

First Nation of Nacho Nyak Dun

Newsletter



January 2025

MESSAGE FROM CHIEF & COUNCIL

Zhyan Sothan Citizens & Staff,

January in our language is Nahdzyän etsyáwa. It translates to "month of small days" or "new start". During some of our darkest days, it can feel impossible that the sun will rise again. But it always does. This month our coldest days are when the sun shines the brightest and glistens off the crust of the snow, reminding us that tomorrow always comes and the sun always rises.

January is a testament to our resilience as a people and as a Nation. In the seasons of our stories, there have been dark days and there have been bright days. As we move through the season, we are reminded that strength and resilience is fueled through grace, patience, and rest.

This month, we ask that you move with the season and rest when you need to. Lend a hand to fellow community members when you can, and give grace and patience to yourself and others.

Our hearts are with our community during this season of darkness. It is through togetherness that we get through and greet the light.

Take care of yourself and one another.

Mussi Cho

Chief & Council



REMINDERS

A Message on Grief and Loss from the First Nation of Na-Cho Nyäk Dun

Our hearts are with every member of our community who is grieving. The losses we have faced, not only in recent weeks but over the years, remind us of the strength and resilience that define us as a people.

While grief touches us all differently, one thing remains constant: we are stronger when we stand together. Let us continue to uplift one another, offering kindness and compassion in moments of need. Whether through a shared conversation, attending ceremonies, or simply being present for one another, these connections remind us that healing is possible.

We encourage everyone to lean into the support systems available—our traditional teachings, elders, wellness programs, and one another. Together, we will navigate this journey of grief, honoring those we have lost and finding strength in togetherness.

- Mika Bernier, Wellness Director NND

Resources for Support

We encourage anyone who needs support to reach out. The following resources are available to help during this time:

- Kevin Mellis, Counselor on Call: Kevin is available to provide immediate support and guidance.
- Tanya Cameron, Therapist: Tanya is offering therapy sessions to help navigate grief and other challenges.
- Health Centre: For mental health crises, the Health Centre is here to provide assistance and connect you with the immediate mental health help you need.
- Women's Wellness Groups: Join our Women's Wellness Groups for trauma-informed care, women's support, counseling, and traditional medicine workshops.

To book an appointment, join a group, or develop a personalized wellness plan, please connect with Mika in the Wellness Department. We are here to support you.

Seasonal Reminder from the Wellness Team

This month, we're encouraging everyone to:

Set realistic health goals: Aim for progress, not perfection.
Stay hydrated: Drink plenty of water to boost energy and improve focus.

Get outdoors: Fresh air and movement are great for mental and physical health.

Let's all have a safe and prosperous new year, from Housing & Capital Services

- Just our friendly reminder during this cold season, for those who have bleeders and heat traces please ensure they are on and running.
- Keep an eye on the snow for any build up around your home especially around vents and water inlets for the water delivery service, electrical sources and, of course, stairs and walk ways. Please remember our crews work through all weather conditions.
- To help with safety and home security, please turn on your outside lights and ensure they are working. When you go out, please leave a light on or two.

If you need the housing department please don't hesitate to call 867-996-2265, or our emergency number 867-383-1079. Remember, **always fill a maintenance work order sheet for non-emergency issues** or concerns. In order to ensure we give you the best service possible, please no verbal requests.

STORIES AND UPDATES

JORDAN'S PRINCIPLE & MAYO FOODS

The First Nation of Na-Cho Nyäk Dun and the Na-Cho Nyäk Dun Development Corporation are proud to announce extended access to Jordan's Principle in the community of Mayo through the community's only grocery store, Mayo Foods.

For families that are interested in participating in Jordan's Principle in Mayo, they are asked to contact Mika Bernier, the Health & Wellness Director of FNNND, and meet with a Wellness Worker to begin the application process. Families can visit the FNNND Wellness Office (Room 125 in the NND Admin Building), email wellnessdir@nndfn.com, or call 867 996-2265 ext. 125. While the FNNND Health & Wellness team is determined to support the applications and access of as many families as possible, approval is not guaranteed as funding eligibility depends on each family's unique circumstances. FNNND acts solely as a liaison to assist with program delivery, now in collaboration with Mayo Foods.

EXCITING NEWS FOR 2025: BUILDING STRONGER, HEALTHIER COMMUNITIES

We're thrilled to share our goals for the year and exciting new initiatives that will enhance wellness and community connections:

- Blood Ties + NND Wellness Department Partnership
 - NND is partnering with Blood Ties to bring innovative health and wellness services to our community. Stay tuned for more updates on this exciting collaboration!
 - Planet Youth Initiative Launch
- Congratulations to the three Northern Tutchone communities for securing funding for the Planet Youth Initiative! This groundbreaking program will focus on youth wellness, prevention, and building a brighter future for our young leaders. Implementation begins this year—more details to come!

SPOTLIGHT ON CATERING TEAM!

Food and Catering had a very busy month with all of our holiday events and continuing our Meals on Wheels Program successfully. Huge shoutout to Nicole Phillips and her catering team as well as Leanne Hoogland and Irene Melancon for making sure our SA get 3 hot meals a week. They have worked tirelessly to serve our community, and our bellies remain full and warm on their behalf. Mussi team !

-Ava Carin-Locke, Catering Manager

SPOTLIGHT ON JENNIFER: OUR WELLNESS ADMINISTRATION ASSISTANT

Since joining our team in September, Jennifer has been an incredible addition to the Wellness Department. She has shown immense dedication, adaptability, and a willingness to learn, growing with us every step of the way.

We are so proud of Jennifer's achievements and the positive energy she brings to our team. As the year comes to a close, we look forward to seeing her continue to thrive and make an impact in the new year.

Keep shining, Jennifer—we're so grateful to have you on our team!



PROGRAMS & SERVICES

NORTHERN TUTCHONE CALENDARS

The Heritage & Culture Department is happy to announce that 2025 Northern Tutchone calendars will be ready this month! Special thanks to our Elders for gifting us with the language knowledge and NND contractor Nicole Cerpnjak for all her support. If you would like a copy, please send a message to Melody Hutton at melody.hutton@nndfn.com or at 867 996-2265 ext 266

UPDATE ON NORTHERN TUTCHONE 101 BOOK

The D-Team, which consists of Elders from NND, SFN & LSCFN, is in the process of finalizing book one, before developing a "Northern Tutchone 101" book for in-coming workers to the community. Your D-Team representatives were elected by the Elders Council and they are Jimmy Johnny, Walter Peter, Frank Patterson and Christine Hager. For more information on this project, please stay tuned to our social channels and website.



UPDATE ON EAGLE GOLD MINE CRISIS

Up to date as of December 20, 2024.

On December 9, 2024, FNNND sent a letter to the Office of the Auditor General of Canada calling for a performance audit on both the Yukon Government and the Government of Canada. In our letter, we outlined that our reason for this request is due to the way the Yukon Government assessed, regulated, and oversaw Victoria Gold Corp.'s Eagle Gold Mine, and the way that the Government of Canada implemented—or failed to implement—the process and promises of federal devolution in the Yukon with respect to non-renewable resource management.

The Yukon Government prompted an Independent Review Board on August 30, 2024, but this review board is mandated to only review the technical aspects that may have contributed to the June 24 failure. Its scope does not consider the Yukon Government's own neglect as the regulator. A public inquiry would review all factors that contributed to this catastrophe.

With the arrival of winter comes new challenges in water treatment and mitigation work at the Eagle Gold Mine site. While the volume of water that must be collected each day is expected to decrease over the winter as the site freezes, about 2,000 m3 of new contaminated water will have to be collected every day. Unfortunately, the amount of contaminated water that needs to be stored is likely to increase as the Receiver ramps up groundwater collection. Because of the dire need to treat and release water and because effective water treatment is not yet available, the Receiver has applied to the Yukon Water Board ("YWB") to relax the legal limits for cyanide, ammonia, copper, iron, and total suspended solids in Victoria Gold's water licence on an emergency basis. The Receiver says that this is necessary so they can release partially treated water from the site and thereby make space for the additional contaminated water that continues to accumulate.

Over the winter, the Receiver's engineering consultants will analyze the stability of the heap and make plans to stabilize it and to stop the overflow of cyanide-contaminated water. We will advocate for efforts to re-establish control of the water flowing off the heap. Construction of the more significant earthworks necessary to stabilize and fully repair the heap (if that is possible) will likely not begin until after the freshet in spring 2025.

For more information about winter's impact on work at Eagle Gold Mine site, and more background information on the crisis, please visit: <http://emergency-response.nndfn.com/>

UPDATE

EVENTS & WORKSHOPS



Please reach out to the Food and Catering manager, Ava, at catering@nndfn.com or 867-332-7476 if you are interested in doing a food safety and team building workshop. We are looking to work on our team wellness and communication in the new year so we can build a stronger foundation within our department.

KICKSTART YOUR WELLNESS JOURNEY: POST-HOLIDAY EDITION

Join the Health & Wellness Department's Women's Wellness Group for a hands-on Bear Grease Salve-Making Workshop! Bear grease is a Traditional medicine known for its benefits in treating eczema, promoting hair health, and easing arthritis. Mika will be guiding this exciting process.

Sign-up sheets are available on the bulletin board in the First Nation of Na-Cho Nyäk Dun Main Administration building.

What's Happening This Month



1. Monthly Wellness Workbook

Focus: Maintaining Sobriety

Details: Stop by the Wellness Centre to grab this month's workbook, filled with tools and tips to help you explore and maintain sobriety.

2. Women's Wellness Groups

When: Every Tuesday and Thursday

Where: Wellness Centre

Details: Connect, share, and grow with other women in a supportive environment.

3. Individual Wellness Plans

Details: Book an appointment with our Wellness Worker or Mika to create a personalized wellness plan that supports your journey to health and balance. Let's make this year a time for growth, healing, and connection!

For more information, drop by the Wellness Centre or contact Monthly Focus: Reset & Reconnect

Dr. Darien Thira will be back in community on January 13-17 to offer coursework on Grief and Trauma Healing. This will be open to all community members. It is recommended that you attend all days to get the most benefit from the program but it is also open on a drop in basis. The workshop will be from 9-4pm in the multi-purpose room daily.

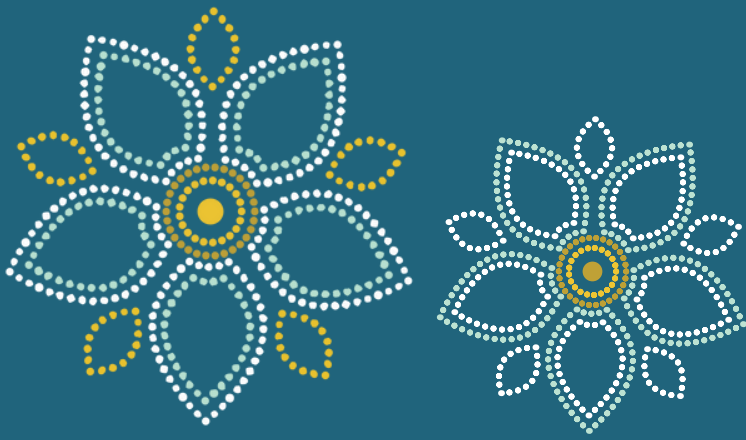
Regenerative Design – February 4 Whitehorse February 5-6 Mayo Multipurpose Room – Culture Center Planning

Family Violence and Drug Addiction Workshop

Andrew Bear is returning to lead this impactful workshop, providing insights and tools for healing. Stay tuned for dates and details!

Co-Ed Healing Camp at Ethel Lake

Join us for a transformative two-week healing camp with Kevin Mellis and Joseph O'Brien. This camp is open to everyone and offers a safe space for connection, growth, and recovery. For more information on how to participate, reach out to Mika Bernier at wellnessdir@nndfn.com, or call 867 996-2265 ext 125.



FUN STUFF

Riddle Corner

A Natural Mystery

I help with chest and joint pain,
Cold relief, and skin that itches in vain.
For TB and asthma, I'm just the right fit,
And with Balsam or Tamarack Bark,
I fight Cancer and Diabetes quick!
What am I?



Let's learn NORTHERN TUTCHONE

Language Lesson

This month, Nahdzyän etsyáwa, January (meaning small day month or new start) we're focusing on the days of the week. See if everyday this month, you can say or write down the day of the week in Northern Tutchone!

Sunday | nadzyan zhát
Monday | nadzyan k'ún'
Tuesday | nadzyan k'ún' táki dzyan
Wednesday | nadzyan k'ún' tát'i dzyan
Thursday | nadzyan k'ún' tint'i dzyan
Friday | nadzyan k'ún' lák'o dzyan
Saturday | nadzyan ts'én' dzyan

Emergency Contacts

Capital, Housing and Water: 383-1079
Septic (Frank): 335-9589
Shuttle Driver (10am - 4pm): 332-1244
RCMP Emergency: 911
RCMP Non-Emergency: 667-5555
Safety Patrol (Frank): 335-9589
Nursing Station: 996-4444
Reach out Support Line: 844-533-3030
Kids Help Phone: 800-668-6868

Riddle Answer: Caribou Horn Lichen

Kitchen Corner: Monthly Healthy Recipe from Ava

"One Pot Chilli" Serves a family of 3-5

Serve with Rice and Bannock!

You will need :

1 pound ground moose, beef or pork
10 slices of bacon, sliced
2 cans of crushed tomatoes
3 cans kidney beans
2 can mushrooms
1 pound of carrots
3 Red Bell Peppers
1 stalk of celery
2 yellow onions
2 teaspoons Ground Cumin
Salt and pepper
Garlic (optional) 3 cloves
1-3 cups Chicken Broth
Instructions:



- 1.) Start by cooking your ground meat with the bacon until nice and cooked in a large soup pot
- 2.) Add the chopped vegetables (carrots, celery, onions, peppers, garlic) and let it cook until nice and soft
- 3.) Add the canned items (tomatoes, beans, mushrooms) as well as all the seasonings
- 4.) let it simmer for 20 mins- add chicken stock to your liking, some people like a chunky chilli, and some like it more soupy!
- 5.) Enjoy over a bed of rice with some bannock on the side !

Garnishes: Sour cream, Shredded Cheese, Green Onions

Contact us for further inquiries:



First Nation of Nacho Nyak Dun Wellness & Social Programs

📍 PO Box 220 Mayo, YT Y0B 1M0
☎ +867-996-2265
🌐 www.nndfn.com
✉ main@nndfn.com