



May

2021

Newsletter

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Happy Birthday



May 2nd

Happy 13th Birthday Phinn Cameron!!
Lots of love from your best friend Loki <3



May 3rd

Happy Birthday James Groves!
Love always Mom & Raquel

May 5th

Happy Birthday to our grandson Magua!
Love Papa and Kookum Parenteau

May 9th

Happy Birthday Charles Groves!
Love always Mom & Raquel

May 10th

Happy Birthday to Mardy!
Love Mom and Dad

May 15th

Happy 2nd Birthday Olivia Ross!
Love Mary

May 18th

Happy Birthday Quisha Apsassin!
Love Mary

May 18th

Happy Birthday Nochola Bourgeois!
Love Mary

May 22nd

Lorraine & Larry McMahon
Happy Heavenly Birthday mom
Love Mary

May 31st

Happy Birthday to Levi!
Love Mom and Dad

May 31st

Happy Birthday to Doug Sorell!
From the Parenteau gang!

Happy Mother's Day to my mom, Victoria!
Love from Penny

Happy Mother's Day to my daughter, Ashley!
First Mother's Day and congratulations on the
birth of a new baby girl!
Love Mom and Dad

Five “did you know?” about nutrition

Nutrition issues like vitamin deficiencies and allergies are common among Canadians, and they can often go undetected. Here are five common nutrition issues, things to look out for, and tips for addressing them:

Iron deficiency

Iron deficiency is very common, especially among women and in people who have a diet that is low in iron. There are two types of iron: heme iron (animal-based) and non-heme iron (plant-based). Non-heme iron is not as easily absorbed by the body, but you can increase its absorption by combining it with foods rich in heme iron or vitamin C, such as:

- Iron fortified breakfast cereal (non-heme) with strawberries (vitamin C)
- Split pea soup (non-heme) with some poultry (heme iron)
- Salad made with spinach (non-heme) and peppers (vitamin C)

Avoid drinking black tea, herbal tea or coffee with your meal, as they can reduce the amount of non-heme iron your body absorbs. Wait 1 to 2 hours after eating to enjoy these beverages instead.

If you are concerned about having low iron, request a blood test if necessary.

Vitamin D deficiency

Known as the “sunshine vitamin,” vitamin D is produced when the sun’s rays interact with our skin. It helps build stronger bones by increasing the absorption of calcium and improves the function of muscles, which can improve your balance and decrease the likelihood of falling and suffering a fracture.

In Canada, we often don’t get as much sun as we need to produce adequate vitamin D; additionally, the skin’s ability to make vitamin D decreases as we age. There are also very few food sources of vitamin D, making it nearly impossible for adults to get sufficient vitamin D from diet alone.

Health Canada suggests that most Canadians supplement their vitamin D intake during the winter months. Initiate a consult with a Care clinician to discuss how to optimize your supplementation.

Vitamin C deficiency

Vitamin C is important for your health in many ways. It helps the body absorb iron to prevent anemia, helps fight infections, heal wounds and acts as an antioxidant. In Canada it is rare to have a severe deficiency. However, signs of a deficiency can manifest as fatigue, depression or connective tissue defects. A deficiency in infants and children can present with symptoms of impaired bone growth.

Vitamin C is mostly found in fruits and vegetables. For that reason, it is recommended you eat a variety of vegetables and fruit each day and choose colorful produce. If you think your diet may provide you with a suboptimal intake of Vitamin C-rich sources, we suggest speaking with a health care provider.

Sodium surplus

Most Canadians, including children, eat too much sodium.

On average, Canadians eat about 2760 milligrams of sodium per day - almost twice the sodium we need.

Almost 80% of the sodium we eat comes from processed, packaged and restaurant foods, not the salt shaker at home. Here are the top six sneaky food sources of sodium:

- Baked goods such as bread, buns, muffins, cookies and crackers
- Appetizer and entrées such as pizza, lasagna and frozen potatoes
- Processed meat products such as sausages, deli meat and burgers
- Cheese
- Soups
- Sauces and condiments

Your health care professional may ask you to eat less sodium if you have a medical condition, such as high blood pressure, kidney disease, or diabetes.

If you experience bloating, swelling, thirst or any other concerning symptoms, check in with a Health Care clinician to discuss.

Allergies and sensitivities in infants

In a shift from previous recommendations, the Canadian Pediatric Society now recommends an introduction to common allergens like egg and peanuts at a young age to minimize the risk of an allergic reaction.

Solid foods that are allergenic should be introduced one at a time and without unnecessary delays between solids. If the food is well-tolerated, it is important to continue to introduce the particular food a few times weekly to ensure tolerance.

Here are some tips to help you introduce nuts to your infant:

- Mix a teaspoon of peanut or almond butter in your child's cereal, applesauce or yogurt
- Spread peanut or almond butter on a cut up piece of toast as a finger food
- Add a teaspoon of pesto to your infant's purees, stews or soup

If you would like to discuss food allergy concerns, contact your Health Care team to speak with a clinician.

WOMEN'S SELF-CARE

Your doctor checks for signs of cervical cancer using a Pap test. Would you like to try a new way to screen for cervical cancer, that you can **do yourself**?

- 
- ✓ Convenient
 - ✓ No pain
 - ✓ Easily and safely perform on your own in private

This project is working to improve self-care and women's health using self-screening. If you are interested, you may be able to receive the self-screening kit from First Nations Health Authority if you:

- Are **30-65 years of age**
- Have not received a Pap test in **3 years or more**
- Are registered with the BC **Medical Services Plan**

To learn more, call the Saulteau Health Centre at (250) 788-7371 or contact us at cervixcheck@bccancer.bc.ca or 1-888-300-3088 Extension 5635



High Blood Pressure

British Columbia Specific Information

High blood pressure, also called hypertension, can damage your blood vessels, heart and kidneys. This damage can cause a heart attack, stroke or other health problems. Your blood pressure reading is based on two measurements called systolic and diastolic. The systolic (top number) and diastolic (bottom number) are written as a ratio, for example (120/80 mmHg). A reading of more than 140/90 mmHg taken at your healthcare provider's office may indicate high blood pressure. This figure is different for people with diabetes whose blood pressure should be below 130/80 mmHg. People suffering from other illnesses will have different target normal values. For more information on hypertension, visit the [Heart & Stroke Foundation](#) and [Hypertension Canada](#).

Healthy lifestyle choices can help lower your blood pressure and improve your health. For information on healthy eating for lowering your blood pressure, see:

- [HealthLink BC File #68b Lifestyle Steps to Lower Your Blood Pressure](#)
- [Heart Health](#)
- [Eating Well with Canada's Food Guide](#)

You may also call **8-1-1** to speak to a registered dietitian, Monday to Friday 9:00 a.m. to 5:00 p.m., or you can [Email a HealthLinkBC Dietitian](#).

What is high blood pressure?

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. It's normal for blood pressure to go up and down throughout the day, but if it stays up, you have high blood pressure. Another name for high blood pressure is hypertension.

When blood pressure is high, it starts to damage the blood vessels, heart, and kidneys. This can lead to [heart attack](#), [stroke](#), and other problems. High blood pressure is called a "silent killer," because it doesn't usually cause symptoms while it is causing this damage.

Your blood pressure consists of two numbers: [systolic and diastolic](#). Someone with a systolic pressure of 120 and a diastolic pressure of 80 has a blood pressure of 120/80, or "120 over 80." Blood pressure is measured in millimeters of mercury (mm Hg).

- The systolic number shows how hard the blood pushes when the heart is pumping.
- The diastolic number shows how hard the blood pushes between heartbeats, when the heart is relaxed and filling with blood.

High blood pressure is 140/90 or higher. You have high blood pressure if your top number is 140 or higher or your bottom number is 90 or higher, or both.^{[footnote 1](#)}

People with diabetes should have a blood pressure of less than 130/80.^{[footnote 1](#)}

What causes high blood pressure?

In most cases, doctors can't point to the exact cause. But several things are known to raise blood pressure, including being very overweight, drinking too much alcohol, having a [family history](#) of high blood pressure, eating too much salt, and getting older.



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Your blood pressure may also rise if you are not very active, you don't eat enough potassium, or you have a condition called [insulin resistance](#).

What are the symptoms?

High blood pressure doesn't usually cause symptoms. Most people don't know they have it until they go to the doctor for some other reason.

Very high blood pressure can cause severe headaches and vision problems. These symptoms can also be caused by dangerously high blood pressure called [malignant high blood pressure](#). It may also be called a hypertensive crisis or hypertensive emergency. Malignant high blood pressure is a medical emergency.

How is high blood pressure diagnosed?

Most people find out that they have high blood pressure during a routine doctor visit. For your doctor to confirm that you have high blood pressure, your blood pressure must be at least 140/90 on three or more separate occasions. It is usually measured 1 to 2 weeks apart.

Instead of having you come back to the office several times, your doctor may have you measure your blood pressure at home. You may have what is called white-coat hypertension, which is blood pressure that goes up just because you're at the doctor's office.

How is it treated?

If you have high blood pressure, your doctor will give you a blood pressure goal. Your goal will be based on your health.

You can help lower your blood pressure by making healthy changes in your lifestyle. If those lifestyle changes don't work well enough, you may also need to take pills. Either way, you will need to control your high blood pressure throughout your life.

Treatment depends on how high your blood pressure is, whether you have other health problems such as diabetes, and whether any organs have already been damaged. Your doctor will also consider how likely you are to develop other diseases, especially heart disease.

Most people take more than one pill for high blood pressure. Work with your doctor to find the right pill or combination of pills that will cause the fewest side effects.

What can you do to prevent high blood pressure?

Making lifestyle changes can help you to prevent high blood pressure. You can:

- Stay at a healthy weight or lose extra weight.
- Eat heart-healthy foods.
- Eat less salt and salty foods.
- Exercise regularly.
- Cut back on drinking. Limit alcohol to 2 drinks a day and no more than 14 drinks a week for men and 9 drinks a week for women.

(Adapted from <https://www.healthlinkbc.ca/health-topics/hw62787#hw62789>)

For more information contact your SFN Community Health Nurse, Heather @ 250 788 7371

MUSKOTI LEARNING CENTRE

WE HAVE LOCALLY HARVESTED BIRCH WATER TO SHARE!

This is the Muskoti Learning Centre's second year of harvesting birch water as a classroom enhancement project. We even make the water into birch syrup!

BIRCH WATER TASTES SLIGHTLY SWEET AND MAY PROVIDE:

- Many nutrients, vitamins & minerals
 - Antioxidant properties
 - A boost to skin & hair health
-

Are you
interested in
trying some?



CONTACT US!

bconrad@saulteau.com

hmovold@saulteau.com



Muskoti Celebrating Earth Day



Muskoti Celebrating Earth Day





Muskoti Primary Program

Attention fellow band and community members:

Do you or someone you know have a child turning 4 by December 31, 2021 or entering Kindergarten, Grade 1 or 2 in September? If so, please contact us for a registration form ASAP to register your child in our upcoming school year in full-day K4, Kindergarten, Grade 1 and 2. We limit class sizes to provide the best quality of education we can so register early.

We have a strong cultural and language program that is continuing to flourish. We also offer units on skating, snowshoeing, swimming, gymnastics and so much more for your child (ren) to learn to love to do. Our field-trips and local bussing enhance our program.

If you have any questions please feel free to contact our classroom teacher Cody Schlamp at 250-788-7361.

Education is so important, and the BC First Nations Schools are striving for excellence and achieving greatness for our students. 😊

MAY 2021



MUSKOTI LEARNING CENTRE EVENT'S CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Birch Water Harvesting 	5	6	7	8
9	10 Hike 	11	12	13	14	15
16	17	18	19 Kayaking 	20	21	22
23	24 Victoria Day 	25 Drum Making If MLC is open 	26	27	28	29

★ For event times please phone (250-788-7368) or check in the classroom - dates & times may vary depending on weather/attendance.

Warm Welcome

Muskoti Primary Program

It is with great pleasure we welcome Carlee Westgate to our SFN community. Carlee joins the Muskoti Primary Program with a wealth of experience in children's programming as well as post-secondary education that will benefit our students for years to come. Carlee possesses a Therapist Assistant Diploma which includes occupational therapy, physical therapy, and recreational therapy. This will allow our students who are on year-long Provincial waitlists to receive these services here at our school; no more waiting!

Please join us in welcoming Carlee to our team!



Garbage Collection

Reminder for tenants

Please note: we do not pick up any cat litter, lawn debris, or bags of leaves during garbage collection.

FireSmartBC

As the warmer weather approaches, be aware that the ground is drying up quickly and presents a fire & safety hazard to our community. Please follow guidelines set out by FireSmartBC for grass & pile burning.

- Avoid burning grass or stubble in the heat of the day. Whenever possible, burn in the evening.
- NEVER burn in windy conditions.
- Burn larger areas by working on smaller sections individually, with fire guards around each section
- Ensure you have adequate supervision, manpower, equipment & water nearby to control or extinguish the fire if necessary
- NEVER leave a burn unattended. Maintain a patrol on your fire until it is completely extinguished
- When you've finished burning a pile, check the burn site for hot spots. Hot spots may continue to smoulder long after the surface fire appears to be out and could flare up again.

Community clean up will be in May, keep an eye on our Facebook page for more information. Many hands make for lighter work so please encourage your friends & family to participate!

For those with driveway issues, there will be some pit run delivered to you when the ground dries up, please contact the housing department to have your name put on the list.

FSD Events Calendar May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Jigging Contest Start
2	3	4 Women's Group (FSW) 6pm on Zoom Lunch Program 9-1pm (FSW)	5 Hiking Group (NB) Social Media Sign Up	6 Dreamcatchers (CC)	7	8 Hand Drum making workshop on Zoom 1-4pm
9	10 Post Mothers Day Brunch (NB) Gaga tea and Cinnamon Buns at the FSD Building	11 Flow Crafts (NB) Door Dash Deliveries	12 Hiking Group (NB) Social Media Sign Up	13	14 Beading (CC) workshop on Zoom 1-4pm	15 Jigging Contest Ends (CC)
16 Biking Club (NB) Social Media Sign Up	17 Declarations Due for SA	18 Declarations Due for SA Free Scoop! Ice cream at NBH Lunch Program 9-1pm (FSW)	19 Declarations Due for SA Hiking Group Social Media Sign Up	20	21	22
23	24	25 Rock Painting (CC) Door Dash Deliveries	26 First Recreation Committee Meeting Social Media Sign Up	27	28 Bannock Kits (CC) Increase to IA Rates (SD)	29
30 Bike Club (NB) Social Media Sign Up						

CC = Cultural Connections Program

NB = New Beginnings

SD = Social Development

SA DAY

MAY RECREATION

notes

- May 3 - 7 Sign up for events
- Hiking Group will meet 5 pm. Location will vary on hike location. Group chat will be created.
- Bike Club will meet at 1pm and check out all the trails. SFN will rent out bikes, if members require bike.
- How many KM can you walk/hike/run in the month of May? Submit weekly kms every Sunday to mcampbell@saulteau.com
- First Recreation Committee Meeting will be May 26th. Location is TBD. To be part of the committee email mcampbell@saulteau.com
- Fire Bundle will be hot dogs, buns, & smore kits.
- Pound Fitness Classes over Zoom. Email is required. Enjoy a class from your home! Stix are available.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	Submit Weekly KM	3	4	5 Hiking Group	6	7	8
9	Submit Weekly KM	10	11 Pound Fitness	12 Hiking Group	13	14	15
16	Bike Club	17	18 Pound Fitness	19 Hiking Group	20	21	22
23	Submit Weekly KM	24	25 Pound Fitness	26 Recreation Committee Meeting	27	28 Fire Bundle pick up or delivery	29
30	Bike Club	31					

To sign up or questions please email mcampbell@saulteau.com

Mother's Day Draw

Calling all Mothers...

Enter your name for a chance to WIN 1 of 5 Prizes!



A Mother's Day Draw

All Entries Need to be Submitted before May 5, 2021
at 4pm through Email to the New Beginnings Family
Program Facilitator at fgroves@saulteau.com

The Draw Date will be May 6, 2021

Pick-up May 7, 2021 at New Beginnings House

Best of Luck to All...



New Beginnings in Combination with B. Martin Photograph is offering a chance to

Win a “Mom’s & daughters” photo session...

The following days have been pre booked if you book for May 14, 15, 17

To book your appointment and get you name entered in the draw please Contact

B. Martin Photograph @ (780) 335-3177 or Send Message to b.marty130@gmail.com

Special Price for Sauleau First Nation Community Members is \$50.00

Once you have completed your appointment your name will be entered into a draw to have chance to

Win a Free Photo Session for Mother’s Day!

All participates entries will go to fgroves@saulteau.com



SFN Community Engagement

Wednesday, May 19th at 5:30pm

We would like to invite SFN members to discuss Managing Motorized Recreation within the Caribou Protected Areas.

Registration is now available. Please sign up at the link below:

<https://bit.ly/3vIQdHI>

Quarterly Report (4th Quarter)

January to March 2021



❖ 3rd Quarter Lands Report

- update/submit in January Community Newsletter

❖ Budgeting/Variance Analysis Workshop

- Variance Reports are used to analyze the difference between budget base line goals and actual performance.
- Review various variance reporting methods
- Create Comprehensive Budget Variance Template relevant to each Department's needs

❖ Sweetheart's Valentines Power Point

- Collaborate with Jesse (Communications) on Valentine's project
- Solicit pictures from community (Sweethearts, Grandbabies, Fur babies)

❖ 4th Quarter Lands Workplan

- organize projects and project descriptions for manager's review
- Fwd. to Teena/Naomi/Estelle – (Wednesday, January 13, 2021)

❖ Urban Systems- Lands Projects Update Meeting

- Projects: Lands Advisory Board (Land Code), CCP Update, Land Use/Ec Dev Plan
- Brief update on budgets, workplans, timelines, community engagement ideas (COVID-19 Restraints)

❖ SFN Land Use/Economic Development Plan – Update (Urban Systems)

- Update meeting, Thursday, Jan 14th
- Market Analysis completed by Urban Systems
- Prepare for project kick off – April 2021

❖ CCP Update

- First Nations Market Housing Fund (FNMHF) - CCP Funding Application
- Submitted December 17th, 2020
- Capacity Development Funding Approved – March 2021
- ISC – (CCP Funding) – Lana Morrison/Laura Aucoin
- Initial Discussion (Wednesday, Jan 13th)
- Complete Community Initiatives Funding Application & Develop Budget
- Community Initiatives Funding Approved – March 2021

❖ Lands Budget

- Budget Meetings w/Managers
- Update Lands Budget/Forecast New Fiscal Year Financials

❖ Organics Diversion

- Collection and/or Infrastructure Program
- Infrastructure (Organic Waste Processing Facility) Ie: Community Garden
- PRRD 2/3 – SFN 1/3 cost share
- POSTPONED- REVIEW OF PROGRAM NECESSARY PRIOR TO APPLICATION

❖ First Nations Land Management – Framework Agreement (Land Code)

- August 2020 - SFN added to Land Advisory Board (LAB) Intake List
- December 2020 - ISC Inquiry and Finalization of Assessment of SFN's readiness for entry into FNLM Regime
- Introductory Meeting: Chief Louie & Jackie Brown (LABRC), SFN C&C/Admin, James Hickling
- LABRC in full support of SFN's application

❖ Indigenous Land Laws Research (UVIC, T8TA, SFN)

- Introductory Meeting January 21st at 1:30pm
- Research of the Dene, Dane Zaa, Cree, Saulteaux and Kaska Dena stories to learn about the legal principles and processes of these legal traditions. (Specifically, how these legal traditions are applied to resolve conflicts around land occupancy and use. This can include how people access, share, and maintain relationships with land within and across communities.)
- Newsletter Submission to solicit participation from membership interviews



❖ Survey Training (SKOUTT Surveys Inc)

- Introductory meeting with SFN Council and Relevant Staff
- Discuss training proposal and potential training projects offered via SFN

❖ Excel Training

- NLC 6-week virtual Instructor Led Course- Start date Feb 10, 2021
- Refresher course of excel basics for Department Budgeting
- Completed March 25, 2021

❖ Introduction to Project Management Concepts Training - **CANCELLED**

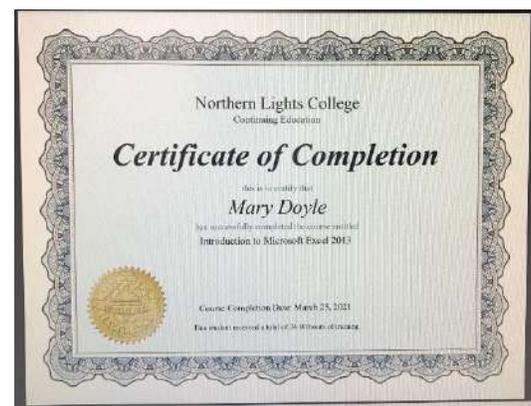
- Online- Instructor Led via Environmental Project Management & Sustainability Solutions
- Introduction of core Project Management Concepts and the importance of understanding their context on projects performed by your organization.
- Gain wider perspective on the unique organizational challenges

❖ Cemetery Planning Committee (Lakeview, Hillside)

- Initial Meeting scheduled for March 4th 10am
- Funding (Fence, Crosses, Markers, Drone (Lidar))
- Beautification project planning
- Mapping/Plot Planning
- Spring Clean Up BBQ Planning

❖ Lot Applications and Inquiries for period-

- 16 Applicants
- (14 Residential/2 Recreational)



Comprehensive Community Plan/Economic Development Land Use Plan

Update and Development of our Comprehensive Community Plan (CCP) and the completion of our Economic Development Land Use Plan is progressing.

These projects are essentially two separate projects but will be worked on simultaneously with the assistance of our Lands Department, Urban Systems and SFN Membership. The projects have been 100% funded by First Citizens Fund via Ministry of Forest, Lands, Natural Resource Operations; Community Initiatives Unit via Indigenous Services Canada; and Capacity Development Funding via First Nations Market Housing Fund.

Comprehensive Community Plan

Saulteau First Nations current CCP was developed in 2015 to provide a long-term community vision, framework for nation building and to promote informed decision-making regarding investing in community programs, services, and infrastructure. Since its adoption by Council in 2015, much has changed in the community and surrounding region, prompting a need to conduct a comprehensive review and update of the existing CCP. This will ensure that the CCP aligns with the current and emerging needs and trends in the community.

This project involves:

- Reviewing the existing CCP and other planning projects completed by Saulteau since 2015
- Working with Saulteau staff and community coordinator to develop an updated CCP
- Engaging Saulteau members, leadership, and staff through an effective engagement program
- Developing an updated CCP document, including list of short, medium, and long-term community priorities
- Developing an implementation plan to guide Saulteau in implementation of the new CCP

Economic Development Land Use Plan

Saulteau First Nations (SFN) has a joint CCP-Land Use Plan that has been serving as guidance for the community, staff and leadership on community development, key land uses and prioritized infrastructure development in the community core. While the plan has been instrumental in providing a roadmap for how SFN would like to develop their lands and infrastructure, the plan is now five years old and must be adapted to the changes that have evolved since the plan was created. Over the last five years SFN has initiated on-reserve developments including new housing and an industrial park. SFN is also in the process of acquiring significant new land through the Treaty Land Entitlement (TLE) and Treaty Land Acquisition (TLA) processes, which will require land use planning to ensure future use of the lands align with community goals and objectives.

This Project involves:

1. Completing an update to SFN's existing Land Use Plan component of its Comprehensive Community Plan (CCP) that includes land designations, objectives, and policy direction for all SFN land holdings; and
2. Creating a "Development Action Plan" for specific lands identified by SFN for economic development. The Action Plan will broadly identify future development opportunities and servicing requirements of selected economic development lands, including high-level conceptual renderings of future development. It will also include implementation plans for each of the economic development lands that specifies future steps and funding resources available to move envisioned development forward towards construction.

Both components of this project will improve SFN's capacity for economic development and autonomous land management by ensuring the Nation is equipped with proper tools (e.g. guiding documents) to manage the use and development of its lands. The components will be effective tools for SFN staff and Council to utilize when making decisions related to the use and development of the Nation's fee-simple and reserve land holdings.

Completing this project will require an understanding of:

- Community, local and regional demands for lands of different land uses (e.g. residential, commercial, industrial, residential, tourism);
- Site conditions of SFN lands (e.g., topography, access, environmental, archeological, easements/ROWs) to identify development opportunities and constraints;
- Infrastructure capabilities of SFN lands and potential upgrades and servicing extensions required to enable certain development types;
- Lands for conservation and protection;
- Land development aspirations of SFN leadership and members; and
- Necessary development and planning steps required to take envisioned development opportunities on SFN lands forward to the construction phase.

We are confident that the result of this project will enhance SFN's capacity for management of its lands in a manner that reflects the Nation's move towards becoming a fully autonomous government. This project will complete initial planning steps required to move development forward on certain lands identified for economic development.

The final Land Use Plan Update and Development Action Plan will effectively guide future development activities on SFN lands for the maximum economic and social benefits of SFN members and communities in which SFN lands are located (e.g. Chetwynd).

Revised Schedule:

We estimate this project taking approximately 8 months to complete.

The schedule by project phase is as follows:

1. Project Start Up	May 2021
2. Community Engagement	July 2021
3. Develop and Review Draft Plans	September 2021
4. Finalize CCP and Implementation Plan	December 2021

COVID CONSIDERATIONS/ COMMUNITY ENGAGEMENT:

We Recognize the constraints Covid-19 has placed on our community over this past year and hope that with the receipt of the Covid Vaccine rolling out over the next few months, we hope to see some improvement. However, in saying that, we will continue to be diligent, maintain our guard, and keep our community and its members safe.

To prepare for the initial phase of community engagement, we will conduct the necessary preparations to ensure successful engagement, including:

- Develop notices and advertising about the project and upcoming engagement meetings and activities (e.g. Facebook posts, engagement poster, project branding).
- Work with Saulteau's community coordinator to coordinate engagement activities and events (e.g. venues, meals, door prizes) and to distribute engagement notices, advertising, and information.
- Develop materials for engagement activities (e.g. presentations, surveys, information posters, etc.) and review them with Saulteau's project team prior to finalizing the materials.

Notes of Interest:

- Due to the lack of interest, the Coordinator position is being reposted.
- A Land Use Planning Committee will be required for this project. A call of interest will be sent out to membership by Mid May should you be interested?!

Please keep your eye open for the upcoming opportunities!



Saulteau First Nations is currently recruiting for: Lands Officer Assistant (term)

Saulteau First Nations is currently looking to employ someone to assist our Lands Officer for the next 8 months; alternatively, two university students seeking summer employment may be able to share this position over the duration of 4 months.

The primary focus of this position is to assist the Lands Officer in the development of surveys, questionnaires, notices, and workbooks to Saulteau First Nations Band Members as well as coordinating engagement activities and events that support the Lands Officer.

Saulteau First Nations Mission

We strive to be the Best Governed Nation, one that is proud, culturally strong, and self-sufficient. As stewards of the land, we will ensure that the best sustainable practices are followed, now and in the future. We remain proudly determined.

Duties and Responsibilities

- Develop Surveys, Questionnaires, Notices, Workbooks
- Coordinate engagement activities and events (venues, meals, door prizes)
- Distribute engagement notices, advertising, and additional information
- Develop materials for engagement activities (presentations, surveys, information posters, etc.)
- Co-manage budget (honoraria, door prizes, travel, etc.)
- Develop meeting minutes/action items
- Scanning and file management
- Other duties as assigned

Qualifications

- Highschool Diploma; preference to Post Secondary education will be given preference
- Strong understanding of SFN traditions and culture, values & interests
- Good computer skills - Working knowledge of Microsoft word, excel, PowerPoint, office equipment (scanners/printer)

Skills and Abilities

- Pivotal in establishing effective working relationship with selected committee, staff, and membership
- Demonstrate superior leadership, planning, project management and communication skills
- Excellent research and writing skills
- Good teamwork, organizational, communication and interpersonal skills
- Values attention to detail
- Excellent communication skills including the ability to listen, record and communicate effectively both orally and in writing in a timely matter
- Ability to act in a professional and courteous manner in tense circumstances
- Ability to facilitate resolution of conflict in a professional and effective manner
- Demonstrated ability to exercise judgment and discretion when handling confidential information

- Ability to prioritize tasks
- Excellent time management and scheduling skills
- A strong interest in continual learning

Work Conditions

- Work is performed primarily during the hours of 8:00 a.m. to 4:30 p.m. Monday through Thursdays
- Travel may be required within SFN community and surrounding community

**If interested send your resume to HR@saulteau.com
Position will be considered open until suitable candidate is selected.**

The requirements and responsibilities contained in this job posting do not create a contract of employment and are not meant to be all-inclusive. They may be changed at the discretion of the employer. Preference will be given to persons of Aboriginal ancestry in the event of equal qualifications.

Thank You



I would like to thank my family and friends foremost for the support and love we received during this difficult time.

I'd like to also thank the staff of SFN and the SFN community for your support, prayers and kind words.

Much love and respect, kinanaskomitin

Naomi Owens-Beek

Community Garden



Community Garden

Sign Up Form

Due to the ongoing pandemic, we have opted to split the community garden up into personal plots this year for members interested in using the garden.

To help our team prepare the garden, please fill out the information below if you are interested in a designated plot.

Full Name: _____

Email Address: _____

Phone Number: _____

Deadline for sign up: May 20th

Planting Date: May 28th

Please submit your sign up form (or submit the requested information) to

Ashely Gauthier at Ashely.Gauthier@saulteau.com