

SAULTEAU FIRST NATIONS

# NEWSLETTER

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JANUARY 2024



HAPPY  
NEW YEAR

Looking for a Career or even Casual Work for Saulteau First Nations? We're hiring!

Check out the back page of the Newsletter Monthly for job postings, or go to [www.saulteau.com/employment](http://www.saulteau.com/employment) to see the most current postings and apply now!

Work With Us

# JANUARY 2024

## MUSKOTI LEARNING CENTRE EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Christmas Break	2 Christmas Break	3 Christmas Break	4 Christmas Break	5 Christmas Break	6
7	8 MLC Open	9	10 After School Club Sports 3:30 pm - 4:30 pm	11	12	13
14	15	16 Culture Day Painting	17 After School Club Outdoor Activity 3:30 pm - 4:30 pm	18	19	20
21	22 Snowshoe	23	24 After School Club Sports 3:30 pm - 4:30 pm	25	26	27
28	29	30 Culture Day Every 2nd Tuesday	31 After School Club Board Games 3:30 pm - 4:30 pm			

### Notes:

The MLC Classroom is closed for Christmas Break December 25 - January 5. The MLC Classroom will open Monday, January 8, 2024.

The Muskoti Learning Centre has the weight room reserved for student use every Mon - Thu from 2:00 - 3:00 pm!

★ For registered MLC students. For event info, please phone (250-788-7368) or check in the classroom - dates & times may vary ★

# Welcome Babies of 2023!

CALLING ALL BABIES BORN IN 2023 FOR THE UPCOMING BABY WELCOMING!

The following information is requested:

- *Newborns First & Last Name*
- *Birthdate*
- *Gender*
- *First & Last Name of Parents*
- *Where your currently living*
- *Phone Number you can be reached at*

Please Submit by January 30, 2024

Please email information to:

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





# Does your youth play organized sports (or do they want to learn a new one)?

If so, please reach out to our Recreation Coordinator so you can be the first to hear about the possible future athletic opportunities.

Send in their name, age and which sports they are in.

[Email bwalker@saulteau.com](mailto:bwalker@saulteau.com) or call [250-788-3955](tel:250-788-3955) ext. 9004



## Muskoti Elementary School

### ***Attention fellow band and community members:***

Do you or someone you know have a child turning 4 by December 31, 2024? If so, please contact us for a registration form ASAP to register your child in our upcoming school year in full-day Pre-Kindergarten (K4). We limit class sizes to provide the best quality of education we can so register early. Registration for grades Kindergarten, 1, 2, and 3 will open later this month.

We have a strong cultural and language program that is continuing to flourish. We also offer units on skating, snowshoeing, swimming, gymnastics and so much more for your child (ren) to learn. Our fieldtrips and local bussing enhance our program.

If you have any questions, please feel free to contact our Principal Cody Schlamp at 250-788-7361. [cschlamp@saulteau.com](mailto:cschlamp@saulteau.com)

Education is so important, and the BC First Nations Schools are striving for excellence and achieving greatness for our students. 😊



Indigenous Sport,  
Physical Activity &  
Recreation Council



# BC INDIGENOUS PROVINCIAL ATHLETE DEVELOPMENT CAMP

## Archery

- Open to Indigenous youth ages 10-18
- FREE! No camp fee
- All levels welcome
- Snacks provided
- Equipment provided

SAT & SUN  
TIME TBC

**FEB 10-11, 2024**

Fort Nelson

**REGISTER NOW**  
[CLICK HERE](#)

[teambc@isparc.ca](mailto:teambc@isparc.ca)



Indigenous Sport,  
Physical Activity &  
Recreation Council



# BC INDIGENOUS PROVINCIAL ATHLETE DEVELOPMENT CAMP

## Swimming

- Open to Indigenous youth ages 10-18
- FREE! No camp fee
- All levels welcome
- Snacks provided

SAT & SUN  
TIME TBC

**MAR 23-24, 2024**

Quesnel

**REGISTER NOW**  
[CLICK HERE](#)

[teambc@isparc.ca](mailto:teambc@isparc.ca)



# CYBERHYGIENE



## MOBILE SECURITY

Mobile devices are attractive targets that provide unique opportunities for threat actors intent on gathering information. A compromised device has the potential to allow unauthorized access to your network, placing not only your own information at risk, but also that of your organization.

It is important to remember that Canada is an attractive target for cyber-threat actors.

- Use a PIN or password to access the device and change these passwords regularly
- Disable features not in use such as GPS, Bluetooth, or Wi-Fi
- Avoid opening files, clicking links, or calling numbers contained in unsolicited text messages or e-mails
- Maintain up-to-date software, including operating systems and applications
- Do not use “Remember Me” features on websites and mobile applications – always type in your ID and password
- Encrypt personal or sensitive data and messages
- Understand the risks, keep track of your devices, and maintain situational awareness
- Review and understand the privacy and access requirements of all apps before installing them on mobile devices
- Delete all information stored on a device prior to discarding it
- Do important tasks, like online banking on a private or known, trusted secure network



## PASSWORDS

- Try using a memorable phrase to create a stronger password using a mix of characters. For example:  
*“My jersey number when I played sports was 27!”*  
PASSWORD: **Mj#i#wlpw27!**
- Be wary of your surroundings and always shield your keyboard or keypad when entering your password
- Use different passwords for work and home accounts
- Do not write your passwords under a keyboard, on sticky notes next to a computer or save them on the device itself as these are common places to look for passwords
- If at any time you suspect that your password may have been compromised, act quickly and change it
- Change passwords after returning from travel



## E-MAIL SPEAR PHISHING

Spear phishing is a tactic that uses social engineering to tailor e-mails to individuals or groups based on their line of work, interest, or personal characteristics. Spear phishing e-mails will be about a subject that is relevant to the recipient and will appear to be sent by a credible source.

### HOW TO DETECT A SPEAR PHISHING E-MAIL

Before opening attachments or clicking on links, ensure that:

- You really know who is sending the e-mail and that the tone is consistent for the sender
- The content is really relevant to your work and not just related to your area of interest
- The web address or attachment is relevant to the content of the e-mail
- You use extra caution if the e-mail is from a personal address (**@YAHOO.CA, @GMAIL.COM**) or a suspicious domain



## SOCIAL MEDIA TIPS

- Use a unique password for every account
- Ensure all available security and privacy options have been applied on your account
- Review your account’s website security and privacy policies regularly for changes
- Be careful when accessing unknown website links or attachments
- Report any suspected security incidents to your IT support team
- Use judgement when posting personal information on social media platforms for both privacy and cyber security reasons



## QUICK REFERENCE GUIDE (IN CANADA)

Understand the security measures that exist on your devices.

- **VOICE COMMUNICATION:**  
Acceptable for non-sensitive information only
- **TEXTS AND MESSAGING APPS:**  
**NOT** acceptable for any sensitive communications
- **E-MAIL:**  
Consult your IT support team before using your email for sensitive communications



## TRAVELLING WITH YOUR DEVICE

There are steps to take **BEFORE, DURING, and AFTER** you travel to increase the security of the information stored on your mobile devices.

- In some countries, hotel business centres and phone networks are monitored and rooms may even be searched
- Senior officials and those working with valuable information are at higher risk of being targeted through their mobile devices
- Mobile devices are a prime target for theft – if stolen, the information contained within may be accessed and used for malicious purposes
- Use a separate device specifically for travel purposes only – don’t use your regular business or personally owned device
- Don’t use storage devices (ex: USB key) given to you, or purchased from unknown sources
- Avoid using your own USB key in a foreign computer
- Only use the charging equipment you brought
- Change passwords after returning from travel



## GENERAL PREVENTION

- **PATCH AND UPDATE DEVICES REGULARLY:**  
Having the latest security software, web browser and operating system are the best defenses against viruses, malware and other online threats. To defend against known risks, turn on automatic updates if that’s an available option.
- **PROTECT INTERNET CONNECTED DEVICES:**  
Use 2-step verification and basic security products, like anti-virus programs on web-enabled devices, to protect from viruses, malware, and unauthorized access.
- **WI-FI NETWORKS:**  
Avoid joining public, unknown, or unsecured Wi-Fi networks.
- **BACK UP IMPORTANT DATA:**  
Always back up important data on a separate local storage device.
- **ACT QUICKLY:**  
If you are notified, become aware, or even just suspect your computer is infected, notify your IT support team.



generationhealth



A FREE 10-week family program to inspire healthier BC families with kids ages 8-12.

- Learn together about:
- Healthy Eating
  - Physical Activity
  - Positive Mental Health
  - Screen Time
  - Sleep Routines



Family activity credits and 3 cooking classes included!

Virtual via Zoom for Northern BC families, Tuesdays 6:30 - 8:30pm February 13 - April 30, 2024  
For more information about the program contact Lindsay at:  
Phone: 778-835-1858 Email: [Lindsay.marriott@bc.ymca.ca](mailto:Lindsay.marriott@bc.ymca.ca)



University of Victoria



Choose to Move



GET THE MOTIVATION YOU NEED TO BE ACTIVE!

Join Today- It's FREE!



"Without Choose to Move I may not have been able to find that first step... Now I find myself developing new friends as we do other classes or stop for coffee together."

A FREE program that supports older adults to BECOME and STAY active!

- ✓ Develop a personal action plan to help meet your goals
  - ✓ Choose activities you like
- ✓ Receive 1-on-1 coaching and group support
- ✓ Learn new ways to live a healthier, more active life

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



Registration is now open for winter and fall 2024 cycles!

For more info contact Lindsay:  
778-835-1858 • [lindsay.marriott@bc.ymca.ca](mailto:lindsay.marriott@bc.ymca.ca)

**AMPLIFON HEARING  
WILL BE AT THE  
HEALTH CENTER FOR  
HEARING TESTS ON  
JANUARY 12TH.  
PLEASE CONTACT  
MELVA TO BOOK  
250-788-7280**



**HeartCore Sound Healing  
will be at the Health  
Center January 11th.  
Please contact the  
Health Center to book  
250-788-7280**



**Narcotics Anonymous (NA) Meetings  
Wednesdays @ 8pm at the SFN Health Centre**

Confidential and supportive self-help group for community members who are or have experienced problematic substance and alcohol use. If substances are impacting your relationships with family, friends or significant others or your work or school attendance this group may be a support.

- Abstinence is not required. No stigma, labels or judgement.
- Drop ins welcome. No preregistration required.
- Snacks and refreshments offered. Sponsors available.



## MENTAL HEALTH RESOURCES

### Saulteau First Nations

Annie Miller – Mental Wellness and Substance Abuse Counsellor  
Cell: 250-401-7616 Office: 236-364-2046  
Rebecca Widdicombe – Youth and Adolescent Counselor  
Cell: 250-401-1939 Office: 250-788-7262  
Corrina Wutzke – Family Support  
250-788-7288

### Linda Krystina Housing Society

Shona Decooman – Crisis and Intake Support Worker  
250-788-4213  
Crisis Line – 250-401-8079

### Moberly Lake First Nations

Kaelin Brons – Youth & Adolescent Counselor  
250-788-3622  
Sarah Day – Addictions Counselor  
Cell: 250-401-8450

### MCFD

Social Worker  
Cell: 250-788-2239

### South Peace Community Resources Society

Serena Knockert - Stopping the Violence Women's Counsellor  
250-782-9174 ext 241  
Tammy Nicholls – Outreach Worker  
Cell: 250-788-6814  
Tara Rodenbush – Safe Home Coordinator  
Cell: 250-788-1976

### Tansi Friendship Centre

Denise Friesen – Mental Health & Addictions Counselor  
250-788-2996  
Nicole Lebel – Mental Health Counselor & Case Planner  
250-788-2996

### Chetwynd Primary Care Clinic

Bonnie Huhn – Counselor  
Office: 250-788-7300

### 24 Hr Access to Crisis Programs

Adult/Elder - 250-723-4050  
Child/Youth - 250-723-2040  
Toll Free In BC - 1-800-588-8717

# We're Hiring

## An Operations Manager

### The Northern Nations Wellness Centre

is a First Nations-Led Primary Care Centre that respects cultural values and practices integral to Indigenous identities and wellness. We are committed to a proactive, holistic approach to health and wellness, and to the delivery of sustainable services which honour the customs and traditions of the Saúlteau and West Moberly communities near Chetwynd, BC. A founding principle of this Centre is that there be no barriers to care.

The **Operations Manager** is responsible for the operational leadership, corporate functions and integration of traditional wellness and cultural practices into the First Nations-Led Primary Care Centre (FNPPC). As the Centre is currently in development, the Operations Manager will play a pivotal role in developing a wraparound team-based care model. Priorities include establishing a team focused on quality of care and optimized client experiences consistent with improved health outcomes.

Full job posting can be viewed on Indeed, Civic Info BC, and Windspeaker.com or by following this link:

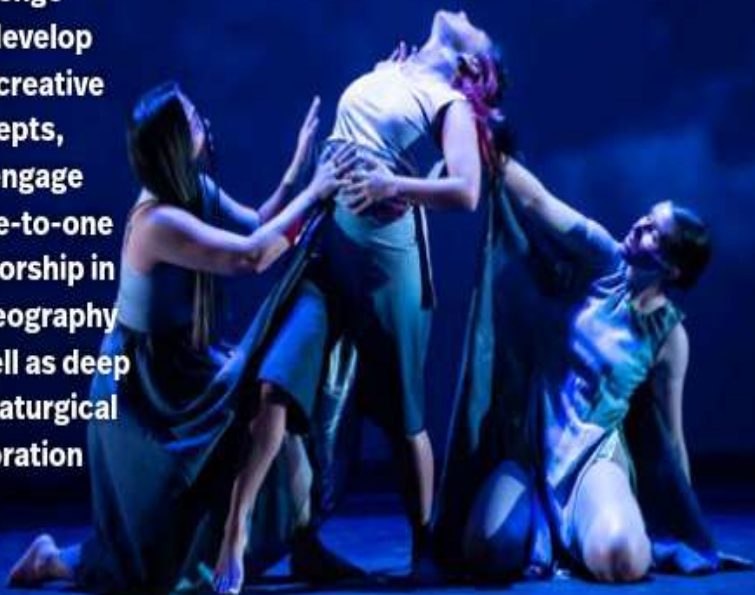
<https://windspeaker.com/job-board/13118>

Interested applicants may send their resume and cover letter to:  
[sarahcanning@mistahiyacorp.com](mailto:sarahcanning@mistahiyacorp.com)

Closing Date: October 31, 2023



Challenge and develop your creative concepts, and engage in one-to-one mentorship in choreography as well as deep dramaturgical exploration



Keady Atkinson, Kanako Usawa, Gabriela Garcia Ortiz, Banff Centre 2022. Photo by Lisa Taylor

## Indigenous World Dance Residency - Summer 2024

**PROGRAM DATES**  
July 8 - July 26, 2024

**DEADLINE TO APPLY**  
January 31, 2024

Apply today.  
[banffcentre.ca](http://banffcentre.ca)

This three-week residency for Indigenous choreographers and their dance groups focuses on re-embodiment and Indigenous voice.

Under the guidance of Alejandro Ronceria and Santee Smith, participants will work on their projects alongside Banff Centre's dance faculty and production teams – including dramaturgy, choreography, and sound composition.

Additionally, this program offers senior choreographers the time and space to work solo on a research or written project referencing aspects of Indigenous World Dance.

This program is open to Indigenous dance groups from around the world and Senior Indigenous Choreographers looking to further a research project. We especially welcome applications from mid-size dance groups, with a maximum group size of ten.

Financial aid of 100% is available for this program.

## Indigenous Arts Thematic: Story Sharing Residency

**PROGRAM DATES**  
May 6 - 24, 2024

**DEADLINE TO APPLY**  
February 7, 2024

Apply today.  
[banffcentre.ca](http://banffcentre.ca)

Develop your project in a supportive learning environment while engaging in Indigenous storytelling practices



This three-week self-directed story sharing residency invites Indigenous storytellers to develop their projects further in a supportive environment while engaging in Indigenous storytelling practices that inform various disciplines. Guest artists will share their own storytelling practices with program participants.

Storytellers will deepen their understanding of different protocols and practices of storytelling from various cultural perspectives and genres while having the opportunity to share with faculty and peers.

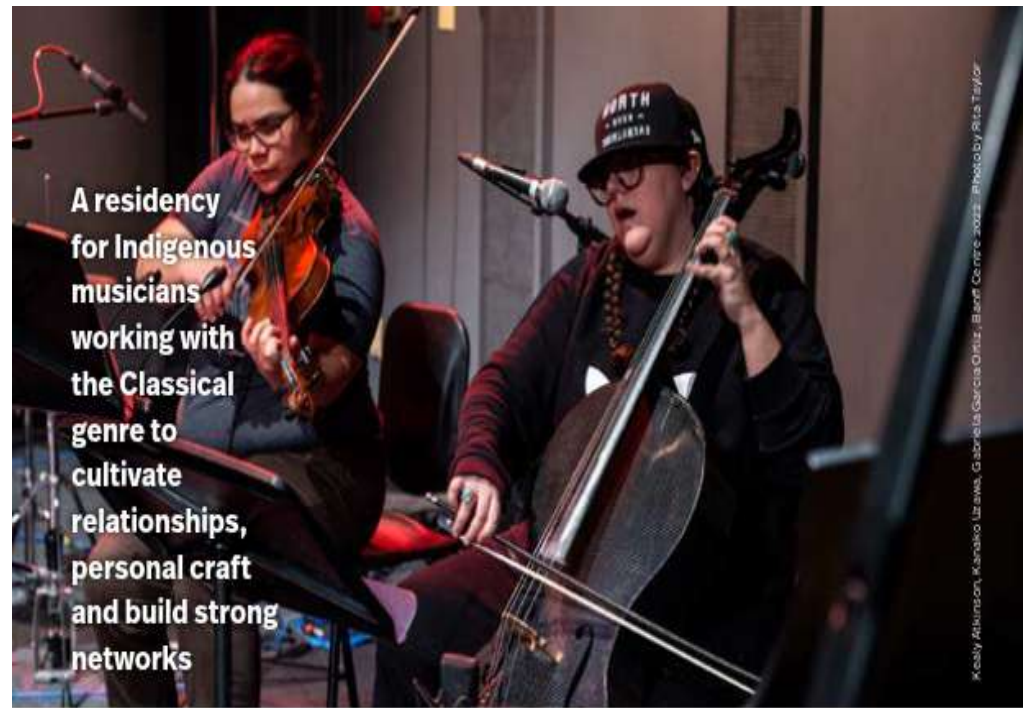
This program invites storytellers who have a portfolio of one or more previous projects to bring their current "work in progress" to Banff Centre. The program is open to story sharers with backgrounds in spoken word, playwriting, songwriting, theatre, comedy, novel-writing, acting and film, as well as those with narrative, podcasting and digital narration experience.

Scholarship of 100% is available for this program.





**This three-week visual arts residency will allow you to learn more about how to scrape a hide and work with parfleche with the support of faculty, elders and knowledge keepers**



**A residency for Indigenous musicians working with the Classical genre to cultivate relationships, personal craft and build strong networks**

Kesley Atkinson, Karolína Uzáwa, Gabriela García Ortiz, Banff Centre 2022. Photo by Petra Taylor

## Hide Tanning and Parfleche Residency

### PROGRAM DATES

September 30 - October 18, 2024

### DEADLINE TO APPLY

June 26, 2024

Apply today.

[banffcentre.ca](http://banffcentre.ca)

This three-week visual arts residency focuses on hide scraping, bone tool making, and working with parfleche. Visual artists who work with hide and parfleche will learn more about how to scrape a hide, and work with parfleche with the support of faculty, elders, and knowledge keepers. Participants are invited to engage with faculty, community and peers while having self-directed studio time in Glyde Hall. Participants will come together with the community and have the opportunity for one-on-one sessions. The participants and faculty will have a chance to share their works in progress in Open Studios.

Participants will deepen their artistry and technical application with hide scraping, bone tool making, and working with parfleche. The program will foster peer relationship with the opportunity for self-directed studio time in a studio environment. Participants will also be engaged with community in storytelling/knowledge sharing sessions and community engagement in the hide tanning process.

Financial aid of 100% is available for this program.

Funded by the Government of Canada | Financé par le gouvernement du Canada | Canada | RBC Foundation

**BANFF**  
CENTRE  
FOR ARTS AND  
CREATIVITY



Alberta | The Slaight Foundation | Canada Council for the Arts | Conseil des Arts du Canada

## Classical Indigenous Music Residency - Summer 2024

### PROGRAM DATES

August 6 - August 24, 2024

### DEADLINE TO APPLY

April 24, 2024

Apply today.

[banffcentre.ca](http://banffcentre.ca)

This residency brings together Indigenous musicians working with the Classical genre to cultivate relationships, personal craft and build strong networks that propel careers forward with an opportunity to showcase their works in progress. The program welcomes themes of listening, frequencies of land and connections to one's culture.

This program welcomes Indigenous classical musicians and composers to either explore experimental elements, or accomplish finished productions of their work to the best of their capacity, in a fully supported environment.

Participants will have self-directed study time to work on their projects, and spend time gathering for presentations, workshops and to prepare to share works in progress together in a concert that will be part of the LISTEN HEAR NOW Four Day Festival.

Scholarship of 100% is available and will be applied to cover tuition, meals and accommodation costs.

**BANFF**  
CENTRE  
FOR ARTS AND  
CREATIVITY



Canada | Canada Council for the Arts | Conseil des Arts du Canada | Alberta

Jolene Recollet and Shardae Fortier,  
Wise Practices Creative Classroom.  
Photo by Rita Taylor.



## Indigenous Leadership Programs

Sharing Indigenous leadership perspectives, guided by Wise Practices and Right Relations

Banff Centre's Indigenous Leadership programs provide leaders an opportunity to gain a better understanding of how to establish a strategic direction for their communities and organizations and implement that plan through focused efforts and measured performance. Our programs integrate the power of art and the wisdom of Indigenous practice, within the extraordinary beauty of Banff National Park on Treaty 7 Territory.

Programs prepare leaders and participants with the knowledge and skills necessary to run effective organizations and build communities with sustainable economies. With investment in their professional development, community leaders and participants will have additional knowledge and tools to achieve incredible change and growth.



# Financial Literacy Courses For Indigenous Communities

**IndigenousTech.ai**  
Canadian Government (PSIB) Certified Indigenous Controlled Company



*"Our future relies on our youth embracing technology and bringing together diverse ideas that drive transformation in every industry."*

— Chief Clarence Louie, Osoyoos Indian Band (BC)

Certificates Available For:



Included in Courses:

Learn Technology & Professional Skills

Budgeting | Bookkeeping | Credit Analysis | CyberSecurity | Financial Literacy

Videos from Inspirational Leaders

Chiefs | Indigenous Leaders | Indigenous Executives

Online & No Cost



For more information, please contact:

**Brandon Guilmette**  
[brandon@indigenoustech.ai](mailto:brandon@indigenoustech.ai)

<https://lms.indigenoustech.ai/>

# JA Company Program for Indigenous Learners

## Build Your Own Start-up!

Do you aspire to launch your own business? Enrol in this unique program that gives you the opportunity to kickstart your entrepreneurial journey and get \$500 for your business start-up! No experience required.

### Who can participate?

Individuals aged 19 and over.  
(If you are outside this age range,  
we still encourage you to apply.)

### Program dates

January 17 - April 4, 2024  
Wednesdays 6:00 PM - 7:00 PM PST

### In-person sessions

Six openings in each community:

1. Native Education Centre and Musqueam Band
2. Osoyoos Indian Band
  - Host Leona Baptiste
3. Tsawwassen First Nation
  - Host Anu Rakhra

### Topics covered

- Types of businesses
- Ways to start a business
- Brainstorming and researching an idea
- Naming your business
- Developing a business plan
- Producing your product or service
- Mission, goals and values of your business
- Managing finances
- How to set up your business on Shopify
- Why business ethics are important
- How to find funding for Indigenous startups
- Managing taxes and insurance
- How to market your business
- How to pitch your business
- And more!

### Online session

Six openings, offered via Zoom

- Host Kimberly Sommer

**Enrol Here**

Limited spots available!  
For more details, contact:  
Kimberly Sommer  
Program Director Indigenous Communities  
[k.sommer@jabc.org](mailto:k.sommer@jabc.org) or 778-808-2439



Pilot program generously  
supported by Peter Brown

# SAULTEAU FIRST NATIONS JOB POSTINGS!

APPLY ONLINE TODAY! → [WWW.SAULTEAU.COM/EMPLOYMENT](http://WWW.SAULTEAU.COM/EMPLOYMENT)



## SFN CAREER OPPORTUNITIES

- COMMUNITY OUTREACH WORKER – SAFE HOUSE PROGRAM
- CUSTODIAN
- REQUEST FOR PROPOSAL - LAKE TROUT RECOVERY STRATEGY
- FAMILY SUPPORT WORKER
- DAYCARE ASSISTANT
- MEDICAL OFFICE ASSISTANT - CASUAL ON CALL
- YOUTH PROGRAM FACILITATOR
- EARLY CHILDHOOD EDUCATOR
- HR GENERALIST
- SEASONAL CARIBOU GUARDIAN
- ON CALL CARIBOU GUARDIAN
- LANDS MANAGER
- LANDS OFFICER
- CASUAL ON CALL CUSTODIAN
- CASUAL ON-CALL MUSKOTI ELEMENTARY SCHOOL EDUCATIONAL ASSISTANT(S)
- CRISIS INTAKE & SUPPORT WORKER – SAFE HOUSE

ARE YOU A MEMBER BUT DON'T HAVE SOME OF THE QUALIFICATIONS? WE CAN TRAIN YOU!

## OTHER CAREER OPPORTUNITIES

- OPERATIONS MANAGER - NORTHERN NATIONS WELLNESS CENTRE
- REQUEST FOR PROPOSAL - GENERAL MANAGER LITTLE PRAIRIE COMMUNITY FOREST
- FINANCIAL CONTROLLER



## ASKI RECLAMATION CAREER OPPORTUNITIES

- OFFICE & FINANCE MANAGER ASSISTANT
- SENIOR PROJECT MANAGER - FOREST ECOSYSTEMS



## 4EVERGREEN CAREER OPPORTUNITIES

- FINANCIAL CONTROLLER

APPLY ONLINE TODAY! → [WWW.SAULTEAU.COM/EMPLOYMENT](http://WWW.SAULTEAU.COM/EMPLOYMENT)

