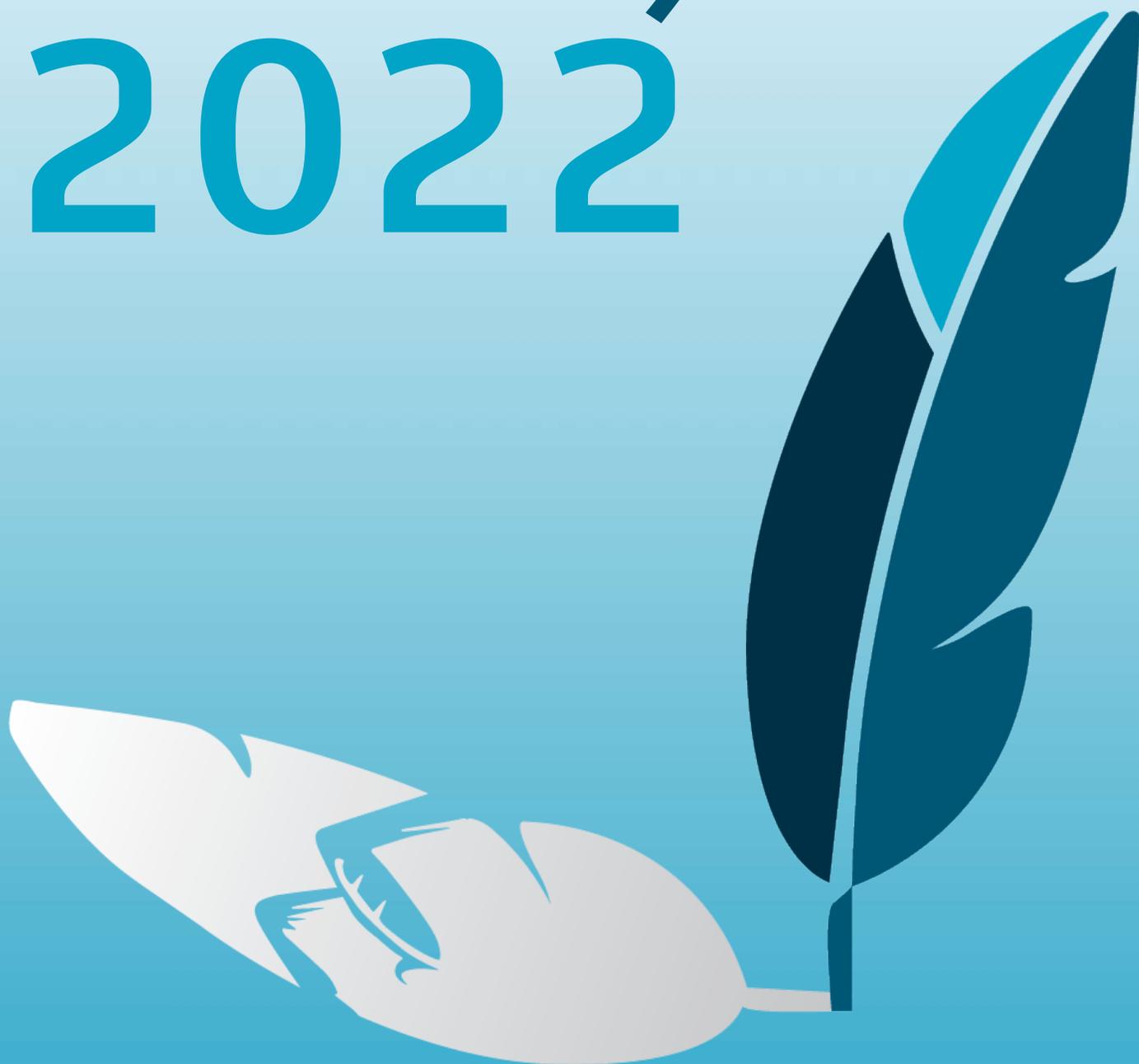


January &  
**February**  
**2022**



Newsletter

# Chief & Council



## **Chief Justin Napoleon**

**Davis Family Councillor**

[jnapoleon@saulteau.com](mailto:jnapoleon@saulteau.com)

## **Penny Berg**

**Courtoreille Family Councillor**

[pberg@saulteau.com](mailto:pberg@saulteau.com)

## **Rudy Paquette**

**Desjarlais Family Councillor**

[rpaquette@saulteau.com](mailto:rpaquette@saulteau.com)

## **Falon Gauthier**

**Gauthier Family Councillor**

[fgauthier@saulteau.com](mailto:fgauthier@saulteau.com)

## **Juritha Owens**

**Napoleon Family Councillor**

[jowens@saulteau.com](mailto:jowens@saulteau.com)

# Contact



## **Saulteau First Nations**

1717 Boucher Lake Rd.  
Moberly Lake, BC  
V0C 1X0

(250) 788-3955  
[communications@saulteau.com](mailto:communications@saulteau.com)

Monday to Thursday, 8:00AM-4:30PM MST

# Council Update to Community



Council has had numerous meetings over the past few weeks and we will briefly give you some insight into some of those discussions. In the first week of January council met with the recreation committee to discuss the new playground. Big shout out to the playground committee as they have raised \$206,000 towards this purchase. These are all revenues that they applied for and donations that they received from Industry, government and other sources to build this addition to our community. Council has allocated \$77,000 of own source funds to support this initiative over and above the \$206,000 that was raised by the committee.

The purchase of the Church in town was finalized and the staff are working on furnishing and preparing this facility for our youth. The funding for this purchase and operation was all revenue that was sourced from government for this initiative. No own source funding is being used for that venue.

A meeting was held with staff and our consultant on the Cultural Centre. This is funded in part by the government of Canada and we are going back out to bid on this project in the hopes of getting better pricing this time around. If you recall on the last bid call the costs were very high and that was due to supply chain issues and the high costs of building materials. We are going back to the bid process to ensure that we are maximizing our funding without incurring overly high costs. We will update as we proceed with this project. The decision to award the construction management of this venture was made and Jen Cor Construction was retained to provide oversight on the project, ensure that any work that can be done locally by members and member contractors will be solicited. A construction manager's duty is to ensure that Saulteau has the necessary things in place to ensure that the project is completed on time, within budget and that SFN plays a key role in the project. This process is similar to insurance to protect the project.

We have been meeting with government and our legal team to continue the negotiations on TLE, Cumulative Impacts, Primary Care, and we met with Ministers of BC in the last weeks to ensure that our initiatives stay in the forefront of government as we work through these very important issues that affect

our community and our membership. The government of BC officials have congratulated our Chief and Council on the presentations that were done in the last weeks. They felt that SFN Chief and Council brought important issues in a good way and they want to work with SFN in the continuing days and months. This is encouraging as we continue to negotiate important issues on behalf of our members.

On the Finance front we are completing the audit, working with the Finance Management Board to develop an FAC ( Finance and Audit Committee) and implement the FAL (*Finance and Administration Law*). The reason for the FAL and FAC is to meet the criteria that allows us to have a 10 year funding agreement with ISC (Indigenous Services Canada) . The ability to have 10 year funding arrangements allows us to budget and plan on a much better way than we were able to in the past with year to year agreements. We are also working on the annual operating budget for fiscal 2022-2023. This involves all managers developing their work plans and costs associated with those plans. All of this is based on the strategic planning and priorities that is done by Council from information that is received from you the community.

The management team at Saulteau will be preparing multi year budgets and plans once we have the final documents in place for the FAL, FAC and procedures that come from that process. The results of multi year plans gives us a chance to give community an overview of what we are planning this year and in the coming years. There are always new opportunities that present themselves every year and we actively pursue all new funding based on what we have heard from the community.

We are in the final stages of completing the service plan for the Primary Care initiative that we have been working on over the past year. This initiative will provide culturally relevant medical care to our community. It will incorporate traditional medicine in coordination with western medicine. It is important to us to ensure that our members have a choice in care, and that they are provided with the best care possible. This will apply to a holistic health approach that will include Doctors, Nurses, Mental health people, traditional healers, traditional mental health support, and culturally relevant care. This initiative is fully funded by FNHA and the government of BC. The Council decision that was made a few years ago to utilize own source funds to hire Dr. Banas was very impactful in our success in acquiring these funds through the proposal that we submitted. The proactive approach to this initiative that Council took in using own source money to address the health of the community is paying off in a very good way for all.

As council we are working daily on staying on top and ahead of the ever changing Covid issues and concerns. As you will have all seen by now we have amended the mandatory vaccine policy for employees as the policy was no longer meeting the intent. Note this was an amendment, and council will continue to uphold the Public Health orders as they pertain to Health care, gatherings etc. as the wellbeing of all our members is foremost in our minds everyday.

We continue to work on the implementation of the Caribou Partnership Agreement and the staff are fully engaged in completing this agreement for the protection of a species. This is a fully funded program by the province of BC.

We are having meetings with industry, service providers, and governments to enhance Sauleau's opportunities with the goal of building wealth, self sufficiency, and prosperity for our people and our business enterprises.

We are planning on having an Annual General Assembly to present financial reports to community and depending on the Covid situation at that time it will determine what type of venue we have to choose. We would love to have in person meetings, but as said before, protecting our people is paramount in our minds at all times and preventing a community outbreak of the virus play a key role when we make our decisions on gatherings. As soon as we have a firm date on the audit completion we will be putting up the notice for call and AGM.

We are on track with our family meetings and we are planning on having a band General in the near future. The Public Health orders will determine the timeline for an in person Band General as the event and venue capacity limits impact our ability to have these meetings. Also the Public Health Orders currently still require vaccinations and this limits our attendance for in person meetings. We consider a Band General as a meeting that should be available to all. We will keep you posted as time proceeds.

# Saulteau Spotlight

## HIGHLIGHTING SUCCESS



Do you or someone you know want to be featured in our monthly Saulteau Spotlight?

We would like to highlight Saulteau members achievements, goals, career paths or anything they are currently working on or towards.

Lets get to know all the talented and amazing individuals in our community, and not only support, but inspire one another.

Submit your own success story or nominate anyone who you think deserves recognition.

Submit to Ethan Cameron  
at [ecameron@saulteau.com](mailto:ecameron@saulteau.com)

# Saulteau Spotlight

HIGHLIGHTING SUCCESS



## NEVAEH MONTGOMERY

Nevaeh is working hard at Lakeland College on her dual Agribusiness/Crop Technology Diploma so she can come home and give back to her community.

She has also joined the Lakeland Rustler's Intercollegiate Rodeo team and is doing very well. "Saulteau, has been a great place to grow up and the support from the community is second to none. It will be an honor to remain in my community once college is behind me and give back some of what has been given to me."

## KEENAN TUPPER

Keenan Tupper is 17 years old, and graduated this past year through COVID-19. He worked hard to achieve the marks he needed to make it in a prestigious program at the BC Institute of Technology.

Raised by his mom, he pushed hard to make his dream come true, through thick and thin. Also recognizing and appreciating that he could not have done it without his family and community support.

Keenan will be attending BCIT in January 2022 to start his Computer Systems Technology Diploma program in Burnaby, BC. In this program he will be learning how to design and develop software. It has been his dream since he was very young, and he is very excited to start.

Thank you to everyone that supported Keenan to help make his dreams come true!

- Brenda Tupper (one very proud momma!)

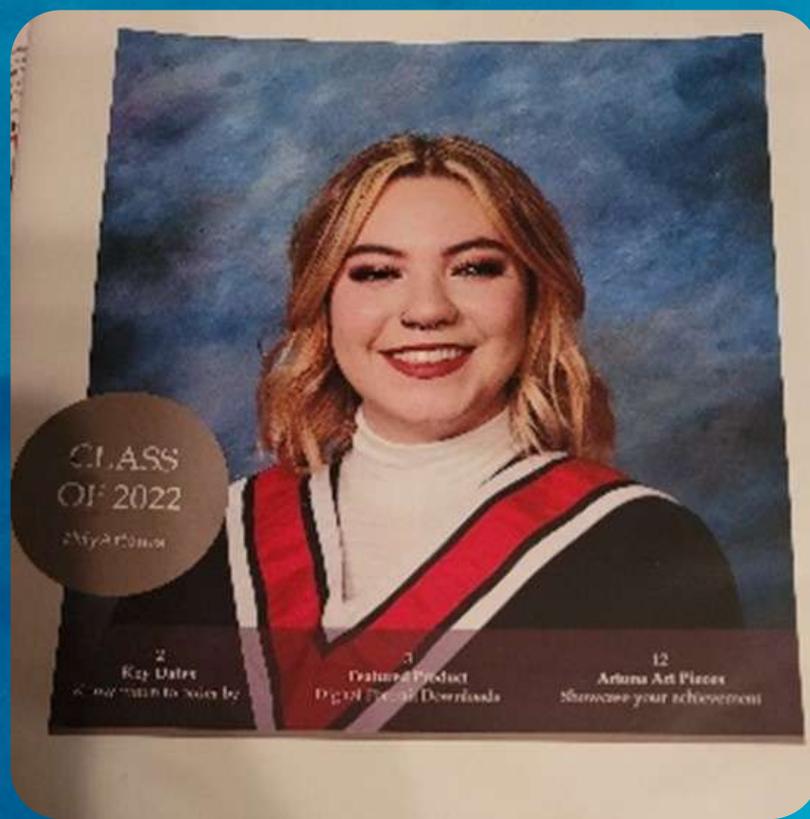


# GABRIELLE KNOTT

Gabrielle is a Saulteau member currently in grade 12 at Terry Fox Senior Secondary School in Port Coquitlam, she will be graduating with honors of distinction.

Throughout the COVID-19 pandemic, Gabrielle has been able to hold onto her honors of distinction, all throughout last semester and all through grade 11. Gabrielle started her school years at Saulteau First Nations Cree-ative Wonders with teacher Nancy, and then moved to Moberly Lake Elementary with teacher Pauline Walker and Mrs. D. During that time she also attended the Dakkie after school program in West Moberly. Throughout her elementary years she was a top student, and was moved up a grade. We currently reside down south where she is attending her final year. Gabrielle's goals are to go into medicine (G.P general practice or a neurologist) and she is hoping to get into 1 of her top 2 universities that she is applying to, U.B.C or Simon Fraser University

- From One proud momma, Louise Knott



# BROOKLYNN MUNCH

The Grande Prairie Fastball Association has had the distinct pleasure of having Brooklynn Munch as a member of our U14 Girls Pirates team for the 2021 season, and she will be continuing with our organization in the 2022 season. Brooklynn is a devoted fastball player and her commitment to the sport ensures her ongoing development and a future in the sport of fastball.

Brooklynn is a talented back catcher and is participating in many different training opportunities in order to improve and grow as a catcher. She spends hours practicing on her own and attends many training camps. There is a program based out of Saskatoon, Saskatchewan called 222s Fastpitch. The 222s are very well-known in the world of fastball and take teams to tournaments in the United States to garner girls' college exposure. Every single one of their 2021 seniors signed for full scholarships with a variety of colleges throughout Canada and the United States. Brooklynn tried out for the 222s in September, and although she was unsuccessful in making a travel team this year, she's putting in as much work as possible to earn a spot on a 222s team in the future. Brooklynn attends all of the 222s training camps in Edmonton.

Her work ethic, drive and attitude are evident, as when she did not make the 222s, she still tried out for the BC Summer Games Team and earned her spot on that team. She is training with the BC Summer Games team, participating in 222s winter training, and participating in Grande Prairie Pirates Winter Training from October-March, as well as utilizing every other training opportunity that comes her way.

With Brooklynn's commitment does come expense. She is the epitome of the saying "it is not the news you get at the end of a tryout that defines you as a player, it is your reaction to the news that does." Brooklynn is an excellent representative of Pirates Fastball and I have no doubt that she will be an excellent representative of any organization that backs her goals.

Ashley Porterfield  
Executive Director, Grande Prairie Pirates Girls  
Fastball



# LEXUS DAVIS

Way to go Lexus on the great grades thus far! Lexus is taking her Early Childhood Education Diploma at the College of New Caledonia. As a post-secondary student she is learning independence and building success on her own.

Being a student has its challenges and she is having to work to eat. She has worked in a daycare, restaurants and is being asked to come back to the daycare at PGNFC. Growing up in Moberly, she is able to bring her love of her culture to their program, which has FN children.

She aspires to take the extra courses in infant development and special needs. She has dreams to help families and communities with infant development and awareness.

One day she packed up, some savings and said Im gonna move to PG, go to college and work to pay for my rent. As a parent, I was like okay...love you and be safe and thinking you don't have much saved to start out. SHE did it!! Lesson learned, never stop dreaming and taking chances. If you know Lexus, she is determined, strong willed, hard-working, fun to be around, and loves to fish, hunt, and camp. She misses Moberly and will be home to do her practicum with the support from Saulteau. She speaks fondly of her Nation telling people we care about our people.

Wishing you continued success Lexus!!!  
2022 will be life changing and you always have your momma's support!!



# **JANINE NAPOLEON**

---

Janine is currently in the process of finishing up nursing school as a Psychiatric Nurse and just landed a full time job in this sector! She will be starting this year! Congratulations Janine!

# **MARI DAVIS**

---

Mari is a nurse in Whitecourt doing amazing work! She has been very successful this past year. We would like to congratulate her on all her success, and thank her for all the hard work that she does!

# **Beginner Cree Classes**

## **via Zoom**

**Facilitator: Ruth Hetu**

*Let's learn together and have fun with our beautiful Cree language.*

### **— HOW TO SIGN UP —**

Please contact Ruth Hetu at  
[rhetu@saulteau.com](mailto:rhetu@saulteau.com)

### **— DATES —**

**Class 1 - Tuesday February 1st, 1:30 PM-2:30 PM MST**

**Class 2 - Thursday February 3rd, 1:30 PM-2:30 PM MST**

**Class 3 - Tuesday February 8th, 1:30 PM-2:30 PM MST**

**Class 4 - Thursday February 10th, 1:30 PM-2:30 PM MST**

**Class 5 - Tuesday February 15th, 1:30 PM-2:30 PM MST**

**Class 6 - Thursday February 17th, 1:30 PM-2:30 PM MST**

**Class 7 - Tuesday February 22nd, 1:30 PM-2:30 PM MST**

**Class 8 - Thursday February 24th, 1:30 PM-2:30 PM MST**

# SA Declaration



**Next SA Day in February is February 16, 2022.  
Declarations due February 7-10, 2022.**

**SA Day in March is March 23, 2022.  
Declarations due March 14-17, 2022**

# COVID-19

## Vaccine Updates



### — Moderna Spikevax Vaccine —

Saulteau First Nations will be offering Moderna vaccines once a month. Next clinic date is February 28th. Please call Melva at (250) 788-7280 to book an appointment.

- *Dose 1 and 2 for ages 12+ (8 weeks apart)*
- *Booster for ages 18+ (6 months after 2nd dose)*

### — Pfizer Comirnaty Vaccine —

Saulteau First Nations will not be offering Pfizer at the Health Centre. Members wanting Pfizer are advised to make an appointment at the Chetwynd Primary Clinic.

- *Tuesday and Wednesday from 10:00AM-11:45AM, and again from 1:00PM-4:00PM.*
- *Ages 5+. Limited walk ins available.*
- *Please visit [gov.bc.ca](http://gov.bc.ca) or call +1(833) 838-2323 to book an appointment.*

### — Third Dose Clarity —

The Public Health system is sending out booster dose invitations to people telling them to come for their “*Third Dose*”. This invitation is for your booster dose. There has been some confusion as to what the difference is between a *Third Dose* and a *booster*.

A *Third Dose* is given only to individuals with severely compromised immune systems (*individuals going through cancer treatment, those who have had organ transplants, or taking medications that cause their immune systems to be under-active.*) If you do not fall under these special circumstances, your “*Third Dose*” invitation is a booster.

### Questions?

Please contact Heather at [heather.lirette@saulteau.com](mailto:heather.lirette@saulteau.com) or (250) 788-7371



# Muskoti Primary Program

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

Do you or someone you know have a child turning 4 by December 31, 2022, or entering Kindergarten, Grade 1 or 2 in September? If so, please contact us for a registration form ASAP to register your child in our upcoming school year in full-day K4, Kindergarten, Grade 1 and 2. We limit class sizes to provide the best quality of education we can so register early.

We have a strong cultural and language program that is continuing to flourish. We also offer units on skating, snowshoeing, swimming, gymnastics and so much more for your child (ren) to learn to love to do. Our fieldtrips and local bussing enhance our program. If you have any questions, please feel free to contact our classroom teacher/principal Cody Schlamp at 250-788-7361.

Education is so important, and the BC First Nations Schools are striving for excellence and achieving greatness for our students. 😊



# Muskoti Primary Program

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

- ❖ Small class sizes with a BC certified teacher Pre-K to Grade 2
- ❖ Full day interactive, individualized academic program for ages 4, 5, 6, and 7.
- ❖ Our local First Nations culture and language embedded in our curriculum.
- ❖ Caring and loving staff who believe in every child and their potential.
- ❖ Opportunity for children to read with confidence and pride.
- ❖ Excellent program for developing strong numeracy skills.
- ❖ Enhanced safety measures for COVID-19 including individual desks and plexiglass.
- ❖ Great reviews from former parents and kids who want to stay!
- ❖ And so much more ...

Check out our Facebook page: [Muskoti Primary Program](#) to see what we do 😊

February 2022



Lands Officer - Mary Doyle



### CCP Update

A Big Thank you to those who participated in our Comprehensive Community Planning (CCP) Project this past year! We are in our final stage of the project and hope to have a virtual community presentation (via zoom), the first week of February 2022.

The project has unfortunately taken longer than originally anticipated in completing, but once again we have Covid to thank for that. We have overcome our fair share of restrictions and can only pray 2022 will lighten up on us. Thankfully, we have been able to continually meet virtually and have tweaked our budgets to provide honorariums for participation. Once again, we will be providing a link to access our February Community Engagement session and very much appreciate your input in finalizing this project. We will email out this invite closer to the date, as well as post the link on our CCP FB Page. We look forward to seeing you there!

### Land Use & Economic Development Planning/Land Code Development Project

Crossing fingers, we hope to host an in-person Community Engagement session for early March (Covid conditions permitting). These sessions will include both on reserve and off reserve meeting locations. The plan is to begin with the layout of maps, to provide input into Land Use planning on reserve, as well as the Economic Development Planning for SFN TLE/TLA Land Selections.

It is a very exciting project and will require extensive input from membership. We are still seeking individuals to participate in our LUP/Land Code Committee. We have received some interest but have yet to fill a few vacant spots for the Youth rep, and Family Groupings. Should you be interested, please forward a letter of interest to Mary Doyle, SFN Lands Officer, at [mdoyle@saulteau.com](mailto:mdoyle@saulteau.com).

A general knowledge of land use planning, policy development and economic development, is highly beneficial but not a requirement. An honorarium will be provided for your participation.



## An update on the Lake trout in Moberly Lake

Beginning in 2002, lake trout (*Salvelinus namaycush*) population assessments began on Moberly Lake and have continued to the present day. The results from 2002 to 2010 showed a declining population of spawning fish which required a management action to prevent local extirpation. Fisheries biologists have used radio tags to track spawning lake trout to specific spawning shoals in Moberly lake and have set gillnets on these shoals to tag, recapture and release these fish each Fall when they spawn. The results have shown that older fish were much of the catch, and there were limited numbers of younger fish growing to the point of being able to spawn.

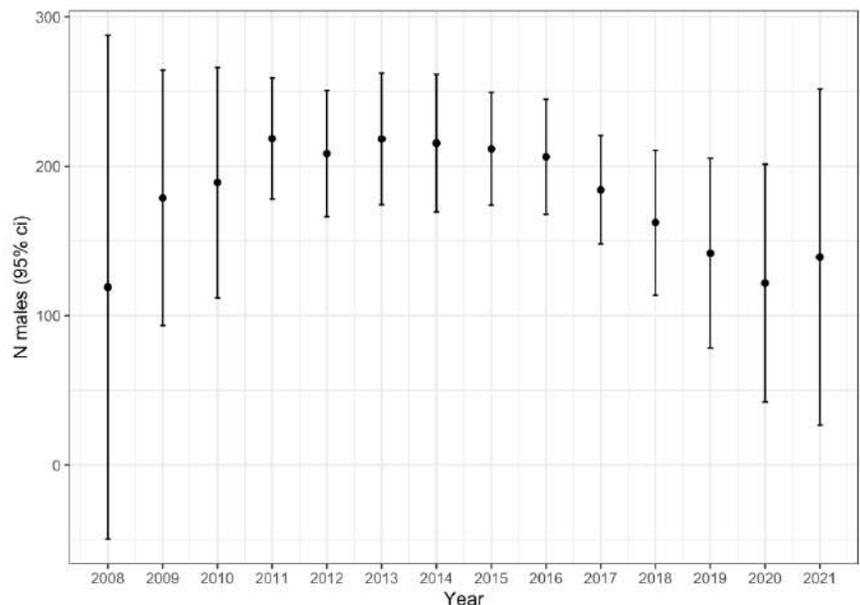
Lake trout are a slow growing and long-lived species, which makes them vulnerable to overfishing. In 2010 the regional fish biologist decided it was time to attempt a recovery stocking plan for the lake trout, and almost 35,000 fish were stocked every other year from 2012 to 2016. Unfortunately, in 2011 there was a large flood event that caused the lake to become very turbid, and higher flows in 2016 affected riparian areas and streams in the watershed including Medicine Woman Creek, Alvin Creek, Pys Creek and LeBleu Creek. Lake trout require cold, clear, and clean water with high clarity, and these high flow events are not the conditions they prefer. This potentially led to higher mortality rates in the stocked trout in those years.

We are beginning to see hatchery lake trout spawning on the shoals as of 2020, however, the numbers are lower than expected. These fish would be approximately six to ten years old as of 2021 and hatchery fish have had their adipose fin removed as an identifier. In 2021, the number of spawning males increased for the first time since 2012 as result of the stocking program.

Recent survey results indicate that there is still a decline in the population of lake trout despite the stocking events and fishing regulation changes (**Figure 1**). Currently, the population is vulnerable to further decline via harvesting, by-catch and habitat decline.

### Ways to help

- Limit harvest of lake trout to allow for population recovery, especially during sensitive spawning times (October 1<sup>st</sup> – November 30<sup>th</sup>)
- Phone in tag numbers on lake trout to the regional fisheries biologist **James Morgan** – **778-576-1194**
- Report illegal harvest to **Report all Poachers and Polluters 1-877-952-7277**



**Figure 1.** Number of spawning lake trout males estimated from each year of monitoring on Moberly Lake



# BC Marten Research

Trappers - we need your help!

**Condition:** Skinned, frozen marten carcasses with heads intact and boots (paw fur) left on (or some other small patch of skin/hair for DNA).

**Storage:** Each carcass bagged separately (any bag will do) or bagged together if all from the same location or trapline, and clearly labelled (tag or paper inside the bag) with the following:

- **trapper name and contact info** (i.e., e-mail, phone and/or address)
- **date of collection** (i.e., date of set and date trap checked)
- **trap location** (registered trapline number and/or private land trap area; please be as specific as possible e.g., GPS coordinates or Forest Service Road km or watershed or any information that will allow us to plot the approximate capture location in BC)
- **bait used**

**Pick-up:** Please freeze and store and we will arrange to pick up carcasses from participating trappers. IF you want to collect for research but really don't have any freezer space, please contact me (e-mail below) and we'll sort out a solution!

**Payment:** We know that freezer space is limited, and carcasses can be used as bait, so we aim to compensate you for your research contribution. We will provide \$10/marten.

**For your contribution:** We will provide you with results for your carcasses, including sex and age profile, and condition assessment; acknowledgement in scientific and technical reporting; and copies of all reports and publications produced by the research.

**What are we doing?** We use carcasses from trapper harvest to complement field studies into the ecology and health of coast-interior marten populations. From carcasses we assess population condition; investigate diseases, parasites and contaminants; use genetics (DNA) to investigate the spatial distribution and connectedness of marten populations across landscapes; and investigate diet through analyses of gut contents and dietary stable isotopes.

**Please email Melissa if you can provide carcasses and we can arrange pick up. Thanks!**

Melissa Todd, Research Wildlife Ecologist, BC FLNRORD Research Program, Nanaimo  
[melissa.todd@gov.bc.ca](mailto:melissa.todd@gov.bc.ca)

University of Alberta – Biological Sciences  
BC Ministry of Forests, Lands, Natural Resource Operations and Rural  
Development



## BC Mink and Otter Research

Trappers - we need your help!

**Condition:** Skinned, frozen carcasses with heads intact and boots (paw fur) left on (or some other small patch of skin/hair for DNA).

**Storage:** Each carcass bagged separately (any bag will do) or bagged together if all from the same location or trapline, and clearly labelled (tag or paper inside the bag) with the following:

- **trapper name and contact info** (i.e., e-mail, phone and/or address)
- **date of collection** (i.e., date of set and date trap checked)
- **trap location** (registered trapline number and/or private land trap area; please be as specific as possible e.g., Forest Service Road km, watershed, or other information that will allow us to plot the approximate capture location in BC)
- **nearest water feature** (lake, river, wetland) associated with capture
- **bait used**

**Pick-up:** Please freeze and store and we will arrange to pick up carcasses from participating trappers. IF you want to collect for research but really don't have any freezer space, please contact us (e-mails below) and we'll sort out a solution!

**Payment:** We know that freezer space is limited, and carcasses can be used as bait, so we aim to compensate you for your research contribution. We will provide \$15/mink and \$20/otter. Payment is simple and straightforward once the trapping season is completed, and we mail a cheque to you.

**For your contribution:** We will provide you with results for your carcasses, including sex and age profile, and condition assessment; acknowledgement in scientific and technical reporting; and copies of all reports and publications produced by the research.

**This research investigates:** the ecology and health of aquatic furbearer populations, and the influence of landscape condition and human development, resource use, and settlement on the transmission of disease vectors like viruses and parasites that may negatively influence population health.

**Please email Cait or Melissa if you can provide carcasses and we can arrange pick up. Thanks!**

Kyle Shanebeck, PhD Candidate, Biology, University of Alberta [shanebec@ualberta.ca](mailto:shanebec@ualberta.ca); Cait Nelson, Wildlife Health Biologist, BC FLNRORD Nanaimo [cait.nelson@gov.bc.ca](mailto:cait.nelson@gov.bc.ca); Melissa Todd, Research Wildlife Ecologist, BC FLNRORD Nanaimo [melissa.todd@gov.bc.ca](mailto:melissa.todd@gov.bc.ca)



# TOXIC RELATIONSHIPS: MAMMALS, PARASITES AND AQUATIC POLLUTION



*University of Alberta, CHANGE LAB, in association with:*



Environment and  
Climate Change Canada



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



## PARASITES AND AQUATIC FURBEARERS

Parasites are everywhere! Every mammal in the world likely has some parasite associated with it. However, parasites are often only considered important if they kill their host or cause obvious disease. Recently, ecologists have begun to recognize the importance of parasitic worms' sub-lethal effects on mammals, ecosystems, and as indicators of aquatic pollution. My project investigates the links between parasites and the health of aquatic furbearers and monitoring pollutant concentrations in these aquatic predators.



**Kyle Shanebeck, MSc**

PhD Candidate, Ecology  
CHANGE Lab  
University of Alberta

 [shanebec@ualberta.ca](mailto:shanebec@ualberta.ca)

 587-597-8893



Photo Credit: Smithsonian Institute

### EARLY FINDINGS

During the 2020-2021 season we received around 70 animals in BC and 100 in Alberta thanks the enthusiastic support of trappers from all over the provinces. Dissection of the animals showed otter and mink are host to a wide variety of intestinal, lung, and liver parasites; the most common of which were intestinal trematodes (flatworms) infecting almost 90% of animals.

Both otter and mink with heavy to moderate infections of trematodes consistently showed signs of poorer health and nutritional condition than those uninfected or with mild infections.



Concerningly, we saw infection in Alberta mink by a tapeworm (*Versteria sp.*) which causes serious disease in humans. If widespread, trappers may need to take special precautions working with mink.

### 2021-2022 NEEDS

Thank you to all the trappers who participated this last year by submitting carcasses! Even during the times of Covid, the community rallied to support management of our iconic furbearer species. We are looking again for otter and mink from BC and Alberta, especially in coastal areas and mink from inland BC and Alberta, though we need animals from all areas.

If you would like to submit otter or mink to the study contact Kyle, the BC FLNRORD Wildlife Health Program ([cait.nelson@gov.bc.ca](mailto:cait.nelson@gov.bc.ca)) or Research Program ([melissa.todd@gov.bc.ca](mailto:melissa.todd@gov.bc.ca)) to organize drop-offs and payment.

# Housing Matters



## Leading with Solutions

### UPCOMING EVENTS

Coming up in February, the Housing department will be hosting an online Community Engagement session to address the amended Rental Policy that was passed by Council, in August 2021. We would be happy to answer any questions from tenants regarding housing. Questions can be emailed to us and we will answer them in that forum. This will be an online zoom meeting, which is not open to the public, to go over the changes in the Housing Department. We will also be breaking down the costs of maintaining a home for a year.

Any questions can be emailed to [cindy@saulteau.com](mailto:cindy@saulteau.com) OR [mfisher@saulteau.com](mailto:mfisher@saulteau.com)



### RENTAL AGREEMENTS AND MAINTENANCE AGREEMENTS

Over the next few weeks will be sending our renewal letters to everyone who currently has a Rental Agreement or Maintenance Agreement with Saulteau First Nations. This is to update our records and also serve our community better. Part of our mission is to ensure that all homes are maintained and up to Health and Safety Standards. In doing this, we will be setting appointments for home inspections and walk throughs. We will be giving you ample notice to ensure that the timing of these appointments do not cause conflict in your personal lives.

As a tenant, if you have any repairs or maintenance requests, please come to the office to fill out a repair request form or call the Housing Department to make arrangements. We can be reached by phone at (236)-364-2019 or by email [mfisher@saulteau.com](mailto:mfisher@saulteau.com)

### HOW TO PREPARE FOR COLD WEATHER

#### HEATING-

- Test all systems
- Clean Debris around systems
- Change Filters
- Program to thermostat to regulate temperatures when not home

#### FIRE PLACE-

- Clean and check dampers
- Stock fire wood
- Inspect chimney cap
- Have fire extinguisher

#### INSULATION-

- Look for drafts
- Apply caulk/weather stripping
- Remove and store AC Units
- Close vents in unused rooms

#### PLUMBING-

- Insulate pipes
- Run heat tape along water lines
- Detached your outdoor hose bib

**WHEN TEMPERATURES STAY BELOW FREEZING:**

- Give pipes a helping hand**  
If pipes run through cabinets or vanities, open the doors to let warmer room temperatures flow in.
- Keep water working**  
Keep water moving through the pipes by allowing a small trickle of water to run. The cost of the extra water is typically lower than the cost of repairing a broken pipe.

**BUT IF YOUR PIPES DO FREEZE:**

- Shut off the water immediately**  
Don't attempt to thaw pipes without turning off the main shut-off valve.
- Thaw pipes with warm air**  
You can melt the frozen water in the pipe by warming the air around it with a hair dryer or space heater. Be sure not to leave space heaters unattended and avoid the use of kerosene heaters or open flames.
- Be careful turning water back on**  
Once pipes are thawed, slowly turn the water back on and check pipes and joints for any cracks or leaks that might have been caused by freezing.

# FEBRUARY 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
				Adult Volleyball drop-in Hudson Hope. @ 7-9pm	Ribbon Skirts 1-4	
6 Snowshoe @ 2-4	7	8	9	10	11	12
		Elders Group 11-2 Beginner Cree Classes 1:30- 2:30	Dance 6-7 Talent Show Video deadline	Parent Group 10:30-12:30 Beginner Cree Classes 1:30- 2:30	Ribbon Skirts 1-4	
13 Cross Country Skiing @ 2-4	14	15	16	17	18	19
		Elders Group 11-2 Beginner Cree Classes 1:30- 2:30	Dance 6-7 Poem Contest deadline	Parent Group 10:30-12:30 Beginner Cree Classes 1:30- 2:30	Ribbon Skirts 1-4	
20	21	22	23	24	25	26
		Elders Group 11-2 Beginner Cree Classes 1:30- 2:30	Dance 6-7 Photography Contest deadline	Parent Group 1030-12:30 Beginner Cree Classes 1:30- 2:30	Ribbon Skirts 1-4 Youth Night@ 7-9	
27 Powder King	28			Brooke Walker Recreation Program Facilitator Right to Play Mentor Bwalker@saulteau.com	Ruth Hetu Cree Language Facilitator rhetu@saulteau.com	Daphne Nichols Wellness Manager
		Carman Minachoose Life Skills Coordinator Cminachoose@saultea.com	Tylene Paquette Cultural Connections Coordinator Tpaquette@saulteau.com			

## **Carmen Manchoose – Life Skills Program Facilitator with New Beginnings House**

Aloha! I moved here to Saulteau First Nations in 2018 with my fiancé Don Blue and our 4 children. I've been fortunate to be able to be a stay-at-home mom to our children for the last 7+ years and now that they are all well into school, I'm ready to get back to work 12 Previous to my "stay-home mom" position I have a 5+ years background in family support & home visitation with a focus on new/young mom's and families. Being new to Saulteau First Nations I've always admired the welcoming and inviting energy of the community members as well as the inclusiveness of the community programming. I want to thank the community members that have welcomed me into community and very much look forward to meeting more community members in the future. I'm so excited to be a part of the New Beginnings team and all the wonderful things the program can achieve through collaboration with all the other programs to better help support the community.

I look forward to working in the community and getting to know the members more closely. Feel free to stop into the New Beginnings house for a coffee or tea and find out what we have for programming or to discuss things you would like to see in the community.



Good day, everyone!

We'd like to update everyone of what's been happening with the Recreation Committee. As of the end of January, we now will have a Storage Shed for our Outdoor Ice Rink equipment. It will carry our hockey donations and ice rink upkeep supplies. Ideally, we would like to build on having enough equipment such as skates for members to use at the rink. Big thank you to the Maintenance department for working on shoveling the snow and keeping an area to park, also for putting up the shed. Another big thanks to Kory Wood at Kiskatinaw, Cory Martens at Northwind Industrial Supplies and Dwayne Richter at Mistahiya Contracting for their time and donations! We are thankful for the handful of people who have donated a few hockey equipment items like skates, sticks, and helmets! Also, thank you to those who donated winter gear such as jackets and toques.

Our gazebo has been purchased and our warming area is going to be built by none other than our Muskoti teacher Brendan C. We look forward to it! He also made our nice wood benches that are currently next to the arena. Megan has ordered our outdoor light posts which should be set up soon.

More exciting news is that we have just put in the first deposit for our playground to lock in the pricing! This is super exciting as we haven't had a new playground in a long time.

Lastly, I'd like to thank the people who show up to the rec events and who make the community a great place to socialize while enjoying sports and activities. It's incredibly great to see people come out despite the weather to make memories and get their body moving. I hope we only get better with people coming out and keeping these activities successful. 😊 We have much to do for this new year with more activities and activity sites brewing and it's exciting!

Thank you,

Brooke Walker

Recreation Coordinator

[bwalker@saulteau.com](mailto:bwalker@saulteau.com)

Note: Should you have any questions or suggestions, or to become involved with our recreation committee, please feel free to reach out to one of our recreation committee members via email or telephone.

Brooke Walker, Mary Doyle, Teena Demeulemeester, Tylene Paquette, Sarah Canning, Daphne Nichols, Ethan Cameron, Megan Campbell, Starr Gauthier, and Tom Aird.

The background of the entire page is a repeating pattern of tropical leaves. There are large, dark teal monstera leaves and smaller, light green palm fronds scattered across the white background.

# Elders Group

**Tuesdays**

**From 10am - 1pm**

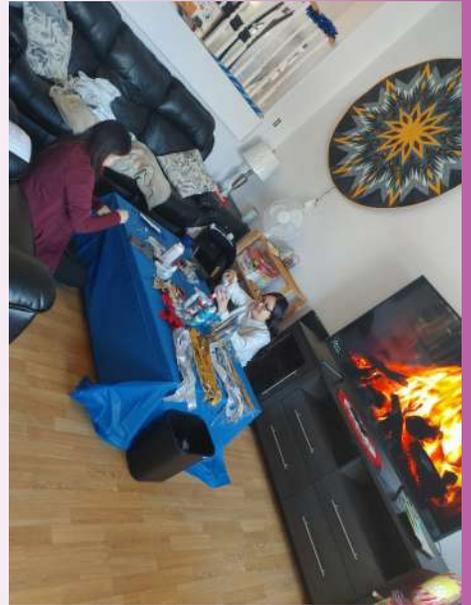
**@ Saulteau Gym**

For more information about up  
coming programming

or to sign up please contact

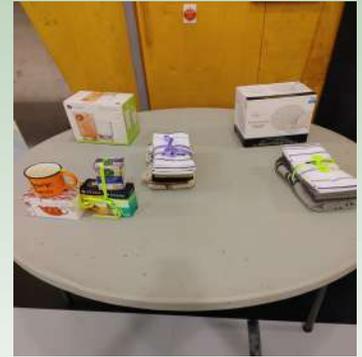
**Carmen @ 780-201-242**

# MOMMY & ME



*New Beginnings House*

# Elders Bingo



NEW BEGINNINGS HOUSE

# COMMUNITY SOUP & BANNOCK

Beef & Barley



Chicken Rice Soup



Beef Barley Soup



Elders Delivery



## New Beginnings House

# Mommy & Me

Come hang out in a  
relaxing environment  
learn new things and  
grow with your baby

Thursdays 10:30—12:30  
New Beginnings House

Contact Carmen for more  
information about upcoming  
programming  
[cmanichoose@saulteau.com](mailto:cmanichoose@saulteau.com)





**northern health**  
the northern way of caring

## A Healthier You: Shifting the Focus from Weight to Health

Many people focus on weight loss in order to improve their health. This is called a weight-focused approach. However, evidence is growing that dieting, and living in a world that pays too much attention to weight, can be harmful. The best way to improve your health may be to take the focus *away* from weight. This is called a weight-inclusive approach.

Health can exist at many sizes, shapes and weights, and in many ways. It includes your mental, social, intellectual and spiritual wellbeing, not only your physical health. For example, a full picture of health can include your personal relationships, your job, or your interactions with your community. This resource will explore some of the challenges with a weight-focused approach and give ideas on how to practice a weight-inclusive approach in your life.

A ***weight-inclusive approach*** to health appreciates that bodies come in all shapes, sizes and weights, and works with individuals to improve their health, regardless of their weight.

### Body size is complex

Your body size is influenced by many factors outside your control. These may include genetics, income, education, social support, where you live, learn, work and play, and experiences of weight bias. Not everyone has the same opportunities to be as healthy as others. Try to make positive choices where you can.

# How can you focus on health, not weight?

There are many ways to support your overall health. Your health care team, including a dietitian, can help you find ways to focus on health that work best for you. As you start to focus on wellbeing instead of weight, consider the following tips and stories:

## Food

- Aim to eat a variety of foods that provide both nutrition and enjoyment; all foods fit.
- The foods we eat reflect our likes and dislikes, our culture, what we are hungry for, what is available in our cupboards and our community, how much money we have for groceries, as well as many other factors.
- If you have a chronic disease, find ways to be flexible and include a variety of foods that you enjoy and that help you manage your health.

*I choose salad with my meal because it's crunchy and flavorful, because it helps control my blood sugars and because it will satisfy me – not because I'm 'being good'.*

## Activity

- Be active - any movement is good! All types of activities are valuable.
- Find activities that feel natural rather than forced, are enjoyable and meaningful to you, and that leave you feeling energized and happy.
- Use physical activity to appreciate and connect with your body, your environment, and those around you.

*"I go two-stepping at the community centre with my wife two nights a week. We've made some good friends there; it's a whole lot of fun, and I sure do work up a sweat!"*

## Body image

- Know that all bodies, in all sizes and weights, are valuable and that personal good comes from within.
- Love and accept your body just the way it is and take good care of it.

*"This morning, I just loved the way I looked wearing my favorite color! My kids and I had a dance party in the bathroom mirror because we all looked and felt great!"*

## Hunger and appetite

- Aim to eat regular meals and planned snacks. This will help you trust that you will be fed when you are hungry.
- Give yourself permission to eat in response to physical, emotional, social, or environmental types of hunger.
- Recognize that hunger fluctuates; sometimes you eat beyond fullness, and sometimes you eat less.

*"I used to 'diet' all day and then snack without control all night. When I stopped ignoring my hunger, it felt like food lost its power over me. I learned to work with my body to eat the foods I want and enjoy."*

To speak with a Registered Dietitian at HealthLinkBC, call 811 (or 604-215-8110).

# Happy Birthday



January 6th - Happy 5th birthday Nixon Ross  
Love Mary

February 17th - Happy 2nd birthday wishes to  
Reagan Andrews!  
Love Mary

January 15th - A very happy birthday Krystal  
Anderson!  
Love Mary

Happy Birthday to our Brother Elvis, you're still  
deadly :)

January 15th - Happy 72nd birthday Kathleen  
Florence Letendre! Everyone wishes you a very  
happy birthday!

Happy birthday to our Mama Tylene - love you  
lots!

A birthday shoutout to Orabelle Turning Robe,  
70 years young on the 27th! Miyo-tipiska

# Thank You



I would love to formally thank my nation for supporting me through my post secondary education. I enrolled in the Certified Education Assistant program and had nothing but encouragement from the start. It was a big amount of work but knowing that I had my nation standing behind me, gave me so much motivation to do well and make you all proud. I pushed through and wrote my final exam the same week that our people were found in unmarked graves which shook me to my to my core, as I'm sure it did with many others. I gave myself strength in knowing that they tried to stop us, they tried to erase us, but here I am. I am proud of my roots, of who I am today. I felt all of my ancestors before me standing with me, they held me up while I finished my exam with 99%. I knew I wanted to make them proud. I hope I did, and I hope I do.

I have just accepted a position in the Okanagan School District as an Indigenous Student Support Worker so that no student feels like they need to hide who they really are ever again. I will make it my mission to build our culture up, teach languages and traditions, ceremony and love. As you have all given me over my life. I can't thank you enough for making me the person I am today. I know I don't live at home on the reserve, but I ALWAYS know where my true North is and where my home will always be. I know I am welcome with open arms. If I can pass this feeling on to my students here, then I will feel fulfilled.

Hiy Hiy everyone.

Kisakihtin,  
Kimberly Barker (Davis)

# Baby Welcoming

Open to everyone



Saulteau First Nations Chief and Council is reaching out to ALL the newest members of the nation to welcome you to the world. **It does not matter if you are on or off reserve, in or out of province or country.** If you have a SFN baby born during 2021, we will find some way to honour your new family member's arrival into the world during our annual baby welcoming ceremony.

For the second year in a row, we are unable to do this in person due to COVID. Nonetheless, we are still making plans that will make you smile.

Please send the following information via email to our community health nurse Heather at [heather.lirette@saulteau.com](mailto:heather.lirette@saulteau.com)

- Baby name,
- Date of birth,
- Gender.
- Parents names
- Address and phone number
- Picture of baby
- Do you give permission for us to put baby's picture on SFN Communications Page?