves. Health Canada provides guidance on how much methylmercury people can be exposed to without risk of harm. These amounts vary, depending on a person's age and if they are, or could be pregnant.

Health Canada's guidance on methylmercury exposure are like speed limits – people won't necessarily be harmed if they exceed them, but it is best to keep exposure below them.



## This brochure provides information on how much fish a person can safely eat

Information on the amount of methylmercury in fish was used to calculate how many servings of fish people can eat every month without going over Health Canada's safe levels of exposure for methylmercury. An example for Northern Pike is shown below.

Guidance is provided for different lengths of fish, measured in millimeters or inches

Guidance is provided for children less than 12 years old (C), people who are or could be pregnant (P), and others (O)

| Northern Pike          |                        | C  | P  | O   |
|------------------------|------------------------|----|----|-----|
| Size <sup>mm</sup>  in | Mercury <sup>ppm</sup> |    |    |     |
| 400 16                 | 0.06                   | 24 | 43 | 101 |
| 550 22                 | 0.12                   | 12 | 21 | 50  |
| 700 28                 | 0.22                   | 6  | 11 | 27  |

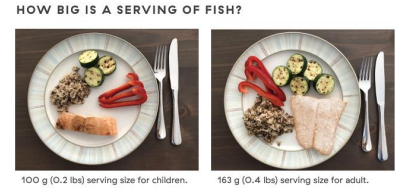
Safe to Eat

- Once Every Day
- Once Every Other Day
- Twice a Week
- Once a Week
- Twice a Month
- Once a Month

The number of servings of fish a person can safely eat every month.

The squares are coloured according to the legend to the left.

People who regularly eat more than one type of fish should see the detailed guidance in Figure 6-1 in the MMP report



# Walleye

## OVERVIEW

- Walleye, a top predator in the Peace River, primarily eats other fish. It's high position in the food chain means that Walleye have higher levels of mercury. They are predominately found downstream of the Site C Dam.
- In 2022, there were three Walleye caught at the Peace-Smoky River confluence (lower plot; blue points) with lengths comparable to fish captured in the Core MMP (grey points).

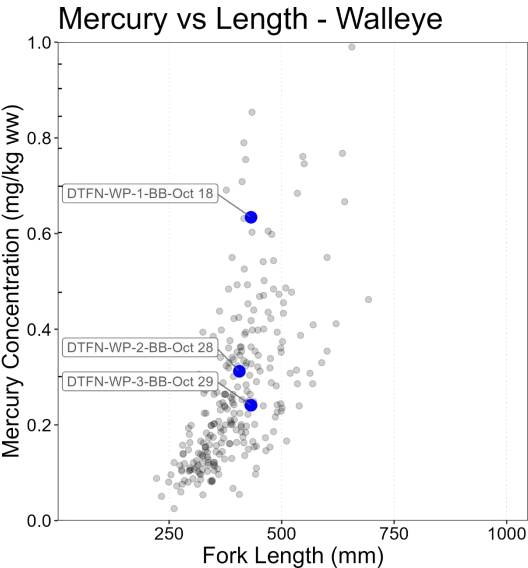


Photo 21

## FISH MERCURY RESULTS

- Results show a positive relationship between mercury concentration and fish length, meaning larger/older fish have higher concentrations than smaller/younger fish.
- 2022 ICSP results are consistent with the Core MMP data.

## FISH CONSUMPTION GUIDANCE

- Walleye (up to 20") can fall into serving categories of just twice a month for children
- For Walleye (up to 20") caught in the Peace River between Dinosaur Reservoir and Many Islands, follow consumption guidance based on the Core MMP (table below):

| Walleye                |                        |   |    |    |
|------------------------|------------------------|---|----|----|
| Size <sup>mm</sup>  in | Mercury <sup>ppm</sup> | C | P  | O  |
| 300 12                 | 0.15                   | 9 | 17 | 40 |
| 400 16                 | 0.28                   | 5 | 9  | 21 |
| 500 20                 | 0.47                   | 3 | 5  | 13 |

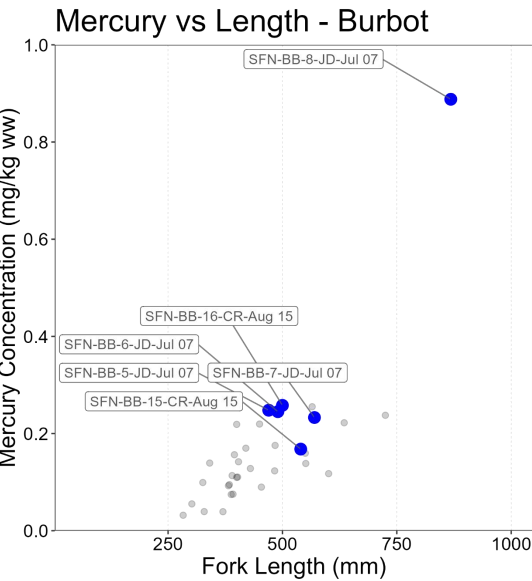
Mercury estimates from the CORE MMP in the Peace River; see 2022 Annual Report (Appendix F) for details.



# Burbot

## OVERVIEW

- Burbot are bottom dwellers, more common in the lower reaches of the Peace study area. They are long-lived and eat other fish, meaning they generally contain higher levels of mercury.
- Six Burbot were caught in Moberly Lake in 2022 (lower plot; blue points), one which was noticeably larger than any fish captured in the Core MMP (grey points).



## FISH MERCURY RESULTS

- Results show a strong positive relationship between mercury concentration and fish length, meaning larger/older fish have higher concentrations than smaller/younger fish.
- 2022 ICSP results are consistent with the Core MMP data. The large Burbot (868 mm) is bigger than any Core MMP fish, but we would expect larger Burbot to have higher mercury levels.

## FISH CONSUMPTION GUIDANCE

- All ICSP Burbot samples to date have been collected from Moberly Lake. Consumption guidance for Burbot in Moberly Lake will be provided separately by Azimuth in 2024.
- For Burbot (up to 23") caught in the Peace River between Dinosaur Reservoir and Many Islands, follow consumption guidance based on the Core MMP (table below):

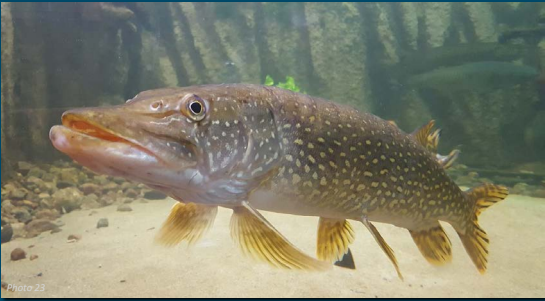
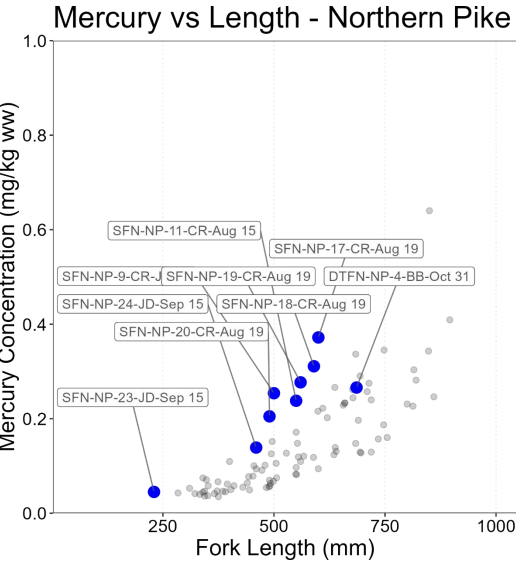
| Burbot    |            |    |    |    |
|-----------|------------|----|----|----|
| Sizemm\in | Mercuryppm | C  | P  | O  |
| 325 13    | 0.08       | 18 | 32 | 76 |
| 450 18    | 0.13       | 11 | 20 | 47 |
| 575 23    | 0.21       | 7  | 12 | 29 |

Mercury estimates from the CORE MMP in the Peace River; see 2022 Annual Report (Appendix F) for details.

# Northern Pike

## OVERVIEW

- Northern Pike prefer side channel and confluence habitat along the Peace River. As opportunistic ambush predators, they occupy a high position in the food chain and have higher levels of mercury.
- 2022 Northern Pike ICSP results are shown in the plot below as blue points compared to Core MMP fish (grey points). Of the nine ICSP pike, eight were caught in Moberly Lake, and one was caught at the Peace-Smoky River confluence (DTFN-NP-4-BB-Oct31).



## FISH MERCURY RESULTS

- Results show a positive relationship between mercury concentration and fish length.
- Only the Northern Pike Caught at the Peace-Smoky River confluence appears to be consistent with the Core MMP data.
- Results from Moberly Lake are not consistent with Core MMP and have a higher mercury concentrations for a given fish length.

## FISH CONSUMPTION GUIDANCE

- For Pike caught in Moberly Lake, Azimuth will provide separate consumption advice in 2024.
- For Pike (up to 28") caught in the Peace River between Dinosaur Reservoir and Many Islands, follow consumption guidance based on the Core MMP (table below):

| Northern Pike |            |    |    |     |
|---------------|------------|----|----|-----|
| Sizemm\in     | Mercuryppm | C  | P  | O   |
| 400 16        | 0.06       | 24 | 43 | 101 |
| 550 22        | 0.12       | 12 | 21 | 50  |
| 700 28        | 0.22       | 6  | 11 | 27  |

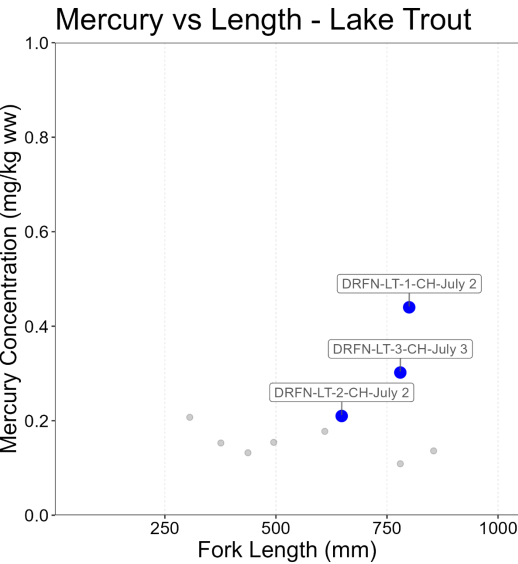
Mercury estimates from the CORE MMP in the Peace River; see 2022 Annual Report (Appendix F) for details.



# Lake Trout

## OVERVIEW

- Lake Trout are rare in the Peace River, but common in the upstream reservoirs. Young trout eat invertebrates, shifting to preying on other fish as they mature.
- Three ICSP Lake Trout were caught in the Williston Reservoir in 2022 (lower plot; blue points) with lengths comparable to fish captured in the Core MMP (grey points).



## FISH MERCURY RESULTS

- ICSP results appear to show a positive relationship between mercury and fish length.
- Core MMP results do not demonstrate a positive length-mercury relationship.
- 2022 ICSP results are not directly comparable to the Core MMP results, since the ICSP fish were collected in Williston Reservoir.

## FISH CONSUMPTION GUIDANCE

- Based on FWCP findings reported in 2019, the following consumption guidance applies to Lake Trout from Williston Reservoir:

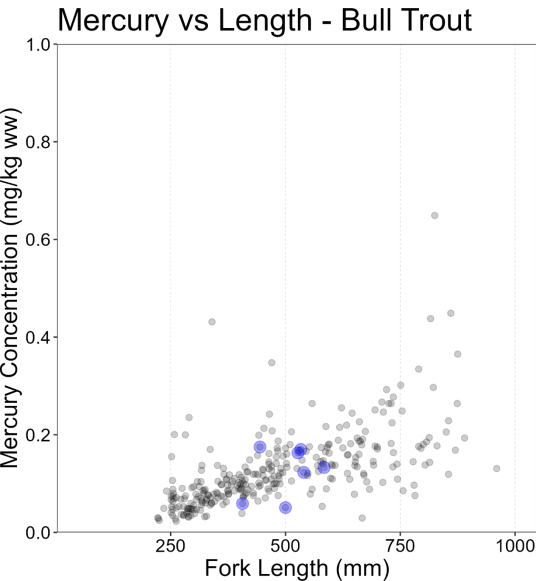
| Lake Trout |            |   |    |    |
|------------|------------|---|----|----|
| Sizemm in  | Mercuryppm | C | P  | O  |
| 400 16     | 0.19       | 7 | 13 | 32 |
| 550 22     | 0.22       | 6 | 11 | 27 |
| 700 28     | 0.31       | 4 | 8  | 19 |
| 850 33     | 0.57       | 2 | 4  | 10 |

Mercury estimates from the FWCP in Peace Region; see 2022 Annual Report (Appendix F) for details.

# Bull Trout Sa-pa\*

## OVERVIEW

- Bull Trout are most abundant upstream of the Peace-Beaton confluence, utilizing specific spawning habitat on the Halfway River. As opportunistic predators, they feed on invertebrates and fish, altering their diet depending on prey availability.
- No Bull Trout were caught in the 2022 ICSP program. Results from 2021 are shown in the lower plot as faded blue points.



## FISH MERCURY RESULTS

- Results show a positive relationship between mercury concentration and fish length, meaning larger/older fish have higher concentrations than smaller/younger fish.
- 2021 ICSP results are consistent with the Core MMP data.

## FISH CONSUMPTION GUIDANCE

- For Bull Trout (up to 28") caught in the Peace (between Dinosaur Reservoir and Many Islands) and Halfway Rivers, follow consumption guidance based on the Core MMP (table below):

| Bull Trout |            |    |    |    |
|------------|------------|----|----|----|
| Sizemm in  | Mercuryppm | C  | P  | O  |
| 400 16     | 0.11       | 13 | 23 | 55 |
| 550 22     | 0.15       | 9  | 17 | 40 |
| 700 28     | 0.18       | 8  | 14 | 33 |

Mercury estimates from the CORE MMP in the Peace River; see 2022 Annual Report (Appendix F) for details.

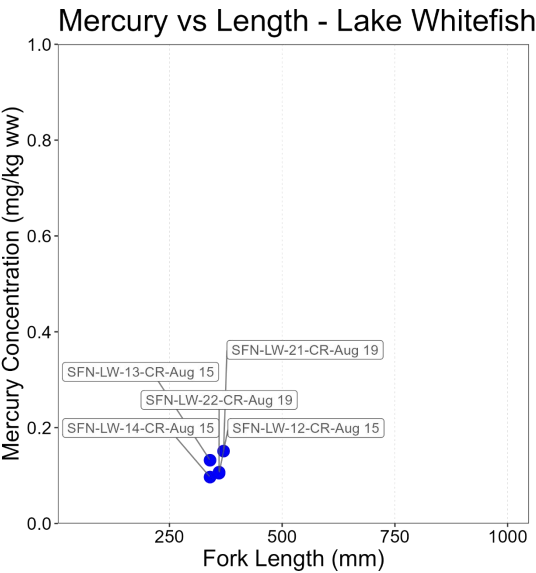
\*Indigenous name translated into English from the Beaver language. Names provided to BC Hydro by the Halfway River First Nation.



# Lake Whitefish Ihuwe-dak'ale\*

## OVERVIEW

- Lake Whitefish are more common in the lakes of the Peace River watershed. They are bottom dwelling, feeding primarily on benthic invertebrates.
- ICSP results from 2022 are shown as blue points in the plot below. Five Lake Whitefish were caught in Moberly Lake. No data are available for Lake Whitefish from the Core MMP.



\*Indigenous name translated into English from the Beaver language. Names provided to BC Hydro by the Halfway River First Nation.



## FISH MERCURY RESULTS

- Too few samples are available to make conclusions on length-mercury relationships for Lake Whitefish within Moberly Lake. However, the tissue concentrations found in 2022 are similar to regional reference lakes.

## FISH CONSUMPTION GUIDANCE

- Based on FWCP findings reported in 2019, the following consumption guidance applies to Lake Whitefish (up to 12") and is applicable for Moberly Lake:

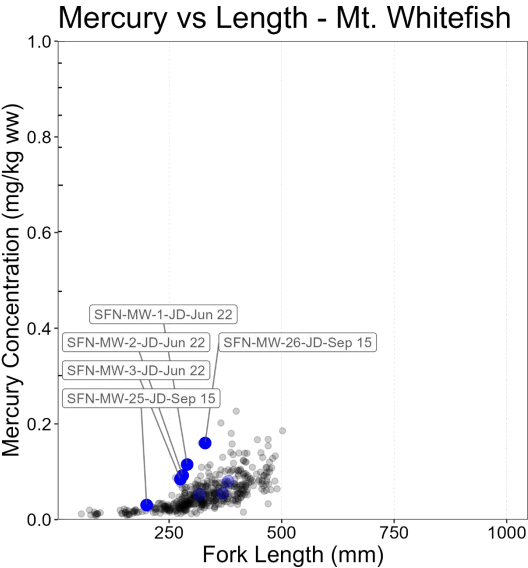
| Lake Whitefish |            |   |    |    |
|----------------|------------|---|----|----|
| Sizemm\in      | Mercuryppm | C | P  | O  |
| 300 12         | 0.15       | 9 | 17 | 40 |

Mercury estimates from the FWCP in Peace Region; see 2022 Annual Report (Appendix F ) for details.

# Mountain Whitefish

## OVERVIEW

- On the Peace River, Mountain Whitefish are most common above the Beaton River confluence, but also occur in lakes throughout the region. They are bottom dwelling, feeding primarily on benthic invertebrates.
- Mountain Whitefish ICSP results from 2022 (labelled blue points) and 2021 (faded blue points) are shown with Core MMP data (grey points) in the plot below. Five fish were caught in 2022 in Moberly Lake, while three fish were caught in 2021 in the Halfway River watershed.



## FISH MERCURY RESULTS

- Results show a positive relationship between mercury concentration and fish length.
- 2021 ICSP results from the Halfway River are consistent with the Core MMP data.
- 2022 ICSP results from Moberly Lake are not consistent with Core MMP data and have higher mercury for a given fish length.

## FISH CONSUMPTION GUIDANCE

- For Mountain Whitefish caught in Moberly Lake, Azimuth will provide separate consumption advice in 2024.
- For Mountain Whitefish (up to 17") caught in the Peace River between Dinosaur Reservoir and Many Islands, follow consumption guidance based on the Core MMP (table below):

| Mountain Whitefish |            |    |    |     |
|--------------------|------------|----|----|-----|
| Sizemm\in          | Mercuryppm | C  | P  | O   |
| 275 11             | 0.04       | 37 | 65 | 152 |
| 350 14             | 0.05       | 29 | 52 | 122 |
| 425 17             | 0.08       | 18 | 32 | 76  |

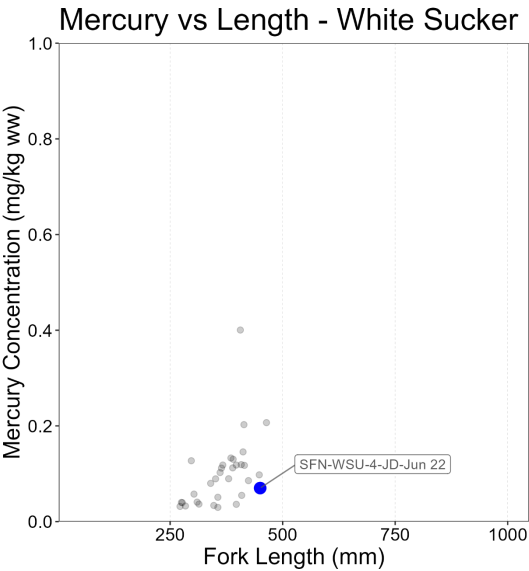
Mercury estimates from the CORE MMP in the Peace River; see 2022 Annual Report (Appendix F ) for details.



# White Sucker

## OVERVIEW

- White Sucker are more common below the Site C Dam, but spawn on tributaries throughout the Peace River. They are also common in lakes across the region. Suckers feed in the bottom substrate, eating worms, clams, and insect larva.
- In 2022 a single ICSP White Sucker was caught in Moberly Lake (lower plot; blue point) of comparable size to those captured in the Core MMP (grey points).



## FISH MERCURY RESULTS

- Core MMP data show a positive length-mercury relationship. Larger/older fish have higher concentrations than smaller/younger fish.
- 2022 ICSP results are consistent with the Core MMP data.

## FISH CONSUMPTION GUIDANCE

- For White Sucker (up to 17") caught in the Peace River (between Dinosaur Reservoir and Many Islands) and Moberly Lake, follow consumption guidance based on the Core MMP (table below):

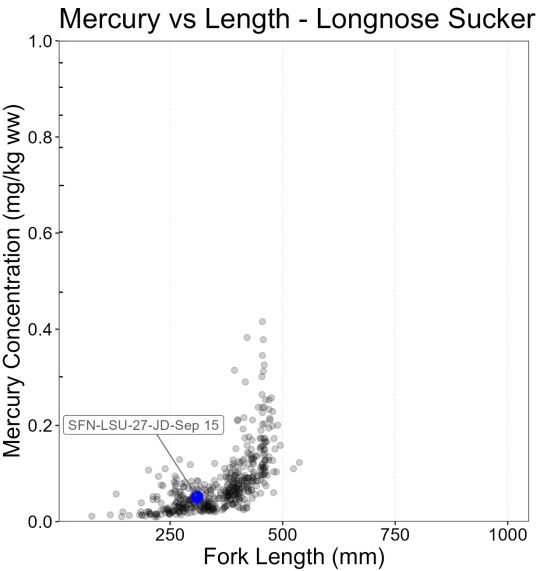
| White Sucker |            |    |    |     |
|--------------|------------|----|----|-----|
| Sizemm\in    | Mercuryppm | C  | P  | O   |
| 325 13       | 0.06       | 24 | 43 | 101 |
| 375 15       | 0.09       | 16 | 28 | 67  |
| 425 17       | 0.14       | 10 | 18 | 43  |

Mercury estimates from the CORE MMP in the Peace River; see 2022 Annual Report (Appendix F ) for details.

# Longnose Sucker

## OVERVIEW

- Longnose Suckers are more common on the Peace River downstream of the Halfway River confluence. They are also common in the lakes of the region. Suckers feed in the bottom substrate, eating worms, clams, and insect larva.
- ICSP results from 2022 are shown as blue points in the length-mercury plot (below). In 2022 a single Longnose Sucker was caught in Moberly Lake of comparable size to those captured in the Core MMP (grey points).



## FISH MERCURY RESULTS

- Core MMP data show a positive length-mercury relationship. Larger/older fish have higher concentrations than smaller/younger fish.
- 2022 ICSP results are consistent with the Core MMP data.

## FISH CONSUMPTION GUIDANCE

- For Longnose Sucker (up to 17") caught in the Peace River (between Dinosaur Reservoir and Many Islands) and Moberly Lake, follow consumption guidance based on the Core MMP (table below):

| Longnose Sucker |            |    |    |     |
|-----------------|------------|----|----|-----|
| Sizemm\in       | Mercuryppm | C  | P  | O   |
| 325 13          | 0.05       | 29 | 52 | 122 |
| 375 15          | 0.07       | 21 | 37 | 87  |
| 425 17          | 0.11       | 13 | 23 | 55  |

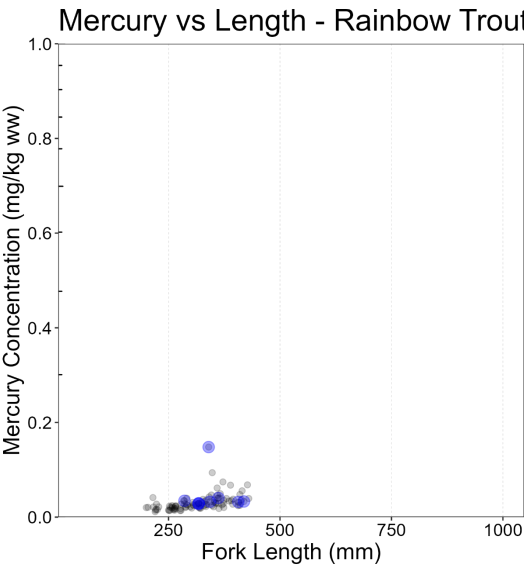
Mercury estimates from the CORE MMP in the Peace River; see 2022 Annual Report (Appendix F ) for details.



# Rainbow Trout

## OVERVIEW

- Rainbow Trout are most common upstream of the Site C Dam They primarily eat insects like caddisflies, mayflies, and midges. Feeding lower on the food chain means that Rainbow Trout have lower levels of mercury.
- No Rainbow Trout were caught in the 2022 ICSP. Results for nine fish from 2021 are shown in the plot as faded blue points. Lengths were comparable to fish captured in the Core MMP (grey points).



## FISH MERCURY RESULTS

- Core MMP data show a slight positive length-mercury relationship. Larger/older fish have higher concentrations than smaller/younger fish.
- Mercury concentrations for this species are generally low.
- One trout in 2021 had unusually high mercury for its size class. This sample is considered an outlier.

## FISH CONSUMPTION GUIDANCE

- For Rainbow Trout caught in the Peace River between Dinosaur Reservoir and Many Islands, follow consumption guidance based on the Core MMP (table below):

| Rainbow Trout          |                        |    |     |     |
|------------------------|------------------------|----|-----|-----|
| Size <sup>mm</sup>  in | Mercury <sup>ppm</sup> | C  | P   | O   |
| 250 10                 | 0.02                   | 74 | 130 | 305 |
| 325 13                 | 0.03                   | 49 | 86  | 203 |
| 400 16                 | 0.04                   | 37 | 65  | 152 |

Mercury estimates from the CORE MMP in the Peace River; see 2022 Annual Report (Appendix F) for details.

## Image Reference List

In order of appearance:

1. Photo by Brendan Bushy, 2023 ICSP sampling at the Peace-Smoky River confluence, provided by SMS on 29-Nov-2023.
2. Photo provided by Deborah Prince, 2023 ICSP sampling near McLeod Lake, provided by email on 27-Jul-2023.
3. A) rawpixel.com / U.S. Department of Interior (Source), Percussion Images, [https://www.rawpixel.com/search/percussion?page=9&path=\\_topics&sort=curated](https://www.rawpixel.com/search/percussion?page=9&path=_topics&sort=curated)
4. B) Flickr (Bezaire D, Havens-Bezaire S), Salmon filets hanging on a rack by a river in Alaska, <https://www.flickr.com/photos/75988799@N00/3697623415>
5. C) Vector Portal, Stock Silhouette Of A Runner 2 Vector Icon, <https://vectorportal.com/vector/vector-silhouette-of-a-runner-2/12673>
6. Flickr (USDA Photo by Preston Keres), A local catches a trout in at Georgetown Lake in the Pintler Ranger District of Beaverhead-Deerlodge National Forest Montana, <https://www.flickr.com/photos/usdagov/48762226763/>
7. Azimuth (photo by Ian McIvor), 2023 water sampling at Bralorne-Takla, taken on 1-Aug-2024.
8. US Fish and Wildlife Service (Ryan Hagerty), Comparison of Rainbow trout sizes including a 3 inch, 5 inch, and 10 inch fish, <https://www.fws.gov/media/rainbow-trout-sizes.jpg>
9. Fish and Wildlife Compensation Program (FWCP), Online information video: Methylmercury and fish consumption information in the Peace River system, <https://fwcp.ca/mercury/>
10. Azimuth (photo by Gary Mann), 2022 MMP supporting media sampling near the Peace-Halfway River confluence, taken on 27-Sep-2022.
11. Photo by Brendan Bushy, 2023 ICSP sampling at the Peace-Smoky River confluence, provided by SMS on 29-Nov-2023.
12. Photo provided by Deborah Prince, 2023 ICSP sampling near McLeod Lake, provided by email on 27-Jul-2023.
13. Photo by Brendan Bushy, 2023 ICSP sampling at the Peace-Smoky River confluence, provided by SMS on 29-Nov-2023.
14. Azimuth (photo by Laura Bekar), 2021 ICSP pilot program training session, taken on 28-Jul-2024.
15. Azimuth (photo by Laura Bekar), 2021 'Fish Kit' contents, taken on 27-Jul-2024.
16. Photo provided by Deborah Prince, Fish LT-2-CH-July2, provided by email on 27-Jul-2023.
17. Azimuth (photo by Ian McIvor), Photo from the 'How To Video', 24-Apr-2023.
18. Photo provided by Amanda Metecheah, Danny Apsassin fishing on the Halfway River, provided by email on 24-Sep-2021.
19. Photo by Mike Tilson (Tsay Keh Dene First Nation), 2019 Site C MMP Internal Technical Forum Presentation, 7 November 2019.
20. Azimuth (photo by Gary Mann), 2022 MMP supporting media sampling near Hudson Hope, taken on 26-Sep-2022.
21. Flickr (Sam Stukel, USFWS), Walleye (Sander vitreus), <https://www.flickr.com/photos/usfwsmtprairie/51745624627>
22. Flickr, Trüsche, Quappe, <https://www.flickr.com/photos/w-tommerdich/39974665553>
23. Przemek Pietrak, Esox Lucius at Bydgoszcz Zoo, <https://globalquiz.org/ru/иллюстрация-викторины/щука-1/>
24. Flickr (Tom Hart), Lake Trout – BWCA – Seagull Lake, <https://www.flickr.com/photos/thart2009/51218219333/in/faves-48599217@N08/>
25. BC Hydro, Site C Project – Fish and methylmercury in the reservoir, <https://www.sitecproject.com/sites/default/files/SiteC-methylmercury-info-sheet-updates.pdf>
26. Modified from a photo provided by Jessica Eastman, 2023 ICSP sampling on Moberly Lake, provided by email on 27-Sep-2023.
27. Modified from a photo provided by Patricia Apannah, 2021 ICSP Pilot sampling on the Halfway River, sent in autumn 2021.
28. Flickr (Sam Stukel, USFWS), White Sucker, <https://www.flickr.com/photos/usfwsmtprairie/47383259832>
29. BC Hydro, Peace River Fish Identification Key (Draft 2022-01-31), <https://www.sitecproject.com/sites/default/files/Peace-River-Fish-Identification-Key.pdf>
30. Wikipedia (Liquid Art), Rainbow trout (Oncorhynchus mykiss), swimming underwater of river Vrelo in Perucac, Serbia. Tributary of river Drina., [https://en.m.wikipedia.org/wiki/File:Rainbow\\_Trout\\_\(Oncorhynchus\\_mykiss\)\\_\(cropped\).jpg](https://en.m.wikipedia.org/wiki/File:Rainbow_Trout_(Oncorhynchus_mykiss)_(cropped).jpg)





# **Cold Plunge**

*with the Saulteau Mental Wellness Team*

***Every Saturday in March!***

***Meet at 11:00am at the Moberly Lake Bridge***

***Benefits of Cold Therapy include:***

- Enhancements to mood through increased dopamine production increasing feelings of alertness and happiness
- Easing of depression and anxiety symptoms and improvements to mental health generally
- Improvements to blood circulation

*In the spirit of the New Year and embracing healthier lifestyle choices, the SFN Mental Wellness team would like invite you to take the plunge with us at the Moberly Lake Bridge on a biweekly basis! Supporters are welcome to attend as well.*

***For more information and to register please contact us:***

***Randie Testawich @ 250-874-9737, [rtestawich@saulteau.com](mailto:rtestawich@saulteau.com)***

***Participants should consult a physician about any health issues prior to plunging, particularly if you suffer from heart or blood circulation issues. Participants are required to sign a release of liability form.***