

# Liard First Nation Newsletter

November 2022

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Łánéyéh nésédzénét'in engáddenetān yéh!!

Hello, we are so happy to see you!

For November, we are trying out a combined newsletter for the Health & Social and Language Departments of Liard First Nation. The goal of this newsletter is to increase awareness within our community on what is going on, what we do, and what you can take part in. We invite you to stay updated through this newsletter and through our social media accounts displayed at the top of this page. At the end of this newsletter, you will find a calendar that highlights events going on this month - We would love to see you there!



Photo: Emily Wonford

## This issue:

Health & Social  
Department

PAGE 02-07

Language Department

PAGE 08-11

November Calendar

PAGE 12-13



### *Happy Fall!*

We have had a fun and eventful fall in the community with lots of events going on. Here are some of our highlights!



### Thanksgiving Hampers

We hope everyone had a great Thanksgiving with loved ones.

Here is a picture of Mickie and Blair helping with Thanksgiving hampers. 5 members of our staff handed out and delivered 160 Thanksgiving hampers. It was an excellent team effort!

### New Accessible Vehicle

We are happy to announce our newest vehicle - A wheelchair accessible van! This van will be used to transport members who need a lift to their appointments, programming and more. The van has a ramp that drops down for those with mobility issues so no steps need to be climbed. This is one achievement closer to making our Nation more accessible for everyone.



**THANK YOU** to everyone who came to the Youth Community Engagement that we hosted on September 24th!

We gathered youth to share about the local mental health resources they would like to see in the future. Every voice was valuable in supporting our research project to increase leadership knowledge on the needs of our community.

Please reach out to the H&S department if you are interested in participating in future events like this. Thank you!



Join us!

### Computer Training with Yukon University

November 21th-December 9th, 2022  
Monday- Friday @ 9-11AM



This upcoming training at the Yukon University will be specifically focused on Microsoft Word and Outlook. Tuition and all materials will be covered by LFN, but spaces are limited. Register now to secure your place at [events@liardfirstnation](mailto:events@liardfirstnation) or 536-5200



### Suicide Intervention Certification Course

November 26-29, 2022

This is a valuable course that equips you to help others in grave situations. The course is open to all LFN members but spaces are limited. Register or express your interest by contacting: [events@liardfirstnation](mailto:events@liardfirstnation) or 536-5200

## MOVEMBER FOR MEN'S HEALTH

We are organizing a Movember event this November!

Drop by clean-shaven at the Band Office on **November 1st** for a picture to enter the contest for Best moustache, Worst moustache and Most creative moustache! Winners will be announced at our event on **November 30th** in the Community Hall at the Rec Centre where we will be collecting donations for prostate and testicular cancer. There will also be a raffle with prizes and lunch will be served to all attending.

Movember is a great way to increase awareness and raise money for Men's Health and cancer research and we look forward to taking part in this event together.

- Prizes:**
- **Best moustache** - A chainsaw
  - **Worst moustache** - A reciprocating saw
  - **Most creative moustache** - TBA  
and more...



### Lunch & Learn

Our Lunch & Learn events are still going on every Tuesday and Thursday from 12-2pm at Upper Liard Learning Centre.

Lunch is served at 12 and the presentation starts at 1pm. Please let us know if you need a ride there!





### *Do you want to be a fitness instructor?*

We would love to train some local members to become health and fitness leaders within our community.

It would be an amazing opportunity for anyone who is interested to learn a new skill, or for anyone that has always had a passion for sports, fitness and healthy living. This could be anything from a yoga instructor to a basketball coach to a cross country ski instructor! Fees and training will be paid for. **Fitness is health, so let's work together to create some amazing programs!**

*If you are interested, please contact the Recreation Coordinator, Kyla Magun, at the Main Office:*

Monday – Friday 8:30–4:30pm

Phone: (867)–536–5200

Cell: (867)–536–4862

Email: [kyla.magun@liardfirstnation.ca](mailto:kyla.magun@liardfirstnation.ca)

### *Did you know?*

We offer FREE  
menstruation products  
at the admin office

*Ask us about it!*

Sponsored by:





## Get to know Debbie!

**Name:** Debbie Chadwick

**Role:** Health Team Lead

**Contact:**

debora.chadwick@liardfirstnation.ca

867-536-4844

We are doing a series of interviews with the team at the Health & Social department so you can get to know us all!

"Honesty and transparency are very important to me and are a foundation for my role as Health Team Lead."



### *What enticed you to work with the Health & Social department?*

I have always loved to serve my community. I spent almost 20 years working at the hospital and in between I was also working in the community as a nurse practitioner. Before that I served as a Canadian ranger as well as an elected sergeant in Watson Lake. I was semi-retired and looking for work when I was offered the job at LFN. I didn't have a job at the Health & Social Department in mind as we never had medical staff working here before, but I knew it was a big change and improvement to the community to bring registered nurses into the Nation. I have been working here at H&S for 4 years now, originally starting in Community Health Promotions and recently moving up as Health Team Lead.

### *What do you like most about the job?*

It is very rewarding to see all the changes we are able to make through our work at LFN. Despite the challenges of funding and other limitations, it is great to see improvements such as our new accessible vehicle, as well as purchasing items the community needs. I also love the people I work with!

### *What are some things that you feel you have brought to the role that have benefitted the Health & Social Department?*

I believe that I have brought trust to the role. Honesty and transparency are very important to me and are a foundation for my role as Health Team Lead. I have seen firsthand that when you are honest and upfront, you will create trust with your patients. And when patients trust you, they will talk to you. I think that community members are starting to feel secure and trust the team members at H&S - we have seen this through more members coming to us for help since our new leadership. It is baby steps, but important steps.

## *What do you hope to accomplish in the next few years?*

Covid-19 has been pretty devastating on community mental health. I would primarily hope to work with more projects in mental health and promotion of literacy. I would also like to work on awareness of scamming to prevent community members from falling victims to scams.

Long term, I'd love to see H&S getting more independence. It would be great to see more of our own programming and more control over our funds rather than having to rely on the Yukon government. Additionally, I'd love to see LFN members coming to work at the department long term. It would be great to see a member go out and get a nursing degree and come back to the community and take this job. I want to retire soon!



## *Who do you consider to be an inspiration?*

**Jean Goodwill** - She was a First Nation nurse out of Saskatchewan. In fact, she was the first Aboriginal woman to complete the nursing program in Saskatchewan. She started the Indigenous Nurses of Canada program many years ago. I met her at a meeting for Aboriginal nurses and even did a 4-day vision quest with her. Jean attended a Residential School and went through so much, but she was still very lovely and was making a difference around her. I admire that.



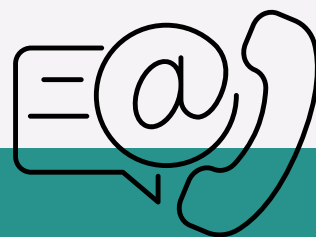
## *What is something that people don't know about you?*

I am Métis and two of my favourite things to do in my free time are Ravenstail weaving and Métis sash weaving. I value these traditional art forms.

I also love to go on nature walks with my dog and pick natural medicines. I always keep spare medicine around to give to people who may need it. Being a nurse that works with both Western medicine and Indigenous medicine is such an interesting mix. I see value in both, and many times treat patients using traditional medicine or a mix of both.



Contact Us – *We are here for you!*



Health & Social Department Office – 867-536-5206  
24/7 Health and Social Support – 867-536-4527

**Katherine Durocher** – Health & Social Director

[katherine.durocher@liardfirstnation.ca](mailto:katherine.durocher@liardfirstnation.ca)

Cell: (867)-536-6767

**Tracey Nolan** – Wellness Team Lead

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Cell: (867)-536-4760

**Debbie Chadwick** – Health Team Lead

[debora.chadwick@liardfirstnation.ca](mailto:debora.chadwick@liardfirstnation.ca)

Cell: (867)-536-4844

**Tasha Stewart** – Social Team Lead

[tasha.stewart@liardfirstnation.ca](mailto:tasha.stewart@liardfirstnation.ca)

Cell: (867)-536-4621

## Kaska phrase of the month

Gūzágī k'éh négúdéhdéh dé', wédé gūzágī gús'á sǵ.

*If you speak our language, our language will always be here.*

## JOIN our Kaska Language Courses!

October 6th, 2022 – December 16th, 2022  
in Watson Lake, YT and online over Zoom



*Teaching how to make soapberry ice cream in Kaska – Kaska Level 1 Class – October 2022*

At the beginning of October, we began our 3rd year of running university accredited Kaska language courses. These courses are available in-person and over Zoom for those who don't live in the community or are unable come into the office. Currently, our classes have members from all Kaska Nations in British Columbia and the Yukon. Kaska Level 1 is co-taught by Gūzágī Kí'íłá' Tá'- Paul Caesar-Jules, Gah – Jocelyn Mallay, and Nógghāmā – Martina Volfová. Level 3 is co-taught by Dógālá'- Emeral Poppe, Gah – Jocelyn Mallay, and Dahkali – Hammond Dick.

Both courses will run until December and are available for Simon Fraser University credits. **All fees and tuition are covered for LFN members.** For more information, please contact the Language Department at [language@liardfirstnation.ca](mailto:language@liardfirstnation.ca) or 867-536-5200.



## *Catch up on what has been going on at the Gūzāgī Kōā*

### **Mentor Apprentice Program**

*May 10th – September 8th, 2022,  
Watson Lake, YT*

We continue to provide ongoing training and fluency development opportunities for our staff. Between May and September, 2022 Gūzāgī Kí'ítá' Tá'- Paul Caesar-Jules and Dógālá'- Emerald Poppe completed 60-hour Mentor Apprentice Program through the Yukon Native Language Centre, a course accredited by Simon Fraser University. They both spent time with speakers Gah – Jocelyn Mallay and Dahkali – Hammond Dick in immersion, engaging in practical, hands-on activities while staying in the language.



*Dógālá', Gūzāgī Kí'ítá' Tá' and Gah during a Kaska language immersion session at Wye Lake – May 2022.*



*Making a soapberry ice cream Kaska language resource*

### **Resource Development Training – Creating Images for Language Learning**

*September 14th -15th, 2022, Whitehorse, YT*

We continue to provide ongoing training for the Gūzāgī Kōā staff. In September, we attended a resource development training in Whitehorse where we learned how to create customized images to be used for creating language learning resources.

### Yukon Native Language Centre's Language Gathering

*October 4th– 5th, 2022, Whitehorse, YT*

At the beginning of October, the Language Department presented at the Yukon Native Language Centre's Language Gathering in Whitehorse. Many people from all over the Yukon Territory came to this gathering and presented on their work with their languages. Our presentation was called Gūzágī Gūtīe Sūdzeneh'In: We Are Looking After Our Language, and we spoke about our past and current work in supporting the Kaska language. Gūzágī Kǫǫ Tá'– Paul Caesar-Jules, Dǫǫlá'– Emeral Poppe and Gah – Jocelyn Mallay did an immersion demonstration.



*Photo from the gathering. Source: YNLC Facebook*

### Digitization of Audiocassette Tape Collection



*Jonathan Caesar and Gūzágī Kǫǫ Tá'– Paul Caesar-Jules working on digitization.*

We continue in digitizing the LFN audiocassette tape collection. This collection contains over 600 tapes recorded in the community in the period between the mid-1960s until the early 2000s. This work involves converting the audiocassette recordings into digital files.

These types of files create a more secure and stable audio format that can be processed by a computer and any digital player. This conversion is done to ensure these valuable recordings are preserved and protected for future generations. The original tapes have been catalogued and are stored in archival storage boxes to prevent further deterioration.

So far, we have digitized nearly 400 tapes. Gūzágī Kǫǫ Tá'– Paul Caesar-Jules began this work in 2018 and last year he trained Jonathan Caesar, who is now the Digitization Technician working with this collection.



### Online Kaska Language Resources:

- **Kaska Cards App** – in Apple Store, Google Play, and on the web at <https://kaskacards.ca>
- **UBC Kaska Language Website** – <https://kaska.arts.ubc.ca>
- **Kaska Language Videos** – <https://vimeo.com/kaskadictionary>
- **Kaska Learners Soundcloud** – <https://soundcloud.com/kaskadictionary>
- **Find us on Facebook as Kaska Learners**



For more information about what we are working on or to get involved with us, please **come and see us at the Language Department** or contact us via phone or email:

Phone – 867-536-5200



Email – [language@liardfirstnation.ca](mailto:language@liardfirstnation.ca)





# NOVEMBER 2022

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		<b>1</b> Lunch & Learn Upper Liard Kaska 3 Trauma Informed Care Training	<b>2</b> Kaska 1	<b>3</b> Lunch & Learn Upper Liard Kaska 3	<b>4</b> Kaska 1 Kaska 3	<b>5</b>
<b>6</b>	<b>7</b> Kaska 1	<b>8</b> Lunch & Learn Upper Liard Kaska 3 Poppy Making Workshop	<b>9</b> Kaska 1 Poppy Making Workshop	<b>10</b> Lunch & Learn Upper Liard Kaska 3	<b>11</b> Remembrance Day 	<b>12</b>
<b>13</b>	<b>14</b> Kaska 1	<b>15</b> Lunch & Learn Upper Liard Kaska 3 Prenatal Nutrition	<b>16</b> Kaska 1	<b>17</b> Lunch & Learn Upper Liard Kaska 3	<b>18</b> Kaska 1 Kaska 3	<b>19</b>
<b>20</b>	<b>21</b> Kaska 1 Computer Training Begins	<b>22</b> Lunch & Learn Upper Liard Kaska 3	<b>23</b> Kaska 1	<b>24</b> Lunch & Learn Upper Liard Kaska 3	<b>25</b> Kaska 1 Kaska 3	<b>26</b> Suicide Intervention Certification Course
<b>27</b>	<b>28</b> Kaska 1	<b>29</b> Lunch & Learn Upper Liard Kaska 3	<b>30</b> Kaska 1 Movember Event 			

## Need a ride?

Do you want to come to one of our events but are unable to get there? Please contact us at the reception ahead of time so we can arrange to pick you up.



# This Month:

\*Please note that all events are subject to changes whenever necessary. The most updated details on each event can be found on our social media platforms.

## Lunch & Learn:

All LFN members are welcome to our Lunch & Learn events on Tuesday and Thursday from 12-2pm at Upper Liard Learning Centre. A healthy lunch is served, followed by a presentation from public and mental health. Let us know ahead of time if you need one of our staff members to pick you up.

## Kaska Language Classes 1 & 3

We have Kaska language classes running all week at LFN **until December 16th**.

- **Kaska Level 1** runs on Mondays, Wednesday and Fridays from 12-1:40pm.
- **Kaska Level 3** runs on Tuesdays and Thursdays from 12-1:40pm, and on Fridays from 10-11:40am.

Both levels can be taken in-person or over Zoom and are available for Simon Fraser University credits. All fees and tuition are covered for LFN members. For more information, please contact the Language Department at [language@liardfirstnation.ca](mailto:language@liardfirstnation.ca) or 867-536-5200.

## Movember:

Drop by clean-shaven at the Band Office on **November 1st** for a picture to enter the contest for Best moustache, Worst moustache and Most creative moustache! Winners will be announced at our event on **November 30th** in the Community Hall at the Rec Centre where we will be collecting donations for prostate and testicular cancer. There will also be a raffle with smaller prizes and a lunch will be served to all attending.

## Trauma Informed Care Training

This training is in collaboration with the Yukon Government and Risking Connection. The program will run from **1-3 November from 9am-4:30pm at Two Mile Hall**. The training is FREE to LFN members. To register, or if you have any questions, please contact [events@liardfirstnation.ca](mailto:events@liardfirstnation.ca) or (867)536-5200.

## Poppy Making Workshop:

Join us for our Poppy Making Workshop between 8th-9th November between 7pm- 9pm at Two Mile Hall. Snacks will be provided.

## Prenatal Nutrition:

All soon-to-be and new mothers are welcome to join us on the 15th of every month for a class in Prenatal Nutrition to keep you and your little one healthy. Contact H&S for details.

## Computer Training with Yukon University:

LFN has booked an upcoming training at the Yukon University, specifically focused on Microsoft Word and Outlook. This will be an intensive training running from **November 21st-December 9th**. Classes will be Monday-Friday between 9-11am. Tuition and all materials will be covered by LFN, but spaces are limited. Register now to secure your place.

## Suicide Intervention Certification Course:

This is a valuable course that equips you to help others in grave situations. The course is open to all LFN members but spaces are limited. Register now or express your interest by contacting: [events@liardfirstnation.ca](mailto:events@liardfirstnation.ca) or 536-5200

More details on the course is to come.

*Sógā sinlā!*