

November 2022



Chief & Council



Chief Justin Napoleon
Davis Family Councillor
jnapoleon@saulteau.com

Penny Berg
Courtoreille Family Councillor
pberg@saulteau.com

Rudy Paquette
Desjarlais Family Councillor
rpaquette@saulteau.com

Falon Gauthier
Gauthier Family Councillor
fgauthier@saulteau.com

Juritha Owens
Napoleon Family Councillor
jowens@saulteau.com

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

TREP Calendar



TREP will be selling 2023 Calendars this month!

Please call the TREP office if you are interested in purchasing.

17 x 11 high gloss (opens to 17 x 22)

\$25.00

All proceeds go to the Saulteau Women's Shelter



SA Day



Next SA Day is November 23, 2022 for the period of December 2022.

Declarations are due the week of November 14-17, 2022.



Tansi,

Victoria Brekkaas nisyīkāson, nēya nēhiyaw
Driftpile Cree Nation oci.

Hello, my name is Victoria Brekkaas and I am excited and honored to introduce myself to you as the newest Youth Program facilitator for the Saulteau First Nations youth program.

I am a Cree Woman from Driftpile Cree Nation and I have spent most of my life between DCN and Dawson Creek BC. My family and I currently reside in Dawson Creek, I am a mother with a blended family of 10 children aged 7 to 25, a wife and an advocate for Indigenous social justices. When I am not at work or focusing on my children and my education I participate in Pow Wows, Round-dances, Sweat, Sun-Dances and Potlaches. I enjoy hiking, taking pictures of my family and scenery as well as cooking and baking. I am also active in the School District 59 Indigenous Education Advisory Council and the District Parents Advisory Council.

I currently hold a diploma in social work and I am working while continuing my schooling towards my masters in social work. I have focused most of my education towards youth and community support including homelessness and human trafficking. I am passionate about finding ways to keep families and our communities whole. I believe that our youth are our future and that by providing them with a space where they feel safe to learn who they are, their culture and who they want to be as they become adults, we are helping them to break intergenerational cycles.

Every child has the potential to do great things, every child deserves to be given the chance, to be able to learn from their mistakes, and to be able to grow within their communities without worry. I hope to be an asset within this program and your community.

Ninanāskomon ketwām kotak kīsikāw iwāpātamāk



Hi, my name is Tristan Robertson. I am a Saulteau First Nations Member, I am in the Davis Family Group and I have worked for the Nation for almost 7 years starting in Education and the Daycare, then to the Health Team and have just recently moved into town to the Youth Center as a new Youth Program Facilitator. I look forward to working with the youth center team in creating a safe space for all the youth to come hang out and have fun! Looking Forward to working with you all and meeting more of our community 😊



ATTENTION
SAULTEAU
FIRST
NATIONS
CUSTOMERS

IF YOU ARE
EXPERIANCING ANY
FIBER ISSUES
PLEASE CALL THE
TECH SUPPORT LINE
AT:
1-888-622-2879

Requesting Email Addresses

Emails are the most efficient way for SFN to reach out to all of membership with important information.

We want to ensure we have the most up-to-date email addresses from membership to provide to our Indian Registration Clerk and Communications Coordinator.

If you know any SFN Members not receiving emails, please ask them to reach out to:

communications@saulteau.com

Please ask them to provide their full name and which Family Group they are part of so they receive invites to their Family Meetings.





Tansi Everyone,

Henriette Landry here, giving you up-date on Right to Play afterschool program

Well, it has been a learning experience working with the Right to play program with the little children, ages 6 to 12 years old. Being called Kokum, grandma and mama 50 times a day for the past three months, been great with these little characters. I teach them and they teach me some very good things. My job is to provide a safe space, create healthy relationships, provide healthy snacks and promote health, mindfulness and loads of fun. Take a look at some of the fun things we have been doing.



Fun pics of activities





Job Fair October 13-14, 2022

Thank you to all the companies and community members that attended our 2022 Job Fair hosted by SFN Employment & Training department. We had 150 people that attended, and it was a great turn out. It was nice to see all the members that are looking for a job or career opportunity to get connected with great companies and recruiters.

Here is a list of businesses that attended our SFN Job Fair, if you would like any other information, please contact jkristoffy@saulteau.com.

Employment & Training continues to provide services to SFN members 😊

- Aski Reclamation
- Job Search & Support Services
- BC Hydro
- Canoco Energy Services
- STRAIT
- Silver Berry
- AFDE
- SurePoint Group
- Northern Matt & Bridge
- Bank of Nova Scotia
- Triple J Pipelines
- NENAS
- Duz Cho Group LP
- Canfor
- FMI
- DFI
- Northern Lights College
- Surerus Murphy
- Securiguard
- Nawican Friendship
- Work BC
- CGL-TC Energy



ASSET MANAGEMENT

MAINTAINING YOUR HOMES- NOVEMBER 2022

Tips & Tricks to Prepare for Winter

The weather is changing and it's time to start preparing for winter and colder temperatures. Here are a few tips and tricks that can help to ease into this new season.

1. Ensure that pipes are insulated and have heat tape turned on.
2. Remove garden hoses from all outside taps.
3. Check weather stripping around all exterior doors.
4. Ensure gutters are free and clear of debris.
5. Ensure down spouts are pointed away from the house.

Repairs VS. Emergency Repairs

When repairs and maintenance are required, a request must be made to the housing department. Housing will review the request and we may arrange for an inspection to be done to confirm the repairs. All repair requests will be prioritized with emergency repairs being given first priority, followed by non-emergency repairs or maintenance related to health and safety. All other repair requests will be dealt with subject to budget availability.

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.

To make a request you can simply call our office, send us an email or come in and fill out a request form.

(236)-364-2019 or mfisher@saulteau.com

Maintenance

- When making request for maintenance or repairs, please ensure that you are home and available for the crew to come assess and complete the repairs.
- When having maintenance work done, please have the area clean and tidy.
- Please keep dogs chained up or secure when the maintenance crew is coming to your home.
- Please do not dispose of animal bones or loose cat litter in garbage bins.



Saulteau First Nations



Christmas Events

It's Party Time!



Elders Party- Dec. 6th

5pm- Band Hall Gym



Homemade lunch served by our volunteers!

Community Christmas Dinner-

Dec. 7th



5pm- Band Hall Gym



Opening Prayer, Dinner, and FIREWORKS!

Kids Party- Dec. 8th

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

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

Christmas Parade- Dec. 13th

3:30 pm- Starting at the Band Hall.



SAUL TEAU FIRST NATIONS *Holiday Market*

Saturday, Nov. 19- 9AM to 4PM

*Come and join us for a
day filled with Christmas
Spirit!*



FUN FOR
THE WHOLE
FAMILY!!

- *Kid's Coloring*
- *Cookie Decorating*

Coffee, Tea + Hot
Apple Cider



Free Admission

- Moccasins
- Beaded Jewelry
- Ribbon Skirts
- Home-aid Baking
- Unique crafts + gifts
- Wooden Art

1717 Civic Road-
Band Hall Gym



This Photo by Unknown Author is licensed under CC BY-NC-ND

Dance Group:

November
9, 16th, 23rd and 30th

6:00-7:00pm

SFN GYM

Craft Night:

November 6, 13th,
20th, 27th

New Beginning House

1:00pm-4:00pm

Women's Drum Group

November 10th, 24th

IF ANYONE IS INTERESTED IN
BEADING PROJECTS,

PLEASE MESSAGE ME FOR
APPOINTMENT, WE CAN
GET YOU STARTED ON
SOME THING.

Mussi Cho

tpaquette@saulteau.com

A decorative border of tropical leaves in shades of green, yellow, and blue surrounds the text. The leaves include large monstera leaves and smaller palm-like fronds.

Proud Parents Group

**Thursday November
2022 12pm – 2pm**

**Nov 3/22 – Heather Lirette informational
about Safe Sleeping**

**Nov 10/22 – Swimming at
Chetwynd Rec Center**

Nov 17/22 – Macramé Dream Catchers

Nov 24/22 – Christmas craft

Please contact Carmen to sign up or for
transportation

cmanichoose@saulteau.com

Elders Group November 6

11am - 2pm in the Saulteau Gym



**Fundraiser Update & Planning
in Saulteau Gym**

November 1/22



**Elders Bingo in
Saulteau Gym**

November 8/22



**Macramé Feathers in
Saulteau Gym**

November 15/22



Craft Day in Saulteau Gym

November 22/22



Game Day in Saulteau Gym

November 29/22



Please contact Carmen
(780) 201-0242
For more information



MEN'S GROUP

Tuesday November 08 & 22, 2022
6pm - 8pm @ New Beginnings
House

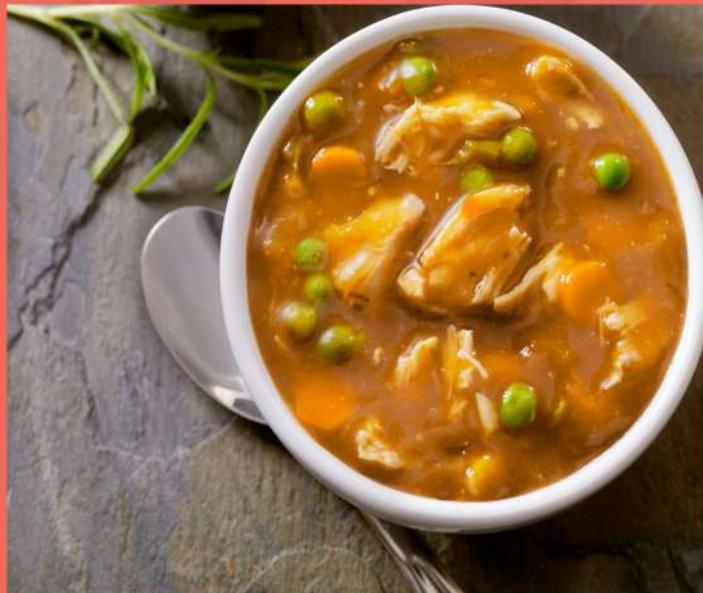
please contact Carmen to sign up
email: cmanichoose@saulteau.com
text: 780-201-0242

The NEW BEGINNINGS HOUSE Staff

**are happy to announce
starting November 2
we will be offering**

SOUP & BANNOCK
astam kakiyaw pe mitso

**EVERY WEDNESDAY
12PM—1PM**



At the SFN GYM

November 2022



Lands Officer - Mary Doyle



SFN Members,

I hope this write up finds you well ❤️ Please find attached an update of current projects being undertaken by the Lands & TREP Departments.

Cemetery Upgrade & Beautification Project

(First Peoples Cultural Council – Indigenous Cultural Heritage Infrastructure Grant)

With the assistance and input from an ongoing planning committee comprised of membership, this project has been progressing beautifully. To date, we have completed an Environmental Assessment, Identification of Unmarked Graves & Site Mapping, Installation of Columbarium's and Foundations, the development of parking & pathways, Draft Site Concept Plan, Ground Maintenance, Flower Bed, Signs, Lighting, Benches, the purchase of grounds maintenance tools and the planting of shrubbery.

Over the winter, the planning & budgeting will continue in providing Crosses for unmarked sites, the completion of a site concept plan, policy development, ongoing maintenance plan & future planning of additional requested amenities.

Sacred Sites Preservation

(First Peoples Cultural Council – Sense of Place Grant)

The goal over the winter is to further collect information and stories from traditional knowledge keepers, elders, youth and engage in activities to further develop planning for spring kick-off of this project. Our interest is to collaboratively conserve the Traditional and Sacred sites of our nation in their entirety. Sites of interest include Onion Hill, Little Peoples Hill, & Wagon Trails.

The Oral history of SFN indicates an extensive relationship with these locations and our nations culture, medicinal, and spiritual elements, all of which are interwoven with patterns of traditional practices. Recorded stories associated within these landscapes are of significant importance to our people, and should be preserved, secured, and passed down for future generations.

Recalling our Place Names of Saulteau First Nations (First Peoples Cultural Council – Indigenous Place Name Pilot Project)

Our nation has a beautiful, shared history with the Dunne-Za, Cree and Saulteau nations. The original place names of sites within our traditional area have been discussed by many, therefore creating a desire to take on this project, to recall the linkages of our past and create a stronger identity of who we are. Connecting the language to the land is so important to the revitalization of our Indigenous languages. Recognizing the historical link of an area having a non-English name is critical in creating the oral history that was once shared so easily. Place names are a need and aspiration to add to our colourful landscape.

Welcome to the team 📍📍 Over the next few months our Heritage and Archives Coordinators, Lana Garbitt and Josh Cameron will be researching existing documents, interviewing Key Knowledge Holders & Elders, verifying, and conducting Site Visits, documenting all Place Names, developing a data base, and finally completing a Final Report to include our identified place names and historical background.

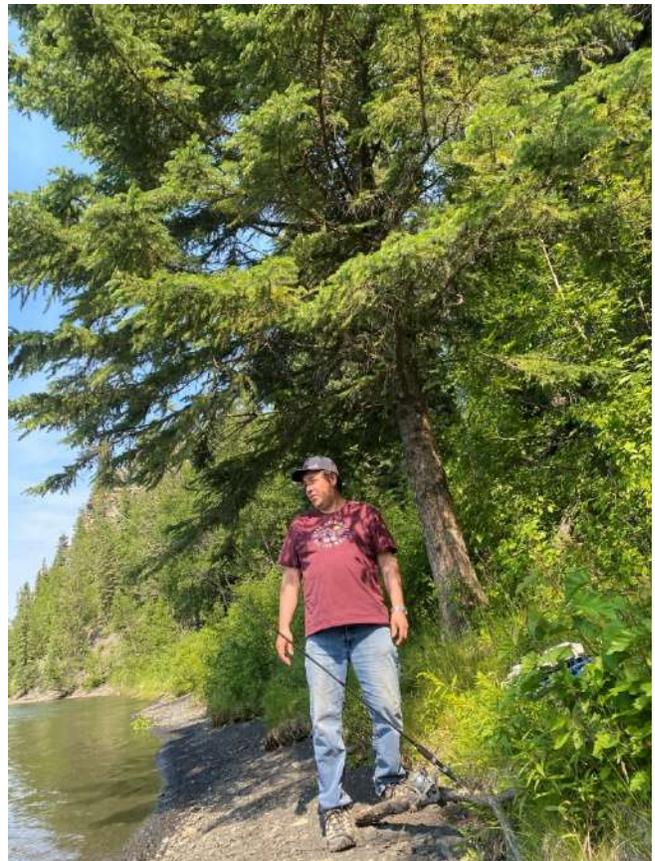
Hi, my name is Josh Cameron and I am looking forward to working with Lana Garbitt and the TREP department and talking with the community members about our current project, Documenting First Nations place names for the First Peoples Cultural Council.

I have lived in my current house with my 4 kids on Saulteau for 20 years. We enjoy all the usual outdoor activities. I am currently involved with the indigenous guardians working group, the site C cultural committee and the land use committee.

I am very excited to dive into the old interviews and learn about all the original place names and local history and am thankful for the opportunity.

Thank you

Josh Cameron





TANISI - Community Members (Niwakomagunak)

As you may have heard Josh Foerderer and I, Lana Garbitt have been recently hired by the SFN Lands Department for the **Recalling our Indian Place Names PROJECT**. This project will last 5 months and is being funded by the **FIRST PEOPLES CULTURAL COUNCIL**.

The purpose of this is for (Josh & I), to document the Indian Place Names that members can recall in our areas. These names will then be forwarded to our GIS Mapping department and will be entered into our information system at the Lands Department and possibly in the future onto the land itself. Many other Nations have done this and have been successful in name changes in their Traditional Areas.

We will be doing research from previous Traditional Use Studies and do some interviews with our members in the next few months. These interviews will be to cross reference and check what areas that community members can remember and verify.

This Naming Project will also be beneficial for the youth and upcoming children so they know these place names in Cree or Dunneza. This in turn will lead to and create further linkages to our languages, our past and creating a stronger identity for our children.

If you know of any information that may assist us in this very important project, please contact Josh or I by calling the lands office 250-788-7290.

Kinninaskomtin,

Lana Garbitt

Land Use/Economic Development Planning

Saulteau's Land Use Plan has been serving as guidance for the community, staff, and leadership on community development, key land uses and prioritized development in the community core. While the plan has been instrumental in providing a roadmap for how SFN would like to develop our lands and infrastructure, the plan is now over 5 years old and must be adapted to the changes that have evolved since the plan was created. Over the last few years SFN has initiated the development of an on-reserve industrial park, implementing key improvements to the lakeshore of Fire Lake, and the acquisition of new land through the Treaty Land Entitlement (TLE) and Treaty Land Acquisition (TLA) processes, which will bring new lands and resources to pursue economic and community development.

Please join us and participate in our upcoming November 24th Community Meeting & BINGO in the SFN Gymnasium from 5-8 pm. (Dinner Provided)



Hiking & Walking Trail Development on Reserve

Earlier this year, we received approval from Infrastructure Canada – “Active Transportation Fund” for \$50,000 for planning. Given the lack of active transportation infrastructure and the high traffic volume, many SFN members raised concerns about pedestrian safety on the reserve during recent engagement for the Nations Comprehensive Community Plan (CCP). As a result, the Nation committed to constructing new trails, paths, & sidewalks throughout the reserve.

The development of a SFN Trails Network Plan (TNP) will address this gap and provide the Nation with a strategy for developing trail networks. The TNP will prioritize the development of safe trail connections between key destinations on reserve, including health facilities, school and daycare centres, commercial sites, culturally significant areas, and administration buildings.

Further development of this project will be discussed in our November 24th Community Meeting & BINGO. Please join us to participate and provide your valuable input.

South Moberly Development Planning (ISC - Community opportunity readiness program (CORP))

This initiative's focus is completing the necessary preliminary planning for this property owned by the Nation. This 60-acre property includes 180 metres of lake frontage and was purchased by SFN with the intent of developing the site for economic development purposes and/or community use.

In a 2019 Tourism Feasibility Study completed on the nation's behalf, it indicated strong market demand for a range of proposed uses on the site, including lodge, marina, campground, and other related uses. To advance the development of this site, we have accessed ISC funding to further conduct environmental & geotechnical review, market assessment, concept development plan, preliminary engineering design for servicing, & financial analysis.

Land Code Development

The Framework Agreement was entered into by the Nation in Oct 2021. The Framework Agreement on First Nation Land Management is a government-to-government agreement signed by 14 First Nations and Canada in 1996. The Framework Agreement was initiated by these 14 First Nations to opt out of the land management sections of the Indian Act and take over the governance and management control of their First Nation Land and Natural Resources.

First Nation signatories ratify the Framework Agreement by enacting a Land Code. Until a Land Code is enacted, federal administration of their lands continues under the Indian Act. As of April 2019, the Framework Agreement has expanded from the original 14 signatories to 194 signatories, of which 82 First Nations have enacted their own Land Codes.

Currently in progress is the development of a Question-and-Answer portal via our SFN website. Over the winter we plan to reconvene with our Lands Committee and provide training webinar access via the Land Advisory Board. In the new year we will also be arranging a community information session to provide an opportunity for membership to further ask questions, gain insight into the process & provide a transparent forum.

Should you wish to find out more about ongoing projects, please feel free to contact me at any time via email mduoye@saulteau.com or via telephone at 236-364-2012.

Sincerely,

Mary Doyle
Lands Officer
Saulteau First Nations



UPCOMING COMMUNITY MEETING & BINGO

**Saulteau First Nations
is developing a Land
Use Plan and an Active
Transportation Plan.**

**The plans will guide land
use and planning decisions
for Saulteau for the next 10
to 20 years. They provide
direction for short, medium
and long term investments
in the future.**

**Please join our community
meeting and bingo night
discuss our community's
current and future needs.
Your input is valuable to us!**

**Community Meeting with
Bingo and Dinner
Thursday, November 24, 2022
5:00 - 8:00 PM
School Gym**

**For more information about the project and
how to get involved, please contact:**

Mary Doyle
E: mydoyle@saulteau.com
T: 236-364-2012



The First Peoples' Cultural Council is a First Nations-led provincial Crown corporation with a mandate to support the revitalization of First Nations languages, arts, cultures and heritage in B.C. The organization provides funding, resources and skills development to First Nations in B.C. FPCC also monitors the status of First Nations languages, develops policy recommendations for First Nations leadership, government and collaborates with organizations to raise the profile of Indigenous arts, languages and cultural heritage in B.C., Canada and internationally.

Visit: <https://fpcc.ca>

SFN Heritage & Cultural Initiatives 2022

LAKEVIEW CEMETERY UPGRADE & BEAUTIFICATION PROJECT

This idea has been on the communities radar for quite some time. The project is intended to not only create space to honor our ancestors but contribute to providing an ongoing service to community and our membership. The project will fill the needs not currently met and/or adequately provided by our current location.

Project Highlights:

Community Engagement, Honorariums
Identification of Unmarked Gravesites,
Concept Plan Development,
Mapping of Site, Columbariums,
Parking, Signs, Lighting, Benches,
Fencing, Crosses for unmarked sites

SACRED SITE PRESERVATION

SFN has always urged for the protection and conservation of areas sacred to our Nation. We regard these sites and the surrounding landscape as sacred, and part of our collective heritage and culture. The loss of these areas would be devastating to our people as they are an important part of our nations history that requires recognition and protection.

**Onion Hill, Little Peoples Hill,
Wagon Trails, Various Grave Sites
within SFN boundaries, etc.**

RECALLING OUR PLACE NAMES

SFN has a beautiful, shared history with Dunne Za, Cree & Saulteau Nations. Place names are a need and aspiration to add to our colourful landscape. Taking this project on will lead to further linkages to our past and creating a stronger identity of who we are.

Project Description:

- 1- Information Gathering – researching existing documents stored in archives
- 2- Interviewing Key Knowledge Holders
- 3- Verification and Site visits
- 4- Documenting all place names – SFN GIS Coordinator to map out specific places and develop a data base.
- 5- Final Report – Include our identified place names and historical background



FIRST PEOPLES'
CULTURAL COUNCIL

Thank you to our Sponsors -



BRITISH
COLUMBIA



Heather's Health Hour

General Diabetes Education

with Community Health Nurse Heather Lirette

Tuesday
November 1, 2022
10:00am - 11:00pm

*at the Health Centre's
lunch room.*



Coffee and bagels
will be available for
participants.

Enter to win a
Vitamix Blender!
(Draw will be in December).

Heather Lirette
Community Health Nurse
(250)-788-7371



SEASONAL FLU, PNEUMONIA and BIVALENT MODERNA COVID Vaccines

November 3, 10,17 and 24th, 2022

Available by appointment (call Melva: (250)-788-7280) at the SFN Health Center.
(There will be several clinics offered in November as well).

FLU Vaccines

- For anyone ages 6 months and up
- This is recommended every year and I will be offering between now and Christmas closure.

PNEUMONIA

- Recommended for everyone who is 65 and over
- Recommended to those 2 years – 64 years who have certain diseases, are without homes, those who use alcohol or other substances
- This is given ONLY ONCE in your lifetime – unless the person is extremely sick - then a booster 5 years after the first dose is advised.

COVID BIVALENT Vaccines

- This is the NEW vaccine that protects against both the original strain and the Omicron viruses together in one injection
- Only for ages 18 and up (currently)
- It must be 6 months since your last booster dose, or since your primary series.
- This booster is recommended regardless of the number of booster doses previously received.

Any or **all three** of these can be given on the same day at the same visit.



LOCATED AT
5121 43A STREET
CHETWYND BC

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 GIRLS GROUP MEAL PROVIDED	2 BOYS GROUP MEAL PROVIDED	3 ROAD HOCKEY Drop in 3pm-6pm	4 DINNER & MOVIE 3pm-7pm	5 URBAN HIKE 12-6PM	6 CLOSED
7 DINNER & GAMES	8 GIRLS GROUP MEAL PROVIDED	9 BOYS GROUP MEAL PROVIDED	10 DINNER & MOVIE 3pm-7pm	11 CLOSED FOR REMEMBRANCE DAY	12 YOGA WITH MARCI AGES 10-13 12-2:30PM AGES 14-18 3-6PM	13 CLOSED
14 DINNER & GAMES	15 GIRLS GROUP MEAL PROVIDED	16 BOYS GROUP MEAL PROVIDED	17 PAINT NIGHT AGE 10-13 3-5PM AGE 14-18 5-7PM	18 DINNER & MOVIE 3pm-7pm	19 Babysitting Course 9am-5pm lunch provided	20 CLOSED
21 DINNER & GAMES	22 GIRLS GROUP MEAL PROVIDED	23 BOYS GROUP MEAL PROVIDED	24 CHRISTMAS DECORATIONS	25 SPECIAL EVENT	26 CULTURAL PROGRAM	27 CLOSED
28 DINNER & GAMES	29 GIRLS GROUP MEAL PROVIDED	30 BOYS GROUP MEAL PROVIDED		PROGRAM MAY BE CANCELLED IN THE EVENT OF EMERGENCY OR UNEXPECTED CLOSURE		

TRANSPORTATION AVAILABLE FOR ALL PROGRAMMING.

CONTACT 2507197676
OR 2507885507

SPECIAL EVENTS

Every youth who participates in programming a minimum of 5 days of the month will get to join us on the last Friday of every month for a special event, which will be determined day of.

MONTHLY DRAW

Every time you come into the center and participate you will be entered into a draw for a prize to be drawn on the last day of the month.

OPEN 2PM-7PM MON-FRIDAY. SATURDAY HOURS WILL VARY.

Programming is open to all youth aged 12-18 unless otherwise specified. Our program centers around holistic wellness, school & community support combined with fun learning experiences.

NOVEMBER 2022

MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8  Slingshot Making	9	10	11  Remembrance Day	12
13	14	15	16	17	18	19
20	21	22	23  Hike / Chaga Gathering	24	25	26
27	28	29	30			

☆ For registered MLC students. For event times please phone (250-788-7368) or check in the classroom - dates & times may vary. ☆

November 2022

October '22							December '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1							1
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30	31	1 General Diabetic Educ. 10-11 am HC Lunch Rm Coffee and Bagels Available	2	3 Covid/Flu/Pneumo Vaccines - HC 9:00 am - 12 pm	4	5	
6	7	8	9	10 Covid/Flu/Pneumo Vaccines - HC 9:00 am - 3 pm	11 <i>Remembrance Day</i>	12	
13	14 Closed for Stat Holiday Remembrance Day	15	16	17 Covid/Flu/Pneumo Vaccines - HC 9:00 am - 3 pm	18	19	
20	21	22	23	24 <u>Drea's Foot care HC</u> Covid/Flu/Pneumo Vaccines - HC 9:00 am - 3 pm	25	26	
27	28	29	30	1	2	3	
4	5	Services Available on Request * Youth and Wellness Counseling (Contact Rebecca Widdicc TB screening, * Adult Mental Health & Harm Reduction (Contact Annie Mille Education on all health topics * Dr Banas (Contact MOA Tracy 250-788-7266) * Home Support Services -including homemaking * (Contact Lynette Murphy 250-788-7375)			Heather offers (by appointment only) Ham Reduction Supplies Annie Miller		