

SAULTEAU FIRST NATIONS NEWSLETTER

JULY 2024



FEATURED COMMUNITY NEWS

SFN TO HOST THE HEALING THE LAND CONFERENCE OCTOBER 7-10, 2024!

Registration for the Healing the Land Conference is Open! Saulteau First Nations, host of the 2024 Healing the Land Conference, is excited to announce early bird and SFN Member attendee registration is open! Join Indigenous leaders, federal, provincial, and local governments, restoration practitioners, and industry representatives to dive into the conference themes of innovation, collaboration, preparing for the future, and healing the land together. Speakers include a keynote address from Cloy-e-isi, Dr. Judith Sayers (President of the Nuu-chah-nulth Tribal Council) and other key industry and government leaders.



Visit the conference website to find more information on the conference agenda, exhibitor and sponsorship opportunities, early bird and SFN Members registration, and more! Early Bird Registration: Take advantage of our early bird registration rates, available until July 31, 2024. Secure your spot today and join us in raising awareness of on-the-ground actions having a direct impact on Canadian protection and restoration targets. Together, we will explore successful partnerships, collaborative restoration and protection efforts, and emerging technologies that honor Indigenous knowledge systems shaping the future of restoration.

Stay Connected: Healing the Land Conference website:

www.healingthelandconference.ca

Subscribe for Updates:

<https://healingthelandconference.ca/subscribe-for-updates/>

Once registered, gain access to networking and outreach tools through the Whova on-line event platform.





Saulteau First Nations Annual Pemmican Days 2024

July 11th, 12th, 13th, 14th

Door Prizes!

50/50 Raffle

Food Vendors

Everyone Welcome!

Schedule

THURSDAY JULY 11TH

Event Registration (Band Hall)

FRIDAY JULY 12TH

Final Event Registration
Treaty Payments (Band Hall)
Pemmican Parade
Grand Entry & Opening Comments
Pugeesee & Horseshoes
Community Feast
Teepee Raising
Animal Calls
Honeymoon Race
Moccasin Race

SATURDAY JULY 13TH

Pancake Breakfast
Teepee Raising Judging
Competition Events
Horseshoes, Pugeesee, Bow & Arrow,
Axe Throw, Sling Shot, Tug of War
Kids Fun Zone
Dry Meat Cutting
Children Indian Bingo
Adult & Youth Indian Bingo
Jigging Contest
Two Stepping Contest
Saulteau's Got Talent Show

SUNDAY JULY 14TH

Pancake Breakfast
Men, Womans, and Teenagers 16 and Up Endurance Race
Horseshoes & Pugeesee
Youth 12 - 15 Endurance Race
Youth 11 and Younger Endurance Race
Tea Boiling
Kids Fun Zone
Bannock Making Contest
Elders Bingo
Childrens Relay Race
Leg Wrestling
Closing Ceremony - Drummers & Round Dance

Time

4:30 pm - 8:00 pm

9:30 am - 1:00 pm

11:00 am - 2:30 pm

2:30 pm

3:30 pm

3:30 pm - 5:30 pm

5:30

6:00 pm - 8:00 pm

6:30 pm -7:00 pm

7:00 pm

7:30 pm

8:00 am - 10:00 am

9:00 am

10:00 am - 6:00 pm

12:00 pm - 5:00 pm

1:00 pm - 5:00 pm

2:00 pm

3:00 pm

4:30 pm

5:30 pm

6:30 pm

8:00 am - 10:00 am

9:15 am

10:00am

11:00 am

11:30 am

11:30 am

12:00 pm - 5:00 pm

12:30 pm - 1:30 pm

1:30 pm

1:30 pm - 2:00 pm

3:00 pm

Prizes

Pemmican Parade

1st \$3,000 / 2nd \$2,000 / 3rd \$1,000(Adults)

Pugeesee (Handgames)

1st \$10,000 / 2nd \$6,000 / 3rd \$4,000

Horseshoes

A Division - 1st \$6,000 / 2nd \$4,000 / 3rd \$2,000

B Division - 1st \$3,000 / 2nd \$2,000 / 3rd \$1,000

Tug of War - Men & Woman's

1st \$2,000 / 2nd \$1,000 / 3rd \$500

Saulteau's Got Talent Show

1st \$1000 / 2nd \$500 / 3rd \$300 (Adults 18+)

1st \$250 / 2nd \$150 / 3rd \$75 (Youth & Children 0-17)

Endurance Race Men, Woman, 16 & Up

1st \$6,000 / 2nd \$4,000 / 3rd \$2,000

Youth Endurance Race

A Division Ages 12-15 - 1st \$300 / 2nd \$200 / 3rd \$100

B Division Ages 6-11 - 1st \$100 / 2nd \$75 / 3rd \$50

Teepee Raising Contest

1st \$2000 / 2nd \$1500 / 3rd \$1000

Men & Woman's Events (Adults)

Bow & Arrow, Axe Throw, Sling Shot, Drymeat Cutting, Bannock Making, Tea Boiling, Leg Wrestling, Jigging, Two Stepping Contest

1st \$500 / 2nd \$300 / 3rd \$200

Girls and Boys Youth Events Ages (8-17)

Bow & Arrow, Sling Shot, Leg Wrestling, Jigging, Two Stepping Contest, Youth 12-17 Drymeat Cutting

1st \$100 / 2nd \$75 / 3rd \$50

Animal Calls

Adult - 1st \$500 / 2nd \$300 / 3rd \$200

Youth (8-17) - 1st \$100 / 2nd \$75 / 3rd \$50

Honeymoon & Moccasin Race (Adult)

1st \$100 / 2nd \$75 / 3rd \$50

Message From Chief and Council

IMPORTANT NOTICE:

You have 10 MINUTES to show up to an event after your name has been called. If you don't show up, you will be disqualified. Pay close attention when signing up for events - Try not to Double Book!

REGISTRATION

LIMITED Entry of Some Events! Registration is Thursday Evening and Friday Morning. (Same day Registration is not available)

Horseshoes, Pugeesee, Tug of War - \$20 per person
Men, Womans, 16 and Up Endurance Race - \$20 per person
Youth Endurance Race 12-15 - \$10 per person
Youth Endurance Race 6-11 - \$5 per person
Teepee Raising - \$10 per person
All Other Events: Adult & Youth Ages 12-17 - \$5
Children Ages 8-11 \$2

EVERYONE IS WELCOME. It is NOT mandatory to have a band member on your team to register for any event.

You must be in attendance to claim prizes!
This is a drug and alcohol free Event!

No pets or Peddle Bikes in the Grounds!!



PEMMICAN REGISTRATION DATES & TIMES

THURSDAY JUNE 11TH
4:30 PM - 8:00 PM

FRIDAY JUNE 12TH
9:00 AM - 1:30 PM



Saulteau
FIRST NATIONS

PEMMICAN DAYS PARADE 2024

DATE: JULY 12, 2024

TIME: 2:30PM START

REGISTRATION: JULY 11, 2024, 4:30PM-8:00PM SFN GYM

STARTING LOCATION: CHIEF & COUNCIL BUILDING

FINISH LOCATION: PEMMICAN GROUNDS

PRIZES

1ST \$3000

2ND \$2000

3RD \$1000

KIDS: 1ST \$100/2ND \$75/3RD \$50

JOIN US IN BRINGING BACK THE
PEMMICAN DAYS PARADE!
VEHICLES, BICYCLES, HORSES, QUADS & SIDE
BY SIDES ARE ALL WELCOME!

THE MOST CREATIVE, MULTI-CULTURAL
DECORATIVE FLOAT WILL WIN!

NOTE: ALL FLOATS MUST HAVE 1 SAULTEAU
BAND MEMBER PARTICIPANT



YOU'RE INVITED
TO THE

Grand Opening.

SAULTEAU FIRST NATIONS
CULTURAL BUILDING

DATE : JULY 24TH 2024
11:00 AM - 4:00 PM
1706 BOUCHER LAKE RD

PLEASE SEE BUS POSTER FOR RIDE
DETAILS!

SEMI FORMAL DRESSCODE.

WE LOOK FORWARD TO HAVING YOU!



CULTURAL CENTRE GRAND OPENING

**BUS TRANSPORTATION OFFERED
TO AND FROM EVENT!**

To help
with limited
parking!



**JULY 24, 2024
11AM-4PM**

The bus will circulate the reserve from 10-11am on July 24th. You can just jump on the bus, or you can call ahead and arrange a specific pickup time.

**Contact Emile Blandin at 250-401-1713 to
arrange a pickup time on July 24.**



*Happy
Summer
From M&S*



Muskoti Elementary School

What we offer:

- ❖ Small class sizes with a BC-certified teacher Pre-K to Grade 3
- ❖ Full-day interactive, individualized academic programs for all primary grades.
- ❖ Our local First Nations culture and language are embedded in our curriculum.
- ❖ Caring and loving staff who believe in every child and their potential.
- ❖ Opportunity for children to read with confidence and pride.
- ❖ Excellent program for developing strong numeracy skills.
- ❖ Healthy breakfast and lunch program.
- ❖ Great reviews from former parents and kids who want to stay!
- ❖ And so much more ...

Check out our Facebook page: [Muskoti Elementary School](#) to see what we do 😊

Muskoti Elementary School

Attention fellow band and community members:

Do you or someone you know have a child turning 4 by December 31, 2024, or entering Kindergarten, Grade 1, 2, or 3 in September 2024? If so, please contact us for a registration form ASAP to register your child in our upcoming school year in our full-day Pre-Kindergarten (K4), Kindergarten, Grade 1, 2, or 3 classes with BC Certified teachers in our registered First Nations School.


We limit class sizes to provide the best quality of education we can, so it's best to register early.

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.

For more information, please contact our Principal, Cody Schlamp at 250-788-7361 or at cschlamp@saulteau.com.

Our school for our community!

CAMP SAGITAWA INTEREST CALL OUT



Who? Grades 2-9
What? First Nations Youth Camp
When? August 19 - 23
Why? We are looking for interest in attending this camp which would be funded through Saulteau Family Service

If you are interested, please text/call Family Support:

Morgan: 250 401 7008

DEADLINE TO EXPRESS INTEREST IS JULY 12TH

Family BBQ

FAMILY SERVICE SUMMER BBQ'S



Stop by to meet our
Family Service Team- Everyone is welcome

July 3, 17, 31
August 14, 28

5-7pm every other Wednesday at the New
Beginnings House

Contact us:
Morgan 250 401 7008 or
Corrina 250 401 7741



RECLAIM. RESTORE. RECOVER.

October 7-10, 2024

SFN Cultural and Recreation Centre

SFN Member Registration

NOW OPEN WITH DISCOUNT CODE

healingthelandconference.ca



HEALING THE LAND CONFERENCE CONTEST!

TELL US WHY HEALING
THE LAND IS IMPORTANT
TO YOU AND YOU COULD
WIN A FREE PASS TO THE
HTL CONFERENCE!

MUST BE AN SFN MEMBER TO ENTER

10 MEMBER PASSES
AVAILABLE TO WIN!
(2 Passes per SFN Family Group)



For more info on the conference
healingthelandconference.ca

CONFERENCE DATES
OCTOBER 7-10, 2024

**SUBMIT YOUR ENTRY
BY AUGUST 15TH**

HOW TO SUBMIT:

- VIDEO
- AUDIO
- WRITTEN
- ARTWORK

ANY MEDIUM ALLOWED!

Digital submission should be emailed
to salexander@saulteau.com

Paper copies or other non-digital
submissions can be entered at the
TREP Offices to Sandra Alexander

TRY A TRADE

ADULT TRADES PROGRAM




General Information:

- ✓ 12 Weeks in Length
- ✓ Bring excitement & enthusiasm
- ✓ Must be 18+
- ✓ Want to learn and grow

Coming Soon

Fall 2024

Call Ginette Lapierre
250-788-7376 

Or email her at
glapierre@saulteau.com 

NLC CHETWYND CAMPUS

Culture Camp Committee Meetings

July 16th - 2024

July 30th - 2024

August 13th - 2024

Location - Band Hall Gym

10:00 am - 12:00 pm

Vermicomposting Workshop!

Date: July 5, 2024

Time: 9am-1pm

BBQ Lunch Provided

Location: SFN Community Garden



Join us for an exciting and educational Vermicomposting Workshop!

Learn all about the fascinating world of vermicomposting and how these hardworking worms can turn your food scraps into rich, nutrient-packed compost for your garden.

Our workshop will cover everything from setting up your own vermicomposting bin to troubleshooting common issues. Get your hands dirty and discover the magic of composting with us!

Presented By:



MATERNITY AND CHILD HEALTH Education with Nurse Heather

July 9, 2024 @ 10 am

At the SFN Health Center lunch room



The Photo by Sherry Anne Wallace on under 200px.com

Come learn about HOW TO PREVENT FALLS in BABIES and CHILDREN

- How frequently do falls happen to children and babies?
- What are some common falls risks?
- Things you can do to help prevent falls
- Bring along any other questions you might be wondering about


Take home a small gift at each session

Enter your name in the PRIZE DRAW jar for a chance to win your choice of one of our baby related prizes.

MUSKOTI LEARNING CENTRE

 **CLOSED**
FOR SUMMER
BREAK 

THE MUSKOTI LEARNING
CENTRE WILL REOPEN ON
SEPTEMBER 4, 2024

 MLC Adult Graduation or Upgrading registration forms will be available on the MLC advertisement board at the SFN bandhall and Crowfeathers advertisement board.



MUSKOTI LEARNING CENTRE

BACK TO SCHOOL BBQ $5+5=10$

All SFN Chetwynd & Moberly students are invited to join us for a BBQ, meet the MLC staff, and get your Back to School supplies (for Grades 4-12) which are generously donated by Crew Energy!

 **AUGUST 27** **AT SFN PLAYGROUND**
12:30 PM (inside bandhall if raining)

Contact ckoenig@saulteau.com for more information

Notice to Members

June 17, 2024

2024 Home Solar Feasibility Evaluations

- **Solar evaluations:** homes that have not received a solar feasibility evaluation will be scheduled to receive one between June 18-24, 2024
- **Why?** Feasible homes can be added to Saulteau's ongoing solar retrofit program, which aims to add solar to all interested members' homes over several phases (next phase summer 2025, contingent on funding)

SUNSPEAR will be in touch to schedule home evaluation for eligible homes. Bookings will generally be for a next-day visit. Interior access will be required.

For questions, including to arrange a specific evaluation time, please contact project coordinator **Cory Bigham**.

(778) 791.7828 | cory@sunspearmicrogrid.ca

TRAINING & EMPLOYMENT FUN FACTS:

01

FACT ONE

NO NAMES ARE ADDED TO COURSE UNLESS A COMPLETED APPLICATION AND PROCESSING IS APPROVED

02

FACT TWO

AS PER POLICY:

Training/PPE/Electronics/Accommodations that started before applying and receiving approval are NOT ELIGIBLE for sponsorship or reimbursement.

03

FACT THREE

IF YOU HAVE NO COPY OF THE COMPLETION OF THE COURSE OR SAFETY TICKET, YOU WILL BE PLACED IN ARREARS WITH SAULTEAU FIRST NATIONS

TRAINING & EMPLOYMENT FUN FACTS:



2024 Home Solar Project - UPDATE

Members' Notice

Please be advised that as of May 12, 2024, homes selected for solar installations will be ready to receive solar panels on their roofs.

A representative of the SFN or the solar contracting team at Sunspare will be in touch to schedule your rooftop solar installation.

Project Schedule

- ✓ April: pre solar install EnerGuide home evaluation - *complete*
- ✓ May 12-30: rooftop solar panel installs - *current stop*
 - A solar installation crew will visit your home for approx 4 hours
 - Home visits will be scheduled via phone or door knock
- ✓ June/July: start of post-solar install EnerGuide home evaluations.

Visiting all homes will take 1-2 weeks

- An energy advisor will visit your home for approx 20 minutes
- Home visits will be scheduled via phone or door knock

Questions / Hiring Opportunities?

Please be in touch with Shane Reynolds:

Email: sreynolds@saulteau.com

Phone: 250.613.8006



Ask your doctor for information about:

- fall prevention clinics and/or community programs
- physical or occupational therapy
- dietician consultation
- social worker and/or home support services



Staying active keeps me connected with my community and helps me to continue to do the things I enjoy.



I want to live in my home as long as possible. I use a walker so that I can get around safely and keep my legs strong.

Did you know...



- Without prevention efforts, about one third of people aged 65 years and over typically fall once or more each year.
- Staying fall-free can help you to stay independent and avoid the need to enter a long-term care facility.
- Falls usually happen due to the combined effects of factors that can be prevented.
- Ways to prevent falls include improving mobility, correcting vision problems, and reducing trip and slip hazards in your home or outdoors.
- The more risk factors a person has, the greater their chances of falling.



SeniorsBC.ca



General Practice Services Committee

BC INJURY research and prevention unit



For more information please visit:
www.seniorsbc.ca/stayingindependent

STAYING INDEPENDENT

Falls are the main reason why older adults lose their independence.

Are you at risk?



Please Circle "Yes" or "No" for each statement below.

Check Your Risk for Falling		Actions to Staying Independent	
Yes	No	I have fallen in the last 6 months.	Learn more on how to reduce your fall risk, as people who have fallen are more likely to fall again.
Yes	No	I use or have been advised to use a cane or walker to get around safely.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
Yes	No	Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.
Yes	No	I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
Yes	No	I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
Yes	No	I need to push with my hands to stand up from a chair.	Strengthening your muscles can reduce your risk of falling and being injured.
Yes	No	I have some trouble stepping up onto a curb.	Daily exercise can help improve your strength and balance.
Yes	No	I often have to rush to the toilet.	Talk with your doctor or incontinence specialist about solutions to decrease the need to rush to the toilet.
Yes	No	I have lost some feeling in my feet.	Talk with your doctor or podiatrist, as numbness in the feet can cause stumbles and falls.
Yes	No	I take medicine that sometime makes me feel light-headed or more tired than usual.	Talk with your doctor or pharmacist about medication side effects that may increase the risk of falls.
Yes	No	I take medicine to help me sleep or improve my mood.	Talk with your doctor or pharmacist about safer alternatives for a good night's sleep.
Yes	No	I often feel sad or depressed.	Talk with your doctor about symptoms of depression, and help with finding positive solutions.

0
Total

Add up the number of points in parentheses for each "yes" response. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor to find ways to reduce your risk.

*The above checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Vivrette, Rubenstein, Martin, Josephson & Kramer, 2011). This brochure is adapted with the permission of J.Stevens, R.Vivrette, J.Kramer, & L. Rubenstein.

Additional Actions to Staying Independent



To help you stay independent and prevent falls:

Your doctor may ask you about:

- previous falls
- if you feel unsteady when you stand or walk
- how you manage your daily activities
- if you are worried about falling

Your doctor may assess your:

- medications
- calcium and vitamin D
- blood pressure, heart rate and rhythm
- muscle strength
- feet and footwear
- incontinence
- vision
- mobility and balance



Amisk Farm in partnership with Tea Creek present

I-FEAST

In Moberly Lake

Find your path with Indigenous-Led Foodlands Employment Apprenticeship Skills Training...I-FEAST!



EXPLORE YOUR OPTIONS

Try different trades, grow and prepare food, update industry work tickets and explore self-employment with our hands-on learning format.

MAKE A PLAN

This program will help you find employment, explore self-employment or start an apprenticeship. We will work with you to come up with a plan to support you with your goals.

START YOUR JOURNEY

Trainees will receive four weeks of paid work experience and have an opportunity to transition to employment or receive self-employment or apprenticeship support.

June - September 2024

Ongoing intakes throughout the season. **FREE** for Indigenous people!

Seating is limited.

Successful applications will be subject to a practical interview and assessment. Living allowance available for eligible trainees.

Applicant requirements:

- unemployed or under-employed
- not currently enrolled as a full-time student in high school or post-secondary
- not currently receiving financial support from another provincially or federally funded labour market program

For more info contact Julian Napoleon
By phone 250.788.5430
Or email jnnapoleon@protonmail.com



This program is funded by the Government of Canada and the Province of British Columbia.

APPLY TODAY!

teacreek.ca/i-feast

CALL OUT FOR 5 ELDERS

FOR THIS YEAR'S CULTURE CAMP

Each Elder will set up a station (with assistance) to teach something of their choice to everyone at camp. Examples could be trapping demos, Cree, beading, how to make bannock, etc.

This will take place on Saturday August 24th from 1:00 - 4:00 pm

If you are interested please send your name and contact to [carlee at cwestgate@saulteau.com](mailto:carlee@cwestgate@saulteau.com).

Transportation will be provided!
Serious inquires only.
Elders will be given an honorarium.



THIS YEAR'S CULTURE CAMP COMMITTEE IS LOOKING FOR A

CULTURE CAMP

COOK

19-25
AUG
2024

6 BREAKFASTS 8-10 AM
7 LUNCHES 12-1 PM
6 DINNERS 6-8 PM

- VALID FOOD SAFE
- YOUR OWN TEAM
- YOUR OWN TRANSPORTATION
- YOUR OWN CAMPING AMENITIES

CALLAZON KM 21-22

PLEASE PROVIDE A BRIEF DESCRIPTION OF WHY YOU WOULD LIKE THE JOB AND WHO WOULD BE COOKING WITH YOU. ONCE A CANDIDATE IS SELECTED, WE WILL GO OVER A MENU FOR THE WEEK.



DEADLINE IS JULY 29TH AT 10:00 AM
PLEASE SEND ALL APPLICATIONS TO CARLEE AT
CWESTGATE@SAULTEAU.COM



SAULTEAU FIRST NATIONS CULTURE CAMP

AUGUST 19TH - 25TH
CALLAZON KM 21-22

PLEASE COME OUT AND ENJOY LEARNING ABOUT NATURE, TEACHINGS FROM OUR ELDERS, HUNTING, HIKES, CRAFTS, AND A TALENT SHOW

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL CWESTGATE@SAULTEAU.COM OR
TPAQUETTE@SAULTEAU.COM

SHOW UP.

RISE UP.

POWER UP.



**A WEEKEND GATHERING FOR MEN.
AWAKEN YOUR WARRIOR SPIRIT.**

HYPNOTHERAPY, FIRE CEREMONY, YOGA, AND MORE.

SUBSTANCE FREE ⚡

THERE IS WARRIOR S#IT TO DO.

**DOOR PRIZES AVAILABLE FOR PARTICIPANTS
(PARTICIPATION RULES APPLY)**

**2024 SUMMER RETREAT
July 5th - July 7th Carbon Lake**



Wellness Days

July 9th to the 11th, 2024

Saulteau First Nations Health Centre

3 days of Hypnotherapy with 2 skilled
Hypnotherapists

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



The ATW Team

CHETWYND COMMUNITY ADULT LITERACY PROGRAM

WANTED: VOLUNTEERS

Do you have a passion for teaching and helping others?
CALP is looking for volunteers to run workshops and provide
tutoring in essential skills!

JOIN CALP AND MAKE A DIFFERENCE IN OUR COMMUNITY!

We Need Volunteers To Teach: Why Volunteer with CALP?

- Camping/outdoor skills
- Vehicle & home maintenance
- Life skills, gardening
- Reading
- Make a positive impact
- Flexible scheduling
- Gain experience
- Meet new people

ARE YOU INTERESTED?

CALL US AT (250) 788-2248 X. 4313
EMAIL [KESMITH@NLC.BC.CA](mailto:kesmith@nlc.bc.ca)

Speak of the Forest: An Oral Communication Workshop



Are you curious about the plants in our forest?
We're looking for 10 people to join us for a
workshop where you'll each receive a local plant
to study. Learn interesting facts about your plant
and then share your findings with the group
during a nature walk.

Contact the Community Adult Literacy Program:
(250) 788-2248 ext. 4313 or kesmith@nlc.bc.ca

Reminder

Income & Disability Assistance Clients Declaration Week

JULY 8-11, 2024

Payment Date

JULY 17, 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.

Personal Power Symbols: A Sigil Workshop

Are you interested in discovering the art of sigil making?

HIGHLIGHTS

- Learn the basics of sigil making
- Collaborate and share ideas with fellow participants
- Express your creativity and harness the power of intention

Interested? Let us know! We're gauging interest and need to hear from you to make this workshop happen!

Contact the Community Adult Literacy Program to express your interest: kesmith@nlc.bc.ca or (250) 788-2248 ext. 4313



FINANCIAL LITERACY

WHAT DO YOU WANT TO KNOW?

- » Retirement Readiness
- » Basic Banking
- » Saving & Investing
- » Loans & Mortgages

Contact the Community Adult Literacy Program with your learning needs!

Call: (250) 788-2248
Email: kesmith@nlc.bc.ca

MEMBERS OF

SAULTEAU FIRST NATIONS

NEVER MISS AN UPDATE

GET THE APP

The app uses state-of-the-art technology to notify SFN members of breaking news, documents, videos, and events, instantly delivered via push notifications.



HOW TO GET THE APP

- 1 Scan the QR code above or visit the App Store or Google Play Store and Search 'Saulteau First Nations'
- 2 Tap 'Register' under 'Member Login'
- 3 Fill out your information and press 'Register'
- 4 Click the verification link in your email address



- NEWS
- EVENTS
- SURVEYS
- JOB OPENINGS

Download the free app today

Tips to FireSmart Your Home

Taking action to FireSmart your property will dramatically decrease the risk of wildfire damaging your home. The best part is, it's surprisingly easy to do.

- Hold sheds and other structures (such as waterheds) to the same standard as your home.
- Add non-combustible 3 millimetre screens to external vents (except dryer vents).
- Woodpiles and other combustible materials (eg. stored vehicles) more than 10-30 metres from home.
- Prune trees to create a two-metre clearance from the ground to the lowest branches.
- Any combustible fuel source (propane, oil, gas) should be stored on a non-combustible surface.
- Clean under your stairs to remove any combustible material. Establish a 1.5 metre non-combustible zone around the perimeter of the house and deck.
- Clean and maintain gutters and roofs. Keep decks and balconies clear of leaves and debris.
- Keep grass and weeds cut below 10 centimetres and remove flammable vegetation.
- Have a wildfire evacuation plan and make sure everyone in your household knows what to do.
- Download the FireSmart home assessment and do a self-assessment of your home and property.

BRITISH COLUMBIA
FireSmart
Learn more at FireSmartBC.ca



hosted by
Our Children Our Way Society

October 27-30, 2024

OUR CHILDREN OUR WAY

A National Forum for Indigenous
Child & Family Well-being

Vancouver Convention Centre, BC



Join us for the 3rd annual Our Children Our Way: A National Forum for Indigenous Child & Family Well-being conference taking place on the unceded and ancestral territories of the s̓k̓w̓x̓w̓7mesh, x̓m̓əθk̓ʷəy̓əm and səllwətał Nations. This conference aims to hold space for presenters to share approaches and best practices which strengthen the well-being of Indigenous children, youth and families.

Through sharing various aspects of practice, policy, community healing, operational development and jurisdictional pathways, this conference seeks to enhance Indigenous child and family services across the Nation.

Who Should Attend:

Band designates, social workers, Indigenous child & family service organizations, community partners, hereditary and elected leadership, Elders and Knowledge Keepers

Key conference highlights:

- Engage with like-minded professionals in Indigenous child and family services
- Self-care space with wellness practitioners
- Presentations by leaders in the field from across Turtle Island

For more info, contact: conference@ourchildrenourway.ca

Registration Opens: June 10, 2024

OurChildrenOurWay.ca/OCOW2024

Got Bats?

CALL THE LAND GUARDIANS
250 788 7290

Summer is here!

Which means the BUGS and BATS are too!
Bats are incredibly important for a healthy ecosystem.

They can eat 800-1,000 insects in one hour!!

The Land Guardian Program participates in BC Bats and NABat Programs monitoring and recording bat populations in the area.

When We Count

June 1st - 21st

Before the pups can fly

July 11th - August 25th

Pups and mothers fly in and out of the roost

If you suspect that bats might be roosting in your home LET US KNOW!! We will come down one night with our handy Echometer to record the bat's calls and count the bats leaving the roost.

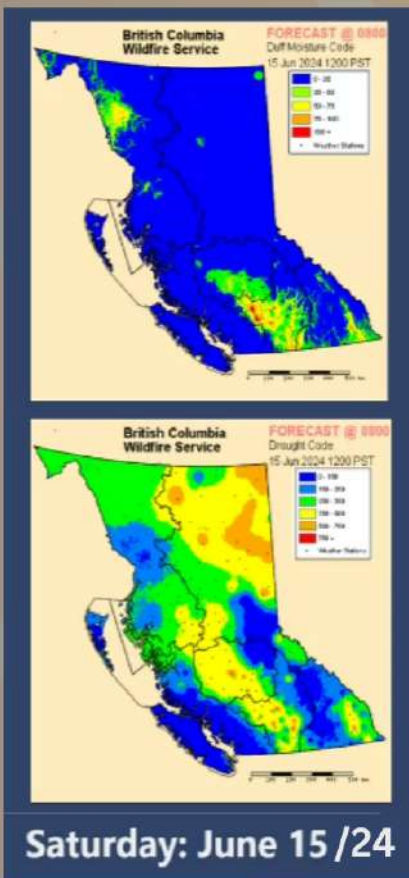


DOES RAIN END THE DROUGHT?

TOP IMAGE - This is the DUFF Moisture Code; the blue colour indicates high levels of moisture. Organic materials near the surface of the land - loosely compacted leaves, grasses, twigs, and forest materials make up the 'duff'. This layer of the forest can hold moisture after even a light rain!

BOTTOM IMAGE - This is the DROUGHT Moisture Code; the blue colour indicates high levels of moisture, yellow / orange colours indicate low levels of moisture. Drought is measured in the deep compact organic layers of the land - it takes a lot of moisture over time to impact the drought levels! Keep in mind that surface moisture often evaporates or is absorbed before it can penetrate deeper levels.

SHORT ANSWER - NO, BUT IT DOES HELP!



WHY WOULD I CONSERVE WATER WHEN ITS BEEN RAINING ALL MONTH?

Rain can make a **BIG** impact here - for our surface level vegetation. We will see lots of green growing plants and signs of summer!

But rain often makes a **SMALL** impact here - rain is often absorbed or evaporated before it can provide water to root systems or deeper levels of vegetation! Water systems are dependent on deeper levels of moisture - droughts persist even when it rains!



*Land Code – Land Code
Committee Meeting is scheduled
for July 10th at 5:00 P.M*

The Lands department is restructuring how we communicate with membership, by implementing regular updates on our Facebook page and contributing to the monthly newsletter. We are exploring innovative approaches to better connect with membership. Please check the Saulteau website for a new page coming soon!

Job Opportunity

The Lands Department is looking to recruit a “Lands Administrator” to assist our team. By expanding our department, we can establish clear objectives, positively guide the community and assist membership effectively. Please be on the lookout for the posting on our website and communication channels.



Community work

To meet the community needs, we need to accurately represent what is available for the final resting place of our loved ones. The lands department will be conducting cemetery mapping and plotting to ensure adequate availability within the cemetery grounds and the columbarium compartments. Please watch for the Funeral Policy, coming soon.

Professional Development

Recently, the SFN Land Use Planner (Jenine) attended the “Additions to Reserve/Reserve Creation” (ATR/RC) training provided by the National Aboriginal Lands Managers Association (NALMA) held in Ottawa. Learning the extensive process for the ATR/RC, the requirements for staff, funding, managing expectations, and the great communication channels necessary for a successful ATR submission.

Under the Indian Act, reserve land is held by Canada for the use and benefit of a First Nation. Therefore, Indian Services Canada (ISC) and Crown Indigenous Relations and Northern Affairs Canada (CIRNAC) must be partners in the ATR/ Reserve Creation Process.

Learning the in-depth procedure and very time-consuming steps needed for an ATR submission is surprising, the whole process can take anywhere from 2 to 10 years. It’s incredibly important to have a great relationship with ISC representatives from the beginning.

****Fun Fact - less than 100 people in Canada know the Additions to Reserve/Reserve Creation process****






Residential Lot Application Process:

1- Obtain lot application via Website, the Lands office, reception desk at the TREP building, or Housing reception desk.



Forms and Documents

-  Saulteau CCP Update 2022
-  Lot Application
-  Saulteau Lands Map

2- Complete application

SFN LOT APPLICATION

(STEP ONE)

Last Name: _____ First Name: _____

Status Number: _____ Contact Telephone: _____

Email: _____ Mailing Address: _____

City: _____ Province: _____ Postal Code: _____

Signature: _____ Date: _____

Lot Status: Serviced Un-serviced OFF-Grid

Development Type: Residential Recreational Commercial Rural Agricultural

- 3- Take the completed application to the housing office, submit with the appropriate fees.
- 4- Select up to 3 areas of interest with Housing and then housing will submit application with a copy of payment receipt to the lands department for review.
- 5- The Lands department will contact you to let you know that we have received the application and will be reviewed, keeping in constant communication to let you know which of your choices is a viable option.
- 6- Upon viability selection and correspondence with the applicant, the Lands department will provide a conditional approval with 2 items for completion (percolation testing and lot plan) and supply coordinates. They can also provide resources to help the applicant select a company for perc testing.

CONDITIONAL APPROVAL CHECKLIST

(STEP TWO)

****Please note that no clearing of trees and/or ground disturbance is permitted prior to completion of the checklist below and prior to receiving final approval through SFN Band Council Resolution (BCR); however limited disturbance is allowed for the required percolation testing. Failure to abide by the requirements may lead to loss of conditional approval and/or rejection of final approval for your lot request.**

Once requirements are met, according to Section 15 of the SFN Housing Policy, a BCR will then be processed and authorized by SFN Council allowing you to then proceed with your lot and/or housing developments. Further, please be aware that the SFN Council has recently made changes to residential lot size dimensions to allow for an increased lot size of 100 x 100 meters. (2.5 Acres)

Below is the checklist of the requirements needed to be completed prior to final approval by way of BCR:

Individual Requirements Checklist		
<input type="checkbox"/>	Lot Corner Coordinates SFN TREP Personnel – Ryan McKay- 250-788-7362/250-710-7502	✓
<input type="checkbox"/>	Percolation Test Verification Letter Northern Waste Water Systems (Bruce McColm) 250-261-4579	✓
<input type="checkbox"/>	Lot Development Plan (see attached) (Sketched Location of home, septic system, hydro connections, water connections, Fiber optic (internet), driveway)	✓

- ❖ Council requires members to respectfully discuss potential developments with members who neighbor the requested area.

7- Applicants must schedule perc testing (at their own cost) for the property to determine which type of septic system they can put on their potential lot.

8- Applicant must submit a “lot plan” indicating where structures and driveway are to be on the property.

9- Once the completed checklist on the conditional approval and the percolation test report has been submitted to the lands department, the lands department will complete the request for a Band Council Resolution (BCR) from Chief and Council on behalf of the applicant, which indicates that the nation is authorizing the applicants use of the property.

10- The Chief and Council will determine if the lot selection and application criteria have been met sufficiently. The Chief and Council will either sign a Band Council Resolution (BCR) for the applicant or request more information.

11- The applicant and the Lands Department will work together to achieve additional information requirement if necessary.

12- Once the BCR is obtained, the applicant, housing, and the lands department will get a copy.

13- The Lands department will include information for the requirements of the “New Construction Checklist” which the applicant must adhere to, to be able to put any kind of structure on the property.

14 - The applicant will then work with the Housing Department (Cindy O’Brien) for the ISC subsidy program, and the Lands Department is no longer involved in the process.

LOT DEFINITIONS:

Residential Lot is 2.5 acres

Rural Lot is 10 acres and cannot have any permanent structures, the nation can rescind this lot at any time if it is necessary.

Recreation Lot is 1.5 acres and cannot have any permanent structures.

****Please note that any areas within 30 meters of lakeside or riverside are no longer available for lot selection, due to the riparian zones and Riparian Protection Act****



SAULTEAU FIRST NATIONS LOT RESCINDING POLICY

REVIEWED AND APPROVED BY
CHIEF AND COUNCIL
March 26th, 2024

Policy Name:	Lot Rescinding Policy
Policy Owner:	Saulteau First Nations - Lands Department
Approval Date:	March 26 th , 2024
Authorization:	Chief And Council

1.1. PURPOSE AND INTENT

The intent of the lot rescinding policy is to effectively manage and regulate land allocation and usage, promoting sustainable development, fairness and equity while engaging communities and ensuring compliance.

1.2. SCOPE

This policy applies to Saulteau First Nations Band members living on and off reserve.

1.3. PROCEDURES

- All Saulteau First Nations band members possess the right to apply for a lot on the Saulteau First Nations land.
- Any Saulteau First Nations member who wishes to obtain a lot on the Saulteau First Nations land shall submit a written application expressing his/her intentions to so do and pay the applicable fees if required.
- All applications shall be reviewed to ensure compliance with Saulteau First Nations standards, regulations, and other applicable policies.
- If a member application is denied, the member is responsible to re-apply for a different area or withdraw if he/she so wishes to. (***Please refer to SFN's land use policy.***)
- Lot applications are valid for one year, one 1-year extension can be applied for and approved by the Saulteau First Nations Lands Department.
- In a situation where development activities have not been carried out on the lot and after the expiry of a 1-year application and/or with a 1-year extension, Saulteau First Nations shall, however, regain full possession of the said lot.
- Questions, enquiries, and suggestions should be addressed to the Saulteau First Nations Lands Department.

SAULTEAU FIRST NATIONS JOB POSTINGS!

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



SFN CAREER OPPORTUNITIES

- CRISIS INTAKE SUPPORT WORKER (LKHS)
- MANAGER OF HUMAN RESOURCES
- GIS TECHNICIAN
- DAYCARE ASSISTANT - CASUAL ON CALL
- RECREATION COORDINATOR
- CASUAL ON-CALL RECEPTIONIST
- LANDS ADMINISTRATOR
- MENTAL HEALTH COMMUNITY OUTREACH & PREVENTION WORKER
- CLINICAL CHILD & YOUTH MENTAL HEALTH COUNSELLOR
- CLINICAL MENTAL WELLNESS AND SUBSTANCE ABUSE COUNSELLOR

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



ASKI RECLAMATION CAREER OPPORTUNITIES

- SEED COLLECTORS



4EVERGREEN CAREER OPPORTUNITIES

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

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

