

## **All About Easter**

Easter is the Christian celebration of the resurrection of Jesus Christ on the third day after his crucifixion, which is marked on Good Friday. Canadians commonly refer to Easter as the period from Good Friday through Easter Monday. Good Friday (and /or Easter Monday) is a statutory holiday in Canada.

Like all religious celebrations, Easter has a complex history and there is debate over its origins. According to the Venerable Bede (672/3-735 CE), a Christian scholar, the word "Easter" came from the Old English *Eastre* or *Eostre*, the name of the Great Mother goddess of the Saxon people, who was associated with spring and new life.

Some of the symbols we associate with modern Easter have more to do with spring than with religion, and harken back to the traditions of ancient peoples. Eggs, chicks, flowers and rabbits are all related to spring and to the renewal of life after winter.

Canadians celebrate Easter much as it is celebrated in other western countries. Many Christians attend religious services on both Good Friday and Easter Sunday, and in general it is customary to mark the holiday with family gatherings, food, Easter egg hunts, or the exchange of chocolate eggs and bunnies or small gifts.

## **Inside This Issue:**

**A Message From Leadership**

**Message From SFN Comm. Nurse**

**Message From Rebecca Visscher**

**Notice From The Electoral Officer**

**Message From The FNHA  
(First Nations Health Authority)**

**Lands Department**

**Office Closures**

**Career & Training Opportunities**

**COVID Support Information**

**Canada Emergency Response**

**Community Enhancement Policy**

**Community Enhancement Form**

**Elders Cultural Fund Form**

**Birthday Wishes & More**

**Special Shout Outs**

**A Message From Communications**

**Easter Fun For Kids**





March 30, 2020

Good Day Membership.

We are hoping you are all keeping well and practicing safe social distancing. We are attempting to provide assistance to all our members at this time.

We are putting together a plan to be in a position to assist members who live off reserve. The community enhancement is being processed based on requests that have been received. We ask for some patience during this process as we are having to social distance in the office setting as well and the staff in finance are working diligently to accommodate process this as quickly as possible. To clarify this program, please note that we have two streams of this. One is for Elders (Elders Culture Fund) and one (Community Enhancement) is for all other members. You can only qualify for one or the other.

Providing your banking information will absolutely expedite this process although it will not be done the next day as you all know we have over 1100 members and there is a certain amount of time needed to process these requests.

We are attempting to come up with a plan that will be the easiest for all urban members without compromising the social and physical distancing protocols that are in place in BC and other provinces. We do not want to place our members in any undue danger of contracting this virus so we will issue electronic funds transfer and *those that can only receive cheques will receive those at a time when it is safe to do so.*

We are asking you to confirm who the head of household is in order for us to determine the best way to provide some assistance to each household for emergency food supplies once we determine how best to distribute those funds in the most efficient manner that does not present any further risk to members.

We encourage you to apply for CERB;

<https://www.canada.ca/en/department-finance/news/2020/03/introduces-canada-emergency-response-benefit-to-help-workers-and-businesses.html>

*Proudly determined*

Box 1020 Chetwynd, BC V0C1J0 T 250.788.3955 F 250.788.7261 info@saulteau.com www.saulteau.com

## HEALTH CENTER NEWSLETTER FOR APRIL 2020

For the month of April I will not be putting out a calendar. I'm going to be playing this by ear and when we're all back at work we will get going with our activities again. By now we are all settled in to our homes and doing our part to stop the spread of this new virus. Thank you for everyone for doing this!

Keep in mind that times like these can either consist of fear – as the media seems to be trying really hard to make happen – or they can strengthen us. I choose to take this time as an opportunity for growth and learning. Some of the positive things we can practice during this time include:

- Taking stock of what types of things you really should have in your home in case of future emergencies.
- Checking in on neighbors and the elderly (via phone or text or emails – or by yelling at them over the fence) and see if they are doing well. Reassure them that they're not alone.
- Share what you have. If you've previously stocked up on things that others don't have, share.
- Those of you with internet access could be listening to some great music, doing online courses, watching Netflix or whatever.
- Take this time to do all those things you've been putting off. Declutter your home. Catch up on renovation projects. Read those books you've got on your shelf collecting dust. Call each other on the phone, skype, text, communicate with loved ones.
- GO OUTSIDE!! Science has proven that UV light (as in sunshine) actually KILLS germs! The movement of fresh air sweeps them away. Go hiking, hunting, clean up the yard, gather some more firewood, etc. Enjoy the lovely spring weather.
- Consider this a "staycation"!

**SFN staff** are here for you:

- **Finance Staff** are working from home to ensure all finances – pay, PO's, cheques, etc. are processed.
- **Health Center staff** are working from home or inside their offices. We are catching up on our learning and projects. We will continue to answer all emails from community members. If you have the need to call any of us, please do that and leave a voice mail. These come to our laptops where ever we are. If you are unsure of the direct phone number for a staff member, contact Tristan Robertson via facebook or cell phone. She has our phone number and emails with her and will direct you to the right person.
- **Home Care Nurses** are making phone calls to check in on their clients. They will advise clients who have concerns.

How our local **PHARMACISTS** are helping out:

- Pharmacists have been given the authority to refill prescriptions for 30 day supplies without client's needing to see a physician. This decreases pressure on clinics and hospitals. You can do this by CALLING the pharmacy.
- **Chetwynd Drug Mart (Pharmachoice)** Will bring medications out to your car if you ask them to.

- **Chetwynd Drug Mart (Pharmachoice)** is offering **delivery of medications** to SFN and to Moberly. When you call for your refill, you tell them that you want it delivered. This will continue after the pandemic has finished.

### RESOURCES OUTSIDE SFN:

- **Northern Health COVID 19 hotline** (This will get you access to nurses and doctors who will triage and advise you of what to do if you think you have the COVID virus). **1 844 645 7811**
- **BC Health Link** (gives you access to nurses for advice regarding non COVID and NCIN emergency advice) **811**
- Call **911** or go directly to the Emergency room of the nearest hospital if you are struggling to breathe for any reason.

If you are home with mild symptoms, no testing is recommended. Just stay at home and away from other people. **Chetwynd Primary Care Clinic will not see clients with flu symptoms.** Take Tylenol and advil for fever (as per the recommendations on the package. Do NOT give advil to children under 2 years of age or anyone taking blood thinners. ALWAYS have FOOD with advil). Call the pharmacist with questions about any medications.

I would like to explain the reason behind self isolation. There is a term called **chain of infection** that shows all the parts that **MUST** be present before a germ can be caught by someone. These parts, or links are shown in this illustration below. Look at the red link that shows **how germs get around.** It shows that touching someone or coughing, speaking or sneezing near someone are ways this can happen. I would like to add touching surfaces that others touch is another way to spread these germs.

By staying away from other people, we **CAN** control that **ONE** link in the chain. By interrupting this **ONE** link, we take away the ability of this virus to infect others. **THIS** is why chief and council announced that all SFN employees will stop interacting with other employees and with the community members. It is why they have requested everyone to stay home for the next while. We are working together to interrupt the chain of infection in an effort to stop this virus from reaching our elders – they are the ones who are most threatened by this disease. This is the reason why community members have also been asked to stay in or near their own homes.

## Public Notice regarding Covid-19:

Good day all,

Amidst this time of growing concern and uncertainty around COVID-19, I want to ensure you that your health and the health of all Saulteau First Nations citizens are top priority.

In addition to following guidance from local, national and international global health organizations, I have been monitoring and responding to the fast moving COVID-19 updates with the escalation of preventative measures. To navigate this situation as safely as possible, it is advised that the upcoming elections be postponed. Chief and Council have motioned that nomination procedures and elections be postponed for one (1) month until May 1<sup>st</sup>.

There will be ongoing assessment of the situation, and any future adjustments will be communicated to expeditiously to Saulteau First Nations citizens.

Greta Goddard  
Electoral Officer

Good day;

My Name is Rebecca Visscher and I am the Resolution Health Support Worker coordinator for Tsow Tun Le Lum Society. I am part of an First Nations Health Authority approved, professionally trained and security cleared team; specifically mandated to support Residential School Survivors, Intergenerational survivors and those affected by the Missing and Murdered Indigenous Women and Girls Genocide.

During these trying times we are reaching out to find and support those indigenous people who would benefit from some extra support. Our team is trained in crisis debriefing and suicide awareness as well as counselling and all have an extended clear criminal record check.

We are available via phone and online to lend support. We invite you to contact on behalf of your self or of someone you know. We will be providing all supports from a safe social distance at this time; but would enjoy a conversation or a "phone" visit.

We also have a facebook "friend" Rebecca Rhsww and a page TLL Rhsww SUPPORT and a group TLL Rhsww SUPPORT; these are available to help keep isolation at bay! Join us for chats, sharing songs, positive news and "facts not fear"

If your location has set up a safe distance visiting area ( such as via phone through a window etc) we would be available to visit through such a device.

Our team can also deliver ( via non contact such as leaving by a door or on a porch) indigenous medicine such as cedar bows and small medicine bundles.

We encourage any indigenous person staff or resident to call 250-268-2463 or visit our website <http://www.isowtunlelum.org/resources/rhsww/>

Also, we want to remind any of our indigenous people that free counselling is available through FNHA at

<http://www.fnha.ca/benefits/mental-health>

<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

FNHA counselling list

We thank you for taking the time to read and share this information with anyone you may feel needs it !

In health and safety

Rebecca CB Visscher [RHSWCOOR@isowtunlelum.org](mailto:RHSWCOOR@isowtunlelum.org)

" A strong person stands up for themselves; A stronger person stands up for others."

Greetings,

As COVID-19 continues to spread across the province, the FNHA is working with provincial partners and the Public Health Agency of Canada to actively monitor and respond to the pandemic and support First Nations communities to stay safe and healthy.

This resource package is intended for Health Directors, Health Leads and other First Nations community members, so that they can share timely information and build awareness of COVID-19 in their communities.

Please share the following links and resources as widely as possible. Materials can be shared in community newsletters, printed and distributed, or shared among leadership and health care providers.

#### **FNHA's COVID-19 Web Portal - [www.FNHA.ca/coronavirus](http://www.FNHA.ca/coronavirus)**

The FNHA has created a COVID-19 web portal to help community members, First Nations leadership and health care providers access the information they need to keep themselves and others safe.

[Visit the main COVID-19 portal here.](#)

For the most relevant information, including FAQs for community members and FAQs for health care providers, visit one of our three COVID information pages:

- [Information for First Nations individuals](#)
- [Information for health professionals](#)
- [Information for community leaders](#)

#### **COVID-19 Resources and Public Health Notices**

The following posters, fact sheets, articles and resources can be shared and distributed as needed.

#### **Public Health Notices and Articles:**

We encourage everyone to check our website frequently for up-to-date information. Get the latest COVID-19 news from FNHA here: <https://www.fnha.ca/about/news-and-events>

Recent bulletins:

- [Read the news release from the FNHA, First Nations Health Council and the First Nations Health Directors Association](#)
- [COVID-19: BC First Nations Community Guide for Additional Supports Needed](#)
- [Temporary Medical Transportation Changes in Response to COVID-19](#)
- [Temporary Changes to Mental Health Benefits in Response to COVID-19](#)
- [If it's not toilet paper, don't flush it!](#)
- [Protecting pregnant women and new mothers during a pandemic](#)
- [Protecting babies and infants during the pandemic](#)

#### **Fact Sheets, Posters and Graphics**

- [Fact Sheet: Staying Connected During the Pandemic: Drawing on Indigenous strengths to stay connected and well.](#)
- [Fact Sheet: Keeping kids active during the pandemic](#)
- [Poster: Don't call 9-1-1 unless it is an emergency. Have COVID-19 Symptoms? Call 8-1-1.](#)
- [Poster: Prevent COVID-19 by Washing Your Hands.](#)
- [Poster: Protect Yourself From COVID-19 – general tips for staying safe and healthy.](#)
- [Printable Sign: "Please do not enter the facility for the protection of our clients and staff."](#)

#### **Videos and Podcasts**

⇒ [Video:](#)

[Learn more about coping with COVID-19 in this video featuring the FNHA's Dr. Nel Wieman, Senior Medical Officer, Mental Health and Wellness.](#)

- [Information on the outbreak](#)
- [Tips on how to take care of your family and community members](#)
- [Advice about gatherings](#)
- [Information about the mental health impacts of the outbreak](#)

⇒ [Podcast:](#)

[Information for First Nations Communities with Deputy Chief Medical Officer Dr. Shannon McDonald and Chief Operations Lead Sonia Isaac-Mann. Listen for:](#)

- [Information on the COVID-19 outbreak](#)
- [Tips on how to take care of your family and community members](#)
- [Where to find the most trustworthy and up-to-date information](#)

#### **In health and wellness,**

**The First Nations Health Authority Communications Team**

## SMOKE SIGNALS FROM THE SFN LANDS DEPARTMENT

Tansi .....Mary and I send our love and well wishes to everyone and we hope that you keep continuing to isolate and stay diligent with your hand washing and drinking plenty of fluids. By being very careful, we will get through this pandemic together.

We wanted to offer just a short newsletter this month to highlight some of the activities of the Lands Department over the past month or so.

In February, Mary and I met with the Northern Lights College to discuss training and educational opportunities that the Lands Department might be able to offer in the future to our members. It would be wonderful to have band members trained in Land Management and Planning; GIS training; Drone Training; Mapping and other such training that may be needed within our department. We will keep members posted of any future opportunities.

With the closing of the office in March to support the battle of the COVID-19 pandemic; the Lands Department is working at home by researching / strategizing land use plans and the development of protocols and policies to support our planning; as well as continuing our communications with outside agencies such as FLNRO, PRRD, and INAC as we discuss ways to continue moving forward with reserve lands business. The Lands Department will continue to process all reserve land use applications; please continue to forward any applications to Mary Doyle by email only to [mdoyle@saulteau.com](mailto:mdoyle@saulteau.com)

Here are a few interesting statistics to share regarding all applications that are processed:

- 70% of all applications are submitted for residential development; 15% have been submitted for recreational development; and 15% have been submitted for rural development.
- 15 applications have been approved for Individual Housing purposes.
- Out of all the applicants, 42% are Generation X applicants or those between 35 and 50 years of age; 30% are the Baby Boomers or those age 50 – 70 years old; and 28% are Generation Y applicants who are between the ages of 18 – 34 years old.

Thank you, Mary, for compiling our statistics for us! It is very useful information that will help guide us in our development needs, particularly for future subdivision developments.

And lastly, we received wonderful news this week from the Ministry of Forests, Lands, Natural Resource Operations and Rural Development announcing that they approved our proposal submitted to the Rural Policy and Programs Branch to support Saulteau First Nations's Land Use and Economic Development Plan. This one-time rural community development grant funding will assist us with developing our land use plan which we will begin work on this year.

If you have any questions with respect to reserve lands, you can continue to contact Tammy Watson by email at [landsmanager@saulteau.com](mailto:landsmanager@saulteau.com) or Mary Doyle at [mdoyle@saulteau.com](mailto:mdoyle@saulteau.com)

Once again, we wish everyone well....take care of yourselves and your families. Please stay home and practice thorough hand washing, it truly is the best way to fight this virus.

Hello everyone I hope you are well, maintaining "Social Distancing" and have all your earthly needs met.

As New Beginnings is a program house; it will remain closed until it is safe to reopen. Once that has been determined; the schedule shall resume. Aboriginal Family Services will be closed for walk in and in person appointments. However support and sessions can continue by telephone, zoom, text or FB messenger.  
Thank you Debra.



**OFFICE CLOSURE NOTICE**

Effective March 17, 2020, 4Evergreen Resources LP Office will be practicing social distancing in alignment with recommended COVID-19 health protocol.

The office departments will be working remotely and are available through phone contact until further notice. Thank you for understanding.

**MANAGERS**

- Eric Alex- General Manager..... (250)788-7916 ext. 109
- Myron Snyder- Project Manager..... (403)869-5343
- Mark Hendricks- Project Manager ..... (403)540-9242
- Jan Legaspi- Human Resources..... (250)788-6390
- Galina Mezibroski- Finance Controller..... (587)938-3050
- Wayne Howes- Project Manager..... (250)784-8068

**Administrative**

- Office: 250.788.7916
- Justine Berg-Project Coordinator..... ext. 107
- Jamie Kristoffy- Monitor/Recruiter ..... ext. 106
- Natasha Davis- Payroll ..... ext. 103
- Lynn Munch-HSE Admin ..... ext. 114

# ATTENTION!



**All SFN Offices  
Are Closed Until Further Notice**





# SEASONAL JOB OPPORTUNITY

**TITLE:** Seasonal Seed Collector  
**OPENING DATE:** March 31, 2020  
**CLOSING DATE:** Until filled

Aski Reclamation LP is looking to hire two (2) seasonal employees for the 2020 seed collection program. This opportunity includes the collection of plant materials for future restoration project of the company. This individual will report to the project biologist for this program, along with updates to the project administrator and project manager where necessary.

## RESPONSIBILITIES / DUTIES :

- Technical skills accurately identifying plant species and their life cycle stages both in office and in the field
- Mapping plant collection locations and future locations with the use of a GPS
- Field collection of mature & viable plant seeds/materials, and required field data
- Follow procedures and guidelines to ensure a representative sample of genetic variation is obtained
- Follow outlined procedures to process and store seeds to ensure viability
- Reporting to the project biologist and NAIT support of seed collection activities and data
- Office input of collected field data
- Pre-planning of field activities to maximize efforts and minimize costs (approved by supervisor/manager)
- Work with health and safety coordinator on a regular basis to identify new site location risks and update ERP plans for various locations
- Weekly submission of receipts and daily tickets (time and safety) to the project administrator
- Assisting in community engagement programs at Saulteau First Nations, including but not limited to Saulteau's Reclamation TradeFair, open house events, Aski quarterly updates, youth engagement activities and more

## JOB REQUIREMENTS

- Class 5 or 7 Drivers Licence with a clean abstract
- Availability to work various days in the week to meet seed maturation dates
- OFA Level I certified
- Preferential if employee can provide WHMIS 2015 and H2S certification

## WILLINGNESS STATEMENT

- Must maintain a class 7 or 5 drivers licence
- Must be eligible to work in Canada
- Must be physically fit and capable of lifting, walking, bending, and carrying activities that occur in the job
- Willingness to conduct field work in various terrains and adverse weather conditions
- Willingness to meet safety standards of WorkSafe BC
- Willingness to meet Aski's internal policies and procedures related to HR, health and safety and corporation
- Willingness to participate and complete the Aski/NAIT training provided
- Willingness to obtain WHMIS 2015 training provided by Aski

## OTHER COMPETENCIES

- **Teamwork and cooperation** - the ability to work in the field with small groups in a productive and positive manner that supports the culture of the company and the learning of colleagues
- **Self starting** - ability to work unsupervised and still maintain productivity and integrity. Looks to go above and beyond for the benefit of the project and planning of future years' collection programs.
- **Planning and Scheduling** - ability to work with the project biologist and support team to ensure plans for plant material collection are meeting seed maturity windows, and scoping out potential areas for future collection.
- **Reliable** - work to ensure the job requirements and responsibilities are being met in a timely manner without compromising quality.

This posting will remain open until a suitable candidate is hired. Preference will be given first to Saulteau First Nations members who best meet the qualifications. Only selected candidates will be contacted.

Interested individuals are encouraged to submit their resume and supporting documentation to [aaird@saulteau.com](mailto:aaird@saulteau.com) or physical drop off at 1717 Civic Core Road, Moberly Lake, British Columbia (Saulteau First Nations' bandhall).

**We look forward to hearing from you!**

**Alycia Aird, General Manager**

# Apply to the BC Hydro Site C and Northern Lights College Pre-Carpentry Skills Pilot Program

Learn essential carpentry skills in preparation for employment opportunities with BC Hydro's Site C project and its contractors.



Preference given to local Indigenous candidates who have prior training and/or experience.

**DATE: MAY 26 – JUNE 9, 2020**

Location: Fort St. John—Site C construction site. Participants will stay at the worker accommodation camp for the two week program.

#### APPLICATIONS REQUIREMENTS

- Interest in carpentry as a career
- 18 years of age or older
- Government issued photo ID
- Pass a drug and alcohol test
- Suitability interview with admissions personnel

#### PROGRAM DETAILS

- Applicable site safety orientations
- Learn employment essentials
- Job shadowing with contractors
- Northern Lights College pre-carpentry skills instruction
- Complete a class carpentry project
- The 14-day program reflects a typical Site C schedule of 14 days on, 7 off and 10 hour work days

Application deadline: May 8, 2020

**FOR MORE INFORMATION OR TO APPLY, CONTACT:**  
Continuing Education department at Northern Lights College [ce@nlc.bc.ca](mailto:ce@nlc.bc.ca)



# Apply to the BC Hydro Site C and Northern Lights College Fish Monitoring Pilot Program

Learn essential fish monitoring skills in preparation for employment opportunities with BC Hydro's Site C project and its contractors.



Preference given to local Indigenous candidates who have prior training and/or experience.

**DATE: MAY 19 – JUNE 2, 2020**

Location: Fort St. John—Site C construction site. Participants will stay at the worker accommodation camp for the two week program.

#### APPLICATION REQUIREMENTS

- Interest in fish monitoring as a career
- 18 years of age or older
- Government issued photo ID
- Pass a drug and alcohol test
- Suitability interview with admissions personnel

#### PROGRAM DETAILS

- Applicable site safety orientations
- Learn fish monitoring essentials, including electrofishing and swift water training

Application deadline: May 5, 2020

**FOR MORE INFORMATION OR TO APPLY, CONTACT:**  
Continuing Education department at Northern Lights College [ce@nlc.bc.ca](mailto:ce@nlc.bc.ca)



Good day all,

Hope you are well. Attached is information on SA Energy Group's training program, Pathways to Prosperity. We are tentatively working towards the May 25, 2020 start date, but may change due to the uncertainty with Covid-19.

If your community members submit resumes, please make sure they mention they are First Nation from Saulteau and will be listed as priority.

I can be available at your convenience to discuss. Please feel free to contact me if you have any questions or concerns.

Sincerely,

**Derek Orr**, MBA

**Indigenous and Community Relations Manager**

**Pathways to Prosperity Program**

Apply today to get the training you need to start a meaningful career in the construction industry.

**The one-week program is being held as follows:**

Session 1	Session 2	Session 3
May 25 – 30, 2020	June 1 – 6, 2020	June 8 – 13, 2020

The program is being sponsored by SA Energy and Coastal GasLink and there is no cost to apply. Transportation, meals, and accommodation will also be provided for the duration of the week-long program.

The program will be held in the Prince George area at Coastal GasLink's Parsnip workforce accommodation lodge.

**Apply today**  
Submit a cover letter, resume, and a list of references to → [P3@SAenergygroup.com](mailto:P3@SAenergygroup.com) by May 16, 2020.

For more information get in touch with your local training or employment office, or please email us at → [P3@SAenergygroup.com](mailto:P3@SAenergygroup.com).

Get training from construction experts, and local Indigenous leaders and entrepreneurs

Graduate with the foundational skills and certificates to launch a career in the construction industry

Take part in hands-on courses designed to match the realities of life on a construction site

Upon graduation you will be eligible for a wide variety of rewarding jobs in the fields of welding, equipment operation, driving, and many other trades.

Pathways to Prosperity Program

Sponsored by: SA ENERGY GROUP

Coastal GasLink Pipeline Project



## COVID-19: Supports for Small Businesses in B.C.

This version was last updated March 27, 2020 – subject to regular updates

### Other supports and resources available to small businesses

#### B.C. COVID-19 Action Plan

##### B.C. Longer-Term Economic Plan

\$1.5 billion in provincial funding will support economic stimulus once the pandemic has passed. The BC government is working in partnership with the business and labour sectors to develop the long-term plan for economic recovery.

[Learn more >](#)

#### BC Hydro

##### BC Hydro COVID-19 Customer Assistance Program

BC Hydro is providing residential and commercial customers the option to defer bill payments or arrange flexible payment plans with no penalty. Customers are encouraged to call BC Hydro at 1-800-224-9376 to discuss options.

[Learn more >](#)

#### Insurance Corporation of British Columbia

##### ICBC Commercial Insurance

ICBC customers on a monthly Autoplan payment plan, who are facing financial challenges due to COVID-19, can defer their payment for up to 90 days with no penalty. Apply online or call 1-800-665-6442.

[Learn more >](#)

#### Government of British Columbia

##### Understanding Changes to the Employment Standards Act

In response to COVID-19, the Employment Standards Act has been updated to provide new unpaid, job protected leave for British Columbians unable to work due to personal illness, injury or specified reasons relating to COVID-19.

[Learn more >](#)

#### Private Sector Organizations

##### Other Goodwill Supports

Private sector organizations such as Facebook are offering cash grants and other supports to help small businesses through difficult times.

Check with your industry organizations for more information.

#### Government of Canada

##### Enhancements to Employment Insurance (EI)

The Federal government has waived the one-week waiting period for individuals in imposed quarantine that claim EI sickness benefits. The requirement to provide a medical certificate to access EI sickness benefits has also been waived.

[Apply here >](#)

This listing of supports may not be comprehensive and is subject to change. Please contact support providers directly for eligibility and application details.



## COVID-19: Supports for Small Businesses in B.C.

This version was last updated March 27, 2020 – subject to regular updates

#### Government of Canada

##### EI Work Sharing Program

For Canadians who lose their jobs or face reduced hours as a result of COVID's impact, this program provides EI benefits to workers who agree to reduce their normal working hour as a result of developments beyond the control of their employers. The eligibility of such agreements has been extended to 76 weeks, eligibility requirements have been eased, and the application process has been streamlined.

[Check eligibility >](#)

#### Government of Canada

##### Canada Emergency Response Benefit

(Previously called the Emergency Care Benefit and Emergency Support Benefit)

The Federal government will provide a taxable benefit of \$2,000 a month for up to four months to:

- workers who must stop working due to COVID19 and do not have access to paid leave or other income support.
- workers who are sick, quarantined, or taking care of someone who is sick with COVID-19.
- working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures.
- workers who still have their employment but are not being paid because there is currently not sufficient work and their employer has asked them not to come to work.
- wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance.

Application details will be available through [My CRA](#) and [My Service Canada](#), beginning the first week of April.

#### B.C. COVID-19 Action Plan

##### Emergency Benefit for Workers

Provides a tax-free \$1,000 payment to British Columbians whose ability to work has been affected by the outbreak. The benefit will be a one-time payment for British Columbians who receive federal Employment Insurance (EI), or the new federal Canada Emergency Response Benefit as a result of COVID-19 impacts. This includes workers who have been laid-off, who are sick or quarantined, parents with sick children, parents who stay at home from work while child care centres and schools are closed, and those caring for sick family members, such as an elderly parent. The workers can be EI-eligible and non-EI eligible, such as the self-employed. The benefit will be paid to B.C. residents, in addition to their federal income supports.

[Learn more >](#)

#### B.C. COVID-19 Action Plan

##### Enhanced Climate Action Tax Credit

In July 2020, eligible families of four will receive up to \$564 and eligible individuals will receive up to \$218 in an enhanced payment. This boosts the regular climate action tax credit payment of up to \$112.50 per family of four and up to \$43.50 per adult.

[Learn more >](#)

#### Government of Canada

##### Enhanced Canada Child Benefit (CCB)

The maximum annual CCB payment amounts will be increased, only for the 2019-20 benefit year, by \$300 per child. The overall increase for families receiving CCB will be approximately \$550 on average; these families will receive an extra \$300 per child as part of their May payment.

[Learn more >](#)

This listing of supports may not be comprehensive and is subject to change. Please contact support providers directly for eligibility and application details.



## COVID-19: Supports for Small Businesses in B.C.

This version was last updated March 27, 2020 – subject to regular updates

<p><b>Government of Canada</b>  <b>Enhanced Goods and Services Tax Credit (GSTC)</b>  A one-time special payment by early May 2020 through the GSTC for individuals who file their income tax and benefit return before June 1, 2020. This will double the maximum annual GSTC payment amounts for the 2019-20 benefit year. The average boost to income for those benefitting from this measure will be close to \$400 for single individuals and close to \$600 for couples.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>Government of Canada</b>  <b>Registered Retirement Income Funds (RRIFs) &amp; Registered Pension Plans (RPPs)</b>  Required minimum withdrawals from RRIFs will be reduced by 25% for 2020. In recognition of volatile market conditions and their impact on many seniors' retirement savings. This will provide flexibility to seniors that are concerned that they may be required to liquidate their RRIF assets to meet minimum withdrawal requirements. Similar rules would apply to individuals receiving variable benefit payments under a defined contribution RPP.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>Government of Canada</b>  <b>Mortgage and Credit Product Assistance</b>  The federal government, through the Canadian Mortgage and Housing Corporation (CMHC), is providing increased flexibility for homeowners facing financial difficulties to defer mortgage payments on homeowner CMHC-insured mortgage loans. CMHC will permit lenders to allow payment deferral beginning immediately.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>Financial Institutions</b>  <b>Speak to your Lender</b>  Canada's largest financial institutions (<b>BMO, CIBC, National Bank of Canada, RBC, Scotiabank, and TD Bank</b>), as well as some credit unions like <b>Vancity</b> are committed to working with personal and small business banking customers on a case-by-case basis to provide flexible solutions. Support will include up to a six-month payment deferral for mortgages, and the opportunity for relief on other credit products.</p> <p>Contact your financial institution for more information.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>B.C. COVID-19 Action Plan</b>  <b>Support for Renters and People Experiencing Homelessness</b>  In response to the pandemic and resulting financial stress, B.C. has increased funding for housing supports and is working to ensure people can maintain their housing in the event of job or income loss.</p> <p>The B.C. government is providing temporary relief for renters of up to \$500/month for 4 months through <b>BC Housing</b>, imposing a moratorium on evictions (with some exceptions) while B.C.'s emergency order is in place, and placing a freeze on new annual rent increases by landlords. Benefiting people with low to moderate incomes, the temporary rent supplement will be available to renters who are facing financial hardship as a result of the COVID-19 crisis, but do not qualify for existing rental assistance programs.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>BC Rent Bank</b>  <b>Rent Bank Programs</b>  For renters in some parts of the province it is possible to receive emergency help for rent payments and one-time interest-free loans.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>Government of Canada</b>  <b>Canada Student Loan Assistance</b>  The Federal government is placing a six-month interest-free moratorium on the repayment of Canada Student Loans for all individuals currently in the process of repaying these loans.</p> <p><a href="#">Learn more &gt;</a></p>
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This listing of supports may not be comprehensive and is subject to change. Please contact support providers directly for eligibility and application details.



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<p><b>B.C. COVID-19 Action Plan</b>  <b>B.C. Student Loan Assistance</b>  Starting March 30, 2020, the BC government is freezing B.C. student loan payments for six months.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>Government of Canada</b>  <b>Tax Filing Deadlines for Individuals Extended</b>  The deadline for individuals to file income tax and benefit returns has been deferred until June 1, 2020. The deadline to pay any balance due for individual income tax and benefit returns for 2019 has been extended from April 30, 2020, to September 1, 2020. This means individuals will not be assessed any penalties or interest if the balance due is paid by September 1, 2020.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>Government of Canada</b>  <b>Support for Indigenous Communities</b>  Indigenous Services Canada is working closely with First Nation partners to protect the health and safety of First Nations and support First Nations communities in responding to the public health crisis resulting from COVID-19.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>BC Hydro</b>  <b>Support for BC Hydro Customers</b>  BC Hydro customers have the option to defer bill payments or arrange for flexible payment plans with no penalty. Residential customers facing temporary financial hardship and possible disconnection of their service due to job loss, illness, or loss of a family member may be eligible for BC Hydro's <b>Customer Crisis Fund</b>, which provides access to grants of up to \$600 to pay bills.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>Insurance Corporation of British Columbia</b>  <b>Support for ICBC Customers</b>  ICBC customers on a monthly Autoplan payment plan, who are facing financial challenges due to COVID-19, can defer their payment for up to 90 days with no penalty. Apply online or call <b>1-800-665-6442</b>.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>Government of Canada</b>  <b>Emergency Travel Assistance</b>  Global Affairs Canada is establishing an emergency loan program of \$5,000 to help Canadians who need immediate financial assistance to return to Canada. Canadians abroad who need urgent assistance can email <a href="mailto:gsa@international.gc.ca">gsa@international.gc.ca</a>.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>B.C. COVID-19 Action Plan</b>  <b>Support for Parents with Children in Child Care</b>  The BC government has taken steps to support the child care sector while ensuring parents who must work during the COVID-19 pandemic continue to have access to child care.</p> <p><a href="#">Learn more &gt;</a></p>	<p><b>Municipalities and Service Providers</b>  <b>Other Supports</b>  Some municipalities and service providers are announcing adjustments day by day. Look online to see if supports like these are available in your community:</p> <ul style="list-style-type: none"> <li>• Deferred municipal utilities payments</li> <li>• Waived local transit fares</li> <li>• Payment and international roaming options from your telecommunications provider</li> <li>• Freeing or refunding membership fees at facilities such as gyms</li> </ul> <p>Check with your municipality and service providers for more information.</p>
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CANADA EMERGENCY RESPONSE BENEFIT (CERB) is a merger of the EMERGENCY CARE BENEFIT and EMERGENCY SUPPORT BENEFIT programs that were announced by the Federal government on March 18, 2020.

### What is it?

- \$2,000 a month TAXABLE benefit to be paid every four weeks and will be available starting March 15, 2020 to October 3, 2020
- Payment is to flow within 10 days of application

### Who qualifies for support?

- People facing unemployment
- People who are sick, quarantined or in directed self-isolation
- People who are unable to work
- Specifically described as:
  - Workers who must stop working due to COVID-19 and do not have access to paid leave or other income support
  - Workers who are sick, quarantined or taking care of someone who is sick with COVID-19
  - Working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures
  - Wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance
  - Workers who still have their employment but are not being paid because there is currently not sufficient work and their employer has asked them not to come to work

### How do I access?

- Application portal will be available in the first week of April 2020
- Visit MyAccount (personal income tax portal) and MyServiceCanada (EI\OAS\CPP portal) for application details in the first week of April 2020

***This is a new program, so there may be rollout issues with software coding and processing so patience will be required.***



Saulteau First Nation

## COMMUNITY ENHANCEMENT FUNDING POLICY

### 1. PURPOSE

The Community Engagement Funding is funds set aside for reimbursement to promote healthy and active living for Saulteau First Nation Status Members. This fund is not intended to replace or duplicate any other services offered by SFN or any of its partners.

### 2. SCOPE

- This policy applies to all Saulteau First Nation Status members
- This policy describes the organization's objectives and policies regarding the application process and the distribution of the fund
- Amount of the Fund may be amended annually based on budgets.
- Members can only apply and access these funds once per fiscal year to the annual maximum as determined by the SFN annual budget.
- Applications will be accepted throughout the fiscal period from April 1, to March 1, of the period.

### 3. DEFINITIONS

**Term:** Status Member

**Definition:** Member of the Saulteau First Nation who has registered with Canada and has been granted Status as per the *Indian Act* and who is under the age of 55 years.

**Term:** Healthy and Active living

**Definition:** Activities that contribute to the health of an individual through participation in a sporting activity (swimming, hockey, soccer, other team sport), activity that promotes a healthy lifestyle (gym pass, fitness equipment, dance classes, physical artistic pursuits), or an activity of a traditional cultural nature (land based activities, hunting, gathering).

**Term:** Receipts

**Definition:** Original proof of payment

### 4. PURPOSE AND INTENT

It is the intent of Saulteau First Nation to promote healthy and active living for all members of the Saulteau First Nation. In the spirit of that intent the following application process will be implemented to ensure that all members are treated fairly and equally to access these funds. Healthy and active living is paramount in the wellness of a community.

### 5. APPLICATION PROCESS

- All applications must be in writing on the approved form and must be accompanied by receipts for the activity that is being requested.
- Low Income individuals who are unable due to financial hardship to prepay for their activities can make application for this funding by providing verification from the organization that they are registered pending payment and Saulteau First Nation will make arrangements to pay the organization directly.
- Citizens that are not in good standing with the Saulteau First Nation will not be eligible for this funding. This means that citizens who owe monies to the First Nation will not qualify for this fund until the other obligations to the Nation have been met. ie: housing rental arrears have been paid in full and the waiting period has expired.



## Community Enhancement Request Form

Name of Band Member Requesting Community Support: \_\_\_\_\_  
Status Number: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_  
Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Or

Name of Requesting Charity or Organization: \_\_\_\_\_  
Contact Name: \_\_\_\_\_ Contact Phone#: \_\_\_\_\_  
Contact Email: \_\_\_\_\_  
Contact Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Is this donation request in association with a particular event? Y \_\_\_\_\_ N \_\_\_\_\_

If so, when is the event? \_\_\_\_\_

Please provide us with the name of the event and a brief description or attach event information:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please note: *In keeping with our values, we do not support events where alcohol is served.*

Donation Request:    Monetary                      Use of Facility & Equipment                      Sponsorship

When is the donation required? \_\_\_\_\_

How will this donation be used and what are the benefits to the recipients? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Has Saulteau First Nations contributed to the requesting charity/organization in the past?

Y \_\_\_\_\_ N \_\_\_\_\_

If yes, what and when? \_\_\_\_\_

\_\_\_\_\_





Please provide us with any additional comments, directions, or details we may need to know:

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The undersigned hereby certifies that a) the information in this application and supported documents are correct to the best of his/her knowledge; and b) funds will be used for the events, use, projects outlined in the application.

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Date

**\*Please Provide Receipts\***

Date Received by SFN Representative: \_\_\_\_\_ Initial: \_\_\_\_\_

**Decision by Chief and Council**

Date Received by Chief and Council \_\_\_\_\_

Band Council Resolution:

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

**INTERNAL USE ONLY**

Date Application Was Received:	Approved By:
Processed By:	Receipts Attached?: YES NO



# Elders Cultural Funding Application

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Date of Application: \_\_\_\_\_

Name of Applicant: \_\_\_\_\_

Status Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Description of Cultural Event Applying For:

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Date Received by SFN Representative: \_\_\_\_\_ Initial: \_\_\_\_\_

## INTERNAL USE ONLY:

Date Application was Received:	Approved By:
Processed By:	Amount:

# Best Wishes & More

Like to wish Glen a very Happy Birthday for April 23, love your Fam.

Happy Birthday to my main man Smokey G from Mobery. Love you to Infinity & Beyond . You the bestest,.... From your Tribe

To my Grands Locklynn & Natalie .  
Gramma loves you sooooo much.

Also Happy Birthdays to my sister's Ronda, Cheryl and my bro, Larry Love you all

To Joey Desjarlais, You Rock, you put in so much hard work in school, we are so proud of you. You come a long way, Thanks for being you, thanks for making our life that much better, Love you. Aunty Ty, uncle Glen and Tamlyn.

Happy Birthday to Jamie Watson (April 7th)  
Love always, your family xo

We would like to wish our daughter Billie-Jean Metz a 47th birthday on April 15,2020. "You made our life brighter, our heart lighter and our world a lot happier" love mom & dad Hetu

April 2nd-Happy-Birthday to my Mom Denise  
Love Adrianna and Caleb

We would like to wish our nephew James McAninch a very Happy Birthday on April 15, 2020. Hope you're raising the roof in Austin, Texas USA. Love Aunty Ruth & uncle JP Hetu

Wishing Michael George Davis very happy birthday April 1st Love Auntie Pokie and Gabby

Happy Birthday Buzz Jones April 6  
love the Kristoff family.

Wishing Ronda Lalonde-Auger the best birthday wishes  
Love Laura and the Fam

Happy birthday to Michael George Davis Davis luv aunty babygirl

Happy Birthday to my big sister Penny Desjarlais. Love and miss you so much xoxo from Mom and Cynthia

To my son Norman Napoleon and niece Chelsea Gauthier a special Happy Birthday on April 29th

Happy 55th Birthday to Tom Aird  
Love your Family

April 1st a big Happy Birthday to my boy Ryker Gauthier I love you so much - Mommy & Daddy

Happy Birthday Wesley Anderson April 24  
Love Sean Chantelle Miles Nixon & Olivia

Happy Birthday Niska - Love your fam family

HAPPY  
BIRTHDAY

Happy Birthday To A Sweet Soul, You Deserve Every Good Thing That Comes Your Way. Happiest Birthday To My Bestest Friend Willow! Love Always Chanty

Happy birthday to my son Wes Anderson. Wishing you a day, a year a lifetime of love and happiness Love Mom and Shane

Happy birthday Nathan Napoleon on April 10<sup>th</sup>  
Love Auntie Debbie and Shane

Happy birthday to Jamie Watson  
Love auntie Debbie and Shane

Happy Birthday Niska - Lots of love from Katy



# SPECIAL SHOUT OUTS

Huge thank you to Cory, Derek and Keith for delivering firewood, (and all that you're doing that we don't see) to keep the place running. To Rhonda and the cleaning teams for all the extra tasks they've added to their plates. To

Estelle for keeping the communicating open and therefore lessening the potential fears off staff and community. To Carrie for pushing on to get the SA clients looked after. To Leona and Lynette for checking in on the home care

clients. To Barb for continuing to drive, deliver, look after everyone. To chief and Council and to Sarah for speaking to the community to give us hope, reassurance, and

information. Also a huge thank you for all those who are taking the advice of the world's top medical professionals and staying home. And to Kaylin for always being on top of getting all the news out. You are awesome!!!

**THANK YOU EVERYONE!**

From your community health nurse - Heather  
And much LOVE from your entire community

Happy Birthday to Buzzard on April 6<sup>th</sup>

A big happy birthday wish to Benjamin on April 17<sup>h</sup>  
Love Ashley and Nolan.

And happy birthday to my Kokum on April 19<sup>th</sup>  
Love/From the whole family

I would like to wish my Mom Sylvia Rhodes,  
who is 80 + on April 4

My big brother Jack Fickel

Also on April 4th a very blessed birthday.

So grateful for both of them.

I'm grateful for everything and everyone. God bless  
you all.

Love Viki

Happy Birthday going out to Willow D

Love Ashley and the family

Happy birthday Niska, love Brooke!

April 10, 2020

Happy 5<sup>th</sup> Birthday to my Grandboss!!

Grandmom loves you bigger than the world my luv

Never forget I love you more than I can say

Love: Grandmom, Papa and Lucas

Happy Birthday Wes on April 24 - From Janet and your son Kallen

Happy 2nd Anniversary to our favs Dylan & Montana Fuller! Congrats on another year spent together. Wishing you love and laughter for years to come  
Love from Dustin & Chantel, Carter, Chloe, Drew, Kensley and Cooper



## Tansi To All Community Members,

In the face of an overwhelming tidal wave of bad news about the coronavirus, what we need most right now are daily reminders of our better human selves.

**Savour the small moments:** Even during lockdown you still have many small moments to savour. The smell of coffee, the feel of the warm shower on your back and so on.

**Strengthen your connections:** for those of us in family lockdown, now is the opportunity to spend quality time with our loved ones. Take the time to hug your kids or partner, look them in the eyes, have long conversations with them – all of these gestures promote closeness and also boost your oxytocin, which is a hormone that bonds people and also has a calming effect on your body.

**Look for the good in others:** These types of crises can bring out both the worst and the best in human nature.

By tuning into these three silver linings, you can potentially change your brain chemistry and build up your energy stores to help you cope with the other aspects of your day that have been made more difficult. Taking charge of our mental health and capturing the small moments will help as we go further into the unknown.

Remember to stay healthy, stay safe and take care of one another.

“Thank you for keeping update with our SFN Community News, be sure to check out our website at <https://www.saulteau.com>

There are always new things being added.

Just a reminder that newsletter submissions can be made by anyone, if you or someone you know would like to make a newsletter submission for the upcoming months please contact  
Kaylin Watson

**Mussi!**

### Kaylin Watson

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#### NEWSLETTER SUBMISSION DEADLINES For 2020

Due by 3pm on the dates of:

April 23<sup>rd</sup>

May 21<sup>st</sup>

June 22<sup>nd</sup>

July 24<sup>th</sup>



