



Saulteau
FIRST NATIONS

April

Newsletter



Chief & Council



Justin Napoleon

Chief

Davis Family Councillor
jnapoleon@saulteau.com
(250) 788-7271

Ken Cameron

Courtoreille Family Councillor
kcameron@saulteau.com
(250) 788-7265

Rudy Paquette

Desjarlais Family Councillor
rpaquette@saulteau.com
(250) 788-7270

Juritha Owens

Napoleon Family Councillor
jowens@saulteau.com
(250) 788-7269

Falon Gauthier

Gauthier Family Councillor
fgauthier@saulteau.com
(250) 788-7268

Communications & HR



Jesse Gayse

Communications Coordinator
communications@saulteau.com

Sarah Canning

HR Advisor
hr@saulteau.com

(250) 788-3955



Dr. Banas' Hours & Location

SFN Health Centre

Monday / Tuesday / Wednesday
9:00am - 4:30pm

IDA Clinic

Thursday / Friday
9:00am - 4:30pm

Booking an appointment

(250) 788-7258

(250) 788-7266





First Nations Health Authority
Health through wellness

COVID-19: A Call for Kindness



It is essential that we all feel safe and confident getting tested for COVID-19, and that those who test positive still feel supported in their recovery and are not discriminated against.

The FNHA's Acting Chief Medical Officer, Dr. Shannon McDonald, has urged First Nations people to practise "lateral kindness" to help fight the stigma of COVID-19. Lateral kindness is an approach to address lateral violence based on Indigenous values, which promote social harmony and healthy relationships.

"I want to take a moment to thank and celebrate every person who experienced symptoms and got tested. You are helping to protect all of us!" says Dr. Shannon McDonald. "Remember, getting COVID-19 is not a matter of who didn't wash their hands long enough, who touched their face too much, or who didn't physically distance enough. These are necessary measures to take, but we could still do everything right and become infected with COVID-19. There is no 'fault' when it comes to this virus."

Practising lateral kindness is an essential part of nurturing and maintaining public health. Since any one of us can contract COVID-19, regardless of how careful we are, it's important to remember how we or our loved ones would want to be treated.



REMEMBER: THE VIRUS IS THE ENEMY, NOT THE PEOPLE WITH COVID-19. ALL PEOPLE SHOULD FEEL SAFE AND SUPPORTED BY THEIR COMMUNITIES, ESPECIALLY WHEN THEY'RE SICK. LET'S BE KIND TO EACH OTHER AND THANKFUL FOR ALL OF THE EFFORTS AND PROTECTIVE MEASURES THAT INDIVIDUALS AND COMMUNITIES ARE TAKING FOR THE SAFETY OF US ALL.

For more information and resources, visit:
fnha.ca/coronavirus

COVID-19 vaccines



Vaccines have saved more lives in Canada in the last 50 years than any other health measure.

HOW DO THEY WORK?



COVID-19 vaccines protect against COVID-19 infection.



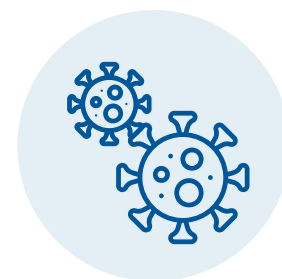
After the vaccine, your immune system will be able to recognize and fight off COVID-19.



The vaccine is given in two doses at least sixteen weeks apart.

WHY GET VACCINATED?

- Some people with COVID-19 may have no symptoms or mild symptoms, others can end up in the hospital, or die.
- We still don't know all of the long-term effects of COVID-19 on a person's health.



Vaccination is the best way to keep you and others safe. After getting the vaccine, you are 95% less likely to get sick from COVID-19.

POSSIBLE SIDE EFFECTS

- Side effects are similar to other vaccines: a sore arm where you had the shot.
- A few people may have: tiredness, headache, fever, chills, muscle or joint soreness.
- Side effects are mostly mild and last 1-2 days.
- You can take Acetaminophen (Tylenol) for side effects.



It's important to stay 15 minutes after getting your vaccine to check for an allergic reaction.

For more information

<https://immunizebc.ca/covid-19-vaccine-frequently-asked-questions>

COPD (Chronic Obstructive Pulmonary Disease)

What is chronic obstructive pulmonary disease (COPD)?

COPD is a lung disease that makes it hard to breathe. It is caused by damage to the lungs over many years, usually from smoking.

COPD is often a mix of two diseases:

- Chronic bronchitis** (say "bron-KY-tus"). In chronic bronchitis, the airways that carry air to the lungs (bronchial tubes) get inflamed and make a lot of mucus. This can narrow or block the airways, making it hard for you to breathe.
- Emphysema** (say "em-fuh-ZEE-muh"). In a healthy person, the tiny air sacs in the lungs are like balloons. As you breathe in and out, they get bigger and smaller to move air through your lungs. But with emphysema, these air sacs are damaged and lose their stretch. Less air gets in and out of the lungs, which makes you feel short of breath.

COPD gets worse over time. You can't undo the damage to your lungs. But you can take steps to prevent more damage and to feel better.

What causes COPD?

COPD is almost always caused by smoking. Over time, breathing tobacco smoke irritates the airways and destroys the stretchy fibres in the lungs.

Other things that may put you at risk include breathing chemical fumes, dust, or air pollution over a long period of time. Second-hand smoke also may damage the lungs.

It usually takes many years for the lung damage to start causing symptoms, so COPD is most common in people who are older than 60.

You may be more likely to get COPD if you had a lot of serious lung infections when you were a child. People who get emphysema in their 30s or 40s may have a disorder that runs in families, called alpha-1 antitrypsin deficiency. But this is rare.

What are the symptoms?

The main symptoms are:

- A long-lasting (chronic) cough.
- Mucus that comes up when you cough.
- Shortness of breath that gets worse when you exercise.

As COPD gets worse, you may be short of breath even when you do simple things like get dressed or fix a meal. It gets harder to eat or exercise, and breathing takes much more energy. People often lose weight and get weaker.

At times, your symptoms may suddenly flare up and get much worse. This is called a COPD exacerbation (say "egg-ZASS-er-BAY-shun"). An exacerbation can range from mild to life-threatening. The longer you have COPD, the more severe these flare-ups will be.

How is COPD diagnosed?

To find out if you have COPD, a doctor will:

- Do a physical examination and listen to your lungs.

- Ask you questions about your past health and whether you smoke or have been exposed to other things that can irritate your lungs.
- Have you do breathing tests, including **spirometry**, to find out how well your lungs work.
- Do chest X-rays and other tests to help rule out other problems that could be causing your symptoms.

If there is a chance you could have COPD, it is very important to find out as soon as you can. This gives you time to take steps to slow the damage to your lungs.

How is it treated?

The best way to slow COPD is to quit smoking. This is the most important thing you can do. It is never too late to quit. No matter how long you have smoked or how serious your COPD is, quitting smoking can help stop the damage to your lungs.

Your doctor can prescribe treatments that may help you manage your symptoms and feel better.

- Medicines can help you breathe easier. Most of them are inhaled so they go straight to your lungs. If you get an inhaler, it is very important to use it just the way your doctor shows you.
- A lung (pulmonary) rehab program can help you learn to manage your disease. A team of health professionals can provide counselling and teach you how to breathe easier, exercise, and eat well.
- In time, you may need to use oxygen some or most of the time.

People who have COPD are more likely to get lung infections, so you will need to get a flu vaccine every year. You should also get a pneumococcal shot. It may not keep you from getting pneumonia. But if you do get pneumonia, you probably won't be as sick.

How can you live well with COPD?

There are many things you can do at home to stay as healthy as you can.

- Avoid things that can irritate your lungs, such as smoke and air pollution.
- Use an air filter in your home.
- Get regular exercise to stay as strong as you can.
- Eat well so you can keep up your strength. If you are losing weight, ask your doctor or dietitian about ways to make it easier to get the calories you need.

Dealing with flare-ups: As COPD gets worse, you may have flare-ups when your symptoms quickly get worse and stay worse. It is important to know what to do if this happens. Your doctor may give you an action plan and medicines to help you breathe if you have a flare-up. But if the attack is severe, you may need to go to the emergency room or call **911**.

Managing depression and anxiety: Knowing that you have a disease that gets worse over time can be hard. It's common to feel sad or hopeless sometimes. Having trouble breathing can also make you feel very anxious. If these feelings last, be sure to tell your doctor. Counselling, medicine, and support groups can help you cope.

(Adapted from <https://www.healthlinkbc.ca/health-topics/hw32559#hw32561>)

For more information please call your SFN Community Health Nurse, Heather @ 250 788 7371

Family & Social Development



April 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Egg Decorating kits - Fiona	2 HOLIDAY	3 Easter Hunt - Megan & Kaleigh Hot choc & Hot dogs - fiona
4 powder king - megan	5 HOLIDAY	6 REGISTER FOR EVENTS	7 REGISTER FOR EVENTS	8 REGISTER FOR EVENTS	9	10
11	12	13 Family Carrot Cupcake Decorating KALEIGH	14	15 Plant Kit - Fiona	16	17
18	19	20 Colouring Books and Crayons KALEIGH	21 Walking Group - MEGAN	22	23	24 Nutritional Meal - Megan
25	26	27 SPRING CLEAN TOY SWAP KALEIGH	28 Walking Group - MEGAN	29 Dog Treat Kit - Fiona	30	1

Social Assistant Program

SA Day
April 21st, 2021

Declarations due:
April 12th-15th, 2021

A Little “Know Something” in Cree



Numbers:

Peyak	1	One
Neso	2	Two
Nesto	3	Three
Ne-yoh	4	Four
Ne-yan-nan	5	Five
Kit-tos-ik	6	Six
Te-pah-kop	7	Seven
Aya-nan-new	8	Eight
Ke-kats-me-tah-tat	9	Nine
Me-tah-tat	10	Ten

Weather:

Kim-oh-wan	Raining
Yo-tin	Windy
Mis-pon	Snowing
Keh-sah-pooh	Sunny

Colouring Contest

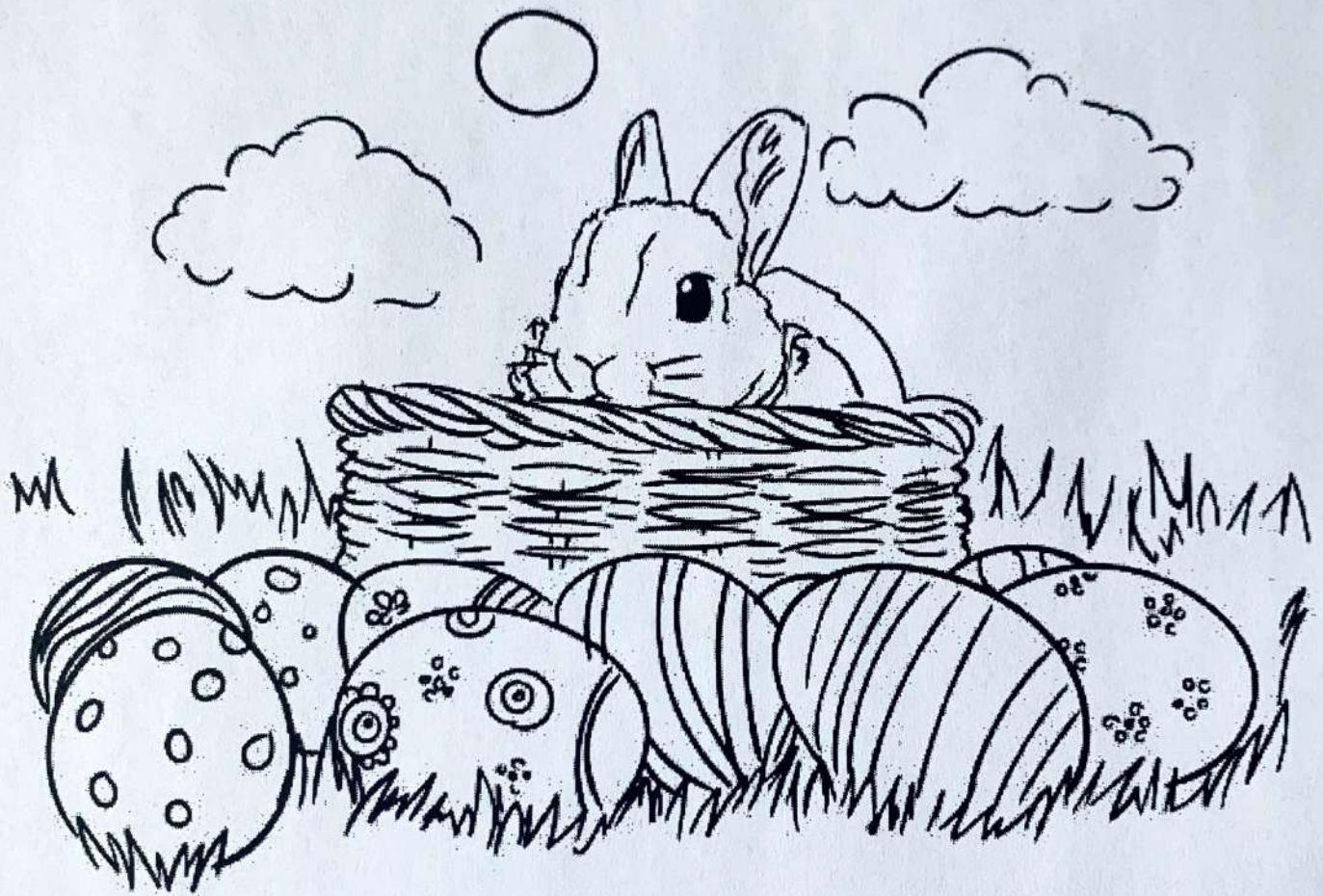
Rabbit - Wapos

Contest ends: *April 26th, 2021*

Please include name and age with the colouring. Please place submissions in the mail box at the Family & Social Development Office.

Photo on the next page.

RABBIT



WA-POS



Happy Spring Fellow Saulteau Members!

I hope you have all been out and enjoying the nice spring weather we have been having?! As I sit here typing, I can hear the droplets of water coming off the rooftop. The geese seem to think its spring as well. I've seen they have started migrating south and are now down by the open river! What a fabulous time of year! 😊

Comprehensive Community Plan/Economic Development Land Use Plan

Update and Development of our Comprehensive Community Plan (CCP) and the completion of our Economic Development Land Use Plan is progressing. As mentioned in the March 2021 newsletter, the start date of our project is mid-April. A Land Use Coordinator position was posted early March and anticipate having this position filled by early April.

There has been some expressed interest from members to sit on the planning committee. A call of interest will be sent out to membership by the end of April should you be interested?!

Please keep your eye open for the upcoming opportunity!

The schedule by project phase is as follows:

- | | |
|---|---------------|
| 1. Project Start Up | April 2021 |
| 2. Community Engagement | June 2021 |
| 3. Develop and Review Draft Plans | August 2021 |
| 4. Finalize CCP and Implementation Plan | November 2021 |



Residential, Recreational, and Rural Lot Applications

There is a continued expressed interest from membership to either move on reserve, hold a special summer recreational site, or have an area set aside for grazing their livestock.

The Lands Department receives numerous lot applications from membership on a weekly basis. Should you wish to apply, the first step is to fill out an application form with the Lands Department. This form has allowed for a much more simplified application process (one-page application) that can be used consistently and will help track the approval process by way of a completed checklist. If members would like to learn more about this process, please feel free to contact me to discuss more at length.

Lot Application Timeframes

The Lands Department new guidelines secures the applicant 3 years to develop and add to the Housing stock of Saulteau First Nations. Those not fulfilling those obligations will revert to lot availability.

This 3-year allowance is as follows:

- 1st year; meeting lot application requirements (perc test, plot plan, lot coordinates)
- 2nd year; Funding applications via Financial Organizations and/or ISC.
- 3rd year; Planning/Construction

Those applicants requiring additional time will be required to re-apply following the Lands Application Processes, as set out by the Lands Department Policy.
(Extensions will be granted on a case-by-case basis.)

Please feel free to contact me via email: mdoyle@saulteau.com or via tel: (236) 364-2012 should you have any questions. Take care, stay safe and healthy ❤️

Sincerely,



Mary N. Doyle
Lands Officer
Saulteau First Nations

Construction Update

Coastal GasLink

March 18, 2021

Numbers as available at the end of February 2021 unless otherwise noted

Construction highlights

Limited workforce expected as spring break-up approaches; summer planning underway as COVID-19 management is enhanced

In anticipation of the 2021 summer construction program, Coastal GasLink is developing workforce remobilization plans. This planning follows the ongoing successful implementation of Coastal GasLink's **COVID-19 Management Plan**, allowing the project to safely progress critical activities in advance of spring breakup.

The project will continue to heed the guidelines in the COVID-19 Management Plan and any additional guidance from health officials. This includes **ongoing workforce testing**, along with the recently announced workforce vaccination program directed by Northern Health and B.C.'s Provincial Health Officer, to help protect specific populations. The vaccination program includes industrial workers residing in large workforce accommodation sites, and by extension, their families and local communities.

Coastal GasLink will work cooperatively to assist Northern Health with the implementation of their planned vaccine program.

Our field workforce continues to be primarily focused on site and environmental monitoring, erosion and sediment control, and site security to meet permit conditions and ensure the integrity of the site conditions.

Did you know?

Spring breakup refers to the time of year when field construction work, such as clearing and grading, is reduced due to soft ground conditions caused by melting snow and thawing ground conditions. Along with sensitive life stages for wildlife species during this time, in these conditions, it is not safe for equipment to work and there is potential for damage to the environment.

Performance at a glance:



42.3%

Overall progress*



25.8%

Construction progress



2,044

workers across the project route as of Feb. 28, 2021

*includes all engineering, procurement and construction activities

Under Construction

- ◆ Coastal GasLink Metering Facility
- ▲ Coastal GasLink Compression & Metering Facility

Potential Future Facilities

- ▲ Coastal GasLink Compression Facilities (TBD)
- LNG Canada Facility (3rd party)



1 Section 1: Monthly Construction Update

At a glance:



85% cleared, includes project route and ancillary sites



89% of grading completed



68% of pipe installed, includes activities from stringing through to backfilling



10 workers at Sanataa Lodge

Section 1

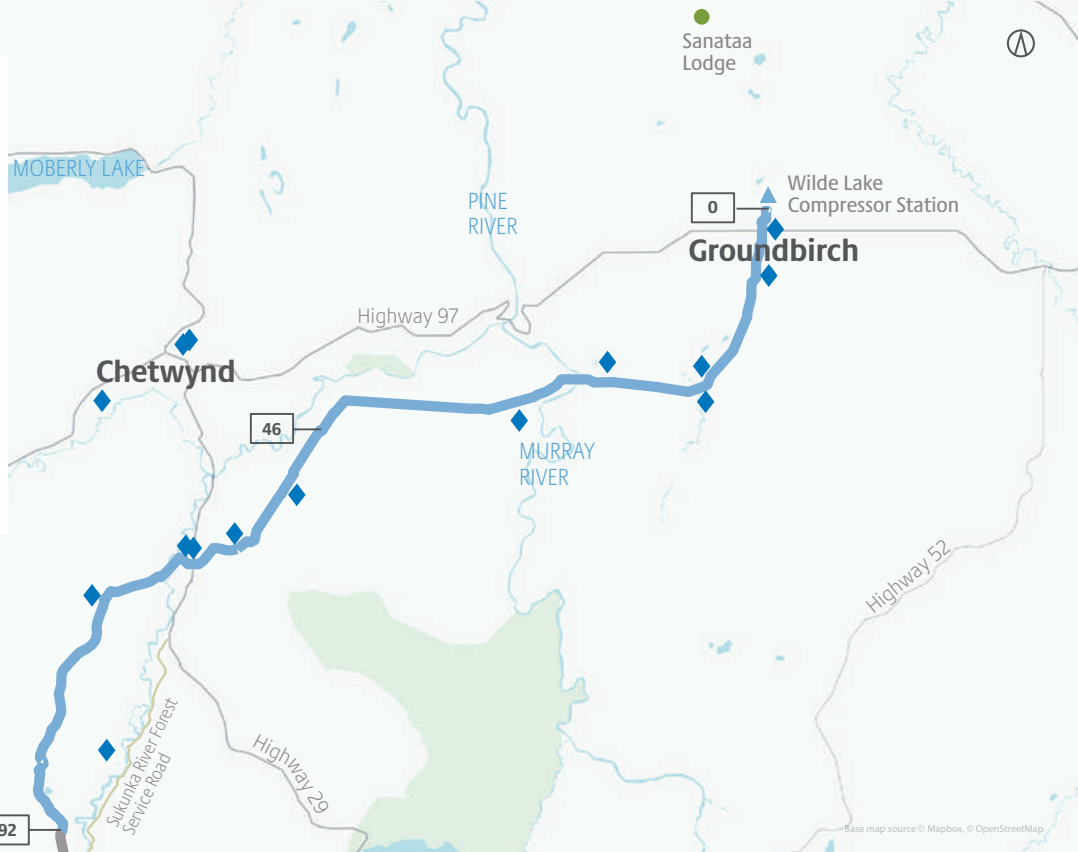
Location: West of Dawson Creek to south of Chetwynd

Length: 92 kilometres

Prime Contractor: Surerus Murphy Joint Venture

Workforce Accommodations: One Workforce Accommodation – Sanataa Lodge

- Project Right-of-Way (Section 1)
- Workforce Accommodation Site
- ◆ Storage Area (Where construction equipment and materials are stored)
- Kilometre Post Markings (KP)
- ▲ Wilde Lake Compressor Station



Key activities:

- Completed 36 inch drilling bore for Murray River horizontal directional drilling (HDD) and initiated 48 inch drilling bore
- Performed critical pipe tie-ins
- Continued Erosion and Sediment Control (ESC) mitigation
- Resumed completion of safety and environmentally critical tie-in works

Look ahead*:

- Continue Murray River HDD installation to prepare to receive pipe
- Continue ESC mitigation
- Complete pipe receipt
- Continue critical pipeline tie-in works and remaining timber removal from construction corridor

*All schedules are subject to change

Wilde Lake Compressor Station

Key activities

- Critical activities related to equipment preservation, material deliveries, environmental monitoring and security
- Preservation and maintenance of critical compressor package equipment
- Offsite fabrication (piping and structural steel) progressing

Look ahead*:

- Continued ESC monitoring
- Fabrication of pipe and structural steel offsite
- Receive fabrication loads at site for safe storage
- Equipment preservation for critical compressor components

*All schedules are subject to change

2 Section 2: Monthly Construction Update

At a glance:



96%
cleared, includes
project route and
ancillary sites



10%
of grading
completed



1.4%
of pipe installed, includes
activities from stringing
through to backfilling



127
workers at
Sukunka Lodge

Section 2

Location: South of Chetwynd to east of McLeod Lake

Length: 48 kilometres

Prime Contractor: Surerus Murphy Joint Venture

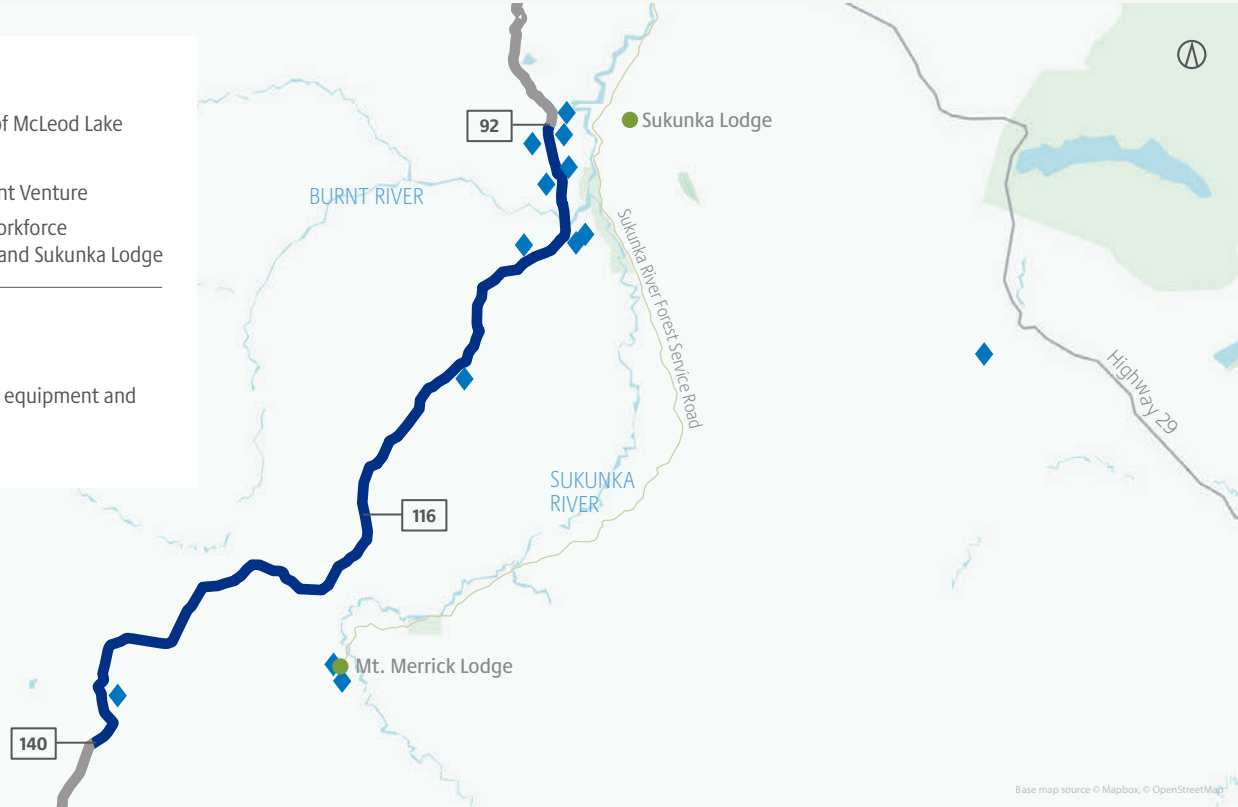
Workforce Accommodations: Two Workforce Accommodations – Mt. Merrick Lodge and Sukunka Lodge

■ Project Right-of-Way (Section 2)

● Workforce Accommodation Site

◆ Storage Area (Where construction equipment and materials are stored)

□ Kilometre Post Markings (KP)



Key activities:

- Received pipe at Section 2 storage areas
- Continued ESC mitigation
- Resumed clearing and grading works
- Resumed operation of Sukunka Lodge

Look ahead*:

- Continue ESC mitigation
- Complete pipe receipt
- Continue critical pipeline tie-in works and complete remaining timber removal from construction corridor

**All schedules are subject to change*

3 Section 3: Monthly Construction Update

At a glance:



94%
cleared, includes
project route and
ancillary sites



27%
of grading
completed



8.9%
of pipe installed, includes
activities from stringing
through to backfilling



275
workers at
Parsnip Lodge

Section 3

Location: East of McLeod Lake to north of Prince George

Length: 104 kilometres

Prime Contractor: SA Energy Group

Workforce Accommodations: One Workforce Accommodation – Parsnip Lodge

— Project Right-of-Way (Section 3)

● Workforce Accommodation Site

◆ Storage Area (Where construction equipment and materials are stored)

□ Kilometre Post Markings (KP)



Key activities:

- Developing designs and installing specialized ESC measures in preparation for spring freshet
- Implementing asset protection measures in preparation for spring freshet
- Increased operations at Parsnip Lodge

Look ahead*:

- Continue to install ESC measures and machine clean-up work
- Complete pipe receipt at Stockpile 7A

**All schedules are subject to change*

Did you know?

Freshet is expected river swelling that happens in the springtime due to snow melt.

4 Section 4: Monthly Construction Update

At a glance:



100%
cleared, includes
project route and
ancillary sites



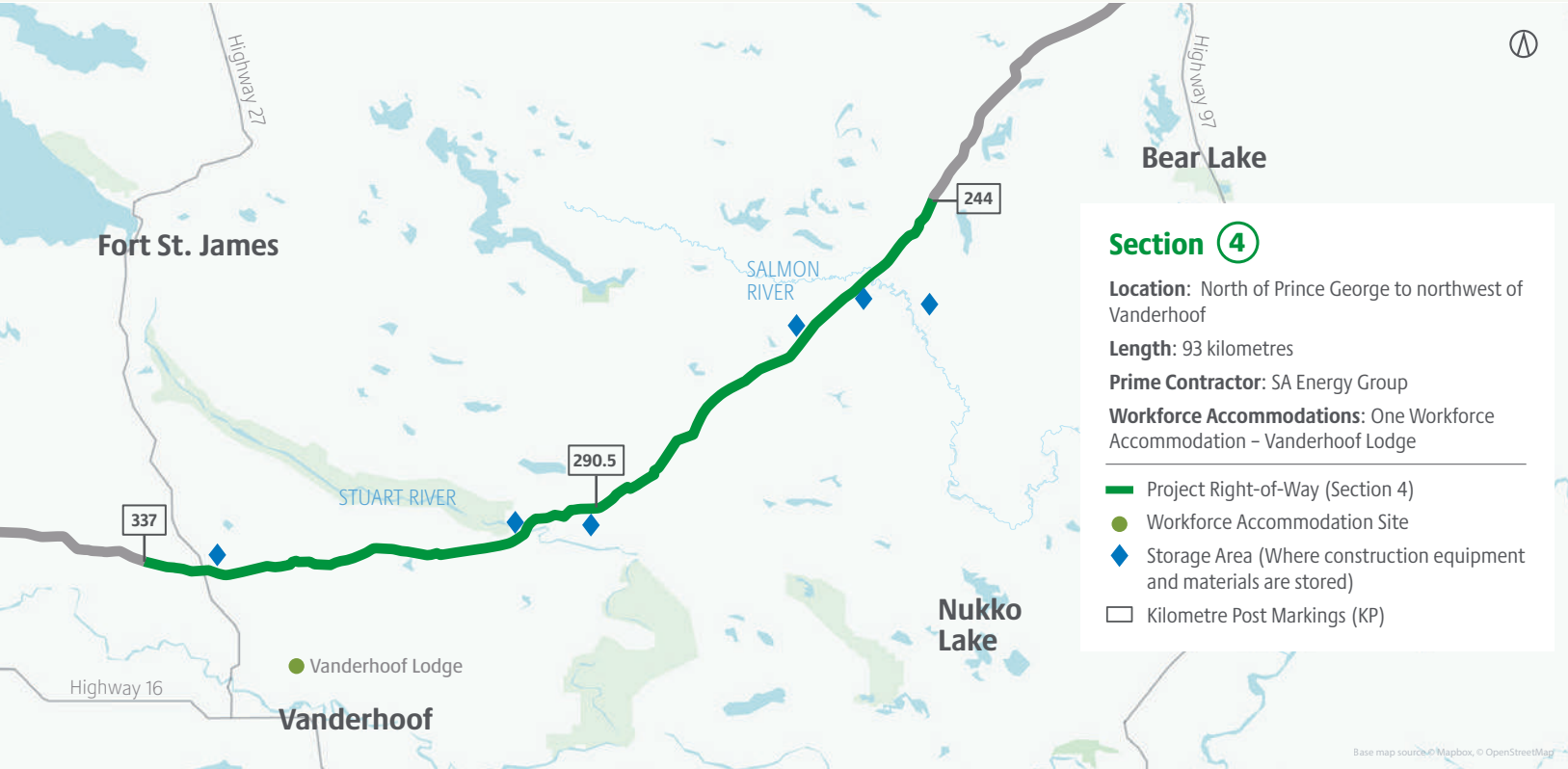
100%
of grading
completed



90%
of pipe installed, includes
activities from stringing
through to backfilling



496
workers at
Vanderhoof Lodge



Key activities:

- Developing designs and installing specialized ESC measures in preparation for spring freshet
- Implementing asset protection measures in preparation for spring freshet
- Increased operations at Vanderhoof Lodge
- Began sheet pile installation at Stuart River direct pipe installation (DPI) exit site

Look ahead*:

- Continue to install ESC measures and machine clean-up work

**All schedules are subject to change*

5 Section 5: Monthly Construction Update

At a glance:



100%
cleared, includes
project route and
ancillary sites



35%
of grading
completed



5.3%
of pipe installed, includes
activities from stringing
through to backfilling



4
workers at Little
Rock Lake Lodge

Section 5

Location: North of Vanderhoof to south of Burns Lake

Length: 82 kilometres

Prime Contractor: Pacific Atlantic Pipeline Construction Inc. (PAPC)

Workforce Accommodations: One Workforce
Accommodation – Little Rock Lake Lodge

— Project Right-of-Way (Section 5)

● Workforce Accommodation Site

◆ Storage Area (Where construction equipment and
materials are stored)

□ Kilometre Post Markings (KP)



Key activities:

- ESC monitoring and maintenance as required
- Bedding, padding and backfill completed at open ditch locations
- Heavy equipment hauled to Little Rock Lake Lodge and various locations to maintain single location for equipment storage

Look ahead*:

- Restart planning ongoing in consideration of B.C. Provincial Health Officer's Order
- Review potential plans to start grubbing activities to support compliance activities

**All schedules are subject to change*

6 Section 6: Monthly Construction Update

At a glance:



99%
cleared, includes
project route and
ancillary sites



55%
of grading
completed



17%
of pipe installed, includes
activities from stringing
through to backfilling



196
workers at 7 Mile
Lodge



Key activities:

- ESC monitoring and maintenance as required
- Bedding, padding and backfill completed at open ditch locations
- Heavy equipment cleaned, preserved and hauled to various locations for equipment storage
- Limited log hauling and log deck preparation
- Tie-in welding as required at backfill locations

Look ahead*:

- Continue backfill and tie-in activities
- Continue ESC monitoring and maintenance as required

**All schedules are subject to change*

7 Section 7: Monthly Construction Update

At a glance:



42%
cleared, includes
project route and
ancillary sites



0%
of grading
completed



0%
of pipe installed, includes
activities from stringing
through to backfilling



97
workers at
Huckleberry Lodge

Section 7

Location: South of Houston to north of Morice Lake

Length: 78 kilometres

Prime Contractor: Pacific Atlantic Pipeline
Construction Inc. (PAPC)

Workforce Accommodations: One Workforce
Accommodation – Huckleberry Lodge

- Project Right-of-Way (Section 7)
- Workforce Accommodation Site
- Storage Area (Where construction
equipment and materials are stored)
- Kilometre Post Markings (KP)



Key activities:

- ESC monitoring and maintenance as required
- Commenced clearing activities
- Continued pipe receipt at Houston storage area

Look ahead*:

- Continue clearing, log hauling and increased support for ESC and compliance activities

**All schedules are subject to change*

8 Section 8: Monthly Construction Update

At a glance:



74% cleared, includes project route and ancillary sites



39% of grading completed



5% of pipe installed, includes activities from stringing through to backfilling



142 workers at Sitka Lodge, Hunter Creek Lodge and 9A Lodge

Section 8

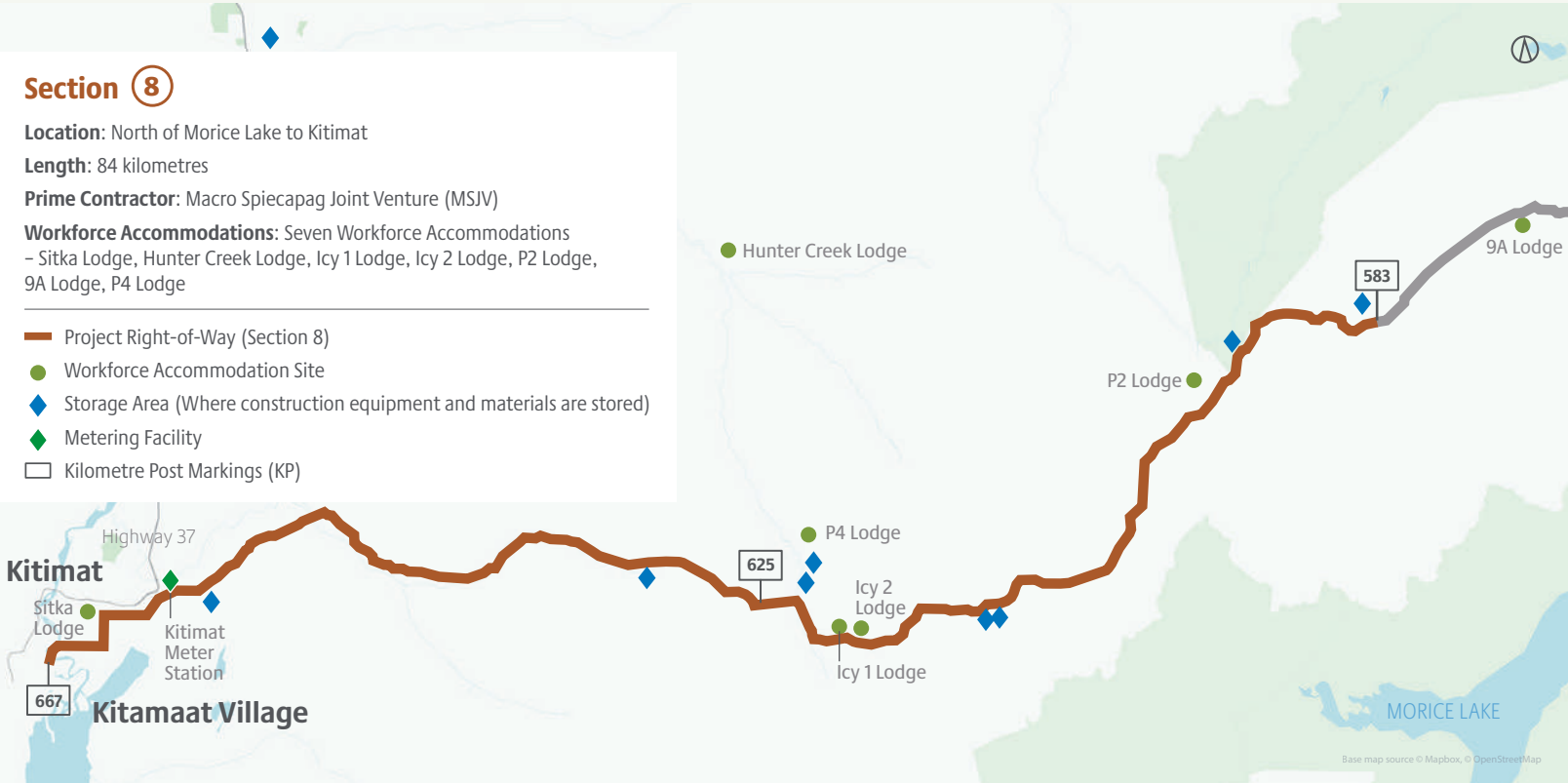
Location: North of Morice Lake to Kitimat

Length: 84 kilometres

Prime Contractor: Macro Spiecapag Joint Venture (MSJV)

Workforce Accommodations: Seven Workforce Accommodations – Sitka Lodge, Hunter Creek Lodge, Icy 1 Lodge, Icy 2 Lodge, P2 Lodge, 9A Lodge, P4 Lodge

- Project Right-of-Way (Section 8)
- Workforce Accommodation Site
- Storage Area (Where construction equipment and materials are stored)
- Metering Facility
- Kilometre Post Markings (KP)



Key activities:

- Ongoing snow removal and critical access maintenance
- Ongoing critical ESC monitoring and maintenance
- Ongoing avalanche control
- Limited hand-falling and blasting activities

Look ahead*:

- One traffic notification is in place: Kitimaat Village Road until **April 15**

**All schedules are subject to change*

Kitimat Meter Station

Look ahead:

- Utility powerline clearing activities
- One traffic notification is in place: Wathl FSR until **April 10**



Gallery of the month

There are too many phenomenal women working on Coastal GasLink to feature just one! Our gallery this month celebrates International Women’s Day which was recognized on March 8, 2021. On this day and every day, we’re proud of the hundreds of extraordinary women working on **Coastal GasLink**, creating a legacy for themselves and others.



About Coastal GasLink’s Construction Updates

Our construction updates include information on recent progress, activities that we expect over the next month and detailed section maps that help communicate where project infrastructure is located and where activities are happening.

Check us out!

Find information, such as Construction Updates and an interactive map, on **CoastalGasLink.com**.

Keep in touch and learn more

We want to make sure you have access to the information you need about the project. Here are the many ways you can reach out and learn more:



Visit our website:
CoastalGasLink.com



Follow us on Facebook:
@CoastalGasLink



Sign up to receive our Connector Newsletter: **CoastalGasLink.com/contact**



Email us:
coastalgaslink@tcenergy.com



Follow us on Twitter:
@CoastalGasLink



Visit our community office:
Prince George
760 Kinsmen Place

Coastal GasLink



Muskoti Primary Program



Muskoti Primary Program

IMPORTANT UPDATE... We are honoured and proud to announce that we will be adding grade 2 for the 2021/2022 school year. 😊 Register early to ensure a spot as we keep our classes small to offer the best

I have witnessed first-hand the magnificent results that can happen from the programs supplied to First Nations Schools.

Here is a record of our Muskoti Primary Program Students from the 2018/2019 School year as we did not do formal assessments last year due to COVID-19, however, our grade 1's did begin the grade 2 reading program through remote learning in 2019/2020.

Kindergarten		Grade 1	
Program	Outcome	Program	Outcome
CAT 4 Level 10 – Equivalent to grades 0.5 – 1.5	ALL Kindergarten students achieved greater than 75% In: Reading, word analysis and mathematics	CAT 4 Level 11 – Equivalent to grades 1.5 – 2.5 in: Reading, word analysis, mathematics, computation and spelling	ALL grade 1 students achieved greater than 50%
Reading Program	ALL kindergarten students ABOVE benchmark for reading.	Reading Program	All Grade 1 students meeting Benchmark requirements.

Our kids are amazing!

📞 (250) 788-7361

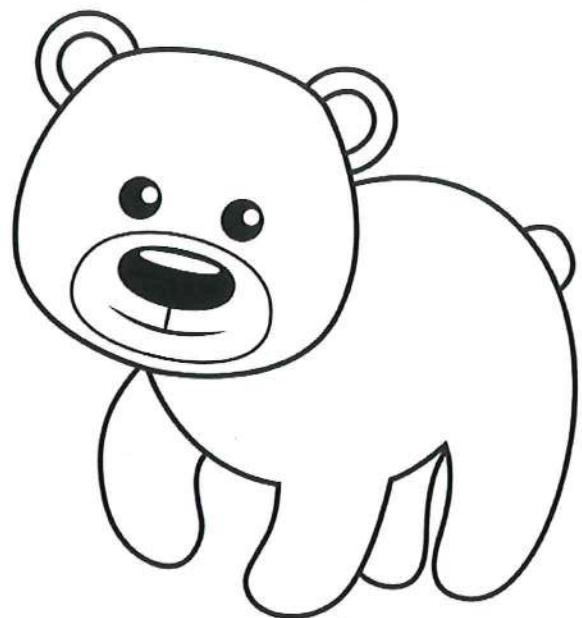
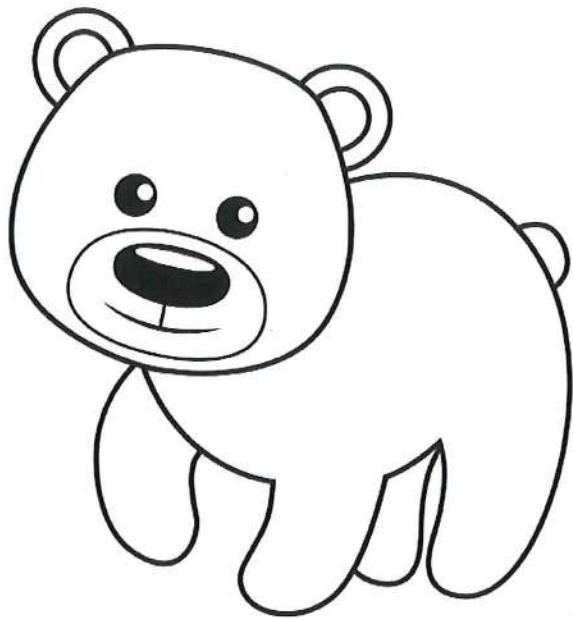
1717 Boucher Lake Road, Moberly Lake, BC

📮 PO Box 1020 Chetwynd BC, VOC 1J0

wīhowin: _____

akihta masinipayiwina. masinaha ēwako
akihtāson. masinipēhikē ēwakoni
masinipayiwina.

2	nīso
---	------



nīso maskwak


2 2 2




nīso


CHAPTER 6



The s

What do you think this story is about?

See the man with  and Red Hen. He is with them near the tree.

"Smack!" went an  as it hit . "It's the sky," said . "The sky has hit me."

"Whack!" went an  as it hit Red Hen. "It's the sky," said Red Hen. "The sky has hit me."

"My, my," said the man as an  hit him! "It isn't the sky," said the man. "See the s in the tree."



Who was this chapter about? (Chicken Little, Red Hen, and the man)
What was their problem? (They each got hit by an acorn.)
What did Chicken Little and Red Hen think? (That the sky hit them)
The man said, "It isn't the . . . (sky)."
What was really hitting them? (Acorns)

What we are reading in Kindergarten Independantly

CHAPTER 2



The cat said, "See me.

I'm .

The cat said, "I'm .

 me.  me."

"We can see the sweet cat," said .

"We can  that cat."



Muskoti Primary Program



Happy Almost Spring!

While we do miss seeing everyone in person, the Band Office recommends housing rental & maintenance fees be paid through the Resident Centre account online. If you've received an email invite and haven't signed up yet, we encourage you to do so in order to cut down on the amount of people coming into the band office. If you haven't received an email, please let us know your email address so we can get you set up in the online system.

Due to the ongoing Covid outbreak, the housing department can only accommodate emergency repairs for the immediate future (ie: health & safety related: electrical, plumbing, heating, ventilation etc). You can call our office at 263-364-2019 to report any issues or email a request through the Resident Centre online system.

We understand this past year has been difficult for many people and that financial situations vary per household. However, in order for us to be able to provide timely and efficient maintenance services we strongly encourage our residents to prioritize their rent & maintenance fees. This money goes towards everything from garbage removal, to broken appliance repairs, plumbing issues, renovations etc which everyone benefits from.

It affects all residents when there's consistent default on these payments.

If you are having a hard time with your monthly fees, we kindly request that you contact the housing department to make arrangements for a reasonable payment plan so that everyone can continue to benefit from maintenance services.

Thank you,

*SFN Housing Department
236-364-2019*

Warm Welcome



Brooke Walker

Early Childhood Education Assistant

My name Brooke Walker and I am the daughter of Arthur and Pauline Walker.

I was recently hired on as the new Early Childhood Education Assistant/Right to Play program assistant. This entails that I work with the Childcare Center, as well as the RTP program with Adrianna Glover. I'm excited to be in this position as it brings me a lot of joy working with children! Not to mention, it gave me the opportunity to put my ECEA certificate to good use.

Because I grew up here, I knew that I wanted a profession that would allow me to give back to this community/youth in any way that I can. I've been delighted to have gotten this job as it makes me excited to attend every day! I am a lover of sports, and movement, so I know this is right up my ally of interest. Ultimately, I am thrilled to gain more knowledge in this field, learn from mistakes, and keep positive.

Jen Parrish

Asset Administrator

My name is Jen Parrish and I'm the new Asset Administrator in the Housing Department. I've lived in Chetwynd since 2010 so am still considered a newcomer! I was born in Prince George and have moved all over BC before settling in Chetwynd. I love small town life – Chetwynd is great for people like me who enjoy spending time outdoors hiking, sledding, camping & swimming. I'm an avid reader, preferably fiction but when I read non-fiction I steer towards the likes of Douglas Murray & Jordan Peterson.

My first few weeks at Saulteau have been great, the staff are all very friendly & welcoming, so thanks to everyone for making me part of the team!

Daphne Nichols

Health Centre Manager

Tom Aird

Aboriginal Liaison

Kurtis Swanson

Maintenance & Equipment Operator

Rayna Davies

Finance & Admin Department Assistant

Happy Birthday



April 2nd

Happy 7th Birthday to my niece, Quinn!!

Love Auntie Brooke

April 6th

Happy Birthday to my awesome and fun cousin, Niska!

Love Brooke

April 29th

Happy Birthday, Naomi!

Love cousin Brooke



Fibre Internet



With our offices closed, we are unable to take payments in person.

To make payments for your fibre internet, please fill out one of the pre-authorized debit forms on the next page.

There is an option of a one-time payment if you would prefer to resume payments in person when our offices open up again.

Please send your completed form to rhenry@saulteau.com

Thank you

COVID-19 Measures

Answers to your questions on paying back the Canada Emergency Response Benefit (CERB)



Why you would send the CERB back?

You must repay the CERB if you no longer meet the eligibility requirements for any 4-week period you received it. Your situation may have changed since you first applied, or you may have made an honest mistake when applying. This could happen if:

- You applied for the CERB but later realize you're not eligible.
 - You applied for and got a CERB payment from both the CRA and EI/Service Canada for the same eligibility period.
 - You receive social assistance benefits and realize the CERB will affect your other benefits.
 - You applied for the CERB twice in one period.
 - You earned more employment or self-employment income than expected in the period(s) you applied for.
-

Still not sure if you need to repay the CERB?

Go to **return or repay a payment** (canada.ca/repay-cerb) or call 1-833-966-2099.



Before you repay the CERB

Make sure you know which department you got your CERB from.

- If you got the CERB from the CRA, you must repay it to the CRA.
 - If you got the CERB from Service Canada (EI), you must repay it to Service Canada.
-

Not sure whether you got your CERB payment from the CRA or Service Canada?

Go to **return or repay a payment** (canada.ca/repay-cerb) or call 1-833-966-2099.



How to repay the CERB to the CRA

To repay the CERB to the CRA, choose one of the following options:

- **Online:** using **CRA My Account**
- **Online banking:** with your financial institution
- **By mail:** mail a cheque (new or the original if you have it) or money order to the CRA. **Do not send cash through the mail.**

If you are sending a new cheque or money order:

- Make payment out to “Receiver General for Canada”
- Indicate it is for “Repayment of CERB”
- Include your Social Insurance Number (SIN)



Mailing Address

Revenue Processing –
Repayment of CERB
Sudbury Tax Centre
1050 Notre Dame Ave.
Sudbury ON P3A 0C3



How to repay the CERB to Service Canada

To repay the CERB to Service Canada, choose one of the following options:

- **Online banking:** with your financial institution
- **In person:** at your financial institution
- **By mail:** mail a cheque or money order to Service Canada
Do not send cash through the mail

If you are sending a new cheque or money order:

- Make your payment out to: “Receiver General for Canada.”
- Write your SIN on the front of your cheque or money order.
- Indicate it is for “Repayment of CERB.”



Mailing Address

ESDC Remittances
PO Box 1122
Matane QC
G4W 4S7

**For more information go to
return or repay a payment (canada.ca/repay-cerb)**



Impact on your taxes

The CERB is taxable and you will need to report any payments you received on your 2020 income tax return. This means you may need to pay taxes on the CERB you received since no tax was deducted when you received the CERB. Most individuals should have already received a T4A tax slip with the amount of CERB they received for the 2020 tax year. CERB payments, including any **CERB payments not repaid before December 31, 2020**, must be declared on a taxpayer’s tax return.

If you received a T4A slip that does not accurately reflect the payments you received, contact the CRA by phone. For more information, visit **T4A: Report COVID-19 amounts**.

Stay connected

To get updates on the CERB and other benefits, follow:

/CanRevAgency

@CanRevAgency

/ESDC.GC

@ECDG_GC