

Newsletter

NADLEH WHUT'EN NEWSLETTER

MARCH 16TH, 2023



- BY JOHNNY KETLO

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CONTEST INSIDE!

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



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JOB POSTING

New job posting for Residential School Project Lead Researcher.
Full Time position.

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ADMINISTRATION

Election Code questionnaire from community sessions.

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CROSSWORD

Dakelh crossword puzzle. Flex your language skills.



**NADLEH WHUT'EN FIRST NATION
JOB POSTING**

Job Title: Lead Researcher

Department: Lejac Indian Residential School (LIRS) project

Position Status: full-time, term position, 35.0 hours per week

Remuneration: commensurate with relevant education and experience

Competition Close: Friday March 31st 2023 11:59 pm PST

Competition Instructions: Email resume, a cover letter including remuneration expectations, and a maximum of three (03) letters of reference, in one (01) pdf document to the attention of Terry Luggi, Indian Residential School Project Manager at tluggi@nadleh.ca

Only those selected for an interview will be contacted

JOB SUMMARY

This position:

- Works closely with the IRS Project Manager and the Lejac IRS Guiding Team;
- Creates and/or maintains relationships with Lejac Indian Residential School Survivors and/or intergenerational survivors from up to 70 Indigenous First Nation communities, Elders, Tribal Councils, groups and organizations, allied communities and as appropriate related religious, archival institutions, government and not-for-profit organizations;

- Is essential to a documented Witness' statement gathering process for the purpose of naming and locating children who did not return home from the Lejac IRS.
- Responds to research inquiries relating to the Lejac IRS project.
- Is instrumental in the collection, collation, analysis, documentation, storage, protection, care and preservation of Lejac IRS student records, information and research.
- Collaborates with staff to plan and coordinate events as appropriate;
- May also be called upon to undertake special assignments.

Outcomes

- Development and preservation of the entirety of Nadleh Whut'en LIRS Project student records and related research.
- Development, implementation and preservation of the Nadleh Whut'en Lejac IRS Project documented witness interview gathering process.
- The lasting design, development and implementation of research framework documents and research infrastructure for Nadleh Whut'en relating to the Lejac IRS Project.
- Realization of the Nadleh Whut'en First Nation's Lejac IRS Guiding Team research related objectives.

Working Conditions

- Physical Effort Required (minimal)
 - Sitting (extended periods), standing (while presenting), walking (minimal), bending, lifting (15 lbs), keyboarding (considerable time).
- Physical Environment (moderate)
 - Minimal exposure to noise and odours, travel in/to a variety of environments and locations.
- Sensory Attention (considerable)
 - Attention to detail, multi-tasking, can be sporadically high-paced, work efficiently with distractions and interruptions.
- Mental Stress (considerable)
 - High paced, people centered and people driven, high level of responsibility for accuracy of work, high level of stress for nature of work and sensitivity to trauma impacted people, irregular work hours, working

collaboratively, inter-departmentally and between Nations and organizations.

Minimum Qualifications

- Undergraduate Bachelor's Degree in a related discipline
- A personal connection to the Lejac Indian Residential School, an understanding of the legacy of IRS, the historical context and its impacts
- Understanding the role of academic research
- Ability to manage Indigenous driven research for and with Indigenous people demonstrated by 3 years of research experience in an Indigenous context
- Experience working in First Nations Bands and/or Indigenous organizations, in progressive responsible positions, demonstrated by 5 years of experience
- Experience engaging with Indigenous communities demonstrated by 3 years of experience
- Computer literacy, including knowledge of and experience with, a variety of computer-based information systems including but not limited to document management systems, MS Office software and multimedia resources

Preferred Qualifications

- Graduate Masters degree in a related discipline
- Understanding and/or fluency in a dialect of the Dakelh / Carrier language
- Knowledge of:
 - * the Freedom of Information and Privacy Act
 - * Tri-council Policy Statement: Ethical Conduct for Research involving Humans-TCPS2
 - * Indigenous Research Methods and The First Nations Principles of OCAP
- Ability to:
 - * accurately create and maintain records and organize information
 - * gather and locate information using a variety of methods, including archival institutions
- Ability for thoroughness, accuracy, and a high level of attention in data entry
- Experience with, and competence in, data organization, database use, database management, document preparation, and the organization, protection of storage and data
- Experience providing coaching and mentorship

Knowledge, Skills & Abilities

- Effective written and verbal communication skills
- Excellent interpersonal skills exercising sound judgment initiative, tact and discretion in building relationships, working with staff, community members, leadership, other stakeholders, IRS survivors or intergenerational survivors
- Good judgment in the assessment of materials, attention to detail, organization and confidentiality of information
- Demonstrated drive and capacity to work independently with minimal direction, and cooperatively within a team environment, lending leadership where necessary, in groups
- Strong organizational skills
- Demonstrated work ethic and commitment
- Ability to work effectively to meet deadlines

Required Management Skills

- Functions in accordance with Nadleh Whut'en policies and procedures and health and safety policies, relevant legislation, government policies and regulatory authorities;
- Demonstrates individual and collective responsibility in planning and implementation of strategic direction and outcomes;
- Demonstrates prudent and appropriate Human Resource management, recognizing the inherent value of people in effectively carrying out responsibilities;
- Demonstrates compassion, innovation and creativity in solving departmental, interdepartmental, and Nation issues related to the role;
- Maintains and continues to develop appropriate professional competencies, contacts and skills;
- Practices appropriate assurance of confidentiality, due diligence and effective risk management techniques to safeguard Survivors, Nadleh Whut'en and the Lejac IRS Project;
- Contributes to the team providing leadership and accountability within areas of responsibility;
- Assume responsibility for the Lejac Indian Residential School research and witness interview process;
- Ensure culturally safe and culturally responsible research practices.

Supervision

Reporting to the Nadleh Whut'en Indian Residential School Project Manager under the visionary guidance of the Lejac Indian Residential School (LIRS) Guiding Team. May oversee and provide research related direction for the work of other LIRS project team employees and/or contractors.



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Reception Suite 300 Fax: 604.681.0959
Vancouver, BC V6B 2T4 www.mandellpinder.com

Nadleh Whut’en Draft Election and Referendum Code Questionnaire

1. Do you agree the Nadleh Whut’en should have a custom election Code?

Yes No Comments:

2. Do you agree with 5 Councillors and 1 Chief?

Yes No Comments:

3. Do you agree with 4-year term?

Yes No Comments:

4. Do you agree with staggered elections?

Yes No Comments:

5. Do you agree that Electoral Officer should not be a Member?

Yes No Comments:

6. Do you agree that Electoral Officer should not be an employee or have other contract?

Yes No Comments:

7. Are there other requirements/limits for being an Electoral Officer?

Yes No Comments:

8. Do you agree with timelines for changing voters list?

Yes No Comments:

9. Do you agree Voter can only nominate one person for Chief and two persons for Councillor

Yes No Comments:

10. Do you agree with candidate fees?

Yes No Comments:

11. Do you agree with Criminal record check requirement?

Yes No Comments:

12. Do you agree with the Candidate requirements?

Yes No Comments:

13. Do you have any concerns about voting process?

Yes No Comments:

14. Do you agree with By-Election in the case of a tie?

Yes No Comments:

15. Do you agree with requirements of Appeal Committee?

Yes No Comments:

16. Do you agree with set out appeal process?

Yes No Comments:

17. Do you agree with this process for removal from office?

Yes No Comments:

18. Do you agree with process for triggering a By-Election?

Yes No Comments:

PLEASE RETURN TO ROSE DASILVA OR EMAIL TO ELISA@MANDELL.PINDER.COM

BUSINESS PLAN DEVELOPMENT & FINANCIAL LITERACY WORKSHOP

NADLEH WHUT'EN • MARCH 30 • 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.



2023 Canadian Wrestling Championships (U19, U17, U15)

MARCH 24-26, 2023
Vancouver Convention Centre
Vancouver, BC



CONGRATULATIONS TO DAKELH YOUTH FEMALE WRESTLER SYMARA MAE KETLO WHO WILL BE GOING TO NATIONALS NEXT WEEKEND IN VANCOUVER. EVEN THOUGH SHE WAS UNDER AGE SHE STILL MADE IT. SHE WILL BE THE YOUNGEST COMPETITOR. YOU ARE AN INSPIRATION TO THE PEOPLE. WAY TO GO!

WorkBC
Centre

Lakes District

Inclusive JOB

FAIR 2023

Bring your resumes with you
and come prepared
for an interview!



April 18, 2023
12:00 – 5:00 PM
Vanderhoof Arena
340 Columbia St. East
Vanderhoof BC

For more details
or inquiries,
you may reach us
at 250-567-5785



This program is funded by the Government of Canada
and the Province of British Columbia.

Save the Date



STRAWBERRY MEDICINE COUNSELLING INC.

Strawberry Medicine Counselling Inc. is BC's first Indigenous-led and operated Registered Clinical Counselling Clinic specializing in "Two-Eyed Seeing" Clinical Counselling Services for Indigenous people and communities throughout British Columbia.

Meet and Greet Strawberry Medicine Counselling Inc.

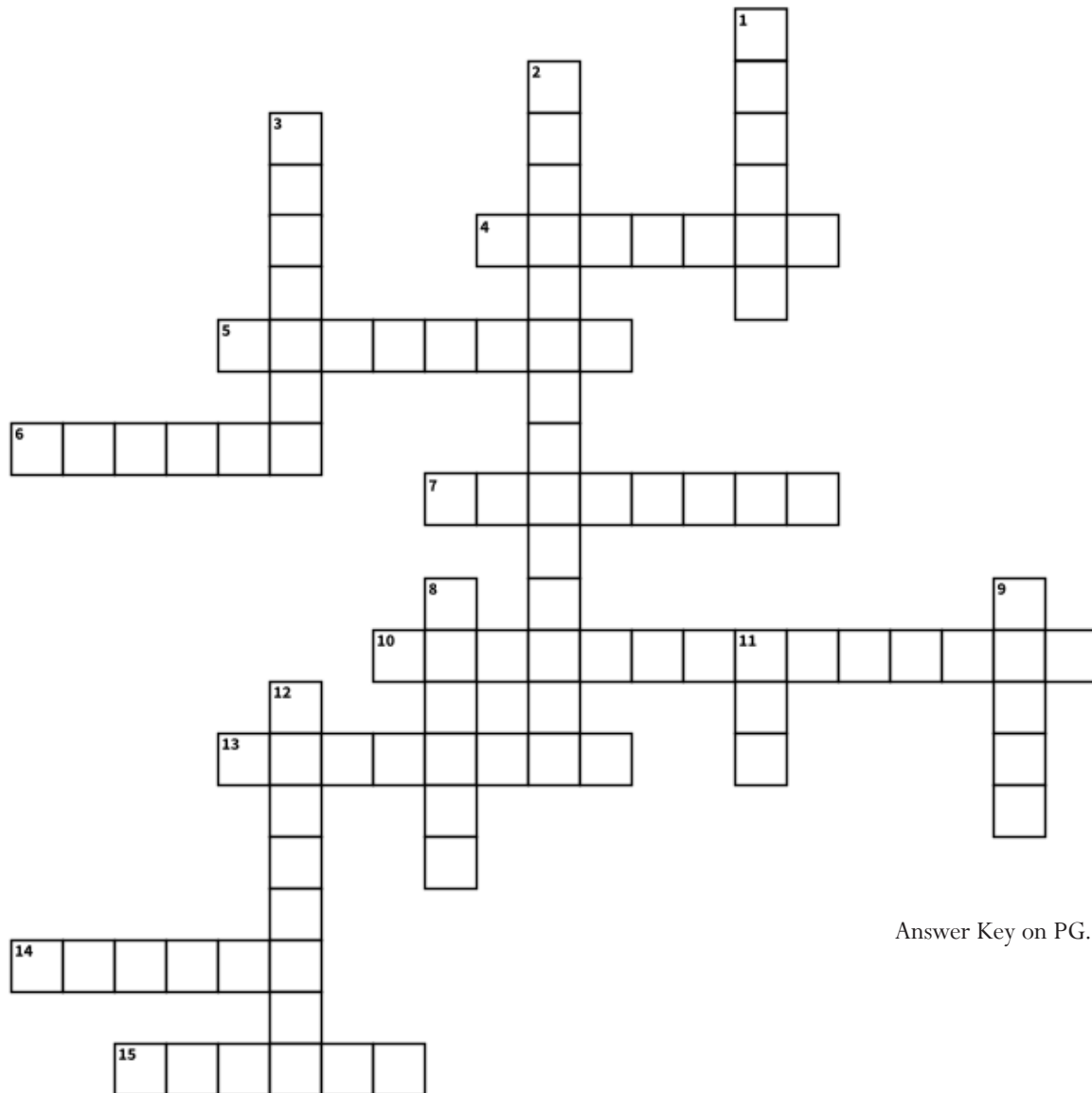
Nadleh Whut'enne Yah Gymnasium

12 to 3 pm Monday March 20th

brought to you by the Lejac Indian Residential School Project

Lunch provided!

Dakelh



Answer Key on PG. 19

Across

- [4] dentalium shell
- [5] snake
- [6] trout
- [7] left side
- [10] clams
- [13] right side
- [14] sucker
- [15] tall, you (1) are

Down

- [1] there is not
- [2] turtle
- [3] salamander
- [8] he is planing
- [9] abalone shell
- [11] char
- [12] they are thirsty



- Pics by Burton Louie

HADIN,

WE ARE PLANNING A WEBINAR PRESENTATION AND Q&A OF THE LAKES RESILIENCY PROJECT. THIS WEBINAR PRESENTATION WILL BE FOR ALL THE PARTICIPATING NATIONS TO ATTEND. IT'S PLANNED FOR THE END OF APRIL, BUT AS SOON AS WE HAVE A CONFIRMED DATE, I'LL LET BOTH OF YOU KNOW WITH COMMUNICATION MATERIALS FOR IT.

AT THIS TIME, WE WOULD LIKE TO HAVE THE WEBINAR PROMOTED IN THE NATION. BELOW I HAVE ATTACHED A BRIEF DESCRIPTION TO BE INCLUDED WITH THIS INITIAL PROMOTION.

MUSI,

JARED TIBBETTS

PROJECT COORDINATOR (CONTRACTOR), RESONANT STRATEGIC, FIRST NATIONS STEERING COMMITTEE, LAKES RESILIENCY PROJECT.

TIBBETTSJERD@GMAIL.COM

APRIL WEBINAR TO BE ANNOUNCED

Lakes Resiliency Project Description

How decisions are made on the land is changing in our territories. One hundred and fifty years of colonialism has kept our Nations from taking our rightful places as stewards of the land. Recently many Nations have begun working with the province to reclaim our responsibility for our Yintah, Keyohs, and Keyahs. Government-to-government negotiations and agreements are increasing our ability to include our values, concerns, priorities, and knowledge in decision-making process. This is our time to have our voices heard on how the land is managed. The Lakes Resiliency Project is part of this change.

Nadleh Garbage Notice:

- **Garbage for garbage bags only.**
- **No loose containers, McDonalds bags or Tim Hortons bags.**
 - **No cardboards**
 - **No batteries or tires**
- **Cat litters double bagged please**

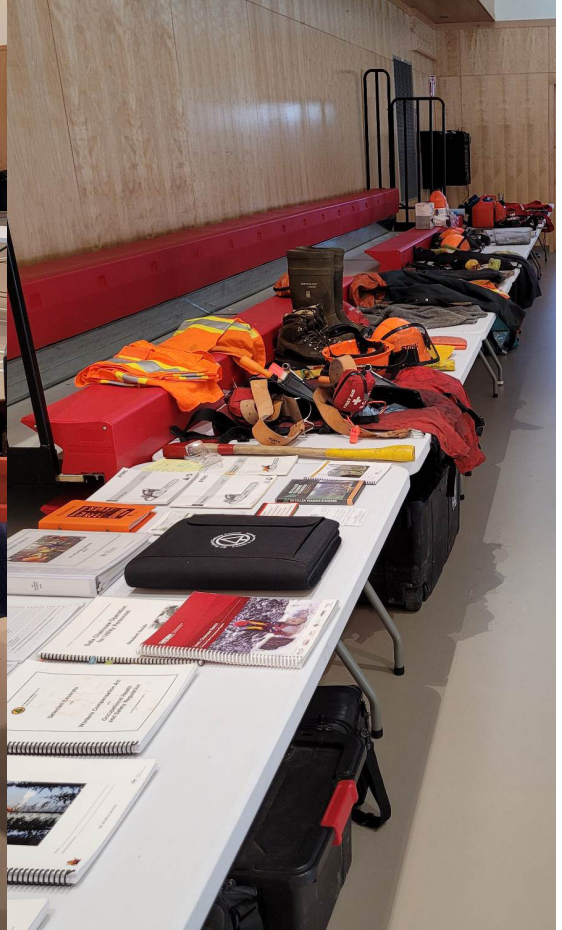
Anything that fits in a garbage bag is ok as long as it is securely sealed in the bag.

**Mattresses or other large materials of waste are to be picked up by Maintenance Men but you have to give them notice.
Thank you from Maintenance.**





POWER SAW SAFETY COURSE



- Pics by Johnny Ketlo

The health and wellness advice written here is for informational purposes only and should not be considered professional medical advice; please consult with a qualified healthcare provider before making any changes to your lifestyle.

HEALTHY EATING COLUMN

Healthy eating is all about making smart food choices that nourish your body and provide it with the nutrients it needs to function properly. At its core, healthy eating is about consuming a balanced diet that is rich in whole, unprocessed foods and low in processed and junk foods. To get started with healthy eating, it is important to focus on incorporating plenty of fruits and vegetables into your diet. These foods are packed with essential vitamins and minerals that help to keep your body healthy and functioning properly. Try to aim for at least five servings of fruits and vegetables per day. In addition to fruits and

vegetables, it is also important to consume a variety of whole grains, lean proteins, and healthy fats. Whole grains like brown rice, quinoa, and whole wheat bread are high in fiber and provide your body with sustained energy. Lean proteins like chicken, fish, and legumes are important for muscle growth and repair. Healthy fats like avocado, nuts, and olive oil are essential for brain function and help to keep your skin and hair healthy.

It is also important to limit your intake of processed and junk foods, as these can be high in sugar, unhealthy fats, and calories. Instead, opt for whole, unprocessed foods that are

rich in nutrients.

Finally, it is important to stay hydrated by drinking plenty of water throughout the day. Aim for at least eight glasses of water per day to keep your body functioning properly and to prevent dehydration. Overall, healthy eating is about making smart food choices that nourish your body and help you feel your best. By focusing on whole, unprocessed foods and limiting your intake of processed and junk foods, you can improve your health and feel better both physically and mentally.

- by Johnny Ketlo

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EXERCISE BENEFITS COLUMN

Exercise has numerous benefits for both physical and mental health. For someone who has never exercised, starting a regular exercise routine can be intimidating, but the benefits are well worth the effort.

One of the main benefits of exercise is that it can help to improve cardiovascular health. This means that exercise can strengthen your heart and lungs, which can improve circulation, lower blood pressure, and reduce the risk of heart disease. Exercise can also help to improve muscle strength and endurance. This can improve your overall physical ability, making it easier to perform daily activities and reduce the risk of injury. Regular exercise can also help to increase bone density, which can reduce the risk of osteo-

porosis and fractures.

In addition to physical benefits, exercise can also have a positive impact on mental health. Exercise has been shown to reduce stress, anxiety, and depression, as it can help to release feel-good chemicals in the brain called endorphins. Exercise can also help to improve mood, self-esteem, and cognitive function.

Regular exercise can also improve sleep quality, which can have a positive impact on overall health and well-being. Exercise can help to regulate the body's circadian rhythm, which can lead to better quality sleep and improved energy levels during the day.

Finally, exercise can be a fun and social activity. Joining a gym or exercise class can provide a sense of commu-

nity and motivation, which can make it easier to stick to an exercise routine.

Overall, exercise is a key component of a healthy lifestyle. The benefits of exercise are numerous, including improved cardiovascular health, increased muscle strength and endurance, improved mental health, better sleep quality, and social benefits. Starting a regular exercise routine may be challenging at first, but the benefits are well worth the effort.

- by Johnny Ketlo

Solution

