

Dàkwània

SEPTEMBER/OCTOBER 2011

Nùchų N-Zhā (September - Fall Time)

Mān Shāw Tān N-zhā (October - Big Lakes are Freezing)

PRIME MINISTER HARPER VISITS DĀ KŪ CULTURAL CENTRE

Prime Minister Stephen Harper paid a visit to the Dā Kū Cultural Centre construction site on August 26, 2011.

"Champagne and Aishihik First Nations is proud to be nearing completion of this world-class cultural centre," said Chief Allen. "We will soon open the doors of Dā Kū (Our House) to our people, our community and to visitors from around the world, and will celebrate with a grand opening event on Aboriginal Day, June 21, 2012."

The Prime Minister toured the facility with Chief James Allen, Deputy Chief Jim, and federal and territorial government officials. During the tour, Harper paused to help workers hang a sheet of drywall for a photo opportunity. He was interested and asked questions about the CAFN-owned building and its future uses. CAFN staff and Parks Canada and Yukon Tourism and Culture staff were on-hand to answer his questions and to provide more details on the project.



R. Girouard, CAFN Heritage

Artist Ron Chambers presents Prime Minister Harper with a sheep horn potlatch spoon on August 26, 2011. Chambers was commissioned to make the spoon by CAFN in honour of the Prime Minister's visit to the CAFN Traditional Territory.

Federal and Yukon politicians accompanied the Prime Minister, arriving by Hercules airplane at the Haines Junction airport. Other special guests included Minister of Health and Canadian Northern Economic Development Leona Aglukkaq, Minister of Aboriginal Affairs and Northern Development John

Continued on page 2





R. Girouard, CAFN Heritage

Elder Paddy Jim sings the Welcome Song for the Prime Minister and other guests.

ders and Youth attended, as well as Citizens who have helped shape the project as members of the cultural centre advisory and steering committees.

Elder Paddy Jim opened the event by singing a welcome song in Southern Tutchone. Speeches were delivered by Senator Lang, MP Leef, Premier Pasloski, Prime Minister Harper, and Chief Allen. All touched on a common theme: the incredible opportunities and benefits the Dä Kų Cultural Centre offers to the CAFN community, Yukon, and Canada. Ron Chambers also shared some thoughtful words while presenting the Prime Minister with a carved sheep horn spoon commissioned by the CAFN Council.

Following the tour and speeches, the Prime Minister and Premier departed for a helicopter tour of

Continued

Duncan, Senator Danny Lang, Member of Parliament Ryan Leef, Premier Darrel Pasloski, Deputy Premier Elaine Taylor, Kluane First Nation Chief Math'ieya Alatini and Haines Junction Mayor George Nassiopolous.

Champagne and Aishihik members also joined in welcoming the Prime Minister. A small group of El-

Dä Kų is:

- A cultural and heritage resource centre for Citizens with an assembly hall, classroom space, kitchen, meeting room, language lab, and workshop;
- A community cultural centre with displays and exhibits, and space for learning and training opportunities;
- A display venue and repository for artifacts, archeological materials, archives and contemporary art;
- A visitor facility with CAFN orientation exhibits, changing exhibition space, and a retail store;
- Yukon and Parks Canada visitor information centres.
- The governments of CAFN, Yukon and Canada are funding the project, with each contributing to the \$16 million in project costs. Funding arrangements are through the Municipal Rural Infrastructure Fund (MRIF) and through tenant lease agreements with Parks Canada and Yukon.



R. Girouard, CAFN Heritage

Several Citizens enjoyed a tour of the building after the Prime Minister's departure.



R. Girouard, CAFN Heritage

Chief Allen and Prime Minister Harper shake hands during presentations to the group gathered at Dä Ky.

Kluane National Park & Reserve. Remaining guests and community members were treated to a stew and bannock lunch at the St. Elias Convention Centre. Lunch entertainment included an excellent display of artefacts and crafts from the CAFN collection, as well as a traditional dance performance by Ron Chambers.

Thank you to the many CAFN staff and community members who helped host the Prime Minister and other special guests on August 26. All agreed the day was a great success and an indicator of exciting things to come for the grand opening celebration in 2012.



M. Joe, CAFN Education

CAFN Language Coordinator Millie Joe met face-to-face with Prime Minister Harper to help him with proper pronunciation of a few Southern Tutchone phrases in preparation for his August 26 speech.



T. Ruffange-Holway, CAFN Housing

The remains of Agnes MacDonald and Jim Sutton's home the morning after the fire. Shortly after this photo was taken, the house was caved in by heavy equipment to ensure the fire was extinguished.

COMMUNITY PULLS TOGETHER FOLLOWING HOUSE FIRE

The community is pulling together to help out a Haines Junction family that recently lost their home.

Elders Agnes MacDonald and Jim Sutton and their two grandchildren lost everything when their home burned to the ground this August, but were fortunate to get out just minutes before the blaze took over the main level of the home.

The Haines Junction volunteer fire crew quickly arrived and spent the entire night fighting the blaze and ensuring it didn't spread to neighboring homes. They were able to save one of the family's vehicles. The CAFN community is very grateful for their efforts.

Since the fire, the response has been overwhelming. Individuals have donated cash and household items, and have chipped in to host community fundraising events. A lasagna dinner hosted by the CAFN Youth Center raised more than \$1,000 in late August. A second event (an indoor yard sale) is planned for late September.

The home, a CAFN rental unit, is covered by replacement insurance. Construction of a replacement home will begin soon. In the meantime, the family has stayed with relatives, and recently moved into an apartment in Haines Junction.

For more information on continued fundraising efforts, please contact Michele MacDonald at mmacdonald@cafn.ca or 634-4235.



Message from the Chief

Dännch'é:

Since my last message, I have spent some very rewarding time on the land.

In August, I attended three excellent CAFN camps: the Äshèyi Language Immersion Camp, the Traditional Knowledge Camp at Gladstone, and the Strengthening Families Camp at Klukshu. I appreciated getting out on the land, visiting with friends and family, and practicing our Southern Tutchone language and traditional activities. I also took a short break in late August to spend time harvesting with my family. We are grateful to have had a successful hunt.

CAFN was honoured by a visit from Prime Minister Stephen Harper on August 26 to the Dä Kų Cultural Centre construction site. The Prime Minister was accompanied by several federal and territorial leaders, so we were also pleased to meet Minister of Health and Canadian Northern Economic Development Leona Aglukkaq, Minister of Aboriginal Affairs and Northern Development John Duncan, and a number of local Yukon leaders. Thank you to all the CAFN Citizens and staff who represented our community and demonstrated our pride in our new cultural centre.

As summer comes to a close, our Council is now moving forward with important fall and winter activities.

In September, we hosted the 2012 annual staff appreciation event at Meadow Lakes Golf Course in Whitehorse. Long service awards were presented to several individuals who have reached milestones in their years of service to CAFN, and all staff were treated to an afternoon of fun and golfing. Congratulations to all our employees who received awards, and thank you to all our hard-working CAFN staff members for your dedication.

I attended the Council for Yukon First Nations Leadership meeting in Whitehorse in September, and

look forward to continued discussions with self-governing First Nations leaders on issues like resource royalty sharing.

I travelled to the Alaska Oil and Gas Congress in Anchorage with Elder Councillor Albert Hume and Executive Assistant Barb Joe this September. It is important for CAFN to stay up-to-speed on continued planning for oil and gas pipeline development in the Yukon.

At the end of September, Council looks forward to a visioning session to flesh out our specific goals for CAFN social issues, followed by a two-day Chief and Council planning retreat at Jackson Lake.

A CAFN representative will participate during the National Aboriginal Energy and Power Association meeting in Vancouver this October. This is a good opportunity to learn more about opportunities for biomass and other "green" energy projects.

I am also excited to attend the Alaska Federation of Natives (AFN) Convention in Anchorage on October 20-22. This is a good chance to meet and develop relationships with our Alaskan and other aboriginal neighbours. According to the AFN, the Convention "is the largest representative annual gathering in the United States of any Native peoples... The AFN Convention is an important example of the Native community's established record of successful self-governance" (AFN website: www.nativefederation.org).

In closing, I want to take a moment to congratulate all our CAFN athletes. This summer, CAFN members competed in many events, including the Whitehorse Triathlon, the Klouane to Chilkat International Bike Relay, the Klondike Road Relay, and even the Ironman Canada triathlon in Penticton, BC. Shăw nithän (good job - well done) to all our CAFN athletes on your dedication to a healthy lifestyle.

I wish you all a successful harvest and good Nųchų N-Zhā (fall time).

Kwänischis.

*Chief James Allen
Jämena*

STRENGTHENING FAMILIES CAMP

Klukshu, Yukon - August 14-18, 2011

This year's camp was another success. We had 90 participants and 12 employees/contractors, along with 10 CAFN Employment Opportunities Program crew members.

Daily activities included harvesting fish, gophers, berries, and plants for traditional medicines, and morning workshops with Kamal Dhillion, guest speaker from Vancouver on Domestic Violence. Kamal was very inspirational and we would welcome her back any time. Everyone enjoyed having her come to Klukshu.

A big thank you to this year's camp coordinator, Luke Campbell. Luke just finished a year of studies toward his professional event planner certification. Congrats to Luke. Great job! Thank you to all our Elders, who helped make this camp such a success. Thank you to our cooks: the food was tasty, healthy and plentiful. Thank you to all of the 2011 EOP crew. We hope you know that without you all, these camps could not be such a success. Thank you for all your tireless hours. Great job.

*Tracy Kane, Health Programs Manager
(867) 634-4222
tkane@cafn.ca*



H. Smith, CAFN Renewable Resources

Youth practice salmon gaffing during the 2011 Strengthening Families Camp at Shāwshe, Klukshu River.

"Klukshu came alive, people got together and did a lot of things and worked together. I got to see and visit with people that we didn't see for a long time. I enjoyed my stay here, doing lots of things, fishing, gopher trapping, picking medicines and berries, etc. Everything was good: food, organization, activities, people... nothing to complain about. Great camp."

Quote from Strengthening Families Camp 2011, participant feedback form



M. Joe, CAFN Education

Harry Smith and Paddy Jim make gaff hooks.



M. Joe, CAFN Education

Participants were busy catching, smoking and canning salmon at Klukshu.



Participants at the 2011 CAFN Aishihik Language Immersion Camp.

M. Joe, CAFN Education

UKWÄNJĒ

I hope everyone had a wonderful summer with family and friends and a healthy harvest!

The Äshèyi Language Immersion Camp took place July 31 – August 5 and was a successful six-day camp with traditional activities done in Southern Tutchone.

We had up to 60 participants throughout the week, including many families. We had a successful hunt with fresh meat to cut and dry, and many gophers were harvested. We learned how to skin the gophers and make them into a blanket or purse. We gathered traditional medicines around Äshèyi and made medicinal salve for everyone. The stories and berry picking were fun for all. Our evenings were enjoyable with stories and language games: thank you to Natane Primozic for her great ideas. *Shäw Nithän* to all our language speakers, Elders, team leaders, and participants for such a wonderful, memorable language camp!

Language classes will start up in mid-October. Please watch for posters and flyers in your community. If you are interested in teaching the language, being a student, teaching a traditional craft or just being part of our language team, please feel free to contact me any time for scheduling.

Nänuchi'shj, dak'anúta jè.

*Nàthätthja - Millie Joe
Language Coordinator
(867) 634-4013
mjoe@cafn.ca*



Elder Fred Brown demonstrates how to set a trap for wolverine.

M. Joe, CAFN Education

M. Joe, CAFN Education



Nänndhay (blueberries).

M. Joe, CAFN Education



Elders return from a trip to Sekulmun Lake.

M. Joe, CAFN Education



Jonas Hume helps flesh out the caribou skin.

Photo courtesy of J. Chambers



The Dakwäkäda Dancers this July during the Adäka Cultural Festival in Whitehorse.

DAKWÄKÄDA DANCERS

Adäka Cultural Festival

The Dakwäkäda Dancers performed at the first Adäka Festival in Whitehorse on July 8 and 9. The performances were amazing. The audience loved us and the youth and group leaders received many, many compliments on how much the group has grown in professionalism. All of the hard work with regular practices and dance training paid off. The dancers performed *Shädelle* for the first time and would like to acknowledge Daniel Tlen for allowing us to perform and sing this song. *Shäw nithän* to all parents and community members for your continued support.

Lisa Pauls, Volunteer Coordinator, Dakwäkäda Dancers

Letter of Support:

As a parent of one of the Dakwäkäda Dancers, I thought they did a first class performance at the Adäka Cultural Festival. The hours of practicing at lunch time in the school

and the evening practices really paid off.

A special thank you to the parents and dance instructors for their countless hours of volunteerism in making this so successful. I thoroughly enjoyed it and felt very proud. I especially enjoyed the Crow Song and the energy I felt. A job well done by all. I look forward to more dancing to come.

Jacquie Chambers



J. Chambers



Village of Haines Junction Mayor Nassiopolous and Chief Allen during a meeting of the CAFN and VHJ councils this spring.

For more information on this Agreement or biomass options under consideration, please contact:

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

SOUTHERN TUTCHONE COUNCIL

BIOMASS PARTNERSHIP

CAFN and our fellow Southern Tutchone First Nations are moving forward on our joint Mission Statement: **"The Southern Tutchone Nations will work together to preserve, protect and promote our way of life by working together on heritage, language and culture."**

Chief Allen, CAFN Council members and Citizens joined representatives of the Ta'an Kwäch'än Council (TKC) and Kluane First Nation (KFN) this June in Whitehorse for the 2011 Southern Tutchone General Assembly. Board members were appointed during the AGM as follows:

- Marissa Mills
- Louise Clethero
- Brittney Telep
- Bradley Joe-Malegana
- Mary Easterson
- Albert Hume

In August, Rose Kushniruk was hired as the Executive Director to the Southern Tutchone Council. The Council will open their office in the near future at the Horwood's Mall in Whitehorse. Please watch for more details on new initiatives including the opening of the new office and gatherings planned for the coming months.



New Southern Tutchone Council Executive Director Rose Kushniruk.

The Champagne and Aishihik First Nations (CAFN) and its development corporation, Dakwakada Development Corporation (DDC) and the Village of Haines Junction (VHJ) signed a Memorandum of Understanding this July to explore opportunities for biomass energy development.

The following is an excerpt from the Agreement:

CAFN/DDC have a strategic interest in creating a business opportunity to generate electrical energy and provide district heat which would meet the objectives of utilizing forest resources and provide economic benefits in the form of employment, training and business opportunities for their citizens, which at all times reflects and respects the economic, environmental and community interests within the CAFN Traditional Territory.

It is acknowledged that the VHJ has a strategic interest in creating a business opportunity to generate electrical energy, provide low cost heating and dispose of solid waste generated by the community and surrounding area.

The Parties intend to work through a process together to determine if there is a viable business opportunity in the biomass energy sector in Haines Junction at which point the Parties may wish to continue working together to explore the opportunities presented to the point of jointly deciding on a solution agreeable to both Parties.



CAFN Communications

The CAFN elk permit draw on August 24, 2011.

Wildlife Act. Successful hunters must report their harvest and submit the entire elk head and hide within 72 hours of the harvest.

For more information:

*Linaya Workman, Renewable Resources Manager
(867) 634-4211
lworkman@cafn.ca*

YOUTH CENTRE UPDATE

2011 CAFN ELK HARVEST

The draw for the eight 2011 CAFN elk hunt permits was held on August 24. The confirmed hunters are:
 Dixie Smeeton
 Steve Smith
 Stephanie Brown
 Trish Hirsch
 Greg Eikland
 Alvin Griffith
 Aaron Workman
 Angie Wabisca

Changes to the 2011 – 2012 Elk Hunt

The 2011 Yukon elk permit hunt is for cows only and is closed to all bull hunting.

The cows-only hunt is a temporary measure to reduce the overall population in the Takhini herd and to re-balance the herd.

The recommendation came when the results of last winter's census determined that bull numbers were low in the Takhini Valley. In 2009 and 2010, mostly bull elk were harvested.

A greatly skewed ratio of bulls to cows could have long term implications for this herd which is being managed for a population that is "healthy and free of diseases of concern".

CAFN applicants are required to obtain a permit from Yukon Government and to abide by the Yukon

The Youth Center has returned to winter hours for Afterschool Programming and Youth activities in the evenings.



The following is a basic schedule of activities. For special events I will e-mail and post on Facebook.

- Monday 3:30 to 5:30 p.m. - Outdoor Fun;
- Tuesday to Friday 3:30 to 5:30 for ages 6 to 12, 7-10 p.m. for ages 13 plus;
- Tuesday - Traditional Crafts and Language;
- Wednesday - Wii Fit and Dance Off Challenges;
- Thursday - Bring Your Favourite Board Game and Southern Tutchone Interactive Games;
- Friday Free Choices. Youth Cafe weekly special & a movie;
- Saturday late night teen night majority vote for activity 7-11 p.m. ages 13 plus.

If at any time you would like for your child to have additional help with their homework, let me know so we can set up a tutoring schedule.

I would also like to remind parents to please fill out the Afterschool Program registration package. I would like to make an emergency contact list of phone numbers for the children that attend.

If you have any questions please email me at smaloney@cafn.ca or call my cell (867) 634-5218.

Thank you.

Shannon Maloney, Youth Coordinator

CONSTITUTION REVIEW

CONSTITUTIONAL REVIEW COMMITTEE NEXT STEPS...

At the 2011 General Assembly, we had a very good discussion on the CAFN Constitution. Some key messages were heard:

- 1. Education and Awareness:** The process has led to better understanding of the Constitution, but there is strong interest in more education and awareness of what the Constitution is all about.
- 2. Special General Assembly:** The main issues are complex and cannot be dealt with quickly as part of the annual General Assembly. Therefore, Citizens reached consensus that a Special General Assembly is needed to give proper care and attention to this senior Law. This Special General Assembly will be held most likely early in February 2012.
- 3. Expert Review:** It is important for CAFN to understand the consequences of the proposed Constitutional amendments brought forward by the Constitutional Review Committee (CRC). Special attention will be given over the next several months for expert review of the proposed changes to make sure their implications are understood, especially as they relate to the CAFN Land Claim. This due diligence is necessary for us to confidently recommend changes to you at the Special General Assembly.

The next five months are important to this process.

IMPORTANT MESSAGE:

Your members of the Constitutional Review Committee are working hard to be your representatives in seeking consensus among Citizens on how to shape YOUR Constitution. It is our job to be objective and balanced. Where there are differences in views, we work to build understanding, and if possible, find a solution. This is the mission you have given to us and we take this very seriously!!

Community Meetings

First, we need another round of discussions with Citizens on the meaning of your Constitution, and on the changes we are proposing. Please be sure to attend one of the following meetings on the Constitution:

- **October 3, 2011 5:30-9:00 Haines Junction** Convention Centre (dinner provided)
- **October 17, 2011 12:00-4:00 Champagne Hall** (lunch provided)
- **October 17, 2011 5:30-9:00 Takhini River Subdivision** (dinner provided)
- **October 26, 2011 5:30-9:00 Whitehorse** (dinner provided)

** Because these are very important meetings, Citizens will be provided with a \$50 honorarium to attend.*

Citizens Outside Yukon

You raised concerns that there are Citizens who do not live in the CAFN Traditional Territory or the Yukon who will want input on the proposed Constitutional amendments. To address this concern, we are sending a letter to all Citizens outside Yukon. It will give information on how to find the proposals on the CAFN website. And for those without access to the Web, it will provide information on how to get a printed copy of the proposed changes. If you have relatives "out there" who you think would like to take part, please send their contact information to Shadelle Chambers at schambers@cafn.ca or phone her at (867) 456-6879.

For CAFN members in Yukon who cannot attend the public meetings, please let us know so we can provide more information or collect your input.

This is a very important stage of our work, and we want to build a strong understanding among Citizens before the Special General Assembly in 2012.

We look forward to meeting with you soon.

CAFN Constitutional Review Committee:

*Kirk Cameron, Chair
Elder Phyllis Smith, Member
Elder Paul Birckel, Member
Elder Cisco Smith, Member
Charlene Hume, Member
Denise Beattie, Member*

For more information, please contact:

*Chair Kirk Cameron
(867) 667-7315
kirk@kirkcameron.ca*

*Candace O'Brien
Finance*



*Aaron Workman & Riley Jonathan
Housing, Properties & Municipal Services*



*Heather VanBibber
Secretariat*



Super Summer Students

CAFN hired several students in training positions during the summer of 2011.

They are:

- Candace O'Brien as the Finance Trainee, Haines Junction;
- Aaron Workman - Housing Trainee, Haines Junction;
- Riley Jonathan - Municipal Services, Haines Junction;
- Heather VanBibber - General Assembly & Event Planning Assistant, Secretariat, Haines Junction;
- Lenna Charlie - Archives Assistant, Heritage, Lands & Resources, Haines Junction;
- Shelby Jackson - Health and Social Programs, Haines Junction; and
- Nicole Nicholas - Education, Whitehorse.

"Each department hires CAFN youth/students in meaningful training opportunities."

CAFN Strategic Plan

CAFN applies for summer student funding through the government of Canada in order to provide the maximum number of training opportunities possible to CAFN students and Youth.

*Shelby Jackson
Health & Social*



*Lenna Charlie
Heritage*



"Support life-long learning."

CAFN Strategic Plan

Summer student jobs are open to CAFN Youth who are returning to school in the fall. *Gwānaschis* to the hard-working 2011 summer students. You did an excellent job!

Watch for more summer student postings for 2012 next spring.

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

*Nicole Nicholas
Education*



NEW FACES



Jocelyn Kinney Project Admin. Assistant Housing, Properties & Municipal Services

Dannch'e. My name is Jocelyn Kinney. I am a member of the Champagne

and Aishihik First Nations. I am thrilled to have been selected as the new Project Administrative Assistant for the Housing, Properties and Municipal Services Department. Many of you might recognize me as I have been employed at the CAFN Office in Haines Junction for the past six years. I feel very excited to move into this new position while still being a part of the CAFN Government. I look forward to the challenges and rewards this position has to offer.

Shäw Nithän! Nänuch'i shi (I will see you again).

Jocelyn Kinney

Project Administrative Assistant

(867) 634-4229, Fax (867) 634-2962

jkinney@cafn.ca

Heather VanBibber Receptionist

Hello. I am glad to be working as the Haines Junction receptionist for CAFN. This is my first full-time job, and I know I will enjoy working with the CAFN staff and meeting new people every day! I started work on September 6th and will finish in June 2012, when Sharol Smith returns from education leave. I appreciate this job because it's new to me and is a good challenge. Thank you for the opportunity. I look forward to working with you.

Heather VanBibber, Receptionist

(867) 634-4200

reception@cafn.ca



Chantelle Bode Education Support Worker Secondary Schools

Please welcome Chantelle Bode back as the Education Support Worker (ESW) for CAFN secondary students in Whitehorse. Chantelle has been working for more than a year as CAFN's ESW

for elementary students in Whitehorse. Her office is located at Porter Creek Secondary School in the the "Harry Potter room".

*Chantelle Bode, Education Support Worker
Secondary Schools, Whitehorse*

(867) 456-6892

(867) 332-5850 cell

cbode@cafn.ca



Ian Robinson Negotiations Analyst

Please welcome CAFN's new negotiations analyst. Ian has worked for nine years as our economic development officer, and recently applied for the newly created negotiations position. In his new role, Ian provides technical analysis, support and recommendations on strategies for negotiating First Nation governance agreements.

You can contact Ian at the CAFN office in Whitehorse.

Ian Robinson, Negotiations Analyst

(867) 456-6878

irobinson@cafn.ca

THE GOOD, THE BAD AND THE UGLY

THE GOOD – unsaturated fats

Good Fats: Olive Oil, unsaturated plants, corn oil, canola oil, pumpkin seed oil, sunflower oil, safflower oil, peanut oil, grape seed oil, sesame oil, argan oil, rice bran oil and many other kinds of vegetable oils that are also used for cooking. Try to purchase margarine that is non-hydrogenated, because it is a healthier alternative to butter.

Good fats are fats that are not an animal fat, also known as unsaturated fats which will help improve your cholesterol levels and lower your risk for heart disease and stroke. Mostly all vegetable oils, nuts, and seeds are high in unsaturated fats. The fatty acids found in fish may also lower blood triglyceride levels and improve immune and inflammatory disorders.

THE BAD - saturated fats

Bad Fats: Are animal fats and, yes, this does include our favorite moose meat, but the key is to eat our animal fat in moderation. Yes, this also includes butter and cheese because butter and cheese are animal fats made from cows.

Bad fats are mostly an animal fat, and are commonly used in processed and packaged foods. Dietary cholesterol is also present in animal products. Foods such as eggs and shrimp contain cholesterol, yet are low in saturated fat and therefore enjoyed in moderation.

THE UGLY - trans fats

Ugly Fats are more commonly found in margarine that is hydrogenated, lard, some plant oils including soya, palm kernel and coconut oils, and hydrogenated vegetable oils. Read your food labels as many

of the chips, crackers, cookies, biscuits, pies, waffles, snack foods, contain high trans fats or disguised by using soya fats.

Ugly Fats: Trans fats are the fats that are industrially produced when vegetable oils are partially hydrogenated. Trans fat not only increases your bad cholesterol, but also decreases your good cholesterol, and is the most risky for heart disease. Most of your cheapest margarines and lard are made of hydrogenated fats.

The key is to eliminate ugly fats or trans fats as much as possible. Try to eat saturated fats in moderation and, as much as possible, eat plant oil or fat that is non-hydrogenated such as Becel margarine.

EXPERIMENT: This is something you can do with your children as a family. Obtain some vegetable cooking oil (you have a big list under good fats) and take a straw and dip the oil into the straw to see how the plant oils run through the straw. Liquid fat does not clog the straw and does not clog our blood vessels.

Then take another straw and dip it into lard or butter and see how the butter or lard travels through the straw. This is an example of how solid fats clog the straw and it can clog our blood vessels too. The straws used are examples of blood vessels in our body.

To include good fats in your diet, change cooking methods: bake and steam instead of frying. This is why it is always good to bake your bannock instead of frying it in the ugly fat known as lard. Choose leaner meats such as moose, wild game, and turkey instead of bologna or bacon. Eat out less and try to avoid fast food as much as possible. Cook with healthier fats such as non-hydrogenated margarine, canola oil, and olive oil instead of lard or butter. Remember we are all human and there are times we will eat the bad or ugly fats, the key is to try to do this minimally as possible.

For more information or any questions please do call:

Marion Primožic or
Health Promotion
(867) 456-6889
mprimozic@cafn.ca

Marianne Joe
Diabetes Coordinator
(867) 634-4212
mjoe@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.



Youth Trail Crew

Kluane National Park and Reserve (KNPR) in collaboration with Champagne and Aishihik First Nations (CAFN) and Kluane First Nation (KFN), arranged for a short term Youth Trail Crew to be established. Two youth from both CAFN and KFN were selected by each First Nation to participate in this multi-day backcountry project. The youth worked in the Á'ay Chù valley with KNPR Trail Crew to improve upon an existing boardwalk over Coin Creek, install new trail markers and help with ongoing trail maintenance.

The intent of this project was not only to provide an opportunity to youth from CAFN and KFN to reconnect to their traditional territories within the park, but also to introduce them to the amazing work that the KNPR Trail Crew does annually and to provide them with valuable training opportunities.

In early August 2011 Anthony Primozic, David Bunberry, Austin Dickson and Collin Johnson worked with the KNPR Trail Crew and made great improvements to the Á'ay Chù West Trail. Thank you to Gerald Dickson for his participation as an additional supervisor. All involved can feel proud to have been a part of this project!



Youth Trail Crew at Sheep Creek Cabin - August 2011

*(From left to right) Gerald Dickson, Anthony Primozic, Collin Johnson, David Bunberry, Ken Graham, Nigel Boyle and Austin Dickson.
(Absent for photo KNPR trail crew supervisor – Brian Bakker)*

Kluane National Park and Reserve (KNPR) staff will be busy this coming fall and winter months preparing for the new exhibits and displays that will be showcased in the new KNPR Visitor Centre (VC) located within the brand new Champagne and Aishihik First Nations (CAFN) Cultural Centre building, Dä Kų. KNPR will be working with Kluane First Nation (KFN) and CAFN to seek local artists to be commissioned to create a variety of art pieces, traditional tools and other items representative of the area. We will also be seeking donations of raw materials such as moose hides, bones, antlers and hooves.

If you think you may be interested in being a part of this important project, please contact CAFN Heritage to express your interest 867-634-4010.



The new High Definition (HD) video for Kluane National Park and Reserve is nearing completion! Many local people from all over Kluane had a hand in the creation of the video and it is

something we hope everyone is proud to share with their families and visitors alike. The video will not be publically released until the official opening of the new VC next summer, however there is a plan being formulated to offer the local communities the opportunity for a 'sneak peak' this fall. Stay tuned for more details to follow – keep an eye out for postings in Haines Junction.

If you have any questions about the Visitor Centre project, please contact Laura Gorecki at 867-634-2329 ext 212 or laura.gorecki@pc.gc.ca.

Kwänischis.

Pauly Wroot – A/First Nation Liaison KNPR
867-634-2329 ext 241 or
pauline.wroot@pc.gc.ca



ANNOUNCEMENTS

Elders & Community Care Notice

For New Elders: When turning 60, please contact me. Elders with fuel concerns should also call me (Jacquie Chambers). I am at 634 4223, cell 634-5219 or e-mail jchambers@cafn.ca.

Flu Shots

Flu shots will be available for Elders and community members mid to late October. We will be having a Flu Shot Clinic in CAFN Chief and Council Chambers Oct 24th in the afternoon. Elders Flu shots will happen at Elders Lunch tentatively Oct 20th. Community Care staff will keep Elders informed of confirmed dates and locations.

Respectfully,

*Jacquie Chambers
CAFN Community Care Coordinator
& Elders Fuel Coordinator
(867) 634-4223 or cell 634-5219*

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.**

*If you have any questions please contact:
Youth Coordinator Shannon Maloney
(867) 634-2012, cell 634-5218,
or smaloney@cafn.ca*



www.ainc-inac.gc.ca/yt

www.cyfn.ca

www.eco.gov.yk.ca/landclaims



Congratulations to Cole Pauls on completion of your mural at the Youth Centre. Your original artwork on the ceiling is incredible. It has been wonderful witnessing you work towards your goal of being a comic book artist. Your determination will pay off and we all look forward to seeing you published! Good luck at Art School in Dawson this year.

Your family is very proud of you.

Much love, Mom, Dad, Erin, Andy, Logan, Dylan, Destiny, Nanna Flumerfelt & Gramma & Grandpa Pauls.

ANNOUNCEMENTS



Congratulations to Logan Pauls

for completing his Basic Military Qualifications (BMQ) through RAVEN a Canadian Forces Aboriginal Youth Program in Esquimalt B.C. July 8 – August 19, 2011. Logan was 1 of 61 participants across Canada selected to participate in this military program for Ab-

original Youth. Logan was the only participant from the Yukon, and was 1 of 48 who completed this intense and gruelling course. He persevered through 4:45 a.m. wake up, marching (ceremonial drill), general military knowledge, First Aid and CPR, chemical, biological, radiological and nuclear defence, C7 Service Rifle care and handling (including range live firing), map and compass reading and practical exercise, field training and physical fitness training. He was also the youngest participant in the program.

For more information regarding RAVEN:

www.navy.forces.gc.ca/marpac/0/0-w_eng.asp?category=4&title=893

Congratulations Logan – your family is incredibly proud of your accomplishment.

Much love, Mom, Dad, Erin, Andy, Cole, Dylan, Destiny, Nanna Flumerfelt, and Gramma & Grandpa Pauls.



JOHN GRAHAM UPDATE

Dear Citizens:

This is an update on John Graham's unjust murder conviction. As many of you are aware, John Graham (son of the late Rachel Thompson) has been wrongly convicted in South Dakota, USA.

He is currently in the appeal process in Sioux Falls, South Dakota, USA. John has spent several years incarcerated since being arrested in 2003 in Vancouver, BC.

John was in South Dakota showing his support and solidarity with many North American First Nations people in the early 1970s fighting against injustices for the Pine Ridge natives.

Please feel free to show your support and learn more about John's case at:

www.grahamdefense.org.

E-mail: grahamdefense@hotmail.com

You may also write a letter of support to John at:

John Graham
John Graham
ID #5501 Jameson Annex
South Dakota State Penitentiary
Box 5911
Sioux Falls, SD
57117-5911

*Gunalchis , Shaw ni than
from John Graham's family*

Champagne Dump Update

Yukon Community Services now has a transfer bin at Champagne and is no longer open burning domestic waste at this location.

Congratulations CAFN Athletes!

Congratulations to all our CAFN athletes who competed in events this summer, including the Whitehorse Triathlon, the Kluane to Chilkat International Bike Relay, the Klondike Road Relay, and even the Ironman Canada triathlon in Penticton, BC.

Shāw 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 to be included in future issues of Dàkwänia!



Monica Primozic during the Whitehorse Triathlon.

Well Dän! A team including many CAFN members raced in the 2011 Klondike Trail of '98 International Road Relay, a 176.5 km relay run in 10 stages from Skagway, Alaska to Whitehorse, Yukon. The team, titled "Well Dän", included: Luke Campbell, Trish Hirsch, Brian MacDonald, Natalie Oles, Stephen Reid, Les Walker, Elijah Buffalo, Lawrence Ignace and Laura Salmon. The team was sponsored by Dakwäkäda Development Corp.



The Primozic sisters team (l to r: Monica and Marion Primozic, and Patricia Hirsch) at the Whitehorse Triathlon this June. Each sister competed in a different stage of the event (swim, bike, run).



Les Walker competes in the Whitehorse Triathlon earlier this summer.



Brian MacDonald competed in the 2011 Ironman Canada triathlon in Penticton, BC this August, which consists of a 3.8K swim, 180K bike and 42K run. This is the second Ironman he has completed.

SPECIAL GREETINGS

Happy Birthday to ShyAnn Williams and Vera Brown on September 13.

And Happy Birthday to Nikki-Lee Patchett on September 26.

From Grandma Vera and Grandpa John in Haines Junction.

Happy 50th to the Champagne cousins!

Mickey Beattie – August 17th.

Raymond (Pork) Hassard – August 22nd

Happy Birthday to:

Luke Campbell and Jimmy Allen - August 2nd (not Chief Allen)

Savanna Marge Griffith – August 17th

Michelle Dawson-Beattie – August 19th

Cheryl Chambers – August 23rd

Tina Grant – August 24th

Rachele Campbell happy 21st - August 29th

Susan Knight (Wabisca) – September 6th

Buck Wabisca – September 7th

Chelsey Lee Ukrainetz (Wabisca) – September 13th

Jayden Ukrainetz - September 16th

Ron and Dave Cook – September 25th

Also, congratulations to Glenna Southwick and Jimmy Allen on their marriage August 20th!

From the Wabisca, Telep, Clark and Bratt families!

Happy Birthday to Harold and Griff on September 19 and to Tracy on September 22.

From Lilly and family

Wishing a Very Happy Happy Birthday to my most wonderful parents, wish them a day full of joy & happiness, Fred Jim (Sept. 4th) and Martha Smith (October 21st).

From AnnMarie

Happy Birthday to Sarina for September 25th from Uncle Dave, Auntie Marion and Tristin

Dad, Gina, Denise, Damien and Jaccob wish Tyrel a Happy 16th Birthday on September 7th. We love you!

Happy Birthday to Sarina on Sept.25th

Happy Birthday to Grandpa Griff on Sept.19th

From Victor, Gina, Denise, Damien , Tyrel and Jaccob.

Happy 11th Birthday Cameron (August 22).

Love Mom, Dad, Jeremiah and Bethany.

Photos of Cameron:



Aishihik Road - lunch break, on our way to the cabin.

Cameron is full of laughter and loves all art forms. He creates new clay objects each day-perfecting his techniques and one day dreams of becoming a Famous Artist.



August 31, 2011
15 Year Wedding Anniversary

Delmer & Michele MacDonald

*“Wild Horses Couldn’t Drag Me
Away From You!”*

KWÄNASCHIS!

Thank you to the following businesses for their generous donations to purchase dishes for Champagne Hall. This investment helps CAFN foster sustainable, environmentally sound practices, in keeping with our Vision Statement and Strategic Plan.

Think GREEN!



LATITUDE
WIRELESS



CONGRATULATIONS!

It's a BOY!



Welcome to Solomon Copper Sheardown,
born on August 24, 2011
in Whitehorse, Yukon
to proud parents
Sean Sheardown and Angie Charlebois

CONGRATULATIONS!

Welcome to Tallis James Allen Charlie,
born August 4, 2011
in Whitehorse, Yukon
weighing 8.5 pounds
to proud mother Jamie Allen

CONGRATULATIONS!



It's a BOY!

Welcome to Dalton Kane,
born on July 11, 2011
in Whitehorse, Yukon
to proud parents
Kristina Kane and Jason Jim

Welcome to Harrison Dobos,
born September 8, 2011
in Whitehorse, Yukon
weighing 9lb 15oz and 21.5 inches long
to proud parents
Nadia Joe and Andrej Dobos

*Please watch for photos and details
of new CAFN members arriving soon!*

Send your special greetings care of:
CAFN Communications
(867) 634-4237
almckinnon@cafn.ca
Fax (867) 634-2760



A beautiful fall afternoon at the community pasture near Haines Junction this September.

CAFN Communications

CALENDAR

Thursdays - Elders Tea and Fitness Lunch Haines Junction, 11:30 a.m. to 1:30 p.m. at Mun Ky. Please contact Darlene Blair for more details at (867) 634-4018 or 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.

September 29 - Elders in the School Potluck Lunch, St. Elias Community School. Please phone (867) 634-2231 for more details.

October 3 - Constitution Review Community Meeting, Haines Junction, 5:30 to 9 p.m. at the Convention Centre. Dinner provided.

October 10 - Thanksgiving Holiday, CAFN offices closed.

October 13-14 - Chief and Council regular meeting, CAFN Whitehorse.

October 17 - Constitution Review Community Meeting, Champagne Hall, 12 to 4 p.m. Lunch provided.

October 17 - Constitution Review Community Meeting, Takhini River Subdivision, 5:30 to 9 p.m. Dinner provided.

October 26 - Constitution Review Community Meeting, Whitehorse, 5:30 to 9 p.m. Location to be determined. Dinner provided.

November 11 - Remembrance Day, CAFN offices closed.

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

Dàkwänía

Champagne and Aishihik First Nations

www.cafn.ca

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

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



Dàkwänía
is available in full color
@ www.cafn.ca/news

Stories, photos, greetings and artwork are welcome.

Please send your submissions to: almckinnon@cafn.ca

All material within is the property of Champagne and Aishihik First Nations. No material can be reproduced without the expressed written consent of the above party.

This newsletter is
printed on recycled
paper.

