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moulting moon

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& WELLNESS
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CHIEF & COUNCIL UPDATE JULY 2026



June was another busy month of meetings with industry representatives and government officials. Departmental updates with administrative staff were completed the first week of June. These updates were very helpful especially to the new Council members as we met with staff and now have a good understanding of how our band departments offer services to members and what support is needed from Council.

A highlight for June was our Council team building sessions where we worked on effective team building and what it means to be a high-performance team with an understanding of how together supportive teammates, culture awareness and commitment are relied on to support positive changes when a new Council term begins. We discussed expectations, our values, and ethics. Overall, it was time well spent getting to know each other on a more personal level and sharing an understanding of each other's strengths and weakness. Your Council looks forward to continuing to build a very effective team to lead our community into a prosperous future.

Our quarterly family meetings will be held in July. The dates and times of the meetings will be emailed to members, posted on the SFN Communications Facebook page as well as being posted on our Saulteau First Nations website.

On Wednesday, June 3 Council traveled to Dawson Creek with our Band Manager, Nathan Paquette, and a group of Elders to view the Big Bear Gas Station and Car Wash site. The Elders asked great questions about the size of the project, construction costs as well as employment opportunities once the project is completed. The Elders also visited the property on the south side of the lake; our rental property near the Chetwynd Industrial Park, the Youth Centre and Saulteau's new office space also located in Chetwynd. It was a great day of information sharing and lots of laughs.

Chief & Council Contacts

Chief Rudy Paquette
Desjarlais Family
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Councillor Justin Gauthier
Gauthier Family
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Councillor Ashley Barrett
Davis Family
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Councillor Donovan Cameron
Courtoreille Family
dcameron@saulteau.com

Councillor Tammy Watson
Napoleon Family
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Tristan Robertson
Executive Assistant
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Executive Director

Nathan Paquette
Executive Director
npaquette@saulteau.com

CHIEF & COUNCIL UPDATE JULY 2026



On June 17, Council attended a Leadership Table meeting with Treaty 8 bands and Mayors from the surrounding areas. Council continues to attend these meetings monthly as a stakeholder for continuous collaboration and relationship building.



On June 21, Council visited the Caribou Pen along with BC Minister of Water, Land and Resource Stewardship.



Governance Contacts

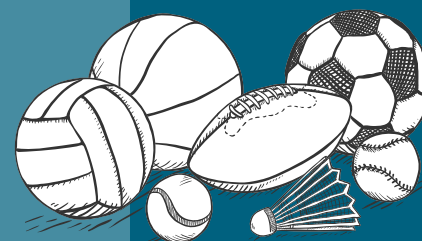
Niki Ghostkeeper
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nghostkeeper@saulteau.com

Norma Gauthier
Indigenous Registry & Membership
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Kayla Embree
SFN Communications
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Tracy Laboucan - Carter
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Shadow Paquette
Governance Executive Assistant
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The Governance Department is currently reviewing and updating several key policies. As these projects move forward, community engagement and member input will be an important part of the process. To ensure you receive updates, notices, and opportunities to participate, please make sure your contact information is current with Saulteau First Nations. To update your information please email [**communications@saulteau.com**](mailto:communications@saulteau.com).

More information on engagement opportunities and project updates will be shared in the coming months. We look forward to keeping you informed throughout the process.

UPDATE

The second intake for the Sports & Cultural Fund opens on **July 20**. The Sports & Cultural Fund Policy and application forms are available in the Members Only section of the Saulteau First Nations website.

Completed applications should be submitted to Shadow Paquette at spaquette@saulteau.com. If you have any questions or need assistance accessing the policy or application forms, please contact Shadow at the same email address.

SFN JOB OPPORTUNITIES





WE'RE HIRING!

**Youth Program
Facilitator- Activity & Rec
Support
Comp# 2026-29**

WHAT WE OFFER:

- Competitive Pay
- Health & Dental
- Pension Plan
- Paid Time Off
- Professional Development
- Relocation Assistance*

Job Purpose

Youth Program Facilitators aim to provide a variety of culturally appropriate, fun, and interactive programs primarily for Saulteau First Nations (SFN) youth. The programs are hosted in an inviting setting and offer young community members a place to socialize, connect, and learn.

Ideal Qualifications & Skills

- Minimum high school diploma - preference given to those with post-secondary education in the field of child and youth development
- Experience working in vulnerable sectors such as child services, social assistance, or counselling is an asset
- Experience in program development and facilitation considered an asset
- Valid Class 5 BC Driver's License
- Police Information Check - Vulnerable Sector
- Food Safe Level 1 Certification
- Employer will provide WHMIS and Standard First Aid training
- Knowledge of First Nations culture and traditions
- Ability to provide and promote positive values and social benefits
- Awareness and understanding around the impact from trauma and inter-generational trauma resulting from colonial policies
- Strong interpersonal, communication, organizational, time management, conflict resolution and problem-solving skills; ability to respond to problematic behavior using an understanding of the behavior's context and function
- Strong community engagement skills and the ability to build partnerships
- Must maintain a high level of confidentiality
- Tech savvy and knowledgeable of online youth activities
- Positive attitude with creative and dynamic leadership skills

APPLY BY:
July 12, 2026

Send your resume to
jobs@saulteau.com
or visit www.saulteau.com/careers

Scan to view full job description



SCAN THE QR CODE TO VIEW THE FULL JOB DESCRIPTION.

Kassandra Grant
Director of Finance and
Administration
kgrant@saulteau.com

Human Resources Contacts:

Job Opportunities
jobs@saulteau.com

Human Resources
hr@saulteau.com

Finance Contacts:

Member's Payable
ap@saulteau.com



WE'RE HIRING!

**Youth Centre Program
Assistant
(20 Hours Per Week)
Comp# 2026-30**

Job Purpose

The Youth Centre Program Assistant (Part-Time) supports the delivery of engaging, safe, and culturally respectful programs for youth attending The Trek Youth Centre in Chetwynd, BC. Working closely with the Youth Centre Program Team Lead and Youth Program Facilitators, this position assists with daily programming, recreational activities, community events, and youth engagement initiatives. The successful candidate will be energetic, adaptable, creative, and passionate about supporting youth wellness and healthy active lifestyles. They will help create a welcoming and inclusive environment where youth feel safe, supported, and encouraged to participate in positive recreational and social experiences. This is a part-time position scheduled for 20 hours per week, Monday to Friday, primarily from 2:00 p.m. to 6:00 p.m. Hours may vary occasionally to support special events, outings, community activities, and seasonal programming.

Ideal Qualifications & Skills

- Grade 12 Diploma or equivalent preferred.
- Experience working with youth, recreation programs, camps, schools, sports, or community-based programming is considered an asset.
- Experience facilitating recreational, educational, cultural, or wellness activities is considered an asset.
- Current First Aid and CPR Certification is considered an asset.
- Valid Class 5 Driver's Licence is considered an asset.
- Successful completion of a satisfactory Criminal Record Check with Vulnerable Sector Screening as a condition of employment.
- Respect for Indigenous culture, traditions, and community values.
- Strong interpersonal and communication skills.
- Ability to build positive and trusting relationships with youth.
- Creative, energetic, and enthusiastic approach to programming and recreation.
- Ability to work effectively both independently and as part of a team.
- Strong organizational and time management skills.
- Ability to adapt quickly to changing situations and group dynamics.
- Demonstrated leadership, initiative, and sound judgment.
- Understanding of youth development and positive youth engagement principles.
- Ability to maintain confidentiality and professionalism.

APPLY BY:
July 12, 2026

Send your resume to
jobs@saulteau.com
or visit www.saulteau.com/careers

Scan to view full job description



SCAN THE QR CODE TO VIEW THE FULL JOB DESCRIPTION.

**WE'RE
HIRING!**

COMMUNITY SUCCESSES & HIGHLIGHTS



Congratulations to Saulteau member Dillon Paquette who represented our nation at the 2026 British Columbia Indigenous Golf Championships. Dillon placed second over-all earning him a spot on Team BC and will represent the province at the Indigenous Challenge Match in September. Way to go, Dillon and best of luck!



Council sends their jubilant congratulations to all graduates of 2026 whether leaving pre-school, elementary, high school, college or university. You all make us very proud, and we wish you all the best in your future endeavors. Wherever your educational path takes you, a bright future awaits you.



Congratulations to Keith Glover!!! Keith is not only a Small Water Systems Operator, but he is now a certified Small Wastewater System Operator.. Keith will be the lead operator for our Small Wastewater System in the Lakeview Subdivision. Great Job Keith!



Happy Birthday Phyllis Rose Gauthier
July 21st From you children and grandchildren

Happy Birthday Kallen Everette Lavern
Anderson on July 25th from you mom & dad



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

Celebrating in August 2026?
Please Email
communications@saulteau.com
by July 28, 2026 for inclusion in
next months Newsletter!

NATIONAL INDIGENOUS PEOPLES DAY 2026



Huge thank you to everyone that came out to celebrate. It was a beautiful day full of culture, dancing, drumming, singing, fiddling and visiting. Always so much more meaningful when we collaborate with our partners from West Moberly First Nations and Tansi Friendship Centre.





Housing

JULY 2026

SCHOOL'S OUT- SUMMER STUDENT PROGRAM STARTING- WATCH FOR CHILDREN

With summer break underway and our summer students starting work, there will be more youth outdoors throughout the community.

Children may be biking, walking, playing in yards, travelling to and from the lake, or participating in summer activities.

Please help keep everyone safe by:

- Slowing down and obeying posted speed limits
- Watching carefully for children near roads and driveways
- Being extra cautious around parks, playgrounds, and residential areas
- Avoiding distractions while driving
- Giving cyclists and pedestrians plenty of space

A few extra seconds of caution can help ensure a safe and enjoyable summer for everyone.

A special shoutout to all Saulteau youth taking part in summer jobs, camps, sports, and community activities!

FIBER UPDATE-INSTALLATIONS ALMOST COMPLETE- NEW MODEMS COMING

Fiber installations are nearly complete, and modem installations are expected to begin in July.

The new modems will help residents take full advantage of the upgraded fiber network, providing improved performance and reliability for internet services throughout the community.

Thank you to all residents for your patience and cooperation throughout the installation process.



Summer Pest Prevention:

Keep the Bugs Outside

AS TEMPERATURES RISE, SO DOES PEST ACTIVITY. ANTS, FLIES, AND WASPS BECOME MUCH MORE ACTIVE DURING THE SUMMER MONTHS, AND A FEW SIMPLE HABITS CAN HELP PREVENT THEM FROM BECOMING UNWANTED HOUSE GUESTS.

ANTS AND FLIES: WHY ARE THEY SUDDENLY EVERYWHERE?

HAVE YOU NOTICED MORE ANTS THIS YEAR?

A SINGLE ANT MAY SEEM HARMLESS, BUT A COLONY CAN CONTAIN ANYWHERE FROM A FEW DOZEN ANTS TO MILLIONS OF ANTS.

HELP KEEP INSECTS AWAY:

- ✓ WIPE UP CRUMBS AND SPILLS PROMPTLY
- ✓ STORE FOOD AND SNACKS IN SEALED CONTAINERS
- ✓ KEEP PET FOOD AREAS CLEAN
- ✓ REPORT LEAKS OR STANDING WATER
- ✓ EMPTY GARBAGE REGULARLY

FUN FACT: ANTS LEAVE INVISIBLE SCENT TRAILS THAT HELP HUNDREDS OF OTHER ANTS FIND THE SAME FOOD SOURCE.

FUN FACT: HOUSE FLIES CAN TASTE WITH THEIR FEET, WHICH IS WHY THEY'RE CONSTANTLY LANDING ON DIFFERENT SURFACES.

SMALL ACTIONS MAKE A BIG DIFFERENCE

PEST PREVENTION IS A COMMUNITY EFFORT. BY WORKING TOGETHER, WE CAN HELP KEEP OUR HOMES COMFORTABLE, CLEAN, AND PEST-FREE THROUGHOUT THE SUMMER SEASON.

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Asset Management Contacts

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Housing Contacts

Cindy O'Brien
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Facilities Maintenance & Public Works Contacts

Ronda Lalonde-Auger
Facility Maintenance
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Manager
rlalonde@saulteau.com

CULTURE, HERITAGE & RECREATION



Saulteau First Nations Annual Pemmican Days 2026 July 9th , 10th , 11th , 12th

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
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!!



Saulteau
FIRST NATIONS

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

Culture, Heritage & Recreation Contacts

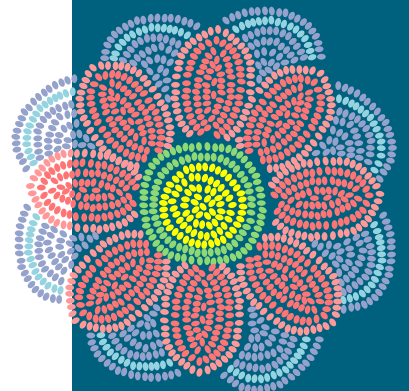
Jamie Kristoffy
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& Heritage
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Carlee Westgate
Community Events
Coordinator
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Candace Schmidt
Rec Coordinator
cschmidt@saulteau.com

Kirsta Lindstrom
Four Pillars Coordinator
KLindstrom@saulteau.com

Tylene Paquette
Cultural Connections
Coordinator
tpaquette@saulteau.com





Paint your own clock



10 SPOTS ONLY
18 +

FRIDAY JULY 31ST, 2026

Friday July 31st, 2026 | 12-4pm

Come in and paint what you want on the clock.
Spend time visiting and having snacks

Bring your artistic ideas.

Contact Candace to sign up at cschmidt@saulteau.com



THE CULTURAL CENTRE WILL BE
CLOSED FROM JULY 10TH TO THE
12TH FOR



**PEMMICAN
DAYS**



Saulteau
FIRST NATIONS

WE WILL BE OPEN
AGAIN ON
MONDAY JULY
13TH

HAVE A GREAT SAULTEAU DAY

Sorry We're
CLOSED



Saulteau First Nations Youth Coordinator Presents

BC Treaty 8

The Youth Summer Tour Summer 2026

Transportation Provided ➡ **Ages 16+**

JULY 14 JULY 15	GATHERING OF DRUMMERS PROPHET RIVER FIRST NATIONS SIKANNI RIVER RANCH (OVERNIGHT)	JULY 21	BLUEBERRY CULTURE CAMP BLUEBERRY FIRST NATIONS PINK MOUNTAIN RANCH
AUGUST	DOIG RIVER FIRST NATIONS DATE - DETAILS TBA	AUG 6 AUG 7	FORT NELSON ANNUAL CELEBRATION FORT NELSON FIRST NATION (OVERNIGHT)
	WEST MOBERLY FIRST NATIONS DATE - DETAILS TBA		

SEPTEMBER 19
CULTURAL GATHERING OF NATIONS
DAWSON CREEK

Register Today - Questions?
ecameron@saulteau.com

AN OPPORTUNITY FOR OUR YOUTH TO VISIT AND CONNECT WITH OTHER NATIONS!

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

Social Development Contacts

Carrie Paquette
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Social Development
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Tammy Walker
Band Social Development
Worker
twalker@saulteau.com

Cara Martin Earl
Member
Transportation Driver
cmartin-earl@saulteau.com

Ethan Cameron
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Coordinator
ecameron@saulteau.com

Tasha Lalonde
Elders Support
Coordinator
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Tanisha Llewellyn
Life Skill Coordinator
tllewellyn@saulteau.com

Shay Carbitt
Life Skill Program
Facilitator
sgarbitt@saulteau.com

Saulteau
FIRST NATIONS

MAGIC WORKSHOP

We are excited to offer a unique and engaging magic workshop for your community. We perform magic for the kids and then teach them how to do the tricks. By the end of the workshop, each child will not only be equipped with the skills to perform magic but will also receive a magic kit to continue their magical journey. - The Magic Company

JULY 16TH 2026
10am - 2pm
SCC Training Room

HOSTED BY
Russ Wagg & The Magic Company

LIMITED SEATS!
AGES 8+
email Ethan Cameron to
secure your spot
ecameron@saulteau.com

**EACH KID
TAKES HOME
OWN MAGIC
KIT!**



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 inquiries 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 workshops 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 inquiries 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 neshokamatin (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



PLEASE JOIN ME FOR

WOMEN'S GROUP

MARTINS FALLS



 **Saulteau**
FIRST NATIONS

EVENT DETAILS

Where: Martins Falls
Time: 1:00 - 5:30
Date: July 10th 2026

Lunch & refreshment provided
Rides will be provided
Please sign up with Shay
Sgarbitt@hotmail.com
(250)-788-3955 Ext. 1008

Please wear appropriate footwear - some steep sections on the trail



GIRLS GROUP CRAFTS



KEYCHAIN MAKING!

snacks & refreshments provided
Where: New Beginning House
When: July 31st, 2026
Time: 1:00-4:30

SIGN UP NOW

EMAIL-
SGARBITT@SAULTEAU.COM
PHONE: (250)-788-3955 EXT.1008

 **Saulteau**
FIRST NATIONS

LAKE DAY

A fun co-ed youth lake day

~~~~~

Date: July 17<sup>th</sup> 2026    Time: 1:00-5:00

~~~~~

Where: Fire lake

Snacks & Refreshments Provided!

~~~~~

please sign up with shay  
Sgarbitt@saulteau.com  
(250)-788-3955 Ext. 1008

 **Saulteau**  
FIRST NATIONS







# July 2016

Contact your driver, Cara @ 236-364-2016 to arrange 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 activity, including costs. Booking is based on a first-come first served basis. Advanced booking is recommended for medical or dental travel.

## TRANSPORTATION CALENDAR

| Monday                          | Tuesday                  | Wednesday                                    | Thursday                         | Friday | Saturday | Sunday |
|---------------------------------|--------------------------|----------------------------------------------|----------------------------------|--------|----------|--------|
|                                 |                          | 1<br><b>CANADA DAY</b><br>SFN Offices Closed | 2                                | 3      | 4        | 5      |
| 6                               | 7<br>DRIVER AWAY         | 8                                            | 9<br><b>Pemmican Days!</b>       | 10     | 11       | 12     |
| 13<br>SFN Offices Closed        | 14<br>SFN Offices Closed | 15<br>DAWSON CREEK SHOPPING DAY!             | 16<br>9:00am-4:00pm<br>Kids Camp | 17     | 18       | 19     |
| 20<br>DRIVER AWAY               | 21                       | 22                                           | 23<br>9:00am-4:00pm<br>Kids Camp | 24     | 25       | 26     |
| 27<br><b>Driver on Vacation</b> | 28                       | 29                                           | 30                               | 31     |          |        |

Driver available limited hours, call for details

Call Cara to book  
your ride  
236-364-2016







2026



Congratulations to all of Saulteau First Nations' 2026 graduates!

Your hard work, dedication, and perseverance have brought you to this incredible milestone. We are proud of your achievements and look forward to seeing all that you accomplish in the future.

Congratulations, Class of 2026!







## POST SECONDARY STUDENTS

A Post Secondary classroom is available for students who need a quiet space to write an exam or get some work done at the Band Hall.

- Exam invigilation space
- A quiet place to study
- Workspace between classes or appointments



To arrange access or learn more, please contact  
Audrey Norris at [anorris@saulteau.com](mailto:anorris@saulteau.com)





## 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

### COURSES OFFERED

For the 2026-2027 School Year

#### Math Courses:

Math 11 Workplace  
Math 11 Foundations  
Math 11 Foundations\*  
Math 11 Pre-Calculus\*  
Math 12 Workplace  
Math 12 Pre-Calculus\*

#### English Courses:

English Studies 11  
English 11 First Peoples\*  
English Studies 12  
English 12 First Peoples  
English 12 First Peoples\*

#### Science Courses:

Chemistry 11\*  
Earth Science 11  
Life Science 11\*  
Science for Citizens 11  
Anatomy & Physiology 12\*  
Geography 12

\*Connected Classroom course:  
Online classroom session with a teacher. Daily attendance is required.

#### Elective Courses:

Social Studies 11  
Social Studies 11\*  
Tourism 11  
BC First Peoples 12  
BC First Peoples 12\*  
Career Life Connections 12  
Contemporary Indigenous Studies 12  
Child Development 12  
Interpersonal & Family Relationships 12  
Law 12  
Tourism 12

Interested in achieving an Adult Dogwood, course upgrading, or just continuing your education?

Check out the courses we offer at Muskoti Adult Education and contact us at any time during the school year to register!

Contact: 250 - 788 - 7368

Adult Ed. Teacher/Principal - Brendon Conrad [bconrad@saulteau.com](mailto:bconrad@saulteau.com)  
Adult Ed. Assistant - Hannah Movold [hmovold@saulteau.com](mailto:hmovold@saulteau.com)

## MUSKOTI ADULT EDUCATION

**2026-2027 SEMESTER 1**

### CONNECTED CLASSROOM COURSES OFFERED

These courses are held in one of our classrooms where students virtually connect with an online teacher and other students:

Courses run Mon-Fri and daily attendance is required



Connected Classrooms

Course Schedule Semester 1 (September 14<sup>th</sup> - January 22<sup>nd</sup>)

2026-2027

| Teacher:    | Chantel McNabb              | Darrell Schaan                          | Dexter Fuhrman                                                          |
|-------------|-----------------------------|-----------------------------------------|-------------------------------------------------------------------------|
| 8:55-9:55   | Chemistry 11 (MCH-11)       | Science 10 (MSC-10)                     | English First Peoples 11 (MEFP-11)                                      |
| 10:05-11:05 | Math 10* (MFMP-10)          | Foundations of Mathematics 11 (MFOM-11) | English First Peoples 12 (MENFP-12)                                     |
| 11:15-12:15 | Pre-Calculus 12* (MPREC-12) | Life Science 11 (MLFSC-11)              | English First Peoples 10 Literary Studies (MEFLS-10) Writing (MEFWR-10) |
| 1:00-2:00   | Math 10* (MFMP-10)          | Pre-Calculus 11* (MPREC-11)             | B.C. First Peoples 12 (MBCFP-12)                                        |

\*Full Year Course

**PLEASE CONTACT BRENDON TO REGISTER FOR AN AVAILABLE SEAT. LIMITED SEATS AVAILABLE.**

[bconrad@saulteau.com](mailto:bconrad@saulteau.com) 250-788-7368





## DID YOU KNOW?

### Sharing Training and Program Opportunities

When I share programs or courses that I come across while scrolling on Facebook, it's for you. I want you to see what training and opportunities are happening around you.

These are shared to show the available opportunities.

Please do the following:

- Click on the post or flyer
- Read the details carefully
- Check who the contact person is
- Reach out directly to ask questions or register

If the course requires payment and you would like to use ISET funding, contact the Employment & Training Department before committing.

### What is ISET Funding?

Indigenous Skills and Employment Training (ISET) is a federally funded program that supports Indigenous people to:

- Access training and education
- Gain skills and certifications
- Reduce barriers to employment
- Work toward meaningful jobs

Funding is based on your employment status and individual needs.

### ISET Funding Streams

#### ISET-EI

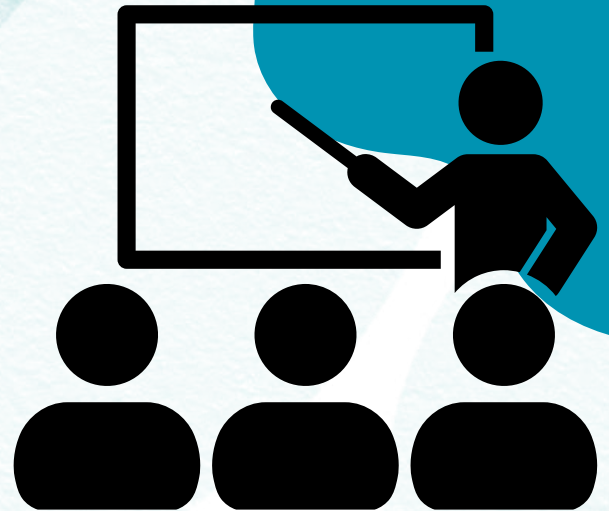
- For members currently receiving Employment Insurance
- Supports training while on EI
- May cover tuition, books, and required supports

#### ISET-CRF

- For members not receiving Employment Insurance
- Supports training, certifications, and job readiness
- May cover tuition, safety tickets, and related costs

Questions?

Contact the Employment & Training Department  
We're here to help you choose the right path.



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

Registration is now open for hands-on camps through Northern Lights College

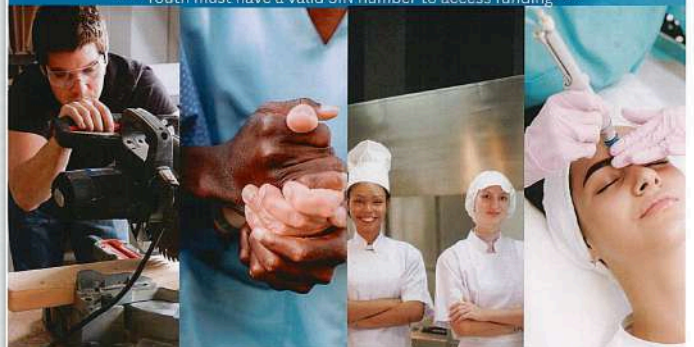
Give your youth the chance to explore careers, learn new skills, and build confidence this summer.

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, Dawson Creek**

August 17–21, 2026

9:30am–3pm

2026UC CE-CAMP03-DP001

**In Person, Fort Nelson**

July 20–24, 2026

9:30am–3pm

2026UC CE-CAMP03-NP001



### 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



**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*

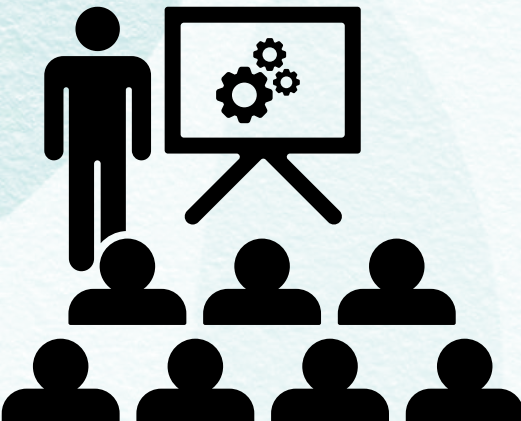


For current camp information or to register, scan the QR code.



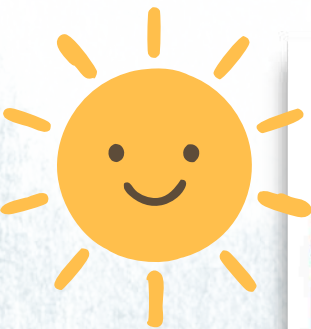
**Northern Lights College**  
Continuing Education

**Invest. Learn. Grow.**





# MUSKOTI ELEMENTARY SCHOOL



 **Saulteau**  
FIRST NATIONS  
**Muskoti**  
**Elementary**  
**School** wishes you a happy & safe summer





# TREK YOUTH CENTRE



## TREK YOUTH CENTRE CONTACTS:

Derek Wood  
Youth Program Supervisor  
dwood@saulteau.com

Robyn Bateman  
Youth Facilitator  
rbateman@saulteau.com



## THE TREK YOUTH CENTRE

5117 43a St. Chetwynd | ttyc@saulteau.com

### Monday's

Adventure alert! It's hiking day, and we're hitting the trails around Moberly, Chetwynd and TR! 🌲

### Tuesday's

Join us for an awesome all-girls hangout with 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! Dive into a fun time with outdoor sports, games, art, and good food too.

### Friday's

Special Event Day Alert! No Regular Drop-Ins! (Closed Group) Make sure to sign up all summer long to stay in the loop for all the exciting details!



## THE TREK YOUTH CENTRE

5117 43a St. Chetwynd

## JULY 2026

| Sunday | Monday                     | Tuesday                     | Wednesday                    | Thursday                   | Friday                                            | Saturday |
|--------|----------------------------|-----------------------------|------------------------------|----------------------------|---------------------------------------------------|----------|
|        | 29 Hiking Day<br>11am-5pm  | 30 GirlsGroup<br>12pm-430pm | 1 Craft Group<br>12pm-430pm  | 2 BoysGroup<br>12pm-430pm  | Special Event Day<br>NO REGULAR DROP-IN<br>CLOSED | 4        |
| 5      | 6 Hiking Day<br>11am-5pm   | 7 GirlsGroup<br>12pm-430pm  | 8 Craft Group<br>12pm-430pm  | 9 BoysGroup<br>12pm-430pm  | Special Event Day<br>NO REGULAR DROP-IN<br>CLOSED | 11       |
| 12     | 13 Hiking Day<br>11am-5pm  | 14 GirlsGroup<br>12pm-430pm | 15 Craft Group<br>12pm-430pm | 16 BoysGroup<br>12pm-430pm | Special Event Day<br>NO REGULAR DROP-IN<br>CLOSED | 18       |
| 19     | 20 <b>Cum We're CLOSED</b> | 21 GirlsGroup<br>12pm-430pm | 22 Craft Group<br>12pm-430pm | 23 BoysGroup<br>12pm-430pm | Special Event Day<br>NO REGULAR DROP-IN<br>CLOSED | 25       |
| 26     | 27 Hiking Day<br>11am-5pm  | 28 GirlsGroup<br>12pm-430pm | 29 Craft Group<br>12pm-430pm | 30 BoysGroup<br>12pm-430pm | Special Event Day<br>NO REGULAR DROP-IN<br>CLOSED | 1        |

- Special Event Day  
NO REGULAR DROP-IN  
(Closed Group)
- GirlsGroup
- Craft Day  
12-430pm
- Boys Group
- Hiking Day

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







## SFN Noxious Weeds and Invasive Species Project

SFN Lands Department would like to say thank you to everyone who helped us with this project!

With the involvement of ASKI Reclamation LP, our members and community members, we were able to hit targeted areas around the Pemmican Grounds, Agriculture Land and the Civic Core. :-)

If any questions, please contact [bwalker@saulteau.com](mailto:bwalker@saulteau.com)



SFN TARGET WEEDS:  
ID GUIDE

Remove whole plant  
by the root!

| Common name          | Scientific name                  | 7-letter code in Avenza | Origin              | Legal Status                     |
|----------------------|----------------------------------|-------------------------|---------------------|----------------------------------|
| Common Burdock       | <i>Arctium minus</i>             | <b>Arct min</b>         | Introduced / Exotic | Regional Noxious                 |
| Canada Thistle       | <i>Cirsium arvense</i>           | <b>Cirs arv</b>         | Introduced / Exotic | Federal & Provincial Noxious     |
| Scentless Chamomile  | <i>Tripleurospermum inodorum</i> | <b>Trip ino</b>         | Introduced / Exotic | Federal & Provincial Noxious     |
| Stinkweed            | <i>Thlaspi arvense</i>           | <b>Thla arv</b>         | Introduced / Exotic | Federal Noxious                  |
| Hemp-nettle          | <i>Galeopsis tetrahit</i>        | <b>Gale tet</b>         | Introduced / Exotic | Not classified. Can be invasive. |
| Lamb's-quarters      | <i>Chenopodium album</i>         | <b>Chen alb</b>         | Introduced / Exotic | Not classified. Can be invasive. |
| Shepherd's Purse     | <i>Capsella bursa-pastoris</i>   | <b>Caps bur</b>         | Introduced / Exotic | Not classified. Can be invasive. |
| Perennial Sowthistle | <i>Sonchus arvensis</i>          | <b>Sonc arv</b>         | Introduced / Exotic | Federal and Provincial Noxious   |
| Flaxweed             | <i>Descurainia sophia</i>        | <b>Desc sop</b>         | Introduced / Exotic | Not classified.                  |

## 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  
[ttom.aird@saulteau.com](mailto:ttom.aird@saulteau.com)

## LANDS CONTACTS:

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





# LANDS STEWARDSHIP & PROTECTION



## FWCP REGIONAL FUNDING PRIORITIES

**Fish & Wildlife Compensation Program**

Our primary obligation is to compensate for dam impacts to fish, wildlife, and their habitats resulting from construction of BC Hydro dams

### New Funding Approach

- The FWCP is renewing its approach to project funding.
- In 2026, the FWCP is engaging with First Nations, as well as public interest holders, on new regional funding priorities that will guide future funding decisions.

The flowchart shows the process from Vision to Strategic Objectives, then to Regional Funding Priorities, and finally to Project Delivery. It also includes a box about the 2026 engagement with First Nations and public interest holders.

### Core Elements for Projects

The FWCP will consider funding compensation projects that reflect three core elements:

- DAM IMPACTS
- FIRST NATIONS VALUES
- CONSERVATION PRIORITIES

### Join the Discussion

Visit [fwcp.ca/funding](https://fwcp.ca/funding) for more about our regional funding priorities and how you can join the discussion.

[fwcp.ca](https://fwcp.ca)

# JOIN THE FIGHT

## AGAINST INVASIVE SPECIES

### SAULTEAU INVASIVE PLANTS HAND PULLING EVENT

**BEFORE** **AFTER**

**Saulteau** **Aski**

## HEALING THE LAND CONFERENCE

### RECLAIM. RESTORE. RECOVER.

**September 22-24, 2026**  
SFN Cultural and Recreation Centre

## First Nations Member Registration NOW OPEN

Email [info@healingthelandconference.ca](mailto:info@healingthelandconference.ca) for registration link.

[healingthelandconference.ca](https://healingthelandconference.ca)

## FWCP GET TO KNOW US

**Fish & Wildlife Compensation Program**

The Fish & Wildlife Compensation Program is a partnership between BC Hydro, the Province of B.C., Fisheries & Oceans Canada, First Nations, & public interest holders. Together the partners work to conserve and enhance fish & wildlife in watersheds impacted by BC Hydro dams.

### BC Hydro Funds the FWCP

- BC Hydro has water licence obligations in the Columbia and Peace regions to address dam impacts.
- In the Coastal Region, BC Hydro has made a voluntary commitment to address dam impacts.
- BC Hydro provides annual funding to the FWCP to fulfill its compensation obligations and commitments.

### The FWCP's Three Regions

### How We Work Together

The flowchart shows the relationship between the Steering Committee, Program Manager, Region Managers, and the Independent Regional Boards (Coastal, Columbia, Peace). It also includes boxes for Regional Fish and Wildlife Technical Committees and Columbia & Peace Region First Nations Working Groups.

### FWCP's Strategic Framework

The FWCP's strategic framework reflects a program-wide vision, mission, and strategic objectives that define the FWCP's approach to funding and delivering eligible fish and wildlife compensation projects that align with regional action plans.

First Nations, the Province of BC, Fisheries & Oceans Canada, BC Hydro, and public interest holders are represented on each regional board.

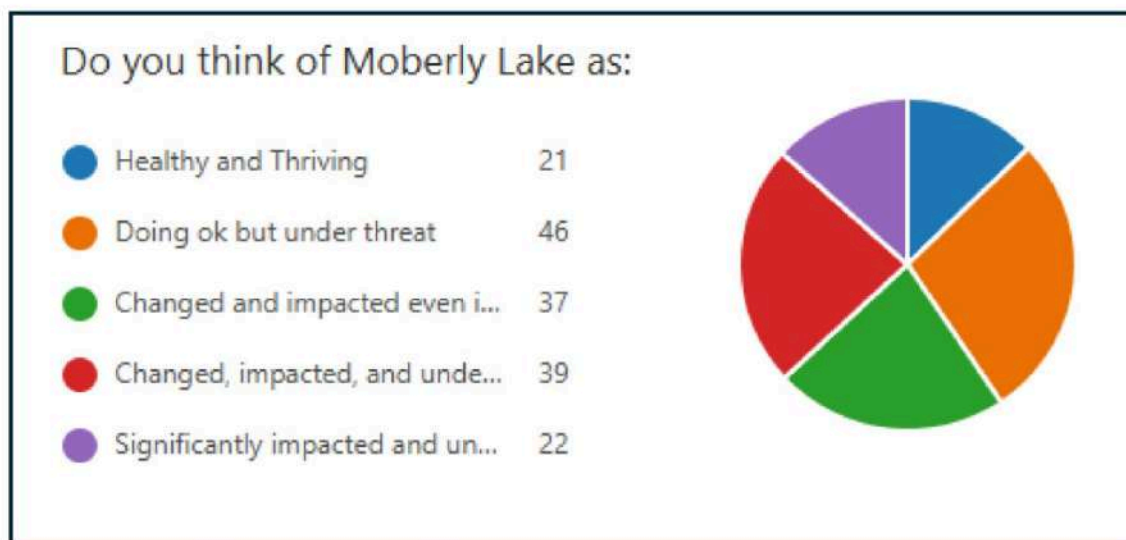
[fwcp.ca](https://fwcp.ca)





## Moberly Lake Watershed – Our Shared Home and Responsibility

The results of our 2026 Moberly Lake Health survey show that most community members are concerned about the current and future health of the lake.



Since the signing of our New Relationship agreement in 2015, where the Province committed to creating a watershed management plan for Moberly, Saulteau has been independently pushing important projects forward, ultimately creating the Moberly Watershed Strategy and Climate Health Action Plan (2022). Saulteau Guardians continue to monitor water quality and water availability on the lake. But formal BC recognition of a management plan and stewardship process are still lacking. We plan to continue to lead in stewardship of this important area and formalize our Indigenous natural laws (whatkotowin in Cree) related to water and Moberly Lake.

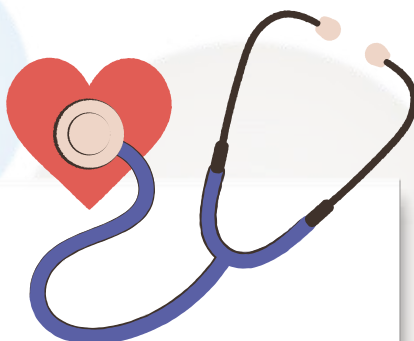
First, we are inviting any community member to share Water Stories and memories that are part of our community and culture. These stories and other Indigenous Knowledge form the foundation for our understanding of our responsibilities.

Second, we are intending to create a Water Declaration, either for Moberly Lake or for water relations more generally. Water Declarations are a powerful way to communicate our relationship with water, the importance of water, and Saulteau's intentions.

In September 2026, TREP plans to establish a temporary Water Declaration Working Group for the development of a Water Declaration or similar. The WD Working Group will include a youth and Elder from each family group, ideally. If you are interested in participating, please contact Teena at TREP.

If you would like to be involved in either of these efforts (sharing water stories, or Water Declaration working group) or you didn't get a chance to fill out the Moberly Lake Health survey and would still like to, please contact Teena Demeulemeester, Manager, Treaty Rights and Environmental Protection. [tdemeulemeester@saulteau.com](mailto:tdemeulemeester@saulteau.com), 250-788-6912.





## Saulteau Health Centre

### June & July Doctor Availability

Dr. Banas will be away on holidays from June 15<sup>th</sup> to July 31<sup>st</sup>

During this time, Dr. Venter will be providing coverage for our registered patients and will be available for virtual (telephone) appointments on the following dates:

Please see the schedule below

| June 2026 |                                |                                |                                |                                |                                |     |
|-----------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-----|
| Sun       | Mon                            | Tue                            | Wed                            | Thu                            | Fri                            | Sat |
| 14        | 15                             | 16                             | 17<br>Dr. Venter<br>9:00 -3:30 | 18                             | 19<br>Dr. Venter<br>9:00 -3:30 | 20  |
| 21        | 22                             | 23                             | 24<br>Dr. Venter<br>9:00 -3:30 | 25<br>Dr. Venter<br>9:00 -3:30 | 26<br>Dr. Venter<br>9:00 -3:30 | 27  |
| 28        | 29<br>Dr. Venter<br>9:00 -3:30 | 30<br>Dr. Venter<br>9:00 -3:30 |                                |                                |                                |     |
| July 2026 |                                |                                |                                |                                |                                |     |
| Sun       | Mon                            | Tue                            | Wed                            | Thu                            | Fri                            | Sat |
|           |                                |                                | 1                              | 2                              | 3                              | 4   |
| 5         | 6                              | 7<br>Dr. Venter<br>9:00 -3:30  | 8<br>Dr. Venter<br>9:00 -3:30  | 9<br>Dr. Venter<br>9:00 -3:30  | 10<br>Dr. Venter<br>9:00 -3:30 | 11  |
| 12        | 13<br>Dr. Venter<br>9:00 -3:30 | 14<br>Dr. Venter<br>9:00 -3:30 | 15<br>Dr. Venter<br>9:00 -3:30 | 16<br>Dr. Venter<br>9:00 -3:30 | 17                             | 18  |
| 19        | 20<br>Dr. Venter<br>9:00 -3:30 | 21<br>Dr. Venter<br>9:00 -3:30 | 22<br>Dr. Venter<br>9:00 -3:30 | 23<br>Dr. Venter<br>9:00 -3:30 | 24                             | 25  |
| 26        | 27<br>Dr. Venter<br>9:00 -3:30 | 28<br>Dr. Venter<br>9:00 -3:30 | 29<br>Dr. Venter<br>9:00 -3:30 | 30<br>Dr. Venter<br>9:00 -3:30 | 31                             |     |

To make an appointment please call

Tracy @ 250-788-7266 OR Kayla @ 250-788-7258

Sarah Howes  
Director of Health  
sgayse@saulteau.com

### HEALTH CONTACTS:

Ashely Gauthier  
Operations Manager  
SFN Health Centre  
agauthier@saulteau.com

### LINDA KRYSTINA 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







JULY 2026 HEALTH CENTRE

| SUNDAY                                                                                                                                                                                                                                                                                                                                  | MONDAY                           | TUESDAY | WEDNESDAY             | THURSDAY                                         | FRIDAY | SATURDAY                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|---------|-----------------------|--------------------------------------------------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     |                                  |         | 1<br>Canada Day       | 2<br>Massage Therapy HC<br>Diabetic Footcare HC  | 3      | 4                                                                                                                                                                           |
| 5                                                                                                                                                                                                                                                                                                                                       | 6                                | 7       | 8                     | 9                                                | 10     | 11                                                                                                                                                                          |
| 12                                                                                                                                                                                                                                                                                                                                      | 13<br>Hypnotherapy-Wellness Week | 14      | 15<br>Reflexology NBH | 16<br>Massage Therapy HC<br>Diabetic Footcare HC | 17     | 18                                                                                                                                                                          |
| 19                                                                                                                                                                                                                                                                                                                                      | 20                               | 21      | 22                    | 23                                               | 24     | 25                                                                                                                                                                          |
| 26                                                                                                                                                                                                                                                                                                                                      | 27                               | 28      | 29                    | 30                                               | 31     |   |

MASSAGE  
*therapy*



Jaclyn Johnson, RMT  
NuBalance Massage Therapy  
Thursday  
July 2<sup>nd</sup> & July 16<sup>th</sup>, 2026

Please Contact  
Melva  
250-788-7280







**SHYOMACHIEWI KAMIK**  
NORTHERN NATIONS WELLNESS CENTRE

## TRADITIONAL HEALING SERVICES AT NORTHERN NATIONS WELLNESS CENTRE

**July 13th-17th, 2026**

We are excited to announce that Tsow-Tun Le Lum traditional healers George and Sandra will be visiting our clinic, offering holistic healing practices alongside our regular services. This is a wonderful opportunity to experience natural remedies and personalized care.

Limited spots are available, call 250-788-0851 to book your appointment.

These services are open to anyone interested. For more information please call the clinic or email Reece at reece@nnwc.ca

**Saulteau**  
FIRST NATIONS

## DIABETIC FOOTCARE

WITH KAYLEE LABBY

**JULY 2<sup>ND</sup> & 16<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

**Saulteau**  
FIRST NATIONS

## Reflexology

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.

**JULY 15, 2026**

Contact us at 250-788-7258 or send us an email at kmacdonald@saulteau.com

**AWAKEN**  
WELLNESS GROUP

## Wellness Week

July 13th through the 16th, 2026  
Saulteau First Nations

CALL 250-788-7280  
to schedule an appointment

4 days of Hypnotherapy with 2 skilled Hypnotherapists  
Custom tailored sessions centered on your well-being:  
smoking cessation, pain management,  
anxiety relief, stress relief and more

Book NOW | LIMITED spaces available

**The AWAKEN Team**



# MENTAL HEALTH & WELLNESS



My name is Tanya Davidson,

I am a Clinical Mental Wellness and Substance use Counsellor for Saulteau First Nations. I have been a resident of Chetwynd since 1989 and a member of the Muskeg Lake Cree Nation. I have worked with youth in the community for over 20 years with the Girl Guide program and the Air Cadet program.

I am trained in, generalized counseling, addictions, relapse prevention, domestic counseling, suicide awareness. Ribbon skirt therapy, CBT, DBT. Trauma informed, and Culturally safe.

I am so honored to have the privilege to support community from a place of compassion and understanding.

Thank you  
Tanya Davidson  
Clinical Mental Wellness and  
Substance Abuse Counsellor  
250-875-1011  
tdavidson@saulteau.com



Hello!  
I'm Candice  
Chemerinski

My name is Candice, and I'm honored to join Saulteau First Nations Community of Care, as a Mental Wellness and Substance Abuse Counsellor. I have a Bachelors degree in Social Work from UNBC.

I have a profound passion for assisting individuals and families in cultivating resilience, promoting healing, and establishing safe spaces for wellness within our community, all rooted in respect, empathy, and compassion.

My approach is guided by understanding and a commitment to walking alongside individuals on their healing journey.

I am an outdoors enthusiast who enjoys fishing, hiking, and gardening.

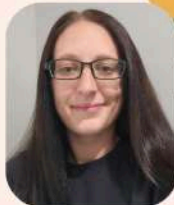
I'm excited to be a part of Saulteau First Nation, and I look forward to meeting you- Come say Hi!

Hello, I'm  
Jasmine  
Boyer!

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

**Modalities:**

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



**Areas of Speciality:**

Relationships  
Mental health concerns  
Substance misuse  
Behavioral challenges  
Life transitions

**Contact/Availability:** Ages 10-24.

Virtual sessions by phone or Zoom.  
jmontes@saulteau.com  
2508751104  
Mondays-Wednesdays.

WELCOME TO THE TEAM  
Winona  
Letendre



I am very excited to start this new position  
as an MOA for the Saulteau First Nations  
Wellness Department.

I am happy to work for a company that is  
culturally strong and self-sufficient as I am  
a proud member of the Saulteau First  
Nations and of the Napoleon Family. I  
appreciate this opportunity to learn more  
about my heritage, while making a positive  
contribution to the community.



# MENTAL HEALTH & WELLNESS

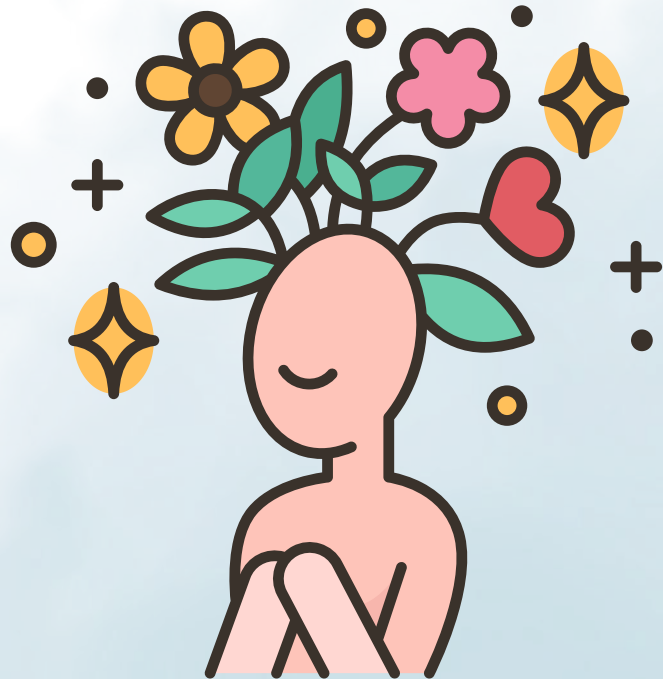


## SFN Mental Wellness Department



To register for services,  
please contact our office at  
250-788-7372.

Office Address: 5016 50<sup>th</sup> Ave.  
(Above IDA Pharmacy)



## Child-Centred Play Therapy Sessions

with Chantal Bernard, RCC  
for children between the ages of 5 & 12

Play therapy is a child-centered  
therapeutic approach that uses  
creative play to help children  
express emotions, process  
experiences, and build coping  
skills in a safe and supportive  
environment.

### July 2026 Session Availability:

**July 8, 15, 22, 29** Wednesdays 9 AM  
to 5 PM

**July 10, 17, 24, 31** Fridays 9 AM  
to 5 PM

To register contact Winona Letendre  
250-875-2622 or  
wletendre@saulteau.com

