

# December 2022



# Chief & Council



**Chief Justin Napoleon**  
Davis Family Councillor  
jnapoleon@saulteau.com

**Penny Berg**  
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**Rudy Paquette**  
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**Falon Gauthier**  
Gauthier Family Councillor  
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**Juritha Owens**  
Napoleon Family Councillor  
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# Contact



**Saulteau First Nations**  
1717 Boucher Lake Rd.  
Moberly Lake, BC  
V0C 1X0  
  
(250) 788-3955  
communications@saulteau.com  
  
Monday to Thursday, 8:00AM-4:30PM

Saulteau First Nations

# Christmas Events

It's Party Time!

*Kids Party- Dec. 6th*

5pm-7pm- Band Hall Gym Age: 0-18

Pizza, Hotdogs, Crafts, Cookies and tons of fun!

*Community Christmas Dinner-  
Dec. 7th*

5pm- Band Hall Gym

Opening Prayer, Dinner, and FIREWORKS!

*Elders Party- Dec. 8th*

2pm- Band Hall Gym

Homemade lunch served by our volunteers!

*Christmas Parade- Dec. 13th*

3:30 pm- Starting at the Band Hall.



Chief and Council would like to wish each and every one of you a Merry Christmas and a Happy New Year

Now may be the time to count our blessings and give thanks to the creator for his wisdom and the 7 teachings we all strive to live by.



### **7 Grandfather teachings**

Love - love is unconditional, tenderness and kindness for all things around you

Respect - show courtesy, consideration and kindness for all living things

Bravery - do what is right, make positive choices

Truth - know and live what is true

Honesty - honesty and truthfulness are the foundation of a good and healthy life

Humility - never view ourselves as better or more important than others

Wisdom - Wisdom calls upon us to respect every human being, even when they do not respect themselves. Wisdom calls upon us to listen carefully to others with great attention and love to understand, before we seek to be understood.

Keep our teachings, culture and traditions strong over the season.

Have a wonderful holiday!





## HEALTH CENTER & DOCTOR HOLIDAY HOURS.

December 16th 2022-January 2nd 2023  
CLOSED

Saulteau First Nations offices will be closed during the holiday season, however there will continue to be access to a doctor both by phone appointments and in person at the IDA town location.

Please see the Health center calendar for the doctors' schedule. Same day and prebooked appointment can be made by calling Tracy at the doctor office at 250-788-7266 on the days specified.

*Happy Holidays  
from the Health Team*



MERRY  
CHRISTMAS



FROM  
SANTA'S  
LITTLE  
HELPERS IN  
EDUCATION





# Muskoti Elementary School

## ***Attention fellow band and community members:***

Do you or someone you know have a child turning 4 by December 31, 2023, or entering Kindergarten, Grade 1 or 2 in September? If so, please contact us for a registration form in January to register your child in our upcoming school year in full-day K4, Kindergarten, Grade 1 and 2. Registration opens in January 2023 for the following school year. 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 fieldtrips and local bussing enhance our program.

If you have any questions, please feel free to contact our classroom teacher/principal 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. ☺



# Muskoti Elementary School

## ***What we offer:***

- ❖ Small class sizes with a BC certified teacher Pre-K to Grade 2
- ❖ Full day interactive, individualized academic programs for ages 4, 5, 6, and 7.
- ❖ Our local First Nations culture and language embedded in our curriculum.
- ❖ Caring and loving staff who believe in every child and their potential.
- ❖ Opportunity for children to read with confidence and pride.
- ❖ Excellent program for developing strong numeracy skills.
- ❖ Great reviews from former parents and kids who want to stay!
- ❖ And so much more ...

Check out our Facebook page: **Muskoti Elementary School** to see what we do 😊



*Happy Holidays!*

Membership Services Department  
will be closed from  
December 15th @ 12pm  
&

Returning January 3rd at 8am.

**This includes Patient Travel. If Emergency Medical  
Travel is require through the Christmas Break.**

**Please hang onto you your receipts for  
reimbursement in the new year**



# ASSET MANAGEMENT- HOME FOR THE HOLIDAYS

DECEMBER 2022

## HOME INSPECTIONS

As the New Year rolls around, we will be starting up our annual home inspections and assessments of the rental units.

A conditions report shall be prepared to record the condition of the unit and property, which will be used to determine the need for repairs. This will be just a brief meeting and walk through of the home.



## EMERGENCY REPAIRS

An EMERGENCY repair is considered any accident, break or defect in interior plumbing, heating or electrical system, or safety feature in any part of the home.

If you require emergency repairs over the holidays, we are here to help.

Please contact Keith Glover or Cory Noskyie.



## BEING SAFE IN THE COLD

It has finally happened! Summer is over and the cold weather is upon us. Here are a few tips and tricks to keep the cold air out and the warm air in.

- Eliminate drafts and plug any holes.
- Change or clean your furnace filter.
- Add insulation around pipes or heat tape to keep from freezing.
- Adjust your thermostat.
- Use your ceiling fan, spinning counter clockwise.
- If you plan on leaving your home, have someone check it every day.



## UPDATE RENTAL AGREEMENT & MAINTENANCE AGREEMENT

Over the next month the Housing Department will be sending out letters for tenants and home owners to update their agreements. The purpose is to keep our records up to date with all the information pertaining to each home. Once a letter has been received, please call us to set up and appointment. This appointment will only take a few minutes and you will be on your way!



## MERRY CHRISTMAS!

Christmas is full of shiny things  
That sparkle, gleam and glow;  
These holiday pleasures dazzle us,  
And yet, deep down, we know.

That Christmas has its special gifts,  
But our year-round joy depends,  
On the cherished people in our lives,  
Our Family and Our Friends!

We would like to wish everybody a Merry  
Christmas and a Happy New Year!

**DID YOU KNOW YOU COULD PAY  
YOUR RENT ONLINE?? IT'S A SIMPLE  
PROCESS TO SET UP YOUR ACCOUNT  
ONLINE. ALL YOU NEED IS YOUR  
BANKING INFORMATION AND YOU  
CAN HAVE YOUR RENT PAID ON TIME  
EACH MONTH! CALL OR EMAIL MARCI  
AND SHE CAN HELP SET IT UP.**

**(236)-364-2019**

**MFISHER@SAULTEAU.COM**



# Merry Christmas



WE ARE NOW  
ACCEPTING FOOD  
DONATIONS FOR  
CHRISTMAS BUREAU  
SOCIETY CHRISTMAS  
HAMPER

BRING A BAG OF FOOD  
TO THE BAND HALL. A  
TABLE WILL BE SET UP.

PLEASE SEE WILLOW TO  
RECEIVE A TICKET TO  
PUT YOUR NAME IN FOR  
A DRAW TO WIN ONE OF  
OUR 3 GREAT PRIZES.  
DONATIONS ACCEPTED  
NOV. 28 TO DECEMBER  
14/22.



## SA Day

SA Day is December 14th, 2022  
SA Declarations are due the week of the 5th - 8th.



**Saulteau**  
FIRST NATIONS

24/7 supports:

**Adult/Elder - 250-723-4050**  
**Child/Youth - 250-723-2040**  
**Toll Free In BC - 1-800-588-8717**

**KUU-US Crisis Line**  
**1-800-588-8717**

**Indian Residential School Survivors and Family**  
**1-866-925-4419**

**Mon - Fri, 8am - 8 pm PT:**  
**Weekends, 10 am - 2pm PT:**  
**Tsow-Tun-Le-Lum Society**  
**1-888-403-3123**

***British Columbia Resources Aboriginal Wellness Program***  
**604-675-2551 OR 1-866-884-0888**

***Canadian Mental Health Association - British Columbia Division***  
**1-800-555-8222**

**Here to Help**  
**1-800-661-2121**

**National Crisis Hotlines**  
**Kids Help Phone**  
**1-800-668-6868**

**Crisis Services Canada**  
**1-833-456-4566 or text 45645**

**First Nations and Inuit Hope for Wellness Help Line**  
**1-855-242-3310**

## **Attention Horse Owners!!**

All horses must be removed from the community pasture by Dec 8<sup>th</sup>, 2022.

Any horse that is left in the pasture will be considered as 'AT LARGE' and will be penned and sent to auction the weekend of December 9<sup>th</sup>.

The horse owners at the last meeting made a motion to remove all horses 'at large'.

Please pen your horse(s) up prior to the 8<sup>th</sup> if it is in the community field.

Do not use the pen attached to the barn as it will be used to contain the horses as they await the hauler.

**NOTE\* We will be using the wooden pen attached to the barn to keep the horses until they are picked up.**



LOCAL DENTURIST  
COMING TO  
SFN- HEALTH CENTRE  
JANUARY 12TH -2023

10:30-4PM

Complete Care Denture clinic

Same day repairs & refitting

CALL MELVA TO BOOK AN  
APPT.  
250-788-7280



# Saulteau First Nations Health Centre – Dr. Banas & Staff

P.O. Box 1020 Chetwynd BC, V0C 1J0  
Ph: (250)-788-7266 or (250)-788-7258  
Fax: 236-364-2500



As we enter our third year at Saulteau First Nations, we wish to thank the community of Saulteau, Moberly Lake, and Chetwynd for your continued support and warmth. We have been very welcomed here and look forward to continuing to serve the nation.

Currently, Dr. Banas is the Family Physician to many of our community members, assisting patients over the phone and in person, both at the Health Centre and the in-town office. Dr. Banas also continues to work his regularly scheduled shifts at the Chetwynd General Hospital to provide inpatient care.

The Health Centre tries scheduling appointments to accommodate as many patients as possible. However, at times, there may be a bit of wait until you are able to see or speak with Dr. Banas.

To help us be even more efficient, we ask that you:

**Please call and cancel:** if you are unable to make your appointment. Letting us know prior to your scheduled appointment allows us to offer your spot to a waiting patient.

**Prescription Renewals:** please call two weeks in advance to book an appointment for a refill. If you receive an emergency supply, ensure you call right away to book an appointment. Most refills can be done with a phone appointment.

**Post-Surgical Follow-up:** please call and book right away for your 2 or 6 week follow-up. Stitch and staple removal can also be done by our nursing staff.

**Results (Lab and Imaging):** we ask that the patient call and book a follow-up appointment with Dr. Banas to go over test results. Our office usually has results within one week.

**Referrals:** there is often an extensive wait time to see a specialist. Their office will contact you when it is time to book your appointment. Please ensure that we have your correct contact information on file.

**Paper-Work:** please call ahead to book an appointment for all paperwork to be completed.

**To book an appointment with Dr. Banas, please call:**

- (250)-788-7266
- (250)-788-7258

**To book an appointment for Public Health  
or for vaccinations, please call:**

- (250)-788-7313

**For Health Centre inquiries, please call:**

- (250)-788-7280

*On behalf of Dr. Banas and the Saulteau First Nations Health Centre Staff, thank you.*

## BABY WELCOMING 2022

Our Community Health Representative Tina is gathering information on all babies born in 2022 to start preparation for Baby Welcoming 2022

The following information is requested:

First and last name of newborn

Birthday

Gender

First and last name of parents

Where you are currently living

Phone number that you can be reached at

Please email the information to  
[cyoung@saulteau.com](mailto:cyoung@saulteau.com)

*Proudly determined*

# ARE YOU INTERESTED IN GETTING YOUR CLASS 1 LICENSE?



This is open to all SFN Community Members 😊

Please note that this class will be held in Fort St. John BC for the duration of the program. 2 weeks in class and 2 weeks driving training.

Please contact:

Jamie Kristoffy at 250-788-3955 ext. 8055 email: [jkristoffy@saulteau.com](mailto:jkristoffy@saulteau.com)

If you are interested in getting your Class 1 Driver's License

2023

TSOW-TUN LE  
LUM

WILL BE VISITING  
SAULTEAU FIRST NATIONS

JAN 23-26TH

8:30-4PM

*SFN- Health center*



CEDAR BRUSHING



SMUDGING



HEALING



## **Heather's Health Hour**

**At the SFN Health Center**

**December 6, 10 – 11 am.**

**Snacks and coffee provided**

**Enter your name into our quarterly prize draw – huge vitamix blender is our current prize and will be drawn before the Christmas break.**

**December's topic:**

**Childhood vaccines – who, what, when, where and why?**

- **Who should be vaccinated?**
- **What vaccines should they get?**
- **When should they get them?**
- **Where can these be accessed?**
- **Why should your children be vaccinated?**
- **Learn about the disease that can be prevented, their symptoms, complications, and which vaccines can prevent them.**
- **Take home information available.**
  - **Q & A session**

**Heather's Health Hour is held on the 1<sup>st</sup> Tuesday of each month**

**Topics will be announced on the SFN Facebook page, on posters posted around the area and in the monthly newsletter.**





## FLU and COVID VACCINE information

Last chance to get seasonal FLU vaccines at the  
Health center

Dec 8, 2022

Call Melva to book an appointment

250 788-7280

Bivalent Covid vaccines will be available on this  
day as well.

It is safe to get both flu and covid on the same  
day.

Covid vaccines will continue into the new year  
during monthly vaccine clinics – dates will be  
announced on SFN FB page, in the newsletter,  
and on posters posted around the area.



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