

February 2026
ᑦᑦᑦ° ᐱᑦᑦᑦᑦ *migisiw-pîsim*
Eagle Moon

otâcimow

Official Newsletter of Saulteau First Nations



In this Issue:

GOVERNANCE
P.02

FINANCE &
ADMINISTRATION
P.03

SFN JOB OPPORTUNITIES
P.04

COMMUNITY SUCCESSES
& HIGHLIGHTS
P.05

ASSET MANAGEMENT,
HOUSING, & PUBLIC
WORKS
P.06

CULTURE, HERITAGE &
RECREATION
P.09

EDUCATION & DAYCARE
P.15

MEMBER SERVICES
P.21

LAND STEWARDSHIP &
PROTECTION
P. 22

HEALTH SERVICES
P.28

MENTAL HEALTH
& WELLNESS
P.35

FAMILY SUPPORT
SERVICES
P.38



Crowfeathers Tying Up Ceremony was a powerful and heartfelt moment, honoring service, and community. We extend our deepest thanks to the Lalonde family for their many years of dedication and generosity, your commitment has helped shape and strengthen our community in lasting ways. Your legacy of service will be carried forward with gratitude and respect.





Governance Update

Over the past six months, work has been happening quietly to strengthen Saulteau First Nations' governance. This has included reviewing existing policies and documents, improving how information is organized and tracked, and supporting Chief and Council with clear and consistent processes. Much of this work happens in the background, but it helps ensure decisions are well supported and that the Nation is moving forward with clarity and long-term stability.

In the months ahead, the focus will be on continuing to update governance tools, strengthen policies where needed, and build systems that better support leadership, administration, and membership. As this work continues, there will be opportunities to share updates and invite member input when appropriate. The overall goal is to build strong, transparent governance that reflects Saulteau First Nations' values and supports the community now and into the future.

Kayla Embree has joined the team as Communications Specialist and will be your point of contact for all your communication needs!

Governance Contacts

Niki Ghostkeeper
Manager of Governance
nghostkeeper@saulteau.com

Norma Gauthier
Indigenous Registry &
Membership
ngauthier@saulteau.com

Kayla Embree
SFN Communications
communications@saulteau.com

SFN Pet Spay/Neuter Program

Please provide the following information:
Animal's name, Cat or dog, Appointment date.
This program is for on-reserve animals and helps reduce the number of stray animals in the community.

Please note: a letter will not be sent to the veterinary clinic until the appointment date has been confirmed.

Contact Tristan Robertson to make an appointment.

troberson@saulteau.com



Let's Talk About WILLS & ESTATE PLANNING with FRONTIER LAW

How to Plan Your Will
For on Reserve
Members

FEBRUARY 24, 2026

5:30 pm - 7:30 pm

SFN Cultural Centre Gym
Dinner Served at 5:30

*This event is open to all
Membership - No
registration required*

Presentation will be available
on Zoom! Link will be emailed
to Membership the day of



Saulteau
FIRST NATIONS





**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

Human Resources
hr@saulteau.com

Finance Contacts:

Member's Payable
ap@saulteau.com





WE ARE HIRING!



2025-80
Community Health Nurse

Join our diverse and dedicated team who care deeply about the community we serve!

Saulteau's Mission

Saulteau First Nations (SFN) strives 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.

Job Purpose:

The Community Health Nurse fulfills the responsibilities of the Community Health Nursing Program, providing educational and preventative services to the Saulteau First Nations (SFN) community. This position provides the community with effective services that contribute to and enhance the health and well-being of the SFN's children, elders, and families.

Ideal Qualifications and Experience:

- Bachelor of Science in Nursing.
- Licensed RN with 3-5 years health care experience in a hospital or clinic.
- First Aid, CPR-C.
- Experience nursing in a First Nations and rural community is an asset.
- Emergency and triage training.
- ACLS.
- Diabetes and Management training.
- Experience in maternity and long-term care; pre/post-natal certification is an asset.
- Honest, trustworthy, respectful, and compassionate.
- Possesses cultural awareness and sensitivity.
- Ability to build trust, serve as a positive role model and maintain confidentiality.
- Valid BC Driver's License.
- Ability to pass a Vulnerable Sector Police Information Check.

What we offer:

- Student loan forgiveness program eligible community
- Wages in line with BC Nurses Union
- If you accept a position at Saulteau First Nations, you will receive an incentive of up to \$2,000 every quarter, to a maximum of \$8,000/year for the first two (2) years of employment. All regular Registered Nurses (RN) or Licensed Practical Nurses (LPN) employed by Saulteau First Nations, on a full-time basis, are eligible

VIEW THE FULL JOB DESCRIPTION & APPLY @ WWW.SAULTEAU.COM

OR

Send your Resume and Cover Letter to jobs@saulteau.com

More Information:

 250-788-3955

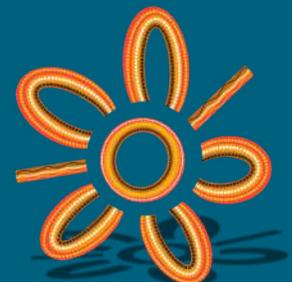
 www.saulteau.com

If you have the skills and experience required, we want to hear from you!



Human Resources Contacts:

Job Opportunities
jobs@saulteau.com



COMMUNITY SUCCESSES & HIGHLIGHTS



Shout out to
Mikayla Bay
on her journey
towards Ms
Fitness!!

Very Happy Belated Birthday to all the fam
Jan 03 - Quannah Napoleon
Jan 04 - Julian Napoleon
Jan 10 - Juritha Owens
Jan 16 - Myrtle Napoleon
Jan 21 - Nadine Napoleon
Jan 24 - Uncle Ernie Napoleon
Jan 29 - Uncle Stan Napoleon
♥ Naomi Owens-Beek

Happy Birthday to the SFN Elders !!!

Linda Courtoreille Feb 27
Barry Davis February 7
Les Davis Feb 14
Daniel Desjarlais Feb 28
Lawerence Gauthier Feb 18
Robert Napoleon Feb 3
Ted Napoleon Feb 20

From your Elder's
Coordinator – Tasha Lalonde

Happy Birthday to my son
Kane Norris on February 11,
and to my Granddaughter
Hattie Norris who turns
4 on February 26!
♥ Audrey Norris



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

**Celebrating in
March 2026?
Please Email
communications@saulteau.com
by Feb 26, 2026 for inclusion
in next months Newsletter!**



HOUSING FEBUARY 2026

Propane Purchases: What You Need to Know

We would like to clarify how propane deliveries work in our community.

How Propane Purchases Work

- A \$500 propane purchase is the minimum charge for propane
- This amount does not guarantee a full tank
- The amount delivered depends on:
 - Your tank size
 - How much propane is already in your tank at the time of delivery

Winter Usage Reminder

- Propane use increases during colder months
- Tanks may need to be filled more frequently in winter

Good to Know

- Monitoring your propane level can help prevent running low
- Delivery amounts can vary from purchase to purchase

if you have concerns about your propane level or how to order, please contact the office—we're happy to help.

Furnace Filters: Quick Reminder

- Furnace filters help keep air clean and systems running efficiently
- Filters should be checked monthly and changed every 4-6 months, depending on use
- Dirty filters can reduce airflow and increase heating costs

Andrii Sorok
Director of
Infrastructure
asoroka@saulteau.com

Asset Management Contacts

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

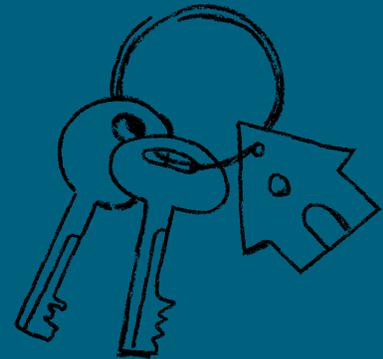
Housing Contacts

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





LETS TALK HOT WATER

Homes in our community use either electric/propane hot water tanks or Navien propane tankless systems. Here's a quick breakdown of how they compare.

- ⚡ Electric 50-Gallon Hot Water Tank
 - Stores hot water and keeps it warm all day
 - Uses energy even when not in use
 - Reliable with predictable costs

Typical cost: \$35-\$45 per month

- 🔥 Navien Propane Tankless System
 - Heats water only when you turn on a tap
 - No tank - no standby energy loss
 - Very energy efficient

Typical cost:

- Light use: as low as \$10/month
- Average family: around \$30/month
- Heavy use: higher depending on demand

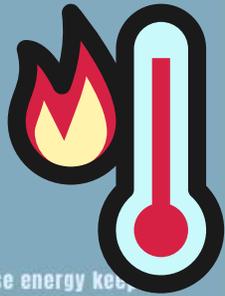
- ⚡ Energy Efficiency (Simple Explanation)
 - Electric tanks are moderately efficient but lose energy keeping water hot
 - Tankless systems are highly efficient and reduce wasted energy

- 📌 Bottom Line
 - Electric tanks - steady, predictable costs
 - Tankless systems - higher efficiency and savings for larger or high-use households

If you have questions about your home, please don't hesitate to contact the housing department.

219-364-2019

mdoonan@saulteau.com or mglover@saulteau.com



IMPORTANT NOTICE!!

We would like to inform residents that **ESW I.T BUSINESS ADVISORS** will now be technical support for fiber services.

Any internet-related issues, including
-loss of connection
-slow speeds
-equipment concerns
will be handled through this provider.

They may contact residents directly to troubleshoot, run tests, schedule service appointments, or replace equipment if necessary.

All **fibre payments** and **account-related questions** will continue to be managed through the Housing Office as usual.

If you experience any issues with your internet service, please contact the Housing Office so a support request can be submitted on your behalf.

HOUSING CONTACT

Phone: 236-364-2019

Email: mdoonan@saulteau.com
mglover@saulteau.com



Home Maintenance Reminder for Tenants

Water Softener and Furnace Filter Care

Regular checks help prevent plumbing and heating issues and keep your home comfortable.

Water Softener

- **Check salt level:** Once a month
- **Refill salt:** When the level drops below half.

What to expect:

- Use less soap and rinse slightly longer.
- Softened water may feel slippery or “slimy.” Possibly due to over softening and may need to be reset

What to do if something seems off:

- Ensure the salt tank is at least half full.
- Run a manual regeneration if your system allows. (If unsure contact housing for support)
- Contact Maintenance if water tastes salty, staining returns, or irritation or odour occurs.

If sliminess proceeds, please contact housing for support.

Water softener salt can be purchased at recommended retailers such as Costco, Home Hardware, and Walmart, which all carry suitable products for residential water softener systems.

Furnace Filter

- Check filter: Once a month
- Replace every 3 months for most homes
- Replace every 1–2 months if you have pets, allergies, or heavy furnace use

Replace sooner if:

- Replace sooner if the filter looks dirty or clogged.
- Dust builds up quickly.



Helpful tip

Choose one day each month to check both your water softener and furnace filter. These routine tasks are the responsibility of the tenant or homeowner, and the Housing and Maintenance teams do not complete monthly checks or replacements on your behalf. However, Housing can support you by explaining the process if needed.

Thank you for helping take care of your home.



CULTURE & HERITAGE:

SAULTEAU FIRST NATIONS FAMILY DAY FISHING DERBY

1ST 2ND 3RD
PRIZES!!

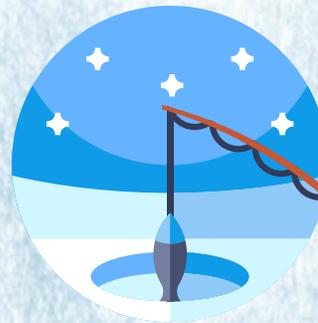
MONDAY, FEBRUARY 16TH, 2026 - 12:00 PM - 4:00 PM
WEST END OF MOBERLY - COVE LN RD

COME OUT AND JOIN US FOR A GREAT AFTERNOON OF FISHING!!
 Children under 10 need to be supervised by an adult. Please note you must provide your own fishing tackle, and transportation.

SNACKS & DRINKS PROVIDED

If you have any questions please email Carlee at
cwestgate@saulteau.com

PLEASE NOTE:
 This event will be weather permitted. If it is too cold or if the ice is not safe. We have a backup event planned to host at the culture centre for the same date and time!



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

Culture, Heritage & Recreation Contacts

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

Carlee Westgate
 Community Events
 Coordinator
cwestgate@saulteau.com

Ethan Cameron
 Youth Support
 Coordinator
ecameron@saulteau.com

Candace Schmidt
 Rec Coordinator
cschmidt@saulteau.com



Saulteau

**SAULTEAU WEEKLY
 BINGO IS FOR SFN ELDERS
 & SPOUSES
 ONLY**

*Starting January 29, 2026
 Every Thursday @ 1 pm*

SFN Gym - Culture Center
 Lunch provided



CULTURE & HERITAGE:

PEMMIGAN DAYS SUGGESTION MEETING TUE, FEB 10TH, 9:00 AM



DON'T WANT TO JOIN THIS YEARS PEMMIGAN COMMITTEE? COME OUT TO OUR SUGGESTION MEETING.

REMINDERS :)

ALL SUGGESTIONS WILL BE BROUGHT FORWARD TO THE COMMITTEE. NOT ALL SUGGESTIONS CAN BE USED.

IF YOU CAN'T MAKE THE MEETING AND WOULD LIKE TO MAKE A SUGGESTION. PLEASE EMAIL CARLEE AT [CWESTGATE@SAULTEAU.COM](mailto:cwestgate@saulteau.com)

COME OUT AND JOIN THIS YEAR'S PEMMIGAN COMMITTEE

Our first meeting is taking place on
Tuesday, February 24th at 9:00 am
in the Culture Centre Gym!

WE WILL BE ASSIGNING EVENTS AT THIS MEETING. SO IF YOU ARE INTERESTED IN RUNNING A CERTAIN EVENT, PLEASE COME AND ATTEND.

SERIOUS INQUIRIES ONLY FOR JOINING THE COMMITTEE!

ANY QUESTIONS PLEASE EMAIL CARLEE AT [CWESTGATE@SAULTEAU.COM](mailto:cwestgate@saulteau.com)

Are you interested in volunteering, but don't want to sit on the committee? Send me an email to cwestgate@saulteau.com and we can find a spot for you!





CULTURE & HERITAGE:

Valentine's DAY DRAW

COME IN TO THE CULTURE CENTRE OR COMMENT ONE THING YOU LOVE ABOUT YOURSELF TO BE ENTERED INTO OUR VALENTINES DAY DRAW!

We will announce the winners on Thursday, February 12th at 10:00 am.

LADIES & MEN'S DRAW

If you have any questions, please email Carlee at cwestgate@saulteau.com

Saulteau
First Nations

Elders Floral Arrangements & Dinner

When	Where
February 11 th 2026 @ 5pm	SFN Cultural Centre Gym

To register please contact Tasha @ tlalonde@saulteau.com

Nîcimos Dance

ALL AGES - PRIZES - DANCING
CHILDREN MUST BE SUPERVISED
FREE ENTRY

50/50

CASH CONCESSION

FRIDAY | 13 FEB | 7-10 PM

CULTURE CENTRE

TWO STEPPING LESSONS - 5:30 - 7:00 PM - FREE

LIVE MUSIC - GUNS 4 HIRE

If you have any questions please email Kirsta at klindstromesaulteau.com



RECREATION:



FITNESS CHALLENGE

*** Get ready to transform your life and reach new fitness heights! ***

Start Date : February 1st 2026

End Date : August 31st 2026

JOIN NOW! → cschmidt@saulteau.com

FREE OF CHARGE

◆ **Track workouts & Activity** - You will send pictures to Candace with time stamps for proof of activity. It is up to you if you would like to send them daily or weekly.

◆ **Open to 13+ - No age categories**

◆ **Stay motivated and consistent**

◆ **Build healthy habits that last**

◆ **Bi-weekly, and monthly draws with proof of participation and consistency!**

◆ **PLEASE NOTE: YOU MUST SEND AT LEAST 5 PICTURE OF PROOF OF ACTIVITY TO BE ABLE TO CARRY TO THE NEXT MONTH, AND BE ELIGIBLE FOR THE DRAWS.**

◆ **COME STOP IN TO MY OFFICE AT THE CULTURE CENTRE TO PICK UP A TRACKING PACKAGE - OR I CAN SEND IT THROUGH EMAIL!!**

**6 MONTH
FITNESS
CHALLENGE**



**Saulteau
FIRST NATIONS**





RECREATION:

Saulteau
FIRST NATIONS

Water Fitness

Living that
WATER AEROBICS

Life

Water Fit February
Monday, Wednesday,
Friday 9:00- 10:00 AM

JOIN NOW

Join me for water fit get back to feeling good and kick that winter blues to the curb. Please contact Candace at the Cultural Centre and I will meet you at the pool on the dates provided above.

Chetwynd Rec Centre

Are you interested in joining our

BOOK CLUB

AT THE SFN CULTURE CENTRE - LOUNGE

Email Candace at cschmidt@saulteau.com

9 SPOTS AVAILABLE

Start date
WED, MAR 4TH
2-3 PM

NEVER WHISTLE AT NIGHT

NEW BOOK MONTHLY
BOOKS WILL BE PROVIDED

GOOD BOOKS, GOOD TEA, AND GOOD COMPANY



JOIN ME FOR MOM AND TOTS BREAKFAST AND PLAY!

TUESDAYS AND THURSDAYS FOR THE MONTH OF FEBURARY AT THE CULTURAL CENTRE FROM 9:30 TO 11:00

If you have any questions Contact Candace at cschmidt@saulteau.com or at the Cultural Centre to sign up

Saulteau
FIRST NATIONS





YOUTH ENGAGEMENT OPPORTUNITIES

HEY SFN YOUTH! YOUR VOICE MATTERS



NEW YEAR NEW IDEAS

New year, new ideas! Come learn about what I offer as Youth Support Coordinator, share what you want to see, and help shape youth programs, events and opportunities in community!

MEETING DATES

In Person Gathering

February 5th at 6pm

Cultural Centre Training Room

Online via Zoom

February 12th at 6pm



ETHAN CAMERON

YOUTH SUPPORT
COORDINATOR

ecameron@saulteau.com

250-788-7370

I work alongside youth in community (ages 12-29) to create opportunities, support goals, and make sure your voice is heard. Whether you need help applying to university, writing a resume, or something practical like a ride to school. I'm here to help!

These upcoming engagement opportunities are a chance to learn what I can support with and to share your ideas, talk about what you want to see in community, or just check in!

contact

ecameron@saulteau.com

for meeting link

Have an idea? A concern? Just want to chat?

- Drop by my office
- Call or text me
- Set up a zoom meeting anytime

This space is for you!



$M = \left(\frac{x_1 + x_2}{2}, \frac{y_1 + y_2}{2} \right)$

MUSKOTI ADULT EDUCATION

After School Homework Help

Muskoti Adult Education offers after school homework help for SFN school students

Register at any time!

Available hours:
Monday - Thursday
3:00pm - 4:30pm

Get in contact with us:

MLC Teacher - Brendon Conrad

In Person: Stop by the MAE classroom

Email: bconradesaulteau.com

Phone: 250-788-7368

$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$



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
Principal
cschlamp@saulteau.com

Jerri Morine
Manager of Childcare
Center
jmorine@saulteau.com



MUSKOTI ADULT EDUCATION

TEXTBOOK RETURN CALL OUT

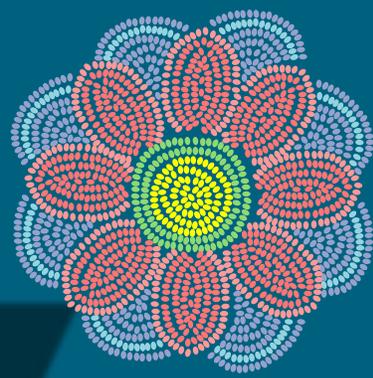


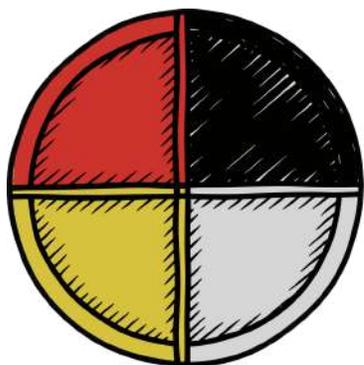
If you have a textbook from MAE that you are not using for a course, please drop it off in the classroom.

We are updating our textbook inventory so we can order more of the textbooks we are low on.

Thank you!

bconrad@saulteau.com 250-788-7368





FEBRUARY 2026

MUSKOTI ADULT EDUCATION EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 First Day of Semester 2	3 Craft	4	5	6	7
8	9	10	11	12	13	14
15	16 Family Day MAE Closed	17 Craft	18	19	20	
22	23	24	25	26		

MAE Excursion:
MAE is planning a student excursion at the Chetwynd Golf Sim.
Please contact us if you are a MAE student interested in joining us so we can choose a date/time that works best for students and staff.

Notes:
You can register with MAE to achieve Adult Dogwood or upgrade courses at any time in the school year.
MAE offers after school homework help for students under 18. Contact us to register.



★ For more info, please phone (250-788-7368), email bconrad@saulteau.com, or check in the classroom - dates & times may vary ★



Muskoti Adult Education

COURSES OFFERED

For the 2025-2026 School Year

Math Courses:

Math 11 A & W
Math 11 Foundations
Math 11 Foundations*
Math 11 Pre-Calculus*
Math 12 A & W
Math 12 Pre-Calculus*

English Courses:

English Studies 11
English 11 First Peoples*
English Studies 12
English 12 First Peoples
English 12 First Peoples*

Science Courses:

Chemistry 11*
Earth Science 11
Life Science 11*
Science for Citizens 11
Anatomy & Physiology 12*
Geography 12
Physics 12*

***Connected Classroom course:**
Online classroom session with
a teacher. Daily attendance is
required.

Elective Courses:

Social Studies 11
Social Studies 11*
Tourism 11
BC First Peoples 12
BC First Peoples 12*
Career Life Connections 12
Contemporary Indigenous
Studies 12
Child Development 12
Interpersonal & Family
Relationships 12
Law 12
Tourism 12

Interested in achieving an Adult Dogwood, course upgrading, or just
continuing your education?

Check out the courses we offer at Muskoti Adult Education and
contact us at any time during the school year to register!

Contact: 📞 250 - 788 - 7368

Adult Education Teacher - Brendon Conrad ✉️ bconrad@saulteau.com

Adult Education Assistant - Hannah Movold ✉️ hmovold@saulteau.com



MUSKOTI ADULT EDUCATION

MAE works with SFN students to create their own unique course selection and work schedule

At MAE you can:

- ✓ Achieve Adult Dogwood or Dogwood Diploma Graduation
- ✓ Upgrade course grades on your highschool transcript
- ✓ Take new courses to add to your highschool transcript

Students will earn a \$1000 completion incentive for every earned credited course!

We offer over 30 courses in Language Arts, Mathematics, Sciences, Social Studies, and other Electives!

If you are interested in continuing your education you can register with MAE at any time in the school year!

Contact Us:

Brendon Conrad - Adult Ed. Teacher

 250-788-7368

 bconrad@saulteau.com

Our mission is to provide a high quality education with a healthy balance of curricular and cultural learning opportunities in a safe and inviting environment. We strive to prepare all students to become responsible citizens and lifelong learners who are ready to meet the challenges of the future.





mikisiwi-pîsim
Eagle Moon

February
2026

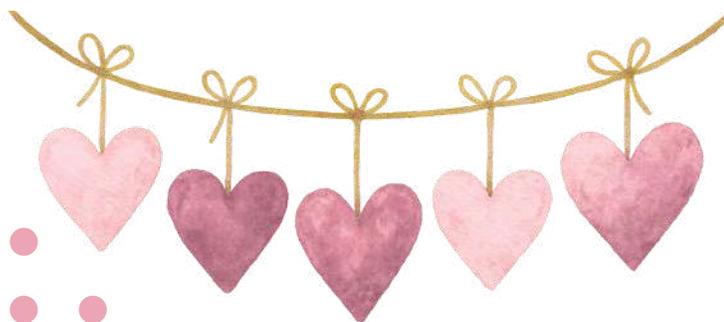


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	Ice Fishing *weather dependant	3	4	5	6
8	PHE Gymnastics	9	10	PHE Gymnastics	Valentine's Day Celebration	Family Day movie @ The Rex 9:45 am
15	Family Day STAT	16	17	PHE Gymnastics	18	19
22	PHE Gymnastics	23	24	Early Dismissal @ 2:00 PM Please contact teacher to book PINK SHIRT Day	25	26
				Early Dismissal @ 2:00 PM Please contact teacher to book an interview	27	28

Notes:

Black History Month
All MES student families are welcome to join us at the Rex Theatre at 9:30 a.m. on the 13th to watch a movie to celebrate YOU, our families!

We provide pink shirts for all students for Pink Shirt Day





Discover Learning That Comes Alive at Muskoti Elementary School



Is your child ready for an education that goes beyond textbooks—one that connects them to the land, their culture, and their community?



At Muskoti Elementary School, learning is an adventure. Under the guidance of Mr. Cedar Wechlin, an experienced educator passionate about Indigenous ways of knowing, students don't just learn about the world—they experience it firsthand.

What Makes Muskoti Elementary Special?

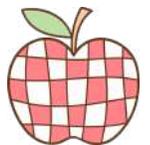
Culture and Language: A thriving program where teachers and students learn nêhiyawêwin (the Cree language) together.

Land-Based Learning: Students grow traditional foods, work with traditional medicines, and connect with the land in meaningful ways that honour Indigenous knowledge and practices.

Active & Engaging: From archery instruction to Arctic Games-focused PHE, kids are moving, challenging themselves, and building confidence through cultural activities.

Hands-On Creativity: Learning comes alive through creative projects, storytelling, games, and real-world connections, making every lesson memorable.

A Teacher Who Truly Cares: Mr. Cedar brings enthusiasm, empathy, and genuine passion to every day. He sees each child as unique, creates space for them to explore and grow, and makes every student feel valued and inspired.



Why Families Choose Muskoti Elementary:

Your child will be part of a vibrant classroom where curiosity thrives, culture is celebrated, and learning is joyful. They'll develop skills and knowledge while staying connected to who they are and where they come from.

Join us for the 2026-2027 school year and give your child an education that nurtures their whole self—mind, body, and spirit.

Please consider joining our school family. Contact us today to learn more or schedule a visit!

Our School for our Community!

MEMBER SERVICES



02/2026

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.



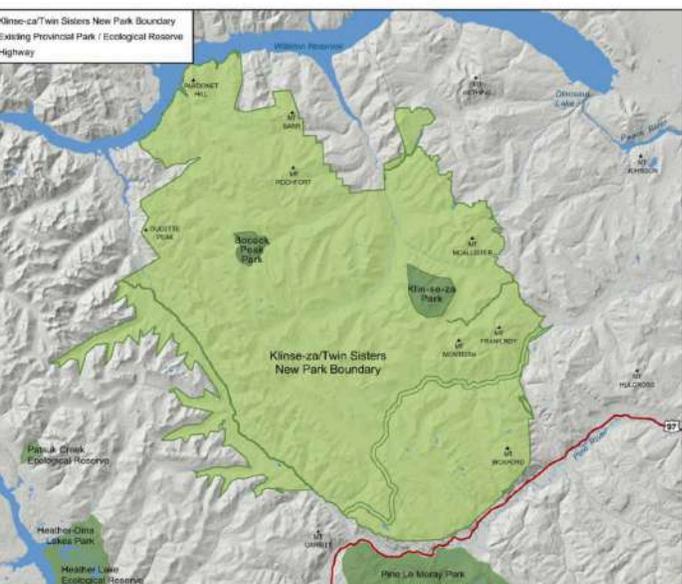
FEBRUARY TRANSPORTATION CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	10:45AM: CROWFEATHERS RIBBON TIE-UP & LUNCH	9:15AM-11:00: MOM & TOTS BREAKFAST & PLAY!	4	5 12:45PM: ELDERS BINGO & LUNCH	6	7
8	9 8:30AM: WATER AEROBICS	10	11 8:30AM: WATER AEROBICS	12 9:15AM-11:00: MOM & TOTS BREAKFAST & PLAY!	13	14 
15	16 FAMILY DAY SFN OFFICES CLOSED	17 11:30AM: LUNCH @ DON'S DINER	18 8:30AM: WATER AEROBICS	19 DRIVER AWAY	20	21
22	23 DRIVER AWAY	24	25 8:30AM: DAWSON CREEK SHOPPING DAY	26 BABY WELCOMING PARTY! (TIME TBD)	27	28





TREATY RIGHTS & ENVIRONMENTAL PROTECTION:



Steps - Park Planning:

Sauvageau First Nations Treaty Rights Environmental Protection team working in collaboration with West Kootenay First Nations and BC Parks to create a park plan for recommendation to all parties.

- Confirm the vision, goals and management strategies with community
- Engage with external local communities and stakeholders as part of the park planning process.
- Undertake biodiversity assessments to inform stewardship activities, biodiversity assessments.

Confirm Management Direction Goals :

1. Protect traditional use areas, the exercise of Treaty Rights and peaceful enjoyment.
2. Protect and restore ecosystem health and support Caribou population recovery.
3. Welcome low impact recreation.
4. Conserve natural resources for shared use and harvesting.
5. Climate change adaptation.

Achieving Management Direction:

1. Use traditional knowledge to understand the land, water, plants, and animals.
2. Protect ceremonial and cultural areas and protect the plants and animals.
3. Welcome visitors and plan for their safety.
4. Monitor change with Indigenous Guardians.
5. Plan for climate change.

TREP CONTACTS:

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

Jessica Eastman
Guardian Supervisor
jeastman@saulteau.com

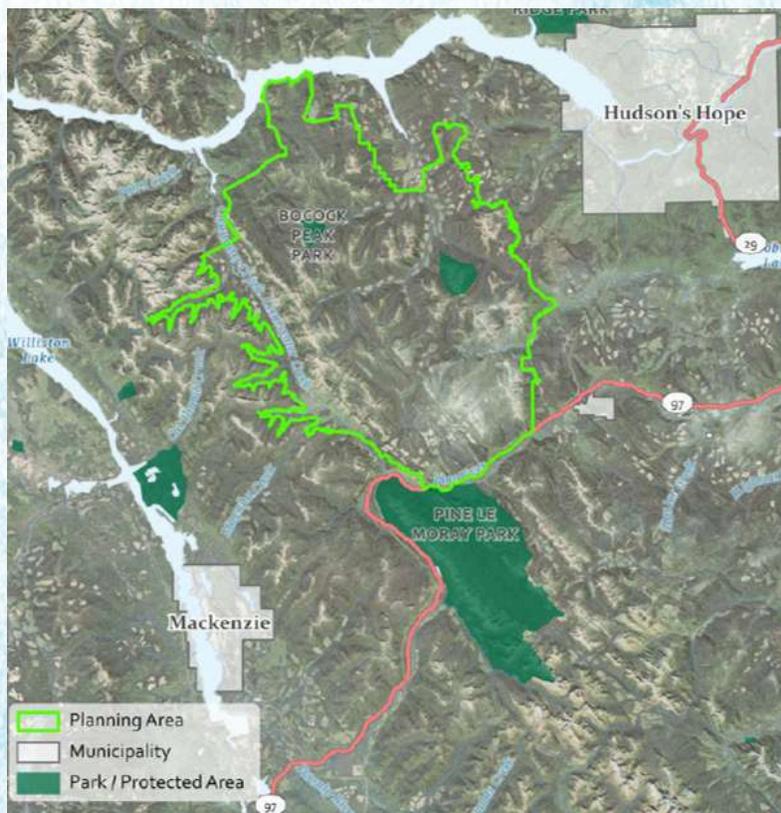
Tom Aird
Aboriginal Liaison
tom.aird@saulteau.com

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





TREATY RIGHTS & ENVIRONMENTAL PROTECTION:

Saulteau Vision for the Klinse-za/Twin Sisters Provincial Park

The Klinse-za/Twin Sisters is an ecologically rich and diverse landscape that allows for the full and unencumbered exercise of Treaty Rights and peaceful enjoyment;

and

the protection and enhancement of the landscape to support a thriving caribou population.

This is complemented by low impact/compatible recreation opportunities for all communities of the Peace Region.

Background / Context

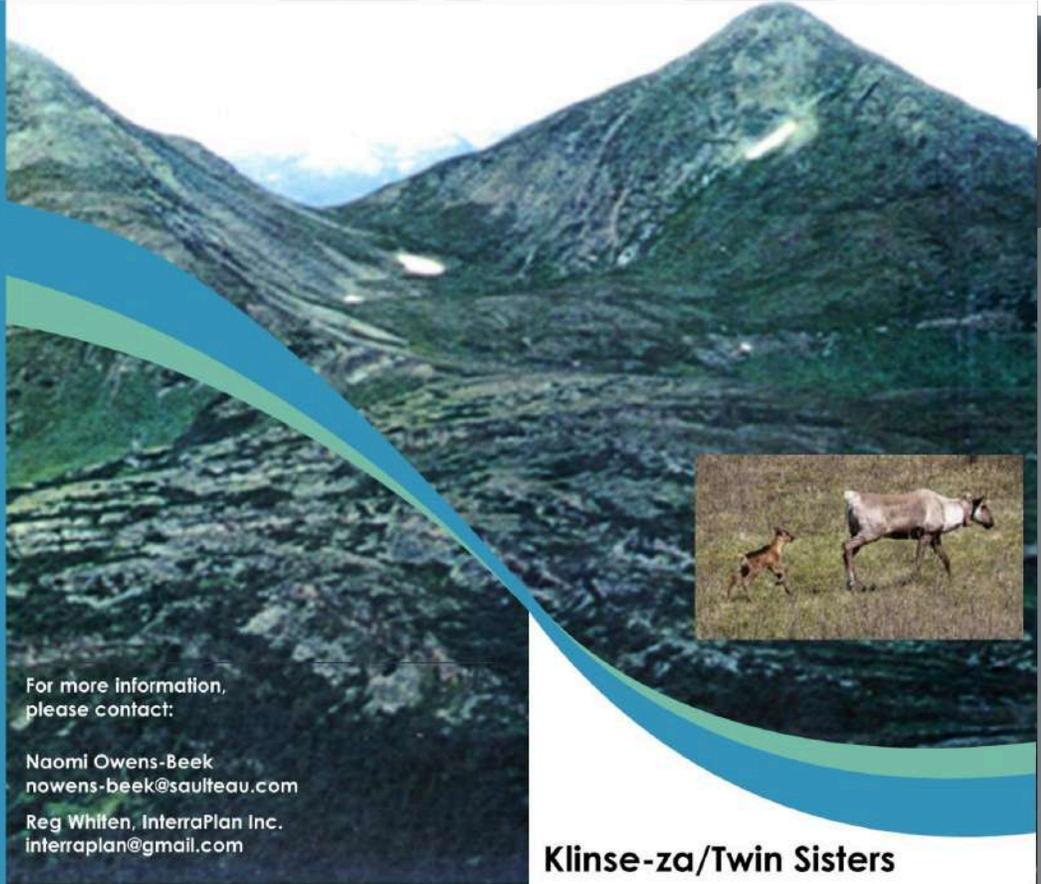
Caribou Partnership Agreement (2020)

Saulteau First Nations and West Moberly First Nations engage citizens about park values (2021)

Boundary confirmation (2021-2024)

Winter Motorized Recreation Management Planning (2021) and Regulation Implementation (2022)

BC Government park establishment and announcement (2024)



For more information,
please contact:

Naomi Owens-Beek
nowens-beek@saulteau.com

Reg Whiften, InterraPlan Inc.
interraplan@gmail.com

Klinse-za/Twin Sisters

Park Plan Community Re-Engagement Initiative





LANDS:



Tansi!

Reflecting upon the last year, the Lands Department had seen significant growth from the year prior and really wanted to focus on teamwork, roles & responsibilities, professional development and most importantly, the collaboration between departments.

Moving forward to 2026, our focus is on planning, organization, structure, and beautification projects within the Nation.

Some of the Lands Departments ongoing projects include.

Lands: BC Hydro Regreening Project – planting trees to beautify areas

PRRD road renaming project for lakeview subdivision - to enhance 911 Services

Land Use Planning & Related Policy Development

Lot Applications

Hiking Trail Development

Additions To Reserve – Phase 1 parcel additions from Crown to Reserve Land

Active Transportation Fund – SFN Trail Network Plan

MOTI- Sign updates within Moberly Lake Area

On Reserve Beautification Projects

Collaborations between Departments –

(Public works, Housing, Capital, TREP, Infrastructure, Economic Development)

Joint Health and safety Committee

Various Community Planning Committees for numerous annual events

Housing, Capital & Infrastructure Development Planning Groups

Watershed Protection Planning Committees (Moberly Lake Watershed)

Industrial Park – Oversee lease agreements & lot availability

Community Planning/Beautification projects

Waste and Recycling Program

New Subdivision Development

Governance Committee

Economic Development Committee

Food Security Initiative

By-law Development



FARM: Haymaking & Sales

Noxious Weeds Program

Soil sampling

Managing the Environmental Farm Plan

Riparian Management – including Muskoti Creek Clean up

Land Use Planning (LUP)

In 2022, Saulteau First Nations (SFN) updated its Comprehensive Community Plan (CCP), and more recently in 2025, completed the SFN Strategic Plan, reaffirming the community's long-term vision and goals.

Since then, the Nation has advanced several key initiatives, including the ongoing construction of a new wastewater treatment facility to support existing homes and future residential development. Such initiatives highlight the need for a dedicated, standalone Land Use Plan (LUP) to guide the use and development of SFN IR 169 & provide an integrated, community-driven framework to streamline land management practices, and ensure that decisions reflect the community's priorities and align with SFN's values.

To date, the following community priorities have been identified for this project:

- The Land Use Plan should provide a clear and coordinated approach to guide future land use, development, and conservation on SFN reserve lands, future reserve lands (e.g., Treaty Land Entitlement sites), and fee-simple holdings (e.g., South Moberly Lake lands).
- It should support SFN's broader vision for sustainable land stewardship, economic development, and community wellbeing.
- It should bring together land management priorities, policies, and practices from across SFN's departments into one integrated and accessible framework.
- The Plan should include clear, easy-to-follow policies that promote consistent, transparent, and responsible land use, ensuring that SFN's lands are protected and managed for the benefit of both current and future generations.
- It should outline a practical and trackable implementation strategy, with defined actions, timelines, roles, and outcomes to support coordinated action across departments and the community.

Upcoming Project: The Lands Department will be collaborating with other departments to create an Interactive Booklet (survey and maps) that households could do together prior to hosting an Open House in late March.

This interactive booklet would provide an opportunity for membership to provide feedback in person & via email & online.

The booklet will be sent via email in the first week of February. Door-to-door, on reserve home visits will be coordinated throughout the month of February, with an Open House scheduled for March 23rd.



Noxious Weeds & Invasive Species 2025

Aski Reclamation LP (Aski) was retained by Saulteau First Nations (SFN) to complete the 2025 annual assessment and management of noxious weeds and invasive species across agricultural, riparian areas (within 2 m of creek and creek bed), residential, civic lands, and access areas within SFN reserve lands (the Project) Appendix A.

Since 2023, Aski has implemented an annual program involving:

- Spring assessments of priority noxious weeds and invasive species.
- Mechanical removal (primarily hand-pulling) within selected residential and civic areas.
- Targeted herbicide applications within agricultural lands, riparian areas, and access roads in compliance with the BC Weed Control Act.

This program supports SFN's long-term stewardship goals by reducing invasive plant cover, protecting culturally important habitats, and fostering community involvement.

From May 20 to 23, 2025 a crew of two Aski ecologists conducted a spring noxious weeds and invasive species assessment.

Between June and July 2025, manual hand-pulling was applied to plants within sensitive areas, including riparian zones, residential, and public spaces. Spectrum Resources Group (Spectrum) was additionally contracted to conduct spot herbicide treatment. Based on assessment, a list of target species and areas of treatments were provided to Spectrum and tracked using GPS-enabled equipment.

Aski suggested the engagement of volunteers, who are locally resident within Moberly Lake, to participate in Make a Difference Week hosted by the Society for Ecological Restoration. Make a Difference Week is a week of global restoration efforts. A poster advertising the opportunity for local volunteers to participate was designed and displayed on SFN band office notice boards and website. Registration was coordinated by the Lands team and designated Aski personnel.

Weed occurrence was strongly correlated with areas of exposed soil, such as along disturbed fencelines, where hay bales have been moved, domestic or other anthropogenic related disturbances, domestic animal enclosures (corrals), and vehicle tracks. These areas were mapped and flagged for potential removal from the annual monitoring footprint, which will improve efficiency and reduce survey effort in future years.

In consultation with SFN land manager and residential owners, mechanical removal (hand-pulling) was selected as the preferred treatment method to avoid or minimize chemical exposure in areas used for recreation, cultural gatherings, and daily activities. Hand-pulling crews focused efforts on visible invasive patches within yards, community common areas, and road verges. This approach aligned with community health priorities, reduced the risk of accidental herbicide exposure, and fostered participation by local residents during the "Make a Difference Week".

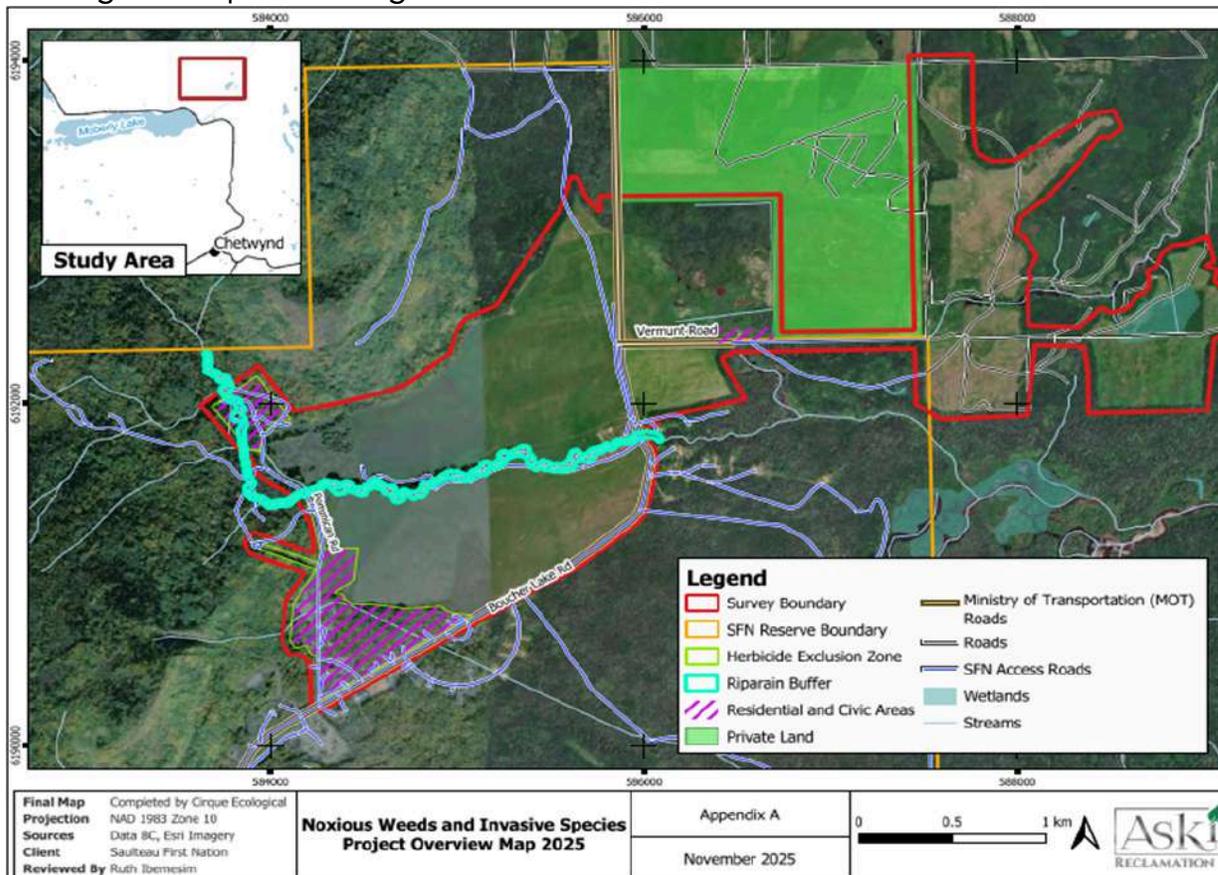
Participation of SFN volunteers in the "Make a Difference Week" on June 5, 6, 9, and 10, 2025, significantly contributed to the success of the 2025 program. Volunteer crews assisted with manual removal of noxious weeds across large portions of residential and civic areas, substantially reducing the overall effort and cost required for treatment. In total, 21 SFN community members participated over the four days, contributing approximately 312 volunteer hours. This level of engagement resulted in a measurable increase in treatment coverage, with more areas treated compared to 2024, demonstrating the value of community participation



for achieving project objectives. Beyond immediate weed management outcomes, these events served as a key capacity-building initiative, providing hands-on training in plant identification, safe hand-pulling techniques, and invasive species management concepts to SFN members and supporting long-term stewardship of community lands.

To maintain the progress achieved during the 2025 noxious weeds and invasive species management program, the following actions are recommended:

- follow up assessment in spring 2026
- remove domestic animals during duration of treatment (2-3 weeks)
- revegetation and control
- proper disposal
- capacity building: awareness workshops, youth training opportunities, participation in restoration focused events
- community awareness
- funding applications
- adaptive management- prioritize high risk zones



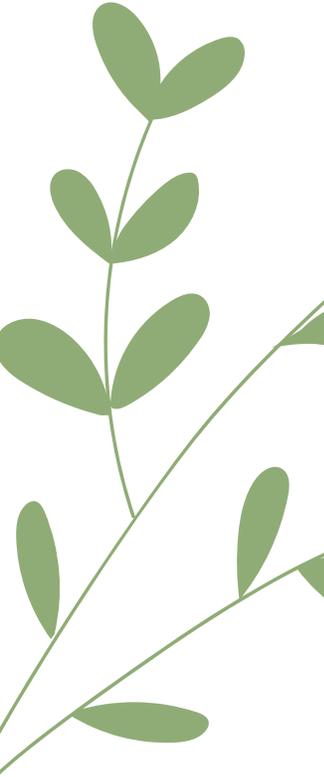
Lands Department Staff

Lands Manager – Mary Doyle (mdoyle@saulteau.com)

Lands Use Planner – Jenine Campbell-Cove (jcampbell-cove@saulteau.com)

Lands Officer – Brooke Walker (bwalker@saulteau.com)

Lands Executive Assistant – Crystal Lalonde (clalonde@saulteau.com)




CALLING ALL ELDERS
SFN Mental Wellness Department would like your input on what we should do with the:

RECONNECTION GRANT
HONORING INDIGENOUS PEOPLE WHO HAVE BEEN IMPACTED BY RESIDENTIAL AND DAY SCHOOLS



HAVE YOUR SAY AND COME FOR FREE LUNCH! AT THE CULTURAL CENTRE

This initiative centers on a series of culturally grounded events and healing workshops for Indian Boarding Home Program Survivors. Through traditional ceremonies, storytelling, land-based activities, and wellness workshops, the project will foster reconnection, healing, and community resilience for survivors and their families.

FEBRUARY 9TH | 12PM TO 2PM
You can call Winona at 250-875-2622 if you would like more information.



Sarah Howes
Director of Health
sgayse@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

Traditional Healer Robert Beaulieu

At Saulteau First Nations
New Beginnings House

February 2026
Wednesday February 4th
Thursday February 5th
Friday February 6th
Saturday February 7th
10:00am - 4:00pm

Please Note:

- As per cultural practices and request of traditional healer, you can **NOT** be on or within 4 days of your moon cycle during these sessions.
- Please do **NOT** be on or under the influence of drugs or alcohol within the 24 hours of your session.
- Please bring tobacco offering.

**Please Contact SFN
Health Center to Book: 1 (250) 788-7280**

CALL SFN HEALTH CENTRE

To Book!

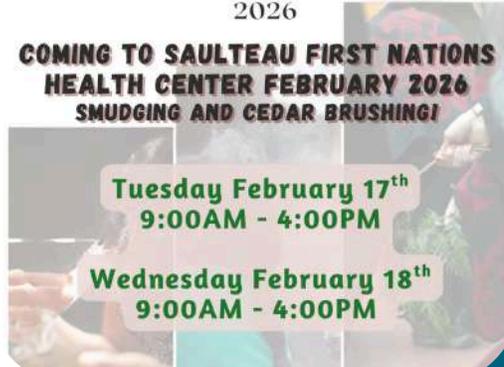


Traditional Healing
Team Visiting
2026

**COMING TO SAULTEAU FIRST NATIONS
HEALTH CENTER FEBRUARY 2026
SMUDGING AND CEDAR BRUSHING!**

**Tuesday February 17th
9:00AM - 4:00PM**

**Wednesday February 18th
9:00AM - 4:00PM**





Dear Community members

We are writing to inform you about some important changes regarding booking appointments with our doctors at the SFN Health Centre.

Effective March 31st, 2026, patients who are **NOT** registered with our physicians will no longer be able to book appointments.

Due to ongoing capacity limits and our commitment to providing consistent, quality care to our registered patients, our doctors will be focusing their services on individuals who are formally enrolled in their practices.

If you are currently registered with Dr Banas, this change will not affect your ability to book appointments as usual. If you are unsure if you are a patient of Saulteau First Nation Health Clinic please contact our office and we will inform you.

For patients who are not registered with the Saulteau First Nations Health Clinic and are seeking care, we encourage you to contact local clinics or visit provincial health resources. This will aid in your search to find a healthcare provider accepting new patients.

We understand this change may be disappointing for some, and we appreciate you're understanding and cooperation as we work to ensure safe and reliable care for our community.

Thank you for your continued support.

Sincerely,

Saulteau First Nations Health Center Team

Rocketdoctor.ca 1-867-670-2273

Northern health- Virtual Dr of the day 1-844-645-7811

123walkin.com

Vivacare.ca



DIABETIC FOOT CARE FEBRUARY 26TH, 2026



**HEALTH CENTRE
CALL MELVA TO BOOK
250-788-7280**



Saulteau
FIRST NATIONS

Reflexology

February 11

New Beginnings House

Experience the healing power of reflexology! This natural, non-invasive therapy stimulates specific pressure points on the feet, hands, and ears to promote relaxation, reduce stress, and support overall well-being. Whether you're seeking relief from tension, improved circulation, or a balanced mind and body, reflexology offers a soothing and effective way to enhance your health.



Book Now

Call the SFN Health Centre - 250-788-7258
kmacdonald@saulteau.com



Baby Welcoming

Thursday February 26, 2026
SFN Cultural Centre

Baby Submission now CLOSED

WE ARE GATHERING TO WELCOME ALL BABIES BORN IN 2025

DEADLINE FOR SUBMISSION WAS JANUARY 29, 2026

FOR MORE INFORMATION CONTACT CHELSEA AT
CGAUTHIER@SAULTEAU.COM
(250) 788-7262

Free Elders Haircuts

by Denecia 

9 am - 1 pm

Thursday February 12, 2026
Drop In No appointments Necessary

SFN Cultural Centre
Gym

Join us for an exciting evening of Spruce Pitch Salve Making!



Spruce Pitch Salve Making with Rhoda paquette

february 11th 2026 at 4:30 PM- 6:30 Pm
Where: New Beginnings House
Snacks & refreshments provided

Reserve Your Spot
contact shay: (250)-874-9604



Women's group

♥ When: February 27th 2026
Time: 4:30-6:30
♥ Where: New Beginnings House
Candle making & mod podge canvas

♥ For Ages 18 and Older.
Snacks and refreshments will be provided.

♥ sign up with shay @ (250)-874-9604





YOUTH CO-ED DIY AIR DRY CLAY ART

AGE 9 AND UP

CHILDREN UNDER THE AGE OF NINE MUST BE ACCOMPANIED BY AN ADULT.

WHERE: NEW BEGINNINGS HOUSE
WHEN: FEBRUARY 6TH, 2026
TIME: 3:30-6:30

SNACKS AND REFRESHMENTS PROVIDED

PLEASE CONTACT SHAY FOR SIGN UP : (250)-874-9604

Saulteau
FIRST NATIONS

Bracelet Making

When: February 27th, 2026
Time: 3:30 PM - 6:30 PM
Where: New Beginnings House

Join us for a fun co-ed youth group event!

for ages 9 and up while those under 9 need to be accompanied by an adult

please contact shay for sign up (250)-874-9604

Saulteau
FIRST NATIONS

Youth girls group

MOD PODGE ART

for ages 9 and up while those under 9 need to be accompanied by an adult

Saulteau
FIRST NATIONS

EVENT HIGHLIGHTS:

- SNACKS
- REFRESHMENTS
- FUN ACTIVITIES
- CANVAS TO TAKE HOME

EVENT DATE

FEBRUARY 13TH 2026

WHERE: NEW BEGINNINGS HOUSE
TIME: 3:30-6:30

DON'T MISS THIS EVENT!

CONTACT SHAY FOR SIGN UP (250)-874-9604





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



YOUR LIFE MATTERS



YOU ARE NOT ALONE

NO STORY SHOULD END TOO SOON

Take a moment to remember there is help, there is hope!



RESOURCES FOR HELP

24/7 National Suicide + Crisis Support

988

Emergency
911

IF YOU DONT WANT TO TALK - YOU CAN TEXT

OUR PHONES ARE ALWAYS OPEN FOR ANY YOUTH WHO NEED SOMEONE TO TALK TO

Ethan Cameron 250-556-4167
Candace Schmidt 250-601-1819



MENTAL HEALTH & WELLNESS



Child & Youth Mental Health Services for Families

24/7 Urgent/Crisis Supports	
Child & Youth Specific	Youth Crisis Line: Trained peer support: call 1-888-564-8336 or text 250-564-8336
	Kid's Help Phone: Offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Reach out by texting CONNECT to 686868
General	Northern BC Crisis Line: a safe and non-judgmental crisis line to discuss anything troubling you 1-888-562-1214 or text 250-563-1214
	National Suicide Crisis Helpline: If you are considering suicide or are concerned about someone who may be, please call or text 9-8-8 . Support is available 24 hours a day, every day. https://988.ca/
	Alcohol & Drug Information & Referral Service (BC): Provides free, confidential information and referral services to British Columbians of all ages in need of support with any kind of substance use issue (alcohol or other drugs). 1-800-663-1441
Indigenous	KUU-US Crisis Line: Available 24/7 to provide support to Indigenous people in BC Toll free 1-800-588-8717 or 1-250-723-2040

Regional Resources	
CYMHSU Regional Support Team	Provides resource navigation to youth and their families regarding mental health and substance use. Monday-Friday 8-4:00 250-645-7415

Virtual Counselling (non-emergency)	
Foundry Virtual Counselling	Virtual drop-in counselling sessions by voice, video and chat to young people ages 12-24 and their caregivers. Call 1-833-FØUNDRY (that's FØUNDRY with a zero! or 1-833-308-6379) or access through new Foundry BC app *Note: Go to foundrybc.ca/get-support/virtual for the most updated hours on this new service
BounceBack BC	Free online and phone counselling program to manage low mood, mild to moderate depression, anxiety, stress or worry (for ages 15 & up): bouncebackbc.ca

Resources available in community (hours of operation may vary by community, please call)

Community	Type of Service	Contact Information
Chetwynd	Mental Health	CYMH: 250-784-2342
Dawson Creek	Mental Health	Integrated Child & Youth (ICY): icypeaceriversouth@northernhealth.ca CYMH: 250-784-2342
	Substance Use	Dawson Creek Health Unit: 250-719-6525
		Haven Family Services: 250-782-6795 (contracted service – no cost) Aboriginal Family Services Society: 250-782-1169
Fort St John	Mental Health	CYMH: 250-263-0121
		Nenan Dane zaa Deh Zona Family Services Society: 250-787-2151
		Northern Health Youth Services: 250-261-3593
		Community Bridge (SAIP): 250-785-6021
	Substance Use	Fort St. John Mental Health & Substance Use Services – 250-263-6080 Saplings Mental Health: 250-262-8842 (contracted service – no cost)
Fort Nelson	Mental Health	CYMH: 250-774-5585

Note: Only public/no-cost services are included. Contracted services are specified where applicable.



Morning Walk with Kylie

Join Kylie, Mental Health Prevention & Outreach Worker, for a gentle community walk to nurture mental well-being and connect with friends.

Wednesdays, Starting January 14th
to February 11th
10:30AM-12:00PM

Location: Meet at SFN Cultural
Centre

please contact kdavis@saultaeu.com
with any questions

VIRTUAL BOOTCAMP STYLE WORKOUT

WITH ELAINE WEBB

- Full Body Workouts
- All fitness levels welcome! :)

WITH ANY QUESTIONS PLEASE PHONE, TEXT OR EMAIL 250-875-1072 OR [KDAVIS@SAULTEAU.COM](mailto:kdavis@saultaeu.com)

LOCATION: SFN Cultural Centre gym/work out room. OR, Zoom in on your phone or laptop from home!!

WHEN: Tuesdays and Thursdays Starting January 13th until February 12th 2026.

Tuesdays @ 12:10PM to 1:10PM.
Thursdays @ 5:30PM to 6:30PM.

please consult with your doctor before starting a new work out

Yoga with Alycia

Nurture Your Mind.
Empower Your Body



LOCATION: SFN Cultural Center Training Room

Yoga with Alycia
SFN Cultural Centre
Mondays @ 5:30 - 6:30pm
January 26th -
February 9th

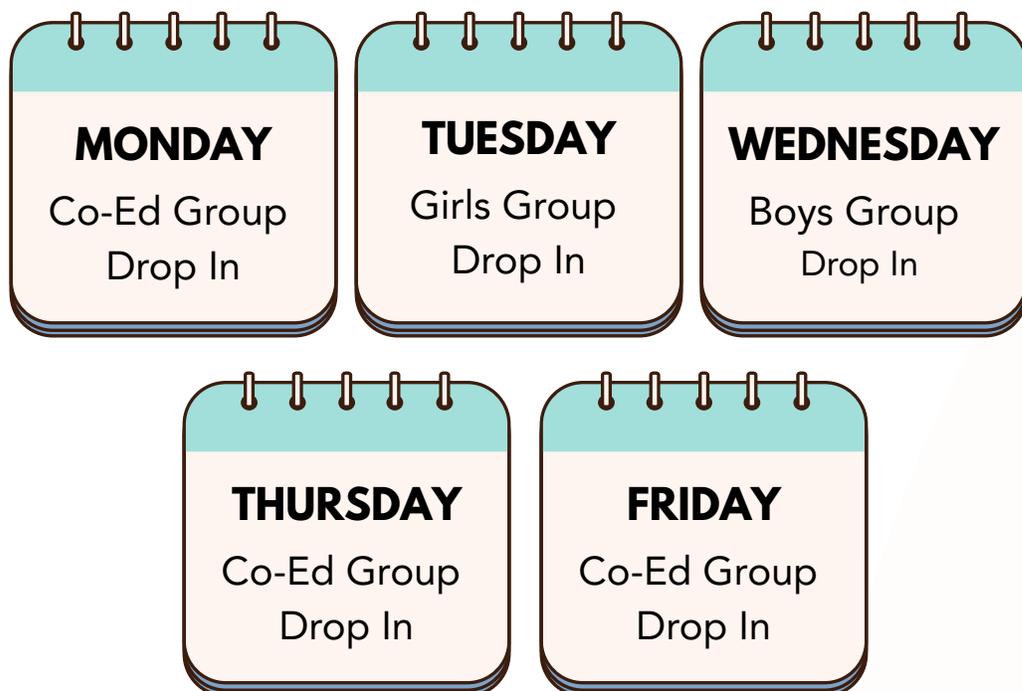
FAMILY SUPPORT SERVICES



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, 5117 43a St. Chetwynd, BC

The Trek Youth Centre Offers Weekly Programming!



With occasional Special Events on Fridays & Weekends!

YOUTH SUPPORT CONTACTS

Hailey Knott
Youth Facilitator
hknott@saulteau.com

Derek Wood
Youth Program Facilitator
dwood@saulteau.com



**Monday - Friday
2:30 - 6:30**

Looking for a safe, fun place to go after school?
Come hang out at the Trek Youth Centre.

What we offer:

- Hot Meals and Snacks
- Crafts and Creative Activities
- Games, Sports & Group Fun!
- A Welcoming Space to hang out and be yourself

Ages 12- 18