

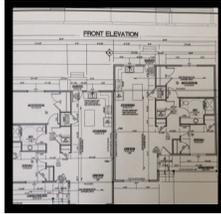
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May 2015

Go-steh-nehee | Newsletter

Volume 2015, Edition 5

SPRING HAS SPRUNG! "MAE" AS WELL HIKE ABOUT IT!



Hailey Mae hiking up Bubba Canyon with her dad, Harrison Dickie taking the photo. I like to think she's pointing to the top of the mountain she's ready to take on! Keep on hiking, Hailey Mae! Happy May to all. (Photo courtesy of Harrison Dickie)

OPEN HOUSE, AGM & Springfest Weekend!

April 30 - May 2 - Chalo School & Arbor Locations - watch our Facebook for full details

April 30 - Open House 12-7pm

May 1 - AGM: Budget Presentation, 5-9pm, Tea Dance to follow

May 2 - Springfest Weekend, 10:00am start



This & That

LETTERS TO THE EDITOR

By Canada Post

RR1 Mile 295 Alaska Highway

Fort Nelson, BC V0C 1R0

By Email

renee.lomen@fnnation.ca



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Happy 15th Birthday to our boy, Seth Burke!

from Mom & Jay



Happy May, FNFN!

I think Spring is here? As I type this, it shows snow in the forecast, so may be not fully but soon it will be summer, I'm sure.

I have a few updates for you:

The monthly newsletter will be going back to being mailed out. I sincerely apologize for the confusion that is the newsletter. Sometimes change isn't always the best fit; especially when it comes to informing membership. Did you know that I've been doing the newsletter on and off for at least 15 years? Isn't that crazy!? I try to get rid of it but it always seems to come back to me.

I will provide an address/contact info form online so that you may update your contact info which will be used for info-sharing, election ballots, etc. Please update it as often as necessary. If mail is returned, your info will be removed from the system and you will not receive info. You will have to update your info again if this happens. Check the [news](#) page of our website at www.fortnelsonfirstnation.org.

On-reserve, door-to-door deliveries are back to normal, as well. Again, sorry for the confusion. If you still don't want to receive it, email me at renee.lomen@fnnation.ca* to be added to the Do Not Deliver list and I will update my delivery list.

***My email address is changing** effective May 1st. It will be renee.lomen@fnnation.ca. Please update your contacts as you see fit.

Who's taken part in the FNFN Photo Challenges? I am happy to see more and more members, on and off-reserve, taking part. I love to see all the photos and some staff have even said they appreciate the photos because it shows the people they work for - You! Keep them coming! **This month's photo challenge is #FNFNGraduate** - post your graduation photo (no matter the year) and let us know what year and what program or school you graduated from! For example: First Name, Last Name #FNFNGraduate from School Name, Class of 19XX and/or Name of Degree, Program, etc. **By submitting photos, you agree FNFN has the right to post/publish your photo.** Submit photos on Instagram and tag @FNFNPics using the hashtag OR text them to 250.500.4778 with your name, and info, along with the photo. Photos must be submitted by May 20th. Happy tagging, FNFN!

Don't forget Rez Trivia takes place on Tuesdays online on the [FNFN Community Updates & Info](#) page on Facebook. Unfortunately, you must have an account to play but playing wins you prizes! Come play!

I am always looking at ways to improve the job I do for you, so if you have any questions, comments or suggestions, feel free to connect with me at renee.lomen@fnnation.ca, 250.774.7257 or 250.500.4778 and if need be, I can be found at the Administration building, too.

I hope you all had a great April and have an even better May! Chow for now!

Renee Lomen
Communications & Media Administrator



Chief's Update

Dear Members,

We're in that time of year when we all start to feel optimistic and hopeful because the days are getting longer and more daylight hours are among us and the prospect of spring always seems to revitalize the spirit as life begins anew. We are encouraged to take part in more outdoor activities as the weather becomes warmer, the trees and spring flowers blossom and the grass turns green. Spring is a time of renewal and new beginnings, and as we bid farewell to the snow and cold weather, we look forward to another great summer in our community.

Here is a brief update on recent activities within our Nation.

We've spent all of the last month discussing **budgets** with all the managers and looking at what needs to get done in this new fiscal year versus what we want, and I have to admit it was not a process that I enjoyed. It took long, arduous days for us to review the budgets with each department with the view that we don't have the same revenues as we've had in the past. We would have loved to do all kinds of new things for the community but with the decrease in our revenues, we've had to unfortunately make some tough decisions and reduce some programs and services. We tried to reduce things rather than cut staff so you'll see a few changes such as fewer vehicles as we're looking at reducing our fleet and we have instructed all the departments to coordinate and manage how they use the Nations vehicles. Administration will be consolidating and managing all of our purchases, such as office equipment and supplies. We have asked managers to be creative and look for funding opportunities to supplement their programs but this must be a coordinated effort so that we're not all applying for the same pot of money.

The **Council meetings have been reduced** to the second and fourth Monday of the month to reduce costs and we will do a lot of communicating through email and our Clerk to Council will compile any decisions made via emails and will formally document them in the next meetings notes. We will convene a special meeting if required to address any emergencies that may arise. With Marc Boucher, the new Chief Operating Officer, being here now, and able to handle all of the administrative issues, we feel that we should be able to concentrate on the bigger issues; and we don't feel that reducing the meeting times will affect that. We will just have to make those meetings that we have, more meaningful and productive.

We have also **cut back on monthly community meetings** and will have them quarterly; and tentatively, we're looking at having them on the last Thursday of July, October, January and April. Those four meetings will be scheduled to update you and to get information from you. However, should anything urgent arise in the interim, we would call a community meeting. Through our Facebook

group, FB Community Updates, our website and monthly newsletter distributions we hope that you will be getting the information of events, meetings, etc.

We must re-dedicate ourselves to a shared vision for our community's future.; and our response to all that we do, will be with continued fiscal awareness, knowing that every action has a financial cost. We will also have a continued focus on the

development of our **Economic Development Corporation** and have the Ec Dev. Board of Directors look at our commercial and industrial properties, and other opportunities, so that we can expand our revenues and have the resources to continue providing the current, and potentially more, programs and services for you.

We are inspired by the community service of countless members/staff in our community who go over and above to make our community the best that it can be and we want them to know that we appreciate them. Each of us here believes in our Nation. We believe in the strength of our families, our diversity, our young people and our elders. We believe that when we work together, we can overcome the challenges we face, and that together we will make our community a better place.

Until next time, take care and enjoy the longer and warmer days.

Liz



Council Attendance March 21st-April 19th 2015			
Name	Present	Absent	Total
Chief, Liz Logan	4	1	5
Councillor, Renee Lomen	4	1	5
Councillor, Samantha Kotchea	5	0	5
Councillor, Vance Parson	4	1	5
Councillor, Kathi Dickie	5	0	5
Councillor, Sharleen Gale	0	5	5
Councillor, Roberta Dendys	3	2	5

*3 regular meetings, 1 special meetings, 1 community meeting

COUNCIL MEETINGS IN MAY:

May 11 & 25, 9am in Council Chambers

The next community meeting will be in July (as mentioned above).

Administration

Dear Members,

First a reminder about the AGM: Budget Presentation taking place on May 1st where I will be presenting from 5:00 to 9:00pm the Fort Nelson First Nation 2015 – 2016 Budget for membership approval. It will be held at Chalo School and I invite all members to come out to voice their comments as part of the approval process. I mentioned in the April Newsletter, the process leading up to the presentation of the Budget has been rigorous and has involved all of the department managers. Once the 2015 – 2016 is approved by the Membership on May 1st 2015, this will become the FNFN Administration base budget for delivery of all services and programs to the Nation members.

Since the March Newsletter, I've had the opportunity to visit most departments and can say that every staff is dedicated to the continued development of the Nation as a whole. As an example of the good work by staff is the funding secured to start construction this summer of **8 new housing units**, which Vera Nicholson (FNFN Housing Coordinator) successfully lead. This funding is secured with Canada Mortgage and Housing (CMHC) for this project. In addition, we were advised by CMHC, that FNFN could receive funding for an additional **6 units in 2015-2016**. These units are the foundation for the **Elders Complex**, which is an important deliverable in Reaching for our Vision. Before designs and plans are completed, Members and Elders will be consulted on how the complex will move forward.

In this month's newsletter, Members will see the updated FNFN Organisational Chart. You will notice the re-alignment of the reporting structure. Some of the major changes are; **General Manager of Economic Development** reporting directly to the Chief Operating Officer (COO) on a day to day basis. This will change once the new Development Corporation is created in the near future, from that point on the General Manager is expected to report directly to the Board of Directors. In addition, the position of **Deputy Chief Operating Officer** was created in order to better reflect the continued role that Roberta Dendys has in relationship as a senior manager of FNFN.

In order ensure that FNFN operates in the most effective manner and considering budget implications, both the **Administration and the Health & Wellness buildings will be closed to the public between 12:00 pm and 1:00 pm effective May 1st, 2015**. In case of emergencies during these times for Health & Wellness issues, Members should contact the following:

Melissa Guse – Health & Wellness Manager: 250.500.1087

Pablo Bazerque – Community Wellness Counsellor: 250.500.5540

Saralee Andrews - Community Wellness Counsellor: 250.500.3330

RCMP: 250.774.2777

In closing, I would like to encourage members of the community to come and see me to talk about your ideas or concerns; I look forward to meeting you individually or as a group. I can be reached via email at marc.boucher@fnation.ca by phone at 250.774.7257.

Marc Boucher
Chief Operating Officer

****NOTICE****

Effective May 1st, the FNFN Administration Office and Health & Wellness Center will now be closed during the lunch hour from 12-1pm.



Mike Scott Visit to FNFN

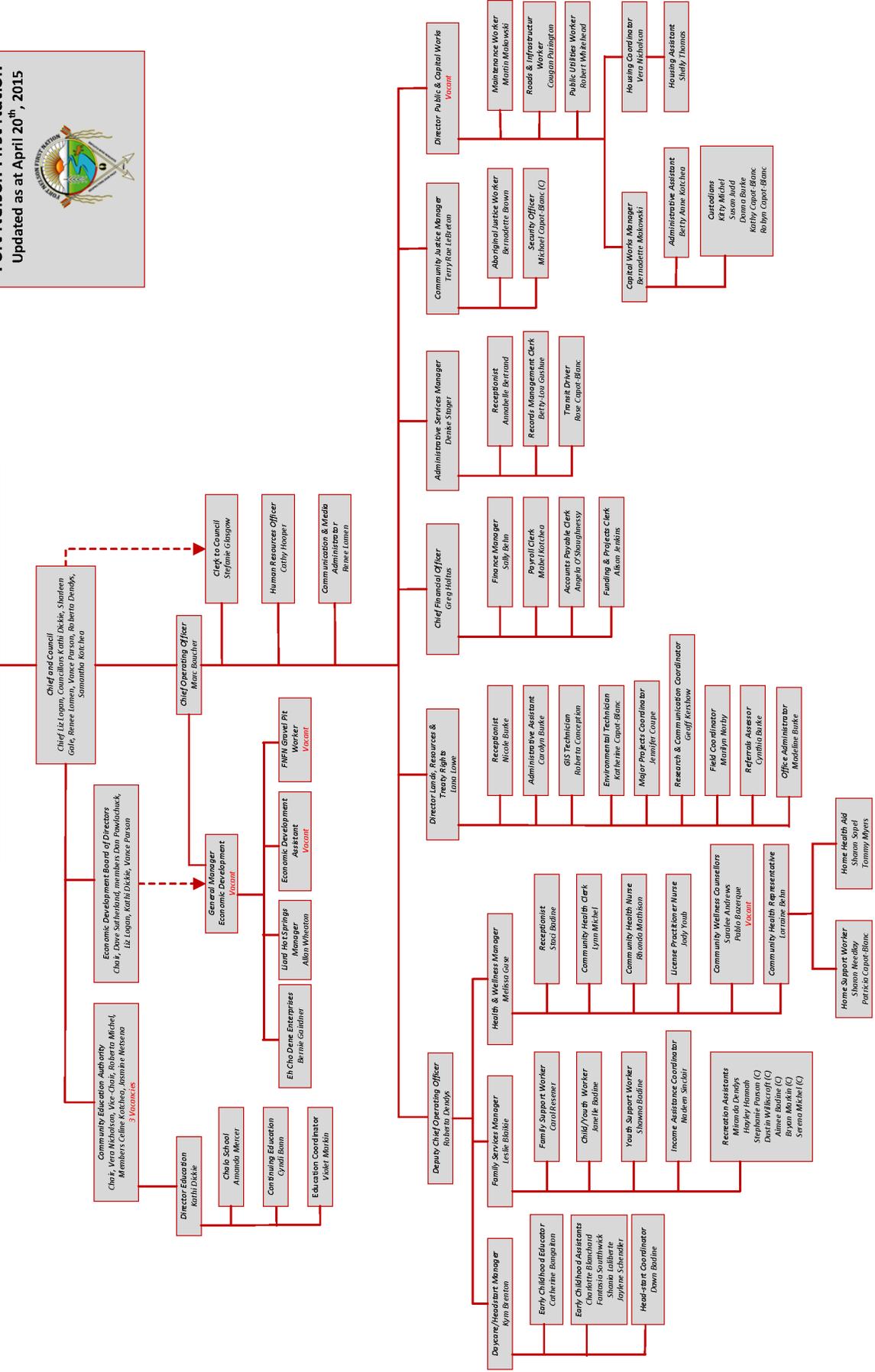


Photos by our youth
Jonathan, Danielle,
Chance and Savannah
and Morgan.

Organizational Chart



Fort Nelson First Nation Members



Manager's Contact List

Fort Nelson First Nation Managers Contact List

DEPARTMENT	NAME	TITLE	EMAIL	OFFICE	CELL
Chief Liz Logan Email: liz.logan@fnnation.ca Office: 250.774.7257 Cell: 250.500.1070					
Administration	Marc Boucher	Chief Operating Officer	marc.boucher@fnnation.ca	250.774.7257	250.500.5226
Administration	Roberta Dendys	Executive Assistant	roberta.dendys@fnnation.ca	250.774.7257	250.500.2679
Administration	Denise Stager	Administrative Services Mgr.	denise.stager@fnnation.ca	250.774.7257	250.500.4222
Capital Works	Bernadette Makowski	Capital Works Mgr.	bernadette.makowski@fnnation.ca	250.774.7256	250.500.4206
Ec. Development	VACANT	Ec. Dev. CEO		250.774.7257	No Cell
Education	Kathi Dickie	Director of Education	kathi.dickie@fnnation.ca	250.774.7651	No Cell
Family Services	Leslie Blaikie	Family Services Manager	leslie.blaikie@fnnation.ca	250.774.2300	250.500.1073
Finance	Greg Holtus	Chief Financial Officer	greg.holtus@fnnation.ca	250.774.7257	250.500.4333
Head Start/Daycare	Kym Brenton	Daycare Director	kym.brenton@fnnation.ca	250.774.2361	250.500.4305
Health	Melissa Guse	Acting Health Director	melissa.guse@fnnation.ca	250.774.2300	250.500.4089
Justice	Terry-Rae Lebreton	Justice Manager	terryrae.lebreton@fnnation.ca	250.774.6565	250.500.5335
Lands & Resources	Lana Lowe	Lands Director	ana.lowe@fnnation.ca	250.774.6313	250.500.1072
OTHER					
Eh Cho Dene Ent.	Bernie Gairdner	General Manager	bernie@ehchodene.com	250.774.7523	

PLEASE NOTE: To avoid a delay, members are asked to contact the appropriate department first before coming to Council as they only meet once a week. In most cases, Council often forwards member inquiries to the departments to gain background information or to have them address the inquiries directly which would eliminates the delay to membership looking for answers, etc.

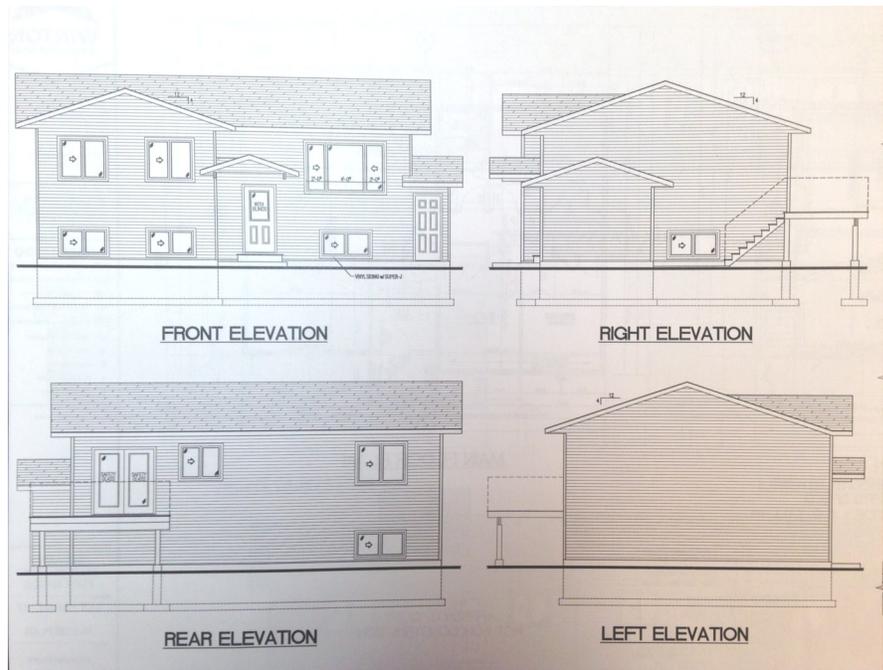
Housing

We currently have 164 Homes on IR#2 Fort Nelson, they consist of:

- 27 Elders homes,
- 36 FNFN Rentals,
- 20 Members Homes with Mortgages on their homes of that number 10 members pay directly to FNFN and other 10 pay directly to Banks,
- 81 members own their homes are mortgage free and responsible for maintenance and insurance.

Housing Department provides maintenance and insurance for Elders and Rental homes only.

2015 Housing will start shortly with 8 new houses consisting of 6 family houses and 2 mobility units dependent on a satisfactory construction contract and funding agreement. Picture attached.



For more information or questions about Housing matters, contact Vera or Shelly at 250.774.4905

Housing is located at the old Justice/Band Hall building beside Capital Works

From the Archives

Do you know the story behind this photo or the names of the people in it?

If you or anyone you know wants to share items with our archives, or if you have information about this photo, please contact Jennifer Coupe at jennifer.coupe@fnnation.ca 250.774.6313.



Website Merger

The FNFN Lands website will be closed by the end of May. All updates and information previously shared on the Lands website will be available on the Lands and Resources page on the main FNFN Band website:

<http://www.fortnelsonfirstnation.org/lands--resources.html>

April Highlight – Culture Camp

Thanks to everyone who took part in the 2nd round of our Winter Culture camp. Building the lean-to, assembling and setting beaver snares, cooking up cowboy coffee on the open fire, and watching the camp weasel make his rounds under cover of night were just a few of the highlights. It was a great week.



TRAPPER COURSE

There will be a Trapper Training course for FNFN members in May. Stay tuned for dates!! Course completion requires 100% attendance. There are seats for 8 adults (18+) and 6 youth (14-17) to be filled on a first come, first serve basis. To register, or for more information, contact Marilyn Norby ([250\) 774-6313](tel:2507746313) or Cyndi Bonn ([250\) 774-7651](tel:2507747651).

Photo courtesy of the Fort Nelson First Nation Lands Department, George Behn Collection



Weed Control Program

This will be the 6th year of FNFN Land's partnership with the Northern Rockies Invasive Plant Committee (NRIPC) to treat invasive plants on reserve. The main species targeted are Common Tansy, Canada thistle, Scentsless Chamomile, Oxeye Daisy, Sow thistle, and Sweet clover which, if left untreated, could negatively impact the reserve and spread seeds and plants into adjacent areas.



The treatment options for this upcoming field season (May-September 2015) will depend on the amount of plant regrowth, but the same chemical that has been used in previous years, Milestone, will be applied.

If you see any weeds on reserve, you can contact Katherine to find out the best way to remove them, or pull the entire plant (including roots), and burn them in a burn barrel.



The Lands Department will be hiring 2 community members to help in the treatment. If you are interested in applying, keep an eye out for the **upcoming job postings!** If you have any questions about the treatment program, please contact Katherine Capot-Blanc katherine.capotblanc@fnnation.ca 250.774.6313.

Reclamation Planting

FNFN Lands will be replanting borrow pits created during the SYD road upgrades. We will be using native plant plugs that were raised from seed collected within the Fort Nelson area. Reclamation will also occur at both ends of the Muskwa bridge following Fortis BC's pipeline retrofit project last summer. For both these projects, the Lands Department will be employing community members. Keep an eye open for the **upcoming job postings!**

Be Bear Aware

The Bears are waking up again and it's time to refresh ourselves on how best to manage our bear attractants. The following checklist will reduce the number of 'human food conditioned' bears on reserve and keep us all safe.

GARBAGE

- Store garbage in tightly closed containers housed within a secure building until collection day. If you cannot store garbage securely, consider freezing smelly items to add to the bin on the morning of collection.
- Regularly wash food contaminated recycling and clean bins that contain garbage or recycling.
- Do not leave garbage in the back of your truck.

COMPOST

- Layer your greens, such as kitchen scraps and fresh grass clippings, with no more than 10 cm of browns, such as dried leaves, grasses, shredded newspaper, and cardboard.
- Do not add fish, meat, fat, oils, un-rinsed eggshells or any cooked food to your compost.
- Turn your compost regularly.

PET FOOD

- Feed pets indoors.
- Store pet food in a secure location or in a bear-resistant bin.

FRUIT TREES & BERRY BUSHES

- Pick fruit and allow it to ripen indoors or pick daily as it ripens. Do not allow windfall fruit to accumulate.
- If you do not want the fruit, prune the tree heavily or spray spring blossoms with water to knock them off.
- If you no longer want to manage your tree, consider replacing it with a native, non-fruit bearing variety.
- Consider using electric fencing to protect your fruit trees.

BIRD FEEDERS

- Use bird feeders only in the winter when bears are hibernating and natural bird food is limited.
- Use bird baths or native plants to attract birds without attracting bears.

MORE WAYS TO PREVENT BEAR PROBLEMS

- Store petroleum products in a secure enclosure.
- Never leave a cooler outside unless it has been thoroughly cleaned.
- Clean barbeques after use by burning off the grill and cleaning the grease trap.



Step 1: Bear-proof your home...Reduce Attractants

Garbage

- ◇ Keep Garbage in the house, garage, or shed until pick-up day
- ◇ Keep garbage bin lids closed, screen bins with fencing.

Fruit Trees

- ◇ Pick ripe fruit and fallen fruit daily.
- ◇ Remove unused fruit trees.

Bird Food

- ◇ Use birdfeeders only in winter
- ◇ Keep ground free of seeds

Barbeque

- ◇ Burn off the grill after each use
- ◇ Store covered in a secure area

Pet Food

- ◇ Bring pet dishes inside; clean up any spillage
- ◇ Store pet food indoors

Step 2: If you see a bear...Remain Calm

- ⇒ Remain calm; don't panic. Often the bear is simply looking for food and will move on if it finds nothing to eat
- ⇒ Keep your distance, go inside, bring children and pets indoors.
- ⇒ Never approach the bear and do not run from the bear. Do not act submissively by crouching down.
- ⇒ Warn others of the bear's presence, but don't do it by yelling. If the bear climbs a tree, keep people and pets away. Eventually when things quiet down, the bear will come down and leave. This usually happens after dark when the bear feels safe. Once the bear is safely out of the area, check your yard to ensure there are no attractants available.

Step 3: If the bear is threatening, persistent or aggressive...CALL!

CALL THE CONSERVATION OFFICER SERVICE AT 1-877-952-RAPP (7277) OR THE RCMP AT (250) 774-2777.

This information brought to you by the Lands & Resources and Capital Works Departments.

Capital Works

Our staff would like to wish everyone a safe long weekend and we are wishing all mothers in the community - a Happy Mother's Day on May 10th.

We welcome **Robin Capot Blanc** to our Capital Work team; she has filled the Lands Janitor position.



Water Test Results

Our monthly microbiological test results that were submitted for this month tested zero for total coliform/e-coli, indicating there is no presence of bacteria in our water. This means our water is good drinking water. In the month of March, our community used 10,075 m3 of water.

GRASS BURNING: Please take all necessary precautions, if you are going to burn grass. We are encouraging everyone to pick up a grass burning permit from the Fort Nelson Fire Department before you begin; THE PERMIT IS FREE. Please obey all safety precautions as indicated on the permit.



ROAD SIGNS: The FNFN community priority is to have safe residential roads. We have placed all the BRIGHT ORANGE CONCRETE BARS on corners again to reduce cost of sweeping the roads because of the quads spraying the gravel onto the roads.



We asked Public Works Canada (highways) to install a new streetlight on Reserve Road entrance, this year. They have heard our concerns and take back to the Ministry of Transportation. We will keep you posted.

We have scheduled the Lift station preventative maintenance for May 12 and 13, this year.



The mosquito control program is canceled this year.

Bears: 1-877-952-7277, call the Conservation officer; this is a toll free number. If the bears become a nuisance or they are continuously hanging around your yard, please call them.

The Garbage Contract has been awarded to **Kitty Michel** from April 1, 2015/ March 31, 2016. This year, we have implemented a **recycling curbside pick-up** in the contract. Pick-up days are schedule every Wednesdays and the **recycling pick-ups will begin May 6, 2015** and we will be tracking what is the need in the community, so we are beginning to take these items, as indicated below. If you are not sure of the items, please contact Kitty, she will explain the process. I have attached a list of recycling items.

Please separate and use clear garbage bags. They can be purchased at IGA/Overwaita/Widesky. Widesky hauls all residential products to Fort St John ENCORP recycling depot, then they are shipped to Prince George for recycling.

May 6	Paper / Paper packing for dry goods
May 13	Cartons and paper cups / containers
May 20	Plastic bags and outer wraps/ foam packaging.
May 27	Paints, Stains, Varnishes, Primers & Sealer

We are receiving reports from the contractor that households are throwing away meat/carcass/animal parts. We do not take these items and they will be left in the bin for the household to dispose.

We have noticed a lot of garbage being dumped on our back roads. We are trying to keep our community clean, so please do not throw out household garbage in the back roads. We have a garbage bin that is solely dedicated for throwing out garbage/debris, please use this bin. It is located near the gates.

2015 Spring Fling will be held May 16-24

In May of each year, we hold a Spring Fling!!! **Spring Fling is a program where residents can dispose of their garbage free of charge for one week in the Spring.** The week selected is typically the week before, and including Victoria Day. It is recognized that not everyone has the ability to dispose of larger items themselves, so in addition to free landfill for residents, we offer curb-side pick-up. Should you need to dispose of appliances, furniture, etc., for example, those items can be placed at the end of your driveway for the garbage contractor, Kitty Michel, to pick-up. **These services are for residential only. This is for households only.**

Curb-side pick-up will occur only on May 18-22, please note:

The demand for this service is too high to pre-arrange a scheduled pick-up. The last day for Households to contact Kitty is on/or before May 21 for pick-up. She will not be taking last minute calls on Friday, May 22, 2015. You can start contacting her on May 13, 2015 to get on the list.

The contractor is not authorized to enter private property for this service. This is a curb-side service only.

If you do not have any other means to dispose of your large bulky items and can get the items to the road at the end of your driveway, we can pick it up for you - but you must call contractor in order for us to pick it up. Restrictions do apply because the NRRM has an acceptable item list and Kitty can answer your questions.

For further information on this service, please contact Kitty Michel at (250) 500-1230.

For households that have their own trucks: Free Landfill for Residents starts Saturday, May 16, and ends on Sunday, May 24. The landfill will be open from 8 am to 5 pm during this time.

Education

March 2015 was a busy month. Chalo School was closed for Spring Break but the FNFN Education Department continued to work. The school was a beehive of activity with all the **safety training** that happened during spring break. It was good to see so many adults come in to the school for training. I have to commend Cyndi Bonn on how hard she worked setting up the training and looking after the students. I have to say that Wanita Nelson is a very supportive instructor too!

“Identify Opportunities and Power-Up” Training

As follow-up to the Council and CEA approved mini-conference related to all the potential opportunities related to the natural resources industry, a number of training sessions were held during spring break. There were **14 different training opportunities** (e.g. OFA1, WHMIS, H2S, Traffic Control, UTV, ATV, etc.); of these 59 people participated. During this ticket blitz, there was a total of 147 tickets earned. Because this was so successful, we hope to have the opportunity to again hold these sessions. This will be dependent on funding.

We did a door-to-door delivery, there were posters hung up throughout the community, and there were notices on the various FNFN social media sites. In spite of this, there were a couple of members who said that they weren't aware of these opportunities. **Please contact us with any ideas on other ways to get the word out as we don't want our members to be left out.**

Educational Governance:

Chalo school is an FNFN-owned and operated school but is also an independent school under the Ministry of Education for reciprocal tuition, accredited graduation, and provincial learning outcomes. There are different documents in place that reflect the current system of CEA appointments rather than elections.

These documents will have to be amended to change from an appointment system to an election system for the Community Education Authority. The law firm of Ratcliffe and Company has been retained to do this work and funding was acquired from the First Nations Education Steering Committee to get this done. In the interim, there are currently only 3 CEA members (Chair Vera Nicholson, Vice-chair Roberta Michel, and member Celine Kotchea). Under the current Education law, there are to be 7 CEA members of which 2 members are appointed by the Council. The Council has

done a call-out for interested members for those 2 seats. The CEA is also doing a call-out for the other 2 seats. All these positions will be for an interim basis until the change to an election system is in place. If you are interested in applying for a CEA seat, please contact Vera Nicholson at nicholsonvm@gmail.com or mail to CEA Chairperson Nicholson, c/o Chalo School, RR#1 Mile 295, Fort Nelson, B.C. V0C 1R0

Chalo School AGM:

By the time this newsletter is distributed, the Chalo AGM will have been completed (April 23). This annual event includes an information session for parents and fun events for the Chalo students. The information that is presented to the parents includes the results of the standardized testing and well as information on how to support our students.

Post-Secondary Application for 2015/16 year This is a reminder that applications for funding for the fall semester must be completed and handed in to Violet by June 30, 2015.

The requests always exceed the amount that the Fort Nelson First Nation receives from the federal government so, unfortunately, not everyone receives funding. The priority is #1: new high school graduates, #2: continuing students, #3: new students.

In reviewing all the requests for post-secondary funding, the Post-Secondary rules as set by the federal government must be followed. We know how much frustration this can cause. A one-pager explaining the rules and processes for the post-secondary program will be put together and distributed.

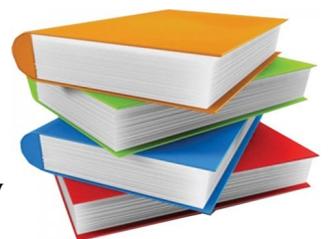
Shout-outs:

- * Florence Michel for receiving her Teacher Certification from the Ministry of Education
- * Cyndi Bonn for winning the FN Literacy Society Aboriginal Award
- * Narcisse Michel for getting 9 Safety training tickets
- * Miranda Badine, Gary Capot-Blanc, and Michael Capot-Blanc for getting 7 safety training tickets

Until next time, take care.

Kathi Dickie
Education Director

(PS Happy Star Wars Day; May the 4th Be With You)



Health & Wellness

Welcome May!

We have had a busy spring in the Health and Wellness Department, and here is a bit of what we've been up to. **See shout outs to the right.**

As more **Elders** are coming of age and their needs are changing, we have been working on some changes to our elder's services and individual service schedules.

The Health and Wellness department is working hard in preparation for, and looking forward to the community **Open House, April 30, 2015.**

MARCH 2015 HEALTH DEPARTMENT STATISTICS

Mental Health First Aid Training (MHFA): MHFA Training took place at the Health and Wellness Centre March 24 & 25th. We had 24 registered (maximum registration) and 22 Attend.

Staff Training:

MHFA: 7

Occupational Health and Safety Training: 3

Occupational First Aid Level 1 (OFA 1) training: 3

Transportation Endorsement (OFA 1 TE) Training: 3

Thrift Shop: 37 people

Meals on Wheels: Delivered: March 5, 12, 26: 32 meals each date

Elders Lunch: Attendance, March 20, 2015: 25

Language Bingo: Attendance, March 26, 2015: 43

Community Potluck Picnic Attendance: Mar. 3: 41, Mar. 10: 31, Mar. 17: 29, Mar. 31: 21

We ask community members to bring a contribution to the Healing Picnic Potluck. This can include a food dish, beverages, plastic cutlery, paper plates, cups, etc. We will have our first outdoor Potluck picnic at the outdoor Healing Picnic area (beside Band office) May 12.

COUNSELLOR STATS

Individual Counselling Sessions: 76

Total Group Sessions: 9

Crisis Sessions: 3

Outreach Sessions: 51

Counsellor support Services: 68

Counsellor Absences: 2 days Training (FAMH) March 24 & 25; both counsellors attended

Counsellor Vacation time in March: Saralee, 1 Week



Shout out to our Home Care Team, **Sharon Sopel** and **Tammy Myers (who is currently away for an undetermined amount of time)**, as well as our Nurses **Rhonda** and **Jody**. These ladies have been working tirelessly to overcome staffing shortages- training, holidays and personal leaves. Each staff has been flexing their schedules together to make sure all shifts are covered. **Did you know our Home care aides have shifts every evening, and every weekend?** Their dedication to the community is outstanding, and we are so blessed to have them as part of our team.

Shout out to **Miranda Dendys!** Thank you for bringing us yummy homemade banana Bread! It was delicious and much appreciated!

Our team member **Lynn Michel, Community Health Clerk** has been ill, and is currently out of the office for an undetermined amount of time. Wishing her a speedy recovery! **Lorraine Behn** has been helping cover Patient Travel. Thank you Lorraine!

Shout out to community member **Chrystal Fincaryk!** She has been working as a supply Home support staff for Patricia Capot Blanc, while Patricia is away. Chrystal has proven herself to be a hard, dedicated worker. Thank you Chrystal!

NURSE RHONDA'S MARCH STATS

Child Health Clinic - Immunizations & assessments 6
 Birth 1
 Newborn visits 3
 Tuberculosis skin testing 3
 Elders Visits 18
 Walk in visits 11
 Pre-natal visit 1

Weekly Bumps & Babes 4-6 families on average
 Influenza flu season 6mth-8year 16
 9yr-18yrs 10
 14yr-64yrs 70
 65+ 18
 Pneumomax Vaccine (for ages 65+) 5



School Immunization Program (multiple injections): Kindergartens, Gr. 6 & Gr. 9 students
 Grade 5 & 6: Puberty Presentation - 2 classes
 High school: Diabetes Testing & Presentation, Sexual Health/STI Presentation
 MCFD: Childhood Illness Presentation
 Immunization Re-Certification: Completed



Effective May 1st, the Health and Wellness building will be closed from 12-1pm, Monday to Friday.

Health & Wellness cont'd.

Happy May!

I hope everybody is healthy and happy!! Winter is finally coming to an end and it is time to start enjoying the warmer weather outside. April has flown by; the health department has been busy. Below are some of my monthly stats to show you what I have been up to:

- * completed 6 child health clinics-immunizations and assessments,
- * 1 new baby born this month,
- * 3 newborn home visits,
- * 3 tuberculosis skin tests and follow up,
- * 18 elders visits,
- * 11 walk-in visits, and
- * 1 prenatal visit.
- * At Chalo, I have done two puberty presentations with the grade 5/6 class,
- * a diabetes presentation and also,
- * a sexual health/STI presentation with the high school classes.

I have also been hard at work completing the annual elder's assessments, and if I have not seen you yet, I will be knocking at your door very soon.

This month I wanted to give you some Fun Family Fitness ideas.



Before our lives were so high-tech, family members were more physically active and were able to get plenty of physical activity naturally. Today, we go everywhere by car and sit for hours in front of the TV or computer. This sedentary lifestyle has been tied to obesity and many other health-related problems ranging from diabetes to depression. Children who are consistently more active are likely to be healthier adults. And people who don't exercise have an

increased risk of developing high blood pressure, osteoporosis, heart disease and other chronic health illnesses.

Let's get your family moving and decreasing sedentary activities such as TV, gaming, sitting for long hours at the computer, etc. **The goal is sixty minutes of moderate to vigorous exercise every day to improve your health!** Here are some fun family "get moving" ideas and it is also time well spent with your family.

- Walk to and from school daily.
- Family bike rides through the community.
- Pack a healthy lunch and play at the park together.
- Swimming-it is great exercise.

Marc Olivier Lalonde



Proud Parents:
Dawn Badine and Luc Lalonde
Birthday: March 30, 2015
Wt: 8lbs 11oz
Lt: 51.5 cm

Baby Corner is back!

For more info. contact Nurse Rhonda at 250.774.2300.



- Plant a garden together-then the whole family enjoy fresh produce together.
- take a family drive up the highway and go for a hike.
- Turn birthday parties into an active adventure-plan survivor party, swimming party, or a yoga party.
- walk the dog.
- play physical participation video games together, such as tennis, bowling, dancing.
- Learn a new activity together, such as yoga, zumba, or martial arts.
- play a family game of baseball or soccer.
- follow your children's lead- if your child shows interest in an activity, such as dancing, encourage it and go with him/her to participate.
- Live, Love and Laugh lots-Enjoy yourselves and have fun!

Hope you find this information useful. Please call the Health Department if you have any questions or concerns at 250.774.2300.

Take care and stay healthy!!

Nurse Rhonda

**New Program
offered through the
Justice Department!**

**“HEALTHY RELATIONSHIPS”
(Awareness Creates Change)**

The Healthy Relationships Program will provide new “Tools/Skills” to create awareness for you and your partner’s relationship challenges. These tools/skills can be used in all aspects of your life, not just with your partner. They are aimed to provide assistance for the participants in various areas; work, school, groups, community and various relationships. These tools/skills can be used in any situation where you relate too or interact with another person. New communication skills will be developed to effectively see how to disagree fairly and avoid physical abuse. The end result is to utilize the new tools and skills learned, to repair and rebuild unhealthy relationships. This is a “Certificate Program” which can assist people in the Criminal Justice System. The Healthy Relationships Program is acknowledged through the Aboriginal Restorative Justice Program. Terry-Rae LeBreton attended training in Prince George, BC with Urban Aboriginal Justice Society, March/April 2015 and is available to facilitate this New Program. **(Please contact our office 250.774.6565 for further information)**

**AMNESTY INTERNATIONAL CANADA
(Visiting FNFN May 4 &
5th)**

Amnesty International is the world’s largest human rights organization. They have over 7 million activists around the world working to protect and promote Human Rights. Some of the key priorities in their current work are the right to protest, the land rights of Indigenous peoples, promoting the UN Declaration on the Rights of Indigenous Peoples and ending violence against Indigenous women and girls. The **purpose of this visit** is to learn more about the impacts of large-scale resource development projects on Indigenous families and communities. They also are particularly interested in understanding more about the high levels of violence that Indigenous women and girls are experiencing and whether there are connections between this violence and changes and pressures created by economic growth development. **No More Stolen Sisters Campaign**-10 yrs. ago, Amnesty Int. Published its major report, Stolen Sisters: Discrimination and Violence against Indigenous Women in Canada. They are continuing to collaborate and campaign for a comprehensive, coordinated national response including a national action plan that addresses the root causes of violence and a national public inquiry to ensure that the voices of affected families and communities are heard. **Sharing information**-Amnesty Int. is gathering testimonies and other expert accounts to inform future reports, actions, press releases and other communications. They would like to meet with community members in private, and if you wish, in the presence of friends, family or other trusted persons. If you have information or experiences that you would like to share with them they will be available to meet during their time in the community or you can contact them by phone or email. Justice will be booking personal meetings with families, individuals, etc. Their contact is: Craig Benjamin, cbenjamin@amnesty.ca, 613.292.5817, Jackie Hansen, jhansen@amnesty.ca, 613.851.5436, Connie Greyeyes, conngrey@hotmail.com, 250.793.1468

**AMNESTY
INTERNATIONAL**



COURT REPORT

March 23 – April 17, 2015

Court Client Appearances 72

Individual Charges 103

Comm’ty Corrections Clients 16

March 2015 RCMP Policing Report

(Offences Reported/Committed in the Community)

Assaults Spousal/Other 17
Sexual Related 12
Break & Enter 6
Thefts 2
Fail to Comply 9

Mischief 13
DUI 1
Threats 4
Mental Health Act 8
Noise, Intox,
Disturbance, etc. 23

(Number of Events Attended)

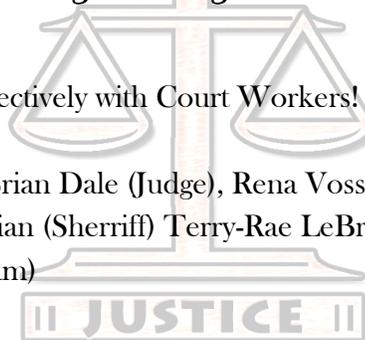
School Visits 6
Community Meetings etc., 37
Recruiting 1
Crime Prev. Programs 13
Justice Department 16



Capacity Building! Touring FNFN Facilities

Working collectively with Court Workers!

Picture are: Brian Dale (Judge), Rena Vosshans (Court Manager), Brian (Sherriff) Terry-Rae LeBreton (FNFN Justice Program)



See you again...

I arrived in Fort Nelson as a new RCMP recruit in December of 2009. This was my first posting and my first real time away from home. After field training, I eagerly accepted the position as the dedicated Fort Nelson First Nations Community Policing Member. From the beginning you made me feel welcome and after 5 years, I truly feel as if I am part of the community. I can't thank everyone enough for that. I have had the privilege over my time here to not only get to know many of you personally but also have the distinct honour of learning about the rich culture of the First Nations here in Fort Nelson.

I can honestly say my experience in this posting has not only moulded me as a police officer, but also as a person. The experiences I've had and the people I've had the chance to get to know will stay with me for the rest of my life.

As I am preparing to embark on the next chapter of my professional and personal life, I have spent a lot of time reminiscing about my time here. There are too many fond memories to list, but one of the most profound things I am going to take away from my time here is how the people of this area take care of each other. Maybe it's that long drive up here (it's not so bad, really) but the people who live here support each other in a way that you really need to experience to understand. That feeling of support and willingness to help each other makes this a fantastic place to live and work and I will miss that most of all.

Thank you so much for everything. I won't say goodbye, I will just say see you later.

Cst. Ninna Forte



Photo by Robert Badine

The RCMP: Who to Call When...

IT IS AN EMERGENCY

Do you need police assistance **IMMEDIATELY**?
If so, you must call **250.774.2777**.

The people you speak to when you call are highly trained to gather the necessary information required to assist police with response and ensure it is delivered quickly and safely.

IT IS NOT AN EMERGENCY

If Police attendance is **NOT** required immediately, call the Northern Rockies RCMP detachment at **250.774.2700**

YOU NEED TO SPEAK WITH CST. CHANCE CRAIG

Call the Justice Department at **250.774.6565** or the Northern Rockies RCMP detachment at **250.774.2700**. A message will be taken if he is not in the office and he will return your call as soon as possible. **This matter should not be urgent in nature; if so, call the EMERGENCY line at 250.774.2777.**

NEED TO KNOW WHEN CST. CHANCE CRAIG IS WORKING

Call the Justice Department at **250.774.6565** or the Northern Rockies RCMP detachment at **250.774.2700**.



*FNFN will miss you, Cst. Ninna Forte!
We wish you well in your new
adventures, in your new community.
Wherever you go, whatever you do, we
know that your reach will be far and
wide, just as it has been here. Mussi cho to you for
your years of service at Fort Nelson First Nation.*

It's not goodbye but see you around.

WHAT'S NEW AT DEHZONA DAYCARE??



* Dehzona presently has spaces available in the Rainbow Room for children ages 3-6, come visit the center and see all the exciting things happening every day in the areas of art, literacy, science and more. If you are interested in sharing your knowledge with the children please let us know, we would love your involvement.

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* On March 27th the daycare had an opportunity to visit **Danny and Vera Soles's Farm**, the children visited with the horses, chickens and calves less than 12 hours old. It was a great muddy adventure for all.



and calves less than 12 hours old. It was a great muddy adventure for all.

* On April 2nd, we were joined by **the Easter Bunny** and family members for an Easter Egg Hunt, activities and some special Easter treats, great fun was had by all.

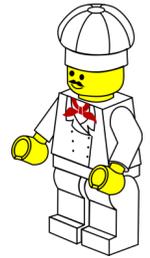


* The Center Staff are traveling to Vancouver April 29th – May 2nd to attend the **ECEBC Childcare Conference**, next month they will share what they learned at the conference and how it can be included in the Centers program planning.



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HEADSTART PROGRAMS AT DEHZONA FAMILY CENTER

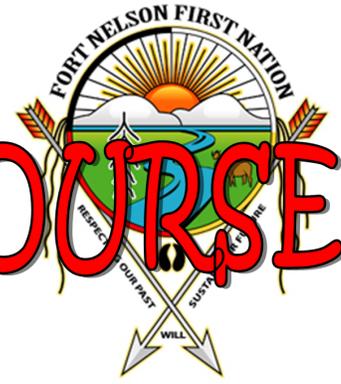


- ⇒ Join the Daycare kids for a morning of fun at **Little Chefs** Mondays, 10:00am-11:30am, this program combines stories, crafts and cooking that is fun for all.
- ⇒ **Bumps and Babes** happens Wednesdays 11am -12:30pm, this program is an opportunity for new and expecting parents to come together to share parenting tips and information while visiting and enjoying a fantastic lunch. Starting May 6th Bumps and Babes will be followed by **Infant Massage** at 12:30 with instructor Hillary Sheppard. Infant Massage can help children sleep better; provide relaxation and soothing and much more. Come check it out.
- ⇒ Head Start will be offering **Family Friendly Meals** once a month starting on May 29th 5pm-7pm. Each month we will explore new recipes, try different foods and cook up a healthy meal that you can bring home and share with your family.
- ⇒ Head Start will be sponsoring a **Red Course Babysitting Course** May 23. The purpose of this course is to offer training to interested youth while providing qualified occasional babysitters for parents within the community. We have up to 20 seats available for youth ages 11-15.

If you would like additional information or to register for Daycare or Head Start Programs please contact Kym at 250-500-4305 or Catherine in the Sunshine House 250-774-2361 ext. 27 or kym.brenton@fnation.ca.

Kym Brenton

RED CROSS BABYSITTING COURSE



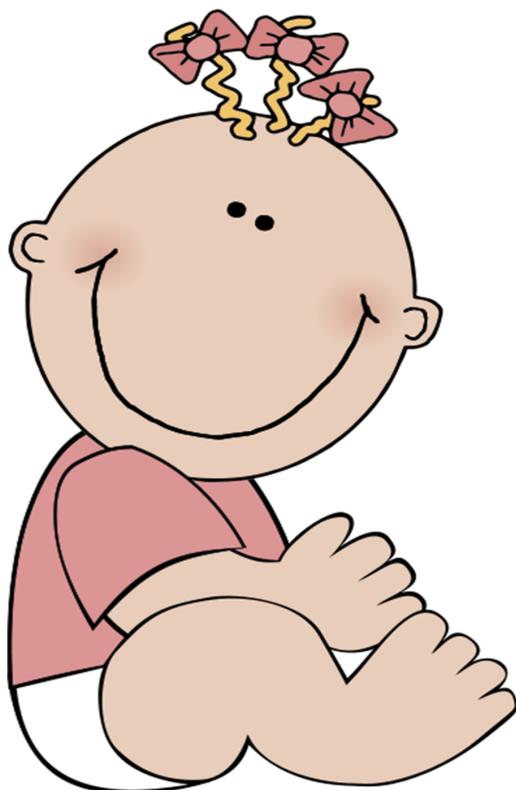
Saturday, May 23



10AM - 4PM



Dehzona Family Center's Head Start Room



Basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Course offers youth the training to promote themselves as a babysitter to prospective parents

Course topics:

- ★ Business of babysitting
- ★ Caring for babies
- ★ Caring for toddlers
- ★ Caring for preschoolers
- ★ Caring for school-aged children
- ★ Creating safe environments
- ★ How to handle emergencies and administer first aid

To register contact

Janelle Badine 250.774.2300 or Kym 250.500.4305

Become a Certified Babysitter!

Family Services

Family Services has seen a lot of growth in recent months; growth in service planning, delivery, focus, and the number of clients we serve through dedicated Recreation staff and support workers committed to serving the community. April has been a busy month with the new fiscal year and client updates. I would like to thank everyone for their cooperation and patience; it's much appreciated.

Please read on to find out what we've been up to:

Wow, it's May already, April has come and gone. I encourage you all to find the time to rejuvenate your mind, body and spirit. I have been working towards the final stages of formalizing the Youth Council. Huge mussi to Morgan Behn, Kendell Gairdner and Evelyn Matilpi for their contribution to the development of the Youth Council. They have worked hard to get the Youth Council where it needs to be.

My clientele statistics have been steady, supporting youth and young adults with their needs. As the Youth Outreach Coordinator my duties include providing individual and group programs and services with the purpose of developing life skills and personal well-being. Plan, develop, implement and coordinate the delivery of support services to al FNFN youth. I also assist clients with all aspects of daily living including arranging appointments, transporting and accessing community supports as needed. With that, feel free to contact me anytime for support.

The following statements are from the youth and their experiences attending the Gathering Our Voices Youth Conference:

"I gained leadership skills that will help me be a leader in our community."

"I've learned that yoga works to relax the mind, body and spirit."

"I learned about the Seven Sacred Teachings through graffiti art "

"I enjoyed the 5k run with Dr. Evan Adams, aka Thomas from Smoke Signals "

"This conference allowed me to step out of my comfort zone and push me to meet new people "

"I really liked the career fair during the conference, it gave me an opportunity to hear what careers are available to me "



Shawna Badine
Youth Outreach Worker
250.500.1078

Income Assistance had 49 active files from January 1, 2014 to March 31, 2015.

Nadeen Sinclair
EIA Coordinator



A Happy Mother Day to all you wonderful parents!

Parenting can sometimes be a tremendous challenge, keeping our children safe, supporting them, and helping them reach their full potential as they grow. We as parents also need that support. I understand being a parent can get frustrating, but with the support of one another we can only become stronger. Now that Spring is here, I am hoping to have more family interaction happen with family programs through the summer. I would really love to hear from you and welcome your ideas, as to what you would like see happen in the near future. If you have any questions or concerns, please do not hesitate to contact me at anytime. Until next time, be safe and enjoy this beautiful weather we are being blessed with.

Regards,

Carol Resener
Family Support Worker

Carol is currently working with 11 Families

Recreation has experienced an increase of children attending the After School Program with 17 now regularly attending. Floor Hockey remains popular with an average of 15 participants on Wednesday evenings, and we hope the latest addition to our programs, Monday evening Volleyball (ages 16+), will prove as popular. Should you have programs in mind or would like to find out about ways to get involved, we'd love to hear from you.

Leslie Blaikie
Family Services Manager



Family Services cont'd.



Good Sunny Day!

I hope all is well with you and your families! The Gathering Our Voices (GOV) conference was a success and I look forward to assisting with more trips in the future. I encourage all Youth to watch for upcoming trips and take full advantage of any opportunity that come our way.

My work has kept me busy. I strive to meet with my clients on a regular basis, engaging in a wide variety of community-based activities that promote social and emotional development. I also provide school assistance through breakfast programs, morning circles, culture outings with Raymond, Lunch Time Drop in and I provide transportation if needed. I work collaboratively with other staff in the Family Services Department and the Ministry of Children and Family Development (MCFD) to coordinate programs and services that benefit the kids. We are committed to working together to implement changes and new approaches to improve the care, safety and well-being of FNFN children and families.

I must say the best part of my job is interacting with the children. It is a joy learning from them and watching them develop into amazing individuals. My services are based on each child's needs so my duties are always changing and growing. Expanding my knowledge through local workshops, webinars and online resources help me to better support our members' needs. I also completed a Mental Health First Aid Course along with my Standard First Aid.

Other on-going responsibilities include the Breakfast Program at GW Carlson and RL Angus; FNFN students can see the Aboriginal Worker at their school to access the healthy snacks. Hot Lunch Program at GW Carlson and RL Angus; any FNFN students can fill out the form and submit without payment as FNFN will cover the cost.

I hope I didn't forget anything but if you have any questions or would like support for your child(ren) feel free to contact me. My hours are flexible and I look forward to strengthening community and family relationships.

Janelle Badine, Child & Youth Worker
janelle.badine@fnfnation.ca
250.500.1074



Annual General Meeting Notice



AGGM

*Annual General Meeting
& Springfest Weekend*

3-DAY EVENT!

APRIL 30 - MAY 2, CHALO SCHOOL GYM & ARBOR

Open House & AGM -
FNFN Only

Tea Dances & Springfest -
Everyone Welcome

***ENTER TO WIN AN IPAD
MINI, TV & BIKE!
(AND OTHER GREAT PRIZES)
*Some rules apply to win.**



See brochure for more detailed
Schedule of Events. For more
information contact Marc Boucher or
Stefanie Glasgow at 250.774.7257.

**CHILDREN
MUST BE
SUPERVISED
AT ALL TIMES
BY AN ADULT
18+.**

**THIS IS A DRUG
& ALCOHOL
FREE EVENT.**

Day 1 - Thursday, April 30

Open House

*Events include: FNFN Open
House, Community Supper*

1-7pm
Chalo Gym

Day 2 - Friday, May 1

AGM: Budget Presentation

*Events include: Soup &
Bannock, Budget Presentation,
Tea Dance featuring
Dene Tha Drummers*

5-9pm
Chalo Gym
9:30-11pm
Tea Dance
Arbor

Day 3 - Saturday, May 2

Springfest

*Events include: Community
Breakfast, 50/50, Lunch,
Handgames, Outdoor Kids'
Activities, 100% Payout Bingo,
Community BBQ, Entertainment/
Jigging, Tea Dance featuring
Dene Tha Drummers*

Starting at
10am
Chalo Gym

Tea Dance
9pm-12am
Arbor

Everyone
welcome!



April/May Photo Challenge



Aunties



Grandparents



Family



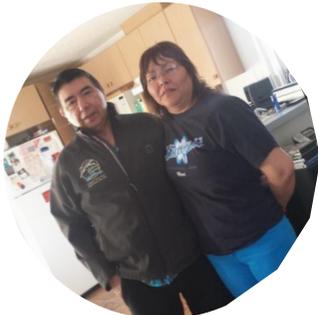
Child



Chalo Staff



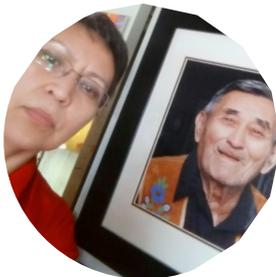
Parents



Mom

#MyFNFNRoleModel

Mussi cho to our April contributors; Patricia Capot Blanc, Heather Gairdner, Kathi Dickie, Kerissa Dickie, Sarah Dickie, Kendall Gairdner, Shawna Badine, Janelle Badine, Renee Lomen, Melissa Kotchea, Miranda Dendys and Jaimie Ball.



Ets00

Who's up for May's Photo Challenge? May's Photo Challenge is #FNFNGraduate; let's show off how important education is by sharing YOUR graduation photos, no matter the year, program or course! Graduation is a time for celebration!

Post your graduation photos on Instagram using the hashtag #FNFNGraduate, Class of Year, School or Program you successfully completed and TAG @FNFNpics or TEXT your photos to 250.500.4778 and I'll post them for you. Happy hashtagging, FNFN!

Got any ideas for future photo challenges? Send them to the number above or email me your ideas at renee.lomen@fnnation.ca.

Renee Lomen
Communications & Media Administrator



Community Calendar

MAY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Effective May 2015, Council will meet the 2nd & 4th Monday of the month. Community Mtgs will be held quarterly. The first one is planned for July.</p>	<p>Effective May 1st, the Band Office and Health & Wellness Building will be closed 12-1pm. See page 4 of May newsletter for more info.</p>	<p>Don't forget Rez Trivia online every Tuesday 8pm! You could win some cool prizes! FNFN Community Updates & Info on Facebook</p>		<p>April 30 - Open House: 1-7pm at Chalo Gym</p>	<p>1 AGM: Budget Presentations - 5-9pm at Chalo Gym</p> <p>Tea Dance 9:30-11pm Arbor</p>	<p>2 Springfest: Starting at 10am at Chalo - see detailed list of events online closer to date and at Info table at Springfest</p> <p>Tea Dance 9-12am</p>
OPEN HOUSE AGM SPRINGFEST						
3	<p>4 Little Chefs 10-11:30am HS</p> <p>ASP 3-5pm (6-12) M</p> <p>Volleyball 6-9pm (16+) CH</p>	<p>5 10% Tuesday</p> <p>Mammogram Clinic 10-4:30pm HWC</p> <p>Healing Picnic Potluck 5-7pm HWC</p> <p>Girls Group 5-7pm (6-12) M</p>	<p>6 Bumps & Babes 11-12:30 HS</p> <p>Infant Massage 12:30-1:30 HS</p> <p>ASP 3-5pm (6-12) M</p> <p>Beading (15+) 6-9pm HWC</p> <p>Floor Hockey 6-9pm (13+)CH</p>	<p>7 MOW Delivery</p> <p>Boys Group 5-7 pm (6-12) M</p>	<p>8 ASP 3-5pm (6-12) M</p> <p>Yth Gym (13+) 7-9pm CH</p> <p>Drop-In (13+) 9-11pm M</p>	9
<p>10 Mother's Day</p> 	<p>11 Council 9am CC</p> <p>Little Chefs 10-11:30am HS</p> <p>ASP 3-5pm (6-12) M</p> <p>Volleyball 6-9pm (16+) CH</p>	<p>12 Healing Picnic Potluck 5-7pm 1st Picnic Outside at Old Rez (OR)</p> <p>Girls Group 5-7pm (6-12) M</p>	<p>13 Bumps & Babes 11-12:30 HS</p> <p>Infant Massage 12:30-1:30 HS</p> <p>ASP 3-5pm (6-12) M</p> <p>Beading (15+) 6-9pm HWC</p> <p>Floor Hockey 6-9pm (13+)CH</p>	<p>14 Language Bingo 5-7pm HWC</p> <p>Boys Group 5-7 pm (6-12) M</p>	<p>15 No School FNSS</p> <p>NO ASP</p> <p>Yth Gym (13+) 7-9pm CH</p> <p>Drop-In (13+) 9-11pm M</p>	16
17	<p>18 STAT: Victoria Day: FNFN Closed - No Programs</p> 	<p>19 Healing Picnic Potluck 5-7pm OR</p> <p>Girls Group 5-7pm (6-12) M</p>	<p>20 Bumps & Babes 11-12:30 HS</p> <p>Infant Massage 12:30-1:30 HS</p> <p>ASP 3-5pm (6-12) M</p> <p>PATH Circle 5-9pm HWC</p> <p>Floor Hockey 6-9pm (13+)CH</p>	<p>21 Boys Group 5-7 pm (6-12) M</p> <p>Family Fun Circus! NRRM Rec Ctr. 7-8:30pm (13+) Call/text 250.500.1076 by 4pm</p>	<p>22 Elders Lunch 11:30 - 1:30pm HWC</p> <p>ASP 3-5pm (6-12) M</p> <p>Yth Gym (13+) 7-9pm CH</p> <p>Drop-In (13+) 9-11pm M</p>	<p>23 Red Cross Babysitting Course 10-4pm HS</p> <p>Ages 11-15yrs: Call Janelle 250.774.2300 or Kym 250.500.4305 to register.</p>
24	<p>25 Council 9am CC</p> <p>Little Chefs 10-11:30am HS</p> <p>ASP 3-5pm (6-12) M</p> <p>Volleyball 6-9pm (16+) CH</p> <p>Lego Night 7-8pm (Grade 3+) Call 250.500.1076 for a ride.</p>	<p>26 Healing Picnic Potluck 5-7pm OR</p> <p>Girls Group 5-7pm (6-12) M</p>	<p>27 Bumps & Babes 11-12:30 HS</p> <p>Infant Massage 12:30-1:30 HS</p> <p>ASP 3-5pm (6-12) M</p> <p>Beading (15+) 6-9pm HWC</p> <p>Floor Hockey 6-9pm (13+)CH</p>	<p>28 MOW Delivery</p> <p>Boys Group 5-7 pm (6-12) M</p>	<p>29 ASP 3-5pm (6-12) M</p> <p>Family Friendly Meals 5-7pm HS</p> <p>Yth Gym (13+) 7-9pm CH</p> <p>Drop-In (13+) 9-11pm M</p>	30
<p>31 Only 17 days of school left for elementary students in SD#81 & Chalo!!</p>	<p>NO COMMUNITY MEETING THIS MONTH, SEE ABOVE.</p>		<p>The mobile Screening Mammography Program is coming back to FNFN on May 5, 2015, 10:00 am - 4:30pm at Health and Wellness Centre.</p> <p>The BC Cancer Agency has sent us a list of community members due for re-screening. The Health Department will contact community members to book the appointments. If you have questions, please call Jody Youb at 250.774.2300.</p>			

FNFN YOUTH COUNCIL

DID YOU KNOW?? DID YOU KNOW? DID YOU KNOW?

- ☺ Over the past several months there's been a dedicated team working to make your Youth Council a reality?
- ☺ That this group is committed to respectful, fair treatment, providing activities for Youth and advancing interests across the community?
and,
- ☺ As Fort Nelson First Nation Youth, you and your voice matter?



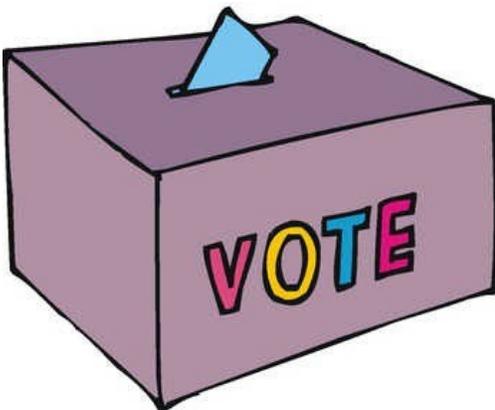
You do and it does!

ALL YOUTH

**are encouraged and invited to attend the
1st Annual General Meeting on
Thursday, May 14, 2015
at the Health & Wellness Center at 4:30pm.**

This is an opportunity to provide input on community issues/needs and take part in forming YOUR Youth Council.

Nominate yourself or someone you know – a Youth Councillor is needed for each age from 13 to 18 years. We need (at minimum) 20 youth to be in attendance.



Submit a [Youth Council Member Interest Letter](#) for yourself or a [Recommendation Letter](#) for a developing leader you know to the Wellness Center **by May 13** for presentation at your YGM, and **be prepared to vote** on your Youth Council.

For assistance with your letter, or any questions about Youth Council or the Youth General Meeting contact Shawna Badine, Youth Outreach Worker 250.500.1078.

FNSS Up-coming Events

Report Card Distribution	May 6 (3 pm)
Honour Roll Assembly	May 8 (10:10 am)
PAC Meeting	May 13 (7 pm)
Victoria Day Wknd (No Classes)	May 15 & 18
Band Concert (Phoenix Theatre)	June 3 (7 pm)
Awards Assembly (Sports/Clubs)	June 10 (1 pm)
PAC Meeting	June 10 (7pm)
Last Day of Classes	June 18

Post-Secondary Students!

Be sure to visit Indspire's website for current busary/scholarship information at <https://indspire.ca/for-students/bursaries-scholarships/>



OPEN HOUSE, AGM & Springfest Weekend ***** PRIZES & RULES *****

Thursday, April 30

Open House Prize: iPad Mini

Enter to win by filling out surveys at each department table. In addition to this, each department will also have their own door prizes.

Friday, May 1st

AGM: Budget Presentation Prize: 40" TV & Adult Bike

Tickets will only be distributed between 5-6pm. **Ticket cut-off is 6pm sharp.** Must be present to win. The draw will take place at the end of the meeting.

Saturday, May 2nd

Springfest Door Prize: Small Kids' Bike

Draw will be at 7:00pm. You have to be there in order to win the bike.



See you all out and about this weekend!
Have fun and good luck!