

FORT NELSON FIRST NATION

Ezhunj Zaa (November) 2013 GO-STEh-NEHEE | NEWSLETTER



Photo by Winter Hawk Images



FNFN Administration
RR#1 Mile 295 Alaska Highway
Fort Nelson, BC | V0C 1R0
Tel: (250) 774-7257
Fax: (250) 774-7260
E-mail: reception@fnnation.ca
Web: www.fortnelsonfirstnation.org

FNFN Celebrates National Addictions Awareness Week

Community Dinner

Chalo Multi-Purpose Area

Monday, Nov 18 @ 5-7pm

Everyone welcome!

For more info contact Renee Lomen,
Community Links Coordinator at
250.774.2361 ext. 22

Special After-Dinner Activity TBA

Remembrance Day

is Monday, November 11...

Please acknowledge our veterans
on this very special day of
remembrance



HELP US HELP YOU!

We are trying to update our
Contact list @ the Band Office. If
you could call reception @ 250-
774-7257 we would really appreciate
it! The benefits of calling
you could be, maybe: Cheques,
Mail, Awards or Emergency.

Thanks for your cooperation.

-Administration

SAVE THE DATE!

- ◆ The Christmas Season will soon be upon us, Please Note that the FNFN Administration office will have available starting the 2nd of December the Christmas Overwaitea or IGA Gift Certificates. If you are having someone on your behalf pick up your household certificate please phone or have that person delivery a note to reception on your behalf. REMINDER THERE IS ONLY ONE CERTIFICATE PER HOUSEHOLD
- ◆ FNFN's Community Christmas Celebration will be held **Dec 11th @** Chalo School 5-7 pm, Please use the side Gym Entrance. With a visit from Santa at 6 PM. Hope to see you there. For more information please contact Moira @ 250-774-7257
- ◆ The Elders Luncheon Will be held on **Thursday Dec 5th**, Justice Building starting at 11:30 am for more information please contact Kym at 774-7257.
- ◆ Chalo's Christmas Dinner and Concert are scheduled for **December 18th**. The dinner begins at 6:00 pm and the concert will follow at 7:00 pm. For More Information please Chalo School @250-774-7651

A **BIG Thank you** to the Fort Nelson Aboriginal Centre for representing the "Sisters in Spirit" in honour of our community member Loretta Capot-Blanc (aka) "PAPO".

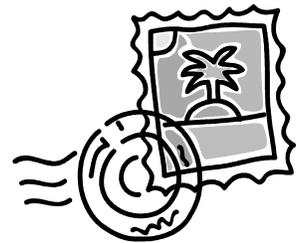
-From Elsie Duntra and family

LETTERS TO THE EDITOR

Send by Canada Post or by email to:

Fort Nelson First Nation—Newsletter Editor
RR#1 Mile 295 Alaska Highway
Fort Nelson, BC
V0C 1R0

E-mail: moira.biddlecombe@fnnation.ca



Please note that your submission may or may not be used, and is subject to editing and/or approval before submission may be completed.

FNFN Youth Services



**HERE TO
HELP!**

Suzanne Rees
Counsellor
250.500.2584
250.774.7257

Saralee Andrews
Youth & Family Counsellor
250.500.3330

CONFIDENTIAL!

Shawna Badine
Youth Outreach Worker
250.500.1078
250.774.7320

**CALL OR
TEXT!**


**KEEP
CALM
WE'RE
HERE TO
HELP**

**Give us a text or call if you
need to talk, we're here to
help YOUth!**

WELLNESS WEDNESDAYS

Mon

Tue

Wed

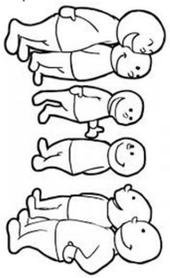
Thu

Fri

OCTOBER



NOVEMBER



NOTE: Staff will be in attendance till 7:30, if no one has showed at that time, event will resume the following week, same date, time and location.

28	29	30	31	8
		Board Game Night		
		One Life: Lager, Mumm and Me Showing		
		Craft Activity: Canvas Painting		
11	12	13	14	
		Wellness Wheel; Balancing Life Activity		
18	19	20	21	
		Coffee, Crib or Cards		
25	26	27	28	
		Craft Activity: Medicine Boxes		

Wellness Wednesdays is brought to you by the Health and Wellness Department. This activity is open to adults 18 years or older and to all FNFN community members.

Every Wednesday starting Oct 23rd from 7-9pm at the Justice Building.

For more information, contact Renee Lomen, Community Links Coordinator at 250.774.2361 ext. 22.

**The Fort Nelson First Nation with
The Fort Nelson Aboriginal Friendship Society
Presents
Monique Gray Smith's
"Fostering Resiliency Building
on Personal Strengths"**

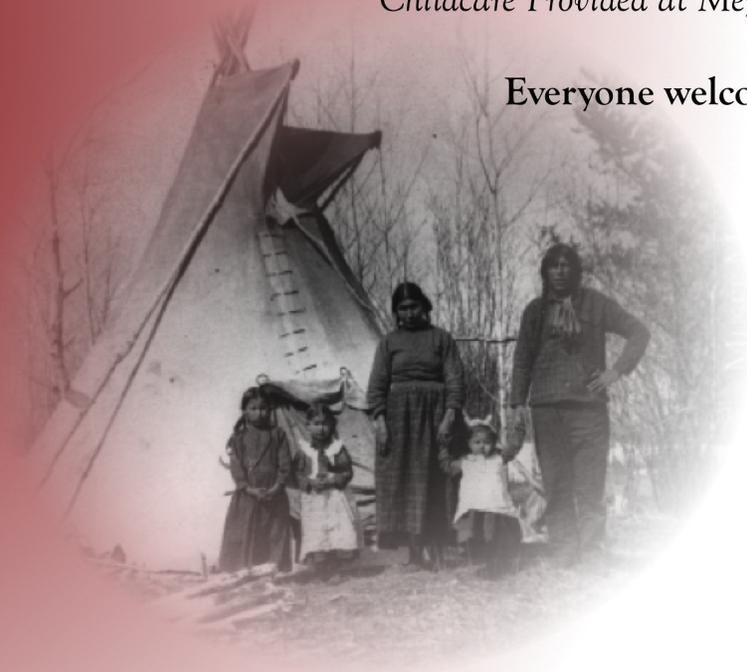


Monique Gray Smith is an inspiring speaker and author of 'The Ripple Effect of Resiliency: Strategies for Fostering Resiliency with Indigenous Children' and recently released, 'Tilly: A Story of Hope and Resilience.' This evening with Monique will both inspire and educate all in attendance.

**Tuesday, November 12
6 - 9PM
Chalo Morning Circle**

Light Snacks, Childcare & Transportation Provided
*For transportation, call the Transit Driver at 250.500.1077
Childcare Provided at Meyosin*

Everyone welcome!



This event is offered in partnership with Nenan Dane zaa Dehzona Child and Family Services and the Fort Nelson Aboriginal Friendship Center.

**FOR MORE INFORMATION, CONTACT
RENEE LOMEN AT 250.774.2361 OR
SARALEE ANDREWS AT 250.500.3330**

*The Fort Nelson Aboriginal Friendship Society in
partnership The Fort Nelson First Nation*

Present

*Monique Gray Smith's
"Fostering Resiliency with
Indigenous People"*



**Join Monique and other Fort
Nelson Service Providers in
this learning opportunity for
fostering resiliency in
Aboriginal children.**

**Wednesday, November 13
10am ~ 4pm
Friendship Center**

Lunch Provided

**Monique is an inspiring
speaker and author of 'The
Ripple Effect: Strategies for
Fostering Resiliency in
Indigenous Children' and
recently released, 'Tilly: A
Story of Hope and
Resiliency.'**

***This event is open and free to all Service
Providers. Please RSVP to Keshia Gader
by November 8, 2103.***

For more information contact Keshia Gader,
Mental Health & Addictions Counsellor at
250.774.2993 or by email at
adservices.fnafs@northwestel.net.



This event is in partnership with Nenan Danezaa Dehzona
Child & Family Services and the Fort Nelson First Nation.

As a Woman Workbook Group



Join other FNFN women in various stages of their journey as together the group works through the 'As a Woman: A Wellness Manual and Workbook' with Suzanne Rees.

Starts Tuesday, November 5
1 ~ 3pm
Meyosin Building

Runs from Nov. 5 ~ Dec. 10 (6 sessions)
Limited space available, so call today if you're interested!
Childcare Subsidy & Transportation Available
If you require transportation, please call the Transit Driver at 250.500.1077

This is not a drop-in program.

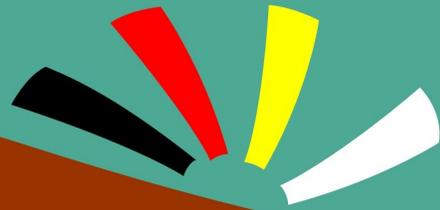
*As A Woman:
A Wellness Manual and
Workbook*

For more information contact Renee Lomen, Community Links Coordinator at 250.774.2361 ext. 22 or Suzanne Rees, Clinical Team Lead at 250.774.7257.

"A woman is the full circle. Within her is the power to create, nurture and transform."

Chalo Parents Club

Important Dates



October

Friday October 25th - No School - Parent Teacher Interviews

Tuesday October 29th - Picture Day

Thursday October 31st – Halloween - Spirit Day

November

Friday November 8th – Remembrance Day Ceremony 10:45am

Monday November 11th - No School Remembrance Day

Friday November 15th – Rock Your Mocs - Spirit Day *Report Cards Come Home*

Friday November 22nd – Moustache Day – Spirit Day

Tuesday November 26th – Parent’s Club – 5pm (Date/ time open to suggestion)

December

Friday December 6th – Hat Day – Spirit Day

Saturday December 7th - Craft Fair at Chalo School 10am—4pm

Wednesday December 18th – Christmas Concert & Dinner

Thursday December 19th – Last Day of School

Friday December 20th – No School - Christmas Break Begins

January

Monday January 6, 2014 – First Day Back to School

Friday January 31, 2014 – No School – Winter Break

Any parent/guardian of Chalo School kids can participate in the Parents Club

To see how you can get involved, please contact Cyndi Bonn at 250 774-7651

email cyndibonn@hotmail.com



Cultural Events November 2013

- ◆ November 1st-10-4 Art Exhibit Council Chambers
- ◆ November 7th 5-7 Language Bingo at Justice Building This event is for FNFN members and FNFN community members only
- ◆ November 8th -10-4 Art Exhibit /sewing group Justice Building
- ◆ November 13th 12-4 Elder's Social at Friendship Center
- ◆ November 15th 11-2 Elder's Lunch Council Chambers
- ◆ November 22nd -10-4 Art Exhibit /Sewing group Justice Building
- ◆ November 27th 12-4 Elder's Social at Friendship Center
- ◆ November 29th 10-4 Art Exhibit /Sewing group Justice Building

HEALTH (COMMUNITY NURSE) UPDATE

Hello Hello!

Happy November. Wow...It has been a long time since I have written in the newsletter!! I am so excited to be able to share information with everyone again

It is that time of year again...Flu Season!!!

Preventing the flu is everyone's responsibility!!

Influenza or the flu is a common, infectious respiratory disease that begins in your nose and throat. It is highly contagious and spreads rapidly from person to person. The flu affects 5 to 15% of Canadians each year. While the majority who become sick will recover, the flu results in an average of 20,000 hospitalizations and 2,000 to 8,000 deaths in Canada each year. **Flu shot offers the best protection!** Combined with regular hand washing, the flu shot is the best way to protect yourself and others from the virus.

Canada's National Advisory Committee on Immunization ([NACI](#)) encourages *all Canadians over age six months to get a flu shot.*

Get your flu shot early

Each year there is a new vaccine to protect against new strains of the influenza virus. The best time to get your influenza vaccine is early, between October and December, before the number of influenza cases increases in Canada. But, the shot is still effective even if you put off getting it until later in the season. It takes about two weeks after immunization before the flu shot gives you full protection.

You can play an active role in staying healthy and preventing the spread of the flu virus by following these simple steps:

-Get your flu shot

Getting the flu shot every year is one of the most effective ways to prevent catching and spreading the flu virus.

-Wash your hands frequently

Wash your hands often with soap and warm water for at least 20 seconds to help remove bacteria and viruses. Wash before and after eating, after you have been in a public place, after using the washroom, after coughing and sneezing and after touching surfaces that may have been contaminated. An alcohol-based hand sanitizer is also effective in killing viruses.

-Keep your hands away from your face

In most cases, the flu virus enters the body through the eyes, nose or mouth.

-Cough and sneeze into your arm, not your hand

If you use a tissue, dispose of it as soon as possible and wash your hands.

-Keep common surface areas clean and disinfected

Doorknobs, light switches, telephones, keyboards and other surfaces can become contaminated with all kinds of bacteria and viruses. Regular cleaning and disinfecting of these surfaces with normal household disinfectants can help. Viruses can live on hard surfaces for up to 48 hours.

-If you get sick, stay home

If you think you have the flu, you should stay home from school or work until your symptoms are gone. If your symptoms get worse, call your health care provider.

-Talk about staying healthy

Encourage others to follow these simple steps. If you have children, be a good role model. Teach them to count to 20 while washing their hands and show them how to cover up when they cough or sneeze.

The flu makes you feel miserable. The flu typically starts with a headache, chills and cough, followed rapidly by fever, loss of appetite, muscle aches and fatigue, running nose, sneezing, watery eyes and throat irritation. Nausea, vomiting and diarrhea may also occur, especially in children.

Usually, you will have a high fever that lasts for 3-4 days, a headache and muscle aches, extreme fatigue

that may last 2-3 weeks, and a bad cough. Most people recover within a week to 10 days. If your symptoms do not improve, see your doctor; you may be suffering from serious [complications of the flu](#). If you get the flu, you should increase the amount of fluids you drink (water, juice, soup) and get plenty of rest for seven to ten days. The aches and fever can be treated with acetaminophen. Children should not be given ASA, commonly known as Aspirin, because of the risk of [Reye's syndrome](#). There are also drugs prescribed by doctors, which are called *antivirals*. These can be effective in reducing the symptoms of the flu. But you must take them within 48 hours of getting the flu symptoms. You will need to go to a doctor to see if you do have the flu and to get a prescription. **Antibiotics have no effect against a viral illness like the flu.**

If you are sick stay home:

Stay home from work if you're sick and keep your children home from school when they have cold or flu symptoms. If you go out when you're sick, you may spread your illness to co-workers, classmates, neighbours or others. It may take you longer to get better if you are not well rested. Wait until you no longer have a fever and your cough is improving.

Practice proper cough etiquette:

The influenza virus spreads quickly from person to person through droplets in the air. These droplets come from our noses and mouths when we cough or sneeze, so cover your mouth with a tissue or raise your arm up to your face to cough or sneeze into your sleeve. If you use a tissue, dispose of it as soon as possible and wash your hands immediately.

Is it influenza or a cold?

The following table can help you determine whether you have influenza or a cold.

<i>Symptoms</i>	<i>Cold</i>	<i>Influenza (the flu)</i>
Fever	Rare	Usual, sudden onset 39°-40°, lasts 3 to 4 days
Headache	Rare	Usual, can be severe
Aches and Pains	Sometimes mild	Usual, often severe
Fatigue and weakness	Sometimes mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset, can be severe
Runny, stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, coughing	Sometimes mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure, and more complications in persons with chronic diseases
Prevention	Frequent hand-washing	Yearly influenza vaccine and frequent hand-washing
Treatment	No specific treatment is available; symptom relief only	Anti-viral drugs by prescription, which can reduce symptoms.

Key points in making your decision to receive the flu shot:

Influenza (flu) is an infection of the nose, throat, and lungs caused by a virus. Most people get better without problems, but the flu can be deadly. It can lead to serious problems (complications) such as pneumonia, or it can make an existing disease worse. Every year thousands of people end up in the hospital with flu complications. Getting a flu shot each fall can help you avoid these serious risks.

Consider the following when making your decision:

- A flu shot may not always keep you from getting the flu, but it can make the symptoms milder and reduce the risk of complications.
- Anyone older than 6 months can get a flu shot, but it is most important if you are at high risk for complications. Those at high risk include young children, pregnant women, older adults, and people with chronic diseases or weak immune systems.
- If you are a caregiver for someone who is at high risk, it is a good idea to get the shot. This reduces the chance that you could spread the flu to the person you care for.
- A few people should not get a flu shot without talking to their doctor first. These include people with an allergy to eggs, those who had a severe reaction to the vaccine in the past, some people who are ill, and children younger than 6 months.
- Flu viruses change quickly, so you need to get a flu shot every fall.

You can't get the flu from a flu shot.

Getting immunized against influenza or the 'flu' is a safe, effective and healthy choice to make. The influenza virus can cause serious illness and even death for people with certain chronic health concerns.

The influenza vaccine, or flu shot, is the best protection against illness and complications.

Hope you find this information helpful. For more information don't hesitate to call me at 250-774-7257 and you can find more information on the internet. My information came from BC Center for Disease Control Health Files and for more BC HealthFile topics visit www.bchealthguide.org/healthfiles/index.stm.

Flu clinics will start the first week of November; please call to make an appointment



Dawn Badine, Employment & Income Assistance Coordinator / BSDW
Telephone: 250-774-7257 ext. 285
Email: dawn.badine@fnnation.ca

BASIC INCOME ASSISTANCE

Income assistance is temporary funds to assist with basic needs of food and shelter until one is able to regain financial independence. The program is income tested. When calling to make an appointment, please keep in mind it takes 4-5 business days to process a complete application. If forms or information is missing from the file, it will delay processing.

Eligibility for Basic Income Assistance:

- Must be between the ages of 19 and 64
- Must provide proof of financial need
- Live on-reserve
- Applicant can be status or non-status, and does not need to be a band member

How to Apply For Basic Income Assistance

- Call and make an appointment with Dawn at 250-774-7257 ext.285
- Pick up application package at band office
- Do check the "For Your Information" list (provided in the following pages) and bring required items.

Definition of Income

- **Earned income** – wages, rent payments to you, fishing, carving, self-employed income
- **Unearned income** – EI, honorariums, Worker's Compensation payments, ICBC claims, Bingo or gambling winnings
- Residential School reconciliation payments are not seen as income

Keeping your file open:

- Hand in a signed Renewal slip (if you have a partner – they need to sign form, too)
- Hand in a copy of your monthly active Work Search Activities Record
- If you get a notice from worker about missing information, ensure the information is into worker ASAP so as not to delay monthly IA cheque
- Update your worker on any changes to your situation or income

Please note: As of April 1, 2013:

Employable clients = Employable clients are allowed to earn \$200/ month without it being deducted from your support/SA
PPMB clients = \$500 per month before deductions
PWD clients = \$ 800 per month before deductions

DATES TO REMEMBER:

November 3:

Daylight Saving
Ends—Switch clocks
back 1 hour

November 11:

Remembrance Day
FNNFN office closed.

November 20:

Monthly Renewal &
Work Search Forms
Due

***Incomplete forms
may result in a delay
of your monthly
cheque**

**NOTE: Cheques are
written days before
issue date. If you miss
the cheque run day by
not handing in your
completed forms on
the listed due date,
There is a 2-4 day
wait.**

**Friday November 29:
December Cheques
Issued
(Pick up after 2 p.m.)**

Social Assistance

Reaching For Our Vision

1. To prevent and address the abuse of drugs and alcohol
2. To increase the quality and quantity of the community's housing stock
3. To address environmental health concerns
4. To improve the communication between FNFN and its members
5. To revitalize the Nation's traditional languages and cultures
6. To provide increased supports for Elders
7. To provide additional supports to youth, particularly high school students
8. To promote "meaningful employment" opportunities
9. To address community safety concerns
10. To promote community support networks and volunteerism
11. To improve the community's physical infrastructure
12. To include members living off-reserve in the FNFN community

PERSONS WITH PERSISTENT MULTIPLE BARRIERS (PPMB)

- Must have an active income assistance file for 12 out of 15 consecutive months
- The medical condition must exist for a minimum of 2 years
- You will need to pick up the form from your Band Social Development Worker and return to him or her when completed by your doctor
- The program will pay the service charge from the doctor so please make sure his billing information is completed
- The file is reviewed every 2 years.

Persons with Persistent Multiple Barriers	Support Allowance
Single	282.92
Single Parent	423.58
Couple: 1PPMB	396.22
Couple: Both PPMB	452.06
Family: 1 PPMB	490.06
Family: Both PPMB	546.06

PERSONS WITH DISABILITIES (PWD)

- Must require help to get around with a device such as a cane, Seeing Eye dog, or another person (can't go anywhere without the safety of another person)
- Medical condition will exist for more than 2 years
- Your Band Social Development worker will need to request the form
- When you get the form have your medical doctor fill in his section and you will need to complete your section.
- The program will pay the service charge from the doctor so please make sure his billing information is completed
- When completed return to your BSDW for him or her to complete their section and mail out for adjudication
- Watch the mail for the letter informing you of the decision
- The classification is good for 5 years then will require a review.

Persons with Disabilities	Support Allowance
Single	531.42
Single Parent	672.08
Couple: 1 PWD	700.56
Couple: Both PWD	949.06
1 PWD and 1 65+	949.06
Family: 1 PWD	794.56
Family: 1 PWD & 1 65+	1043.06
Family: both PWD	1043.06

SHELTER RATES

The shelter rate is equal to off reserve income assistance rates. The payment is for actual documented costs for:

- Rent/ mortgage payments
- BC Hydro
- Fortis BC
- Telephone (basic phone line & rental)

Shelter Unit	Max Allowance
1	375
2	570
3	660
4	700
5	750
6	785
7	820
8	855
9	890
10	925

CHILD OUT OF THE PARENTAL HOME (COPH)

Effective April 1, 2012, the following changes include the following:

- Administering authorities will no longer be accepting new applications for COPH Assistance but will provide families with contact information for services and financial benefits available by other agencies.
- All families who applied for COPH on or before March 31, 2012 (including those waiting for a screening to be completed) will be grandparented into the program as long as they meet ongoing COPH eligibility criteria.
- Grandparented COPH families will complete annual reviews each year using the new "Annual Review for Grandparented COPH (COPH 01-G)" form.

What if you are turned down for Social Assistance?

There may be a time where you feel that you have a just cause to contest a particular decision made by the BSDW. You have the right to appeal your worker's decision if he or she refuses, reduces, suspends, or cancels your IA benefit.

You can request the Request for a Administrative Review Form (SA 140) Complete the required sections and mail or give it to your worker within 20 business days of the decision your are appealing.

UTILITY BILLS:

If your utilities are paid directly through the SA program, PLEASE SUBMIT your bills AS SOON as you receive them in the mail.

SHARED SHELTER

In situations where 2 or more people (neither a spouse or dependent), or 2 or more families share a common dwelling, the administering authority will divide the documented allowable shelter costs by the number of people occupying the dwelling.

NOTE:

If you have someone living with you on Social Assistance, they are entitled to pay a portion of your utility, phone , rent/mortgage or house insurance bills. Please send in copies of your actual utility bills.

**What you do today
can improve all
your tomorrows.
-R. Marston**

Social Assistance

Please call me if you require an appointment. Do not show up expecting to be seen.
Appointments for Social Assistance can be booked **Tuesday, Wednesday or Thursday afternoons.**

Dawn Badine, *Employment & Income Assistance Coordinator / BSDW*
Telephone: 250-774-7257 ext. 285

FOR YOUR INFORMATION

IF THERE ARE TWO ADULTS IN THE FAMILY UNIT, BOTH ADULTS NEED TO ATTEND THE INTERVIEW.
FOR FASTER PROCESSING OF YOUR APPLICATION, WE ARE PROVIDING A LIST OF DOCUMENTS THAT YOU SHOULD BRING TO YOUR APPOINTMENT:

01. IDENTIFICATION: 2 FOR ADULTS AND 1 PER CHILD

The following are acceptable for social assistance purposes – ONE MUST HAVE PICTURE:

- Native Status Card
- Birth Certificate
- Social Insurance Card
- Drivers License
- B.C.I.D.
- PLEASE BRING I.D. FOR ALL FAMILY MEMBERS.

02. VERIFICATION OF INCOME

- Up to date bank statement
- Pension statement showing monthly payments
- WCB statement showing monthly payments
- EI statement showing weekly payments, and start date and end date
- Wages/ earnings for full month
- Any income such as honorariums, gambling winnings, etc.

03. C.M.H.C./SHELTER DOCUMENTS:

- Mortgage agreement (see your band housing officer)
- Rent and occupancy must be completed with all required information
- Rental agreement with a start date and end date
- Renting will require a receipt of payment from previous month
- Confirmation of residence form completed – signed by head of household
- Rental or CMHC receipt from previous month
- Up to date house bills – hydro, gas, phone, water bill, etc.
- House insurance
- Other _____

04. IF YOU OWN YOUR HOME:

- The worker will need a copy of your mortgage documents (showing the monthly payment), insurance papers.
- Copy of certificate of possession or other proof of ownership

05. PLEASE BRING FOLLOWING DOCUMENTS:

- Family bonus statement

IF YOU HAVE ANY QUESTIONS CONCERNING THE ABOVE REQUESTS,
PLEASE FEEL FREE TO DISCUSS THEM WITH YOUR FINANCIAL AIDE WORKER.
PLEASE BE ON TIME FOR YOUR APPOINTMENT.



DOG OWNERS must keep their dog(s) in their yard.

Animal Control on Reserve

**ALL DOGS RUNNING AT LARGE WILL BE APPREHENDED
BY THE DOG CATCHER AND PLACED IN KENNELS.**

If no one calls after 4 days, the dog is euthanized.

WE ARE NOT RESPONSIBLE FOR DOGS THAT ARE CAUGHT AND DESTROYED.

Currently working on implementing a Fee/Fine for dogs caught!

**Dog Complaints/Concerns: Please contact FNFN Talking House Justice
Department @ 250-774-6565**

Please ensure that your pet has enough food and water!!!



Talking House Justice Department

Fort Nelson First Nation
R.R. #1 Mile 295 Alaska Highway
Fort Nelson, B.C. VOC 1R0
Telephone: (250)-774-6565 Fax: (250)-774-7221

Important Justice System Telephone Numbers

Fort St. John Community Corrections

Probation/ Bail Reporting

Phone 1-800-667-6242

(If your regular supervisor is not available, please ask to speak to a duty officer to report)

Native Court Worker

Ben Cardinal

1-877-811-1190 Ext. 376

Cell: 250-263-8983

Duty Counsel

Stasiuk & Company Law Corporation

Glen Stasiuk

1-800-661-3374

Legal Aid – Northern Regional Centre

1-800-787-2511

Note: Need help with you legal aid application? If so, FNFN Justice Dept. has forms and can assist you with the process.

Fort Nelson Crown Counsel

250-774-5984

Fort Nelson Court Registry

250-774-5999



Restorative Justice Program

Your Criminal charge may be diverted to Restorative Justice.

If the charge against you is a minor one and you admit that you are guilty and feel sorry for what you have done, your case may be dealt with through Restorative Justice (Alternative Measures). If the prosecutor agrees to recommend you for alternative measures and the probation office accepts you for this option, you have to carry out the conditions made at the Restorative Justice circle.

This could include community work service or counselling. In return you will not face criminal penalties or get a criminal record.

What cases qualify for Restorative Justice?

- The offender must take FULL responsibility for their actions, and be willing to participate.
- Victim involvement is essential to the process. If the victim does not want to attend in person, they may appoint a delegate or submit an impact statement.
- Referrals are accepted from the RCMP, Crown Counsel, Schools, and Community.
- Clients must have at least one support person to attend with them at the Restorative Justice Circle.
- The Offender must be committed to the outcome in order for the Restorative Justice Forum to be successful. Non-completion will result in the file being returned to the referring agency for further action.

What is a Restorative Justice Forum?

Restorative Justice Circle is a scripted, facilitated meeting designed to satisfy the needs of everyone involved. The Circle may include cultural or spiritual elements at the request of the participants, and will always involve a closing social with refreshments, to allow for less formal communication and additional conversation between participants. Pre-Circle interviews are conducted to give the facilitator a sense of the unique concerns or needs of the individuals involved. Sometimes it is enough for those involved to give or receive an apology and have property returned or repaired. Other agreements may include community service work, counselling, or treatment for the offender. The person harmed always is given the opportunity to explain how they have been affected by the harm and allows them to contribute to negotiations for reparation and resolution.

Recommitting to Peace & Safety

Many Canadians feel that the formal justice system misses some of the inherent responsibilities in finding true justice. The Justice system protects human rights, demographic values, and serves to punish for wrongdoing. Some have said that the criminal justice system even evokes feelings of alienation, for victims and offenders alike. Restorative justice offers an approach to justice that includes everyone affected by a crime, it costs less, reduces delays, provides the opportunity for contribution to the outcome, and serves to create and restore bonds. The main goal of the formal system is to determine the guilt of the accused. The main goal of Restorative Justice is to preserve the peace and strength of community, repair the harms done through the commission of an offense by engaging all parties to be part of the solution.

Restorative Justice Philosophy

The philosophy of Restorative Justice is based on community healing, with practices traced back to times in the ancestry of humanity, where survival depended on the success of the community as a whole. The focus in Restorative Justice is on offender accountability, problem solving, and providing a venue for offenders and victims to have an equal voice.

Restorative Justice Program

4 KEY VALUES:

Community:

Create opportunities for person harmed, person who has done the harm, and community members who want to meet and discuss the crime and its aftermath.

Amends:

Expect person to restore the person harmed and harmer as whole contributing members of society.

Reintegration:

Seek to restore the person harmed and harmer as whole contributing members of society.

Inclusion:

Provide opportunity for all involved in a specific crime to participate in its resolution.



Trial Preparation and Note Taking Skills

- **Spend time preparing your case before the trial.**
- **Preparation does not end when the trial starts.**
- **Be alert and organised during the trial.**
- **Take accurate notes.**

Here are some suggestions and ideas that may help you in your day in court.

TRIAL PREPARATION

(1) Disclosure

- At your first appearance the Crown should give you copies of the material they have about your charges.
- If information is missing then send Crown a letter asking for it. (See form letter on last page of the brochure: *"Representing Yourself in a Criminal Trial"* printed by the Legal Services Society.)
- Read everything and write down what you received and when you received it.

(2) Analysis

- Make notes of any discrepancies, mistakes, or gaps in the witness statements or police reports.
- Make a note of anything that might suggest bias, inaccuracy or weakness in a Crown witness.
- Think about what information or detail may be used against you, and what you may need to explain.

(3) Preparation

- Write down your version of events.
- Speak others who may be witnesses.

- Ask those who could be helpful to write a statement setting out their names, addresses, telephone numbers, and observations.
- Take this information to your consulting lawyer along with copies of the *Information* and *particulars* from the Crown and any other materials that may help explain your case, including pictures, diagrams, and maps.
- **USE THE LAWYER'S SUGGESTIONS** to prepare an outline for your final submissions. (See Legal Research/Resources - Law Centres, Lawyer Referral Service, etc) This outline must be logical and there must be evidence to support each point.
- **LIST THE WITNESSES**, their addresses, their telephone numbers, and the evidence each will give. **GO OVER** with each witness the evidence that you expect them to give. Tell them that they will be subpoenaed and arrange to subpoena them through the Court Registry.
- **PREPARE AN OUTLINE OF THE EVIDENCE** and how you will present it. Any evidence that does not add support to your final submission is unnecessary and should be discarded.
- **DISCUSS WITH THE LAWYER** the advantages and disadvantages of testifying. If you decide to testify then make an outline of what you want to say.
- **PREPARE AN OUTLINE IN POINT FORM** of your cross-examination of the crown witnesses. List your version of the events alongside the points of their evidence that you intend to challenge. Include any helpful evidence that the witness may admit.

(4) Get Ready for Court

- **PREPARE YOUR WITNESSES** by going over the questions you will ask them and the purpose of their evidence. Go over with them the questions that Crown might ask them.
- **TELL THEM** to dress neatly and to wait outside the courtroom until they are called.
- **ORGANIZE YOUR MATERIAL** including pictures, maps, sketches and outlines. Make enough copies for the Judge, the witness, and the Crown Counsel.

NOTE TAKING

An accurate and complete note of the evidence is very important. A mis-statement of the evidence would be a serious error that could undermine the reliability the Judge attaches to your submissions as well as your evidence.

- ❑ **Writing Instruments:** have two comfortable pens or mechanical pencils. Take a different coloured pen for highlighting or emphasising.
- ❑ **Paper:** Take 2 pads or about 100 sheets of paper for each day of trial.
- ❑ **Set-Up:**
 - ❑ number the pages. This will help you to find items in you notes.
 - ❑ draw a line down the centre of each page.
 - ❑ Use the Right Column to record the evidence.
 - ❑ Use the Left Column for comments, reminders, and physical descriptions and general impressions of witnesses. If something contradicts another witness then you might want to remind yourself to put this in your submissions.
 - ❑ Use the Left Column for all significant non-verbal behaviour of the witness like “slow to answer”, “could not remember without notes”, or “face reddened”, etc.
 - ❑ Use the Left Column to record explanations of labels and abbreviations used in your notes.
- ❑ **Notes when you are testifying:** list the points you wish to make during your testimony. Do not write out your testimony because it will sound prepared, stilted, and unconvincing. Give your evidence then ask the judge to let you look at your notes to make sure that you have covered all the points you wanted to make.
- ❑ **Notes when you are questioning your Witness:** List of points you want to establish. As each topic is covered, mark whether you established [*check mark*] or did not establish [*cross*] each point or make a short note if something else happened. Before ending your questions make sure you have covered everything.
- ❑ **Notes when you are cross-examining a Crown Witness:** List the points you wish to establish and a short note on how you may approach each point. The note may include a reference to a previous statement or how the topic may be approached to

best ensure the correct response. Use these notes as a guide to your examination and, as each topic is covered, mark whether you established [*check mark*] or did not establish [*cross*] each point or make a short note if something else happened.

- **Do not make comprehensive notes** when you are questioning. This will make your witness boring and difficult to follow and will allow the opposing witness to consider the last answer and prepare for the next question. A slow tempo makes you lose the rhythm that can make your questioning more effective.
- **Recording the Evidence:** it will be difficult to write as fast as witnesses talk, or to keep all the information straight if you try to record everything longhand.
 - a. Prepare a list of abbreviations like F= Father, M= Mother, C= Crown, dnr= did not remember; dnk= did not know, etc.
 - b. Identify witnesses by their initials: Alan Ball=AB, Tom Jones=TJ. If you use short forms, record them in the left column to remind yourself of what/who they are.
 - c. Label the events: often, different events will be referred to in the evidence. For example, if there were two assaults, you could name them "Assault 1 and Assault 2", or "Kitchen Assault and Bedroom Assault". This will keep you from confusing events and the testimony.
 - d. Number and record the order of witnesses with a short description. For example, beside the name of the witness you could write: youngish, long blond hair, etc. This will help you picture the witness when you try to remember his or her evidence.
 - e. Number and record a short description of each Exhibit.
- **Make an index of witnesses and exhibits:** on a separate piece of paper, record the name and number of each witness and the page where his or her evidence begins. Do the same for exhibits. This will help when you review the evidence.
- **Record the evidence word for word:** if the witness testifies about the *exact words* someone said, or if you intend to contradict the witness on that part of the evidence.
- **Review the evidence:** after each witness testifies, or as soon as you can, record in your impressions of the witness. If the hearing does not finish that day, summarise each witness's testimony along with comments on how they presented themselves.

- **Final Submissions:** cross-reference your final submission with the witness and page of your notes. Your submissions will be given greater weight if you can demonstrate that you have accurately recorded the proceedings and that you can reliably support your submissions with specific references to the evidence.

BASIC CRIMINAL PROCEDURE

- There is a standard procedure for Criminal trials that is set out in the *Criminal Code of Canada*.
 - Below you will find definitions and explanations for a few terms, procedures and rules commonly used in a criminal trial.
-

1. THE JUDGE

- If you do not understand then you should ask questions. The Judge will explain the legal procedures and help you to present your case.

2. DISCLOSURE

- The Crown must give you all the information they have about your charges. This includes copies of police reports, statements of witnesses, your criminal record, and statements that you made.
- If relevant information is missing then send them a letter asking for it.
- If you remain unsatisfied then at your arraignment or trial confirmation hearing ask the judge to order the Crown to give you the missing information.

3. INFORMATION

- The *Information* is a court document that lists the crimes that the Crown intends to prove against you. Each alleged crime is called a count. For example, the first crime alleged will be numbered 1 and called "count 1."

4. ELEMENTS OF THE CRIME

- A crime has several parts or elements. For example, an assault is:
 - (a) a voluntary application of force
 - (b) against an unconsenting victim.
- The Crown must prove that:
 - (a) All the elements of the crime occurred;
 - (b) You committed the crime; and
 - (c) You intended to commit the crime.

5. PRESUMPTION OF INNOCENCE

- You are presumed innocent. You never have to prove your innocence.
At all times the Crown must prove you are guilty.

6. BURDEN OF PROOF

- The Crown must prove your guilt beyond a reasonable doubt. A reasonable doubt is a doubt based on reason or fact. This is not an imaginary, speculative or frivolous doubt. It is more than a likelihood or probability of guilt but not so much as proof of guilt to an absolute certainty.

7. THE TRIAL BEGINS WITH THE CROWN PRESENTING EVIDENCE

- The Crown must prove your guilt so is first to call witnesses.
- After Crown counsel has questioned its witness then you can question or cross-examine that person.

7. CROSS-EXAMINATION

- The purposes of cross-examination are:
 - (a) To weaken credibility by showing that the witness:
 - *is biased*. For example, is a friend of the victim or has other reasons to give inaccurate testimony;
 - *made statements that are different from what the witness said in Court*. If you have a written statement from the witness then you must ask if he or she made the statement, read out the part of the statement that contradicts what the witness said, and ask if he or she gave those answers to those questions. The contradiction must be significant. For example, if a witness testified that an event occurred at about 10:00pm, but said 10:01pm in his statement, this, normally, would be insignificant. Also, the contradiction must be fair; you cannot take statements out of context to make your point; or

- *could have not observed what he or she said she observed.*

For example the witness may have been without eye-glasses, it may have been too dark, or too far for the witness to see what was claimed;

(b) To confront the witness with the defence version of the events when you disagree with what was said. If you do not confront then it will look like you agree with that version and the judge will be suspicious if you contradict the witness later.

(c) To bring out evidence favourable to you. For example, the witness may confirm that it was too dark to see or the other witness wasn't wearing his glasses or had been drinking.

8. AFTER THE CROWN PRESENTS ITS CASE

- After the Crown has called all its witnesses and put in all its evidence then:
 - a) If there is no evidence on an element of the crime then you should ask the judge to dismiss that allegation; or
 - b) If you think there is not enough evidence to prove the crime[s] beyond a reasonable doubt then tell the judge that you will not present evidence because there is not enough evidence to prove you are guilty. (The disadvantage of this choice is that you cannot present evidence if the judge disagrees with you); or
 - c) You present evidence by calling witnesses. You question your witnesses first and then the Crown may cross-examine them.
 - d) **You do not have to testify.** But you may choose to testify on your own behalf. The advantage is that you will be able to directly tell the judge what happened. The disadvantage is that Crown may cross-examine you to weaken your testimony. This cross-examination may include bringing out your criminal record, but only to test your credibility, not to show that you are apt to commit crimes.

4

- e) You must be prepared for your case but if you are taken by surprise by a witness or some evidence then ask for an adjournment so you can properly prepare.

9. SUBMISSIONS

- After the evidence has been presented you and the Crown will tell the judge reasons why you should or should not be convicted. If you presented evidence then you will go first.
- The judge will decide on the evidence given during the trial. New evidence given during submissions will not be considered.

10. JUDGMENT

- The judge will decide whether you are guilty. If you are acquitted then the proceeding is over and you can leave. If you are convicted then you will be sentenced.

A Project supported by:
THE LAW FOUNDATION OF BRITISH COLUMBIA
September 12, 2001

Court Etiquette

Courtroom etiquette is the code that governs the conduct of persons in the courtroom. A trial is a solemn inquiry. This solemnity is maintained by the behaviour of persons in the courtroom.

The first step in advocacy is to create a favourable impression.

1. Dress

Be sure you, your witnesses, and supporters are neatly dressed.

2. Terms of Address

□ **Address others in the courtroom:**

- The judge as "Your Honour";
- The prosecutor by title and surname "Mr. Doe or Ms. Jones" or as Mr. or Madam Crown counsel.
- The Sheriff as "Mr. or Madam Sheriff";
- The court clerk as "Mr. or Madam Clerk"
- The witness by title and surname. If the witness is a child then by Miss or Master and surname or if the child consents then by first name.

- Never refer to a person by first name only.

3. Decorum

- **Be on time.** Go to the courtroom and stay there until your name is called.
- **Go into the courtroom** and remain there until your case is called.
- **Speak** calmly and clearly. Do not interrupt others.
- **Stand** when you speak and when the judge speaks to you.
- **Questions to Crown Counsel:** Ask these questions to the Judge. For example, if you want to know the name of the Crown witness ask, "Your Honour, could Crown Counsel tell me the name of this witness?" Do not talk directly to the Crown when the Judge is there.
- **Do not use slang** unless it is a direct quote from the evidence and necessary for your submission.

- **Do not make facial expressions or gestures.** This can be distracting and may give the judge a poor impression. Tell supporters not to do this.
- **Never give a document directly to a witness or the Judge.** Tell the person you want him or her to look at a document and pass it to the Court Clerk.
- **Do not argue with the Judge.** Once a Judge makes a decision do not try to re-argue or continue arguing.
- **If you do not understand a part of the proceeding then ask the Judge. He or she will explain the procedure and try to give you reasonable assistance.**

A Project supported by:
The Law Foundation of British Columbia
November 14, 2001

Capital Projects Update

As our construction season draws to close, we apologize for not giving an update for couple months. On the whole we had a very busy season with many projects underway and getting them to a stage where we continue during the winter months. We had to hurry up and wait on AANDC, with getting the acceptable paper work to withdraw from the FNFN Ottawa Trust monies which has impacted the nations cash flow. This has been resolved.

Paving 2013

Thank you, Creator for working with us and holding Old Man Winter away. All the street in Kantah, Fontas and Muskwa got paved in the last month. Some of the driveway got done with Priority given to Elders and mobility issue. It was unfortunate that we had to suspend this project for this because our temperature drop below 4 degrees. Outstanding work to completed late spring will be Corcoran Place, headwall around all culverts, final ditch grade and touch up. Paving cannot resume until the road banns are removed by DOT. Thank you to DGS for donating asphalt pavement to the Bus loop at Chalo.

We ask all Community member to observe the post speed limit signs

Arbor

Arbor is on schedule and budget, the Log and concrete works is complete. The cedar siding and purling are stained and Bird Construction will starting this work soon. For this season they will put up the walls and purls, but leave the roof sheathing and metal roof until spring. Scheduled Grand Opening is June 21, 2014 in time for Aboriginal Day.

Wellness Centre

Wellness Centre is on schedule and budget, with few minor changes like the color of the roof. The change to White gives significance to Healing, this was suggested by our Elder Elsie Duntra, who is one of the individuals that have been giving us spiritual and inspirational guidance throughout the design phase. All concrete and framing of the exterior is complete and roof is ready for the Roofer to come in to install the metal system. The funding for this project came from partnership with Health Canada and FNFN Ottawa Trust monies. Thank you to Eh Cho Dene and Bird Construction hauling all the excess fill over to Chalo School to expand the Field Area. The schedule completion is June 21, 2014 We have been posting the progress pictures on the nations website, go have a look.

PRV 1 upgrade

This upgrade was funding by AANDC to remove the confined space chamber valve system that did not meet WCB standards to an above ground building to house the valves and metering water supply system. Contract with NRRD to design and construction is underway and complete is due next week. With this upgrade the nation will have secure and accurate water regulating system.

Rural Water South – on reserve

This another AANDC funded project in where we will be install 6 additional Hydrants along Kennayah Road and rework the valve system at the old Reservoir building. We will also be running sewer line for Chalo Trade Building (old tank house) to Meyosin lift station. We are doing more than what is required because we want the provision to tie in Chalo High School to this lift station and taking out the sewer lift station that has caused a lot of smell issues over the past years.

Survey Frontage Boundary

If you have seen people cutting bush line and flagging areas along the frontage, AANDC has hired surveyor and couple of our members to identify the IR#2 border and replace any missing survey pins if needed. Over the year we had many complaints of encroachment onto our lands and this will settle the argument. Once complete this information will be shared with FNFN and if there is encroachment, this will resolve it legally.

Reroofing of Chalo School, Capital Works and the Justice Building

All roof are 95% complete and waiting Mainline Roofing to return and complete the reminder of work.

Reinforce the Picnic Area

We were requested to insure that Picnic Structure was secure and safe for the public use. Engineer was hired to do report and recommendation to strength the structure and prolong life expectancy . What the Engineer has found is the log works in the ground are starting to decay, weakening and undermining the building. This work of reinforcement and cleanup has been done with the exception of Corner Anchors. The anchors may become tripping hazard so we are looking at other options.

Lands Garage

Design and ground work is complete and put on hold for this year.

Comprehensive Community Plan (Update the Reaching for our Vision)

3 proposal were written this year looking for funds for this project. We were denied on 1 and received \$40,000 from AANDC under the Professional & Institutional Development Program. The 3rd proposal is contingent on Lands Department completing their project under the same funding source from last year. Under the P&IDP the provision is to hire a professional planner and Project coordinator for 6 months to complete the CCP Framework. This framework will set out the plan to complete the Comprehensive Community Plan, its scope will be to review current studies, group & individual meetings, department evaluations, policies and guidelines, political structure, economic drivers, and whatever activities the nation does on and off Reserve lands. It will have a plan for implementation and process for review and recommendations for improvement. This document is planned to be a living document at can be reviewed periodically. Administration has taken the responsibility to complete this works.

Projects still in the planning stage.

Walking path, ATV trail upgrade and parking lots.

Chalo Lift station

Drainage studies on the Dip and Sikanni Road



Community Announcement

Governance Toolkit

Dear Community Members;

With support from the British Columbia Assembly of First Nations (BCAFN), Fort Nelson First Nation is moving forward in developing a Governance Manual. This initiative has been requested and supported by Community Members.

BCAFN will provide us with a Governance Toolkit: A Guide to Nation Building. They will assist us in the development of the Governance Manual.

“The Governance Toolkit is a comprehensive guide intended to assist our Nation in building or rebuilding governance and navigating its way out from under the Indian Act at its own pace and based on its own priorities” Simply defined, “Governance” means “establishing rules to coordinate our actions and achieve our goals.” You can refer to the website <http://www.bcafn.ca/toolkit/pdf/Part1Tabs.pdf> for more information.

The BCAFN will be sending their advisors to Fort Nelson First Nation to begin this initiative on December 16 & 17, 2013. They will require some discussions with Chief and Council and Staff. Therefore, it has been advised that it be mandatory for all Managers to be available on these dates. Chief and Council will meet with advisors on the 16th and the staff will meet with them on the 17th.

Roberta Dendys

Assistant Director
Fort Nelson First Nation
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Phone: 250-774-7257
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Email: roberta.dendys@fnnation.ca

YOUTH PROGRAMS FOR NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 YOUTH MTG RE: Trips 5pm	2
3	4 Swimming 6pm	5	6 Floor Hockey 6:30-8:30	7 NENAN Youth Mtg 5pm	8 FUNDRAISER	9
10	11 Holiday	12 Homework Night 5pm	13 Floor Hockey 6:30-8:30	14 Homework Night 5pm	15	16 Gym Night 6:30-8:30
17	18 Movie 6pm	19	20 Floor Hockey 6:30-8:30	21 Trivia Game & Prizes 5pm	22 FUNDRAISER	23
24	25	26 Skating 5:00	27 Floor Hockey 6:30-8:30	28 Fundraiser 5pm	29	30 All Day 8pm-8am

The youth will be doing more fund-raising this month. Watch for poster.

For More information regarding programs please call me
Shawna Badine
Youth Outreach
250-774-7520
250-500-1078

Programs subject to change without notice.

-Believe in yourself-



Family Week Community Dinner & Games Night





Halloween



Party



FNFN CAPITAL WORKS **PUBLIC ANNOUNCEMENT**

THE FORT NELSON FIRST NATION PUBLIC/
CAPITAL WORKS DEPARTMENT IS SCHEDULE
TO **FLUSH OUR COMMUNITY DISTRIBUTION**
SYSTEM during **Oct 29 to Nov 2, 2013.**

YOU MAY EXPERIENCE LOW WATER PRES-
SURE DURING THIS SCHEDULE MAINTENANCE
TASK. IF YOU NOTE, DISCOLORATION IN THE
WATER OR IF THE WATER HAS AN ODOUR –
PLEASE LET YOUR WATER RUN UNTIL FOR A
FEW MINUTES. IF THERE IS NO CHANGE –
PLEASE CONTACT THE PUBLIC/CAPITAL
WORKS.

IF YOU HAVE ANY QUESTIONS OR REQUIRE
FURTHER INFORMATION, PLEASE CALL US AT
774-7256.

YOUR COOPERATION IS VERY MUCH
APPRECIATED!



