

TULITA JANUARY NEWS

Issue 13: January 15th, 2024



TULITA NEWSLETTER WOULD LIKE YOU TO HAVE A GREAT DAY.

Most of the information in the newsletter is taken from Wikipedia, and/or books mentioned.

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PLEASE CALL ECC FOR BEAR SIGHTING OR FIRE: (867) 588-3441 or 374-0505.

NEW TO TULITA OR JUST BORED?

We have news for you! This newsletter is out for the people of Tulita and its newcomers who just want to know what is going on in the community or need something to read to pass the time. Have vital information that you want in the next newsletter? Want a correction? Call us at the office at (867) 588 3734 or email tffc.2018@hotmail.com.

Events and Announcements:

January 1st, 2024: Happy New Years Tulita!

January 3rd, 2024: Businesses open to regular hours and School starts.

January 17th & 18th, 2024: IPCA Gathering and Update. At the arena at 9am. Food provided. Key Topics: Proposed Map of the Willow, Kelly, Lennie, Mahoney Lake. Shannon Bower from PlanIt North workshopping existing studies and future pathways.

January 26-28th, 2024: Sahtu “Serves You Right” Co-Ed Volleyball Tournament at the CAWS Gym.

Reduced Services at the Nursing Station from Jan. 5th to Jan. 19th, 2024.

Every Tuesdays Evening, 7pm: Alcohol Anonymous at the Preschool.

Elders Day is every Monday, Wednesday, and Friday at 1:30pm at the Preschool. Lunch and having fun with the preschools!

COMMUNITY HOURS:

Fire: 588-2222

Health Centre: 588:4251

RCMP: 588-1111

Arena: Mon-Sat. 1pm-9pm.

Aurora College (588-4313): Mon.-Fri. 8:30am-5pm.

BJs Market & Take Out (subject to change):
Check Tulita Buy, Sell, Trade on FB.

Chief Albert Wright School (588-4361): Mon-Fri. 8am-4pm. Closed for summer months.

Cornerstone Oilfield Services Inc. (588-3001):
Mon-Fri. 9am-5pm.

ECC (Environment and Climate Change)
(588-3441): Mon.-Fri. 8:30am-5pm.

Fort Norman Metis Land Corp (588-3201):
Mon-Fri. 9am-5pm.

Gas Station (588-3044): Mon-Fri. 11am-12pm,
2pm-4pm. Sat. 11am-12pm. 1pm-2pm

Government Service Office (588-3002): Mon-Fri. 1pm-5pm.

Hamlet of Tulita (588-4471): Mon-Fri. 9am-5pm.

Harriet Gladue Health Centre (588-4251, or after hours, 374-0004): Mon-Fri. 9am-5pm.

Income Support (588-3211): Mon-Fri. 9am-5pm.

IPCA (Indigenous Protected and Conserved Areas) (588-3053): Mon-Fri. 9am-5pm.

Mackay Range (588-3051): Mon.-Fri. 9am-5pm.

MYB (588-3048): Mon-Sat. 8am-5pm.

Northern Store (588-4331): Mon-Sat. 10am-6pm.

NWT Power Corp (588-4291): Mon-Fri. 9am-5pm.

Parks Canada (588-4884): Mon-Fri. 9am-5pm.

Pentecostal Mission (374-0451): Sun. at 11am at the Cultural Centre.

Post Office (588-4331): Mon-Fri. 1:30-5:30pm.

Preschool (588-3401): Mon-Fri. 1pm-3:45pm.
Closed for summer months.

RCMP (588-1111): Mon-Fri. 9am-5pm.

RRC (Renewable Resource Council) (588-4724): Mon-Fri. 9am-5pm.

SRRB (Sahtu Renewable Resources Board) (374-4040): Mon-Fri. 9am-5pm.

St. Therese of Avila Church (588-4241):
Sunday at 11am.

Two Rivers Hotel (588-3320): Mon-Fri. 9am-5pm.

Tulita Airport (588-4555): Mon-Fri. 8:30am-10:30am, 4pm-5:30pm.

Tulita CARS Station (588-3191): Mon-Fri. 9am-5pm.

Tulita Dene Band (588-3341): Mon-Fri. 9am-5pm.

Tulita Housing (588-4011): Mon-Fri. 9am-5pm.

Tulita Land Corp (588-3734): Mon-Fri. 9am-5pm.

Wellness Center (588-4271): Mon-Fri. 9am-5pm.

Wright's Convenience (588-4927): 7pm-11pm or check Tulita Buy, Sell, Trade on FB.

RECREATIONAL TIMES (SUBJECT TO CHANGE)












Fitness Hours: Mon. to Sat. from 1pm to 9pm at the arena.

Crib and card games: Mon. and Wed. at 7pm at the Arena. In the summer, casual card games are at the arbor on clear weather days.




















Bingos are usually Tuesday, Friday, and Saturday, depending on organization and funds needed. It would be posted at the Northern Store or on-line on Facebook's Tulita Buy, Sell, Trade.



🎂💕 Birthday/Anniversary Messages 💕🎂

-  Kate Nekeneyia-Moses and family would like to say Happy Birthday to **Paul** for their day, Jan. 1st.
-  Bernette Horassi and family would like to say Happy Birthday to **Seth** for their day, Jan. 2nd.
-  Melinda MacCauley and family would like to say Happy Birthday to **Paul** for their day, Jan. 2nd.
-  Bernette Horassi and family would like to say Happy Birthday to **Cassandra** for their day, Jan. 8th.
-  Kimberly Stewart and family would like to say Happy Birthday to **Victoria** for their day, Jan. 9th.
-  Cecilia McPherson and family would like to say Happy Birthday to **Victoria** for their day, Jan. 9th. Gramma loves you!
-  Allan Menacho would like to say Happy Birthday to his brother **Brian** for their day, Jan. 11th. From my crew, thanks guys.
-  Tina Etchinelle would like to say Happy Birthday to **Melinda** for their day, Jan. 13th. Coming from you BBF!
-  Nicole Andrew and family would like to say Happy Birthday to **Aaron** for their day, Jan. 13th. We miss you too much! ❤️ Enjoy your day and many blessing more birthdays. From Auntie Nicole and family.
-  Bernette Horassi and family would like to say Happy Birthday to **Darren** for their day, Jan. 15th.
-  Jane Yakeleya would like to say Happy Birthday to her late son, **Jason** for their day, Jan. 15th. You mother misses you and hopes that you are resting peacefully and watching over the family.
-  Rose Mary Andrew would like to say Happy Birthday to **Nevaeh** for their day, Jan. 16th. To my Stinker, happy birthday, love gramma!
-  Lee Ann McPherson and family would like to say Happy Birthday to **Damian** for their day, Jan. 18th. Happy 19th b-day!
-  Lee Ann McPherson and family would like to say Happy Birthday to **Brian** for their day, Jan. 18th.



-  Tina Etchinelle and family would like to say Happy Birthday to **Sally** for their day, Jan. 18th.
-  Andrew Etchinelle would like to say Happy Birthday to **Sally** for their day, Jan. 18th. Love Andrew.
-  Tina Etchinelle and family would like to say Happy Birthday to **Russell** for their day, Jan. 19th.
-  Stacey Naedzo would like to say Happy Birthday to Doh Doh **Russel** for their day, Jan. 19th.
-  Melinda MacCauley would like to say Happy Birthday to **Russell** for their day, Jan. 19th. Love your Godmother!
-  Betty Hardisty and family would like to say Happy Birthday to **Rylan** for their day, Jan. 20th. May your day be blessed and enjoy to the fullest. Many more to come, love from all your family in Simpson, lots of love.
-  Lynda MacCauley and family would like to say Happy Birthday to **Grandma Weasel** for their day, Jan. 20th. From all the MacCauley kids in the wells.
-  Tina Etchinelle and family would like to say Happy Birthday to **Sally Ann** for their day, Jan. 20th.
-  Melinda MacCauley and family would like to say Happy Birthday to **Sally Ann** for their day, Jan. 20th.
-  Nicole Andrew and family would like to say Happy Birthday to **Arian** for their day, Jan. 22nd. We miss you and lots of love for always. ❤️ Remember keep your prayers strong and anything will be possible. Auntie KOKO and family, lol.
-  Makhla Antoine and family would like to say Happy Birthday to their beautiful mother, **Lucy Ann** for their day, Jan. 23rd. From her daughter Makhla and family! Have the best day ever!
-  Vicky MacCauley and family would like to say Happy Birthday to **Emma** for their day, Jan. 24th.
-  Erica MacCauley and family would like to wish a Happy Birthday to **Emma** for their day, Jan. 24th. I would like to wish you a happy birthday greeting and many more to come, love you my not so tiny sister lol! Love your awesome sister Emma! ❤️ ❤️ ❤️
-  Tina Kinnee-Brown and family would like to say Happy Birthday to **Naioka** for their day, Jan. 16th.
-  Nicole Andrew and family would like to say Happy Birthday to **Devon** for their day, Jan. 29th. Enjoy your day to the fullest! Love ya!
-  Britney MacCauley and family would like to say Happy Birthday to **Roy** for their day, Jan. 29th. Enjoy your amazing day. Love Brit and family! ❤️
-  Vicky MacCauley and family would like to say Happy Birthday to **Roy** for their day, Jan. 29th.
-  Melinda MacCauley and family would like to say Happy Birthday to **Roy** for their day, Jan. 29th.
-  Erica MacCauley and family would like to wish a Happy Birthday to **Roy** for their day, Jan. 29th. I love you! Have the greatest day!!!

Map of Tulita for newcomers!



There is many places to walk or visit to talk to people. You can walk along the Two Rivers Trail located past the Parks Canada Trailer Building. You can walk through the town, as well as towards Plane Lake Dr to the airport and from Water Intake to the Gas Station. You can walk along the shore, all the way to the bank where the boats load off and where the Barge stops.



Funny Stories

The Mom Test

I was out walking with my 4-year-old daughter. She picked up something off of the ground and started to put it in her mouth. I took the item away from her and I asked her not to do that. "Why?" My daughter asked. "Because it's been on the ground; you don't know where it's been; it's dirty; and it probably has germs," I replied. At this point, my daughter looked at me with total admiration and asked, "Mum, how do you know all this stuff? You are so smart." I was thinking quickly and replied, "All moms know this stuff. It's on the Mom Test. You have to know it, or they don't let you be a Mom." We walked along in silence for 2 or 3 minutes, but she was evidently pondering this new information. "Oh! I get it!" She beamed, "So if you don't pass the test you have to be a dad!" "Exactly!" I replied with a big smile on my face. When you finish laughing, send this to a Mom.

Housewives

A man came home from work and found his 3 children outside, still in their pajamas, playing

in the mud, with empty food boxes and wrappers strewn around the garden. The door of his wife's car was open, as was the front door to the house and no sign of the dog. Walking in the door, he found an even bigger mess. A lamp had been knocked over, the throw rug was against one wall. In the front room the TV was on loudly with the cartoon channel on. The family room was strewn with toys and various items of clothing. In the kitchen, dishes filled the sink, breakfast food was spilled on the counter, the fridge door was open wide, dog food was spilled on the floor, a broken glass lay under the table, and a small pile of sand was spread by the back door. He quickly headed up the stairs, stepping over toys and more piles of clothes, looking for his wife. He was worried she might be ill, or that something serious had happened. He was met with a small trickle of water as it made its way out the bathroom door. As he peered inside he found wet towels, scummy soap and more toys strewn over the floor. Miles of toilet paper lay in a heap and toothpaste had been smeared over the mirror and walls. As he rushed to the bedroom, he found his wife still curled up in the bed in her pajamas, reading a novel. She looked up at him,

smiled and asked how his day went. He looked at her bewildered and asked, “What happened here today?” She again smiled and answered, “You know every day when you come home from work and you ask me what in the world do I do all day...?” “Yes,” was his incredulous reply. She answered, “Well, today I didn’t do it.”

Surprise Visit

Two middle-aged men sit on a park bench and talk about what they think heaven will be like. As a baseball lover, one man says to the other, “I REALLY hope there’s baseball to be played in heaven! That would make everything worth it.” The other man replies, “It sure would, I haven’t been able to play baseball in years but would love the chance to play in heaven.” Tragically, the next day one of the men has a heart attack and dies. Devastated, his friend returns to the same park bench and weeps for hours. That evening the man hears a voice speaking to him saying, “Hey! It’s me! Guess what?!” Thrilled to hear his old friend’s voice, he replies, “Oh my gosh is that you? You gotta tell me, what’s heaven like?” “Well, I’ve got some really really great news, and I also have some not-so-great news ... But there IS baseball in heaven, he spoke excitedly. The man on the bench was so happy he nearly

screamed, “That’s the best news ever! What could POSSIBLY be the bad news?!” The voice responds, “You’re pitching on Tuesday...”

Eight

A man was sitting on the edge of the bed, watching his wife, who was looking at herself in the mirror. Since her birthday was not far off he asked what she’d like to have for her birthday. “I’d like to be eight again,” she replied, still looking in the mirror. On the morning of her birthday, he arose early, made her a nice big bowl of Coco Pops, and then took her to Adventure World theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was. Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down. He then took her to a McDonalds where he ordered her a Happy Meal with extra fries and a chocolate shake. Then it was off to a movie, popcorn, a soda pop, and her favourite candy, M&Ms. What a fabulous adventure! Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his wife with a big smile and lovingly asked, “Well Dear, what was it like being eight again?” Her eyes opened and her expression suddenly changed. “I meant my dress size, you

idiot!!!” The moral of the story: Even when a man is listening, he is gonna get it wrong.

Theft

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags, and drew her handgun, proceeding to scream at them at the top of her voice. “I have a gun and I know how to use it! Get out of the car, you scum bags!” The four men didn’t wait for a second invitation, but got out and ran like mad, whereupon the lady, somewhat shaken, proceeded to load her shopping bags into the back of the car and get into the driver’s seat. She was so shaken that she could not get her key into the ignition. She tried and tried and then it dawned on her why. A few minutes later she found her own car parked four or five spaces farther down. She loaded her bags into her car and drove to the police station. The sergeant to whom she told the story nearly tore himself in two with laughter. He pointed to the other end of the counter, where four pale males were reporting a car jacking by a mad elderly woman described as white, less than 5’ tall, glasses, and curly

white hair carrying a large handgun. No charges were filed.

Wish Fairy

A married couple in their early 60s was celebrating their 35th wedding anniversary in a quiet, romantic little restaurant. Suddenly, a tiny yet beautiful fairy appeared on their table saying, “For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish. “Oh, I want to travel around the world with my darling husband,” says the wife. The fairy waved her magic wand and poof! Two tickets for the Queen Mary II appeared in her hands. The husband thought for a moment: “Well, this is all very romantic, but an opportunity like this will never come again. I’m sorry my love, but my wish is to have a wife 30 years younger than me.” The wife, and the fairy, were deeply disappointed, but a wish is a wish. So the fairy waved her magic wand and poof! The husband became 92 years old. Moral of the story: Men who are ungrateful should remember that fairies are female.

Slavey Words to Learn for Kids or Beginners (as taken from A Grammar of Slave by Keren Rice)

For this year, I will be learning from the module, A Grammar of Slave by Keren Rice, which was published in 1989 of the Slavey language that consists of research and study of all the dialects in the Northwest Territories. This includes from Hare, Bearlake, Mountain, and Slavey (often called southern Slavey). Hare, Bearlake and Mountain are sometimes grouped together as northern Slavey.

This newsletter will focus more on Mountain slavey, as well as bits of Bearlake thrown in.

This issue would only have the basics of what I learned and some of the dialects explained. Slave is a term used for the language spoken in the following communities: Fort Liard, Fort Providence, Hay River, Kakisa, Jean Marie River, Trout Lake, Nahanni Butte, Fort Simpson, Wrigley, Fort Norman, Fort Franklin, Fort Good Hope, and Coville Lake in the NT, Meander River and Chateh in Alberta, and Fort Nelson in BC. Remember, this was written in 1989 but the language would not change as much as it would a hundred years ago.

Slavey, or Dene, is a language of the Athapaskan language family spoken by the people in the Mackenzie River area of the NT, Canada. Many people recognize lexical items from neighbouring communities, although they themselves do not use them. There is a lot of variations between each dialect, such as in the Hare and Mountain, the word final (h) is usually lost in speaking, although this (h) is maintained in compounds (when two words are put together). For example, sah/sa for bear and sahwé for bearskin. The (h) is not spoken when we say bear but it is there when we say bearskin.

There is also variation by age factors as well, younger speakers often show a greater tendency towards contraction and loss of morphemes. If you see anything that does not seem right or written wrong, do not hesitate to call 588-3734 or email tlfc.2018@hotmail.com to tell us.

Another example of variation is that in Hare, the optative has been generalized to a future tense, while the other dialects mark the future by a post verbal clitic ‘gha.’

- Sòbakòé gots’é ʔawohdee (Hare)
- Sòbakòé gots’é ʔawohdee gha (Bearlake)
- “I am going to go to Yellowknife.”

Basic Word Order

A sentence in Slave consists minimally of a verb.

- goyìdee “She talked.” (Hare, Bearlake)

It can also have a noun or noun phrase as a subject.

- t’eere goyìdee “The girl talked.” (Hare, Bearlake)

Sentences can also include object nouns or noun phrases. The word order is Subject-Object-Verb.

- setá ʔìts’é whehk’é “My dad shot a moose.” (Bearlake)
- (dad) (moose) (shot)

Oblique object nouns occur between the subject and the direct object. The basic word order is Subject-Oblique Object-Direct Object-Verb. (Oblique: noting or pertaining to any case of noun inflection except nominative and vocative.)

- ʔehkee t’eere ghá tsá nìʔò “The boy gave the girl a hat.” (Hare)
- (Boy) (girl) (for) (hat) (gave)

I will write about Nouns and Verbs in the next issues of the newsletter. We will take this journey together on learning Slavey and how to read and write it hopefully.



*Did you know? “The first thoroughly documented epidemic was a horrifying scarlet fever that swept down the Mackenzie and out into the farthest campsites, killing hundreds of people in the mid-1800s.”
Drum Songs, pg. 149.*

Newest Rapper in Tulita, NT - Julian 'Jule\$'

McPherson



Julian McPherson is a Canadian Indigenous Rapper from Tulita, NT. He writes and sings his own music and puts it on the web for everyone to listen to. His main socials are on Spotify as Jule\$ and on Facebook under his name, Julian McPherson which has his newest information of what he's working on.

So far, he has written and sung over 70 songs and has over 3000 monthly listeners and over 6000 followers on Spotify. His most popular songs include *inside i'm numb*, *Years of the Chase*, *We On It*, *Shawty!* and *G.O.A.T.*



Recently, Julian McPherson has been interviewed multiple times by 100.1 True North FM, Northern Music Mondays Featured Artist on Music NWT, Africanhype.com, and CBC Northbeat! He is truly getting up there and recognized! His music is also going to be used on a New York Fashion show soon so stay tuned for more on that by checking his Facebook page!



Julian McPherson is often inspired by his culture, his home, and his family. He writes about how he feels and knows that it would connect to other listeners around the world. He expresses himself freely and hopes that his songs inspire others to try it out and experience what he is going through by voicing it through music. We hope to see more of his work and hope that you listen to on Spotify and support him.

Congratulations to the Tulita Bannock Bandits!

The Tulita Team went to Norman Wells for the Norman Wells Annual Co-Ed Volleyball Tournament and came in second over the weekend, January 13th to the 14th, 2024. They played against Norman Wells, Deline, and Fort Good Hope. They had a great time; many people drove there to support their town teams and go live on Facebook to show the excitement of the game.



*Congratulations to **Destiny Ayah** and **Mason Bayha***
for getting into the 2024 Arctic Winter Games Final
Rosters!



**2024 ARCTIC WINTER
GAMES
FINAL ROSTERS**



19U Female Team

**Avaia Ashton
Destiny Ayah
Elexia Popson
Elizabeth Gillard
Emily Dillon
Hailey Young
Keira Coakwell
Megan Smallwood
Sanis Villeneuve
Selena Hernandez
Sydney Smyslo
Thea Marzan
Emma MacCauley (A)
Eshyla Ekendia (A)
Giselle Mantla (A)
Isabella Nataway (A)
Tayla Minute (A)**

19U Male Team

**Alijah Famorcan
Cole Woodland
Fraser Dumont
Joel Catholique
Larry Sittichinli
Leif Aubrey-Smith
Mason Bayha
Matthew McLeod
Rowan Weber
Sean Grandjambe
Trey Currie
Yehdza Mackeinzo
Alex Lafferty (A)
Kayden McLeod (A)
Kellan Mandeville (A)
Rhys Robertson (A)
Theron Mabbitt (A)**

TLC Family Night – December 17th, 2023

Tulita Land Corporation had their family night in December 2023 and many people had attended to play games, win prizes, and eat their turkey and ham feast. There were games for the little children, games for the teens, adults, and elders. It was a great laugh at the excitement when the people got close to see the winners.



The feast was well-prepared and delicious. There were many dishes, side-dishes, salads, and desserts to choose from. On a silly sidenote, who was sick of turkey and ham at this point?
LOL.



Did you know? "The first police post was set up at Fort McPherson in 1903 in response to concerns about the activities of American whalers at Herschel Island." Drum Songs, pg. 177.



Many of the kids participated and won many prizes. There were also draws for tickets for those who did not participate in the games so that they had a chance at the gifts as well.



We were happy that so many people attended and hope that next year is the same but with better and funnier results.



Thank you the people of Tulita for everything, we hope that you have a great 2024.



The Dangers of Alcohol in the Human System

The holidays are a fun time to celebrate and there is time off from work for many and with the winter road open, that means that there is going to be more trips for alcohol and other related activities. Due to Christmas and New Years, many people will go down to the Wells to pick up rations to celebrate with and that means the possibility of bootlegging as well. There is no judgement when it comes to celebrating but many families will suffer from those who drink to excess and press their present onto others and their families. Alcohol should not be around

children and those who do not drink. Many people experience parties going to their house, sometimes in the middle of the night or even in the middle of the day. It is okay to party and celebrate but in moderation.

Have someone you trust with you to take away the bottle when you become someone else entirely. The point is crossed when children are present and witness grown adults acting funny or angry when things do not go their way. This picture would stay with them for many years and they would see that person differently from then on. You must remember that children build their own image of themselves and your image from that age and it will be how



they see you from now on. Do you want to be known as the person to avoid or the person to not talk to when they see you on the road? Alcohol for the brief moment makes you not care and see the world differently but that is only for the moment and not a lifestyle. It will slowly damage your organs, your brain, your ability to do things, and your image in the town. Getting help is not a death sentence but a decision you make for yourself to see the future better. Here is a few examples and questions you need to ask yourself if alcohol is affecting you too much. Can you remember the last couple of years? Are you able to move your body like you used to do? Is your mind the same as before? Or is it slower or lacking in the ability to think as quickly? Does it take

more and more alcohol to feel any effects? If you go for a long time without drinking, do you immediately go into withdrawals? In the last couple of years, what did you achieve that you are proud of? It doesn't have to be anything big like finishing a course or winning a big prize. It could be simple things like finishing that book or tv show that you were putting off. How much time did you spend with your family? What do you think of what kind of memories do they have of you? Is it kindness and visiting? Or is it parties and yelling? This newsletter is not to judge but to help anything who reads

DURATION OF WITHDRAWAL ALCOHOL

1-3 DAYS

- Anxiety
- Insomnia
- Fever
- Restlessness
- Nausea
- Tremors
- Delirium tremens
- Agitation
- Autonomic Instability
- Gross tremor
- Confusion
- Disorientation
- Paranoia
- Hallucinations

4-7 DAYS

- Nervousness
- Shakiness
- Depression
- Mood swings
- Nightmares
- Brain fog

WEEK 2

- Anxiety
- Reduced sexual interest
- Depression
- Tremors
- Sleep disorders

2months - 1 year PAWS

- Reduced energy

SERIOUS WITHDRAWAL SYMPTOMS

10% of people

- Fever
- Hypertension
- Hyperthermia
- Increased pulse
- Seizure
- Tremors

*This is not a complete list of possible symptoms. Not all effects are felt by all individuals.

addictionblog.org | addictionblog | Addiction Blog | addictions | addictionsblog | addictionsblog

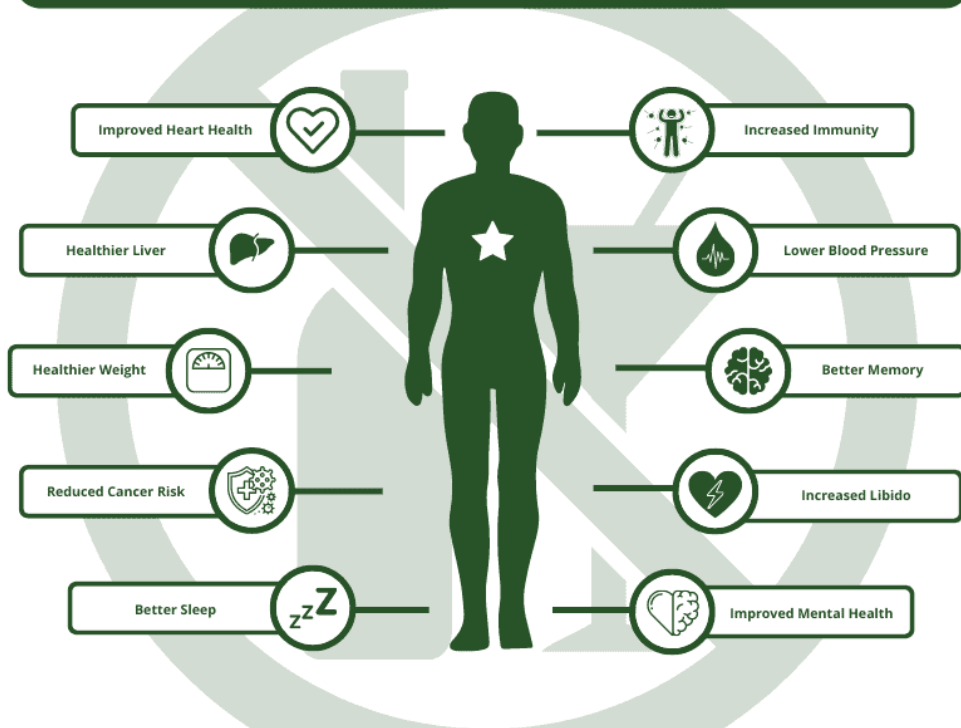
this of a sign they have been waiting for to slow down on their drinking, quit, or think of anything else that would help with their intake of alcohol.

Please think of yourself and others before you drink, especially if you know you drink to excess and do not remember the next day of what you did.

Here are some numbers to call if you need help or counsel on what to do.

NWT Help Line: 1-800-661-0844 – This is available 24 hours a day, 7 days a week. Is is 100% free and confidential and anonymous. The NWT Community Counselling Program helps people deal with a variety of issues including family violence, mental health issues, and addictions.

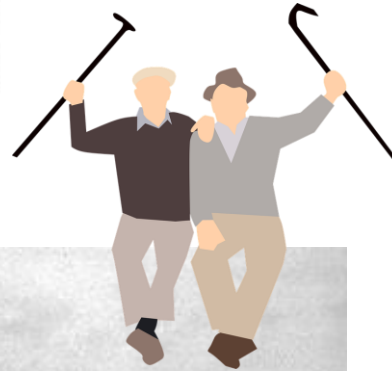
Benefits of Stopping Alcohol



Old Photos of Fort Norman



Fort Norman, maybe 1940s-60-ish. Dene residents. Photo by Father Alfred Gathy.



Fort Norman, no date. Photo by Father Alfred Gathy.





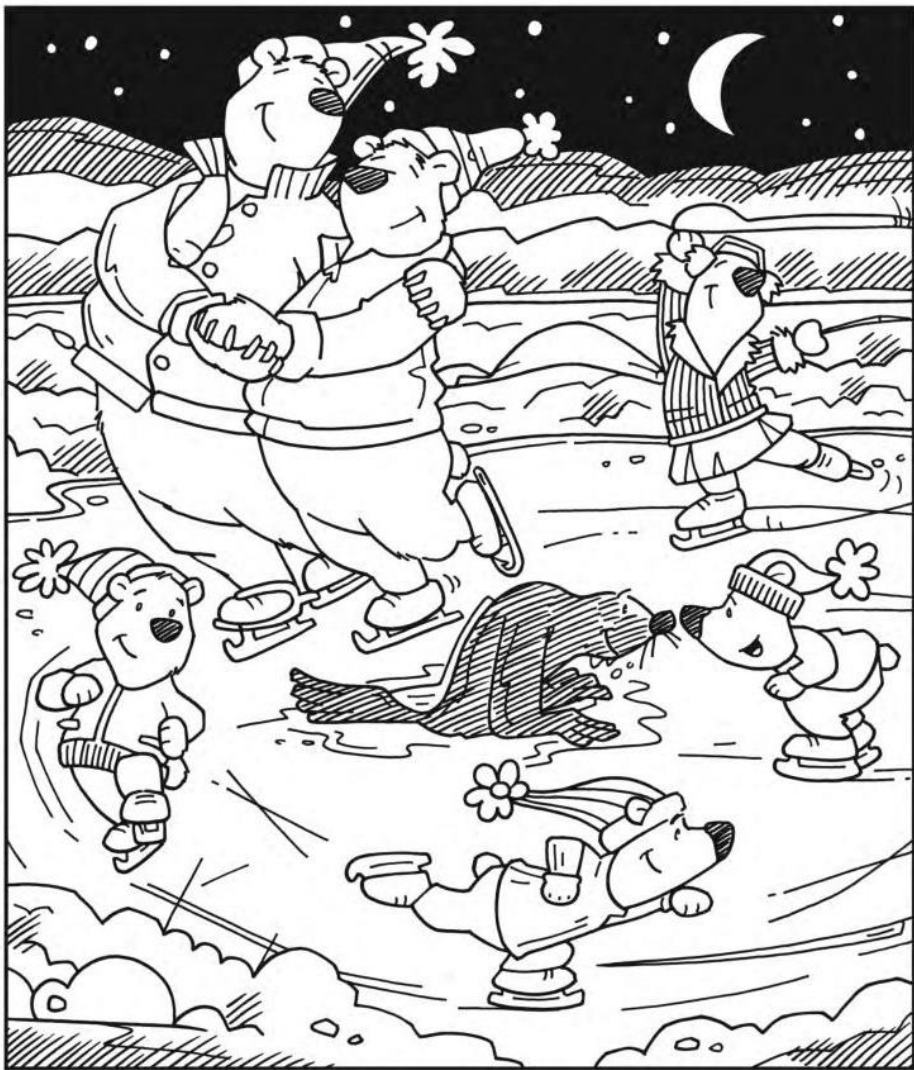
Fort Norman,
1940-42. Barge
going from Fort
Norman. Photo by
Mary Saich.

NWT Archives/Mary Saich fonds/N-1990-008-0009


Fort
Norman,
1967. Photo
by John
Davids.

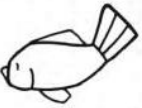



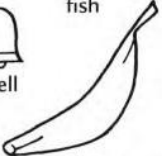

NWT Archives/John Davids/N-1990-008-0048

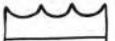



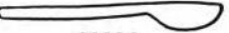

Want a challenge?
Fold back this page to hide
the picture clues.



- 
saltshaker




fish
- 
bell




banana
- 
comb


crown
- 
ladle

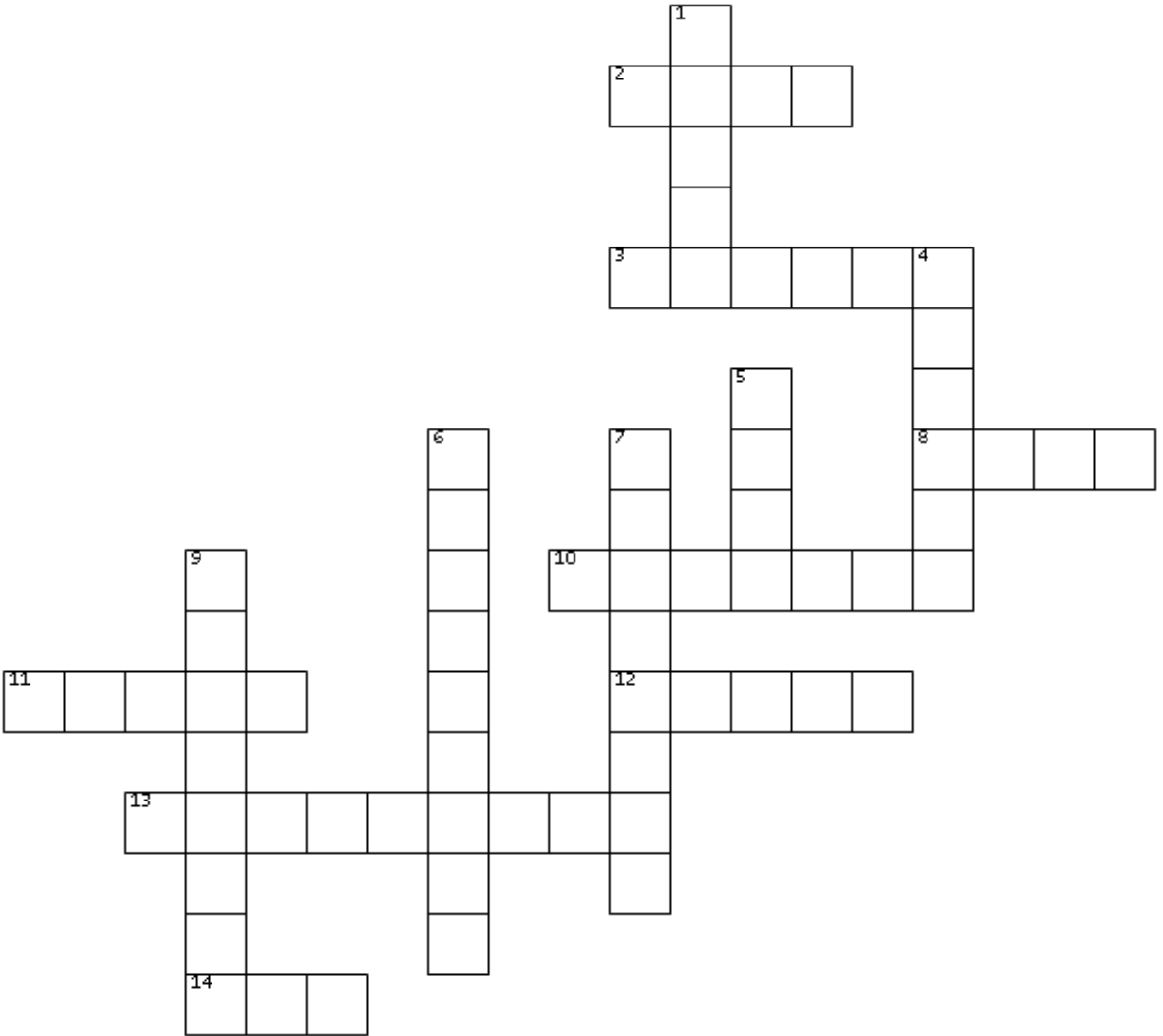

spoon
- 
fork


flower
- 
toothbrush


cherry
- 
wishbone


carrot
- 
musical note

Tulita Crossword Puzzle



ACROSS

- 2. They are dangerous in packs.
- 3. Three red marks.
- 8. Dump, enough said, lol.
- 10. Looks like a rat in the water.
- 11. You can make dry meat out of their meat.
- 12. Too many of them in the sky makes you suspicious.
- 13. Getting bigger every year following the flowers.
- 14. They are active at night and eat mice.

DOWN

- 1. Flies south and we go on trips on the land to shot them.
- 4. We set traps for them on their little pathways.
- 5. Tastes good in soup and cooked over the fire, flies and pecks.
- 6. They stay in the mountains and have hard heads.
- 7. As nutty as your relatives.
- 9. Basically vampires out for your blood.

Hidden Pictures®

Sheep-Shearing Salon

By Diana Zourelis

Can you find these
Hidden Pictures®



suitcase



lightning bolt



slice of pizza



mug



snake



flashlight



boot



sailboat



piece of popcorn



ice-cream cone



ring



artist's brush



banana



leaf



star



pencil



pennant



bowl

BONUS!

Can you also find the butterfly, bell, heart, and apple?



In this big picture, find the suitcase, slice of pizza, lightning bolt, mug, snake, flashlight, sailboat, piece of popcorn, boot, ice-cream cone, ring, artist's brush, leaf, pencil, bowl, banana, star, and pennant.



Dene Laws



~Share what you have~

~Help each other~

~Love each other as much as possible~

~Be respectful of elders and everything around you~

~Pass on the teachings~

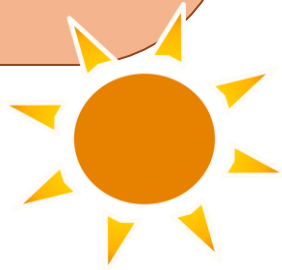
~Be happy at all times~

~Sleep at night and work during the day~

~Be polite and don't argue with anyone~

~Young boys and girls should behave respectfully~

Thank you for reading!
Tulita Land Corporation



Please call (867) 588 3734 or email Kerri at tlfc.2018@hotmail.com for any corrections or additions to the next newsletter. You can also Facebook Message us on our Facebook page: <https://www.facebook.com/tulita.landcorp>