



2021 Newsletter

February

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

Director Update



I hope that this update finds you all well and looking forward to 2021 with positive thoughts and energies.

As we move into the second month of 2021 with optimism for a much easier year let's all keep vigilant in our social interactions to ensure that we can all be safe in the coming months. If we all do our part in keeping each other safe, the sooner we will be in a position to conquer this virus and resume our daily activities in a much less restrictive fashion.

We have resumed our work from the office for the most part and we continue to monitor the situation to ensure the safety of all, while maintaining services to the community in the safest way possible.

Work has begun on budgets and forecasts for the new fiscal year and staff are working hard to ensure that all programs operate effectively and efficiently as well as on budget. Much work is necessary for this to come together but staff have been diligent in their efforts.

The planning and work is continuing on the opening of the Linda Krystina Safe house and we are advertising for staff. This house will provide an added level of safety and security for folks who need this service. We were fortunate to access funding for this resource and we look forward to be in a position to open the doors to clients. The Family and Social Services Department strives to provide the best services that is geared to the community with the Safe House, New Beginnings house, the Social Assistance program, and the recreation and culture programs.

The TREP department is still working hard to protect the interests and treaty rights of SFN and managing the lands of the nation for future generations. The work on the Moberly Watershed and the Park Expansion continues daily and progress is being made all the time.

Health department has been busy with the COVID vaccine and providing clinical support to membership. The inclusion of Dr. Banas and his MOA to our team has been a wonderful experience and I am sure that the community has benefited from this service. The team in our health department continues to provide the highest standard of care during this time of uncertainty and we want to thank each of them for their contribution to our health and well being. As always there is more need than resources but we should be grateful that we have the services that we do as we are one of the only nations that has the benefit of such an extensive health care team in our own community.

The Capital folks have been very focused on planning and preparing for the upcoming building season and the kick off for the new cultural centre. They have also maintained the roads, water systems, and the list goes on. They have delivered wood to elders and basically kept us all safe.

Housing department is always a busy place and they have been busy assisting tenants and homeowners with the daily upkeep of their homes. The Covid crisis has limited the amount of work that could be done in the past year, but with the hope of a better summer they are planning for an increase in activity to address housing issues.

Finance is always busy and they successfully issued and the dividend disbursements and are now preparing for the implementation of the new budgets and preparing for year end and an audit. All of this may seem routine and minimal, but let me assure you that this takes an enormous amount of work and focus to accomplish. We are implementing some new processes in the finance office to streamline workflow and provide more structure to the daily activities. This will take time to implement and it will take time for people to get used to but in time we will all benefit from the structure.

Education is busy with school, this is a threefold operation. We have the wee ones, the adult ed students, and the post secondary students. The team in education dedicate their days to ensure that each student is provided with the best educational experience possible. This team also works on employment and training opportunities for the membership of SFN. Education and learning is the key to success in this day and age, but we do not forget to add in some culture and heritage as well as language to ensure that our students stay grounded in their culture and are proud members who celebrate those traditions that define our identities.

With the focus on culture we want to be in a sound position to celebrate Pemmican Days this year and we will be looking to the community for some ideas on improving the cultural experience as well as continuing with those events that have brought us so much joy in the past. I expect that we will have all the usual games, and we will once again focus on providing food on the grounds versus prize donations. The idea to provide free food for participants was born out of an idea to keep families on the grounds for the duration of the events while allowing everyone to have good food at a reasonable expense. When we calculated the cost of purchasing food for a family of four, we realized that our funds would be better spent on food and less on prizes. It was agreed by the committee that this was the best way to provide a service and equal opportunity to all.

The other thing that we will endeavour to accomplish is to have culture camp again this year. This is an event that was sorely missed last year due to the COVID restrictions, but with diligence and a focus on the future we wish to be able to have a very wonderful culture camp in 2021.

Thank you.

Mistahiya Update



It's a New Year! And what a beginning to this year we have had.

Cory Martens landed at his first day in the store on January 4th, looked around and thought "*oh my, there is a lot to be done*". Indeed, there was a lot to be done, and there still is - but what a team!

Cory, Sean, Jesse, Lana, Nathan, Sarah and Meghan have all been working incredibly hard to get North Wind Supplies open. They have done everything from sweeping floors, to building websites, to talking to potential customers.

While we were wanting to be open for February 1st, there's potential for improvement before opening North Wind Supplies, even after the mountains of work we have completed since Cory's arrival. We do have a reasonable handle on our tasks and expect to be open for March 1st.

Speaking of opening, we need more people to join our growing team! We are looking to fill the following positions:

- front counter staff*
- receptionist*
- labourer*
- small engine mechanic*

Please visit www.saulteau.com/employment for more information about the roles and how to apply.

Elsewhere on the Mistahiya front, it looks like our fuel cardlock will be up and running in a few more weeks. We look forward to sending out an announcement on the opening of Atooskee soon.

One more tidbit - Jesse is working on organizing a large Zoom info meeting coming to a screen near you as soon as we can. Admittedly, our focus has been on opening the store, which has taken more effort than we expected. But hey, we are on track to open a store that all of us can be proud!

Welcome to 2021!

The team at Mistahiya

Health Centre



Dr Banas' Office Hours

9:00am - 4:00pm

Monday - Wednesday at the *SFN Health Centre*

Thursday - Friday at the *IDA Clinic in Chetwynd*

How to book an appointment:

Please call (250) 788-7258 or (250) 788-7266

Thank you,

Saulteau First Nations Health Centre

HOW THE PROGRAM IS DELIVERED:

This is a 12-session course which will be held on Tuesday & Thursdays (approximately one hour each day) starting February 15th, 2020. These sessions will be done one on one privately with Wellness Counselor Kristan Michaud.

Please keep in mind that because of COVID protocols and other Counseling duties, only 3 women will be accepted each 6-week cycle. Safety measures such as prescreening- sanitization- masks- and social distancing will be in effect with each session.

Please make sure you can fully commit yourself for the full 6 weeks before registering.

WHERE:

Mental Health Office @ Saulteau Health Centre

REGISTRATION CONTACT:

Kristan Michaud | 250 788 7284 |
kristan@saulteau.com

A HEALING JOURNEY FOR WOMEN:

BEYOND TRAUMA

The 6-week program is designed to help you gain insight and skills in order to better deal with any difficult and painful experiences you've had in your life. It helps you discover how to have more healthy relationships in your life. Personal growth, recovery, and healing are part of a lifelong journey.

Cell Phone Quick Start Guide

Welcome!

As your partners in health and wellness, the First Nations Health Authority (FNHA) is collaborating with the Social Planning and Research Council of BC (SPARC BC) to provide phones to help keep clients connected to services as part of the ongoing response to the COVID-19 pandemic. Phones are going out across the province, to clients in a diversity of situations, which means you might not find all the apps relevant, but they are included to meet others where they are on their health and wellness journey.

If you need help with phone set up, please contact the SPARC BC Tech Line at 604-718-7748. If no one is available, you can leave a message with a phone number to call back on. To save on minutes, it may be best to call from a landline and have your cellphone nearby if possible.



Phone Plan

The phones are intended as a temporary measure to access services that have gone online during the pandemic. Your phone comes activated with a SIM card and \$10 credit. The credit **will expire** in one year if not used. The phone has also been uploaded with apps listed below.

Phone calls cost \$0.30 per minute, and outgoing texts are \$0.15. It is free to receive texts. A \$1.25 'Regulatory Recovery Fee' will be deducted **each month**.

You can 'top-up' the phone plan by purchasing additional credit at any 7-Eleven location, or online (<https://www.speakout7eleven.ca>) using a credit card. If required, the top up code is 1234.

Once the account balance reaches \$0.00, the card has 45 days to have a top-up applied to it to keep the phone number. If no top-up is placed on the card, after 45 days, the account is canceled and you will lose your phone number. You are welcome to continue using the device over the internet using Wi-Fi or purchase a new SIM card.

Apps



FNHA App - Provides direct information to support your health, wellness, and safety by keeping you up to date with news releases, blogs, articles and more.

BC COVID-19 App - Central resource for accessing personalized, trusted, evidence-based information about the COVID-19 pandemic. Updates will be made as provincial guidelines evolve to ensure that you are assessed with the most up-to-date recommendations.



Zoom - Videocalling software that allows for free calls with multiple people for up to 40 minutes, or longer if one participant has an account. It is the preferred tool to connect with the FNHA's First Nations Doctor of the Day and First Nations Virtual Substance Use and Psychiatry services.

Signal - Signal is a free and more secure way to text, voice, and video call with other people who have the app, and can be used over Wi-Fi or cellular data.



BC Health Service Locator App - Helps find walk-in clinics, hospitals, emergency rooms, immunization locations, pharmacies and laboratory services near you.

Lifeline Canada App - Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. Also provides awareness education and prevention strategies to guide people in crisis.



Lifelabs: Save My Spot - Shows the nearest Lifelabs location and what the wait time is. Has a check-in feature to help save waiting in line as long.

Lifeguard - This app is a harm reduction tool for people who are using drugs alone. Activated before the consumption of a substance, the app begins a timer. If the timer is not turned off, it automatically alerts first responders with the individual's location, as not turning off the alarm may indicate they are in distress.



COVID-19: How to safely use a non-medical mask or face covering

Do's



Do wear a non-medical mask or face covering to **protect yourself and others**.



Do ensure your nose, mouth, and chin are fully covered.



Do ensure the mask is made of **at least 3 layers, including 2 layers of tightly woven fabric**, with a filter or filter fabric between layers.



Do replace and launder your mask after each use, or whenever it becomes damp or dirty.



Do inspect the mask for tears or holes.



Do wash your mask with hot, soapy water and let it dry completely before wearing it again.



Do ensure the mask or face covering is clean and dry.



Do store re-usable masks in a clean paper bag until you wear it again.



Do **wash your hands** or use **alcohol-based hand sanitizer** before and after touching the mask or face covering.



Do discard masks that cannot be washed in a garbage bin after use.



Do use the ear loops or ties to put on and remove the mask.

Don'ts



Don't wear masks with exhalation valves or vents.



Don't hang mask from your neck or ears.



Don't wear a loose mask.



Don't share your mask.



Don't touch the mask while wearing it.



Don't leave your used mask within the reach of others.



Don't remove the mask to talk to someone.



Don't reuse masks that are damp, dirty or damaged.

Remember, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. Stay at home if you're sick, wash your hands often and practise physical distancing.



Do your part to protect yourself and others

Wear a non-medical mask or face covering:

- › when you're in shared indoor spaces
- › when you can't maintain a 2-metre physical distance from others
- › as advised by your local public health authority

Be kind

Some people may not be able to wear a mask or face covering.

Non-medical masks are **not recommended** for:

- › people who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- › those who have difficulty breathing
- › children under the age of 2 years

Be environmentally responsible

- › Wear reusable masks whenever possible.
- › Washable and reusable masks are more environmentally friendly than disposable masks.
- › If you must use a disposable mask, dispose of it properly.
- › Don't litter.



Government of Canada

Gouvernement du Canada

Canada

How to Take a Temperature Children and Adults

There are 4 ways to take (measure) a temperature:

- Under the armpit (axillary method)
- In the mouth (oral method)
- In the ear (tympanic method)
- In the rectum/bum (rectal method)

What type of thermometer should I use?

A digital thermometer is best for taking temperatures by the armpit and mouth.

Fever strips and pacifier thermometers do not give an accurate temperature. Do not use a mercury thermometer. Mercury is toxic and the thermometer could break.

Speak to a pharmacist if you have any questions when buying a thermometer. A pharmacist can help you select the best type of thermometer for the method you choose to use.

Whichever type of thermometer you use, make sure to clean them (except ear thermometers) with cool, soapy water and rinse off before and after use.

How should I take a child's temperature?

From birth to age 5, the most common way to take a temperature is under the armpit. For children older than 2, temperatures can also be taken by ear or, if the child is able to sit still long enough, by mouth. The most accurate way to take a temperature is in the bum (rectal method). See the section on the rectal method to learn how safely take a rectal temperature.

Always wash your hands before and after taking your child's temperature. For more information on hand washing, see [HealthLinkBC File #85 Hand Washing: Help Stop the Spread of Germs](#).

Make sure to read and follow the manufacturer's instructions each time you use a different type or brand of thermometer.

Axillary method (under the armpit)

The armpit method is usually used to check for fever in newborns and young children.

- Place the tip of the thermometer in the centre of the armpit
- Tuck your child's arm snugly (closely) against their body
- Leave the thermometer in place for about 1 minute, until you hear the "beep"
- Remove the thermometer and read the temperature

Oral method (in the mouth)

The mouth method can be used for children who are older than 5 years of age. It is not recommended for children younger than 5 years of age, because it is hard for them to hold the thermometer under their tongue long enough.

- Carefully place the tip of the thermometer under your child's tongue
- With your child's mouth closed, leave the thermometer in place for about 1 minute until you hear the "beep"
- Remove the thermometer and read the temperature

Tympanic method (in the ear)

The ear method is recommended for children older than 2 years old. Though quick to use, the ear method can produce temperature readings that are incorrect, even when the manufacturer's directions are followed.

- Use a clean probe tip each time, and follow the manufacturer's instructions carefully
- Gently tug on the ear, pulling it back. This will help straighten the ear canal, and make a clear path inside the ear to the ear drum
- Gently insert the thermometer until the ear canal is fully sealed off
- Squeeze and hold down the button for 1 second
- Remove the thermometer and read the temperature

Rectal method (in the rectum or bum)

The rectal method can be used to check for fevers in newborns and young children. Use a rectal thermometer only if you are comfortable doing so and a health care provider has shown you how to do it safely.

- Cover the silver tip with petroleum jelly (such as Vaseline)

- Place your baby on their back with their knees bent
- Gently insert the thermometer in the rectum, about 2.5 cm (1 inch), holding it in place with your fingers
- Leave the thermometer in place for about 1 minute until you hear the “beep”
- Remove the thermometer and read the temperature

For more detailed instructions on how to take a temperature using the rectal method, speak to your health care provider.

After a thermometer has been used to take a rectal temperature, do not use it to take an oral temperature. Make sure that the rectal thermometer is clearly marked so that it is not used orally. For example, you could label your rectal thermometer with an “R” and your oral thermometer with an “O”.

How should I take an adult’s temperature?

Take an adult’s temperature by mouth, in the ear or under the armpit. The armpit method is less accurate and is normally only used if the person is extremely drowsy or not clear mentally. Follow the same methods used for taking a child’s temperature.

What is a normal temperature?

The normal temperature range varies, depending on the method you use:

Method	Normal temperature range
Armpit	36.5°C - 37.5°C (97.8°F - 99.5°F)
Mouth	35.5°C - 37.5°C (95.9°F - 99.5°F)
Ear	35.8°C - 38°C (96.4°F - 100.4°F)
Rectal (Bum)	36.6°C - 38°C (97.9°F - 100.4°F)

Temperatures may vary throughout the day, rising as much as 1 degree in the morning and reaching a maximum during the late afternoon. Mild increases may be caused by exercising, too much clothing or bedding, taking a hot bath or being outside in hot weather.

When a child is sick with an infection, it is normal to have a fever (temperature higher than 38°C (100.4°F)). A fever is part of the normal process of fighting an infection. Usually, it goes away after 3 days.

Thermometers are not always accurate so it is important to be watching for other signs that your child might be ill. Also, the degree of a fever does not always indicate how serious an illness is, but

rather the child’s behaviour, overall appearance and other symptoms such as headache, stiff neck, nausea, and vomiting are generally the most important factors. A fever with other symptoms may mean a more serious illness.

What can I do if my child has a fever?

- Offer plenty of fluids
- Encourage your child to rest
- Remove extra blankets or extra clothing as long as the child does not become too cold or shiver. Shivering can cause the body’s temperature to rise
- Medicine to reduce a fever is not always needed
- Sponge your child with lukewarm water. Alcohol baths or rubs are not recommended

When should I take my child to see a health care provider?

- Call your health care provider if your child:
 - has a fever for more than 3 days
 - is not eating or drinking well
 - is lethargic (low energy), excessively fussy or irritable
 - has a fever and signs of another illness (rash, cough, vomiting, diarrhea)

Babies younger than 3 months of age must be seen by a health care provider when they have a fever. During the first 3 months of life, babies are not always able to fight infections, so they need to be seen sooner than older babies and children with fevers.

For babies 3 to 6 months the parents should speak with their health care provider.

For More Information

For more information, see the following HealthLinkBC Files:

- [HealthLinkBC File #84 Reye Syndrome](#)
- [HealthLinkBC File #112 Febrile Seizures \(Fever Seizures\)](#)

For more information about fever and temperature taking, visit Caring for Kids at www.caringforkids.cps.ca/handouts/fever_and_temperature_taking.

The information in this HealthLinkBC File has been adapted with the permission of Alberta Health and Wellness

Nasal Naloxone (Narcan®)

Now Available at no cost to BC First Nations

Nasal Naloxone is available to First Nations Health Authority clients.

Adding Nasal Naloxone as a drug benefit is intended to save lives. We encourage those at risk of an opioid overdose and people close to them to have naloxone and the training to use it.

QUICK FACTS ABOUT ACCESSING NASAL NALOXONE FOR YOURSELF AND YOUR LOVED ONES:

What is Nasal Naloxone (Narcan®)? How do I use it?

- Nasal Naloxone is the same chemical as injection Naloxone; the only difference is the delivery method.
- Nasal Naloxone is easy to administer.
- Learn how to use Nasal Naloxone from your pharmacist.

At the Pharmacy Counter:

- To access Nasal Naloxone, First Nations in BC may request it directly from the pharmacy. It does not require a prescription from a doctor or nurse practitioner. You will need your Status number and Personal Health Number.
 - Pharmacy claims for Nasal Naloxone will be processed through Pacific Blue Cross (PBC) and not Plan W (Pharmacare).
 - If there is any concern with the claim, you or your pharmacist can call Health Benefits at **1-855-550-5454**
 - ***You can pick up Nasal Naloxone for yourself, a friend or a loved one.*** The client requesting Naloxone does not have to specify who it is for. However, it will be billed to PBC under the name of the client requesting it.
-

PLEASE NOTE:

Some pharmacies may not keep inventory of Nasal Naloxone and we encourage our clients to contact their health centre or call ahead to their pharmacy to ensure it is available.



First Nations Health Authority
Health through wellness

For more information and resources, visit us online www.fnha.ca/overdose

Family & Social Development



NEW BEGINNINGS FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
		Sign up for Programs				Powder King Trip
7	8	9	10	11	12	13
	Post Celebrate Hot Chocolate Day	Pick Up Toddler Treat Bags	Shows us your heart Drive			
14	15	16	17	18	19	20
Valentine's Day	Door Dash Family Day Breakfast	Pick up Sensory Kits for Toddlers	Yoga for the Heart Video Session			Powder King Trip
21	22	23	24	25	26	27
		Car Seat Safety Video Session	Hearty Meal	Pound Fitness Video Session		
28						

Celebrate Hot Chocolate Day - Pre Register with Fiona @ fgroves@saulteau.com before February 5 to pick up a hot chocolate treat!

Pick up Toddler Treat Bag - Pre Register with Kaleigh between February 1 - 5, 2021

Sensory kit for Toddlers - Pre Register with Kaleigh between February 1 -5, 2021

Car Seat Safety Video - Video will be advertised on the Saulteau First Nations Page on February 23

Door Dash/ Delivery Family Day Breakfast - Pre Register at fgroves@saulteau.com before February 5 to pick up your family day breakfast.

Show us your heart Drive - NB Staff will be driving around to see all your hearts! Stick as many hearts as you can on your windows for a treat drop off!

Yoga for the Heart - Join Megan for a 45 minute yoga session via zoom. Pre register by sending your email to mcampbell@saulteau.com

Pound Fitness - Join Megan for a 30 minute pound session and then 30 minute cool down stretch. Pre register by sending your email to mcampbell@saulteau.com

Hearty Meal - ONLY 10 spots available! Pre register by emailing mcampbell@saulteau.com your information before February 19. NB will drop off all the ingredients for a hearty meal, along with the recipe!

Powder King Trip - Pre Register at mcampbell@saulteau.com to claim your spot. Only 10 spots available per trip. Rentals available, but no transportation.

Before February 4 for February 6 PK Trip & February 18 for February 20 pk trip.

Call out to local artists and craft makers:

I want to know who you are and what you can do.

Show me what you have. Let's see what we can do together.

Contact:

Cultural Connections Coordinator

Tylene Paquette

tpaquette@saulteau.com

(250) 788-7365

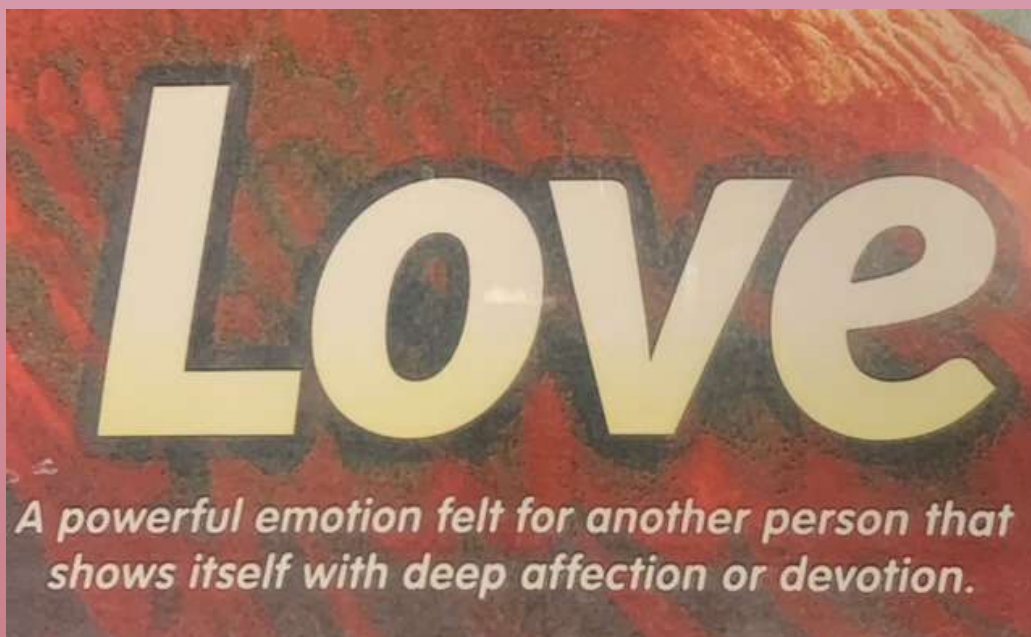
Colouring Contest

Open to anyone and all ages!

Send to Tylene Paquette at tpaquette@saulteau.com

Please include your name and age

Love is one of the Seven Traditional Teachings



Love





Saulteau First Nations – Comprehensive Community Plan Update

Saulteau First Nations current CCP was developed in 2015 to provide a long-term community vision, framework for nation building and to promote informed decision-making regarding investing in community programs, services, and infrastructure. Since its adoption by Council in 2015, much has changed in the community and surrounding region, prompting a need to conduct a comprehensive review and update of the existing CCP. This will ensure that the CCP aligns with the current and emerging needs and trends in the community. In addition, the 2015 CCP included provisions to conduct regular updates to the plan every five years to ensure that it is a living document that reflects evolving community conditions.

This project involves:

- Reviewing the existing CCP and other planning projects completed by Saulteau since 2015
- Working with Saulteau staff and community coordinator to develop an updated CCP
- Engaging Saulteau members, leadership, and staff through an effective engagement program
- Developing an updated CCP document, including list of short, medium, and long-term community priorities
- Developing an implementation plan to guide Saulteau in implementation of the new CCP

Schedule:

We estimate this project taking approximately 8 months to complete. Our proposed schedule by project phase is provided below. It assumes a project initiation date of March 2021.

1. Project Start Up	March 2021
2. Community Engagement	May 2021
3. Develop and Review Draft CCP	August 2021
4. Finalize CCP and Implementation Plan	October 2021

Saulteau First Nations – Economic Development Land Use Planning

Saulteau First Nations (SFN) has a joint CCP-Land Use Plan that has been serving as guidance for the community, staff and leadership on community development, key land uses and prioritized infrastructure development in the community core. While the plan has been instrumental in providing a roadmap for how SFN would like to develop their lands and infrastructure, the plan is now five years old and must be adapted to the changes that have evolved since the plan was created. Over the last five years SFN has initiated on-reserve developments including new housing and an industrial park. SFN is also in the process of acquiring significant new land through the Treaty Land Entitlement (TLE) and Treaty Land Acquisition (TLA) processes, which will require land use planning to ensure future use of the lands align with community goals and objectives.

This Project involves:

1. Completing an update to SFN's existing Land Use Plan component of its Comprehensive Community Plan (CCP) that includes land designations, objectives, and policy direction for all SFN land holdings; and
2. Creating a "Development Action Plan" for specific lands identified by SFN for economic development. The Action Plan will broadly identify future development opportunities and servicing requirements of selected economic development lands, including high-level conceptual renderings of future development. It will also include implementation plans for each of the economic development lands that specifies future steps and funding resources available to move envisioned development forward towards construction.

Both components of this project will improve SFN's capacity for economic development and autonomous land management by ensuring the Nation is equipped with proper tools (e.g. guiding documents) to manage the use and development of its lands. The components will be effective tools for SFN staff and Council to utilize when making decisions related to the use and development of the Nation's fee-simple and reserve land holdings.

Completing this project will require an understanding of:

- Community, local and regional demands for lands of different land uses (e.g. residential, commercial, industrial, residential, tourism);
- Site conditions of SFN lands (e.g., topography, access, environmental, archeological, easements/ROWs) to identify development opportunities and constraints;
- Infrastructure capabilities of SFN lands and potential upgrades and servicing extensions required to enable certain development types;
- Lands for conservation and protection;
- Land development aspirations of SFN leadership and members; and

- Necessary development and planning steps required to take envisioned development opportunities on SFN lands forward to the construction phase.

We are confident that the result of this project will enhance SFN's capacity for management of its lands in a manner that reflects the Nation's move towards becoming a fully autonomous government. This project will complete initial planning steps required to move development forward on certain lands identified for economic development.

The final Land Use Plan Update and Development Action Plan will effectively guide future development activities on SFN lands for the maximum economic and social benefits of SFN members and communities in which SFN lands are located (e.g. Chetwynd).

We anticipate this project taking approximately 8 months to complete.

COVID CONSIDERATIONS/ COMMUNITY ENGAGEMENT:

We Recognize the constraints Covid-19 has placed on our community over this past year and hope that with the receipt of the Covid Vaccine rolling out over the next few months, we hope to see some improvement. However, in saying that, we will continue to be diligent, maintain our guard, and keep our community and its members safe.

To prepare for the initial phase of community engagement, we will conduct the necessary preparations to ensure successful engagement, including:

- Develop notices and advertising about the project and upcoming engagement meetings and activities (e.g. Facebook posts, engagement poster, project branding).
- Work with Saulteau's community coordinator to coordinate engagement activities and events (e.g. venues, meals, door prizes) and to distribute engagement notices, advertising, and information.
- Develop materials for engagement activities (e.g. presentations, surveys, information posters, etc.) and review them with Saulteau's project team prior to finalizing the materials.

Please feel free to contact me via email: mdoyle@saulteau.com or via tel: (236) 364-2012 should you have any questions.

Mussi,



Mary N. Doyle
Lands Officer
Saulteau First Nations

Saulteau's Indigenous Guardian Program Working Group

Saulteau is developing an Indigenous Guardian program to support the protection and management of our lands, particularly in the Twin Sisters and Moberly Lake areas. One of the first steps for creating Saulteau's Indigenous Guardian program is to establish a working group or steering committee to help guide the direction of the design and development of the Guardian Program.

We are requesting expressions of interest from SFN members who are interested in land management, habitat, wildlife, water quality, sharing traditional knowledge and would like to actively participate in an IGWG. More information is provided below.

Members of the IGWG:

- TREP Staff (Naomi, Teena, Carmen), current Caribou Guardians, and the Natural Resource Sector Aboriginal Liaison.
- We are seeking 3 or 4 SFN members to be working group members; likely one Elder, one Youth, and one other community member.

Time Commitment:

- We expect the IGWG will meet monthly for 4 to 7 hours for the duration of a year (Starting February 23, 2021 to March 31, 2022). Total time commitment is expected to be less than 15 hours per month, which may include reviewing draft material before monthly meetings.
- Honoraria are available for participation in the IGWG.
- IGWG would meet until the main components of the Guardian program are established and a governance structure is developed and approved.

Responsibilities:

IGWG members would be responsible for providing input, advice and reaching consensus on the following Program components. Much of the material preparation would be by the Indigenous Guardian task manager (currently Carmen):

- **Vision** for the Guardian Program.
- **Guardian Plan** including valued components for Guardians to focus on.
- **Monitoring Plan** including monitoring approach, priorities, tools, and data management.
- **Training Program** (approach, components and service provider).
- **Partnerships** (reviewing the pros and cons of various potential partnerships with universities, colleges, or government for monitoring, training and/or data management). Most Guardian programs partner with other organizations, in part to keep costs down.
- **Future Governance Structure** – how will the Guardians be run? As part of TREP? By a Board or Society? The IGWG would help review options for future governance.

Guided by Chief and Council, the IGWG would bring recommendations forward to C&C for information and approval as needed. The IGWG must follow and achieve deliverables set out in SFN's Indigenous Guardian workplan set out in our contribution agreement with Environment and Climate Change Canada.

Interested parties are asked to submit an expression of interest by **February 12, 2020** to the TREP department via email salexander@saulteau.com or in person. Include contact information, reason for interest in the IGWG and a brief summary of experience/ qualifications. Application should be one to two pages (longer than two pages is acceptable if the interested party prefers).



Indigenous Law Research Unit
Faculty of Law, University of Victoria
PO Box 1700, STN CSC
Victoria, British Columbia, Canada, V8W 2Y2
Tel. 250-721-8914 Email. ilru@uvic.ca
www.uvic.ca/ilru



GroundWork: Revitalizing Indigenous Land Laws in Treaty 8

Do you want to contribute to revitalizing and rebuilding the laws that have informed your community for generations? Do you want your knowledge and experiences to inform laws of land use in your community?

We are looking for individuals and groups, including knowledge-holders, to discuss traditional stories and experiences of land use decision-making which will inform the development of Cree, Dane-zaa, Dene, Sauteaux, and Tse'khene legal resources. These resources may be used by your community to pass on laws to future generations, to inform planning and legislation, and to inform conversations between Indigenous and non-Indigenous legal orders.

The Groundwork Project is a collaborative research project exploring laws of land use in Cree, Dene, Dane-zaa, and Sauteau legal orders. This research is grounded in partnerships between the Treaty 8 Tribal Association (T8TA), Fort Nelson, Halfway River, West Moberly, Sauteau and the [Indigenous Law Research Unit](#) (ILRU), at the University of Victoria's Faculty of Law. The project has financial support from the [Real Estate Foundation of BC](#) and other private funders. For more information about this project check out the [Groundwork website](#).

If you or someone you know is interested in participating in this research project please contact ILRU's community coordinator DeAnne Lythall (dlythall@treaty8.bc.ca) at (250) 261-3224 to get involved.

If you have further questions about the Groundwork project feel free to contact ILRU researchers Simon Owen (simono@uvic.ca) or Sarah Jackson (skljacks@uvic.ca).

Participants will receive honouraria for their time and knowledge.

We acknowledge with respect the history, customs, and culture of the Lekwangen and WSANEC people on whose unceded traditional lands our university resides.

FREQUENTLY ASKED QUESTIONS

What are you doing?

We are looking at Dene, Dane Zaa, Cree, Sauteau and Kaska Dena stories using the [Indigenous Law Research Unit methodology](#) to learn about the legal principles and processes of these legal traditions.

Specifically we're looking at how these legal traditions are applied to resolve conflicts around land occupancy and use. This can include how people access, share, and maintain relationships with land within and across communities.

Why Dene, Dane-zaa, Cree, Sauteaux, Tse'khene and Kaska Dena legal orders?

The communities that are signed onto the Groundwork project right now are Fort Nelson First Nation, Sauteau, West Moberly, and Halfway River. These communities contain Dene, Dane-zaa, Cree, Sauteaux, Tse'khene, and Kaska Dena legal traditions.

These legal orders interacted in this region prior to Treaty 8 and continue to practice and build laws to govern their interactions with one another and with the land. One example of this is the agreements between West Moberly and Sauteau to share and protect the Twin Sisters Mountains.

Why should we care?

Revitalizing Indigenous laws can create space to protect and share land and resources in more respectful ways, so the land and these laws can be passed onto future generations. These legal orders have protected and cared for the lands and waters in Treaty 8 for thousands of years. In Canada, we are governed by the Indian Act and our lands have been taken over by federal and provincial laws and regulations. These laws are designed to separate Indigenous peoples from the land and from each other. Cree, Dene, Dane-zaa, Kaska Dena, Tse'khene, and Sauteaux legal traditions continue to provide important legal resources that can be drawn upon to protect and care for the land and for relationships between and within communities into the future.

We acknowledge with respect the history, customs, and culture of the Lekwangen and WSANEC people on whose unceded traditional lands our university resides.

Who is funding this project?

This project is primarily funded by the [Real Estate Foundation of BC](#), with support from other ILRU funders including the [McConnell Foundation](#) and [VanCity](#).

AFFILIATED WEBSITES:

Groundwork Project Site: <https://groundworkstories.wordpress.com/>

The Indigenous Law Research Unit: <http://ilru.ca/>

ONLINE VIDEOS:

Living Law: Connecting to the Land through Indigenous Law:
<https://groundworkstories.wordpress.com/2020/08/09/living-law-connecting-to-the-land-through-indigenous-law/>

Indigenous Law on Demand Series:
<https://www.uvic.ca/law/about/indigenous/indigenouslawresearchunit/videoondemand.php>



We acknowledge with respect the history, customs, and culture of the Lekwangen and WSANEC people on whose unceded traditional lands our university resides.

QUINETTE RECLAMATION WORKING GROUP December 2020 Newsletter Update

The Quintette Mine is composed of three mining sites: Sheriff (Mesa/Wolverine Pits); Shikano Pit; and Babcock (Windy and Window Pits). The purpose of these bi-monthly newsletters is to provide updates on the on-going reclamation work at the Quintette Mine Property as part of the Quintette Legacy Closure and Reclamation Program and to provide opportunities to First Nation members who would like to participate in the work.

Treaty 8 First Nations have been meeting quarterly with Teck since September 2016 to develop and implement the Quintette Legacy Closure and Reclamation Plan. The main objectives of the Reclamation Working Group are:

- Review and discuss planned reclamation programs,
- Exchange information,
- Provide input and guidance on refining closure and reclamation activities, and
- Identify First Nations opportunities to participate

What happened this month?

- Teck met with the Ministry of Energy, Mines and Low Carbon Initiatives (ELMI) to discuss the next steps for the Closure Plan. Teck provided a table of activities and roadmap for the next several years to EMPR and Treaty 8 First Nations for review and feedback (included below).
- SNC-Lavalin completed the Phase 1 groundwater well sampling program in November with results anticipated in Q1 2021.
- Teck confirmed with ENV that the Groundwater Monitoring Plan (GWMP) is in compliance with Permit 6540. Teck is exploring paths forward for the installation of Wolverine Bridge. The bridge would provide access to complete Phase 2 of the GWMP.
- Teck and Aski have been participating in recurring monthly planning meetings to strategize and coordinate on work programs (e.g., Lichen Research Program).
- Aski collected soil samples at various locations in the Mesa Pit which were shipped for analysis (e.g. moisture and other parameters). These samples were collected to improve our understanding of soil characteristics pertaining to supporting vegetation re-establishment and the data will be incorporated into the forthcoming End Land Use Plan habitat suitability modelling.
- Lorax continues to develop the Pit Lake Studies report with a draft anticipated in Q1 2021.

Collaboration

- Treaty 8 First Nations and Teck met on December 9 for the Q4 Reclamation Working Group to discuss project updates and identify community priority projects for 2021.

- Teck is continuing to develop our contracting strategy for other key activities including earth works, environmental monitoring and environmental assessments. For additional information or to provide expressions of interest, please contact Legacy.Quintette@Teck.com



UTV's used to Complete Fall Groundwater Sampling



Wolverine South



January 2021




SEARCHING FOR CHAGA

MLC STUDENTS WENT FOR A WALK TO SEARCH FOR
CHAGA GROWING ON LOCAL BIRCH TREES

FEBRUARY 2021

MUSKOTI LEARNING CENTRE EVENT'S CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Set health challenge goals for the month	2 Connected Classrooms courses begin	3	4	5	6
7	8	9 Chocolate Making 	10 Ice Fishing 	11	12	13
14 Valentine's Day 	15	16 Process Chaga 	17 Student Appreciation Lunch 	18	19	20
21	22 Birch Harvest Preparation 	23 Hike or snowshoe 	24 Health challenge check-in 	25	26	27
28						

 For event times please phone (250-788-7368) or check in the classroom - dates & times may vary depending on weather/attendance.



Saulteau First Nations
Employment & Training
Department.

Here to Assist You
Monday to Thursday
from 8am to 4:30pm

Tonia Richter
trichter@saulteau.com
236-364-2008



Driving Classes with
Top Class Driving School
If you have your "L" and needing practice
behind the wheel for your "N" this is the
program for you.

Starting March 8th, 2021

Sign up by emailing
Tonia Richter
trichter@saulteau.com
or call 236-364-2008

*Saulteau First Nations & BC
Hydro Partnership*

Muskoti Primary Program

What we offer:

- ❖ Small class sizes with a BC certified teacher Pre-K to Grade 1
- ❖ Full day play-based individualized academic program for ages 4, 5 and 6
- ❖ Our local First Nations culture and language 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.
- ❖ Great reviews from former parents and kids who want to stay!
- ❖ And so much more ...

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

Attention fellow band and community members:

Do you or someone you know have a child turning 4 by December 31, 2021 or entering Kindergarten or Grade 1 in September? If so, please contact us for a registration form ASAP to register your child in our upcoming school year in full-day K4, Kindergarten and Grade 1 class. We limit class sizes to provide the best quality of education we can so 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 to love to do. Our field-trips and local bussing enhance our program.

If you have any questions please feel free to contact our classroom teacher Cody Schlamp at 250-788-7361.

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

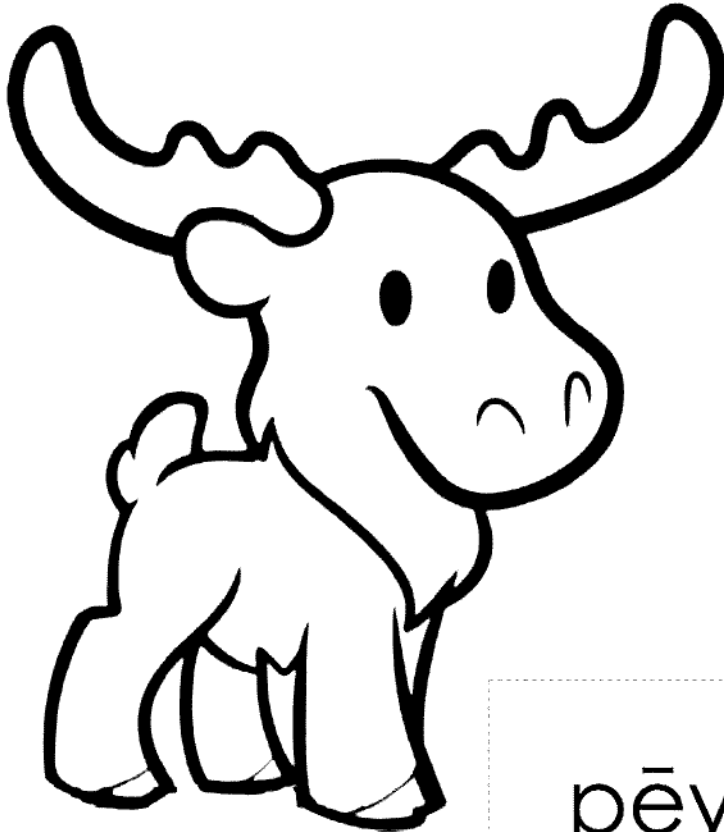
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Deschambeault Learning
akihtāsona

akihta masinipayiwina. masinaha ēwako
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1

pēyak



pēyak mōswa

1 1 1

pēyak



Māskwa

Bear

The Membership Committee Board
is looking for a

Davis Family Representative

Please send a letter of interest to

Norma Podolecki at npodolecki@saulteau.com

and Chief *Justin Napoleon* at jnapoleon@saulteau.com

Questions? Call Norma at (250) 788-7283



North Wind Supplies is Now Hiring!

North Wind Supplies is a new business in Chetwynd with a goal of being the region's leading provider of quality consumables and maintenance, repair, and operational supplies to contractors, oil and gas developers, mines and other companies delivering infrastructure projects throughout the Peace River region. North Wind Supplies is committed to offering high-quality industrial products with first class services at fair market prices.

As a new retail store, we want to hire the best and most promising individuals to join our team. Currently we are seeking qualified applicants for the following roles:

Front Counter Staff

You will foster relationships with our customers, suppliers, and visitors. Ideally, you have excellent listening skills as demonstrated by your ability to understand what our customers want. You have a curious mind and want to understand as much as you can about our products and our customers. You are patient, positive and calm – welcoming customers not only as they come into the store, but as they ask questions and try to understand product offerings.

Receptionist

You will be the first point of contact for our customers, suppliers, and visitors. You are our ambassador. You thrive in a dynamic, people oriented environment and enjoy saying a warm and friendly hello to everyone you meet. You take pride in your work, enjoy creating a tidy and presentable office, shine when supporting others and provide a calming presence.

Shipper-Receiver

The Shipper-Receiver will perform and/or supervise general physical activities to load, unload, sort and move shipments by hand or using material handling equipment. The Shipper-Receiver is also responsible for verification, acceptance, counting, and inputting into the inventory system all incoming goods and their condition.

Small Engine Mechanic

The small engine mechanic will perform a range of skilled repair and maintenance work on small engine equipment. Responsibilities include inspection, diagnosis, and repair of mechanical and electrical issues on equipment such as chainsaws, lawn & garden equipment, plate tampers, etc. You will be expected to coordinate the timing of repairs with parts suppliers and customers. In addition, our customers need hydraulic hose repairs. Experience in this area is welcome and wanted. You will be responsible for ensuring quality service and high levels of customer satisfaction.

General Labourer

The General Labourer will assist in the Industrial warehouse, small engine shop, and in the storage yard of North Wind Supplies. The general labourer should be able to work alone with minimal supervision or as part of a team.

Interested parties may send their resumés to hr@northwindsupplies.com

Check out our full job postings on Work BC's Job board <https://www.workbc.ca/Jobs-Careers/Find-Jobs/Jobs.aspx> or our Facebook Page facebook.com/northwindsupplies

North Wind Supplies is located at 4831 S Access Rd, Chetwynd, BC V0C 1J0

Thank You!

On behalf of Saulteau First Nations, we would like to shout out and give a special thank you to the *Electronic Recycling Association* (ERA) for generously donating 12 laptops to help support our teams with working from home during this uncertain time in the world.

The ERA is a non-profit organization committed to reducing unnecessary electronic waste by recycling and repurposing used electronics.

“As stewards of the land we will ensure that the best sustainable practices are followed, now and in the future.”

-Our Vision

Thank you for your generous donation and aligning with Saulteau First Nations commitment to the environment and sustainability.



electronic.recycling.association

Thank You

Art Napoleon

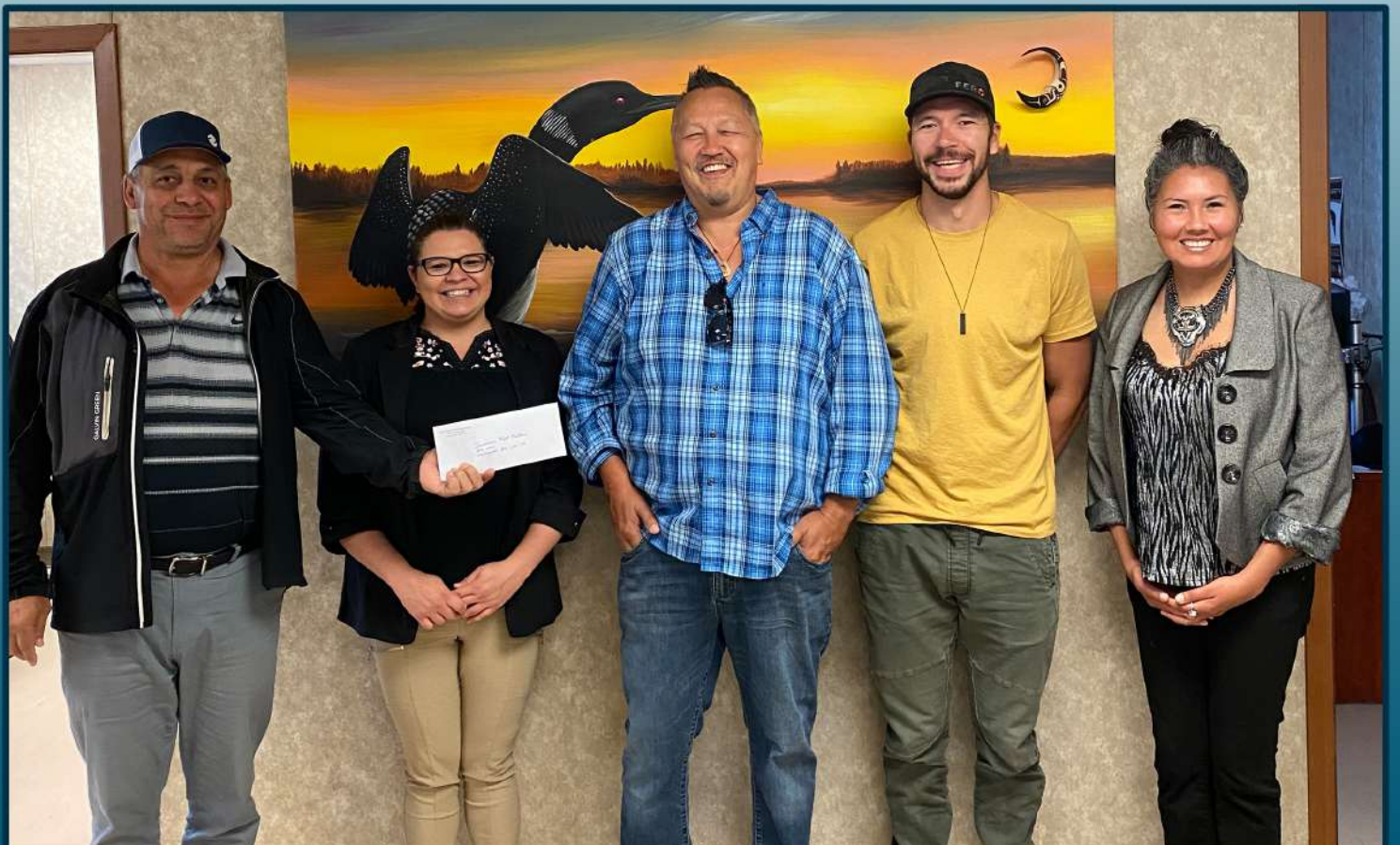


Last year during our first hearing of COVID-19, we were concerned about the wellbeing of our nation and supporting our community.

Art Napoleon generously donated \$1000 to help ease those concerns.

A portion of this donation went towards our community garden. Another portion went to our Health Centre, who used the funds for food security and also created programs like canning for our community members.

Art, thank you for your donation towards food security when we were heading towards uncertain times. The nation and council thanks you for your support.



Happy Birthday



Luke Sorell - February 2nd
Gloria Morris - February 9th
Coby Sorell - February 18th
William Townsend - February 26th

Love Popa Doug and Grandma Melva Sorell
XOXOXOXO

Happy Birthday to auntie Melanie Gauthier
February 7th

Love Falon, Ben and kids

*Happy
Valentine's
Day*

Happy Valentines Day to my one and only
love Ben Courtoreille

Love your Fiancè Falon Gauthier

Kathleen Letendre - January 14th

I want to wish my aunt Kathleen Florence
Letendre a happy 71st birthday and many
more!

She has a good heart, given people food,
clothes, and lots of love.

