

June 2026

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egg hatching moon

# otâcimow

Official Newsletter of Saulteau First Nations



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# beavers & bears camp



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We'd like to start by continuing our warm welcome to the re-elected council members **Chief Rudy Paquette, Justin Gauthier, Donovan Cameron** and especially your newly appointed **Tammy Watson** and **Ashley Barrett** – we are dedicated to working in unity and with one voice. We've been diligently attending our on-going orientation involving our member departments and reviewing relevant policies and procedures as they relate to governance and leadership. There is a lot we must cover, learn and use the opportunity to ask pertinent questions or share guiding suggestions. Orientation is done to encourage collaboration and enhance understanding of our roles and responsibilities, and we can truly say unanimously that the growth our Nation has undergone and continues to do is insurmountable! All this growth we realize is in direct action to support our members and meet your needs. As we reach the tail end of our orientation, we will warmly wrap it up with a staff meet and greet happening soon where we get to meet everyone as a whole and extend our heartfelt thanks and gratitude for the work they do for all of you. It's a very large team made up of our members, community members and true indigenous advocates that we've heard and seen are 100% dedicated and honoured to be a part of our network of support.

We are building our proposed schedule for annual meetings which include our **bi-annual Band Generals and quarterly Family Meetings**. We look forward to sharing this schedule soon! There is always much to hear and learn as we share updates and seek input and guidance to carry all your voices forward.

April 29th – May 1st , council met with ministers in Victoria to discuss the upcoming hunting season and our hunting areas. We met again via teleconference with the Minister to reiterate the importance of our Treaty rights and the concern of our moose population. We were successful in establishing a pause on major changes and having our concerns heard over assessing the current technical working group and the need to work together moving forward and encouraging shared decision making.

## Chief & Council Contacts

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## Executive Director

Nathan Paquette  
Executive Director  
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The **United In Treaty Conference** May 4-6<sup>th</sup> in Edmonton hosted by the Kehewin First Nation as a grass roots organized experience and was a great benefit to all our council. It was a space to continue hearing consistent messaging, experiences and new teachings given by elders, youth, knowledge keepers, respected leaders and allies. We attended pipe ceremonies respectfully and represented our Nation proudly in grand entries.

Many lessons were shared in enhancing our understanding of the true meaning and spirit & intent of treaties being foundational undertakings that established crown indigenous relations. One of our very own respected elders Stewart Cameron was selected by the organizers to present a detailed workshop on Treaty understandings titled From **Signing to Sovereignty: Living Treaty Through Sacred Relations Law** that was well attended.

The week of May 25<sup>th</sup> we traveled once again to Edmonton. We continue our advocacy and efforts to build a coalition of Treaty 08 Nations. We want to organize and coordinate an effort to build a Nation led initiative on the true understanding of what's known as the annual \$5 a year Annuity so we can implement the Treaty from our own understanding supported by oral histories and customs for current and future generations. We will never agree to anything less than what we truly deserve in the spirit of peace, sharing and co-existence and will always work in the best interest of our Nation members – it's important that we lead discussions with our treaty partner The Crown in a manner that will honour our ancestors, respect those with us today and the ones yet to be born.

**Respectfully,  
Your Chief and Council**

*PS: **Have a listen** to your esteemed Council member **Tammy Watson** who was featured on the podcast **Before the Peace** May 25th, 2026 available now on a number of streaming platforms such as **Spotify** and **Apple Podcasts**.*



## Saulteau FIRST NATIONS

### ALL DEPARTMENTS OPEN HOUSE

This is a great opportunity to come connect with staff, learn more about each department, ask questions, and see the programs and services available within SFN!

 SFN CULTURE CENTRE

 FRIDAY  
JUNE 12<sup>TH</sup>

 1:00 - 6:00 PM



### DOOR PRIZES

Concession will be open with a modified menu! You will receive a concession voucher for \$15 - only valid for June 12th!

### QUESTIONS? PLEASE CONTACT:

TRISTAN ROBERTSON  
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### Governance Contacts

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Shadow Paquette  
Governance Executive Assistant  
spaquette@saulteau.com



## 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

A MONTHLY NEWSLETTER: FIRE\_SMART\_BC GRAB-AND-GO BAG: ESSENTIALS FIRESMART.CA

### WHAT YOUR FIRESMART BC GRAB-AND-GO BAG SHOULD CONTAIN

BE PREPARED, STAY SAFE!

**WATER**  
4 Liters per person per day (for 3 days)

**FOOD**  
Non-perishable, easy-to-prepare items (Include a hand-operated can opener)

**FIRST AID KIT**  
Bandages, antiseptic, medications, manual

**FLASHLIGHT**  
Plus extra batteries

**RADIO**  
Crank or battery-powered, with extra batteries

**WHISTLE**  
To signal for help

**COPIES OF DOCUMENTS**  
**DOCUMENTS**  
ID, insurance policies, contacts

**CASH**  
in small bills and coins

**PERSONAL CARE**  
Dust masks, wet wipes, hand sanitizer

**EXTRA CLOTHING**  
**SWEATSHIRTS**  
Warm layers, sturdy shoes

**ESSENTIAL MEDICATIONS**  
Personal prescriptions (7-day supply)

**FireSmart BC**  
FIRESMART.CA

### OHS & Emergency Management Contacts

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Montana Paquette  
OHS Coordinator  
mpaquette@saulteau.com

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





## Grab and Go Checklist



- Non-perishable food: minimum three-day to one-week supply, with a manual can opener
- Water: four litres per person, per day for drinking and sanitation
- Phone charger, power bank or inverter
  - Battery-powered or hand-crank radio
  - Battery-powered or hand-crank flashlight
- Extra batteries
- First-aid kit and medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
  - Copy of your emergency plan - If you do not have one, they are available for free online, or you can reach out to Mickey Loberg for a copy [mloberg@saulteau.com](mailto:mloberg@saulteau.com) 250-874-8311
- Copies of important documents, such as insurance papers and identification
- Cash in small bills
- Garbage bags and wet wipes for personal sanitation
- Seasonal clothing, sturdy footwear and emergency blanket
- Dust masks
- Whistle
- a “Help / OK” sign. Display the appropriate side outward in your window during a disaster.

# COMMUNITY SUCCESSES & HIGHLIGHTS



Danna Testawitch a Saulteau member is graduating from the Indigenous studies program at Norquest College in Edmonton Alberta, she has been sponsored for the last few years by the SFN.

Next year she will be attending MacEwan

We are so proud of our Land Guardian Team for completing the two-week BC Park Ranger Foundational Training certification. This milestone strengthens their skills and certification to work alongside Park Rangers in protecting Klinse-za Park.



***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](mailto:communications@saulteau.com)**  
**by May 26, 2026 for inclusion in**  
**next months Newsletter!**



## Amisk Farm Open House

In collaboration with the University of Toronto  
 Learn about the farm, our non-profit society and an important environmental health study happening in our community

**July 17<sup>th</sup> 2026**  
 10 am - 2 pm  
 5171 Napoleon Rd,  
 Moberly Lake

### Miciwin Study

- Open to Indigenous peoples living in the Peace Region of BC
- Participate in health sampling and a short questionnaire (\$125 honorarium)

**ATTENTION: HUNTERS, FISHERS, GATHERERS**

- Provide traditional food samples for \$40 per sample up to 5 samples

**FARM TOURS**  
 10 AM - 1 PM

**FEAST & PRESENTATION**  
 11:30 AM - 1 PM

### Lunch Feast

Live music by The Smokehouse Jacks

RVSP by July 14  
 info@amiskfarm.ca

## Medicine Women R.V Park

Fully Serviced Lots  
 Located in Moberly Lake, B.C.  
**Contact: 250-788-3837**

**SFN Band Member Owned**

**Bedding Flowers | Hanging Baskets | Bouquets**

*Grown locally from seed in Moberly Lake*

**2012 Medicine Woman Lane**

Follow us   
**Nipihkan Nursery**

Contact us   
**nipihkan@gmail.com**



## COMMUNITY UPDATE: SFN SOLAR & BATTERY PROJECT

Saulteau First Nations would like to provide an important update regarding the timeline for the community home solar and battery retrofits.

Saulteau has been informed by BC Hydro that certain upgrades are required to the local electrical grid to accommodate the additional solar and battery capacity, which include:

- 36 transformer upgrades
- 3 new transformer additions
- 28 secondary conductor upgrades/removals
- 7 service conductor upgrades

The roll-out of the solar / battery retrofit campaign is affected by these upgrade requirements, as BC Hydro has only authorized a limited number of installations to advance and interconnect (approx. 24), prior to the completion of the mentioned upgrades.

**BC Hydro will not allow further installations to interconnect / switch-on without first completing their grid upgrades work.**

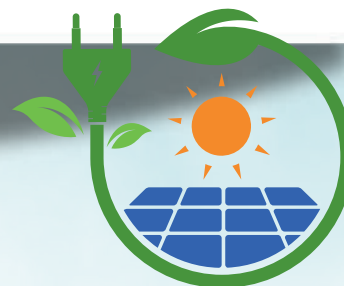
The timeline BC Hydro had communicated the Saulteau in the first half of 2026 was that all grid upgrades would be completed by May / June 2026, and that solar / battery installations could proceed after that milestone.

However, as of May 2026, BC Hydro has revised their estimated timeline to be delayed by 6-8 months due to design complications and equipment availability constraints, specifically for transformers. As a result, BC Hydro grid upgrades are not expected to be completed earlier than October 2026, based on the following preliminary schedule:

- Design Phase: May – August
- Mobilization & Construction: August – October
- Construction Completion / In-Service Date: October 31

**Please note these timelines remain dependent on material availability, crew scheduling, weather conditions, and final approvals. We expect to have greater clarity from BC Hydro and engineering teams by July.**

Saulteau staff and leadership understand this delay is challenging and frustrating to members, who have been waited patiently for their installations to be completed for over 1 year. The technical and funding complexity of the project must be emphasized, and member's ongoing patience is requested.



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### Asset Management Contacts

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### Housing Contacts

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Tenant Relations  
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### Facilities Maintenance & Public Works Contacts

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Facility Maintenance  
& Public Works  
Manager  
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Saulteau's solar/battery contractor Sunspear has advised work can continue wiring home solar / battery systems alongside BC Hydro's system upgrade work. However, each home must still receive final approval from BC Hydro before being interconnected and turned on.

We truly appreciate the patience, understanding, and continued support from membership as this important project moves forward. These upgrades are a major investment into the long-term sustainability, resiliency, and energy future of our Nation.

Saulteau staff are committed to providing members apprised of any developments regarding BC Hydro's ongoing grid upgrade work, so members can be informed of expected timeline to complete and switch-on their solar / battery systems.

**At this time, BC Hydro has only provided authorization for a limited number of homes to fully switch on their systems. Additional homes will become eligible for interconnection approval once BC Hydro completes tranches of their grid upgrade work, expected later in 2026. SFN staff will circulate any updates to members as they are received from BC Hydro.**

Chief and Council continue to strongly support this project and are actively working alongside BC Hydro and project partners to help move the solar and battery initiative forward for the benefit of the community. Leadership remains committed to seeing this important investment through to completion and ensuring members can access the long-term benefits of clean energy, energy savings, and improved power resiliency for years to come.

For questions or concerns please contact:

**Cory Bigham, MSc**

COO | Sunspear

T: 778.791.7828

208-360 East 13Ave Vancouver, BC V5T2K5

[cory@sunspearmicrogrid.ca](mailto:cory@sunspearmicrogrid.ca)

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T-250-788-7377



## Waste Water Project Look Ahead:

### Week of May 13 – May 19

- Ditching work begins near roadways and property edges
- Initial tie-ins in Riverside area
- Grinder pump installations at some homes

### Week of May 20 – May 26

- Continued ditching
- Additional tie-ins at homes
- Yard build-up and grading at select homes
- Landscaping begins in active areas

### Week of May 27 – June 2

- Landscaping continues
- Filling sink holes caused by frost
- Nearby work at lagoon area

### Week of June 3 – June 9

- Gravel installation in yards and surrounding areas
- Final landscaping work
- Gravel road shoulder improvements

### Week of June 10 – June 16

- Hydroseeding for grass restoration
- Final yard clean-up and grading

### What You Can Expect

- Temporary disruption in your yard or driveway access
- Equipment and crews working near or on your property
- Ongoing restoration after work is complete

### Friendly Reminders

- **Keep yards clear where work is happening**
- **Move toys, vehicles, and equipment away from work zones**
- **Keep children and pets away from active construction area**



We appreciate everyone's continued patience and cooperation as this work moves forward. These upgrades will improve long-term service, safety, and the overall condition of our community. Crews are working to complete all yard impacts as efficiently as possible while ensuring proper restoration. Your support helps keep the work on track and moving ahead safely for everyone.

If you have any questions or concerns, please contact:

**Shane Reynolds**

Manager of Assets and Capital Projects

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[www.saulteau.com](http://www.saulteau.com)

T 236-364-2044

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**Jonny Watson**

Construction Safety Supervisor

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C 250-874-7337

# CULTURE, HERITAGE & RECREATION



## **Saulteau First Nations Annual Pemmican Days 2026** July 9<sup>th</sup> , 10<sup>th</sup> , 11<sup>th</sup> , 12<sup>th</sup>

### Schedule

#### THURSDAY JULY 9TH

Event Registration (Band Hall)  
Community Feast - (Culture Centre)  
Teepee Raising

#### FRIDAY JULY 10TH

Final Event Registration (Band Hall)  
Treaty Payments (Band Hall)  
Pemmican Parade  
Grand Entry & Opening Comments  
Pugeesee & Horseshoes  
Youth (8-17) Bow & Arrow, Sling Shot  
Animal Calls  
Honeymoon Race  
Wrap Around Race

#### SATURDAY JULY 11TH

Pancake Breakfast (Band Hall)  
Teepee Raising Judging  
Bow & Arrow, Sling Shot, Axe Throw  
Competition Events  
Horseshoes, Pugeesee, Tug Of War  
Beading Competition  
Kids Fun Zone  
Dry Meat Cutting (Youth & Adult)  
Youth Indian Bingo (13-17)  
Adult & Elders Indian Bingo  
Jigging Contest  
Two Stepping Contest  
Saulteau's Got Talent Show

#### SUNDAY JULY 12TH

Pancake Breakfast (Pemmican Grounds)  
Men, Womens, and Teenagers 16 and Up Endurance Race  
Horseshoes & Pugeesee  
Youth 12 - 15 Endurance Race  
Youth 11 and Younger Endurance Race  
Tea Boiling  
Braiding Competition  
Kids Fun Zone  
Bannock Making Contest  
Elders Bingo  
Childrens Relay Race  
Leg Wrestling  
Closing Ceremony - Drummers & Round Dance

### Time

4:30-6:30pm  
6:30-8:30pm  
8:00 - 10:00pm

9:00-11:00am  
11:00am-2:30pm  
2:00pm  
3:00pm  
3:30-8:00pm  
3:30pm  
6:00-7:00pm  
7:00pm  
7:30pm

8:00-10:00am  
9:00-10:00am  
9:00am (Women First)  
10:00am-6:00pm

11:00am-2:00pm  
12:00-5:00pm  
1:00-3:00pm  
2:00-3:00pm  
3:00-4:00pm  
4:00pm  
5:00pm  
6:00pm

8:00-10:00am  
9:00am  
10:00am  
11:00am  
11:30am  
11:30am  
12:00pm  
12:00-3:00pm  
12:30-1:30pm  
1:30pm  
1:30-2:30pm  
3:00pm

#### REGISTRATION DETAILS:

**LIMITED** entry for some events! Thursday Evening and Friday Morning. (Same day Registration is not available)

PEMMICAN PARADE \$50  
PER FLOAT - BEADING  
COMP - \$10 PER ENTRY -  
BRAIDING COMP - \$10

#### CHILDREN 8-11

\$2 PER PERSON

#### YOUTH 12-17

\$5 PER PERSON

#### ADULT & ELDER

\$5 PER PERSON

#### MESSAGE FROM LEADERSHIP:

SWEARING, YELLING, OR  
ANY FORM OF  
DISRESPECT TOWARDS  
VOLUNTEERS WILL NOT  
BE TOLERATED.

PARTICIPANTS WHO  
ENGAGE IN THIS  
BEHAVIOR WILL BE  
DISQUALIFIED FROM  
THEIR EVENT!

Come out and join us for a great weekend. You must be in attendance to claim prizes! No pets and pedal bikes on the grounds.

Market Vendors

Food Vendors

Door Prizes!

50/50 Raffle

**This is a drug and alcohol free event!**

**IT IS MANDATORY TO HAVE ONE BAND MEMBER  
PER ALL TEAM EVENTS!!**



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

### Culture, Heritage & Recreation Contacts

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Tasha Lalonde  
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tlalonde@saulteau.com



## VOLUNTEERS ARE NEEDED!

### PEMMICAN DAYS

**JULY 10<sup>TH</sup> 11<sup>TH</sup> 12<sup>TH</sup>**

ALL PROCEEDS FROM CONCESSION WILL GO TOWARDS YOUTH PROGRAMMING!

CONTACT ETHAN TO SIGN UP  
ECAMERON@SAULTEAU.COM  
250-556-4167

### MANOS KITCHEN SHIFTS

<b>FRIDAY - JULY 10<sup>TH</sup></b> 2:00PM - 4:00PM 4:00PM - 6:00PM 6:00PM - 7:00PM	<b>SATURDAY - JULY 11<sup>TH</sup></b> 9:00AM - 11:00AM 11:00AM - 1:00PM 1:00PM - 3:00PM 3:00PM - 5:00PM 5:00PM - 7:00PM 7:00PM - 8:00PM
<b>SUNDAY - JULY 11<sup>TH</sup></b> 8:30AM - 10:30AM 10:30AM - 12:30PM 12:30PM - 2:30PM 2:30PM - 4:00PM	

2 YOUTH PER SHIFT  
HONORARIUM PROVIDED  
OPEN TO YOUTH AGES 13+



## DROP-IN SPORTS

Badminton - Volleyball - Basketball - Pickleball

### JUNE 2026

Every Wednesday starting June 3<sup>rd</sup>

**7:00pm - 9:00pm**

- Open to ages 13+
- SCC Gymnasium

Youth Support Coordinator - Ethan Cameron  
ecameron@saulteau.com

## Saulteau FIRST NATIONS

# CULTURE CAMP

THURSDAY AUGUST 20<sup>TH</sup> - MONDAY AUGUST 24<sup>TH</sup>

### CARBON LAKE

UPDATE



## NATIONAL INDIGENOUS PEOPLES DAY

**June 21<sup>st</sup> - 12:00 - 5:00 pm**  
**SFN PEMMICAN GROUNDS**

Boucher Lake RD - Turn Left on Pemmican RD - Drive until you see the Pemmican Grounds

EVERYONE'S WELCOME!!

### SCHEDULE

- 12:00 PM - Opening Remarks & Welcome Speeches
- 12:00-3:00 PM - Variety of activities taking place
- 2:00 PM - Jigging Contest
- 2:30 PM - Pugeesee finals
- 4:00-5:00 PM - Open Mic (Talent show)
- 5:00 PM - Round Dance

**QUESTIONS? PLEASE CONTACT ANY OF THE CONTACTS LISTED BELOW:**

Kirsta Lindstrom - [klindstrom@saulteau.com](mailto:klindstrom@saulteau.com)  
 Kelsey Mcfeeters - [wellness@tansifcs.com](mailto:wellness@tansifcs.com)  
 Ashley Miller - [millerrep@westmo.org](mailto:millerrep@westmo.org)

RIDES AVAILABLE!!

RIDES WILL RUN HOURLY FROM MOBERLY TO CHETWYND REC CENTRE!!

Please park in new parking area where the old library was located.

THE CULTURAL CENTRE WILL BE CLOSED FROM JULY 10<sup>TH</sup> TO THE 12<sup>TH</sup> FOR

## PEMMICAN DAYS

### Saulteau FIRST NATIONS

WE WILL BE OPEN AGAIN ON MONDAY JULY 13<sup>TH</sup>

HAVE A GREAT SAULTEAU DAY

## Cultural Activities

In honor of Indigenous Month  
We invite all our community members to share and participant :

- June 5<sup>th</sup> Sewing 6-8pm
- June 8<sup>th</sup> Beading earrings 6-8pm
- June 9<sup>th</sup> Fried Bannock (CC kitchen)
- June 10<sup>th</sup> Dance Practice 4:30-5:30pm (outside)
- June 12<sup>th</sup> Sewing 6-8pm
- June 15<sup>th</sup> Craft/teepee hanger 6-8pm
- June 16<sup>th</sup> Baked Bannock (CC kitchen) 4:30-5:30
- June 26<sup>th</sup> Sewing 6-8pm (TBD)
- June 21<sup>st</sup> 12-5 Indigenous Day Celebration (Pemmican Grounds)
- June 23<sup>rd</sup> Campfire Bannock (Pemmican grounds) 4:30-5:30pm (weather permitted)
- June 24<sup>th</sup> Dance Practice 4:30-5:30pm
- June 29<sup>th</sup> Beading/Craft-necklaces/headresses 6-8pm

please contact Tylene  
[tpaquette@saulteau.com](mailto:tpaquette@saulteau.com)  
250-788-7370 ext 2101

### Cultural Recap April/May 2026

Tumbler Ridge Strong

United in Treaty

Bead/Crafts classes

Donated by Lani & David Sawyer

Drum bag Workshops with Harmony

Beaded Medallion



## WE ARE LOOKING FOR FACILITATORS

We're looking for great talent!  
It's time to grow with us

## OPEN POSITIONS FOR INSTRUCTORS


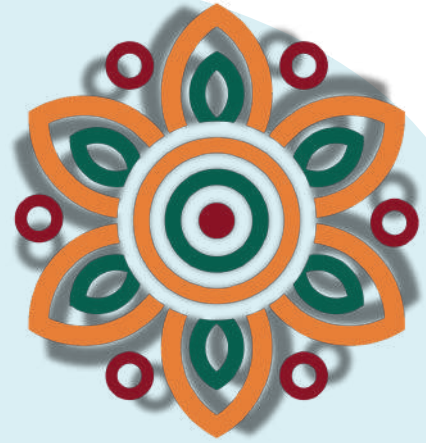
- ✓ Beaders
- ✓ Seamstress
- ✓ Crafters
- ✓ Land Based Educators

Come be apart of something special and meaningful, all you have to do is lead them through a project , I will be there for support.

These Positions are a couple hours long and will be paid an HONORARIUM.

**APPLY NOW**

**SEND YOUR INFO TO:**  
[TPAQUETTE@SAULTEAU.COM](mailto:TPAQUETTE@SAULTEAU.COM)




## Bannock lessons

June 9<sup>th</sup> Fried Bannock (Cultural center kitchen)  
June 16<sup>th</sup> Baked Bannock (Cultural center kitchen)  
June 23<sup>rd</sup> Campfire Bannock (Pemmican grounds)

Please register with Tylene  
[tpaquette@saulteau.com](mailto:tpaquette@saulteau.com)

**limited spaces**



# CULTURE, HERITAGE & RECREATION



From May 7<sup>th</sup> – May 10<sup>th</sup> Four Pillars hosted two camps. Mardy Parenteau and Travis Gauthier took out some youth, Elders and community members to go bear hunting. They brought in two black bear which were harvested for bear grease, the hide and the meat. Meanwhile, Darryl Garbitt took out four youth to teach them to trap and stretch beaver. They were also successful and got 3 beaver and some chickens.

Our skilled guides shared the history and the significance of these animals to our nation and nothing was wasted. Please watch out for future workshops working with bear grease, making medicines, canning and cooking bear and how to use beaver castor. If you are interested in upcoming hunts or would like to host a workshop

please reach out to Kirsta  
[@klinstrom@saulteau.com](mailto:@klinstrom@saulteau.com)



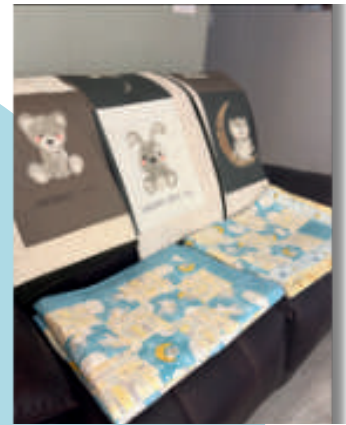
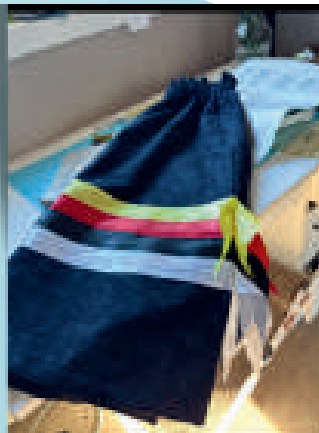
Huge thank you to all the beautiful matriarchs and guests that attended our First Annual Mothers Day Bingo. A good time was had by all and lots of money was raised for our Youth Programs. Took many hands to get this off the ground, so many people to thank including our dynamic Culture Centre staff, Carmen in concession, Leanne McFeeters our amazing caller and Ethan Cameron and his youth who are always ready to spring into action and help out. Congratulations to all our winners, because when one of us win, we ALL win!

# ARTIST IN RESIDENCE



Please help me in welcoming **Penny Berg** as our second Artist in Residence at the SFN Culture Centre for the months of June, July and August.

Penny has an illustrious background in sewing, quilting, fabricating, drumming, etc. etc. etc. In the past year alone she has been our Elder Advisor for our Therapeutic Ribbon Skirt workshops, created 6 baby blankets for our Baby Welcoming, regalia and ribbon skirts for our students and countless hours in made to order designs. Her creativity, passion for excellence and gentle patient teaching style make her the perfect Artist in Residence. Keep your eyes open for upcoming workshops led by Penny including, Ribbon Pantses (lol), cushions, quilting and making dandelion honey.





June 2026		TRANSPORTATION CALENDAR				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3 8:00am: Saulteau Assets Tour for Elders	4	5	6
7	8 8:30am: Dawson Creek Shopping Day	9	10 Driver in FSJ all Day	11	12	13
14	15	16	17	18 1:30pm: Trip to Moberly Recycling	19	20
21 FATHER'S DAY & NATIONAL INDIGENOUS PEOPLES DAY	22 SFN OFFICES CLOSED	23	24 9:00am: Breakfast @ Don's Diner	25	26	27
28	29 DRIVER ON VACATION	30	1	2	3	4

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.

Call Cara to book  
your ride  
236-364-2016



# EDUCATION



The Saulteau First Nations Post-Secondary Student Support Program application deadline for the 2026–2027 academic year has now passed and will not be accepting any late applications.

Thank you to all returning students and new applicants who submitted their 2026–2027 applications for university, college, trades, and other post-secondary studies.

From the Post-Secondary Student Support Program Management Team, we would like to wish each and every one of you the very best of luck this upcoming school year as you continue your educational journey and work towards your goals and future careers.

Your hard work, dedication, and commitment to your education are something to be proud of.

Good luck to all of our students this upcoming year.

## JUNE 2026

### MUSKOTI ADULT EDUCATION EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
<p>There's only a few weeks left to finish courses in this school year! Please reach out if you need any help completing your work!</p>						
7	8	9	10	11	12 SFN All Department Open House	13
14	15	16 MLC Stay In School Celebration	17	18	19	20
21 National Indigenous Peoples Day	22 SFN Closed in Lieu	23	24 Last Day to Hand In Work	25 Last Day of 2025/2026 School Year	26	27
28	29	30	<p>Summer Break June 29 - September 8, 2026</p>			

#### Notes:

MAE will be closed for Summer Break from June 29 - September 8, 2026.

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](mailto:bconrad@saulteau.com), or check in the classroom - dates & times may vary ★



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

**MUSKOTI ADULT EDUCATION**

## After School Homework Help

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

Register at any time!

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

Get in contact with us:

MLC Teacher - Brendon Conrad

In Person: Stop by the MAE classroom

Email: [bconrad@saulteau.com](mailto:bconrad@saulteau.com)

Phone: 250-788-7368

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

**Muskoti Learning Centre**

## STAY IN SCHOOL CELEBRATION!

**TUESDAY JUNE 16, 2026**

In the **SFN Bandhall**  
Doors open at **4:30pm**  
Dinner at **5pm**

Door Prizes | Gr. 12 Graduate Recognition | and more!

Join us for **MLC's Stay in School Celebration 2026!**

Open to all Chetwynd & Moberly Saulteau First Nation students who attended school or distance learning for more than 50% of the school year.

[ckoenig@saulteau.com](mailto:ckoenig@saulteau.com) 250-788-7275

**MUSKOTI ADULT EDUCATION**

# SUMMER BREAK

JUNE 29 -  
SEPTEMBER 8, 2026

**MAE will be closed for summer break from:**  
JUNE 29, 2026 - SEPTEMBER 8, 2026

**MAE will be open again on:**  
SEPTEMBER 9, 2026

[bconrad@saulteau.com](mailto:bconrad@saulteau.com) 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!

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

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

**Contact Us:**  
Brendon Conrad - Adult Ed. Teacher  
250-788-7368  
[bconrad@saulteau.com](mailto: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.



## ICBC Mobile Driver Licensing Office

In partnership with **Saulteau First Nations**, ICBC's Mobile Office will be visiting your community!



### When & Where?

We will be located at the Cultural Building on June 18<sup>th</sup> from 9:00am to 3:00pm – Lunch provided  
 June 19<sup>th</sup> from 9:00am to 4:30pm – Lunch provided  
 Please contact Stacy MacMillan at 250-788-3955 #1006 or smacmillan@saulteau.com or Ginette Lapierre #2102 or glapierre@saulteau.com for questions.



### Our team currently offers the following services:

- Knowledge testing for various classes of driver licenses.
- Driver licence renewals.
- BC Identification card applications and renewals (ages 12+).
- BC Services card applications and renewals (ages 18.5+).

Don't forget to study!



Try our online practice knowledge test:  
[practicetest.icbc.com](http://practicetest.icbc.com)

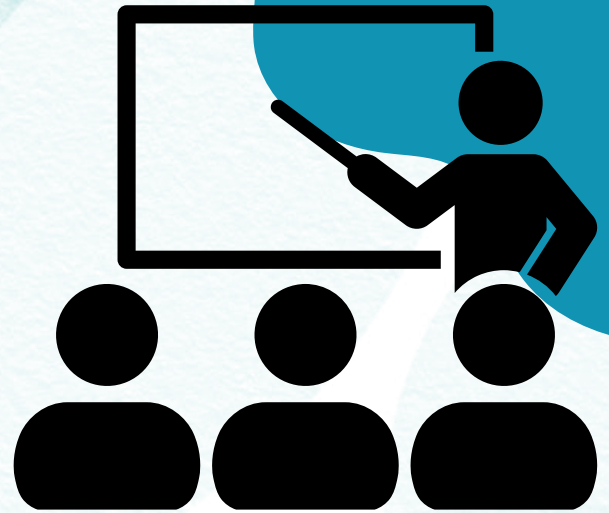
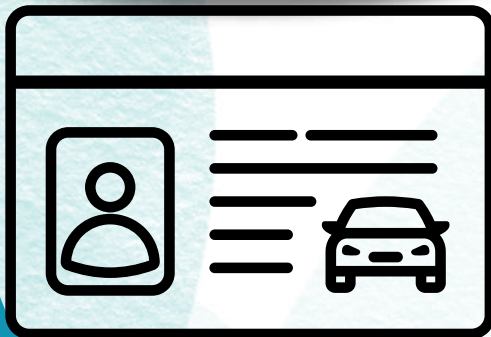


### Important!

- Primary & Secondary ID is required for all services.
- **\*Please review our ID policies to ensure you have everything you need for a successful visit (original documents required) – [icbc.com/acceptedid](http://icbc.com/acceptedid)**
- Parental Consent forms are required for knowledge test applicants under 19 years of age.

**Fees:** Knowledge Test - \$15.00 per attempt | DL renewals - \$75.00 or \$17.00 for seniors  
 BCID - \$35.00 original or \$15.00 for renewals and seniors | BC Services Card - \$0.00.

We understand the importance of these services and ICBC is committed to making them as accessible as possible. By bringing our Mobile Office directly to your community, we aim to ensure everyone has the opportunity to apply for a BC Driver's Licence, BC Services Card or BC Identification Card if they choose to.



### YOUTH SUMMER CAMPS (GRADES 8-12)

Registration is now open for hands-on camps through Northern Lights College. Give your youth the chance to explore careers, learn new skills, and build confidence this summer.

Access your ISET funding to attend these camps.

We can help cover:

- Fuel
- Meals
- Accommodations
- Camps include:
  - Nursing
  - Trades Exploration
  - Carpentry
  - Culinary
  - Esthetics & Hair
- Important:

\*\*\*\*Youth must have a valid SIN number to access funding\*\*\*\*



Spots are limited. Apply early.  
 at [ce@nlc.bc.ca](mailto:ce@nlc.bc.ca)

To access our application, contact Ginette or Stacy at [glapierre@saulteau.com](mailto:glapierre@saulteau.com) or [smacmillan@saulteau.com](mailto:smacmillan@saulteau.com)



## Youth Summer Camps (Grades 8–12)

Registration now open



### Beyond Beauty: Esthetics and Hair

\$350+GST

Step into the world of beauty and wellness and kickstart your journey into the world of esthetics! This camp will introduce you to the world of skincare, makeup and hair styling – while teaching important skills related to personal grooming and wellness. Whether you're passionate about skincare, makeup or hair styling, this camp offers expert guidance in a creative, empowering environment. Explore basic skincare, makeup techniques and nail care basics while doing projects like DIY scrubs, face masks and much more.

**In Person, Fort St. John**

July 20–24, 2026

9:30am–3pm

2026UC CE-CAMP10-FP001

**In Person, Dawson Creek**

August 24–28, 2026

9:30am–3pm

2026UC CE-CAMP10-DP001



### Build it! Carpentry

\$350+GST

Do you have a passion for building, creating and working with your hands? In this five-day camp, you will learn the basics of carpentry – measuring, cutting, and assembling, and safe and proper tool usage, from a skilled carpenter. You'll use your new skills to build up to 3 projects to take home. No experience needed. Steel toed footwear is required.

**In Person, Chetwynd**

*Sponsored by Shell Canada*



*Sponsored by Shell Canada*

July 6–10, 2026

9:30am–3pm

2026UC CE-CAMP03-CP001

**In Person, Fort St John**

July 13–17, 2026

9:30am–3pm

2026UC CE-CAMP03-FP001

**In Person, Fort Nelson**

July 20–24, 2026

9:30am–3pm

2026UC CE-CAMP03-NP001

**In Person, Dawson Creek**

August 17–21, 2026

9:30am–3pm

2026UC CE-CAMP03-DP001



### Culinary Creators

\$350+GST

Get ready to cook, create, and taste! This hands-on cooking camp introduces youth to essential kitchen skills in a fun and supportive environment. Campers will learn safe food handling, basic cooking techniques, and how to confidently follow recipes while preparing a variety of delicious dishes.

Each day includes live demonstrations, guided hands-on practice, and the opportunity to explore global flavors and creative food ideas. By the end of the camp, students will have built practical kitchen skills, boosted their confidence, and enjoyed meals they prepared themselves.

**In Person, Fort Nelson**

July 6–10, 2026

9:30am–3pm

2026UC CE-CAMP11-NP001

**In Person, Dawson Creek**

July 27–31, 2026

9:30am–3pm

2026UC CE-CAMP11-DP001

2



Northern Lights College

## Youth Summer Camps (Grades 8–12)

Registration now open



### Explore Nursing

\$350+GST

Learn about health care professions with a focus on nursing while practicing some basic assessment skills in a safe and hands-on environment. This camp will teach you about the different types of nursing, how to be healthy, how to measure aspects of health, and more. You will have a chance to practice your new skills with various simulation equipment. No experience needed. Participants must wear jeans or long pants, a shirt with sleeves and closed toe shoes. No shorts, tank tops or sandals will be permitted.

**In Person, Dawson Creek**

July 6–10, 2026

9:30am–3pm

2026UC CE-CAMP08-DP001

**In Person, Fort St John**

August 10–14, 2026

9:30am–3pm

2026UC CE-CAMP08-FP001



*Sponsored by Shell Canada*



### Trades Exploration

\$350+GST

Curious about trades, but don't know where to start? This camp will explore skills in the mechanics, electrical and plumbing trades. You will learn the basics in mechanical and electrical repairs and proper shop and equipment safety through hands-on learning and the creation of several small projects. No experience needed. Steel toed footwear is required.

**In Person, Dawson Creek**

July 13–17, 2026

9:30am–3pm

2026UC CE-CAMP07-DP001

**In Person, Chetwynd**

August 10–14, 2026

9:30am–3pm

2026UC CE-CAMP07-CP001

**In Person, Fort St John**

July 27–31, 2026

9:30am–3pm

2026UC CE-CAMP07-FP001



*Sponsored by Shell Canada*

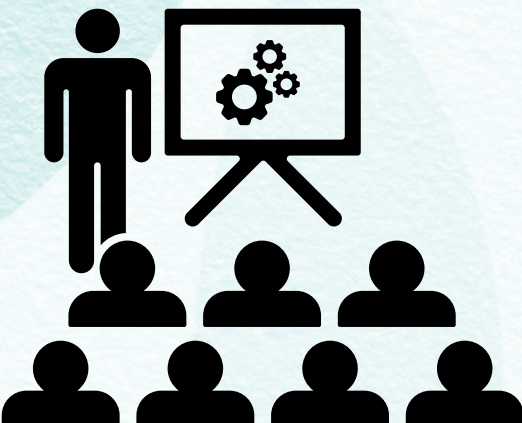


For current camp information or to register, scan the QR code.



Northern Lights College  
Continuing Education

Invest. Learn. Grow.





## JUNE 2026

pâskâwehô-pîsim  
(paaskow-wee-ho-pee-sim)  
Egg hatching moon

SUN	MON	TUE	WED	THU	FRI	SAT
	1 No School NID	2	3	4	5	6
7	8	9	10	11 Crazy Hair Day	12	13
14 Father's Day	15	16 Lake Day kayaking fishing motorized water sports SXS and more	17	18 Lake Day kayaking fishing motorized water sports SXS and more	19 Indigenous People's Day Celebration	20
21 Indigenous People's Day	22 No School Indigenous People's Day STAT	23 Lake Day kayaking fishing motorized water sports SXS and more	24 Year End Celebration 12:00 pm	25 Last day of Classes End of term 3	26 Staff Admin. Day	27
28	29 Break	30 Break				





## LICHEN HARVESTING

### JUNE 8 -11

### 8:30AM-4PM



## \$25 PER BAG

TRANSPORTATION FROM THE TREP BUILDING  
BRING A LUNCH  
WEAR WEATHER APPROPRIATE CLOTHING

**LIMITED SPOTS**  
CONTACT: [JEASTMAN@SAULTEAU.COM](mailto:JEASTMAN@SAULTEAU.COM)  
OR 250 788 7288



### TREP CONTACTS:

Naomi Owens-Beek  
Manager of TREP  
[nowens-beek@saulteau.com](mailto:nowens-beek@saulteau.com)

Jessica Eastman  
Guardian Supervisor  
[jeastman@saulteau.com](mailto:jeastman@saulteau.com)

Tom Aird  
Aboriginal Liaison  
[tтом.aird@saulteau.com](mailto:ttom.aird@saulteau.com)

### LANDS CONTACTS:

Mary Doyle  
Lands Manager  
[mdoyle@saulteau.com](mailto:mdoyle@saulteau.com)

Brooke Walker  
Lands Officer  
[bwalker@saulteau.com](mailto:bwalker@saulteau.com)

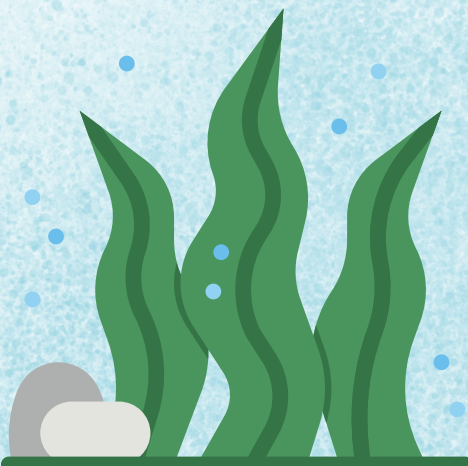


## FIRE LAKE ALGAE MONITORING

The Land Guardians will be out at Fire Lake every week this summer, keeping a close eye on lake conditions and monitoring for blue-green algae to help keep our waters healthy and our community safe.



Contact us:  
[jeastman@saulteau.com](mailto:jeastman@saulteau.com) or  
[jdemeulemeester@saulteau.com](mailto:jdemeulemeester@saulteau.com)  
250-788-7288





Tansi,

Thank you to the 264 participants who completed the Community Planning Workbook.

The workbook was a compilation of several depts including Skills Inventory, Land Use Planning, Industrial Park & Ph 3 Subdivision development, Additions to Reserve Planning, Housing, Capital & Infrastructure, Health & Safety, Agriculture and Food Security, Employment and Training, Emergency Management & climate resilience, Family Services & health & Administration.

Through your input, brings multiple Saulteau projects and initiatives together in one place, allowing members to share their input through a single coordinated effort.

The feedback collected will be shared across the Nations dept's to support better coordination and more efficient decision making, so Thank you for your thoughts and input into this workbook.

Winners: Terry Badine, Cory Desjarlais-Cooper, Janelle Cameron, Danyel Desjarlais, Kaylin Watson

## Land Use Planning (LUP)

In Collaboration with several departments, 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.

## Moving Forward (Next Steps)

- Review workbook results & summarize
  - Staff Review, Thursday May 28th
  - C&C Review, Tuesday June 2nd
- Develop draft implementation plan
- Identify & Complete revisions to LUP policies and mapping to create 2<sup>nd</sup> draft LUP
  - All Department Open House June 12<sup>th</sup>; 1-6 pm SFN Cultural Centre

As the planning progresses for each item moving forward, notice will be provided for further participation from membership, providing enough notice for membership to review materials prior to further planning.



## 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.

**JOIN THE FIGHT**  
AGAINST INVASIVE SPECIES

**SAULTEAU INVASIVE PLANTS HAND PULLING EVENT**

**When: June 8 - 19, 2026  
(Monday to Friday)**  
**Where: SFN Farm lands**

**10 spaces daily**  
Bring friends and family!  
We need all hands on deck!

**Paid Honorariums Included**

**Text or Call Brooke at 250-788-6269**

 **Saulteau**  
FIRST NATIONS

 **ASKI**

To become involved in this year's program please reach out to Brooke Walker at 250-788-6269.

Brooke is generating an interest list for the 10 days (2 weeks)  
- Monday to Friday June 8-19<sup>th</sup>, 2026 for those members/community members interested in participating in this year's picking program.



2026 June						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4 Diabetic Footcare-HC Massage Therapy-NBH	5	6	7
8	9	10 Reflexology-NBH	11	12	13	14
15 Traditional Healer-Robert Beaulieu	16	17	18 Diabetic Footcare-HC	19	20	21 National Indigenous Peoples Day
22 Hypnotherapy Week 22th-25th	23	24	25 Physio Therapy-HC	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



## DIABETIC FOOTCARE

WITH KAYLEE LABBY

### JUNE 4<sup>TH</sup> & 18<sup>TH</sup>

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.

●●●●●●  
**TO BOOK CALL MELVA**  
250-788-7280  
melvas@saulteau.com





*Caring for Our Community*

**SFN Home Care & Nursing**  
Who to Call & When

**Emergency**  
Call 911

- Chest pain
- Trouble breathing
- Falls with injury
- Unconscious or not responding
- Sudden severe illness

*Calling 911 ensures the fastest and safest care.*

**Nursing**  
(Health Centre)

- Pre-planned care
- Injections
- Wound care (with doctor's order)
- Nurse assessments

**Home Care Services**

- Bathing & dressing
- Medication support
- Chronic condition support
- Palliative care
- Light homemaking

**Important**

Home Care supports ongoing, stable care.  
For urgent concerns, please call 911 right away.

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

**Massage Therapy**

Jaelyn Johnson, RMT  
NuBalance Massage Therapy

**Thursday June 4<sup>th</sup>, 2026**

**Please Contact Melva  
at 250-788-7280**

**Saulteau**  
FIRST NATIONS

**Reflexology**

**June 10<sup>th</sup>**  
**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





## Physiotherapy

SFN Health Centre  
Thursday June 25<sup>th</sup>, 2026

We help reduce pain, improve mobility, and support your body's recovery.

**Our Services**

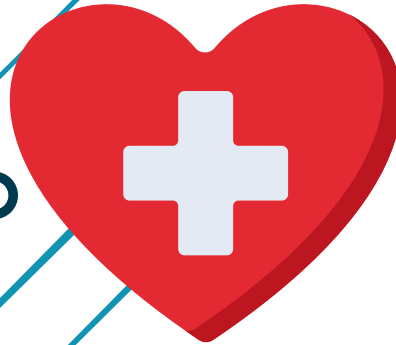
- Pain relief
- Injury recovery
- Muscle & joint therapy
- Posture & movement support

• 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



## Notice to Clients

We want to keep you informed about a temporary change in our Homemaking Services.

We will have **ONE HOMEMAKER AVAILABLE** until another Homemaker is hired.

**Effective June 4<sup>th</sup>**

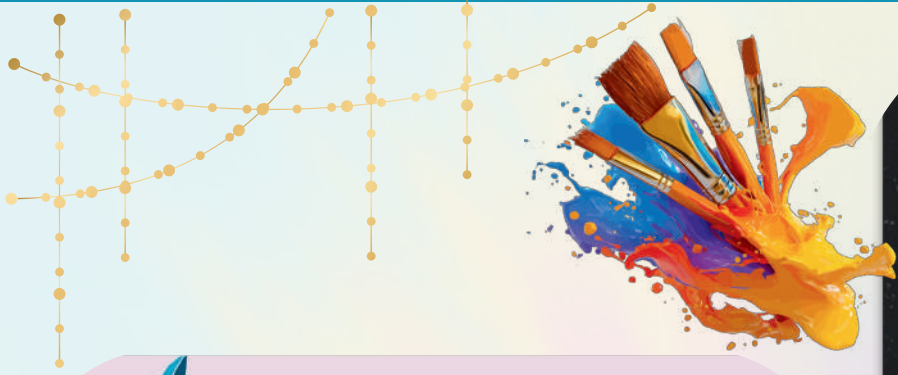
- During this time, there may be adjustments to scheduling and service availability.
- Current clients, please check your mail for notices regarding any schedule changes or service updates.
- We kindly ask for your patience and understanding while we work to fill this position as quickly as possible.
- Please keep an eye out for our upcoming **Homemaker Job Posting!** Help spread the word within the community if you know someone who may be interested.
- We truly appreciate your support and cooperation as we continue to provide the best care possible during this transition.

*Thank you*  
for your understanding and support!  
- SFN Home Care Team -

## ATTN: HOMEMAKING CLIENTS

**ONLY ONE HOMEMAKER**  
June 3<sup>rd</sup> and 4<sup>th</sup>

**NO HOMEMAKER**  
June 8<sup>th</sup>



**WOMEN'S GROUP ACTIVITY**

JOIN US FOR A CREATIVE AFTERNOON

## NUMBER PAINTING

JUNE 10TH, 2026 | 1:00 PM - 5:30 PM  
 SNACKS AND REFRESHMENTS PROVIDED!  
 WHERE: NEW BEGINNINGS HOUSE  
 THIS ACTIVITY IS FOR AGES 18 AND UP

PLEASE CONTACT SHAY FOR SIGN UP  
 SGARBITT@SAULTEAU.COM  
 (250)-788-3955 EXT 1008

**Saulteau**  
FIRST NATIONS

## women's group Sun Catcher Making

A creative afternoon for women ages 18+.  
 Snacks and refreshments provided.

Date: June 26, 2026  
 Time: 1:00 PM - 5:30 PM  
 Location: New Beginnings House

CONTACT SHAY FOR SIGN UP  
 SGARBITT@SAULTEAU.COM  
 (250)-788-3955 EXT 1008

## Family Flower Box Painting

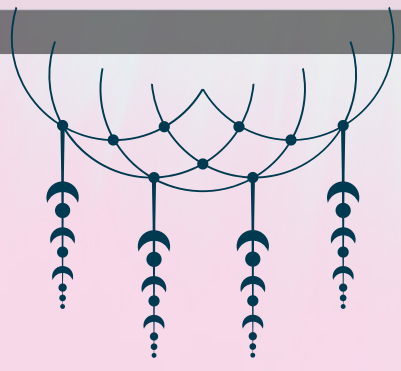
June 10<sup>th</sup> | 1PM-4PM

**New Beginnings House**

- Flowers and Boxes Provided
- Snacks and Refreshments Provided

To sign up contact:

Shay - 250-788-3955 ext. 1008  
 Tanisha - 250-788-3955 ext. 1033





**Saulteau**  
FIRST NATIONS

## Girl Group Candle Making



Date: June 25th 2026  
Time: 3:00 - 5:00  
Location: New Beginning's house

Snacks and refreshments provided  
please contact shay for sign up  
sgarbitt@saulteau.com  
(250)-788-3955 ext 1008



**Saulteau**  
FIRST NATIONS

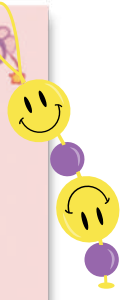
## Girls Group Key Chain

June 11th 2026  
3:00 - 5:00 PM



Snacks and refreshments  
**Snacks and refreshments provided**

sign up with shay at  
sgarbitt@saulteau.com  
(250)-788-3955 ext 1008



**Men's  
Archery**

**5TH  
JUNE**

Food and Refreshments  
Provided

Transportations Available  
with Limited Seats

Location: 7331 HWY 975 Chetwynd BC  
Broken Arrow Archery

**18+**

Waiver, Photo Consent, and  
Transportations Forms To Be Completed

**PRIZES**

To sign up contact

Shay | 250-788-3955 ext 1008  
Tanisha | 250-788-3955 ext 1033

**Broken Arrow  
3-D  
ARCHERY RANGE**

**Saulteau**  
FIRST NATIONS



## Bear Awareness Training

This course is designed for individuals working, traveling, or recreating in bear country. It provides practical knowledge on bear behavior, prevention strategies, and how to safely respond to bear encounters in wilderness environments.

**Topics Covered:**

- Types of bears and how to identify them
- Bear behavior and warning signs
- Avoiding surprise encounters
- Proper food storage and campsite safety
- Use of bear spray and other deterrents
- What to do in case of an encounter or attack

**alpha**  
TRAINING  
SOLUTIONS LTD.



June 26th | 8:30AM-4:00PM  
Culture Centre Training Room  
Lunch and refreshments provided

Call To Sign Up:  
Shay 250-788-3955 ext 1008  
Tanisha 250-788-3955 ext 1033

**Saulteau**  
FIRST NATIONS



#SaulteauRecovery

# PHOTOS

## Community Memorial Collage

I am creating a memorial collage to honor and remember the loved ones we have lost to addiction.

If you would like your loved one to be included, I welcome you to share a photo and their name so they can be part of this meaningful project. The collage will be displayed at an upcoming community event this Fall, dedicated to remembrance, healing, and awareness. If you're interested in participating, please reach out to me directly.

Let's come together to honor their lives and keep their memories alive. ❤️

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

Randie @ 250-874-9737

