

COMMUNITY SCRAPBOOK PAGE



Our community garden
all prettied up!



Vern's beautiful moccasin
ornament



New Year's fireworks!



Congratulations to Keir Lewis on making
the Kelowna Heat AAA team.! Kier made
the team out of hundreds of kids from
Kelowna and the Okanagan area. This is
a great accomplishment!

Whoop! Whoop!
We are sure proud of you!

Doig River First Nation
Box 56
Rose Prairie, BC
V0C 2H0

Phone: 250-827-3776



DANE-ZAA ADISHTL'SH



January 2021
DOIG RIVER FIRST NATION



BILLY TURNS 80!!



Morgan Makadahay &
Billy Attachie on Billy's
80th birthday

On Thursday, January 7, 2020, we celebrated Billy Attachie's 80th
birthday with the help of technology!

Many of Billy's friends
logged into Zoom to wish
him a happy birthday,
share stories of how they
met him and how he has
influenced their lives.



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Hello from Finance!

We hope you had an amazing holiday season and stayed safe and healthy! We have a few new changes:

- We welcomed Amanda Gauthier as the new Administrative Assistance – you will see her friendly smile at the front and hello on the phone
- Sydney , the Finance manager is pregnant and due May 2021! So she will be working from home a lot of the time and in the office every second Thursday
 - * She can be reached on her cell phone at 250-261-9733 during office hours to answer any questions
- Another friendly reminder–timesheets are due Mondays to management and cheques are distributed Thursdays

We look forward to another exciting year!

Much love,

Darlene, Amanda, Starr and Sydney

Dane-ᓵaa zaagé (Beaver Language Practice)

NUMBERS

one	ehlhaahch'ii
one	lhigeʔ
two	ᓵkech'ii
three	taach'ii
four	jᓵch'ii
five	lhaahch'ii
six	ᓵhts'eʔtaach'ii
seven	taawedze
eight	ᓵhts'eʔjᓵch'ii
nine	k'alaak'ech'ii
ten	k'enech'ii
twelve	k'enech'ii ᓵkech'ii mataah
twenty	ᓵkek'ech'ii
twenty-two	ᓵkek'ech'ii ᓵkech'ii mataah
forty	jᓵch'iik'ech'ii
one hundred	k'wenech'iik'ech'ii
two hundred	ᓵke k'wenech'iik'ech'ii
one thousand	k'enech'ii k'wenech'iik'ech'ii



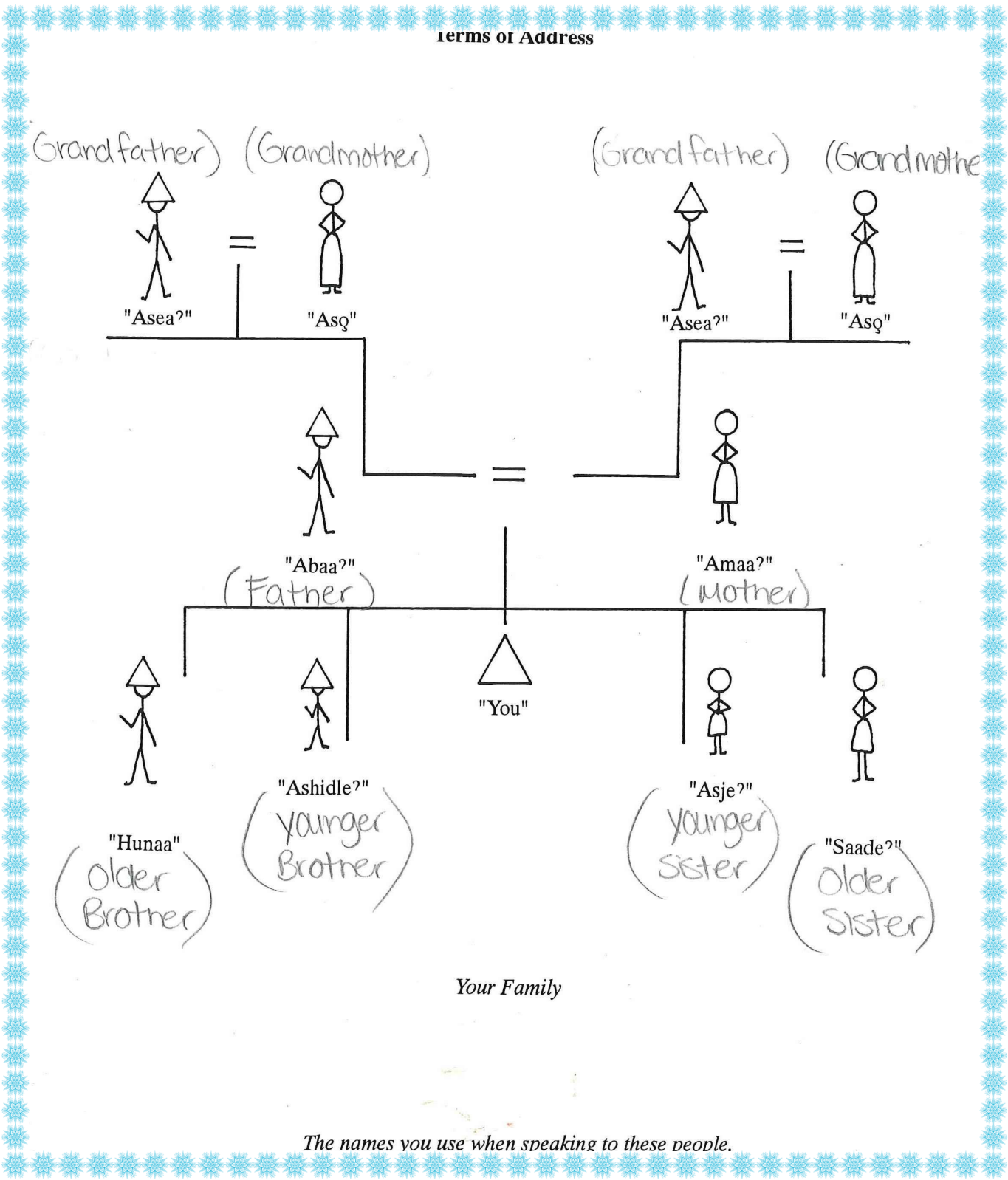
Dane yaat'ᓵt'ii ᓵzeneᓵ
(TOBACCO SALES)

Reminder:

Tobacco sales are **ONLY Tuesdays** at the Band Administration Office
10 a.m.–2 p.m.



Dane-zaa zaagé (Beaver Language Practice)



HAPPY NEW YEAR EVERYONE!

Here we are - mid January of a whole new year - 2021!

We hope you all had a peaceful and safe Christmas – even though we were not able to gather like we are used to, hopefully next year will be bright and the Coronavirus will be a distant memory. The vaccines are rolling out and hopefully by the end of March, everyone who wants the vaccine will have the opportunity to get it.

We do have some exciting events and workshops planned for this coming year, so you will have to watch the newsletter and the Doig Facebook page for announcements. We have some surprises coming!

Some of the plans we have include outdoor workshops and mini-road trips. We are hoping to host some of these activities at Hunter and Silver Lakes, as well as at the new Arbour. We can also look forward to community garden work once the snow is gone.

Just know that we are working very hard to keep connections and communications open between staff and members and that you are not in this alone.

Be safe, and above all else, be kind. Keep yourself busy and your mind active. Hone your crafting skills, read, do crossword puzzles, take walks and catch some sunshine when you can.

With you all in spirit,

Teree



Submission by: Billy Attachie

Question:

Do you know the Dane-zaa Zaagé word for dentures?

Answer:

yuuse wuu? (meaning fox teeth)

This is comical and another example to show that the Beaver culture and Dane-zaa Zaagé is deeply intertwined with relationships to land and animals.



YUU' TSEGE QHTE DĘ KA DAUH (HEALTH & SOCIAL

Happy New Year! Wishing you all a new year with good health and many blessings.

Bus Service

We are planning a transportation service for those in need at the community for picking up essentials in town such as groceries, prescriptions and banking. This all depends on the COVID-19 protocols from our Provincial Health Officer. In the meantime, please contact myself (Teresa) or reception to have your name put on an interest list.

Office: 250-827-3776

Teresa's direct line: 778-715-3754

Strengthening Connections

With Family Day coming up on February 15, 2021, our department is planning virtual activities to encourage and strengthen family connections as well as to strengthen the resiliency of all members during this pandemic. Following are a few suggestions you could try:

- ◆ The new year is a perfect time for self-reflection, personal growth and re-connection. Listen to your own instincts to re-balance and become your healthier, re-connected self. Visit https://www.fnha.ca/WellnessSite/WellnessDocuments/Wellness_Diary.pdf for a booklet to support your wellness journey.
- ◆ Spirituality is important and if you are unable to do activities such as attending church or going out on the land, it is good for the soul.
- ◆ Practicing traditional activities such as cooking outside by a campfire and teaching youth about the ways that were passed down is a great way to re-connect.
- ◆ As a family, eat your meals together, face to face without the TV and cell phones. Put the phones away and find out what is happening in each others lives on a daily basis. This helps strengthen your bonds with each other and provides much needed conversation.
- ◆ Connection alleviates stress which decreases the risk of illness.
- ◆ Kindness matters. Make a list of loved ones – especially those who may be isolated and alone. Put their names on a calendar day each week. On that specific day, call to check up on them. Have the kids use FaceTime, Skype or any other platform to show they care.

CULTURAL HERITAGE RESOURCES & LANGUAGE DEPARTMENT

DRFN Archive's First Official Deposit

We have very exciting news! The Cultural Heritage & Language (CH&L) Department has secured an archival storage room in the Band Office! It will be locked at all times and controlled for archival conditions (humidity, temperature, dust, and pests). Councilor Oker brought items from his private and home office collection to us this month. This deposit kick-starts the CH&L Department's accession process as we will now need to carefully go through each item and document its content, condition, access instructions and care instructions. The DRFN archive can act as a caretaker or custodian of items for families and individuals.

There are many options and choices for families and individuals when bringing items to the DRFN archive: loan; donation with varying access; or, as a gift. This is a large milestone for DRFN and we hope to become a trusted and accredited archive. Ultimately, we want to preserve these items for the next generations. Additionally, we want to create more opportunities to connect members to their culture, history and language. We will also be working with the Treaty 8 Tribal Association's archive so each location and staff become stronger and more experienced in caring for the community's important legacy materials.

Thank-you to Lorraine for finding the space and clearing out the storage room for us. Additional thanks to Kevin for putting up more shelving.

Looking forward to seeing the DRFN archive grow! **For more information about the DRFN archive or to start planning a deposit of your items** (objects, documents, maps, video/audio recordings in all media types, and pictures), contact: Verena Hofmann at 250-827-3776 or vhofmann@doigriverfn.com.



Tq̓hch'e dq̓ts'eh ajq̓ nas?e (I have not seen you in a long time...)

We are happy for the beginning a new year and excited about the work ahead with the community on language, culture and history. Due to COVID-19 health restrictions, we will be doing a lot of connections with Elders and community members virtually with video calling, social media and YouTube.

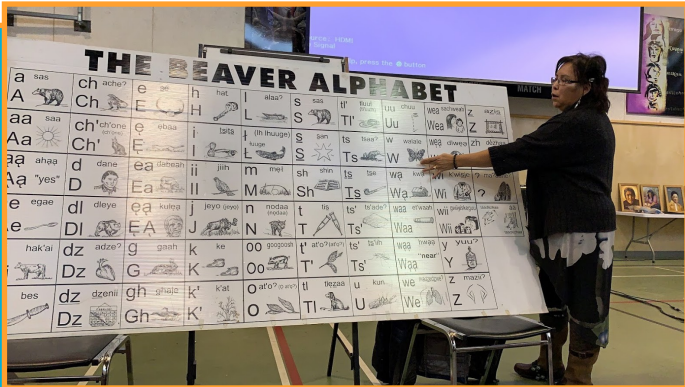
Following are snapshots of new initiatives from our department...



Amber Attachie has joined our team for a few months to assist Coleen and Marilyn with archiving language and cultural materials. She will also be creating a master collection of significant Dreamers songs to be shared with the community and for use at the new community church.

We will be reaching out very soon to our most fluent speakers (targeting Elders) to do **language documentation interviews**. Madeline began these interviews before the holiday and is eager to keep going. These interviews are aimed at gathering more Beaver words as well as deeper knowledge and teachings.

This month, Verena and Urban Systems will be doing multiple interviews and focus group discussions with the Beaver Language group for the **comprehensive strategic language plan**.



Our team is also working with other departments on developing and enhancing cross **cultural training materials** as well as **trapping educational videos**.

To Listen to stories, songs, & to practise Dane-zaa zaagę go to the following websites:

- Dane Wajich
 - ◇ <http://www.virtualmuseum.ca/sgc-cms/expositions-exhibitions/danewajich/english/resources/language.php>
- Doig River First Nation You TUBE Channel
 - ◇ https://www.youtube.com/channel/UC_NWDMK_stEKiTq8DOJFRDA
- Robin Ridington Videos
 - ◇ <https://vimeo.com/robinridington>

If you have any ideas or have questions for us, we would love to hear from you! Please call Verena at the office or e-mail her at vhofmann@doigriverfn.com.

Naanahatas' úch' esę (We will see you all again)

As Jim Cashen, Director for the Center for Discovery states:

"Let's try and remember our kids are looking to us for reassurance, strength, and hope during this uncertain and unprecedented time. We will persevere."

For more tips and activities to manage and even thrive in your daily life during COVID-19 check out the following links:

- ⇒ <https://thecenterfordiscovery.org/safe-indoor-and-outdoor-activities-for-families-in-the-time-of-coronavirus/>
- ⇒ <https://thecenterfordiscovery.org/building-health-and-immune-systems-the-tcfd-way-one-forkful-at-a-time/>

If you require any information or assistance or have ideas, please contact me at the community office.

Wuujo asanalaa,
Teresa, Community Wellness Coordinator

Let's use Lateral Kindness to "lift each other up"

Lateral kindness is an approach to address lateral violence based on Indigenous values, which promote social harmony and healthy relationships.

- * *Hold each other up*
 - * *Speak your truth*
 - * *Be compassionate*
 - * *Be present*
 - * *Demonstrate empathy*
 - * *Offer acceptance*
 - * *Be an active listener*
 - * *Share generosity*
 - * *Respect and trust*
 - * *Share cultural values*
 - * *Acknowledge lateral kindness*
 - * *Set limits*

**HANDS FORWARD
HANDS BACKWARD**
Honoring past,
Present and
future

- * *Draw upon cultural protocols and traditional teachings*
 - * *Create safe and healthy boundaries*
 - * *Consider talking circles and/or roundtables*
 - * *Share and practice your community's lateral safety approach*
 - * *Invite Elders and Knowledge Holders to support you*
 - * *Practise lateral kindness to help reduce stigma and fear of COVID-19*

KWA WAMEJIIHE? (HOUSING DEPARTMENT)

As per DRFN Housing Policy, all members that are wanting a house on reserve must complete an updated application at the beginning of every year. Please fill out the attached form and submit it to Jenn.

Email: jdavis@doigriverfn.com Fax: 250-827-3778 Mail: Box 56, Rose Prairie, BC, V0C 2H0

ARE YOU CURRENTLY EMPLOYED: YES ☐ NO ☐

EMPLOYER(S) NAME: _____

CONTACT NUMBER: _____

LENGTH OF EMPLOYMENT: _____

POSITION/ TITLE: _____

IF YOU ARE NOT CURRENTLY EMPLOYED HOW DO YOU INTEND ON PAYING RENT?:

PLEASE LIST ALL EMPLOYERS FOR THE PAST FIVE (5) YEARS WITH A CONTACT NUMBER:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

HAVE YOU EVER HAD A HOME ON-RESERVE BEFORE?: YES ☐ NO ☐

IF YES, PLEASE EXPLAIN WHEN AND WHY YOU LEFT?:

HAVE YOU EVER BEEN EVICTED FROM A RESIDENCE BEFORE?: YES ☐ NO ☐

IF YES, PLEASE EXPLAIN WHY:

WHY DO YOU WANT TO MOVE TO LIVE IN THE COMMUNITY OF DOIG RIVER?

DANE DZENE? (BIRTHDAYS)

Troy Jungen	Jan 1	London Lewis	Jan 21
Knox Acko	Jan 2	Marley Muskego	Jan 21
James Rothlisberger	Jan 2	Mika Hockman	Jan 22
William (Billy) Attachie	Jan 7	Kyle Stewart	Jan 22
Abel Green	Jan 7	Paige Apannah	Jan 23
Kaleb Green	Jan 7	Andrea Askoty	Jan 23
Stephanie Attachie	Jan 8	Amber Attachie	Jan 24
Clifford Davis	Jan 8	Renee Davis	Jan 24
Warren Glover	Jan 8	Pauline Attachie	Jan 25
Beatrice Harding	Jan 8	Kaylynn Davis	Jan 25
Kamdyn Apsassin	Jan 12	Danny Dominic	Jan 26
Landen Taylor	Jan 9	Howard Attachie	Jan 27
Madeline Oker	Jan 14	Elaine Cardinal	Jan 28
Robert Paquette	Jan 14	Daya Powell	Jan 28
Rusty Oker-Desjarlais	Jan 15	Amanda Dubyna	Jan 29
Trey Leclercq	Jan 15	Kianna Davis	Jan 31
Jessie Attachie	Jan 18	Dorothy Zunti	Jan 31
Cash Brinkworth	Jan 18		
Charmayne Brinkworth	Jan 18		
Treal Stewart	Jan 18		
Ronald Stoney	Jan 20		
Abigail Badine	Jan 21		





Photo Contest Extended

While you are out on the land over the break, take PHOTOS and you could win a \$50 Gift Card!

The categories are:

- *Best Ghadii (wildlife) photo
- *Best photo of water
- *Best outdoor selfie
- *Best landscape photo

Email photos to lands@doigriverfn.com with the location and you will be entered to win one of 4 gift cards. Contest is open to staff and members. Submissions accepted till Feb 5, 2021 and winners will be announced the following week. By submitting a photo, you agree to have it included in DRFN social media posts and newsletters.

JOURNAL

January 2021

Sun Mon Tue Wed Thu Fri Sat

This calendar was created by Alisa Froh, NE Community Engagement Coordinator

Alisa

1

Explore Journaling this January. Follow along with these journal prompts.

2

3

LIST YOUR GOALS FOR 2021

4

WHAT IS SOMETHING YOU'D DO IF YOU WEREN'T AFRAID

5

Something that INSPIRES YOU

6

WHAT is your view on society TODAY

7

WRITE A note TO LOOK BACK ON next YEAR

8

List five SUBJECTS you could TALK ABOUT CONSTANTLY

9

what do you consider to be your BEST QUALITIES

10

Which food best describes your personality

11

HAS anything MADE YOU FEEL BAD lately

12

WHAT happened in the last DREAM you remember

13

Write about a time when you were HAPPY

14

TAKE A BREAK GO FOR A WALK

15

WHAT IS SOMETHING YOU LEARNED yesterday

16

SPEND QUALITY TIME WITH SOMEONE

17

What TIME PERIOD would you LIKE TO LIVE IN AND WHY?

18

LIST 5 THINGS YOU'RE GRATEFUL FOR

19

EAT GREAT FOOD TODAY

20

WHAT was the HEADLINE of yesterday what are YOUR THOUGHTS on it?

21

WHAT is something YOU'VE accomplished RECENTLY

22

DESCRIBE your ROOM in detail

23

LISTEN TO LOUD MUSIC TODAY

24

Read something for FUN

25

IF YOU could meet ANY FICTIONAL CHARACTER who would it be?

26

write about an embarrassing moment

27

Write about YOUR DAY SO FAR

28

What's your life like right now

29

What do you want it to be like in 5 YEARS

30

DRINK LOTS OF WATER

31

COMMUNITY WORKFORCE ACCOMMODATION

Happy new year, I hope everyone enjoyed their holiday!

Unfortunately for myself, along with other members working on the CGL project, we began the new year with some new "COVID hurdles" regarding our return to work.

On December 30th, the provincial health officer provided new guidance to all major industrial projects in Northern BC with a specific order clarifying expectations on a safe remobilization process.

The new order was designed to reduce the risks of COVID-19 transmission within industrial projects in the Northern Health region for January/February 2021. The order outlines significant restrictions on the number of workers permitted across five major industrial projects for the early part of 2021. The projects that are under this order are: Coastal GasLink (CGL), Liquefied Natural Gas Canada (LNGC), BC Hydro Site C (Site C), Trans Mountain Pipeline (TMX), and Rio Tinto Kemano (RTK).

For Coastal GasLink, the workforce was limited to 400 (mostly security staff) across the entire project beginning in January, which is a level to ensure the camps, project infrastructure and equipment are safe and secure.

Unfortunately, this meant that we had to pause our CWAA program for the month of January. It has been a big blow and a shock that we do not have a definitive date for when we will be able to return to work. I have been informed by my supervisors that in the coming weeks we will find out more about what February will look like.

However, I am thankful that I can do some work at the band office during this downtime. I have been working on reviewing the Coastal GasLink Cross Cultural Training program with office staff and will continue this review project with our leadership and the Cultural Heritage Resources and Language department.

Despite all these changes with my GCL position, it is nice to be back in the community and in the office. I would like to use this time to have conversations with members or staff to discuss ideas for projects and workshops that people would like to have in the camps when I return. I am in the office from Monday – Thursday for anyone that would like to come have a chat. We can respect COVID guidelines and have a social distance coffee and chat in the gym, or you can call me on my cell or send me an email.

I hope everyone continues to stay safe, healthy and happy. I Look forward to seeing you around!

Amber Attachie
(236) 335-2681



November 19, 2020 (West Kelowna, British Columbia)

West Kelowna, BC, November 19th, 2020/LAB/ – On behalf of the signatory First Nations to the Framework Agreement on First Nation Land Management (Framework Agreement) the Lands Advisory Board (LAB), and Crown-Indigenous Relations (CIR) are proud to announce the expansion of the Framework Agreement's membership to include 12 additional First Nations from four provinces. These First Nations are:

- Popkum First Nation (B.C.)
- Xeni Gwet'in First Nations Government (B.C.)
- Doig River First Nation (B.C.)
- Esquimalt Nation (B.C.)
- Klahoose First Nation (B.C.)
- Snuneymuxw First Nation (B.C.)
- Peerless Trout First Nation (AB)
- Montreal Lake Cree Nation (SK)
- Mitaanjigamiing First Nation (ON)
- Biinjitiwaabik Zaaging Anishinaabek (ON)
- Michipicoten First Nation (ON)
- Northwest Angle #33 First Nation (ON)

Celebrated as the newest signatories to the historic Framework Agreement, these First Nations will begin the process of working with their membership to develop and approve a land code that will replace the 44 lands management sections of the Indian Act, with their own governance authority. The LAB and its technical arm the First Nations Land Management Resource Centre has worked closely with Indigenous Services and Crown Indigenous relations Canada to pave the way for additional First Nations to take part in this ground-breaking, decolonization initiative, supporting First Nations to exercise their inherent right of self-governance.



DRFN would like to welcome Amanda Gauthier to our team as the new Administrative Assistant. Congratulations, we love having you work at the front office!



INTEGRATED SERVICES DEPARTMENT



Here are the projects that Davide is working on these days:

- ⇒ Antenna Movement to new tower, improved stability and doubled internet speeds
- ⇒ Upgrading the Band Office Wi-Fi to improve bandwidth and Quality of Service)
- ⇒ Applying for new funding sources for Clean Energy
- ⇒ Completed preliminary mapping of new cross country ski / mountain biking and hiking trails
- ⇒ Improving audio visual set up at Learning Centre, including better Wi-Fi



NOTICE

COVID-19 Vaccine



DRFN will be receiving a limited amount of the COVID-19 Moderna Vaccine **Jan 20, 2021.**

First Nations Health Authority and Northern Health have given **priority to those who are 65 years and older, chronic health/high risk and front line staff.**

The Health Department is currently working on the preparation and delivery of community vaccination in March. We will keep you informed when we hear more.

The arrival of the vaccine is a key step towards returning to normal activities, but it is important to know and understand that even with the vaccine, **we must continue to practice** our safety measures to ensure the health and wellbeing of the community.

A reminder that the PHO still stand until Feb 5, 2021.

That means:

- all gatherings of any size are suspended (they are the biggest source of COVID-19)
- stay home if you are feeling unwell
- social distance, wear your mask and wash your hands

Vaccines do more than protect the person getting vaccinated; **they also protect everyone around them.** The more people in the community who are vaccinated and protected from COVID-19, **the harder it is for the virus to spread.**

We must continue to keep working together so that we can all **move forward, together.**



Site C, Alaska Highway News, January 15, 2021

Monitoring Update

The Public Health order related to COVID-19 has impacted major industrial projects such as Site C and Coastal Gas Link Pipeline, thus the monitoring work on these projects has been affected. Over the last couple of weeks, we had monitors out on smaller projects such as the Enbridge Aitken Loop project and proposed Secure Energy Site in Wonowon that can continue operating during the Public Health order. If you would like to monitor, please call or email Charmayne in the Lands office.

Aboriginal Liaison Program

Lori Lineham, DRFN's Oil and Gas Liaison, has been busy doing inspections with the Oil and Gas Commission on well sites and facilities. She has also been out monitoring camp installations and dormant well-related activities that are ramping up in the territory.



Oil and Gas Update

There is a lot of activity planned in the traditional Territory between now and break up. The work is primarily related to dormant wells. Companies are doing the work required to reclaim wells that are no longer producing. Eventually, the work will result in reclamation and restoration of the land.

If you have questions about the work being done, or see anything concerning related to oil and gas activity, please contact Lori Lineham or Wes Rothlisberger in the Lands department.



NECK AND SHOULDER STRETCHES

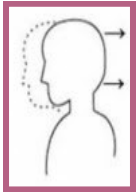
Shoulder Shrug



Purpose: to relieve early symptoms of tightness or tension in the shoulder and neck area.

Stand up. Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds. Then relax your shoulders downward into their normal position. Do this 2 or 3 times.

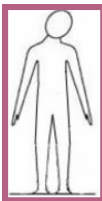
Head Glide



Purpose: To stretch chest, and shoulder muscles.

Stand upright. Without lifting your chin, glide your head straight back. You know you are doing this exercise right if it gives you the feeling of a double chin. Hold for 20 counts and repeat 5 to 10 times.

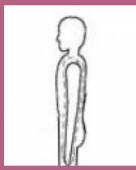
Neck Relaxer



Purpose: To relax neck muscles.

Stand up. Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, then turn all the way to the right.

Shoulder Roll



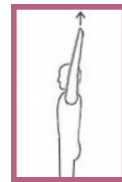
Purpose: To relax shoulder muscles.

Slowly roll your shoulders backward 5 times in a circular motion. Then roll shoulders forward 5 times.



BACK STRETCHES

Low Back Stretch



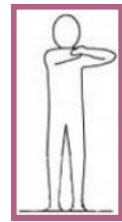
Purpose: To relax the muscles of the low back, and to neutralize the spine.
Stand up. Lightly reach towards the ceiling. Hold for 5-10 seconds. Now reach a little harder while taking a deep breath. Hold for 5 seconds. Relax.

Back/Side Stretch



Purpose: To relax the back and side muscles.
Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right.

Middle/Upper Back Stretch



Purpose: To stretch upper and middle back muscles.
Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 5 seconds. Repeat with your left arm.

LEG STRETCHES

Calf Stretch



Purpose: To stretch ankle muscles.
Stand up. Place 1 foot 1-2 feet behind the other. Then slowly move forward, while keeping your heel on the ground, until you feel a light stretch in your calf. Hold for 5-15 seconds. Repeat with the other leg.

Leg Lift



Purpose: Stretch leg muscles.
Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold momentarily, and return your foot to the floor. Repeat with the other leg.

Reference: Canadian Centre for Occupational Health and Safety, 1996. Office Ergonomics Safety Guide.



Dane Anayehe?drh (Community Garden)
Yes! We are going to do all of these in 2021
so stay tuned! :)

- ◇ *Integrate natural systems and traditional plants, plant medicinal plants*
This ties into other food security initiatives underway, lots of exciting stuff happening!
- ◇ *Greenhouse for growing warm weather plants (e.g., tomatoes, peppers)*
We plan to build a greenhouse near the raised bed garden in 2021.
- ◇ *Support for those interested in backyard growing - raised beds, fruit trees, composting*
We can definitely do that, and the NEAT folks can also provide support.

Ch'one' (Wolf) Bounty Program

For the last couple years, the Ministry of Forests, Lands, Natural Resource Operations and Rural Development (FLNRORD) has been providing funding for DRFN to undertake a Wolf Cull program. The number of wolves in the region has been climbing and because wolves prey on ungulates, it can have a negative impact on ungulate populations. Reducing the number of wolf predators will improve the populations of ungulates like moose (hadaa) and Caribou. FLNRORD undertakes aerial cull of wolves from a helicopter each year to reduce the predator population and the ground-based program will supplement that work.



dane tsaa? zise daaghaleh (Buy Furs)

Starting now, any member that hunts or traps a wolf and brings it to the office for ear clipping and gender identification will receive a \$700 bounty. It is the responsibility of the member to either dispose of or sell the wolf to the DRFN Cultural Fur Program. If the member decides to sell it to the fur program, they will need to clean and dry it properly.

If you need sponsorship for equipment or gear o participate in the program, please see Jen or Charmayne.

SAFETY COMMITTEE

Ergonomic Stretches

Stretching is one part of a successful ergonomics program that can help to prevent musculoskeletal disorders (MSDs), pain and discomfort in general. Stretching allows your body time to recover, relax, and prepare for the next session. It does the same for the mind, allowing you a chance to relax, so you can return with more energy and focus. Frequent stretching will also help prevent muscles from getting stiff and reduce discomfort.

When it comes to stretching to prevent MSD's, shorter, more frequent breaks are preferred over longer breaks. It is generally recommended that you pause and stretch at least once per hour. If your job consists of continuous data entry, it is recommended that you take a 5 minute stretch break every 30 minutes. If you feel any body part getting stiff between your stretch breaks, take a moment, and stretch it out. If it is impractical to take a break for this long, remember that taking a short break, even 30 seconds, is better than none at all.

It is important to stand up and move around when you stretch. This allows your body a change in posture and will also help minimize stiffness and fatigue. It is also suggested that if you are doing an activity where you do not have to be sitting, such as talking on the phone, perform it while standing up.

When working on a computer, you should occasionally look away from the screen and focus your eyes on a distant object. This will allow your eyes a chance to relax and help prevent eye strain.

The following stretches for the hands and forearms, fingers, back, legs as well as neck and shoulders will help reduce discomfort during the workday.

HAND AND FOREARM STRETCHES

Wrist Tilt



Purpose: To stretch wrist and forearm.

With hand open and facing down, gently bend wrist from side to side, as far as possible. Hold for 3 to 5 seconds. Repeat 3 times.

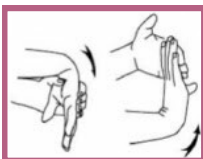
Wrist Rotation



Purpose: To stretch wrist and forearm.

Start by stretching your arm and hand out and slowly rotate the wrist down until you feel a stretch. Hold for 3 to 5 seconds.

Wrist Flexion/Rotation



Purpose: To stretch wrist and forearm.

Grasp hand and hold fingers with the other hand. Slowly bend wrist down until you feel a stretch. Hold for 3 to 5 seconds. Relax. Repeat 3 times. Repeat with slow upward bend of the wrist to point of gentle stretch. Hold & relax.

SAFETY COMMITTEE

FINGER STRETCHES



Purpose: To stretch wrist and forearm.

A. Start with your hand open.



C. Touch your fingertips to the base of your palm, keeping the thumb straight.



B. Make a fist.



D. Gently make a hook. Slide your finger tips up your palm so the tips of your fingers are near the base of your fingers and you should feel a stretch. Don't force your fin-

Hello everyone,

I hope you had a good Christmas and New Years holiday. For me, it turned out not bad; I had a good time with my grandkids, watching them sliding down the hill. Sorry I did not visit at Christmas time like I always do. May you all have a good coming New Year.

Here is a recipe for the common cold that works great for me and our people have used it in the past. For many generations this has been a Native home remedy. My parents, grandparents and other Elders told me this.



lajii tqche (wild mint) & sage

Adakus aah lajii (Tea for Common Cold)

- ⇒ Get some Red Willows from the bush
- ⇒ Shave off the red willow bark and chop it finely
- ⇒ Add a little bit of wild mint
- ⇒ Add a little bit of Sage (not too much as its strong)
- ⇒ Add a little bit of Labrador Tea
- ⇒ Add 3 or 4 tablespoons of Honey
- ⇒ Put all these herbs and honey into 3 or 4 quarts of water

Boil for 2 minutes

You can drink this common cold remedy hot or cold (use it for iced tea).

*Bless you all and sending my love,
Jack Askoty (Chinchaga Jack)*

*Kun (Fire) & lajii uusaa?
(Tea Pot)*

