

# Dàkwània

NOVEMBER/DECEMBER 2011

*Nena Dadäykyü N-Zhā*

Animals Starting to Move Around/

*Sha Kwädäk'wän N-zhā*

Shortest Sun Day

## Season's Greetings



*Äk'ān Ut'äk'wädinch'e sha nān dāye sàkwūthj ye dāyenji shàw ùule jè.  
Äk'ān sha nān nzhā dān däch'à dejal yè dān dāye shek'a dātth'i ts'ān kånudhèt je.*

*May the holiday season bring happiness and joy to you and your loved ones.  
This holiday season we remember and honour those who are no longer with us, and cherish those who are.*

**Champagne and Aishihik First Nations Chief and Council**

*Chief James Allen, Elder Councillor Albert Hume, Youth Councillor Bradley Joe-Malagena  
& Councillors Mary Jane Jim, Harold Johnson, Dayle MacDonald and Les Walker*



CHAMPAGNE AND AISHIHIK FIRST NATIONS



## Message from the Chief

Dänñch'e:

*Seasons greetings from the CAFN Council and Executive Council Office staff.*

*It is a special time of year, and an especially important time to re-*

*member traditional values we learned from our grandparents, like caring, sharing, and respect.*

*I encourage you to take time this holiday season to practice important traditions like having tea with an Elder, getting out on the land with your kids, and visiting or sharing food with your neighbors.*

*This fall I have been privileged to represent CAFN in Anchorage, Alaska two times to meet with Alaska Native corporations to discuss ways to work together on businesses that can extend across the border. The first trip was for the Oil and Gas Congress this September, where we met with Doyon Emerald, a subsidiary of Doyon, Limited. During our second trip this October to the Alaska Federation of Natives Convention, we were privileged to meet the new Doyon President Aaron Schutt and Chair Ori Williams. They are interested in coming to the Yukon to discuss business opportunities.*

*I also met briefly with Hurst Energy representatives on both trips. They manufacture biomass plants for renewable energy production and/or district heating. We are working to schedule continued discussions.*

*We have also been busy doing some important planning here in the Yukon. Council spent a full day fleshing out our vision for meeting Citizens' health and social needs.*

*Council spent two days in late September fine-tuning our priorities for the duration of our term. We agreed to focus on three key priorities:*

- 1. Wellness**
- 2. Economic Development**
- 3. Building on a vibrant traditional culture**

*We identified a number of key activities to achieve these priorities, and I look forward to working closely with Council and staff to achieve them.*

### Chief and Council Priorities

- 1. Wellness** (by caring for people now and helping to empower them)
- 2. Economic Development** (create conditions for everyone to benefit)
- 3. Building on a vibrant Traditional Culture** (help people embrace and live their culture)

*The Renewable Energy Committee (REC) has been busy working behind the scenes on a number of options for alternative energy production. The REC provided an update on their work to date to Chief and Council this October. Council supports the work of the REC by providing continued direction and working toward new partnerships to achieve our goals for renewable energy production.*

*This October, Elder Councillor Albert Hume, myself, and Executive Assistant Barb Joe attended the Opportunities North Conference in Whitehorse. The public is taking note that CAFN is moving into economic development, and the conference was a good opportunity to network with government and industry representatives.*

*Now that the Yukon elections are complete, we look forward to meeting with Yukon Government leaders to discuss priorities like land use planning, re-visiting our Intergovernmental Agreement, and working collaboratively on joint issues through the Intergovernmental Forum.*

*My best wishes to you and your family this Christmas season and in the new year.*

*Kwänischis.*

*Chief James Allen  
Jämëna*

## COUNCIL DECISIONS

The following decisions were made at the September 15-16, 2011 regular Chief and Council meeting.

### **Audited Financial Statements**

Council approved the audited statements for CMHC projects and Aboriginal Human Resource Development for fiscal year 2010-11.

### **Eco Tourism Camp**

Council approved \$10,000 as start-up money for an eco tourism project proposed by Councillor Harold Johnson.

### **Citizen Transit Bus Proposal**

Chief and Council approved a proposal to the gas tax fund by CAFN Housing to purchase a transit bus to transport CAFN citizens.

### **Self-Government Agreement Amendment Sections 17.2 and 17.7-17.10**

The CAFN Self-Government Agreement (SGA) allows for incorporating more favorable provisions from other Yukon First Nations SGAs. Chief and Council approved a resolution to the CAFN SGA adopting provisions from the Tr'ondëk Hwëch'in SGA, which allow for the negotiation and administration of programs delivered within the Traditional Territory in relation to:

- Indian student counseling
- Cross cultural teacher/administration orientation
- Composition of teaching staff
- Early childhood, special and adult education curriculum,
- Kindergarten through grade 12 curriculum, and

The evaluation of teachers, administrators and other employees.

Complete copies of Chief and Council meeting minutes are available with reception staff at both CAFN offices in Haines Junction and Whitehorse. Please phone (867) 634-4201 for more details.



*Staff and Council gathered this September at Meadow Lakes Golf Course for the 2011 Staff Appreciation event and presentation of service awards.*

## 2011 LONG SERVICE AWARDS

### **One Year**

Shandell McCarthy, Director of Education  
Cole Pauls, Youth Centre Worker  
Lynn Sparks, Health and Social Director  
Brendon Au, Whitehorse Custodian  
Chantelle Bode, Education Support Worker  
Kelly Boyd, Youth Centre Supervisor  
David Germain, Carpenter's Helper  
Victor Green, Carpenter's Helper  
Marianne Joe, Diabetes Coordinator

### **Five Years**

Kathleen Brown, Human Resources Assistant  
Richard Smith, Heritage Collections Assistant  
Jon Widney, Operator 1  
Scott Hume, Operator 1  
Janina Kirk, Childcare Supervisor  
Sheila Quock, Heritage and Culture Manager  
Kathleen Johnson, Case Manager  
Tracy Kane, Health Programs Manager  
Wes Kinney, Information Technologist  
Doris Hume, Income Assistance Administrator  
Natalie Oles, Business Development Officer  
Marlon Allen, Mechanic

### **10 Years**

Darlene Blair, Elders Program Coordinator  
Patricia George, Finance Manager  
Millie Joe, Language Coordinator  
Rick Mazur, Housing Manager

### **20 Years**

Linaya Workman, Renewable Resources Manager



Percy Allen, CAFN

The EOP works on the new cooking shelter at Champagne

the crew. The two crews also worked together tearing down the old cooking shelter behind the Champagne Hall and building a new shelter (see new shelter above). We are particularly proud of how that turned out. A big thank you to Glen Kane, who gave us a hand for a few days on the shelter, and to Luke Williams on the excellent design.

Other work in Haines Junction this season included:

- building sheds for the Youth Center and Housing;

## EMPLOYMENT OPPORTUNITIES PROGRAM 2011

*"The EOP crew worked very hard and made a real difference at the 2011 General Assembly in Champagne this summer. Kwänischis!"*

*Amy McKinnon  
Communications Manager*

The Employment Opportunities Program (EOP) has finished its work for another season. We had another busy year with two crews, one based in Haines Junction and the other in Takhini River Sub-division.

We were lucky to have Luke Williams return as the Haines Junction Foreman and Dwayne Smith did a great job in his first season as the Takhini Foreman. In Haines Junction, Lawrence Burns and Scott John worked from beginning to end and other crew members who worked with us during the season were Percy Allen, Darrell Brown, Jenna Jackson and Eddie Smith. In Takhini, Lydia Jim worked the entire season and other crew members were Ryan Darbyshire, Sylvia Kolak and Jerrid Owlchild.

Once again this year we helped set up, break down and throughout the General Assembly with the Municipal Crew. We also provided labour support at the language immersion camp in Aishihik and the Strengthening Families Camp in Klukshu. The camp at Klukshu was a particular highlight for



Shelby Jackson, CAFN

The 2011 Employment Opportunities Program crew

- making picnic tables and screen doors for sale to community members;
- brushing in the village and in Klukshu; and
- landscaping, including the playground and making a lawn at the Daycare.

Other work in Takhini this season included:

- doing a thorough clean up of the community;
- painting the steps of many of the houses;
- refurbishing a shed which will be used as a warm up shack at the rink; and
- beginning slashing an area identified for a ball diamond.

One of our goals with EOP is to provide training and education opportunities which could help our employees to live healthier lives. This year, the highlight was a presentation and discussion provided by Byron Roulette, a Traditional Aboriginal healer and teacher who taught us about traditional aboriginal spirituality. We also held meetings with an Alcohol and Drug Services (ADS) facilitator

***"It is great to see that the participants have made positive improvements in their lives over the past several years. The projects they have completed in our communities continue to provide benefits for our citizens – the skating rinks, playgrounds, picnic tables, outhouses, screen doors, storage sheds, home maintenance and community clean-up have also helped to increase their skills. I would like to see this program available during the winter months for a couple of citizens to build greenhouses, storage sheds and pre-fabrication of small singles' homes. I wish all of the participants and staff the very best for a healthy future."***

*Terry Rufiange-Holway  
Director of Housing, Properties & Municipal Services*



W. Jones, CAFN

*The finished cooking shelter at Champagne*

and counselor to discuss and explore ways to reduce substance use.

In Takhini we were lucky to again have Cisco Smith providing language learning to the crew. Cisco also provided the crew with insight into their history and culture. Language and culture is the basis of our identity and it is hoped that regular language and cultural learning will foster the growth of greater pride and self esteem in our crew members.

Last year, one of the most satisfying things about the program was the support provided to us by other CAFN Government departments. Whether it was to borrow lumber to complete a project or liaise with staff to coordinate a project, CAFN staff was always a pleasure to work with. This year has been even better. We are very fortunate to have such a fine group of people to work with. We have also received much support and encouragement from CAFN citizens, both by purchasing our products and by providing us with positive feedback. This community support is a big reason for the program's success. Thanks so much to all of you.

*Will Jones  
Employment Opportunities Program Coordinator  
Health and Social Programs*



*The CAFN Bi-Cultural Curriculum Working Group at Silver City this September. This group develops teaching materials for the Bi-Cultural Program at St. Elias Community School in Haines Junction.*

## UKWÄNJĒ

### CAFN Southern Tutchone Language Programs:

#### Staff Language (via video conf to Whitehorse staff)

Tuesdays

CAFN Council Chambers

9:00 am - 9:30 a.m.

#### Haines Junction Language Lunch

Tuesdays 12:00 - 1:00 p.m.

CAFN Council Chambers

#### Haines Junction Evening Language Class

Thursdays 4:30 - 6:30 p.m.

CAFN Council Chambers

\* *Haines Junction classes will move back to Dä Kų when it reopens.*

#### Whitehorse Language Classes

Tuesdays and Thursdays

CAFN Whitehorse Boardroom

4:00 – 6:00 p.m.

The daycare Language Nest will resume with Aunt Agnes and Heather Jim. We are currently re-creating some lesson materials Agnes needs for the

Language Nest, as much of her valuable work was lost in the fire that destroyed her home this August.

Some crafts we plan to start are children's melton vests, mitts, slippers, moose hair tufting, dream catchers, jam making, traditional medicines, and a community language group wall hanging for the language classroom at the new Dä Kų Cultural Center.

*Shāw Nithän* to all our teachers, speakers and Elders, including Martha Smith, Vivian Smith, Lena Smith-Tutin, Agnes MacDonald, Heather Jim, Lorraine Allen, Dorothy Bellrose.

If you or know someone who may need a ride to any language programming please let me know and I can arrange a ride.

Parents are more than welcome and encouraged to participate at the Language Nest programs and workshops. Here are some Christmas words the children are learning this month, feel free to speak these words with your child and at home or office:

Christmas Tree	<i>Ts'u Nāts'etl'u</i>
Santa Clause	<i>Gəlįq</i>
Elves	<i>Dän Dūtsèla</i>
Reindeer	<i>Udzi Dutsela</i>
Snowman	<i>Yāw Lān Dān</i>
Presents	<i>Nāts'ā'yù</i>
Stocking	<i>Luk'wān</i>
Wreath	<i>Ts'u'āl</i>
Bells	<i>Jädälel</i>

We wish everyone a *Ut'ākwādįch'e Dzāny Nākwānjtth'āt N-yè Sākùuthj Jè!*

Merry Christmas and a Happy New Year!

*Nānuch'i shi, dāk'ānatà jè.*

(I will see you again, take care)

*Nàthàtt'įq - Millie Joe, Language Coordinator*

*(867) 634-4013*

*(867) 634-2287 fax*

*mjoe@cafn.ca*

## RENEWABLE ENERGY COMMITTEE

Since the last update, the REC has made some good progress. On October 12th, the REC met with the CAFN Council to share our progress and talk about next steps for moving ahead cautiously.

### **Biomass**

In the last update we let you know that CAFN and the Village of Haines Junction had signed an agreement to examine the opportunity of developing a biomass (wood-based) electrical generation plant that would also produce waste heat for heating buildings. The REC has completed a preliminary assessment of the opportunity, and we are suggesting we move to a more detailed study in the coming months. We also need to re-confirm that Yukon Energy Corporation is a potential customer for the electricity.

### **What is the Renewable Energy Committee (REC)?**

- A committee formed in April 2011 to coordinate the joint efforts of CAFN and Dakwakada Development Corp. (DDC) to investigate renewable energy production options in the CAFN Traditional Territory.
- The REC is tasked with ensuring an efficient and effective evaluation process is followed for assessing and managing potential projects; and
- Linking with the CAFN Strategic Plan, Vision and Goals.
- REC members are: Ray Wells - Chair, Murray Arsenault - DDC, Ian Robinson - CAFN, and Roger Brown - CAFN



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### **Wind and Small-Hydro**

Two other projects that are in a very preliminary exploration phase are wind and small hydro energy production. The REC will apply for government funding support to do more studies on these two opportunities. CAFN is also putting money into the studies.

We are in very early stages of considering the feasibility and potential impacts on the community and lands if we were to move to implement any of these projects.

For more information on the work of the REC, please contact:

*Ray Wells, Chair*  
CAFN Renewable Energy Committee  
(867) 332-4160  
[raywells85@hotmail.com](mailto:raywells85@hotmail.com)

## NEW FACES



### **Karrie Brown** Youth Center Worker

*Dannch'e.* Many of you know me, and for those who don't, I'm Karrie Brown, a Tutchone and Champagne and Aishihik member. I grew up in Canyon Creek and down the Aishihik Road with my grandparents,

Fred and Audrey Brown. I moved away for a bit, and returned to Haines Junction three years ago. I have a great family with my other half, Zachary, our son Cashis, and 2pac the dog. I am delighted to have been selected for the position of Youth Center Worker. I look forward to seeing you around.

*Karrie Brown*  
Youth Centre Worker  
(867) 634-2012

### **Stephanie MacElheron** Family Health Promotion Worker

Hi. My name is Stephanie MacElheron. I have lived in Haines Junction all my life. I have been working at the Shawkwunlee Day-care for the past year and I'm now working for CAFN as the Healthy Families



and Prenatal worker. I have three children: Shanita (19), Brittney (16) and Matthew Brown (14). I am very excited to be working in this position, and am looking forward to working with CAFN families.

*Stephanie MacElheron*  
Family Health Promotion Worker  
(867) 634-4239  
(867) 332-5221 cell  
smacelheron@cafn.ca

### **Florence Kushniruk** Education Administrative Assistant

Hello. My name is Florence Kushniruk. I was born and raised in the Yukon. I am very excited to be working within the CAFN Education Department and look forward to working with and supporting our students in their educational endeavors.



I took the past summer off to learn how to garden and relax under the sunshine. Unfortunately, the garden did not prosper as well as I hoped, but I learned a lot about the soil, pest control, when to plant, etc. My potatoes were no bigger than loonies and the watermelons and tomatoes were smaller than pennies!

*Florence Kushniruk*  
Education Administrative Assistant  
(867) 456-6888  
(867) 667-6202 fax  
fkushniruk@cafn.ca

### **Anne Tayler** Acting Director of Education

Please welcome Anne Taylor, CAFN's Acting Director of Education for the 2011-12 winter. Anne has worked in education for 30 years, including 20 years at Yukon College, and was part of the first Yukon Teacher Education Program (YTEP - 1978). She has worked with CAFN for the past five years providing support for the Executive Development Program.



Anne has three wonderful adult children, numerous foster-children (including an amazing 14-year old still at home), five grand-daughters, and 120 dogs (her partner is Yukon musher Frank Turner).

*Anne Tayler, Acting Director of Education*  
(867) 456-6887  
atayler@cafn.ca



**Luke Campbell**  
**Elementary Education**  
**Support Worker**

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*Dän̄nch'e.* My name is Luke Campbell and I am the new Elementary Support Worker for CAFN. I am working closely with all the Whitehorse elementary schools with CAFN students.

I hope to build positive relationships between the schools, CAFN students and CAFN. I am here to assist in any way to help your child succeed in school.

I will help to insure that support is provided for your child(ren) from CAFN and that your child has the tools he/she needs in order to have a successful school year.

If you have any questions or concerns please feel free to call or e-mail me.

*Kwänaschis.*

*D. Luke S. Campbell*  
*Elementary Education Support Worker*  
*(867) 456-6892*  
*lcampbell@cafn.ca*

**Brenda Asp**  
**Governance Coordinator**

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Brenda is CAFN's new Governance Coordinator. In this position, Brenda provides support to the Elders Senate, Youth Council and General Assembly. She has degrees in Business Administration and Fashion Design, a certificate in Computer Media Design, and Environmental Officer training. She also has several years experience coordinating events and meetings through her personal business and many years working with the Council for Yukon First Nations and First Nation governments.



*Brenda Asp*  
*Governance Coordinator*  
*(867) 634-4249*  
*basp@cafn.ca*

**Steve Roddick**  
**Policy Analyst**

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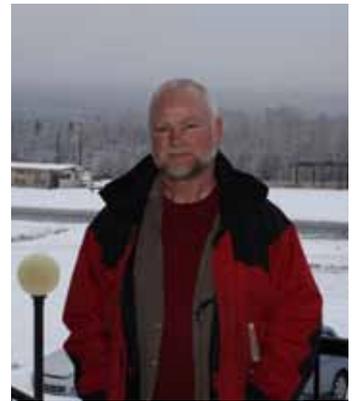


Hello there! My name is Stephen Roddick, and I am happy to introduce myself as the new Policy Analyst for the CAFN Secretariat in Whitehorse, where I will be working primarily on the development of a comprehensive CAFN policy framework. Having recently moved back to the Yukon after living in Ottawa for the past two years, I feel very fortunate to be working in a position that presents such a unique challenge, experience and opportunity. I look forward to meeting the rest of my CAFN colleagues, and the members whom I will be serving in my new position, in the weeks and months *ahead*.

*Stephen Roddick, Policy Analyst*  
*(867) 456-6885*  
*sroddick@cafn.ca*

**Miles Morton**  
**Community Justice**  
**Coordinator**

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*Dannch'e.* I feel very privileged to be greeting you as the new Community Justice Coordinator. I have worked with CAFN in the past as co-manager of the Greenhouse Program for the last three summers.

My job is to advocate for social justice in the community, to help people involved in the legal system, and to provide information on restorative justice. I do not offer legal advice—for that you need a lawyer!—however, I can help with making referrals and provide a low stress environment where you can come and discuss your concerns. I look forward to working with you. It is an honour to be working for this community.

My office hours are Monday-Thursday, 8:30 a.m. to 4:00 p.m., closed for lunch.

*Miles Morton*  
*Haines Junction Community Justice Coordinator*  
*(867) 634-7020*  
*(867) 634-7022 fax*  
*restorativejustice@cafn.ca*

# Prenatal Nutrition and Family Wellness



## Services we offer:

- Family Health & Wellness Programming
- Prenatal Information
- Prenatal Support & Supplements
- Postnatal Supports & Supplements
- Weekly Healthy Cooking Classes



The Whitehorse cooking group will be starting again soon at #2 Hospital Road.

I will contact parents soon with more details.

You are also welcome to contact me with your questions at:

(867) 634-4239  
(867) 332-5221 cell  
[smacelheron@cafn.ca](mailto:smacelheron@cafn.ca)



"Children really brighten up a household - they never turn the lights off"

I would love to use your baby's pictures in the new letter. If you could e-mail me some, that would be great. If you have any further questions, please feel free to call me or email me.

I look forward to meeting all of you and your families!!

*Stephanie MacElheron*  
(867) 634-4239  
(867) 332-5221  
[smacelheron@cafn.ca](mailto:smacelheron@cafn.ca)



The Haines Junction cooking class is from 4:30 to 6:30 p.m. every Thursday at the School in the Home Ec Room!! Don't miss out on the fun and healthy cooking!! Please let me know by Tuesday of that week if you're coming.



## REDISCOVERING A HISTORIC TRAIL

In recent years, the CAFN Heritage, Lands and Resources Department has been locating and clearing the old foot trail from Nesketaheen to Hutchi. Crews have worked hard over the past two summers to clear the trail of new growth and wind fallen timber.

Crew members in 2010 were Gary Darbyshire and Harold Johnson. This past summer (2011) Gary led the crew of Glen Kane, Michael Beattie and David Chambers, with Cody Joe and Simon O'Brien working for short stints as well.

The trail has been cleared between Village Creek and Klukshu Crossing, from the Kluhini River (at Deep Ford) to Champagne Village, and from Champagne Village to Hutchi Village. There are areas from Klukshu Village to Deep Ford which still need locating and clearing and, with the assistance of Elders and CAFN Citizens, should be complete before the fall of 2012.

This foot trail is an opportunity for CAFN Citizens to experience a route their ancestors used over many generations. Citizens wishing to utilize the trail are asked to travel by non-motorized methods.



Roger Brown, CAFN Renewable Resources

A section of trail near Six Mile, north of Dezadeash Lake.



Roger Brown, CAFN Renewable Resources

Elder Paddy Jim negotiates the crossing south of Dezadeash Lake after a day of trail walking.

## AISHIHIK ROAD UPDATE



Harry Smith, CAFN Renewable Resources

Flooding at 35 Mile on the Aishihik Road this October.

The road to Aishihik Village is currently impassable due to flooding and bridge damage (as of November 2011).

For updates on current Aishihik Road conditions, please contact:

Harry Smith, Harvest Monitor  
(867) 634-4211

or

Terry Rufiange-Holway, Director  
Housing, Properties & Municipal Services  
(867) 634-4219  
tr-holway@cafn.ca



*Ut'akwädich'e Dzenü  
 Yè  
 Ayü dzenü kuk'akwädatth'at  
 Däk'akwädinje däyè  
 Kàáshech'äw yè dadunena shü*

*Merry Christmas  
 And  
 Happy New Year  
 Our prayers be with you  
 To all of you and your children too.*

***From the CAFN Finance Department staff***

*The staff of the Housing,  
 Properties and Municipal  
 Services Department  
 wish everyone  
 a happy, safe and enjoyable  
 holiday season, and all the best for  
 the New Year.*

*Please remember  
 to keep your chimney clean  
 so Santa can get down!*





**Wishing you and your loved ones  
peace, health, and happiness  
in the coming New Year.**

*From CAFN's Health and Social staff*



*Seasons Greetings  
and best wishes for the New Year*



*from the Secretariat Department staff*



*We wish you  
and your family  
Seasons Greetings  
&  
a joyous New Year*



*CAFN Heritage, Lands and Resources staff*

## YOUTH CENTRE UPDATE



We have a couple of new faces at the Youth Center. We would like to welcome Karrie Brown and Jessica Mazur to the Youth Center team. Karrie has accepted the position of Youth Worker, and Jessica is our new Youth Centre Trainee. We also have Gloria MacElheron filling in when needed.

We are seeking parent or community volunteers for:

- **Wolf Tracks Program.** Learning winter survival and on-the land- opportunities this November and February every Wednesday after school, starting November 9th. We need assistance with transportation of kids/youth.
- **November 17th** the youth are going to have a table for baked goodies as a fund raiser at the Library Craft Sale. Volunteers for baking or donation of goodies are needed.

If you can assist with any of the above it would be greatly appreciated.

### Parent Advisory Committee

We are also starting a (PAC) Parent Advisory Committee of staff/community members/parents to discuss

### YOUTH CENTER WINTER HOURS

- **Monday 3:30 to 5:30 p.m.**
- **Tuesday to Friday 3:30 to 5:30 p.m. for ages 6 to 12, 7-10 p.m. for ages 13 plus.**
- **Saturday 7-11 p.m. ages 13 plus.**



Karrie Brown, CAFN Health

*Austin Kirk, Justin Johnson and Tehya Kinney-Johns enjoy a Youth Centre trip to the park this fall.*

suggestions for programming, fundraising or any concerns. The first PAC meeting will be November 14th at 7:00 P.M. and every second Monday of the month after. Everyone welcome! Please watch for more details.

### Youth Programs contact info

We have had a change in cell phones: my new number is 634-5242 (Shannon Maloney) Youth Programs Coordinator. Youth workers can be reached at the 634-5218 cell phone when kids/youth are out on excursions with the Youth Workers.

### Youth First Aid course

We are currently working with Skookum Jim Youth Employment Center to hold a First Aid course for youth ages of 15 to 25 on November 19 and 20 in Haines Junction, with funding from the Youth Employment Center. **Interested youth should forward their names to me as soon as possible.**

*Shannon Maloney, Youth Programs Coordinator  
Youth Centre: 634-2012  
Cell: 634-5242  
smaloney@cafn.ca*

# DIABETES

There is an increased rate of gestational diabetes (a condition that may occur during pregnancy) among aboriginal people. Being aware of this condition can help you, if you know a few of the risk factors: being a First Nation person (high-risk group), a strong family history of diabetes, being overweight (body mass index over 30), gave birth to a baby weighing 9lb or more in the past, and have had gestational diabetes.

## Gestational Diabetes

Gestational Diabetes occurs when your body cannot produce enough insulin to handle the effects of a growing baby and changing hormone levels. Pregnant women should be screened for gestational diabetes between 24 and 28 weeks of pregnancy. If you are diagnosed with gestational diabetes you will have to work closely with your doctor to help you manage this condition. Your chances of having gestational diabetes in your second pregnancy are high and developing type 2 diabetes in the future.



You CAN decrease your risk by choosing a healthy lifestyle, which means eating well, achieving a healthy body weight and and being physically active.

## November is Diabetes Month

**WORLD DIABETES DAY**

**MONDAY, NOVEMBER 14, 2011**

Watch for upcoming diabetes-related events in your community in the months ahead.

For further info contact:

*Marianne Joe, Diabetes Coordinator*  
(867) 634-4212  
[majoe@cafn.ca](mailto:majoe@cafn.ca)

**DISCLAIMER: Health articles are provided by CAFN Health Programs as a courtesy for your reference, and are not intended to replace the advice of your doctor or health care professional.**

A delicious and nutritious fall time recipe:

## FALL HARVEST MOOSE STEW

- 2 pounds moose stew meat, cut into cubes
- 4 large carrots, diced
- 2 medium onions, chopped
- 2 stalks celery, diced
- 2 medium turnips, diced
- 1 garlic clove
- 1 can (14 ounces) sodium reduced Italian stewed tomatoes
- 1 can(8 ounces) sodium reduced tomato sauce
- 2 teaspoons sodium reduced beef bouillon
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon salt, optional
- 1 bay leaf
- ½ cup barley, optional

## DIRECTIONS:

In a large slow-cooker combine all ingredients. Cook until meat and vegetables are tender, stirring occasionally. Serves 8 people, or about two nice family-size meals. Try not to forget portion control.

Enjoy the moose stew with:

## BANNOCK

- 1 ¼ cups flour
- 1 tablespoon shortening
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 tablespoon powder milk
- ½ cup cold water

## Directions:

Mix all ingredients and add the water and shortening. Knead the dough to form a smooth ball and divide into four equal portions. Flatten bannock and place in a baking dish and cook in a 350 F oven for 20 minutes. Bannock is done when it sounds hollow to the tap of a finger.

*The bannock recipe was submitted by Lilly Smith from the Diabetes Cookbook, which is available in the CAFN Health and Social offices in Haines Junction and Whitehorse.*

## KIDS CHRISTMAS COLORING CONTEST!

**Attention CAFN kids age 12 and under:** Please color and submit your picture at either CAFN office (Whitehorse or Haines Junction), mail to CAFN Communications, PO Box 5310, Haines Junction, Yukon Y0B 1L0, or scan and e-mail to [almckinnon@cafn.ca](mailto:almckinnon@cafn.ca). Pictures received by Friday, December 16, 2011 will be considered for great prizes for different age groups. So have fun and do some Christmas coloring!



**Ts'u Nät's'etl'u**  
Christmas Tree

## ANNOUNCEMENTS

### Family Tree Updates

CAFN Heritage staff are in the process of updating family trees. Please contact us with updated information on your family, including:

- Babies' birthdates, place of birth, parents' names, etc;
- Spouse names and wedding dates; and
- Traditional names.

Please contact:

*Sheila Quock*  
*Heritage Resources Officer*  
*(867) 456-6891*  
*squock@cafn.ca*

### Medical Travel for Elders

For CAFN Haines Junction Elders who need medical travel to Whitehorse, please call Jacquie Chambers to book a ride. Please provide a minimum of two weeks notice and we will do our best to accommodate your needs.

I can also book medical appointments on your behalf. We are trying to book multiple Elders' appointments on each trip.

Please contact:  
*Jacquie Chambers*  
*(867) 634-4223*  
*(867)634-5219 cell*

## Thank you

*We would like to thank all our friends, family, the community of Haines Junction, and all the other Yukon communities for all your generous donations - like food, household items and money - when our house and belongings were all destroyed by fire on August 2, 2011.*

*We sure appreciate what everyone has done to help us. May God bless you always!*  
*We love you all.*

*Jim Sutton, Agnes MacDonald,  
Deanna MacDonald and Isaac Malcom*



### Daycare Workers Needed!

The Shawkwunlee Daycare in Haines Junction needs workers! All workers need is: **Level one training in Early Childhood Development.** This course is coming up in January 2012 at Yukon College in Haines Junction by video conference or at Yukon College in Whitehorse. A four-month course will get someone a \$18.00 per hour job.

For more information, please contact:  
*Vera Owlchild*  
*Post Secondary Employment & Training Manager*  
*(867) 456-6884*  
*vowlchild@cafn.ca*

## Kluane MLA Update

Hello everyone,

I am honoured to have been elected as the new MLA for the Kluane Riding.

I am looking forward to having the opportunity to get to know all of my constituents better. Over the last few months I have met many new friends and gotten reacquainted with a few old ones. I would like to thank you for your support and for opening your doors to discuss Kluane issues.

I would like to thank my campaign team for all their hard work, my family for their support and the contributors to my campaign. I could not have done it without all of you.

I would also like to commend Eric Stinson, Tim Cant and Gerald Dickson and their campaign teams for all of their hard work during the election campaign.

I am committed to working hard in the Legislature and am very thankful for this opportunity to represent the Kluane Riding. By working together, I believe we can make Kluane an even better place to live, work and play.

Thank you.

*Wade Istchenko*  
MLA for Kluane



**KLUANE REFLECTIONS HAIR SALON**

**\*\*CLOSED UNTIL FURTHER NOTICE**

### General Makeup Expiration Guidelines:

Oil-free foundation	1 year
Cream or compact foundation	18 months
Concealer	12-18 months
Powder	2 years
Blush and bronzer	2 years
Cream blush	12-18 months
Powder eyeshadow	2 years
Cream eyeshadow	12-18 months
Eyeliners	2 years
Liquid eyeliner	3-6 months
Mascara	3 months
Lipstick	2 years
Lip liner	2 years
Lip gloss	18-24 months
Nail color	1 year
Fragrance	2-5 years



## Greenhouse Society Members Needed

- Change is underway.
- The Haines Junction Employment Development Society (HJEDS) greenhouse is closing.
- With this change comes new opportunity: the opportunity to continue the society and reshape the vision for a community greenhouse.
- New community volunteers are needed to be part of the society that will shape the future of the "greenhouse project".
- CAFN is collecting names of interested community members to take on this challenge. The time commitment is estimated at around 15 hours per month.

If you are interested in being part of this society and helping the greenhouse project continue in Haines Junction, please send your name and contact information to:

Lynn Sparks, Director  
Health and Social  
Champagne and Aishihik First Nations  
(867) 634-4213  
lsparks@cafn.ca

*\*The greenhouse society is a non-profit society.*

*\*It is not a CAFN-affiliated board or committee.*



# Haines Junction Campus 2011/12

Please contact: Haines Junction  
Community Campus at 634-8800  
or ychainesj@yukoncollege.yk.ca



Start here → Go anywhere

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**Campus hours 9:00 to 5:00 Monday -Friday  
Beginning August 29th, 2011**

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## Office Administration Program

2nd Semester: Jan – May 25

Keyboarding

Accounting 120

Business Communications 100

Records Management 100

Office Procedures 100

Micro 200 Excel

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## CALL OF INTEREST

- Simply Accounting
- Law 12
- Home maintainer: Plumbing
- Home maintainer: Wiring
- Furniture Reupholstering
- Woodworking for Women
- Arts in the Park
- Preserving
- Sewing
- Gardening
- Beginners Italian
- Photoshop
- Instructor Skills Workshop
- Computers for the Adult Learner
- Ukulele Lessons

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Tech Fee applied to all students taking credit courses

Full Time \$100.00

Part Time \$50.00

Credit Courses \$108/credit

All courses with insufficient enrollment may be cancelled.

## Evenings at HJC

Monday: Resistance Training

Tuesday: Pilates & Yoga

Wednesday: Restorative Yoga

Thursday: Yoga

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## WINTER 2012 Distributed Learning

History of YFN and Self-Government (3)

Introduction to the Novel (3)

Intermediate Algebra (3)

Essay Writing Skills (3)

Food Matters Computer Fundamentals (3)

Northern Contaminants & Community Health (3)

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## Green Greenhouse Builder - Skills for Employment

Beginning on September 6 until December 15, Yukon College is putting on a new program called the Green Greenhouse Builder. It is a project which is part of a larger program called Skills for Employment. Skills for Employment is designed to help people with learning difficulties to improve their literacy, numeracy and job searching skills. The following is from the Yukon College website:

*Skills for Employment is a project-based program designed with a unique focus and approach that encourages the personal growth and development of students. Academic skill development in numeracy and literacy is combined with workplace skills to enhance educational and vocational opportunities. Students are provided with the opportunity to enhance their workplace essential skills through a variety of workplace projects which will be offered based on students interests and community needs.*

Their big project this year is to build a green energy greenhouse using all the latest technology. It will be a really neat project and if you know of anyone who might be interested in improving their skills and learning about greenhousing, please either inform them or advise me and I can contact them. Thanks for your suggestions.

*Will Jones, CAFN Employment Opportunities  
Program Coordinator*

## JAM Upcoming Events

Junction Arts and Music  
Presents:

**JAM Annual General Meeting, Wednesday, November 16, 7 p.m.**  
at the Haines Junction Public Library board room.



**Soaring Strings Concert, Sunday, November 20, 8 p.m.** at the St. Elias Convention Centre, Haines Junction. Tickets: \$15/adults, \$10/students, \$5/children under 12, and seniors are free.

**Amnesty International film, Monday, December 5 at 7 p.m.** St Elias Convention Centre.

**Common Knowledge, Friday, December 9, doors open at 8:30.** Advance tickets available for \$15 at the Village of Haines Junction municipal office. Tickets \$20 at the door. Licensed event.

**Whitehorse Choir & Friends/Decadent Dessert Sale, Saturday, December 10, 3 p.m.** St. Elias Convention Centre.



A 10-part series of **podcast** interviews

**VOICES OF VISION** Yukon Aboriginal Self-Government

[www.ainc-inac.gc.ca/yt](http://www.ainc-inac.gc.ca/yt)  
[www.cyfn.ca](http://www.cyfn.ca)  
[www.eco.gov.yk.ca/landclaims](http://www.eco.gov.yk.ca/landclaims)

Photo courtesy of Les Walker



Common Knowledge "Color Blind" album photo

## Common Knowledge up for Three Aboriginal Music Awards!

**Shāw nithän!** Congratulations to *Common Knowledge*, the Whitehorse, Yukon rock band led by frontman and guitarist Les Walker, who is both a CAFN member and Councillor. The band's debut album, "Colour Blind", is nominated for three 2011 Canadian Aboriginal Music Awards!



**Best Album of the Year**

**Best Rock Album**

**Best Group**

*Common Knowledge* travels to Toronto this November 18 for the Awards, and performs during the accompanying Canadian Aboriginal Festival. The band also plays Haines Junction this December 9th, 8:30 p.m. at the Convention Centre!

## KWÄNASCHIS!



### CAFN Rebuilds Elder's Home

CAFN thanks Kilrich Industries for providing a 50% discount on trusses purchased to build two Elders houses in Haines Junction. One of the units is for the CAFN Elder who lost her home to a devastating fire in August 2011.

## Congratulations CAFN Athletes!

Photo courtesy of Natalie Oles



*The 2011 CAFN Klondike Road Relay Team: Well Dän*

CAFN continues to recognize our CAFN athletes. Pictured above is the 2011 CAFN Klondike International Road Relay team, *Well Dän*, which included: (l to r) Ian Robinson, Luke Campbell, Brian MacDonald, Laura Salmon, Les Walker, Lawrence Ignace, Natalie Oles, Stephen Reid, and Trish Hirsh.

Congratulations also to the 2011 CAFN team that competed in the Kluane Chilkat International Bike Relay this summer, which included: Sheila Joe, Megan McConnell, Jocelyn-Joe Strack, Barb Joe, Gayle Correy, Andrea Bailey, Trevor Mead-Robins and Owen Mead-Robins.

***Shäw nithän*** (good job - well done) to all our CAFN athletes on your dedication to a healthy lifestyle.



Please send your stories and photos to [almckinnon@cafn.ca](mailto:almckinnon@cafn.ca) to be included in future issues of *Dàkwänia*!

## SPECIAL GREETINGS

*Birthday Greetings and best wishes to:*

October 10 Keneesha M.M. Joe

October 21 Jocelyn Kinney

*(Hope you had an awesome day!)*

October 25 Paul Birckel

November 20 Adam Titus

December 9 Howard Joe

December 23 Kathy Birckel

*From Marianne Joe*

*Happy Birthday to our wonderful Grandma Lorraine Allen For December 7th.*

*From all your Grandbabies*

*Happy Birthday to our Beautiful Princess Tiara Rose for November 6th.*

*Much love from Mom, Dad, Tehya and Baby Troy*

*A Very Happy 12th Birthday to ShyAnn Williams on September 13, 2011.*

*Lots of Love from: Mom, Brandon and Alex*

*A Very Happy Birthday to Nikki-lee Patchett on September 26, 2011.*

*From: Aunty Deb and cousins ShyAnn, Brandon and Alex*

*Happy Birthday to Candace O'Brien for November 16th with lots and lots of love from Mom, Dad and sister Cherie.*

*Happy Birthday to Cherie O'Brien for December 20th with lots and lots of love from Mom, Dad, and sister Candace. And also a very special Happy Birthday with tons of love from Grandma Babe and Grandpa Donnie.*

*A big Happy Sweet 16th Birthday to Brittney for October 1st. Love from Mom and Shanita and Matthew and Jason!*

## SPECIAL GREETINGS CONTINUED

*Birthday greetings to:*

*Oct 27 - Breanna Smith and Douglas McKinnon-*

*Nov 3 – Judy McKinnon*

*Nov 30 – Charles Long Sr*

*Dec 29 – Winnie Smith*

*Dec 31 – Kathy Jackson*

*And Christmas greetings to all my family, relatives and friends.*

*From Lilly Smith*

*Birthday greetings to our son Zerryn Martin for Dec 22nd coming from Mom, Dad and Zoralena.*

*I would also like to wish Grammy/Mom a Happy Birthday on Dec 30th from Zerr-Bear, Zora-Bear, Marie and Rick.*

*Happy Birthday wishes from the MacDonald family to:*

<i>Liza Jacobs</i>	<i>Oct 5</i>
<i>Jayce Boss~Hager</i>	<i>Oct 22</i>
<i>Breanna Smith</i>	<i>Oct 27</i>
<i>Douglas McKinnon</i>	<i>Oct 27</i>
<i>Amy MacDonald</i>	<i>Nov 12</i>
<i>Ashton Clooten</i>	<i>Nov 13</i>
<i>Jennika Jones</i>	<i>Nov 13</i>
<i>Jim Sutton</i>	<i>Nov 20</i>
<i>Trevor Jones</i>	<i>Nov 26</i>
<i>Delmer MacDonald</i>	<i>Dec 1</i>
<i>Mariah MacDonald</i>	<i>Dec 14</i>
<i>Lauren McKinnon</i>	<i>Dec 24</i>

*Merry Christmas to all our family and friends!*

*And in memory of "Gramma Sue", she would have been 100 years old on Christmas Day, we miss you! Gone but not forgotten.*

*Birthday Greetings to:*

*Marion Telep*

*Mike Telep*

*Roy Wabisca*

*Uncle Dick Dickson*

*Glenna Southwick-Allen*

*From our family at Champagne to your family*

*Wishing our grandson Zerryn Marting a happy birthday Dec. 22nd. From Grams Lena and Gram-pa Kevin Tutin*

*Glenda, Muggy, Tyrel & Kelsey are Wishing Eileen a Happy Birthday on November 16th.*

*Happy Birthday to Shelby Jackson on December 25th. Love Dad, Mom and Shania*

*Birthday wishes for Dayna Smith for November 19 and Fred Smith on November 24.  
Coming from the Smith Family*



**HAPPY 16<sup>TH</sup> BIRTHDAY  
TO RILEY JONATHAN**

**NOVEMBER 8<sup>th</sup>, 2011**

**May you blaze trails, rip jumps, and  
explore new horizons as only  
someone as unique and wonderful as  
you can do!!**

**Happy 16th Birthday!!!!**

**Love from  
Uncle John and Auntie Miranda**

# Christmas 2011



Christmas planning for the 2011 holiday season is getting underway at CAFN. There are a few changes this year:

**In the Spirit of Christmas**  
CAFN will continue to assist families who need a little extra help this holiday season.

Families and individuals in need of assistance this Christmas should apply to case managers Kathleen Johnson in Haines Junction at 634-4203 or [kjohnson@cafn.ca](mailto:kjohnson@cafn.ca), or Maisie Smith at 456-6890 or [msmith2@cafn.ca](mailto:msmith2@cafn.ca) in Whitehorse/Takhini.

**Community Dinners** - CAFN community members are invited to apply for funding to hold community dinners. Funding is available for up to \$2,000 per community (extra is available for the larger community in Haines Junction). These events are open to all community members. Each community needs one volunteer to take the lead with coordinating, reporting, returning receipts, etc. All work associated with planning and hosting these events must be volunteer. Individuals interested in coordinating community dinners should contact Finance Director Lena Smith-Tutin at 634-4209 or [ltutin@cafn.ca](mailto:ltutin@cafn.ca).

**Gift Cards** - Gift cards are available for kids (16 and under) who attend community dinners. Community dinner coordinators should see Trish George in Finance about gift cards for your community event.

**Changes** - In past years, CAFN staff and community have done a lot of fundraising at Christmas time to help families in need. After several years of organized activities, we have learned that fundraising is not very cost effective (i.e. the amount of staff time put into organizing events costs far more than the funds raised). Therefore, CAFN will not be hosting or coordinating fundraising activities like the Christmas Bazaar or Angel Tree this year. Instead, CAFN will assist families on an individual basis through the Health and Social Department.

**Kwänaschis!** Thank you to all CAFN community members for your generosity with fundraising in previous years.

## CONGRATULATIONS!

TWIN GIRLS!



Welcome to Brielle Lillian & Jayla Elaine  
born on March 10, 2011  
in the Cayman Islands  
weighing 8 lbs 2 oz & 6 lbs 2 oz  
to proud parents Jason and Odessa Epp  
and big brother Kael

## CONGRATULATIONS!

It's a GIRL!



Welcome to Annie Dee Mock  
born on September 26, 2011  
in Canmore, Alberta  
to proud parents  
Alexia McKinnon and Kelly Mock  
and big sister Madelyn Mock

Send your special greetings care of:

CAFN Communications  
(867) 634-4237  
[almckinnon@cafn.ca](mailto:almckinnon@cafn.ca)  
Fax (867) 634-2760



CAFN Communications

*A few of the community members at the bear risk assessment meeting in Haines Junction this October.*

## BEAR RISK ASSESSMENT

Over the years, CAFN people and government have worked to reduce the chance of bear-human conflict in and near our communities.

This October, in partnership with Yukon Environment, Parks Canada, the Alsek Renewable Resource Council and the Village of Haines Junction, CAFN co-hosted a community meeting to help develop a Bear Hazard Assessment for Haines Junction and Kathleen Lake Campground. The session was led by bear human conflict specialist Lori Homstol, and reviewed past community input and identified real solutions to reduce future conflict between bears and humans.

The Bear Risk Assessment is part of working to implement General Assembly Resolution 2011-17, which calls for pro-active management of bears and wolves. Bear risk assessments are planned in more CAFN communities in the near future.

## CALENDAR

**Thursdays - Elders Tea and Fitness Lunch Haines Junction**, 11:30 a.m. to 1:30 p.m. at Mun Ky. Please contact Darlene for more details at (867) 634-4018 or [dblair@cafn.ca](mailto:dblair@cafn.ca).

**First Friday of Every Month - Elders Lunch Whitehorse**, 11:30 a.m. to 1 p.m. in the CAFN Whitehorse office boardroom. Please contact Darlene Blair for more details at (867) 634-4018 or [dblair@cafn.ca](mailto:dblair@cafn.ca).

**November 11 - Remembrance Day**, CAFN offices closed.

**November 15 - St. Elias School Council Annual General Meeting**, 7 p.m. at the arena mezzanine.

**November 16 - National Addictions Awareness Week Dinner**, 5 p.m. at Takhini Hall – Takhini Subdivision. Please contact Mary Jane Smith at (867) 634-4225 for more information.

**November 17 - Library Craft & Bake Sale**, Haines Junction, 7 to 9 p.m. at the Convention Centre. Please phone (867) 634-2215 for more information.

**November 17-18 - Chief and Council regular meeting**, Haines Junction.

**November 22 - National Addictions Awareness Week Dinner**, 5 p.m. at the St. Elias Convention Centre in Haines Junction. Please contact (867) 634-4225 for more details.

**December 15-16 - Chief and Council regular meeting**, Whitehorse.

**December 20-30 - Holiday break**, CAFN offices closed.

## Dàkwänia

**Champagne and Aishihik First Nations**

[www.cafn.ca](http://www.cafn.ca)

PO Box 5310  
Haines Junction, YT Y0B 1L0  
(867) 634-4200

304 Jarvis Street  
Whitehorse, YT Y1A 2H2  
(867) 456-6888



**Dàkwänia**  
is available in full color  
@ [www.cafn.ca/news](http://www.cafn.ca/news)

**Stories, photos, greetings and artwork are welcome.**

Please send your submissions to: [almckinnon@cafn.ca](mailto:almckinnon@cafn.ca)

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