

October 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

October

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4 Board Games and Hot Chocolate 3-5pm	5 Virtual Reality Game Day 3-5:30pm	6 Road Hockey/ Hang out 3-5pm	7 Movie Night	8
9	10 Closed for Thanksgiving	11 Yoga and Tea with Marci 3-5pm	12 Guys VR Game Day 3-5pm	13 Road Hockey/ Hang out 3-5pm	14 Movie Night	15
16	17 Girls Spa Day 3-5pm	18 Paint Night 3- 5:30pm	19 Ribbon Skirt/Shirt Making PT1 3-5	20 Just hang out with Friends 3-5pm	21 Netflix series 3:30-5:30	22
23	24 Game Night X-Box series X 3-5:30pm	25 Ribbon Skirt/Shirt Making PT2 3-5	26 Virtual Reality Game Day 3-5:30	27 Just hang out with Friends 3-5pm	28 Halloween Movie N Snacks 3:30-5:30pm	29
30	31 Halloween Party 4:30- 7:00	1	2	3	4	5

Notes: Address 5121 43A street

Transportation is available for those who live out of town

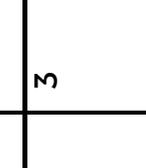
These Programs are open to all youth in town and out of town between the ages 12-18 yr. old youth as possible for groups around holistic wellness, school support and fun experiential learning experiences.

Any questions or to sign up please Email Tristan.Robertson@saulteau.com or text 250.401.7775



OCTOBER 2022

MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 Painting with Tammy 	6	7	8
9	10 Thanksgiving MLC Closed 	11	12 Material Gathering Bush Walk 	13	14	15
16	17	18 Slingshot Making 	19	20	21	22
23	24	25	26 Salsa Making 	27	28	29

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

October 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 <i>Stat Holiday</i> Truth & Reconciliation Day Health Centre CLOSED Mammogram Bus will be here for prebooked appts	4	5	6	7	8
9	10 <i>Stat Holiday</i> Happy Thanksgiving Day	11	12	13	14	15
16	17	18	19 In House Training 1-4 pm Health Centre Closed	20	21	22
23	24	25	26	27 Health Centre Closed for Professional Development 8:30 am -4 pm Drea's Footcare HC	28	29
30	31	Services Available on Request * Youth and Wellness Counselling (Contact Rebecca Widdicombe 250-788-7262) * Adult Mental Health & Harm Reduction (Contact Annie Miller 250-401-7616) * Dr Banas (Contact MOA Tracy 250-788-7266) * Home Support Services -including homemaking (Contact Lynette Murphy 250-788-7375)		Heather offers (by appointment only) HPV(Cervical cancer) screening Education on all health topics Narcan with Education TB screening, Immunizations		Harm Reduction Supplies Annie Miller

Membership Services

Just as our Mission statement says, we strive to be the best governed Nation and with good governance comes well thought out policies and programs. The Manager of Member Services collects data on member inquiries and service requests and conducts analysis to identify trends. Based on these trends, the Manager is able to recommend informative solutions to senior leadership for policy updates, revisions, or implementation.

Staff

Tonia Richter Manager of Membership Services
Trichter@saulteau.com

Willow Allison Main Reception
reception@saulteau.com

Carrie Paquette Social Development Officer
cpaquette@saulteau.com

Jamie Kristoffy Employment and Training Officer
jkristoffy@saulteau.com

Paula Gammie Community Services Coordinator
pgammie@saulteau.com

Norma Podolecki Indian Registry Administrator/ Patient
Travel Clerk
npodolecki@saulteau.com

Barb Loberg Patient Travel Clerk/ Patient Transportation and Health
Advocate
Bloberg@saulteau.com

ASSET MANAGEMENT

Investing in our community

October 2022

Time to Update

Over the next few weeks there will be letters coming to your home asking to update your information with the Housing Department. We will be asking everyone to either, phone, email or come into our office. This is to ensure we know the number of adults, children and pets who are living in the home. This information is to help incase of emergency. We would like to keep our records up to date to esure



Chappy fall y'all



Kindness Counts!

To often we underestimate the power of a smile, a kind word a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around.

Our community is home to families of all shapes and sizes. As such, we need to be reminded that kindness and compassion can go a long way. Slow down on the busy roads. Make sure your pets stay in your yard. Keep your environment clean and tidy and say something kind to your neighbour.

It's Fall Y'all!

With the changing of the leaves and the cooler temperatures upon us, its time to start preparing for winter. There are a few tips and tricks that can make adjusting easy and less stressful.

1. Remove all outdoor hoses and store properly.
2. Drain water from exterior water lines and taps.
3. Check the weather stripping around your exterior doors.
4. Ensure heat tape is installed on water lines & that it's turned on.
5. Check filters in your heating system.
6. Make sure all down spouts are pointed away from the house.



Maintenance & 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.



Garbage & Fall Clean-Up

There is no better time to de-clutter and clean up your yard!

Garbage bins will be available for the community from:

Sept. 28-Oct. 16

Please be responsible and considerate.

Thanksgiving is a day to count the blessings in your life. It's a time to celebrate and be joyous, a day of pride. It's a day to acknowledge the presence of the people who form your world. To realize how precious they are and their worth. On this day we would like to wish you a Happy Thanksgiving. May you live in the world where finding gratitude never ends.



Back to School, Back to School

As we all know, the kids have gone back to school. Please be mindful when you see kids walking on the road. Slow down when passing. Please watch for busses stopping and follow the signs. Let's keep our kids safe.



EMPLOYMENT & TRAINING

JOB FAIR

OCT 13-14, 2022

**Start building your career as early
as now.**

**Find great work opportunities
from different sectors. Your future
begins today.**

**OCT 13TH 10AM-6PM
OCT 14TH 10AM-4PM
SFN GYMNASIUM**

**FOR MORE INFORMATION
CALL 250-788-3955 OR
EMAIL**

jkristoffy@saulteau.com

or

trichter@saulteau.com

FALL CLEAN-UP

**FALL IS HERE & THERE IS NO
BETTER TIME TO DECLUTTER AND
CLEAN UP YOUR YARD.**

**GARBAGE BINS WILL BE AVAILABLE
FOR THE COMMUNITY FROM:
SEPT. 28- OCT. 16**

**PLEASE DUMP
RESPONSIBLY!**



The background of the entire page is a vibrant, repeating pattern of tropical leaves. The leaves are in various shades of green, yellow, and blue, creating a lush, summery feel. The leaves are of different types, including large monstera leaves and smaller palm-like fronds.

Parents Group

**Thursday October 2022
12pm – 2pm**

October 6/22 – Heather Lirette informational
about Safe Sleeping

October 13/22 – Play Doh making &
brainstorm feedback group

October 20/22 – Swimming @ rec center

October 27/22 – Mini golfing in Chetwynd

Please contact Carmen to sign up or for
transportation

cmanichoose@saulteau.com

Saulteau Community Dinner and Discussion

New regulations under the Firearm Violence Prevention Act (FVPA)

When: October 20, 2022 at 5:00 pm to 8:00 pm, supper provided

Where: Saulteau First Nations Gymnasium

Please join us in welcoming Cole Winegarden, Director of Legislation and Policing Programs (Cole) and Sally Reid, Manager of Policy and Legislation (Sally) from the Policing and Security Branch, Ministry of Public Safety and Solicitor General for an evening of discussion.

Cole and Sally will be discussing changes to the FVPA pertaining to ***Harvest of Wildlife from Vehicles and Boats*** and ***Possession and Use of Firearms and Imitation Firearms at School***.

These changes will impact the following regulations under the WLA:

- Permit Regulation
- Wildlife Act General Regulation
- Hunting Regulation

5 pm Introductions

5:30 pm Opening Prayer and supper

6:00 pm (ish) Presentation

6:30 pm Discussion, questions

Kinanâskomitin, TREP



Saulteau First Nations



HOLIDAY MARKET

Calling all Artisans, Artists,
Crafters, Creators & Makers!

Come and showcase your beautiful crafts,
unique gifts and enjoy the festive spirit!
There will be limited tables available and
only one table per vendor. You must
register BEFORE Nov. 4th.

To register for a table please call Marci
at

236-364-2019 or email
mfisher@saulteau.com

Saturday Nov. 19 from 9am-4pm
Band Hall Gym



Elders Group October

11am - 2pm in the Saulteau Gym



**Game Day @ New
Beginnings House
October 4/22**



**Elders Bingo in
Saulteau Gym
October 11/22**



**Cooking with Laura in
Saulteau Gym
October 18/22**



**Painting with Tammy in
Saulteau Gym
October 25/22**



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

Elders Group in partnership with Recreation present



Elders Box Social

OCTOBER 28/22
4PM - 9PM
SAULTEAU GYM

A FUNDRAISER EVENT FOR THE ELDERS
TO ATTEND THE NATIONAL ELDERS
GATHERING IN 2023

EVENT AGENDA

4 - 5pm - Auction of Dinner Boxes

5 - 6 - Dinner of the purchased box

6pm - 9pm Dance

Come out and enjoy an evening of dinner and dancing

Open mic for community members to sing, share their
musical talents

**FOR MORE INFORMATION CONTACT
CARMEN 780-201-0242**

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

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



Free Admission

1717 Civic Road-
Band Hall Gym



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- Try to schedule non-Covid-19 related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have Covid-19, call your school for advice.
- If your child must stay home due to illness or quarantine, ask the teacher for resources and ideas to continue learning at home.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

HPV Self-screening Pilot Project

IS COMING TO ITS END AT THE
END OF OCTOBER 2022



This test checks to see if you have one of the Human Papilloma viruses that can cause cervical cancer. It replaces a PAP test that would normally be done by the doctor. This screening finds the viruses that can cause cancer before they make changes to your cells. A PAP test finds the cells after they start changing into cancer.

You are eligible for HPV self-screening if:

- You have a cervix
- You have not had a PAP in the past 3 years
- You are **not** pregnant
- You have not had cervical cancer in the past 5 years
- You are between the ages of 25-65

This project allows you to do your own swab with something the size of a q-tip. There is no pain involved. You do not get undressed in front of anyone. You do this test in the health center bathroom in private.

This screening is also done every 3 years (if available). This is for on and off reserve, indigenous and non-indigenous or staff. You must be a patient of Dr. Banas or receiving health services from the Saulteau First Nations Health Center. You will be called with your results approximately one month after testing.

If this interests you, call Heather (SFN Community Health Nurse) to book an appointment, or to ask questions:
250 788-7371



SA Declarations



Next SA Day is *October 26, 2022*

SA Declarations are due *October 17-20, 2022*

Wood Application Form



The last page of the newsletter is an application form for wood subsidy.

Completed forms are brought to Paula Gammie at the Band Hall.

This form needs to be filled out each year.



Wood Supply Subsidy for Community

Amended by Council October 26, 2020

Intent

Saulteau First Nations strives to serve its citizens and members in a respectful way and to assist those members who are in the most need of assistance with delivery and supply of wood to supplement the high costs of heating and fuel. With that in mind, Saulteau First Nations will provide this assistance in the form of wood delivery to those individuals who qualify as per the terms of this policy. This will ensure that the members who qualify are aware of the service and can benefit from this program. **This is for wood delivery to a household for the purpose of heating a home only and will not be provided as cash or other compensation. It is not provided for heating outbuildings and open fires. This is considered a subsidy to the member who meets the criteria as listed below.**

The intent of this Policy is to ensure that Saulteau First Nations' citizens and members understand who qualifies for this program to ensure that we can provide this service on an ongoing basis without depleting our resources in the future.

Members applying for this assistance will be required to fill out the attached form to declare their need.

Scope

The Wood Supply Policy applies to all Saulteau First Nations citizens, community members and employees who qualify as per the following criteria as defined below:

NOTE: All members wishing to take advantage of this policy must apply.

1. Elder over 65 years of age wood will be delivered
2. Persons with disabilities wood will be delivered
3. Single women who live alone or with young children wood will be delivered
4. Elders over age 55 who are unemployed wood will be delivered

5. 55+ are eligible for wood but they must pick up their own wood at the site on the days that the SFN has the gates open and manned.
6. SFN will post the days that the site will be open for members to pick up their wood so that the site is supervised.

The wood delivery will be done a minimum of **once** per year and to a **maximum of three** times to each household that qualifies. Each qualifying household will be provided with an equal amount of wood based on the current wood inventory at the time. **This should not be relied upon as the sole source of heat for any household, as the available supply varies.** The client will be required to sign a receipt of delivery that they have received the wood as it is delivered.

NOTE: The wood supply to the Nation is sporadic and may vary from year to year based on availability and supply chain. It is the applicant's responsibility to ensure that wood is stored appropriately and is used for the intended purpose. Misuse of this subsidy may result in a lack of supply during the most crucial months.

Elders over 65 years who do not have wood heat will get a propane allowance of \$250 per year to assist with costs.

Definitions

1. Elder over 65 years of age who are unemployed. This refers to Elders who are on pension and do not have any other income.
2. Persons with disabilities is a person who has been diagnosed with a disability who does not have the ability to harvest or pay for their own wood, is living alone and does not have a family member to assist with harvesting wood. This applies to person with disability who are on social assistance and to those persons with disabilities who are employed. It is based on ability to harvest their own supply of wood.
3. Single women who live alone or with young children this refers to single women living with small children who do not have the resources to harvest or pay for their own wood supply.
4. Elders over age 55 who are unemployed and do not have the resources to harvest or pay for their own wood supply.

Policy Guidelines

Saulteau First Nations retains the right to determine the best use of its donated wood supply as it deems appropriate in determining how said resources are administered to the benefit of

Saulteau First Nations' citizens, members or employees for wood subsidy purposes. The disbursement of said wood shall be performed in a consistent manner where the greatest benefit is realized by the greatest number of citizens and members according to the application list. Applicants will need to note on the application what their wood supply needs would be for the year so that the wood may be evenly distributed to those who have no other heat source.

Any Saulteau First Nations' citizen, community member or employee who wishes to access this subsidy **must apply** In August of each year to be put on the delivery list before fall. The deadline for application is Sept 1, of each year. Any and all applicants may be required to provide proof of their eligibility by providing such documents as members of household, income verification, other such proof of eligibility.

If an application is denied the member will have the ability to appeal the decision Director of Operations but the applicant may be required to disclose all information to the Director of Operations to ensure a proper appeal process can be conducted.

The individual is to contact the appropriate personnel at the Saulteau First Nations' Housing and Social Development Office 250-788-3955 to request an application and ensure they are on the list for deliveries.

It is the responsibility of the individual, and **not** the Saulteau First Nations, to ensure that all eligibility requirements are met, applications and required documentation are completed and submitted by the respective submission dates for the wood subsidy program. The staff of the housing or social assistance departments will assist the individual in their application process, but are **not** responsible for ensuring that the applications and submissions are completed accurately or on time. The departments will be responsible for ensuring the list is maintained and accurate upon deadline date. It is the individual's responsibility to ensure that they complete the following application.

Adopted by Quorum of Council on

Signed on Sept 16, 2020 at a Duly convened
Chief and council meeting

Sept 16, 2020
Date

___Justin Napoleon___
Chief Justin Napoleon

___Ken Cameron___
Councillor Ken Cameron

___Juritha Owens-___

Councillor Juritha Owens

____ Rudy Paquette _____
Councillor Rudy Paquette

____ Falon Gauthier _____
Councillor Falon Gauthier

APPLICATION FOR WOOD SUBSIDY

I _____ have read and understand this policy and I am submitting my name to be included in the wood delivery subsidy program. I _____ meet the criteria as I am (circle the appropriate category)

1. Elder over 65 years of age who are unemployed
2. Persons with disabilities
3. Single women who live alone or with young children
4. Elders over age 55 who are unemployed

I reside at _____

The wood size that I am able to accommodate in my furnace is a maximum of _____ inches long.

I would need _____ cords to sustain me for the winter.

Applicant Signature

SFN Representative

Date

Verified and Approved