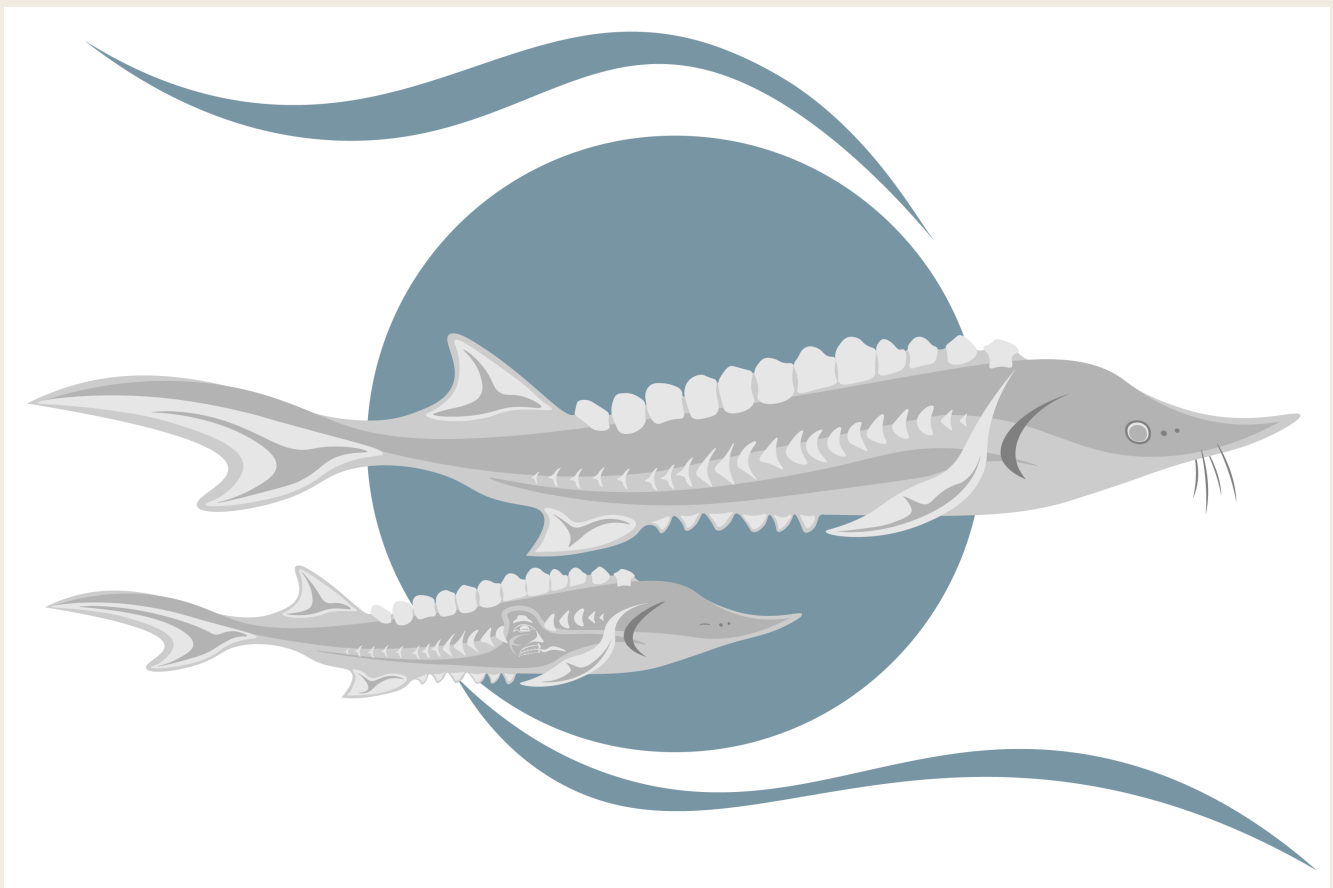


Newsletter

NADLEH WHUT'EN NEWSLETTER

FEB 10TH, 2023



- BY JOHNNY KETLO

1

CONTEST INSIDE!

Find the Sbalyan and get a chance to win a 50 dollar gift certificate from Nadleh store.



2

JOB POSTING

New job posting for Education & Training Manager. Full Time position.

5

LANGUAGE

Check out this Dakelh Language Chart. Extra notes from some community sessions.

24

HEALTH CENTER CALENDAR

New Calendar for the Health Center. Find out valuable info in order to plan out travel and appointments with your schedule.



Nadleh Whut'en First Nation

Job Posting – Education & Training Manager

Full Time

POSITION SUMMARY

The Education Coordinator is responsible for managing the Education Department including preschool, K-12, and post-secondary education as well as employment readiness and other skill training programs. The position manages and administers Indigenous Services Canada (ISC) funding and related budgets. The Education Coordinator provides support and guidance to students to help them be successful in their educational pursuits.

Reports To:

General Manager or Designate

Direct Reports:

- Skills and Training Coordinator
- Head Start and Preschool Manager
- Culture and Language Coordinator

PRIMARY DUTIES

Education Team

- Provides leadership to the Education team and oversees the day-to-day activities and operations of the department.
- Maintains effective communication on management of the Head Start and Education and Training programs.
- Manages and oversees the overall Education budget.
- Manages time-sensitive matters, reporting and applications effectively.
- Develops and maintains post-secondary, PGNAETA, K-12 education and other annual budgets. Manages all related funding applications and proposals.
- Ensures secure maintenance of department records and files.
- Determines and approves training opportunities.

Funding Agreements

- Submits annual reports and nominal roll to ISC for students
- Administers budget for tuition, books, materials and supplies according to policy.
- Researches available funding and submits proposals/grant applications to various funders (ISC, FNECS, PGNAETA, etc).

Education Support Programs

- Facilitates the support programs, ie. Summer Student Employment
- Completes ARMS reporting for applicable training.
- Organizes graduation and recognition events in the community.

Student Support

- Communicates with parents and teachers and attends parent-teacher meetings as requested.
- Monitors attendance and progress for K-12 and post-secondary students.

Education Related Meetings

- Attends meetings as required to ensure the appropriate training and support for students.

QUALIFICATIONS*Training, Education and Experience*

- Post-Secondary Certificate or Diploma program in Education or related field is an asset
- 3 years' experience working in the education support field.
- Satisfactory Criminal Record Check.
- Valid B.C. Class 5 Driver's License and clear driver's abstract.

Knowledge, Skills and Abilities

- Strong knowledge of provincial education for K-12 and post-secondary.
- Ability to write grant applications, proposals and manage compliance reporting.
- Experience working with funding providers.
- Able to develop and implement policies, procedures and administer budgets.
- Well-developed communication and interpersonal skills
- Negotiation skills.
- High degree of professionalism, confidentiality, show compassion and understanding.
- Work independently as well as within a collaborative team framework.
- Intermediate proficiency in the Microsoft Office Suite (Word, Excel, PowerPoint and Outlook)
- Genuine respect for Nadleh Whut'en First Nation culture and protocols.

Deadline to apply is February 27th, 2023

Please apply by emailing resume to: rdasilva@nadleh.ca

****Only those selected for an interview will be contacted & preference will be given to band members if qualified ****

NADLEH STORE POSTING Jan 20,2023

Effective Immediately

You must present your Status Cards in order to purchase Fuel and/or Tobacco products to receive your status discount.

Thank you for your understanding and cooperation

Management

Language Notes

'Az – Outside

'Cooz – Inside

Dune – Man

Ts'eke – Woman

Ts'koo – Women

Nilhtsi – Windy

Awet – Its

Khui – Winter

Olulh – Spring

Shen – Summer

Daket – Fall

Whuzkuz – Cold

'Az tub whuzkuz – Really cold outside

Hoonk'az – Extremely cold

K'an dzen naja – It is snowing

Udloh – Laughing

Dune udloh k'ez – Laughing sitting in the house

Skudloh – Laughing at me

K'an – Today

Aloo – Mother

Aba – Father

T'eke – Friend

St'eke – My friend

nkeke – Your friend

Nba – Our father

Si – Me

Nyun – You

Wheni – Us

Nyun cha – You too

en'eh – Them

Duyah ustah – Sitting in the house

cooz ustah – Sitting inside

Uyi – Eating

Utnai – Drinking

Too – Water

Ludi – Tea

Utnai – Drinking

Lhai – Lots

Z– Past tense

Dika – Why

Unsi – Not good

Unzoo – Good

Sinyen – Stand up

Njan susda – Sitting here

Hoonusti' – I am happy

Sdzi nudad – My heart is heavy (I am sad)

K'ah – Annoyed

T'ezinih – Be quiet

Ka' dednuk – Shut up



NADLEH WHUT'EN

JOB POSTING

Band Designate Representative – Full time

The Band Designate Program provides quality and accountable support services to children and families who are involved with the Ministry of Children & Family Development (MCFD) or the judicial processes/ under the Family Law Act, and/or any other applicable child welfare legislation.

POSITION DESCRIPTION

The primary objective of Band Designate Representative (BDR) practice is to address the needs of community members, achieving a pathway towards restorative policy and practice that supports and honors Carrier Sekani peoples' cultural systems of caring and resiliency. This also includes the development of prevention and educational programs, one on one support and home visits to ensure families have opportunities to increase their ability to effectively care for their children and develop or maintain healthy family dynamics that promote resilience. The BDR agrees to uphold the Child, Family and Community Service Act and the child's interest will be of paramount consideration. The band designate represents the Nation's interest in child protection proceedings, or hearings, involving one of its children; and therefore, will have a dual accountability to CSFS and Nadleh Whut'en. The BDR must meet the desires and needs of community members, Ministry of Children and Family Development and other child and family professionals. In addition, the band designate will hold additional responsibilities in supporting the CSFS Family Preservation Team and will act as a part of the CSFS Community Wellness Team. Carrier Sekani Family Services will provide mentorship, support and training.

RESPONSIBILITIES

Depending on the case, the Band Designated Representative may undertake the following activities, as provided for by the Child and Family Services Act (BC):

Prevention and Intervention Strategies:

- Perform assessments, implement goal plans and collect data and charting on progress
- Develop community programming based on demonstrated need as outlined in community plans and individual goal plans
- Provide advocacy for individuals and families as required to ensure their rights and the holistic best interests of the child(ren) are upheld.

Compliance:

- Comply with local, provincial and federal government laws, standards and regulations (Child and Family Services Act, Aboriginal Operational Procedures and Standards Indicators)
- File duty to report litigation

Band Representation:

- Represent the First Nation at Court as a Party to Child Welfare proceedings
- Participate in care plan meetings, family group conferences, and planning meetings for children in care
- Prepare, respond to, and process legal documents as required by the Court
- To liaise with other First Nation Band Representatives, Agencies and Legal Counsel
- Accompany MCFD workers during investigations
- Ensure that band members are fully aware of their rights
- Support and work with CSFS Family Preservation Team and CSFS Community Wellness Team

Case Evaluation/Development:

- Compilation of all relevant case-related information and documentation

- Client's plan of care and progress

Administrative:

- Ensure files are maintained and updated on a regular basis
- Data collection, and submission of reports

Supporting the revitalization of Nadleh Whut'en, language, governance structure and belief systems by:

- Maintaining a connection to the land
- Facilitating healthy families and youth interaction

KNOWLEDGE, SKILLS, AND ABILITIES / PREFERRED SKILLS

- Have a working knowledge and understanding of Carrier language cultural governance structure and belief systems
- Able to interpret legal documents
- Ability to work independently
- Excellent interpersonal, verbal and written communication skills
- Willing to work flexible hours and travel with minimal notice
- Socio-economic prevention strategies
- Community resources knowledge and networking abilities
- Knowledge of Jordan's Principal, CSFS life cycle model, parenting education, child development, health, wellness and healing, addictions, family violence, abuse, self-esteem, disabilities, case management and knowledge or willing to learn the Carrier language
- Prevention, intervention and crisis intervention skills
- Ability to formulate effective community, family and individual goal plans, care and treatment plans
- Computer skills using Microsoft Office suite (MS Word, Excel)
- Maintain confidentiality concerning client files

QUALIFICATIONS & EDUCATIONAL REQUIREMENTS

- Desired Qualifications: A minimum, post-secondary education or Social Work Diploma and/or Legal Services Diploma
- Minimum qualifications: Social Services Certificate or Equivalent
- Social Services working experience with a First Nation's Community is an asset
- Experience working with First Nation people
- Experience working with children and families
- Clear criminal record check
- Must possess a valid class 5 driver's license and reliable vehicle; must provide driver's abstract

Applications will be accepted until the position is filled.

Please apply by emailing resume to: kgeorge@nadleh.ca

****Only those selected for an interview will be contacted & preference will be given to band members if qualified ****



Nadleh Whut'en First Nation

Job Posting

Janitor – Administration Building

POSITION SUMMARY

The Janitor provides general cleaning and upkeep of Nadleh Whut'en First Nation's Administration Building, 5-7 hours per day, Monday to Friday.

Reports To:
Executive Assistant

PRIMARY DUTIES

- Ensure the highest sanitation standards are maintained
- Ensure the good order and maintenance of all equipment
- Clean Lobby, rest rooms, offices, walkways, meeting rooms.
- Secure and lock up building at the end of shift.
- Replenish cleaning supplies as necessary
- Other duties as assigned
- Completes the daily, weekly, monthly and quarterly checklists
- Regularly checks emails
- Attends staff meetings as required
- Attends staff development workshops as required.

QUALIFICATIONS

- Completion of grade 10 or higher.
- Knowledge of cleaning and sanitizing processes.
- Building Service Worker Certificate, Level 1 & 2, otherwise willing to undertake the training.
- Minimum one-year related experience.
- WHMIS certification through WorkSafe B.C.
- Satisfactory Criminal Record Check.
- Valid B.C. Class 5 Driver's License.
- Excellent communication skills both written and verbal
- Experience working in a similar cleaning or janitorial role is considered an asset
- Ability to lift up to 30 lbs and sustain periods of bending, and standing.
- Able to work independently with minimal day-to-day supervision as well as working within a collaborative team framework.
- Basic computer skills including MS Office.

Applications will be accepted until the position is filled.

Please apply by emailing resume to: rdasilva@nadleh.ca

****Only those selected for an interview will be contacted & preference will be given to band members if qualified ****

NEED TO APPLY FOR SOCIAL ASSISTANCE?

**Call the Band Office @ (250)- 690-7211 to make an appointment.
You will need to be living in community for at least two weeks prior.**

BRING:

- 2 pieces of ID for yourself**
- 1 piece of ID for your spouse and/or your children.**
- Copy of your BC Hydro Bill.**
- If you are living with someone, a letter from them stating that you are living in their residence and when you moved in.**

Copy of your most recent Bank Statment.

If you have recently been fired or quit a job, you need to wait 30 days before you are eligible to apply for assistance.

BUSINESS PLAN DEVELOPMENT & FINANCIAL LITERACY WORKSHOP

**NADLEH WHUT'EN • MARCH 2 • 10:00AM-3:00PM
NADLEH WHUT'EN GYMNASIUM, NAUTLEY ROAD**



Come learn about Aboriginal Business Development, business plan development and how to balance your finances in this FREE workshop. Lunch is also provided.

Register by emailing Ash at facilitator@abdc.bc.ca or call 250.562.6325. Space is limited.

ABDC.BC.CA



NEW ELDER INTERVIEW UP ON THE MEMORY KEEPERS & STORYTELLERS YOUTUBE CHANNEL



Search



Nadleh Elder Interview w/ Ricky Nooski

MEMORY KEEPERS & STORYTELLERS
88 subscribers

Analytics

Edit video



7



Share



Download



Clip



Save



In this segment of the Memory Keepers & Storytellers YouTube Channel join Ricky Nooski as he tells about growing up in Nadleh Whut'en hunting, trapping, fishing, playing baseball. Some very old stories about his Grandmother and Grandfather and the things they taught him about, medicine, Balhats, and communication. Ricky Nooski is an Elder of Nadleh Whut'en First Nation, Luksilyoo Clan (Caribou).



Blackwater Mine



Community Coffee House

An informal come and go where you can drop in, meet with the Artemis Indigenous and Community Relations Team, grab a coffee, ask questions to learn more about the mine and hear about next steps.

February 16, 2023

Time: 11:00 am to 1:00 pm

Location: Nadleh Band Office - Multi-purpose room

LAHAL STICK MAKING



- Pics by Justin Tanner



Lejac Indian Residential School Project Newsletter Submission:

- Confirmed multi million dollar funding from CIRNAC for the next 2 years ~ which means the bulk of the work can now start moving forward
- Awaiting confirmation of FNHA funding
- Finalizing Lejac IRS Project Guiding Team members based on recommendations to/from Nadleh Chief and Council
- Developing and finalizing Job Descriptions for recruitment and Lejac IRS Project new hires
- Q3 financial / activity reporting to the Ministry of Indigenous Relations and Reconciliation (MIRR)
- Nadleh Whut'en projection of WLFN's Live Streaming of the St. Joseph's Mission Indian Residential School Phase II results





Attended / Attending:

- IRSSS Open House for new office in PG
- 3rd National Conference on Missing Children and Unmarked Graves: Data Sovereignty, Vancouver, BC



Empty Child's Chair

- 4th National Conference on Missing Children and Unmarked Graves, Indigenous Law, Toronto, March 2023
- CSTC Board of Directors (Chiefs) Meeting
- CSFS Board of Directors Meeting
- Begin Draft Framework Plan and Scope of Work for Lejac IRS Project as an operational draft tool for the Guiding Team

My personal priority is to conduct the majority of work out of Nadleh Whut'enne Yah, however, working from home is often dictated by work related activities at any given time.

DON BURNSTICK

Comedy night in Nadleh was a lot of laughs. Don Burnstick was brought in through the Health Centre Programs and everyone came out to enjoy his good medicine together.



- Pics by Burton Louie



- Pics by Tim Erickson





Nadleh Whut'en Member Meeting

AGENDA

Review Nadleh Draft Custom
Election Code & Provide Feedback

February 22, 2023

Nadleh Gym
5 - 8 pm

February 23, 2023

For off reserve members
Coast Inn of the North, Prince George
5 - 8 pm

Supper provided both days

Legal Counsel will be in attendance.

**Zoom link will be available on the Nadleh
Bulletin Facebook page.**

For more information contact Rose at
250-690-7211 ext. 116

You are invited to a scheduled Zoom meeting.

Topic: Election Code Nadleh

Time: Feb 22, 2023 05:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84918171575?pwd=dUF4SVZoVzVxbGY2MGY3L3hwT0w2dz09>

Meeting ID: 849 1817 1575

Passcode: 394060

One tap mobile

+13602095623,,84918171575#,,,,*394060# US

+13863475053,,84918171575#,,,,*394060# US

Dial by your location

+1 360 209 5623 US

+1 386 347 5053 US

+1 408 638 0968 US (San Jose)

+1 507 473 4847 US

+1 564 217 2000 US

+1 646 876 9923 US (New York)

+1 646 931 3860 US

+1 669 444 9171 US

+1 669 900 6833 US (San Jose)

+1 689 278 1000 US

+1 719 359 4580 US

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

Meeting ID: 849 1817 1575

Passcode: 394060

Find your local number: <https://us02web.zoom.us/u/kdCTRF7Qxi>

Clickable link available on Nadleh Whut'en Bulletin Board page on Facebook leading up to, and, on the day of.

You are invited to a scheduled Zoom meeting.

Topic: Election Code PG

Time: Feb 23, 2023 05:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82649198098?pwd=RLZ1QUJRMWx3ZWpRL1YzanJWQkdDdz09>

Meeting ID: 826 4919 8098

Passcode: 546410

One tap mobile

+13863475053,,82649198098#,,,,*546410# US

+14086380968,,82649198098#,,,,*546410# US (San Jose)

Dial by your location

+1 386 347 5053 US

+1 408 638 0968 US (San Jose)

+1 507 473 4847 US

+1 564 217 2000 US

+1 646 876 9923 US (New York)

+1 646 931 3860 US

+1 669 444 9171 US

+1 669 900 6833 US (San Jose)

+1 689 278 1000 US

+1 719 359 4580 US

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 360 209 5623 US

Meeting ID: 826 4919 8098

Passcode: 546410

Find your local number: <https://us02web.zoom.us/u/kbb05kfWP5>

Clickable link available on Nadleh Whut'en Bulletin Board page on Facebook leading up to, and, on the day of.

DIET - TIPS & STRATEGIES for increased Health and Vitality.

DISCLAIMER: I am not a Doctor. This is a fitness research paper.t

Here are 4 different diet plans for men and women that can be customized to their specific needs and goals.

1. Cutting Diet:

- Breakfast: Whole grain toast with avocado and scrambled eggs, orange juice.
- Snack: Greek yogurt with berries.
- Lunch: Grilled chicken breast with mixed greens, roasted sweet potatoes, and a balsamic vinaigrette dressing.
- Snack: Apple slices with almond butter.
- Dinner: Grilled salmon with quinoa and steamed vegetables.
- Pre-bed snack: Casein protein shake with almond milk.

Note: This diet is focused on reducing caloric intake while still providing all the essential nutrients required for good health. Reduce portion sizes, choose lean protein sources, and include healthy fats in moderate amounts.

2. Keto Diet:

- Breakfast: Bacon and eggs cooked in coconut oil, avocado, and salsa.
- Snack: Macadamia nuts.
- Lunch: Grilled chicken breast with cream cheese, almond flour, and herbs, green beans cooked with butter.
- Snack: Cheese slices with cucumber.
- Dinner: Pork chops with sour cream, spices, and broccoli.
- Pre-bed snack: Heavy whipping cream with cinnamon.

Note: The ketogenic diet is a low-carb, high-fat diet that puts the body in a state of ketosis, which allows the body to burn fat for fuel. Limit carbohydrates to 20-50 grams per day, focus on healthy fats, and moderate your protein intake.

3. Intermittent Fasting Diet:

- Breakfast: (after 12pm) Smoothie bowl with almond milk, spinach, berries, and almond butter.
- Lunch: Grilled chicken breast with mixed greens, roasted sweet potatoes, and a balsamic vinaigrette dressing.
- Dinner: Grilled salmon with quinoa and steamed vegetables.
- Pre-bed snack: Casein protein shake with almond milk.

Note: Intermittent fasting involves alternating periods of fasting and eating. Choose a schedule that works best for you, such as eating during a 6-8 hour window and fasting for the remaining 16-18 hours. Focus on nutrient-dense foods during your eating window, and limit processed foods and added sugars.

4. Balanced Diet:

- Breakfast: Whole grain waffles with almond butter, banana slices, and maple syrup.
- Snack: Carrot sticks with hummus.
- Lunch: Grilled chicken breast with brown rice, black beans, and salsa.
- Snack: Apple slices with cheddar cheese.
- Dinner: Baked cod with quinoa and steamed vegetables.
- Pre-bed snack: Low-fat Greek yogurt with honey.

Note: A balanced diet includes a variety of nutrient-dense foods from all food groups, including carbohydrates, proteins, healthy fats, and fiber. Focus on eating whole, unprocessed foods, and limit added sugars and unhealthy fats.

It's important to remember that everyone's needs and goals are different, so it's always best to consult with a health-care professional before starting any new diet or nutrition plan.

Here are the benefits of each of the diets mentioned:

1. Cutting Diet:
 - Reduces caloric intake for weight loss
 - Increases protein intake to support muscle preservation and growth
 - Incorporates healthy fats for satiety and overall health
 - Focuses on nutrient-dense foods to support overall health and well-being
2. Keto Diet:
 - Triggers the body to burn fat for fuel, promoting weight loss
 - Reduces insulin levels, which can improve blood sugar control
 - Can improve brain function and energy levels
 - Can reduce symptoms in certain neurological and psychiatric disorders
3. Intermittent Fasting Diet:
 - Can lead to weight loss by reducing overall caloric intake
 - Improves insulin sensitivity and lowers inflammation in the body
 - May increase lifespan and reduce the risk of chronic diseases
 - Can improve mental clarity and increase focus
4. Balanced Diet:
 - Supports overall health by providing all essential nutrients
 - Can improve digestion and reduce the risk of chronic diseases
 - Helps maintain a healthy weight
 - Promotes a healthy relationship with food by allowing for occasional treats in moderation

Again, it's important to remember that everyone's needs are different, and it's best to consult with a healthcare professional before starting any new diet or nutrition plan. Additionally, the best diet is one that is sustainable and fits into your lifestyle, so make sure to choose one that you can stick to in the long-term.

Prebiotics and probiotics are two types of food components that play important roles in maintaining gut health. Prebiotics are indigestible fibers that act as food for the beneficial bacteria in the gut. These fibers are not broken down in the small intestine but instead reach the large intestine where they are fermented by gut bacteria. By providing nourishment for these beneficial bacteria, prebiotics help to promote a healthy gut microbiome.

Some good sources of prebiotics include:

- Bananas
- Garlic
- Onions
- Leeks
- Asparagus
- Oats
- Barley

Probiotics, on the other hand, are live microorganisms that are similar to the beneficial bacteria that live in the gut. Consuming probiotics can help to restore and maintain a healthy balance of gut bacteria, which is essential for good health.

Some good sources of probiotics include:

- Yogurt
- Kefir
- Sauerkraut
- Kimchi

- Kombucha
- Miso

Both prebiotics and probiotics have many health benefits, including:

- Improving digestive health by reducing symptoms of constipation, bloating, and other gut-related problems
- Strengthening the immune system by promoting a healthy gut microbiome
- Reducing the risk of chronic diseases such as heart disease, type 2 diabetes, and certain types of cancer
- Improving mental health and reducing symptoms of anxiety and depression
- Improving skin health and reducing symptoms of acne and other skin conditions

It's important to note that everyone's gut microbiome is unique, so the best way to determine if prebiotics and probiotics are right for you is to consult with a healthcare professional. Additionally, it's best to get prebiotics and probiotics from whole foods rather than supplements whenever possible.

Healthy fats are a type of fat that play an important role in overall health. Unlike unhealthy trans fats, healthy fats provide essential fatty acids and support various functions in the body.

Some examples of healthy fats include:

- Monounsaturated fats, found in foods such as olive oil, avocados, and nuts
- Polyunsaturated fats, including omega-3 and omega-6 fatty acids, found in fatty fish, seeds, and nuts
- Medium chain triglycerides (MCTs), found in coconut oil and other sources

Eating healthy fats can have a number of health benefits, including:

- Supporting heart health by reducing the risk of heart disease
- Promoting brain function and reducing the risk of neurodegenerative diseases
- Improving insulin sensitivity and reducing the risk of type 2 diabetes
- Reducing inflammation throughout the body

Eating greens is also important for overall health. Leafy greens, such as spinach, kale, and collard greens, are nutrient-dense foods that are packed with vitamins, minerals, and antioxidants. These nutrients play important roles in maintaining good health, including:

- Supporting heart health by reducing the risk of heart disease and stroke
- Boosting the immune system to fight off infections and illnesses
- Improving mental health and reducing symptoms of anxiety and depression
- Improving skin health and reducing the risk of certain types of cancer
- Supporting healthy weight management by providing fiber and other nutrients that promote feelings of fullness

NOTE: Bone broth and apple cider vinegar will coat your tummy with a protective layer to assist in gut health.

NOTE: Pine Needle Tea is rich with Vitamin C and Beta-Carotene.

Incorporating a variety of greens into your diet is a simple way to improve overall health. They can be eaten raw, cooked, or blended into smoothies, making them a versatile and nutritious addition to any meal.

A caloric deficit diet involves consuming fewer calories than the body burns in a day. This creates a negative energy balance, which can lead to weight loss. For a 40-year-old male who weighs 200 pounds and is 6 feet tall, a caloric deficit diet might look like this:

1. Determine daily caloric needs: The first step is to determine how many calories the body needs to maintain its current weight. This can be calculated using an online calorie calculator, or a healthcare professional can help with this. For a 40-year-old male who weighs 200 pounds and is 6 feet tall, daily caloric needs might be around 2,500-2,800 calories.
2. Calculate caloric deficit: To create a caloric deficit, you will need to consume fewer calories than your body burns in a day. A safe and effective caloric deficit is typically around 500-700 calories per day.
3. Plan meals: Based on the calculated caloric deficit, plan meals that add up to the desired daily caloric intake. Focus on nutrient-dense foods, such as lean proteins, healthy fats, whole grains, and a variety of fruits and vegetables. Avoid highly processed and calorie-dense foods that are high in added sugars and unhealthy fats.

4. Incorporate physical activity: To maximize weight loss, it's important to incorporate physical activity into the daily routine. This can include regular exercise, such as resistance training and cardio, as well as more active daily habits, such as taking the stairs instead of the elevator.

5. Monitor progress: Regularly monitoring progress, such as tracking weight and body measurements, can help to ensure that the diet is working and that goals are being met.

It's important to remember that everyone's body is different and what works for one person may not work for another. It's best to consult with a healthcare professional

A caloric deficit diet involves consuming fewer calories than the body burns in a day. This creates a negative energy balance, which can lead to weight loss. For a 40-year-old woman who weighs 160 pounds and is 5'5", a caloric deficit diet might look like this:

1. Determine daily caloric needs: The first step is to determine how many calories the body needs to maintain its current weight. This can be calculated using an online calorie calculator, or a healthcare professional can help with this. For a 40-year-old woman who weighs 160 pounds and is 5'5", daily caloric needs might be around 1,800-2,100 calories.

2. Calculate caloric deficit: To create a caloric deficit, you will need to consume fewer calories than your body burns in a day. A safe and effective caloric deficit is typically around 500-700 calories per day less than usual.

3. Plan meals: Based on the calculated caloric deficit, plan meals that add up to the desired daily caloric intake. Focus on nutrient-dense foods, such as lean proteins, healthy fats, whole grains, and a variety of fruits and vegetables. Avoid highly processed and calorie dense foods that are high in added sugars and unhealthy fats.

4. Incorporate physical activity: To maximize weight loss, it's important to incorporate physical activity into the daily routine. This can include regular exercise, such as resistance training and cardio, as well as more active daily habits, such as taking the stairs instead of the elevator.

5. Monitor progress: Regularly monitoring progress, such as tracking weight and body measurements, can help to ensure that the diet is working and that goals are being met.

It's important to remember that everyone's body is different and what works for one person may not work for another. It's best to consult with a healthcare professional before starting any new diet or nutrition plan to ensure that it's safe and effective for you. Additionally, slow and steady progress is more sustainable in the long-term than rapid weight loss, so be patient and stay committed to your goals.

Macronutrients, commonly referred to as "macros," are the three main types of nutrients that the body requires in large amounts to function properly: carbohydrates, proteins, and fats.

1. Carbohydrates: Carbohydrates are the body's primary source of energy and are found in foods such as fruits, vegetables, grains, and sugar.

2. Proteins: Proteins are essential for building and repairing muscle tissue and are found in foods such as meat, poultry, fish, beans, and dairy products.

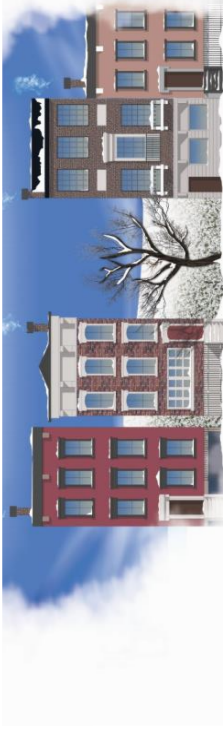
3. Fats: Fats play a role in hormone production, energy storage, and cell membrane structure, and are found in foods such as nuts, oils, avocados, and fatty fish.

Tracking macros can be important for individuals looking to achieve specific health or fitness goals. For example, individuals who are looking to build muscle mass may need to consume more protein, while those looking to lose weight may need to consume fewer carbohydrates and fats. Monitoring macros can help individuals ensure that they are consuming the right balance of nutrients to support their goals.

It's important to note that tracking macros is not necessary for everyone and that there are many other ways to achieve a balanced diet. However, for those who are looking to fine-tune their nutrition and achieve specific goals, tracking macros can be a helpful tool. It's always best to consult with a healthcare professional before starting any new diet or nutrition plan to ensure that it's safe and effective for you.

- Johnny Ketlo III

February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Lasagna making healing fire in PG	2 lasagna making youth group 4-6pm	3 Don Burnstick comedy show	4
5	6	7 Transformations support meeting 6pm, youth group 4- 6pm	8 Valentines day chocolate making. Dr Day, Dr John	9 Valentines day chocolate making youth group 4-6pm,	10 Men's Group Hockey 8-9:30 Pro D Day sliding party 1-4pm	11
12	13 Lindsey Pikk MH	14 heart health, Dr Danette 9:30-4:30, Youth group 4-6pm	15 Womans group 6- 9pm. Finish Lahal stick making 6-9pm	16 Woman group 6- 9pm Youth Group 4- 6pm	17 Men's Group Hockey 8-9:30	18 Ski trip to Fort St James
19	20 family day stat Lindsey Pikk MH	21 Transformations support meeting 6pm, youth group 4- 6pm	22 Pink shirt day Diabetes Bingo 2- 4pm	23 youth group 4-6pm Healing Circle 1pm, Casino Night 6-9	24 Men's Group Hockey 8-9:30, Jordans Principle	25
26	27 Lindsey Pikk MH	28 Youth group meeting 4-6pm Dr Danette	1	2	3	4
5	6	Notes				

GOV Youth Toy BINGO

February 19th, 2023
Nadleh Whut'en Gym
Doors open 2pm
Games start 3pm

Regular card prices

3 up - \$5

6 up - \$10

9 up - \$15

12 up - \$20

15 up - \$25

18 up - \$30



Payout

Regular Games: Toys for all ages

Middle Jackpot: Nintendo Switch

Last Jackpot: PS5

Specials: Half of sales

****Specials will be sold in a bundle of 5 games for \$5****

Daycare on site \$10 per child if they are not playing bingo

****Please keep your children seated at all times****



NADLEH WHUT'EN

RECREATION COORDINATOR

Job Posting

The Recreation Coordinator develops and implements recreation/exercise programming for the Nadleh Whut'en community. The incumbent creates and delivers a dynamic schedule of events and activities for members of all ages to maintain and improve their health.

Key Duties & Responsibilities:

- Coordinates the schedule of recreational activities and events targeting all groups within the NWFN community (i.e., children, parents, youth, elders, members with disabilities)
- Seeks out funding opportunities for new and existing programs and with approval from the CHR, submits proposals
- Maintains equipment inventory and ensures equipment maintenance requirements are met
- Develops and communicates a program schedule of clinics, gym activities, team sports, special events, and field trips
- Assumes responsibility for the day-to-day operation of the recreation facility and equipment

Skills & Qualifications:

- Post-secondary certificate in Recreation, Physical Education, Sports Management or other related field is an asset
- 1 year of experience working in a recreation role
- Experience working with or within an Indigenous community.
- Satisfactory Criminal Record Check.
- Valid certificate in Level 1 First Aid and CPR
- Valid B.C. Class 5 Driver's License and clear driver's abstract.
- Excellent client service skills. Friendly, positive, responsive, professional and helpful.
- Ability to design, deliver and assess effective recreation programming for people of all ages.
- Physical fitness at a level to lead various sports and recreational activities.
- Ability to promote and market programs and events to maximize participation.
- Able to work independently with minimal day-to-day supervision as well as working within a collaborative team framework.
- Ability to facilitate group activities as well as working with individuals one to one
- Basic to intermediate computer skills including MS Office.

Deadline to apply: February 24, 2023

Please submit resume with cover letter to: kgeorge@nadleh.ca

****Only those selected for an interview will be contacted & preference will be given to band members if qualified ****

WE ARE RECRUITING!



CARRIER SEKANI
FAMILY SERVICES



WE ARE LOOKING FOR ADULTS
(19+ YEARS OLD) TO JOIN US
IN AN INTERVIEW TO SHARE
THEIR OPINIONS ABOUT
TELEHEALTH PHYSIOTHERAPY.

No previous experience is required

Gift Cards will be provided for
each person who participates in
the discussion group.

AVAILABILITY:
FEBRUARY 13 TO 17

For more information, please contact Débora
Debora.Petry-Moecke@hli.ubc.ca or 604-726-1472



