

JANUARY 2026
KISĒPĪSIM , PĤĀPĤ
GREAT MOON / ELDER MOON

otâcimow



Official Newsletter of Saulteau First Nations

**HAPPY
NEW YEAR
2026**

We hope you all had a restful holiday break, and welcomed in the New Year surrounded by loved ones.

*In 2026, we wish you all the best!
Let this be a year of community connection, kindness, and prosperity for our Nation!*

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FEBRUARY 2026
RELEASING
FEB 05 2026



TÂNSI SAULTEAU CITIZENS & COMMUNITY MEMBERS



As we head into the new year - SFN Chief & Council would like to reflect and give thanks for all of the wonderful community support we have seen during our many community events in 2025. From our big events like Pemmican Days, to our regularly occurring workshops and open houses - our Community shows up to spend time, connect, and continue to work towards the success of the Nation.

At this time, we would also like to reflect on those that we lost in 2025 - knowing that each family enters into 2026 missing loved ones who brought joy, wisdom, and happiness into our lives.

Wishing you all the best for 2026 -
SFN Chief & Council



Chief & Council Contacts

Chief Rudy Paquette
Desjarlais Family
rpaquette@saulteau.com

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

Councillor Colleen Totusek
Davis Family
ctotusek@saulteau.com

Councillor Donovan Cameron
Courtoreille Family
dcameron@saulteau.com

Councillor Juritha Owens
Napoleon Family
jowens@saulteau.com

Tristan Robertson
Executive Assistant
tristan.robertson@saulteau.com

Executive Director

Nathan Paquette
Executive Director
npaquette@saulteau.com

Governance Contacts

Niki Ghostkeeper
Manager of Governance
nghostkeeper@saulteau.com

Norma Gauthier
Indigenous Registry &
Membership
ngauthier@saulteau.com

SFN Communications
communications@saulteau.com

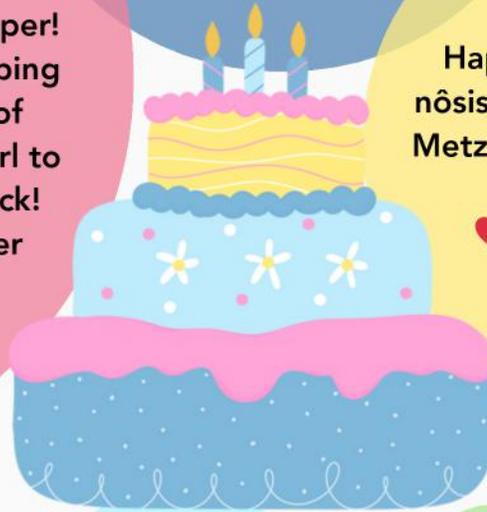
COMMUNITY CELEBRATIONS & SHOUTOUTS



Happy Birthday to the most caring, selfless, beautiful niece in the world - Talysa Tupper! Thank you for helping me in my time of need! Love you girl to the moon and back!
♥ Brenda Tupper

Happy Birthday to Cody Schlamp on January 19th & Kole Norris on January 30th!
Lots of Love!
♥ Audrey Norris

Happy Birthday my nōsisim nâpêsis Jordan Metz a very Happy 24th Birthday!
♥ Jookm Hetu



Special Thank You & Shout Out to All the SFN Staff that made the 2025 Holiday Season Amazing! From the events to the snow clearing, we so appreciate all your hard work that makes this community so wonderful!
♥ SFN Community



Celebrating in February 2026?
Please Email communications@saulteau.com by Jan 28 2026 for inclusion in next months Newsletter!

*Birthday Wishes!
Anniversary Celebrations!
Sobriety Birthdays!
Educational, Athletic, or Professional Achievements!
New Baby Announcements!
Wedding Well Wishes!*



Has your Banking Info Changed? Maybe You Changed Your Email? Moved? Have a New Phone Number?

Please ensure you keep your information up to date and accurate with our administrators!

If we don't have your correct email, mailing address, phone number, and banking info - you could be missing out!

Banking Info Changes - ap@saulteau.com
Contact Info Changes - communications@saulteau.com

Kassandra Grant
Director of Finance and
Administration
kgrant@saulteau.com

Human Resources Contacts:

Job Opportunities
jobs@saulteau.com

Finance Contacts:

Member's Payable
ap@saulteau.com





ASSET MANAGEMENT & CAPITAL PROJECTS:

Community Capital Projects Update

Ongoing Housing, Energy Efficiency, and Infrastructure Projects

Solar and Backup Battery Installation Project



The Solar and Backup Battery Installation Project is a community-wide initiative designed to improve energy reliability, reduce long-term power costs, and increase resilience during outages. These systems help keep essential power available during unexpected disruptions while supporting more sustainable energy use.

Solar panels capture energy from the sun, while backup batteries store that energy for use when power is interrupted. Together, they provide added peace of mind and long-term benefits for homes in the community.

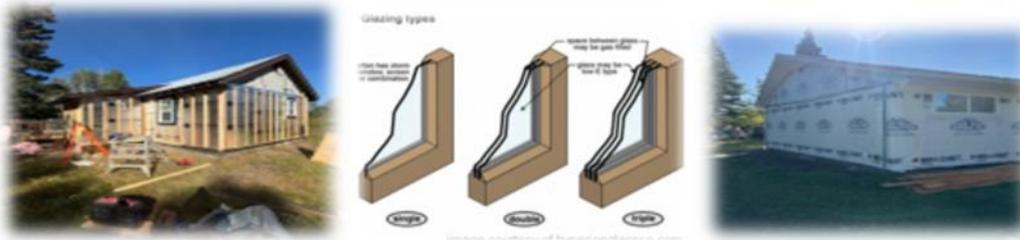
The project is being delivered in phases and is currently on hold until spring due to cold temperatures and heavy snowfall. Winter conditions make installations unsafe and not feasible. All work is weather-dependent and will resume once conditions allow.

When installations restart:

- Homes will be scheduled in planned phases
- Residents will receive advance notice before crews arrive
- Installations will be completed safely and to technical standards

This project is a significant investment in the community's energy future. It supports reliable power, strengthens household resilience, and contributes to long-term sustainability for generations to come.

Housing Retrofit Program



The Housing Retrofit Program is an ongoing, multi-year initiative focused on improving comfort, durability, and efficiency in existing homes. This program reflects a long-term commitment to improving housing conditions and investing in safe, efficient homes for community members. These improvements help create warmer, more comfortable homes while reducing ongoing maintenance and energy costs.

Andrii Sorok, Director of Infrastructure
asoroka@saulteau.com

Asset Management Contacts

Shane Reynolds
Manager of Assets & Capital Projects
sreynolds@saulteau.com

Housing Contacts

Cindy O'Brien
Housing Manager
cindy@saulteau.com

Marci Doonan
Tenant Relations Supervisor
mdoonan@saulteau.com

Facilities Maintenance & Public Works Contacts

Ronda Lalonde-Auger
Facility Maintenance & Public Works Manager
rlalonde@saulteau.com



ASSET MANAGEMENT & CAPITAL PROJECTS:

Current upgrades include:

- Triple-pane windows to reduce heat loss and drafts
- New exterior doors to improve security and efficiency
- Exterior siding improvements to protect homes and extend their lifespan

Homes are scheduled in phases based on readiness, scope, and available funding. All residents are contacted before work begins.

Wastewater Project Update

The Wastewater Project is a major infrastructure improvement focused on upgrading wastewater services to support safe, reliable, and long-term service for homes in the community. This work helps protect public health, reduces the risk of system failures, and supports future growth.

Due to winter conditions, cold temperatures, and heavy snowfall, construction has been paused until spring. Continuing work during these conditions is not safe or practical. Temporary measures are in place to ensure systems remain operational through the winter months. Construction teams will return in the spring to complete any remaining work.

Spring activities will include:

- Completion of unfinished connections and tie-ins
- Ditching and site restoration
- Hydro seeding to restore disturbed areas
- Final clean-up to return properties to proper condition

This project is an important investment in long-term infrastructure that will support the community for years to come.

New Home Builds



The 10 new homes currently under construction are being built using ICF (Insulated Concrete Form) construction, providing strong, durable homes with improved insulation, energy performance, and long-term reliability.

These homes are being developed in family groupings, with two homes per family grouping. This approach was determined and approved by Chief and Council to ensure fairness, equality, and transparency in how new housing is delivered across the community.

Current progress includes:

- 4 homes fully completed and now occupied by very happy tenants
- 2 homes approximately 90% complete, nearing final finishes and inspections
- 4 homes approximately 75% complete, with steady progress continuing

Despite seasonal challenges, construction teams continue working to safely advance these homes toward completion. These builds represent a meaningful investment in stable, long-term housing for families and future generations.



ASSET MANAGEMENT & CAPITAL PROJECTS:

Looking Ahead

As we move forward, all new home builds and housing retrofits will continue as planned, with work progressing in phases based on funding, readiness and scheduling.

Solar and backup battery installations, as well as wastewater construction, will resume in the spring as weather conditions allow. This includes completing outstanding work, site restoration, hydro seeding, ditching, and final clean-up.

Together, these projects represent a significant investment in the longevity, reliability, and resilience of the community. While this work takes time, each phase delivers lasting improvements that support community members today and for generations to come. Updates will continue to be shared as work progresses.

Thank You!

We want to sincerely thank all Saulteau and Community members for your continued patience, understanding, and support as these projects move forward towards completion. We know that construction, seasonal pauses, and ongoing work can be disruptive at times, and we truly appreciate the cooperation shown by homeowners, tenants, and families throughout this process.

These projects represent a major investment in the long-term strength and longevity of our community. Every upgrade, new home, and infrastructure improvement is being done with the future in mind therefore creating safer homes, stronger services, and a more resilient community for current and future generations.

Your support makes this work possible. We are grateful for the trust you place in these efforts and for the shared commitment to building a healthy, sustainable future together.

Thank you for standing with us as we continue this important work.

Questions or Concerns

If you have any questions, concerns, or would like more information about these projects, please reach out to:

- **Shane Reynolds – Manager of Assets & Capital Projects**
sreynolds@saulteau.com 250-613-8006
- **Jon Watson – Capital Projects Coordinator**
jwatson@saulteau.com 250-874-7337
- **Falon Gauthier – Asset & Capital Projects Administrator**
fgauthier@saulteau.com 250-788-7377

|We are happy to help and appreciate you reaching out.

Respectfully, The Capital Projects Team





ASSET MANAGEMENT & CAPITAL PROJECTS:

Community Notice – **Scheduled Fiber Optics Outage**

When:

Date: January 16, 2026

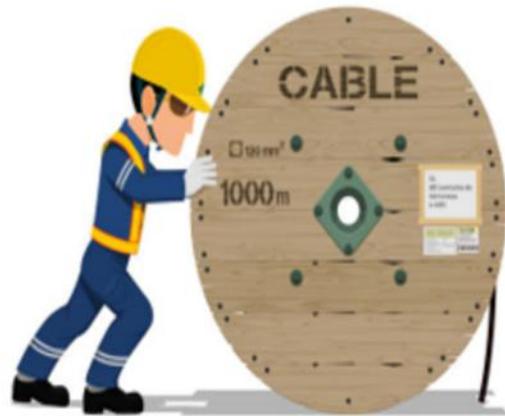
Start time: After 1:00 p.m.

Expected duration: 24–48 hours

A scheduled fiber optics outage will affect the following areas:

- Lakeview Subdivision 1
- Riverside Subdivision
- South Moberly Road

This outage is required to complete a critical repair to the existing fibre infrastructure. This work is necessary to improve system reliability.



What does this mean for you:

1. Internet and related services will be unavailable during the outage window.
2. Service restoration may occur sooner, but please plan for the full 24–48 hours.

Thank you for your patience and understanding while this essential work is completed.

For any questions or concerns please contact

- **Shane Reynolds – Manager of Assets & Capital Projects**
sreynolds@saulteau.com 250-613-8006

NOTICE
JANUARY 16 2026
SCHEDULED FIBER OPTIC OUTAGE
24 - 48 HOURS
NO INTERNET DURING OUTAGE

CULTURE, HERITAGE & RECREATION



É-kó-pípon-kísikáw
JANUARY
 A celebration of winter, style, and expression



31ST
 January
 2026

É-kó-pípon-kísikáw
JANUARY
 A celebration of winter, style, and expression



31ST
 January
 2026

Laurelle Watson
 Director of Programs
 & Services
 lwatson@saulteau.com

Culture, Heritage &
 Recreation Contacts

Jamie Kristoffy
 Manager of Culture &
 Heritage
 jkristoffy@saulteau.com

Saulteau First Nation
Fashion Show

ALL
 AGE

RIBBON SKIRTS | REGALIA | RIBBON SHIRTS
SFN CULTURE CENTRE - 12:00 - 3:00 PM

COME OUT AND SHOWCASE YOUR WORK! YOU'RE WELCOME TO WALK THE RUNWAY YOURSELF OR HAVE A MODEL REPRESENT YOUR DESIGNS.

PLEASE REGISTER WITH KIRSTA AT KLINDSTROM@SAULTEAU.COM.

Saulteau First Nation
Fashion Market

ALL
 AGE

MEDALLIONS | EARRINGS | RIBBON SKIRTS | MOCCASINS
SFN CULTURE CENTRE - 10:30 - 3:00 PM

COME OUT AND SELL YOUR CREATIONS! IF YOU WOULD LIKE TO HAVE A TABLE AT THIS YEARS FASION SHOW, PLEASE SEND AN EMAIL TO KIRSTA AT KLINDSTROM@SAULTEAU.COM



Cribbage Tournament!!

WHEN: JANUARY 18, 2026 @ 12 PM

WHERE: CULTURE CENTRE GYM

18 +

MONTARY PRIZES 1ST / 2ND / 3RD

CONCESSION AVAILABLE
 \$20 TEAM

EVENT DEPENDING ON INTEREST !!

PLEASE REGISTER WITH TASHA
 250-874-8408 / TLALONDE@SAULTEAU.COM

REGISTRATION DEADLINE IS
 JAN 16, 2026 @ 4:00 PM



GOV IN-PERSON YOUTH MEETING

TUES, JAN 20TH → 6PM
CULTURAL CENTRE GYM

ALL YOUTH SELECTED TO ATTEND GATHERING OUR VOICES
 HAVE BEEN CONTACTED, PLEASE CHECK YOUR EMAILS

AT THIS MEETING WE WILL BE COVERING:

- DRAFT ITINERARY
- WORKSHOP SELECTION
- TRAVEL DETAILS
- OFF-SITE ACTIVITIES
- TRIP EXPECTATIONS AND MORE

PLEASE BRING VALID GOVERNMENT ISSUED PHOTO ID

FOR MORE INFORMATION

ECAMERON@SAULTEAU.COM
 CORRINAW@SAULTEAU.COM



CULTURE & HERITAGE:

Beading Group Tuesdays

January 15, 27th
5:00pm-7:00pm
Cultural Centre will post on board where it will be.

Join our Bead Group and discover the joy of creating beautiful, one-of-a-kind pieces! Learn from each other, have a good laugh and visit. Please bring in your projects you are working on and let's bead together.

Beading supplies available to start your creations.

Snacks & Refreshments available

250-401-1580 | TPAQUETTE@SAULTEAU.COM | SAULTEAU CULTURAL CENTRE

CRAFT WITH COMMUNITY

5:00 - 7:00 PM
JAN 12TH - TIE BLANKETS
JAN 26TH - WIRE WRAP EARRINGS

GOOD CHATS

GREAT CRAFTS

if you have ideas about a craft you would like to see happen, please contact me at tpaquette@saulteau.com

1706 BOUCHER LAKE RD.
SFN CULTURAL CENTRE
TRAINING ROOM

Saulteau FIRST NATIONS

COMMUNITY DANCE PRACTICE

Saulteau Cultural Centre

Jan 14th
and
Jan 28th
4:30-5:30pm

TO LEARN MORE ABOUT THIS: CONTACT TYLENE @ TPAQUETTE@SAULTEAU.COM
250-788-7370 EXT:2101

Saulteau First Nations Cultural Advisory Committee Meeting

WEDNESDAY
JAN 21 2026
at SFN Cultural Centre Training Room
5:00 PM - 7:30 PM

Providing Cultural Guidance

LIGHT DINNER & REFRESHMENTS PROVIDED

More information:
Krista Lindstrom
EM: klindstrom@saulteau.com

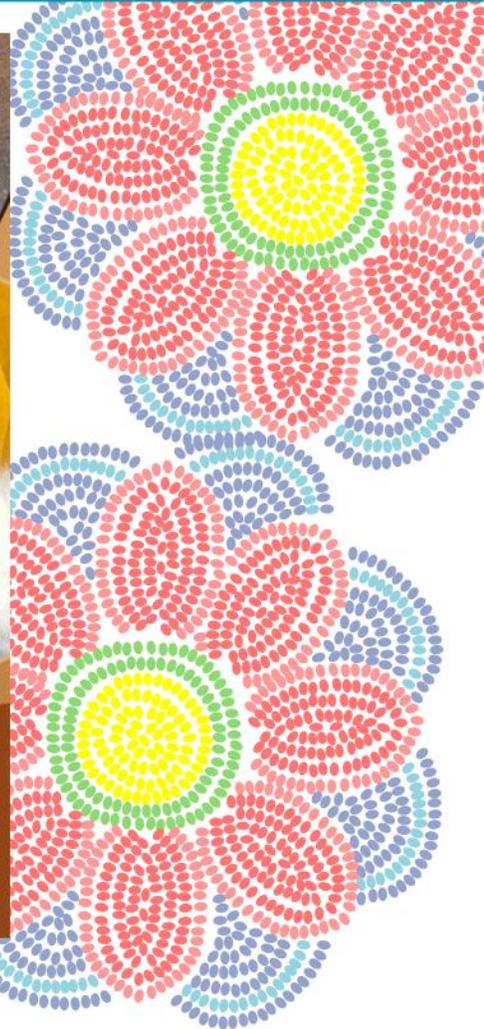


MITTEN (Gauntlets) Workshop

This will be a week long workshop
From Jan 19th to Jan 22nd
from 5-7pm
Cultural Centre Training Room

5 spots ONLY

Register at:
250-788-7370 ext 2101
tpaquette@saulteau.com



RECREATION:

VOLLEYBALL TOURNAMENT 16+

FEBRUARY, 2026 - SFN CULTURE CENTRE
6TH, 7TH, 8TH
Friday - 6:00 pm | Saturday & Sunday - 9:00 am
EACH TEAM MUST HAVE 8 PLAYERS

POSTPONED

REGISTER NOW

More Information:
• mfuller@saulteau.com
• cwestgate@saulteau.com

Please note our Volleyball Tournament has been postponed as the protective cages for the lights within the gymnasium of the Cultural Center are on back order.

We are still planning to host a tournament as soon as the infrastructure protection is in place - please stay tuned on for updates on dates and times!

Please note - SFN has recently hired a new Recreation Coordinator! They joined our staff this January and are greatly looking forward to hosting awesome events for community! Stay tuned for intro in the February 2026 Newsletter!

EDUCATION



Muskoti Elementary School

tânsi fellow band and community members:



Do you or someone you know have a child turning four by December 31, 2026, or entering Kindergarten, Grade 1, 2, or 3 in September 2026? If so, please contact us for registration forms, or they can be found on our SFN website under Education and submitted to cschlamp@saulteau.com. Registration for full-day K4, Kindergarten, Grade 1, 2, or 3 opens January 30th for the following school year. We limit class sizes to provide the highest quality of education, so it is best to register early.

We have a strong cultural and language program that continues to flourish, *nēhiawikiskinwahamākosiwak* (they learn Cree, Cree ways). We also offer units on skating, snowshoeing, swimming, gymnastics, and so much more for your students to learn. Our fieldtrips and local busing enhance our program.

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

Education is critical, and the BC First Nations Schools are striving for excellence and achieving outstanding results for our students. *kinanāskomitinān* (we give thanks to you).



EDUCATION CONTACTS

Audrey Norris
Post Secondary
Education Lead
anorris@saulteau.com

Brendon Conrad
Adult Education
Program Lead
bconrad@saulteau.com

Cheri Koenig
Secondary Education
Lead (High School)
ckoenig@saulteau.com

Cody Schlamp
Primary Teacher/
Principal
cschlamp@saulteau.com

DAYCARE CONTACTS

Jerri Morine
Manager of Childcare
Center
jmorine@saulteau.com

Our school for our community! 😊

Home of the
MUSKOTI MASKWAK

PO Box 1020 Chetwynd, BC V0C 1J0 T 250.788.7361 www.saulteau.com



kisê-pîsim January



We are looking for knowledge keepers to come in and share some stories with us over the winter months. Please call the school at 250-788-7361. Honorariums will be provided.

**MUSKOTI
MASKWAK**

MEMBER SERVICES



Membership Services is located within the Band Hall of SFN (1717 Civic Core Road) and is open for services Monday - Thursday, 8:30 AM - 4:00 PM. Services within this department include:

- Patient Travel
- Band Social Development
- Indigenous Registry & Membership
- Employment & Training Support
- Social Transportation Driver

Please ensure your contact information is up to date with our staff! If you are unsure if your information is correct, or have questions about the programming offered - please get in touch!

PH: 250-788-3955
EM: reception@saulteau.com

Member Services Contacts:

Tonia Richter
Manager Membership Services
trichter@saulteau.com

Employment & Training Contacts:

Ginette Lapierre
Employment & Training Coordinator
glapierre@saulteau.com



TRANSPORTATION CALENDAR

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Contact your driver, Cara @ 236-364-2016 to arrange for pick up. Please note that all times posted are departure and return times. It is the responsibility of the attendee to bring all items required for activities, including costs. Booking is based on a first-come first-served basis.				HAPPY NEW YEAR! 1	2	3
4	5	6 8:30am: Dawson Creek Shopping Day!	7	8	9	10
11	12 SFN OFFICES CLOSED	13 11:40am: Soup & Bannock @ Cultural Centre	14	15 12:40pm: Elders BINGO @ Cultural Centre	16	17
18	19	20 11:40am: Soup & Bannock @ Cultural Centre	21 1:00pm: Chetwynd Shopping Day!	22 12:40pm: Elders BINGO @ Cultural Centre	23	24
25	26	27	28 8:30am: Dawson Creek Shopping Day!	29 DRIVER OUT OF AREA	30 DRIVER OUT OF AREA	31



TREATY RIGHTS & ENVIRONMENTAL PROTECTION:

Open House

Treaty Rights and Environmental Protection Department



When:

**Tuesday February 10
3pm-7pm**

Where:

**SFN Cultural Centre
Training Room**

TOPIC 01

Interconnected Stewardship Areas (ISA)

formerly known as the Indigenous Led Area Base Conservation (ILABC) funded by ECCC

TOPIC 02

Landscape Planning Pilot (LPP)

The aim of this project is to balance Treaty rights with responsible energy resource development

TOPIC 03

Twin Sisters Park Gap Analysis

With Reg Whiten, Calvin Napoleon and TREP

TREP CONTACTS:

Naomi Owens-Beek
Manager of TREP
nowens-beek@saulteau.com

Jessica Eastman
Guardian Supervisor
jeastman@saulteau.com

Tom Aird
Aboriginal Liaison
ttom.aird@saulteau.com

LANDS CONTACTS:

Mary Doyle
Lands Manager
mdoyle@saulteau.com

Jenine Campbell-Cove
Lands Planner
jcampbell-cove@saulteau.com

Brooke Walker
Lands Officer
bwalker@saulteau.com

Documenting Lichen and Plant Species in Klinse Za/Twin Sisters Park

Over twelve field days in late July and early August, a biodiversity inventory was completed at four locations in the Klinse Za/Twin Sisters Park.

Using an intuitive wander method, surveys covered mature subalpine and young conifer forests, wetlands, river and lake shores, cliffs and karst sinkholes, documenting all visible plants, lichens and mosses. More than 740 specimens were collected and archived, forming a valuable record of the region's flora.

Observations of Species Richness at Low and High Elevation Sites

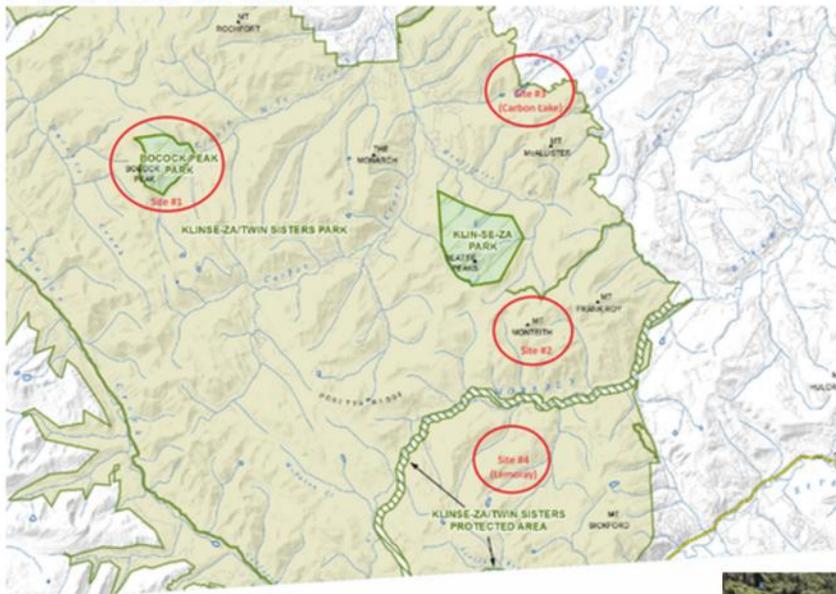
The goal was to record all species present in the areas surveyed, including all macro- and micro-lichens, liverworts, mosses, and vascular plants (ferns and other free-spring plants, conifers, and flowering plants).

Given the importance of the Klinse Za/Twin Sisters Park to caribou recovery, observations were documented for caribou forage lichens and the forest conditions that support aboreal and ground forage lichens.



LANDS STEWARDSHIP & PROTECTION

TREATY RIGHTS & ENVIRONMENTAL PROTECTION:



Biodiversity Inventories Across Four Unique Survey Sites

Category	Number of Species
Tracked (Blue/Red Listed) Records	7
Rare and Significant Records	6
New Provincial or Continental Records	6



Carbon Creek Workshop Knowledge Sharing

Saulteau Guardians, ASKI Technicians and UNBC Researchers came together for an in-field workshop in the Carbon Creek area. Topics such as forest health, clearcut regeneration, fire ecology, plant and lichen diversity, and caribou forage lichen research were explored.

The knowledge and experiences shared through the day have sparked new conversations and research - stay tuned for the 2026 summer field program!





TREATY RIGHTS & ENVIRONMENTAL PROTECTION:

Moose Winter Tick
BC WILDLIFE HEALTH PROGRAM—WINTER TICK SURVEILLANCE

5 CATEGORIES FOR AMOUNT OF HAIR LOSS—have you seen this?

- 1. NO LOSS**
to hair coat
- 2. MILD**
5% - 20% loss or damage to hair coat (neck and shoulders)
- 3. MODERATE**
20% - 40% loss or damage to hair coat
- 4. SEVERE**
40% - 80% loss or damage to hair coat
- 5. GHOST MOOSE**
>80% loss or damage to hair coat

Survey period January 1 to April 30
For more information, please contact us at FLNRMooseTickSurvey@gov.bc.ca

BC WILDLIFE HEALTH PROGRAM MOOSE WINTER TICK SURVEY
JAN 1 - APRIL 30

<https://www2.gov.bc.ca/gov/content/environment/plants-animals-ecosystems/wildlife/wildlife-conservation/wildlife-health/moose-health/moose-winter-tick-survey>



TREATY RIGHTS & ENVIRONMENTAL PROTECTION:



BRITISH COLUMBIA

Ministry of Forests, Lands,
Natural Resource Operations
and Rural Development

BC WILDLIFE HEALTH PROGRAM

MOOSE WINTER

TICK SURVEY (FS1436)

Please return this form via email to FLNRO-moose-ticks@nw.gov.bc.ca

The BC Wildlife Health Program is asking for observations of moose winter tick. All observations of moose should be recorded using this form for consistent data collection. This observation record is important to Ministry Wildlife staff as it will allow us to develop an index of moose tick infestations over time. Your assistance is greatly appreciated.

SECTION 1: PLEASE FILL IN ALL INFORMATION ON MOOSE OBSERVATION

DATE: YYYY/MM/DD TIME: NEAREST CITY OR LANDMARK:

LOCATION OF OBSERVATION (PLEASE BE AS SPECIFIC AS POSSIBLE: 12 COORDINATES, FOREST SERVICE ROAD/WM MARKER, INTERSECTION OF ROADS, ETC.)

SEX: MALE FEMALE UNKNOWN AGE CLASS: CALF ADULT BODY CONDITION: POOR MODERATE GOOD EXCELLENT

SECTION 2: CHECK THE BOX BELOW TO DESCRIBE THE AMOUNT OF HAIR LOSS (FOR CARCASSES - SEE SECTION 3)

IF BOTH SIDES ARE VIEWED, THE MORE SEVERELY INFESTED SIDE SHOULD BE RECORDED

-  NO LOSS: Normal haircoat. No obvious indications of tick infestation.
-  SLIGHT LOSS: Few small patches of hair loss. Tick infestation affecting 5-25% of winter hair (lost or broken at or near skin level).
-  MODERATE: Large patches of hair loss. Tick infestation affecting 25-40% of winter hair.
-  SEVERE: Significant hair loss on shoulders and hind quarters. Tick infestation affecting 40-80% of winter hair.
-  GHOST: Hair loss over most of body (except head). Tick infestation affecting over 80% of winter hair.

SECTION 3: FOR CARCASSES ONLY: CHECK APPROPRIATE BOX TO DESCRIBE TICK ABUNDANCE

- Light tick abundance (<100 swollen ticks on head and neck)
- Moderate tick abundance (100-1000 swollen ticks on head, neck, shoulders)
- Heavy tick abundance (1000+ swollen ticks everywhere)

Form Available Online!



Contact information

Call RAPP at **1 877 952-7277** for injured or distressed wildlife or wildlife interactions where public safety may be at risk.

For all wildlife health inquiries or reports, contact BC Wildlife Health.

 Office
250 751-3219

 Office
250 751-3234

 Email
Caeley.Thacker@gov.bc.ca

LANDS STEWARDSHIP & PROTECTION



Nikanéshé Wah tzee Ensuring Caribou Futures

October 2025 update

We're excited to share the latest from Nkanéshé Wah tzee: field projects, lichen gathering, new opportunities, and the inspiring people behind the work. Thank you for being part of this ongoing effort to protect and restore the Kinise-Za caribou herd.



Land Restoration Update

With the fire danger risk reduced, our restoration crews were able to begin mechanical site preparation at both the Rochfort and Bickford Pen sites.

Our restoration approach includes decompacting and re-sloping old roads and trails, spreading coarse woody debris and topsoil to restore natural drainage, and occasionally transplanting nearby trees and shrubs. These steps support natural soil and vegetation recovery, setting the stage for seedling planting.



An excavator decompacts an old forestry road, preparing the area for natural regeneration. First the excavator is a section treated in 2023.

Rochfort Site

With a network of former forestry roads from past logging, the Rochfort site is now being re-shaped into thriving caribou habitat. Since the project began, Canfor has been a steady partner, continuing to lend support even as their operations in the region have scaled back. Restoration crews are currently treating more than 20 kilometres of roads, setting the stage for tree planting in 2026.



An excavator decompacts an old forestry road, preparing the area for natural regeneration. First the excavator is a section treated in 2023.

Bickford Pen Site

Used for our caribou maternity pen in the mid-2010s and again from 2022-2024, the Bickford Pen site is now being restored to quality habitat.

This summer, caribou guardians removed the pen fencing, treated 2.2 kilometres of trail, and redistributed debris to help the site return to natural habitat ahead of tree planting in 2026.

A special moment from this site happened during the 2024 penning season when a pregnant caribou who wasn't part of that year's program, returned on her own to the pen to calve. Guardians carefully guided her inside, where she safely gave birth a few days later. Though rare, this touching event demonstrates the strong imprint the site has left on the herd and reinforces our commitment to restoring this area to its natural state.

We're Hiring



Caribou Maternity Pen Lead

We are seeking a Caribou Maternity Pen Lead to help organize and manage our 2026 penning season.

- Location: Mackenzie, BC preferred (Chetwynd or Moberly Lake possible)
- Term: Jan-Aug 2026 (PT in Jan & Aug; FT Feb-Jul)
- Compensation: \$68,000-\$74,000 FTE, depending on experience

View full posting: cariboufutures.ca/news/hiring-caribou-maternity-pen-lead/

Apply today! Applications reviewed on a rolling basis.

Closing November 16, 2025

Science Program Update



Camera Grid

This year, crews successfully deployed 304 wildlife cameras across the Kinise-Za landscape, an incredible achievement in a rugged and remote area. Saulteau Guardians played a key role in supporting the field teams and ensuring the work went smoothly.

These cameras will help track how wildlife communities respond to restoration efforts, offering valuable insights into predator-prey dynamics over time. The goal is to check the cameras next summer to begin analyzing the data.

We've already captured some incredible moments from the field!



Our Caribou Research Goes to Victoria

This summer, Dr. Clayton Lamb presented our research on caribou health at the [Victoria Disease Association Conference](https://www.victoriadiseaseassociation.ca/conference) in Victoria, BC. His talk shared findings from "Assessing the health-fitness dynamics of endangered mountain caribou and the influence of maternal penning", a study examining nutrition, stress, and disease indicators in both penned and wild caribou. The results show that Kinise-Za caribou are generally healthy and that penning supports recovery efforts without adding stress. These findings provide valuable insights that help guide ongoing Indigenous-led caribou conservation.

His presentation is not available to watch, but you can [read the report](#).



Interactive Story Map

Nikanéshé Wah tzee is featured in the [BC Conservation Fund's new, Interactive Storymap!](https://www.bccconservationfund.ca/interactive-storymap/) We're honoured that our work is included as a resource for teachers and students exploring the critical role of conservation in protecting caribou and their habitat.

Helping young people connect with this story is an important step in building future generations of environmental stewards.

Read our [press post](#).

Explore the [interactive storymap](#).

Thank you BC Parks Foundation for your support and partnership!

Gathering Lichen for the Caribou



Lichen is a vital food for caribou. This summer, Saulteau First Nations' Land Guardian Program added lichen harvesting to their field season. Drawing on the Guardians' deep knowledge of lichen meadow locations and sustainable harvesting practices, the team reached the season's quota by early September.

With help from community members, local residents, and West Moberly First Nations Guardians, the team collected 400 bags, which is enough to help nourish the caribou in next year's maternity pen.

Using drones and custom data tools, the Guardians also mapped new harvesting sites and improved how they track and manage their work. These innovations are helping us strengthen both our monitoring and long-term management goals.

As always, the Guardians are proud to contribute to the ongoing care and preparation that support a healthy, successful transition for the caribou in the maternity pen next year.

Pen Guardian Corbin Brown



When it comes to caring for caribou mothers and their newborn calves, few have instincts as sharp as Corbin Brown's. A Caribou Guardian from West Moberly First Nations, Corbin brings years of experience and deep respect for the animals he helps protect. During calving season, he often seems to know intuitively where a mother and her calf will be. His calm presence, sharp observation skills, and expert use of telemetry make him an essential part of the team—and a trusted guardian of the next generation of caribou.

This summer, Corbin also helped care for an orphaned calf after her mother passed shortly after birth. Thanks to the team's careful rearing, the orphan is thriving and now traveling close to other collared caribou from the pen. Most of the released caribou have remained near the pen site, and we're optimistic she'll continue to grow strong within the herd.

Special funder thank you

The Nikanéshé Wah tzee Stewardship Society could not do its work without the support of many dedicated funders, all of whom are listed on the [Partners Page of our website](#). For this newsletter, we are spotlighting Braiding Knowledges Canada.



Braiding Knowledges Canada is a not-for-profit corporation focused on drivers and outcomes of environmental and societal change in support of conservation, restoration, adaptation, and well-being.

Their goal: to enhance the well-being of All Our Relations—the land and everything in and on it, including humans and their plant, animal, living, and non-living relations.

If your company or organization would like to support our work, please contact us via info@cariboufutures.ca.



Interactive Story Map

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Helping young people connect with this story is an important step in building future generations of environmental stewards.

Read our [press post](#).

Explore the [interactive storymap](#).

Thank you BC Parks Foundation for your support and partnership!

Partners

Sponsors

Nikanéshé Wah tzee Ensuring Caribou Futures

The Nikanéshé Wah tzee Stewardship Society takes a hands-on approach to revitalizing the Kinise-Za caribou population through maternity penning, land restoration, and scientific research. This Indigenous-led partnership between West Moberly First Nations and Saulteau First Nations unites community members, caribou guardians, and scientists. Guided by both traditional and Western knowledge, our efforts are scientifically sound and community-driven.

cariboufutures.ca
10233 102TH Avenue, Fort St. John, BC V1J 1Y8 Canada



Baby Welcoming

Thursday February 26, 2026

WE ARE GATHERING INFORMATION ON ALL BABIES BORN IN 2025 TO START PREPARATION FOR SFN BABY WELCOMING!

THE FOLLOWING INFORMATION IS REQUESTED:

1. FIRST AND LAST NAME OF NEWBORN
2. BIRTHDATE
3. GENDER
4. FIRST AND LAST NAME OF PARENTS
5. A PHOTO OF BABY!
6. CURRENT PHYSICAL & MAILING ADDRESS
7. PHONE NUMBER/ EMAIL THAT YOU CAN BE REACHED.

DEADLINE FOR SUBMISSION: JANUARY 29, 2026

**PLEASE CONTACT: CGAUTHIER@SAULTEAU.COM
(250) 788-7262**



Sarah Howes
Director of Health
showes@saulteau.com

HEALTH CONTACTS:

Ashely Gauthier
Operations Manager SFN
Health Centre
agauthier@saulteau.com

LINDA KRISTINA HOUSING SOCIETY CONTACTS:

Shari-Lyn Rougeau
Manager of LKHS
srougeau@saulteau.com

MENTAL HEALTH CONTACTS:

Annie Miller
Manager of Mental Health
amiller@saulteau.com

FAMILY SERVICES CONTACTS:

Jessa Coukell
Manager of Family Services
jcoukell@saulteau.com



JANUARY 2026 HEALTH CENTRE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	New Year's Day	02	03
04	05	06	07	08	09	10
11	12	13	14 Reflexology-NBH	15 Massage Therapy-NBH Physio Therapy-HC	16	17
18	19 IFOTI: Session 1	20 Heartcore Sound Healing-NBH Session 2	21 Transforming Anxiety Workshop-NBH	22	23	24
25	26	27	28	29 Massage Therapy-NBH	30	31

Massage Therapy

Jaclyn Johnson, RMT
NuBalance Massage Therapy
New Beginnings House

JANUARY 15TH & 29TH, 2026
Call the Health Centre to book
250-788-7280

HeartCore
Sound Healing

January 20th, 2026
New Beginnings House
Contact Melva 250-788-7280



Soul2Soul
Guidance Sessions
Jenn's Intuitive Work
Wednesday, January 28th
New Beginnings House

My name is Jenn Casey/Rainbow Raven Feather. Since my early childhood I have understood that there is more to this World, this Universe, this Life than what physically surrounds us. I have always been able to connect with Spirit & Energy in the form of colours, symbols, past on loved ones around people. I have been told I am in both Worlds, the Physical & Spiritual World.

My passion is walking beside others as they cross their own threshold into deeper understanding & connection to Mind ★ Body ★ & the Soul ★. Over my almost 35 years of IntuitiveWork I have learned to be proficient in holding space & in a multitude of Healing Processes. I love assisting others in coming back to themselves. When we sit together we are meeting on a Soul2Soul level, enhancing your energy.

When we sit together we create an orbit of healing & we drop back into a Soul2Soul level. Everyone is so unique and different that no one has the same experience. I will meet you where you are currently on your life's journey. I offer many forms of IntuitiveGuidance & Healing

- * to connect people to their past on loved ones & Ancestors
- * to bring clarity & confirmation to people of the signs & messages surrounding them
- * to bring mindfulness & awareness to Spirit & Soul
- * to bring Peace & Healing to those who choose to sit with me.
- * let us de-activate old energy & emotions and activate new
- * to bring a sense of comfort to each everyone's unique gifts within
- * to bring healing to past trauma, addiction & grief

Saulteau
FIRST NATIONS

Book with Jenn
778-256-3393

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.

Saturdays 2:30-4:00pm - Group Sessions

Adult
Ages 19+

- February 7th
- February 14th
- February 28th
- March 7th
- March 14th
- March 21st
- March 28th

Saturdays 4:00-5:00pm - 1-1 sessions

Adult
Ages 19+

- February 7th
- February 14th
- February 28th
- March 7th
- March 14th
- March 21st
- March 28th

Register with Bonnie at
peaceequineconnection@gmail.com

Saulteau
FIRST NATIONS

PHYSIOTHERAPY HEALTH CENTRE

January 15th

Call 250-788-7304 to book
Ask for Debbie

Physiotherapist is unable to
do WCB or ICBC claims

Equine Therapy

with Peace Equine Connection

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

Group Sessions
Youth
Ages 7-18

2-1 Sessions
Youth
Ages 7-18

Mondays 5-8pm

- February 2nd
- February 9th
- February 16th
- February 23rd
- March 2nd
- March 9th
- March 16th

Saturdays 1-2:30pm

- February 7th
- February 14th
- February 28th
- March 7th
- March 14th
- March 21st
- March 28th

Ride assistance available
on Mondays

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



co-ed youth Cooking class

With shay
garbitt

16 JANUARY | AT 3:30-6:30 PM

Please join me for an evening dedicated to discovering how to prepare nutritious freezer meals.

Where: New Beginnings House

Register with shay

250-874-9604 or
Sgarbitt@saulteau.com

You need to be 9 years old or older to register. Children aged 9 and under must be accompanied by an adult. Dinner and refreshments will be provided.



CAREER

LEARNING

TRAVEL

HEALTH

LOVE

Saulteau
FIRST NATIONS
YOUTH GIRLS
GROUP VISION
BOARDS

WHERE: JANUARY 23RD 2026
TIME: 3:30-6:30

WHERE: NEW BEGINNINGS HOUSE

SNACKS & REFRESHMENTS PROVIDED. PLEASE CONTACT SHAY FOR SIGN-UP AT (250)-874-9604. THE GROUP IS FOR AGES 9 AND UP. WHILE THOSE UNDER 9 NEED TO BE ACCOMPANIED BY AN ADULT.

Saulteau
FIRST NATIONS

COME JOIN ME FOR A WOMEN'S
GROUP VISION BOARD/NEW YEAR'S
RESOLUTION BOARD.

women's group

When: Tuesday, January 27, 2026
Where: New Beginnings House
Time: 4:30-6:30

Snacks & Refreshments provided.
Please call Shay to sign up.
250-874-9604

Saulteau
FIRST NATIONS

Join Us
**BOYS
YOUTH GROUP**

please join me in Monopoly
game night

Activities Include
CARD & BOARD GAMES,
PUZZLES.

WHERE: NEW BEGINNING
HOUSE

JANUARY 30TH 2026

3:30 PM - 6:30 PM
please contact shay for sign up (250)-874-7441
SNACKS & REFRESHMENTS Group for ages 9
and above while those under 9 must be
accompanied by an adult



LETS ZUMBA!!

BEGINNER FRIENDLY

EVERY FRIDAY STARTING
JANUARY 16, 2026

FROM 10AM 12 NOON

LOCATION: SFN CULTURE CENTER TRAINING ROOM!!

MORE INFORMATION AT
RANDIE 250-401-8662
RTESTAWICH@SAULTEAU..COM



2026 Vision Boards

January 20, 2026
11am to 3pm
Lunch Provided
5016-50th Ave Mental Wellness
Clinic Room 211

Welcome, everyone! To Register Contact
Randie via rtestawich@saulteau.com
250-401-8662





Your Health, Your Choice, Your Privacy



Free HIV Self-Test Kits Available.

A quick and easy way to test for HIV on your own time, with instant results.

- Walk-ins welcome
- No appointment needed
- Quick & easy to use
- Take one for yourself or a loved one
- 100% confidential
- No names required
- No judgment

📍 Saulteau First Nations Mental Wellness Clinic (Above IDA Pharmacy) 5016 50th Ave, Chetwynd BC VOC 1J0

Testing is a normal part of staying healthy. Knowing your status helps **take care of your health.** Early testing means better treatment and support if needed.

Take a test. Take care of yourself.



if you have questions please call or text 250-875-1072

Wellbriety



Talking Circle

Starting Sunday at 1pm at the SFN Mental Wellness Clinic
5016 50th Ave NE, Chetwynd BC VOC 1J0



Wellbriety Meetings are hosted EVERY SUNDAY at 1:00 PM at the Mental Wellness Centre.



New Years Mental Wellness & Movement Challenge

Earn 1 point for each activity participated in from the Movement Calendar. Activities completed outside of Movement Calendar can also earn points by submitting a photo of the activity for verification. Challenge open to all Saulteau and West Moberly staff, members, community members, and family.

To register please contact **Kylie Davis** at kdavis@saulteau.com



MOVEMENT CALENDAR

JANUARY 12th to FEBRUARY 13th 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 9:00am-10:00am Aqua Fit 5:30pm-6:30pm w/ Alycia	13 12:10pm-1:10pm w/ Elaine	14 9:00am-10:00am Aqua Fit 10:30am-12:00pm w/ Kylie	15 5:30pm-6:30pm w/ Elaine	16 9:00am-10:00am Aqua Fit	17	18
19 9:00am-10:00am Aqua Fit	20 12:10pm-1:10pm w/ Elaine	21 9:00am-10:00am Aqua Fit 10:30am-12:00pm w/ Kylie	22 5:30pm-6:30pm w/ Elaine	23 9:00am-10:00am Aqua Fit	24 10 am Hike w/ MW Team Ghost Mtn.	25
26 9:00am-10:00am Aqua Fit 5:30pm-6:30pm w/ Alycia	27 12:10pm-1:10pm w/ Elaine	28 9:00am-10:00am Aqua Fit 10:30am-12:00pm w/ Kylie	29 5:30pm-6:30pm w/ Elaine	30 9:00am-10:00am Aqua Fit	31	1
2 9:00am-10:00am Aqua Fit 5:30pm-6:30pm w/ Alycia	3 12:10pm-1:10pm w/ Elaine	4 9:00am-10:00am Aqua Fit 10:30am-12:00pm w/ Kylie	5 5:30pm-6:30pm w/ Elaine	6 9:00am-10:00am Aqua Fit	7	8
9 9:00am-10:00am Aqua Fit 5:30pm-6:30pm w/ Alycia	10 12:10pm-1:10pm w/ Elaine	11 9:00am-10:00am Aqua Fit 10:30am-12:00pm w/ Kylie	12 5:30pm-6:30pm w/ Elaine	13 9:00am-10:00am Aqua Fit	14	15

Activity Legend and Prize Info

- = Lunch/Evening Sweat w/ Elaine in Cultural Centre Weighroom (Zoom)
- = Evening Yoga w/ Alycia
- = Aqua Fit @ Chetwynd Rec Center
- = Morning Walk w/ Kylie

Prizes include:
Apple Watch
Walking Pad
Lonestar Sports Gift Cards
Garmin inReach and more





Hello, I'm
Jasmine
Garcia
Montes!



I am currently a
Masters of
Counselling
Psychology
Practicum
Student from
January to
August.

Areas of Speciality:

Relationships
Stress
Mental health concerns
Trauma
Substance misuse
Behavioral challenges
Self-esteem & identity

Age range: 10-23 years old.

Modalities:

- Cognitive behavioral therapy (CBT)
- Solution-focused brief therapy (SFBT)
- Dialectal behavior therapy (DBT)

Contact/Availability:

Virtual sessions by Zoom or
Phone.
jmontes@saulteau.com
250 875 1104
Tues-Thurs: 12-430 MST.

LINDA KRYSTINA
HOUSING SOCIETY

**24/7 Crisis Line:
250-401-8079
Phone or Text**

Our Mission:

To provide women and children a safe space to heal, learn, and grow.

Ensuring women and children will come to know their value as life givers and the future of the Nations.

*Nurture the Spirit,
Health the Heart,
Replenish the Body,
and Train the Mind.*



SFN Mental Wellness Dept.

5016 – 50th AVE NW
PO BOX 2186
Chetwynd, BC
V0C1J0

PH: 236-364-2009
FAX: 866-912-6585
EM: mentalhealth@saulteau.com

FAMILY SUPPORT SERVICES



YOUTH SUPPORT CONTACTS

Ethan Cameron
Youth Support Coordinator
ecameron@saulteau.com

Derek Wood
Youth Program Facilitator
dwood@saulteau.com



The Trek Youth Centre is looking forward to reconnecting with our Youth in 2026!

If you want to know what we're up to - check out our weekly plans! Updates are regularly posted to the SFN website (under the events calendar) on the SFN Communications Facebook group, and within the SFN App!

The Trek Youth Centre Offers Weekly Programming!

MONDAY
Co-Ed Group
Drop In

TUESDAY
Girls Group
Drop In

WEDNESDAY
Boys Group
Drop In

THURSDAY
Co-Ed Group
Drop In

With occasional Special Events on Fridays & Weekends!



Curious about the Trek Centre?

Come visit us anytime!
Drop ins are welcome on Monday & Thursday!

Have specific questions? Concerns about rides? Ideas for specific activities? Talk to our Youth Program Facilitators!