

TULITA NOVEMBER NEWS

(Gah déhpi sah)

Issue 9: November 1st, 2023



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 the 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:

November 4th, 2023: One Voice Workshop at 2pm at the Arena.

November 7-8th, 2023: Magoo Crew Entertainment. 1-3pm, for the kids at school on the 8th, 7-9pm in the gym for the community on the 7-8th.

November 11th, 2023: Remembrance Day.

November 29-30th, 2023: SSI AGM.

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

Every Thursday Evening, 7-9pm: Sewing Circle at the Preschool.

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

COMMUNITY HOURS:

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

Harriet Gladue Health Centre (588-4251, or after hours, 374-0004): 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.

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 (588-3501): Mon-Fri. 1pm-3:45pm. Closed for summer months.

RCMP (588-1111): 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 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.

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 🎂💖

🎂 Laura Krutko and family would like to say Happy Birthday to **Kadence** for their day, November 3rd. Happy 16th Birthday from Laura, Lylah, and Heidi.

🎂 Reanna Campbell and family would like to say Happy Birthday to **Kadence** for their day, November 3rd. Happiest Birthday my boy, we love you so much from Auntie, Quinn, and Sedze.

🎂 Dana Bird and family would like to say Happy Birthday to **Hyacinth** for their day, November 3rd. Love all family.

🎂 Jessica MacCauley and family would like to say Happy Birthday to **Lydia** for their day, November 6th. We hope you enjoy your special day! From Jessica, Xavier, and Linnea.

🎂 Tamara and family would like to say Happy Birthday to **Lydia** for their day, November 6th. Enjoy your day and have fun!

🎂 Sally Horassi and family would like to say Happy Birthday to **Draydon** for their day, November 8th.

🎂 Laura Krutko and family would like to say Happy Birthday to **Lylah** for their day, November 12th. Happy 7th Birthday, love from Mom, Dad, and Heidi.


🎂 Seanna Menacho and family would like to say Happy Birthday to **Paisley** for their day, November 14th. Happy 2nd Birthday my princess, love always mom and Levi.


🎂 William Andrew and family would like to say Happy Birthday to **Darcy** for their day, November 15th.


 Tamara and family would like to say a big Happy Birthday to their dad, **Tony** for their day, November 16th. We love you and miss you so much!


 Laura Krutko and family would like to say Happy Birthday to **Niah** for their day, November 18th. Happy 11th Birthday from Auntie Laura, Lylah, and Heidi.


 Maria Codzi and family would like to say big Happy Birthday greetings to **Craig** for their day, November 18th. Lots of love from Maria and family.

 Reanna Campbell and family would like to say Happy Birthday to **Laura** for their day, November 19th. Happy Birthday my friend.


 Reanna Campbell and family would like to say Happy Birthday to **Stuart** for their day, November 23rd. Happiest Birthday, love you, Re, Sedze, and Quinn.


 Kristianna Andrew and family would like to say Happy Birthday to **Ashton** for their day, November 24th. Mom loves you sooooo much, love mom.


 Tamara and Kurtis would like to say Happy Birthday to their Godson, **Ashton** for their day, November 24th. We love you so much!

 Seanna Menacho and family would like to say Happy Birthday to **Reanne** for their day, November 26th. Happiest Birthday, we love you always, Seanna, Levi, and Paisley.

 Maria Codzi and family would like to say Happy Birthday to **Reanne** for their day, November 26th. Happy Happy Birthday little sis, lots of love from Maria and family.

 The TLC staff would like to say Happy Birthday to **Jack** for their day, November 26th.

 Cheryl McPherson and family would like to say Happy Birthday to little **Edward** for their day, November 30th. Love Mom, Dad, Hollie, and Johnny.

 Cecile McPherson would like to say a belated Happy Birthday to **Hollie B-Dollie** for their day, Oct. 31st. And a Happy Birthday to **Eddie Spaghetti-Pants** for their day, November 30th.



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 Little Stories

Joseph

So my name is Joey White and I am a very pasty pale British white guy at university overseas. So I was introducing myself and this guy from Nigeria goes, “Hi, I’m Joseph.” So I said, “I’m a Joseph too! Joseph White.” Then he looked me dead in the eye and said in a serious tone, “I’m Joseph Brown.” And we nearly died from laughter.

Delivery Instructions

I was online ordering a pizza and on *Delivery Instructions For Driver*, I put “Tell me I’m pretty” for fun, thinking that no one actually read that. When the delivery man came I had forgotten that I wrote that and the guy was really cute. When I opened the door, he was super flustered and dropped his pen, the bag holding the pizza, and the receipts. Then after I signed the receipt and he was getting ready to leave, he goes, “So ... um ... did you actually put that?” And I was like, “Put what?” And he goes “... to ... um ... tell you that you’re pretty.” OMG it hit me that this was why he was all nervous and I started cracking up when he told me that I was pretty. My friend did this once too way later on, but when the delivery guy came to the door, she send her friend Martin to get the pizza and I heard muffled laughter and Martin came back into the room with the pizza and whispered, “He told me I was pretty.”

College

Okay everybody, I have a story about random stuff in college. When I was in college, there was a

particular class I took where, no matter what time you walked into class, if you made it into the room before the professor, you wouldn’t be counted late. I mean, that’s a pretty cool policy, given how some professors are really obnoxious about attendance. Well, one time, a fellow student of mine was running late to class. As she reached the edge of the building, she saw her professor making it to the front steps (super long rectangular building here). He looks up from walking and sees her. He then points to his watch, gives her a well-meaning “look who’s late” face, and walks on inside. What he didn’t know, though, was that this particular student was like freakishly good at bouldering and related climbing skills, so she was just like, “Screw it” and SCALED THE BUILDING. She tapped on the window of the 4th floor classroom (the floors had like 20ft ceilings, so, she was quite a ways up there), nearly making one student almost pee himself. They opened the window, she rolled through, onto the floor, and slid into her seat about five seconds before the professor opened the door to the classroom. He did a double take, started to say “How in the he-” when a security guard ran in, red-faced and panting, pointed at her and bellowed, “STOP DOING THAT!”

Baby Clothes

Ok, so the other day I was at Sears. I was in the baby section. I’m standing there looking at clothes and a lady who works there comes up and is like “Oh, are you expecting?” And I was like “Uhhh” and because I’m a idiot I was like “No, I already delivered.” And she was like “How long ago?”

And I was just like, “Two weeks.” And she said, “Wow! You look great! When I had my first son, I looked like a mess for six months. Is it a boy or girl?” And I was just awkwardly like, “A girl...” And she asked her name and I said Chernobyl and she was like “Oh, what a cute name! It sounds really familiar.” And I honestly just stood there going through all that and pretending I had a human baby two weeks ago named Chernobyl because I didn’t wanna tell this poor lady I was buying baby clothes for my freakin’ baby opossum.

Brothers

“Where did you learn to fight like that?” The guy asks the girl.

“I have three older brothers.”

“Really?”

“Yeah, Wilson played first table on the chess team, Chester used to start crying every time he heard a sad song, Dan can really rock a cocktail dress and six-inch heels, and I wasn’t going to let anyone give them any crap for any of that. So I had to learn to beat up people bigger than me pretty early on.”

911

My boyfriend has many interesting stories and observations from his new job as a 911 operator. My favourite is how meandering people are, even in the midst of a terrible emergency. They respond to “What is the emergency?” with “Well, the thing is, four weeks ago-” and then he’s like “WHAT IS THE EMERGENCY RIGHT NOW” And they’re

like “So what happened this morning was, I said to my wife, I said-” “WHAT IS CURRENTLY HAPPENING AT THIS MOMENT” “Oh, I’m having a heart attack.” My second favourite is how specific he has to get sometimes like, “What is your emergency?” “I’m sitting in a pool of blood.” “Is ... it *your* blood?” “Yes, I think so.” “Do you know where it’s coming from?” “Probably the stab wound.” “Have you been stabbed?” “Oh yah, definitely.” I’m always amazed but in all fairness, shock is a hell of a drug.

Doppelganger

My dad has a doppelganger named Eric. For years, people have been coming up to him, thinking he was Eric. Sometimes, people get a whole conversation going while my dad stands there politely wondering why this stranger is talking to him before they stop, wide-eyed, and realize, “You’re not Eric.” None of us have ever seen Eric, but we know he’s out there. Sometimes a couple years will go by without an Eric incident and we worry. But then my dad will come home like “Good news guys, Eric’s still alive, I met his cousin today.”

Exorcist

Years ago, my Mother-in-law began reading, “The Exorcist.” She said it was the most evil book she ever read. So evil in fact, she couldn’t finish it, took it over to the beach and threw it into the ocean off a fishing pier. I went and bought another copy, ran the faucet over it and left it in the night table by her bed. My Father-in-law said that night was the first time she ever screamed and fainted. I’m going to Hell, but I going laughing.



CHIEF ALBERT WRIGHT SCHOOL



NEWS

Don't forget that on Thursdays, kids are let out early at 3:00PM.



HALLOWEEN PARADE!



October 31st, 2023 at 1:30pm at the School Gym was the Halloween Parade. There were many costumes, laughter, and a lot of crying at the end (naps were needed). Family and friends cheered on the children and their amazing costumes. After the parade was finished and winners were called, all the kids went back to their classrooms to celebrate with snacks and movies.





CONGRATULATIONS TO THE CAWS VOLLEYBALL GIRLS!

Everyone in Tulita is proud of the Chief Albert Wright Volleyball Girls team that played in Yellowknife, NT over the weekend! They played awesome, went against older and more experienced players and yet had a great time in the larger city! They learned new and fun tactics, experienced highs and lows, and hopefully had a fun weekend in Yellowknife shopping, eating, and checking out exciting events!

We hope that this encourages them and others to try out again in the future and to have fun!



**Slavey Words to Learn for Kids or Beginners (as taken from
Shúhtaot'ine Gokæde book)**



Colours

Black – Denjít'e

Blue – Déhtí'ée

Brown - Dehbae

Gray – Dehba or
Dehbadze

Green – ít'ó

Orange – Dedele Depoi

Pink - Dzé

Purple - Jietú

Red - Dedele

White – Dek'ale

Yellow - Depoi



Dog - Tłì



Cat - Nòdaya



Fox - Nqéere



Fish - Lue



Lynx - Nòda



Porcupine - Ch'ùé



One Voice Workshop



On *November 4th*, 2023, the One Voice Workshop will be at the Arena at 2pm. The One Voice is a meeting of where the members of the Tulita Dene Band and the Tulita Land Corporation come together to get information of the potential one leadership of the two. It would help with finding more funding for projects, courses, and jobs that would benefit the Tulita Land Corp and the Tulita Dene Band more. There would no struggle over who gets what funding depending on their proposals, an easier way to keep an eye on jobs and better communication between the two, and it would cost less on finances that include



building/office rentals for courses/workshops, and cost on the same courses/projects. An example would be if both got funding on logging or on the land expenses, they would share the funding rather than split it and lose out on further jobs/projects that could be for the community and its people. There has been already three workshops already, and it has lingered with doubts and complains about voting and who would be in charge. These questions would be answered when it merges and everyone gets a say on how it should be run.





Elders' Lunch



The Elder's Lunch is a successful event where many of the Elders come in to the *Preschool on Monday, Wednesday, and Friday at 1:30pm*. Michelle Ayah is the coordinator, in case you have any questions.



The children that attend preschool are happy to see and entertain the Elders, bringing moments of sweetness and mischievousness in their smiles.



There is delicious foods and snacks that are served, places to sit and talk to friends and families, and fun activities. Please continue to come down and talk with the elders.





Art Classes at the CAWS



Kerri McPherson is teaching art classes at the Chief Albert Wright School with the Grades 5, 6, & 7 kids. We went over different techniques, how to sketch vs. finished drawings, and how to draw lightly, so that you can erase any mistakes.



We had practice papers to sketch over, questions answered, and giggles over designs and sketches. They were taught how the first sketch will not always be the best, that practice is the best tool, and everyone goes at their own pace.

They looked through Kerri's sketchbooks to see how the processes were done with pencils, pens, inks, pencil crayons, markers, and paint.

We hope to continue with more art classes in the future!



Medicinal Mushrooms – Shaggy Mane

Other names: Lawyer's wig, inky cap.

Description: *Cap* – Elongated oval cap, with brown scales on top; turns black from bottom up. *Gills* – Crowded and free, white to pink. *Stalk* – White, thick but hollow partial veil. *Size* – to 10cm (4”) across and to 12cm (4.75”) high. *Spore Print* – Black.

Habitat: Grassy areas, fields, ditches.

Medicinal Uses: In traditional Chinese medicine, shaggy mane is used to improve digestion and relieve hemorrhoids.

It should be picked before it turns dark and bitter, it does not have a long shelf life unless dried early and properly. If left on the counter, may liquify into a dark inky paste. It is considered a gourmet edible and a favourite among mushroom pickers. There is a similar mushroom, *Coprinopsis*, that if consumed with alcohol, may have adverse reactions. Coprin, a protein in this mushroom, kills various bacteria by binding to an essential cell wall building block. Its activity is unique, in that most traditional antibiotics are non-protein. One study found that the mushroom lowered blood



sugar levels in diabetics. Other research found that mushroom extracts induce apoptosis in ovarian cancer (ES-2) cells, via extrinsic and intrinsic pathways. Gastric cancer cells lines also show induced apoptosis. Prostate cancer enlargement and cancers may benefit from shaggy mane, as it contains a natural anti-acetylcholinesterase activity, comparable to the drug donepezil.

Notes: The spore-rich ink of this species was used during World War 1 and 2 to protect and identify secret messages sent by spies.

Caution: May aggravate symptoms of those with eczema or atopic dermatitis.

PLEASE DO NOT START PICKING MUSHROOMS OR PLANTS THAT YOU ARE NOT FAMILIAR WITH AS MANY HAVE SIMILAR LOOKS BUT CAN BE MORE DANGEROUS TO YOUR HEALTH. CHECK WITH YOUR LOCAL PICKERS AND ELDERS WHO HAVE MORE EXPERIENCE WITH DEALING WITH MUSHROOMS AND PLANTS.

Medical Plants -Fireweed

Other names: Also known as bay willow-herb, bay willow, blooming Sally, burntweed, deerhorn, firetop, flowering willow, French willow herb, grand willow-herb, herb wickopy, Indian wickup, Persian willow, pilewort, Sally-bloom, spiked willow-herb, wild asparagus, and willow-weed.

Habitat: In open sites, including woods and recently burned areas, and along roadsides.

Edible Uses: Fireweed leaves, high in vitamins A and C, can be eaten raw or cooked. It is high in iron, copper, potassium, and calcium. The flowers add a zest of color and taste to a fresh salad. The cooked leaves have been considered a good green potherb. Dried mature leaves are



used to make fireweed tea, which is enjoyed around the world. The stems can be peeled and eaten raw. The root can be roasted after scraping off the outside, but often tastes bitter. To mitigate this, the root is collected before the plant flowers and the brown thread in the middle removed. The stem centers can also be prepared by splitting the outer stalk, and eaten raw.



Medicinal Uses: The roots and leaves have been used in treating diarrhea, eczema, and sore throat. The roots have been made into a poultice or ointment that has been used to treat boils, ulcers, rashes, and other skin disorders. This plant has also been reported to relieve the pain of diseased mucous membranes, colon troubles, cholera, and dysentery. Fireweed is considered antiscorbutic, astringent, antispasmodic, demulcent, and emmenagogue. The fireweed can be added to dogs' food. It can treat pus-filled boils or cuts by placing a piece of the raw stem on the afflicted area. It is said to draw the pus out of the cut or boil and prevents the cut with pus in it from healing over too quickly.

Precautions: Some individuals have found this species to have a slight laxative effect.

Notes: Fireweed is a spectacular common wildflower that is well-known as a colonizer of burned areas. It spreads rapidly, changing a blackened landscape into an amazing sea of pink within just a few months.

Old Photos of Fort Norman

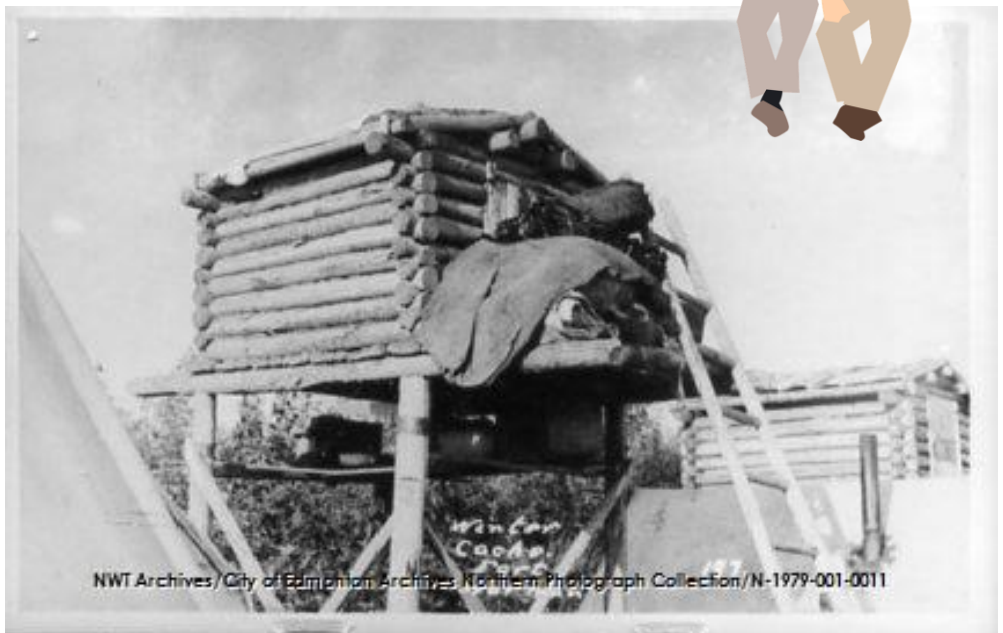


NWT Archives/©GNWT ECE/G-1999-088-0335

Fort Norman (no date), people gathered in front of the old church by the GNWT ECE.

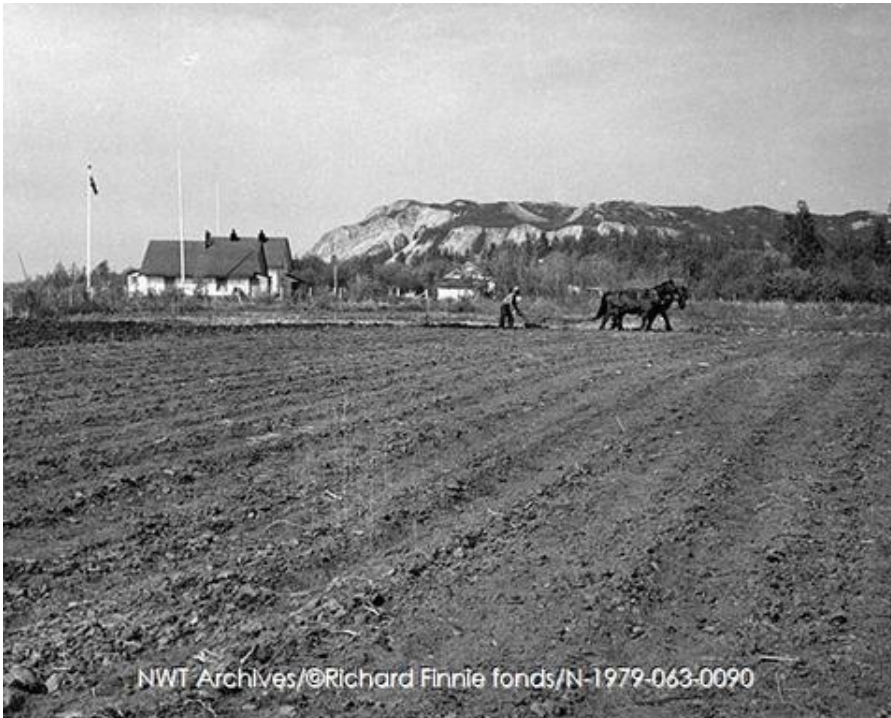
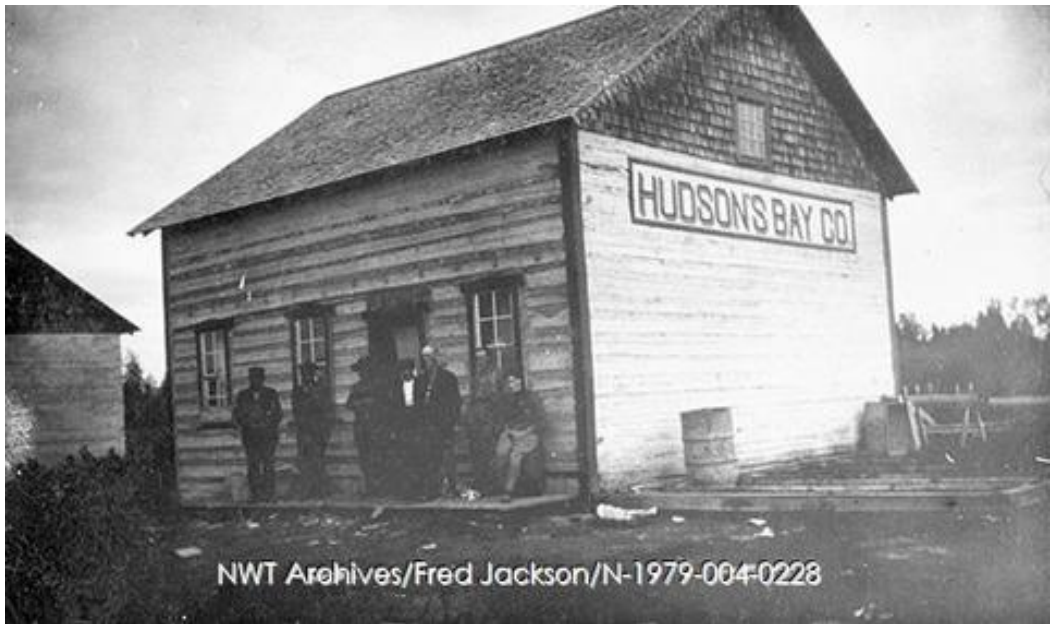


Fort Norman, 1950, winter cache, photo by William Cload. A winter cache is where you put food to keep away from animals and keep frozen.



NWT Archives/City of Edmonton Archives Northern Photograph Collection/N-1979-001-0011

People gathered in front of the Hudson's Bay store, Fort Norman, 1921, photo by Fred Jackson.



Roman Catholic Mission potato field being ploughed with RCMP Buildings at left. Maybe June 11, 1942. Photo by Richard Finnie.

By Olivia Cole



crown



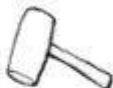
ice-cream cone



high-heeled shoe



slice of bread



mallet



sailboat



crescent moon



spoon



fork



cupcake



carrot

In the big picture, find these objects.



barrel



saltshaker



hat



snake



mushroom



tack



pliers



fish

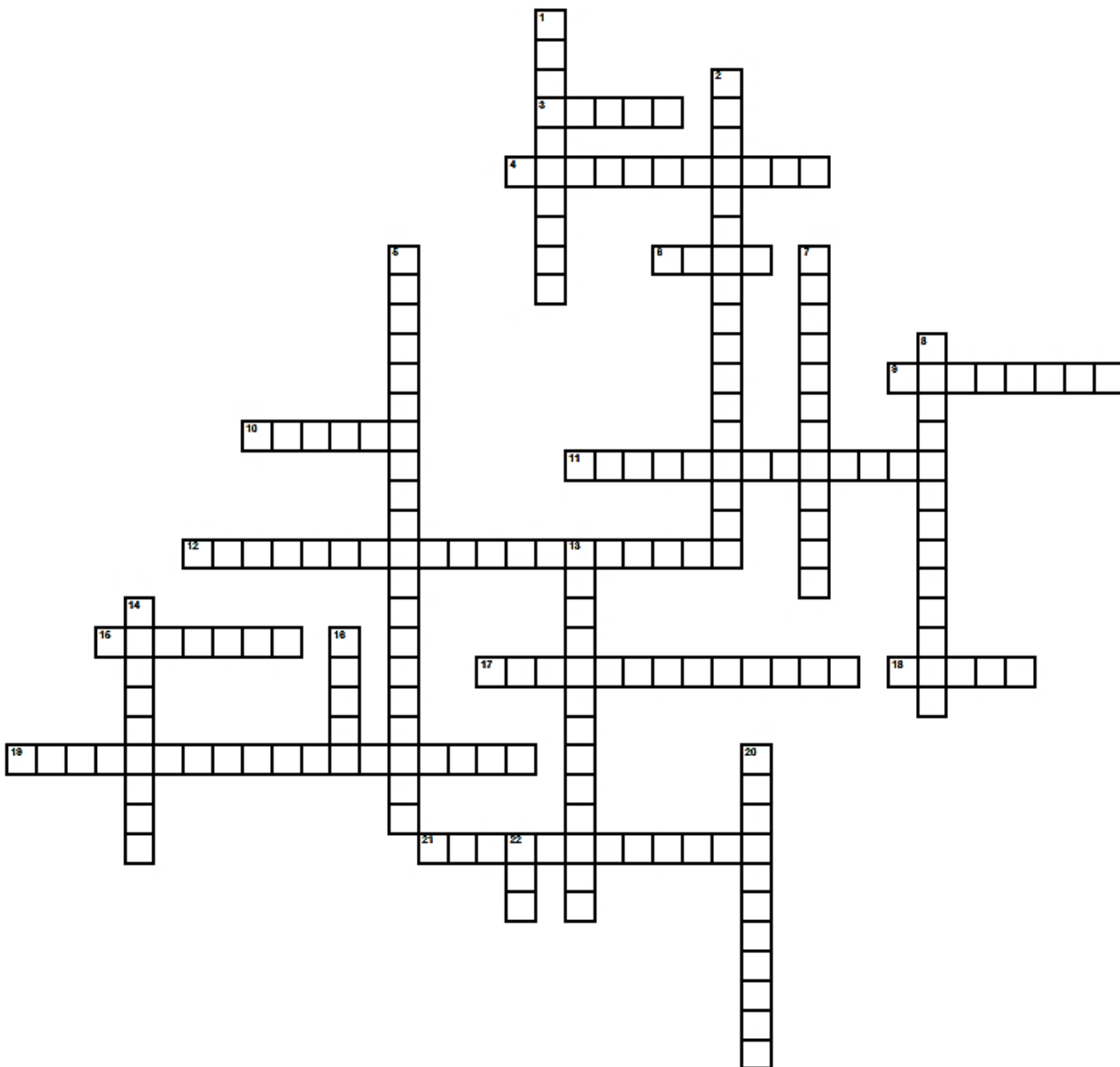


pennant



hammer

Tulita Crossword Puzzle



Across

- [3] How many dots on Bear Rock.
- [4] Oil central.
- [6] Comes into town and attack dogs.
- [9] Bear Rock, Red Dog, Mackenzie.
- [10] Drink of choice in the morning.
- [11] Airlines.
- [12] Where you can buy food.
- [15] Town south of us.
- [17] Nursing station named after her.
- [18] For community events and skating.
- [19] Where you can buy food.
- [21] Where Bert and Ernie live, lol.

Down

- [1] The original fort we live at.
- [2] Where you learn.
- [5] Where we live.
- [7] Deline's original name.
- [8] Where you can buy food.
- [13] Where you learn.
- [14] Where toddlers are set loose, lol.
- [16] Used for their hide and meat.
- [20] Airlines.
- [22] Used on trees and wood.



Dene Laws

~Share what you have~

~Help each other~

~Love each other as much as possible~

~Be respectful of elders and everything around you~

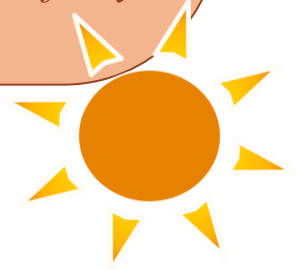
~Pass on the teachings~

~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 tlf.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>