

# TULITA MARCH NEWS

Issue 17: March 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 [tlfc.2018@hotmail.com](mailto:tlfc.2018@hotmail.com).

## Events and Announcements:

**March 17<sup>th</sup>, 2024:** St. Patrick's Day.

**March 20<sup>th</sup>, 2024:** TLC hosting a public meeting to talk about the Norman Wells Corporation Self-Government Agreement for the Tłegohłı Got'ıne. 5-9pm at the Arena. Snacks and Prizes available.

**March 22-24<sup>th</sup>, 2024:** Sahtu Cup at Norman Wells. Register with Shannon Audet at [normanwellsminorhockeya@outlook.com](mailto:normanwellsminorhockeya@outlook.com) or (780) 239-7998.

**March 31<sup>st</sup>, 2024:** Easter Sunday.

**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 (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 (**For call outs, 867-688-7934 or 867-374-0371**)

**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 (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 (588-4724):** Mon-Fri. 9am-5pm.

**SRRB (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 (588-4111):** 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 (15th-31st) 🎉🎂

🎂 Mary Mendo would like to say Happy Birthday to **Nolan** for their day, March 17<sup>th</sup>. We love you very much, enjoy your special day, st. pat's day! ❤️

🎂 Felicia Bavard would like to say Happy Birthday to her mom **Terry** for their day, March 18<sup>th</sup>. From families and friends, have an awesome day, 😊 love ya!

🎂 Jeannie Bavard would like to say Happy Birthday to her sister **Terry** for their day, March 18<sup>th</sup>.

🎂 Angela Bernarde would like to say Happy Birthday to **Darius** for their day, March 19<sup>th</sup>. I wish you nothing but the best this year for you, my boy. ❤️ Forever my baby you'll always be. ❤️ ❤️

🎂 Kristianna Andrew would like to say Happy Birthday to her dad/grandpa **David** for their day, March 19<sup>th</sup>. Thankful for you both, love you lots! Ashton and Kristianna.

🎂 Shannon Andrew would like to say Happy Birthday to her dad **David** for their day, March 19<sup>th</sup>. Love you and so forever grateful for you! Thank you for everything you do for your kids and grandkids!

🎂 Lorraine Doctor would like to say Happy Birthday to her grandson **Neze** for their day, March 20<sup>th</sup>. Grandma loves you so much!

🎂 Britney MacCauley would like to say Happy Birthday to her Uncle **Neil** for their day, March 21<sup>st</sup>. You're the best uncle! Love you!

🎂 Shannon Andrew would like to say Happy Birthday to her aunty **Rosalee** for their day, March 21<sup>st</sup>. She loves you and thank u for always being there! Love E and Vaeh.

🎂 Rachelle MacCauley would like to say Happy Birthday to **Rosalee** for their day, March 21<sup>st</sup>. We love you guys very much, enjoy your special day. Coming from Ava Rose and Rachelle.

🎂 William Andrew would like to say Happy Birthday to his sister **Rosalee** for their day, March 21<sup>st</sup>.

🎂 Kristianna Andrew would like to say Happy Birthday to her mom/grandma **Rose Mary** for their day, March 22<sup>nd</sup>. Thankful for you both, love you lots! Ashton and Kristianna.

🎂 Shannon Andrew would like to say Happy Birthday to her mom **Rose Mary** for their day,

March 22<sup>nd</sup>. Mom, you're the best mom/grandma! You're loved forever, thank you for every single thing u done and will continue to do.

🎂 Rosalee Andrew would like to say Happy Birthday to her Auntie **Rose Mary** for their day, March 22<sup>nd</sup>.

🎂 Angela Bernarde would like to say Happy Birthday to her dad **Cyril** for their day, March 24<sup>th</sup>.  
♥ xoxo

🎂 Caroline Widow would like to say Happy Birthday to **Kurtis** for their day, March 24<sup>th</sup>.

🎂 Lynda MacCauley would like to say Happy Birthday to **Ryan** for their day, March 25<sup>th</sup>. 🎁 From the MacCauley's in the Wells.

🎂 Britney MacCauley would like to say Happy Birthday to **Ryan** for their day, March 25<sup>th</sup>. From Britney, hope you have a fantastic day!

🎂 Keesha Antoine would like to say Happy Birthday to her son **Tayte** for their day March 26<sup>th</sup>. Wishing you nothing but the best day. We love you so much, loveeee always Mommy, big sister Kallie, and little brother Elijah. ♥

🎂 Shannon Andrew would like to say Happy Birthday to Uncle **Willy** for their day, March 26<sup>th</sup>. From E and Vaeh.

🎂 Rachelle MacCauley would like to say Happy Birthday to **William** for their day, March 26<sup>th</sup>. We love you guys very much, enjoy your special day. Coming from Ava Rose and Rachelle.

🎂 Rosalee Andrew would like to say Happy Birthday to **William** for their day, March 26<sup>th</sup>.

🎂 William Andrew would like to say Happy Birthday to himself, **William** for their day, March 26<sup>th</sup>. Lol.

🎂 Alana Bernarde would like to say Happy Birthday to **Carlos** for their day, March 27<sup>th</sup>.

🎂 Caroline Widow would like to say Happy Birthday to **Irene** for their day, March 27<sup>th</sup>.

🎂 Hollie, Edward, and Johnny would like to say Happy Birthday to their favorite uncle **Peter** for their day, March 27<sup>th</sup>.

🎂 Kerri McPherson would like to say Happy Birthday to **Peter** for their day, March 27<sup>th</sup>.

🎂 Caroline Widow would like to say Happy Birthday to **Peter** for their day, March 27<sup>th</sup>.

🎂 Caroline Widow would like to say Happy Birthday to **Bruce** for their day, March 27<sup>th</sup>.

🎂 Caroline Widow would like to say Happy Birthday to **Mary** for their day, March 28<sup>th</sup>.



# 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*

## **Farmers**

A Texan farmer is on vacation in Australia. There he meets an Australian farmer and talks. The Australian shows off his large wheat field and the Texan says, "Oh! We have wheat fields that are at least twice as large." Then they walk around the ranch for a bit and the Australian shows off his herd of cattle. The Texan farmer immediately said, "We have longhorns that are at least twice as large as your cows." The conversation is now almost at a standstill when the Texan sees a herd of kangaroos hopping through the field. He asked, "And what are those?" The Australian responds with an incredulous look, "Don't you have any grasshoppers in Texas?"

## **Bank**

A blonde walks into a bank in New York City and asks for the Loan Officer. She says she's going to Europe on business for two weeks and needs to borrow \$5,000. The bank officer says the bank will need some kind of security for the loan, so the blonde hands over the keys to a new Mercedes Benz SL 500. The car is parked

on the street in front of the bank, she has the title and everything checks out. The bank agrees to accept the car as collateral for the loan. The bank's president and its officers all enjoy a good laugh at the blonde for using a \$110,000 Benz collateral against a \$5,000 loan. An employee of the bank proceeds to drive the Benz into the bank's underground garage and parks it there. Two weeks later, the blonde returns, repays the \$5,000 and the interest, which comes to \$15.41. The loan officer says, "Miss, we are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled. While you were away, we checked you out and found that you are a multimillionaire. What puzzles us is, why would you bother to borrow \$5,000?" The blonde replies, "Where else in New York City can I park my car for two weeks for only \$15.41 and expect it to be there when I return?"

## **Penguins**

A police officer pulls over a man who has penguins in the backseat of the car. "Sir, you can't have penguins in your car. Bring them to the zoo or something," the police officer tells

the man. The next day, the police officer sees the man again. Again, the penguins are in the backseat of the car. “Sir, I told you to take the penguins to the zoo!” “I did, Officer! Today, I’m taking them to the movies.”

## **Robber**

A man was robbing a house in the middle of the night. All of a sudden, he heard a parrot cry out. “Jesus is gonna get you.” The robber ignored it and takes the TV. Again, the parrot cries out, “Jesus is gonna get you.” The robber started to get a little worried. “What’s your name, birdie?” “Moses.” “What idiot names you Moses?” The same idiot who named his rottweiler Jesus.”

## **Heaven**

A teacher was testing the children in her Sunday school class to see if they understood the concept of getting to heaven. She asked them, “If I sold my house and my car, had a big garage sale and gave all my money to the church, would that get me into heaven?” “No!” The children answered. “If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would that get me into heaven?” Again, the answer was, “No!” Now

she was smiling. ‘Hey, they’re getting it,’ she thought. “Well, then, if I was kind to animals and gave candy to all the children, and loved my husband, would that get me into heaven?” She asked. Again, they all answered, “No!” She was just bursting with pride for them. “Well,” she continued, “then how can I get into heaven?” A five-year-old little Johnny shouted out, “YOU GOTTA BE DEAD.”

## **Dark**

Little Johnny was afraid of the dark. One night, his mother told him to go out to the back porch and bring her the broom. Little Johnny turned to his mother and said, “Mama, I don’t want to go out there. It’s dark.” The mother smiled reassuringly at her son. “You don’t have to be afraid of the dark,” she explained. “Jesus is out there. He’ll look after you and protect you.” Little Johnny looked at his mother real hard and asked, “Are you sure he’s out there?” “Yes, I’m sure. He is everywhere, and he is always ready to help you when you need him,” she said. Little Johnny thought about that for a minute and then went to the back door and cracked it a little. Peering out into the darkness, he called out, “Jesus? If you’re out there, would you please hand me the broom?”

**Slavey Words to Learn for Kids or Beginners (as taken from A Grammar of Slave by Keren Rice) (Hr-Hare, Bl-Bearlake, Sl-Slavey, Mt-Mountain)**

**Complementation**: is a sentence that functions as a noun phrase. Some examples are shown below. The complement sentences are enclosed in square brackets.

- a. [dats'ede ráweneya nı] raxegha godéwe  
(dance) 2sg.(went) COMP 1pl.(to)3(surprised)  
“It surprised us that you sg. went to the dance.” (Hr) (sg. single person)
- b. [kw'a k'ená?enehtsi] kets'edehwhene  
(dish) 1sg.(wash) 1sg.(dislike it)  
“I don't like to wash dishes.” (Bl)

In a. the complement sentence is a subject and in b. is is an oblique object.

**Relative Clauses**: is a sentence that modifies a noun phrase. They are often marked by a relative complementizer *i*. The relative clause is enclosed in square brackets.

- a. [ʔeyi dene sįsehwi yįle i] ʔónérádéhłá  
(the man) 3 (bothers) 1sg. PAST COMP 3 (went away)  
“The man who was bothering me went away.” (Hr)
- b. [ʔeyi lét'ég thiht'e] begha gonezı  
(the) (bread) 1sg. (cooked) 3 (for) 3 (is good)  
“S/he liked the bread that I made.”

In the next issue, we will go over the sound system of the Slavey language, such as how to pronounce words and the different accents in different regions. We will go over consonants, how to pronounce and use general phonetic characteristics and oral vowels.



# Arctic Winter Games 2024



We are proud to say that members of our beautiful community of Tulita, NT has sent athletes to the Arctic Winter Games 2024 for Team Northwest Territories! Destiny Ayah and Mason Bayha are representing us and we hope the very best for them and hope that they have lots of fun, meet many new people, and make lots of new experiences and memories!





# Chief Albert Wright School



Students in our JK/K class were learning about caribou, kitchen safety, and new Dene Kede words today. Here they are preparing some caribou to be cooked!



# Indigenous Wellbeing Conference – Feb. 6-8th, 2024

The Tulita Land Corporation Directors and Staff had attended the Indigenous Wellbeing Conference in Edmonton, AB during February 6th to the 8th, 2024. The conference was a packed three days, full of insightful keynote speakers that gave presentations about the power of words and speaking them, learning how to heal with meditation, the ill effects of angry and hatred, and learning how to forgive in order to heal yourself.

The first keynote speaker was **Theoren Fleury**, a former NHL All-Star, Stanley Cup winner and Olympic Gold Medalist. His presentation was titled “*Power of Me Too.*” Theoren spoke about his books, “*Playing With Fire,*” and “*Conversations with Rattlesnakes,*” in which he described his past addictions, abuse, and trauma that he dealt with. He is now a speaker of motivation and promotes personal growth and therapy, especially towards the stigma of men’s mental health. He discovered the power of Indigenous medicine through his Metis side such as sweat lodges, smudges, and spirituality. He works with men’s mental health and talked about the ‘Power of Me Too’ where men should be allowed to have a safe space to relieve their pain and use group therapy to talk about men’s issues that are usually hidden or bottled up. His books are often used in colleges and universities due to how well it speaks of Indigenous health and men’s mental health. Of how it goes through the process of help, self-reflection, mindfulness, and daily transformation healing from types of trauma, past addictions, and hidden sexual abuse.

The next keynote speaker was **Professor Leigh Sheldon**, a Registered Psychologist and a University Professor from Swan River First Nation. Her presentation was titled “*Bridging the Divide with Clinical and Cultural Approaches.*”

Leigh Sheldon talked about trauma and how it affects the body when the person does not heal from it and how it hurts the





person who keeps it in. She spoke about how trauma is fast while Indigenous healing is slow, quiet, and about connection. She said you must learn about the facts and information about your trauma and that “if you don’t learn, your brain stops growing.” She also mentioned chemical substances versus heart/land medicine,

such as how chemical substance focuses on trauma, details, and the moments, Indigenous healing is the path and journey. It takes longer but it heals the body and soul, while chemical substances focuses on one particular thing or moment. She explained about trauma responses and how everyone is different in showing it. **The four trauma responses are: Flight, Fight, Freeze, and Fawn.** Flight is when you want to run or flee the situation or fight. Fight is when something happens, your response is to fight and defend yourself. Freeze is when something bad is happening to you, you freeze and wait for it to be over and miss you completely. Fawn is when someone is yelling and you can your best to make them happy, so that they would stop. It is good to recognize the trauma responses so you know what would you do and how others respond so you can get help or you can help those around you. She spoke about the “Two-Eyed Seeing” approach by Albert Marshall and his work in Indigenous Healing. Education leads to empowerment. She also explained about **Learned Helplessness** and how it is used against people to get their way or to be the victim. Learned helplessness is when the person acts as if they cannot do it themselves and makes others do it for them. Such as important calls or choices, hard chores, or pretending not to know something to get out of a situation they do not care for. She said that you must heal your “Soul Wound” by the power of connection and kinship. Talking relieves stress and hurt, and even hugging your friends and relatives relieves a lot of anxiety. We need Indigenous people to listen, heal, and teach others as well. “*Kindness begins with the understanding that we all struggle.*”

The next keynote speaker was **Dr. Darlene Auger**, a Cree woman who is an educator, researcher, holistic practitioner, performance artist, and author. Her presentation was titled “*Iyiniw Healing Ways: Relevant Then Relevant Now.*” She was often told when she was younger that she was nothing but a dumb Indian that would not graduate or amount to anything. But look at her



now! Graduated with a Doctor Degree and thriving! She spoke about how there was so many suicides in their community and that everyone was concerned, so they banded together and said that they had to do something for their youth. So they put money together for Theatre Groups where many can do drama and performance art to express their anger, pain, and

sadness. It was ways to deal with social issues and give the youth voices, which was not heard or been seen. There was drugs, alcohol, suicide, a lack of education and jobs in her community and she said that the theatre saved her life. *After school programs and summer programs are a must for our youth, to keep them busy, to focus on, and to thrive upon when doubt tries to settle in.* She also spoke about the Nehiyah Laws of Creation, which is close to our Dene Laws in the NWT. Our children do not know our old ways of our ancestors. They are losing touch with family members and need to connect with our people, especially the elders. Some examples of their laws were: Love one another, help one another, be joyful, and be strong, as well as many more.

The next keynote speaker was **Brenda Reynolds**, MSW, and currently a doctoral student in clinical psychology. Her presentation was titled, "*The Path to Reconciliation.*" Brenda Reynolds spoke about the trauma in childhood, especially from residential schools, and how it affects many of us today in different ways. And how she tried to help her community with violence, assaults, drinking, fighting, hurting women, and how parties would last for days or even weeks for children. She taught children on what abuse was, how to prepare against it, and food security when parents or grandparents were not there to feed the kids. She taught older kids to mentor the youth and helping them speak up for themselves. Because of her actions, many older adults did not like how she was teaching the kids or thinking that she was blaming them, so they would find her and beat her, labelling her a trouble-maker, or hit from a car into ditches. Due to this, she had to move because the police could not help her. Brenda Reynolds also helped in the largest class action in Canada and led to litigated case of sexual abuse by staff members of Residential Schools. When

they needed emotional support for the victims, she was there to help and work on programs to care for them. At the time, there was no support or healing programs, so Brenda had to develop it and now it is used all over Canada. She trained many workers and they became experts on historical trauma. Many of the victims that spoke up were judged, name-called, and were named liars. She preached



that her workers had to be healthy workers first, by working through our own trauma before supporting others because we would not be able to help others in their healing stage if we did not go through it as well to understand. **She explained that Indigenous trauma is different from others.** Indigenous trauma is colonization, that the event is long-lasting. Racism and discrimination as well due to a colonial system in government policies. Indian Residential schools, child welfare, 60s Scoop, Day Schools, and Indian Hospitals. *Our bodies are burnt out from all the trauma and we pass it on if we do not heal from it.* We lose sense of time, daydream, and dissociate because our brain shuts down unnecessary mental processes to cope. We cannot always protect ourselves and turn inward to protect the self, especially children. Over time, we develop maladaptive behaviours, people-pleasing to avoid conflict, and comply with others. Being passive and compliant makes it easier to be dehumanized by others and exploited. Going to therapy, learning what triggers us, and healing through self-improvement is what would help us grow and get better as a society. Self-care is a way of life, and we must use it.



The next keynote speaker was **Dr. Michael Yellow Bird**, Phd. He is a member of the MHA Nation in North Dakota, USA. He is a Dean and Professor, Faculty of Social Work. His presentation was titled, “*The Power of Ceremony: Indigenous Contemplative Practices, Neurodecolonization, and Indigenous Mindfulness.*” Dr. Michael Yellow Bird talked more on the medical side of trauma and how stress affects the Indigenous body. He used the Medicine Wheel to explain the holistic approach to neurodecolonization, mindfulness, and community. Meditation is a great factor in destressing and learning to heal through the soul. *We are still colonized now, with phones, news, media, and business. It is everywhere.* He explained some medical teachings, such as how dendritic spines (neurons in our brains) provide cognitive resilience against Alzheimer’s



disease. Telomeres (a compound structure at the end of a chromosome) protects the ends of chromosomes from becoming frayed and tangled. Exercise helps keep them healthy, even just movement like walking. These telomeres were the shortest among those with chronic stress and depression, and especially towards the

Indigenous. This ages us quickly. Telomeres show signs of early-life stress. It makes children age. Mother’s pass their shorter telomeres to their children. Life factors include abuse, poverty, isolation, trauma, fear, anxiety, and others. Mindfulness and meditation are what is best for this. Benefits: preserves the age of the brain, decreases anxiety and depression. It helps with decisions, identifying life goals, emotions, and thinking clearly. All this helps decolonizes the mind and improve the white matter in your brain (the paler tissue of the brain and spinal cord, consisting mainly of nerve fibers with their myelin sheaths). Parkinski’s disease is the lack of white matter. Stress is hard to manage, meditation is hard because of that. We have to walk and exercise to help let it out. Meditation helps activate the parts of the brain that activites happiness and feelings of wellbeing. This is the same as the old days, when the Indigenous who used to meditate, sundance, singing with drums, and sweatlodges. We need to learn to meditate and learn self-care.

The next keynote speaker was **Jon Jon and Paula Rivers**. A couple that delivers workshops international with music, dancing, and performance. Their presentation was titled, “*How To Create A Safe Place Exercise: My Name is Trauma Workshop.*” They wrote a book titled, “*My Name is Trauma,*” which is for children dealing with pain and trauma and do not understand what it means or does. It explains by having a tiger near by, on your back, or preventing a child from talking and uses simple words to explain what is happening. It was inspired a young girl at Royal Alexandra Hospital in Edmonton, AB. It was to help her understand what was happening to her. It helped identify what was going on and not to blame herself. It helps with challenging behaviours such as hoe to perceive it and identify it. It is usually trauma underneath. Trauma the Tiger triggers us into a state of “trying to protect you” (terror) by activating the flight, fight, freeze, or fawn response. Trauma is experienced at a sensory level. The body remembers. When emotion is high, the brain goes into survival mode and you cannot be calmed or coherent enough to understand what is going on and might lash out or shut down. “Being able to feel safe with other people is probably the single most important aspect.” Physical, emotional, mental, and spiritual safety is important and must be protected, especially in children.

The next keynote speaker was **Jordan Tootoo**, who made history as the first Inuk player to be drafted by the NHL. He now helps out by speaking out and being a vocal mental health advocate dedicated to giving back to his communities. His presentation was titled, “*All The Way: My Life On Ice.*” Jordon Tootoo spoke about mental health, suicides, and his book which is the same as the title of his presentation. His book is about his past struggles in the NHL, his tragic loss of his older brother right before his first shift with the Predators, and his ensuing battle with alcoholism. He wants to help stop the cycles that plagues our communities. *The challenges of the victim mindset and the choices to step up and do something about it.* By embracing his past, he was able to see the positive in his life and home. Not all of it was negative, maybe 15 out of 365 days were bad and sometimes people cannot see that, and only focus on the bad, incapable of seeing the positive. All of us had to deal with suicide, with it being family, friends, community, or hearing it from other communities close to you. He shared how he lost his brother and how he could not deal with it so he turned to anger and alcohol. He became a distraction to his teammates





and became a harm to himself. He wants to share his story because many of us have been there, the victim and the dealer. Blame everyone until they accept that it was their decision. **Our past lets us decide if we are victims or victors.** Reflection depends on how you saw it, overcoming fear and anger. You saw your decision-making, fears overcome, strength, and experiences. Are you a victim or victor? He was calm on ice but there was a lot of challenges off of it. There are choices. He chose sobriety, he chose life, and he was the one to chose change. Jordon also talked about men's emotions, to show how to say they have problems too. Checking on the mental status on leaders and mental health workers as well. We Indigenous are shy, we don't talk much, especially at new events or stages in our life. Family events were often different from other cultures. Jordon said that Indigenous events usually became violent and we are often on guard, especially when it came to drinking, arguing, and when a violent family member came over. He explained that experiences are earned and you need to fail to understand it and learn from it. **Do not be afraid to fail.** We expect things to be given to us. So many times, the government or others help us to the point of we do not even try ourselves. Get up, get a job, learn something. Stop blaming others. Stop playing the victim card. Some people think others are better but don't see the effort it takes to get there. They don't see the other person putting in the hard work. They don't see the sweat and tears. Jordon explains that people tell him that he's just talented at hockey but they don't see Jordan get up at 5am everyday to train. Those people sleep in and eat unhealthy food and complain about others. They need to understand that we all have baggage. You have to be okay with not being okay. That's the first step to understanding life and taking responsibility for yourself. If you're successful in your community? People pull them down with us with negativity and mean comments. **We need to uplift others instead of tearing them down.** **Anyone can hide behind computers.** It's all immature sh\*t to say stuff on Facebook or text about others about other people's bad days. Stop gossiping negativity and help instead. Praise people instead of bullying online. Have a real conversation. Take one day at a time.



The last keynote speaker at the conference was **Don Burnstick**, a successful native comedian who speaks out about sobriety, healthy living, and learning to heal. His presentation was titled, “*Healing Through Humour: Laughter is Good Medicine.*” Don Burnstick began with how it takes courage to listen to all the keynote speakers and their major presentations. The survivors of residential schools. Soon, one day there is gonna be no more survivors. Soon, we will say I’m the descendent of a survivor. He also began that he used to poisoned himself with bad food, born of a survivor, never saw sobriety, and never saw normal, healthy relationships. He had to work really hard on his comedy. Place his foot on Indigenous roots. Lots of other comedians were jealous because he was the most paid comedian. It was because the Indigeous hire him, and they say it’s not real comedy. But laughter is in our body and culture. Alcohol Anonymous used to be all white people, but he was there for the start of the sobriety movement. So much movements, he said. Youth conferences/gatherings, Women’s wellness movements, which was our Native women had enough of men, leadership, band, government, and their decisions, so our Native women stood up and took control. 1996, first one was very powerful. There was a white comedian there they hired for the Native women’s conference and his jokes were about women and stereotypes. Oh, the women were angry. They made Don Burnstick go up there to save the conference and the white comedian. He gave some great native jokes that made them all laugh. His first big show. The women were cheering for him. Chief Mary stopped him at the end of the conference and told him that she never laughed that hard in her life and that he was needed to come to her reserve to spread that humour. Don told her that he was not a real comedian. She said that I was. She also said to never swear, it’s not humour and never perform in bars. **Go to our people, it’s time for laughter.** It evolved and the movement started. Laughter heals. **People tell him that he saved their lives.** Because they started laughing on Facebook Live and at his shows. One even told him that they were gonna attempt suicide but started laughing when he went on to his Facebook Live and realised it was not too late. It heals. It’s powerful. You need to cry, smudge, and laugh. People who are stuck, mad,



and grumpy never are able to laugh, cry, and cannot move on. They need to cry. You have to learn how to heal. Learn to be happy. Don Burnstick says that he's attacked a lot by others for his success. He used to block those comments but now lets it be, to show that he does not care for them and to show the world how ugly those commenters are. The worse was from his own reserve. He was hired at almost every reserve but his own. He knows that he hurt them. **Generational-level violence and trauma is where you teach your kids and grandkids your trauma and violence and it lives in them.** Don talked about how he ballooned up to 150lbs and had to make a decision about his life and cut out the bad and go to the gym to live longer. He talked about his neck surgery and how we all came a long way to be where we are today. Residential schools almost won. Day schools made us mean, we all came out differently, trying to be white. It was bad times for our people. Rap brought out the worse for our people. Love songs used to be good for our people and women. How it's all negative with the rap music being negative toward our Indigenous women, who are murdered or went missing. Our women were abused. No wonder they gathered together. They healed on their own. Gangs started up, it's in our communities, men becoming even more negative. Our men are behind, they need to catch up. Don says he grew up with men who don't care. Trying to be cool with their hats, alcohol, sunglasses. They treat their families cold and negative. Job, TV, and shutting down emotions. Covid helped a bit. The warriors and providers rose up for a bit but it passed. Young nephews are coming up now. Young men who are raised by single moms, kept away from the negative men/boyfriends/husbands. That says a lot. Men tried to be victims, men need a big thing to change such as hospital/death experience/being left alone. But go easy on us men. It's like kindergarden for us. Men in pain explode on themselves or on others – suicide or homicide. You see your ex now? You laugh because you healed. You used to cry and get angry. It all hurt. Men don't know how to heal. They love only once or twice. It hurt them and they grow up alone. They don't know how to heal from that. Bring others up, don't tear them down. We overcome so much, addictions and residential schools and government. We need to get over bullying and dragging others down.

“Don't honour the dead, honour them while they are here.”



# Old Photos of Fort Norman



Fort Norman, March 1981. George Pelissey, Gabe Etchinelle, Jonas MacCauley, Raymond Yakeleya, and Leon Neyelle. Photo by Native Communications Society.

Fort Norman, March 17-29th, 1974. George Blondin, Edward Hardisty, Alizetta Potfighter, unknown, unknown, Gerry Cheezie. Photo by Native Communications Society.





Fort Norman,  
1978. Photo by  
Native  
Communications  
Society.

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Fort Norman,  
1978. People  
attending meeting  
during Dene  
Assembly. Photo  
by Native  
Communications  
Society.

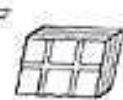
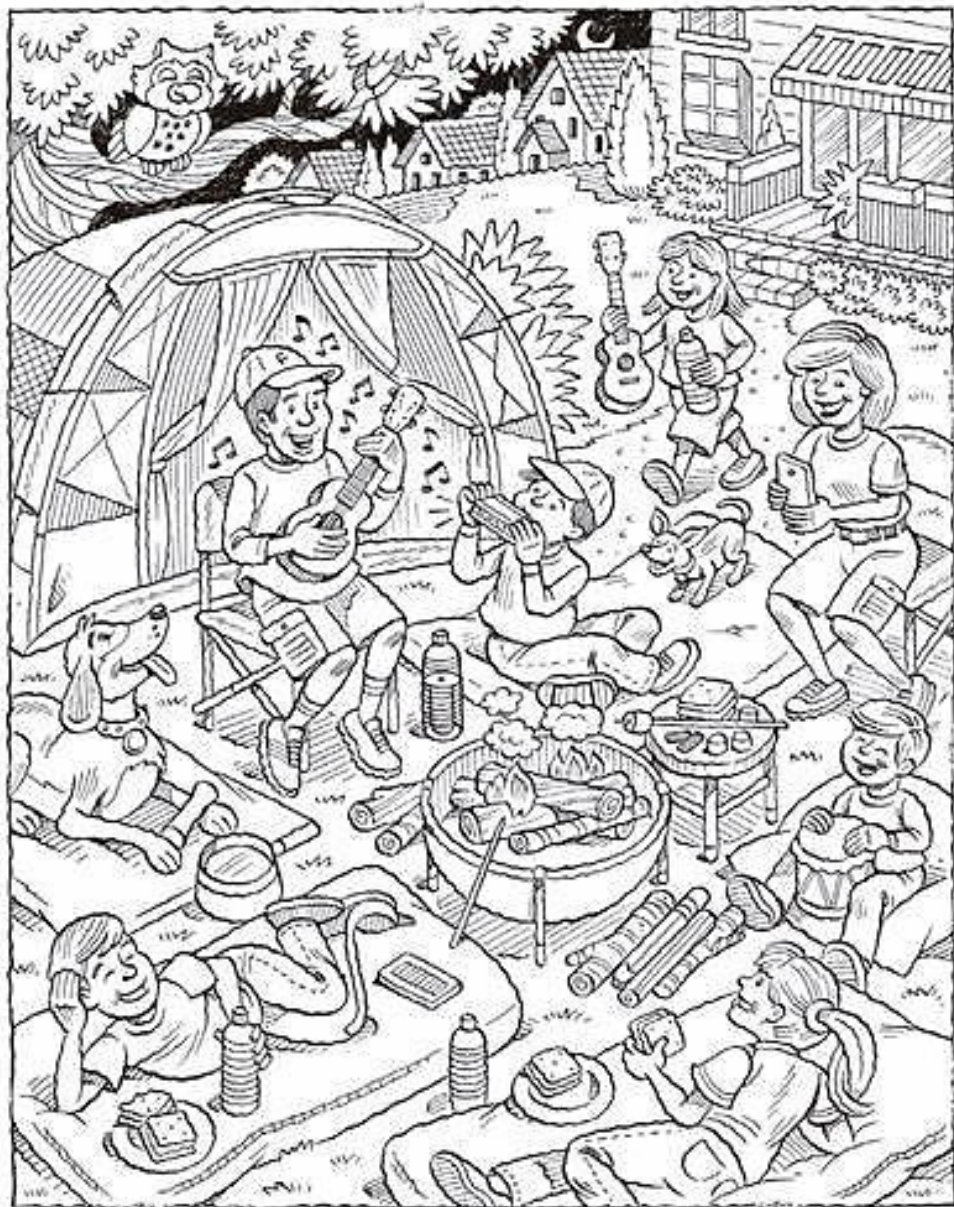
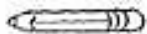


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# Hidden Picture

By David Helton

This family is spending time together by camping in their own backyard. Can you find these hidden objects?



W T J P G Z B M G M F G T K T W B S B P X S C H F E R E N S S V G H C N H D O G  
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 B T T I Y Y H Y K W E Q K O M T S W N Q V K S G G X V E G P Y D Y Z X V G I L I

Words: Apple, Avocado, Apricot, Banana, Blueberry, Blackberry, Cantaloupe, Celery, Carrot, Cherry, Coconut,  
 Clementin, Cranberry, Date, Cucumber, Dragon fruit, Eggplant, Grape, Fig, Kiwi, Grapefruit, Lemon, Lime, Lettuce,  
 Mandarin, Melon, Mango, Nectarine, Orange, Olive, Peach, Pepper, Pear, Plum, Pumpkin, Prune, Raisin, Squash,  
 Raspberry, Strawberry, Tomato, Tangerine, Watermelon, Zucchini.

## *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**

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