Hello, Spring?! Celebrating the very last day of Winter season, these FNFN Youth take in some sliding with Recreation before the official day of Spring, Mar 21. Photo by Naamat Aljawhary.

APRIL 2013 GO-TSEH-NEHEE

Letters to the Editor…

You can send your letters to the Editor by Canada Post or by email at:

Fort Nelson First Nation
ATTN: Newletter
RR1 Mile 295 Alaska Highway
Fort Nelson, B.C.
V0C 1R0

Email: moira.biddlecombe@fnnation.ca

IT'S OFFICIAL!

FITNESS CLASSES ARE COMING TO FNFN IN APRIL 2013!

Kickboxing

Instructor Darlene Osmond

Starting April 4 at 6:00pm

Chalo School

Ages 16 and up

Zumba/BootCamp

Instructor Deidre Sittler

Starting April 8 at 6:00pm

Chalo School Ages 15 and up

Join Deidre for a weekly class of Zumba/ Boot Camp. Deidre will start off with Zumba on April 8 and then Boot Camp, April 15 alternating each week.

Classes are open to community and staff. To help us have an idea how many people will be attending please send me an email letting me know how often you think you will be attending.

If these classes are successful we will be adding additional classes and for different age groups, share your ideas of what you would like to see for fitness and other health programming.

Kym Brenton
Community Health Manager
chmanager@fnnation.ca
250-774-7257 ext 237

FNFN Lands Community Meeting

In response to community requests for more engagement with Chief & Council and Admin, we will be holding monthly lands meetings. Snacks will be served.

Date: Monday April 15, 2013
Time: 5:00-7:00pm
Where: TBA

THREE VOICES OF HEALING SOCIETY

1001 Capilo Way • Invermere, BC
Mailing Address • Box 325 Invermere, BC V0A 1K0
Telephone: 778-526-2501 **Facsimile**: 778-526-2505
Electronic mail: admin@healingisajourney.com
Website: www.healingisajourney.com

IMPORTANT

To: ALL REFERRAL WORKERS, COUNSELLORS AND BAND OFFICES
From: TVOHS Executive Director
RE: New aftercare program starting in June 2013

TVOHS AFTERCARE PROGRAM

The Three Voices of Healing Society is very excited to announce that we are moving forward with our plan to open a full service aftercare program for adult men that have completed a 1st stage treatment program. We offer a **105 day** aftercare program to provide further assistance in establishing stability in their community.

The first 2 weeks of the program start with a 1 week course in "conflict resolution skills" followed by a 1 week course in "mentorship skills". Clients will receive a certificate for both courses.

The next 12 weeks is spent training 6 hours per day, 5 days a week with instructors from the Nicola Valley Institute of Technology (NVIT). The Bridging to Trades program provides students the courses needed to have greater access to trades training of their choice. Students will also gain 12 weeks of hands-on and classroom experience in the following trades: Electrical, Plumbing, Pipefitting, Machining/millwright, and Welding. Clients will also complete an education assessment in order to determine if they will require any upgrading to get into their desired field of employment or training. Most upgrading can be done during their time here.

During the entire 14 weeks of the program clients are expected to be supportive mentors to the clients that are attending our 1st stage treatment program. Such support will include but is not limited to: assisting in setting up support meetings, taking clients on walks, assisting in cultural activities, sharing personal experiences in relation to wellness and participating in recreational activities. Clients in the aftercare program will also receive ongoing 1 on 1 counselling for the duration of the program to address any issues that come up, as well as to stay on top of the wellness plan they had developed with the treatment centre they had attended prior to attending the aftercare program.

FOR SALE

The Lands Department is selling our quads. We are asking $3,500.00 each OBO. They are both 2010 Arctic Cat 550's. To view or make an offer, contact Marilyn at (250) 774-6313 or (250) 500-1087.

FNFN is now on Twitter!
Tweet your #ShoutOuts by following us at @FNFNShoutOuts!

#ShoutOuts can be a birthday greeting, congratulations, thank-you, holiday greetings, everything and anything positive!

You can view our live Twitter feed on our website at www.fortnelsonfirstnation.org.

You can also check us out on Facebook! FNFN now has a new, official Facebook; it is FNFN Community Updates & Info!

Check it out for all the latest FNFN events and information.

Like Us On facebook

OLD FORT CUP

APRIL 27 & 28, 2013
@ Chalo Gym

1ST PLACE $1000
2ND $ 500 3rd $250

TOP SCORER, TOP GOALIE, MVP, most SPORTSMANLIKE.
NAME ON "THE CUP"

* OPEN TO ALL (OLDTIMERS,YOUTH 12+)
* TEAMS will be drafted
* DOUBLE KNOCKOUT format
* REGISTRATION FORM is MUST!
* Deadline to register April 20
* 12 Youth must have parents' consent
* Indoor Shoes are required!

Call/text 250-500-2936

FNFN gets opportunity to conduct drinking water quality study!

FIRST NATIONS UNIVERSITY OF CANADA
SIFC
Health Canada Santé Canada

Health Canada in partnership with the First Nations University of Canada has selected FNFN to conduct a drinking water quality study of 25 water bodies in FNFN territory. The study will be looking for industrial by-products of resource extraction in our territory that could be harmful to human health. Sampling will start in spring and continue though summer and fall.

Lands staff will be looking for input on sampling sites in April and May. Our first engagement session is scheduled for the next Lands community meeting on April 15, from 5-7pm. If you have input on where water should be collected or just want to talk about the project, contact Jennifer Coupe or Katherine Wolfenden at Lands, 250-774-6313, or stop by our new building!

After 8 years in Newfoundland, look who showed up at home!

Welcome home, John Michel!

EDUCATION UPDATE: *From the desk of Violet Markin, Education Coordinator and Cyndi Bonn, Trades Coordinator*

Community Education Authority

The Community Education Authority, Fort Nelson First Nation Board Members are Celine Kotchea-Chairperson, Vera Nicholson-Vice-Chairperson, Kathi Dickie, Bernadette Makowski, Kitty Michel and Theresa Fincaryk.

The Community Education Authority scheduled meetings are the **first** and **third** Tuesday of each month.

There is still **one vacant seat** available if you are interested in sitting on the Community Education Authority. Please submit a letter in writing to the Community Education Authority, Attention: Violet Markin.

Education Contact Information

The Education Department has new phone lines:

Direct line (250) 774-7662
Cell # : (250) 775-0639
Toll Free #: 1-888-778-2778
Email: violet1.markin@fnnation.ca.

Please forward or apply for Education funding from the Education Coordinator located at Chalo School in the High School section.

Funding Application Deadline

For all those interested in attending **College or University,** please drop by my office for a funding application. The deadline is around the corner.

FNFN Funding Application deadline for Post-Secondary funding is **June 30, 2013.**

Adult Education Program

If you've always wanted to graduate or if you just need upgrading for a job or a trade, the **Adult Basic Education Program (ABE)** at Chalo School is currently taking applications for September 2013. Students work independently with instructor support towards reaching their goals. See Violet Markin for a funding application or call Jacky Riggs Faherty at Chalo School for answers to your questions.

Students, who want to write their **CAAT Test** can stop by my office on the following days.

- **Monday10:30 am – 12:00 pm**
- **Wednesday 1:00 pm- 3:00 pm**

Graduation Incentive Program

To all Fort Nelson First Nation Band Members the C.E.A. has a policy for the High School Students **Graduation Incentive Program**. If you are one of the students who will be graduating this June 2013, please contact the Fort Nelson First Nation Education Coordinator for more information.

Safety or Job Specific Training Certificate

The First Nation Education Department **no longer** covers the cost of Safety or Job Specific Training Certificate that are not considered under the Post-Secondary Policy Guidelines.

NENAS will cover the cost of Safety or Job Specific Training Certificates dealing with Trades Programs. The NENAS office is located above Coffee & Crumbs coffee shop. Please contact Sarah Bertrand at 774-3266 or fax 250-774-3267 or email her at **sbertrand@nenas.org**

In conclusion, if you're in a place of wanting to change your career or become more educated, I am the person who can assist you. In saying this, please drop by my office during office times of Monday – Friday from 8:30 am– 4:30 pm call me at (250) 774-7662, or email me at **violet1.markin@fnnation.ca**. Hopefully in the near future we can meet and sit down to talk about your goals and future.

Trades Program Update

Chalo School Hosts Grand Opening of Trades Centre During 30 Year Celebration

A ribbon cutting ceremony and Open House marked the official opening of Chalo Trades Centre during Chalo School's 30 year anniversary celebration on Friday March 8, 2013.

Chalo High School students, Carpentry Apprentices, staff, board members, and respected guests witnessed the opening of the Trades Centre which houses a 1600 ft^2 workshop and two classrooms at its location on Fort Nelson First Nation.

The Centre, which once housed the Nation's water reservoir, was used only for storage for the last decade. It was completed renovated by Apprentice Carpenters from the Nation during a training program that ran from January to August of 2012. The training program which was funded by NENAS (North East Native Advancing Society), Fort Nelson First Nation, and Fort Nelson First Nation Community Education Authority, included technical training from Northern Lights College Trades and Apprenticeships division wherein the students earned their certificates in Residential Construction – Foundation Trades Training Level 1.

March 11, 2013, Apprentices commenced training in Level 2 Carpentry in partnership with Northern Lights College. The 6 week apprenticeship program will provide the students with technical training, working toward their goal of becoming Red Seal Journeyman Carpenters.

Many thanks to program contributors, Canadian Natural Resources Ltd (Calgary, AB), DSL Mechanical (Fort Nelson, BC), Ketek Group Inc. (Fort Nelson, BC), Bird Construction (Richmond, BC), and James Gairdner Trucking (Fort Nelson, BC).

Upcoming Trades Programming

September 2013 - Residential Carpentry Foundation/Level 1 training. The program runs 20 weeks in length, during which students earn credit for Carpentry Apprenticeship Level 1 Technical Training of the BC Apprenticeship program. Dependant on interest, there is potential to run the 6 week, Level 2 training in February 2014.

February 2014 - Camp Cook/Professional Cook 1 training - The Cook program consists of practical and essential skills related to the Cook 1 Apprenticeship program as outlined by the Industry Training Authority of British Columbia. Graduates receive Level 1 Technical Training and 400 work-based hours credit toward the Certificate of Qualification in Professional Cook 1. This 20-week program includes a 12-week Camp Cook component.

Dual-credit opportunities are available, where secondary students can earn credit toward their graduation while completing their first Level of technical training to become Red-Seal Tradespersons as outlined by the Industry Training Authority of BC. The maximum number of dual-credit students per program is 4 individuals.

Post-Secondary funding may be available to qualified applicants who apply by June 30, 2013.

Please contact Cyndi Bonn at Chalo School for information on prerequisites and to secure your seat in the program.

MOTIVATIONAL SPEAKER DESCRIBES EXPERIENCES OF LIVING WITH FASD

Myles Himmelreich, 34, inspires confidence and captivates audiences when he stands in front of a room and speaks. Myles is renowned for his engaging stories that alternate from funny to woeful as he relates personal experiences of living with FASD.

Myles describes how it felt to be an easily distracted student who struggled with belonging, and getting through the school day. He describes his school years as challenging because he couldn't read and write at grade level, and was physically uncomfortable most of the time. By Grade 11 Myles dropped out of school, fell in with the wrong crowd and experienced continual struggles - alcoholism, loneliness, homelessness, poverty and not feeling smart.

Myles battled for years to establish himself before deciding to "change the world" by speaking publicly about his life. As a motivational speaker, Myles moves beyond his limitations each time he embraces the strengths of his public speaking skills, his ability to connect with his audience, and his desire to deliver a meaningful message. Myles has spoken to large auditoriums of teachers, administrators, parents, youth and community members; he is often rewarded with standing ovations, not only for his moving message, but for his spur-of-the-moment dance moves!

Myles takes a positive approach to FASD, remodelling the acronym to Faith, Ability, Strength and Determination. Myles moves people to learn about the complexities of "the invisible disability" that he and 300,000 other Canadians live with. He has earned praise for his efforts to change attitudes and increase knowledge about this disorder.

"I heard so many negatives of what I couldn't do, but now I feel it's a talent and a blessing I have to be able to share what I've lived and learned," Hemmelreich.

Myles will be speaking in Fort Nelson First Nation Community during the week of April 8-12.

For more information, contact Cathy Hooper at 250.774.7257

Seeking Aboriginal Youth for 6-week Overseas Programs

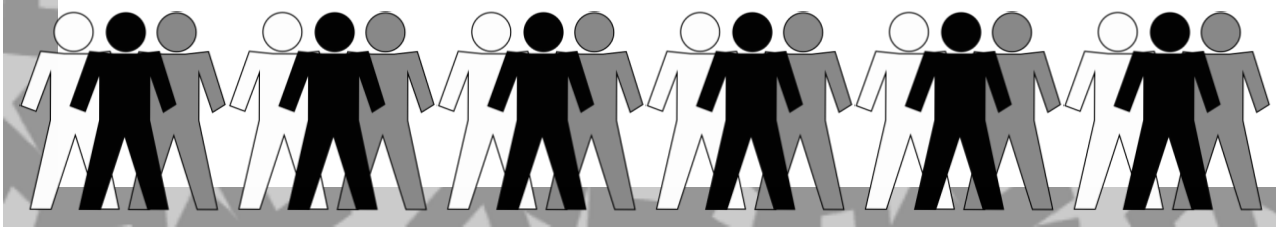
Searching for **Aboriginal Youth** For Over Seas Exchange

Youth aged 17-25. TRAVEL, CHALLENGE Yourself, See the world! Looking to do something different and develop some skills at the same time?

Canada World Youth is currently recruiting Aboriginal Youth for our 6-week summer program. The destinations are Tanzania(English) and Benin(French) !

If you apply before April 30th, 2013 you will receive 10% off the fundraising amount! Apply now to increase your chances of participating. It only takes a minute to apply!

Questions? Msg me or email at ovillebrun@cwy-jcm.org.

For more info and to apply: http://cwy-jcm.com/

For a Calender of all programs: http://cwy-jcm.com/wp-content/uploads/2012/07/YLA-PROGRAMS-2013-2014-FINAL.2.pdf