



# Kwanlin Dän Ch'a

A newsletter for and about the Kwanlin Dün people



ISSUE 2

## Letter from the Chief

**Happy Holidays!** Our government and staff have been busy this year and we are all looking forward to the holidays to rest and relax with family and friends. It is in this spirit that I wish each and every citizen of the Kwanlin Dün First Nation the very best in this holiday season.

Christmas is a time to reflect on past years and think about the future. My vision for Kwanlin Dün, in the coming new year, is to continue to re-establish our traditional governance that provides for the protection of the land and the development of programs to encourage the mentorship of our leaders with the youth in both traditional government and traditional land use.

In working towards this vision, I believe that we will maintain and strengthen our identity through our relationship with the land, culture and language, all of which will make life better for ourselves and our children.

In the near future, our government will be developing a number of projects to provide opportunities for our people to talk about their vision for our community.

I leave you with these thoughts and the very best of wishes in the new year.

*Sincerely,* Chief Mike Smith



**Kwanlin Dün Council** Finance/Administration/Social Assistance: **Edith Baker**  
 Capital/Housing/Economic Development: **Bill Webber**  
 Heritage/Language/Justice: **Ann Smith**  
 Human Resources/Education: **Jessie Dawson**  
 Health/Recreation/Youth: **Shirley Dawson**  
 Land/Resources: **Allan Taylor**  
 Secretariat: **Chief Mike Smith**



Photos this page, KDFN

Swearing in of the Kwanlin Dün First Nation Council on November 23, 2006. (left to right): Shirley Dawson, Bill Webber, Ann Smith, Allan Taylor, Edith Baker, Jessie Dawson. Chief Mike Smith (pictured at left) was sworn in on December 4, 2006.

## Welcome Note to Councillors

We would like to take this opportunity to welcome our new councillors: Bill Webber, Ann Smith and Shirley Dawson. We would also like to thank outgoing councillors Lesley McDiarmid, Leonard Gordon Sr. and Jason Shorty for their dedication to the Kwanlin Dün community. It takes courage, effort and a passion for people to serve as elected members, and you will always be respected for your efforts.

In addition, the Kwanlin Dün website ([www.kwanlindun.com](http://www.kwanlindun.com)) will be updated in January. It will be more user-friendly and interactive. Please take the time to check it out this spring!

## Table of Contents

Letter from the Chief	p.1	Emotions, Talking to Your Kids	p.7
Welcome Note to Councillors	p.1	Christmas Recipes	p.8
Land Update	p.2	Holiday Colour-in for Kids	p.9
Employment Counselling	p.3	A Testament to Family	p.10
Kwanlin Dün Drug and Alcohol Strategy	p.3	The House of Learning	p.10
Coming Events	p.4	Reggie's Gift	p.11
Christmas 40 Years Ago	p.5	In Case of Emergency	p.12
Elder Billie Giroux Remembers	p.5	Health Centre Update	p.12
Kwanlin Koyotes	p.6	Aids Awareness Day	p.12
Would You Like Your Kids to Get a Head Start on Their Future?	p.7		



Photos this page, Peter Long

## Land Update

### Delivering on the promise of the agreement

For those of you interested in obtaining land for whatever purpose, the Kwanlin Dün First Nation Council is working on a “policy respecting the use and disposition of settlement land.” It will be presented to KDFN beneficiaries for review and approval. This Beneficiary Lands Policy is the first step towards KDFN making settlement land available for the use and enjoyment of Kwanlin Dün beneficiaries and citizens for residential and recreational purposes. The policy will also allow KDFN to start taking advantage of commercial opportunities associated with certain land parcels in order to generate wealth and create employment opportunities.

Since Kwanlin Dün is now self-governing, there are many land responsibilities that must be dealt with. In particular, it must meet responsibilities under the *Yukon Environmental and Socio-Economic Act* (YESAA) and negotiate Yukon Asset Construction Agreements (YACA).

### Keeping the promise of the treaty

Kwanlin Dün and the Yukon government have already begun implementing those parts of the final agreement that apply to Yukon Asset and Construction Agreements. As a result of YACA, the Yukon government is now obligated to negotiate with KDFN when it plans to construct an asset worth \$3 million or more in KDFN traditional territory.

What does this mean for KDFN members? In the next 12 years, there will be increased opportunities for KDFN

people to participate in the economy. YACA was created to provide business and training opportunities for KDFN people. Recently, Kwanlin Dün completed an agreement with the Yukon government for the Whitehorse Copper Subdivision. It is now finalizing an understanding with the Yukon government regarding Kwanlin Dün participation in the expansion of the Whitehorse airport parking lot.

If you would like to participate in opportunities created as a result of YACA and the self-governing final agreements, look for announcements posted around the community introducing the Kwanlin Dün Labour Skills Inventory (see page 3 for more information), coming in the spring of 2007.

The Kwanlin Dün Council is looking for interested Kwanlin Dün beneficiaries to sit on working groups to develop two policies to present to beneficiaries at a future beneficiaries meeting. Once the policies have been reviewed and approved, a referendum will be held so that the Council may adopt them.

- The Investment Policy Working Group will develop a policy respecting investments and the use of money received under the final agreement.
- The Land Policy Working Group will develop a policy respecting the use and disposition of settlement land as defined in the final agreement.

Interested Kwanlin Dün beneficiaries should submit their name and a statement of qualifications to the Kwanlin Dün Council, 35 McIntyre Drive, Whitehorse, Y1A 5A5. You may also contact Joseph Nayally, Executive Assistant, at 633-7813 for more information.

## Employment Counselling

Nicole Comin works in the House of Learning, assisting KDFN members with career and life planning, interviewing skills, and resume writing. The employment counselling office posts current job descriptions and has information about all sorts of jobs and the skills required to fill them. In addition, the office nurtures relationships with industry partners to get a better sense of the growing needs in the workforce.

As a result of the land claims agreement, there has been a rise in employment in such areas as surveying of settlement lands. Kwanlin Dün members are being employed and the list of opportunities is growing.

## Labour skills inventory

Recently, the employment counselling office, in partnership with the Yukon Bureau of Statistics, began planning for the Labour Skills Inventory. The first step is to survey KDFN beneficiaries to gather information about the wealth of skills and experience in the community.

Kwanlin Dün First Nation encourages people to share information for the inventory, which will be available for employers seeking trainees and skilled workers. The database will be updated regularly to reflect beneficiaries' continued training and employment status. People who are self-employed, in such fields as the arts, small business, cooking and woodcutting, are encouraged to identify themselves as they, too, can benefit from being part of the database.

The survey will also provide an opportunity for beneficiaries to have their concerns heard and to be included in upcoming employment and training opportunities. For example, if a number of beneficiaries identify a specific training need, the employment counselling office may be able to offer this type of training within the community. At the least, the database will provide information on how to access courses or programs.

The survey will begin in the spring of 2007. Watch for a letter introducing the Labour Skills Inventory and the vision from which it developed. The aim is for at least one person (16 years of age or older) per household to respond to the questions.

If you have any questions about job opportunities or skill development, please call Nicole at 633-7864.



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## Kwanlin Dün Drug and Alcohol Strategy

KDFN has recently implemented an action plan entitled, "A Framework for Action: A Four Pillars Approach to Drug Problems." This plan is in response to the growing frustration within the community around substance abuse. The four pillars are enforcement, prevention and education, harm reduction, and treatment. There is support out there for you and your family. Please take charge and join us in the action against substance abuse! Call the health centre at 668-7289 for more information.

Cindy Gosselin



## Actual excuse notes to teachers

*Please excuse Jimmy for being. It was his father's fault.*

*I kept Billie home because she had to go Christmas shopping because I don't know what size she wears.*

*Please excuse Harriet for missing school yesterday. We forgot to get the Sunday paper off the porch and when we found it Monday, we thought it was Sunday.*

*Please excuse my son's tardiness. I forgot to wake him up and I did not find him 'til I started making the beds.*

*Sally won't be in school a week from Friday. We have to attend a funeral.*

*My daughter was absent yesterday because she was tired. She spent the day with the Marines.*

## COMING EVENTS

**Come on out and play hockey against the RCMP!** Kwanlin Dün youth are invited to come out and skate circles around the cops every Tuesday and Thursday from 3:15 to 5:15 p.m. at the Takhini arena. The Youth Hockey Coordinator will provide rides from the schools, and it's free! If you don't have equipment, don't let that stop you. Just call Jeff Monkman. You can also call the health centre at 668-7289 to sign up. And, if you are a parent and would be willing to help out, please call Jeff.

**Come out to the Whole Child Program.** Living well-rounded lives means eating right, resting, working and caring. But it also means having a bit of fun! The program runs every Thursday from 6:30 to 8 p.m. at Elijah Smith school and is open to all Kwanlin Dün kids. Parents are encouraged to attend. Athletics, open gym night, and a computer lab for work or play will ensure that no one gets bored! To learn more, stop by or call Elijah Smith School, or call Jeff Monkman.

left, right photos by Lisa Turner; middle photo by Conner



**And for skaters,** if you can't make the Tuesday and Thursday games, this winter could be the right time to dust off that outdoor community rink (McIntyre Drive, in front of the band office). Get outdoors to skate whenever you please. (Helmets are recommended.) The City of Whitehorse has agreed to water the rink as long as community members shovel it off first. It's a great way for kids and adults to get out and stay active! If you are a parent or a teenager and would like to help with rink maintenance, call Jeff Monkman.

**Have you ever wanted to try snowboarding?** Maybe you don't have the right equipment, or maybe you don't know where to start. This winter, come out and join the Young Riders Program. This group of youth and adults spend a fun-filled day at Mount Sima. Just bring a positive attitude and some warm clothing. If you are interested, sign up at the health centre.

Note to parents: Please ensure that your child has a hat, scarf, gloves, snowpants and warm boots. If you are in need of extra clothing, call Jeff Monkman. This is a good chance to spend time with your teenagers. If you would like to help with the driving to and from the ski hill, please call Jeff or e-mail him at [jeff.j.monkman@rcmp-grc.gc.ca](mailto:jeff.j.monkman@rcmp-grc.gc.ca)

**Yukon Youth Outdoor Leadership Association (YYOLA,** [www.yyola.com](http://www.yyola.com)) is a Yukon-based, non-profit, volunteer society. It was established to help Yukon youth build positive futures for themselves through outdoor education programs. Last summer, a group of youth, including many Kwanlin Dün members, participated in a 10-day rafting trip on the Tatshenshini River. They had a blast!

### *Just for laughs*

*Question: What do snowmen eat for breakfast?*

*Answer: Snowflakes.*

*Question: What do you get when you cross a snowman with a vampire?*

*Answer: Frostbite.*

*As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?" The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my e-mail?"*

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Jeff Monkman  
667-5527

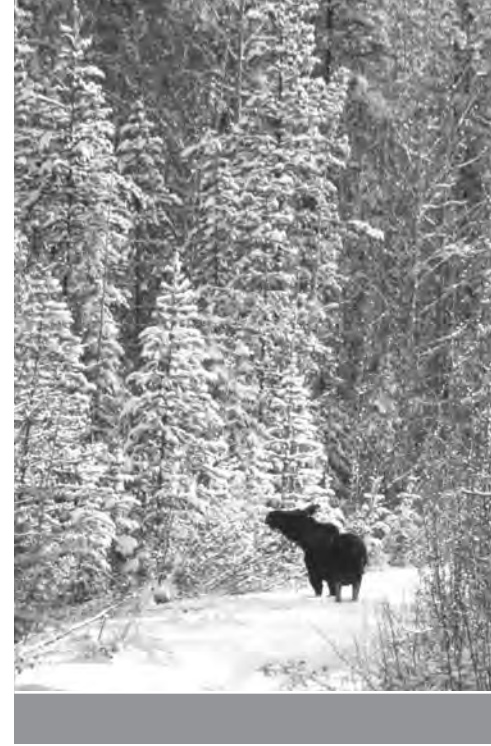
## Christmas 40 Years Ago ... Memories of a Council Member

Edith Smith remembers a day many years ago. On her fourth Christmas, her father set out on the traplines early in the morning. Edith, her mother and her brothers and sisters waited in anticipation for his evening arrival and for the chocolate they would receive when he finally arrived home to his family on Christmas. At the time, Edith was too young to head out with her father for the day, but her heart was with him. From the moment he left, Edith and the other Smith children were filled with the excitement that only Christmas can bring. There was a little box of chocolate for that very occasion. Each member of the family was going to get a sliver of sweetness to celebrate Christmas, but only when Dad got home.

As the day wore on, Edith and her siblings began to get impatient. For, as much as they wanted the chocolate, they also wanted to see their father return home safely from the bush. "When's Dad coming home?" they asked, over and over.

"I wished my Dad could walk really fast," Edith recounts as she thinks back to that cold December day.

"Things have changed over the last few decades," claims Edith. "We weren't sitting there thinking about getting presents." As her mother prepared the turkey for Christmas dinner, the Smith clan was only anxious about getting their father back and enjoying that tiny piece of chocolate to celebrate Christmas all together.



Yukon government

## Elder Billie Giroux Remembers Christmas 1979

Back 27 years ago, Billie Giroux and her friend, Mary Jo, put together a special dinner to bring Kwanlin Dün members together for Christmas. In those days, Billie and Mary Jo didn't make much money; only around \$5.80 per hour. The Chief and council donated money to buy presents for the kids. Billie and Mary Jo bought a tree and raised money for food.



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The dinner was held at Kishwoot Hall, in the old village. Billie and Mary Jo spent hours cleaning and setting up the hall. It was harder to raise money back then and Billie claims that, at first, the Council for

Yukon Indians (CYI), which was full of well-paid staff, only contributed some spaghetti, one can of beans and one can of sauerkraut. However, Billie and Mary Jo did not let this get them down. They had enough spirit for everyone, and in the end, people realized that in the spirit of Christmas, each person could do their part to make the party a success.

Eventually, people began to understand why Billie and Mary Jo were putting so much work into the event, and they offered to help clean and cook. CYI dropped off a Christmas cake big enough for the whole community. Looking back, Billie realizes that much is the same for Christmas 2006.

"It's about sharing and everyone being accepted and coming together in happiness. We have a party, no one gets chased away, and people can leave with food for the next day."

When asked what she thought about the progress Kwanlin Dün has made as a community in the last few decades, Billie replied, "Coming together is a process and it's not only for Kwanlin Dün. It's for any place that you want to be. People here in the Kwanlin Dün community have become closer because they care. People work together and are inclusive; they try to accommodate anything that is trying to happen. That's what this community is doing right."

*Thank you to everyone who contributed to the Christmas dinners held over the last couple of weeks, and to all those who contributed gifts. It is through the participation of so many that we can continue to share dinners and special events to bring the Kwanlin Dün community closer together and into the future. Happy New Year 2007.*

## Kwanlin Koyotes: Cross-country Skiing to an Active and Healthy Life

For those of you who don't know, Gary Bailie runs Kwanlin Koyotes, a non-profit group which aims to get people out cross-country skiing. Gary is passionate about what he does. To understand his passion, you have only to take a walk past the health centre to the ski chalet. Gary has the chalet filled with skiing equipment, a big picnic table and a hot stove.

Since it isn't good to exercise on an empty stomach, Gary makes sure to stay stocked up on healthy snacks (like fruit and granola) for anyone who shows up to ski without enough in their belly. Gary's motto is "Be who you are and bring a smile."

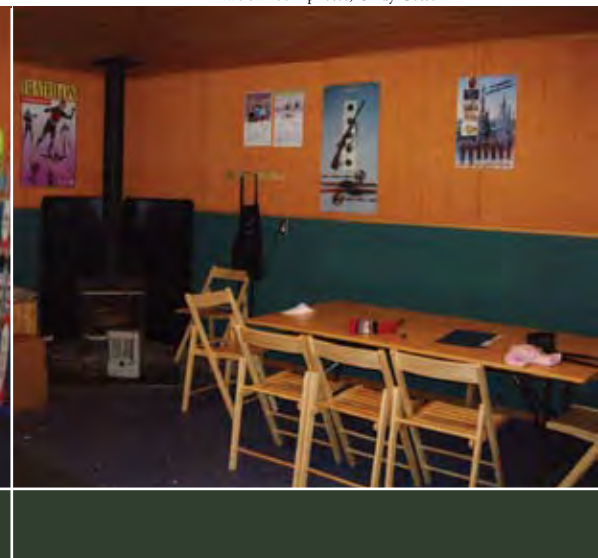
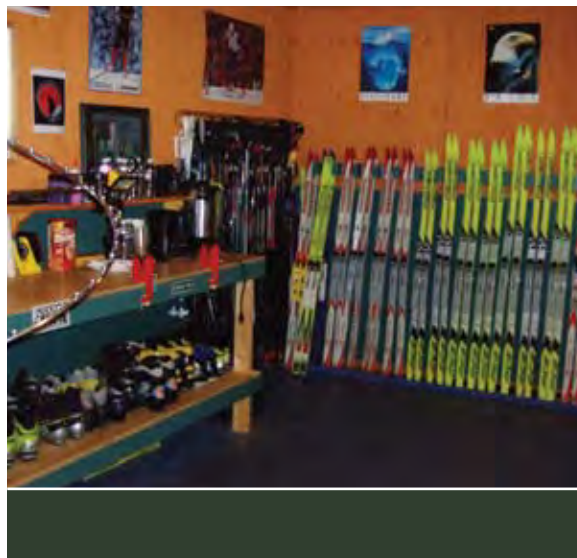
Kids (and parents) are invited to have a healthy snack and a ski every Tuesday and Thursday after school, as well as on the weekends. It's a free program. You only need to bring yourself. "This program is about giving kids a voice. The Koyotes have a code of ethics: respect, dedication and attitude; preferably a good attitude," says Gary. "This program helps kids learn to be best buddies with themselves. It's a self-esteem builder. If you can get along with yourself, then in the end, no one else matters."

The ski trails are for everyone to use at any time. The Koyotes club provides an opportunity to live a healthy lifestyle, to take pride in the community, and to get back to the land. It's about connecting with nature and listening to the little voice inside you that can get lost among the mess of daily life. "Out on the trails, you're stuck with yourself. Cross-country skiing lends itself to philosophy. It's 90% mental and 10% physical." Gary admits that cross-country skiing is not the only way to get back to the land, but it is part of a vision to live with intent.

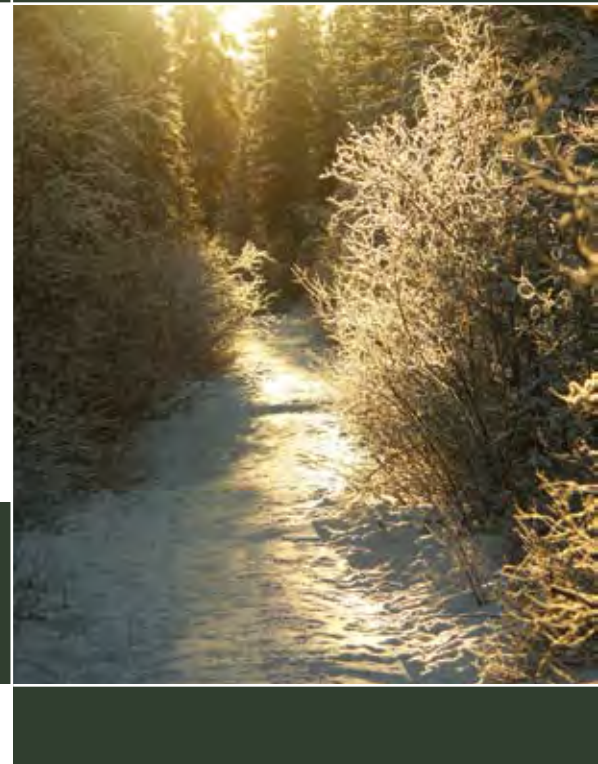
There is much in store for the future of cross-country skiing in Kwanlin Dün. Gary would like to see the Kwanlin Koyotes host its own event: the Koyote Classic. In addition, there will be several "Tea 'n Bannock" waxing clinics held this winter — cross-country ski talk with a cultural flare. Look for signs posted in the community and come out to learn a little more about the sport that takes you back to the land!

If you are looking to bring in the New Year on a positive note, why not attend the New Year's Eve bonfire and midnight ski? This is a healthy choice to bring in 2007. Meet at the ski chalet on the evening of December 31 for treats and a bonfire and then ring in the New Year with a midnight ski. **See you there!**

**NOTICE TO ALL SNOWMOBILERS AND ATVERS:** We are kindly asking you not to drive directly on the ski tracks; it makes it harder for the kids to learn how to ski properly. There is lots of room on the side of the trails. Please work with us to take care of our ski tracks!



Two ski room photos, Cindy Gosselin



Peter Long

## Would You Like Your Kids to Get a Head Start on Their Future?

The Asheva Headstart program aims to prepare three- to five-year-olds for kindergarten by teaching songs, numerical skills, interpersonal skills, and much more. The kids have fun and learn how to treat each other in a classroom setting.

Located in the same building as the Asheva Daycare, the Headstart program is a partnership-based collaborative approach to kindergarten readiness. One of the main aspects of the program is to support families. Parents are encouraged to participate in making goals for their child and to work

with the family coordinator on their child's progress. The Child Development Centre works along with the daycare and Headstart program in this community-oriented approach.

Headstart is committed to meeting the whole needs of the child. It includes field trips

based on traditional

pursuits — such as

searching for traditional medicine ingredients and making traditional ice cream — in addition to swimming and skating. The coordinators work with kindergarten teachers and the administration at Elijah Smith School to ease the transition to kindergarten. The program also works with the health centre. Nurses talk to the children in a fun and engaging way about important issues such as dressing warmly for winter, and proper dental hygiene.

Dorothy Mitander-Graham, the Headstart coordinator for Kwanlin Dün, has a contagious passion for the program. Her goal is to have elders participate around culture and language issues to give the children a way to connect with their heritage.

If you have questions or would like to enroll your child in Headstart, drop by 47 McIntyre Drive or call 393-3775.



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Photos this page, Cindy Gosselin



### Emotions, Talking to Your Kids

All feelings can be accepted but certain actions must be limited. Children need to have their feelings accepted and respected.

You can do this by:

- listening quietly and attentively
- acknowledging their feelings with a phrase: “Oh, I see”
- giving the feeling a name: “That sounds frustrating”
- giving your child his/her wishes in fantasy: “I wish I could make the weather warm up for you”

### Understanding anger

Everyone feels angry once in a while. That's okay. What we all need to know is how to deal with our anger in a way that will not hurt anyone. Instead of hitting try the following.

*Remember: You are in control of your own feelings. That means that you alone choose how you feel and how you act!*

### Signs of your anger rising

- A tight feeling in your neck, hands, or face
- A hot feeling somewhere in your body
- Your breath coming faster and harder
- Your heart beating faster
- Your voice getting louder

### Before you explode, distract yourself and take a time-out

- Go for a walk or a run
- Take a hot bath or a shower
- Play an instrument
- Bake or cook something

# Christmas Recipes

## Gingerbread people

- ¾ cup light or dark brown sugar
- ½ cup butter or margarine (softened)
- 2 eggs
- ¼ cup molasses
- ¾ cups self-rising flour
- 2 tsp ginger
- ½ tsp allspice
- ½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp salt



In large bowl, beat sugar and butter until well blended. Add eggs and molasses. Stir in remaining ingredients. Cover and chill for 1 hour.

Roll dough on a well-floured board or countertop until ¼ inch thick. Cut into shapes. Place on a greased baking sheet.

Bake for 10 minutes at 350°. Cool on a rack. Decorate with frosting, if desired.

Makes 24 cookies.

## Best Christmas bannock ever!

- 7 cups flour
- 6 tsp baking powder
- 1 tsp salt
- ¼ cup sugar
- ¼ cup lard
- ¾ cup fresh milk

Sift 6 cups of flour into a large bowl. Add baking powder, salt and sugar.

Heat lard in a frying pan on medium heat. Wash your hands.

Mix the dry ingredients together. Slowly stir the milk into the ingredients. Use your hands to blend it all together. Wash your hands.

Pour and spread the last cup of flour over top of the mixed batter to use for shaping the bannock.

Pinch off small balls of batter and dab them into the dry flour poured on top. Flatten the balls to shape the bannock, and tap off dry, excess flour. Lay each piece into the heated pan and fry until lightly brown on each side. Lard should be hot, so use caution when placing each bannock into the pan. To prevent burns, don't splash the hot oil.

The number of bannock made in this recipe depends upon how large you make each one.

Peter Long



*“What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.”*

Agnes M. Pharo

### *Christmas gift suggestions*

- *To your enemy, forgiveness*
- *To an opponent, tolerance*
- *To a friend, your heart*
- *To a customer, service*
- *To all, charity*
- *To every child, a good example*
- *To yourself, respect*

Oren Arnold



*“Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.”*

Calvin Coolidge

*“Love is what’s in the room with you at Christmas if you stop opening presents and listen.”*

attributed to 7-year-old Bobby

*“And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled ’til his puzzler was sore. Then the Grinch thought of something he hadn’t before. What if Christmas, he thought, doesn’t come from a store. What if Christmas, perhaps, means a little bit more.”*

Dr. Seuss



## Holiday Colour-in for Kids



©www.TheHolidaySpot.com

### Just for laughs

*A lady was picking through turkeys at the grocery store, but couldn’t find one big enough for her family. She asked a stock boy, “Do these turkeys get any bigger?” The stock boy replied, “No ma’am, they’re dead.”*



KDFN

## A Testament to Family *A story told by Loretta Edzerza*

“A little while back, I was brought to Social Services to talk about a young boy who was thought to have been malnourished. I asked the social worker why she thought this was the case. She told me that she had brought him to McDonalds earlier that day, and, after getting his cheeseburger happy meal, the boy quickly wrapped it up and didn’t take one bite. He claimed that he would wait until he got home to share the meal with his brothers and sisters.

“The social worker immediately thought that this poor boy must not have enough food at home if he would be willing

to share this treat with the others. Well, it turned out that McDonalds was a very special pleasure and the boy was not malnourished, but thoughtful and willing to share his treat with his brothers and sisters. He arrived home and cut up the burger equally, giving out each piece.”

When asked about lessons she learned from this story, Loretta answered: “This wasn’t an example of poverty; it was a sign of goodness. His parents taught him how to think of others and to share in his good fortune. This is a testament to good family and I will always remember it, knowing that there is often more than meets the eye.”

## The House of Learning: A Community Within a Community

If you were to drop by the House of Learning, you would find a group of people quietly working together to improve their skills in math, writing, and a broad array of educational tools. You would meet Cathy Borsa (at right, below), a warm, enthusiastic teacher who cares about her students. You would meet students who work together to nurture an educational environment that is not traditional, yet full of important lessons.

Since 1998, Cathy has been working with Kwanlin Dün students looking for an alternative to the traditional school system. The House of Learning provides an opportunity for students to embrace school in a manner that

Cindy Gosselin



is more suitable to their learning styles, as well as to increase their self-esteem. As we know, people thrive in environments that provide a safe space to learn and that allow people to be themselves. This program has provided an arena for just that.

This year there are 10 students working on their level 3 certificate. Some of them plan to attend Yukon College, while others may move on to study trades. While much of the class work is done on an individual basis, there is also group work around developing life skills and self-empowerment.

Why have a campus right in the Kwanlin Dün community, rather than have the students go up to the main campus? One reason is that there are many young mothers in the program who take their kids to daycare and then walk to the House of Learning. Education is more accessible to them and they have a better chance at getting through the program successfully.

Another reason is that the House of Learning is more like a stepping stone between high school and the main Yukon College campus. It’s a setting that the students are familiar with and where they can get one-on-one support from within their own community.

Cathy firmly believes that the dedication of the students and the atmosphere at the House of Learning is what really sets the stage for success. “There really is a place for this program. We have a really great group of students who are committed to making positive changes. They have definite goals with respect to furthering their education.”

The House of Learning is open Monday to Friday, from 9 a.m. to 3 p.m.

## Reggie's Gift

Reggie's brother gave him an automobile as a Christmas present. On Christmas Eve, Reggie came out of his office and saw a street urchin admiring his shiny new car.

"Is this your car, Mister?" the urchin asked.

Reggie nodded in affirmation. "My brother gave it to me for Christmas."

The boy was surprised. "You mean your brother gave it to you and it didn't cost you anything? Boy, I wish..." He hesitated. Reggie knew what he was going to wish for. He was going to wish he had a brother like the one Reggie had. But what the boy said was far beyond Reggie's expectation.

"I wish," the boy went on, "that I could be a brother like that."

For a few seconds words failed Reggie and then he impulsively added, "Would you like to take a ride in my automobile?"

"Oh yes, I'd love that."

After a short ride, the boy turned towards Reggie. His eyes were glowing and he said, "Mister, would you mind driving

in front of my house?" Reggie smiled a little. He thought he understood what the boy wanted. He wanted to show off to his neighbours that he could ride home in a big automobile. But Reggie was wrong again.

"Will you stop where those two steps are?" the boy asked. He ran up the steps. In a little while Reggie heard him coming back, but he was not coming fast. He was carrying his little brother who was physically challenged. He sat him down on the bottom step, then sort of squeezed up against him and pointed to the car. "There she is, Buddy, just like I told you upstairs. His brother gave it to him for Christmas and it didn't cost him a cent. And some day I'm going to give you one just like it. Then you can see for yourself all the pretty things in the Christmas windows that I've been trying to tell you about."

Reggie got out and lifted the boy into the front seat of his car. His brother, whose eyes were gleaming with joy, climbed in beside him and the three of them embarked on a memorable holiday ride. That Christmas Eve, Reggie learned that it is more blessed to give than to receive.

Healthy Activities for January 2007						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy New Year!	2	3 Healthy Babies Healthy Generations, Prenatal luncheon <i>Contact: Sarah Gau</i>	4	5 Meals/Wheels	6
7	8 Meals/Wheels	9 Healthy Babies Healthy Generations, Postpartum luncheon <i>Contact: Sarah Gau</i>	10 Brown bag luncheon Topic: Literacy noon to 1 p.m. <i>Everyone welcome</i>	11	12 Meals/Wheels	13
14	15 Meals/Wheels <i>Contact: Maureen Crill</i>	16 Parents voices <i>Contact: Kristel Vance</i>	17 Diabetes luncheon <i>Contact: Marie Martin</i>	18	19 Meals/Wheels	20
21	22 Meals/Wheels	23	24 25 Health Fair NakwaTaku Potlatch house 10 a.m. to 4 p.m. <i>For more information, call Susie or Nyla</i>		26 Meals/Wheels	27
28	29 Meals/Wheels	30 Parents voices	31			

## Health Centre Update

The Kwanlin Dün health centre serves about 1,600 people in the Mount McIntyre subdivision and various other areas of Whitehorse, as well as all students at Elijah Smith School and over 100 individuals living within a 60-mile radius of Whitehorse. Non-First Nation residents of the Copperbelt Electoral district can also access its services.

There are many year-round programs, including community outreach, counselling, drug and alcohol addiction services and elder health programs. Please stop by to find out what might be suited to you and your situation.

Watch for the 10th annual Kwanlin Dün First Nation Health Fair, January 24-25, 2007, at the NakwaTaku Potlatch house (27 McIntyre Drive) from 10 a.m. to 4 p.m. A hot lunch and traditional snacks will be provided. The theme is "Healthy Families in a Balanced Community." The purpose of the health fair is to promote awareness of services in Whitehorse and surrounding areas. The goal is to stress the importance of holistic services covering all aspects of the medicine wheel: physical, mental, emotional and spiritual. Everyone is invited to this very popular event.



A view of a KDFN Health Fair

KDFN

## IN CASE OF EMERGENCY

The holidays are here and while many are on vacation, there are still people to contact in case of emergency. Remember, you are not alone on a bad day!

**Housing emergency: (867) 633-7833;**  
call this number 24 hours a day during  
the entire holiday season

**Crisis line: (867) 668-5733**

**Victim Link: 1-800-563-0808;** call now if  
you need help and crisis support

In addition, please call **Crime Stoppers** at  
**1-800-222-TIPS** if you have any  
information on a crime.

## Aids Awareness Day

Friday, December 1 was International AIDS day and Aboriginal AIDS Awareness Day. Councillor Jessie Dawson attended the panel dedication ceremony hosted by Blood Ties Four Directions at the Yukon Arts Centre. The detailed panel that Jessie and her siblings created to honour their brother, William, has been added to the AIDS quilt that travels the globe to raise awareness about AIDS.

Councillor Dawson emphasizes that education greatly increases the ability to live with the disease. She believes in the importance of dialogue about AIDS. "People should take the time to explore the truths about AIDS so that those living with the disease will not be alienated and lonely." The ceremony was emotional and inspiring as the families of AIDS victims shared stories and thoughts on the loss of their loved ones, and on the need for awareness within the Yukon community.

Cindy Gosselin



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**Kwanlin Dän Ch'a means Kwanlin people of Whitehorse, how are you?**