



Winter Issue:

- 6 Land & Home**
Make sure you and your family are prepared for emergencies
- 10 Health & Wellness**
A collection of health tips for the winter season

Dust'us

Nak'azdli Whut'en – Quarterly Newsletter



Welcome to Nak'azdli Whut'en

Nak'azdli Whut'en is a holistic community that believes in maintaining and enhancing traditional values by learning, living and teaching our culture and heritage. Nak'azdli is vibrant and self-determined – a community made up of diverse individuals and businesses working together to promote education, health and economic progress.

We challenge the future.



Nak'azdli Whut'en

We challenge the future.

VISION STATEMENT

"To Become a Stronger, Self-Governing
Dakelh (Carrier) Community
Supporting our Culture and Heritage
Through Education, Healthy Life Styles
and Economic Progress."

NAK'AZDLI COMMUNITY PLAN
"Made by Nak'azdli, For Nak'azdli"

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Nak'azdli Whut'en Membership & Registration



Indian Registration Administrator (IRA) Report

Hadih Nak'azdli Whut'en Membership

This year has been busy; both in the workplace and the community with so many different events happening. We all need to make sure that we do self-care for ourselves as well as look after each other. May the Creator Bless us all with compassion, kindness, and wisdom to continue moving forward in life.

Wills and Estates

I am still doing Wills and Estates and have packages here at the Band Office. Please call and we can meet and review what you require for your Will.

Transfers

We have Seven (7) Applicants that are on their Probationary Period for Transfer to Nak'azdli Whut'en and they are as follows:

- | | |
|---------------------|-------------------------|
| 1. Sharon Aslin | 5. George Joseph Sr. |
| 2. Candace Erickson | 6. Lewis Joseph (Minor) |
| 3. Jayden Isaac | 7. Sadie Prince (Minor) |
| 4. Joshua Isaac | |

IRA Duties

As the IRA my duties are to assist if you had a Birth in the Family, Death in the Family, had a name change, got Married or Divorced, or want to Amend any information on your Registry.

Please call me at 250 996-7171 extension 233 to set up an appointment.

According to Indigenous Services Canada (ISC), this is how long paperwork can take:

1. Birth or Registrations can take between 6 months – 2 Years
2. Death Reports can take 6 months – 1 Year for an Executor\Executrix to be named
3. Amendments can take 6 – 12 months to be updated

In the past year I have completed a series of different training sessions with Indigenous Services Canada (ISC) and am waiting for some equipment to be sent to the IRA Department to assist with making reporting for ISC faster as well as processing applications for Birth Registrations, CIS and SCIS Status Cards and Amendments to personal information.

Also, do you know what your Category for Registration is and what it means for your children, please call me and we can meet to discuss.

I am watching the Federal Government to Parliament Sessions for the Second Reading of Bill C-38 and I am working on what this will mean for the membership once this Bill becomes law. If you want more information on this Bill C-38, please call me and we can chat about it.

May you all have a Merry Christmas and a Happy New Year.

Leona Thomas, IRA

Nak'azdli Whut'en

Phone: 250 996-7171 ext. 233

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Nak'azdli Whut'en Land & Home



SEVERE WINTER WEATHER & STORM PREPAREDNESS



SMOKE ALARMS AND FIRE EXTINGUISHERS AVAILABLE

Do you need a new
Smoke Alarm or a
Fire Extinguisher?

Text or call the EOC
(Emergency Operations
Centre) at 250-996-3370
and we will get you one!



BE PREPARED!



Winter Safety

Its that time of year again. Winter weather conditions can quickly become dangerous with little or no warning.

Make sure you are prepared
for severe winter weather
and storms when you're
out on the road:

- Ensure your vehicle is ready for winter with proper maintenance
- Install your winter tires. They provide better traction in cold temperatures and in snow, slush, and icy conditions.
- Keep your gas tank at least half full at all times

Create a vehicle emergency
kit with winter-specific
items like:

- Windshield scraper
- Shovel
- Antifreeze and windshield washer fluid
- Tow rope
- Extra items to stay warm (mittens, hat, blanket)
- Booster cables
- Reflective clothing

Follow DriveBC for travel advisories
and road conditions.

Emergency Operations

The 2023 Wildfire season ensured that the Emergency Operations team was kept busy this summer. Your safety is always our primary concern. In response to the Wildfire risk poised to our people and territories Nak'azdli Whut'en and the District of Fort St James activated a joint Emergency Operations Centre (EOC) on July 12th, 2023. This was the first time we have activated a joint EOC, and we are pleased to report that it was a successful venture. The EOC was demobilized on October 10th, 2023 and the team will be doing a full debrief to build on our

successes and ensure that we are prepared for future emergencies. Nak'azdli wasn't the only Nation that was impacted by the wildfires this year. We were able to provide support and assistance to Yekooche when they were displaced by the Whitefish Fire. As part of the learnings from this event Emergency Operations is working on building our internal capacity to provide evacuees with the support that they need in emergency situations. We are recruiting for members of an Emergency Support Services Team.

RECRUITING ESS VOLUNTEERS
KEEP OUR NATION STRONG,
JOIN NOW

What can you expect as an ESS volunteer?

- You will help provide emotional care and comfort within an emergency shelter, community reception centre, community recovery centre or through outreach activities in the community.
- You will work with your team and community partners to register evacuees and provide access to services such as shelter, food, and clothing.
- We are seeking team members who can provide support in Dakelh.
- You will be provided with training, education, and support to ensure that you are comfortable with the work before an emergency arises.

When an emergency or disaster strikes, our local Emergency Support Team (ESS) will be there to help.

How do I Apply?

Call or text the Emergency Planning Coordinator
Joan Burdeniuk, phone:
250 996-3370

Email:
eoc@nakazdliwhuten.ca

We can answer your questions and share more about the program.





For more information, please visit our online Health Centre:
nakazdliwhuten.ca/departments-services/health-centre

HEALTH TIP

Non-alcohol drink

4 cups cranberry juice

2 cups of pineapple juice

2 cups of orange juice

Mix and store in pitcher in fridge

Fill glass to half and add sparkling water

HEALTH TIP

Non-alcohol drink

Over the top hot chocolate

70% dark chocolate hot chocolate mix.

Mix according to package directions

Pour into cup and add 1 scoop of vanilla ice cream

Add mini marshmallows (optional)

If pregnant limit your caffeine intake

Nak'azdli Whut'en

Health Tips:

HEALTH TIP
REDUCE STRESS
TAKE A BREATH



HEALTH TIPS REDUCE STRESS THIS HOLIDAY SEASON

- GO FOR A WALK
- HAVE A WARM BATH
- TALK TO A FRIEND
- REMEMBER TO BREATHE
- LISTEN TO MUSIC
- HAVE A CUP OF TEA

**GET YOUR
FLU SHOT**

Pregnancy Health Tips:

- Talk to your care-giver about prenatal vitamins
- Plan to attend Childbirth Preparation Classes

Call the Health Centre to talk to a Prenatal Nurse for dates:

250 996-7400

HEALTH TIP BABY'S GROWING





Notice of Office Closure

**WE WILL BE
CLOSED FOR**

HOLIDAYS!

—
December 22nd –
January 7th 2024



Wishing everyone a
Merry Christmas &
a Prosperous and
Healthy New Year

—
on behalf of
Nak'azdli Whut'en
Chief, Council,
and Staff

Hadih Nak'azdli Whut'enne,

I am grateful to all the members that gave their feedback and completed our survey in the past couple of months. The lucky winner of the lift of lumber that was donated by West Fraser/Fraser Lake Sawmill was Lonny Prince. Congratulations Lonny, hope to see your cabin started soon.

Musi to Andrew Ambery, Operations Supervisor & Woodlands EMS Coordinator for delivering.

"West Fraser (Fraser Lake Sawmills) is proud to work with Nak'azdli Yinka Huwunline and Nak'azdli Keyoh's. We hope that the lumber supports practicing and strengthening culture. We look forward to working with you more in future - Musi."



Also, I would like to Thank Omineca Jack, Keyoh Enhancement Support Worker for all the hard work she has put into the survey.

Keyoh Liaison, Ramona Prince

A festive poster for a Community Christmas Dinner. At the top left is a cartoon Santa Claus. The background features a large, glowing Christmas tree. The text is centered and reads: "NAK'AZDLI WHUT'EN Community Christmas Dinner". Below this, it says: "You are invited to a delightful evening filled with delicious food, good company, and holiday cheer." The date and time are listed in red: "on Sunday, December 10, 2023 1:00pm - 4:00pm @ Kwah Hall, 120 Highway 27, FSJ." A quote follows: "We look forward to celebrating this special season with you and your loved ones." At the bottom left is a circular logo with a cross design and the text "NAK'AZDLI WHUT'EN". At the bottom right is a "MERRY CHRISTMAS" graphic with red and gold ornaments and pine branches.



NORTHERN CAPITAL vs VIT

JAN 19. 6:00PM
ERNIE SAM MEMORIAL




JAN 20. 6:00PM



LAMBS vs ROCKET



Indigenous Pre-Cadet Training Program

Throughout the COVID-19 pandemic, our paramount concern has been for the health and safety of our ITP Candidates and those attending the academy as we continue to implement best practices in collaboration with provincial and federal health authorities.

The Indigenous Pre-Cadet Training Program (ITP) offers Canadian Indigenous people, between the ages of 19 and 29, an opportunity to experience a modified three-week Depot training experience within the RCMP at the RCMP Training Academy in Regina, Saskatchewan.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work could entail," says Cpl. Maureen Greyeyes-Brant, who was a graduate of the program and is now the National Coordinator.

Dates: TBA

Now accepting applications for the 2024 session!

Deadline: December 15, 2023

For more information contact:

BC RCMP - E Division
Cpl. Rebecca Munro rebecca.munro@rcmp-grc.gc.ca

You'll learn:

- › An introduction to the Criminal Code and RCMP policy
- › Physical fitness and drill
- › Skills to help prepare you to apply to be a police officer

Basic Requirements

- › Be between 19 - 29 years of age
- › Be of First Nation, Inuit or Métis descent
- › Be a Canadian citizen
- › Be able to pass an enhanced reliability security check
- › Be in good physical condition
- › Possess a Canadian high school diploma or equivalent

I'm excited to be able to one day become an RCMP officer and inspire more to join to show that we can make a difference in society.

Phoebe Niviasiaq, Nunavut



ONGOING ACTIVITIES



DAY	ACTIVITY	TIME	LOCATION
Mondays	Free Gym	2:00 – 6:00 pm	Kwah Hall
	Basketball	6:00 – 8:00 pm	Kwah Hall
	Cultural Arts and Activities		Cultural Centre
Tuesdays	Cooking	1:00 – 6:00 pm	Youth Centre
	Free Gym Night	6:00 – 8:00 pm	Kwah Hall
	Cultural Arts and Activities		Cultural Centre
Wednesdays	Free Gym	2:00 – 6:00 pm	Kwah Hall
	Basketball	6:00 – 8:00 pm	Kwah Hall
	Game Night	1:00 – 6:00 pm	Youth Centre
	Cultural Arts and Activities		Cultural Centre
Thursdays	Drumming & Singing	6:00 – 8:00 pm	Youth Centre
	Taco Thursdays (every 2nd Thurs.)		Youth Centre
	Uloo Khoh Drop-in	10 am – 12 pm	Kwah Hall
	Cultural Arts and Activities		Cultural Centre
Fridays	Elder's Tea	12:00 – 2:00 pm	Nak'azdli Health Centre
	Elder's Breakfast (1st Friday of month)	9:00 – 1:00 pm	Nak'azdli Health Centre
	Movie Night		Youth Centre
	Baking with Winnie	10 am – 3 pm	Youth Centre
	Cultural Arts and Activities		Cultural Centre



For more information, visit the Events page on our website: nakazdliwhuten.ca/events-0

NAK'AZDLI WHUT'EN – STAFF CONTACT INFORMATION

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8 am - 4 pm M-F
Closed 12 pm-1 pm for lunch

QUESTIONS & FEEDBACK:

Please e-mail Events & Communications
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