

First Nation of Nacho Nyak Dun

Newsletter



March 2025

Language Lesson

Do you know the Northern Tutchone words for emotions and feelings? This month, we're continuing our Northern Tutchone crossword puzzle!

The answers are the translated words. So bring a cup of tea to the language speaker in your life and complete the puzzle together!

Want to do it on your own? Download the NND Language App and find the answers for yourself. Available in the Apple App store and Google Play store.

Instructions:

1. Add the herbs to a medicine pot with water.
2. Bring to a boil, then reduce heat and let it simmer for 20-30 minutes.
3. Strain the tea using cheesecloth into sterile jars, seal with lids, and allow them to pop (this indicates a proper seal).
4. Store sealed jars in a cupboard; once opened, refrigerate to prevent spoilage.

Uses: This traditional remedy can help with stomach aches, ulcers, fevers, arthritis, burns, diabetes, complexion issues, and colds/flu/pneumonia. Take a shot glass of the tea three times a day for up to two weeks.

Kitchen Corner: Monthly Healthy Recipe from Ava

(Serves 3)

For The Salad- You Will Need:

- 3 Heads Broccoli, Chopped Lightly
- 1 Red Onion, Diced Small
- 3 Stalks Of Celery, Diced Small
- ½ Cup Crumbled Feta Cheese (Or Diced Cheddar!)
- ½ Cup Crispy Bacon Bits
- 2 Tbsp Parsley- Finely Chopped (Optional!)
- ¼ Cup Salted Sunflower Seeds (Or Craisons!)

For The Dressing- You Will Need:

- 1 Cup Mayo (Add Another ½ Cup If You Like Heavy Dressing)
- ¼ Cup Mustard (Dijon Or Yellow Works!)
- 1 Tbsp Apple Cider Vinegar (Or White Vinegar!)
- 1 Tbsp Worcestershire Sauce (Lee And Parsons)
- 1 Tbsp Black Pepper
- ½ Tbsp Salt

Start By Doing All The Salad Prep Cutting the veggies that you will need. In the same bowl, add your dressing and mix well! Chill in the fridge for at least 1 hour before enjoying!

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

Wellness Recipe

Balsam Bark & Caribou Weed Medicine

March is a time of transition, as we move away from the harsh winter and begin preparing for spring and summer. To align with that theme, here's a traditional medicine recipe that might be a great addition to the newsletter:

Balsam Bark & Caribou Weed Medicine

Ingredients:

- A handful each of caribou weed and balsam bark
- 6-8 cups of water (less for stronger tea)

UPDATE ON EAGLE GOLD MINE CRISIS

An Update on the Eagle Gold Mine Crisis

Since the June 24th disaster, the First Nation of Na-Cho Nyäk Dun and our team of esteemed specialists have been working tirelessly to mitigate further harm to our environment. The two key factors in this mitigation work has been how much lined storage can be built in order to contain the cyanide solution, and how quickly can the contaminated water (cyanide solution) treatment process be established to effectively treat the solution, and safely discharge water into the environment.

While in the past seven months hundreds of thousands of cubic metres of storage has been constructed, the Nation has current significant concerns surrounding the impact of the spring melt, and its potential to overwhelm the existing storage capacity.

Some contaminated water treatment has begun, but the high copper levels that are a byproduct of the treatment process mean that the water is still too contaminated to release.

Spring melt is also expected to result in an increase of contaminated ground water from solution that entered the environment during the heap leach failure, and solution that has since been "stored" on the heap.

The Eagle Gold Mine crisis is nothing short of a disaster. The First Nation of Na-Cho Nyäk Dun remains steadfast in our call for a formal public inquiry in order to understand the full extent of the technical, regulatory, and systemic failures that have contributed to this environmental crisis. We want to know why this has happened in order to prevent it from ever happening again on our Traditional Lands, or anywhere else.

More information about what is happening on site at Eagle Gold Mine can be found on the FNNND's social media channels and at <https://emergency-response.nndfn.com/>.

MESSAGE FROM CHIEF & COUNCIL

Zhyän Sothän Citizens & Staff,

Dän ze, or March, means "the month when person moves on hard crust with snowshoes, and when person gets a dark tan from sun's reflection on snow". It's a month of reflection and of transition, and traditionally a time where teachings and knowledge are passed along to one another. March reminds us that we're always part of a transition. Whether it's preparing for and moving from season to season, or sharing what we know to prepare and empower our future generations. Northern Tutchone people are so rich and have so much to share. We have our language, we have our land, and we have the knowledge of how to walk through the world in a good way.

This month, we encourage all to take a moment to let the sun rest on your face, and to share knowledge you have with those around you. Knowledge can be as hands on as teaching a youth to set snares, or teaching a friend your favourite word or phrase in Northern Tutchone.

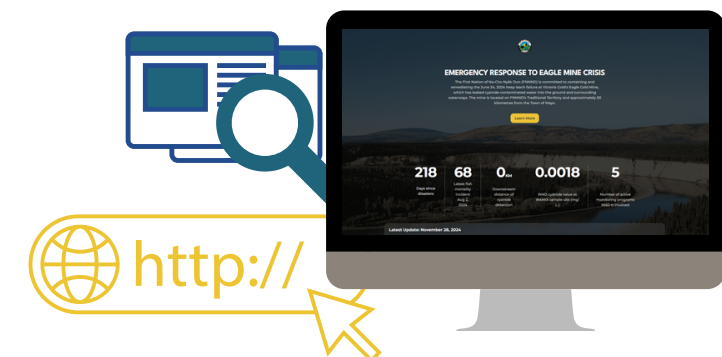
Let us welcome back the sun and the changing seasons by sharing light and knowledge wherever we can.

Mussi Cho

First Nation of Na-Cho Nyäk Dun Chief & Council



Land Claims Conference, Ottawa February 2025



STORIES AND UPDATES

NND AT THE LAND CLAIMS AGREEMENT COALITION IN OTTAWA

This February, a delegate of leadership and interested Citizens from NND attended the Land Claims Agreement Coalition event in Ottawa. Alongside hundreds of other Indigenous leadership from across Canada, NND was able to share our story of our path to self-governance, and all modern treaties. Gatherings like this are an important part of sharing, caring, respect, and growing together for self-determination of all Indigenous people and Nations. Those in attendance were able to hear about the many possibilities all of our nations hold. From inspiring Youth programs to ways we can help our Elders, the conference highlighted many aspects of self-governance. The theme this year was Successes and Challenges. Speakers shared how they are trying to address the challenges that we face going forward. There was time to collaborate and network and space given for those who needed to share problems they face. Together, we are stronger.

Want to learn more about modern treaties or take a free online course in everything from environmental regulations to regional economies? Visit <https://landclaimscoalition.ca/>.



Remi Elin performs at Land Claims Conference

STAFF SHOUTOUT: JULIE DUBE

A huge thank you to Julie Dube, our Home Support Worker this past winter! She has been an amazing addition to our team—an extremely hard worker who is deeply appreciated by the elders she assists in their homes. We can't thank her enough for her tireless efforts in the Wellness Department. Keep up the amazing work, Julie!!

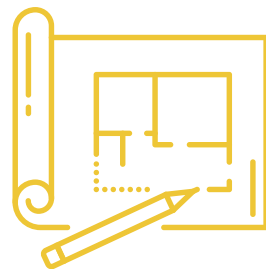
DÄN LAACHEWDÄW KÜN: GATHERING HOUSE

As engagement continues, the vision for Dän Laachewdäw Kün becomes clearer; it's about creating a space where everyone feels they belong, a place of participation and pride. Every step makes sure that all voices are heard, including those who may not always have a seat at the table.

Thank you to everyone who joined our Design Development events in Whitehorse and Mayo on February 4th and 6th. Your voice, your vision, and your input are shaping the design. If you missed the event, we welcome your feedback at our next sessions in late spring or early summer.

A site sign is now up near the Government House along the bluffs overlooking the Mayo River. More updates, including FAQs, will be available soon on the FNNND website. For questions, contact Nicole at DLK@regenativedesign.com.

Together, we are honoring our past and shaping our future.



NND'S POLICY REVIEW INITIATIVE

NND has embarked on the important task of improving and modernizing over 40 governing documents including Policies, Acts/Laws, Regulations & ToRs. There will soon be opportunities for Citizens to engage on challenges, options, and solutions come late spring/early summer. Stay tuned to our newsletter and social media for an opportunity to share your voice.

REMINDERS

Call Out For Committee Members

NND is looking for four (4) members for Events Committee. Members will attend regular meetings and provide input on NND events. Committee members will be paid an honorarium in accordance with FNNND policies.

If you are interested in applying, please submit your committee application to A/Executive Assistant, Ellenise Profeit at: [Email: exec.assist@nndfn.com](mailto:exec.assist@nndfn.com)
Tel: 867 996-2265 ext 213

Closing date for applications will be April 18, 2025

Youth Recognition

Honouring Our Youth. Our young people are the heartbeat of our communities, carrying the strength of our ancestors while walking toward the future. We invite all NND Youth to share their achievements, milestones, and moments of pride—whether it's your first hunt, success in sports, academic awards, an upcoming graduation, cultural achievements, and more. The Youth Recognition Achievement Dinner with Elders will take place on March 11 from 5-7pm at the NND Multipurpose Room. Please submit your achievement story to: Terra.Blanchard.educationmanager@nndfn.com

BOARDS & COMMITTEES CALL FOR YUKON FIRST NATIONS APPLICANTS

The Council of Yukon First Nations (CYFN) is accepting applications from Yukon First Nations to fill current and upcoming vacancies for the following boards and committees that are designated for Yukon First Nations:

- Yukon Heritage Resources Board (1)
- Yukon Energy Corp Board of Directors (1)
- Yukon Surface Rights Board (2)
- Yukon Environmental and Socio-economic Assessment Board (1)
- Yukon Training Policy Committee (1)

All applicants must submit an application form and resume that demonstrates relevant experience and/or education for the board/committee to which they are applying to qualify for nomination.

Application DEADLINE: 12:00p.m. on Fri., March 7, 2025

Application forms:

- Online: cyfn.ca/services/boards-committees/
- Email: boardsandcommittees@cyfn.net
- Pick Up: CYFN, 2166-2nd Avenue, Whitehorse

2166-2nd Avenue, Whitehorse, Yukon
Y1A 4P1 • 867 393 5200 • cyfn.ca

Council of Yukon First Nations

Yukon First Nations Youth Summit 2025, Presented by dāna Näye Ventures

dāna Näye Ventures invites Yukon First Nations youth to participate in the 2025 Youth Summit from June 17-19th at the Kwanlin Dün Cultural Centre in Whitehorse. This summit will focus on economics, personal finances, and what goes into starting and sustaining a business. Connect with other Yukon First Nations youth and learn what you need to know for an entrepreneurial future. Travel, meals, and accommodations covered.

For more information, reach out to: rose@dananaye.com

PROGRAMS AND SERVICES

Youth Culture Camps

The FNNND Heritage and Culture Department is excited to host the 2025 Youth Culture Camp from March 12-18. Youth of all ages are encouraged and welcome! Youth over the age of 8 may attend on their own, but youth under the age of 8 are required to have a parent or guardian present.

Activities will be weather dependent. Outdoor activities will include fishing (net, set hook and jigging), sliding, kick sledding and possibly carving. Indoor activities will include sewing, jewellery making, language lessons, and fun games. Bring your appetites because outside or inside - we'll be eating lots of delicious foods! Campers will help with dishes and tidying all to support learning in what goes in to keeping camp clean!

Registration forms available at: <https://www.nndfn.com/heritage/>

Have questions? Contact Teresa Samson (heritagemgr@nndfn.com / 867 996-2265 ext133) or Melody Hutton (melody.hutton@nndfn.com)

Women's Groups

Monday to Thursday, 6-9 PM at the Wellness Centre. Come sew, bead, or bring your own project to work on in a welcoming, kid-friendly environment. Snacks and coffee will be provided.

Building Wellness Plans

Come see Mika to start your individual wellness plan! We offer a variety of support groups and holistic healing options, including gym memberships, Transformations programs, and counseling. Be a part of your own healing journey—reach out today to get started! wellnessdir@nndfn.com

EVENTS & WORKSHOPS



Jordan's Principle Class Action Information Session

March 6th at 11am in the Multipurpose Room for an information session on the Jordan's Principle class action. For more information, please contact Mika at: wellnessdir@nndfn.com

Tax Return Clinic

Presented by Yukon Learn on March 9-13, Virginia Labelle will be coming back to Mayo to assist with taxes. Reach out to Dennis at dennis.peter@nndfn.com to book.

Connect Counselling & Psychotherapy

March 11-12, Clinical Counsellor Tanya Cameron will be in Mayo. For more information, or to register contact: hello@connect-therapy.ca or 867-333-2227.

Elders Camp

Join us for an Elders Camp March 23-28. For more information, or to sign up. Please reach out to the Elders Coordinator Florence Pilon at elderscoordinator@nndfn.com or 867 996-2265 ext146.

April Bear Grease Salve Making Workshop with Mika

Learn the traditional practice of making bear grease salve! Sign-up deadline: March 31.

Youth Project Complete: Skateboarding Halfpipe

Sharing some photos from our halfpipe project at the Youth Centre. It was a great project for youth to learn about trades, numeracy and wellness – and we couldn't have built it without them! Thank you to the staff at JV Clark school and YFNED for collaborating on this project.

