

Newsletter

NADLEH WHUT'EN NEWSLETTER

DEC 15th, 2023

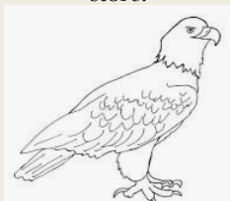


Pic by Johnny Ketlo.

1

CONTEST INSIDE!

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



4

FINANCE

Information on finance department and direct deposit.

14

LANGUAGE

Winter Items
Crossword Puzzle.

30

WELLNESS

Dec 22nd Hockey
Game/Fundraiser.

Join Our Team

Current openings:

Blackwater Mine

- Environmental Technician
- Camp & Travel Coordinator
- Supervisor - Transmission Line
- Superintendent - Mobile Maintenance
- Maintenance Planner - Site Service

Vancouver

- Communications Specialist
- Manager Permitting and Compliance (Environment)

Prince George or Vancouver

- Senior Accountant

Apply at: [artemisgoldinc.com/careers](https://www.artemisgoldinc.com/careers)



Finance Department Changes

The reasons, why Finance would prefer membership & businesses to sign up for Direct Deposit

- Save time, as membership, businesses are able to choose which account, or accounts they would like their money to be deposited into
- You will have immediate access to those funds, after it is sent to the bank
- Security, direct deposit can't be lost or stolen or misplaced
- Prevent fraud (cheques were cashed twice)

December 8, 2023

Finance Department Update

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RE: March 31, 2023 Audited Financial Statement

Is being finalized and I had to contract out help from the outside to assist me, this year. We are hoping to have it completed by the new year. Now, that we have a 3rd person in Finance to take over the tasks of A/R and Payroll. I will have time to concentrate on the two stores and the Band. If you have any questions, please contact me at ygeorge@nadleh.ca

Thank you all, for the patience in this matter.

Yvonne George, Finance officer

HOUSING UPDATE

December 11, 2023

- As of now Council has decided that we will not have any new builds for the time being.
- I've also applied for funding for renovations and I'm waiting to hear back to see if they have been approved.
- Reminder if you need any repairs please come to the office and fill out a repair form as we need a paper trail for all repairs. The band will not be held responsible for any repairs if you have not filled out a repair form.
- Please keep taps dripping during cold snaps so water pipes do not freeze.
- B.C. Housing will be doing a Housing needs assessment in 2024.
- Please be careful as the kids will be sliding in various areas during the winter.
- Also please housing applications need to be updated yearly.
- If you need your driveways plowed, please move all obstacles out of the way. IE; vehicles, firewood.

Jackie Louie
Nadleh Housing Coordinator



December 11, 2023
Hadih.

My name is Deanna Ketlo and I am the Education manager for Nadleh Whut'en.

This is a bit of what I have been doing since I have landed this position in April of 2023. I have been going through each month one day at a time. There is a lot to learn in this position. So far, I am doing my best to keep a routine and find my confidence in reporting and reading up on policies. We have fifteen people in post-secondary this year with a waitlist.

I don't have much to report on at this time.

I hope you all understand I will work hard and will always do my best to help you succeed with what you and your dreams of continuing studies and/or training maybe. Meanwhile I will continue to learn about all these different outlets and do my best to serve my Nadleh Whut'en people to the best of my abilities.

Thank you for your continued patience in my first year here.

Deanna Ketlo

Education Manager
Nadleh Whut'en
250-690-7211 ext. 106
deanna@nadleh.ca

Hadi Nadleh Members,

I would like to introduce myself for those of you that do not know me. I am Pamela Ketlo daughter of Johnny Ketlo JR and Sue Ketlo. Granddaughter of Johnny Ketlo SR and Norma Ketlo. LhtsehYoo Clan. Member of Nadleh Whut'en Nation. I recently have started working in the Nadleh Whut'en Lands Department as the Lands Manager Assistant. As I have only just begun my journey here I don't have a huge amount of reporting. I am working on updating the Sunset Beach Lease lots and making sure all the files are current, up to date, and in good standing. I am also starting my training to take the Professional Lands Manager Certification program so I can effectively and efficiently serve our community in the lands department future. I am excited to be working on our community and working for our own people. I look forward to seeing friendly faces around our community and feel free to stop by the office to say hadi.

Pamela Ketlo
Nadleh Whut'en First Nation
Lands Manager Assistant
P:250-690-7211
C:250-699-2053



Lands Dept Update – December 2023**Project report by Nadleh’s Environmental Monitor Brittani Ketlo:**

I have been working with Avison and Chelton on site 7 below Cheslatta Falls. We have been making a side channel that connects to the main river for the juvenile chinook. While the excavator makes the channel, he also uses his bucket to pull back some dirt so we can go up and plant the willows on the side of the channels. During this work Caleb (from Saik’uz Nation) and myself are doing water testing to make sure the sediment doesn’t get too high for the fish in the main channel.

We are hoping that prevents erosions, as well as keep cover for the juvenile fish that use this channel during the summer.

For this project we are hoping that this man-made side channel runs year-round for the juvenile salmon to stay around. We are also hoping that they get a chance to get into these with side channels while the river is getting low after spring.

Lands & Referrals Update:**Nadleh River Sonar Project**

In mid July a fish counting sonar station was set up at the mouth of the Nautley River. This was a joint project between Stellat’en, Saik’uz and Nadleh to count the fish travelling up the Nechako River towards their spawning grounds to the west.

A small shipping container was located near the Nautley River for the fish monitors to work from and to collect data. This was a 7-week project that can help us understand and monitor the fish numbers after the Big Bar Slide that occurred four years ago. In short, the sonar will assist in developing an understanding of how sockeye migrate through the river under different thermal conditions. Sonar can also contribute to an understanding of the returning abundances of sockeye in near real time, which could provide critical information to inform the NFN’s fishing opportunities.

Black Huckleberry Restoration Trial – September 2023

The purpose of the trial is to test the feasibility of planting black huckleberry plugs on reclaimed land within the Coastal GasLink right-of-way. CGL intends to restore black huckleberry on site in 2025. While there is growing interest in planting native shrubs as part of reclamation plans, there is very little information available on the efficacy of planting black huckleberry on disturbed lands such as pipeline corridors. Woodmere Nursery provided 50 huckleberry plugs and 10 alder seedlings for this reclamation trial and we planted them mid-September. With the last couple of years being so dry, the conditions were not ideal. We are hopeful they make it through the winter and thrive in the coming years.

Proposed Nadleh Boat Launch

A boat launch is currently being proposed at the site of the old highway bridge. This would be a private boat launch for community members or for use with permission only. The closest boat launch is only accessible certain times of year and boats that use it tend to disturb the riverbed. A new, properly designed boat launch would allow Search & Rescue, Spill Containment Crews and Fisheries Research good access all season long. We are currently looking into funding for this scope of project.

Endako Mine

The Lands Dept is currently involved in Endako Water Quality Working Group, which includes the Province, Centerra and Stellat'en & Nadleh Lands Dept. Our focus is to ensure any run off from the mine does not contaminate waterways and waterbodies. We use the strict guidelines of the Yinka Dene Water Law to guide our work. We have also been reviewing the proposed TP2 tailings pond spillway, a project designed to ensure more safety in the event of atmospheric rain event. In the coming year there will community consultation on End Land Use Planning and meetings will be scheduled to gather input.

Blackwater Mine

The Blackwater Mine is currently under construction, while the Transmission Line has yet to commence. The Lands Dept has spent many hours in the last two years reviewing mine permits and environmental assessments. Our Nadleh Environmental Monitor has been attending Mine Inspections with an Independent Environmental Inspector every month. The Lands Dept is involved with monthly meetings including End Life of Mine Committee and Inspection Reviews.



For more information on any of these projects or files, please call or visit the Nadleh Lands Dept.

Nadleh Health Center 2023 Report:

Karen George 778-259-1269 CHR emergency on call we have many staff

Deb Mcarthur Nurse

Cindy Salonas woman's wellness worker

Tim Erickson men's wellness worker

Tiana Ketlo Recreation worker

Joanne Luggi Band designate/Jordan's Principle family support

5 community Homemakers and always looking for more homemakers

DOCTOR LIST:

Dr Danette Dawkin

Dr John Pawlovich

Dr Terri Aldred

Dr Daisy Dulay

Heart specialist

Dr Winwood

Gastrologist specialist

NP Tracey Day

Colleen Booth

Addictions

Floaters Optometry

Mac Cardinal

Massage therapist

Chelsey Ziler

Mental Health

Lindsey Pikkarainen

Mental Health

Sondra Sturke

Mental Health

Programs that have taken place in 2023:

Men's Wellness camp
Woman's Camp
Cooking Meal Making
Baby Programs
Dentist
Foot Doctor
Traditional Healers
Moccasin and Vest Making
Canning
Tanning Moose Hide
Medicine Making
Baby Welcoming
Aboriginal Day
Cultural Days
Family Day
Ribbon skirts, shirts making
Lahale tournaments
Poker night
Youth groups
Literacy camp
Legends & lyrics
New Year's celebration
PG carnival
Swimming
Healing fires
Letting go ceremonies
Gardening
Community healing events with entertainment
Casino night
Community bingo
Pro D day events
Community clean up
Elders tea, walks, medicine making
Poker on Mondays
Men's group
Youth group
Star blanket making
Heart Specialist
Stomach specialist
Diabetic Nurse



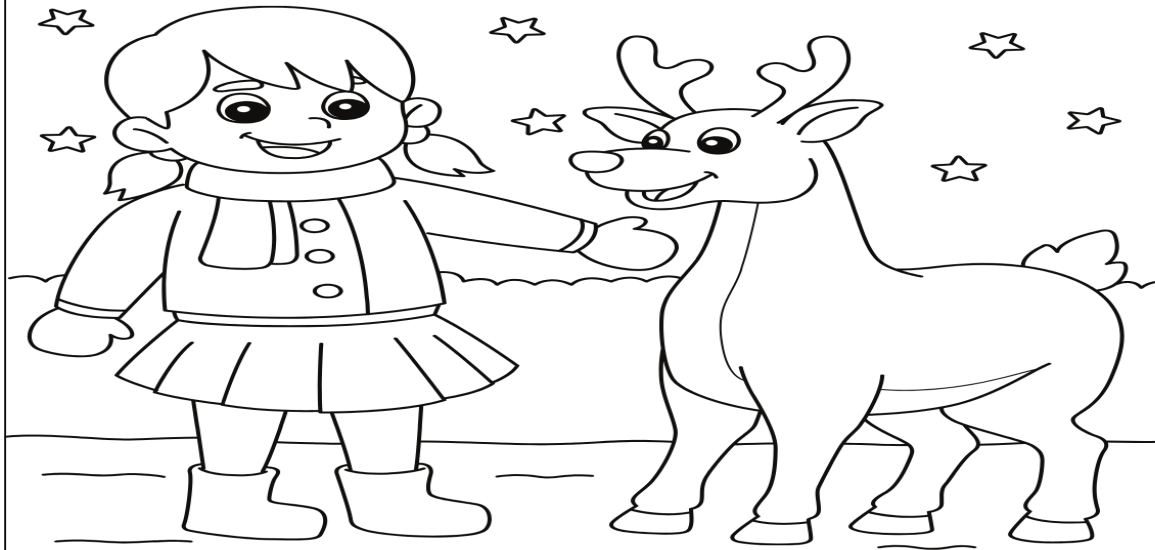
JOIN OUR CONTEST!

COLOURING CONTEST

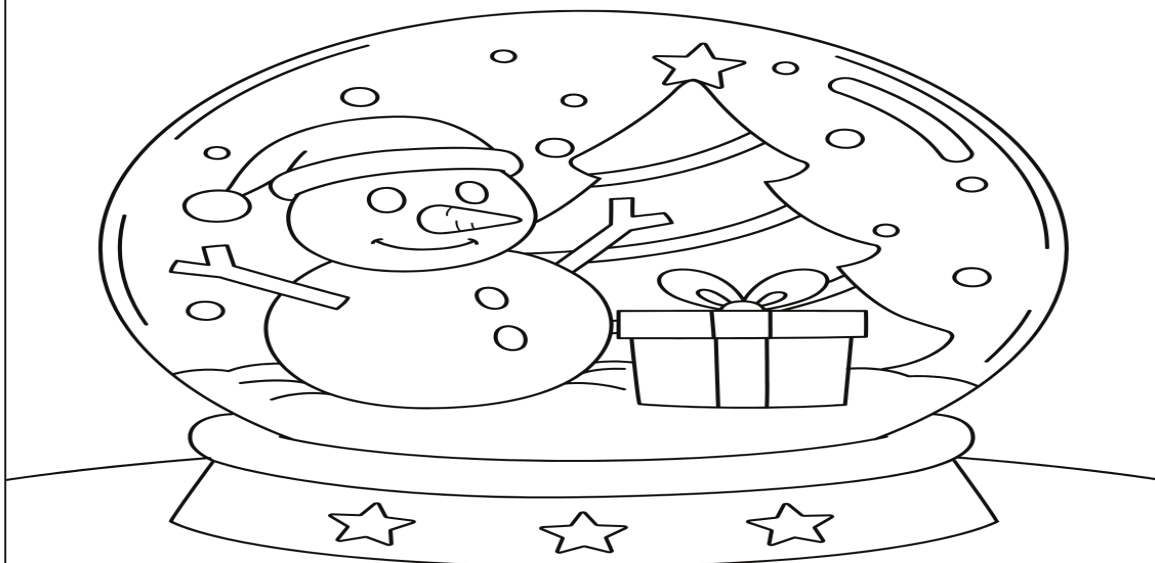
Youth and Elders

To submit an entry, drop your finished sheets off to Nina at the office or post a photo down below in the comments! The draw date is Dec 19th@ 12pm.

CIZI GRI
WHUZDLI DZEN
HOONZOO



CIZI GRI
WHUZDLI DZEN
HOONZOO



Winter Items



Across

- [3] ice
- [4] church
- [6] mouse
- [9] day after tomorrow
- [11] it snowed
- [13] legging
- [14] pig

Down

- [1] snow up high
- [2] icicles
- [5] snowbird
- [7] snow shoes
- [8] pie
- [10] thermos
- [12] toque
- [13] winter



Nadleh Whut'en First Nation
 Emergency Operations Centre
YEAR-END REPORT TO COMMUNITY
 Special Projects
 December 2023

PREAMBLE

Nadleh Whut'en First Nation's Emergency Operations Centre (EOC) was established by former Chief **Larry Nooski** and his Council in the summer of 2018 to respond to the Shovel Lake, Island Lake, Foster Lake, and Dog Creek Lake. Combined, these fires burned 120,000 hectares (22%) of Nadleh Whut'en traditional territory. Shortly after the wildfires ended, the Emergency Operations Centre team focused on the need to establish a Regional Centre of Excellence in Emergency Management. Today, we continue to work towards establishing a Regional Centre of Excellence in Emergency Management that will serve all citizens residing in Northern British Columbia.

Between the years 2019 and 2020, the small group of individuals who make up the Emergency Operations Centre slowly became involved in other issues of importance to Nadleh Whut'en community. Our team became involved in Fire Prevention Projects such as Fuel Management and Fire Smart projects.

Community identified priorities resulted in the EOC focusing on the need to pursue the development of recreational and cultural facilities as well as bringing public attention to pressing environmental and social justice issues. As a result, we started work on:

- a multi-million-dollar Community Skating Rink facility,
- completed a beautiful hiking trail known as "**Bryan Ketlo Memorial Trail**",
- completed the 1st phase of a Bahlat's Arbour project,
- Initiated a Climate Change Community Research project,
- Started a public awareness and action project on Missing and Murdered Indigenous Women and Girls +2 Spirited people and Men.

The EOC team involvement in other areas was formally recognized by **Chief Martin Louie** and his Council by conferring the name *Nadleh Whut'en Special Projects Team* to us.

PICTORIAL HISTORY



2018 BC and Nadleh negotiating Teams



Chief Larry Nooski delivering EOC Report



Early collaborations with BC Wildfire Services



Current Chief and Council



Ecosystem Restoration Field Work



Lejac Residential School Gathering

PROJECT UPDATES

REGIONAL CENTRE OF EXCELLENCE IN EMERGENCY MANAGEMENT FOR NORTHERN BC

Following the completion of a Project Feasibility Study completed by a team of architects in the year 2020, Nadleh Whut'en First Nation established a Society with the participation of several people representing various organizations. Currently, **Councillor Mark Alfred Lacerte** serves a Nadleh Whut'en representative to the Society.

During the years 2019 and 2023, EOC Director, **Juan C. (Wisyum'xw) Cereño**, served as a member of the Tri-Partite Committee in Emergency Management. The group was made up of representatives from Canada, British Columbia and the First Nations Leadership Council and focused primarily on redesigning the old Emergency Program Act (EPA) of British Columbia.

Due to the laborious work of the Tri-Partite Committee in Emergency Management and the directions provided by First Nations across British Columbia, the new *Bill 31, Emergency and Disaster Management Act* was passed into law on November 8, 2023. The new Act calls for a collaborative approach between provincial Emergency Management organizations and First Nation governments to prevent, mitigate, respond, and recover from emergencies in the province of British Columbia. The new Act, building upon the United Nations' Declaration on the Rights of Indigenous Peoples, recognizes the inherent rights of indigenous governments to participate in decisions making processes affecting their lands and citizens.

A LOOK FORWARD

The above listed legislative developments provide Nadleh Whut'en First Nation with a new window of opportunity to make the dream of creating a Regional Centre of Excellence in Emergency Management in Northern BC a reality. Nadleh Whut'en First Nation's EOC will continue to work towards the establishment of this new administrative structure.

FUEL MANAGEMENT PROJECTS

In the year 2019, with funding obtained from the Union of British Columbia Municipalities (UBCM), Nadleh Whut'en First Nation started two fuel management projects known as Community Resiliency Investment Projects (CRI # 168 and CRI # 362). The goal of these projects was to treat a total of 32 hectares of land that were posing high wildfire risk to our community. Following substantial delays caused by Covid-19, the two projects are finally completed. The goals achieved in these projects include:

- Completing fuel management work in 32 hectares of land.
- Complete Fire Smart Assessment in all community homes and public buildings. All assessments were completed by Nadleh Whut'en **Fire Chief Mr. Jerry Holm**.
- Develop a new Community Resiliency Plan (Fire Prevention Plan) to focus on future projects.
- In partnership with Nadleh Whut'en Administration, adding additional areas for fuel management treatment to protect people and homes.

It should be noted that the EOC staff often referred to these projects as a “*living nightmare*” for the following reasons:

- Funding for these projects was established on a per-hectare-cost which was calculated by the UBCM using cost projection from municipalities with little fuel loads (wood debris) and flat lands. These environments are remotely compared with the high fuel loads and steep terrain found in Nadleh Whut’en First Nation. The difference of course means that we had to invest more money to treat our hectares.
- Initially, no Forester wanted to be involved in developing the forestry prescriptions for CRI projects. The few who agree to work on fuel management prescriptions were not very familiar with the expectations from UBCM. Consequently, Nadleh was given a wrong prescription by a forester who subsequently left the company he was working for. Ultimately, Nadleh had to secure a different Forestry Consulting company to complete this work.

A LOOK FORWARD

Following years of lobbying to change the funding organization from UBCM to a First Nation’s accountable organization, the First Nations Emergency Services Society has been recently given the funds to support First Nations’ Fire Prevention activities. Nadleh Whut’en First Nation will present 3 new projects for the FNESS consideration.

The EOC wishes to acknowledge the hard work and dedication of former Fuel Management Crew Leader **Mr. Lucas Bhatoa** for completing these projects against all adversity including staffing issues, the Covid-19 pandemic, prescriptions issues, weather challenges, and many others. Thank you, Lucas Bhatoa, for your contributions to this and many other projects.

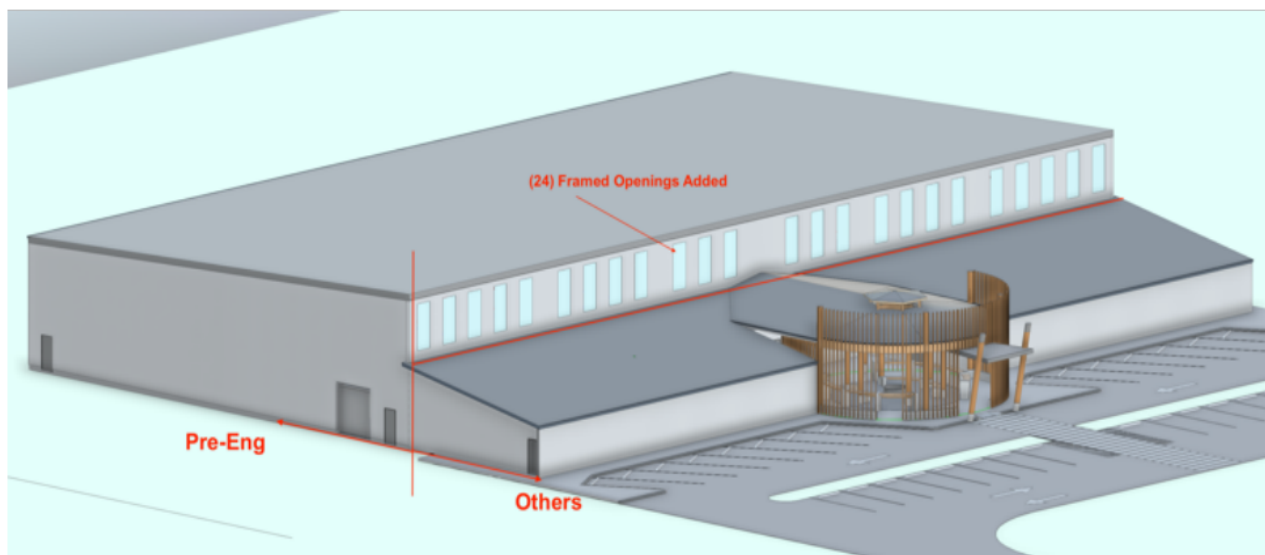


COMMUNITY SKATING RINK

Sometimes during the year 2019, **Councillor Damien Ketlo** came across a funding opportunity that could be used to pursue Nadleh Whut’en First Nation’s dream to build a multi-purpose arena. A team of people composed of **Councillor Damien Ketlo, Councillor Ashley Heathcliff, Rose DaSilva, and Juan Cereño** develop a successful proposal designed to build a \$ 5.0 million Skating Rink. Over \$ 3.5 million were accessed as a grant and Nadleh Whut’en First Nation committed \$ 1.3 million towards the project.

Delays in project approvals and subsequent challenges created by the Covid-19 pandemic, and a 100% increase in building materials resulted in cost increases to our skating rink. Today, the costs of building the skating rink have escalated to \$ 11.0 million. Today, we are working towards accessing the \$ 6.0 million needed to complete the Skating Rink project. Meanwhile, construction of the skating rink continues, and we plan to erect a fully enclosed arena building in the Summer of 2024.

NADLEH WHUT'EN SKATING ARENA



A LOOK FORWARD

The building pictured above will be installed in the Summer of 2024. We continue to work towards accessing the additional funding needed to complete the project according to the dreams and aspirations of Nadleh Whut'en community.

BRYAN KETLO MEMORIAL TRAIL

Shortly after the sudden loss of **Mr. Bryan Ketlo**, a group of co-workers sat to reminisce about his life accomplishments. The group wanted to keep Bryan’s memory alive. The idea to build a hiking trail in the exact area where he had been working as a fuel management worker was discussed. Soon after this gathering of Bryan’s co-workers, Mr. John DeGagne, President of the Society for Ecosystem Restoration Northern BC (SERNbc), offered to Juan Cereño, funding support from the BC Ministry of Forests. A project proposal was submitted, and Nadleh Whut’en obtained the resources to make the Bryan Ketlo Memorial Trail a reality. The project was completed by relatives and close friends to Bryan to standards much higher than initially anticipated. In fact, many building features in the trail such as the bridge, the long staircases, and the two grand entrances were never considered in the project initial concept. The additions and improvements were all designed and implemented by those who build the project.



Bryan Ketlo and Co-Workers

PICTORIAL HISTORY II



PROJECT CHANGES/IMPROVEMENTS

Numerous changes were made to the Bryan Ketlo Memorial Trail. Most of them, if not all the changes, resulted in significant improvements to the original project design. For example:

- Rather than relying heavily on machinery, the crew decided to complete numerous tasks manually. Among those tasks, the crew decided to spread the gravel using trucks and manpower instead of heavy-duty machinery. This change resulted in an extension of the project timelines; but it did not affect the overall budgets. Overall, the changes resulted in more people participating in the project and a better trail.
- A bridge, not initially envisioned as part of the project, was designed, and built by the project crew members. What appeared to be a huge undertaking, resulted in a most beautiful addition to our project.
- Due to the difficulties in finding ready-made cement picnic tables, the crew decided to build the tables. The result is a series of tables made by community members that are appealing to the eye, well made and beautiful.

A LOOK FORWARD

Nadleh Whut'en First Nation – Bryan Ketlo Memorial Trail was originally inspired by the life and accomplishments of a community member who was well-liked by all. Bryan's knowledge and respect for Nadleh Whut'en culture and traditions was recognized by the entire community. According to many community members, Bryan Ketlo was always willing and ready to bring a load of firewood for someone in need, to go into the wilderness to find traditional medicines for someone ill, and to help anyone in need. Bryan was a friend to all, and he was loved by the entire community. His passing had to be marked and recognized. Something had to be done so the memory of a good person will not go into oblivion. His family and friends had an idea....to build a hiking trail on top of the most beautiful mountain in Nadleh Whut'en and name the trail on his memory.

Almost everyone in our community wanted to work in this project. However, the honour of building the trail was given to immediate family and closest relatives. Work was completed with pride. Every single shovel full of gravel was sent off in the air in the memory of someone loved by everyone. New ideas for project improvement were discussed during the lunch and coffee breaks, and those ideas were quickly implemented, resulting in a project built to specifications much higher than initially conceptualized. It was a community project; it was built with pride to honour one of our best.

BAHLAT'S ARBOUR – PHASE I

The Nadleh Whut'en Bahlat's Arbour project was initially conceptualized by Councillor and Language and Culture Manager Mrs. Eleanor Nooski. The initial idea was to build an Arbour near the river with a capacity for approximately 60 people. In addition, the project also aimed at restoring an old smoke house located in the building site. The construction of a Bahlat's Arbour was conceptualized to revitalize the clan system and strengthen the culture and traditions of Nadleh Whut'en. Funding for the project was obtained through a proposal to the First Peoples Cultural Council and the Nadleh Whut'en First Nation. A local builder initially agreed to build the project. However, during the planning stages of the project, those working

on the project became aware of potential building difficulties. Issues related to building foundations, soil stability, and log species had to be re-evaluated. After careful consideration and study, it was decided to engage a team of architects, engineers, and geologists in the planning, design and building of this project.

As a result of the new building approach, the costs associated with building this structure increased significantly. To manage the increased costs, the project team, composed of Councillor/Language and Culture Manager Mrs. Eleanor Nooski, Councillor/EOC Planning Manager Mrs. Ashley Heathcliff and Special Projects Manager/EOC Director, Mr. Juan Cereño requested a meeting with the funders. Following various conversations, the funders agree to entertain a new project proposal and consider part of the project as phase 1 of the overall Bahlat's Arbour project.



ARTISTIC BAHLAT'S ARBOUR DESIGN



OLD SMOKE HOUSE



NEW SMOKE HOUSE



ARBOUR FOUNDATIONS



ARBOUR CONSTRUCTION

A LOOK FORWARD

The logos of each of the clans will be painted on the walls of the new smoke house. Cedar logs will be custom made for the Arbour and the project is expected to be completed in the fall of 2024.

CLIMATE CHANGE PROJECT

The Climate Change and Hazard Risk Assessment project was born out of concern for the rapid environmental changes experienced by Nadleh Whut'en and the entire world. The focus of this project is to monitor climatic changes from the perspective of those who use the land and its resources.

Mrs. Serina Greene was selected to Coordinate this project based on her knowledge and use of Nadleh Whut'en territory and the rich resources contained within the land. In collaboration with the lands department of Nadleh Whut'en, Serina is also acquiring scientific data such as water amounts in the watersheds, water temperature fluctuations, number of spawning salmon in the Nautley river and other valuable information.

A LOOK FORWARD

The traditional ecological knowledge and scientific information being collected will be used to develop graphics portraying climate changes and impacts over the past few years.

MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS +2 SPIRITED & MEN

This project was conceptualized following a keynote address delivered by Juan Cereño in Toronto about Family Violence. The theme of the keynote address was on systemic violence; the kind of violence that is based on racism, lack of police action, lack of public awareness and other social factors. As such, the focus of the project is on public awareness and social action. The Project is coordinated by Mrs. Serina Greene who have been supported by Councillors Eleanor Nooski and Ashley Heathcliff as well as the entire Chief and Council.

Among others, this project has achieved the following:

- Organized a Walk for Justice in Prince George.
- Developed a logo based on Nadleh Whut'en clan system.
- Work collaboratively with Carrier Sekani Family Services.
- Developed a highway sign to bring awareness to MMIWG.
- Supported relatives of MMIWG.

A LOOK FORWARD

We plan to work towards accessing additional funding to continue with the public awareness in this project. Two large public education signs will be placed at Lejac on each side of the highway.

NADLEH WHUT'EN FIREFIGHTING CREWS

This update report would have been incomplete without alluding to the excellent work performed by our firefighters and Emergency Transportation Vehicle Crews. For many years,

Nadleh Whut'en First Nation's firefighters were called upon to carry out "mop-up" work (the task of putting out ambers after the fire has been contained). Occasionally, a level 3 firefighting contract would be extended to Nadleh Whut'en, often near the end of the wildfire season. Determined to change this situation, Nadleh Whut'en EOC, led by Planning Manager Mrs. **Ashley Heathcliff**, worked hard to secure the training needed to establish the first Indigenous Initial Attack Crew in the Northern Region. This crew is only the second established in the province of BC. Furthermore, our Initial Attack Crew is led by a woman **Ms. Crissy Nooski**.

In addition, after years of attempting to secure a contract for our Emergency Transportation Vehicle, we finally signed an agreement with BC Wildfire Services. Although the agreement was short in duration, we expect that the ETV contract will be renegotiated the next wildfire season.



Nadleh Whut'en Initial Attack Crew



**NADLEH IS HOPE.
NADLEH IS STRENGTH!**

KEEP HIGHWAY 16 SAFE



CARRIER SEKANI
FAMILY SERVICES

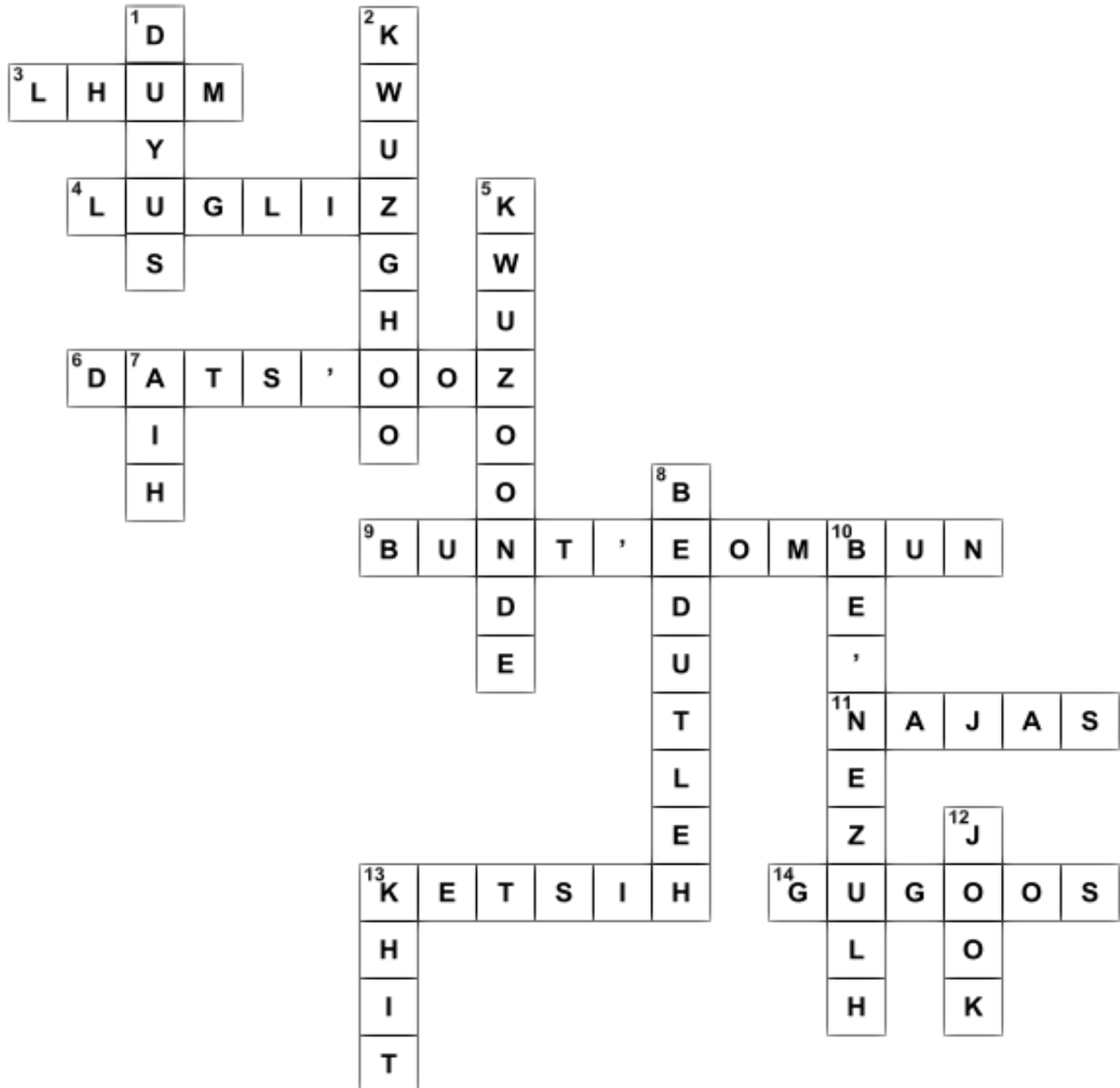
HIGHWAY
OF TEARS
GOVERNING BODY

SIGN TO BE PLACED AT LEJAC



2019 WILDFIRE REHABILITATION CREW

Solution



GET READY TO WITNESS AN EPIC CLASH ON DECEMBER 22ND, 2023, AT 6 PM AS THE ICE HEATS UP WITH A THRILLING HOCKEY SHOWDOWN BETWEEN BURNS LAKE AND NADLEH/FRASER LAKE TEAMS.



But this game is more than just goals and penalties; it's a rally for community support! The Nadleh Whut'en Men's Group & Wellness team calls upon all fans to join in this festive spirit by bringing non-perishable items or gifts for the Burns Lake food bank. In the spirit of the holiday season and in light of inflation, let's unite to support families in need.

This is a sober event - no alcohol or drugs allowed.

So lace up your skates, grab your donations, and head to the rink for an exhilarating game that's not just about the competition but about coming together to make a difference in the lives of our neighbors.

NADLEH WHUT'EN

LATERAL KINDNESS WORKSHOP

with Zandra Ross, Leadership Mentor &
Motivational Speaker

December 20, 2023

9 am to 4 pm

Nadleh Whut'enne Yah Gym

We respectfully ask that young children not attend. Please leave your name & number with reception at 250-690-7211 if you require financial assistance for child minding.

BIG DOOR PRIZES!!!

**Ipads, tools, gift cards for Costco, groceries
& more!**

MUST ATTEND FULL WORKSHOP TO QUALIFY

