

Kwanlin Dän Ch'a



Kwanlin People of Whitehorse, How are you?



WHAT'S INSIDE

- 2 Chief's Message
- 4 Hunting with Principles
- 8 Consultations for Community Lands Plan
- 12 Blue Feather Music Festival
- 16 Minto to Moosehide: My Summer Canoe Trip
- 19 Exciting Summer for Youth Recreation Programs
- 22 Events Calendar

Cover photo

Youth embarked on a number of canoe trips this summer, including paddling the Yukon River from Minto to Dawson.

Photo by Tamika Charlie.

Full story on page 16.

Message From Chief Doris Bill



Photo by Alistair Maitland

A good approach in life is to do our best to make a positive impact on the people, places and things we encounter. This approach has been one of the guiding principles of both councils I have had the opportunity to serve and work with.

As 2018 draws to a close, there is no doubt our community has been on a roller coaster. We have had our high points, but we have also experienced lows — particularly when it comes to the loss of loved ones. To the citizens experiencing pain in their families, know that our hearts are with you and that Council remains committed to working with the RCMP in hopes of securing answers for those with unanswered questions.

I can't help but reflect that so far 2018 has been a remarkable year for advancing our strategic vision. Here are some highlights about what your government has been up to:

- The Lands and Resources department continues to develop legislation and policies that will bring the KDFN Land Vision to life.
- The Chu Níkwän Development Corporation recently sought, and

successfully received, a zoning amendment for a hotel on the waterfront beside the Kwanlin Dun Cultural Centre.

- A new multi-purpose building is being constructed next to the Nàkwät'à Kù Potlatch House.
- Our community just completed a week-long design festival for a new administration building.
- Child welfare services will increase, and this government continues to work with its partners to find meaningful solutions for vulnerable people.

For more information please monitor the KDFN website, Facebook, newsletter and please attend and give input at our community meetings.

On behalf of Council, I extend my deepest appreciation to the many KDFN citizens who serve on our boards and committees; to those who have attended and provided input on various initiatives; to the Elders and youth who continue to be our strongest ambassadors; and I hold my hands up to the staff for their commitment to this nation. We could not do all this great work without you.



Photo by Alistair Maitland

General Assembly

This fall's General Assembly will be held at the Kwanlin Dun Cultural Centre on **October 27 and 28, 2018**. This year's theme is *Shrō Kwàthän Nj j – It is good to see you*.

Everyone is encouraged to attend this important event and have your voice heard!

This year, Kwanlin Dün First Nation will award several door prizes at the General Assembly. Eligibility for the draw is based on attendance throughout the meeting of the General Assembly.

Over the course of the weekend, there will be headcounts and names will be recorded at the beginning of the General Assembly and also every time a quorum of citizens (40) is required.

A Story of Gratitude

Late one night this past winter, Whitehorse resident Darcy Laliberty learned of a moose that lay dead on the side of the Alaska Highway near Cousins Airstrip.

Darcy arrived at the scene without the knowledge that anyone else was coming. He called conservation officers, and was told KDFN citizens were on the way to harvest the meat. "So I waited for them," he said. "They showed up and I told them the moose was a cow, it was still warm and I thought it was pregnant."

The citizens who arrived were councillors Ray Sidney and Dennis Calbery, and Rick and Charlie O'Brien. Ray recognized Darcy as his daughter's school bus driver. When Darcy asked if he could stay and help, they said yes.

After moving the moose off the highway, "Boom," said Darcy. "Everybody knew what they were doing. I was astounded with how quickly they processed the moose into pieces, then had it in bags and in the back of the truck."

"They used every single part. I was blown away with not only the speed in which they worked, but with how careful of the animal they were."

From the first cut to the last, and in the dark, it took about an hour to harvest the moose and two calves, which were set aside for Elders. "The only thing left over was blood and a little bit of the guts," said Darcy.

When the work was done, every man gave thanks to the animal and to the Creator in their own way. "We offered up tobacco, we each said prayers and asked the spirit to go where it needed to be," said Ray. "We hung the moose's eyes in the trees so she could see where she was going."

Following the traditions they were taught, other important parts of the moose were hung in the trees as well.

"It was an amazing experience," said Darcy. "I never thought I'd be able to be included in something like that. It was an honour and

I was humbled."

"I thanked them for the honour of being part of it."

As the months went by, Darcy and Ray would say hi and chat at the school bus stop where Ray meets his daughter. One day, Ray walked up to the bus and gave Darcy a bag of meat from the moose they harvested together.

It was an amazing experience...
It was an honour and I was humbled.

– Darcy Laliberty

"It was awesome," said Darcy. "I didn't expect it – what a cool thing to do. Super classy."

When Darcy expressed his gratitude, Ray took to the opportunity to show his own to the man who drives his daughter's school bus. "You get my kid home safe every day," said Ray. "And I thank you for that."





Photo by Edna Knight

Hunting with Principles

For more information:

Dave Sembsmoen
867-633-7800 ext.114
dave.sembsmoen
@kdfn.net

When it comes to hunting, we all have to do our part to maintain healthy wildlife populations. Healthy wildlife populations have sustained the Kwanlin Dün people since ancient times and hunting and fishing remains very important today. But in recent times, moose have been harvested at unsustainable rates. There is also a growing concern about the health of sheep populations.

The Land Vision reminds us of our shared values around wildlife stewardship and our relationship to the land. The Land Vision was passed by Council in 2016 and was finalized this summer. Let's remember these values and principles when we're out hunting this fall.

A Goal of the Land Vision is: To conserve areas of high ecological value and maintain the health of wildlife populations.

Some of the Guiding Principles of the

Land Vision are:

Respect: The land and all animal life must be respected. Decision-making and the use of land must reflect a respectful relationship with the land.

Caring for the Land: People have a responsibility to care for and protect the land.

Considering Future Generations: All land use and decision-making must take into consideration the ability of future generations to continue to benefit from the land.

Attempts are being made to recover and better manage some of these impacted wildlife populations throughout the Traditional Territory, particularly near developed areas and in those areas accessible by road. You can do your part by making responsible choices when you hunt.

Moose Survey Underway in Laberge area

Nobody has ever conducted a moose survey in the Laberge area before. Moose numbers are currently estimated based on surveys from surrounding areas. To get a more accurate read on the area's populations, Environment Yukon is currently working with Kwanlin Dün and other local First Nations as well as the Laberge Renewable Resources Council to carry out a moose survey in the

Laberge area (Laberge Moose Management Unit). Being close to Whitehorse and easily accessible by river and road corridors, moose harvests in the area has been slowly increasing over the last number of years. This survey will help governments assess current moose harvest and potentially identify actions that may be taken to ensure healthy moose populations for future generations.

UPDATE: Southern Lakes Caribou Hunting Moratorium

The KDFN government, as a partner of the Southern Lakes Caribou Recovery Program (SLCRP), asks citizens to continue to not harvest caribou in the Southern Lakes region. Before hunting is ever to be opened again, a planning and management framework must be developed that is guided by First Nations' traditional knowledge, values, culture and history. A steering committee that includes KDFN has recently been formed to guide these collaborative management planning efforts.

The partners of the program are also currently updating information about the Southern Lakes caribou, including the Carcross, Laberge, Ibex, and Atlin herds. Surveys by helicopter will occur in October and a large-scale GPS collaring effort will occur over the winter. The GPS work will update population estimates and the herd range boundaries, and map important habitats and migration routes.

Background: In the early 90s, residents of Carcross rang the first alarm bells for the health of the Southern Lakes caribou. Meetings with six First Nations, local governments and biologists resulted in the creation of the Southern Lakes Caribou Recovery Program (SLCRP), a collaborative plan to recover the once strong populations of caribou.

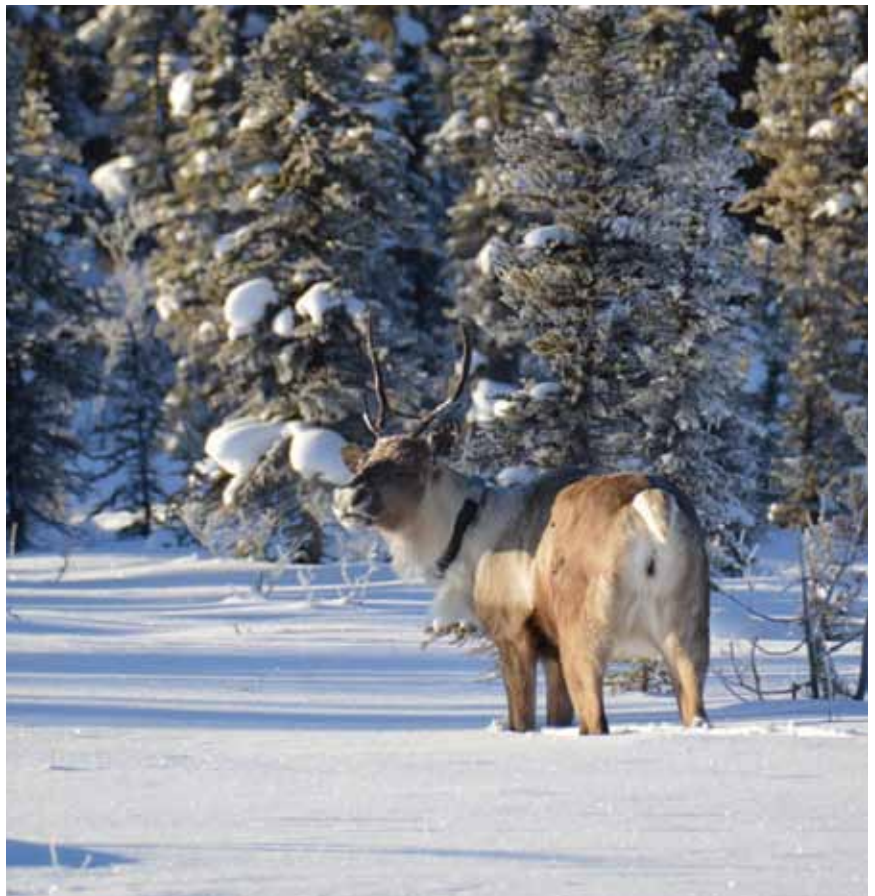
They faced many challenges. The caribou's critical wintering ranges are located around rapidly developing areas: the City of Whitehorse, rural residential, and small towns. With increased population comes increased hunting pressure made easier by an expanding trail network and all-terrain vehicle use. Caribou are also drawn to de-icing salts on roads and are frequently killed in vehicle collisions.

The SLCRP adopted an approach that was the first of its kind in Canada. The

First Nations people who had relied on a caribou harvest for thousands of years took the massive step of voluntarily conceding their constitutional right and closed their own subsistence harvest. The Yukon government also closed all licenced harvest of Southern Lakes Caribou. Government biologists began collaring studies that provide important data about caribou movements on the land. First Nations developed their own monitoring program, sending out game guardians to both monitor and educate the public.

As a result of these collaborative efforts, the SLCRP has been a success. While the work is far from finished, Southern Lakes caribou have increased from only a few hundred in the 90's to approximately 2000 animals today.

If you have questions or concerns or you would like to report an incident, contact KDFN Lands & Resource Operations at 867-633-7800 ext. 144.



Michie Creek Salmon and Habitat Monitoring Project (1999-2018)

For more information contact KDFN Lands & Resource Operations at 867-633-7800

For over 20 years, KDFN has been monitoring the spawning populations of chinook salmon at the outlet of Michie Lake. Although counts have varied over the years, there is an overall declining trend. Counts have been generally lower over time.

Another aim of the project is to maintain continued access of migrating adult chinook salmon up Michie Creek to the primary spawning location at the outlet of Michie Lake. Over the years, technicians employed by the project, including several KDFN citizens, have removed many potential barriers such as beaver dams and log jams over a roughly 20 km stretch of creek.

The Chinook spawning population in Michie Creek is monitored each year by counting redds. Redds are depressions

made in the stream gravel by female fish where eggs are deposited. The number of adult spawners and carcasses found at the spawning site are also counted. Coded wire tags are collected from spawned-out carcasses that originated from the Whitehorse Rapids Fish Hatchery. Data from these collections indicate that the hatchery program is working as a fair number are returning to spawn.

The Michie Creek spawning site is Yukon's only chinook spawning location where environmental conditions have been documented over decades. The Michie Creek spawning population is important as it is one of the longest migrations of Chinook salmon in the Yukon Drainage Basin. It has significant threats including migrating through intensive fisheries on both sides of the border and then traveling through the Whitehorse Dam, both ways.



Photo: HOL Chainsaw safety course participants enjoyed beautiful September weather.

Submit a Hide for Winter Tick Study

Researchers at the University of Toronto Scarborough and the Government of Yukon are asking for hides from moose, caribou and deer that have been hunted or road-killed, to help study the effects of winter ticks in Yukon. Your hide will be undamaged and can be returned to you, upon request.

Winter ticks are blood-feeding parasites known to impact animal health. They do not damage the meat of hunted animals, and rarely bite humans. Winter ticks feed on all big deer species, but particularly moose, where they can exist in large numbers and cause hair loss, blood loss and poor body condition.

Beginning October 1, submit a hide or part-hide (neck and cape) of a moose, caribou or deer to the Department of Environment at 10 Burns Road (in Whitehorse) or to your regional Environment office. You will receive a Stanley thermos or two high-quality game bags as a thank-you for helping with this scientific research. The hide is not damaged when checked for ticks and can be returned to you.

Over the winter, please also submit any



sightings or photos of winter ticks or animals with patchy hair. These can be submitted via iNaturalist (www.tiny.cc/wintertick), the Yukon Winter Tick Monitoring Facebook page (www.facebook.com/tickymoose), directly by phone at (867) 667-5600 or email at animalhealth@gov.yk.ca.

Photo by TJ Gooliaf

Interested in representing your people?

There are many ways to get involved in decision making and moving KDFN forward. Join a board, committee or school council. There are also occasional national and international opportunities.

Submit your application, letter or resume and tell us what issues interest you. We will keep your information on file to fill vacancies.

Please visit the Executive Council Office page on our website for more information about boards and committees, the application form and boards currently seeking members.

For more information about boards and committees please call the Executive Council Office at 867-633-7800.



Consultations for Community Lands Plan

If you would like more information or are interested in an individual meeting, please contact Geoff Cowie at 867-633-7800 ext. 119.

A draft of the Kwanlin Dün First Nation Community Lands Plan has been developed and KDFN citizens are now encouraged to provide their input. Starting in late November, Lands and Resources will be holding a series of consultation events with the community. Citizens will be to identify which Community Land parcels would best be suited for community infrastructure, wildlife and heritage. These events will involve individual one-on-one meetings, small focus group discussions, as well as public workshops and meetings. All KDFN citizens are encouraged to participate and make their voices heard.

Background: KDFN has approximately 24 sq. km of settlement land within the City of Whitehorse. These settlement lands were selected by KDFN as part of its 2005 Land Claim Agreements. Those KDFN settlement lands within or near the city limits of Whitehorse are referred to as Community Lands or “C” lands. KDFN is currently developing a plan to guide the planning and development of its Community Lands.

Based upon the KDFN Traditional Territory

Land Vision, the KDFN Community Lands Plan will provide a guiding framework for the development of KDFN settlement land within Whitehorse.

KDFN has approx. 24 sq km of settlement land within the City of Whitehorse.

These Community Land parcels are to be primarily intended for economic development and to generate wealth for the First Nation. However, other values of importance to Kwanlin Dün people, such as wildlife and heritage, are also to be accommodated upon KDFN’s Community Lands.

The project will kick off with a community meeting and tour of settlement lands within Whitehorse in late November. Dates and times will be announced in time for the Fall General Assembly.

Fish Lake Planning

Lands and Resources staff are in the early stages of developing a Fish Lake Area Plan. Workshops will be held this late fall and winter for gathering input from KDFN citizens and everyone is encouraged to attend. Lands and Resources staff hope to gather existing knowledge and information, establish a clear and detailed vision for the land, and write and map it.

Elders met over three days this past June at Fish Lake to hear concerns and work towards a vision for the area. There were earlier meetings, too. Great ideas came out of these workshops.

KDFN citizens are concerned about Fish Lake. As the area gets busier with tourists and recreation groups, the negative impacts are increasing. A few examples of concerns people have:

- eroding trails
- garbage in and around the lake
- mismanaged horse, dog, and human feces
- overfishing in the lake

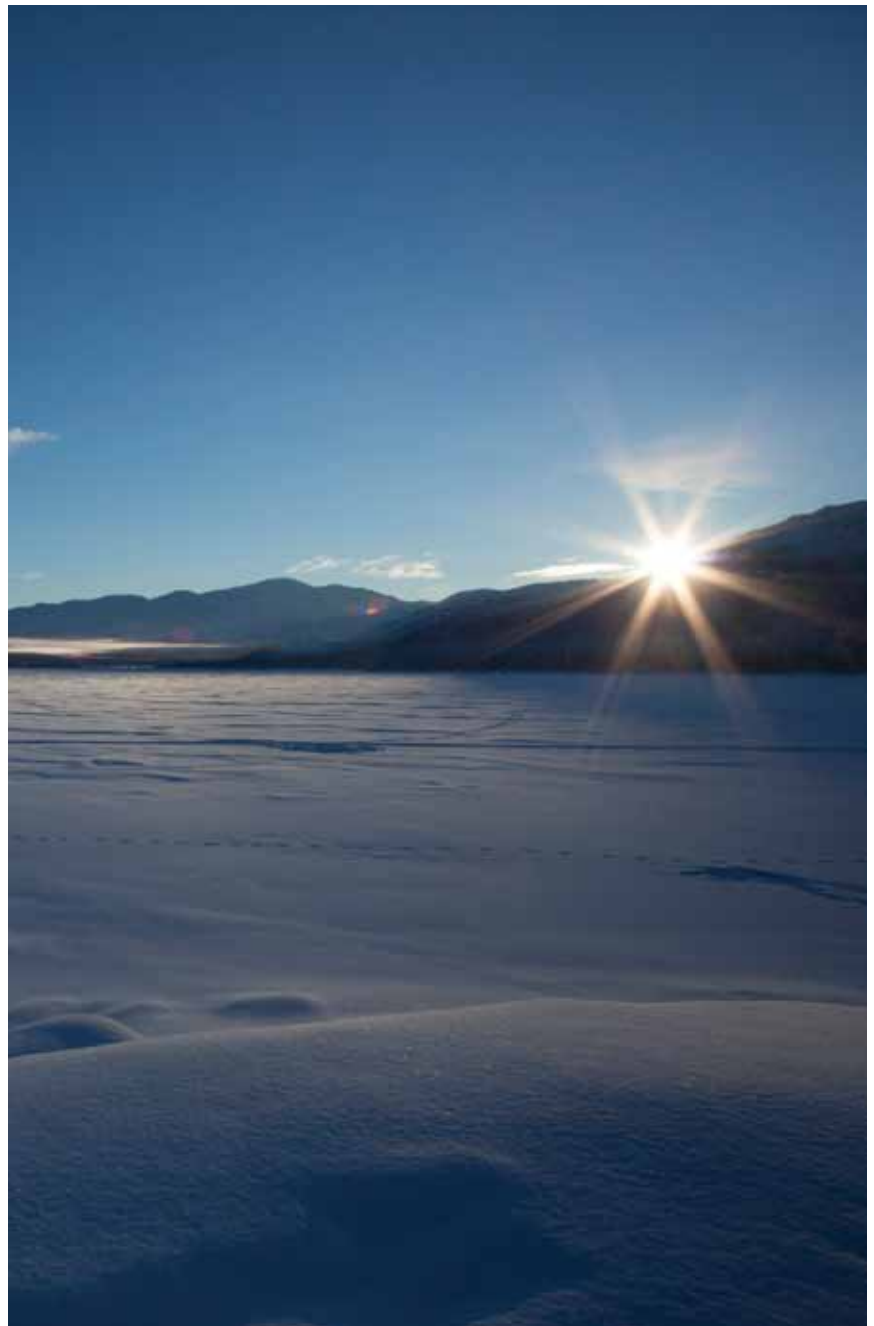
People have lived around the Fish Lake area for thousands of years. It has been a significant hunting, fishing, and gathering area for the Kwanlin Dün people for many generations. The Kwanlin Dün community continues to hunt, fish and gather in the Fish Lake area. As well, some Kwanlin Dün citizens have land parcels at Fish Lake reflecting their long-standing family ties to the area. Together, the Government of Yukon and KDFN are in the very early stages of developing a Fish Lake Area Plan.

What to expect in coming months:

- Workshops for KDFN citizens will be held this late fall and winter.
- Lands and Resources will review products from the workshops to ensure KDFN citizens have a consolidated vision that citizens support.

- YG and KDFN are beginning to discuss plan boundaries.
- A planning steering committee will be set up with representatives from both YG and KDFN.
- An official plan start-up is anticipated for the spring of 2019.
- We are at the very beginning of a multi-year process.

For more information, or to get involved, please contact Duncan Martin 867-633-7800 ext. 147 duncan.martin@kdfn.net



School-boosting Programs at House of Learning

For all programs, please contact Therese Lindsay at the House of Learning at 867-633-8422 ext 502

The House of Learning is now offering three different fun after school programs to improve reading skills and offer help with any given school subject.

The KDFN **Reading Club** is for Kindergarten to Grade 5 students. The group uses fun, educational crafts and activities to improve reading skills. It takes place Monday to Thursday from 3:00 to 4:30 p.m. at the House of Learning.

Registration is required.

The **Literacy Afternoon** is a fun program for Grade 3 to 5 students. A joint program between the Yukon Literacy Coalition and KDFN Education, it is led by a literacy specialist from the YLC and uses engaging activities and special projects to enhance literacy skills. It takes place on Tuesdays from 3:00 to 4:30 p.m. at the House of Learning, in conjunction with Reading Club. Registration is required.

The **Tutoring Program** provides one-on-one tutoring for Kindergarten to Grade 12 students to improve success at school. These sessions work with the student where they are at, providing help with any given subject, but also with homework, school projects and exam preparation. Sessions take place once a week, but can be increased dependent on the need of the student and the availability of the tutor. Tutoring is offered Monday to Thursday from 3:00 to 6:00 p.m. at the House of Learning. Group lunch sessions are offered at Elijah Smith Elementary on Tuesdays and Thursdays, and at Porter Creek Secondary on Fridays. Registration is required.

Registration forms are available on the KDFN website or at the House of Learning.



High School Students Get Top Honours

Six Kwanlin Dün students were awarded academic honours for the 2017-2018 school year: four at Porter Creek Secondary School and two at F.H. Collins Secondary School.

Porter Creek Secondary

Dontae Menzi: Grade 8 Honours

Melia Hudgin: Grade 11 First Class Honours

Tyreke Scurvey: Grade 11 First Class Honours

Ethen Pickering-Steele: Grade 12 Honours

F.H. Collins Secondary

Cassis Lindsay

Grade 12 First Class Honours

Rennes Lindsay

Grade 10 First Class Honours



Building, Learning and Becoming Brave

Katelyn Dawson graduated from F.H. Collins in 2009. Now, she's overseeing construction of the school's new weight room.

"This is my old stomping ground," she said, while reflecting on the career path that's brought her here.

In her role as Trainee Site Manager, Katelyn has been learning the management side of construction projects. "I wouldn't know what to do in the office if I didn't know how to build," she said. It's my responsibility to make sure we have the materials and tools to finish the project on time and on budget."

Katelyn has been steadily taking on more responsibility at Canyon City Construction since becoming a journeyman carpenter back in 2016. "I want to move up the chain and I have to take on more responsibility to do it," she said. "You have to go out of your comfort zone to grow."

Katelyn identifies her mom Kathleen Dawson as her role model. "She pushed me through

school. Now that I'm older, I see why she did that and I thank her for it," she said. "I'm going to do the same for my boy."

"Not everything's given to you. You need to work hard."

This past summer, Katelyn worked on projects like the Chakawana houses featured in the Spring/Summer 2018 newsletter, cedar gazebos at the Whistle Bend Continuing Care Facility, upgrades to the McIntyre ball field, and of course, the new F.H. Collins weight room.

"A great thing about working on different projects is that you're always meeting new people – good people," she said. "You go around Whitehorse and you see them everywhere."

In her new role as a site manager, Katelyn is learning new things every day, and her confidence has grown over time along with her skills. "Things that were once scary to do become normal," she said. "You become brave and think, 'Yeah, I can do that.'"

Photo: Katelyn Dawson at the F.H. Collins weight room worksite.

Blue Feather Music Festival

For more information visit bluefeathermusic.ca or the Blue Feather Facebook page.

There's an incredible line up at the 18th annual Blue Feather Music Festival taking place Friday November 2 and Saturday November 3 at the Yukon Arts Centre. Over the two-day music extravaganza, world-renowned rock and blues musicians like Buffy Sainte Marie, Stevie Salas, Phillip Sayce and Russ Dwarf (from the Killer Dwarfs) to name a few, as well as Yukon's own talented Diyet will be gracing the stage.

This year's theme is "Walkin the Talk." Gary Bailie, founder and volunteer organizer for the festival says "It's about keeping your word and living your truth."

There will also be a film screening on Sunday at the Nàkwät'à Kù Potlatch House. The film is "Rumble: The Indians Who Rock the World," a documentary that tells the story of the numerous indigenous musicians who have influenced some of the greatest rock stars. "We're not using the Cultural Centre for this. We're bringing it right into the community because this is where the people are who need to see it," says Bailie.

Many of the musicians playing at the festival have played with the "greats." Stevie Salas is playing with two musicians who play with the Rolling Stones: their backup singer and their bass player. He also has the drummer from White Snake in his ensemble. On Saturday, there's

Bumblefoot, former guitarist for Guns n' Roses.

But the festival isn't just about catching world-stage rock and blues for a low-cost. The festival has always had a higher cause: it's a substance-free event that promotes hope and healing through music and community.

"Community is about common unity," says Bailie. "Music brings us together. It has a lot of power. Good power. And music and the arts are healing tools and we are trying to encourage people to walk that path."

Blue Feather is a non-profit society and thanks Arts Operating Fund, Lotteries, Heritage but would not be possible without the support of the Kwanlin Dün community and government.

Tickets are on sale at Yukon Arts Centre). Screening at potlach house is by donation. For more information visit bluefeathermusic.ca or the Blue Feather Facebook page.

Tickets:

Adults	\$40
Students and Elders	\$30
Kids	\$20
Weekend pass	\$70

Employment Opportunities at Kwanlin Dün

Check out the Employment page on our website regularly for job postings. Please visit Kenädän Ku – House of Learning at 5 O'Brien Place for job postings in and around Whitehorse. Please ask the receptionist for a copy of any advertisement you are interested in.

Staff at Kenädän Ku can also help with guidance and training to reach, or set your educational and employment goals such as career and life planning, action plans, job readiness coaching, resume development and update, and employment retention plans.

For more information please visit **Kenädän Ku – House of Learning** or call **867-633-8422**.



2018
Blue Feather
MUSIC FESTIVAL
WALKIN THE TALK

 Yukon Arts Centre

2

3

**FRIDAY
NOVEMBER**

**SATURDAY
NOVEMBER**

**BUFFY
SAINTE MARIE**
PHILIP SAYCE
**DIYET
& THE LOVE SOLDIERS**
JACK HULLAND
HAWKS DRUMLINE

**STEVIE SALAS
WITH BERNARD FOWLER
/ ROLLING STONES**
RUSS DWARF
**BUMBLEFOOT
FEVER**

Adult - \$40. Kids - \$20.
Students / Elders - \$30.
Weekend Pass - \$70.

Tickets @
Yukon Arts Centre
& Yukon Apparel

Doors Open @ 6:00pm Feast Begins @ 6:30pm Show Starts @ 7:30pm





River Nation

By Aurora Hardy

Yukon Indigenous and non-Indigenous youth participated in a 13-day expedition last July, travelling by land and water from Whitehorse to Moosehide. Called River Nation: Journey Through the Bloodlines, the group travelled by land and water down the Yukon River to learn about and celebrate Yukon First Nation history, culture, and governance while connecting to the land and water.

Youth aged 16 to 30 participated in the trip, plus a team of filmmakers from Carleton University to document the experience. “It was a healing journey,” said youth participant Paige Hopkins. “I learned a lot about the land, Indigenous culture, spirituality and myself.”

Participants travelled in canoes and riverboats stopping to visit Yukon communities along the river. The group made stopovers at Upper Laberge, Helen’s Fish Camp, Lower Laberge, Hootalinqua, Big Salmon, Little Salmon, Carmacks, Five Finger Rapids, Minto Creek, Fort Selkirk, Kirkman Creek, and Ancient Voices Wilderness Camp before arriving at the 2008 Moosehide Gathering. “The communities welcomed us graciously,” recalls Hopkins. “And we were honoured

to have celebrated with Elders, leaders and the communities on our journey.”

The expedition was organized by KDFN Youth Advisory Committee to Council, Shākāt Journal and the Youth of Today Society as a way to reflect on 25 years of Yukon Land Claims. A variety of guests met them along their route to share teachings and stories.

“The river trip meant a stronger connection with the land and myself, seeing all the eagles follow us all the way down, for me that meant good luck and positive energy,” participant Jasmin Bill recalls. The group also learned about how their ancestors lived along the river. Bill wanted to experience how “long ago people” did laundry so she decided to wash her clothes in the river. “It was kind of hard. Rubbing the rocks together with my clothes and soap was like traveling in time.”

Being out on the land and working as a group to achieve a common goal brought participants of the trip together. “The youth that were on the trip gained confidence, and the land and the river connected us all,” Hopkins reminisces. This trip could not have been made possible without the support from sponsors, organizers, support staff and our Youth.

Flu Season is Fast Approaching

Here are some FAQs with info that can help you stay healthy.

1. What causes flu?

The flu is an infection of the nose, throat and lungs. It is caused mainly by 2 types of viruses: influenza A or influenza B.

2. How is flu spread?

The flu spreads easily from person to person. Even before you notice symptoms, you may spread the virus to others by sneezing, coughing, or talking. You can become infected if droplets contaminated by the virus land on your nose, mouth, or eyes.

Infection can also happen if you touch any of these body parts after touching objects contaminated by infected droplets (doorknobs, phones, television remotes, someone's hands).

3. What are the risks of getting the flu?

In Canada, your risk of getting the flu is higher in the late fall and winter months.

The flu is ranked among the top 10 leading causes of death in Canada.

The flu is usually diagnosed by a health care provider based on symptoms and laboratory tests. Mild flu symptoms can be treated with rest, fluids, and medicine to reduce any fever or aches.

4. How can flu be prevented?

The best way to prevent the flu is by getting a flu vaccine, also known as a flu shot. Flu vaccine is safe and effective. You cannot get the flu from the flu vaccine. Most people do not have reactions to the flu vaccine. Severe reactions are very rare.

Everyone 6 months and older should get the vaccine. This is important for people who are at high risk of complications and those who are capable of spreading the flu to those at higher risk.

Getting your flu vaccine is a great time to make sure all your vaccinations are up to date.

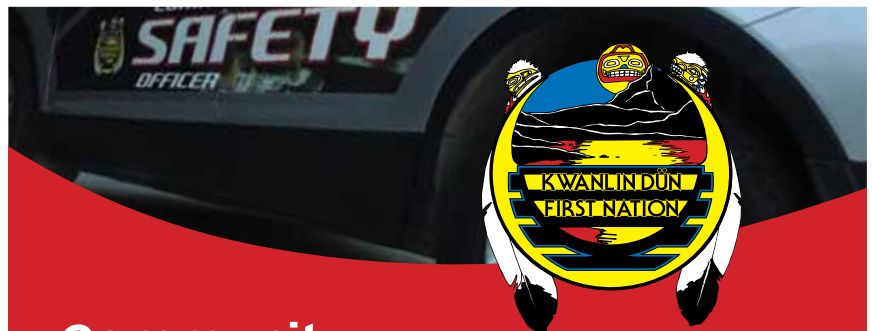
It is important that you get a new flu vaccine every year.

You can also protect yourself and those

around you from the flu by washing your hands frequently, coughing and sneezing into the bend of your arm, avoiding touching your face with your hands, cleaning objects that a lot of people touch, and eating healthily, exercising and resting well to keep your immune system strong.

If you do get sick, stay home and avoid contact with other people until your symptoms are gone.

Source: Government of Canada website



Community Safety Officers and Land Stewards

867-332-9551

Reasons to call CSOs:

- Suspicious activity
- Property damage
- Noise complaints
- Unusual traffic or people
- Unsafe activities
- Misuse of traditional territory
- Wildlife concerns
- Animal welfare

RCMP, Fire Dept., EMS and Conservation Emergency
911

Animal Control/City Trouble Line
(867) 667-2111

RCMP Non-Emergency
(867) 667-5555

Bylaw Complaint Line
(867) 668-8317

Whitehorse Fire Dept. Non-Emergency
(867) 668-2462

EMS Non-Emergency
(867) 667-3333

S.C.A.N.
1-866-530-7226 or
456-SCAN (7226)

Conservation/ Environment Canada
(867) 667-5652

Kaushee's Place
(867) 668-5733

Mae Bachur Animal Shelter
(867) 633-6019

Salvation Army
(867) 393-8322

Youth Emergency Shelter
(867) 633-7693 - 8:30 a.m. to 4:30 p.m.
Monday to Friday
(867) 633-7699 - 4:00 p.m. to 9:00 a.m.
7 days per week

Email: Elias.Park@KDFN.net
7 O'Brien Road • 9 a.m. - 5 p.m.

Photo: Nicky and Tamika enjoy an evening at camp while paddling the 30 Mile section of the Yukon River with Wilderness Wellness Expeditions.



Minto to Moosehide: My Summer Canoe Trip

By Tamika Charlie

This July, I went on a week-long Yukon River canoe trip—all the way from Minto to Moosehide—with the Kwanlin Dün Youth Recreation Department and the Youth Achievement Centre. I decided to go because it was a new experience for me to be on the Yukon River and I liked the idea of travelling like my ancestors did. The rivers used to be their highways. It was also my first time to go to Dawson City and Moosehide.

It was fun and interesting travelling on the Yukon River. I was pretty nervous because I didn't want to tip the boat—but there was no need to worry as nobody tipped on the entire trip. We saw a lot of wildlife while canoeing on the river: a bear, a deer, a cow moose with two calves, and a beaver. We also saw wolf tracks and some fresh grizzly tracks.

It was calming to be on the river. I learned patience during the long paddling days. Our longest paddle day was 80 km, but





it only took us five hours because the current was faster in that part of the river. The days were really hot, so we went swimming a lot. We even jumped off the canoe (with our life jackets on).

It was very exciting to arrive in Dawson, and then going on to Moosehide because it was my first time in both these places. What I liked about Dawson was all the old-fashioned buildings. The village of Moosehide was very pretty. The Gathering was fun—I liked seeing the performances, the regalia and all the different clans gathered there. It was interesting to see all the dancers and the cultures that were presented at the Gathering and learning about their history.

Now I can tell my family that I've paddled from Minto to Moosehide—and that'll probably make them proud. I'm proud of myself, too, because I really pushed myself paddling. You have to have a lot of muscles to do a trip like this!

The Minto-to-Moosehide trip was one of

several excursions in the 2018 Wilderness Wellness Program including several day excursions and paddling lessons as well as four other multi-day river trips. In its third year, the program had from 3-7 youth on the overnight canoe trips. There were 4 youth who participated regularly and were granted a Grade 11 Outdoor Education high school credit. The Youth Achievement Centre (YAC), together with KDFN's Jackson Lake Wellness Team and Youth Recreation programs designed this experience to provide youth with opportunities to develop leadership skills, wilderness skills, and to promote positive growth through wilderness adventure.

Photo: Heather, Tamika and Isaac relax at our campsite at Moosehide after paddling over 300 km from Minto.

Now I can tell my family that I've paddled from Minto to Moosehide—and that'll probably make them proud. I'm proud of myself, too, because I really pushed myself paddling.

—Tamika Charlie



Maori Delegation Visit

By Skyler Isaac

There's always a lot to learn from and share with other Indigenous groups, even when they live on the other side of the world. A delegation representing the Maori, the indigenous people of Aotearoa (translated: Land of the long white cloud, a.k.a. New Zealand), met with representatives from Kwanlin Dün First Nation and the Ta'an Kwäch'än Council in early August to share stories of settlement negotiations and to learn from one another.

The Maori shared the story of how their sacred Whanganui River and Taranaki Mountain have been granted personhood, a legal status in New Zealand. Because the mountain and river are considered persons in New Zealand, they legally own themselves. Additionally, the Maori can advocate for their protection against development.

A big part of the meeting was how all three groups appreciated the similarities in their histories and struggles. Jamie Tuuta talked about what happened when large amounts of settlers began to infringe on Maori land. "Settlers thought they were coming to the promised land, wondering what these Natives were doing here," said Tuuta.

"There was tension. We had war. We had land loss and disease."

One thing that Tomairangi Mareikura took from the gathering was that the journey of government settlement has been a learning curve for both KDFN and the Maori. She also hopes that the two cultures can learn from one another, offering a piece of advice: "Settlement negotiations don't have to be restrictive. There's always an opportunity to enhance relationships and get more from [your government]."

No KDFN gathering would be complete without traditional song and dance; graciously performed by Sean Smith and his young dance crew. The Maori, in turn sang two of their own songs and performed a haka, a traditional dance.

To complete the visit, the delegation was taken on tours of Youth of Today Society and the Jackson Lake Healing Camp.

Kwanlin Dün citizens present included Chief Doris Bill, William Carlick, Judy Gingell, Jessie Dawson, Sean Smith and several members of the Youth Advisory Committee. TKC Elder Hazel Bunbury was also present. The Maori delegation consisted of Pipiana Rowe, Tamahau Rowe, Tomairangi Mareikura and Jamie Tuuta.

Exciting Summer for Youth Recreation Programs

Youth Recreation had an eventful and fun summer full of activities and programs both in the community and around the territory. We had over 220 youth access twenty Youth Recreation programs from June to August.

Every week, youth headed to the McIntyre baseball diamond or the covered rink for sports and other events. After working up an appetite, it was always a highlight for the youth to build their own gourmet sandwich at our "Dugout Cafe." Our last McIntyre Field Sports session of the summer was held at Elijah Smith Elementary where we played bubble soccer and had a barbecue with family and community members.

We were excited to host Yukon College Kids' Technology and Trades Camp, for youth ages 5-13, at Nàkwät'à Kù Potlatch House. The camp covered sessions from coding to construction. Youth had the opportunity to learn about how trades and technology work together to build the world around us. This program was highly attended, seeing over 40 different youth participants from the community with a regular group of 15 youth attending all five days of the program.

Youth ages 13-18 were able to participate in Wilderness Wellness Expeditions. Partnered with the Youth Achievement Centre, we completed a number of multi-day canoe trips and treks this summer. Our expeditions covered over 650 km on rivers throughout the Yukon, including a six-day journey on the Yukon River from Minto to Moosehide. First Nations youth who participated on the trips learned the history of the waterways and got to experience how our ancestors travelled them. They also experienced first-hand the hard work that goes into spending multiple nights out on the land. (See article "My Summer Canoe Trip" by Tamika Charlie).

Youth Recreation is looking forward to a Fall and Winter full of time spent on the

Land learning from Elders and engaging in sports and other fun activities. Watch the KDFN website and Facebook page, or contact Kaitlyn Charlie at 334-8728 for details.

Photo: Emma catching a different perspective at the McIntyre Field Sports end of summer BBQ.



The Health Effects of Marijuana Use

Source: CDC
(Centres for Disease
Control and
Prevention)

It will be legal in Canada to consume marijuana recreationally starting on Oct. 17, 2018. Here are some FAQ's about its effects on your health.

1. What is marijuana?

Marijuana, also called weed, pot, dope or cannabis, is the dried flowers and leaves of the cannabis plant. It contains mind-altering compounds (THC), as well as other active compounds (like CBD), that are not mind-altering.

2. How is marijuana used?

Marijuana can be rolled up and smoked like a cigarette (a joint), a cigar (a blunt), or in a pipe. People mix it in food and eat it or brew it as a tea (edibles). Smoking oils, concentrates, and extracts from the marijuana plant are on the rise.

3. Can second-hand marijuana smoke affect non-smokers, including children?

Yes. Second-hand marijuana smoke contains THC, the chemical responsible for most of marijuana's psychological effects, and many of the same toxic, cancer-causing chemicals found in smoked tobacco.

4. Is it possible for someone to become addicted to marijuana?

Yes, about 1 in 10 marijuana users will become addicted. For people who begin using younger than 18, that number rises to 1 in 6.

5. What are the health risks of using marijuana?

Marijuana use directly affects the brain — specifically the parts of the brain responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time.

6. What are the effects of marijuana on the brain?

Short-term, heavy users of marijuana can have problems with attention, memory, and learning, which can affect relationships and mood.

Long-term, marijuana use can affect brain development. In teenagers, the drug may reduce attention, memory, and learning functions and affect how the brain builds connections between areas necessary for these functions. These effects may last a long time or even be permanent.

In some people, cannabis use increases the risk of developing mental illnesses such as psychosis or schizophrenia, (those who start at a young age, use frequently or have a personal or family history of mental illness or psychosis/schizophrenia).

7. How do I know if I am addicted to marijuana?

Signs might include:

- Trying but failing to quit using marijuana.
- Giving up important activities with friends and family in favor of using marijuana.
- Using marijuana even when it causes problems at home, school, or work.

**Connect
with us!**

Like us on Facebook and follow us on Twitter for notifications on upcoming events, community notices, employment opportunities and more.

Visit our website for more information about our government initiatives, programs and services.

Call us for more information. A full staff directory is available on our website.

Are You Sending Your Kids to Bed Early Enough?

Guidelines for how much sleep children should get:

Infants: 4 to 12 months
12 to 16 hours (including naps)

Toddlers: 1 to 2 years
11 to 14 hours (including naps)

Preschoolers: 3 to 5 years
10 to 13 hours (including naps)

Gradeschoolers: 6 to 12 years
9 to 12 hours

Teens: 13 to 18 years
8 to 10 hours

If you're surprised by these numbers, you're not alone. Working and single parents are often forced to reduce their children's sleeping hours each night. But all children thrive on a regular bedtime routine with sufficient rest. Sleep deprivation can lead to behaviour and health problems like irritability, obesity, headaches and depression. Children who get enough sleep have better school performance, behaviour, memory and mental health.

Here are a few tips to help your family get enough sleep:

Set a good example. Making sleep a priority for yourself shows your children it is important.

Keep to a regular routine. The same waking time, meal times, nap time, and play times will help your child feel secure, and help with a smooth bedtime. For young children, a bedtime routine such as "Brush, Book, Bed" can be helpful.

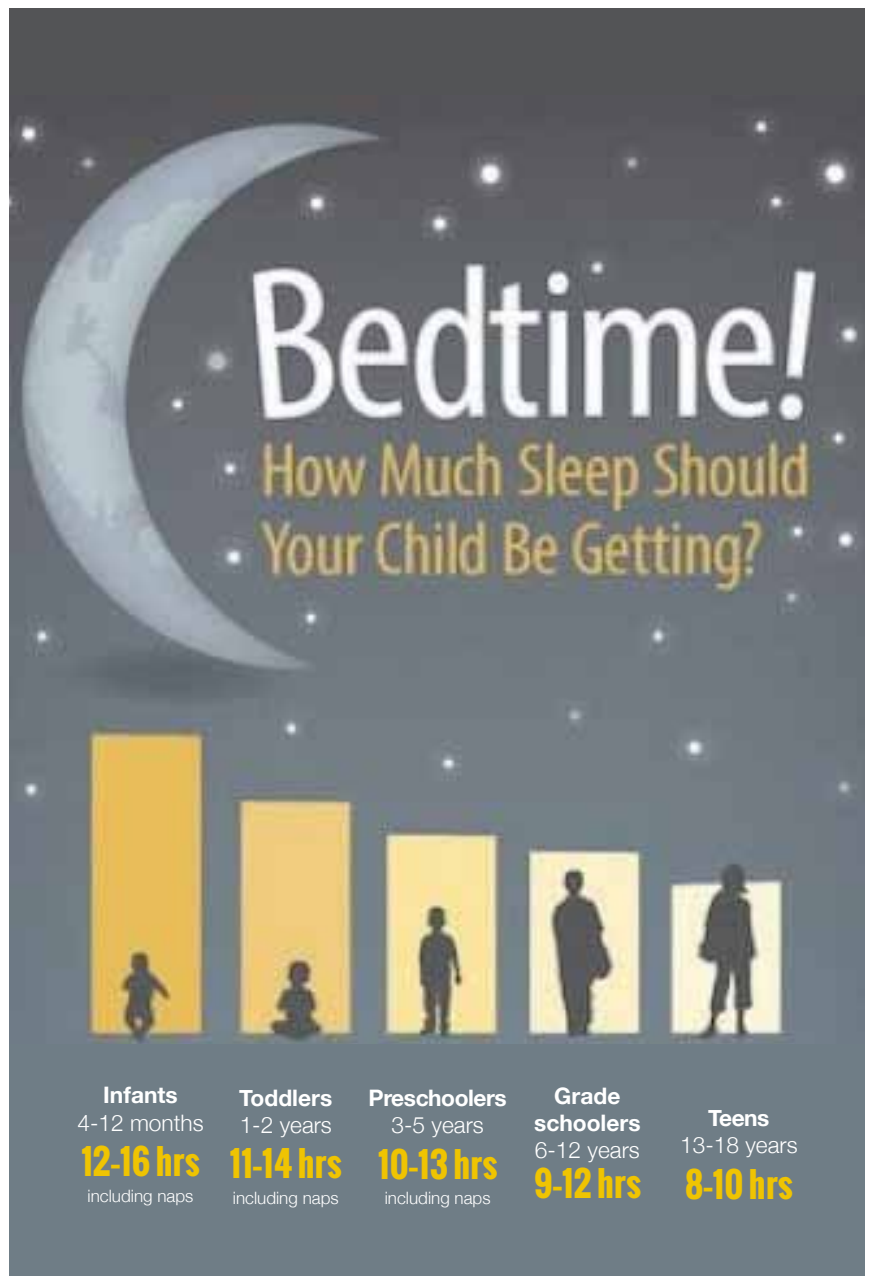
Be active during the day. Make sure your kids have varied activities during the day, including physical activity and fresh air.

Cut screen time. Keep all TVs, computers, laptops, tablets, and phones out of children's bedrooms, especially at

night, and turn off all screens at least 1 hour before bedtime.

Don't start giving solids before about 6 months of age. Starting solid food sooner will not help your baby sleep through the night; in fact they may sleep worse because of a tummy ache.

Avoid overscheduling. Take time to wind down and give your children the downtime that they need before bed.



Events Calendar

M = Mondays

T = Tuesdays

W = Wednesdays

TH = Thursdays

F = Fridays

WHAT	WHEN	WHERE
Fall General Assembly	October 27-28 9:00 a.m. to 5:00 p.m.	Kwanlin Dün Cultural Centre
Traditional fur hat making workshop	November 6, 7, 8 10:00 a.m. to 3:00 p.m.	Natsékhi Kù Health Centre
Winter semester post-secondary funding deadline	November 15	TH
Community Lands Planning project introduction	November 29 7:00 to 9:00 p.m.	TH Nàkwät'á Kù Potlatch House
Community Lands tour	December 1 12:30 to 4:00 p.m.	Meet in front of KDFN Administration building
Elders & HBHG Christmas Party	December 12 12:00 to 2:00 p.m.	W Nàkwät'á Kù Potlatch House
Holiday shutdown	December 21 to January 1	
Financial Empowerment Workshop	January 16-17 9:00 a.m. to 3:00 p.m.	Kenädän Kù House of Learning
Tutoring Club	Monday to Thursday 3:00 to 6:00 p.m.	Kenädän Kù House of Learning
Homework Club	Monday to Thursday 3:00 to 6:00 p.m.	Kenädän Kù House of Learning
Reading Club	Monday to Thursday 3:00 to 4:30 p.m.	Kenädän Kù House of Learning
Dusk'a Family Luncheon	Last Thursday of every month 11:30 a.m. to 12:30 p.m.	TH Dusk'a Learning Centre
Lunch and Learn	First Wednesday of every month 12:00 to 1:00 p.m.	W Meet at Natsékhi Kù Health Centre
Chronic Conditions Luncheon	Every 3rd Wednesday	W Meet at Natsékhi Kù Health Centre
Healthy Babies Healthy Generations Lunch	Every 2nd Tuesday and 4th Thursday of the month 12:00 to 2:00 p.m.	T TH 2nd Tuesday @ Dusk'a 4th Thursday @ Health Centre
Fathers Group	Date varies 5:30 to 7:30 p.m.	Meet at Natsékhi Kù Health Centre
Jackson Lake Men's Welcome Home Ceremony	October 31 1:30 p.m.	W Nàkwät'á Kù Potlatch House
Women's Support Circle	Every Thursday 5:00 to 7:00 p.m.	TH Community Justice: 7 O'Brien Place
Men's Support Circle	Every Wednesday (begins Nov. 7) 5:00 to 7:00 p.m.	W CSO Office: 4 O'Brien Place
Sewing Group Drop-in	Every Thursday 10:00 a.m. to 3:00 p.m.	TH Classroom at the Health Centre
Education, Apprenticeship or Employment Planning	Daily by appointment	Kenädän Kù House of Learning

ABOUT	CONTACT
Kwanlin Dün General Assembly	Michele Taylor: 633-7800 ext. 130 or michele.taylor@kdfn.net
Facilitator: Shirley Bien Limited space. Maximum 8 participants	Marion Fayant 668-7289 ext. 213
Contact the Kenädän Kù House of Learning for details	Dawn Waugh: 633-8422 ext. 508 or dawn.waugh@kdfn.net
An introduction to the Community Lands Plan project. Learn about why it's important and how to get involved.	Geoff Cowie: 633-7800 ext. 119
Tour a selection of KDFN's settlement land located within Whitehorse	Geoff Cowie: 633-7800 ext. 119
Community feast and celebration	Renee Roy: 334-3128
All non-essential KDFN services will be closed	633-7800
Come to learn about money, how to manage it & keep more of it in your pocket!	Justine Copestake: 633-8422 ext. 507 or justine.copestake@kdfn.net
One-on-one tutoring catered to individual learning styles.	House of Learning Reception: 633-8422
Bring your homework and let's get cracking!	House of Learning Reception: 633-8422
K-Grade 5. Tuesday sessions at the Family Learning Centre	House of Learning Reception: 633-8422
Healthy lunch for the families of children who attend Dusk'a.	Dusk'a Reception: 393-3775
Everyone welcome. Different topics every month.	Clinic Nurses 668-7289 ext. 211
Healthy lunch for Elders who have chronic conditions.	Main desk: 668-7289
Healthy lunch, cover a health topic around parenting and nutrition. For pre and post-natal families to 18 months old.	Renee Roy 334-3128 or Kathryn Laloge/Amy-Lynn McCann 335-4477
Fathers, grandfathers, step-fathers, and uncles welcome. Dinner is provided at these kid-friendly events.	Renee Roy 334-3128 or Kathryn Laloge/Amy-Lynn McCann 335-4477
A community celebration for those men who have completed the 28 day program at for families, supports & Community	Darlene Smith: 633-7800 ext. 601
Learn self-care strategies, check-in, enjoy dinner and activities.	Laura Sutherst: 334-7673
Learn self-care strategies, check-in, enjoy dinner and activities.	Johnny Brass: 335-3595
Lunch is provided - Come sew and socialize. Bring your own projects. *Call ahead, as this drop-in won't happen every Thursday.	Marion Fayant 668-7289 ext. 213
Do you want to go back to school but don't know where to start? Are you looking for a job but the paperwork and resume process is hard? We are here to help with education applications, employment or apprenticeship.	Come to Reception at the Kenädän Kù House of Learning to meet with one of us from the Case Management Team.




Youth had just as much fun outside the bubbles as they did in them at the end of summer McIntyre Field Sports BBQ.

RETURN ADDRESS:

Kwanlin Dün First Nation

www.kwanlindun.com

 Find us on Facebook!

35 McIntyre Drive
Whitehorse Yukon Canada
Y1A 5A5

Phone: 867-633-7800

Fax: 867-668-5057

reception@kdfn.net



DESTINATION Address: