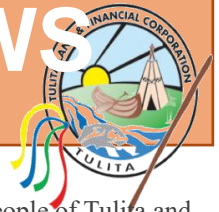


# TULITA NOVEMBER NEWS



Vol. 3 Issue 10: November 3rd, 2025

## 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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## 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](mailto:tffc.2018@hotmail.com). Check out our website at [www.tulitalandcorp.ca](http://www.tulitalandcorp.ca) for all the new and past issues.

## Events and Announcements:



**November 5<sup>th</sup>, 2025:** Fireweed Metals. 5:30pm-6:30pm at the Arena. Come for good food and to hear about the North Canal Infrastructure Improvement Project and Mactung. Everyone is welcome!

**November 11<sup>th</sup>, 2025:** Remembrance Day.

**November 29-30<sup>th</sup>, 2025:** TLC/TFC AGM at the Arena. More info in the next issue.

**Every Monday, Wednesday, and Friday: Elder's Lunch at the Preschool at 2:30pm.**



**PLEASE CALL ECC FOR BEAR SIGHTING OR FIRE: (867) 588-3441 or 374-0505. Call 811 or (844) 259-1793 for non-emergencies and talk to a registered nurse that are available 24/7 to provide you with confidential advice and support.**



## COMMUNITY HOURS:

**Fire: 588-2222**

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

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

**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.

**Health Centre: 588:4251**

**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.

**Radio Station (588-3233).**

**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 District Lands (588-4894):** 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.

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## **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.


# 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





## **Birthday/Anniversary Messages (1st-31st)**





 Lorraine Doctor would like to say Happy Birthday to **Megan** for Nov. 2<sup>nd</sup>. Love you! From the family.



 Jessie Campbell would like to say Happy Birthday to her grandson **Kadence** for Nov. 3<sup>rd</sup>. Love you lots. From Grandpa and Grandma.




 Crystal Andrew-Campbell would like to say Happy Birthday to their **Kadence** for Nov. 3<sup>rd</sup>. We love you so much. Love mom n dad.


 Reanna Campbell would like to say Happy Birthday to their **Kadence** for Nov. 3<sup>rd</sup>. You are so loved. Love auntie, Sedze, Quinn, and Archie.



 Dana Bird would like to say Happy Birthday to **Hyacinth** for Nov. 3<sup>rd</sup>. Happy Birthday my boy love u.


 Betty Hardisty would like to say Happy Birthday   to her daughter **Ramona** for Nov. 4<sup>th</sup>. May you have a wonderful day with many blessings to come. Love  mom and dad.


 Kathleen Horassi would like to say Happy Birthday going out to **Chantel** for Nov. 5<sup>th</sup>. 


 Charmaine Bavard would like to say Happy Birthday to her beautiful sista **Chantal** for Nov. 5<sup>th</sup>. Wishing you nothing but the best. Love an miss you so much.  



 Jeannie Bavard would like to say Happy Birthday to her daughter **Chantal** at Davik for Nov. 5<sup>th</sup>. Have a wonderful day and take care lvoe you from mom and family.





 Jessica MacCauley would like to say Happy Birthday to **Lydia** for Nov. 6<sup>th</sup>. Hope you enjoy your special day and eat all the brownies in the world on your birthday LOL. With lotsa love; Jess & the babies. 


 Kimberly Stewart would like to say Happy Birthday to **Uncle Jimsey** for Nov. 7<sup>th</sup>.


 Sally Horassi would like to say Happy Birthday to **Draydon** for Nov. 8<sup>th</sup>. Lots of luv: mommy, Donny, Lionel, Caylie, and Caelix.


 Caroline Widow would like to say Happy Birthday to **Derek** for Nov. 8<sup>th</sup>. Love from mom and your sisters Dawn and Shelly, also your nieces and nephews.


 Mandi Clement would like to say Happy Birthday to her son **Bently John** for Nov. 9<sup>th</sup>. We love you so much my son-son.  Love always mom, Lee Hannah Iaina Channing and celina.


 Isobel Rondeau would like to say Happy Birthday to the best sister **Tina** for Nov. 14<sup>th</sup>.   

 Tasha Marie would like to say Happy Birthday to **Tatem Skye** for Nov. 14<sup>th</sup>.


 Mandi Clement would like to say Happy Birthday to her daddy for Nov. 15<sup>th</sup>. Wish you thee best for today! We love you so muchhhhhh.


 Monica Oskenekisses would like to say Happy Birthday to her son **Mitchell** for Nov. 15<sup>th</sup>.


 Michelle Ayah would like to say Happy 4<sup>th</sup> Birthday to **Raiden** for Nov. 16<sup>th</sup>. From Dad mom n sisters we love you!


 Happy Birthday to our daddy **Craig** for Nov. 18<sup>th</sup>. Enjoy your day, love you tons, Love Caylie and Caelix.


 Happy Birthday to **Sheila** for Nov. 18<sup>th</sup>. We love you, from your kids.


 To my grandson **Ashton**, Happy 10<sup>th</sup> Birthday for November 24<sup>th</sup>, and grandma loves you very much!


 Kristen Andrew would like to say Happy Birthday to **Ashy Bear** for Nov. 24<sup>th</sup>. Double digits.


 Kristianna Andrew would like to say Happy Birthday to her baby. **My Ash**. For Nov. 24<sup>th</sup>. Happy 10<sup>th</sup>. Love love love you the most. – love mom.

 Shannon Andrew would like to say Happy Birthday to **Ash the bear** for Nov. 24<sup>th</sup>. We love you forever my boy wow double digits. Love e veah and aunty shan.

 Bradley Mcneely would like to say Happy Birthday going out to **Trinitys** and **Albert's Papa Joe** for Nov. 24<sup>th</sup>. Sending lots of love and hugs from Trinity, Albert Joe, Tamara, and I.


 The TLC Staff would like to say Happy Birthday to **Jack** for Nov. 26<sup>th</sup>. Enjoy your day!


 Rebecca Robin would like to say Happy 20<sup>th</sup> Birthday to her son **Ashton** for Nov. 27<sup>th</sup>. ❤️


 Cheryl McPherson would like to say Happy Birthday to **Edwards** for Nov. 30<sup>th</sup>. From mommy, Hollie and Johnny.

 Kimberly Stewart would like to say Happy Birthday to **Edward** for Nov. 30<sup>th</sup>.














 Kerri McPherson would like to say Happy Birthday to her **Eddy Spaghetti** for Nov. 30<sup>th</sup>! Love you!

 Shannon Andrew would like to say Happy Heavenly Birthday to **Lindsay Andrew**. Missing you everyday ❤️

 Ron Doctor would like to say a belated Happy Birthday to **Aurora** for Oct. 26<sup>th</sup>! From grandma and grandpa!

 Jeannie Bavard would like to say Happy Birthday wishes to everyone in Tulita who celebrates their birthday in November or had one recently! May this month being you joy and happiness.



<b><u>Mon</u></b> <b><u>3 Nov</u></b>	<b><u>Tue</u></b> <b><u>4 Nov</u></b>	<b><u>Wed</u></b> <b><u>5 Nov</u></b>	<b><u>Thu</u></b> <b><u>6 Nov</u></b>	<b><u>Fri</u></b> <b><u>7 Nov</u></b>	<b><u>Sat</u></b> <b><u>8 Nov</u></b>	<b><u>Sun</u></b> <b><u>9 Nov</u></b>
 <b>-3°C</b> 60% Chance of flurries	 <b>-5°C</b> 30% Chance of flurries	 <b>-5°C</b> Sunny	 <b>-4°C</b> A mix of sun and cloud	 <b>-3°C</b> A mix of sun and cloud	 <b>-12°C</b> A mix of sun and cloud	 <b>-12°C</b> A mix of sun and cloud
<b>Tonight</b>	<b>Night</b>	<b>Night</b>	<b>Night</b>	<b>Night</b>	<b>Night</b>	
 <b>-6°C</b> Periods of light snow	 <b>-9°C</b> Cloudy periods	 <b>-9°C</b> Cloudy periods	 <b>-7°C</b> Clear	 <b>-13°C</b> Cloudy periods	 <b>-15°C</b> Cloudy periods	

# Funny Stories

## **Child's Play**

A young mother was preparing breakfast for her two young sons, a five-year-old and a three-year-old. They were arguing over who would get the first pancake.

The mother, trying to instill good morals in her sons, asked them to remember WWJD (What Would Jesus Do?). She said that Jesus would say: "Let my brother have the first pancake."

The 5-year-old quickly turned to the 3-year-old and said, "You play Jesus."

## **Mourning a Loss**

A preacher was taking a shortcut through a cemetery when he heard the sounds of someone who appeared to be in distress. As he got closer, he saw a man on his knees, crying out, "Why did you have to die? If only you have lived, my life would be happy! If I could, I would bring you back to life." The preacher listened as the man continued in this vein for several minutes.

Finally, he went up to the man and speaking gently, asked, "Did your wife pass away recently?"

The man replied, "Oh no, my wife hasn't died, this is my wife's first husband!"

## **Unscrupulous Businessman**

An unscrupulous businessman was feeling very ill and went to the doctor. The doctor examined him and backed away, saying, "I'm sorry to tell you this, but you have an advanced case of highly infectious

rabies. You must have had it for some time. It will almost certainly be fatal."

"Could you give me a pen and paper?" Asked the businessman.

"Do you want to write your will?"

"No, I want to make a list of all the people I want to bite."

## **Please Don't Make Me Be Late**

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Bible class. As she ran, she prayed, "Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!"

As she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again.

As she ran, she once again began to pray, "Dear Lord, please don't let me be late! But don't shove me either."

## **Preacher**

The Preacher awoke one Sunday morning and saw it was a beautiful day, and thought to himself, I don't want to go to church today. he called his associate and said, "I'm sick, would you preach for me today?" His associate assured him he would.

St. Peter looked at God and said, "Are you going to let him get by with that?"

God said, "No I'm not."

The preacher put his golf clubs in the trunk of car and drove fifty miles away to a golf course where no one knew him. Once again St. Peter said, "God, are you going to let him get by with that?"

God said, "No I'm not."

The preacher teed up the ball and hit it. It flew like it had never flown before, about 350 yards, bounced about three times and went into the hole for a hole in one.

St. Peter looked at God and said, "God, are you going to let him get away with that?" God smiled and said, "Who is he going to tell?"

### **The Difference**

A teacher was asking her class: "What is the difference between 'unlawful' and 'illegal'?" Only one hand shot up.

"Ok, answer, Joan," said the teacher.

"'Unlawful' is when you do something the law doesn't allow and 'illegal' is an eagle that's sick."

### **Helping Daddy**

One day a young boy ran crying to his mother and rubbing his behind.

His mother said, "Bobby, why are you crying?"

"Because daddy hit his thumb with the hammer!" little Bobby wailed.

"Why, that's not something to cry over," his mother told him. "That should make you laugh."

Bobby rubbed his behind and said tearfully, "I DID laugh!"

### **It's Got to Be Love**

An older couple regularly attended church. The pastor was much impressed by how harmonious and how in love they seemed. They always held hands all through the service.

One day after church, the pastor couldn't resist going up to them to express his admiration. He said, "I find it so inspirational to see how deeply in love you are, even, after all these years, holding hands like that."

The wife looked up sharply and said, "It's not love, Pastor, I'm just keeping him from nodding off by pinching his skin."

### **The Book**

Lunching with a friend in a fast-food restaurant, I was telling her about a teenager who had rear-ended my car. The teen blamed me for the accident.

"She even called me every dirty name in the book!" I said.

Just then I looked over to the next table where two nine-year-old boys had apparently been paying close attention to my story.

One said to the other, "There's a book?"



## **Remembrance Day**

*Lest We Forget*



**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)**

- (38) a. k'ínashinededa            's/he walks around singing' (Hr, Bl)  
       cf. shj, -yiné                'song'  
       b. yáxahíhdla                'I plucked each one'  
       cf. xa, -ghá                 'hair'

I assume that the incorporated stems have the same underlying representations as the related unincorporated stems. If stems begin with voiced continuants underlyingly, a rule is required to account for the fact that the incorporated stems begin with voiceless continuants since they are not in the normal environment for devoicing to apply. If these stems begin with voiceless continuants underlyingly or with continuants unmarked for a value of voice, the fact that they begin with voiceless continuants when incorporated can be accounted for. It is only the main stem that undergoes voicing alternations, so when stems are incorporated they are not in the environment for voicing. In (39) and (40), the voicing rule and the voicing assimilation rule that are needed to account for voicing alternations in Slave are given. Both rules apply only to stems.<sup>6</sup>

- (39) Voicing  
       [+continuant] → [+voice] / X\_\_\_    in nouns, postpositions  
                           X = any segment

- (40) Voicing assimilation  
       [+continuant] → [+voice] / [+voice] \_\_\_

The voicing rule applies if its structural description is met. Only if it fails to apply does the voicing assimilation rule apply. The voicing assimilation rule is written in a general form as it can also account for voicing alternations of stem-final continuants, as discussed below.

All stem-initial continuants can be underlyingly unspecified for a value of the feature [voice]. If they occur in the environment in (39), they receive the value [+voice]. In the environment in (40), a value of [+voice] is also assigned. In other environments, the value [-voice] is automatically realized. In nouns and postpositions, the continuants voice whenever a segment precedes them while in verbs they voice only when preceded by a voiced segment. See chapters 12 and 26 for further discussion of voicing alternations in compounds.

In the forms in (34) which do not shown voicing alternations, the ones in (34b) receive an historical explanation for their failure to undergo voicing assimilation. Historically, the initial consonant of the forms in (34b) is Proto-Athapaskan \*y. The alveopalatal that alternates between [zh,y] and [sh] derives from Proto-Athapaskan \*ȳ. As discussed in chapter

4, [zh] and [y] are in free variation. Free variation is found no matter what the historical source of the consonant. The forms in (34b) can be treated as being underlying /y/ initial. /y/ is not affected by voicing since it a sonorant. The forms in (34a) and (34c) are among the few number of noun stems that begin underlyingly with a voiced continuant, and for this reason fail to show voicing alternations.

Thus in all dialects, most surface voiced continuants derive from underlying continuants that are unmarked for a value of voice by rules of voicing and voicing assimilation. If these rules that assign the [+voice] value to a continuant cannot apply, the [-voice] value is automatically filled in. This analysis accounts well for all of the data available. Further support for this analysis comes from noun compounds, as discussed in chapter 26.

In Hare, restructuring of the stem-initial continuant inventory has occurred. /ʃ/ and /wh/, the continuants that are unmarked for voice, are eliminated in this dialect, being replaced by /l/ and /w/, the segments that are marked as [+voice]. There is no phonetic [wh] and Hare and [ʃ] derives from /tʃ/. See section 5.6 for further discussion.

In prefixes, most morpheme-initial continuants are voiceless.

- |         |                 |                            |
|---------|-----------------|----------------------------|
| (41) a. | <u>w</u> hihtsɨ | 'I made' (Bl)              |
| b.      | ná <u>h</u> iya | 'I went' (Sl)              |
| c.      | ʃek'á           | 's/he is fat' (Bl, Sl, Mt) |
| d.      | géhk'éh         | 's/he shot me'             |
| e.      | káʃeyjhk'a      | 's/he bit me'              |
| f.      | xadɨts'é        | 'you sg. drink it up' (Hr) |

(In Hare, the forms in (41a) and (42c) begin with [w] and [l] respectively due to the restructuring mentioned above and discussed in section 5.6.) [ʃh] does not occur morpheme initially in prefixes except in incorporated stems, as shown in (38) and also in (43).

There are some prefixes that have voiced initial continuants.





# CAWS Halloween Parade!













# Mental Health and Addictions Help

There are many places in Canada that helps those who ask and are able to take responsibilities in their life by assisting them in their journey of recovery. Here are a few places that are open to the Northwest Territories residents, as on the GNWT Health and Social Services website.

## NWT Facility Based Treatment Options for Addictions

NWT residents have a number of high-quality treatment facilities available at no charge. If you or someone you know needs help, visit your local [health centre](#) or meet with your [community counsellor](#) or wellness worker to start the process.

Treatment facilities include:

- [Aventa Centre of Excellence for Women with Addictions](#)
- [Cedars Recovery](#)
- [Fresh Start Recovery Centre](#)
- [Renascent](#)
- [Sunrise Healing Lodge Society](#)
- [Thorpe Recovery Centre](#)

# Aventa Centre of Excellence for Women with Addictions

Established in 1970, Aventa is a gender-specific facility for women located in Calgary, Alberta. Aventa provides concurrent capable, trauma responsive, FASD informed addiction treatment programs to meet the unique needs of women. Over the past year, 98% of women accessing programs and services at Aventa report that they have experienced trauma in their lifetime. Aventa employs a multidisciplinary team of skilled, compassionate staff with varied education, professional, and lived experience. Aventa programs focus on building trauma awareness, increasing understanding of the connection between trauma, mental health, and addiction, and developing grounding, coping, and relapse prevention skills within a safe and supportive live-in environment.

## Programs Available to Northwest Territories Residents:

- Phase II: A seven-week facility-based program that provides therapeutic individual and group counselling. The program focuses on the following four key areas: sexual, spiritual, relationships, and self. Young Adult Treatment (YAT) is a 90-day live-in program for women 18 – 24 years of age.
- Phase III: A 12–14-week facility-based treatment program for women who have completed Aventa’s Phase II or YAT programs and require additional treatment to support their recovery.
- Medical services (physician, psychologist, psychiatrist, nursing, dental, optometrist)
- Weekly Indigenous Elder-led group for cultural teachings
- Parenting in Recovery group
- Continuing Care Program
- Online Family and Friends Program

**AVENTA**  
Calgary, Alberta  
Phone: (403) 245-9050  
Fax: (403) 245-9485

- **Women Only** Treatment Centre
  1. Detox partnership with Renfrew Recovery Centre (if required, should be pre-arranged by NWT counsellor)
  2. 49-Day Program
  3. 90-day+ Extended Care
  4. Young Adult Treatment Program
- Age – Adults 18 +
- 5 days abstinence required (please see detox information above)
- Admission process – application, pre-treatment intake assessment via phone or video and medical assessment

\*Northwest Territories Facility-based Addictions Treatment Application Package to be completed with an NWT Mental Health Provider, Counsellor, Wellness Worker, Social Worker, or Health Professional

Cedars Recovery is a co-ed facility-based centre that offers gender responsive and inclusive polysubstance use treatment through a strengths-based recovery-oriented model. Located on Vancouver Island, Cedars is nestled in over 60 acres of forested land in Cobble Hill, BC.

## Programs Available to Northwest Territories Residents:

- Direct transition from Medically Supervised Detox to treatment
- On-campus psychiatric and medical services
- Trauma-informed, culturally humble and safe care
- Psychodynamic Group Therapy
- Cognitive Behavioral Therapy/ Dialectical Behavioral Therapy
- Twelve Step Facilitation programming, SMART Recovery, Red Road to Wellbriety
- Integrated Health Services
- Indigenous programming is weaved throughout daily activities including drum circles and smudging, sweat lodges, feeding the fire, and heated teepee for ceremony. Sound, river, ocean and moon bathing ceremonies are integrated into programming
- Elders in residence meet with service-users to foster a sense of belonging and trust
- Land-based teachings are incorporated to that speak to Mental, Emotional, Physical and Spiritual healing
- Accommodates unique living arrangements for people who identify as a member of the LGBTQ2S+ community
- All individuals who complete programming at Cedars are entitled to 12-months of post treatment care which includes one on one recovery coaching, facilitated groups, daily virtual mutual aid support groups and more.

### Cedars Recovery

Vancouver Island  
Cobble Hill, BC  
Toll Free: 1-866-716-2006  
Local: 250-733-2006  
Fax: (403) 269-5578

- **CO-ED** Treatment Centre
  1. On-site medical detox program
  2. 50 – 90-day programs
  3. Short-term stabilization program for former graduates
- Age – Adults 19 +
- Continuous intake
- Admission process - Call or email Cedars Admission team. Application and Assessment is done via phone. Further assessments may be required, all arranged virtually.
- Initial contact can also be made through their website at: [Treatment Admissions — Cedars Recovery<sup>CF</sup>](#)

# Fresh Start Recovery Centre

Fresh Start Recovery Centre is a gender-specific facility-based centre that provides alcohol and drug treatment for men. It is located in Calgary, Alberta. Fresh Start employs the 12- step abstinence model of recovery as the base for treatment and this is supported within a bio-psycho-social model of therapy. The program begins the process of holistic treatment through physical, mental, emotional and spiritual healing including individual and group counselling.

## Programs Available to Northwest Territories Residents:

- Gender-specific programming- men only
- Individualized intake process
- 12-step approach
- Daily individual and group counselling sessions
- Recreational and therapeutic activities conducted in an atmosphere conducive to physical, emotional, mental and spiritual growth.
- Interdisciplinary approach to treating addiction
- Peer support component
- Counsellors available
- Concurrent Capable

### FRESH START RECOVERY CENTRE

Calgary, Alberta  
Phone: (403) 387-6266  
Toll Free: 1-844-768-6266  
Fax: (403) 235-1532

- **Male Only** Treatment Centre
  1. Detox partnership with Renfrew Recovery Centre (if required, should be pre-arranged by NWT counsellor)
  2. 12-16 Week Program
  3. Option to extend treatment program
- Age – Adults 18 +
- 5 days abstinence required (please see detox information above)
- Continuous intake
- Admission process – pre-treatment assessment/interview

**\* Please note that escorts are not approved for Renascent.**

Renascent offers person-centred, gender-supportive addiction treatment, with live-in facilities located in Toronto and Whitby, Ontario. Renascent applies an abstinence-based model, using evidence-informed best practices, including 12-Step facilitation.

## Facility Based Treatment available to Northwest Territories Residents:

1. Renascent Graham Munro Centre for Women
  - 35-day residential treatment program located in Toronto, ON
  - 20 Weeks of Virtual Continuing Care
2. Renascent Paul J. Sullivan Centre for Men
  - 35-day residential treatment program located in Whitby, ON
  - 20 Weeks of Virtual Continuing Care
3. Renascent Madison Avenue Centre for Men
  - 35-day residential treatment program located in Toronto, ON
  - 20 Weeks of Virtual Continuing Care

## Programs Available to Northwest Territories Residents:

- Gender-supportive programs and facilities
- Trauma-informed and concurrent capable practice
- Seeking Safety Program
- Abstinence-based programming, blending 12-step methodology with mindfulness principles and evidenced based psychotherapeutic modalities

### RENASCENT

Toronto, Ontario  
Phone: 1-866-232-1212

#### • Gender-supportive Services

1. Detox partnership with Unity Health (if required, should be pre-arranged by NWT counsellor)
  2. Residential Treatment
  3. Continuing Care
- Age – Adults 18 +
  - 3-8 days abstinence required depending on the substance of misuse (please see detox information above)
  - Admission Process – Pre-treatment intake/screenings/assessments via the telephone. After an admission date is established, a pre-treatment medical consult with the facility medical director is coordinated via an online platform.



\*Northwest Territories Facility-based Addictions Treatment Application Package to be completed with an NWT Mental Health Provider, Counsellor, Wellness Worker, Social Worker, or Health Professional

# Sunrise Healing Lodge Society

Sunrise Healing Lodge Society is a co-ed facility-based centre that provides alcohol, drug and gambling treatment through Indigenous Culture and the 12-step program of recovery to people of all walks of life. Located in Calgary, Alberta, Sunrise's program allows clients to work through all 12 steps while in treatment using cultural practices to connect with their spirituality.

## Facility Based Treatment available to Northwest Territories Residents

- 14-week program

## Programs Available to Northwest Territories Residents:

- 12-step approach
- Enriched healing experience with Indigenous teachings and Sharing Circles
- Traditional Medicines, Sweat Lodge and Ceremonies
- Indigenous Elders meet with clients individually for spiritual teachings
- Incorporation of the Medicine Wheel into all recovery teachings
- Trauma-informed
- Educational teachings on resume writing, job skills and social boundaries

### SUNRISE HEALING LODGE

Calgary, Alberta

Phone: (403) 269-5567

Fax: (403) 269-5578

- **CO-ED** Treatment Centre
  1. Detox partnership with Renfrew Recovery Centre (if required, should be pre-arranged by NWT counsellor)
  2. 14-week program
- Age - Adults 18+
- Continuous intake
- 3 days abstinence required (please see detox information above)
- Admission process – application and medical

## Thorpe Recovery Centre

Thorpe Recovery Centre is a co-ed facility-based centre whose goal is to provide a holistic experience for each person to heal in a way that is meaningful to them within the therapeutic community model. Thorpe is located in Blackfoot, AB on 34 acres in a rural setting with ponds, a serenity garden, fire pits, sports courts and a large gymnasium.

### Programs Available to Northwest Territories Residents:

- Community/group model for peer recovery support with individual counselling
- 12 Step, Smart Recovery, Wellbriety
- Trauma-informed care
- Seeking Safety Program
- Specialty Groups for process addictions: gambling, sex addiction, disordered eating, spending addictions concurrent with polysubstance abuse
- Optional spiritual and cultural support offered along with smudging in the facility and access to sweats, and Elders in Residence
- Online Family Support Program for individuals age 16+ affected by someone's addictive behaviours. Led by certified addiction counsellors, the two-day online Family Intensive provides information and techniques that promote recovery for both the family and the client

#### Thorpe Recovery Centre

Blackfoot, AB

Phone: 877-875-8890

Fax: (780) 875-2161

- **CO-ED** Treatment Centre
  1. On-site medical detox program
  2. 42 – 90-day programs
- Age – Adults 18 +
- Continuous intake
- Admission process – application, medical assessment, and phone interview



# FIREWEED

M E T A L S

**Join us for a Community Dinner!**

Come for good food & hear about the North Canal Infrastructure Improvement Project and Mactung

**Wednesday November 5, 2025**

**5:30 to 6:30 pm**

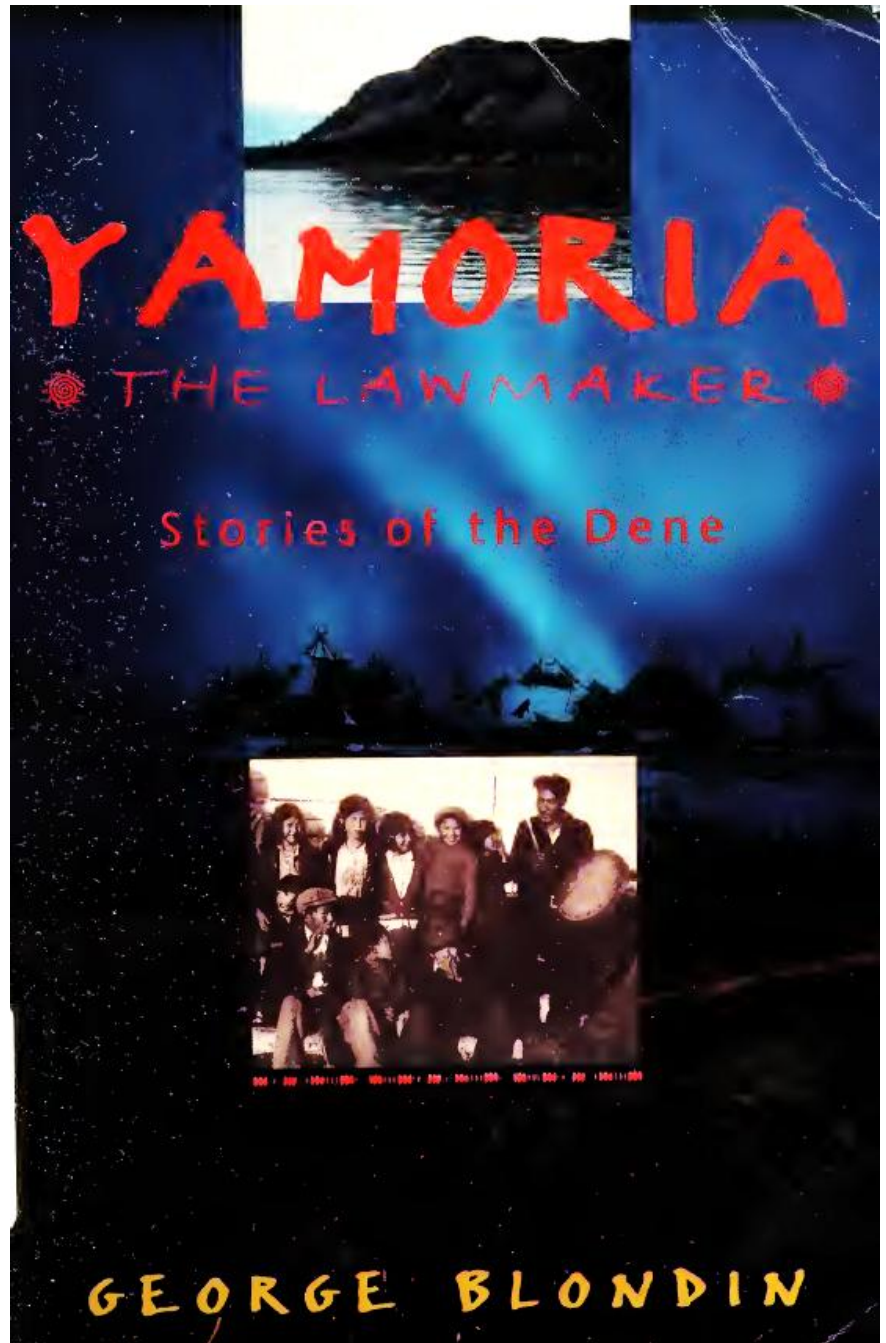
**Community Hall (Arena)**

**Everyone is welcome!**

Contact Shae Dalphond  
[shae@fireweedmetals.com](mailto:shae@fireweedmetals.com) for more info

# Tulita History Corner

This story was taken from the book *Yamoria: The Lawmaker – Stories from the Dene* by George Blondin.



# THE BEGINNING OF TIME

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**T**he great Dene stories of the past, when the world was new, go back to the beginning of human existence on this earth, when the Dene were partly animal. This is why storytellers have no problem talking about humans being able to talk to animals, birds, and fish.

I'm going to use a little bit of scientific information here to talk about the creation of our planet and how these theories relate to Dene stories about medicine power. Some millions of years ago the earth was just a ball of fire. It was much like the sun, wandering around in space until it fell into travelling a route around the sun we have today. It took a long time, but the earth finally began to cool off. This cooling created a fog, like the clouds of today, which produced rain and helped water to appear on this earth.

The Dene stories we have about the beginning of time are very vague, but here is one about medicine power that relates to the earth when it was a ball of fire.

**L**ong ago, two great enemies met in an argument about a moosehide and a knife. One of the men wanted the big knife that belonged to his opponent. In the course of the argument a fight erupted and the knife owner made a move to stab the other man with it. They moved into fighting position and were locked in battle; the knife owner had only to push the knife into his opponent's belly to kill him.

Suddenly his enemy invoked his medicine power that could melt anything. “In the beginning, when the earth was a ball of fire, all things were melted, just liquid,” he said. When he got the words out, the knife immediately melted into water and dripped down the knife owner’s hand. The knife owner became frightened and ran away.

The shaman who made the knife melt had medicine for heat and melting things, a natural element on this earth. Since he had medicine for this melting, he used special words to call this power to him to help him at a time when he really needed it. You’ll learn more about how people could do this long ago in later stories.

Scientists say it rained on this earth for hundreds of years; rivers and lakes started to form. In that water, insects began to grow. Eventually, the rivers cut through the rock that was once on fire and

soil was produced. In that soil, plants began to grow and then insects emerged from the water and began to live on the land.

Fish grew in the water and then adapted themselves to live on land, creating the earth’s first land animals. From these animals, specifically the monkey, scientists say human beings evolved.

Dene stories say we came from animals, but the legends I have heard don’t say which animals. I do know that our people used medicine power to find answers about our early existence, but so many of them were silent about what they knew. Their medicine power did not allow them to talk about it. Of course, a lot of people who didn’t know anything about the subject made up their own stories, things not revealed to them through medicine, and so led people astray. If knowledgeable medicine persons tried to explain how the universe functioned, by relating the source of their power to the earth’s beginning, to the moon, or to the other eight planets, people often didn’t believe it anyway.

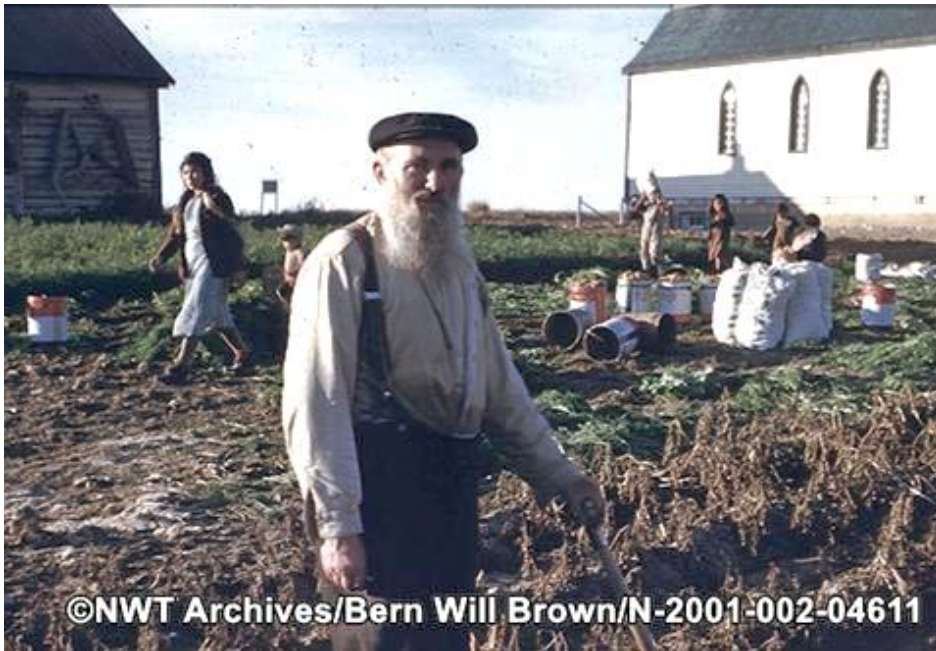
I once heard of a man who used his medicine, that related to a planet, to win in hand games. After he had won everything in the guessing and betting game, he tried to explain a little about his medicine and that there are nine planets circling the sun in space. He explained that the earth is round and spinning, but he didn't word his teachings very well. No one understood what he was trying to explain.

Medicine power long ago was so strong it was capable of transforming animals into human beings. There is a story you will read later about a woman who gave birth to wolf cubs, and another about a boy who didn't like being human so he went back to being a caribou. When he found he didn't like being a caribou, he became a man again.

Many old medicine stories talk about giant animals—bats, dinosaurs, beaver, monkeys—which once roamed the earth. Storytellers say we came from animals and long ago there were many half-animal/half-human life forms. It seems during this period that genetic forces as we know them today were out of control.

Two old storytellers in Tuli't'a (Fort Norman) told me that a long period of time passed before human beings developed. They talked about overgrown, semihuman monsters that wandered about on the land. They had their own language and a very rugged way of life. Maybe that is what sasquatches are. The storytellers seem to be talking about the stone age, a terrible period when there were no laws, no control and people killed each other and ate each other when they were starving. There was no such thing as working together; some groups probably survived by hiding themselves and using medicine to protect themselves. It's possible this period lasted thousands of years until Yamoria, whose name means "one who travels around the earth," came along and established law and control so people could improve their lives.

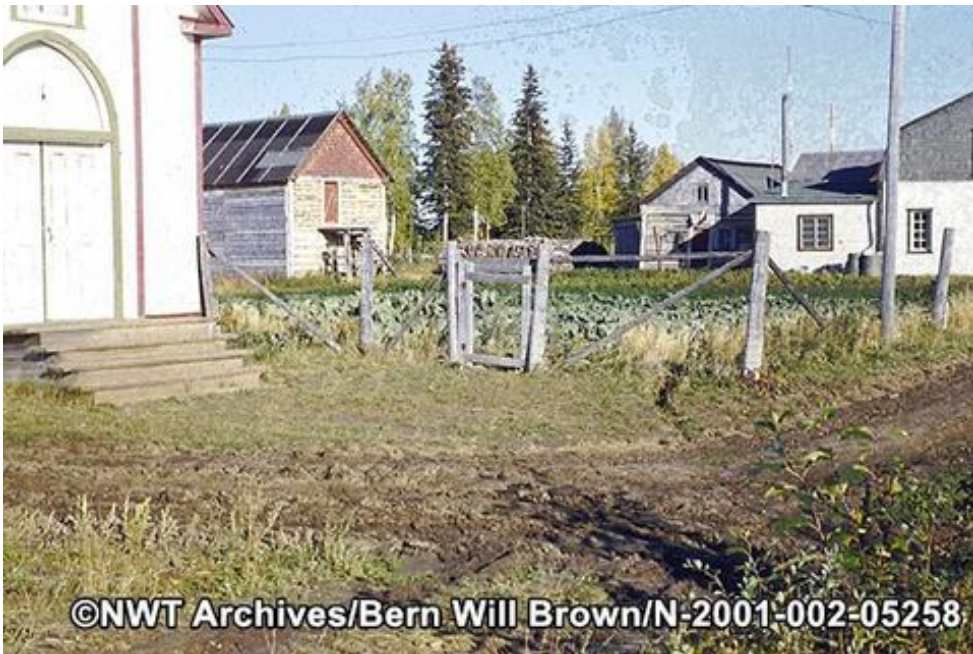
# Old Photos of Fort Norman

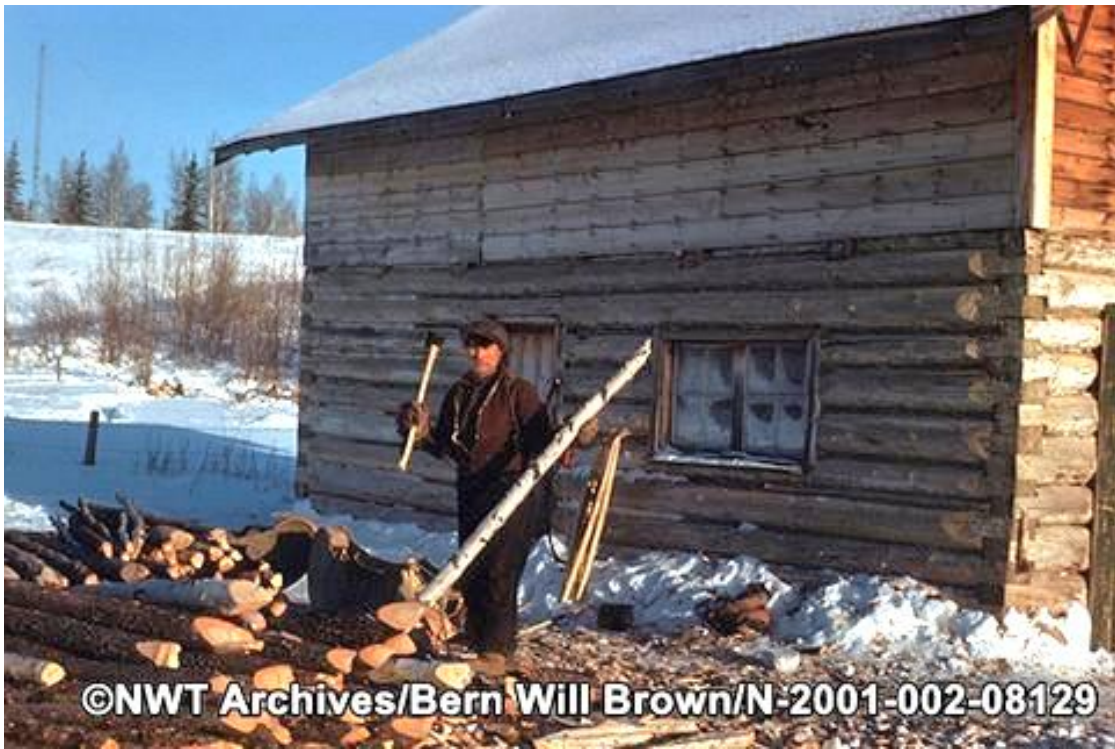


Fort Norman, 1950.  
RRA Robin. Photo  
by Bern Will  
Brown.



Fort Norman, 1949. Photo by Bern Will Brown.





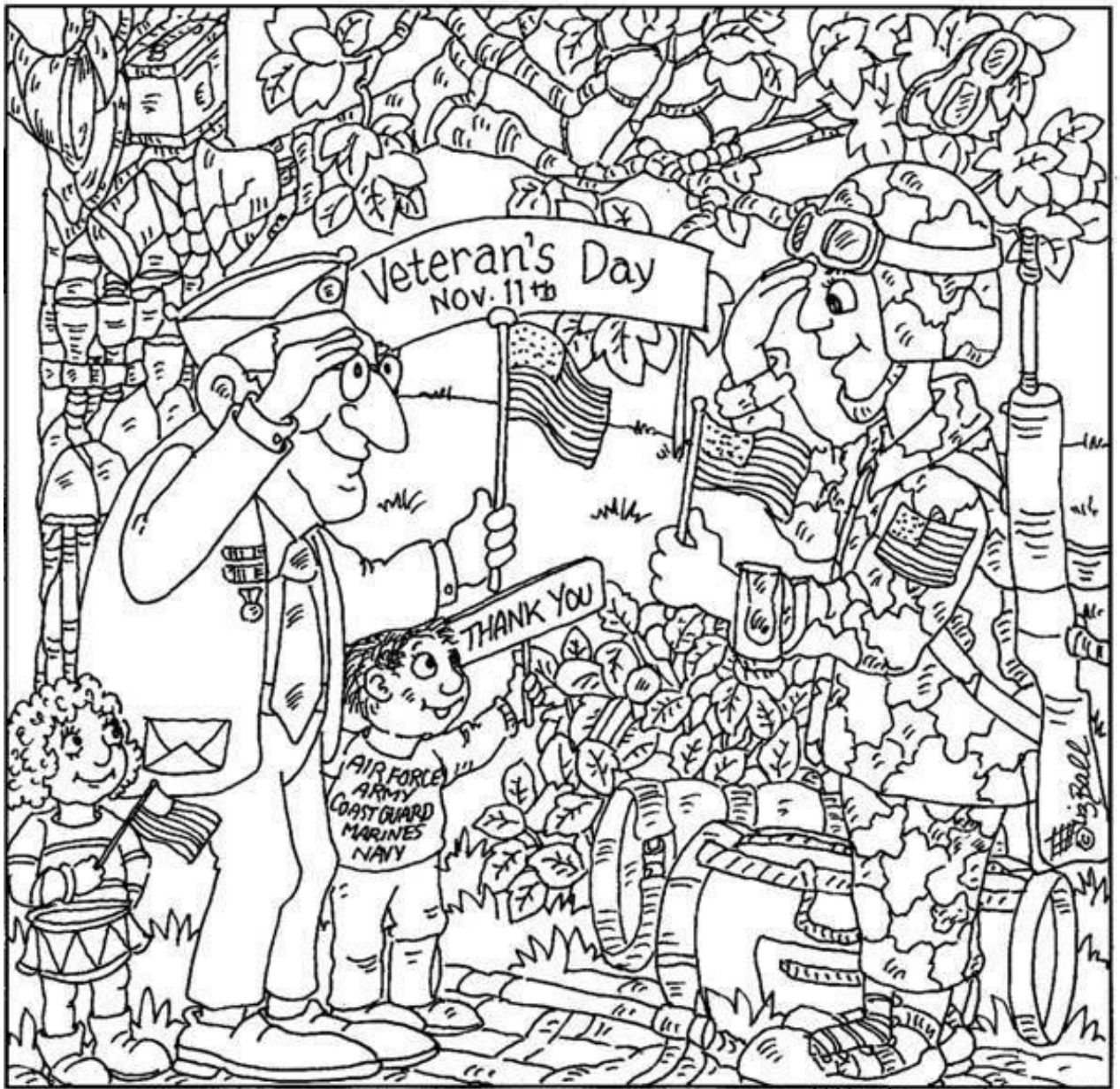
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Fort Norman, 1949. Pierre Bavard. Photo by Bern Will Brown.

Fort Norman, 1949. Alfred Lennie and RCMP Dogs. Brother M Latreille and Father J Denis. Photo by Bern Will Brown.



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**Words:** Army, **Calm**, Canada, **Combat**, Commemoration, **Conflict**, Defense, **Doves**, Fighting, **Forces**, Harmony, **Lest We Forget**, Memory, **Military**, Militia, **Peace**, Recognition, **Recollection**, Remembrance Day, **Reminiscence**, Service, **Soldiers**, Struggle, **Tranquility**, Truce, **Warfare**, Warrior, **World Wars**.



## *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**

