

August 2026

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Flying-Up Moon

# otâcimow

Official Newsletter of Saulteau First Nations



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2026

# PEMMICAN

Days



# CHIEF & COUNCIL UPDATE AUGUST 2026



Restoration agreements, long time in the making, are being implemented with \$283m across seven Treaty 08 Nations over the next 10 years to support various restoration and reclamation initiatives. This funding stems from the Yahey Decision which focused on cumulative effects and the impacts to the meaningful practice of Treaty Rights and Culture.

Saulteau First Nations is developing a Restoration Plan to support this work that will align with our priorities and values around language revitalization, cultural education, community programming and events, and restoration of industrial sites notably from oil and gas.

July 9-12, 2026: Chief & Council enjoyed and participated in our annual Pemmican Days. It was great to see all our attendees, guests, participants, and volunteers. We want to thank everyone who was involved with planning, organizing, setting up, and cleaning up, and of course to the sponsors of this year's event. Your hard work and dedication are noticed and appreciated by all of us; without you, the event wouldn't be such a success. Thanks again for a job well done.

July 14-16, 2026: Councillor Watson attended the Assembly of First Nations – Annual General Meeting July 14 – 16 in Ottawa. The meeting agenda included Bill C-37 First Nations Clean Water Act; Government Consultation on Streamlining Major Projects; Rights to Safe Housing and Infrastructure; and Ending Discrimination in First Nations Child Welfare as well as a discussion on Bill S-2 Second Generation Membership Cut-off.

Councillor Watson also attended the BC Chiefs Caucus meetings each day as well as meeting with Chiefs and other delegates in attendance with the intent on creating relationships and to find staff resources who would be willing to travel to SFN to meet with our community members to share information such as the Bill S-2 Second Generation Cut-off and Jordan's Principle Child-In-Care Settlement. Community information meeting dates to discuss these issues will be posted in late summer.

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# CHIEF & COUNCIL UPDATE AUGUST 2026



July 15, 2026: Councilor Cameron participated in a boat tour of the Naache mege (pronounced nah chay meegeh), which translates to Dreamer Lake in the Dane-zaa language. Formerly known as the Site C reservoir.

July 20-24, 2026: Chief Paquette and Councilor Gauthier were in Vancouver for the signing of the PRGT Agreement. Saulteau has negotiated, secured and signed a Project Agreement with the Prince Rupert Gas Transmission (PRGT) project that provides immediate and long-term benefits to our Nation, including milestone payments as a result of a significant route-amendment that avoided critical and significant caribou habitat, in addition to annual legacy payments during operations. There is also commitment for contracts to Saulteau businesses, business development funding, and additional commitments to employment, training, and procurement opportunities for our members. The agreement also establishes ongoing oversight, reporting, and community engagement to help ensure commitments are met throughout the entire life of the project. We will share important and specific details with our membership at a future date.

July 27 & 28, 2026: Courtoreille, Davis, Gauthier, and Napoleon Family Meetings were held. The Desjarlais Family meeting will be held when Chief Paquette is healed and back in the office. The family meetings included updates on the new Crowfeathers store, the Big Bear property in Dawson Creek, the Annuities negotiations, the Sukunka Wind Farm expansion project and lastly, we held an open discussion with members to provide membership an opportunity to voice their questions and concerns. These are the first set of family meetings since the 2026 SFN C&C Election was held in March/April.

July 28, 2026: Councilors Cameron, Watson, and Barrett attended the Treaty 8 Sign Blessing Ceremony in Dawson Creek. The Treaty 8 Leaders Table have been working with the Ministry of Highways to prepare and install new Treaty 8 Territory signs along the highways when entering our territory. The first sign has already been installed on the western boundary by Bear Lake/Summit Lake. The rest of the signs will be installed in the very near future, to the north and east.



July 30, 2026: Chief Paquette update – Membership may be aware, that Chief Paquette was in a car accident while attending meetings in Vancouver on July 16, 2026. He was in the hospital in Vancouver, then transferred to FSJ hospital, and has since been released to rest and recover at home. Chief Paquette would like to give thanks... “I’m humbled by all the people that sent prayers and healing thoughts for me through my last two weeks and it’s because of you, the people, you’re Chief is back way before the doctors thought. I appreciate every one of you and may the Creator bless each and every one of you. Mussi”

**Respectfully,  
Your Chief and Council**





## UPDATE

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.

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## FIRESMART

### Types of Open Fire

#### CATEGORY 1 Campfires

A "category 1 campfire" means an open fire that both:

- burns material in one pile no larger than 0.5 metre in height and 0.5 metre in width, and
- is lit, fuelled or used
  - by any person for a recreational purpose, or
  - by a First Nation for a ceremonial purpose.

You must have a fuel break around the campfire. Clear the surrounding area of debris and anything combustible to prevent the fire from becoming out of control.

Your fire must be no larger than 0.5 metre high and 0.5 metre wide.

A rock ring, fire pit or other non-flammable barrier around the fire can help prevent it from spreading.

You must be equipped with at least eight litres of water or a hand tool.



Always check for open fire prohibitions or restrictions before engaging in any activity that could potentially cause a wildfire.



Avoid having a campfire when it's windy.



Do not leave your campfire unattended for any amount of time.



Before you leave the area, your campfire must be fully extinguished. The ashes of your fire must be cool to the touch.



Anyone found in violation of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined up to \$1 million, be sentenced up to 1 year in jail as well and be responsible for all fire fighting and associated costs.



During campfire prohibitions, only a CSA-approved or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.

Scan to learn more



[www.bcwildfire.ca](http://www.bcwildfire.ca)



BC Wildfire  
Service

This poster is for information purposes only. It is not legal advice. The Wildfire Act and Wildfire Regulation are available online.

### OHS & Emergency Management Contacts

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## Types of Open Fire

### CATEGORY 2

A "category 2 open fire" means an open fire, other than a category 1 campfire, that burns:

- material in one pile not exceeding 2 metres in height and 3 metres in width,
- material concurrently in two piles each not exceeding 2 metres in height and 3 metres in width,
- stubble or grass over an area that does not exceed 0.2 hectares.

Ensure someone is always monitoring the fire so it doesn't spread. At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.

Have an adequate fire suppression system available at the burn site for fire control if the fire escapes.

Establish and maintain a fuel break around each area to be burned. If the fire spreads beyond the fuel break, the person who lit, fueled or used the open fire must:

- carry out fire control immediately,
- extinguish the fire if practicable, and
- report the fire to a ministry official, peace officer or fire emergency response agency as soon as possible.



Always check for open fire prohibitions or restrictions before engaging in any activity that could potentially cause a wildfire.



Ensure you comply with the Environmental Management Act and Open Burning Smoke Control Regulation.



Do not burn when venting conditions are poor or fair.



Do not leave the fire unattended for any amount of time.



The person who lights or maintains the fire must ensure that the fire is fully extinguished and the ashes are cold to the touch before leaving the area for any length of time.



Anyone found in violation of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined up to \$1 million, be sentenced up to 1 year in jail as well and be responsible for all fire fighting and associated costs.

Scan to learn more



[www.bcwildfire.ca](http://www.bcwildfire.ca)



BC Wildfire  
Service

This poster is for information purposes only. It is not legal advice. The Wildfire Act and Wildfire Regulation are available online.





## Types of Open Fire

### CATEGORY 3

A "category 3 open fire" means a fire that burns:

- material concurrently in three or more piles, each not exceeding 2 metres in height and 3 metres in width,
- material in one or more piles each exceeding 2 metres in height or 3 metres in width,
- one or more windrows each not exceeding 200 metres in length or 15 metres in width, or
- stubble or grass over an area exceeding 0.2 hectares.

Establish and maintain a fuel break around each pile, windrow, or grass or stubble area to be burned.

If the fire spreads beyond the fuel break, the person who lit, fueled or used the open fire must:

- carry out fire control immediately,
- extinguish the fire if practicable, and
- report the fire to a ministry official, peace officer or fire emergency response agency as soon as possible.



Anyone lighting a category 3 fire must first obtain a burn registration number by calling **1 888 797-1717**.



Ensure you comply with the Environmental Management Act and Open Burning Smoke Control Regulation.



Do not burn when venting conditions are poor or fair.



Ensure someone is always monitoring the fire so it doesn't spread beyond the fuel break. At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.



A person who lights, fuels or uses a category 3 open fire on a burn area must ensure that the category 3 open fire is extinguished by the date specified by the official or person who issued the burn registration number.



Anyone found in violation of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined up to \$1 million, be sentenced up to 1 year in jail as well and be responsible for all fire fighting and associated costs.

Scan to learn more



[www.bcwildfire.ca](http://www.bcwildfire.ca)



**BC Wildfire  
Service**

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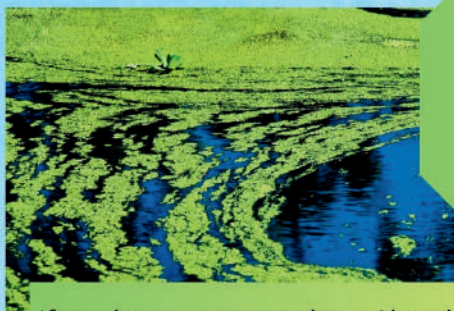
## ENJOY THE LAKE! WITH THESE ALGAE SAFETY TIPS

### WHAT SHOULD YOU LOOK FOR?

- Algae can appear as a soup-like layer on water surface or like paint / oil slicks.
- Algae can be many colours - green, blue-green, red, brown, or yellow.
- Algae usually stinks! Smelling like septic or dead fish.

### WHAT SHOULD YOU DO?

- Avoid swimming or playing in water with visible algae
- Do not let animals drink or play in algae water
- If you, or your kids, are exposed - RINSE WITH CLEAN WATER IMMEDIATELY.



If you have concerns about Algae in the lake - take pictures!  
Send them to 250-401-7667 with location description for submission to Algae Watch BC!

### Skin Exposure or Ingestion of Algae Can Cause:

- Skin Rashes / Blistering
- Eye Irritation (Watering / Redness)
- Unexplained Vomiting / Diarrhea
- Coughing / Sore Throat







*Need a Breath of Fresh Air?*

## **COME VISIT US!**

Smoke conditions and air quality effect us all differently - if you are in need of a breath of fresh air, come join us! Light refreshments available.

JULY 21 - 24/2026

**Elders Lounge (SFN Culture Centre)**

**8:00 AM - 4:30 PM**

**Health Centre (Reception Area)**

**8:00 AM - 4:30 PM**

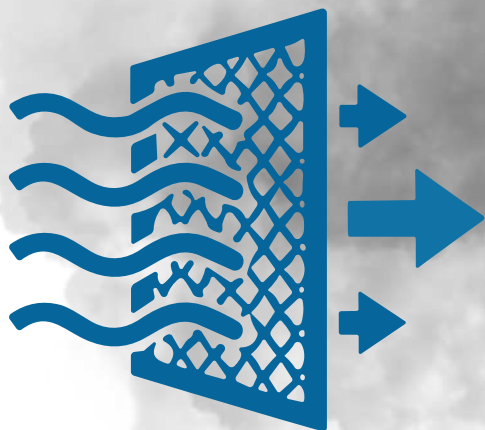
**New Beginnings House**

**8:00 AM - 4:30 PM**

**Trek Youth Centre (Chetwynd)**

**12:00 PM - 4:30 PM, Tues - Thurs**

**Location Open to Youth Only Please!**



*Need a Breath of Fresh Air?*

## **COME VISIT US!**

During the summer season we occasionally experience wildfire smoke in our community.

If your curious where the smoke is coming from - we recommend checking out the online mapping resource [firesmoke.ca](https://firesmoke.ca)! This map shows all of the fires accross Canada.

Smoke conditions and air quality effect us all differently - Saulteau First Nations is proud to offer clean air spaces for community members who need a break from the smoke.

If you are in need of a breath of fresh air, come join us!  
Light refreshments available.

If you are medically sensitive to smoke, or have health concerns - please reach out to the Health Centre for further resources!







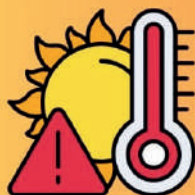
## July 19-25 2026 Expect HOT Weather

We are looking at some warm days ahead, do you know the signs of heat related illness?

Heat Exhaustion vs Heat Stroke  
What's the difference?

### Heat **EXHAUSTION**

Dizziness / Fainting  
Fatigue  
Excessive Sweating  
Rapid, Weak Pulse  
Nausea or Vomiting  
Cool, Pale, Clammy Skin  
Muscle Cramps



Heat Exhaustion requires treatment through cooling, hydration, and rest in shaded area

### Heat **STROKE**

Throbbing Headache  
Fatigue  
No Sweating  
Rapid, Weak Pulse  
Nausea or Vomiting  
Red, Hot, Dry Skin  
Loss of Consciousness  
Seizures

**Heat STROKE is a Medical Emergency. Seek immediate medical treatment. Call 911.**



Do you know what to do during a ...



## HEAT WARNING?

Heat warnings are characterized by daytime highs over 30+, and overnight lows in the mid teens (15+).



Stay Hydrated In Cool / Shady Spots!



Check in on Elders & Vulnerable Family Members!



Monitor for Symptoms of Heat Related Illness!





# COMMUNITY SUCCESSES & HIGHLIGHTS



Happy Birthday to  
Jamie Dawn  
We hope all your birthday  
wishes come true.  
Hugs  
From Conrad and Natasha

HAPPY  
BIRTHDAY



Daughter of Jordan and  
Cathleen Munch.  
Brooklyn won 2 back to back  
championships one at the  
John cho cup with the BC  
Ravens then the Canada cup  
with Kelowna heat

The Canada cup victory came  
with a winning home run to  
put thier team ahead 3 to 1  
to win the gold  
championships of Canada.  
Congratulations from all of  
us at Saulteau Brooklyn!



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

**Celebrating in September 2026?**  
Please Email  
[communications@saulteau.com](mailto:communications@saulteau.com)  
by August 25, 2026 for inclusion  
in next months Newsletter!





## AUGUST 2026

### HOUSING DEPARTMENT

#### How housing prioritizes maintenance

Housing prioritizes maintenance requests based on emergency, urgent, and routine categories. This process helps ensure that issues affecting the safety of our community members or causing significant damage to a home are addressed first, while all other maintenance requests are completed in an organized and timely manner.

##### Emergency

- No heat
- Septic Backup
- Water leak causing damage
- Exterior doorknobs not locking due to damage
- Electrical hazards
- Anything causing immediate danger

##### Urgency

- Plugged toilet/sink/tub
- Broken appliance
- Minor water leak
- Pest concerns
- Burnt out receptacle (Outlet)

##### Routine

- Noisy bathroom fan
- Dripping faucet
- Running toilet
- Weatherstripping
- Light not responding

#### Rainy Day Home Care

With recent rainfall, it's a great time to keep an eye on the outside of your home. A little attention now can help prevent bigger issues later.

Here are a few simple things you can do:

- Keep gutters and downspouts clear of leaves, twigs, and other debris so rainwater can drain properly.
- Check that downspouts direct water away from your home's foundation whenever possible.
- Report any roof leaks, water stains, or moisture inside your home as soon as you notice them. Early reporting can help prevent further damage.
- Keep eavestroughs and drainage areas accessible. Avoid stacking materials or storing items where they could block water flow.

Working together to keep water draining properly helps protect your home and reduce the risk of water damage.

#### Tenant tip of the month: take a photo

When reporting a maintenance concern, include a photo if it's safe to do so. Photos help the Housing Department assess the issue, order the right materials, and schedule repairs more efficiently.

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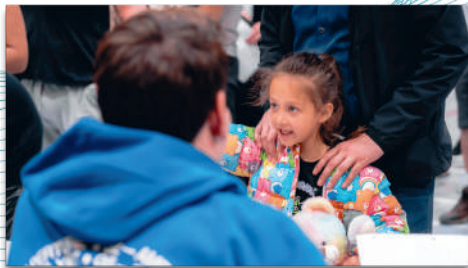
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# CULTURE, HERITAGE & RECREATION



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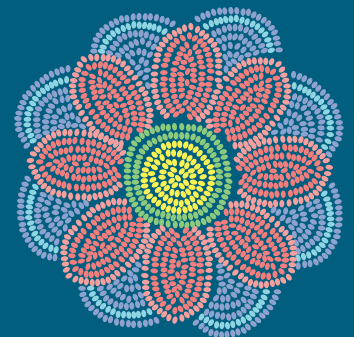
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# PEMMICAN DAYS 2026 WINNERS



| Pemmican Days Winners          |                            |                                    |                       |
|--------------------------------|----------------------------|------------------------------------|-----------------------|
| Events: Saturday, July 11th    | 1st                        | 2nd                                | 3rd                   |
| Men's Bow & Arrow              | Boa Brown                  | Matthew Logan                      | Tyson Cardinal        |
| Men's Sling Shot               | Desmond Lambert            | Coult Davis                        | Cody Murfitt          |
| Men's Axe Throw                | Chris Campbell             | Brighton Campbell                  | Rudy Paquette         |
| Women's Bow & Arrow            | Elisha Anderson            | Bridgette Apsassin                 | Sam Cardinal          |
| Women's Sling Shot             | Sam Cardinal               | Montana Paquette                   | Falon Gauthier        |
| Women's Axe Throw              | Brooke Walker              | Taliyah Brown                      | Mary Doyle            |
| Men's Tug Of War               | Tug Masters                | Team Boom                          | Tug Guys              |
| Women's Tug Of War             | Pulling Squad              | Not our first tug                  | Shaleena Waton's Team |
| Beading: Medallion             | Elisha Anderson            | Dianne Paquette                    | Courtney Mckone       |
| Beading: Lanyard               | Dianne Paquette            | Gloria Caven                       | Carlee Westgate       |
| Beading: Earrings              | Elisha Anderson            | Dianne Paquette                    | Kim Brown             |
| Beading: Wild Card             | Ronda Auger                | Stella Gauthier                    | Dianne Paquette       |
| Beading: Youth (8-17)          | Kaydence Roberts           | /                                  | /                     |
| Youth Dry Meat Cutting (12-17) | Kaily Napoleon             | Locklynn Sanderson                 | Brolen Courtoreille   |
| Adult Dry Meat Cutting         | Bea Gauthier               | Chris Campbell                     | Desiree Napoleon      |
| Youth Jigging (7-11)           | Cashton Newton / Zach Dowd | Spencer Ron Beek / Tyler Rainburry | /                     |



| Pemmican Days Winners       |                          |                              |                                 |
|-----------------------------|--------------------------|------------------------------|---------------------------------|
| Events: Saturday, July 11th | 1st                      | 2nd                          | 3rd                             |
| Youth Jigging (12-17)       | Jayse Thompson           | Darian Marshall              | Cash Caumartin                  |
| Adult Jigging               | Les Davis                | Mavis Davis                  | Terry Badine                    |
| Youth Two Stepping (12-17)  | Kenize & Alivia Gauthier | Zane & Layke Brown           | /                               |
| Adult Two Stepping          | Bev & Alain Rohel        | Jack & Phyllis Gauthier      | Allie Auger / Deshana Sanderson |
| Youth Talent Show (7-11)    | Sydney Gauthier          | Saria Lynn                   | Easton Rice                     |
| Youth Talent Show (12-17)   | Riley Solbrekken         | Misty Watson                 | Darian Marshall                 |
| Adult Talent Show           | Richard Lalonde          | Les Davis / Rick Ghostkeeper | Corey Martens                   |

| Pemmican Days Winners     |                                                                        |                                                       |                                                            |
|---------------------------|------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------|
| Events: Friday, July 10th | 1st                                                                    | 2nd                                                   | 3rd                                                        |
| Pemmican Parade (0-6)     | Cassius & Greyson C / Lachlan Bosch                                    |                                                       |                                                            |
| Pemmican Parade (7-11)    | Briette Courtoreille                                                   | Nixon Ross / Marissa Campbell                         | /                                                          |
| Pemmican Parade (12-17)   | Misty Watson / Samanthor & Liam Mattice                                | Quinn Walker                                          | /                                                          |
| Pemmican Parade (18+)     | Rutanya Cardinal                                                       | Bev Rohel                                             | Northern Nations Wellness                                  |
| Youth Bow & Arrow (8-11)  | Kolton Berg                                                            | Kholby Huberdeau                                      | Marissa Campbell                                           |
| Youth Bow & Arrow (12-17) | Jace Napoleon                                                          | Nash Willis                                           | Kaydence Roberts                                           |
| Youth Sling Shot (8-11)   | Riot Brown                                                             | Marissa Campbell                                      | Caleb Cardinal                                             |
| Youth Sling Shot (12-17)  | Jace Napoleon                                                          | Gracie Cameron                                        | Nash Willis                                                |
| Teepee Raising            | Henriette Landry, Jordan Demeulemeester, Adrianna Glover, Kieth Glover | Ronda Auger, Allie Auger, Deshana Sanderson, Jo Layne | Josh Cameron, Ethan Cameron, Phinn Cameron, Tyson Cardinal |
| Youth Warrior Call (8-17) | Caleb Cardinal                                                         | Kenzie G / Kendall P / Marissa C                      | Presley Brown                                              |
| Youth Moose Call (8-17)   | Riley S / Kendall P / Oaklynn B                                        | Marissa Campbell                                      | Kenzie Gauthier                                            |
| Youth Elk Call (8-17)     | Presley Brown                                                          | Natalie Sanderson                                     | Zane Brown                                                 |
| Youth Horse Call (8-17)   | Aiden Brown                                                            | Zane Brown                                            | Locklynn Sanderson / Kara Solbrekken                       |
| Adult Warrior Call        | Chris Campbell                                                         | Brooke Walker                                         | Kaycee Paquette                                            |
| Adult Moose Call          | Rick Ghostkeeper                                                       | Chris Campbell                                        | Sienna Ghostkeeper                                         |
| Adult Elk Call            | Brooke Walker                                                          | Allie Auger                                           | Barry Davis                                                |
| Adult Horse Call          | Kaycee Paquette                                                        | Noreen Brown                                          | Ty murfitt                                                 |
| Adult Honeymoon Race      | Tia & Nash                                                             | Kaycee Paquette & Alex Clayton                        | Shephanie & Tyler                                          |

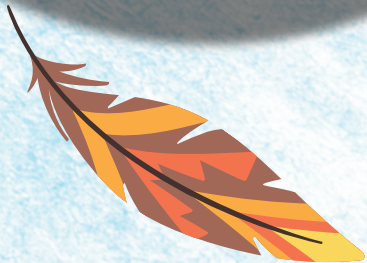
| Pemmican Days Winners        |                                |                               |                                |
|------------------------------|--------------------------------|-------------------------------|--------------------------------|
| Events: Sunday, July 12th    | 1st                            | 2nd                           | 3rd                            |
| Pugeesee                     | Barry Patch                    | Bannock & Dry Meat            | 4 Leaf Clovers                 |
| Horseshoes B Side            | Cody Murfitt & Cody Bliss      | Phinn & Josh Cameron          | Lenora & Kristian Blue         |
| Horseshoes A Side            | Melvin Davis / Desmond Lambert | Rudy & Paul Paquette          | Barry Davis / Rick Ghostkeeper |
| Ladies Endurance Race        | Carmen Richter                 | Saulteaux Favourite Daughters | Resilience                     |
| Mens Endurance Race          | Saulteau's Favourite Sons      | Lone Riders                   | /                              |
| Youth Endurance Race (8-8)   | Beckett Munch                  | Clive E / Weston M            | Marshall Brown                 |
| Youth Endurance Race (9-11)  | Jackson Kolosky                | Holden Howes                  | Oaklynn Brown                  |
| Youth Endurance Race (12-15) | Jayce Napoleon                 | Ryker Frayne                  | Lakyn Parenteau                |
| Adult Tea Boiling            | Kaycee Paquette                | Allie Auger                   | Alex Clayton                   |
| Braiding Competition         | Janelle Cameron                | Naomie Owens-Beek             | /                              |
| Adult Bannock Making Contest | Ronda Auger                    | Alex Clayton                  | Diane Courtoreille             |
| Youth 8-11 Leg Wrestling     | Paisley Fuller                 | Zach Dowd                     | /                              |
| Youth 12-17 Leg Wrestling    | Cash Caumartin                 | Riley Solbrekken              | Darian Marshall                |
| Women's Leg Wrestling        | Jessica Gauthier               | Brooke Walker                 | Reagan Lalonde                 |
| Men's Leg Wrestling          | Keegan Desjarlais              | Zachary Auger                 | Phinn Cameron                  |

| Pemmican Days Winners     |                |              |                   |
|---------------------------|----------------|--------------|-------------------|
| Events: Friday, July 10th | 1st            | 2nd          | 3rd               |
| Adult Moccasin Race       | Kendra Schlamp | Sam Cardinal | Keegan Desjarlais |





# PEMMICAN DAYS 2026















# THANK YOU!

## Thank You!

A huge thank you to every youth who volunteered their time to help run Mano's Kitchen during Pemmican Days! Your hard work and teamwork made it such a success.

Thank you as well to everyone in our community who stopped by and supported us throughout the weekend. All proceeds go directly back into youth programming and opportunities for our youth.

With gratitude,  
Saulteau First Nations Youth  
Ethan Cameron, Youth Support Coordinator



**Saulteau**  
FIRST NATIONS

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

### Social Development Contacts

Carrie Paquette  
Manager of  
Social Development  
cpaquette@saulteau.com

Tammy Walker  
Band Social Development  
Worker  
twalker@saulteau.com

Cara Martin Earl  
Member  
Transportation Driver  
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Ethan Cameron  
Youth Support  
Coordinator  
ecameron@saulteau.com

Tasha Lalonde  
Elders Support  
Coordinator  
tlalonde@saulteau.com

Tanisha Llewellyn  
Life Skill Coordinator  
tllewellyn@saulteau.com

Shay Garbitt  
Life Skill Program  
Facilitator  
sgarbitt@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 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 workshop on employment search.

### Monthly Renewal Declaration

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

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

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

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

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

For any 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 neshokmatin (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



# SOCIAL DEVELOPMENT



Join us for a  
Family Group Event



## Haskap Berry Jam Making

This group is designed to bring families and community members together in a fun, welcoming environment while learning valuable life skills such as canning, jam making, and other food preservation techniques. Participants will gain hands-on experience, build confidence in preparing homemade foods, and connect with others in the community.

Bringing families & community together to learn the art of canning jam!

Aug 19, 2026 | 1:00-5:30 PM | New Beginnings House  
Snacks & refreshments provided • Limited spots available  
Sign up with Shay: (250)-788-3955 ext 1008  
sgarbitt@saulteau.com

## Youth Co-Ed Fishing Day



AUGUST 21ST, 2026  
1:00-5:30 PM

Meet at New Beginnings House  
Where: to be determined.

Snacks and refreshments provided

Rides will be provided but limited seating

please contact shay for sign up  
sgarbitt@saulteau.com  
(250)-788-3955 Ext. 1008

This event gives youth the opportunity to learn a valuable lifelong skill through a day of fishing while building connections with their peers and mentors. Participants will develop fishing skills, patience, responsibility, and an appreciation for the outdoors in a fun, supportive environment. The event also encourages teamwork, confidence, and community, creating lasting memories and positive relationships.

Group for ages 9 and up; under 9 must be accompanied by an adult.



## Family Salsa Making Class



Join us for a fun and welcoming community gathering where participants can learn the basic skills of home canning and salsa making. This hands-on workshop is designed for anyone interested in developing practical life skills, whether you're a beginner or looking to build your confidence in the kitchen.

Together, we'll learn safe canning techniques, prepare fresh homemade salsa, and connect with other community members in a supportive environment. Our goal is to bring people together, share knowledge, and encourage healthy, cost-effective food preservation skills that can be used at home.

August 5th, 2026

Where: New Beginnings House

Time: 1:00-5:30

Snacks and refreshments provided

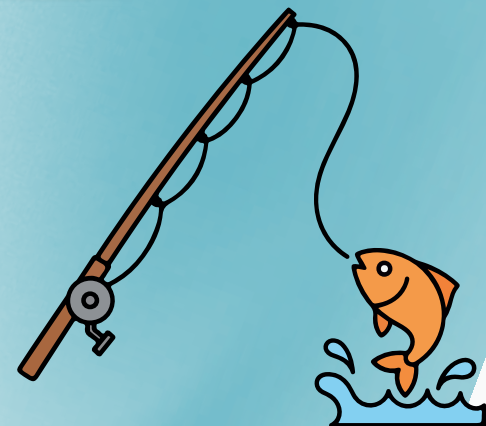
Limited spots available.

Snacks and refreshments provided

Limited spots available; please sign up with Shay

Contact Shay at (250)-788-3955 Ext 1008

sgarbitt@saulteau.com







WOMEN'S GROUP CHUNKY LAP BLANKET MAKING EVENT

Chunky Lap Blankets



**Saulteau**  
FIRST NATIONS

Date: August 25th  
Time: 4:30-6:30 pm  
Where: New Beginning House

DINNER AND REFRESHMENTS PROVIDED

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

WOMEN'S GROUP

*Flower Arrangements*

MAKE YOUR OWN FLOWER ARRANGEMENT!  
WHEN: AUGUST 11TH, 2026  
TIME: 4:30 PM - 6:30 PM  
WHERE: NEW BEGINNING HOUSE  
DINNER & REFRESHMENTS PROVIDED  
LIMITED SPOTS AVAILABLE!  
SIGN UP WITH SHAY:  
PHONE: (250)-788-3955 EXT 1008  
EMAIL: SGARBITT@SAULTEAU.COM

ALL WOMEN WELCOME - COME CREATE SOMETHING BEAUTIFUL!



**Saulteau**  
FIRST NATIONS

**Life Skills Youth Group**

Learn How to Can

**PICKLES**

August 7th, 2026  
1:00 PM - 5:30 PM | New Beginnings

Register with Shay at [sgarbitt@saulteau.com](mailto:sgarbitt@saulteau.com)  
or (250) 788-3955 Ext. 1008

Youth Pickle Canning Class

Join us for a fun, hands-on pickle canning class designed to bring youth together while learning an important life skill! Participants will learn the basics of safely preserving food through canning, gain confidence in the kitchen, and take home valuable knowledge they can use for years to come. Come connect with others, have fun, and discover the rewarding skill of food preservation!

For ages 9 and up, those under 9 need to be accompanied by an adult.  
Snacks and refreshments provided.



**Saulteau**  
FIRST NATIONS

*Youth Haskap*

**CANNING CLASS**

**AUGUST 14TH, 2026**  
1:00-5:30 PM

New Beginnings House

Snacks and refreshments provided

For ages 9 and above; those under 9 must be accompanied by an adult.  
Snacks and refreshments will be provided.

This Youth Haskap Berry Canning Class is designed to teach young people a valuable life skill in food preservation. Participants will learn safe canning techniques while preserving locally grown haskap berries, helping build confidence, self-sufficiency, and an appreciation for reducing food waste and enjoying seasonal harvests year-round.

Must sign up with Shay at  
[sgarbitt@saulteau.com](mailto:sgarbitt@saulteau.com)  
(250)-788-3955 Ext 1008







TRANSPORTATION CALENDAR

August 2026

Sunday

Monday

Tuesday

Wednesday

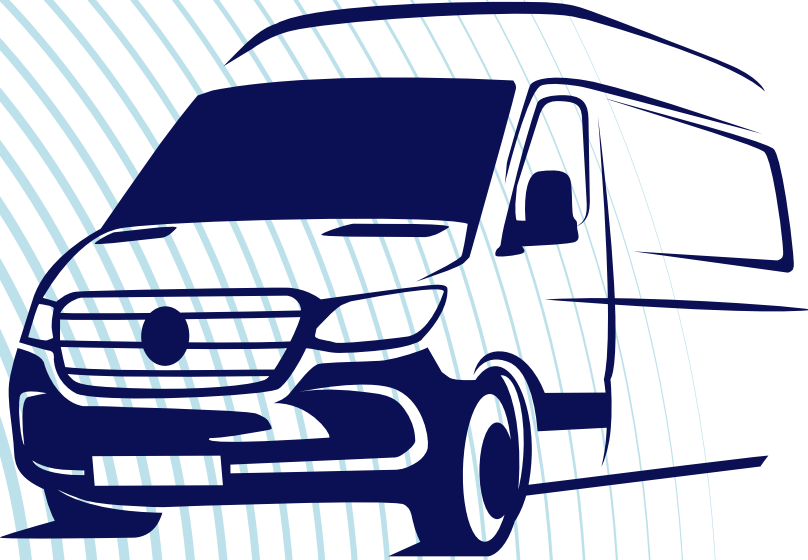
Thursday

Friday

Saturday

|                                                                                                                                                                                                                                                                                                                                                       |                                   |                              |                                        |                                               |      |                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|------------------------------|----------------------------------------|-----------------------------------------------|------|--------------------------------------------|
| 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. |                                   |                              |                                        |                                               |      | 1                                          |
| 2                                                                                                                                                                                                                                                                                                                                                     | 3<br>BC DAY<br>SFN Offices Closed | 4                            | 5<br>DAWSON CREEK Shopping Day!        | 6<br>9:00am-4:00pm Kids Camp                  | 7    | 8                                          |
| 9                                                                                                                                                                                                                                                                                                                                                     | 10                                | 11                           | 12                                     | 13<br>9:00am-4:00pm Kids Camp                 | 14   | 15                                         |
| 16                                                                                                                                                                                                                                                                                                                                                    | 17                                | 18<br>1:30pm- Recycling Trip | 19                                     | 20<br>8:30am-4:00pm Kids Camp to Culture Camp | 21   | 22<br>8:30am-4:00pm Elders to Culture Camp |
| 23                                                                                                                                                                                                                                                                                                                                                    | 24                                | 25                           | 26<br>9:00am- Breakfast at Don's Diner | 27                                            | 28   | 29                                         |
| 30                                                                                                                                                                                                                                                                                                                                                    | 31                                |                              |                                        |                                               | <br> |                                            |

Call Cara to book  
your ride  
236-364-2016







# Mobile Makers



Powered by the Bannister GM Truck and  
the ConocoPhillips Mobile Training Unit



Sponsored by  
Shell Canada

**Free Youth  
Carpentry Camp  
Grades 8-12**

**August 25-27 | 9:30am-3pm**

Muskoti Learning Centre, 1717 Boucher Lake Rd., Moberly Lake

Students will learn tool safety, and work on projects to take home!

For more information or to register



West Moberly First Nations Students  
Alex Canning  
Email: [education@westmo.org](mailto:education@westmo.org)  
Ph: 250.788.3663



Saulteau First Nations Students  
Cheri Koenig  
Email: [ckoenig@saulteau.com](mailto:ckoenig@saulteau.com)  
Ph: 250.788.7275



**Northern Lights College**  
Workforce Training &  
Continuing Education

A partnership with West Moberly First Nations, Saulteau First Nations,  
and Northern Lights College Workforce Training & Continuing Education





## Muskoti Elementary School



**tânisi fellow band and community members: only a few seats remain for 2026/2027.**

Do you or someone you know have a child turning four by December 31, 2026, or entering Kindergarten, Grade 1, 2, or 3 in September 2026? If so, please contact us for registration forms, or they can be found on our SFN website under Education and submitted to [cschlamp@saulteau.com](mailto:cschlamp@saulteau.com).

Registration for full-day K4, Kindergarten, Grade 1, 2, or 3 opens January 30th for the following school year. We limit class sizes to provide the highest quality of education, so it is best to register early.

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

If you have any questions, please feel free to contact our principal, Cody Schlamp, at [cschlamp@saulteau.com](mailto:cschlamp@saulteau.com)

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



MUSKOTI  
MAK WAK







**Saulteau**  
FIRST NATIONS

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

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

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



## ECONOMICS CONTACTS

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

Tonia Richter  
Officer of  
Economic Development  
trichter@saulteau.com



Saulteau First Nations  
Economic Development Department  
is gathering business information to  
develop and maintain a registry of  
qualified SFN-owned businesses and to  
help them maximize subcontracting  
opportunities for members

For more information please contact

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





## EMPLOYEE SPOTLIGHT!

**SFN Member  
Jerricho Davis-Apprentice  
Scaffolder MTIS**



*Celebrating the incredible people who  
make our community stronger every day!*

### About Our Team Member

Mountain Time Industrial Services, our people are our greatest strength. Each team member brings unique skills, dedication, and passion to their role. We are proud to shine a spotlight on one of the outstanding individuals who embodies our values and commitment to our community.

### About This Team Member: Written By Site Supervisor Josh Daniels

In the time that I have worked at MTIS alongside Jerricho Davis, he has made an incredible impression.

He shows up every day with a positive attitude and an eagerness to work, which helps keep the crew around him motivated throughout the day. Jerricho is always asking questions and wanting to learn how to do things the proper way, making sure he builds the right habits and techniques that will help him later in his career.

In my experience, Jerricho has never had an issue being the first person to offer help when it is needed. Many of the workers on site who have worked directly with Jerricho have also requested to work with him again. They appreciate his strong work ethic, his willingness to drive the work truck and safely transport both the crew and material, and the fact that he is always ready to work when he arrives at the task location.

Workers like Jerricho, who are eager to learn, work hard, bring a positive attitude, and keep a safe mindset, are always appreciated on any worksite!

**Connect With Us: Garnet Havard General Manager**  
Office: 866-316-0185  
Cell: 250-401-7242

*Thank you for your  
dedication, hard work, and  
service to our community!*





# LANDS STEWARDSHIP & PROTECTION



## 20th North American Caribou Workshop Yellowknife, NWT, June 15-19, 2026

The conference theme, United by Caribou, represents the shared interest in caribou as stewards and researchers. From biologists to resource managers to Indigenous land users and community members to industry professionals, all are invited to come together to discuss and share knowledge about caribou research, conservation, and stewardship.

Carmen Richter and Naomi Owens-Beek sit on the Nikanese wah tzee Stewardship Society and attended this workshop. Both sat on a panel with other Indigenous reps from across BC, Alberta and NWT to discuss our shared drive to protect caribou, share successes and what the future looks like for caribou.



### TREP CONTACTS:

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

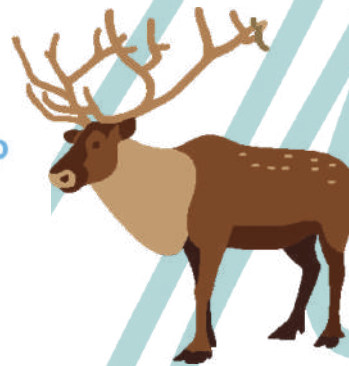
Jessica Eastman  
Guardian Supervisor  
jeastman@saulteau.com

Tom Aird  
Aboriginal Liaison  
ttom.aird@saulteau.com

### LANDS CONTACTS:

Mary Doyle  
Lands Manager  
mdoyle@saulteau.com

Brooke Walker  
Lands Officer  
bwalker@saulteau.com



YOU ARE INVITED TO

## COMMUNITY BBQ

Celebrate the finishing of the Memorial Benches  
and Berries Project with plaque installation



Thursday, August 27<sup>th</sup>  
12pm lunch with presentation  
then tour 12:30-ish



SFN Culture & Rec Centre with  
tours to bench sites along hwy 29

Hosted by the Lands  
Department in  
partnership with  
Public Works  
Department







## PUBLIC NOTICE

### **Please Stay Off Farm Fields During Planting & Growing Season!**

To help protect crops and farmland, UTVs, ATVs, dirt bikes, and all other motor vehicles are prohibited from entering farm fields during the planting and growing season.

Effective June 1 through October 31

#### **Driving on cultivated fields can:**

- Damage newly planted and growing crops.
- Create costly losses for our community.
- Leave ruts that interfere with farming operations.
- Pose safety risks to people and equipment.

Please respect the property and remain on designated roads and approved trails.

**Thank you for your cooperation and for helping support our local farming.**

Should you have any questions, please feel free to contact one of the following Lands Department staff: Mary Doyle, Brooke Walker or Crystal Lalonde



### **IMPORTANT ANNOUNCEMENT**

— Tree removal in the area is  
recommencing —



**JULY 28 – AUG 7**

We appreciate your patience

Various Spots around SFN

Any questions contact Oshen  
Walker 250-788-7290 EXT 1032



## **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 or  
jdemeulemeester@saulteau.com  
250-788-7288





**Can you spot the pika?**

While wandering through the alpine in British Columbia and the Yukon, you may be fortunate enough to hear the high-pitched "meeep" of a pika.

**How much do you know about pikas?**

- The weight of a hockey puck.
- Usually seen in daylight from July to September on talus slopes near meadows.
- The size of a potato.
- Small ears.
- Long whiskers.
- Scat looks like a pile of newspaper.
- A cousin of the rabbit.
- No tail.
- Lives to about six years.
- Makes huy while the sun is out.
- More social during mating season.
- Doesn't hibernate. Survival during the winter depends on the success of their haying season.
- Predators include hawks, owls, eagles, ermine, marten, and bears.

**Learning from pikas**

Pikas help us track climate-driven changes in alpine environments. Warming temperatures and unpredictable snowpack may threaten pika populations or force them to find more suitable habitat either upslope or at higher latitudes. They are likely an important indicator of the effect of climate change on alpine species. Scientists are tracking the resilience and adaptability of pikas, and documenting pika sightings provides vital data on changes in their distribution.

**Help us monitor pikas**

**If you're in the Yukon**  
Report your sightings to the Yukon Conservation Data Centre  
• [yukoncdc@gov.yk.ca](mailto:yukoncdc@gov.yk.ca)

**If you're in B.C. or Yukon**  
Report your sightings directly on the Pika Patrol app  
• [pikapatrol.org/pikapatrol/](https://pikapatrol.org/pikapatrol/)

Please keep your dog on a leash.

Published by the Government of Canada / Printed and distributed by the Government of Canada

Canada Yukon

BRITISH COLUMBIA

THE UNIVERSITY OF BRITISH COLUMBIA

Environment Canada / Environnement Canada



**Saulteau FIRST NATIONS**

## 2026 BERRIES AND BENCHES PROJECT

The Lands and Public Works Dept's are pleased to announce the installation of 3 memorial benches along Hwy 29 (Crowfeathers to Boucher Lk Rd). This is the first phase of this project.

**Next Steps:**  
Planting of shrubs and flowers, memorial plaque installations, and Community BBQ.  
Please keep an eye out for upcoming Notices for the BBQ date!

"IN THE GARDEN OF MEMORY."





## AUGUST 2026

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

Your paragraph text

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

**AUGUST 13 & 27, 2026**

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

## Massage Therapy

Jaclyn Johnson, RMT  
NuBalance Massage Therapy

**Thursday August 13<sup>th</sup> & 27<sup>th</sup>, 2026**

Please Contact Melva  
at 250-788-7280





## ***Cedars Alumni Recognition & Appreciation Gathering***

This event is exclusively for Cedars alumni. If you've attended Cedars Treatment Centre, come enjoy a day of connection, conversation, and community. Reconnect with familiar faces, meet fellow alumni, and enjoy the opportunity to be together again.

**\*\*Must be a minimum of 2 weeks clean\*\***

**August 29<sup>th</sup> 2026  
Cobble Hill, BC**

For more information or to register please contact  
**Johnathan Davis 250-875-1064**  
email: [jdavis@saulteau.com](mailto:jdavis@saulteau.com) or  
**Kylie Davis 250-875-1072**  
email: [kdavis@saulteau.com](mailto:kdavis@saulteau.com)

**Mental  
health  
matters**

## **LUNCH**

The SFN Mental Wellness Department invites you to enjoy lunch with us on the following days:

**Wednesday August 5th**

**Wednesday August 12th**

**Wednesday August 19th**

**Wednesday August 26**

**at the Mental Wellness Department (above IDA Pharmacy)**



Come together in a safe, supportive space for conversation, connection, and a shared meal.



## **Harm Reduction Supplies Available for Pick Up or Drop Off**

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

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

Supplies can also be dropped off by calling or texting Tanya at 250-875-1011 or email [tdavidson@saulteau.com](mailto:tdavidson@saulteau.com)