October 2026
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freezing moon

otâcimow

Official Newsletter of Saulteau First Nations

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HEALING THE LAND 2026









GOVERNANCE



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SFN JOB OPPORTUNITIES







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Job Opporunities
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Human Resources
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Finance Contacts:

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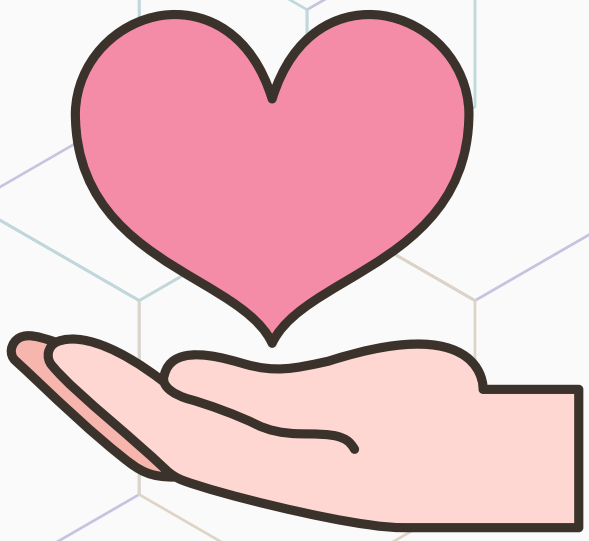
ap@saulteau.com

COMMUNITY SUCCESSES & HIGHLIGHTS





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

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

COMMUNITY SOLAR & BACKUP BATTERY PROJECT UPDATE

September 2026

We want to provide the community with an update on the Solar & Backup Battery Project and clarify some of the different work currently taking place. There are several parts of this project moving forward at the same time, including BC Hydro infrastructure upgrades and approvals, solar and battery installations, and different funding and rebate programs. Because some requirements only apply to certain homes, we understand that the different notices can sometimes be confusing.

BC Hydro Infrastructure Upgrades

BC Hydro has now started the required infrastructure upgrades within the community. This work is expected to continue until all required upgrades are complete.

- 36 transformer upgrades
- 3 additional transformers
- 28 secondary conductor upgrades
- 7 service conductor upgrades

These upgrades are required so BC Hydro's electrical system can safely accommodate the additional power being generated by the community's solar systems.

Many homes already have their solar panels and equipment installed. However, the remaining systems cannot be fully activated until the required BC Hydro infrastructure work is completed and BC Hydro provides the necessary approvals.

Battery Rebate Clarification

We also want to clarify that the recent Battery Rebate notice does not apply to every home participating in the Solar & Backup Battery Project.



Approximately 52 homes were not registered under the original battery rebate program and now need to apply under the new program. If your home is one of these homes, a Sunspear team member will contact you directly and help you with the application.

If you are not contacted, no action is required. Your home has already been registered with BC Hydro.

For the approximately 52 homes requiring the new rebate, funding is expected to be secured in late 2026 or early 2027. The remaining

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Housing Contacts

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Facilities Maintenance & Public Works Contacts

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Facility Maintenance & Public Works Manager
rlalonde@saulteau.com

solar and battery installations for these homes are expected to be completed in 2027. Some homes may already have solar panels installed, but they cannot be turned on until the battery and remaining equipment are installed.

What This Means for You

There are different funding streams, application years and BC Hydro requirements associated with this project. Because of this, not every application or notice will apply to every participating home.

The easiest way to know if something is required from you is this: if Sunspear needs additional information, an application or action from your household, their team will contact you directly.

For technical questions about your solar or backup battery system, rebate requirements or your individual home, please contact **Cory Bigham with Sunspear at 778-791-7828 or cory@sunspearmicrogrid.ca.**

We know this has been a long process, and we truly appreciate everyone's continued patience and understanding. BC Hydro's infrastructure upgrades are now underway, bringing us another step closer to activating our community's solar and backup battery systems. The SFN Capital Projects Team will continue working closely with Sunspear, BC Hydro and our funders to see this project through to completion.

Thank you to our community for your patience and support throughout this project. We look forward to getting these systems fully operational and seeing the benefits for our community. We will continue to provide community updates as the work progresses.

SFN Capital Projects & Sunspear

Saulteau FIRST NATIONS

SOLAR & BACKUP BATTERY PROJECT - Community Q&A – September 2026

Q: Do I need to sign up for the new Battery Rebate?

A: Not everyone does. The new rebate application only applies to approximately 52 homes that were not registered under the original battery rebate program.



Q: How do I know if my home is one of the 52?

A: You do not need to figure this out yourself. If your home requires the new rebate application, a Sunspear team member will contact you directly.

Q: What if Sunspear does not contact me?

A: No action is required. Your home has already been registered with BC Hydro.

Q: Why are some homes required to apply and others are not?

A: The Solar & Backup Battery Project has involved different funding streams, rebate programs and application years. Because of this, some requirements only apply to certain homes.

Q: Why isn't my solar system turned on yet?

A: BC Hydro must complete the required infrastructure upgrades within the community and provide approval before the remaining systems can be activated.

Q: What infrastructure work does BC Hydro need to complete?

A: The required work includes 36 transformer upgrades, 3 additional transformers, 28 secondary conductor upgrades and 7 service conductor upgrades.

Q: Has BC Hydro started this work?

A: Yes. BC Hydro has started the infrastructure upgrades, and the work is expected to continue until the required upgrades are complete.

Q: When will my solar and battery system be activated?

A: Activation depends on BC Hydro completing the required infrastructure work and providing final approvals for the remaining systems.

Q: Are the solar and backup battery systems already paid for?

A: Yes and no. SFN has provided funding and financial support toward the project. However, BC Hydro rebate funding is still an important part of covering the full cost of the systems. This is why the required BC Hydro rebate applications still need to be completed for applicable homes.

For the approximately 52 homes that require the updated rebate application, Sunspear will contact you directly to complete the necessary paperwork.

Q: If I am contacted for the new rebate program, when will my system be completed?

A: Homes that require the new rebate application are not expected to have their full rebate funding secured until late 2026 or early 2027. Because of this, final installation of the solar and backup battery systems for these homes is currently estimated for summer 2027.



Some of these homes may already have a 5 kW solar system installed. However, these panels are not yet connected or operational. They will be wired directly into the inverter when the backup battery system is installed, so they are not expected to be activated until the remaining installation is completed.

Please keep in mind: This timeline applies specifically to homes requiring the new rebate application. It does not mean that all homes participating in the Solar & Backup Battery Project will have to wait until 2027.

Q: Who do I contact if I have questions about my specific home?

A: For technical questions about your solar or backup battery system, and rebate requirements, please contact **Cory Bigham with Sunspear at 778-791-7828 or cory@sunspearmicrogrid.ca.**

SFN Capital Projects & Sunspear

Saulteau FIRST NATIONS

Housing Department

OCTOBER 2026

❄️ Winter Propane Reminder:

With colder temperatures upon us, it's time to start preparing for winter!

Homeowners & Tenants are reminded to check their propane levels and make sure they have an adequate supply for the colder months ahead. Winter weather can increase propane usage, and deliveries may take longer during periods of high demand or severe weather.

Please take a moment to:

- Check your propane tank level.
- Arrange a delivery if your supply is getting low.
- Make sure your tank and surrounding area are accessible for delivery.
- Plan ahead so you're not caught without heat during a cold spell.

A little preparation now can help ensure a warm and comfortable winter for you and your family.

**"Gratitude makes sense of our past,
brings peace for today,
and creates a vision for tomorrow."
– Melody Beattie**





🎒 Back to School Safety Notice:

As we all know, the kids are back to school! With more children walking and biking along our roads, please take a little extra care when driving through our community.

🚸 **Please slow down and stay alert.**

🚌 **Watch for school buses stopping and children getting on or off.**

🚶 **Be mindful of kids walking along or crossing the road.**

🛑 **Follow all posted signs and traffic rules.**

Let's all do our part to help keep our kids safe as they travel to and from school.

Slow down, pay attention, and give our children the space they need.

Housing Department

OCTOBER 2026

🍂 October Housing Tips:

As colder weather approaches, now is the time to prepare your home for winter.

- **Clean Gutters:** Remove leaves and debris to help prevent water damage.
- **Check for Drafts:** Seal gaps around windows and doors to keep the cold out.
- **Winterize Faucets:** Disconnect hoses and drain outdoor faucets to prevent freezing.
- **Check Your Furnace:** Make sure your heating system is running efficiently and replace filters as needed.
- **Check Propane Levels:** Ensure you have enough propane for the colder months and schedule a delivery if needed.

Stay warm, stay safe, and prepare early!

Kindness Counts!

"You cannot do kindness too soon, for you never know how soon it will be too late."
— Ralph Waldo Emerson

🏠 Annual Home Inspections:

It's that time of year again!
Home Inspection Notices will be going out over the next few weeks. We will be asking everyone to phone, email, or come into the office to schedule your annual home inspection.
Annual home inspections help evaluate the condition, safety, and functionality of a property's major systems and structures. These inspections are an important part of ensuring our homes remain safe, well-maintained, and in good working order.
Please watch for your notice and contact the office to arrange a convenient time for your inspection.

Thank you for your cooperation and for helping us keep our homes and community safe!

🚫 Please DO NOT Flush Feminine Products:

Tampons, pads, and wipes should **NEVER** be flushed down the toilet. Unlike toilet paper, these products don't break down easily and can cause serious clogs, sewer blockages, and costly plumbing repairs.
Please dispose of feminine hygiene products in the **trash** to help keep our plumbing and sewer system working properly.

Remember: Only flush toilet paper and waste! 🚽



CULTURE, HERITAGE & RECREATION





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Culture, Heritage & Recreation Contacts

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Kirsta Lindstrom
Four Pillars Coordinator
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Tylene Paquette
Cultural Connections Coordinator
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Recreation Department

🍂 Fall is Here at Recreation! 🍂

Fall is here, and our After-School Program is off to a great start! We have a few new faces joining the group, and I'm excited to get started on lots of fun activities and craft ideas with the little ones. 🎨✂️

🎶 Music Classes Have Started! 🎶

If you haven't signed up yet, you still have a chance! Come learn, have fun, and discover your musical side with one of the best instructors around. 🎸🎵

💦 Water Fit is Going Great! 💦

We'd love to see a few more faces join us! You never know—you might just find that you really enjoy it. Come out, get moving, and have some fun!

🍁 What would YOU like to see this fall? 🍁

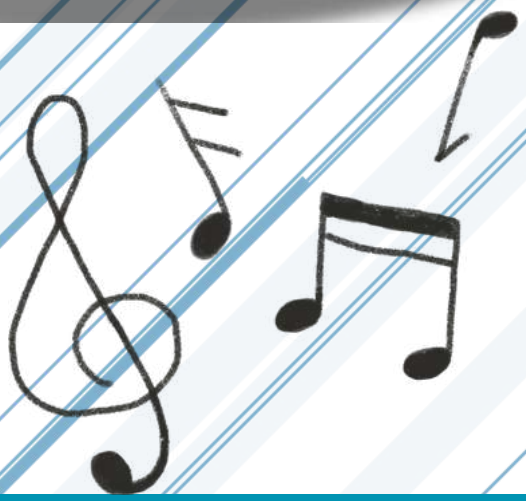
I'd love to hear your ideas! Is there a craft, workshop, fitness class, family activity, or event you would like to see offered through the Recreation Department?

Let me know what you'd like to see and do this fall! Your ideas help us plan activities that our community will enjoy. ❤️

— Candace

Recreation Department





ARTIST IN RESIDENCES

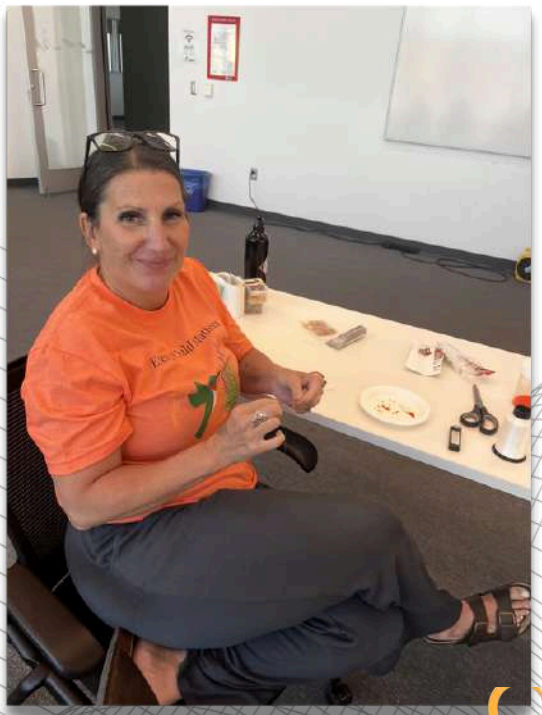
I believe, culture, tradition and knowledge is a sacred and communal responsibility starting with parents, family and extending to community and the nation.

Tansi, I'm Dianne Paquette, I am a community member of Saulteau First Nations. I have been working at Saulteau First Nations at Cree-ative Wonders Headstart Daycare/Preschool since January 2022 as an ECE/ITE. I'm happily married to Robin Paquette, a SFN band member. I have two daughters, Montana & Shadow, and a son Noah, as well as two grandsons Brogan, Psalm and one granddaughter Oaklynn who are all SFN members.

I found my passion in beading, I love beading all sorts of patterns and designs. Beading has bean grounding and very therapeutic for me. I also enjoy spending time outside with my family, hunting, fishing and camping.

I believe it is important to keep traditions and culture alive in our families and communities and share my knowledge.













SOCIAL DEVELOPMENT

Saulteau FIRST NATIONS

SACRED COMMUNITY PATHWAYS

Leadership Through Culture

WORKSHOP 1 - OCT 10TH

11:00 AM - 3:00 PM

Sacred Community Pathways' Youth Leadership Series is a hands on, land-based program designed to continue the support of Saulteau youth in strengthening confidence, leadership, resilience, cultural connection, and connection to the land. Through practical survival skills, outdoor learning, team challenges, wellness activities, and opportunities for reflection, youth are encouraged to recognize their own strengths, build confidence in their abilities, and explore what leadership means within their lives, families, and community



OPEN TO YOUTH AGES 12-18

Register by October 1st
Contact Ethan
ecameron@saulteau.com
Youth Support Coordinator



Survival Skills and Plant Medicine

WORKSHOP 2 - OCT 11TH

Sacred Community Pathways' Survival Skills & Plant Medicine Workshop is a hands-on, land-based experience designed to help youth build confidence, resilience, leadership, and practical outdoor skills while strengthening their relationship with the land, culture, and community. The workshop will include plant identification, respectful harvesting practices, traditional medicine making, survival skills, teamwork, communication, and land stewardship, with activities adapted to the age, experience, season, and interests of participating youth

Laurelle Watson
Director of Programs & Services
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Social Development Contacts

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Band Social Development Worker
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Cara Martin Earl
Member Transportation Driver
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Ethan Cameron
Youth Support Coordinator
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Tasha Lalonde
Elders Support Coordinator
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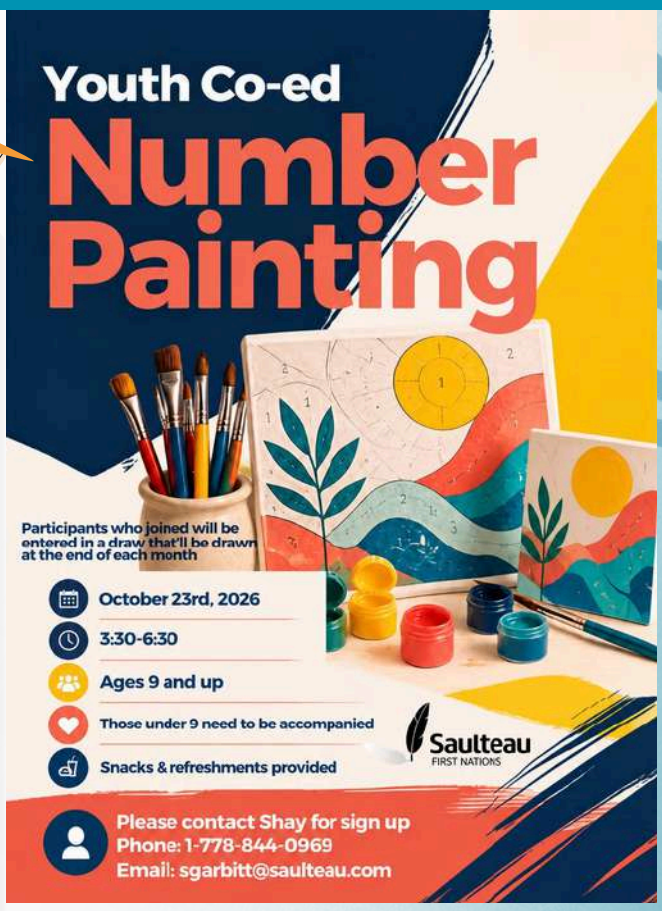
Tanisha Llewellyn
Life Skill Coordinator
tllewellyn@saulteau.com

Shay Garbitt
Life Skill Program Facilitator
sgarbitt@saulteau.com

SOCIAL DEVELOPMENT



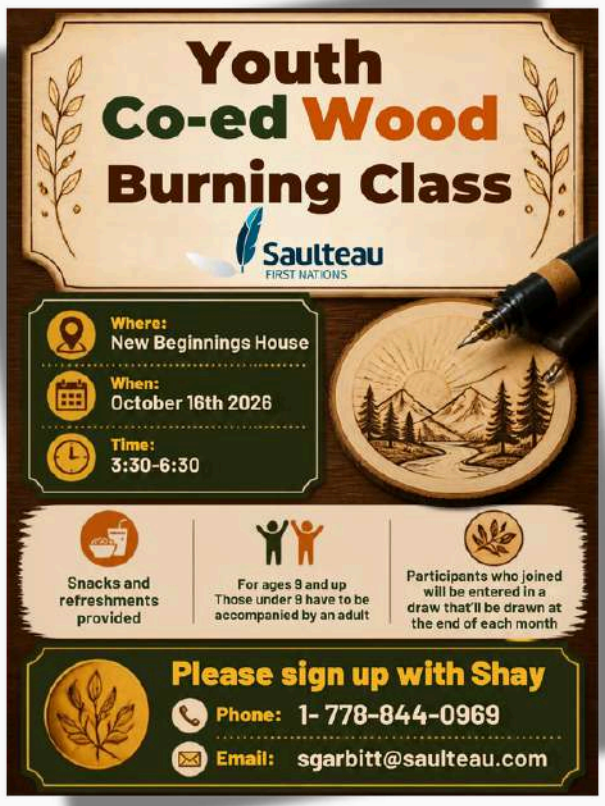







Saulteau
FIRST NATIONS
YOUTH CO-ED
HALLOWEEN
BAKING
Participants who joined will be entered in a draw that'll be drawn at the end of each month
October 30th, 2026
3:30–6:30
Ages 9 and up
Those under 9 must be accompanied by an adult
Snacks & refreshments provided
Please contact Shay for sign up
Phone: 1778-844-0969
Email: sgarbitt@saulteau.com
FLOUR
SUGAR


YOUTH GIRLS
GROUP
Epoxy Claw Clip Making
Saulteau
FIRST NATIONS
PARTICIPANTS WHO JOINED WILL BE ENTERED IN A DRAW THAT'LL BE DRAWN AT THE END OF EACH MONTH
OCTOBER 9TH, 2026
3:30-6:30
SNACKS AND REFRESHMENTS PROVIDED
AGES 9 AND UP
THOSE UNDER 9 MUST BE ACCOMPANIED BY A PARENT
CONTACT SHAY TO SIGN UP
SGARBITT@SAULTEAU.COM
1778-844-0969


Youth
Co-ed Wood
Burning Class
Saulteau
FIRST NATIONS
Where:
New Beginnings House
When:
October 16th 2026
Time:
3:30-6:30
Snacks and refreshments provided
For ages 9 and up
Those under 9 have to be accompanied by an adult
Participants who joined will be entered in a draw that'll be drawn at the end of each month
Please sign up with Shay
Phone: 1- 778-844-0969
Email: 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 e cient service
- Receive all the assistance and benefits they are entitled to
- Appeal decisions concerning an application or provision of benefits

Applicants have the responsibility to:

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

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

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

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

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

Monthly Renewal Declaration

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

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

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

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

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

For any inquires related to Social Assistance please contact

Tammy Walker - Social Assistance Administrator
twalker**@saulteau.com T.250-788-7286 F. 236-364-2038**
Office Hours Monday -Thursday 8am-4:30pm

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

Saulteau FIRST NATIONS

2026 Income & Disability Assistance Payment Schedule

Payment Date	for the month of	DeclarationsDue
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

TRANSPORTATION

Social Transportation Calendar
October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6 9:00am: ICBC Mobile Licensing @ C.C	7	8 11:45: Elder's Lunch & BINGO	9	10	11
12 **Happy Thanksgiving** SFN OFFICES CLOSED	13 10:30am: Elders Swim @ Chetwynd Rec. Centre	14	15 11:45: Elder's Lunch & BINGO	16	17	18
19 1:30pm: Recycling at Moberly Transfer Station	20	21 Driver in FSJ	22 11:45: Elder's Lunch & BINGO	23	24	25
26	27 1:00-3:00pm: Elders Healthy Aging Workshop @ NLC	28 8:30am: Dawson Creek Shopping Day!	29	30	31	

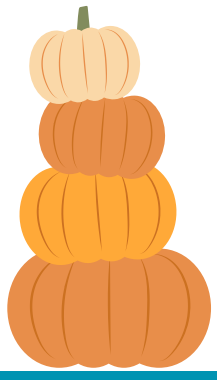
Saulteau First Nations

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.



Call Cara to book your ride 236-364-2016





EDUCATION

OCTOBER 2026

MUSKOTI ADULT EDUCATION EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12 Thanksgiving Day SFN & MAE Closed	13	14 Greenhouse clean up day	15	16	17
18	19	20	21	22 Student Lunch	23	24
25	26	27	28	29	30	31

NOTES:

MAE Classroom Open Hours:
9:00am-3:00pm Monday-Thursday

Register with MAE to achieve Adult Dogwood or upgrade courses at any time in the school year!

MAE offers after school homework help for students under 18. Contact us to register.

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

MUSKOTI ADULT EDUCATION

After School Homework Help

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

Register at any time!

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

Get in contact with us:

MAE Teacher - Brendon Conrad
In Person: Stop by the MAE classroom
Email: bconrad@saulteau.com
Phone: 250-788-7368

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

Muskoti Adult Education

2026-2027 School Year

WE ARE OPEN!

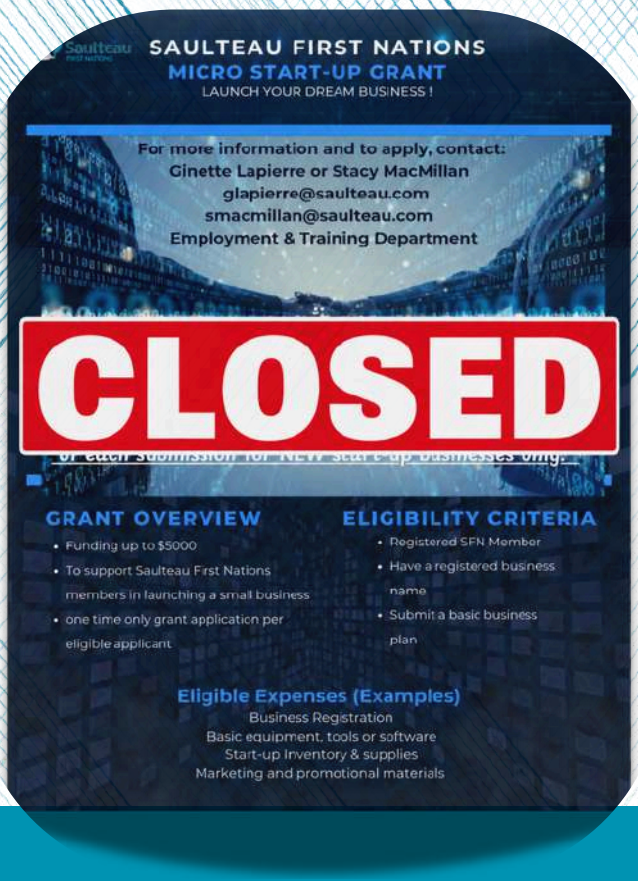
Come in to the MAE Classroom or contact us at any time in the school year to register and continue your education!

Contact: Brendon Conrad
Phone: 250-788-7368
Email: bconrad@saulteau.com

EDUCATION


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*
Physics 11*
Science for Citizens 11
Anatomy & Physiology 12*
Physical 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
Child Development 12
Comparative Cultures 12
Contemporary Indigenous Studies 12
Interpersonal & Family Relationships 12
Law 12
Social Justice 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
Adult Ed. Assistant - Hannah Movold hmovold@saulteau.com


Saulteau FIRST NATIONS
MUSKOTI ADULT EDUCATION
MAE works with adult SFN students to create their own unique course selection and work schedule
At MAE you can:
Achieve Adult Dogwood or Dogwood Diploma Graduation
Upgrade course grades on your highschool transcript
Take new courses to add to your highschool transcript
Students will earn a $1000 completion incentive for every earned credited course!
We offer over 30 courses in Language Arts, Mathematics, Sciences, Social Studies, and other Electives!
If you are interested in continuing your education you can register with MAE at any time in the school year!
Contact Us:
Brendon Conrad - Adult Ed. Teacher
250-788-7368
bconrad@saulteau.com
Our mission is to provide a high quality education with a healthy balance of curricular and cultural learning opportunities in a safe and inviting environment. We strive to prepare all students to become responsible citizens and lifelong learners who are ready to meet the challenges of the future.


SAULTEAU FIRST NATIONS
MICRO START-UP GRANT
LAUNCH YOUR DREAM BUSINESS !
For more information and to apply, contact:
Ginette Lapierre or Stacy MacMillan
glapierre@saulteau.com
smacmillan@saulteau.com
Employment & Training Department
CLOSED
GRANT OVERVIEW
Funding up to $5000
To support Saulteau First Nations members in launching a small business
one time only grant application per eligible applicant
ELIGIBILITY CRITERIA
Registered SFN Member
Have a registered business name
Submit a basic business plan
Eligible Expenses (Examples)
Business Registration
Basic equipment, tools or software
Start-up inventory & supplies
Marketing and promotional materials


Saulteau FIRST NATIONS
SAVE the DATE
Saulteau First Nations Employment & Training
Is Hosting It's
2026 JOB FAIR
WEDNESDAY, OCTOBER 21, 2026
10:00 AM–6:00 PM
SAULTEAU FIRST NATION CULTURE CENTRE GYM

OCTOBER PINÂSKOWISPÎSIM NEWSLETTER

Muskoti Elementary School

FUN HAD IN SEPTEMBER



IMPORTANT DATES

Oct 1 - Pajama Day

Oct 5 - Picture Day

Oct 14 - Seasonal Change Presentation

Oct 23 - NID No School

Oct 29 - Halloween Parade and Party

MUSKOTI MASKWAK

Meet the Teacher

MS. CUNNINGHAM



Hcunningham@saulteau.com
(250)-788-7361

about me

I graduated with distinction with my Bachelor of Education from the University of Alberta Aboriginal Teacher Education Program. I have a strong background in mental health supports and family wellness in the school setting and have taught a wide range of grades. I am originally from Sucker Creek First Nation and love sharing and practicing Cree culture.

Favourite activites

- Spending time with my family
- Hunting / Fishing
- Boating
- Reading
- Sewing
- Hide Tanning

What I am most excited for

Indigenous Literature in the Classroom
- Bringing in lots of Indigenous written children's books
- Bringing storytellers into the class

Poetry and presentation skills
- Practicing reciting poems and presenting to different departments

Science experiments
- I love experiential learning in the classroom and connecting science to Indigenous ways of being

Land-based learning
- As much as we can, we will be learning on and from the beautiful land around us

Family-centred program
- Let me know if there is any way we can better support your child and family in their educational journey.

MEET THE PRINCIPAL

MRS. SCHLAMP



- Welcome to the 2026-2027 academic year! I also teach our culture and language class.
- I believe that curiosity is the driving force behind learning. I aim to engage students in learning about the world around them in a meaningful way. As a proud member of this Nation, I am honoured to support our students' development and learn our language together. Mussi

ABOUT ME

I have a Master's degree in educational leadership, a Bachelor of General Studies, an Associate of Arts degree in Indigenous Studies, and a valid BC teaching certificate.
I have worked here for over 10 years!

CONTACT

cschlamp@saulteau.com

250-788-7361

ABOUT ME

Hello, Im Ms. Martens



- I am a Saulteau First Nations member.
- I completed my studies in Vancouver and worked over there as a preschool teacher as well as an after school care for all ages.
- It's always been a goal of mine to bring my knowledge back to our community

I spend my spare time coaching tball in the chetwynd community, as well as playing in the adult league.
I also spend my spare time walking my dog and relaxing with my two cats.
In the summers I enjoying fishing and camping.

Education Assistant

MEET YOUR TEACHER

MISS.BLUE



WELCOME

I am so excited to be teaching your child this year!
This will be my third year teaching at Muskoti Elementary school. And I love being at part of your childs journey.

We will have so much fun this year. We will learn about hibernation, the water cycle and so much more!

ABOUT ME:

I was born in chetwny and grew up on saulteau. I belong to the Davis family. Daughter of Don and Madeline Blue. when Iam not with my students, you can find me curled up with a good movie or out riding my side by side, sometimes hunting. I also love to golf.

MY FAVORITES

COLOR-	blue
ANIMAL-	Tiger
SEASON-	summer
HOLIDAY-	Halloween
FOOD-	Any kind of potato

CONTACT ME

EMAIL: wblue@saulteau.com
PHONE: 250-788-3955

ECONOMIC DEVELOPMENT







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

ECONOMICS CONTACTS

Tonia Ritcher
Officer of
Economic Development
tritcher@saulteau.com

ECONOMIC DEVELOPMENT

MISTAHIYA COMMUNITY MEETING



Community members are invited to attend the upcoming Mistahiya Community Meeting. Join us to hear important updates, ask questions and share your input.

MISTAHIYA DEVELOPMENT CORPORATION

Wednesday October 14th
SFN Cultural Centre Gym
Dinner: 5:30 p.m.
Meeting: 6:00–8:00 p.m.



MISTAHIYA ELDERS MEETING



Mistahiya invites Elders to a debrief and input meeting following the Community Meeting. Join us to discuss the updates, ask questions and share your feedback.

MISTAHIYA DEVELOPMENT CORPORATION

Friday October 16th
SFN Training Room
Meeting: 9:30 - 12:30 p.m.
Light Lunch Provided

LANDS STEWARDSHIP & PROTECTION



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

TREP CONTACTS:

Teena Demeulemeester
TREP Manager
tdemeulemeester@saulteau.com

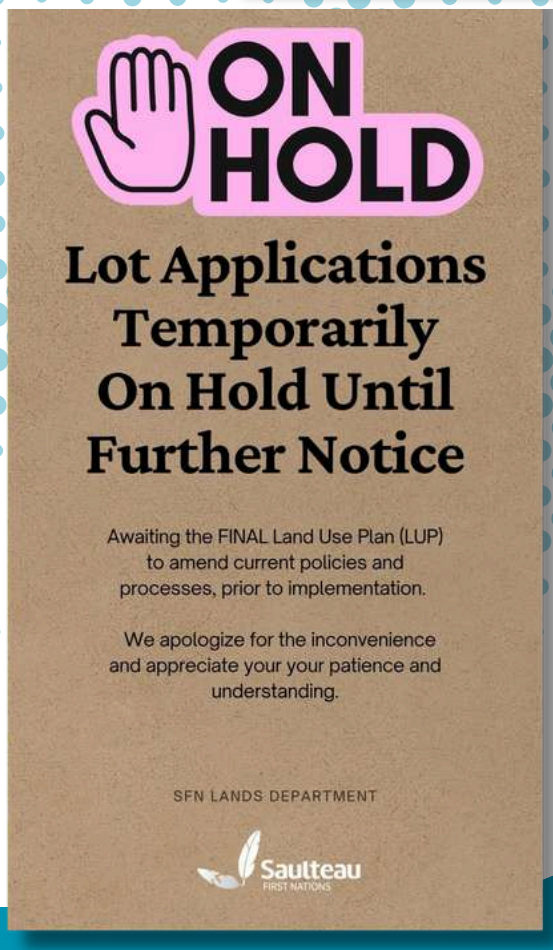
Jessica Eastman
Guardian Supervisor
jeastman@saulteau.com

Tom Aird
Aboriginal Liaison
ttom.aird@saulteau.com

LANDS CONTACTS:

Mary Doyle
Lands Manager
mdoyle@saulteau.com

Brooke Walker
Lands Officer
bwalker@saulteau.com



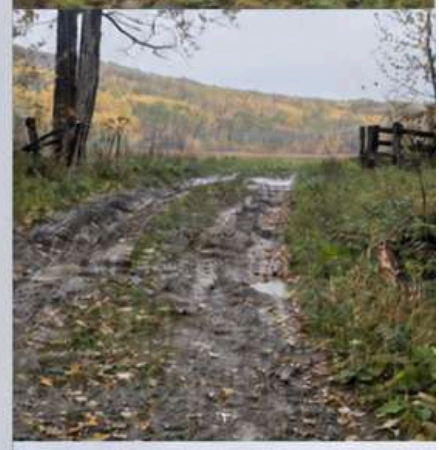


Muskoti Creek Riparian Habitat Restoration Project

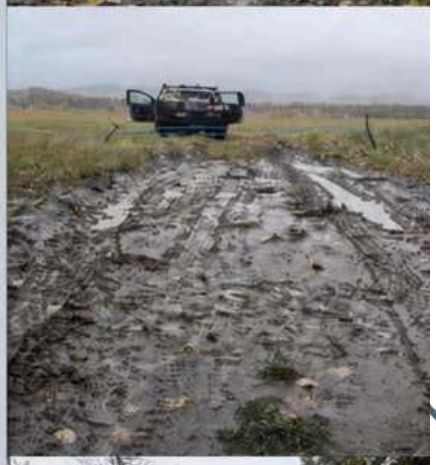


It is with great pleasure to announce the completion of SFN-407 Muskoti Creek Riparian Restoration project funded by BC IAF and SFN.

A total of 860 kg of bagged noxious weeds (predominantly burdock and Canada thistle) were removed and disposed of from areas marked for planting.Approximately 1.5 ha of riparian area were planted with 300 native seedlings comprised of aspen (nearer the road) and white spruce (near the creek edges) and a mix of shrubs and forbs consisting of (thimbleberry, saskatoon, rose, red raspberry and common yarrow) with a further 160 willow stake cuttings planted along the edges of the access road.



Due to the degradation of the creek bed and associated riparian buffer, the Access Road running through the creek has since been cordoned off and will remain permanently restricted to access as identified remediation within the SFN 2024 Farm Management Plan.



The SFN Lands Department would like to sincerely thank ASKI in the delivery and completion of the project, in addition to the SFN Volunteers who participated in the picking and planting portions of this project.



Funding for this project has been provided by the Governments of Canada and British Columbia through the Sustainable Canadian Agricultural Partnership, a federal provincial-territorial initiative, under the Beneficial Management Practices Program.The program is delivered by the Investment Agriculture Foundation of BC.

SFN HEALTH CENTRE







Sarah Howes
Director of Health
sgayse@saulteau.com

HEALTH CONTACTS:

Ashely Gauthier
Operations Manager
SFN Health Centre
ashely.gauthier@saulteau.com

LINDA KRYSTINA HOUSING SOCIETY CONTACTS:

Shari-Lyn Rougeau
Manager of LKHS
srougeau@saulteau.com

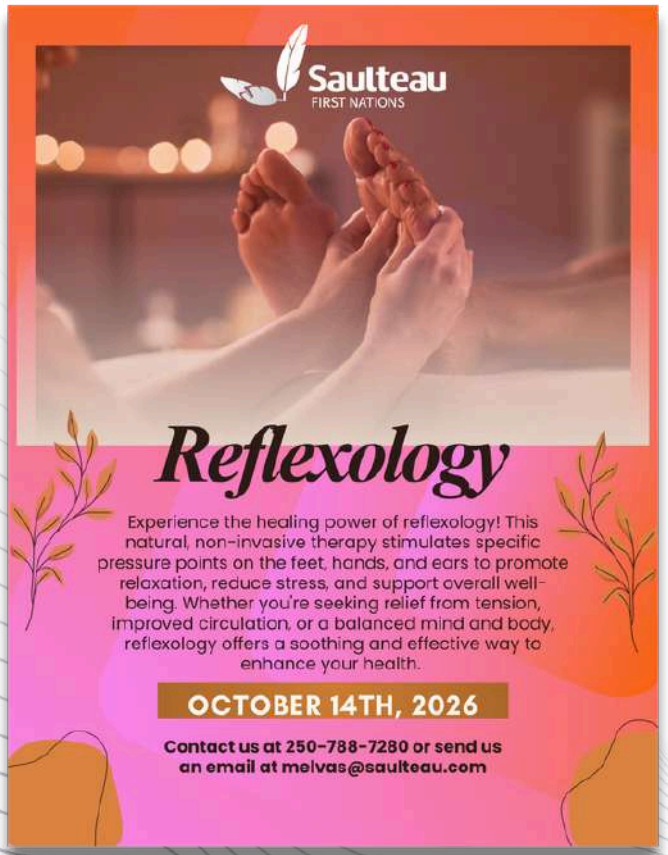
MENTAL HEALTH CONTACTS:

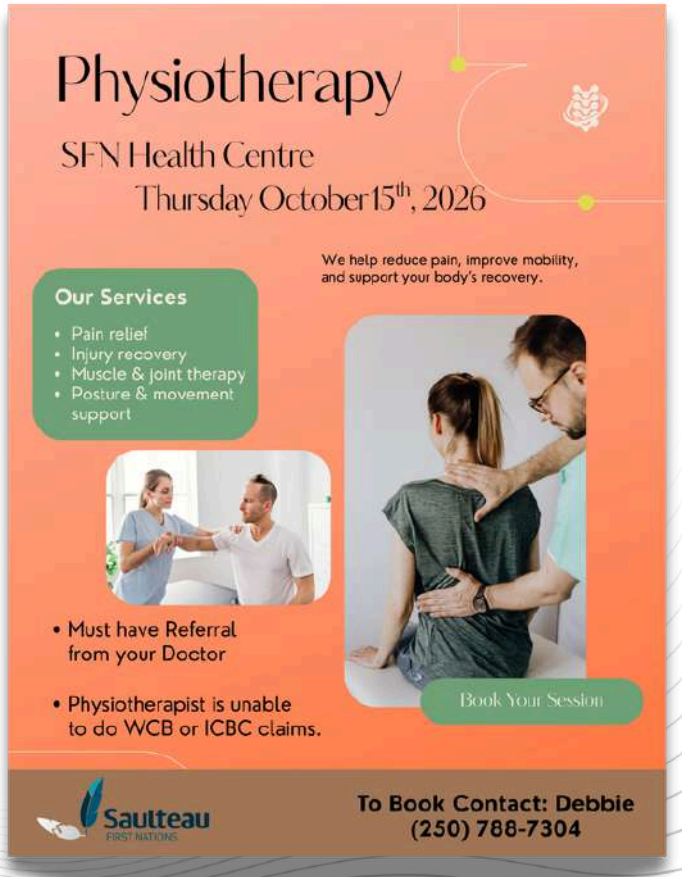
Annie Miller
Manager of Mental Health
akingstonmiller@saulteau.com

FAMILY SERVICES CONTACTS:

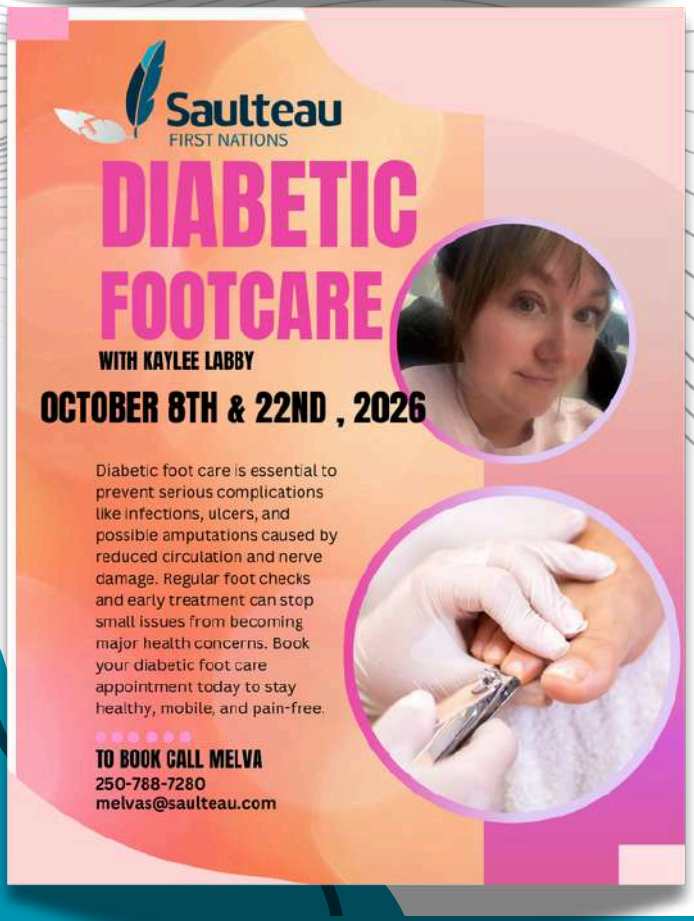
Jessa Coukell
Manager of Family Services
jcoukell@saulteau.com

SFN HEALTH CENTRE















Family Services Supporting National Day for Truth and Reconciliation

MENTAL HEALTH & WELLNESS

PUMPKIN CARVING

Join the SFN Mental Wellness Team for an evening of pumpkin carving. We will have a Halloween movie playing. Snacks and drinks provided



WHEN: Thursday, October 22nd at 6:00pm
WHERE: SFN Mental Wellness Department (above IDA pharmacy)

TO REGISTER, TEXT 250-875-1072 OR 250-875-1064

Saulteau FIRST NATIONS

Lanyard Beading

Create a beautiful beaded lanyard with Kylie & Tanya

We will be making lanyards using the colours of the Medicine Wheel.

Saulteau First Nations Mental Wellness Department

WHEN: Tuesday, October 27th, at 5:30pm
WHERE: SFN Mental Wellness Department (above IDA pharmacy)

to register, text or call 250-875-1072

Join the Mental Wellness Team every Monday afternoon for a gentle walk

Come as you are, take some time for yourself, and connect with community as we begin the week together. Walking together can be a simple way to support our mental, emotional, physical, and spiritual well-being.

When: Every Monday at 12pm for the month of October
Where: Meet at SFN Mental Wellness Department

Mending Broken Hearts Facilitator Training
White Bison Institute

Learn to Facilitate Healing Circles Focused on Supporting Individuals and Communities with Unresolved Grief & Intergenerational Trauma

Tuesday, October 6th to Thursday October 8th, 2026
Chetwynd, BC

Topics Covered Include:

- How trauma is passed through generations
- How to understand the impact of unresolved grief
- Tools to process grief in a healthy way
- How to build emotional resilience and self-awareness

Register with Johnathan Davis
250-875-1064
jdavis@saulteau.com

Saulteau First Nations Mental Wellness Department

MENTAL HEALTH & WELLNESS

