

April 2026
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Official Newsletter of Saulteau First Nations



In this Issue:

CHIEF & COUNCIL
P.02

GOVERNANCE
P.04

SOCIAL ASSISTANCE
P.06

OHS & EMERGENCY
MANAGEMENT
P.07

SFN JOB OPPORTUNITIES
P.09

COMMUNITY
HIGHLIGHTS
P.10

ASSET MANAGEMENT,
HOUSING, & PUBLIC
WORKS
P.12

CULTURE, HERITAGE &
RECREATION
P. 22

TRANSPORTATION
P.25

EDUCATION & DAYCARE
P.26

TREK YOUTH CENTRE
P.30

LAND STEWARDSHIP &
PROTECTION
P.31

ECONOMICS
P.33

HEALTH SERVICES
P.34

MENTAL HEALTH
& WELLNESS
P.38



In a meaningful gathering that bridged generations, Elders and Muskoti Elementary Students recently came together to prepare a traditional dish deeply rooted in culture and history: moose nose soup. The event was more than just cooking, it was an opportunity to share knowledge, strengthen connections, and celebrate identity.



Limited Partnerships

Introduction

We put this information together because many of our members have been asking good questions about how our companies are set up, who looks after what and how decisions are made.

These structures can seem complicated, especially because they were built within laws and systems that weren't created by us as Indigenous people. We've had to work within those limits while still trying to protect our Nation and make sure our businesses can grow in a good way.

This poster is meant to help make things clearer. It isn't the final word on anything. Our Nation is still learning, improving and finding better ways to run our companies as our needs and capacity grow.

What you see here is simply where we are today.

We're sharing this openly so our people can understand what's in place, ask questions and be part of the conversation as we keep moving forward.

Our goal is to build systems that serve our members well and honour who we are as Saulteau First Nations.

Partnership

A partnership is an arrangement between one or more partners to carry on a business for the purpose of making a profit.

The relationship between the partners is governed by a Partnership Agreement, which sets out the responsibilities of each partner and specifies how the profits are to be divided between each partner.

Chief & Council Contacts

Chief Rudy Paquette
Desjarlais Family
rpaquette@saulteau.com

Councillor Justin Gauthier
Gauthier Family
justin.gauthier@saulteau.com

Councillor Colleen Totusek
Davis Family
ctotusek@saulteau.com

Councillor Donovan Cameron
Courtoreille Family
dcameron@saulteau.com

Councillor Juritha Owens
Napoleon Family
jowens@saulteau.com

Tristan Robertson
Executive Assistant
tristan.robertson@saulteau.com

Executive Director

Nathan Paquette
Executive Director
npaquette@saulteau.com



Limited Partnership

A limited partnership is a special type of partnership which has a **General Partner** and one or more **Limited Partner(s)**.

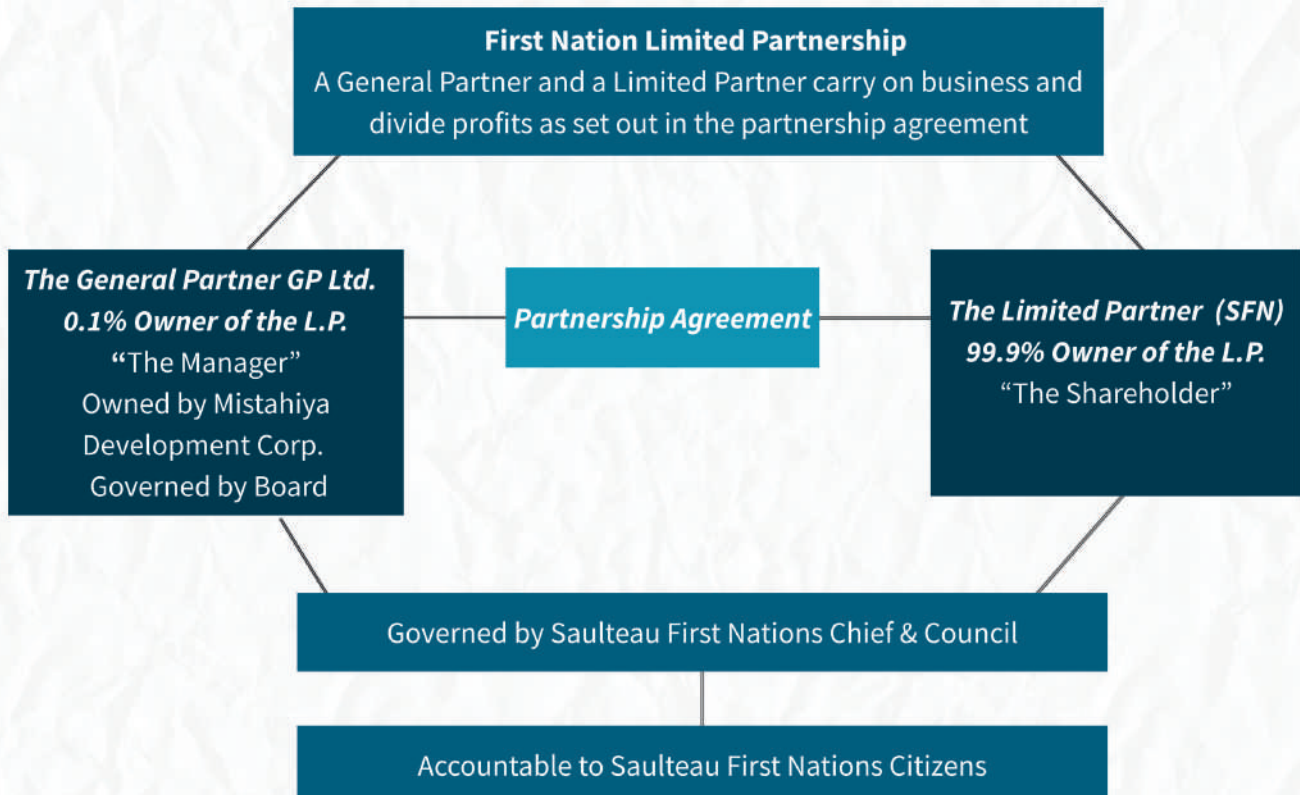
General Partner

- The General Partner acts as the manager of the business and is responsible for all of the debts and obligations of the Limited Partnership. It is the job of the General Partner to make decisions about how the business is run.
- The General Partner is a limited company, which operates just like any other corporation. It is managed by a board of directors which are elected by the shareholders.
- In the case of Saulteau First Nations, the shareholder of the General Partner is Mistahiya Development Corporation. The directors of Mistahiya Development Corporation are appointed by Saulteau First Nations, as represented by Chief and Council.

Limited Partner

- In a First Nation Limited Partnership, the First Nation is the Limited Partner.
- The Limited Partner is not actively involved managing the business of the partnership and has no liability for the debts or obligations of the partnership.
- A First Nation Limited Partner receives its share of the partnership profits on a tax-free basis.

First Nations Limited Partnership Structure





SFN ELECTION APRIL DATES

Candidates' Forum

April 1, 2026 6pm - 8pm

Online Voting:

Tuesday, April 7, 2026 from 12:01 am and continuing to Thursday, April 9, 2026 at 11:59 pm

Advance Voting:

Sunday, April 12, 2026 from 12 noon until 9 pm at SFN Cultural Centre

Final Voting:

Tuesday, April 14, 2026 from 9 am until 9 pm at the SFN Cultural Centre

Count to follow

Chief Nominations Meeting

April 15, 2026

Chief Election Forum

April 16, 2026

Swearing In Ceremony

April 27, 2026

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

Tracy Laboucan - Carter
Policy Analyst & Grant Writer
tracylc@saulteau.com



All departments
Open House
Friday June 12



SFN Candidates

Courtoreille Family:



Penny Berg

Donovan Trent
Cameron

Kirsta Lindstrom

Davis Family:



Ashley Barrett

Colleen Totusek

Desjarlais Family:



Randie Testawich

Rudy Paquette

Tylene Paquette

Robin Paquette

Gauthier Family:



Justin Gauthier

Dawn Crawford
Blandin

Fiona Groves

Napoleon Family:



Norman Napoleon

Juritha Owens

Tammy Watson



Social Assistance Clients

Rights and Responsibilities of Applicants and Recipients

Applicants have the right to:

- Apply if they believe they are in need
- Have their information treated as personal and confidential
- Receive prompt, courteous and efficient service
- Receive all the assistance and benefits they are entitled to
- Appeal decisions concerning an application or provision of benefits

Applicants have the responsibility to:

- Disclose all information required to determine eligibility for assistance
- (if employable) Seek work/be available for work at all times and participate in employability programs and training
- Use all available resources and income to support themselves as a preferred alternative to social assistance
- Inform BSDW of changes in circumstance that may reflect eligibility

All new applicants and continuing recipients of Income Assistance are to search for, accept and continue seeking employment at all times. All clients are required to complete or demonstrate they have completed a satisfactory work search lasting three weeks. However, applicants who meet a certain criteria may be temporarily exempt from this requirement.

If you are a client and want to find out what criteria you fall under, please reach out to your BSDW (Band Social Development Worker) via phone or email to see if this applies to you.

Some examples of reasonable work search activities include but are not limited to:

- Preparing a resume.
- Searching for job openings.

- Telephone, email or face to face inquires with potential employers.
- Submitting applications or resumes for jobs.
- Responding to advertisements.
- Employment interviews.
- Accessing Employment Services such as meeting with the Nation's Employment & Training Officer or Work BC.
- Attending job search sessions or job fairs.
- Pursuing job shadowing opportunities and volunteering.
- Attending workshopson employment search.

Monthly Renewal Declaration

Reporting Requirements for recipients of income assistance, disability assistance and hardship assistance are required to report all or and any employment income or other money received and any changes in their circumstances in addition to requesting further assistance each month.

Changes that **MUST** be reported by Recipients of income assistance, disability assistance and hardship assistance are required to report changes in their circumstances such as:

- address
- shelter/utility costs
- number of dependents
- changes in employability status
- whether they are attending school
- and any changes in assets

Monthly Declarations can be completed by phone, email or in person to the BSDW.

Note: Work search must be submitted with monthly declarations for applicants required to do so in order to continue eligibility.

For any inquires related to Social Assistance please contact

Tammy Walker - Social Assistance Administrator
twalker@saulteau.com T.250-788-7286 F. 236-364-2038

Office Hours Monday -Thursday 8am-4:30pm

We strive to work with all community members to deliver a SERVICE that lives up to the name of the department: MEMBER SERVICES with EMPATHY, HUMILITY, TRUST and HONESTY! Ka neshokamatn (I will help you!)



2026 Income & Disability Assistance Payment Schedule

Payment Date	for the month of	Declarations Due
January 21, 2026	February 2026	January 12-15, 2026
February 25, 2026	March 2026	February 16-19, 2026
March 25, 2026	April 2026	March 16-19, 2026
April 22, 2026	May 2026	April 13-16, 2026
May 27, 2026	June 2026	May 18-21, 2026
June 24, 2026	July 2026	June 15-18, 2026
July 29, 2026	August 2026	July 20-23, 2026
August 26, 2026	September 2026	August 17-20, 2026
September 23, 2026	October 2026	September 14-17, 2026
October 21, 2026	November 2026	October 12-15, 2026
November 18, 2026	December 2026	November 09-12, 2026
December 16, 2026	January 2027	December 07-10, 2026

The above dates are aligned with the BC Ministry of Social Development and Poverty Reduction payment dates. If required, there will be advanced notice for any changes to the dates above through newsletter or SFN social media outlets.

***Job search activity and other requests must be submitted with declarations for applicants required to do so.**

Please contact Tammy Walker @250-788-3955 ext. 1024 - Direct line 250-788-7286 or email twalker@saulteau.com



FIRESMART

Share your fire knowledge

If it relates to fire, we want to hear it

We are inviting you to share...

- Memories of fires in moberly lake
- Use of controlled burns
- Traditional practices using fire
- changes you've seen to the nature of fire in our community

Why participate?

- Help Preserve the priceless knowledge of our elders
- support teaching future generations
- strengthen cultural land stewardship
- ensure our stories are not lost
- Contribute to a lasting community record

Who can participate?

- All generations are encouraged to participate
- Elders
- Land users
- Hunters & Trappers

Long term goal

We want to create a record of fire knowledge and history of our resilient, proud, and determined nation.

Interested?

Contact: Mickey Loberg

Email: mloberg@saulteau.com

Phone: 250-556-4649

Let's keep the fire of our culture burning strong

MLOBERG@SAULTEAU.COM
250-556-4649

OHS & Emergency Management Contacts

Aislinn Gentles
OHS & Emergency Program
agents@saulteau.com

Montana Paquette
OHS Coordinator
mpaquette@saulteau.com

Mickey Loberg
FireSmart & Cultural Burning Coordinator
mloberg@saulteau.com





What is FireSmart™?

FireSmart is fire and life safety initiative started by a committee in 1990 to address concerns about wildfire safety in Canada. It has since been adopted by a number of provinces throughout Canada. It has helped to minimize damage to homes during wildfires, and even save entire communities such as Logan Lake B.C! The facts and stories gathered after wildfires in BC and throughout Canada as well as studies done by various fire research groups have consistently found that a FireSmart home stands a 90% higher chance of surviving a wildfire.

How can you get involved?

FireSmart primarily focuses on the 30 metres immediately surrounding the home, cleaning gutters, raking up flammable debris, and keeping flammable items such as firewood a minimum of 10m from the home are a great start!

Spring through fall of 2026 SFN will be conducting FireSmart assessments on homes and critical infrastructure throughout our community.

If you would like to conduct your own home assessment and get FireSmart, you can download the app for free using the QR code on this page.



FireSmart Begins at Home - App

FOR MORE INFORMATION

SEE THE BACK OF THIS PAGE FOR FIRESMART TIPS, OR CONTACT: MICKEY LOBERG - MLOBERG@SAULTEAU.COM



Tips to FireSmart Your Home

Taking action to FireSmart your property will dramatically decrease the risk of wildfire damaging your home. The best part is, it's surprisingly easy to do.

1. Your deck is part of your home. Keep the area underneath and 1.5 metres around the deck clear of leaves and debris.
2. Keep roofs and gutters clean and in good condition.
3. Keep grass and weeds cut below 10 centimetres.
4. Visit preparadbc.ca to make an emergency preparedness plan. Make sure everyone who lives with you knows what to do.
5. Download the FireSmart Home Assessment at firesmartbc.ca/resource/hz-self-assessment to learn more specific tips.
6. Lower the wildfire risk in your garden with fire-resistant plants. Learn more at firesmartbc.ca/landscapinghub
7. Use non-flammable, 5-millimetre screens on vents (except dryer vents).
8. Prune tree branches so there is a 2-metre gap between the lowest branches and the ground.
9. Move firewood at least 10 metres away from any buildings or plants.
10. Move fuel tanks at least 10 metres away from any buildings or plants.
11. Make sure your shed is as FireSmart as your home, with a clean roof and a non-flammable zone around it.

FireSmart, Intelli-fee and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre.

BRITISH COLUMBIA FireSmart
Learn more at FireSmartBC.ca

SFN JOB OPPORTUNITIES



WE ARE HIRING!



2026-09 Social Development Manager

*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 Social Development Manager is responsible for the leadership, coordination, and day-to-day management of Social Development programs and staff. This role ensures effective, compliant, and culturally appropriate delivery of services to Saulteau First Nations members, including Social Assistance, Member transportation, Life skills programming at New Beginnings House, and Youth and Elders Supports. The position provides direct supervision to frontline staff, supports risk mitigation, ensures adherence to policy and funding requirements, and promotes coordinated service delivery across departments.

Ideal Qualifications and Experience:

- Diploma or degree in Social Work, Human Services, Indigenous Studies, or a related field, or an equivalent combination of education and experience.
- Experience supervising staff or coordinating programs in a social services or community-based setting.
- Experience working with First Nations communities or Indigenous service delivery is a strong asset.
- Satisfactory Criminal Record Check with Vulnerable Sector Screening required.
- Knowledge of social development, income support, and community-based service delivery.
- Strong people-management, organizational, and problem-solving skills.
- Ability to manage sensitive situations with professionalism and confidentiality.

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

OR

Send your Resume and Cover Letter to jobs@saulteau.com by April 8, 2026

More Information:

250-788-3955

www.saulteau.com

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



APPLY NOW



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'RE HIRING!

WE ARE HIRING!



2026-04 Custodian (Casual On-Call)

*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 Casual On Call Custodian contributes to the success of the Saulteau First Nations (SFN) Administration by overseeing the general cleaning and upkeep of the SFN buildings and offices on a daily basis, ensuring optimal work environments for all staff.

Ideal Qualifications and Experience:

- Highschool Diploma.
- First Aid Level 1
- WHMIS
- Material Safety Data Sheet Training is an asset.
- Ability to perform tasks with high precision, ensuring all cleaning and maintenance duties are completed to a high standard.
- Ability to work independently and as part of a team.
- Ability to perform physical tasks such as bending, standing, stooping, and climbing ladders.
- Basic understanding of how to handle cleaning chemicals and dangerous materials safely
- Familiarity with the identification and sorting of recyclable materials
- High attention to detail and general cleaning abilities.

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!*



COMMUNITY SUCCESSES & HIGHLIGHTS



To Denise Davis and Shayla Glover, sending love from Kenna and family <3"



Happy Birthday
SFN Elders!!
Florence Erminskin April 19
Carrie Garbitt April 20
Nicolas Garbitt April 22
Alvin Napoleon April 2
Valerie Ruth April 18
Beverly Wood April 20

From your SFN Support
Coordinator
Tasha Lalonde



Happy Birthday to
Quinn Walker-April 2,
Brynlee Lambert, Niska Napoleon-April 6,
Sarah Lalonde-April 6,
Keegan Desjarlais-April 20
and Chelsea Gauthier my b-day twin
Much love from the Beek's

"Happy birthday
to Quinn Walker
Love Mom and
Miykoh"

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

Celebrating in April 2026?
Please Email
communications@saulteau.com
by March 24, 2026 for inclusion
in next months Newsletter!

PHOTOS FROM AROUND THE NATION





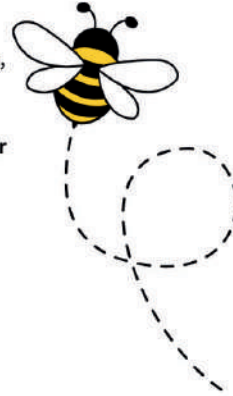
APRIL 2026 *Housing Newsletter*



"AS SPRING ARRIVES, WE'D LIKE TO SHARE SOME IMPORTANT UPDATES AND SEASONAL REMINDERS TO HELP KEEP OUR COMMUNITY SAFE AND WELL-MAINTAINED."

SPRING MAINTENANCE & YARD CARE:

As the weather begins to warm up and snow starts to melt, it's a good time to check around your home for any seasonal changes. Things like melting snow and shifting ground can sometimes lead to minor issues, so keeping an eye out early can help prevent bigger concerns later on.



As conditions improve, we encourage tenants to begin light yard clean-up at their own pace. This can include:

- Removing small debris and garbage
- Keeping walkways reasonably clear and safe
- Beginning general yard tidying as we move into spring

GENERAL REMINDERS:

- Please keep up with rent payments and reach out if you have questions
- Be mindful of neighbors and shared spaces
- Report any damages or concerns as soon as possible

***PAD AGREEMENT**

For convenience, tenants have the option to set up Pre-Authorized Debit (PAD) for rent and/or fibre payments. This allows payments to be automatically withdrawn each month, helping avoid missed or late payments.

If you're interested in setting up PAD, or would like more information, please contact the Housing Department and we will be happy to assist you.

***STAYING CONNECTED**

If you have any questions, concerns, or need to report an issue, please don't hesitate to reach out to the Housing Department. We're here to help and appreciate hearing from tenants early when issues come up.

FIBRE PROJECT REMINDER:

Work to improve the community's fibre has begun. You may see crews in the area or be contacted directly if access to your home is required.

More detailed information can be found in the fibre newsletter included, and we appreciate your patience as this work gets underway.



Andrii Sorok
Director of
Infrastructure
asoroka@saulteau.com

Asset Management Contacts

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

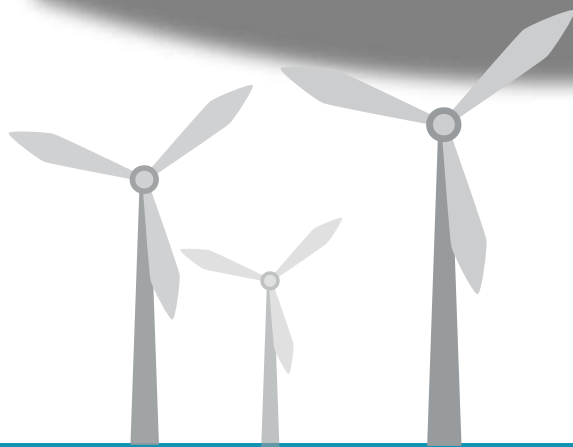
Housing Contacts

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



RENEWABLE ENERGY

In The Peace

📅 April 20, 2026 ⌚ 9:45am-2pm 📍 Saulteau First Nations Cultural Centre

Learn about existing renewable energy projects in the region, what additional projects are planned, and how wind and solar technologies actually work.



COMMUNITY UPDATE: Fibre Network Improvements

We are pleased to share that work will soon begin to improve and strengthen the community's fibre internet network. Technicians from Line Warrior will be working in the community to assist with the inspection and upgrades.

Over time, parts of the current system have experienced issues due to weather conditions, aging infrastructure, and previous installation challenges. To ensure reliable service for our community moving forward, the network will undergo a full review and improvement process.

This work will include:

- Inspecting and testing the entire fibre network throughout the community
- Repairing or replacing damaged connections and cables
- Organizing and upgrading equipment in the network room
- Fixing and improving fibre connections at homes where needed

Because of this work, **some residents in the community will receive a phone call to schedule a time for technicians to visit their home.** These visits will allow the technicians to check and improve the fibre connection where it enters the house and connects to the modem.

The goal of this project is to create a more reliable and stable internet service for community members while also preparing the network for future homes, businesses, and community services.

Work is expected to take **approximately 6–8 weeks to complete.** During this time, residents may see technicians working in the community and **there may be short, temporary service interruptions while upgrades are being completed.**

We appreciate everyone's patience while this important work takes place. These improvements will help ensure stronger connectivity for our community for years to come.

If you have any questions, please contact the Housing Department.

Phone: 236-364-2019

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





SAULTEAU FIRST NATIONS

Community Housing Retrofit Program Update

PROGRAM OVERVIEW

The Housing Retrofit Program is an ongoing, multi-year initiative focused on improving comfort, durability, and efficiency in existing homes. These improvements help create warmer, safer homes while reducing maintenance and energy costs.

Funding for the Housing Retrofit Program comes from government housing programs, energy-efficiency grants, and Nation-supported capital planning. Because funding is limited each year, upgrades follow a planned sequence. Homes first receive solar panels, then backup battery systems, and are placed on the retrofit list once those energy upgrades are complete.

Retrofit selection is done by Celtic based on eligibility, housing condition, safety needs, and construction readiness. This phased approach allows more homes to be improved over time while using funds where they have the greatest impact.



WHO IS CELTIC CONSTRUCTION

Celtic Construction is the primary contractor leading the retrofit upgrades in the community. Their crews continue working in the community each year, upgrading more homes.



Their Role in community includes:

- Coordinate retrofit schedules
- Manage skilled trades and crews
- Complete installations and exterior upgrades
- Ensure work meets safety and building standards
- Work with SFN Housing and Capital teams

WHAT IS HAPPENING NOW

Celtic Construction continues to complete retrofit upgrades on the next 34 homes scheduled for improvements this year. Scope of work includes site preparation, removal of old siding, windows, and doors, and exterior upgrades such as air sealing, added insulation, new protective barriers, and new siding.

Energy-efficient triple pane windows and doors are installed with proper interior finishing, and attic insulation is upgraded to improve thermal performance. The project includes hydro disconnect and reconnect, but does not cover landscaping, interior cosmetic repairs, structural changes, or moving personal belongings.

SIDING UPGRADES

LP® SmartSide® Trim and Siding is a durable engineered wood product that protects home exteriors from harsh weather and moisture. It resists rot, decay, and insect damage while providing strong impact resistance and the look of natural wood. When installed over insulation and air barriers, it improves energy efficiency and helps prevent moisture damage, giving homes long-lasting protection with low maintenance.



Benefits

- Stronger weather protection
- Improved insulation
- Lower maintenance needs
- Updated home appearance



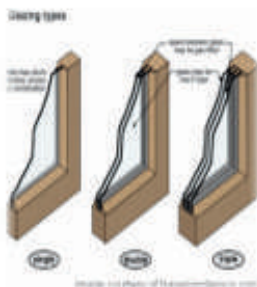
Best Practices

- Avoid pressure washing too closely
- Report cracks or loose panels
- Keep exterior vents clear

WINDOWS AND DOORS UPGRADES

Old windows and doors allow heat loss and drafts. Triple-pane windows use three layers of glass with insulating gas sealed between each pane. This design slows heat transfer and improves insulation compared to older single- or double-pane windows. New energy-efficient models are sealed, insulated, and built for northern climates.

Modern exterior doors are built with insulated cores and tight weather seals to stop air leakage.



Benefits

- Lower heating bills
- Reduced drafts
- Improved home security
- Less condensation and mold risk
- Quieter indoor spaces

Best Practices

- Keep tracks clean
- Do not force frozen doors
- Report seal damage early



HOT WATER ON DEMAND SYSTEMS

Hot water on demand systems, also called tankless systems, heat water only when you turn on a tap. Unlike traditional tanks, they do not store hot water all day. Cold water flows through the unit and is heated instantly by gas or electric elements before reaching your faucet or shower. Hot water on demand systems improve efficiency and comfort while lowering monthly utility costs.

Benefits

- Endless hot water
- Lower energy use
- Compact equipment
- Reduced risk of tank leaks

Best Practices

- Keep vents clear
- Do not store items around unit
- Contact Maintenance if you notice error codes or temperature changes

WATER SOFTENERS

Water softeners improve water quality by removing minerals like calcium and magnesium that cause hard water. Hard water can leave buildup in pipes, damage appliances, and make cleaning more difficult.

Benefits

- Extends the life of plumbing and appliances
- Prevents scale buildup in pipes and fixtures
- Improves soap and detergent performance
- Cleaner dishes and brighter laundry
- Softer water that feels better on skin and hair

Best Practices

- Check salt levels once a month
- Refill salt when the tank is half empty
- Use salt made for residential water softeners
- Contact Maintenance if water tastes salty or staining returns.





HIGH-EFFICIENCY FURNACES

High-efficiency furnaces heat your home using less fuel than older systems. They capture and reuse heat that would normally escape through exhaust, allowing them to warm your home more effectively while using less energy.

Benefits

- Lower monthly heating costs
- More consistent and even indoor temperatures
- Quieter operation
- Improved airflow throughout the home
- Reduced energy waste and emissions

Best Practices

- Check furnace filters monthly
- Replace filters every 3 months
- Replace more often if you have pets or allergies
- Keep vents and air returns clear of furniture
- Maintain steady thermostat settings



WHY THIS PROGRAM MATTERS

- Lower monthly utility costs for families
- Warmer homes in winter and cooler homes in summer
- Reduced moisture and mold risks
- Improved indoor air quality
- Extended lifespan of community housing

Strong homes support strong families and a stronger Nation. Investing in homes means investing in families and the future of our Nation.



WHAT IS TO COME?

➤ Heat Pumps

Heat pumps are energy-efficient systems that both heat and cool your home. Instead of creating heat, they move heat from one place to another using electricity. Heat pumps move heat rather than create it. They provide heating in winter and cooling in summer. Heat pumps provide modern cooling without the high energy costs of older air conditioning systems. They improve comfort, support energy savings, and help homes handle warmer summer temperatures more efficiently.

Benefits

- Lower year-round energy costs
- Reduced reliance on fuel heating
- Cooling during hot weather
- Improved comfort in all seasons

Best Practices

- Keep outdoor units clear of snow and debris (will have covers like the battery packs)
- Do not block indoor vents
- Avoid frequent temperature changes

THANK YOU

Thank you to all members for your continued patience, cooperation, and support as this important work moves forward. Your willingness to accommodate scheduling and welcome crews into your homes helps make these improvements possible. Every complete upgrade strengthens our homes, supports our families, and builds a better future for our community.

Shane Reynolds

Manager of Assets and Capital Projects

sreynolds@saulteau.com

www.saulteau.com

Box 1020 Chetwynd, BC V0C 1J0

T 236-364-2044 C 250-613-8006

Falon Gauthier

Asset & Capital Projects Administrator

fgauthier@saulteau.com

www.saulteau.com

Box 1020 Chetwynd, BC V0C 1J0

T.250-788-7377 C.250-874-9226



Community Energy Newsletter

Solar Panel & Backup Battery Program Update

Solar panels have now been installed on participating homes across the community as part of Saulteau First Nations' multi-year clean energy initiative. The goal of the program is to reduce electricity costs, improve energy reliability, and support cleaner energy for our Nation.

All required pre-assessment and post-assessment energy audits have been completed. These assessments are required to access funding that helps pay for the solar systems. This project was made possible through a combination of federal clean energy funding and BC Hydro rebate programs.

The Nation and SunSpear are currently waiting for final approval from BC Hydro before the systems can be turned on. Once approval is received, the panels will begin generating electricity for homes.



WHO IS SUNSPEAR

SunSpear Energy is the solar contractor who has been working with Saulteau First Nations these past few years to design and install the solar and backup battery systems in the community. Their role in community include:



- Designing solar systems for each home based on roof layout and electrical requirements.
- Installing rooftop solar panels and electrical equipment.
- Preparing homes for backup battery systems.
- Working with BC Hydro to meet grid connection and safety requirements.
- Supporting the Nation through the multi-year rollout of the solar program.

WHAT IS HAPPENING NOW

Electricians have been in the community since March 2, 2026, scheduling visits with members. The work currently taking place is part of the backup battery preparation for homes.

BATTERY INSTALLATION PHASES

- Phase 1 – Inverter Installation: Electricians visit homes to install the inverter equipment required for the battery systems. The inverter allows the solar system and battery to communicate.
- Phase 2 – Electrical Preparation and Wiring: Electrical work is completed to prepare the home for the battery unit.
- Phase 3 – Backup Battery Installation: Once preparation work is finished, the battery unit will be installed and connected to the system.



HOW SOLAR PANELS WORK

- Sunlight reaches the solar panels installed on the roof.
- The panels produce direct current electricity (DC).
- An inverter converts this electricity into usable household power (AC).



- The home uses that electricity for lights, appliances, and everyday use.
- When more power is produced than the home needs, excess electricity can flow back to the electrical grid.

SOLAR PANELS IN WINTER

Solar panels are designed to operate in northern climates and can still generate electricity during winter when sunlight is available. Cold temperatures can actually help panels operate efficiently.

- A light layer of snow may still allow sunlight through, and panels can still generate some electricity.
- The dark surface of the panels absorbs heat which often helps snow slide off naturally.
- During heavy snowfall panels may temporarily stop generating electricity until the snow clears. This is completely normal and expected during winter months.



Important reminder: Please do not attempt to remove snow from the panels. Banging, scraping, or trying to knock snow off can damage the panels and mounting equipment and may void warranties. The panels are designed to handle snow loads and should be left to clear naturally.

EMERGENCY SHUT-OFF AND SAFETY

The solar and battery systems were designed to operate safely and automatically. In most situations homeowners and tenants do **NOT** need to interact with the equipment. However, there are certain situations where an emergency shut off may be necessary.

You should shut off the system if you notice:

- Smoke or burning smells coming from the inverter, battery, or electrical equipment
- Visible damage to the inverter, battery unit, or wiring
- Flooding or water reaching electrical equipment
- A fire inside or outside the home near the system
- Emergency crews requesting the system be shut off

Leave the system off until a qualified technician has inspected the equipment. Contact Housing/ Asset Management Building for support if required.

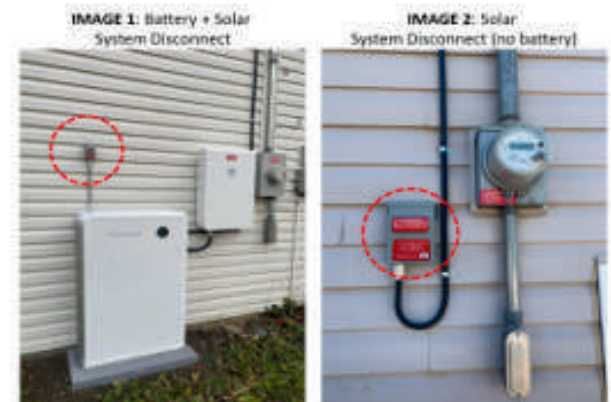
WHY THIS PROGRAM MATTERS

- **Reduced Electricity Costs** - Solar power helps reduce the amount of electricity homes need to purchase from the grid.
- **Energy Reliability** - Backup battery systems will help provide power to essential areas of the home during outages.
- **Clean Energy** - Solar energy is renewable and reduces environmental impact.
- **Long-Term Investment in Housing** - The upgrades improve the overall efficiency and value of homes within the community.

For emergency shutdowns:

- Image 1: switch needs to be flipped (shuts down whole system, solar + battery)
- Image 2: the cover needs to be lifted, and the tab pulled out (shuts down solar)

In case of a fire, firefighters should disconnect the system as an initial step.





BC HYDRO'S ROLE

Homes with solar panels remain connected to the BC Hydro electrical grid. Once the systems are activated, homes will use solar power first and draw electricity from BC Hydro when needed. BC Hydro must approve the systems before they can begin operating.



WHAT HAPPENS NEXT

- BC Hydro needs to approve in order to activate the solar systems.
- BC Hydro will be coming to the community to upgrade existing electrical infrastructure so it can safely support the new solar and backup battery systems. (Work to start in May 2026)
- Continued electrical preparation for backup battery systems.
- Installation of inverters and backup batteries in participating homes.

THANK YOU

We would like to thank all tenants and homeowners for their participation, cooperation, and patience over the past few years. Many homes welcomed installers, electricians, and energy advisors for assessments and installation work. Your support and willingness to accommodate scheduling has helped make this project possible.

Large projects of this size take time and coordination. We kindly ask all community members to continue being patient as the final stages of the project move forward, and we look forward to seeing the systems fully operational once BC Hydro provides final approval and batteries have been installed.

This program is something our Nation and our members can be proud of and grateful for. It brings long-term benefits to our homes, our families, and our future.

PROJECT CONTACT INFORMATION

Cory Bigham, MSc

COO | Sunspear

T: 778.791.7828

208-360 East 13Ave Vancouver, BC V5T2K5

cory@sunspearmicrogrid.ca

www.sunspear.ca

Shane Reynolds

Manager of Assets and Capital Projects

sreynolds@saulteau.com

www.saulteau.com

Box 1020 Chetwynd, BC V0C 1J0

T 236-364-2044

C 250-613-8006

Falon Gauthier

Asset & Capital Projects Administrator

fgauthier@saulteau.com

www.saulteau.com

Box 1020 Chetwynd, BC V0C 1J0

T.250-788-7377 C.250-874-9226



WASTEWATER INFRASTRUCTURE PROJECT UPDATE

Saulteau First Nations Wastewater Project

PROJECT OVERVIEW

The Wastewater Infrastructure Project is a major community investment focused on improving how wastewater is collected, transported, and treated. Modern and reliable systems protect homes, public health, and the surrounding environment. These upgrades help prevent sewage backups, reduce system failures, and ensure the community can safely support future growth.



WHO IS CHANDOS

Chandos Construction is a Canadian commercial construction company that builds large, complex projects across Western Canada. They focus on community infrastructure, institutional buildings, and sustainable construction. They are known for strong Indigenous partnerships, sustainable and energy-efficient construction, and managing large, complex multi-trade projects. They are the General Contractor company responsible for turning designs and plans into finished product.

Their role in Community includes:

- Manage the full construction site
- Hire and coordinate subcontractors (electricians, plumbers, equipment operators)
- Oversee schedules, safety, and quality control
- Manage budgets and construction reporting
- Ensure work meets engineering and building code standards.



WHAT'S HAPPENING NOW

Construction is paused for winter due to frozen ground, heavy snowfall, and unsafe working conditions. Temporary measures remain in place to ensure wastewater services continue operating safely until crews return. Work will resume in spring (April 2026) once temperatures and ground conditions allow safe excavation.

WHAT TO EXPECT THIS SPRING

- Final home connections and system tie-ins
- Completion of underground pipe installations
- Ditching and grading of disturbed areas
- Property restoration and surface repairs
- Final inspections and testing system

MINIMIZING COMMUNITY IMPACT

- Scheduling work in planned phases
- Restoring properties as quickly as possible
- Maintaining safe access to homes
- Providing clear communication to residents



WHY THIS PROJECT MATTERS

- Protects drinking water sources
- Reduces risk of sewage backups in homes
- Improves environmental protection
- Supports long-term community growth
- Strengthens public health and safety

HOW CAN YOU HELP

You can support this project by keeping your yard clean and accessible for crews and equipment. Please remove garbage, scrap materials, old vehicles and any loose debris from your yard. Make sure all items are **moved away from septic tanks, sewer connections, and utility areas** so machines can safely access the site. Clear access helps crews work faster, prevents delays, and protects underground infrastructure.

THANK YOU

We sincerely thank all community members for their patience and cooperation. Construction and seasonal delays can be frustrating, but this work ensures safer services and stronger infrastructure for future generations. Every improvement made today helps build a healthier and more resilient community.

PROJECT CONTACT INFORMATION

Shane Reynolds — Manager of Assets & Capital Projects
sreynolds@saulteau.com | 250-613-8006

Jon Watson — Capital Projects Coordinator
jwatson@saulteau.com | 250-874-7337

Falon Gauthier — Asset & Capital Projects Administrator
fgauthier@saulteau.com | 250-788-7377





CULTURE & HERITAGE:



Saulteau
FIRST NATIONS

YOUTH BINGO

ENGAGEMENT SESSION

AGES 13 - 29

Play bingo, win amazing prizes, and share your ideas about what you want to see in youth programming. You'll also hear updates on upcoming initiatives from different departments and the Youth Support Coordinator. This is a chance to connect, have fun, and help shape opportunities for youth in our community!

 Wednesday April 22nd, 2026
  5:00pm
  SCC Gymnasium

ETHAN CAMERON
 YOUTH SUPPORT COORDINATOR
ecameron@saulteau.com | 250-788-7370



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


Kirsta Lindstrom
 Four Pillars Coordinator
KLindstrom@saulteau.com

Tylene Paquette
 Cultural Connections Coordinator
tpaquette@saulteau.com

YOGA FOR SFN ELDER'S

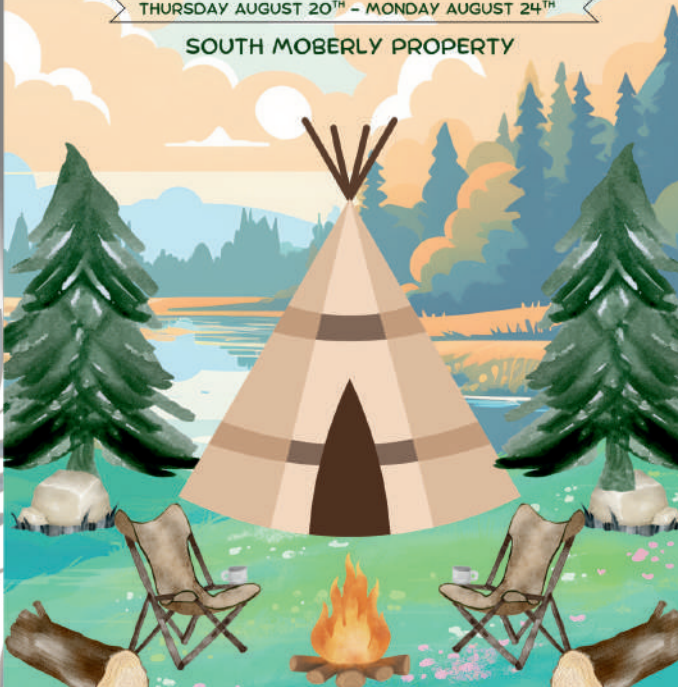
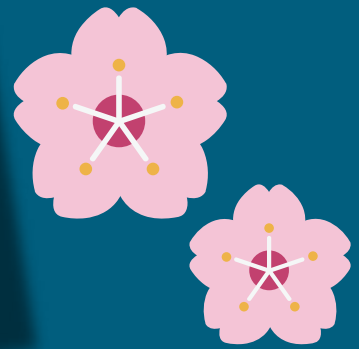


Join us for chair yoga with Starr
 Monday April 13 & 20th
 10am - 11am



CULTURE CAMP

THURSDAY AUGUST 20TH - MONDAY AUGUST 24TH
 SOUTH MOBERLY PROPERTY



COOKIE DECORATING WORKSHOP

With Kayla Dots Homemade!

Image displayed for reference, we will be doing different designs



AGES 13+ April 16th 5pm - 7pm SCC Gymnasium

AGES 6-12 April 17th 3:30pm - 4:30pm SCC Gymnasium

REGISTRATION REQUIRED: Limited Seats

More Information To Register: Ethan Cameron Youth Support Coordinator ecameron@saulteau.com 250-556-4167

Living that WATER AEROBICS

Life

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

JOIN NOW

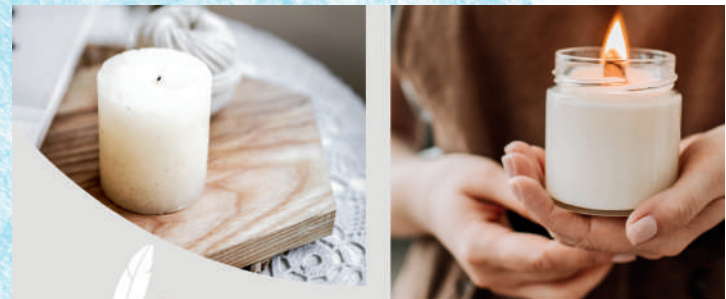
Join me for water fit get back to feeling good and kick that winter blues to the curb. Please contact Candace at the Cultural Centre and I will meet you at the pool on the dates provided above.



COME OUT AND JOIN THIS YEAR'S CULTURE CAMP COMMITTEE

WEDNESDAY, APRIL 15TH 2026 - 9:00 - 11:00 AM
CULTURE CENTRE - TRAINING ROOM

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL CARLEE AT CWESTGATE@SAULTEAU.COM



Workshop

May The Light Always Follow You

Sign up with Candace to make candles at

cschmidt@saulteau.com

April 30th 2026

6:00PM 8:00PM

Cultural Centre

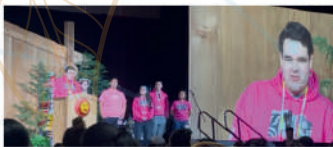
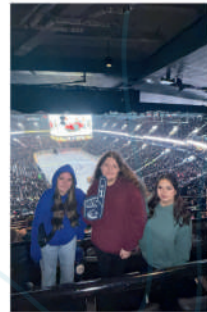
15 MAX

CULTURE, HERITAGE & RECREATION



Gathering Our Voices

20 SFN youth travelled to Vancouver for GOV from March 16-20 - on our trip we toured UBC, went to a Canucks game, visited the Aquarium and Science World. Thank you to everyone who made this trip possible! - Ethan Cameron

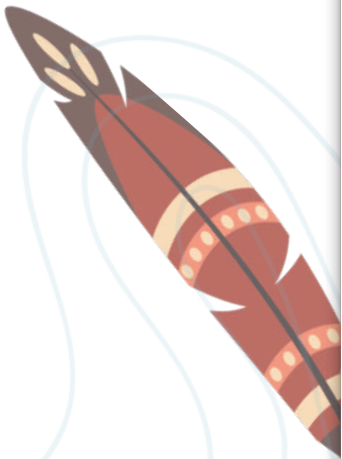


April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 April Fools Day Dance Practice 4:30-5:30	2	3 Easter Event	4
5	6 Easter	7 Soup/Bannock	8	9 Sewing class 5-7pm	10	11
12	13 Craft/Beadng 5-7	14 Soup/Bannock	15 Dance Practice 4:30-5:30	16	17	18
19	20 Craft/Beadng 5-7	21 Soup/Bannock	22 Sewing class 5-7pm	23	24	25
26	27	28 Soup/Bannock	29	30		

Keep In Mind...

Bannock with Staff wed 22/26
work in a wrap a round workshop





APRIL TRANSPORTATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1: 9:45am-12pm: Elders Language Session	2	3: Good Friday 	4
5	6: Happy Easter! SEN OFFICES CLOSED	7: 11:45am: Elders Soup & Bannock	8	9: 11:45am: Elders Lunch & BINGO	10	11
12	13	14	15: 8:30am: Don's Diner Breakfast & Shopping	16	17	18
19	20	21: 11:45am: Elders Soup & Bannock	22	23: 11:45am: Elders Lunch & BINGO	24	25
26	27	28	29: 8:30am: Dawson Creek Shopping Day	30		



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. ADVANCED BOOKING IS RECOMMENDED FOR MEDICAL OR DENTAL TRAVEL.





APRIL 2026

MUSKOTI ADULT EDUCATION EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
		31 MAE at birch forest with Moberly Lake Elementary	1 MAE at birch forest with Muskoti Elementary	2 MLC Education & Career Fair 2026 10:30 - 2:00	3	4
5 Easter Sunday	6 Easter Monday MAE Closed	7	MAE student birch forest day SFN Community Welcome!	8	9	10
12	13	14	15 MAE Birch Forest Clean up 1:00 - 3:00	16	17	18
19	20	21	22 Earth Day	23	24	25
26	27	28	29	30		

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

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!

Contact Us:

Brendon Conrad - Adult Ed. Teacher

☎ 250-788-7368

✉ bconrad@saulteau.com

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!

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.



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: bconrad@saulteau.com

Phone: 250-788-7368

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



MUSKOTI ADULT EDUCATION Birch Water Harvesting



What is Birch Water?

Birch water is the sap of birch trees harvested in early spring.

For the winter, birch trees store their nutrients and water in their roots. When temperatures start to warm in the beginning of spring the water/sap begins to thaw and flows throughout the birch tree.

This is the time when we harvest birch water.

Once the trees start to bloom, the water/sap becomes cloudy and unpalatable before condensing into sticky sap.

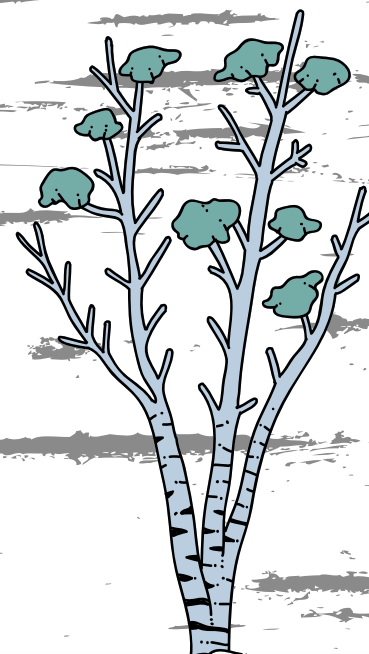
The birch water we share is harvested near Moberly Lake at the MAE Birch Forest Area.

Can you drink Birch Water?

Raw, fresh birch water can be drank directly from the tree and is clear and tastes slightly sweet. After being out of the tree and in warmer temperatures, the water will begin to ferment, developing a more acidic flavour. Store fresh birch water in the fridge for optimal freshness and to slow bacteria growth.

Birch water is generally considered safe when consumed in moderation. Due to its rich nutrient content, adults should limit their intake to 3.5 cups or less per day.

Some people may be allergic to birch pollen and may also be allergic to birch sap. Caution should be used when trying birch water.



What else can you do with Birch Water?

Birch water can be used as water for teas, boiled into a condensed sweet water, or even frozen into ice cubes.

Some more interesting ways you can use birch water are:

- Syrup and candy
- Vinegar
- Fermented drinks (such as kombucha)
- Health and beauty products



How do you get Birch Water?

Harvesting birch water is very similar to the process of harvesting maple syrup.

A small hole is drilled into the south-facing (sunniest) side of a birch tree that has a diameter of at least 10 in. The hole we drill is very small and does not harm the tree, nor does the harvesting of some of the tree's water.

Taps are fit into the holes and a tube is connected. The tube collects the dripping water and directs it into water collecting containers.



Benefits of Birch Water

Birch water is believed to provide numerous health benefits! The exact nutrient content of birch water is affected by environmental factors such as geography, soil type, and the age/health of the tree. Benefits birch water can provide are:

- Rich amounts of manganese and magnesium
- Phosphorous, potassium, folic acid, vitamin C and copper
- Amino acids and antioxidants
- Increases the production of skin cells called keratinocytes, which help your skin to be healthy and rejuvenated
- Aids in collagen production and iron absorption which may help to strengthen hair



2026
April
ayîki-pîsim Frog moon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	First Day back to School		1 Birch Water Harvesting	2 Easter Celebration	3 Good Friday STAT	4
5	6 Easter Monday STAT	7	8	9	10	11
12	13	14 TREP Caribou Documentary	15 Norman Foote Workshop	16	17	18
19	20 COHI	21	22 Earth Day	23	24	25
26	27	28 Class Photo	29	30		

Notes:

May - PHE is Swimming lessons @ CLP Students will need a towel and swim wear every Monday & Wednesday

Looking for a knowledge keeper

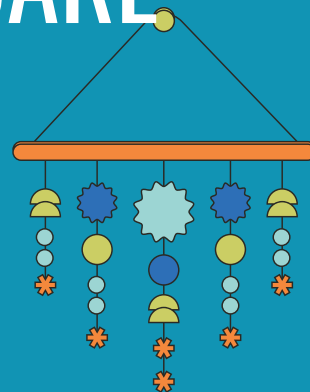
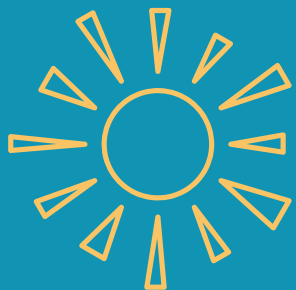
Our little maskwak want to learn a traditional drum song. If you know a simple song and want to teach our students, contact Cody @ 250-788-7361 or cschlamp@saulteau.com

kinanâskomitinân

Honorarium provided



CREE-ATIVE WONDERS DAYCARE



Cree-ative Wonders Daycare has spots available in our infant/toddler program which is 0-3 years old and our preschool program which is 3-5 years old. We are open Monday to

Thursday 7:45-4:30, any further questions you can contact Melanie Nelson at 250-788-3911.



THE TREK YOUTH CENTRE



THE TREK YOUTH CENTRE
5117 43a St. Chetwynd | ttyc@saulteau.com

DAILY GAME PLAN!

Monday's & Friday's

Join us for a co-ed gathering! A relaxing experience filled with socializing, meals/snacks, and engaging games.

Tuesday's

Join us for an awesome all-girls hangout with Hailey and Robyn! Dive into a fun time filled with arts, crafts, games, and delicious food

Wednesday's

Join us for an arts and crafts focused group! Dive into exciting art projects in a relaxed small group setting (up to 10 participants) a meal is included.

Thursday's

Join us for an epic boys' gathering with Derek and Hailey! Dive into a fun time with outdoor sports, games, art, and good food too.

TREK CONTACTS:

Derek Wood
Supervisor of TREK YC
dwood@saulteau.com

THE TREK YOUTH CENTRE
5117 43a St. Chetwynd

APRIL 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 Carry We're CLOSED	31 GirlsGroup	1 Craft Group 230pm-630pm	2 BoysGroup 230pm-630pm	3 Drop-In 230pm-630pm	4
5	6 Carry We're CLOSED	7 GirlsGroup	8 Craft Group 230pm-630pm	9 BoysGroup 230pm-630pm	10 Drop-In 230pm-630pm	11
12	13 Drop-In 230pm-630pm	14 GirlsGroup	15 Craft Group 230pm-630pm	16 BoysGroup 230pm-630pm	17 Drop-In 230pm-630pm	18
19	20 Drop-In 230pm-630pm	21 GirlsGroup	22 Craft Group 230pm-630pm	23 BoysGroup 230pm-630pm	24 Drop-In 230pm-630pm	25
26	27 Drop-In 230pm-630pm	28 GirlsGroup	29 Craft Group 230pm-630pm	30 BoysGroup 230pm-630pm	1 Drop-In 230pm-630pm	2

Youth Centre Closed

GirlsGroup 230-630pm

Crafts night signup 10max

Boys Only Group

Co-ed Drop-in

ttyc@saulteau.com
 Derek (250) 401-3498
 Hailey (250) 874-9844
 Robyn (250) 401-7993



Community Planning Workbook

Saulteau is growing – and we're planning for the future together.

This workbook brings several community projects into one place so your input can guide decisions.

Using one workbook instead of many surveys helps reduce survey fatigue and makes it easier to share your thoughts. If this works well, we'll use this approach more often.

What the workbook covers:

- How Saulteau uses and develops its land
- Where new homes and community buildings could go
- Job and skills information
- Transportation and highway safety
- Planning for industry, agriculture, and future growth
- Preparing for emergencies and climate impacts



Please complete the workbook by April 16

Paper copies are available at the Lands Office, or you can complete the workbook online at www.surveymonkey.ca/r/SFNWorkbook or by scanning the QR code.



Need support?

If you'd like help completing the workbook, please contact the Lands Office to request a visit from a staff member:
Brooke Walker, Lands Officer — bwalker@saulteau.com

TREP CONTACTS:

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

Jessica Eastman
Guardian Supervisor
jeastman@saulteau.com

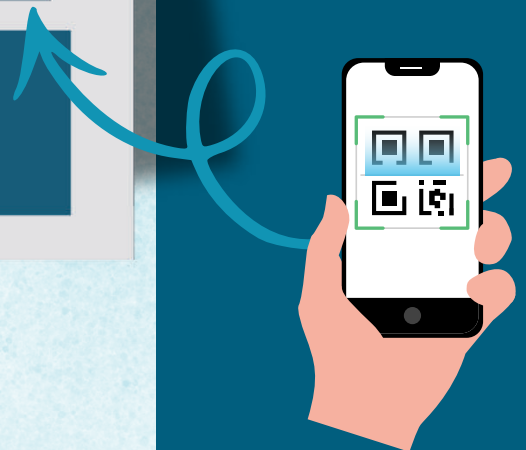
Tom Aird
Aboriginal Liaison
ttom.aird@saulteau.com

LANDS CONTACTS:

Mary Doyle
Lands Manager
mduoye@saulteau.com

Jenine Campbell-Cove
Lands Planner
jcampbell-cove@saulteau.com

Brooke Walker
Lands Officer
bwalker@saulteau.com





TREATY RIGHTS & ENVIRONMENTAL PROTECTION:

PREVENT AFRICAN SWINE FEVER



“Wrong aisle...”

“Wrong ecosystem.”



INVASIVE PIGS ARE NO JOKE. THEY DESTROY FIELDS, CROPS & CARRY DISEASES.

‘Squeal on Pigs’ learn more at: bcinvasives.ca/SquealOnPigs
Funded in part by the Government of Canada under the African Swine Fever Industry Preparedness Program





ECONOMICS CONTACTS

Justin Napoleon
Director of
Economic Development
justin.napoleon@
saulteau.com

Tonia Ritche
Officer of
Economic Development
tritcher@saulteau.com

Saulteau First Nations Business Data Base



Saulteau
FIRST NATIONS

**Saulteau First Nations Economic
Development Department is creating a
SFN Business Database.**

**If you are a Member Owned Business
that is registered and would like to be
included in the database
please email or call
Tonia Richter
trichther@saulteau.com
236-364-2008**



Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
			1	2	3 GOOD FRIDAY	4	
5 EASTER SUNDAY	6 SFN OFFICES CLOSED	7	8	9	10	11	
	13	14	15 Reflexology-NBH	16 Physio Therapy HC	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

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

Attention Elders: Blood Pressure Check in Elder's Lounge

with a
chance to
win a PC gift
card for
participation



April 1st - Drop In
UPDATED: April 8th - Drop In
9:00 - 10:00am

Hope to see you there
- SFN Home Care Team

Massage Therapy

Jaclyn Johnson, RMT
NuBalance MASSAGE Therapy

THURSDAY APRIL 9 & 23, 2026
AT SFN NEW BEGINNING'S HOUSE



Please contact Melva at 250-788-7280



COHI IS BACK!
FNHA & SAULTEAU FIRST NATIONS CHILDREN'S ORAL HEALTH INITIATIVE

COHI will be visiting Cree-active Wonders Childcare Centre, Muskoti Elementary School, & NBH Student Programs for the following:

- Dental Screenings
- Fluoride Varnish

Please keep an eye out for consent forms being sent home with your child prior to receiving services.

COHI DATES:

- Monday March 9, 2026 - Introduction to Muskoti, Cree-active Wonders, NBH & SFN Community. Consent Forms sent home with your child.

Screenings & Fluoride Varnishes:

MARCH

- Monday March 16, 2026 - Cree-active Wonders Childcare & Muskoti Elementary
- Monday March 23, 2026 - Cree-active Wonders Childcare, & NBH Student Program

APRIL

- Thursday April 2, 2026 - Muskoti Elementary School
- Monday April 13, 2026 - Cree-active Wonders Childcare
- Monday April 20, 2026 - Muskoti Elementary School
- Tuesday April 21, 2026 - Muskoti Elementary & Cree-active Wonders

MAY

- Monday May 4, 2026 - Cree-active Wonders Childcare
- Wednesday May 11, 2026 - Cree-active Wonders Childcare

JUNE

- Tuesday June 16, 2026 - Cree-active Wonders Childcare
- Wednesday June 17, 2026 - Muskoti Elementary School

JULY

- Tuesday July 21, 2026 - Cree-active Wonders Childcare
- Monday July 27, 2026 - NBH Summer Student Program

CONTACT:
 Chelsea Gauthier
 cgauthier@saulteau.com (250) 788-7262

Saulteau FIRST NATIONS

Physiotherapy

Thursday April 16, 2026
 SFN Health Centre

Physiotherapy supports recovery, improves movement, and helps reduce stiffness and discomfort from daily activities.

- Muscle pain and soreness
- Strains from exercise
- Recovery after sports activities

- Must Have Referral from Doctor.
- Physiotherapist is unable to do WCB or ICBC claims.

To Book Please Contact Debbie:
 (250) 788-7304

Move Better. Feel Better.

Saulteau FIRST NATIONS

Reflexology

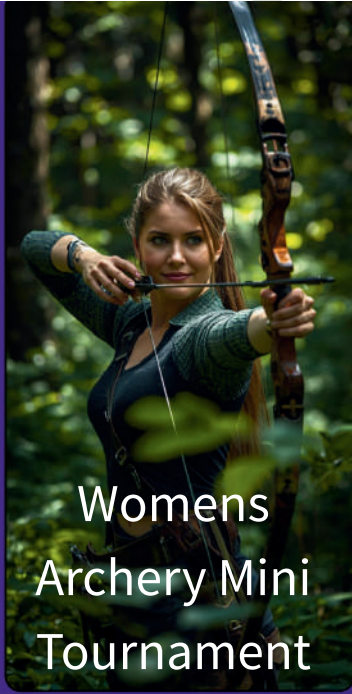
April 15th
 New Beginnings House

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





Womens Archery Mini Tournament

WHEN: FRIDAY, MAY 8TH 2026

TIME: 9:00 AM - 3:00 PM

LOCATION: 7331 HWY 97S
CHETWYND BC BROKEN
ARROW ARCHERY

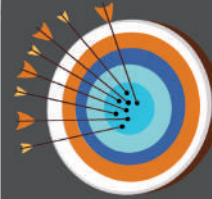
1ST, 2ND & 3RD PRIZES

SNACKS & REFRESHMENTS PROVIDED
TRANSPORTATION AVAILABLE
LIMITED SEATING

THIS GROUP IS FOR AGES 18 AND UP

PLEASE SIGN UP WITH SHAY WHILE SPOTS ARE AVAILABLE.

- (250)-874-9604
- SGARBITT@SAULTEAU.COM



Youth ARCHERY

APRIL 18th

Food and refreshments provided
Limited Transportation Available

- ◆ 9-11AM Practice
- ◆ 11:30-12:30 Lunch
- ◆ 1-3PM Mini Tournament

Ages 9 and up

Location:

- ◆ 7331 HWY 97S
- ◆ Chetwynd BC
- ◆ Broken Arrow Archery



Waiver, Photo Consent and Transportation Forms To Be Completed

To sign up contact:

sgarbitt@saulteau.com
250-874-9604

OR

tllewellyn@saulteau.com
250-788-3955 ext 1033



CORE Course

April 10-12 | 9AM-3PM

Lunch Provided

New Beginnings House

Limited Spots Available

Ages 10-14 must be accompanied by an adult

Operated by the BCWF to teach safe, ethical, and legal hunting practices. It covers firearms safety, conservation, regulations, and animal identification.

A written exam (75% to pass), and a practical firearms handling test.

To sign up Contact:

Shay: 250-874-9604

Tanisha: 250-788-3955 ext. 1033





SWIMMING

Lessons For Kids

Starting April 1st, 2026 Register your child for Swimming Lessons & SFN will Reimburse you for the cost of the lessons!

- Must be, or have at least one parent as a registered SFN Member
- Must reside on Reserve
- Child must be under the age of 18
- Lessons must be at Chetwynd Rec Centre
- Must provide original receipt prior to reimbursement

CONTACT:

cgauthier@saulteau.com
(250) 788-7262



Join us for a unique experience

MENS GROUP MEAT CANNING CLASS



April 8th
5:00 PM to 7:30 PM

Community
Learning Center

WHERE: NEW BEGINNINGS HOUSE
WHEN: APRIL 8TH 2026
TIME: 5:00-7:30

Please contact Shay at (250) 874-9604 or Johnny at (250) 875-1064.

Dinner and refreshments provided. This group is for ages 18 and older.



Hello, I'm
**Jasmine
Garcia
Montes!**



I am a Masters of
Counselling Psychology
practicum student from
January until August.

Modalities:

Cognitive behavioral
therapy (CBT)
Solution-focused brief
therapy (SFBT)
Dialectical behavior therapy
(DBT)

Areas of Speciality:

Relationships
Mental health concerns
Substance misuse
Behavioral challenges
Life transitions

Ages 10-24.

Contact/Availability:

Virtual sessions by phone or Zoom.
jmontes@saulteau.com
2508751104
Open availability.

Harm Reduction Supplies Available for Pick Up or Drop Off

Sterile, free, tools to reduce the risk of injury,
disease transmission, and fatal overdoses among
people using substances.

Available for anonymous pick up at the Saulteau
Health Centre & Mental Wellness Clinic.

Supplies can also be dropped off by calling or texting
Tanya at 250-875-1011 or email
tdavidson@saulteau.com



SAULTEAU MENTAL WELLNESS DEPARTMENT

DROP-IN COUNSELLING

MONDAYS 9AM TO 12 PM
WEDNESDAYS 1PM TO 4PM

5016 50TH AVE
UPSTAIRS



WELLBRIETY

Everybody Welcome

Wellbriety is a support group rooted in traditional indigenous teachings to
provide support and community in recovery from alcohol and substance use.

Light snacks and refreshments provided and transportation available
(zoom link available upon request)

Sundays @ 1:00 PM



SFN Mental Wellness Clinic Kitchen 5016 50th Ave NE,
Chetwynd BC V0C 1J0 (above IDA/ Northern Wellness Clinic)

(zoom link available upon request)

Contact Randie 250-401-8662 or rstewach@saulteau.com



Equine Therapy

with Peace Equine Connection

Discover the transformative power of horses with our Equine Assisted Learning program! This program uses horses to foster personal growth, self-awareness, and emotional healing. Key benefits include developing self-confidence, enhancing communication skills, managing emotions, improving leadership and teamwork abilities, and promoting mindfulness through the calming presence of horses.

Join us to unlock the unique potential of equine assisted learning and experience profound personal growth.

Saturdays 2:30-3:30pm - 1-1 sessions

Adult
Ages 19+

- April 4th
- April 11th
- April 18th
- May 2nd
- May 9th
- May 16th
- May 23rd

Register with Bonnie at peaceequineconnection@gmail.com



For individuals who are uncomfortable with riding, or are over the 250lb weight restriction, we offer many beneficial ground activities that provide the full benefits of the Equine Assisted Learning program



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Join us to unlock the unique potential of equine assisted learning and experience profound personal growth.

Group Sessions
Youth
Ages 7-18

Mondays 5-8pm

- March 30th
- April 13th
- April 20th
- April 27th
- May 4th
- May 11th
- May 18th

2-1 Sessions
Youth
Ages 7-18

Saturdays 1-2:30pm

- April 4th
- April 11th
- April 18th
- May 2nd
- May 9th
- May 16th
- May 23rd



Register with Bonnie at

Ride assistance available
on Mondays

peaceequineconnection@gmail.com



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