

May 2026
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leaf budding moon

otâcimow

Official Newsletter of Saulteau First Nations



Newly Elected Chief & Council

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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 workshop on employment search.

Monthly Renewal Declaration

Reporting Requirements for recipients of income assistance, disability assistance and hardship assistance are required to report all or 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 nesohkamatin (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

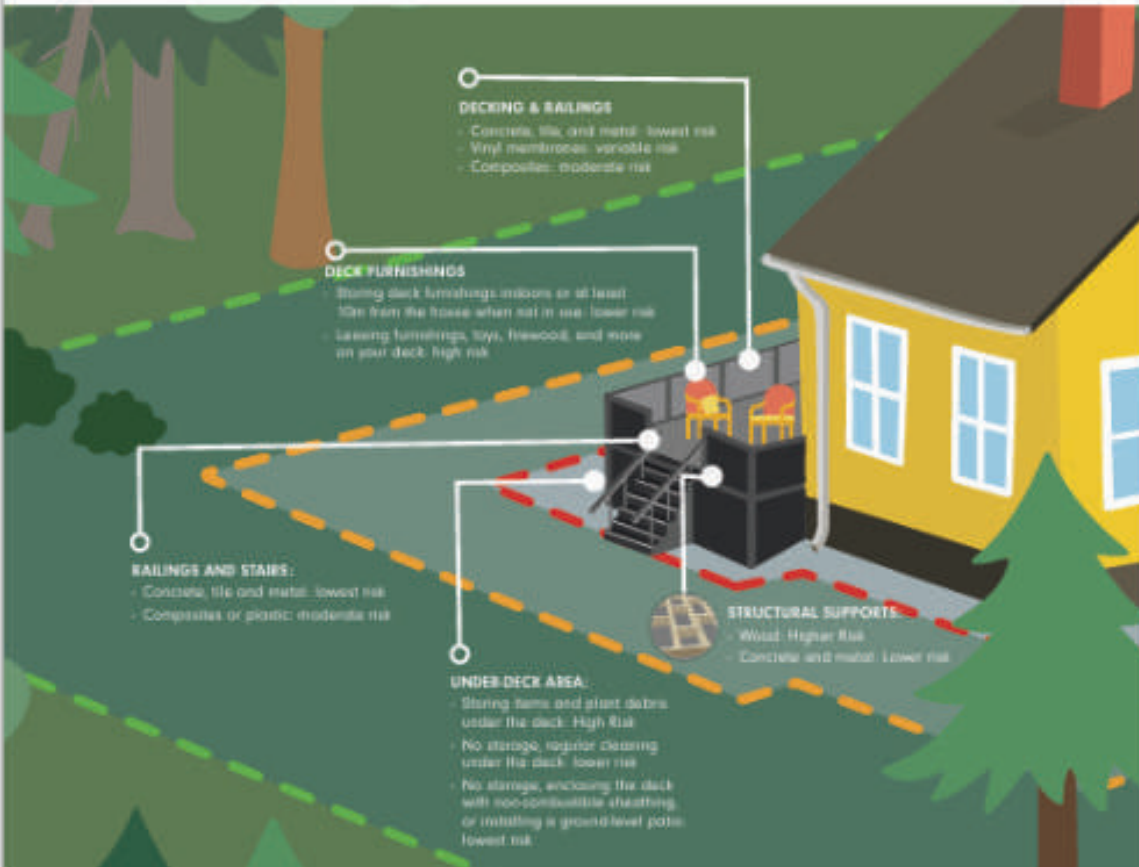
Wildfire-Resilient Decks:



Guidance & Best Practices for Building and Maintenance
Build a Deck That's Ready for Wildfire Season

Decks can be one of the most vulnerable parts of your home when it comes to wildfire. Whether you're building new or maintaining an existing deck, making FireSmart choices can significantly reduce your risk.

This guide outlines practical, easy-to-follow tips to help you build and maintain a wildfire-resilient deck—from the materials you use to how you manage the space underneath. Every action makes a difference. By taking small steps now, you can help protect your home, your family, and your community.



OHS & Emergency Management Contacts

Aislinn Gentles
OHS & Emergency Program
agentles@saulteau.com

Montana Paquette
OHS Coordinator
mpaquette@saulteau.com

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





How Do Decks Burn in a Wildfire?

During a wildfire, up to 90% of home ignitions are caused by embers, not direct flame contact. These embers can travel long distances and ignite spot fires when they land on or near combustible materials. Decks are especially vulnerable because they provide both fuel and airflow—two key elements that allow fire to spread quickly.

Key Considerations for a FireSmart Deck

1. Consider a Patio Instead

- Ground-level stone or concrete patios are **much less flammable** than raised wooden decks.
- If you're building a structure on top of a patio—like a **shed, pergola, or gazebo**—you still need to apply the same FireSmart principles as you would for your home or deck.

2. Material Matters

- The materials you use for both the **deck surface** and its **supports** play a big role in fire resistance.
- Some materials burn more easily than others—**choose non-combustible or fire-resistant options** wherever possible.

3. Keep Empty Space Empty

- The areas **underneath, on top of, and between gaps** in your deck should be **kept clear** of debris and flammable items when not in use.
- Fine fuels like dry leaves or pine needles in deck gaps act like **kindling** for wildfires.
- Regular maintenance and cleaning are essential to reduce fire risk.

Decking & Railings

- **Concrete, Tile, and Metal** - ✓ **Lowest risk**
- **Composites** - ⚠ **Moderate risk**
- **Vinyl Membranes** - ⚠ **Variable risk**
- **Wood** - ✗ **Not recommended**

Avoid wood for decking, railings, or stairs. It's highly flammable—especially when cracked or rotting—and should be replaced immediately. Vinyl membranes over wood are also not recommended due to fire vulnerability.

Structural Supports

- **Concrete and Metal Supports** - ✓ **Lower risk**
- **Wood Supports** - ⚠ **Higher risk**

Your deck's structural material matters. Wood supports can catch fire and intensify a fire more than the surface alone. Enclosing wooden supports or wrapping them in metal sheathing can improve fire resistance.

Under-Deck Area

- **No storage + non-combustible enclosure or patio** - ✓ **Lowest risk**
- **No storage + regular cleaning** - ⚠ **Lower risk**
- **Storage of items or debris** - ✗ **High risk**

The area under your deck is part of the Immediate Zone (0–1.5m around your home)—keep it clear. Use 3 mm metal mesh or non-combustible siding to enclose open sides and block embers. Ground-level stone patios pose no fire risk from under-deck debris. Whenever possible, finish the area at grade with bare mineral soil or gravel to further reduce ignition potential.

Gaps & Corners

- **Cleaned gaps and corners** - ✓ **Lower risk**
- **Plant debris left in gaps/corners** - ✗ **High risk**

Dry leaves and needles between deck boards act like kindling during a wildfire. Regular cleaning prevents these fine fuels from igniting your deck.

Deck Furnishings

- **Stored indoors or 10m away** - ✓ **Lower risk**
- **Left on the deck** - ✗ **High risk**

Patio furniture, soft furnishings, toys, planters, barbecues, umbrellas, dog beds—even doormats—can ignite easily. Use non-combustible items made of metal, stone, or concrete. If you're travelling or an evacuation alert, move combustibles indoors or well away from your home.

COMMUNITY SUCCESSES & HIGHLIGHTS



Congratulations to my daughter Cody Schlamp on being elected as the Vice President of the First Nations Schools Association of British Columbia. Cody you are so passionate about your work in education, I knew that one day you would be standing up there on that podium accepting this position. This is a significant achievement and a proud moment for our community.

"I would like to Congratulate my grandson, Kade Norris, on winning the BCER Christmas Card Contest with his beautiful "Penguin" submission.

Kade's artwork earned \$1,000 for our Cree-ative Wonders Head Start Program, which was used to purchase supplies and games for the children.

"Congratulations, Kade. Your family, especially your Grandmom and your community are so very proud of you"



Congratulations



Happy Mother's Day to all the moms in the community

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

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



FIBER **SERVICE OUTAGES** **EXPECTED!**



During this time, we're actively working on upgrades to the community's fibre network.

While this work is happening, you may notice some service interruptions...this is expected.

If you are having issues *PLEASE give housing a call so we can let our technicians know and keep track of any problems*

Thanks so much for your patience while we work to improve your service!

CALL: 236-364-2019
EMAIL: MDOONAN@SAULTEAU.COM
MGLOVER@SAULTEAU.COM



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



COMMUNITY NOTICE

WASTE WATER PROJECT - WORK RESUMING

THE WASTEWATER PROJECT WILL RESUME STARTING
WEDNESDAY, MAY 13, 2026



CREWS WILL BE RETURNING TO CONTINUE:

- REMAINING CIVIL AND SITE WORK
- COMPLETION OF OUTSTANDING ITEMS ACROSS THE PROJECT AREA

WHAT TO EXPECT:

- INCREASED EQUIPMENT AND CREW ACTIVITY IN THE COMMUNITY
- WORK TAKING PLACE IN AND AROUND PREVIOUSLY IDENTIFIED AREAS
- POSSIBLE MINOR TRAFFIC DELAYS AND TEMPORARY ACCESS IMPACTS

FRIENDLY REMINDERS:

- KEEP CHILDREN AND PETS AWAY FROM ACTIVE CONSTRUCTION ZONES
- NO ATV USE IN ACTIVE WORK AREAS
- FOLLOW ALL POSTED SIGNAGE AND DIRECTIONS FROM CREWS

THESE MEASURES ARE IN PLACE TO PROTECT BOTH CREWS AND THE
COMMUNITY.

A 6-WEEK LOOK-AHEAD SCHEDULE WILL BE SHARED WITH THE NATION
SOON TO SUPPORT PLANNING AND PROVIDE MORE DETAIL ON
UPCOMING WORK. ONCE AVAILABLE, WE WILL BE REACHING OUT TO
MEMBERS DIRECTLY FOR COOPERATION WHERE ACCESS OR
COORDINATION IS REQUIRED.

WE APPRECIATE YOUR PATIENCE AND SUPPORT AS THIS IMPORTANT
PROJECT CONTINUES TO THE FINISH LINE!

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT
MANAGER OF ASSET & CAPITAL PROJECTS - SHANE REYNOLDS
250-613-8006 OR SREYNOLDS@SAULTEAU.COM



Saulteau
FIRST NATIONS

DROP-IN SPORTS

Badminton - Volleyball - Basketball - Pickleball

MAY 2026

Every Wednesday starting May 6th
7:00pm - 9:00pm

Every Saturday starting May 9th
2:00pm - 4:00pm

(No drop-in on May 16th)

- Open to ages 13+
- SCC Gymnasium

Youth Support Coordinator - Ethan Cameron
ecameron@saulteau.com

May Cultural Activities

May 20,27 Dance Practice 4:30-5:30pm	May 24th Drumbag Workshop 10-4pm
May 25th Craft/Beadng 5-7pm	May 30th Sewing Day 10-2pm

Please contact Tylene
tpaquette@saulteau.com

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

Tasha Lalonde
Elders Support Coordinator
tlalonde@saulteau.com



WORKOUT SESSIONS

LIMITED SEATS AVAILABLE

THESE WORKOUTS WILL START MAY 5TH
TUESDAY 6:00 - 7:00PM
WEDNESDAY 12:10 - 12:50PM
THURSDAY 6:00 - 7:00PM

CULTURAL CENTRE GYM
DROP IN SESSIONS WITH AMANDA

BEGINNER, INTERMEDIATE AND ADVANCED LEAD WORKOUTS
PROGRAMS AVAILABLE IF YOU ARE COMMITTED TO LEARNING

FOR MORE INFORMATION PLEASE EMAIL
CSCHMIDT@SAULTEAU.COM



TATAWAW SFN ELDERS

ASTAMITIK, EKWA TETAHPIWIN
SESAWIW (JOIN US FOR CHAIR
YOGA STRETCH)



Location: SFN Elders Lounge
Time: 10am-11am
on these Movement Mondays:

May 11
May 25

Bring a wichewakanak (partner) and comfortable clothing. Stretch and breathe the stress and aches away :)



PEMMICAN DAYS SEEKING FOOD VENDORS

JULY 9TH - 11TH 2026

IF INTERESTED, PLEASE SUBMIT A BRIEF DESCRIPTION OF WHAT
FOOD IS ON YOUR MENU TO KAYLA AT
KMACDONALD@SAULTEAU.COM

DEADLINE JUNE 3RD 2026 - 9:00 AM



PEMMICAN DAYS SEEKING ARTISAN VENDORS

JULY 9TH - 11TH 2026

IF INTERESTED, PLEASE SUBMIT A BRIEF DESCRIPTION OF WHAT YOU
WOULD BE SELLING TO KAYLA AT KMACDONALD@SAULTEAU.COM

DEADLINE JUNE 3RD 2026 - 9:00 AM



CALLING ALL COMMUNITY KNOWLEDGE KEEPERS

SHARE YOUR SKILLS - TEACH - INSPIRE

DO YOU HAVE KNOWLEDGE,
TALENTS, OR TRADITIONS YOU'D
LIKE TO PASS ON? WE WOULD
LOVE TO HEAR FROM YOU.



WHEN: TEEPEE TIME @ CULTURE CAMP THURSDAY
AUGUST 20TH - MONDAY AUGUST 24TH

CONTACT MONTANA FOR QUESTIONS OR TO SIGN
UP: MPAQUETTE@SAULTEAU.COM
OR CALL 780-296-0446



BEGINNER MACRAME WORKSHOP!

THURSDAY MAY 14TH
5-8PM
SAULTEAU CULTURAL CENTRE TRAINING ROOM

LEARN TO MACRAME!

JOIN US FOR A FUN EVENING LEARNING TO CREATE A BEAUTIFUL PLANT HANGER TO TAKE HOME!

ALL PROJECTS WILL BE COMPLETED AND INCLUDE AN EASY TO CARE FOR POTTED PLANT!

ONLY 10 SPACES AVAILABLE

SNACKS AND BEVERAGES PROVIDED

PLEASE EMAIL CANDACE SCHMIDT TO SIGN-UP
CSCHMIDT@SAULTEAU.COM

"GREAT FOR ALL AGES AND SKILL LEVELS!"





Saulteau
FIRST NATIONS

LIMITED SPACES AVAILABLE!

RIBBON PANTS WITH PENNY

CULTURAL CRAFT WORKSHOP

Learn & Create
10:00 AM - 3:00 PM
BOTH DAYS

Traditional Wear
WITH ARTIST IN RESIDENCE
PENNY BERG

Make Your Own
STYLISH RIBBON PANTS
TAKE HOME NEW SKILLS!

SCC Training Room
May 30-31

To register contact
klindstrom@saulteau.com



contact tpaquette@saulteau.com

DRUM BAG

Workshop



NORTHERN HIDE & NEEDLE

May 24 | 10AM-3PM
SUN

Saulteau
FIRST NATIONS

Hosted by Northern Hide & Needle at the cultural center. Please email Ty your drum size if wanting a specific size. Feel free to bring your own sewing machine

10 SPOTS AVAILABLE

PEMMICAN DAYS YOUTH BEADING COMPETITION

1 CATEGORY - 1 ENTRY
AGES (8-17)

SUBMIT BEAD WORK: FRIDAY, JULY 10TH
All bead work must be submitted on July 10th between 3-5 pm on the Pemmican Stage. All work will be stored safely.

VOTING: SATURDAY, JULY 11TH
Voting will be taking place at the Pemmican stage from 12:00 - 2:00pm. All Pemmican Days attendees will get 1 vote per category.

After 2:00 pm votes will be counted and winners will be announced.

Youth are able to enter whatever they would like into this category.

If you have any questions regarding the youth category please reach out to Kirsta at klindstrom@saulteau.com

PLEASE MAKE SURE TO REGISTER ON THURSDAY JULY 9TH 4:30 - 6:30 PM OR FRIDAY JULY 10TH 9:00 - 11:00 AM
AT THE BAND HALL
\$5 PER PIECE

NO POSTING BEADING ON SOCIAL MEDIA



EARRINGS



LANYARD



MEDALLION



A huge thank you to Tammy Watson as our first Artist in Residence for the months of March and April. Tammy graciously and skillfully shared her amazing skills with the community, hosting workshops in moccasin making, wraparound making and mitten making, and finally satchel making. Her knowledge of culture and textiles and patient teaching style was embraced and we wish her well in her next endeavor on Chief and Council.

Some examples of Tammy's craftsmanship can be seen in the display box in front lobby of the SCC.



On April 11&12 Four Pillars hosted a youth elk hide scraping workshop with Youth Support Coordinator, Ethan Cameron. It was facilitated by SFNs own amazing Northern Hide & Needle for nine of our youth. They learned about the importance of respect for the animal, the tools used in hide scraping and were put to work scraping the hide. They worked hard and were done early, such a great weekend doing on the land teachings with our mighty youth!





May 2026 **TRANSPORTATION CALENDAR**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 9:00am: Breakfast @ Don's Diner	6	7 11:45am: Elder's Lunch & BINGO	8	9
10 <i>Mother's Day</i>	11 DRIVER AWAY	12 1:30pm: Trip to Moberly Recycling	13 9:30am: Chetwynd Shopping Day	14 11:45am: Elder's Lunch & BINGO	15	16
17	18 VICTORIA DAY SFN OFFICES CLOSED	19	20	21 DRIVER AWAY	22	23
24	25	26	27 DAWSON CREEK SHOPPING DAY!	28 11:45am: Elder's Lunch & BINGO	29	30
31						

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.

THE 4 W'S OF SOCIAL TRANSPORTATION

WHO: SFN Band & Community Members. Band Members on and off reserve are welcome to use this service.

WHAT: Appointments, Shopping/Errands, Social Events/Festivals/Shows, Recreational Activities.

WHERE: Moberly Lake, Chetwynd, Dawson Creek, Fort St. John. Medical travel that requires an overnight stay will be considered on a case by case basis.

WHEN: Monday - Thursday 8:00am - 4:30pm. Special bookings outside those hours will be considered with advance notice.



Call Cara to book
your ride
236-364-2016

Special Notes

- Transportation is NOT available for beer/liquor runs.
- Intoxicated, rowdy, or disrespectful individuals will not be tolerated.
- Booking is based on a 'first come, first serve' basis.
- Please notify the driver of any changes to a booked trip. Failing to cancel causes other members to be turned away unnecessarily.



MAY 2026

MUSKOTI ADULT EDUCATION EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Red Dress Day	6 Pack up Birch Forest	7	8	9
10	11 Greenhouse Prep Day	12	13 Greenhouse Planting Day	14	15	16
17	18 Victoria Day MAE Closed	19	20	21	22	23
24/31	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.

One month left to complete course work

MAE students please connect with us if you need any help finishing your work

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

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

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!

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

Contact Us:
Brendon Conrad - Adult Ed. Teacher
250-788-7368
bconrad@saulteau.com

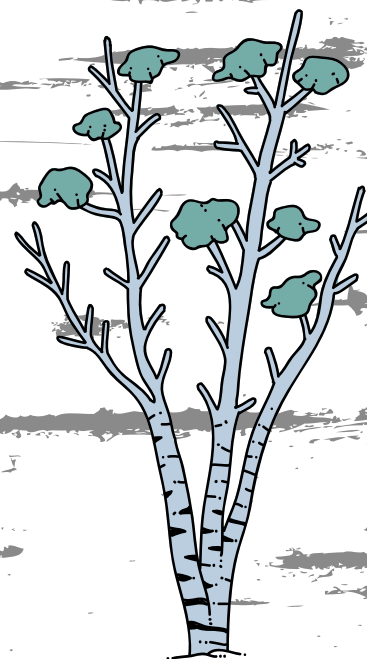
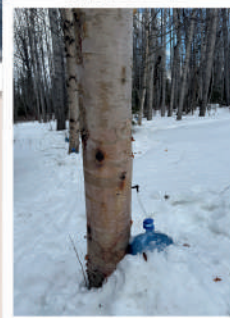
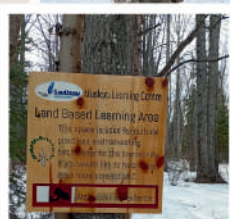
Our mission is to provide a high quality education with a healthy balance of curricular and cultural learning opportunities in a safe and inviting environment. We strive to prepare all students to become responsible citizens and lifelong learners who are ready to meet the challenges of the future.



MUSKOTI ADULT EDUCATION

BIRCH FOREST 2026

MAE had a great birch water harvesting season this April! At the SFN MLC Birch Forest, staff and students were able to set up over 30 taps collecting birch water. This birch water was shared with and enjoyed by the SFN Community, Muskoti Adult Education students, Muskoti Elementary School, Moberly Lake Elementary School, and SFN staff.



MUSKOTI ADULT EDUCATION & MUSKOTI ELEMENTARY SCHOOL MOBERLY LAKE ELEMENTARY SCHOOL

Muskoti Elementary School and Moberly Lake Elementary School each joined us for a fun day of learning in the birch forest. Students learned all about the valuable resources birch trees provide, respecting the land, tried birch water and chaga tea, explored the forest, and helped us collect over 35 gallons of fresh birch water!



POST-SECONDARY STUDENT SUPPORT PROGRAM

APPLICATION DEADLINE: MAY 15

Students planning to attend college or university must submit a **complete application** by **May 15** to be considered for funding for the upcoming academic year.

REQUIRED DOCUMENTS

- Application form
- Signed document release form
- Copy of Status card
- Most recent transcripts
- College or university acceptance letter

TIMELINE

MAY 15

Application Deadline Closes

THANK YOU!



SPONSORS

THANK YOU!

Thank you to all of our generous sponsors for your support!



MUSKOTI LEARNING CENTRE Education & Career Fair 2026

The MLC Youth Education & Career Fair had an amazing turnout despite the weather. We thank everyone who joined us!





Muskoti Elementary School

tânisi fellow band and community members:

Do you or someone you know have a child turning four by December 31, 2026, or entering Kindergarten, Grade 1, 2, or 3 in September 2026? If so, please contact us for registration forms, or they can be found on our SFN website under Education and submitted to cschlamp@saulteau.com. Registration for full-day K4, Kindergarten, Grade 1, 2, or 3 opens January 30th for the following school year. We limit class sizes to provide the highest quality of education, so it is best to register early.

We have a strong cultural and language program that continues to flourish, nêhiawi-kiskinwahamâkosiwak (they learn Cree, Cree ways). We also offer units on skating, snowshoeing, swimming, gymnastics, and so much more for your students to learn. Our fieldtrips and local busing enhance our program.

If you have any questions, please feel free to contact our principal, Cody Schlamp, at 250-788-7361.

Education is critical, and the BC First Nations Schools are striving for excellence and achieving outstanding results for our students. kinanâskomitinân (we give thanks to you).

Our school for our community! 😊



Home of the
MUSKOTI
MASKWAK



PO Box 1020 Chetwynd, BC V0C 1J0 T 250.788.7361 www.saulteau.com

MUSKOTI ELEMENTARY SCHOOL



MAY 2026

sâkipakâwi-pîsim

saa-gee-pug-aa-wih-pee-sim

Leaf-budding moon

MUSKOTI
MASKWAK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Truth & Reconciliation No School NID	
3	Swimming Lessons 1:00-1:45 pm	MMIW Mom's Cupcake Decorating	Swimming Lessons 1:00-1:45 pm			
Mother's Day	Swimming Lessons 1:00-1:45 pm		Swimming Lessons 1:00-1:45 pm	Bird Presentation		
17	Victoria Day No School STAT		Swimming Lessons 1:00-1:45 pm	Pajama Day		
24	Swimming Lessons 1:00-1:45 pm		Swimming Lessons 1:00-1:45 pm			
31						

Please remember to send a towel and bathing suit every Monday AND Wednesday this month

OUR SCHOOL FOR OUR COMMUNITY!



MUSKOTI ELEMENTARY

Fun had in April

ayîki - pîsim Frog moon



EXPLORE THE IMPORTANCE OF IMMERSED YOURSELF IN SCHOOL

Stimulation of the imagination

Language development

Emotional bond and socialization



Expanding Mental Horizons

With BC Certified Teachers we aim to foster a love for learning by encouraging students to try new and exciting things in a hands-on, inclusive manner that encompasses the community's cultural beliefs.



Discover the Magic of our school for our community!

Check us out on Facebook @Muskoti Elementary School



PRIMARY SCHOOL

GRADES K4-3

MUSKOTI MASHKWAQ

Awaken your imagination



WE EXPLORE THE WORLD AROUND US BY ENGAGING IN ON THE LAND LEARNING WHEREVER AND WHENEVER POSSIBLE



We are doing our part in Reconciliation through education!

KEEP YOUR MIND & BODY ACTIVE AND HEALTHY THROUGH LEARNING

Physical Health Education

- Skating- Snowshoeing- Gymnastics
- Swimming- Bike riding- Soccer
- Organized games- Healthy eating, (including a daily breakfast & lunch program) - Cooking classes- Importance of daily physical activity- And so much more...

Science

- Our science program is hands-on, where students develop an understanding of the scientific method through experimentation.
- Earth Science - Chemistry - Biology - Life Cycles (plant & animal) - States of Matter - Space exploration and other units.

Socials

Like our other programs, the socials program is hands-on. Students develop an understanding of the world around them. Following the BC curriculum, we incorporate our community into our learning of family structures, community, our country, and celebrations, to name a few topics.

Language Arts (LA)

We run research based LA programs and teach each student at their level.

Math

Like our other programs, the math programs are hands-on. This uses more research-backed curriculum.

Nēhiyawēwin and Culture

Students learn Cree numbers, animals, greetings, family, and so much more through song, dance, and games.

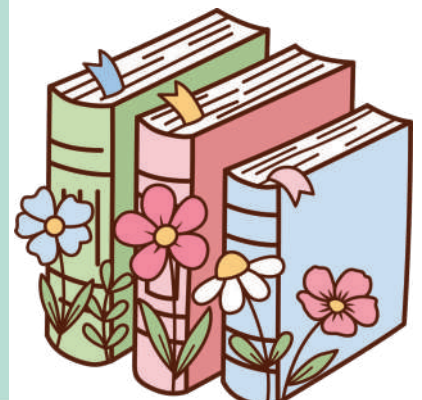
ALSO included: Art, STEM, Careers, and so much more to prepare students for the world ahead.

All of our subjects incorporate our nēhiyaw languages, culture, and traditions.

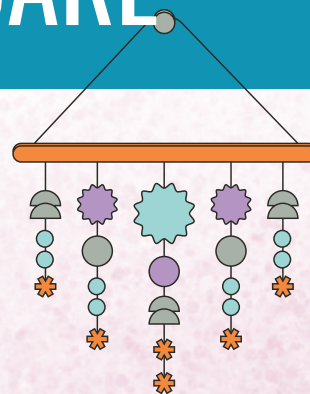
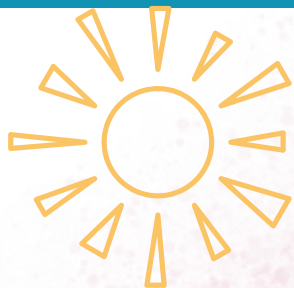


Individual focused Education

With our small class sizes, students are able to work at their own pace.



CREE-ATIVE WONDERS DAYCARE



Cree – Ative Wonder’s Daycare Mom and Tot Group

Do you have or know a child who is in the age between 8 months to 18 months

Lexus and Dianne will be hosting a one time mom and tot session during the week to come meet us and vist Cree- ative Wonder’s Daycare. This is to meet staff, see the day to day schedule and what we do with the children

**Please call or text 250-401-7104 or email
lexus.wilson@saulteau.com**



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

Robyn Bateman
Youth Program Facilitator
rbateman@saulteau.com

Hailey Knott
Youth Program Facilitator
hknott@saulteau.com



THE TREK YOUTH CENTRE

5117 43a St. Chetwynd

MAY 2026

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



Youth Centre
Closed



GirlsGroup
230-630pm



Crafts night
signup 6max



Boys Only
Group



Co-ed
Drop-in

ttyc@saulteau.com

Derek (250) 401-3498

Hailey (250) 874-9844

Robyn (250) 401-7993



Purchase a Memorial Plate to Honor a loved one and support our community. Memorial Plates are available for the new benches that will be placed in community and along the scenic Fire Lake walking path. Your personalized plate will serve as a lasting tribute, creating a quiet place for reflection & remembrance for years to come. To order or learn more: Contact Crystal Lalonde at 250 788-7292 or clalonde@saulteau.com

In Loving Memory Of
Emily Harris
Always in our thoughts.
Forever in our hearts.
1965 - 2023

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
mdoyle@saulteau.com

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

Brooke Walker
Lands Officer
bwalker@saulteau.com

WHAT TO KNOW IN BRITISH COLUMBIA ABOUT

Chronic Wasting Disease (CWD)

Get answers to some of the most commonly asked questions about CWD

Where is CWD?

CWD has been detected across North America in both captive and free-ranging cervid populations.

9 cases have been identified in the Kootenay region of British Columbia

What is CWD?

Chronic wasting disease (CWD) affects cervids such as deer, elk, caribou and moose, causing brain damage and death.

CWD is caused by an **infectious protein**. There are very few diseases caused by proteins that we know about. It is unlike other diseases caused by bacteria or viruses.

There is no cure or vaccine for CWD and there is no reliable way of testing live animals. Currently, testing can only be done on tissue samples collected from dead animals.

Management programs in BC are underway. The BC Wildlife Health Program is working to gather information on sampled animals to **prevent the spread of CWD**.

How is CWD spread?

The disease spreads among animals in their bodily fluids (e.g., urine, saliva) and through their bodies when they die and decompose on the landscape. Once the infection contaminates the soil, **it can remain infectious for years**.

What do sick animals look like?

It can take up to 18 months for animals to show CWD symptoms (e.g., stumbling, weight-loss, drooling). **Most infected animals look healthy.**

Can people get CWD?

While there is still no direct evidence that CWD can be transmitted to humans, public health officials **recommend that the meat from infected animals not be eaten.**

Learn More

For more information about CWD, the provincial CWD program, and how to get an animal tested use this **QR code** or visit bit.ly/4S1NMMS

HHI
SCIENCE COLLAB
ohthiscience.ca

BRITISH COLUMBIA
Ministry of Water, Land and Resource Stewardship

Or come and chat with the Land Guardians in the TREP Department

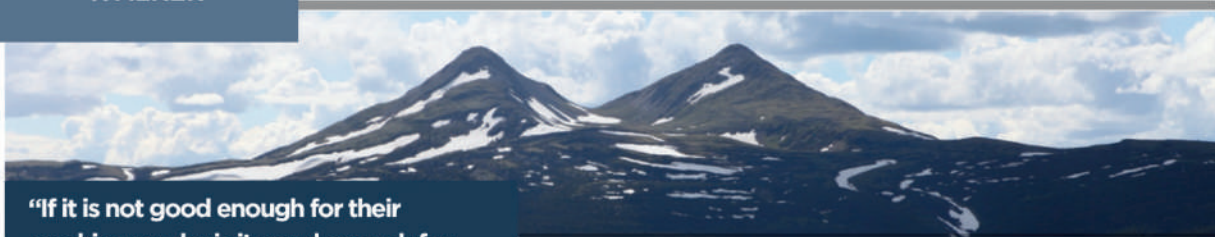


TREATY RIGHTS & ENVIRONMENTAL PROTECTION:


**Saulteau
FIRST NATIONS**
**CONFERENCE
REPORT
BY OSHEN
WALKER**

TREP & LANDS

TARSAND & TAILINGS CRISIS



“If it is not good enough for their machinery, why is it good enough for humans? - Bill Erasmus

On March 25th, and 26th I attended this event with Naomi Owens-Beek, Della Owens, Jess Eastman, Fernie Garbitt, and Brooke Walker. It was hosted by Mikisew Cree Nation and Keepers of the Water.

We learned vital information about the destruction of the water due to the oil and gas industry. We learned that Mikisew Cree Nation needs our prayers, our voices and support. They have rising cancer rates from the water contamination.

Chief Billy Joe Tuccaro stated that when he was a child, they could auger anywhere and have fresh clean water to drink. Now they have anxiety in the shower.



Prophecies of past and future

In the vision was the twin sisters with a lake beneath it. A place of resource and refuge-with fresh water. We have prophecies of elders speaking of the hard times as well. With each threat to our resources increasing, we can expect times may get hard.



Councillor Justin Gauthier said it himself:

“We are at a critical time for Saulteau First Nations.” [SFN forum April 1st 2026]



What do we do?

“We need to enact the True Spirit and True Intent of our Treaty.”- Sharon Venne



Mikisew is within Treaty 8



www.keepersofthewater.ca



www.cleanupyourmess.ca

The word tailing pond is deceptive language, as they are **lake sized**.

Alberta Energy Regulator has approvals up to 2115

Tailings ponds are already over **300 square kilometers of Treaty 8 lands**.

Alberta was extracting 1.3 billion of barrels of bitumen each year. The majority of this is exported. It takes 17 barrels of fresh water to produce 1 barrel of bitumen.

In 2015 Conoco Phillips used 11.6 billion barrels of fresh water.

Pierre Polliver is lying about oil extraction being an ethical and responsible industry.

-Jesse Cardinal



END LAND USE COMMUNITY ENGAGEMENT

Conuma Resources and ASKI Reclamation invite you to join us for a Community Engagement - **Coal Café**. A relaxed, welcoming space to sit together, share food, and discuss the pathway to reclamation.

We acknowledge the land holds deep meaning, history, and connection for Saulteau First Nations. As Conuma plans and continues reclamation, we welcome the opportunity to listen and learn from you. This gathering is about hearing your perspectives, experiences, and what matters most to you.

There's no formal presentation, just open conversation. Whether you'd like to speak, listen, or simply spend time in the space, all are welcome.

We're hoping to talk about things like:

- What "Healing the Land" means to you.
- What you would like to see in reclamation work.
- How traditional knowledge and land use can be respected and included.
- Any ideas you want to share

DATE: MAY 25TH, 2026

TIME: 4:00 PM - 8:00 PM

LOCATION: SAULTEAU CULTURAL CENTRE

We value the opportunity to engage directly with community members and to build a shared understanding that supports meaningful and respectful reclamation outcomes. Your input will play an important role in guiding this work moving forward.

Food and refreshments will be provided. To support our planning and ensure we can provide sufficient food and a comfortable space for all attendees, we respectfully ask that you confirm your attendance in advance.





April 21, 2026



Tanisi Saulteau Community,

For your information, here is my quarterly report to Chief and Council.

Aboriginal Liaison Program (ALP) report for January to March 2026.

For your review and comments, my 2025-2026 Q4 report. This quarter required some travel for various provincial committees, training focused on riparian restoration, lots of document reviews, meetings and participation on Provincial and Federal policy groups. Field days to Del Rio, Trend Roman Mountain, Stewart Lake, Wapiti, Butler Ridge, Beryl Prairie, Rolla and East Pine areas encompassed checks on Oil & Gas, Logging, Hydro and Mining activities.

Oil & Gas

In support of Fernie, continued to drop in to BCER and CER regulated sites, facilities and operations in Del Rio, Stewart Lake, Wapiti, Beryl Prairie, Sukunka and Farrell Creek. There is a lot of pipeline activity in our territory right now, so have been putting time and effort into random and scheduled visits to these sites.

Spent one week with the CER Pipeline Inspectors, doing audit of the NorthRiver Project that runs from the Kobes to Gordondale. Lots of discussion around erosion controls, wildlife trees, wetlands, arch sites and HDD (horizontal directional drilling) sites. Interesting change in monitoring of the HDD, was the use of drones for schedules inspections. For the Kiskatinaw, they hired a drone company to do flyovers every 30 minutes, while actively drilling. Drone had FLEUR (heat sensor), Lidar and HD Camera. This mitigated the risk to workers, having to negotiate the steep banks of the Kiskatinaw (is our Cree word, meaning Steep or Cut Bank).



On the Kobes side, noted a lot of dead and dry wood stacked on the PLRW (pipeline right of way). I contacted Halfway River to let them know this wood was available for their community. Also documented wolf tracks, wildlife trees and lots of ungulate tracks and feeding on or adjacent to the PLRW. Have follow-up meeting planned with this contractor at the end of April 2026, to discuss this further.

(dormant well in Tower Lake area)



The CER was following up on a flooding / mud slide incident into a creek, directly related to the clearing of the PLRW. We walked into this site to see what mitigation measures were used. They had added 3 layers of silt fencing, which was pointless (discussed this with the CER, if 1 could not stop the mud slide, how effective would 3 be). They had created a water diversion ditch at the top of the hill as well, which was directing the water / mud into the forested riparian zone. This is what I am planning to discuss further at the end of this month. Is a known archaeological site right there and what is the potential damage to the adjacent forest by creating an unnatural mud flow into here.

Forestry

Lisa and I are planning with West Fraser, Ovintiv and Aski for another multi-day field reclamation tour. We did this in 2025 and at the time had West Moberly and Doig join us for this 2 day field tour. For the summer 2026 field days, we now have interest from Enbridge, ARC, Ovintiv, Doig, West Moberly, Blueberry, Prophet, Fort Nelson, LP, BC Hydro, Aski and Conuma.

This collaboration across industries, created very good dialogue in 2025. We looked at Aski, Ovintiv and West Fraser reclamation sites, while discussing successes and failures. For 2026, we want to continue this method of showing all reclamation results and discussing these openly.

Dropped in to West Fraser blocks down by Tumbler and the Stewart Lake Road. No issues at either site. Contractors were friendly and cooperative.



Mining

Continue to support John when in field and at the office. Was asked to participate in a Restorative Justice session for John and one of our mining neighbours. Know this was a first for Saulteau, so was humbled to be asked to participate. We used our cultural practices (healing circle vs Justice) and was very emotional with good results. John can update what he feels is appropriate. Overall, was very emotional and needed. Was a big step forward, John proposing this approach to resolving an issue with a proponent in our territory.

Still lots of activity with mining on-going in our territory, so try to support John whenever I can in the field.

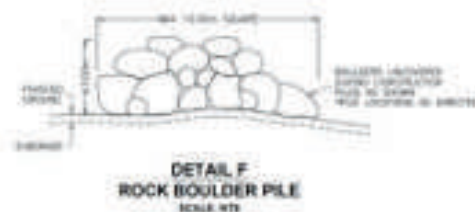


Conuma, John and I are still working on doing a Healing Camp for the Tumbler Youth involved in the terrible tragedy and Saulteau Youth at our Carbon Lake Lodge (Nôtinewnâpikwân Waciy Kapêsiwin Battleship Mountain Camp) in August. Had our 1st meeting with the TREP Team, Conuma, Lands and Aski. If you would like to see a copy of the minutes, please let me know. If everything works out, will be hosting 2 groups of youth (Aug 10 -12 and 12 – 14). Looking at some cultural events (drum making, beading, pahkesi...), hikes, kayaks, fishing and stories.

Summer plan is to get back in to the Cardero site (west of Carbon Lake) and finish off recording, mapping and GPS'ing needed work in this area for John. End goal is to put a reclamation plan to the province to clean this site up and get our own companies to do the work (Aski, 4EG). [Is](#) a very beautiful area and a shame that it was left such a mess.

Hydro

Central Area A – CWD Habitat Piles and B

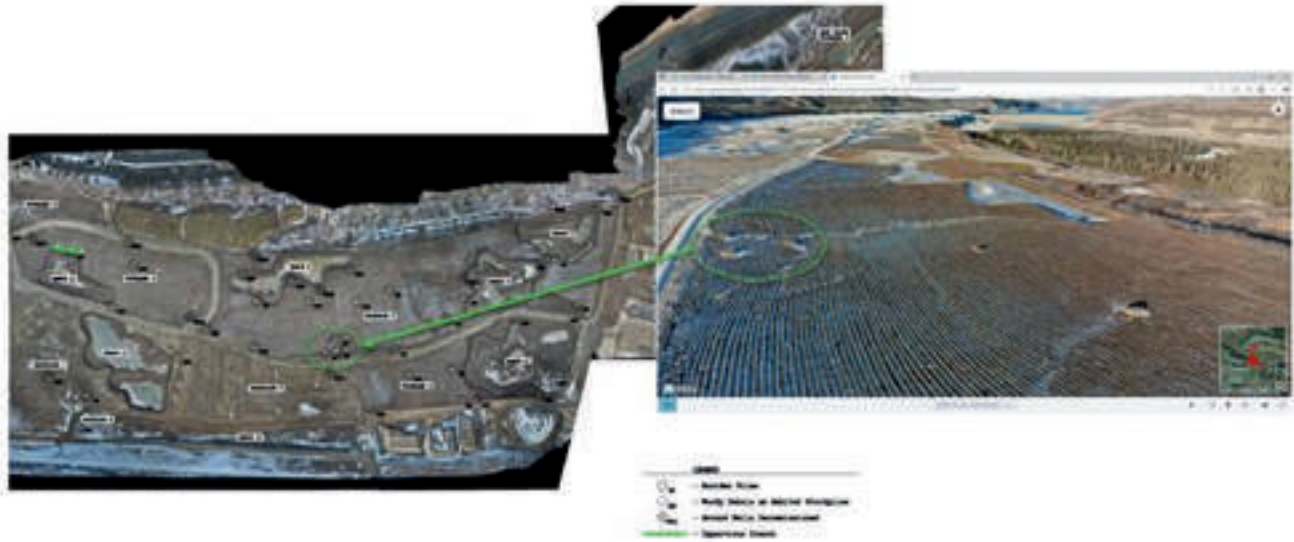


Still participating on the Site C Reclamation committee. With summer coming, we are planning a Site C visit to follow-up on some of the work done. Examples of things we want to check up on are manmade wetlands,

woody wildlife piles, boulder wildlife piles, amphibian mitigation work (fencing, deactivation of roads....) and vegetation reclamation sites. Lots of reclamation work also planned here for the summer of 2026 (Aski is a big part of this). The manmade wetlands have a good volume of water right now, so this should be an interesting year monitoring these sites. Even with the drought conditions for the past 5 years, there was lots of usage.



Central Area A – CWD Habitat Piles and Boulder Habitat Piles



Some of the challenges with the wildlife piles are:

- Additional group cover adjacent to the piles, to mitigate the success of predation (mouse leaves wood pile, but no cover, so gets eaten...)
- What is the right size to mimic natural habitat

Other

Training and courses in Shoreline and Riverine Reclamation, EMCR Emergency Operations Center (passed A+), Floodplain Mapping.

Projects and Document Reviews:

Emergency and Disaster Management Act (EDMA)
Pest Management Plans (BC Hydro, Oviniv, NorthRiver)
BC Repatriation of Cultural Artifacts Framework

Committees:

Disaster and Climate Change Resilience for Aboriginals (DCCRA)
BCER Policy
CER Policy

Thank you for taking the time to review this update and please call or drop by if you have any questions.

Gratefully,

Tom Aird
Aboriginal Liaison
(250)788-6442, cell



Tansi,

Moving forward with the Nations direction for the upcoming year as a **“year of stabilization.”** The Lands team continue to focus on planning, organization, structure, and beautification projects within the Nation for 2026/2027 fiscal year.

With the development of the new **Economic Development Coordinator** role and overseeing the Nations Farm, Industrial Park, Food Sovereignty Initiatives, and ATR Processes for TLE/TLA Land Selections, will free more time for the Lands team to focus on items more specific to On Reserve Lands Management.

Land Use Planning (LUP)

In Collaboration with several departments, and after a very successful March 23rd Open House, a Community Interactive Workbook was released to the membership to participate in and provide feedback in person and online for various programs and activities, including the Land Use Plan. SFN's Lands Office, with community engagement as the foundation of the process, will oversee activities, ensuring that citizens' voices guide the Plan and ensure transparency, inclusivity, and is reflective of community values.

Key Objectives

- Share information clearly and consistently, using a style that reflects SFN's values and priorities.
- Encourage meaningful participation from citizens living both on- and off-reserve.
- Explain the purpose of the Land Use Plan (LUP) and how it will guide SFN's future, including land and governance priorities.
- Gather broad input to understand community priorities, needs, and aspirations related to land use.

Key Message

- **Planning our future together.** The Land Use Plan will help guide how SFN's lands are cared for, protected, and developed. It makes sure the decisions we make today support our community's wellbeing, culture, and future generations.
- **Building a strong foundation.** The Plan will support both stewardship of the land and opportunities for economic growth, creating benefits for our Nation now and into the future.
- **Your voice matters.** This Plan will be shaped by the ideas and values of SFN citizens; it's a reflection of our community's shared vision for the land.



Moving Forward (Next Steps)

- Review workbook results & summarize
- Identify & Complete revisions to LUP policies and mapping to create 2nd draft LUP
- Develop draft implementation plan
- Review 2nd Draft LUP and draft Implementation Plan
- Prepare Review Package
- Round 2 – Community Review
- Finalize LUP & Implementation Plan

As the planning progresses for each item moving forward, notice will be provided for further participation from membership.

Noxious Weeds & Invasive Species 2026

For the past several years, the Nation with assistance of ASKI Reclamation LP (ASKI), has been overseeing the completion of an annual assessment and management program of noxious weeds and invasive species across agricultural, riparian areas, residential, civic lands, and access areas within SFN reserve lands.

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

The Nation is currently in the midst of planning the 2026 Annual Program. A tentative schedule for spring assessments, site visits, the planning of hand pulling programs and targeted herbicide applications, will be discussed and scheduled in the next upcoming weeks. The utilization of the Nations membership in this program is of high importance. More information pertaining to this program will be shared in the June Newsletter.

Berries and Benches Project

We are excited about our new project in collaboration with Public Works and Maintenance! The Berries and Benches project started by people noticing one of our active elders, Ted Napoleon, walking and taking breaks on broken old chairs or stumps along Highway 29. The suggestion of benches was made, and the idea took off from there.

The Public Works department is in the process of constructing four wooden benches which will be placed at various locations between the bridge and Boucher Lake Road, along the walking and ATV paths. We also wanted a way to commemorate those who have passed, by erecting memorial plaques on the benches. (Please see attached poster for further interest and order information)

After a successful application, the Nation was awarded the BC Hydro Re-greening Grant, for a 3rd season. The funds will be utilized to purchase some native berry plants and non-native flowering shrubs to enhance the benches and our recreational areas, beautifying the land, providing food sources we can pick, and to continue increasing biodiversity & healthy ecosystems.

A very exciting project that I am excited to help create! If you have any questions, please feel free to reach out to me at Brooke Walker, Lands Officer, 250-788-3955 ext. 2099 or via email at bwalker@saulteau.com



Understanding ATR Reform and New Opportunities for Nations

Last week, I attended the **Pacific Business & Law Institute (PBLI) Additions to Reserve (ATR) Workshop in Vancouver**, where I participated in discussions on current ATR reform, emerging policy changes, and innovative ideas being explored to support First Nations land expansion and governance. The workshop provided valuable insight into both the challenges of the current ATR system and the opportunities being discussed to improve it. As a staff member who is part of a team that works on the Additions to Reserve for Our Nation, I wanted to share some key takeaways that may be of interest to our Nation.

What Is ATR and What Is Changing?

Additions to Reserve (ATR) is the process through which First Nations can add land to reserve for treaty obligations, community growth, or economic development. Under the traditional ATR policy, the process has often been lengthy and complex, requiring extensive technical reviews, environmental assessments, third-party interest resolution, and federal approvals. These steps have caused many ATR files to take years to complete.

Current ATR reform is focused on reducing delays and making the process more responsive to First Nations priorities. Recent interim changes have already removed some barriers, including eliminating the requirement to justify a “need” for land and reducing reliance on restrictive proposal categories. Broader reforms under discussion include:

- Time-bound service standards and clearer processing timelines
- Streamlined approvals and reduced administrative burden
- Improved approaches to environmental reviews and technical requirements
- Better dispute resolution for third-party interests
- Greater First Nation involvement and control in the process
- Potential fast-track pathways for certain lower-risk or economic development files

The shift is moving from a rigid, federally driven process toward a more flexible model focused on efficiency, reconciliation, and Nation-led priorities.



Comparing Initial ATR Policy and Reform Direction



Traditional ATR Policy

Emerging ATR Reform

Multi-year open-ended timelines	Time-bound milestones proposed
Heavy front-end requirements	Streamlined intake requirements
One-size-fits-all process	Potential differentiated pathways
Federal control over approvals	Greater Nation-led involvement
Significant duplication in review	Risk-based, efficiency-focused approach

This raises an important question:



If a Nation already has land governance capacity, should ATR processes recognize and rely on that capacity?

Perhaps, One Parcel at a Time

Another concept discussed was whether an I.A Nation could apply **Land Code tools to a singular parcel only**, rather than requiring the Nation's **entire** reserve land base to enter Land Code at once. This concept is something that I found REALLY intriguing.

This parcel-specific or incremental approach could support:

- Strategic economic development parcels
- Newly acquired ATR lands
- Pilot governance models
- A gradual “one parcel at a time” transition into expanded land governance

For Nations not ready to adopt a full Land Code, this may offer a flexible alternative worth exploring.

Personal Reflection

One of my biggest takeaways from attending the PBLI workshop was that ATR reform is no longer only about improving process timelines — it is also increasingly about rethinking how land governance itself can be structured to better support First Nations priorities. I found the discussion around differentiated pathways for Land Code Nations and parcel-specific governance particularly compelling, as these ideas may create opportunities for



Nations to advance land and economic development objectives in ways that are more flexible and responsive than traditional approaches have allowed.

While some of these concepts remain in the reform stage, I believe they are important for us to be aware of as these discussions continue to evolve.

Together, ATR reform and these emerging PBLI concepts signal a shift toward:

- Faster land additions
- Greater Nation control
- Improved support for economic development
- New governance tools tailored to individual Nation needs

As reforms continue, Nations have an important opportunity to help shape how these changes are designed and implemented, and I wanted to share these learnings from the workshop as part of that ongoing conversation.

Respectfully,

Jenine Campbell-Cove



Saulteau
FIRST NATIONS

Every business needs direction.
We are here to support your ideas,
your goals, and your success

Get Started Today
Visit the Economic Development Office
Book a one-on-one appointment
Drop in during Business hours

Contact
Tonia Richter
trichter@saulteau.com
250-874-8303



ECONOMICS CONTACTS

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

Tonia Richter
Officer of
Economic Development
trichter@saulteau.com



Saulteau
FIRST NATIONS

**SFN Member Owned Business
Meet & Greet**

With Director of Economic Development **Justin
Napoleon** & Economic Development Officer Tonia Richter

Date: May 26th
Location: Multi-Purpose Room, Cultural Centre
Dinner: 5:30pm
Casual discussions to follow

RSVP:
email trichter@saulteau.com
or call 236-364-2008 or 250-874-8303





MAY 2026 Health Centre Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Mobile Diabetes Clinic-HC	6 Mobile Diabetes Clinic-HC	7 Massage Therapy- NBH Diabetic Footcare-HC	8	9
10	11 Tsow Tun Le Lum-HC	12 Tsow Tun Le Lun-HC	13 Reflexology- NBH Tsow Tun Le Lun-HC	14 Physio Therapy-HC	15 May Long Weekend	16 May Long Weekend
17 May Long Weekend	18 Victoria Day	19	20	21 Diabetic Footcare-HC	22	23
24	25	26	27	28 HeartCore Sound Healing-NBH	29	30
31						

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



Health Centre NOTICE

Dr. Banas will be away from the office
Limited Virtual Appointments
available
June 15th - July 31st

Contact First Nations Virtual Doctor of the
Day at 1-855-344-3800
Or
Call 811 to speak to a HealthLink Nurse
For all other inquiries, please contact
Tracy at 250-788-7266 or
Kayla at 250-788-7258



FIRST NATIONS

Heart Core SOUND HEALING

Tune into Wellness. Vibrate with Harmony.
Immerse yourself in therapeutic sounds that calm the mind,
heal the body, and uplift the spirit.

Thursday May 28th, 2026
New Beginnings House

CONTACT:
SFN Health Centre to Book:
(250) 788-7280





Mobile Diabetes Team

Date: Tues May 5th **Time:** 9am to 4pm
 Wed May 6th 815am to 12pm

Diabetes Assessment

- Blood work review of A1C,
- Kidney & Cholesterol values,
- Medication Reviews:

Diabetes Education

- Physical Activity Planning,
- Nutrition Counseling,
- Retinal Screening & Foot Exam

Diabetes Screening

- Check if you have diabetes!

Book an appointment at the health center to see one of our Certified Diabetes Educators!

TSOW-TUN LE LUM

Traditional Healing Team Visiting May 2026

SMUDGING & CEDAR BRUSHING!

Saulteau First Nations Health Clinic
 Tuesday May 12th, 2026
 Wednesday May 13th, 2026
 9:00AM - 4:00PM

Contact Health Center to Book
 (250) 788-7280



Diabetic Footcare

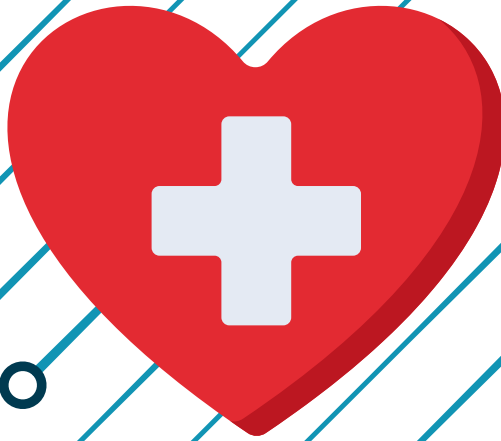
With Kaylee Labby

Diabetic foot care is essential to prevent serious complications like infections, ulcers, and possible amputations caused by reduced circulation and nerve damage. Regular foot checks and early treatment can stop small issues from becoming major health concerns. Book your diabetic foot care appointment today to stay healthy, mobile, and pain-free.

May 7th & May 21st

@ Melva - 250-788-7280
 Saulteau Health Centre

Book Now



Caring for Our Community

SFN Home Care & Nursing
Who to Call & When

<p>Emergency Call 911</p> <ul style="list-style-type: none"> Chest pain Trouble breathing Falls with injury Unconscious or not responding Sudden severe illness <p><small>Calling 911 ensures the fastest and safest care.</small></p>	<p>Nursing (Health Centre)</p> <ul style="list-style-type: none"> Pre-planned care Injections Wound care (with doctor's order) Nurse assessments
<p>Home Care Services</p> <ul style="list-style-type: none"> Bathing & dressing Medication support Chronic condition support Palliative care Light homemaking 	<p>Important</p> <p>Home Care supports ongoing, stable care. For urgent concerns, please call 911 right away.</p>

Community Registered Nurse: Vacant

- Saulteau Health Centre – Home Care
- 250-788-7280
- BC 24/7 Nurse Line: 811
- FNHA Virtual Doctor of the Day 1-855-344-3800

Saulteau
FIRST NATIONS

Reflexology

May 13th
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

THURSDAY MAY 14TH, 2026

Physiotherapy

@ SFN Health Centre

Relieve pain. Improve movement. Care for your body with physiotherapy.

Pain relief, Injury recovery, Muscle & joint care, Posture support

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

Book Your Session To Book Contact: Debbie (250) 788-7304



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



Equine Therapy with Peace Equine Connection

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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



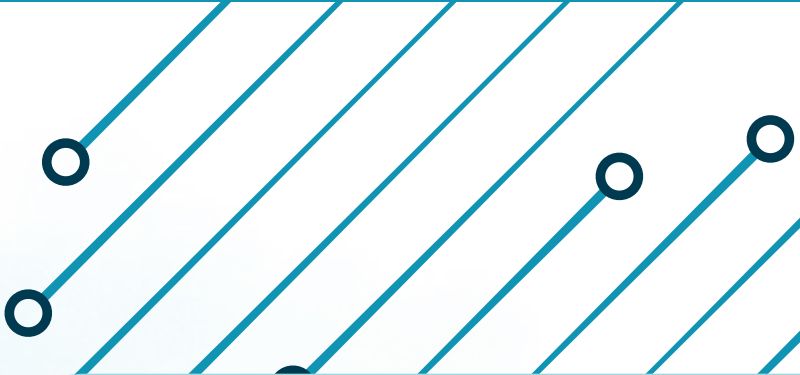
Ride assistance available
on Mondays

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





COHI

Children's Oral Health Initiative



ABOUT COHI

The Children's Oral Health Initiative (COHI) is an early childhood tooth decay prevention program designed for First Nations children ages 0 to 7, their caregivers and pregnant individuals living and/or accessing services in First Nations communities. The goal of the program is to improve oral health and well-being through education, early intervention and prevention. The COHI initiative seeks to improve accessibility by offering programs, services and resources to support First Nations families in BC in accessing regular oral health care.

WHAT ARE THE COHI SERVICES?

COHI services include an annual dental screening by a COHI Provider, fluoride varnish applications, and referrals for dental treatment, as well as one-on-one or group oral health education sessions.

HOW IS THE COHI PROGRAM ADMINISTERED?

These services are delivered in First Nations communities by a designated COHI Provider (a dental professional) and a COHI Aide. The COHI Aide is most often a community member who acts as an essential link between the oral health provider and the community. They act as oral health Knowledge Keepers in the community and work collaboratively with the COHI Provider to deliver COHI services.

COHI services are provided in over 80 First Nations communities throughout BC. COHI prevention and promotion activities include presentations to groups such as Aboriginal Head Start On Reserve and Healthy Babies, and to daycares and preschools. COHI also participates in community events such as health fairs.

THE IMPORTANCE OF COHI

COHI supports and encourages families to make oral health and oral care a regular part of family life.

COHI providers and COHI aides help communities understand the important role they play in keeping children's teeth healthy through knowledge-sharing and education. The success of COHI is dependent on the active participation of community leaders and members in building community capacity for healthy smiles.

Friendly reminder: If you have not yet handed in your child's COHI consent form, please do so as soon as possible.

Forms can be dropped off at Muskoti Elementary School, Cree-ative Wonders Childcare, or the SFN Health Centre.

If you do not want your child to receive fluoride varnish, we still require your consent to complete a dental screening.

Additional forms are available for pickup at the SFN Health Centre, Muskoti Elementary School, and Cree-ative Wonders Childcare.





Men's Archery

5TH JUNE

9AM-3PM

Food and Refreshments Provided

Transportations Available with Limited Seats

Location: 7331 HWY 97S Chetwynd BC
Broken Arrow Archery

18+

Waiver, Photo Consent, and Transportations Forms To Be Completed

To sign up contact:

sgarbitt@saulteau.com | tllewellyn@saulteau.com
250-874-9604 | 250-788-3955 ext 1033







Women's Archery 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

MAY 9th

Food and refreshments provided
Limited Transportation Available

Ages 9 and up

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

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








Family Puzzle Group

MAY 13TH | 1PM-4PM

Prize for 1st, 2nd and 3rd

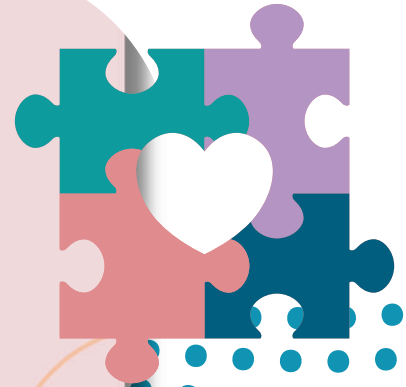
SNACKS AND REFRESHMENTS
PROVIDED



NEW BEGINNINGS



SHAY-SGARBIT@SAULTEAU.COM | 250-788-3955 EXT 1008
TANISHA-TLLEWELLYN@SAULTEAU.COM | 250-788-3955 EXT 1033



WOMEN'S GROUP CANDLE MAKING

This group is for ages 18 and up.
Snacks and refreshments provided.
Please join me for a day of candle making.

✦ When: June 19th 2026

✦ Where: New Beginning House

✦ Time: 1:00-5:30

 sign up while spots are available

Shay- (250)-788-3955 Ext. 1008 Tanisha- (250) - 788-3955 Ext. 1033

women's group: Wood burning cutting boards



Wood burning

When: May 22nd 2026

Time: 1:00-5:30

Place: New Beginnings House


Snacks & refreshments provided

This group is for ages 18 and up






Please register by contacting Shay at (250) 788-3955 Ext 1008
Tanisha (250)-788-3955 Ext 1033



BOYS GROUP ARCHERY PRACTICE

WHERE: PEMMICAN GROUNDS 
WHEN : MAY, 5TH, 2026 
TIME: 3:30-5:30 



THIS GROUP IS FOR AGES 9 AND UP. THOSE UNDER 9 NEED TO BE ACCOMPANIED BY AN ADULT.

CONTACT US

Please sign up to ensure a spot.

shay- (250)-788-3955 Ext. 1008
 Tanisha- (250)-788-3955 Ext. 1033

SNACKS AND REFRESHMENTS WILL BE PROVIDED. PLEASE DRESS ACCORDING TO THE WEATHER, AND REMEMBER THAT WAIVERS MUST BE SIGNED IN ADVANCE.


Youth girls group MOD PODGE ART

When: May 28th 2026
Where: New Beginnings House
Time: 3:00-5:00

For ages 9 and up, those under 9 must be accompanied by a parent.
Please sign up with Shay at (250)-788-3955 Ext 1008 or Tanisha at (250)-788-3955 Ext 1033.





Boys Youth Group

Please come join me for LEGO building and board games.

when: May 19th 2026

Where: New Beginnings House

Time: 3:00-5:00

Snacks & refreshments provided. Please sign up with Shay at 250-788-3955 Ext. 1008 For ages 9 and up, while those under 9 need to be accompanied by an adult.

GIRLS GROUP TIE-DYE SHIRT MAKING

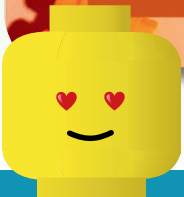
When: May 21st 2026
Where: New Beginnings House
Time: 3:00-5:00

Snacks and refreshments provided. This group is for ages 9 and up; those under 9 need to be accompanied by an adult.

To sign up, please contact Shay or Tanisha.
Shay: (250) 788-3955 Ext. 1008
Tanisha: (250) 788-3955 Ext. 1033



Saulteau FIRST NATIONS



MENTAL HEALTH & WELLNESS



Located at the SFN Mental Wellness Board Room above the IDA Pharmacy In Chetwynd BC

APRIL 30 26
MAY 14 26
MAY 27 26

6PM-8PM

DRUM GROUP

Contact Nathan @ 250-556-4539

THESE EVENTS ARE BROUGHT TO YOU BY NATHAN SCOTT WITH THE SPIRIT OF THE WOODS CULTURAL ARTS PROGRAMS. SPACE IS DONATED BY THE SFN MENTAL WELLNESS DEPARTMENT

IF YOU'RE INTERESTED IN DRUMMING OR WANT TO LEARN ABOUT TRADITIONAL DRUMMING THIS GROUP IS FOR YOU!

HAND DRUMMING AND POWWOW DRUMMING
IF YOU HAVE A DRUM, FEEL FREE TO BRING IT
EXPERIENCE IS NOT REQUIRED

NATHAN SCOTT
SPIRIT OF THE WOODS CULTURAL ARTS

MENS NIGHT

Event: Axe Throw

Where: Pemman grounds
Time: 5:00-7:00
Date: May 27th 2026

Please contact Johnny to sign up at (250)-788-5321 or Shay at (250)-788-3955 ext 1008.

Snacks & refreshments provided

CORE Course

MAY 19th-21st Lunch Provided
9AM-3PM Limited Spots Available
New Beginnings House

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

Saulteau
FIRST NATIONS

FLOWER NEW MOON COLD BATH CEREMONY

Renew • Release • Reawaken
SATURDAY MAY 16, 2026
10 AM - 12PM
Waxing Moon

Step into the gentle power of the Flower New Moon, a sacred time of growth, intention, and renewal. Join us for a guided cold bath ceremony designed to help you release what no longer serves you and embody fresh beginnings—just as nature blooms anew. Through breath, intention, and supported cold immersion, we'll honor the New Moon's energy of planting seeds for the months ahead.

Location: Yips boat launch - South Moberly Lake

Fire Starts at 10 AM ceremony begins at 11 AM Hot beverages provided

WAIVERS MUST BE SIGNED
CONTACT RANDIE TESTAWICH 250-401-8662 or EMAIL rtestawich@saulteau.com

MENTAL HEALTH & WELLNESS



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



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

Join Zoom Meeting

<https://us06web.zoom.us/j/87599225138?pwd=hmYfZ2QkAGLqe5gmPI9oIiAHjzgbQ3.1>

Meeting ID: 875 9922 5138

Passcode: Wellness25



Sundays at 1:00 PM



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

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



WELLBRIETY FACILITATOR TRAINING

LEARN TO FACILITATE CULTURE BASED, 12 STEP RECOVERY GROUPS



WHAT IS WELLBRIETY?

Wellbriety is a recovery approach that blends sobriety with emotional, spiritual, and cultural healing, especially rooted in Indigenous traditions. It's more than just quitting substances—it's about rebuilding your whole life in a healthy way.

JUNE 9TH TO 11TH 2026 9AM TO 4:30PM

LUNCH AND TRAINING KIT PROVIDED

Contact Johnathan Davis to register
250-875-1064 jdavis@saulteau.com

Must attend all days of training to receive certificate. Training open to all, including Saulteau, West Moberly and Chetwynd community members.



As I Am *Is Enough* WORKSHOP

As I am, Is Enough is a powerful, engaging, healing, and motivational interactive workshop facilitated by Madelaine McCallum. Through sharing her most fragile moments with participants, Madelaine will share the most fundamental lesson there is to learn: "As I am, Is Enough."

Taking you through an emotional journey, Madelaine will leave you speechless with her realness and vulnerability as she helps you to discover the importance of finding self-worth, self-acceptance, and self-love.

DATE + TIME

Elders Workshop – May 8th @ 9:30 -3:30

Youth Workshop – May 9th @ 11:30 – 5:00

Adult Workshop – May 10th @ 11:30 – 5:00

Followed by "Honouring our Mothers" feast at 5:30

LOCATION

West Moberly First Nations Health Centre Basement
7470 West Moberly Road

REGISTER TODAY!

Please contact Colin @ 250-788-6659 for registration and details of list of items to bring.

