

SAULTEAU FIRST NATIONS NEWSLETTER

MARCH 2024



FEATURED COMMUNITY NEWS

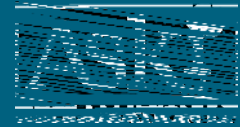
NOW IS THE TIME FOR A CAREER WITH ASKI!

Saulteau's subsidiary company, Aski Reclamation LP, is hiring for a number of key positions in and out of the field! Aski is a local environmental and reclamation business with experience, history, and forward thinking. Based in Moberly Lake, BC and operating within Saulteau First Nations' Traditional Treaty 8 Territory, Aski Reclamation LP (Aski) offers a unique business model integrating ecological and First Nations' knowledge with industry's demands and best practices.

The overall vision for Aski Reclamation is to reflect the values of Saulteau First Nations in the work they do. Truly effective reclamation and restoration brings the land full circle back to an end product that supports the ongoing use and engagement of both First Nations and local communities for generations to come.

To see the available job postings within Aski and to apply, go to <https://www.askilp.ca/opportunities/>

Or apply by sending your Resume and Cover Letter to jobs@askilp.ca



FEATURED CAREERS

Intermediate Vegetation Ecologist

Project Administrator

Human Resources Coordinator

Intermediate Aquatic Specialist

Environmental Technician

Environmental Project Coordinator

Senior PM Forest Ecosystems

2024 SEASONAL JOBS

Ecological Planting Technician

Ecological Rest. Planting Foreman



MUSKOTI LEARNING CENTRE
HIGH SCHOOL

EDUCATION
& CAREER FAIR

March 12, 2024



Check out universities & colleges

Find out about career, education & wage opportunities

Geared towards grades 10 - 12, but everyone is welcome!

Complimentary lunch served 12:30 - 1:00



TUE 12
MARCH

10:30 - 3:30

Located at the Saulteau First Nations Bandhall

COME AND JOIN EMPLOYMENT AND TRAINING'S OPEN HOUSE

MARCH 06, 2024

3:00 PM- 8:00 PM

SAULTEAU BAND HALL GYMNASIUM



Come and learn about:

The process of how your application is approved.

What arrears checks are.

How should the letter of request be written?

PPE limits.

Consequences of missing your training dates.

Do a survey and enter your name in a draw for an Ipad, Gifts

Dinner & Rides Provided (Pre Register for your ride)
Contact Jamie K or Ginette L @ 250-788-3955



JOIN OUR HUGE EASTER EGG HUNT

Egg Hunt 11:00 am - 1:00 pm

March 29th

FROM MOBERLY LAKE BRIDGE - PEMMICAN GROUNDS - THE FLATS

There will be eggs hidden throughout the Community with chocolate inside! There will be 10 special golden eggs. You will have to bring your golden egg to the Band Office at 1:00 pm to collect your prize. Please remember to only collect one golden egg!

WHEN THE HUNT IS OVER COME AND JOIN US IN THE GYM FOR SOUP & BANNOCK, EGG COLORING, PAINTING, AND BINGO!!

1:00 - 4:00 IN THE BAND HALL GYM FOR THE REST OF THE ACTIVITIES

KEEP YOUR EYES OPEN THERE MAY BE A SPECIAL SOMEONE HOPPING AROUND

If you have any questions please email or call Carlee at cwestgate@saulteau.com / 250-788-7271



LOOKING FOR SOMEONE TO CATER THIS YEAR'S

EASTER CELEBRATION

**MARCH 29TH 1:00 - 4:00 PM IN THE BAND HALL
200 PPL**

PLEASE SUBMIT A BRIEF DESCRIPTION OF WHY YOU WOULD LIKE TO BE CONSIDERED, AND WHAT KIND OF SOUP YOU WOULD BE COOKING. SEND TO [CWESTGATE@SAULTEAU.COM](mailto:cwestgate@saulteau.com)

ALL APPLICANTS WILL BE SCREENED AND SELECTED BY THE COMMITTEE.

**MUST HAVE VALID FOOD SAFE!
DEADLINE IS MARCH 11TH**



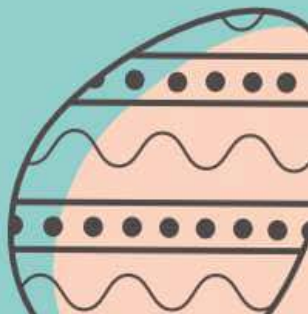
**WE ARE GIVING AWAY 10
TURKEYS!!!**

**TO ENTER THE CONTEST YOU CAN COME
INTO THE BAND HALL OR CALL
RECEPTION AT 250-788-3955.
PLEASE PROVIDE YOUR NAME AND
NUMBER.**

**THE DRAW WILL HAPPEN ON MARCH
25TH AT 9:00 AM!
(YOU MUST BE ABLE TO PICK-UP YOUR
TURKEY)**

WE WISH YOU THE BEST OF LUCK!

**HAPPY
EASTER**



Spring Hazards

Power Outages

- Keep flashlights
- Plug valuable electronics into surge protectors
- Stay a bus length away from downed power lines

Floods

- Don't walk in flood water
- Store valuables in flood-resistant containers

Drought

- Plant drought-resistant plants
- Take shorter showers
- Only run your dishwasher and washing machine when full

Lightning

- Higher risk for wildfires and power outages
- Stay away from bodies of water during a lightning storm



| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|-----------------------|--|-----|--|------------------------|-----|
|  | | | |  | 1 | 2 |
| 3 | 4 Pro D Day NID | 5 Vancouver Science World Visit @ 11:15 | 6 | 7 Pajama Day | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 End of Term 2 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 Good Friday | 30 |
| Easter Sunday 31 | | | | | | |

March 2023

Niski-pîsim Goose Moon

First day
back
April 2

Come learn with us!

Come enjoy a short walk & lunch with us as we learn about tapping Birch Trees and all the resources Birch Trees have to offer.



OPEN TO ALL. LIMITED RIDES AVAILABLE.

DATE: FRIDAY MARCH 15, 2024

TIME: 10:00AM - 2:00PM

contact: cgauthier@saulteau.com for more info.

Jam Making



Thursday March 21, 2024

5:00-8:00pm

Located @ New Beginnings House

Open to All - Supplies provided.

Contact: cgauthier@saulteau.com for more info.

Niski-Pisim (March) Newsletter

March is Niski-Pisim - Goose Month.

Students enjoying gymnastics with a certified instructor for Physical Health Education



Students baking heart-shaped bannock with a wonderful Elder for Valentine's Day



Attendance Fact:

Attendance matters as early as Kindergarten. studies show students who miss too many days in Kindergarten and Grade 1 are more likely to struggle with reading by third grade.

Upcoming events:

- 3/5 Vancouver science world visit
- Mid -March - Birch tree tapping field-trip
- 3/17 - St.Patrick's Day
- 3/18-3/31 - Spring Break (no school)
- 4/2 first day back to school.

Please contact the school at
250-788-7361

If you want to come into the
school and share some of your
knowledge with us.
Mussi.



SCHOLARSHIPS FOR GRADE 11 STUDENTS



Transform *adversity*
into *opportunity*
and pursue your
dreams through
post-secondary
education!

**150+ SCHOLARSHIPS
UP TO \$10,000 EACH***

+ personalized financial aid counselling,
university selection advising, and
other support services

**APPLY
NOW**

APPLY NOW: horatioalger.ca/en/scholarships
DEADLINE: March 15



*For university-bound grade 11 students with financial need
Canadian citizenship required

Reawakening our language

A Gathering to Honour First Peoples Language
Revitalization



Northern Lights
College

March 2024

14th - 15th | 9 am - 4 pm

Fort St. John 9820 120 ave



DOIG
RIVER FIRST NATION
TSAA?CHÉ NE DANE

Everybody's welcome to come join us at the Atrium of the Northern Lights
College Campus in Fort St. John



Register quickly
here

Presenting our Keynote speakers:

Christopher Parkin - Salish School of Spokane

Glenn Jim and Magie-Mae - FPCC

Donations welcome
to support this
event

• Various workshops throughout the day to participate in

Local indigenous vendors will be joining us selling their:

Beaded Moccasins • Beaded Jewelry • Art • Goodies



Door prizes will be sponsored by **Shell Canada**
Food • Gas • Restaurant Gift Cards and More

if you have any questions about registration
email us at mcalvert@nlc.bc.ca
or text 250-262-9621

MARCH 2024

MUSKOTI LEARNING CENTRE EVENT CALENDAR

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|---|--|-----|-------------------------------------|-----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 After School Club Board games & puzzles 3:30 pm - 4:30 pm | 7 | 8 | 9 |
| 10 | 11 | 12 Culture Day Dream Catchers  | 13 After School Club Sports 3:30 pm - 4:30 pm | 14 | 15 | 16 |
| 17 | 18 Spring Break MLC Closed  | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 MLC Open on April 2, 2024 | 30 |
| 31 | | | | | | |

Notes:

MLC will be closed March 18 - April 2, 2024 for Spring Break

MLC has Culture Day every 2nd Tuesday. We have a variety of cultural crafts available to anyone who would like to make a cultural craft on Culture Days!

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 ☆

MUSKOTI LEARNING CENTRE

MARCH

ADULT READING CHALLENGE

GRAND PRIZE DRAW IN JUNE

Every participant will receive a prize!

Earn an entry in the Monthly Prize Draw for every book you read!



Please come in to the MLC Adult classroom to register and learn more

☎ 250-788-7368 ✉ bconrad@saulteau.com

MUSKOTI LEARNING CENTRE

MARCH

READING CHALLENGE

for Grades 5-12

Every participant will win a prize!

Earn an entry in the **MONTHLY & GRAND PRIZE DRAW** for every 50 pages you read!

Please come in to the Muskoti Learning Centre Classroom to register and learn more



☎ 250-788-7368 ✉ bconrad@saulteau.com

Saulteau First Nations Post-Secondary Student Support Program

Applications are now being accepted for the 2024-2025 academic year.

Saulteau First Nations is responsible for determining the selection criteria and funding allocations in accordance with the provisions of their funding agreement and national program guidelines.

Eligible costs covered by the program can include:

- tuition
- books
- travel support on special circumstances, emergencies, and funding availability.
- living allowance supplement for full-time students.

The maximum amount payable per full-time student cannot exceed \$53,000 per year.

On an extraordinary and justified basis, the maximum amount payable per year for a student in an advanced or professional degree program or a masters or doctoral program, may exceed \$53,000 up to a maximum of \$90,000.

No student is automatically entitled to this amount.

How to apply

Applications and waiver forms are available on the Saulteau.com webpage under the "Publications & Resources" tab. Saulteau First Nations students who want to pursue post-secondary studies and access available funding programs should submit their completed application and signed waiver forms to Audrey Norris at anorris@saulteau.com.

In addition to your completed application & waiver form you will need to send in a copy of your status card, your post-secondary acceptance letter, and your most recent academic transcripts.

Deadline – May 15th of every year.

Funding is limited and not all students may be funded. Partial funding may be provided. Applications are valid for 1 school year only.

Continuing Saulteau First Nations post-secondary students must maintain satisfactory academic standing within an eligible post-secondary institution.

Additional financial assistance for Indigenous students

The Canada Student Financial Assistance Program offers grants and loans to full-time and part-time students to help pay for their post-secondary education.

To apply with your province or territory, please visit: Canada Student Grants and Loans.

Other resources for financial assistance:

- Student aid
- Indspire
- Indigenous Bursaries Search Tool

NEW!

Maternity and Child Education Sessions with Community Health Nurse Heather

10 am at the SFN Health Center

March 13* date change

Learn about **Post Partum Depression,
Post Partum psychosis and Baby Blues**

Enter your name for prize draws



This Photo by Unknown Author is licensed under CC BY-SA

LAND GUARDIAN PROGRAM

To qualify you must fill out
an Employment & Training
Policy/Application.
Deadline is March 27, 2024

Please note there is limited seating!!!!

Where: Fully on-line

When: April 22-May 24, 2024

Time: 9am-5pm

Monday-Friday

If you are interested please contact Jamie
Kristoffy at jkristoffy@saulteau.com or
GinetteLapierre at glapierre@saulteau.com



DIABETIC FOOT CARE

March 28th 2024 @ Health
center.

Call Drea to book
T: 250-401-8267

Heartcore Sound Healing

Kristine will be at the Health
Center on March 28th. Please
contact Melva to book an
appointment 250-788-7280

Friday, March 15th to Sunday, March 17th 2024

TRADITIONAL HEALING RETREAT

Learn about traditional wellness practices and
teachings to support cultural identity, heal past
traumas, build resiliency and promote holistic wellness.

Facilitated by Traditional Healers George Jeffrey
(Tsimshian and Gitxsan), Don Campbell (Cree) and
Bernadine Mawson (Coast Salish).

Open to all Saulteau and West Moberly First
Nations Members. Contact 250-401-7616 to register.



B I N G O

1 12 21 31 42

5 14 22 32 44

7 17 25 33 46

ELDERS GROUP BINGO

11:00AM - 1:00PM

Tuesday, March 19 2024



SAULTEAU GYM

Lunch Provided

Contact: cgauthier@saulteau.com for more info.

Elders Group

Yoga



TUESDAY, MARCH 5 2024

Located @ New Beginnings House
11:00am - 1:00pm


Happy International

Women's Day

 FRIDAY, MARCH 8 2024  SFN GYM  10AM - 2PM

PLEASE JOIN US AND OUR VENDORS FOR A DAY OF FUN, PAMPERING AND CELEBRATING WOMEN!



- 
- Eyebrow Wax & Shaping
- Reiki
- Foot Care
- Massage
- Orchids & Moonlight Holistics
- Hair by Denecia

FIRST COME, FIRST SERVE.
AGES 15+



CIRCLES OF SECURITY

Parenting Program facilitated by Nenan

FEBRUARY 16, 23 MARCH 01, 08/24

MORNING @ 11AM-2PM
OR
EVENING @ 6PM -9PM

- UNDERSTANDING THE IMPORTANCE OF PROVIDING A SECURE BASE FOR THEIR CHILDREN.
- TEACHING CHILDREN HOW TO SOOTHE THEMSELVES WHEN THEY ARE UPSET.
- RECOGNIZING AND RESPONDING TO THE CHILD'S SIGNALS WITH EMPATHY.
- ENCOURAGING PROBLEM SOLVING WHEN CHALLENGES ARISE.

PLEASE CONTACT TANSI TO REGISTER OR FOR MORE INFORMATION 250-788-2996



A PARTNERSHIP OF THE TANSI FRIENDSHIP CENTER SOCIETY & NENAN DENE ZAE DEH ZONA FAMILY SERVICES SOCIETY



Reminder

Income & Disability Assistance Clients

Declaration Week

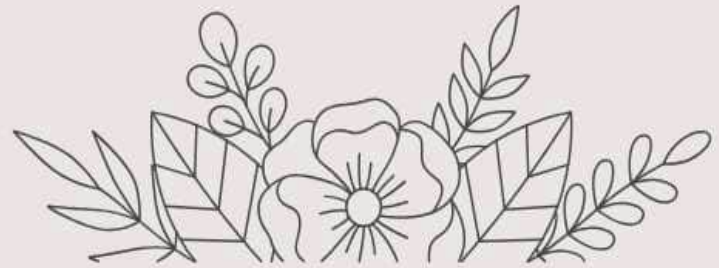
March 11-14, 2024

Payment Date

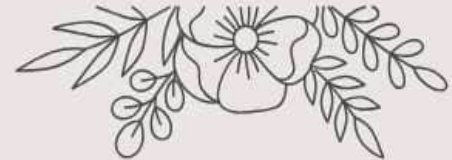
March 20, 2024

Job search activity & necessary utility bills must be submitted with declarations during declaration week for clients required to do so

Please contact Falon Gauthier at 250-788-7286 or email fgauthier@saulteau.com for any questions or concerns.



NARCOTICS ANONYMOUS (NA) MEETINGS WEDNESDAYS
@ 8PM AT THE MOBERLY LAKE COMMUNITY HALL OPEN
TO SAULTEAU AND WEST MOBERLY MEMBERS



CONFIDENTIAL AND SUPPORTIVE SELF-HELP GROUP FOR
COMMUNITY MEMBERS FOR WHOM SUBSTANCES ARE OR HAVE
BEEN A CHALLENGE. NO REGISTRATION REQUIRED.



BABY MOCCASIN AND SELF-CARE WORKSHOP

FORT ST. JOHN

This workshop is for Survivors and/or those who have been impacted by Indian Day or Residential Schools to connect in a safe space.



TREATY 8 TRIBAL ASSOCIATION
10233 100 AVE, FORT ST JOHN, BC



MARCH 26-27, 2024
9:30AM TO 3:30PM

LUNCH PROVIDED.

Please Note
New Dates!

Registration is Required. Only 13 Spots Available.

Registration Contact:

Adrienne Greyeyes: 672-755-1275 or
adriennegreyeyes@irsss.ca



INDIAN RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY

Shifting Mind and Body Ltd.

Hypnotherapy With Kane Norris

Unlock your inner resources!

Manage pain, break free from unwanted habits and addictions, heal trauma, overcome fears, rewire negative thoughts, boost self confidence, explore past memories and lives, and transform your life by taking control of your mental health!

March 7th

SFN Health Centre
Call Melva to Register
250-788-7280

You are the medicine, come
shift with us!

MEDICINE Bags

Join us in learning how to make your own medicine bag

THURSDAY MARCH 7, 2024

5:00-8:00PM

@ NEW BEGINNINGS HOUSE



All Supplies Provided.

Limited spots available.
to sign up email or call:

cgauthier@saulteau.com
1-250-788-7262

Crafts

Sunday
March, 17th
2024
SFN Gym
1-4pm



Your paragraph text

RIBBON SHIRT WORKSHOP

MARCH 16-17TH
9-3:00 PM

SFN GYM

LIMITED
ONLY FOR
10 PARTICIPANTS

BEGINNERS
ARE WELCOME

Book your seat at tpaquette@saulteau.com

PEMMICAN DAYS

Committee Meeting

March 5th
1:30 pm - 3:30 pm

Band Hall Gym



New Baby Blues

The New Baby Blues that occur within 7-10 days after the birth of the baby affect 50-80% of new mothers. It can happen to mothers who have had babies before or to first time mothers.

If you are experiencing the New Baby Blues you could find yourself feeling restless, irritable, tearful, tired, discouraged, and/or helpless. These low spirits might then be replaced by a sense of joy; where you feel suddenly energetic, talkative and/or happy.

Causes include sudden changes in hormone levels after birth, discomfort and fatigue related to the birth, the challenges of parenting and/or other life stressors.

No treatment is necessary for the baby blues as the symptoms go away very quickly. However, taking good care of yourself will help you cope with the hectic first few weeks.

If these feelings get worse or last longer than a couple of weeks, notify your physician or public health nurse as 10-28% of women with a new baby experience postpartum depression.

Public Health Nursing will be offering a postpartum depression screening at your baby's first visit to the Health Unit, around the two-month immunization visit. It is important that the screening questionnaire be filled out on your own, without your answers being influenced by others.

Take care of yourself - Some Tips:

- Make rest a priority. Take a nap when the baby does. Less housekeeping, more rest.
- Practice relaxation techniques.
- Drink 8-10 glasses of water per day and eat a nutritious diet. Eat small quick meals and snacks several times per day.
- Take a walk outdoors, this will help clear your mind and help you to sleep better.
- Join an exercise program..
- Talk about your labour and delivery experience.
- Express your feelings with your partner and friends.
- Share your baby's care with your partner.
- Accept help from others and don't hesitate to ask for help when you need it. For example, prepared foods, housekeeping, etc.
- Try to network with other new mothers (you are not alone). You can support each other.
- Consult with your Physician or Public Health Nurse if you have any questions or concerns about your or your baby's health.
- Take regular breaks from baby care to do something you enjoy. 15-30 minute breaks can renew your energy.
- Enjoy a warm bath and or massage.
- Believe in yourself.

If you think you might have the New Baby Blues and would like to speak to a health care professional or for more information on the New Baby Blues or Postpartum Depression, please contact your physician, or your Public Health Nurse. If you need help right away, please call the Mental Health Crisis Line at 1-877-442-2828 or the call 811.

HPV/Cervical Cancer self-screening

now available to all BC residents

This test checks to see if you have one of the Human Papilloma viruses that can cause cervical cancer. This screening potentially finds the viruses that can cause cancer before they make changes to your cells. A PAP test finds the cells after they start changing. The self-swab test might soon replace the PAP. (in people with low risk and no abnormal symptoms).

You are eligible for HPV self-screening if:

- You have a cervix
- You have not had a PAP in the past 3 years or Self screening in the past 5 years
- You are NOT pregnant
- You have NOT had cervical cancer in the past 5 years.
- You are between the ages of 25-69
- You have not had previous abnormal results and been advised to follow up with a physician
- You do NOT have any abnormal symptoms (bleeding between periods, abnormal discharge etc.)

You do your own swab with something the size of a q-tip.

There is NO pain involved.

You do not get undressed in front of anyone.

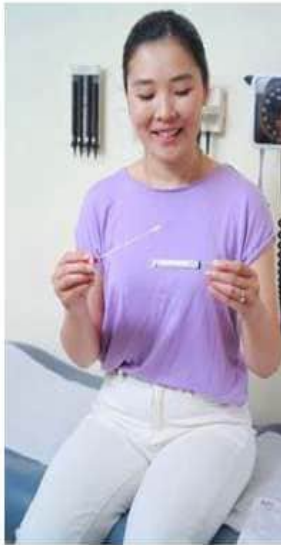
This is FREE for everyone.

If your results are normal you will be asked to rescreen in 5 years

If you have been advised to do pelvic exams due to previous abnormal results, please reach out to your Doctor or Nurse Practitioner.

To order a kit from BC Cancer agency call 1 877-702-6566 or go to screeningbc.ca/cervix

If you need help ordering your kit or want to see what the kit looks like, contact CHN Heather



Heather Lirette, BN, RN, CCHN(C)
 Community Health Nurse
 Saulteau First Nations' Health Center
HLirette@saulteau.com
 T 250 788 7371

MISC INFORMATION:

- HPV is a common virus that is spread through any type of sexual contact,
- HPV causes almost all cervical cancers
- There are over 100 types of HPV viruses
- Only around 15 of these can cause cancer
- Most people will have HPV at some point.
- Usually there are no symptoms and it will clear up on its own.
- Screening every 5 years can detect the virus before it makes changes to the cells
- Regular screening decreases your risk of getting Cancer by 70%.
- When caught early there is an 85% survival rate.

- When you order your own kit it will come in an unmarked package via Canada Post.
- You must take the test to the post office the day you do the swab.
- Results will be mailed to you about 6 weeks after the test is received at BC Cancer Agency
- You can also find your results on healthgateway.gov.bc.ca
- BC Cancer Agency will send you a letter when you are next due for screening
- BC Cancer Agency will send your results to the doctor you name on the requisition.
- If you do not have a family Dr, and your results are positive, BC Cancer agency will connect you with a local Dr or NP for follow up.

PREVENTION OF HPV:

- Vaccine when recommended
- Decrease # of sexual partners
- Use condoms
- Stop smoking
- Routine screening

HPV VACCINE:

- Recommended for anyone between ages 9-45
- Routinely offered in grade 6
- Provided FREE before the 19th birthday or up to the 26th birthday if for:
 - Transgendered
 - Without a home
 - Those with HIV
- Available at the SFN Health Center (speak with Heather) or the CPCC
- Even with the HPV vaccine you still need regular screening because:
 - The vaccine protects against 9 of the 15 types that can cause cancer
 - The vaccine cannot protect you from HPV you have been exposed to before getting the vaccine.



SIGN UP FOR P.A.L

10 PARTICIPANTS ONLY



MARCH 16-17, 2024 TWO DAY COURSE

LOCATION: MOBERLY LAKE
COMMUNITY HALL

TIMES: 9:00 AM TO 5:00 PM (BOTH DAYS)

LUNCH WILL BE PROVIDED

REGISTER WITH GINETTE LAPIERRE @

GLAPIERRE@SAULTEAU.COM OR CALL 250-788-7367



Wellness Week

July 9th to the 11th, 2024

Saulteau First Nations Health Centre

3 days of Hypnotherapy with 3 skilled
Hypnotherapists

Custom tailored sessions centered on your well-
being and self-healing journey



The ATW Team



HAVE YOUR VOICE HEARD

SFN HAZARD ASSESSMENT

SFN is undertaking a Hazard, Risk, & Vulnerability Assessment - this assessment is important groundwork that lays out the strategy for our future emergency planning for the Nation.

TUESDAY - MARCH 19/2024

TIME: 1:00 - 4:00 PM

PLACE: Band Hall Conference Space

Do you want to get involved?

Have more questions?

Stop By - Finance Building, First Office on the Left

Email: agentles@saulteau.com



March 2024



HOUSING NEWS



Good things are coming!

NEIGHBORLINESS, CHILDREN, PETS & SAFE PLAY



Our community and housing are home to families of all shapes and sizes. As such, we need to be reminded that little acts of kindness and consideration go a long way in maintaining a happy and healthy environment. Slow down on the road when kids are playing or walking. Make sure to keep your pets in your own yard. Saying something kind to your neighbour can make their day!

ANNUAL HOME INSPECTIONS

As Spring rolls around, we are starting our annual home inspections and assessments of rental units. A Conditions Assessment Report will be filled out at the time of the home visit to record the condition of the home. This will help us to determine what repairs need to be done. This is a great time to let us know any concerns you may have or report any deficiencies.



UPDATING RENTAL AGREEMENTS & MAINTENANCE AGREEMENTS

Over the next few weeks, the Housing Department will be sending out letters to tenants and homeowners to update your agreement. The purpose is to keep our records up to date with all the information pertaining to each home and to ensure we have the correct contact information. This is also important for safety purposes, making sure we know how many people and animals are in each home. . This will only take a few minutes to go through the papers and you will be on your way.



SPRING CLEANING

Spring is a traditional season of renewal after the stillness of winter.

It is a great time to freshen and renew our homes by cleaning inside and outside. Here are some tips to help you clean more easily and productively.

1. Get rid of clutter- this can be anything such as garbage, old toys, outdated papers or food.
2. Make a plan- set a goal before you start. This will help to focus on particular tasks.
3. Wash windows and windowsills. Moisture build up can cause moulding to happen. Keeping them clean can prevent this.
4. Wash all doors and door handles.
5. Wash dirt off the walls and baseboards.
6. Wipe all light switches and common touch points throughout the house.
7. Wash all bedding and pillows.
8. Clean out cupboard under kitchen and bathroom sink. Make sure there is no water leaking.
9. Clean up all garbage outside.
10. Make sure down spouts are pointed away from your house.



PAYMENTS- MAKE IT EASY!

If you are looking for an easier way to pay rent, we do have a few options, other than coming in each month.

1. Set up a PAD agreement with SFN, (Pre-Authorized Debit). This would require you to come to the Housing office and fill out an agreement. We will require your banking info, Account #, Transit # and Institution #. This would allow our finance department to pull the payment directly from your bank account on the 1st of the month.
2. Set up an EFT payment through our online Buildium Program, (Electronic Funds Transfer). To set this up you can simply go online through the Buildium App- Go to PAYMENTS and fill out your information or come into the Housing office to get assistance. You will require your banking info, Account #, Transit # and Institution #. These payments would come directly out of your bank account. You can set this up as a one time payment or as a monthly payment.

These payment options can help relieve some of the stress of knowing your payments are taken care of each month.



UNDERSTAND
YOUR WILDFIRE
RISK

HOME IGNITION ZONE FIRE ASSESSMENT

GET
RECOMMENDATIONS
ON HOW TO
IMPROVE YOUR
WILDFIRE
RESILIENCY

TO SCHEDULE AN ASSESSMENT
OR FOR MORE INFORMATION
CONTACT
JGILBERT@SAULTEAU.COM OR
AGENTLES@SAULTEAU.COM



HOME FIRESMART TIPS



TREE & SHRUB REMOVAL

Remove trees and
shrubs from the first
10m of your home



PRUNE TREES NEAR YOUR HOME

Prune tree branches up
to 2m from the ground,
or half the trees length
(whichever is shorter



PRACTICE LAWN MAINTENANCE

Keeping your lawn
shorter than 10cm and
sufficiently watered will
lower the chance of fire
spread



CLEAN YOUR GUTTER AND ROOF

Keeping your roof and
gutters clean reduces
the chance that an
ember will spark a fire
spread



STORE WOODPILES MORE THAN 10M FROM YOUR HOME

Woodpiles provide an
opportunity for fire intensity to
increase, keeping them away
from your home reduces your
risk

**By taking these steps at
home you are increasing your
home's wildfire resiliency**

Contact jgilbert@saulteau.com for a FireSmart
Assessment

Road Safety Tips

As weather warms up, expect to see kids and other community members enjoying the outdoors.

Please watch out for our pedestrians, especially during school bus pick-up & drop-off.



Receptacles

What you shouldn't do and things to be aware of.

Overloading

Avoid plugging in too many devices into a single receptacle or circuit. This can lead to overheating, fires, or damage to devices.

Loose Connections

Make sure the receptacle is securely attached to the electrical box and that the connections are tight. Loose connections can lead to arcing, overheating, and potential fire hazard.

Using the wrong type of receptacle

Make sure you are using the appropriate type of receptacles for the intended purpose. For example, use Ground Fault Circuit Interrupt (GFCI) receptacles in areas where water is present and Tamper-Resistant receptacles in homes with children to prevent electrical accidents.

Tampering

Do not attempt to modify or tamper with the receptacles, especially if you are not qualified to do so. Improper modifications can lead to electrical hazards.

Water Exposure

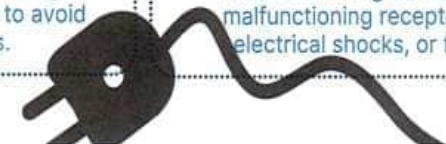
Keep receptacles away from water sources to prevent electric shocks or short circuits, install GFCI receptacles in areas where water is present, like kitchens, bathrooms, and outdoor locations.

Using damaged receptacles

If you notice any damage to the receptacle such as cracks, discoloration, or signs of overheating, do not use it. Replace Damaged receptacles immediately to avoid electrical hazards.

Incorrect wiring

Ensure that the receptacles are wired correctly according to the electrical code and manufactures instructions. Incorrect wiring can lead to malfunctioning receptacles, electrical shocks, or fires.



GARBAGE COLLECTION

We would like to announce a few changes happening with our garbage collection. For the next few months, we will be collecting garbage on **Monday & Thursday afternoons**. We ask that all garbage is bagged properly and placed in your bin for these pick up times.

As a friendly reminder, please be mindful of what is put into your garbage bins. We do not accept the

following:

- Un-bagged garbage
- Un-bagged cat litter
- Meat or animal bones

Thank you!!



Oil & Gas Report
Fernie May Garbitt
Saulteau TREP office
March 2024

Tansi SFN Community Members:

It feels like Spring out; the climate is sure changing. Hopefully we can get some more snow to help the Land with moisture-so it is not so dry and praying there is no big forest fires this summer. Starting off the year with conferences, meetings that require travel. I still have many BCER referrals to respond to and most are low impact on crown and private. I have flagged 13 referrals, which are on hold for SFN until further discussion or until pre-engagement is fulfilled. SFN is concerned with the new disturbances, new cuts, major projects, or large amounts of hectares or km of crown Lands. We always encourage Industry to always use existing corridors to minimize the environmental impacts. TREP also encourages Industry to avoid any environmental or cultural features first, if they cannot, then we ask for mitigation measures.

I work with many oil & gas companies on their active or proposed projects. At SFN TREP we encourage positive pre-engagement and relationship building from ALL Industry proponents. We promote the Aski Environmental monitors to participate in any pre-assessments on a proposed project.

CHRONIC WASTING DISEASE

Infected deer, elk, and moose carcasses can spread CWD.

**CWD detected in BC!!!
SAMPLES NEEDED!
Talk to the Land Guardians or TREP**



If you hunt outside of BC, be aware of the risks of introducing CWD.
Be part of the solution!

FOR MORE INFORMATION:

- ✉ cait.nelson@gov.bc.ca
- ☎ (250) 751-3219
- 🌐 www.gov.bc.ca/chronicwastingdisease

Going hunting?

Scan the QR Code below to find out how and where to submit samples.



STOP CHRONIC WASTING DISEASE

**Do Not Import
Intact Deer Carcasses
Keep B.C. Wildlife Healthy**

The background features a stylized illustration of a lake trout's scales in shades of blue and green, with a large orange sun or moon partially obscured by the fish's body. The title 'LAKE TROUT RECOVERY' is written in large, bold, white, sans-serif capital letters across the top.

LAKE TROUT RECOVERY

Historically, there were lots of lake trout in Moberly Lake and many of the fish were large ones, often weighing more than 30 lbs. In 1960, for example, Morris Paquette caught a lake trout that weighed 64 lbs. The fish was on display for many years at the Moberly general store. The addition of a short-term commercial harvest fishery and a harvest sport fishery resulted in a high level of combined fishing pressure. Biologists believe that this over-harvest resulted in the decline of lake trout abundance.

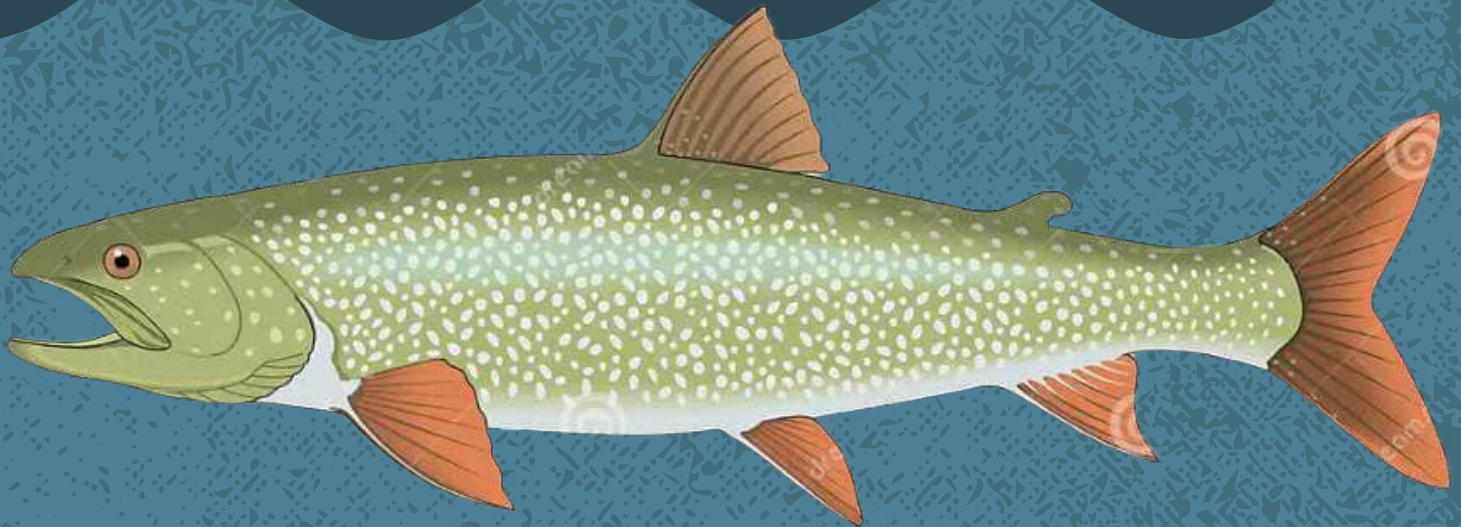
In 2002, biologists from the B.C. Ministry of Forests, Lands and Natural Resource Operations began gathering data so they could quantify the status of lake trout in Moberly Lake and identify reasons for the population decline. In 2009, they estimated less than 300 lake trout lived in Moberly Lake as opposed to 5,000, which would be normal for the size of the population.

The lake was stocked three times with 14,000 juvenile lake trout each time. These stocking events occurred from the spring of 2012 to the spring of 2016.

The stocked fish are finally appearing on the shoals as of 2023, this is a crucial point for recovery of the population! (This is great news!!) But the population is still defined as collapsed and remains at risk of extirpation if harvesting of breeding individuals are removed.

The harvest of immature lake trout removes future generations and harvesting of mature lake trout is a loss to the continued recovery of the species.

LAKE TROUT RECOVERY



**Help the Lake Trout population to
continue to rebound**

Please Practice Catch and Release

**TREP is currently working on a
Trout Recovery Strategy for Moberly Lake**

**Any Questions Please Contact the TREP Department or
the Land Guardians**

SAULTEAU FIRST NATIONS JOB POSTINGS!

APPLY ONLINE TODAY! → WWW.SAULTEAU.COM/EMPLOYMENT



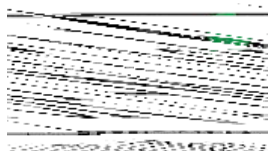
SFN CAREER OPPORTUNITIES

- PRIMARY TEACHER
- JUNIOR LAND GUARDIAN
- MANAGER OF MENTAL WELLNESS
- HR RECRUITER
- MANAGER, FAMILY SERVICES
- DIRECTOR OF OPERATIONS
- HOMEMAKER
- LANDS MANAGER
- EARLY CHILDHOOD EDUCATOR
- 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
- CARIBOU MATERNITY PEN OPERATIONS AND EFFECTIVENESS LEAD
- REQUEST FOR PROPOSAL - LAKE TROUT RECOVERY STRATEGY



ASKI RECLAMATION CAREER OPPORTUNITIES

- INTERMEDIATE VEGETATION ECOLOGIST
- PROJECT ADMINISTRATOR
- HUMAN RESOURCES COORDINATOR
- INTERMEDIATE AQUATIC SPECIALIST
- ENVIRONMENTAL TECHNICIAN
- ENVIRONMENTAL PROJECT COORDINATOR
- SENIOR PM FOREST ECOSYSTEMS
- ECOLOGICAL PLANTING TECHNICIAN
- ECOLOGICAL RESTORATION PLANTING FOREMAN



4EVERGREEN CAREER OPPORTUNITIES

- TRUCK MECHANIC
- HEAVY DUTY MECHANIC
- CONSTRUCTION SAFETY OFFICER
- LEVEL 3 SITE MEDICS
- CLASS 1 DRIVERS
- EQUIPMENT OPERATORS

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